

BUSINESS ENTERPRISES OF TEXAS

BETTER EATING TODAY

Nutrition Notebook

KARLA'S KUISINE

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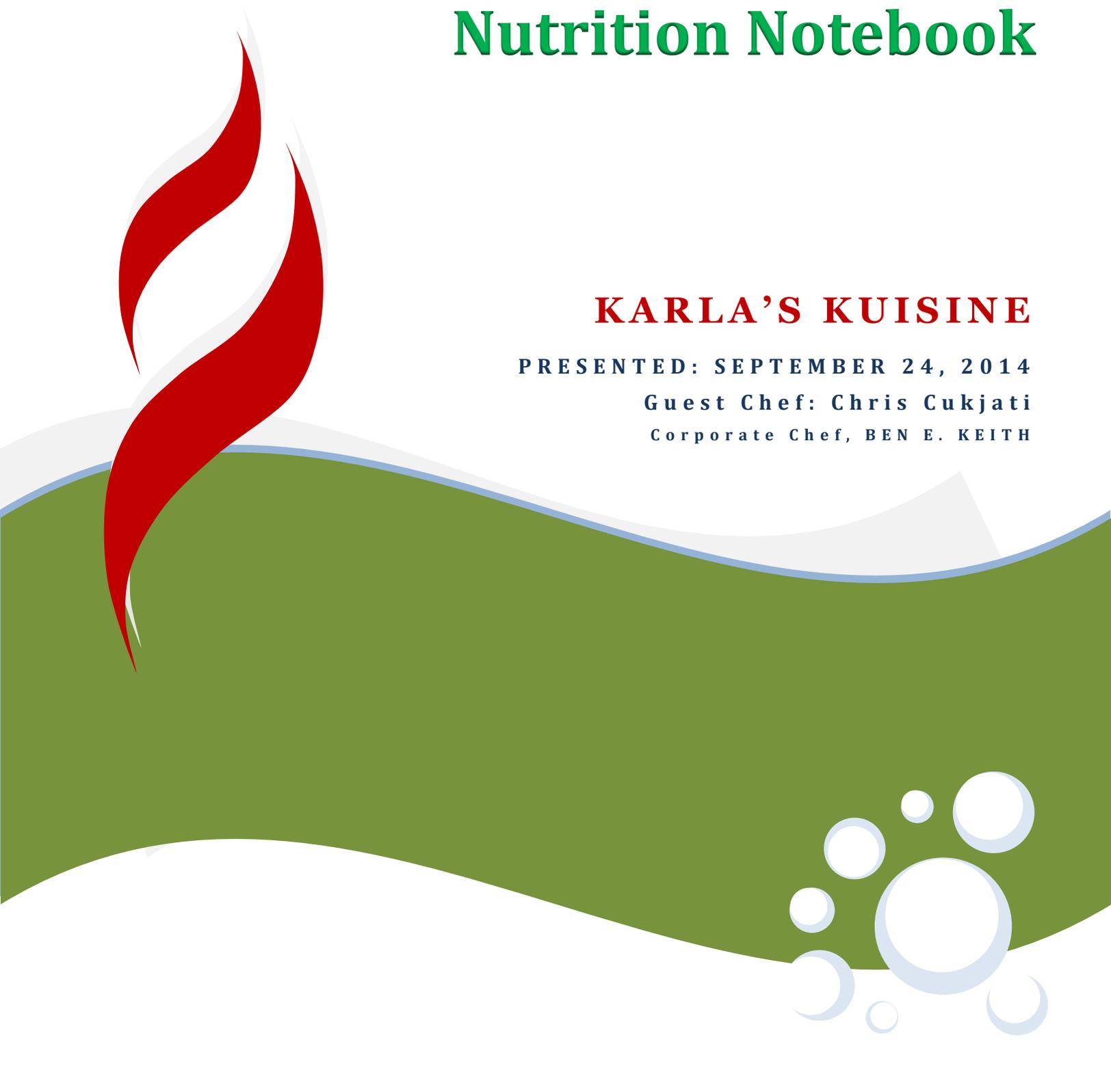


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Basic Principles of Offering Healthy Foods

- Reduce Sodium Levels.
- Reduce Excess Oils And Fats.
- Increase Fiber.
- Use fresh or frozen vegetables. If using canned products avoid adding salt because most canned products already have elevated sodium levels.
- Avoid adding salt to soups, sauces, casseroles.
- Use marinades, fresh herbs and spices to enhance flavors.
- Cook in natural juices when possible.
- Offer Grilled, baked or broiled foods as an alternative to fried.
- Reduce butter or margarine by half or substitute with other binders like applesauce.
- Blot or drain off excess oils.
- Maintain oil quality and change oil frequently.
- Offer beans, peas or brown rice regularly.
- Offer whole wheat or multi-grain breads.
- Offer whole leaf vegetables like romaine lettuce, turnip greens, chard, or spinach often.
- Offer cruciferous vegetables like broccoli, cauliflower, collards, cabbage and turnip greens regularly.
- Offer whole grains like oatmeal, buckwheat, kasha, and barley.

Nutrient-Dense Foods

Consider using nutrient-dense foods that have a high nutrient/calorie ratio. Meaning they are rich in nutrients when compared to their calorie content.

Such foods as whole-grain breads and cereals, rice, beans, pasta, vegetables, fruits, and lean proteins are thus considered to be nutrient dense because they not only are high in vitamins, minerals, protein, and fiber for the amount of calories. By comparison, processed foods that are high in sugar or fat, such as candy bars, donuts, and cookies, are have low nutrient density because they are high in calories and contain relatively less vitamins and minerals. This is why such foods are often referred to as supplying "empty" calories.

Nutrient-dense carbohydrates have another advantage over fats and sugary foods. Because they contribute significantly fewer calories for a given amount than foods with a high fat or sugar content, nutrient-dense carbohydrates actually contribute to weight-loss.

