

## ORIGINAL LABEL

Nutrition Facts		
Serving Size 1 1/4 Cups (60g/2.1 oz.)		
Servings Per Container About 7		
	Cereal with 1/2 Cup Vitamins A&D Fat Free Milk	
Amount Per Serving	Cereal	Fat Free Milk
<b>Calories</b>	230	270
Calories from Fat	20	20
	<b>% Daily Value**</b>	
<b>Total Fat</b> 3g*	<b>5%</b>	<b>5%</b>
Saturated Fat 0.5g	<b>3%</b>	<b>3%</b>
Trans Fat 0g		
<b>Cholesterol</b> 0mg	<b>0%</b>	<b>0%</b>
<b>Sodium</b> 140mg	<b>6%</b>	<b>8%</b>
<b>Potassium</b> 400mg	<b>11%</b>	<b>17%</b>
<b>Total Carbohydrate</b> 46g	<b>15%</b>	<b>17%</b>
Dietary Fiber 5g	<b>23%</b>	<b>23%</b>
Soluble Fiber 2g		
Insoluble Fiber 3g		
Sugars 17g		
Other Carbohydrate 24g		
<b>Protein</b> 7g		

## NEW LABEL

Nutrition Facts	
About 7 servings per container	
<b>Serving size 1 1/3 cup (41g)</b>	
Amount per serving	
<b>Calories</b>	<b>160</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 1g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 125mg	<b>5%</b>
<b>Total Carbohydrate</b> 35g	<b>13%</b>
Dietary Fiber 1g	<b>5%</b>
Soluble Fiber 0g	
Insoluble Fiber 0g	
Total Sugars 2g	
Incl. 1g Added Sugars	<b>3%</b>
<b>Protein</b> 3g	

## HOW TO READ A NUTRITION LABEL

- ✓ < 7g of sugar per serving
- ✓ < 4g of added sugar
- ✓ 0 trans fat!!
- ✓ > 3g of fiber per serving
- ✓ Take note of the serving size
  - Be realistic
- ✓ Aim for < 300mg of sodium per serving

## COMPLICATED LIST

**Ingredients:** Oat bran, rice, sugar, oat clusters (sugar, toasted oats [rolled oats, sugar, high fructose corn syrup, partially hydrogenated soybean oil, molasses, honey], wheat flakes, crisp rice [rice, sugar, malt, salt], corn syrup, polydextrose, honey, cinnamon, BHT for freshness, artificial vanilla flavor), high fructose corn syrup, malt flavoring, potassium chloride, salt, baking soda, ascorbic acid (vitamin C), niacinamide, zinc oxide, reduced iron, calcium pantothenate, pyridoxine hydrochloride (vitamin B6), riboflavin (vitamin B2), thiamin hydrochloride (vitamin B1), BHT (preservative), vitamin A palmitate, folic acid, vitamin B12, vitamin D.

## UNCOMPLICATED LIST

**Ingredients:** Organic Whole Grain Brown Rice, Organic Cane Sugar, Sea Salt.

Kellogg's Smart Start  
Healthy Heart  
vs.  
Barbara's Organic Brown Rice  
Crisp Cereals

## HOW TO READ AN INGREDIENT LIST

- ✓ Should be short (> 10 items)
- ✓ No "sugar words" in top 3
- ✓ No more than 1 – 2 sugar words
- ✓ No "hydrogenated" oils
- ✓ Minimal additives/ preservatives/ things we cannot pronounce or identify

BOTH INGREDIENT LISTS ARE BOXED CEREALS

# GLYCEMIC INDEX SCALE OF SWEETENERS

TYPE OF SUGAR	GLYCEMIC INDEX
Allulose	0
Stevia	0
Sweet n' Low	0
Splenda	0
Monk Fruit	0
Erythritol	0
Agave	15
Date Syrup/ Sugar	32 – 47
Coconut Sugar/ Nectar	35
Raw Honey	50
Maple Syrup	54
Molasses	55
Brown Sugar	64
Table Sugar	65
High Fructose corn syrup	58 – 68

