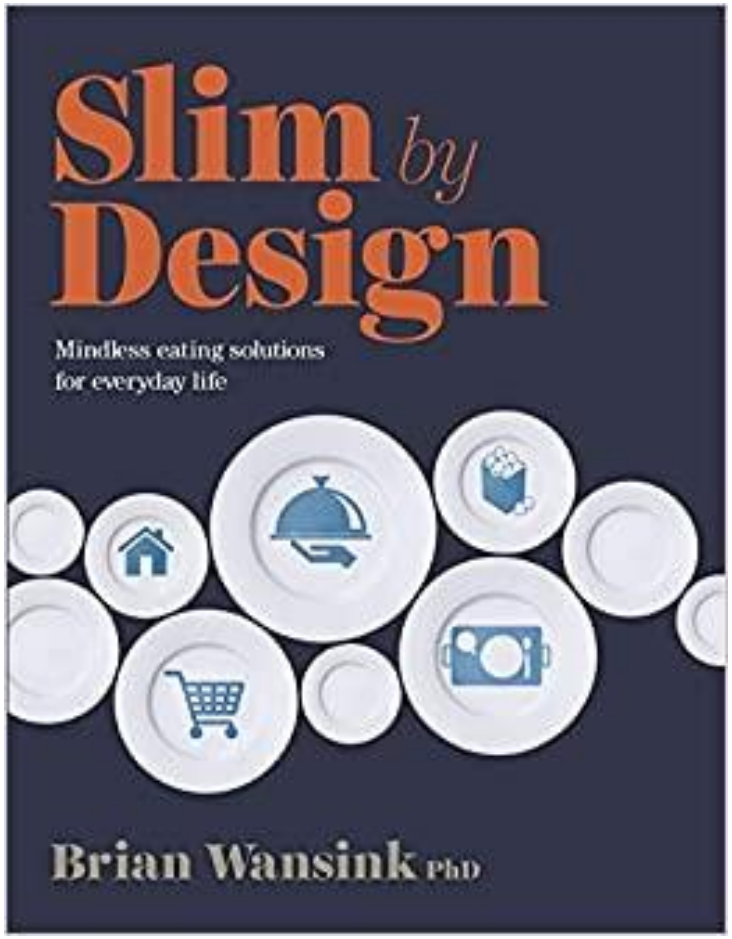
New Year, New Kitchen

Megan Wroe, MS, RD, CNE, CLEC
Manager, St. Jude Wellness Center

Course Objectives

- Identify why your kitchen needs a makeover.
- Name 3 ways to healthify your kitchen.
- Identify the 3 most important parts of a food label.
- Learn key items to keep in your pantry, fridge & freezer to maintain a healthy kitchen.
- Make a specific game plan for how to maintain your healthy kitchen.

Slim by Design



It's Time for Your SHELVIC Exam!

- A cluttered kitchen promotes overeating.
- Environmental engineering is all about how to design your surroundings for a particular outcome.
  - Boxes of cereal on a counter = 21 additional pounds
  - Candy bowls on tables = 74 added calories per day
  - Clutter in general = 44% more calorie intake
  - Cluttered kitchen = 50% less likely to cook
  - 11-12" plates = 80 extra calories per meal
  - If the color of your plate is the same color as your food, you will eat 18% more!

- Average percent of income spent on grocery food:
  - 1940: 35-50%
  - 1960: 15%
  - 2000: 5.7%
- Average cost of food increases from 1960 to 2000:
  - Grocery food: rose 44%
  - Food away from home: rose 68.3%

Top 3 Ways to Healthify Your Kitchen

1. Make your kitchen less loungeable.
2. Make unhealthy foods invisible & inconvenient.
3. Make it easier (& more fun) to cook.

Make Your Kitchen Less Loungeable

- Get rid of the TV.
- Standing room only.
- Paint the walls & cabinets a neutral color that is not too dark & not stark white.
- Use bright lighting.
- Move your office/desk/workspace into another room.
- If your dining table has to do double duty as a desk/workspace, turn off the lights in the kitchen and sit with your back to the kitchen. If at all possible, face a window.

