WHAT'S IN YOUR PANTRY?

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RIGHT NOW, WE ALL HAVE LIMITED OPTIONS IN OUR PANTRIES AND REFRIGERATORS

Take a moment and think: what kinds of things have you been eating lately?

Odds are, our meals have been outside our normal routine.

I asked one of my former graduate students to take a picture of her current meal ideas from her pantry, this is what she sent me...
RIGHT NOW, WE ALL HAVE LIMITED OPTIONS IN OUR PANTRIES AND REFRIGERATORS

- What types of foods should you have on hand?
- What are the best staples, nutritionally, to keep on hand?
- How do I prevent getting tired of my meals/eating the same foods over and over again each week?
- How do I prevent eating when I’m bored and/or stress-eating?
- What are good, healthy snack ideas?
- How often should I be eating comfort foods?
- Are there healthier ways to make my favorite comfort foods?
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WHAT SHOULD I HAVE IN MY PANTRY?

It’s a trick question…

The answer is: Whatever your family will eat and enjoys.

However, there are a few **nutritional** rules to follow:

1. Aim for a fruit or a vegetable at every meal
2. Aim for a meal that contains at least 3 different food groups
3. Eat 1 large source of protein per day…
   OR have a small amount of protein at every meal
WHY FRUITS & VEGETABLES?

They Contain Many Essential Nutrients:

- Phytochemicals: fight cancer, stroke, blood pressure, diabetes
- Vitamins: A, B₆, B₉ (folic acid), and C
- Minerals: potassium, magnesium, zinc, calcium, iron
- Fiber: decreases cholesterol and risk of heart disease; keeps us feeling full longer
BENEFITS OF FRUITS & VEGETABLES

- Boost immunity
- Improve mental health:
  - Lower anxiety
  - Fight depression
  - Boost our ability to deal with stress
- Improve sleep
- Improve memory and cognitive function
PROTEIN MATTERS

Sources of Protein:
- Eggs, poultry, fish, meat, beans, nuts, seeds, soybeans, tofu, peanut butter
- Other sources: yogurt, cow milk, soy milk, cheese, cottage cheese, quinoa

Benefits of Protein:
- Boosts immunity: needed to fight viral and bacterial infections
- Used to make and fuel antibodies and immune system cells
- Helps repair muscle tissue
- Used to build bones, cartilage, skin, blood cells
- Needed to make hormones and send signals in the body
MORE FISH, LESS STRESS

- Feeling stressed? Eat fish. People who eat fish are happier, have less stress and anxiety than people who do not eat fish regularly.

- Fish is an excellent source of protein and can be high in omega-3 fatty acids which improve cognition, boost memory, help prevent heart disease, fight inflammation, and decrease depression, food cravings, and anxiety.

- The American Heart Association recommends we eat fish twice per week.

- How to include it: Buy fresh, frozen, or canned fish. Fish with the highest omega-3 content are salmon, tuna steaks, mackerel, herring, trout, anchovies, and sardines.
MEALS SHOULD CONTAIN ≤ 3 FOOD GROUPS

- Eating 3 or more food groups together boosts overall vitamin, mineral, and amino acid intake and decreases the chance of nutrient deficiency.
- Many nutrients enhance the absorption of others when combined. For example: vitamin C enhances iron absorption.
MEALS SHOULD CONTAIN ≤ 3 FOOD GROUPS

Meal Ideas
Beans and rice → add sliced chicken, salsa, corn, or bell peppers
Spaghetti & marinara sauce → add shrimp, lean ground meat; fruit
Pizza → add a side salad, cucumber and tomato slices; piece of fruit
Chicken noodle soup → add carrots, celery, bell peppers, squash
Sandwiches → add applesauce, fruit cup, baby carrots on the side
Hamburgers & fries → add corn, green beans, side salad, fruit
LIMITED BUDGET & GROCERY TRIPS – WHAT SHOULD I BUY?
NUTRITION POWERHOUSES

Sweet Potatoes
One sweet potato has all the vitamin A you need for the whole week and as much potassium as a banana. The skin has vitamin C, iron and B vitamins.

Tuna Fish
Great source of protein, omega-3 fatty acids, and vitamin $B_{12}$ - which is essential for nerve health, energy levels, normal metabolism, and healthy red blood cells. It does contain mercury, so limit your intake to 6 ounces per week (or two small cans per week).

