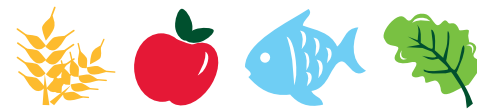


**Week Five:  
Fruits & Nuts,  
Snacking &  
Desserts,  
Rethink Your  
Drink**



**The Goldring Center  
for Culinary Medicine**

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**TULANE UNIVERSITY**

# In week five of this cooking class series, we will:



Review carbohydrate, fruit, & nut nutrition



Explore the concept of rethinking your drink



Create snacks & desserts that are full of fiber & flavor



Explore the concepts of energy and nutrient density



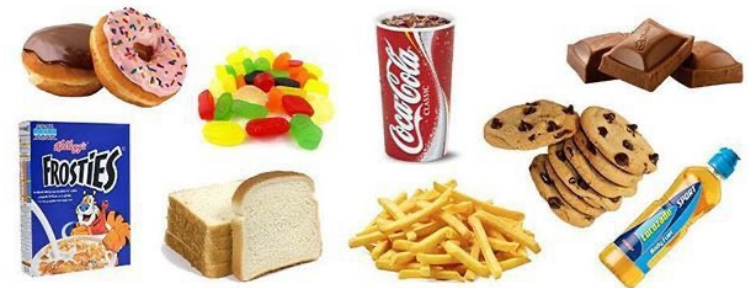
# Carbohydrates

- Found in grains and cereals, vegetables, fruits, dairy products, table sugar
  - Should make up 45-65% of total daily Calorie intake
- 1 teaspoon sugar = 4g carbohydrates = 16 Calories
- SIMPLE vs. COMPLEX Carbs
  - Simple = quickly turned into energy → blood sugar spike ☹
  - Complex = slowly turned into energy → slow blood sugar increase ☺
  - How to spot the difference: FIBER!

## ✓ COMPLEX CARBS



## ✗ SIMPLE CARBS



# Why we LOVE Fiber



## Sources of Fiber:

- Vegetables and Fruits
- Whole Grains
- Beans and Legumes
- Nuts and Seeds

## Tips to Increasing Fiber Intake:

- Increase slowly and give your body time to adjust
- Food sources are better than supplements

## Health Benefits of Fiber:

- Helps regulate blood sugar levels
- Supports healthy metabolism
- Promotes bowel health
- Lowers bad (LDL) cholesterol
- May help prevent certain cancers
- Increases feeling of fullness (satiety)

## Recommended Daily Allowance (RDA):

Women: 25g per day (50+ yrs.: 21g per day)

Men: 38g per day (50+ yrs.: 30g per day)



# All About Fruit



- **GOAL: 1-1 ½ cups per day**
- Low in calories, fat, and sodium
- Contain vitamins and minerals:
  - Vitamin C – important for growth, tissue repair, bone and teeth health
  - Potassium – helps maintain good blood pressure
  - Folate – helps with blood circulation and cell growth
- Contain phytochemicals that may reduce the risk of heart disease, stroke and type 2 diabetes
- Buy fresh fruits in season
- Frozen (without added sugar) is a great option to have on hand year round
- Canned varieties have less fiber and more sugar – avoid those packed in syrup

# Nutty for Nuts (and Seeds!)

- **GOAL: ¼ cup per day**
- High in fiber and healthy fats
- Contain Vitamin E which helps keep heart and blood vessels healthy
- Watch your portion size – nuts are high in calories
  - About 180 calories in 1 oz. Nuts (a palmful)
- Look for nuts and seeds that don't have a lot of added salt or sugar
- When choosing nut butter, check the label for added fat, sodium, and sugar