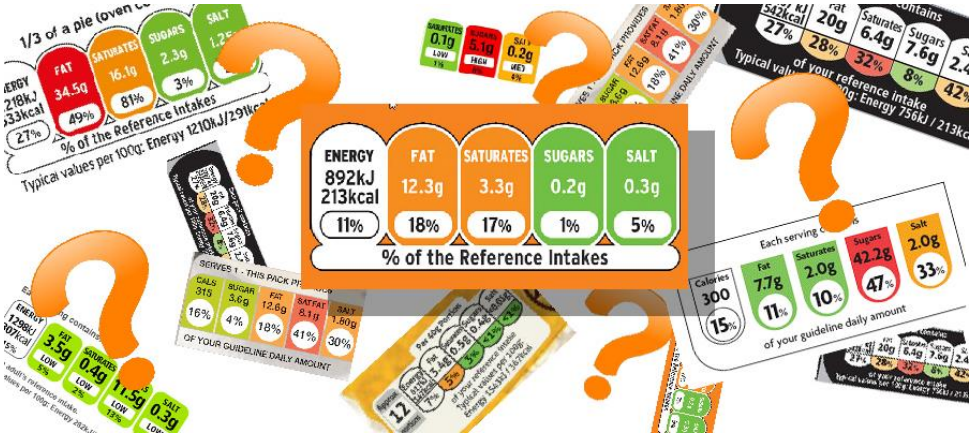
Make Unhealthy Foods Invisible & Inconvenient

- Put desserts/snacks/baking goods at the way top, way bottom or way back. Or use a completely different cabinet!
  - Labels do wonders! "Don't eat this Megan!" OR "There are 25g of sugar in this Megan!" OR "Saturday food only!"
- Put healthy options at eye level at the front.
- Have fruits & veggies already cut and ready to eat.
- Wrap unhealthy leftovers in foil. Wrap healthy leftovers in Saran wrap or clear Tupperware.
- Use the produce drawer for indulgence foods and the shelves for healthier options.
- Reduce the size of your plates, bowls, glasses & utensils.
- Keep serving dishes off the table (or even put them away before eating!)

Make it Easier (& More Fun) to Cook!

- Make room! Organize!
- Strategically place key cookware/servingware.
- Do. Your. Dishes.
- Buy cushy mats to stand on.
- Invest in knives and sharpen them.
- Invest in clear food storage
- Rockout!
- Buy only acceptable foods.
- Stock your fridge/freezer/pantry/counter with staple items.

Smart Shopping: Tips for Reading Labels



Original Label

Nutrition Facts

Serving Size 2/3 cup (55g)
Servings Per Container 8

Amount Per Serving	
Calories 230	Calories from Fat 72
	% Daily Value*
Total Fat 8g	**12%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 160mg	**7%**
Total Carbohydrate 37g	**12%**
Dietary Fiber 4g	**16%**
Sugars 12g	
Protein 3g	
Vitamin A	10%
Vitamin C	8%
Calcium	20%
Iron	45%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

New Label

Nutrition Facts

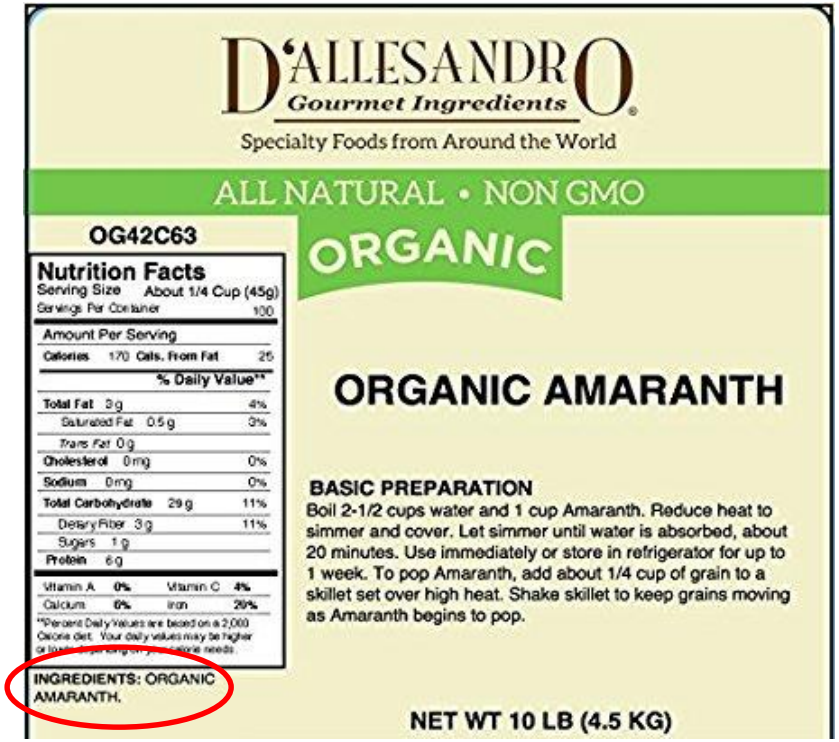
8 servings per container
Serving size **2/3 cup (55g)**

