



Activity Title: CONTRIBUTE TO A HEALTHY RECIPES BOOK
Activity Type: Individual
Duration: One week
Point Value: 10 points per recipe
50 points maximum

Description

What is a “healthy” recipe? Does “low fat”, “low salt” or “light” really mean that a food is healthy? Not necessarily. Understanding what is good nutrition is not always easy, and creating recipes with a variety of ingredients makes it even more difficult. A simple starting point is to use “whole foods” in recipes. Whole foods are foods that are in their natural form – nothing added to them or taken from them. They have been processed or refined as little as possible and do not contain additives or artificial food ingredients. Whole foods like fruits, vegetables, whole grains, nuts and legumes provide nutritional value.

The **CONTRIBUTE TO A HEALTHY RECIPES BOOK** activity encourages people to share recipes that have nutritional value. They should include things like:

- Whole foods (that provide good carbohydrates full of fiber, versus refined and processed bad carbohydrates found in white flour and white rice)
- Lean meat, skinless chicken and fresh fish
- Reduced or low fat ingredients and cooking methods
- Unsaturated fats
- Oils like canola, sunflower, olive, peanut or sesame, instead of coconut, palm or vegetable oil
- Reduced sodium in food, during cooking and on the table
- Reduced added sugars

The “Healthy Recipe Book” will provide a nutritional resource that the entire workforce can access and benefit from throughout the year. A recipe can be a family favorite, a new creation, or something researched just for this activity. People should be encouraged to provide samples of their recipes. Or, invite a chef or dietician to conduct a healthy cooking class.

How It Works

1. Establish incentives, if any, for points earned during the activity.
2. Share the activity description and resources with employees, and post the **Healthy Recipes Scoreboard** in a high traffic area.



How It Works continued

3. Communicate before and during the activity, using the resources, health information and quotes provided. Emails, social media postings, posters and communication from management can be effective in promoting participation.
4. Recipes should be entered on the **Healthy Recipe Form**. Someone should be responsible for putting the recipes into an attractive “Healthy Recipes” book.
5. Employees enter 10 points on the **Healthy Recipes Scoreboard** each time they submit a recipe.
6. The Healthy Recipes book should be kept in a location that allows employees easy access to it. The pages should be put into clear sheet protectors, so that they can be copied. Encourage people to use it and submit additions throughout the year.
7. Invite people to complete the **Activity Survey**.
8. Award points and incentives earned, and/or hold a raffle for everyone who contributed to the Healthy Recipes book.

Wellness Benefits

- Promotes good nutrition
- Increases nutrition knowledge
- Encourages good food choices and a healthy diet
- Extends nutritional benefits to household members
- Combats weight gain
- Improves communication and morale in the workplace

Measureable Outcomes

- Did people provide positive feedback?
- Did the activity improve communication and morale in the workplace?
- What percentage of the workforce participated?
- Did people enjoy sharing recipes?
- Have people found the recipes book to be helpful?

Resources

ABC Health & Wellbeing – AU ([abc.net.au](http://www.abc.net.au))

“What is a healthy recipe?”

Link: <http://www.abc.net.au/health/library/stories/2007/04/23/1904178.htm>

All Recipes (allrecipes.com)

“Healthy Recipes”

Link:

http://allrecipes.com/recipes/healthyrecipes/main.aspx?e1=healthy%20recipes&e8=Quick%20Search&event10=1&event8=1&prop24=SR_Showcase&e7=Recipe%20Hub



Resources continued

American Diabetes Association – My Food Advisor (diabetes.org)

“Recipes for Healthy Living”

Link: http://www.diabetes.org/mfa-recipes/log-in/recipes-for-healthy-living.html?utm_source=Offline&utm_medium=Print&utm_content=recipes&utm_campaign=RFHL

Cooking Light (cookinglight.com)

“The Most Common Nutrition Mistakes”

Link: <http://www.cookinglight.com/eating-smart/nutrition-101/nutrition-questions-tips-00412000071626/>

Joy Bauer.com (joybauer.com)

“Healthy Food and Recipes”

Link: <http://www.joybauer.com/food-recipes.aspx>

Better Recipes (betterrecipes.com)

“Healthy Recipes”

Link: <http://healthy.betterrecipes.com>

Centers for Disease Control and Prevention (cdc.gov)

