

KANSAS CITY KANSAS COMMUNITY COLLEGE

# HOW TO EAT HEALTHY WITH A LIMITED INCOME

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## AN INTERACTIVE WORKBOOK

**Molly Mahon**

**1/1/2014**

*WITH A SPECIAL EMPHASIS ON ORGANIC, FRESH, SEASONAL AND LOCAL FOODS AND  
HIGHLIGHTING NUTRITION FOR INDIVIDUALS WITH SPECIAL DIETS, CHILDREN,  
BREASTFEEDING, AND PREGNANT WOMEN*

*FOR RESIDENTS OF JOHNSON AND WYANDOTTE COUNTIES*



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For those who want to “eat to live, not live to eat”

# INTRODUCTION

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Hello! Thank you for picking up this copy of *Eating Healthy with a Limited Budget* workbook. My name is Molly Mahon and this workbook is a project for my Honors Nutrition class at Kansas City Kansas Community College. I am studying to be a Registered Nurse and Certified Lactation Consultant. I developed the idea for this workbook because I wanted to teach people with a limited income about how to eat healthy, with fresh ingredients. I also wanted to focus on people with special diets, like diabetes or vegetarianism, breastfeeding mothers, and children. Childhood obesity is on the rise. One out of four 5 year olds is overweight, and 40% of Americans are obese.

Because I am a young mother, a college student, and I work, I find it hard to come home and cook at the end of the day, but even harder to figure out WHAT to eat because the only thing that sounds good is going through the drive through or putting a frozen dinner in the microwave. While all this sounds so easy, (and it is), it is not the right way to receive proper nutrition or provide our families, especially our children, with the nutrition they need. I designed this workbook to be user-friendly. I wanted it to be easy to understand with clear-cut steps and procedures. There are tips and resources, recipes and tons of great information. This isn't just information I researched, I have tried and tested many of the ideas and recipes in here. A little over a year ago I was researching online about frugal living and meal planning and decided to give it a shot. I tried monthly planning at first, but found that a lot of our food was spoiling and so I started weekly planning. I hope that you find this workbook interesting, educational, and useful for creating low-cost delicious, healthy meals with your family.

Molly Mahon

# BUDGETING GROCERIES

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## HOW TO CREATE A MONTHLY GROCERY BUDGET

1. Add up your household income and subtract the cost of all other expenses. This is your monthly budget for purchasing groceries. You can take the total and divide by 4 to get your weekly grocery budget. For example: Let's say you have a monthly income of \$2,000. Your monthly expenses equal \$1,500 and you want to only spend \$300 of the remaining \$500 on groceries. Your monthly grocery budget is \$300 so you would divide \$300/4 weeks which equals \$75.00. Therefore, your weekly grocery budget is \$75.00.
2. Keep your receipts! Make a place to file the receipts you receive from the grocery store, or wherever you buy your groceries. You can use these to make sure you are staying on track within your budget. You can also make sure that everything you purchased rang up at the correct price, or use them to return an item that you don't need or that you didn't like.
3. Open your cabinets! Do you have anything in there that is expired, that you are not using, or that is unhealthy? Donate it or throw it away! Take an inventory of items you already have on hand so that you will already know what you have when you make out your monthly meal plans.
4. Most people have a calculator on their phones these days. If you don't, then you can bring a calculator from home or purchase an inexpensive one. Use the calculator to add up the items you buy as you put them in your cart. Subtract coupons as you go. This allows you to see the cost of what you are buying before you even get to the checkout line.
5. Only bring the amount of money needed to purchase the groceries to the store. Try not to use your debit or credit card as this cause lead to overspending. This way you only have money for what you need to buy, and will not be tempted to purchase unnecessary items.

## WEEKLY GROCERY AD'S & SUNDAY PAPER

The best place to find good deals and sales is your grocery stores' weekly ad. The Sunday paper also includes tons of manufacturer coupons and coupons or sales at local stores to purchase household items. If you can save some money on items like toilet paper, toothpaste, paper towels, or laundry soap, you have more money to spend elsewhere or save! You can also sign up for your local grocery store to email you their weekly ad.

## COUPONS

Clipping coupons brings images of "Extreme Couponing" to mind. However, the average person does not need to dumpster dive for dozens of Sunday papers. You can find what you need in stores, the newspaper, online, or even Facebook groups and websites. A great app for coupons and local weekly ads is Weekly Ad's. There are not many coupons (if any) for produce, Organic, or local ingredients in the store, so it is best to use the coupons for products that are the healthiest, with the least additives, or artificial ingredients. The great thing about coupons is that if/when you catch the item you have a coupon for, or have similar (but not the same) coupons for a product, you can save big bucks. Because name brand items are pricier than off brand, saving money when purchasing them only works with

coupons and sales. With some products, name brand and off brand items are pretty similar in quality. Some are not. It takes trial and error to figure out what works for you!

## **ADDITIONAL RESOURCES**

If you find that you are coming up short when trying to budget for monthly groceries, there are several opportunities available to help cut down your monthly grocery bill or assist you in a time of need.

1. Kansas Food Assistance Program or SNAP
2. Temporary Assistance for Needy Families
3. Women, Infants, and Children (WIC)
4. Food Pantries and Food Banks (More information is provided on page)
5. Johnson County Christmas Bureau

If you are still having trouble or need to cut costs elsewhere, several other programs may be of interest to you.

1. Low Income Energy Assistance Program (LIEAP)
2. If you are a recipient of SNAP or Medicaid, you may qualify for a free phone.
3. Switch from cable to Netflix or Hulu.

# PLANNING A MENU

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## FINDING RECIPIES

Recipes can be collected from your family, online, Pinterest, Facebook, and good old fashioned books. You can check out recipe books from the library and buy them online or at your local bookstore. Half Price Books has a wide selection of reduced price recipe books. Borrow some from a friend or neighbor! Garage sales could have recipe books as well. The key to a diverse diet is having a wide variety of recipe books. My favorite places to find recipes online are [www.allrecipes.com](http://www.allrecipes.com) and [www.pinterest.com](http://www.pinterest.com).

## MONTH AT A GLANCE

Step 1: Print out a calendar like this one (calendars can be found in Microsoft Publisher).



October 2014						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Step 2: Plan out a tentative weekly and monthly meal plan with the meals during the week corresponding with similar ingredients. For example, for dinner one week you could center on bell peppers and make veggie or chicken fajitas, black bean chili, and bean tacos. For snacks you could eat bell peppers and dip. For breakfast you could incorporate bell peppers into a scrambled egg, or for lunch include bell peppers in a salad.

## INVENTORY LIST

Step 3: Take into account what you already have in your freezer, refrigerator, and cabinets and either add or subtract those items from what you need to purchase. If you find that the inventory method won't work for you, you can put together your master ingredient list first (see next step) and then add or subtract from that list after taking into account what you already have or need.

## MASTER INGREDIENT LIST

Step 4: The master ingredient list is a method that can be used to easily shop for a month's worth of groceries. However, this section will just focus on weekly shopping. If you are purchasing fresh ingredients that can spoil easily, weekly shopping is ideal. A master ingredient list can be used for weekly shopping as well. This list includes every item that you need to purchase along with the quantity and type of container; like bag, box, or can. Using this method, it is easy to see how much of what ingredient you need to buy, and everything is laid out neat and organized.



## STORE BY STORE LIST

Step 5: The store by store list is amazing if you go to multiple stores or locations to purchase your groceries. The master ingredient list can be divided up based on where to purchase certain items. If an item is on sale at one store, you know you will want to get it there! You can use as many store by store, or store by market lists as you need. This way, you know exactly what you are getting and where you are getting it!

## SAMPLE MENU

The following is a sample menu from my own collection. The second and third images are a sample receipt.

