

WORKSHOP

2

# Quick, Healthy Meals and Snacks



**Eat Healthy - Be Active  
Community Workshops**



**ODPHP**

Office of Disease Prevention  
and Health Promotion



WORKSHOP

# 2

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# Instructor Guide

## BEFORE WORKSHOP BEGINS

- Thoroughly read the entire workshop and become familiar with the lesson plan.
- Choose an activity to do, and gather materials needed for the icebreaker and the chosen activity.
  - **Icebreaker:** no supplies necessary
  - **Activity 1:** slow cooker, chopped green, red, or yellow peppers, onion, zucchini, carrots, 1 pound skinless chicken breasts or lean beef, 14½-oz can of no-salt-added diced tomatoes, 1½ teaspoons oregano, 2 cloves of minced garlic, can opener
  - **Activity 2:** menus from local restaurants (including a range of ethnically diverse dishes), highlighters or pens to highlight or circle healthy options
  - **Note about Activity 1:** If you would like to serve the slow cooker meal at the workshop, you will need to cook the meal prior to class. (It will take several hours to cook the meal in the slow cooker.) Or, you can demonstrate putting the ingredients into the slow cooker early in class and turn the slow cooker on high so that participants will be able to smell the food cooking. If demonstrating the slow cooker during class, you will need to chop the vegetables ahead of time (before class). Also, if you will be presenting the workshop in a location without a sink to wash your hands after placing the meat in the slow cooker, you can put the chicken/beef into a sealed plastic bag and then empty the bag into the slow cooker without touching the meat. See Appendix for additional information on food safety, as well as additional recipes.
- Photocopy handouts (1 per participant):
  1. **Quick, Healthy Meals and Snacks (2 pages)**
  2. **My Shopping List (1 page)**
  3. **Tips for Eating Out (1 page)**
  4. **Food Facts: Calorie Labeling on Restaurant Menus and Vending Machines (4 pages)**
  5. **Slow Cooker Tips and Recipes (2 pages)**
  6. **MyPlate, MyWins Tips: Hacking Your Snacks (1 page)**
  7. **Workshop Evaluation (1 page)**





## WORKSHOP OUTLINE

The workshop should last ~1 hour, including activities.

- **Icebreaker activity** (5 minutes)
- **Introduction** (5 minutes)
  - Explain the purpose of the workshop
  - Review the Learning Objectives
- **Objective 1:** Identify 3 tips for preparing meals quickly and how to stock your pantry (5–10 minutes)
  - Review handout: *Quick, Healthy Meals and Snacks*
  - Review handout: *My Shopping List*
- Video: *Make It Fast, Make It Good* (2–3 minutes)
- Stretch Break (5 minutes)
- **Objective 2:** Identify 5 tips to make healthy selections when eating out (5–10 minutes)
  - Review handout: *Tips for Eating Out*
  - Review handout: *Food Facts: Calorie Labeling on Restaurant Menus and Vending Machines*
  - Activity (5–10 minutes). **Note:** If doing Activity 1, do it at the beginning of class as the icebreaker, so that the food cooks during the class
- **Objective 3:** Describe how to use a slow cooker to prepare easy, healthy meals (5–10 minutes)
  - Review handout: *Slow Cooker Tips and Recipes*
- Increasing Physical Activity (1–2 minutes)
- Review handout *MyPlate, MyWins Tips: Hacking Your Snacks* (2 minutes)
- **Wrap-up/Q&A** (5 minutes)
  - **Reminders** of things to try at home:
    - Calorie labeling on restaurant menus can help you make informed decisions when eating out. (For more information on calorie labeling, visit [www.fda.gov/Food/IngredientsPackagingLabeling/LabelingNutrition/ucm436722](http://www.fda.gov/Food/IngredientsPackagingLabeling/LabelingNutrition/ucm436722).)
    - Next time you go to a restaurant, order a healthier dish using the tips for choosing items lower in calories, saturated and *trans* fat, added sugars, and sodium.
    - Increase the total amount of time you spend doing physical activity and reduce the amount of time you spend sitting.
- Ask participants to complete the **evaluation form** (5 minutes)

# Workshop Lesson Plan

## ICEBREAKER ACTIVITY (5 MINUTES)

Read the following questions out loud to participants. Ask them to raise their hands to indicate “frequently,” “sometimes,” or “almost never” in response to each question.

Are You an Effective Kitchen Manager?	Frequently	Sometimes	Almost never
How often do you plan meals in advance?			
How often do you prepare portions of a meal in advance?			
How often do you spend 30 minutes or less preparing a meal?			
How often do you use leftovers as the basis for another meal?			
If there are others in your household, how often do they help fix meals and clean up?			

After completing the questions, relay this information to participants: If you answered “frequently” to the questions, you probably deserve a star. If you answered “sometimes” or “almost never,” don’t give up! This workshop can provide some ideas to help you make meals easy and healthy.



## WORKSHOP LESSON PLAN

### TALKING POINTS

#### Purpose of the Workshop (2–3 minutes)

- Today's workshop and handouts will give you tips for making meals and snacks that both are healthy and can be prepared quickly.
- This workshop is based on the Dietary Guidelines for Americans and the Physical Activity Guidelines for Americans. The Dietary Guidelines provides science-based advice for making food choices that promote good health and a healthy weight and help prevent disease. The Physical Activity Guidelines provides recommendations on the amount, types, and level of intensity of physical activity needed to achieve and maintain good health.
- These selected consumer messages are based on the Dietary Guidelines. More information about the messages can be found at [www.choosemyplate.gov](http://www.choosemyplate.gov).

