Module 6

Food Shopping, Meal Planning, & Eating Out

Revised 1 Aug 2018

CLASSIFIED
Shopping Strategies

• Prepare a shopping list
  – Group similar foods together to be efficient
    • Know the store layout
      – Stick to the list
      – Avoid shopping when hungry or tired
• Check pantry to avoid duplication
• Comparison shop
  – Compare unit prices and cost per serving
• **Check dates on the package**
• **Plan meals around store specials**
• **Buy in bulk**
• **Buy foods in season for best prices**

• **Review Handouts:**
  – *Eating Well on a Budget*
  – *Eating On a Budget*
• For Fruits & Vegetables
  – Frozen & canned with no added sugar can be just as good as fresh, and cheaper

• Lean meat products
  – Shop meats with “loin” or “round”
  – >90% lean ground meats
    • Price may initially be higher, but you lose less product when cooked

• Whole Grain products
  – Should contain ≥ 3 grams of fiber per serving
• Read labels as you shop

• Pay attention to serving size and servings per container

• Compare the total calories in similar products and choose products with the lowest calories, saturated fat, sugar, cholesterol and sodium
• **Review the handouts in the next few pages:**
  
  – *Healthy Shopping List*
  
  – *Commissary Shopping Tips*

  • *Includes a week long menu for the barracks chef*
Planning Meals

- **Family size**
- **Age**
- **Activity level**
- **Food preferences**
- **Preparation time and equipment**
- **Health considerations**
- **Food budget**
- **Storage Space**
Time Savers

• Look for common foods for multiple dishes or meals

  – Meals that your family likes enough to eat multiple times in the week
    • Example: Crock-pot of Chili
      – Chili over rice one day and chili with dinner rolls on another day

  – Use food ingredients multiple days in different dishes
    • Example: purchase a whole frozen chicken (or turkey)
      – Day 1: Grilled or rotisserie style
      – Day 2: Leftover meat can be used in casserole or similar dish
      – Day 3: Bones can be used as broth-base for chicken noodle soup
• **Organize kitchen**
  – Assemble all ingredients before beginning

• **Dovetail**
  – Work on several items at the same time

• **Clean up as you go**

• **Use convenience foods**
  – Can increase expense

• **Prepare larger quantities of food at one time**
  – Freezing some for later

• **Review handouts:**
  
  *Making a Meal Plan Work in a Family*
  
  *Eating at Home*
• Approximately 48 million food borne illnesses in the US each year
  – 128,000 hospitalized
  – 3,000 people die

• Pregnant women, babies, children and elderly are most susceptible to food borne illnesses
Avoid Food Poisoning

• Wash hands with hot, soapy water before and after handling food
• Avoid cross-contamination of raw foods (such as meat) with fresh or cooked foods
• Cook foods to a high enough temperature
• Refrigerate foods quickly or store them between 140-160 degrees F

• Fight BAC!
  – Review handouts
Eating in the barracks is a challenge
- Must grocery shop regularly and consistently
- Deal with limited storage, cooking equipment and skills

Becoming skilled at microwave cooking is a must
- Almost all foods can be cooked in the microwave
  - Protein: meat, eggs, cheese, beans
  - Carbohydrate: hot cereals, pasta, rice
  - Fat: Cheese and oils
  - Vegetables
- Be sure to use microwave safe dishware and cover or wrap foods to help retain their moisture
- Review handout: Cookery Methods
Galley or Dining Out

- For most of you, eating at the galley is a vital component of your daily meals.
- Eating out or choosing foods on the go are other common practices.
- Regardless of where you go, choosing the exact types and quantities of food is yours.
  - Two useful tips to follow are
    - Ask!
    - Act!
**Sample Menu Within Galleys**

