



Tailoring Meals for Dietary Restrictions

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Food Allergies and Sensitivities

- **Wheat Allergy**
 - Creates an allergy-causing antibody to proteins found in wheat
- **Wheat Sensitivity**
 - Creates a non-allergic negative reaction to eating wheat
- **Celiac Disease**
 - Gluten, which is a protein in wheat, causes an abnormal immune system reaction in the small intestine
 - Causes the microvilli in the small intestine to lay down, making it difficult to absorb vitamins, minerals, and nutrients.

Food Allergies and Sensitivities (cont.)

- **Dairy Allergy**
 - Creates a negative immune response to milk, most commonly to a protein in milk
- **Lactose Intolerance**
 - The inability to digest lactose, a sugar found in milk. People with lactose intolerance do not produce enough lactase, the enzyme that helps to break down lactose.

Food Allergies and Sensitivities (cont.)

- **Nut Allergies**
 - An immune reaction caused by sensitivity to a component of nuts
 - Nut allergies are becoming more and more common
 - Reactions can range from a rash to anaphylaxis
 - Tree nut allergy and peanut allergy are different. Tree nuts are considered a fruit while peanuts are considered a legume.

Wheat/Gluten-Free Carbohydrate Ideas

- Brown, white, and wild rice
- White potatoes and sweet potatoes
- Oats (need to come from a facility that guarantees there is no cross-contamination)
- Quinoa (high in protein too)
- Buckwheat
- Millet
- Teff

Wheat/Gluten-Free Carbohydrate Ideas (cont.)

- Amaranth
- Buckwheat
- Corn, cornmeal, corn tortillas
- Wheat-free pasta (rice, corn, quinoa...)
- Gluten-Free Bread, Rolls, Bagels, Waffles, Crackers, Pizza Crust

Grains to Avoid for Wheat/Gluten-Free Diets

- Wheat
- Semolina (in pasta)
- Bulgur
- Barley
- Rye
- Triticale
- Oats with the possibility of contamination

Dairy/Lactose-Free Alternatives

- Instead of butter - vegetable/nut oils, non-hydrogenated margarine, coconut oil
 - Instead of milk - soy, rice, almond, or coconut milk
 - Instead of cheese - veggie or soy cheese (double check for casein in ingredient list)
 - Instead of yogurt - soy, rice, hemp, or coconut milk yogurt
 - Instead of ice cream - soy, rice, or coconut milk ice cream
- *Lactaid products work with lactose-intolerance but not dairy allergies!***

Nut-Free Alternatives

- Some people with nut allergies do not have an allergy to seeds such as sesame seeds, sunflower seeds, pumpkin seeds
- Instead of peanut butter - sunflower seed butter
- Instead of nut butters in recipes - sesame seeds paste (Tahini)
- As a crunch component in a meal - toasted pumpkin or sunflower seeds

Dietary Concerns for Medical Conditions

- **Diabetes**
 - Portion size
 - Amount (grams and exchanges) of carbohydrate
 - Amount of sugar/sweetener
 - Aim for whole-grains as much as possible instead of simple carbohydrates. Whole-grains cause a slower rise in blood sugar and less demand on the pancreas.

Dietary Concerns for Medical Conditions (cont.)

- **High Blood Pressure and Heart Disease**

- Portion size
- Lower fat options
- Focus on plant fats (liquid at room temperature) instead of animal and man-made fats (solid at room temperature)
- Lower sodium options
- Low sodium diet - 1400-1500mg per day. One teaspoon of salt has almost 2000mg of sodium!

Dietary Concerns for Medical Conditions (cont.)

