<table>
<thead>
<tr>
<th>Learning Method</th>
<th>Objectives</th>
</tr>
</thead>
<tbody>
<tr>
<td>Handout, Lecture, Power Point and Point</td>
<td>Objectives</td>
</tr>
</tbody>
</table>

- Consider color, texture, hot and cold when planning a balanced meal.
- Use the exchange list and food labels to plan healthy meals.
- Identify hidden sugars and ingredients on food packages.
- Learn to read the list of ingredients on food packages.
- Learn what vitamins and minerals are in the food you eat.
- Food label
- Understand what the Daily Requirements are on the Food label.
- Identify the location of Fiber on the Food label.
- Identify the location of Total Carbohydrates on the Food label.
- Identify the location of Sodium on the Food label.
- Identify the location of Total Fat on a Food label.
- Identify the location of the serving size on the Food label.
<table>
<thead>
<tr>
<th>Activities</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>My Meal Plan</td>
<td>Fast Food Guide (BD)</td>
</tr>
<tr>
<td>Minerals</td>
<td>Meal Plans</td>
</tr>
<tr>
<td>Vitamins</td>
<td>A Food Labelling Guide</td>
</tr>
<tr>
<td>Carb Counter (Novom dishwasher)</td>
<td>Get on the Grain Train</td>
</tr>
<tr>
<td></td>
<td>Food Label</td>
</tr>
<tr>
<td>Groceries</td>
<td>Item</td>
</tr>
<tr>
<td>-----------</td>
<td>------</td>
</tr>
<tr>
<td>1/2 cup lemon juice, Splenda, pineapple and 1 banana</td>
<td>0</td>
</tr>
<tr>
<td>1/2 cup crushed almonds, 1/2 cup mandarin 2 Tablespoons sliced</td>
<td></td>
</tr>
<tr>
<td>2 Tablespoons coconut flakes</td>
<td></td>
</tr>
<tr>
<td>2 ounce low-fat cool whip</td>
<td>0</td>
</tr>
<tr>
<td>2 instant pudding, milk, 12 large sugar-free vanilla</td>
<td></td>
</tr>
<tr>
<td>or oregano, parmesan cheese 1/2 clove garlic, dried basil 4 Tablespoons olive</td>
<td></td>
</tr>
<tr>
<td>carrots, celery, potatoes (2), carrots,</td>
<td></td>
</tr>
<tr>
<td>3 lb lean roast, onion, garlic,</td>
<td></td>
</tr>
</tbody>
</table>

**Food Preparation**

- **Lemonade**
- **Tropical Trifle**
- **Vegetable Soup**

**Whisking your Way to Health**

**Cassie Simmons**

---

**Lesson 2 Lesson Plan**
## Whisking your way to Health

<table>
<thead>
<tr>
<th>Cooking Utensils</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>○ Knives (paring, bread and Chef)</td>
<td>○ Carrot peeler</td>
</tr>
<tr>
<td>○ Soup pot</td>
<td>○ Mixing bowls</td>
</tr>
<tr>
<td>○ Dry &amp; Liquid measuring cup</td>
<td>○ Whisk</td>
</tr>
<tr>
<td>○ Ladle</td>
<td>○ Spatula</td>
</tr>
<tr>
<td>○ Can opener</td>
<td>○ Strainer</td>
</tr>
<tr>
<td>○ Sauté pan</td>
<td>○ Dish for trifle</td>
</tr>
<tr>
<td>○ Cutting board</td>
<td>○ Baking pan</td>
</tr>
<tr>
<td></td>
<td>○ Pastry brush</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Cooking Plan</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Group 1</strong></td>
<td><strong>Group 2</strong></td>
</tr>
<tr>
<td>Prepare Vegetable soup</td>
<td>Prepare trifle</td>
</tr>
<tr>
<td></td>
<td>Prepare Italian Pita Crisps</td>
</tr>
</tbody>
</table>

| Set Goal                              |              |
|                                       |              |
| **Homework**                          |              |
| ○ Plan 2 days of balanced meals       |              |

Whisking Your Way to Heal
Cass. Simmons

Lesson 2 Lesson Plan
Page 4 of 7
Sprinkle the cooled coconut and almonds on top.
Top with the remaining Cool Whip.
Place the remaining pudding/Cool Whip mixture evenly on top of the fruit.
Layer the bananas, the drained mandarin oranges and pineapple on top of the pudding/Cool Whip mixture.
In a serving dish layer half of the pudding/Cool Whip mixture.

In a dry sauce pan place coconut and almonds over medium heat, stir constantly until lightly browned. Remove from the heat and let it cool.

Mix half of the Cool Whip into the pudding.
Make vanilla pudding according to directions, let it set up.

