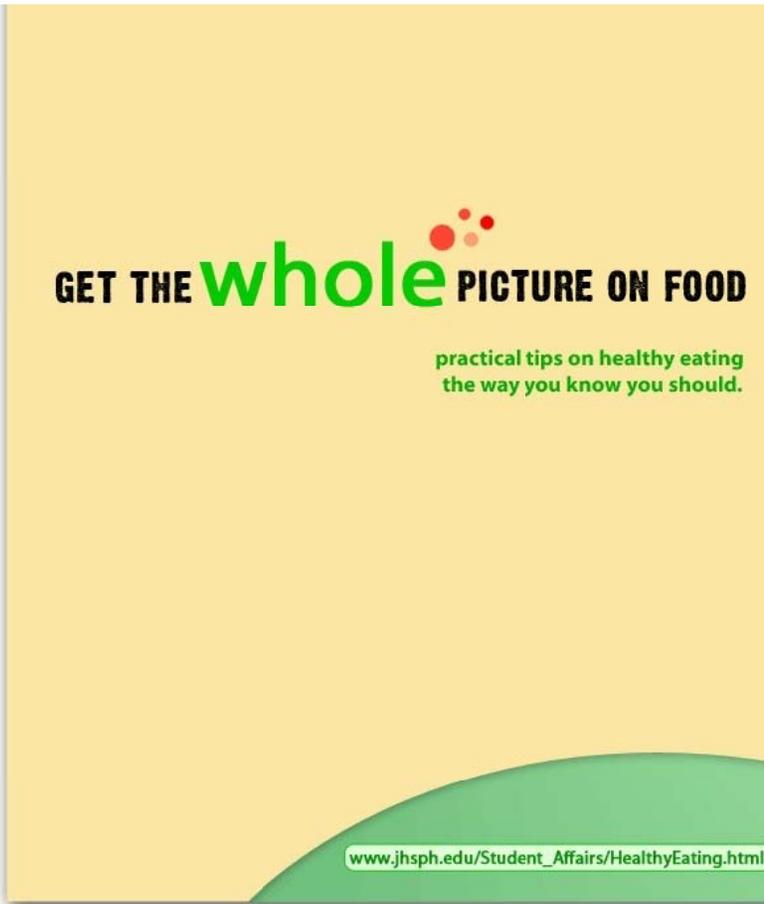


GET THE **whole** PICTURE ON FOOD



A healthy, wholesome diet means choosing from among many different foods. Enjoy the great variety of food. There is no “healthy”, “unhealthy” or even “forbidden” food. It is the quantity, selection and combination of food that matters.

Most of you know what types of food you should be eating more of. There are many reasons why it becomes difficult to commit to eating this way: limited time to shop for and prepare food, the cost of buying fresh and healthy food, or not knowing where to get the items needed.

This book is not meant to give you nutritional information or show you the breakdown of a “healthy” diet but to offer some tips and suggestions to helping you overcome the barriers that may be preventing you from eating the way you know you should.

Find this book and other information about locations for stores in Baltimore and cheap, healthy options for eating around the JHSPH campus on the web at:
www.jhsph.edu/Student_Affairs/HealthyEating.html

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Buy seasonal fruits and vegetables

Costs will be lower and produce will last longer. One of the best places to get seasonal produce is the farmer's market.

Split groceries

If you only cook for yourself, find a friend to split groceries with so you can buy 'bulk' produce without fearing spoilage.

Pack your lunch

Lunch can be more than sandwiches and apples - make it a habit to make too much for dinner so that you have leftovers. Pick up other ideas from our recipe book.

Buy in bulk when possible

Grains, nuts, and dried fruit can be bought in large quantities and stored. Not only is it cheaper that way - they'll always be on hand! For example, instead of buying a small bag of rice at the grocery store for \$3-4, try out an Asian market and buy a 10 lb. bag for \$5-6. If you like bringing yogurt to school, buy a large tub and a spill proof container rather than individual servings.

Go vegetarian for lunch

Many of the vegetarian sandwiches and options available on and around campus are cheaper than those with meat.

GET THE **whole** PICTURE ON TIME

Schedule and plan for meals and shopping

Make a standing date with the grocery store or farmer's market every week; pencil it into your schedule. Plan your meals ahead of time and shop accordingly.

Pre-cut Veggies

Pre-cut things like celery which stay fresh for up to a week in water – then you have a healthy fresh snack ready to go! Or, buy pre-cut veggies from salad bars or pre-washed greens like spinach and lettuce mixes.

