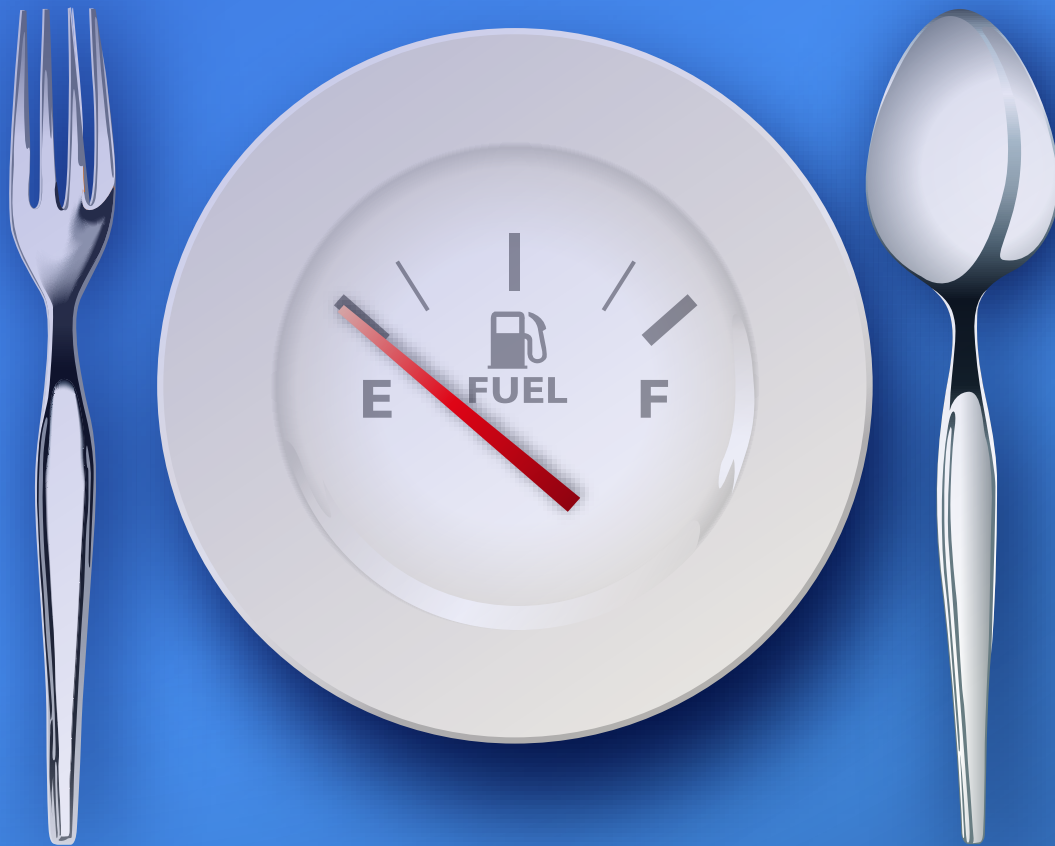


Eating for Energy

Toolkit for Dental Students: Shop, Prepare and Flourish



Eating to feel and perform your best throughout
the day can be done on a budget—even a tight, student budget

It begins with identifying nutrient-dense ingredients to stabilize your energy and boosting the nutritional value of your meals when you can! Use this toolkit to identify and shop for those ingredients, then put them to work for you with the included flexible meal guide—nothing fancy, just simple, effective and good tasting!

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Grocery List on a Budget

Foods listed below are categorized as Fuel or Nourish & Flourish. They are designed to meet your budget, wherever it is, and increase variety in kitchen staples.

Fuel	These are your most affordable, nutrient-dense staples that keep you fed and energized on the tightest budget. Shop this list every week.
Nourish	This list is designed to boost your meals with more protein and fiber and add variety without a large cost increase per meal.
Flourish	These are fresher ingredients and upgrades that are slightly higher in cost but remain more affordable than eating out.

