

Nurture – Reference Guide



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PART 1: NURTURE FOODS

The Nurture program emphasizes healthy, whole foods that are found in nature (not processed foods). These foods are all also extremely affordable:

- Whole grains
- Lentils
- Split Peas
- Beans
- Fruits
- Vegetables

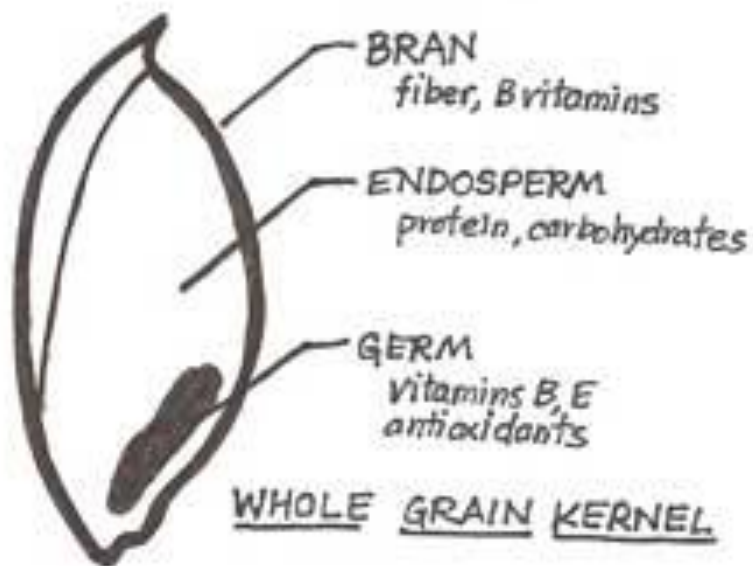
Nurture recipes also include healthy sources of protein (e.g., poultry, nuts, etc.), healthy oils (e.g., olive oil) and seasonings and condiments.

Whole Grains

A kernel of cereal grain is comprised of 3 parts:

- 1) The bran– the outermost layer
- 2) The germ– the embryo or vital part of the grain
- 3) The endosperm– largest portion of the kernel providing the germ’s food supply

Store all grains in the refrigerator in a sealed container to avoid spoilage. Check expiration dates on packages.



Lentils

Lentils are small legume seeds that come whole or split in a variety of colors ranging from orange to pink to grayish green. Lentil pods grow on viny, green plants with long, thin leaves. Because they tend to grow mushy when cooked, they are often used as a base for lentil soup.

Store lentils in an airtight container in a cool, dry and dark place. Stored this way, they will keep for up to 6 months.



Dried/Split Peas

Dried peas are seeds from the legume, *pisum sativum* (garden pea), that have been dried, peeled and in the case of split peas, split. Split peas come in yellow and green varieties, and have been mechanically split so they cook faster.

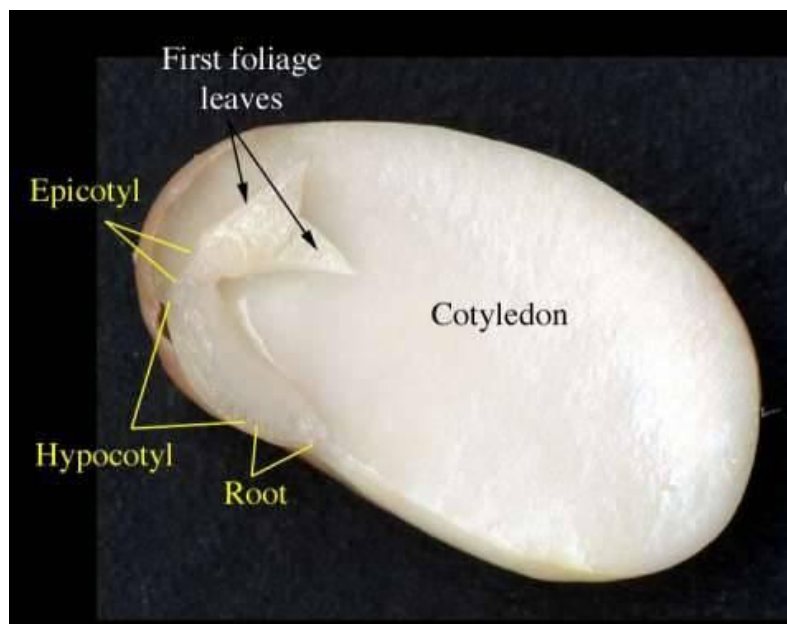
Store dried peas in an airtight container in a cool, dry and dark place. Stored this way, they will keep for up to 6 months.



Beans

All beans are members of the *Leguminosae* family of plants, commonly known as legumes, which includes both beans and peas. They are natives of four continents: Europe, Africa, Asia and South America. A bean is composed of a seed coat containing an embryonic plant and a pair of cotyledons. Tissue made up of starch, protein and fats upon which the embryonic plant feeds when warmth and water are introduced, stimulating germination. If you want to look at beans and see the parts yourself, take a few beans and soak them in water for up to 12 hours. The water will make them plumper and easier to split so you can identify the parts more easily.

Store dried beans in an airtight container in a cool, dry and dark place. Stored this way, they will keep for up to 6 months.



Vegetables

Artichoke - a tight head of fleshy leaves, delicious with lemon butter

Asparagus - tender green tips available during a short growing season

Beans - high protein seeds of legume plants

Beet - tubers with rich nutty/sweet flavors.

Broccoli - green and delicious and full of vitamins

Brussels sprouts – like small cabbages—you either love them or hate them!

Cabbage - the king of vegetables. Easy to grow almost anywhere

Carrot - introduced by the Romans, carrots have been popular for 2000 Years

Cauliflower - white relative of broccoli

Celery – green and crunchy; used in salads, stews and soups or raw

Chard – dark green leafy vegetable

Chicory - bitter vegetable

Collards – dark green cooking green

Corn - North American native vegetable considered sacred by many native tribes.

Cucumbers - traditionally used raw in salads; holds lots of water

Eggplant - a rich purple vegetable that absorbs strong flavors well

Kale - dark green cooking green

Kohlrabi - a member of the turnip family and can be either purple or white.

Leek – green stalk with onion-like flavor (but more mild)

Lettuce – traditional base for salads

Mushrooms - not technically a vegetable, but a far older member of the plant kingdom. Mushrooms do not use sunlight to produce energy, hence they have a completely different range of tastes than vegetables

Vegetables, Continued

Okra - also called 'ladies fingers' or gumbo; a wonderful pungent vegetable from the same family as hollyhock

Onions - have been eaten for tens of thousands of years and we still aren't bored of them

Parsnips – sweet and starchy, like a white carrot

Peas – member of the legume family

Peppers - fruits of the Capsicum family of plants. The hotter tasting ones (due to more Capsaicinoids in the flesh) are usually referred to as chilis

Potatoes - an American staple crop that has been exported all over the world

Pumpkins - a popular gourd vegetable used in cooking and to make Halloween jack o lanterns..

Radish - a peppery vegetable popular in western and Asian cooking

Rutabaga – similar to a turnip

Shallots - small onions often with a more fiery bite

Spinach - large green leaves for cooking or eating raw; contains lots of healthy trace minerals including iron

Squash – includes both summer squash (yellow squash, zucchini) and winter squash

Sweet potato -a starchy tuber; the red variety of sweet potato is often called a yam, although yams are a separate vegetable in their own right

Tomatoes - not technically a vegetable, but a fruit (since they have seeds)

Turnips - root vegetable

Yams - sweet starchy tuber

Fruits

Apple - a favorite fruit and a good source of vitamin C

Apricot - soft, sweet and juicy orange colored fruit packed with beta-carotene

Avocado - fatty soft flesh and a large stone in a thin outer casing. These trees produce hundreds of fruits which taste buttery and rich

Banana - yellow curved tropical fruit beloved the world over. In terms of global sales this tops the list of fruits

Blackberry - the fruit of the bramble bush which is a very common

Blueberry - a North American fruit high in antioxidants. The small bushes grow in acidic soils, producing hundreds of small blue fruits in early summer

Cherry - related to both plums and apricots, the cherry tree produces small red fruits with a distinctive taste. Sweet and fragrant, cherries are a midsummer treat

Clementine - a sweet orange citrus fruit from the mandarin family. Clementines are much easier to peel than oranges

Cranberry - high in vitamin C; an astringent taste makes it a great breakfast fruit.

Fig - the fruit we know of as the fig is actually the flower of the fig tree. Sweet and delicious

Grapefruit - a breakfast favorite, the large sharp but succulent grapefruit has a yellow skin and is about three times the size of an average orange

Grape - clusters of green, yellow or red fruits grow on vines in many parts of the world. Eaten fresh or turned into wine, grapes are a very popular fruit

Kiwi - green to brown skinned fruit with a hairy surface. Inside is a sharp but sweet flesh that goes equally well in a traditional sweet fruit salad as it does in a tomato salad

Lemon - the king of citrus fruits

Lime - green relative of the lemon

Fruits, Continued

Mango - tropical fruit

Nectarine - a hairless form of peach that grows in slightly more northern latitudes than its more tender cousin

Orange - Popular citrus with many varieties

Papaya- tropical fruit

Peach -a thin downy (hairy) skin parts to reveal rich succulent flesh that is sweet and delicious

Pear - A Northern European native, the pear is a wonderful fruit although not as popular as apples these days (largely due to shorter shelf life)

Pineapple - tropical fruit

Plum – delicious and sweet

Strawberry - the fruit of the bramble bush which is a very common

Watermelon - A large melon with sweet and extremely watery flesh

PART 2: NURTURE COOKING EQUIPMENT

The Nurture program emphasizes cooking equipment with the purpose of making meals *easy* and *healthy*.

