

Fueling Excellence: Nutritional Insights To Unleash Your Inner Leader

Positive Actions to Increase Your Awareness of Nutrition

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I. Read the following articles

A. Nine Weeks to a Perfect Diet

<http://www.cspinet.org/nutrition/9weeks.htm>

B. Soluble and Insoluble Fiber

<http://www.drmirkin.com/nutrition/N233.html>

D. Types of Fat

<http://www.americanheart.org/presenter.jhtml?identifier=4582>

II. Visit the following websites

A. The Nutrition Action Healthletter (Updated monthly)

<http://www.cspinet.org/nah/>

This website offers selected excerpts from the monthly Nutrition Action Healthletter publication. Although tending towards the dramatic, the Food Porn and Right Stuff articles on the site exhibit worthwhile information for everyday foods. Your local library website may also offer the full text of each edition to read online.

B. Foodfit (updated daily)

www.foodfit.com

Foodfit offers a fun, ever-changing list of nutritional insights and cooking tips, although momentum seems to have slowed down the past year or two.

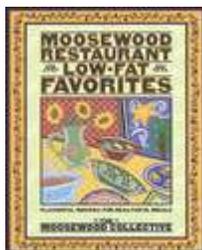
C. Marty Gallagher's Strength and Fitness weekly chat (archives)

<http://www.washingtonpost.com/wp-srv/liveonline/fitness/gallagher.htm>

In 2003, Marty hosted a no-punches-pulled discussion of progressive resistance training. Marty often referenced dietary insights and eating tips. Be forewarned: his tone was sometimes abrupt and harsh.

III. Obtain copies of the following books and reference them often. The "used" sections of bookstores or www.half.com often offer these publications at prices well below retail value.

A. Moosewood Restaurant Low Fat Favorites Moosewood Collective, 1996



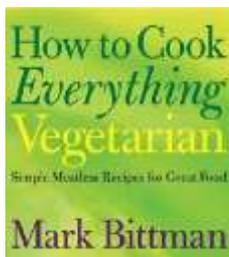
This Moosewood collective does it again with down-to-earth instructions and thorough explanations. Each well-organized recipe comes with an estimated preparation time, estimated cooking time, and complete nutritional profile (including both fiber and fat count). Indexes list the lowest fat recipes in the book, the quickest recipes in the book, etc. Although most of the dishes focus on vegetarian fare, omnivores should not shy away from this fabulous resource. An entire chapter is devoted to fish, and chicken breasts or other low-fat meat can always be incorporated into other recipes. The book is also packed with a wealth of low fat cooking tips that any chef will find helpful for everyday, healthy, flavorful cooking.

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B. How To Cook Everything Vegetarian, Mark Bittman, 2007



Mark Bittman of the NY Times has provided an incredible, intuitive, exhaustive tome for how to work with all things produce. It's an excellent reference if you want to experiment with building more leafy greens, grains, or even fruit into your daily diet. His column in the Times is called "The Minimalist" for good reason—these are simple, delicious, wonderful recipes.

IV. Increase (or incorporate) the following into your diet

A. Beans

Dried and canned beans are a low fat way to sneak fiber into your diet. Add beans to salads and soups. Dried beans and whole grains combine to form complete protein, so experiment with bean/grain main dishes for lunch and dinner.

B. Whole grains

Think about ways to have whole grains be the foundation of dinner and lunch meals. Quinoa, brown rice, barley, and oats are just a few whole grain options that can be incorporated into everyday meals. One tip with cooking whole grains is to cook them in a flavorful liquid such as chicken broth. Another quick tip with whole grains is to make a large batch and then freeze cup-size amounts in individual Ziploc bags. After one minute in a full-powered microwave, the contents of each Ziploc bag will be reheated, ready to eat, and just as flavorful as when just cooked.

C. Varied vegetables

Most people eat only three or four different vegetables prepared in different ways. So that you can benefit from the antioxidants and helpful phytochemicals, increase the variety of vegetables in your diet. As a start, try two new vegetables a week for three weeks.

D. Whole grain pasta

Substituting whole grain pasta for white pasta will add protein, fiber, vitamins and minerals. The added fiber will fill you up more quickly while keeping you full longer. This reduces your portion size and ultimately reduces your calories consumed.

E. High-fiber breakfast cereals

Hot or cold, whole grain cereals can offer a great start to a nutritious day. Look for breakfast cereals that contain no more than 5 grams and sugar, less than 4 grams of fat, but have at least 5 grams of fiber.

F. Low-fat or no-fat dairy products

If you continue to use milk, sour cream, yogurt, cheese, and other milk products, but switch to their low-fat or no-fat equivalents. Those products offer high protein calcium sources.

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V. Other ideas in action

A. In the kitchen/home, try these ideas.

- 1) **Take care of your spices:** Use them often, but store them in a dark, cool place. Storing spices directly above the stove increases exposure to heat, altering or diminishing the spice flavor.
- 2) **Use bean/grain display jars:** Glass mason or clamp-lid jars can be helpful for storing whole grains and dried beans. The jars provide a visible inventory of these items. They also provide a constant reminder to keep using these products in your everyday recipes.
- 3) **Use a small food processor:** A small food processor is an exceptionally helpful device. You can chop some vegetables in seconds. Vegetable dips and spreads such as hummus are easier to make when the blades provide blending assistance. One secret to making richer tasting soup is to run a cup or two through the food processor and then return the blended mixture to the large batch.
- 4) **Keep a bowl of fresh fruit in sight:** At least once a week, buy a few fresh fruit pieces and keep them stored in a highly visible bowl. When searching for a snack, the fresh fruit will meet your first gaze.

B. In the grocery store, shop primarily in the outer aisles. As succinctly stated in Michael Pollan's 2009 book Food Rules: An Eater's Manual, "Eat food. Not too much. Mostly plants." In line with that theme, you can also:

- 1) **Continue to scrutinize labels when food shopping:** Continue to check these numbers and keep an eye on the fat, protein, sugar, and fiber content values.
- 2) **Avoid buying junk food:** Do not buy a junk food item at the grocery store and promise yourself that you will carefully ration it. Instead, keep these items out of your grocery basket. Never go grocery shopping when you are hungry, it's an invitation to bring home a basket full of regret.
- 3) **Stock up in the produce aisle:** Add more fresh vegetables and fruit to your cart. Debbie Meyer green bags, or other life-extending storage solutions for produce, are a good way to keep your food from turning bad before you've turned it into delicious.
- 4) **Stock up in the bulk goods section:** Whole grains and dried beans are available in the bulk food section of most grocers. These products are delightfully inexpensive and if you use the clear jar method described above, you will always know which items you need from the store.

C. For even more lifelong benefits, consider physical activity options: The Center for Disease Control and Prevention's guidelines for adult activity are available on the following website: <http://www.cdc.gov/nccdphp/sgr/adults.htm>