



NUTRITION NEWS

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Happy Mother's Day!

Happy Mother's Day! When you think back to all of the life lessons you learned from your own mother, is cooking on the top of the list? While the intentions were good, many of the recipes we grew up with were laden with butter, cream, and cheese! As we have learned more and more about nutrition through the years, we realize that while these foods are fine to have occasionally, we should be more conscious in our day to day cooking. The following suggestions may be used to try to convert some favorite recipes into healthier alternatives without sacrificing flavor!

1. **Reduced Fat Dairy:** did you know that many recipes, including cream based soups, can be made with reduced fat milk instead of whole milk or cream? They may also be replaced with evaporated skim milk. When baking, reduced fat versions of



sour cream or yogurt may also work.

2. **Herbs and Spices:** many recipes don't even require the salt that they call for. (Sometimes this option doesn't work with baking, as salt can change the texture of the finished produce.) Herbs and spices (fresh or dried) can add extra flavor. Fresh herbs, including oregano, rosemary, and thyme, also contain antioxidants. Citrus fruits (lemons and limes) can also liven up a dish instead of salt.
3. **Healthy Oils:** every diet requires some fats. But cutting down on excessive fat consumption can improve your cardiovascular health. The changes can be simple—for example, if you usually grease a pan with oil, shortening, or butter, you can switch to cooking spray instead. You can also change the type of oil you use in your cooking. Canola oil is rich in monounsaturated fats, which also provide flavor

Monthly Exercise

Side Leg Raise

1. Hold on to a sturdy chair back or a countertop.
2. Stand with good posture and raise leg out to side keeping toes pointed straight ahead toward the chair or countertop.
3. Do this slowly and deliberately, using muscles instead of momentum. Avoid leaning forward.
4. Aim for 10 repetitions on each side.

and help fill you up faster. For baked goods, substitute applesauce or nonfat yogurt for oil! It will drastically reduce fat and calorie content and actually add to the moisture.

4. **Add Veggies:** many people don't consume the recommended number of vegetables daily. Try replacing some of the meat in certain recipes with different vegetables. This would work with casserole type dishes. A beef stew with the half the beef and double the vegetables would greatly reduce your fat and increase your vitamins, minerals, and fiber. It may be more cost effective as well!



5. **Whole Wheat Flour:** whole wheat flour is generally superior in nutritional value to white flour. It is rich in magnesium, folic acid, and zinc. It is also higher in fiber. Keep in mind that whole wheat products do take some getting used to, as both the flavor and texture can significantly change.
6. **Homemade Marinades and Rubs:** skip the premade BBQ sauce from the supermarket, as it tends to be high in both sodium and sugar. Try using various herbs and spices mixed with vinegar or wine to create a fresh, zesty taste that can be used on meats, fish, or poultry.
7. **Dark Chocolate:** when baking, substitute dark chocolate for milk chocolate. Dark chocolate contains less sugar and fat and is generally more flavorful, which means you may get away with using less!
8. **Egg Whites:** there is nothing nutritionally wrong with the entire egg, including the yolk, While the yolk does contain cholesterol, it also contains many of the

minerals and nutrients that make eggs such a perfect, complete food. However, when baking, using egg whites or egg substitutes may lighten up your product. Some experimentation may be necessary to come up with the best end product!

Keep in mind that there is nothing wrong with treating yourself to the "real" recipe at times. And there are some recipes that you may not want to modify because of the sentimental value of them! But the tips from the preceding column can be incorporated into your every day cooking. It may also be wise to implement them with your new recipes as you wouldn't have a precedent to compare them to.

A second important point to keep in mind when modifying recipes is that there may be some "tweaking" involved. They may not come out as you anticipated the first or even the second time. There is a learning curve when modifying recipes. Practice really does make perfect!

Lastly, as the warmer weather approaches, always be mindful of food safety in the kitchen. These helpful reminders include steps from purchasing food to preparing food to storing leftovers. When shopping, select frozen foods and perishable foods last (such as meat or fish.) Put these products in separate bags so their drippings don't contaminate other foods. Purchase only pasteurized milk and cheese. Thoroughly wash your hands with hot soapy water before handling food. This is especially important before and after handling raw meat, poultry, or fish. Make sure counters, cutting boards, dishes, and other equipment are thoroughly



cleaned and rinsed before use. Quickly refrigerate leftovers. If using a deep pot, such as for soup or sauces, spread them into numerous shallow pans prior to refrigeration to ensure that they cool in a timely manner.