Everything you eat and drink over time matters. The right mix can help you be healthier now and in the future. Start with small changes to make healthier choices you can enjoy. *Find your healthy eating pattern and maintain it for a lifetime.* This means:

- Make half your plate fruits and vegetables—focus on whole fruits and vary your veggies
- Make half your grains whole grains
- Move to low-fat or fat-free milk or yogurt
- Vary your protein routine
- Drink and eat less sodium, saturated fat and *trans* fats, and added sugars

Healthy eating and physical activity are the building blocks of a healthier life. The Physical Activity Guidelines recommends that adults be physically active for at least 2 hours and 30 minutes each week—children need 60 minutes each day.

- You can stay physically active by doing activities such as walking, dancing, bicycling, or gardening and by reducing the amount of time you spend sitting.



## TALKING POINTS

### Learning Objectives (2–3 minutes)

- Identify 3 tips for preparing meals quickly and how to stock your pantry.
- Identify 5 ways to make healthy selections when eating out.
- Describe how to use a slow cooker to prepare easy, healthy meals.

## TALKING POINTS

### Handout: Quick, Healthy Meals and Snacks (5 minutes)

#### Eating at Home Tips

- Stock your pantry with whole-wheat pasta or brown rice, cans of no-salt-added vegetables like crushed tomatoes and fruits packed without added sugars, and fresh or dried spices like garlic.
- Stock your freezer with lean protein foods like frozen chicken breasts, fish, or shellfish and frozen vegetables or fruits without sauces. Cook whole grains like quinoa or brown rice in a large batch and make freezer bags for quick meals.
- Plan to use leftovers from one meal, such as cooked vegetables and meats, in a new and easy recipe for the next day, such as burritos or an omelet.
- Save time in the kitchen by using a slow cooker to make 2 or 3 healthy meals at once.

**EAT HEALTHY YOUR WAY**  
**Quick, Healthy Snacks and Meals**  
 Short on time? Try these tips for making healthier meals...fast!

**Speedy suppers**  
*Frozen pizza*

**Tip** One thing you'll always find in my pantry is a couple of boxes of no-salt-added pizza and a pack of no-salt-added tomatoes. Even if I like all the added sugars and salt in some of the pizza's sauce, I make my own sauce. I add oil, vinegar, basil, crushed garlic, and lots of garlic to the tomatoes. I'll even throw in a dash of crushed red pepper and frozen apples or whatever vegetables from the night before. My sauce is healthier and has less fat, salt, and added sugar.

**Tip** Make a quick, nutritious meal with frozen meat, whole grains, lean meats, and frozen or frozen vegetables.

*Fish in a flash*

**Tip** Add a salad, and you have a good meal in less time than it takes to get the fish ready to go to a drive-through. And...my sons love this meal.

**Tip** Freeze a quick, nutritious meal with frozen meat, whole grains, lean meats, and frozen or frozen vegetables.

**Slow cooker to the rescue**

**Tip** Once a week I make big batches of food in my slow cooker. I chop all kinds of vegetables—peas, carrots, squash, sweet peppers—anything you have on hand. I put the veggies on the bottom. Then place my delicious chicken breasts or lean beef on top.

**Tip** Start out by using a big slow cooker. Use 2-3 healthy proteins without spending lots of time in the kitchen.

**So what are you doing for dinner tonight?**  
 Why not try what works for Ding, Helen, and Ariel?

For more information, visit [www.eatthis.com](http://www.eatthis.com)







# WORKSHOP LESSON PLAN

## TALKING POINTS

### Handout: My Shopping List (5 minutes)

- It is easy to put together a quick meal if you have food already in your pantry. Look to buy nonperishable items on sale, such as canned goods. Read the Nutrition Facts label and choose those lowest in sodium, saturated and *trans* fats, and added sugars.
- Keep a note on the refrigerator to list items as you need them. You also may want to arrange your shopping list and coupons to fit the layout of the grocery store for a faster shopping trip.

### Healthy, Quick Meal Ideas

Remind participants to use *MyPlate* for balanced meals.

- Be mindful of calories from added sugars and saturated fats and limit sodium.
- Serve breakfast for dinner—omelets with vegetables (try mushrooms, red peppers, onions, spinach, tomatoes, etc.), fat-free or low-fat milk, and fruit.
- Make quesadillas (lean protein like grilled chicken or beans and fat-free or low-fat cheese on a whole-wheat tortilla).
- Serve soup (a lower-sodium variety) and salad with vinaigrette dressing. Dress one or both with a little low-fat shredded cheese.

### Healthier Snack Ideas

You may choose to discuss these before or after the stretch break. If before the stretch break, challenge the group to come up with other ideas.

- Aim to include at least 2 food groups in your snacks. Include vegetables, fruits, whole grains, low-fat and fat-free dairy, and protein foods.
  - “Ants on a log” (celery with peanut butter and raisins)
  - Fresh, dried, or canned fruit (canned or dried without added sugars) with fat-free or low-fat yogurt
  - Pre-cut vegetables and hummus and low-fat milk
  - Whole-grain (lower-sodium) crackers with fat-free or low-fat cheese
  - Whole-wheat bread or apple slices with peanut butter
  - Unsalted whole-grain pretzels or air-popped popcorn
  - Whole-wheat pita bread filled with shredded vegetables
  - Canned peaches without added sugars and fat-free or lowfat milk



**TIP: Put fresh fruit in a bowl at eye level in the refrigerator or on the kitchen counter. It will be easier to see and grab for a quick snack.**

# WORKSHOP LESSON PLAN

## VIDEO

### Make It Fast, Make It Good (2–3 minutes)



[health.gov/dietaryguidelines/workshops/](http://health.gov/dietaryguidelines/workshops/)

## STRETCH BREAK

### “Name Your Favorite Healthy Snacks”

Ask participants to find a partner and walk around the room, with one partner sharing the name of his or her favorite healthy snack and how to prepare it. After 30 seconds, ask partners to switch roles, so that the other partners can share. After each partner has shared, ask them to find a new partner and repeat the exercise—this time sharing a different healthy snack idea. Be sure that participants keep moving/walking the entire time. Ask participants to share their creative ideas with the group.

