

Healthy Eating in our Busy Lives: Tips and Real-Time Demonstrations of Easy Recipes for Healthier Meals

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A little about me...

Dietitian for 25 years

I work in the Buffet Cancer Center in Outpatient Oncology, and my areas of focus are survivorship and cancers of the breast, gynecological, lung, skin, and brain.

Mom of a 7-year-old

Loves: yoga, gardening, being outside, volunteering, presenting



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Objectives:

- 1) Identify dietary patterns that reduce risk of disease.
- 2) Introduce realistic and impactful goal setting for implementing change to healthy behaviors.
- 3) Discuss essentials of meal planning including healthy recipes that are easily reproduced in the home setting.

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Dietary Guidelines for Americans 2020-2025

- Grounded in robust scientific reviews of the current body of evidence.
- A healthy dietary pattern can help people achieve and maintain good health and reduce the risk of chronic disease.
- Recognize that more than $\frac{1}{2}$ of adults have 1 or more diet-related chronic diseases.



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Dietary Guidelines for Americans

- Guidelines focus on health promotion, not treatment.
- The food and beverages that you consume have a profound effect on health.
- It is never too late to start and maintain a healthy dietary patterns.



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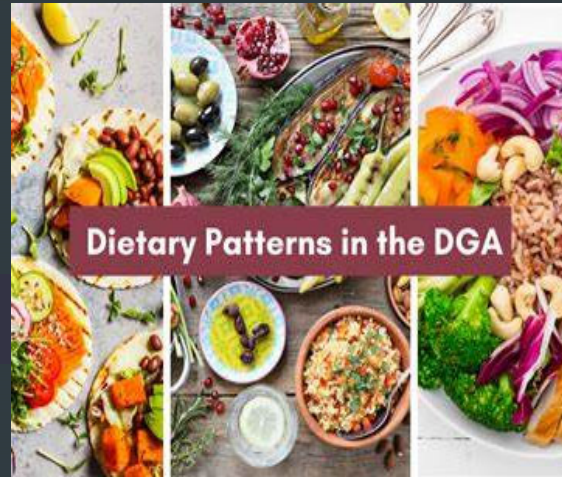
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Guideline #1 Follow a Healthy Dietary Pattern at Every Life Stage



Dietary Pattern = combination of foods and beverages over time.

Unique challenges of adulthood = learned behavior, balancing many things in life



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Guideline #2: Customize and Enjoy Nutrient Dense Food and Beverages to Reflect Personal Preference, Cultural Traditions, and Budgetary Considerations



Nutrient Dense = foods rich in vitamins, minerals, fiber, phytochemicals and have little added sugars, saturated fat, sodium

Examples: fruits, veggies, whole grains, pulses, nuts, lean meats, seafood, low fat dairy



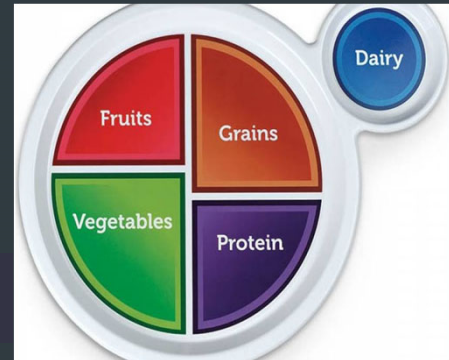
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Guideline #3: Focus on Meeting Food Group Needs with Nutrient Dense Foods and Beverages and Stay within Calorie Limits



Myplate.gov

- 1) Make $\frac{1}{2}$ your plate fruits and veggies
- 2) Make $\frac{1}{2}$ your grains whole
- 3) Vary protein choices
- 4) Choose low fat dairy



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"The New American Plate"



The Association of Diabetes Care and Education Specialists concluded that the plate method has been effective in achieving cardiometabolic and weight management goals.



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Guideline #4 Limit Foods Higher in Sugar, Saturated Fat, Sodium, and Limit Alcoholic Beverages



- ❑ Added Sugars: less than 10% of your daily calorie intake
- ❑ Saturated fat: less than 10% of your daily calorie intake
- ❑ Sodium: less than 2300 mg per day
- ❑ Alcohol: 2 drinks per day or less for men, 1 drink or less per day for women

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Bringing the Guidelines to Life!