This page of the newsletter was written by one of our dietetic interns, Erica Carney. We appreciate her hard work and enthusiasm!

The focus of this article will be eating right while reducing food waste. It's been estimated that Americans throw away over 90 billion pounds of food each year, either at home or when eating out. Even though not all food that is wasted can be saved, a lot of it can be prevented starting in your own kitchen.

1. Plan out meals using already bought food items:

- ◆ Look in storage areas such as the refrigerator, freezer, and pantry for foods that haven't been used and try to create a meal from these items.
- ◆ Write down a list of ingredients still needed for the meal and any additional items needed for the next few days.
- ◆ Buy only the amount that can be eaten or frozen within a few days, especially for perishable items (fresh fruits, vegetables, meat, and dairy.)

2. Reinvent leftovers:

- ◆ Leftovers can always be eaten as a meal later in the week.
- ◆ Get creative with leftovers by turning meals into soups, salads, or sandwiches by incorporating leftover meats and vegetables (use as salad toppings, mix in with rice or pasta, wrap in a tortilla or pita, or transform into a soup which can even be frozen for later use).

3. Know the Shelf Life of Foods:

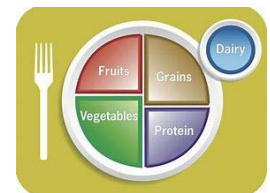
- ◆ Since dates that food items purchased at the grocery store refer to the product's quality, it doesn't necessarily mean they should be thrown out by the labeled date. (Grocery stores usually stock newer items behind older ones— reach towards the back for the freshest/longer expiration date)

4. Keep Food Safe:

- ◆ Follow specific instructions listed on food items regarding cooking, storing, and reheating.
- ◆ Eat leftovers within 3-4 days.
- ◆ Don't wash produce until right before planned use.
- ◆ Store foods that can spoil quickly where they can be easily seen, such as in the front of the fridge or on the counter.
- ◆ Learn which fruits and vegetables to store in the refrigerator to delay the process of ripening.

5. Be Mindful of Eating:

- ◆ Follow portion size control using MyPlate guidelines.
- ◆ Recognize portion distortion in restaurants.



6. Go a Step Further:

- ◆ Donate extra food items that are still safe to consume to a local food pantry or shelter.
- ◆ Consider food storage/waste/methods, such as composting.

Here is a recipe for rich, decadent brownies that has already been modified for you to be lower in fat. The second recipe is naturally lower in fat than most cookies. This might help you modify other baked goods in the future!



Low-Fat Brownies

- 1/2 cup flour
- 6 tbs unsweetened cocoa powder
- 1 cup white sugar
- 1/8 tsp salt
- 2 tbs vegetable oil
- 1/2 tsp vanilla extract
- 1 (4 ounce) jar pureed prunes baby food
- 2 eggs

Preheat oven to 350 degrees. Grease an 8x8 inch square pan.

In a medium bowl, stir together flour, cocoa, sugar, and salt. Pour in oil, vanilla, prunes, and eggs. Mix until everything is well blended. Spread the batter evenly into the prepared pan.

Bake for 30 minutes in the preheated oven, or until top is shiny and a toothpick inserted into the center comes out clean.

Maple Snickerdoodles

- 2 cups flour
- 1 1/2 tsp baking powder
- 1/4 tsp baking soda
- 1 1/2 tsp ground cinnamon
- 1/2 cup margarine, softened
- 1 cup white sugar
- 3 tbs real maple syrup
- 1 egg
- 1/2 cup white sugar
- 1/4 cup maple syrup

Preheat oven to 350 degrees. Stir together flour, baking powder, baking soda, and cinnamon. Set aside. Cream together margarine and white sugar. Beat in the egg and maple syrup. Gradually blend in the dry ingredients. In a small dish, mix the last 2 ingredients. Roll dough into balls and roll in the sugar mixture. Baked 8 to 10 minutes in the preheated oven. Cookies will be crackly on top when done.

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