

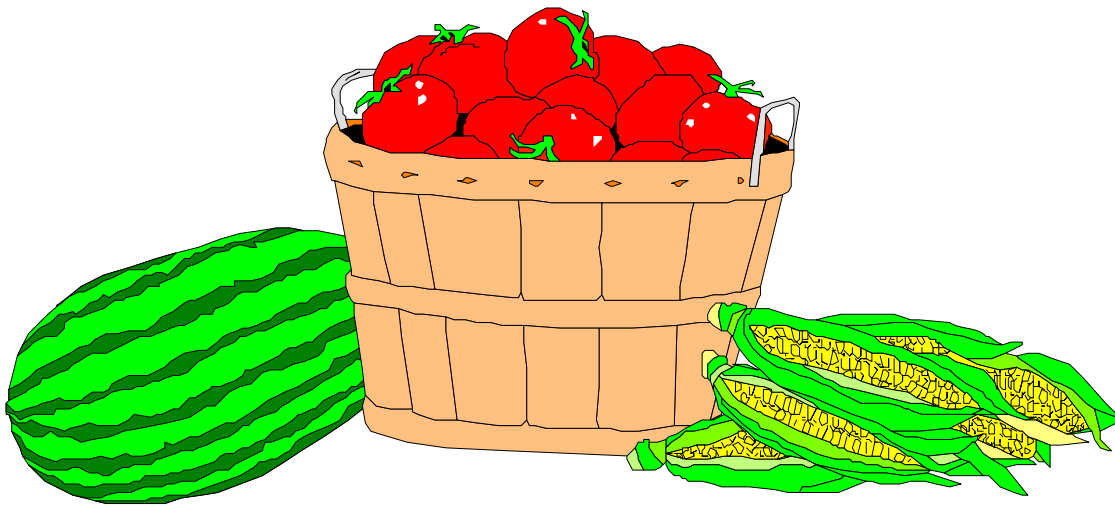
Department of Nutrition

B W H



Brigham and Women's Hospital

**DELICIOUS AND NUTRITIOUS
FOOD CHOICES**



Healthy Selections For Conferences

Breakfast Ideas

Cereals

High fiber, whole grain cereals, such as:

Hot

- Old fashioned or steel cut oats

Cold

- Fiber One
- Total
- Cheerios
- Shredded Wheat
- Wheat Chex
- Post Bran Flakes
- Wheaties

Cereal and Granola Bars

Low saturated fat, trans fat-free, high fiber bars, such as:

- Health Valley Breakfast Bars
- Health Valley Organic Granola Bars
- Kashi Go Lean High Protein and Fiber
- Nature Valley Chewy Granola Bar
- Zone Perfect All Natural Nutrition Bars

Fresh Fruit, Yogurt, and Nuts

Nuts: almonds, pecans, walnuts, peanuts, pistachios, cashews, pine nuts

Strawberries and blueberries
Melons, pineapple, bananas, oranges, pears, apples, etc.
Green and red grapes
Low fat cottage cheese

Low fat yogurt with no added sugar, such as:

- Dannon Light n'Fit Carb Control
- Dannon Light n'Fit
- Dannon Fat Free Plain Yogurt
- Columbo Light Yogurt Fat Free
- Stoneyfield Farm Organic
- Stoneyfield Farm Fruit Non Fat
- Yoplait Light Yogurt Fat Free

Bread Basket

100% whole grain toast
Whole wheat English Muffins
Cranberry Pumpkin Bread*
Apple-Pecan Muffins*
Healthy Carrot Muffins*
Whole Wheat Blueberry Muffins*

Spreads

Peanut butter and other nut butters
Hummus

Trans-free margarines, such as:

- Promise, Olivio, Benecol

Low saturated fat cheese, such as:

- Laughing Cow Original or Light
- Alouette Light Garlic and Herbs Spreadable
- Swiss Knight by Gerber

* Recipes provided

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At The Grill

Eggbeater omelet (Spanish, Vegetable, Southwestern)

Turkey bacon or turkey sausage, such as:

- Shelton's Turkey Breakfast Sausage
- Hans' All Natural Skinless Chicken Breakfast Links

Canadian bacon

Vegetarian breakfast links or patties, such as:

- Boca Meatless Breakfast Links
- Morningstar farms Veggie Breakfast Sausage Links or Patties

High-fiber, whole-grain waffles, such as:

- Kashi Go Lean Original
- Van's Fat-Free Gourmet
- Kellogg Eggo Nutri-Grain Low Fat Whole-Wheat waffle
- Add fresh berries as a topping

Beverages

Carbonated and Non-Carbonated Waters, such as:

- Aquafina, Danson's, Evian, Perrier, Poland Springs, San Pelligrino
- VeryFine Fruit 2 O
- Gatorade Propel Fitness Water

V8 100% Reduced Sodium Vegetable or Tomato Juice (<150 mg of sodium per serving)

Skim or 1% milk

Teas (green, black, herbal)

Coffee (regular and decaf)

Avoid Unhealthy Selections

Commercially prepared:

Muffins ⁺	Bagels
Doughnuts	Pancakes
Pastries	French Toast
Coffee Cake	Bacon and sausage
Cereals that contain > 6grams of sugar per serving	

+ Unless zero grams of trans fat and at least 2 grams of fiber

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Sensational Lunch and Dinner Selections

Salad Bar

Dark green leafy lettuces
(romaine, red leaf, mesclun)
Raw vegetables: carrots, onions,
green and red pepper, broccoli,
cauliflower, mushrooms, etc.
Black beans, chickpeas
Marinated mushrooms
Kidney beans
Tabouli
Low fat cottage cheese
Tofu
Flaked tuna

Salad Dressings

Balsamic vinaigrette
Olive oil
Paul Newman's Italian
Zesty balsamic herb

Hot Entrees

Herb grilled chicken
Stir-fry chicken, shrimp, or
extra lean beef with vegetables
Vegetarian options:

- tofu stir-fry
- vegetable burger

Baked cod
Broiled salmon in light lemon sauce

Sandwich Bar

Fresh turkey breast
Lean ham
Tofu salad
Shrimp salad
Seafood salad
Sliced chicken

Bread Basket

100% whole wheat bread
Whole rye bread
Whole wheat wrap
Whole wheat pita

Prepared Salads

Chicken Caesar
Greek salad with grilled chicken
Flaked tuna on bed of greens with
vegetables
Southwestern grilled chicken on
bed of greens

Accompaniments

Brown rice
Sweet potato or yam
Quinoa or barley
Medley of vegetables
(broccoli, cauliflower, onions, carrots)
Medley of Japanese vegetables
(peapods, sprouts, peppers)

Morning and Afternoon Snack Choices

Raw vegetables (green and red peppers, broccoli, cauliflower, carrots, celery, asparagus, zucchini) with low fat yogurt dip and/or salsa

Fresh fruit tray (pineapple, strawberries, apples, green and red grapes, pears) with healthy dip (honey nut spread)

Fresh cheese plate with whole grain crackers

(cheese low in saturated fat, such as: Laughing Cow Lite, Jarlsberg Lite, Cabot Vermont Cheddar 75% Light)

(whole grain crackers, such as: Kavli, Wasa, Ak Mak, Finn Crisp, Ryvita)

Assorted nuts (peanuts, almonds, walnuts, pecans, pistachios, hazelnuts, cashews)

Chinese style green beans (made with olive oil and slivered almonds)

Whole grain tortilla chips with bean dip and/or salsa

Healthy vegetable pizza wedges (made with whole grain crust and part-skim mozzarella cheese)

Fruit smoothies (non fat yogurt and fruit blended)

Cranberry Pecan Jumbles *

Whole Wheat Raisin Cookies*

**Recipes provided*

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Cranberry Pumpkin Bread

Yield: one loaf (~12 slices)

Ingredients:

1 $\frac{3}{4}$ cups whole-wheat flour

$\frac{1}{2}$ cup sugar or Splenda

2 tsp. baking powder

$\frac{1}{2}$ tsp. baking soda

1 tsp. cinnamon

$\frac{1}{2}$ tsp. nutmeg

$\frac{1}{2}$ tsp. allspice

1 cup pumpkin

$\frac{1}{2}$ cup canola oil

2 eggs or $\frac{1}{2}$ cup egg substitute

1 $\frac{1}{2}$ cups fresh or frozen cranberries,
coarsely chopped*

*Thaw frozen berries to making chopping easier

1 tsp grated orange rind

Directions:

1. Preheat oven to 350°F.
2. Grease and flour an 8 $\frac{1}{2}$ x 4 $\frac{1}{2}$ x 2 $\frac{1}{2}$ - inch loaf pan.
3. Combine dry ingredients in a medium mixing bowl. Combine remaining ingredients, except cranberries, in a separate mixing bowl. Add to dry ingredients, stirring just until dry ingredients are moist. Stir in cranberries and grated orange rind.
4. Spread evenly in a loaf pan.
5. Bake 1 $\frac{1}{2}$ hours or until a toothpick inserted into the center of the bread comes out clean.
6. Remove from pan.
7. Cool completely on a wire rack.

Nutrient Information	
Serving Size: 1 slice	
Calories	165
Total Fat	10 g
Saturated Fat	1 g
Cholesterol	0 mg
Sodium	157 mg
Carbohydrates	18 g
Dietary Fiber	3 g
Protein	4 g

Apple-Pecan Muffins

Yield: 1 dozen muffins

Ingredients:

1 ½ cups all-purpose flour	2 T trans-free margarine, melted
1 cup wheat bran flakes cereal with raisins	1 egg or ¼ cup egg substitute
2/3 cup sugar or Splenda	1 cup finely chopped, peeled Rome apples
1/3 cup graham cracker crumbs or wheat germ	1/3 cup chopped pecans, toasted
1 ¼ tsp. baking soda	2 T sugar
¼ tsp. salt	¾ tsp. ground cinnamon
1 cup nonfat buttermilk	1 T trans-free margarine, melted
	1 T sugar

Directions:

1. Preheat oven to 350° F.
2. Combine the first 6 ingredients in a bowl, and make a well in the center of the mixture.
3. Combine buttermilk, 2 T melted margarine, and egg, stir well. Add to the flour mixture, stirring just until moistened, set aside.
4. Combine apple and next 4 ingredients, stirring well; set aside.
5. Spoon 2 T of batter into each of 12 muffin cups coated with cooking spray.
6. Divide apple mixture evenly among muffin cups, and top apple mixture with remaining batter, dividing evenly.
7. Sprinkle 1 T sugar evenly over muffins.
8. Bake for 25 minutes
9. Remove from pan immediately.

Nutrient Information	
Serving Size: 1 muffin	
Calories	155
Total Fat	4 g
Saturated Fat	0.5 g
Cholesterol	1 mg
Sodium	248 mg
Carbohydrates	29 g
Dietary Fiber	2 g
Protein	4 g

Healthy Carrot Muffins

Yield: 1 dozen muffins

Ingredients:

¾ cup all-purpose flour	Pinch of salt
½ cup whole-wheat flour	2 large eggs or ½ cup egg substitute
⅔ cup dark brown sugar	⅓ cup canola oil
2 T. wheat germ	1 T. pure vanilla extract
2 tsp. ground cinnamon	4 medium carrots, grated (~ 2 cups)
1 tsp. baking powder	½ cup canned crushed pineapple, drained
½ tsp. baking soda	

Directions:

1. Preheat oven to 350°F.
2. Line twelve ½ cup muffin cups with paper muffin liners.
3. Whisk the flours with the brown sugar, wheat germ, cinnamon, baking powder, baking soda, and salt in medium bowl.
4. In another medium bowl lightly whisk the eggs, then whisk in oil, and vanilla.
5. Quickly and lightly fold the wet ingredients into the dry ingredients with a rubber spatula.
6. Stir in the carrots and pineapple just until evenly moist; the batter will be very thick.
7. Divide the batter evenly among the muffin cups.
8. Bake until golden and a toothpick inserted in the center comes out clean, ~ 30 min.
9. Turn muffins out of the tins and cool on a rack.

Nutrient Information	
Serving Size: 1 muffin	
Calories	170
Total Fat	7 g
Saturated Fat	0.7 g
Cholesterol	35 mg
Sodium	142 mg
Carbohydrates	24 g
Dietary Fiber	2 g
Protein	3 g

Whole Wheat Blueberry Muffins

Yield: 1 dozen muffins

Ingredients:

6 T. Trans free margarine, such as Smart Balance

¾ cup sugar or Splenda

½ tsp. salt

3 tsp. baking powder

2 cup 100% whole white wheat flour
(King Arthur)

3 T. ground flaxseed

2 eggs or ½ cup egg substitute

½ cup milk (1%)

½ cup frozen blueberries

½ cup chopped walnuts (optional)

Cinnamon-Splenda blend to sprinkle on unbaked muffin tops

Directions:

1. Preheat oven to 400°F
2. Grease 12 muffin tins.
3. Cream margarine and sugar.
4. In another bowl mix together salt, baking powder, and flour.
5. In a third bowl beat the eggs with milk.
6. Add about 1/3 of the dry ingredients to the butter-sugar mixture, then moisten with a little of the milk-egg mix.
7. Repeat until all the ingredients are used up.
8. Stir in blueberries and walnuts
9. Spoon batter into muffin tins. Sprinkle tops with cinnamon-sugar blend.
10. Bake 20-30 minutes or until muffins are nicely browned and a toothpick comes out clean. Remove from oven and let sit 5 minutes before serving.

Nutrient Information	
Serving Size: 1 muffin	
Calories	172
Total Fat	9 g
Saturated Fat	1 g
Cholesterol	31 mg
Sodium	290 mg
Carbohydrates	19 g
Dietary Fiber	4 g
Protein	5 g

Cranberry Pecan Jumbles

Yield: ~ 2 dozen cookies

Ingredients:

½ cup brown sugar, packed	½ cup whole wheat flour
¼ cup canola oil	1/3 heaping tsp. baking powder
¼ cup fat free sour cream	1/8 tsp. baking soda
1 egg white	½ cup coarsely chopped pecans
1 tsp. vanilla extract	1 cup sweetened dried cranberries
½ cup all-purpose flour	½ cup dark chocolate chunks (optional)

Directions:

1. Preheat oven to 375°F.
2. Lightly spray 2 cookie sheets.
3. Combine brown sugar, oil, sour cream, egg and vanilla in a large bowl. Beat at medium speed, scraping bowl often, until creamy.
4. Reduce speed to low; add flours, baking powder and baking soda. Beat until well mixed.
5. Stir in cranberries, nuts and chocolate by hand.
6. Drop dough by rounded teaspoonfuls 2 inches apart on cookie sheets.
7. Bake for 10 – 12 minutes or until lightly browned.
8. Cool completely.

Nutrient Information	
Serving Size: 1 cookie	
Calories	116
Total Fat	6 g
Saturated Fat	1.4 g
Cholesterol	0 mg
Sodium	18 mg
Carbohydrates	16g
Dietary Fiber	1 g
Protein	1 g

Whole Wheat Oatmeal Raisin Cookies

Yield: 30 cookies

Ingredients:

1/3 cup trans-free margarine	1/2 tsp cinnamon
1/3 cup granulated sugar or Splenda	2/3 cup all-purpose flour
1/3 cup dark brown sugar, packed	1/3 cup whole-wheat flour
1 egg or 1/4 cup egg substitute	1 cup uncooked quick oats
2 T water	1/3 cups raisins
1 1/2 tsp vanilla	1/3 cup chopped walnuts

Directions:

1. Preheat oven to 325°F.
2. Lightly spray 2 cookie sheets.
3. Put all ingredients, except raisins and nuts, into large bowl.
4. Beat with electric mixer or wooden spoon until blended.
5. Beat in raisins and walnuts.
6. Drop by heaping teaspoonsful 1 1/2 inches apart on cookie sheets.
7. Bake 18-20 minutes (or until edges are lightly browned).
8. Remove to rack to cool

Nutrient Information	
Serving Size: 1 cookie	
Calories	59
Total Fat	2 g
Saturated Fat	0.3 g
Cholesterol	0 mg
Sodium	31 mg
Carbohydrates	9 g
Dietary Fiber	1 g
Protein	1 g