

Fresh, Fast & Fabulous ...



Limit Heavily Processed Foods as Part of a Healthy Diet

Why is it important to limit processed foods?

A diet high in processed foods is usually high in fat, sugar, and sodium and low in needed vitamins and nutrients. Poor diet has been linked with a number of serious health conditions, including:

- Coronary heart disease, stroke, and high blood pressure
- High total cholesterol or high levels of triglycerides
- Type 2 diabetes
- Cancers, such as endometrial, breast, and colon cancer

What is a processed food?

One definition of processed food is anything packaged in a box, can, or bag. A processed food can be as simple as a canned, frozen, or dried food or as complex as cooking and preserving an entire meal. Minimally processed foods—such as frozen vegetables and fruit canned in its own juice—can be very healthful. In this case, processing allows us to enjoy food at the peak of flavor, beyond the regular growing season. Minimally processed foods have few added ingredients.

What is a heavily processed food?

Heavily processed foods have added fat, salt, and/or sugar and are less healthy than fresh or minimally processed foods. Manufacturers know we are looking for convenient, tasty, and nutritious foods. They also know that

- Fat, salt, and sugar can add flavor to packaged foods and can also mask the flavor of inexpensive or inferior ingredients.
- Labeling products with appealing slogans like "made with whole grain" or "20% lower in fat" can make them appear healthier than they really are.



Turn the page to take a closer look at the benefits of using fresh and fabulous foods!

How Can I Read Labels to Identify Heavily Processed Foods?

Reading food labels can help you make healthy food choices. Remember to read both the Nutrition Facts Panel and the Ingredient List.

In order to make a smart choice, check the amounts of fat, salt, and sugar in the product and check the ingredient list for unnecessary, unknown, or unwanted ingredients.

Here is an example comparing chicken tenders and roasted chicken. The roasted chicken has more protein, less calories, less fat, and less sodium. Calculations are based approximately on a 3 oz portion (100g).



