



College Cooking 101

A collection of college-friendly recipes and cooking tips to help busy students with busy lives to maintain a healthy lifestyle!



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IPFW Department of Athletics/Recreation, & Intramural Sports,
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Welcome to IPFW!

For many people, this may be your first time preparing meals on a daily basis. Deciding what to prepare for meals can be tough. College Cooking 101 is a handy guide to help you prepare healthy, filling, budget-conscious meals for a busy college student like yourself!

It's more than a cookbook!; also included are healthy and helpful tips!

We hope that you find the advice and recipes collected helpful. College can be stressful, don't let your meal preparation be a part of that stress!

Remember, we are here to help. College should be the time of your life.

Enjoy it and all of your healthy meals!

A special thanks to IPFW Student Government Association for the sponsorship and support!

Good Luck!

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Table of Contents

Getting Started	6-13
Back to the Basics.....	6
Sample Menu Ideas.....	7
Conversions and Abbreviations.....	8
Kitchen Essentials.....	9
Creating a Shopping List.....	10
Creating a Perfectly Portioned Plate.....	11
Cooking Techniques.....	12
Cutting Techniques.....	13
Mixing Techniques.....	13
Breakfast 101	14-21
How to have breakfast on the run.....	14
Breakfast Ideas 101.....	18
Breakfast in Bed 101.....	20-21
Lunch and Dinner 101	22-43
Eggs 101.....	22
Top 10 Fast Food Choices.....	24
Healthy Choices.....	48



Table of Contents

Lunch and Dinner (Continued)

How to	28
What Goes in and Out of the Fridge.....	30
How to save money.....	32
Healthier Pizza 101.....	36
How to have a fun, healthy get together....	42-43
Vegetarian Tips.....	46
Snacks and Light Meals 101.....	49-53
On-Line References.....	52
Dessert 101.....	55-57
Simple, Healthy Cooking Exchanges.....	54
Where To Turn for Help.....	56
Recipes Additions.....	58-59
Index.....	60-61



Nutrition Basics 101

Back to the Basics

1. Eat 3 meals and 2-3 snacks daily: Make time for meals . Eating 3 meals per day plus snacks will provide you with energy that will last all day and keep your metabolism active. Pack healthy, portable snacks such as fruit or a granola bar when you know you will be on the go.
2. Build meals with complex carbohydrates: Carbohydrates are the main fuel source for the mind and muscles. Complex carbohydrates include whole wheat bread, cereals, pastas, rice, beans, and other starchy vegetables.
3. Include protein at each meal. Protein provides essential amino acids which are the building blocks for the body's tissues. Lean sources include non-fat or 1% milk, yogurt, low-fat cheese, skin-free poultry, seafood, lean red meats, tofu, soy, egg whites and beans.
4. Limit high fat foods: Fats provide essential fatty acids which help transport nutrients and provide energy. Some fat is important, but too much will provide excess calories.
5. Limit high sugar foods: High sugar foods like soda, candy and desserts are high in calories and low in nutrients.
6. Stay hydrated: Proper hydration is important for healthy skin and organs. Drink water even if you are not thirsty. If you wait until you are thirsty, you are already partially dehydrated. Carry a bottle of water in your backpack.
7. Relax, turn off the TV and enjoy your meals. Listen to your body as to when you are hungry and when you are satisfied. Taking your time while eating will help you feel when you are satisfied instead of over eating.
8. Confused? Contact an IPFW Dietitian at the IPFW/Parkview Health and Wellness Clinic. Call 481-6647 or email tillapau@ipfw.edu to schedule an appointment. This is a free service for IPFW students!



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Sample Menu Ideas

Breakfast

1 ½ cup Raisin Bran
1 cup milk (preferably skim or 1%)
banana or ½ cup 100% juice

Lunch

6" Turkey Sub w/ veggies
baked Doritos
Water, milk, or tea

Snack

fruit, pudding, or granola bar

Dinner

1 cup cooked pasta
½ cup pasta sauce
shredded cheese
3oz chicken breast
1 cup milk
fruit or vegetables

Snack

½ - 1 cup ice cream

Breakfast

Fruit, yogurt, and granola parfait
milk

Snack

low-fat yogurt and grapes

Lunch

tuna with light mayo and crackers
milk or light lemonade

Snack

fruit, carrots, pudding, or granola bar

Dinner

broccoli rice casserole
1 pc bread with butter
fruit
1 cup milk

Snack

bagel with light cream cheese

Breakfast

english muffin with light cream cheese
mocha made with skim milk
fruit

Snack

trail mix from vending machine

Lunch

kids meal from McDonalds
w/ skim milk

Dinner

grilled cheese
tomato soup
salad w/ light ranch dressing

Snack

3 cups light microwave popcorn

Smart Grocery Shopping

1. Concentrate shopping time around the perimeter of the grocery store. Fill your cart with produce first.
2. Watch your beverages. Choose 100% fruit juices instead of juice drinks and beware of soft drinks, which can contain up to 11 teaspoons of sugar.
3. Do not shop when you are hungry.
4. Think whole grains! Cereals are a great source of fiber. Find cereals with at least 5g fiber per serving.
5. Beware of featured items at the end of aisles and at the check out counter. These foods are usually loaded with fat and calories plus make you spend more money on things you don't really need.
6. Make a list, and stick to it.
7. If you are trying to find convenient, on-the-go items, look for foods that are high in fiber and have both carbohydrates and protein.
8. Clip coupons before you go to the store. Only use

Prepared by: Judy Tillapaugh, RD



Conversions and Abbreviations

Tbsp. = tablespoon	tsp. = teaspoon
c. = cup	oz. = ounce
pt. = pint	qt. = quart
lb. = pound	pkg = package

3 tsp. 1 Tbsp.	2 Tbsp. 1/8 cup
4 oz. 1/2 cup	4 Tbsp. 1/4 cup
8 oz. 1 cup	8 Tbsp. 1/2 cup
2 cups 1 pint	5 Tbsp. + 1 tsp. 1/3 cup
2 pints 1 quart	12 Tbsp. 3/4 cup
1 quart 4 cups	16 Tbsp. 1 cup
1 gallon 4 quarts	

Stocking Your Kitchen with the Basics

Canned Beans	beans are an excellent source of fiber and protein! Try a variety such as black, red kidney, white and pinto. Try fat-free refried beans!
Tomatoes	Tomato based pasta sauce is a great staple to keep on hand. Canned tomatoes, tomato sauce, tomato paste and salsa can also be used to enhance a variety of dishes.
Rice	You can stock regular or instant rice. Brown rice has the most nutrients.
Pasta	Pasta is quick and delicious! There are many varieties such as fettuccini, penne, spaghetti, orzo, macaroni and many more. Most pasta varieties are also available in whole wheat as well!
Herbs	Fresh herbs are very flavorful, though may not be convenient. Dried sage leaves, bay leaves, oregano, thyme, rosemary, and mint are as great!
Spices	Purchase spices in small quantities. Convenient spices to keep include garlic powder, garlic salt, onion powder, pepper, salt, nutmeg, oregano, Italian seasoning, cayenne pepper, paprika and basil.
Other	Baking powder, baking soda, canned fruits and vegetables, canned fish, cream of mushroom or chicken soup, canola or olive oil, broth and non-stick cooking spray.



Kitchen Essentials

For the Dorm Room/Small Kitchen	For the full size kitchen
2 microwave safe bowls (lg and sm) 9 x 9 inch baking dish 2 sharp knives, 1 paring knife and 1 larger, sharp knife Liquid and dry measuring cups Measuring spoons 1 small cutting board 1 wooden spoon 1 rubber spatula Can opener Bottle opener Small hand grater Aluminum foil Plastic wrap Zip lock bags Sponge Colander Paper towels, paper plates, napkins, plastic utensils Potholder	<i>Added to the Small Kitchen items:</i> 10" non-stick frying pan 2 or 3 quart saucepan Vegetable steamer Toaster Dishes, glasses, silverware Glad-Ware for storing leftovers <i>Nice to have, but not essential</i> Tea kettle Coffee maker Muffin tins, cake pans, loaf pans Blender or food processor George Foreman's Grill

Eating Well on Campus by Ann Selkowitz Litt



Helpful Resources that Save you Money:

Money for food can be tight sometimes, but if you look around, you can find resources that help you save money. Using coupons for foods that you normally buy will help. Check out the local paper or these websites.

- ♦ www.coupons.com This website just asks for your zip code, and then you can print savings.
- ♦ www.couponbug.com To receive all of these coupons, you'll have to register, but it's worth it!
- ♦ www.coolsavings.com Again, you'll have to sign up in order to print the coupons, but it will benefit you AND your wallet.



Creating a Shopping List

Stocking Your Kitchen (getting started at the grocery store)

PROTEIN

chicken breasts
sliced turkey
canned tuna
lean ground beef
eggs
peanut butter
canned beans
nuts

VEGETABLES

tomato or V8 juice
tomato sauce
salsa
frozen mixed vegetables
carrots
broccoli
garlic, onions

FRUIT

apples
bananas
oranges or orange juice
pineapple
pears
peaches
raisins

OTHER:

CARBOHYDRATE

bread
bagels, English muffins
cereal
rice, noodles
potatoes
corn, peas
pasta
crackers
pretzels
pop corn
snack bars

DAIRY

milk
yogurt
cheese
cottage cheese

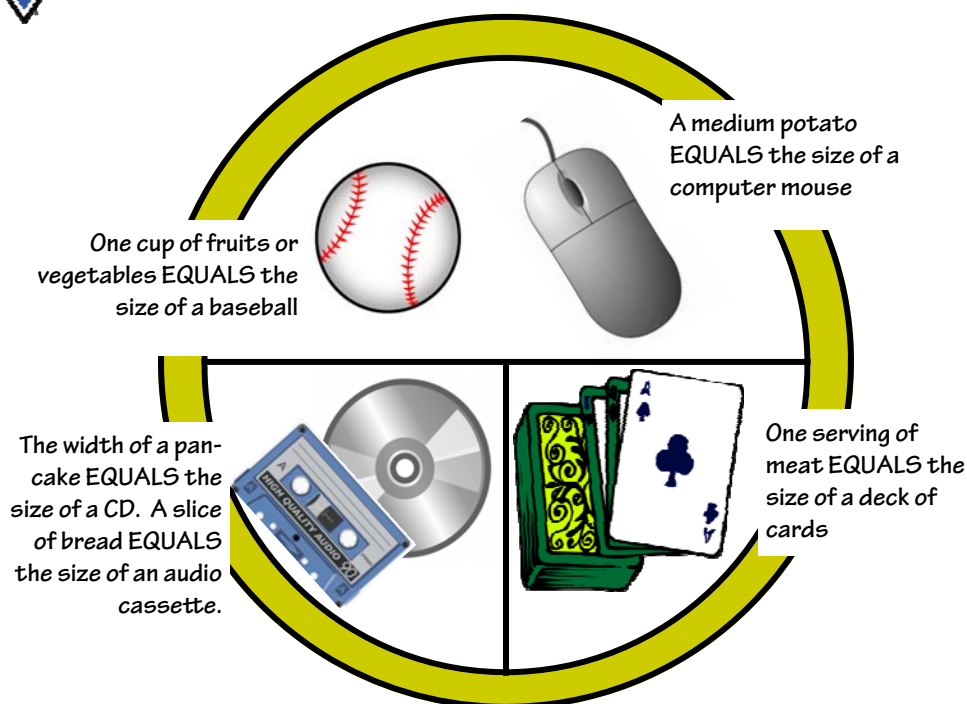
TOPPINGS & FLAVORINGS

oil
trans fat free margarine
jam, jelly, honey
salad dressing
pepper
cinnamon
vanilla extract

Make copies and take with you to the store



Perfect Proportions



- Make 1/2 of your plate fruits and vegetables
- Make 1/4 of your plate grains
- Make 1/4 of your plate lean protein or meat

Grains: Aim for 6-11 servings each day. Choose whole grains whenever possible.		
Examples	One serving equals	That's about the size of
Bread	1 ounce (1 small slice, 1/2 bagel, 1/2 bun)	Index card
Cooked Grains	1/2 cup cooked oats, rice, pasta	Billiard ball
Dry cereal	1/2 cup flakes, puffed rice, shredded wheat	Billiard ball

Fats & Oils: Eat fats and oils sparingly and in small portions. Choose heart-healthy fats whenever possible.		
Examples	One serving equals	That's about the size of
Fat & Oil	1 tsp butter, margarine, oil	One die

Dairy: Aim for 2-3 servings of calcium-rich foods each day. Choose low- or non-fat products whenever possible.		
Examples	One serving equals	That's about the size of
Cheese	1 ounce or 1 thin slice of cheese	A pair of dice
Milk	1 cup milk, yogurt, soy milk	Baseball

Fruits and Vegetables: Aim 5-9 total servings each day. Choose fresh fruits and veggies whenever possible.		
Examples	One serving equals	That's about the size of
Raw fruit	1/2 cup raw, canned, frozen fruit	Billiard ball
Dried fruit	1/4 cup raisins, prunes, apricots	An egg
Juice	6 oz 100% fruit or vegetable juice	Hockey puck
Raw vegetables	1 cup leafy greens, baby carrots	Baseball
Cooked vegetables	1/2 cup cooked broccoli, potatoes	Billiard ball

Meat and Beans: Aim for 2-3 servings each day. Choose lean meats and plant proteins whenever possible.		
Examples	One serving equals	That's about the size of
Meat & Tofu	2-3 oz cooked beef, poultry, fish, tofu	Deck of cards
Beans	1/2 cup cooked beans, split peas, legumes	Billiard ball
Nuts & Seeds	2 Tbsp nuts, seeds, or nut butters	Ping pong ball



Kitchen Terminology 101

Cooking Terminology

Baking VS Roasting

Both baking and roasting are done behind a closed oven door. Foods are cooked by dry heat circulating in the oven. The key is an accurate oven temperature.

Generally, baking is used for cookies, breads and pies and for preparing chicken and fish. Meat is rarely baked. Roasting is done at a higher heat and is appropriate method for cooking meat, poultry and vegetables. Bake or roast foods in the middle of the oven unless the recipe states otherwise.



VS



Grilling VS Broiling

These are essentially the same techniques. The main difference is that in grilling, the heat source is below the food and in broiling, the heat source is above the food. When broiling, place a pan about 4 inches from the heat source. To prevent cleanup hassles, line the bottom of the pan with aluminum foil so you can toss it out when you are done cooking. Watch food very carefully when using the broiler so that they do not burn.



