



Week Eight Participant Manual

Hanging Out in The Frozen Food Aisle



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JOURNALING

- What are your thoughts in terms of the marketing that is used around food products?
- Take a moment and reflect on the amount of sugar at your breakfasts. Do you feel you are having too much? If so what is something you can do to decrease your sugar consumption at your breakfast meal?



Healthy Tips for Making it through the Freezer Section

- Plan menus for the week and shop with a list.
 - This will help deter picking up the frozen convenience meals. You will be saving money and caring for health.
- If ice cream is a trouble food for you it is best not to bring it into the home. Or focus on buying the smaller container.
 - Yes it might cost a bit more, but you are making a decision for your health.
- Always, always, always read ingredient lists. Choose foods made with the real deal.
 - There are ok choices out there you just have to read the ingredients to discover them.
- Incorporating more fruits and vegetables in our diet is a great thing for our health. Frozen fruits and vegetables are a good choice and usually are free of additives.
 - Keep a bag of frozen berries in the freezer to add to your breakfast.
 - Plans soups and casseroles and throw in some frozen vegetables for extra nutrition.
- Avoid TV dinners as much as you can. Make your own instead.
 - For example make extra lasagna and freeze in individual portions. Take one out the night before you plan on taking it to work the next day for your lunch.
 - Do the same thing with soups, and casseroles. The key is individually freezing the servings.
- When you need whipped cream, whip your own. Avoid the whipped toppings in the freezer section as many are loaded up with synthetics and fake ingredients.
 - Check out the ingredients in cool whip... sound tasty?
 - Water, hydrogenated vegetable oil (coconut and palm kernel oils), high fructose corn syrup, corn syrup, skim milk, light cream, contains less than 2% of sodium caseinate, natural and artificial flavor, xanthan and guar gums, polysorbate 60, sorbitan monostearate, beta carotene (color)
 - And if you are still not convinced, visit Author Jonathan Fields website. He did an experiment leaving a container of Cool Whip out for 12 days. Check out the results of what happened to the Cool Whip. Go ahead take a peek and see for yourself.
www.jonathanfields.com/blog/horrifying-12-day-cool-whip-experiment/



The Benefits of Fruits and Veggies

Frozen fruit and vegetables can be a great way to incorporate nutrients into our diet.

This is a great guide put together by the Center for Disease Control explaining the components of many foods, focusing on fruits and veggies, and their health benefits.

Fiber	
Diets rich in dietary fiber have been shown to have a number of beneficial effects including decreased risk of coronary artery disease.	Excellent vegetable sources: navy beans, kidney beans, black beans, pinto beans, lima beans, white beans, soybeans, split peas, chick peas, black eyed peas, lentils, artichokes

Folate*	
Healthful diets with adequate folate may reduce a woman's risk of having a child with a brain or spinal cord defect.	Excellent vegetable sources: black eyed peas, cooked spinach, great northern beans, asparagus

Potassium	
Diets rich in potassium may help to maintain a healthy blood pressure.	Good fruit and vegetable sources: sweet potatoes, tomato paste, tomato puree, beet greens, white potatoes, white beans, lima beans, cooked greens, carrot juice, prune juice

Vitamin A	
Vitamin A keeps eyes and skin healthy and helps to protect against infections.	Excellent fruit and vegetable sources: sweet potatoes, pumpkin, carrots, spinach, turnip greens, mustard greens, kale, collard greens, winter squash, cantaloupe, red peppers, Chinese cabbage

Vitamin C	
Vitamin C helps heal cuts and wounds and keep teeth and gums healthy.	Excellent fruit and vegetable sources: red and green peppers, kiwi, strawberries, sweet potatoes, kale, cantaloupe, broccoli, pineapple, Brussels sprouts, oranges, mangoes, tomato juice, cauliflower



Ways to Make Fruits and Veggies a Regular Part of Your Diet

Much of the research show us that frozen fruits and vegetables are a great way to attain the health benefits that produce has to offer. So don't pass on them when you are in the freezer section. Use the tips below for increasing the fruits and vegetables in your diet.

- Make your plate colorful. Try to make a fruit or vegetable present at every meal.
- Keep a bag of frozen berries on hand and enjoy with yogurt or oatmeal for breakfast.
- Enjoy some frozen or fresh fruit topped with a dollop of whipped cream for dessert.
- Throw in an additional fresh or frozen vegetable to a soup.
- Make your own syrups to top pancakes, crepes, or waffles with frozen or fresh berries.
- When ordering pizza, lean towards the veggie toppings.
- Enjoy a veggie omelet. This is a great meal that takes little time to make.
- A bag of frozen mixed vegetables also works well in a stir fry.
- Venture out and try a new fruit or vegetable.
- Make fruit smoothies. Frozen fruit works wonders for this.
- Try some fresh or dried fruit as a salad topping.



