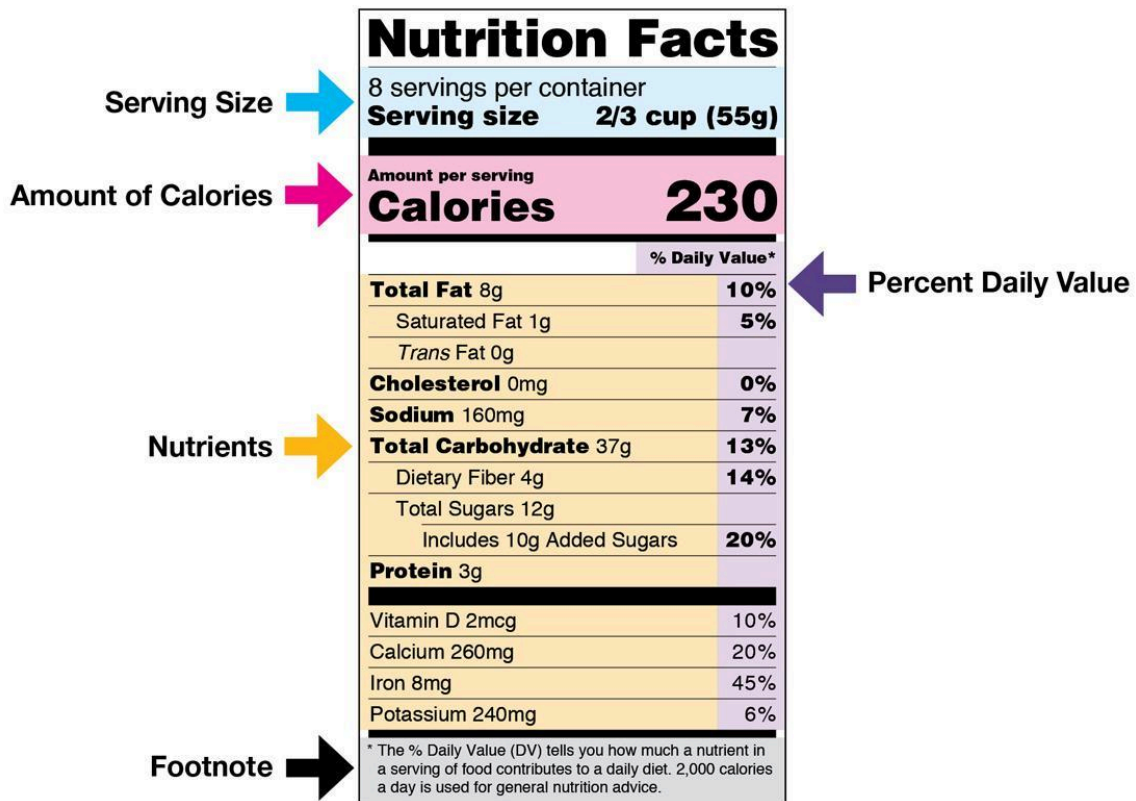


PIT Personal Development and Wellness Committee

How to Read a Food Label & Strategies for Success in the Kitchen



| Nutrition Facts | |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------|
| 8 servings per container | |
| Serving size | 2/3 cup (55g) |
| Amount per serving | |
| Calories | 230 |
| | % Daily Value* |
| Total Fat 8g | 10% |
| Saturated Fat 1g | 5% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 160mg | 7% |
| Total Carbohydrate 37g | 13% |
| Dietary Fiber 4g | 14% |
| Total Sugars 12g | |
| Includes 10g Added Sugars | 20% |
| Protein 3g | |
| Vitamin D 2mcg | 10% |
| Calcium 260mg | 20% |
| Iron 8mg | 45% |
| Potassium 240mg | 6% |
| * The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. | |

(For educational purposes only. These labels do not meet the labeling requirements described in 21 CFR 101.9.)

Things to Note

1. Always check the serving size along with the calories.
2. Unless you have a medical reason, don't feel like you have to cut out a whole macronutrient (Carb, Fat, Protein) in order to lose weight.
3. A good level of protein and dietary fiber will help you stay full for longer.
4. Many conventionally "healthy" items can be quite nutritionally (calorically) dense, such as avocados and nuts. Eat these, but use moderation.
5. If you have a meal or food that you really like, see if you can cook it yourself in a way that meets your health goals. Getting creative in the kitchen is the key to success.
6. Look at your current health goals or make a goal for yourself. It is much better to make small sustainable changes than to eat one salad or healthy meal and going back to old habits right after.
7. You don't have to be perfect. Healthy eating is a lifestyle change that takes time.
8. Always keep your brain going on how to cook something different or try a new ingredient.