VS



Eating Well on Campus by Ann Selkowitz Litt

Other Cooking Terms

Baste	To spread, brush or spoon water, melted fat or other liquid such as chicken broth, over food to keep the surface moist and add flavor.
Blanch	To boil in water for a short time and then plunge into cold water or to pour boiling water over food then drain it almost immediately. Often used to preserve color in vegetables or loosen tomato skin.
Boil	To cook in water or liquid that is boiling.
Marinate	To let foods stand in a liquid mixture. Refrigerate, covered if marinating for more than 2 hours.
Poach	To cook in water, broth or other liquid that is just below boiling point
Sear	To brown surface quickly over high heat, usually in a hot skillet. Often an instruction at the beginning of meat preparation.
Simmer	To cook in a liquid at a low temperature. Liquid should not boil.
Steam	To cook, covered, over a small amount of boiling liquid so the steam formed in the pan cooks the contents.
Sauté	To cook briskly in a small amount of fat, usually in a skillet on top of the stove. Also known as pan-fry.



Kitchen Terminology 101

Chopping Terminology

Chop: To cut into small pieces with a sharp knife.

Cube: To cut into small squares of equal size.



Dice: To cut into small cubes. Size may be specified in recipe.

Grate: To cut food into very fine particles by rubbing on a grater. Spray a grater with non-stick spray to help in cleanup.

Grind: To cut food into tiny particles by pushing through a food grinder, or by crushing with a mortar and pestle. Also can be accomplished in a food processor.

Julienne: To cut into thick long strips.

Sliver: To slice into long, thin strips.

Mixing Terminology

Beat: To make a mixture smooth or to introduce air by using a brisk, regular revolving motion that lifts the mixture over and over.

Blend: To combine two or more ingredients by mixing thoroughly.

Fold: To combine by using two motions: (1) cutting vertically through the mixture and (2) turning over and over by sliding the implement across the bottom of the mixing bowl with each turn of the bowl. Usually accomplished with a spatula, and usually used to incorporate light mixtures, such as egg whites, into other mixtures, such as cake batter.

Mix: To combine ingredients in any way that evenly distributes them.

Stir: To mix foods with a circular motion for the purpose of blending or obtaining uniform consistency.

Toss: To lightly blend ingredients by lifting them and letting them fall back in the bowl.





How to get breakfast on the run

Start your day off right! No matter what hurry you are in to get to class, breakfast doesn't need to be sacrificed! Studies have shown that those who eat breakfast are more likely to lose weight the healthy way! Breakfast is an important part of starting your day. Try combining a bit of protein, carbohydrate, fiber and fat at every breakfast for a filling meal and one that will sustain you for a while.



If breakfast seems like an impossible feat for you, try some of these tips to make an on-the-go breakfast an easy option:

- ♦ Make a large batch of oatmeal at the beginning of the week and re-heat a portion each morning. Adding a little liquid to your portioned section for the day will keep it moist and tasting great! Add different "condiments" such as dried fruit, granola, or cinnamon each day for a variety.
- ♦ Keep a supply of granola bars and other breakfast bars on hand that are easy to grab on your way out the door.
- ♦ Buy a bag of apples at the beginning of the week. Apples stay fresh for 5-10 days and are an easy food to eat on the run.
- ♦ Buy individual yogurt cups and keep a supply of plastic spoons that you can grab and go.
- ♦ Keep a high-fiber, low-sugar cereal on hand. Put into a baggie and eat dry.



Breakfast doesn't have to be "breakfast food"! Try these quick ideas for a breakfast on the run:

- ♦ Turkey sandwich
- ♦ Handful of nuts and raisins
- ♦ Cheese and a dinner roll
- ♦ Peanut butter toast
- ♦ Peanut butter spread on celery
- ♦ Bean burrito
- ♦ Crackers and hummus
- ♦ Apple and a slice of cheese



Breakfast 101

Scrambled Eggs

Serves: 1

2-4 eggs (with or without egg yolks)
Non-stick cooking spray or 1 Tbsp margarine
1/4 cup skim milk
Salt and pepper to taste



Serve scrambled eggs with:

Bacon

Canadian bacon

Lean sausage patty

Tofu

Cheese

Salsa

Green peppers, onions, tomatoes

Toast

And many other delicious
combinations!



1. Heat a medium size frying pan on the oven.
 2. Crack eggs into a medium size bowl.
 3. Add milk and whisk with a fork until blended.
 4. Spray pan with cooking spray or melt margarine before adding eggs.
 5. Pour egg mixture into pan. Let eggs sit for 15 seconds.
 6. Then continue to stir and pull egg mixture to the center of the pan with your spatula breaking up the larger pieces of egg.
- When done, eggs should be firm and not runny.
Sprinkle with salt and pepper as desired.

Source: Eating Well on Campus

Egg Sandwich

Serves: 1

2 eggs
2 slices of bread
1 slice of cheese
1 T Miracle Whip



1. Heat pan. Spray pan with non-stick cooking spray. Break each egg into the skillet and reduce heat. Cook until the egg white is set and the yolk begins to thicken but is not hard.
2. Meanwhile, toast the bread. Spread butter or Miracle Whip onto bread. Top one slice of bread with eggs, cheese and remaining slice of bread.

Source: Allrecipes.com

To make this breakfast into a dinner time fix, add a slice of tomato or bacon!



When making an omelet, use a ratio of 1 whole egg to two egg whites. This will cut down on fat and cholesterol and still highlight the flavor of the yolk!



Breakfast 101

Overnight Oatmeal

Serves: 1



½ cup oatmeal

½ cup milk

This recipe is great to make the night before as something to grab on your way out the door. Half of the liquid is used for this recipe as would be for cooked oatmeal.

1. In a covered dish (easy for transportation), combine milk and oatmeal.
2. Set in the refrigerator overnight.

Other options to add can include cranberries, raisins, cinnamon, blueberries, yogurt, etc.

Submitted by: Jen Roherty-IPFW Wellness Specialist

Quiche

- | | |
|--|------------------------|
| 1 pkg. of ready made pie crusts (2 crusts) | 6 eggs |
| 1/2 lb. bacon or ham, cooked and chopped | 1 tsp. dry mustard |
| 8 oz. grated (or shredded) Swiss cheese | 1 tsp. hot sauce |
| 3 C. half and half | 1/2 tsp salt. |
| 1 C. milk | Dash of cayenne pepper |

Line 2 pie pans with crusts. Layer meat then the cheese. Mix the remaining ingredients and pour over meat and cheese. Bake at 350° for 45-55 min. If you make two at a time, then you can keep the leftovers in the fridge. They are great when they are warmed up again. The baked quiches will stay for about a week in the fridge.

Substitutions: Add sausage and cheddar instead of bacon and Swiss. Or, try the vegetarian option and add 1 box of frozen spinach (thawed and drained) with 1/2 C. onion instead of the meat and cheese.

Submitted by: Kristen Dirig-IPFW Summer Wellness Assistant

Egg Sandwich in a Mug

Serves: 1



- 2 eggs
 - 1 Tbsp skim milk
 - 2 slices whole wheat toast
 - 1 slice cheese
1. In a glass coffee mug or liquid measuring cup, crack 2 eggs and mix together.
 2. Microwave for 1 minute. Watch eggs while cooking as they sometimes pop.
 3. When eggs look solid (no runny egg mixture left on top of egg), flip cup and remove egg onto 1 slice of toast.
 4. Top with cheese and the remaining piece of toast.

Submitted by: Danny Roherty, IPFW Student



Breakfast 101

Oatmeal and Banana Breakfast

Serves: 1

- 1 cup of Quaker oatmeal (prepared)
- 1 Tbsp peanut butter
- 1 whole banana, sliced
- Sugar (to taste)

1. Prepare oatmeal (instant or non-instant) as directed.
2. Stir in 1 Tbsp peanut butter.
3. Slice banana and add to the hot oatmeal.
4. Add sugar as desired.

Submitted by: Nic Reusser, IPFW Student

Yogurt Parfait

Serves: 1

- 1-6 or 8 oz. container of yogurt of your choice
- 1/2 cup fresh or frozen fruit of your choice
- 2 Tbsp granola

This quick and easy breakfast can be eaten at home or on the go.

At home:

1. Dish the yogurt into a bowl and top with fruit and granola. For a fancy flair, layer the fruit and yogurt and top with granola.

On the go:

1. Pack your fruit and granola in separate containers and mix when you're ready to eat.
2. If you mix your fruit and yogurt ahead of time, save the granola until just before you eat it, otherwise the granola will be soggy.

Top with any cereal you have on hand!



Other Quick Breakfast Ideas

- * Fresh fruit plus slice of cheese
- * Granola bar
- * Cereal packed in a baggie
- * Cup of yogurt
- * String cheese
- * Peanut butter on a waffle
- * Prepared yogurt smoothie from dairy aisle
- * Toast with peanut butter or fruit spread



Breakfast Ideas 101

Bread/Cereal Group		Fruit Group		Protein
Cold Cereal	+	Fruit	+	Milk
Whole Wheat Toast	+	Fruit	+	Yogurt
Whole wheat bagel	+	Orange juice	+	Peanut Butter
Bran muffin	+	Banana	+	Milk
Instant oatmeal	+	Raisins	+	Milk
Whole Wheat Toast	+	Peaches	+	Cottage cheese
Whole Wheat Toast	+	Strawberries	+	Egg
Waffles	+	Pomegranate Juice	+	Tofu
Toast with Honey	+	Apple	+	Milk
Hash Browns	+	Orange Juice	+	Ham
Cereal	+	Grapefruit	+	Soy Milk
Whole Wheat Toast	+	Apple	+	Turkey
Whole Wheat Crusty Bread	+	V8	+	PB & J
Cereal with Flax Seed	+	Banana	+	Skim Milk
Crackers	+	Grapes	+	Cheese Cubes
Whole Wheat Toast	+	Orange Juice	+	Slice of Cheese
Whole Wheat Toast	+	Apple Juice	+	Tofu
Leftover Pizza	+	Grapes	+	Milk
Whole Wheat bread	+	Kiwi	+	Slice of Turkey

Submitted by: Heather Etzler, IPFW Student



Breakfast 101

Breakfast Muesli

Serves: 1

- 1 cup quick rolled oats
- 1/2 cup apple juice
- 1 8-ounce crushed pineapple in juice
- 1 small red apple
- 1 8-ounce container vanilla yogurt

In a medium sized bowl, combine oats, apple juice and crushed pineapple with its juice. Cover and refrigerate the muesli over night. Just before serving, coarsely shred the apple. Stir the apple and yogurt into the muesli. Serve with milk and honey or brown sugar, if desired.

Source: Candace Murray, IPFW Academic Success Center



Use your homemade granola to make a:

Yogurt Parfait

Serves: 1

- 1 cup any flavor light yogurt
- 1/2 cup fruit (any berries)
- 1/4 cup granola

1. Layer or mix the above ingredients for a great, simple, on-the-go breakfast.

Did you know: Muesli is the invention of a Swiss nutritionist. It is a mixture of uncooked rolled oats that have been moistened with water and often nuts and dried fruits. Just before it is eaten, milk and fresh fruit are stirred into this healthy concoction. Honey can also be added.

Breakfast Smoothie

Serves: 1

- 8 oz. any flavor light yogurt
- 1 banana
- 2 cups strawberries or other berries
- 1 cup orange juice
- 2 cups ice

1. Blend all ingredients in a blender for a quick breakfast.

Modify recipe depending on what you have on hand! Use milk, soy milk or another flavor of juice instead of orange juice. Mix up the flavors of yogurt that you use. Add protein powder for a pre or post-workout smoothie.



Source: www.allrecipes.com



Breakfast 101

How to make scrambled eggs



To make breakfast for two, we used six eggs, six tablespoons of milk, salt and pepper to taste, and two teaspoons of chopped fresh parsley.

- Plan on using three eggs per person for a good-sized serving.
- If you're counting calories, you can substitute egg whites for one or two of the whole eggs.



Crack the eggs into a bowl that's deep enough to support vigorous whisking.



Thin the egg mixture with milk or water: this will make gently cooked scrambled eggs more tender (note: if the heat is too high, the liquid can separate from the cooked eggs). Use approximately one tablespoon of milk per egg.



Whisk the mixture until well combined.



Heat a skillet over medium heat. Use cooking spray or a nonstick pan.

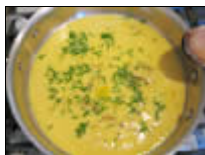


When a drop of water added to the pan sizzles, pour in the egg mixture. Immediately reduce the heat to medium-low. Don't stir the pan: you want to let the eggs begin to set before you start scrambling them.





Breakfast 101



This is the time to add minced herbs, shredded cheese, chopped scallions, sautéed mushrooms, chopped tomato, or anything else you like.



With a wooden spoon, start to scrape the eggs from the edge of the pan to the center, forming large soft curds.



Continue scraping your spoon along the bottom of the pan to re-distribute the eggs as they cook.



You should start to see the bottom of the pan as your spoon scrapes a trail through the eggs.

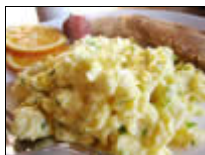


When the eggs look wet but are no longer liquid, gently mound the eggs into the center of the pan.



Turn off the heat but leave the skillet on the burner. The scrambled eggs will continue to cook from the heat of the pan and from the residual heat in the eggs.

Now's the time to put toast in the toaster and grab a pair of plates.



Divide your light, fluffy eggs between the two plates.

How to cook scrambled eggs in the microwave:

- Crack eggs into a microwave-safe bowl. Add milk or water and beat well with a fork.
- Cover with plastic wrap and microwave at 70 percent power for 1 1/2 minutes. If eggs are not cooked to desired doneness, continue cooking in 20 second intervals, until done.



Breakfast 101

Tips for Marvelous Muffins

- The number one rule of muffin-making is don't over mix the batter unless you want hockey pucks instead of muffins.
- If you're wondering which recipe to choose, note that less butter and sugar in a recipe results in a bread-like muffin, while more butter and sugar produces something closer to cake.
- Have all ingredients at room temperature. Mix the dry ingredients, whisk the wet ingredients, then use a spatula or wooden spoon to gently stir the two together until everything is slightly moistened. Yes, there will be lumps. Small lumps are fine.
- Add fruit, nuts, etc. after lightly combining the wet and dry ingredients. Then give the batter one more light-handed stir and you're done. Is the batter still thick and lumpy? That's exactly what you want.
- That thick, lumpy batter is best portioned out with a ladle or a small ice cream scoop.
- Some say muffin tops are the best part. To get yours, bake the batter in shallow muffin tins or overfill regular muffin tins. Even if you use paper liners, a quick spritz of vegetable cooking spray on the top of the muffin tin will make muffin removal much easier.
- Position your oven rack in the middle of the oven for even heat distribution.
- Let muffins cool for a few minutes before turning them out of the pan.
- Muffins are best when freshly made, but for muffins anytime you want them, wrap cooled muffins in plastic and freeze for up to two months. Thaw, still wrapped, at room temperature.

