

Workshop 2

Quick, Healthy Meals and Snacks

Eat Healthy ● Be Active
Community Workshops



Instructor Guide

Before Workshop Begins

- Thoroughly read the entire workshop and become familiar with the lesson plan.
- Choose an activity to do, and gather materials needed for the icebreaker and the chosen activity.
 - *Icebreaker*: no supplies necessary
 - *Activity 1*: slow cooker, chopped green, red, or yellow peppers, onion, zucchini, carrots, 1 pound skinless chicken breasts or lean beef, 14½-oz can of no-salt-added diced tomatoes, 1½ teaspoons oregano, two cloves of garlic, minced, can opener
 - *Activity 2*: menus from local restaurants (including a range of ethnically diverse dishes), highlighters or pens to highlight or circle healthy options

Note about Activity 1: If you would like to serve the slow cooker meal at the workshop, you will need to cook the meal prior to class (the slow cooker will take several hours to complete). Or, you can demonstrate putting the ingredients into the slow cooker early in class and turn the slow cooker on high so that participants will be able to smell the food cooking. If demonstrating the slow cooker during class, you will need to chop the vegetables ahead of time (before class). Also, if you will be presenting the workshop in a location without a sink to wash your hands after placing the meat in the slow cooker, you can put the chicken/beef into a sealed plastic bag and then empty the bag into the slow cooker without touching the meat. See Appendix for additional information on food safety, as well as additional recipes.

- Photocopy handouts (one per participant):
 1. Quick, Healthy Meals and Snacks (2 pages)
 2. My Shopping List (1 page)
 3. Tips for Eating Out (1 page)
 4. Tips for Choosing Healthier Foods at Restaurants (2 pages)
 5. Slow Cooker Tips and Recipes (2 pages)
 6. MyPlate/10 Tips to Build a Healthy Meal (2 pages)
 7. Workshop Evaluation (1 page)

Workshop Outline

The workshop should last ~1 hour, including activities.

- Icebreaker activity (5 minutes)
- Introduction (5 minutes)
 - Explain the purpose of the workshop
 - Review the Learning Objectives
- **Objective 1:** Learn tips for preparing meals quickly and how to stock your pantry (5–10 minutes)
 - Review handout: *Quick, Healthy Meals and Snacks*
 - Review handout: *My Shopping List*
- Video: *Make It Fast, Make It Good* (2–3 minutes)
- Stretch Break (5 minutes)
- **Objective 2:** Learn how to make healthy selections when eating out (5–10 minutes)
 - Review handout: *Tips for Eating Out*
 - Review handout: *Tips for Choosing Healthier Foods at Restaurants*
- Activity (5–10 minutes). *Note:* If doing Activity 1, recommend doing it at the beginning of class as the icebreaker, so that the food cooks during the class
- **Objective 3:** Learn how to use a slow cooker to prepare easy, healthy meals (5–10 minutes)
 - Review handout: *Slow Cooker Tips and Recipes*
- Increasing Physical Activity (1–2 minutes)
- Review handout *MyPlate* and how to use *10 Tips to Build a Healthy Meal* (2 minutes)
- Wrap-up/Q&A (5 minutes)
 - Reminders of things to try at home:
 - Next time you go to a restaurant, order a healthy dish using the tips for choosing items lower in calories, solid fats (saturated and *trans* fat), and sodium
 - Increase the total amount of time you spend doing physical activity
- Ask participants to complete the evaluation form (5 minutes)

Workshop Lesson Plan

Icebreaker Activity (5 minutes)

Read the following questions out loud to participants. Ask them to raise their hands to indicate “frequently,” “sometimes,” or “almost never” in response to each question.

Are You an Effective Kitchen Manager?

	Frequently	Sometimes	Almost Never
How often do you plan meals in advance?			
How often do you prepare portions of a meal in advance?			
How often do you spend 30 minutes or less preparing a meal?			
How often do you use leftovers as the basis for another meal?			
If there are others in your household, how often do they help fix meals and clean up?			

After completing the questions, relay this information to participants: If you answered “frequently” to the questions, you probably manage your time very well. If you answered with “sometimes” or “almost never,” don’t throw in the dish towel! This workshop can provide some ideas to help you make meals easy and healthy.

Source: North Dakota State University Extension Service, *Good Nutrition for Busy Families*. <http://www.ag.ndsu.edu/pubs/yf/foods/fn1432.pdf>

Talking Points—Purpose of the Workshop (2–3 minutes)

- Today’s workshop and handouts will give you tips for making meals and snacks that are both healthy and can be prepared quickly.
- This workshop is based on the *Dietary Guidelines for Americans, 2010* and the *2008 Physical Activity Guidelines for Americans*. The Dietary Guidelines provide science-based advice for making food choices that promote good health and a healthy weight and help prevent disease. The Physical Activity Guidelines provide recommendations on the amount, types, and level of intensity of physical activity needed to achieve and maintain good health.

