

# FACTS ABOUT PROTEIN

Proteins are the building blocks of the body, and are made up of **amino acids**. Some amino acids are made by the body, while others come from food. Some foods called **“complete proteins,”** have all the essential amino acids, while other foods must be eaten together in a process called **“protein pairing,”** to make a complete protein.

## SOURCES OF COMPLETE PROTEINS AND HOW TO PROTEIN PAIR

### Complete Proteins

Each option is complete:

- Meat
- Soy (tofu, tempeh, miso)
- Fish
- Quinoa
- Dairy
- Buckwheat
- Eggs
- Poultry

### Protein Pairing

One option from at least two categories:

- **Whole grains:** brown rice, corn tortilla, and whole wheat pasta & bread
- **Nuts or seeds:** seeds (sunflower & pumpkin), almonds, walnuts, and cashews
- **Pulses:** beans (kidney, garbanzo, black, pinto), peanuts, and lentils

## EATING THE RIGHT AMOUNT OF PROTEIN

In general, at least **10% of calories** consumed should be from protein. This is about **45-56g of protein based on a 2,000-calorie-per-day** diet. Work with a dietitian or medical professional to determine your individualized needs. See the examples below for what **20 grams** of protein looks like:



3 oz. or palm-size amount of meat



3 Eggs boiled, scrambled, or fried



3/4 - 1 cup Plain Greek yogurt



1 cup Beans (kidney, black, pinto, or chickpea)

## COOKING FOR QUICK COMPLETE PROTEIN MEALS



Rotisserie chicken with microwaved sweet potato and vegetables



Tuna fish on top of salad with dressing



Canned beans, rice, salsa, lettuce, and sliced avocado



Nut butter or hummus on whole grain bread with chopped vegetables



# PROTEIN LECTURE: DAL WITH YOGURT



## RECIPE INFORMATION

Serving Size: 3 | Total Time: 20 minutes | Equipment: large frying pan, cutting board, bowl, fork, spatula, and food processor (optional)

## INGREDIENTS

- 1 Medium
- 2 Medium
- 6 Cloves
- 2 Tablespoons
- 1 Teaspoon
- 1/2 Teaspoon
- 1 Teaspoon
- 2-3 Small
- 1 Cup
- 3-4 Cups
- Bunch
- Optional Toppings
- Optional Sides
- Onion
- Plum tomatoes
- Garlic
- Oil (avocado, safflower, sesame, or light olive oil)
- Ground turmeric
- Ground cardamom
- Salt
- Red chilis
- Dal (chickpea, lentil, pea, etc...)
- Water
- Cilantro
- Greek yogurt or paneer cheese\*
- Rice, naan, or additional proteins (chicken or tofu)

\*Substitute dairy with naan or rice to keep this meal a complete protein.

## DIRECTIONS

1. Chop the onion & tomatoes, and mince the garlic.
2. Heat the oil in a large pot on medium high heat.
3. Add the chopped onions & tomatoes and cook for 2-3 minutes or until translucent.
4. Add the turmeric, cardamom, salt, and minced garlic. Cook until fragrant. Add red chilis.
5. Add the Dal and water (start with 3 cups and add more if needed). Cook for 20-30 minutes or until thick and the Dal is tender. Add water 1/4 cup at a time to thin it out if too dry.
6. Once the dal is done, remove the red chilis. Serve with a dollop of yogurt and fresh cilantro.

## PER SERVING NUTRITION INFORMATION (CHANA DAL & YOGURT)

257 calories | 15g protein | 8g fat | 2g saturated fat | 30g carbohydrates | 6g fiber | 823mg sodium



## FACTS ABOUT FAT

Eating the **right types** and **amounts** of fat are important to a healthy diet pattern. Fat has many jobs in the body, including providing energy and structure, carrying vitamins, and supporting hormones. There are two types of fat called **saturated** and **unsaturated**. Although most foods have both, meat and dairy have more saturated fat. Fish and plant foods have more unsaturated fat. Specific types of unsaturated fat called **Omega-3** and **Omega-6** cannot be made in the body. These fats are essential to include in your diet and have been found to protect against diseases such as heart disease.

