

HUNGRY? EAT HEALTHY!



**A Mini-Micropedia
by
Marian B. Latzko**

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**A Mini-Micropedia
by
Marian B. Latzko**

HOW TO USE THIS BOOK

by Marian B. Latzko, M.S.

This **mini-micropedia** is adapted from the author's *I CAN DO IT! A Micropedia of Living On Your Own*. It concentrates on nutrition, food shopping, food preparation, labels, additives, eating "in" or "out", cooking terms and equipment, meal planning, table setting, food safety, food budgeting, and MUCH MORE.

It can be used as a **teaching tool** for:

- classes in any area teaching independent living skills
- schools
- social service programs
- mentoring programs
- foster homes
- transitional living programs
- financial counseling
- families
- people starting out on their own....or already there.

It can be used as a **reference** for:

- Finding answers to eating nutritionally and economically. (It's handy to have on a shelf!)

It can be used as a **workbook** for:

- Teaching these skills. (It could be used as a workbook that persons can write in as they learn and plan.)

It can be used with **added worksheets and teaching activities**:

- Worksheets and teaching activities are now available for more comprehensive teaching and learning. These reproducible materials are designed for different levels of learning: Minimal, Intermediate, and Advanced. They include evaluation tests.
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Make Your Guests Feel Welcome

Fancy surroundings and arrangements are not necessary! A relaxed, warm attitude will make guests feel welcome and comfortable.

1. Greet guests when they arrive.
2. Take and store coats and boots (if necessary).
3. Introduce them to other guests. (It's helpful to mention something they have in common so conversations can start easily.)
4. Offer refreshments when appropriate.
5. Watch for spills and accidents. (Be prepared for clean up.)
6. If accidents occur, be gracious!
7. Give attention to each guest, showing interest in each.

Be a Good Guest Yourself!

1. Arrive on time.
2. Don't bring uninvited guests.
3. Be thoughtful of house rules. (Keep noise and activity level appropriate so neighbors aren't disturbed.)
4. Offer help when appropriate.
5. Take part in activities.
6. Don't ask for special considerations unless they are really needed.
7. Express appreciation for the host or hostess efforts.
8. Leave on time.
9. Thank the host or hostess before you leave.
10. Sending a personal thank you note is much appreciated.



HUNGRY? EAT HEALTHY!

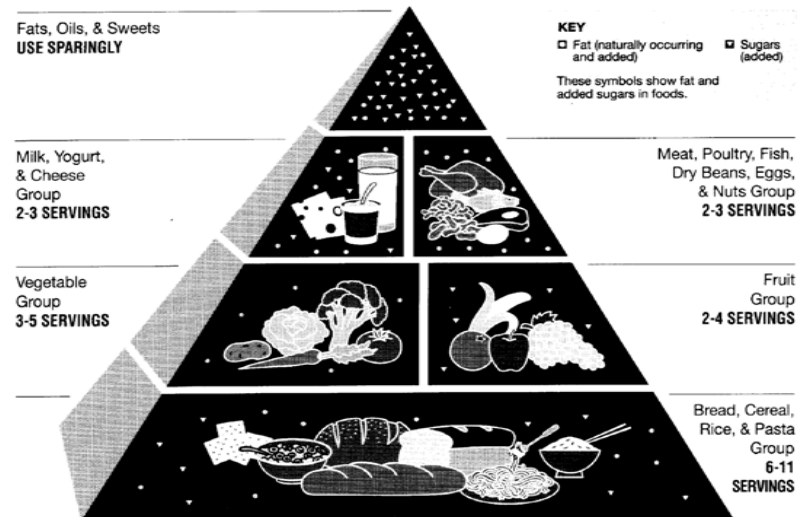
Ever think of your body as a chemical factory? It is. Feed your body the right chemicals (nutrients) and it will perform well. If you don't, the results of poor eating habits will sneak up on you. You'll see: dull hair, scaly skin, weight gain or weight loss, "zits", lack of energy, illness. The problems become more severe as you age.

Food is like an insurance policy. When you eat what your body needs, you tend to stay healthier. You look better. You produce healthier children. Your body performs to its best advantage. You not only look better and feel better now BUT you'll look better and feel better when you're "old".

Keeping track of the nutrients in every food you eat is complicated. A new plan created by nutritionists will help. The Food Guide Pyramid guides food choices for people around the world. (It replaces the time-honored Basic Four Food Plan.) There are also new dietary guidelines.

It's up to you to make your own choices. Here are some guides to help.

Food Guide Pyramid
A Guide to Daily Food Choices



SOURCE U.S. Department of Agriculture /U.S. Department of Health and Human Services

What Counts As a Serving? *

The Food Guide Pyramid shows how to balance food groups in daily eating. You should choose most servings from groups in the largest picture and closest to the base. Limit foods with few nutrients and much fat and sugar.

The smaller range of servings in a food group is for people who need about 1,600 calories a day. The larger range of servings is for people who need about 2,800 calories a day.

WHAT A SERVING IS**Grain Products Group**

- 1 slice of bread
- 1 ounce ready-to-eat cereal
- 1/2 cup of cooked cereal, rice, or pasta

Vegetable Group

- 1 cup of raw leafy vegetables
- 1/2 cup of other vegetables ... cooked or chopped raw
- 3/4 cup vegetable juice

Fruit Group

- 1 medium apple, banana, orange
- 1/2 cup of chopped, cooked, or canned fruit
- 3/4 cup fruit juice

Milk Group (milk, yogurt, and cheese)

- 1 cup of milk or yogurt
- 1 1/2 ounces of natural cheese
- 2 ounces of processed cheese

Meat and Beans Group (meat, poultry, fish, dry beans, eggs, and nuts)

- 2-3 ounces of cooked lean meat, poultry, or fish
- 1/2 cup of cooked dry beans or 1 egg counts as 1 ounce of lean meat. Two tablespoons of peanut butter or nuts count as 1 ounce of meat.

1/3 cup of

* Some foods fit into more than one food group. Dry beans, lentils, and peas fit in the meat or vegetable groups. They can be counted in either of the groups, but not in both.

* Also note that these servings differ from sizes on Nutrition Facts Labels. The labels indicate portions usually consumed.

8. Place flatware on your plate. Never place it on the table after use.
9. Don't play with food. If you don't like it, just leave it. Don't complain!
10. Don't put elbows on the table.
11. Say "Please" and "Thank you" when appropriate.
12. Don't talk or laugh loudly. If you cough or sneeze, cover your mouth with napkin or hand and turn head away from table.
13. If you spill, apologize, and help clean it up. Don't overreact if someone spills.
14. Place napkin on left side of plate when done eating.
15. Knife and fork should be placed across the top of the plate when done eating.
16. Don't leave the table without excusing yourself.
17. It's thoughtful and impressive to thank a person responsible for the food.

**ENTERTAINING**

When entertaining friends, manners play a role in making them feel welcome. If you plan a party, here are some things to consider:

1. Your guest list should only include only the number of people you can handle.
2. Send written invitations telling when and where the party is. (If it's a theme party, include information about it.)
3. Informal gatherings can also involve phone or e-mail contact.
4. Invitations can be hand written or word-processed. Informal invitations can be photocopied. (Formal invitations usually are printed or engraved.)
5. Allow enough time for your guests to plan and answer your invitation.
6. Ask you guests to RSVP (let you know if they can come or not).
7. Plan the activities you want to share with guests. Theme parties can be fun.
8. Prepare refreshments including food and beverages.
9. Plan how to serve it, and the dishes and flatware you will need. (Dishes can be plastic, paper, or glass. Flatware can be plastic or metal.)
10. Include cleaning up after the party in your planning.



An attractive table setting is pleasing to everyone. It can stimulate appetites and make mealtime enjoyable. You can:

- Use a tablecloth or placemats to show spaces on the table. (This is called a “cover”.) Use paper or fabric napkins.
- Place a centerpiece in the center, side, or end of the table. A centerpiece should harmonize in color with the room, food, and dishes. It should be no higher than 10 inches so people can see over it.
- The centerpiece can be made of such things as: flowers, plants, fruits, pottery, fresh vegetables, ornamental glass, other household items.

SERVING METHODS

Make your food look good! Arrange food attractively on dishes.

1. Wipe dish edges if needed. Contrast colors and textures. Garnishes help. Plan your serving methods. Here are some suggestions:
 1. Put food on individual plates and take them to the table.
 2. Put foods into serving dishes to place on table. People can take what they wish.
 3. Serve buffet style. Place food, dishes, flatware attractively on a separate table. This allows people to fill plates and take them to another area to eat.
 4. Make food look good! Arrange food attractively on dishes. Wipe dish edges if needed. Contrast colors and textures. Garnishes help.

TODAY’S MANNERS

Our country used to have formal, rigid rules with a complicated code of behavior. Today’s life styles have a simplified set of good manners in most families. There are, however, more rigid rules in many places.