## TALKING POINTS

### Handouts: Tips for Eating Out and Food Facts: Calorie Labeling on Restaurant Menus and Vending Machines (5–10 minutes)

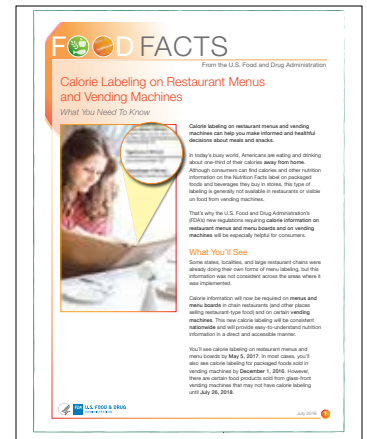
#### Tips for Reducing Portions

- Choose “child’s size” portions if possible or choose the smallest size available.
- Eat half of your meal at the restaurant and save the other half for tomorrow’s lunch.
- Order an appetizer-sized portion or a side dish instead of an entrée.
- Share a main dish with a friend.
- Resign from the “clean-your-plate club”—when you’ve eaten enough, leave the rest. Or, ask your server to package up half of your meal when it arrives so you won’t be tempted to eat the entire portion.
- Order an item from the menu instead of heading for the all-you-can-eat buffet.

#### Tips for Reducing Calories

In restaurants, look for calorie information on the menu and also consider these tips.

- For a beverage, ask for water or order fat-free or low-fat milk or other drinks without added sugars.
- Skip the free chips and salsa or bread that comes to the table.
- Start your meal with a salad packed with veggies, to help control hunger and feel satisfied sooner.
- Ask for salad dressing to be served on the side. Then use only as much as you need.
- Load sandwiches/subs/pizza with veggies rather than cheese and processed meats like pepperoni or sausage.
- Ask for entrees to be made without sauces or butter on the bread.



# WORKSHOP LESSON PLAN

## ACTIVITY

(Choose one ahead of time; 5–10 minutes)

1. **Slow Cooking:** Demonstrate how to use a slow cooker and the amount of time it can save in preparing a healthy meal. Put chopped vegetables on the bottom of the slow cooker bowl, then place skinless chicken breasts or lean beef on top, and add a can of no-salt-added diced tomatoes, oregano, and garlic. Turn the slow cooker on and let it cook during the workshop.

**Supplies necessary:** slow cooker, chopped green, red, or yellow peppers, onion, zucchini, carrots, 1 pound of skinless chicken breasts or lean beef, 14½-oz can of no-salt-added diced tomatoes, 1½ teaspoons oregano, 2 cloves of minced garlic, can opener.

**Note:** You will need to chop the vegetables ahead of time (before class). Also, if you will be presenting the workshop in a location without a sink to wash your hands after placing the meat in the slow cooker, you can put the chicken/beef into a sealed plastic bag and then empty the bag into the slow cooker without touching the meat. See Appendix for additional information on food safety and recipes.

2. **Tips for Eating Out:** Go over the *Tips for Eating Out* and *Food Facts: Calorie Labeling on Restaurant Menus and Vending Machines* handouts. Then, distribute menus from local restaurants. Assign participants to small groups, give each group a menu, and ask them to circle/highlight the healthiest selections.

**Supplies necessary:** variety of ethnically diverse menus (some with calorie labeling) from local restaurants, highlighters or pens to highlight or circle healthy options.

## TALKING POINTS

### Handout: Slow Cooker Tips and Recipes (5–10 minutes)

Not sure what to make for dinner? In a rush when you get home at the end of the day? Try a slow cooker! A few minutes of prep in the morning is all you need for a simple meal for dinner. Try these recipes for “Refried” Beans and Turkey Chili made in a slow cooker.



### Why Use a Slow Cooker?

Using a slow cooker can be a quick, simple, and inexpensive way to prepare meals for your family, plus it:

- Saves electricity! A slow cooker uses less electricity than an oven and doesn't overheat your kitchen.
- Saves money! You can use less-expensive cuts of meat because the slow cooker makes them tender.
- Saves time! Slow cookers usually allow 1-step meal preparation and easy clean up.



## WORKSHOP LESSON PLAN

### TALKING POINTS

#### Increasing Physical Activity (1–2 minutes)

- The Physical Activity Guidelines for Americans recommends that everyone engage in regular physical activity for health benefits.
- Here are the recommendations for adults:

	Moderate Activity	Vigorous Activity
Type of Activity	Walking briskly, biking on flat ground, line dancing, gardening	Jumping rope, basketball, soccer, swimming laps, aerobic dance
Amount	If you choose activities at a <b>moderate</b> level, do at least <b>2 hours and 30 minutes a week</b>	If you choose activities at a <b>vigorous</b> level, do at least <b>1 hour and 15 minutes a week</b>

Source: 2008 Physical Activity Guidelines for Americans

- Children need **60 minutes of physical activity each day**.
- **TODAY'S TIP:** Increase physical activity by adding a new activity or spending more time doing an activity you already enjoy.
  - Pick activities that you like to do and that fit into your life.
  - Keep track of your physical activity and gradually increase it to meet the recommendations.
- Keep track of your physical activity and nutrition goals!
  - Track your physical activity and take small steps to improve your eating habits. You can keep track with a journal or notebook, a website, or a mobile app.
- Presidential Active Lifestyle Award (PALA+): An awards program of the President's Council on Fitness, Sports & Nutrition that promotes physical activity and good nutrition. The 8-week program can help you maintain or improve your health, and is a great way to help manage and reach your health goals.
  - For more information about PALA+, visit [www.fitness.gov/participate-in-programs/pala/](http://www.fitness.gov/participate-in-programs/pala/)
  - See the Appendix for a PALA+ log that you can print.