Fuel — Essentials	Nourish & Flourish — Upgrades
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Grains and Starches

White or brown rice	Quinoa*
Rolled oats	Barley
Corn tortillas	Whole wheat tortillas
Pasta*	Whole wheat bread and pasta
Fresh corn (in season)	—
Frozen peas	—

Protein

Eggs	Rotisserie chicken
Canned black beans	Ground turkey/beef
Canned lentils	Frozen shrimp
Peanut butter	Almond butter
Canned tuna or chicken	Chicken thighs
Cottage cheese	Greek yogurt
Extra-firm tofu	Fresh salmon

Fruits and Vegetables

Frozen mixed vegetables (2 bags)	Fresh bell pepper
Bananas	Apples or pears
Frozen spinach (1 bag)	Fresh baby spinach
Canned diced tomatoes (3 cans)	Cherry tomatoes
Baby carrots (1 bag)	Fresh celery, onion, bunch of carrots
Frozen berry mix	Fresh berries

Dairy

Shredded cheese (block or bag)	Feta cheese
Store-brand milk (gallon)	Name-brand milk (gallon)
String cheese	Fresh mozzarella



Fats and Flavor

Olive oil	Almonds, walnuts, chia seed*, ground flaxseed
Garlic powder, cumin, paprika	Fresh garlic
Italian seasoning, hot sauce, salsa	Fresh herbs — basil, parsley, cilantro
Broth (1 carton)	Avocado
Pumpkin seeds (pepitas)*	Cashews, hempseeds*, macadamia nuts

* a good source of protein found outside the protein section of the grocery list.

Keep in mind...



Choosing from the Fuel list is not a compromise! Beans, lentils, canned tuna and frozen vegetables are among the most nutrient-dense foods available.



Frozen produce = just as nutritious as fresh! Frozen foods are harvested at peak ripeness. They taste great, produce less waste and cost less.



Canned tuna and tofu are some of the most affordable complete protein sources — shelf stable and versatile in many meals.



How to Read a Nutrition Label

Nutrition Facts		
About 3 servings per container Serving size ½ cup (130g)		
Amount per serving Calories 100		
		% Daily Value*
Total Fat 3g		4%
Saturated Fat 1.5g		8%
Cholesterol 0mg		
Sodium 120mg		5%
Total Carbohydrate 32g		12%
Dietary Fiber 5g		18%
Total Sugars 10g		
Includes 9g Added Sugars		18%
Protein 10g		
Vit D 0mcg 0% Calcium 50mg		4%
Iron 1.9mg 10% Potas. 280mg		6%
*The % Daily Value (DV) tells you how much a nutrient in a serving contributes to the daily diet. 2,000 calories a day is used for general nutrition advice		

Choose foods high in protein and fiber — they stabilize your energy and keep you full longer, making them the most important nutrient to prioritize when eating on a budget.

① Serving Size

Every number below is based on this amount — not on the whole package.

② Calories

This is the energy per serving.

③ Saturated Fat

Listed directly under Total Fat, try and keep this fat to 3-4 grams or less per serving.

④ Dietary Fiber

Listed directly under Total Carbohydrates, look for 3 grams or more per serving.

⑤ Protein

Needs vary by person and activity level. However, aiming for 15-30 grams per meal is a good place to start and important for staying satiated throughout the day.

⑥ % Daily Value

5% = low and 20% = high. Use this as your quick guide for nutrients that have a % daily value listed. Keep in mind this percentage is based on a daily diet for 2,000 calories.



Step-by-Step: What to Look For

1

Serving Size

Start here every time. This number is based on the average amount people consume based on national food consumption surveys and data. Eating less or more than one serving is OK to meet your needs.

If the label says 2 servings per container and you eat the whole container, double every number that appears below the serving size.

2

Calories

Calories measure the amount of energy per serving. This energy is used to keep the body alive at rest as well as during physical activity. A small number of calories is even needed to digest food! For most students, 400-600 calories per meal and 150-250 calories per snack is a reasonable range to aim for.

Use calories for context, not for judgement. High calories does not always equal bad for you!

3

Protein

Protein keeps you full, supports muscle growth and recovery and stabilizes energy throughout long study sessions. This is a key nutrient busy students should look for on the nutrition label.

A food with 15 grams or more per serving is a strong choice for any meal! Pair with a carbohydrate for long-lasting energy.

4

Dietary Fiber

Fiber slows digestion, keeps you fuller longer and supports gut health. Diets low in fiber could result in spending more money on food to keep hunger at bay. Choose high-fiber foods such as whole grains, legumes/lentils, fruits and vegetables.

The daily recommended amount of fiber per day is 21-28 grams for women and 30-38 grams for men, though there are increased benefits to having more! Just make sure to increase hydration to prevent constipation.

5

Saturated Fat

In excess, saturated fat is associated with cardiovascular disease. This type of fat is found mostly in animal products such as processed meats, baked goods, fried foods and whole-fat dairy products such as cheese and milk.