<table>
<thead>
<tr>
<th>FOOD ITEM</th>
<th>CALORIES</th>
<th>PROTEIN (grams)</th>
<th>FAT (grams)</th>
<th>CARBOHYDRATE (grams)</th>
</tr>
</thead>
<tbody>
<tr>
<td>SHRIMP SCAMPI</td>
<td>216</td>
<td>26</td>
<td>8</td>
<td>8</td>
</tr>
<tr>
<td>ROAST TURKEY</td>
<td>201</td>
<td>26</td>
<td>10</td>
<td>0</td>
</tr>
<tr>
<td>CHILI BAR (U/O)</td>
<td>257</td>
<td>26</td>
<td>11</td>
<td>14</td>
</tr>
<tr>
<td>CRANBERRY SAUCE</td>
<td>86</td>
<td>0</td>
<td>0</td>
<td>22</td>
</tr>
<tr>
<td>TURKEY GRAVY</td>
<td>2</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>OVEN BROWNED POTATOES</td>
<td>119</td>
<td>2</td>
<td>4</td>
<td>20</td>
</tr>
<tr>
<td>CORNBREAD DRESSING</td>
<td>287</td>
<td>6</td>
<td>9</td>
<td>47</td>
</tr>
<tr>
<td>DIRTY RICE</td>
<td>51</td>
<td>2</td>
<td>1</td>
<td>10</td>
</tr>
<tr>
<td>SIMMERED BLACK BEANS</td>
<td>39</td>
<td>1</td>
<td>2</td>
<td>5</td>
</tr>
<tr>
<td>SCANDINAVIAN VEGETABLE BLEND</td>
<td>50</td>
<td>3</td>
<td>0</td>
<td>10</td>
</tr>
<tr>
<td>SALAD BAR</td>
<td></td>
<td></td>
<td></td>
<td>Varied based on selection</td>
</tr>
<tr>
<td>BROCCOLI AND TORTELLINI SALAD</td>
<td>111</td>
<td>5</td>
<td>3</td>
<td>16</td>
</tr>
<tr>
<td>BLONDIES</td>
<td>414</td>
<td>4</td>
<td>21</td>
<td>55</td>
</tr>
<tr>
<td>ASSORTED PIE</td>
<td>316</td>
<td>3</td>
<td>16</td>
<td>41</td>
</tr>
<tr>
<td>GELATIN CITRUS</td>
<td>147</td>
<td>23</td>
<td>0</td>
<td>3</td>
</tr>
<tr>
<td>FRUIT BAR 2</td>
<td>238</td>
<td>3</td>
<td>1</td>
<td>61</td>
</tr>
<tr>
<td>BREAD BAR</td>
<td>245</td>
<td>7</td>
<td>3</td>
<td>48</td>
</tr>
<tr>
<td>ICE CREAM BAR</td>
<td></td>
<td></td>
<td></td>
<td>Varied based on selection</td>
</tr>
<tr>
<td>BEVERAGE: MILK</td>
<td></td>
<td></td>
<td></td>
<td>Varied based on selection</td>
</tr>
<tr>
<td>BEVERAGE; HOT BEVERAGE</td>
<td></td>
<td></td>
<td></td>
<td>Varied based on selection</td>
</tr>
<tr>
<td>BEVERAGE: POWDERED BEVERAGE BULK (O)</td>
<td></td>
<td></td>
<td></td>
<td>Varied based on selection</td>
</tr>
<tr>
<td>BEVERAGE: SLUSHY VARIETY (O)</td>
<td></td>
<td></td>
<td></td>
<td>Varied based on selection</td>
</tr>
<tr>
<td>BEVERAGE: CARBONATED BIB (O)</td>
<td></td>
<td></td>
<td></td>
<td>Varied based on selection</td>
</tr>
</tbody>
</table>

*Indicates a healthier choice option
May be healthy based on type chosen

Review handout: Galley guidelines

*For further classification & understanding of "healthier" food choices, refer to “Go For Green” criteria found within your galley*
**Go For Green**

- Green, yellow, and red color coding system within the galleys

<table>
<thead>
<tr>
<th>Entrees and Sandwiches: Less than:</th>
<th>Entrees and Sandwiches: Between:</th>
<th>Entrees and Sandwiches: Greater than:</th>
</tr>
</thead>
<tbody>
<tr>
<td>• 500 calories</td>
<td>• 500-700 calories</td>
<td>• 700 calories</td>
</tr>
<tr>
<td>• 16 grams of total fat</td>
<td>• 15-20 grams of total fat</td>
<td>• 20 grams of total fat</td>
</tr>
<tr>
<td>• 75 mg of cholesterol</td>
<td>• 75-110 mg of cholesterol</td>
<td>• 110 mg of cholesterol</td>
</tr>
<tr>
<td>• 480 mg of sodium</td>
<td>• 480-700 mg of sodium</td>
<td>• 700 mg of sodium</td>
</tr>
</tbody>
</table>

* Always try to choose low saturated fat and sodium options; try to use high fiber choices.

<table>
<thead>
<tr>
<th>Sides: Less than:</th>
<th>Sides: Between:</th>
<th>Sides: Greater than:</th>
</tr>
</thead>
<tbody>
<tr>
<td>• 225 calories</td>
<td>• 225-350 calories</td>
<td>• 350 calories</td>
</tr>
<tr>
<td>• 4 grams of total fat</td>
<td>• 4-6 grams of total fat</td>
<td>• 6 grams of total fat</td>
</tr>
</tbody>
</table>

* Always try to choose low saturated fat and sodium options; try to use high fiber choices.

