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DIETITIAN'S DISH

A QUARTERLY NEWSLETTER BROUGHT TO YOU BY:
YOUR MGH WEIGHT CENTER REGISTERED DIETITIANS



RISING COSTS & MEAL PLANNING
TIPS FOR ORGANIZING YOUR KITCHEN & PANTRY
NUTRITION AND FOOD PACKAGING
POSITIVE PSYCHOLOGY
SPRING PRODUCE IN SEASON
RECIPES ON REPEAT

The content presented in this newsletter is to provide information on health and nutrition for information purposes only. This newsletter is not an attempt to provide specific medical/nutrition advice. Always consult with your health care provider, and follow their advice with regards to your individual care.

Rising Costs & Meal Planning

In recent times, food prices have been on the rise, causing concerns among individuals who wish to maintain a healthy diet. By planning ahead, one can continue to choose lower-cost yet nutritious foods without breaking the bank.

Reduce food costs:

- Avoid food waste
 - Take inventory of available foods/pantry items
 - Meal plan for the week and purchase what is needed
 - Make a grocery list
- Look for items on sale
- Purchase food in bulk
 - Freeze foods that are not shelf stable
- Frozen and canned fruits and vegetables can be just as nutritious as fresh
- Store brand products may be cheaper
- Find a competitively priced farmer's market
 - Haymarket in Boston is available on FRI/SAT
- Make meals including plant-based proteins

Reduce costs at home:

- Have a budget and analyze spending
- Compare prices for the best deals! Ask for discounts!
- Save water at home
 - Avoid long showers
 - Turn off the faucet while brushing teeth
- Reduce your electricity usage
- Review unused automatic subscriptions
- Use a reusable water bottle
- Save money on transportation
 - Walking, public transit
 - Find best gas prices
- Limit ordering take-out and prepare more meals at home
- Make your coffee at home
- Check out free entertainment options

Tips for Organizing Your Kitchen & Pantry

Having a neat, and well-organized kitchen/pantry can help make meal planning and prepping a breeze!

Step 1: Declutter

The most crucial part of organizing is to start with a big clean out!!! Toss spoiled or "mystery" items. Duplicates too!
Clean off your counters, fridge, and pantry area
Designate a spot for items purchased in bulk

Step 2: Make use of Space

Designate items in certain drawers and cabinets
Use containers to maximize space and efficiency
Clear containers and bins can reduce visual clutter
Create one space for your spices and ensure they are labeled
Make use of wall/door/cabinet space
(ie. shelf risers/shelves, over the door rack, magnetic knife holders)

Step 3: Keep Track of Inventory

Familiarize yourself with what you already have
Buy what you need based on your grocery list
Use the first in first out method when storing food - put older food in front or on top so that you use them first
Pre-wash and cut vegetables and fruits and store at eye level

Step 4: Clean and Repeat

Only keep the absolute necessary on kitchen counters
Immediately after eating, place dishes in dishwasher/hand wash
Take 5-10 minutes a day to follow the steps above
Make sure everything is stored away the night before
Set yourself up for success!

Nutrition and Food Packaging

Choose nutritious foods that align with your health goals. Let's go through some things to keep in mind when choosing certain products:

CEREAL:



Choosing a nutritious cereal can be very overwhelming!

Look for the word "whole" grain, wheat, or oat for a great nutrition and fiber push!

Often times, cereals are loaded with sugar! If sugar is in the top 3 ingredient list, best to find an alternative option.

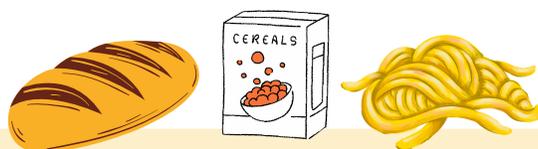
MILK:



Low fat dairy/lactaid milk is an excellent source of protein, calcium, and vitamin D

If you are looking for a dairy free option, pea protein and soy milk are also good sources of protein - look for fortified with calcium/vitamin D!

Other milks such as coconut, almond, and oat milk can be lower in calories however are often not a good source of protein



BREAD/PASTA:

Choosing whole grains means higher amounts of fiber which is important for digestion, fullness, and blood sugar regulation. In order to know if a product is truly whole grain, check to make sure that the first ingredient on the list is "whole grains" Lentil/bean pastas are a great source of fiber AND protein!