In general nutrient dense foods are:

- Whole Grains & Whole Grain Products
- Fruits and Vegetables
- Seeds & Legumes (beans)
- Herbs & Spices
- Lean Meats, Fish & Poultry

Here are some quick suggestions for nutrient dense foods that can be easily made up ahead of time:

- Hard boiled eggs
- Sandwiches on whole grain bread
- Beans & peas added to salads
- Low-Fat or Fat Free Cottage Cheese
- Cucumber / Tomato Salad
- Non Dairy Potato Soup

Putting Healthy Options in the Facility

General Healthy Options

- Serve leafy green vegetables and fruit more often.
- Reduce or remove salt and sugar in recipes.
- Revise recipes to use healthy fats (Olive oil and Canola oil or a blend of the two) and or reduce the use of additional fats.
- Offer a variety of whole grain products.
- Offer skim, 1% or 2% milk in the merchandisers and for coffee.
- Offer lower fat milk alternatives (yogurt, cheese).
- Buy local products when possible and affordable.
- Consider special dietary needs and food allergies.
- Ensure food safety.
- Encourage healthy options in vending services.

Beverages

- Offer 100% vegetable or fruit juices.
- Offer skim, 1% or 2% white or chocolate milk.
- Have fortified soy beverages available like Silk® Original or Vanilla Soymilk or SOY DREAM® Enriched Original.
- Serve coffee and tea with skim, 1% or 2% milk.

Breakfast

- Offer seasonal fruits whole or cut up, fresh, frozen, canned or dried.
- Offer regular and Greek yogurt.
- Offer hot or cold whole grain cereals with skim, 1% or 2% milk.
- Offer a variety of whole grain bagels, 3" diameter or less or cut in half.

- Include nut butters such as peanut or almond.
- Offer hard-boiled eggs.
- Include a variety of muffins; small, mini or cut in half; lower fat, whole grain and fruit options.

Snacks

- Serve seasonal fruits whole or cut up, fresh, frozen, canned or dried.
- Offer raw vegetables cut up with or without low-fat dressing or dip.
- Offer regular and Greek yogurt.
- Offer lower fat cheeses (21% milk fat/M.F or less).
- Provide lower fat whole grain crackers.
- Consider smoothies made with fruit and yogurt.
- Offer dark chocolate (at least 60%).

Desserts

- Offer fruit crumbles or fruit breads.
- Serve small cookies made with whole grains and fruit.
- Prepare yogurt parfaits.
- Choose pudding made with milk as the first ingredient.
- Consider whole fresh fruit or fruit cups.
- Offer frozen yogurt with fruit.

Sandwiches

- Offer whole grain breads, pitas, wraps and buns.
- Offer lean meats like chicken breast, turkey, lean ham.
- Include vegetarian sandwich options.
- Include a selection of lower fat cheese.

- Make sandwiches with little mayonnaise, butter or margarine.
- Ask for other low-fat option on the side such as mustard, hummus or relish.
- Offer toppings like shredded lettuce, mixed greens, chopped tomatoes or sliced peppers.

Hot Meals

- Choose leaner meats, fish and poultry grilled, broiled, roasted or steamed instead of fried.
- Offer meat portions of 3 to 4 ounces
- Serve cooked vegetables
- Offer pasta dishes with lower fat toppings like tomato sauce rather than butter, cream
- Consider broth-based or pureed vegetable-based soups instead of cream-based soups
- Offer vegetarian options with beans, legumes, or low-fat dairy as the protein.
- Consider a vegetable, bean, mixed greens or spinach salad with the meal.

Buy Local Products

- Serve fresh, locally grown and produced foods when possible when they are less expensive in season.
- Choose foods in season such as berries in the summer and apples in the fall.

Planning Menus With Health Food Options

The following criteria should be taken into consideration when planning healthier foods menu options:

Start with minor changes to the existing menu.

- Changes should be easy to implement. Begin with changes that do not involve excessive staff time, retraining, or equipment purchases.
- The cost of new menu items should be equal to, or less than, existing menu items (including the cost of preparation).

To preserve the quality and nutritional value of vegetables, use the following guidelines:

- Order regular supplies of perishable vegetables, two to three times per week, because quality and nutritional value are lost during storage. Frozen vegetables are as nutritious as fresh and there is little nutrient loss during storage.
- Prepare and cook vegetables as close as possible to service time, to reduce loss of Vitamins C and B (folate).
- Keep fresh vegetables chilled. Avoid leaving in water for long periods.
- Cooking vegetables should result in a softened texture i.e., crunch tender, but vegetables should not be overcooked. Vegetables with no added protein or dairy only need to be heated to a minimum holding temperature of 135°F.
- Large amounts of vegetables cooked in boiling water can lead to unevenly cooked vegetables so cook less more often. Divide and cook vegetables in small batches every 20-30 minutes to give best results. It is better to use two 4" one third hotel pans cooked every 20 minutes or as needed, than one 6" half pan to hold sides for the entire run.
- Keep lids on saucepans when simmering vegetables in order to preserve flavors.
- Avoid 'holding' food for long periods of time. This can cause deterioration of color, flavor and texture as well as result in losses of Vitamins C, B5, and folate, see *notes below*. Prepare food for "just in time delivery".

Notes:

Vitamin B12 and folate perform several important functions in the body, including keeping the nervous system healthy.

A deficiency in either of these vitamins can cause a wide range of problems, including:

- extreme tiredness
- a lack of energy
- pins and needles
- a sore and red tongue
- muscle weakness
- depression
- problems with memory, understanding and judgment

Vitamin C contains antioxidants, which help fight off free radicals in the body, warding off inflammation, infections, and viruses. Furthermore, by helping to build proteins in various types of cellular constructions, vitamin C also protects against heart attacks and strokes.

Symptoms of a Vitamin C Deficiency - Here are some of the top signs of this kind of shortage in the system.

- Fatigue
- Mood Changes
- Weight Loss
- Joint and Muscle Aches
- Bruising.
- Dental Conditions
- Infections

Including these vitamins in your food offerings make for a winning outcome for you and the state worker. Obviously the state wants mentally active and alert employees who feel good and function well to provide services to the citizens of the state. Keeping the employees healthy and happy means they stay at work (don't call in sick) AND may spend money in your facility when at work.

