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Recipe Makeover

Some Facts About the Way We Eat...

- 20% of meals are eaten in the car.
- In 2000, Americans consumed an average of 57 more pounds of meat than in the 1950s.
- According to a 2000 Roper Reports survey, 70 percent of Americans over 18 years old admit that they ate, "pretty much whatever they want."
- Less than 1/3 of Americans eat more than 1 fruit per day.



- 1 in 4 Americans consume fast food every day.
- In 2000, Americans ate 52 teaspoonfuls of added sugar per day.
- There are almost 50,000 fast food chain restaurants in the United States.
- About 1/4 of Americans eat more than 2 vegetables per day.
- Americans spend \$100 billion on fast food every year.
- America's consumption of corn sweeteners (i.e. high fructose corn syrup) has octupled (8x) since the 1950s.
- In 2001, Americans spent 10% of their disposable income on food.
- In 1991, it was 11.6%.
- In 1971, It was 13.4%.

Restaurant Nutrition Labeling

- Can be useful when making certain choices
- Watch for traps such as sauces and sodium content
- Not as accurate as one would assume
 - FDA tested foods labeled or advertised as under 500 calories, many were mislabeled
 - Denny's grits listed at 80 was 258, Lean Cuisine Angel Hair Shrimp Pasta Listed as 220 was 319
 - Some items were less calories then listed
 - Main cause is the human error of portions when preparing food
- Restaurants allowed 18% variance in their calorie count
- Packaged food companies can be sued for items that are under weight, so tend to add more food



What to avoid when you go out to eat..

- Bestsellers/ Gourmet Anything; they usually contain a lot of fat to make them taste better!
- Seafood from a restaurant that doesn't specialize in seafood
- Bread baskets; sometimes you even need to pay for the bread!
- Cream sauces, the obvious culprits of fat like bacon, butter etc.
- Side dishes; they are often worse than the main course, slathered in fat and often precooked and held until serving
- Specials; they can sometimes be made with items that are expiring soon
- Drinks; sometimes restaurants purposely prepare items with a little extra salt to get you to drink more



How to eat out

- Eat an apple, banana or a handful of nuts before you hit your big meal. Eating before your meal will prevent you from ordering too much because you are hungry.
- Choose a restaurant that you know has healthy options or is willing to make changes for you.
- Have half of your food put in a takeout box before they serve it to you
- Ask for steamed vegetables instead of a starch side
- Ask the waiter not to bring a bread basket
- Look for the words, grilled, broiled, steamed, roasted, baked, poached, rubbed, spiced, seared, and sautéed avoid words like battered, fried, country style, creamy, crunchy, crusted, melted, smothered
- Order salads, but beware of cheeses and fatty dressings.
- Undress your food: Ask for certain things to be put on the side or avoid all together like cheese, and mayo on a burger
- Drink water with your meal
- Look for good fats, and ask your waiter, they are there to assist you!
- Learn to share.



How to order at a Mexican Restaurant...

- Black beans are the better option with more antioxidants than pinto beans
- Choose the veggie and bean burrito before going for the cheese and meat
- Skip the cheese and sour cream, if you need them ask for reduced fat versions to be served on the side
- Use salsas and hot sauces as a flavor booster for your food
- Skip the chips and dip, especially any Queso dip
- Order grilled fish, chicken or shrimp tacos soft tacos
- Skip the tortilla and eat everything with rice and beans
- Ask for fresh avocado as opposed to prepared guacamole
- Like the taco salad, just ask them to serve it on a plate instead of the giant fried tortilla shell
- Margaritas are a huge culprit of unnecessary calories if you need a drink similar ask for a vodka tonic with lime!





How to order at a Chinese Restaurant...

- Ask for less oil and salt to be used, this is a common request at Chinese Restaurants, don't be afraid to ask
- Avoid, battered, fried, heavy sauced foods, the shiny stuff on Chinese food is cornstarch!
- Choose rice before noodles
- Remember most Chinese dishes are meant to be shared

- Ask for items to be steamed instead of sautéed or fried.
- Look for steamed appetizers, or lettuce wraps
- Have a soup before your meal, it will help fill you up and Chinese soups are often lighter with few calories
- Most chicken used in Chinese food is thigh meat, ask your waiter before you order
- Use chopsticks; chopsticks allow the extra sauce to fall off the food so you don't get the extra calories
- If there is an unhealthy item you like, order it with a side of steamed vegetables and combine the two!