Prepare lunch the night before

If you're not an early riser, make your lunch the night before; doing it right after dinner will save on cleanup time.

Leftovers

Dinner makes great lunch the next day. Most foods do not need to be refrigerated for the few hours between arriving at school and eating lunch. Many also taste great cold although there are 2 microwaves on the 9th floor.

Make extra portions

While you're making your pasta sauce, casserole or soup, make double (or even quadruple) the quantity you need. Freeze the remainder in meal portions, and you have ready-made meals for later in the week or month.

Double up on tasks

You can save time if you do two things at once. For example, prepare your pasta sauce while your spaghetti is cooking or make a salad while the fish is broiling.

Make it a social event

Invite a few friends to help and share. For more variety in your freezer organize with a few friends to trade portions of different meals. Making double or even triple batches of recipes usually takes much less time than making 2 or 3 separate meals!

Keep trying

Don't be discouraged if the first time you make something it takes you longer than the recipe suggests. The more you cook, the process will get more familiar and faster.

Freeze and Refrigerate

Pick one day and make 3-4 large meals to freeze for the month. Not all items need to be bought fresh; some things can be frozen or refrigerated and last a long time.

- Citrus fruits like oranges have a long life when refrigerated.
- Fresh crushed garlic and ginger are available in jars to keep in the fridge and fresh herbs are available in tubes to keep in the freezer.
- Fresh lemon and lime juice can be bought in bottles and stored in the fridge.
- Grated cheese can be sealed and stored in the freezer to increase its shelf life.
- When buying fresh meat, choose de-boned varieties. Divide the quantities into meal-sized portions and freeze separately.
- Buy red meat, chicken and fish that are already sliced, diced or marinated.
- Can't eat a whole loaf of bread? Keep a portion of the loaf in the freezer until it is needed. Also, refrigerating bread increases its shelf life and keeps it away from mice!
- Many fresh veggies can be washed and stored in freezer bags and heated when needed.

Get Motivated!

If you're motivated, it's easier to find time. It's sometimes hard to motivate yourself to cook when you are only cooking for one person or you don't feel as comfortable in the kitchen. Here are some ideas to help.

Experiment with spices

Think about combinations you like at restaurants, get familiar with the main spices of the ethnic foods you like. Spices can be expensive to start with but they last forever and you'll enjoy your food more!

Presentation

Adding a little flare to the presentation doesn't usually take more than a minute but can make food much more enticing. For example, add a sliced strawberry or slice of avocado to the side of your omelet, or some fresh shredded basil to the top of a Thai curry.

Get the right equipment

Invest in one good knife (6" chef is very versatile) and one good frying pan – this will cut prep, cooking, and cleaning time and make the process more enjoyable!!

Take a class

If you're not comfortable with basic cooking techniques take time to take a class, get a basic book on cooking, or ask a friend to teach you a few things.

Make cooking a social event

Invite people over for dinner. Get a group together who'd like to cook at someone's house once a week, share ideas and recipes, have a cook day once a month with some friends to prepare home made freezer meals for the month – have fun!

Cook with kids

Involve your kids or children of friends and family in cooking sessions. Most children enjoy preparing and cooking food and you can have a lot of fun together making pasta sauce or soup.

Experiment and try new recipes

A good cookbook can inspire you to try new interesting meals. You can also browse the Internet for many great, fast, and free recipes. Some helpful websites for recipes and ideas are:

<http://www.recipesource.com/>

<http://www.epicurious.com/>

<http://www.foodtv.com/>

<http://www.meals.com/>

<http://www.cooksrecipes.com/>

Make your own recipes

Be adventurous! If you want to try something new, but it seems too complicated feel free to ditch some of the ingredients. (Note: Don't try this with baked goods.) The more you cook the more you'll feel comfortable "just throwing something together".

GET THE **whole** PICTURE ON FOOD

The following recipes are examples of quick, healthy and cost-effective meals that taste great!

BREAKFAST

Oatmeal

Use raw rolled oats instead of instant – they're cheaper and provide more fiber and less sugar. Oats can be easily cooked in the microwave in a bowl. Make sure there is enough room in the bowl as oats will bubble up while cooking.

Follow cooking directions on the box. Usual portions 1:2 ratio oats to water.

