

Yum...



Cook it Yourself!— Basics & Beyond
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How comfortable are you with home cooking?



First things first:

1. Write your weight on your chart.
2. Draw a line from your last week's weight to this week's.
3. Take out your F&F Log.
 - a) Were you all able to fill it out each day?
 - b) Were you able to add in the calories/portion size?
 - c) Make a note about how you did this week.



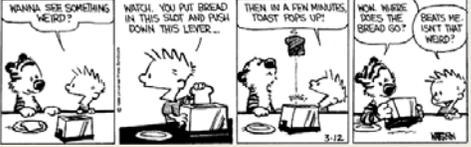
Why "Cook it Yourself?"

- Home cooked food is healthier, cheaper and more fulfilling.
- This is making your own food – "mostly" from scratch. Only take short cuts where you really need to.
- Focus on what you know how to do first. Then think, VARIETY and HEALTH!
 - Breakfast, Lunch and Dinner.
- Think balance in every day. Every food has a place in a healthy diet...especially when it comes to cooking GOOD food, sometimes there is no alternative if you want the same taste.



How Often Do You...

- Cook your dinner meals from scratch?
- Make lunch from leftovers or something fresh and bring it to work?
- Make a real breakfast?



How to *Get Started*

Plan a Menu

- This is key to cooking at home, especially as you begin.
- Start with easy recipes that you know how to make.
- Create your shopping list.
- Set aside time for shopping.
- Leave time to prepare meals.
- You may be surprised how little time it takes...



<http://www.supermarketguru.com/>

How to *Get Started*

Fill Your Pantry

- Olive oil, canola oil
- Garlic
- Spices: Garlic powder, onion powder, basil, parsley, oregano, thyme, paprika, pepper, cumin, Kosher salt
- Whole grains – whole wheat flour, brown rice, quinoa, pasta
- Vinegar: white, balsamic, rice?



How to *Get Started*

Fill Your Fridge - Tailor it to your tastes.

- Milk, yogurt, Parmesan Cheese
- Lemon juice/lime juice
- Healthy Margarine, stick butter
- Mustard (Dijon, yellow)
- Mayo/Whip
- Sun dried tomatoes
- Soy Sauce (Reduced sodium)
- Dressings (although you can make your own – vinaigrettes good choices)

How To *Cook Healthfully*

- Use recipes from health-conscious web sites or cookbooks.
- www.cookinglight.com
- <http://www.eatingwell.com/>
- <http://www.foodnetwork.com/healthy-cooking-month/package/index.html>
- <http://allrecipes.com/Recipes/healthy-cooking/Main.aspx>
- Fix it and Forget It - Lightly

Choose *Healthy Ingredients*

FATS

- Choose “light” or 1/3 less fat ingredients: mayo/whip, cream cheese, dressing, cheese, etc.
- Use olive oil most or canola oil if cooking to higher temperatures.
- Choose a healthy margarine. Canola Harvest, Benecol, Take Control, etc.
- ONLY use butter when it is necessary for the taste or recipe success (eg. Baking). Try to avoid lard.

Choose *Healthy Ingredients*

GRAINS

- Whole grains are cheap, moderate in calories, and full of nutrients and fiber.
 - Whole wheat bread, pasta, tortillas, pitas, pizza crust.
 - Brown Rice and Wild Rice.
 - Quinoa – considered a “whole PRO.”
- Cooking tips – start cooking grains first and make extra “planned-overs.”
- Mix into soup, stir fry, salads and more.

Add *Healthy Ingredients*

VEGGIES and BEANS

- Add veggies and beans to everything possible.
- They are cheap, low in calories, and high in nutrients and fiber – and make food taste better!
- Examples
 - Pasta sauce – add beans or spinach
 - Tacos – mix in pinto or black beans
 - Soup – add a can of beans or tomatoes
 - Stir Fry – Cut up a leftover meat and mix in whatever is in the freezer drawer.



Problem Solving – *Cooking at Home*

- **Preparatory Set** – what do you want to do, and why? When in your day might that fit?
- **Time.** Many meals can be made in ½ hour or less. Plan your meals, get out meat a few days ahead and let it defrost, make extra, start cooking grains first & make extra, batch cook on the weekends, make planned-overs.
- **Expense.** Cooking healthfully for yourself is FAR less expensive than going out, tastes better, and is better for you. Stock up if you have the space when items are on sale.
- **Skill.** Follow the recipe. Ask others for help. Start reading about cooking and how to do it. Practice, practice, practice!
- **Storage.** Clear out the junk drawer for spices. Get rid of the “snack” cupboard and fill it with staples. Find an unused space in a bedroom or hall closet.

Short-cuts

Usually Less Expensive and Healthy Options
DON'T FORGET – Look at the Labels!

- Pasta sauce
- Pre-made pasta
- Cooked and canned/frozen beans/fruit/veggies.
- Bread/Tortillas
- Granola Bars
- Roasted Chicken



Try to make your own

- Seasoning mixes
- Dressings: <http://www.lhi.com/recipes/easy/salads/dressed-to-thrill/?sssdmh=dm17.527598&esrc=nwhe052511&email=1086500332>
- Pancakes/syrup
- Baked Goods – muffins, quick breads
- Potatoes

Take Them if You Need & Can Afford

- Pre-chopped fresh veggies

Make it Yourself

- Macaroni and Cheese
- Pancakes/Waffles
- Lasagna, Enchiladas
- Chicken Broth
- Soup
- What do you buy that is prepared?

Remember YOUR Goals?





1. Weight Loss
2. Exercise
3. Healthy Habits

Concentrate on Goal 1

- Based on your goals, think about how cooking at home can help you better achieve them, and how it might look.
- Write down one simple action you will take THIS WEEK to move toward that goal.
- Write down barriers do you think you may run into.
- Write down how will you work around those barriers.
- If you need to change your goal – DO SO!
Remember, achievable, specific, measurable, time for completion.

Tip: Write your goals in your binder. Post them on your mirror. Put a reminder in your Outlook calendar. Write them in your food and fitness log. Schedule them into your day.





Food and Fitness Log

This weeks mission: Record everything you eat + portion size + calories + activity

