**Title:**
Oven Crusted Chicken Breast: 20 min

**Ingredients:**
For Chicken:
- 4 boneless, skinless chicken breasts (3 oz each)
- 1 egg white (or substitute liquid egg white)
- 1 C fat-free evaporated milk
- ¼ C rolled oats, crushed; pulse a few times in the food processor or crush between fingers to make smaller pieces
- 1 C whole-wheat flour
- 2 Tbsp olive oil or vegetable oil

For Salad

---

**Nutrition Tip:**
There are many free or low cost resources for making fast and healthy meals. See end of video for relevant links.

**Nutrition Tip:**
The menu featured today can be prepared in under 30 minutes!

---

**Nora Norback**
I’m Nora Norback, Registered Dietitian, and I’m here to talk about cooking and healthy eating for families who have a busy life style.

Cookbooks such as the National Institutes of Health “Deliciously Healthy Dinners - keep the beat” recipe book - is a great place to start. And in it not only have you got these wonderful recipes but you’ve got the time it takes to prep.

Today we’re going to cook oven-crusted chicken and it’s sort of like a fried chicken, sort of like chicken nuggets, that kind of flavor, but it’s not fried.

And along with that, we’re going to have some couscous along with carrots, walnuts and raisins. Kind of a Middle Eastern flavor there. And along side that, some broccoli and a simple salad. So, that's our plan.

Nora Norback:
What I’m going to ask you to do is crumble this up with your fingers in with the bread crumbs. Kind of mix it up in there, with your fingers – just get in there!

Imagine you’re doing this with your kids.

Latarsha Sellers
I’m a math teacher, and normally when I come home, the kids always say, ‘Mom, what’s for dinner?’ And usually I’m trying to think of something real fast because they want something quickly.

Nora Norback
I’ve chosen this meal for a couple of reasons. One is because kids like chicken
Nutrition Tip: Light sautéing as opposed to deep frying makes this dish more heart healthy.

<table>
<thead>
<tr>
<th>Title: Broccoli and Green Salad: 10 min</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nora Norback</td>
</tr>
<tr>
<td>So, let's make our broccoli. Okay, we've just got to steam it. We've got our boiling water here. And there we go.</td>
</tr>
<tr>
<td>Latarsha Sellers</td>
</tr>
<tr>
<td>And so normally, how long do we have to steam it for?</td>
</tr>
<tr>
<td>Nora Norback</td>
</tr>
<tr>
<td>Five minutes, okay? We've got our lettuce all cleaned and thanks to the help of your kids, we've got it all dried and spun. So all we need to do is just put it right in here.</td>
</tr>
<tr>
<td>When you go out to eat in a Fast Food restaurant, you'll probably see that salads are really expensive.</td>
</tr>
<tr>
<td>And you know – just a little bit of lettuce, a</td>
</tr>
</tbody>
</table>
little bit of carrots. You can do those things at home for a tenth of the price and get better salad dressing, better flavors, fresher foods, and so I encourage families to take it home.

That's where the heart is!

Title: Couscous with Carrots, Raisins and Walnuts: 15 min

Couscous With Carrots, Walnuts, and Raisins
Ingredients
1 C couscous (try whole-wheat couscous)
1 tsp olive oil
2 Tbsp walnuts, coarsely chopped
¼ tsp salt
1/8 tsp black pepper
½ tsp pumpkin pie spice or cinnamon
1½ C water
2 Tbsp raisins
½ C carrots, rinsed, peeled, and shredded or thinly sliced; cut in half

Calories 218
Total fat 4 g
Saturated fat 0 g
Cholesterol 0 mg
Sodium 155 mg
Total fiber 3 g
Protein 6 g
Carbohydrates 39 g
Potassium 168 mg

Nora Norback
Wonderful!

Latarsha Sellers
What's couscous?

Nora Norback
Couscous is a grain. It's actually made from the same type of wheat that pasta is made from. It's made from Durham wheat. And it cooks really quickly. That's the beauty of it.

What we're doing here is we're going to brown it a little bit just like you know sometimes you brown a little bit of rice with a little bit of oil. We're going to also put in here some walnuts – do you want to give me the walnuts?

Okay – and some raisins. Different, huh?

Latarsha Sellers
Yes, it is.

Nora Norback
I think you'll like it. We're going to use all the water that's there.

Latarsha Sellers
Really?

Nora Norback
It's almost like you're cooking rice. I'm just going to cover it up and let it sit for 10 minutes.

Latarsha Sellers
Okay!