Vegan Apple Carrot Muffins

Serves: 4

Ingredients

- 1 cup brown sugar
- 1/2 cup white sugar
- 2 1/2 cups all-purpose flour
- 4 teaspoons baking soda
- 1 teaspoon baking powder
- 4 teaspoons ground cinnamon
- 2 teaspoons salt
- 2 cups finely grated carrots
- 2 large apples - peeled, cored and shredded
- 6 teaspoons egg replacer (dry)
- 1 1/4 cups applesauce
- 1/4 cup vegetable oil

Directions

1. Preheat oven to 375 degrees F (190 degrees C). Grease muffin cups or line with paper muffin liners.
2. In a large bowl combine brown sugar, white sugar, flour, baking soda, baking powder, cinnamon and salt. Stir in carrot and apple; mix well.
3. In a small bowl whisk together egg substitute, applesauce and oil. Stir into dry ingredients.
4. Spoon batter into prepared pans.
5. Bake in preheated oven for 20 minutes. Let muffins cool in pan for 5 minutes before removing from pans to cool completely.

Source: www.allrecipes.com



Breakfast In Bed 101



Eggs 101

Eggs create lots of options for meals and snacks. Fresh eggs can be stored in the refrigerator for up to 5 weeks. Storing in the carton they come in is the best storage. The carton also keeps the eggs from absorbing any other odors or flavors of foods in your refrigerator.



Not only are eggs cheap and easy to fix for a quick, easy meal, but eggs are also a great source of protein, iron, vitamins A and D and riboflavin. There are about 75 calories in an average sized egg. The protein in an egg is concentrated in the egg white. The fat and cholesterol are concentrated in the yolk. Limit the number of egg yolks consumed to no more than four per week.

Egg Storage:

How to make hard boiled eggs:

- ♦ First, place the eggs into a deep pan.
- ♦ Then fill the pan with water until the eggs are covered by an inch of water.
- ♦ Turn the heat on high and once the water is boiling, set the timer for 10-15 min.
- ♦ When the timer goes off, immediately remove the eggs from the burner and run cold water over them.
- ♦ Once cooled, peel or store the hard boiled eggs!
- ♦ For better peeling, puncture a small hole in the end of the egg prior to boiling using a thumbtack. (This also helps keep the yoke in the center.)

Hard Boiled	8-10 days
Egg Whites	2-4 days in a covered container
Egg Yolks	2-4 days if covered with water



Lunch and Dinner 101

Potato Casserole

Serves: 8

This is a quick and easy potato casserole that can be for breakfast, lunch, or dinner.

7-10 medium potatoes (you can use red or yellow potatoes too)

3-4 cups milk

3 Tbsp. butter

8-12 oz. ham, turkey, or chicken

2 Tbsp. bacon bits

1/4 cup grated cheddar cheese

1 Tbsp. dried oregano



1. Wash, peel, and cut potatoes into slices. Put potatoes into a 9" x 13" casserole dish.
2. Pour the milk on top of the potatoes so that the milk covers all of the potatoes.
3. Cut the butter into small chunks and place the chunks on the top of the potatoes.
4. Chop the meat into small pieces and then sprinkle on top.
5. Finally, top with bacon bits, cheese, and oregano.
6. Cook the casserole until the top layer of potatoes are brown (about 30-45 min).

Submitted by: Chris Brigson IPFW Men's Volleyball Team

10 Minute Chili

Serves: 4

With or without meat, this chili is a quick fix dinner!

1 pound of browned hamburger (optional)

1 can chili beans

1 can white cannelli beans

1 package chili seasoning (mild or hot)

1 can chili ready tomatoes

2 Tablespoons brown sugar

1/2 Vidalia onion

1/2 chopped green pepper

Additional red pepper, jalapeno, cumin or spices as desired



1. Brown hamburger and/or onions and green pepper. If using hamburger, drain excess fat in a skillet.
 2. In a medium saucepan, combine beans, hamburger (optional), seasonings, tomatoes, brown sugar, onion and green pepper.
 3. Heat on medium until chili begins to boil. Lower heat and let chili simmer. E
- Enjoy! Use leftovers for a quick meal the rest of the week!

Submitted by: Jennifer Roherty-IPFW Wellness Specialist



Fast Food 101

Top 10 Best Fast Food Choices

Sometimes you have to live life in the fast lane, but at least know you can choose healthy foods when eating fast food. Remember, moderation is the key!



Best selections are from the 6 Inch Jared Sandwiches. Choose whole-wheat bread and low-fat protein. Limit mayonnaise and high fat dressings. Also try yogurt, raisins, apples or milk with your meal instead of chips and a soda.



Choose from the 9 Fresco options. Chicken is the healthier option than steak or beef.



Order a McGrill sandwich and salad with low-fat dressing. Put the chicken breast on the salad. You can order a kid's meal instead of a value meal. Order milk instead of soda.



Try a grilled chicken breast sandwich (watch the mayonnaise). Wendy's now has 11 sides that you can choose instead of French fries.



BK broiler without the mayo. Burger King also offers a veggie burger not prepared on the grill with other meats.



Chicken breast without the skin and a serving green beans and baked beans.



Choose small items. Hamburger with a small soft-serve ice cream.



Italian

Enjoy a grilled chicken or fish item, with a ½ cup of pasta and grilled vegetables.



Chinese

Limit the rice, especially fried rice. Get extra vegetables with a low-fat protein dish. Chicken and shrimp are great options.



Lunch and Dinner 101

The Ultimate Quick and Easy Meals

Easy Mac to the Rescue!

Serves: 1

Easy Mac can be great in a pinch and is a staple in many college kitchens. It may not fill you up, however. Check out some healthy ways to “beef up” a simple pack of Easy Mac!



Add to 1 package Easy Mac prepared as directed

- 1 can tomatoes, drained
- 1 can kidney beans or black beans
- Steamed broccoli, peas or cauliflower
- Shredded cheese
- Sautéed onion or green pepper
- Grilled chicken, turkey or veggie burger
- Chop a hamburger or veggie burger
- Can of mixed vegetables, drained

Salad in a Bag

Serves: 1

- 1 cup cooked pasta, any variety
- 1/4 cup 2% Milk Shredded Reduced Fat Cheddar Cheese
- 1/4 cup each: cherry tomatoes, shredded carrots, corn and green beans
- 2 Tablespoon Light Ranch Reduced Fat Dressing

1. Place all ingredients except dressing in large re-sealable plastic bag.
2. Pour dressing into small re-sealable plastic bag. Seal both bags and refrigerate until ready to serve.
3. Add dressing to ingredients in large bag just before serving; seal bag. Shake gently to evenly coat all ingredients with the dressing.



Source: www.kraftfoods.com

Tuna Pot Pie

Serves: 4

- 2 cans of tuna in water
- 1-11 oz can cream of chicken soup
- 10 oz. package of frozen mixed vegetables
- 1 roll of uncooked Grands Rolls

1. Preheat oven to 375°. In a mixing bowl combine 2 cans of drained tuna, can of soup, and vegetables.
2. Place the mixture into a 1.5 quart casserole dish.
3. Top with roll dough cut or pulled into smaller pieces. Then bake for 40 min.

Submitted by: Chris Brigson IPFW Men's Volleyball Team



Healthy Choices 101

Healthy Lunch Ideas

Don't not want to eat fast food on campus? Consider packing a lunch. Not only can you monitor your calories but you can also monitor your nutrition intake. Eating a balanced lunch consists of: foods that are starchy, fruit/ vegetable, protein, and a little fat. Packing a lunch also saves your hard earned cash!

Consider these lunch ideas:

Water + Healthy Choice meal + apple

Granola bar + banana + milk

Crystal light + turkey sandwich + mustard + banana

V8 + peanut butter and jelly + grapes

Gatorade + pretzels + cheese + apple

Campbell's Soup at Hand (Chicken with Mini Noodles) + crystal light + carrots

Campbell's Soup at Hand (Tomato or hearty vegetable) + peanuts + toast + water

Lean pizza pocket + grapes

Strawberry smoothie (yogurt + strawberries + apple juice) + crackers

Cheez-it crackers + apple + low-fat chicken salad

Leftover mashed potatoes + chicken + green beans

Leftover spaghetti + meatballs + milk

Fruit salad + water + toast + cottage cheese

Taco salad (meat, cheese, lettuce, salsa, tortilla chips) + crystal light



Students, faculty, and staff do not forget there are microwaves in various buildings on campus.

Submitted by Heather Etzler, IPFW Student



Lunch and Dinner 101

Tuna Salad

Serves: 8

Ingredients

- 1 (6 ounce) can tuna, drained and flaked
- 1/4 cup thinly sliced celery
- 1/4 cup chopped walnuts
- 1/4 cup plain yogurt
- 3 tablespoons sweet pickle relish
- 1 green onion, sliced
- 2 (6 inch) pita breads, halved

Directions

In a small bowl, combine the first six ingredients. Spoon into pitas.

PB&J Your Way

- 2 slices of whole wheat bread
- 2 Tbsp. all natural peanut butter
- 1 apple sliced and cored

1. Spread the peanut butter onto both sides of the bread and add the slices of apples.
2. Enjoy for a lunch on the go!

Kristen Dirig- IPFW Summer Wellness Intern



Other toppings to add to your PB&J

- * Sliced bananas
- * Sliced pears
- * Strawberries, blueberries, blackberries, or raspberries
- * Marshmallow Fluff
- * Nutella (chocolate hazelnut spread)
- * Apple butter
- * Coconut
- * Honey

Spinach Chicken Salad

Serves: 1

- 4 cups baby spinach
- 1-2 grilled boneless, skinless chicken breasts
- 2 Tablespoon Light zesty Italian salad dressing
- 1 teaspoon sugar

1. Grill chicken breasts in a George Forman grill or on the stove top with non-stick cooking spray or olive oil.
2. While chicken is cooking, combine sugar and dressing. Toss together with spinach.
3. Roughly chop chicken and add to salad.

Submitted by: Nic Reusser, IPFW Student



Kitchen Tips 101



How to.....

Brown Hamburger:

To brown hamburger, you need ground beef (or ground turkey or ground chicken), a large skillet, and a spatula or spoon. Put the defrosted beef into the skillet (or pan) and turn the burner on to Medium-High heat. Then begin to gradually break up the chunks of meat using your spatula. You should start to hear the meat sizzle and even see some of the pink turning to brown. As the meat cooks it will release juices, so don't worry if your meat is soon swimming! Once all of the meat is cooked thoroughly, there shouldn't be any pink left on the beef. Next you want to drain the meat. This is most easily done by using a colander. If you don't have a colander then you can carefully drain off the liquid with the help of your spatula or even use a small plate to hold the meat back as you pour. When the meat is drained, add it to whatever dish you'd like.

Caramelize onions:

First start by chopping or slicing the onion, in whatever size you'd like. To do this, use a large chef's knife and a cutting board (or if you have a vegetable chopper, you can use that.) Once the onions are cut, take out a large skillet and drizzle it with a little bit (.5 Tablespoons) of Extra Virgin Olive Oil (vegetable oil will also work.) Heat the skillet over Medium to Medium-High heat. Once the oil is hot, add in the onions. Occasionally stir the onions. The onions are finished when they appear translucent with some brown color on them. Caramelized onions are great on steaks, burgers, stir fry, or any Mexican dish.

Boil pasta:

There are many ways to do this. One of the better ways of cooking pasta is to fill a large pot with water. Then set the pot on a burner on high heat. Once the water has boiled, add your pasta. (If you are using spaghetti or any long pasta, a handful is a little over one serving.) When you add the pasta, turn the heat down so that the water does not boil over. Now is the time to add seasoning, so to the boiling pasta, add a pinch of salt. Continue to check the pasta either by feeling or tasting the noodles because different pastas have varying cooking times. When the pasta is done, take it off the burner, and drain the pasta in a colander. (If you don't have a colander, you can use a slotted spoon to keep the pasta in the pot as you pour out the water.) Do not rinse the pasta! Now the pasta is ready, so you can add chicken or sauce or herbs. If you are not using the pasta right away it would be best to add a drizzle of extra virgin olive oil to keep the pasta from sticking.

If you don't feel like waiting for water to boil, you can put your pasta into a microwave safe bowl, cover it with water and a paper towel, and put it in the microwave. Microwave on high for 2 minute intervals until your pasta meets your standards. This may take up to ten minutes depending on the strength



Lunch and Dinner 101

Quick and Spicy Chicken and Rice

Serves: 1

Quick and Spicy Chicken and Rice

- 1 cup uncooked brown rice
- 1 can chicken (97% fat free)
- Chili powder (to taste)
- Frank's Red hot sauce (to taste)
- Soy Sauce (to taste)



1. Place seasonings in a medium size, microwaveable bowl.
2. Mix in 1 cup of uncooked brown rice and 1 cup of water
3. Microwave for 5 minutes.
4. Add chicken and stir. Place in microwave for an additional minute and enjoy.

Submitted by: David Mann, IPFW Student

Healthy Homemade Macaroni & Cheese

Serves: 6

- | | |
|--|------------------------------------|
| 2 C. uncooked whole wheat elbow macaroni | 1/4 tsp. salt |
| 2 C. skim milk | 1/4 tsp. ground black pepper |
| 3 Tbsp. all purpose flour | 1/8 tsp. ground red cayenne pepper |
| 1 tsp. Dijon mustard | |
| 2 C. Shredded reduced-fat sharp Cheddar cheese (8 oz.) | |

1. Cook the macaroni until tender and drain. When done, return to pan to keep warm.
2. While the pasta is cooking, preheat the oven to 350°. Then spray an 8 in square glass baking dish with non-stick cooking spray.
3. In saucepan, mix milk, flour, Dijon, salt, and black pepper with a wire whisk. Cook over medium heat, stirring constantly until mixture boils and thickens. (Watch the pot carefully because you don't want the milk to boil too much. When milk boils for too long it can burn very easily, and it can also bubble over the sides of the pot!)
4. Remove from heat once the pot begins to boil and stir in the shredded cheese until melted.
5. Pour the cheesy mixture over the cooked and drained macaroni. Then spoon into baking dish.
6. Bake 20-25 min. or until the edges are golden brown.