“Healthy Recipes”

Link: http://www.cdc.gov/healthyweight/healthy_eating/recipes.html

Eatingwell.com

“Healthy Recipe Collections”

Link: http://www.eatingwell.com/recipes_menus/collections

Facebook

“Recipes for Health” Facebook Page

Link: <https://www.facebook.com/pages/Recipes-for-Health/130399966974966>

Fitness Magazine

“Healthy Recipes”

Link: <http://www.fitnessmagazine.com/recipes/>

Food Network (foodnetwork.com)

“Healthy Eating”

Link: <http://www.foodnetwork.com/healthy-eating/index.html>

Health.com

“7 Nutrition-Rich Juice Recipes”

Link: <http://www.health.com/health/gallery/0,,20559953,00.html>

HealthyGroceryList.com

Select a recipe and receive a list of healthy ingredients and directions to make it.

Link: <http://www.healthygrocerylist.com/RecipeDisplayPage?RECIPEID=319>

Mayo Clinic (mayoclinic.com)

“Healthy Recipes”

Link: <http://www.mayoclinic.com/health/healthy-recipes/RecipeIndex>

Men’s Health – Eat This, Not That (eatthis.menshealth.com)

“6 Rules of Good Nutrition”

Link: <http://eatthis.menshealth.com/slideshow/6-rules-good-nutrition>

MomsWhoThink.com

“Healthy Recipes”

Link: <http://www.momswhothink.com/healthy-recipes/healthy-recipes.html>



Resources continued

New York Times – Fitness & Nutrition

“Recipes for Health”

Link: http://topics.nytimes.com/top/news/health/series/recipes_for_health/index.html

Recipe.com

“Healthy Recipes”

Link: [http://www.recipe.com/search/?searchTerm=healthy recipes](http://www.recipe.com/search/?searchTerm=healthy+recipes)

Shape.com

“The Best Juice for What’s Bugging You”

Link: <http://www.shape.com/healthy-eating/healthy-drinks/best-juice-whats-bugging-you/slide/2>

Spark Recipes (sparkpeople.com)

“The World’s Largest Healthy Recipe Website”

Link: <http://www.sparkrecipes.com>

WebMD

“The Whole Foods Diet”

Link: <http://www.webmd.com/food-recipes/features/the-whole-foods-diet>

Additional Ideas

1. Include special sections in the recipe book for categories like “Soups”, “Salads”, “Juicing”, “Smoothies” and “Desserts”.
2. Invite a chef to give a healthy cooking demonstration.
3. Invite a food expert to demonstrate how to juice and make smoothies.
4. Provide information on popular food television shows.
5. Host a “Healthy Foods Tour” at a local grocery store.
6. Invite a local supermarket to provide instruction on healthy food.
7. Develop a cost comparison sheet that provides regularly updated prices of popular healthy foods at local stores.
8. Customize “Healthy Grocery List” templates for local grocery stores.
9. Consult Internet sources for ideas on how to create recipe books.

One-Day Challenges

1. “Soup Recipe Challenge” – share your favorite soup recipe with colleagues. Provide samples to make it even more popular. Host similar challenges for salads, juicing, smoothies and desserts.
2. “Share a Recipe Challenge” – prepare and share a favorite recipe.
3. “Weekly Recipe Plan Challenge” – develop and share a weekly healthy meal plan.
4. “Eat-5-A-Day Today Challenge” – eat 5 servings of fruits and/or vegetables.
5. “Eat a Healthy Breakfast Challenge” – start the day off with a breakfast that contains: whole grains, low-fat protein, low-fat dairy and/or fruits and vegetables.
6. “Snack Healthy Challenge” – create and share a healthy snack.
7. “Go Nuts! Challenge” – bring in your favorite nut snack and participate in a nut tasting.



