

ISSUE 02

BALANCE

HEALTH & WELLNESS FOR
PRODUCTIVITY

WHY "DIETS" DON'T WORK

BALANCED EATING IS NEEDED FOR
A GOOD & HEALTHY BODY

HEALTHY CHOICES WHEN DINING OUT

ADVICE FROM OUR DIETETIC
INTERNS

GOURMET DINING

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Gourmet Dining collaborated with 4 Rowan University Dietetic Interns to create this food and nutrition resource guide for busy individuals looking for tips, tricks and recipes on how to stay healthy. This guide is meant to accommodate a variety of lifestyles and dietary preferences.

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HEALTH & WELLNESS FOR PRODUCTIVITY

Balancing work, life, physical activity, and eating well to help us lead productive lives.



Plan Ahead: Planning your meals and fitness routine at the start of each week will help you stay organized, on track, and motivated.

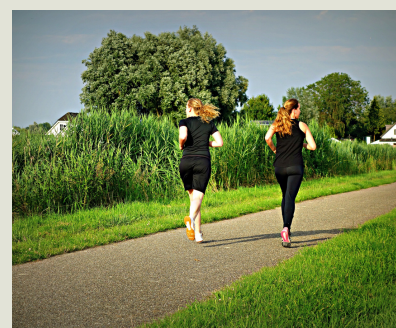
Family Time in the Kitchen: Choose meals that are easy, fun and will involve the whole family such as Taco Tuesday or Pasta Night. Try making homemade snacks with the family too!

Understand Good Nutrition: Focus on eating nutrient-dense foods during each meal and ditch dieting.

Eat Smart: If you are planning to go out to eat, prepare yourself and check out the menu online. Look for their "lighter" menu options for some delicious meals.

Treat Yourself: It is never a smart idea to deprive yourself of things you love. Whether it's your favorite fast food restaurant or your favorite sweet treat just remember to enjoy these "treats" in moderation.