**TIP:** You can combine moderate and vigorous activities. In general, 1 minute of vigorous activity is equal to 2 minutes of moderate activity.





## TALKING POINTS

**Handouts: MyPlate, My Wins Tips: Hacking Your Snacks (2 minutes)**

**MyPlate, MyWins**  
 Healthy Eating Solutions for Everyday Life  
 Choose **MyPlate.gov/MyWins**

**USDA** United States Department of Agriculture  
**MyPlate MyWins**  
**Hacking your snacks**  
 Planning for healthy snacks can help satisfy hunger in between meals and keep you moving towards your food group goals.

- Build your own**: Make your own trail mix with unsalted nuts and add-ins such as seeds, dried fruit, popcorn, or a sprinkle of chocolate chips.
- Prep ahead**: Portion snack foods into baggies or containers when you get home from the store so they're ready to grab-go when you need them.
- Make it a combo**: Combine food groups for a satisfying snack—yogurt and berries, apple with peanut butter, whole-grain crackers with turkey and avocado.
- Eat vibrant veggies**: Spice up raw vegetables with dips. Try dipping bell peppers, carrots, or cucumbers in hummus, tahini, guacamole, or bean puree.
- Snack on the go**: Bring ready-to-eat snacks when you're out. A banana, yogurt in a cooler, or baby carrots are easy to bring along and healthy options.
- List more tips**: \_\_\_\_\_

HWYF Worksheet 10.10 © 2014 USDA Center for Nutrition Policy and Promotion. USDA is an equal opportunity provider, employer, and service provider.

## TALKING POINTS

**Wrap-Up/Q&A (5 minutes)**

### Things to Try at Home

- Next time you go to a restaurant, make healthy choices using the tips for choosing items lower in calories, saturated and *trans* fat, sodium, and added sugars.
- Increase the total amount of time you spend doing physical activity.

## COMPLETE EVALUATION FORM

**(5 minutes)**

Fill out the form and give to Instructor.

WORKSHOP 2 Evaluation		TODAY'S DATE _____				
		1 = Strongly Disagree 2 = Disagree 3 = Neither Disagree nor Agree 4 = Agree 5 = Strongly Agree				
1. The workshop covered useful information.	Comments:	1	2	3	4	5
2. The workshop activities were helpful.	Comments:	1	2	3	4	5
3. I plan to order healthier foods the next time I eat at a restaurant or order take-out.	Comments:	1	2	3	4	5
4. I plan to change my eating habits based on the information I learned today.	Comments:	1	2	3	4	5
5. I plan to become more active based on the information I learned today.	Comments:	1	2	3	4	5
6. The instructor presented the information in a helpful way.	Comments:	1	2	3	4	5
7. Overall, I found the workshop to be very helpful.	Comments:	1	2	3	4	5
8. Please tell us which materials you found most useful.						



# Handouts

1. **Quick, Healthy Snacks and Meals**
2. **My Shopping List**
3. **Tips for Eating Out**
4. **Food Facts: Calorie Labeling on Restaurant Menus and Vending Machines**
5. **Slow Cooker Tips and Recipes**
6. **MyPlate, MyWins Tips: Hacking Your Snacks**
7. **Evaluation**



## EAT HEALTHY YOUR WAY

# Quick, Healthy Snacks and Meals

Short on time? Try these tips for making healthier meals...fast!



### Speedy suppers

#### *Pasta plus . . .*

**Greg:** One thing you'll always find in my pantry is a couple of boxes of whole-wheat pasta and cans of no-salt crushed tomatoes. I don't like all the added sugars and salt in some of the store's pasta sauces, so I make up my own sauce. I add dried oregano, basil, chopped onion, and lots of garlic to the tomatoes. I'll even toss in a bag of cooked chicken breast and frozen veggies or leftover vegetables from the night before. My sauce is nutritious and low in fat, salt, and added sugars.

Add a salad, and we have a good meal in less time than it takes to get the kids ready to go to a drive-through. And...my sons love this meal.

#### *Fish in a flash . . .*

**Aponi:** Here's my motto about food—"Make it simple, make it right, and make it quick." I keep cans of salmon and tuna in my cupboard because they have healthy fats. It takes less than 15 minutes to make up salmon or tuna cakes. Just add chopped onion, some whole-wheat bread crumbs, one beaten egg, and some celery seed. Form the patties, and cook in a pan with cooking spray. Cook until the patties are brown and crispy on both sides.

#### *Slow cooker to the rescue . . .*

**Anh:** Once a week I make big batches of food in my slow cooker. I chop up lots of vegetables—carrots, onions, squash, sweet peppers—anything we have on hand. I put the veggies on the bottom, then place my skinless chicken breasts or lean beef on top.

Then, I add a can of no-salt-added tomatoes, some oregano, and 2 cloves of garlic. I do other fun things instead of cooking for hours. And, we can get 3 tasty, healthy suppers in less time than it used to take me to cook 1 meal!

#### *So what are you doing for dinner tonight?*

Why not try what works for Greg, Aponi, and Anh?

#### TIP

Make a quick, nutritious meal with whole-wheat pasta, lean meats, and frozen or leftover vegetables.



#### TIP

Keep canned fish on hand for quick meals using healthy fats.



#### TIP

Save time by using a big slow cooker. Get 2–3 healthy suppers without spending lots of time in the kitchen.



For more information, visit [www.healthfinder.gov](http://www.healthfinder.gov).

