



Week Two Participant Manual:
Hanging Out in The Dairy Aisle



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JOURNALING

- What are some ways you can save some money to put towards quality foods?
- What are your thoughts on consuming full-fat vs. low-fat dairy?



Budget Eating

Finances are a concern for many. People have the misconception that eating healthier has to be really expensive. So let's see what we can do to live healthfully within our means.

First we must recognize that food is health! You can spend the money upfront on food or pay for medication in the long run. This becomes a choice. There are many areas of our life that we can look at changing to aid us in increasing our food budget. This will help us in saving extra money to purchase better quality milks and meats, etc.

Choose Real Foods

Many "foods" that people are considering staples these days provide the body with no nutrition and in fact can have negative implications on the body. To name a few diet sodas, Twizzlers, Cheetos, fruit chews and Cracker Jacks are not quality foods. These foods do not nourish the body and in fact add synthetics and unnecessary additives and preservatives to our bodies leading to many health problems.

So we need to focus on eliminating fake foods from the diet. This action alone will stretch our food budget to buy better quality foods.

Portions Count

Many of the pricier foods such as meats and dairy are nutritious but what is important to emphasize, is the amount we consume. When you focus on controlling portion sizes of foods consumed you can create many more meals.

The extra money you are spending on better quality bacon, you are saving by not eating 5 strips at one time. Bacon is an amazing food and a little goes a long way to add flavor and fat. The fat in the bacon will keep our bodies satisfied with less.

So using a couple strips to flavor a quiche or salad is a way to make a better health choice and also extends the food budget.

Focus on ways to use less of the real deal. Butter is the same way. A little bit of butter can really add a lot of flavor to a dish, a lot can ruin it.

Have the kids be your coupon clippers. Having them take an active role on getting food on the table teaches them a lot about the appreciation of a meal. And remember the eating principles you have learned through Mediterranean Wellness. Serve yourself less than you think you want and take your time with your food. These strategies really do help with portion control.



Portions Count continued...

The more portions you get out of a food the better it is on the budget. So yes the better choice might cost 50 cents more but you are getting extra servings out of the food so in the end it becomes the better choice for health and budget.

Buy in Bulk

Buying a large tub of yogurt is cheaper than buying the smaller individualized serving. And you can control the portion you are going to eat.

When you can shop at a food co-op or a grocery store that has bins, this is usually a more cost effective way to buy grains, beans, nuts, etc.

You can also buy things in bulk and split them with a family member or friend.

Decrease Eating Out

In a recent article found in the New York Times author Mark Bittman compares a meal to feed 4 at McDonalds compared to buying wholesome ingredients and making the food at home.

The results speak for themselves. A meal feeding four from McDonalds was approximately \$28.00. This was compared to buying groceries at a store consisting of Chicken, vegetables, milk, oil, bread, and spices was around \$14.00. And the food purchased could feed more than four people and was the healthier choice.

To read the article in its entirety visit:

www.nytimes.com/2011/09/25/opinion/sunday/is-junk-food-really-cheaper.html?_r=1

We need to get back into the kitchen! Cooking can be done fast. Just recommit first to eating out less and cooking more in the home.

Buy in Season and Local

Local and in season produce is usually more nutritious, cost effective and tasty.



Decrease and Monitor Excess Spending

- Decrease purchasing coffees from a coffee shop and make your own cup at home.
- Borrow books and DVDs instead of buying them.
- Limit impulse shopping on clothes, shoes, accessories etc.
- Think about changing your cable package.
- Decrease buying excess toys for the kids; they would rather have the time with you anyways.
- Decrease purchasing processed foods.
- Be realistic with your cell phone plan.
- Shut off lights, fans, etc when not using them, every little bit helps!
- Limit car use when possible.
- Look at manicures and pedicures as a treat and not a necessity.
- Look at attending a sporting event or a movie as a treat and not a standard weekend activity.
- Host pot lucks instead of always going out to eat. And bring your lunch to work more often.
- Plan menus and go to grocery stores with a list. This will help to decrease impulse buying.
- Do you use your gym pass? If not cancel it and commit to exercising in the home or outside.
- Entertainment does not have to be expensive.
 - Have a themed dinner party.
 - Go on a picnic.
 - Take a hike.
 - Go blueberry picking.
 - Have friends over for dessert instead of always going out.
 - Make crafts with the kids.



Is It Cheaper To Eat Out?

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Food Costs:

Onion: ~\$1
 Potato: ~0.75 cents each
 Dried Beans: ~\$1.75
 Rice: 0.05 cents per ounce
 Cabbage: 0.97 cents per head
 Green beans: 0.17 cents per ounce

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The point is not to list all of the foods and food prices, but to drive home the point that we can make healthy meals at home, that cost less than we have been led to believe.

It's just NOT more expensive to make your own food.



Source: McDonald's. All food prices: Foodnet, Boston. Prices per item. Self-reported and listed prices. Department of Agriculture (consumer analysis).