- **High Cholesterol**

- Quality of fats - choose plant-based fats that are liquid at room temperature
- Emphasize fish oil
- Choose lean meats and low-fat dairy
- High fiber carbohydrates - choose whole-grains

Altering Meals to Accommodate Dietary Needs

- Keep main components of a meal the same including protein, carbohydrate, and vegetable and change the seasonings and sauce to accommodate dietary needs
- Having one “core” meal minimizes the need for multiple types of meals
- Exception would be celiac disease and wheat allergies/intolerances where you might need to alter the carbohydrate choice

Examples

- Use wheat-free soy sauce (tamari sauce) in a stir-fry sauce in place of regular soy sauce.
- Use a lemon-white wine sauce instead of a creamy sauce.
- Use a cornstarch-thickened gravy instead of a flour-thickened gravy.
- Bread chicken in corn meal or wheat-free bread crumbs instead of wheat bread crumbs.
- Avoid seasoning blends with wheat added.
- Leave nuts out of dishes to accommodate nut allergies and add herbs for flavor or a different crunch component.

How to Increase Flavor While Reducing Sodium, Fat, and Processed Foods

- Fat-free, sodium-free flavoring components
 - fresh and dried herbs
 - dried seasonings (watch sodium in spice blends)
 - onions
 - ginger
 - garlic
 - peppers
 - lemongrass
 - garlic powder is a great salt substitute!
- Increase flavor in foods by adding these components instead of salt and fat

Flavor Profiles

- Follow flavor profiles to create flavor in food while sticking to a theme
 - Mediterranean/Greek - lemon, garlic, oregano, olive oil
 - Asian - ginger, garlic, lemongrass, reduced-sodium soy sauce, sesame oil, rice vinegar
 - Italian - tomato, garlic, basil
 - Middle Eastern - yogurt, dill, lemon, garlic

Flavor Profiles (cont.)

- Tex Mex - cumin, chili powder, garlic, lime juice
- French/Provencal - olive oil, garlic, basil/herbs, wine
- African - cumin, coriander, cinnamon, ginger, onion, tomato, peanuts
- Spanish - olive oil, garlic, nuts, onion, peppers, tomato
- By using these flavor enhancers and profiles, processed foods such as sauces, gravies, breading, and condiments, can be reduced or eliminated.

Creating Appealing Vegetarian Meals

- Vegetarian protein ideas - beans, lentils, nuts, nut butters, tofu, edamame (soy beans), eggs, meat substitutes (meatless burgers, patties, sausage, nuggets), dairy proteins (cheese, yogurt, Greek yogurt, ricotta cheese)
- Some dishes work well when you switch a meat protein out with a vegetarian protein. In other recipes, it might be best to have a separate vegetarian option.

Vegetarian Meal Ideas from a “Core” Meal

- **Core Meal:** Lasagna with ricotta and meat sauce
- **Vegetarian Meal:** Eliminate the meat sauce and use a marinara sauce instead, keeping the base recipe the same. Part-skim ricotta serves as the protein.
- **Core Meal:** Stir-fry with chicken, veggies, and rice
- **Vegetarian Meal:** Switch the chicken out with pre-marinated, sautéed, cubed tofu

Vegetarian Meal Ideas from a “Core” Meal (cont.)

- **Core Meal:** Turkey and vegetable chili
- **Vegetarian Meal:** Make the same recipe but use meatless crumbles in place of ground turkey
- **Core Meal:** Baked chicken cutlet or fish fillet
- **Vegetarian Meal:** Substitute the chicken or fish with a veggie chicken patty or make a homemade bean/lentil burger. Keep the side dishes the same.
- **Core Meal:** Soup or stew with meat
- **Vegetarian Meal:** Leave the meat out and use any type of bean instead

Vegetarian Meals For Everyone!