Here are some manners that are just being thoughtful of other people:

1. Wait until everyone is seated before beginning to eat. (It’s thoughtful to wait until everyone arrives before sitting down yourself.)
2. Place your napkin across your lap before beginning to eat.
3. Ask to have dishes passed to you. (Don’t reach across other people!)
4. Take small bites of food. Chew with your mouth closed.
5. Cut just one or two bites of food at a time.
6. When eating soup, dip your spoon away from you to avoid spills.
7. If using a knife to cut, place knife across top of your plate in between cutting.

Dietary Guidelines for Americans



1. Eat a variety of foods. Use foods from the base of the pyramid as a foundation. Choose a variety of foods from each of five food groups.

2. Balance the food you eat with physical activity. Maintain or improve your weight. If overweight, try to lose, or at least, not gain weight. Balance amount of calories in foods and drinks with the amount of calories the body uses. Try to do 30 minutes or more of exercise each day.

3. Choose a diet with plenty of grain products, vegetables, and fruits. Eat dry beans, lentils, and peas more often. Increase fiber intake with more whole grains, whole grain products, dry beans, fiber-rich vegetables and fruits (i.e. carrots, corn, peas, pears, and berries).

4. Choose a diet low in fat, saturated fat, and cholesterol.

Consume no more that a total of 30% of fat in your diet. Only 10% of the fats should come from saturated fats found in meat, milk, palm oil, and coconut oil. The rest of the fat should come from fats found in vegetable oils, nuts, and high-fat fish. Partially hydrogenated vegetable oils, such as those used in some margarines and shortenings, contain a form of unsaturated fat that may raise blood cholesterol levels. **Animal products are the only source of cholesterol in your diet.** The upper limit on grams of fat in your diet will depend on the calories you need. Example:

MAXIMUM TOTAL FAT INTAKE AT DIFFERENT CALORIE LEVELS

Calories	1,600	2,200	2,800
Total Fat Grams		33	73 93

3. Choose a diet moderate in sugars. Avoid excessive snacking. Brush teeth with fluoride tooth paste. Floss!

4. Choose a diet moderate in salt and sodium. Eat less that 2,400 mg of salt per day. (1 level teaspoon salt = 2,300 g of sodium.)

5. If you drink alcoholic beverages, do so in moderation. No more than 1/day for women and 2/day for men. Count as drinks:

- 12 oz regular beer (150 calories)
- 5 oz wine (100 calories)
- 1.5 oz 80 proof distilled spirits (100 calories)

People who should not drink: Children, adolescents, people who can't drink moderately, people whose family members have alcohol problems, women trying to get pregnant, people who drive or take part in activities that need special skills, those using prescription or over-the-counter drugs.

Adapted from Home and Garden Bulletin 2232 4th edition, 1995 U.S. Dept. of Agriculture.
U.S. Department of Health and Human Services

DON'T FORGET... WATER IS HEALTHY TOO. Water builds cells and tissues, carries nutrients, removes waste, helps digestion, lubricates joints, regulates temperature. **Drink 8 glasses liquid/day.**



DIETING?

“But, won't I get fat eating all that's recommended?” The answer is “NO!”

You must, however, choose foods that you need. Be careful to avoid high calorie count foods usually from fats and sugars. There is only one way of dieting that is successful over the long run. This method combines eating fewer calories and exercising more.

Review the food pyramid to see what your body needs. (If the foods recommended seem like too much to lose weight, reconsider!) A healthful diet of about 1,100 calories is possible by cutting fat and sugar additives.

A SIMPLE WAY TO KEEP TRACK OF CALORIES

Here is a general guide of the amount of calories in each food group. These averages can help you keep track easily.

Food Group	Size of serving	Calories of Low Calorie Foods	Calories of Higher Calorie Foods
Milk	1/2 cup	85 (skim)	150 (whole)
Vegetables	1/2 cup	30 (non-starchy*)	70 (starchy*)
Fruits	1 piece or 1/2 c	60	80
Bread/cereal	1 piece or 1 c	60(bread)	100 (cereal)
Meat	2 to 3 oz**	150 (lean)	250 (more fat)

Others (i.e. candy, pastries) Too much!! Even more!! Worse yet!!

*Starchy vegetables include such things as potatoes, peas, corn. Non starchy vegetable examples are: broccoli, lettuce, green beans, cauliflower, and carrots.

**2 or 3 ounces of meat is about the size of a deck of cards.

SETTING A TABLE

Normal table setting usually includes just a plate, glass, knife, fork, and spoon. Here are some helps:

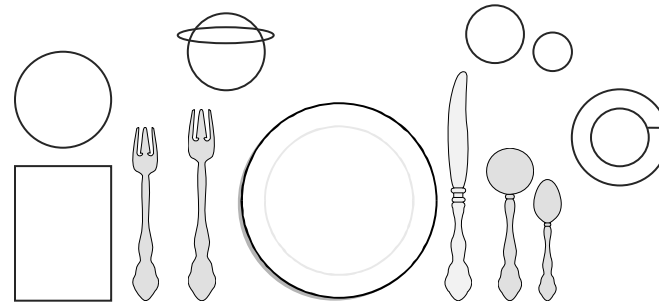
- Silverware and a plate should be placed in a straight line one inch from the edge of the table.
- The knife's cutting edge should face the plate. Tines of forks and bowls of spoons should be face up.
- Napkins should be placed to the left of the fork or on top of the plate.
- A drinking glass would be placed at the tip of the knife.




1. You may want to add more silverware pieces because of the foods you are serving (i.e. a soup spoon, a salad, or dessert fork). If you want to add more silverware service pieces, there is a simple rule to help.

THE SILVERWARE PIECES ARE ARRANGED SO THOSE TO BE USED FIRST ARE FARTHEST FROM THE PLATE.
(Forks are placed to the left, the knife and spoons to the right.)

2. You may also want to add other dishes to serve other foods (i.e. salad, bread and butter, wine, coffee.)
 - A salad plate is placed to left of the forks.
 - A bread and butter plate is placed above the forks. A butter knife is placed across top of plate with handle facing right, blade facing toward table edge.
 - Wine glasses are placed to the right of the water glasses.
 - Cup and saucer are placed slightly above and to the right of the spoon. The cup handle is parallel with the table edge.
 - Desserts are usually served after the table has been cleared of serving dishes, salt and pepper sets, plates, and flatware.



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- Celery:** Smudgy spots on head and yellow leaves indicate poor quality. Stalks should snap easily. Yellow, dry leaves indicate aging.
- Corn:** Yellow or white kernels. If fingernail is inserted into a kernel, juice spurts out. Fresh husks are green. Silk ends are free from decay or worms. Stem ends are not dried or discolored.
- Cucumbers:** Bright green color, firm, crisp, small lumps on surface.
- Eggplants:** Heavy, firm, uniform dark & rich purple color, no scars/decay.
- Greens (chard, collards, kale, spinach):** Bright greens, young tender leaves, no yellow leaves present.
- Lettuce:** Iceberg and romaine should have crisp leaves. Other lettuce types have softer texture but leaves shouldn't be wilted. Avoid iceberg lettuce that is hard and lacks green color, is irregularly shaped, and has hard bumps on top. There should be no tan or brown areas on any lettuce to indicate rust or rot.
- Mushrooms:** Colors vary with type. Discolored or pitted caps indicate poor quality. Should be firm with no slimy outer coat.
- 
- Okra:** Small to medium size pods, young and tender. Tips bend with light pressure. Avoid hard body or pale, faded green color.
- Onions (green, leeks, shallots):** Crisp, tender green tops, young tender bulbs.
- Parsley:** Green tops, free from dirt, fresh look. Yellow leaves show over maturity.
- Parsnips:** Smooth, firm, clean, well-shaped roots of medium size.
- Peas:** Bright green pods, velvety to touch, fresh appearance, pods full.
- Peppers:** Fresh, firm, appropriate colors, no blemishes.
- Potatoes (sweet):** Well-shaped, smooth, firm, creamy white to deep orange color, no scars and decay.
- Potatoes (white):** Smooth, shallow eyes, clean, no sprouts, firm, no green color.
- Radishes:** Firm, crisp, tender, stem end has green color.
- Squash (summer):** Fresh, heavy for size, no blemishes, skin easily punctured. Glossy skin.
- Squash (winter):** Cream to light green, hard rind, firm body. Heavy for size. No cuts, punctures, sunken spots or mold.
- Sweet potatoes:** Well shaped, firm, smooth and bright skins, no decay. No worm holes, cuts or other defects.
- Turnips (rutabaga):** Small or medium size, very firm, crisp, fresh, thick yellow or buff color, no punctures or decay.
- Turnips, white:** Smooth, firm with few leaf scars on crown, tender white skin has purple tinge.
- Watercress:** Fresh, clean, young, crisp, tender leaves, medium green in color, clean.

HUNGRY? EAT HEALTHY!