### SOURCES OF ESSENTIAL OMEGA-3 AND OMEGA-6 FATTY ACIDS

- Fatty fish (salmon, mackerel, sardines)
- Avocado (fresh or oil)
- Nuts & seeds (almond, walnut, peanut, flax, chia seeds | raw, ground, oil)
- Olives (fresh or oil)
- Soybeans (edamame, tempeh, tofu, milk)

### EATING THE RIGHT AMOUNT OF FAT

In general, at least **20% of calories** consumed should be from fat. This is about **45g of fat based on a 2,000-calorie-per-day** diet. Work with a dietitian or medical professional to determine your individualized needs. See the examples below for what **15 grams** of fat looks like:



1 Tablespoon of Oil



1/2 Avocado



2 Tablespoons Nut Butter



4 oz. Fatty Salmon

### COOKING WITH PLANT OILS FOR OMEGA-3 AND OMEGA-6 FATTY ACIDS

#### Best for Cooking

High Temperature:  
Sauté, fry, & roast

- Seed oils (sesame, corn, sunflower, canola)
- Avocado oil
- Peanut oil
- Light olive oil

#### Best for Topping

Low Temperature:  
Dressings, spreads, & finishes

- Extra virgin olive oil
- Toasted sesame oil
- Flaxseed oil
- Walnut oil

#### Make a Swap

Consider these changes:

- Mashed avocado for cheese
- Canned tuna for deli meats
- Salmon over beef burgers
- Nuts over croutons
- Peanut butter over butter



# FAT LECTURE: PEANUT STEW



## RECIPE INFORMATION

Serving Size: 3 | Total Time: 30 minutes | Equipment: large pot, mixing spoon, and cutting board

## INGREDIENTS

- 1 Medium
- 1 Medium
- 2 Medium
- 1 Tablespoon
- 1 Tablespoon
- 1 Teaspoon
- 1 Tablespoon
- 1 15.5oz can
- 3 cups
- 1/2 Cup
- 1 bunch
- 1/4 Cup
- 2 cups
- Sweet potato
- Onion
- Carrots
- Oil (avocado, peanut, or canola oil)
- Curry powder
- Chili flakes
- Tomato paste
- Diced tomatoes, no salt added
- Broth, low sodium
- Peanut butter (no salt added)\*
- Kale
- Chopped peanuts\*
- Cooked rice (optional)

\*Substitute peanuts and peanut butter with almond, cashew, or sunflower.

## DIRECTIONS

1. Chop the potato, onion, and carrots.
2. Heat the oil in a large stock pot over medium-high heat. Add the chopped potato, carrots, and onion and cook for 5 minutes.
3. Add the curry powder and chili flakes. Cook until fragrant.
4. Add the tomato paste, diced tomatoes, broth, and peanut butter. Simmer on low heat for 20 min.
5. Once the vegetables are tender, add the kale and cook until wilted. Serve over brown rice.

## PER SERVING NUTRITION INFORMATION

433 calories | 20g protein | 28g fat | 5g saturated fat | 34g carbohydrates | 10g fiber | 450mg sodium

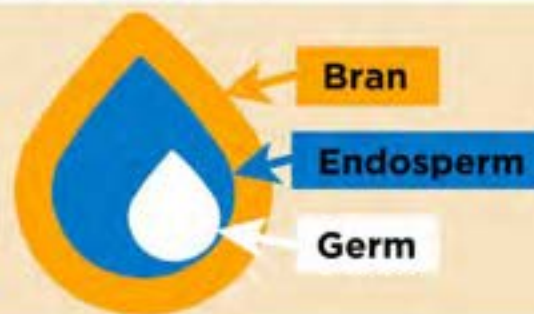


# FACTS ABOUT CARBOHYDRATES

Carbohydrates fuel the body. There are three types of carbohydrates including: **sugars, starches,** and **fiber**. Sugars and starches are broken down into simple sugars and are absorbed into the bloodstream "blood sugar". The hormone insulin signals the cell to bring sugar from the bloodstream into the cell to use for energy. **Fiber** cannot be broken down by the body, so it moves through the digestive track and is excreted whole. Fiber can help you feel full, support regular digestion, and enhance protection against cancer and high cholesterol. Good sources of carbohydrates with fiber include starchy vegetables, whole fruit, and whole grains.

## WHY WHOLE GRAINS?

Grains provide all three types of carbohydrates. **Processed grains** (like white flour) remove the bran and germ layers leaving only the endosperm. **Unprocessed grains** (like whole wheat flour and brown rice) have all three layers, providing fiber and other essential vitamins and minerals. The extra layers make whole grains the healthier option.



## SOURCES OF HIGH FIBER CARBOHYDRATES

### Whole grains

Brown rice, whole grain bread, corn or whole wheat tortilla, legume or whole wheat pasta

### Starchy vegetables

Corn, sweet potatoes, yucca, plantains, butternut squash, peas, and pumpkin

### Whole fruit

Berries, apples, pears, bananas, mango, papaya, and melon

### Legumes

Lentils and beans (black, pinto, kidney, chickpea, and split pea)

## EATING THE RIGHT AMOUNT OF CARBOHYDRATES

In general, at least **45-65% of calories** consumed should be from Carbs. This is about **225-325g of carbs based on a 2,000-calorie-per-day** diet. Some people may benefit from lower carbohydrate diets. Work with a dietitian or medical professional to determine your individualized needs.

