

Practical Nutritional Analysis in Culinary Labs

Michael L. Wray, MCFE, CCI
Associate Professor
Restaurant Management

Healthy Cooking Course Design

1. Provides a bridge from two fields Dietetics and Culinary Arts
2. Teaches Dieticians to practice what they preach and Chef's to practice healthier techniques
3. Used as an open college course with minimal pre-requisites
4. Has an external evaluated event with a Healthy Cooking Luncheon

The F.A.N.S. Concept

- All recipe and menu design should provide for the following in each food item:
 - Flavor
 - Appearance
 - Nutritious
 - Satient



Replicate Authentic Settings

- The Healthy Cooking Luncheon is sponsored on a grant to promote wellness in populations at risk
- Provides authenticity to students who plan, prepare, and serve clients



The Recipe Modification Methods

- Replace/Substitute
- Omit
- Reduce
- Enhance
- Apply Technique
- Consider Culinary Effect



Nutritional Analysis Software

- Diet Analysis for meal periods and days
- Master Cook software for recipe analysis and menu development



Features of Master Cook

- Nutritional Analysis
- Large ingredient database
- Shopping list
- Ingredient steps and notes
- Import-Export
- Add new ingredients

Software Hints

- Use the ingredients in database, don't misspell
- Use save-as feature when editing a bad recipe
- Import and export is challenging
- Download recipes from websites and email

What to adjust in recipes

- Start with problems in the American diet
 - High fat
 - High Sodium
 - High Cholesterol
 - High protein
 - Low Fiber
 - Low fruits and vegetables

Skill practice

- Let us try fixing a meatloaf recipe. Of these ingredients, which would you change?

Why?

- Ground beef
- Onions
- Eggs
- Barbecue Sauce
- Bacon
- Bread Crumbs

Apply the modifying techniques

- What can you?
 - Substitute
 - Replace
 - Reduce
 - Enhance
 - Apply a culinary technique
- Check your results at the end to see nutritional difference