Recommendations on the right amount of food

- Offer lean meat, fish, poultry (without skin), eggs, peas and beans.
- Choose a non-fat cooking method as an alternative to frying; oven-bake, grill, steam, poach, microwave or casserole. Avoid adding fat in the cooking process, where possible.
- When making sauces, choose tomato-based sauces rather than roux or cream-based sauces. If using milk or cream, use low-fat milk and lower fat cheddar cheese in sauces.
- Offer at least two choices of vegetables in addition to potato, rice or pasta. Frozen vegetables have the same nutritional content as fresh. If necessary, season vegetables lightly with some black pepper or other herbs and spices, rather than with butter or margarine or rich sauces.
- Offer at least one vegetable without sauce and offer sauces on the side, if possible, for vegetable dishes such as cauliflower cheese.
- Offer a wide choice of fruit and salads.
- When making coleslaw and potato salad, dress lightly when possible with low-fat mayonnaise diluted with low-fat natural yogurt.
- Offer plain jacket potatoes (baked or boiled), or mashed potatoes, or both. When mashed potatoes are offered, avoid adding or reduce butter or margarine.
- Introduce a wide range of breads, cereals, potatoes, rice and pasta, particularly high-fiber choices which help to promote a feeling of fullness.
- Offer low-fat snack foods, such as popcorn, low-fat yogurt or fruit as a choice with other snack foods that would normally come from the top shelf of the Food Pyramid.

Recommendations for increasing fruit and vegetable intake

- Offer fruit, fruit juice, cooked vegetables or a side salad
- Choose a wide variety of vegetables, preferably fresh or frozen. Remember frozen vegetables have the same nutritional value as fresh.
- Offer vegetables without sauces added. Sauces can be available on the side, if requested.
- Introduce some salads without dressing (offer separately). Offer some low-fat

salad dressings.

- Offer all kinds of fruit - fresh, frozen, stewed and canned. Choose fruit canned in unsweetened juice rather than fruit canned in syrup.
- Offer home-made soups regularly - and use liquidized vegetables to thicken soups.
- Offer fresh fruit such as an apple or a banana for a dessert option.
- Offer dried fruit, such as prunes, apricots or a winter fruit salad. Dried fruit can also be used to sweeten desserts, for example, sultanas added to rice pudding and in savory salads.

Recommendations for increasing bread, cereals, potatoes, pasta and rice intake

- Always offer a choice of breakfast cereal, including high-fiber and low-sugar choices daily.
- Offer plain jacket potatoes (boiled or baked), mashed potatoes or a choice of both regularly.
- Offer boiled rice more often.
- Mash potatoes with low-fat milk and avoid using fat (butter, margarine or oil).
- Introduce a wide variety of breads - wholegrain and white sliced pan, soda and whole wheat bread, crusty baguettes, brown rolls and pita breads.
- Try home-made low-fat scones (using low-fat spread instead of full-fat spread) small muffins or fruit sticks, as a tasty between wheat snack or as an alternative to dessert.
- Offer pasta and rice regularly. Both are available in wholegrain or brown varieties.

Recommendations for increasing fiber intake

- Gradually change to more wholegrain products. Choose wholegrain cereal products in baking, e.g. brown scones, stuffing and tarts.
- Use some whole wheat flour, to replace white flour, in cooking.
- Offer wholegrain or bran-type breakfast cereals more often instead of honey or sugar-coated cereals.

- Offer plenty of whole wheat and wholegrain breads.
- If offering biscuits, offer wholegrain, oatmeal or fruit containing varieties.
- Have good quality fresh fruit available at all wheat times and offer fruit as snacks.
- Use more dried fruit. Try adding dried fruit to desserts or as part of a crunchy dessert topping.
- Use dry porridge oats or sugar-free muesli as a crumble topping.
- Offer a selection of vegetables and salads.
- Offer more jacket potatoes (baked or boiled), as most of the fiber is in the skin.
- Offer rice regularly and try brown rice.
- Try to mix whole wheat pasta with white.
- Introduce more peas, beans and lentils. They are high in fiber and they also contain protein.

Ways to increase Fiber

Instead of:	Try using this:
White rice, enriched grains	Whole grain, brown rice, wild rice, whole cornmeal (not de-germed), whole barley, bulgur, kasha, quinoa, or whole wheat couscous.
All purpose flour	Substitute whole wheat flour for up to ½ of the flour. For example, if a recipe calls for 2 cups flour, try 1 cup all purpose flour and 1 cup minus 1 tablespoon whole wheat flour. Use “white whole-wheat flour” or “whole wheat pastry flour” for total amount of all-purpose flour.
Pastas, crackers, cookies, cereals	Whole grain pastas, crackers, cookies, and cereals.
White bread	100% whole wheat bread and 100% whole grain bread.
Iceberg lettuce	Romaine lettuce, endive, and other leafy lettuces, or baby spinach.

Meat	Use more dried beans and peas. Add legumes and lentils to many different dishes: try adding lentils to your spaghetti sauce.
Peeled fruit and vegetables	Add extra fruits and vegetables, such as adding carrots to spaghetti sauce, leaving apple peels in apple crisp, zucchini bread, etc. Add extra fruits and vegetables to recipes and include the peel when appropriate.

Recommendations to reduce fat intake

- Use all spreadable fats sparingly. For sandwiches or bread, choose a monounsaturated or polyunsaturated variety.
- Using low-fat spreads in moderation can help reduce overall fat content.
- Offer mini-portions of low-fat spread and/or low-fat butter to staff or visitors, as appropriate.
- Try oven-baking or grilling foods instead of frying - use perforated trays or wire racks. *Avoid shallow and deep frying foods, as a general rule.*
- For frying use polyunsaturated or monounsaturated vegetable oil. Filter and change oil regularly.
- For baking or sautéing choose pure vegetable oil such as sunflower, corn, rapeseed or olive oil, where appropriate, but use it sparingly.
- Purchase lean meats and meat products with a high-meat content. Trim off all the visible fat before cooking.
 - 4 ounces of skinless chicken breast has about 168 calories and 98 mg of cholesterol.
 - 4 ounces of pork tenderloin has about 163 calories and 83 mg of cholesterol.
 - 4 ounces of beef sirloin has 211 calories and 101 mg of cholesterol.
- Meat products such as sausages and burgers, which may be high in fat, are best grilled or oven-baked on a perforated tray, as this reduces the fat content.
- general, fish, poultry and lean meats are low in fat. Offer these daily. Remove skin from poultry and keep frying or deep-fat frying to minimal levels.
- Limit foods coated in breadcrumbs or batter to once or twice a week - if used, oven-bake in preference to frying.
- Drain all fat off foods which are baked, fried or deep-fat fried and absorb excess oil with kitchen paper.
- Add carrot, onions, tomatoes and other vegetables to stews and casseroles.
- Season vegetables with some black pepper or other herbs and spices rather than

with butter, margarine or rich sauces. Preferably offer vegetables without sauces or serve sauces separately.

