

# SMALLER, HEALTHIER COOKING

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# Overview

- Meal Planning
- Trip to the Grocery Store
- Preparation Ideas
- Recipes
- What do I do with leftovers?
- Q & A

# Meal Planning

- Start by writing down meal options for the week.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	<b>Go out for a big, late breakfast or brunch. You are going to cook today!</b>	Hard Boiled Egg Sandwich	Granola Milk Orange	Hard Boiled Egg Sandwich	Granola Milk Banana	Granola Milk Orange	Yogurt Toast
Lunch		Yogurt Garden Salad	Sliced Roasted Chicken Sandwich	Yellow Pea Soup Crackers Garden Salad	Liverwurst Sandwich and Apple Pie	Yogurt Garden Salad	Liverwurst Sandwich
Dinner	Roasted Chicken Baked Sweet Potato Sugar Snap Peas Apple Pie	Roasted Chicken Baked Sweet Potato Sugar Snap Peas Apple Pie	Pork Chop with Apple Sauce Baked Potato with Sour Cream Garden Salad	Chicken Stir Fry Banana, Orange, and Grape Salad	Yellow Pea Soup Garden Salad Crusty Garlic Bread	Pork Chop Buttered Egg Noodles Steamed Broccoli Apple Pie	Cinnamon Eggs with Noodles Sugar Snap Peas
	 Eggs	 Granola	 Yogurt	 Pea Soup	 Liverwurst	 Chicken	 Pork Chop

# Meal Planning

- ⦿ Write out a shopping list
  - Group foods together that you would find in the same area of the grocery store.
- ⦿ Try not to shop when you are hungry.
- ⦿ Stick to your list!!

# At the Grocery Store

## ◎ Produce & Vegetables

- Least fresh items are placed towards the front. Reach for the items in the back!
- Only buy the amount that you need. Bulk is not always better.
- Buy frozen veggies. You can cook what you need and keep the rest frozen.

# At the Grocery Store

- Buy foods packaged in single servings.
  - juice, yogurt, soup, pudding
  - chicken
  - “boil-in-a-bag” rice
- Utilize your deli for customized portions.

# Preparation Ideas

- Cook once, eat twice!

- Boil a few chicken breasts, and add it to your salad or sandwich the next day.
- Sautee a bunch of veggies, and add it to pasta or even your eggs in the morning.

- Only wash produce you are about to eat.

- Excess moisture causes faster decay

# Tips & Ideas

## ● Bananas

- Put in refrigerator once desired ripeness is reached at room temperature.

## ● Bread

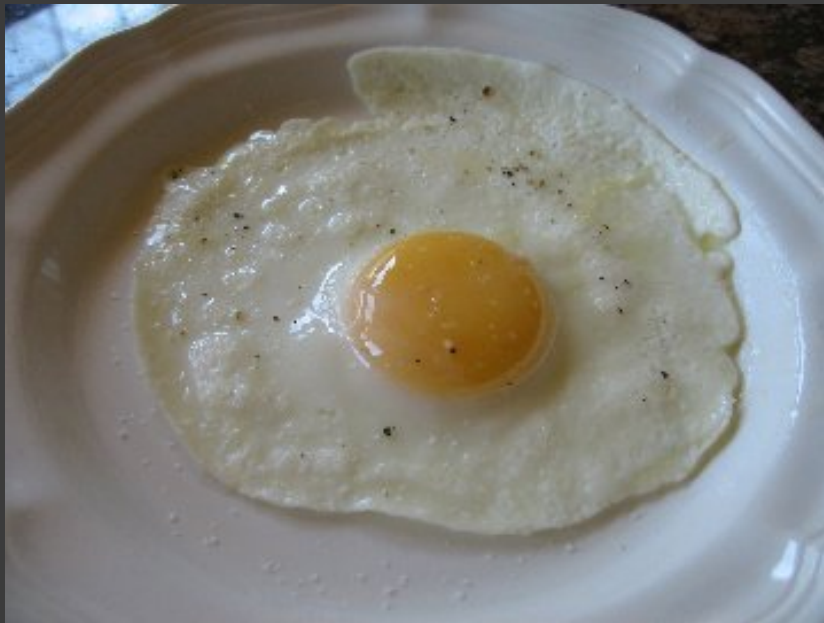
- Keep half then wrap and freeze the rest.

## ● Soups

- Pour soup over rice to make a heartier and more filling meal.

# Recipe Ideas

## ☉ Breakfast for Dinner



# Recipe Ideas

## ● Healthy Fried Rice

### ● **Ingredients:**

- ½ cup cooked brown rice (left over from another meal)
- 1 egg
- ½ cup veggies
- Seasoning (i.e. soy sauce, garlic, ginger, red pepper flakes, etc.)

### ● **Directions:**

- Crack egg in a small bowl, beat, and set aside.
- In a small frying pan on medium heat, cook/thaw the veggies you are using.
- Add the rice part way through so it can begin to heat up.
- Add a tablespoon of water and cover for about 2 minutes to steam cook/heat them.
- Add the beaten egg and stir/cook the whole mixture until the egg is done.
- Add soy sauce or other seasonings for flavor.