It is very important to follow the safety guidelines for using all pieces of cooking equipment.

Not all sessions (series of classes) will cover all pieces of cooking equipment. However, what follows is a sample list:

- Rice cooker
- Slow cooker
- Meat thermometer
- Hand/ immersion blender
- Apple slicer
- Steamer basket

Rice Cooker: Parts



Rice Cooker: IMPORTANT SAFEGUARDS

Safety First: Please read the instructions manual/ user guide included with your rice cooker. It has important safety information you must review.

Use caution when opening, always open lid away from face, to avoid steam burns. Handle the rice bowl carefully. Use oven mitts. Scratching or denting the removable cooking bowl might cause an unsatisfactory performance because the bottom of the pot must make perfect contact with the center of the bottom disc which is the heat sensor that activates and controls the heating. That is also why it is very important that before using you are sure that the outside of the cooking bowl is clean and dry. Be sure that the heat sensor in the center on the inside of the base is clean, dry and cool.

When using electrical appliances, basic safety precautions should always be followed, including the following:

1. **Read all instructions carefully before use.**
2. Do not touch hot surfaces. Use handles and knobs.
3. To protect against electric shock, do not immerse cord, plug, or any parts of the rice cooker unit (except removable cooking bowl) in water or any other liquid.
4. Close supervision is necessary when this appliance is used by or near children.
5. Do not operate any appliance with damaged cord or plug, or after the appliance malfunctions or has been dropped or damaged in any manner. Return the rice cooker to the nearest authorized service station for examination, repair or electrical or mechanical adjustment.
6. The use of attachments not recommended or sold by the manufacturer may cause fire, electrical shock or injury, and are therefore prohibited.
7. Do not use outdoors.
8. Do not place on or near a hot gas or electric burner, or in a heated oven, or in a microwave oven.
9. Unplug from outlet when not in use and before cleaning. Allow to cool before putting on or taking off parts, and before cleaning.
10. Always attach plug to appliance first, then plug cord into the wall outlet. To disconnect, remove the plug. Always hold the plug, never pull the cord.
11. Do not let the cord hang over edge of table or counter, or touch hot surfaces, including the stove.
12. Extreme caution must be used when moving an appliance containing hot oil or other hot liquids.
13. Do not use this appliance for anything other than intended use.
14. To reduce the risk of electric shock cook only in removable container.
15. To ensure continued protection against risk of electric shock, connect to properly grounded outlets only.

HOUSEHOLD USE ONLY ADDITIONAL SAFETY INSTRUCTIONS

GROUNDING INSTRUCTIONS:

This appliance must be grounded. The plug must be plugged into an outlet that is properly installed and grounded.

WARNING:

Improper use of a grounded cord can result in the risk of electrical shock. Consult a qualified electrician if necessary. Do not try and defeat this safety feature by modifying the plug.

A **short power-supply cord** is provided to reduce the hazards resulting from entanglement or tripping over a long cord.

Rice Cooker: Care and Cleaning

WARNING: Do not immerse the Rice Cooker unit, cord, or plug in water or any other liquid. Wipe the exterior of the Rice Cooker with a clean, damp cloth. Allow to dry thoroughly. Do not use harsh detergents or abrasive cleansers.

Clean your rice cooker and all of the used accessories after each use.

Unplug before cleaning. NEVER clean the rice cooker while it is still plugged in.

Do not use harsh or abrasive cleansers on any part of the rice cooker.

Do not immerse the main body in water.

Steps

1	Remove the Removable Cooking Bowl from the main body
2	Wash the Removable Cooking Bowl in warm/hot soapy water along with the spatula, measuring cup, and lid*
3	Do not use any scoring pads on the Removable Inner Pot as they will damage the nonstick coating
4	Allow to dry thoroughly

*If for some reason food has cooked onto the bottom of the Removable Rice Pot, fill it with hot soapy water and soak. After allowing the bowl to soak, the cooked-on food should be loosened enough to remove.

Slow Cooker: Parts



Lid with handle



Removable cooking bowl



Main body of slow cooker

(attaches to electric cord—please see safety precautions on following page)

On/off switch
Hi/ Low/ Keep Warm

Slow Cooker: IMPORTANT SAFEGUARDS

Safety First: Please read the instructions manual/ user guide included with your slow cooker. It has important safety information you must review.

Use caution when opening, always open lid away from face, to avoid steam burns. Handle the cooking bowl carefully. Use oven mitts.

When using electrical appliances, basic safety precautions should always be followed, including the following:

- 1. Read all instructions carefully before use.**
2. Do not touch hot surfaces. Use handles and knobs.
3. To protect against electric shock, do not immerse cord, plug, or any parts of the slow cooker unit (except removable cooking bowl) in water or any other liquid.
4. Close supervision is necessary when this appliance is used by or near children.
5. Do not operate any appliance with damaged cord or plug, or after the appliance malfunctions or has been dropped or damaged in any manner. Return the slow cooker to the nearest authorized service station for examination, repair or electrical or mechanical adjustment.
6. The use of attachments not recommended or sold by the manufacturer may cause fire, electrical shock or injury, and are therefore prohibited.
7. Do not use outdoors.
8. Do not place on or near a hot gas or electric burner, or in a heated oven, or in a microwave oven.
9. Unplug from outlet when not in use and before cleaning. Allow to cool before putting on or taking off parts, and before cleaning.
10. Always attach plug to appliance first, then plug cord into the wall outlet. To disconnect, remove the plug. Always hold the plug, never pull the cord.
11. Do not let the cord hang over edge of table or counter, or touch hot surfaces, including the stove.
12. Extreme caution must be used when moving an appliance containing hot oil or other hot liquids.
13. Do not use this appliance for anything other than intended use.
14. To reduce the risk of electric shock cook only in removable container.
15. To ensure continued protection against risk of electric shock, connect to properly grounded outlets only.

HOUSEHOLD USE ONLY ADDITIONAL SAFETY INSTRUCTIONS

GROUNDING INSTRUCTIONS:

This appliance must be grounded. The plug must be plugged into an outlet that is properly installed and grounded.

WARNING:

Improper use of a grounded cord can result in the risk of electrical shock. Consult a qualified electrician if necessary. Do not try and defeat this safety feature by modifying the plug.

A **short power-supply cord** is provided to reduce the hazards resulting from entanglement or tripping over a long cord.

Slow Cooker: Care and Cleaning

WARNING: Do not immerse the Slow Cooker unit, cord, or plug in water or any other liquid. Wipe the exterior of the Slow Cooker with a clean, damp cloth. Allow to dry thoroughly. Do not use harsh detergents or abrasive cleansers.

Clean your slow cooker and all of the used accessories after each use.

Unplug before cleaning. NEVER clean the slow cooker while it is still plugged in.

Do not use harsh or abrasive cleansers on any part of the slow cooker.

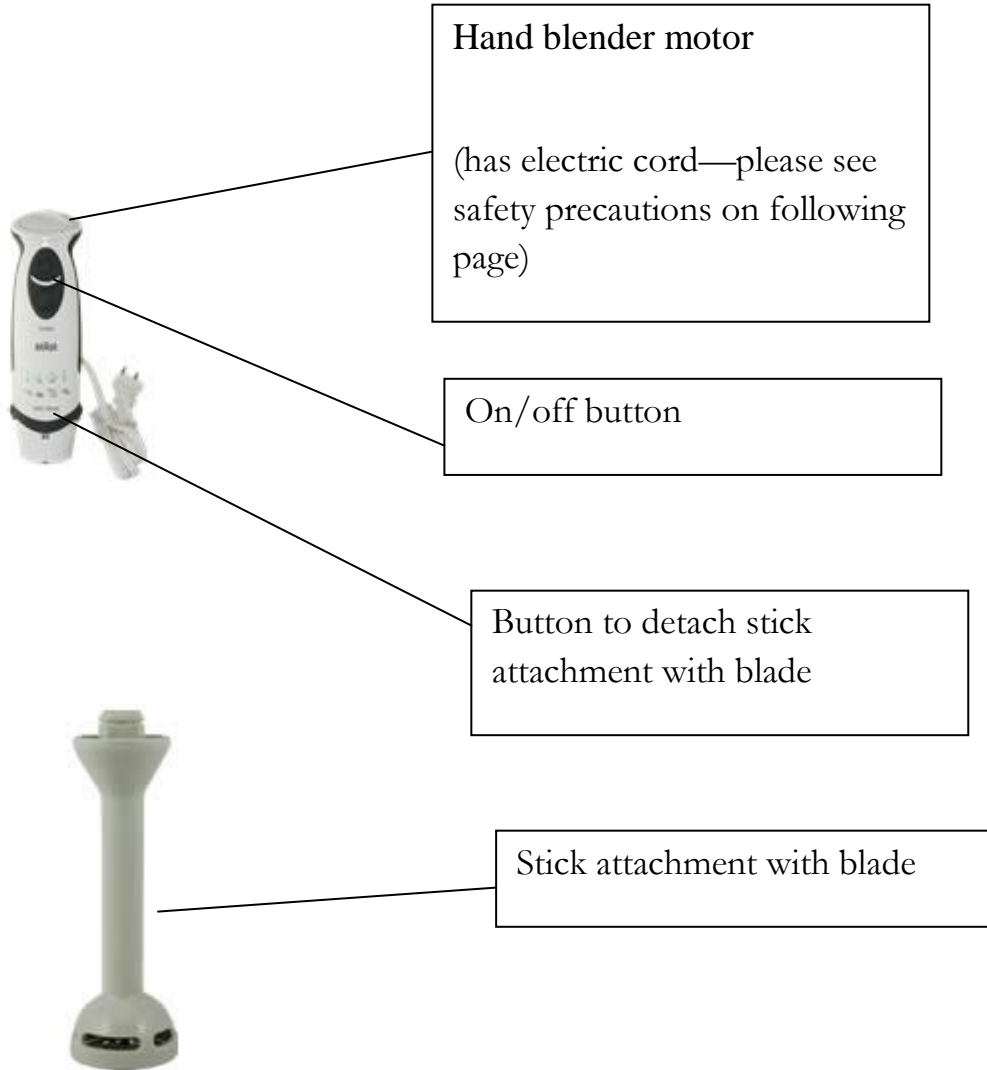
Do not immerse the main body in water.

