



# Eating for a Healthy Life

A Program for  
Your Faith Community



# Welcome to Eating For a Healthy Life!

## What is Eating For a Healthy Life?

Eating for a Healthy Life is a dietary change intervention project designed to help faith community members make healthier eating choices for themselves and their families. Specifically, the project encourages people to lower their fat intake and to increase fruit, vegetable and whole grain consumption.

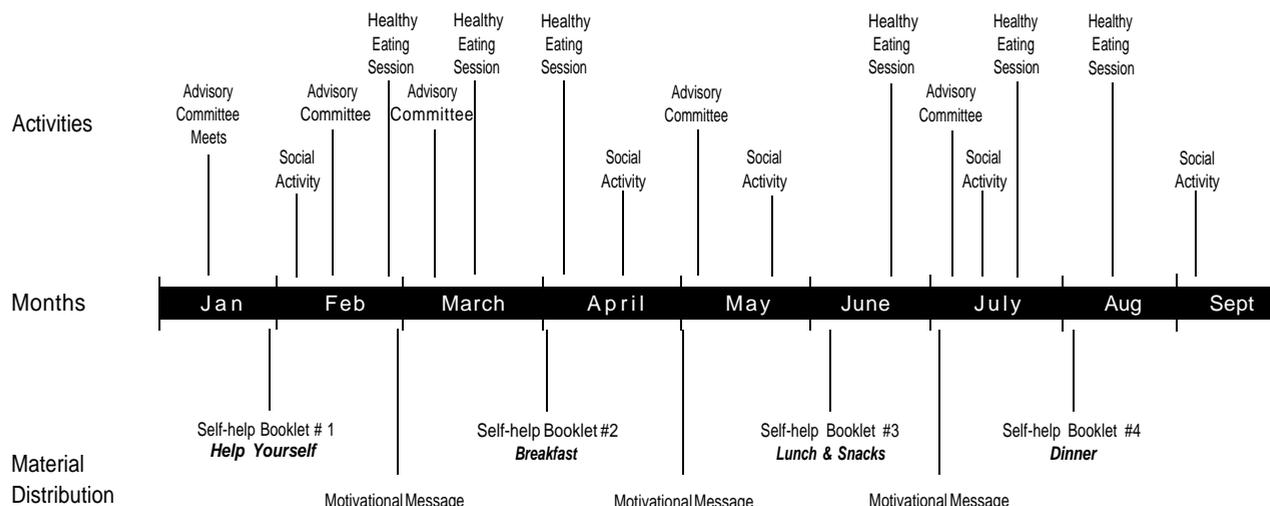
## Why Eating For a Healthy Life?

Research has shown that diets low in fat and high in fruit and vegetables help to lower the risk of developing cancer, heart disease, and other chronic diseases. People who have healthy diets can also feel better and can report more energy. Eating for a Healthy Life aims to promote physical well being along with spiritual health.

## How do I get started?

There are many activities to choose from. We recommend that you choose a variety of activities that appeal to many types of people. Some people are very interested in nutrition and might have more interest in attending a healthy eating class. Some people are less interested in nutrition but may be interested in attending a food tasting after service. A poster with a healthy eating message is a great idea for everyone! Below is a suggested schedule of activities that we have used in our research project. Please feel free to create a schedule to match the needs of your faith community.

Sample Planning Timeline for your Faith Community's Healthy Eating Intervention



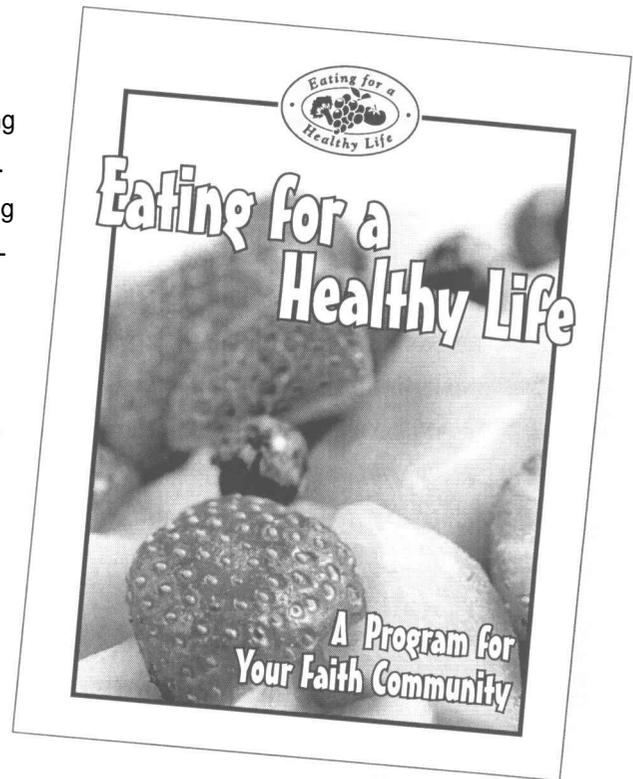


## What is this manual?

This manual serves as a step-by-step “how to” guide for creating dietary change activities and materials for your faith community. You can use this manual to find educational materials including healthy recipes that you can copy and distribute. A list of community resources is also included. This manual outlines all necessary steps to implement each component of the intervention. Included is an appendix containing all of the materials needed to create healthy eating activities at your faith community. Keep an eye out for the “At Your Fingertips” boxes that guide you to materials in the Appendix.

## What are the Eating For a Healthy Life intervention components?

As illustrated by the Sample Planning Timeline, several components are incorporated into the intervention in an effort to involve all members of your faith community. For the purposes of this manual, an intervention is a set of healthy eating activities for your faith community members and their family and friends.



- **Advisory Committee:** The Advisory Committee serves as the planning and organizing group to incorporate the intervention into your faith community.
- **Social Activities:** Social Activities are designed to be a fun way to teach and engage faith community members in healthy eating.
- **Healthy Eating Sessions:** Healthy Eating Sessions provide a classroom setting for a more in-depth discussion of a healthy eating topic.
- **Self-Help Booklets:** Self-Help Booklets are informational guides to help members of your faith community make healthy food and meal choices.
- **Motivational Messages:** Motivational Messages in the form of posters or flyers deliver eye-catching information about the importance of eating a healthy diet.

Additional components involved in the intervention include Tip Sheet and Recipe handouts that accompany activities and advertising for upcoming events.

## Welcome to Eating For a Healthy Life!

Again, we welcome you to Eating for a Healthy Life. It is our hope that you will share in our enthusiasm and find the project to be helpful in developing healthier eating habits in your faith community.

# The Advisory Committee

Congratulations on deciding to include Eating for a Healthy Life into the activities of your faith community. The first step you need to consider is forming an advisory committee.

The advisory committee is a group of faith community members that will help plan the healthy eating activities at your faith community. You'll want this committee to be inclusive and representative of the congregation. The committee should be large enough that the tasks are not overwhelming, but small enough to be efficient. Six to eight is generally a good number. The motivation of your faith community members to participate in the activities will depend on the enthusiasm of this committee. By including members from all areas of the congregation such as religious and lay leadership along with other members of the faith community, you will help your members embrace Eating for a Healthy Life and see it as a fun and interesting way to learn more about healthy eating.

## At Your Fingertips

The following materials are located under the Advisory Committee tab of this notebook to help you get started.

- Sample agenda
- Meeting minutes and agenda template
- Evaluation and Monitoring Record
- Sample forms and recruitment flyer





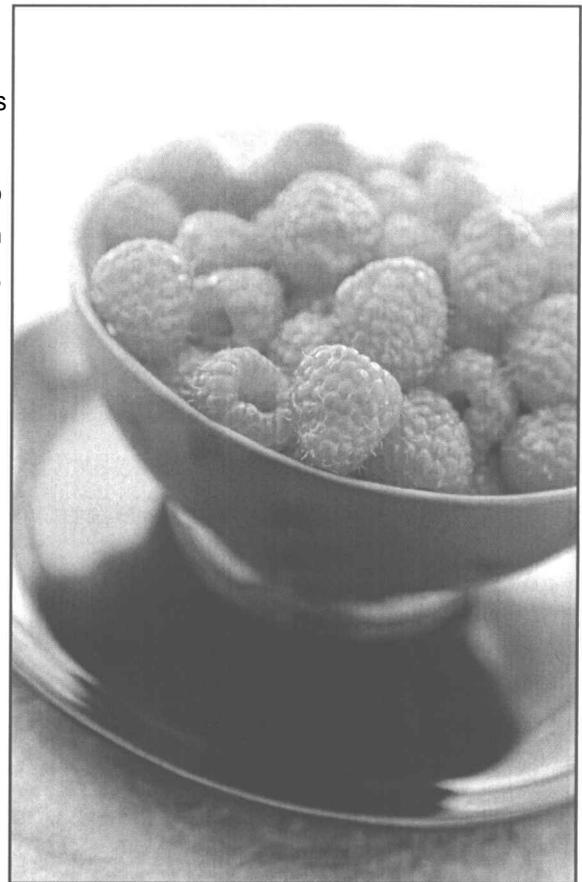
# How to Form an Advisory Committee within Your Faith Community

## There are two ways to Form an advisory committee

1. Include this new project into the responsibilities of an existing committee, such as a health committee or other interested group.
2. Form a new committee by recruiting members from your faith community who have an interest in health and wellness.

## Recruiting people For the advisory committee

- Announce that you are looking for people to be part of the committee. You can do this by putting an announcement in the bulletin or newsletter, having a sign up sheet on a bulletin board, reading an announcement after religious services, or by using any other ways that would work well in your faith community.
- Use several different methods of recruitment so all members hear about the new committee.
- Consider asking individuals in your faith community who have expertise in a health field if they are interested in taking part. These members may be able to offer insight, direction, and resources for the advisory committee.



## Skills to look for when recruiting advisory committee members

- Ability to communicate the purpose and goals of Eating for a Healthy Life.
- Ability to motivate, coordinate and organize people and activities. Does this person understand the tasks required and are they able to direct others as well as themselves to complete those tasks in an efficient manner? Are they good with people, able to delegate, and able to work as a team?
- Demonstrate an interest in health and wellness. It is not necessary to be a health expert. Interest and willingness to learn are all that are required.
- Reliability. Does this individual do what they say they will do? Follow-through is important to the success of any group.



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# How to Hold an Advisory Committee Meeting

Now that recruitment for the advisory committee is completed or in progress, it is time to begin organizing the committee. This group will provide the direction and backbone for success of Eating for a Healthy Life. These early planning meetings will lay the foundation for all the work that is to come.

## Schedule and hold your first meeting

- Don't hesitate to call or send meeting reminders to the committee.

## Develop a work plan

- It will be helpful to look at planning far the entire year ahead. Your plan will need to determine ways to include the Eating for a Healthy Life activities into the existing structure of your faith community. In order for this project to be fully embraced by the membership as a whole, it must be perceived as a part of the mission of your faith community. In planning activities and events, look for ways to incorporate a healthy eating component into the current plans of your faith community. Do you have summer picnics, special occasion buffets, potlucks, or formal dinners where a healthy eating activity will blend well? This way, members of your faith community will perceive these activities as part of the congregation's functions and will accept these new ideas more readily.

## Keep careful minutes of your meetings

- You will then have a good record of decisions that you make, job assignments, as well as due dates.

## Develop a system to monitor and evaluate the activities and events

- What things do people seem to like the best, how many people took part in a particular event? These records are helpful as you plan new activities or decide whether to do a particular activity a second time.

## Celebrate

- It is most important that you have fun, celebrate the work that you do and reward yourselves and your helpers for the work that they do. Certificates of appreciation, a volunteer appreciation lunch, even thank you notes let people know how much their work is appreciated.

## Think ahead

- Each year set aside a time to develop a new work plan for the coming year. By using the information in your minutes as well as your evaluation records, you can effectively plan and coordinate your activities to fit with the overall plans of your faith community.



# Social Activities

The purpose of social activities is to encourage faith community members to:

- 1) Improve their diets, and
- 2) Increase social support around healthy eating, and
- 3) Increase visibility for eating healthy foods.

These activities are a fun way for members to learn about healthy eating and also have the opportunity to taste new and healthier foods while receiving support from peers.

Social Activities can take place anywhere within the faith community. They can include materials such as educational information on poster boards, tip sheets, recipes, games, food tastings and other interactive activities. Use the following categories to think of possible social activities that will work well with your faith community:

- General Health - To focus on eating choices and how they affect your health
- Food - To focus on food and healthy eating
- Add-Ons - To add a healthy eating activity onto an already scheduled event
- Buddy Systems - To get very motivated people to help those who are less motivated

## Some examples of social activities

- Low fat treats after religious service (try 1-2 times per month)
- Fruit smoothies for children's classes
- Healthy snacks at adult education classes
- Healthy potluck, BBQ, or brunch
- Healthy recipe handout or exchange at choir practice
- Low fat snack bags for faith community outing (hike, day trips, etc.)
- Recipes and tip sheets available at social occasions
- Healthy food oriented game at young adults group (example: fruit and veggie tag game)

## At Your Fingertips

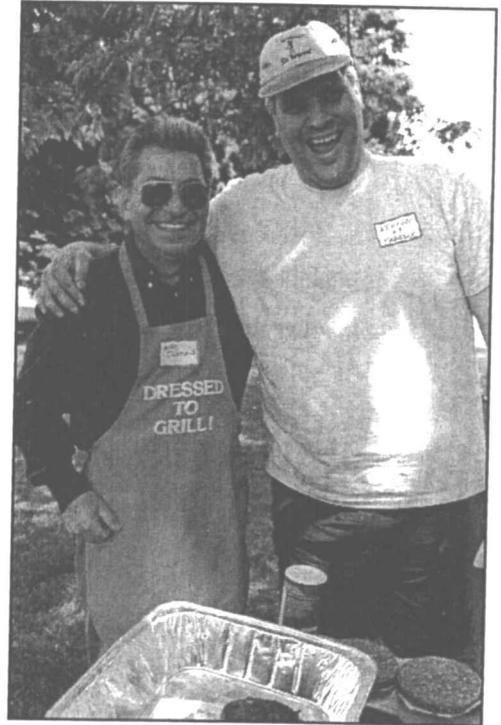
Healthy Eating at social activities can be a lot of fun! To help you get started we've included the following materials. You can find them easily by looking under their appropriate tab in this notebook.

- A list of suggested topics for Social Activities
- Social Activity How-to sheets
- Tip sheets
- Eating for a Healthy Life Recipe Book

# How to Plan a Social Activity for Your Faith Community

## Choose a topic and audience for your activity

- Think about the topics that interest you. Listen to comments around your faith community to determine what topics other people are interested in. Holidays and other seasons can offer many ideas for topics. Choose from a list of topics we have provided in the appendix or come up with your own idea.
- Determine your target audience. Will it be the whole congregation, a smaller subgroup, adults or children?
- In order to reach everyone in your faith community, it's important to have as many social activities as possible. You can even have more than one activity happening on the same day! For example, you can have a large activity like serving low fat snacks at coffee hour and then have tip sheets available for a smaller group such as at adult education hour.



## Schedule your activity

- Is there a faith community event already scheduled where your activity could be added, such as a coffee hour, holiday potluck, or summer picnic?
- Determine the day, time, and location.

## Determine how many people might attend your activity

- Check with your faith community leader or subgroup leader to determine what the usual attendance is for the group.
- Keep in mind that attendance can be higher at certain times of the year such as holidays, and lower at other times, like in the summer.
- Determining the projected attendance will help you plan how much food, how much staff, and how many handouts you'll need.

## Choose and plan your activity

- This will coincide with your chosen topic and target audience. For example, if you choose Healthy Holiday Eating, your activity might be providing low fat food tastings and recipes at coffee hour. Another example is offering healthy snacks to the youth group, such as providing healthier pizzas at one of their gatherings.
- Determine how much space you'll need along with appropriate supplies and equipment, such as tables.
- Consult with your faith community leader, subgroup leader, or administrative staff to get approval for your chosen activity.
- Additional things to consider: Will you need a key to get into the building, a particular room, supply closet, or kitchen?

## Find people to help you with your activity

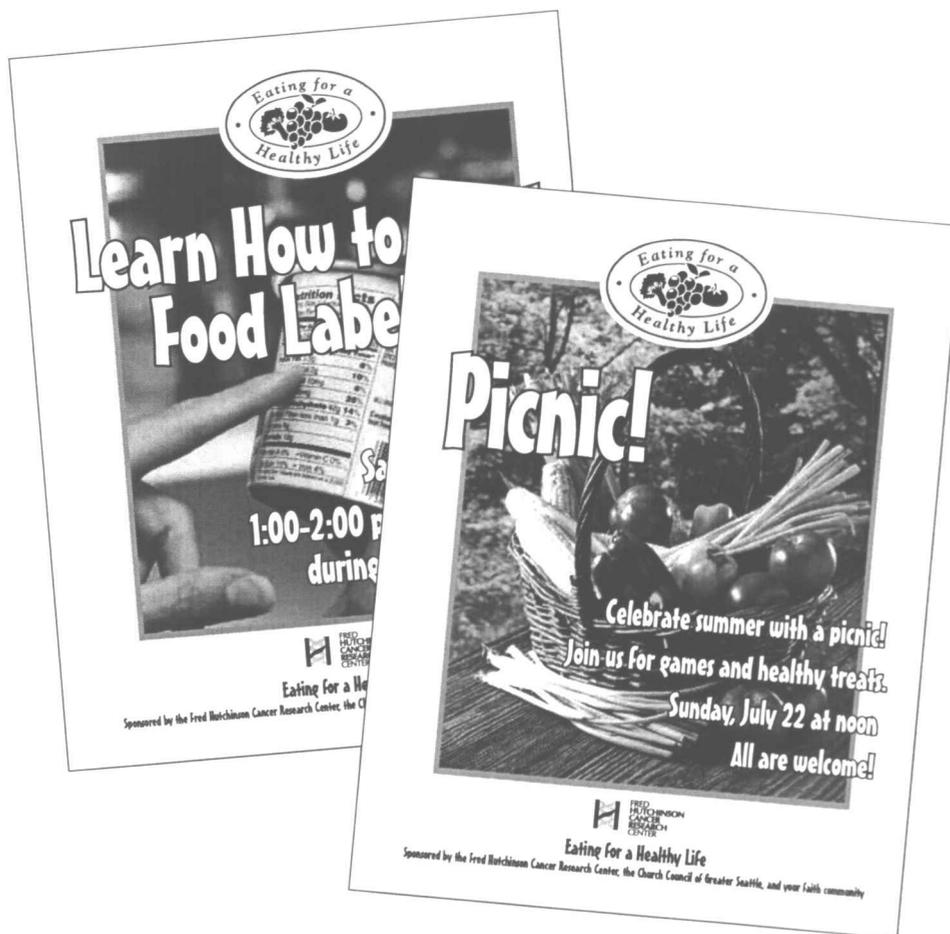
- Social activities are a great opportunity for volunteers to help out.
- Find someone prior to the activity to make or bring a food item, set up a display (if you have one), set up tables, open a room, make announcements regarding the activity, copy tip sheets and recipes, and advertise the activity.
- Ask someone to tend the display (if you have one), hand out tip sheets or recipes, or serve food.
- Determine who will break down the display (if you have one), take down tables and put them away, wash any utensils that were used, and clean the area where the activity was held once the event is over.



## Advertise your activity

- People often need to hear about an activity several times in order to remember the date and time and to feel encouraged to attend. You'll want to advertise many times from the point when you first decide on the activity to right up until the time the activity actually happens.
- Use many forms of advertising including an announcement in a bulletin or newsletter, a bulletin or newsletter insert, an announcement after religious services, or a poster. Try to reach everyone in your faith community. Feel free to use ALL forms of advertising for one event, including any other ideas you may have.
- Check how much lead-time is needed to enter your advertisement in the bulletin or newsletter.
- Include in the announcement the day, time, and location. You'll also want to include the name of the activity and type of food being served along with any other details that are specific to your faith community.

Now you're ready to plan fun and interactive social activities in your faith community!





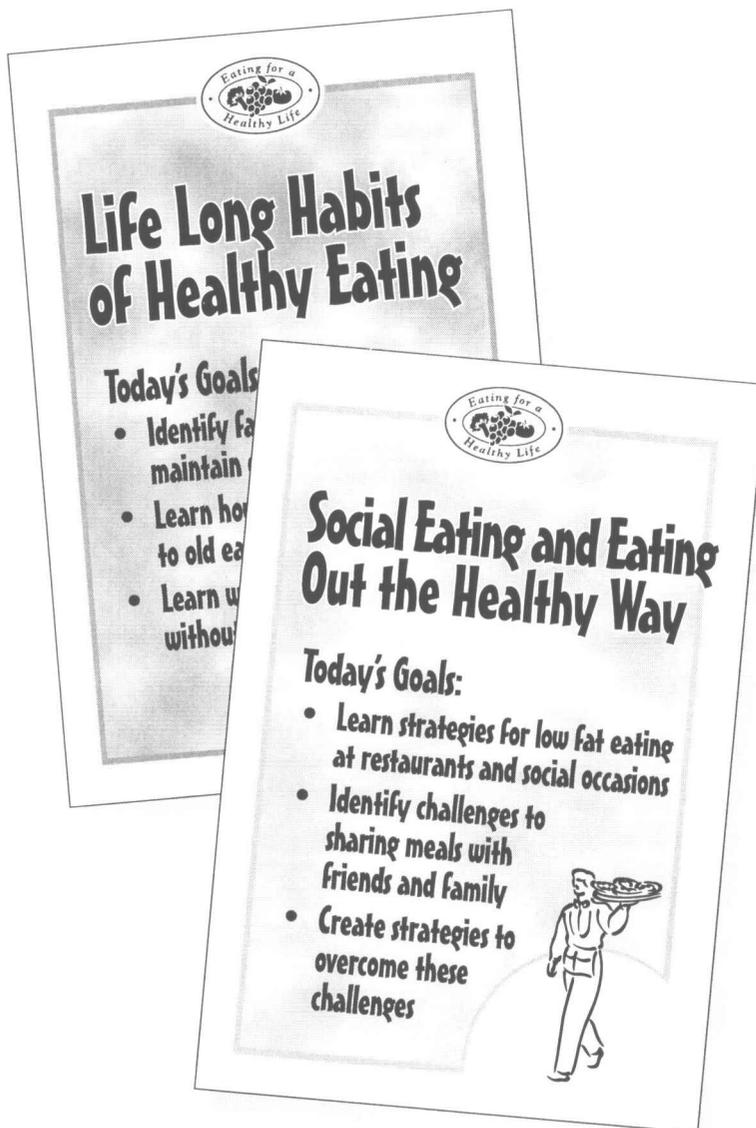
# Healthy Eating Sessions

The purpose of a Healthy Eating Session is to provide a classroom-like forum for specific healthy eating topics. Healthy Eating Sessions can be in the form of adult or family education, lectures, discussions, and/or cooking demonstrations. Sessions can last 30 minutes to 1 hour.

## At Your Fingertips

- List of Session topics
- Simple to use Healthy Eating Session instructions, activities, tip sheets, and recipes
- Names of health organizations through which you may arrange for guest speakers

Look for these in the “Healthy Eating Sessions” tab of this notebook. Remember: Healthy Eating can benefit any age!



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## How to Plan Your Healthy Eating Sessions

### Find your session leader

- Anyone with an interest in bringing a message of health and well being to your faith community can lead a Healthy Eating Session. You can choose to use the simple session instructions we have provided or you may want to consider a professional session leader. Some community resources donate their time while others may ask for a fee.
- Consult with your faith community's Eating for a Healthy Life Advisory Committee, Adult or Family Education organizers to find a session leader.
- Advertise in your bulletin for volunteers to lead and assist with sessions. You might find that you have a health expert in your own faith community!
- Team up several volunteers to lead the sessions or use a pre-existing group to organize and lead!



### Choose a session topic

- Choose just one topic, or combine related topics for a longer session.
- Ask the session leader what topic interests him/her or ask members of your faith community what topics they find interesting.

### Schedule your session

- Choose one or a series of Healthy Eating Session topics for your Adult Education Hour at your faith community (if you don't already have an education hour, then Healthy Eating Sessions are an excellent way to get one going!)
- Present Healthy Eating Sessions to subgroups within your faith community (women's and men's social groups, mother's groups, etc.)
- Schedule a Healthy Eating Session as a stand-alone event.
- Make sure to consult your faith community calendar, Eating for a Healthy Life Advisory Committee, Adult or Family Education organizers, and/or administrative staff to schedule your Healthy Eating Session(s). If your faith community usually presents a series of classes on a particular subject, you can plan to present several sessions weekly or bi-weekly.



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## Plan your session

- Consult with your faith community administrative staff to reserve a teaching room, conference room, social hall, or kitchen for your Healthy Eating Session(s). Generally, a space that accommodates up to 20 people works well.
- Speak with your religious leader, education group organizers, and your administrative staff to get an idea of general education event attendance.
- Additional things you may want to consider: How much space will you need if you'll be setting up session demo and class area? Do you need a key to get to access rooms and supplies? Do you need any special equipment?

## Advertise your session

- Use bulletins, newsletters, flyers, posters, or all of the above to advertise the session.
- Include the date, time, and location. It is also helpful to include the name, phone number, and/or email of a contact person leading the session.

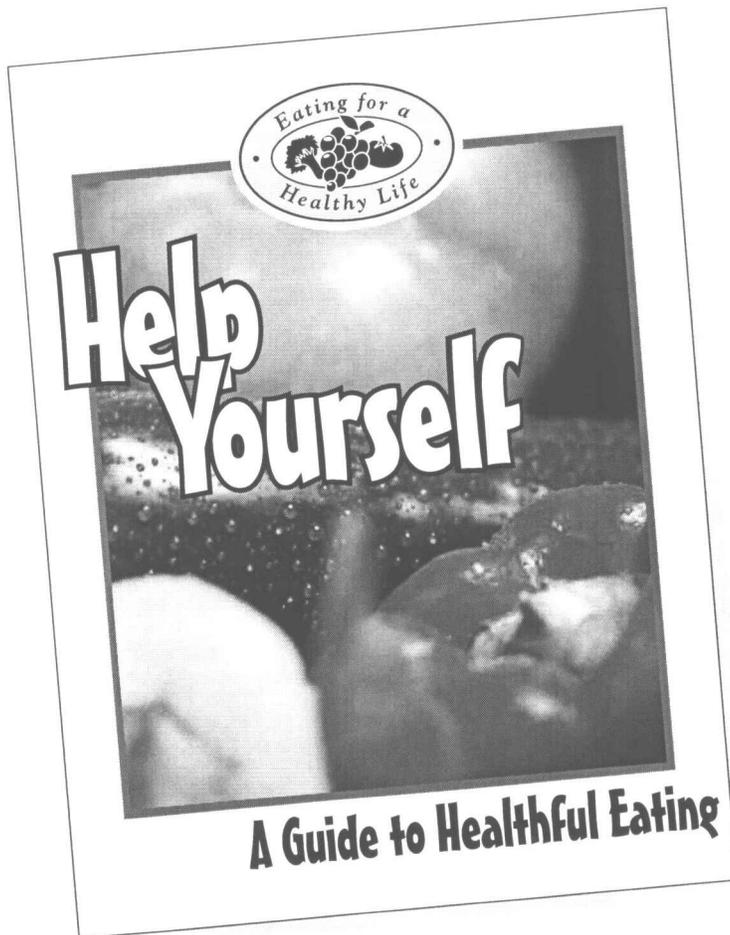
Now you're ready to host your healthy eating sessions. Have fun and healthy eating!





# Self-Help Booklets

Eating for a Healthy Life self-help booklets are dietary guides. Their purpose is to help faith community members make healthy food and meal choices. The booklets are easy to use and aimed at all members of your faith community, regardless of a member's level of interest in dietary change. All of the self-help booklets emphasize lowering dietary fat, while increasing fruit, vegetable, and whole grain consumption. They also contain simple goal sheets and offer a variety of ideas for healthier eating.



## At Your Fingertips

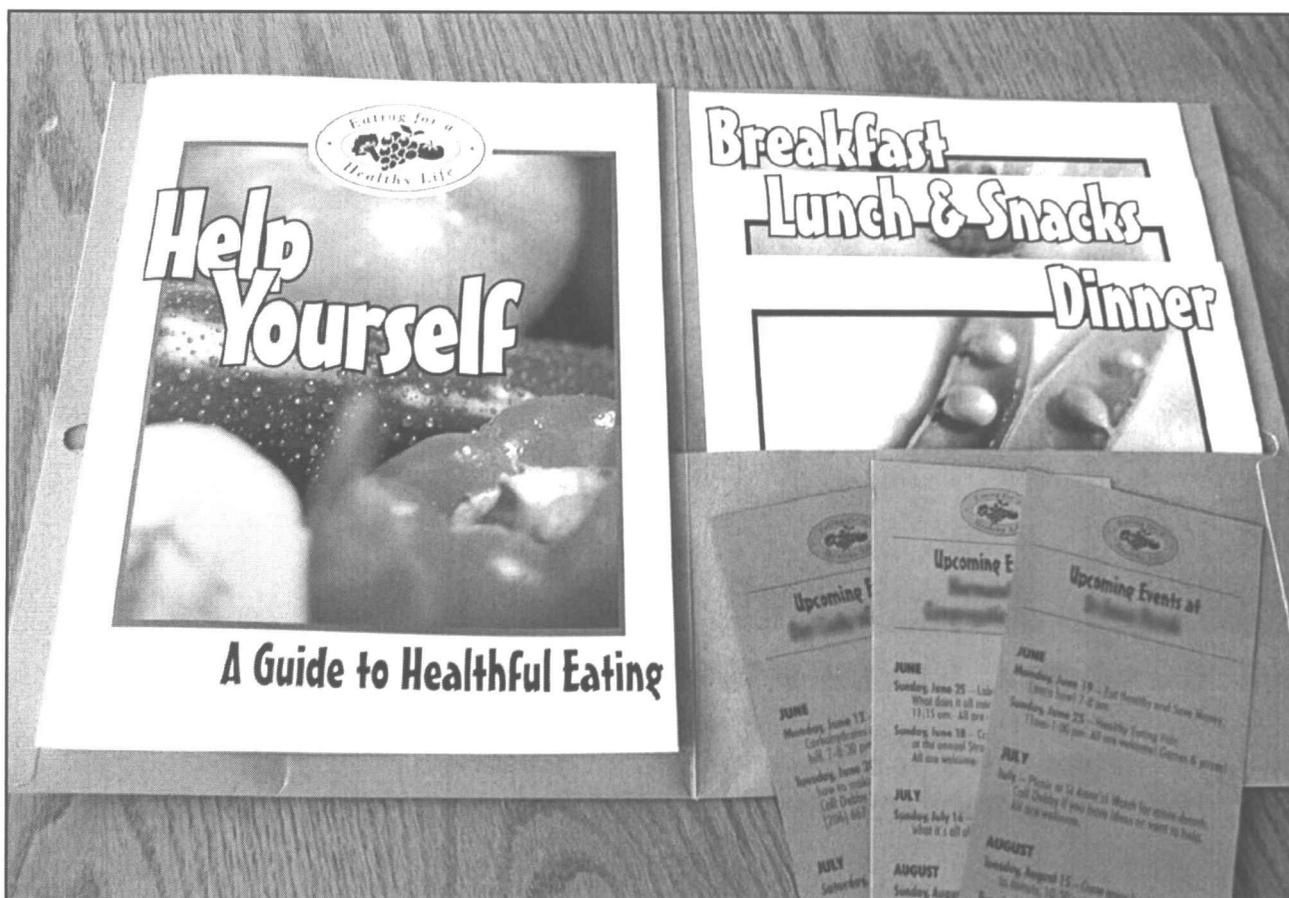
We have provided you with four separate self-help booklets. You can find them under the Self-Help Booklets section of the appendix.

The four booklets are:

- The Help Yourself booklet includes self-assessment tools, dietary reference materials and recipes.
- The Breakfast booklet offers ideas to lower fat intake at breakfast.
- The Lunch and Snack booklet contains lower fat lunch and snack options.
- The Dinner booklet helps members learn how to lower fat at dinner.

# How to Offer and Distribute These Helpful and Informative Eating For a Healthy Life Booklets to Your Faith Community

- Mail the booklets to faith community members. You may need to consult with your administrative staff as it may be appropriate to include the Eating for a Healthy Life booklet(s) with other faith community materials (such as a newsletter). Consider recruiting a youth group or other subgroup to assemble the mailings as one of their projects!
- Sell your Eating for Healthy Life booklets as a faith community fundraiser event.
- Offer them to faith community members by making copies of booklets and having them available where other self-help materials are offered. One whole booklet can be copied and distributed to faith community members. Also, you may wish to combine booklets or separate the booklets into sections-you decide!
- Advertise the booklets with announcements, flyers, and bulletin announcements.
- Designate a contact person responsible for your faith community's supply of Eating for a Healthy Life booklets, and make them available upon request.
- Make the booklets available at other Eating for a Healthy Life events for your faith community such as Social Activities and Healthy Eating Sessions!



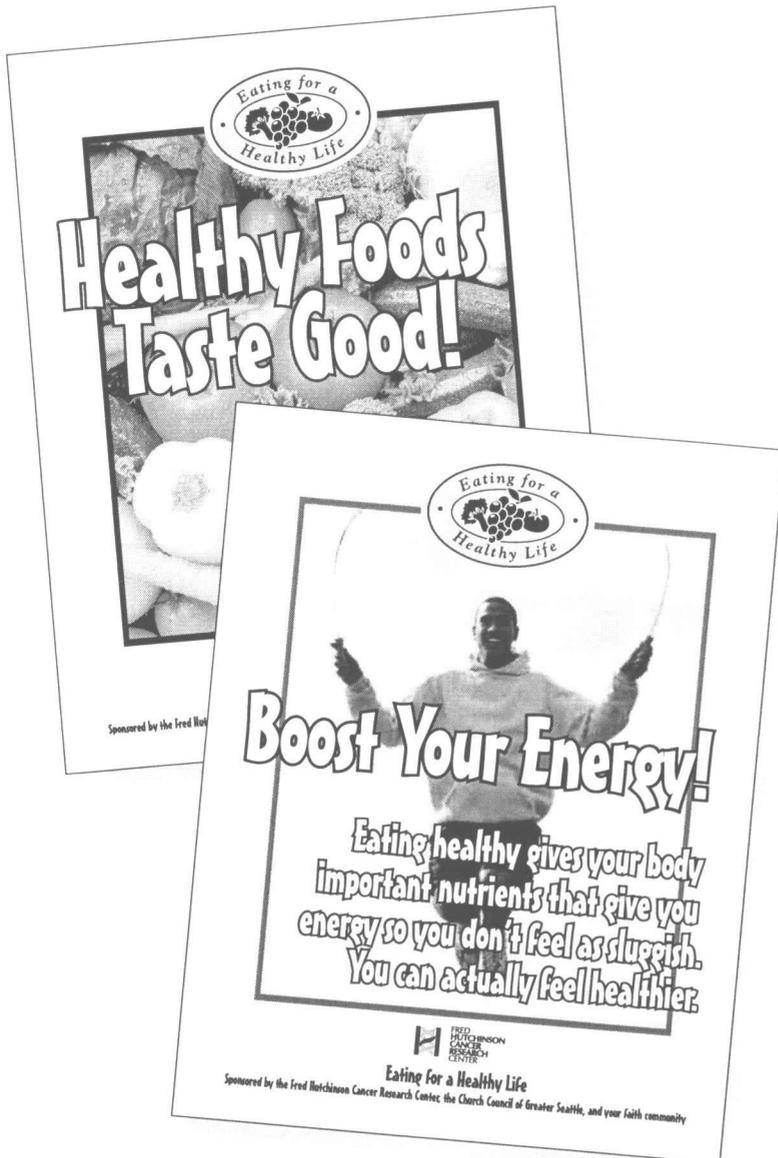


# Motivational Messages

Motivational messages are used to deliver information about the reasons for making dietary changes and to minimize barriers to change. People sometimes need encouragement and even reminders to change their lifestyle behaviors. The faith community can be a positive influence on an individual's choices by delivering encouraging messages. These messages are short and can be delivered to faith community members through posters, bulletins, newsletters or inserts.

## At Your Fingertips

- You can choose a message from a list of motivational messages that we have included under the Motivational Messages tab of this notebook.
- We have also provided you with sample motivational messages seen in a bulletin, as a newsletter insert, or on a poster.



# How to Use Motivational Messages in Your Faith Community

## Choose a message

- Choose a message from the list we have provided or consider using a health professional in your faith community as a resource for providing healthy eating messages. Past research has shown that these messages help people eat more healthfully.

## Find someone to be responsible For placing the motivational message

For a message in a bulletin or newsletter:

- Check with whoever prepares the bulletin or newsletters (usually administrative staff) to determine if there is space for your message and the deadline for additions.
- Here's one idea: if you want a message placed every week or month, give the list of messages to the administrative staff so they can choose one whenever they make the bulletin or newsletter.

For a message on a flyer inserted in a bulletin or newsletter:

- Determine how many inserts are needed. Usually the number of bulletins or newsletters printed will give you your answer.
- Make copies of your inserts. Is there a volunteer or administrative staff person who would have time to copy? Don't forget to check on the availability of the copier.
- Determine when the bulletins or newsletters will be ready for the inserts to be stuffed into them.

For a message on a poster:

- Select a sample poster from the appendix or design your own poster with the chosen motivational message.
- Have copies made if you want to hang it in more than one area of the faith community.
- Make sure the posters are in highly visible places!

## Frequency of a motivational message

- The more a motivational message is seen, the better the chance your faith community members will make dietary changes.
- Don't hesitate to use more than one print medium at a time. For example, have several posters hanging at once and still have weekly messages in the newsletters and bulletins.
- Remember, it is important for members to see messages frequently so they may be encouraged to change their lifestyle.

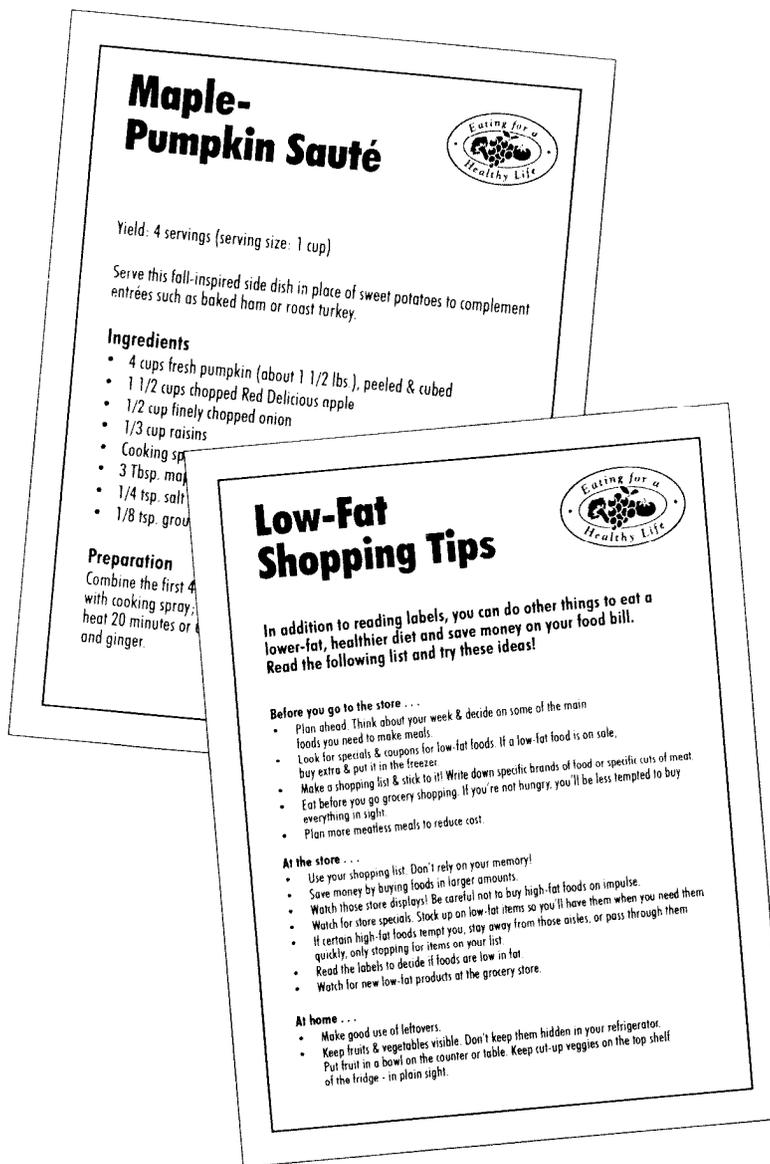
# Tip Sheet & Recipe Handouts

Tip sheet and recipe handouts give detailed information on healthy food selection and preparation. They can be made available to members at any faith community gathering such as dinners, coffee hours, or study classes.

The Eating for a Healthy Life Recipe Book, also included in this manual, is a great ready-to-use resource for copying recipes for your faith community members. Consider putting a copy in your faith community's kitchen, too!

## At Your Fingertips

- Tip sheet topics such as Fun and Healthy Picnics, Guidelines to Changing Recipes, Guiding Children's Eating Habits, How to Cook Beans and Grains, and many more are in the Tip Sheet section of the appendix.
- Eating for a Healthy Life Recipe Book.



# How You Can Use Handouts in Your Faith Community

## Choose a topic

- Choose from a variety of topics and tip sheets in the appendix. Think about what topics interest you and your faith community peers. Have you heard someone asking about a particular topic? Keep your ears open to what interests your faith community.

## Choose an activity or gathering where a handout can be distributed

- Is there a faith community event or healthy eating activity where handouts could be placed for people to take home? Remember, tip sheets and recipes can be made available at any social gathering your faith community has scheduled. Do you have any upcoming special events where a stack of handouts could be made available?

## Determine how many handouts will be needed at the event

- Check with the activity leader or your faith community leader to get an estimate on the expected number of attendees at the event.

## Make copies of the original handout

- After determining the estimated number of attendees, you're ready to make copies. Be sure to make a few extra!
- Find somebody to make copies - maybe a volunteer or administrative staff. If someone makes copies for you, give them the original handout early enough so they will have plenty of time to make the appropriate number of copies. Also remember to check on the availability of the copier.

## Decide how the handout will be distributed

- Place tip sheets and recipes on a table for members to pick up at an event (coffee hour, potluck, etc). If you choose this option, make an announcement so attendees know that the handouts are available and where they are located.
- Hand the tip sheets and recipes directly to members as they leave a service. This ensures that everyone will receive a copy.
- Stuff the tip sheets and recipes into something, like a brown bag lunch for a day trip. You'll want to find people to assist you with the stuffing.
- Be creative! Come up with your own ideas for using handouts. Tip sheets and recipe handouts are a fun and easy way to get the healthy eating message across. There are no rules!



# Advertising

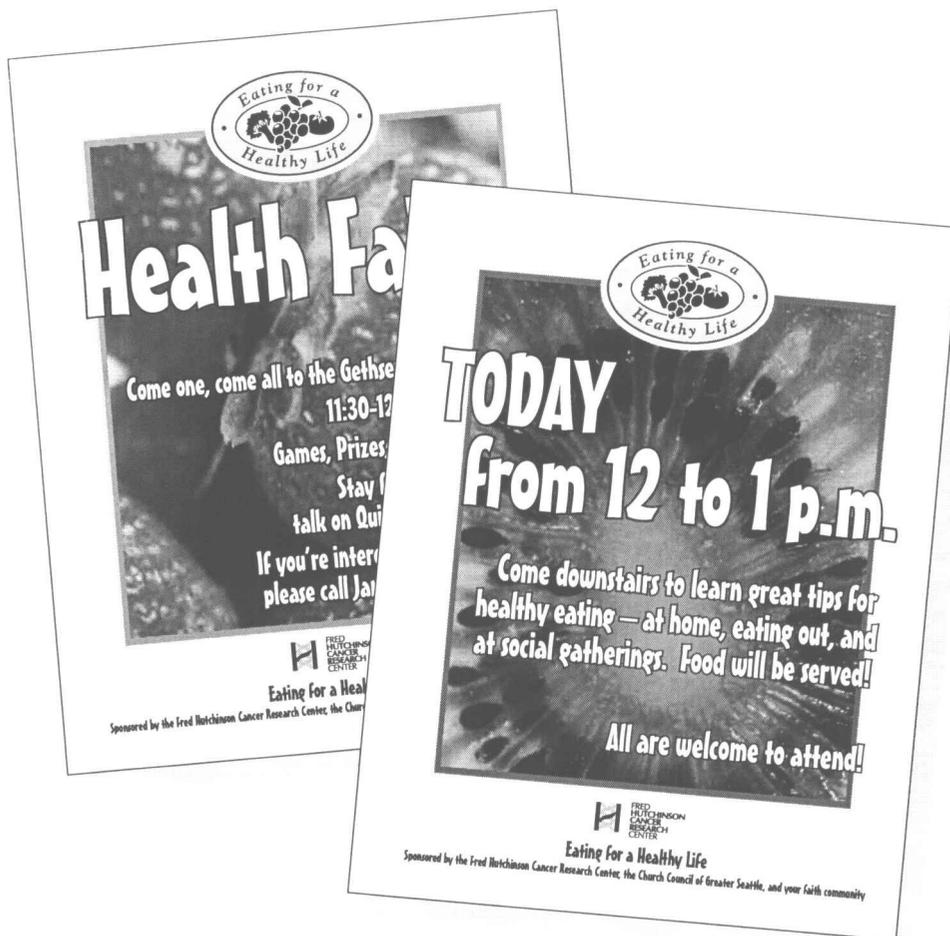
Now that you've scheduled your Healthy Eating event-whether it be an Advisory Committee meeting, call for volunteers, Social Activity, Healthy Eating Session, Self-Help booklet distribution, or mailing-how do you get the word out?

## Advertise!

Plan on advertising upcoming events in your faith community bulletin at least two weeks prior to the date of the event. Continue to advertise right up until the time the activity actually happens.

## At Your Fingertips

- We've included sample advertisements in the appendix to help you get started.
- Feel free to hand draw your poster advertisements or create graphics for your advertisements on a computer.





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# How to Take Advantage of All Your Advertising Options

## Bulletin Announcements

- Bulletin announcements are an efficient and cost-effective way to advertise your Eating for a Healthy Life events. Include in your announcement the date, time, and location of the event. It is also a good idea to include the name, phone number, and an email address of a contact person. Feel free to combine two or more upcoming Eating for a Healthy Life events into one bulletin announcement and run the advertisement for several weeks. Contact your faith community office for space availability, submission instructions, and deadlines.

## Adult Education Brochures

- Many faith communities offer monthly or quarterly education brochures. This is an ideal way to advertise your upcoming Healthy Eating Sessions and Self-Help Booklets. Contact your faith community office for space availability, submission instructions, and deadlines.

## Upcoming events calendar

- Many faith communities offer monthly or quarterly Upcoming Events Calendars. To include the Eating for a Healthy Life events on your Upcoming Events Calendar, contact your faith community office for space availability, submission instructions, and deadlines.

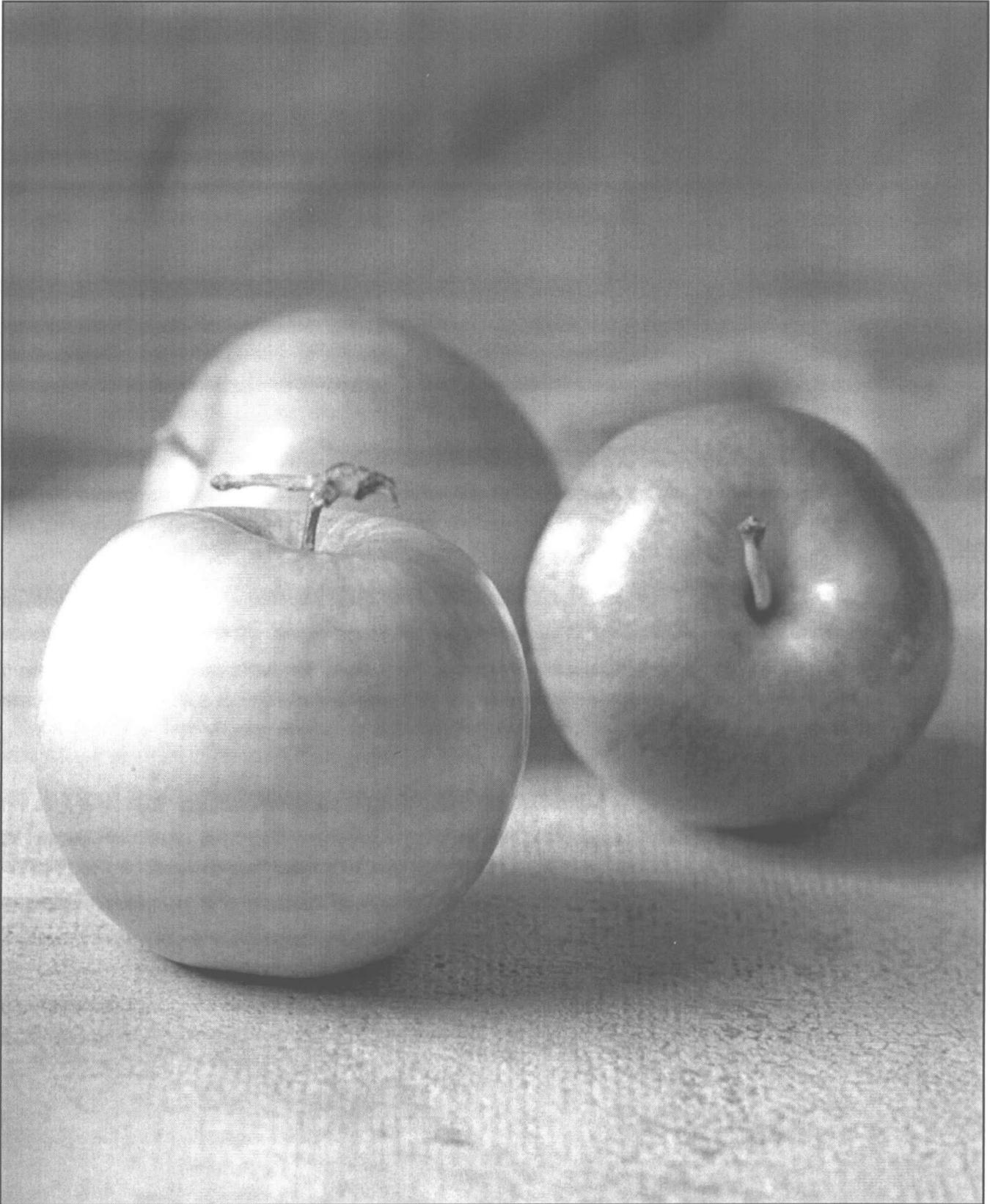
## Posters and Flyers

- Posters and flyers are an effective and easy way to advertise your Eating for A Healthy Life events. Sample Eating for a Healthy Life posters are available in the appendix. On the flyers and posters, include the date, time, location, and the name, phone number, and email address of a contact person. Hang flyers and posters in highly visible places in your faith community, and/or designate an Eating for a Healthy Life area on your faith community bulletin board!

## Email

- Email is a timely way to send event and meeting reminders to smaller groups, such as your Eating for a Healthy Life Advisory Committee or the volunteers for a social activity.

Whether you decide to hang a poster or include an announcement in your bulletin, taking just a moment to compose an advertisement could mean a big increase in attendance at your next Eating for a Healthy Life event!



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# You're Ready to Eat for a Healthy Life!

You are now ready to start “Eating for a Healthy Life”! As you can see from this manual, healthy eating can be a very fun and enjoyable part of your faith community. There is something to help everyone lower their fat intake and increase fruit, vegetable, and whole grain consumption. With some simple planning and coordination you will be able to offer the healthy eating intervention to your faith community members.



The following pages contain a list of community resources as well as an appendix containing all of the necessary materials for a successful intervention. You are now ready to take the first step and set up an Advisory Committee, which will coordinate the planning of the program. From there, you can interest all members of your faith community in healthy eating with a fun Social Activity. For a more detailed discussion, you can plan a Healthy Eating Session on a variety of topics. You can also provide members of your faith community with Self-help Booklets to aid in making healthy food and meal choices. For the faith community members that need more encouragement and an occasional reminder, Motivational Messages are a great tool. Appropriate for any occasion, there are creative and detailed tip sheet and recipe handouts.

Changing eating habits can be challenging, but it can be done. Small consistent changes can lead to better eating patterns and better health. Be creative! Try new ideas! Have fun! Explore until you find what works best in your faith community. Remember, eating is about fun, family, community, and love, all things that your faith community represents!

Go For It! Good Luck!

Welcome to Eating For a Healthy Life!



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# Community Resources

## General Nutrition Information

American Diabetes Association, 1-800-342-2383 • [www.diabetes.org](http://www.diabetes.org)

American Heart Association, 1-800-AHA-USA1 • [www.americanheart.org](http://www.americanheart.org)

The American Dietetic Association, 1-800-366-1655 • [www.eatright.org](http://www.eatright.org)

United States Department of Agriculture, Center for Nutrition Policy and Promotion • [www.usda.gov/cnpp/](http://www.usda.gov/cnpp/)

Washington Apple Commission, 509-663-9600 • [www.bestapples.com](http://www.bestapples.com)

Washington State Dairy Council, 425-744-1616 • [www.eatsmart.org](http://www.eatsmart.org)

Washington State Dietetic Association, 206-364-9930 • [www.nutritionwsda.org](http://www.nutritionwsda.org)

## Cancer Information

National Cancer Institute, Cancer Information Service, 1-800-422-6237 • [www.nci.nih.gov](http://www.nci.nih.gov)

American Cancer Society, 1-800-ACS-2345 • [www.cancer.org](http://www.cancer.org)

American Institute for Cancer Research, 1-800-843-8114 • [www.aicr.org](http://www.aicr.org)

Cancer Lifeline, 1-800-255-5505 • [www.cancerlifeline.org](http://www.cancerlifeline.org)

## Healthy Cookbooks & Kitchen Tools

Kerr Corporation • [www.grahamkerr.com](http://www.grahamkerr.com)

Washington State Chefs Association, 206-725-1545

Slow Food • [www.slowfood.com](http://www.slowfood.com)

## Eating For a Healthy Life Product Donors

This Can't Be Soy (soy nuts), 425-823-0303 • [www.soy.evisionsite.com](http://www.soy.evisionsite.com)

Baker's Breakfast Cookies, Inc. (cookies), 1-877-889-1090 • [www.bakersbreakfastcookie.com](http://www.bakersbreakfastcookie.com)

Healthco Canada (ReBar energy bars), 250-868-5716 • [www.healthcocanada.com](http://www.healthcocanada.com)

Associated Grocer (juice), 206-767-8830 • [www.agseattle.com](http://www.agseattle.com)

Stretch Island Fruit, Inc. (fruit leather), 1-800-700-9687 • [www.stretch-island.com](http://www.stretch-island.com)

Tree Top, Inc. (juice), (509) 697-7251 • [www.treetop.com](http://www.treetop.com)



## **Community Resources, continued**

### **Local Produce**

Neighborhood Farmers Market Alliance (University District, Columbia City, and West Seattle Farmers Markets),  
(206) 632-5234 • [nfma@qwest.net](mailto:nfma@qwest.net)

Fremont Farmers Market, (206) 781-6776

Ballard Farmers Market, (206) 706-2685

Pike Place Market and Pike Place Organic Farmers Market, (206) 682-7453 • [www.pikeplacemarket.com](http://www.pikeplacemarket.com)

Washington State University - Cooperative Extension, King County, (206) 205-3100 • [www.metrokc.gov/dchs/csd/wsu-ce](http://www.metrokc.gov/dchs/csd/wsu-ce)

### **Materials Development**

National Cancer Institute writing guide • [oc.nci.nih.gov/services/clear-and-simple/home.htm](http://oc.nci.nih.gov/services/clear-and-simple/home.htm)

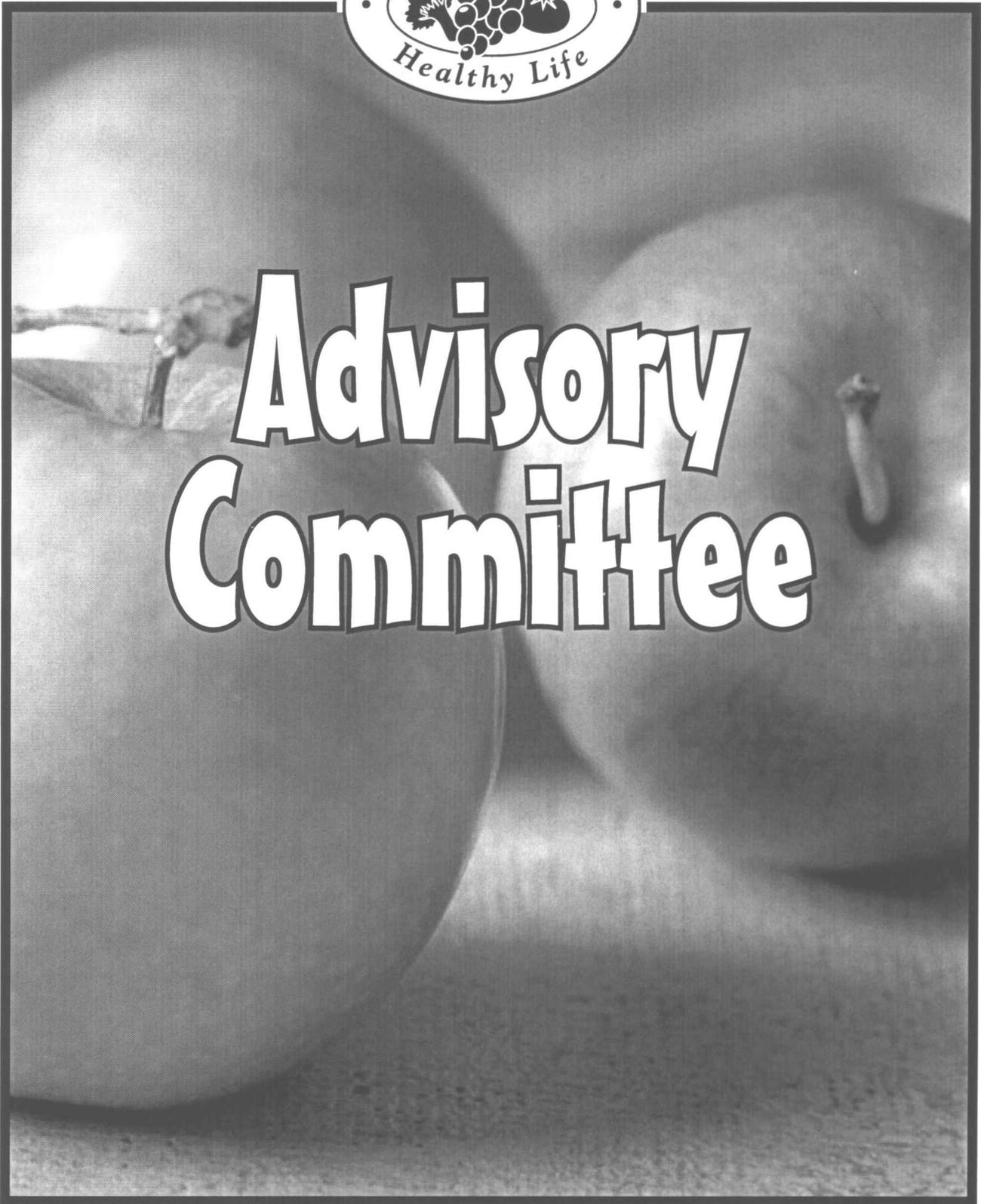
Washington State University - Cooperative Extension, King County, (206) 205-3100 • [www.metrokc.gov/dchs/csd/wsu-ce](http://www.metrokc.gov/dchs/csd/wsu-ce)



# *Appendix*



# Advisory Committee





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# At Your Fingertips

## Advisory Committee Materials

Here's a set of materials to help you get your faith community's Advisory Committee up and running!

- Sample Menu of Activities
- Sample Agenda
- Sample Sign-In sheet
- Blank Advisory Board Directory Form
- Sample Blank Calendars
- Sample Board Member Recruitment Flyer
- Volunteer Information and Interest Form
- Sample Advisory Board Meeting Minutes
- Evaluation & Monitoring Record



## Sample Timeline for Eating for a Healthy Life Activities

<p style="text-align: center;"><b>October</b></p> <ul style="list-style-type: none"> <li>• Advisory Committee meeting</li> <li>• Volunteer Recruitment</li> <li>• Distribution of Self-Help Booklets</li> </ul>	<p style="text-align: center;"><b>November</b></p> <ul style="list-style-type: none"> <li>• Advisory Committee meeting</li> <li>• Volunteer Recruitment</li> <li>• Healthy Eating Session</li> </ul>	<p style="text-align: center;"><b>December</b></p> <ul style="list-style-type: none"> <li>• Advisory Committee meeting</li> <li>• Social Activity</li> <li>• Motivational Message (poster or bulletin)</li> </ul>	<p style="text-align: center;"><b>January</b></p> <ul style="list-style-type: none"> <li>• Advisory Committee meeting</li> <li>• Healthy Eating Session</li> <li>• Distribution of Self-Help Booklets</li> </ul>
<p style="text-align: center;"><b>February</b></p> <ul style="list-style-type: none"> <li>• Advisory Committee meeting</li> <li>• Social Activity</li> <li>• Healthy Eating Session</li> </ul>	<p style="text-align: center;"><b>March</b></p> <ul style="list-style-type: none"> <li>• Advisory Committee Meeting</li> <li>• Healthy Eating Session</li> <li>• Motivational Messages (poster or bulletin)</li> </ul>	<p style="text-align: center;"><b>April</b></p> <ul style="list-style-type: none"> <li>• Advisory Committee meeting</li> <li>• Social Activity</li> <li>• Healthy Eating Session</li> <li>• Distribution of Self-Help Booklets</li> </ul>	<p style="text-align: center;"><b>May</b></p> <ul style="list-style-type: none"> <li>• Advisory Committee Meeting</li> <li>• Social Activity</li> <li>• Motivational Message (poster or bulletin)</li> </ul> <p style="text-align: center;">-----</p> <p style="text-align: center;"><b>June</b></p> <ul style="list-style-type: none"> <li>• Social Activity</li> <li>• Distribution of Self-Help Booklets</li> </ul>

Advisory Committee:  
 Healthy Eating Sessions:  
 Social Activities:  
 Motivational Messages:

Meet monthly for 1<sup>st</sup> 3 months, every 6-8 weeks for next 6 months  
 Choose at least 4  
 Try for at least 5  
 Try to distribute at least one a month.

**This is a sample timeline, only.**  
 You may arrange or add activities as you choose!  
 Consider using the Social Activity Categories in your Menu of Activities to brainstorm social activities that would fit best with your faith community. *Here's to Healthy Eating!*



# Advisory Committee Agenda

Faith Community Name:

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Date & Time:

## Sample Agenda

1. Introductions
  - Sign-in
2. Project Overview
  - Main Goals: to lower fat, increase fruit and vegetables and whole grains
  - Fun and interactive activities for all ages
3. Kick-Off Event Planning
  - Date, time, place, activity, booths, publicity, volunteers
4. Advisory board
  - Purpose
  - Menu of activities
5. Faith Community Information
  - Groups and other info.
6. Dates for Calendar
  - Set date for session and activity
7. Volunteers
  - Roles
  - Recruitment
  - Training
  - Volunteer interest form
8. Next Meeting

## Materials Checklist for your first Eating for a Healthy Life Advisory Committee Meeting

- Snacks + Serviceware
- Sign-in sheet
- Meeting agenda
- Menu of Activities
- Eating for a Healthy Life Manual
- Volunteer recruitment flyers
- Flip chart and marker or dry erase board
- Extra pens or pencils
- Blank planning calendars
- Your faith community's event calendar
- Social Activity Evaluation & Monitoring Record (Optional)

**Here's to healthy eating!**





# Advisory Committee Directory

Faith Community Name:

\_\_\_\_\_

Date:

\_\_\_\_\_

Name	Mailing Address	Phone Number(s)	Email
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			

Eating for a Healthy Life Contact Name & Number:

\_\_\_\_\_



# Want to Make a Difference?



**The Eating for a Healthy Life  
Project has begun!**

**If you...**

- think healthy eating is important...
- want to help get people interested  
in eating healthier...

**We want you as a volunteer!**

The time commitment is very limited and manageable... and fun!

**Contact: \_\_\_\_\_**





## Information & Interests

**Please print.**

Your Faith Community:

Name:

Address:

City, State, Zip Code:

E-mail address:

Daytime Phone Number:

Evening Phone Number:

Best time to reach you:

Faith Community Committees or Activities you participate with:

What most interests you about the EHL project:

Suggestions regarding events: (day, time, type of event, topic, ...etc.)

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**Please indicate your interests  
in helping out with this project. Thanks!**

- \_\_\_\_\_ Food Preparation *(cook or bake a recipe; help cut up fruits and vegetables)*
- \_\_\_\_\_ Lead group sessions *(lead a support group; facilitate a discussion about healthy eating)*
- \_\_\_\_\_ Plan activities *(become an Advisory Board member)*
- \_\_\_\_\_ Help set-up activities *(come early to events and help set-up display, food, games,...)*
- \_\_\_\_\_ Attend booths *(answer people's questions; hand out tip sheets and information)*
- \_\_\_\_\_ Phone call reminders *(start a "phone tree": call people to event attendance)*
- \_\_\_\_\_ Promote activities *(work on bulletin announcements, talk to people about "Help Yourself and upcoming events)*
- \_\_\_\_\_ Provide child care *(watch children while parents attend events; engage children in nutrition-related activities)*
- \_\_\_\_\_ Provide encouragement *(be a listener to people in your faith community; reach out to those who are less interested in healthy eating.)*
- \_\_\_\_\_ Teach *(lead discussions and classes on topics provided by Fred Hutchinson Cancer Research Center)*
- \_\_\_\_\_ Share ideas *(give input to your fellow volunteers; tell suggestions to the Healthy Eating Coordinator and/or Advisory Board members)*
- \_\_\_\_\_ Assist with cooking demonstration *(assist the Healthy Eating Coordinator during a Healthy Eating Session - i.e. make a stirfry)*
- \_\_\_\_\_ Assist with grocery store tour *(provide suggestions during grocery store tour - assist Healthy Eating Coordinator)*
- \_\_\_\_\_ Assist with clean-up *(stay after an event has finished and help clean-up)*
- \_\_\_\_\_ Help out with mailings *(stuff envelopes, assemble mailing materials, etc.)*
- \_\_\_\_\_ Other \_\_\_\_\_

*(please specify)*

**Sample  
Advisory Board Meeting  
Minutes & Meeting Reminder**



Date: December 09

Hello!

Mark Your Calendar! Our Next *Eating for a Healthy Life* Advisory Committee Meeting is just around the corner!

**WHERE:** Tullys by Joar's house.

**WHEN:** January 05

**WHY:** Event planning continues. Come with ideas on how we can team up with the small groups at our faith community to deliver healthy eating messages and events!

*Feel free to bring anyone else you think might be interested in Eating for a Healthy Life at our faith community!*

**I hope to see you there!**  
Please call ahead if you'll be unable to attend  
- <insert contact number here>

**Advisory Committee Minutes from December 02.**

Members present: Joan, Craig, Bob, Jane, Janet, Terry, John

Discussion Item	Action - Decision
<b>Motivational Messages</b>	<p>Group agreed to distribute bulletin tips or inserts at least twice a month. Chose 3 motivational messages to post:</p> <ul style="list-style-type: none"> <li>• Eating healthy is easy</li> <li>• Eating healthy can save money</li> <li>• Cook with your kids! It helps to get them on the right track...</li> </ul> <p>*Jane will speak with youth group leader to see if they're interested in creating a motivational healthy eating mural to hang in the Fatima Room.</p>
<b>Social Activity dates</b>	<ul style="list-style-type: none"> <li>• Healthy Coffee Hour - Every other Sunday. Food sign-up sheet will be posted next to bagel tray.</li> <li>• Healthy Brunch - Sunday, January 14</li> <li>• Health Fair - Sunday, February 23. Bob will call ACS to see if guest speaker is available.</li> <li>• Healthy BBQ - Sunday, July 23</li> </ul> <p><i>NOTE:</i></p> <ul style="list-style-type: none"> <li>• <i>Advisory Committee members will fake turns picking up fresh fruits, bagels/cream cheese for coffee hours. Terry and her committee will work on getting fresh fruit donations from area grocers. The Pike Place Market is a possibility, too.</i></li> <li>• <i>We will discuss the menu for the Healthy Brunch at our next meeting.</i></li> </ul>
<b>Healthy Eating Sessions</b>	<ul style="list-style-type: none"> <li>• Complex Carbohydrates &amp; Saving \$\$: Sunday, February 09</li> <li>• Diabetes &amp; Healthy Eating: Saturday, June 10 before choir practice</li> </ul>
<b>Advertisement for Activities</b>	<ul style="list-style-type: none"> <li>• We'll heavily advertise the healthy coffee hours and Brunch immediately.</li> <li>• Joan &amp; Craig will make pulpit announcements.</li> <li>• Janet will get the Woman's Group to make posters.</li> <li>• John and Bob will work with Men's Group.</li> </ul>



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## Eating for a Healthy Life Event Evaluation & Monitoring Record

*Use this record to help monitor and evaluate the healthy eating activities and events at your faith community.  
Using this record is not required, but we think it'll be helpful as you plan new activities of  
decide whether to do a particular activity a second time.*

Event Description: \_\_\_\_\_

*(Example: Provided healthy snacks at coffee hour; Fats of Life Session; healthy snack bag delivery to youth group, etc.)*

Event Date: \_\_\_\_\_

Who Organized: \_\_\_\_\_

Event Time: \_\_\_\_\_

# of Volunteers: \_\_\_\_\_

Event Location: \_\_\_\_\_

**How many people took part:** \_\_\_\_\_

**What did people like best?**

\_\_\_\_\_

**What did people like least?**

\_\_\_\_\_

Food Provided:  YES

NO



List food provided and by whom:

\_\_\_\_\_

\_\_\_\_\_

Record here any other information you think will be helpful in planning future activities.  
Continue on back if necessary.

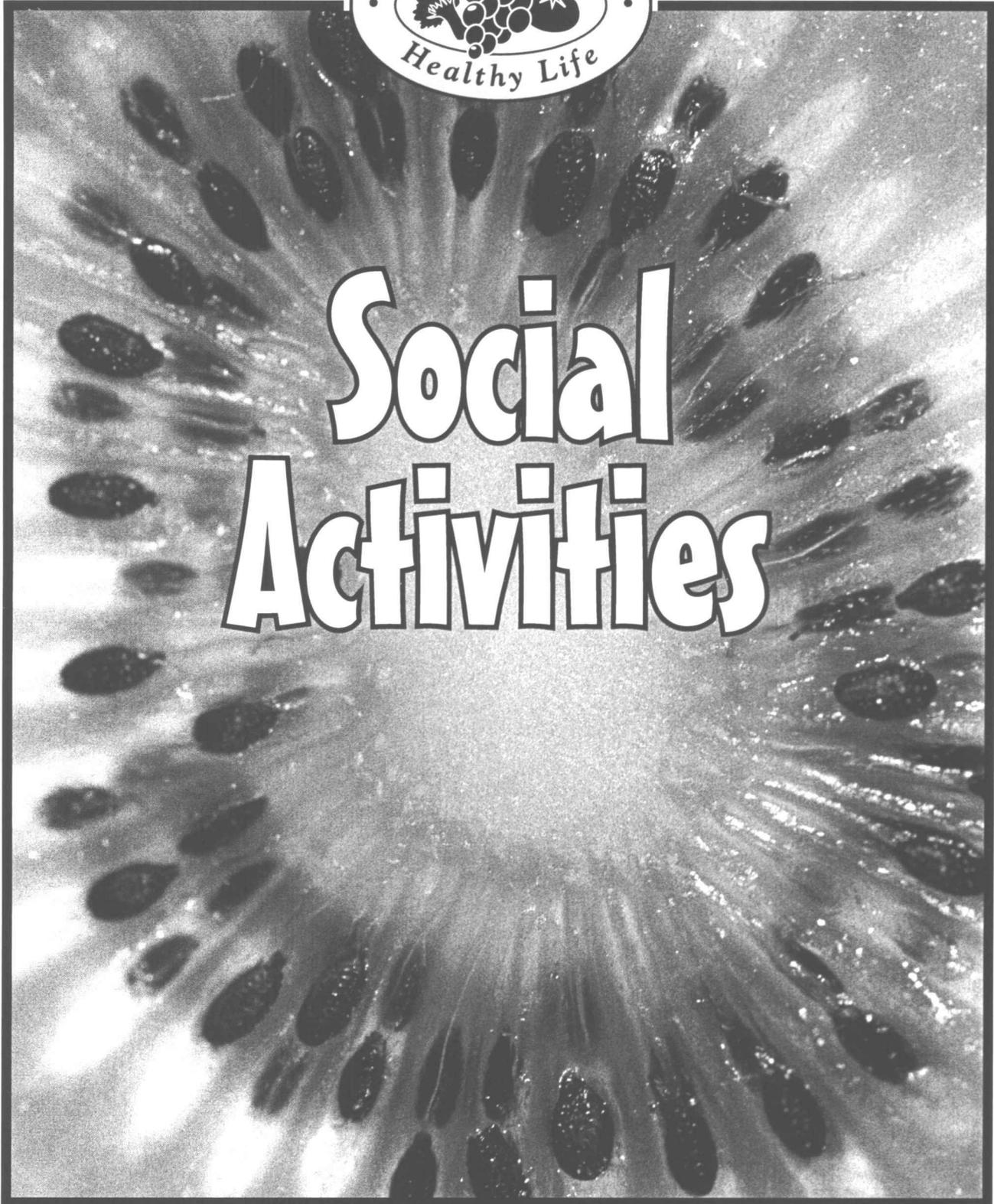
\_\_\_\_\_

\_\_\_\_\_

Optional: If tip sheet or recipe handouts were distributed, consider attaching copies to this record so you can keep track of what your faith community members have already been exposed to.



# Social Activities





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# At Your Fingertips

## Social Activities

The following Social Activity How-To Sheets have been included for you to use. Some may require few additional materials that can be purchased at your local grocery store or craft store.

These are simply suggested activities. Be creative and have fun! If you think of a healthy eating activity that's not included here, feel free to create your own.

- How to Compare the Fat in Fast Foods
- How to Demonstrate a Healthy Chicken Stir-Fry Recipe
- How to Host a Healthy Scavenger Hunt
- How to Host a Low Fat Coffee Hour
- How to Rediscover Fruits & Vegetables
- How to Make a Healthy Eating Mural
- How to Make Fresh Fruit Smoothies
- How to Offer Low Fat Information at Any Event
- How to Play a Fun Game of "What Fruit or Veggie Am I?"
- How to Provide Healthy Food Choices at Your Social Activities
- How to Provide Healthy Foods at Your Small Groups
- How to Put a Healthy Twist on a Fish Bowl
- How to Rate Your Plate To See Where You're at with Healthy Eating
- How to See the Fat in Snack Foods
- How to Shop for Groceries Healthfully
- How to Test Your Low Fat - High Fat Knowledge
- How to Walk Your Way to Healthy Eating & Win!



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# How to Compare the Fat in Fast Foods

## Name of activity

Fast Food Comparisons.

## Description

Display real fast foods and the amount of fat in each, compared to a lower fat fast food alternative.

## Goal

1. Show people that there are several options available for eating lower fat foods at Fast Food Restaurants.

## Materials

1. Make a poster that says, "Low Fat in the Fast Food Lane"
2. Table tents for indicating name of fast food items that will be presented (see Food List)
3. Marker
4. Crisco or other brand shortening
5. Small and clear containers (approx the size of salad dressing to-go containers)
6. Teaspoon
7. McDonald's Nutrition Facts (attached)
8. Paper plates

## Handout

- Low Fat in the Fast Food Lane.
- Nutrition Facts from fast food restaurants ([www.mcdonalds.com](http://www.mcdonalds.com), [www.burgerking.com](http://www.burgerking.com)).

## Food

- Crisco cups prepared for (all from McDonalds):
  - Big Mac vs Regular Hamburger
  - Chicken McGrill (no mayonnaise) vs Crispy Chicken Deluxe
  - Small Fries vs Super Sized Fries

# Low Fat in the Fast Food Lane



You really can find low fat options at fast food restaurants. Here are some ideas for making healthier choices. Give them a try at your next stop!

## **Burgers and Sandwiches**

- Order a small instead of a large burger or sandwich
- Avoid double meat sandwiches and burgers or you'll get more fat than you need in one day!
- Ask for the burger to be well-done: the more you cook the burger, the less fat remains
- Reduce the amount of cheese in the burger or sandwich or eliminate cheese all together – cheese can contribute up to 1/3 of the fat!
- Use mustard instead of mayonnaise -the fat adds up with mayo!
- Limit the amount of high-fat toppings, such as avocado and bacon

## **Chicken and Fish**

- Order your chicken or fish grilled or broiled instead of fried or breaded
- Choose skinless, roasted chicken
- Use low fat dressing and toppings, e.g., low fat salad dressing, low fat mayonnaise, mustard, barbecue sauce, or ketchup

## **Burritos, Pitas, Tacos, and Wraps**

- Choose burritos, pitas, and wraps made with chicken, turkey, or roast beef rather than with beef
- Select meatless or vegetarian alternatives — but watch out for cheese and avocado
- Order without dressing or request low fat dressing

## **French Fries and Onion Rings**

- Select "small" rather than "large"
- Have them without cheese
- Try other side dishes for a healthy change: low-fat soups, plain baked potato, salad, low-fat ice cream or frozen yogurt instead

**Note:** Most restaurants provide nutritional information for their menu items. This information is useful in making comparisons between different meal choices.

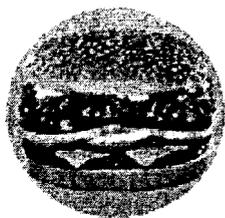
# Nutrition Facts

Menu Item	Serving Size	Calories	Calories from Fat	Total Fat (g)	% Daily Value**	Saturated Fat (g)	% Daily Value**	Cholesterol (mg)	% Daily Value**	Sodium (mg)	% Daily Value**	Carbohydrates (g)	% Daily Value**	Dietary Fiber (g)	% Daily Value**	Sugars (g)	Protein (g)	% DAILY VALUE			
																		Vitamin A	Vitamin C	Calcium	Iron
<b>Sandwiches</b>																					
Hamburger	10 1/2"	250	90	10	20	4	19	30	10	390	22	25	12	2	0	12	10	10	20	15	
Chorizo Burger	12 1/2"	340	140	14	28	6	31	45	15	500	35	26	12	2	0	15	6	10	25	15	
Quarter Pounder™	7 1/2"	450	190	21	42	8	39	70	25	800	55	37	12	2	0	8	24	10	20	25	
Quarter Pounder™ with Cheese	7 1/2"	550	270	30	60	15	61	95	42	1100	75	48	15	2	0	9	24	10	20	25	
Big Mac™	11 1/2"	560	210	54	53	11	57	85	29	1000	65	47	16	4	0	24	10	20	25	25	
Big Mac™ with Cheese	11 1/2"	660	290	63	62	12	66	95	31	1200	75	50	17	4	0	24	10	20	25	25	
Big Mac™ with Cheese	11 1/2"	660	290	63	62	12	66	95	31	1200	75	50	17	4	0	24	10	20	25	25	
Crispy Chicken	11 1/2"	550	270	27	41	4.5	23	50	17	1100	69	34	10	2	0	9	12	6	10	20	
Filet O Fish™	11 1/2"	470	240	26	41	5	25	50	17	600	49	45	15	1	5	5	15	4	10	20	
Chicken McGrill™	12 1/2"	450	160	16	28	3	15	60	20	970	61	46	15	2	0	9	10	6	10	20	
Chicken McGrill™ (patio w/o mayo)	12 1/2"	350	60	-	10	1.5	-	30	10	670	37	45	15	2	0	9	10	6	10	20	
<b>French Fries</b>																					
Small French Fries	6 1/2"	210	90	10	15	1.5	9	0	0	135	6	26	9	2	0	10	0	15	2	2	
Medium French Fries	1 1/2"	350	140	14	25	2.5	14	0	0	230	12	57	19	5	21	0	6	10	2	6	
Large French Fries	1 1/2"	500	200	26	40	4.5	23	0	0	330	15	80	23	6	25	0	8	10	45	2	
Super Size™ French Fries	1 1/2"	610	260	29	45	5	25	0	0	470	18	100	26	7	28	0	9	10	40	2	
<b>Chicken McNuggets™/Sauces</b>																					
Chicken McNuggets™ (1 piece)	7 1/2"	290	100	11	17	2.5	11	35	12	560	33	13	4	1	0	10	10	10	10	10	
Chicken McNuggets™ (6 pieces)	10 1/2"	1700	600	66	102	15	66	210	72	3360	200	78	24	6	6	60	60	60	60	60	
Chicken McNuggets™ (9 pieces)	10 1/2"	2550	900	99	153	22.5	99	315	108	4950	300	117	36	9	9	90	90	90	90	90	
Hot Mustard (1 pkg)	2 1/2"	50	0	0	0	0	0	0	0	250	10	0	0	0	0	0	0	0	0	0	
Barbecue Sauce (1 pkg)	2 1/2"	50	0	0	0	0	0	0	0	250	10	0	0	0	0	0	0	0	0	0	
Sweet 'N Sour Sauce (1 pkg)	2 1/2"	50	0	0	0	0	0	0	0	250	10	0	0	0	0	0	0	0	0	0	
Honey (1 pkg)	1 1/2"	50	0	0	0	0	0	0	0	12	0	0	0	0	0	0	0	0	0	0	
Honey Mustard (1 pkg)	1 1/2"	50	0	0	0	0	0	0	0	12	0	0	0	0	0	0	0	0	0	0	
Light Mayonnaise (1 pkg)	1 1/2"	50	0	0	0	0	0	0	0	100	4	0	0	0	0	0	0	0	0	0	
<b>McSalad Shaker™ Salads</b>																					
Chef Salad	10 1/2"	300	150	70	14	1.5	7	18	95	11	7	0	2	2	0	2	17	20	25	15	
Caesar Salad	10 1/2"	300	150	60	12	1.5	6	15	75	25	120	5	4	2	0	1	7	10	25	15	
Grilled Chicken Caesar Salad	10 1/2"	300	150	25	5	0.5	2.5	7	10	15	240	10	3	1	2	6	1	17	25	15	
Coleslaw (1 pkg)	1 1/2"	50	10	2	2	0	0	0	0	105	4	0	0	0	0	0	0	0	0	0	
<b>McSalad Shaker™ Salad Dressings</b>																					
Caesar (1 pkg)	4 1/2"	150	120	3.5	21	2.5	12	10	0	600	17	5	2	0	0	0	2	3	0	0	
Fat Free Herb Vinaigrette (1 pkg)	4 1/2"	55	0	0	0	0	0	0	0	240	11	8	5	0	0	0	0	0	0	0	
Honey Mustard (1 pkg)	4 1/2"	160	100	11	17	1.5	8	15	6	200	11	15	6	0	0	0	0	0	0	0	
Ranch (1 pkg)	4 1/2"	170	160	20	25	1.5	13	15	5	400	19	3	1	0	0	0	0	0	0	0	
Red French Reducal Calorim (1 pkg)	4 1/2"	130	60	6	10	1	5	0	0	360	15	10	6	0	0	0	0	0	0	0	
100% Island (1 pkg)	4 1/2"	150	80	9	14	1.5	7	15	5	150	14	11	4	0	0	0	0	0	0	0	
<b>Breakfast</b>																					
Egg McMuffin™	11 1/2"	290	110	12	20	2.5	10	25	70	700	35	27	9	1	0	1	17	10	20	15	
Sausage McMuffin™	11 1/2"	360	130	14	25	3	12	35	15	740	37	26	0	1	0	2	15	10	20	15	
Sausage McMuffin™ with Egg	11 1/2"	440	150	16	30	3.5	15	40	20	820	41	27	0	1	0	3	19	10	20	15	
English Muffin	5 1/2"	140	20	2	4	0	0	0	0	210	9	25	8	1	0	0	0	0	0	0	
Sausage Biscuit	11 1/2"	310	110	12	20	2.5	10	25	70	700	35	27	9	1	0	1	17	10	20	15	
Caesar Salad with Egg	10 1/2"	300	150	35	7	0.75	3.5	19	215	62	1010	42	31	10	1	6	1	16	6	15	
Bacon, Egg & Cheese Biscuit	10 1/2"	400	180	31	47	4.75	21	29	290	85	1410	59	31	10	1	6	3	20	10	15	
Biscuit	6 1/2"	140	140	11	17	2.5	13	0	0	600	27	20	10	1	0	0	0	0	0	0	
Han, Egg & Cheese Biscuit	10 1/2"	350	130	14	25	3	12	35	15	740	37	26	0	1	0	2	15	10	20	15	
Sausage Sausage Biscuit	10 1/2"	400	150	16	30	3.5	15	40	20	820	41	27	0	1	0	3	19	10	20	15	
Steak, Egg & Cheese Biscuit	10 1/2"	400	150	16	30	3.5	15	40	20	820	41	27	0	1	0	3	19	10	20	15	
Sausage	4 1/2"	170	150	16	25	5	12	35	11	290	12	0	0	0	0	0	0	0	0	0	
Scrambled Eggs (2)	10 1/2"	160	100	11	18	3.5	17	62.5	141	170	7	1	0	0	0	0	1	14	10	2	
Hash Browns	5 1/2"	150	70	4	12	1.5	7	0	0	330	14	13	5	1	0	0	0	0	0	0	
Hotcakes (plain)	11 1/2"	340	70	8	12	1.5	6	20	6	630	26	50	19	0	0	0	0	0	0	0	
Hotcakes (Maple Syrup / pato & Syrup)	11 1/2"	400	150	17	26	3	16	20	6	770	32	100	35	0	0	0	0	0	0	0	
Sausage Breakfast Burrito	11 1/2"	290	150	16	25	3	12	35	15	600	28	24	8	2	0	6	2	11	10	15	
<b>Muffins/Danish</b>																					
Apple Pie Biscuit	11 1/2"	300	100	3	5	0.5	2	0	0	500	16	41	20	3	11	12	6	0	0	0	
Apple Danish	10 1/2"	340	130	15	25	3	15	20	7	540	14	17	16	2	0	11	5	0	0	0	
Cheese Danish	10 1/2"	400	190	21	32	3	17	40	14	600	17	45	15	2	7	16	7	0	0	0	
Cinnamon Roll	9 1/2"	390	160	18	28	5	14	45	22	510	15	50	17	2	0	14	6	0	0	0	
<b>Desserts/Shakes</b>																					
Fruit 'n Yogurt Parfait	5 1/2"	300	50	5	8	2	11	15	5	240	10	76	25	2	0	19	10	2	40	30	
Fruit 'n Yogurt Parfait (w/o granola)	5 1/2"	280	45	4	6	2	10	15	5	215	5	53	18	0	0	10	8	2	40	25	
Vanilla Reduced Fat Ice Cream Cone	9 1/2"	150	40	4.5	7	3	15	20	6	75	3	23	8	0	0	17	4	4	2	10	
Strawberry Sundae	1 1/2"	290	70	7	11	5	15	30	30	95	4	50	17	0	0	0	0	0	0	0	
Hot Caramel Sundae	1 1/2"	360	90	10	15	6	21	35	11	160	7	61	20	0	0	0	0	0	0	0	
Hot Fudge Sundae	1 1/2"	340	100	12	18	9	25	30	10	170	7	52	17	1	5	4	8	10	2	25	
Milk (Dairy)	1 1/2"	40	30	3.5	5	0	0	0	0	55	2	2	1	0	0	0	0	0	0	0	
Butterfinger™ McFlurry™	5 1/2"	620	190	22	35	14	60	70	23	260	11	90	30	0	0	0	0	0	0	0	
MAC™ McFlurry™	5 1/2"	630	200	25	35	15	74	75	24	210	9	90	30	1	0	0	0	0	0	0	
Vanilla Caramel™ McFlurry™	5 1/2"	640	210	24	37	16	70	75	25	250	10	90	30	0	0	0	0	0	0	0	
Oreo™ McFlurry™	5 1/2"	570	180	20	31	12	59	70	23	280	12	82	27	0	0	0	0	0	0	0	
Baked Apple Pie	7 1/2"	260	120	15	20	3.5	17	0													

# Nutritional Information



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	SERVING SIZE	CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	SATURATED FAT	TOTAL TRANS. FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBOHYDRATE (g)	DIETARY FIBER (g)	TOTAL SUGARS (g)	PROTEIN (g)	VITAMIN A %DV	VITAMIN C %DV	CALCIUM %DV	IRON %DV
WHOPPER® Sandwich	278	680	350	39	12	1	80	940	53	4	9	29	10	15	10	30
<i>without Mayo</i>	257	530	200	22	9	1	70	840	53	4	8	29	10	15	10	30
WHOPPER® With Cheese Sandwich	303	780	420	47	17	1.5	105	1390	55	4	9	34	15	15	25	30
<i>without Mayo</i>	282	620	270	30	14	1.5	90	1280	54	4	9	33	15	15	25	30
DOUBLE WHOPPER®	353	920	510	57	20	2	150	1020	53	4	9	48	10	15	15	40
<i>without Mayo</i>	332	760	360	40	17	2	135	920	53	4	8	48	10	15	15	40
DOUBLE WHOPPER® with Cheese Sandwich	378	1020	590	65	25	2	170	1460	55	4	9	53	15	15	30	40
<i>without Mayo</i>	357	860	430	48	23	2	160	1350	54	4	9	53	15	15	30	40
WHOPPER JR.® Sandwich	167	410	210	23	7	0.5	50	520	32	2	6	18	4	8	8	20
<i>without Mayo</i>	157	330	130	14	6	0.5	45	470	32	2	5	18	4	8	8	20
WHOPPER JR.® With Cheese Sandwich	180	460	240	27	10	1	60	740	33	2	6	21	8	8	15	20
<i>without Mayo</i>	169	370	160	18	9	1	55	680	32	2	6	21	8	8	15	20
BULLS-EYE® BBQ Deluxe Sandwich	150	400	210	23	7	0.5	50	420	30	2	7	18	2	6	8	15
<i>without Mayo</i>	139	310	130	14	7	0.5	45	370	30	2	7	17	2	6	8	15
Hamburger	123	320	130	14	6	0.5	45	530	30	2	5	18	2	0	8	15
Cheeseburger	136	370	160	18	9	1	55	750	31	2	5	22	6	0	15	15
Double Hamburger	172	480	230	26	11	1	85	580	30	2	5	31	2	0	10	25
Double Cheeseburger	197	570	310	34	17	1.5	110	1020	32	2	5	35	10	0	25	25
Bacon Double Cheeseburger	205	610	330	37	18	1.5	120	1170	32	2	5	38	1	0	25	25

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	SERVING SIZE	CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	SATURATED FAT	TOTAL TRANS. FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBOHYDRATE (g)	DIETARY FIBER (g)	TOTAL SUGARS (g)	PROTEIN (g)	VITAMIN A %DV	VITAMIN C %DV	CALCIUM %DV	IRON %DV
BK BIG FISH® Sandwich	263710340	38	14	2	50	1200	67	4	4	24	2	0	8	20		
BK BROILER® Chicken Sandwich	258550230	25	5	N/A	105	1110	52	3	5	30	6	10	6	20		
<i>without Mayo</i>	237390	70	8	2	N/A	90	1010	51	3	5	29	6	10	6	10	
Chicken Sandwich	224660350	39	8	2.5	70	1330	53	3	6	25	2	0	8	15		
<i>without Mayo</i>	196460150	17	5	2.5	55	1190	52	3	5	25	2	0	6	15		
CHICKEN TENDERS® Sandwich	148450240	27	5	1.5	30	680	37	2	4	14	4	6	6	10		
<i>without Mayo</i>	127290	90	10	3	1.5	20	570	36	2	3	14	4	6	6	10	
Chicken Club Sandwich	256740400	44	10	2	85	1530	55	4	6	30	6	10	8	20		
<i>without Mayo</i>	22853019021	6	2	65	1390	54	4	5	30	6	10	6	20			
CHICKEN TENDERS® -4 pieces	62	170	80	9	3	2	25	420	10	0	0	11	0	0	0	2
CHICKEN TENDERS® -5 pieces	77	220	110	12	3	2.5	30	530	13	<1	0	14	0	0	0	2
CHICKEN TENDERS® -6 pieces	92	250	130	14	4	2.5	35	630	15	<1	0	16	0	0	0	4
CHICKEN TENDERS® -8 pieces	123	340	170	19	5	3.5	50	840	20	<1	0	22	0	0	0	4
French Fries-Small (salted)	75	230	100	11	3	3	0	630	29	2	0	3	0	8	2	2
French Fries-Small (no salt)	74	230	100	11	3	3	0	240	29	2	0	3	0	8	2	2
French Fries-Medium (salted)	117	360	160	18	5	5	0	690	46	4	1	4	0	15	2	4
French Fries-Medium (no salt)	116	360	160	18	5	5	0	370	46	4	1	4	0	15	2	4
French Fries-Large (salted)	160	500	220	25	7	6	0	940	63	5	1	6	0	20	2	6
French Fries-Large (no salt)	159	500	220	25	7	6	0	510	63	5	1	6	0	20	2	6
French Fries-King Size (salted)	194	600	270	30	8	8	0	1140	76	6	1	7	0	20	2	6
French Fries-King Size (no salt)	193	600	270	30	8	8	0	620	76	6	1	7	0	20	2	6
Onion Rings-Childs	117	360	160	18	5	5	0	690	46	4	1	4	0	15	2	4
Onion Rings-Medium	91	320	140	16	4	4	0	460	40	3	5	4	0	0	10	0
Onion Rings-Large	137	480	210	23	6	5	0	690	60	5	7	7	0	0	15	0
Onion Rings-King Size	159	550	240	27	7	6	0	800	70	5	8	8	0	0	20	0
JALAPEÑO POPPERS® (4 pieces)	77	230	120	13	5	N/A	20	790	22	2	1	7	6	0	15	4
Mozzarella Sticks (4 pieces)	88	290	140	16	6	N/A	20	670	25	<1	1	12	6	0	20	2
Dutch Apple Pie	113	340	130	14	3	3	0	470	52	1	23	2	2	0	0	8
HERSHEY®S Sundae Pie	79	310	160	18	13	2	10	135	33	<1	20	3	0	0	4	8

# Nutritional Information

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	SERVING SIZE	CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	SATURATED FAT	TOTAL TRANS. FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBOHYDRATE (g)	DIETARY FIBER (g)	TOTAL SUGARS (g)	PROTEIN (g)	VITAMIN A %DV	VITAMIN C %DV	CALCIUM %DV	IRON %DV	
CROISSANWICH® with Sausage, Egg & Cheese	153	500	320	36	13	2	190	1020	26	1	5	19	8	0	15	15	
CROISSANWICH® with Sausage & Cheese	107	410	260	29	11	2	40	830	24	1	4	14	4	0	10	10	
Biscuit	86	300	140	15	3.5	N/A	0	830	35	<1	3	6	0	0	4	10	
Biscuit With Egg	132	390	200	22	5	N/A	150	1020	37	<1	4	11	4	0	6	15	
Biscuit With Sausage	131	510	320	35	10	N/A	30	1190	35	1	3	13	0	0	4	15	
Biscuit With Sausage, Egg & Cheese	189	650	410	46	14	N/A	190	1600	38	1	4	20	8	0	15	15	
French Toast Sticks-5 Sticks	112	390	180	20	4.5	4.5	0	440	46	2	11	6	0	0	6	10	
Cini-minis-4 rolls (without Vanilla Icing)	108	440	210	23	6	N/A	25	710	51	1	20	6	2	0	2	6	15
Hash Brown Rounds-Small	75	240	140	15	4	5	0	450	23	2	0	2	0	0	0	2	
Hash Brown Rounds-Large	128	390	230	25	7	8	0	760	38	4	0	3	0	2	0	4	

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	SERVING SIZE	CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	SATURATED FAT	CHOLESTEROL (mg)	SODIUM (mg)	CARBOHYDRATE (g)	DIETARY FIBER (g)	TOTAL SUGARS (g)	PROTEIN (g)	VITAMIN A %DV	VITAMIN C %DV	CALCIUM %DV	IRON %DV
Vanilla Shake-Small	305	330	50	6	4	20	260	61	1	51	9	4	8	35	0
Vanilla Shake-Medium	397	430	70	8	5	25	340	79	2	66	12	6	10	40	0
Chocolate Shake-Small	305	340	50	6	4	25	210	62	3	52	10	4	0	25	8
Chocolate Shake-Small (Syrup added)	333	400	50	6	4	20	360	77	2	66	10	4	8	30	4
Chocolate Shake-Medium	397	440	70	8	5	35	270	80	4	68	13	6	0	35	10
Chocolate Shake-Medium (Syrup added)	425	500	70	8	5	25	440	95	3	81	13	6	10	45	4
Strawberry Shake- Small (Syrup added)	333	390	50	6	4	20	270	76	1	66	9	4	8	35	0
Strawberry Shake-Medium (Syrup added)	425	500	70	8	5	25	350	95	2	81	12	6	10	45	0
COCA COLA ® ClassicKids	282	120	0	0	0	0	N/A	31	0	31	0	0	0	0	0
COCA COLA ® Classic Small	376	160	0	0	0	0	N/A	41	0	41	0	0	0	0	0
COCA COLA ® Classic Medium	518	230	0	0	0	0	N/A	56	0	56	0	0	0	0	0
COCA COLA ® Classic Large	753	330	0	0	0	0	N/A	82	0	82	0	0	0	0	0
COCA COLA ® Classic King	988	430	0	0	0	0	N/A	108	0	108	0	0	0	0	0
DIET COKE® Kids	282	0	0	0	0	0	N/A	0	0	0	0	0	0	0	0
DIET COKE® Small	376	0	0	0	0	0	N/A	0	0	0	0	0	0	0	0
DIET COKE® Medium	518	0	0	0	0	0	N/A	0	0	0	0	0	0	0	0
DIET COKE® Large	753	0	0	0	0	0	N/A	0	0	0	0	0	0	0	0
DIET COKE® King	988	0	0	0	0	0	N/A	0	0	0	0	0	0	0	0
SPRITE ® Kids	282	120	0	0	0	0	N/A	30	0	30	0	0	0	0	0
SPRITE ® Small	376	160	0	0	0	0	N/A	40	0	40	0	0	0	0	0
SPRITE ® Medium	581	220	0	0	0	0	N/A	55	0	55	0	0	0	0	0
SPRITE ® Large	753	320	0	0	0	0	N/A	80	0	80	0	0	0	0	0
SPRITE ® King	988	420	0	0	0	0	N/A	105	0	105	0	0	0	0	0
DR. PEPPER® Kids	282	120	0	0	0	0	N/A	30	0	30	0	0	0	0	0
DR. PEPPER® Small	376	160	0	0	0	0	N/A	39	0	39	0	0	0	0	0
DR. PEPPER® Medium	581	220	0	0	0	0	N/A	54	0	54	0	0	0	0	0
DR. PEPPER® Large	753	320	0	0	0	0	N/A	79	0	79	0	0	0	0	0
DR. PEPPER® King	988	410	0	0	0	0	N/A	104	0	104	0	0	0	0	0

FROZEN COCA COLA® CLASSIC Medium	439	370	0	0	0	0	0	N/A	92	0	92	0	0	0	0	0
FROZEN COCA COLA® CLASSIC Large	539	460	0	0	0	0	0	N/A	116	0	116	0	0	0	0	0
FROZEN MINUTE MAID® CHERRY Medium	439	370	0	0	0	0	0	N/A	92	0	92	0	0	0	0	0
FROZEN MINUTE MAID® CHERRY Medium	539	460	0	0	0	0	0	N/A	116	0	116	0	0	0	0	0
PREMIUM® Orange Juice	311	140	0	0	0	0	0	0	33	0	28	2	0	100	0	0
Coffee Small	244	0	0	0	0	0	0	0	<1	0	0	0	0	0	0	0
Coffee Medium	366	5	0	0	0	0	0	5	<1	0	0	0	0	0	0	0
Coffee Large	4886	10	0	0	0	0	0	10	2	0	0	0	0	0	0	0
Reduced Fat Milk-2% Milk Fat	8 fl oz	130	45	5	3	20	120	12	0	12	8	10	4	30	0	0

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**SERVING SIZE**  
**CALORIES**  
**CALORIES FROM FAT**  
**TOTAL FAT (g)**  
**SATURATED FAT**  
**TOTAL TRANS. FAT (g)**  
**CHOLESTEROL (mg)**  
**SODIUM (mg)**  
**CARBOHYDRATE (g)**  
**PROTEIN (g)**

**Burger/Sandwich Components**

WHOPPER® Patty	76	240	160	18	8	1	70	80	0	19
WHOPPER® Bun	89	250	35	4	1	0	0	430	46	8
Hamburger Patty	49	160	110	12	5	0.5	45	56	0	0
Hamburger Bun	55	160	25	2.5	0.5	0	0	250	28	5
BK BROILER® Chicken Breast Patty	99	140	35	4.5	1.5	N/A	90	570	4	21
BULLS-EYE® BBQ Sauce (1/2 oz)	14	20	0	0	0	0	0	130	5	0
Ketchup (1/2 oz)	14	15	0	0	0	0	0	180	4	0
Lettuce (3/4 oz)	21	0	0	0	0	0	0	0	0	0
Mustard (1/9 oz)	3	0	0	0	0	0	0	40	0	0
Onion (1/2 oz)	14	5	0	0	0	0	0	0	1	0
Pickles (4 slices)	14	0	0	0	0	0	0	140	0	0
Processed American Cheese (2 slices)	25	100	70	8	5	0	20	440	1	5
Tartar Sauce (1/2 oz)	14	70	70	8	4	0	5	100	0	0
Tomato (2 slices)	28	0	0	0	0	0	0	0	1	0

**Breakfast**

Bacon (3 pieces)	8	40	25	3	1	0	10	150	0	3
Ham (2 pieces)	34	35	10	1	0	N/A	15	770	0	6
Sausage Patty (2 oz)	44	210	180	20	6	0.5	2.5	350	0	7
Biscuit	86	300	140	15	3.5	N/A	0	830	35	6
Grape Jam	12	30	0	0	0	0	0	0	7	0
Strawberry Jam	12	30	0	0	0	0	0	0	7	0
Breakfast Syrup	28	80	0	0	0	0	0	20	21	0
LAND O'LAKES® Whipped Classic Blend	5	25	25	3.5	0.5	0.5	0	30	0	0
Vanilla Icing (Cini-minis)	28	110	25	3	0.5	N/A	0	40	20	0

## Dipping Sauces

Barbecue Dipping Sauce	28	35	0	0	0	0	0	400	9	0
Honey Flavored Dipping Sauce	28	90	0	0	0	0	0	0	23	0
Honey Mustard Dipping Sauce	28	90	50	6	1	N/A	10	150	9	0
Marinara Dipping Sauce	28	20	0	0	0	N/A	0	280	5	0
Ranch Dipping Sauce	28	120	120	13	2	N/A	5	85	1	1
Sweet and Sour Dipping Sauce	28	40	0	0	0	0	0	65	10	0



	Calories	Total Fat (gms)	Daily Value	Total Fat (gms)	Daily Value	Cholesterol (mg)	Daily Value	Sodium (mg)	Daily Value	Carbohydrates (gms)	Daily Value	Sugars
<b>Taco</b>	170	10	15	4	19	30	10	330	14	12	4	3
<b>Taco Supreme®</b>	210	14	21	6	31	40	13	350	14	14	5	3
<b>Soft Taco - Beef</b>	210	10	15	4	20	30	10	570	24	20	7	3
<b>Soft Taco - Chicken</b>	190	7	10	2.5	13	35	11	480	20	19	6	2
<b>Soft Taco - Steak</b>	190	7	11	3	19	25	8	490	21	18	6	1
<b>Soft Taco Supreme® - Beef</b>	260	13	21	6	32	40	13	590	24	22	7	3
<b>Soft Taco Supreme® - Chicken</b>	240	11	16	5	25	45	14	490	20	21	7	2
<b>Soft Taco Supreme® - Steak</b>	240	11	17	5	26	35	12	510	21	20	7	2
<b>Double Decker® Taco</b>	330	15	23	6	25	30	10	740	31	37	12	9
<b>Double Decker® Taco Supreme®</b>	380	18	28	7	36	40	13	760	32	39	13	9
<b>Bean Burrito</b>	370	12	18	3.5	19	10	3	1080	45	54	18	12
<b>7-Layer Burrito</b>	520	22	34	7	37	25	8	1270	53	65	22	13
<b>Chili Cheese Burrito</b>	330	13	20	5	27	25	9	900	37	40	13	4
<b>Burrito Supreme® - Beef</b>	430	18	28	7	37	40	13	1210	51	50	17	9
<b>Burrito Supreme® - Chicken</b>	410	16	24	6	30	45	15	1120	47	49	16	8
<b>Burrito Supreme® - Steak</b>	420	16	25	6	32	35	12	1140	47	48	16	8
<b>Double Burrito Supreme® - Beef</b>	510	23	35	9	46	60	21	1500	63	52	17	11
<b>Double Burrito Supreme® - Chicken</b>	460	17	26	6	32	70	24	1200	50	50	17	8
<b>Double Burrito Supreme® - Steak</b>	470	18	28	6	35	55	19	1230	51	48	16	8
<b>Fiesta Burrito - Beef</b>	380	15	22	5	25	30	10	1100	46	49	16	7
<b>Fiesta Burrito - Chicken</b>	370	12	18	3.5	18	35	11	1000	42	48	16	6
<b>Fiesta Burrito - Steak</b>	370	12	19	4	19	25	9	1020	42	47	16	6
<b>Grilled Stuff Burrito - Beef</b>	730	35	54	14	53	65	21	2090	87	75	25	16
<b>Grilled Stuff Burrito - Chicken</b>	690	29	45	8	39	70	24	1900	79	73	24	15
<b>Grilled Stuff Burrito - Steak</b>	690	30	47	8	41	60	20	1970	82	72	24	15



	Calories	Total Fat (gms)	Daily Value	Total Cholesterol (mg)	Daily Value	Total Sodium (mg)	Daily Value	Total Carbohydrates (gms)	Daily Value	Total Sugars (gms)	Daily Value				
<b>Gordita Supreme® - Beef</b>	300	14	21	55	26	35	12	550	23	27	9	3	10	4	17
<b>Gordita Supreme® - Chicken</b>	300	13	21	55	26	45	14	530	22	28	9	3	11	4	16
<b>Gordita Supreme® - Steak</b>	300	14	21	55	26	35	12	550	23	27	9	3	10	4	17
<b>Gordita Baja™ - Beef</b>	360	21	32	55	26	35	12	810	34	29	10	4	17	4	13
<b>Gordita Baja™ - Chicken</b>	340	18	27	70	19	40	13	710	30	28	9	3	11	4	16
<b>Gordita Baja™ - Steak</b>	340	18	28	70	21	30	11	730	30	27	9	3	10	4	17
<b>Gordita Nacho Cheese - Beef</b>	310	15	24	75	20	25	8	780	33	30	10	4	18	4	13
<b>Gordita Nacho Cheese - Chicken</b>	290	13	19	65	13	25	9	690	29	29	10	3	10	4	15
<b>Gordita Nacho Cheese - Steak</b>	290	13	20	65	15	20	7	700	29	28	9	3	10	3	16
<b>Gordita Santa Fe™ - Beef</b>	380	23	35	55	22	35	12	700	29	31	10	5	20	3	12
<b>Gordita Santa Fe™ - Chicken</b>	370	20	31	65	24	40	13	610	25	30	10	3	14	3	17
<b>Gordita Santa Fe™ - Steak</b>	370	20	32	65	22	35	11	620	26	29	10	3	13	3	17
<b>Chalupa Supreme® - Beef</b>	380	23	35	55	16	40	13	580	24	29	10	3	13	3	14
<b>Chalupa Supreme® - Chicken</b>	360	20	30	75	33	45	14	490	20	28	9	2	17	3	12
<b>Chalupa Supreme® - Steak</b>	360	20	31	75	34	35	12	500	21	27	9	2	16	3	17
<b>Chalupa Baja® - Beef</b>	420	27	41	75	34	35	12	760	32	30	10	3	13	3	14
<b>Chalupa Baja® - Chicken</b>	400	24	37	65	27	40	13	660	28	28	9	2	17	3	17
<b>Chalupa Baja® - Steak</b>	400	24	37	65	29	30	11	680	28	27	9	2	16	3	17
<b>Chalupa Nacho Cheese - Beef</b>	370	22	33	55	24	25	8	740	31	30	10	3	12	3	13
<b>Chalupa Nacho Cheese - Chicken</b>	350	19	29	55	22	25	9	640	27	29	10	2	15	3	16
<b>Chalupa Nacho Cheese - Steak</b>	350	19	30	45	23	20	7	660	27	28	9	1	16	2	16
<b>Chalupa Santa Fe™ - Beef</b>	440	29	45	55	36	35	12	660	27	31	10	4	16	2	14
<b>Chalupa Santa Fe™ - Chicken</b>	420	26	41	65	29	40	13	660	23	30	10	2	10	2	17
<b>Chalupa Santa Fe™ - Steak</b>	430	27	41	65	30	35	11	580	24	29	10	2	9	2	18



# Nutrition Guide

also see... Daily Value Percentages & Diabetic Exchange

Tacos

Serving Choices	Calories	Calories from Fat	Total Fat (gms)	Daily Value	Saturated Fat (gms)	Daily Value	Cholesterol (mgs)	Daily Value	Sodium (mgs)	Daily Value	Carbohydrates (gms)	Daily Value	Dietary Fiber	Daily Value	Sugars	Protein
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## Nachos

3.5	320	160	18	28	4	19	<5	0	560	23	34	11	3	10	2	5
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## Nachos Supreme®

7	440	210	24	37	7	37	35	12	800	33	44	15	9	37	3	14
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## Nachos BellGrande®

11	760	350	39	60	11	53	35	12	1300	54	83	28	17	67	4	20
----	-----	-----	----	----	----	----	----	----	------	----	----	----	----	----	---	----

## Mucho Grande Nachos

18	1320	740	82	126	25	123	75	24	2670	111	116	39	18	72	6	31
----	------	-----	----	-----	----	-----	----	----	------	-----	-----	----	----	----	---	----

## Pintos'n Cheese

4.5	180	80	8	13	4	19	15	5	640	27	18	6	10	40	1	9
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## Mexican Rice

4.75	190	80	9	13	3.5	18	15	6	750	31	23	8	<1	0	<1	5
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## Cinnamon Twists

1.25	150	40	4.5	7	1	5	0	0	190	8	27	9	<1	0	13	1
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## Tostada

6.25	250	110	12	19	4.5	22	15	5	640	27	27	9	11	45	2	10
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## Mexican Pizza

6.75	390	220	25	38	8	41	45	16	930	39	28	9	8	31	2	18
------	-----	-----	----	----	---	----	----	----	-----	----	----	---	---	----	---	----

## Enchirito® - Beef

7.5	370	170	19	29	9	45	50	17	1300	54	33	11	9	34	2	18
-----	-----	-----	----	----	---	----	----	----	------	----	----	----	---	----	---	----

## Enchirito® - Chicken

7.5	350	140	16	24	8	38	55	18	1210	50	32	11	7	28	2	21
-----	-----	-----	----	----	---	----	----	----	------	----	----	----	---	----	---	----

## Enchirito® - Steak

7.5	350	150	16	25	8	39	45	16	1220	51	31	10	7	28	2	22
-----	-----	-----	----	----	---	----	----	----	------	----	----	----	---	----	---	----

## MexiMelt®

4.75	290	140	15	23	7	34	45	16	830	35	22	7	4	15	2	15
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## Taco Salad with Salsa

19	850	470	52	80	14	71	70	23	2250	94	69	23	16	62	12	30
----	-----	-----	----	----	----	----	----	----	------	----	----	----	----	----	----	----

## Taco Salad with Salsa without Shell

16.5	400	200	22	33	10	50	70	23	1510	63	31	10	15	60	9	24
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## Cheese Quesadilla

4.25	350	160	18	28	9	43	50	16	860	36	31	10	3	12	2	16
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## Chicken Quesadilla

6	400	180	19	30	9	45	75	25	1050	44	33	11	3	13	2	25
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# How to Demonstrate a Healthy Chicken Stir-Fry

## **Name of Activity**

Cooking Demonstration - Honey glazed chicken stir-fry.

## **Description**

Make and serve quick, easy, and healthy stir-fry to your faith community members.

## **Goals**

1. Expose people to tasty, lowfat food
2. Expose people to easy healthy cooking techniques

## **Materials**

1. Cutting board
2. Food ingredients (see attached recipe)
3. Sharp knives
4. Teaspoons
5. Paper towels
6. Serving spoon
7. Spoon to stir the sauce
8. 3-4 medium storage bowls
9. 2-3 small bowls
10. Small plates
11. Forks
12. Napkins
13. Food handling gloves
14. Extra copies of the Help Yourself Cookbook
15. Electric frying pan
16. Extension cord
17. Cooking spray



18. Thermometer
19. Copies of Help Yourself booklets
20. Towels (to dry dishes)
21. Tablecloth
22. Cooking demo sign
23. Apron
24. Talking points (attached)

## **Handouts**

- Recipe, "Honey Glazed Chicken Stir-fry"
- Copies of Food Safety Pamphlet
- Guidelines to Change Recipes
- How to Modify Your Recipes
- Dry Heat Cooking Methods
- Lean Cuts & Cooking Methods
- How to Eat Less Fat from Dairy Foods
- Dairy Cooking Tips for Low Fat Cooks

## **Food**

- See attached recipe.
- Consider doing a cooking demonstration of any other low fat recipe you may have as well!

## **Set-up**

1. Set-out cooking demo sign.
2. Using food handler gloves cut up chicken into 1/4 inch pieces and store in airtight container.
3. Make the sauce, according to the recipe. Cover and set aside.
4. Place recipes, plates & forks on table.

## **Instructions**

1. Demonstrate the recipe when you have a good-sized audience of people around you.
2. Discuss the ingredients and preparation method (see talking points).
3. Distribute samples. Repeat as necessary. Clean-up.



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# Honey-glazed Chicken Stir-Fry

Fast and easy... 25 minutes start to finish

## **Ingredients**

- 12 oz. skinless, boneless chicken breast halves or skinless, boneless chicken thighs (use less than this recipe calls for)
- 2 Tbsp. honey
- 2 Tbsp. vinegar
- 2 Tbsp. orange juice
- 1 Tbsp. soy sauce
- 1 tsp. cornstarch
- 1 ½ Tbsp. cooking oil
- 2 cups loose-pack frozen mixed vegetables

1. Rinse chicken; pat dry. Cut chicken into 1/4-inch pieces; set aside. For sauce, in a small bowl stir together honey, vinegar, orange juice, soy sauce, and cornstarch; set aside.
2. Pour 1 Tbsp. cooking oil into a wok or large skillet (Add more vegetable oil as necessary during cooking.) Preheat over medium-high heat. Stir-fry frozen vegetables for 3 minutes or till vegetables are crisp-tender. Remove vegetables from wok. Add ½ tsp. oil to wok if necessary. Add chicken to hot wok. Stir-fry for 3 to 4 minutes or till chicken is no longer pink. Push chicken from the center of the wok. Stir sauce; add to center of the wok. Cook and stir till thickened and bubbly.
3. Return cooked vegetables to wok. Stir all ingredients together to coat. Cook and stir about 1 minute more or till heated through. If desired, serve immediately over cooked rice. Makes 4 servings



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## Talking Points for Honey-glazed Chicken Stir-fry

- This is a quick recipe-takes about 25-30 minutes from start to finish.
- Chicken is a low-fat meat (lower in fat than red meats).
- When preparing chicken in other recipes - cook it with the skin on, but remove the skin (the fat) before you eat the chicken. Keeping the skin on while cooking helps retain the moisture and flavor.
- This recipe has many low-fat or no-fat, yet tasty, ingredients.
- This recipe uses little oil; use oil sparingly in recipes. Usually you can cut down the amount of oil that a recipe calls for by 1 teaspoon. Use cooking spray, broths, wine, or other liquids instead of oil if you choose.
- You can choose to add any vegetables that you/your family like.
- Save time by using frozen vegetables.
- The meat in this recipe is really optional; it's a great way to use up little bits and pieces of meat.
- You could serve the stir-fry over rice or other grains (couscous, quinoa, etc.) Instant brown rice is available at most grocery stores. What other grains do people use?

## Questions to ask the audience

- What kind of sauces do you use in stir-fry dishes?
- What kinds of ingredients do you use in your stir-fry dishes?
- What other healthy dishes do they like to prepare?
- What healthy foods do they eat while eating out at restaurants?
- Did you notice there are some good recipes in the "Help Yourself" booklet?
- Was the checklist helpful in the "Help Yourself" booklet? (point it out on page 14 and in the back of the book.)  
Distribute extra copies of the Help Yourself Booklet as necessary. If you're faith community mailed the booklets to your entire membership, get people's name/address if they did not receive a mailing. Give names and addresses to the appropriate person who updates your faith community's mailing list.
- What information on eating healthy would they like to learn about?
- Do they know about the upcoming events at their faith community?
- Do they try and eat fruits and vegetables every day?

# Guidelines to Change Recipes



These guidelines will help you reduce the fat in your recipes and help you save on your food bill!

Identify the ingredients that add fat to the recipe (margarine, mayonnaise, nuts, oils, cheese, meat, butter, lard).

Identify ways to reduce the fat in the recipe.

## I. Remove high-fat ingredients

- Make spaghetti sauce without the meat.
- Leave cheese topping off the casserole.
- Other: \_\_\_\_\_

## II. Use less of the high-fat ingredient

- Use only 1 tsp oil to brown meat or vegetables.
- Reduce nuts to 1/4 C per recipe.
- Use 1/2 - 3/4 of the mayonnaise called for in the recipe.
- Use 1/2 the amount of cream soups.
- Use 1/2 the amount of cheese and use sharper cheddar to get more flavor from a smaller amount.
- Other: \_\_\_\_\_

## III. Use lower-fat substitutes

- Use skim or non-fat milk.
- Use evaporated skim milk.
- Use lower-fat cheeses and yogurts on casseroles and pizza, etc.
- Use plain yogurt or blended cottage cheese instead of sour cream.
- Use light, diet, or fat-free mayonnaise and salad dressings.
- Use apple sauce or fruit concentrate (i.e. Lighter Bake) instead of butter or margarine in baked goods.
- Use cocoa in place of baking chocolate.
- Other: \_\_\_\_\_

continued on back

#### IV. Change the ingredients

- Trim the fat around the edges of the meat.
- Take the skin off the chicken or turkey.
- Blend mayonnaise with plain non-fat yogurt.
- Use 2 egg whites to replace a whole egg or use an egg substitute.
- Use low-fat or fat-free mayonnaise and sour cream.
- Use lean ground beef or ground turkey instead of hamburger.
- Use lean cuts of meat, e.g. extra lean ground beef.
- Other: \_\_\_\_\_

#### V. Use low-fat methods to prepare

- Use a nonstick pan or vegetable spray for frying without oil.
- Cook vegetables in broth or water instead of fat.
- Use fresh, frozen, or canned vegetables to thicken casseroles and soups. Try grating, chopping or pressing them.
- Steam vegetables or cook them in the microwave.
- Brown meat without adding fat by cooking over medium heat until the meat releases some fat; then increase the heat to medium high. Drain away excess fat and blot on paper towels.

#### VI. Use lower-fat cooking methods

- Broil, roast, bake, microwave, grill.
- Oven fry or pan broil without adding fat.
- To stir fry or sauté, use water. Add soy sauce, apple juice, or broth.
- Braise meat without adding fat.
- Stew meat or chicken; skim off the fat.
- Poach in wine, juice or bouillon.
- Other: \_\_\_\_\_

#### Make changes to replace moisture and flavor:

##### I. Add liquid when you remove 1/4 C or more of fat

- Use water, fruit juice or skim milk.
- Other: \_\_\_\_\_

##### II. Add flavor

- Use wine, lemon or lime juice, flavored vinegars, salsa.
- Use garlic, onions, herbs, jalapeños, Tabasco sauce.
- Use fresh herbs and spices.
- Use flavored or Dijon mustards.
- Other: \_\_\_\_\_

#### Non-dairy substitutes for milk products

- You can try small amounts of milk with meals rather than between meals.
- Soy and rice milk are good alternatives.
- Use cultured dairy products. Yogurt with active culture has less lactose.
- Choose calcium-rich foods such as tofu and dark green vegetables such as broccoli, spinach or kale.
- Try non-dairy lower fat toppings instead of whipped cream or ice cream.



# How to Modify Your Recipes



By modifying recipes, you can reduce calories, fat, cholesterol, sugar, and salt. Or you can add high-fiber ingredients to make a recipe healthier! Recipe modification is fun and easy to do. The taste and texture may change a little, but the results are often just as good or better! The following is a list of changes that will make your recipes healthier.

<b>Instead of this:</b>	<b>Substitute this!</b>
Whole eggs, egg yolks	2 egg whites for every whole egg
30% fat hamburger	15-16% fat hamburger, or ground turkey
Whole milk	Low fat (1 or 2%) milk; nonfat milk
Cream or half & half	Evaporated skim milk
Whipping cream	Dream Whip made with nonfat milk
Sour cream	Plain low fat yogurt or light sour cream
High-fat cheese	Reduce amount by 1/2; try low-fat cottage and ricotta cheeses or part-skim mozzarella
Margarine or butter	Try a reduced-calorie margarine (not recommended for baking)
Fat in cooking	Reduce amount by 1/3 to 1/2
Chocolate chips	Reduce by 1/2
Nuts	Use less; try Grape Nuts* cereal
Mayonnaise	Light mayonnaise or fat-free mayonnaise
White flour	Use 1/2 whole wheat*
White rice	Brown rice, bulgar, barley
Salt	Reduce amount by 1/2 or use none; use herbs and spices, lemon juice
Sugar	Reduce amount by 1/3 to 1/2

\* Be sure to add 2 tablespoons of liquid (milk, buttermilk) for every cup of whole wheat flour added to your recipes. This will help make the recipe less dry.

**Tip:** When you reduce the fat in your recipes, replace the amount of fat removed with milk, buttermilk or other liquid to keep your product moist.

## Here is an example of how to modify a recipe!

### Chocolate Chip Cookies (original)

1 c. butter, softened  
2 eggs  
3/4 c. packed brown sugar  
3/4 c. granulated sugar  
2-1/4 c. flour  
1 tsp. baking soda  
1/2 tsp. salt  
1 tsp. vanilla  
2 c. semisweet chocolate chips  
1 c. chopped nuts

### Chocolate Chip Cookies (modified)

1/2 c. margarine, softened (a)  
1/2 c. plus 2 T. low-fat milk (b)  
4 egg whites (c)  
1/2 c. packed brown sugar (d)  
1/2 c. granulated sugar  
1 -1/4 c. flour  
1 c. whole wheat flour (e)  
1 tsp. baking soda  
1/4 tsp. salt (optional) (f)  
1 tsp. vanilla  
1 c. semisweet chocolate chips (g)  
1/3 c. chopped nuts (h)  
1/2 c. raisins (optional) (i)

Preheat oven to 350°F. In a small bowl, combine flours, baking soda, and salt; set aside. In a large bowl cream margarine, sugars, and vanilla. Beat in egg whites. Gradually add flour mixture and mix well. Stir in chocolate chips, nuts, and raisins. Drop by teaspoonfuls onto lightly greased baking sheets. Bake for 8-10 minutes.

Original Recipe: Makes 60 cookies, 111 calories, 6.7 grams fat, and 20 mg cholesterol/cookie.

Modified Recipe: Makes 60 cookies, 71 calories, 3.2 grams fat, and 0 mg cholesterol/cookie.

### Key to the Changes:

- (a) The fat has been reduced by 1/2. Margarine was used instead of butter to avoid saturated fat and cholesterol.
- (b) 1/2 cup low-fat milk was added to replace the 1/2 cup margarine removed from the recipe.  
2 tablespoons of low-fat milk were added to ensure moistness, since 1 cup whole wheat flour was added.
- (c) 4 egg whites were used in place of 2 whole eggs. Egg whites have no fat or cholesterol!
- (d) Both sugars were reduced by 1/4 cup.
- (e) 1 cup white flour was replaced with 1 cup whole wheat flour to add fiber.
- (f) You can reduce the salt or use none at all.
- (g) The semisweet chocolate chips were reduced by 1/2.
- (h) The nuts were reduced by 2/3.
- (i) Raisins are optional, but they replace some of the chocolate chips and are a good source of fiber.

The modified cookies are lower in fat, but they are not low-fat cookies!  
They make a good dessert, but should only be eaten occasionally.



# Dry Heat Cooking Methods



## Roasting

- Place roast (from refrigerator) on rack in shallow roasting pan.
- Season meat, before or after cooking (refer to International Seasonings chart).
- Insert thermometer into thickest part of roast, not touching bone or fat.
- Do not add water and do not cover.
- Roast to 5 to 10 degrees below desired doneness.
- Allow roast to stand 15 to 20 minutes before serving. Temperature of the roast will continue to rise to desired doneness during standing to 145°F (medium rare) or 160°F (medium). Roast will also be easier to carve.
- Season if desired (refer to International Seasonings chart).
- Turn and continue cooking to the desired degree of doneness.
- Season second side, if desired, and serve.

## Grilling

- Direct: For quick cooking meat and poultry items such as chops, steaks, burgers, breasts or kabobs. Place meat on grid directly over the coals.
- Indirect: For cuts that require longer cooking at lower temperatures, such as roasts, thick steaks or chops, whole chicken or turkey. The meat is placed over a drip pan on the grid with coals on each side. Cover and open vents on grill.
- To check temperature for either grilling method, carefully hold your hand, palm side down, at cooking height (just above the grill). Count the number of seconds you can hold your hand in that position before the heat is uncomfortable and you have to pull it away: four seconds for medium coals, five seconds for low.

## Broiling

- Set oven for broiling. Preheating is not essential.
- Place meat on rack in broiler pan.
- Position thinner cuts (3/4 to 1 inch thick) so surface of meat is 2 to 3 inches from the heat; thicker cuts 3 to 6 inches from the heat.
- Broil for half the recommended time.

continued on back...

## **Panbroiling**

- Place meat in preheated, heavy nonstick skillet.
- Do not add oil or water.
- Do not cover.
- For cuts thicker than 1/2 inch thick, use medium or medium-low heat and turn occasionally. Cook thinner cuts over medium-high heat, turning once. Do not overcook.
- Remove fat as it accumulates.
- Season, if desired (refer to International Seasonings chart), and serve.

### To Reduce Fat from Ground Meat Crumbles:

- After browning ground meat crumbles, transfer crumbles with slotted spoon to plate lined with white, non-recycled paper towels.
- Transfer to colander and rinse with 4 cups of hot (but not boiling) water. Do not use hot water directly from tap; the pressure from the faucet can change the texture of the meat.
- The crumbles may be browned with onion and garlic for added flavor and then rinsed. Add dry seasonings after the rinsing process has been completed.

## **Stir-Frying**

- Partially freeze meat for easy slicing.
- Cut into thin, uniform slices, strips or pieces.
- Marinate in refrigerator to add flavor while preparing other ingredients, if desired.
- Cook meat (half at a time) in a small amount (about one tablespoon or less) of hot oil or use a vegetable cooking spray in a nonstick skillet or wok.
- Cook at medium-high temperature.
- Continuously turn meat pieces with a scooping motion.
- Combine meat with cooked vegetables and serve.



# Lean Cuts and Cooking Methods



	DRY HEAT					MOIST HEAT			
	Roast	Broil	Grill	Panbroil	Stir-fry	Braise	Stew	Steam	Poach
<b>BEEF</b>									
Eye round*						●	●		●
Top round*						●	●		
Round tip*						●	●		
Bottom round*						●	●		
<b>Sirloin</b>	●	●	●	●	●				
<b>Top loin</b>	●	●	●	●	●				
<b>Tenderloin</b>	●	●	●	●	●				●
Flank		●	●		●				
Ground round or sirloin	●	●	●	●					
<b>PORK</b>									
Tenderloin	●	●	●	●	●				
Boneless top loin roast	●	●	●						
Loin chop		●	●	●		●			
Loin strips					●				
Boneless sirloin chop		●	●	●		●			
Boneless rib roast	●		●			●	●		
Rib chop		●	●	●		●			
Boneless ham	●	●	●	●	●				
<b>POULTRY**</b>									
Whole chicken	●		●			●	●		●
Whole turkey	●		●			●			
Cornish game hens	●		●			●	●		●
Breast	●	●	●	●	●				●
Drumstick	●	●	●						
<b>FISH</b>									
Cod	●	●	●	●	●		●	●	●
Flounder	●	●	●	●	●		●	●	●
Halibut	●	●	●	●	●		●	●	●
Orange roughy	●	●	●	●	●		●	●	●
Shrimp		●	●	●	●		●	●	●

\* May be cooked by dry heat methods if they are tenderized first by pounding or marinating.

\*\* White meat has less fat than dark meat. Skin should be removed before eating.

**Bolded items** are the skinniest six cuts of meat.

# How to Eat Less Fat from Dairy Foods



## **MILK**

- Work your way down from whole milk to 2%, to 1%, then skim.
- Drink low fat milk well chilled or on ice. It tastes better!
- Mix powdered milk and chill for several hours before drinking.
- Try buttermilk made from 1% milk. It really has no butter in it and is a great lower-fat milk choice.

## **CHEESE**

- Don't replace meat with regular cheese; it has just as much fat.
- Try sharp cheeses such as sharp cheddar-you get more taste with smaller amounts.
- Don't add cheese to meat sandwiches-it doubles the fat!
- Try part-skim mozzarella (pizza cheese), imitation cheese or other low fat cheese or fat-free cheese.

## **ICECREAM**

- Eat smaller servings less often.
- Top with fruit instead of chocolate or butterscotch.
- Check the nutrition information label.
- Make homemade low fat ice cream or sherbert for family and friends.
- Instead of regular ice cream, choose ice milk sherbet or low fat or non-fat ice cream and frozen desserts-they have much less fat.
- Try frozen yogurt-tastes great, is low fat, and you can buy it in the grocery store or at most ice cream stands.
- Frozen fruit bars, frozen grapes and bananas, popsicles, and fudgesicles are a refreshing, low fat frozen treat! Buy them, or make your own! Freeze juice in small cups with popsicle sticks.

## **MILK in Coffee or Tea**

- Try lite creamers. Don't use powdered creamers-they have just as much fat as regular cream.
- Use skim, 1% or 2% milk in coffee or tea.

## **YOGURT**

- Try low fat or non-fat yogurt.
- Mix yogurt with low fat sour cream for a sour cream substitute.
- Drain yogurt overnight to make yogurt cheese, a cream cheese substitute.

# Dairy Cooking Tips for Low-Fat Cooks



- Use the sharpest cheese you can find... and use less of it!  
Sharper cheese has more flavor.
- In Italian foods, try some lower-fat Sapsago-a hard Swiss cheese.  
Grate and use instead of Parmesan or Romano.
- If you like Bleu cheese on your salad, try mixing it with some  
mild-flavored low-fat cottage cheese.
- Grated zippy-sharp Romano -cheese mixed with large curd cottage cheese  
can replace the Feta cheese in Greek salads.
- Make lasagna or ravioli with low fat cottage cheese or ricotta.  
Otherwise, blend 1/2 regular cheese with 1/2 low fat cheese.
- When making fruit salads use low fat fruit-flavored yogurt for dressing. It's low in  
fat and adds an additional fruit flavor. For plain yogurt add 1-2 tsp. sugar or honey  
per cup to reduce the "tangy" flavor.
- Sour cream substitute. Combine 2 Tbsp. low fat milk, 1 Tbsp. lemon juice,  
and 1 cup 2% cottage cheese. In blender, mix until creamy.
- When a recipe calls for creamed soups, try using 1/2 can of soup and  
1/2 can of skim milk, or try the homemade cream soup mix that follows:

## Homemade "Cream" Soup

2 c. dry nonfat milk

1/4 c. or less dry chicken bouillon

3/4 c. cornstarch

1/2 tsp. pepper

1 tsp. each basil and thyme

2 Tbsp. dry onion flakes

Combine and mix well. Store in an airtight container until ready to use.

# Honey-Glazed Chicken Stir-Fry



Makes 4 servings

Start to finish: 25 minutes

Frozen vegetables save on the preparation time.

## Ingredients

- 12 oz. skinless, boneless chicken breast halves or skinless, boneless chicken thighs
- 2 Tbsp. honey
- 2 Tbsp. vinegar
- 2 Tbsp. orange juice
- 1 Tbsp. soy sauce
- 1 tsp. cornstarch
- 2 Tbsp. cooking oil
- 2 cups loose-pack frozen mixed vegetables
- Hot cooked rice (optional)

## Preparation

1. Rinse chicken; pat dry. Cut chicken into 1-inch pieces; set aside. For sauce, in a small bowl stir together honey, vinegar, orange juice, soy sauce, and cornstarch; set aside.
2. Pour cooking oil into a wok or large skillet. (Add more oil as necessary during cooking.) Preheat over medium-high heat. Stir-fry frozen vegetables for 3 minutes or till vegetable are crisp-tender. Remove vegetables from wok. Add chicken to hot wok. Stir-fry for 3 to 4 minutes or till chicken is no longer pink. Push chicken from the center of the wok. Stir sauce; add to center of the wok. Cook and stir till thickened and bubbly.
3. Return cooked vegetables to wok. Stir all ingredients together to coat. Cook and stir about 1 minute more or till heated through. If desired, serve immediately over rice.

Source: Better Homes and Gardens New Cookbook



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# How to Host a Healthy Scavenger Hunt at Your Local Grocery Store

## **Name of Activity**

Scavenger Hunt.

## **Description**

Fun and Interactive Scavenger Hunt Worksheet.

## **Goal**

1. An activity to look at shopping for healthful foods in a fun way.
2. To get people to be aware of the variety of healthy food selections available to them at the grocery store.

## **Materials**

1. Scavenger Hunt Worksheet (attached)
2. Pens or pencils

## **Handouts:**

- Eating Healthy & Saving Money
- Vegetables & Fruits
- Tips for Buying Healthful Foods
- Definitions of Common Nutritional Terms

## **Set-up**

1. Recruit anyone interested in a field trip to their local grocery store.
2. The night before the meeting, make reminder calls to the participants.

# Eating Healthy & Saving Money



Eating healthy doesn't mean you have to spend a lot of money. Try eating more fruits and vegetables!

## **To save money:**

- Buy only those fruits and vegetables in season.
- Go to a nearby farmers market for produce instead of a grocery store.
- Shop weekly specials in the produce department.
- Buy canned or frozen items. They're just as nutritious as fresh fruits & vegetables. In fact, they keep their nutrients better than fresh produce that has sat for a week!
- Buy dried beans, split peas and lentils.
- Use fruits, vegetables, grains, and beans to replace some expensive meat and snack items.

# Vegetables & Fruits



## Most Frequently Purchased:

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### Top Ten Vegetables:

Potato  
Iceberg lettuce  
Tomato  
Onion  
Carrot  
Celery  
Sweet corn  
Broccoli  
Cabbage  
Cucumber

### Top Ten Fruits:

Banana  
Apple  
Watermelon  
Orange  
Cantaloupe  
Grapes  
Grapefruit  
Strawberries  
Peach  
Pear

## Most Nutrient-Rich: (vitamins A, C, folate, and dietary fiber)

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### Top Ten Vegetables:

Broccoli  
Brussels sprouts  
Cooked greens  
Artichoke  
Sweet potato  
Parsnips  
Winter squash  
Spinach  
Kale  
Tomato

### Top Ten Fruits:

Orange  
Mango  
Tangerine  
Kiwifruit  
Papaya  
Mandarin oranges  
Cantaloupe  
Raspberries  
Grapefruit  
Strawberries

# Tips for Buying Healthful Foods



**Healthy eating starts with choosing fruits and vegetables, whole grains, and food items that are low in fat.**

- Purchase several varieties of fruits and vegetables, as these foods are easy to eat and are low in fat.
- Purchase whole grains foods that are easy to prepare and eat. These include whole grain breads and cereals, canned beans, brown rice, and whole wheat or vegetable pasta.
- Read food labels and look for "low fat" or "reduced fat" claims. That way, you can find out about a food's nutritional value and compare it to similar foods. For example,
  - Choose water-packed tuna instead of oil-packed tuna.
  - Choose 2% or nonfat milk instead of whole milk.
  - Choose turkey or chicken lunch meat instead of salami or bologna.
  - Choose lean ground turkey or beef instead of regular ground meats.
- When purchasing already prepared foods, select those that are low in fat.
- Know that low fat foods are not necessarily low in calories, especially desserts, chips, cookies, baked goods, and other snacks.
- When craving a sweet snack, choose dried fruit or low fat flavored yogurt instead of candy or cookies.



# Definitions of Common Nutritional Terms



**Fat Free**— Product has less than 1/2 (0.5) grams of fat per serving. This value will be rounded to zero.

**99% Fat Free**— Every 100 grams of food will have 1 gram or less of fat.

**Low Fat**—Product has 3 grams of fat or less per serving.

**Reduced Fat**— Fat has been reduced by at least 25 percent (compared to a similar food).

**Light (Lite)**— Product has 33% fewer calories or 50% less fat per serving than a comparable product.

**Lean** — For meat and poultry only. Product has less than 10 grams fat, less than 4 grams saturated fat, and less than 95 milligrams cholesterol per serving.

**Low Calorie**— Product has 40 calories or less per serving.

**Saturated Fat Free**— Product has less than 0.5 grams saturated fat per serving.

**Low in Saturated Fat**— Product has one gram or less saturated fat per serving.

**Cholesterol Free**— Product has less than 2 milligrams of cholesterol per serving. This value will be rounded to zero.

**Low Cholesterol**— Product has 20 milligrams or less cholesterol and two grams or less of saturated fat per serving.

**Sodium Free**— Product has less than 5 milligrams of sodium per serving. This value will be rounded to zero.

**Very Low Sodium**— Product has 35 milligrams or less of sodium per serving.

**Low Sodium**— Product has 140 milligrams or less of sodium per serving.

**Good Source**— Used for fiber, protein, vitamins, or minerals. Product has at least 10% of the Daily Value for the particular nutrient.

**High in (Excellent Source)**— Used for fiber, protein, vitamins, or minerals. Product has at least 20% of the Daily Value for the particular nutrient.



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# How to Have a Low Fat Coffee Hour

## **Name of Activity**

Healthy, low fat alternative for coffee hour.

## **Description**

Make or buy a low fat treat for coffee hour as an alternative to donuts. Label item as "healthy choice" or "healthy alternative."

## **Goal**

1. To encourage people to try healthy alternatives to high fat donuts, coffee cake and cookies.
2. Provide at least one healthy alternative at each coffee hour.

## **Food Suggestions**

- Fresh fruit platter
- Low fat coffee- cake or cookies (Snackwells, Entenmanns)
- Bagels with low-fat cream cheese
- Basket of Whole Fresh Fruit (apples, oranges, bananas, kiwi)
- Krusteaz low fat muffins (bring box to display mix and location of where to purchase)

## **Instructions**

1. Check with whoever is traditionally in charge of providing food at coffee hour to make sure it is okay to bring in additional food.
2. If okay, coordinate what food to bring, who will provide the food, and how it will be delivered and distributed.
3. If you're only able to drop-off the healthy food, consider including a stack of healthy eating tip sheets or recipes as well, for members to take home with them.



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# How to Rediscover Fruits and Vegetables

## **Name of Activity**

Touch - Feel Box.

## **Description**

Have people:

1. Guess the identity of an exotic fruit or vegetable that they may have never eaten or seen before.
2. Re-familiarize themselves with common fruits or vegetables that they may have otherwise thought bland or boring.

## **Goal**

1. Expose people to new fruits and vegetables.
2. Get people to get re-excited about fruits and vegetables they already eat.

## **Materials**

1. Green felt box. Or any covered box where people can still feel the contents without seeing them.
2. Make a sign, "How well do you know your produce?"
3. Fruit or vegetable (Examples: star fruit, kumquats, lychee, plantanes, pomegranate (be sure to pull the pomegranate apart with your hand, so the kernels are intact.)

## **Food & Related Materials**

- Sample size portions of the fruit or vegetable that is in the box
- Paper plates
- Toothpicks, if necessary
- Knife and cutting board
- Food handling gloves

## **Prizes - Optional**

- Ideas: magnet, fresh fruit, stickers, etc...



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## Handouts

- How to dehydrate fruits and vegetables
- Seasonal fruits and vegetables

## Set-up

1. Place mystery fruit or vegetable in the green box.
2. Hang up sign.
3. Cut up food samples and place on paper plates

## Instructions

1. Ask people to reach in the box, feel the produce, and guess what it is.
2. Have them try a sample and guess what fruit or vegetable they think it is.
3. If prizes - award a prize if answered correctly.
4. Discuss with people variety of exciting fruits and vegetables available. What would they try?
5. Discuss the variety of dishes that could be made with a new and exciting fruit or vegetable. Example: If it's a new fruit they want to try, consider topping it on their next dessert. What about making it their new secret smoothie ingredient?
6. Have them taste the food sample.
7. Encourage them that the path to healthy eating is with small and simple changes. These will be easier to tackle and maintain than big challenges. Trying a new fruit or vegetable is a great and easy way to start!



# A GUIDE TO DEHYDRATING PRODUCE

Dehydrating fruits and vegetables is a great way to preserve them from decay by removing moisture. They can be dried in the oven, in a dehydrator or even by the sun! This tip sheet will focus on how to dry produce in the oven.

Dehydrating and preserving food is also a money saving way to provide your family with healthy, lowfat foods throughout the year. Plan on buying large quantities of produce when they are at their peak, or on sale, and then dry it for use later in the year when it may be unavailable or very expensive.

## HOW TO DO IT

**Selecting Produce:** Choose ripe, flavorful fruits and vegetables - the fresher the better! Wash each piece thoroughly, sort out any bruised ones, and cut out bad spots.

**Pre-Treating:** For best results, vegetables should be blanched before drying. Blanching can be done either by briefly steaming the items or by dipping them into boiling water (turn over for more details). The vegetables are done when they are just heated through and slightly wilted. Dip in ice water to cool and then drain on clean towels. Fruits also need pre-treating to prevent browning. Possible methods to try include blanching (see above), or dipping in a salt solution (4 Tbsp. salt/1 gal water) or ascorbic acid solution (1 1/2 Tbsp. lemon juice/ 1 gal water). Cut all produce into similarly sized pieces to ensure even drying.

## THE BASICS OF OVEN DRYING

1. Preheat your oven to a low heat - 120°F and be sure it never exceeds 165°F. An oven thermometer is very handy for keeping an eye on the temperature. If your oven is electric, disengage the top heating element for best results.
2. Limit the amount of produce to be dried to 4-6 pounds. Be sure there is room for good air circulation in the oven. Space trays out by 2 vertical inches and be sure to leave at least 3 inches at the top and bottom of the oven.
3. Prop open the oven door to provide air circulation and to release the moist air; electric ovens 1 inch, gas ovens 8 inches.
4. Stir the produce occasionally from outside to inside and shift around the trays every one to two hours. Keep an eye on them as it is easy to scorch or dry unevenly.
5. Most produce will dry in 4-12 hours. When drying is almost complete, turn off your oven and open the door wide. Allow the trays to cool.

**Conditioning:** Since it is difficult to evenly dry all pieces, this step will equalize the moisture. It's easy to do - just put your dried produce, separate by type, in a container with a tight fitting lid. Let stand for one week, shaking or stirring daily.

**Packaging:** Now the produce is ready for long term storage. Be sure that the dried foods are completely cool. It's best to package them in either single use portions or ones that will be used up within one week. Small glass jars, plastic freezer cartons or bags all work well. Pack the food snugly into the container, but without crushing it, and seal tightly to keep out moisture.

**Storing** - Store your containers in a dry, cool, dark place. These conditions will help to extend the life of your dried foods. Recommended storage time is 6-12 months.

You can enjoy these foods by using them in a few different ways. Dried fruits make quick-and-easy fat free snacks! A mix of dried peas, corns, and carrots is a great and tasty treat too! You can also rehydrate dried fruits & veggies for use in soups, stews, casseroles, and baked goods. Enjoy!

Source: [www.cityblues.com/dryfood.htm](http://www.cityblues.com/dryfood.htm); The National Food Safety Database at [www.foodsafety.ulfedu/consumer/il/i1063.htm](http://www.foodsafety.ulfedu/consumer/il/i1063.htm)

# GUIDE TO DEHYDRATING PRODUCE

Fruit/Vegetable	Preparation	Pre-Treatment	Drying Temp (F)* & Times (hrs.) Approx.	Test for Dryness
Apples	Select ripe, firm apples. Wash, core and peel. Cut into rings,	None	115F Oven: 6-8 Dehydrator: 6-8	No moisture in center
Bananas	Select firm, ripe bananas. Peel and slice thinly.	Prepare honey dip: dissolve 1 c. granulated sugar into 3 c. hot water. Cool. Stir in 1 c. honey. Dip slices into this and let drain before drying.	115F Oven: 8-10 Dehydrator: 6-8	Crisp
Beans, snap	Remove defective pods. Wash. Remove strings. Split lengthwise or cut diagonally in pieces to hasten drying.	Steam 4 to 6 minutes. or Place in boiling water 3 to 4 minutes. Drain.	Oven: 3-6 Dehydrator: 3-6	Brittle, crisp
Beets	Select small, tender beets free of woodiness. Wash; trim tops.	Steam 30 to 45 minutes, Cool. Trim off roots and crowns; pare. Cut into 1/8-inch strips or 3/4 inch cubes.	Oven: 3-6 Dehydrator: 2-4	Tough, leathery
Carrots	Select crisp, tender carrots. Wash. Trim off roots and tops and pare if desired. Cut into 1/8 inch slices or 3/8 inch cubes.	Steam 8 to 10 minutes.	Oven: 3-6 Dehydrator: 2-4	Tough, leathery
Corn	Select young, sweet corn. Harvest during milk stage. Husk and trim.	Steam on the cob 10 to 15 minutes or until milk is set. Cut corn from cob. or Dip in boiling water 5 to 10 minutes or until milk is set. Drain. Cut corn from cob.	Oven: 4-8 Dehydrator: 3-6	Dry, brittle
Herbs, for seasoning	Gather when leaves are mature but before flowers develop. Wash thoroughly. Separate clusters. Discard long or tough stems.	None	Oven: 2-4 Dehydrator: 1-2	Brittle, flaky
Onion	Select firm onion bulbs. Wash and remove paper shells. Trim tops and root ends. Slice 1/8 to 1/4 inch thick.	None	Oven: 3-6 Dehydrator: 2-4	Brittle
Peas	Select young, tender pods. Shell.	Steam 8 to 10 minutes. or Dip in boiling water 4 minutes. Drain.	Oven: 3-6 Dehydrator: 2-4	Crisp, wrinkled
Peppers, chili	Select mature pods. May dry whole or diced.	None	Oven: 3-6 Dehydrator: 3-6	Shriveled, dark red, crisp
Peppers, green and red	Select firm peppers. Wash. Cut in half; remove core and seeds. Cut in 1/2 inch strips.	Steam 10 minutes	Oven: 3-6 Dehydrator: 3-6	Brittle
Soybeans	Select edible green soybeans. Shell.	Steam 10 to 15 minutes	Oven: 3-6 Dehydrator: 2-4	Crisp, wrinkle

\*120F unless otherwise stated

# Seasonal Fruits & Vegetables



Why is it important to eat seasonal fruits that are grown in my region?

- You and your family are able to eat fresh produce at the peak of ripeness when they are full of nutrients and great flavor!
- Regional purchases support your local farmers. Shop at local farmers markets when possible. The produce is "off the vine" fresh and the prices are usually lower than at the grocery stores.
- Buying fruits & vegetables in season is less expensive than buying imported replacements when local options are out of season.
- Foods grown in the US are considered "safer" than many imported foods. This increase in food safety is due to US regulations regarding sanitation and pesticide use.

Washington is fortunate to be able to grow a wide variety of fruits and vegetables most of the year. Can you find your favorites?

## **Spring**

Asparagus  
Chard  
Herbs  
Lettuce  
Radishes

## **Summer**

*Make the most of this season!*

*Variety abounds!*

Apricots  
Beans  
Beets  
Berries - *Boysenberries, blueberries, gooseberries, loganberries, marionberries, raspberries*  
Broccoli  
Cabbage  
Carrots  
Cauliflower  
Cherries  
Corn

Cucumbers  
Currants  
Dill  
Garlic  
Herbs  
Lettuce  
Melons - Canteloupe, watermelon  
Mushrooms  
Nectarines/Peaches  
Pears  
Peppers  
Okra  
Walla Walla Onions  
Peas  
Plums  
Potatoes  
Rhubarb  
Spinach  
Squash  
Strawberries  
Tomatoes  
Zucchini

**Fall**

Apples  
Berries - blackberries, huckleberries,  
raspberries  
Brussels Sprouts  
Cabbage  
Carrots  
Celery  
Eggplant  
Garlic  
Herbs  
Grapes  
Lettuce  
Melons  
Mushrooms  
Onions  
Peppers  
Potatoes  
Pumpkins  
Quince  
Rhubarb  
Spinach  
Squash

**Winter**

*Winter is definitely the most challenging month when it comes to eating seasonal fruits and vegetables from Washington. The good news is that it is still sunny and warm in other parts of the United States and we get to take advantage of this. Winter produce includes:*

Apples  
Broccoli  
Cabbage  
Carrots  
Greens  
Potatoes  
Celery  
Cranberries  
Cucumbers  
Grapefruit  
Lettuce  
Oranges  
Pears  
Peppers  
Potatoes  
Spinach  
Squash  
Sweet Potatoes  
Tangerines  
Tomatoes

In addition it is often more affordable to supplement your fresh produce purchases with frozen dried or canned items. However, be careful to only purchase frozen vegetables without added sauce and canned fruits in natural juice rather than light or heavy syrup.

Enjoy!





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# How to Create a Healthy Eating Mural

## **Name of Activity**

How to create a healthy eating mural.

## **Description**

Have children and adults draw "what healthy eating means to them."

## **Goal**

1. Hang Healthy Eating Mural in a visible space, where all your faith community members can see it and be inspired to eat healthier!

## **Materials**

1. Crayons and/or markers
2. Six feet (suggested length) of mural paper or butcher paper
3. Tape
4. Poster or sign that reads "Draw what healthy eating means to you"

## **Handouts**

- Healthy Eating Guidelines
- What the Experts Say About Influencing Your Children's Eating Habits
- Recipe, any of your choice

## **Food**

- Optional, bowls of healthy snack foods. Include fresh fruit!

## **Prizes**

Not applicable.

# Healthy Eating Guidelines



The Eating for a Healthy Life Project encourages eating less fat and eating more fruits, vegetables, and whole grains. Below are some simple tips that can help you meet these healthy eating goals.

## Eating less fat

- Make sure that most of your plate is covered with plant-based foods and one-third or less with meat, dairy, and other foods of animal origin.
- Choose low-fat dairy products such as 1% skim milk and Low-fat or fat-free yogurts and cheeses.
- If you eat meat or poultry, trim visible fats and choose the leanest cuts.
- Choose beans, tofu, fish, or poultry more often than red meat.
- Cook vegetables by baking, steaming, microwaving or stir-frying in small amounts of water, broth, or oil.
- Top vegetables with herbs instead of butter or margarine.
- Opt for fruits, vegetables, or a whole-wheat English muffin or bagel over high-fat snacks.
- Choose lower-fat sauces e.g., marinara sauce) instead of higher-fat alternatives (e.g., cheese or alfredo sauces), or use less of the high-fat sauces.
- Replace a portion of butter or shortening with applesauce, yogurt, or puréed fruit in recipes for baked goods.

## Eating more fruits, vegetables, and whole grains

- Choose fruit or a glass of juice at breakfast.
- Add fresh fruit to cereal and yogurt.
- Try a variety of salads.
- Try an assortment of cool summer fruits and vegetables.
- Add vegetables to casseroles, stir-fries, sandwiches, and pizzas.
- Keep canned fruit and vegetables on hand to add to soups, salads, and other dishes.
- Top your favorite dessert with fruit; for example add strawberries to frozen yogurt.
- Choose whole-wheat grains and cereals, such as beans, lentils, barley, rice, corn, as well as whole-grain breakfast breads and cereals.

# What do the Experts Say About Influencing Children's Food Choices?



Below is the summary of data collected from surveys of various parents about the methods they use to influence their children's eating habits. The first column indicates whether parents in general use this strategy. The second column indicates whether the strategy has been shown to actually work to change children's eating behavior.

	<b>Parents in general use</b>	<b>Shown to actually work</b>
• Rewarding your children for eating certain foods	No	Yes
• Using the certain food as a reward	No	Yes
• Having adults eat the certain food and appearing to enjoy it	Yes	Yes
• Saying the certain food is good for you	Yes	No
• Giving the certain food at the same time as a certain food or flavor	No	Yes
• Just leaving the certain food around in a bowl or in the refrigerator where the child could see it.	No	Yes
• Threatening a bad consequence if the certain food is not eaten	Yes	No
• Indicating that the parents would be happy and pleased if the child eats the certain food	Yes	Yes
• Referring to siblings or peers that eat the certain food	Yes	Yes
• Serving the certain food as the only food in a meal and making it clear that the certain food must be eaten before anything else	Yes	No
• Involving the child in choosing, preparing and serving the certain food	No	Yes



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# How to Make Fresh Fruit Smoothies

## **Name of Activity**

Smoothie Contest.

## **Description**

Make a fruit and/or a vegetable smoothie (recipes attached); have people try them and guess the ingredients for a prize.

## **Goal**

1. Expose people to smoothies -- a quick, easy, and refreshing treat. Healthy, too!

## **Materials**

1. 1 blender
2. 1 extension cord (if necessary)
3. Smoothie recipe (attached) and ingredients (will vary depending on which smoothie being made)
4. Basket for entries
5. Pens/pencils
6. Cutting board
7. Pitcher
8. Paring knife
9. Shredder/peeler
10. 2 small storage bowls for ginger & lemon (use for prepping carrot zinger smoothie)
11. Teaspoons
12. Measuring cups
13. Small serving cups
14. Paper towels
15. Make a sign, "sample some smoothie!"
16. Food handling gloves



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## Handouts

- Recipes of other smoothies (i.e. Basic Fruit Smoothie; Yogiberry Shake; Herbed Vegetable Cocktail, Carrot Zinger, Very Berry Smoothie)
- Contest entry sheets

## Prizes

- For big event - Blender or smoothie recipe book
- For small event-basket of fresh fruit or produce

## Set-up

1. Out of sight of participants:
  - Prepare smoothie ingredients according to recipe instructions and make one batch.
  - Don't forget to wear your food handling gloves!
2. Fill tasting cups halfway full and set samples out on table.
3. Hang up sign "Sample some fresh smoothie!"
4. Set out contest forms, pens and empty basket on table.
5. Set out prizes for display.
6. Place recipes of smoothies that are not being sampled, on table.

## Instructions

1. Make smoothies out of sight, as per set-up instructions.
2. Encourage people to guess ingredients and complete guessing form.
3. Encourage people to take a recipe to try making smoothies at home.
4. Encourage discussion about the variety of fruits and vegetables that can be used in fresh fruit or veggie smoothies.
5. If awarding prize(s), announce winner while everyone is still there. Clean up.
6. If people are not approaching your booth, consider putting samples on a tray and walking around with the samples for people to try. This could be a great responsibility for a volunteer!



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## Carrot Zinger

### *Ingredients*

- 1 cup carrot juice
- 2 cups OJ
- 2-2.5 tsp fresh ginger, chopped
- About 2 Tbsp. Fresh lemon, squeezed ( $\frac{1}{4}$  lemon)

## Very Berry Smoothie

Makes 4 servings

### *Ingredients*

- 2 cups orange juice
- 1 cup low or non-fat vanilla yogurt
- 2 small (or 1 large) ripe bananas
- 1 cup berries (fresh or frozen) - strawberries, blackberries and raspberries work well

Place all ingredients in a blender. Blend for about 10 seconds, or until all ingredients are smooth.

Options: Instead of yogurt, you can use soft tofu or soy milk. Try different juices: apple, grape, pineapple, or tropical blend. Remember to always use 100% juice.

Source: SNAC: King County Health Dept.



## What's In It?

Can you guess the ingredients to this deliciously healthy smoothie?  
Circle the ingredients you think are used.  
Guess it right & win a prize!

### Carrot Zinger

Orange Juice  
Low Fat Plain Yogurt  
Apple Juice  
Whipped Cream  
Carrot Juice  
Bananas  
Raspberries  
Lime Juice  
Lemon Juice  
Ginger  
Low Fat Lemon Yogurt

Name: \_\_\_\_\_



## What's In It?

Can you guess the ingredients to this deliciously healthy smoothie?  
Circle the ingredients you think are used.  
Guess it right & win a prize!

### Carrot Zinger

Orange Juice  
Low Fat Plain Yogurt  
Apple Juice  
Whipped Cream  
Carrot Juice  
Bananas  
Raspberries  
Lime Juice  
Lemon Juice  
Ginger  
Low Fat Lemon Yogurt

Name: \_\_\_\_\_



## What's In It?

Can you guess the ingredients to this deliciously healthy smoothie?  
Circle the ingredients you think are used.  
Guess it right & win a prize!

### Carrot Zinger

Orange Juice  
Low Fat Plain Yogurt  
Apple Juice  
Whipped Cream  
Carrot Juice  
Bananas  
Raspberries  
Lime Juice  
Lemon Juice  
Ginger  
Low Fat Lemon Yogurt

Name: \_\_\_\_\_





## What's In It?

Can you guess the ingredients to this deliciously healthy smoothie?  
Circle the ingredients you think are used.  
Guess it right & win a prize!

### Very Berry Smoothie

- Orange Juice
- Apple Juice
- Whipped Cream
- Vanilla Yogurt (low fat or fat free)
- Bananas
- Raspberries
- Grapes
- Blackberries
- Plain Yogurt (low fat or fat free)

Name: \_\_\_\_\_



## What's In It?

Can you guess the ingredients to this deliciously healthy smoothie?  
Circle the ingredients you think are used.  
Guess it right & win a prize!

### Very Berry Smoothie

- Orange Juice
- Apple Juice
- Whipped Cream
- Vanilla Yogurt (low fat or fat free)
- Bananas
- Raspberries
- Grapes
- Blackberries
- Plain Yogurt (low fat or fat free)

Name: \_\_\_\_\_



## What's In It?

Can you guess the ingredients to this deliciously healthy smoothie?  
Circle the ingredients you think are used.  
Guess it right & win a prize!

### Very Berry Smoothie

- Orange Juice
- Apple Juice
- Whipped Cream
- Vanilla Yogurt (low fat or fat free)
- Bananas
- Raspberries
- Grapes
- Blackberries
- Plain Yogurt (low fat or fat free)

Name: \_\_\_\_\_





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# How to Offer Low Fat Information at Any Event

## **Name of Activity**

Tips Sheets or Low-fat, Healthy Recipes at any event or meeting.

## **Description**

Have a few tips sheets and recipes available at a non- food faith community event.

## **Goal**

To keep the healthy eating momentum going and to keep the motivation high.

## **Handouts**

- Choose any number of the appropriate recipes or handouts in this notebook.

## **Instructions**

1. Identify someone who can help make the appropriate copies of the handouts and someone who will be responsible for making them available at the event.
2. Handouts can simply sit on a table with a sign to "Help Yourself to Healthy Eating" or consider distributing the handouts to everyone as they leave a meeting or other event.



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# How to Play a Fun Game of “What Fruit or Veggie Am I?”

## **Name of Activity**

“What Fruit or Veggie Am I?” game.

## **Description**

Faith community members are blindly assigned to be a specific fruit or vegetable and other people give them hints to try to figure out what fruit or vegetable they are.

## **Goal**

1. Interactive game to get members to think about the variety of fruits and vegetables, identify uniqueness of their characteristics, and how members can work a fruit or veggie anywhere into a meal.
2. Fruits and vegetables are so accessible, as there’s always something “in season”. As a result, healthier, low fat eating is always their fingertips!

## **Materials**

1. Fruit & Vegetable name tags.  
Tip: If you have access to a computer and printer we suggest, dividing the paper into quarters. Write the name of a different fruit or vegetable in each quarter. Print. Cut the page into quarters. Two-hole punch the quarter sheets at the top. Loop string through the holes. Now you have fruit and vegetable name tags! If you think they will get a lot of use, consider laminating the sheets before you two-hole punch them.
2. Signs or posters to entice people to play.  
Tip: This is a great game to take to any of your faith community’s small groups to use as an ice breaker.

## **Prize - optional**

- Give fresh fruit to all who play, e.g pint of berries, an apple, etc.

## **Food - optional**

- Fruit/veggie tray; exotic fruit, e.g. pomegranite, kiwi, lychee.



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## Handouts

- Veggie Appeal for Kids
- How to Increase Variety of the Fruits/Vegetables I Eat.

## Set-up

1. Put up signs.
2. Untie sets of name tags. Put a fruit/veg name tag on. Let it hang in front.
3. Gather enough people to play. At least two.
4. Optional. If offering food or prize, set that out.

## Instructions

1. Put name tags on people so that their name hangs on their back. They should not know what fruit or vegetable they are!
2. People walk around and give each other clues about each other's fruit or vegetable identity.
3. If someone guesses what they are correctly, they can turn their name tag to hang in the front-they continue to walk around and help other people guess what fruit/vegetable they are.
4. Possible clues people can offer: what color is the fruit/vegetable:
  - What is its texture?
  - How big is it?
  - How is it good prepared (steamed, boiled, fresh)?
  - What is it a good accompaniment to or substitute for?
  - Where is it grown (i.e., climate or region)?
  - What does it smell like?
  - Does it have pits or seeds?
  - Does it grow in-ground, from a tree? etc...
5. Game isn't over until everyone's name tag is hanging in front.  
Optional: If offering prize drawing at the event, once the game is over, tell people if they bring another person back to play the game they can enter twice into the prize drawing.

# Vegetable Appeal for Kids



Do your children tend to refuse to eat anything green?  
Here are some tips to help sway their tastebuds toward vegetables.

- **Introduce your infant to vegetables before fruits.**  
Children have a natural tendency to like the sweetness of fruit more than the blandness of most vegetables.
- **Serve vegetables that are colorful and crunchy rather than soft.**  
Microwave, stir-fry or steam vegetables. Keep a bowl of mixed raw vegetables, washed and cut into snack-size pieces, in the refrigerator.
- **Involve your children in selecting vegetables from the store.**
- **Let preschoolers grow bean sprouts or alfalfa sprouts on the kitchen windowsill.** If you have a garden, let children help tend the plants. Center special dinners around their produce.
- **Let children help prepare vegetables.** Even young children can snap green beans, shell peas, shuck corn, separate broccoli.
- **Introduce new vegetables one at a time. Serve small portions, and don't force children to eat the new food.** Forcing an unfamiliar food on children will only make them unwilling to try other foods later on.
- **Be creatively sneaky.**  
For older children who already have some vegetable dislikes-be creative. For example, grate zucchini or carrots and add them to meatloaf; make zucchini and pumpkin bread or muffins. Add small pieces or purees of vegetables to soups and stews and put celery and grated carrots in tuna fish.

As children grow and see friends and family enjoying a variety of foods, they are more likely to add more foods, including vegetables to their meals.

# Ideas to Increase the Variety of Fruits and Vegetables that I Eat



## Morning/Breakfast

- For a pocket breakfast, spread lite or non-fat cream cheese on a whole-wheat pita and toss in some dried fruit.
- Stir extra fruits or vegetables into your favorite low-fat muffin mix. Try about 1/2 cup for every 2 cups of dry ingredients.

## Lunch

- Add vegetables to sandwiches. Have a ready supply of colorful vegetables pre-sliced in your refrigerator.
- Keep frozen and canned fruit and vegetables on hand to add to soups, salads, and rice dishes.

## Dinner/Supper

- Use the low-fat frozen vegetable mixes available in your supermarket to add variety at meals - just add rice, pasta, couscous, or another grain.
- Try different flavorings with vegetables. Add ginger to carrots while they're cooking.

## Snacks

- Add fruit to non-fat plain or fruit yogurt.
- Prepare your own popsicles made from fruit juice and fruit chunks.

## Desserts

- Top your fruit with a small spoon of low-fat frozen dessert (or real ice cream!) instead of the other way around.



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# How to Provide Healthy Choices at Social Activities

## **Name of Activity**

Healthy choices for a potluck, BBQ or Brunch.

## **Description**

Make or buy a healthy version of a traditional BBQ or Brunch item.

## **Goal**

To encourage your faith community members to incorporate healthy items in traditionally high fat meals.

## **Food Suggestions**

### ***BBQ***

- Low fat potato or macaroni salad
- Fruit Salad
- Corn on the Cobb
- Baked Chips and Salsa
- Grain Salad

### ***Brunch***

- Scrambled eggs with Egg Beaters
- Veggie Breakfast Patty
- Fresh Fruit Platter
- Low fat Muffins/ Coffee Cake
- Bagels with low-fat cream cheese

## **Instructions**

1. Work with your Advisory Board to identify possible social activities where healthy food options may be welcome.
2. Check with the main contact who will be organizing the social activity to see if providing healthy food alternatives is a possibility.
3. If okay, assemble a small committee of volunteers to help you provide the healthy food options at the social activity.
4. Consider advertising your healthy spread at least two weeks before your event!



---

# How to Provide Healthy Foods at Your Small Groups

## **Name of Activity**

Healthy snacks at any group meeting.

For example: men's group, youth group, choir rehearsal, women's group or bible study.

## **Description**

Make or buy a low fat snack for the meeting. Encourage your faith community members to make a healthy recipe or buy a healthy snack for the group.

## **Goal**

1. To encourage people to make healthy choices for snack time.
2. To encourage people to try new healthy recipes.

## **Food Suggestions**

Youth Group-Vegetarian Pizza with low fat cheese and healthy toppings

Women's Group - Low fat cake tasting

Choir Rehearsal - Snack bags filled with fruit, pretzels, raisins and fruit juice

Men's Group - Low fat cookies

## **Instructions**

1. Contact the small group leader for permission to provide low fat snacks or alternative healthy eating foods at their function.
2. If permission is granted, coordinate who will provide the food and how it will be delivered and distributed.
3. If you're only able to drop-off the healthy food, consider including a stack of healthy eating tip sheets or recipes as well, for members to take home with them.



---

# How to Put a Healthy Twist on a Fish Bowl

## **Name Of Activity**

Fish Bowl Game

## **Description**

Fish bowl with two shot glasses in it. One shot glass has picture of healthy food attached to it. The second shot glass has picture of an unhealthy food attached to it.

## **Goal**

Get people to talk about their eating behaviors with chances to play the Fish Bowl Game as an incentive.

## **Materials**

1. Fish bowl
2. 2 shot glasses. One with healthy picture on it, second one with unhealthy picture
3. Pennies (50-100)
4. Make a sign that says, 'Fish Bowl for Healthy Eating'
5. Plastic water pitcher
6. Paper towels
7. Plastic container for wet pennies

## **Prize - Optional**

- Ideas: Fruit bars, snack bags, fresh fruit, magnets



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# How to Rate Your Plate To See Where You're at With Healthy Eating

## **Name Of Activity**

Rate Your Plate.

## **Description**

Simple educational activity using a self-assessment tool based on the Eating Patterns Checklist from the Help Yourself booklet.

Optional: Provide a prize incentive to complete the tool.

## **Goal**

1. Provide a self-assessment tool so people can see where they're at with healthy eating.
2. This is a good exercise for all people, regardless of their level of interest or motivation in healthier eating.

## **Materials**

1. Rate Your Plate Worksheet (attached)
2. Pens/pencils
3. Make a sign, "Rate Your Plate"

## **Food - Optional**

- Veggies or chips & dip
- Animal crackers
- Pretzels

## **Prize - Optional**

- Mistos
- Fruit and vegetable magnets



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## **Set-up**

1. Place materials on table.
2. Hang up sign.

## **Instructions**

1. Encourage people to take and complete a "Rate Your Plate" worksheet.
2. Encourage discussion re: healthy eating and their current behaviors. What can they do to improve or maintain their healthy eating patterns?
3. Get people to try to identify easy cooking modifications they'd be willing to try; how they could add a fruit, vegetable, or whole grain to their daily menus.
4. Give "prize" to those who complete the worksheet.
5. Encourage them to attend future healthy eating events at your faith community if they've been scheduled.

# Rate Your Plate



**Check the box for the answer that most often resembles your eating choices.**

	Usually	Sometimes	Rarely
I choose low fat milk for cooking and drinking.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I use low fat sandwich fillings (tuna, turkey, lean ham).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I choose low-calorie mayonnaise or salad dressings.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I eat low fat snack foods.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I trim fat from meat.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
(I do not eat meat).	<input type="checkbox"/>		
I choose lean cuts of meat.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
(I do not eat meat).	<input type="checkbox"/>		
I select low fat cheeses.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I eat low fat desserts.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I avoid adding butter, margarine or rich sauces.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I avoid fried foods.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I read labels.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I modify recipes to decrease the amount of fat in them.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I ask for healthy eating alternatives in restaurants.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I use little or no butter or margarine.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**Add up the total number of checks in each column.**

**Multiply each column's total by**

_____	_____	_____
<b>x1</b>	<b>x2</b>	<b>x3</b>

**Column Totals:** \_\_\_\_\_

Add the three column total numbers together. **This is your total score:** \_\_\_\_\_

**If your score is...**

- Between 34-42, you need to work on decreasing the fat in your diet. Try setting goals for yourself. Look at the Help Yourself book for ideas.
- Between 24-33, you're making good eating choices but you could still lower the fat in your diet. Review the grocery list on p.17 in the Help Yourself book for easy, lowfat foods.
- Between 14-23, yay! You're on the lowfat track! Keep it up!



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# How to See the Fat in Snack Foods

## **Name of activity**

Guess the Fat Game.

## **Description**

Jars of comparable snack foods for people to guess the total amount of fat in each container.

## **Goal**

Guessing game set up to encourage people to:

1. Think about how much fat is in popular snack choices,
2. Consider lower fat alternatives,
3. Eat smaller serving sizes of their high fat foods, or not eating them as often.

## **Materials**

1. Container(s) of snack food. Choose from the list below or use your own ideas. See reverse side for fat content.
  - Regular potato chips
  - Chex Mix
  - Pretzels
2. Make a sign, "Guess the Fat!"
3. Guessing slips, that say "Container of \_\_ (food) \_\_\_\_\_. Total fat in container\_\_ (guess) \_\_\_\_\_. Servings per container \_\_ (guess) \_\_\_\_\_."
4. Pens or pencils
5. Box for slips

## **Prize - Optional**

- Snack sized low fat snacks; fresh fruit or produce.

## **Food - Optional**

- Low fat snack; trail mix; dried fruit/veggie mix.



## Handouts

- Snack Time Suggestions

## Set-up

1. Set out jar(s) of food.
2. Hang up sign.
3. Set out pencils and slips of paper for people to write their guesses.
4. Set out prizes and food, if applicable.

## Instructions

1. Engage people as to what kind of snacking choices they make.
2. What simple steps could they take to lower the fat in their choices.
3. Encourage them to guess the fat!
4. Tip: If you're setting out more than one container, write on one container the total number of fat and servings in that container. It helps people to use that information as a guide for the unknown snack container.
5. If awarding prize, look at slips to see who guessed correctly. Answers are below.
6. If there are several who guessed correctly, award prizes to all or randomly select one winner.
7. Announce correct answer and award prize(s). If there are multiple prize options, consider letting participant choose.

***Be sure to announce answer and winner(s) when as many people as possible are still present!***

<b>Food:</b>	<b>Pretzels:</b>	<b>Low Fat Chex Mix:</b>	<b>Safeway Potato Chips:</b>
Serving size:	6 pretzels	2/3 cup (30 g)	15 chips (1 oz.)
Servings per container:	38	~25	14
Fat per serving:	1 gram	4 grams	10 grams
<b>Total fat in container:</b>	<b>38 grams</b>	<b>100 grams</b>	<b>140 grams</b>

# Snack Time Suggestions



## If your favorite is:

- Cheese & crackers
- Cookies & whole milk
- Donut or sweet roll
- Buttered popcorn
- Chips and dip
- Banana pudding
- Apple pie & ice cream
- Ice cream
- Veggies & dip

## Try:

- Cut-up vegetables with "fite" cheese or low-fat cottage cheese
- Low fat crackers and apple wedges
- Gingersnaps, fig bars, or fruit bars and skim milk
- Variety bagels [raisin, blueberry] or low fat muffins
- Air-popped popcorn mixed with dried fruit or spices
- Low fat caramel corn
- Low fat chips and salsa
- Sliced bananas and low fat milk
- Sliced bananas over pudding made with skim milk
- Baked apple and low fat frozen yogurt
- Angel food cake with fresh or frozen fruit on top
- Sherbet, ice milk, or low fat frozen yogurt
- Vegetables served with low fat dip made from non-fat yogurt, cottage cheese, or tofu



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# How to Shop For Groceries Healthfully

## **Name of Activity**

Grocery Bag Game.

## **Description**

- Game focuses on dialogue. Helps if the person running the games knows about eating behavior, eating choices, so as to be able to facilitate dialogue.
- Structure of game is very loose for improvisation and tailoring to audience.
- Grocery bags filled with variety of empty low fat/high fat food boxes and labels. Two participants at a time, participants try to pack a grocery bag using empty boxes. Choices should resemble what they normally buy. When both participants finish packing their grocery bags, they evaluate the contents of the other's bag and offer suggestions to each other on how their choices can be healthier. The person staffing this activity encourages discussion about healthy eating choices.

## **Goal**

1. To have your faith community members encourage each other in thinking about simple changes they can make to eat healthier; lower their existing fat intake, increase fruits, vegetables and whole grains.

## **Materials**

1. Grocery bags
2. Assortment of high fat/low fat empty food boxes, labels
3. Make a poster: "What's in your bag. How can you make it healthier?"
4. Prizes - Fruit bars, other low fat snack

## **Handouts**

- Low Fat Shopping Tips



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## Set-up

1. Arrange empty food boxes/bags on table in any order.
2. Hang up sign near table.
3. Set out prizes & handouts on table.

## Instructions

1. Ask for two volunteers.
2. Give each volunteer an empty grocery bag.
3. Instruct volunteers to choose 10 items (foods) that they normally buy, choosing from the empty food boxes. Have them put the items in the grocery bag.
4. When both volunteers are finished have them unpack their groceries, one person at a time.
5. Social activity leader -- invite the person with the unpacked bag to evaluate the contents of the other person's bag - offering non-judgmental suggestions and encouragement on what simple changes can be done to make the other person's choices healthier, ie lower in fat, etc...
6. Social activity leader-- ask other volunteer if they would be willing to try those suggestions, why not, what would they try instead? What does healthy eating mean to them, what steps are they taking to do that, etc...
7. Repeat with other volunteer and their groceries.
8. Award prize to those who volunteer and encourage their good behaviors.

Optional: Adjust number of groceries they're allowed to pack depending on length of discussion, people waiting, etc...

Optional: Have participants choose items specific to a meal. Limit number of items they can pack.

Optional: Have participants see who can pack their grocery bag the fastest & healthiest, as a practice for 'shopping on the run'.

# Low-Fat Shopping Tips



In addition to reading labels, you can do other things to eat a lower-fat, healthier diet and save money on your food bill. Read the following list and try these ideas!

## **Before you go to the store...**

- Plan ahead. Think about your week & decide on some of the main foods you need to make meals.
- Look for specials & coupons for low-fat foods. If a low-fat food is on sale, buy extra & put it in the freezer.
- Make a shopping list & stick to it! Write down specific brands of food or specific cuts of meat.
- Eat before you go grocery shopping. If you're not hungry, you'll be less tempted to buy everything in sight.
- Plan more meatless meals to reduce cost.

## **At the store...**

- Use your shopping list. Don't rely on your memory!
- Save money by buying foods in larger amounts.
- Watch those store displays! Be careful not to buy high-fat foods on impulse.
- Watch for store specials. Stock up on low-fat items so you'll have them when you need them.
- If certain high-fat foods tempt you, stay away from those aisles, or pass through them quickly, only stopping for items on your list.
- Read the labels to decide if foods are low in fat.
- Watch for new low-fat products at the grocery store.

## **At home...**

- Make good use of leftovers,
- Keep fruits & vegetables visible. Don't keep them hidden in your refrigerator. Put fruit in a bowl on the counter or table. Keep cut-up veggies on the top shelf of the fridge - in plain sight.

## **Grocery Checklist**

A good way to start improving your eating habits is to take an inventory of your kitchen. See if you have foods on hand that are low in fat and high in fruits, vegetables, and grains. Having the right foods “at your fingertips” will make changing easier and will increase your chances of reaching your goals.

### ***Here’s a grocery checklist of low fat high fiber foods.***

#### **Fruits and Vegetables**

Fruits, all (fresh, canned or frozen)  
Vegetables, all (if frozen, avoid sauces)

#### **Dairy Foods**

Low fat or skim milk (2% or less)  
Low fat evaporated milk  
Low fat cheese  
Part-skim mozzarella or ricotta  
Light cream cheese low fat cottage cheese  
(1% or 2%)  
Low fat yogurt  
Frozen yogurt, ice milk, sherbert  
Light or diet margarine  
Whipped butter

#### **Breads, Cereals, Beans, Grains and Pasta**

Spaghetti and other noodles  
(preferably whole wheat)  
Brown rice  
Whole wheat flour  
Whole grain breakfast cereals  
Whole grain breads and rolls  
Low fat crackers (see Snack List, page 27)  
Flour and corn tortillas  
Pretzels  
Popcorn (air popped, light  
microwave type)  
Dried or canned beans (kidney beans,  
garbanzo beans, etc.)  
Dried peas and lentils

#### **Meat, Fish, Poultry, Tofu**

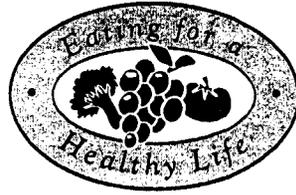
Fish or shellfish, fresh, frozen (not fried),  
or canned  
Water-packed tuna  
Poultry  
Lean cuts of beef (round, loin, rib)  
Extra lean ground beef  
Ground turkey or chicken  
Lean cuts of pork (lean smoked ham, pork  
tenderloin, Canadian bacon)  
Low fat lunch meat (95%-97% fat free)  
Tofu (bean curd)  
Chicken or turkey hot dogs

#### **Fats, Oils, Salad Dressings and Spreads**

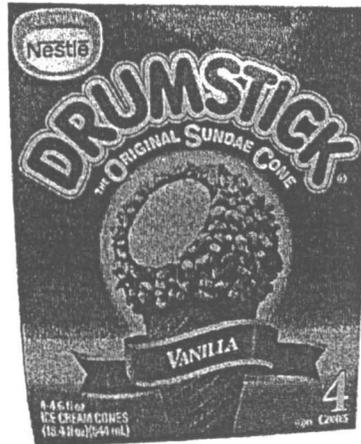
Fruit jam or jelly  
Light or diet mayonnaise  
Reduced calorie salad dressing  
Non-stick spray  
Gravy mixes made with water

#### **Cookies, Cakes and Candy**

Low fat cookies (see Snack List)  
Low fat cakes (angel food, white  
and gingerbread)



# Eating Healthy Can Save You Money



**Ice Cream Drumsticks (Nestlé Drumstick)**

**\$3.49 per box • Servings per box: 4**

**Serving size = 1 cone • Fat per serving: 19 grams**

**Cost per serving: 87¢**



**Chocolate Covered fruit Bars (Dole Fruit Dips)**

**\$3.49 per box • Servings per box: 6**

**Serving size = 1 bar • Fat per serving: 5 grams**

**Cost per serving: 58¢**



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# How to Test Your Low Fat - High Fat Knowledge

## Name of Activity

Food Line-Up.

## Description

Guessing game where people try to put food (using food models or empty food containers) in order from low to high fat.

## Goal

1. Encourage people to think of a range of fat in foods; not just simply high fat or no fat.

## Materials

1. Set of food models (7). If food models are unavailable, consider using empty food containers that represent a variety of fat content.

Listed are two sample food sets. Foods are listed in order, from least fat to most fat.

<b>Set A</b>	<b>OR</b>	<b>Set B</b>
Watermelon		Asparagus
Broccoli		Carrot
Pretzel		Air-popped popcorn
Beans		Pasta
Bacon		Biscuit
Cherry Pie		French Fries
Hamburger		Pizza

2. Make a poster, 'Low Fat? High Fat? Can you put these foods in order from least fat to most fat.'
3. Pens/pencils.



---

## **Prizes - Optional**

## **Food - Optional**

## **Handouts**

- Low Fat or High Fat worksheet (2-sided)
- Meal options worksheet (2-sided)

## **Set-up**

1. Place food models or empty food boxes randomly on the table in a line; not in order of least to most fat.
2. Hang up sign near activity.
3. Set worksheets out on table with pencils.
4. Display prizes, if applicable.

## **Instructions**

- Encourage people to line up the food models or empty food boxes in order of low fat to high fat.
- Encourage people to complete both sides of each worksheet.
- Ask them if they were surprised to see the actual line up of least to most fat.
- Highlight the importance of looking at the total fat in foods per serving size.
- Award prize if applicable, if people get line-up correct or if they're making efforts to participate.

# Low Fat or High Fat?



Can you put these foods in order from lowest amount of fat to highest amount of fat?

French fries

Biscuit

Carrot

Pizza

Air-popped popcorn

Asparagus

Pasta

**Solution:** asparagus, carrot, air-popped popcorn, pasta, biscuit, French fries, pizza

# Low Fat or High Fat?



Can you put these foods in order from lowest amount of fat to highest amount of fat?

Cherry pie

Watermelon

Broccoli

Hamburger

Beans

Bacon

Pretzel

**Solution:** watermelon, broccoli, beans, pretzel, cherry pie, hamburger



Try to put the options for each main meal in order of fat content from okay, to better, to best.

Which meals look like yours?

What simple steps can you try to make your choices healthier?

### BREAKFAST

Scrambled eggs with  
low fat cheese &  
vegetable  
Toast with jam  
Tea

Cereal  
Low fat milk  
Banana  
Yogurt  
Juice

Cheese omelet  
Hash browns  
Coffee with cream

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

### LUNCH

Large bowl of chowder  
with crackers  
Bread and thick  
spread of butter

Hamburger  
Large order of french  
fries  
Milkshake

Turkey sandwich  
with mustard  
Chicken noodle soup  
Frozen yogurt

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

continue on back...

**DINNER**

Spaghetti with  
meatballs  
Garlic bread  
Caesar salad

---

Baked fish with lemon  
Plain rice  
Steamed vegetables

---

Bean burrito with low  
fat cheese  
Tossed salad with  
vinaigrette dressing

---

**SNACK**

Baked chips with  
salsa

---

Soft cookie with a  
glass of whole milk

---

Bagel with lite cream  
cheese

---

Answers: Breakfast: better, best, okay. Lunch: better, okay, best.  
Dinner: okay, best, better. Snack: best, okay, better.





---

# How to Walk Your Way to Healthy Eating... and Win!

## **Name of activity**

Prize Walk.

## **Description**

Walking game set to music with food pictures to stand on. (This game is very similar to traditional "cake walks".)

## **Goal**

Get people thinking and talking about:

1. What healthy eating means to them
2. How to improve their healthy eating behaviors

## **Materials**

1. 20 Food Pictures, each with a number from 1-20 (or as many pictures as you have total). Food photo options: Tear these out of magazines, get youth group to make food collages, etc.
2. Stereo + music selection. If a piano is available, see if a volunteer will play the piano for this activity.
3. Pieces of paper, numbered 1-20.
4. Make game poster, "Walk to Win."
5. Jar or basket to hold numbers.
6. List of trivia questions (attached).

## **Food – Optional**



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## Prizes

- To be decided by person leading social activity. Include tip sheet handout with all prizes.
- Food prize ideas: pints/quarts of fruit, healthy snack bags, oil misters, gift certificates, etc.

## Handout

- Why I Should Eat Healthfully

## Set-up

1. Lay out pictures in shape of circle. Lay out as many pictures as necessary for the number of people playing.
2. Hang up poster.

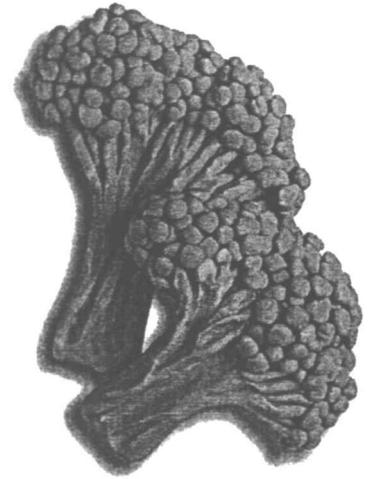
## Instructions

1. Lay out 20 pictures of food numbered 1-20 on the floor in a circle.
2. Start music.
3. As many as 20 people walk around the circle as music plays.
4. When the music stops, instruct everyone to stand on picture closest to them.
5. Person running the game will have a jar/container with slips numbered 1-20 on them. One slip will be randomly pulled out. Tip: Consider asking a child or volunteer to do this.
6. Read number out loud.
7. Whoever is standing on that number will be asked to step up. Person leading game asks, "What does healthy eating mean to you?" or other question from Trivia Sheet.
8. Guide response as necessary. Award participant with prize and tip sheet.
9. Repeat steps 2-8, as necessary.

Optional: Person leading this activity can have all prizes displayed out on a table, and have each winner pick their own prize after handing the winner a tip sheet.

Optional: Get volunteers to make healthy entrees or dishes. Use prepared low fat dishes as a prize. Be sure to advertise this fun and interactive event!

# Why Should I Eat Healthy Foods?



There are many reasons to eat healthy foods in a balanced, tasty pattern. First, eating healthy may prevent people from getting cancer and heart disease. This research finding has become clear in the past ten years. Research has also shown that eating better helps people with diabetes. Eating better can make you feel better and stay more active.

Even better, these findings are as true for older adults as they are for younger ones. You can benefit, right now, from making more healthy choices as you eat every day.

Many older people think about eating more balanced, healthy meals. It's hard sometimes to know what is good to eat that is also tasty and inexpensive. That's why we come to you, right where you live, to provide support for your healthy choices.





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# At Your Fingertips

## Healthy Eating Session Topics

1. The Fats of Life
  - Learn how to figure out the amount of fat in foods and make lower-fat food choices.
  - See and compare amounts of fat in food items.
  
2. Labels, Labels, Labels - What's It All About?
  - Learn how to read & interpret nutrition labels and marketing techniques.
  - Evaluate your food shopping skills.
  
3. Low fat Entrees & Recipe Modification
  - Learn how to identify high fat entrees.
  - Discuss skills for selection and preparation of low fat entrees.
  - Practice modification of entree recipes -turn old favorite recipes into new, healthier ones.
  
4. Smart Snacking
  - Identify personal snacking habits.
  - Identify family and friends' influence on snacking patterns.
  - List strategies to promote healthy snacking.
  
5. Social Eating — Eating out the Healthy Way
  - Learn to identify low fat and high fat items.
  - Rehearse decision-making for lower-fat eating at a restaurant.
  - Practice menu selection with a menu in hand.
  
6. Saving Money with Complex Carbohydrates
  - Identify sources of complex carbohydrates
  - Learn ways to increase complex carbohydrate intake
  - Learn money-saving options for preparing healthful meals.



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7. Let's Help Children Eat Healthy
    - Identify the role of encouragement on children's eating habits.
    - Determine your current strategies for encouraging children to eat healthy.
  
  8. Dairy Foods & You
    - Identify high-fat dairy foods you use.
    - Learn skills for selection and use of low-fat dairy foods.
  
  9. Life Long Habits of Healthy Eating
    - Identify factors that help you maintain your dietary changes.
    - Learn how loss of motivation can cause a drift back to old eating patterns.
    - Learn ways to add flavor to food without fat.
  
  10. Diabetes and Eating for a Healthy Life
    - Review what diabetes is.
    - Learn how the Eating for a Healthy Life recommendations support individual diabetes eating styles.
  
  11. Quick & Healthy – It's Easy!
    - Discuss strategies to reduce time spent in meal preparation activities.
    - Develop a list of healthy "on the go" snacks.
    - Develop a list of foods to have in stock for quick meals and snacks.
  
  12. Phytochemicals
    - Discuss what phytochemicals are, where they are found, and their relationship to fruits and vegetables.
    - Discuss ways to increase fruit and vegetable intake.
  
  13. Healthy Eating Guidelines (Summary) Session
    - Points from Fats of Life, Labels, Carbohydrates, Recipe Mod., Snack, Dairy sessions.
  
  14. Easy Cooking for One or Two
    - Discuss ways to shop for and cook healthy meals for one or two people.
    - Learn about creative ways to use leftovers.
  
  15. Goals for Tomorrow
    - Learn how to set realistic goals and achieve them.



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# Fats of Life

## Healthy Eating Session #1

### **Overview and instructions**

The Fats of Life Session is an easy and dramatic way to show the amount of fat that the typical American may eat in one day. Use teaspoon measurements of shortening to represent the amounts of dietary fat in a one-day menu of common food items.

In this session, participants will:

1. Identify the amount of fat in our foods.
2. Identify lower-fat choices and substitutions, focusing on fruits, vegetables, grains and alternate preparation and cooking methods.

### **Session materials provided here**

- Fats of Life Session Instructions, tip sheet and recipe handouts.
- Help Yourself booklet.

### **Handouts**

- Fats of Life outline.
- Amount of Fat in Sample Menu.
- Sample Menu worksheet.
- Food Value Guide.
- Recipe(s) of choice.

### **Session materials you supply**

- Tub of Crisco or other shortening.
- 6 waxed paper squares or small paper plates.
- Food handler gloves (optional).
- Penny and paper clip.
- 1 and ½ tsp measuring spoons.
- Session space: classroom, social hall, or kitchen. Generally, if the session is a stand-alone activity, any space that can accommodate seating up to 20 people will work fine. If the session is presented at a larger group activity, then coordinate with the activity planner and/or your faith community administrative staff to get attendance numbers.



## **Pre-session preparation**

Gather session materials:

- Instructions, Handouts, and Demonstration materials (see above).
- Make copies of the tipsheets and recipe handouts at the end of these instructions to distribute to each participant.
- Arrange for a food tasting. You can choose a recipe from the Eating for a Healthy Life recipe book or make one of your own favorite low fat treats. Consider asking somebody to help you!
- Arrange the tip sheets, recipes and food so all the participants have easy access to the handouts, food and service ware.
- If you have access to a chalkboard, dry erase board or flip chart, this is an option to use if you'd like to write down participants' comments during the session.
- Set up staging area for demo (on table, large podium, etc.) with can of Crisco, measuring spoons, 6 small plates or wax paper squares (1 to represent each meal and snack-use these to place Crisco on), and sample menu with fats grams/teaspoon measurements.

## **Once the participants arrive**

- Distribute handouts.
- Pass penny and paper clip.
  1. Explain fat gram equation: paper clip=1 gram, penny=3 grams, 1 tsp.=4 grams
  2. Display measuring teaspoon and explain how you will use this measure to represent fat in sample menu.
- Begin measuring shortening, starting with breakfast.
- Using your teaspoon and ½ teaspoon measuring spoons, measure out shortening amounts that correspond to fat amounts on sample menu. Place shortening measures on small plates or wax paper squares. Continue measuring lunch, snack, dinner and dessert in same manner.
- As you complete measuring each "meals worth" of fat, pass plate or wax paper square around so participants can get a true sense of weight and volume.

## **Topics For discussion**

You can still eat many favorite foods and eliminate dietary fat by using these strategies. Remember, small changes can equal big returns!

### ***Identify fats***

- As you go through this demonstration, tell the participants how many grams of fat are in each food and point out where the fat comes from:
  1. Added fat = fat from cooking methods (i.e., frying, sautéing), butter spreads on breads. Mayonnaise and dressings added to sandwiches and salads, etc.
  2. Fat in foods = cheeses, hamburger and untrimmed or skin-on meats, high fat dairy products and processed foods.



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### ***Reduce or limit serving size***

As you present this demonstration, discuss reducing or limiting serving size of high fat foods as a strategy to limit your intake of dietary fat:

1. Use a smaller plate.
2. Cover majority of your plate with fruit, vegetables and whole grains-limit meat serving size to approx. 3 oz or the size of a deck of cards.
3. When eating out, bring home a doggie bag!
4. Avoid “super-size” meals.
5. Eating high-fat foods less often: budget your fat intake over a period of a week-if you indulge on one day, then compensate the next day by eating low fat, with lots of fruits, veggies, and grains!

### ***Modify foods***

As you present this demonstration, discuss ways to modify the foods you already eat:

1. Choose reduced, low, or non-fat dairy products, mayonnaise, and salad dressings.
2. Use lower fat cooking methods such as baking, broiling, and stir-frying, braising, and stewing.
3. Eat vegetarian meals several time a week.
4. Cook leaner cuts of meat and use skinless poultry.

### ***Replace***

As you present this demonstration, discuss ways to replace the foods you already eat with lower-fat options:

1. Choose whole grain bread and pastas.
2. Instead of hamburger, choose meat substitute products for taco filling, spaghetti meat, and chili.
3. For maximum flavor, use spices and herbs instead of fat!

### ***Group activity***

- Sample Menu worksheet: Reduce, Modify, or Replace.
- Encourage your session participants to discuss strategies for reducing the fat content in the sample menu: eliminate foods, substitute lower fat products, choose smaller servings, eat the food less often, etc.
- Go back through the sample menu to see where fruits, vegetables and grains can be added:
  1. Adding raisins to your cereal and drinking orange juice at breakfast adds 2 servings of fruits.
  2. Fruit is added as a snack, a vegetable is added at lunch, a large serving of potatoes (vegetable) is added at dinner, fruit has been added to dessert.
  3. Note that menu originally had three servings of fruits and vegetables and now it has nine servings.
  4. Grains have been added: cereal for breakfast, graham crackers for snack, and a roll at dinner. The menu now has six servings of grains.
  5. Added six servings of fruits and vegetables and three servings of grains and we haven't increased the calories at all.



- 
- Ask for other low-fat examples. Use the Help Yourself booklet to check for fat content.
    - Some examples of low-fat foods include crackers, rice cakes, popcorn, pretzels, melba toast, rice, bulgur, couscous, kidney beans, potatoes, pasta, fruit, various types of bread including whole grain, French bread, bread sticks. Vegetables are also relatively low in calories if they are not fried.
  - Use a flip-chart, chalk board, or wet/dry erase board to write down shared ideas.
  - Work in small groups on the rest of the menu to identify healthier alternative to high fat food items on menu.

## **Home activity**

- #1. Your new low-fat lifestyle is a delicious and healthy way of eating and the changes you make are also good for family or friends.
- #2. Using the methods and strategies you've learned and shared today, prepare a healthy meal for your family or friends this week!

# The Fats of Life!



**Identify sources of fat and learn strategies to help you reduce your fat consumption.**

- **Finding Fat in Foods**
  - **Some Fats of Life Demonstration Facts:**
    - 1 Tablespoon of margarine = 12 grams of fat
    - 1 teaspoon of margarine = 4 grams of fat
  
- **Some Things to Remember About Fat:**
  - You can reduce your fat intake and still eat many of your favorite foods by reducing your serving size or by eating those foods less often.
  - When you eat less fat you can actually eat more food.
  - When you reduce your fat intake, the number of calories you eat also drops.
  - Fat contains twice as many calories as the same amounts of carbohydrate or protein.
  - Low fat foods such as vegetables, grains, beans, skim milk, or other non-fat dairy foods, help to improve your eating patterns because they provide you with less fat and more vitamins and minerals.
  
- **Fruits, Vegetables, and Whole Grains**
  - Decreasing fat consumption is only one goal of this project. Another goal is to increase your intake of fruits, vegetables and whole grains.
  - Read through the menu again and look for ways to add servings of fruits, vegetables, and whole grains.
  
- **Home Activity:**
  - Share your ideas for ways to improve eating patterns with your friends and family.
  - When you eat with a friend, ask if he or she will split a meal or try a new recipe with you.

# Amount of Fat in Sample Menu



Food Item	Grams of Fat	Lower Fat Choices
<b>Breakfast</b>		
1 poached egg	5	_____
1 strip bacon	3	_____
1 slice toast	1	_____
1 tsp. regular margarine	4	_____
2 tsp. jam	0	_____
½ c. orange juice	0	_____
	= 3 tsp	
<b>Snack</b>		
1 c. coffee with sugar substitute	0	_____
1 donut, cake type, plain	8	_____
	= 2 tsp	
<b>Lunch</b>		
Sandwich:		
2 slices rye bread	2	
2 oz. light turkey, without skin	2	
1 T. mayonnaise, regular	11	
Tomato and lettuce	0	_____
1 oz. package of potato chips	10	_____
1 apple	0	_____
1 soft drink	0	_____
	= 6 + tsp	
<b>Dinner</b>		
Cheeseburger:		
1 hamburger bun	2	
3 oz. hamburger (30% fat), regular	22	
1 T. mayonnaise, regular	11	
1 oz. cheddar cheese	9	_____
French fries (1 regular serving)	18	_____
Tossed salad	0	
1 T. Italian dressing	7	_____
	= 17 + tsp	
<b>Snack</b>		
½ cup ice cream, regular	7	_____
	= 2 tsp	
<b>TOTAL</b>	<b>122g</b>	
<b>(2450 calories)</b>	<b>= approx 30 tsp</b>	

Note: 1 tsp. margarine = approx 4 g. fat

# Sample Menu



<u>Food Choice</u>	<u>Healthier Choice(s)</u>
--------------------	----------------------------

**Breakfast**

1 poached egg.....	1 c. high-fiber cereal (like Raisin Bran) with either 1/2 c. skin milk (0 tsp. fat) or 2% milk (1/2 tsp. fat)
1 strip bacon	
1 slice toast.....	Whole wheat toast
1 tsp. regular margarine .....	Omit margarine, use jelly, jam or honey
1/2 c. orange juice.....	Fresh fruit

**Snack**

1 c. coffee with sugar substitute	
1 donut, cake type, plain .....	1 bran muffin (1 tsp. fat) or 1 bagel (0 tsp fat)

**Lunch**

Sandwich:

2 slices rye bread	
2 oz. light turkey without skin	
1 T. mayonnaise, regular .....	1 tsp. light mayonnaise
Tomato and lettuce	
1 oz. package of potato chips.....	Carrot/celery sticks
1 apple .....	1 apple (eat the skin)
1 soft drink.....	Juice, skim milk, or water

continued on back

## Food Choice

## Healthier Choice(s)

### Dinner

Cheeseburger:

3 oz. hamburger (30% fat) .....	1 c. meatless bean dish, 4 oz. baked red snapper, 3 oz. crispy baked chicken, or 3 oz. 10% fat ground beef
1 hamburger bun	
1 T. mayonnaise, regular .....	1 T. light mayonnaise
1 oz. cheddar cheese .....	1 oz. lower-fat cheese
French fries (1 regular serving).....	Baked potato (eat the skin), or share fries with a friend
Tossed salad .....	Add some vegetables (1 T. peas, broccoli, etc)
1 T. Italian dressing .....	1 T. lower-fat dressing

### Snack

1/2 cup ice cream, regular .....	1/2 cup frozen yogurt or sorbet or fresh fruit
----------------------------------	--

**TOTAL tsp FAT: 29 1/2  
(2450 calories, 44% fat)**

**NUMBER OF FAT tsp SAVED: 25 1/3**  
Number of fat grams saved: \_\_\_\_\_

*Note: 1 tsp. margarine = approx. 4 g. fat*



## Food Value Guide

Food item	Serving size	Fat (grams)	Dietary fiber (grams)
<b>Baked goods/desserts</b>			
Pie, fruit	1/8 of pie	13	1
Danish	1	12	1
Chocolate/yellow cake	1/12 of cake	11	0
Donut, raised	1	11	1
Brownie w/nuts	3"x1"x1"	6	11
Chocolate chip cookie	2	5	0
Oatmeal cookie	2	5	1
Vanilla wafers	5	3	0
Fig bars	2	2	1
Angel food cake	1/6 of cake	0	0
<b>Breads/crackers and snacks</b>			
<b>Snacks</b>			
Corn/tortilla chips	1 cup	12	2
Potato chips	10	8	0
Popcorn with butter/margarine	1 cup	3	1
Pretzels	30 rings	1	1
<b>Breads/crackers</b>			
Cornbread	2-1/2" square	6	1
Biscuit	1	5	1
Bran muffin	1 medium	5	3
Blueberry muffin	1 medium	4	1
Dinner roll, soft	1	2	1
English muffin, wheat	1 whole	2	4
Corn tortilla	1	1	2
Cracked wheat or mixed grain breads	1 slice	1	2
Rye, pumpernickel	1 slice	1	2
White bread	1 slice	1	1
Hard roll or bagel	1	1	1
Party crackers (Ritz <sup>®</sup> )	4	1	0
Rye wafers (Ry-Krisp <sup>®</sup> )	2	0	2
Soda crackers	5 squares	0	0

## Food Value Guide

Food item	Serving size	Fat (grams)	Dietary fiber (grams)
<b>Cereals and pasta</b>			
Bran cereals			
Extra high fiber	½ cup	1	13
All bran type	½ cup	1	9
Raisin bran type	½	1	4
Other cereals			
Granola type	¼ cup	5	1
Cheerios type	1-1/4 cup	1	1
Cornflakes type	1-1/4 cup	1	0
Oatmeal, cooked	½ cup	1	2
Rice and pasta			
Egg noodles	1 cup	2	4
White rice	1 cup	0	2
Brown rice	1 cup	1	3
Macaroni/spaghetti, regular	1 cup	1	2
Macaroni/spaghetti, whole wheat	1 cup	1	4
<b>Fats, nuts and oils</b>			
Nuts	¼ cup	19	2
Sunflower seeds	1 Tbsp	5	1
Peanut butter	2 Tbsp	16	2
Oil, cooking	1 Tbsp	14	0
Mayonnaise, regular	1 Tbsp	11	0
Mayonnaise, light	1 Tbsp	4	0
Salad dressing			
Blue cheese type	1 Tbsp	8	0
Italian	1 Tbsp	7	0
Oil & vinegar	1 Tbsp	7	0
Ranch	1 Tbsp	6	0
French	1 Tbsp	6	0
Thousand island	1 Tbsp	6	0
Low calorie type	1 Tbsp	2	0

## Food Value Guide

Food item	Serving size	Fat (grams)	Dietary fiber (grams)
<b><i>Milk, cheese and other dairy products</i></b>			
<b>Milk</b>			
Milk, whole	1 cup	9	0
Milk, 2%	1 cup	5	0
Milk, skim	1 cup	0	0
<b>Cheese</b>			
Cheddar cheese	1 ounce	10	0
Cream cheese	2 Tbsp	10	0
American cheese	1 ounce	9	0
Swiss cheese	1 ounce	8	0
Cottage cheese, regular	½ cup	5	0
Cottage cheese, low fat	½ cup	2	0
<b>Frozen dairy products</b>			
Ice cream	1 cup	14	0
Ice milk	1 cup	6	0
Sherbet	½ cup	2	0
<b>Other dairy products</b>			
Sour cream	2 Tbsp	6	0
Half n' half	2 Tbsp	4	0
<b>Yogurt</b>			
Plain (4% fat)	1 cup	7	0
Plain (2% fat)	1 cup	4	0
Fruit (2% fat)	1 cup	2	0
<b>Butter/margarine</b>			
Butter	1 tsp	4	0
Margarine, regular	1 tsp	4	0
Margarine, diet	1 tsp	2	0

## Food Value Guide

Food item	Serving size	Fat (grams)	Dietary fiber (grams)
<b>Meat, poultry, fish and eggs</b>			
**All meat has the fat trimmed, unless otherwise specified.			
Breakfast meats			
Sausage	2 links	8	0
Bacon	2 slices	8	0
Bacon substitute, Sizzalean <sup>®</sup> , etc.	2 slices	6	0
Beef			
Hamburger			
Regular (30%)	3 ounces	18	0
Lean (25%)	3 ounces	16	0
Pot roast			
Less lean cuts (chuck, rib, blade)	3 ounces	10	0
Lean cuts (eye or bottom round)	3 ounces	6	0
Steak, broiled			
Less lean cut (flank)	3 ounces	13	0
Lean cut (sirloin)	3 ounces	8	0
Lamb			
Lamb chop	3 ounces	6	0
Leg of lamb, roasted	3 ounces	7	0
Pork			
Pork spare ribs	3 ounces	26	0
Pork chop	3 ounces	11	0
Ham, lean	3 ounces	6	0
Pork tenderloin	3 ounces	4	0
Lunch meat			
Hot dogs, regular	1 frank	13	0
Hot dogs, chicken, turkey	1 frank	9	0
Bologna, regular	1 ounce	6	0
Bologna, turkey	1 ounce	5	0
Roast beef, lean	1 ounce	3	0
Ham, lean	1 ounce	2	0
Turkey breast	1 ounce	1	0

## Food Value Guide

Food item	Serving size	Fat (grams)	Dietary fiber (grams)
Eggs			
Egg	1 large	6	0
Chicken and turkey			
<b>Fried</b>			
Dark, with skin	3 ounces	16	0
White, with skin	3 ounces	13	0
Dark, no skin	3 ounces	10	0
White, no skin	3 ounces	5	0
<b>Roasted/baked chicken</b>			
Dark, with skin	3 ounces	13	0
White, with skin	3 ounces	9	0
Dark, no skin	3 ounces	8	0
White, no skin	3 ounces	4	0
<b>Turkey</b>			0
Dark, no skin	3 ounces	6	0
White, no skin	3 ounces	3	0
Seafood			
<b>Fried</b>			
Cod, halibut	3 ounces	11	0
Shrimp, scallops	3 ounces	10	0
<b>Steamed/broiled</b>			
Salmon	3 ounces	6	0
Halibut	3 ounces	3	0
Red snapper	3 ounces	2	0
Shrimp, scallops	3 ounces	1	0
<b>Tuna</b>			
Oil packed, drained	3 ounces	7	0
Water packed	3 ounces	1	0

# Quick Recipe Fruited Spinach Salad



Makes 10 servings

A delicious honey and poppy seed dressing unites the fruit and greens

## Ingredients

- 1/4 cup white wine vinegar
- 3 Tbsp. salad oil
- 2 Tbsp. honey
- 1 tsp. poppy seed
- 1/2 tsp. dry mustard
- 8 cups torn spinach
- 1 medium papaya, seeded, peeled and cubed or 2 medium pears, cored, peeled, and cubed
- 1 1/2 cups seedless grapes, halved

## Preparation

For dressing, in a screw-top jar combine vinegar, salad oil, honey, poppy seed, and dry mustard. Cover and shake well to mix. In a large salad bowl combine spinach, papaya or pears, and grapes. Shake dressing again and pour over salad. Toss to coat. Serve immediately.

Source: Better Homes & Garden Eating Healthy Cookbook

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Source: Better Homes & Garden Eating Healthy Cookbook

# Raspberry Jello Salad



Makes 8 servings

## Ingredients

- 1 3 oz. package raspberry gelatin
- 1 cup boiling water
- 1 cup fresh or frozen raspberries
- 1 cup applesauce

## Preparation

Dissolve jello in boiling water. Chill until partially set. Mash berries (if frozen berries are used, drain juice and use as a part of water). Add berries and applesauce. Refrigerate until set. Top with low-fat yogurt or Dream Whip.

Recipe submitted by Mary Wickstrom for the Women's Health Trial sponsored by the National Cancer Institute

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# Reading Food Labels – What's It All About?

## Healthy Eating Session #2

### **Overview and instructions**

This session guides you through the sometimes challenging task of reading food labels. It begins by explaining how the food industry and others influence our food choices then takes you through the step by step process of reading and understanding the food label. The session ends with a discussion regarding labeling guidelines and how that can affect the way we shop for food.

In this session, participants will:

1. Read and interpret nutrition labels and marketing techniques.
2. Identify how the food industry influences your eating patterns.
3. Evaluate your label reading skills.

### **Session materials provided here**

- Session instructions, tip sheets and recipes.
- Help Yourself booklet.

### **Handouts**

- Labels outline.
- Nutrition Label Worksheet.
- Low-Fat Shopping Tips.
- Definitions of Common Nutritional Terms.
- How to Read the Nutrition Facts Panel.
- Recipe(s) of choice.

### **Session materials you supply**

- Room or space for the discussion.
- Tables and chairs.
- Product containers for participants to use to practice reading food labels.



- Copies of the tip sheets and recipes.
- Food for food tasting.
- Service ware such as plates, napkins, utensils.

## **Pre-session preparation**

- Gather the session materials.
- Bring actual food labels from home for participants to use during the session. (You may want to start saving empty food containers ahead of time.) It's fun if you can have a higher fat item, ice cream for example, and then compare it to a lower fat item such as sorbet.
- Make copies of the following tipsheets and recipe handouts to distribute to each participant.
- Arrange for a food tasting. You can choose a recipe from the Eating for a Healthy Life recipe book or make one of your own favorite low fat treats. Consider asking somebody to help you!
- Arrange the tip sheets, recipes and food so all the participants have easy access to the handouts, food and service ware.
- If you have access to a chalkboard, dry erase board or flip chart, this is an option to use if you'd like to write down participants' comments during the session.
- Arrange the space in whatever format you feel most comfortable using. For example, do you want a classroom setting or a discussion group setting?

## **Once the participants arrive**

- Distribute the product containers.
- Distribute the handouts.
- Invite them to try some food.

## **Topics for discussion**

### ***Food industry and eating habits***

- Food companies and supermarkets are very aware of consumer choices about what they eat, how much they eat and where they buy their food.
- They spend a lot of time trying to find out what would encourage us to buy food. ASK: what are some ways they entice us? (Hint: placement of foods on shelves-sugary cereals at children's eye level, candy and gum for sale at check out, promotional items when you first walk through the door, colorful packaging, etc).
- It's important to be aware of how products are labeled and displayed.
- It can be difficult to know if a food is a lower-fat choice if you don't understand a food label.



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### **General label reading information**

- Food labels are uniform now – laws changed in 1993.
- All manufacturers have to be in compliance by now.
- The new nutrition panel gives nutrition facts.

### **The Nutrition Facts panel**

- Everyone should have a product container or the Nutrition Facts Panel handout to refer to.
- The nutrition panel is usually found on the side or back panel of the package.
- Look for the following information: serving size and grams of fat in the serving.
- You'll want to make your decisions about a specific food based on this information. Let's learn how!

### **Serving size**

- Each food product has a serving size listed on the nutrition panel.
- On the new labels (since 1993), the serving size is the same for similar foods. For example, frozen desserts such as ice cream, sorbet and frozen yogurt will all have a serving size of  $\frac{1}{2}$  cup.
- Be careful -the serving size may be very different from the amounts that you would normally eat!
- When reading nutrition labels, be sure to look closely at the serving size. Everything on the label is in relation to the serving size.
- Make sure to look at the serving size of each food item you eat as different foods have different serving sizes.

### **Amount of fat/total fat**

- Even though there are many items listed on the label, let's focus on the item that says Total Fat.
- Total Fat lists the number of fat grams in the serving shown on the label, for example, a frozen yogurt label could tell you that there are 3 grams of fat in one  $\frac{1}{2}$  cup serving.
- The guidelines for lower fat choices are as listed at the bottom of the Nutrition Label Worksheet: A main dish item should be 10 grams of fat or less per serving and a dessert item should be 4 grams of fat or less per serving. Remember, these are just guidelines to help you make a decision, not hard-set rules.

### **How much fat did you eat?**

- The amount of fat you ate depends on your serving size.
- Do you normally eat more or less than the serving size? (For fun at home, you may want to actually measure out your usual serving size of a favorite food and then compare it to the serving size listed on the label).
- If your serving size is larger, you will eat more fat. For example, if you eat 1 cup of frozen yogurt instead of the  $\frac{1}{2}$  cup serving listed on the label, you'd have to double the total fat grams listed on the label (if the serving size states 3 and you eat twice the serving size, you've consumed 6 grams of fat.)



## **Fat budgeting**

- Fat budgeting is similar to budgeting money. There are days when we all over do it, especially at special functions. Don't despair however! This is how you can fat budget: If you know a special gathering is coming up and that the food choices will all be high in fat, try eating very low fat for the 2-3 days prior to the event and then the 2-3 days following the event. This will give your body a chance to "even out" the fat that you have consumed. If the high fat occasion was a surprise and you didn't get a chance to fat budget before the high fat meal, try and eat lower fat for the 5-7 days after the big meal. Another way to fat budget is to eat lower fat side items and dessert with a high fat meal. The choice is yours to make!

## **Let's practice!**

For this exercise, have a variety of labels from higher-fat and lower-fat food products. Before the session, arrange the labels in pairs of similar products. For example, have a frozen yogurt and an ice cream label or a regular frozen dinner and a Healthy Choice frozen dinner. Have the participants work in pairs, one to have the higher fat option and the other to have the lower fat option. Each pair needs a Nutrition Label Worksheet.

- The worksheet compares the two products by looking at serving size along with fat grams per serving.
- The participants should read the food labels with their respective partner and complete the worksheet.
- When everyone is finished, there should be a discussion about what the participants discovered.
- Ask the following questions and encourage sharing. When you compared the two foods, did they have the same serving size? How does the serving size listed on the label compare to the amount you would normally eat? Would the food you looked at be a good choice for you to use? What food label information was difficult to understand?

## **Let's look at the rest of the Food label**

Food labels now provide so much information that as a label reader, you may feel that at times, the label provides more information than is necessary. As you become more familiar with labels and develop some label reading skill, getting pertinent information from the label will become easier.

- Ingredient list.
- With the current labeling laws, almost all packaged foods will have nutrition panels.
- There are a few exception: foods made by small companies, or foods in very small packages (like candy and gum) will not have a Nutrition Facts Panel.
- All of these foods will, however, have a list of ingredients and a phone number or address where consumers can get more information.



- % Daily Values
  - These are meant to help consumers see how a food fits into their diet. The percentages are based on a 2,000 calorie diet. For example, if a label states that the food's % Daily Value for fat is 10%, this means that 10% of the recommended amount of fat is consumed by eating a serving of this product. It does not mean that this item is 10% fat.
  - The % Daily Values are based on the footnote at the bottom of the Nutrition Facts Panel. This portion of the label is the same for all items. It simply gives the consumer an idea of how much fat, cholesterol, sodium, etc a person should be consuming in a day.
  - See the "How to Read the Nutrition Facts Panel" handout for specific descriptions of all parts of the food label.

## **Misleading information on labels**

- The new label laws have helped to stop many of the misleading claims often found on the labels in the past.
- Foods now have consistent definitions for eye-catching nutrition words like "low-fat" and "light."
- But definitions for some of these terms are still quite complicated (see "Definitions for Common Nutritional Terms" handout).
- The rule you should use when figuring out how much fat is in a food is: always look for the grams of fat and the serving size on the Nutrition Facts Panel. Ignore what the front of the package claims as the Panel will give you the most accurate information.
- Don't be misled by the front of the package. The claims of 2% milk, wheat bread, 83% fat salami all lead you to believe that these are lower fat, higher grain content but they aren't.

## **Home activity**

- #1. Go to the grocery store, read labels and buy a lower-fat food such as salad dressing or low-fat cheese that you have never tried before.
- #2. Serve a new low-fat recipe at a faith community event.

# Labels, Labels, Labels!



## Learn how to read and understand food labels.

### • How the Food Industry Influences Our Eating Habits

- Food companies and supermarkets are very aware of what consumers choose to eat, how much they eat, and where they buy their food.
- What are some ways they entice us?

### • Understanding Food Labels

- The new nutrition panel gives NUTRITION FACTS.
- Look for the following information: **serving size** and **grams of fat** in the serving.
- Be careful - the suggested serving size may be very different from the actual amount that people usually eat.
- **Total Fat** lists the number of fat grams in the serving shown on the label.
- Use the following guidelines to help you decide if the food is a lower-fat choice:
  - Main entrees: 10 grams of fat or less per serving
  - Desserts: 4-7 grams of fat or less per serving
- You may choose to eat foods higher in fat and pick lower-fat side dishes and desserts. You may also decide to occasionally have a higher-fat food and spread the fat grams over a period of time.
- The new labels give Daily Values and % Daily Values for a few key nutrients.
- Notice the Daily Value for fat is between 65 and 80 grams of fat per day based on a 2000 calorie/day diet.

# Nutrition Label Worksheet



Compare the food labels of two different foods.  
look at the packaging to find the nutrition label,  
typically called the "Nutrition Information Per Serving."

	Food 1	Food 2
Name of food:	_____	_____
What is the serving size listed?	_____	_____
How many grams of fat per serving are listed on the label? <i>(Total fat grams)</i>	_____	_____
What is your usual serving size of this food (approximate)?	_____	_____
How many grams of fat would be in the serving you usually eat?	_____	_____
Is this food a low-fat choice?	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
What is another low-fat choice of a similar food?	_____	_____

When comparing foods, be sure you are comparing the same serving size.

## Guidelines for low-fat Choices:

Main Dish: 10 g fat or less per serving   ·   Dessert: 4 g fat or less per serving

# Low-Fat Shopping Tips



**In addition to reading labels, you can do other things to eat a lower-fat, healthier diet and save money on your food bill. Read the following list and try these ideas!**

## **Before you go to the store . . .**

- Plan ahead. Think about your week & decide on some of the main foods you need to make meals.
- Look for specials & coupons for low-fat foods. If a low-fat food is on sale, buy extra & put it in the freezer.
- Make a shopping list & stick to it! Write down specific brands of food or specific cuts of meat.
- Eat before you go grocery shopping. If you're not hungry, you'll be less tempted to buy everything in sight.
- Plan more meatless meals to reduce cost.

## **At the store . . .**

- Use your shopping list. Don't rely on your memory!
- Save money by buying foods in larger amounts.
- Watch those store displays! Be careful not to buy high-fat foods on impulse.
- Watch for store specials. Stock up on low-fat items so you'll have them when you need them.
- If certain high-fat foods tempt you, stay away from those aisles, or pass through them quickly, only stopping for items on your list.
- Read the labels to decide if foods are low in fat.
- Watch for new low-fat products at the grocery store.

## **At home...**

- Make good use of leftovers.
- Keep fruits & vegetables visible. Don't keep them hidden in your refrigerator. Put fruit in a bowl on the counter or table. Keep cut-up veggies on the top shelf of the fridge - in plain sight.

# Definitions of Common Nutritional Terms



**Fat Free**—Product has less than 1/2 (0.5) grams of fat per serving. This value will be rounded to zero.

**99% Fat Free**—Every 100 grams of food will have 1 gram or less of fat.

**Low Fat**—Product has 3 grams of fat or less per serving.

**Reduced Fat**—Fat has been reduced by at least 25 percent (compared to a similar food).

**Light (Lite)**—Product has 33% fewer calories or 50% less fat per serving than a comparable product.

**Lean**—For meat and poultry only. Product has less than 10 grams fat, less than 4 grams saturated fat, and less than 95 milligrams cholesterol per serving.

**Low Calorie**—Product has 40 calories or less per serving.

**Saturated Fat Free**—Product has less than 0.5 grams saturated fat per serving.

**Low in Saturated Fat**—Product has one gram or less saturated fat per serving.

**Cholesterol Free**—Product has less than 2 milligrams of cholesterol per serving. This value will be rounded to zero.

**Low Cholesterol**—Product has 20 milligrams or less cholesterol and two grams or less of saturated fat per serving.

**Sodium Free**—Product has less than 5 milligrams of sodium per serving. This value will be rounded to zero.

**Very low Sodium**—Product has 35 milligrams or less of sodium per serving

**Low Sodium**—Product has 140 milligrams or less of sodium per serving.

**Good Source**—Used for fiber, protein, vitamins, or minerals. Product has at least 10% of the Daily Value for the particular nutrient.

**High in (Excellent Source)**—Used for fiber, protein, vitamins, or minerals. Product has at least 20% of the Daily Value for the particular nutrient.

### SERVING SIZE

All serving sizes have been set by the FDA. All of the information below pertains to this amount of food.

### CALORIES

Calories are figured from the amount of fat, carbohydrate, and protein in the food.

### TOTAL FAT

Many people are watching how much fat they eat. Total fat consists of three subtypes of fat: saturated fat, monounsaturated fat, and polyunsaturated fat.

### SATURATED FAT

This is the fat that's linked with high blood cholesterol.

### TOTAL CARBOHYDRATE

Carbohydrates contain three categories: simple carbohydrates (sugars); complex carbohydrates (starches); and dietary fiber.

### SUGARS

Sugars can be naturally occurring, like the fructose in fruit and juice, or they can be from refined sources, like table sugar (sucrose), corn syrup, or molasses. The FDA has not determined a Daily Value for sugar.

### VITAMINS AND MINERALS

These numbers list the percentage of the USRDA of these nutrients. USRDA stands for United States Recommended Dietary Allowance.

### FOOTNOTE

Health agencies, such as the American Heart Association, have set guidelines for healthy eating. This footnote sets out guidelines that apply to people eating 2,000 or 2,500 calories. These guidelines don't change from label to label. **They do not represent what's in the food you're buying.** Instead, these numbers are used to calculate the Daily Values column above. For instance, a person eating 2,000 calories should eat no more than 65 grams of fat. A serving of this food provides 0.5 grams of fat. Divide 0.5 by 65 to get 1%. This food provides 1% of your Daily Value for total fat if you eat 2,000 calories.

## HOW TO READ THE NUTRITION FACTS PANEL

Nutrition Facts	
Serving Size 1 slice (40g) Servings per Container 20	
Amount per Serving	
Calories 90	Calories from Fat 5
% Daily Value*	
<b>Total Fat</b> 0.5g	1%
Saturated Fat 0g	0%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 150mg	6%
<b>Total Carbohydrate</b> 18g	6%
Dietary Fiber 2g	8%
Sugars 5g	
<b>Protein</b> 4g	
Vitamin A 0% • Vitamin C 0%	
Calcium 4% • Iron 6%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000      2,500
Total Fat	Less than 65g      80g
Sat Fat	Less than 20g      25g
Cholesterol	Less than 300mg      300mg
Sodium	Less than 2,400mg      2,400mg
Total Carbohydrate	300g      375g
Fiber	25g      30g
Calories per gram: Fat 9 • Carbohydrates 4 • Protein 4	

### NUTRITION FACTS

Everything about the nutrition label—what it contains, what it doesn't, and how it is presented—was decided upon by the FDA.

### CALORIES OF FAT

This shows how many calories come from fat. To find the Percentage of Calories derived from Fat, divide Calories from Fat by total Calories. In this case, this food gets 5 of its 90 calories from at, or 6%.

### DAILY VALUES

This is a way that you can evaluate how a particular food fits into your daily meal plan. These percentages are based on health agency guidelines listed in the footnote at the bottom of the label, for a person eating 2,000 calories in a day. This food item provides only 1% of the amount of fat that a person eating 2,000 calories would consume in a day. **Daily Values do not indicate the percentage of a nutrient in a food-** for instance, the Daily Value for fat does NOT show the percentage of calories from fat.

### CHOLESTEROL

Cholesterol is only found in products of animal origin. If a product has very little cholesterol (less than 2 mg per serving), this value may be rounded down to zero.

### SODIUM

High levels of sodium are found in salt, soy sauce, condiments, processed foods, cured meats and cheese. Some people are very salt sensitive. Others can eat sodium without ill effects.

### DIETARY FIBER

Dietary fiber are carbohydrates that aren't digested by human enzymes. They're only found in foods of plant origin, and provide roughage or bulk to our foods.

### PROTEIN

Protein is the building material of our bodies. The FDA has determined that most Americans get more than enough protein, so protein does not require a Daily Value listing.

### CALORIES PER GRAM FOOTNOTE

These numbers are constants. Every gram of fat has 9 calories. A gram of carbohydrate or protein has 4 calories each. For instance, this food has 0.5 grams of fat. You would multiply 0.5 by 9 to get 4.5 Calories from Fat, which is rounded up to 5 Calories from Fat on this label.

# Quick Recipe Pineapple Toss



Makes 4 servings

Toss this refreshing salad with a simple dressing made from just two ingredients.

## Ingredients

- 3 cups torn salad greens
- 1 cup shredded green or red cabbage
- 1 8-oz. can pineapple tidbits (juice pack)
- 1/4 cup reduced-calorie mayonnaise or salad dressing

## Preparation

In a salad bowl combine greens and cabbage. Drain pineapple, reserving 2 tablespoons of the juice. Add pineapple to greens and cabbage. In a small bowl stir together mayonnaise and reserved pineapple juice. Pour over salad and toss to coat.

Source: Better Homes & Garden Eating Healthy Cookbook

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Source: Better Homes & Garden Eating Healthy Cookbook

# Wild Mushroom Gravy



Yield: 3 cups (serving size: 1/4 cup)

## Ingredients

- Pan drippings (if your pan doesn't make enough drippings, add water or chicken broth)
- 2 cups water
- 3/4 cup thinly sliced shallots
- 1/2 cup thinly sliced carrot
- 1 turkey neck
- 1 cup sliced button mushrooms
- 1 cup thinly sliced shiitake mushroom caps (about 3 1/2 oz.)
- 5 Tbsp. all-purpose flour
- 1 tsp. red currant jelly
- 1/4 tsp. black pepper

## Preparation

Place a large zip-top plastic bag inside a 4-cup measure. Pour drippings from roasting pan into bag; let stand 10 minutes (fat will rise to the top). Seal bag; carefully sniff off 1 bottom corner of bag. Drain drippings to measure 2 cups, stopping before fat layer reaches opening. Reserve 2 Tbsp. fat in bag; set aside.

Combine water, shallots, carrot, and turkey neck in a medium saucepan; bring to a boil. Cover, reduce heat, and simmer 30 minutes. Strain cooking liquid through a sieve over a bowl, reserving 3/4 cup cooking liquid. Discard solids. Add meat and cooking liquid to defatted 2 cups drippings in a 4-cup measure.

Heat reserved 2 Tbsp. fat in a medium saucepan over medium heat. Add mushrooms; saute 2 minutes. Add flour; cook 1 minute. Gradually add cooking liquid mixture; cook 10 minutes or until slightly thick, stirring occasionally. Remove from heat; stir in jelly and pepper.

Source: [www.cookinglight.com](http://www.cookinglight.com)

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# Low Fat Entrées & Recipe Modification

## Healthy Eating Session #3

### **Overview and instructions**

This session is designed to encourage discussion on how to lower the fat content in main meals. Participants will learn how to make changes when shopping at the grocery store, as well as in the kitchen and at the dinner table. In addition, participants will learn strategies to reduce fat in some of our favorite recipes and find out how to make a meal that everyone can eat and enjoy.

In this session, participants will:

1. Identify high fat entrees.
2. Discuss skills for selection and preparation of low fat entrees.
3. Practice modification of entree recipes.

### **Session materials provided here**

- Session instructions, tip sheet and recipe handouts.
- Help Yourself Booklet.

### **Handouts**

- Low Fat Entrees outline.
- Guidelines to Changing Recipes.
- Lean Cuts Tip Sheet.
- Dry Heat Cooking Methods.
- Moist Heat Cooking Methods.
- Recipe Modification Worksheet.
- Recipe(s) of choice.

### **Session materials you supply**

- Room or space for the discussion.
- Tables and chairs.
- Flip chart, blackboard, easel, marker (optional).
- Pencils and pens.
- Tablecloth.



- Electric frying pan & extension cord.
- Teaspoon, serving spoon.
- Service ware: small plates, forks, napkins.
- Deck of cards.
- Food Tasting Samples: Quick & Easy Fried Rice (cooking demo), Pizza (frozen) with veggies added, Boboli pizza, bean burrito.

Note: If providing beverages, serve only 100% juice or sparkling water. Do not serve corn syrup sweetened beverages.

## **Pre-session preparation**

- Prepare food tasting samples and bring to session.
- Gather the following instructions to use during the session.
- Instructions, handouts, and demonstration materials (see above).
- Copy session handouts for participants.
- Set up flip chart or easel.
- Arrange tip sheets, recipes, and handouts so all the participants can reach the materials easily.
- Set up the staging area for the discussion in a format that you are most comfortable with.

## **Once the participants arrive**

- Distribute handouts.
- Invite participants to sample the food.

## **Topics For discussion**

### ***Fat Gram Goal (Optional).***

- Identify high fat entrées and determine which ingredients have the fat.

### ***Ask / Say:***

- Where's the fat in your diet?
- Think of which entrees you eat containing meat, poultry, or fish that contain more than 10 grams of fat per serving.
- What are your high fat main dishes?
- What was the serving size?
- What cooking method was used? (Did you add fat in cooking the meal?)

## Tips to reduce Fat in your main dishes

### Ask:

- What ideas have you used or can you use to reduce fat in your main dishes? (Record participant responses on the flip chart or easel in a list format. Create a 2 column chart. In the first column title it “High Fat Meals” and name the other column “Low Fat Meals”).
- What dishes are typically higher in fat?
- What are the dishes high in fat? (hint: high fat ingredients, type or cut of meat, serving size, and cooking methods used).
- What ideas do you have in lowering fat from these main dishes?

### *Emphasize these points throughout the discussion:*

- Tips:
  - Reduce serving size.
  - Use more casseroles with grains, legumes, vegetables and noodles to stretch the meat.
  - Use lower fat choices of meat.
  - Cook with poultry and fish.
  - Trim the fat off the meat (and skin the poultry).
  - Try low fat cooking methods.
  - Tenderize and season dishes to increase flavor in lower fat meats.
  - Try eating more meatless meals.
  - Modify recipes to reduce the fat.
  - One of the most important changes a person can make is to change their serving size.
- Reducing your serving size.
  - The size of your meat, fish, or poultry serving has a big effect on the amount of fat in your main dish.
  - Tip: To reduce the amount of fat in your main dish, your serving size of meat, fish, or poultry should be limited to 3 ounces.
  - Use a deck of cards for demonstration (or the palm of your hand) to estimate serving size. An average palm is about 3 inches across (diameter) and your thumb in about ½ inch thick. Therefore, a serving size of meat should be this size too.
- Guidelines to use
  - A good strategy to remember how to reduce your serving size of meat is to consider how much space it takes on your dinner plate.
  - Many of us are use to a dinner place with 1/3 to ½ of it covered by our serving of meat.
  - You can reduce your meat serving size by only covering ¼ of your plate. Fill the rest of your plate with vegetables, salad, potatoes, rice, pasta or fruit.
  - You can also reduce your meat serving by using less meat and stretching combination dishes like casseroles.



- Mixing the meat with rice, noodles, potatoes, or vegetables makes a small amount of meat go further and saves you money.
- Substitute Lower-fat Meats, Poultry and Fish.
  - Tell participants to think of entrees commonly eaten that had less than 10 grams of fat per serving.
  - Ask for volunteers to tell you what they had for a low-fat main dish. (List the low fat dishes on the flip chart or easel under the “Low Fat Meals” column).
- Say:
  - Many of you are already eating low fat main dishes. We have already identified the ingredients and cooking methods that added fat to main dishes. Now let’s figure out why the low fat main dishes contain less fat.
  - Many low fat main dishes contain chicken, turkey, or fish. These choices are lower in fat than red meats (like beef, pork and lamb).
  - Some red meats are low in fat (e.g., round, tenderloin, or sirloin cuts are lower in fat).
  - Often leaner cuts of meat are also a little more expensive.
- To save money keep these tips in mind:
  - Look for ads for special savings on lower cuts of meat.
  - Buy a larger package size, separate into smaller portions and freeze them.
  - Buy beef eye of round and bone-in leg of lamb (they are lower in fat and price).
  - Don’t forget turkey and chicken, which are less expensive than red meat.
  - Buy poultry with the skin and remove the skin yourself before eating.
  - Use more recipes that “stretch” the meat (e.g., casseroles, spaghetti, stir fry dishes, etc.).
- Trim the Fat Off Your Meat.
  - Marbling the Meat.
    - Marbling is the white lines running through the meat.
    - It is impossible to cut away marbling.
    - Prime rib and roast beef short ribs are good examples of meat with a lot of marbling.
    - Cut down on or avoid marbling.
- Trimming the Meat.
  - Reduce fat content of your meal by cutting off the fat.
  - An example of meat where most of the fat is around the edges is chunk roast.
  - Trim the fat off before you cook because: (Ask participants why).
    - It reduces the amount of fat that soaks into the eat during cooking.
    - It helps you make lower fat gravies or sauces from the drippings.
    - It removes the temptation to eat some of the crispy fat around the edges.
- Poultry Skin
  - The skin on the chicken is slightly different from the fat mentioned above.
  - Leave the skin on while the chicken is baking.

- This will help to keep the chicken moist and may make the switch to lower fat chicken dishes easier.
- Be sure to take the skin off the chicken before you eat it.
- The fat is in the chicken skin.
- Ground Beef
  - The fat in ground beef/hamburger can't be trimmed away before cooking.
  - You can remove some of the fat by draining and rinsing the ground beef after it is cooked.
  - Even the leanest ground beef contains quite a bit of fat.
  - Ground turkey and chicken are popular substitutes for ground beef.
  - Since turkey and chicken contain skin and other poultry parts, ground turkey and chicken can be higher in fat than you might expect.
  - Look for ground breast of turkey or chicken (they are lowest in fat).
  - Refer to the handout "Lean Meats Tip Sheet".

## **Summary: Ways to lower Fat in main meals**

1. Reduce serving size.
2. Substitute for lower fat meats.
3. Trim fat from meats.

### ***Use low fat cooking methods***

- Say: There are many ways to prepare foods. Let's compare between high fat and low fat preparation.
- Ask:
  - How were the foods on the low fat list prepared?
  - What are some cooking methods that would reduce the fat in your main dishes? (Record participant responses on flip chart or easel).
    - Even a low fat main dish, such as fish, can be high in fat when it is prepared with a high fat cooking method such as frying.
- Tips:
  - There are many different low- fat cooking methods, a few of them don't need fat added (baking, roasting, stewing, or poaching).
  - You can also eliminate the added fat by using a nonstick cooking spray or a nonstick pan to cook the food.
- Ask: Are there any other low fat cooking methods? (Hint: broiling, oven frying, stir- frying, grilling, and microwaving).

### ***Tenderize and season the meat***

- The fat in meat adds flavor and tenderness to meat.
- There are a number of ways you can tenderize lower fat cuts of meats so that they will be just as tasty as the more expensive (and fattier) ones.



- Ask: What techniques do you use when you buy the less expensive lower fat cut meat? (List the participant's suggestions on the flip chart or easel).
- Tips:
  - Cook using moist heat methods (braising or stewing).
  - Pound with a heavy meat mallet (metal hammer-like tool).
  - Marinate the meat in tomato juice, wine, vinegar, lemon juice, diet salad dressing or lower fat marinades.
  - Use meat tenderizers such as Adolph's.
  - It's best to use marinades and meat tenderizers for meat with little gristle such as beef rump and round cuts.

### ***Season the flavor***

- There are many sauces you can use to add flavor to lower fat meats.
- Ask: Can you think of any examples? (hint: barbecue, flavored mustards, salsa, or oriental sauces).
- There are also many herbs, spices, and wines you can use to season meat, poultry, and fish.
- Check your cookbooks for sections on cooking with herbs, spice, and wine for new ideas.

### ***Use Meatless Meals***

- Meat doesn't have to be part of the main meal.
- Start using more legumes, grains, and vegetables (this is also a great way to increase your servings of vegetables and grains).
- Beans and legumes are good low fat substitutes for meat.
- The best way to use more meatless low fat meals is to have one once a week.
- Make food changes slowly.
- Ask: What meatless meals do you currently eat?

### ***Change Existing Recipes***

- Practice ingredient modification using a typical main dish.
- Mention the following website which shows examples of modified recipes: [www.prevention.com/cooking/recipes](http://www.prevention.com/cooking/recipes).
- Say: Now we're going to break into pairs and practice ways of reducing the fat content of some recipes. Use the ideas we've just talked about and also from the "Guidelines to Change Recipes" handout.
- Say: This is what I would like for you to do:
  1. Look at or write down your recipes.
  2. Circle the ingredients containing fat.
  3. Figure out ways to modify those ingredients to reduce fat.
  4. When you are done, we can share ideas in the larger group.

### ***Helping Others to Eat low Fat Meals (Optional)***

- Identify strategies to eat low fat meals with others.



- 
- Ask:
    - What are some ways you could put these ideas into action?
    - What can you do when you're making food for someone else who does not eat low fat?
    - What ways would you use?
  - Tips:
    - Reduce the fat in your serving (e.g., salad dressing on side, dry toast).
    - Change your serving size.
    - Prepare something special for others that you wouldn't eat.
    - Change your recipes.
    - Ask for the help of others to keep you going.

## **Home activity**

#1: Take a favorite recipe (yours or a family member's) and change 1-2 ingredients to make it lower in fat.

- Use the guidelines mentioned .
- You decide if you want to reveal your low fat secrets.

#2: At your next faith community potluck, modify a recipe and use an index card to not the changes that were made. Others can taste, see, and learn from your example.

# Low Fat Entrées & Recipe Modification



**Learn to identify high fat entrées and develop skills to select and prepare low fat entrées.**

- Where's the fat in your diet?
  - What were your high fat main dishes?
  - What was the serving size?
  - Did you add fat in cooking?
  
- Tips to Reduce Fat in Your Main Dishes
  - Reduce your serving size.
    - A serving size of meat, fish, or poultry should be limited to about 3 ounces.
    - You can reduce your meat serving size by only covering  $\frac{1}{4}$  of your plate.
    - Fill the rest of your plate with vegetables, salad, potatoes, rice, pasta or fruit
  - Use more casseroles with grains, legumes, vegetables and noodles to stretch the meat and your money.
  - Use lower fat cuts of meat
  - Use more poultry and fish
  - Trim the fat off the meat and skin the poultry
  - Use low fat cooking methods like baking, roasting, stewing, or poaching.
  - Tenderize and season to increase flavor in lower fat meats
  - Use more meatless meals
  
- Try It At Home
  - Modify existing recipes to reduce the fat using some of the suggestions made at this session.

# Guidelines to Change Recipes



These guidelines will help you reduce the fat in your recipes and help you save on your food bill!

Identify the ingredients that add fat to the recipe (margarine, mayonnaise, nuts, oils, cheese, meat, butter, lard).

Identify ways to reduce the fat in the recipe.

## I. Remove high-fat ingredients

- Make spaghetti sauce without the meat.
- Leave cheese topping off the casserole.
- Other: \_\_\_\_\_

## II. Use less of the high-fat ingredient

- Use only 1 tsp oil to brown meat or vegetables.
- Reduce nuts to 1/4 C per recipe.
- Use 1/2 - 3/4 of the mayonnaise called for in the recipe.
- Use 1/2 the amount of cream soups.
- Use 1/2 the amount of cheese and use sharper cheddar to get more flavor from a smaller amount.
- Other: \_\_\_\_\_

## III. Use lower-fat substitutes

- Use skim or non-fat milk.
- Use evaporated skim milk.
- Use lower-fat cheeses and yogurts on casseroles and pizza, etc.
- Use plain yogurt or blended cottage cheese instead of sour cream.
- Use light, diet, or fat-free mayonnaise and salad dressings.
- Use apple sauce or fruit concentrate (i.e. lighter Bake) instead of butter or margarine in baked goods.
- Use cocoa in place of baking chocolate.
- Other: \_\_\_\_\_

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#### **IV. Change the ingredients**

- Trim the fat around the edges of the meat.
- Take the skin off the chicken or turkey.
- Blend mayonnaise with plain non-fat yogurt.
- Use 2 egg whites to replace a whole egg or use an egg substitute.
- Use low-fat or fat-free mayonnaise and sour cream.
- Use lean ground beef or ground turkey instead of hamburger.
- Use lean cuts of meat, e.g. extra lean ground beef.
- Other: \_\_\_\_\_

#### **V. Use low-fat methods to prepare**

- Use a nonstick pan or vegetable spray for frying without oil.
- Cook vegetables in broth or water instead of fat.
- Use fresh, frozen, or canned vegetables to thicken casseroles and soups. Try grating, chopping or pressing them.
- Steam vegetables or cook them in the microwave.
- Brown meat without adding fat by cooking over medium heat until the meat releases some fat; then increase the heat to medium high. Drain away excess fat and blot on paper towels.

#### **VI. Use lower-fat cooking methods**

- Broil, roast, bake, microwave, grill.
- Oven fry or pan broil without adding fat.
- To stir fry or saute, use water. Add soy sauce, apple juice, or broth.
- Braise meat without adding fat.
- Stew meat or chicken; skim off the fat.
- Poach in wine, juice or bouillon.
- Other: \_\_\_\_\_

#### **Make changes to replace moisture and flavor:**

##### **I. Add liquid when you remove 1/4 C or more of fat**

- Use water, fruit juice or skim milk.
- Other: \_\_\_\_\_

##### **II. Add flavor**

- Use wine, lemon or lime juice, flavored vinegars, salsa.
- Use garlic, onions, herbs, jalapenos, Tabasco sauce.
- Use fresh herbs and spices.
- Use flavored or Dijon mustards.
- Other: \_\_\_\_\_

#### **Non-dairy substitutes for milk products**

- You can try small amounts of milk with meals rather than between meals.
- Soy and rice milk are good alternatives.
- Use cultured dairy products. Yogurt with active culture has less lactose.
- Choose calcium-rich foods such as tofu and dark green vegetables such as broccoli, spinach or kale.
- Try non-dairy lower fat toppings instead of whipped cream or ice cream.



# Lean Cuts and Cooking Methods



	DRY HEAT					MOIST HEAT			
	<i>Roast</i>	<i>Broil</i>	<i>Grill</i>	<i>Panbroil</i>	<i>Stir-fry</i>	<i>Braise</i>	<i>Stew</i>	<i>Steam</i>	<i>Poach</i>
<b>BEEF</b>									
Eye round*						●	●		●
Top round*						●	●		
Round tip*						●	●		
Bottom round*						●	●		
<b>Sirloin</b>	●	●	●	●	●				
<b>Top loin</b>	●	●	●	●	●				
<b>Tenderloin</b>	●	●	●	●	●				●
Flank		●	●		●				
Ground round or sirloin	●	●	●	●					
<b>PORK</b>									
Tenderloin	●	●	●	●	●				
Boneless top loin roast	●	●	●						
Loin chop		●	●	●		●			
Loin strips					●				
Boneless sirloin chop		●	●	●		●			
Boneless rib roast	●		●			●	●		
Rib chop		●	●	●		●			
Boneless ham	●	●	●	●	●				
<b>POULTRY**</b>									
Whole chicken	●		●			●	●		●
Whole turkey	●		●			●			
Cornish game hens	●		●			●	●		●
Breast	●	●	●	●	●				●
Drumstick	●	●	●						
<b>FISH</b>									
Cod	●	●	●	●	●		●	●	●
Flounder	●	●	●	●	●		●	●	●
Halibut	●	●	●	●			●	●	●
Orange roughy	●	●	●	●	●		●	●	●
Shrimp		●	●	●	●		●	●	●

\* May be cooked by dry heat methods if they are tenderized first by pounding or marinating.

\*\* White meat has less fat than dark meat. Skin should be removed before eating.

**Bolded items** are the skinniest six cuts of meat.

# Dry Heat Cooking Methods



## Roasting

- Place roast (from refrigerator) on rack in shallow roasting pan.
- Season meat, before or after cooking (refer to International Seasonings chart).
- Insert thermometer into thickest part of roast, not touching bone or fat.
- Do not add water and do not cover.
- Roast to 5 to 10 degrees below desired doneness.
- Allow roast to stand 15 to 20 minutes before serving. Temperature of the roast will continue to rise to desired doneness during standing to 145°F (medium rare) or 160°F (medium). Roast will also be easier to carve.

## Broiling

- Set oven for broiling. Preheating is not essential.
- Place meat on rack in broiler pan.
- Position thinner cuts (3/4 to 1 inch thick) so surface of meat is 2 to 3 inches from the heat; thicker cuts 3 to 6 inches from the heat.
- Broil for half the recommended time.

- Season if desired (refer to International Seasonings chart).
- Turn and continue cooking to the desired degree of doneness.
- Season second side, if desired, and serve.

## Grilling

- **Direct:** For quick cooking meat and poultry items such as chops, steaks, burgers, breasts or kabobs. Place meat on grid directly over the coals.
- **Indirect:** For cuts that require longer cooking at lower temperatures, such as roasts, thick steaks or chops, whole chicken or turkey. The meat is placed over a drip pan on the grid with coals on each side. Cover and open vents on grill.
- To check temperature for either grilling method, carefully hold your hand, palm side down, at cooking height (just above the grill). Count the number of seconds you can hold your hand in that position before the heat is uncomfortable and you have to pull it away: four seconds for medium coals, five seconds for low.

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## **Panbroiling**

- Place meat in preheated, heavy nonstick skillet.
- Do not add oil or water.
- Do not cover.
- For cuts thicker than 1/2 inch thick, use medium or medium-low heat and turn occasionally. Cook thinner cuts over medium-high heat, turning once. Do not overcook.
- Remove fat as it accumulates.
- Season, if desired (refer to International Seasonings chart), and serve.

## **To Reduce Fat from Ground Meat Crumbles:**

- After browning ground meat crumbles, transfer crumbles with slotted spoon to plate lined with white, non-recycled paper towels.
- Transfer to colander and rinse with 4 cups of hot (but not boiling) water. Do not use hot water directly from tap; the pressure from the faucet can change the texture of the meat.
- The crumbles may be browned with onion and garlic for added flavor and then rinsed. Add dry seasonings after the rinsing process has been completed.

## **Stir-Frying**

- Partially freeze meat for easy slicing.
- Cut into thin, uniform slices, strips or pieces.
- Marinate in refrigerator to add flavor while preparing other ingredients, if desired.
- Cook meat (half at a time) in a small amount (about one tablespoon or less) of hot oil or use a vegetable cooking spray in a nonstick skillet or wok.
- Cook at medium-high temperature.
- Continuously turn meat pieces with a scooping motion.
- Combine meat with cooked vegetables and serve.



# Moist Heat Cooking Methods



## Braising

- Slowly brown meat or poultry on all sides, using small amount of oil, if necessary, in a heavy pan.
- Pour off drippings.
- Season with salt, herbs or spices, as desired (refer to the International Seasonings chart).
- Add a small amount of liquid (as little as two tablespoons may be used, however, 1/4 to 1/2 cup is recommended), such as water, juice, wine, broth or stock.
- Cover tightly to provide a moist atmosphere for cooking. Simmer on low heat on top of the range or in (300-325°F) oven until fork tender.
- Vegetables should be added toward the end of cooking to prevent overcooking.
- The cooking liquid may be reduced or thickened after removing fat to make a sauce.

## Stewing

- Coat meat or poultry lightly with seasoned flour, if desired.
- Slowly brown on all sides using a small amount of oil, if necessary, in heavy pan.
- Pour off drippings.
- Cover meat or poultry with liquid, such as water, juice, wine, broth or stock.
- Season, as desired (refer to the International Seasonings chart).
- Cover tightly and simmer on top of the range until fork tender.

- Vegetables should be added toward the end of cooking time to prevent overcooking.
- Reduce or thicken cooking liquid after removing fat, if desired.

## Poaching

- Season meat, poultry or fish, as desired (refer to the International Seasonings chart).
- For roasts, tie with heavy string at 2-inch intervals, if needed. Brown on all sides in nonstick pan. Pour off excess drippings.
- Cover meat, poultry or fish with liquid. Season with additional ingredients, if desired.
- Bring to a boil. Reduce heat, cover and simmer until done.

## Steaming

### • Stovetop:

- Place fish on a steamer pan or perforated tray.
- Set into pan, above simmering liquid.
- Cover pan, and continue simmering at a low heat until fish flakes.

### • Microwave:

- Place fish in microwave-safe dish in spoke fashion for even cooking.
- Add a small amount of liquid or seasoned vegetables, if desired.
- Cover with microwave-safe plastic wrap, venting on one corner.
- Following manufacturer's directions, microwave on high until fish flakes.

# Modify the Following Recipe to Make It Lower in Fat



## Easy Lasagna

- 2 lbs. ground beef
- 1 small onion, chopped
- 32 oz. marinara sauce
- 2 cups ricotta cheese
- 6 oz. shredded mozzarella cheese
- 8 oz. dry lasagna noodles

Do not cook noodles. Brown ground beef and onion in skillet. Add meat mixture to marinara sauce. In a 13" x 19" glass pan, layer sauce, then uncooked noodles, then layer of ricotta and mozzarella cheeses. Then add another layer of sauce, then noodles, then cheeses. Repeat one more time. Be generous with the sauce. Cover with foil and cook 40 minutes at 350 °F. Remove foil and bake 15 minutes longer. Take from oven and let stand covered for 20 minutes and serve.

# Modify the Following Recipe to Make It Lower in Fat



## Taco Salad

- 1 lb. hamburger
- 1 package taco seasoning
- 1 medium onion
- 1 head lettuce
- 2 medium tomatoes
- 1 bag tortilla chips
- 1 medium bottle Thousand Island Dressing
- 1 8-oz. bag of shredded taco cheese

Brown onion and hamburger. Add taco seasoning, as directed on package. Cook meat completely. Chop 1/2 head of lettuce. Crush tortilla chips. Mix all ingredients together right before meal-time to assure that your chips don't get soggy.

# Modify the Following Recipe to Make It Lower in Fat



## Quick and Easy “Fried” Rice

- 3 cups cooked brown rice, bulgar wheat, millet, couscous, or other cooked grain
  - 2 tsp. vegetable oil
  - 1 10 ounce package frozen mixed vegetables or 2 cups fresh vegetables, chopped
  - 1 small onion, finely chopped
  - 1 cup cooked poultry, fish, or meat (optional)
  - 1/2 cup firm crumbled tofu or 1/2 cup egg substitute
  - 3-4 tsp. soy sauce or salsa
1. In a large pan, heat oil on medium-high heat. Add onion and rice. Stir and cook until onion is soft, about 5 minutes.
  2. Reduce heat to medium and add vegetables and meat to rice mixture. Cook 2 minutes for frozen vegetables and 5-7 minutes for fresh.
  3. Spread the mixture out to the sides of the pan, leaving space in the middle for the eggs.
  4. Add the eggs, and scramble until in cooked form.
  5. Mix the eggs with the rice and vegetables (if not using eggs, add tofu to the rice mixture and stir), then sprinkle with soy sauce or salsa.

Serves 6-8

# Modify the Following Recipe to Make It Lower in Fat



## Chicken Tortellini Casserole

- 1/2 stick margarine
- 1 pkg. (8 oz.) tortellini
- 8 oz. Monterey Jack cheese
- 4 chicken breasts, boned, skinned
- 3/4 cup chopped onion
- 1 Tbsp. chicken bouillon granules or 2 bouillon cubes
- 1 can (8 oz.) chicken broth
- 1 tsp. sugar
- 1 can (4 oz.) mushrooms, drained
- 1/2 cup sour cream

Cook tortellini 5 minutes less than package directions indicate (so that in the oven the pasta still will be able to absorb juices without becoming mushy.) Drain well and place in bottom of lightly greased 8 1/2 x 11" pan. Thinly slice 4 oz. of the cheese and spread over pasta. Cut chicken breasts in large cubes, roll in flour and lightly brown in margarine. Remove chicken from pan and cook the onions in the same pan until transparent. Add bouillon, chicken broth, sugar and mushrooms. Bring to slow boil and cook for 5 min. Add the remaining 4 oz. of cheese and continue cooking until cheese is melted. Add sour cream and blend well. Place the chicken pieces over the tortellini in pan. Pour the sauce over the chicken and cover with foil. Bake 45 minutes at 275-300°F



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# Smart Snacking

## Healthy Eating Session #4

### **Session overview**

The Smart Snacking Session is a tool to help participants identify personal snacking habits. This session helps to recognize the factors that influence when we snack and the factors that influence the types of foods we snack on. The session will equip you with the necessary skills to ask for help from friends and family in the process of change.

In this session, participants will:

- Identify their personal snacking habits.
- Identify how family and friends influence their snacking patterns.
- Develop strategies to promote low fat snacking.
- Identify social support strategies in aid in the process of change.

### **Session materials provided here**

- Session instructions, tip sheets and recipes.
- Help Yourself booklet.

### **Handouts**

- Smart Snacking outline.
- Snack-time Suggestions.
- Snacks On-the-Go.
- Recipe(s) of choice.

### **Session materials you supply**

- Space for discussion.
- Tables and chairs.
- Copies of Tips Sheets and recipes.
- Pens/Pencils.
- Food for food tasting.
- Service ware.



## **Pre-session preparation**

- Gather session materials and instructions.
- Copy session handouts and recipes for each participant.
- Arrange food tasting.
- Set up optional flip chart or dry-erases board for writing down participants comments and suggestions.

## **Once the participants arrive**

- Distribute handouts.
- Invite participants to try low fat snacks.

## **Topics for discussion**

- Snacking and Food availability
  1. Identify the ways that food availability can influence snacking patterns (we snack on what is most readily available at the time).
  2. Identify how the snacking patterns of others (children, spouse, co-workers) influence personal snacking choices.
  3. Identify situations or activities that are commonly combined with snacking (watching TV).
- Making Low Fat snacks more available
  1. Changing the environment (avoid donut table at work).
  2. Plan ahead, don't count on your willpower.
  3. Make fruits and vegetables more readily available.
  4. Make higher fat snacks unavailable.
- Cutting the fat from favorite snacks
  1. Make hidden substitutions. Use the Help Yourself booklet to find them.
  2. Find a low fat variety to your favorite snack (baked chips instead of fried).
  3. Prepare your own snack creations (trail mix, fruit, veggie salads).
- Asking for help in making a change
  1. Identify those that can help (spouse, children, friends, co-workers).
  2. Identify those that you eat with most often.
  3. Decide on the type of help that you want.
  4. How can the individual make it easier for you to eat low fat foods, be specific.
  5. Ask friends to engage in more non-food activities for celebrations or social time together.

## **Home activity**

- Challenge yourself to bring or make a low fat snack option available for yourself, your family and friends.
- Ask a friend or family member to make your next celebration or time together be spent engaging in a non-food activity.

Your new outlook on snacks will make snacking healthier for you, your family and friends!

# Smart Snacking



## Learn strategies that will help you snack healthfully!

- **Snacking and Food Availability**

- Here are four strategies for healthier snacking:
  - 1) Change the environment
  - 2) Make low fat snacks more available
  - 3) Use non-food related activities
  - 4) Plan ahead

- **Cutting Fat from Sweets and Desserts**

- Try these three strategies for reducing the fat in sweets and desserts.
  - 1) Make hidden substitutions such as skim milk, cocoa powder, or diet margarine.
  - 2) Limit the amount of dessert you eat.
    - take smaller servings
    - share with a friend or family member
  - 3) Have your friends and family help you come up with ideas for lower fat sweets and desserts to try.

- **Four Steps to Asking For and Getting Help**

- Follow these four steps to ask for and get the help you need!
  - 1) Identify the people who can help you. Who would be supportive of your low fat eating plan?
  - 2) Decide what kind of help you want. Think about what would make it easier for you to eat low fat foods.
  - 3) Ask for help. Be specific and positive.
  - 4) After you get the help you need, show your appreciation.

# Snack Time Suggestions



## If your favorite is:

- Cheese & crackers
- Cookies & whole milk
- Donut or sweet roll
- Buttered popcorn
- Chips and dip
- Banana pudding
- Apple pie & ice cream
- Ice cream
- Veggies & dip

## Try:

- Cut-up vegetables with "lite" cheese or low-fat cottage cheese
- low fat crackers and apple wedges
- Gingersnaps, fig bars, or fruit bars and skim milk
- Variety bagels [raisin, blueberry] or low fat muffins
- Air-popped popcorn mixed with dried fruit or spices
- low fat caramel corn
- low fat chips and salsa
- Sliced bananas and low fat milk
- Sliced bananas over pudding made with skim milk
- Baked apple and low fat frozen yogurt
- Angel food cake with fresh or frozen fruit on top
- Sherbet, ice milk, or low fat frozen yogurt
- Vegetables served with low fat dip made from non-fat yogurt, cottage cheese, or tofu

# Snacks On the Go



- Quick Snacking Ideas to grab at home or pick up when you're on the run. Remember all of these snacks are low in fat and yet still high in energy!
- Snip grapes into small bunches for little hands to grab. Keep sandwich bags close at hand.
  - Mini carrots and pre-cut celery make great afternoon snacks for the whole family. Consider adding some broccoli florets or cauliflower pieces for variety. Top them off by preparing a low fat dip, such as the Cucumber-Yogurt dip, for added flavor. You can put the dip into little containers to grab on the go!
  - Buy fruit flavored low fat or fat free yogurt in single serving containers or put in small containers at home. Keep some low fat granola handy for a great on-the-go snack!
  - Cut up several seasonal fruits and mix into a fruit salad! Who can resist a bowl of fruit ready to eat? Pre-portion into small containers ready to walk out the door with you!
  - Dried fruit is always a crowd pleaser. A mini box of raisins is a great snack and the work is already done for you! Also consider buying a variety of dried fruits in the bulk section of your grocery store and making a dried fruit salad! Put some in small airtight containers to take with you wherever you're headed.
  - In the morning, drop pre-sliced apples and oranges into your family's lunch bags. This will encourage them to eat the fruits you've packed for snacks because you've already done the hard part for them!
  - Fruit rolls can squelch that sweet craving! Look for the ones made with 100% fruit.
  - 100% juice in single serve juice boxes are quick to grab and easy for your kids to drink from. No messy pouring problems and they won't leak in lunch bags.
  - Kids love pudding! For dessert or a sweet snack, buy single serve low fat or fat free pudding or make it at home with low fat or fat free milk and put into small containers for quick eating!

# Classic Creamy Cheesecake



Makes 12 servings

Prep and cook time: About 1 hour, plus at least 2 1/2 hours to chill

Notes: Drain about 4 quarts nonfat yogurt to make 5 cups cheese

## Ingredients

- 1 cup graham cracker crumbs
- 2 Tbsp. melted butter or margarine
- 4 large eggs
- 1 1/4 cups sugar
- 5 cups nonfat yogurt cheese (see recipe for instructions)
- 1 Tbsp. vanilla
- Whole or sliced strawberries (optional)

## Preparation

Combine crumbs and melted butter. Pat evenly over bottom and about 1/2 inch up the side of a removable-rim 9-inch cheesecake or cake pan (at least 1 3/4-inch deep).

Bake in a 350° oven until crust is slightly browner, 10 to 12 minutes.

Meanwhile, in a large bowl, use a fork to blend eggs, 1 cup sugar, 3 cups cheese, and vanilla until well mixed. Scrape mixture into hot or cool crust.

Bake in a 350° oven just until center jiggles only slightly when cake is gently shaken, 40 to 45 minutes.

Meanwhile, stir remaining cheese with remaining sugar until smooth. Spoon onto cake and gently spread to cover top.

Return to oven and bake to firm topping slightly, about 10 minutes. Run a thin-bladed knife between cake and pan rim. Refrigerate cake, uncovered, until cool, at least 2 hours.

Serve, or if making ahead, wrap airtight and chill up to 1 day. Remove pan rim and garnish cake with berries; cut into wedges.

Source: Sunset magazine

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Source: Sunset magazine

# Creamy Guacamole



Yield: 16 appetizers

## Ingredients

- 8 (6-inch) flour tortillas, each cut into 8 wedges
- 1 1/2 cups peeled, cubed avocado
- 1 cup nonfat ricotta cheese
- 1/3 cup coarsely chopped onion
- 2 Tbs. coarsely chopped fresh cilantro
- 2 Tbs. fresh lime juice
- 1 Tbs. coarsely chopped jalapeno pepper
- 1/2 tsp. salt

## Preparation

Place tortilla wedges on a baking sheet; bake at 350° for 10 minutes or until crisp. Set aside.

Position knife blade in food processor bowl; add avocado and next 6 ingredients. Process until smooth. Spoon into a bowl; cover and chill. Serve with toasted tortilla wedges.

Source: Cooking Light

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Source: Cooking Light

# Fruit Parfait



## Ingredients

- 1 cup apples, chopped
- 1 cup strawberries, sliced
- 1 banana, sliced
- 1 cup low fat vanilla yogurt
- 1 cup low fat granola
- 1/2 cup raisins

## Preparation

Using a clear glass, layer the ingredients starting with a layer of one fruit, then a layer of another fruit, then the yogurt, then some granola, then another fruit, and top with raisins. Be creative and layer any way you like.

Variations: Use any of the following fruits in place of the ones called for in the recipe—kiwi, orange, pear, pineapple, grape, other berries, apricot, nectarine, peach, plum. Or try raspberry, lemon, peach, or plain yogurt for a change in taste.

Kids can help by:

- Choosing fruits and yogurt flavors at the grocery store
- Gathering ingredients and supplies
- Washing fruit
- Cutting fruit
- Measuring ingredients
- Opening yogurt and raisins packages
- Assisting with serving and cleanup

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- Assisting with serving and cleanup

# Lemon-Almond Biscotti



## Ingredients

- 2 cup all-purpose flour
- 2 tsp. baking powder
- 1/2 cup room-temperature margarine
- 2/3 cup sugar
- 1 1/2 tsp grated lemon peel
- 1 egg
- 2 egg whites
- 1 tsp vanilla
- 1/2 cup crunched, slivered almonds
- Well-greased baking sheet

## Icing

- 1 cup powdered sugar
- 1/2 tsp grated lemon peel
- 1 to 1 1/2 Tbsp lemon juice (for good spreading consistency)

## Preparation

Stir together flour and baking powder. Set aside. In large bowl, beat together margarine, sugar and lemon peel. Beat in egg and egg whites. Add vanilla. Gradually add flour until well beaten. Stir in almonds.

Divide dough in half. Shape each 1/2 into long loaf 1-1/2 in. in diameter. Place approx. 3 in. apart and then flatten each to 1/2 in. thickness. Bake at 350°F until firm (about 16 minutes).

Remove from oven and slice crosswise into 1/2 in. thick slices. Turn slices down and spread out on 2 baking sheets. Continue to bake until dry and lightly brown (about 10 minutes). Let cool.

Mix icing ingredients together and spread mixture on one end.

Makes approx. 40 cookies.

From: Sunset Low-Fat Cookbook.

# Lemon-Almond Biscotti



## Ingredients

- 2 cup all-purpose flour
- 2 tsp. baking powder
- 1/2 cup room-temperature margarine
- 2/3 cup sugar
- 1 1/2 tsp grated lemon peel
- 1 egg
- 2 egg whites
- 1 tsp vanilla
- 1/2 cup crunched, slivered almonds
- Well-greased baking sheet

## Icing

- 1 cup powdered sugar
- 1/2 tsp grated lemon peel
- 1 to 1 1/2 Tbsp lemon juice (for good spreading consistency)

## Preparation

Stir together flour and baking powder. Set aside. In large bowl, beat together margarine, sugar and lemon peel. Beat in egg and egg whites. Add vanilla. Gradually add flour until well beaten. Stir in almonds.

Divide dough in half. Shape each 1/2 into long loaf 1-1/2 in. in diameter. Place approx. 3 in. apart and then flatten each to 1/2 in. thickness. Bake at 350°F until firm (about 16 minutes).

Remove from oven and slice crosswise into 1/2 in. thick slices. Turn slices down and spread out on 2 baking sheets. Continue to bake until dry and lightly brown (about 10 minutes). Let cool.

Mix icing ingredients together and spread mixture on one end.

Makes approx. 40 cookies.

From: Sunset Low-Fat Cookbook.



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# Social Eating & Eating Out the Healthy way

## Healthy Eating Session #5

### **Overview and instructions**

This session is designed to identify low fat and high fat items when dining out and to be aware of the challenges of eating with family and friends. During the session, participants will be encouraged to discuss decision-making skills for lower-fat eating at a social setting.