## SMALL CHANGES CAN MAKE A BIG DIFFERENCE



### Hearty, healthy lunches in a snap

- **Sandwich lover?** Choose lean protein fillings like grilled chicken or those with healthy fat like tuna. Make sandwiches with other fillings such as peanut butter, low-fat cheese, or sliced hard-boiled eggs.
- **Load your sandwich with veggies.** Along with the standard greens and tomatoes...try sliced cucumbers, green peppers, or zucchini strips for added crunch.
- **Pick whole grains!** Try whole-grain or 100% whole-wheat breads, tortilla wraps, English muffins, and pita pockets instead of white bread or buns.
- **Green salads, anyone?** Add lean meats or seafood along with fruits, beans, and nuts to your green salads. Try dried cranberries, cut-up fruits, kidney beans, walnuts, and almonds.

### On the run? Healthier fast food or drive-through choices

#### *Skip the meal deals and size upgrades*

Calories can really add up when you get the larger size sandwiches, fried foods, and soft drinks.

#### **Check off how you will try to cut calories when eating out:**

- Get the regular or child-sized hamburger and load it with lettuce, tomato, and onions.
- Cut a larger burger or sandwich in half. Eat half now, and refrigerate half for tomorrow's lunch.
- Get the small size turkey or grilled chicken sub instead of the large one. Load it with veggies—spinach, tomatoes, cucumbers, and onions.
- Drink water, or low-fat or fat-free milk, instead of whole milk, fruit drinks, or a soft drink.

### Go healthier

- Order a side salad with oil-based dressing or vinaigrette instead of fries. Or share an order of small fries with a friend.
- Use mustard, lower calorie mayo, or less regular mayo.
- Choose the vegetable medley as your side. Order a small baked potato with salsa instead of mashed potatoes and gravy.
- Order a thin-crust vegetable pizza with a side salad instead of a deep-dish meat or double cheese pizza.
- Save foods like cakes, pies, and brownies as an occasional treat. Order fruit instead or share 1 dessert.

# My Shopping List

These are good items to have on hand to make healthy meals and snacks.

## Dairy and Eggs

- Fat-free (skim) or low-fat (1%) milk
- Fat-free, low-fat, or reduced-fat cottage cheese
- Low-fat or reduced-fat cheeses
- Fat-free or low-fat plain yogurt
- Eggs/egg substitute
- \_\_\_\_\_

## Breads, Muffins, and Rolls

- Whole-grain bread
- Whole-grain bagels and English muffins
- Whole-grain tortillas
- Whole-grain pita bread and naan bread
- \_\_\_\_\_

## Cereals, Crackers, Rice, Noodles, and Pasta

- Unsweetened whole-grain cereal, hot or cold
- Rice (brown)
- Quinoa, couscous
- Whole-wheat pasta (noodles, spaghetti)
- \_\_\_\_\_

## Seafood, Meats, and Poultry

- White-meat chicken and turkey (skin off)
- Fish and shellfish (not battered)
- Lean ground (92% lean/8% fat) beef or turkey
- 95% fat-free sliced whole pork or ham
- \_\_\_\_\_

## Fruits (Fresh, Canned, Frozen, and Dried)

### Fresh Fruits:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Canned Fruits (without added sugars):

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Frozen Fruits (without added sugars):

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Dried Fruits (with limited added sugars for tart fruits):

- \_\_\_\_\_
- \_\_\_\_\_

## Vegetables (Fresh, Canned, and Frozen)

### Fresh Vegetables:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Canned Vegetables (low sodium or no salt added):

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Frozen Vegetables (without sauces):

- \_\_\_\_\_
- \_\_\_\_\_

## Nuts, Seeds, and Soy

- Unsalted whole nuts or seeds
- Nut butters (peanut, almond, etc.)
- Tofu
- \_\_\_\_\_
- \_\_\_\_\_

## Baking Items

- Nonstick cooking spray
- Canned evaporated milk—fat free (skim) or low fat (1%)
- Nonfat dry milk powder
- Whole-wheat flour
- Vegetable oil
- \_\_\_\_\_

## Condiments, Sauces, Seasonings, and Spreads

- Oil-based dressings, reduced-calorie salad dressings
- Salt-free spices and spice blends
- Flavored vinegars
- Salsa or picante sauce
- Soy sauce (low sodium)
- Bouillon cubes/granules (low sodium)
- \_\_\_\_\_

## Beverages

- No-calorie drinks or mixes
- 100% fruit and vegetable juices (not "juice drinks")
- \_\_\_\_\_

## Fats and Oils

- Oils (olive, canola, corn, soybean, sunflower, peanut)
- Tub margarine (with no *trans* fat)
- \_\_\_\_\_







# Tips for Eating Out

## General Tips for Healthy Dining Out and Take-Out

You can eat healthfully when dining out or ordering take-out. Check out these tips for choosing items lower in calories, as well as saturated and *trans* fat, sodium (salt), and added sugars.



### Reading the Menu

#### Look for terms such as:

Baked	Lightly sautéed
Boiled/simmered (in wine or lemon juice)	Poached
Broiled	Roasted
Grilled	Steamed in its own juice (au jus)



#### Watch out for terms such as:

Alfredo	Buttery	Escalloped
Au fromage	Casserole	Fried
Au gratin	Cheese sauce	Gravy
Basted	Creamed	Hollandaise
Béarnaise	Crispy	In cream or cream sauce
Breaded	Crusted	Pastry crust
Butter sauce	Deep fried	Pot pie

**Source:** Adapted from National Heart, Lung, and Blood Institute (NHLBI), *Aim for a Healthy Weight: Maintaining a Healthy Weight On the Go—A Pocket Guide*, page 12.  
[www.nhlbi.nih.gov/files/docs/public/heart/AIM\\_Pocket\\_Guide\\_tagged.pdf](http://www.nhlbi.nih.gov/files/docs/public/heart/AIM_Pocket_Guide_tagged.pdf)