Steps

1	Remove the Removable Cooking Bowl from the main body.
2	Wash the Removable Cooking Bowl and lid in warm/hot soapy water.
3	Do not use any scouring pads on the Removable Cooking Bowl, as they may damage the bowl.
4	Allow to dry thoroughly.

*If for some reason food has cooked onto the bottom of the Removable Cooking Bowl, fill it with hot soapy water and soak. After allowing the bowl to soak, the cooked-on food should be loosened enough to remove.

Hand Blender: Parts



Hand Blender: IMPORTANT SAFEGUARDS

Safety First: Please read the instructions manual/ user guide included with your hand blender. It has important safety information you must review.

When using an electrical appliance, basic safety precautions should always be followed, including the following:

READ ALL INSTRUCTIONS

1. To protect against risk of electrical shock, do not put motor base, cord or plug in water or other liquid. The drive shaft (motor) of this appliance has been designed for submersion into water or other liquids. Never submerge any other portion of this unit.
2. This appliance should not be used by children. Care should be taken when used near children.
3. Unplug from outlet when not in use and before cleaning.
4. Keep hands, hair, clothing, and utensils away from blade and mixing container while operating the hand blender to prevent the possibility of severe injury to persons and/or damage to the hand blender. A spatula may be used but must be used only when the unit is not operating. Avoid contacting moving parts.
5. Do not operate any appliance with a damaged cord or plug or after the appliance malfunctions, or is dropped or damaged in any manner. Return the appliance to the nearest authorized service facility for examination, repair, electrical or mechanical adjustment.
6. The use of accessory attachments not recommended or sold by the specific manufacturer for your specific model may result in fire, electric shock or personal injury.
7. Do not use outdoors.
8. Do not let any cord hang over the edge of the table or counter. Do not let cord contact hot surfaces, including stove top.
9. Do not use on stove. Do not place on or near a hot gas or electric burner, or in a heated oven.
10. Blade is SHARP. Handle carefully.
11. When mixing liquids, especially hot liquids, use a tall container or make small quantities at a time to reduce spillage and possibility of injury.

NOTE: Always unplug the Hand Blender after each use. Keep out of reach of children.

To prevent splattering, be careful never to remove the Hand Blender from the liquid while in operation.

NOTE: If a piece of food becomes lodged in the guard surrounding the metal blade, follow the safety instructions noted below:

1. Release the power button and **unplug** the unit from the electrical outlet.
2. Once the power source has been disconnected, use a spatula to carefully remove the food lodged in the blade guard. Avoid injury. The blade is sharp. Do not use your fingers to remove lodged objects.
3. After the lodged food has been removed, plug the unit back into its power supply and continue processing.

Hand Blender: ADDITIONAL SAFETY INSTRUCTIONS/ CARE AND CLEANING

GROUNDING INSTRUCTIONS:

This appliance must be grounded. The plug must be plugged into an outlet that is properly installed and grounded.

WARNING:

Improper use of a grounded cord can result in the risk of electrical shock. Consult a qualified

electrician if necessary. Do not try and defeat this safety feature by modifying the plug.

A **short power-supply cord** is provided to reduce the hazards resulting from entanglement or tripping over a long cord.

WARNING: Do not immerse the motor unit in water. Always unplug the Prep® Hand Blender before cleaning the metal blade.

Always clean the Hand Blender thoroughly after each use. **Unplug the unit** and hold the blade portion of the hand blender under hot running water to rinse clean. If food particles are not easily rinsed off the blade area, use a small spatula or brush to remove particles.

Do not use your fingers as the blade is sharp. NEVER submerge or allow water to run onto the motor base of the appliance. Wipe the motor base clean with a damp cloth and dry before storing.

Steps

1	Unplug. Remove the blade stick attachment from the motor base.
2	Rinse with hot soapy water.
3	Allow to dry thoroughly.
4	Store in a safe place away from children.

Meat Thermometer



- Square design to prevent rolling
- Dishwasher safe
- Reminder set pointer
- Safe cooking temperatures for various types of meat indicated on the instrument

Apple Slicer and (Vegetable) Steamer Basket

Apple and pear slices are a super easy and fast snack. Serve with peanut butter or any type of nut butter for protein. Add honey for some sweetness! Or just serve plain! To use: Place circle over center of apple/pear (core). Press gently and evenly to slice/core apple/pear.



Vegetables provide a delicious snack. Carrots, cucumbers, celery, jicama and others can be eaten raw (with dips for protein). Lightly steam vegetables such as broccoli, cauliflower, and cabbage for easier digestion.

Directions: Add several inches of water to a pot. Add steam basket and place vegetables on top of steam basket. Cook on high/ medium until steam cooks vegetables to desired toughness/softness. Make sure that the water does not evaporate, or bottom of pan will burn!



PART 3: NURTIONAL INFORMATION

This section will provide information on:

- Why good nutrition is important
- Nutritional goals—daily food intake
- Nutritional charts for Nurture foods:
 - whole grains
 - lentils
 - dried/split peas
 - beans

Good Nutrition is More than an Ounce of Prevention

Consider these facts and how they may affect:

You

In the United States, the top three causes of death (Heart Disease, Cancer and Cerebrovascular Disease (Stroke)) have strong links to nutrition. Diabetes, the 6th leading cause of death, can often be triggered by lifestyle and eating choices.

Your children

1 out of 3 children born in the year 2000 will develop diabetes if they adopt the nation's inactive and overeating lifestyle.

The good news is that diet and lifestyle choices can significantly lower your risk for developing diseases, specifically heart disease, cancer, stroke and diabetes. In fact, even small and simple changes to the types of foods you eat can have a major impact on your health and the health of everyone in your family. Below are a few nutrition tips for reducing your risk of these conditions, all of which the Nurture program incorporates:

1. **CHOOSE WHOLE GRAINS.** Whole grains, rich in vitamins and minerals, have been shown to lower risk for stroke, diabetes, heart disease and certain cancers. They are also more filling than refined grains, helping reduce hunger between meals.
2. **FIND MORE FIBER.** Most Americans do not eat the recommended amount of fiber per day, which is about 25 g for women and 38 g for men. Like whole grains, fiber has been shown to lower risk for heart disease, cancer, stroke and diabetes. Kids need fiber, too, both for overall health and maintaining regularity.
3. **CHOOSE OILS OVER HARD FATS, LIKE LARD OR BUTTER.** Fats that are solid at room temperature (lard, butter, margarine) contain high levels of saturated fat and trans fat, both of which increase your likelihood of getting heart disease or having a stroke. Oils (canola oil, olive oil, vegetable oil) can be used in place of hard fats and do not increase your risk for disease.
4. **EAT MORE VEGETABLES AND FRUITS.** Eating more vegetables and fruits lowers risk for cancer, heart disease, stroke and diabetes, plus they boost the immune system to keep you and your family healthy all year long. Eating a variety of vegetables and fruit is best.....think of eating the rainbow when it comes to making your choices.

Nutritional Goals for USDA Daily Food Intake Patterns

Nutrient Source of Goal		Protein		Carbohydrate		Total fiber	Total fat	Saturated fat
		RDA ¹ (g)	AMDR ¹ (%)	RDA ¹ (g)	AMDR (%)	(g) ³	AMDR (%)	DG (%)
Food Pattern	Target age/gender group(s) for pattern ²							
1000	child 1-3	13	5-20	130	45-65	14	30-40	<10%
1200	female 4-8	19	10-30	130	45-65	17	25-35	<10%
1400	male 4-8	19	10-30	130	45-65	20	25-35	<10%
1600	female 9-13 female 51-70, 70+	34	10-30	130	45-65	22	25-35	<10%
		46	10-35	130	45-65	22	20-35	<10%
1800	male 9-13 female 14-18 female 31-50	34	10-30	130	45-65	25	25-35	<10%
		46	10-30	130	45-65	25	25-35	<10%
		46	10-35	130	45-65	25	20-35	<10%
2000	male 51-70, 70+ female 19-30	56	10-35	130	45-65	28	20-35	<10%
		46	10-35	130	45-65	28	20-35	<10%
2200	male 14-18 male 31-50	52	10-30	130	45-65	31	25-35	<10%
		56	10-35	130	45-65	31	20-35	<10%
2400	male 19-30	56	10-35	130	45-65	34	20-35	<10%

Source: USDA website (mypyramid.gov) for dietary guidelines.

http://www.health.gov/dietaryguidelines/dga2005/report/HTML/D1_Tables.htm#td11fn3

¹ Nutritional goals based on Recommended Dietary Allowances (RDA); Adequate Intakes (AI); Daily Values (DV); Upper Limits (UL); Acceptable Macronutrient Distribution Ranges (AMDR); or Dietary Guidelines (DG) recommendations. AMDR are shown as a percentage of total calories.