Use the previous chart to see that the least basic requirements can use less than 1,200 calories/day. This number is based on low fat food choices (i.e. skim milk, chicken breast, non-starchy vegetables **not** milk shakes, T-bone steak, and French fries!)

2 milks=	170 calories
5 vegetables=	150 calories
3 fruits=	180 calories
2 meat=	300 calories
5 cereals=	<u>300 calories</u>
TOTAL	1,100 calories

These 1,100 calories may not be enough for you to keep going at your best. Your caloric requirement may be higher, especially if you are active and large. (Look at the following charts.) The foods will, however, give you the nutrients that you need.

This type of diet doesn't allow for fat seasonings or sugars on foods. Each time you add these, you add calories. You can see from this illustration that you can cut calories if you have the discipline and the desire.

Here's a quick, easy way of estimating the number of calories you eat each day. Count each item eaten and multiply by 100. This method only averages, but is reasonably accurate. If you need to be more accurate, follow the above plan or use a food calorie guide.

MEDIAN HEIGHTS AND WEIGHTS AND RECOMMENDED ENERGY INTAKE				
Category	Age (years)	Weight	Height	Per day*
Males	15-18	145	69	3,000
	19-24	160	70	2,900
	25-50	174	70	2,900
	51+	170	68	2,300
Females	15-18	120	64	2,200
	19-24	128	65	2,200
	25-50	138	64	2,200
	51+	143	63	1,900

*In the range of light to moderate activity
(Taken from Recommended Dietary Allowances 10th Edition National Research Council)

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There is no exact answer to what the correct weight is for you. You can try to follow these suggested weights for adults.

Height	Weight in pounds for 19-34 year olds	Height	Weight in pounds for 19-34 year olds
5'0"	97-128	5'8"	125-164
5'1"	101-132	5'9"	129-169
5'2"	104-137	5'10"	132-174
5'3"	107-141	5'11"	136-179
5'4"	111-146	6'0"	140-184
5'5"	114-150	6'1"	144-189
5'6"	118-155	6'2"	148-195
5'7"	121-160	6'4"	156-205
		6'5"	160-211

Higher weights generally apply to men because they have more muscle and bone.
Lower weights generally apply to women because they have less muscle and bone.



Do's for Calorie Cutting!

- **Do** figure the number of calories you need per day.
- **Do** increase the number of pastas and bread eaten. WATCH fat content added in sauces, cheese, and butter.
- **Do** use 100% whole grain bread which includes minerals, bulk, and Vitamin E.
- **Do** drink skim milk and use low fat products.
- **Do** eat lean meats such as fish, white turkey, or chicken breasts. (Remove fat and skins.)
- **Do** remember that potatoes are a nutritious vegetable, not a bread or cereal. Limit gravy, fats, and creams.
- **Do** figure the number of fat calories that you should not exceed. Figure that there are 9 calories in 1 gram of fat. If you want to figure more accurately: 100 lb. person x 15 calories per pound = 1500 calories, (30% of 1500 = 450 calories from fat divided by 9 calories per gram = 50 grams of fat per day).
- **Do** exercise at least 30 minutes a day. (Walk and climb stairs in between!)
- **Do** get as much information as you can from the places you eat and/or from a nutrition book.

HUNGRY? EAT HEALTHY?

size of fat globules. This prevents milk from separating from the cream.

Vitamin D milk: is milk to which Vitamin D has been added.

Fortified or multivitamin milk: has had vitamins A, D, niacin, thiamin, riboflavin, and minerals such as iodine added.

Skim milk: is milk that has less than 0.5 percent butterfat.

Lo-fat milk: has a range from 0.5-2 percent butterfat.

Acidophilus milk: (nonfermented) has added lactobacillus acidophilus culture to low fat milk for persons who have milk allergies.

Chocolate milk: is milk that has had sugar and chocolate added to it.

Chocolate drink: is made from varied ingredients. There is less butterfat in it. There is also, generally, less milk.

Buttermilk: is a milk that is left when fat is removed from milk, or sweet or sour cream during the churning process. It contains at least 8.25 percent milk solids other than fat.

Yogurt: has a bacterial culture added to whole or partly skimmed milk. Sometimes flavorings and/or fruit are added.

Evaporated milk: is whole cow's milk from which 60 percent of the water has been removed. Skim evaporated milk is also available.

Sweetened condensed milk: has had half of the water removed from whole milk and has added sugar of about 44 percent.

Dry milk: has had the water removed from the milk

Non-fat dry milk: has had the water and fat removed from the milk.



Vegetables

Vegetable

Asparagus:

Beans, snap:

Beets:

Broccoli:

Brussels sprouts:

Cabbage:

Carrots:

Cauliflower:

leaves.

Quality Judgments

Closed compact tips, firm, fresh appearance, rich green color.

Tender, firm, crisp, clean, shiny, decay free, deep green or yellow pod.

Smooth, deep red color, clean, uniform in size, slender tap root.

Stalk and branches tender, but firm; fresh, clean and compact bud clusters. Wilted, flabby stalks and a bloom of bright yellow or purple color indicate over maturity.

Bright green color, firm, tight fitting outer leaves. No small holes to indicate worms..

Firm heads, fairly heavy for size, green or red, blemish free.

Spindle-shape, clear orange color, firm, no mold. (Wilted or soft flabby roots, indicate poor quality.)

Heavy head, white or cream color with fresh, green outer

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quality. Fruits do lose some nutritional value as they age. Fruits should be firm, unblemished, and well colored. Decay can usually be spotted at the stem end of the fruit. There are some specific fruits that have special requirements.

Grapes: should be firmly attached to the stem with no discoloration visible. A bleached color around the stem usually indicates the fruit has been injured or the quality is poor. They should not be wrinkled or soft.

Citrus fruits (oranges, grapefruit, lemons, etc.): should have firm, unblemished, bright-looking smooth skins. They should be heavy for their size. This indicates they are juicy. Tangerines should have a deep yellow or orange color and bright luster. They will not be firm to the touch.

Cantaloupes (muskmelons): should have the stem completely gone, with a smooth basin where the stem was. The netting should stand out from the surface. The color between the netting should be a yellowish color. There will be a pleasant cantaloupe odor. The stem end will yield slightly when pressed with a thumb.

Watermelon: is difficult to judge if not cut open. A whole melon should have a relatively smooth surface that is neither shiny nor dull. Ends should be rounded and filled out. There should be a creamy color on the underside. If you buy a cut melon, choose one with good red color, free from white streaks. Seeds should be dark brown or black.

Berries: should appear clean with a uniform good color appropriate to the berry. They should be firm, not mushy. There should not be stem caps present. (If strawberry caps are still on, they should be bright green, not dried.) Look at the bottom of containers to see if there is staining present. This usually indicates poor quality, overripe berries.

Pineapples: have a fragrance when ripe. The color should be golden yellow, orange yellow, or reddish brown. The pips should have a slight separation. They flatten when ripe.



MILK

Milk generally refers to cow's milk. There are other varieties such as goat's milk in some locations.

Whole milk: has at least 3.25 percent milk fat (butterfat).

Pasteurized milk: has been treated by heat to kill harmful bacteria.

Homogenized milk: has been pasteurized and been treated to reduce the

HUNGRY? EAT HEALTHY!

- **Do** eat small amounts of low fat and low calorie salad dressings. Get dressing served “on the side” if eating out. You can also dip forkful of salad into dressing instead of putting dressing directly on salad.
- **Do** cut cravings by tasting very small amounts of things not on the “good food” list once in a while.



Don'ts for Calorie Cutting!

- **Don't** remove bread from your diet! You need the B vitamins in it. Use little margarine or butter.
- **Don't** eat fried foods. (Good-bye, French fries!)
- **Don't** eat extra fat in your diet. (Limit salad dressings, butters, and margarines.)
- **Don't** drink regular sodas and alcoholic beverages. (They have calories too!)
- **Don't** eat sweets such as candies, donuts, cakes, and pies.

Other Suggestions for Calorie Cutting

Dieting can be difficult if you don't like fruits and vegetables, or if you can't prepare your own food.

- If you can't get fruits and vegetables you need where you eat, stop at a grocer's. Buy some to store in your room. Instead of fatty snacks, eat these in addition to your regular foods.
- Drink fruit juices and water instead of sodas. Some diet sodas have no calories. They do, however, have additives that may cause health problems. Regular sodas do have sugar and no other nutrients.
- Since pizzas are high in fat, choose one with vegetables and low calorie mozzarella cheese toppings.
- Eat low fat, low salt snacks. Keep them in your room or carry them.
- Read labels and ask for nutritional information at fast food restaurants.



WATCH OUT FOR FAST FOODS!

Fast foods have a reputation as unhealthy foods. Fortunately, there are also good nutrients in most of the foods. Unfortunately, fast foods do contain much fat, calories, and sodium (salt). There is very little calcium and Vitamins A and C that are necessary to balance a diet. As an example, a quarter-pound cheeseburger, large fries and a vanilla shake

can add up to over half of your needs per day.