Original recipe submitted by: Danita Davis—IPFW Staff
Recipe was “healthified” by: www.eatbetteramerica.com





Your Refrigerator 101

Save money by eating in rather than going out.

Not only do you save money when you make meals at home, but you also save calories, fat, and sodium. When you make meals at home you are more able to control the nutrition of the dish. All three examples above are cheaper and much healthier than those bought at the restaurants. So next time you want to grab a bite to eat, try to head home and whip up something instead.

Panera Sierra Turkey Sandwich

\$6.29 + tax

Make your own version and save \$4.35!



Instead of THAT, try THIS! Make you own version of the delicious Panera Sandwich. Here's the breakdown of costs when you make this

Whole Wheat Bread (2 slices)	\$0.14
Smoked Turkey (4 oz)	\$1.50
Spring Mix Lettuce for sandwich	\$0.10
Onion for Sandwich	\$0.16
Lite Mayo (1 Tbsp)	\$0.04
Total:	\$1.94

Large Pizza Hut Pizza: \$10.00

Make your own version and save \$4.00



Store bought pizza	5.00
Additional toppings	1.00
Total:	\$6.00

Chipotle Chicken Burrito Bowl

\$5.95

Make your own version and save \$4.42!



Try grilling some chicken. Then make some homemade rice with lime juice and black beans in it. When those are both done, add a serving of each into a bowl, and add salsa and shredded cheese.

Chicken (4 oz)	\$0.62
Shredded Cheese	\$0.21
Long Grain Rice	\$0.09
Salsa	\$0.04
Black Beans	\$0.21
Romaine Lettuce	\$0.25
Lime (juice for rice)	\$0.11
Total:	\$1.53



Lunch and Dinner 101

Vegetable Pie

Serves: 4

- | | |
|----------------------|--------------------------|
| Prepared pie crust | 3 eggs, beaten |
| 1/2 onion, chopped | 3 cloves garlic, chopped |
| 3-4 zucchini, sliced | 1/2 cup parmesan cheese |
| 1/2 cup skim milk | |

1. Pre-heat oven to 350 degrees. Lay out pie crust in a pie pan.
2. Sauté zucchini, onions and garlic until tender.
3. Spread mixture over the bottom of the pie crust.
4. Combine eggs, milk and cheese together and pour over vegetables in crust.
5. Bake in oven at 350 degrees for 30-40 minutes or until eggs set.

Submitted by Chris Kuznar, IPFW Athletics Department



Bean Burrito

Serves: 2

- 2 flour tortillas
- 1/2 16 oz. can fat free refried beans
- 1/4 cup salsa
- 1/4 cup low-fat shredded cheese

1. Divide beans between tortillas, top with salsa and cheese
2. Roll tortilla, tucking it in at one end.
3. Heat burrito on high in microwave for one minute or until cheese is melted.

Source: Eating Well on Campus

Iron Sandwich

Serves: 1

The college student's real secret weapon when it comes to dorm room dining is the clothes iron. Yes, it's true: this commonplace household appliance can turn out splendid grilled cheese sandwiches and quesadillas, often in less time than it takes to heat a skillet or griddle. (Caution: keep a layer of heavy duty aluminum foil between the iron, the food, and the surface you're ironing on. Ever try to pick melted cheese out of an iron? It's not pretty.)

- Heat iron to cotton or linen setting. Turn off steam.
- On your work surface, place a sheet of heavy duty aluminum foil large enough to accommodate bread or tortilla. Place bread or tortilla on foil and top with desired filling. Cover with remaining slice of bread or tortilla. Cover sandwich or quesadilla with another sheet of aluminum foil. Fold foil to seal edges and make a packet.
- Press iron on surface of foil-covered packet, passing iron over entire area for about 30 seconds. Carefully turn entire packet over and iron again for about 30 seconds, taking care not to tear the foil. Unwrap an edge and check for doneness. If contents are not hot or cheese is not melted, rewrap the foil and repeat the ironing step.



How to save money:

- ♦ Buy in bulk, it saves!

When you can purchase the more costly items in bulk, you reduce the price per unit. For instance, buy a large container of chicken at the store. When you get home, use what you want, and then freeze the rest. Place individual servings into freezer safe zip-top bags. This will stay in the freezer for quite a long time! Then, the next time you want chicken, take one of your ready-portioned baggies out of the freezer and defrost it in the refrigerator.

You can also buy bulk berries and freeze the leftovers. To do this, place the dry berries (unwashed!) onto a cookie sheet or plate. Then place the sheet in the freezer and when the berries are frozen, put them in a freezer safe zip-top bag. Frozen berries are great on desserts, smoothies, yogurt, or just plain!



- ♦ Use your “Plus” card when you shop, in addition to clipping coupons!

When you only buy what’s on your list, you will be able to save money with this method. When people impulse buy with “cheap” options, they often end up spending more money on things that they will never use, so when using your “plus” card or coupons, stick to items that you USUALLY buy anyway.

- ♦ Buy store brand

Store brand foods are normally just as good as the original, if not better! So try out various store brand foods and see which you like and which you don’t. This is a great way to consistently spend less money at the grocery. This just goes to show that we don’t always need all of the fancy packaging.

- ♦ Don’t shop when you’re hungry

This is simple. When you shop hungry, you’re much more likely to make impulse purchases that you don’t need.

- ♦ Stick to the perimeter of the store, and don’t be afraid to use frozen fruits or veggies.



Lunch and Dinner 101

Baked Sweet Potato Fries

Serves: 4-6

- 1 ½ lbs. sweet potatoes
- ½ tsp. Kosher salt
- ½ tsp. Paprika
- ¼ cup Olive oil
- ¼ tsp. cinnamon



1. Preheat oven to 425°. Then clean the potatoes and slice into 1/2 inch slices (or wedges if you prefer.)
2. Place the potatoes in a zip top bag and add all of the other ingredients. Toss the bag around to coat the sweet potatoes.
3. Cover a baking sheet with aluminum foil, and lay out the seasoned potatoes in a single layer on the baking sheet.
4. Bake for about 30 minutes, turning the potatoes every 10 minutes.

Submitted by Kristen Dirig- IPFW Summer Wellness Intern



Quick Couscous

Serves: 2

- 1 C. couscous
- 1/2 C. frozen peas and corn
- 1 ½ C water or vegetable stock
- Salt and pepper to taste
- Dash of hot sauce (optional)

1. Bring water or stock to boil in a saucepan. Stir in couscous and peas and carrots.
2. Add salt, and remove from heat. Let sit for five minutes then stir in black pepper and hot sauce. (also try adding sliced almonds!)

Healthy Chicken Alfredo

Serves: 4-6

- 1 package (8 ounces) cream cheese, cubed
- 1/2 cup milk
- 2 boneless skinless chicken breast halves, cooked and cubed (about 1-1/2 cups)
- 2 cups frozen chopped broccoli, thawed
- 1/2 cup julienned sweet red pepper
- 6 tablespoons butter, cubed
- 1/2 teaspoon garlic powder
- Salt and pepper to taste
- 2 small zucchini, julienned
- 6 ounces cooked fettuccine

1. In a large skillet over low heat, melt cream cheese and butter; stir until smooth.
2. Add milk, garlic powder, salt and pepper. Cook and stir for 3 minutes or until thickened. Add chicken, broccoli, zucchini and red pepper. Cook over medium heat for 3 minutes. Reduce heat; cover and cook 5 minutes longer or until vegetables are tender.
3. Serve over cooked and drained fettuccine.



Lunch and Dinner 101

The most important tip when you cooking....Have Fun!

Once a month, get together with roommates or friends and make this inexpensive, healthy meal. This yummy meal is called "Back of the Pantry Soup." Basically, what you do, is make a soup and add whatever canned veggies and extra pasta that you've had in our pantry for a while. It's a great way to use that food that you bought on sale that you don't know what to do with.



Ingredients that you can use:

- * Canned or frozen peas
- * green beans
- * corn
- * carrots
- * water chestnuts
- * black beans
- * lima beans
- * baked beans
- * tomatoes

- * kidney beans
- * canned soups (non-creamed would be best)
- * vegetable juice
- * broths
- * bouillon cubes
- * spices and herbs
- * pastas or rice
- * chicken, red meat, ground beef, or ground turkey

Depending on what extras you have to add to your soup, here's what you do:

1. Cook any meat by browning it or boiling it.
2. Next in a large soup pot, add any broth or juice you have. If you don't have any liquid you can just add some of the liquid from the canned veggies. Then begin to heat the liquid over medium high heat.
3. Once the liquid has heated a little bit, add in your uncooked pastas or rice. Don't worry if you have spaghetti, linguine, and macaroni, the more variation the better! Don't have pasta or rice, then cut up some potatoes and add those.
4. Let the pasta cook for a while, and then add in any frozen vegetables.
5. Once the frozen foods have cooked a bit, add in all of your canned veggies and canned soups. As long as you have enough liquid in the pot, it is best the drain all of the canned foods. When working with beans, you may want to rinse them, that will take off some of the soluble fiber that covers the beans. You can also add chopped garlic or onions if you have them.
6. When you add the last of the vegetables, also add in the cooked meat.
7. Let the pot simmer until everything is warm, and then serve and enjoy! Rolls, bread, or salads make great side dishes to share with friends

This is a recipe you can try every month, and it will be different every time you make it!



Lunch and Dinner 101

Baked Potatoes 101

Serving: 1 medium potato

- ♦ Idaho potatoes are great for baking
- ♦ Switch it up and use a sweet potato/yam, red or gold potato
- ♦ Cooking a potato in the oven with foil will make the skins less crispy and because foil holds the heat in, it steams it while cooking it faster.
- ♦ Potatoes are a cheap buy at the supermarket!



Baked Potatoes: In the Oven

1. Preheat oven to 450 degrees
2. Scrub potatoes and pat dry
3. Poke holes in the potato with a fork (to prevent an explosion!)
4. Bake in the center of the oven, directly on the rack for 45-60 minutes.

Baked Potatoes: In the Microwave

1. Scrub potatoes and pat dry
2. Poke holes in the potato with a fork (to prevent an explosion!)
3. Place potatoes on a microwave safe plate in the microwave
4. Microwave on high for 12-15 minutes or according to microwave directions

Potato Topping Ideas

- ♦ Lt. Ranch Dressing
- ♦ Fat-free sour cream
- ♦ Soft tub margarine
 - ♦ Broccoli
 - ♦ Cheese
- ♦ California veggies
- ♦ Shredded cheese
 - ♦ Chili
 - ♦ Tuna Salad
- ♦ Diced turkey
 - ♦ Salsa
- ♦ Plain Yogurt

Source: Eating Well on Campus

Sloppy Joes: On the Stovetop

Serves: 7

1 lb hamburger (at least 85% lean) or meat alternative crumbles or tofu
12 oz. bottle chili sauce or can Manwich sauce
Whole wheat hamburger buns or bread
Slice of cheese

1. Brown hamburger and drain well. Or prepare alternative protein.
2. Add chili or Manwich sauce and heat through.
3. Serve on hamburger buns or bread and top with cheese.



Sloppy Joes: In the Microwave

1. Crumble beef (or other protein) into microwave safe container
 2. Microwave on high for 5 minutes or until beef is no longer pink; drain.
 3. Stir in one can of Manwich and heat through
- Serve on hamburger buns or bread.

Source: www.conagrafoods.com



Healthier Pizza 101

Healthier steps you can take while eating and making pizza

Most college students love pizza, but few think of the amount of calories packed into one slice. On average one piece of pizza has between 200-400 calories!

- ♦ Put your napkin on top of your pizza and press down lightly, to absorb some of the grease.
- ♦ Limit the amount of pizza you eat. Enjoy it don't inhale it!
- ♦ Eat pizza with lots of vegetables or a side salad. This will help you feel fuller faster.
- ♦ When making your own pizza, make your own sauce. There are lots of healthy recipes online.
- ♦ Limit the amount of pop and beer you drink; and if at all possible drink a fruit juice or water instead.
- ♦ When making pizza use fat-free flour tortillas as the crust. Whole grain crust is also a healthier option.
- ♦ Use cheese that is made with skim milk and is either light or non-fat. Also avoid adding too much cheese.
- ♦ Limit the salt!
- ♦ Limit processed meats. Try adding baked or grilled chicken on your pizza!



Submitted by: Heather Etzler, IPFW Student



Lunch or Dinner 101

Spaghetti Sauce

Serves: 8

- 1 can of traditional Hunt's spaghetti sauce
- 1 pound ground sirloin
- 2 teaspoon Italian seasoning
- 2 Tablespoon sugar
- 1 Tablespoon minced onion
- Salt and pepper

1. Brown ground sirloin with salt and pepper and onion. Drain excess fat.
2. Pour spaghetti sauce over browned sirloin. Add Italian seasoning and sugar and mix well. Add additional Italian seasoning or sugar to taste.
3. Let simmer for 10-15 minutes. Serve over cooked spaghetti.

Submitted by: Kylee Hervey, IPFW Women's Volleyball



Serves 4

Strawberry Onion Salad

- 1 head lettuce (iceberg, romaine, green leaf or mixed greens)
- 1/2 quart strawberries washed and sliced thick
- 1 can mandarin oranges, drained
- 1 medium red onion sliced very thin
- 1 bottle Marzetti's sweet and sour dressing

1. Tear lettuce into bite size pieces and place in a large bowl.
2. Add remaining ingredients and toss.
3. Pour desirable amount of dressing over salad.
4. Toss until contents are adequately covered with dressing and serve immediately.

Submitted by: Jess Dominak, IPFW Women's Volleyball

J.Mill's Chicken Casserole

Serves: 6

- 1 16 oz package egg noodles
- 3-4 cooked chicken breasts
- 1 can cream of chicken soup
- 1 can cream of celery soup
- 1 small jar pimento, drained and chopped
- 1/2 green pepper chopped
- 1/2 small onion chopped
- Salt and pepper to taste
- 1 cup milk
- 1/2 cup crushed Ritz crackers or chips

1. Prepare noodles as directed. Drain noodles, return to pot, toss with olive oil and set aside.
2. Cut chicken breasts into bite size pieces. Add chicken to noodles and add the remaining ingredients.
3. Add milk until it appears creamy.
4. Spray a 9 x 13 baking dish with non-stick cooking spray and pour casserole into dish. Top with crackers.
5. Bake in a preheated oven at 350 degrees for 45-60 minutes.

