



From the Food Bank Kitchen

16 Healthy Eating Tips for 2016

Dedicate yourself to a healthier lifestyle in 2016 with these food and nutrition tips, and try out two new recipes. For more healthy eating ideas on the topics below, check out choosemyplate.gov and nutrition411.com.

TRY THE 80/20 APPROACH: Trying to eat too healthy all the time can set you up for failure. So instead, strive for healthy food choices 80% of the time, which gives you some leeway for the remaining 20% of the time. You can enjoy all foods on a healthy eating plan, but pay attention to how much and how often you select higher-calories, higher-fat and sugar items.

EAT BREAKFAST: A healthy breakfast is a great way to start the day and give your body the refueling it needs. Include lean protein, whole grains, and fruits. For instance, try oatmeal cooked with 1% milk, sliced almonds or peanut butter, & berries.

MAKE HALF YOUR PLATE FRUITS AND VEGETABLES: A daily goal of 2 cups of fruit and 2½ cups of vegetables is suggested. Fruits and veggies add color, flavor and texture plus vitamins, minerals, and fiber to your plate. One quarter of your healthy plate would have grains, potato, or starchy vegetable, and 1/4 lean meat, poultry, seafood, or beans.

WATCH PORTION SIZES: Do you know if you're eating the recommended portion size of a food? Use measuring cups and check how much you place in your bowl or plate. Read the Nutrition Facts label of packaged foods to see what is considered to be ONE SERVING, and how many servings are in a package. If your serving is 2,3, or 4 times that much, everything on the label needs to be multiplied by that amount. Use smaller plates and bowls to help keep portions under control. Start your dinner with salad, a broth based soup, or a full glass of water if you wish to reduce overall calories in a main meal.

BE ACTIVE: Regular physical activity lowers blood pressure, blood sugars, and helps reduce stress and weight. Start by doing whatever exercise you can for at least 10 minutes at a time. Find something you enjoy doing. Children and teens might aim for 60 or more minutes of physical activity per day, and adults strive for 30 minutes of activity 5 days a week minimum.

CHOOSE HEALTHY SNACKS: These help sustain your energy levels and maintain more steady blood sugar between meals. When possible, combine a whole grain or fruit with a protein source like dairy, lean meat, egg, tuna, nuts or seeds.

READ FOOD LABELS: Knowing what the numbers in the Nutrition Facts panel mean can help you make healthier choices. To learn more, see "Shop Smart — Get the Facts on Food Labels" at eatright.org/nutritiontipsheets.

FOLLOW FOOD SAFETY GUIDELINES: Wash hands with soap often for 20 seconds, and especially before eating or preparing food to help you stay healthy and keep food safe. Separate raw meat, poultry and seafood from ready-to-eat foods. Refrigerate food quickly to slow bacteria growth. Learn more about home food safety at homefoodsafety.org.

See next page for a turkey and pasta recipe and 8 more great tips

Cauliflower No-Crust Quiche

4 servings

Source: eatright.org

- 2 tsp olive oil or butter
- ½ c chopped onions
- 1½ c chopped cauliflower*
- ½ c shredded light cheddar cheese
- 5 large eggs

- ½ c low-fat milk, rice milk, or soy milk
- 1 tsp paprika
- ½ tsp salt

Nutrition Facts: Calories 203, Fat 14 gm, Saturated Fat 6 gm, Sodium 492 mg, Carbs 7 gm, Fiber 1 gm, Protein 13 gm

Directions: Preheat oven to 375°F. Lightly oil an 8 X 8 inch casserole dish or 9-inch pie pan with oil or butter. Spread onions evenly in the dish and place in the oven while you prepare the other ingredients. In a small bowl, beat eggs, salt and milk with a whisk. Remove dish from oven with mitts and spread cauliflower and cheese evenly. Pour the egg mixture over cauliflower, onions, and cheese. Sprinkle with paprika. Bake for 30 minutes, until cauliflower is tender and casserole is golden brown. Quiche can be refrigerated in a sealed container for 3-4 days.

**TIP: Broccoli can be substituted for cauliflower. Any type of cheese can be used. Add a little Parm cheese for more flavor.*

COOK AT HOME: Preparing meals in your kitchen not only saves money but can be healthy and rewarding. Many dishes can be put together in under 1/2 hour. Get kids involved to learn some kitchen basics. Take time to plan a menu for the week before grocery shopping. Check out the collection of videos on eatright.org to get started.

