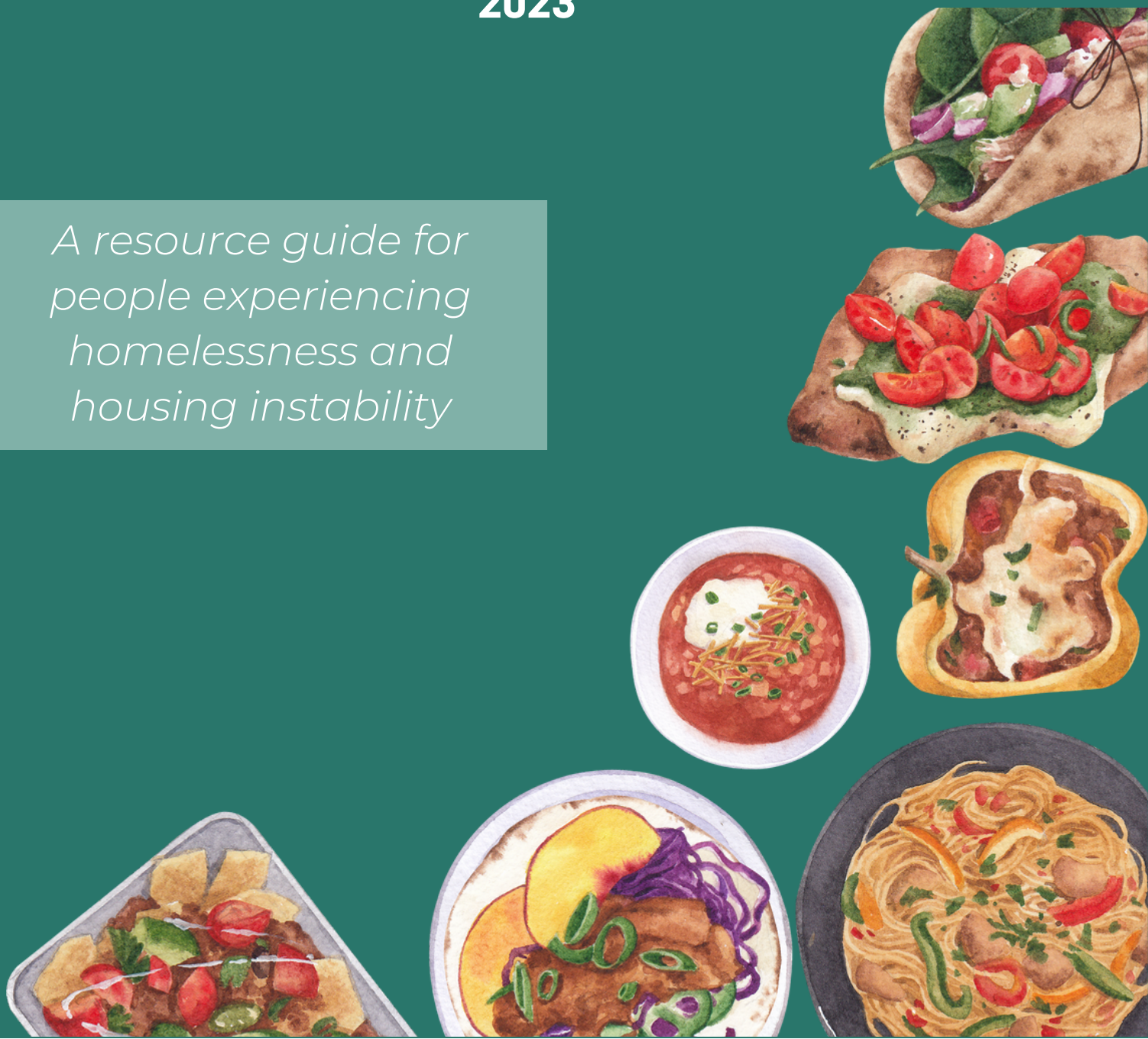
NATIONAL HEALTH CARE for the HOMELESS COUNCIL

MEAL PLANNING & FOOD PREPARATION GUIDE FOR DIABETES

2023

A resource guide for people experiencing homelessness and housing instability



Introduction

Diabetes can be a challenging diagnosis for an individual to manage, often requiring increased engagement with health care providers and the health care system, along with behavioral and lifestyle changes. Diabetes affects 37 million people living within the United States; and people experiencing homelessness and housing instability are two times more likely to be diagnosed with diabetes than the general population.[1,2] Diabetes management often requires frequent monitoring of blood sugar levels, taking medication and adjusting doses in response to blood sugar, and eating foods that help maintain stable levels. These activities become much more complicated when unhoused, living in unstable housing, or managing limited economic resources.[3] Individuals must rely on outside sources for food, limiting their autonomy in making food choices. Those who have housing may not have funds to purchase a variety of ingredients or kitchen tools, as they need to ensure their dollars stretch across the month. Unfortunately, many resources developed for those managing diabetes assume that a person is housed (stably) and has adequate funds to purchase a variety of ingredients and prepare meals using different kinds of kitchen equipment.[4] Providers within health centers often must adapt or create resources that meet the needs of their clients.[5]

This resource has been developed to give providers and clients resources to support meal planning and preparation while managing diabetes, all while being accessible to those with a variety of housing situations and resources.

[1] *Diabetes Fast Facts*. (n.d.). Centers for Disease Control and Prevention (CDC). Retrieved June 12, 2023, from https://www.cdc.gov/diabetes/basics/quick-facts.html

[2] *Homelessness and Health: What's the Connection?* (2019, February). National Health Care for the Homeless Council (NHCHC). https://nhchc.org/wp-content/uploads/2019/08/homelessness-and-health.pdf

[3] Asgary, R., Beideck, E., & Naderi, R. (2022). Diabetes care and its predictors among persons experiencing homelessness compared with domiciled adults with diabetes in New York City; An observational study. *The Lancet, 48*(101418). https://www.thelancet.com/journals/eclinm/article/PIIS2589-5370(22)00148-1/fulltext

[4] Constance, J., & Lusher, J. M. (2020). Diabetes management interventions for homeless adults: a systematic review. *International Journal of Public Health*, *65*(9), 1773–1783. https://doi.org/10.1007/s00038-020-01513-0

[5] A consumer is a term used to describe a person with the experience of homelessness who either is using/has used services at a health center. For the purposes of this document, the term client is used for and implies an individual or a family (NHCHC Consumer Advisory Board Manual).

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How to Use this Resource

The first step in using this resource is to conduct or take a 24-hour dietary recall and an assessment of the meal preparation resources the client has. The **24-Hour Dietary Recall and Meal Planning Assessment Form** will enable one to gather as much information as possible to assist in finding the best recipes for the client.

The first part of the assessment form is a 24-hour dietary recall to identify what the client has eaten in the previous day. This will help identify meal patterns and frequency of meals (how many times they eat a day), what the client usually eats and drinks, and the place or places where the client obtains most of their meals.

The second part of the assessment is an inventory of meal preparation equipment the client has and the resources they have available for meal preparation. The 24-Hour Dietary Recall and Meal Planning Assessment Form may be found in **Appendix A**.

After assessing their dietary pattern, the foods they eat, and what meal preparation equipment is available, the second step is to identify recipes that fit their lifestyle and the resources they have to prepare meals.

To support the Meal Planning process, this resource guide has the following sections:

- **Overview of Meal Planning**
- **Respecting Culture and Food Preferences**
- **Meal Preparation and Using Recipes**
- **Additional Resources**
  - The appendices include several different handouts that can be printed and shared with clients or used by providers when providing education.
  - Each appendix is referenced and linked in this document.

Providers are advised to also use the companion resource **Diabetes-Friendly Recipes** as a resource for recipe ideas.

Meal Planning

Meal planning is the process of deciding what you will eat ahead of time. Meal planning requires consideration of your nutritional needs, food preferences, ingredients on hand and what ingredients are within your budget. Meal planning is a helpful strategy for those with health conditions or who need to be conscious of their budget. However, meal planning can be an overwhelming task. It requires planning, problem-solving and the ability to prioritize and address multiple needs. This can be especially challenging for those who have more limited resources, difficulty with reading and math skills, or multiple health needs.

Despite its complexity, meal planning can be an incredibly helpful way to follow recommended diet guidelines and include foods that meet these guidelines while also considering food

preferences. For those experiencing homelessness or housing instability, with limited budgets, or who use community food resources, it can be helpful to teach clients to view their eating "overall" as opposed to "meal by meal" which offers more flexibility and can respond to what might be available throughout the day.

Those who are new to meal planning may need extra time and support to learn how to develop and follow a meal plan and budget. There are different ways to meal plan, which can be based on the person's preferences and resources: meals can be planned by day, week, or month.

Deciding which method is going to be most helpful will depend on:

- Resources available, such as money to spend on food, use of community food resources, and cooking space and supplies
- The client's cognitive ability and learning needs
- The client's ability to follow through on a plan identified over a long-term period
- The client's health conditions

To help determine which style of meal planning to use, providers can consider:

- Is the person able to plan out and follow through on a plan for several days at a time?
- Does the person need to plan their resources by the day, week or month?
    - For example, does the client use monthly food pantry trips and budget for a monthly income? Or do they receive weekly income or access resources more than once a month?
- Do they have the ability to purchase food and carry it home, and how much can they carry or get home at a time?
- Where do their meals and food come from?
- Are they able to safely store purchased foods?
- What is the client's preference?
    - What helps them feel comfortable, secure, and that they will have enough to eat?

The next section provides an overview of different meal planning options (daily, weekly, monthly) and considerations for identifying what might work best for the individual client.

This resource also includes example templates that can be used to develop weekly and monthly meal plans, and to create a grocery list based on the meal planning that occurs.

- See **Daily Meal Plan** for an example of a way to work with someone to set out options for daily meal planning. This can also be used as a way to track what someone has eaten or had to drink over a day.
- See **Weekly Meal Plan** for an example of a weekly meal planning sheet, along with **Weekly Grocery List** for an example list that can be used based off the of meal plan.

- See **Monthly Meal Plan** for an example of a monthly meal planning sheet, along with **Monthly Grocery List** for an example list that can be made based off the meal planning page.

Daily Meal Planning

This type of meal planning focuses on planning, acquiring and preparing meals day by day.

This method works well if the person is relying on external sources for at least one meal where it is hard to predict what will be served (e.g. meal programs, soup kitchen, takeout or convenience store food).

Planning by the day may require going to the store more frequently (more than once per week) to purchase ingredients. Clients will need to be able to easily get to or live near a grocery store or market. These stores should have items priced within the client's food budget.

This method works well when the client prefers simple meal preparation or cooking meals that don't use a lot of ingredients, or if they have a hard time planning and following a long-term meal plan and schedule.

Daily meal planning may be a helpful strategy for those who experience impulsivity or decreased attention or memory. The person only has to plan and follow the plan for a short period of time, and this strategy can minimize food waste or overspending.

How to meal plan for the day:

- Use resources as available to identify meal options ahead of time that are not prepared at home (e.g. menus from meal program).
- Identify a daily budget for food if purchasing meals or buying ingredients daily or every couple of days.
- Plan to adjust meals and eating schedules based on how the day progresses:
    - For example, if meals with higher carbohydrate or sugar content are eaten earlier in the day, the person should attempt to eat more protein-based or lower-carb foods for later meals.
- For clients who are housed or have kitchen access and using daily meal planning:
    - Purchase or acquire staple ingredients to keep at home (beans, rice, pasta, canned goods, frozen food, seasonings).
    - Identify a list or set of meals and recipes that the person can easily find and use to choose meals daily. Identify additional ingredients needed.

The next page provides two examples of clients using daily meal planning strategies.