Quotes

1. *"I love food and I love ingredients and I love reading recipes. It's just a great pleasure."* – Cara Buono, American Actress, Screenwriter and Director
2. *"That being said, I often write into recipes techniques I learned in the restaurant kitchen. There are ways of organizing your prep and so on that are immensely useful. Those are woven into all the recipes I do."* – Sally Schneider, Journalist and Former Chef
3. *"Don't be afraid to adapt new ingredients into your own techniques, and traditional ingredients into new recipes."* – Jose Garces, Ecuadorian American Chef, Restaurant Owner, and Iron Chef
4. *"There are people who claim to be instinctive cooks, who never follow recipes or weigh anything at all. All I can say is they're not very fussy about what they eat. For me, cooking is an exact art and not some casual game."* – Delia Smith, English Cook and Television Presenter, Known for Teaching Basic Cookery Skills in a No-Nonsense Style
5. *"So many of the recipes that I come up with have a story. I'm a blogger. It flowed very naturally out of me, but I also knew this was a way to set my recipes apart. A, they are always using interesting ingredients but B, there is always a story behind it."* – Aarti Sequeira, Indian Chef and Television Personality
6. *"It was improv that really helped me start coming up with recipes and just believe in my instincts. That's why the first recipe I made up was 'I Ain't Chicken Chicken' because I finally felt bold and fearless in the kitchen, which was an entirely new feeling for me."* – Aarti Sequeira, Indian Chef and Television Personality
7. *"Vegetables are a must on a diet. I suggest carrot cake, zucchini bread, and pumpkin pie."* – Jim Davis, American Cartoonist
8. *"No disease that can be treated by diet should be treated with any other means."* – Maimonides, Medieval Jewish Philosopher
9. *"Adopting a new healthier lifestyle can involve changing diet to include more fresh fruit and vegetables as well as increasing levels of exercise."* – Linford Christie, British Olympic Sprinter
10. *"Health food makes me sick."* – Calvin Trillin, American Humorist
11. *"So, when it comes to eating healthy, it's just doing the right thing. And it's not something you have to do 365 days a year, but I think it's something you have to do 25 days a month. Let's put it that way."* – Mike Ditka, Legendary Chicago Bear Player and Coach, "Da Coach"
12. *"Some people are willing to pay the price and it's the same with staying healthy or eating healthy. There's some discipline involved. There's some sacrifices."* – Mike Ditka, Legendary Chicago Bear Player and Coach, "Da Coach"
13. *"Do you know how many calories are in butter and cheese and ice cream? Would you get your dog up in the morning for a cup of coffee and a donut?"* – Jack LaLanne, Pioneering Fitness Guru
14. *"High-quality food is better for your health."* – Michael Pollan, American Author
15. *"If you've got a big gut and you start doing sit-ups, you are going to get bigger because you build up the muscle. You've got to get rid of that fat! How do you get rid of fat? By changing your diet."* – Jack LaLanne, Legendary Fitness Guru
16. *"Real nutrition comes from soybeans, almonds, rice, and other healthy vegetable sources, not from a cow's udder."* – Ingrid Newkirk, Animal Rights Activist and Author
17. *"I do practice what I preach when it comes to nutrition."* – Mehmet Oz