Peanut Butter or Nuts
Nuts are a good source of plant protein. They also contain heart healthy fats, potassium, magnesium, and iron. You only need a handful a day to get the benefits.

Beans
Kidney, black, red, white, & garbanzo beans, as well as soybeans and peas. Beans are an excellent source of soluble fiber, which lowers cholesterol and contain calcium (bone health), folate (helps prevent birth defects & anemia), and potassium (helps lower blood pressure). Eat beans twice per week for heart health.
**NUTRITION POWERHOUSES**

**Canned Tomatoes or Tomato Sauce**
High in vitamin C which helps enhance iron absorption and boost immunity. Cooking tomatoes activates lycopene, a nutrient which has been shown to reduce the risk of prostate cancer.

**Olive Oil**
A good source of vitamin E, polyphenols, and heart healthy fats, all which help reduce the risk of heart disease. Vitamin E is essential for a healthy immune system, eye health, skin health, and fights cancer. Use olive oil in place of butter or margarine in pasta or rice dishes. Drizzle over vegetables, use as a salad dressing, and when sautéing.

**Orange Juice**
High in vitamin C, which is often missing in shelf stable foods like rice, pasta, crackers, bread, and snack foods. You can also buy calcium fortified orange juice. Frozen orange juice concentrate lasts up to 1 year in your freezer.

**Frozen Berries**
High in fiber, berries are naturally sweet, and their rich colors mean they are high in antioxidants and disease-fighting nutrients. Frozen berries are just as healthy as fresh berries and store up to 1 year in the freezer. Add them to yogurt, cereals, oatmeal, and smoothies, or eat plain for a snack.
NUTRITION POWERHOUSES

**Frozen Spinach or other leafy greens** (kale, collards, turnip greens, or broccoli)

Dark, leafy greens are a good source of vitamin A, vitamin C, calcium, and fiber as well as several phytochemicals (which fight diseases like cancer). Throw them into salads or sauté them in a little olive oil. You can also add greens to scrambled eggs, soups, pasta, casseroles, and stews.

**Eggs**

A biologically perfect protein containing every amino acid in a highly absorbable form. Egg yolks are one of the few food sources of vitamin D and choline. They are also inexpensive and last weeks in the fridge.

**Frozen Broccoli** (or other cruciferous vegetables like cauliflower, cabbage, kale, radishes, Brussel sprouts)

An excellent source of fiber, vitamins, and phytochemicals which help fight against many types of cancer. Steam or stir-fry, adding healthy oils and herbs and seasonings for flavor. Add to soups, casseroles, and pasta.

**Yogurt**

A good source of calcium, potassium, vitamin D, and protein, yogurt also contains live cultures called probiotics. These “good bacteria” can protect the body from other, more harmful bacteria.
BEANS & RICE

Rice
Any bean
Salsa or diced tomatoes
Lemon juice

Any type of bean will work

Beans + rice (or any grain) makes a complete protein with the same amino acids as meat, fish, poultry, or eggs

Adding lemon or lime juice, tomatoes, bell peppers, or salsa adds a splash of vitamin C, which enhances iron absorption from the beans and rice

Quinoa is an excellent protein and fiber source.
Honey Mustard Stir Fry

Ingredients:
- Honey Mustard
- Pasta
- Chicken
- Broccoli

Instructions:
1. Cook chicken in homemade honey mustard sauce by mixing honey and mustard in sauté pan (to taste).
2. Toss in any veggies and pasta or rice for a quick stir fry.
ITALIAN PASTA SALAD

- Pasta
- Kidney beans
- Olives
- Fresh tomatoes
- Cucumbers
- Italian dressing

**Pros:** protein source from beans, heart health fats from olives and the Italian dressing, 3 food groups, vitamin C from tomato slices boost iron absorption from the beans and pasta.
GUMBO

Rice
Okra
Stewed tomatoes
Add any protein: beans, shrimp, chicken, sausage

Tomatoes contain vitamin C and enhance iron absorption from rice, beans, shrimp, or and any meat.

