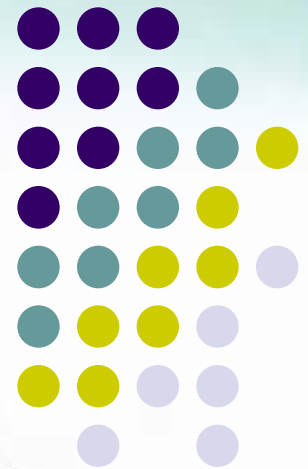


# *~Cook Yourself Thin~*



Presented by:

Lauren Zendarski & Cecilia Fei

# How much are we eating Today?

- Added Fats and Oils
  - Annual Consumption reached 86lbs compared to 53lbs in 1970
- Added Sugar
  - Consumption increased **19%** since 1970
  - Dietary Guideline 2010 suggestion:  $\leq 8$  tsp/day
  - How much we consume: **30** tsp/day
- Fruits and Vegetables
  - Consumption increased **19%** since 1970
  - Still lower than Dietary Guideline 2010 recommendation.
- Sodium
  - Slightly decreasing, but:
  - Daily consumption increased **56%** since 1976

# Benefits of making your own foods

- Saves \$\$
- “You” are the controller
  - Portion size
  - Seasoning
  - Choose of ingredients
- Promote healthy-eating habit
  - Reading food labels
  - Modify recipe to cut down calories



# To decrease Total Fat and Calories

- Choose fat free/reduced-fat over regular
  - Milk, butter, sour cream, cream cheese, mayonnaise
  - **Replacement Options for mayo**
  - Fat free yogurt in baking
  - Fat free blended cottage cheese in baking
  - Mustard on sandwiches
  - Pesto on sandwiches

# To decrease Total Fat and Calories

- Cookies, muffins, and quick breads:
  - Egg Sub: Thinned yogurt, buttermilk
  - Butter Sub: applesauce, prune puree, egg white
  - Whole Milk Sub: skim milk
  - Might not work as well for **cakes**



# To decrease Total Fat and Calories in **meats/soups**

Refrigerate overnight, **Skim** excess fat

■ Before



■ After



# To decrease Sugar

- Baked goods and desserts
  - Sugar Subs: only use ½ the amount that is called for.
  - Works on everything, except:
    - **yeast breads**
- Enhancing sweetness/flavor
  - Increase the amount of cinnamon or vanilla
- Reconsider sugary-toppings
  - **Substitute with fresh fruits, pureed fruit spread, light sprinkle of powder sugar, fruited yogurt**



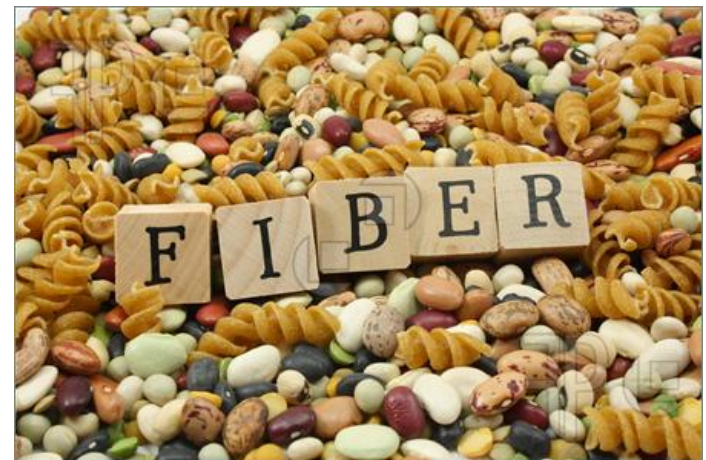
# To decrease Sodium

- Gradual reduction
  - Slowly adjust to less salty flavor.
- Alternative choices for Flavor:
  - Salt-free seasoning mixes or herb blends
  - Crusted Red pepper, salsa, pico
  - Fresh Veggies: onions, peppers, cilantro
  - Citrus juices (lemon, lime, orange)
  - Rice vinegar



# To Increase Fiber

- Choose whole-grain or Whole wheat products
  - Bread, pasta, brown rice, oatmeal
- Add vegetables to recipes
  - Chili, meatloaf, hamburgers, spaghetti sauce
  - Grated carrots or zucchini, or mashed squash can be added in **muffins and quick breads.**
- Add beans
  - Soup, chili, or stew
- Fruits and vegetables
  - Eat with peel when appropriate



# Cook yourself Thin

## Recipe 1: Black Bean Brownies

- Quick and Easy
  - No measuring cups/spoons needed
  - No need of non-stick cooking spray



# Cook yourself Thin

## Recipe 1: Black Bean Brownies

Nutrition Facts		
	Regular Brownies	Black Bean Brownies
Calories (Kcal)	170	128
Cal. from fat	70	21
Total Fat (g)	8	2
Sat fat (g)	1.3	0.5
Cholesterol (mg)	21	0
Sodium (mg)	110	118
Carbohydrates (g)	23	26
Fiber (g)	0	2
Protein (g)	1	2

- Serving size:
  - 2-in square
- Healthy Modifications
  - *Black beans replacing eggs and oil*
  - Lower Calories, fat, saturated fat, and **Zero Cholesterol.**
  - Higher in Protein and Fiber!

