



DOWN HOME HEALTHY LIVING

**FAVORITE RECIPES OF CHEFS
NEAL LANGERMAN, CURTIS MOORE AND
L. MONIQUE PORCHE-SMITH**

WITH LIFESTYLE TIPS

**NATIONAL BLACK LEADERSHIP INITIATIVE ON CANCER II
A PROJECT OF THE NATIONAL CANCER INSTITUTE**

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in partnership with the

NATIONAL CANCER INSTITUTE

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES

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O VERVIEW

In June 2000, the federal government identified a national public health crisis from obesity, poor nutrition and physical inactivity. New national dietary guidelines were released to help get the country back in shape. According to then President Bill Clinton:

“The vast majority of Americans still don’t have healthy diets. We’re eating more fast food because of our hectic schedules and we’re less physically active because of our growing reliance on modern conveniences, from cars to computers to remote controls. As a result, more Americans are overweight or obese, including one in 10 children. An alarming trend, since obesity and poor nutrition contribute to four of the leading causes of death: heart disease, stroke, cancer and diabetes.”

He announced updated guidelines that encouraged low-fat, low-cholesterol diets including more fruits, vegetables and grains. And, for the first time, the guidelines recommend moderate daily exercise. The new federal dietary guidelines recommend:

- Choose a diet low in saturated fat and cholesterol. Opt for fish and lean poultry and cook with vegetable oils.
- Be physically active at least 30 minutes each day and aim for a healthy diet.
- Eat more fruits, vegetables and whole grains daily.
- Select and prepare foods with less salt. Flavor foods instead with spices and herbs. Be judicious with high-sodium items like soy sauce, ketchup, mustard, pickles and olives.
- Moderate your intake of foods and drinks that contain added sugar such as soft drinks, cakes and cookies, fruit drinks and candy.
- Drink alcoholic beverages in moderation; no more than two drinks a day for men, one for women.

The National Black Leadership Initiative on Cancer II: Network Project (NBLIC II) recognizes the validity of the federal government findings and recommendations, especially as they relate to colorectal cancer. To address this issue, NBLIC II has developed **Down Home Healthy Living (DHHL)**, an educational intervention aimed at decreasing colorectal cancer risk through diet, physical activity, and awareness of cancer early detection.

Helping African Americans change their diets was a special project of the NBLIC Philadelphia Coalition, developed to bring high quality produce to the community at a low cost. The objective is to increase the targeted population's daily consumption of fruits and vegetables to five or more a day. The first NBLIC 5-A-Day Produce Stand, which still serves a five-block area, opened in July 1998 in Southwest Philadelphia. Community coalition volunteers use point-of-purchase promotion tools during seminars and health fairs to promote the *Produce Palace*.

As an outgrowth of the NBLIC Philadelphia Coalition 5-A-Day Produce Stands, NBLIC II launched the **DHHL Best Practice** to assist African Americans around the country who are getting back to the basics of good health.

The program consists of three components delivered together (via videotape) or as individual modules (through slide presentations) designed to provide information and knowledge, while being entertaining. They are:

Get With It! Diet, Nutrition & Cooking Demonstrations

Get Down! Physical Activity with Audience Participation

Get Smart! Colorectal Cancer Awareness and Education with Screening Guidelines

PowerPoint or traditional slide method can deliver the presentation, which should be determined by the organizations' capabilities and resources. Each slide presentation is accompanied by a complete, easy-to-follow script.

For a copy of the *Dietary Guidelines for Americans*, contact the Consumer Information Center, Department 5 14-4, Pueblo, Colorado 8 1009

The key to cooking “Down Home Healthy” is to use:

Lean meats such as round, sirloin, chuck arm pot roast, loin, lean and extra lean ground beef	• <i>instead of</i> •	High fat meats
Poultry with skin removed		
Fish		
Bean and grain dishes		
Skinless chicken thighs	• <i>instead of</i> •	Neck bone
Turkey thighs	• <i>instead of</i> •	Ham hocks and fatback
Small amount of vegetable oils	• <i>instead of</i> •	Lard, butter, or other fats that are hard at room temperature
Turkey bacon, lean ham, Canadian bacon (omit if on a low sodium diet)	• <i>instead of</i> •	Pork bacon
Ground skinless turkey breast	• <i>instead of</i> •	Pork sausage
Ground boneless turkey breast	• <i>instead of</i> •	Ground beef and pork
Lowfat (1% - 2%) or nonfat /skim milk, soy or rice milk	• <i>instead of</i> •	Whole milk
Lowfat or part skim milk cheeses	• <i>instead of</i> •	Whole milk cheeses
Evaporated skim milk	• <i>instead of</i> •	Cream
Mustard	• <i>instead of</i> •	Regular mayonnaise in sandwiches
Nonfat or lowfat dressing, yogurt or mayonnaise	• <i>instead of</i> •	Regular mayonnaise in salads and sandwiches
Fruits & vegetables without added fat	• <i>instead of</i> •	Avocado, olives, etc., as salad garnishes
Low sodium bullion and broths	• <i>instead of</i> •	Regular bullion and broths

Now that the cupboard is stocked, let's look at the kitchen. Put away that deep fryer and replace it with a steamer. Get in the mood by thinking about:

Broiling, steaming, roasting/baking, microwaving, grilling, braising/stewing, boiling, simmering, stirfrying with a little bit of oil (no more than 1-2 tablespoons oil for 4 servings)	• <i>instead of</i> •	Frying Basting with fat Cooking in fatty sauces and gravies
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