



Pantry Basics – How to set up a Heart-Healthy Kitchen

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Pantry Basics

- Food you choose to eat has tremendous impact on your health
- A diet rich in vegetables, whole grains, legumes, fish, nuts and fruit can prevent and even reverse most of the diseases that devastate our society
- Diseases of “lifestyle”



Pantry Basics

- Three aspects of weight—BMI, waist size, and weight gained after one’s early twenties—are linked to chances of having or dying from:
 - heart disease
 - strokes
 - other cardiovascular diseases
 - diabetes
- several types of cancer
- suffering from arthritis, infertility, gallstones, asthma, and even snoring

Pantry Basics


- Never in human experience has food been available in the staggering profusion seen in America today
- We are awash in edibles shipped in from around the planet; seasonality has largely disappeared
- Food is available constantly, seductively, in our lives—on sidewalks, in airplanes, at gas stations and movie theaters - everywhere

Pantry Basics

- “Toxic environment” that in many ways *discourages* healthy eating
- Incessant advertising and marketing of the poorest quality foods imaginable
- We eat everywhere and at all times: at work, at play, and in transit
- Japanese cars—the ones sold in Japan—don’t have drink holders! The Japanese don’t eat and drink in their cars!

Pantry Basics

- On any given day, 30% of American children aged 4 to 19 eat fast food, and older and wealthier ones eat even more.
- Overall, 7% of the U.S. population visits McDonald’s each day, and 20 to 25% eat in some kind of fast-food restaurant.



Pantry Basics

- Today, Americans spend 49 cents of every food dollar on food eaten outside the home
- 30% of calories are now eaten outside the home.
- Includes take-out food (which restaurant industry now style as "home meal replacement").

Pantry Basics

- Drastic change from the 1950s, when people ate far more of their meals at home, with their families, and at a leisurely pace.
- A hundred years ago there was no such thing as a snack food—nothing you could pop open and overeat
- Food was the result of someone's direct labor



Pantry Basics

- Improved technology has cut the time needed to prepare food, allowing us to eat more conveniently.
- In 1978, only 8% of homes had microwave ovens, but 83% do today
- Food that once took hours to prepare is now "nuked" in minutes.



Pantry Basics

- Potatoes used to be baked, boiled, or mashed; the labor involved in peeling, cutting, and cooking French fries meant that few home cooks served them
- Now factories prepare potatoes for frying and ship them to fast-food outlets or freeze them for microwave cooking at home.
- Americans ate 30% more potatoes between 1977 and 1995, most of that increase coming in the form of French fries and potato chips.



Pantry Basics

- The food industry spends billions of dollars on research
- They have carefully researched the exact levels of sweetness and saltiness that will make every food as attractive as possible
- Easy to overeat restaurant foods – huge portions
- What we spend on nutrition education is only in the tens of millions of dollars annually

Pantry Basics

- The number of restaurants in the United States is at a record high
- People eat restaurant food more often than ever before, and people who report high consumption of restaurant food—particularly *fast food*—are *heavier than those who eat food cooked at home*
- People in the National Weight Control Registry eat at restaurants *less than 2 times/week*

Pantry Basics

- In most households decisions about what to eat for breakfast, lunch, dinner are determined by what foods the grocery shopper brings into the house
- The shopper powerfully shapes what foods get eaten both inside and outside the house



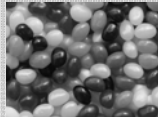
Pantry Basics

- Typical grocery store is filled with processed, packaged junk
- Also filled with healthy, delicious alternatives
- Eating healthy is not impossible
- Must be mindful about making good choices
- Must have a plan



Pantry Basics

- **DON'T GO TO THE STORE HUNGRY!**
- Have a list – shop once a week
- Preplan some menus
- **IF YOU DON'T WANT TO EAT IT – DON'T BUY IT!!!!**