7 SUN	8 MON	9 TUES	10 WED	11 THURS	12 FRI	13 SAT
Oatmeal	Oatmeal	Yogurt with fruit	Oatmeal	Yogurt with fruit	Spinach & egg scramble	Spinach & egg scramble
Mediterranean Wrap	Veggies with hummus	Veggie sandwich	Salmon salad	Grilled cheese with homemade tomato soup	Fish stew	Leftover stew
"chicken" nuggets with mashed potatoes and fresh green beans	(I go to my parents' house for dinner on Monday nights)	Fajitas	Sweet potato bar	Spaghetti with "meatballs" and spinach salad	Pizza rounds	Leftover pasta bowl

- Breakfast
- Lunch
- Dinner

Item	Price	Day
DELI	2.39	T F
FARMERS HEN BROWN EGG	3.18	T F
Frozen	3.49	T F
General Merchandise	1.25	T
Grocery	1.49	T F
Health Market	8.29	T F
Meat	6.00	T F
Misc	-0.25	
Produce	3.51	T F

As you can see, we bought a few things that were not on my original grocery list and this is why I crossed them out. This receipt was for the week listed above in the sample weekly menu plan. Out total came to \$104.43 (originally \$109.43 but we had a \$5 gift card) but without the "extra" items the total would have been around \$82.30 (I am also excluding the juice from this price, we bought it because it was on sale, not on my original list).

For the sample menu, I already had some items for the menu like the fish for the fish stew, hummus for the veggies and dip, and pizza sauce for the pizza rounds. I also already had some eggs, but am planning to do some baking for the holidays. I bought double of bread and mozzarella cheese because it was on special and I put the duplicates in the freezer until I need them. Budgeting this in, it brings the total down closer the \$75/week price for a \$300/month healthy grocery budget.

# WHERE TO BUY GROCERIES

## SELECTED GROCERY STORES

ALDI	Hy-Vee	Hen House	Price Chopper
<p><b>Locations:</b>                      Roeland park – 4801 Roe Ave., Roeland Park, KS 66205 (913) 768-1119</p> <p>Overland Park – 8333 W. 95<sup>th</sup> St., Overland park, KS 66212 (855) 955-2534</p> <p>Kansas City – 4805 State Ave., Kansas City, KS 66112 (855) 955-2534</p> <p>Shawnee – 15105 W. 67<sup>th</sup> St., Shawnee, KS 66217 (855) 966-2534</p> <p>Lenexa – 15751 W. 87<sup>th</sup> St., Lenexa, KS 66219 (855) 955-2534</p> <p>Lansing – 1217 N. Main Street, Lansing, KS 66043 (855) 955-2534</p> <p><b>Unique Features:</b>                      Aldi’s offers low prices to the customer through various routes and enables a savings of up to 50% of other retailers. Aldi has their own brand, and this keeps prices low as well. They also have sustainable practices in place, which save you money!  <a href="http://www.aldi.us">www.aldi.us</a></p>	<p><b>Locations:</b>                      Prairie Village – 7620 State Line Road, Prairie Village, KS 66208 (913) 383-8303</p> <p>Mission – 6655 Martway Street, Mission, KS (913) 831-4447</p> <p>Overland Park #1 – 8501 W. 95<sup>th</sup> Street, Overland Park, KS (913) 894-1983</p> <p><b>Unique Features:</b>  <b>Milk Mondays – Hy-Vee</b> 2%, 1%, or skim gallon milk \$2.99 each. <i>Limit 2 per customer.</i></p> <p><b>Hy-Vee Kid’s Night –</b> Kid’s eat free Thursdays from 4 p.m. to 8 p.m. with the purchase of any regular priced entrée. <i>(For a fun night out!)</i></p> <p>Hy-Vee has a very extensive healthy and organic foods section called the Hy-Vee Health Market.</p> <p>Hy-Vee offers a Fuel Saver card for customers to save on Hy-Vee gas by purchasing certain items.  <a href="http://www.hy-vee.com">www.hy-vee.com</a></p>	<p><b>Locations:</b>                      Kansas City - 8120 Parallel Parkway, Kansas City, Kansas 66112 (913) 334-6592</p> <p>Merriam – 5800 Antioch Rd., Merriam, KS 66202 (913) 831-3500</p> <p>Lenexa – 15000 W. 87<sup>th</sup> St. Pkwy., Lenexa, KS 66215 (913) 599-6423</p> <p>Fairway – Fairway Shops, 2724 W. 53<sup>rd</sup> St., Fairway, KS 66205 (913) 432-2992</p> <p>Prairie Village – 6950 Mission Rd., Prairie Village, KS 66208 (913) 362-3556</p> <p>Prairie Village Corinth – 4050 W. 83<sup>rd</sup> St., Prairie Village, KS 66208 (913) 648-1441</p> <p><b>Unique Features:</b>                      Hen House offers an impressive selection of local produce from the Good Natured Family Farms.  <a href="http://www.henhouse.com">www.henhouse.com</a></p>	<p><b>Locations:</b>                      Kansas City – 7600 State Ave., Kansas City, KS 66112 (913) 299-8228</p> <p>Kansas City – 4301 State Ave., Kansas City, KS 66102 (913) 371-2736</p> <p>Leavenworth – 2107 S. 4<sup>th</sup> St., Leavenworth, KS 66048 (913) 651-5700</p> <p>Roeland Park – 4950 Roe Blvd., Roeland Park, KS 66205 (913) 236-6262</p> <p>Overland park – 7000 W. 75<sup>th</sup> St., Overland Park, KS 66204 (913) 432-1107</p> <p>Shawnee – 12010 Shawnee Mission Parkway, Shawnee, KS 66216 (913) 268-8025</p> <p><b>Unique Features:</b>                      Price Chopper offers a Chopper Shopper Rewards program to save on food and gas at Quicktrip.  <a href="http://www.mypricechopper.com">www.mypricechopper.com</a></p>

## SELECTED FARMERS MARKETS

Johnson County	Wyandotte County
<p><b><u>Merriam Farmers Market</u></b>  <b>Location:</b> 5740 Merriam Drive in Merriam, KS – at the Marketplace Pavilion  <b>Info:</b> merriam.org/park  <b>Times:</b> May – October, Saturdays 7-1</p>	<p><b><u>KCK Greenmarket at Juniper Gardens</u></b>  <b>Location:</b> 3<sup>rd</sup> and Richmond in Kansas City, KS  <b>Info:</b> kckfarmersmarket.com  <b>Times:</b> June – Mid-October, Tuesdays 7:30 until sold out</p>
<p><b><u>Overland Park Farmers Market</u></b>  <b>Location:</b> 7950 Marty in Overland Park, KS  <b>Info:</b>            www.facebook.com/DowntownOverlandPark-FarmersMarket  <b>Times:</b> April – November, Saturdays 6:30-1            Mid-May – September, Wednesdays 7:30-1</p>	<p><b><u>KCK Greenmarket at Catholic Charities</u></b>  <b>Location:</b> 6<sup>th</sup> and Barnett in Kansas City, KS  <b>Info:</b> kckfarmersmarket.com  <b>Times:</b> June – Mid-October, Wednesdays 7:30 until sold out</p>
<p>For a complete list of Farmer’s Markets, visit  <a href="http://www.kcfoodcircle.org">www.kcfoodcircle.org</a></p>	<p><b><u>Rosedale Farmers Market</u></b>  <b>Location:</b> 4020 Rainbow Blvd. in Kansas City, KS  <b>Info:</b> rosedalefarmersmarket.com  <b>Times:</b> May – October, Sundays 11-2</p>

## SELECTED COMMUNITY GARDENS

Johnson County	Wyandotte County
WIC Community Garden	Strawberry Hill Neighborhood Association Community Garden
Gardner Community Garden	Turner Community Garden
Lenexa Sar-Ko-Par Trails Park Garden	St. Joseph Neighborhood Garden
Lenexa Electric Park Garden	Glanville Towers Community Senior Garden
Olathe Original Town Community Gardens	Rosedale Rainbow Community Garden
Overland Park Community Garden	Northrup Park Community Garden
Prairie Village Harmon Park Community Garden	Delevan Apartment Children’s Comm. Garden
Prairie Village Cherokee Christian Church Community Garden	Righteous Roots Garden
Roeland Park Juniper Park Community Garden	Hillcrest Community Garden
Stilwell Unity Garden	Oakwood Community Garden
Olathe Community Garden at the Center of Grace	Somali Bantu Foundation of Kansas Garden
Overland Park God’s Community Garden	For a complete list of Community Gardens, visit <a href="http://www.kcgg.org">www.kcgg.org</a>
Lenexa St. Paul’s Community Garden	
Lenexa SMUUCH Community Garden	
Olathe CCC Community Garden	
Olathe Root 151 Community Garden	