Don’t like okra? Add beans, green beans, black eyed peas or bell peppers instead for nutrients and fiber.
TUNA CASSEROLE

Tuna fish
Pasta
Snow peas
Milk
Parmesan cheese

Tuna is a complete protein and contains omega-3 fatty acids

You can add any vegetable to the casserole

Alfredo sauce, cream, or cream cheese can be used instead of cheese and milk
HUMMUS WRAP

Tortillas
Hummus
Any bean
Any fresh vegetable: cucumber, lettuce, tomatoes, shredded carrots, olives, broccoli

Add deli meat, tuna fish, canned chicken, beans, or scrambled eggs for extra protein

Add olives (healthy fat) and feta (protein and calcium) for a Greek twist

Homemade tzatziki sauce: plain yogurt, cucumber, lemon juice, dill weed
PEANUT BUTTER WRAP

Tortillas
Peanut butter
Banana, apple slices, or raisins

Uses 3 food groups
Protein and healthy fats from peanut butter
Tortillas are shelf stable and stay fresh longer than bread
Try whole grain for extra fiber, which helps you feel full longer
OATMEAL

Oatmeal
Walnuts (any nut)
Milk
Any fruit
Brown sugar or honey

Add any fruit to boost nutrients and fiber
Add milk to add protein, vitamins, and calcium
Doesn’t have to be for breakfast: have it for a snack or lunch!
TRAIL MIX CRISPY BARS

Cheerios (any cereal)
Sunflower seeds (any seed)
Walnuts (any nut)
Raisins
Craisins
Marshmallows
Margarine or butter

Pros: protein nuts and seeds, whole grains from cheerios, fiber and iron from cheerios, heart healthy fats from nuts and seeds, 3 food groups, kids and adults love them
WHAT'S IN OTHER PEOPLE'S PANTRIES?
MEAL IDEAS

WHOLE WHEAT PASTA WITH CHICKPEAS & HUMMUS

RECIPE DIRECTIONS

1. Cook pasta according to directions on package. When pasta is done, reserve 1/2 cup of the cooking water. Drain the rest.
2. Toss pasta noodles with 1 tbsp. olive oil.
3. While pasta is cooking, in a medium saucepan, heat 1 tbsp. olive oil over medium heat and add diced onions. Cook onions until slightly caramelized and add minced garlic, cook until aromatic.
4. Add chickpeas and 1/4 cup of reserved water to the saucepan. Then add cooked pasta and toss together.
5. Add 1-2 tbsp. hummus to make a sauce and toss the pasta to coat. Add more reserved water if needed to reach desired consistency.
6. Season with salt and pepper, to taste. Garnish with chopped parsley.

INGREDIENTS

- 8 oz. Whole Wheat Pasta
- 2 tbsp. Olive Oil
- 4 tsp. Diced Onion
- 3/4 tsp. Minced Garlic
- 1/2 can Garbanzo Beans, drained
- 2 tbsp. Hummus
- Salt & Pepper, to taste
- Parsley, garnish

Makes 2 portions

Recipe by UGA Executive Chef Jorge Noriega for Fall 2019 Eating Smart Class to Meal Plan Students – they all loved it!
TACO CASSEROLE

Brown rice pasta
Ground meat
Salsa
Cheese
Taco seasoning

Uses 3 food groups
Protein from ground meat
Salsa contains vitamin C, which enhances iron absorption from the meat
Whole grain and high fiber source from whole grain pasta
Cheese provides protein & calcium

Meal idea courtesy of my sister (mother of 5 children ages 9, 7, 5 and 1 year old twins)
Rice  
Black-eyed peas  
Green beans

Uses 3 food groups
Protein from black-eyed peas
Believe it or not – her kids love it (mine do too)
Beans are a good source of fiber, potassium, calcium, and iron
Green beans are a good source of fiber, vitamins C and K, & folic acid

Meal idea courtesy of my sister (mother of 5 children ages 9, 7, 5 and 1 year old twins)
SLOW COOKER BEANS

Baked beans
Chicken breast
Corn or mixed veggies

Chicken is a complete protein
Beans are a good source of fiber, potassium, calcium, and iron
Green beans are a good source of fiber, vitamins C and K, & folic acid
Corn adds fiber, vitamin C, and magnesium

Meal idea courtesy of my sister (mother of 5 children ages 9, 7, 5 and 1 year old twins)
CHILI

Black beans
Dark kidney beans
Light kidney beans
Corn
Diced tomatoes

You can add any type of beans you have, the flavor and texture will change, but will still have the savory flavor of chili.