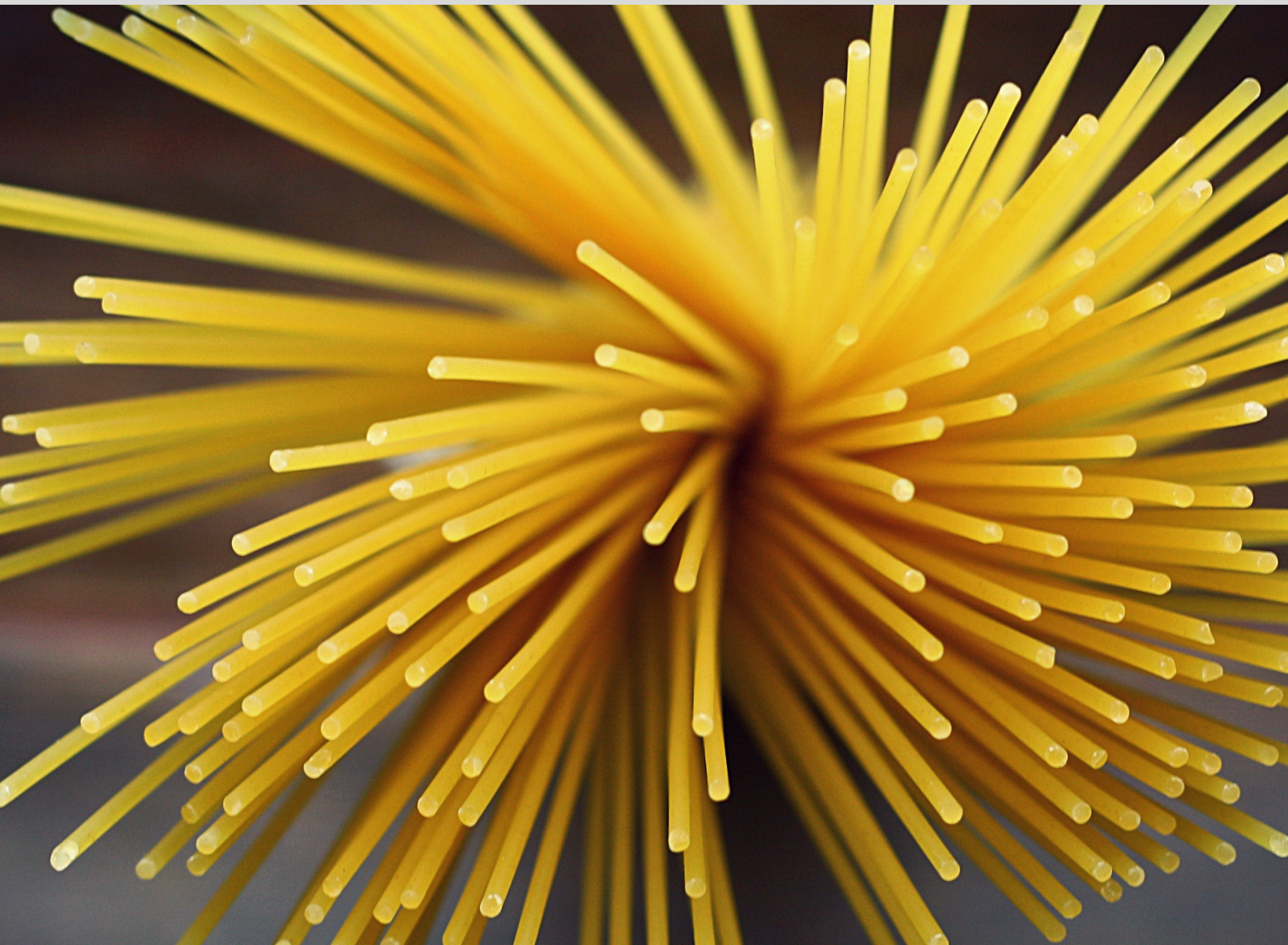
-Melissa Eaton, MA, RDN



WHAT ARE CARBOHYDRATES?

Carbohydrates are a main energy source for our bodies, an important reason why we should focus on consuming nutrient- rich carbohydrates foods. There are three main types of carbohydrates: **sugar, starch, and fiber.**

It is important to understand which food groups contain carbohydrates: **Dairy** foods such as milk, yogurt, and ice cream; **Whole Fruits** and fruit juice; **Grains** such as breads, rice, cereal and crackers; **Legumes**, beans or other plant-based proteins; **Starchy Vegetables** such as corn and potatoes; and **Sugary Sweets** like candy, soda, and desserts.



DON'T AVOID CARBS, CONTROL THEM

Several diet fads have recommended the reduction, or even elimination, of carbohydrates from our every day diets. Reducing the amount of carbohydrates we consume, such as added sugars, is beneficial to our bodies but **it is not recommended we eliminate all carbohydrates**. Instead, focus on consuming nutrient-rich carbohydrates such as whole grain bread, pasta and cereal, brown rice, potatoes, fruits, peas and beans.

Choose Wisely

Fiber rich fruits and vegetables. Select options without added sugars: Whole, canned, frozen, and dried fruits and vegetables.

Whole grains provide more nutrients such as fiber and B vitamins, compared to refined grains. The Dietary Guidelines for Americans recommends we make half of our grain choices, whole grains.

Low fat dairy products are recommended. Milk, cheese and yogurt products are excellent sources of calcium and protein. Be cautious of dairy products with added sugars.

Eat more legumes. Beans, peas, and lentils are superfoods. They are plant based protein options

Limit added sugars. The Dietary Guidelines for Americans recommends less than 10 percent of calories we consume every day come from added sugar.



Gluten Intolerance

Gluten free products are becoming more common in grocery stores and restaurants. These accommodations allow individuals to better navigate these specific dietary needs. Gluten free eating is not the goal for everyone. Individuals with gluten intolerance or celiac disease must avoid all sources of gluten. Gluten is a protein found in wheat, barley and rye.

Gluten free desserts are still considered treats, they are not healthier just because they are gluten free.

Retrieved from:

<https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/carbohydrates/art-20045705>

<https://www.eatright.org/food/nutrition/dietary-guidelines-and-myplate/children-need-carbohydrates>

SUSTAINABLE HEALTHY LIVING



Why "diets" don't work Hannah Holshue, Dietetic Intern

DITCH DIET CULTURE

"Ugh! I can't believe I just ate all that junk! Starting Monday, I'm not eating any sweets! No sugar and no carbs – just salad, raw vegetables, and detox tea – then I'll lose weight for sure!"

Sound familiar?

We live in a "diet culture." It has become trendy to drastically cut out calories, even entire food groups such as fat and carbohydrates. It comes as no surprise, then, that strict diets are not successful in the long-run.

So, what's the problem?

Diets that demonize food groups (or calories in general) are irrational. When we "diet," our bodies crave foods such as breads and pastas, high-fat cheeses or – dare I say – *chocolate*.