- The Dietary Guidelines provide these selected consumer messages. More information about the messages can be found at <http://www.ChooseMyPlate.gov>.
 - *Balancing Calories*
 - ✓ Enjoy your food, but eat less.
 - ✓ Avoid oversized portions.
 - *Foods to Increase*
 - ✓ Make half your plate fruits and vegetables.
 - ✓ Make at least half your grains whole grains.
 - ✓ Switch to fat-free or low-fat (1%) milk.
 - *Foods to Decrease*
 - ✓ Compare sodium in foods like soup, bread, and frozen meals—and choose foods with lower numbers.
 - ✓ Drink water instead of sugary drinks.
 - Healthy eating and physical activity work hand in hand to help us live healthier lives. The Physical Activity Guidelines recommend that adults be physically active for at least 2 hours and 30 minutes each week—children need 60 minutes each day.
 - ✓ You can stay physically active by doing activities such as walking, dancing, bicycling, or gardening and by reducing the amount of time you spend sitting.

Talking Points—Learning Objectives (2–3 minutes)

1. Learn tips for preparing meals quickly and how to stock your pantry.
2. Learn how to make healthy selections when eating out.
3. Learn how to use a slow cooker to prepare easy, healthy meals.

Talking Points—Handout: Quick, Healthy Meals and Snacks (5 minutes)

Eating at Home Tips

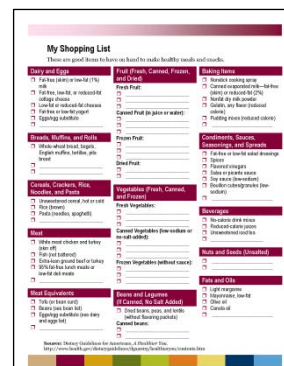
- Stock your pantry or freezer with whole-wheat pasta or rice, cans of no-salt-added crushed tomatoes, spices, garlic, frozen chicken breasts, canned fish, and frozen vegetables.



- Plan to use leftovers from one meal, such as cooked vegetables and meats, in a new and easy recipe for the next night, such as burritos or an omelet.
- Save time in the kitchen by using a slow cooker to make two or three healthy suppers at once.

Talking Points—Handout: My Shopping List (5 minutes)

- It is easy to put together a quick meal if you have food already in your pantry. Look to buy nonperishable items on sale, such as low-sodium canned goods.
- Keep a note on the refrigerator to list items as you need them. You also may want to arrange your shopping list and coupons to fit the layout of the grocery store for a faster shopping trip.



Healthy, Quick Meal Ideas—Remind participants to use MyPlate for balanced meals.

- Serve pre-cut vegetables and low-fat ranch dressing, canned peaches in 100% juice or fresh fruit, and low-fat milk.
- Serve breakfast for dinner—omelet with vegetables (try mushrooms, red pepper, onions, spinach, tomatoes, etc.), fat-free or low-fat milk, and fruit.
- Serve low-sodium canned soup, a side salad with low-fat or fat-free dressing, and low-fat yogurt.

Healthy Snack Ideas—You may choose to discuss these before or after the stretch break. If before the stretch break, challenge the group to come up with other ideas.

- “Ants on a log” (celery with peanut butter and raisins)
- Fresh or canned fruit (in 100% juice, not syrup) with fat-free or low-fat vanilla yogurt
- Whole-grain crackers with fat-free or low-fat cheese
- Whole-wheat bread or apple slices with peanut butter
- Quesadillas (fat-free or low-fat cheese on a whole-wheat tortilla)
- Unsalted pretzels or air-popped popcorn
- Baked tortilla chips and salsa
- Whole-wheat pita bread or cut up vegetables (peppers, carrots, etc.) with hummus
- Fat-free or low-fat milk or water instead of sugary fruit drinks and soda

TIP: Put fresh fruit in a bowl at eye level in the refrigerator or on the kitchen counter. It will be easier to see and grab for a quick snack.

Video: Make It Fast, Make It Good (2–3 minutes)

Stretch Break (5 minutes)

“Name Your Favorite Healthy Snacks”

Ask participants to find a partner and walk around the room, with one partner sharing the name of his or her favorite healthy snack and how to prepare it. After 30 seconds, ask partners to switch roles, so that the other partners can share. After each partner has shared, ask them to find a new partner and repeat the exercise—this time sharing a different healthy snack idea. Be sure that participants keep moving/walking the entire time. Ask participants to share their creative ideas with the group.