- Glycemic index (GI) is a measure of how quickly a food causes blood sugar level to rise.
- The food is ranked on a scale from 0 – 100.
- High GI means it is digested quickly and absorbed causing a rapid rise in blood sugar.
- Most often than not, the culprits are highly processed carbohydrates & refined sugars.
- Low GI = <55 (most fruits)
- Moderate GI = 56 – 69
- High GI =  $\geq 70$

# KITCHEN INVENTORY & OVERHAUL GUIDE

## Fridge

- **Clean It Out:**
  - Expired items
  - Junky ingredients
  - Wipe shelves & drawers
- **Inventory Staple Items**
- **Strategically Re-stock:**
  - Not-so-healthy items out-of-sight
  - Fruits & veggies on main shelves
  - Chop, wash, store in easy-to-grab containers/ baggies & place in front label
  - Place left-overs in easy-access spots
- **Assess:**
  - Easiest/ hardest to toss?
  - Confident in staple items?
  - Compare before & after
  - Family reaction?

## Pantry

- **Empty it out COMPLETELY:**
  - Gives perspective
- **Inventory:**
  - Throw expired or outdated items
  - Throw high added sugar or salt items
  - Okay to keep items for occasional cooking but store out-of-sight
- **Strategically Re-stock:**
  - Not-so-healthy items out-of-sight
  - Dedicate high shelf & label for party/occasional foods Easy-to-reach shelves for healthy snacks
  - Stock up on dried herbs & spices (adds flavors to meals)

## Countertop

- **Clear it out:**
  - Create a file bin or organize a system for paper "stuff"
  - Throw away candy bowls or left out unhealthy snacks
- **Inventory & Re-organize:**
  - A fruit & veggie bowl/ basket placed in a high-traffic area (experiment)
- **Utilize Kitchen Window:**
  - Herb garden?
  - Hang lettuce plants?
  - Hang pots & pans if low on storage?
  - Display calming & low maintenance plants? (succulents, red aglaonema, sago plant)

# KITCHEN INVENTORY & OVERHAUL GUIDE

*Fridge*  
*Pantry*  
*Countertop*



Typical values	100ml contains	250ml contains	%GDA*	typical adult
Energy	199kJ 47kcal	500kJ 120kcal	6%	2000kcal
Protein	0.5g	1.3g		90g
Carbohydrate	10.5g	26.3g	29%	70g
of which sugars	trace	trace		
Fat	trace	trace		
of which saturates	trace	trace		
Fibre	trace	trace		
Sodium	trace	trace		
Salt equivalent	trace	trace		

\* Guideline daily amounts

**Vitamins/Minerals** 100ml contains (42% RDA) 62.5mg (100%)



# GROCERY LIST

## REFRIGERATOR LIST

### Tips to Remember!!

- Buy foods *WITHOUT* labels or labels with only ingredients that food is supposed to be.
- Read the Nutrition Facts carefully. (refer to your label reading handout).
- Stay away from isles you don't need to visit.
- Buy high quality proteins.
- Dried herbs & spices are your best friends.

### Dairy / Dairy Alternatives:

- Whole cow (2% or less)
  - Whole goat milk
  - Nut milk
  - Hemp milk
  - Soy milk
  - Coconut milk
  - Oat milk
  - Greek yogurt
  - Sheep yogurt
  - Cashew yogurt
  - Cotija cheese
  - Cottage cheese
  - Feta/ parmesan cheese
  - Jack/ Jarlsberg/ mozzarella
  - Parmesan/ Romano/ string
  - Kefir, plain
- } (Preferably Unsweetened)
- } (Preferably Unsweetened)
- } (1 oz.)

