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DIETITIAN'S DISH

A QUARTERLY NEWSLETTER BROUGHT TO YOU BY:
YOUR MGH WEIGHT CENTER REGISTERED DIETITIANS



MASTERING NUTRITIOUS CHOICES THIS SUMMER

**GRILL & CHILL: KEEP YOUR SUMMER BBQ
SAFE & DELICIOUS**

COTTAGE CHEESE FRENZY AND VERSATILITY

CHOOSING THE RIGHT OIL FOR YOUR COOKING

Mastering Nutrition Choices this Summer

Plan Ahead

Before hitting the road or attending social gatherings, pack a variety of nutritious snacks such as fresh fruits, cut vegetables, nuts, and seeds. Having these wholesome options on hand will prevent you from resorting to less healthful convenience foods.

Be Mindful of Portions

Fill your plate with protein-rich foods like grilled chicken or fish, and load up on veggies. These choices will nourish and keep you satisfied. Share meals or opt for smaller portions. Ask for dressings/sauces on the side for better portion control.

Make Mindful Choices

It's easy to overindulge at social events. Take small servings of higher-calorie foods and savor them, allowing yourself to enjoy the flavors without going overboard!

Engage in meaningful conversations with loved ones. Keeping your goals in mind will help you stay on track.

Watch Your Beverage Intake

Alcoholic beverages and sugary drinks can contribute to excess calorie consumption. Opt for alternatives like infused water, unsweetened iced tea, or light cocktails with minimal sugar. Improve hydration by carrying a reusable bottle and sip on water regularly!

Stay Active

Take advantage of summer weather and explore your surroundings on foot or bike. Seek out parks, nature trails, or urban areas where you can engage in physical activity while sightseeing.

Engage in Group Activities

Make socializing more active by organizing group activities like beach volleyball, hiking excursions, or bike rides. This way, you can enjoy quality time with friends or family while staying active.

Prioritize Self-Care

Amidst the excitement of summer socialization, don't forget to prioritize self-care. Get adequate rest, practice stress management techniques, and take time for relaxation and rejuvenation.

Grill & Chill: Keep your Summer BBQ Safe & Delicious

Warmer temperatures can create favorable conditions for the growth of bacteria and other microorganisms that can cause food-borne illnesses. Check out the tips below to keep your summer BBQ safe and delicious!

While preparing:

- Thaw frozen high-risk protein foods (meat, poultry, or fish) in the refrigerator, cold water, or microwave. Cook immediately after thawing.
- Do not wash or rinse meat, poultry, or seafood as it may increase the risk of cross-contamination.
- Keep raw meat/poultry/seafood items separate from ready-to-eat foods.
- Use different cutting boards for raw meat, seafood and vegetables.
- Always wash fruit and vegetables. Run foods under clean, running water to remove any debris.

While cooking:

- Use a food thermometer to make sure all foods are cooked thoroughly and at a safe minimum internal temperature of



145°F
(plus 3-minute rest)



145°F



160°F



165°F

- Insert the thermometer through the side of the meat until the probe reaches the center.
- Beware of the Danger Zone. Keep foods out of the temperature danger zone (40°F and 140°F).
- Do not place cooked meat on surfaces that had raw meat.

While serving:

- Wash your hands thoroughly before handling any food.
- Avoid touching food with bare hands. Use utensils when serving food.
- Make sure foods are consumed or stored away within two hours.
- Refrigerate any leftovers to maintain freshness and safety.

Hawaiian Chicken Skewers

INGREDIENTS

- 1/2 cup barbecue sauce
- 1/3 cup soy sauce, low sodium
- 1 tbsp rice wine vinegar
- 2 tsp olive oil
- 2 cloves garlic, minced
- 1 tbsp ginger, minced
- 1 tsp honey
- kosher salt, to taste
- 1 tsp crushed red pepper flakes
- 2 chicken breasts, cut into 1" pieces
- 2 cups pineapple, cubed
- 2 green bell peppers, diced
- 1 red onion, diced



Image and recipe adapted from: *delish*

PREPARATION



Serve on top of brown rice or bed of lettuce!

1. Follow steps highlighted in our Grill and Chill article (pg 2)!
2. Preheat grill or grill pan to medium heat.
3. In a large bowl, whisk together barbecue sauce, soy sauce, vinegar, oil, garlic, ginger, and honey until combined. Season with salt and red pepper flakes.
4. Build skewers by alternating chicken, pineapple, peppers and red onion. Place on a baking sheet and pour over half your marinade
5. Place skewers on preheated grill and brush with marinade. Cook 5 minutes and flip, brushing the other side with marinade as well.
6. Cook 5 more minutes or until the chicken is cooked thoroughly.
7. Serve and enjoy!

Cottage Cheese Frenzy

When it comes to nutrient-rich foods, cottage cheese often flies under the radar. This humble dairy product, known for its lumpy texture and mild taste, is not only delicious but also packed with an array of essential nutrients. Whether enjoyed on its own or incorporated into various recipes, cottage cheese offers numerous health benefits that make it a standout choice for a well-rounded diet. In this article, we will delve into the nutritional benefits of cottage cheese and explore its versatile uses.

High-quality Protein

Protein is crucial for building and repairing tissues, supporting muscle growth, and maintaining a healthy immune system. With approximately **14 grams of protein per half-cup serving (and only 120 kcal)**, cottage cheese is an excellent choice for individuals looking to increase their protein intake.