On the label, look for less than 3 grams or 10% of Daily Value per serving.



6

Sodium

Sodium doesn't always need to be prioritized when reading labels, but it's worth a glance when consuming more packaged foods that are canned or frozen.

Rinsing canned beans and vegetables under water can reduce sodium by up to 40%!

7

% Daily Value (%DV)

The % Daily Value number on the far right of the nutrition label is the fastest way to determine if the food you're choosing is going to provide you with the nutrition needed for optimal health while on a budget.

20% or more = HIGH
Good for nutrients the diet needs
more of (fiber, vitamins and minerals)

5% or less = LOW
Good for nutrients you want less of
(saturated fat, sodium)

Keep in mind...

Ingredient list: Ingredients are listed by greatest to least weight. The first ingredients listed make up the majority of what's inside.



Words such as "healthy" or "natural" on the front packaging are just marketing terms and not always indicative of the healthiness of the food. Always consult the nutrition label.



When comparing two labels side-by-side, check the serving size first to ensure an equal comparison, then check protein, fiber and saturated fat!



Meal Guide: Fuel, Nourish, Flourish

Here are three ways to build a meal!

How to use this meal guide: Fuel is filling and nutritious on its own—a complete meal that has protein and fiber to keep energy stable between meals and snacks. Nourish and Flourish will boost the nutrition in your dish with a variety of ingredients.

All meals are designed to be simple and approachable—no fancy equipment or experience required!

Breakfast

Hunger may not strike early in the morning, but don't wait for your stomach to start growling in the middle of lectures to eat! Starting your day with a high-protein and high-fiber meal can make a real difference in how you feel and perform for the rest of the day.

Yogurt Bowl	Fuel — Essentials	Nourish	Flourish
Ingredients	½ cup cottage cheese, ½ sliced banana with ¼ cup frozen berries (thawed), 1 tbsp pumpkin seeds	+ ½ cup Greek yogurt, 1 tbsp chia seed, 1 tbsp ground flaxseed	+ 1 tbsp hemp seeds, ¼ cup fresh berries
Method	Spoon cottage cheese into a bowl and top with sliced banana, thawed berries and pumpkin seeds.	Replace cottage cheese with Greek yogurt and add chia seed and ground flaxseed.	Add hemp seeds and fresh berries.
Protein	~20 grams	~24 grams	~27 grams
Fiber	~4 grams	~8 grams	~10 grams

Egg Scramble	Fuel — Essentials	Nourish	Flourish
Ingredients	2 eggs, 2 tbsp shredded cheese, 1 slice of toast	+ ¼ cup diced bell pepper and/or frozen vegetables	+ ¼ avocado on 1 slice of whole-grain toast
Method	Scramble eggs in a pan with olive oil or in the microwave. Add shredded cheese while hot and eat with toasted or untoasted bread.	Cook diced bell pepper and frozen vegetables in a pan. Add eggs to make a veggie scramble. Eat with toasted or untoasted bread.	Add mashed avocado to whole-grain toast.
Protein	~16 grams	~18 grams	~20 grams
Fiber	~2 grams	~5 grams	~8 grams



Breakfast

Overnight Oats	Fuel — Essentials	Nourish	Flourish
Ingredients	½ cup rolled oats (dry), 1 cup milk, 1 tbsp peanut butter, ½ sliced banana	+ 1 tbsp chia seeds, 1 tbsp sliced almonds	+ swap peanut butter for almond butter, add ¼ cup fresh berries, 1 tbsp walnuts
Method	Combine oats, milk and peanut butter in a jar or container with a lid. Stir, top with banana, cover and refrigerate overnight (or at least 4 hours). Eat cold or after warming briefly in the microwave.	Increase milk to 1 ½ cups. Stir chia seed into the mix before refrigerating; top with almonds before eating.	Use almond butter in place of peanut butter; top with fresh berries and walnuts before eating.
Protein	~18 grams	~22 grams	~25 grams
Fiber	~6 grams	~11 grams	~14 grams

Breakfast Tacos	Fuel — Essentials	Nourish	Flourish
Ingredients	1 corn tortilla, 2 eggs, 2 tbsp salsa	+ ¼ cup black beans, ¼ cup diced bell pepper, 2 tbsp shredded cheese. <i>Option: Replace corn with whole wheat tortilla.</i>	+ ¼ avocado, 5 cherry tomatoes, 1 tbsp feta
Method	Scramble eggs in a pan with olive oil or in the microwave. Warm tortilla, fill with eggs and top with salsa.	Sauté bell pepper until softened, add black beans to warm through, then scramble in eggs. Fill the tortilla and top with shredded cheese.	Add mashed avocado and cherry tomatoes to the filled taco, then top with feta.
Protein	~14 grams	~22 grams	~25 grams
Fiber	~2 grams	~8 grams	~10 grams



Lunch and Dinner

With a busy schedule, lunch and dinner are great opportunities to refuel with a complete, satisfying meal. Here is a good place to focus on extra vegetables combined with protein and fiber.