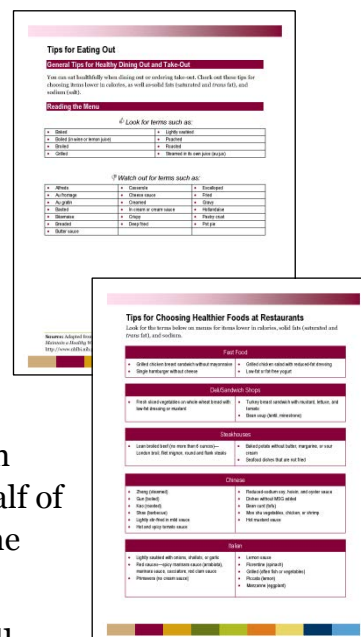
Talking Points—Handouts: Tips for Eating Out and Tips for Choosing Healthier Foods at Restaurants (5–10 minutes)

Tips for Reducing Portions

- Choose “child’s size” portions if possible or choose the smallest size available.
- Eat half of your meal at the restaurant and save the other half for tomorrow’s lunch.
- Order an appetizer-sized portion or a side dish instead of an entrée.
- Share a main dish with a friend.
- Resign from the “clean your plate club”—when you’ve eaten enough, leave the rest. Or, ask your server to package up half of your meal when it arrives so you won’t be tempted to eat the entire portion.
- Order an item from the menu instead of heading for the “all-you-can-eat” buffet.

Tips for Reducing Calories

- For a beverage, ask for water or order fat-free or low-fat milk, unsweetened tea, or other drinks without added sugars.
- Load sandwiches/subs/pizza with veggies rather than cheese.



- Ask for whole-wheat bread for sandwiches, and ask that it not be buttered.
- In a restaurant, start your meal with a salad packed with veggies, to help control hunger and feel satisfied sooner.
- Ask for salad dressing to be served on the side. Then use only as much as you need.

Activity—Choose One Ahead of Time (5–10 minutes)

- 1. Slow Cooking:** Demonstrate how to use a slow cooker and the amount of time it can save in preparing a healthy meal. Put chopped vegetables on the bottom of the slow cooker bowl, then place skinless chicken breasts or lean beef on top, add a can of no-salt-added diced tomatoes, oregano, and garlic. Turn the slow cooker on and let it cook during the workshop.

Supplies necessary: slow cooker, chopped green, red, or yellow peppers, onion, zucchini, carrots, 1 pound of skinless chicken breasts or lean beef, 14½-oz can of no-salt-added diced tomatoes, 1½ teaspoons oregano, two cloves of minced garlic, can opener. See Note in Lesson Plan about suggested timing for completing this activity.

Note: You will need to chop the vegetables ahead of time (before class). Also, if you will be presenting the workshop in a location without a sink to wash your hands after placing the meat in the slow cooker, you can put the chicken/beef into a sealed plastic bag and then empty the bag into the slow cooker without touching the meat. See Appendix for additional information on food safety and recipes.

- 2. Tips for Eating Out:** Go over the *Tips for Eating Out* and *Tips for Choosing Healthier Foods at Restaurants* handouts, reviewing the tips for the types of restaurants located near where participants live. Then, distribute menus from local restaurants that serve some of these kinds of food. Assign participants to small groups, give each group a menu, and ask them to circle/highlight the healthiest selections.

Supplies necessary: variety of ethnically diverse menus from local restaurants, highlighters or pens to highlight or circle healthy options

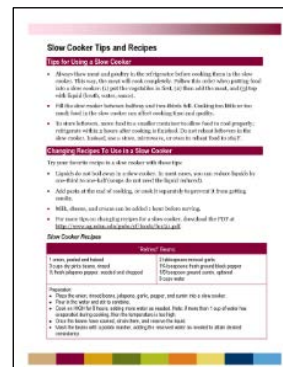
Talking Points—Handout: Slow Cooker Tips and Recipes (5–10 minutes)

Not sure what to make for dinner? In a rush when you get home at the end of the day? Try a slow cooker! A few minutes of prep in the morning is all you need for a simple meal for dinner. Try these recipes for “Refried” Beans and Turkey Chili made in a slow cooker.

Why Use a Slow Cooker?

Using a slow cooker can be a quick, simple, and inexpensive way to prepare meals for your family, plus:

- Saves electricity! A slow cooker uses less electricity than an oven and doesn't overheat your kitchen.
- Saves money! You can use less-expensive cuts of meat because the slow cooker makes them tender.
- Saves time! Slow cookers usually allow one-step meal preparation and easy clean-up.



Talking Points—Increasing Physical Activity (1–2 minutes)

- The *Physical Activity Guidelines for Americans* recommend that everyone engage in regular physical activity for health benefits.
- Here are the recommendations for adults:

	Moderate Activity	Vigorous Activity
Types of Activity	Walking briskly, biking on flat ground, line dancing, gardening	Jumping rope, basketball, soccer, swimming laps, aerobic dance
Amount	If you choose activities at a moderate level, do at least 2 hours and 30 minutes a week	If you choose activities at a vigorous level, do at least 1 hour and 15 minutes a week

- You can combine moderate and vigorous activities. In general, 1 minute of vigorous activity is equal to 2 minutes of moderate activity.
- Children need **60 minutes of physical activity each day**.
- **TODAY'S TIP:** Increase physical activity by adding a new activity or spending more time doing an activity you already enjoy.
 - ✓ Pick activities that you like to do and that fit into your life.
 - ✓ Keep track of your physical activity and gradually increase it to meet the recommendations.