Healthy Eating on a Budget

- My own personal strategy

1. Go to different grocery stores, they all have items that are cheaper than other stores.
 - a. Walmart: most produce and condiments.
 - b. ALDI: Milk, Greek yogurt, eggs, cheese
 - c. Publix: Sandwich meat. BOGO is the best.
2. Buy in bulk if you can! (not necessary, but can help if you use a lot of one ingredient)
 - a. Frozen vegetables, rice
 - b. Costco if accessible to you.
3. Have set meals that you know you can rely on.
 - a. You need a plan when you go grocery shopping, especially when on a budget. Pantry staples are good start.
4. See if there are any ingredient switches you can make to be cheaper.
 - a. Bagged coleslaw is a good option if lettuce gets too pricey.
5. Experimenting can be expensive. Try new ingredients when you see them on sale. This makes picking new things to try less intimidating.

Healthy, budget friendly recipes (that I actually use)

Breakfast

- Easy Breakfast Sandwich
 - o 1 multigrain English muffin – 100 calories
 - o 1 large egg – 70-80 calories
 - o 1 oz deli ham – 25 calories
 - o 1 slice thin cheddar cheese – 45 calories

Total: 242 calories (26g Carb, 10g Fat, 19g Protein)

Instructions: Place muffin in a toaster for appx 2.5 mins. While that is toasting, put a pan on med heat and allow to get hot. Spray with cooking oil lightly. Once the pan is hot, drop the egg on one side and season (whatever you want). Put the ham on the other side of the pan and cover with lid. Cook until egg is how you want. Remove muffin from toaster and put layer of Dijon mustard on the top and bottom. Next add the ham, cheese, and egg on top. Once sandwich is constructed, put the whole thing in the hot pan. Drop a tablespoon of water on the other side of the pan and cover. This will steam and melt the cheese. Remove and enjoy.

Lunch

- Coleslaw salad
 - o Half to 1 bag of coleslaw – 50-100 calories
 - o 28g Feta cheese – 75 calories
 - o Handful of Cherry tomatoes – 20 calories
 - o A few Pickles – 10 calories
 - o Can of Tuna – 140 calories
 - (Chicken, sandwich meat, ground beef)
 - o Dressing – Balsamic vinaigrette – 90 calories
 - Sugar free options are great, but if too expensive try and find a low-fat dressing. This can make or break a meal – (luckily, we know how to read food labels).

Total: 425 calories (29g Carb, 16g Fat, 40g Protein)

This one is pretty straight forward. Combine all ingredients, stir, and enjoy. I recommend slicing the cherry tomatoes in half and chopping up the pickles.

Dinner

- Weeknight Stir Fry
 - o 90 grams of Rice (White or Brown) – 320 calories
 - o 8 oz Ground Chicken – 320 calories
 - o 200 grams Frozen vegetables – 70 calories

Total: 710 calories (86g Carb, 19g Fat, 54g Protein)

I recommend doubling this recipe for ease and leftovers.
Instructions: Measure out 90g or ½ cup of rice and wash. Add ¾ cup of water to pan along with rice and put on high. Once boiling bring the heat down to med low uncovered until it looks like no water is left. While the rice is boiling, put another pan on high with a quick spray of cooking oil and pour on frozen vegetables. Cover with lid and let sit, shaking the pan occasionally. Once the vegetables seem unfrozen and allow water in pan to evaporate. Now, season veg and sear till they start to stick and get some color. Remove vegetables and reapply quick spray of cooking oil. Add half pound of ground chicken, season, and cook till brown. At this point the rice should be done. Combine all three in pan on high sear, stirring constantly. You can add a soy or teriyaki-based sauce at this point (look at labels). Once all is hot, put in bowl and feast.

Snack/Dessert

- Sweet Greek Yogurt Bowl
 - o 170g non-fat Greek yogurt – 90 calories
 - o 39g Bran cereal – 120 calories
 - o 30g Sugar Free maple syrup – 15 calories

Total: 225 calories (41g Carb, 1g Fat, 20g Protein)