- Use low-fat milk in cooking, as appropriate. Low-fat cheese and yogurt may also be used when cooking.
- Offer low-fat milk for teas and coffees. Offer a choice of low-fat and full-fat milk as a drink.
- When possible, offer lower-fat cheeses.
- Offer low-fat or diet yogurts as alternatives to high-fat snack foods.
- Reduce the amount of roux-based sauces. Try thickening with corn flour, root vegetables, flour and water mix (mixed to butter consistency) or for a better quality fat-based roux, use a little pure vegetable oil - Swiss roux.

Tips to decrease the total fat and lower calories

Instead of this:	Try using this:
Shortening, butter, margarine, or solid fat.	Use $\frac{1}{4}$ less liquid oil or solid fat called for in the recipe. If recipe calls for 1 cup use $\frac{3}{4}$ cup. If recipe uses $\frac{1}{4}$ cup shortening, use 3 Tablespoons oil. Use equal amounts of oil for melted shortening, margarine or butter. Trans-fat-free margarine, olive oil, nut oils, avocado, "Butter Buds".
Shortening, butter, or oil in baking	Use applesauce or prune puree for half of the butter, shortening or oil. May need to reduce baking time by 25%. Trans-fat-free margarine, olive oil, nut oils, avocado, "Butter Buds".
Instead of whole milk, half and half or evaporated milk	Use skim milk, Skim Plus™, 1% milk, evaporated skim milk, fat-free half and half, or plain soymilk with calcium.
Butter, shortening, margarine, or oil to prevent sticking. Fat to sauté or stir-fry.	When frying foods use cooking spray, water, broth or nonstick pans. Trans-fat-free margarine, olive oil, nut oils, avocado, "Butter Buds".
Full-fat cream cheese	Use low-fat or nonfat cream cheese, Neufchatel or low-fat cottage cheese pureed until smooth.

Full-fat sour cream Full-fat cottage cheese Full-fat Ricotta cheese	Use nonfat or reduced fat sour cream or fat-free plain yogurt. (Yogurt is not heat stable.) Use 2% or fat-free cottage cheese. Use part-skim ricotta.
Cream Whipping cream	Use evaporated skim milk. Use nonfat whipped topping or cream (This is only nonfat if one serving size is used.)
Eggs	Use egg whites (usually 2 egg whites for every egg) or ¼ cup egg substitute.
Bacon/Sausage	Turkey bacon, Turkey sausage, seasoned ground turkey, soy crumbles, tofu.
Grilled Hash browns	Baked Hash browns or potatoes.
Whole fat cheese	Use reduced fat cheese, but add it at the end of the baking time or use part skim mozzarella.
Frying in fat	Use cooking methods such as bake, boil, broil, grill, poach, roast, stir-fry, or microwave.
Regular mayonnaise or salad dressing	Use low fat, reduced or nonfat mayonnaise or salad dressing.
Canned fish in oil	Use water-packed canned products or canned products packed in 'lite' syrup.
Fatter cuts of meat—skin on	Leaner cuts of meat or ground meat, remove skin before cooking.
Ground Beef	Ground sirloin, ground turkey breast, ground soy.
Meats in General	portabello or field mushrooms, tofu, beans, legumes.

Recommendations for low-sugar snacks and drinks

- Good quality fresh fruit
- Plain popcorn
- Plain or light yogurt
- Whole wheat bread spread lightly with low-fat spread
- Scones
- Breakfast cereals (which are not coated in sugar or honey)
- Dry roasted nuts - not salted variety
- Water and sugar-free drinks as an alternative to drinks containing sugar

Tips to reduce the amount of sugar

Instead of this:	Try using this:
Sugar	Reducing sugar by $\frac{1}{4}$ to $\frac{1}{3}$ in baked goods and desserts. If recipe calls for 1 cup, use $\frac{2}{3}$ cup. Cinnamon, vanilla, and almond extract can be added to give impression of sweetness. (Do not remove all sugar in yeast breads as sugar provides food for the yeast.)
Sugar	Replacing sugar with amounts of sucralose (*Splenda™), works well for most baked products. Add $\frac{1}{2}$ teaspoon baking soda in addition to each cup of Splenda™ used. Baking time is usually shorter and product will have a smaller yield. Try using aspartame (*NutraSweet™), saccharin, or acesulfame potassium in other products that are not baked. The sweet taste will vary with product combination or amounts of each sweetener used. Ripe Bananas can replace some sugar while adding the benefits of fiber and potassium.
Fruit-flavored yogurt	Plain yogurt with fresh fruit slices or use light versions of yogurt.

Syrup	Pureed fruit, such as no sugar added applesauce, or sugar-free syrup
Sugar in canned or frozen fruits	Decrease or eliminate sugar when canning or freezing fruits or buy unsweetened frozen fruit or fruit canned in its own juice, water, or light syrup.

Recommendations on seasonings

- Use a variety of seasonings - try not to rely on salt to flavor foods. Taste foods when cooking before adding salt.
- Limit the use of seasonings which are high in salt or sodium - for example, soy sauce.
- Use black pepper more often in cooking as an alternative to salt.
- Try garlic, onion or ginger to add flavor to recipes.
- Use more herbs and spices to flavor recipes. Experiment with new recipes and flavors, for example -mustard, lemon juice, cumin, mixed herbs and coriander.
- Offer a variety of healthy snack foods such as good quality fruit and snacks with a low-salt content, such as unsalted nuts or plain popcorn.

Tips to reduce sodium

Instead of this:	Try using this:
Salt	Omit salt or reduce salt by ½ in most recipes (except in products with yeast). Cook foods without adding salt. Don't put the salt shaker on the table.
Frozen or canned vegetables	Choose plain frozen vegetables without sauces or use no-salt-added canned goods. Rinsing canned vegetables will help reduce sodium.
Seasoning Salt or spice mixes with salt	Use salt-free seasonings and spice mixes. Use herbs, spices, lemon juice, or vinegar to flavor food instead of salt. Seasonings high in sodium include catsup, chili sauce, chili powder, bouillon cubes, barbecue sauce, soy sauce, Worcestershire sauce, and meat tenderizers.

