

Let's Cook Healthy Together

Class 2

* Not All Fats Are Created Equal:

1. Your body needs fat in your diet. It is essential for energy and supports cellular function. Fats protect your organs, help you absorb certain nutrients and are an important part of producing many hormones.

2. The 4 types of fats include the “good fats”:
Monounsaturated and Polyunsaturated fats & the “bad fats”:
Trans fats and Saturated fats.

3. Let's break it down: The “Bad Fats”

These fats are most often solid at room temperature, increase LDL and decrease HDL Cholesterol and increase your risk of heart disease, stroke, fatty liver and weight gain.

* Trans Fats:

Small amounts of trans fats occur naturally in some meat and dairy products, including beef, lamb and butterfat. There have not been sufficient studies to determine whether these naturally occurring trans fats have the same bad effects on cholesterol levels as trans fats that have been industrially manufactured.

* “partially hydrogenated oils”:

Artificial *trans* fats (or *trans* fatty acids) are created in an industrial process that adds hydrogen to liquid vegetable oils to make them more solid.

Think: donuts, frozen pizza, cookies, margarine and restaurant fryers.

*Saturated fats:

Saturated fats occur naturally in many foods. Most come from animal sources, including meat and dairy products, as well as tropical fats like coconut, palm and palm kernel.

*beef *lamb *pork *poultry (especially with skin) *beef fat *lard & cream

*butter *cheese *ice cream *coconut*palm oil *some baked & fried foods

4. Other options: The “good fats”

These fats are most often liquid at room temperature and start to turn solid when cooled.

* **Monounsaturated fats:** can help decrease LDL “bad” cholesterol. Options include: olive oil, canola oil, peanut oil, avocado oil, safflower oil, sesame oil, avocados, peanut butter, almonds, pecans, pumpkin and sesame seeds

* **Polyunsaturated fats:** can help decrease LDL “bad” cholesterol and help increase HDL or “good” cholesterol. They also contain Omega-6 and Omega-3 fatty acids. A healthy diet should include a balance of omega-3 and omega-6 fatty acids, which can support brain and heart health, and may help with joint pain and blood pressure. Omega-3 can help decrease inflammation.

Options include: Oils like canola, corn, soybean and sunflower. Fatty/oily fish such as anchovies, herring, mackerel, black cod, salmon, sardines, bluefin tuna, striped bass and cobia. Walnuts, flaxseed, sunflower seeds, tofu and soybeans.

5. The Big Picture:

The most important thing to remember is the overall dietary picture.

The American Heart Association recommends that adults who would benefit from lowering LDL cholesterol reduce their intake of trans fat and limit their consumption of saturated fat to 5 to 6% of total calories.

For example, if you need about **2,000** calories a day, no more than **120** of them should come from saturated fat. That’s about **13 grams** of saturated fat per day.

Practical Tip: If you have steak for dinner, have fruit for dessert. Use low fat or not fat dairy options. Make French fries at home from scratch, spray lightly with oil and cook in air fryer. **Use herbs and spices instead of fats to create flavor!**

Healthy weight: Please remember, these guidelines are just that...guidelines. Many of them do not take into account race, ethnicity or percentage of muscle and bone mass. That being said, they are a good reference point for accessing where we are at and what is a realistic goal to strive for. (Setting goals will be covered in our next class)

1. BMI: Body Mass Index

I brought along charts to help you calculate your BMI, but you can also calculate it manually.

Multiply your weight in pounds by 703, divide that by your height in inches squared.

For example, if you weigh 180 lbs and are 5 ft 5 in (65 in total), your BMI calculation would be:

1. $180 \times 703 = 126,540$
2. $126,540 / 65 = 1,946.769$
3. $1,946.769 / 65 = 29.95$

BMI Categories:

Underweight = <18.5

Normal weight = 18.5–24.9

Overweight = 25–29.9

Obesity = BMI of 30 or greater

2. WHR: Waist/Hip Ratio this is becoming a more recognized form to recognize healthy weight.

1. Measure at the smallest point. Wrap a tape measure around your waist at the smallest point, usually around your belly button. ...
2. Measure your hips. Next, wrap the tape measure around your hips at the widest part. ...
3. Divide. Use a calculator to divide your waist size by your hip size. ...
4. Record your ratio.

Before puberty boys and girls have similar ratios. However, with females pelvis widens and fat is deposited on hips and thighs at puberty. **Healthy women have ratios of 0.67 to 0.80 while healthy men have 0.80 to 0.95.**

****Wash hands and review Food Handling Safety****

Chicken Fried Cauliflower Rice with Peruvian Green Sauce:

Nutritional Value: Serving Size: 1.5 cups

Calorie: 485 Carbs: 16g Protein: 25g Fiber: 7g Sodium: 496mg Sugar: 6g(0 added sugar) Fat: 11g (Mono:8g, Poly:1.5g , Saturated: 1.5g Trans: 0g)

Chicken Fried Cauliflower rice: this recipe is for 4 servings (double for class)

- 1 head of cauliflower
- 1 cup frozen peas and carrots
- 1 cup chopped onions
- 1 Tsp garlic powder
- 1 Tsp Paprika
- 1 Tsp black pepper
- 2 boneless skinless chicken breasts (diced into ½ inch pieces)
- 2 eggs (wisked)
- 2 Tbsp Liquid aminos or low sodium Soy Sauce
- 2 Tbsp avocado oil or canola oil

In a food processor, chop down cauliflower to rice size. (or buy frozen riced cauliflower.) Approx 4 cups.