- 2 Tablespoons Shredded coconut
- 1 banana sliced
- 20 ounces crushed pineapple (drained)
- 15 ounces mandarin oranges (drained)
- 1 1/2 ounce low fat Cool Whip
- 1 TropiCal Toffee Skim milk to make pudding
- 1-6 ounce No Sugar vanilla instant Pudding

Whisking Your Way to Health
Vegetable Soup

3 lb of lean roast, dice it up
1 onion diced
2 garlic minced

Cook

Add:

2 stalks celery diced
2 potatoes diced
2 carrots diced

Cook until done

Add:

2 cans of green beans
2 cans diced tomatoes
Peppercorn
Total Carbohydrates: 8 gms
Sodium: 86 mg
Total Fats: 2 gms
Calories: 59

Serving: 4 crisps

Preheat the oven to 350°F. Spray 1 or 2 cookie sheets with nonstick pan spray.

Cut each pita in 8 wedges. To separate the halves, arrange in a single layer on the cookie sheet.

Mix the olive oil and garlic together. Brush over the pita sections. Sprinkle with basil and cheese.

Bake 8 to 10 minutes, or until lightly browned and crisp. Serve hot or cold and store in an airtight container.

Ingredients:

4 teaspoons Parmesan cheese
3 teaspoon dried basil or oregano
2 cloves of garlic finely minced
2 tablespoons of olive oil
4 Pitas, each about 6 inches in diameter

Italian Pita Crisps
# Lesson 2

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lean roast beef</td>
<td>3 pounds</td>
<td>$15.00</td>
</tr>
<tr>
<td>Potatoes</td>
<td>2 potatoes</td>
<td>$1.00</td>
</tr>
<tr>
<td>Carrots</td>
<td>1 lb bag</td>
<td>$0.69</td>
</tr>
<tr>
<td>Celery</td>
<td>1 bunch</td>
<td>$1.00</td>
</tr>
<tr>
<td>Onion</td>
<td>1 Medium</td>
<td>$1.00</td>
</tr>
<tr>
<td>Green beans</td>
<td>2 cans</td>
<td>$1.00</td>
</tr>
<tr>
<td>Diced tomatoes</td>
<td>2 cans</td>
<td>$1.23</td>
</tr>
<tr>
<td>Pita</td>
<td>8 pita</td>
<td>$2.00</td>
</tr>
<tr>
<td>Sugar free vanilla pudding*</td>
<td>2 large</td>
<td>$2.08</td>
</tr>
<tr>
<td>Milk, Skim</td>
<td>2 quarts</td>
<td>$1.79</td>
</tr>
<tr>
<td>Cool Whip, Low fat</td>
<td>12 ounce</td>
<td>$1.19</td>
</tr>
<tr>
<td>Coconut flakes</td>
<td>2 tablespoons</td>
<td>$1.59</td>
</tr>
<tr>
<td>Sliced almonds</td>
<td>2 tablespoons</td>
<td>$1.32</td>
</tr>
<tr>
<td>Mandarin oranges*</td>
<td>15 ounces</td>
<td>$1.07</td>
</tr>
<tr>
<td>Crushed pineapple*</td>
<td>20 ounces</td>
<td>$0.89</td>
</tr>
<tr>
<td>Banana</td>
<td>2</td>
<td>$0.50</td>
</tr>
</tbody>
</table>

**Total** $33.35

* Items in stapes - Total less these items $28.08

---

**Staples**

No new staples
Pre test

1. On the Food Label, Total Carbohydrates of 48 grams is how many serving on your meal plan?
   - 1
   - 2
   - 3

2. % Daily Values on the Food Label is based on a
   - 1800 calorie Meal Plan
   - 2000 calorie Meal Plan
   - 2200 Calorie Meal Plan

3. The Ingredients on the Ingredient List are in order of
   - Ingredient in the name of the item first
   - Ingredient that has the most weight
   - Alphabetical order

4. Daily Meal Plans should include 4 to 6 servings of non-starchy vegetables
   - True
   - False

5. On an 1800 calories Meal Plan you should plan for
   - 5 servings of fat a day
   - 6 servings of fat a day
   - 6 servings of carbohydrates a day

My goal this past week was ________________________________
I met it ___ all the time    ___ most time
   ___ some times   ___ did not work on it
1. On the Food Label, Total Carbohydrates of 48 grams is how many serving on your meal plan?
   - [ ] 1
   - [ ] 2
   - [ ] 3

2. % Daily Values on the Food Label is based on a
   - [ ] 1800 calorie Meal Plan
   - [ ] 2000 calorie Meal Plan
   - [ ] 2200 Calorie Meal Plan

3. The Ingredients on the Ingredient List are in order of
   - [ ] Ingredient in the name of the item first
   - [ ] Ingredient that has the most weight
   - [ ] Alphabetical order

4. Daily Meal Plans should include 4 to 6 servings of non-starchy vegetables
   - [ ] True
   - [ ] False

5. On an 1800 calories Meal Plan you should plan for
   - [ ] 5 servings of fat a day
   - [ ] 6 servings of fat a day
   - [ ] 6 servings of carbohydrates a day

My goal for next week: I will __________________________
How much ________________ How often ________________
When __________________________
Reading Labels and Ingredient Lists

A cooking program for people with diabetes

Let's look at your favorite recipes!

