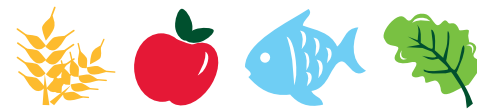


Week Three: Vegetables, Portion Control & Lunch



The Goldring Center
for Culinary Medicine

TULANE UNIVERSITY

In week three of this cooking class series, we will:



Examine how to craft a healthy lunch that satisfies



Identify the nutrition benefits of vegetables



Review portion size tips for moderation



Discuss how to incorporate MyPlate into meal planning



Build flavor for delicious meals

Vegetables



- Aim for at least 2-4 cups per day
- Each additional serving of fruits & vegetables reduces your risk of heart disease by 4%
- Low in Calories & Fat and Nutrient Dense
- Great sources of Fiber, Potassium, Folate, Magnesium, Vitamin A, Vitamin C & Vitamin K – Eat the RAINBOW to get them all!
- Non-Starchy: lower in carbohydrates
 - Broccoli, collard greens, lettuce, mushrooms, onion, celery, peppers, cucumber, green beans
- Starchy: higher in carbohydrates
 - Potatoes, corn, peas, butternut squash, pumpkin, plantains, parsnips

Portion Sizes vs. Serving Sizes

- **Portion Size** – how much food you choose to eat, whether at a restaurant, from a package, or a homemade dish from your own kitchen.
- **Serving Size** – The amount of food listed on a product's nutrition label which may be more or less than what you plan to eat. This term can also refer to the recommended servings of food groups from the USDA Dietary Guidelines and My Plate.

Handy Tips for Estimating Portion & Serving Sizes



**1 cup = 1 fist
or baseball**

Raw, canned or
frozen cooked
vegetables
*2 cups is
appropriate for
leafy greens



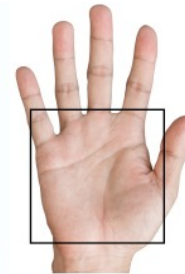
**1/2 cup = 1/2 fist
or light bulb**

Raw, canned,
or frozen
cooked **fruits**
and **legumes**,
cereals, grains
or **pastas**



**1/4 cup = cupped
hand or palmful**

Dried fruit or
nuts and
seeds



**3 oz = palm of hand or
deck of cards**

Meats, chicken,
fish and **seafood**



**1 tbsp = 1 thumb
or 1 poker chip**

Peanut butter



**1 tsp = 1 thumb tip
or 1 postage stamp**

Oils and other fats

The Plate Method

- **½ Plate Non-starchy Vegetables:** Broccoli, Carrots, Cucumber, Green Beans, Mushrooms, Peppers, Salad Greens, Squash, etc.
- **¼ Plate Carbohydrates:** Rice, Quinoa, Sweet Potato, Whole-Grain Bread or Pasta
- **¼ Plate Protein:** Chicken, Beef Eggs, Fish, Pork, Tofu, Turkey, etc.
 - For combination food that contains starch and protein (such as a casserole or spaghetti with meat sauce), fill half of your plate with the combination food. Fill the other half with non-starchy vegetables.



Using a 9-inch plate

Technique of the Week: Blanching & Shocking

Blanching – Cooks vegetables long enough to tenderize, without removing the crunch

Shocking – Rapidly cools vegetables to prevent overcooking and loss of color

1. **Size matters** – Use a pot of water large enough to fit your veggies without overcrowding
2. **Separate** – Different vegetables have different cooking times
3. **Watch Carefully** – Cooking times will not always be the same. Test often!
4. **Shock & Admire** – Remove veggies with a strainer or tongs. Transfer to ice bath. Once thoroughly cooled, remove from ice bath and let dry completely.



Today's Menu



Groups 1 & 5

Simple Hummus Sandwich
Zesty Three Bean Salad

Groups 2 & 6

Tuna Nicoise Salad

Groups 3 & 7

Chicken Salad with Apples & Pecans
Toasted Pita Chips
Mediterranean Spinach Salad with
Balsamic Vinaigrette

Group 4

Creamy Avocado Egg Salad Sandwich
Yogurt Caesar Salad

Nutrition Goals for a Healthy Lunch

GCCM targets for Lunch	
Calories	500 or less
Saturated Fat	< 5g
Sodium	< 550 mg
Fiber	5-10 g
Protein	At least 10 g

Fiber Recommendations:

Adults should aim to get at least 25-30 g per day from food (not supplements). On average, Americans get half of that: about 15 g per day.

Eating whole grains, legumes and beans, vegetables, fruits, nuts and seeds throughout the day will help you reach this goal.