## SELECTED FOOD PANTRIES

Johnson County	Wyandotte County
<p><b><u>Nazarene Compassionate Ministries, Inc.</u></b>  <b>Location:</b> 12351 W. 96<sup>th</sup> Terrace, Lenexa, KS 66215  <b>Contact:</b> 913-768-4808  <b>Times:</b> call for times</p>	<p><b><u>Harvesters-The Community Food Network</u></b>  <b>Location:</b> 3801 Topping Ave. Kansas City, Kansas 64129  <b>Contact:</b> 816-929-3000  <b>Times:</b> call for times</p>
<p><b><u>Growing Growers</u></b>  <b>Location:</b> 35125 W. 135<sup>th</sup> St., Olathe, KS 66061  <b>Contact:</b> 913-488-1270  <b>Times:</b> call for times</p>	<p><b><u>Metropolitan Avenue United Methodist Church</u></b>  <b>Location:</b> 3730 Metropolitan Ave., Kansas City, KS 66106  <b>Contact:</b> (913) 831-4531</p>
<p><b><u>The Robert and Shirley Meneilly Center for Mission</u></b>  <b>Location:</b> 9960 Mission Road, Overland Park, KS 66207  <b>Contact:</b> 913-671-2315  <b>Times:</b> Mon-Fri 10 a.m.-2:30 p.m.                      Thursday evening – 6-7:30 p.m.                      Saturday Morning – 10 a.m.-11:30 a.m.</p>	<p><b><u>Mount Carmel Community Outreach</u></b>  <b>Location:</b> 1220 Troupe Ave., Kansas City, KS 66104  <b>Contact:</b> (913) 621-4111</p> <p><b><u>Mount Carmel Willa Gill Center</u></b>  <b>Location:</b> 645 Nebraska Ave., KCK 66101  <b>Contact:</b> (913) 621-4690</p>
<p>For a complete list of Food Pantries in Wyandotte and Johnson Counties, please visit <a href="http://www.needhelppayingbills.com/html/kansas_food_banks.html">www.needhelppayingbills.com/html/kansas_food_banks.html</a> or call (316) 265-4421</p>	<p><b><u>Our Savior Lutheran Church</u></b>  <b>Location:</b> 4153 Rainbow Blvd., KCK 66103  <b>Contact:</b> (913) 236-6228</p>
	<p><b><u>St. Paul's Episcopal Church – KCK</u></b>  <b>Location:</b> 1300 N. 18<sup>th</sup> St., KCK 66102  <b>Contact:</b> (913) 321-3535</p>
	<p><b><u>Salvation Army – Wyandotte County Emergency Food Assistance</u></b>  <b>Location:</b> 6721 State Ave., KCK 66102  <b>Contact:</b> (913) 232-5400</p>

# Sample Store Tour – Price Chopper 4600 State Ave., Kansas City, KS 66112



Organic Girl baby spinach, 100% baby kale, baby spring mix, and 50/50!  
\$4.99  
Remember, greens like spinach and lettuce are on the “dirty dozen” list, therefore Organic is best!



Good Sense Trail Snack Mix  
\$3.99  
Mix of nuts, raisins, pumpkin seeds, cashews, and almonds.  
Remember, varying the nuts or seeds you eat is best!



Seasonal Pomegranates  
2 for \$4  
A wonderful fruit for the holiday season!



**Organic Produce**  
 Price varies  
 With USDA Organic produce; you know you are getting a product free of pesticides and fertilizers. Organic produce is also GMO free.



**Herb Gathering – Local Fresh Herbs**  
 Price varies  
 It's a good feeling knowing that you are supporting a local business, and eating herbs grown here in Kansas City! *(Note: herbs are grown locally according to the season.)*



**Variety of Good Greens**  
 Price Varies



**Locally Grown Assorted Vegetables**  
Price varies

It's a good feeling knowing that you are supporting local farmers, and eating food grown here in Kansas City! Also, a great place to find seasonal produce as well!



**Avoid sections like this!**  
\$5 meals, easy meals

These meals lack the important nutrients that your body needs, but are high in food additives and contaminants.



**Goat Cheese**  
Price varies

When purchasing feta cheese, make sure to get goat, now cow. If you do purchase cow milk feta, make sure that cows have not been treated with growth hormones like rGBH.



**Organic Soymilk**  
\$2.89

If you are trying to switch from cows milk to soymilk; this is a great place to start. With the same amount of Calcium as cow's milk, soy milk is a much healthier alternative than cow's milk because it does not contain casein, or milk from cow's treated with growth hormones and antibiotics.



**Organic and Good Natured Family Farms  
Locally Grown Eggs**  
\$3.15/\$4.19  
Organic eggs means that the chicken the eggs came from was treated humanely without any growth hormones. Locally grown eggs can be from family or Amish farms.



**Chobani Greek Yogurt with Oats**  
\$1.69 per unit  
Greek yogurt is healthier than regular yogurt, and the oats in this flavor make for one healthy snack. There are many other brands and flavors of Greek yogurt as well.



**Smart Balance Butter**  
\$3.69  
You get what you pay for! While the container is smaller, and the price higher; this is the healthiest butter on the market for you. Plus, it is non-GMO, and there are many flavors to choose from including light, original, Omega-3, olive oil, and flax.



**Abbotsford Farms Cage Free 100% Liquid Egg Whites**  
Price varies  
Egg whites are the best alternative to cooking with real eggs. They are lower in cholesterol and are fat free.





**Smart Chicken**  
**\$3.75 for 1.2 lbs.**  
 If you are purchasing chicken breasts, this is the way to go. This brand is minimally processed and contains no artificial ingredients.



**Oscar Mayer Selects Uncured Turkey Bacon**  
**\$3.79 for 11 oz.**  
 This is the only time we discuss bacon in this workbook. If you cannot part with bacon at the moment, try out this turkey bacon. Healthier, low sodium, less fat, no nitrates...and more!



**Honeysuckle White Turkey Thighs**  
**\$4.26 for about 8 oz.**  
 A healthier alternative to pork or beef.



**Nature's Own 100% Whole What Sandwich Rounds**  
**\$2.99**  
 A delicious alternative to hamburger buns or bread, sandwich rounds can be used for almost anything from toast to burgers, even peanut butter and jelly sandwiches. Also, they are WIC approved.



**Earthgrains 100% Whole Wheat Bread**  
**\$4.29** (I personally purchase this bread, and it is always on sale, so I will stock up and freeze my extras).  
 Just keep repeating...100% Whole Wheat, 100% Whole Wheat...this brand has no artificial colors, flavors, or preservatives.



**Honey Nut Cheerios**  
 Price varies  
 With whole grain oats and no High Fructose Corn Syrup, this cereal is probably the best you can buy for your child's nutrition, without going Organic.



**Real Deal White Corn Tortilla Chips**  
**\$2.99**  
 Non-GMO and made with Organic corn.



**Frozen Organic Spinach and Sweet Corn  
\$2.49**

A great way to get the veggies (or fruit) you need, without worrying about it going bad. Also, these are good way to decrease canned good use.



**Morningstar Soy Meat Replacements  
Price varies**

A good way to start out to decrease your red meat consumption, or just add some protein variety into your diet. They have many tasty products like veggie burgers, “sausage” patties, pizza, “beef” crumbles, “chicken” nuggets, and more! The brand Quorn is another great meat alternative product line, although they use mycoprotein instead of soy.



**Quinch Quinoa Burgers & Applegate  
Naturals Chicken Nuggets**

Price varies

“Old world” grains are best, and that is what makes these Quinoa burgers unique. For a better chicken nugget, try this brand, or similar ones, that are humanely raised with no chemical nitrites or nitrates, no antibiotics, and no growth hormones.



Assorted Cereals, Milk, Grain, and Wheat Products  
Price Varies  
Try anything from here!

# HOW TO READ A FOOD LABEL

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## What is a Kcal?

- Kcal are units of energy measure.
- Women are recommended to consume approximately 2,000 Kcals a day.
- Men are recommended to consume approximately 2,500 Kcals a day.
- The terms Kcal and Calorie are used interchangeably on food labels.