# Energy Density vs. Nutrient Density

- **Energy dense** – high in calories, low in nutrients (vitamins & minerals) per serving
  - Ex: Butter, candy bars, cookies, chips, sugar sweetened beverages, ultra-processed foods
- **Nutrient dense** – lower in calories, high in nutrients (vitamins & minerals) per serving
  - Ex: Fruits, vegetables, whole grains, legumes, nuts and seeds, low-fat dairy, lean proteins
- Can a food be BOTH?
  - Ex: Avocado, natural peanut butter, cheese
- Standard American Diet (SAD) = energy-rich and nutrient-poor

# Understanding Nutrient Density



- These pictures show what **100 calories** of each of these foods look like
- Eating more nutrient dense foods such as **fruits, vegetables, beans, legumes, whole grains, nuts and seeds** will help you feel full between meals and snacks



# Nutrient Dense vs. Energy Dense Snacking



	Small Apple with 1 Tbsp Peanut Butter	Snickers Bar
Weight	6 oz.	2 oz.
Calories	170	280
Carbohydrates	24 g	35 g
Fiber	4 g	1 g
Sugar	17 g	29 g
Protein	4 g	4 g

# Rethink Your Drink



- Beverages are a sneaky source of added sugar, and it can be hard to cut out sodas and sugar sweetened beverages cold turkey
- How much sugar is hiding in your favorite drinks?      4 grams = 1 tsp/1 sugar packet

Beverage	Sugar Content in Grams	Teaspoons/Sugar Packets
20 oz. bottle of Coca-Cola	67.5g	17
8 oz. can of Red Bull	27g	6 <sup>3</sup> / <sub>4</sub>
12 oz. bottle of Tropicana OJ	33g	8 <sup>1</sup> / <sub>4</sub>
6.75 oz. pouch of Capri Sun Fruit Punch	30g	5
20 oz. bottle of Gatorade	42g	10 <sup>1</sup> / <sub>2</sub>
23 oz. can of Arizona Iced Tea	72g	18
20 oz. bottle of Vitamin Water	33g	8



# Rethink Your Drink

- Healthy Alternatives to Sodas and Sugar Sweetened Beverages:
  - Unsweetened Iced Tea
  - Spritzers – Fruit Juice with Seltzer/Club Soda (less sugar, fizzy and refreshing)
  - Fruit Infused Water – naturally sweet
- Looking to gradually cut back?
  - Start with a 50-50 combination of your beverage of choice with plain seltzer, club soda, or water
  - Over time, adjust the ratio to include more seltzer and less of your soda/juice/sugary drink



# Today's Menu



## **Groups 1 & 5**

Chef's Choice Fruit Salsa  
Homemade Tortilla Chips  
Hidden Black Bean Brownies

## **Groups 2 & 6**

Red Beans & Cheese Quesadillas  
Coconut Pecan Date Rolls  
Popcorn Trail Mix

## **Groups 3 & 7**

Quinoa Lettuce Wraps with Spicy Peanut Sauce  
Creole Roasted Chickpeas  
Banana Ice Cream

## **Group 4**

Crispy Baked Chicken Nuggets & Broccoli Bites  
Creamy Creole Dip  
Snickerdoodle Dip



# Nutrition Goals for a Healthy Snacks

GCCM targets for Snacks	
Calories	200 - 300
Saturated Fat	< 5g
Sodium	< 400mg
Fiber	> 3g
Added Sugar	< 10g

## **How to Make a Satisfying Snack:**

Make sure to include a little of each of the following

- Complex Carbs
- Lean Protein
- Healthy Fat

## **Some Easy Combinations:**

- Apple with Peanut Butter
- Carrots with Hummus
- Grapes with Cheese
- Popcorn with Raisins & Nuts
- Whole Grain Cracker with Avocado & Hard Boiled Egg