Rice & Bean Bowl	Fuel — Essentials	Nourish	Flourish
Ingredients	½ cup white rice (cooked), ½ cup canned black beans (rinsed), garlic powder, salt to taste	+ ¼ cup frozen spinach, ¼ cup quinoa or barley, cumin and 2 tbsp shredded cheese	+ 3 oz of salmon ¼ avocado, ¼ fresh spinach, 5 cherry tomatoes, 3 oz rotisserie chicken, lime wedge
Method	Cook rice in a saucepan, add beans and mix until heated through. Season with garlic powder and salt. Serve in a bowl. <i>Option: Stock up on precooked rice that can be heated in the microwave.</i>	Sauté spinach with garlic powder and cumin and layer over rice and beans. Top with cumin and shredded cheese. <i>Option: Replace rice with quinoa for extra fiber and protein or do half and half!</i>	Bake salmon in the oven or stove until the internal temperature reaches 145 F. Add sliced avocado, fresh cherry tomatoes, shredded chicken and a squeeze of lime.
Protein	~15 grams	~22 grams	~38 grams
Fiber	~8 grams	~13 grams	~15 grams

Pasta Bowl	Fuel — Essentials	Nourish	Flourish
Ingredients	1 cup cooked pasta, ½ cup canned diced tomatoes, garlic powder, salt and pepper to taste	+ 1 cup cooked whole wheat pasta, ¼ canned white beans, ¼ cup frozen spinach, 1 tbsp parmesan	+ 3 oz ground turkey or Italian sausage, fresh garlic and basil
Method	Cook pasta, heat tomatoes with garlic powder, olive oil and salt and pepper. Stir to combine.	Use whole wheat pasta. Add white beans for a boost of protein and fiber. Add spinach to tomato sauce, then simmer for 5 minutes. Toss and top with parmesan.	Brown the turkey or sausage with fresh garlic, add tomatoes and fresh basil, toss with pasta and finish with parmesan.
Protein	~10 grams	~18 grams	~32 grams
Fiber	~4 grams	~9 grams	~11 grams

Lunch and Dinner

Soup	Fuel — Essentials	Nourish	Flourish
Ingredients	2 cups broth, ½ cup canned lentils, ½ cup frozen mixed vegetables, garlic powder, cumin to taste	+ ½ cup canned tomatoes, ¼ cup frozen spinach, paprika to taste, juice of half a lemon	+ 3 oz rotisserie chicken, ¼ cup each fresh carrots, celery and onion plus fresh herbs to taste
Method	Simmer broth and lentils with vegetables for 15 minutes. Season to taste. <i>Option: Use dried lentils. Keep in mind they will take longer to cook.</i>	Add tomatoes and frozen spinach and simmer for 20 minutes. Finish with juice of half of a lemon.	Sauté fresh vegetables in olive oil until softened. Add broth and shredded chicken with the lentils and simmer for 25 minutes with fresh herbs.
Protein	~14 grams	~16 grams	~30 grams
Fiber	~9 grams	~13 grams	~14 grams

Tofu & Rice Stir Fry	Fuel — Essentials	Nourish	Flourish
Ingredients	½ cup extra-firm tofu, ½ cup cooked rice, 1 tbsp soy sauce, garlic powder to taste, ½ cup frozen mixed vegetables	+ ¼ cup fresh bell pepper, sriracha, 1 tsp sesame oil, ¼ cup shredded carrots	+ 3 oz frozen shrimp (thawed), fresh garlic, fresh ginger to taste, ½ cup bok choy, 1 tbsp sesame seeds
Method	Crumble tofu into a pan or microwave-safe bowl, cook with frozen vegetables and soy sauce and serve over rice.	Sauté fresh bell pepper first, add tofu and carrots, season with sesame oil and sriracha.	Replace tofu with shrimp and sauté with fresh garlic and ginger first, add tofu and bok choy, finish with sesame seeds
Protein	~18 grams	~20 grams	~22 grams
Fiber	~4 grams	~7 grams	~9 grams



Snacks

Snacks can help bridge the gap between meals on your busy days. To make sure your snack is balanced and filling, include at least 1 protein and 1 fiber such as a vegetable or carbohydrate.