Nora Norback
<table>
<thead>
<tr>
<th>Title:</th>
<th>Family Meals</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nutrition Tip:</td>
<td>Putting extra food away right after serving helps with portion control and you've got the makings for future meals.</td>
</tr>
<tr>
<td>Nutrition Tip:</td>
<td>Look for seasonal foods like pomegranate seeds to add variety to your meals.</td>
</tr>
</tbody>
</table>

When the food is sitting on the table, you tend to eat it until it's gone. And so by serving it in the kitchen, and even taking those leftovers and putting them away, you're ready – one, for the next day, and your kitchen is partly cleaned up, and you're not so tempted to over eat.

This is pomegranate and you might want to just put a little bit of the pomegranate on the couscous for color and flavor. Okay?

Latarsha Sellers
Okay!

Nora Norback
It really brightens up the whole plate.

One of the tools I find very helpful, is to just take a plate, cut it in half - mentally. Half that plate goes for vegetables, and that helps us figure out the servings. A quarter of the plate goes for your meat and a quarter goes for your starch.

We serve it in the kitchen for a couple of reasons. One of the reasons is that if we put all this food out on the table all that food will get eaten, all at once. Too much at once!

So, if you sit down with a plate all set up, you tend to eat a little bit more slowly – really get a chance to recognize you're full before you decide you're going to take some more.

And, you can just take some of the food that you've already prepared, get them in the refrigerator, and they're ready for tomorrow.

Nora Norback
Come to the table. Sit down together - and talk -

Justin (age 4)
Thank you, Mom!
Latarsha Sellers
Your welcome!

Nora Norback
….and eat! Eat mindfully. Take a little time to taste your food, chewing your food, not just wolfing your food.

It’s about healthy living. It’s about thriving as a family and supporting one another in just becoming the best that we can be. And that’s really what this is about. It’s about being as healthy as you can be and about really caring about your family members and helping them be their very best.
### GRAPHICS

**Title**
It's All in the Prep
Healthy Shopping Strategies

#### Nora Norback, MPH, RD
Registered Dietitian
Kaiser Permanente

### AUDIO

Nora Norback
Hello! My name is Nora Norback, Registered Dietitian, and I’m here to give you some practical tips for making smart choices in the grocery store.

Eating healthy does not have to be difficult. And I’m here with Latarsha. We’re in the produce section.

So we’ve got the bananas….great.

Latarsha Sellers
Okay

### The Basics

#### Nora Norback
Basics first means you’ve got to start with a good foundation – fruits, your vegetables, your whole grains, your low fat, your non fat dairy products, your lean proteins – chicken, fish. Those are the basics. That’s the foundation you build on. You want to start with that first.

### Shopping the Outer Aisles

#### Nora Norback
Busy shoppers need to start by just going around the periphery of the grocery store… Strawberries?

Latarsha Sellers
That’s good.

#### Nora Norback
….Because that’s where you’re going to find your dairy, your produce, your proteins.

Okay? See it says part skim? That’s going to be a better choice.

Your spending all your time in the middle of the grocery store, you’ll probably end up loading up on sodium. You want to shop by the rainbow! So you’re looking at your greens – and now you’re going to be getting a lot of magnesium. You want to
Convenience vs Cost:
If you have the time, buy lettuce by the head. It's more economical.

Convenience vs Cost:
Pre-packaged lettuce, however, is a sure way to easily get in some servings of vegetables.

Title:
Dairy

Nutrition Tip:
All milk is fortified with vitamins A and D. Look for milk with no more than 110 calories per 8 oz serving.

be looking for your oranges, your yellows, your reds. That’s going to give you beta carotene – a form of Vitamin A.

Bright colors tell us that that food has some phytochemicals – some plant chemicals that really boost its nutrition value.

Looking at your lettuces, you want to look for the ones that are darker colored. Those darker color leaves are going to be better sources of nutrients.

See how much more color that’s got?

Latarsha Sellers
See I avoid that before because of all the colors!

Nora Norback
Because of all the colors?

Latarsha Sellers
So really I should put this bag back and get that?

Nora Norback
Yes!

When you’re looking at your dairy products, low fat and non fat is what’s recommended. What kind of milk do you usually buy?

Latarsha Sellers
I normally get two percent.

Nora Norback
Okay, I’m going to give you a hint here – one percent or non fat!

Latarsha Sellers
One percent. I thought I was doing pretty good!

Nora Norback
You were doing pretty good – now you’re going to be doing even better!
### Nutrition and Cost Saving Tip:
Save money and calories by buying large containers of plain, nonfat yogurt. Measure out your serving size and add fruit or other toppings.

