

Facts and Suggested Story Angles

QUICK AND HEALTHY RECIPES AND IDEAS: For People Who Say They Don't Have Time To Cook Healthy Meals By Brenda J. Ponichtera, RD

Saving time while eating healthy starts with planning. Working out which meals will be prepared for the next week saves multiple trips to the grocery store (and gas money). Stocking your pantry and freezer also means healthy ingredients on-hand for last-minute meals.

- The recipes in QUICK AND HEALTHY RECIPES AND IDEAS are low in fat and cholesterol, as well as high in fiber. All the recipes include information on calories, fat, cholesterol, sodium, carbohydrates, fiber, and protein, as well as carb servings and diabetic exchanges, perfect for those following a healthy eating plan.

- Brenda Ponichtera, registered dietitian, has compiled over two hundred tasty, healthy, and easy-to-follow recipes for people who want to eat healthy but don't want to spend a lot of time in the kitchen. She is available to discuss how to begin a healthy eating plan, especially for those recently diagnosed with diabetes, heart disease, or who need to lose weight. Here are some story ideas:

- * Meal Planning Can Save You Precious Time
- * The Importance of a Grocery List
- * Stocking Your Pantry
- * Tips & Tricks to Save on Meal Preparation Time

- Ponichtera is available for radio and print interviews via telephone. She can share tips and tricks to cut down on preparation time. She can also discuss examples of food products worth trying that are healthier alternatives or can save time and effort in the kitchen.

Elaboration on Story Angles

Meal Planning Can Save You Precious Time

Figuring out your family's needs for the coming week can save you time in the long run.

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Knowing which meals you will be preparing and which recipes you will be using, then shopping for all the items you require means less hassle. It is easier to prepare delicious, nutritious meals, when you have a plan, rather than trying to throw something together from what's available in the fridge or cabinets.

The Importance of a Grocery List

Ponichtera recommends having a weekly shopping list that is divided into categories and posting it at the beginning of each week in a central location at home. Here are some categories Ponichtera suggests:

Canned/Packaged Foods; Pasta, Rice & Beans; Breads & Cereals

Paper/Cleaning Products; Fresh Produce; Meat, Poultry, & Seafood

Dairy & Cheese; Frozen Foods; Miscellaneous

Knowing what groceries you need in advance and planning your weekly shopping section-by-section at the store means that you can get to the checkout line faster, and get cooking sooner.

Stocking Your Pantry

Having a well-stocked pantry and keeping nonperishable items on hand saves time. It also provides healthy ingredients for last-minute meals. Purchasing staple items in larger quantities means you don't have to shop for them weekly. Also, stocking the freezer with foods that thaw quickly is an excellent idea. An example is packages of individually frozen, skinned, and boned chicken breasts. In addition, having packages of frozen vegetables on hand can mean a quick side dish or stir-fry is minutes away from the table.

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Tips & Tricks to Save on Meal Preparation Time

Ponichtera has a wealth of information on ways to save time in the kitchen. Some suggestions include:

- Take advantage of produce that is cleaned, sliced, and/or peeled. Although these may cost more, it is worth it if lack of time is keeping you from eating fresh vegetables.
- Fresh herbs always taste best, but dried herbs also work well. When buying fresh, chop all at one time and freeze in resealable plastic bags for future use.
- Use quick-cooking brown rice. It cooks in only 10 minutes.

To set up an interview or request a review copy, contact Brenda Ponichtera at

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