- Consider signing up for the Presidential Active Lifestyle Award (PALA+) to help you track your physical activity and take small steps to improve your eating habits.
- If you are active for 30 minutes a day, 5 days a week for 6 out of 8 weeks, and choose one healthy eating goal each week to work toward, you'll be awarded the PALA+ and receive Presidential recognition! (See <http://www.presidentschallenge.org>). See handout in Appendix for more information.

Talking Points—Handouts: MyPlate and 10 Tips (2 minutes)



Talking Points—Wrap-Up/Q&A (5 minutes)

Things to Try at Home

- Next time you go to a restaurant, order a healthy dish using the tips for choosing items lower in calories, solid fats (saturated and trans fat), and sodium.
- Increase the total amount of time you spend doing physical activity.

Complete Evaluation Form (5 minutes)

Today's Date: _____

Quick, Healthy Meals and Snacks Evaluation

	1-Strongly Disagree	2-Disagree	3-Neither Disagree or Agree	4-Agree	5-Strongly Agree
1. The workshop covered useful information.	1	2	3	4	5
Comments:					
2. The workshop activities were helpful.	1	2	3	4	5
Comments:					
3. I plan to make healthier foods that I eat at home or when I eat out.	1	2	3	4	5
Comments:					
4. I plan to change my eating habits based on the information I learned.	1	2	3	4	5
Comments:					
5. I plan to become more active based on the information I learned.	1	2	3	4	5
Comments:					
6. The instructor presented the information in a helpful way.	1	2	3	4	5
Comments:					
7. Overall, I found the workshop to be very helpful.	1	2	3	4	5
Comments:					
8. Please tell us which materials you found most useful.					
Comments:					



Workshop 2 ● Handouts



Quick, healthy meals and snacks



Tip:

Make a quick, nutritious meal with whole-wheat pasta, lean meats, and frozen or leftover vegetables.

Tip:

Keep canned fish on hand for quick meals using healthy fats.

Tip:

Save time by using a big slow cooker. Get two or three healthy suppers without spending lots of time in the kitchen.

Short on time? Try these tips for making good foods . . . fast!

Speedy suppers

Pasta plus . . .

Greg: One thing you'll always find in my pantry is a couple of boxes of whole-wheat pasta and cans of no-salt crushed tomatoes. I don't like all the added sugars and salt in some of the store's pasta sauces, so I make up my own sauce. I add dried oregano, basil, chopped onion, and lots of garlic to the tomatoes. I'll even toss in a bag of cooked chicken breast and frozen veggies or leftover vegetables from the night before. My sauce is nutritious and low in fat, salt, and added sugars.

Add a salad, and we have a good meal in less time than it takes to get the kids ready to go to a drive-through. And . . . my sons love this meal.

Fish in a flash . . .

Aponi: Here's my motto about food—"Make it simple, make it right, and make it quick." I keep cans of salmon and tuna in my cupboard because they have healthy fats. It takes less than 15 minutes to make up salmon or tuna cakes. Just add chopped onion, some whole-wheat bread crumbs, one beaten egg, and some celery seed. Form the patties, and cook in a pan with cooking spray. Cook until the patties are brown and crispy on both sides.

Slow cooker to the rescue . . .

Anh: Once a week I make big batches of food in my slow cooker. I chop up lots of vegetables—carrots, onions, squash, sweet peppers—anything we have on hand. I put the veggies on the bottom, then place my skinless chicken breasts or lean beef on top.

Then, I add a can of no-salt-added tomatoes, some oregano, and two cloves of garlic. I do other fun things instead of cooking for hours. And, we can get three tasty, healthy suppers in less time than it used to take me to cook one meal!

So what are you doing for dinner tonight?

Why not try what works for Greg, Aponi, and Anh?



For more information, visit www.healthfinder.gov

Small changes can make a large difference

Hearty, healthy lunches in a snap

- ❑ **Sandwich lover?** Choose lean protein fillings, such as grilled chicken or tuna. Make nonmeat sandwiches with peanut butter, low-fat cheese, sliced hard-boiled eggs, or fat-free refried beans.
- ❑ **Load your sandwich with veggies.** Along with the standard greens and tomatoes . . . try sliced cucumbers, green peppers, or zucchini strips for added crunch.
- ❑ **Pick whole grains!** Try whole-grain or 100% whole-wheat breads, tortilla wraps, English muffins, and pita pockets instead of white breads or buns.
- ❑ **Green salads, anyone?** Add lean meats along with fruits, beans, and nuts to your green salads. Try dried cranberries, cut-up fruit, kidney beans, walnuts, and almonds.

