

# Shop Healthy at Home

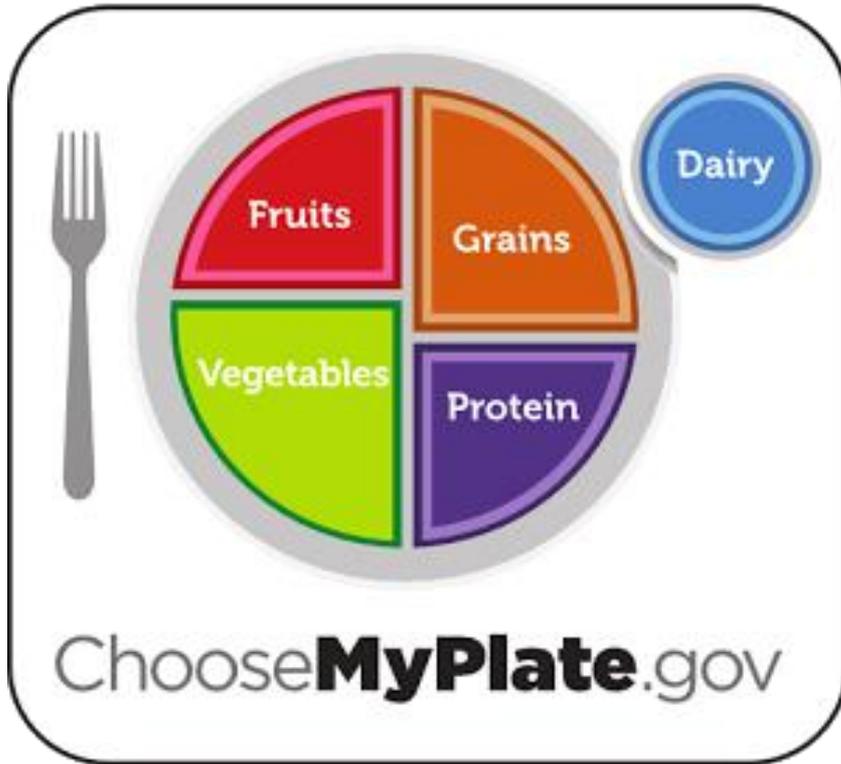


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- The BIG Picture
- Creating a “culture of healthy eating” at home
- Tips for eating healthy on a budget
- Time saving strategies

# What SHOULD You Eat?



## HEALTHY EATING PLATE

Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat.



The more veggies – and the greater the variety – the better. Potatoes and French fries don't count.

Eat plenty of fruits of all colors.



Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.

Eat a variety of whole grains (like whole-wheat bread, whole-grain pasta, and brown rice). Limit refined grains (like white rice and white bread).

Choose fish, poultry, beans, and nuts; limit red meat and cheese; avoid bacon, cold cuts, and other processed meats.



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# What SHOULD You Eat?



- **Plant-Forward Diet**
  - Plenty of vegetables, fruits, beans, nuts, seeds, whole grains and healthy fats
  - Eat food, not too much mostly plants. – Michael Pollan
- **Choose QUALITY proteins**
  - Organic and grass-fed when possible
  - Smaller portions of animal proteins
- **Limit Processed Food and Artificial Ingredients**
  - Convenient but less healthy
  - “Symphony of Additives”

# Is This Healthy?



- **Proteins**

- Grass fed beef, wild-caught salmon, organic poultry, beans, nuts, seeds, whole grains, organic soy foods (like edamame), and organic dairy with no added sugar
- For seafood safety check [www.seafoodwatch.org](http://www.seafoodwatch.org)

- **Carbohydrates**

- Fruit, starchy vegetables (potato, winter squash, corn, lima beans), beans, whole grains

- **Fats**

- Healthy, expeller-pressed oils, avocado, fatty fish, nuts, seeds, and nut and seed butters

# Healthy Meals on a Budget



- PLAN
  - Planning is the first line of defense in sticking to a budget
- Include meatless meals
- Utilize dried beans and grains
- Understand where you're paying for convenience
  - Prepackaged yogurts, shredded cheese/cheese sticks, etc.
- Be smart about sales and coupons
- Shop in bulk when it makes sense
- Eat seasonally

# Healthy Meals on a Budget



- Keep an eye on foods between meals
  - Snacks and pre-packaged foods come at a cost and add extra calories
- Avoid spending money on fancy beverages
  - Waters, pop, juice, coffee, etc.
- If you include a “big ticket” item, off set with cheap sides
  - Kale, sweet potato, lentils, brown rice, etc.
- Check the unit price on the shelf tag

# Time Saving Tips



- **Again...Planning upfront is key**
  - Spending the time before you shop to create a plan prevents the “blank fridge stare” later in the week
- **Piggy back menu ingredients**
  - Brown Rice = Southwest bowls and curry
  - Black Beans = chili and loaded sweet potatoes
  - Chicken = Greek bowls and waldorf chicken wraps
  - Salmon = served baked and leftovers in a salad
  - Sliced peppers & onions = fajitas and DIY pizzas

# Time Saving Tips



- **The freezer is your friend**
  - Buy on sale and freeze in useful portions
  - Freeze cooked grains and beans
  - Double batches and freeze leftovers for later
  - Freeze items not used as planned, like spinach or bananas
- **Breakfast for dinner**
  - Healthiest is egg-based, loaded with vegetables and whole grains or sweet potatoes
- **Designate planning and prepping days**
- **Make use of your time at the stove/oven**

# Living on the Healthy Spectrum



- **Successful clients**
  - Limit judgment
  - Get “right back on the horse”
  - Have a narrow grace period (but they DO have a grace period)
  - Honor cravings and stressors and mental health
  - Create realistic goals
  - Involve the whole family