How order at an Italian Restaurant...

- Avoid the word “frito” which means fried
- Avoid thick crust pizzas, entrees that are served with pasta, and garlic bread
- Choose a tomato base sauce before going for a creamy or butter sauce
 - Traditional alfredo is made with $\frac{1}{2}$ cup of butter, 1 cup cream and 1 cup parm
- When choosing appetizers avoid cured meats, if you do order them make sure there are vegetables as well
- Order and Insalata and ask for the dressing on the side, if ordering a Caesar just ask for $\frac{1}{2}$ the dressing and hold the croutons and extra cheese
- Ask for half the cheese if you order something that uses it
- When ordering pizza look for thin crust, tomato based sauces and veggies
- Healthy desserts are available at Italian restaurants go for fresh fruit tarts, or sorbet
- Order ravioli instead of manicotti. Ravioli has less calories and is sometimes filled with vegetables like spinach



How order at a Fast Food Restaurant...



- Burger Chains, Sandwich Chains, Chicken Chains, money is the bottom line, not health
- Read the calorie, fat and sodium content before ordering
- Skip the fries and ketchup/ ranch, order a baked potato or apple fries

- Order a single patty burger with no cheese and mayo, ask for extra lettuce and tomato
- Order water or diet soda, avoid milkshakes and specialty drinks
- Look for the word grilled or broiled on the menu
- Limit gravy and sauces when ordering
- Ask for mustard instead of mayo
- Skip the bun and ask for your burger to be wrapped in lettuce
- Order a la carte, it's tempting to order combos but you shouldn't be eating those extra items anyways!

Healthy Fast Food Choices

Wendy's

- **Mandarin Chicken Salad:** A variety of lettuces and toppings, like roasted almonds and crispy noodles, make this salad a flavor-packed meal. Most of the fat is unsaturated. 540 calories, 25g fat, 3g sat. fat, 65mg cholesterol, 1,260mg sodium, 50g carbs, 5g fiber, 31g protein
- **Ultimate Chicken Grill:** Order it with lettuce, tomatoes, and honey mustard sauce. 320 calories, 7g fat, 1.5g sat. fat, 70mg cholesterol, 950mg sodium, 36g carbs, 2g fiber, 28g protein

Burger King

- **Tendergrill Chicken Garden Salad:** Hold the cheese and top with the Light Italian dressing: 300 calories, 16g fat, 2.5g sat. fat, 70mg cholesterol, 1,050mg sodium, 13g carbs, 5g fiber, 33g protein
- **BK Veggie Burger:** Say "no mayo" to enjoy this healthy, cholesterol-free vegetarian delight. 340 calories, 8g fat, 1g sat. fat, 0mg cholesterol, 1,030mg sodium, 46g carbs, 7g fiber, 23g protein

Taco Bell

- When you order it "fresco style", the regular cheese and sauce are replaced by a flavorful combo of tomatoes, onions, and cilantro, all fresh (and much healthier).
- **Fresco Style Ranchero Chicken Soft Taco:** 170 calories, 4g fat, 1.5g sat. fat, 25mg cholesterol, 730mg sodium, 21g carbs, 3g fiber, 12g protein
- **Fresco Crunchy Taco:** This menu item is much lower in sodium but still loaded with flavor.
- 150 calories, 8g fat, 2.5g sat. fat, 20mg cholesterol, 370mg sodium, 13g carbs, 3g fiber, 7g protein.



Healthy Fast Food Choices

Subway

- **6" Oven-Roasted Chicken Breast:** 310 calories, 5g fat, 25mg cholesterol, 830mg sodium, 5g fiber
- **6" Veggie Delite:** A great option for vegetarian diners or for those watching their cholesterol. Order it on Italian bread and it's vegan, too. 230 calories, 3g fat, 0mg cholesterol, 500mg sodium, 5g fiber
- **Soups:** If you're really hungry, pair your sandwich with one of the healthier Subway Soups. Each restaurant features two soups daily, and the ones listed below **each contain 160 calories or fewer:** Cream of Broccoli, Minestrone, New England Style Clam Chowder, Roasted Chicken Noodle, Spanish Style Chicken with Rice, Tomato Garden Vegetable with Rotini, and Vegetable Beef.