Pantry Basics

- For most people the most difficult thing about starting to eat healthy is learning how to prepare and cook simple, basic food
- Critical to keep healthy items stocked and ready to go
- Healthy eating shouldn't be a complicated process
- Healthy cookbooks and recipes make the job easier

Pantry Basics

- Cooking Light – 5 Ingredient, 15 Minute Cookbook
- Cooking with Heart – Richard Collins, MD and Susan Buckley, RD
- www.eatingwell.com
- American Heart Association
- Fix-It-And-Forget-It Lightly crockpot recipes



Pantry Basics

- If you buy in bulk – repackage foods in single-serving containers
- You'll be less tempted to overeat
- We eat MORE when food is seen in large quantities
- Book "Mindless Eating" Brian Wansink, PhD



Fresh Fruits & Vegetables

- Fresh seasonal fruits – berries, oranges, apples, etc.
- Dried unsweetened fruit – use sparingly
- Fresh seasonal vegetables – eat your colors
- Challenge yourself to try something new



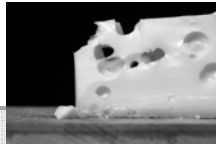
Fruits & Vegetables

- Keep fruit washed and readily available
- Keep pre-cut up vegetables ready for easy snack or add to stir fry
- Keep bags of lettuce, salad greens, baby carrots handy
- Frozen is GOOD!



Dairy and Dairy Alternatives

- Skim or 1% milk
- Soymilk – plain, unsweetened, vanilla, chocolate
- Low-fat or non-fat buttermilk
- Non-fat ½ & ½
- Non-fat or reduced fat cheese – Cabot 50% Light
- Soy/Nut-based cheese



Dairy and Dairy Alternatives

- 1% Low sodium cottage cheese – Safeway Lucerne brand
- Non-fat or 1% yogurt – try Greek yogurt
- Non-fat sour cream
- Egg substitutes, egg whites



Fats, Cooking Oils

- Assorted raw nuts and seeds: almonds, walnuts, peanuts, soy nuts, sunflower seeds, pumpkin seeds, sesame seeds
- Whole, milled or ground flaxseed
- Assorted cooking oils: cold pressed in glass jars best. Try nut oils. Be aware of smoke points of oils. Spectrum brand



Nut Butters

- Peanut, Almond, Cashew, etc
- No added sugar
- No hydrogenated oils
- Nuts, salt/unsalted



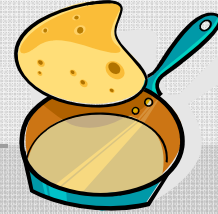
Fats/Margarines

- Choose margarines that contain no more than 1 gram of saturated fat per tablespoon
- NO trans fats
- Try plant sterol margarines – Benecol, Smart Balance Heart Right Light
- Spray bottles



Fats

- Cooking sprays – PAM, Spectrum Naturals – NOT non-fat!
- Non-hydrogenated shortening – Spectrum
- Baking fat replacements – pureed fruit, applesauce



Salad Dressings

- Be sure to choose low-fat
- Be careful with non-fat – need some good fat with salads
- Newman's Own Light,
- Briannas, Drew's, Kraft
- Individual size
- Make your own!



Sweeteners

- Honey
- Brown rice syrup for baking
- Maple syrup – regular and "light"
- Stevia, Splenda, Organic Zero at Whole Foods – erythritol
- Xylitol
- Brown sugar



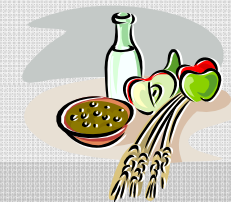
Cereal

- Whole grain cereal
- At least 5 grams of fiber
- Fewer than 8 grams of sugar per serving
- Protein added
- Kashi Go Lean
- Optimum Slim
- Go Lean Oatmeal



Oatmeal

- Steel cut, rolled oats, 5 minute, 1 minute
- Make with skim milk or unsweetened soy milk
- Add fresh fruit, nuts
- Kashi Go Lean



