From Potluck to Potbelly
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Is Your Potluck Killing You?
Objectives

- Look at some basic nutrition principles
- Discuss strategies for eating healthier at potlucks, gatherings, or anytime
- Food safety
History

- Definition of a potluck according to the Encyclopedia of American Food and Drink.
  - A meal composed of whatever is available or a meal whereby different people bring different dishes to a social gathering.

- In the Wild West it meant a cowboy brought food for a communal dish.

- The earliest reference to potluck was in 1855.
Discussing The Basics

- Calories – Where do they come from?
- Discovering hidden calories.
- Where the common calorie culprits hide.
What Is A Calorie?

- A unit of heat, or “energy” as it relates to metabolism.
- Needed to “fire” metabolism, which in turn gives us energy.
- This is why we eat!
The Calorie Count

- Four main sources of calories:
  1. Carbohydrate: 4 calories per gram
  2. Protein: 4 calories per gram
  3. Fat: 9 calories per gram
  4. Alcohol: 7 calories per gram
Where The Calories Hide

- Drinking your calories adds up!
- Juices, sodas, adult beverages all add extra calories.
- Added fats (salad dressings, mayonnaise, butter & margarine, oils).
- Potluck dishes usually are loaded with the above!
- Also need to be aware of portion sizes.
Nutrition 101

- Carbohydrates - Are they good for us?
  - The answer is yes!

- Two kinds:
  - Simple carbohydrates
  - Complex carbohydrates: Refined and Unrefined

- Simple offer little nutritional value, also known as sugar. Should be limited.

- Complex refined: The bran is removed during processing. Things like white bread or white cereals.
Nutrition 101

- Unrefined Complex carbohydrates: The bran is intact and includes soluble and insoluble fiber.
- Sources include whole wheat, whole wheat flour, whole wheat cereals.
- Eat Plenty of these.
Protein

- Helps maintain and repair tissues in your body.
- Produces antibodies which fight infection and disease.
- Found in muscles, organs, hormones, and most living cells.
- Good sources are: lean meats, poultry, fish, dairy, eggs, beans, soy products, nuts and seeds.
Our bodies need fats to absorb vitamins and maintain the integrity of our skin and hair.

Good fats and bad fats
- Good fats: Monounsaturated and Polyunsaturated
- Bad fats: Saturated and Trans fats
Fats

- Examples of good fats: canola oil, olive oil, avocado, nuts and olives.
- Bad Fats: Are often solid at room temperature.
- Found in animal products: cheese, butter, cream and meats.
- Saturated fats transform into cholesterol.
Common Potluck Dishes

- Deviled Eggs
- Fried Chicken
- Potato Salad
- Macaroni and Cheese
- Tamale Pie
- Green Bean Casserole
- Baked Beans
- Broccoli Cheddar Casserole
- Lasagna
Potato Salad

- Most recipes call for eggs (and plenty of them).
- Mayonnaise (and plenty of it)
- Some recipes call for butter and sour cream (Yikes!).
- A typical serving ½-1 cup can contain between 300 to 500 calories and 13 to 45 grams of fat.
Mac and Cheese

- YUM!!!!!!!
- Everyone loves the golden color and the cheesy goodness of this potluck favorite.
- Typical serving of Mac and Cheese $\frac{3}{4}$ cup.
- 1 serving usually has 359 calories and 19 grams of fat.
- 12 of those fat grams are saturated.
Broccoli Cheddar Casserole

- This dish MUST be good for you it has broccoli.
- Think again!
- 1 serving (1 cup) can contain 300 to 375 calories and 27 grams of fat.
Lasagna is a classic potluck dish.
Why? It’s easy to make and a crowd pleaser.
Usual Ingredients: noodles, olive oil, Italian sausage, and PLENTY of cheese!
Usual calories in a serving 400 to 600 calories, and 25 to 40 grams of fat. Most of the fat is saturated.
Fried Chicken

- When you need to feed a big bunch on a budget, chicken is economical.
- Good source of protein right?
- How can we make this good source of protein a bad source of nutrition.
- Take flour, eggs, milk, seasonings and roll your chicken in it.
- Cook with an incorrect oil temperature and your healthy chicken becomes a sponge.
- Calories 400-800 per serving.
Deviled Eggs

- These little devils can really be deceiving.
- 1 egg yolk contains 5 grams of fat.
- Eggs have a lot of good nutrition, iron, biotin, choline, lucein BUT?
- Lets add mayonnaise cream style horseradish and bump up the fat.
- 1 egg was 75 calories and 5 grams of fat, it’s now 150 Calories and 13 grams of fat!
Lets Eat

- Lets put together a plate.
- Start off with those cute little eggs, let’s eat 1 for 150 calories and 13 gms fat.
- Lasagna 450 calories 30 gms fat.
- Fried chicken 400 calories 10 gms fat.
- Mac and Cheese 359 calories 19 gms fat.
- Broccoli casserole 300 calories 27 gms fat.
Do the Math

- That one plate is equal to…
- Drum roll........... 1,659 calories and a whopping 99 gms of fat. Most of it saturated!!
Some Simple Survival Strategies.

- Portions portions portions!!!!!!
- Remember golf balls.
- Don’t go to your potluck starving.
- Serve yourself once of the more calorie dense foods and get away from the table.
- Use fruits and vegetables for your second serving if you really need one.
- Watch your liquid calories!
- If you overdo it, EXERCISE!
Recipe Substitutions

- Regular cheeses can be substituted with low fat cheeses or cottage cheese.
- Eggs: Substitute 2 egg whites for 1 whole egg.
- 1% or evaporated milk for whole milk.
- Light or non-fat sour cream for full fat sour cream. Or low fat cottage cheese (pureed).
- Regular mayonnaise: reduced fat, a combination of reduced fat mayonnaise and low fat plain yogurt.
- Heavy cream: half and half or evaporated milk.
Recipe Substitutions

- If your recipe calls for sautéed vegetables use low fat, low sodium chicken broth for sautéing.
- When baking, reduce the amount of sugar by 1/3 to 1/2 and add a sweet spice or flavoring such as cinnamon, nutmeg, or vanilla for a hint of sweetness.
- Trans fat free margarine or butter blend can be substituted for butter. Example Smart Balance.
Food Safety

- Major concern with potlucks: Foodborne illness.
- These are diseases that are transmitted to us by food.
- Any kind of food can cause them, however generally high protein foods are responsible for most.
- Bacteria thrive in warm, moist, protein rich environments.
Safety

- Safe Zone: Hot foods above 140 degrees and cold foods below 40 degrees.
- Do not leave foods out for long periods of time (greater than four hours).
- Keep your cooking environment clean and bacteria free. (That sponge you’re cleaning with is loaded with critters.)
- Reheat hot foods above 140 degrees, keep cold foods such as salads on ice when on table.
- Wash your hands when cooking and handling foods.
Questions