% Daily Values

- Use the % daily values to determine how the food fits into your meal plan
- Are usually based on a 2,000 calorie/day meal plan
- % daily values are for the whole day not just one meal

Tips:
- 0% or less is low – aim for low in total fat, saturated fat, cholesterol and sodium
- 20% or more is high – use high for vitamins, minerals and fiber

Fiber

Eating fiber is like eating a plate of straw

Is this how you feel about getting more fiber in your meal plan?
Two Kinds of Fiber

Fiber is all the parts of plant foods that your body can not digest or absorb

- **Insoluble Fiber**
  - Does not dissolve in water
  - Moves through your digestive system quickly
  - Soft, bulky stools

- **Soluble Fiber**
  - Dissolves in water
  - Lowers blood cholesterol and glucose

What foods have fiber?

- **Insoluble fiber**
  - Whole wheat flour, nuts, vegetables, bran and fruits with edible seeds (raspberries)

- **Soluble fiber**
  - Oats, legumes, barley, apples, citrus fruits, carrots and psyllium

How much fiber do I need each day?

- 25 to 35 grams each day
  - Add a few tablespoons of unprocessed wheat bran to your cereal
  - Add unprocessed wheat bran or bran cereal to boxed foods or use as a topping
  - Try brown rice, barley, whole wheat pasta and burger
  - Include beans, pear and lentil soups or stews
  - Eat fruit as dessert
  - Snack on fruit, whole grain crackers, low-fat popcorn or vegetables

Vitamins and Minerals

Vitamin A

- Plays an important role in vision, bone growth, reproduction and cell division
- Helps regulate the immune system

How much do you need each day?

- Men - 3,000 IU
- Women - 2,330 IU

What foods have Vitamin A?

- Cereals, pastries, breads, crackers, cereal grain bars and other foods are fortified with Vitamin A
- Fat-free milk fortified with Vitamin A
- Liver, eggs and cheese
- Carrots, sweet potatoes, apricots, cantaloupe, peaches, papaya, spinach, kale, red peppers, frozen peas and tomato juice, canned
**Vitamin E**
- Essential for nutrition
- Protects our cells from free radicals (damage to cells)
- Helps with the immune system

**What foods have Vitamin E?**
- Cereals fortified with Vitamin A
- Oils: safflower, sunflower, corn, and soybean
- Nuts: peanuts, hazelnuts, almonds
- Seeds: Sunflower
- Spinach, broccoli, greens, pumpkin
- Apple, apricot, nectarine, peach, kiwi, mango
- Clams, shrimp, scallops and salmon

---

**Vitamin D**
- Plays an important role in maintaining healthy levels of calcium and phosphorus.
- Forms and maintains strong bones
- May also help with a healthy immune system

**What foods have Vitamin D?**
- Cereals fortified with Vitamin D
- Cod liver oil, sardines and tuna fish packed in oil
- Milk fortified with vitamin D
- Exposure to the sun is the most important source of Vitamin D
- 10 – 15 minutes is adequate exposure

---

**Vitamin C**
- Helps in forming collagen, important for bones, cartilage, muscle and blood vessels
- Forms and maintains strong bones
- Helps maintain capillaries, bones and teeth
- Aids in the absorption of iron

**What foods have Vitamin C?**
- Cereals fortified with Vitamin C
- Most fruits
- Most vegetables and greens
- Liver, beef, pork and chicken
- Clams, mussels

---

How much do you need each day?
- Men and women - 22.5 IU
- Men and women age 19 - 50 - 200 IU
- Men and Women age 51 - 70 - 400 IU
- Men and Women 71+ - 600 IU
- Men and women need 75 mg a day or more
B Vitamins
- B_6
- B_{12}
- Folate

**B Vitamins:**
- Essential for red blood cell production and metabolism
- Help with the immune process
- Folate helps produce new cells

How much do we need each day?
- B_6 - Men age 19 - 50 - 1.3 mg
- Men age 51 - 7.7 mg
- Women age 19 - 50 - 1.3 mg
- Women age 51 - 1.5 mg
- B_{12} - Men and women - 2.4 µg
- Folate - Men and women - 400 µg

What foods have Vitamin B_6?
- Cereals fortified with Vitamin B_6
- Bananas
- Potatoes, spinach, lima beans, tomato juice, avocado, soybeans, garbanzo beans
- Chicken breast, tuna in water, pork loin, rainbow trout, eye of round (beef), Sockeye salmon
- Peanut butter
- Sunflower seeds and walnuts

What foods have Vitamin B_{12}?
- Cereals fortified with Vitamin B_{12}
- Mollusks, clams, wild rainbow trout, sockeye salmon, haddock, tuna in water
- Beef liver, beef, chicken, pork
- Milk, eggs, American cheese, yogurt

What foods have Folate?
- Cereals, egg noodles and bread fortified with Folate
- Beef liver, egg
- Cowpeas, spinach, asparagus, vegetarian baked beans, green peas, broccoli, avocado, tomato juice, Romaine lettuce, turnip greens
- Orange juice from concentrate, papaya, cantaloupe, banana
- Peanuts

Minerals - Potassium
- Nerve function
- Blood pressure (new evidence may decrease BP?)
- Muscle control
- Works with sodium to maintain the body's water balance