Submitted by: Jessica Miller, IPFW Women's Volleyball



10 Super Foods for Better Health

Berries

High in fiber, antioxidants and may help improve memory

Citrus

Contain flavonoids, loaded with soluble fiber and may inhibit a variety of cancers.

Vegetables

Healthy skin, protect against cancers, promote heart health, high in antioxidants and good for the waistline.

Whole Grains

Delicious, inexpensive, high in fiber, antioxidants and helps prevent heart disease

Salmon

Reduce risk of heart disease, cancer, minimizes symptoms of arthritis, may help with depression.

Legumes

Rich in folic acid, antioxidants, calcium, protein, high in soluble fiber, probiotics for good intestinal health.

Nuts and Seeds

High in protein, walnuts contain Omega-3s, and promote heart health

Lean Protein

Muscle repair and rebuilding, minerals, bone health, high iron content

Tea

Polyphenols, boost metabolism, lower blood sugar, half the caffeine of coffee

Olive Oil

Heart healthy monounsaturated fat, vitamin E, antioxidants, good replacement for saturated fats

Source: Cheryl Forberg, RD, www.foodnetwork.com



Lunch and Dinner 101

Deli Roll-up

Serves: 1

1 whole wheat tortilla

3-4 slices of deli meat or beans

2 Tbsp reduced-fat cream cheese

Assorted vegetables:

Spinach, carrots, sprouts, sliced bell pepper, jalapeno peppers, tomato

1. Spread cream cheese on the tortilla and top with deli meat or spread with beans
2. Top with assorted vegetables
3. Roll and enjoy!

Source: Jen Roherty, IPFW Wellness Specialist

Baked Chicken Fingers

Serves: 6

Serving Size: 4

1 1/2 lb boneless skinless chicken breast cut into 1 inch strips

1 packet Shake n' Bake Original chicken Seasoning coating mix

1. Preheat oven to 400 degrees. Coat chicken with coating mix as directed on package.
2. Place in a single layer in foil-lined 13 x 9 inch baking pan.
3. Bake 10-15 minutes or until chicken is cooked through.

Source: www.kraftfoods.com

Baked Onion Rings

Serves: 1

1 large onion

1/4 cup egg beaters

1/2 cup crushed Fiber One cereal or bread crumbs

1. Preheat oven to 375 degrees. Cut edges off onion and remove outer layer. Cut into 1/2 inch slices and separate into rings.
2. Fill a small bowl with egg beaters.
3. Using blender, blend cereal until a crumb consistency and pour onto a small dish.
4. Dip each ring into egg and coat with cereal or crumbs and place on a baking sheet with non-stick spray.
5. Cook for 20-25 minutes flipping rings half way.



Source: Hungry-girl.com



Lunch and Dinner 101

No Leafy Greens Here! Three Sensational Salads to Try!

Tropical Fruit Fluff Salad

Serves: 6

1 box – Sugar-free, fat-free INSTANT Jello-Pudding Mix . Any flavor but, the flavors that work the best are butterscotch, vanilla, or cheesecake)

1 whole 8 oz. tub – Fat-free Cool Whip

6-7 – Diced apples (Red Delicious, Fuji, Gala, or Golden Delicious)

1 large can – Pineapple tidbits in its own juice

1. Put the whole tub of fat-free Cool Whip in a large bowl and add pudding mix.
2. Next pour half of the pineapple juice from the can onto the Cool Whip/ pudding mix (do this by using the can's lid to hold back the pineapple while pouring the juice), and stir until well blended.
3. Now spoon in the pineapple tidbits into the bowl.
4. Next add the diced apples to the bowl.

It is best to refrigerate this dish overnight or for at least a couple hours because the Cool Whip and the pineapple juice need to settle thus making the mixture firmer and fluffier.



Make it a Meal:

Serve with cottage cheese, chicken breast or turkey!

Recipe Created By: Ted Harper,
Purdue University Dietetic Intern



Healthy Broccoli Salad

Serve: 12

1 large bunch – Fresh broccoli, chopped or

2 medium bunches, chopped

2 packages – Broccoli slaw

1 – Chopped sweet onion or Red onion

1 cup – Chopped almonds (buy pre-chopped or slivered)

½ cup – Sunflower Seeds

½ cup – Raisins or Dried cranberries or Dried cherries (all optional)

2 cups – Fat-free mayonnaise

1 cup – Splenda

1 Tablespoon– Apple cider vinegar

Make it a Meal:

Serve with chicken, turkey, meat alternative or cottage cheese!



Lunch and Dinner 101

Curried Chicken Salad

Serves: 6-7

½ cup Fat-free mayonnaise

½ cup Fat-free sour cream

1 tablespoon Lemon juice

1 cup - Dried cranberries or cherries

and/or 3 Diced apples, or 2 cups Halved grapes

*4 cups Cooked chicken, diced

¾ cup Nuts of choice (pralines or honey roasted peanuts)

4 teaspoon Orange curry powder

¼ cup Mustard

1 head Green leaf lettuce

6-7 pita halves or wraps

1. Preheat oven and bake chicken breasts according to the instructions provided on the bag.
2. As the chicken cooks, in a small bowl, blend the mayonnaise, sour cream, lemon juice, curry powder (preferably orange curry but yellow will work for a milder taste; red curry if you like spicy heat), and mustard and then set aside.
3. When the chicken is finished cooking, combine the cooked diced chicken, dried fruit and nuts of choice.
4. Add the dressing to the chicken, fruit, nut mixture and mix well.

Spoon mixture into a wrap, in a pita, or in a sandwich, and then add a leaf or two of green leaf lettuce; then enjoy. Or you can spoon the curried chicken salad into a large leaf of lettuce for a lettuce wrap. Or just eat it plain!

*To make this recipe really fast and easy to make (but also slightly more expensive), just buy the 21 oz bag of pre-cooked, pre-diced chicken from Tyson. Then all you have to do is microwave the chicken and add the chicken to the recipe! Or buy the 21 oz pre-cooked, pre-sliced chicken from Tyson, dice the chicken strips, and then microwave to desired doneness.

Recipe Created By: Ted Harper, Purdue University Dietetic Intern

1. Wash and chop broccoli and dice onion.
2. In a large mixing bowl, combine the chopped broccoli, diced onion, broccoli slaw, chopped/slivered almonds, and sunflower seeds (and raisins/dried cranberries/dried cherries if desired).
3. In a separate small mixing bowl, combine the fat-free mayonnaise, Splenda, and apple cider vinegar. Whisk dressing together until well incorporated.
4. Pour dressing over the top of the broccoli salad ingredients
5. Fold and stir everything together until everything is well coated by dressing.
6. Refrigerate for 3-4 hours (best if done the day before and held overnight) to let set and the flavors blend. Serve chilled. Refrigerate leftovers. Enjoy.

Recipe Created By: Ted Harper, Purdue University Dietetic Intern



Lunch and Dinner 101

Handy Wraps

Serves 5

Besides adventure and variety, there is also the convenience factor: wraps are a complete and flavorful meal that can be held in one hand or rolled up in foil and stuffed in a lunch bag.



<http://allrecipes.com/HowTo/Sandwich-Wraps/Detail.aspx>

Grilled Cheese Pizza Sandwich

Serves 5

Ingredients

2 slices mixed grain bread....I like Orowheat. 2 tablespoons marinara sauce 1/4 cup mozzarella cheese (low moisture, part skim) 1 teaspoon shredded parmesan

Spread 1 tablespoon of marinara sauce on each piece of bread. Spread mozzarella cheese evenly, on side with sauce, on first piece of bread. Sprinkle Parmesan cheese over mozzarella. Top with second piece of bread, sauce side down. Place in heated pan and cook until cheese inside is melted and outside is golden brown...or darker if you like. Plate up and enjoy! Makes one (1) serving.

When preparing for a party with friends or family use these tips:

- ♦ Know how many people are coming so you can have the right amount of food!
- ♦ Be aware of any food allergies or food preferences.
- ♦ Find dishes that you can prepare ahead of time so you don't have to be in the kitchen the whole time.
- ♦ Enjoy time with family and friends! Play fun card games or lawn games while the food is cooking.
- ♦ Have your guests bring a part of the meal, dessert is always a good option.



Lunch and Dinner 101

Grilled Bruschetta Chicken

Serves: 4

- 1/4 C. Sun-Dried Tomato Vinaigrette Dressing, divided
- 4 small boneless, skinless chicken breast halves
- 1 tomato, finely chopped
- 1/2 C. shredded Mozzarella Cheese
- 1/4 C chopped fresh basil or 1 tsp. dried basil leaves.



1. Pour 2 Tbsp. of the dressing over the chicken in a plastic zip top bag. Seal the bag, and turn the bag over several times to evenly coat the chicken.
 2. Refrigerate chicken for 10 minutes to marinate. Then remove the chicken from marinade and discard bag and marinade.
 3. Grill the chicken either in a skillet on the stove or an outdoor grill for 6 min.
 4. As the chicken cooks, combine tomatoes, cheese, basil, and remaining 2 Tbsp. dressing in a bowl.
 5. Turn the chicken over, and add the bruschetta mix on top of the chicken while it's cooking (about 8 more min.) (If you are cooking on an outdoor grill, cover the grates with aluminum foil so that when you add the bruschetta mix it does not fall through the grates.)
 6. When the chicken reaches an internal temperature of 170°, remove the chicken and enjoy!
- ~Serving suggestion: enjoy with cooked spaghetti and vegetables.~

Taco Salad

Serves: 6-8

- | | |
|--------------------------------|--|
| 1 lb. ground turkey (or beef) | 1 can black beans, drained, and rinsed |
| 1 package taco seasoning | 1 can corn, drained |
| 1 bag blue corn tortilla chips | 3 oz. shredded cheese (cheddar or Colby) |
| 1 bottle Catalina Dressing | 1 handful of cilantro, chopped |
| 1 bag spinach leaves | |

1. Brown the ground turkey. Drain the turkey, then add the taco seasoning. You may need to add about a tablespoon of water.
2. In a large bowl, add the spinach leaves, beans, and corn.
3. Then add the seasoned turkey and cheese. Then add the chopped cilantro.
4. Right before serving, crush up a few handfuls of the chips and add to the salad. Then either add some of the dressing to the salad or allow your guests to add their own.

This is a great main course for a party because you can assemble it ahead of time and just add the chips and dressing at dinner time. Feel free to mix and match with your favorite salad toppings.

Submitted by: Bradley Frane IPFW Student





Preparing a Healthy Romantic Meal 101



Serves: 7

Easy Lasagna

- 1 pound lean ground beef
- 1 onion, chopped
- 1 (4.5 ounce) can mushrooms, drained
- 1 (28 ounce) jar spaghetti sauce
- 1 (16 ounce) package cottage cheese
- 1 pint part-skim ricotta cheese
- 1/4 cup grated Parmesan cheese
- 2 eggs
- 1 (16 ounce) package lasagna noodles
- 8 ounces shredded mozzarella cheese

1. In a large skillet, cook and stir ground beef until brown. Add mushrooms and onions; sauté until onions are transparent. Stir in pasta sauce, and heat through.
2. In a medium size bowl, combine cottage cheese, ricotta cheese, grated Parmesan cheese, and eggs.
3. Spread a thin layer of the meat sauce in the bottom of a 13x9 inch pan. Layer with uncooked lasagna noodles, cheese mixture, mozzarella cheese, and meat sauce. Continue layering until all ingredients are used, reserving 1/2 cup mozzarella. Cover pan with aluminum foil.
4. Bake in a preheated 350 degree F (175 degree C) oven for 45 minutes. Uncover, and top with remaining half cup of mozzarella cheese. Bake for an additional 15 minutes. Remove from oven, and let stand 10 to 15 minutes before serving.

Source: Allrecipes.com

Whole Wheat Garlic Bread

Serves: 4

- 4 slices whole wheat bread
- 1 Can't Believe It's Not Butter spray
- Oregano
- Garlic Powder
- Parmesan Cheese



1. Place bread on a cookie sheet and place under broiler for 1-2 minutes.
2. Remove and spray uncooked side with four sprays of butter per slice.
3. Sprinkle oregano, garlic powder and parmesan cheese on the uncooked side of each slice.
4. Place under broiler for 1-2 minutes to melt cheeses.

Source: Lickety-Split Meals for Health Conscious People on the Go!



Preparing a Healthy Romantic Meal 101

Simple Salad

Serves: 4

1 bag lettuce mix of your choice
Additional vegetable toppings: carrots, sliced
green pepper, sliced tomato
Shredded cheese
Croutons
Low-fat or fat-free salad dressing of your
choice

1. Divide salad into bowls
2. Top with selected toppings
3. Top with salad dressing immediately before serving.



Add a nice table cloth, candles, some music, or flowers for an extra touch. Prepare most of the foods before your date arrives. You don't want to spend your time in the kitchen. Remember, it's the thought that counts! Don't stress about perfection!

Single Serving Cookie

Serves: 1

2 tbsp flour 1 tbsp brown sugar 1/4 tsp baking powder 2 tsp butter 1/2 tsp 1% milk

Mix flour, sugar, and baking powder. (White sugar will work just fine if you prefer it.) Cream in the butter. Cold butter works best, but if you're in a hurry melting it is ok. Mix in the milk. Place the cookie on a baking sheet that has been sprayed with pam. Bake in preheated 350 degree oven for 10 minutes or until golden on top.



I've left out the toppings so it's easy to edit based on your preferences. Add about 1 tsp of whatever you'd like to the cookie dough - chocolate chips, nuts, etc - and then add those calories separately. I top mine with cinnamon sugar... Snickerdoodles! :D

Number of Servings: 1
Sparkpeople.com



Vegetarian Tips 101

You don't need meat to get all of your essential vitamins and minerals!

Protein

Some plants contain all of the essential amino acids in varying amounts. It's easy to get enough of what you need if you eat proper high protein plant foods at each meal.

The rule of thumb for determining protein needs is 0.8 grams of protein per kilogram of your body weight (one kilogram equals 2.2 pounds). A 120 lb person weighs 54Kg and needs 43 g protein.

Below are a list of high protein, non-meat food sources:

Eggs	Milk and Yogurt	Tempeh
Cheese	Beans	Tofu
All soy products	Nuts	Peanut butter

Iron

Iron is readily available in the non-meat world. Rich sources include whole or enriched breads and cereals, legumes, nuts and seeds, dark greens, leafy vegetables and some dried fruit. Vegetarians typically don't have trouble getting enough.

