



Week Nine Participant Manual

Hanging Out in The Prepared Foods Aisle



Week 9 Contents

- Tips for Shopping in the Prepared Foods Section
- Luncheon Meats, What to Do?
- Buy This and Say Bye-Bye to That

JOURNALING

- Take a moment and reflect on how often you eat out. What can you do to limit the amount of times you are eating out?
- What is something you are willing to give a try next time you are in a pinch and need a quick meal?



Tips for the Prepared Foods Section

When you are in a pinch and the prepared foods section is calling, smart choices can help you save on time and money. And when making proper selections it can be a good choice for health.

- Pick up a roasted chicken.
 - Think... do you already have something at home that could complement the chicken. If so you now only need to buy one thing and make another.
 - And this one purchase can lead to additional meals. Use the extra chicken for quesadillas, or a chicken salad. In addition, you can turn those bones into a fabulous chicken stock. Please refer to the section on meats to find the recipes and much more.
- Baked salmon is a good choice.
 - Please refer to the section on fish to find a recipe for salmon patties. It is a great way to use up extra cooked salmon.
- Many times roasted vegetables, or steamed such as corn on the cob is an option. This makes a wonderful side and can complement both fish and chicken.
- Hummus is a tasty and nutritious dip. They usually make it in bulk on site so you can be pretty confident it does not contain fake ingredients.
- Check out the many variations of salads. Plan on trying a new one. Try a couscous or quinoa salad and be turned on to a new side!
- Many times grocery stores have a soup bar and with a piece of bread, well you got yourself a scrumptious meal.
- Sushi and Maki rolls are another great option.
- Also check the salad bars that many grocery stores have. Build your own salad. This is a great way to choose real foods. And if you are not sure about the salad dressing ask if it is made onsite. If not oil and vinegar is a good choice. Another option is to mix the oil and vinegar with a little Dijon mustard. This makes for a great, quick dressing.



Luncheon Meats, What to Do?

Deli meats can lend themselves for a quick meal. When it comes to deli meats it is all about choices.

Sodium Nitrate and Sodium Nitrite

What are they?

Sodium Nitrate and Sodium Nitrite work as a coloring, flavoring, and preservative.

Where are they found?

They are found in foods such as but not limited to: luncheon meat, smoked packaged meats, bacon, jerky, corned beef, hot dogs, and ham.

What do they do?

Sodium nitrite stabilizes the red color in cured meat and adds flavor. Without it, meats would look gray after some time. It also helps prevent the growth of bacteria that cause botulism. It also works as preservative.

Why should we try to avoid or limit their consumption?

Adding nitrite to food can create small amounts of potent cancer causing chemicals called nitrosamines.

Nitrates may have an ill effect on your arteries making them more likely to harden. In addition they may make it hard for your body to properly process blood sugar. Both these scenarios can put you at risk for heart disease and diabetes.

What can we do?

As much as possible purchase deli meats free of sodium nitrate and sodium nitrite.

If this is not possible limit your consumption of these meats to once per week.

If you do purchase ones free of sodium nitrate and sodium nitrite be aware that the shelf life will be shorter.

To make sure what you are buying does not go bad or go to waste buy just what you need for the week.

When purchasing deli meat, ask if they have any that are nitrate and nitrite free.



Buy This and Say Bye-Bye to That Shopping for Prepared Foods and from the Deli

Buy	Bye-Bye
Deli meats free of nitrates and nitrites.	Prepackaged lunch meats that are loaded up with nitrates and nitrites and other additives and preservatives.
Deli cheeses free of hydrogenated oils, and other additives and preservatives.	Prepackaged cheese slices that contain hydrogenated oils, additives and preservatives.
Prepared foods that contain all real ingredients. Ex. hummus wrap, soups, pasta salad, stir fry, crab cakes, slice of pizza, etc.	Fast foods that are loaded up with hydrogenated oils, excess salt, artificial flavors, additives and preservatives.
Roasted chicken, baked salmon, sushi rolls, etc.	Chicken fingers, fish sticks, etc. or any meat product that is loaded up with fake ingredients.