## Food labels for a 2,000 Kcal/day female diet:

<u>Item on food label:</u>	<u>You should consume no more/less than:</u>
1. Total Kcal per serving/Kcal fat per serving	
2. Total Fat as % of Daily Value (DV)	< 65 grams
3. Saturated Fat in grams as % of DV	< 20 grams
4. Cholesterol as % of DV	< 300 milligrams
5. Sodium as % of DV	< 2,300 milligrams

*The first 5 items on a food label are directly related to the 1<sup>st</sup> and 3<sup>rd</sup> leading causes of death in the United States: heart disease and stroke.*

- |   |             |
|---|-------------|
| 6. Total CHO as % of DV   | < 300 grams |
| 7. Fiber in grams as % of DV  | > 30 grams  |
| 8. Added Sugar as % of total CHO<br>(no more than 10% of total Kcal is recommended) |             |
| 9. Protein - % not given  |             |

## How to find your Protein RDA in Grams/Day:

1. Your weight in lbs. / 2.2\* = your weight in kilograms.
2. Your weight in kilograms x 0.8 = amount of protein intake per day for you in grams

*\*Note: Divide by 2.2 to maintain current weight and 2.1 to lose weight.*

# WHAT SHOULD I LOOK FOR WHEN PURCHASING FOOD?

We just learned how to read a food label, and now we will learn what to look for and what to avoid when purchasing food.

<p style="text-align: center;"><b>Grains</b></p> <p>½ cup is 1 serving</p> <p>Half or more from: Fiber, barley, brown rice, buckwheat, bulgur, chia, faro, millet, oats, quinoa, rye, and wheat.</p> <p>Caution: Half or less from enriched grains because of lack of fiber and added simple sugars like High Fructose Corn Syrup. These contribute to risk for diabetes.</p> <p>VERY limited: Cakes, cookies, cornbread, crackers, croissants, doughnuts, fried rice, pancakes, pastries, pies, popcorn, taco shells, and waffles.</p>	<p style="text-align: center;"><b>Vegetables</b></p> <p>1 cup is 1 serving</p> <p>5 subgroups. Fiber!</p> <ol style="list-style-type: none"> <li>1. Dark green – broccoli and leafy greens</li> <li>2. Orange and deep yellow – squash and carrots</li> <li>3. Legumes – black beans, soy products and garbanzo beans</li> </ol> <p>Caution: Starchy – corn, potatoes, lima beans, green peas</p> <p>Other: artichokes, bok choy, asparagus, Brussel sprouts, cauliflower, eggplant, mushrooms, peppers, snow peas, tomatoes.</p> <p>VERY limited: Baked beans, coleslaw, French fries, potato salad, scalloped potatoes, and canned veggies.</p>	<p style="text-align: center;"><b>Fruit</b></p> <p>1 cup fresh or ½ cup dried is 1 serving. Fiber!</p> <p>Best: apricots, avocados, blueberries, cherries, grapefruit, kiwi, mango, nectarines, oranges, papaya, peaches, pears, pineapples, plums, raspberries, tangerines, watermelon, figs, raisins, dates, and unsweetened juices.</p> <p>Caution: strawberries and apples because they require loads of pesticides.</p> <p>VERY limited: Canned fruit, juices, punches, -ades, and fruit drinks with added sugars like High Fructose Corn Syrup or NutraSweet.</p>
<p style="text-align: center;"><b>Protein</b></p> <p>Best: legumes, nuts, seeds, and low mercury fish.</p> <p>Risky: “select lean” beef and poultry and eggs. (3 oz. meat = the size of a deck of cards, 1 oz. of meat = the size of a matchbook). Remember: Bake, broil, or grill - don’t fry! And vary your protein routine.</p> <p>VERY limited: Due to saturated fat and/or no fiber: hot dogs, bacon, fried chicken, lunch meats, ground beef, choice beef, prime rib, bar-b-que ribs, and sausage.</p>	<p style="text-align: center;"><b>Dairy</b></p> <p>1 cup is 1 serving</p> <p>Best: unsweetened almond milk, soy, rice, or nonfat organic cow’s milk, plain yogurt, fermented cheeses like feta or goat. (Note: nuts and seeds are high in calcium and iron).</p> <p>VERY limited: Due to saturated fat and/or no fiber: cow’s milk, processed chesses like Velveeta, ice cream, milk shakes, and yogurts with added sugars or NutraSweet.</p>	<p style="text-align: center;"><b>Empty Kcal:</b></p> <p>Eat very sparingly, use as a treat, or don’t eat at all!</p> <p>Lard, vegetable shortening, non-whole grain crackers and chips, margarine, salad dressing, mayo, sour cream, cream cheese, butter, gravy, cakes, candy bars, candy, syrup, jelly, jello, colas, anything with NutraSweet like diet colas, and alcohol only in moderation (2-4 oz. per week).</p> <p>Infused olive oils and balsamic vinegars are best for salads.</p>

*A Note about Growth Hormones:*

*Growth hormones are used in most processed dairy and meat like milks, cheeses, beef, chicken, eggs and pork. Growth hormones make everything bigger – the cow, the chicken, the cow, and the pig. Growth hormones have been linked to early onset puberty and causing menstruation to end earlier.*

*A Note about Protein:*

*Organic and grass fed beef is best. City markets are not the best place to purchase these meats because you do not know if the farmer is being completely honest about his or her product being 100% organic or grass fed. However, local markets like McGonigle's Market are reliable because they know the workings of their farmers and products. They are located at 1307 W 79 St, Kansas City, MO 64114 and their phone number is (816) 444-4720. The bigger the fish means there is more mercury. Mercury is in all tuna and should not be consumed when pregnant. A 5 oz. chicken breast is almost 2 servings! It is recommended that you should not consume more than 1 serving of meat per day. For legumes, nuts, and seeds, look at the serving size on the label.*

*A Note about Taste Buds:*

*Taste buds take 3-6 months to change. So stick in there! Sugars actually change the taste that your taste bud receptors signal your brain with!*

# VITAMINS

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Vitamins, needed in small quantities, are essential for normal growth and nutrition. Vitamins must be acquired from food because the body may not make enough of them, or not make them at all.

<b>Vitamin</b>	<b>Function</b>	<b>Best Sources</b>
B1	For nerve impulses and removing carbon dioxide from EDIT	Pork, squash, and soy
B2	Energy	Chicken, almond milk, mushrooms, goat cheese, and Greek yogurt
B3	Energy	Nuts, seeds, and mushrooms
B5	Energy	Widespread
B6	Helps with nonessential amino acid synthesis and converts tryptophan into serotonin.	Tomatoes and watermelon
B12	Assists villus cells in the reabsorption of *folate from bile, maintains myelin sheath, helps with methionine syntheses, a key amino acid necessary for making choline found in acetylcholine (see <i>Nutrition for Pregnant Women</i> ).	Animal products, fortified in soy milk, some by the bacteria in the colon
<b>Folate</b>	Synthesis of DNA for rapidly dividing cells (like in pregnancy), essential for cell division, also converts vitamin B12 into *cyanocobalamin (see vitamin B12).	Legumes and asparagus
Biotin		Widespread
<b>Vitamin C</b>	Antioxidant to protect iron, controls the absorption, distribution and storage of iron, and collagen synthesis	Parsley and peppers
<b>Vitamin A</b>	Found in the rods of the eye, promotes night vision, maintains mucous membranes, and antioxidant to assist in immune functions.	Sweet potatoes and carrots
<b>Vitamin D</b>	Bone mineralization, stimulates kidneys to retain more calcium, and promotes bone remodeling.	Sunlight in the form of UV rays, fish, and dairy
Vitamin E	Antioxidants for PUFA's, and protects vitamins from oxidation.	Nuts, seeds, olive oil, whole grains, blueberries, and dark green leafy vegetables
Vitamin K	Clotting, antioxidant, anti-carcinogenic, and anti-osteoporotic	Your body's normal microbiota and green leafy vegetables



## Selected Deficiencies of the Vitamins Required on a Food Label

<b>Vitamin</b>	<b>Deficiencies</b>
Folate	<ol style="list-style-type: none"> <li>1. Macrocytic anemia: large, immature red blood cells</li> <li>2. Immunodepression: a deficiency of one or more parts of the immune system</li> </ol>
Vitamin C	<ol style="list-style-type: none"> <li>1. Scurvy: the vitamin C-deficiency disease</li> </ol>
Vitamin A	<ol style="list-style-type: none"> <li>1. Hypervitaminosis A: in children who eat only fast foods.</li> <li>2. Night blindness</li> <li>3. Increased risk for gastrointestinal, respiratory, and tract infections</li> </ol>
Vitamin D	<ol style="list-style-type: none"> <li>1. Rickets: the vitamin D-deficiency disease in children characterized by inadequate mineralization of bone.</li> <li>2. Osteomalacia: a bone disease characterized by softening of the bones. Symptoms include bending of the spine and bowing of the legs. The disease most often occurs in women.</li> <li>3. Osteoporosis: a disease in which the bones become porous and fragile due to a loss of minerals.</li> <li>4. Weight gain</li> </ol>

# FOOD CONTAMINATES

## (WHAT TO AVOID WHEN PURCHASING FOOD)

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Limit animal based food products due to concentration of toxins in fat and animal tissue.