² Target groups are based on estimated energy requirements of sedentary individuals of reference height and weight from IOM Dietary Reference Intakes macronutrients report, 2002.

³ Estimated total fiber recommendation is based on 14 grams of total fiber per 1000 calories, the basis for the total fiber Adequate Intakes recommendation in the DRI macronutrients report. Additional explanation for this choice is found in the text of the Federal Register notice.

Whole Grains: Nutritional Information

Grain ½ cup dry	Calories	Fat	Sat Fat	Carbs.	Fiber	Protein	Vitamins	Minerals	Misc.
Brown rice	374	2.5	0.5	72	3.2	7.1	B vitamins	Magnesium Zinc, Iron	Higher in protein and 3x the fiber of white rice
Rolled oats	150	3	0.5	27	4	5.5	B vitamins	Magnesium Iron	2 grams cholesterol lowering soluble fiber
Barley	320	1	0	74	10	10	B vitamins	Magnesium	Top 3 in Fiber and protein
Bulgur	240	1	0	53	13	9	B vitamins	Iron, Magnesium	Tops in Fiber
Steel cut oats	300	4	0	52	8	8	B vitamins	More Calcium than rolled oats	More flavor than rolled oats
Millet	360	4	0	64	12	9.6	B vitamins	Magnesium Iron	Fiber and protein top 3
Quinoa	340	5	0	60	6	14	B vitamins	Iron, Zinc, Magnesium	Tops in protein, great source of Iron

Lentils/ Dried Split Peas: Nutritional Information

Lentil/ Split Peas ½ cup cooked	Calories	Fat	Sat Fat	Carb	Fiber	Protein	Vitamin	Minerals	Misc
Green split peas	168	7	.5	20	8	8	Folate Acid, Thiamin	Potassium, Magnesium, Iron	**
Yellow split peas	168	7	.5	20	8	8	Folate Thiamin	Potassium, Magnesium, Iron	**
Lentils	161	7	.5	18	7	7	Folate, Thiamin	Iron, Potassium, Magnesium, Zinc	**Great source of Iron

Split Peas and Lentils are great vegetarian sources of protein. They are also much lower in saturated fat and higher in fiber than animal sources of protein, which means good news for your heart and overall health.

** Foods high in Potassium and Magnesium help regulate blood pressure.

Beans: Nutritional Information

Beans are a good source of folic acid, iron, magnesium and zinc. All of these nutrients, along with the high amounts of protein and fiber in beans are important for maintaining a healthy heart and supplying our bodies with the energy it needs. Beans are a great alternative to high fat meats, which are high in saturated fat and extra calories that harm our hearts and diminishes our energy levels. The fiber in beans can also help to keep us feeling fuller longer, aids in digestion and can even help to lower our cholesterol! This chart shows some **examples** for the bean family:

Nutritional information per serving (1/2 cup canned)	Calories	Fat	Carbohydrates	Protein	Fiber	Saturated Fat
Black beans	114	0.5	20	8	7.5	0
Great Northern beans	149	0.5	27	10	6	0
Pinto beans	103	1	18	6	6	0
Red Kidney beans	109	0	20	7	8	0

PART 4: COOKING INSTRUCTIONS

This section will provide information on:

- How to cook whole grains/lentils/split peas in the rice cooker
- Cooking times for whole grains/lentils/split peas in the rice cooker
- How to use the slow cooker to make easy meals
- How to use a hand blender
- How to cook with dried beans
- How to cook with canned beans

How to Cook Whole Grains/ Lentils/ Split Peas in the Rice Cooker

Step	
1	<p>Measure grains/lentils/split peas with the <u>cup provided</u>.</p> <p>Grains/lentils/split peas will expand to 2-3x size when cooked.</p> <p>(do not mix grains/lentils/split peas as each has different cooking time)</p>
2	<p>Add grains/lentils/split peas to rice cooker.</p>
3	<p>Rinse the grains/lentils/split peas. Fill rice cooker with water, swirl and pour off water, sorting out any rocks or damaged grains/lentils/split peas. (Not necessary for some grains like oats or buckwheat)</p>
4	<p>Measure the water* so that it lines up with appropriate line on cooking bowl OR use a 2:1 ratio (water: grains/lentils/split peas)</p>
5	<p>Plug in rice cooker to safe outlet. (Attach plug to appliance first, then plug cord into the wall outlet)</p>
6	<p>Press down “on” button. Button will click to “warm” position when grains are done.</p>
7	<p>Unplug once on “warm”. You may keep the grains/lentils/split peas warm until you eat them (within an hour or so).</p>

*broth may also be used to enhance flavor, if desired.

Why a rice cooker will make cooking easier

- No standing around at the stove
- Requires about 5 minutes of active cooking time

Cooking Times for Whole Grains/Lentils/Split Peas in the Rice Cooker

Whole grains

Grain (2 cups* dry)	Estimated time
Oats (steel cut)	25 minutes
Bulgur	25 minutes
Millet	25 minutes
Quinoa	30 minutes
Long grain Brown rice	35 minutes
Barley	30 minutes

*Cup provided with Rice Cooker (about $\frac{3}{4}$ measuring cup)

Lentils/Split Peas

Lentils/ Split Peas (2 cups* dry)	Estimated time
Lentils	45 minutes
Green split peas	30 minutes
Yellow split peas	30 minutes

*Cup provided with Rice Cooker (about $\frac{3}{4}$ measuring cup)

How to Use a Slow Cooker to Make Easy Meals

Guidelines:

1. Low: for 8-10 hours or overnight
2. High: for 6 hours

Step	
1	<p>Add foods according to your recipe.</p> <p>Always be sure there is liquid in the recipe.</p>
2	<p>Plug in slow cooker to safe outlet. (Attach plug to appliance first, then plug cord into the wall outlet).</p>
3	<p>Cover and turn on the slow cooker.</p> <p>Guideline is: Low: for 8-10 hours or overnight High: for 6 hours</p>
4	<p>For animal proteins, use meat thermometer to check if done.</p>
5	<p>Turn to “keep warm” if waiting to serve.</p>

Why a slow cooker makes cooking easier:

- Make your dinner in the morning-typically in less than 15 minutes prep time
- Dinner is ready and hot at the end of the day (and your home smells wonderful!)
- Make larger quantities and freeze for the future or use leftovers for lunches or next day's meals

How to Use a Hand Blender

Step	
1	Plug in hand blender to safe outlet.
2	Insert blender into mixture to be processed. For shakes/smoothies, use a tall glass or pitcher. To mix instant desserts, use a deep, narrow bowl for best results. For dips use an appropriate mixing bowl. For soups and hot sauces, use the blender right in the pan (wait until mixture cools). Use this technique to prepare fresh, homemade baby foods from your family favorites (consult your family physician or pediatrician for appropriate food recommendations).
3	Press the on button to start the motor/blade.
4	Use an up and down motion to best process the mixture.
5	Unplug and clean (see following pages).

Why a hand blender makes cooking easier:

- Make a quick and nutritious breakfast shake
- Make delicious and healthy dips and soups
- Dips and soups can be made in large quantities and stored for future use

Great uses for a hand blender

- | | |
|---------------------------------------|--------------------|
| -breakfast shakes (yogurt with fruit) | -dips |
| -soups | -baby foods/purées |
| -batters/ whipped cream | -dressings |

Savory foods that blend well

- Beans
- Winter squash (fresh butternut, acorn, pumpkin)
- Tuber vegetables (potatoes)

How to Cook with Dried Beans

Step	What to do	Directions
1	Sort	Pick beans over, removing any damaged beans, small stones or dirt.
2	Soak	<p>Options:</p> <p><u>Hot Soak</u>: Add 10 cups water for each pound (2 cups) of dry Beans; heat to boiling and let boil 2 to 3 minutes. Remove from heat, cover and set aside for up to 4 hours.</p> <p><u>Quick Soak</u>: Add 10 cups hot water for each pound (2 cups) of dry beans; boil for 2 to 3 minutes. Remove from heat, cover and set aside for at least one hour.</p> <p><u>Overnight Soak</u>: Add 10 cups water for each pound (2 cups) dry beans and let soak overnight (or at least 8 hours).</p> <p>Beans expand up to three times their size when dry, so be sure to use a large enough pot!</p>
3	Cook	<p><u>Conventional method (Pot over stove):</u></p> <p>Drain soaking water and rinse off beans. Put in cooking pot and cover beans with fresh water. Simmer for 1 1/2 -2 hours or until tender.</p> <p><u>Slow Cooker method:</u></p> <p>Drain soaking water and rinse off beans. Put in slow cooker and cover beans with fresh water. For a slow cooker, the ratio of beans to water is 3 cups of water to 1 cup of beans. Cook beans 2-3 hours on high, making sure they are covered with water. When the beans are tender; turn the setting to low and let cook for an additional 6-8 hours.</p>
4	Use in recipe	Beans will now be ready for use in your favorite bean recipe.

How to Cook with Canned Beans

Step	What to do	Directions
1	Drain	Drain beans in a colander.
2	Rinse	Rinse with cold water to wash away any packing liquid and excess salt.
3	Use in recipe	Beans will now be ready for use in your favorite bean recipe.

If you are looking for even more bean recipes, we urge you to check out a free electronic book, *Beans: Bold and Beautiful Book of Bean Recipes* (a WIC publication).