Recipe Makeovers: 5 Ways To Create Healthy Recipes

Use these techniques to reduce the fat, calories and sodium in your favorite recipes.

You love your grandmother's bread pudding. But her recipe calls for 4 cups of whole milk, 1 stick of butter and 4 eggs — ingredients that raise the calorie count and fat content of this dessert. The solution? Redo the recipe by switching or reducing certain ingredients.

Many recipes can tolerate a healthy renovation without affecting the taste or texture of the food. So whether you're trying to stick to a healthy-eating plan or following a special diet, use these techniques to make your recipes — including your time-honored family favorites — healthier.

1. Reduce the amount of fat, sugar and sodium

With most recipes, you can reduce the amount of fat, sugar and sodium without losing the flavor. By cutting fat and sugar, you also cut calories. How much can you leave out without affecting the flavor and consistency of the food? Apply the following general guidelines:

Fat. For baked goods, use half the butter, shortening or oil and replace the other half with unsweetened applesauce, mashed banana or prune puree. You can also use commercially prepared fruit-based fat replacers found in the baking aisle of your local grocery store.

Sugar. Reduce the amount of sugar by one-third to one-half. When you use less sugar, add spices such as cinnamon, cloves, allspice and nutmeg or flavorings such as vanilla extract or almond flavoring to enhance the sweetness of the food.

Sodium. Reduce salt by one-half in baked goods that don't require yeast. For foods that require yeast, don't reduce the amount of salt, which is necessary for leavening. Without salt, the foods may become dense and flat. For most main dishes, salads, soups and other foods, however, you can reduce the salt by one-half or eliminate it completely.

Other ingredients may contain sugar, fat and sodium, and you can decrease them as well. For example, if the recipe calls for 1 cup shredded cheddar cheese, use 1/2 cup instead. Or use less soy sauce than is indicated to decrease the amount of sodium in the food.

2. Make a healthy substitution

Healthy substitutions not only reduce the amount of fat, calories and sodium in your recipes, but also can boost the nutritional content. For example, use whole-wheat pasta in place of enriched pasta. You'll triple the fiber and reduce the number of calories. Prepare a dessert with fat-free milk instead of whole milk to save 63 calories and almost 8 grams of fat per cup.

3. Delete an ingredient

In some recipes, you can delete an ingredient altogether; likely candidates include items you add out of habit or for appearance, such as frosting, coconut or nuts, which are high in fat and calories. Other possibilities include optional condiments, such as pickles, olives, butter, mayonnaise, syrup, jelly and mustard, which can have large amounts of sodium, sugar, fat and calories.

4. Change the method of preparation

Healthy cooking techniques — such as braising, broiling, grilling and steaming — can capture the flavor and nutrients of your food without adding excessive amounts of fat, oil or sodium. If your recipe calls for frying the ingredients in oil or butter, try baking, broiling or poaching the food instead. If the directions say to baste the meat or vegetables in oil or drippings, use wine, fruit juice, vegetable juice or fat-free vegetable broth instead. Using nonstick pans or spraying pans with nonstick cooking spray will further reduce the amount of fat and calories added to your meals.

5. Change the portion size

No matter how much you reduce, switch or omit ingredients, some recipes may still be high in sugar, fat or salt. In these cases, reduce the amount of that food you eat. Smaller portions have less fat, calories and sodium and allow you to eat a wider variety of foods during a meal. Eating a variety of foods will ensure that you get all the energy, protein, vitamins, minerals and fiber you need.

Putting it all together

As you look over your recipe, decide what to change and how to change it. Make notes of any alterations, so you can refer to them the next time you prepare the food. You may have to make the recipe a few times, adjusting your alterations, before you get the results you want. But finding the right combination of ingredients — for the desired taste, consistency and nutrients — is well worth the trouble.

Healthy Cooking Techniques

Healthy cooking doesn't mean that you have to become a gourmet chef or invest in expensive cookware. You can use basic cooking techniques to prepare food in healthy ways.

The methods described here best capture the flavor and retain the nutrients in your food without adding excessive amounts of fat or salt. Once you've mastered these techniques, use them often to prepare your favorite dishes. Click on the tabs to the left for a description of these cooking methods.

Baking

Besides breads and desserts, you can bake seafood, poultry, lean meat, and vegetable and fruit pieces of the same size. Place food in a pan or dish surrounded by the hot, dry air of your oven. You may cook the food covered or uncovered. Baking generally doesn't require that you add fat to the food. In some cases, you may need to baste the food to keep it from drying out.

Braising

Braising involves browning the ingredient first in a pan on top of the stove, and then slowly cooking it covered with a small quantity of liquid, such as water or broth. In some recipes, the cooking liquid is used afterward to form a flavorful, nutrient-rich sauce.

Grilling and Broiling

Both grilling and broiling expose fairly thin pieces of food to direct heat. To grill outdoors, place the food on a grill rack above a bed of charcoal embers or gas-heated rocks. For smaller items such as chopped vegetables, use a long-handled grill basket, which prevents pieces from slipping through the rack. To broil indoors, place food on a broiler rack below a heat element. Both methods allow fat to drip away from the food.

Poaching

To poach foods, gently simmer ingredients in water or a flavorful liquid such as broth, vinegar or juice until they're cooked through and tender. The food retains its shape during cooking. For stove-top poaching, choose a covered pan that best fits the size and shape of the food so that you use a minimum amount of liquid.

Roasting

Like baking, but typically at higher temperatures, roasting uses an oven's dry heat to cook the food. You can roast foods on a baking sheet or in a roasting pan. For poultry, seafood and meat, place a rack inside the roasting pan so that the fat in the food can drip away during cooking.

Sautéing

Sautéing quickly cooks relatively small or thin pieces of food. If you choose a good-quality nonstick pan, you can cook food without using fat. Depending on the recipe, use low-sodium broth, nonstick cooking spray or water in place of oil.

Steaming

One of the simplest cooking techniques to master is steaming food in a perforated basket suspended above simmering liquid. If you use a flavorful liquid or add seasonings to the water, you'll flavor the food as it cooks.