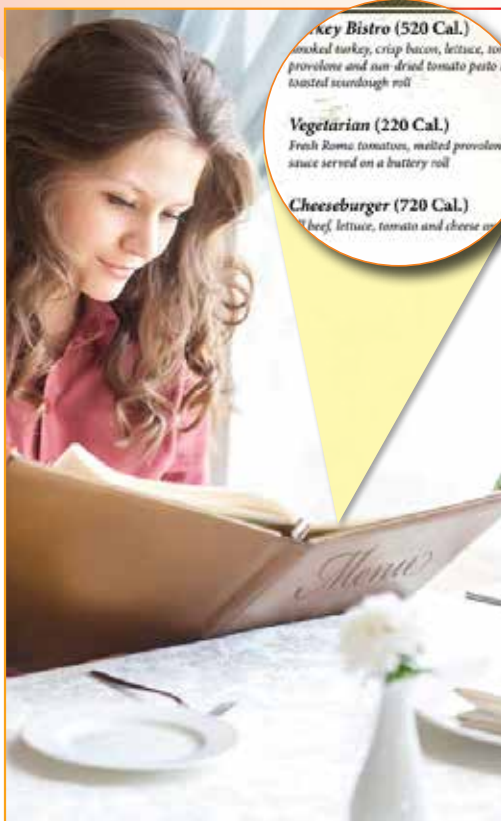


# FOOD FACTS

From the U.S. Food and Drug Administration

## Calorie Labeling on Restaurant Menus and Vending Machines

*What You Need To Know*



Calorie labeling on restaurant menus and vending machines can help you make informed and healthful decisions about meals and snacks.

In today's busy world, Americans are eating and drinking about one-third of their calories **away from home**. Although consumers can find calories and other nutrition information on the Nutrition Facts label on packaged foods and beverages they buy in stores, this type of labeling is generally not available in restaurants or visible on food from vending machines.

That's why the U.S. Food and Drug Administration's (FDA's) new regulations requiring **calorie information on restaurant menus and menu boards and on vending machines** will be especially helpful for consumers.

### What You'll See

Some states, localities, and large restaurant chains were already doing their own forms of menu labeling, but this information was not consistent across the areas where it was implemented.

Calorie information will now be required on **menus and menu boards** in chain restaurants (and other places selling restaurant-type food) and on certain **vending machines**. This new calorie labeling will be consistent **nationwide** and will provide easy-to-understand nutrition information in a direct and accessible manner.

You'll see calorie labeling on restaurant menus and menu boards by **May 5, 2017**. In most cases, you'll also see calorie labeling for packaged foods sold in vending machines by **December 1, 2016**. However, there are certain food products sold from glass-front vending machines that may not have calorie labeling until **July 26, 2018**.

# FOOD FACTS

## Where You'll Find It

### At Restaurants:

Calorie labeling is required for restaurants and similar retail food establishments that are part of a chain of 20 or more locations.

For standard menu items, calories will be listed clearly and prominently on menus and menu boards, next to the name or price of the food or beverage. For self-service foods, such as served from buffets and salad bars, calories will be shown on signs that are near the foods. Calories are *not* required to be listed for condiments, daily specials, custom orders, or temporary/seasonal menu items.



menus



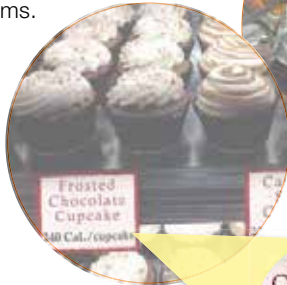
menu boards

### Did You Know?

In addition to calorie information, restaurants are also required to provide written nutrition information on their menu items, including total fat, calories from fat, saturated fat, trans fat, cholesterol, sodium, total carbohydrates, dietary fiber, sugars, and protein. You may see this information on posters, tray liners, signs, counter cards, handouts, booklets, computers, or kiosks. So, when eating out, don't hesitate to ask for nutrition information!



self-service foods



display case



### On Vending Machines:

Calorie labeling is required for vending machine operators who own or operate 20 or more vending machines.

Calories will be shown on a sign (such as on a small placard, sticker, or poster) or on electronic or digital displays near the food item or selection button on vending machines and "bulk" vending machines (for example, gumball machines and mixed nut machines), unless calories are already visible on the actual food packages before purchase.





# FOOD FACTS

## Calories on the Menu: A Closer look

### Calorie Information: Check the Menu!

#### It Will Be On ...

- Meals or snacks from sit-down and fast-food restaurants, bakeries, coffee shops, and ice cream stores
- Foods purchased at drive-through windows
- Take-out and delivery foods, such as pizza
- Foods, such as sandwiches, ordered from a menu or menu board at a grocery/convenience store or delicatessen
- Foods that you serve yourself from a salad or hot-food bar at a restaurant or grocery store
- Foods, such as popcorn, purchased at a movie theater or amusement park
- Alcoholic drinks, such as cocktails, when they are listed on menus

#### It Won't Be On ...

- Foods sold at deli counters and typically intended for more than one person
- Foods purchased in bulk in grocery stores, such as loaves of bread from the bakery section
- Bottles of liquor displayed behind a bar
- Food in transportation vehicles, such as food trucks, airplanes, and trains
- Food on menus in elementary, middle, and high schools that are part of U.S. Department of Agriculture's National School Lunch Program (although vending machines in these locations are covered)

### Understanding Multiple Options

For menu items that are offered in *different flavors or varieties* (such as ice cream or doughnuts), here's how calories will be listed:

- If there are only **two choices** available (for example, vanilla and chocolate ice cream), both calorie amounts will be listed and separated by a slash (such as 150/300 calories).
- If there are **more than two choices** (for example, vanilla, chocolate, and strawberry ice cream), the different calorie amounts will be presented in a range (such as 150-300 calories).