Meat is an iron enhancer, meaning it helps absorb iron into your blood. There are plant sources that will help vegetarians absorb iron into their blood easier. The most potent enhancer from a plant source is vitamin C. A meal rich in vitamin C can enhance iron absorption by 20 times.

Fruits and vegetables that are good sources of vitamin C include:

Broccoli	Brussel Sprouts	Cabbage
Cantaloupe	Cauliflower	Citrus Fruits
Green Peppers	Honeydew Melon	Kiwi Fruit
Kohlrabi	Papaya	Potatoes
Strawberries	Tomatoes	

Healthy eating includes a variety of foods. By keeping a varied, healthy food consumption, you shouldn't have a problem meeting all of your nutritional needs.



Lunch and Dinner 101

Chicken and Rice

Serves: 4-6

- 1 1/2 cups regular (not instant) rice
- 1 chicken cut (or 4-6 chicken breasts/8-10 chicken thighs)
- 1 can cream of mushroom soup
- 1 envelope "Good Seasons" Italian salad dressing mix

1. Pour rice, 3 cups hot water, soup and dressing envelope into an 9 x 13 inch dish.
2. Mix well and then lay chicken pieces on top.
3. Cover and seal tightly with aluminum foil and bake at 350 degrees for about 45 minutes.
4. Remove foil and cook for an additional 15 minutes.

Submitted by: Chris Kuznar, IPFW Athletics Department

Personal Pizzas

Serves: 1

- 1 English Muffin, sliced
- 1 can pizza sauce
- Desired pizza toppings

1. Place a desired amount of pizza sauce on each side of the English muffin and spread to edges.
2. Top with pizza toppings
3. Toast in toaster oven or broil for 3-5 minutes in oven.

"Crust" Ideas

- ♦ Grand's biscuits
- ♦ Pitas
- ♦ Tortillas
- ♦ Individual size Digiorno crust

Pizza Topping Ideas

- | | |
|------------------|---------------|
| ♦ Tomatoes | ♦ Turkey |
| ♦ Mushrooms | ♦ Spinach |
| ♦ Peppers | ♦ Onions |
| ♦ Jalapenos | ♦ Zucchini |
| ♦ Banana peppers | ♦ Sun dried |
| ♦ Olives | tomatoes |
| ♦ Cheese | ♦ Corn |
| ♦ Pepperoni | ♦ Parmesan |
| ♦ Ham | ♦ Blue cheese |
| ♦ Pineapple | ♦ Feta cheese |

Three Step Meatloaf

Serves: 8

- 2 Tablespoon Mrs. Dash Seasoning or Italian seasoning
- 2 pound ground beef, turkey or meat alternative
- 3/4 cup crushed soda cracker crumbs

- 1/2 cup ketchup
- 1 large egg

1. Preheat oven to 350 degrees.
2. In a deep casserole dish or loaf pan, combine beef, egg, cracker crumbs, and seasoning, and ketchup. Mix thoroughly.
3. Bake for 60 minutes or until the meatloaf is cooked (internal temperature 160 degrees. Let meat loaf sit for 10-20 minutes before slicing and serving.

Submitted by: Judy Tillapaugh, Wellness/Fitness Coordinator



Healthy Choices 101

Healthy Non-alcoholic drinks

On those cold winter nights, cuddle up with a Warm Cinnamon Cider

- ♦ Combine 4 C. apple juice and 1/4 C. of cinnamon red hot candies in a large pot. Bring the contents to a boil. Simmer for 4 minutes or until candies are dissolved. Pour into mugs and top with whipped cream and a sprinkle of ground cinnamon.

Submitted by: Lindsey Hively IPFW Student

Or on those hot summer days, cool it down with an **Orange Julius**.

- ♦ Mix a 6 oz. can of frozen orange juice, 1 C. milk, 1 C. cold water, and 1/2 tsp. vanilla in a blender. Add about 4-5 ice cubes and blend.
- ♦ Garnish with an orange wedge!

This slushy drink is sure to please any age guest.



Submitted by: Kristen Dirig-
IPFW Summer Wellness Intern

Also try the **Fruity Lemonade Cooler**

- ♦ Place the following ingredients into a blender: 2 C water, 1/2 C. Country Time Lemonade Flavor Drink mix, 3 C. chopped seedless watermelon, and 1 C. ice cubes. Cover the blender and blend on high speed until smooth. Pour into 4 glasses and serve.
- ♦ Garnish with a small watermelon or lemon wedge.

Source: www.kraftfoods.com

Want to spice up a boring fruit drink?!? Make it sparkling, like this **Sparkling Peach Tea**

- ♦ Use 1 tub of Peach flavor low calorie iced tea mix, and place in a large pitcher. Add 3 C cold water, and stir until dissolved.
- ♦ Stir in 1 L ginger ale or your favorite carbonated beverage. Pour this refreshing drink over ice cubes and enjoy!

Source: Kraft Foods Magazine





Snacks and Light Meals 101

Tuna in a Pita

Serves: 1

- 1 can tuna
- 1 Tbsp Miracle Whip Light
- 1/2 pita

1. Spread Miracle Whip inside pita pocket.
2. Open can of tuna, drain. Stuff inside pita pocket.
3. Add any fresh vegetables you have and enjoy.

Source: Lickety-Split Meals

Mondo Nachos

Serves 2-3

- 15 oz. can of chili sauce
- 3 oz. fat free sour cream
- Baked Tortilla chips
- Bag of low fat shredded cheese
- 1/2 jar Jalapenos (optional)
- Small can Black olives (optional)
- 1 can salsa (or homemade salsa)

To make it healthier try adding black beans corn, or fresh tomatoes.



1. Preheat oven to 350°.
2. Combine chili and sour cream into a microwavable bowl. Microwave for 60 sec.
3. Spread out a layer of chips onto a 9" x 13" pan. Then add a desired amount of shredded cheese. On top of that, add 1/2 of the chili mixture, black olives, and jalapenos if desired.
4. Repeat with as many layers as desired. Then bake for 15 min. or until bubbly.

Submitted by: Chris Brigson IPFW Men's Volleyball Team

Serves: 1

Pita Pizza



Pita pocket bread

Pizza sauce

Reduced fat- shredded mozzarella cheese

Your choice of toppings

1. Place bread on cookie sheet.
2. Add toppings of choice to the bread.
3. Heat in a 350°F oven till hot and golden brown.

Source: Lickety-Split Meals



Snacks and Light Meals 101

Chicken Stir Fry

Serves: 4

- 3 boneless & skinless chicken breasts
1/2 cup each of mushrooms, green pepper, broccoli, and carrots (chopped)
1/4 cup of green onions (chopped)
2 Tbsp. oil
1. Heat oil in a large skillet (or wok), and then add the cubed chicken. Stir the chicken until cooked thoroughly.
 2. Add the vegetables (carrots first). Stir fry them all together until all of the vegetables are cooked thoroughly and softened.
 3. Serve atop rice or noodles.

Source: Eva Ivanova

Stir Fry Tips:

- ♦ Heat the oil in the pan before adding ingredients
- ♦ Season the oil by adding ginger or garlic first
- ♦ Cook meat first. Set aside and cook the vegetables. Add the meat back in when vegetables are almost finished.
- ♦ Stir fry hardier vegetables first (i.e. broccoli, cauliflower) then add less hardy vegetables (i.e. Bok Choy or spinach). If you are unsure, stir fry them separately.
- ♦ Serve immediately topping with soy sauce

String Cheese Roll Up

Serves: 1

- 1 or 2 string cheese pieces
1 10 inch flour tortilla, white or whole wheat
2 Tablespoon salsa
1. Add cheese and salsa. Roll up tortilla.
 2. Microwave for 1 minute.
- Eat with apple, orange or pear.

Source: Lickety-Split Meals

Snappy Sandwich Roll

Serves: 1

- 1 10 inch flour tortilla, white or whole wheat
2 tsp mustard
2 oz 97% fat-free meat or low-fat cheese
Carrots and celery sticks
1. Spread mustard on tortilla.
 2. Add 2 oz fat-free lunch meat or reduced fat cheese.
 3. Place a couple carrots and celery sticks lined up end to end.
 4. Roll and eat.



Source: Lickety-Split Meals



Snacks and Light Meals 101

No-Bake Classic Snack Mix

Serves: 15

3 cups bite size shredded wheat cereal
2 cups popped popcorn
1 cup small pretzels
1/2 cup cocktail peanuts

3 Tablespoon butter melted
1 Tablespoon Worcestershire sauce
1/2 teaspoon seasoning salt

1. Toss cereal with popcorn, pretzels and peanuts in a microwave safe bowl.
2. Mix butter, Worcestershire sauce and seasoning salt until well blended. Drizzle evenly over cereal mixture and toss to coat.
3. Microwave on high for 2-3 minutes or until cereal is crisp., stirring after 2 minutes.

Variation - Sweet and Crunchy Mix: Omit Worcestershire sauce and seasoned salt. Prepare as directed, adding 1/2 cup dried cranberries and 1/2 tsp. ground cinnamon.

Source: Kraftfoods.com

Serves: 1

Peanut Butter Banana Roll-Up

1 10 inch flour tortilla, white or whole wheat
2 Tablespoon peanut butter
1/2 medium banana, sliced
1 Tablespoon raisins



1. Warm tortilla in the microwave oven for 20-30 seconds or until soft.
2. Spread peanut butter. Place banana slices and raisins in the center of tortilla. Roll up.

Source: Unknown

Hummus

Serves: 8

1 15 1/2 ounce can of chick peas or garbanzo beans (rinsed and drained)
1/4 cup chopped kalamata olives
1/4 cup chopped roasted red peppers
2 ounce feta cheese
3 tablespoons fresh lemon juice
2 garlic cloves (peeled)
1/8 teaspoon freshly ground black pepper
1 teaspoon kosher salt



1. Put all ingredients in a food processor and process until smooth or desired consistency. Store in airtight container and refrigerate. Eat on bagels, crackers, tortilla chips, etc.

Submitted by: Dave Sassanella, IPFW Student



At Home Resources 101

Websites that can help you in the kitchen:

www.kraftfoods.com

- ♦ Kraft provides healthy, easy recipes.
- ♦ Try 1 bag, 5 dinners and print a shopping list for all of the groceries you need for 5 dinners that will fit into 1 shopping bag!
- ♦ Easy to print recipes



www.allrecipes.com

- ♦ At-home cooks submit recipes onto the website.
- ♦ Convenient search option to find exactly what you are looking for; by title, ingredients you want or don't want, and special health concerns.
- ♦ Add comments if you like or dislike a recipe.
- ♦ Easy to print recipes.



www.pillsbury.com

- ♦ Search for recipes by occasion, meal type, ingredient and more!
- ♦ Pillsbury has an array of products included in their recipes.



www.foodnetwork.com

- ♦ Get cooking with the recipes from the Food Network stars.
- ♦ Site is listed by shows or search for general recipes from all collections



www.eatingwell.com

- ♦ Recipes of how to modify a traditional recipe into a "healthier" version.



www.bettycrocker.com





Snacks and Light Meals 101

Quicky Queso Dip

Serves: 15

1 or 2 (8 oz.) block(s) Light Philadelphia cream cheese

1 can Hormel chili (beans or no beans, it's up to you)

1 bag (2 cups) of cheddar cheese (Can be 2%)

Baked tortilla chips

1. Spread the cream cheese over a regular kitchen, microwavable plate, to the edges of the plate.
2. Pour the chili (you don't need to heat it prior to this) over the cream cheese, to the edges of the plate.
3. Spread the cheddar cheese over the chili, to the edges of the plate.
4. Microwave for 4 minutes, watching closely for the cheese to melt. Dip (with chips) and enjoy!

Submitted by: Danielle Witzigreuter, IPFW Dean of Students



Try dipping with sliced bell peppers, baby carrots and celery for a healthy alternative!

Apple and Cheese

Serves: 1

1 apple, cored and sliced

1/4 cup heated Velveeta cheese

1. Heat cheese
2. Dip apples in cheese

Submitted by: Jennifer Roherty, IPFW Wellness Specialist

Cottage Cheese and Fruit Power Up

Serves: 1

1 cup low-fat or fat-free cottage cheese

1 cup fruit of your choice: cantaloupe, blueberries, raspberries, pineapple, peaches, banana, strawberries are all great choices

1. Mix fruit and cottage cheese together for a high protein snack that is sure to hold you over until your next meal.

Submitted by: Jen Roherty, IPFW Wellness Specialist



Also try adding these other items to your cottage cheese!

Fruit Preserves

Salt and Pepper

Applesauce

Vanilla and an artificial sweetener



Healthy Tips 101

Whether it's for health reasons or because it's what you have on hand, below are some ingredient exchanges to try!

Simple baking and cooking exchanges:

Instead of:	Try:	When:
Oil	Non-stick cooking spray	Coating a pan to cook or bake
Eggs and oil for baking	Canned pumpkin	Even exchange
Milk or cream	Light vanilla soymilk, skim milk	Even exchange, vanilla could add a new flavor to the dish!
Eggs	Fat-free egg substitute	Less cholesterol
Butter	No-sugar applesauce	Less fat, you won't taste the difference!
Ground beef	Ground beef style crumbles, ground turkey	Vegetarian swap to any recipe!
Sugar	No-calorie sugar substitute	Decrease calorie count
Potatoes	Butternut squash	Try butternut squash French fries!

Source: hungry-girl.com



Desserts 101

Pumpkin Fluffernuggets

Serving: 1

- 7.5 ounce pumpkin
- 1/2 container Cool-Whip Free
- 1/2 package sugar-free instant vanilla pudding mix
- 1/4 cup Grapenuts cereal

1. Combine pudding, pumpkin and Cool-Whip in a bowl.
2. Stir in Grapenuts
3. Spoon into non-stick muffin pan or onto baking sheet and freeze



Source: hungry-girl.com

Serves: 16

Diet Coke Cake

- 1 package of cake mix (for Diet Coke, chocolate works best)
- 1 can Diet Coke (or any brand of diet cola)

1. Dump contents of cake mix into a medium size bowl. Do not add ingredients on back of box.
2. Add diet cola and stir.
3. Bake as directed on the back of the box.



Source: Weight Watchers



For lighter color cake mixes, add diet 7 up or another flavor of light color soda. Diet Rite makes fun, fruity flavors!