How much do we need each day?
- 1,600 to 3,500 mg
- You should have the same amount of potassium as sodium each day
What foods have Potassium?
- Buttermilk, milk and yogurt
- Apricots, Avocado, banana, prunes, cantaloupe, raisins, dates, honeydew melon
- Chicken, beef, canned tuna and salmon, fish, turkey, ham and lamb
- Carrots, celery, dry beans, greens, potato, spinach, winter squash, sweet potato, and tomatoes

Minerals - Sodium
- Maintains the water balance in the cells and in the function of the muscles and the nerve impulses

How much do we need each day?
- Maximum level is 2,400 mg / day

What foods have Sodium?
- Pre-packaged foods, canned vegetables, soup, smoked and cured meats, pickles

Minerals - Calcium
- Muscle contraction
- Blood vessel contraction and expansion
- Secretion of hormones and enzymes
- Nervous system to send messages

How much do we need each day?
- Men and women age 19 - 50: 1,000 mg
- Men and women age 51+: 1,200 mg

What foods have Calcium?
- Dairy products
- Fortified cereal and bread products
- Tofu and soy
- Fortified juices
- Pink salmon, canned, solid with bones
- Spinach, turnip greens, kale, broccoli
- Tortillas

Minerals - Iron
- Essential for transporting oxygen in the blood
- Essential for cell growth

How much do we need each day?
- Men age 19 - 50: 8 mg
- Women age 19 - 50: 18 mg
- Men and women age 51+: 8 mg

What foods have Iron?
- Red meat, fish and poultry
- Oysters, crab (blue), tuna in water, shrimp
- Cereal fortified with iron
- Dry beans and lentils
- Molasses, blackstrap
- Tofu
- Enriched bread
- Spinach, cow peas
- Grits
Ingredient Lists
- The ingredients are listed in order by weight, the ingredient weighing the most is listed first.
- Check the ingredient list to find:
  - Hidden sugars
  - Hydrogenated fats

Exchange List
- Exchange list
  - Carbohydrates
    - Non-starchy vegetables
    - 5 grams of carbohydrates per serving
    - 4 - 6 servings a day

Exchange List
- Protein
  - Meat
  - Cheese
  - Eggs
  - Peanut butter
  - 7 ounces of protein a day

Exchange List
- Fats
  - Saturated - Bad fat
  - Unsaturated - Good fat
  - 5 grams is 1 serving
  - Number of servings a day is determined by number of calories per day

Planning a meal
- Consider
  - Color
  - Texture
  - Temperature
Let's Plan
Some
Meals
Lesson 2

Reading Labels and Ingredient Lists
A cooking program for people with diabetes

Welcome to class 2 of Whisking Your Way to Health
This week we will talk about Reading Labels and Ingredient list and planning meals

Let's look at your favorite recipes!

- Serving Size - all of the information on the Nutrition label is in reference to the amount in the serving size, if you eat twice as much you need to double the information
- # of Calories - when using the exchange list and portion size you do not need to count calories
- # of calories from fat - good information to let Fat equals 1 serving of fat

Whisking Your Way to Health
Cass. Simmons
- Grams of fat, this is important if you have high cholesterol and are watching your fat intake. Fat is high in calories. Sometimes it is the amount of fat that limits how much you eat, not the carbohydrates.

- Sodium - you should have 2,400 mg or less of sodium each day, sometimes it is the amount of sodium that limits your portion size.

- Fiber - most Americans do not get enough fiber each day. This is a good way to compare products.

- Total Carbohydrates - you do not need to look at the different sugar, just the Total Carbohydrates. 15 grams of carbohydrates equals 1 serving.

- Protein - on the meal plan the grams of protein are not counted, 7 ounces of protein is the daily recommendation.

Other information found on the label are the vitamin and minerals found in the product and the % Daily Values.
% Daily Values

- Use the % daily values to determine how the food fits into your meal plan
- Are usually based on a 2,000 calorie/day meal plan
- % daily values are for the whole day not just one meal
  - 5% or less is low - aim for low in total fat, saturated fat, cholesterol and sodium
  - 20% or more is high - aim high for vitamins, minerals and fiber

Fiber

Do you feel like you are eating hay to get enough fiber each day?

Two Kinds of Fiber

- Fiber is all the parts of plant foods that your body can not digest or absorb
- Insoluble Fiber -
  - Does not dissolve in water
  - Moves through your digestive system quickly
  - Soft, bulky stools
- Soluble Fiber -
  - Dissolves in water
  - Lowers blood cholesterol and glucose

Fiber is all the parts of plant foods that your body can not digest or absorb
- Insoluble Fiber -
  - Does not dissolve in water
- Moves through your digestive system quickly
- Soft, bulky stools

- Soluble Fiber -
  - Dissolves in water
  - Lowers blood cholesterol and glucose

What foods have fiber?

- Insoluble fiber
  - Whole wheat flour, nuts, vegetables, bran and fruits with edible seeds (raspberries)

- Soluble fiber
  - Oats, legumes, barley, apples, citrus fruits, carrots and psyllium

How much fiber do I need each day?

