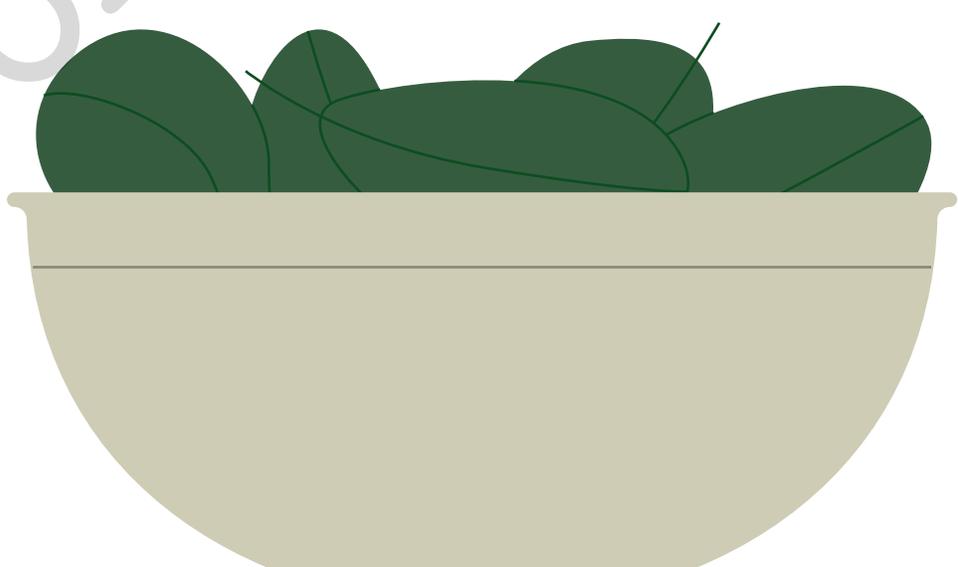
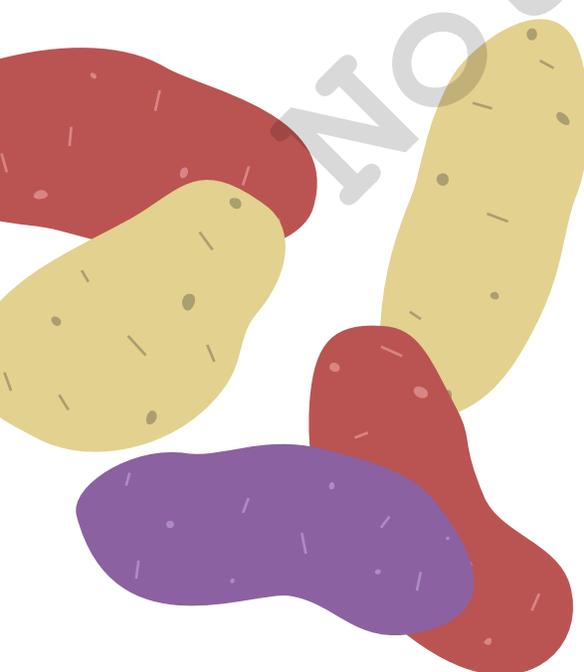
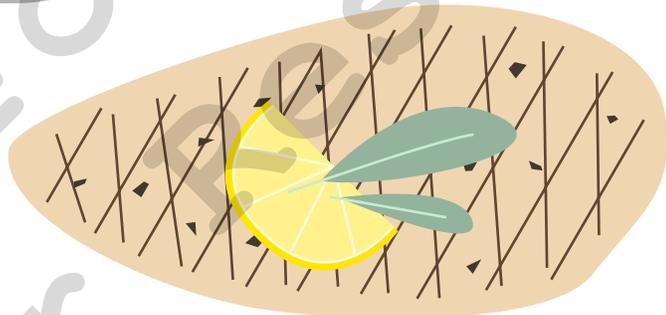
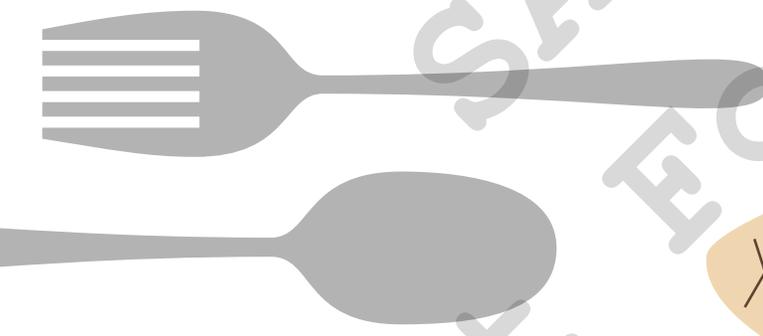


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COOKING BASICS



Academy of Nutrition and Dietetics
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Chicago, IL 60606

Eatright Essentials: Cooking Basics
Catalog Number: 621120

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SAMPLE PREVIEW
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COOKING BASICS HANDOUTS:

Basic Kitchen Tools and Equipment

How to Measure Ingredients

Cooking Methods to Master

Advance-Prep Cooking

Mastering 1-Pot Meals

Quick and Easy Meal Ideas

Flavor Boosters

Herbs and Spices

Healthy Recipe Finder

Tips to Lower Fat and Calories in Recipes

Make Your Own Rubs and Marinades

Make Your Own Salad Dressing

Make Your Own Sauces

Food Safety: Preparation

Food Safety: Storing and Reheating Leftovers
and Prepared Foods



HERBS AND SPICES

Herbs and spices add delicious flavor to foods and may help minimize the amount of salt and fat you use in recipes.

What are Herbs and Spices?

Herbs are the fragrant leaves of plants and are available in fresh and dried forms. Spices come from the bark, buds, fruit, roots, seeds, or stems of plants and trees and are mostly found in dried form.

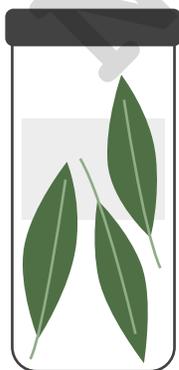
Some spices are available whole. For instance, you can grate whole nutmeg into recipes and grate or use whole cinnamon sticks to flavor beverages, hot cereals, and stews. Ginger is a popular spice that's available in both fresh and dried forms.

Handling Fresh Herbs

Fresh basil, cilantro, dill, mint, parsley, rosemary, sage, tarragon, and thyme are readily available in the produce department of many supermarkets and at many farmers markets.



- ▶ Choose undamaged herbs that aren't dry, brown, or wilted and refrigerate them as soon as you get home.
- ▶ Most herbs will keep unwashed in a plastic bag for up to 5 days in the refrigerator. But for herbs with leaves that brown or wilt easily, such as basil or cilantro, use the bouquet method: snip the stem ends, then stand them in a glass of water with a plastic bag placed loosely over the leaves. Change the water every couple of days.
- ▶ Right before using, wash herbs under cold, running water and dry them carefully with a clean paper towel. Before using fresh herbs with woody stems, such as rosemary and thyme, strip off the leaves.



Substitution Tip: Dried herbs are more potent and concentrated than fresh herbs. To substitute dried herbs for fresh herbs, only add a third of the amount originally called for (for example, replace a tablespoon of fresh thyme with a teaspoon of dried thyme). Conversely, substitute 3 times the amount of fresh herbs for dried herbs.



MAKE YOUR OWN SAUCES

Making sauces from scratch adds something special to a meal. Homemade sauces tend to be more nutritious than store-bought varieties, which often contain sodium (salt), added sugars, and saturated fats. Sauces made at home with fresh ingredients are also more flavorful, and you can make them to suit your own taste preferences.

EQUIPMENT

- ▶ Cutting board
 - ▶ Knife
 - ▶ Measuring cups and spoons
 - ▶ Wooden spoon
 - ▶ Can opener (for making tomato sauce)
 - ▶ Large pot or saucepan (for making tomato sauce)
 - ▶ Food processor or blender (for making pesto)
-

Getting Started

Start to build your sauce-making skills by learning to make the basic tomato sauce and pesto recipes below.

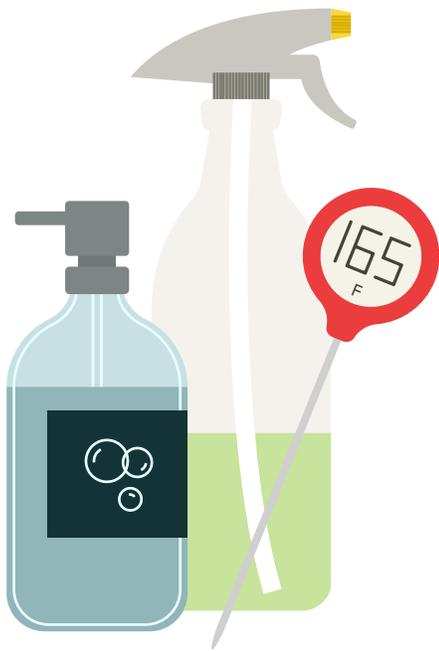
How to Make Tomato Sauce

1. Wash, peel, and finely chop a medium onion and 2 cloves garlic.
2. Heat 1 tablespoon olive oil in a large pot over medium heat. The oil is hot enough when you add a piece of onion and it sizzles.
3. Add the onion and cook until soft, about 5 minutes.
4. Add the chopped garlic and cook for 2 minutes.
5. Add 2 (28-ounce) cans crushed tomatoes with the liquid, 3 tablespoons tomato paste, 1 teaspoon dried oregano, and 1 dried bay leaf.
6. Cook uncovered, stirring occasionally, for about 30 minutes. The sauce will begin to thicken.
7. Add salt and pepper to taste. Remove bay leaf before serving. Serves 6.

How to Make Pesto

1. Add $\frac{1}{4}$ cup pine nuts or walnuts to a blender or food processor. Pulse to finely chop the nuts.
2. Add 3 cloves peeled garlic, $1\frac{1}{2}$ cups fresh and washed basil leaves, and $\frac{1}{4}$ teaspoon salt. If desired, add $\frac{1}{4}$ cup finely grated parmesan cheese. Pulse a few times to mix ingredients well.





FOOD SAFETY: PREPARATION

To reduce the risk of food poisoning while preparing food, follow the simple steps below.

KEEP A CLEAN CUTTING BOARD

Most types of cutting boards can be washed and put in the dishwasher, but wooden and bamboo boards cannot. (Check the manufacturer's directions for your board.)

Follow these 4 steps to clean your cutting board by hand:

1. Use a clean sponge or dish cloth to wash the cutting board in hot, soapy water.
2. Rinse the board well with clean, hot water.
3. Sanitize the board: Mix 1 tablespoon of bleach with 1 gallon water. Cover the surfaces of the cutting board with the bleach-water mixture and let it sit for several minutes. Rinse the board with clean water.
4. Dry the board in a dish drainer or with a paper towel before using or storing it. Don't dry with a dish towel because it can spread bacteria to the clean cutting board.

Wash Your Hands Often

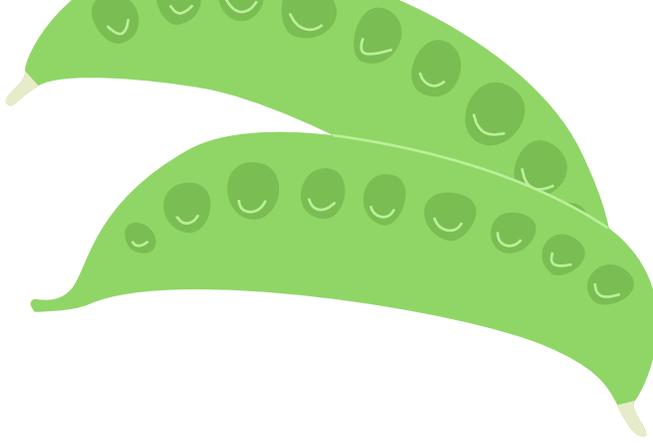
Wash your hands before, during, and after food preparation, and after using the bathroom, changing diapers, and handling pets and pet waste.

- ▶ Wash hands in warm, soapy water for at least 20 seconds, lathering the backs of hands, between fingers, and under fingernails. Rinse hands well under running water and dry them with a clean towel or air dry them.
- ▶ Wash your hands after you handle raw eggs, meat, poultry, or fish.

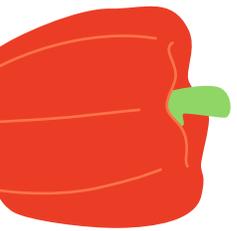
Keep Ready-to-Eat Foods Separate from Raw Meat, Poultry, Seafood, and Eggs

Cross-contamination occurs when juices from raw meats or bacteria from unclean objects accidentally touch cooked or ready-to-eat foods. Here's how to prevent it:

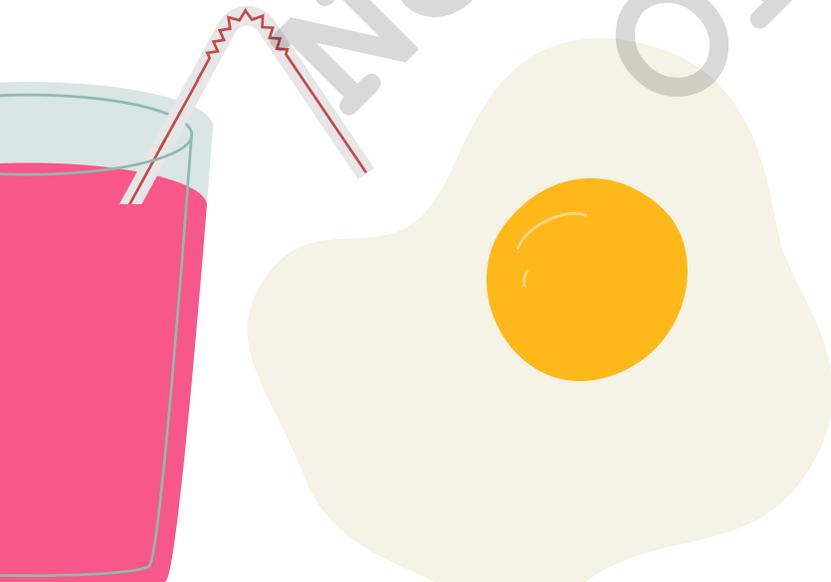
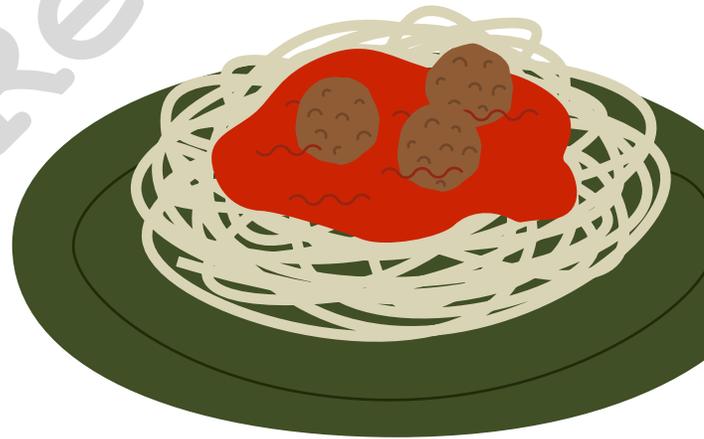
- ▶ Keep raw meat, poultry, seafood, and eggs separate from ready-to-eat foods such as fruits and salads.
- ▶ Use 2 cuttings boards: 1 only for raw meat, poultry, and seafood and 1 for ready-to-eat foods such as bread, cheese, fruits, and vegetables. To keep track, buy different color boards for different types of foods.
- ▶ Thoroughly wash cutting boards between uses. Refer to **Keep a Clean Cutting Board** for step-by-step tips.
- ▶ Don't use the same utensils, appliances, dishware, or cutting boards to prepare raw meat, poultry, seafood, and eggs and cooked or ready-to-eat foods unless you thoroughly wash these items in hot, soapy water first.



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EATING HEALTHY ON A BUDGET



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Eatright Essentials: Eating Healthy on a Budget
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EATING HEALTHY ON A BUDGET HANDOUTS:

Grocery Shopping

Budget-Friendly Big-Batch Foods

Feeding Your Family

Quick and Easy Meals

Make Your Own

Eating Healthy on a College Budget

Healthy Breakfasts

Healthy Lunches

Healthy Dinners

Snack Ideas

Diabetes Meal Planning

Vegetarian Meal Planning

Gluten-Free Living

Heart-Healthy Eating

Managing Your Weight



MAKE YOUR OWN

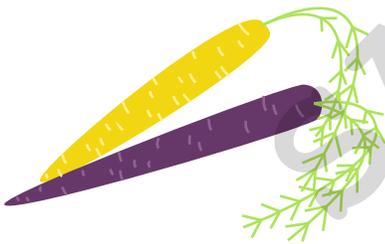
You can save money on many foods by making them at home instead of buying them pre-made. When you buy prepared and packaged foods, you pay for the labor and packaging. Make simple foods yourself. Then set a budget to buy items that are more difficult and time consuming to prepare at home.



Easy Foods to Make at Home

Here are ideas for foods to make at home:

- ← **Salads with protein foods:** Make tuna, egg, chicken, salmon, or shrimp salads for a quick, protein-packed lunch.
- ▶ **Soups:** Cook a double batch of chicken, vegetable, beef, or bean soup. Freeze some portions for later.
- ▶ **Fruit salad:** Pre-cut fruit costs a lot. Instead, buy fruits that are in season and cut them up at home.
- ← **Vegetables:** Avoid pricey, pre-cut vegetables like peeled garlic, sliced carrots, or cubed butternut squash. Prep your own vegetables at home.
- ▶ **Sandwiches:** Many pre-made sandwiches are loaded with high-calorie condiments and more than one portion of lunchmeat. Instead, try these make-at-home sandwiches:
 - 2 tablespoons peanut butter with 1 to 2 teaspoons of jelly on whole wheat bread
 - 2 ounces deli turkey or ham, with lettuce, tomato, a slice of Swiss cheese, and 2 teaspoons of honey mustard wrapped in a whole grain tortilla or wrap
 - 2 slices low-fat American or Swiss cheese with sliced tomato and cucumber and spicy mustard on toasted whole wheat bread
 - 2 scrambled eggs, lettuce, sliced tomato, and 1 slice of low-fat cheese on a whole wheat English muffin
- ← **Muffins:** Many packaged muffins are oversized and can contain more than 500 calories. Bake your own smaller and healthier versions at home, such as blueberry, banana-nut, or corn muffins.





HEALTHY BREAKFASTS

Eating a healthy breakfast every morning is possible, even when you're eating on a budget. Here are some tips and tasty breakfasts to try.

Planning a Healthy Breakfast

- ▶ For a balanced breakfast, try to include foods from at least 3 of these food groups:
 - **Grains:** Whole grain choices include whole wheat bread, whole grain cereal, and oatmeal.
 - **Fruits:** Choose frozen fruit; canned fruit in water or 100% juice; dried fruit; or seasonal fresh fruit.
 - **Vegetables:** Breakfast is a good time to use up leftover veggies, or choose fresh or frozen types.
 - **Protein foods:** Choices include beans, lean meats, chicken, fish, tofu, and eggs. Eggs are one of the most budget-friendly and nutrient-packed protein foods.
 - **Dairy:** Choose low-fat or nonfat milk, yogurt, or cheese.
- ▶ Limit foods with **saturated fat** or **trans fat**. These fats can increase the risk of heart disease. Instead, use small amounts of healthy oils like olive or canola oil or soft (tub or squeeze) margarine that contain no *trans* fats.
 - Saturated fat is found in bacon, sausages, and other fatty meats; butter; whole milk; most cheeses; cream and half-and-half; coconut oil; palm oil; and palm kernel oil.
 - *Trans* fat may be found in stick margarine and other foods with partially hydrogenated oil as an ingredient.
- ▶ Limit **added sugars**. Syrups, fruit drinks, pastries, sugary cereals, and breakfast bars contain added sugars. To find out if sugar has been added, you can check the ingredient list to see if sugar is an ingredient. You may also find Added Sugar listed in the Nutrition Facts under the Total Carbohydrates.
- ▶ Stretch your dollars with the healthy breakfast ideas on the next page.



Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

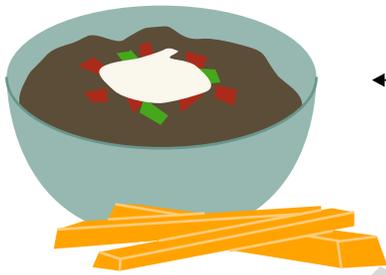
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



SNACK IDEAS

Snacks can help maintain your energy between meals and supply nutrients that your body needs. If you choose to include snacks, plan for 1 to 3 snacks each day, and remember to snack only when you are hungry.

Snacks for people who are less active should be 200 calories or less. To fuel more active teens and adults, snacks can contain 200 to 300 calories per serving. Watch the portion sizes to stay on track with your budget and your daily calorie needs. Here are just a few healthy snack ideas!

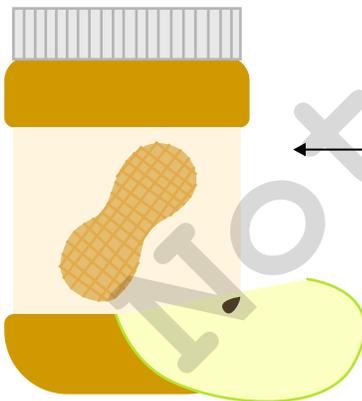


← Veggies and Dip (120 calories)

Slice and dip raw vegetables, such as carrots, bell peppers, and cucumbers, in 2 tablespoons of your favorite dressing, such as ranch or French. To save money, choose in-season vegetables. This snack provides dietary fiber, potassium, vitamin C, and beta-carotene.

Almonds (160 calories)

Buy raw or dry-roasted, unsalted almonds in bulk. Stick to 1-ounce portions (about 23 almonds) to keep calories lower and get your money's worth. This snack provides vitamin E, niacin, iron, dietary fiber, and heart-healthy unsaturated fat.



← Peanut Butter and Apple (190 calories)

Top 1 sliced apple with 1 tablespoon peanut butter. Compare peanut butter (or other nut butter) products and choose one with less fat, added sugars, and salt. This snack provides heart-healthy unsaturated fat, vitamin E, and vitamin C.

Yogurt and Fruit (155 calories)

Top 6 ounces of fat-free Greek yogurt with $\frac{1}{4}$ cup fresh or canned fruit. Buy fruit canned in water or natural juices. Save money by buying a large tub of yogurt instead of single-serving containers. This snack provides calcium, protein, and vitamin C.



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HEALTHY MEAL PLANNING AND SHOPPING

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Eatright Essentials: Healthy Meal Planning and Shopping

Catalog Number: 620620

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HEALTHY MEAL PLANNING AND SHOPPING HANDOUTS:

Planning for a Healthy Breakfast

Planning and Packing Healthy Lunches

Planning Fast and Healthy Dinners

Planning Healthy Snacks

5 Steps to Meal Planning

Diabetes Meal Planning

Gluten-Free Meal Planning

Meal Planning and Shopping for Heart Health

Mediterranean Style Meal Planning

Vegetarian Meal Planning

Grocery Shop for Good Health

Get to Know the Food Label

Stocking a Healthy Pantry

Food Safety: Storing Foods

Food Safety: Shopping and Transporting Foods

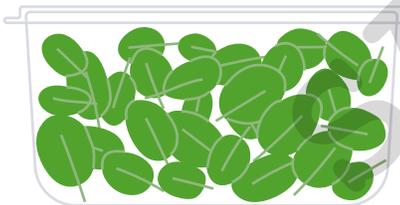


PLANNING FAST AND HEALTHY DINNERS

After a busy day, you need a quick and nutritious meal on the menu. Make it happen with the tips below.

Make Dinner Plans

- ▶ Set a regular day and time to plan your dinners for the coming week, allowing for special nights, like when you order pizza or eat out. Consider going meatless at least 1 day per week with a healthy meal that includes plant-based foods like whole grains, beans or lentils, and vegetables.
- ▶ Base your meals on these foods: vegetables, fruits, whole grains, lean proteins, fat-free or low-fat milk and yogurt, and reduced-fat cheese.

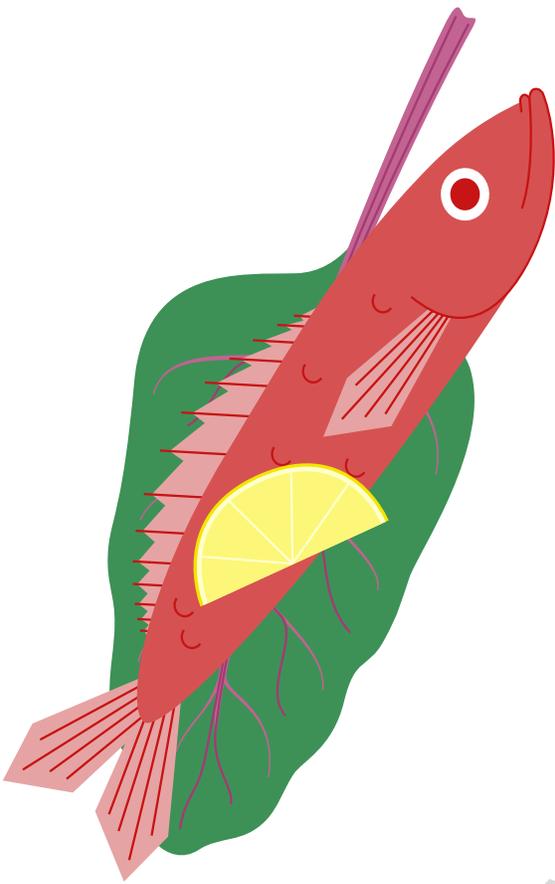


Include nutritious short cuts. Frozen vegetables, prewashed salad greens, rotisserie chicken, canned tuna and salmon, canned beans, and quick-cooking brown rice are just a few options that can help you trim time when making dinner.

- ▶ Make a shopping list of the foods and ingredients you need to prepare your dinners for the week, preferably organized by the aisles of your supermarket for a speedier trip. To save even more time, order groceries online for curbside pickup at the store or delivery to your door.



Get a head start. When you get home from the store, review your recipe. If needed, wash, cut up, and refrigerate recipe ingredients. On the weekend, make a double batch of soup, chili, or stew. Enjoy $\frac{1}{2}$ during the week and freeze $\frac{1}{2}$ in meal-sized portions to defrost for another time. In the morning, set up a slow cooker with the evening's meal so that it's ready when you arrive home. Get started with the hearty **Slow Cooker Lentil Soup** recipe on the next page.



MEAL PLANNING AND SHOPPING FOR HEART HEALTH

Following a healthy meal plan is an important—and enjoyable—step to help lower your risk for heart disease. Get started with the ideas and tips below.

Meal Planning for Heart Health

Plan your meals around these foods:

- ▶ A wide variety of colorful fruits and vegetables
- ▶ Whole grains—aim for at least 3 servings a day
- ▶ Fat-free and low-fat dairy foods
- ▶ Skinless poultry and fish (Enjoy fish at least 2 times a week, especially types that are high in beneficial omega-3 fatty acids. Salmon, Atlantic or Pacific mackerel, lake trout, tuna, herring, and sardines are among the highest.)
- ▶ Beans (such as kidney beans, black beans, and chickpeas), lentils, and split peas
- ▶ Nuts and seeds
- ▶ Vegetable oils

Go easy on the following:

- ▶ Saturated fat in foods like fatty meats, poultry skin, full-fat dairy foods, and tropical oils, such as coconut and palm oils
- ▶ *Trans* fat in stick margarine, vegetable shortening, and prepared foods, such as cakes, cookies, crackers, snack foods, and commercially fried foods
- ▶ Sodium in table salt and in packaged and prepared foods, such as canned soups, lunch meats, and frozen dinners
- ▶ Added sugars in sweets (such as candy, cakes, and pies) and sugar-sweetened beverages

THE FIBER FACTOR

Eating foods with a type of fiber found in beans, oats, barley, nuts, brussels sprouts, citrus fruits, and apples may help lower blood cholesterol levels, which can protect against heart disease. Try these ideas to boost fiber in your meal plan:

- ▶ Start the day with a bowl of oatmeal. Or serve it for dinner as a savory side dish—cook in low-sodium broth with your favorite chopped veggies.
- ▶ Make a meatless meal of bean and vegetable chili or stuffed peppers with a lentil filling.
- ▶ Mix up some mushroom barley, black bean, lentil, or split pea soup.

continued



MEDITERRANEAN STYLE MEAL PLANNING

The Mediterranean diet is a healthful and delicious eating style you can enjoy for a lifetime. Learn more about it and get meal-planning and shopping tips below.

Shop the Mediterranean Way

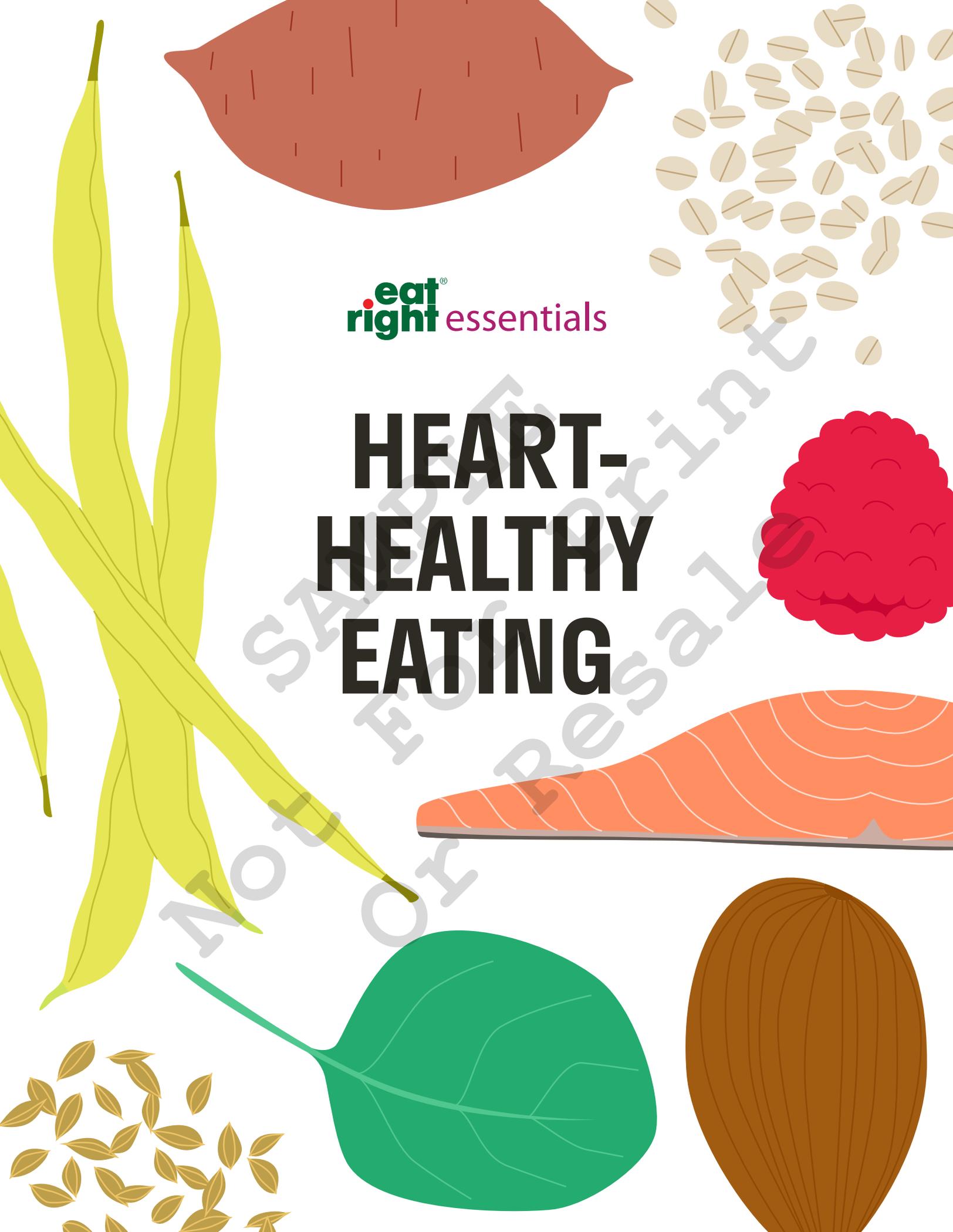
A Mediterranean eating style is easy and affordable to follow with foods from your local supermarket. Here's what to look for when you shop:

- ▶ Look for a wide variety of colorful fruits and vegetables. Fresh, frozen, canned, and dried versions and 100% juices all count.
- ▶ Pick out mostly whole-grain types of cereals, breads, pasta, and rice. Experiment with different grains like whole-wheat couscous, bulgur, and farro.
- ▶ Choose seafood that's rich in omega-3 fatty acids, such as salmon, trout, sardines, tuna, anchovies, herring, Pacific oysters, and Atlantic and Pacific mackerel. Canned and frozen fish are fine—look for options that are lower in sodium.
- ▶ Opt for low-fat or fat-free Greek or regular yogurt or cheese. To limit added sugars, buy plain yogurt and sweeten it with fruit or a touch of honey. Choose flavorful cheeses (such as Greek feta, Italian Parmesan, or Spanish manchego) so that a little goes a long way.
- ▶ Add protein sources like beans, seafood, eggs, and poultry. Buy red meat less often—it's eaten only in small amounts or used as a garnish as part of the Mediterranean diet.
- ▶ Pick olive oil and other foods that contain healthy fats, such as avocados, olives, nuts, and seeds.



TAKE THE SALAD BAR SHORT CUT

For speedier meal prep, visit the supermarket salad bar for ready-to-use ingredients like pre-cut fruits and vegetables, garbanzo beans and kidney beans, marinated artichokes, olives, roasted red peppers, unsalted nuts, and seeds.



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HEART- HEALTHY EATING

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HEART-HEALTHY EATING HANDOUTS:

Choosing Heart-Healthy Fats

Omega-3 Fats

Plant Stanols and Sterols

Stocking a Heart-Healthy Kitchen

Fruits and Vegetables

Plant-Based Foods

Cooking Tips

Meatless Meals

Reducing Sodium While Boosting Flavors

Snacking for Heart Health

Heart-Healthy Tips for Dining Out

Reading Food Labels to Make Heart-Healthy Choices

Sugar and Heart Health

Whole Grains and Heart Health

Physical Activity for Heart Health



OMEGA-3 FATS

Omega-3 fatty acids are a healthy fat found in some foods. This type of fat can help reduce build-up in your arteries. Omega-3s may also decrease triglycerides (unhealthy fats) in your blood.

Eating foods with omega-3 fats each week may reduce your risk of heart disease. This includes certain fish and seafood as well as some vegetable oils, nuts, seeds, and soy foods.

Which Foods Provide Omega-3s?

EPA AND DHA

Fish and other seafood contain the omega-3 fatty acids known as eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA). Aim to eat 2 servings of fish or seafood each week. 1 serving is 4 ounces cooked (about the size of a deck of cards).

Foods that provide EPA and DHA include:

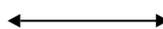
- ▶ albacore tuna
- ▶ salmon
- ▶ trout
- ▶ halibut
- ▶ mackerel (atlantic and pacific)
- ▶ herring
- ▶ sardines
- ▶ shellfish, such as crab, lobster, and shrimp

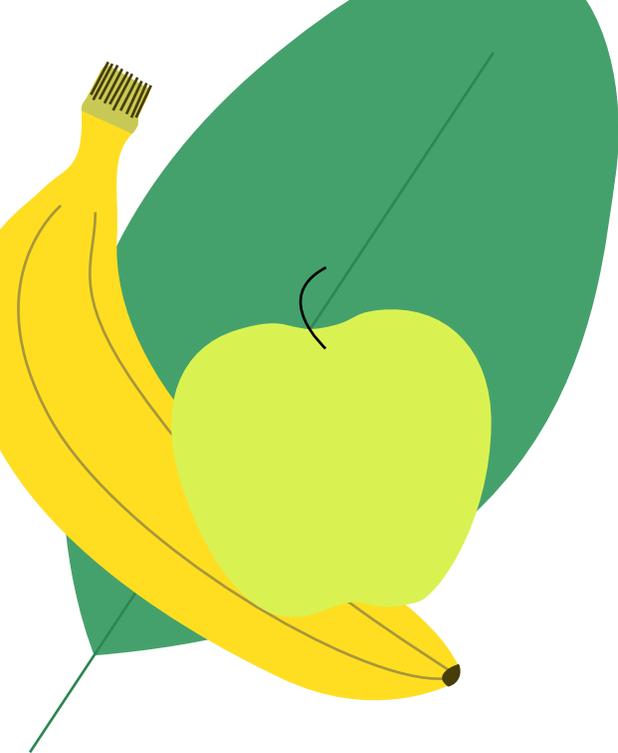


ALA

Certain plant-based foods contain the omega-3 fatty acid known as ALA (alpha-linolenic acid). Foods high in ALA include:

- ▶ walnuts
- ▶ ground flaxseed
- ▶ hemp seeds
- ▶ canola oil, soybean oil, and walnut oil





FRUITS AND VEGETABLES

Fruits and vegetables have the nutrients your body needs to stay healthy and reduce the risk of disease. Eating plenty of fruits and vegetables can assist with managing your weight, help prevent stroke and some cancers, and decrease your risk of heart disease.

How Much Do I Need?

The amount of fruits and vegetables you need depends on your daily calorie goals. For example, a person who needs 2,000 calories a day should aim for 4½ cups of fruits and vegetables each day. Visit ChooseMyPlate.gov to find your daily goals.

WHAT COUNTS AS A CUP?

- ▶ 1 cup of raw or cooked vegetables



- ▶ 2 cups of leafy greens



- ▶ 1 medium-size fruit (size of a tennis ball)



- ▶ ½ cup 100% vegetable juice



- ▶ 1 cup 100% fruit juice



- ▶ ½ cup of dried fruit



- ▶ 1 cup fresh, frozen, or canned fruit



What Kinds of Fruits and Vegetables Should I Eat?

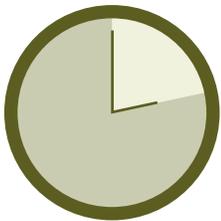
To get a full range of healthy nutrients, plan to eat a variety of fruits and vegetables each day:

- ▶ At each meal, fill half of your plate with a range of colorful fruits and vegetables. Eat fruits and vegetables for snacks, too.
- ▶ Include any form of unsweetened fruits and servings from all of the vegetable subgroups each week. Look for:
 - seasonal fresh fruits
 - dark green, red, and orange vegetables; beans and peas; starchy types; and other vegetables
 - frozen fruits and vegetables
 - canned fruit packed in water or natural juices
 - low- or reduced-sodium canned vegetables or juice
 - 100% fruit juice (*Note: Fruit juice has about 2 times the calories of a single piece of fruit and provides little or no dietary fiber.*)



PHYSICAL ACTIVITY FOR HEART HEALTH

Regular physical activity can help you manage your weight, blood pressure, and cholesterol. It can also improve your mood and ability to manage stress, help you sleep better, and even make you feel more energetic. In these ways, physical activity adds to your quality of life and decreases the risk of heart disease and other chronic conditions.



How Much Physical Activity Do I Need?

Any amount or type of physical activity is beneficial. However, to improve your heart health, try to move more and sit less. Adults need a mix of physical activity to stay healthy. This includes **aerobic physical activity** as well as **muscle-strengthening physical activity**.

Experts recommend at least 150 minutes, or 2½ hours, of moderate-intensity aerobic physical activity each week. That equals 30 minutes a day, 5 days a week. Working up to 300 minutes (5 hours) a week can provide even more health benefits. If you prefer more vigorous aerobic activity (like running), aim for at least 75 minutes a week.

Adults should also do muscle-strengthening activities that involve all major muscle groups on 2 or more days a week.

If these amounts sound like more than you can do right now, do what you can and slowly work on adding more. Any amount of regular physical activity offers real health benefits.



Which Types of Physical Activity Are the Best?

The best types of physical activity are those you enjoy. When you enjoy your activities, you are more likely to stick with them.

- ▶ **Aerobic activity** is anything that gets your heart beating faster. During a moderate-intensity aerobic activity, such as brisk walking, you can talk without gasping for



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SAMPLE PREVIEW
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Carbohydrates and Fiber

Protein

Fats

Vitamin A

Vitamin D

Vitamin E

Vitamin K

Folate/Folic Acid

Vitamin B12

Vitamin C

Choline

Calcium

Magnesium

Potassium

Iron





VITAMIN K

What Does Vitamin K Do?

