

Your Nutrition News

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Back To School

Summer vacation will soon end and the kids will head back to school. Suddenly, moms and dads will find a big change in their schedule with additional kid activities, making it hard to eat healthy.

Perhaps you're the one heading back to school, and trying to work, too. That balancing act may cause you to visit more drive-thrus than usual.

Maybe you don't personally have to deal with the work and/or school issues. But do you need to "go back to school" and learn to cook healthier, and eat out less?

This issue of "Your Nutrition News," offers suggestions for 5 quick breakfasts, and 5 quick dinners to help you eat healthier. And while you won't be graded on this "homework," your doctor just might give you an excellent report card at your next check up!

Breakfast on the Go

Think you're saving time or money by going through the drive-thru? Maybe, but a breakfast meal at McDonald's of a sausage biscuit with egg, and hash browns is no health bargain at 670 calories and 38 fat grams. Neither is that trip to Starbucks for Caffè Mocha (large size) and a blueberry scone for 840 calories and 35 fat grams.

But don't be a breakfast skipper either, as it is the most important meal of the day. Breakfast fuels your body so you can meet the physical and mental challenges of the day. Try some of the quick breakfast meals on the next page, at home, in the car, or at your desk.



Five Quick Breakfasts:

Blender Breakfast	Cheesy Egg English Muffin, Juice box	Peanut Butter Waffle, Yogurt drink	Breakfast Tortilla, Juice box	Oat Bran Muffins (2) Yogurt Drink
270 calories 1 gm fat	338 calories 9 gm fat	293 calories 9 gm fat	399 calories 14 gm fat	290 calories 5 gm fat

Beverages:

Go ahead and have that cup of coffee or tea. Just don't fill up on large amounts as it may make you too full to want breakfast. Pretend you're a kid and drink a juice box. A 7-ounce size provides roughly 100 calories and other vitamins and minerals. Make sure it contains 100% juice, and it's not a "juice drink" such as Hawaiian Punch® or Capri Sun®. They contain little juice and large amounts of sugar.

Try some of the under 100 calorie yogurt drinks. They are low in sugar since they are sweetened with sugar substitutes.

Dannon™ Light & Fit™ Smoothie - 60 calories, 0 fat, per 7-ounce container.

Yoplait® Light Smoothie – 90 calories, 0 fat, 3 grams fiber per 8-ounce container.

Promise activ™- 70 calories, 3.5 fat grams, and 2 grams plant sterols (to lower cholesterol), Omega 3 ALA & 6, and Vitamin E.

Breakfast Recipes:

Blender Breakfast:

(*Recipe from "Trim with Skim," National Fluid Milk Processor Promotion Board, 1250 H Street, N.W., Suite 900, Washington D.C., 20005)

1 cup, 1% milk,
1 cup frozen unsweetened raspberries,
8 ounce can crushed pineapple in juice, drained
1 cup plain, nonfat yogurt
3 TBSP honey
¼ tsp almond extract

Combine all ingredients in blender. Blend until smooth and frothy. Sweeten with sugar substitute as desired. Makes about 3, one-cup servings. Per serving: 270

calories, 1 gm fat, 61 gm carb, 7.5 gm protein, 4.5 gm fiber, 125 mg calcium, 94 mg sodium.

Cheesy Egg English Muffin

(Adapted from a recipe found at www.globalgourmet.com/food/egg/egg0997/)

1 English muffin
1 large egg
2 TBSP Cabot's 50 % light cheddar cheese, shredded
pinch of dried herbs of your choice (oregano, basil, parsley, etc.)
pinch of salt
pinch of pepper

Preheat oven to 450°F. Line a baking sheet with foil and lightly coat with nonstick cooking spray. Open the muffin(s) and place two halves on the foil face up.

In a small bowl, beat the egg(s) with a fork until blended. Beat in the remaining ingredients. Carefully pour the egg mixture onto each muffin half, making sure to keep it from flowing over the side. (It helps to let the mixture soak into the muffin before adding more to the muffin.) Bake for 7-8 minutes, or until the mixture is no longer runny and the cheese is melted. Eat open faced at home, or make a sandwich, wrap in foil and take it with you.

Per muffin as above: 248 calories, 9 gm fat, 27 gm carb, 15 gm protein, 2 gm fiber, 243 mg calcium, 416 mg sodium.

Recipe tips: *Make enough for the whole family.* Use egg substitutes if desired. Or try Jimmie Dean® whole grain "D-Lights" English muffins made with egg white, cheese, and lean meats. Calories vary from 230-280 and 2-10 fat grams.