# Chef's Choice Fruit Salsa

# Homemade Tortilla Chips

Groups 1 & 5

## Nutrition Facts

12 servings per container

**Serving size** 1/4 cup (51g)

**Amount Per Serving**

**Calories** 25

% Daily Value\*

**Total Fat** 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 40mg 2%

**Total Carbohydrate** 5g 2%

Dietary Fiber <1g 2%

Total Sugars 3g

Includes 0g Added Sugars 0%

**Protein** 0g 0%

Vitamin D 0mcg 0%

Calcium 10mg 0%

Iron 0.3mg 2%

Potassium 80mg 2%

\* 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

12 servings per container

**Serving size** 8 chips (24g)

**Amount Per Serving**

**Calories** 50

% Daily Value\*

**Total Fat** 0.5g 1%

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 50mg 2%

**Total Carbohydrate** 11g 4%

Dietary Fiber <1g 4%

Total Sugars <1g

Includes 0g Added Sugars 0%

**Protein** 1g 2%

Vitamin D 0mcg 0%

Calcium 10mg 0%

Iron 0.1mg 0%

Potassium 40mg 0%

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# Hidden Black Bean Brownies

Groups 1 & 5

## Nutrition Facts

12 servings per container

**Serving size** 2 brownies (71g)

**Amount Per Serving**

**Calories** **170**

**% Daily Value\***

**Total Fat** 8g **10%**

Saturated Fat 2g **10%**

*Trans* Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 45mg **2%**

**Total Carbohydrate** 24g **9%**

Dietary Fiber 4g **14%**

Total Sugars 14g

Includes 13g Added Sugars **26%**

**Protein** 3g **6%**

Vitamin D 0mcg 0%

Calcium 40mg 2%

Iron 1.6mg 8%

Potassium 200mg 4%

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CONTAINS: MILK

# Red Beans & Cheese Quesadillas

Groups 2 & 6

## Nutrition Facts

6 servings per container

**Serving size**

**1 quesadilla with 1 Tbsp sauce (218g)**

**Amount Per Serving**

**Calories 250**

**% Daily Value\***

**Total Fat** 7g **9%**

Saturated Fat 3g **15%**

*Trans* Fat 0g

**Cholesterol** 15mg **5%**

**Sodium** 290mg **13%**

**Total Carbohydrate** 36g **13%**

Dietary Fiber 7g **25%**

Total Sugars 4g

Includes 0g Added Sugars **0%**

**Protein** 11g **22%**

Vitamin D 0.1mcg 0%

Calcium 160mg 10%

Iron 1.7mg 10%

Potassium 360mg 8%

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CONTAINS: MILK



# Coconut Pecan Date Rolls

## Popcorn Trail Mix

Groups 2 & 6

### Nutrition Facts

12 servings per container

**Serving size** 1 roll (31g)

**Amount Per Serving**

**Calories** 140

% Daily Value\*

**Total Fat** 9g 12%

Saturated Fat 3g 15%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 0mg 0%

**Total Carbohydrate** 16g 6%

Dietary Fiber 3g 11%

Total Sugars 13g

Includes 0g Added Sugars 0%

**Protein** 1g 2%

Vitamin D 0mcg 0%

Calcium 20mg 2%

Iron 0.4mg 2%

Potassium 190mg 4%

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CONTAINS: PECAN, COCONUT

### Nutrition Facts

10 servings per container

**Serving size** 1 cup (32g)

**Amount Per Serving**

**Calories** 150

% Daily Value\*

**Total Fat** 8g 10%

Saturated Fat 2g 10%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 0mg 0%

**Total Carbohydrate** 16g 6%

Dietary Fiber 3g 11%

Total Sugars 7g

Includes 4g Added Sugars 8%

**Protein** 4g 8%

Vitamin D 0mcg 0%

Calcium 10mg 0%

Iron 1.6mg 8%

Potassium 120mg 2%

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CONTAINS: MILK, SOY

# Quinoa Lettuce Wraps with Spicy Peanut Sauce

Groups 3 & 7

## Nutrition Facts

12 servings per container

