



Building a Plant-Forward Pantry



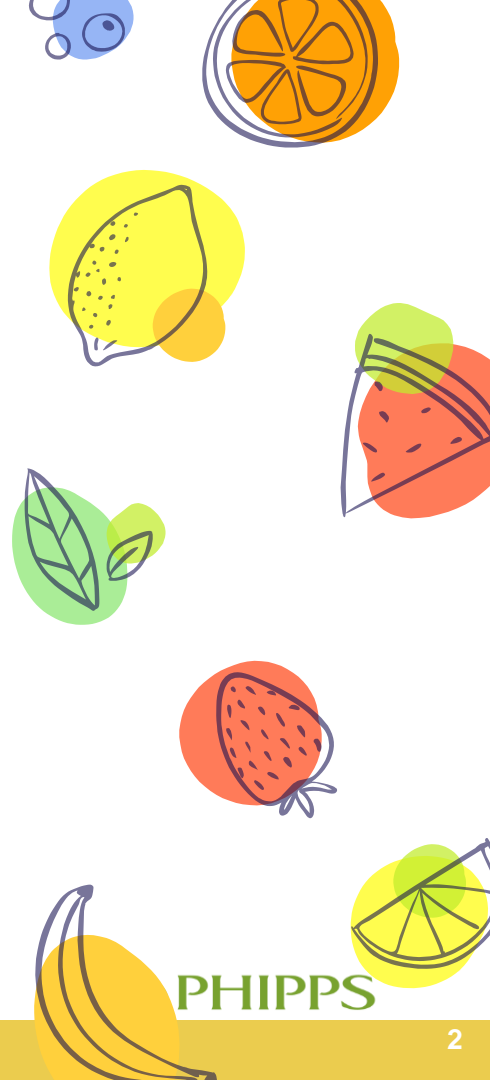
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THE HEINZ ENDOWMENTS
HOWARD HEINZ ENDOWMENT • VIRA I. HEINZ ENDOWMENT

UPMC HEALTH PLAN

Outline:

- ❖ What does it mean to be plant-forward?
- ❖ Shelf-Stable Pantry Staples
 - ❖ Whole Grains
 - ❖ Dried Herbs & Spices
 - ❖ Legumes & Pulses
 - ❖ Canned Vegetables & Fruits
 - ❖ Nuts & Seeds
 - ❖ Dried Fruit
- ❖ A Word on Expiration Dates
- ❖ Q & A



What Does Plant-Forward Mean?

More info:
www.menusofchange.org

III. DEFINING PLANT-FORWARD: GUIDANCE FOR OUR INDUSTRY

PLANT-FORWARD

A style of cooking and eating that *emphasizes and celebrates*, but is not limited to, plant-based foods—including fruits and vegetables (produce); whole grains; beans, other legumes (pulses), and soy foods; nuts and seeds; plant oils; and herbs and spices—and that reflects evidence-based principles of health and sustainability.

HEALTHY, SUSTAINABLE, PLANT-FORWARD FOOD CHOICES

This distilled guidance about the future of our food choices, for individuals and professionals, is an outgrowth of multiple, joint leadership initiatives of The Culinary Institute of America and the Department of Nutrition at Harvard T.H. Chan School of Public Health, including Menus of Change; Healthy Kitchens, Healthy Lives®; Teaching Kitchen Collaborative; and Worlds of Healthy Flavors. It reflects the best, current scientific evidence supporting optimal, healthy, and sustainable dietary patterns while addressing vital imperatives to achieve short- and long-term global food security.



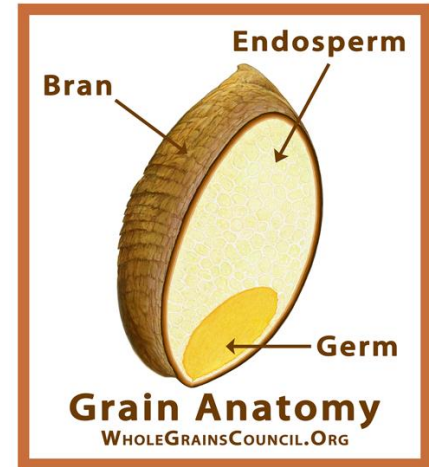
What staples do you
always keep on hand?

Whole Grains



Whole Grains

- × W.G. contain the entire grain kernel
 - × May reduce risk of cardiovascular disease
 - × Good Source of **fiber, iron, magnesium, and B vitamins**
- × Refined grains have less nutrients due to stripping of bran and germ layers
- × *Keep at least 3 different types of grains in pantry*
- × *Shelf life: up to 6 months in cool, dry place*



List of Whole Grains

All of the following are whole grain, when eaten with ALL their bran, germ and endosperm:

Amaranth

Barley (*not* including pearled barley)

Buckwheat

Corn, including whole cornmeal, popcorn

Millet

Oats, including oatmeal

Quinoa

Rice (brown and colored rice)

Rye

Sorghum (also called milo)

Teff

Triticale (a rye / wheat hybrid)

Wild rice

Wheat, including varieties such as spelt, emmer, farro, einkorn, Kamut, durum and forms such as bulgur, cracked wheat and wheatberries