Peanut Butter Waffle

(Adapted from a recipe at www.realsimple.com)

Whole grain toaster waffle such as Kashi™
Heart to Heart™, or Eggo® Nutrigrain®
1 TBSP peanut butter
1 TBSP raisins

Spread PNB on waffle. Top with raisins.

Per waffle: 203 calories, 9 gm fat, 25 gm
carbs, 7 gm protein, 2.5 gm fiber, 41 mg cal-
cium, 260 mg sodium.

Breakfast Tortilla

(Adapted from a recipe at www.realsimple.com)

1 hard boiled egg, sliced
1, 8" whole-wheat tortilla
1 oz Canadian bacon, cut up
1 ounce low fat cheese, shredded (any
cheese 5 or less grams of fat per ounce)

Layer cheese, Canadian bacon, and egg on top of tortilla. Heat, roll and go.

Per tortilla: 299 calories, 14 gm fat 18 gm
carbs, 24 gm protein 2 gm fiber, 303 mg
calcium, 817 mg sodium.

Oat Bran Muffins

(Find similar recipes at www.quakeroats.com)

2 cups oat bran cereal (dry, uncooked)
¼ cup firmly packed brown sugar
2 tsp baking powder
¼ tsp salt
½ tsp cinnamon
1 cup skim milk
2 egg whites, slightly beaten
¼ cup honey or molasses
2 TBSP oil

Heat oven to 425°F. Spray bottom of muffin tins with non-stick cooking spray, or use paper liners.

Combine dry ingredients. Add milk, egg whites, honey and oil; mix until dry ingredients are just moistened. Fill muffin tins until they are ¾ full. Bake 15 minutes or until golden brown.

Makes 12 muffins. Per muffin: 100 calories,
2.5 gm fat, 18 carbs, 3 gm protein, 1 gm fi-
ber, 35 mg calcium, 97 mg sodium.

QUICK AT-HOME DINNERS

Eating dinner at home saves money. You also save fat and calories so it's easier to control weight. Studies show the many benefits from eating together as a family. Kids consume higher levels of fiber, calcium, iron, and vitamins. Their school performance improves; they develop a stronger sense of belonging; and have less behavioral problems. Habits learned now will follow them throughout their life, influencing their food choices and health as an adult. If there aren't any kids in your household, don't let that stop you from eating healthy. You deserve to feed yourself well to reap the benefits of good health, too.

To get you started, here are hints for the quick dinner menus beginning on page 4.

Salads: Use a combination of pre-washed, bagged salads, different types of lettuce, with a variety of cut up fresh veggies such as carrots, onions, green peppers, sprouts, mushrooms- go wild!

Salad Dressings: Use low fat dressings with ~ 45 calories, 2 gm fat per TBSP. Fat free dressings are fine. If you use regular dressing, limit to just 1TBSP to keep the fat low.

Vegetables: Use fresh, frozen or canned. If using canned vegetables, pour out the water, rinse, and then start with fresh water to reduce the sodium content. Take advantage of the single serving frozen veggies, and those that you can just microwave in the bag. Flavor with Mrs. Dash© seasoning, garlic, fresh onions, or fat free bouillon. Use the veggies listed on the menu or substitute your favorites (broccoli, carrots, cabbage, greens, green beans, frozen California mix, etc.). If using starchy veggies (corn, peas, limas, dried beans) use ½ cup serving instead of 1 cup).

30-Minute Dinners!

(See previous page for general guidelines, and below for specific recipes)

Chicken Fingers, Oven-roasted Potatoes, Baby carrots, with low fat ranch dip	Hunt's Quick Spaghetti: Spaghetti sauce, 1 cup Rosina® frozen Italian meatballs, 5 Ronzone® Healthy Harvest®, whole wheat pasta, 1 cup Tossed salad Low fat dressing, 2 TBSP	Chicken Dijon Stuffed Baked Potato, 1 Applesauce, 1 cup	Honey-Garlic Pot Roast, Tossed Salad Low fat dressing, 2 TBSP	“Fried” Cajun Catfish Brown Rice, 1 cup (regular or instant) Green beans, 1 cup Tub margarine, 1 tsp
432 calories 11 gm fat	565 calories 21 gm fat	405 calories 4.5 gm fat	545 calories 13 gm fat	430 calories 11.5 gm fat

Chicken Fingers

(Adapted from a recipe in "The New Dieter's Cookbook," 3rd edition, Better Homes and Gardens R Books, 2003, available in your local library, bookstore or www.amazon.com)

12 ounces skinless, boneless chicken breasts
1 egg, slightly beaten
1 TBSP honey
1 tsp mustard
2 cups cornflakes, finely crushed
dash of pepper

Preheat oven to 450° F. Cut chicken into 3" x 3,3/4" strips. Combine egg, honey, and mustard in a small bowl. In another bowl, combine cornflakes and pepper.