# Cook yourself Thin

## Recipe 2: Zucchini Bread

Original	Modified
3 eggs	3/4 c. Egg Substitute
2 c. Sugar	1 1/3 c. Sugar
1 c. Vegetable Oil	1/4 c. Vegetable Oil
	1/4 c. Applesauce
1 Tbsp. vanilla	Same
2 c grated raw Zucchini	Same
3 c. Flour	Same
1 tsp. salt	1/2 tsp. salt
1 tsp. soda	Same
1/2 tsp baking powder	Same
2 tsp. Cinnamon	Same

### ■ Instructions

- Preheat oven to 350F
- Mix all ingredients well. Grease and flour two bread pans (9x5).
- Pour batter into two pans. Bake 45 to 50 minute.
- *Each loaf makes 12 slices*

# Cook yourself Thin

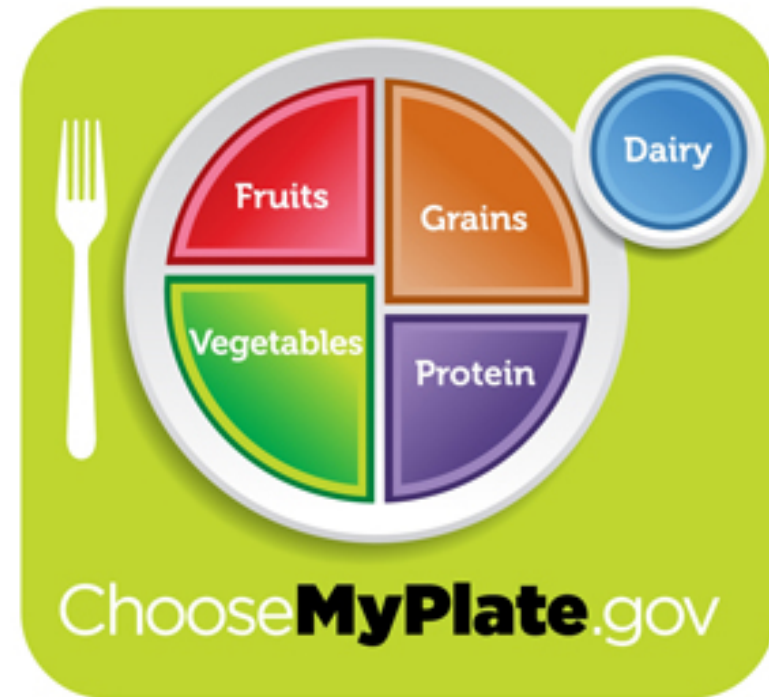
## Recipe 2: Zucchini Bread

Nutrition Facts		
	Original	Modified
Calories (kcal)	215	127
Fat (g)	10	2
Carbohydrates (g)	29	24
Protein (g)	3	2
Sodium (mg)	170	134

- Serving size
  - 1 slice
- Healthy Modifications
  - Using Egg substitutes
  - Substituting vegetable oil with applesauce
  - Reducing salt
  - Reducing Sugar
  - *Lower fat, calories, and sodium*

# Key points to review

- Don't try to eat little, but eat plenty of "nutrition."
  - nutrition-rich foods
  - Don't skip meals
- Balanced food groups on your plate.
- Healthy foods are good, but:
  - May become "less-healthy" if you eat more than you need.



# References

- Dietary Assessment of Major Trends in U.S. Food Consumption, 1970-2005  
[http://www.ers.usda.gov/Publications/EIB33/EIB33\\_ReportSummary.html](http://www.ers.usda.gov/Publications/EIB33/EIB33_ReportSummary.html)
- CookingLight, Take Two: Flour & Corn Tortillas  
<http://www.cookinglight.com/eating-smart/smart-choices/take-two-flour-corn-tortillas-00400000037614/>
- Strategies to Reduce Sodium Intake in the United States  
<http://www.iom.edu/Reports/2010>
- Healthy Recipe, Prairie Lakes Healthcare System  
<http://www.prairielakes.com/myhealth/index.php?id=115>
- Now Serving: Recipe Makeovers! NDSU Extension Service  
[www.ag.ndsu.edu/pubs/yf/foods/fn1447.pdf](http://www.ag.ndsu.edu/pubs/yf/foods/fn1447.pdf)
- Academy of Nutrition and Dietetics [www.eatright.org](http://www.eatright.org)

# Questions?