Calories = 1,205 Fat = 59 grams Sodium = 1,655 mg.

Chicken and fish sandwiches, that you may consider lower in calories and fats, are higher than a plain hamburger. This is because of the fat in which the meat is fried. Most fast food restaurants have nutritional information. Request it.

Tips On Eating Fast Foods

Here are tips for those who want to eat a balanced diet while eating often in fast food restaurants. It's also for those concerned about possible heart problems from eating fat and salt.

- Choose small sized sandwiches without extra cheese, bacon, and sauces.
- Choose roast beef if you want leaner meat. (Lean beef has fewer fat grams than many sandwiches such as deep fried chicken with sauces and skin, and/or fatty hamburgers.)
- If there are no baked potatoes available, choose a small order of French fries without salt added.
- If you choose baked or mashed potatoes, add butter, sour cream, and/or margarine sparingly.
- If you order chicken with choice of biscuit or roll, choose the roll. Most biscuits have saturated fat.
- Avoid heavy use of salad dressings if eating salads.
- Drink low fat milk instead of sodas or shakes. Water has no calories, fat, salt, or cost!
- Most desserts are full of calories and fats, so avoid them if possible.
- Buy fruits and vegetables and healthy snacks to fill in your diet with the missing nutrients.



FOOD ADDITIVES

Have you ever wondered if additives in your foods are safe? You'll have to decide if you are going to worry about them or not. Many additives are familiar: sugar, salt, vanilla, yeast. Other additives are complex chemical compounds used to extend the life of food supplies. They: preserve; improve taste, texture, consistency and color; improve nutritional quality;

Whole-wheat flour: is wheat flour. It has different proportions of the natural parts of wheat that are not in white flour.

All-purpose, general-purpose flours: are blends of soft and hard wheat used in most cooking

Bread flour: is made from a blend of wheat that includes more protein (used mostly by bakers)

Cake flour: is milled from soft wheat that is finely ground; used for fine baked products

Instant flour: (instantized, instant-blending, or quick-mixing flour) is granular all-purpose flour that blends easily with liquid

Pastry flour: is usually made of soft wheat. This is not quite as fine as cake flour

Leavening Agents

Leavening agents cause foods to rise and become lighter. Examples are steam, or a microbiological or chemical agent that produces carbon dioxide when activated. Examples:

Air: is beaten or folded into mixtures. The air expands when heated. (Angel food cake)

Steam: is formed in any batter or dough when it is heated (Popovers)

Baking soda: when mixed with an acid such as vinegar or sour milk, forms carbon dioxide bubbles. The action is immediate when the acid is mixed with soda. For this reason soda should be added to the dry ingredients. Then liquid is added before mixing. Don't delay the baking. (Cake)

Baking powder: liberates some carbon dioxide in cold batter. It then liberates more when the product is baked. (Cake) There are different types of baking powder. The double acting gives the greatest satisfaction.

Yeast: is a microscopic, unicellular plant that produces carbon dioxide when used with sugar, moisture, and temperature. (Breads)

Compressed yeast: is a moist mixture of yeast and starch. Must be refrigerated.

Active dry yeast: is a dry mixture of yeast and starch.



FRUITS

There are general guidelines for choosing fruits of good quality. There may be times, however, that the highest quality is not necessary. For example, apples used for pies or tomatoes used for sauces can be lesser

bad, throw it away. If an egg has a crack in it, be sure to cook it very thoroughly.

The sizes of eggs are:

Jumbo	30 oz/dozen	Extra Large	27 oz/dozen
Large	24 oz/dozen	Medium	20 oz/dozen
Small	18 oz/dozen	Peewee	15 oz/dozen



Fats/Shortening

Recipes call for shortening or specific types of fat*:

Butter: made from the fat of cream

Margarine: made of vegetable oils such as corn, cottonseed, and soybean.

These oils have been partially hardened by a hydrogenation process

Soft margarine: Like regular margarine, but has less hydrogenated oils

Lard: made from fatty tissue of hogs

Low-fat margarine: varied ingredients; often includes more liquid, less fat

Vegetable shortenings: made from vegetable oils that have been hydrogenated

Vegetable oils: made from oils of seed or nuts such as corn, cottonseed, peanut, soybean, olive, safflower, coconut, and oil palm

* When recipes call for “shortening,” butter, vegetable shortenings, or margarine can usually be used. Oils should not be used unless specifically stated. Soft

margarine can also be used, but **low fat soft margarines, whipped butter, or water added butters or margarines** can cause problems because of the added liquid content. Butter offers flavor, but acts differently than hard fat in cookies.

*Lard and hydrogenated fats are not as healthy for you since they are saturated. Oils or soft margarine are more healthful.



Flours

Different types of flour are made from wheat unless designated differently.

The amount of gluten in the flours creates different types of products. Use enriched white flour for cooking unless otherwise specified.

Enriched flour: has had vitamins and minerals added (most flours are enriched)

Self-rising flour: has had leavening agents and salt added. Use this when directed

White flour: is made from the center of the wheat (endosperm)

provide leavening; control acidity/alkalinity. They are controlled by the Federal Food and Drug Administration. Additives are researched carefully before approval.

One thing not considered in testing is the effect they have when put together with others in foods. Some additives used in food processing that cause concern are:

- sodium nitrate and sodium nitrite used in preserved and processed meats (i.e. ham, luncheon meats, hot dogs, and sausage.)
- BHA and BHT used to keep such food as bread fresh.

**USE AS FEW FOODS AS POSSIBLE
THAT HAVE CHEMICAL ADDITIVES IN THEM.**



READ THE LABELS

Food labels were created to clear up confusion in advertising. They also help consumers improve their diets. Don't be fooled with labels promising such things as: “Low fat,” “Light,” “No cholesterol”. Labeling laws help you judge. They are required on almost all packages. Those not required are: restaurant and medical foods; coffee, tea, and spices with few nutrients; foods sold by vendors.

Labels must include a listing of ingredients. They are to be listed by weight. The heaviest ingredients are first and the rest are in descending order. You may read on a label: *Ingredients: water, pineapple juice, apple juice, sugar.* This means that there is more water than the fruit juices or sugar. The amounts of the ingredients do not need listing.

Serving Sizes on Labels

Labels are standardized. Fruits and vegetables are usually listed as 2/3 cup per serving. Meat servings are 3 ounces for single ingredient raw meat and poultry.

If one unit weighs more than 50% but less than 200% of a standardized amount, the serving size equals one unit. As an example, a standardized

soda is 8 ounces. A 12-ounce serving is standardized as one serving even though the calorie amount increases 50%!

Nutrient Claims on Labels

Nutrient claims on labels by businesses must follow guidelines.

FREE, WITHOUT, NO, or ZERO: Product contains no (or almost no) fat, cholesterol, sodium, sugars, or calories. (A calorie-free product can't contain more than five calories per serving.)

FRESH: Applies only to raw or unprocessed foods. Product has never been frozen or heated. It contains no preservatives.

FRESH FROZEN: Used for foods that are quickly frozen while fresh.

GOOD SOURCE: One serving of a food contains 10-19% of Daily Value of a nutrient per reference amount.

HIGH SOURCE: Contains 20% or more of the Daily Value of a particular nutrient in one serving.

JUICE: Made of 100% juice. Other products must tell the percentage of juices and be called other names such as "juice beverage" or "juice drink."

LEAN or EXTRA LEAN: Describes fat content of meat, poultry, game, and seafood. Measurements are given in per 100 g servings: Lean: less than 10g fat, less than 4 g saturated fat, less than 95 mg cholesterol. Extra lean: less than 5 g fat, less than 2 g saturated fat, less than 95 mg cholesterol.

LESS: Contains 25% less of a nutrient or calories than the reference food.

LIGHT or LITE: Applied only to calories, fat, and sodium. For calories and fat, *light* means food has one-third fewer calories or half the fat of a reference food. For sodium, *light* means the sodium content must be reduced at least 50%. *Light* can also refer to food attributes such as color and texture. The foods must be similar to the product it represents. (i.e. regular potato chips compared to *Light* potato chips.)

LOW: Food can be eaten frequently without exceeding dietary guidelines for fat, cholesterol, sodium, or calories.

MORE: Serving of food, altered or not, contains at least 10% more of a nutrient than the Daily Value of the reference food.

% FAT FREE: Reflects the amount of fat present in 100 g of a

Coupon Shopping

Use coupons only if you:

- really need or want to try the product
- normally use the brand or product
- buy it at lowest price compared to similar quality brands
- mail in the rebate forms (Don't forget to include cost of postage.)
- consider what you must spend to take advantage of offer, whether you must buy more than you need, the cost of item purchased elsewhere.

Packaging

Buy products with least packaging details. As an example, food in bags is usually less costly than food in boxes. Compare weight of similar products. Boxes can be deceiving.