What to add after cooking oats:

- skim milk instead of water
- 1 tbsp peanut butter
- chopped fresh apple, and pinches of brown sugar, cinnamon and nutmeg
- roughly chopped dried fruit
- fresh blueberries and honey

Time: 2-5 minutes

Yogurt with fruit, honey, and wheat germ

1 c plain or vanilla flavored yogurt
½ c fruit of choice (berries are the easiest – no chopping, or you can cut up a melon and eat it over a few days)
honey
cinnamon
nutmeg

Mix in a bowl yogurt and fruit. Drizzle honey and sprinkle cinnamon and/or nutmeg to taste.

Time: 2-5 minutes

Cottage Cheese and Grapenuts

½ c cottage cheese
2 tbsp Grapenuts sprinkled on top (the Grapenuts add a nice crunchy texture along with some fiber)

Mix the above ingredients in a bowl.

Time: 2 minutes

Leftover Rice Breakfasts

Rice for breakfast? Sounds strange but tastes great! It's a great way to use up leftovers. Rice dishes can also be eaten for lunch and dinner.

Japanese Rice

1 c leftover rice
2 fried eggs
slivers of nori (dried seaweed, like what sushi is wrapped in- you can also try substituting spinach for nori)

Heat up leftover rice in a bowl and mix in seaweed. Place eggs on top.

Cuban Rice

Replace the nori with a pan fried banana. Cook the banana at the same time with the eggs (you don't need very much oil).

Hot sweet rice

1 c rice
2 tbsp raisins or other fruit and/or nuts
½ c hot milk
½ tsp (or less) brown sugar or honey
dash of cinnamon

Put the sugar and cinnamon in hot milk first and then combine all ingredients in the bowl.

Time: 5 minutes

Breakfast Couscous

This recipe is from the NOLS outdoor cookbook. Use on mornings when you'll need a lot of energy. For days when you'll need less energy, omit the butter and sugar. This recipe can be made ahead of time and eaten throughout the week!

4 cups water
¼ tsp salt
3 tbsp brown sugar or honey
¼ c dried fruit
2 c couscous
½ c milk
½ tsp cinnamon
¼ cup sunflower seeds or nuts
1 tsp butter

Boil water with salt, brown sugar and dried fruit. Then add couscous and milk and mix. Cover and simmer 5-10 minutes, stirring occasionally. When water is gone, fluff and add cinnamon and nuts.

Time: 10-15 minutes

Smoothies

Smoothies are a great way to get your daily servings of fruit. They are also great for snacks. Add protein powder, wheat germ or brewers yeast for added nutrients. Either use frozen fruits or add ice for thicker texture. Smoothies are also a great way to use up ripe bananas.

Time: <5 minutes (serving size 1-2 persons)

OJ based

½- 1 cup orange juice
2 tbsp yogurt (vanilla or plain)

Then add your choice of:

- 1/2 c cubed cantaloupe and honey
- 1 banana
- ½-1 c mixed berries (frozen or fresh)
- 1 banana and strawberries (frozen or fresh)
- mango slices (frozen or fresh)

- ½ cup blueberries (frozen or fresh)

Milk based

Soy, rice or regular milk can be used in these smoothies.

½ to 1 cup milk
2-3 tbsp yogurt (vanilla or plain)
½ cup ice

Add a combination of the following:

- 1 banana
- ½-1 c mixed berries (frozen or fresh)
- 1 banana and strawberries (frozen or fresh)
- ½ cup blueberries (frozen or fresh)

Banana and peanut butter milk

1 c milk
1 banana
1 tbsp peanut butter
1 tsp wheat germ (adds a nutty flavor; is high in vitamin E)

Minty Fresh

1 1/2 c diced honeydew melon
1/2 c low-fat lemon yogurt
1 c frozen green grapes
1 tbsp chopped fresh mint
Lemon juice to taste (optional)

Mocha Java

1 c milk
1 banana
1 – 1 ½ c ice
2 tsp instant coffee
2 tbsp chocolate syrup

SNACKS

Dried Fruit and Nuts

Nuts and dried fruit are great emergency food for sneak hunger attacks! This will boost your blood sugar, satiate your appetite, and save you from the temptations of expensive junk food! Nuts are also high in Vitamin E, the only nutrient other than Calcium of which, on average, Americans do not eat the recommended daily allowance.

Keep a bag of nuts or dried fruit on hand. They don't spoil, leak or take up a lot of space. Nuts are a great alternative to meats for a source of protein and are great additions to salads.