Whole Grains

- Brown Rice
- Brown Basmati Rice
- Quinoa
- Polenta
- Millet
- Whole Wheat Cous
Cous
- Barley



Bread/Tortillas/Pitas

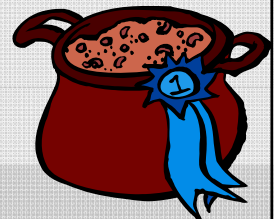
- Choose whole grain
- High fiber bread
- 1st ingredient "whole . . . "
- 1st ingredient NOT "unbleached wheat . . ."
- Corn tortillas
- La Tortilla Factory Tortillas
- High fiber English Muffin
- Western Bagel "The Alternative Bagel"

Grains

- Whole grain pasta – Barilla Plus
- Crackers – Triscuit, Rye Crisp, Wasa, Kashi TLC cracker
- Brown rice cakes
- Whole grain pretzels
- 98% fat free popcorn
- Baked whole grain tortilla chips – Guiltless Gourmet
- Soy Crisps

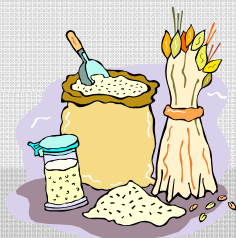
Beans/Legumes

- Legumes – some of the healthiest foods on the planet
- Lentils
- Fat free Refried Beans
- Kidney, pinto, black, etc
- Canned, low-sodium
- Rinse first
- Use in soups, salads, chili



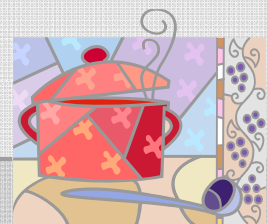
Flour/ Baking

- Whole-wheat flour
- Soy flour
- Cornmeal
- Legume Flour
- Try substituting ½ the white flour in a recipe and go up from there



Canned Tomatoes/Soup

- Reduced sodium canned diced tomato, whole tomatoes and tomato sauce
- Low-sodium pasta sauce
- Reduced sodium soup
- Reduced sodium broths



Soups/Chili

- Health Valley
- Amy's
- Make your own and freeze



Condiments

- Reduced sodium ketchup
- Reduced sodium soy sauce
- Reduced-fat mayo
- Mustard
- Flavored vinegars
- Low-cal marinades: Mrs. Dash, Lawry's, Newman's Own



Spices

- All spices: allspice, basil, bay leaves, cayenne, curry, oregano, etc
- Very high in antioxidants
- Assorted sodium free spice blends
- Mrs. Dash
- Potassium chloride
- ½ salt
- Sea Salt is still salt



Meat/Poultry/Fish

- Lean meat – when buying meat look for the words “round” “loin” and choose lean cuts without marbling
- Pork tenderloin, trimmed of fat
- Skinless chicken, turkey (or cook with skin on then remove)
- Careful with ground
- Buffalo higher in Omega 3 fatty acids
- All fish – fresh, frozen, canned
- Tofu, Tempeh

Freezer Basics

- Fruit – berries, no added sugar
- Vegetables – plain or with light sauce
- Fat free or light ice cream or frozen yogurt
- 100 % fruit bars
- Frozen waffles – Kashi, Van's
- Meat substitutes – Morningstar Farms, Boca
- Amy's burritos, wraps, meals
- Kashi
- Lean Cuisine
- Add extra vegetables!



Beverages

- WATER!!!
- Add cucumbers, mint, fruit chunks
- Tea – hot/cold, green/ black
- Herbal Tea
- Hot cocoa - diet
- Don't drink your calories



Resources

- http://staging.hungry-girl.com/assets/pdfs/ShoppingList_Jan10_g.pdf
- <http://www.webmd.com/diet/printable/healthy-grocery-shopping-list>
- <http://www.americanheart.org/presenter.jhtml?identifier=2115>



▪ **Let's Get Cooking!**