Quotes continued

18. *"I don't eat junk foods and I don't think junk thoughts."* – Peace Pilgrim, from 1953 to 1981 a silver haired woman calling herself only "Peace Pilgrim" walked more than 25,000 miles on a personal pilgrimage for peace
19. *"Each of us should take personal responsibility for our diet, and our children's diet, and the government's role should be to make certain it provides the best information possible to help people stay healthy."* – Jim Talent, American Politician from Missouri
20. *"I believe that parents need to make nutrition education a priority in their home environment. It's crucial for good health and longevity to instill in your children sound eating habits from an early age."* – Cat Cora, Popular American Chef
21. *"The concept of being a locavore, or one who chooses whenever possible to incorporate locally grown or locally produced food into one's nutrition plan, is of great importance."* – Tyler Florence, American Chef
22. *"I'm not asking any of you to make drastic changes to every single one of your recipes or to totally change the way you do business. But what I am asking is that you consider reformulating your menu in pragmatic and incremental ways to create healthier versions of the foods that we all love."* – Michelle Obama
23. *"I had these recipes that say do this, do that. Who MAKES these rules?"* – Emeril Lagasse, American Celebrity Chef
24. *"Obviously, the easiest recipes are the most successful when it comes to the home cook, because they're not intimidated by them. If I'm doing 'Boy Meets Grill,' and I do something very simple like grilled hamburgers or steaks or chicken, those are the most sought-after recipes."* – Bobby Flay, American Celebrity Chef
25. *"At the beginning of every week, I like to sit down and figure out what I'm going to make. I probably try at least two new recipes a week. But I have my standbys - jambalaya, meatloaf and mashed potatoes."* – Martina McBride, Country Music Singer and Songwriter
26. *"Even though I'm big on recipes, I love to make up my own dishes and when you take a risk in the kitchen, you learn a lot about food!"* – Nina Dobrev, Bulgarian Canadian Actress
27. *"Cooking classes are a great way to hone your skills, learn new recipes, and meet like-minded friends. Spending time in the kitchen with people who love to cook as much as you do is fun and educational."* – Homaro Cantu, Chicago Inventor, Entrepreneur, Chef, and Molecular Gastronomer
28. *"Recipes are important but only to a point. What's more important than recipes is how we think about food, and a good cookbook should open up a new way of doing just that."* – Michael Symon, American Chef, Restaurateur, Television Personality, and Author
29. *"I refuse to believe that trading recipes is silly. Tuna Fish casserole is at least as real as corporate stock."* – Barbara Grizzuti Harrison, American Journalist, Essayist and Memoirist
30. *"Cooking with kids is not just about ingredients, recipes, and cooking. It's about harnessing imagination, empowerment, and creativity."* – Guy Fieri, American Restaurateur, Author, Television Personality, and Game Show Host
31. *"You don't have to be a chef or even a particularly good cook to experience proper kitchen alchemy: the moment when ingredients combine to form something more delectable than the sum of their parts. Fancy ingredients or recipes not required; simple, made-up things are usually even better."* – Erin Morgenstern, American Writer and Visual Artist



Health Facts

**From: Centers for Disease Control and Prevention
"Healthy Eating for a Healthy Weight"**

Link: http://www.cdc.gov/healthyweight/healthy_eating/index.html

Healthy Eating for a Healthy Weight

A healthy lifestyle involves many choices. Among them, choosing a balanced diet or healthy eating plan. So how do you choose a healthy eating plan? Let's begin by defining what a healthy eating plan is.

According to the Dietary Guidelines for Americans 2010, a healthy eating plan:

- *Emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products*
- *Includes lean meats, poultry, fish, beans, eggs, and nuts*
- *Is low in saturated fats, trans fats, cholesterol, salt (sodium), and added sugars*
- *Stays within your daily calorie needs*

Eat Healthfully and Enjoy It!

*A healthy eating plan that helps you manage your weight includes a variety of foods you may not have considered. If "healthy eating" makes you think about the foods you **can't** have, try refocusing on all the new foods you **can** eat—*

- **Fresh fruits** — *don't think just apples or bananas. All fresh fruits are great choices. Be sure to try some "exotic" fruits, too. How about a mango? Or a juicy pineapple or kiwi fruit! When your favorite fresh fruits aren't in season, try a frozen, canned, or dried variety of a fresh fruit you enjoy. One caution about canned fruits is that they may contain added sugars or syrups. Be sure and choose canned varieties of fruit packed in water or in their own juice.*
- **Fresh vegetables** — *try something new. You may find that you love grilled vegetables or steamed vegetables with an herb you haven't tried like rosemary. You can sauté vegetables in a non-stick pan with a small amount of cooking spray. Or try frozen or canned vegetables for a quick side dish — just microwave and serve. When trying canned vegetables, look for vegetables without added salt, butter, or cream sauces. Commit to going to the produce department and trying a new vegetable each week.*
- **Calcium-rich foods** — *you may automatically think of a glass of low-fat or fat-free milk when someone says "eat more dairy products." But what about low-fat and fat-free yogurts without added sugars? These come in a wide variety of flavors and can be a great dessert substitute for those with a sweet tooth.*
- **A new twist on an old favorite** — *if your favorite recipe calls for frying fish or breaded chicken, try*

Health Facts continued

healthier variations using baking or grilling. Maybe even try a recipe that uses dry beans in place of higher-fat meats. Ask around or search the Internet and magazines for recipes with fewer calories — you might be surprised to find you have a new favorite dish!

Do I have to give up my favorite comfort food?