On the run? Healthier fast food or drive-through choices

Skip the meal deals and size upgrades

Calories can really add up when you get the larger size sandwiches, fried foods, and soft drinks.

Check off what you will try to cut the calories when eating out:

- ❑ Get the regular or child-sized hamburger and load it with lettuce, tomato, and onions.
- ❑ Cut a larger burger or sandwich in half. Eat half now, and refrigerate half for tomorrow's lunch.
- ❑ Get the small size turkey or grilled chicken sub instead of the large one. Load it with veggies—spinach, tomatoes, cucumbers, and onions.
- ❑ Drink water, or low-fat or fat-free milk, instead of whole milk, fruit drinks, or a soft drink.

Go healthier

- ❑ Order a side salad with low-fat or fat-free dressing instead of fries. Or share an order of small fries with a friend.
- ❑ Use mustard, or low-fat or fat-free mayo, instead of regular mayo.
- ❑ Choose the green beans or raw carrots instead of coleslaw. Order a small baked potato with salsa instead of mashed potatoes and gravy.
- ❑ Order a thin-crust vegetable pizza with a side salad instead of a deep-dish meat or double cheese pizza.
- ❑ Save foods like cakes, pies, and brownies as an occasional treat. Order fruit instead. Or share one dessert.



My Shopping List

These are good items to have on hand to make healthy meals and snacks.

Dairy and Eggs

- Fat-free (skim) or low-fat (1%) milk
- Fat-free, low-fat, or reduced-fat cottage cheese
- Low-fat or reduced-fat cheeses
- Fat-free or low-fat yogurt
- Eggs/egg substitute
- _____

Breads, Muffins, and Rolls

- Whole-wheat bread, bagels, English muffins, tortillas, pita bread
- _____
- _____

Cereals, Crackers, Rice, Noodles, and Pasta

- Unsweetened cereal, hot or cold
- Rice (brown)
- Pasta (noodles, spaghetti)
- _____

Meat

- White meat chicken and turkey (skin off)
- Fish (not battered)
- Extra-lean ground beef or turkey
- 95% fat-free lunch meats or low-fat deli meats
- _____

Meat Equivalents

- Tofu (or bean curd)
- Beans (see bean list)
- Eggs/egg substitute (see dairy and eggs list)
- _____

Fruit (Fresh, Canned, Frozen, and Dried)

Fresh Fruit:

- _____
- _____
- _____

Canned Fruit (in juice or water):

- _____
- _____
- _____

Frozen Fruit:

- _____
- _____
- _____

Dried Fruit:

- _____
- _____

Vegetables (Fresh, Canned, and Frozen)

Fresh Vegetables:

- _____
- _____
- _____

Canned Vegetables (low-sodium or no-salt-added):

- _____
- _____
- _____

Frozen Vegetables (without sauce):

- _____
- _____
- _____

Beans and Legumes (If Canned, No Salt Added)

- Dried beans, peas, and lentils (without flavoring packets)

Canned beans:

- _____
- _____

Baking Items

- Nonstick cooking spray
- Canned evaporated milk—fat-free (skim) or reduced-fat (2%)
- Nonfat dry milk powder
- Gelatin, any flavor (reduced calorie)
- Pudding mixes (reduced calorie)
- _____

Condiments, Sauces, Seasonings, and Spreads

- Fat-free or low-fat salad dressings
- Spices
- Flavored vinegars
- Salsa or picante sauce
- Soy sauce (low-sodium)
- Bouillon cubes/granules (low-sodium)
- _____

Beverages

- No-calorie drink mixes
- Reduced-calorie juices
- Unsweetened iced tea
- _____

Nuts and Seeds (Unsalted)

- _____
- _____

Fats and Oils

- Light margarine
- Mayonnaise, low-fat
- Olive oil
- Canola oil
- _____

Source: Dietary Guidelines for Americans, *A Healthier You*.
<http://www.health.gov/dietaryguidelines/dga2005/healthieryou/contents.htm>

Tips for Eating Out

General Tips for Healthy Dining Out and Take-Out

You can eat healthfully when dining out or ordering take-out. Check out these tips for choosing items lower in calories, as well as solid fats (saturated and *trans* fat), and sodium (salt).

Reading the Menu

 *Look for terms such as:*

• Baked	• Lightly sautéed
• Boiled (in wine or lemon juice)	• Poached
• Broiled	• Roasted
• Grilled	• Steamed in its own juice (au jus)

 *Watch out for terms such as:*

• Alfredo	• Casserole	• Escalloped
• Au fromage	• Cheese sauce	• Fried
• Au gratin	• Creamed	• Gravy
• Basted	• In cream or cream sauce	• Hollandaise
• Béarnaise	• Crispy	• Pastry crust
• Breaded	• Deep fried	• Pot pie
• Butter sauce		

Source: Adapted from National Heart, Lung, and Blood Institute (NHLBI), *Aim for a Healthy Weight: Maintaining a Healthy Weight On the Go—A Pocket Guide*, page 12.

http://www.nhlbi.nih.gov/health/public/heart/obesity/AIM_Pocket_Guide_tagged.pdf

Tips for Choosing Healthier Foods at Restaurants

Look for the terms below on menus for items lower in calories, solid fats (saturated and *trans* fat), and sodium.