In English:

http://www.nal.usda.gov/wicworks/Sharing_Center/WA_beanbook.pdf

In Spanish:

http://www.nal.usda.gov/wicworks/Sharing_Center/WA_beanbooksp.pdf

PART 5: SHOPPING INFORMATION

This section will provide shopping information for:

- Whole grains
- Lentils/Split Peas
- Dried and canned beans
- Fruits and Vegetables
- How to spend \$100 at the grocery store and get more with Nurture foods and recipes

Shopping for Whole Grains

Grain	Brand(s) found at Jewel/ 2/2009 store visit	Aisle	Size	Serving Size/Approx. servings per bag/box	Price	Price per serving
Steel cut oats	Quaker	1	24 oz	¼ cup dry 17/box	\$4.99	\$0.29
	Wild Harvest (organic)	1	16 oz	¼ cup dry 11/pkg	2/\$6	\$0.27
Extra thick rolled oats	Bob's Red Mill	1	32 oz	½ cup dry 18/box	\$3.99	\$0.22
Rolled oats (organic)	Wild Harvest	1	16 oz	¼ cup dry 11/pkg	2/\$6	\$0.27
Rolled oats (old fashioned)	Quaker	1	18 oz	½ cup dry 13/box	\$3.29	\$0.25
	Jewel	1	18 oz	½ cup dry 13/box	\$2.69	\$0.21
Rolled oats (quick)	Quaker	1	42 oz	½ cup dry 30/box	\$5.19	\$0.17
	Jewel	1	42 oz	½ cup dry 31/box	\$4.19	\$0.14
	McCann's Quick Cooking Irish Oatmeal	1	16 oz	¼ cup dry 11/pkg	\$3.99	\$0.36
Bulgur wheat	Bob's Red Mill	1	28 oz	¼ cup dry 19/pkg	\$3.99	\$0.21
Brown basmati rice	Lundberg (California)	1	32 oz	¼ cup dry 20/pkg	\$5.99	\$0.30
Brown jasmine rice	Lundberg (California)	1	32 oz	¼ cup dry 20/pkg	\$5.99	\$0.30
Quinoa (traditional or Inca Red)	Ancient Harvest	1	12 oz	1/4 cup dry 7/box	\$4.99	\$0.71
Natural brown rice (extra long grain)	Riceland	4	32 oz	¼ cup dry 22/box	\$2.79	\$0.13
Natural brown rice (long grain)	Lundberg	4	32 oz	¼ cup dry 19/box	\$3.29	\$0.17
Buckwheat (kasha)	WolfP's	4	13 oz	8 – ¾ cup servings prepared	2/\$6	\$0.38
Pearled barley	Jewel	4	16 oz	¼ cup dry 13/pkg	0.79	\$0.06
Pearled barley (kosher)	Gefen	4	16 oz	¼ cup dry 14/pkg	2/\$2	\$0.08
Medium barley	Quaker	4	16 oz	¼ cup dry 9/box	\$1.79	\$0.20
Quick cook barley	Quaker	4	16 oz	1/3 cup dry 6/box	\$1.49	\$0.30

Shopping for Whole Grains, Continued

Grain	Brand(s) found at Whole Foods at 2/2009 store visit	Aisle	Size	Approx. servings per bag/box	Price
Millet	Bulk	Bulk	Self serve		\$0.99 per pound
Quinoa	Bulk	Bulk	Self serve		\$2.99 per pound
Quinoa	365 (whole foods store brand)	Soups	16 oz	1/4 cup dry 10/box	\$2.99/ \$0.30 per serving
Quinoa	Ancient Harvest	Soups	12 oz	1/4 cup dry 7/box	\$3.29/ \$0.47 per serving

Shopping for Whole Grains, Continued

Grain	Brand(s) found at Target	Aisle	Size	Approx. servings per bag/box	Price	Price per serving
Steel cut oats	Quaker	3	24 oz	¼ cup dry 17/box	\$3.59	\$0.21
Extra thick rolled oats	Silver Palate	3	16 oz	¼ cup dry 11/pkg	\$2.99	\$0.27
Rolled oats (old fashioned)	Quaker	3	18 oz	½ cup dry 13/box	\$2.59	\$0.20
	Target	3	18 oz	½ cup dry 13/box	\$0.99	\$0.08
Rolled oats (quick)	Quaker	3	42 oz	½ cup dry 30/box	\$3.49	\$0.12
	Target	3	42 oz	½ cup dry 30/box	\$2.39	\$0.08
	McCann's	3	16 oz	¼ cup dry 11/pkg	\$3.54	\$0.32
Brown basmati rice	Village Harvest	4	30 oz	¼ cup dry 20/pkg	\$4.99	\$0.25
Natural brown rice	Target	4	16 oz	¼ cup dry 10/pkg	\$1.19	\$0.12
Quinoa	Bob's Red Mill	4	26 oz	1/4 cup dry 16/box	\$11.29	\$0.70
Pearled barley	Target	2	16 oz	¼ cup dry 14/pkg	\$1.19	\$0.09
Quick cook barley	Mother's	2	11 oz	1/3 cup dry 4/pkg	\$1.19	\$0.37

Shopping for Whole Grains, Continued

Grain	Brand(s) found at Walmart at 2/2009 store visit	Aisle	Size	Approx. servings per bag/box	Price	Price per serving
Brown basmati rice	Lundberg	2	32 oz	¼ cup dry 20/pkg	\$3.82	\$0.19
Long grain brown rice	Lundberg	2	32 oz	¼ cup dry 19/pkg	\$3.16	\$0.16
Rolled oats (old fashioned)	Quaker	8	18 oz	½ cup dry 13/box	\$2.08	\$0.16
	Quaker	8	42 oz	½ cup dry 31/box	\$3.48	\$0.11
	Great Value	8	18 oz	½ cup dry 13/box	\$1.18	\$0.09
Rolled oats (quick)	Quaker	8	18 oz	½ cup dry 13/box	\$2.08	\$0.16
	Great Value	8	18 oz	½ cup dry 13/box	\$1.18	\$0.09
	Great Value	8	42 oz	½ cup dry 31/box	\$2.24	\$0.07
Quick cook barley	Quaker	3	11 oz	1/3 cup dry 4/pkg	\$1.68	\$0.42

Shopping for Lentils/Split Peas

Jewel (Aisle 4)

2/2009 store visit

Lentils/ Dried peas	Brand found at the Jewel	Size	Serving size/ Approx. servings per bag	Price	Price per serving
Lentils	Jewel	16 oz	1/4 cup/serv 14/pkg	\$1.19	\$0.09
Green split peas	Jewel	16 oz	1/4 cup/serv 13/pkg	\$0.99	\$0.08
Yellow split peas	Jewel	16 oz	1/4 cup/serv 13/pkg	\$0.99	\$0.08
Black eyed peas*	Jewel	16 oz	1/4 cup/serv 13/pkg	\$1.29	\$0.10

*Black-eyed peas are really beans! We will discuss them in Session 3 when we focus on beans.

Walmart (Aisle 2)

3/2009 store visit

Lentils/ Dried peas	Brand found at WalMart	Size	Approx. servings per bag	Price	Price per serving
Lentils	Great Value	16 oz	1/4 cup/serv 14/pkg	\$0.98	\$0.07
Green split peas	Great Value	16 oz	1/4 cup/serv 13/pkg	\$0.76	\$0.06

Shopping for Dried Beans

Beans (dried) Aisle 4	Brand found at the Jewel	Size	Approx. servings per bag/box	Price	Price per serving
Black beans	Jewel	16 oz dry	¼ cup/serv 12/pkg	\$1.29	\$0.11
Great northern beans	Jewel	16 oz dry	¼ cup/serv 13/pkg	\$1.59	\$0.12
Lima beans	Jewel	16 oz dry	¼ cup/serv 13/pkg	\$1.59	\$0.12
Navy beans	Jewel	16 oz dry	¼ cup/serv 12/pkg	\$1.39	\$0.12
Pinto beans	Jewel	32 oz dry	¼ cup/serv 25/pkg	\$1.98	\$0.08
Pinto beans	Jewel	4 lbs dry	¼ cup/serv 52/pkg	\$3.79	\$0.07
Red kidney beans	Jewel	16 oz dry	¼ cup /serv 13/pkg	\$1.59	\$0.12

Beans (dried) Aisle 1 (Organic)	Brand found at the Jewel	Size	Approx. servings per bag/box	Price	Price per serving
Black beans	Wild Harvest	16 oz dry	¼ cup/serv 12/pkg	2/\$4	\$0.17
Garbanzo beans	Wild Harvest	16 oz dry	¼ cup/serv 12/pkg	2/\$4	\$0.17
Pinto beans	Wild Harvest	16 oz dry	¼ cup/serv 12/pkg	2/\$4	\$0.17

Shopping for Dried Beans, Continued

Beans (dried) Aisle 2	Brand found at WalMart	Size	Approx. servings per bag/box	Price	Price per serving
Black beans	Great Value	16 oz dry	$\frac{1}{4}$ cup/serv 12/pkg	\$1.18	\$0.09
Great northern beans	Great Value	16 oz dry	$\frac{1}{4}$ cup/serv 13/pkg	\$1.08	\$0.08
Lima beans	Great Value	16 oz dry	$\frac{1}{4}$ cup/serv 13/pkg	\$1.32	\$0.10
Navy beans	Great Value	16 oz dry	$\frac{1}{4}$ cup/serv 12/pkg	\$1.24	\$0.10
Pinto beans	Great Value	32 oz dry	$\frac{1}{4}$ cup/serv 25/pkg	\$1.48	\$0.06
Pinto beans	Great Value	16 oz dry	$\frac{1}{4}$ cup/serv 12/pkg	\$0.74	\$0.06
Red kidney beans (light)	Great Value	16 oz dry	$\frac{1}{4}$ cup /serv 13/pkg	\$1.16	\$0.08
Red kidney beans - small red	Great Value	16 oz dry	$\frac{1}{4}$ cup /serv 13/pkg	\$1.22	\$0.09