Stir-frying

A traditional Asian method, stir-frying quickly cooks small, uniform-sized pieces of food while they're rapidly stirred in a wok or large nonstick frying pan. You need only a small amount of oil or nonstick cooking spray for this cooking method.

Healthy Options for Breakfast

Egg – offer meals prepared with egg whites.

Hash Brown – offer baked white potatoes or sweet potatoes.

Allow a fresh fruit substitute for sides, for example, a slice of cantaloupe or apple sauce for hash browns.

Offer whole grain, multi-grain or high fiber breads.

Allow tofu substitute for meats, for example, tofu squares substituted for sausage.

Offer non-fat or low-fat dairy for coffee.

Offer seasonal fruit cups.

Healthy Options for Lunch

Offer veggie burgers, turkey burgers, skinless chicken breast or lean beef.

French fries – offer baked white potatoes or sweet potatoes.

Offer whole grain, multi-grain or high fiber breads.

Allow a fresh fruit substitute for sides, for example, a slice of cantaloupe or apple sauce for corn or mashed potatoes.

Provide low fat salad dressings.

Offer meat free options like vegetable wraps, Hummus, falafel, eggplant, and tofu.

Offer lean cuts of meat like skinless chicken breast, pork tenderloin, or lean pork chops.

Prepare sides with little or no fats, salts, or sugar.

Provide access to fresh fruits like apples, oranges and bananas.

Use brown rice in place of white rice.

Use products like “Butter Buds” in place of butter to reduce fats.

Use powdered or skim milk in place of whole milk to reduce fat.

Substitute low sodium Tamari Sauce in place of salt or low sodium Soy Sauce.

High Protein Foods

Poultry

1. Chicken, light meat only
Amount: 4 ounces, cooked
2. Turkey breast, deli, skinless
Amount: 1 ounce, sliced
Protein (g): 6; Fat (g): <2; Calories: 25

Beef

3. Sirloin top steak, broiled, lean only
Amount: 4 ounces, cooked

Pork

4. Pork Chop, grilled, broiled, bone and fat,
Amount: 4 ounce cooked

Fish

5. Salmon, fresh, Atlantic farmed, baked, broiled
Amount: 4 ounces, cooked
6. Pangasius, fresh, farmed, baked, broiled
Amount: 4 ounces, cooked
Protein (g): 20.5; Fat (g): 2.85; Calories: 70
- Catfish, fresh, baked, broiled
Amount: 4 ounces, cooked
7. Tuna, canned, solid light in water
Amount: 4 ounces, drained

Dairy

8. Milk, fat free

Amount: 8 ounces

Soy, Nuts, Eggs, Beans

9. Black beans, canned

Amount: 1/2 cup

10. Boca Burger, Vegan

Amount: 1 patty

11. Egg, hard boiled

Amount: 1 large

12. Egg, white only

Amount: 1 large

13. Peanut butter, creamy

Amount: 2 tablespoons

14. Soybeans, green, boiled, drained

Amount: 1/2 cup

15. Tofu, raw, firm

Amount: 1/2 cup

Healthy Options for Vending Machines

Evaluating Your Current Vending Machines

As you begin working toward increasing the number of healthy vending options in your workplace, it is important to evaluate the current offerings and how they relate to your ultimate goal. How do the snack options at your business location compare to the San Antonio Healthy Vending guidelines?

1. Evaluate your current product offerings.
2. If the products meet the standards go to # 3, if not find new products that do.
3. Develop a planogram to set product placement at eye level and the top 2/3 of the machine.
4. Identify and promote the healthy products using static clings, other approved signage or on site promotions.
5. Evaluate the results.
6. Adjust product selection or placement.
7. Evaluate the results.

Healthy Vending Guidelines

To determine if your product meets the 35-10-35 low sodium nutrition standards, and to qualify for a better eating today label, follow these simple steps:

1. **Not More Than 35% Fat:** Look at your product's nutrition label, take the number of calories from fat (not grams) and divide that number by the total number of calories in the product. On the nutrition label, calories from fat are listed next to the total calories for the product. EXAMPLE: if the Bag o Chips has 350 calories and 50 of those calories are from fat, divide 50 by 350 and you will get .14 or 14% fat. Since 14% meets the requirement of less than 35% fat, the Bag o Chips makes the cut for the first standard.
2. **Not More Than 10% Saturated Fat:** Look for saturated fat on the product nutrition label. If this number is only available in grams, take the number of grams and multiply it by 9. (There are 9 calories per gram of fat.) Take the number of calories from saturated fat and divide it by the total number of calories in the product. EXAMPLE: If the Bag o Chips has 2.5g of saturated fat, it has 22.5 calories from saturated fat ($2.5 \times 9 = 22.5$). Dividing 22.5 by 350 total calories (calories listed in step 1) gives us .06 or 6%. Since 6% meets the requirement of less than 10% of the calories coming from saturated fat, the Bag o Chips is still doing well.
3. **Not More Than 35% Of Total Weight From Sugar:** Check your nutrition label for the weight of your product in grams. (1 oz equals 28 grams). Now look farther down the label for the number of sugar grams. Divide the number of grams of sugar by the total number of grams in the product to find the percentage of weight from sugar. EXAMPLE: The Bag o Chips is 100g and it has 24 grams of sugar. Dividing 24 by 100 gives us .24 or 24% of the total weight from sugar. The Bag o Chips has passed 3 of the 4 prerequisites!

4. **Less Than 350 mg of Sodium:** check sodium content on the nutrition label. If less than 350mg per serving, the Bag o Chips passes the test and gets a Better Eating Today sticker!
5. **Nuts and Dried Fruits** are exempt from these guidelines as long as no sugar was added and the sodium is below 350mg.

Healthy Vending Identification

The Healthy Vending Identification document in the appendix provides simple steps for identifying whether items do or do not meet the nutrition vending criteria. This document provides a chart for quickly assessing the nutritional acceptability of snacks while also identifying exceptions to the criteria.

Planogram

A planogram is a picture showing the exact layout and the exact items that should be maintained within the vending machine. You should develop a planogram uniquely suited to your worksite.