Daily Meal Planning Example 1
In this scenario, the person is housed and has access to a kitchen space. The client goes to a senior center on weekdays and does not like complicated meal planning. • Breakfast — yogurt from the fridge at home • Lunch — at the senior center (typically protein, vegetable, starch) with water to drink • Dinner — sandwich and soup prepared at home

Daily Meal Planning Example 2
In this scenario, the person is unhoused and staying in an encampment. The client does not have access to a kitchen or supplies but occasionally uses a camp stove to heat food. • Breakfast — none • Lunch — at a local meal program (pasta with beef and red sauce, canned vegetables) with water or milk to drink • Snack — granola bar provided by the mobile medical unit that the client visited • Dinner — tuna with crackers, canned vegetables warmed in the can over camp stove

Weekly Meal Planning

This type of meal planning focuses on planning out meals for the week and purchasing or acquiring ingredients and groceries on a weekly basis. This is best for someone who is housed or has access to a place to store and prepare meals (including simple microwave meals).

This method works well for those who need to keep grocery shopping trips to two or three bags to carry or take home at a time, as well as for those with limited storage space for foods.

Weekly meal planning also works well for those who have difficulty identifying and following longer-term plans (due to cognition, impulsivity or housing instability) or who prefer to have more variety in meals.

Weekly planning also allows the person to be responsive to food items that they might receive via donations throughout the month and to plan based on weekly sales at grocery stores or markets.

For budgeting, this method may work best for those who are paid or receive benefits weekly or biweekly, as well as those who are able to budget their income to last the entire month (if receiving SSI or other monthly benefits).

How to meal plan for the week:

- Identify a weekly food budget.
- Identify additional food resources and how frequently these can be accessed (e.g. food pantries).
- Identify how much space the person has to store food, including pantry items and fresh ingredients.
- Identify a list or set of meals and recipes the person can use to plan their grocery list.
    - The client may also prefer to use online searches or look up new meals.
- Identify the meals to be eaten for the week: Try to plan meals that use similar ingredients and that use items received through other resources.
- Develop a grocery list based on the meals planned. Consider what ingredients the person already has, what they will likely receive from outside resources and, if possible, what might be on sale at the grocery store or market.

The next page provides two examples of clients using weekly meal planning strategies.

Weekly Meal Planning Example 1
In this scenario, the person is housed and has access to a kitchen space. The client prefers to go grocery shopping weekly and obtains additional food from a food pantry twice a month. They also eat lunch outside of the house when attending appointments or running errands. As a single person, they will prepare a meal and eat it for multiple meals. • Breakfast for the week — oatmeal with frozen fruit • Lunches — baked sweet potato with chicken (multiple days); one or two meals outside of the house • Snacks — fruit, baby carrots, or yogurt • Dinner options — chili with cornbread (three nights); pasta with red sauce and frozen vegetables (two nights); hamburger or turkey burger with salad or slaw (two nights)

Weekly Meal Planning Example 2
In this scenario, the person is staying in a motel and has access to a small refrigerator and microwave. The client generally purchases their groceries weekly after they are paid and buys lunch from a place that offers takeout or a convenience store near their work. As a single person, they will eat the same dinner multiple days in the week to minimize the amount of food that needs to be stored and to prevent any food waste. • Breakfast for the week — instant oatmeal • Lunches — convenience store prepared foods or takeout near work (typically hot dogs, pizza slices, sub sandwiches) • Snacks — fruit or string cheese (purchased from convenience store) • Dinner options — canned chili with added canned beans and tortilla chips (two nights); microwaved frozen vegetables with frozen sausage (three nights); Instant noodles mixed with frozen or canned vegetables and canned tuna or chicken (two nights)

Planning for the Month

This method focuses on planning out meals for the month. The person may opt to purchase grocery items through one large monthly grocery trip or shop more frequently while planning a month's worth of meals. This strategy can also help the person plan around food items they have acquired from a food bank or other food resource, with meal planning based on the different foods and ingredients received.

Monthly meal planning works well for those who might receive one large amount of food at a time from a resource or who have transportation at least once a month to go to a store and purchase larger quantities of items. They will need to have sufficient storage space and facilities to store food items.

This method also works well for those who prefer to plan long term, are able to identify and follow a plan, and have problem-solving skills should something come up (e.g., if an ingredient spoils).

Monthly meal planning may benefit those who have trauma or fears related to food insecurity and prefer to plan and purchase all items at the beginning of the month if they receive their benefits or income monthly. Combining monthly meal planning with an initial, large grocery-shopping trip can also benefit those who have some impulsivity with spending or difficulty following a monthlong budget by helping to ensure they have food supplies for the month.

Monthly meal planning can also be a good strategy for those with chronic pain, mobility issues, low motivation or who experience fatigue, as it will decrease the amount of shopping trips they need to make and requires effort for planning only once a month. Planning ahead also supports energy conservation strategies and requires the person to make fewer decisions throughout the month.

How to meal plan for the month:

- Identify a monthly food budget.
- Identify additional food resources and how frequently these can be accessed (e.g. food pantries), along with what items will the person receive.
- Identify how much space the person has to store food, including pantry items and fresh ingredients.
- Identify a list or set of meals and recipes the person can use to plan their grocery list.
    - The client may also prefer to use online searches or look up new meals.
- Identify the meals to be eaten for the month.
    - Try to plan meals that use similar ingredients and that use items received through other resources.
    - Meals planned for the beginning of the month should use fresh, refrigerated ingredients; meals toward the end of the month may need to rely on shelf-stable or freezer items.

- Develop a grocery list based on the meals planned. Consider what ingredients the person already has, what they will likely receive from outside resources and, if possible, what might be on sale at the grocery store or market.

When monthly meal planning also includes one or two grocery trips for month, also consider:

- Using and purchasing items that can be stored long term and will last:
    - Consider what could be refrigerated.
    - Consider what can be frozen.
        - Bulk items can be divided up into smaller amounts and frozen.
    - What can be purchased already frozen or shelf-stable?
        - For example, the person may want to purchase an alternative milk for cooking, which can be stored in the pantry and will not go bad as quickly as refrigerated cow's milk.
- Are there supplies needed to help with longer-term food storage?
- Will the person need to make smaller trips throughout the month for fresh ingredients, such as milk?

The next two examples describe clients using monthly meal planning strategies.

Monthly Meal Planning Example 1
In this scenario, the person is housed and is a single adult living alone. They receive a monthly food pantry box from a local food bank, and they go grocery shopping to buy enough to last the month when they receive their monthly food stamp benefit and Social Security income check. They typically plan their meals around what they receive in the food box, which is mostly shelf-stable and pantry items, and what is currently on sale at the grocery store. They work with their peer support specialist to plan a trip to the grocery to purchase a large amount of items, and they receive a ride home from the peer specialist. • Breakfast options — omelets (with cheese, pepper or spinach); frozen waffles with turkey bacon; homemade oatmeal with frozen breakfast sausages • Lunch options — salad with canned tuna or chicken; baked potatoes; beans and rice; boxed macaroni and cheese; canned soups • Dinner options — stir fry with rice/vegetables/protein (depending on what is on sale); frozen fish with cabbage slaw; hamburger with sweet potato fries; pasta with sauce and meatballs (made at home but frozen ahead of time); baked chicken and vegetable (fresh, canned or frozen); sandwiches

Monthly Meal Planning Example 2
In this scenario, a family of four (two adults and two school-age children) are living in a two-bedroom transitional housing unit while waiting for a subsidized housing voucher. They receive two food boxes per month from a local church and purchase additional groceries when they receive their monthly WIC benefits and when one adult receives their paycheck (biweekly). The adults plan the meals for the month to ease the burden of meal planning, especially as one adult works afternoon and evening hours, and to ensure all food will last the month. One of the adults prepares several meals ahead of time and freezes them to be eaten throughout the week or month. The children receive free lunch from their school and can eat free breakfast on days they arrive early (but only go to school early two days a week). • Breakfast options — cereal; homemade muffins; granola bars; children's free breakfast at school (twice weekly) • Lunch options — peanut butter and jelly sandwiches; fruit cups; carrots; children eat free lunch option on weekdays (five days per week) • Dinner options — pre-made casseroles that are frozen (tuna casserole; ground chicken and noodle casserole); boxed macaroni and cheese or hamburger helper with protein and frozen vegetable (e.g., hot dog, ground chicken); black bean tacos or quesadillas; rice and beans with salsa (fresh avocado or tomato added when available); canned soup with toast or sandwiches

Respecting Culture and Food Preferences

The food that we eat can represent our culture, and it can be how we identify where we are from and the history of our culture. ***Culture*** can be defined as "the knowledge, beliefs, customs and habits a group of people share, with the major elements of culture being symbols, language, beliefs, norms, values, and artifacts."[6] People connect to their cultural or ethnic group through food patterns, and food is often used as a means of retaining one's cultural identity. People from different cultural backgrounds or who live in different regions in the U.S. may eat different foods.

When counseling a client experiencing homelessness, diagnosed with diabetes, it is important to practice ***cultural humility*** and understand the impact their culture has on the selection of their foods and their food patterns. Cultural humility is a "process of reflection and lifelong inquiry that involves self-awareness of personal and cultural biases, as well as awareness and sensitivity to significant cultural issues of others. Cultural humility is not about trying to change someone to become more like you or to think like you."[7]

Cultural humility encompasses seeing others as individuals, not as a representative collective of a culture, race, or ethnicity. It is about cultivating an open attitude and an open mind and developing listening and hearing skills to learn about and honor other people and their culture. When being culturally humble, one does not presume to know everything about the client's culture, beliefs, and practices regarding diet, health, and education. Asking questions about the client's history and eating patterns is the way to receive a better understanding of the client's personal cultural history, experience, beliefs, and their way of thinking in regard to food.

Clients experiencing homelessness often express that they will never be able to manage their diabetes because they have no control over what they eat when being served meals at shelters, food banks, food pantries, etc. Sometimes this message is unconsciously also pushed by health care providers further discouraging the client. A shift in thinking and messaging needs to occur with the understanding that ***food is not the enemy*** and there are no "bad foods" or "foods that are off limits." It has been proven that diabetes can be managed anywhere with guidance, thoughtful planning and preparation. Take the time to listen, and provide the client time to express their feelings and thoughts. The basis for a trustworthy relationship with a client is to create the proper setting to listen to each other.

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[6] The Elements of Culture. (2016). *Introduction to Sociology: Understanding and Changing the Social World.* https://doi.org/10.24926/8668.2401

[7] Tervalon, M. & Murray-Garcia, J. (1998). Cultural humility versus cultural competence: A critical distinction in defining physician training outcomes in multicultural education. *Journal of Health Care for the Poor and Underserved, 9*(2), https://melanietervalon.com/wp-content/uploads/2013/08/CulturalHumility_Tervalon-and-Murray-Garcia-Article.pdf

Denine Rogers, MS, RDN, LD, FAND, past chair of the National Organization of Blacks in Dietetics and Nutrition, and integrative and functional dietitian nutritionist with a private practice called Living Healthy in Douglasville, Ga., gives these suggestions on how to practice cultural humility when interacting with clients on meal planning.

- Do more to understand historical perspectives related to food and health care.
- Learn about the client's food traditions, recipes, cooking, ingredients, and food preferences, and find a way to respectfully incorporate them into nutrition practices and education.
- Do less instructing and more listening to center the client's voice.
- Start engaging in discussions with clients by asking about and identifying their cultural heritage, family values, and beliefs.
- Begin analyzing personal biases and assumptions about clients with different values than yourself.
- Own up to how your privilege may be a barrier to truly connect with the clients and communities you serve. Find a way to respect their challenges, pain, and struggles and how these factors can impact their health.
- Accept your mistakes, shortcomings, and biases.
- Celebrate food traditions by sharing the beauty of diverse foodways.
- Develop culturally humble nutrition education materials, making sure the food recommendations are respectful and relevant to clients. Create a simple survey to get feedback from the community and learn about their food culture.