# Recipe Ideas

## ● Roasted Chicken & Sweet Potatoes

- Peel and chop a sweet potato, and toss with small amount of olive oil, salt, and pepper. Place on a toaster oven tray.
- Take a piece of chicken and rub on a little oil and your preferred seasonings, then place it over the vegetables.
- Roast in the toaster oven at 350° until chicken is cooked through to at least 165°

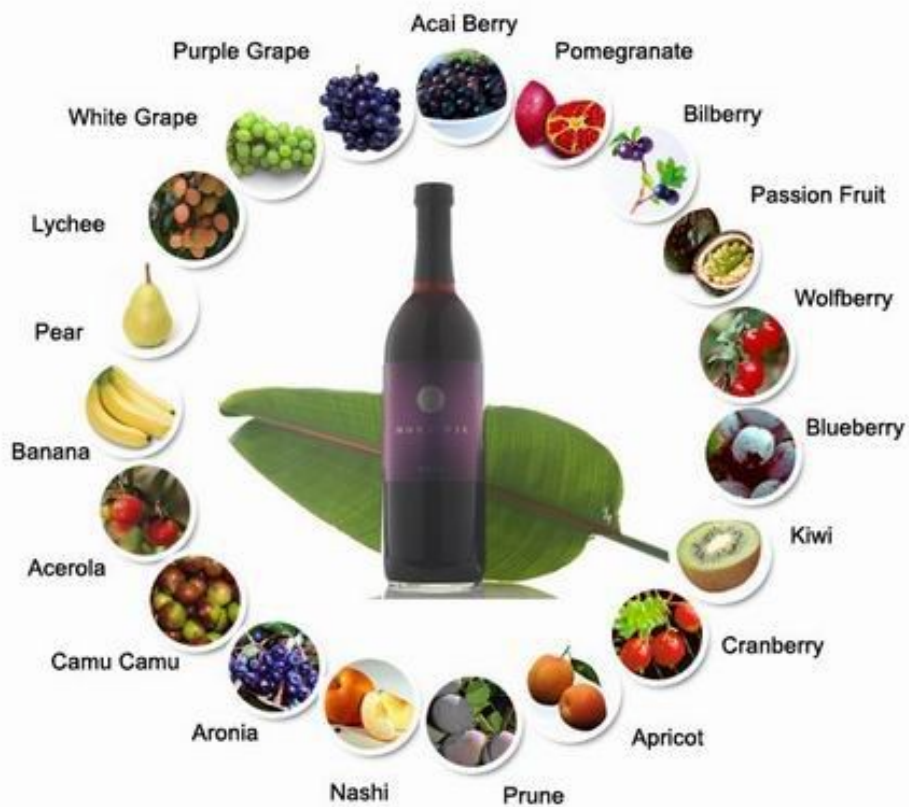
# Cooking en Papillote



# Leftovers?

- ⦿ Be creative!
- ⦿ Don't be afraid to use them!
- ⦿ Is your bread going a little stale?





# What are Antioxidants??

Nutrition Education by Kara Winter and Shelley Talpas

# What are Antioxidants??

- Antioxidants are believed to help prevent and repair oxidative stress, a process that damages cells within the body and has been linked to the development of cancer, heart disease, Alzheimer's disease

<i>Rank</i>	<i>Food item</i>	<i>Serving size</i>	<i>Total antioxidant capacity per serving size</i>
1	Small Red Bean (dried)	Half cup	13727
2	Wild blueberry	1 cup	13427
3	Red kidney bean (dried)	Half cup	13259
4	Pinto bean	Half cup	11864
5	Blueberry (cultivated)	1 cup	9019
6	Cranberry	1 cup (whole)	8983
7	Artichoke (cooked)	1 cup (hearts)	7904
8	Blackberry	1 cup	7701
9	Dried Prune	Half cup	7291
10	Raspberry	1 cup	6058
11	Strawberry	1 cup	5938
12	Red Delicious apple	One	5900
13	Granny Smith apple	One	5381
14	Pecan	1 ounce	5095
15	Sweet cherry	1 cup	4873
16	Black plum	One	4844
17	Russet potato (cooked)	One	4649
18	Black bean (dried)	Half cup	4181
19	Plum	One	4118
20	Gala apple	One	3903



# Vitamins!!!!

## Vitamin A

- Important for:
  - Vision
  - Bone growth
  - Cell division
  - Boosts immune system
  - Skin health
- Sweet potatoes, carrots, dark leafy greens, cantaloupe

## Vitamin C

- Collagen forming
- Citrus
- Strawberries
- Broccoli
- peppers

# Vitamin/Minerals

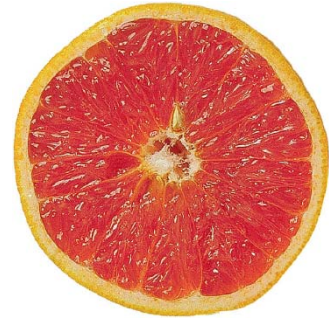
## Vitamin E

- Nuts & Seeds
- Whole grains
- Green leafy vegetables
- Vegetable oil
- Important for Immune system and gene expression

## Selenium

- Fish & shelfish
- Grains
- Red meat
- Eggs
- Chicken
- Garlic
- Regulate thyroid function and immune system

# Phytochemicals



# Antioxidant Summary

- protect cells from free radicals-harmful oxygen molecules thought to damage cells that result in:
- Cancer
- Atherosclerosis
- Alzheimer's disease
- rheumatoid arthritis
- underlying reason why we age.