Variety is important. As new and healthy snacks become available and as popularity of certain items change, it may be helpful to change the planogram that is used for stocking the vending machines. Healthy snack sampling events for employees can be used to establish a new planogram based on employee preferences. The healthiest items should be located at eye level and should all be located within the top 2/3 of the machine, or *down the right side in a single column for easy identification.*

The following lists are examples of healthy product mixes that you might select for vending machines with

Exhibit 1 - 15%, Healthier Snacks - Table

Spirals	Healthy Selections
40	6
44	7
58	9

In general, try to have at least one healthy option for each category of products you offer

Chocolates

Non Chocolates

Cookies

Pastries

Nuts/Seeds

Health Bars/Breakfast bars

Salty Snacks

Cracker sandwiches

Gums and Roll Candies

Healthy Vending Examples

The items listed here provide suggestions that generally meet the nutrition criteria, but the nutrition labels of specific items should be evaluated against the vending guidelines.

Popcorn (fat free or low fat)

Whole grain cereal, bars, or crackers

Rice cakes or soy crisps

Popchips or baked chips

Animal or graham crackers

Pretzels

Peanut butter & crackers

100 calorie snack packs

Whole grain, low fat muffins

Low fat granola bars

Whole grain, low fat fig bars

Fruit cup in fruit juice

Dried fruit

Low sodium jerky

Nuts & seeds (plain or with spices)

Trail mix (no candy)

Sandwiches made with whole wheat or whole grain products

100% fruit juice with no added sugar in the smallest portion size available (max 355 mL)

Dark chocolate (at least 60%)

Examples of Healthy Vending Products

Sun Chips® (select varieties)
Sensible Portions™ Veggie Straws®
Pirates Booty® aged white cheddar popcorn
Nutri-Grain Cereal Bars (most varieties)
Kashi® TLC™ bar — Chewy Peanut Butter
Nature Valley® — Oats and Honey
Planters® Lightly salted peanuts
Planters® unsalted almonds
Wonderful ® Pistachios
Brothers-All-Natural® Freeze Dried Fruit — Fuji Apple
Brothers-All-Natural® Freeze Dried Fruit — Strawberry/Banana
Sensible Foods ® Sweet Corn Crunch Dried Snack
Sensible Foods® Roasted Edamame Crunch Dried Snack
Aisle City™ Real Fruit Apple-Cranberry-Pineapple with Almonds
Good Health® Humbles Baked Hummus Chips
KIND® bar
Kashi® TLC™ bar — Cherry Chocolate
Mrs. May's® Trio Bar
Clif® Kid ZBaR™ — S'mores and Honey Graham varieties
Mrs. May's® Naturals Crunches — Almond Crunch
Mrs. May's® Naturals Crunches — Pomegranate Raspberry
Back to Nature™ — Honey Graham Sticks
Barbara's® Bakery Snackimals™ — Double chocolate and Oatmeal varieties
Goldfish® baked snack crackers
Back to Nature™ Crispy Cheddar Crackers
Popchips™ — Sour Cream & Onion or Barbeque
Smartfood® Selects — Cinnamon Brown Sugar Multigrain Popped Chips
Snyders of Hanover® Mini Pretzels
Baked! Cheetos®
Kettle Valley organic fruit snack bar

PROMOTION

Once everything is in place to begin offering healthier snack items in the vending machines, the machine should be branded with your worksite's wellness logo. Healthier vending can then be marketed and promoted as one of your worksite wellness initiatives. Promotional POS materials on the machine should be directed at only the healthier items until customers become aware of the product offerings.

The Four Ps of Marketing for Concessions and Vending

Product

- Product mix – variety that fits the needs and wants of the site.
- Quality – The best product available at a good dollar value.
- Nutrition composition – 35-10-35 or healthy options, high fiber, low cal, low fat, low salt.
- Packaging (*e.g., package design/color, illustrations, targeting specific groups, menu labeling, portion size, calorie labeling*).

Pricing

- Differential prices - the price difference in one product offered in different places, Convenience store vs. B E T Vending machine.
- Specials

Promotion

- Item and shelf tagging
- Sampling events

Placement

- Site Location – Warehouse, office, road side, prison.
- General layout - Location within the machine.
- Quantity of facings (number of spaces allocated for each product).
- Eye level, top to thirds, right column.

Promotional Ideas

- Temporary Price Reductions
- Offer a discount on newly introduced items to incentivize people to try them.
- Buy 1, get 1 free (great for healthy products, particularly perishables such as fresh fruit).

Taste Tests

- Give samples to customers to try before buying the food, especially during peak hours
- For new vending products, hold a special event.
- Hand out POS material to advertise new products and encourage customers to try new things.

- Sample out a few products you are thinking about selling and ask customers to vote on their favorite.

Signage

- Put up a sign on top of the machine for advertising.
- Install banners or static clings.
- Use menu labeling and shelf tagging systems to educate customers about healthy choices.

U S D A Smart Snacks

Find snacks that meet the U S D A Smart Snacks in School Guidelines, effective July 1, 2014 at the link below.

https://www.healthiergeneration.org/live_healthier/eat_healthier/alliance_product_navigator/browse_products/?product_category_id=722

Additional Information found on the BET Classroom CD

- 35-10-35 Snack Foods
- Low Fat Snacks
- Sample Planogram Excel Worksheets

Example Planogram with 15% Healthy Items (8 items) in a 58 Spiral Machine – Table.

A-0 1.00 ~Sun Chips 1.8 oz Nacho Par Level 8		A-2		A-4		A-6		A-8	
B-0 1.00 ~PF Chr Gold Fish Whole Wheat Par Level 6		B-2		B-4		B-6		B-8	
C-0 1.00 ~FL Baked PC 2.0 oz Original Par Level 8		C-2		C-4		C-6		C-8	
D-1 1.00 NV-Pnt Crunchy 1.5 oz Par Level 12	D-2 1.00 Qkr Chy B Bar 1.48 oz PB Cho Cp Par Level 10	D-3	D-4	D-5	D-6	D-7	D-8	D-9	D-10
E-1 1.00 Org Trail Mx unsalted 2 oz Par Level 10	E-2 1.00 Rstd Sun Flower Kernels 1 oz Par Level 10	E-3	E-4	E-5	E-6	E-7	E-8	E-9	E-10
F-0 1.00 Snackanimals 2.12 oz wht-free oatmeal Par Level 6		F-3	F-4	F-5	F-6	F-7	F-8	F-10	