### Fun Beverages:

- Sparkling water
  - Infused waters
  - Coffee
  - Teas
  - Kombucha
- } (Unsweetened)

### Leftovers:

- make sure they are in containers

### Vegetables:

#### (chopped, raw, roasted, & salad greens)

- Asparagus
- Bamboo shoots
- Beet
- Bok choy
- Broccoli
- Brussel sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery/ celery root
- Chayote
- Cucumber
- Eggplant
- Green onions
- Greens (arugula, collards, dandelion, kale, mustard, spinach, swiss chard, etc.)
- Hearts of palm
- Lettuce (all types)
- Mushrooms
- Okra
- Peppers (all types)
- Pickled/ fermented veggies
- Radish
- Squash (yellow, zucchini)

### Proteins:

- Fish (cod, halibut, salmon, tuna, etc.)
- Shellfish (crustaceans & mollusks)
- Beef (>85% lean, sirloin, round, etc.)
- Chicken (lean ground, skinless)
- Chicken/ turkey sausage (nitrate free)
- Cornish hen, skinless
- Deli meat (nitrate free)
- Duck, skinless
- Egg / egg whites
- Game (buffalo/ bison, elk, venison)
- Goat
- Lamb (ground, leg, chop, lean roast)
- Porkchop (lean ground, tenderloin)
- Molasses (unsulfured)
- Turkey (lean ground, skinless)

### Condiments:

- 1 to 2 salad dressings
- Lemon/ lime juice
- Tamari
- Miso paste
- Hot sauce/ BBQ sauce
- Mustards/ Ketchup
- Horseradish
- Liquid/ coconut aminos
- Salsa

## FREEZER LIST

### Meal Starters:

- Cooked grains (quinoa, millet, bulgur)
- Batch cooked soup or sauces
- Broth (in cubes)
- Leftovers

### Condiments:

- Pesto cubes
- Garlic
- Diced onion
- Tomato paste
- Chipotle paste

### Protein:

- Burgers (meat or bean)
- Fish/ shrimp
- Shredded meat
- Nuts/ seeds
- Proteins in refrigerator list

### Vegetables:

- Plain/ cooked
- Fruit (including lemon juice/ berries)

### Snacks:

- Energy balls
- Protein bars
- Fruit popsicles (minimal sugar)

# GROCERY LIST

### Tips to Remember!!

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## COUNTERTOP LIST

*(Remember High Traffic Area)*

### Fresh Fruit:

- Apple
- Avocados
- Banana
- Grapefruit
- Guava
- Kiwi
- Mango
- Nectarine
- Orange
- Passionfruit
- Peach
- Pear
- Persimmon
- Plum, pluot
- Starfruit
- Tangerine

- Cantaloupe
- Honeydew
- Papaya
- Pineapple
- Watermelon

After prepping, either store in a container/ plastic bag and put in fridge or freezer

### Starchy Vegetables:

- Cassava, yuca
- Corn
- Plantains
- Potatoes (Yukon, new, red, russet)
- Onions
- Squash (acorn, butternut, pumpkin, summer, delicate, spaghetti)
- Sweet potato, yam
- Tomatoes, Tomatillos
- Turnip

### Dried Herbs/ Spices:

*(consider a spice wheel/ rack)*

- Cumin
- Chili powder
- Cinnamon
- Turmeric
- Powdered ginger
- Oregano
- Thyme
- Parsley
- Any other preferences

### Tea/Coffee

- Whatever you prefer

# GROCERY LIST

## PANTRY LIST

### Tips to Remember!!

- Buy foods *WITHOUT* labels or label with only ingredients that food is supposed to be.
- Read the Nutrition Facts carefully (refer to your label reading handout).
- Stay away from isles you don't need to visit.
- Buy high quality proteins.
- Dried herbs & spices are your best friends.

### Starches/Grains:

- Barley
- Amaranth
- Farro
- Kamut
- Millet
- Quinoa
- Rice (brown, basmati, red, & wild)
- Buckwheat noodles/ grouts
- Bulgur
- Oats
- Spelt
- Teff
- Legume pasta
- Dried beans
- Whole grain bread
- Sprouted corn/ wheat tortillas

### Snacks:

- Whole grain crackers
- Jerky
- Dried chickpeas
- Dried fruit
- Seaweed

### Vinegars:

- Balsamic
- Red/ White wine
- Apple cider

### Oils:

- Olive
- Coconut
- Avocado
- Flaxseed

### Canned/ Jarred Foods:

- Beans
- Tomatoes/ tomato sauce
- Soups
- Pureed vegetable (pumpkin)
- No sodium veggies
- Tuna/ Salmon
- Coconut milk