Dip chicken into the egg mixture, then roll in crumbs to coat. Place chicken strips on an ungreased baking sheet. Bake for 12 minutes or until golden, and chicken is no longer pink.

Serve with your favorite dipping sauces: BBQ, Sweet and Sour sauce, Low fat ranch dressing.

Makes 4 servings. Per serving: 212 calories, 3 gm fat, 23 gm protein, 23 gm carbohydrate, 236 mg sodium

Oven-Roasted Potatoes

(Adapted from "The New Dieter's cookbook")

4 tsp olive oil
4 medium baking potatoes (1 ½ pounds total), scrubbed
1/8 tsp black pepper
1/2 tsp salt
1/4 cup grated Parmesan cheese

Preheat oven to 450 F. Line a baking pan with foil, and brush with 2 tsp oil.

Cut the potatoes lengthwise into ½" wedges. Place in a large bowl. Drizzle with remaining oil, sprinkle with salt and pepper, and toss to coat. Place wedges in a single layer on the baking pan.

Bake for 12 minutes. Turn over potatoes, and then sprinkle with cheese. Bake 10-12 more minutes.

Makes 6 side-dish servings. Per serving: 105 calories, 4 gm fat, 3 gm protein, 14 gm carbohydrate, 1 gm fiber, 262 mg sodium.

Quick Hunt's Spaghetti

(Adapted from a recipe found at www.meijerhealthyliving.com Meijer® stores are located in the upper Midwest. Each week they offer new dinner menus, recipes, and grocery lists online, provided by their corporate dietitians.)

(Quick Hunt's Spaghetti)

2, 14.5 oz cans Hunt's Tomatoes in Sauce
 2, 14.5 oz. cans Hunt's Diced Tomatoes with Basil, Garlic and Oregano
 30 Rosina® frozen Italian meatballs
 7 ounces Ronzoni® Healthy Harvest®, whole wheat pasta, cooked

Microwave meatballs. Cook pasta according to package directions.

In a saucepan, heat all cans of tomatoes until hot. Add meatballs. Pour over prepared pasta.

Makes about 6 cups of sauce. Per 1 cup sauce, 1 cup pasta, and 5 meatballs: 425 calories, 17 gm fat. (Each meatball contains 40 calories and 3.5 gm fat)

Chicken Dijon Stuffed Baked Potatoes

(Reprinted with permission from "Lickety-Split Meals for Health Conscious People on the Go!" visit <http://Zonya.com> to see similar recipes)

3 large baking potatoes
 1 bunch broccoli
 1 red pepper
 10 oz can white chicken meat, drained, or leftover cooked chicken breasts
 ¼ cup reduced fat sour cream
 1 TBSP Dijon mustard
 1 green onion, chopped

Scrub thoroughly and pierce each potato 3-4 times with a fork. Microwave on high for 8 minutes. Cook more if necessary.

Place a steamer with water on high heat. (or use the microwave if you desire, instead) Rinse vegetables. Cut up broccoli, and slice pepper into long strips. Place all in the steamer, which should be boiling by now. Steam 8-10 minutes.

Drain chicken and place in a medium-size microwave safe bowl. Flake meat with a fork. Add sour cream, mustard and onions. Mix well. When the potatoes are done, microwave the chicken mixture to 1 ½ to 2 minutes on high.

To serve, cut potatoes in half, spoon the chicken salad into the middle of the potatoes and top with steam steamed vegetables.

Makes 3 servings. Per 1 serving: 300 calories, 4.5 gm fat, 40 gm carbohydrate, 27 gm protein, 4 gm fiber, and 300 mg sodium.

Quick Honey-Garlic Pot Roast

(Adapted from "The New Dieter's Cookbook")

1 (17-ounce) package refrigerated cooked beef roast au jus (such as Hormel®)
 2 TBSP honey
 1 TBSP Worcestershire sauce
 1 to 1 ½ tsps bottled, roasted minced garlic
 ¼ tsp black pepper
 2 cups peeled baby carrots, halved lengthwise
 12 ounces tiny new potatoes, halved
 1 medium red onion, cut into thin wedges

Remove meat from package, placing juices in a medium bowl. To the juices combine honey, Worcestershire sauce, garlic and pepper.