For *combination meals*, which have more than one food item, here's how calories will be listed:

- If there are only **two choices** available (for example, a sandwich with chips or a side salad), both calorie amounts will be listed and separated by a slash (such as 350/450 calories).
- If there are **three or more choices** (for example, a sandwich with chips, a side salad, or fruit), the calories will be presented in a range (such as 450-700 calories).

This image is meant to serve as an illustration of how nutrition labeling may be presented on a menu board.

### SOUTHWESTERN PASTRY AND GRILL

*All ingredients from Mexico*

TACOS	
Beef Tacos (Soft or Hard Shell)	6.50 Cal. 580 / 620
Chicken Tacos (Soft or Hard Shell)	7.00 Cal. 730 / 770
Fried Fish Tacos (Soft or Hard Shell)	7.00 Cal. 620 / 660
Shrimp Tacos (Soft or Hard Shell)	9.00 Cal. 680 / 720

ENCHILADAS	
<i>Platters have 2 enchiladas and served with your choice of 2 sides</i>	
Chesse Enchilada	6.50 Cal. 640 - 1000
Chicken Enchilada	7.95 Cal. 600 - 960
Beef Enchilada	7.95 Cal. 700 - 960
Beef and Chicken Enchilada	7.95 Cal. 650 - 1010

SIDES	
Black Beans	1.99 Cal. 120
Refried Beans	1.99 Cal. 200
Mexican Rice	1.99 Cal. 180
Guacamole	1.99 Cal. 80
Sweet Corn Cobs	1.80 Cal. 240
Side Salad or Dressing	2.99 Cal. 150 - 200

DRINKS	
<i>Try one of our Fresh Homemade Margaritas</i>	
Homoe Style Margarita	3.99 Cal. 400
Citrus Margarita	3.99 Cal. 720

©2016 Nutrition Facts are based on general nutrition values. Actual values may vary. All trademarks are the property of their respective owners. All prices and availability subject to change without notice.

Cal. 580 / 620  
Cal. 730 / 770  
Cal. 620 / 660  
Cal. 680 / 720

Cal. 640 - 1000  
Cal. 600 - 960  
Cal. 700 - 1060  
Cal. 650 - 1010

# FOOD FACTS

## Putting Calories “In Context”

To help consumers better understand the new calorie listings in the context of a **total daily diet**, FDA is also requiring restaurants to include a statement on menus and menu boards reminding consumers that “2,000 calories a day is used for general nutrition advice, but calorie needs vary.”

For menus and menu boards targeted to **children**, FDA is also permitting the statement “1,200 to 1,400 calories a day is used for general nutrition advice for children ages 4 to 8 years and 1,400 to 2,000 calories a day for children ages 9 to 13 years, but calorie needs vary.”

As you may know, the **Nutrition Facts label** on packaged foods and beverages uses 2,000 calories as a reference amount for some daily values. However, not *everyone* should consume 2,000 calories per day. In fact, your calorie needs may be higher or lower and will depend on your age, gender, height, weight, and physical activity level. To determine your personal calorie needs, visit [www.choosemyplate.gov](http://www.choosemyplate.gov).

### Why Are Calories Important?

Calories are important in managing your weight. To achieve or maintain a healthy body weight, balance the number of calories you *eat and drink* with the number of calories you *burn* during physical activity and through your body’s metabolic processes. Consuming too many calories can contribute to a variety of health issues, such as cardiovascular disease, type 2 diabetes, and obesity.

Follow this simple tip to size up calories when comparing and choosing individual menu and vending machine items:

- 100 calories per serving is MODERATE
- 400 calories per serving is HIGH

### Calorie Conscious?

#### *Tips For Using the New Information*

- **Know your calorie needs.** Visit [www.choosemyplate.gov](http://www.choosemyplate.gov) to determine your personal daily calorie needs.
- **Compare foods.** Check posted calorie counts or check calorie counts online *before* you eat at a restaurant and choose lower calorie options.
- **Choose smaller portions.** When possible, pick a smaller portion size, such as small French fries instead of large, or an appetizer instead of a full-sized entrée.
- **Manage larger portions.** Split an entrée with a friend or take home part of your meal.
- **Limit add-ons.** Ask for syrups, dressings, and sauces to be served “on the side,” then use less.
- **Choose healthy options.** Pick dishes that include more fruits, vegetables, and whole grains and limit foods described with words like creamy, fried, breaded, battered, or buttered (these are typically higher in calories).
- **Watch beverages.** Whenever possible, choose water, fat-free (skim) or low-fat (1%) milk, 100% fruit or vegetable juice, or *unsweetened* tea or coffee instead of sugar-sweetened beverages such as energy drinks, flavored waters, fruit drinks, soft drinks, and sports drinks.

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For more information, contact the U.S. Food and Drug Administration, Center for Food Safety and Applied Nutrition’s Food and Cosmetic Information Center at **1-888-SAFEFOOD** (toll free), Monday through Friday 10 AM to 4 PM ET (except Thursdays from 12:30 PM to 1:30 PM ET and Federal holidays). Or, visit the FDA website at <http://www.fda.gov/educationresource/library>

# Slow Cooker Tips and Recipes

## TIPS FOR USING A SLOW COOKER

- Always thaw meat and poultry in the refrigerator before cooking them in the slow cooker. This way, the meat will cook completely. Follow this order when putting food into a slow cooker: (1) put the vegetables in first, then (2) add the meat, and (3) top with liquid (broth, water, sauce).
- Fill the slow cooker between halfway and 2/3 full. Cooking too little or too much food in the slow cooker can affect cooking time and quality.
- To store leftovers, move food to a smaller container to allow food to cool properly; refrigerate within 2 hours after cooking is finished. Do not reheat leftovers in the slow cooker. Instead, use a stove, microwave, or oven to reheat food to 165°F.