Why does this happen you might ask?

Well, it happens because **our bodies need nourishment**.



DON'T DEPRIVE - EAT TO THRIVE

Calories are energy! How can you expect to function at your best if you are not properly fueling your body?

Your brain needs glucose (a simple carbohydrate) to power you through the day. That intense cycling class, big presentation at work, or even the mere action of getting out of bed in the morning – requires calories and carbohydrates.

In fact, each of the macronutrients – carbohydrates, fats, and proteins – play a vital role in keeping us healthy. Adequate calorie intake, along with **BALANCED** consumption of all of the macronutrients, keeps us alive.

And fueling your body with the **right** foods, such as vegetables, fruits, whole grains, lean meats, and low-fat dairy, allow you to not only survive, but *thrive*!

THINK "SMART"



Set realistic goals! You didn't put on those extra 10 pounds in a day, so don't expect to lose them overnight. Embrace the turtle – When it comes to sustainable weight loss, slow and steady wins the race!

Make good food choices! Build your diet around vegetables, fruits, whole grains, lean meats, and low-fat dairy. Don't forget to stay hydrated by drinking plenty of water throughout the day, and limit beverages that contain calories and sugar – such as soda, juice, or high-fat lattes.

Avoid fad diets and weight-loss products! If that infomercial claiming you can "LOSE 30 POUNDS IN 30 DAYS!" sounds too good to be true, it probably is. Stick to healthy habits instead. Being mindful of your portion sizes and filling up on vegetables or a hearty salad (watch the dressing!) will get you a lot closer to your weight-loss goals than that "skinny" tea or *X-TREME* fat burner.

Remember to move! Healthy eating is only half of the weight-loss equation. It's important to incorporate daily physical activity in addition to following a healthy diet. The American Heart Association recommends that adults perform 150 minutes of moderate-intensity aerobic exercise or 75 minutes of vigorous exercise per week, plus 2 days of strength-building activity. If that seems overwhelming, don't fret – start small! Sneak in some extra steps by parking your car further away from the store or taking the stairs instead of the elevator.

Take time to plan! Ever heard the phrase: "Fail to plan, plan to fail"? This saying holds true when it comes to successful weight loss. Take the time to plan *what* you are going to eat, *when* you are going to exercise, and *how* you are going to work toward your goal every day. By taking the time to plan, you are less likely to make excuses and more likely to succeed at your weight-loss goals! Envision yourself engaging in healthy habits – after a while they will become second nature!



Food Is Fuel

Instead of thinking of calories or certain food groups as an enemy, **think of food as your friend**. Carbohydrates keep you energized, fats keep you satisfied, and proteins are important to build and repair – they keep you strong! Eat to thrive by prioritizing whole, nutritious foods and limiting foods that do not provide much nutrition – such as potato chips and donuts.

Everything in moderation! Balance is key in achieving and maintaining a healthy weight. You can still enjoy a sweet treat or savory steak from time to time, just don't make these foods the center of your diet!

Healthy Choices When Dining Out



JAMIE FILER, DIETETIC INTERN

It is no surprise that the average American eats out between 1 and 3 days a week. Between our busy schedules, always being on the go, and in need of convenient meals, eating out seems to be on the rise. Along with the rise of eating out, obesity rates have dramatically increased, too. This is due to the calorie dense meals and consumption of large portions.

However, this does not mean we have to avoid eating out all together! After all, eating out with other can often increase happiness, broaden our horizons of food choices, and relieve stress after a busy week. When it comes to eating out, mindfulness, portion control, and enjoying the experience is key!



Tips for Dining Out

- Skip the bread and sugary drinks, stick to water and fill up on the salad
- If listed, be mindful of calorie count. Realize that these are normally for 1 serving, but restaurant portions can be 2-4x the recommended serving size
- Make changes to your order, the server won't mind! Request no butter/oil/dressing/cheese etc. and they will accommodate.
- Enjoy a salad, but be mindful that the calories can sometimes match those of a burger! Select vinaigrette dressings, oil and vinegar, or other low calorie options.
- Order foods with a protein source (ex: grilled, steamed, broiled), and opt for steamed veggies as the side.
- If you choose to indulge (such as a pasta dish) get ½ wrapped up before eating it to be careful of portion sizes. OR share the entrée with your dining partner.
- Avoid buffets, as for it can be very easy to over eat. But if you do go, look for healthy options (lean protein, veggies, whole grains) and stick to one plate.
- Limit eating out by prepping meals in bulk on a day off so you are stocked with healthy options to grab at your convenience
- If you know you are going out for dinner, check out the menu online so you can be prepared with what to order. This will eliminate the stress of having to look for healthy options while looking past all the enticing other meals!



