



## NUTRITION AT HOME TIPS WITH USC DIETITIAN LINDSEY PINE: Q&A

Thank you to all those who attended our session on Tuesday, April 21, 2020. Here are the responses to the questions that were asked during our time together:

### **Q. How do you make crispy chickpeas?**

A. There are a few brands that sell crispy chickpeas: Biena, Saffron Road, and The Good Bean. If you google “crispy chickpea recipes” you’ll find many easy recipes. I enjoy flavoring them with spices such as garlic powder, smoked paprika, or even curry powder.

### **Q. Can you please remind us of your website where you have your recipes?**

A. Here are a few posts that are snack specific and have many examples of satisfying snacks:  
<https://tastybalancenutrition.com/16-easy-snacks-chocolate-peanut-butter-yogurt/>  
<https://tastybalancenutrition.com/snack-time-chili-lime-popcorn-trail-mix/>  
I also post health and nutrition tips for heart healthy lifestyles at @Tastybalance on Instagram and recently wrote a cookbook called Mediterranean Diet Meal Prep Cookbook.

### **Q. Do you have tips for grocery shopping during COVID?**

From a nutrition point of view, remember that you don’t have to get all of the “perfect” , health conscious ingredients. Work with what is available to you and try to stock up on items such as 1) fresh, frozen and even canned and dried fruits and veggies; 2) dried/canned beans, lentils, chickpeas, and split peas; 3) frozen and canned fish; 4) whole grains such as brown rice, whole wheat pasta, whole wheat bread, oats, quinoa, and cereals such as shredded bran or Cheerios; 5) Natural style peanut butter (or nut butter) and low sugar jelly; 6) Shelf stable milks such as almond or soymilk, unsweetened if possible; 7) lean animal proteins to freeze or even canned chicken; 8) canned lower sodium soups and chili; 9) Dark chocolate (I like to keep dark chocolate chips in the freezer for a sweet treat!)

Also take advantage of CSAs (Community Supported Agriculture) and CSFs (Community Supported Fishery). Both programs enable you to either pick up produce or seafood from a location near you, or delivered to your home.

From a safety perspective, I recommend this article from the FDA about safe grocery shopping

<https://www.fda.gov/food/food-safety-during-emergencies/shopping-food-during-covid-19-pandemic-information-consumers>





**Q. Any tips for cooking for a large family who may not be as health-focused? (i.e. 4 adults, 2 kids)**

A. This is a very stressful time for a lot of us and making many changes all at once can add to that stress. You'll see the most success in permanent habit changes if you take small steps. Choose 1 goal you want to accomplish, for example maybe start with something easy like aiming to drink 8 cups of water per day. Once you feel comfortable with that, add on a new goal, and so on and on. Other goals could be actions like aiming to walk at least 20 minutes per day, or eating 2-3 cups of veggies throughout the day. Master each small change and add on. You don't need to do everything all at once.

**What about roasted seaweed to get in Omega-3 fatty acids?**

Yes, roasted seaweed does contain small amounts of the omega-3 fatty acids (EPA and DHA) that are good for cognitive health.

For more information and resources, please visit <https://hospitality.usc.edu/dietitian/>

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