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Fat in Dairy is Our Friend

We want to help you move away from the low-fat, fruit on the bottom, yogurt for your standard breakfast. This will not leave you satisfied and contains way more sugar than a person needs at one meal.

It also costs a lot more when you buy the yogurts in the smaller containers vs. buying a larger container and portioning it out yourself.

Yogurt is a wonderful food to have as a part of our diet and the bonus is it contains probiotics. Probiotics are good bacteria that are naturally present in the digestive system. While more research needs to be done, there's some evidence that some strains of probiotics can help boost the immune system and promote a healthy digestive tract.

Greek style yogurt does contain more fat than standard yogurts. It is a lot denser when compared to regular yogurt and has a sort of sour cream consistency. It is a great food choice and, of course, like anything portion control is necessary. The great thing is the fat in the yogurt will help to keep you satisfied and aid in decreasing between meal snacking.

So the additional 40 calories you are having at breakfast by consuming a full fat dairy product could help to prevent a 200 calorie midmorning snack. So at the end of the day, who is eating less calories the low fat dieter or the person that incorporates moderate amounts of fat into their meals? So remember fat is our friend when consumed properly.

Try these breakfasts that incorporate dairy into the diet. Remember the fat that you are having at this breakfast meal can help to tide you over till lunch. And when you decrease between-meal-snacking you decrease the consumption of extra calories. All this leads to weight loss and weight maintenance and health in the long term.
See Breakfast examples on next page...



Breakfasts

- Pancakes, topped with plain yogurt, maple syrup, and banana slices
- Multigrain cereal with cut up banana, or strawberries, milk or plain yogurt
- Banana bread or zucchini bread topped with some butter, coffee
- Plain yogurt topped with granola
- Plain yogurt mixed with walnuts, banana, maple syrup and a pinch of cinnamon
- Nuts, dried fruit and tea with milk
- Half a bagel, topped with cream cheese or another type of cheese & a slice of tomato
- Hot cocoa with a piece of toast and nut butter
- Fruit smoothie made with plain yogurt and a few nuts

Fat-free, Low-fat and Full-fat dairy... Which One to Choose?

Still not sure what to choose, check out the article at the link below. This well done article simplifies the many choices of milk and why to choose certain ones. Read it and you might be a little bit shocked on how skim milk is really made...

www.details.com/style-advice/the-body/201105/skim-milk-non-fat-milk-diet-foods

And even good old Andy Rooney helps us with answering the question above, check out his rant on Milk: www.youtube.com/watch?v=Zu_PCGJ-rkA

Hormones in Our Milk

Here is a link to a fact sheet that explains the whole hormones in milk issue and what we can do about it.

www.sustainabletable.org/issues/docs/SayNoToRBGH-fww07.pdf



Purchase Quality Foods

Ok now that we have decided we do not want to eat the hormones, where can we buy quality foods? Well the good news is many grocery stores now carry better alternatives.

The customers are demanding better quality foods. They want to know what is in their foods. Your food dollar really does speak! The more quality foods that are purchased the more stores will carry these foods. And this also gives support to farmers to produce foods in the way they were intended to be produced.

This is a great website that allows you to search by location where to get quality foods from everything from eggs, dairy, bread, produce and meats.

www.eatwellguide.org/i.php?pd=Home

Cheese Guide

Say good-bye to low-fat and fat-free cheeses and say hello to less of the real deal!

Fat makes food taste good, we can all agree on that. It also gives food a certain consistency and palatability. So when out goes the fat in a certain food you better believe food companies put something else in there to try and give it a decent texture and taste. And of course it is usually some synthetic concoction that can reap havoc on our health.

So choose the real deal and practice healthy eating strategies to control portions. And remember the fat in the cheese will help to keep you satisfied for a longer period of time. So think of ending some of your meals with a small piece of cheese and allow that fat to work its magic to curb between meal snacking.

Here is a link that contains a great guide to find out about the many cheeses out there. Try new ones to see what you think. Many cheese counters will allow you to sample cheeses, so go ahead give a new one a try!

The Cheese Encyclopedia: www.igourmet.com/ST/encyclopedia.asp



Buy This and Say Bye-Bye to That Dairy Shopping

Buy	Bye- Bye
Full fat milk products-ex. half n half, whole milk.	Low-fat and fat-free milk products-ex. skim milk and fat-free half n half.
If concerned about hormones and antibiotics in your milk, purchase organic milk.	Conventionally produced milk.
Yogurts that contain real ingredients and are lower in added sweetener. It is best to buy plain yogurt and add your own sweetener.	Fat-free and low-fat yogurts that are loaded up with fake and excess sweeteners, food dyes and other synthetics.
Full-fat cheeses	Low-fat and fat-free cheeses
Real dairy products, ex. ice cream made with real ingredients, heavy cream (that you have to whip)	Fake coffee creamers, fake ice cream, cheese spray in a can, cool whip, etc.