Shopping for Canned Beans

Beans (canned) Aisle 5	Brand found at the Jewel	Size	Approx. servings per bag/box	Price	Price per serving
Black beans	Bush's	15 oz	½ cup; 3 serv/can	\$1.39	\$0.46
Black beans	Joan of Arc	15 oz	½ cup; 3 serv/can	\$1.29	\$0.43
Black beans	Jewel	15 oz	½ cup; 3 serv/can	\$0.89	\$0.30
Cannellini beans	Progresso	15 oz	½ cup; 3 serv/can	\$1.25	\$0.42
Cannellini beans	Jewel	15 oz	½ cup; 3 serv/can	\$1.19	\$0.40
Dark red kidney beans	Jewel	15 oz	½ cup; 3 serv/can	4/\$3	\$0.25
Dark red kidney beans	Bush's	16 oz	½ cup 3.5 serv/can	\$1.39	\$0.40
Dark red kidney beans	Joan of Arc	15.5 oz	½ cup; 3.5 serv/can	\$1.29	\$0.37
Dark red kidney beans	Jewel	30 oz	½ cup; 7 serv/can	\$1.89	\$0.27
Deluxe great northern beans	Randall	48 oz jar	½ cup; 12 serv/jar	\$3.49	\$0.29
Garbanzo beans	Bush's	16 oz	½ cup; 3.5 serv/can	\$1.39	\$0.40
Garbanzo beans	Jewel	15 oz	½ cup; 3 serv/can	\$1.09	\$0.36
Great northern beans	Bush's	15.8 oz	½ cup; 3.5 serv/can	\$1.19	\$0.34
Great northern beans	Jewel	15 oz	½ cup; 3 serv/can	\$0.89	\$0.30
Great northern beans	Joan of Arc	15.5 oz	½ cup; 3 serv/can	\$1.29	\$0.43
Light red kidney beans	Bush's	16 oz	½ cup; 3.5 serv/can	\$1.39	\$0.40
Light red kidney beans	Jewel	15 oz	½ cup; 3 serv/can	4/\$3	\$0.25
Light red kidney beans	Joan of Arc	15.5 oz	½ cup; 3 serv/can	\$1.25	\$0.25
Light red kidney beans	Jewel	30 oz	½ cup; 7 serv/can	\$1.89	\$0.27
Pinto beans	Bush's	16 oz	½ cup; 3 serv/can	\$1.19	\$0.40
Pinto beans	Jewel	15 oz	½ cup; 3 serv/can	10/\$10	\$0.33
Pinto beans	Jewel	29 oz	½ cup; 7 serv/can	\$1.29	\$0.18
Red beans	Bush's	16 oz	½ cup; 3.5 serv/can	\$1.39	\$0.40

Shopping for Canned Beans, Continued

Beans (canned) Aisle 2	Brand found at Walmart	Size	Approx. servings per bag/box	Price	Price per serving
Black beans	Bush's	15 oz	½ cup; 3 serv/can	\$0.73	\$0.24
Black beans	Great Value	15 oz	½ cup; 3 serv/can	\$0.62	\$0.20
Garbanzo beans	Bush's	16 oz	½ cup; 3.5 serv/can	\$0.73	\$0.21
Garbanzo beans	Great Value	15 oz	½ cup; 3 serv/can	\$0.82	\$0.27
Cannellini beans	Bush's	15 oz	½ cup; 3 serv/can	\$0.97	\$0.32
Navy beans	Bush's	16 oz	½ cup; 3.5 serv/can	\$0.92	\$0.26
Red beans	Great Value	16 oz	½ cup; 3.5 serv/can	\$0.74	\$0.21
Light red kidney beans	Bush's	16 oz	½ cup; 3.5 serv/can	\$0.88	\$0.25
Light red kidney beans	Great Value	15 oz	½ cup; 3 serv/can	\$0.72	\$0.24
Light red kidney beans	Joan of Arc	15.5 oz	½ cup; 3 serv/can	\$0.74	\$0.25
Light red kidney beans	Joan of Arc	30 oz	½ cup; 7 serv/can	\$1.50	\$0.21
Dark red kidney beans	Great Value	15 oz	½ cup; 3 serv/can	\$0.82	\$0.27
Dark red kidney beans	Bush's	16 oz	½ cup; 3.5 serv/can	\$0.88	\$0.25
Dark red kidney beans	Joan of Arc	15.5 oz	½ cup; 3.5 serv/can	\$0.74	\$0.21

Shopping for Fruits and Vegetables

Strive to purchase fruits and vegetables in season. You are likely to find them on sale and from a local source. Here is a chart that can guide you:

Spring	Summer	Fall	Winter
Asparagus	Apricots	Apples	Beets
Blackberries	Blueberries	Broccoli	Cabbage
Green Onions	Cherries	Brussels Sprouts	Carrots
Leeks	Eggplant	Cauliflower	Citrus
Lettuces	Fresh Herbs	Collards	Daikon Radishes
New Potatoes	Green Beans	Grapes	Onions
Peas	Hot Peppers	Kale	Rutabagas
Red Radishes	Melons	Pears	Turnips
Rhubarb	Okra	Persimmons	Winter Squash
Spinach	Peaches	Pumpkins	
Strawberries	Plums	Winter Squash	
Watercress	Sweet Corn	Yams	
	Sweet Peppers		
	Tomatoes		
	Zucchini		

How to Spend \$100 at the Grocery Store and Get More with Nurture Foods and Recipes

Compare the following two options:

Option 1- Nurture Foods and Recipes

<p>Whole foods</p> <p>Requires some cooking/preparation, but provides more servings</p>

Option 2-An American Trend

<p>Processed foods</p> <p>Requires minimal work (microwaving, re-heating) but provides fewer servings</p>

Meals provided:

Option 1

<p>Breakfasts</p> <p>Museli-serves 16 Tropical breakfast bowl*- serves 12** <u>Eggs- serves 12</u> 40 servings</p> <p>*made with brown rice **using just bananas</p>
<p>Lunches/Dinners</p> <p>Lentil salad- serves 16 Split Pea salad- serves 16 Fiesta casserole- serves 16 Tabouli- serves 16 <u>Dhal (frozen veggies)- serves 16</u> 80 servings</p>
<p>Snacks</p> <p>Hummus with carrot sticks White bean dip with celery sticks Fruit (apple slices with tahini and honey)</p>

Option 2

<p>Breakfasts</p> <p>Cereal with milk-serves 17 Cereal with milk-serves 13 <u>Pop tarts-serves 8</u> 38 servings</p>
<p>Lunches/Dinners</p> <p>Pizza-12 servings with lettuce salad Mac and cheese- serves 6 Pot pie-serves 6 Canned soup- serves 12 <u>Canned chili-serves 12</u> 48 servings</p>
<p>Snacks</p> <p>Graham crackers with peanut butter Nutrigrain bars</p>

Option 1- Details of Shopping Cart

Item	Size	Qty	Item Price*	Total Price*
Produce Stand				
Apples Golden Delicious	1 EA	6	.50	3.00
Banana Green	1 EA	6	.39	2.34
Cabbage Red	1 EA	1	1.00	1.00
Carrots Baby Peeled & Cut	16 OZ BAG	2	1.00	2.00
Celery	1 BUNCH	2	1.00	2.00
Herbs Cilantro	1 BUNCH	1	.79	.79
Parsley Italian	1 BUNCH	1	.89	.89
Tomatoes Plum Roma	1 EA	4	.39	1.56
Dairy				
Dannon Light & Fit Yogurt 0% Fat Vanilla	32 OZ TUB	1	3.49	3.49
Dutch Farms Rose Acre Eggs Grade A Large	1.5 DOZ	1	1.65	1.65
Our Family Cheese Mozzarella Shredded	32 OZ BAG	1	8.99	8.99
Our Family Cottage Cheese 2% Low Fat Small Curd	24 OZ TUB	1	2.99	2.99
Frozen Foods				
Our Family Peas Green All Natural	32 OZ BAG	1	3.19	3.19
Our Family Vegetables California Blend All Natural	16 OZ BAG	3	1.66	4.98
Our Family Vegetables Oriental Stir-Fry	16 OZ BAG	3	1.66	4.98
Cereal & Breakfast Foods				
McCann's Irish Oatmeal Steel Cut	16 OZ BOX	1	3.59	3.59
Grains, Pasta & Side Dishes				
Brown's Best Lentils Dry	16 OZ BAG	2	1.59	3.18
Brown's Best Peas Green Split Dry	16 OZ BAG	2	1.39	2.78
Quaker Barley Medium	16 OZ BOX	1	1.79	1.79
Riceland Rice Brown Extra Long Grain Natural	2 LB BAG	1	2.49	2.49
Soups & Canned Goods				
La Preferida Beans Chick Peas*	15 OZ CAN	2	1.19	2.38
La Preferida Beans Pinto *	15 OZ CAN	2	1.09	2.18
Our Family Beans Black *	15 OZ CAN	2	.99	1.98
Our Family Beans Kidney Red Light*	15 OZ CAN	2	.89	1.78
Baking Goods				
Bob's Red Mill Whole Grain Bulgur Cracked Wheat	28 OZ BAG	1	3.99	3.99
Our Family Almonds Blanched Slivered	6 OZ BAG	1	3.49	3.49
Condiments, Oils & Dressings				
Alessi Vinegar Balsamic Aged	12.7 OZ BTL	1	3.79	3.79
Filippo Berio Olive Oil Extra Virgin	17 OZ BTL	1	5.99	5.99
Maille Mustard Dijon Original	7.5 OZ JAR	1	3.79	3.79
Our Family Honey Pure U.S. Grade A Fancy Bear	12 OZ SQZ	1	3.99	3.99
Sauces, Spices & Seasonings				
Joyva Tahini Sesame Puree	15 OZ CAN	1	6.79	6.79
McCormick Garlic Salt	5.25 OZ BTL	1	2.29	2.29

*Save even more money by using dried beans!