25 to 35 grams each day

How can you get fiber into your meals?

- Add a few tablespoons of unprocessed wheat bran to your cereal

Whisking Your Way to Health
Cass, Simmons

Lesson 2 - Teacher Guide
Page 4 of 15
Vitamins and Minerals

Why are vitamins and minerals important?

It is important to eat a variety of fruits and vegetables because each one offers different vitamin and mineral. Try some new ones or ones you thought you didn't like. Let's look at the benefits of vitamins and minerals and the food that have them.

Vitamin A

- Plays an important role in vision, bone growth, reproduction and cell division
- Helps regulate the immune system

How much do you need each day?
- Men - 3,000 IU
- Women - 2,330 IU
What foods have Vitamin A?
- Cereals, pastries, breads, crackers, cereal grain bars and other foods are fortified with Vitamin A
- Fat-free milk fortified with Vitamin A
- Liver, eggs and cheese
- Carrots, sweet potatoes, apricots, cantaloupe, peaches, papaya, spinach, kale, red peppers, frozen peas and tomato juice, canned

Vitamin E
- Essential for nutrition
- Protects our cells from free radicals (damage to cells)
- Helps with the immune system

How much do you need each day?
- Men and women - 22.5 IU

What foods have Vitamin E?
- Cereals fortified with Vitamin A
- Oil: safflower, sunflower, corn, and soybean
- Nuts: peanuts, hazelnuts, almonds
- Seeds: Sunflower
Vitamin D

- Plays an important role in maintaining healthy levels of calcium and phosphorus.
- Forms and maintains strong bones
- May also help with a healthy immune system

How much do you need each day?
- Men and women age 19 - 50: 10 - 200 IU
- Men and Women age 51 - 70: 200 - 400 IU
- Men and Women 71+: 600 IU

What foods have Vitamin D?
- Cereal fortified with Vitamin D
- Cod liver oil, sardines and tuna fish packed in oil
- Milk fortified with vitamin D
- Exposure to the sun is the most important source of Vitamin D
- 10 - 15 minutes is adequate exposure

- Spinach, broccoli, greens, pumpkin
- Apple, apricot, nectarine, peach, kiwi, mango
- Clams, shrimp, scallops and salmon

Vitamin D

- Plays an important role in maintaining healthy levels of calcium and phosphorus.
- Forms and maintains strong bones
- May also help with a healthy immune system
Vitamin C
- Helps in forming collagen, important for bones, cartilage, muscle and blood vessels
- Forms and maintains strong bones
- Helps maintain capillaries, bones and teeth
- Aids in the absorption of iron

How much do you need each day?
- Men and women need 75 mg a day or more

What foods have Vitamin C?
- Cereals fortified with Vitamin C
- Most fruits
- Most vegetables and greens
- Liver, beef, pork and chicken
- Clams, mussels

B Vitamins
- B 6
- B12
- Folate

B Vitamins:
- Essential for red blood cell production and metabolism
- Help with the immune process
- Folate helps produce new cells
How much do we need each day?
- B6 - Men age 19 - 50 - 1.3 mg
  51+ - 1.7 mg
- Women age 19 - 50 - 1.3 mg
  51+ - 1.5 mg
- B12 - Men and women - 2.4 μg
- Folate - Men and women - 400 μg

What foods have Vitamin B6?
- Cereals fortified with Vitamin B6
- Bananas
- Potatoes, spinach, lima beans, tomato juice, avocado, soybeans, garbanzo beans
- Chicken breast, tuna in water, pork loin, rainbow trout, eye of round (beef), Sockeye salmon
- Peanut butter
- Sunflower seeds and walnuts

What foods have Vitamin B12?
- Cereals fortified with Vitamin B12
- Mollusks, clams, wild rainbow trout, sockeye salmon, haddock, tuna in water
- Beef liver, beef, chicken, pork
- Milk, eggs, American cheese, yogurt

What foods have Vitamin B12?
- Milk, eggs, American cheese, yogurt

What foods have Folate?
- Cereals, egg noodles and bread fortified with Folate
- Beef liver, egg
- Cowpeas, spinach, asparagus, vegetarian baked beans, green peas, broccoli, avocado, tomato juice, Romaine lettuce, turnip greens
- Orange juice from concentrate, papaya, cantaloupe, banana
- Peanuts

Minerals - Potassium
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- Blood pressure (new evidence may decrease B/P)
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- Carrots, celery, dry beans, greens, potato, spinach, winter squash, sweet potato, and tomatoes

Minerals - Sodium
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What foods have sodium?
- Pre-packaged foods, canned vegetables, soup, smoked and cured meats, pickles

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Cass. Simmons

Minerals - Calcium
- Muscle contraction
- Blood vessel contraction and expansion
- Secretion of hormones and enzymes
- Nervous system to send messages

How much do we need each day?
- Men and women age 19 - 50: 1,000 mg
- Men and women age 51+: 1,200 mg

