

WARREN COUNTY COMBINED HEALTH DISTRICT WEIGHT MANAGEMENT CLASS

FEBRUARY 12, 2018

“CLEAN EATING,” CONT.!

I TOLD YOU LAST WEEK THAT I'D GIVE YOU A FOOD LIST AND SOME SAMPLE MENUS; HERE GOES! FIRST OF ALL, THOUGH, I'VE SAID IT'S A GOOD THING TO CUT DOWN ON PROCESSED FOODS, IN GENERAL. TRUE, BUT LET ME SPECIFY! *FOOD PROCESSING IS ANY DELIBERATE CHANGE IN A FOOD THAT OCCURS BEFORE IT'S AVAILABLE FOR US TO EAT.* IT CAN BE AS SIMPLE AS FREEZING OR DRYING FOOD TO PRESERVE NUTRIENTS AND FRESHNESS! WHAT WE'VE MAINLY BEEN TALKING ABOUT IN HERE, THOUGH, IS THE IDEA OF PROCESSING FOOD TILL IT BARELY REPRESENTS REAL, ACTUAL FOOD! SO I WOULD PROBABLY BE MORE ACCURATE IN WHAT I MEAN IF I SAID, “USE MORE FOOD THAT'S MINIMALLY PROCESSED!”

LET ME GIVE YOU A FEW EXAMPLES OF MINIMALLY PROCESSED FOOD THAT I STILL (AND ALWAYS WILL, MOST LIKELY!) USE. CANNED AND FROZEN VEGETABLES ARE A STAPLE AT MY HOUSE. I REALLY LIKE USING THE VEGGIES IN A STEAM BAG. (THE KIND YOU COOK IN A MICROWAVE.) I ALSO KEEP FROZEN, CHOPPED BROCCOLI AND SPINACH AROUND IN BIGGER BAGS. I PUT THEM IN EVERYTHING FROM OMELETTES TO SOUPS TO STIR-FRY. I USE CANNED, NOT DRY, BEANS. IF I CAN'T GET THEM IN THE LOWER SODIUM VERSION, I JUST RINSE THEM IN A COLANDER. I BUY, NOT BAKE, ANY AND ALL BREAD-TYPE PRODUCTS.

OTHER THINGS THAT ARE “MINIMALLY PROCESSED” THAT YOU MIGHT NOT THINK OF AS SUCH:

- WASHED / PACKAGED FRUITS AND VEGETABLES; BAGGED SALAD; ROASTED / GROUND NUTS AND COFFEE BEANS
- CANNED TUNA, CHICKEN, ETC.
- NUT BUTTERS
- YOGURT / MILK / COTTAGE CHEESE / CHEESE
- EGG WHITES IN A CARTON
- CHICKEN BREASTS, ETC .

LAST WEEK, I SAID YOU SHOULD “SHOP THE PERIMETER” OF THE STORE. OF COURSE, THIS IS ANOTHER GENERALIZATION. THE AISLES OF THE STORE ALSO CONTAIN THINGS SUCH AS:

- COFFEE / TEA
- OATMEAL
- CANNED ITEMS WITHOUT ADDED SUGAR (FRUITS) AND HOPEFULLY LOW SODIUM
- DRY BEANS / LEGUMES (AGAIN, NOT HAPPENING IN THE DICKEY HOUSE!)
- BROWN RICE
- WHOLE GRAIN PASTA
- NUTS
- SEEDS (I DO USE FLAXSEED FROM TIME TO TIME. QUINOA IS ALSO A SEED.)

ALL “CLEAN EATING” LISTS CONTAIN SUGGESTIONS FOR DIFFERENT FLOURS TO USE. HERE AGAIN, I’M TOTALLY NOT PLANNING ON TAKING UP BAKING MY OWN BREAD, SO I REALLY DON’T USE FLOUR VERY OFTEN AT ALL. IF YOU DO USE IT TO, SAY, BREAD SOMETHING, BE AWARE (I’M SURE YOU ALREADY KNOW THIS!) THAT WHITE FLOUR ISN’T VERY NUTRITIOUS. HOWEVER, IF YOU’RE TRYING TO WIN A BLUE RIBBON FOR YOUR BAKING AT THE COUNTY FAIR, YOU’D PROBABLY BETTER STICK TO WHITE FLOUR!

