



EATING HEALTHY GUIDE

HELPFUL KITCHEN TIPS AND TERMS



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Table of Contents

1. How Long Can I Refrigerate or Freeze Items
2. US Measurement and Metric Comparison Chart
3. Glossary of Uncommon Cooking Terms
4. Residual Pesticides and When to Consider Organic Foods
5. When Foods Are in Season (Vegetables)
6. When Foods Are in Season (Fruits)

1. How Long Can I Refrigerate or Freeze Items

Category	Food	Refrigerator (33 to 40°F)	Freezer (0°F or below)
Salads	Egg, chicken, ham, tuna & macaroni salads	3 to 5 days	Does not freeze well
Hot dogs	opened package	1 week	1 to 2 months
	unopened package	2 weeks	1 to 2 months
Luncheon meat	opened package or deli sliced	3 to 5 days	1 to 2 months
	unopened package	2 weeks	1 to 2 months
Bacon & Sausage	Bacon	7 days	1 month
	Sausage, raw — from chicken, turkey, pork, beef	1 to 2 days	1 to 2 months
Hamburger & Other Ground Meats	Hamburger, ground beef, turkey, veal, pork, lamb, & mixtures of them	1 to 2 days	3 to 4 months
Fresh Beef, Veal, Lamb & Pork	Steaks	3 to 5 days	6 to 12 months
	Chops	3 to 5 days	4 to 6 months
	Roasts	3 to 5 days	4 to 12 months
Fresh Poultry	Chicken or turkey, whole	1 to 2 days	1 year
	Chicken or turkey, pieces	1 to 2 days	9 months
Soups & Stews	Vegetable or meat added	3 to 4 days	2 to 3 months
Leftovers	Cooked meat or poultry	3 to 4 days	2 to 6 months
	Chicken nuggets or patties	3 to 4 days	1 to 3 months
	Pizza	3 to 4 days	1 to 2 months

SOURCE: U.S. Department of Health & Safety (Food Safety), 2014

Food Ingredients with Ham

Type of Ham	Refrigerate	Freeze
Fresh (uncured) Ham, uncooked	3 to 5 days	6 months
Fresh (uncured) Ham, cooked	3 to 4 days	3 to 4 months
Cured Ham, cook-before-eating; uncooked	5 to 7 days or "use-by" date	3 to 4 months
Cured Ham, cook-before-eating; after consumer cooks it	3 to 5 days	1 to 2 months
Cooked Ham, vacuum sealed at plant, <i>undated</i> ; unopened	2 weeks	1 to 2 months
Cooked Ham, vacuum sealed at plant, <i>dated</i> ; unopened	"Use- by" date	1 to 2 months
Cooked Ham, vacuum sealed at plant, undated or dated; <i>opened</i>	3 to 5 days	1 to 2 months
Cooked Ham, whole, store wrapped	7 days	1 to 2 months
Cooked Ham, half, store wrapped	3 to 5 days	1 to 2 months
Cooked Ham, slices, store wrapped	3 to 5 days	1 to 2 months
Spiral-cut hams and leftovers from consumer-cooked hams	3 to 5 days	1 to 2 months
**Country Ham, uncooked, cut	2 to 3 months	1 month
Country Ham, cooked	7 days	1 month
Canned Ham, labeled "Keep Refrigerated," unopened	6 to 9 months	Do not freeze
Canned Ham, labeled "Keep Refrigerated," <i>opened</i>	7 days	1 to 2 months
***Canned Ham, shelf stable, opened	3 to 4 days	1 to 2 months
Lunch Meat Ham, sealed at plant, unopened	2 weeks or "use-by" date	1 to 2 months
Lunch Meat Ham, sealed at plant, <i>after opening</i>	3 to 5 days	1 to 2 months
Lunch Meat Ham, sliced in store	3 to 5 days	1 to 2 months
Prosciutto, Parma or Serrano Ham, dry Italian or Spanish type, cut	2 to 3 months	1 month