No! Healthy eating is all about balance. You can enjoy your favorite foods even if they are high in calories, fat or added sugars. The key is eating them only once in a while and balance them out with healthier foods and more physical activity. Some general tips for comfort foods:



Health Facts continued

- *Consume them less often. If you normally eat these foods every day, cut back to once a week or once a month. You'll be cutting your calories because you're not having the food as often.*
- *Eat smaller amounts. If your favorite higher calorie food is a chocolate bar, have a smaller size or only half a bar. Be careful! This technique works well for some people, but others may find it is too tempting to have their favorite food available, even in smaller amounts.*
- *Try a lower-calorie version. Use lower-calorie ingredients or prepare it differently. For example, if your macaroni and cheese recipe uses whole milk, butter, and full-fat cheese, try remaking it with non-fat milk, less butter, light cream cheese, fresh spinach and tomatoes. Just remember to not increase your portion size. For more ideas on how to cut back on calories, see **Eat More Weigh Less** (link: http://www.cdc.gov/healthyweight/healthy_eating/energy_density.html)*

The point is, you can figure out how to include almost any food in your healthy eating plan in a way that still helps you lose weight or maintain a healthy weight. Being consistently healthy in your eating choices is the key. Making the same healthy eating choices over time can lead to better eating habits. By thinking more positively and focusing on what you can have, you'll help yourself establish healthy eating habits.

Want to learn more?

Improving Your Eating Habits (link: http://www.cdc.gov/healthyweight/losing_weight/eating_habits.html)
To learn more about getting started and changing your eating habits.

Planning Meals (link: http://www.cdc.gov/healthyweight/healthy_eating/meals.html)
By stocking up on healthier foods that contain fewer calories, you'll be making small changes that can prepare you to be a weight-loss success story!

Cutting Calories (link: http://www.cdc.gov/healthyweight/healthy_eating/cutting_calories.html)
Ways to cut calories for your meals, snacks, and even beverages.

Healthy Recipes (link: http://www.cdc.gov/healthyweight/healthy_eating/recipes.html)
Links to healthy recipes with calorie counts and nutritional information.

Group Name: _____
 Month/Year: ____ / ____

HEALTHY RECIPES BOOK

Group Scoreboard

#	Name	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	Total
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Totals

Enter "10" points for each healthy recipe submitted - 50 points maximum.



HEALTHY RECIPE FORM

Submitted By: _____

Recipe Category: _____

Recipe Name: _____

Number of Servings: _____ Prep Time: _____ Cooking Time: _____

	<u>Quantity</u>	<u>Weight/Measure</u>	<u>Ingredients</u>
1.	_____	_____	_____
2.	_____	_____	_____
3.	_____	_____	_____
4.	_____	_____	_____
5.	_____	_____	_____
6.	_____	_____	_____
7.	_____	_____	_____

Directions

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

Nutritional Information Per Serving (if known)

Calories	_____	Total Fat	_____	Cholesterol	_____
Protein	_____	Saturated Fat	_____	Sodium	_____
Carbohydrate	_____	Monosaturated Fat	_____	Fiber	_____



100 FOODS DR. OZ WANTS IN YOUR SHOPPING CART

FRESH PRODUCE*

- 1) Tree Fruits (Apples, Pears)
- 2) Citrus (Oranges, Lemons, Limes)
- 3) Stone Fruits (Peaches, Plums, Apricots, Cherries, Tangerines)
- 4) Bananas
- 5) Grapes
- 6) Melons
- 7) Greens (Romaine, Arugula, Iceberg, Cabbage, Collards, Turnip Greens, Mustard Greens, Swiss Chard)
- 8) Baby Carrots
- 9) Celery
- 10) Avocado
- 11) Potatoes

FROZEN

- 12) Berries: Strawberries, Cranberries, Raspberries, Blueberries, Blackberries
- 13) Frozen Veggies: Peppers, Kale, Asparagus, Cauliflower, Onions, Spinach, Broccoli, Peas, Green Beans, Corn, Zucchini, Squash

SEAFOOD/MEATS

- 14) All White Meat Ground Turkey
- 15) Bison/Buffalo Burger (Sirloin Burger)
- 16) Eye Of The Round / Steak
- 17) Lean Pork
- 18) Lean Ground Beef
- 19) Chicken (Skinless Thighs, and Breasts, Whole Chicken)
- 20) Fish: Salmon, Cod or Trout
- 21) Shrimp (frozen)
- 22) Fully Cooked Pre-Seasoned Beef and Chicken Slices (Refrigerated Section)
- 23) Fresh Sliced Meats (No Nitrites or Nitrates Added) - Turkey, Ham, Chicken, Roast Beef
- 24) Salmon, Tuna, Chicken (In Can or Pouch)