### Sauces/ Spreads:

- Marinara
- PBFit, PB2 (1Tbsp)
- Nut butters (unsweetened & natural)

### Drinks:

- Coffee
- Tea

### Flours:

- Almond
- Coconut
- Chickpea
- Rice
- Arrowroot
- Quinoa
- Oat
- Whole wheat (unbleached)

### Sugars:

- Coconut sugar/ nectar
- Date syrup
- Raw honey
- Maple syrup
- Allulose
- Molasses (unsulfured)
- Stevia

### Baking Needs:

- Baking Powder/ soda
- Vanilla
- Applesauce
- Cocoa powder
- Chocolate chips
- Coconut flakes

# GUIDE TO ALTERNATIVE FLOURS

## ❖ Almond



- **Nutrients:** High in protein & fiber.
- **Flavor & texture profile:** Slightly nutty.
- **Uses:** Savory or sweet recipes such as ground meat binder, macarons, cakes, & biscuits.
- **How to substitute:** 1:1 ratio for all-purpose flour but may require more eggs

## ❖ Coconut



- **Nutrients:** High in protein, fiber, & fat.
- **Flavor & texture profile:** Coconutty & gritty.
- **Uses:** Baking (can be dry, use ¼ cup coconut flour to 1 egg).
- **How to substitute:** Replace only ¼ cup of flour to coconut. Cannot substitute 1:1.

## ❖ Chickpea



- **Nutrients:** High in protein, fiber, & carbohydrates.
- **Flavor & texture profile:** Slightly nutty & beany, dense & sticky.
- **Uses:** Middle Eastern & Indian cooking & baking (falafels, hummus, cakes, & quick breads)
- **How to substitute:** Replace only ¼ cup of flour to coconut. Cannot substitute 1:1.

## ❖ Rice



- **Nutrients:** Contains protein, B vitamins, manganese, & magnesium.
- **Flavor & texture profile:** Mild taste. Regular rice flour is soft & doughy, while *glutinous rice flour* is sticky & chewy (these rice flours are not interchangeable).
- **Uses:** Asian cooking, cakes, pastries, & noodles.
- **How to substitute:** Use 1-pound rice flour + ½ cup tapioca starch for flour substitute.

## ❖ Arrowroot



- **Nutrients:** Contains potassium, folate, magnesium, phosphorus, & some protein.
- **Flavor & texture profile:** flavorless & starchy
- **Uses:** Binding or thickening agent in cooking & baking.
- **How to substitute:** 1:1 ratio for cornstarch, potato starch, & some tapioca starch recipes.

## ❖ Quinoa



- **Nutrients:** High in protein, calcium, & iron.
- **Flavor & texture profile:** Mild & nutty taste with smooth texture.
- **Uses:** Baking.
- **How to substitute:** 1:1 ratio for whole wheat flour cakes & cookies recipes.

## ❖ Oat



- **Nutrients:** Contains protein & potassium.
- **Flavor & texture profile:** Nutty, soft, & fluffy.
- **Uses:** Savory or sweet recipes (pairs well with nutmeg, cinnamon, honey & vanilla).
- **How to substitute:** 1:1 ratio for whole wheat flour (one of the best gluten-free flour options).



# GUIDE TO COOKING WITH OILS

## ❖ Almond



- **Smoke Point:** 430°F
- **Flavor Profile:** Smooth, buttery, & toasted almonds.
- **Uses:** Salad dressing or finishing oil.
- **Notes:** Although a high smoke point is great for cooking, almond oil is high in omega-6 which can cause inflammation. Therefore, minimizing its use is recommended.

## ❖ Avocado



- **Smoke Point:** 510 – 520°F
- **Flavor Profile:** Slightly grassy with mild avocado flavor.
- **Uses:** Sautéing, frying, sauces, & salad dressings.
- **Notes:** Up to 25% fat, highest smoke point of all plant-based oils, >50% monounsaturated fat & less prone to oxidation.

## ❖ Coconut



- **Smoke Point:** 350°F
- **Flavor Profile:** Extra virgin = coconutty, while refined = neutral.
- **Uses:** Thai & Indian cooking, butter substitute in baking, & can be used in sautéing, & shallow frying.
- **Notes:** High in saturated fat.