Fast Food

- | | |
|--|--|
| <ul style="list-style-type: none">• Grilled chicken breast sandwich without mayonnaise• Single hamburger without cheese | <ul style="list-style-type: none">• Grilled chicken salad with reduced-fat dressing• Low-fat or fat-free yogurt |
|--|--|

Deli/Sandwich Shops

- | | |
|---|---|
| <ul style="list-style-type: none">• Fresh sliced vegetables on whole-wheat bread with low-fat dressing or mustard | <ul style="list-style-type: none">• Turkey breast sandwich with mustard, lettuce, and tomato• Bean soup (lentil, minestrone) |
|---|---|

Steakhouses

- | | |
|--|---|
| <ul style="list-style-type: none">• Lean broiled beef (no more than 6 ounces)—London broil, filet mignon, round and flank steaks | <ul style="list-style-type: none">• Baked potato without butter, margarine, or sour cream• Seafood dishes that are not fried |
|--|---|

Chinese

- | | |
|--|---|
| <ul style="list-style-type: none">• Zheng (steamed)• Gun (boiled)• Kao (roasted)• Shao (barbecue)• Lightly stir-fried in mild sauce• Hot and spicy tomato sauce | <ul style="list-style-type: none">• Reduced-sodium soy, hoisin, and oyster sauce• Dishes without MSG added• Bean curd (tofu)• Moo shu vegetables, chicken, or shrimp• Hot mustard sauce |
|--|---|

Italian

- | | |
|---|---|
| <ul style="list-style-type: none">• Lightly sautéed with onions, shallots, or garlic• Red sauces—spicy marinara sauce (arrabiata), marinara sauce, cacciatore, red clam sauce• Primavera (no cream sauce) | <ul style="list-style-type: none">• Lemon sauce• Florentine (spinach)• Grilled (often fish or vegetables)• Piccata (lemon)• Manzanne (eggplant) |
|---|---|

Middle Eastern

- | | |
|--|---|
| <ul style="list-style-type: none">• Fava beans or chickpeas• Basted with tomato sauce | <ul style="list-style-type: none">• Couscous (grain)• Rice or bulgur (cracked wheat) |
|--|---|

Japanese

- | | |
|---|---|
| <ul style="list-style-type: none">• House salad with fresh ginger and cellophane (clear rice) noodles• Chicken, fish, or shrimp teriyaki, broiled in sauce | <ul style="list-style-type: none">• Soba noodles, often used in soups• Yakimono (broiled)• Tofu (or bean curd)• Nabemono (soup/stew) |
|---|---|

Indian

- | | |
|---|--|
| <ul style="list-style-type: none">• Tikka (pan roasted)• Cooked with or marinated in yogurt• Saag (with spinach)• Masala (mixture of spices) | <ul style="list-style-type: none">• Tandoori (chicken marinated in yogurt with spices)• Pullao (Basmati rice) |
|---|--|

Thai

- | | |
|--|---|
| <ul style="list-style-type: none">• Fish sauce | <ul style="list-style-type: none">• Hot sauce |
|--|---|

Source: Adapted from National Heart, Lung, and Blood Institute (NHLBI), *Aim for a Healthy Weight: Maintaining a Healthy Weight On the Go—A Pocket Guide*, pages 14–18.

http://www.nhlbi.nih.gov/health/public/heart/obesity/AIM_Pocket_Guide_tagged.pdf

Slow Cooker Tips and Recipes

Tips for Using a Slow Cooker

- Always thaw meat and poultry in the refrigerator before cooking them in the slow cooker. This way, the meat will cook completely. Follow this order when putting food into a slow cooker: (1) put the vegetables in first, (2) then add the meat, and (3) top with liquid (broth, water, sauce).
- Fill the slow cooker between halfway and two-thirds full. Cooking too little or too much food in the slow cooker can affect cooking time and quality.
- To store leftovers, move food to a smaller container to allow food to cool properly; refrigerate within 2 hours after cooking is finished. Do not reheat leftovers in the slow cooker. Instead, use a stove, microwave, or oven to reheat food to 165°F.

Changing Recipes To Use in a Slow Cooker

Try your favorite recipe in a slow cooker with these tips:

- Liquids do not boil away in a slow cooker. In most cases, you can reduce liquids by one-third to one-half (soups do not need the liquid reduced).
- Add pasta at the end of cooking, or cook it separately to prevent it from getting mushy.
- Milk, cheese, and cream can be added 1 hour before serving.
- For more tips on changing recipes for a slow cooker, download the PDF at <http://www.ag.ndsu.edu/pubs/yf/foods/fn1511.pdf>.