Animal based food products contain the following if not organic:

1. Antibiotics resistant microbes
2. Contaminating hormones

Processed foods (anything in a box) contain additives like:

1. Food flavorings
2. Colorings
3. Preservatives

Fruits and vegetables have the following if not organic:

1. Fertilizers
2. Pesticides

# WHAT SHOULD I BUY?

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## Organic Information

The following is a list of the “Dirty Dozen” produce items that you should buy organic in order to avoid loads of harmful pesticides. It is very important to purchase the following items organic and these are calculated into the \$300 Workbook budget.

1. Strawberries
2. Apples
3. Grapes
4. Potatoes
5. Peaches
6. Sweet Bell Peppers
7. Celery
8. Spinach
9. Lettuce
10. Pears
11. Nectarines
12. Cherries

The following items are a list of the “Clean Fifteen”. These items can be purchased non-organic because the use of pesticides is low. *Note: bananas are not on either list, however I purchase mine organic.*

1. Onions
2. Sweet Corn (frozen)
3. Sweet Peas (frozen)
4. Cabbage
5. Asparagus
6. Avocados
7. Mangoes
8. Papayas
9. Kiwi
10. Eggplant
11. Grapefruit
12. Cantaloupe
13. Cauliflower
14. Sweet potatoes
15. Pineapple

## Kansas Seasonal Fruits & Vegetables Chart

What is in Season in Kansas?												
Kansas Seasonal Fruits and Vegetables												
	January	February	March	April	May	June	July	August	September	October	November	December
Name												
Apples												
Apricots												
Arugula												
Asparagus												
Basil												
Beets												
Blackberries												
Blueberries												
Broccoli												
Brussels sprouts												
Cabbage (local harvest available from storage thru March)												
Cantaloupes												
Carrots												
Cauliflower												
Celerica/celery root												
Celery												
Chard												
Cherries												
Cilantro												
Corn												
Cucumbers												
Eggplant												
Fava beans												
Fennel												
Garlic												
Garlic scapes/green garlic												
Grapes												
Green beans												
Green Onions/Scallions												
Greens (various)												
Herbs (various)												
Horseradich												
kale												
Leeks												
Lettuce (various)												
Melons												
Morels (SPRING)												
Mushrooms (cultivated)												
Mushrooms (wild) spring-fall, varies each year												

(Continued on next page)

	January	February	March	April	May	June	July	August	September	October	November	December
Name												
Onions (local harvest available from storage year-round)												
Parsley												
Parsnips (local harvest available from storage through winter)												
Peaches												
Pears												
Peas (& pea pods)												
Peppers (sweet)												
Persimmons												
Plums & Pluots												
Potatoes (local harvest available from storage year-round)												
Pumpkins												
Radishes												
Raspberries												
Rhubarb												
Shelling beans (local harvest available dried year-round)												
Spinach												
Squash (Summer)												
Squash (Winter)												
Strawberries												
Sweet Potatoes												
Tomatoes												
Turnips (local harvest available from storage through February)												
Watermelons												
Zucchini												
Zucchini Blossoms												

# HOW DO I COOK ALL THIS FOOD?

Remember to avoid fried foods!

## Ways to Prepare Basic Vegetables

### Tomato:

1. Grill
2. Roast
3. Sauté

### Bell Peppers:

1. Raw
2. Roasted
3. Soup
4. Stew
5. Stuff
6. Grill

### Potatoes:

1. Bake
2. Boil
3. Mash
4. Roast
5. Sauté
6. Steam

### Onions:

1. Grill
2. Sauté
3. Caramelize

### Squash:

1. Bake
2. Grill
3. Sauté
4. Roast

### Carrots:

1. Bake
2. Broil
3. Soup
4. Stew
5. Shred

#### Terms Used

- *Roast*- uses dry heat, like an oven to enhance flavor. Meat and most veggies can be roasted, as well as seeds and nuts.
- *Sauté*- uses a little hot olive oil to fry quickly.
- *Bake*- uses dry heat without direct flame exposure, like in an oven or toaster oven.
- *Steam*- uses steam from boiling water to cook the food, which is placed in a steamer either in or on top of the pot.
- *Caramelize*- "the browning of sugar" when heating certain foods to 300°F, causing them to turn brown.
- *Simmer*- foods kept in hot liquids kept just below the boiling point of water, but higher than poaching temperature. Reduce heat after boiling to let bubbles cease.

## Ways to Cook & Prepare Basic Fruits

### Apple:

1. Raw
2. Bake
3. Simmer

### Pineapple:

1. Sauté

### Peaches, Pears, Mangos:

1. Dice
2. Blend

### Oranges:

1. Juice

## How to Make a Simple Dressing

### Balsamic Vinaigrette

A delicious and healthy alternative to salad dressing, balsamic vinaigrettes give your salad the taste you crave!

What you'll need:

1. ¼ cup olive oil
2. 6 tbsp. balsamic vinegar
3. 2 garlic cloves, peeled and minced or chopped
4. 1 tsp. Dijon mustard
5. ¼ tsp. salt
6. 1.8 tsp black pepper

Directions:

1. Put all ingredients into a jar with the lid secured tightly.
2. Shake, shake, and shake some more!  
Enjoy!

### Seasoning

Use dried or fresh herbs to add flavor to your food!

# SELECTED RECIPIES

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## Breakfast

### Spinach & Egg Scramble

*Makes 1 serving*

*What you'll need:*

1. 1-2 egg whites, separated/from a carton and in a bowl
2. ½ cup spinach leaves, washed and dried
3. Salt and pepper to taste
4. 1 ripe tomato, cut into chunks
5. ½ tbsp. olive oil

*Directions:*

1. Place ½ tbsp. of olive oil in skillet and heat on medium.
2. When oil is hot, dump the chunks of tomato and spinach into the skillet.
3. Cook tomato chunks and spinach for about a minute, or until soft.
4. Pour eggs into skillet and swirl mixture with a fork or spatula.
5. Season with salt, pepper, hot sauce, Italian seasoning, dried basil, or seasoning of your choice.
6. Cook until eggs are scrambled to your liking and remove from heat.
7. Serve immediately and enjoy!

### Whole Wheat Waffles

*Makes 6 large waffles*

*What you'll need:*

1. 3 cups whole wheat flour
2. 4 tsp. baking powder
3. 1 tsp. salt
4. 4 tbsp. sugar
5. 2 large eggs
6. 3 cups lukewarm almond or soy milk
7. 2/3 cup melted butter

*Directions:*

1. Preheat waffle iron.
2. In a large bowl, whisk together flour, baking powder, salt, and sugar.
3. In a separate bowl, whisk together eggs, warm milk, and butter.
4. Add egg mixture to dry ingredients and stir until just combined.

5. Pour prepared batter into waffle iron and cook until golden brown
6. Serve hot and enjoy with 100% Pure Maple Syrup or fresh fruit.