Food selection and meal planning should be tailored to that specific individual. Take into consideration health literacy levels, as well as type of diabetes and racial/ethnic, social, cognitive, educational, and cultural factors. It is important to show cultural appreciation and honor the foods the client likes or does not like to eat. It is important not to have a pre-set nutrition mold in order to respect and give attention to the way the client wants to live and eat. Involve the client in the development of their own menu and selection of recipes, ask clients for recipes their families cook and, if needed, adapt them to be diabetes-friendly.

Resources for Cultural Humility and Knowledge

- Oldways: Traditional diet patterns
- Harvard University: Implicit Association Test
- Journal of General Internal Medicine: The 5Rs of Cultural Humility
- Maya Feller, MS, RD, CDN: "What Is Cultural Humility? Here's How to Implement It"
- Department of Health and Human Services: Office of Minority Health
- Georgetown University: National Center for Cultural Competence

Other Recommended Resources for Healthy Eating

NHCHC nutrition and diabetes guidelines

Latino and Hispanic Healthy Plate Brochure

University of Nebraska-Lincoln Healthy Tips & Recipes

Cooking Matters curriculum

The Food Trust

Cooking Without a Kitchen

Cultural food pyramids

Kids Eat in Color and its budget-based cookbook for families

Children's Health Fund – Microwave Chef Cookbook

Videos on Meal Preparation Skills for Individuals With Brain Injury:

- Basic Cooking
- Reading a Recipe
- Making a Sandwich
- Scrambled Eggs & Toast
- Baked Chicken, Broccoli & Potatoes
- Pasta with Meat Sauce & a Vegetable

Meal Prep and Using Recipes

This section provides an overview of different strategies to help someone find ingredients and use and modify recipes to meet individual needs.

Where to Find Ingredients

All the ingredients for the recipes in this guide may be found in one's local grocery stores, including discount stores such as Aldi, Dollar Tree, and Save-A-Lot. Many food pantries should have the staples needed such as peanut butter, tuna, and beans. Encourage clients to obtain fresh produce from a local farmers market where available. Some farmers markets offer special incentives or programs for those using WIC or food supplement benefits.

Adapting a Recipe

Recipes may need to be adapted based on a person's food preferences, dietary needs, and available resources. Thus, a recipe in a cookbook or from an online resource may not exactly fit what the person is looking for or would like to cook. However, most recipes can be adjusted or modified in some way to accommodate the person's needs. Recipes can be adapted by:

- Substituting ingredients
- Adjusting cooking methods
- Changing the amount of food made

It is important to have a basic understanding of what the ingredients in a recipe are for, or why the foods are cooked a certain way, to make sure that they still taste good and are safe to eat. This next section gives some guidance on how to adapt recipes to meet a person's needs. See **Appendix G** for a list of ingredient substitutions. These can be used as needed in different recipes to accommodate for products the person may have available or individual dietary needs.

Different Equipment

There is a variety of equipment that can be used in a kitchen, and many implements can accomplish the same goal. Other types of equipment cannot be replaced, but the method for cooking can change to be able to use what is available.

For those who are new to cooking, education on basic cooking equipment and their uses can be helpful. This education can include when different types of equipment can be substituted to fit what the person has available. If the person is newly housed and beginning to purchase or acquire cooking supplies, items that are multi-purpose will be especially helpful. **Appendix H** presents common kitchen equipment often used in recipes and substitutions that can be used.

Ovens

An oven is used to bake, roast, or broil food. An oven is included in most fully equipped kitchens, but may not be available in smaller efficiency kitchens. People may also not feel comfortable using an oven, or they may have safety concerns with using an oven, as it often requires a longer cook time in which the person is not actively doing any cooking.

Alternatives to using an oven include:

- **Toaster ovens**: Are smaller and can be kept on a counter or table near an outlet.
    - Toaster ovens can be used in place of an oven but are much smaller and will cook a smaller amount of food.
    - When substituting a toaster oven, the temperature for cooking will remain the same, but the food may need to be cooked for less time since a smaller amount involved.
    - Toaster ovens can be a safer option, as usually a timer is required to be set to cook the food, and it will automatically shut off when the timer is done.
- **Crockpots**: Can be kept on a counter or table near an outlet.
    - They are able to cook larger amounts of food but require a much longer period of time.
    - If using a crockpot instead of an oven, the person will need to look for recipes specific for crockpot use, as the amount of liquid and cook time will be different than a typical oven.
- **Air fryers**: Similar to a toaster oven in that they can be kept on a counter or table near an outlet.
    - They can also be used in place of an oven to cook foods but are hotter than an oven.
    - When using an air fryer instead of an oven, the person will need to reduce the suggested temperature by 25-50 degrees and decrease the time cooking by 20% (for example, if cooking for 20 minutes, the person should reduce the cook time by 4 minutes).
    - The person will need to follow the instructions to use air fryers, as they come with a specific basket or grate for cooking.
    - Like a toaster oven, most come with a timer that will turn off the air fryer when it is done cooking.

It is important to note that for those who do not have a kitchen space need to ensure they are allowed to use alternative cooking equipment. Different buildings may have regulations and fire safety rules that prevent the use of equipment that plugs into outlets or could be a fire hazard.

A stovetop is used to cook food by heating the base of a pot or pan. Most ovens will come with a stovetop, but some kitchens may have a separate cooktop that is located in a different place than the oven. Stovetops are often available in kitchens even if there is not an oven. However, those who do not have a designated kitchen space will lack a stovetop. Stovetops can be gas or electric; a gas stovetop will have a small flame. Some people may have safety concerns when using a stovetop, such as getting distracted or forgetting that they have left it on while cooking or have forgotten to turn it off when done cooking. Others may be uncomfortable with potentially directly touching the heat of the burner, which may be more concerning for those with children or who have less sensation in their hands or arms.

Alternatives to using a stovetop include:

- **Electric griddles**: Are portable, flat cooktops with a temperature control dial.
    - They do not require the use of pots or pans, as the food is put directly onto the griddle for cooking.
    - Griddles are plugged into an outlet and can be used on a countertop or table.
    - They typically can be heated to the same temperature as a recipe for a stovetop.
    - Some griddles come with timers that automatically turn them off if they have been on for an extended period of time.
    - Griddles need to be cleaned after every use after they have cooled down.
- **Standalone electric burners**: Working similarly to a stovetop, standalone burners are plugged into an outlet.
    - They typically have one or two burners to be cook one or two pots or pans of food at a time.
    - When using a standalone burner, the person can follow the recipe instructions to heat the food at the same temperature as a stovetop.

Microwaves

A microwave is an electric oven that heats and cooks food by exposing it to electromagnetic radiation in the microwave frequency range. Microwaves are a common alternative for cooking food, as they can be simpler to use than a stove or oven, heat food more quickly, and take up less space. However, cooking time and temperature will be different in a microwave than when using a stovetop or oven. A person should look for microwave-specific recipes to ensure food is cooked carefully. Those who are concerned about safety when using an oven or stove may prefer to use a microwave, as it requires a timer to be set, will stop cooking when the timer is done, and there are no hot surfaces exposed while cooking.

See **Appendix I — 8 Top Tips for Microwave Cooking**

Making More or Less

Recipes may not always make the amount the person desires to make. For example, a recipe may make four to six servings, which is too much for a single person living alone. In other cases, a household of eight people will need to increase the recipe size to make enough food. In these cases, there are a few options.

If the recipe **makes MORE** than what the person needs, they can:

- Make the full recipe and save or freeze leftovers to be eaten later.
    - This is helpful when the food/ingredients can store well and keep quality in the refrigerator for three to five days or in the freezer for several weeks or months.
    - This method should only be used if the person has the supplies to safely store leftovers, such as storage containers or Ziploc bags, and a large enough refrigerator or freezer.
- Reduce the recipe to make one-half or one-third of the recipe.
    - This is helpful when the food being made would not last well in the refrigerator or freezer (such as scrambled eggs or an omelet) or when the person prefers not to eat leftovers.
    - This method works well if the person is able to adapt the recipe to reduce the ingredient amounts. Included below are some tips for reducing the recipe size.

If the recipe **makes LESS** than what the person needs, they can:

- Increase the recipe to make more. Typically, it is easiest to double the amount of ingredients needed, but the person should make sure any change will make enough servings.
    - The person will also need to make sure their cooking supplies and equipment are large enough to hold more ingredients and food.

Making Less

When decreasing the amount of food a recipe makes, the following tips can be helpful:

- The person may want to use smaller pots or pans if available.
- The food may need less time to cook, so the person may need to watch closely or set the timer for a shorter amount of time to check the food. If the food needs more time, they can always add a few minutes to the timer.
- If the recipe calls for a 9-by-13-inch pan, for example, they can use an 8-inch square pan or 9-inch round pan.

See **Appendix J — Chart to Decrease Recipe Amounts**

Making More

When making more food than the recipe makes, the following tips can be helpful:

- The person may need to use larger pots or pans.
- The food may need more time to cook. The person should set their timer or let the food cook for the time written in the recipe, then check the food to see if it is cooked. If not fully cooked, then add an additional four to five minutes and continue checking until the food is done.
- If the recipe calls an 8-inch square pan or 9-inch round pan, for example, a 9-by-13-inch pan can be used when doubling the recipe.
- If making more food to create leftovers or store later, read more about safe food storage.

See **Appendix K — Chart to Double Recipe Amounts**

Appendix A:

24-Hour Dietary Recall and Meal Planning Assessment Form Instructions

Step 1. Conduct a 24-hour dietary recall to assess what the client has eaten in the last 24 hours.

You may use a script such as this:

"Please tell me everything you ate or drank all day yesterday, from 6 o'clock yesterday morning until 6 o'clock this morning. Include everything, including drinks and snacks. There is no right or wrong answer in this dietary recall. You only need to tell me what you have actually eaten. Do you have any questions? If not, let's start."

If possible, do not interrupt the client unnecessarily while they are recalling what they have had to eat or drink. An interruption can lead them into talking about other things, and it may be hard to get the person back on track. If you have questions, make notes during the recall, then ask for clarification after the recall has been obtained.

Step 2. After conducting the 24-hour dietary recall, assess what type of cooking and meal preparation equipment the client has access to. This step is very important to help you understand what recipes to share with the client.

24-Hour Dietary Recall and Meal Planning Assessment Form

Breakfast **List all the food or drinks taken between 6 a.m. – 11:30 a.m. yesterday**			
Food or Drink	**Time**	**Place Eaten**	**Source**
		(Where did you eat the food?)	**(Identify who provided the food. Circle all that apply for the source where food/drink was obtained.)**
			1. I prepared it 2. Restaurant/fast food shop/deli 3. Food pantry 4. Grocery store/food store 5. Workplace 6. Friend/relative's home 7. Shelter 8. Faith /church food distribution site 9. Other (specify):_____
Lunch **List all the food or drinks taken between 11:30 a.m. – 5:30 p.m. yesterday**			
Food or Drink	**Time**	**Place Eaten**	**Source**
		(Where did you eat the food?)	**(Identify who provided the food. Circle all that apply for the source where food/drink was obtained.)**
			1. I prepared it 2. Restaurant/fast food shop/deli 3. Food pantry 4. Grocery store/food store 5. Workplace 6. Friend/relative's home 7. Shelter 8. Faith /church food distribution site 9. Other (specify):_____

Dinner List all the food or drinks taken between 5:30 p.m. – 11:59 p.m. yesterday			
Food or Drink	**Time**	**Place Eaten**	**Source**
		(Where did you eat the food?)	**(Identify who provided the food? Circle all that apply for the source where food/drink was obtained.)**
			1. I prepared it 2. Restaurant/fast food shop/deli 3. Food pantry 4. Grocery store/food store 5. Workplace 6. Friend/relative's home 7. Shelter 8. Faith /church food distribution site 9. Other (specify):_____
Late Night/Early Morning **List all the food or drinks taken between midnight – 6 a.m. today**			
Food or Drink	**Time**	**Place Eaten**	**Source**
		(Where did you eat the food?)	**(Identify who provided the food? Circle all that apply for the source where food/drink was obtained.)**
			1. I prepared it 2. Restaurant/fast food shop/deli 3. Food pantry 4. Grocery store/food store 5. Workplace 6. Friend/relative's home 7. Shelter 8. Faith /church food distribution site 9. Other (specify):_____

Step 3. After the recall, ask the client, "Is this anything else you would like to tell me about what you ate, where you ate your food or how the food was provided?"

