

Cook It Yourself!

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For now, for your future





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How often do you cook your own meals?



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Reflect on your week

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



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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.

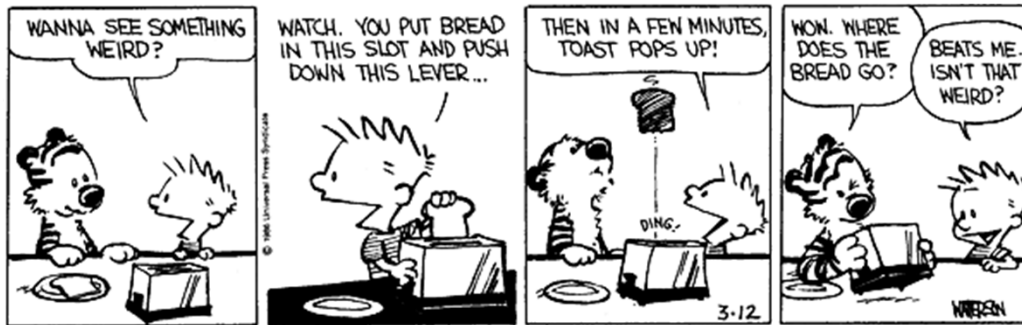


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How Often Do You...

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



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How to Get Started (or do it better)

1. Find Recipes
2. Plan a Menu
3. Fill Your Pantry
4. Stock Your Fridge



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Find Recipes

- 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



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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.
- <http://www.supermarketguru.com/>
- Leave time to prepare meals.
 - You may be surprised how little time it takes...



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Fill Your Pantry

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



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Stock Your Fridge

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



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Healthy Ingredients for Pantry & Fridge

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.



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Healthy Ingredients for Pantry & Fridge

GRAINS

- Whole grains are cheap, moderate in calories, and full of nutrients and fiber.
 - Whole grain 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.



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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 crisper drawer.



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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.



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Short-cuts

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:
<https://www.allrecipes.com/recipes/210/side-dish/sauces-and-condiments/salad-dressings/>
- Pancakes/syrup
- Baked Goods – muffins, quick breads
- Potatoes
- Pre-chopped fresh veggies



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Make It Yourself

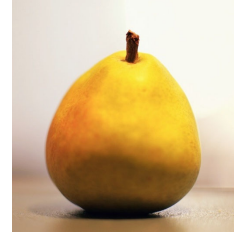
- Pancakes/Waffles
- Pizza
- Chicken/Vegetable Broth
- Soup
- Seasoning Mixes
- Dressings
- What do you buy that is prepared?



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Food and Fitness Log

This week's mission:

Record everything you eat.

Record the portion size, calories, and activity.

Does home cooking have a place in your goals?



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Remember YOUR Goals



1. Weight Loss



2. Exercise



3. Healthy Habits



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Fun with Cooking



"Mom slipped a healthy one in so it's kind of like playing hot dog roulette."



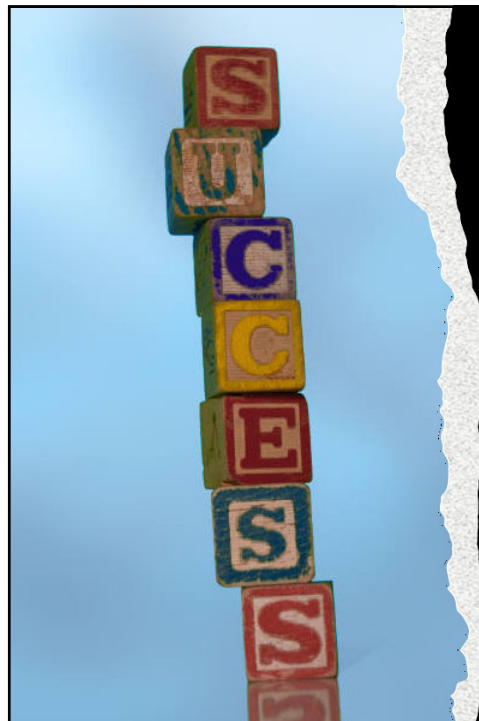
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"WHAT WILL I DO WITH IT? IT WILL NEVER FIT IN THE MICROWAVE."

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- Every day is a new start and a new chance.
- Don't dwell on things you can't change – worry is like a rocking chair.
- What makes a hero is being afraid, but still doing it.
- "Your words become your thoughts. Your thoughts become your beliefs. Your beliefs become your reality."

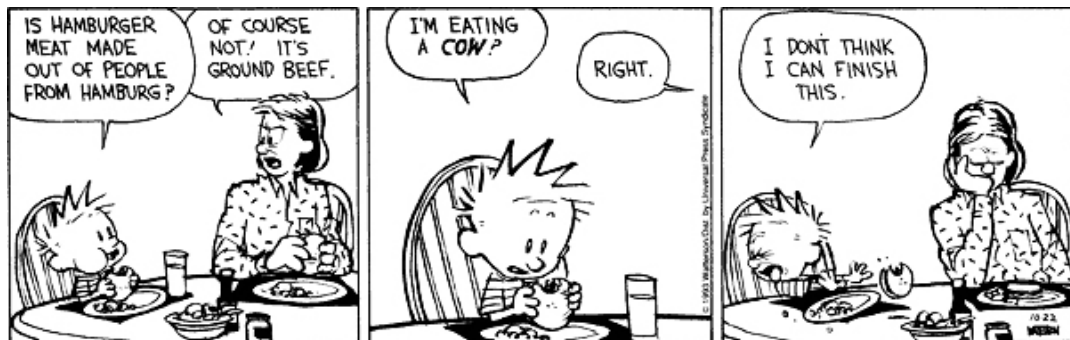
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This Week:

- PLAN for next week – it's an activity day!!
- SET or ADJUST your goals.
- DO what you've decided that you will to meet your goals.
- RECORD your food, fitness and weight in your log.
- PRINT another week for the food and fitness log.
- BRING your binder and log to our next webinar.

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