Easy Eating: Taking the Stress out of Eating Healthy

PRESENTED BY:
GRETCHEN KRIVAK MS, RD
DEPARTMENT OF NUTRITION AND WELLNESS

Andrews University
What Are Some Things That Make Eating Healthy So Hard?

- Price of healthy foods
- Preparation time
- Inconvenience
- Satisfaction
- Education /Knowledge
- Tradition/Heritage
Price of Healthy Foods

- Sales ads
- Coupons
- Buy in season
- Preservation of:
  - Fresh foods
  - Sale items
Preparation Time & Inconvenience

- **Cooking days**
  - Freezer recipes
  - Jar recipes
- **Make more & store**
- **Find simple recipes**
- **Try to plan ahead**
  - Crockpot meals

Demonstration
Satisfaction

- Taste changes over time
- Fiber is filling
- Include a protein source
- You can still use fat
  - Unsaturated preferably
- Sweets
  - Try fruits
  - Limit the added sugar
Education/Knowledge

- Read labels
- Ask a dietitian
- Go to a cooking class
- Learn to make substitutions
- Read a reputable journal or magazine
  - Nutrition Action
Key Things to Look at on the Label

- **Nutrition Information**
  - Fat
  - Sugar
  - Sodium

- **Ingredients**
  - High fructose corn syrup
  - Partially hydrogenated/hydrogenated oils
### Nutrition Facts

#### Servings About 2
- Calories: 250
- Fat Cal.: 110

#### Serv. Size 1 cup (249g)

<table>
<thead>
<tr>
<th>Amount/serving</th>
<th>%DV*</th>
<th>Amount/serving</th>
<th>%DV*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>12g</td>
<td>18%</td>
<td></td>
</tr>
<tr>
<td>Sat. Fat</td>
<td>6g</td>
<td>30%</td>
<td></td>
</tr>
<tr>
<td>Polyunsat. Fat</td>
<td>1.5g</td>
<td>4%</td>
<td></td>
</tr>
<tr>
<td>Monounsat. Fat</td>
<td>2.5g</td>
<td>4%</td>
<td></td>
</tr>
<tr>
<td>Cholest.</td>
<td>60mg</td>
<td>20%</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>10g</td>
<td>20%</td>
<td></td>
</tr>
<tr>
<td>Vitamin A</td>
<td>0%</td>
<td>0%</td>
<td></td>
</tr>
<tr>
<td>Vitamin C</td>
<td>0%</td>
<td>0%</td>
<td></td>
</tr>
<tr>
<td>Calcium</td>
<td>6%</td>
<td>8%</td>
<td></td>
</tr>
<tr>
<td>Iron</td>
<td>8%</td>
<td>8%</td>
<td></td>
</tr>
</tbody>
</table>

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

**Ingredients:** Water, Chicken Stock, Enriched Pasta (Sémolina Wheat Flour, Egg White Solids, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Vitamin B6, Folic Acid), Cream (Derived from Milk), Chicken, Contains Less Than 2% of Cheese (Granular Parmesan and Romano Paste, Pasteurized Cow’s Milk Cultures, Salt, Enzymes), Water, Salt, Lactic Acid, Citric Acid and Disodium Phosphate, Butter (Pasteurized Sweet Cream Derived from Milk and Salt, Modified Corn Starch, Salt, Whole Egg Solids, Sugar, Oatmeal, Rice Starch, Garlic, Spikey Xanthan Gum, Cheese Flavor (Partially Hydrogenated Soybean Oil, Flavorings and Smoke Flavoring), Mustard Flour, Isolated Soy Protein and Sodium Phosphates.

### Nutrition Facts

#### Serv. Size 6 2/25 oz (172g)

<table>
<thead>
<tr>
<th>Amount/serving</th>
<th>%DV*</th>
<th>Amount/serving</th>
<th>%DV*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>16g</td>
<td>28%</td>
<td></td>
</tr>
<tr>
<td>Sat. Fat</td>
<td>8g</td>
<td>40%</td>
<td></td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td>0%</td>
<td></td>
</tr>
<tr>
<td>Cholest.</td>
<td>40mg</td>
<td>14%</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>20g</td>
<td>35%</td>
<td></td>
</tr>
<tr>
<td>Sodium</td>
<td>1440mg</td>
<td>43%</td>
<td></td>
</tr>
</tbody>
</table>

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

**Ingredients:** Pizza Crust (Wheat Flour, Water, Soybean Oil, Yeast, Sugar, Salt, Calcium Propionate, L-cystine), Low Moisture Part Skim Mozzarella Cheese (Pasteurized Part Skim Milk, Cheese Cultures, Salt, Enzymes), Powdered Cellulose (To Prevent Caking) Potassium Sorbate and Natamycin (Preservatives), Tomato Sauce (Tomato Concentrate, Modified Corn Starch, Salt, Citric Acid, Red Bell Pepper Powder, Natural Flavoring, Spices.), Beef Sausage Crumbles (Beef, Water, Salt, Spice, Sugar, Monosodium Glutamate, Sodium Phosphate, BHA, Propyl Gallate, Citric Acid), Water, Tomato Paste (Tomato, Citric Acid), Pork Pizza Topping (Pork, Water, Textured Vegetable Protein (Soy Flur, Isolated Soy Protein, Caramel Coloring), Spices, Salt, Sodium Phosphate, Sugar, Garlic Powder, Monosodium Glutamate), Canadian Style Bacon Water Added (Cured with Water, Salt, Dextrose, Corn Syrup, Sodium Phosphate, Sodium Erythorbate, Sodium Nitrite), Pepperoni (Pork, Beef, Salt, Contains 2% or Less of Water, Dextrose, Natural Flavorings, Natural Smoke Flavoring, Sodium Ascorbate, Garlic Powder, Dextrosol Paprika, Lactic Acid Starter Culture, Sodium Nitrile, Citric Acid, BHA, BHT), Pizza Sauce Seasoning (Salt, Spices, Onion, Garlic, Natural Flavors, Parsley).

**Contains:** Milk, Soybeans, Wheat
Tradition & Heritage

- Break the chain
- Introduce new foods
- Make substitutions in classic recipes
- Start new traditions
Common Substitutions

- 2 egg whites = 1 egg (egg substitute for vegans)
- Substitute oil with applesauce
- Butter or margarine replace with tub margarine
- Cut sugar in half or three quarters
- Use Splenda instead of sugar
- Use milk instead of cream
- Use plain yogurt for mayonnaise
- Fat free or low fat cottage cheese can be used for ricotta cheese
Common Substitutions

- Tofu can be used to make a vegan cheese sauce or even a cheesecake
- Bread crumbs = wheat cracker crumbs or cereal
- Buttermilk = skim milk & vinegar
- Milk can be substituted with soy milk in some instances
- Plain yogurt for sour cream
Questions