Some tasty combinations to try:

- dried cranberries, apricots and almonds
- cashews and banana chips
- peanuts and raisins
- dried apples and peanut butter (spread peanut butter on the apples and make little sandwiches)

Veggies

Don't groan! Veggies can be exciting and filling snacks. Try dressing them up with one of the following:

Cheese

- crumble feta on spinach
- mozzarella on tomatoes
- parmesan on asparagus
- cheddar on Broccoli

Spices

- lemon pepper on cooked green beans, broccoli or spinach
- garlic salt and pepper with a little butter on broccoli and carrots
- fresh or dried chives on carrots

Dips

For each of the following dip recipes, combine all ingredients in a bowl and mix well.

Time: 5-10 minutes

Low-fat Spicy Bean Dip

1 can (15 oz) kidney beans, mashed or ½ cup dry cooked kidney beans drained, rinsed, and mashed or 1 can lowfat refried beans
2 tbsp plain lowfat yogurt
2 tbsp dried minced onion
1 tbsp vinegar
1 tsp chili powder

Peanut Butter Dip

Great with carrots, celery, apples, or bananas.

¾ c peanut butter
1 tsp vanilla
1 c plain lowfat yogurt

Cottage Cheese Vegetable Dip

1 12-ounce carton of cottage cheese
1 package of ranch dressing mix

Tomato Cucumber Salad

2 ripe tomatoes, diced
1 cucumber, peeled (optional) and diced
2 tbsp balsamic vinegar
1 tbsp olive oil
1 tsp dried basil (or 2 tbsp chopped fresh)
salt and pepper to taste

Mix all ingredients together.

Time: 5 minutes

Cheese

String cheese is self contained, easily portable and packed with calcium. Other cheeses can be cut and eaten with whole wheat crackers, fruit, vegetables or bread.

Fruit

Pack fruit that does not require preparation - take an apple, banana, grapes or an orange with you.

Fruits that require a little more work like cantaloupe, pineapple or watermelon are good to cut up and refrigerate ahead of time. Then they're ready to add to smoothies, yogurt, cottage cheese and Grapenuts or to stick in a container on the go.

Miso Soup

Fast easy snack that's nice and warming in the winter.

NOTE: Persons sensitive to sodium should avoid.

½ tsp. Miso paste (available at Asian markets)
1 c boiled water
¼ c cubed tofu
¼ c shredded nori (dried seaweed) or can use spinach as a substitute.

Mix above ingredients in bowl or mug.

Time: 5 minutes

Black or red ants on a log

Yes, you made this in kindergarten – but it's still good! If you find washing and cutting celery too much work try doing the entire stalk at once as soon as you get home from the store. This is a great snack to make in bulk and then have ready and waiting for you in the fridge! Also travels well in plastic bags. Some people like to substitute peanut butter for cream cheese.

Raisins or dried cranberries
Peanut or almond butter
Celery sticks

Slice celery into 3-5 inch length pieces. Spread peanut butter in celery curve. Place raisins and/or dried cranberries on peanut butter.

Time: 5-10 minutes for a large “batch”

Hardboiled Eggs

Egg whites are generally regarded as the most complete protein found in any single food. Egg yolks are also high in Vitamin E. In many countries, boiled eggs are a common snack found on the street, on trains, and on buses. Make a batch Sunday night and then you have eggs available for breakfast, snacks, to put in salads, or to make egg salad. You can store eggs in refrigerator for up to a week.

Eggs
Water to cover
Salt (sprinkle to taste)

Place eggs in a pot of water (enough to just cover the eggs). Bring water to a boil and remove from heat. Let eggs sit in water for 12-15 minutes. Rinse under cold water to stop the cooking once the time is up and to aid in the peeling process.

Time: 15 minutes

LUNCH

Hummus

Once you see how easy and delicious this is, you won't want to buy store bought hummus again! To make hummus into a full meal, eat with chopped vegetables such as carrots, cucumbers, broccoli, and celery, pita bread, and cheese. It can also make an excellent salad topper or sandwich base!

16 oz chick peas (garbanzo beans) with liquid
2 cloves garlic
2 tsp salt
1/3 c fresh lemon juice
1 c tahini (32 oz. jars are sold at Punjabi on 33rd st. for \$4.95)

Be sure to blend until well mixed but don't over blend! Pour into bowl and add tahini. Mix in by hand until well blended. It's recommended not to put the tahini in the blender as texture and flavor will change). Make your own pita chips by toasting pita bread in the oven or toaster oven. Add some flavor by drizzling with a little extra virgin olive oil and sprinkling with cumin and lemon pepper.

Time: 5-8 minutes

Mediterranean tuna salad

1 can tuna
chunky cut veggies (broccoli and red pepper work well)
1/2 tbsp sun dried tomatoes (canned in olive oil)
4-5 sliced assorted olives
mayo and dijon to taste (try it on the "drier side" and try replacing some mayo with more mustard)

Mix the ingredients listed above.

Time: 5 minutes

Fast and fabulous chicken salad

Use to make melts (on toasted whole wheat with avocado, tomato, Munster cheese and sprouts), eat on lettuce, or with veggie sticks.

4 cups chicken, diced (can use canned chicken)
3/4 c celery, chopped
1/4 c onion, minced
1/4 c green pepper, diced small
2 tbsp red pepper, diced small

Dressing:

1 c mayo (canola preferred)
1/4 tsp salt
dash of cayenne
1/2 tbsp celery seed
3/4 tsp granulated garlic
3/4 tsp granulated onion

Combine chicken and vegetables in a bowl. Mix all ingredients for dressing in a separate bowl and then combine with chicken and vegetables and stir together.

Time: 15 minutes

Chickpea and broccoli salad

Great for a light lunch or healthy snack

1/2 can chickpeas (garbanzo beans)
1/4 head of broccoli florets (or cauliflower florets)
1-2 tbsp sunflower seeds
1 tbsp favorite creamy dressing
Mix all ingredients together.

Time: 5 minutes

Mexican black bean salad

This is good hot or cold, as a side or a main dish.

1 c canned black beans (dried are better if you have the time to soak and cook them)
1/8 c finely chopped red onion
1/2 tomato diced
1/4- 1/2 avocado diced
1 tbsp fresh cilantro
juice of 1 lime (approx. 2 tbsp)
Salt, pepper, cayenne to taste

Mix all ingredients in a bowl. The fresh cilantro and lime are key – don't skip them! Adjust everything to your taste.

Time: 5-10 minutes

Walnut and blue cheese spinach salad

spinach
1 small red onion, sliced
walnuts
crumbled blue cheese
1 apple, sliced
1/2 c strawberries
1 fillet fresh or smoked salmon (optional)

Dressing:

2 tbsp olive oil
1 tbsp balsamic vinegar
1 garlic clove, minced
1/4 tsp Dijon mustard
1/4 tsp honey
1 tsp fresh basil, chopped
salt and pepper to taste

Gently mix ingredients for dressing and set aside. Mix ingredients for salad. Add dressing.

Time: 10 minutes

DINNER

Rethought Eggs

Instead of an omelet with a few vegetables, think of this dish as vegetables with a little bit of egg.

1-2 c roughly chopped vegetables of choice (broccoli, red onion, red pepper, mushrooms, spinach and asparagus all work well)

2-4 eggs (or 2 eggs and 2-3 egg whites)
1 tbsp milk
seasoning of choice (see list below)

Briefly sauté vegetables in a little olive oil or butter. In a separate bowl, mix eggs, milk and seasonings. Add egg mixture to frying pan with veggies and cook on LOW heat for best results. Cook for about 5-10 minutes. You should only have to "flip" it once, but don't worry about it looking like a perfect omelet! Top with sliced avocado or melted cheese.

Experiment with seasonings. Some things to try are:

- strongly flavored cheese like pepper jack, blue cheese, feta or goat cheese
- creole seasoning like "Tony's" or cayenne
- cumin and fresh cilantro (coriander)
- tarragon and dijon mustard
- garlic and basil
- salsa

Time: 10 minutes

Rethought quesadillas/burritos

Use the same strategy as the eggs. Stuff tortilla with veggies you wouldn't normally think of! There's nothing wrong with putting broccoli in a burrito! Use pepper jack cheese for built in spice and use whole wheat tortillas for extra nutrients and fiber.

tortillas (wheat or white)
vegetables of choice (be creative)
eggs, beans, meat or tofu (optional)

You can either sauté ingredients together in a frying pan and then place in tortilla for a traditional soft burrito OR place ingredients directly in tortilla, fold into either a burrito or quesadilla, and then cook all at once on the frying pan for 2-3 minutes. This way you avoid having to clean your pan and overcooking your veggies!