Step 4. Now, assess if what they have shared over the 24-hour period is a usual day for them. The following questions may be asked to ascertain an eating pattern. Circle the response, and use questions B and C to identify possible reasons for an unusual eating pattern for the day.

You may say something such as this:

"I just have a few more questions I would like to ask you before we move into the second phase of the questionnaire."

A. Was the amount of food that you ate yesterday about usual, less than usual or more than usual?

(1) Usual (2) Less than usual **(Go to B**) (3) More than usual **(Go to C**)

B. What is the main reason the amount you ate yesterday was less than usual?

(1) Sickness.

(2) I didn't have any food available.

(3) I was short on money.

(4) The usual places where I eat were closed.

(5) Too busy.

(6) Not hungry.

(7) Stressed or worried.

(8) Other reason:_____

C. What is the main reason the amount you ate yesterday was more than usual?

(1) I had access to more food.

(2) I felt better and wanted to eat.

(3) I had money or food stamps to purchase food.

(4) Very hungry.

(5) Someone gave me food.

(6) Other reason: _____

D. How could you describe your current dietary habit?

(1) No special diet, I eat almost everything.

(2) Diabetic diet, I try to watch my sugar and carbohydrates.

(2) Vegetarian.

(3) Special diet:_____

Step 5. Once the 24-hour dietary recall has been obtained, you can now assess for the equipment the client has available to them (see the Resource Assessment Grid on the next page).

Step 6. Ask the client what they already have on hand. Typically, most individuals already have the basics like oil, salt and pepper, and flour.

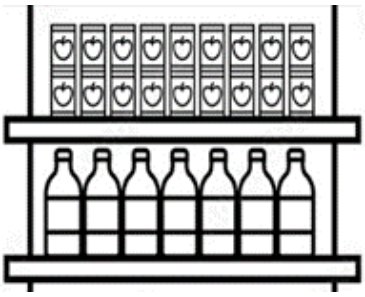
Step 7. After the 24-hour dietary recall and the meal preparation resource assessment, identify which set of recipes best fits the client's lifestyle and food preference. Please keep in mind that circumstances change. Always take the opportunity to engage the client at a future date to see if they are interested in other recipes to try.

Resource Assessment Grid

Assess what resources the client has available for meal preparation purposes.

Circle all the resources available.

Fire Camp	Outdoor Grill	Electricity
Running Water (To use for cooking, washing hands, washing dishes)	Crockpot	Microwave
Stove with Oven	Ice Chest (To store perishable foods)	Refrigerator

 Cooking Utensils (Pots and pans, can opener, serving spoons, knife to cut food)	 Mixing bowls, Measuring Cups Measuring Spoons)	 Plates, Forks, Knives, Spoons (Sliver Plastic or Paper)
 Microwavable Dishes (Glass, Microwave Approved Plasticware)	 Secure Food Storage Shelves/Area (To store food)	 Access to Grocery Store or Food Pantry (To obtain food)

DAILY MEAL PLAN

_____ / _____ / _____

BREAKFAST

LUNCH

DINNER

SNACKS

GROCERY LIST

WATER INTAKE

NOTES

Weekly Meal Planner

MONDAY	**NOTES**
TUESDAY	**NOTES**
WEDNESDAY	**NOTES**
THURSDAY	**NOTES**
FRIDAY	**NOTES**

Weekly Grocery List/Meal Planning

Meals Planned for Week

Breakfast: Lunch: Dinner:

Fill in the grocery list below based on the meals planned.

Fresh Produce

Canned Food

Deli/Meat

Dry Goods (aisle foods)

Dairy (milk, egg, cheese)

Bread/Bakery

Additional or household items:

Frozen Foods

Monthly Meal Planner

	Week 1	Week 2	Week 3	Week 4
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Monthly Grocery List/Meal Planning

Fill in the grocery list below based on the meals planned.

Fresh Produce

Canned Food

Deli/Meat

Dry Goods (aisle foods)

Dairy (milk, egg, cheese)

Bread/Bakery

Additional or household items:

Frozen Foods

Appendix G:

Common Ingredient Substitutions

The chart provides different substitutions for various ingredients.

Ingredient	Amount	Substitution
All Purpose Flour	1 cup	Combine ½ cup bread flour and ½ cup cake flour
Allspice	1 teaspoon	½ teaspoon cinnamon, ¼ teaspoon ginger, and ¼ teaspoon cloves
Arrowroot starch	1 teaspoon	1 tablespoon flour OR 1 teaspoon cornstarch
Baking powder	1 teaspoon	¼ teaspoon baking soda plus ½ teaspoon cream of tartar OR ¼ teaspoon baking soda plus ½ cup buttermilk (decrease liquid in recipe by ½ cup)
Baking soda	1 teaspoon	4 teaspoons baking powder OR 1 teaspoon potassium bicarbonate and ⅓ teaspoon salt. NOTE: If the recipe calls for an acidic liquid such as sour cream, yogurt, buttermilk, vinegar, molasses or citrus juice, you should replace it with the same amount of whole milk.
Basil	1 tablespoon, fresh	Tarragon, oregano or thyme. NOTE: For 1 tablespoon of fresh herbs, use 1 teaspoon of dried herbs.
Beer	1 cup	1 cup nonalcoholic beer OR 1 cup chicken broth
Breadcrumbs	1 cup	1 cup cracker crumbs OR 1 cup matzo meal OR 1 cup ground oats
Broth (beef or chicken)	1 cup	1 bouillon cube plus 1 cup boiling water OR 1 tablespoon soy sauce plus enough water to make 1 cup OR 1 cup vegetable broth
Brown sugar	1 cup, packed	1 cup white sugar plus ¼ cup molasses and decrease the liquid in recipe by ¼ cup OR 1 cup white sugar OR 1 ¼ cups confectioners' sugar
Butter (salted)	1 cup	1 cup margarine OR 1 cup shortening plus ½ teaspoon salt OR ⅞ cup vegetable oil plus ½ teaspoon salt

Ingredient	Amount	Substitution
Butter (unsalted)	1 cup	1 cup margarine OR ⅞ cup vegetable oil
Buttermilk	1 cup	1 cup yogurt OR 1 tablespoon lemon juice or vinegar, plus enough milk to make 1 cup
Cayenne pepper	1 teaspoon	2 teaspoons crushed red pepper flakes
Cheddar cheese	1 cup shredded	1 cup shredded Colby cheddar OR 1 cup shredded Monterey Jack cheese
Chili powder	1 tablespoon	Combine 1 teaspoon paprika, 1 teaspoon ground cumin, ½ teaspoon onion powder, ½ teaspoon garlic powder and a pinch of cayenne (optional)
Chocolate (semisweet)	1 ounce	1 (1-ounce) square of unsweetened chocolate plus 4 teaspoons sugar OR 1-ounce semisweet chocolate chips plus 1 teaspoon shortening
Chocolate (unsweetened)	1 ounce	3 tablespoons unsweetened cocoa plus 1 tablespoon shortening or vegetable oil
Cilantro	1 tablespoon	Parsley, basil, or a combination of both. NOTE: For 1 tablespoon fresh herbs, use 1 teaspoon dry herbs.
Cocoa	¼ cup	1 (1-ounce) square unsweetened chocolate
Coconut oil	½ cup	For all (except baking): ½ cup unsalted butter, avocado oil, nut oils or extra virgin olive oil
Condensed cream of mushroom soup	1 (10.75-ounce) can	1 (10.75-ounce) can of condensed cream of celery, cream of chicken, or golden mushroom soup
Coriander	1 teaspoon	1 teaspoon of whole or ground cumin
Corn starch	1 tablespoon	Best for all substitutions, including puddings, custards, sauce, and batters: For 1 tablespoon, use 1 to 1 ½

Ingredient	Amount	Substitution
		tablespoons arrowroot, 2 teaspoons potato starch or 2 teaspoons rice flour. Best for breading and frying: For 1 tablespoon, use 3 tablespoons all-purpose flour.
Corn syrup	1 cup	1 ¼ cup white sugar plus ⅓ cup water OR 1 cup honey OR 1 cup light treacle syrup
Cottage cheese	1 cup	1 cup farmer's cheese OR 1 cup ricotta cheese
Cracker crumbs	1 cup	1 cup bread crumbs OR 1 cup matzo meal OR 1 cup ground oats
Cream (half and half)	1 cup	⅞ cup milk plus 1 tablespoon butter
Cream (heavy)	1 cup	1 cup evaporated milk OR ¾ cup milk plus ⅓ cup butter
Cream (light)	1 cup	1 cup evaporated milk OR ¾ cup milk plus 3 tablespoons butter
Cream (whipped)	1 cup	1 cup frozen whipped topping, thawed
Cream cheese	½ cup	Strained and blended ½ cup cottage cheese or ricotta cheese mixed with a pinch of salt and a squeeze of lemon. (Since these cheeses don't have the stabilizers of cream cheese, some curdling may occur.)
Cream of tartar	1 teaspoon	2 teaspoons lemon juice or vinegar
Cumin	1 teaspoon	1 teaspoon taco seasoning, chili powder or ground coriander
Dijon mustard	2 tablespoons	Substitute: spicy brown mustard, honey mustard or stone-ground mustard. Alternatively, for 2 tablespoons, combine 1 tablespoon dry mustard with 1 tablespoon mayonnaise; add 1 teaspoon white vinegar, 1 teaspoon water and a pinch of sugar.