What are the benefits of a healthy diet that includes calcium-rich foods? How does calcium contribute to overall health and well-being?
What foods have Calcium?
- Dairy products
- Fortified cereal and bread products
- Tofu and soy
- Fortified juices
- Pink salmon, canned, solid with bones
- Spinach, turnip greens, kale, broccoli
- Tortillas

Minerals - Iron
- Essential for transporting oxygen in the blood
- Essential for cell growth

How much do we need each day?
- Men age 19 - 26: 8 mg
- Women age 19 - 50: 18 mg
- Men and women age 51+: 8 mg

What foods have Iron?
- Red meat, fish and poultry
- Oysters, crab (blue), tuna in water, shrimp
- Cereal fortified with iron
- Dry beans and lentils
- Molasses, blackstrap
- Tofu
- Enriched bread
- Spinach, cow peas
- Grits

Nervous system to send messages

What foods have Calcium?
- Dairy products
- Fortified cereal and bread products
- Tofu and soy
- Fortified juices
- Pink salmon, canned, solid with bones
- Spinach, turnip greens, kale, broccoli
- Tortillas

Minerals - Iron
- Essential for transporting oxygen in the blood
- Essential for cell growth

What Foods have Iron?
- Red meat, fish and poultry
- Oysters, crab (blue), tuna in water, shrimp
- Cereal fortified with iron
- Dry beans and lentils
- Molasses, black strap
- Tofu
Ingredients Lists
- The ingredients are listed in order by weight, the ingredient weighing the most is listed first.
- Check the ingredient list to find:
  - Hidden sugars
  - Hydrogenated fats

Exchange List
- Exchange list
  - Carbohydrates
    - Non-Starchy vegetables
    - 5 grams of carbohydrates per serving
    - 4 - 6 servings a day

Protein
- Meat
- Cheese
- Eggs
- Peanut butter
- 7 ounces of protein a day
Fats

- Saturated - Bad fat
- Unsaturated - Good fat
- 5 grams is 1 serving
- Number of servings a day is determined by number of calories per day

Planning a meal

Consider

- Color
- Texture
- Temperature
Exchange List

- Exchange list
  - Carbohydrates
    - Grains
    - Starches
    - Starchy vegetables
    - Fruit
    - Milk

The number of servings is determined by the number of calories per day.

- Exchange list
  - Carbohydrates
    - Grains
    - Starches
    - Starchy vegetables
    - Fruit
    - Milk

The number of servings is determined by the number of calories per day.

Let's Plan Some Meals
Lesson 2

Using Food Labels and Meal Planning

- Identify the serving size, Total fat, Sodium, Fiber, Total Carbohydrates on the food label
- Understand the Daily Requirements
- Understand the ingredients list
- Understand why the different vitamins and minerals are important and what foods to eat
- Plan Meals using the exchange list and food labels

Let’s Cook

- Vegetable Soup
- Tropical Trifle
- Sourdough rolls
- Lemonade and Iced tea

My healthy food goal for this week:

I will

Homework

- Plan two days of balanced meals

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<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Carbohydrate</td>
<td>30g</td>
<td>10%</td>
</tr>
<tr>
<td>Fiber</td>
<td>2g</td>
<td>10%</td>
</tr>
<tr>
<td>Sugars</td>
<td>9g</td>
<td>3%</td>
</tr>
<tr>
<td>Protein</td>
<td>3g</td>
<td>5%</td>
</tr>
<tr>
<td>Fat</td>
<td>9g</td>
<td>14%</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>33mg</td>
<td>2%</td>
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<tr>
<td>Sodium</td>
<td>300mg</td>
<td>13%</td>
</tr>
<tr>
<td>Calories from Fat</td>
<td>9g</td>
<td>5%</td>
</tr>
</tbody>
</table>

**Serving Size**: 1 cup (114g)

**Container**: 12 oz
Vitamins

Vitamin A
- Plays an important role in vision, bone growth, reproduction and cell division.
- Helps regulate the immune system

How much do you need each day?
- Men - 3,000 IU
- Women - 2,330 IU

What foods have Vitamin A
- Cereals, pastries, breads, crackers, cereal grain bars and other foods are fortified with Vitamin A
- Fat-free milk fortified with Vitamin A
- Liver, eggs and cheese
- Carrots, sweet potatoes, apricots, cantaloupe, peaches, papaya, spinach, kale, red peppers, frozen peas and tomato juice, canned

Vitamin E
- Essential for nutrition
- Protects our cells from free radicals (damage to cells)
- Helps with the immune system

How much do you need each day?
- Men and women - 22.5 IU

What foods have Vitamin E?
- Cereals fortified with Vitamin A
- Oil: safflower, sunflower, corn, and soybean
• Nuts: peanuts, hazelnuts, almonds
• Seeds: Sunflower
• Spinach, broccoli, greens, pumpkin
• Apple, apricot, nectarine, peach, kiwi, mango
• Clams, shrimp, scallops and salmon

**Vitamin D**
• Plays an important role in maintaining healthy levels of calcium and phosphorus.
• Forms and maintains strong bones
• May also help with a healthy immune system

**How much do you need each day?**
• Men and women age 19 - 50 - 200 IU
• Men and Women age 51 - 70 - 400 IU
• Men and Women 71 + - 600 IU

**What foods have Vitamin D?**
• Cereals fortified with Vitamin D
• Cod liver oil, sardines and tuna fish packed in oil
• Milk fortified with vitamin D

**Most important source**
• Exposure to the sun is the most important source of Vitamin D
• 10 - 15 minutes is adequate exposure

**Vitamin C**
• Helps in forming collagen, important for bones, cartilage, muscle and blood vessels
• Forms and maintains strong bones
• Helps maintain capillaries, bones and teeth
• Aids in the absorption of iron
How much do you need each day?