Place meat in a large nonstick skillet. Arrange carrots, potatoes, and onion around meat. Pour sauce over meat and vegetables. Bring mixture to a boil, then reduce heat. Cover and simmer 20-25 minutes or until vegetables are tender and meat is heated through.

Makes 4 servings. Per serving: 305 calories, 9 gm fat, 26 gm protein, 35 gm carbohydrate, 4 gm fiber, 502 mg sodium.

"Fried" Cajun Catfish

(From the *Eaters Choice Low-Fat Cookbook*, which is part of the Choose to Lose Weight Loss Program®, www.choicediets.com)

½ tsp olive oil
 ½ tsp basil
 ½ tsp oregano
 ½ tsp thyme
 ¼ tsp fresh pepper
 ¼ tsp cayenne
 ½ tsp onion powder
 ½ tsp paprika
 2 TBSP cornmeal
 4, 4 ounce catfish fillets, or other fish

Preheat oven to 400°F. Grease a baking sheet with olive oil.

In a small bowl, combine herbs, seasonings, and cornmeal. Spread over a plate large enough to hold a fillet. Roll Fillets one by one in spice mixture until well covered and place in one layer on baking sheet. Bake for 15-20 minutes until fillets are golden brown and flake easily.

Makes 4 servings. Per serving: 152 calories, 5.5 gm fat.

Go Back to School ... with Nutrition Classes at MCV Stony Point:

SEPTEMBER classes:

Diabetic Dining Made Easy (\$35)

Wednesday, Sept 5, 9:30 – 11:30 a.m.

Monday, Sept 10, 7:00 – 9:00 p.m.

Lean ‘N Easy (\$35)

Monday, Sept 24, 7:00 – 9:00 p.m.

Tuesday, Sept 25, 9:30 – 11:30 a.m.

OCTOBER Classes:

Choose to Lose 8-Week Weight loss program: (\$175)

October 1 – November 19th, Monday evenings, 7-9 p.m.

Diabetic Dining Made Easy (\$35)

Wednesday, Oct 3, 9:30 – 11:30 a.m.

Lean ‘N Easy (\$35)

Tuesday, Oct 16, 9:30 – 11:30 a.m.

NOVEMBER classes:

Diabetic Dining Made Easy (\$35)

Wednesday, Nov 7, 9:30 – 11:30 a.m.

Lean ‘N Easy (\$35)

Tuesday, Nov 13, 9:30 – 11:30 a.m.

DECEMBER classes: call for dates and times.

CLASS DESCRIPTIONS:

To register for these classes, please call Joy Peterson at 560-8955. For more information, or to obtain class brochures, contact Mary-Jo Sawyer, RD, 327-8830 or msawyer@mcvh-vcu.edu

Diabetic Dining Made Easy

Did you know that the foods you eat could help control your blood sugar? This class teaches you the best food choices you can make to achieve good health and blood sugar control. In this class we will **not** count exchanges or count calories. Instead, we will focus on balancing your protein, fat and carbohydrate at meals. We will also discuss carbohydrate counting (grams and carb choices).

Lean ‘N Easy Cholesterol Lowering Class

Learn how to lower your cholesterol and *enjoy* the food you eat! During the first hour of the class you learn about your lipid profile numbers, and how to select the best foods to reduce them. Discussion of grocery shopping, eating out, and other lifestyle changes will help you put these changes into practice. During the second hour of the class, you'll view an entertaining video showing one man's experience with trying to lower his cholesterol. The video also includes demonstrations on low fat cooking methods. Finally, you'll be able to taste some recipes to see that heart healthy eating can be delicious!

Choose to Lose 8-Week Weight Loss Program

Forget FAD Diets! Choose to Lose® is the healthy eating program that allows you to make your own food choices to **LOSE WEIGHT!** During the 8-week program you will learn how to choose a diet balanced in protein, fat and *healthy* carbohydrates; how to eat out and make healthier food choices; how to read food labels and grocery shop; how to cook healthier; and why aerobic exercise is essential for weight loss.

Included in the program:

- FREE percent body fat measurement
- Three program books (including cookbook)
- Weekly food record review from our Registered Dietitian
- And MUCH MORE!

The fee for this 8-week program is \$175.00 per person (regular program) or \$200.00 per person (PLUS program that includes a one-hour nutrition consult).