### Nutrition Tip:
Sharper cheeses add more flavor and you can use less!

### Nutrition Tip:
For dairy intake, lowfat Swiss, mozzarella and string cheese have less sodium and fat.

### When it comes to yogurts, look for ones that haven’t been super sweetened. And you can tell by comparing carbohydrate content.

I love cheese. I really have to make some choices there. I’m going to look for a strong one, a lot of flavor so I can get that flavor without needing a lot of cheese.

Swiss cheese tends to be lower in sodium. So I’d say that’s a really good choice.

### Label Reading:
**Progress Not Perfection**

I think the first thing when you’re shopping and looking at packaging, is to move away from the front of that package and flip over to the nutrition facts.

So, let’s take a look at some of the cereals. This is an aisle that I think is sometimes overwhelming to people.

Latarsha
I like the ones with sugar on it, like the sugar coated cereals.

Nora Norback
Oh, let’s take a look. A few things I’m going to point out. One is take a look at the serving size, three quarters of a cup. And in that three quarters of a cup, take a look down here at the sugar, eleven grams!

Latarsha Sellers
Mmmm, to me it tastes good!

Nora Norback
Check out that one.

Latarsha Sellers
This one here?

Nora Norback
Yeah, let’s check that one out.

Latarsha Sellers
Okay.....
<table>
<thead>
<tr>
<th>Nutrition Tip:</th>
<th>Cost Saving Tip:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Based on a 2000 calorie intake level, stay below these maximums: Saturated fat less than 22 grams. Total sodium less than 2300 milligrams. Cholesterol less than 300 milligrams. Added sugars less than 33 grams. Protein, carbohydrate and fat all provide calories. This is a guideline, individual needs may vary.</td>
<td>Try meat alternatives such as hummus, beans, tofu.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Nora Norback</th>
<th>Nora Norback</th>
</tr>
</thead>
<tbody>
<tr>
<td>So what are the ingredients we’ve got, mostly?</td>
<td>Yes, a lot less, huh? How about the fiber? Oh, eight grams.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Latarsha Sellers</th>
<th>You’re trying to take steps. It can be overwhelming when you start really paying attention. I realize people have busy lives.</th>
</tr>
</thead>
<tbody>
<tr>
<td>I guess I’m going to look at the sugars first. Ooooohhhh, one gram.</td>
<td>They can’t spend their entire life looking at labels in the grocery store.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Nora Norback</th>
<th>So really, just starting with one food group perhaps and making progress in that area rather than getting everything exactly right.</th>
</tr>
</thead>
<tbody>
<tr>
<td>So when we talked about basics, we talked about lean proteins. When you’re talking protein foods, protein foods that are good sources of nutrients, they’ve got fat – it’s heart healthy fats and doesn’t have a lot of the saturated fats.</td>
<td>We want to keep our hearts healthy. Trimming it before you cook it, or broiling it, grilling it, rather than frying it really is going to save on the amount of saturated fat you end up taking into your body.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Nora Norback</th>
<th>Fish – excellent! American Heart</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meat section – you’re going to look for leaner meats. Beware of the marbling. That’s mostly saturated fat – clogs up the arteries. We want to keep our hearts healthy. Trimming it before you cook it, or broiling it, grilling it, rather than frying it really is going to save on the amount of saturated fat you end up taking into your body.</td>
<td>You want to be looking really towards the chicken and the fish quite often, and limiting the amount of red meat.</td>
</tr>
</tbody>
</table>

Title: Protein

Nutrition Tip:
Choose lean cuts of meat with less than 10 grams total fat and less than 4.5 grams saturated fat per 3 ounce serving.

Nutrition Tip:
Examples of lean cuts of meat are eye of the round (beef) or tenderloin (pork).
and legumes – they cost less than meat.

Cost Saving Tip:
Buy and cook a whole chicken – it’s cheaper and provides for multiple meals!

<table>
<thead>
<tr>
<th>Cost Saving Tip: Buy and cook a whole chicken – it’s cheaper and provides for multiple meals!</th>
<th>Association says twice a week – helps us get those Omega 3s. I like to get the chicken breast. They’re easy. They’re fast. And that’s a good way to go. Sometimes I’ll go with the chicken tenders, especially if there is a good sale on those.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Latarsha Sellers</td>
<td>Nora Norback</td>
</tr>
<tr>
<td>Yes, that’s always helpful.</td>
<td>That counts.</td>
</tr>
</tbody>
</table>

Kaiser Permanente
Discovery Health

For money saving shopping tips, visit: www.tinyurl.com/yedl3jb

Nora Norback
Well, the best time to go shopping is when it’s least crowded. Early in the morning is a great time. You’re not competing with a lot of other folks.