Unit Pricing

Unit pricing is printed on edge of grocery shelves. It states exact cost of product per measured unit so you can compare between brands. Box and can sizes can be deceiving. All stores do not use unit pricing.

CHOOSING FOODS

There are so many choices on grocer's shelves! Trying to choose good quality and value can be challenging.

Many mistakes can be avoided when you know how to choose appropriate ingredients for recipes. As an example, not knowing the difference between baking power and baking soda can produce cookies and cakes like rocks.

Trying to choose a ripe pineapple or a fresh fish can also be difficult. Here are some hints to help get the most for your money.



Choosing Eggs

Eggs are graded according to freshness and weight. Most eggs in groceries are Grade A. The freshest quality is Grade AA. The difference is in taste and firmness of the white and the yolk. A fresh egg does not spread out in a pan when broken. The yolk stands high, not flat. Eggs that are not so fresh can be scrambled or used in cooking. If you're not sure if an egg is fresh enough to use, break it into a saucer and look. If it smells

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Tips for Buying Meat

Meat is the most expensive part of a food budget. Plan meat purchases to avoid waste and overeating. Eat only requirements suggested by the Food Pyramid guide.

Description of Meat	3 oz. Servings per pound
Little or no fat or bones	3 to 4 per pound
Some fat and bones (chicken, round steaks, roasts)	2 or 3 per pound
Much bone (T-bone steaks, ribs)	1 or 2 per pound
Processed meats (ham, luncheon meats, frankfurters, sausage)	3 to 4 per pound
Whole chicken	2 per pound
Chicken breasts	2-4 per pound

Special Brand Names

Consider house brands, private labels, and generic brands when shopping. They are generally priced lower than nationally advertised brands. Take home one item to try. If you like it, buy more.

Case Lot Sales



Case lot sales can save money if supply is overstocked at beginning of a season. Compare prices with regular costs of similar products. Be sure you have storage space.

Two for One Sales Buy One, Get One Free... Free



These may be good sales. Check prices against other products. Sometimes stores offer free items if a certain amount of food is purchased in their store. This encourages overbuying of things that may not be needed.

Close-out Sales

Close-out displays often jumble items in a container to resemble a garage sale. This can attract the unaware customer. Check prices.

Advertising

If stores advertise the lowest prices in town, check their prices on various items and compare. Advertising gimmicks such as selling at low cost or giving things away such as dishes, require close checking. Consider the amount you must spend to take advantage of offers. You may buy more than you need. You may be able to buy the advertised item for less in another store.

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low-fat product. A percentage will be reflected.

REDUCED: Contains 25% less of a nutrient or of calories than the regular reference product. Any product that already meets this rule may not claim it is *reduced*.

SUGAR FREE: Contains less than 0.5 g of sugar per reference amount and has no added sugars or ingredients containing sugar.

VERY LOW SODIUM: Contains no more than 35mg per reference amount and per 50g if reference amount is less than or equal to 30 g or 2 tablespoons.

Counting Grams and Ounces When Reading Labels

*1 pound (lb) = 454 grams (g)

*1 ounce (oz) = 28 grams (g)

*1 gram (g) = 1,000 milligrams (mg)

*1 milligram = 1,000 micrograms (mcg)



“EAT IN” or “EAT OUT” CHOICES



EATING OUT

When deciding whether to eat out or cook at home, cost should be considered. Also, think about what you are capable of and if you have equipment and knowledge to cook and stay healthy. This section will help.

Dormitory Food

If you are on a college campus, dormitory food may be available. Sorority and fraternity houses usually have food served at the houses. Sometimes meal plans are available that do not include all meals. In this case, a compromise of eating on your own, even in the dorm room, can be an answer.

Fast Food Restaurants

Fast foods are a favorite because they can be reasonably priced and convenient. You don't have to make reservations or tip. You can save time. Though fast food is often considered “junk” food, they do have

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essential nutrients which include proteins, and **some** minerals and vitamins. Many restaurants furnish nutrition information to help make healthy choices. Compare the cost of eating in a fast food restaurant and an inexpensive family restaurant. The difference may be small.



Family Restaurants

A family restaurant has many different types of motifs and menus. There is enough variety to order a balanced meal that you like. Here are some general suggestions:

Menus

A menu which includes prices is often posted at the entrance. This allows you to plan ahead.

- Ala carte foods which are priced individually are usually more expensive.
- Note what is offered with each menu choice. If you can't tell by reading, ask.
- Ask if there are smaller portions or half portions available if you want less or want to share. There may be a charge for an extra plate. You can also take leftover food home.
- Choose a balanced meal.

Save Dollars

- Order water for a beverage. Drinks are expensive. There's little food value in coffee or soda.
- Consider ordering the "Special of the Day." It is freshly prepared and usually more reasonable. Check prices.
- Desserts and appetizers can be shared with a dinner partner but may not be worth the price.
- If food is not well prepared, send it back. (Don't eat most of it first!)

Check Your Check

- Be sure to check your bill carefully. Call errors to attention of waiter/waitress.
- For tipping, check bill to see if gratuity has been added. Figure tip only on cost of meal, not tax.

HUNGRY? EAT HEALTHY!

- Plan your meals to take advantage of foods that are on sale.
- Check cupboards to see you have everything needed for meal plans.
- Go alone if you shop. (If you ride with someone, shop alone.)
- Don't shop when you're hungry. You'll buy more.
- Buy only what you need. Don't do impulse shopping.
- Shop quickly and go only as often as you must.
- Check expiration dates on sale items.
- Stay aware of prices. Sometimes stores raise prices to cover lower prices on other items. Some sales items are less in other stores.
- Consider the cost of transportation to get to stores. Consider shared rides, walking, or bicycling to save money.
- Use convenience stores only when necessary. Milk and bread may be priced competitively.
- Plan shopping in advance and buy at large stores where you can save.



Other Shopping Tips

Foods to Avoid

Analyze snack foods for food value and cost. Buy snacks high in nutrition. Compare them to the original foods (i.e. fresh potatoes = 20 cents per lb. compared to potato chips = \$ 1.50 per pound.) Sodas are very expensive for the food value that is in them. Use them sparingly or not at all. (A 12 oz soda is equal to three tablespoons of sugar. Diet soda has no nutritional value at all.) If you drink only one per day, the cost over a year can be as much as \$150.00. It could be more if using vending machines.

Low Cost Foods



When money runs low, foods tend to get cut from the budget. Here are some low cost, nutritious foods to consider:

pastas	dried beans*	legumes	eggs	tuna
peanut butter	in-season foods	potatoes	rice	carrots
hamburger	corn meal	cabbage	dry milk	oatmeal
store specials	dried peas	chicken legs		

*If flatulence (gasiness) from beans bothers you, soak beans in water before cooking. Drain. Then cook.

FOOD	HOW TO STORE	STORAGE /TIME IN	
		REFRIGERATOR	FREEZER
Sausage/ground		1-3 months	
Sausage/cooked			1 month
POULTRY			
Fresh, whole, pieces	Rinse cavity with cold water. Wipe dry. Wrap	2-3 days	9-12 months
Cooked	Cool. Refrigerate in two hours. Cover	2-3 days	6 months
Poultry salads	Refrigerate after preparation	1 day	No
Frozen	Refrigerate in original container or Cover well after defrosting	2 days	6 months
FISH			
Fresh	Refrigerate; loose wrap or place in covered container	1-2 days	1-9 months
Cooked	Refrigerate; loose wrap or place in covered container	3-4 days	1 month
Frozen	Store in original container. Use immediately	Use immediately	3-6 months
Smoked	Refrigerate tightly wrapped	1 week	6 months Quality deteriorates quickly
MAYONNAISE, Commercial	Refrigerate	2 months	Don't freeze
TV DINNERS, FROZEN CASSEROLES	Keep frozen until ready to use		3-4 months



Many dollars can be saved on food purchases. Since this is often almost 10-20% of your income, it is helpful to plan ahead and buy wisely.

- When purchasing, consider the savings per item not just as “only a couple of cents”. Consider the percentage of the cost per item. A 2 cent savings on a 20 cent can is actually 10% of the food cost. Imagine what a savings of 10% can mean on your overall food budget!
- Before you shop, read newspaper ads . Take advantage of “specials.” (These items are sold at low prices to attract customers. When people arrive for the “special”, they will usually do more shopping.)
- Buy when products are “in season”. Because there is so much available at that time, the prices are lower. (Plain old economics.)
- Store canned or frozen foods at this time to save.



Fancy Restaurants

- Check ahead to see if reservations are needed. If there is a dress code, find out what it is.
- Plan to arrive on time. If you are going to be late or want to cancel your reservation, call.
- Ask the water/waitress everything you don't understand on the menu. You can ask what is included in the entree (main course). Very often the entree is a meal in itself and includes vegetables. You can order other items ala carte.
- If you have a special request such as broiled meat and little salt or fat, ask if you can be accommodated.
- If food is poorly prepared, return it. You are paying for good quality and should receive it.
- Always be polite.
- Tipping is expected. See if the tip (gratuity) has been added to the bill. Figure tip on food, not tax. The host/hostess is usually not tipped. The tip must also cover extra people waiting on you like a wine steward. The acceptable amount is a minimum of 15% of the bill.
- Check over your bill carefully. If there is an error, quietly ask the waiter/waitress to explain.



