



Improving Public Health Outcomes Through Recipe Modification

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Introduction

- The new 2015 Dietary Guidelines for Americans can be challenging for individuals to abide by especially in the consumption of traditional and cultural dishes
- Several populations struggle with saturated fat and sodium consumption
- Sodium and saturated fat consumption is correlated to several chronic diseases contributed to public health decline in recent years

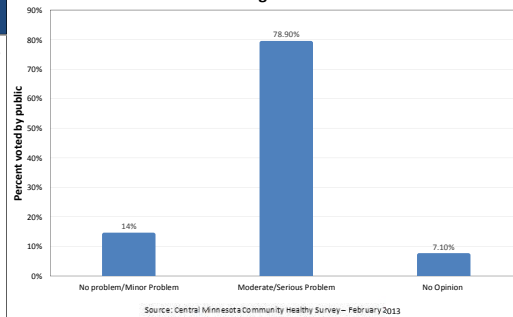
Purpose

- Create healthier recipes by reducing both sodium and saturated fat content to promote the overall health of the American public

Methods

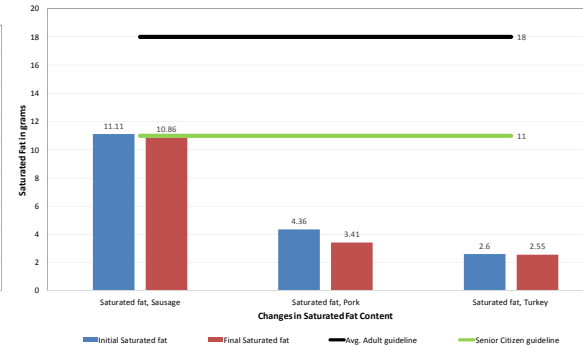
- Senior citizens from Stearns County provided traditional recipes for a nutrient analysis in food service software, Hospitality Suite v. 18
- Reconstruction of the recipes using alternatives which decreased sodium and saturated fat were performed, as well as decreasing the portion sizes
- A comparative analysis of the original recipes, revised recipes, and the 2015 Dietary Guidelines occurred

In Stearns County, how much of a problem is... Unhealthy eating habits?

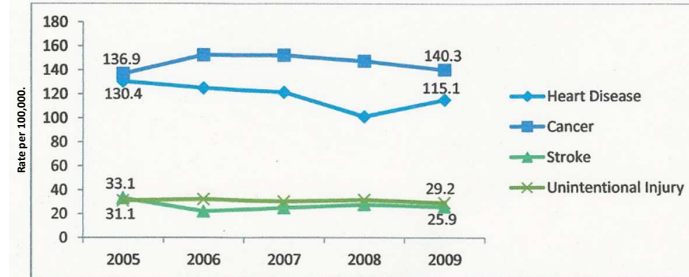


Photography by M. Rengel

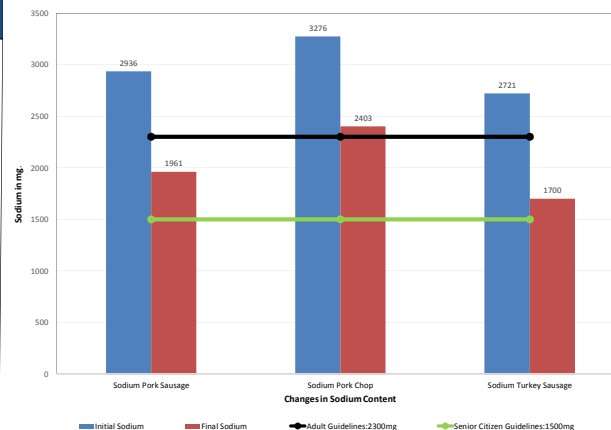
Saturated Fat Changes Throughout the Experiment



Leading causes of death in Stearns County by adjusted age rate: 2005-2009



Sodium Changes Throughout the Experiment



Photography by M. Rengel

Results

- The overall nutritional quality of the recipes improved
- Sodium content decreased by 60.8%
- Saturated fat content decreased by 22.9%
- The overall taste evaluation score of the recipes improved by 22.9%

Conclusions

- Sodium and saturated fat guidelines are challenging to follow for many Americans
- High consumption of these nutrients is correlated with:
 - Hypertension
 - Chronic heart disease
 - Obesity
- Recipe testing, standardization, and multiple alterations can improve the nutritional and eating quality of recipes
- By improving the nutritional quality of recipes, we can promote the overall health of Stearns County residents and the American public

Acknowledgements

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