<table>
<thead>
<tr>
<th>Desserts: Less than:</th>
<th>Desserts: Between:</th>
<th>Desserts: Greater than:</th>
</tr>
</thead>
<tbody>
<tr>
<td>• 200 calories</td>
<td>• 250-350 calories</td>
<td>• 350 calories</td>
</tr>
<tr>
<td>• 6 grams of total fat</td>
<td>• 6-11 grams of total fat</td>
<td>• 11 grams of total fat</td>
</tr>
</tbody>
</table>

* Always try to choose low saturated fat and sodium options; try to use high fiber choices.

<table>
<thead>
<tr>
<th>Soups: Less than:</th>
<th>Soups: Between:</th>
<th>Soups: Greater than:</th>
</tr>
</thead>
<tbody>
<tr>
<td>• 250 calories</td>
<td>• 250-550 calories</td>
<td>• 350 calories</td>
</tr>
<tr>
<td>• 6 grams of total fat</td>
<td>• 6-11 grams of total fat</td>
<td>• 11 grams of total fat</td>
</tr>
<tr>
<td>• 480 mg of sodium</td>
<td>• 480-1000 mg of sodium</td>
<td>• 700 mg of sodium</td>
</tr>
</tbody>
</table>

* Always try to choose low saturated fat and sodium options; try to use high fiber choices.

<table>
<thead>
<tr>
<th>Beverages: Less than:</th>
<th>Beverages: Between:</th>
<th>Beverages: Greater than:</th>
</tr>
</thead>
<tbody>
<tr>
<td>• 3 grams total fat</td>
<td>• 4-6 grams total fat</td>
<td>• 6 grams of total fat</td>
</tr>
<tr>
<td>No added sugar</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

* Always try to choose low saturated fat and sodium options; try to use high fiber choices.

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- Check with your galley staff for more information

[http://hprc-online.org/nutrition/fighting-weight-strategies#joint-services](http://hprc-online.org/nutrition/fighting-weight-strategies#joint-services)
FAST FAT

- 9 out of 10 people eat meals or snacks on the go
- 6 out of 10 do so on a daily basis
  - 26% do so 2 to 3 times a day
- Children eat nearly twice as many calories (770) at restaurants as they do during a meal at home (420)
Fast Fat

- Lower in fiber, vitamins & minerals than most meals cooked at home
- Restaurant portion sizes tend to be 2-3 times recommended portion size
- High fat and cholesterol
  - 40-60% calories from fat
    - Mostly saturated and trans fats
- High sodium
  - Individual foods can be up to 2500 mg
    - RDA <2400 mg per day
Ask, will the restaurant...

- **Serve olive oil instead of butter or margarine?**
- **Serve low-fat milk rather than whole milk or cream?**
- **Leave all butter, gravy or sauces off a dish?**
Eating Healthy When Dining Out

Act! Select foods that are...

- Steamed
- Broiled
- Baked
- Roasted
- Poached
- Lightly sautéed or stir-fried
- Garden fresh
Tips For Eating Out

• Request or choose low fat milk as your drink
  – Saves 100+ calories, while consuming many vitamins, minerals and protein

• Sauce, gravy, and dressing on the side
  – Avoid mayo & cheese and save 300 calories

• Decrease Portion Size!!!
  – Single vs. Doubles & Triples
  – Eat ½ your meal
  • Big Mac, large fries, 20 ounce cola= 1450 calories

Review Handouts: Fast Food Alternatives & Restaurant Tips
Additional Challenges

Deployed at Sea

– **Type of ship will carry different limitations**
  - Know the hours of the galley, how often food is available

– **Primary food locations**
  - Galley, ship store, vending machines, personal supply

– **Know the packing/storage restrictions**
  - How much space will you have available?
  - Can you store foods in your rack or workspace?
  - Use zip lock bags instead of jars/boxed items

**Important to plan ahead!**

- Many of these items need to be identified before you actually deploy

“Failing to Plan is Planning to Fail”
Deployable Snacks/Foods

Pre-packable/ Storage Items

Nut butters (Peanut, almond)
  • Pair with whole grain crackers or bread

Beef Jerky (original)

Powdered or dried Products
  • Powdered Milk, dried fruit etc…

Nuts & seeds (unsalted, dry)
  • Almonds, peanuts, sunflower, flax, pecans etc…
  • Create home made trail mixes (mix with dried fruit)

Whole grain oatmeal/cereal packets

Granola Bars/ Protein Bars
  • Natures Valley, Lara, Odwalla, Kind, Clif

*When choosing any snack, focus on keeping the amount small*
Items that may keep for multiple days without refrigerating

- Fresh fruit: bananas, apples, oranges etc…
  - Can last 5-10 days dry storage
- Canned/snack pack fruit cups
  - No sugar/syrup added

Refrigerate items or use within 2 hours of purchase

- Dairy Products (milk, yogurt, cheese sticks)
- Hard boiled eggs
- Deli meat sandwiches
- Parfaits or ready to serve fruit cups/ vegetable packs