

Healthy Eating in the Barracks or at Work

- Always have your room/office stocked with healthy meal and snack options



- Food Storage:
 - Shelves
 - Refrigerator
 - Freezer



On your Shelf...

| Whole Grains | Fruits | Meat/Protein |
|---|--|---|
| High Fiber Cereal (Kashi, Cheerios, Raisin Bran, Fiber One, Mini Wheats) | Canned Pears, Peaches, and Pineapple (in its own juice) | Tuna or Salmon (packets or canned in water) |
| Instant Oatmeal or Cream of Wheat | | |
| Whole Wheat Bread and English Muffins | | |
| Whole Wheat Pita bread and Tortillas | Dried Fruit | Fat-Free Chicken breast (canned in water) or Rotisserie |
| Brown Rice (instant packets) | | Natural Peanut Butter (or other nut butters) |
| Whole Wheat Crackers (Triscuits) | | Nuts (almonds) |
| Granola Bars (Kashi or Nature Valley) | | Broth-Based, Low-Sodium Soups |

In your Refrigerator...

| Vegetables | Fruits | Dairy | Meat/Protein | Oils |
|--------------|----------|---|-----------------|------------------------|
| Mixed Greens | Grapes | Skim or 1% Milk | Grilled Chicken | Low-fat Mayo |
| Baby Carrots | Oranges | Low-fat Cheese (sliced or string cheese) | Lean Deli Meats | Low-fat Salad Dressing |
| Celery | Apples* | 2% Cottage Cheese | Eggs | Margarine |
| Tomatoes | Bananas* | Greek Yogurt | | Hummus |

**doesn't necessarily need refrigeration*

- Fresh produce can be expensive, depending on the season
- Pre-made sandwich kits are often high in fat and calories (Lunchables)

In your Freezer...

| Vegetables | Fruits | Meat/Protein |
|--|---------------------------------------|--|
| Steamable bags of frozen veggies (green beans, peas, corn, broccoli, asparagus) | Frozen berries, peaches, mango | Frozen Chicken Breasts |
| | | Frozen Fish Fillets (not breaded) |

- Frozen produce is a good choice
- Nutrients are not lost when frozen

The Microwave...



Microwave Safety:

- Use proper containers
 - OK: Heat-resistant glass and ceramic and microwave approved
 - NOT: take-out containers (Styrofoam), re-used thin plastic (margarine tubs), aluminum foil, plastic Tupperware, metal cookware or plastic wrap
- Rotate food often
- Foods keep cooking after the microwave stops – allow for “standing time”
- Clean up any splatters/spills to avoid growth of bacteria

Use Microwave Designed Equipment



Pre-packaged, Frozen Meals

- Pros
 - Convenient
 - Usually 3 or 4 food groups present
- Cons
 - Can be loaded with Calories, fat, saturated fat and sodium
 - No control over additives
- Be wary of:
 - ✓ Servings per container
 - ✓ Saturated Fat (< 20-25 grams/day)
 - ✓ Sodium (< 1500-2000 mg/day)



Microwave Cooking...



- Vegetables
 - Steamed retain more nutrients (faster cooking, little or no water used)
 - Cover or wrap to hold in moisture and help them cook evenly
- Hot cereals (oatmeal and cream of wheat)
 - Inexpensive and convenient source of whole grains
 - Add fresh or dried fruit and nuts
 - Flavor with cinnamon or nutmeg
- Whole grain pasta and brown rice
 - Can be prepared in the microwave, just as they would on the stove.
 - Many packages include microwave instructions on the box

The Outdoor Grill...

Grilling Safety:

- Properly thaw meats/poultry in the microwave or overnight in the refrigerator
- Ensure foods are fully cooked
- Use *fresh* marinade to baste cooked foods
- Do not place cooked foods on the same plate the raw meat/poultry was on

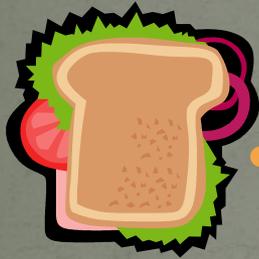


Grilling...



- Grill lean meats, poultry, fish and even vegetables
- Marinades and rubs are a great (healthy!) way to flavor meats
 - Avoid added salt, fat, and expense by mixing your own
- **Grilling vegetables:**
 - Place sliced potatoes with a variety of vegetables (carrots, onions, mushrooms, asparagus) on a lightly sprayed sheet of tinfoil.
 - Season with lemon juice, pepper and chili powder.
 - Fold up the corners of the tinfoil to seal, and throw on the grill with your meat

Healthy Meal Ideas



- Tuna in water with Triscuits and a slice of provolone cheese
- Grilled chicken strips, beans, shredded cheese, lettuce, tomato and salsa in a whole wheat tortilla
- Whole wheat pita bread stuffed with chicken, tuna, or egg salad (made with low-fat mayo), lettuce, and tomato
 - Peanut butter and banana slices on whole wheat bread
 - Rotisserie chicken, brown rice, and broccoli
- Omelet in a mug: Eggs, ham, cheese, bell peppers cooked in the microwave

Snack Ideas



- Greek yogurt and granola
 - 2% cottage cheese and diced peaches
- Graham crackers or pretzels with peanut butter
 - Whole wheat crackers and low-fat cheese
 - Oatmeal with sliced almonds
 - 2% string cheese and an apple
 - Pita bread with hummus
- Homemade Trail Mix: cereal (*Cheerios, Chex*), nuts, (*peanuts, almonds*) and dried fruit (*raisins, apricots*)

How to Dine-out Healthy



- Cut back on: fried, crispy, escalloped, pan-fried, sautéed, *au gratin*, stuffed, and creamed foods
- Choose: steamed, broiled, baked, grilled, poached or roasted foods
- Ask for gravy, sauces, and dressings served on the side
- Instead of french fries try a baked potato
- Remember MODERATION- Share a meal or take half home

You Can Eat Healthy with Limited Resources!

- Plan ahead
- Shop for healthy items
- Buy foods in season
- Look for bargains
- Use coupons
- Practice, practice , practice