HEALTHY SNACKS HOMEMADE

RACHEL SCHMID, DIETETIC INTERN

WHY NOT BUY SNACKS FOR YOUR KIDS?

Store bought snacks like chips & cookies can be high in fats & sugars.

Making snacks at home lets you choose well balanced options.

Homemade meals and snacks teach your kids about healthy eating habits.

HEALTHY SNACK RECIPES

RACHEL SCHMID, DIETETIC INTERN

CUCUMBER SANDWICHES

Slice up cucumbers, cheese & ham into small slices

Put ham and cheese between 2 cucumber slices and serve on a toothpick

ANTS ON A LOG

Cut slices of celery a few inches long each.

Spread peanut butter on inside of celery and put raisins on top



CINNAMON APPLE SLICES

Slice apples

Put a teaspoon on cinnamon in a bag and add apples, shake until apples are covered



HOW TO READ FOOD LABELS

Alisha Carr, Dietetic Intern



A key thing to remember when reading food labels is the serving size. The calories listed are typically for one serving size and many food items have more than one serving per package. For example, below is a food label for Ben and Jerry's Chocolate Chip Cookie Dough Ice Cream; a serving is 1/2 cup, but the entire container contains 2 cups. If one eats the entire container, not just 1/2 cup, they are really consuming 4 times the amount of calories and nutrients. Instead of the 280 calories, they would consume 1,120 calories.

Being aware of this helps when keeping track of calories as well as staying mindful of the calories being consumed. Another thing to be aware of is the % Daily Value. This is listed on the righthand side of the food label. It is based on a 2,000 calorie/day diet and indicates the percentages of various nutrients that the product contains. The Daily Value percentage is based on all day, not just that one snack or meal.

THINGS TO LOOK FOR:

Look at total calories for a single serving
Look for foods low in sodium, trans fat, cholesterol, and saturated fat
Look for foods high in fiber, vitamins, and minerals

Nutrition Facts			
Serving Size 1/2 cup (104g)			
Servings Per Container 4			
Amount Per Serving			
Calories 280		Calories from Fat 140	
% Daily Value*			
Total Fat 15g		23%	
Saturated Fat 9g		45%	
Trans Fat 0.5g			
Cholesterol 75mg		25%	
Sodium 50mg		2%	
Total Carbohydrate 32g		11%	
Dietary Fiber 0g		0%	
Sugars 25g			
Protein 4g			
Vitamin A 10% • Vitamin C 0%			
Calcium 10% • Iron 2%			
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Nutrition Facts		
Serving Size		1 cup (228g)
Servings per container		2
Amount per serving		
Calories 250		Calories from Fat 110
		% Daily Value*
Total Fat 12g		18%
Saturated Fat 3g		15%
Trans Fat 3g		
Cholesterol 30mg		10%
Sodium 470mg		20%
Total Carbohydrate 31g		10%
Dietary Fiber 0g		0%
Total Sugars 5g		
Protein 5g		
Vitamin A		4%
Vitamin C		2%
Calcium		20%
Iron		4%
*Percent Daily Values are based on a 2,000 Calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.		
	Calories	2,000 2,500
Total Fat	Less than	65g 80g
Sat Fat	Less than	20g 25g
Cholesterol	Less than	300mg 300mg
Sodium	Less than	2,400mg 2,400mg
Total Carbohydrate		300g 375g
Dietary Fiber		25g 30g

- 1 Serving Size / Number of Servings
- 2 Calories / Calories from Fat
- 3 % Daily Value
- 4 Nutrients to Limit
- 5 Nutrients to Get Enough of
- 6 Footnote

UNDERSTANDING LABEL TERMS

Alisha Carr, Dietetic Intern

Sometimes the terms used on food products can be confusing. What does "low sodium" or "reduced fat" actually mean? For starters, anything that says "low calorie" contains 40 or fewer calories per serving. Anything that is "reduced" in a specific nutrient or calories contains at least 25% than the original product. If a product is "low cholesterol" it only has 20 milligrams or less of cholesterol and at most 2 grams of saturated fat. Any food product that is "calorie free" is not, in reality, necessarily free of all calories; it only means it contains, at most, five calories per serving. This is the same with sugar and fat; a product that is "sugar-free" or "fat-free" contains less than 1/2 gram per serving. If a product is a "good source" of a specific nutrient or vitamin, it contains about 10-19% of the Daily Value per serving. A food that is "high in" any nutrient means it provides at least 20% of the Daily Value. A food that has "low sodium" contains less than 140 milligrams per serving.