For additional info, check out: <https://wholegrainscouncil.org/>



YOGURT:

When choosing a yogurt make sure it has more protein than sugar

Greek/Icelandic style yogurts are often a great source of protein

If choosing a plant-based yogurt choose one that is higher in protein like pea protein or soy

Regular yogurt made with milk has less protein but more calcium than greek yogurt,

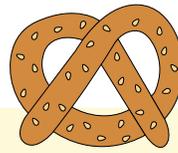


BARS:



Protein bars in particular are generally higher in protein (10g+) and lower in sugar (<10g)

Granola or "energy bars" often don't have much protein and may have more sugar. These bars are often made with oats. When choosing a granola bar be sure it has 3g+ of fiber and pair with a protein source, such as yogurt!



CHIPS, CRACKERS, PRETZELS:

Be aware of marketing terms such as "all-natural" as there is no real definition of this term

Baked/Low-Fat- today, a lot of snack foods are prepared with plant oils which can improve heart health, however these products can have less of these oils and potentially more starches and sugars

"Multigrain" -this means there is a mixture of different grains in the snack, remember to choose "whole grain" whenever possible
Vegetable chips- these are often made with potato flour and added coloring with not much actual vegetables!

Protein chips- can have added protein which may help with satiety, With any snack be sure to follow the serving size!

Your Guide to Grocery Shopping

A repeat from our Summer 2020 Edition

SHELF-STABLE ITEMS

- Canned/packets of tuna, chicken, salmon in water
- Canned/dry black beans, chickpeas, kidney/fava beans
- Canned vegetables
- Canned soups
- Canned tomato sauce
- Chicken, vegetable, bone broth stock
- Fruit cups
- Dried fruit (apricots, prunes, peaches, mango, apple)
- Nuts (pecans, walnuts, almonds, cashews, pistachios, peanuts)
- Nut butters and dehydrated nut powders
- Seeds (chia, flax, hemp hearts, pepitas, sunflower)
- Whey, soy, or pea-based protein powder
- Protein bars
- Grass-fed jerky
- Unsweetened almond milk, flax, cashew, oat, hemp)
- Rolled oats
- High-fiber cereals
- Low sugar granola
- High-protein pancakes mix
- Whole grains (quinoa, farro couscous, freekeh, brown rice)
- Whole grain, lentil, black bean, and chickpea-based pasta
- Olive oil, avocado oil, and canola oil

PERISHABLE ITEMS

- Greek/Icelandic-style yogurt
- Low-fat milk/non-dairy milk alternatives
- Eggs
- Cottage cheese
- Deli meat (lean cut, nitrate free)
- Chicken/turkey (no skin)
- Lean red meat cuts (filet, loin)
- Lean (85-93%) ground turkey, beef, pork, and chicken
- Fish/seafood (salmon, haddock, cod, shrimp, scallops)
- Tofu/tempeh
- Winter squash, cabbage
- Apple, Citrus fruits
- Onion, garlic

Any of your favorite fresh fruits/vegetables are fantastic options! The above listed just typically last longer. Remember to wash all produce thoroughly with water before consuming to practice proper food safety!

FROZEN ITEMS

- Frozen meat, fish, shellfish
- Frozen Turkey Burgers/Veggie Burgers
- Frozen vegetables
- Frozen fruit

Grocery Guidelines

Cereals: high fiber, low sugar

- >5 grams of fiber
- <7g sugar

Bread: 1st ingredient is whole grain

- >3 grams of fiber per slice
- Avoid enriched flour

Granola: avoid added sugar

- Check the serving size
- <7g total sugar

Yogurt: high protein, low sugar

- Choose greek yogurt
- <10g of sugar

Nuts: unsalted, plain

- Avoid candied or salty nuts
- 1/4 cup is a serving

Nut Butter: unsalted, unsweetened

- 1-2 ingredients, natural
- Avoid added oils or sugars

Protein Shakes:

- 20-30g protein
- <10g sugar

Dairy/Nut milk: avoid added sugar

- <5g sugar, skim or low fat
- Soy, almond, cashew, oat milk

Salad Dressings: limited saturated fat

- Avoid creamy dressings
- <100 calories per serving

Frozen Meals:

- <600mg sodium
- >15g protein, <10g fat

Pasta: high fiber, high protein

- Choose whole wheat or bean pastas
- >3g fiber

Protein Bars: high protein, low sugar

- >8g protein
- <7g sugar

Positive Psychology

Thinking positively is linked to many health benefits! People who are more optimistic and who experience more gratitude and life purpose tend to have lower rates of cardiovascular disease and even live longer. One explanation for these long-term health benefits may be that people who are more positive tend to engage in healthier behaviors, like exercising and following a healthy diet. The good news is that there are simple exercises you can do to boost positive thinking:

- Try writing a letter of gratitude to someone who did something for which you feel grateful. Describe in detail what they did and how it helped you. The process of writing the letter has benefits to you, whether you choose to share it with the person or not!
- Write about a time in the past when you had a success. This could be any positive event where you helped to make it happen, and you feel happy or proud about your contribution. Then, think about which personal qualities you used to make that success happen. Are there ways you could apply those qualities now to help meet your goals?
- When you are being physically active, pay attention to positive emotions you may be experiencing during exercise. Do you feel determined? Proud? Joyful? By noticing these you can start to make physical activity a more positive experience over time.
- Imagine an optimistic future for yourself in one year. If everything goes as well as it could, what will your life look like in a year? Are there steps you can start to take now to move in that direction?