Menu Terms

Menus can be very confusing if you don't know the terms. You can learn at least the main terms to help. Here are some frequently used terms.

A la carte	Each menu item ordered and priced separately
Antipasto	Assorted Italian relishes
Appetizers:	Assorted small foods served to stimulate the appetite before meals.
Aperitif	A mild, alcoholic beverage served at the beginning of a meal to
increase	appetite
Au gratin	Sprinkled with crumbs and/or cheese, than baked until brown
Au jus	Served with natural juice or gravy
Béarnaise sauce	A hollandaise sauce with vinegar or wine, shallots, and tarragon
Chateaubriand	Thick piece of beef filet served with béarnaise sauce (usually prepared for two people)

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Coq au vin	French preparation of chicken, cooked in red wine sauce
Du jour	“Of the day,” a special offering (i.e. soup du jour available that day)
Entree	American main course or French course served before the main course
Flambe	Food served after flaming with brandy or liquor
Fondue	
Bourguignon	Small pieces of meat that are deep fried at the table
Fondue Suisse	Melted cheese with white wine and kirsch in which bread cubes are dipped
Hollandaise	A sauce made of eggs, oil, and seasonings
Jardiniere or La jardiniere	Meat poultry served with fresh cooked vegetables
Mousse	Light delicate dish made with gelatin
Newberg sauce	Creamy sauce used for lobster or shrimp
Parfait	Layered dessert including ice cream whipped cream, sauces, and syrups (served in tall container)
Pasta	All forms of macaroni
Pate	Ground, seasoned meat or meats served with or without pastry coverings
Quiche Lorraine	Unsweetened custard and bacon tart
Ragout	Highly seasoned stew served with meat and vegetables
Sashimi	Raw fish dipped in sauces, usually served as an appetizer
Table d’hote	A fixed price for all the courses of a meal
Vichyssoise	A cream soup usually made of leeks and potatoes and served cold.

“EATING IN” AT HOME

Eating at home advantages:

No need to dress up. More choices.
Cook what you like. Save money.
Use it as a hobby.

Eating at home disadvantages:

Must plan meals and shop for food.
Takes time to cook and clean up.
Requires equipment and knowledge.
Can be lonely.

Time saving suggestions

There are time saving foods now available to help with your time use. There are, however, many additives in the foods to preserve food and taste. Some of the fiber and nutrients needed by your body may be missing. These foods can also be more costly.

Freezing foods may save time. You can cook a big meal, make extra to freeze. Plan to cook extra so you won’t have to cook another time. Some people even like to cook just one day and eat the extra frozen food the rest of the week. Be sure that you cool and freeze food quickly so there will be no food poisoning for you later in the week!

HUNGRY? EAT HEALTHY!

FOOD	HOW TO STORE	STORAGE/TIME IN	
		REFRIGERATOR	FREEZER
Hard cooked in shell	Refrigerate in covered container	1 week	No
Liquid pasteurized eggs or egg substitutes,			
*opened	Refrigerate	3 days	No
*unopened	Refrigerate	10 days	1 year
Egg salads	Refrigerate quickly. Keep refrigerated	1 day	No
FRUITS			
Ripe fruits	Store in refrigerator fruit/vegetable drawer. Wash before storage, except for berries. Can ripen at room temperature.	Varies; watch for mold/decay	Prepare properly.
Bananas	Store at room temperature	No	Only if for cooking or eating frozen
Fruits with odors	Wrap for storage	Varies; watch for mold/decay	Prepare properly
Dried	Store in cool, dry place, tightly covered	Not necessary	No
Frozen	Put in freezer immediately, wrap	When unfrozen	8-12 months
VEGETABLES			
Most fresh	In refrigerator, vegetable drawer. Remove decay, mold, blemishes. Wash. Crisp if needed by rinsing and wrapping in plastic or covered container	Varies; watch for mold/decay and sprouts	Prepare properly (not celery, melon, lettuce)
water-			
Tubers and roots (potatoes, onions, turnips)	Store in cool, dry place	Varies; watch for mold/decay, sprouts	Prepare properly
carrots and beans	Store in refrigerator, vegetable drawer	Varies; watch for mold	Prepare properly
Frozen	Store in freezer immediately		8-12 months
Frozen French fries	Store in freezer immediately		2-6 months
MEATS			
Raw meats	Wipe surface of meat. Wrap loosely. Refrigerate immediately in coldest area. For freezer, wrap tightly.	3-5 days	
*beef			6-12 months
*fresh pork			3-6 months
*veal/lam			6-9 months
Smoked or fully cooked ham	Refrigerate immediately in coldest part. Freezing not recommended	1 month	1-2 months
Sliced bacon	Refrigerate in original wrapping. Freezing not recommended	2 weeks	1 month
Processed meats, cold cuts	Refrigerate in cold part. Wrap. Freezing not recommended		In freezer wrap, 1-2 months
*opened		3-5 days	
*unopened		2 weeks	
Cooked meats, gravy	Cool. Refrigerate immediately. Cover	2-3 days	2-3 months
Frozen meat	Store immediately in original containers	2-3 days	
*beef			6-12 months
*veal/lamb			6-9 months
*pork			3-6 months

Store Food Safely

New methods of preservation generally keep foods safe. **Remember:** Refrigeration and freezing don't keep bacteria from growing or kill it. They merely slow down its growth. **Also:** Don't buy dented or rusty cans.

Many foods are dated on their containers. This date shows when they should be used for best flavor, texture, nutritional value, and color. There is no specific rule about when they may be unfit to eat. General indicators are: bad odor; mold; bulging cans. Meats become slimy. There are some general rules that have been tested by government agencies for a guide.

FOOD STORAGE TIME AND TEMPERATURE TABLE			
FOOD	HOW TO STORE	STORAGE TIME IN	
		REFRIGERATOR	FREEZER
CANNED FOODS	In dry, moderately cool area Refrigerate if open	Not necessary Varied	No No
BREADS			
Commercial	Room temperature, covered container Refrigerator retards mold, not freshness.	Not necessary	3-9 months
Homemade	Same as above	Not necessary	3 months
Frozen	Freeze immediately.	No	1-1/2 months
CEREALS	In airtight containers at 70 degrees	Not necessary	Not necessary
DAIRY PRODUCTS Check code date to judge length of storage			
Pasteurized milk, cream	Refrigerate quickly in original, closed container	Opened, 1 week	No
Flavored milk	Same as above	Unopened, 20 days	
Sour cream	Same as above	2-3 weeks	No
Butter	Same as above	1-2 weeks	1 year
Soft custards, puddings	Cool quickly. Cover. Refrigerate immediately	3-6 days	No
Hard cheeses	Store tightly wrapped If mold forms, cut it off	1 month	3-6 months
Soft cheeses	Store tightly wrapped	2 weeks	Only creamed cheese
Cottage cheese	Cover tightly	10-30 days	4 weeks
EGGS			
Fresh, in shell	Store in original carton, small end down.	10 days-5 weeks	No
Fresh, yolk and/or whites	Break out of shell. Blend yolk with white or other whites. Add small amount of salt, sugar, or corn syrup.	2-4 days	1 year



Grazing

“Grazing” has become a way of life for many families ...just like the animals living off the grassy fields. They just keep eating small amounts all day long. This can be a very effective way to keep up your energy level. It can also be dangerous when the wrong foods are chosen. Many of our snack foods contain much fat, salt, calories, and few nutrients. Foods chosen well can, however, meet your needs.

- Read the required nutrition labels on the snacks and choose wisely.
- Plan your snacks
- Keep the basic foods of the Food Pyramid in mind when you choose.
- Be sure that the fat content of the foods does not have more calories than 30% of your diet.
- Keep nutritious, “transportable” snacks available where you are:

small cans of juice	fresh fruit	crackers
nuts	pretzels	cereals
small pieces of meat	cheese cubes	milk
popcorn	dried fruits	yogurt
“trail mix”	prepared fresh vegetables	
- If you really crave sweets, use small size candy bars and popsicles. If you can, make your own popsicles of fruit juice. They can be very nutritious. They can be made in ice cube trays.
- Explore grocer’s shelves for foods that need no refrigeration such as soup and noodle dishes.
- Keep track of the cost of your snacks. You may be spending more than if you ate at restaurants.
- Avoid sodas since they are very costly and have little food value. (You could carry a pack of sugar with you and end up with same food value at much less cost!)
- If you MUST be a grazer and can’t seem to eat the fruits and vegetables necessary for a good diet, consider nutritional supplements by using complex vitamin pills. Don’t, however, overdose. Eating too many of the fat soluble vitamins (A,D,E,K) which store in your body, can cause trouble. Read the labels on the vitamin supplements for your body requirements per day.