Slow Cooker Recipes

"Refried" Beans

1 onion, peeled and halved
3 cups dry pinto beans, rinsed
½ fresh jalapeno pepper, seeded and chopped

2 tablespoons minced garlic
1¾ teaspoons fresh ground black pepper
1/8 teaspoon ground cumin, optional
9 cups water

Preparation:

- Place the onion, rinsed beans, jalapeno, garlic, pepper, and cumin into a slow cooker.
- Pour in the water and stir to combine.
- Cook on HIGH for 8 hours, adding more water as needed. Note: if more than 1 cup of water has evaporated during cooking, then the temperature is too high.
- Once the beans have cooked, strain them, and reserve the liquid.
- Mash the beans with a potato masher, adding the reserved water as needed to attain desired consistency.

Quick Tip—"Refried" Beans

- Try these beans in tacos and burritos. Or, use as a dip for your favorite veggies!
- You also could use it as a spread on your favorite sandwich.

Turkey Chili	
1¼ pounds lean ground turkey 1 large onion, chopped 1 garlic clove, minced 1½ cups frozen corn kernels 1 red bell pepper, chopped 1 green bell pepper, chopped 1 (28-oz.) can crushed tomatoes	1 (15-oz.) can black beans, rinsed and drained 1 (8-oz.) can tomato sauce 1 (1.25-oz.) package chili seasoning mix ½ teaspoon salt Toppings: fat-free or reduced fat shredded cheese, finely chopped red onion
Preparation: <ul style="list-style-type: none">• Cook first three ingredients in a large skillet over medium-high heat, stirring until turkey crumbles and is no longer pink; drain.• Spoon mixture into a slow cooker; stir in corn and next seven ingredients until well blended.• Cook at HIGH 4 to 5 hours or at LOW 6 to 8 hours.• Serve with desired toppings.	

Quick Tip—Turkey Chili

Make extra chili for another meal. Use the rest to:

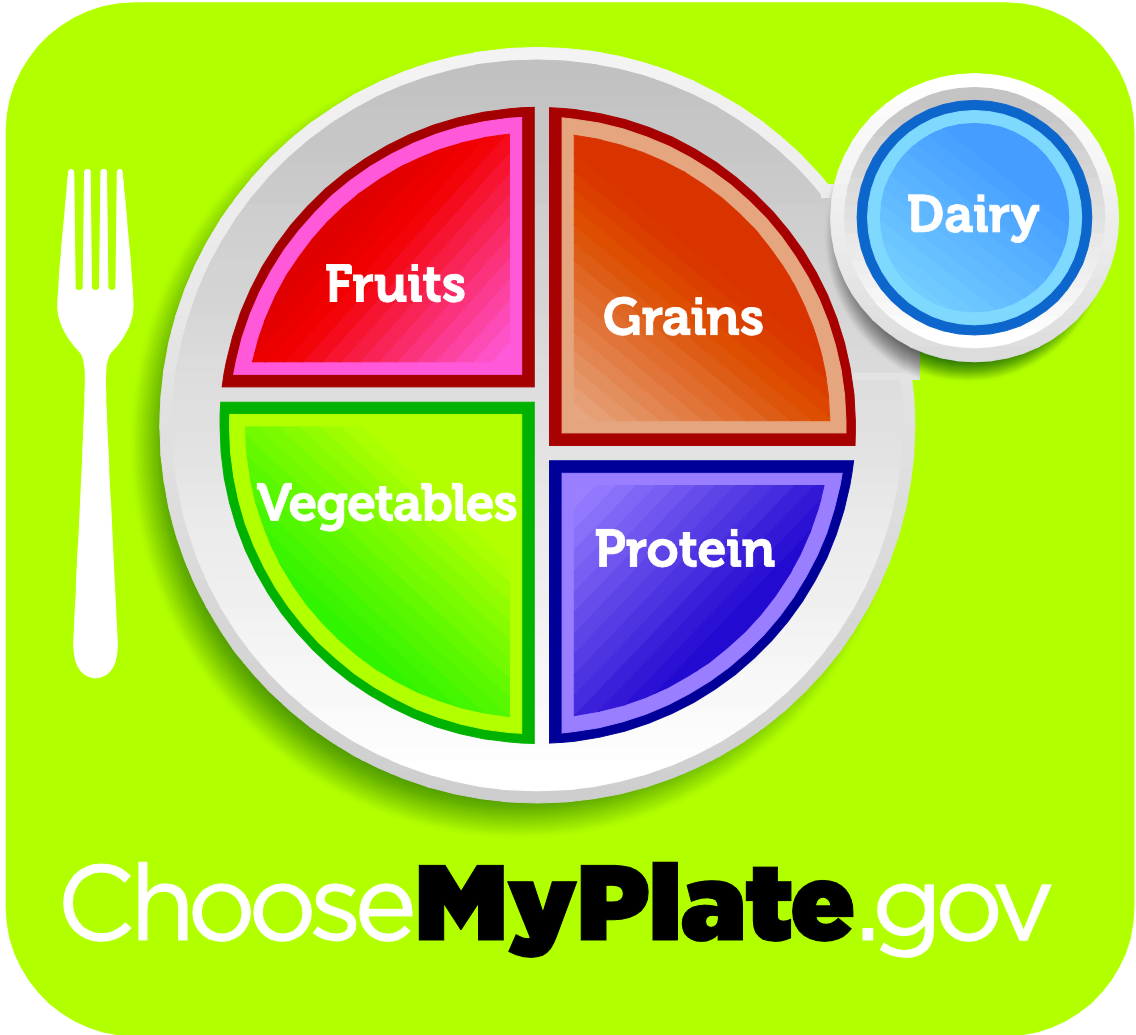
- Top baked potatoes.
- Make an easy casserole by combining cooked whole wheat pasta shells with chili.
- Make a quick and easy taco salad by topping lettuce with chili, diced tomatoes and shredded cheese

