



HEALTHY RECIPES AND COOKBOOKS CHECKLIST

Significant program resources are often devoted to recipes ... recipes are a significant part of food and nutrition education ... they are the practical application of the nutrition messages. It is critical therefore, for the recipes we distribute and the cookbooks we develop to role model our food and nutrition education messages. Recipes and cookbooks are important teaching tools ... they are a cornerstone of our commitment to nutrition integrity. Recipes and cookbooks can be one of our most exciting and challenging opportunities for teaching, sharing and learning.

Healthy recipes and cookbooks do not mean that every single item must be low fat, low sodium and sugarless. It does mean that as “a whole body of work,” our recipes and cookbooks promote health and wellness. Consider the following ...

- **Organizers learn about foods and nutrition, healthy lifestyles and their significance to wellness**

For basic information, go to our “Lifeskills In Food Education web site ... <http://www.hawaii.edu/foodskills> ... click on “Food Education.” The gateway sites listed are extensive.

- **Addresses the Dietary Guidelines**

As “a whole body of work,” do the recipes and cookbooks address the Dietary Guidelines? The ABC’s of the Dietary Guidelines are:

A – Aim for Fitness by aiming for a healthy weight and being physically active each day.

B – Build a healthy base by letting the Pyramid guide your food choices, choosing a variety of grains daily, especially whole grains, choosing a variety of fruits and vegetables daily and keeping food safe to eat.

C – Choose Sensibly by choosing a diet that is low in saturated fat and cholesterol and moderate in total fat, choosing beverages and foods to moderate your intake of sugars, choosing and preparing foods with less salt and if you drink alcoholic beverages, do so in moderation.

Resources: Food Education - Dietary Guidelines

➤ **Represents the Food Guide Pyramid**

Do the recipes and cookbooks represent, at a minimum, the Food Guide Pyramid's basic guidelines of variety and proportion?

The Food Guide Pyramid is a nutrition education tool that translates the Dietary Guideline's nutrition recommendations into the kinds of foods to eat each day. It is not a rigid prescription but a general guide that helps you choose foods to eat.

"Build From The Bottom" with the Food Guide Pyramid

Variety: Get the nutrients your body needs to be healthy by eating many different kinds of foods. Also, drink water, the liquid your body needs.

Proportion: Stay healthy by eating more foods from the bottom two levels of the pyramid: grains, fruits and vegetables --- and fewer foods from the top level: fats, salt and sugars.

Moderation: Reduce your risk of chronic diseases by limiting the amounts of foods you eat that are high in fats, sugars and salt.

Whole Foods: Choose foods in their natural, unprocessed form when possible. For example, fresh apples are the "whole" form nature gave us. Applesauce and apple juice are more processed. Flavored apple products may contain no real apples.

Resources: Food Education – Food Guide Pyramid

➤ **Gives recommendations for food safety and safe food handling**

Are recommendations for food safety and safe food handling included? Clean is the key; wash hands and surfaces often. Serve safely and keep hot foods hot and cold foods cold. Keep vermin out of foods ... flies, ants, roaches and other critters.

Resources: Food Safety – Safe food handling checklist for food fundraisers, food shows and food demonstrations ... and to food education.

➤ **Is representative of the healthy contributions of the cultural heritages of the people of Hawaii**

Fried and/or high fat donuts and cakes and candies were not the mainstay of civilizations. Human beings throughout the world eat an incredible diversity of

foods ... our own eating patterns are determined by a combination of personal, cultural and societal influences. Hawaii has cultural influences from many places ... this is most often reflected in food. Sharing and learning about each others' food ways can be a rich and rewarding human experience.

Resources: Local cookbooks, cultural/historical references, our elders, etc.

➤ **Lists ingredients and nutrient content**

Are all ingredients listed in order in which they are used? Ingredient measurements are spelled out, given in common fractions and in the easiest units of measure. Description of ingredients is included and sizes of cans or packages are specified. Clear instructions are given for every step of combining and cooking the ingredients. Number and size of servings is included.

Do the recipes include nutrient content information? Nutrient information can be in a format similar to the nutrition label found on food products. At a minimum, list the total calories, fat, sodium and sugar content for a stated serving size.

References: Food Education – Food and Nutrition Gateways – Tufts Nutrition Navigator –search words “food composition”

➤ **Gives background including food source, ethnic origins, and historical facts**

Is information regarding food sources (not the supermarket), ethnic origins (where did mango come from), historical and current uses (medicinal, class and gender restrictions, folklore) etc. given?

➤ **Includes variations, options and choices for foods used**

Variety, choices and options are the key to meeting diverse needs, tastes, budgets, skills, availability and accessibility of equipment and appliances, etc. Are the basic ingredients limited in number and suggestions given for additions and variations? Suggestions for how to use leftovers?