Emily Feig, PhD is a clinical psychologist at MGH. She conducts research developing more effective ways to promote healthy behaviors, especially physical activity, in people with obesity or other chronic health conditions. She also sees patients for cognitive behavioral therapy through the MGH Behavioral Medicine program.

The GOALS Project is currently recruiting people 6-12 months post-surgery who want to get more active! Participating in this randomized controlled trial involves 2 in-person visits at MGH and possibly receiving a 10-week phone-based physical activity program. Participants receive up to \$300, free parking at MGH, and a Fitbit. Please contact Crystal Castillo to learn more about the study at 617-724-9142 or cicastillo@mgh.harvard.edu

Spring Produce in Season!

Apples	Lemons
Apricots	Lettuce
Asparagus	Limes
Avocados	Mushrooms
Bananas	Onions
Broccoli	Peas
Cabbage	Pineapples
Carrots	Radishes
Celery	Rhubarb
Collard Greens	Spinach
Garlic	Strawberries
Herbs	Swiss Chard
Kale	Turnips
Kiwifruit	

Roasted Brussels Sprouts



INGREDIENTS

- 1 pound Brussels sprouts
- Extra-virgin olive oil, for drizzling
- Sea salt and freshly ground black pepper

Lemon Parmesan seasoning (optional)

- 1 tablespoon lemon juice, plus 2 teaspoons zest
- 1 tablespoon grated, or 1/4 cup shaved Parmesan cheese
- 1 tablespoon fresh thyme leaves
- Parsley leaves, for garnish
- Pinch of red pepper flakes



Tip: Serve with a protein source (like chicken, meat, fish, tofu) for a balanced meal.

PREPARATION

Preheat the oven to 425°F and line a baking sheet with parchment paper. Slice the brussels sprouts in half, toss with drizzles of olive oil and pinches of salt and pepper, and spread on the baking sheet. Roast 20 to 30 minutes or until tender and golden brown around the edges. The exact timing will depend on the size of your sprouts. If desired, toss the roasted Brussels sprouts with the lemon juice, zest, parmesan, and thyme leaves. Garnish with parsley and red pepper flakes.

Sheet Pan Balsamic-Herb Chicken and Vegetables

INGREDIENTS

Chicken:

- 16 ounces boneless, skinless chicken breasts, halved
- 1 tablespoon balsamic vinegar
- 1/2 tablespoon extra-virgin olive oil
- 2 cloves crushed garlic
- 2 teaspoons chopped basil
- 1 teaspoon chopped parsley
- 3/4 teaspoon kosher salt

Balsamic Veggies:

- Olive oil spray
- 1 large red bell pepper, cored and cut into 1-inch pieces
- 1 medium, 7-ounce zucchini, quartered lengthwise and cut into 1-inch cubes
- 1 cup asparagus, cut into 1-inch pieces
- 1 medium red onion, cut into 1-inch pieces, layers separated
- 1 cup cauliflower florets
- 2 tablespoons balsamic vinegar
- 1 1/2 tablespoon extra-virgin olive oil
- 1 teaspoon kosher salt
- Freshly ground black pepper
- 2 teaspoons chopped basil
- 1 teaspoon chopped parsley



PREPARATION

Preheat the oven to 450 °F. Line a large sheet pan with parchment, if desired. Season chicken with 1 tablespoon balsamic, 1/2 tablespoon olive oil, garlic, 2 teaspoons dried basil, 1 teaspoon dried parsley and 3/4 teaspoon salt.

Marinate while you prep the vegetables, the longer the better.

In a large bowl toss the vegetables with 2 tablespoon balsamic, 1 1/2 tablespoons olive oil, 3/4 teaspoon salt, black pepper, 2 teaspoon basil and 1 teaspoon parsley.

Spread out onto the sheet pan. Nestle the chicken in with the vegetables and roast until tender in the lower rack of the oven, about 20 minutes until the chicken is cooked through.



Tip: Feel free to swap for different vegetables!