Retrieved from: <https://www.eatright.org/food/nutrition/nutrition-facts-and-food-labels/the-basics-of-the-nutrition-facts-label>

SUMMARY

Reading nutrition labels can be confusing
 Look for foods that contain high amounts of vitamins and minerals
 Look for foods low in added sugars
 Be aware of serving size and calorie content



Retrieved from:
http://labellingtraining.food.gov.uk/module3/overview_3.html

FOOD LABEL DECODER

ALL MEASURES AS 100G/ML

	LOW HEALTHIER CHOICE	MEDIUM OK MOST OF THE TIME	HIGH JUST OCCASIONALLY
FAT	3g or less	3.1g to 17.5g	More than 17.5g
SATURATES	1.5g or less	1.6g to 5g	More than 5g
SUGARS	5g or less	5.1g to 22.5g	More than 22.5g
SALT	0.3g or less	0.31g to 1.5g	More than 1.5g

Retrieved from:
<https://www.wellbeingprescription.org/news/2017/8/3/food-labels-how-to-read-them>

Herbs, Spices, and Seasonings

SPICES: USES:

ALL SPICE: USE IN FRUIT DESSERTS, PUMPKIN PIE, APPLE CIDER, CAKES, COOKIES, CHICKEN, BEEF AND FISH DISHES

BASIL: TOMATO AND EGG DISHES, STEWS, SOUPS AND SALADS

BAY LEAVES: TOMATO DISHES, FISH AND MEAT DISHES

CHILI POWDER: CHILI, BEAN AND RICE DISHES

CHIVES: POTATO DISHES, SOUPS, DIPS AND SAUCES

CILANTRO: LATIN AMERICAN, INDIAN AND CHINESE DISHES. SALSA, STIR FRIES, LEGUME SALADS, COOKED RICE, GRILLED CHICKEN OR FISH

CLOVES: WHOLE CLOVES ON HAM OR PORK ROAST; GROUND CLOVES TO SEASON PEAR/APPLE DESSERTS, SQUASH AND SWEET POTATOES

CUMIN: MEXICAN, MIDDLE EASTERN AND INDIAN DISHES; BEEF AND LAMB, DRY BEAN DISHES, MARINADES, CHILI AND TOMATO SAUCES.

DILLWEED: TUNA OR SALMON SALAD, POTATO SALAD, PICKLES, DIPS AND SAUCES

GARLIC: MEXICAN, ITALIAN AND ORIENTAL DISHES AND IN SALAD DRESSINGS;

FRESH GINGER: ORIENTAL DISHES, MARINADES FOR CHICKEN OR FISH, FRUIT SALAD, DRESSINGS

GROUND GINGER: GINGERBREAD, SPICE CAKE, PUMPKIN PIE, POULTRY OR MEAT, SOUPS, STEWS, STUFFING, SQUASH, SWEET POTATOES

ITALIAN SEASONING: A MIXTURE OF MARJORAM, OREGANO, BASIL AND ROSEMARY; USE IN ITALIAN DISHES SUCH AS SPAGHET

OREGANO: ITALIAN DISHES, CHILI, OMELETS, BEEF STEW, MEAT LOAF, PORK AND VEGETABLES SUCH AS BROCCOLI OR TOMATOES

PAPRIKA: STEWS, CHICKEN, FISH, POTATOES, RICE AND HARD-COOKED EGGS

ROSEMARY: EGG DISHES, MEATS, FISH, SOUPS AND STEWS, AND VEGETABLES

THYME: FISH, POULTRY OR MEATS, IN SOUPS OR STEWS, VEGETABLE SALADS

Season Your Food with Less Salt

Some seasonings contain salt and/or sodium. Use these sparingly:

- Garlic salt
- Celery salt
- Seasoned salt
- Soy sauce
- Onion salt
- Monosodium glutamate (MSG)

Try to use herbs and spices to season your food. You may find that you can cut down the amount of salt you use.