CANNED/BOTTLED ITEMS

- 25) Canned Beans (White, Kidney, Black, Pinto, Red, Navy)
- 26) Canned Tomatoes (Tomato Sauce and Tomato Paste - No Added Salt)
- 27) Low Sodium Salsa
- 28) Canned Artichokes
- 29) Canned mushrooms
- 30) Low-Sodium Chicken Broth

CANNED/BOTTLED ITEMS (cont.)

- 31) Natural Peanut Butter
- 32) Jams: Raspberry, Strawberry, Blueberry, Blackberry, Apricot (No Artificial Sweeteners)
- 33) Dill pickles
- 34) Canned Beets
- 35) Low-Sodium Sauerkraut
- 36) Sardines
- 37) Anchovies
- 38) Olives (Kalamata)

DELI/CHEESE/DAIRY

- 39) Eggs
- 40) Greek Yogurt (And Drinkables)
- 41) Milk (2% Organic / Almond / Soy)
- 42) Butter
- 43) Cheeses: Part-Skim Mozzarella, Cheddar, Parmesan, Feta, Ricotta, String
- 44) Hummus

PASTA/GRAINS/CEREALS

- 45) Quinoa
- 46) Microwavable Steel Cut Oatmeal
- 47) Microwavable Brown Rice
- 48) Whole Grain Cereals
- 49) 100% Whole Wheat Pastas (or Jerusalem Artichoke Pasta)
- 50) 100% Whole Wheat or 100% Whole Grain (Breads, Buns, Pitas, English Muffins, Bagel Thins, Sandwich Thins)
- 51) 100% Whole Wheat Flour
- 52) 100% Whole Wheat Tortillas
- 53) 100% Whole Grain Crackers
- 54) Quick Cooking Polenta
- 55) Whole Grain Brown Puffed Rice
- 56) 100% Whole Wheat Pre-Made Pizza Crust
- 57) 100% Whole Wheat Waffles (Frozen)

BEANS AND SOY

- 58) Edamame (Frozen or Dry)
- 59) Tofu, Soy Milk, Soy Crumble
- 60) Chickpeas
- 61) Lentils
- 62) Frozen Soy Burgers
- 63) Soy Hot Dogs

CONDIMENTS/ HERBS/ SPICES/ DRESSINGS/ OIL

- 64) Mustard
- 65) Oils - Bottled (Olive, Canola, Flaxseed)
- 66) Vegan Mayo
- 67) Ginger
- 68) Chia Seeds
- 69) Black Peppercorns
- 70) Agave Nectar
- 71) Baking Spices: Cinnamon, Nutmeg, Clove, Ginger
- 72) Raw sugar
- 73) Honey
- 74) Chili pepper
- 75) Curry
- 76) Hot sauce
- 77) Red Pepper Flakes
- 78) Balsamic Vinegar
- 79) Sea Salt
- 80) Vinegar (Malt, White, Red)
- 81) Low Sodium Soy Sauce
- 82) French Herbs (Rosemary, Marjoram, Thyme, Savory)
- 83) Italian Seasoning (Garlic Marjoram, Thyme, Rosemary, Savory, Sage, Oregano and Basil)

SNACK FOODS/ DESSERTS/ TREATS

- 84) Nuts (Almonds, Walnuts, Brazil, Hazelnuts, Pistachios)
- 85) Seeds (Sunflower, Pumpkin)
- 86) Dried Fruit (Raisins, Apricots, Cranberries)
- 87) 100% Whole Wheat Pita Chips
- 88) 100% Whole Wheat Pretzels
- 89) Popcorn
- 90) High Fiber, Granola or Protein Bars (No More Than 5gms Added Sugar)
- 91) Sweet Potato Fries (Baked)
- 92) Bite Size Dark Chocolate With or Without Almonds
- 93) Slow Churned Ice Cream
- 94) 100-calorie Air Popped Potato Chips
- 95) Fruit Leather
- 96) Frozen Fruit Popsicles

Beverages

- 97) Tea
- 98) Coffee
- 99) 100% Orange Juice
- 100) Sparkling Water/Seltzer

*Buy other fresh fruits and frozen vegetables as desired

Healthy Foods Shopping List

Use this list as a starter to help restock your kitchen with good-for-you foods.