Amount per serving	
Calories	**230**
	% Daily Value*
Total Fat 8g	**10%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 160mg	**7%**
Total Carbohydrate 37g	**13%**
Dietary Fiber 4g	**14%**
Total Sugars 12g	
Includes 10g Added Sugars	**20%**
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

1. The serving size now appears in larger, bold font and some serving sizes have been updated.
2. Calories are now displayed in larger, bolder font.
3. Daily Values have been updated.
4. Added sugars, vitamin D, and potassium are now listed. Manufacturers must declare the amount in addition to percent Daily Value for vitamins and minerals.

Buy foods WITHOUT labels!



Grass Fed Ribeye Steaks

Nutrition Facts
Serving Size: 4 oz. (112g)
Servings Per Container: 2.5

Amount Per Serving	
Calories 320	Calories from Fat 240
	% Daily Value*
Total Fat 27g	**41%**
Saturated Fat 11g	**55%**
Trans Fat 0g	
Cholesterol 80mg	**26%**
Sodium 60mg	**3%**
Total Carbohydrate 0g	**0%**
Protein 19g	

Iron 10%

Not a significant source of trans fat, dietary fiber, sugars, vitamin A, vitamin C, and calcium.

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

INGREDIENTS: 100% GRASS FED BEEF.

Original Label

Nutrition Facts

Serving Size 2/3 cup (55g)
Servings Per Container 8

Amount Per Serving

Calories 230	Calories from Fat 72
	% Daily Value*
Total Fat 8g	**12%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 160mg	**7%**
Total Carbohydrate 37g	**12%**
Dietary Fiber 4g	**16%**
Sugars 12g	
Protein 3g	
Vitamin A	10%
Vitamin C	8%
Calcium	20%
Iron	45%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

New Label

Nutrition Facts

8 servings per container
Serving size **2/3 cup (55g)**

Amount per serving
Calories **230**

	% Daily Value*
Total Fat 8g	**10%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 160mg	**7%**
Total Carbohydrate 37g	**13%**
Dietary Fiber 4g	**14%**
Total Sugars 12g	
Includes 10g Added Sugars	**20%**
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

1. The serving size now appears in larger, bold font and some serving sizes have been updated.
2. Calories are now displayed in larger, bolder font.
3. Daily Values have been updated.
4. Added sugars, vitamin D, and potassium are now listed. Manufacturers must declare the amount in addition to percent Daily Value for vitamins and minerals.

Recognize key information

Read Labels for:

- Less than 7g sugar
- More than 3g fiber*
- 0 trans fat
- Read the ingredient list:
  - Should be short (ideally less than 10 items)
  - No "sugar words" in top 3
  - No more than 1-2 sugar words
  - No "hydrogenated" oils
  - Minimal additives/preservatives/things we cannot pronounce or identify


THE 56 NAMES OF
SUGAR
Buttered syrup
Cane sugar
Dextrose
Caramel
Brown sugar
Corn syrup
Cane juice
Corn syrup solids
Beet sugar
Confectioners' sugar
Dehydrated cane juice
Galactose
Agave nectar
Demerara sugar
Fruit juice concentrate
Maltodextrin
Diastatic malt
Diatase
Maltose
Fructose
Malt sugar
Mannitol
Florida crystals
Molasses
Sorbitol
Yellow sugar
Sucrose
Sorghum syrup
Carob syrup
Treacle
Lactose
Panocha
Raw sugar
Rice syrup
Castor sugar
HFCS (High Frustose Corn Syrup)
Muscovado
Golden sugar
Barbados sugar
Glucose solids
Grape sugar
Barley malt
Maple syrup
Honey
Refiner's Syrup
Sugar (granulated)
Turbinado sugar
Golden syrup
Fruit juice
Icing sugar
Glucose
Date sugar
Ethyl maltol
Dextran
Photo from The Family Cooks by Laurie David

Kellogg's®
Smart Start® Healthy Heart

Make sure to take note of the serving size!

Aim for no more than 3g saturated fat per serving

No trans fats!

Aim for less than 300mg per serving

Aim for more than 3g fiber per serving

Aim for less than 10g sugar per serving

Nutrition Facts

Serving Size 1¼ Cups (60g/2.1 oz.)
Servings Per Container About 7

Amount Per Serving	Cereal	Cereal with ½ Cup Vitamins A&D Fat Free Milk
Calories	230	270
Calories from Fat	20	20
	% Daily Value**	
Total Fat 3g*	**5%**	**5%**
Saturated Fat 0.5g	**3%**	**3%**
Trans Fat 0g		
Cholesterol 0mg	**0%**	**0%**
Sodium 140mg	**6%**	**8%**
Potassium 400mg	**11%**	**17%**
Total Carbohydrate 46g	**15%**	**17%**
Dietary Fiber 5g	**23%**	**23%**
Soluble Fiber 2g		
Insoluble Fiber 3g		
Sugars 17g		
Other Carbohydrate 24g		
Protein 7g		

Ingredients: Oat bran, rice, sugar, oat clusters (sugar, toasted oats [rolled oats, sugar, high fructose corn syrup, partially hydrogenated soybean oil, molasses, honey], wheat flakes, crisp rice [rice, sugar, malt, salt], corn syrup, polydextrose, honey, cinnamon, BHT for freshness, artificial vanilla flavor), high fructose corn syrup, malt flavoring, potassium chloride, salt, baking soda, ascorbic acid (vitamin C), niacinamide, zinc oxide, reduced iron, calcium pantothenate, pyridoxine hydrochloride (vitamin B_6), riboflavin (vitamin B_2), thiamin hydrochloride (vitamin B_1), BHT (preservative), vitamin A palmitate, folic acid, vitamin B_{12}, vitamin D.

CONTAINS WHEAT INGREDIENTS.

Exchange: 3 Carbohydrates
The dietary exchanges are based on the *Exchange Lists for Meal Planning*, ©2003 by The American Diabetes Association, Inc. and The American Dietetic Association.

"hydrogenated" means there are trans fats!

- Serving Size: 1 cup
- Calories290Kcal
- Total Fat17g
- Saturated Fat10g
- Trans Fat0g
- Cholesterol70mg
- Sodium110mg
- Potassium290mg
- Total Carbohydrate28g
- Dietary Fiber0g
- Sugars24g
- Added Sugars16.51g
- Protein8g

INGREDIENTS
grade a pasteurized milk, cream, nonfat milk, honey, live active cultures: s. thermophilus, l. bulgaricus, lacidophilus, bifidus, l. casei.

Kitchen Makeover
The Refrigerator/Freezer

1. Clean it all out!
    1. Throw things away (I promise this is ok!)
    2. Wipe down shelves and drawers.
2. Take inventory of what is left and make a list of "staple items" for your regular grocery list.
3. Re-stock intelligently:
    1. Anything not needed daily/not healthy but needs to stay goes to the back (ex: maple syrup, alcohol…)
    2. Fruits and veggies front and center. Maybe don't put them in the crisper drawer!
    3. Leftovers or nearly expiring items easy to see.
4. Consult your grocery list and add things that are now needed.

