

Healthy Eating at HOME

How to Plan, Purchase, and Prepare Effectively

When you have made the decision to go grocery shopping and are trying to lay out a plan; remember these 3 guidelines: consider your **BUDGET**, design meals according to your **FAMILY'S NEEDS**, and pay attention to **NUTRITIONAL VALUES**.

PLANNING

BUDGET:

- ✓ Check for sales and coupons in the local paper or online and consider shopping at discount stores
- ✓ Do research on stores that sell in bulk and determine if this would be a good option for you
- ✓ Ask about a loyalty card at your grocery store
- ✓ Purchase store brands if they are cheaper
- ✓ Buy fruits and vegetables in season which will lower cost and add to freshness
- ✓ Take the time to prepare your own meals instead of buying instant dinners, this will save you money in the long run and the food will last you longer throughout the week
- ✓ Certain foods are typically low-cost options all year round. Try beans for a less expensive protein food.
- ✓ Cook once and eat all week. If you freeze foods you will be less likely to eat out and save money!
- ✓ Spice and revamp leftover meals
- ✓ If you decide to go out for dinner, save money by visiting the early bird special or look for "2 for 1" deals

FAMILY'S NEEDS:

- ✓ Make a grocery list and categorize your items also lay out a weekly meals list **see attached example**
- ✓ Find quick and easy recipes online through search engines like Google, Yahoo, or Pinterest
- ✓ Include meals that will last longer and can be divided into freezer portions (stews, casseroles, stir-fried dishes)

NUTRITIONAL VALUES:

- ✓ Visit www.ChooseMyPlate.gov/myplate/index.aspx and make sure you and your family are consuming the proper amount of calories daily
- ✓ If you're overweight or underweight you should make adjustments to see what you should eat to safely achieve your healthy weight
- ✓ The Dietary Guidelines for Americans, put forth by the U.S. Department of Agriculture (USDA), provide science-based advice for individuals over the age of two to promote health and reduce the risk of major chronic diseases. The current Dietary Guidelines encourage most Americans to eat fewer calories, be more physically active, and make wiser food choices.
- ✓ Pay attention to your serving sizes and portions
- ✓ Eat from the five good groups, plus oils
 - Grains
 - This includes wheat, rice, oats, cornmeal, barley, and other cereal grains
 - Grains are divided into whole and refined. Make half your daily grains whole grains.
 - Try brown rice, whole wheat pastas, and whole wheat or oat flour
 - Vegetables
 - This includes all fresh, frozen, canned, and dried vegetables
 - Eat a variety of vegetables and have more orange, red, and dark-green veggies as well as dry beans and peas
 - Stock up on frozen vegetables which will cook quickly in the microwave, buy easy to prepare packaged vegetables, order veggie pizzas, and grill kabobs as part of your barbeque meals
 - Fruits
 - This includes all fresh, frozen, canned, and dried fruits
 - Make most of your fruit servings whole fruit or cut up fruit rather than juices, this will also help you get your fiber intake
 - Place a sliced banana on cereal, eat baked apples or pears for desserts, and keep a bag of dried fruit in your car for easy snacking
 - Dairy
 - This includes all fluid milk products and foods made from milk that retain their calcium content such as yogurt and cheese
 - Cream cheese, cream, and butter have little to no calcium and are not part of this group
 - Drink low-fat milk or fat-free milk with meals, serve fat-free pudding as dessert, prepare oatmeal with low-fat milk, top baked potatoes with low-fat cheese, make a yogurt dip for fruit or vegetables
 - Protein
 - This includes meat, poultry, seafood, eggs, peanut butter, cooked dry beans, nuts, and seeds
 - Select lean meats, and aim to eat seafood twice a week
 - Trim away all of the visible fat from meats before cooking, remove the skin from poultry, incorporate dry beans or peas in main dishes, sprinkle sunflower seeds on a salad
 - Oils
 - This includes fats that are liquid at room temperature such as vegetable oil, and are also found in fish and nuts
 - Foods that are mainly oil include mayonnaise and certain salad dressings

- Eat nuts as snacks, have fish more often for lunch and dinner, add slivered almonds to vegetables or salads, and spread peanut butter on apples

GROCERY LIST

FRUITS/VEGETABLES

Apples
Peppers
Cucumbers

...