## Lunch

### Veggie Delight

*What you'll need:*

1. 1 container of mixed veggies like broccoli, cauliflower, carrots, and cherry tomatoes
2. 1 serving of hummus of your choice (according to package instructions)

*Directions:*

1. Choose which veggies you want to eat and place on plate.
2. Place hummus in a bowl.
3. Dip and enjoy.

*(Tip: I love this for a quick and healthy lunch. You can always add a banana, apples, grapes, or any fruit to mix it up. This also works for a power-packed snack as well. I find that buying the package of mixed veggies works better because I waste less food and its quick to prepare, therefore I am deterred from eating junk food.)*

## Dinner

### Spaghetti with Mint Pesto

*Makes 4 Servings*

*What you'll need:*

1.  $\frac{3}{4}$  cup packed fresh mint leaves
2.  $\frac{1}{2}$  cup extra-virgin olive oil
3. 2 cloves garlic
4. Zest of 1 lemon, plus 2 Tbsp. lemon juice
5. Freshly ground pepper to taste (and salt if not watching sodium intake).
6. 1 lb. whole wheat spaghetti

*Directions:*

1. In a blender, combine the mint, olive oil, garlic, lemon zest, and pepper (and salt) to taste and blend until smooth.
2. Stir in 1 Tbsp. of the lemon juice.
3. Taste and adjust the seasoning.
4. Refrigerate until ready to serve.
5. Bring a large pot of water to a boil.
6. Add spaghetti and cook until al dente, or 10-12 minutes according to package directions.



7. Reserve ½ cup of the pasta cooking water.
8. Drain pasta and return to empty pot.
9. Toss the pesto with the spaghetti.
10. Thin it out with a small amount of the pasta water if necessary.
11. Taste, season with pepper (and salt), and toss with additional 1 Tbsp. of lemon juice.
12. Divide among serving bowls and enjoy right away!

## Whole Wheat Pizza Crust

*Makes 10 servings*

*What you need:*

1. 1 tsp. white sugar
2. 1 ½ cups warm water (110°F)
3. 1 tbsp. active dry yeast
4. 1 tbsp. olive oil
5. 1 tsp. salt
6. 2 cups whole wheat flour
7. 1 ½ cups all-purpose flour

*Directions:*

1. In a large bowl, dissolve sugar in warm water. Sprinkle yeast over the top and let sit for 10 minutes until foamy.
2. Stir in olive oil and salt into the yeast mixture, then mix in the whole wheat flour and 1 cup of the all-purpose flour until dough starts to come together.
3. Tip dough out onto a surface floured with the remaining ½ cup of all purpose flour and knead until all of the flour has been absorbed and the ball of dough becomes smooth, about 10 minutes.
4. Place dough in an oiled bowl, and turn to coat the surface. Cover loosely with a towel and let stand in a warm place until doubled in size, about 1 hour.
5. When the dough has doubled, tip the dough out onto a lightly floured surface and divide into 2 pieces for 2 thick crusts, or leave whole for one thick crust.
6. Form into a tight ball and let rise for about 45 minutes, until doubled.
7. Preheat oven to 425°F. Roll out dough with a rolling pin until it will not stretch any further. Then, drape over your fists and gently pull edges outward while rotating the crust. When dough has reached desired size, place on a well-oiled pizza pan.
8. Top with desired amount of pizza sauce, cheese, spinach, tomato, and garlic.
9. Bake for about 16-20 minutes (depending on thickness) in the oven until the crust is crisp, edges golden, and cheese is melted. Let cool for about 10 minutes, slice, and enjoy!

## Pesto Polenta Lasagna

*Makes 8 Servings*

*What you need:*

1. 1 (18 oz.) package polenta, cut into ¼ inch thick slices
2. ½ (24 oz.) jar bottled marinara sauce
3. ¼ cup pesto
4. ¼ cup pine nuts
5. 1 cup shredded mozzarella cheese

*Directions:*

1. Preheat oven to 375°F. Oil an 11x7x2 inch baking dish.
2. Arrange a single layer of polenta in the bottom of the prepared baking dish. Spread a thin layer of pesto over the polenta. Spoon half of the sauce over the polenta. Top with another layer of polenta and sauce.
3. Bake, uncovered, for 25 minutes. Turn on the broiler. Top polenta with cheese and pine nuts, and broil until cheese browns and nuts are toasted.

**For more recipes, please turn to page 35 in the Just for Kids section. The recipes there are easy and delicious...and not just for kids!**

# NUTRITION FOR PREGNANT WOMEN

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## Pregnancy Superfoods

1. Beans like chickpeas, lentils, black beans, and soybeans supply fiber, protein, iron, folate, calcium, and zinc. Enjoy in soups, salads, pasta dishes, or hummus.
2. Beef of only lean cuts because it supplies protein, vitamins B6, B12, and niacin as well as zinc and iron. Beef is also packed with choline which is required for healthy brain development and cognitive powers. Enjoy lean ground beef in pasta sauce, tacos, burgers, stir-fry, and chili.
3. Berries because they are packed with carbohydrates, vitamin C, potassium, folate, fiber, and fluid. The naturally occurring nutrients in berries protect cells from damage. Enjoy with whole-grain cereal, smoothies, and salads, with yogurt, (and even in pancakes).
4. Broccoli for folate, fiber, calcium, lutein, zeaxanthin, carotenoids for healthy vision, potassium for fluid balance and normal blood pressure, also vitamin A production. Enjoy with pasta, stir-fry, steamed, pureed for soups, roasted, and raw snacking.
5. Cheese for calcium, phosphorus, magnesium for baby's bones, B12, and protein. Enjoy as a snack with whole grain crackers and fruit, on top of soups, in salads, sandwiches and omelets.
6. Eggs for protein, amino acids, vitamins and minerals like choline, lutein, and zeaxanthin. Specific brands also supply the Omega-3 fats for baby's brain development and vision. Enjoy in omelets, frittatas, homemade waffles, whole grain French toast, snacks, hard boiled or scrambled.
7. Almond milk – EDIT
8. Orange Juice for calcium, vitamin D, vitamin C, potassium, and folate. Enjoy plain and homemade, frozen in popsicles or ice cubes, or as a smoothie.
9. Pork tenderloin as lean for B vitamins thiamin (B1) and niacin (B3), B6, zinc, iron and choline. Enjoy grilled, broiled, or baked.
10. Salmon for protein, B vitamins, and Omega-3 fats for brain development and vision development in babies. Enjoy grilled, broiled, baked in salads and sandwiches.
11. Sweet potatoes for vitamin C, folate, fiber, potassium, and carotenoids for vitamin A. Enjoy baked, sliced cold, cooked, peeled for snacks and side dishes, mashed with orange juice, and roasted.
12. Whole grains for folic acid, B vitamins iron and zinc, fiber, and other trace nutrients. Enjoy as oatmeal, bread for sandwiches, brown rice, wild rice, whole-wheat pasta, quinoa, or whole-grain crackers.
13. Yogurt for protein, calcium, B vitamins, and zinc. Enjoy with fruit (fresh or dried) and honey for a treat, whole-grain cereal, with cooked sweet potatoes or smoothies.

# NUTRITION FOR BREASTFEEDING WOMEN

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Breastfeeding is very important to the growth and development of a newborn and is the recommended way for newborns to receive the nutrition that they need. Breastfeeding can be hard work, so getting the proper nutrition and rest is vital to you and your baby's health.

## Tips for Successful Breastfeeding

1. Learn about the benefits of breastfeeding
2. Initiate breastfeeding within 1 hour of birth
3. Ask a health-care professional to explain how to breastfeed and how to maintain lactation
4. Give newborn infants no food or drink other than breast milk, unless medically indicated
5. Breastfeed on demand
6. Give no artificial nipples or pacifiers to breastfeeding infants as this can cause infants to breastfeed less frequently or stop breastfeeding at a younger age
7. Find breastfeeding support groups, books, or websites to help troubleshoot breastfeeding problems

## Energy and Nutrient Needs

- Mothers who breastfeed their babies during the first 6 months need an extra 330 kcal/day above regular kcal intake.
- From 6 months to 1 year, mothers should consume an extra 400 kcal/day above regular kcal intake.
- The total kcal/day for breastfeeding mother is 1800 kcal/day to receive all nutrients required for successful lactation.
- The breastfeeding mother needs additional carbohydrates, for fiber about 1 gram more than normal.
- Vitamins B6, B12, A, and D may decline in breast milk from inadequate nutrient intake from the mother.
- The mother should drink plenty of fluids to prevent dehydration, about 3.1 L/day from water, .7 L/day from foods.
- Mothers can receive most of the nutrients they need from eating a well-balanced diet.
- Some foods that are spicy or have a strong flavor may change the taste of your breast milk. If this is causing you baby discomfort, your doctor may recommend that you remove a certain food from your diet to see if the baby's reactions subside.