Subtotal: \$100.12
Source: Peapod on-line shopping, 3/2009

Option 2- Details of Shopping Cart

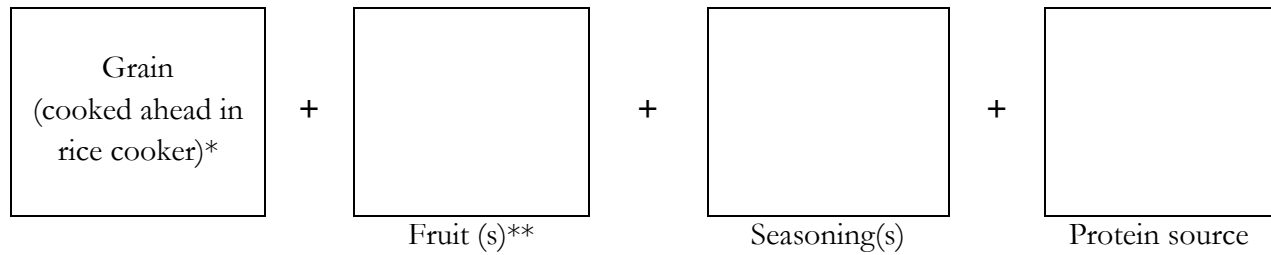
Item	Size	Qty	Item Price*	Total Price*
Produce Stand				
Lettuce Iceberg Shredded Dole Fresh Favorites	8 OZ BAG	2	1.99	3.98
Dairy				
Centrella Milk 1% Low Fat	1 GAL	1	2.99	2.99
Frozen Foods				
Digiorno Rising Crust Pizza Four Cheese	28.2 OZ BOX	2	7.99	15.98
Michelina's Macaroni & Cheese	8 OZ PKG	6	1.89	11.34
Swanson Pot Pie Turkey	7 OZ PKG	6	1.29	7.74
Cereal & Breakfast Foods				
Kellogg's All-Bran Cereal Original	18.3 OZ BOX	1	4.59	4.59
Kellogg's Apple Jacks Cereal	12.2 OZ BOX	1	4.29	4.29
Kellogg's Pop-Tarts Splitz Strawberry Blueberry - 8 ct	14.1 OZ BOX	1	2.50	2.50
Snacks, Cookies & Candy				
Keebler Graham Crackers Honey	16 OZ BOX	1	4.89	4.89
Kellogg's Nutri-Grain Cereal Bars Cherry - 8 ct	10.4 OZ BOX	1	3.99	3.99
Soups & Canned Goods				
Campbell's Chunky Chili Grilled Steak with Beans Sizzlin'	19 OZ CAN	6	2.99	17.94
Campbell's Select Harvest Soup Tomato Garden	18.8 OZ CAN	6	2.59	15.54
Condiments, Oils & Dressings				
Our Family Peanut Butter Creamy	28 OZ JAR	1	4.59	4.59
Wish-Bone Restaurant Style Salad Dressing Raspberry Hazelnut Vinaigrette	16 OZ BTL	1	3.59	3.59

Subtotal: \$103.95
Source: Peapod on-line shopping, 3/2009

PART 6: RECIPE FRAMEWORKS

- Grains: Breakfasts
- Grains: Lunches and Dinners
- Lentils/Split Peas: Lunches and Dinners
- Slow Cooker Meals
- Bean Dips
- Smooth Soups
- Fruit Smoothies

Grain Recipe Framework: Breakfasts



Ideas

oats, quinoa,
buckwheat, millet,
rice, barley

avocado
berries
bananas
apple slices
raisins
mango
peaches

honey
cinnamon
nutmeg

yogurt
cottage cheese
ricotta cheese
nuts
hardboiled/
cooked egg

**fresh,
seasonal, and
local is best

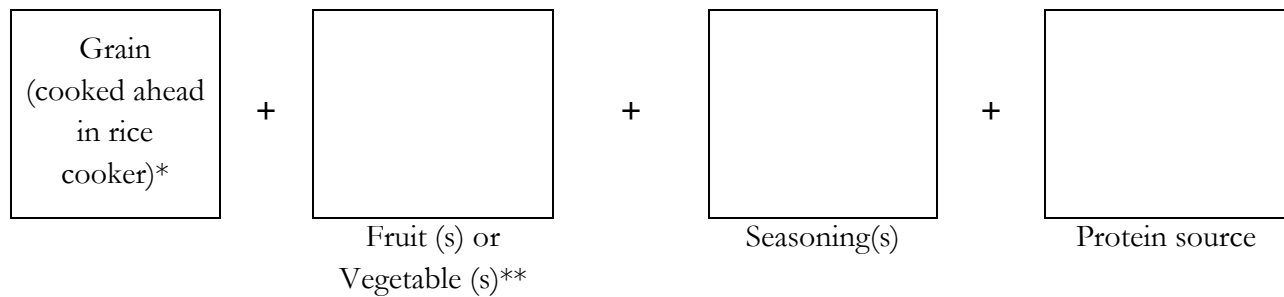
Directions: Stir together ingredients and serve.

* Estimated Time to Cook Grains in the Rice Cooker

Example Grain (2 cups* dry)	Cooking Time
Oats (steel cut)	25 minutes
Bulgur	25 minutes
Millet	25 minutes
Quinoa	30 minutes
Long grain Brown rice	35 minutes
Barley	30 minutes

*Cup provided with Rice Cooker (about $\frac{3}{4}$ measuring cup)

Grain Recipe Framework: Lunches and Dinners



Ideas

quinoa, bulgur,
millet, rice,
barley

**fresh,
seasonal, and
local is best

Backups include:
canned tomatoes
onions
frozen corn
frozen peas
frozen broccoli
frozen spinach
raisins

olive oil
broth
salt
pepper
ginger
cumin
curry
parsley
basil
cilantro
mint

pine nuts
peanuts
slivered almonds
cheese
tofu
chicken***
beef***
lunchmeat

***good use of
leftovers

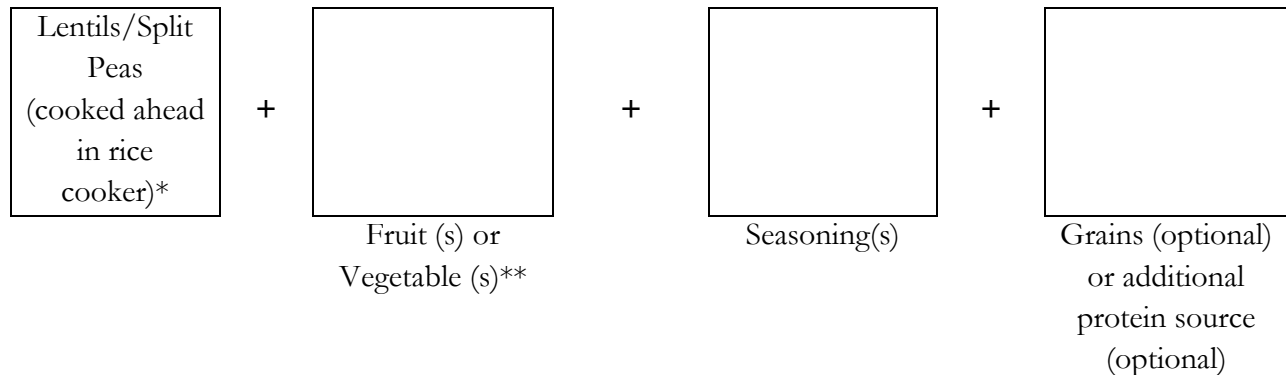
Directions: Stir together ingredients and serve. Option for casserole like dishes: Heat mixed ingredients in oven (typically 375 for about 30 minutes, covered with foil).

* Estimated Time to Cook Grains in the Rice Cooker

Example Grain (2 cups* dry)	Cooking Time
Oats (steel cut)	25 minutes
Bulgur	25 minutes
Millet	25 minutes
Quinoa	30 minutes
Long grain Brown rice	35 minutes
Barley	30 minutes

*Cup provided with Rice Cooker (about $\frac{3}{4}$ measuring cup)

Lentil/ Split Pea Recipe Framework: Lunches and Dinners



Ideas

**fresh, seasonal, and local is best

Backups include:
canned tomatoes
onions
frozen corn
frozen peas
frozen broccoli
frozen spinach
raisins

olive oil
broth
salt
pepper
ginger
cumin
curry
parsley
basil
cilantro
mint

Grains:
quinoa, bulgur,
millet, rice, barley

Protein sources:
pine nuts
peanuts
slivered almonds
cheese
tofu
chicken***
beef***
lunchmeat

***good use of leftovers

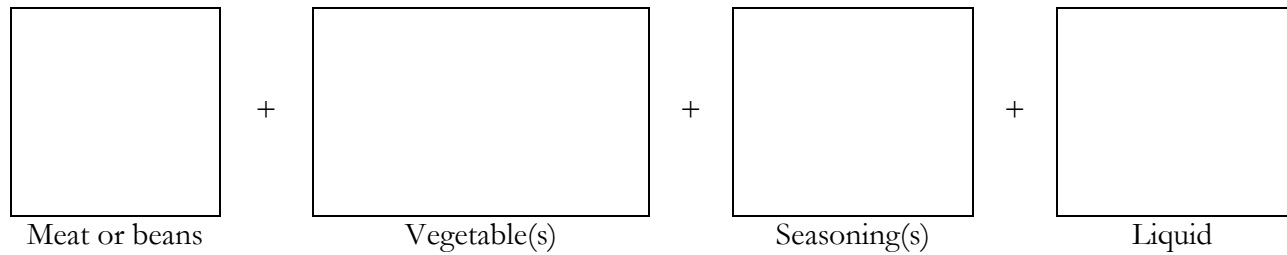
Directions: Stir together ingredients and serve.