Ingredient	Amount	Substitution
Egg	1 whole (3 tablespoons or 1.7 oz)	2 ½ tablespoons of powdered egg substitute plus 2 ½ tablespoons water OR ¼ cup liquid egg substitute OR ¼ cup silken tofu pureed OR 3 tablespoons mayonnaise OR half a banana mashed with ½ teaspoon baking powder OR 1 tablespoon powdered flax seed soaked in 3 tablespoons water For all baking and batters (example: pancakes): for 1 egg, use 3 tablespoons aquafaba (the thick liquid from a can of beans); the liquid from chickpeas (garbanzo beans) is the best. If making muffins, quick breads and cakes: for 1 egg, combine 3 tablespoons vegetable oil and 1 tablespoon water. Alternatively, use ¼ cup applesauce, ¼ cup pureed silken tofu or ¼ cup canned pumpkin for every whole egg needed. (Homemade alternatives are not appropriate for omelets, souffles, frittatas and other egg-heavy dishes.)
Evaporated milk	1 cup	1 cup light cream
Fats for baking	1 cup	1 cup applesauce OR 1 cup fruit puree
Flour (bread)	1 cup	1 cup all-purpose flour plus 1 teaspoon wheat gluten
Flour (cake)	1 cup	1 cup all-purpose flour minus 2 tablespoons
Flour (self-rising)	1 cup	⅞ cup all-purpose flour plus 1 ½ teaspoons baking powder and ½ teaspoon of salt
Garlic	1 clove	⅛ teaspoon garlic powder OR ½ teaspoon granulated garlic OR ½ teaspoon garlic salt, reduce salt in recipe
Ginger (dry)	1 teaspoon	2 teaspoons chopped fresh ginger
Ginger (fresh)	1 teaspoon, minced	½ teaspoon ground dried ginger

Ingredient	Amount	Substitution
Green onion	½ cup, chopped	½ cup chopped onion OR ½ cup chopped leek OR ½ cup chopped shallots
Half and half	1 cup	For 1 cup, combine a scant cup whole milk and 1 tablespoon melted butter. Alternatively, combine ¾ cup whole milk and ¼ cup heavy cream.
Herbs (fresh)	1 tablespoon chopped fresh	1 teaspoon (chopped or whole leaf) dried herbs
Honey	1 cup	1 ¼ cup white sugar plus ⅓ cup water OR 1 cup corn syrup OR 1 cup light treacle syrup
Hot pepper sauce	1 teaspoon	¾ teaspoon cayenne pepper plus 1 teaspoon vinegar
Ketchup	1 cup	1 cup tomato sauce, then add ½ cup sugar and 2 tablespoons vinegar (you can use lemon juice instead of vinegar)
Lemon juice	1 teaspoon	½ teaspoon vinegar OR 1 teaspoon lime juice
Lime juice	1 teaspoon	1 teaspoon vinegar OR 1 teaspoon white wine OR 1 teaspoon lemon juice
Lime zest	1 teaspoon	1 teaspoon lemon zest
Margarine	1 cup	⅞ cup vegetable oil (corn oil, sunflower, canola) ½ teaspoon salt
Marjoram	1 tablespoon	Sage, thyme, summer savory or basil. Alternatively, half the amount of oregano. NOTE: For 1 tablespoon fresh herbs, use 1 teaspoon dry herbs.
Mayonnaise	1 cup	1 cup sour cream OR 1 cup plain low-fat yogurt
Milk (whole)	1 cup	1 cup soy milk OR 1 cup rice milk OR 1 cup water or juice OR ¼ cup dry milk powder plus 1 cup water OR ⅔ cup evaporated milk plus ⅓ cup water

Ingredient	Amount	Substitution
Mint (fresh)	¼ cup, chopped	1 tablespoon dried mint leaves
Molasses	1 cup	Mix ¾ cup brown sugar and 1 teaspoon cream of tartar
Mustard (prepared)	1 tablespoon	Mix together 1 tablespoon dried mustard, 1 teaspoon water, 1 teaspoon vinegar and 1 teaspoon sugar
Nutmeg (ground)	1 teaspoon	Mace, allspice or pumpkin pie spice. Alternatively, half the amount of ground cinnamon or ground clove.
Onion	1 cup, chopped	1 cup chopped green onions OR 1 cup chopped shallots OR 1 cup chopped leeks OR ¼ cup dried minced onion OR ¼ cup onion powder
Orange juice	1 tablespoon	1 tablespoon other citrus juice
Orange zest	1 tablespoon	½ teaspoon orange extract OR 1 teaspoon lemon juice
Oregano	1 tablespoon	Thyme or basil. NOTE: For 1 tablespoon fresh herbs, use 1 teaspoon dry herbs.
Parmesan cheese	½ cup, grated	½ cup grated Asiago cheese OR ½ cup grated Romano cheese
Parsley	1 tablespoon, chopped fresh	1 teaspoon dried parsley
Peanut butter	1 tablespoon	1 tablespoon sunflower butter, almond butter and any other nut butter
Raisins	1 cup	1 cup dried currants OR 1 cup dried cranberries OR 1 cup chopped pitted prunes
Rice (white)	1 cup, cooked	1 cup cooked barley OR 1 cup cooked bulgur OR 1 cup cooked brown or wild rice
Ricotta	1 cup	1 cup dry cottage cheese OR 1 cup silken tofu

Ingredient	Amount	Substitution
Rosemary	1 tablespoon	1 tablespoon thyme. NOTE: For 1 tablespoon fresh herbs, use 1 teaspoon dry herbs.
Saffron	¼ teaspoon	¼ teaspoon turmeric
Self-rising flour	1 cup	For 1 cup, combine 1 cup all-purpose flour, 1 ½ teaspoons baking powder and ¼ teaspoon fine salt
Semisweet chocolate chips	1 cup	1 cup chocolate candies OR 1 cup peanut butter or other flavored chips OR 1 cup chopped nuts OR 1 cup chopped dried fruit
Shallots, chopped	½ cup	½ cup chopped onion OR ½ cup chopped leek OR ½ cup chopped green onion
Shortening	1 cup	1 cup butter OR 1 cup margarine minus ½ teaspoon salt from recipe
Sour cream	1 cup	1 cup plain yogurt OR 1 tablespoon lemon juice or vinegar plus enough cream to make 1 cup OR ¾ cup buttermilk mixed with ⅓ cup butter
Sour milk	1 cup	1 tablespoon vinegar or lemon juice mixed with enough milk to make 1 cup. Let stand 5 minutes to thicken.
Soy sauce	½ cup	¼ cup Worcestershire sauce mixed with 1 tablespoon water
Stock (beef or chicken)	1 cup	1 cube beef or chicken bouillon dissolved in 1 cup water
Sweetened condensed milk	1 (14-ounce) can	¾ cup white sugar mixed with ½ cup water and 1 ⅛ cups dry powdered milk. Bring to a boil and cook, stirring frequently, until thickened, about 20 minutes.
Tomato paste	1 tablespoon	For 1 tablespoon, simmer 3 tablespoons tomato sauce or pureed tomatoes until very thick, then cool.
Tomato sauce	½ cup	½ cup tomato puree. Alternatively, ½ cup canned tomatoes blended or equal parts tomato paste and water combined

Ingredient	Amount	Substitution
		(¼ cup tomato paste and ¼ cup water equals ½ cup tomato sauce).
Vegetable oil (for baking)	1 cup	1 cup applesauce OR 1 cup fruit puree
Vegetable oil (for frying)	1 cup	1 cup lard OR 1 cup vegetable shortening
Vinegar	1 teaspoon	1 teaspoon lemon or lime juice OR 1 teaspoon apple cider vinegar OR 1 teaspoon coconut vinegar OR 1 teaspoon rice vinegar
White sugar	1 cup	1 cup brown sugar OR 1 ¼ cups confectioners' sugar OR ¾ cup honey OR ¾ cup corn syrup
Wine	1 cup	1 cup chicken or beef broth OR 1 cup fruit juice mixed with 2 teaspoons vinegar OR 1 cup water
Worcestershire sauce	1 tablespoon	For 1 tablespoon, combine 2 teaspoons soy sauce, ¼ teaspoon lemon juice or vinegar, ¼ teaspoon sugar and a dash of hot sauce.
Yeast (active dry)	1 (.25-ounce) package	1 cake compressed yeast OR 2 ½ teaspoons active dry yeast OR 2 ½ teaspoons rapid rise yeast
Yogurt	1 cup	1 cup sour cream OR 1 cup buttermilk OR 1 cup sour milk

Resources:

Allrecipes: Common Ingredient Substitutions

Food Network: Ingredient Substitution Guide

Appendix H:

Kitchen Equipment and Substitutions

Common Kitchen Equipment	Substitutions
Utensils for mixing	• Many recipes may call for a large or mixing spoon. However, smaller spoons from a silverware set, as well as forks or rubber spatulas, can all be used to stir ingredients.
Measuring cups	• If there are some measuring cups available, use the ones you have available by adding enough scoops for the full amount or estimating half of the cup. • A standard coffee mug is usually the size of 1 cup and can be used to measure 1 cup. Smaller amounts can be estimated (filling half of the cup for ½ cup).
Measuring spoons	• If there are some measuring spoons available, use those available by adding enough spoonfuls for the full amount or estimating half. • A large spoon from a silverware set (soup spoon) is usually about 1 tablespoon. • A smaller spoon for a silverware set (cereal spoon) is usually about 1 teaspoon.
Cutting boards	• Cutting mats are often cheaper than a full cutting board. • Large plates can serve as a cutting board but need to be washed before serving if being repurposed in the same meal. • Large container or Tupperware tops can also serve as a cutting board. These are not a long-term solution, as they will wear out more quickly, and the person will want to prevent holes in the top.
Knives	• For most basic cooking, a chef's knife (larger) or paring knife (smaller), can be used to chop or cut up ingredients. • A paring knife is useful for those who may have decreased grip strength or hand pain, or who are not as comfortable using a larger knife. • A steak knife from a silverware set can also be used to chop many ingredients. • It is important to note that a sharper knife is actually safer to use than a dull knife.

Common Kitchen Equipment	Substitutions
Mixing bowls	• For most recipes, one large mixing bowl is sufficient, and other ingredients can be prepped or mixed in smaller bowls (basic dinnerware). • Pots that will not be used for cooking can also be used to mix ingredients instead of using a bowl. • Large Tupperware or storage containers can also be used.
Pots	• A recipe may call for a specific pot to be used (stock pot and sauce pot are most common). • Most of the time, any pot can be used as long as it is large enough to hold the ingredients. • If using a smaller pot than what the recipe states, you may have to stir more frequently to make sure everything is cooked.
Pans	• A recipe may call for a specific pan to be used (sauté pan, skillet and frying pan are common). • Most of the time, any pan can be used as long as it is large enough to hold the ingredients. • Some recipes may say to use a “non-stick” pan – a regular pan can be used, but the person will need to add cooking spray or oil to prevent ingredients from sticking. • A cast iron skillet is a specific type of pan. However, a regular pan can be used. The person may have to adjust the cooking time, and the food may look slightly different (as a cast iron skillet can cause the food to be crispier than a regular pan).
Oven mitts	• A dish towel or rag can be used when oven mitts are not available. For safest use, the person should fold over the towel to provide more protection between the hot pan or utensil and their hand.

Appendix I:

8 Top Tips for Microwaving

1. Cut the food into even-sized small pieces, as they will cook more quickly than large ones.
2. Arrange foods so that they cook evenly. Face the thickest parts, such as broccoli stalks, outward toward the oven walls. Microwaves cook from the outside in.
3. Cover dishes with microwave-safe covers, such as a paper towel.
4. Stir, turn and rotate foods frequently during cooking to ensure heat is distributed evenly.
    - Do this even if your microwave plate rotates during cooking.
5. Allow cooked food to rest for a minute or two after the cooking time.
    - This ensures the heat is evenly distributed through the food.
6. Pierce foods that have skins, such as sweet potatoes or whole apples, to allow steam to escape.
7. Use the defrost power setting to ensure that foods defrost in a slow and even manner.
    - To assist with even defrosting, turn and rotate the food every so often.
    - Be aware that defrosting on full power, rather than the defrost setting, may result in raw, still-frozen areas in the food even though some parts may be piping hot.
8. Don't use metal or foil, as it reflects microwaves and may cause sparks to fly.

Adapted from "Microwave Cooking" by Diabetes UK

Appendix J:

Making Less of a Recipe

The following chart shows how to adjust measures if **cutting the recipe in half** (½):

When the Recipe Says:	Reduce to:
1 cup	½ cup
¾ cup	6 tablespoons
⅔ cup	⅓ cup
½ cup	¼ cup
⅓ cup	2 tablespoons + 2 teaspoons
¼ cup	2 tablespoons
1 tablespoon	1 ½ teaspoons
1 teaspoon	½ teaspoon
½ teaspoon	¼ teaspoon
¼ teaspoon	⅛ teaspoon
⅛ teaspoon	Dash
1 egg	Break the egg into a small bowl. Mix it together with a small fork. Use 2 tablespoons, and save the rest in the refrigerator for another recipe.