COOKING HELPS

Using Small Appliances

Small appliances can be helpful. They do, however, need storage space. The important thing to remember is that appliances that are improperly used can cause serious fires. This is especially true in an older type of building with limited electrical lines and outlets. Overloading circuits should blow fuses, but overloading is dangerous. **Take precautions:**

- Unplug appliances not in use
- Stay in room when using appliances
- Surfaces should not tip and should be heat proof.
- Use only heavy duty extension cords if needed.
- Use only one appliance at a time.
- Read instructions **before** use. Follow instructions.

Emergency Food Supplies

Food supplies can be affected by: electrical, snow, and ice storms; illness; blocked roads; flooding; localized power failure. Keeping some special supplies on hand can be helpful. These extra supplies can also help if you have unexpected guests.

Stocked foods for emergencies should:

- Not need refrigeration
- Be edible without cooking if necessary
- Be in small enough size so that there are no leftovers to store
- Not require a lot of water to prepare
- Supply appropriate nutrients
- Be rotated so that they stay fresh and edible
- Be stored in area that is dry (cans could rust), cool, and clean (avoid insects and rodents).

Suggestions for appropriate emergency foods:

- Canned chili, spaghetti, and other one dish meals
- Canned and dehydrated soups
- Canned or dried meat
- Ready-to-eat cereals stored in metal containers

Italian and “San Francisco” dry salami is covered with white mold. There should be no other color noticeable.)

- Hard fruits and vegetables can have mold cut from the surface the same as hard cheese.
- Remove a small amount of mold on jellies and jams with a spoon. Take another clean spoon and scoop out around the spot. If the rest smells fermented then throw it away.
- Keep your refrigerator clean and sweet smelling by wiping with solution of 1 T baking soda to 1 qt warm water.

Keep Things Clean!

- **WASH YOUR HANDS!** (Especially after using bathroom, sneezing, or blowing your nose.) Cuts on hands can infect self and others.
- Keep nails clean and don't sneeze over food.
- Clean food area with hot soapy water after any preparation. Be especially careful after cleaning raw chicken or poultry.
- Sterilize bread boards with soap and bleach solution. (Use 1 T bleach per 1 quart water.) Clean with clean brush and cloth. **DO NOT** use steel pads. Small slivers can contaminate food.
- Wooden bread boards have proven to be safer than plastic ones according to latest studies. Boards can be coated with melted paraffin wax to fill pores of wood to keep them safer.
- Don't wipe up spills on the kitchen floor with dish cloths.
- Pet dishes can be contaminated. Don't wash them with the dishes you use unless in a dishwasher that sterilizes. Pet food shouldn't contact other food since it's not prepared under human sanitary conditions.
- Keep foods covered. Get rid of flies and insects!



Put Groceries Away Safely

Put Them Away Quickly

- Unpack and put away the groceries immediately when you get them home.
- Keep wrapped meat in its wrappings. If wrapping is torn, rewrap. Freezer paper gives protection.
- Carefully examine packaged foods.

Freezer Safety

- Date food that is put into the freezer.
- If freezing fresh meats, remove them from original wrap and rewrap in freezer paper.
- Divide meats into usable portions (i.e. chicken breasts needn't be frozen together). Hamburger can be separated and formed into individual patties for easy use. Separate portions with wax paper.

What to Do If Power Fails

- If power goes out in your freezer, food will generally stay safe about 2 days if freezer is full. If half full, it will stay frozen about 1 day. Add block ice or dry ice to help hold temperature. (25 lbs of dry ice keeps food frozen for 2 or 3 days if 10-cubic-foot freezer is full or 3 or 4 days if only half full.) Don't handle dry ice with bare hands! Open door as little as possible
- To protect refrigerated foods, put them in the freezer section with extra ice.
- Do not refreeze raw meats and poultry unless ice crystals are present. Any raw or cooked meat and poultry that remains above 40 degrees for more than 2 hours should be thrown away.

Thaw Safely

- Thaw raw meats in the refrigerator, in the microwave, or under cold water in waterproof covering.
- DO NOT thaw or clean meat on kitchen counters or, especially, on bread boards. (If thawing in refrigerator, don't allow juices to drip on other foods.)
- Do not thaw commercially frozen stuffed turkey before cooking.

Get Rid of Mold!

- Moldy foods can be dangerous. If molds are colored, they are ready to produce spores that can produce toxins that harm you. Do not smell moldy food. It can cause respiratory problems.
- Throw moldy food away. Carefully place it in a plastic or paper bag to keep spores from spreading.
- Throw away moldy soft fruits and vegetables, breads, peanut butter, nuts, dried grains, and lentils.
- To remove mold safely from hard cheese and salami, cut off 1" around and below the mold spot. Don't touch the mold with a knife. (Some

- Peanut butter
- Canned fruits, vegetables, puddings
- Flavored drink granules
- Fruit juice concentrates, instant cocoa mix, non-fat dried milk
- Dried fruits and nuts.

Sometimes there may not be facilities for cooking. Carefully consider any alternative heat source such as fireplaces, camp stoves, outdoor grills, candles, gas appliances if electricity is out, Hibachis, and fondue pots.

Caution: Fireplaces must be vented. Fuel-burning camp stoves or charcoal burners can give off fumes that are deadly. Candles can cause fires. Take all possible precautions!

For the unexpected guest emergency, your choices could be simple. Suggestions: Spaghetti, canned spaghetti sauce, and dried Parmesan cheese. Quick mixes of all kinds are available.



Cooking Terms

- Bake: To cook in the oven
- Baste: To brush liquid over food as it cooks
- Beat: To mix fast with an over-and-over motion with spoon or beater
- Blanch: To dip into boiling water for a short time
- Blend: To mix ingredients until smooth
- Boil: To cook until bubbles rise and break at the surface of liquid
- Braise: To cook covered with small amount of liquid or in steam
- Broil: To cook under direct heat or over coals
- Brown: To cook until the surface of the food is brown
- Chill: To place in cold place, such as refrigerator, to lower temperature of the food
- Chop: To cut in small pieces
- Coat: To cover food completely, usually with flour
- Combine: To mix ingredients
- Cream: To soften and blend until smooth and light by mixing with electric mixer or spoon

Cube:	To cut food into small pieces with six sides
Cut in:	To mix shortening with flour until finely divided by using two knives or pastry blender
Deep fat fry:	To cook in fat which completely covers the food (sometimes called French frying)
Dice:	To cut into very small cubes, about the same size
Dot:	To put small pieces of one food on the top of another food such as butter on a casserole
Drain:	To pour off liquid or allow it to run through the holes of a colander or sieve
Firmly pack:	To press ingredient, such as brown sugar, firmly into measuring cup to make sure the amount is correct
Fold:	To combine by using two motions, one to cut through the mixture, the other to slide across the bottom of the bowl to turn over the mixture (keeps air in the mixture)
Freeze:	To place in freezer until firm
Fricassee:	To cook by braising. Food is usually cut into pieces.
Fry:	To cook in hot fat
Grate:	To rub food over a food grater to break it into small pieces
Grease:	To rub the surface of a utensil with shortening to prevent food from sticking
Grind:	To put food through a food chopper or grinder
Julienne:	To cut into small, thin strips that resemble match sticks
Knead:	To fold and press dough with the heel of hand
Melt:	To heat until a solid becomes liquid
Mince:	To cut into fine pieces
Mix:	To stir two or more ingredients together
Pan broil:	To cook uncovered in ungreased pan, pouring off fat as it accumulates
Pan-fry:	To cook uncovered in a small amount of fat
Pare or peel:	To cut away outer skin
Pinch:	A very small amount of an ingredient that can be held between finger and thumb
Poach:	To cook gently in hot liquid which is below the boiling point
Roast:	To cook in dry heat, uncovered, usually in oven
Sauté:	To cook uncovered in a small amount of fat
Scald:	To heat liquid just below boiling point when bubbles form on edge, or to pour boiling water over food, or to dip food into boiling water for a short time
Shred:	To cut into thin strips using a shredder
Shortening:	Fats that are either oil or solid such as lard, butter, margarine,



KEEPING FOOD SAFE



Getting what is often termed “stomach flu” is usually a food-borne illness. The culprits? Here are some: clostridium perfringens, staphylococcus aureu, salmonella, clostridium botulinum, eschericia coli. Do these names sound menacing? They are! They reproduce quickly in warm moist places. They can cause nausea, fever, vomiting, diarrhea, and even death.



Ways to Prevent Food-borne Illnesses

Look and Smell!

- If a can is bulging, leaking, or foaming, throw it away.
- If food has an abnormal color, appearance, or odor, throw it away. **DON’T EVEN TASTE IT!**
- Discoloring inside a can should not be a problem. FDA prohibits using any food container that will transfer a harmful substance to canned food.