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Meal Planning



- 1) Make a Menu
 - a) Think about your "time budget" for prep
 - b) Aim for variety, but don't feel like every day has to be different
 - c) Make sure to include utilizing leftovers in your menu planning
- 2) Stock your Pantry/Freezer with the Food Groups
 - a) Purchase a combo of fresh, frozen, canned fruits, veggies, proteins
 - b) Have a variety of starches/grains on hand- whole wheat pastas and tortillas, brown rice, quinoa
- 3) Keep a Running Grocery List
- 4) Designate Duties

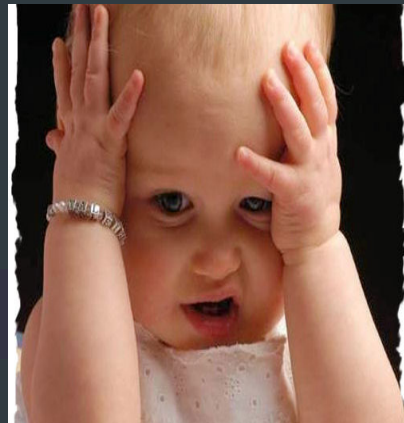
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Meal Prep vs "Component Cooking"



Choose 1 thing to do ahead

- Pre-chop the veggies
- Pre-cook pasta
- Mix spices
- Assemble ingredients



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Breakfast



What matches your style or needs?

- Prep as much as possible ahead of time.
- Wake up 10 minutes earlier for prep.
- I need grab and go.

Ideas: overnight oats, breakfast cookies, freezing smoothies into popsicles, microwave egg mug, yogurt parfait, make ahead smoothie freezer packs, muffin cups

****When planning or grabbing- don't forget about some protein and fiber for fullness.

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Basic Overnight Oats

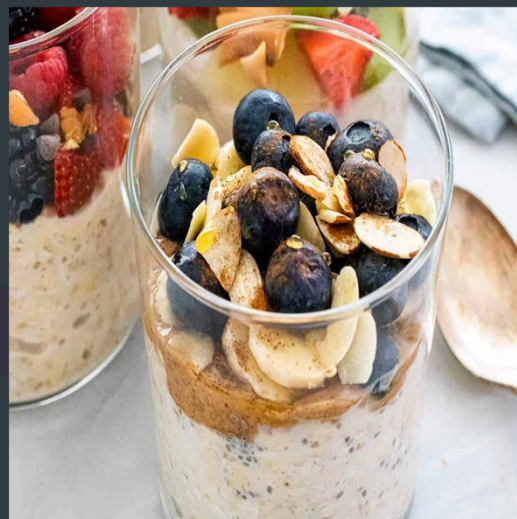


Ingredients:

- ½ cup dry, old-fashioned oats
- ½ cup milk of choice

Directions:

- 1) Combine oats and milk
- 2) Cover and refrigerate overnight
- 3) In the morning, add color and crunch with your desired toppings.



Nutrition: 190 kcals, 3 g fat, .5 g sat fat, 53 mg sodium, 33 g total carbohydrate, 4 g fiber, 7 g sugar, 0 grams added sugar, 9 g protein

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Weekend Breakfast? Try an "Oatmeal Board."



Topping Combo Suggestions

Elivs: peanut butter and banana

Holiday: dried cranberries and shelled pistachios

Candy Bar: almonds, coconut and mini chocolate chips

Hawaiian: pineapple, coconut and macadamia nuts

Apple Pie: apple, cinnamon and walnuts

Pumpkin Pie: pumpkin pie spice, vanilla, pecans and brown sugar

Banana Bread: sliced bananas, walnuts and maple syrup

Carrot Cake: raisins, shredded carrots and brown sugar

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Lunch



- Good place to try plant-based protein
- Pack ahead- decide night before vs morning of
- Pack more than 1 at a time
- Fun containers

Ideas: salad kits, rice/grain/noodle bowls, stuff leftovers in a pita, roll in a tortilla

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Prep Ahead or Cook Once, Eat Twice- Feta Garbanzo Bean Salad



Ingredients:

1 can garbanzo beans or chickpeas, rinsed and drained
 1 ½ cups chopped cucumber
 1 can (2 ¼ oz) sliced ripe olives, drained
 1 medium tomato, seeded and chopped
 ¼ cup sliced red onion
 ¼ cup chopped fresh parsley
 3 T olive oil
 1 T lemon juice
 ¼ tsp salt
 1/8 tsp pepper
 5 cups torn mixed salad greens
 ½ cup crumbled feta cheese

Directions:

- 1) Place the first 11 ingredients in a large bowl, toss to combine, sprinkle with cheese

Nutrition: 2 cups: 268 kcal, 16 g fat (3 g sat fat), 586 mg sodium, 24 g carbohydrate, 4 g sugars, 7 g fiber, 9 g protein