...

...

...

DAIRY

Fat-free milk
Cottage cheese
Shredded cheese

...

...

...

...

MEATS

Boneless chicken
Salmon
Lean steak

...

...

...

...

BOXED/CANNED GOODS

Brown rice
Whole wheat pasta
Spaghetti sauce

...

...

...

...

OILS

Extra virgin olive oil
Almonds
Peanut butter

...

...

...

...

SEASONINGS

Basil
Parsley
Oregano

...

...

...

...

FROZEN GOODS

Green beans
Strawberries
Peas

...

...

...

...

DINNER MEALS

Monday: Spaghetti served with green beans

1. Whole wheat pasta
2. Lean ground turkey
3. Spaghetti sauce
4. Mushrooms, green beans

Tuesday: Tacos served with Spanish rice

1. Whole wheat taco shells
2. Lean ground beef
3. Shredded lettuce, avocado, tomato, onion, black olives
4. Shredded cheese
5. Spanish rice

Wednesday: Salmon served with steamed vegetables and sweet potato

1. Fresh salmon
2. Green peppers, red peppers, yellow peppers, mushrooms
3. Sweet potato

Thursday: Chicken Casserole served with fruit salad

1. Boneless chicken
2. Brown rice
3. Carrots, broccoli, cauliflower
4. Shredded cheese
5. Apples, bananas, oranges, melon

Friday: Stir-Fry

1. Peppers, onion, water chestnuts, baby corn
2. Lean steak
3. Basil, parsley, oregano

Saturday: Leftovers

Sunday: Meatloaf served with corn

1. Lean ground beef
2. Onion, peppers
3. Bread crumbs
4. Corn

Now that you've planned out your meals and made a grocery list you will want to follow some tips to keep you on track while you purchase your food items. Remember to stick to the list you have planned and try not to deviate from that.

PURCHASING

WHILE SHOPPING:

- ✓ Buy groceries when you are not hungry and when you are not too rushed
- ✓ Stick to your grocery list and stay out of the aisles that don't contain items on your list
- ✓ Pre-cut fruits and vegetables, individual cups of yogurt, and instant rice and hot cereal are convenient, but usually cost more than those that require a bit more of prep time.
- ✓ Good low-cost items available all year include:
 - Protein-beans (garbanzo, black, cannellini)
 - Vegetables-carrots, greens, potatoes
 - Fruits-apples, bananas
- ✓ Compare products for the best deal and see if the store will price match
- ✓ Check sell by dates. Buy the freshest food possible. It lasts longer.
- ✓ Shop the perimeter of your store first. The outside aisles are where you'll usually find fresh produce, healthy dairy products, and fresh meats. Fill your cart mostly with those items and then get what you need from in the middle of the store.

SHOP SMART:

Here are 10 tips on how to purchase and shop smart for fruits and veggies:

1. Use fresh vegetables and fruits that are in season
2. Check the local newspaper for sales and coupons
3. Stick to your list
4. Try canned or frozen
5. Buy small amounts frequently to avoid waste
6. Buy in bulk only when items are on sale and if you can freeze remaining portions
7. Shop for store brands
8. Keep it simple
9. Plant a garden
10. Plan and cook smart. Prepare and freeze vegetable soups, stews, or other dishes in advance. This saves time and money. Add leftover vegetables to casseroles or blend them to make soup. Overripe fruit is great for smoothies or baking.

Once the food has been purchased you'll want to take it home and start the proper steps for preparing your meals, cleaning your foods, and storing the items you have brought in proper storage areas.