Basic Rice Krispies

Serves: 16

- 1/3 cup butter or margarine
- 4 1/2 cup mini marshmallows
- 6 cups Rice Krispies cereal

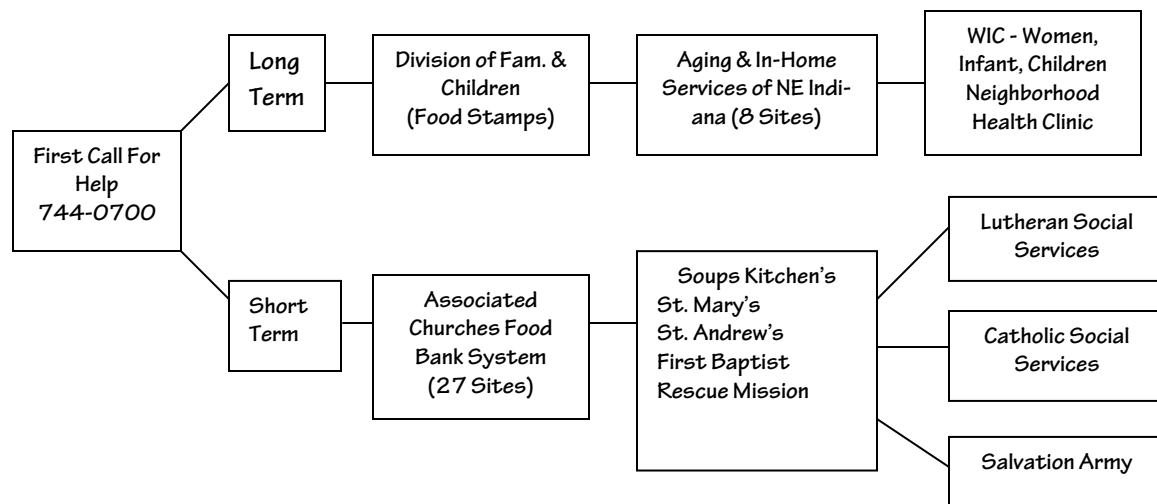
1. Spray a 9 x 13 inch pan with non-stick cooking spray, including sides.
2. In a medium bowl, in the microwave, melt the butter and marshmallows. Stir occasionally to mix until the marshmallows have completely melted.
3. Stir in cereal and mix thoroughly. Spread out the mixture evenly in a 9"x 13" pan. Serve warm, or let sit for 1 hour. Cut into squares before serving.

Source: The Everything College Cookbook



When things get tight:

Places to turn for help



Resources & Contact Information FIRST CALL FOR HELP: 744-0700

<p><u>Allen County Division of Family & Children</u> 201 E. Rudisill Blvd. FW, IN 46806 458-6200 Monday – Friday 8am – 4:30 pm (Emergency Food Stamps)</p>	<p><u>St. Anthony's Pantry</u> Sacred Heart School 4643 Gaywood Drive FW IN 46806 744-3977 Tuesday & Thursday 9am – 11am</p>	<p><u>Fort Wayne Rescue Mission (Men Only)</u> 301 West Superior P.O. Box 11116 Fort Wayne, IN 46855 426-7357 or 422-8123 (24 hours) Email: eddy@rescuemissions.us <u>Women and Children Division:</u> 426-8123 Email: pastorpatty@rescuemissions.us</p>
<p><u>Associated Churches Food Bank System</u> 602 East Wayne St FW, IN 46802 422-3528 www.associatedchurches.org</p>	<p><u>St. Mary's Soup Kitchen</u> 1011 S. Lafayette St. Fort Wayne, IN 46802 424-8231 or 424-2982 Monday-Friday: 10am – 3pm Saturday: 10am – 1pm Sunday: 11:30am – 1 pm</p>	<p><u>Lutheran Social Services of Indiana</u> (Emergency Assistance) 330 Madison St. Fort Wayne, IN 46802 426-3347 Monday – Friday 8am – 5pm</p>
<p><u>Community Action of NE Indiana</u> 227 East Washington Blvd. Fort Wayne, IN 46802 260-420-2833 Email: mariannestanley@canihelp.org</p>	<p><u>Women, Infant, Children (WIC)</u> Neighborhood Health Clinic 172175. Calhoun St FW, IN 46807 458-2641 Monday & Wednesday: 8am – 7pm Tuesday, Thursday, & Friday: 8am – 5pm</p>	<p><u>YWCA – Women's Shelter</u> 1600 Spy Run Avenue Fort Wayne, IN 46805 424-4908 Crisis Hotline 1-800-441-4073</p>
<p><u>Salvation Army Food Pantry</u> 2901 North Clinton Street Fort Wayne, IN 46805 744-2311 Tuesday/Thursday 1:00-3:00 Serves first 15</p>	<p><u>Cherish House (Women & Children)</u> 533 West Washington Blvd. FW, IN 46808 426-8123 (24 hours)</p>	



Dessert 101

Serves: 3

Crunchy Caramel Apple Crème Pies

- 12 Quaker Quakes rice snacks, caramel corn
- 12 Quaker Quakes rice snacks, apple cinnamon
- 4 Tbsp Cool Whip Free

1. Spoon 1 Tbsp of Cool Whip free onto each caramel corn cake
2. Top each caramel cake with an apple cinnamon cake
3. Freeze mini pies for at least 2 hours.

Source: www.hungry-girl.com

Super Simple Peach Sorbet

Serves: 1

- 2 servings (approximately 1/2 tsp., 1 on-the-go packet or 1/4 of 8 quart tub) Crystal light Sunrise Classic Orange mix

- 1 cup peach slices (fresh, frozen or canned)

1. Dissolve Crystal Light into 1/2 cup cold water and stir well
2. If using frozen peaches, run under cold water to thaw.
3. In a blender, puree peaches and Crystal Light until just blended.
4. Pour into a dish, cover, and freeze until nearly solid (several hours)

If freezing overnight, microwave for 40 seconds or allow it to sit at room temperature for 10 minutes before eating.



Source: www.hungry-girl.com

Mint Mocha Freeze

Serves: 1

- 6 ounce water
- 3 teaspoon fat-free, french vanilla Coffee-Mate powder (dissolve in 1 oz. water)
- 1 flat tsp instant coffee
- 1 Tablespoon sugar-free chocolate syrup
- 1 ounce sugar-free peppermint syrup
- 3 Splenda packets
- 5-7 large ice cubes
- Fat-free Reddi Whip

1. Place all ingredients in blender, except Reddi Whip
2. Blend on high speed for 30-45 seconds or until ice cubes are crushed.
3. Pour into a glass and top with Reddi Whip

Source: www.hungry-girl.com



New Recipes

Recipe for: _____

From: _____ Serves: _____

Prep Time: _____ Bake Time: _____

Ingredients:

Directions





New Recipes

Recipe for: _____

From: _____ Serves: _____

Prep Time: _____ Bake Time: _____

Ingredients:

Directions





Recipe Index

Breakfast	Page
Basic Omelet	21
Breakfast Muesli	20
Breakfast Smoothie	19
Egg Sandwich	15
Egg Sandwich in a Mug	16
French Toast	21
Granola	19
Multi-Grain Pancakes	17
Oatmeal and Banana Breakfast	17
Overnight Oatmeal	16
Quiche	22
Scrambled Eggs	15

Desserts	Page
Basic Rice Krispies	55
Crunchy Caramel Apple Crème Pies	57
Diet Coke Cake	55
Mint Mocha Freeze	57
Pumpkin Fluffernuggets	55
Super Simple Peach Sorbet	57

Snacks and Light Meals	Page
Apple and Cheese	53
Cottage Cheese & Fruit Power UP	53
Hummus	51
Mondo Nachos	49
No-Bake Classic Snack Mix	51
Peanut Butter Banana Roll-Up	51
Pita Pizza	49
Quicky Queso Dip	53
Quicky Stir-Fry	50
Rice Cakes and Peanut Butter	49
Snappy Sandwich Roll	50
String Cheese Roll Up	50
Tuna in a Pita	49

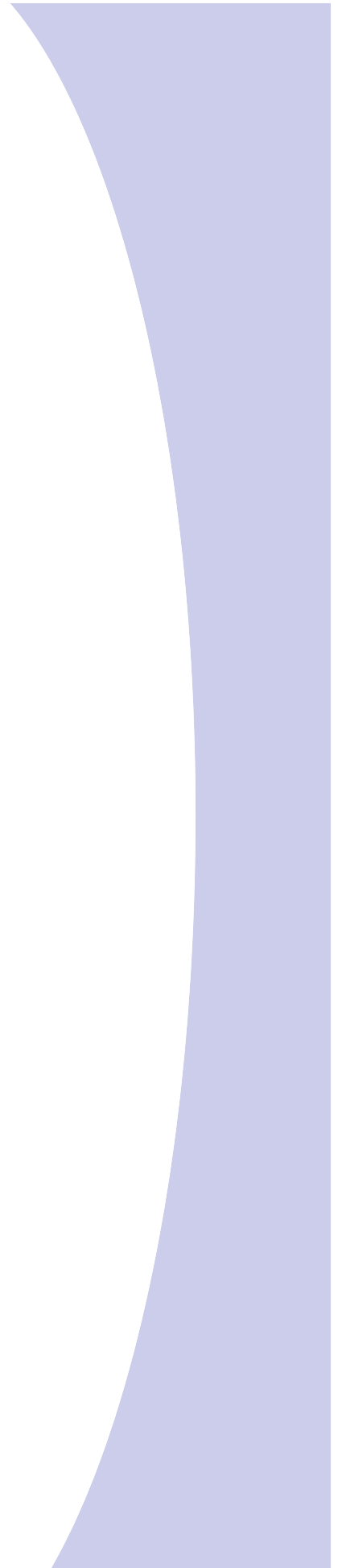
Lunch or Dinner	Page
30 Minute Chili	23
Baked Chicken Fingers	39
Baked Onion Rings	39
Baked Potato	35
Baked Sweet Potato Fries	33
Bean Burrito	31
Chicken and Rice	47
Chocolate Covered Strawberry	45
Creamy Peanut Pasta	39
Curried Chicken Salad	41
Easy Lasagna	44
Easy Layered Tomato Dip	42
Easy Mac Ideas	25
Egg Pie	31
Egg Salad...Your Way!	31
Grilled Bruschetta Chicken	43
Healthy Broccoli Salad	40
Healthy Chicken Alfredo	33
Healthy Drinks	48
J.Mill's Chicken Casserole	37
Lunch or Dinner in a Foil Packet	34
Minestrone Soup	27
PB&J Your Way	27
Personal Pizza	47

Quick and Spicy Chicken and Rice	29
Salad in a Bag	25
Sensational Foil-Packet Vegetables	42
Simple Salad	45
Sloppy Joe	35
Spaghetti Sauce	37
Spicy Rapid Roast Chicken	23
Spinach Chicken Salad	27
Strawberry Onion Salad	37
Taco Salad	43
Three Step Meatloaf	47
Tomatoes Take Center Stage	29
Tropical Fruit Fluff Salad	40
Tuna 2 Ways	29
Tuna Dippers	25



Educational Material Index

10 Super Foods for Better Health	38
Back to the Basics	6
Baking vs. Roasting	12
Breakfast on the Run	14
Breakfast Combo Ideas	18
Breakfast in Bed 101	20
Chopping Terminology	13
Conversions and Abbreviations	8
Cooking Terminology	12
Creating a Shopping List	10
Deciphering the Language of Menus	11
Eggs 101	22
Fast Food 101	24
Grilling vs. Broiling	12
Healthier Pizza 101	36
Healthy Lunch Choices	26
How to...	28
How to save money	32
Kitchen Essentials	9
Mixing Terminology	13
New Recipe Space	58
On-line Resources	52
Perfectly Portioned Plate	11
Refrigerator Basics	30
Sample Menu Ideas	7
Simple, Healthy Recipe Exchanges	54
Stocking Your Kitchen with the Basics	8
Vegetarian Tips 101	46
When Things Get Tight	56





Ingredient Substitutions!



Save a trip and substitute these ingredients for recipes! The final product may differ only slightly!

Ingredient	Amount	Substitutions
Allspice	1 tsp	1/2 tsp cinnamon plus 1/2 tsp ground cloves
Apple Pie Spice	1 tsp	1/2 tsp cinnamon plus 1/4 tsp nutmeg plus 1/8 tsp cardamom
Baking Powder, Double Acting	1 tsp	1/4 teaspoon baking soda plus 5/8 teaspoon cream of tartar
Baking Soda		There is NO substitute for baking soda
Butter (1)	1 cup	1 cup regular margarine, OR 1 cup vegetable shortening (for baking), or an equal amount of oil can be substituted for a similar portion of melted butter, if the recipe specifies using melted butter.
Chili Sauce	1 cup	1 cup tomato sauce, 1/4 cup brown sugar, 2 tbsp vinegar, 1/4 tbsp cinnamon, dash of ground cloves and a dash of allspice
Chocolate, unsweetened	1 oz	3 tablespoons cocoa plus 1 tbsp butter or regular margarine or vegetable oil
Cornstarch (for thickening) (2)	1 tbsp	2 tbsp flour
Cream, whipping	1 cup un-whipped	2 cups already whipped product
Egg (3)	1 whole egg	1/4 cup egg substitute (ex: egg beaters, second nature, scramblers); check label for specific directions. OR reconstituted powdered eggs; follow package directions. OR 2 tablespoons mayonnaise (suitable for use in cake batter). OR 1/2 tsp baking powder plus 1 tbsp vinegar plus 1 tbsp liquid (for baking use only)
Flour, All-Purpose (4)	1 cup	1/2 cup whole wheat flour plus 1/2 cup all-purpose flour.
Flour, cake	1 cup	1 cup minus 2 tablespoons all-purpose flour
Flour, self-rising	1 cup	1 cup minus 2 tsp all-purpose flour plus 1-1/2 tsp baking powder and 1/2 tsp salt
Garlic	1 small clove	1/2 tsp garlic powder
Herbs, Fresh	1 tbsp, finely cut	1 teaspoon dried leaf herbs OR 1/2 teaspoon ground dried herbs
Lemon zest	1 tsp	1/2 teaspoon lemon extract
Mayonnaise (for use in salads and salad dressing)	1 cup	1 cup sour cream OR 1 cup yogurt OR 1 cup cottage cheese pureed in a blender OR Use any of the above for part of the mayonnaise
Mustard, Dry (in cooked mixtures)	1 tsp	1 tbsp prepared mustard





Ingredient Substitutions!