When Cooking

- Hot foods should be kept hot at 165-212 degrees F. Cold foods should be kept in refrigerator at 40 degrees F or lower. Freezers should be 0 degrees F or lower. The in-between temperatures are dangerous. **Don’t leave hot food out at room temperature for more than two hours.**
- Cook foods thoroughly, especially poultry.
- Don’t interrupt the cooking process. Cook at one time. As food cools, bacteria develop. (If microwaving, be sure to allow “stand time” that is recommended in directions. This allows total cooking.)
- Cool foods quickly in small quantities in separate containers so center doesn’t stay hot.
- Marinate food in refrigerator if it stands out for more than an hour.
- Follow the same precautions for a picnic or brown bag lunch food. Place in containers that keep foods cool with or without ice. A sandwich can be frozen before packing. It will thaw before you eat it later. (Foods such as lettuce and mayonnaise do not freeze well.)

- 1 c buttermilk or sour milk 1 T vinegar or lemon juice plus enough sweet milk to make 1 c; let stand 5 min **or** 1 3/4 t cream of tartar plus 1 c sweet milk
- 1 c sour cream 1 c plain yogurt **or** 7/8 c sour milk plus 1/3 c butter
- 1 c buttermilk 1 c plain yogurt
- 1 t lemon juice 1/2 t vinegar
- 1 c light brown sugar 1/2 c dark brown sugar plus 1/2 c granulated sugar
- 1 c honey 3/4 c sugar plus 1/4 t liquid (use the liquid called for in recipe)
- 1 c dark corn syrup 3/4 c light corn syrup and 1/4 c light molasses
- 1 c light corn syrup 1 c sugar plus 1/4 c liquid (use liquid called for in recipe)
- 12 graham crackers about 1 cup crumbs
- 1 t baking powder 1/4 t baking soda plus 5/8 t cream of tartar
- 1 T active dry yeast 1 pkg active dry yeast or 1 cake compressed yeast
- 1 whole egg 2 egg yolks

Adjusting A Recipe

Recipes can be adjusted for larger or smaller amounts. (Example: You can multiply ingredient amounts by 2 if you wish to serve twice as many. You can divide by 2 if you want half as much.)



Cooking Utensils

For Preparation

- | | | |
|------------------------|--------------------------|----------------|
| liquid measuring cup | graduated measuring cups | potato masher |
| measuring spoons | tongs | baster |
| spatula/pancake turner | pastry brush | rubber spatula |
| bottle opener | slotted spoon | nutcracker |
| egg beater | whisk | ladle |
| knives (varied) | pizza cutter | kitchen shears |
| vegetable peeler | mixing spoons | corkscrew |
| strainer/colander | rolling pin | cutting board |
| blender | electric mixer | funnel |

For Cooking

- | | | |
|-----------------|------------|------------------|
| mixing bowls | skillet | loaf pan |
| casserole | pie pan | cake pan (round) |
| cake pan (9x13) | muffin pan | cookie sheet |
| double boiler | sauce pans | 6 qt. pot/lid |

- Sift: and vegetable oils
To put dry ingredients through a flour sifter or sieve to aerate and separate
- Simmer: To cook over low heat until liquid forms small bubbles
- Soften: To allow food to sit at room temperature until it gets soft
- Steam: To cook over steam that is rising over boiling water
- Steep: To cover with boiling water and let stand until color and flavor are appropriate (i.e. tea)
- Stew: To cook slowly in liquid for a long time
- Stir: To mix slowly with spoon or fork
- Stir fry: To cook in small amount of oil over high heat using a tossing motion
- Toast: To brown by direct heat in toaster or oven
- Whip: To beat very fast with electric beater, wire whisk, or rotary beater so that air is incorporated to make ingredients light and fluffy

COOKING ABBREVIATIONS		
Few grains = f.g.	Quart = qt	Square = sq
Teaspoon = tsp or t	Gallon = gal	Hour = hr
Tablespoon = tbsp or T	Ounce = oz	Minute = min
Cup = c	Pound = lb	Inch = in
Pint = pt	Dozen = doz	

Equivalent Measurements

Dry and Liquid Measures

- | | |
|---|--|
| 3 teaspoons = 1 tablespoon | 2/3 cup = 1/2 c plus 2 2/3 tablespoons |
| 4 tablespoons = 1/4 cup | 5/8 cup = 1/2 cup plus 2 tablespoons |
| 8 tablespoons = 1/2 cup | 7/8 cup = 3/4 cup plus 2 tablespoons |
| 12 tablespoons = 3/4 cup | 16 tablespoons = 1 cup |
| few grains, dash, or a pinch = less than 1/8 teaspoon | |

Liquid Measures

- | | |
|------------------------|------------------------------------|
| 1 cup = 8 fluid ounces | 2 tablespoons = 1 fluid ounce |
| 2 pints = 1 quart | 2 cups = 16 fluid ounces = 1 pint |
| 4 quarts = 1 gallon | 4 cups = 32 fluid ounces = 1 quart |

Dry Measures

16 ounces = 1 pound

8 quarts = 1 peck

4 pecks = 1 bushel



How To Measure

There are correct ways to ensure quality products by measuring with standard measuring cups and spoons.

Granulated (white) sugar: If it is lumpy, sift it. Then spoon lightly into “dry” measuring cup. Do not tap. Level off with a straight-edged knife or spatula.

Brown sugar: Remove lumps by rolling or pressing it through a sieve. Pack it into a “dry” measuring cup until sugar holds its shape when emptied from cup. Level with a straight-edged knife or spatula.

Confectioners’ sugar (powdered sugar): Sift to remove lumps. Spoon lightly into “dry” measuring cup. Do not shake. Level with spatula.

Flour: Sift through sifter or sieve. Spoon lightly into “dry” measuring cup until it overflows. Level with spatula. (When recipe doesn’t specify “sifted flour,” spoon flour into “dry” measuring cup to overflowing. Level with spatula.)

Shortening: Pack solid shortening, which is at room temperature, into appropriate size “dry” measuring cup. Level with spatula. Be careful to avoid air pockets. For measurements of less than 1/4 cup, use a tablespoon. Pack shortening into spoon. Level with spatula. For approximate measuring of “stick” shortening, cut according to the marks on the wrapping.

4 sticks (1 lb = 2 c) 1 stick (1/4 lb = 1/2 c) 1/2 stick (1/8 lb = 1/4 c)

Dry ingredients: Stir to break lumps. Using standard measuring spoons, fill appropriate spoon, level off with spatula.

Eggs: When using eggs in recipe that doesn’t call for whole eggs, break eggs together. Mix with fork. Pour into “liquid” measuring cup. Look at eye level to see accurate measurement.

2 medium eggs = 1/3 c 2 large eggs = 1/2 c
3 medium eggs = 1/2 c 3 large eggs = 2/3 c

Liquid: Measure in liquid measuring cup placed on level surface. Look at eye level to see correct measurement.

Food Equivalents

1/4 lb cheese	= 1 cup shredded
1 c whipping cream	= 2 cups whipped
1 lb sifted flour	= 4 cups
1/2 lb pastas	= 4 cups cooked
1 c precooked rice	= 2 cups cooked
1 c rice	= 3 1/2 c cooked
1 lb brown sugar	= 2 1/4 cups, packed
1 lb granulated sugar	= 2 1/4 cups
1 lb confectioners’ sugar	= 3 1/2 c, sifted

?? Substitutions ??

If you don’t have the ingredients in your cupboard that you need for a recipe, you can substitute with what you may have on hand. These substitutes may not create a perfect recipe, but they should work.

1 regular marshmallow	10 miniature marshmallows
1 T cornstarch	2 T flour
1/2 T flour (for thickening)	1/2 t cornstarch or 1 T quick cooking tapioca
1 c sifted all-purpose flour	Sift 1 c unsifted all-purpose flour. Remove 2 T.
1 c sifted cake flour	7/8 c sifted all-purpose flour or 1 c minus 2 T sifted all-purpose flour
1 c all-purpose flour	1 c plus 2 T cake flour
1 c sifted self-rising flour	1 c sifted all-purpose flour plus 1 1/2 t baking powder and 1/2 t salt
1 c butter	7/8 c vegetable oil, 1 c margarine or 7/8 to 1 c hydrogenated fat plus 1/2 t salt
1 t baking powder	1/4 t baking soda plus 5/8 t cream of tartar
1 oz baking chocolate	3 T cocoa plus 1 T fat (can use oil)
1 fresh clove garlic	1/2 t garlic powder
1 t fresh ginger	1/2 t ground ginger
1 c white granulated sugar	2 c white corn syrup and reduce liquid in recipe or 3/4 c honey and reduce liquid in recipe or 1 c well-packed brown sugar
1 c whole milk	1 c reconstituted nonfat dry milk plus 2 1/2 t butter or margarine or 1/2 c evaporated milk plus 1/2 c water or 1 1/4 c sifted dry whole milk powder plus 7/8 c water

