STEALTH HEALTH
CHEF INSPIRED SUGGESTIONS FOR NUTRIENT DENSE DINING

WHAT IS IT?

- Improving the nutritional quality of food without affecting the enjoyment of eating it particularly useful for older adults who consume small portion sizes
- Stealth health means striving to offer nutrient dense foods – foods high in nutrients in relation to their calories

SUGGESTIONS FOR OFFERING STEALTH HEALTH

- Substitute cauliflower in place of empty carbs and white rice
- Using whole wheat or buckwheat flours when making pancakes
- Making puddings with low-fat milk instead of water to boost content of important nutrients: calcium, Vitamin D
- Add peanut butter to toast to boost consumption of healthy fats and protein
- Add crunchy granola to yogurt or snack foods to boost intake of fiber
- Add a puree of white beans or chickpeas to pasta sauce to boost protein and fiber intake
- Make a vegetable dip using Greek yogurt when eating raw vegetables (carrots, celery, etc.)

COOKING METHODS TO USE

- Ingredients: Healthy oils: Olive and Canola Oils
- Techniques: Less frying and more grilling, poaching, and roasting

RESOURCES

- Healthy eating habits after 65. Available at: https://www.uwhealth.org/healthfacts/nutrition/588.pdf. Accessed: March 9, 2020.
- National Resource Center on Nutrition and Aging. Key Nutrients for Older Adults Practice Briefs. Available at: https://nutritionandaging.org/practice-briefs/. Accessed: March 8, 2020.