Calories



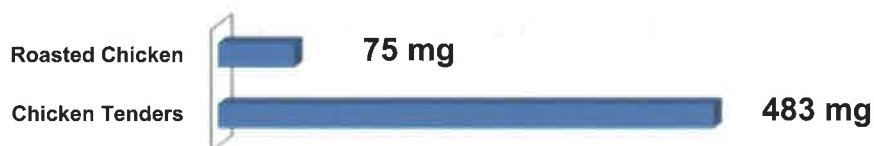
Protein



Total Fat

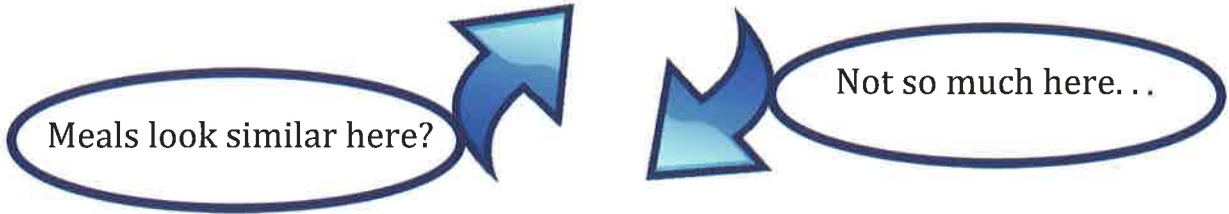
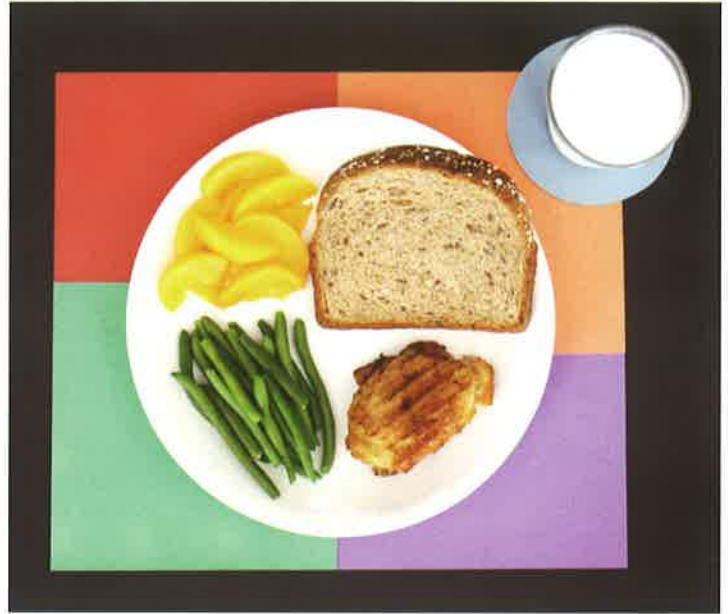
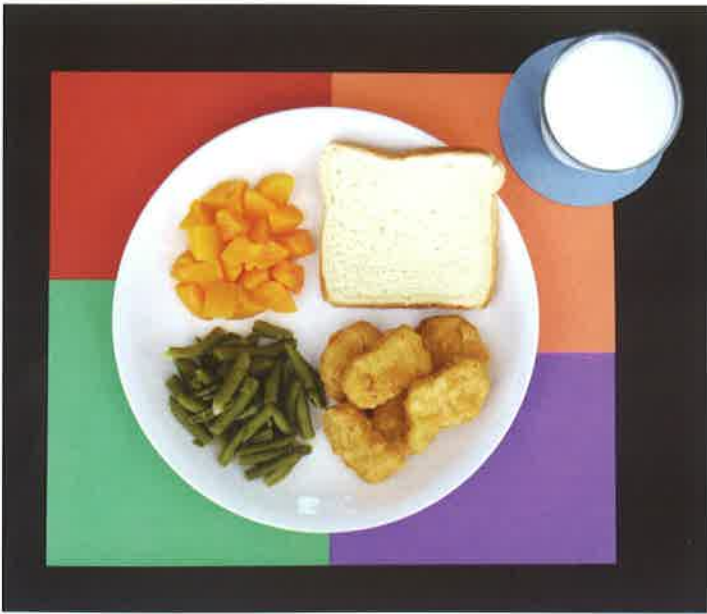


Sodium



Roasted Chicken Ingredient List: Chicken

Chicken Tender Ingredient List: Boneless chicken breast fillets with rib meat, water, isolated soy protein, sodium phosphates and salt. Breaded with: wheat flour, salt, spice, garlic powder, oleoresin paprika, and natural flavors. Battered with: water, bleached wheat flour, modified corn starch, salt, dextrose, spices, xanthan gum, garlic powder, oleoresin paprika and annatto. Pre-dusted with: wheat flour, salt, spice, garlic powder, natural flavors (spice extractives), oleoresin paprika, and partially hydrogenated soy bean oil (processing aid). Breading set in vegetable oil.



| MEAL WITH HEAVILY PROCESSED FOODS | 541 | Calories | 393 | MEAL WITH MINIMALLY PROCESSED FOODS |
|--|---------|---------------|----------|--|
| | 26.49 g | Protein | 38.7 g | |
| Chicken Tenders | 68.1 g | Carbohydrates | 42.6 g | Roasted Chicken |
| Canned Peaches in Syrup | | Fat | 7.54 g | Peaches in Juice |
| Canned Green Beans | 17.78 g | | | Frozen Green Beans |
| White Bread | | Sodium | 300.5 mg | Whole Wheat Bread |
| 1% Milk | 965 mg | | | Skim Milk |


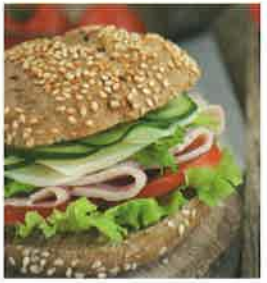
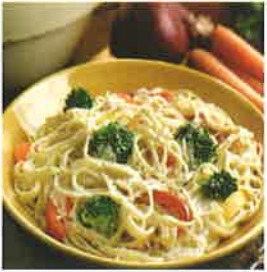
It is easy to see that the meal with heavily processed foods which includes white bread, canned green beans, chicken tenders, and peaches in syrup is higher in calories, fat, and sodium and lower in protein than the meal with fresh, fast, and fabulous foods.