In a large skillet, add oil and onions. Sauté for 3-4 minutes.

Season chicken with garlic powder, paprika and black pepper

Add 1 Tbsp soy sauce or liquid aminos and chicken, stirring to cover all the chicken.

Cook until chicken is cooked through (internal temp of 165 degrees)

Add cauliflower, peas and carrots and other 1 Tbsp soy or aminos, cover and cook on medium heat for 3-5 minutes.

Pour in eggs and cook until eggs are cooked through. Remove from heat and serve.

Use brown rice for additional fiber. Change out chicken for tofu, zucchini, eggplant or other veggies for a vegetarian option.

Peruvian Green Sauce:

- 1/2 cup low fat mayonnaise (Primal Kitchen Mayo w/ Avocado Oil)
- 2 tablespoons fresh lime juice (from 2 small limes)
- 1 large bunch fresh cilantro, trimmed, leaves and stems coarsely chopped (about 2 packed cups)
- 1 medium garlic clove, coarsely chopped
- 5 scallions, coarsely chopped
- 1/4 cup chopped fresh mint
- 1 tablespoon ají amarillo (Peruvian yellow chile) paste, or 1 tablespoon seeded and coarsely chopped serrano or jalapeño chile

1/4 teaspoon kosher salt

Directions

1. Place all ingredients in a blender. Process on low, gradually increasing speed, until smooth, about 1 minute. Cover and chill sauce at least 1 hour before serving. (This allows flavors to meld and mellow out.)
2. This stores in an air tight container in the fridge for 3-5 days.

I put this on everything from scrambled eggs to whole grain bread as a sandwich spread

If you don't like cilantro, try parsley or basil instead!

More on Go-To Brands next class!

Serve with berry/mint tea

ENJOY!

As we enjoy our meal together, I will answer questions and give a small sample desert with recipe.

Snack: Apple & Peanut Butter

Serving Size: ½ an apple, sliced and 2 Tbsp 100% Peanut Butter (no sugar added)

½ apple: Calories: 60 Fat: 0 Carbs: 25g Fiber: 3g Sugar: 19 (no added sugars)

Sodium: 0g Protein: 0g

2 Tbsp Peanut butter: Calories: 180 Fat: 15g (Sat: 2g, Polyunsat: 5g Monounsat: 8g)

Carbs: 5g Fiber: 3g Sugar: 2g (no added sugars) Sodium: 0g Protein: .5g

Dessert: Dark Chocolate Truffle Balls

*** This dessert is a little higher in calories and saturated fat from the coconut and is considered a SPECIAL TREAT. Coconut does have antioxidants, magnesium, folate and potassium, but should not be overindulged. You can decrease the saturated fats by simply enjoying a serving of dark chocolate (78% or higher) on it's own. Remember, today's dinner was low in fat, especially Saturated fats.

The American Heart Association recommends keeping Saturated fats at 5-6% of your daily calories. Watching your portion sizes is important, but this dessert is so rich, you will not be as likely to overindulge!

Serving Size: 2 Tbsp (2 small melon ball scoops)

Calories: 268 Fat: 23g Carbs: 14.5g Fiber: 6.5g Protein: 4g Sugar: 6.25g Sodium: 11.25mg

Ingredients:

2 cups dark chocolate (78% or higher)

1 cup UNSWEETENED coconut cream

¼ cup raw cacao powder (for rolling)

¼ cup unsweetened coconut flakes (for rolling/optional)

Chop dark chocolate and place in bowl.

In a saucepan, gently heat the coconut cream to nearly simmering. Be careful NOT to boil.

Pour coconut cream over the chocolate and stir to melt into a chocolate sauce.

Place in the fridge to set for 3 hours.

Once set, use a small melon baller to roll into balls.

Roll in Cacao powder and/or unsweetened coconut flakes.

Place in container lined with baking paper and store in fridge.

EXIT SURVEY

Please rate your understanding of the following subjects before taking this class today and after.

1. Rate your understanding of the different types of fats before taking this class.

Poor 1...2...3...4...5...6...7...8...9...10 Excellent

2. Rate your understanding of the different types of fats after taking this class.

Poor 1...2...3...4...5...6...7...8...9...10 Excellent

3. Rate your ability to calculate a healthy weight for your body before taking this class.

Poor 1...2...3...4...5...6...7...8...9...10 Excellent

4. Rate your ability to calculate a healthy weight for your body after taking this class.

Poor 1...2...3...4...5...6...7...8...9...10 Excellent

5. What did you enjoy the most from today's class?

6. What other topics would you like to learn about?

Name: _____

Date:
