

About Me

- B.S. in Allied Health
 Sciences and Dietetics
 through UCONN's
 Coordinated Dietetics
 Program
- Clinical inpatient and outpatient dietitian at Gaylord Wallingford Campus





- **NUTRITION & WELLNESS**
- BUILDING A HEALTHY

PLATE

- BUDGET TIPS
- **EMOTIONAL EATING**
 - RECIPES
 - RESOURCES



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

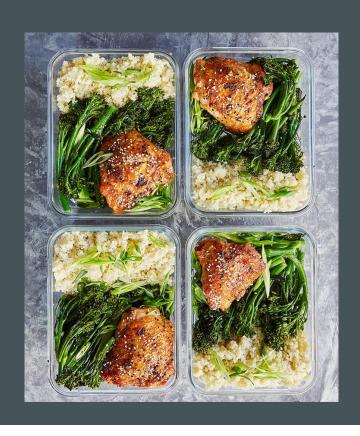


HEALTHY SNACKS

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!!





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
- 3/4 c basil leaves cut into strips
- 1/3 c grated parmesan cheese
- Black pepper to taste
- Red pepper flakes to taste

Preparation

- 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
- Choosemyplate.gov
- Fda.gov
- Usda.gov
- Fruitsandveggies.org
- Seasonalfoodguide.org
- Your YMCA website