You can add corn, bell peppers, onions, squash, mushrooms, or zucchini to the chili as well for added nutrients and fiber

Meat is optional

Meal idea courtesy of my sister (mother of 5 children ages 9, 7, 5 and 1 year old twins)
ENCEHILADA CASSEROLE

Black beans
Corn
Diced tomatoes
Rice
Enchilada sauce

Can turn into a casserole

Can add corn, beans, tomatoes, and enchilada sauce and serve over rice

Meal idea courtesy of my sister-in-law (mom of 3 children ages 14, 12, and 10)
PASTA ALFREDO

Chickpea pasta
Alfredo sauce

Specialty products, but this pasta contains 25 grams of protein per serving, which is more than a 3 oz chicken breast! (Which is the size of the grilled chicken in the dining halls...)

The alfredo sauce has cauliflower in it as a way to boost fiber, lower calories, while still making it creamy.

Meal idea courtesy of my sister-in-law (mom of 3 children ages 14, 12, and 10)
PASTA WITH MARINA

Chickpea pasta
Tomato sauce
Tomato paste
Diced tomatoes
Nutritional yeast

Nutritional yeast does not have much protein, but is an excellent source of B12, a vitamin only found in animal proteins and lacking in plant-based proteins. You could add meat instead if you have that on hand.

You can use any pasta you have on hand
Use any marinara sauce you have on hand

Meal idea courtesy of my sister-in-law (mom of 3 children ages 14, 12, and 10)
“BEST RICE CASSEROLE”

Rice
Beef broth
French onion soup
Butter

Lots of flavor, lots of calories/energy, but not a lot of nutrients.

Add a protein source: ground turkey or beef, ham, lentils, beans

Have veggies or fruit on the side

Meal idea courtesy of a female UGA graduate student
SPAGHETTI

Pasta
Black beans
Tomatoes
Onion
Lemon juice

Multiple food groups
Simple and easy sauce you can add to pasta or serve over pasta
Don’t have tomatoes? Add canned diced tomatoes or tomato sauce

Meal idea courtesy of a male UGA undergraduate student
SPAGHETTI

**Ingredients:**
- Pasta
- Black beans
- Tomatoes
- Onion
- Lemon juice

**Notes:**
- Multiple food groups
- Simple and easy sauce you can add to pasta or serve over pasta
- Don’t have tomatoes? Add canned diced tomatoes or tomato sauce

Meal idea courtesy of a male UGA undergraduate student.
QUESADILLAS

Matzah
Bell pepper
Onion
Tomato
Cheese

Multiple food groups
Using matzah because it is currently Passover
Creative use of matzah
Could use tortillas, toast, or rice

Meal idea courtesy of a male UGA undergraduate student
STIR FRY CHICKEN

Chicken breast
Split peas
Bell pepper
Onion
Rice
Cumin
Olive oil

Serve over rice
Could serve with noodles
Simple sauce made with olive oil and cumin

Meal idea courtesy of a male UGA undergraduate student
OVEN ROASTED POTATOES

Onion
Garlic
Potatoes
Salt
Citric acid

Citric acid is a source of vitamin C – you can sub with lemon or lime juice
Use garlic powder if you don’t have fresh or raw
Serve with protein source. In fact, you can bake chicken in the same dish as these potatoes.

Meal idea courtesy of a male UGA undergraduate student
WHAT’S IN YOUR PANTRY?

Questions from the audience.
RESOURCES

Getting Groceries During Quarantine: https://www.eatright.org/food/planning-and-prep/smart-shopping/getting-groceries-during-quarantine

Should You Wash All Foods?: https://www.eatright.org/homefoodsafety/four-steps/wash/should-you-wash-all-food

Successful Meal Planning: www.eatright.org/food/planning-and-prep/smart-shopping/3-strategies-for-successful-meal-planning

Recipe Ideas: https://www.eatright.org/coronavirus/recipes

Tips for Ordering Healthy Takeout: https://www.eatright.org/food/nutrition/eating-as-a-family/tips-for-ordering-takeout-or-delivery