



Smart Kitchen Incorporates New Dietary Guidelines To Their Online Cooking Classes

March 31, 2015

March 31, 2015 - PRESSADVANTAGE -

Smart Kitchen, a Scottsdale, Arizona-based company, that offers online cooking classes to anyone who wants to learn how to become a true master chef has announced that they have incorporated new dietary guidelines. This will enable them to ensure that people will not only enjoy a tasty meal, they can also make sure these meals are healthy as well.

"The USDA and the Department of Health and Human Services have recently made some modifications to The Dietary Guidelines Advisory Committee," says Eric O'Neill, chef with Smartkitchen.com. "We will no longer use the food pyramid, changing instead to the "my plate" symbol. At Smart Kitchen, we have made sure that we have incorporated these new guidelines into our online cooking classes straight away."

Some of the changes that have been made include having a daily recommended intake of caffeine, staying away from processed foods while continuing to eat meat and eating more vegetables. An added focus is on sustainability and going green.

"We advise people to eat produce that comes from ethical sources," added O'Neill. "The recipes we include in

our online cooking classes all recommend using organic, non-GMO vegetables and meat from free range animals. Not only is this better for the overall health of the people cooking and consuming our meals, it also ensures the world becomes a better place."

Smart Kitchen offers online cooking classes that do not just teach people recipes. They also include everything from how to cut to how to baste and they focus on specific ingredients. Smart Kitchen wants people to get back the enjoyment in cooking, and the result of this is that they live happier and healthier lives. It is also for this reason that it was so important for them to immediately include the new dietary guidelines to their online lessons.

To be able to achieve this goal, SmartKitchen.com has divided its lessons into beginner, intermediate and advanced categories. This allows people to grow as they go along and learn more about what it means to become a true Smart Kitchen Chef. Cooking has a great deal to do with enjoyment, but it is also about focusing on health. Considering over half of the population, including children, is now obese, having a healthy focus is incredibly important. Implementing new guidelines from the Department of Health and Human Services and the USDA is vital.

The new My Plate system is significantly different from the food pyramid, although some highly recognizable items are included in it. Two thirds of a person's diet should now include grains and fruits and vegetables. The remaining third is divided into protein (meats, fish or other protein products for vegetarians and vegans), sweets and dairy. The symbol will be included on a variety of different meals and the color coded system will show people whether they are having too much or not enough of one of the elements on the plate.

For further information about Smart Kitchen and how to eat a healthy, varied diet according to the new My Plate, please use the contact details below.

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