Time: 5-10 minutes

Simple Thai curry

Curry paste is very inexpensive if bought at an Asian market. It can be bought in bulk containers or single tins for a serving of 4 (about 70 cents). Serve over rice or plain with sliced cucumbers. There are several types of curry. Each curry is well suited to particular flavors but there's plenty of variation. Some suggestions are:

*red curry – broccoli and red pepper
green curry – eggplant
yellow curry – sweet potatoes and pineapple*

1 can curry paste of choice
1 c bite size pieces of meat of choice or tofu
1 can of coconut milk

Combine above ingredients in frying pan or wok over medium heat and let simmer for 8 minutes. Add roughly chopped vegetables of choice and cook 5-8 minutes (or until desired crispness).

Time: 15-20 minutes (30 minutes if making rice)

Peanut sauce stir-fry

This can also be used as a dipping sauce for steamed veggies or poured over pasta.

Sauce

1 small garlic clove, (grated, chopped, or pressed)
2 tsp grated or chopped fresh ginger (peel first)
1 scallion (green onion) chopped
2 tbsp peanut butter (crunchy or plain - can always add some peanuts to make crunchy)
2 tsp soy sauce
1 tbsp rice vinegar (other vinegars work fine too)
1 tbsp toasted sesame seeds (optional)
2 tbsp hot water (might need to add more water if you desire thinner consistency)
1 dried hot red pepper or cayenne powder (optional)

Stir-fry

Vegetables of choice, roughly chopped
Meat or tofu of choice

First cook meat or tofu in a frying pan for 5-8 minutes. Add vegetables and cook until hot but still crispy. The sauce can be prepared by either putting all ingredients in a blender or by heating in a separate skillet.

Time: 15-20 minutes

Fish

Here are some fast and flavorful fish recipes. Fish does not take a long time to cook when defrosted ahead of time. If cooking with frozen fish, it's best to take the fish out a few hours before and place it in the refrigerator to thaw- it will take less time to cook. Unlike meat, fish is best cooked quickly at a high temperature. Fish is cooked when flesh is opaque and flakes easily. Fish can also easily be cooked in the microwave. Steamed greens like spinach, broccoli, green beans or asparagus are excellent sides to any fish meal.

Soy sugar salmon

1 tbsp soy sauce
2 tbsp brown sugar
½ pound salmon fillet (frozen or fresh)

Mix brown sugar with soy sauce to make a syrupy paste. Spoon mixture on salmon (fresh or frozen- if frozen thaw first) and broil or bake. Toaster ovens work well, or use conventional oven. Salmon only takes approximately 10 minutes to cook, until light pink and flaky.

Ginger sesame pan seared tuna or salmon

tuna or salmon steak (frozen or fresh)
3 tbsp soy sauce,
1 inch piece of fresh ginger, minced
1 clove garlic, minced
1 lime (or lime juice)
sesame seeds (optional)

Mix ingredients in a bowl (except the sesame seeds) and marinate the fish for 5 minutes (or longer if you have the time). Heat a pan until hot and sear each side for 3-5 minutes or until fish is brown on the outside and light pink on the inside. Add sesame seeds.

Baked haddock

haddock fillet
1 tsp butter
crushed crackers

Brush fish with butter and sprinkle with crushed crackers or bread crumbs. Bake at 350 degrees for 10-15 minutes in either a conventional oven or toaster oven.

Time for fish recipes: 15 minutes

SOUPS

These soups can be made on the weekend or at beginning of the week in about 20 minutes. They are easy to pack and heat up for lunches and quick dinners.

Tomato veggie

1 can of V-8 or tomato juice
1 chopped medium sized tomato (or substitute used can of diced tomatoes)
1 chopped medium sized onion
2-3 stalks of chopped celery
1 can of white beans
1-2 chopped carrots
1 chopped zucchini or eggplant (optional)
Pasta (1/2 box of elbow, minestrone, bow tie, wheel, or rotini)
1 tsp pepper
½ tsp salt
1 tsp oregano
1 tsp basil
1 tsp red pepper flakes (optional)

Cook the pasta separately while preparing the soup. In a large pot, add all remaining ingredients. Stir occasionally while bringing to a boil then reduce the heat. Simmer for approx. 10-20 minutes and add cooked pasta.