* Estimated Time to Cook Grains in the Rice Cooker

Example Grain (2 cups* dry)	Cooking Time
Lentils	45 minutes
Green split peas	30 minutes
Yellow split peas	30 minutes

*Cup provided with Rice Cooker (about $\frac{3}{4}$ measuring cup)

Slow Cooker Meals Recipe Framework



Ideas

turkey,
chicken, beef,
pork, beans

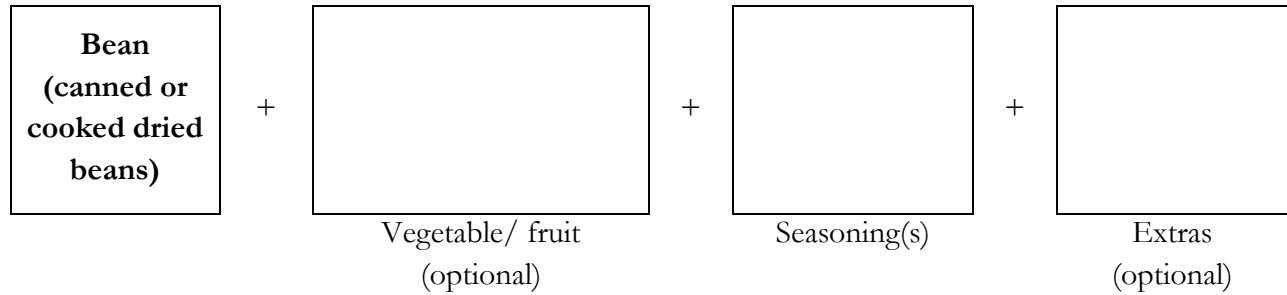
carrots
parsnips
leeks
onions
canned tomatoes
fresh tomatoes
green onions
frozen/canned corn
frozen peas
frozen broccoli
frozen spinach

garlic
olive oil
broth
salt
pepper
ginger
cumin
curry

water, broth

Directions: Cook on LOW for 8-10 hours (or approximately 6 hours on HIGH); check temperature of meat prior to serving.

Bean Dip Recipe Framework



Ideas

Sundried/ canned diced
 tomatoes
 roasted peppers
 avocado
 frozen peas*

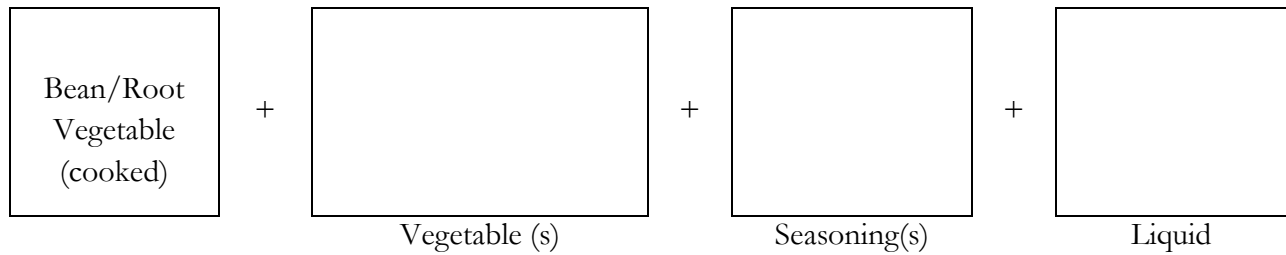
garlic
 olive oil
 salt
 pepper
 cumin
 curry
 herbs

tahini
 almonds
 walnuts

*run under hot water in
 colander for several
 minutes

Directions: Combine ingredients in a deep bowl and process with your hand blender. Serve with crackers, baked chips, or vegetables for dipping. Or use as a spread on a sandwich or fill a pita pocket.

Smooth Soups Recipe Framework



Ideas

winter squash
potatoes
sweet
potatoes
yams

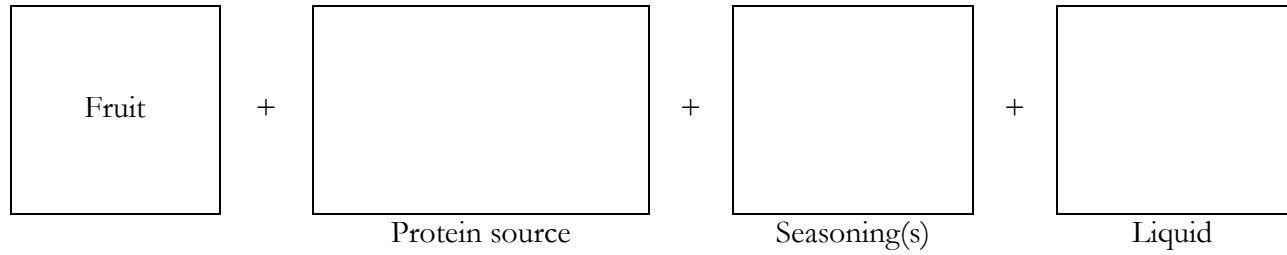
carrots
parsnips
leeks
onions
canned tomatoes
fresh tomatoes
green onions
frozen/canned corn
frozen peas
frozen broccoli
frozen spinach

garlic
olive oil
broth
salt
pepper
ginger
cumin
curry
herbs

water, broth

Directions: You can sauté your vegetables/ seasonings in olive oil before adding the liquid and other ingredients. Then combine ingredients in a deep pot and cook on medium for about an hour. **Once it has cooled**, process carefully with your hand blender to desired consistency.

Fruit Smoothies Recipe Framework



Ideas

banana
peach
nectarine
strawberries
blueberries
blackberries
etc.

yogurt
protein powder
nut butters

honey
stevia
cinnamon
vanilla

water
ice
milk
almond/nut milk
rice milk
soy milk

Directions: Combine all ingredients in a deep glass or pitcher. Process with your hand blender to desired consistency.

PART 7: PHYSICAL FITNESS

- Fitness is Fun
- Important Things to Remember
- Physical Activity Guidelines for Healthy Adults Under Age 65

Fitness is Fun – Especially when you do it together!!

Why exercise?

- Healthy heart, lungs and muscles – feels good to be strong
- More energy
- Sleep better
- Prevent disease, obesity

Several types of exercises are important for your body

- **Aerobic** exercise increases your heart rate and makes you breathe hard. 2 – 3 times per week for 20 minutes
- **Strength training** increases the amount of muscle in your body and burns more calories. 1 -2 times per week for 20 minutes
- **Flexibility/stretching** work allows you to recover after exercise and stay loose. Every day for 5 minutes, but only after moving around a bit first

What can you do?

- Aerobic - Jump rope, play basketball, toss balls to each other, jumping jacks with a ball in your hands to make it harder, jump over your basketball while it is on the ground, high knee lifts
- Strength training - Lunges, squats, push-ups, core lifts, step ups on a step or box
- Stretches - Touch hands behind your back, on toe on bench or chair and stretch legs, arms overhead, hands on knees with a flat back

Other Important things to Remember

- Eat a little bit before you work out if it has been 2 -3 hours since your last meal – food is fuel. Banana, piece of toast, not protein (meat, chicken etc)
- DRINK water before, during and after. Unless you do aerobic exercise for over an hour, you need nothing more than water. Sports drinks are mostly sugar.
- Start gradually so you don't hurt yourself.
- Something is always better than nothing – 5 minutes helps and will make you feel better.
- HAVE FUN!!!!

Physical Activity Guidelines for Healthy Adults Under Age 65

The [American College of Sports Medicine](#) (ACSM) and the [American Heart Association](#) (AHA) released updated physical activity guidelines in 2007. These guidelines outline exercise recommendations for healthy adults and older adults and are an update from the 1995 guidelines.

Basic recommendations from ACSM and AHA:

Do moderately intense cardio 30 minutes a day, five days a week

Or

Do vigorously intense cardio 20 minutes a day, 3 days a week

And

Do eight to 10 strength-training exercises, eight to 12 repetitions of each exercise twice a week.

Moderate-intensity physical activity means working hard enough to raise your heart rate and break a sweat, yet still being able to carry on a conversation. It should be noted that to lose weight or maintain weight loss, 60 to 90 minutes of physical activity may be necessary. The 30-minute recommendation is for the average healthy adult to maintain health and reduce the risk for chronic disease.

Please see:

http://www.acsm.org/AM/Template.cfm?Section=Home_Page&TEMPLATE=/CM/HTMLDisplay.cfm&CONTENTID=7764

for the following additional information:

[Tips for meeting the guidelines](#)

[Starting an exercise program](#)

[Improvements from the 1995 recommendation](#)

[Exercise is MedicineTM](#)

[Frequently Asked Questions](#)