

Nutrition Concepts- Barrie Rosencrans MS, RD, LD

- Nutrition Journaling:
- Breakfast, Lunch Dinner, Snacks, beverages, Herbal Tea & Water.
- Time of meal/snack, quantity of food, hunger level.
 - Be Flexible- instead of depriving yourself- when it comes to special occasions- Realize there is no need to worry about any one meal- It's important to balance your food with your activity levels over several days- overall diet should be healthy, nutritious, delicious, once and a while splurges may help you stick with an overall diet plan.
 - Food that's good for you doesn't take any longer to prepare than foods that isn't great for you.
 - Each plate- Whole Grain Complex Carb/ Lean protein source/ Monounsaturated fat/ Complex & Simple Carbohydrate- in that order.
List your spectrum of foods eaten today:
 - -----Detrimental---Null----Beneficial-----
 - For example-
- D-pepperoni pizza, gatorade, snickers
- N-toasted white bagel with low fat cream cheese, Rice Krispies and 1% milk

- • B-oatmeal with blueberries, glass of fresh squeezed juice, sliced Kiwi
- Tricks of the Trade-
 - Get your kitchen tools, recipes, pantry in order- herbs, spices, grains, beans, nonstick sprays.Well Stocked Pantry includes:
 - Canned/ frozen Beans, soup starters, low fat & non Dairy - dairy products.
 - Canned Tomato products.
 - Capers, Cocoa powder, dried fruits, extracts- almond, coconut, rum, vanilla, Whole wheat flour, fruit butter- apple , peach, garlic, onions, potatoes, yams, hoisin sauce, low sodium soy / teriyaki sauce, honey, all fruit jam/ spread, organic ketchup, sea salt, nuts, non stick sprays, oil; Canola, olive, peanut, toasted sesame, vinegars, balsamic, rice wine, Rice; arborio, sushi, brown, wild, basmati, spices; cumin, cinnamon, basil, oregano, black peppercorn, chili powder onion powder, ginger, nutmeg , saffron, tumeric, allspice, cardamon, italian herb. curry powder paprika, red pepper flakes, sun dried tomatoes.
 - Extras- Anchovy paste, garlic paste, curry sauce, chutney, miso, mushrooms, sprouts, olives, avocados, roasted garlic paste, low fat & non fat dressings.
 - Shop Farmer's Markets, Heinen's, Trader Joe's, Mustard Seed, Whole FoodsQuick Shopping Tips-
 - Shop the same stores- get to know your store well- breeze

in & out

- Make a list- keep it in the kitchen, Plan for the week ahead, freeze meals • Buy precut veggies and bagged salads, frozen veggies & fruit.

- Go for lowfat, low sodium items, portion control serving sizes, you will eat healthier if you stick to reasonable serving sizes.

- Buy fruits & veggies in season- look for in-store specials, stock up on frequently used items, grains, cereal, oatmeal, granola, rice, pasta, lean proteins, meat, fish, tomato sauce, chop extra onions keep in freezer, make a batch of pesto-make extra soups and freeze those as well.

Shop the perimeter of the market - before going up and down the aisles

Eat smart in Restaurants- Defensive Dining

- Ask for it on the side
- Be picky
- Sleuth out the sandwich fats
- Catch of the day- seafood & fish- baked, broiled or pan seared w/o oil or butter
- Get a naked baked potato
- Order appetizers that are not deep fried to curb your hunger instead of bread & butter • Create your own menu at a restaurant- they are there to serve YOU!
- Pass on dessert- have a fruit instead