MENUS!

BREAKFAST IDEAS:

TOAST / PEANUT BUTTER (NATURAL)

FRUIT

MILK

OATMEAL / FRUIT / MILK

BAKED EGG IN AVOCADO (RECIPE!)

EASY LUNCHES:

BIG SALAD / CANNED CHICKEN / CRACKERS

FRESH FRUIT / VANILLA YOGURT OR COTTAGE CHEESE / CRACKERS

BAKED SWEET POTATO / SEASONED BLACK BEANS / GREEN SALSA / PLAIN YOGURT

SUPPERTIME!

ORANGE ROUGHY FILLETS

CORN

PEPPER SLICES

PORK CHOPS ON THE GRILL

BAKED POTATOES

GREEN BEANS

CHICKEN BREASTS

BROWN RICE

TOSSED SALAD

JUST TO ILLUSTRATE “LEVELS” OF FOOD PROCESSING:

WHOLE CHICKEN

CANNED CHICKEN

CHICKEN NUGGETS

CORN ON THE COB

FROZEN OR CANNED CORN

CORN MUFFIN MIX

STEAK

GROUND MEAT

HAMBURGER PATTIES

CARROTS

BABY CARROTS

FROZEN/GLAZED

P’NUT BUTTER (NATURAL)

SMOOTH OR CHUNKY

FLAVORED TYPES

HEAD OF LETTUCE

BAGGED SALAD

PACKAGED SALAD

CHEESE

GRATED CHEESE

CHEESE FOOD/SPREAD

SO AGAIN, WHAT WE’RE TALKING ABOUT CUTTING OUT ARE THINGS LIKE BAGGED SNACKS, CANDY BARS, SODA...STUFF YOU KNOW IS NOT THE BEST FOR YOU, ANYWAY! IT’S SOMETHING TO THINK ABOUT WHEN YOU’RE MAKING YOUR WEEKLY GROCERY LIST. SEE YOU MONDAY THE 26TH!!! AGAIN, **NO CLASS NEXT MONDAY!**

OUR “NO!” FOOD FOR THIS WEEK: **GRANOLA BARS**

BANANA BERRY OATMEAL MUFFINS

INGREDIENTS

2 MASHED RIPE BANANAS	1 EGG	¾ CUP ALMOND MILK
1 TSP VANILLA	¼ CUP BR SUGAR	1 TSP BAKING POWDER
½ TSP CINNAMON	2 CUPS OATS	½ CUP BERRIES

INSTRUCTIONS

- **PRE-HEAT OVEN TO 350. PREPARE MUFFIN TIN.**
- **MASH BANANAS IN A LARGE BOWL / ADD EGG, MILK, & VANILLA / MIX WELL.**
- **ADD SUGAR, BAKING POWDER, CINNAMON, & OATS / MIX WELL.**
- **GENTLY FOLD IN BERRIES.**
- **DIVIDE BATTER BETWEEN 12 MUFFIN CUPS**
- **BAKE FOR 20 MINUTES**
- **FOR BEST RESULTS, STORE IN AN AIR TIGHT CONTAINER IN THE FRIDGE.**
- **PER MUFFIN: ~ 60 CALORIES (I USED A CALORIE-FREE SWEETENER)**

BAKED EGG IN AVOCADO

1 RIPE AVOCADO	1/8 TEASPOON PEPPER
2 FRESH EGGS	1 TABLESPOON CHOPPED CHIVES

- 1. PREHEAT OVEN TO 425 DEGREES**
 - 2. SLICE AVOCADO IN HALF, (LENGTHWISE) TAKE OUT THE PIT. SCOOP OUT ~2T OF FLESH FROM THE CENTER, JUST ENOUGH SO THE EGG WILL FIT SNUGLY IN THE CENTER.**
 - 3. PLACE THE AVOCADO IN A SMALL BAKING DISH. DO YOUR BEST TO MAKE SURE IT FITS TIGHTLY.**
 - 4. CRACK AN EGG INTO EACH AVOCADO HALF. TRY TO PLACE THE YOLK IN FIRST.**
 - 5. BAKE ~ 15 – 20 MINUTES, UNTIL EGG IS SET.**
 - 6. REMOVE FROM OVEN. SEASON WITH PEPPER & CHIVES. ~ 225 CALORIES EACH**
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