**Serving size** 1 wrap (64g)

**Amount Per Serving**

**Calories** **60**

% Daily Value\*

**Total Fat** 2g **3%**

Saturated Fat 0g **0%**

*Trans* Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 110mg **5%**

**Total Carbohydrate** 8g **3%**

Dietary Fiber 1g **4%**

Total Sugars 2g

Includes 1g Added Sugars **2%**

**Protein** 2g **4%**

Vitamin D 0mcg 0%

Calcium 10mg 0%

Iron 0.6mg 4%

Potassium 120mg 2%

\* 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: WHEAT, PEANUTS, SOY



# Creole Roasted Chickpeas

# Banana Ice Cream

Groups 3 & 7

## Nutrition Facts

4 servings per container

**Serving size** 1/4 cup (102g)

**Amount Per Serving**

**Calories** 110

% Daily Value\*

**Total Fat** 4g 5%

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 130mg 6%

**Total Carbohydrate** 16g 6%

Dietary Fiber 5g 18%

Total Sugars 0g

Includes 0g Added Sugars 0%

**Protein** 5g 10%

Vitamin D 0mcg 0%

Calcium 10mg 0%

Iron 1.2mg 6%

Potassium 190mg 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.

## Nutrition Facts

4 servings per container

**Serving size** 1/2 cup (125g)

**Amount Per Serving**

**Calories** 110

% Daily Value\*

**Total Fat** 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 0mg 0%

**Total Carbohydrate** 27g 10%

Dietary Fiber 3g 11%

Total Sugars 14g

Includes 0g Added Sugars 0%

**Protein** 1g 2%

Vitamin D 0mcg 0%

Calcium 10mg 0%

Iron 0.3mg 2%

Potassium 420mg 8%

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# Crispy Baked Chicken Nuggets & Broccoli Bites

## Creamy Creole Dip

Groups 4 & 8

### Nutrition Facts

8 servings per container

**Serving size**

**4 oz chicken + 1/2 cup broccoli (241g)**

**Amount Per Serving**

**Calories 250**

**% Daily Value\***

**Total Fat** 6g **8%**

Saturated Fat 1.5g **8%**

*Trans* Fat 0g

**Cholesterol** 175mg **58%**

**Sodium** 410mg **18%**

**Total Carbohydrate** 17g **6%**

Dietary Fiber 4g **14%**

Total Sugars 2g

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

**Protein** 34g **68%**

Vitamin D 0mcg 0%

Calcium 90mg 8%

Iron 2mg 10%

Potassium 690mg 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: MILK, EGG, WHEAT

### Nutrition Facts

6 servings per container

**Serving size**

**2 Tbsp (33g)**

**Amount Per Serving**

**Calories 30**

**% Daily Value\***

**Total Fat** 0g **0%**

Saturated Fat 0g **0%**

*Trans* Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 150mg **7%**

**Total Carbohydrate** 5g **2%**

Dietary Fiber 0g **0%**

Total Sugars 4g

Includes 3g Added Sugars **6%**

**Protein** 2g **4%**

Vitamin D 0mcg 0%

Calcium 20mg 2%

Iron 0.1mg 0%

Potassium 40mg 0%

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CONTAINS: MILK, ANCHOVIES



# Snickerdoodle Dip

Groups 4 & 8

## Nutrition Facts

10 servings per container

**Serving size** 2 Tbsp & ~1/4 apple (99g)

**Amount Per Serving**

**Calories** **120**

**% Daily Value\***

**Total Fat** 3.5g **4%**

Saturated Fat 0.5g **3%**

*Trans* Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 90mg **4%**

**Total Carbohydrate** 20g **7%**

Dietary Fiber 3g **11%**

Total Sugars 9g

Includes 5g Added Sugars **10%**

**Protein** 3g **6%**

Vitamin D 0mcg 0%

Calcium 40mg 4%

Iron 1.3mg 8%

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: CASHEW

**Thank you for joining us and  
we hope to see you next week  
for our Week 6 wrap-up and  
lesson on fats and cholesterol!**