SOURCE: U.S. Department of Health & Safety (Food Safety), 2014

Food Ingredients with Eggs

Product	Refrigerator	Freezer
Raw eggs in shell	3 to 5 weeks	Do not freeze. Instead, beat yolks and whites together; then freeze.
Raw egg whites	2 to 4 days	12 months
Raw egg yolks	2 to 4 days	<i>Yolks do not freeze well.</i>
Raw egg accidentally frozen in shell	Use immediately after thawing.	Keep frozen; then refrigerate to thaw.
Hard-cooked eggs	1 week	Do not freeze.
Egg substitutes, liquid <i>Unopened</i>	10 days	12 months
Egg substitutes, liquid <i>Opened</i>	3 days	Do not freeze.
Egg substitutes, frozen <i>Unopened</i>	After thawing, 7 days or refer to "Use-By" date.	12 months
Egg substitutes, frozen <i>Opened</i>	After thawing, 3 days or refer to "Use-By" date.	Do not freeze.
Casseroles with eggs	3 to 4 days	After baking, 2 to 3 months.
Eggnog, <i>Commercial</i>	3 to 5 days	6 months
Eggnog, <i>Homemade</i>	2 to 4 days	Do not freeze.
Pies, Pumpkin or pecan	3 to 4 days	After baking, 1 to 2 months.
Pies, Custard and chiffon	3 to 4 days	Do not freeze.
Quiche with filling	3 to 4 days	After baking, 1 to 2 months

SOURCE: U.S. Department of Health & Safety (Food Safety), 2014

2. US Measurement / Comparison Chart

Use the chart below to compare various US measurements (dry).

How to read the chart below.

Each row of numbers is an equivalent measurement. For example, in the 5th row below the header, 24 teaspoons is equal 8 Tablespoons, which is equal to 4 Ounces, which is equal to $\frac{1}{2}$ Cup.

Pinch	Teaspoon	Tablespoon	Ounces	Cups	Pints	Quarts	Gallons
1	1/8						
	3	1	$\frac{1}{2}$				
	6	2	1				
	12	4	2	$\frac{1}{4}$			
	24	8	4	$\frac{1}{2}$			
	48	16	8	1	$\frac{1}{2}$		
	96	32	16	2	1	$\frac{1}{2}$	
	192	64	32	4	2	1	$\frac{1}{4}$
	768	256	128	16	8	4	1

The chart below compares the Metric system to US measurements (for liquids).

Metric (ML)	US Measurement (Ounces)	Measurement Name
29.6	1.0	2 Tablespoons
59.1	2.0	$\frac{1}{4}$ cup
100.0	3.4	
118.3	4.0	$\frac{1}{2}$ cup
236.6	8.0	1 Cup
473.2	16.0	1 Pint
500.0	16.9	0.5 Liter
946.4	32.0	1 Quart
1000.0	33.8	1 Liter
3785.4	128.0	1 Gallon

3. Glossary of Uncommon Cooking Terms

Term	Description
a la Broche	Prepared on a skewer over a flame. Also called Brochettes.
a la Creole	Dishes prepared with tomatoes, green peppers and onions as the main ingredients.
Al Dente	Pasta that is cooked until it is still firm when bitten.
au Gratin	To dress up vegetables, meats, and fish with a layer of bread crumbs and/or grated cheese on top. It is then broiled or baked until a thin brown crust forms.
au Jus	Describes meat served in its own natural juices, not with gravy.
Baste	To moisten foods during cooking with pan drippings or special sauce to add flavor and prevent drying.
Bearnaise sauce	Related to hollandaise sauce, is most often served with steak.
Blanch	Cooking process where a vegetable or fruit (typically), is plunged into boiling water, removed and placed into cold / iced water to stop the cooking process.
Brown (demi-glaze)	Sauce made from beef stock, aromatics, herbs and, sometimes, tomato paste.
Caramelize	Heated sugar in order to turn it brown.
Clarify	To remove solids from a liquid, thus making it clear.
Cream	To soften a fat, especially butter, by beating it at room temperature. Butter and sugar are typically creamed together.
Cure	To preserve meats by drying and salting and/or smoking.
Deglaze	To dissolve the thin glaze of juices and brown bits on the surface of a pan in which food has been fried, sauteed or roasted.
Dredge	To sprinkle or coat with flour or other fine substance.
Drizzle	To sprinkle drops of liquid lightly over food in a casual manner.
Dust	To sprinkle food with dry ingredients. Use a strainer or a jar with a perforated cover, or try the good, old-fashioned way of shaking things together in a paper bag.
Fillet	As a verb, to remove the bones from meat or fish. A fillet (or filet) is the piece of flesh after it has been boned.
Flake	To break lightly into small pieces.
Fold	To put a delicate substance into another substance without releasing air bubbles. (EX: Whipped Cream)
Garnish	To decorate a dish both to enhance its appearance.
Glaze	To cook with a thin sugar syrup cooked to crack stage; mixture may be thickened slightly.
Hollandaise sauce	Sauce using butter and egg yolks that is typically served hot with vegetables, fish, and eggs
Julienne	To cut vegetables, fruits, or cheeses into thin strips.