DINE OUT AND STILL EAT HEALTHY: You can eat at a restaurant and not go overboard on fat, sodium, and calories by planning ahead, asking questions and choosing foods carefully. Look for grilled, baked, broiled, or steamed items instead of fried. Order dishes that include veggies, poultry, or fish. See the “Healthy Eating on the Run” tip-sheet on eatright.org.

REDUCE YOUR INTAKE OF ADDED SUGARS: Research shows that nearly ¼ of many people’s calories come from sweets like baked goods, desserts, candy, soda, and fruit drinks. These deliver a load of calories with little or no nutrition. Shoot for 100 calories (6½ tsp = 26 grams) of added sugars if you’re a woman, and 150 calories (9½ tsp = 38 grams) a day if you’re a man. Don’t worry about the naturally occurring sugar in fruit, milk, and plain yogurt. If a food has little or no milk or fruit (which contain natural sugars), the “Sugars” number on the package’s Nutrition Facts panel will tell you how many grams of added sugars are in each serving. Many people can end up drinking 16 teaspoons of sugar in just one 20 oz Coke or Pepsi.

DRINK MORE WATER: Our bodies depend on water to regulate temperature, transport nutrients and oxygen to cells, carry away waste products and more. Most people do not consume enough fluids. Besides water, you can count coffee, tea, seltzer, juices, yogurt, broth in soup, and other beverages toward a goal of 9 cups of fluids a day for women and 13 cups for men. Aim to minimize sugar-sweetened drinks which are a risk for obesity, and may also raise the risk of heart disease.

EAT LESS RED MEAT: Eat plant protein foods more often, like beans, lentils, soy products, nuts and seeds, and use low-fat dairy. Choose lean meat and poultry options and limit portion size to 4 ounces. Eat seafood twice a week, and up to 8 eggs a week. People who eat less red meat have reduced rates of diabetes and obesity. Check out vegetarian.about.com for ideas.

CUT DOWN ON SODIUM (salt): Most people eat too much sodium, often without knowing it (the average American eats 3,400 mg of sodium a day), often in bread, processed, and prepared foods. Everyone should try to reduce their sodium intake to 2,300 mg of sodium or less daily, especially those with high blood pressure, diabetes, or chronic kidney disease.

MAKE HALF YOUR GRAINS WHOLE: Substitute whole-grain choices for refined-grain breads, bagels, rolls, cereals, wraps, crackers, rice, and pasta. Check the ingredients list on the product label: the first ingredient should have the word “whole” before the grain ingredient name. The whole grain stamp symbol on the package indicates healthier choices.

SLOW DOWN AND EAT MINDFULLY: Keeping a food journal for a few days at a time can help you become more aware of what you are eating. Eating regular meals is key to managing cravings and keeping blood sugar more steady. Be aware of your hunger level as you start to eat, and try to notice if you are ‘comfort-eating’ in response to emotions like anger, stress, or sadness. Pay attention to each bite, and savor the flavor and experience. Stop eating when you are comfortable, not full.

Light Stovetop Macaroni and Cheese

8 servings

Adapted from SkinnyTaste.com

A delicious and more nutritious alternative to boxed mac and cheese!

- 12 oz elbow pasta (dry)
- 3 Tbsp butter (light unsalted)
- ¼ c flour
- ¼ c onion, chopped
- 2 c low-fat (1%) milk
- 1 c low sodium broth
- 8 oz light cheddar cheese, shredded
- ½ tsp salt
- ¼ tsp black pepper
- 4 c fresh baby spinach, chopped
- Optional: 2 Tbsp grated Parmesan cheese
- Optional: ¼ c seasoned bread crumbs

Directions: Cook pasta in salted water according to package directions. In a large, heavy skillet, melt butter. Add onion and cook 2 minutes on low until onions are soft. Add flour and cook over low heat, stirring with a whisk. (Do not “brown” the butter mixture). Add milk and chicken broth and continue whisking, raising heat to medium-high until it comes to a boil and becomes smooth and thick. Season with salt and pepper. Once it becomes thick, remove from heat, add cheese and mix well until cheese is melted. Adjust salt and pepper to taste, add macaroni and spinach and stir to combine.

Optional step: Preheat oven to 375°F. Pour macaroni mixture into an oven safe baking dish sprayed with cooking spray. Sprinkle top with 2 Tbsp grated Parmesan cheese and ¼ c seasoned bread crumbs. Bake for 15-20 minutes, then broil for 2-3 minutes to get the breadcrumbs golden.

Nutrition Facts: Calories 310, Fat 11 gm, Saturated Fat 6 gm, Sodium 440 mg, Carbohydrate 40 gm, Fiber 2 gm, Protein 16 gm