# SPECIAL DIETS

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## Vegetarian

A vegetarian diet relies more on nuts, soy products, seeds, veggies, grains, and legumes. A vegan does not consume or wear any animal products or clothing. There are other variations of a vegetarian including \*lacto-meaning dairy, \*ovo-meaning eggs, and \*pesce- meaning seafood. A lactovegetarian would drink milk or consume dairy, an ovovegetarian eats eggs, and a pescetarian eats seafood.

The serving groups for a vegetarian are:

- 6-11 whole grain servings (wheat, couscous, amaranth, barley, bulgur, or quinoa).
- 3-5 vegetable servings
- 2-4 fruit servings
- 2-3 protein servings (legumes, mushrooms, nuts, seeds, tempeh, tofu, zucchini, soy meat replacers, \*egg substitute or egg whites, and \*fish).
- 2-3 servings of dairy (soy or almond milk, soy cheese, \*plain yogurt, or \*fermented cheeses).

Even if you are not ready to kick meat out of your diet yet, try to incorporate a Meatless Day, like “Meatless Monday”, where you try out a vegetarian/meatless dish for one day!

Becoming a vegetarian, or even decreasing your meat consumption, takes time. The goal is to start out with a gradual reduction, like the “Meatless Monday” idea. Another idea to try is “Fish Friday”, where you and your family eat salmon or another healthy baked or broiled fish instead of red meat. The next step is to try decreasing your beef and pork consumption, and switching to turkey, chicken, and seafood. To decrease your milk consumption, try reducing from whole milk to 1%, then to soy milk or almond milk. Try making some of your usual dishes without meat, like bean chili for meat chili.

Another positive aspect of a vegetarian diet is the sustainable impact it has on our planet. It takes way more energy to raise an animal for slaughter than it does to eat food that is grown in the ground naturally.

## Sulfite Sensitive

Sulfites prevent the oxidation of in many processed foods and alcoholic beverages like wine. Some people experience adverse reactions to sulfites, and therefore are prohibited by the FDA in conjunction with raw foods, except grapes. However, sulfites do destroy the B vitamin thiamin. Some people are sensitive to wine due to the sulfites that they encounter.

*The following information is not to be replaced or used without consulting your doctor first. I am not a medical professional and therefore cannot advise you medically; please use the information only for education purposes, or personal interest.*

## **Gluten Free**

Celiac disease is characterized by the inflammation of the small intestine that only occurs in response to foods that contain gluten, a protein commonly found in wheat, barley, rye, or possibly oats. The treatment for this disease focuses on a gluten-free diet.

## **Diabetic**

- A diabetic intakes a consistent amount of carbohydrates each day to maintain blood glucose levels, no less than 130 g/day.
- Sugars and sugary foods need to be calculated into the daily carbohydrate allowance.
- Saturated fat intake is limited to less than 7% of kcal/day.
- Cholesterol intake should be limited to less than 200 milligrams/day.
- Protein can account for 15-20% of your daily total kcal.
- Alcohol is to be consumed in moderation.

# JUST FOR KIDS

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It is of utmost importance for our children to learn how to cook real foods and to learn where there food comes from. In a world where fast food marketing and TV dinners control our lives, we need to take the time to slow down and savor the joys of cooking a meal and eating together as a family. With busy work schedules and stressful family lives, I understand that it can be difficult to cook a meal and eat together. I have trouble following this routine every evening as well. Start small and strive for one evening together a week to cook a real meal and sit down to discuss the school day or work day. Kids love chicken fingers, fries, and macaroni and cheese. Mine does too! But kids need to learn, and probably want to learn, about how to nurture their bodies with healthy food. Cooking has so much to offer for children: pride, a lifetime of healthy eating habits, problem solving, literacy, math, chemistry, logic, learning new skills, and accomplishing a goal...this is just the beginning. This Just for Kids section focuses on healthy basics that are delicious and good for you and your children. The best part? They can help you cook it!

*Kids, you will need a parent or other adult's help or supervision with most of these recipes.*

## Breakfast

### In a Hurry

1. Whole wheat toast or multigrain bagel with peanut butter, almond butter, ricotta cheese, Greek yogurt, white bean dip, hummus, or guacamole.
2. Cold cereal with whole grains, nuts, or dried fruit and without added sugar. Add fresh fruit or almond milk and enjoy!
3. Pain Greek yogurt and add in your own fruit like bananas, apples, strawberries, pears, berries, nuts, or what germ. For a fun idea, layer your toppings with the yogurt in a glass to make a yummy parfait.
4. Scrambled eggs with salsa and black beans.
5. Fruit skewered to make a kabob or just tossed in a bowl for a fruit salad. Spread peanut butter on a banana or apple slices.
6. Try this: a slice of whole wheat bread topped with thinly sliced tomatoes and drizzled with olive oil for a savory breakfast. (Savory means not sweet).

### Smoothies

If you are in a hurry you can put all your ingredients into the blender the night before (but don't mix them) and secure the lid tight. In the morning, just blend away! This way, you won't have to spend time getting everything together when you need to get out the door! The fun part about smoothies is you can

mix and match ingredients to discover what you love best! Smoothies are a great way to get your daily servings of protein, fruit, and vegetables!

Ingredients can consist of fruit, liquid, extras, or other seasonings.

1. Try 1 cup of fruit of peaches, berries, apples, oranges, banana, pineapple, or mango.
2. 1 cup liquid can be soy milk, almond milk, low-fat or whole milk, or ½ cup plain Greek yogurt with ½ cup water.
3. Add 1-2 tbsps. of almonds, walnuts, pecans, wheat germ, flaxseed, or peanut or almond butter.
4. You may add ingredients like 1 cup spinach (it won't make your smoothie taste like spinach!), a couple ice cubes, cinnamon, or vanilla.

### **Strawberry Banana Smoothie**

*What you need:*

1. 1 cup plain Greek yogurt
2. 1 tbsp. frozen orange juice concentrate
3. 3 tbsp. water
4. 1 overripe banana, sliced
5. 6 strawberries, with tops removed.

*Directions:* Blend and enjoy!

### **Homemade Instant Oatmeal**

Oatmeal is a great way to get fiber and grains. Try this easy and cheap alternative to buying store bought instant oatmeal!

*What you need:*

1. 3 cups old-fashioned oats
2. ½ teaspoon kosher salt

*Directions:*

1. Put 1 cup oats and salt in a food processor or blender. Make sure the lid is on tight!
2. Turn blender to medium and blend until oats are powdered.
3. Add the rest of the oats and secure top tightly.
4. Pulse (turn on and off, or use the pulse setting) the oats until mostly broken down. You may have to stop and shake the blender if the blade isn't moving.
5. The oat mixture can be stored up to 3 months in an airtight container.

*For each serving you will need:* ½ cup of the oatmeal mixture and ¾ cup boiling water (adult needed).

1. Put the oatmeal mixture into a heatproof bowl and pour boiling water over it, stir, and let sit 1 minute.
2. Stir again; add toppings like raisins, brown sugar, bananas, pears, berries, or nuts. Enjoy!



## Scrambled Eggs

A classic breakfast favorite, eggs are easy and delicious. For a healthier alternative, try Egg Beaters/Egg Substitute or liquid egg whites.

For a twist on the regular old eggs, try adding some fresh ingredients to the mix.

1. Sliced onions or scallions.
2. Sliced mushrooms
3. Diced bell peppers or zucchini
4. Diced tomatoes
5. Shredded cheddar or feta cheese
6. Diced baked tofu
7. Chopped fresh herbs like basil, parsley, or dill
8. Baby spinach

## Lunch

### Sandwich Mixed and Matched Your Way

Everyone loves sandwiches! They are easy, delicious, and easy to pack and take with you! If you are getting bored with the same old ingredients, try these fresh ideas for a healthy and satisfying meal.

**Pick a base:** whole wheat bread or toast, a wrap, whole-wheat bagel, whole-wheat tortilla, a whole-wheat English muffin, pita bread, whole-wheat roll, or whole-wheat burger bun.

**Pick a protein:** chicken salad (see recipe for Chicken Salad Made with Greek Yogurt Instead of Mayo), sliced turkey, sliced chicken, cheese, peanut or almond butter, or tofu.