➤ **Is simple, flexible, adaptable and can be prepared by the general public**

Making and eating the food is the goal ... will our public use the recipes and eat the food? Are recipes flexible, accommodate fresh, frozen or canned foods and give suggestions for substitutions? What knowledge and skills, equipment and appliances and time and energy are required? Is there taste acceptance?

➤ **Includes tested recipes, easy to obtain ingredients, cost considerations, easy to read and follow instructions**

Have the recipes been successfully tested by a minimum of 3 people? Does the food taste good? Are ingredients available and affordable? Are the instructions easy to read and follow and quick to cook?

➤ **Uses local fruits and vegetables representing Hawaii's agriculture**

Feature fruits and vegetables as celebrity ingredients. Hawaii grows a diversity of produce representing many cultures. Consider using locally grown produce... you can choose freshness and will be supporting our local economy.

➤ **Demonstrates basic food preparation techniques**

Being able to cook and having basic food preparation skills is a significant key to healthy eating. Do the recipes and cookbook demonstrate basic food preparation techniques ... are the instructions simple and clear for each step of combining and cooking the ingredients? Is there a glossary of cooking terms?

➤ **Includes food science principles**

Simple understanding of food science principles can promote safe food handling support building cooking skills and increase healthy food consumption. Examples: Knowing how to prevent some fruits from turning brown will appeal to our need to have food look good and increase our consumption. Understanding that moisture, time and temperature affects bacterial growth can prevent us from getting sick from spoiled food.

➤ **Gives menu suggestions**

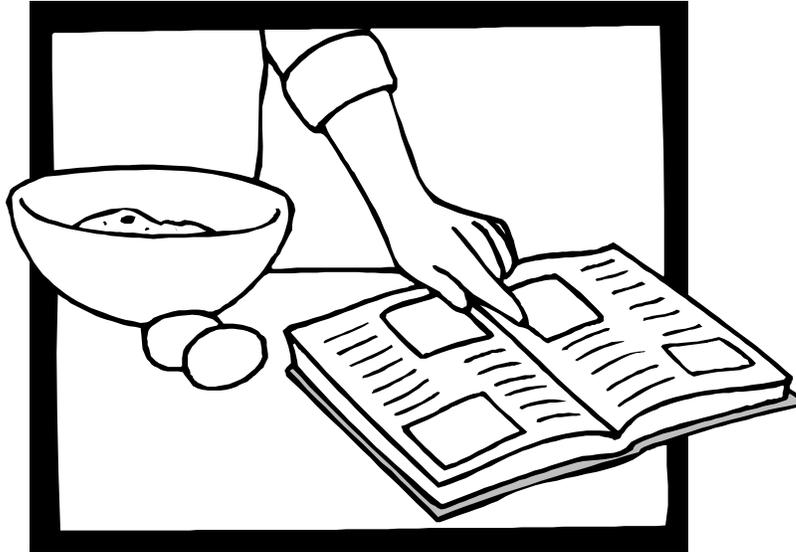
Sometimes in our hectic world, possibilities of how we might include foods in practical everyday eating can help us get to action. Giving options on how to include dishes in menu combinations can support healthy choices. It also promotes the food guide pyramid principles of variety, proportion, moderation and whole foods.

➤ **Dishes have potential and flexibility for visual and taste appeal**

TASTE IS A BASIC DRIVER OF OUR FOOD CHOICES. Colors, textures and aromas are integral parts of taste appeal ... part of the sensory pleasure of eating. These are diverse and individual, and recipes and cookbook collections of recipes need to include this potential.

➤ **Uses basic equipment and appliances**

Using a limited number of basic equipment and appliances in different ways is practical for budget, space, skills building, etc. purposes. List the basic equipment and appliances needed for the recipes in the cookbook and their multiple-use potential.



Use the checklist below for recipes and cookbooks development.



HEALTHY RECIPES AND COOKBOOKS CHECKLIST

- When planning recipes and cookbooks, the project ...
- Organizers learn about foods and nutrition, healthy lifestyles and their significance to wellness
- Addresses the Dietary Guidelines
- Represents the Food Guide Pyramid
- Gives recommendations for food safety and safe food handling
- Is representative of the healthy contributions of the cultural heritages of the people of Hawaii
- Lists ingredients and nutrient content
- Gives background including food source, ethnic origins, and historical facts
- Includes variations, options and choices for foods used
- Is simple, flexible, adaptable and can be prepared by the general public
- Includes tested recipes, easy-to-obtain ingredients, cost considerations, easy to read and follow instructions
- Uses local fruits and vegetables representing Hawaii's agriculture
- Demonstrates basic food preparation techniques
- Includes food science principles
- Gives menu suggestions
- Dishes have potential and flexibility for visual and taste appeal
- Uses basic equipment and appliances