VIETNAMESE SPRING ROLLS

Ingredients

4 oz	Rice vermicelli noodles
8 oz	Shrimp, cooked, peeled, cut in half lengthwise
2 cups	Lettuce, shredded
½ cup	Thai basil leaves
½ cup	Cilantro leaves, fresh
1 med	Carrot, peeled and julienned
1 cup	Romaine lettuce, shredded
8 ea	Round Rice Paper Sheets, 8 inches

Hoisin Peanut Dipping Sauce

½ cup	Hoisin Sauce
3 Tbsp	Creamy Peanut Butter
4 Tbsp	Water
1 Tbsp	Rice Vinegar



VIETNAMESE SPRING ROLLS

Directions

Preparation time = 20 minutes

Cook Time = 10 minutes

1. Prepare dipping sauce by combining sauce ingredients and reserve.
2. Cook the rice vermicelli noodles in boiling water for about 5 minutes, or until al dente. Shock them in ice water to stop the cooking process and drain them well.
3. Combine the noodles, carrots and lettuce to make the filling.
4. Soak the rice paper in warm water for about 15 seconds, until it starts to soften and then place it on your cutting board. Place about a half cup of the vegetable filling in the center of the wrapper and top it with the basil, cilantro, and two shrimp pieces.
5. Roll from the bottom up containing the filling with your fingers. Once the bottom skin rolls over once, push down to flatten it a little. Fold in two sides snugly, and then roll up the parcel. Lay it seam side down on a serving plate. Serve with the hoisin dipping sauce.

CALORIES	FAT	SAT FAT	CARBS	SUGAR	PROTEIN	FIBER	SODIUM
196	4g	0.8g	29g	5.6g	11g	1.8g	435mg

Chef Recommendations & Substitutions

Allergy to shellfish?

Swap Shrimp with Teriyaki Chicken

Vegetarian or Vegan?

Swap Shrimp with Roasted Spring Vegetables

Allergy to Peanuts?

Swap Peanut sauce with Thai Chili Sauce

Carrot Cake Cookies

Ingredients

YIELDS: 14 Cookies

1 cup instant oats
3/4 cup whole wheat or
gluten free flour
1 1/2 tsp baking powder
1 1/2 tsp cinnamon
1/2 tsp salt
2 tbsp unsalted butter or
coconut oil
1 large egg, room
temperature
1 tsp vanilla extract
1/2 cup pure maple syrup
3/4 cup grated carrots

Directions

1. In a medium bowl, whisk together the oats, flour, baking powder, cinnamon, and salt.
2. In a separate bowl, whisk together the coconut oil or butter, egg, and vanilla. Stir in the maple syrup until thoroughly incorporated. Add in the flour mixture, stirring just until incorporated. Fold in the carrots.
3. Chill the dough for at least 30 minutes.
4. Preheat the oven to 325 degree F, and line a baking sheet with parchment paper.
5. Drop the cookie dough into 14 rounded scoops on the baking sheet. Flatten slightly using a spatula (the cookies don't spread very much!)
6. Bake at 325 degrees F for 12-15 minutes.
7. Cool on the baking sheet for at least 15 minutes before turning onto a wire rack.
8. Enjoy!



SUPERFOOD BREAKFAST COOKIES



INGREDIENTS

YIELDS: 8-9 Cookies

1 banana
 1/2 cup cranberries
 1 cup rolled oats, old fashioned
 3 tbso coconut nectar/syrup
 1/2 tspo baking powder
 1 tsp cinnamon
 1/2 cup oat flour
 1/4 tsp salt
 1 tbsp chia seeds
 1/4 cup flaxseeds
 1/2 cup pumpkin seeds
 2 tbsp almond milk or other milk
 3 tbsp coconut oil or butter

DIRECTIONS

1. Preheat oven to 325°F. Combine dry ingredients in a large mixing bowl—oats, oat flour, dried cranberries, pumpkin seeds, ground flaxseed, chia seeds, cinnamon, baking powder, and salt.
2. Stir in mashed banana, coconut oil, coconut nectar, and almond milk until well blended. Let mixture rest for 4–5 minutes, giving time for chia and flax to bind everything together. (If your dough has gotten too thick, stir in an additional 1–2 tablespoons milk before scooping out onto your baking sheet).
3. Measure dough out by 1/4 cupful and place on a baking sheet lined with parchment paper (or lightly greased). Gently press the dough with spatula to flatten a bit, these cookies don't spread much.
4. Bake for 15–18 minutes, or until cookies are lightly golden around the edges.

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