Making Less of a Recipe

The following chart shows how to adjust measures if **cutting the recipe by one-third (⅓)**:

When the Recipe Says:	Reduce to:
1 cup	⅓ cup
¾ cup	¼ cup
⅔ cup	3 tablespoons + 1 ½ teaspoons
½ cup	2 tablespoons + 2 teaspoons
⅓ cup	1 tablespoon + 2 ⅓ teaspoons (or round to 1 tablespoon + 2 ¼ teaspoons)
¼ cup	1 tablespoon + 1 teaspoon
1 tablespoon	1 teaspoon
1 teaspoon	Generous ¼ teaspoon
½ teaspoon	Scant ¼ teaspoon
¼ teaspoon	Scant ⅛ teaspoon
⅛ teaspoon	Dash

Information in charts adapted and retrieved from "Reducing the Size of Recipes" by UNL Food

Appendix K:

Making More of a Recipe

The following chart shows how to adjust measures if **doubling the recipe**:

When the recipe says:	Increase to:
1 cup	2 cups
¾ cup	1 ½ cups
⅔ cup	1 ⅓ cup
½ cup	1 cup
⅓ cup	⅔ cup (or 2 scoops of a ⅓ cup)
¼ cup	½ cup
1 tablespoon	2 tablespoons
1 teaspoon	2 teaspoons
½ teaspoon	1 teaspoon
¼ teaspoon	½ teaspoon
⅛ teaspoon	¼ teaspoon

Information in charts adapted and retrieved from "Reducing the Size of Recipes" by UNL Food

Apéndice A:

Recuento Dietético de 24-Horas e Instrucciones Para Llenar La Forma de Evaluación de Planeación de Comidas

Paso 1. Conduce un recuento de 24 horas para evaluar lo que el cliente ha comido en las últimas 24 horas.

Puedes usar una introducción como esta:

"Por favor dígame todo lo que comió y bebió durante todo el día de ayer, desde las 6 de la mañana de ayer hasta las 6 de la mañana de hoy. Incluya todo, bebidas y bocaditos. No hay respuestas buenas y malas en este recuento. Usted solo necesita decirme lo que ha comido. Tiene preguntas? Si no, comencémos"

Si es possible, no interrumpas al cliente sin necesidad mientras recuerda lo que ha comido o bebido. Una interrupción lo puede conducir a hablar de otras cosas, y puede ser difícil recuperar el sentido de la conversación. Si tienes preguntas, toma notas durante el recuento y pide aclarar las respuestas después de terminar el recuento.

Paso 2. Después de realizar el recuento dietético de 24 horas, evalúa a qué tipo de equipo de cocina y preparación de comidas tiene acceso el cliente. Este paso es muy importante para ayudarte a entender qué recetas compartir con el cliente.

Recuento Dietético de 24-Horas y Forma de Evaluación de Planeación de Comidas

Desayuno **Haga una lista de todas las comidas y bebidas consumidas ayer entre 6 a.m. – 11:30 a.m.**			
Alimento o Bebida	**Hora**	**Lugar donde comió**	**Procedencia**
		(Dónde consumió la comida?)	**(Identifique quién le dió la comida. Circule todas las respuestas que apliquen de dónde vino la comida/bebida consumida)**
			1. Yo lo preparé 2. Restaurante/tienda de comida rápida/charcutería 3. Despensa de alimentos 4. Tienda de abarrotes/ tienda de alimentos 5. Lugar de trabajo 6. Casa de un amigo/pariente 7. Refugio 8. Sitio de distribución de alimentos de fe/iglesia 9. Otro (especifique):
Almuerzo **Haga una lista de todas las comidas y bebidas consumidas ayer entre 11:30 a.m. – 5:30 p.m.**			
Alimento o Bebida	**Hora**	**Lugar donde comió**	**Procedencia**
		(Dónde consumió la comida?)	**(Identifique quién le dió la comida. Circule todas las respuestas que apliquen de dónde vino la comida/bebida consumida)**
			1. Yo lo preparé 2. Restaurante/tienda de comida rápida/charcutería 3. Despensa de alimentos 4. Tienda de abarrotes/ tienda de alimentos 5. Lugar de trabajo 6. Casa de un amigo/pariente 7. Refugio 8. Sitio de distribución de alimentos de fe/iglesia 9. Otro (especifique):

Cena **Haga una lista de todas las comidas y bebidas consumidas ayer entre 5:30 p.m. – 11:59 p.m.**			
Alimento o Bebida	**Hora**	**Lugar donde comió**	**Procedencia**
		(Dónde consumió la comida?)	**(Identifique quién le dió la comida. Circule todas las respuestas que apliquen de dónde vino la comida/bebida consumida)**
			1. Yo lo preparé 2. Restaurante/tienda de comida rápida/charcutería 3. Despensa de alimentos 4. Tienda de abarrotes/ tienda de alimentos 5. Lugar de trabajo 6. Casa de un amigo/pariente 7. Refugio 8. Sitio de distribución de alimentos de fe/iglesia 9. Otro (especifique):
Tarde En La Noche/Temprano en La Mañana **Haga una lista de todas las comidas y bebidas consumidas entre media noche y 6 a.m. de hoy**			
Alimento o Bebida	**Hora**	**Lugar donde comió**	**Procedencia**
		(Dónde consumió la comida?)	**(Identifique quién le dió la comida. Circule todas las respuestas que apliquen de dónde vino la comida/bebida consumida)**
			1. Yo lo preparé 2. Restaurante/tienda de comida rápida/charcutería 3. Despensa de alimentos 4. Tienda de abarrotes/ tienda de alimentos 5. Lugar de trabajo 6. Casa de un amigo/pariente 7. Refugio 8. Sitio de distribución de alimentos de fe/iglesia 9. Otro (especifique):

Paso 3. Después del recuento, pregúntele al cliente, "Hay algo más que quiera contarme sobre lo que comió, dónde comió, o de dónde vino su comida"

Paso 4. Ahora, evalúa si lo que han compartido en el periodo de 24 horas es un día habitual para ellos. Se pueden hacer las siguientes preguntas para determinar si hay un patrón de alimentación. Encierra en un círculo la respuesta y usa las preguntas B y C para identificar las posibles razones de un patrón de alimentación inusual para el día.

Tu puedes decir algo como:

"Solo tengo algunas preguntas más que me gustaría hacerle antes de pasar a la segunda fase del cuestionario".

A. ¿La cantidad de alimentos que comió ayer fue más o menos la habitual, menos de la habitual o más de lo habitual?

(1) Habitual (2) Menos de lo habitual (Vaya a B) (3) Más de lo habitual (Vaya a C)

B. Cuál es la razón principal por la que usted comió ayer menos de lo usual?

(1) Enfermedad.

(2) No tenia comida disponible.

(3) No tenia dinero.

(4) Los lugares donde acostrumbro comer estaban cerrados.

(5) Muy ocupado.

(6) No tenia hambre.

(7) Estresado u ocupado.

(8) Otra razón:_____

C. Cuál es la razón principal por la que usted comió ayer más de lo usual?

(1) Tenía acceso a más alimentos.

(2) Me sentía mejor y quería comer.

(3) Tenía dinero o cheques de alimentos para comprar comida.

(4) Tenía mucha hambre.

(5) Alguien me dió comida.

(6) Otra razón: _____

D. Cómo describiría sus hábitos alimenticios actuales?

(1) No llevo una dieta especial, como de todo.

(2) Dieta para personas con diabetes, trato de cuidarme del azúcar y los carbohidratos.

(2) Vegetarianismo.

(3) Dieta especial:_____

Paso 5. Una vez que se hayas obtenido el recuento dietético de 24 horas, puedes evaluar el equipo que el cliente tiene disponible (consulta la Tabla de evaluación de recursos en la página siguiente).

Paso 6. Pregunte al cliente lo que ya tiene a mano. Por lo general, la mayoría de las personas ya tienen los elementos básicos como aceite, sal, pimienta y harina.

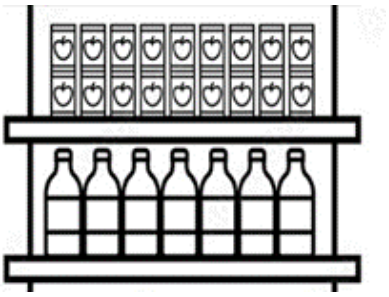
Paso 7. Después del recuento dietético de 24 horas y la evaluación de recursos para la preparación de comidas, identifica qué conjunto de recetas se adapta mejor al estilo de vida y preferencia alimenticia del cliente. Ten en cuenta que las circunstancias cambian. Siempre aprovecha la oportunidad de involucrar al cliente en una fecha futura para ver si está interesado en probar otras recetas.

Tabla de Evaluación de Recursos

Evalúe qué recursos tiene disponibles el cliente para la preparación de comidas.

Encierre en un círculo todos los recursos disponibles.

Fuego de Campamento	Parrilla al Aire Libre	Electricidad
Agua potable (Para cocinar, lavarse las manos, lavar los platos)	Crockpot	Microondas
Estufa con hormo	Hielera (Para guardar alimentos perecederos	Refrigerador

 Utensilios de cocina (Ollas y sartenes, abrelatas, cucharas para servir, cuchillo para cortar alimentos)	 Tazones para mezclar, tazas medidoras, cucharas medidoras)	 Platos, Tenedores, Cuchillos, Cucharas (De plástico plateado o papel)
 Platos para microondas (Vidrio, artículos de plástico aprobados para microondas)	 Estantes/área de almacenamiento segura (Para guardar comida)	 Acceso a tiendas de alimentos o alacenas (Para obtener alimentos)

Plan Diario de Comidas

_____ / _____ / _____

DESAYUNO

ALMUERZA

CENA

BOCADILLO

LISTA DE DOMPRAS

CONSUMO DE AGUA

NOTAS

Plan Semanal de Comidas

Lunes	NOTAS
Martes	NOTAS
Miercoles	NOTAS
Jueves	NOTAS
Viernes	NOTAS

Apéndice D:

Lista de Compras /Plan de Comidas Semanal

Plan de Comidas Para La Semana

Desayuno: Almuerzo: Cena:

A continuación llene la lista con los alimentos que necesita basándose en su plan de comidas.

Productos Frescos (Vegetales/ Frutas)

Enlatados

Salumería y Carnes

Productos Secos (De estantes)

Lácteos (leche, huevos, quesos)

Panes/Panadería

Otros artículos para la casa:

Alimentos Congelados

Apéndice E:

Plan Mensual de Comidas

	Semana 1	Semana 2	Semana 3	Semana 4
Lunes				
Martes				
Miercoles				
Jueves				
Viernes				
Sabado				
Domingo				

Apéndice F:

Lista de Compras

A continuación llene la lista con los alimentos que necesita basándose en su plan de comidas.

Productos Frescos (Vegetales/ Frutas)

Enlatados

Salumería y Carnes

Productos Secos (De estantes)

Lácteos (leche, huevos, quesos)

Panes/Panadería

Otros artículos para la casa:

Alimentos Congelados

Apéndice G:

Sustituciones de Ingredientes Populares

La tabla provee diferentes sustituciones para varios ingredients.

