



## Nutrition Nibbles

### What's For Dinner?

**H**ow many times have you caught yourself saying: "What's for dinner?" This usually happens around 6pm at the end of a long work or school day. You're tired, you're hungry; you open the cupboards and find nothing appetizing...so, what are you going to have for dinner? Rather than make a run for the border or dial-up your typical take-out, try something new and different: meal planning.

**P**lanning your week's meals ahead of time allows you to improve the nutritional quality of your diet while saving you time and money during the week. You will never feel stuck again, as long as you regularly arm yourself with a plan. Here's how:

**C**hoose one day each week to sit down and spend 30 minutes perusing through your favorite magazines, cookbooks, and websites looking for tasty recipes. Pull out your calendar and figure out which nights you will be home, which you will be out, when you will have the energy to cook, and when you will need to rely on leftovers or something from the freezer. Map it out on a piece of paper or a weekly meal planning calendar (check out my

favorite at: <http://tinyurl.com/r7cyfu>). Jot down your recipes—don't forget side dishes, veggies, and beverages. For ease during the week, make a note of your recipe source and page number so you can quickly find it when you need it. Create a shopping list of needed ingredients (try this one: <http://tinyurl.com/mmahoneyrd1>). Also on your meal plan, include breakfast and lunch choices. Plan for snacks too—it is better to be prepared, than to ransack the cupboards or vending machine at the last minute. Add these foods to your master shopping list as well. Don't forget to put paper goods, toiletries, and any other food staples needed on your list.

**O**nce you are satisfied with your meal plan, go grocery shopping ONCE. Shopping daily or multiple times each week not only takes time, but often is more costly. Never shop on an empty stomach—unnecessary, impulse buys will find their way into your cart and you will end up with an empty pocketbook. During the week, keep a blank

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### College Corner: Shape Up This Summer

Summer is here and chances are you want to get a tan, get in-shape, go on vacation (preferably get in-shape before going on vacation), cook healthier, and spend more time outdoors. Sound familiar? Try these 5 simple summer moves to shape-up your wellbeing this summer:

1. **Walk It Off.** Finals may have left you feeling sluggish and stuffed from stress eating. Rev up your energy by walking in the sunshine. Both your mood and gut will lift.

2. **Shake Up Your Summer Routine.** There is more to exercise than cardio! Try balancing your workouts with some strength-training exercises and stretching moves. Both will tone your physique in a way cardio can't.

3. **Cook Outdoors.** Fire up the BBQ. Grilling is a fun cooking method that will not only save you some calories (requiring less oil) but will also impart unique summer flavor. Throw lean meats, tofu, veggies, even fruit on the grill and enjoy!  
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## What's For Dinner? continued...

grocery list on your refrigerator to keep track of any foods you run out of. Use this list for your meal planning next week.

If you prefer the computer to a pen and paper, try this free, online meal planning site: [www.mealsmatter.org](http://www.mealsmatter.org). This website provides recipe and meal ideas, allows you to create a computerized shopping list, organize a virtual "recipe box," and more. If you prefer someone else to do all the work for you, try the free meal plans at [www.sparkpeople.com](http://www.sparkpeople.com) or buy a subscription to <http://thescramble.com>.

May all your meals be planned, delicious, and nutritious!

### Things to Consider When Meal Planning:

- Aim for 3 food groups at each main meal, 1-2 at snacks. Check out <http://mypyramid.gov> to see how many servings from the different food groups you need each day.
- Consider your nutrient needs. Are you getting enough

calcium in your diet through dairy foods? Are you including whole grains for B vitamins? What about heart-healthy fats and lean protein sources?

- Variety is the spice of life. Choose from a wide array of foods daily to tastily meet your nutrient needs.
- Color your plate. We eat with our eyes—make your food visually appealing using various colors and textures.
- Balance taste and fun. Food and eating should be enjoyable. Moderate your healthy choices with some of your all-time favorites.

### Eating Right Monthly Tip

Colorful cherries are in season now! Get a dose of antioxidants, beta carotene, vitamin C, potassium and fiber in every sweet bite. Choose cherries with the stems still attached, store them in the refrigerator in a breathable bag, and wait to wash them until right before eating. Go to [www.cookinglight.com](http://www.cookinglight.com) and search for a few new cherry recipes.

## College Corner continued...

4. **Power Your Body With Produce.** Summer yields an amazing variety of fruits and vegetables. Melons, berries, stone fruit, squash, tomatoes, green beans, corn-on-the-cob are at their peak. Enjoy at least 2 pieces of fruit daily and unlimited veggies for a vitamin and antioxidant boost.

5. **Hydrate, Hydrate, Hydrate.** Keep your summer body in top condition by filling up on at least 8 cups of water. For that refreshing summer taste, add sliced strawberries, cucumbers, lemon, or mint to your water pitcher.

I wish you a healthy, relaxing summer. Don't forget the sunscreen!

### Links You'll Love!

Do you meet friends for dinner at Chili's or The Cheese-cake Factory? See if your favorite entree received an XTreme Eating Award at: <http://tinyurl.com/pctq3d>

Here's a few tips for eating at restaurants with children: <http://tinyurl.com/pytu43>

### Favorite Food

Lots of people are curious about what dietitians eat when they are "off-duty."

I can't get enough of Kashi's Autumn Wheat cereal! It's a biscuit, mini-shredded wheat type cereal that is mildly sweet, loaded with

whole grains, sodium free, and a good source of fiber. Autumn Wheat is perfect for your morning breakfast or great as a tasty, portable snack when mixed with some dried fruit and nuts. Pick up a box at your local grocery store, Trader Joe's or Target. Enjoy!