- Men and women need 75 mg a day or more

What foods have Vitamin C?

- Cereals fortified with Vitamin C
- Most fruits
- Most vegetables and greens
- Liver, beef, pork and chicken
- Clams, mussels

B Vitamins

- B 6
- B12
- Folate

B vitamins:

- Essential for red blood cell production and metabolism
- Help with the immune process
- Folate helps produce new cells

How much do we need each day?

- B6 - Men age 19 - 50 - 1.3 mg
  51+ - 1.7 mg
  Women age 19 - 50 - 1.3 mg
  51+ - 1.5 mg
- B12 - Men and women - 2.4 ug
- Folate - Men and women - 400 ug

What foods have Vitamin B6?

- Cereals fortified with Vitamin B6
- Bananas
- Potatoes, spinach, lima beans, tomato juice, avocado, soybeans, garbanzo beans
• Chicken breast, tuna in water, pork loin, rainbow trout, eye of round (beef), Sockeye salmon
• Peanut butter
• Sunflower seeds and walnuts

What foods have Vitamin B₁₂?
• Cereals fortified with Vitamin B₁₂
• Mollusks, clams, wild rainbow trout, sockeye salmon, haddock, tuna in water,
• Beef liver, beef, chicken, pork
• Milk, eggs, American cheese, yogurt

What foods have Folate?
• Cereals, egg noodles and bread fortified with Folate
• Beef liver, egg
• Cowpeas, spinach, asparagus, vegetarian baked beans, green peas, broccoli, avocado, tomato juice, Romaine lettuce, turnip greens
• Orange juice from concentrate, papaya, cantaloupe, banana
• Peanuts
Minerals

Potassium

- Nerve function
- Blood pressure (new evidence may decrease B/P)
- Muscle control
- Works with sodium to maintain the bodies water balance

How much do we need each day?
1,600 to 3,500 mg
You should have the same amount of potassium as you have of sodium each day

What foods have Potassium?
- Buttermilk, milk and yogurt
- Apricots, Avocado, banana, prunes, cantaloupe, raisins, dates, honeydew melon
- Chicken, beef, canned tuna and salmon, fish, turkey, ham and lamb
- Carrots, celery, dry beans, greens, potato, spinach, winter squash, sweet potato, and tomatoes

- Maintains the water balance in the cells and in the function of the muscles and the nerve impulses

Sodium

- Maintains the water balance in the cells
- Is important for the function of the muscles and the nerve impulses
How much do we need each day?
Maximum level is 2,400 mg / day

What foods have sodium?
- Pre-packaged foods, canned vegetables, soup, smoked and cured meats, pickles

Calcium
- Muscle contraction
- Blood vessel contraction and expansion
- Secretion of hormones and enzymes
- Nervous system to send messages

How much do we need each day?
Men and women age 19 - 50 - 1,000 mg
Men and women age 51+ - 1,200 mg

What foods have Calcium?
- Dairy products
- Fortified cereal and bread products
- Tofu and soy
- Fortified juices
- Pink salmon, canned, solid with bones
- Spinach, turnip greens, kale, broccoli
- Tortillas

Iron
- Essential for transporting oxygen in the blood
- Essential for cell growth
How much do we need each day?

Men age 19 - 20 - 8 mg
Women age 19 - 50 - 18 mg
Men and women age 51 + - 8 mg

What foods have iron?

- Red meat, fish and poultry
- Oysters, crab (blue), tuna in water, shrimp
- Cereal fortified with iron
- Dry beans and lentils
- Molasses, black strap
- Tofu
- Enriched bread
- Spinach, cow peas
- Grits
1500 Calories = Total each day of 11 servings of Carbohydrates

You may choose 11 carbohydrate servings from the starch, fruit and milk group
For a well balanced meal plan choose:
  Starches = 6 servings
  Fruit = 1 serving
  Milk = 2 servings

Breakfast 3 servings, Lunch 3 servings, Dinner 3 servings
  Snack is 2 extra choices from the starches, fruit or milk

Non starchy vegetables:
  1 or 2 servings at lunch and dinner

Protein:
  1 ounce for breakfast and 3 ounces for lunch and dinner

Fat:
  3 servings a day (if you have high cholesterol you should have less)

1800 Calories = Total each day of 14 servings of Carbohydrates

You may choose 14 carbohydrate servings from the starch, fruit and milk group
For a well balanced meal plan choose:
  Starches = 8 servings
  Fruit = 3 servings
  Milk = 1 serving