Time: 25 minutes

Curried red lentil soup

Red lentils are quicker to cook than green or brown lentils. You can use other lentils in this recipe but they will require additional cooking time.

- 1 tbsp olive oil
- 1 medium onion, chopped
- 1 carrot, chopped
- 1 garlic clove, minced
- 1 tbsp curry powder
- 2 tsp minced fresh ginger (or 1 tsp ginger powder)
- 1/8 tsp cayenne pepper
- 4 c chicken broth
- 1 c red lentils, rinsed and drained
- 1 can diced tomatoes
- 1 cored and diced apple

Heat oil and add onion and carrot. Sauté for 3-5 minutes. Add garlic, curry powder, ginger, and cayenne and sauté for approx. 1 minute. Add broth, lentils, tomatoes and apples. Bring to a boil. Reduce heat and simmer until lentils are tender (about 15-20 minutes)

Serve with a dollop of plain, nonfat yogurt (in place of sour cream) if desired.

Time: 35-30 minutes

Pita chips

Try some homemade pita chips to have with soup. They are fast and flavorful when seasoned with different spices.

- pita bread (white or wheat)
- olive oil

Lightly brush olive oil on one side of the pita. Sprinkle the following combinations (to taste) on the bread and toast in toaster oven or bake in conventional oven for 8-10 minutes on 350 degrees.

- minced garlic (or garlic powder) and grated parmesan cheese
- lemon pepper and cumin

CONVERSIONS

Measurement

Teaspoon (tsp)	Tablespoon (tbsp)	Cups (c)	Fluid Ounces (oz)	Milliliter (ml)
½ tsp				2 ml
1 tsp				5 ml
3 tsp	1 tbsp		½ oz	15 ml
6 tsp	2 tbsp	1/8 cup	1 oz	20 ml
8 tsp	2 tbsp + 2 tsp	1/6 cup		
12 tsp	4 tbsp	¼ cup	2 oz	60 ml
15 tsp	5 tbsp	1/3 cup – 1 tsp	2 oz	
16 tsp	5 tbsp + 1 tsp	1/3 cup		75 ml
18 tsp	6 tbsp	¼ cup + 2 tbsp	3 oz	
24 tsp	8 tbsp	½ cup	4 oz	125 ml
30 tsp	10 tbsp	½ cup + 2 tbsp	5 oz	
32 tsp	10 tbsp + 2 tsp	2/3 cup		150 ml
36 tsp	12 tbsp	¾ cup	6 oz	175 ml
42 tsp	14 tbsp	1 cup – 1 tbsp	7 oz	
48 tsp	16 tbsp	1 cup	8 oz	225 ml

Oven Temperature

375°F	190°C
400°F	200°C
425°F	220°C
450°F	230°C
475°F	250°C
500°F	260°C
525°F	270°C

Weight

1 ounce (oz)	30 grams (g)
¼ pound (lb)	120 g
½ lb	240 g
¾ lb	360 g

GLOSSARY OF COOKING TERMS

Broil	To cook food directly under or above the heat source. Food can be broiled in an oven, directly under the gas or electric heat source, or on a barbecue grill, directly over charcoal or other heat source.
Chop	Using quick, heavy blows of a knife or cleaver to cut food into bite-size (or smaller) pieces. A food processor may also be used to "chop" food. Chopped food is more coarsely cut than <i>minced</i> food.
Cube	To cut food into 1/2-inch cubes. Cubes of food are larger than diced.
Dash	A measuring term referring to a very small amount of seasoning added to food with a quick, downward stroke of the hand, such as "a dash of Tabasco." In general, a dash can be considered to be somewhere between 1/16 and a scant 1/8 teaspoon.
Dice	To cut food into tiny (about 1/8- to 1/4-inch) cubes.
Dollop	A small glob of soft food, such as whipped cream or mashed potatoes. When referring to a liquid, dollop refers to a dash or "splash" of soda water, water and so on.
Mince	To cut food into very small pieces. Minced food is in smaller pieces than chopped food.
Sauté	To cook food quickly in a small amount of oil in a skillet or sauté pans over direct heat.
Sear	To brown meat quickly by subjecting it to very high heat either in a skillet, under a broiler or in a very hot oven.
Sliver	To cut food into thin strips.

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SOURCES

The following resources were used in compiling the list of tips and recipes.

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<http://www.americanheart.org>

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<http://health.ivillage.com/eating/>

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<http://www.health.gov/dietaryguidelines/dga2005/document/>

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