- Some vegetarian meals work for all diets and are appealing even though there is no meat. Examples:
 - Veggie or Spinach Lasagna (ricotta/cheese as protein)
 - Black Bean or Lentil Burgers (beans are very inexpensive!)
 - Minestrone Soup with Kidney Beans
 - Veggie Pizza
 - Vegetable and Black Bean Burritos/Fajitas



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Herbed Quinoa and Chickpea Salad

Ingredients:

1 cup quinoa
1 red bell pepper, diced
3 green onions, thinly sliced
1/4 bunch fresh cilantro, chopped (or parsley and thyme)
1, 15-ounce can chickpeas, rinsed and drained
2 lemons (~ 1/2 c. juice)
rice vinegar, splash
olive oil, splash
salt and pepper

Method of Preparation:

1. Rinse the quinoa thoroughly in cold water. Add the rinsed quinoa to a small saucepan over medium heat. Toast it until it dries, turns golden, and smells deliciously toasty. Meanwhile, boil 1 3/4 cups of salted water. Add the boiling water to the toasted quinoa. It will boil vigorously – be warned. Stir, reduce heat to low, cover and simmer for 20 minutes. Remove from heat and let stand covered for 10 minutes. Set aside.
2. In a large mixing bowl, combined chopped red pepper, onions, cilantro and chickpeas.
3. In a small mixing bowl, whisk to combine the juice from 2 lemons, a splash of rice vinegar and a splash of olive oil. Season with salt and pepper.
4. Add quinoa to mixing bowl with other ingredients and toss to dress with lemon juice mixture. Add additional lemon juice, olive oil and salt/pepper to taste.

Serves: 4-6

**Recipe adapted from www.getyouryummyback.com
www.nutrientchef.com**

Asian-Style Three-Bean Salad

Ingredients:

1 pound fresh green beans, trimmed and cut into 1-inch pieces
One 10-ounce bag frozen shelled edamame
3 tablespoons canola oil
3 tablespoons rice vinegar
¼ cup 100% fruit apricot preserves
1 teaspoon peeled and grated fresh ginger
One 15-ounce can black beans, drained and rinsed
2 scallions (white and green parts), thinly sliced
Salt to taste

Method of Preparation:

Put the green beans and frozen edamame in a steamer basket over several inches of boiling water and steam them for 4 minutes. Drain well, then transfer the beans to a large bowl and put them into the refrigerator to cool for 15 minutes or longer.

In a small bowl, whisk together the oil, vinegar, apricot preserves, sugar and ginger.

Add the black beans and scallions to the green beans and edamame drizzle with the dressing, and toss to coat. Season with salt and serve at room temperature or chilled. This salad will keep in the refrigerator in an airtight container for about 3 days.

Serves 8 serving size ¼ cup

Nutrition per Serving:

Calories 180 total fat 7G, protein 7G, carb 25G, fiber 6G, cholesterol 0 mg, sodium 72 mg

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Whole-Wheat Pasta Salad with Walnut Pesto, Broccoli, and Salmon

Ingredients:

2 cups uncooked whole-wheat penne (about 6 ounces)
2 cups flaked cooked salmon (can be fresh or canned)
2 cups small, steamed broccoli florets

Walnut Pesto:

1 cup basil leaves
1/2 cup fresh parsley leaves
3 tablespoons coarsely chopped walnuts, toasted
1 1/2 tablespoons extra virgin olive oil
1 tablespoon white wine vinegar
1/2 teaspoon salt
1 garlic clove

Remaining ingredient:

4 curly leaf lettuce leaves

Method of Preparation:

1. To prepare salad, cook pasta according to package directions, omitting salt and fat. Drain; rinse with cold water. Combine pasta, salmon, and broccoli in a large bowl.
2. To prepare walnut pesto, combine basil and next 6 ingredients (through garlic) in a food processor; pulse 6 times or until finely minced. Add pesto to pasta mixture, tossing gently to coat. Place 1 lettuce leaf on each of 4 plates; top each serving with salad mixture.

Serves: 4, serving size: 1 1/2 cups of salad and 1 lettuce leaf

Nutrition per Serving:

Calories: 374, Protein: 29.4 grams, Carb: 36.3 grams, Fat: 12.5 grams, Fiber: 4 grams

Recipe by Michele Powers-Farber, R.D.
www.nutrientchef.com