Grains

Make sure any whole-wheat products you buy are labeled *100% whole wheat*.

Brown rice

Steel-cut oatmeal

Whole-grain or oat breakfast cereal (Cheerios, Kashi cereals, Grape Nuts)

Whole-grain pizza dough/crust

Whole-wheat or whole-grain bread

Whole-wheat pasta

Whole-wheat pitas or tortillas

Canned/Jarred Items

Black beans

Olives

Sun-dried tomatoes (not in oil)

Tomato sauce (no added sugars)

Tomatoes: whole, crushed, or diced

Unsweetened fruit

Vegetable or chicken stock/broth (low-salt)

White beans

Dried Fruits and Nuts

Nuts should be raw, rather than roasted or salted.

Almonds

Dried cranberries and apricots

Pistachios, chopped

Raisins

Walnuts and hazelnuts

Condiments and Spices

Balsamic vinegar

Canola oil, regular and spray-on

Chocolate, dark (not milk) with at least 70% cocoa

Cinnamon and nutmeg

Extra-virgin olive oil

Honey

Low-sodium soy sauce

Mustard

Real maple syrup

Red pepper flakes

Turmeric or curry powder

Wine vinegar

Refrigerated Items

Eggs

Feta cheese, low-fat

Milk, skim or low-fat soy

Orange or grapefruit juice (100%) with pulp

Part-skim mozzarella cheese

Yogurt with active cultures (probiotic), low-fat
Sour cream, low-fat

Poultry/Fish

Chicken breast halves, skinless and boneless
Chicken thighs, skinless
Deli meat, sliced and skinless (not processed cold cuts)
Salmon fillets, skinless
Whole fish or fillets: trout, tilapia, snapper, or sea bass

Frozen Food

Blueberries and raspberries, frozen and unsweetened
Fruit sorbet
Vanilla frozen yogurt, nonfat or low-fat

Health Foods

Chia seed
Flaxseed
Soy protein powder

Fruits and Vegetables

Stock up on plenty of fresh fruits and veggies from each color group, but don't buy more than you'll be able to eat in a week. Fruits and vegetables lose their nutrient goodness when they sit around.

Blue/Purple:

Blueberries, blackberries, plums, eggplant

Orange/Yellow:

Carrots, sweet potatoes, squash, mangoes, pineapple

Red:

Tomatoes, cherries, cranberries, red peppers, red apples

Yellow/Green:

Avocados, broccoli, spinach, kiwifruit, lemons, limes

White/Green:

Garlic, onions, bananas, mushrooms

[Print this list.](#)

Go to YOU: Staying Young Center

Reviewed by RealAge Staff: September, 2009

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ACTIVITY SURVEY

Activity Name: _____

Final Day of Activity (MM/DD/YYYY): _____ / _____ / _____

Please rate the statements below by circling the number that best represents your experience.

- 1 – Strongly Disagree
- 2 – Disagree
- 3 – Neither Agree or Disagree
- 4 – Agree
- 5 – Strongly Agree

- | | | | | | | |
|----|--|---|---|---|---|---|
| 1. | I enjoyed this activity. | 1 | 2 | 3 | 4 | 5 |
| 2. | It increased my happiness. | 1 | 2 | 3 | 4 | 5 |
| 3. | It improved my health. | 1 | 2 | 3 | 4 | 5 |
| 4. | It improved my energy level. | 1 | 2 | 3 | 4 | 5 |
| 5. | It reduced my stress level. | 1 | 2 | 3 | 4 | 5 |
| 6. | I learned something valuable about my health and wellbeing from this activity. | 1 | 2 | 3 | 4 | 5 |
| 7. | I plan to make personal lifestyle changes because of this activity. | 1 | 2 | 3 | 4 | 5 |
| 8. | I would like to do this again. | 1 | 2 | 3 | 4 | 5 |
| 9. | The activity improved morale in the workplace. | 1 | 2 | 3 | 4 | 5 |

Please use the back of this page to add comments about your experience.