SIMPLE Changes Make the Difference:

- Roasted chicken is significantly lower in fat, salt, and unwanted ingredients than processed foods like chicken tenders or fish sticks.
- Fresh, frozen, or fruit packed in juice is lower in sugar than canned fruit in heavy syrup.
- Fresh, frozen, or canned green beans without added salt limits unwanted sodium.
- Whole grains are higher in nutrients than refined grain products.
- Changing from 1% milk to skim milk helps limit unwanted fat.

How Can I Make Fresh, Fast & Fabulous Alternatives to Heavily Processed Foods?

Replace processed foods which contain added fat, salt, and sugar with one fresh, fast, and fabulous new recipe each week. Here are some ideas to get you started.

| Super Easy Creations! | Pick Your Favorite! Mix & Match | | | Present Your Creation |
|--------------------------|---|---|--|---|
| Create a Special Salad | Vegetables cucumber zucchini radish carrot broccoli cherry tomatoes spinach, lettuce jicama avocado corn | Meat/Meat Alternate sliced turkey broiled chicken grilled fish natural low-fat cheese part skim milk mozzarella cheese sliced hard boiled egg garbanzo beans low-fat cottage cheese | Fruits berries cherries mandarin oranges apples mango peaches pears oranges |  |
| Superpower Your Sandwich | Grains whole-grain bread multi-grain bagel whole-grain tortilla whole-wheat pita | Meat/Meat Alternate sliced turkey broiled chicken grilled fish natural low-fat cheese hummus sliced lean beef sliced hard boiled egg | Vegetables fresh or grilled onion avocado lettuce spinach cucumber tomato bell peppers salsa |  |
| Pasta Extravaganza | Pasta rotini bowtie spaghetti orzo rigatoni penne elbow macaroni | Meat/Meat Alternate baked or grilled chicken baked or grilled fish grilled shrimp turkey breast low-fat cheese | Stir-Fry / Steamed Vegetables broccoli carrot zucchini winter squash asparagus peas / snow peas tomatoes corn |  |

Tips for Making Your Meals Fresh, Fast, & Fabulous

- Read the food label to know what is in the food and to limit unnecessary, unknown, or unwanted ingredients.
- Use fresh or minimally processed proteins such as fresh/frozen beef, chicken, fish, and dry or no salt added canned beans to limit added fat and salt.
- Select fruits in season or consider fruit frozen or canned in juice to avoid added sugar.
- Select vegetables in season or consider vegetables frozen or canned without added salt.
- Select skim milk to limit unwanted fat.

4-C

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FY2014 SELF STUDY TRAINING

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Name: _____ (Please Print) Date: _____

Provider's Name (if you are an assistant) _____ (Please Print)



4-C CACFP FY2014 Fresh, Fast & Fabulous...Part of a Healthy Diet Quiz

You are not required to complete this training – but if you do, you'll receive a ½ hour of credit towards your CACFP as well as your DCFS training hours. Turn in this quiz, completed correctly, and we'll mail your training certificate to you!

1. Explain what a processed food is.

2. What is the biggest benefit to reading food labels?

3. What specifically should you check when reading food labels?

4. List three things usually found in a diet high in processed foods.

5. Minimally processed foods have few added ingredients.

True False

6. Whole grains are higher in nutrients than refined grain products.

True False

7. "Made with whole grain" assures a whole grain product.

True False

8. Indicate what a diet high in processed foods is typically lacking.

9. Provide an example of a food without added salt (and is it fresh, frozen or canned?).

10. What is the major advantage to serving skim milk to the children in your care?



11. What type of milk is recommended to serve a 1 year old child?

12. Explain why this specific milk is recommended for a 1 year old child?

13. Fat, salt and sugar are often added to packaged foods. Why might these items be added?

14. Roasted chicken has more protein, less calories, less fat and less sodium, than chicken tenders.

True

False

15. List at least four serious health conditions that have been linked to a poor diet.

16. Bonus question: What is the name of the food below? _____



17. One more bonus question: An easy way to start serving whole wheat bread is to use one slice white bread and one slice whole wheat bread on sandwiches.

True

False