Don’t go to the grocery store when you’re too hungry because you’ll buy everything.

The grocery store is where it all begins.

Bringing the right foods into your home will let you cook well, eat well, live well, and thrive.
**GRAPHICS**

<table>
<thead>
<tr>
<th>Title</th>
<th>AUDIO</th>
</tr>
</thead>
</table>
| Taste and Convenience Healthy Snacking Strategies | Nora Norback  
I'm Nora Norback, Registered Dietitian. Oh! Let's talk about snacks! Yicks! That's a place where you can get yourself into trouble if you don’t have the right things readily available.  

Latarsha Sellers  
I’m Latarsha. This is my husband, Eric. This is my youngest son, Justin, my oldest daughter, Jasmine, and my oldest son, Eric Junior – we call him EJ.  

Nora Norback  
Tell me, what are some of the challenges that you folks face? Are you busy?  

Latarsha  
Very! I’m a math teacher and normally when I come home, the kids are always saying, Mom, what’s for dinner? And usually I’m trying to think of something real fast because they want something quickly.  

Nora Norback  
Right now!  

Latarsha  
But it’s not dinner time.  

Nora Norback  
They really need a snack so that you know, you can go around and get the dinner part together. But they’re just physically hungry. You need to get something in your body. It’s been how long since lunch time?  

Jasmine  
About three to four hours.  

Nora Norback  
Whoa! That’s time to eat! That’s time to eat! | Nora Norback  
|----------------|
| Latarsha Sellers  
| Nora Norback  
| Jasmine  
| Eric Junior – we call him EJ.  
| Very! I’m a math teacher and normally when I come home, the kids are always saying, Mom, what’s for dinner? And usually I’m trying to think of something real fast because they want something quickly.  
| They really need a snack so that you know, you can go around and get the dinner part together. But they’re just physically hungry. You need to get something in your body. It’s been how long since lunch time?  
| About three to four hours.  
| Whoa! That’s time to eat! That’s time to eat! |
The two drivers of what we’re going to end up eating are taste and convenience. And so having the right food available at the right time makes all the difference in the world. If you’ve got junk, you’re going to grab junk.

Latarsha
And we have that, too!

Eric
We need more healthy snacks.

<table>
<thead>
<tr>
<th>Nora Norback</th>
</tr>
</thead>
<tbody>
<tr>
<td>Okay! That’s what we want to talk about, is finding some healthy snacks.</td>
</tr>
<tr>
<td>Put a little bit of protein in there if it’s been awhile.</td>
</tr>
<tr>
<td>So having some cheese with maybe some fruit. And if you want to kind of break it up a little bit, you can always cut it in half and that way it lasts a little bit. And take carrots – peel some carrots, cut up some carrots. And they make a good snack.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Nora Norback</th>
</tr>
</thead>
<tbody>
<tr>
<td>One of the things I like to do is just take apples, and cut them up. Taking it and shaking it in a bag with some cinnamon. Give it some different flavor. It just makes it different.</td>
</tr>
<tr>
<td>Convenience is really a powerful tool and you want to use it to your advantage or it will take advantage of you.</td>
</tr>
<tr>
<td>Oh, this looks good!</td>
</tr>
<tr>
<td>Okay, so here’s a simple snack and I think this will hold you until dinner.</td>
</tr>
<tr>
<td>Children</td>
</tr>
<tr>
<td>Thank you! Thank you!</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Nora Norback</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kids and adults should really be eating the same real food. There is nothing unique</td>
</tr>
</tbody>
</table>
KAISER PERMANENTE
SCRIPT 3 – Snacking
August 18, 2010

<table>
<thead>
<tr>
<th>Kaiser Permanente</th>
<th>about adults that they get different food. We all are supposed to be eating really basic fundamental simple stuff.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Discovery Health</td>
<td>For snacking resources, search for the word snacking on any of these sites:</td>
</tr>
<tr>
<td></td>
<td><a href="http://www.mayoclinic.com">www.mayoclinic.com</a></td>
</tr>
<tr>
<td></td>
<td><a href="http://www.eatingwell.com">www.eatingwell.com</a></td>
</tr>
<tr>
<td></td>
<td><a href="http://www.parents.com">www.parents.com</a></td>
</tr>
<tr>
<td></td>
<td><a href="http://www.kidshealth.org">www.kidshealth.org</a></td>
</tr>
<tr>
<td></td>
<td><a href="http://wecan.nhlbi.nih.gov">http://wecan.nhlbi.nih.gov</a></td>
</tr>
</tbody>
</table>