## ❖ Flaxseed



- **Smoke Point:** 225°F
- **Flavor Profile:** Nutty & smooth.
- **Uses:** Finishing oil for dips, dressings, & smoothies.
- **Notes:** Also known as linseed oil & not ideal for cooking due to low smoke point.

## ❖ Extra Virgin Olive



- **Smoke Point:** 325 – 375°F
- **Flavor Profile:** Greener olives = spicy & peppery, while mature olives = sweeter tasting.
- **Uses:** Sautéing, sauces, & salad dressings.
- **Notes:** The most common household cooking oil. When frying us low to medium – high temperatures.

## ❖ Light or Pure Olive



- **Smoke Point:** 465 - 470°F
- **Flavor Profile:** Lighter in taste & color than E.V.O.O
- **Uses:** Sautéing & roasting
- **Notes:** It is ideal for high – heat cooking.

## ❖ Ghee



- **Smoke Point:** 450°F
- **Flavor Profile:** Buttery & slightly nutty.
- **Uses:** Mostly used in Indian cooking, sautéing, frying, roasting, & baking.
- **Notes:** Made by melting butter slowly & removing milk solids. Keep that in mind when used for baking.

## ❖ Sesame



- **Smoke Point:** 410°F
- **Flavor Profile:** Neutral tasting, while toasted sesame oil = nuttier.
- **Uses:** Asian, Mediterranean, & Middle Eastern foods. Used in stir – fry, marinades, or salad dressings with ginger & soy sauce.
- **Notes:** It is a good all – purpose oil.

# GUIDE TO ALTERNATIVE MILKS

## ❖ Whole goat



- **Nutrients:** Good source of vitamin D, calcium, potassium, & more protein than cow's milk.
- **Flavor & texture profile:** Mild & nutty, tangy & creamy.
- **Notes:** Maybe a good substitute for people who have lactose – sensitivity due to easier digestibility. Can be replaced 1:1 for cow's milk recipes.

## ❖ Macadamia



- **Nutrients:** Great source calcium, vitamin E & D, high in fat, & low in protein.
- **Flavor & texture profile:** Mild & nutty, rich & creamy.
- **Notes:** Not a good alternative for people who have nut allergies.

## ❖ Hemp



- **Nutrients:** Good source of calcium, vitamin D, B12, riboflavin, phosphorus, & magnesium, low in protein, & contains some omega – 3 fatty acids.
- **Flavor & texture profile:** Nutty & creamy.
- **Notes:** Most of the time has added sugar which can impact flavor of savory dishes.

## ❖ Soy



- **Nutrients:** Good source of calcium & vitamin D. Also contains vitamin A, B12, iron, riboflavin, folate, potassium, & magnesium.
- **Flavor & texture profile:** Can be sweet or beany, slightly creamy in texture.
- **Notes:** Best used in baking or tofu making. Can produce a beany flavor in savory dishes. Usually made with added sugar.

## ❖ Almond



- **Nutrients:** Excellent source of vitamin E. Usually supplemented with calcium & vitamin A & D. Contains riboflavin, vitamin B12, & zinc. It is low in protein & fat.
- **Flavor & texture profile:** Can be sweet or slightly nutty, & watery in texture.
- **Notes:** Not sustainable. Great for diabetics when purchased unsweetened.

## ❖ Coconut



- **Nutrients:** Great source of calcium & a good source of vitamin D & B12. It is higher in saturated fat and low in protein and sugar.
- **Flavor & texture profile:** Coconutty & creamy.
- **Notes:** Can replace cow's milk in cream & rich consistency such as sauces, gravies, & puddings.

## ❖ Oat



- **Nutrients:** Great source of fiber & a good source of vitamin D, A, B12, riboflavin, & calcium. Also contains iron & potassium.
- **Flavor & texture profile:** Taste similar to cow's milk but slightly sweeter & very creamy.
- **Notes:** The best substitute to cow's milk on a 1:1 ratio. Not suitable for diabetics.