

Healthy Kitchens, Healthy Lives

Culinary Nutrition Goals



CULINARY NUTRITION GOAL	RATIONALE	SPECIFIC ACTIONS THAT SUPPORT THE GOAL
<p>1. Choose healthier carbohydrates in place of highly-processed, sugar-sweetened carbohydrate foods or highly refined grain products.</p>	<ul style="list-style-type: none"> Reducing the glycemic load of the diet may reduce risk of developing type 2 diabetes, result in improved glycemic control in people with diabetes, and reduce inflammation throughout the body. 	<ul style="list-style-type: none"> Choose fruits, vegetables, beans and other legumes (e.g., peas, lentils, chickpeas), and whole grain products.
<p>2. Choose healthier proteins in place of processed meats with higher saturated fat and sodium content.</p>	<ul style="list-style-type: none"> Reducing saturated fat and sodium intake may reduce the risk of developing type 2 diabetes and may reduce risk of coronary heart disease in patients with diabetes. 	<ul style="list-style-type: none"> Choose lean meats, fish, seafood, poultry, beans and other legumes (e.g., peas, lentils, chickpeas), and nuts.
<p>3. Choose healthier unsaturated fats (including marine sources of omega-3s), reduce saturated intake, avoid trans fats.</p>	<ul style="list-style-type: none"> Reducing saturated fat and trans fat intake may reduce the risk of coronary heart disease, and increasing polyunsaturated fat intake may decrease risk of coronary heart disease. 	<ul style="list-style-type: none"> Choose vegetable oils like canola oil, extra virgin olive oil, avocados, nuts, and seeds. Eat fatty fish like salmon, tuna, mackerel, or herring twice a week.
<p>4. Choose better beverages in place of sugar-sweetened beverages.</p>	<ul style="list-style-type: none"> Choosing non-caloric beverages such as water, coffee, or tea may have a significant impact on caloric intake, risk of developing type 2 diabetes, and diabetes management. 	<ul style="list-style-type: none"> Choose water, coffee, or tea for the majority of your beverages. Beer and wine can be consumed in moderation, but be sure to count carbohydrates for beer and calories for both.
<p>5. Develop weekly menus.</p>	<ul style="list-style-type: none"> Developing weekly menus may result in improved eating habits. 	<ul style="list-style-type: none"> Spend 20-30 minutes one day a week planning meals for the following week.

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6. Use the "Plate Method" to plan meals.	<ul style="list-style-type: none">• The "Plate Method" helps people visualize the components of a healthful meal.	<ul style="list-style-type: none">• Put together meals that are one-quarter protein, one-quarter healthy carbohydrate, and one-half non-starchy vegetables.
7. Be mindful of portion size.	<ul style="list-style-type: none">• Weight loss and weight management can be challenging to people who choose healthful foods but in amounts that exceed their caloric needs.	<ul style="list-style-type: none">• Occasionally weigh or measure foods and beverages to remind yourself what a reasonable portion size looks like.• Use smaller plates, bowls, and glasses.
8. Look for opportunities to reduce sodium intake.	<ul style="list-style-type: none">• Dietary sodium intake is closely correlated with blood pressure. Reducing sodium intake may result in a decrease in blood pressure.	<ul style="list-style-type: none">• Use herbs and spices to season foods.• Read product labels to find products with the least sodium.• Drain and rinse canned vegetables• Use cooking techniques like caramelizing and roasting to develop flavors in foods like vegetables.
9. Slow down, and be more mindful when shopping, cooking, and eating.	<ul style="list-style-type: none">• Being more mindful can influence the brain, the autonomic nervous system, stress hormones, the immune system, and health behaviors, including eating, possibly resulting in better food choices and better responses to hunger and satiety cues.	<ul style="list-style-type: none">• Take time to savor the beauty, aromas, and flavors of healthful foods.• Take time to enjoy the process of shopping for and preparing healthful foods.• Take time to read food labels and Nutrition Facts panels when shopping.• Request nutrition information when dining away from home in restaurants.
10. When possible, choose the more sustainable option.	<ul style="list-style-type: none">• Making more sustainable food choices may have positive effects on human health and environmental outcomes.	<ul style="list-style-type: none">• Choose local, seasonal produce, when possible.• Choose wild seafood from Alaska, when possible.• Use a refillable water bottle versus buying and disposing plastic water bottles.

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RESOURCES

Glycemic Index Foundation

www.glycemicindex.com

International Tree Nut Foundation Nutrition Research & Education Foundation

www.nuthealth.org

Northarvest Bean Growers Association Bean Institute Website

www.beaninstitute.com

USA Dry Peas, Lentils, and Chickpeas

www.pea-lentil.com

Whole Grains Council

www.wholegrainscouncil.org

Monterey Bay Aquarium Seafood Watch Program

www.montereybayaquarium.org/cr/seafoodwatch.aspx

American Dietetic Association "Hot Topic" Papers

www.eatright.org/About/Content.aspx?id=10614

Harvard School of Public Health, Department of Nutrition Nutrition Source Website

www.hsph.harvard.edu/nutritionsource/

The Culinary Institute of America Worlds of Healthy Flavors Website

www.ciaprochef.com/wohf/

Healthy Kitchens, Healthy Lives Conference Website

www.healthykitchens.org

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