PREPARING

GETTING STARTED:

- ✓ Some meal items can be prepared in advance; pre-cook on days when you have time
- ✓ Double or triple up on recipes and freeze meal-sized containers for lunches and dinners
- ✓ Try a few meatless meals by substituting with beans and peas or try "no cook" meals like salads
- ✓ Incorporate leftovers into subsequent meals
- ✓ Be creative with fruit or vegetables and use it in different ways during the week

HOME FOOD SAFETY:

- ✓ Always wash all fruits and vegetables with water and/or a mild food scrub
- ✓ Foodborne illness can occur with contaminated foods carry microbes into the body, some microbes can overcome the body's defenses and cause infections
- ✓ Make sure you have proper hygiene (wash hands vigorously before handling any food)
- ✓ Avoid cross-contamination
- ✓ Measure temperature with a thermometer when cooking meats and make sure it is not undercooked
 - Red meat, roast, steak, chops, poultry pieces-insert into thickest part of meat away from bone, fat, and gristle
 - Medium Rare=145 degrees
 - Medium=160 degrees
 - Well-done=170 degrees
 - Whole bird poultry-insert into inner thigh not touching bone
 - 165 degrees
 - Ground meat, poultry-insert into thickest area of meatloaf or patty reaching the very center with stem
 - Ground chicken/turkey=165 degrees

- Ground beef=160 degrees
 - Boneless turkey roasts, poultry breasts, white meat roasts=165 degrees
- Egg dishes, casseroles-insert to center of thickest area of dish
 - 160 degrees
- Fish-fish is done when it is opaque and flakes easily with a fork
- ✓ Wash utensils and cutting boards after each use
- ✓ Keep kitchen surfaces clean
- ✓ Refrigerate food promptly to below 40 degrees Fahrenheit
- ✓ Pay close attention to use-by dates
- ✓ Do not use dish towels for multiple jobs and always sanitize sponges in a bleach solution
- ✓ When preparing leftovers make sure they are heated to 160 degrees. Here is a list of storage recommendations for leftover meals:
 - Cooked beef, poultry, and pork: 3-4 days
 - Sushi or sashimi: eat on day of purchase
 - Casserole: 3-4 days
 - Pizza, cooked: 3-4 days
 - Egg dishes: 3-4 days
 - Sliced deli meats: 3-5 days
 - Cooked vegetables: 3-4 days
 - Hard-boiled egg: 7 days
 - Cake/cheesecake: 7 days

But what happens if we are eating out?

Believe it or not you can eat out and maintain a healthy calorie content and still eat in a healthful manner. Here are some tips on what to do if you are headed out to dinner for the night:

- ✓ Avoid buffets
- ✓ Ask for a take-home container when you order your food, place some of the food in the container as soon as it arrives
- ✓ Share your meal with a companion
- ✓ Eat slowly so your body has a chance to tell you when its full
- ✓ Look for low-calorie or low-fat menu options, most restaurants and even fast-food restaurants have options now
- ✓ Ask if your meal can be prepared with whole wheat ingredients instead of regular
- ✓ If possible eat an apple or piece of fruit before heading out
- ✓ Never supersize anything
- ✓ Instead of fried foods opt for grilled or baked
- ✓ Instead of French fries order sweet potato fries or a grilled veggie
- ✓ Ask for reduced fat or low fat salad dressing options

Snacking and at home dining...

It is inevitable that you are going to be hungry throughout the day and will need to snack. Here are some tips on how to snack in a healthful manner and ways to improve your dining at home:

- ✓ Measure out a serving of your snack, pay attention to what it looks like so you can eyeball it from now on
 - A serving is a set amount of food that contains a specific quantity of calories and nutrients. Servings normally are given in common units such as cups, ounces, or pieces
 - A portion is the amount of food you choose to eat or the amount of food a restaurant gives you. It is usually not the same as a serving. Large portions have been blamed for the increase in obesity in the United States. A key part of reaching and maintaining a healthy weight is monitoring your portions.
- ✓ Don't eat snacks from the package
- ✓ Choose light ice cream bars instead of gallons of ice cream
- ✓ Start your meal with a low-calorie, low-sodium soup
- ✓ Use smaller plates
- ✓ Don't keep serving bowls of food on the table
- ✓ Resist having second helpings
- ✓ Remember that "cleaning your plate" is unhealthy if there is too much food on it
- ✓ Keep juice portions to 8oz.

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