



Module 6



Food Shopping, Meal Planning, & Eating Out



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***



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- ***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)***
 - Day1: 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



Food Borne Illness

Centers for Disease Control and Prevention



- ***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***





Barracks Cooking



- ***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



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

Review handout: Galley guidelines

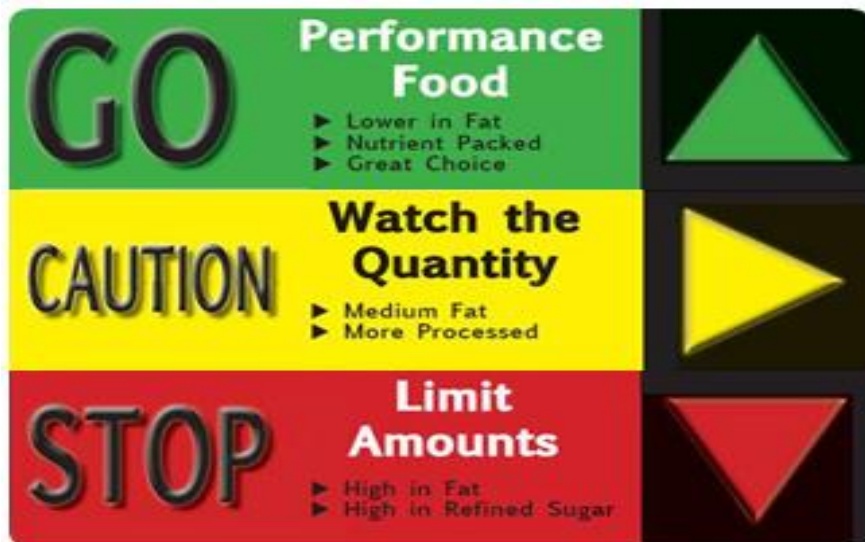
***For further classification & understanding of "healthier" food choices, refer to "Go For Green" criteria found within your galley**



Go For Green



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



Entrees and Sandwiches: Less than: <ul style="list-style-type: none"> • 500 calories • 15 grams of total fat • 75 mg of cholesterol • 480 mg of sodium <p>* Always try to choose low saturated fat and sodium options; try to use high fiber choices</p>	Entrees and Sandwiches: Between: <ul style="list-style-type: none"> • 500-700 calories • 15-20 grams of total fat • 75-110 mg of cholesterol • 480-700 mg of sodium <p>* Always try to choose low saturated fat and sodium options; try to use high fiber choices</p>	Entrees and Sandwiches: Greater than: <ul style="list-style-type: none"> • 700 calories • 20 grams of total fat • 110 mg of cholesterol • 700 mg of sodium <p>* Always try to choose low saturated fat and sodium options; try to use high fiber choices</p>
Sides: Less than: <ul style="list-style-type: none"> • 225 calories • 4 grams of total fat <p>* Always try to choose low saturated fat and sodium options; try to use high fiber choices</p>	Sides: Between: <ul style="list-style-type: none"> • 225-350 calories • 4-6 grams of total fat <p>* Always try to choose low saturated fat and sodium options; try to use high fiber choices</p>	Sides: Greater than: <ul style="list-style-type: none"> • 350 calories • 6 grams of total fat <p>* Always try to choose low saturated fat and sodium options; try to use high fiber choices</p>
Desserts: Less than: <ul style="list-style-type: none"> • 250 calories • 6 grams of total fat 	Desserts: Between: <ul style="list-style-type: none"> • 250-350 calories • 6-11 grams of total fat 	Desserts: Greater than: <ul style="list-style-type: none"> • 350 calories • 11 grams of total fat
Soups: Less than: <ul style="list-style-type: none"> • 250 calories • 6 grams of total fat • 480 mg of sodium 	Soups: Between: <ul style="list-style-type: none"> • 250-350 calories • 6-11 grams of total fat • 480-700 mg of sodium 	Soups: Greater than: <ul style="list-style-type: none"> • 350 calories • 11 grams of total fat • 700 mg of sodium
Beverages: Less than: <ul style="list-style-type: none"> • 3 grams total fat • No added sugar 	Beverages: Between: <ul style="list-style-type: none"> • 4-5 grams total fat 	Beverages: Greater than: <ul style="list-style-type: none"> • 5 grams of total fat

– *Check with your galley staff for more information*

<http://hprc-online.org/nutrition/fighting-weight-strategies#joint-services>



Eating Out



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***



Eating Healthy When Dining Out



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**

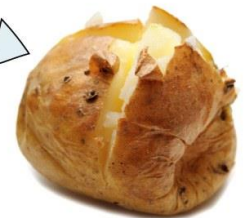
Instead of this...

Low Nutrient Density



Have this...

High Nutrient Density





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****



Products To Buy At NEX/Mini Mart/Ship Store



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***