Tuna Avocado Toast	Fuel — Essentials	Nourish	Flourish
Ingredients	½ can (2.5 oz) tuna, drained, 1 slice whole wheat toast, salt and pepper	+ ¼ cup diced bell pepper, squeeze of lemon	+ ¼ avocado mashed on toast, fresh herbs
Method	Drain tuna and season with salt and pepper. Option: Mix with 1 tbsp plain Greek yogurt or mayo for a creamy tuna-salad style. Spread over toast.	Stir diced bell pepper and lemon juice into the tuna mixture before spreading on toast.	Mash avocado onto toast first, top with the tuna mixture and finish with fresh herbs.
Protein	~16 grams	~17 grams	~18 grams
Fiber	~2 grams	~3 grams	~6 grams

Cheese & Fruit Plate	Fuel — Essentials	Nourish	Flourish
Ingredients	1 string cheese, 1 small apple or pear	+ 1 tbsp almonds and 1 tbsp cashews	+ Replace string cheese with 1 oz fresh mozzarella, add ¼ cup fresh berries, 1 tbsp walnuts or macadamia nuts.
Protein	~7 grams	~10 grams	~12 grams
Fiber	~4 grams	~6 grams	~7 grams



Snacks

Loaded Cottage Cheese Bowl	Fuel — Essentials	Nourish	Flourish
Ingredients	½ cup cottage cheese, ¼ cup baby carrots	+ ¼ cup fresh corn or frozen peas (thawed), sliced cucumber	+ 1 tbsp feta, fresh herbs such as dill, basil and cilantro with squeeze of lemon
Method	Scoop cottage cheese into a bowl and eat with baby carrots. <i>Option to use cottage cheese as a dip!</i>	Add corn or peas and top onto bowl with sliced cucumber.	Crumble feta into bowl and chop up herbs to sprinkle on top for more flavor.
Protein	~14 grams	~15 grams	~16 grams
Fiber	~2 grams	~4 grams	~4 grams

Chicken & Spinach Wrap	Fuel — Essentials	Nourish	Flourish
Ingredients	1 corn tortilla, 3 oz canned chicken, ½ cup fresh baby spinach	Swap in rotisserie chicken or chicken thighs, + 2 tbsp shredded cheese, 2 tbsp salsa. <i>Option: Use whole wheat tortillas.</i>	+ ¼ avocado, 1 tbsp feta
Method	Drain chicken and season with salt and pepper. Layer on tortilla with spinach and roll up. <i>Option: Mix Greek yogurt or mayo into the chicken for a creamy style chicken salad.</i>	Use shredded rotisserie chicken in place of canned. Add shredded cheese and salsa before rolling and warm briefly if you want the cheese melted.	Add mashed avocado and feta before rolling.
Protein	~24 grams	~28 grams	~29 grams
Fiber	~3 grams	~6 grams	~8 grams



Appendix

CalFresh is California's supplemental food assistance program. Nationally, it is known as the Supplemental Nutrition Assistance Program, or SNAP. The program provides monthly financial assistance to help eligible residents purchase food they need.

There are restrictions on which Californians are eligible for the program, including dental students.

Requirements include:

- Residency/Citizenship:
 - o US Citizenship
 - o Lawful permanent resident (green card) or applying for LPR renewal
 - o Other immigrant statuses are eligible and information can be found by contacting a **County Eligibility Worker**
- Gross monthly income restrictions.
 - o Household size = the number of people you buy and share food with.
 - o Gross income = before-tax income

Household Size	Gross Monthly Income
1	\$2.610
2	\$3.526
3	\$4.442
4	\$5.360
5	\$6.276
6	\$2.610
7	\$2.610
8	\$2.610
Each Additional Member	+918

- Student exemptions. Even if you receive financial aid (public/government assistance) that brings you above the income threshold, you may still qualify for CalFresh. Unfortunately, if you receive dental school loans from a private banking institution the loan counts toward your income and may bring you over the monthly limit for eligibility. Details can be found [here](#).

Additional FAQs and the program application to apply can be found on the **CalFresh website**.