Arby's

- steer clear of the roast beef sandwiches altogether
- Martha's Vineyard Salad: 466 calories, 23g fat, 6g sat. fat, 61mg cholesterol, 996mg sodium, 43g carbs, 4g fiber, 22g protein

KFC

- **Honey BBQ Sandwich:** 280 calories, 3.5g fat, 1g sat. fat, 60mg cholesterol, 780mg sodium, 40g carbs, 3g fiber, 22g protein
- **Tender Roast Sandwich:** Hold the sauce. 300 calories, 4.5g fat, 1.5g sat. fat, 70mg cholesterol, 1,060mg sodium, 28g carbs, 2g fiber, 37g protein
- **Roasted Caesar Salad:** Hold the croutons, and top it with fat-free ranch dressing. 250 calories, 8g fat, 4.5g sat. fat, 70mg cholesterol, 1,240 mg sodium, 14g carbs, 3g fiber, 31g protein

Chick-fil-A

- **Chargrilled Chicken Sandwich:** 270 calories, 3g fat, 1g sat. fat, 50mg cholesterol, 1,260mg sodium, 37g carbs, 4g fiber, 28g protein
- **Chargrilled and Fruit Salad:** Top with reduced fat berry balsamic vinaigrette. 290 calories, 8g fat, 3.5g sat. fat, 65mg cholesterol, 760mg sodium, 32g carbs, 5g fiber, 22g protein

Healthy Fast Food Choices



Jack in the Box

- **Asian Chicken Salad with Grilled Chicken Strips:** 160 calories, 1.5g fat, 0g sat. fat, 65mg cholesterol, 380mg sodium, 18g carbs, 5g fiber, 22g protein
- **Chicken Fajita Pita:** The pita is made with whole grains, which are rarely seen at fast food restaurants. Hold the salsa. 300 calories, 9g fat, 3.5g sat. fat, 60mg cholesterol, 1,090mg sodium, 33g carbs, 4g fiber, 23g protein

Carl's Jr.

- **Charbroiled BBQ Chicken Sandwich:** 360 calories, 4.5g fat, 1g sat. fat, 60mg cholesterol, 1,150mg sodium, 48g carbs, 4g fiber, 34g protein
- **Charbroiled Chicken Salad:** Choose the low-fat balsamic dressing. 295 calories, 8.5g fat, 3.5g sat. fat, 75mg cholesterol, 1,190mg sodium, 21g carbs, 5g fiber, 34g protein

Top 5 Worst Foods in America 2013*

Worst Food in America: The Cheesecake Factory French Toast Napoleon (2,530 calories)

Worst Grilled Entree: Chili's Shiner Bock BBQ Ribs (full rack) with Cinnamon Apples and Homestyle Fries (2,310 calories)

Worst Pasta Dish: The Cheesecake Factory Fettuccini Alfredo with Chicken (2,300 calories)

Worst Pizza: Uno Chicago Grill Chicago Classic Individual Pizza (2,300 calories)

Worst Appetizer: Outback Steakhouse Bloomin' Onion (1,949 calories)

How long will it take to burn off that food?



	Burnt in 30 minutes	Burnt in 30 minutes	Snack box of Wicked Wings	KFC Bowl Meal	Twister Wrap with fries, shake	3 Crispy Strips meals	Chicken Popcorn, Regular serve
			2200 cal	1500 cal	1000 cal	500 cal	300 cal
Activity	kJ	Cal	Hours	Hours	Hours	Hours	Hours
Use the stairs	930	223	4.9	3.4	2.2	1.1	0.7
Mow the lawn	690	166	6.6	4.5	3.0	1.5	0.9
Walk rather than drive for smaller distances	140	34	32.7	22.3	14.9	7.4	4.5
Get off the bus or train a stop earlier, so you can walk part of the way	140	34	32.7	22.3	14.9	7.4	4.5
Go for a walk during your lunch break	140	34	32.7	22.3	14.9	7.4	4.5
Take up a social sport such as touch footy or tennis	1080	259	4.2	2.9	1.9	1.0	0.6

Healthier Bisquick Mix

Makes a little over 5 cups

2 cup all purpose flour

1 ¼ cup whole wheat flour

1/3 cup sugar

½ cup cornstarch

1 cup nonfat dry milk

1 tablespoon baking powder

1 teaspoon baking soda

1 ½ teaspoons salt

1/2 cup of butter/ fat* (optional)