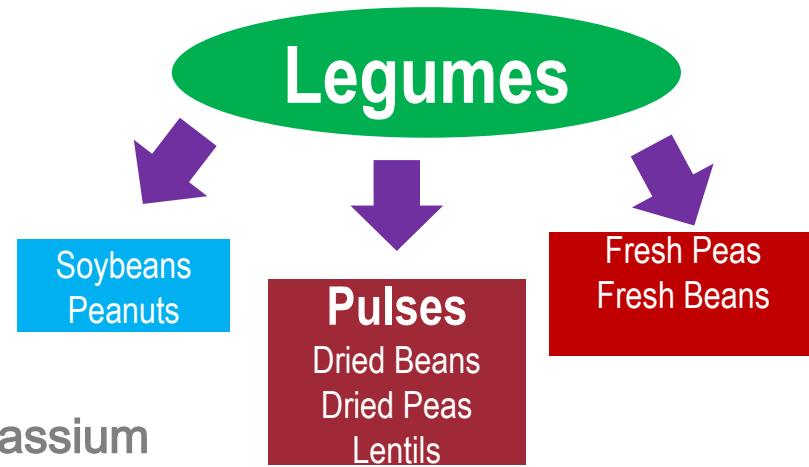
** Grains in red are gluten free. Oats may also be gluten free if tested as gluten free.*

Legumes & Pulses



Legumes & Pulses

- × Rich in soluble and insoluble fiber
 - × Soluble = stabilizes blood sugar levels
 - × Insoluble = keeps you regular
- × Dense in folate, magnesium, zinc, and potassium
- × Pulses are *incomplete proteins*: do not have all of the essential amino acids (soy is complete protein)
 - × Don't need to pair proteins at meal, just vary throughout day
- × Contain non-heme iron
 - × Pair with vitamin C to increase absorption
- × *Keep at least 3 different types of legumes in pantry*
- × Shelf life: a minimum of 1-2 years in cool, dry place



Nuts & Seeds



Nuts & Seeds



- × Nutrient dense and energy dense
- × Rich in monounsaturated and polyunsaturated fats
 - × Raises HDL and lowers LDL cholesterol
- × Walnuts, chia, and flax seed contain ALA-omega 3 fatty acids
- × Good source of vitamin E, manganese, zinc, magnesium and fiber
- × *Keep at least 4 different types of nuts and seeds in pantry*
- × *Shelf life: up to 3 months in cool, dark place, 6 months in refrigerator, and 1+ year in freezer*
 - × *Store away from fragrant foods*

Serving Sizes

- 49 pistachios
 - 35 peanuts
 - 23 almonds
 - 21 hazelnuts
 - 19 pecan halves
 - 18 medium cashews
 - 14 walnut halves
 - 10 macadamias
 - 6 medium Brazil nuts
- 1 oz or approx. ¼ cup

Dried Herbs & Spices



Dried Herbs & Spices



- × Use dried herbs and spices in heat-based meals
- × Dried herbs and spices are more pungent, 1 tsp dried for 1 tbsp fresh
 - × Spices= seeds, roots, bark, berries and flower stigma
 - × Herbs= leaves of herbaceous (non-woody) plants
- × Potent phytochemicals = Powerful Antioxidants
 - × Chili Power: Capsaicin inhibits accumulates Substance-P at nerve endings which prevents pain impulses being transmitted to the brain
 - × Tumeric: Curcumin is both a anti-inflammatory and antioxidant
 - × Oregano: very high in antioxidants & antimicrobial activity
- × *Make your own spice mixes for an easy flavor boost*
- × *Shelf Life: Store away from heat, in cool dark place for 1-3 years*

Canned Vegetables & Fruits



Canned Vegetables & Fruit



- × Most canned fruits and veggies contain the same amount of nutrients as fresh and frozen—some even more!
 - × Canned tomatoes are higher in lycopene
- × Have a longer shelf life than fresh, and usually lower in price
- × Select options that are BPA free, no added sugar and are low sodium
 - × Stored in juice vs. syrup
 - × Reduced sodium is not low-sodium necessarily
- × Rinsing and draining canned vegetables can reduce sodium up to 41%
- × *Flexible canned staples: diced tomatoes, tomato paste, cannellini beans, black beans, sweet corn, canned pumpkin, pineapple packed in juice*
- × *Shelf life: approx. 1-2 years for fruit & 2-5 years for vegetable*

Dried Fruit



Dried Fruit

- × Dense in fiber, vitamin C, iron, magnesium, calcium, and phytochemicals
- × More polyphenols per ounce than fresh fruit
- × May protect against development of cancers, cardiovascular diseases, diabetes, osteoporosis and neurodegenerative diseases.
- × May improve colon health due to their prebiotic compounds
- × Mindful servings is important: higher in natural sugars and calories
- × *Keep two different types of dried fruit in your pantry*
- × *Shelf Life: Most dried fruits can be stored for six months to one year*



Expiration Dates



"**Sell By**": determines when to sell an item by. This is not a safety deadline but may indicate *products that have been sitting on the shelf longer*.

"**Best By**": This is the recommended date for *best flavor or quality*.

"**Use By**": *it's no longer at peak quality* according to the manufacturer.

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Questions?

Thanks!

Any questions?

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