Recipe source: tasteofhome.com



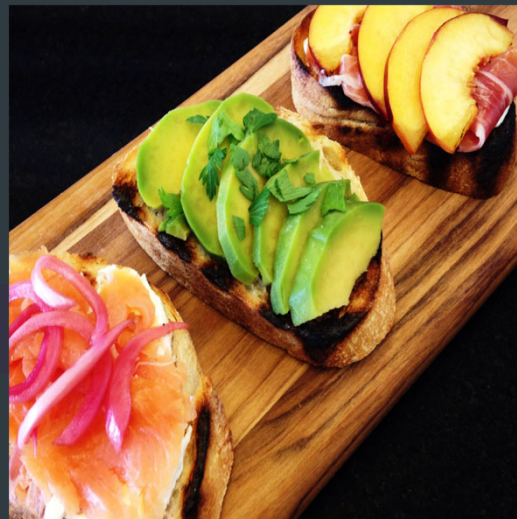
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Weekend Brunch? A Little More Time?



Try a toast flight!

Start with a hearty whole grain bread and challenge yourself to add fruits or veggies.



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Mashed Avocado Toast with Feta and Pepitas

[Mashed Avocado Toast with Feta and Pepitas - American Institute for Cancer Research \(aicr.org\)](#)

Ingredients:

- 1 slice whole-grain bread
- 1/3 avocado, mashed
- 1 lemon wedge
- 1 tsp feta cheese
- 1 tsp pepitas (pumpkin seeds)

Directions:

1. Toast bread
2. Mash avocado and mix with lemon juice squeezed from wedge
3. Top toast with all ingredients



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Cottage Cheese, Cucumber and Tomato Toast

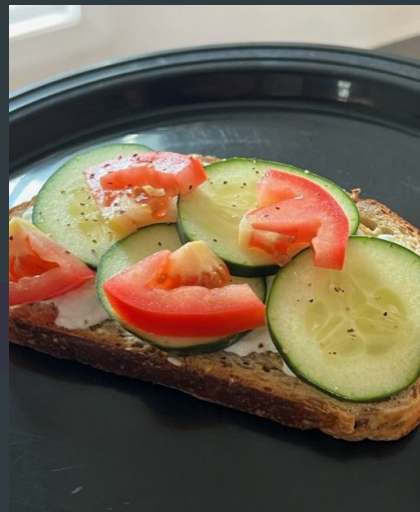
[Cottage Cheese, Cucumber and Tomato Toast - American Institute for Cancer Research \(aicr.org\)](#)

Ingredients:

- 1 slice whole-grain bread
- ¼ cup reduced fat cottage cheese
- 4-5 thin cucumber slices
- 2-3 thin tomato slices
- Cracked black pepper (to taste)

Directions:

1. Toast bread
2. Spread cottage cheese on bread
3. Top toast with all ingredients



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Ricotta, Basil, Strawberry Toast

[Ricotta, Basil, Strawberry Toast - American Institute for Cancer Research \(aicr.org\)](#)

Ingredients:

- 1 slice whole-grain bread
- 1 T ricotta cheese
- 3 fresh basil leaves, sliced into strips
- 2-4 strawberries, sliced

Directions:

1. Toast bread
2. Spread the cheese over toast and top with basil and strawberries



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Easy Dinner Meals 101

- Freezer meals- more labor intensive at one time- all chopping, mixing, etc done ahead of time
- Quick prep- choosing "quick cook" items- etc, pasta, canned beans, rotisserie chicken
- Prep Ahead- "component cooking"
- Cook Once, Eat Twice-plan to utilize leftovers

*** According to the Journal of the Academy of Nutrition and Dietetics: fully and PARTLY home-cooked meals are more likely to include nutritious ingredients



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12 Ways Cook Once, Eat Twice



One Protein (chicken, beans, etc.) can be made into:

Noodle Bowl
Rice Bowl
Quinoa Toss
Stir fry
Enchiladas
Tacos
Nachos
Salads
Soups
Pizza
Panini
Casserole



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Asian-Inspired Sesame Noodles with Chicken (serves 4)



Ingredients:

6 oz whole wheat fettuccine
2 tsp toasted sesame oil, plus more for noodles
Juice of 1 lime
2 T warm water
1 ½ T chunky peanut butter
1 ½ T low sodium soy sauce
2 tsp chili sauce
2 cups chopped/shredded cooked chicken
1 red or yellow bell pepper, sliced
2 cups sugar snap peas or green beans, cooked or raw (can cook during the last 2 minutes of the pasta cooking)
1 cup cooked and shelled edamame
Chopped peanuts, sesame seeds, or chopped scallions, optional;