Vitamin K helps your blood clot. Vitamin K also plays a role in bone health and the growth of cells throughout your body.

How Do You Get Vitamin K?

The healthy bacteria in your colon make a small amount of vitamin K. Most vitamin K comes from foods. Common sources include green leafy vegetables, such as spinach, broccoli, vegetable oils like soybean and canola oil, and some fruits.

TIPS FOR PEOPLE TAKING WARFARIN

Review the list of vitamin K foods in this handout. Pay special attention to the foods that are the highest in vitamin K.

Write down everything you eat for 3 or 4 days. Then compare your record to the list of vitamin K foods to see how much vitamin K you usually eat each day.

Eat about the same amount of vitamin K each day. Avoid eating a lot of vitamin K for 1 day, and then little or none the next day.

Each morning, think about the vitamin K foods you will eat that day. Then stick to the plan discussed with your health-care team.



How Much Vitamin K Do You Need?

- ▶ Healthy men need 120 micrograms (mcg) of vitamin K each day.
- ▶ Healthy women need 90 mcg each day.

Certain medications, such as antibiotics, some cholesterol-lowering medications, and weight-loss medications, may interfere with how your body absorbs or uses vitamin K. Talk to your health-care provider to find out if this applies to you.

A Tolerable Upper Intake Level (UL) has not been set for vitamin K. This means there is no known, specific limit on the amount of vitamin K that healthy people can safely have.

If You Take Blood-Thinning Medicine

Vitamin K can affect the thinness of your blood. Therefore, if you are taking blood-thinning medicine—such as warfarin (brand name Coumadin)—you need to monitor how much vitamin K you get from food:

- ▶ Take your blood-thinning medicine exactly as directed.
- ▶ You **do not** need to stop eating all foods with vitamin K.
- ▶ You **do** need to eat about the same amount of vitamin K each day. This way your doctor can adjust your dose of warfarin to keep your blood at the right thinness.
- ▶ Check with your doctor before taking any supplements that contain vitamin K.



CHOLINE

What Does Choline Do?

Choline is a multipurpose nutrient that makes up part of the coating on cells, known as the cell membrane. It also plays a key role in:

- ▶ metabolism and energy production
- ▶ communication between different body systems, such as the muscle and nervous system
- ▶ brain development, memory, and mood

Who Is at Risk for Choline Deficiency?

Many Americans consume less than the recommended amount of choline. However, deficiency is rare since the body is able to produce some choline of its own.

Pregnant women are at higher risk of choline deficiency, so it is important to ask a health-care provider if a prenatal vitamin is needed and includes enough choline.

How Much Choline Do You Need?

Recommended daily amounts of choline:

Children 4- to 8-years-old:	250 milligrams (mg)
Adolescents 9- to 13-years-old:	375 mg
Males 14-years-old and older:	550 mg
Females 14- to 18-years-old:	400 mg
Females 19-years-old and older:	425 mg

For females who are pregnant or breastfeeding:

Females 14-years-old and older:	
during pregnancy:	450 mg
while breastfeeding:	550 mg

It is possible to consume too much choline. The Tolerable Upper Intake Level (UL) varies depending on age group. For adults (ages 19 and older), no more than 3,500 mg per day should be consumed.

Side effects of too much choline may include fishy body odor, nausea and vomiting, low blood pressure, and possible liver damage.

TIPS FOR GETTING MORE CHOLINE

- ▶ Make an omelet with broccoli and low-fat cheese.
- ▶ Use edamame and shiitake mushrooms in stir-fries.
- ▶ Include garbanzo beans, kidney beans, or lentils in soups and stews.
- ▶ Plan meals that include seafood (such as shrimp or salmon) 2 times per week.
- ▶ Try a side of collard greens or Swiss chard with steak or pork chops.





IRON

What Does Iron Do?

Your body needs iron to make hemoglobin, the part of your red blood cells that carries oxygen throughout your body. Every cell in your body needs iron to make energy. Not eating enough iron can lead to iron-deficiency anemia, especially if your daily needs are higher.

People with a higher risk for iron-deficiency anemia include:

- ▶ teenage girls and women who are pregnant or have heavy menstrual losses
- ▶ people with kidney failure or gastrointestinal problems
- ▶ people who exercise intensely on a regular basis
- ▶ people who have pica (a condition where a person craves and eats nonfood items, such as clay, dirt, or cornstarch, which may block iron from being absorbed in the body)

TIPS FOR GETTING MORE IRON

- ▶ Avoid coffee and tea for 1 hour after eating. These drinks contain tannic acid, which blocks iron absorption.
- ▶ Cook foods in an iron skillet.
- ▶ Eat iron-enriched rice. Don't rinse it before cooking.
- ▶ If you take both iron supplements and calcium supplements, do not take them at the same time. By taking them a few hours apart, your body will absorb more of both.
- ▶ To help your body use nonheme iron, have a food rich in vitamin C at the same time. Vitamin C helps your body absorb nonheme iron. For example, top iron-enriched cereal with berries.
- ▶ Add a food with heme iron to meals that include nonheme iron. This helps your body absorb the nonheme iron. For example, add lean beef or chicken to a stir-fry with spinach and iron-fortified rice.

How Much Iron Do You Need?

The amount of iron you need each day is measured in milligrams (mg). Here are some general recommendations for healthy people. You may need more or less iron depending on your health. Try to obtain iron from food sources if possible, and discuss a supplement with your health-care provider before deciding to take one.

Recommended daily amounts of iron:

Females 14- to 18-years-old:	15 milligrams (mg)
Females 19- to 50-years-old:	18 mg
Females 51-years-old and older:	8 mg
Males 14- to 18-years-old:	11 mg
Males 19-years-old and older:	8 mg

For females who are pregnant or breastfeeding:

Females 14- to 18-years-old during pregnancy:	27 mg
while breastfeeding:	10 mg
Females 19- to 50-years-old during pregnancy:	27 mg
while breastfeeding:	9 mg

(continued)