Essential Nutrients

It is a rich source of calcium, which is essential for maintaining strong bones and teeth. It also contains phosphorus, a mineral vital for energy production, and selenium, which acts as a powerful antioxidant to protect cells from damage. Cottage cheese also offers B vitamins, including riboflavin (B2), niacin (B3), and vitamin B12, which are necessary for proper energy metabolism and brain function.

Probiotics and Gut Health

Cottage cheese made with live cultures contains probiotics, beneficial bacteria that support a healthy gut. These probiotics contribute to the balance of gut flora, aiding digestion, and promoting overall digestive health.

Weight Management

Due to its high protein content, cottage cheese helps to promote feelings of fullness and satiety, reducing the likelihood of overeating. Protein also has a higher thermic effect than carbohydrates or fats, meaning that it requires more energy to digest and can slightly boost metabolism. Cottage cheese is relatively low in calories and fat, making it a nutritious and satisfying choice!

Versatile Delights:

Exploring Cottage Cheese's Many Uses

Cottage cheese's versatility extends beyond simply being a standalone snack. Consider these creative ways to incorporate cottage cheese into your meals or snacks. Check out page 7+8 for recipe suggestions!

Breakfast Boost

Add a dollop of cottage cheese to your morning smoothie or blend it into pancake or waffle batter for a protein-packed start to your day. It also makes a delicious topping for whole-grain toast, oatmeal or even your eggs - providing an extra dose of protein and creaminess.

Savory Delights

Use it as a creamy filling for stuffed peppers, lasagna, or pasta shells. You can also mix it with herbs and spices to create a tasty dip for fresh vegetables or as a substitute for sour cream in tacos and burritos.

Dessert Wonder

Cottage cheese can lend a moist texture and subtle tang to baked goods. Replace part of the butter or oil in recipes with cottage cheese for a healthier twist. It works exceptionally well in muffins, cakes, cheesecakes, and even ice cream or pudding!

Salad Enhancer

Boost the protein content of your salads by adding cottage cheese as a topping. Its creamy texture complements leafy greens, and it pairs well with fruits like strawberries or peaches. You can also use it as a base for salad dressings to create a lighter and healthier alternative.

RD Favorite: Check out the chive cottage cheese flavor!

It's great on wasa crackers, eggs, or on its own!

If you're not a fan of cottage cheese's texture, blend it up!

Berry Ice Cream

Makes 2 servings



Add your favorite toppings! Berries, chocolate chips, nuts or mint leaves can be a nice addition!

INGREDIENTS

- 2/3 cup 1% cottage cheese
- 1 cup of frozen berries

PREPARATION

- Add cottage cheese and berries to a blender.
- Blend until smooth
- Serve and enjoy!

Garlic Herb Dip

Makes 4 servings

INGREDIENTS

- 1 cup of 1% cottage cheese
- 1 tsp dried parsley
- 1/2 tsp dried oregano
- 1/4 tsp garlic powder
- 1/4 tsp onion powder
- 1/4 tsp salt
- 1 tsp lemon juice

PREPARATION

- Add all ingredients to a blender and puree until smooth. Consider adding 1 tbsp of water if the mixture is too thick to blend.
- Serve with your favorite vegetables or whole grain crackers!



Recipe and image adapted from budget bytes

High Protein Avocado Toast

Makes 2 servings



INGREDIENTS

- 2/3 cup 1% cottage cheese
- 1/2 of an avocado

PREPARATION

- Add cottage cheese and avocado to a blender.
- Blend until smooth
- Spread on a whole wheat toast
- Enjoy!



Add toppings for more fiber!
Try sliced tomatoes, sliced radishes, or alfalfa.

Meatless Pasta

Makes 1 serving

INGREDIENTS

- 2 - 3 oz chickpea or lentil pasta
- 1 cup marinara sauce
- 1 cup 1% cottage cheese
- Parmesan cheese and basil to taste



PREPARATION

- Boil pasta in water per package instructions
- Blend cottage cheese with marinara sauce
- Combine the drained pasta with the sauce and heat for a few minutes
- Garnish with parmesan cheese and basil

Choosing the Right Oil for your Cooking



It is important to use the correct oil for your cooking technique to enhance both flavor and health. An oil's smoke point determines how it should be utilized in cooking. Understanding what this means for your food and health is critical to making delicious meals that provide optimal nutritional quality.

Eating more unsaturated fats in place of saturated fat (and trans fat!) can lower heart disease risk. Mono- and Poly-unsaturated fats are found in olive, sunflower, peanut, avocado, and other oils. Keep in mind, moderation is key! One teaspoon of oil has about 40 calories, therefore, we don't need too much to receive its health benefits!

	Oil	Smoke Point	Best Used For
Unsaturated	Extra virgin olive	350-400 F	Baking, salad dressing, sautéing
	Vegetable	400 F	Baking, roasting, searing
	Canola	400 F	Baking, grilling, sautéing
	Corn, safflower, sunflower, peanut	450 F	Sautéing, searing
	Avocado oil	520 F	Searing, stir-frying
Saturated	Butter	300 F	Baking, searing
	Coconut	350-400 F	Baking, stir-frying, sautéing
	Ghee or clarified butter	450 F	Sautéing, stir-frying

Choose oils based on your dietary needs and preferences. Moderation is key. Consulting with a Registered Dietitian can provide personalized advice on selecting the most suitable cooking oils for your specific health goals.