

Nutrition Notes

There are many tips to help us get and stay nutritionally healthy – a balanced diet, more fruits and vegetables, more fiber, less fat, less sodium, physical activity, antioxidants, etc, etc, etc...



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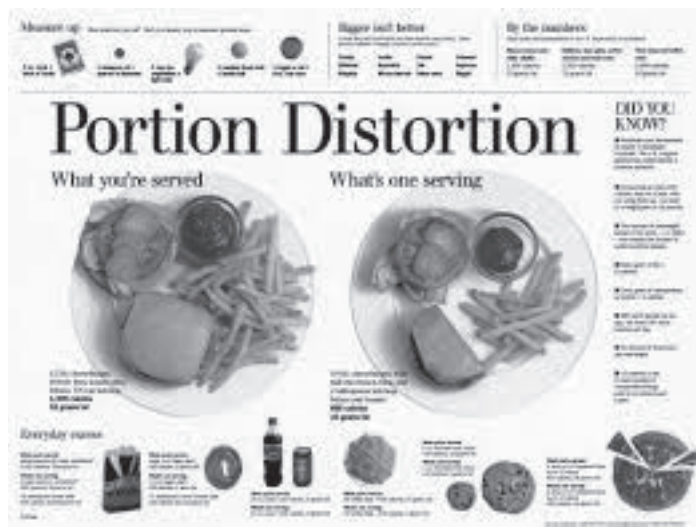
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We are all familiar with the USDA MyPlate model, right? It's the tool that guides our work. So, why is there a problem with diet related illnesses and obesity?

One of the key issues is the need to focus on portion sizes of the foods that we eat. As a population, our portion sizes are much larger and provide more nutrients and calories than what we actually need. There are even weight loss diets that allow unlimited amounts of certain foods. Honestly, we need to train ourselves to stop eating before we feel full.

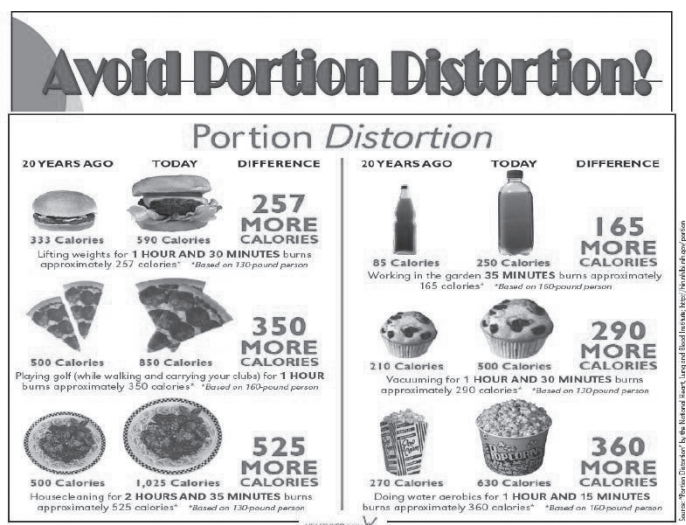
Portion control has gotten out of hand. In many food establishments, the customer can get the larger portion for the same price as the smaller amount. Great deal, right? NOT! Or, how about the “buy 1, get the 2nd one free”. Hard to pass that up, right? These are great selling gimmicks to get the customer engaged.

The illustrations below and top right may help bring us back to a healthy reality. Take a look!



In each of the posters above and top right of the next page, consuming or serving the larger amounts is not only easy to do; but, to many of us looks like the “normal” portion. Through “supersized” portions in restaurants and through TV, radio and printed media, we have become conditioned to expect larger portions. Calories DO add up!

Another way to eat healthier is making time to cook and enjoying meals as a family, whenever possible.



Scratch cooking and eating as a family are positive practices for many reasons. When recipes are prepared from scratch, fresher ingredients are usually used, less processed food items are consumed and the nutritional integrity of the product is maintained. The benefits of family meals are endless!

As you look at the collection of recipes that you have accumulated and inherited over the years; or as you peruse recipes in cookbooks and magazines, oftentimes substitute ingredients can be made which can lower fat, calories, and increase nutrition density. The chart to the right provides a list of items and suggestions for substitution.

These are just a few easy ways to convert higher fat and higher calorie recipes into dishes that will taste good and help provide a healthier diet to yourselves and your families.

Now that winter is almost upon us, we tend to turn to comfort foods. Below is a link to an article in Eating Well magazine that provides some healthier comfort food recipes...enjoy!

<http://www.eatingwell.com/recipes/19699/cooking-methods-styles/comfort/>

Stay healthy and warm this winter and enjoy the best of the holiday season!

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If The Recipe Calls For:	Try Substituting This Ingredient:
Bacon	Turkey bacon, smoked turkey or Canadian bacon
Bread, white	Whole-grain bread
Bread crumbs, dry	Rollled oats or crushed bran cereal
Butter, margarine, shortening or oil in baked goods	Applesauce or prune puree for half of the butter, margarine or oil
Butter, margarine, shortening or oil to prevent sticking	Cooking spray
Cream	Fat-free half and half, evaporated skim milk
Cream cheese, full fat	Fat-free or low fat cream cheese, Neufchatel, or low-fat cottage cheese, pureed until smooth
Eggs	Two egg whites or 1/4 cup egg substitute for each whole egg
Ground beef	Extra-lean ground beef, lean ground chicken or turkey
Meat as the main ingredient of a casserole dish	Use 1/2 of the meat that is listed in the recipe
Milk, evaporated	Evaporated skim milk
Oil-based marinades	Wine, balsamic vinegar, fruit juice or fat-free broth
Sour cream, full fat	Fat-free or low-fat sour cream, plain fat-free yogurt or low-fat yogurt
Soy sauce	Sweet and sour sauce, hot mustard sauce or low-sodium soy sauce
Sugar	In most baked goods, the amount of sugar can be reduced by half; sweetness can be intensified by adding vanilla, nutmeg or cinnamon
Table salt	Herbs, spices, citrus juices, rice vinegar, salt-free seasoning mixes or herb blends. If table salt is used in a recipe, reduce to half.
Vegetables, canned	Use raw or frozen