

Healthy Meals In Minutes

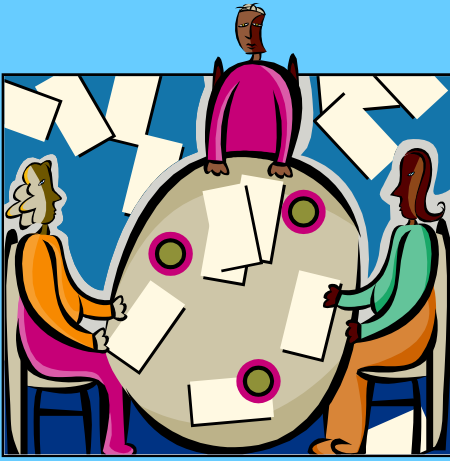


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The American Mealtime...

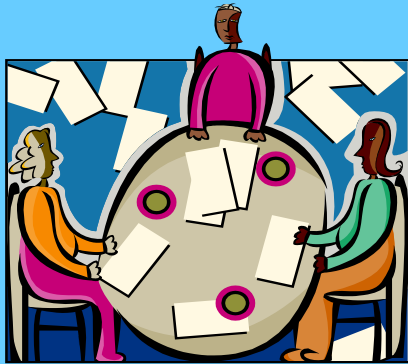


- Family dinner disappearing
- Fast food frenzy
- Pre-packaged meals
- High fat meals



How America Eats

- ❖ Foods that are healthy: **63% very important**
- ❖ Convenience: **42% very important**
- ❖ Traditional Foods from childhood: **42% very important**
- ❖ Trying new flavors and cuisines: **18% very important**



How America eats...

continued

- ❖ I enjoy cooking: 28%
- ❖ To control healthfulness: 24%
- ❖ Quality time and comfort: 23%

Why the change?

- **Dramatic increase of women are in the workforce.**
- **Others reasons?**



**Eating healthfully, even when
in a hurry, is easier than
many people believe.**

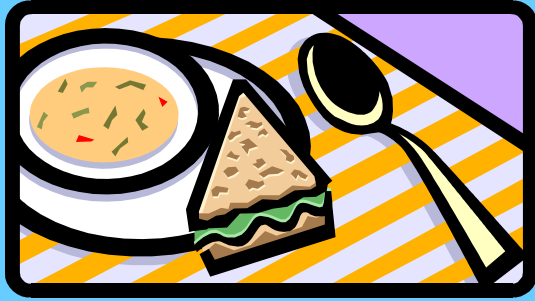
❖ Planning

- ❖ Rounding out convenience foods**
- ❖ Have fall back items in the pantry**

Dining Out May Be Hazardous To Your Health...



- Larger portions
- Higher in fat, calories and sodium
- More temptation



Guidelines for Meal Planning

- Follow National Dietary Guidelines
 - Eat a variety of foods
 - 1,600-2800 calories a day
 - Lean proteins
 - Complex carbohydrates
 - Unsaturated fats
 - Dietary fiber



Planning for a healthy diet

- ❖ Choose meats that have the least amount of visible fat.
- ❖ Trim off visible fat.
- ❖ Refrigerate soups and stews and skim hardened fat.
- ❖ Eat plenty of vegetables and fruit
- ❖ Check the sodium content of canned soups and vegetables. Aim for less than 800 mg
- ❖ Choose low fat and fat-free dairy products
- ❖ Use saturated fats sparingly

Healthy Cooking Techniques



- Prepare food with little or no oil
- Use low fat cooking methods, such as baking broiling, roasting, steaming grilling or stir-frying
- Sauté meats/vegetables in wine, broth or water instead of butter or oil
- Use vegetable cooking sprays
- Use non-stick cooking pans
- Enhance foods with herbs, lemon zest, toasted seeds or nuts



Overcoming “Why Bother”

- Fix pasta as an entrée. Take the rest as pasta salad for lunch the next day.
- Bake a chicken and use the leftovers for casseroles or soups
- Make a meatloaf mixture and use the remainder for stuffed peppers or meatballs

Simple Pizzas



- Classic Tomato Basil
- Wild Mushroom and Rosemary
- Peppers and Onions
- Greek Pizza
- Pile on veggies, avoid meats and olives
- Serve with a side salad

Pastas in a Pan

- Baked ziti
- Chicken lo mein
- Spicy angel hair pasta with Canadian bacon
- Scallop Linguine



Double The Recipe

- Plan one for now and one for later
- Freeze properly



Brrr....Freezer Tip



- ❖ Freeze meatballs and other individual items on baking sheets and when frozen, seal in freezer bags
- ❖ Slice meat for stews, fajitas and stir-fry before freezing
- ❖ Defrost meats in the refrigerator or microwave. Never leave it to defrost on the counter.
- ❖ Date and label all items with a permanent marker on the bag
- ❖ Move older packages forward as you add food to the freezer

Work From A Weekly List



- Build a list for each week and rotate them
- Add side dishes to round out the meal
- Prep ahead

Less Is More.

Take Time to Prep...



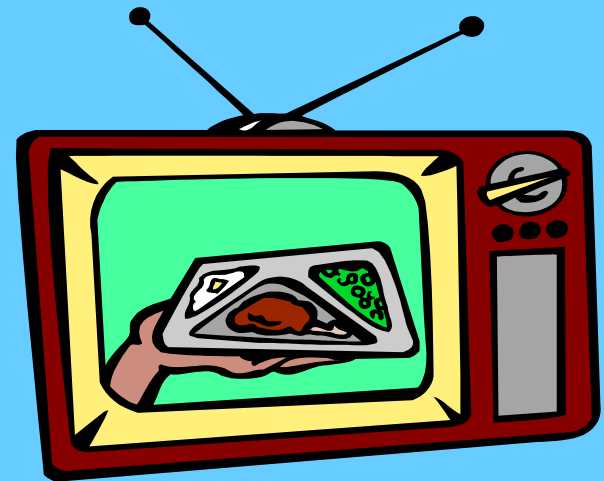
- Wash and chop veggies for salads and stir fry
- Chop meat and marinate in zipper bags
- Clean potatoes
- Make multiple garlic breads for the freezer

What Can You Prep Ahead?



Frozen Entrees

- **10 grams of fat or less**
- **2 grams of saturated fat**
- **Less than 800mg salt**
- **Good choices include:
Lean Cuisine, Weight
Watchers, Healthy Choice**



Meals In Minutes...



- **Use a crock pot**
 - **Potato stuffers**
- **Pasta with veggies**
 - **Pizza QUICK**

Quick and Easy Recipes

- ❖ Pasta Primavera
- ❖ Pizza Quick
- ❖ Vegetable Risotto In a Bag
 - ❖ Dad's Vegetable Soup
- ❖ 20 minute Chicken Parmesan





References

- ❖ www.cookinglight.com
- ❖ www.mayoclinic.com
- ❖ www.eatright.com