Source: Tips adapted from USDA's Slow Cookers and Food Safety

http://www.fsis.usda.gov/Fact_Sheets/Focus_On_Slow_Cooker_Safety/index.asp

Recipes: <http://allrecipes.com/recipe/refried-beans-without-the-refry/detail.aspx> and

<http://www.myrecipes.com/recipe/slow-cooker-turkey-chili-10000001176221/>



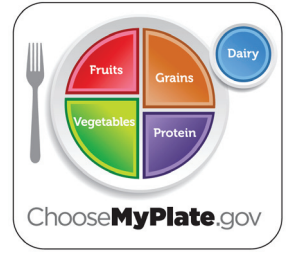
Choose **MyPlate**.gov

10 tips

Nutrition
Education Series

build a healthy meal

10 tips for healthy meals



A healthy meal starts with more vegetables and fruits and smaller portions of protein and grains. Think about how you can adjust the portions on your plate to get more of what you need without too many calories. And don't forget dairy—make it the beverage with your meal or add fat-free or low-fat dairy products to your plate.

1 make half your plate veggies and fruits

Vegetables and fruits are full of nutrients and may help to promote good health. Choose red, orange, and dark-green vegetables such as tomatoes, sweet potatoes, and broccoli.



2 add lean protein

Choose protein foods, such as lean beef and pork, or chicken, turkey, beans, or tofu. Twice a week, make seafood the protein on your plate.

3 include whole grains

Aim to make at least half your grains whole grains. Look for the words “100% whole grain” or “100% whole wheat” on the food label. Whole grains provide more nutrients, like fiber, than refined grains.

4 don't forget the dairy

Pair your meal with a cup of fat-free or low-fat milk. They provide the same amount of calcium and other essential nutrients as whole milk, but less fat and calories. Don't drink milk? Try soy milk (soy beverage) as your beverage or include fat-free or low-fat yogurt in your meal.



5 avoid extra fat

Using heavy gravies or sauces will add fat and calories to otherwise healthy choices. For example, steamed broccoli is great, but avoid topping it with cheese sauce. Try other options, like a sprinkling of low-fat parmesan cheese or a squeeze of lemon.

6 take your time

Savor your food. Eat slowly, enjoy the taste and textures, and pay attention to how you feel. Be mindful. Eating very quickly may cause you to eat too much.

7 use a smaller plate

Use a smaller plate at meals to help with portion control. That way you can finish your entire plate and feel satisfied without overeating.

8 take control of your food

Eat at home more often so you know exactly what you are eating. If you eat out, check and compare the nutrition information. Choose healthier options such as baked instead of fried.

9 try new foods

Keep it interesting by picking out new foods you've never tried before, like mango, lentils, or kale. You may find a new favorite! Trade fun and tasty recipes with friends or find them online.



10 satisfy your sweet tooth in a healthy way

Indulge in a naturally sweet dessert dish—fruit! Serve a fresh fruit cocktail or a fruit parfait made with yogurt. For a hot dessert, bake apples and top with cinnamon.

Today's Date: _____

Quick, Healthy Meals and Snacks Evaluation

1=Strongly Disagree	2=Disagree	3=Neither Disagree or Agree	4=Agree	5=Strongly Agree	
1. The workshop covered useful information. Comments:	1	2	3	4	5
2. The workshop activities were helpful. Comments:	1	2	3	4	5
3. I plan to order healthier foods the next time I eat at a restaurant or order take-out. Comments:	1	2	3	4	5
4. I plan to change my eating habits based on the information I learned today. Comments:	1	2	3	4	5
5. I plan to become more active based on the information I learned today. Comments:	1	2	3	4	5
6. The instructor presented the information in a helpful way. Comments:	1	2	3	4	5
7. Overall, I found the workshop to be very helpful. Comments:	1	2	3	4	5
8. Please tell us which materials you found most useful. Comments:					