## CHANGING RECIPES TO USE IN A SLOW COOKER

### Try your favorite recipe in a slow cooker with these tips:

- Liquids do not boil away in a slow cooker. In most cases, you can reduce liquids by 1/3 to 1/2 (soups do not need the liquid reduced).
- Add pasta at the end of cooking, or cook it separately to prevent it from getting mushy.
- Milk, cheese, and cream can be added 1 hour before serving.
- For more tips on changing recipes for a slow cooker, download the PDF at [www.ag.ndsu.edu/publications/food-nutrition/now-serving-slow-cooker-meals](http://www.ag.ndsu.edu/publications/food-nutrition/now-serving-slow-cooker-meals).



## SLOW COOKER RECIPES

### RECIPE

#### “REFRIED” BEANS

1 onion, peeled and halved	2 tablespoons minced garlic
3 cups dry pinto beans, rinsed	1¼ teaspoons fresh ground black pepper
½ fresh jalapeno pepper, seeded and chopped	1/8 teaspoon ground cumin, optional
	9 cups water

1. Place the onion, rinsed beans, jalapeno, garlic, pepper, and cumin into a slow cooker.
2. Pour in the water and stir to combine.
3. Cook on HIGH for 8 hours, adding more water as needed. Note: If more than 1 cup of water has evaporated during cooking, then the temperature is too high.
4. Once the beans have cooked, strain them, and reserve the liquid.
5. Mash the beans with a potato masher, adding the reserved water as needed to attain desired consistency.

### TIP

- Try these beans in tacos and burritos. Or, use as a dip for your favorite veggies!
- You also could use them as a spread on your favorite sandwich.



### RECIPE

#### TURKEY CHILI

1¼ pounds lean ground turkey	1 (15-oz.) can black beans, rinsed and drained
1 large onion, chopped	1 (8-oz.) can tomato sauce
1 garlic clove, minced	1 (1.25-oz.) package chili seasoning mix
1½ cups frozen corn kernels	½ teaspoon salt
1 red bell pepper, chopped	Toppings: fat-free or reduced fat shredded cheese, finely chopped red onion
1 green bell pepper, chopped	
1 (28-oz.) can crushed tomatoes	

1. Cook first 3 ingredients in a large skillet over medium-high heat, stirring until turkey crumbles and is no longer pink; drain.
2. Spoon mixture into a slow cooker; stir in corn and next 7 ingredients until well blended.
3. Cook at HIGH 4 to 5 hours or at LOW 6 to 8 hours.
4. Serve with desired toppings.

### TIP

Make extra chili for another meal. Use the rest to:

- Fill a few bell peppers with the chili and bake, in order to make easy stuffed peppers.
- Make an easy casserole by combining cooked whole-wheat pasta shells with chili.
- Make a quick and easy taco salad by topping lettuce with chili, diced tomatoes, and shredded cheese.



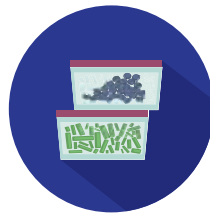
**TIP:** Read the Nutrition Facts label to look for crushed tomatoes and chili seasoning mixes that are lower in sodium.

Source: Tips adapted from USDA Slow Cookers and Food Safety, [www.fsis.usda.gov/shared/PDF/Slow\\_Cookers\\_and\\_Food\\_Safety.pdf](http://www.fsis.usda.gov/shared/PDF/Slow_Cookers_and_Food_Safety.pdf).



**Build your own**

Make your own trail mix with unsalted nuts and add-ins such as seeds, dried fruit, popcorn, or a sprinkle of chocolate chips.



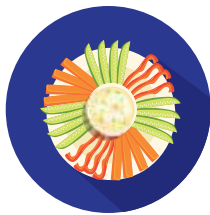
**Prep ahead**

Portion snack foods into baggies or containers when you get home from the store so they're ready to grab-n-go when you need them.



**Make it a combo**

Combine food groups for a satisfying snack—yogurt and berries, apple with peanut butter, whole-grain crackers with turkey and avocado.



**Eat vibrant veggies**

Spice up raw vegetables with dips. Try dipping bell peppers, carrots, or cucumbers in hummus, tzatziki, guacamole, or baba ganoush.



**Snack on the go**

Bring ready-to-eat snacks when you're out. A banana, yogurt (in a cooler), or baby carrots are easy to bring along and healthy options.



**List more tips**

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Based on the Dietary Guidelines for Americans  
Go to [ChooseMyPlate.gov](http://ChooseMyPlate.gov) for more information.

MPMW Tipsheet No. 11  
March 2017  
Center for Nutrition Policy and Promotion  
USDA is an equal opportunity provider, employer, and lender.

Source: [choosemyplate-prod.azureedge.net/sites/default/files/tentips/MPMW\\_tipsheet\\_11\\_Hackingyoursnacks.pdf](http://choosemyplate-prod.azureedge.net/sites/default/files/tentips/MPMW_tipsheet_11_Hackingyoursnacks.pdf)





# Evaluation

1 = Strongly Disagree 2 = Disagree 3 = Neither Disagree nor Agree 4 = Agree 5 = Strongly Agree

1. The workshop covered useful information. Comments:	1	2	3	4	5
2. The workshop activities were helpful. Comments:	1	2	3	4	5
3. I plan to order healthier foods the next time I eat at a restaurant or order take-out. Comments:	1	2	3	4	5
4. I plan to change my eating habits based on the information I learned today. Comments:	1	2	3	4	5
5. I plan to become more active based on the information I learned today. Comments:	1	2	3	4	5
6. The instructor presented the information in a helpful way. Comments:	1	2	3	4	5
7. Overall, I found the workshop to be very helpful. Comments:	1	2	3	4	5

8. Please tell us which materials you found most useful.