(continued)



Ingredient	Amount	Substitutions
Onion	1 small or 1/4 cup chopped, fresh onion	1 tbsp instant minced onion
Pasta (substituting one for another)	4 cups cooked	The National Pasta Association suggests these ratios: 8 oz uncooked elbow macaroni, medium shells, rotini, twists, spirals, wagon wheels, bow ties, mostaccioli, penne, radiator, rigatoni, spaghetti, angel hair, linguine, vermicelli, and fettuccini all produce about 4 cups COOKED pasta OR use about twice as much uncooked egg noodles to provide 4 cups cooked pasta. Approximately 8 ounces uncooked egg noodles equal 2-1/2 cups cooked noodles.
Pumpkin Pie Spice	1 tsp	1/2 tsp cinnamon plus 1/4 ground tsp ginger plus 1/8 tsp ground allspice plus 1/8 tsp ground nutmeg
Rum	Any amount	1 part rum extract plus 3 parts water. For example, for 1/4 cup rum, substitute 1 tbsp rum extract plus 3 tbsp water.
Sugar, confectioners' or powdered	1 cup	1 cup granulated sugar plus 1 tbsp cornstarch; process in a food processor using the metal blade attachment until it's well blended and powdery.
Tomato Juice	1 cup	1/2 cup tomato sauce plus 1/2 cup water
Tomato Soup	10 3/4 oz can	1 cup tomato sauce plus 1/4 cup water
Wine, Red	Any	The same amount of grape juice or cranberry juice
Wine, White	Any	The same amount of apple juice or white grape juice
Yeast, Compressed	1 cake (3/5 oz)	1 package (1/4 oz) active dry yeast OR Scant 2-1/2 tsp loose active dry yeast.



1. Regular margarine: one tbsp serving will have 100 calories. If margarine is labeled light, lower fat, reduced fat, reduced calorie/diet or fat-free, or is called a vegetable spread, you may be less successful substituting it for butter/regular margarine in baking and in some cooking procedures. These products are higher in water and lower in fat content and won't perform in the same way as regular butter/margarine.

2. Liquids thickened with cornstarch will be somewhat translucent while flour gives a more opaque appearance. Cornstarch will thicken a liquid almost immediately. A flour-based sauce or gravy must be cooked longer to thicken and will have a floury taste if undercooked.

3. If you don't use eggs very often, you may find it helpful to keep some powdered eggs on hand.

4. It's generally recommended that you replace no more than 1/2 the all purpose white flour with whole wheat flour in a recipe calling for all-purpose flour might result in a reduced vol-





Food Safety 101

CLEAN: Wash hands and surfaces often.

SEPARATE: Don't cross-contaminate!

COOK: Cook to proper temperature.

CHILL: Refrigerate promptly.



How to safely enjoy leftovers:

- Perishable leftovers should not stay out of refrigeration for longer than 2 hours.
- Know how long leftovers can last:

Food:

Cooked Fresh Vegetables

Cooked Pasta

Cooked Rice

Deli Meat:

- * Ham cooked and sliced
- * Hot dogs, opened
- * Lunch Meat, prepackaged, opened
- * Cooked beef, pork, poultry, fish, and meat casseroles
- * Cooked patties and nuggets, gravy and broth

Seafood, cooked

Soups and stews

Keep Up To:

3 to 4 Days

3 to 5 Days

1 Week

3 to 4 Days

1 Week

3 to 5 Days

3 to 4 Days

1 to 2 Days

2 Days

1 to 2 Days

Did You Know?!

Food poisoning, also known as foodborne illness or foodborne disease, is any illness that results from eating contaminated food.

Harmful bacteria are the most common cause of food poisoning, but other causes include viruses, parasite, toxins, and contaminants. For more information on food illnesses and outbreaks, visit www.foodsafety.gov

Keep your kitchen clean!

1. Use different cutting boards for meat and vegetables and other ingredients.
2. Keep raw meat and seafood separate from other foods. Store meat on the bottom shelf. This will keep meat juices from dripping on other items.
3. Thaw meat properly in the microwave or refrigerator. Never thaw frozen items by leaving them on the counter or soaking them in hot water.
4. If your recipe requires marinated for more than 1-2 minutes, put meat and marinade in a covered dish in the refrigerator.



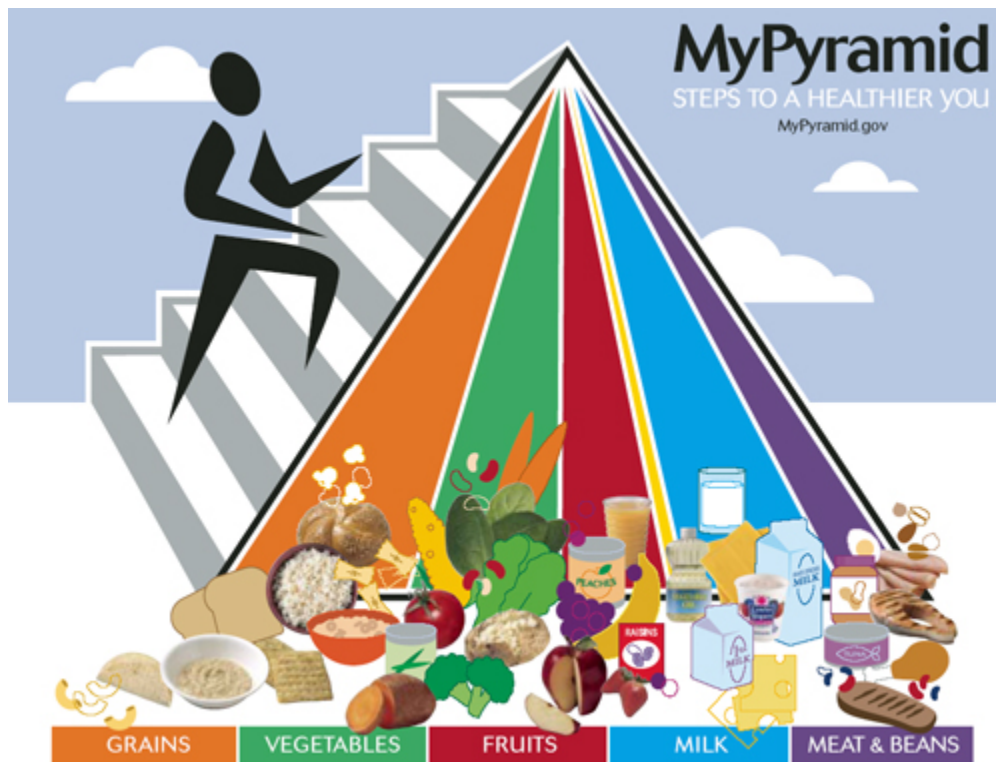
Mypyramid.gov is a great website that provides information for personalized eating plans to help you plan/assess your food choices based on the Dietary Guidelines for Americans. Read the instructions below to find out how to keep an electronic food log that also keeps track of how well you are eating.

1. Log on to mypyramid.gov
2. On the left hand side there are different subjects to choose from. Click on “**MyPyramid Tracker**” located underneath the **Interactive Tools** subject.
3. There will be two options to choose from, assess your food intake, and assess your physical activity. First start with **assessing your food intake**.
4. Within the box that says, “**Existing Users/New Users**” you will have to **create a username and password**, therefore you must register before you begin. This will only take a few minutes!
5. Once you have registered, it will automatically log you in for the first time.
6. The next screen will ask you a few questions (**age, gender, date, height**). Once you have answered these questions, click, “**Save Today’s Changes**” and then click, “**Proceed to Food Intake**”.
7. The next screen takes you to the **food entry page**. Type in all the foods that you have consumed over the past **24 hours** (1 day).
8. Type in the name of the **food you ate**. NOTE: You must be very specific with each food item for you to get the best results. If you ate a sandwich, type **each individual ingredient** into the search box, one at a time. **Ex:** wheat bread: click **search**, and click on the **type of wheat bread that is most closely related to the type of bread that you ate**, repeat this step with each food item until you have completed 24hrs. (NOTE: you can save what you have done and come back to it later, if you want to insert the food meal by meal).
9. Once you have completed entering food, click on **select quantity**.
10. Select the **serving size** and **number of servings** for each food item and click “**Save and Analyze**”. **Ex:** serving size: 1 slice, number of servings: 2.
11. This last page gives you tons of information!
 - A. Meeting 2005 Dietary Guidelines, Nutrient Intakes, MyPyramid Recommendation, Nutrient Information for Dietary Supplements, and Healthy Eating History each share information that is similar but gives you different types of feedback. Be sure to search through all of these and get the information you need!
12. Continue to track your foods daily/weekly so that you can have a good idea of your nutrient intake and energy balance!
13. Please look through all of the information that MyPyramid provides!





MyPyramid.gov STEPS TO A HEALTHIER YOU



GRAINS Make half your grains whole	VEGETABLES Vary your veggies	FRUITS Focus on fruits	MILK Get your calcium-rich foods	MEAT & BEANS Go lean with protein
<p>Eat at least 3 oz. of whole-grain cereals, breads, crackers, rice, or pasta every day</p> <p>1 oz. is about 1 slice of bread, about 1 cup of breakfast cereal, or ½ cup of cooked rice, cereal, or pasta</p>	<p>Eat more dark-green veggies like broccoli, spinach, and other dark leafy greens</p> <p>Eat more orange vegetables like carrots and sweet potatoes</p> <p>Eat more dry beans and peas like pinto beans, kidney beans, and lentils</p>	<p>Eat a variety of fruit</p> <p>Choose fresh, frozen, canned, or dried fruit</p> <p>Go easy on fruit juices</p>	<p>Go low-fat or fat-free when you choose milk, yogurt, and other milk products</p> <p>If you don't or can't consume milk, choose lactose-free products or other calcium sources such as fortified foods and beverages</p>	<p>Choose low-fat or lean meats and poultry</p> <p>Bake it, broil it, or grill it</p> <p>Vary your protein routine — choose more fish, beans, peas, nuts, and seeds</p>

For a 2,000-calorie diet, you need the amounts below from each food group. To find the amounts that are right for you, go to MyPyramid.gov.

Eat 6 oz. every day	Eat 2½ cups every day	Eat 2 cups every day	Get 3 cups every day; for kids aged 2 to 8, it's 2	Eat 5½ oz. every day
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<p>Find your balance between food and physical activity</p> <ul style="list-style-type: none"> Be sure to stay within your daily calorie needs. Be physically active for at least 30 minutes most days of the week. About 60 minutes a day of physical activity may be needed to prevent weight gain. For sustaining weight loss, at least 60 to 90 minutes a day of physical activity may be required. Children and teenagers should be physically active for 60 minutes every day, or most days. 	<p>Know the limits on fats, sugars, and salt (sodium)</p> <ul style="list-style-type: none"> Make most of your fat sources from fish, nuts, and vegetable oils. Limit solid fats like butter, margarine, shortening, and lard, as well as foods that contain these. Check the Nutrition Facts label to keep saturated fats, trans fats, and sodium low. Choose food and beverages low in added sugars. Added sugars contribute calories with few, if any, nutrients.
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After Workout Snack Replacement 101

What you eat and when you eat it affects your athletic performance!

The best foods to fuel your muscles are carbohydrates (fruits, fruit juices, starchy foods-pasta, bread, rice, cereal, and oatmeal. Avoid refined sugars such as sugar found in candy and soda (these do not provide you with any extra nutrients!). It is important to get enough carbohydrates because this is what your muscle stores and therefore is what is used as energy!

Recovery Foods:

It is important to eat or drink carbohydrates as soon as tolerable (preferably within 2 hours after a hard exercise).

- * Peanut Butter & Banana on Rice Cakes:
 - * - 1/2 banana 1 tbsp peanut butter, and 2 brown rice cakesSource: fitnessmagazine.com
- * Yogurt and Fresh Berries
 - * - 1 8 oz container of low-fat yogurt with 1/2 cup berries
- * Make it a smoothie with frozen berries!
Source: fitnessmagazine.com
- * Tuna on Whole Wheat
 - * - 4 oz water-packed tuna and 1 slice whole wheat breadSource: fitnessmagazine.com
- * Turkey and cheese with apple slices
 - * - 4 oz deli turkey, 1 soft cheese wedge, and 1 apple.Source: fitnessmagazine.com
- * Trail mix: 1 oz nuts, 1/2 cup cereal, 1/4 cup dried fruit
Source: Christy Kinney; Purdue University Dietetic Intern
- * 16 oz of water and a piece of fruit!
- * 1 serving of whole grain cereal and milk
- * 12 oz low fat chocolate milk
- * Triscuits and 2% cheese
- * Granola Bar
- * Fruit with cottage cheese
- * 100% fruit juice
- * Bean burrito: whole wheat tortilla with black beans, salsa, and reduced fat cheese
Source: Christy Kinney; Purdue University Dietetic Intern



TOP 5 FOOD FACTS YOU SHOULD KNOW !

(THIS GOES IN THE CABINETS IN STUDENT HOUSING)

1. How to boil a pot of water:

1. Fill pot of water and turn stove on high and wait for large bubbles to form, this means the water is hot enough. Note: Always stay near your boiling pot of water. It may boil over, or the water may completely evaporate and cause a fire!

2. How to brown meat:

Items: Meat, spoon, stove, skillet, colander.

Steps: Place meat on skillet on medium-high heat. Break up meat with spoon and cook over heat until there is no pink color. Drain the meat by putting it in a colander. Do not put the drained grease in the sink.

3. Refrigerator Safety:

- Set the fridge temp at 40 degrees Fahrenheit. Higher temperatures increase the likelihood of foodborne illness.
- Sort through the contents of your refrigerator at least once a week. Look at the expiration dates and toss any thing that is expired.
- Place a box of baking soda in the back of the fridge to get rid of odors.

4. How to safely enjoy leftovers:

- Perishable leftovers should not stay out of refrigeration for longer than 2 hours.
- Know how long leftovers can last:

Food:

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Cooked Pasta

Cooked Rice

Deli Meat:

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Seafood, cooked

Soups and stews

Keep Up To:

3 to 4 Days

3 to 5 Days

1 Week

3 to 4 Days

1 Week

3 to 5 Days

3 to 4 Days

1 to 2 Days

2 Days

1 to 2 Days

5. Foods that settle your stomach when you are sick!

Start with: Water, clear sodas (Sprite, Ginger Ale), Gatorade, apple juice, soda crackers, applesauce, broth, or gelatin. If you are starting to feel better, continue with eating bland foods such as a plain baked potato, toast, cream of wheat, cooked white rice, banana, or cooked green beans until you feel 100%.