



Dining In: Tips for Eating Healthy at Home

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About Me

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Gaylord
Specialty Healthcare



- NUTRITION & WELLNESS
 - BUILDING A HEALTHY
PLATE
 - BUDGET TIPS
 - EMOTIONAL EATING
 - RECIPES
 - RESOURCES

OVERVIEW



Benefits of Nutrition

- Gives us energy
- Supports bodily functions (including immunity)
- Keeps us focused
- Improves our mood
- Satisfies taste buds



Healthy Fats

Nuts
Seeds
Nut & seed butters
Olive oil
Avocado
Dark chocolate

Fruits & Vegetables

The more color and variety,
the better!
Fresh, frozen, dried, or
canned



Lean Protein

Poultry
Fish/Seafood
Eggs
Low-fat dairy
Beans & Lentils
Tofu
Soy milk

Complex Carbohydrate

Brown rice
Whole grain bread & pasta
Quinoa
Oats/Oatmeal
Barley

Building a healthy plate



HEALTHY SNACKS

Combining carbohydrates, healthy fat, and/or protein will keep you satisfied for longer!

- Dried fruit + nuts
- Hummus + veggie sticks
- Plain Greek yogurt + berries
- Banana + peanut butter
- Apple + Low-fat cheese
- Hard-boiled egg + grapes
- Celery + peanut butter
- Wheat crackers + low-fat cheese
- Cucumbers + tomatoes + mozzarella cheese
- Lightly-sweetened granola + plain Greek yogurt
- Homemade guacamole + whole grain corn tortilla chips

Set yourself up for **success**!



- Meal plan/prep as you would if you were going to work
- Keep healthy snacks in sight/easily accessible
- Pre-portion meals and snacks for portion control
- Try new healthy recipes

TIPS FOR STAYING ON BUDGET

- Shop your pantry and refrigerator first
- Make a shopping list and stick to it
- Save on produce: canned, frozen, and in-season
- Buy in bulk
- Coupons and discount cards
- Reduce food waste – repurpose leftovers!

Emotional Eating

- It's totally normal!!



THE HUNGER SCALE

1	2	3	4	5	6	7	8	9	10
Starving and feeling weak/dizzy	Very hungry, irritable, low energy, large amounts of stomach growling	Pretty hungry, stomach is beginning to growl	Beginning to feel hungry	Satisfied, neither hungry nor full	Slightly full/pleasantly full	Slightly uncomfortable	Feeling Stuffed	Very uncomfortable stomach aches	So full you feel sick

One Pot Pasta

Ingredients

1 Box whole wheat pasta
2 Tbsp olive oil
1 whole yellow onion sliced thin
6 cloves garlic
1 medium bell pepper cut into thin strips
12 oz cherry tomatoes
½ tsp salt
1 can (15 oz) cannellini beans, reduced sodium, drained and rinsed
¾ c basil leaves cut into strips
1/3 c grated parmesan cheese
Black pepper to taste
Red pepper flakes to taste

Preparation

1. Cook pasta according to box instructions. Once cooked, strain the pasta, return it to the pot, and add 1 Tbsp olive oil
2. In a large pan, sauté onions and 1 Tbsp olive oil over medium heat for about 5-7 minutes or until golden brown
3. Add garlic, bell pepper, tomatoes, pepper flakes, salt and pepper to the pan. Cook until veggies are tender, stirring often
4. Add vegetable mixture to cooked pasta and stir until combined
5. Add basil and parmesan cheese and enjoy!

NO-BAKE ENERGY BITES

Ingredients

1 cup old-fashioned oats
½ cup creamy peanut butter
1/3 cup honey
1 teaspoon vanilla extract

Optional Add-Ins!

Shredded coconut
Ground flax seed
Chocolate chips
Cranberries or other dried fruit
Hemp or chia seeds
Cinnamon

Preparation

1. Mix all ingredients together in a bowl until thoroughly combined
2. Chill the mixture in the refrigerator for 1 hour (to help it stick together more easily)
3. Roll into balls or press into a loaf pan to make bars
4. Enjoy! Refrigerate in a sealed container for up to a week, or freeze for up to 3 months

- [Eatright.org](https://www.eatright.org)
- [Choosemyplate.gov](https://www.choosemyplate.gov)
- [Fda.gov](https://www.fda.gov)
- [Usda.gov](https://www.usda.gov)
- [Fruitsandveggies.org](https://www.fruitsandveggies.org)
- [Seasonalfoodguide.org](https://www.seasonalfoodguide.org)
- Your YMCA website

RESOURCES