Ingrediente	Cantidad	Sustitución
Harina para todo uso	1 taza	Combine ½ taza de harina para pan y ½ taza de harina para bizcochos
Pimienta de Jamaica	1 cucharadita	½ cucharadita de canela en polvo, ¼ de cucharadita de gengibre en polvo, y ¼ de cucharadita de clavos en polvo
Almidón de arrurruz	1 cucharadita	1 cucharada de harina or 1 cucharadita de almidón de maíz
Polvo de hornear	1 cucharadita	¼ de cucharadita de bicarbonate más ½ cucharadita de crema tártara O ¼ de cucharadita de bicarbonate más ½ taza de suero de leche (añada media taza menos de líquido a la receta)
Bicarbonato	1 cucharadita	4 cuchasraditas de polvo de hornear O 1 cucharadita de bicarbonate de potasio y ⅓ cucharadita de sal. NOTA: Si la receta usa un líquido ácido como crema ágria, yogurt, suero de leche, vinagre, melado o jugos cítricos, debe reemplazarlo por la misma cantidad de leche entera.
Albahaca	1 cucharadita, fresca	Estragón, oregano o tomillo. NOTA: Por cada cucharada de hierbas frescas, use 1 cucharadita de hierbas secas.
Cerveza	1 taza	1 taza de cerveza sin alcohol O 1 taza de consomé de pollo
Migas de pan	1 taza	1 taza de migajas de galleta O 1 taza de harina de matzá O 1 taza de avena molida
Consomé (res o pollo)	1 taza	1 cubito de caldo más 1 taza de agua hierviendo O 1 cucharada de salsa soya con suficiente agua para hacer 1 taza O 1 taza de consomé de vegetales
Azúcar negra	1 taza, empacada	1 taza de azúcar blanca más ¼ de taza de melado y añada ¼ menos del líquido en la receta O 1 taza de azúcar blanca O 1 ¼ tazas de azúcar refinada

Ingrediente	Cantidad	Sustitución
Mantequilla (con sal)	1 taza	1 taza de margarina O 1 taza de Manteca más ½ cucharadita de sal O ⅞ de taza de aceite vegetal más ½ cucharadita de sal
Mantequilla (sin sal)	1 taza	1 taza de margarina O ⅞ de taza de aceite vegetal
Suero de leche	1 taza	1 taza de yogur O 1 cucharadita de jugo de limón Amarillo o vinagre, más la leche suficiente para llenar 1 taza
Pimienta de Cayena	1 cucharadita	2 cucharaditas de hojuelas de pimiento molidas
Queso Cheddar	1 taza rallado	1 taza de queso Colby cheddar rallado O 1 taza de queso Monterey Jack rallado
Chile en polvo	1 cucharada	Combine 1 cucharadita de paprika, 1 cucharadita de comino en polvo, ½ cucharadita de cebolla en polvo, ½ cucharadita de ajo en polvo y una pizca de cayena (opcional)
Chocolate (semidulce)	1 onza	1 tableta (1-onza) de chocolate sin azúcar más 4 cucharaditas de azúcar O 1-onza de pedacitos de chocolate semidulce más 1 cucharadita de manteca
Chocolate (sin dulce)	1 onza	3 cucharadas de cocoa sin dulce más 1 cucharada demanteca o aceite vegetal
Cilantro	1 cucharada	Perejil, albahaca, o una combinación de las dos. NOTA: Por cada cucharada de hierbas frescas, use 1 cucharadita de hierbas secas.
Cocoa	¼ taza	1 tableta (1-onza) de chocolate sin azúcar
Aceite de coco	½ taza	Para todo (excepto para hornear): ½ taza de mantequilla sin sal, aceite de aguacate, aceite de nueces o aceite de olivas extra virgen
Sopa crema condensada de hongos	1 lata (de 10.75-onzas)	1 lata (10.75-onzas) de crema condensada de apio, crema de pollo, o sopa de hongos dorados

Ingrediente	Cantidad	Sustitución
Cilantro	1 cucharadita	1 cucharadita de comino entero o molido
Almidón de maíz	1 cucharadita	Lo mejor para todas las ssutituciones, incluyendo pudines, natillas, salsas y batidos: Para cada cucharada, use 1 a 1 ½ cucharadas de arrurruz, 2 cucharaditas de almidón de papa o 2 cucharaditas de harina de arroz. Lo mejor para apanar o freír: Por cada cucharada, use 3 cucharadas de harina para todo uso.
Sirope de maíz	1 taza	1 ¼ taza de azúcar blanca más ⅓ de taza de agua O 1 taza de miel O 1 taza de jarabe de melaza bajo en dulce
Queso Cottage	1 taza	1 taza de queso campesino O 1 taza de queso ricota
Migajas de galleta de sal	1 taza	1 taza de migajas de pan O 1 taza de harina de matzá O 1 taza de avena molida
Crema (mediana)	1 taza	⅞ taza de leche más 1 cucharada de mantequilla
Crema (espesa)	1 taza	1 taza de leche evaporada O ¾ taza de leche más ⅓ taza de mantequilla
Crema (ligera)	1 taza	1 taza de leche evaporada O ¾ taza de leche más 3 cucharadas de mantequilla
Crema (batida)	1 taza	1 taza de cubierta batida, descongelada
Crema de queso	½ taza	½ taza de requesón o queso ricotta colado y licuado mezclado con una pizca de sal y unas gotas de limón. (Dado que estos quesos no tienen los estabilizadores del queso crema, es posible que se cuaje un poco).
Crema tártara	1 cucharadita	2 cucharaditas de jugo de limón amarillo o vinagre
Comino	1 cucharadita	1 cucharadita de condimento para tacos, chile en polvo o cilantro molido
Mostaza de Dijon	2 cucharadas	Sustituto: mostaza oscura picante, mostaza con miel o mostaza molida.

Ingrediente	Cantidad	Sustitución
		Alternativamente, para 2 cucharadas, combine 1 cucharada de mostaza seca con 1 cucharada de mayonesa; agregue 1 cucharadita de vinagre blanco, 1 cucharadita de agua y una pizca de azúcar.
Huevo	1 entero (3 cucharada o 1.7 onzas)	2 ½ cucharadas de sustituto de huevo en polvo más 2 ½ cucharadas de agua O ¼ taza de sustituto de huevo líquido O ¼ taza de tofu sedoso en puré O 3 cucharadas de mayonesa O medio plátano triturado con ½ cucharadita de polvo de hornear O 1 cucharada de semillas de lino en polvo remojadas en 3 cucharadas de agua Para todos los horneados y batidos (ejemplo: panqueques): para 1 huevo, use 3 cucharadas de aquafaba (el líquido espeso de una lata de frijoles); el líquido de los garbanzos (garbanzos) es el mejor. Si preparas muffins, panes y panecillos rápidos: para 1 huevo, combina 3 cucharadas de aceite vegetal y 1 cucharada de agua. También puedes usar ¼ de taza de puré de manzana, ¼ de taza de tofu sedoso en puré o ¼ de taza de calabaza enlatada por cada huevo entero que necesites. (Las alternativas caseras no son apropiadas para tortillas, suflés, frittatas y otros platos con mucho huevo).
Leche evaporada	1 taza	1 taza de crema ligera
Grasas para hornear	1 taza	1 taza de puré de manzana O 1 taza de puré de frutas
Harina (pan)	1 taza	1 taza de harina para todo uso más 1 cucharadita de gluten de trigo
Harina (bizcochos)	1 taza	1 taza de harina para todo uso menos 2 cucharaditas
Harina (con levadura)	1 taza	⅞ taza de harina para todo uso más 1 ½ cucharaditas de polvo para hornear y ½ cucharadita de sal
Ajo	1 diente	⅛ de cucharadita de ajo en polvo O ½ cucharadita de ajo granulado O ½ cucharadita de sal de ajo, reduzca la sal en la receta

Ingrediente	Cantidad	Sustitución
Jengibre (seco)	1 cucharadita	2 cucharaditas de jengibre fresco picado
Jengibre (fresco)	1 cucharadita, picado	½ cucharadita de jengibre seco molido
Cebolla verde	½ taza, picado	½ cup chopped onion OR ½ cup chopped leek OR ½ cup chopped shallots
Crema de Leche Media	1 taza	Para 1 taza, combina una taza escasa de leche entera y 1 cucharada de mantequilla derretida. También puedes combinar ¾ de taza de leche entera y ¼ de taza de crema espesa.
Hierbas (frescas)	1 cucharda, frescas, picadas	1 cucharadita (picada o entera) de hierbas secas
Miel	1 taza	1 ¼ taza de azúcar blanca más ⅓ taza de agua O 1 taza de jarabe de maíz O 1 taza de jarabe de melaza ligero
Salsa picante	1 cucharadita	¾ de cucharadita de pimienta de cayena más 1 cucharadita de vinagre
Salsa de tomate	1 taza	1 taza de salsa de tomate, luego agrega ½ taza de azúcar y 2 cucharadas de vinagre (puedes usar jugo de limón en lugar de vinagre)
Jugo de limón amarillo	1 cucharadita	½ cucharadita de vinagre O 1 cucharadita de jugo de limón verde
Jugo de limón verde	1 cucharadita	1 cucharadita de vinagre O 1 cucharadita de vino blanco O 1 cucharadita de jugo de limón amarillo
Cáscara de limón verde	1 cucharadita	1 cucharadita de cáscara de limón amarillo
Margarina	1 taza	⅞ de taza de aceite vegetal (aceite de maíz, girasol, canola) ½ cucharadita de sal

Ingrediente	Cantidad	Sustitución
Mejorana	1 cucharada	Salvia, tomillo, ajedrea o albahaca.También puede usar la mitad de la cantidad de orégano. NOTA: Para 1 cucharada de hierbas frescas, use 1 cucharadita de hierbas secas.
Mayonesa	1 taza	1 taza de crema agria O 1 taza de yogur natural bajo en grasa
Leche (entera)	1 taza	1 taza de leche de soya O 1 taza de leche de arroz O 1 taza de agua o jugo O ¼ de taza de leche en polvo más 1 taza de agua O ⅔ de taza de leche evaporada más ⅓ de taza de agua
Menta (fresca)	¼ taza, picada	1 cucharada de hojas de menta secas
Melaza	1 taza	Mezcla ¾ de taza de azúcar morena y 1 cucharadita de crema tártara
Mostaza (preparada)	1 cucharada	Mezcla 1 cucharada de mostaza seca, 1 cucharadita de agua, 1 cucharadita de vinagre y 1 cucharadita de azúcar.
Nuez moscada (molida)	1 cucharadita	Maza, pimienta de Jamaica o especias para pastel de calabaza. También puedes usar la mitad de la cantidad de canela molida o clavo molido.
Cebolla	1 taza, picada	1 taza de cebollas verdes picadas O 1 taza de challotes picados O 1 taza de puerros picados O ¼ taza de cebolla picada seca O ¼ taza de cebolla en polvo
Jugo de naranja	1 cucharada	1 cucharada de otro jugo de cítricos
Cáscara de naranja	1 cucharada	½ cucharadita de extracto de naranja O 1 cucharadita de jugo de limón
Oregano	1 cucharada	Tomillo o albahaca. NOTA: Para 1 cucharada de hierbas frescas, usa 1 cucharadita de hierbas secas.
Queso Parmesano	½ taza, rallado	½ taza de queso Asiago rallado O ½ taza de queso Romano rallado
Perejil	1 cucharada,	1 cucharadita de perejil seco

Ingrediente	Cantidad	Sustitución
	Freco, picado	
Mantequilla de maní	1 cucharada	1 cucharada de mantequilla de girasol, mantequilla de almendras y cualquier otra mantequilla de nueces
Uvas pasas	1 taza	1 taza de uvillas secas O 1 taza de arándanos rojos secos O 1 taza de ciruelas pasas picadas sin semilla
Arroz (blanco)	1 taza, cocido	1 taza de cebada cocida O 1 taza de bulgur cocido O 1 taza de arroz integral o salvaje cocido
Queso Ricotta	1 taza	1 taza de requesón seco O 1 taza de tofu sedoso
Romero	1 cucharada	1 cucharada de tomillo. NOTA: Para 1 cucharada de hierbas frescas, use 1 cucharadita de hierbas secas.
Azafrán	¼ cucharadita	¼ de cucharadita de cúrcuma
Levadura	1 taza	Para 1 taza, combina 1 taza de harina para todo uso, 1 ½ cucharaditas de polvo para hornear y ¼ de cucharadita de sal fina
Chips de chocolate semidulce	1 taza	1 taza de dulces de chocolate O 1 taza de mantequilla de maní u otros chips de sabor O 1 taza de nueces picadas O 1 taza de frutas secas picadas
challotes, picados	½ taza	½ taza de cebolla picada O ½ taza de puerro picado O ½ taza de cebolla verde picada
Manteca	1 taza	1 taza de mantequilla O 1 taza de margarina menos ½ cucharadita de sal de la receta
Crema agria	1 taza	1 taza de yogur natural O 1 cucharada de jugo de limón o vinagre más suficiente crema para preparar 1 taza O ¾ de taza de suero de leche mezclado con ⅓ de taza de mantequilla
Leche agria	1 taza	1 cucharada de vinagre o jugo de limón Amarillo mezclado con suficiente leche para hacer 1 taza. Dejar reposar 5 minutos para espesar.