## FILL YOUR PLATE!

Eating too much carbohydrates can lead to weight gain and health issues. It is important to monitor how much you are eating. High carbohydrate foods should take up about **1/4 of your plate**. Use the tricks below to help fill your plate with vegetables to help you feel full and satisfied.



Add vegetable noodles to pasta



Add finely chopped vegetables to rice



Use lettuce instead of bread or tortilla



Blend frozen cauliflower with mashed potatoes



# CARB LECTURE: EGG FRIED RICE

## RECIPE INFORMATION

Serving Size: 3 | Total Time: 20 minutes | Equipment: large frying pan/wok, cutting board, bowl, fork, spatula, and food processor (optional)

## INGREDIENTS

- 1 1/2 Cup
- 2 Medium
- 1 Bunch
- 1/2 Teaspoon
- 3 Medium
- 1/2 Small head
- 3 Large
- 1 Tablespoon
- 1/4 Cup
- 1/2 Cup
- Cooked brown rice
- Carrots
- Green onions
- Ground ginger (or 1 Tablespoon fresh)
- Garlic cloves
- Cauliflower (or 1 package cauliflower rice)
- Eggs\*
- Oil (avocado, peanut, or canola oil)
- Low sodium soy sauce\*\*
- Frozen peas

\*Substitute eggs for 1/2 cup egg substitute, or crumbled tofu.

\*\*Substitute soy sauce for gluten-free Tamari or coconut aminos (or lower sodium option).

## DIRECTIONS

1. Chop the carrots and green onion. Finely Chop the garlic and ginger.
2. Pulse the cauliflower in a food processor or finely chop it by hand until the size of a grain of rice.
3. Scramble the eggs until combined.
4. Heat a frying pan on medium-high heat. Drizzle 1 teaspoon of oil. Add the eggs and cook for 3-5 minutes or until light and fluffy. Remove from the pan.
5. Add the remaining oil. Add the chopped carrots and cook for 2-3 minutes. Add most of the green onion (saving some for the topping) and the riced cauliflower and cook for 5 minutes or until tender.
6. Add the soy sauce, ginger, garlic, and cook until fragrant.
7. Add the peas, cooked rice, and scrambled eggs and cook until evenly coated.
8. Serve and top with remaining green onion.

## PER SERVING NUTRITION INFORMATION

333 calories | 16g protein | 10g fat | 2g saturated fat | 45g carbohydrates | 11g fiber | 900mg sodium



# BONUS RECIPE: CONGEE WITH BABY BOK CHOY & SESAME GINGER DRESSING

## RECIPE INFORMATION

Serving Size: 4 | Total Time: 60 minutes | Equipment: large pot, cutting board, small container or jar with lid

## INGREDIENTS (CONGEE)

- 1 Cup
- 1 Pound
- Pinch
- Pinch
- 4 Cups
- 2 Cups
- 1 Pound
- Parboiled rice (or 1 cup cooked rice)
- Bone-in chicken thigh\*
- Salt
- Pepper
- Low-sodium broth (chicken or vegetable)
- Water
- Baby bok choy (or napa cabbage)

## INGREDIENTS (SESAME GINGER DRESSING)

- 1/4 Cup
- 1/4 Cup
- 1/4 Cup
- 1 Teaspoon
- 1 Bunch
- Low-sodium soy sauce\*\*
- Rice vinegar
- Sesame oil
- Ground ginger (or 1 Tablespoon fresh)
- Green onion

\*Swap out for firm tofu or fresh fish (Explanation provided by instructor).

\*\*Swap out for tamari or coconut aminos for a gluten-free and lower sodium option.

## DIRECTIONS

1. Rinse the rice. Add the rice, broth, and water to a large pot and bring to boil. Give the rice a stir, scraping the bottom of the pan to prevent sticking, then lower the heat to medium low.
2. Salt and pepper the chicken and add to the pot. Simmer gently for 45-60 minutes (or 30 minutes if using parboiled rice). Keep an eye on the pot to make sure the rice does not stick to the bottom.
3. While the congee cooks, rinse the bok choy, trim, and cut in half. Set aside.
4. Make the dressing by adding the soy sauce, vinegar, sesame oil, and ground ginger into a jar. Chop the green onion and add to the jar. Cover and shake until combined.
5. After the congee has cooked for at least 30 minutes or until the chicken has reached an internal temperature of 165°F, remove the chicken and let cool.
6. While the chicken is cooling, stir in the bok choy until it is wilted. Turn off the heat.
7. Shred the chicken with a fork. Serve congee topped with chicken and dressing.

## PER SERVING NUTRITION INFORMATION

410 calories | 23g protein | 18g fat | 3g saturated fat | 38g carbohydrates | 3g fiber | 720mg sodium