Directions:

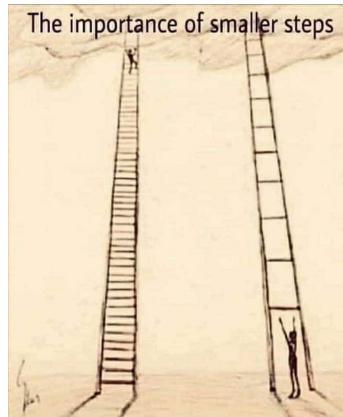
- 1) Cook pasta according to package directions
- 2) Drain pasta and toss in bowl with sesame oil to keep from sticking.
- 3) Combine lime juice, water, peanut butter, soy sauce, chili sauce, and sesame oil in a microwave safe bowl
- 4) Microwave for 45 seconds and stir
- 5) Add to noodles and toss
- 6) Stir in chicken, veggies of choice, edamame
- 7) Top with peanuts, sesame seeds or scallions if you'd like

Recipe adapted from eatthis.com



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Goal Setting: Where to start???

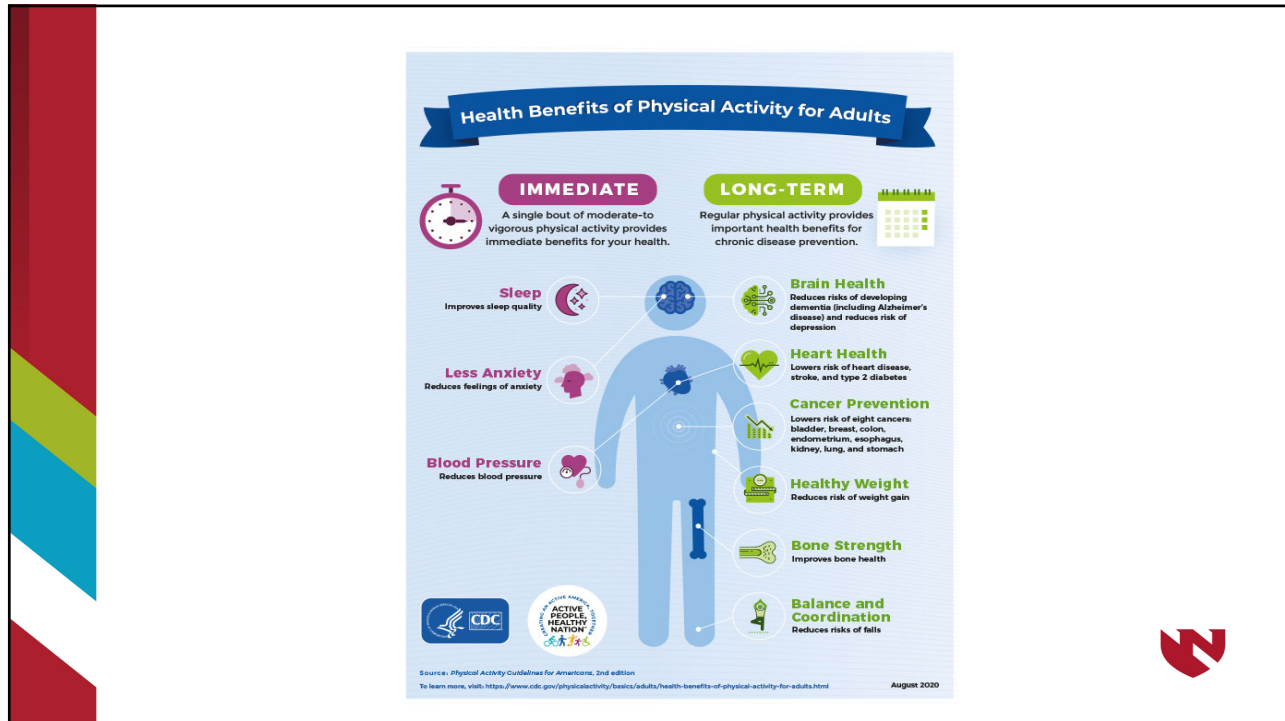


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SMART GOALS



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Bringing the Recommendation to Life

- Think of it as "activity, not exercise."
- Move more, sit less
- Something is better than nothing.
- Small goals really do add up, try 10 minutes to start
- More than the scale
- 30 minutes, most days
- Make it fun, something you enjoy, don't judge your activity
- Partner up
- Plan- how does this adjust seasonally?
- Track- wearable device, track time, etc.
- Try something new
- Standing desk
- Find an app that works for you

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Questions?

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