Recipes Using Frozen Ingredients

Fruit Smoothie

Serves 4

You'll Need:

- 1 cup orange juice
- 1 large ripe banana
- 1 1/2 cups frozen fruit of choice
- 1 cup plain yogurt
- 1 teaspoon honey

Directions:

- Place frozen fruit in blender and let sit until a bit thawed.
- Add all other ingredients blend until smooth.

Tortellini Soup

You'll Need:

- 1 Tablespoon olive oil
- 1 medium onion, chopped
- 2 garlic cloves, crushed
- 1, 10 ounce package frozen chopped spinach
- 2, 14.5 ounces of chicken or vegetable broth
- 1, 14.5 ounce can of diced tomato or 1 fresh tomato, diced
- 1, 9 ounce package of tortellini of choice (dried or frozen is fine tortellini)
- 1/2 Tablespoon dried basil
- Pinch of crushed red pepper
- Salt and Pepper to taste
- Freshly grated parmesan cheese

Directions:

- In a large pot heat olive oil over medium heat.
- Add crushed red pepper to your liking and saute the onion and garlic.
- Next add the spinach, tomato and broth. Heat to boiling and then reduce heat to low.



- Stir in tortellini, and simmer for 10 to 15 minutes, or until the tortellini is cooked to desired tenderness.
- Season with the basil, salt and pepper.
- If you would like you can serve topped with some freshly grated parmesan cheese.

Berry Cobbler

With a cake-like/biscuit topping with a slight crunch on top and ooey gooey delicious blueberries hidden on the bottom; this recipe is quite the treat! This is delicious with frozen or fresh berries.

You'll Need:

- 2 1/2 cups fresh or frozen blueberries (or other kind of fresh or frozen berries)
- 1 teaspoon vanilla extract
- 1/2 lemon, juiced
- 1/2 cup white sugar
- 1/2 teaspoon all-purpose flour
- 1 Tablespoon butter, melted
- 1 3/4 cups all-purpose flour
- 4 teaspoons baking powder
- 6 Tablespoons white sugar
- 5 Tablespoons butter, melted
- 1 cup milk
- 2 teaspoons sugar
- 1 pinch ground cinnamon

Directions:

Preheat oven to 375 F.

In an 8" baking dish (square or circular is fine)

- Lightly grease the pan.
- Place the blueberries into the dish, and add vanilla and lemon juice.
- Sprinkle with 1/2 cup of sugar and 1/2 teaspoon of flour, then stir in the Tablespoon of melted butter.
- Set aside.



In a medium bowl

- Stir together 1 3/4 cups of flour, baking powder, and 6 Tablespoons sugar.
- Add the 5 Tablespoons melted butter into a well in the center, and quickly stir in the milk.
- Mix just until moistened. You should have a very thick batter. You may need to add a splash more milk.
- Cover, and let batter sit for 10 minutes.
- Spoon the batter over the blueberries, leaving only a few small holes for the berries to peek through. Mix together the cinnamon and 2 teaspoons sugar; sprinkle over the top.

Bake & Eat

- Bake for 20 to 25 minutes in the preheated oven, or until the top is golden brown. A knife inserted into the topping should come out clean - of course there will be blueberry syrup on the knife.
- Let cool until just warm before serving. This can store in the refrigerator for 2 days.
- Serve plain or with vanilla ice cream. Enjoy!



Buy This and Say Bye-Bye to That Shopping for Frozen Foods

Buy	Bye-Bye
Frozen vegetables	Canned vegetables that contain additives and preservatives.
Frozen fruits	Canned fruits that contain high fructose corn syrup and other additives and preservatives.
Ice cream made with real ingredients.	Ice cream containing fake sugars, additives and preservatives.
Frozen products that contain all real ingredients ex. clean raviolis or dumplings etc. Please refer to note below.	Frozen products, such as convenience meals, pizza, etc. that are loaded up with additives and preservatives.

Note: When choosing frozen convenience meals that have clean ingredients, is important to be aware of the amount of sodium in the product. Even though these food products may contain clean ingredients; it is better to consume them every once in a while, due to the sodium content being quite high.