CREATING DELICIOUS, HEALTHY, APPEALING MEALS FOR SENIORS

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TODAY’S SPEAKER

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MY EARLY COOKING LESSONS & RECIPE INSPIRATION
TODAY'S TOPICS

I. Planning Healthy Meals and Snacks
II. Recipe Testing: Creating Successful Recipes
III. Recipe Development Dos and Don’ts
IV. What’s Missing in Recipes? Food Safety!
V. What’s Trending in Food and Nutrition?
LEARNING OBJECTIVES

After participating in this webinar, attendees will be able to:

1. List three principles of writing a great recipe.
2. State the four basic principles of food safety.
3. Discuss one food trend that may boost the marketing appeal of a senior dining program.
PLANNING HEALTHY MEALS & SNACKS
HEALTHY MEALS

1. Make half your plate, bowl, sandwich, meal, or snack **veggies & fruit**.
2. Include **whole grains**.
3. Don’t forget the **dairy**.
4. Add healthy **protein**.
5. Focus on **healthy fats**.

Source: Adapted from [https://www.choosemyplate.gov/ten-tips-build-healthy-meal](https://www.choosemyplate.gov/ten-tips-build-healthy-meal)
HEALTHY SNACKS

1. Include 2-3 food groups:
   - Fruit
   - Vegetables
   - Grains
   - Protein
   - Dairy

2. Focus on healthy fats.

Source: Adapted from https://www.choosemyplate.gov/ten-tips-build-healthy-meal
HOW CAN YOUR MEALS & SNACKS FILL INTAKE GAPS?

More than 80% of Americans don’t get enough DAIRY or VEGETABLES.

CREATING SUCCESSFUL RECIPES
There are four steps involved in creating successful recipes:

1. **Recipe Development**
   - *Documenting your ideas*

2. **Recipe Writing**
   - *Documenting ingredients and amounts; writing the first draft of the method.*
There are four steps involved in creating successful recipes:

3. **Recipe Testing**
   - *Testing what you have written in your kitchen. And likely re-testing...*
   - *Asking someone to test your recipe; getting feedback.*

4. **Recipe Editing**
   - *Editing the ingredient list, amounts, methods, yield, etc. for clarity.*
COMPONENTS OF A SUCCESSFUL RECIPE

• Recipe name
• Headnote
• Yield
• Preparation time
• Cooking time
• Ingredient list with common names & amounts
• Directions
• AND...basic food safety guidelines.
WHY IS IT IMPORTANT TO TEST RECIPES?

• Is the recipe **appropriate for the intended audience** (considering both the people cooking it and eating it)?
• Is the recipe **accurate and reproducible**?
• Is the final product **visually appealing**?
• Does the recipe **taste delicious**?
RECIPE DEVELOPMENT DOs & DON’Ts
“I found that the recipes in most of the books I had were really not adequate. They didn't tell you enough. I won't do anything unless I'm told why I'm doing it. So I felt that we needed fuller explanations so that if you followed one of those recipes, it should turn out exactly right.”

- Julia Child
WHY DO RECIPES FAIL?

✓ Ingredient list is incomplete.
✓ Ingredient list is vague.
✓ Amounts are ambiguous.
✓ Instructions are vague.
✓ Cook/bake time is not accurate.
✓ Variations are not accounted for (e.g., humidity, elevation).
LACK OF CLARITY AFFECTS RECIPE QUALITY

NOT CLEAR
• 1 can diced tomatoes

VERY CLEAR
• 1-14.5 oz. can petite diced tomatoes (including the canning liquid)

NOT CLEAR
• 1 onion

VERY CLEAR
• 1 small yellow onion, peeled, trimmed, diced (~1 cup)
LACK OF CLARITY AFFECTS FOOD SAFETY

NOT CLEAR

• Bake chicken until done.

VERY CLEAR

• Bake at 350° F for 20-22 minutes or until an instant read thermometer reads 165° F when inserted into the thickest part of the chicken breast.
11 PRINCIPLES OF WRITING A GREAT RECIPE

1. The **recipe name** is clear, not too clever, and not too descriptive.

2. The **ingredient list** is complete.

3. **Ingredients** are listed in the order they are used.

4. **Ingredients** are described with as much detail as possible.

5. **Ingredient amounts** are clear with household measures, weights, volumes, and measurements given as precisely as possible.

6. **Instructions** are written in order in which they should be followed.
6. **Instructions** are detailed; actions are explained well (versus only using the culinary term).

7. **Food safety instructions** are included.

8. The right type or size of **cookware or bake ware** is indicated.

9. The **cooking or baking time** is accurate and multiple ways of determining doneness are included.

10. **Variations** are accounted for and explanations are given regarding how to accommodate a variation in humidity, elevation, oven type, stove type, etc.

11. **Yield** is easily quantifiable (e.g., 6 cups, 12-8 oz. portions, 10-1” slices).
FOOD SAFETY
WHAT’S MISSING IN RECIPES? FOOD SAFETY!
EXCELLENT RESOURCE!

Multiple studies show that when consumers follow recipes that incorporate basic food safety instructions, they significantly increase food safety behaviors. This style guide provides easy edits to any recipe to improve food safety practices.

SOURCE: https://www.saferecipeguide.org/guide/
FOUR BASIC PRINCIPLES OF FOOD SAFETY

CLEAN
Wash hands and surfaces often.

SEPARATE
Avoid cross-contamination.

COOK
Cook to the safe internal temperature.

CHILL
Refrigerate promptly; avoid the “danger zone” of 40-140°F.

WHAT’S TRENDING IN FOOD & NUTRITION TODAY?
WHAT’S TRENDING IN FOOD & NUTRITION?

The Microbiome and Gut Health

FERMENTED FOODS

- Beer
- Kombucha
- Cheese
- Yogurt
- Kefir
- Kimchi
- Sauerkraut
- Pickles
- Miso
- Vinegar
- Soy sauce
WHAT’S TRENDING IN FOOD & NUTRITION?

Protein and Its Role in Healthy Aging

PLANT-BASED PROTEIN
• Beans
• Chickpeas
• Lentils
• Peas
• Soy products

ANIMAL-BASED PROTEIN
• Lean beef and pork
• Dairy (fluid milk, cheese, yogurt)
• Eggs
• Poultry
• Seafood, especially omega-3 rich seafood!
WHAT’S TRENDING IN FOOD & NUTRITION?

The Mediterranean Diet and Joyful Eating

PLANT-BASED: abundant fruits, vegetables, whole grains, legumes (beans, peas, lentils, chickpeas), nuts, seeds, healthy oils—especially extra virgin olive oil!

PLUS HEALTHY PROTEIN: lean red meat, seafood, poultry, eggs
Spanish Brown Rice & Beef Bowl with Romanesco Sauce
Greek Barley & Beef Bowl with Tzatziki
TAKE HOME MESSAGES

1. **Healthy meals** contain foods for most/all foods groups.
2. **Healthy snacks** contains foods from 2-3 food groups.
3. **Great recipes** are tested, re-tested, and tested again.
4. **Great recipes** are *very* detailed.
5. **Food safety** requires training, re-training, and reinforcement on the basic four principles.
6. **Trending ingredients** include fermented foods, protein-rich foods, and plant-based foods.
CALL TO ACTION

If your goal is to create and serve delicious, healthy, appealing meals...

"Find something you're passionate about and keep tremendously interested in it."

- Julia Child
QUESTIONS?
UPCOMING TRAINING

**Nutrition and the Science of Aging**

- **What:** Two Part Webinar Series
- **When:** Tuesday, December 12 & 19, 2019
- **To Register:** Online