Term	Description
Knead	To work and press dough with the palms of the hands or mechanically, to develop the gluten in the flour.
Marinate	To flavor and moisturize pieces of meat, poultry, seafood or vegetable by soaking them in or brushing them with a liquid seasonings.
Mince	To cut or chop food into extremely small pieces.
Pan-broil	To cook uncovered in a hot fry pan, pouring off fat as it accumulates.
Pan-fry	To cook in small amounts of fat.
Pare	To remove the outermost skin of a fruit or vegetable.
Pickle	To preserve meats, vegetables, and fruits in brine.
Pinch	A pinch is the trifling amount you can hold between your thumb and forefinger.
Pit	To remove pits from fruits.
Planked	To cook on a thick hardwood plank.
Plump	To soak dried fruits in liquid until they swell.
Poach	To cook very gently in hot liquid kept just below the boiling point.
Puree	To mash foods until perfectly smooth by hand, by rubbing through a sieve or food mill, or by whirling in a blender or food processor.
Reduce	To boil down to reduce the volume.
Refresh	To run cold water over food that has been parboiled, to stop the cooking process quickly.
Render	To make solid fat into liquid by melting it slowly.
Risotto	Italian cooking technique used for native Italian rice, Arborio.
Saute	To cook and/or brown food in a small amount of hot fat.
Scald	To bring to a temperature just below the boiling point.
Scallop	To bake a food, usually in a casserole, with sauce or other liquid. Crumbs often are sprinkled over.
Sear	To brown very quickly by intense heat.
Sift	To put one or more dry ingredients through a sieve or sifter.
Skim	To remove impurities, whether scum or fat, from the surface of a liquid during cooking.
Steep	To extract color, flavor, or other qualities from a substance by leaving it in water just below the boiling point.
Truss	To secure poultry with string or skewers, to hold its shape while cooking.

Source: University of Minnesota Duluth, 2014

4. Residual Pesticides and When to Consider Organic Foods

Certain fruits and vegetables show higher traces of pesticides than other food items in grocery store markets. This is typically related to the thinness of the skin and the ease of absorption of the chemicals into the food. Below is a guide of which foods tend to have higher pesticide levels and organic options should be considered.

Higher Pesticide Levels / Consider Organic

- Apples
- Bell Peppers
- Blackberries
- Blueberries
- Carrots
- Celery
- Cheese
- Cherries
- Grapes
- Lettuces and greens like Kale, Collards, Mustard, Spinach
- Milk
- Nectarines
- Peaches
- Pears
- Potatoes
- Raspberries
- Strawberries
- Yogurt

Lower Pesticide Levels / Organic Probably Not Needed

- Asparagus
- Avocados
- Bananas
- Broccoli
- Cabbage
- Cauliflower
- Corn
- Eggplant
- Grapefruit
- Kiwi
- Mangoes
- Melons
- Oranges
- Papaya
- Pineapples
- Seafood (USDA has no guidelines for certifying organic seafood)
- Squash
- Sweet peas
- Sweet potatoes