Building a Better Sandwich

1. **Base** – whole grain bread or wrap, watch sodium, toast to prevent sogginess
2. **Protein** – meat (less than 2 oz.), egg, legumes (hummus), cheese (1oz.)
3. **Spread** – adds moisture: vinaigrette, avocado, pesto, hummus, mashed beans, roasted garlic, leftover sauces from dinner, mustard
4. **Fillers** – vegetables and fruit, anything you like to add crunch, texture & fiber

Some Ideas: lettuces, cucumber, peppers, carrot, onions, tomato, sprouts, leftover grilled/roasted veggies, apples, pears, mango, dried fruit (unsweetened)



Simple Hummus Sandwich

Zesty Three Bean Salad

Groups 1 & 5

Nutrition Facts

8 servings per container

Serving size 1 sandwich (221g)

Amount Per Serving

Calories **330**

% Daily Value*

Total Fat 14g **18%**

Saturated Fat 5g **25%**

Trans Fat 0g

Cholesterol 20mg **7%**

Sodium 520mg **23%**

Total Carbohydrate 40g **15%**

Dietary Fiber 7g **25%**

Total Sugars 7g

Includes 2g Added Sugars **4%**

Protein 15g **30%**

Vitamin D 0.2mcg 2%

Calcium 230mg 20%

Iron 2.3mg 15%

Potassium 370mg 8%

* 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.

CONTAINS: MILK, WHEAT

Nutrition Facts

12 servings per container

Serving size 1/2 cup (138g)

Amount Per Serving

Calories **110**

% Daily Value*

Total Fat 6g **8%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 150mg **7%**

Total Carbohydrate 11g **4%**

Dietary Fiber 2g **7%**

Total Sugars 3g

Includes <1g Added Sugars **2%**

Protein 3g **6%**

Vitamin D 0mcg 0%

Calcium 30mg 2%

Iron 0.9mg 4%

Potassium 180mg 4%

* 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.

Tuna Niçoise Salad

Groups 2 & 6

Nutrition Facts

4 servings per container

Serving size about 3 cups (387g)

Amount Per Serving

Calories **470**

% Daily Value*

Total Fat 33g **42%**

Saturated Fat 5g **25%**

Trans Fat 0g

Cholesterol 110mg **37%**

Sodium 450mg **20%**

Total Carbohydrate 30g **11%**

Dietary Fiber 5g **18%**

Total Sugars 10g

Includes 4g Added Sugars **8%**

Protein 18g **36%**

Vitamin D 0.5mcg 2%

Calcium 90mg 6%

Iron 3.1mg 15%

Potassium 810mg 15%

* 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.

CONTAINS: EGG, TUNA

Chicken Salad with Apples & Pecans and Toasted Pita Chips

Mediterranean Spinach Salad with Balsamic Vinaigrette

Groups 3 & 7

Nutrition Facts

6 servings per container

Serving size

1/2 cup chicken salad with 4 pita chips (182g)

Amount Per Serving

Calories 250

% Daily Value*

Total Fat 7g **9%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 55mg **18%**

Sodium 350mg **15%**

Total Carbohydrate 25g **9%**

Dietary Fiber 4g **14%**

Total Sugars 7g

Includes <1g Added Sugars **2%**

Protein 22g **44%**

Vitamin D 2.2mcg 10%

Calcium 60mg 4%

Iron 1.6mg 8%

Potassium 480mg 10%

* 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.

CONTAINS: MILK, WHEAT, PECAN

Nutrition Facts

8 servings per container

Serving size

1 1/2 cups dressed salad (148g)

Amount Per Serving

Calories 250

% Daily Value*

Total Fat 16g **21%**

Saturated Fat 2.5g **13%**

Trans Fat 0g

Cholesterol <5mg **1%**

Sodium 270mg **12%**

Total Carbohydrate 20g **7%**

Dietary Fiber 6g **21%**

Total Sugars 6g

Includes 1g Added Sugars **2%**

Protein 6g **12%**

Vitamin D 0mcg 0%

Calcium 100mg 8%

Iron 3.1mg 15%

Potassium 490mg 10%

* 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.

CONTAINS: MILK, WALNUT

Creamy Avocado Egg Salad Sandwich

Heirloom Tomato and Butter Bean Salad

Groups 4 & 8

Nutrition Facts

4 servings per container

Serving size 1 sandwich (250g)

Amount Per Serving

Calories **380**

% Daily Value*

Total Fat 21g **27%**

Saturated Fat 4g **20%**

Trans Fat 0g

Cholesterol 185mg **62%**

Sodium 500mg **22%**

Total Carbohydrate 39g **14%**

Dietary Fiber 11g **39%**

Total Sugars 5g

Includes 2g Added Sugars **4%**

Protein 16g **32%**

Vitamin D 1mcg 6%

Calcium 120mg 8%

Iron 2.9mg 15%

Potassium 780mg 15%

* 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.

Nutrition Facts

6 servings per container

Serving size 3/4 cup (228g)

Amount Per Serving

Calories **130**

% Daily Value*

Total Fat 5g **6%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 190mg **8%**

Total Carbohydrate 17g **6%**

Dietary Fiber 4g **14%**

Total Sugars 5g

Includes 0g Added Sugars **0%**

Protein 5g **10%**

Vitamin D 0mcg 0%

Calcium 20mg 2%

Iron 0.4mg 2%

Potassium 230mg 4%

* 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.

CONTAINS: EGG, WHEAT

**Thank you for joining us and
we hope to see you next week
for our Week 4 lesson on
legumes & dinner!**