1. Combine all ingredients together and store in an airtight container

Lighter Red Lobster Cheddar Bay Biscuits

Makes 12

2 cups Healthier Bisquick baking mix

$\frac{3}{4}$ cup cold non fat milk

$\frac{2}{3}$ cup shredded sharp cheddar cheese, reduced fat

$\frac{1}{4}$ cup melted butter or olive oil

$\frac{1}{2}$ teaspoon dried parsley

$\frac{1}{2}$ teaspoon garlic powder

$\frac{1}{4}$ teaspoon old bay seasoning



1. Preheat the oven to 450 degrees. Prepare a baking sheet by lining it with parchment paper.
2. In a medium bowl combine the baking mix with milk and cheese, mix until combined.
3. Drop biscuits on to baking sheet leaving about 1"- 2" between each one. You can also roll the dough out and cup out the dough. Bake for 8- 10 minutes or until lightly brown.
4. Combine butter or olive oil with parsley, garlic and old bay. Brush on top of hot biscuits, serve warm.

Homemade Whole Wheat Oreo Cookies

Makes about 30 sandwich cookies

For Cookie

¾ cup all-purpose flour
1/2 cup whole wheat pastry flour
1/2 cup unsweetened Dutch process cocoa, or Hershey's special dark
1 teaspoon baking soda
1/4 teaspoon baking powder
¾ cup sugar
1 large egg
1/2 cup unsalted butter, softened

For Filling

1/3 cup unsalted butter, softened
1/3 cup coconut oil, lightly softened in the microwave
2 ½ cups powdered sugar
2 teaspoon vanilla
Milk, optional to thin out filling

1. Combine flours, cocoa, baking soda, baking powder and sugar in a food processor. Pulse a few times to combine
2. Add egg and butter into food processor mix until a dough forms.
3. Roll dough into a log, about 1 ½" thick wrapped in saran wrap, refrigerate for 1 hour.
4. Preheat oven to 375. Line a baking sheet with parchment paper.
5. Remove dough from refrigerator and cut into ¼" slices. Place on a baking sheet, leaving 1" in between each cookie.
6. Bake for 10 minutes, rotating the pan half way through. Remove from oven and allow cookies to cool on cookie sheet.
7. To make filling: Combine all the ingredients in a mixer and mix until well combined. You might need to use your hands to pack everything together.
8. Smear a thin layer of filling on one cookie and lay another cookie on top to make a sandwich.
9. Serve.

Chicken with Caper Sauce Over Whole Wheat Spaghetti Squash with Artichokes

Serves 4

For Chicken and Sauce

1 lb chicken breast
1 teaspoon Italian seasoning
½ teaspoon garlic powder
1 teaspoon lemon zest
½ teaspoon kosher salt
1 teaspoon olive oil
1 cup diced onion or shallots
1 tablespoon flour
1 ½ cups chicken stock
¼ cup capers
½ cup artichoke hearts
¼ cup lemon juice
Parsley to garnish, optional

For Spaghetti Squash

½ a 2-2 ½ lb spaghetti Squash
6 oz whole wheat pasta, cooked according to package

1. In a small bowl mix chicken with Italian seasoning, garlic powder, lemon zest and salt. Mix well
2. Heat 1 teaspoon of olive oil over medium high heat, add chicken and cook until it reaches an internal temperature of 160. Remove chicken from pan and set aside.
3. Add onions into pan and cook until onions begin to brown, sprinkle in the flour.
4. Deglaze the pan with stock, add capers artichoke and artichoke hearts, simmer for 15 minutes.
5. To make Spaghetti Squash, roast in a 375 degree oven for 30- 45 minutes or until tender
6. Combine spaghetti squash and pasta together.
7. Turn off the heat for sauce and stir in lemon juice and parsley.
8. Pour half the sauce over the pasta and mix well.
9. Serve chicken on top of pasta with remaining sauce on the side.

Avocado Buttermilk Ranch Dressing

Serves 4

½ ripe avocado, mashed

3 Tablespoons non fat mayonnaise

3 Tablespoons non fat sour cream

3 Tablespoons reduced fat buttermilk, more to make a thinner dressing if you like

1 ½ teaspoons white wine vinegar

¼ teaspoon dried dill

1/8 teaspoon onion powder

1/8 teaspoon onion powder

1/8 teaspoon granulated garlic powder

Salt and Pepper to taste

1. Combine all the ingredients together and season to taste. Add more buttermilk if you want a thinner dressing