Sample “Healthified” Recipes

“Healthified” Chicken Pot Pie

52% fewer calories • 80% less sat fat • 76% less fat than the original recipe. With veggies, chicken, and a flaky crust, here’s your all-in-one answer to the question,

Makes 24 servings (about 1 cup EP each)

- 36 oz frozen mixed vegetables
- 9 tablespoons all-purpose flour
- 1.5 teaspoon salt
- 1 teaspoon poultry seasoning
- 1 teaspoon pepper
- 4 cups fat-free (skim) milk
- 1.5 cup finely chopped onion
- 1 quart condensed 98% fat-free cream of chicken soup
- 1 cup fat-free sour cream
- 24 boneless skinless chicken breasts (8 lb), cooked, cut into bite-size pieces

1. Cook and drain vegetables as directed on bag.
2. Heat oven to 375°F. In a saucepan, mix flour, salt, poultry seasoning, pepper and milk with wire whisk until blended. Stir in onion. Cook over medium heat 4 to 6 minutes, stirring constantly, until thickened.
3. Stir in soup and sour cream. Add chicken and cooked vegetables; mix well. Cook, stirring frequently, until thoroughly heated. Pour into ungreased 2” full hotel pan. Cover with biscuits cut in half.
4. Bake 35 to 40 minutes or until crust is golden brown and mixture is bubbly. Let stand 10 minutes before serving.

Nutrition Information: Per serving

- Calories 270 (Calories from Fat 80),
- Total Fat 9g
- Saturated Fat 3 1/2g,
- Trans Fat 0g,
- Cholesterol 50mg;
- Sodium 490mg;
- Total Carbohydrate 27g
- Dietary Fiber 1g,

- Sugars 3g),
- Protein 20g;

“Healthified” Basic Meatloaf

While meatloaf purists focus on the meat, we like to look at meatloaf as a way to pack extra veggies and whole grains into a meal, as we do in this healthy, classic meatloaf recipe.

30 Servings 5 ounces EP

Ingredients

- 5 large onion, cut into 2-inch pieces
- 5 large green bell pepper, cut into 2-inch pieces
- 10 large stalks celery, cut into 2-inch pieces
- 5 tablespoon extra-virgin olive oil or canola oil
- 12 ounces ketchup, divided
- 5 ounces Worcestershire sauce
- 3 tablespoon whole-grain mustard
- 3 tablespoons paprika
- 3 tablespoons garlic powder
- 2 teaspoons salt
- 2 teaspoon freshly ground pepper
- 5 large eggs, lightly beaten
- 4 cups dry whole-wheat breadcrumbs (see Tip)
- 12.5 AP pounds lean (90% or leaner) ground beef or turkey

Preparation

1. Preheat oven to 375°F. Coat a large rimmed baking sheet with cooking spray (or see Loaf Pan Variation).
2. Pulse onion, bell pepper and celery in a food processor until finely chopped. (Or finely chop them with a knife.)
3. Heat oil in a large nonstick skillet over medium-high heat. Add the vegetables and cook, stirring occasionally, until tender and most of the liquid has evaporated, 5 to 10 minutes. Transfer to a large bowl and let cool for 10 minutes.
4. Add 5 ounces tablespoons ketchup, Worcestershire, mustard, paprika, garlic powder, salt and pepper to the vegetables; stir to combine. Stir in egg and breadcrumbs. Add ground beef and with clean hands gently knead the vegetable mixture into the meat; do not overmix. Pat the meat mixture into a

loaf shape (about 12 by 5 inches) on the prepared baking sheet. Spread the remaining 3 tablespoons ketchup on top.

5. Bake the meatloaf until an instant-read thermometer inserted in the center registers 165°F, about 45 minutes. Let rest for 10 minutes before slicing.

Nutrition Information Per serving:

- Calories 205
- Fat 9 g
- Sat 3 g
- Mono 4 g
- Cholesterol 74 mg
- Carbohydrates 10 g
- Protein 19 g
- Fiber 2 g
- Sodium 328 mg
- Potassium 355 mg

“Healthified” King Ranch Casserole

Serving Size: 24 servings each (about 1 1/4 cups or 10 ounces EP by volume)

Ingredients

- 10 pounds AP boneless, skinless chicken breasts, trimmed
- 5 tablespoon canola oil
- 2.5 pounds mushrooms, chopped
- 5 medium onion, diced
- 5 medium red or green bell pepper, diced
- 4 cloves garlic, minced
- 7 tablespoons chili powder
- 2.5 cup whole-wheat flour or all-purpose flour
- 1 gallon reduced-sodium chicken broth
- 62 ounces (1/2 #10 can) diced fresh tomatoes
- 2.5 cup reduced-fat sour cream
- 35 ounce diced green chiles, drained
- 3 teaspoon salt
- 60 6-inch corn tortillas, cut in half, divided
- 5 cup shredded Colby-Jack cheese, divided

Preparation

1. Preheat oven to 350°F. Coat 2” full hotel pan with cooking spray.
2. Place chicken in a pot and add water to cover by 1 inch. Bring to a boil. Reduce heat and simmer until just cooked through, 10 to 15 minutes. Transfer to a clean cutting board. Dice when cool.
3. Meanwhile, heat oil in a large skillet over medium heat. Add mushrooms and onion and cook, stirring occasionally, until all the mushroom liquid has evaporated, 7 to 9 minutes. Add bell pepper and cook, stirring, until just tender, about 3 minutes. Add garlic and chili powder; stir for 1 minute. Add flour and cook, stirring, for 30 seconds. Add broth and cook, stirring, until thickened, 3 to 5 minutes. Remove from heat. Stir in tomatoes, sour cream, chiles, salt and the chicken.
4. To assemble: Spread 2 cups filling in each prepared baking dish. Layer on tortilla halves and top with filling. Repeat 2 more layers of tortillas and filling, ending with the rest of the filling. Sprinkle cheese on top.
5. To serve: Bake until hot and bubbly, 20 to 25 minutes. Let stand for 15 minutes before serving.

Nutrition Information Per serving:

- calories 356
- fat 13 g

- sat 5 g
- mono 4 g
- cholesterol 81 mg
- carbohydrates 29 g
- added sugars 0 g
- protein 33 g
- fiber 5 g
- sodium 698 mg
- potassium 622 mg