Refrigerator Staples

- Some sort of milk (whole cow, whole goat, oat, macadamia, hemp, soy, almond, coconut)
- Proteins:
  - Greek yogurt, sheep yogurt, cashew yogurt, cottage cheese
  - Pasture-raised eggs (regular & hard-boiled)
  - Feta cheese, string cheese, parmesan cheese
  - Nut butter
- Condiments:
  - 1-2 salad dressings, lemon or lime juice
  - Tamari sauce, rice vinegar, miso paste
  - Hot sauce
  - Mustards
  - BBQ sauce, ketchup
- Vegetables: chopped raw, roasted, salad greens
- Fun Beverages: sparkling water, teas
- Leftovers!

Freezer Staples

- Broth (in cubes)
- Condiments
  - Pesto cubes
  - Garlic, diced onion
  - Tomato paste, chipotle paste
- Meal Starters
  - Cooked grains (quinoa, millet, bulgur)
  - Batch-cooked soup or sauces
  - Leftovers!
- Snacks
  - Energy balls
  - Protein bars
  - Fruit popsicles
- Proteins
  - Burgers (meat or bean)
  - Fish/Shrimp
  - Shredded meat
  - Nuts/Seeds
- Vegetables (plain or cooked) & Fruit (including lemon juice)

Kitchen Makeover: The Pantry

1. Empty it out COMPLETELY.
2. Wipe down shelves.
3. Take inventory. Throw away:
    1. Expired or outdated foods.
    2. Foods you completely forgot about/have not touched in 6-12 months.
    3. Foods that do not meet your new nutrition label standards.
4. Re-stock intelligently:
    1. Keep those special occasion/not healthy items toward the back or up high on their own shelf (I'm looking at you brown sugar, molasses and white flour!)
    2. Put healthy snacks, cooking items and condiments up front and easy to reach.
    3. Organize for ease. Lazy Susans, stacker shelves, etc.
    4. Double check your herbs and spices for dates and variety.
    5. Consider labeling bins/shelves/items.

Pantry Staples

- Starches: quinoa, wild rice, amaranth, millet, oats/buckwheat, legume pasta, dried beans
- Canned Foods: beans, tomatoes/tomato sauce, soups, pureed vegetable (pumpkin), no sodium veggies, tuna or salmon, coconut milk
- Vinegars (balsamic, red wine, apple cider, etc)
- Oils (avocado, olive, coconut)
- Sauces/Spreads
- Flours: almond, coconut, chickpea, rice, arrowroot, quinoa, oat
- Sugars: coconut sugar/nectar, date syrup, raw honey, maple syrup, allulose
- Baking needs: baking powder/soda, vanilla, applesauce, cocoa powder, chocolate chips, coconut flakes
- Snacks: whole grain crackers, popcorn, jerky, dried chickpeas, dried fruit, seaweed, dark chocolate

Kitchen Makeover: The Countertop

1. Find a new entry point.
2. Clear the clutter.
    1. Create an organized space for paper, pens and “stuff.”
    2. Get rid of candy/snack bowls, Costco boxes of food, etc.
3. Set only healthy items in view.
    1. Set out a fruit & veggie basket. Experiment with placement in high traffic zones. Toss items that are old or unappetizing.
4. Create a happy space:
    1. Consider an herb garden near the window.
    2. Place a motivational quote board on the fridge or countertop.
    3. Get dishes done and kitchen cleaned routinely.

Visual Cues = Additional Pounds

+21lbs

+9lbs

-7lbs

+29lbs

+8lbs

Countertop Staples

- Fresh fruit
- Avocados
- Starchy veggies (or in pantry)
- Tea/coffee
- Spices!!!
- Essential equipment only
- Organized space for recipes/inspiration
- Clean, nice-looking dishes/glassware/utensils
- SPACE!

What Changes Will YOU Make?

- Make personal decisions
  - Buy a new set of knives.
  - Keep only food-related items on the counter.
  - Move the microwave to the garage.
  - Fast food is only allowed if served on plates.
  - Flowers will always be in a vase near your cooking station.
  - Snacky processed foods get put in a bin with a lid and a label.
- The change must happen at least 25 days/month

IN sight,
IN mind

Let's take a look at my kitchen!

Questions?

Be on the lookout for our new meal planning platform coming next month!

Megan Wroe

Megan.wroe@stjoe.org