Breakfast 4 servings, Lunch 4 servings, Dinner 4 servings
  Snack is 2 extra choices from the starches, fruit or milk

Non starchy vegetables:
  1 or 2 servings at lunch and dinner

Protein:
  1 ounce for breakfast and 3 ounces for lunch and dinner

Fat:
  5 servings a day (if you have high cholesterol you should have less)
2000 Calories = Total each day of 15 servings of Carbohydrates

You may choose 14 carbohydrate servings from the starch, fruit and milk group
For a well balanced meal plan choose:
  Starches = 8 servings
  Fruit = 3 servings
  Milk = 2 servings
Breakfast 4 servings, Lunch 4 servings, Dinner 5 servings
  Snack is 2 extra choices from the starches, fruit or milk
Non starchy vegetables:
  1 or 2 servings at lunch and dinner
Protein:
  1 ounce for breakfast and 3 ounces for lunch and 4 ounces for dinner
Fat:
  6 servings a day (if you have high cholesterol you should have less)

2200 Calories = Total each day of 17 servings of Carbohydrates

You may choose 17 carbohydrate servings from the starch, fruit and milk group
For a well balanced meal plan choose:
  Starches = 9 servings
  Fruit = 3 servings
  Milk = 2 servings
Breakfast 5 servings, Lunch 4 servings, Dinner 5 servings
  Snack is 3 extra choices from the starches, fruit or milk
Non starchy vegetables:
  2 or more servings at lunch and dinner
Protein:
  1 - 2 ounces for breakfast and 3 ounces for lunch and dinner
Fat:
  8 servings a day (if you have high cholesterol you should have less)
Planning a meal

When planning meals the carbohydrates should be spaced throughout the day.

<table>
<thead>
<tr>
<th>Breakfast</th>
<th>Lunch</th>
<th>Dinner</th>
<th>Snack</th>
</tr>
</thead>
<tbody>
<tr>
<td>4</td>
<td>4</td>
<td>4</td>
<td>2</td>
</tr>
</tbody>
</table>

Make your plate healthy

- 3 to 4 servings of carbohydrates
- 2 to 3 servings of vegetables
- 1 ounce protein at breakfast, 3 ounces at lunch and dinner

Use the Plate Method

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Lesson 2 - Handout
Meal Plan Worksheet

My Calories per day ________________

Servings of Carbohydrates _____  Serving of Fat _____
Non-starchy vegetables 2 - 3 _____  Protein 7 ounces

Breakfast
Servings of Carbohydrates _____  Servings of Fat _____
Protein _____

Lunch
Servings of Carbohydrates _____  Servings of Fat _____
Non-starchy Vegetables  _____  Protein _____

Dinner
Servings of Carbohydrates _____  Servings of Fat _____
Non-starchy Vegetables  _____  Protein _____

Snack

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Lesson 2 - Handout
Cook until vegetables are tender.

Water to cover
2 tablespoons dried parsley
1 pound carrots diced
4 potatoes diced
1 bunch celery

Add:

Combine in a large pan and cover with water. Simmer for one hour.

Pepper
2 tablespoons vegetable oil
2 garlic cloves minced
1 onion diced
3 lb of lean roast, dice it up

Vegetable Soup

Lesson 2
Cook until green beans and tomatoes are hot.

2 cans diced tomatoes
2 cans of green beans

Add:
Layer the bananas, the drained mandarin oranges and pineapple on top of the pudding/cool.

In a serving dish layer half of the pudding/cool whip mixture browned. Remove from the heat and let it cool.

In a dry sauté pan place coconut and almonds over medium heat, stir constantly until lightly

Mix half of the Cool Whip into the pudding.

Make Vanilla pudding according to directions and let it set up.

2 Tablespoons Sliced Almonds
2 Tablespoons Shredded Coconut
1 banana sliced
1 - 20 ounce crushed pineapple (drained)
1 - 15 ounce mandarin oranges (drained)
1 - 12 ounce low fat Cool Whip
Skim milk to make pudding
1 - 6 ounce No Sugar Vanilla Instant Pudding

Tropical Trifle
Sprinkle the cooled coconut and almonds on top.

Top with the remaining Cool Whip.

Place the remaining Pudding/Cool Whip mixture evenly on top of the fruit.
Total Carbohydrates - 8 Gms
Sodium - 88mg
Total Fats - 2 Gm
Calories - 59
Serving: 4 crisps

in an air tight container.
Bake 8 to 10 minutes or until lightly browned and crisp. Serve hot or cold and store.

Mix the olive oil and garlic together. Brush over the pita sections; sprinkle with basil.

Cut each pita in 8 wedges to separate the halves. Arrange in a single layer on the
cookie sheet.
Preheat the oven to 350 ° F. Spray 1 or 2 cookie sheets with nonstick pan spray.

4 teaspoons Parmesan cheese
1/2 teaspoon dried basil or oregano
2 cloves of garlic finely minced
2 tablespoons of olive oil
4 Pitas, each about 6 inches in diameter

ITALIAN PITA CRISPS

Lesson 2