Ingrediente	Cantidad	Sustitución
Salsa soya	½ taza	¼ taza de salsa Worcestershire mezclada con 1 cucharada de agua
Caldo (carne de res o pollo)	1 taza	1 cubo de caldo de res o pollo disuelto en 1 taza de agua
Leche condensada azucarada	1 lata (14-onzas)	¾ taza de azúcar blanca mezclada con ½ taza de agua y 1 ⅛ tazas de leche en polvo. Llevar a punto de ebullición y cocinar, revolviendo con frecuencia, hasta que espese, por unos 20 minutos.
Pasta de Tomate	1 cucharada	Para 1 cucharada, cocine a fuego lento 3 cucharadas de salsa de tomate o tomates en puré hasta que estén muy espesos, luego enfríe.
Salsa de Tomate	½ taza	½ taza de puré de tomate. También puedes usar ½ taza de tomates enlatados mezclados o mezclar partes iguales de pasta de tomate y agua (¼ de taza de pasta de tomate y ¼ de taza de agua equivalen a ½ taza de salsa de tomate).
Aceite vegetal (para hornear)	1 taza	1 taza de salsa de manzana O 1 taza de fruta en pure
Aceite vegetal (para freir)	1 taza	1 taza manteca O 1 taza de Manteca vegetal
Vinagre	1 cucharadita	1 cucharadita de jugo de limón amarillo o verde O 1 cucharadita de vinagre de cidra de manzana O 1 cucharadita de vinagre de coco o de arroz
Azúcar blanca	1 taza	1 taza de azúcar morena O 1 ¼ tazas de azúcar en polvo O ¾ taza de miel O ¾ taza de jarabe de maíz
Vino	1 taza	1 taza de caldo de pollo o de res O 1 taza de jugo de frutas mezclado con 2 cucharaditas de vinagre O 1 taza de agua
Salsa Worcestershire	1 cucharada	Para 1 cucharada, combine 2 cucharaditas de salsa de soya, ¼ de cucharadita de jugo de limón o vinagre, ¼ de cucharadita de azúcar y una pizca de salsa picante.

Ingrediente	Cantidad	Sustitución
Levadura (seca, activa)	1 paquete (.25-onzas)	1 torta de levadura comprimida O 2 ½ cucharaditas de levadura seca activa O 2 ½ cucharaditas de levadura de crecimiento rápido
Yogur	1 taza	1 taza de crema agria O 1 taza de suero de leche O 1 taza de leche agria

Recursos:

Allrecipes: Sustituciones de Ingredientes Comunes

Food Network: Guía de sustitución de ingredientes

Apéndice H:

Equipos de Cocina y Sustituciones

Equipos de cocina comúnes	Sustituciones
Utensilios para mezclar	• Muchas recetas pueden requerir una cuchara grande o para mezclar. Sin embargo, se pueden usar cucharas más pequeñas de un juego de cubiertos, así como tenedores o espátulas de goma, todos se puedem usar para revolver ingredientes.
Tazas Medidoras	• Si hay tazas medidoras disponibles, use las que tiene disponibles agregando suficientes tazas para la cantidad total o estimando la mitad de la taza. • Una taza regular suele tener el tamaño de 1 taza medidora y se puede usar para medir 1 taza. Se pueden estimar cantidades menores (llenando la mitad de la taza para ½ taza).
Cucharas Medidoras	• Si hay algunas cucharas medidoras disponibles, use las disponibles agregando suficientes cucharadas para la cantidad total o estimando la mitad. • Una cuchara alta de un juego de cubiertos (cuchara sopera) suele ser aproximadamente 1 cucharada. • Una cuchara más pequeña de un juego de cubiertos (cuchara de cereal) suele ser de aproximadamente 1 cucharadita.
Tablas para Picar	• Las tablas para cortar de plástico suelen ser más baratas que una tabla para cortar de madera. • Los platos grandes pueden servir como tabla para cortar, pero deben lavarse antes de usarse para servir la comida. • Las tapas de recipientes para guarder comida o Tupperware también pueden servir como tabla para cortar. Estas no son una solución a largo plazo, ya que se desgastan rápidamente y la persona querrá evitar agujeros en la tapa.
Cuchillos	• Para cocinar lo básico, se puede usar un cuchillo de chef (más grande) o un cuchillo para pelar (más pequeño) para picar o cortar ingredientes. • Un cuchillo para pelar es útil para aquellos que pueden tener poca fuerza o dolor en la mano, o que no se sienten muy cómodos usando un cuchillo más grande.

Equipos de cocina comúnes	Sustituciones
	• También se puede usar un cuchillo para bistec de un juego de cubiertos para picar muchos ingredientes. • Es importante tener en cuenta que un cuchillo bien afilado es más seguro que un cuchillo sin filo.
Tazón para Mezclar	• Para la mayoría de las recetas, basta con un tazón grande para mezclar y se pueden preparar o mezclar otros ingredientes en tazones más pequeños (de la vajilla básica). • Las ollas que no se usarán para cocinar pueden servir para mezclar ingredientes en lugar de un tazón. • También se pueden usar recipientes grandes o recipientes para guarder comida.
Ollas	• Una receta puede requerir el uso de una olla específica (la olla común y la olla para salsa son las más comunes). • La mayoría de las veces, se puede usar cualquier olla siempre que sea lo suficientemente grande para contener los ingredientes. • Si usa una olla más pequeña que la que indica la receta, es posible que deba revolver con más frecuencia para asegurarse de que todo esté cocido.
Sartenes	• Una receta puede requerir el uso de un sartén específico (sartén hondo o pando). • La mayoría de las veces, se puede usar cualquier sartén siempre que sea lo suficientemente grande para contener los ingredientes. • Algunas recetas pueden indicar que se use una sartén “antiadherente”: se puede usar una sartén común, pero la persona deberá agregar aceite en aerosol o aceite para evitar que los ingredientes se peguen. • Una sartén de hierro fundido es un tipo específico de sartén. Sin embargo, se puede usar un sartén normal. Es posible que la persona tenga que ajustar el tiempo de cocción y que la comida se vea ligeramente diferente (ya que una sartén de hierro fundido puede hacer que la comida quede más crujiente que una sartén normal).
Guantes para Hornear	• Se puede usar un paño de cocina o un trapo cuando no haya guantes para horno disponibles. Para un uso más seguro, la persona debe doblar la toalla para brindar más protección entre la comida caliente y la mano.

Apéndice I:

Los 8 Mejores Consejos Para Cocinar en el Microondas

1. Corta los alimentos en trozos pequeños de igual tamaño, ya que se cocinarán más rápido que los grandes.
2. Acomoda los alimentos para que se cocinen uniformemente. Coloca las partes más gruesas, como los tallos de brócoli, hacia las paredes del horno. Los microondas cocinan de afuera hacia adentro.
3. Cubre los platos con cubiertas aptas para microondas, como una toalla de papel.
4. Revuelve, voltea y gira los alimentos con frecuencia durante la cocción para garantizar que el calor se distribuya uniformemente.
    - Haz esto incluso si tu plato de microondas gira durante la cocción.
5. Deja reposar los alimentos cocinados durante uno o dos minutos después del tiempo de cocción.
    - Esto asegura que el calor se distribuya uniformemente por toda la comida.
6. Perfora los alimentos que tienen piel, como batatas o manzanas enteras, para permitir que escape el vapor.
7. Usa la configuración de potencia de descongelación para asegurarte de que los alimentos se descongelen de manera lenta y uniforme.
    - Para ayudar a descongelar uniformemente, voltea y rota los alimentos de vez en cuando.
    - Ten en cuenta que descongel a la máxima potencia, en lugar de usar la configuración de descongelación, puede resultar en áreas crudas y aún congeladas en los alimentos, mientras otras partes pueden estar muy calientes.
8. No use metal ni papel de aluminio, ya que refleja las ondas del microondas y puede hacer que salten chispas.

Adaptado de "Microwave Cooking" de Diabetes UK

Apéndice J:

Cocinando Menos Porciones

La siguiente tabla muestra cómo ajustar las medidas si se **corta la receta a la mitad** (½):

Cuando la receta dice:	Reduce a:
1 taza	½ taza
¾ taza	6 cucharadas
⅔ taza	⅓ taza
½ taza	¼ taza
⅓ taza	2 cucharadas + 2 cucharaditas
¼ taza	2 cucharadas
1 cucharada	1 ½ cucharaditas
1 cucharadita	½ cucharadita
½ cucharadita	¼ de cucharadita
¼ de cucharadita	⅛ de cucharadita
⅛ de cucharadita	Una pizca
1 huevo	Bate un huevo en un tazón pequeño. Revuélvelo con un tenedor pequeño. Usa 2 cucharadas del huevo y guarda el resto en el refrigerador para otra receta.

Making Less of a Recipe

El siguiente cuadro muestra cómo ajustar las medidas si se **reduce la receta en un tercio** (⅓):

Cuando la receta dice:	Reduce a:
1 taza	⅓ taza
¾ taza	¼ taza
⅔ taza	3 cucharadas + 1 ½ cucharaditas
½ taza	2 cucharadas + 2 cucharaditas
⅓ taza	1 cucharada + 2 ⅓ cucharaditas (o redondea a 1 cucharada + 2 ¼ cucharaditas)
¼ taza	1 cucharada + 1 cucharadita
1 cucharada	1 cucharadita
1 cucharadita	¼ de cucharadita alta
½ cucharadita	¼ de cucharadita bajita
¼ de cucharadita	⅛ de cucharadita bajita
⅛ de cucharadita	Una pizca

Información en tablas adaptada y extraida de "Reducing the Size of Recipes" by UNL Food

Apéndice K:

Cocinando Más Porciones

El siguiente cuadro muestra cómo ajustar las medidas si se **duplica la receta**:

Cuando la receta dice:	Aumenta a:
1 taza	2 tazas
¾ taza	1 ½ tazas
⅔ taza	1 ⅓ tazas
½ taza	1 taza
⅓ taza	⅔ de taza (o 2 porciones de ⅓ de taza)
¼ taza	½ taza
1 cucharada	2 cucharadas
1 cucharadita	2 cucharaditas
½ cucharadita	1 cucharadita
¼ de cucharadita	½ cucharadita
⅛ de cucharadita	¼ de cucharadita

Información en tablas adaptada y extraida de "Reducing the Size of Recipes" by UNL Food

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