**Pick a vegetable:** shredded carrots or purple cabbage, greens like romaine and spinach, avocado, oven-roasted vegetables, sliced tomato, or sliced cucumbers.

**Pick a fruit:** sliced pears, sliced grapes, sliced pineapple, dried cranberries, sliced apples, sliced peaches, raisins, sliced banana.

**Pick a condiment or dip:** pesto, Tsatsiki (a Greek dipping sauce), mustard, guacamole, Hummus (a Mediterranean dip), sliced pickles, capers, jam or apple butter.

### Wraps

Just like sandwiches but all rolled up like a burrito. Try these ideas for either a wrap or sandwich!

1. Chicken and brie cheese with apple slices and apple butter.
2. Smoked turkey and sliced avocado with shredded carrots
3. Feta and oven-roasted vegetables with shredded carrots
4. Cheddar cheese and mashed avocado with tomato and pickles
5. Mozzarella cheese with tomato slices and pesto
6. Brie cheese with spinach leaves and slices peaches

7. Hummus with feta and oven roasted-vegetables
8. Hummus with cucumber and tomato
9. Peanut butter with apple slices, banana slices, and raisins

*Try this:* use a large lettuce leaf instead of bread! This works great for chicken salad or hummus and guacamole. A delicious meal that satisfies crunchy cravings!

### **Chicken Salad with Greek Yogurt Instead Of Mayo**

For a healthier twist on regular chicken salad, mix this up and enjoy!

*What you need:*

1. 4-4 ½ cups shredded or cubed cooked chicken
2. ¼ cup reduced fat mayonnaise
3. ¼ cup plain Greek yogurt
4. 1 tsp. white vinegar or fresh lemon juice
5. 1 tbsp. mustard of your choice
6. 1 apple washed, cored, and diced
7. 1 celery stalk, diced

*Directions:*

1. Put the mayo, yogurt, vinegar or lemon juice, and mustard into the bowl and mix well.
2. Add the chicken, apple, and celery and mix to combine.
3. Serve right away or cover and refrigerate overnight.

### **Pasta Bowls**

Have you been wondering what to do with all that leftover pasta? Here are some fun ideas to try to make those leftovers even tastier. Mix this (I prefer rigatoni noodles for this recipe):

1. Feta cheese, chopped tomatoes, and baby spinach
2. Shrimp and pesto
3. Tuna, broccoli, and raisins
4. Chickpeas, chopped roasted bell peppers, and curry powder
5. Pinto beans, cheddar cheese, chopped tomatoes, and cilantro
6. Blue cheese, baby spinach, and chopped red onion
7. Cubed mozzarella cheese, chopped tomatoes, fresh basil, and pine nuts
8. Hummus with diced cucumbers and fresh mint
9. Grated parmesan cheese, sliced mushrooms, and fresh basil
10. Baked tofu, steamed broccoli, and peanuts or sesame seeds.

### **Salads**

Dress up a spinach or romaine lettuce salad with fresh, fun ingredients. There are many options for greens for your salad, so don't feel limited to Iceberg. Other greens have the same crunch, but with way more flavor and health benefits! Do some investigation at the grocery store, test out some different flavors, and decide which one is your favorite!

1. Grilled or leftover salmon, chicken, shrimp, or turkey
2. Tofu (raw, baked, or grilled)
3. Hard-boiled eggs (or egg whites)
4. Crumbled or grated cheese
5. Toasted nuts
6. Cooked or canned beans like edamame, black beans, kidney beans, white beans, pinto beans, and chickpeas
7. Tomatoes of any kind like cherry or beefsteak
8. Fresh fruit like grapes, berries, apples, pears, peaches, nectarines, kiwi, mango, tangerines, oranges, grapefruit, and clementine's
9. Cooked vegetables like green beans, corn, peas, asparagus, cauliflower, and broccoli
10. Raw veggies like cucumbers, mushrooms, carrots, bell peppers, carrots, or celery
11. Roasted peppers
12. Thinly sliced sweet onions

## Dinner

Make it more special by setting up the table nicely with a tablecloth, placemats, candles, or cloth napkins. Enact a no-cell phone policy, so that everyone is focused on family and food, especially if this is the one night a week that you get to sit down together. Write down questions to ask a family member on a piece of paper and put in a bowl or jar. Questions could be, *"Who is the one person you would want to eat a meal with, living or dead?"* And, *"If you were president, what would be the first law you made?"* or my favorite, *"If you could design your own getaway island, what would you call it and what would be on it?"* Pull out the questions at dinner and get to talking, laughing, and enjoying your food!

## Burgers

Try different recipes for chicken, turkey, bean, or salmon burgers.

## Snacks

Snacks can be healthy and satisfying. Instead of reaching for bagged chips or candy, try these delicious ideas: applesauce, banana with peanut butter, cinnamon sugar pita chips with strawberry salsa, veggies and hummus, almonds, cheese and grapes, or fresh fruit.

## Homemade Applesauce

*What you need:*

1. 4 Granny Smith or other tart apples, cored, peeled (if you like), and diced.
2. ¼ cup water
3. 3 tbsp. real maple syrup

*Directions:*

1. Put the apples, water, and real maple syrup in medium-sized pot, cover, and put on the stove.
2. Turn heat to medium and cook, covered, until apples are tender, about 30 minutes, stirring occasionally to make sure the apples are not sticking.

3. When finished, set aside to cool for about 10 minutes.
4. Mash the apples until chunky, or mash longer for them to be smoother. Set aside to cool until just warm.
5. Serve right away or refrigerate in an airtight container. Enjoy!

## Drinks

### Lemon-Honey Sparkle

Drink up this refreshing and healthy alternative to soda that still gives that crisp, bubbly taste.

*What you need:*

1. 2 cups sparkling water
2. 2 tsp. honey
3. 2 tsp. fresh lemon juice

*Directions:*

1. Divide the sparkling water between 2 tall glasses.
2. Add the honey and lemon juice.
3. Stir and enjoy right away over ice!

### Orange-Cranberry Fizz

Drink up this refreshing and healthy alternative to soda that still gives that crisp, bubbly taste.

*What you need:*

1. 3 cups sparkling water
2. ½ cup orange juice
3. ½ cup unsweetened cranberry juice
4. 1 lime, cut into quarters

*Directions:*

1. Put the sparkling water into a pitcher. Add the cranberry and orange juices, and stir well.
2. Divide the mixture among 4 tall glasses and add 1 lime wedge to each.
3. Serve right away and enjoy!

### Fruit Cubes

Make hydration fun! You can put a small berry or piece of fruit into an ice cube tray and fill with cold water. Put the tray in your freezer and wait until completely frozen, about 3 hours. Put the cubes into a glass of water or one of the drink recipes above, and enjoy!

*(Note: Parents, I would really recommend purchasing or checking out this book from a library to use with your kids. There are so many amazing recipes in it that it was difficult to choose which ones to put in this workbook!)*

# CONCLUSION

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I would like to thank Curtis Smith, Professor of Science at Kansas City Kansas Community College, for the opportunity to develop this workbook and for guiding me through the process of writing and giving me advice. I would also like to thank Penny Mahon, media Librarian at Kansas City Kansas Community College for helping me proofread and offering suggestions. And a huge thanks to Stacy Tucker, KCKCC Phi Theta Kappa Honors Education Director, for allowing me to distribute the workbook at KCKCC's annual Christmas in the City function. I would also like to thank everyone at KCKCC who will own a copy of the workbook and use it in their respective education department as a learning and teaching tool. Last, but not least, I want to thank my daughter for always inspiring me to find better ways to make a difference in children's lives.

Developing this workbook has given me so many amazing opportunities already and I can only hope that is not the last stop for *A Workbook for Eating Healthy with a Limited Income*, and that I can continue to develop this project. As I was writing, I kept feeling like I was leaving something out, because there is way more information available out there than I could have fit into this version of the workbook. I sincerely hope that you find this workbook usable and do-able. I genuinely believe that you can eat healthy with a limited income. Not only is it cheaper, by way of medical costs, it is a lifestyle that will make you feel better, have more energy, and have fun with your family. I would love to hear from you – any comments, suggestions, concerns that you have can be emailed to [maullymahon@gmail.com](mailto:maullymahon@gmail.com). I would be honored to use your input for continuing this workbook project.

Happy Eating,

Molly

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