In this session, participants will:

1. Identified high fat foods and discuss low fat options for eating out.
2. Learned strategies for low fat eating at social occasions.
3. Identified challenges to sharing meals with family and friends and create strategies for overcoming these challenges.
4. Practiced menu selection with the menu at hand-if at a restaurant.

### **Session materials provided here**

- Session instructions and recipes.
- Help Yourself Booklet.
- Menus from favorite restaurants (optional).

### **Handouts**

- Social Eating outline.
- How to Eat Less Fat at Social Occasions.
- Tips for Eating Out Healthfully.
- Sample Holiday Menu (optional).

### **Session materials you supply**

- Room or space for the discussion.
- Tables and chairs.
- Food Tasting: Subway party sub (turkey, vegetarian, and ham) or bagels and cream cheese. Or, bring lower fat options from one of your favorite restaurants.
- Service wear: plates, napkins, utensils.



- Tablecloth.
- Flipchart, backboard, easel, marker (optional).

## **Pre-session preparation**

- Gather the following instructions to use during the session.
- Gather handouts and chosen recipes.
- Copy Session handouts for participants.
- Set up optional flipchart or dry erase board .
- Arrange the tip sheets, recipes, and handouts so all the participants have easy access to the materials.
- Set up staging area for the session in whatever format you feel most comfortable with. For example, a classroom setting or discussion forum style?
- Set up food for tasting.

## **Once the participants arrive**

- Distribute the handouts.
- invite participants to sample some food.

## **Topics for discussion**

### ***Eating Out at Restaurants***

- Discuss low fat options for eating out with an emphasis on fast food options.
- Ask participants to name a favorite restaurant they go to with family members and/or friends for casual dining or holiday dining.
- Ask which menu items are high in fat and which are low fat (See: Tips for Eating Out Healthfully handout).
- Strategies to limit fat from a menu:
  - Replace fries with a salad.
  - Choose fruit at cafes instead of high-fat pastries.
  - Order low-fat milk instead of regular milk.
  - Watch which condiments you use on your hamburger.
- Discuss the following ideas to consume less fat:
  - Order lower fat meats, such as chicken or fish.
  - Eat smaller portions.
  - Choose food that has been baked or poached.
  - Avoid deep fat or fried foods (find substitutes).
  - Choose salad bars and use low fat or fat-free dressings (on the side).
  - Ask server for low fat options.



- Take some of your meal home.
- Split an entrée.
- Order appetizers.

**Note:**

- State that many foods we like to eat at restaurants are high fat. (Give examples from Help Yourself Booklet).
- Mention the handout Tips for Eating Out Healthfully has great information.
- Tell participants that nutritional information about some fast food restaurants can be found on the internet.
- Tell participants Subway is a low fat food restaurant.

**Eating at social occasions**

- Trying to limit fat intake at social occasions can be difficult.
- What types of foods do you generally find at social gatherings? Sweets, appetizers, “seconds” or “grazing”.
- Discuss strategies you have tried to limit the fat you eat at social occasions.

Note: State that some strategies occur at the time you're about to eat, and some you need to think about ahead of time. (See How to Eat Less Fat at Social Occasions) Which of the options on the handout would work for you?

**Fat budgeting**

Another way to limit your fat at a social occasion is to use fat budgeting. By eating less fat for a few days before or after a special occasion, you can save up for that special day.

- You can budget your fat just like you budget money.
- The skill of fat budgeting can be used before you go to a party or special occasion, or after you come back and have eaten higher fat foods. This is a good strategy when you have unexpected events that come up at the last minute.
- Many times you will go to a party or a family get-together without knowing how much extra fat you will be eating.
- Try to make a guess and think ahead to put yourself in control. Then if you eat a high fat food, you will be less likely to feel guilty.
- To do a good job of budgeting fat intake, think about some things ahead of time and make decisions. But, there is also the option of making additional changes to your diet after the event.
- Decide what foods are important for your enjoyment and the amounts or portion sizes to eat.
- If you have eaten a lot of extra fat, you don't need to try to make it all up in 2 or 3 days. Spread out your fat budgeting for 4-7 days. This will make your daily budgeted goal more reasonable.
- If this session is given around a holiday, you can use the optional Healthy Holiday Menu.

**What influences what you eat?**

- Many people influence our food choices, whether we are aware of it or not. We tend to be influenced by the people around us in a variety of settings including restaurants, social gatherings or somebody's home.
- We all want to fit in and be accepted by other people.



- Our best intentions to change to a healthier eating style can be defeated by our family and friends.
- Family members may expect meals to contain higher-fat foods, such as fried foods or gravies.
- Holidays, birthdays and other celebrations usually have plenty of higher-fat foods available.
- Even when you live alone, you can be influenced by others.

## **Here is a list of 4 ways that others can influence us**

### 1. People Expect Certain Foods

- Family members often have expectations for certain foods.
- Most people have foods they routinely eat on weekends or for celebrations.
- Examples of these expectations might be: desserts at the end of a meal; high-fat foods on holidays; children and grandchildren who expect snacks like cookies and chips; or friends who bring you favorite food to the church picnic.

### 2. People Pressure You to Eat High-fat Foods

- Sometimes people may pressure you to eat or prepare high-fat foods.
- Friends or family members will buy a special treat or make a special dessert or meal “just for you.”
- They are determined to get you to eat these special foods and if you say “No, thank you,” they feel hurt or disappointed.

### 3. People Make Foods More Available

- Some people are less direct in the way they influence you: they don’t pressure you to eat, but they make foods more available.
- They leave food out where you are tempted to eat it.
- Think about family members or friends who make high fat foods more available to you.
- Good examples are friends or family members who snack in front of you (donuts, cookies, chips etc.).

### 4. People Use Food as a Reward or for Comfort

- Foods have more meaning than to fill us up when we’re hungry.
- We often use food to celebrate happy occasions, such as birthdays, weddings, holidays.
- We use foods for comfort and as a reward, for example, many people will say “thank you” to a friend with a box of chocolates.

Note: For those participants who live alone, suggest that they focus on social occasions or other times when they eat with friends. If a participant insists that other people don’t influence him or her, ask him/her to look at the ways she influences him/herself by expecting certain foods, making foods more available or using foods for comfort or reward.

- Encourage participants to share some of the ways people influence their eating.



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## **Finding support**

- Who are people who will support you in your goals?
- Find someone who will have a positive influence on your decision to eating healthy in social settings.

## **Making healthy decisions**

- Take some of your meal home.
- Use fat budgeting.
- Split a dessert.

## **Additional exercise**

If time permits, have volunteers role-play eating at a social setting making healthy decisions.

## **Home activity**

- #1. Encourage participants to practice one tip they have learned today at their next social occasion. Discuss how these ideas could be put to use to help people in your faith community eat lower fat foods.

# Social Eating & Eating Out the Healthy Way



**Learn strategies to help you eat less fat at social occasions and restaurants.**

- **Eating Out at Restaurants**

- Order lower-fat meats, such as chicken or fish.
- Eat smaller portions. Try taking some of your meal home, splitting an entree, or ordering appetizers.
- Avoid deep fat or fried foods. Instead, choose food that has been baked or poached.
- Choose salad bars and use low fat or fat free dressings – on the side.
- Ask your server for low fat options.

- **Eating at Social Occasions**

- Some strategies you can use at the time when you're about to eat. Some strategies you need to think about ahead of time.
- One strategy might be to budget your fat, just like you budget money.
- To do a good job of budgeting fat intake, think about some things ahead of time and make decisions.
- There is also the option of making additional changes to your diet after the event.
- Spread out your fat budgeting for 4-7 days. This will make your daily budgeted goal more reasonable.

- **Four Ways People Influence What You Eat**

- **People Expect Certain Foods**
  - For example, family and friends might expect desserts at the end of a meal or high-fat foods on holidays.
- **People Pressure You to Eat High-fat Foods**
  - Friends or family members might buy a special treat or feel hurt or disappointed if you say "No, thank you" when offered a higher-fat food.
- **People Make Foods More Available**
  - Sometimes people don't pressure you to eat, but they make higher-fat foods more available.
- **People Use Food as a Reward or for Comfort**
  - We often use food to celebrate happy occasions, such as birthdays, weddings, or holidays.
  - We also use foods for comfort and as a reward. For example, many people will say "thank you" to a friend by giving him or her a box of chocolates.

# How to Eat Less Fat at Social Occasions



## Limit fat by the food choices you make.

- Eat only special foods-enjoy your favorite foods but skip everyday foods that are high in fat.
- Fill most of your plate with green salad and other low fat foods.
- Choose small servings of high-fat foods.
- Limit high-fat extras such as butter, gravy, sauces, salad dressings, and cheeses.
- Refuse high-fat foods.
- Use a teaspoon for tasting.

## Limit fat by eating less food.

- Spend more time talking than eating.
- Be the slowest eater.
- Instead of eating, drink more beverages (coffee, soda, water).
- Share your food with someone.
- Use a small plate.
- Leave food on the plate.
- Don't arrive hungry. Eat something before you leave home.

## Budget your fat.

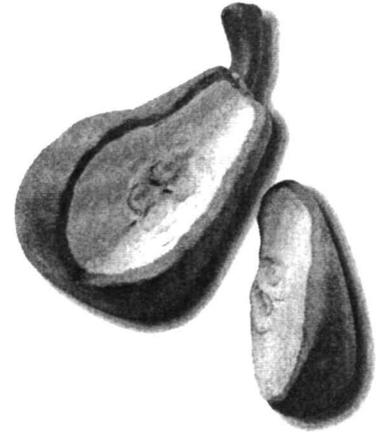
- Eat less fat for a few days before a special occasion.
- Eat less fat for a few days after a special occasion.
- Don't skip meals; eat smaller meals.

## Make low fat food everyone will enjoy.

- If you are a guest, offer to bring food.
- If you are the host, modify food to decrease fat.
- Set a good example of the healthy way to eat.



# Tips for Eating Out Healthfully



**Healthy eating starts with choosing fruits and vegetables, whole grains, and food items that are low in fat.**

- Choose restaurants where you'll find dishes that meet healthy eating requirements.
- Ask your server which menu items are high in fat and low in fat. Select menu items that are listed as "low fat" or "healthy."
- Eat smaller portions of high-fat foods.
- Substitute lower-fat foods for high-fat varieties, for example, consider having a plain baked potato, beans, or extra vegetables in place of French fries.
- Trim fat from meats, and remove skin from chicken.
- Limit your intake of fried foods, which are high in fat.
- Fill most of your plate with green salad and other low-fat foods.
- Order sauces and dressings on the side, and use them sparingly.
- Take a portion of your meal home.
- Order from the appetizer menu for smaller portions, but be wary of fried appetizers.
- Order "senior" or "junior" servings.
- Split an entree and order extra vegetables
- Split a high-fat dish such as dessert.
- Look on the menu for grilled meats, entrees broiled without butter, steamed vegetables, poached eggs.
- Ask for toasted, rather than grilled, sandwiches to avoid the fats used on the grill.





## **Sample Christmas Feast**

Roasted Vegetable Soup  
Baby Greens with Balsamic Vinaigrette  
Cranberry Glazed Ham  
Green Beans Nicoise  
Maple Glazed Sweet Potatoes  
Angel Biscuits  
French Bread Pudding

## **Sample New Year's Spread**

Butternut Bisque with Cider Syrup  
Mock Caesar Salad  
Beef Tenderloin with Horseradish-and-Roasted Garlic Crust  
Green Beans and Pan-Roasted Red Onions  
Holiday Rice Pilaf  
Almond Creme Caramel



## **Sample Christmas Feast**

Roasted Vegetable Soup  
Baby Greens with Balsamic Vinaigrette  
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## **Sample New Year's Spread**

Butternut Bisque with Cider Syrup  
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Holiday Rice Pilaf  
Almond Creme Caramel



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# **Saving Money with Complex Carbohydrates (and Eating Less Meat)**

## **Healthy Eating Session #6**

### **Overview and instructions**

This session will help you to achieve one of the dietary change goals of the program, increasing whole grain consumption. The session will define complex carbohydrates; identify sources of complex carbohydrates and the benefits and money saving advantages of eating more complex carbohydrates. The session will address barriers to eating complex carbohydrates and explore methods of cooking grains and beans.

In this session, participants will:

- Identify sources of complex carbohydrates.
- Identify and describe ways to increase complex carbohydrate intake.
- Discuss money-saving options for preparing healthful meals.

### **Session materials provided here**

- Session instructions, tip sheets and recipes.
- Help Yourself booklet.

### **Handouts**

- Saving Money with Complex Carbohydrates outline.
- Maximizing Beans/Maximizing Grains.
- Maximizing Grains
- Energy Food, Fuel for Your Body.
- Recipe(s) of choice.

### **Session materials you supply**

- Room or space for the discussion.
- Tables and chairs.
- Copies of the tip sheets and recipes.
- Food for food tasting.
- Service ware such as plates, napkins, utensils.



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## **Pre-session preparation**

- Gather the following instructions to use during the session.
- Gather the attached handouts and choose recipes that you'd like to use.
- Make copies of these materials to distribute to each participant.
- Arrange for a food tasting. You can choose a recipe from the Eating for a Healthy Life recipe book or make one of your own favorite low fat treats. Maybe consider asking somebody to help you!
- Arrange the tip sheets, recipes and food so all the participants have easy access to the materials, food and service ware.
- If you have access to a chalkboard, dry erase board or flip chart, this is an option to use if you'd like to write down participants' comments during the session.
- Arrange the space in whatever format you feel most comfortable using. For example, do you want a classroom setting or a discussion group setting?
- Prepare and bring food tasting samples to discussion.

## **Once the participants arrive**

- Distribute the handouts.
- Invite them to try some food.

## **Topics for discussion**

### ***What is a complex carbohydrate?***

- Another word used to describe complex carbohydrates is starch; sugar is also a carbohydrate, but it is called a simple carbohydrate.
- Have participants identify examples of complex carbohydrates that they currently eat.
- Examples of complex carbohydrates: breads, cereals, legumes, grains.

### ***Benefits to eating more complex carbohydrates***

- An inexpensive source of protein.
- They help prevent constipation.
- They may be helpful in reducing the risk of colon cancer and some heart problems.
- They are nutritious and naturally low fat.
- They are very filling, so you don't have to eat too much to be satisfied.
- They are easy to be creative with leftovers.



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### **Barriers to eating more complex carbohydrates**

- Concern about getting enough protein.
- Concern over weight gain.
- Don't like the taste.
- Don't know how to cook.
- Gas/Indigestion.
- May affect diabetes/sugar levels.

### **Strategies to overcome barriers/concerns**

- You don't need to eat meat to get protein; beans and other whole grains are an excellent source of protein. Most Americans eat twice as much protein as they need.
- Starches are not high calorie foods. It is not the bread or the potato that is fattening, it is the butter or sour cream we add to them.
- Prepare foods with new spices to add flavor without the fat.
- Use the beans and grains handout for specific instructions on cooking beans and grains that you have never prepared before.
- Gas/Indigestion: try Beano, add beans to diet gradually, soak dried beans and rinse after soaking.

### **Ways to save money**

- Make a shopping list and eat something. Remember impulse costs. Gather coupons.
- Meatless Meals, Try one a week.
- Grow own fruit and vegetables in a garden or herbs in a window box.
- Bulk items are usually cheaper than boxed.
- Bread outlets have very cheap prices.

### **Ways to increase complex carbohydrate intake**

- Remember to choose "whole-grain" varieties of cereals, bread, pasta and other whole.
- Sample new whole grains and beans.
- Try different combinations: for example, rice and beans, potatoes and lentils and barley and kidney beans, etc.

### **Home activity**

- #1. Try at least one new recipe featuring grains and beans.
- #2. Introduce a new bean or grain to your family or friends.

# Saving Money with Complex Carbohydrates (& Eating Less Meat)



Learn money-saving options for preparing healthful meals.

## • Benefits of complex carbohydrates

- They are much less expensive than meats, and are excellent sources of protein. So, you can save money while eating healthy.
- They help prevent constipation.
- They may be helpful in reducing risk of colon cancer and heart problems.
- They are nutritious (high in protein, fiber, vitamins, and minerals), and they are low in fat.
- They are filling so you don't have to eat too much to be satisfied.
- They are easy to use as leftovers. (Double the recipe & freeze ½)

## • Helpful, Money Saving Ideas

- *Before* going to the store, plan a list and eat something.  
Remember: buying on impulse will cost you money!
- Bulk items are usually cheaper than boxed.
- Be careful with sales and coupons. Higher priced items are often next to sale items and store brands may still be cheaper than the coupon price.

# Maximizing Beans



**Black beans:** Also known as turtle beans; they are a staple in South America, Central American and Cuba. They are used to make black bean soup and black beans and rice.

**Black-eyed beans:** Also called cowpeas, they are quick-cooking. They are related to yellow-peas and are small, oval, and have a black or yellow spot. A favorite in the south.

**Chickpeas:** Also known as garbanzos (Spanish), they are used in Mediterranean countries for stews, soups, salads, and spreads. The Middle Eastern dip, humus, is made from a paste of cooked chickpeas. The patties of falafel are made from ground chickpeas. They are commonly sold precooked in cans.

**Cranberry beans:** Also known as Roma beans; these have reddish streaks on a buff-colored bean, making them very attractive in dishes like salads and succotash.

**Kidney beans:** These beans are named for their kidney shape and deep red color. They are best known in chili, with or without carne (meat), and are flavored in soups and salads. Keep a few cans on hand for instant additions to various dishes.

**Lentils:** These small, flat seeds that look like tiny buttons come brown or red. They cook quickly without soaking. They make delicious soups, salads (hot or cold), or casseroles.

**Lima beans:** These are sold fresh or dried, large or small. The small fresh beans, also known as Fordhooks or butter beans, are often served as a cooked vegetable, plain or mixed with corn in a creamy vegetable dish called succotash. Dried limas are used in soups and casseroles.

# Bean Cooking Guide



Type of bean (1 cup dry)	Amount of water or broth	Stovetop (unsoaked)	Stovetop (soaked)	Pressure Cooker (unsoaked)	Pressure Cooker (soaked)	Crockpot (soaked)	Yield
Black beans	3-4 cups	150 min	60-90 min	45-60 min	30-45 min	12-16 hr	2 cups
Black-eyed beans	3 cups	45-60 min	30-45 min	20-30 min	15-25 min	8-12 hr	2 cups
Chickpeas	4 cups	150- 180 min	90- 120 min	60-90 min	60 min	16-24 hr	2 cups
Cranberry beans	3 cups	150- 180 min	120- 150 min	60-90 min	50-60 min	16-24 hr	2 cups
Kidney beans	3 cups	120- 150 min	60- 120 min	60-90 min	45-60 min	12-24 hr	2 cups
Lentils, whole brown or green	3 cups	45 min	15-20 min	NR	NR	4-5 hr	2 1/4 cups
Lentils, pink	3 cups	15-30 min	NR	NR	NR	NR	2 1/4 cups
Lima beans	2 cups	120-160 min	90 min	60-90 min	40-50 min	12-16 hr	1 1/2 cups
Pinto beans	3 cups	90-120 min	75-90 min	40-60 min	30 min	8-12 hr	2 cups
Soybeans	4 cups	4-6 hr	3-4 hr	NR	NR	24-48 hr	2 cups
Split peas	3 cups	15-30 min	NR	NR	NR	4-5 hr	2 1/4 cups
White beans	3-4 cups	120 min	60-90 min	30-50 min	20-40 min	8-12 hr	2 cups

NR = not recommended

Soaked = 8-12 hours presoaked, or boiled 5 minutes and soak 2 hours

Pressure cooker times = 15 pounds of pressure, figured after pressure is reached on gauge

# Maximizing Grains



**Barley:** The most commonly used barley is “pearled” barley. It is most often used in soups, as a side dish, or in salads.

**Brown rice:** Whole unpolished rice grain. Its color comes from the outer layer of nutritious, fiber-rich bran. It has a slightly nutty flavor and chewier texture than white rice.

**Buckwheat:** Roasted buckwheat is known as “kasha” and is a staple in Russia. It has an interesting flavor but is stronger than most grains. It tastes good when cooked 1/2 and 1/2 with bulgur or rice.

**Couscous:** Finely cracked wheat that has been steamed and dried. It is the “instant” rice of North Africa. Use like rice as pilaf, under stir-fried dishes or try Moroccan couscous.

**Millet:** Most of us think of millet as bird seed, but it is good for people too. Cooked millet can be used in soups, casseroles, stuffings, and salads. Millet as people food is available in health food sections of supermarkets and in health food stores.

**Polenta:** A very coarse cornmeal. Its coarser texture makes it an appropriate side dish in the same way one might use rice or potatoes. Commonly used in Spain and Italy.

**Quinoa:** A small seed similar in appearance to millet. When cooked it has a light fluffy texture and nutlike flavor. Use like rice in stews, pilafs, stuffings, salads, and cereals.

**Triticale:** Triticale is a cross between wheat and rye. It is nutritious and has a desirable nut-like flavor. You can find it in health food stores as berries, flakes, or flour.

**Wheat berries:** Wheat berries are the whole-wheat kernel without any processing. They are a hearty, crunchy nut-flavored cereal. They can also be added to breads and muffins. You can sprout them and add them to salads or stir-fries.

**White rice:** Comes in many forms: long grain, short grain, instant, and converted. Short grain is stickier and used by the Japanese. Long grain is better in dishes like Spanish rice.

**Wild rice:** Wild rice is not actually rice. It’s a seed native to America. Use it for a special treat because it is expensive. It does expand by four times when cooked. It can also be mixed with brown or white rice.

# Cooking Times and Proportions for Grains



Type of grain (1 cup dry)	Amount of water	Cooking time (unsoaked, stove-top)
Barley, pearled	3 cups	30 minutes
Brown rice	2 cups	45-60 minutes
Buckwheat	2-2 1/2 cups	15-20 minutes
Bulgur, for casseroles	2 cups	10-15 minutes
Bulgur, for salads	2 cups	10-15 minutes, soaked overnight
Couscous	1 1/2 cups (boiling)	Cover and let sit 5 minutes
Millet, for dinner	2 cups	15-20 minutes
Millet, for porridge	4 cups fruit juice	30-45 minutes
Polenta	4 cups	25-30 minutes
Quinoa (rinse well)	2 cups	10-15 minutes
Triticale	2 cups	40 minutes, soaked overnight
Wheat berries	4 cups	3 hours
White rice	2 cups	20 minutes
Wild rice	3 cups	30-40 minutes

# Energy Food, Fuel Your Body



**Carbohydrates are your body's most important source of energy.**

- Carbohydrates supply your body's tissue with energy.
- Carbohydrates provide direct energy for the human brain, central nervous system, and muscle cells in the form of glucose and blood sugar.
- More than half of our calories should come from carbohydrates.

**There are two types of carbohydrates:**

- Simple carbohydrates
- Complex carbohydrates

## **Simple carbohydrates:**

- Sugar
- It is a sugar compound easily broken down and digested by the body
- A quick source of energy
- Supply your body with vitamins and minerals
- Sweet to taste
- Fruits, berries, maple sap, honey

## **Complex carbohydrates:**

- Starch
- Chain of many simple carbohydrates strung together in the 100's and 1000's
- Contain a distinct texture, flavor, structure, and color
- Supply your body with energy and other vitamins and nutrients when digested
- Rice, grains, breads, legumes, and potatoes

# Ayo's Vegetarian Chili



- 1 medium onion, chopped
  - 4 cloves garlic, pressed or minced
  - 1 Tablespoon vegetable oil
  - 2 medium carrots, finely chopped
  - 2 medium tomatoes, chopped
  - 1 can diced tomatoes, slightly drained
  - 2 15 oz cans of black beans, drained
  - 1 pinch cayenne pepper, chili powder, or chili seasoning mix
  - 1 Tablespoon parsley, freshly chopped or dried flakes
  - 1 teaspoon pepper
1. In large sauce pan, saute onions and garlic in oil .
  2. Add carrots, tomatoes, herbs, spices, and beans.
  3. Cook on medium heat for 15-20 minutes, or until carrots are tender.

Serve with crackers or corn bread.

#### Options & Variations:

- Top each bowl of chili with a light sprinkle of cheese.
- Replace black beans with red beans.
- Experiment with different vegetables: green peppers, corn and celery work well, too!

Makes 6 servings. Source: Taste & Health Project

# Ayo's Vegetarian Chili



- 1 medium onion, chopped
  - 4 cloves garlic, pressed or minced
  - 1 Tablespoon vegetable oil
  - 2 medium carrots, finely chopped
  - 2 medium tomatoes, chopped
  - 1 can diced tomatoes, slightly drained
  - 2 15 oz cans of black beans, drained
  - 1 pinch cayenne pepper, chili powder, or chili seasoning mix
  - 1 Tablespoon parsley, freshly chopped or dried flakes
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1. In large sauce pan, saute onions and garlic in oil .
  2. Add carrots, tomatoes, herbs, spices, and beans.
  3. Cook on medium heat for 15-20 minutes, or until carrots are tender.

Serve with crackers or corn bread.

#### Options & Variations:

- Top each bowl of chili with a light sprinkle of cheese.
- Replace black beans with red beans.
- Experiment with different vegetables: green peppers, corn and celery work well, too!

Makes 6 servings. Source: Taste & Health Project

# Bulgur Pilaf



Makes 4 servings

## Ingredients

- 1 Tbsp. soft margarine
- 1 cup bulgur, uncooked
- 1/2 cup chopped celery
- 1 medium onion, chopped
- 1/2 cup sliced fresh mushrooms
- 2 cup chicken broth, bouillon, or water
- 2 Tbsp. chopped pimento
- 1 Tbsp. chopped parsley
- 1/4 tsp. oregano
- 1/2 tsp. salt
- Pepper to taste
- 1/4 tsp. dill weed

## Preparation

Melt margarine in skillet. Add vegetables and bulgur. Cook until vegetables are tender and bulgur is golden. Add broth and seasonings. Cover and bring to a boil. Reduce heat and simmer 15 minutes. Stir in parsley and pimento just before serving. Serve warm. For variety, try adding green pepper.

Fat: 4 grams per serving

Recipe from New American Diet

# Bulgur Pilaf



Makes 4 servings

## Ingredients

- 1 Tbsp. soft margarine
- 1 cup bulgur, uncooked
- 1/2 cup chopped celery
- 1 medium onion, chopped
- 1/2 cup sliced fresh mushrooms
- 2 cup chicken broth, bouillon, or water
- 2 Tbsp. chopped pimento
- 1 Tbsp. chopped parsley
- 1/4 tsp. oregano
- 1/2 tsp. salt
- Pepper to taste
- 1/4 tsp. dill weed

## Preparation

Melt margarine in skillet. Add vegetables and bulgur. Cook until vegetables are tender and bulgur is golden. Add broth and seasonings. Cover and bring to a boil. Reduce heat and simmer 15 minutes. Stir in parsley and pimento just before serving. Serve warm. For variety, try adding green pepper.

Fat: 4 grams per serving

Recipe from New American Diet

# Nan's Red Lentil Soup



Red lentils are wonderful time savers, as they cook to a lovely golden soup in 20 minutes from the time you put them in the pot. Serve them as a soup, or as a succulent sauce over cooked brown rice or other grains.

## Ingredients

- 1 cup dry red lentils
- 1 bay leaf
- 1 clove garlic
- 1 2/3 cups chopped onion
- 1 Tbsp. olive oil
- 1 1/3 cup chopped carrots
- 2 stalks of celery
- 1 Tbsp. fresh or 1 tsp. dried rosemary
- 1/4 tsp. hot pepper flakes
- 1 cup no salt canned tomatoes
- 1 Tbsp. white vinegar

## Preparation

Combine lentils, bay leaf and 5 cups of water. Cook for 10-12 minutes. While above cooks, chop onions and garlic. Heat oil in skillet; sauté onions and garlic until brown. Slice carrots and celery. Add to onions and cook until soft. Add rosemary, pepper flakes, tomatoes and vinegar to onions. When lentils are cooked, drain and save liquid. Puree 1/2 the lentils in a blender or food processor. Mix remaining lentils, pureed lentils and onion mixture together along with enough liquid to make a thick soup. Cook 5 minutes and serve.

Red lentils are unusual, in that if rinsed and drained, then allowed to sit even two or three minutes, they clump and stiffen into a mass that's difficult to pull apart!

Recipe from Non Lopez

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Recipe from Non Lopez

# Salsa Couscous Chicken Recipe



## (Pillsbury® Bake-off Contest Winner)

- 3 cups hot cooked couscous or rice (cooked as directed on package)
- 1 Tbsp. live or vegetable oil
- 1/4 cup coarsely chopped almonds
- 2 cloves garlic, minced
- 8 chicken thighs, skin removed
- 1 cup Old El Paso® Garden Pepper or Thick 'n Chunky Salsa
- 1/4 cup water
- 2 Tbsp. dried currants
- 1 Tbsp. honey
- 3/4 tsp. cumin
- 1/2 tsp. cinnamon

1. While couscous is cooking, heat oil in large skillet over medium-high heat until hot. Add almonds; cook 1 to 2 minutes or until golden brown. Remove almonds from the skillet with slotted spoon; set aside.
2. Add garlic to skillet; cook and stir 3 seconds. Add chicken; cook 4 to 5 minutes or until browned, turning once.
3. In medium bowl, combine salsa, water, currants, honey, cumin, and cinnamon. Mix well. Reduce heat to medium; cover and cook 20 minute or until chicken is fork-tender and juices run clear, stirring occasionally. Stir in almonds. Serve chicken mixture with couscous.

Makes 4 servings

Seattle Times Kitchen-Ellie Matthews, a Seattle woman, winner of the Pillsbury® Bake-off Contest

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Seattle Times Kitchen-Ellie Matthews, a Seattle woman, winner of the Pillsbury® Bake-off Contest



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# Let's Help Children Eat Healthy

## Healthy Eating Session #7

### **Overview and instructions**

This session allows participants to identify methods that they use to influence the eating habits of children. The group will discuss certain eating patterns they have learned throughout their lives and how this influences their children's food choices.

In this session, participants will:

1. Identify the role of encouragement on children's eating habits.
2. Determine their current strategies for encouraging children to eat healthy.
3. Discuss alternatives to their current methods.

### **Session materials provided here**

- Session instructions and recipes.
- Help Yourself Booklet.

#### Handouts

- How Do You Influence Your Children to Make Food Choices?
- What Do the Experts Say About Influencing Your Children's Food Choices?
- Recipe(s) of choice.

### **Session materials you supply**

- Room or space for the discussion.
- Tables and chairs.
- Pencils and pens.
- Presentation flip chart, blackboard, easel, marker (optional).
- Tablecloth (optional).
- Food Tasting – see attached recipes for ideas.



## **Pre-session preparation**

- Prepare and bring food tasting to session.
- Gather the following instructions to use during the session.
- Gather attached handouts and recipes.
- Copy Session handouts and recipes for participants.
- Set up optional flip chart or easel.
- Arrange the recipes and handouts so all the participants have easy access to the materials.
- Set up discussion area for the session in whatever format you feel most comfortable using.

## **Once the participants arrive**

- Distribute Handouts.
- Invite participants to try some food.

## **Topics For discussion**

### ***Influence on kids eating habits***

- Nature vs. Nurture Controversy.
- Nature: There is some evidence for a small role for genetics. Specifically, some people find certain vegetables more bitter than others. This makes the vegetables harder to eat. BUT, the effect is not strong, and does not even show up all the time. So the scientific field thinks at this time that there is not much influence of genetics on food choice.
- Nurture: Environmental influences are very important in what we choose to eat and what our children choose to eat. How can parents influence that process? What kinds of things are best to do and the most helpful in getting and keeping kids to stay on the healthy eating pathway?

### ***How do you help kids now?***

- Have participants complete the survey (How do you influence your children).  
Note: This survey is based on studies that have measured parent's strategies for trying to influence their children's eating habits. Please complete it and then we will talk about it.

### ***Ask the following questions:***

- What were some of the strategies you checked?
- Do you think they are effective?
- What are the strategies you did not check? Why don't you use them?



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## **Comparing our choices**

- Have participants look at the handout Ways You Can Help Your Child Eat Healthy Foods.
- This handout details some of the more successful strategies used by parents to influence their kids' eating habits.
- Compare this handout with the strategies participants selected on their survey.
- What are some of the differences/similarities?

## **Examine the recipes**

- These recipes are from cookbooks that are specifically written to involve children in the process of making the food as well as making choices about what they eat.
- Ask: How difficult/easy would it be to involve their children in choices about the food they eat?
- Encourage participants to get their kids involved with healthy eating by simply having the child help with food preparation and shopping options. Then move toward steps that allow the child to pick what they want to eat at the table.

## **Home activity**

- #1. Get the children around you involved in the food that they eat at home! Either make a meal with the child or ask them to help plan a menu for a meal. Try to be flexible and help them make choices by giving them the boundaries (e.g., at least one vegetable, low fat, etc.).

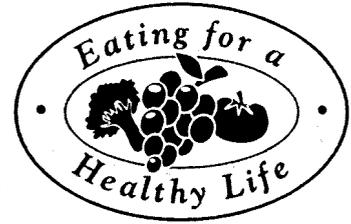
# How Do You Influence Your Children to Make Food Choices?



Below are some ways that parents might try to influence their kids' eating habits. Which ones do you use? Place a check by the ones that you use.

- Rewarding your children for eating certain foods
- Using the certain food as a reward
- Having adults eat the certain food and appearing to enjoy it
- Saying the certain food is good for you
- Giving the certain food at the same time as a certain food or flavor
- Just leaving the certain food around in a bowl or in the refrigerator where the child could see it.
- Threatening a bad consequence if the certain food is not eaten
- Indicating that the parents would be happy and pleased if the child eats the certain food
- Referring to siblings or peers that eat the certain food
- Serving the certain food as the only food in a meal and making it clear that the certain food must be eaten before anything else
- Involving the child in choosing, preparing and serving the certain food

# What do the Experts Say About Influencing Children's Food Choices?



Below is the summary of data collected from surveys of various parents about the methods they use to influence their children's eating habits. The first column indicates whether parents in general use this strategy. The second column indicates whether the strategy has been shown to actually work to change children's eating behavior.

	Parents in general use	Shown to actually work
• Rewarding your children for eating certain foods	No	Yes
• Using the certain food as a reward	No	Yes
• Having adults eat the certain food and appearing to enjoy it	Yes	Yes
• Saying the certain food is good for you	Yes	No
• Giving the certain food at the same time as a certain food or flavor	No	Yes
• Just leaving the certain food around in a bowl or in the refrigerator where the child could see it.	No	Yes
• Threatening a bad consequence if the certain food is not eaten	Yes	No
• Indicating that the parents would be happy and pleased if the child eats the certain food	Yes	Yes
• Referring to siblings or peers that eat the certain food	Yes	Yes
• Serving the certain food as the only food in a meal and making it clear that the certain food must be eaten before anything else	Yes	No
• Involving the child in choosing, preparing and serving the certain food	No	Yes

# Ayo's Pasta Delight



4 servings

## Ingredients

- 1 large broccoli tree, chopped into bite-size pieces or 1 10-oz. package of chopped frozen broccoli
- 1 medium carrot, cut into thin sticks
- 1/2 cup green peas
- 1 Tbsp. vegetable oil
- 2 cups cooked, drained, and rinsed pasta (any shape)
- 1/4 cup Parmesan cheese

## Preparation

Cook pasta according to package instructions. Using a large skillet, sauté vegetables in oil for 10 minutes, stirring often. Add cooked pasta to vegetables and gently combine with a large spoon or spatula. Sprinkle Parmesan cheese over pasta mixture, cover and cook for 2 more minutes. Serve warm or enjoy as a cold leftover pasta salad.

Options: In plate of fresh, use frozen carrots and peas. Add different vegetables: cooked cauliflower, zucchini, or fresh tomatoes. Use brightly colored pasta for an exciting dish.

Kids can help by:

- Choosing the pasta shape
- Gathering ingredients and supplies
- Chopping vegetables or opening packages
- Sprinkling cheese
- Assisting with serving and clean-up

Source: Taste and Health Project. King County Health Department.

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- Assisting with serving and clean-up

Source: Taste and Health Project. King County Health Department.

# Fruit Parfait



## Ingredients

- 1 cup apples, chopped
- 1 cup strawberries, sliced
- 1 banana, sliced
- 1 cup low fat vanilla yogurt
- 1 cup low fat granola
- 1/2 cup raisins

## Preparation

Using a clear glass, layer the ingredients starting with a layer of one fruit, then a layer of another fruit, then the yogurt, then some granola, then another fruit, and top with raisins. Be creative and layer any way you like.

Variations: Use any of the following fruits in place of the ones called for in the recipe-kiwi, orange, pear, pineapple, grape, other berries, apricot, nectarine, peach, plum. Or try raspberry, lemon, peach, or plain yogurt for a change in taste.

Kids can help by:

- Choosing fruits and yogurt flavors at the grocery store
- Gathering ingredients and supplies
- Washing fruit
- Cutting fruit
- Measuring ingredients
- Opening yogurt and raisins packages
- Assisting with serving and cleanup

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- Measuring ingredients
- Opening yogurt and raisins packages
- Assisting with serving and cleanup

# Savory Spinach with Tomatoes



Makes 6 servings

## Ingredients

- 1 tsp. olive or canola oil
- 1 medium onion, chopped
- 1 clove garlic, minced or pressed
- 2 tomatoes, chopped
- 1 package frozen spinach leaves or 2 bunches fresh
- 1/2 tsp. salt

## Preparation

In the oil, fry the onion, garlic and tomato. Add the clean spinach and salt. Stir together. Cover and simmer for 5 minutes, until just tender.

## Serving suggestions:

- Serve with rice or as a filling for tortillas.
- Serve with green or red salsa.
- Add meat, beans fish or poultry of your choice.
- Top with grated cheese or queso fresco.

## Kids can help by:

- Gathering ingredients and supplies
- Chopping onions or tomatoes
- Measuring ingredients
- Assisting with serving and cleanup

Source: Seattle and King County Public Health website

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- Chopping onions or tomatoes
- Measuring ingredients
- Assisting with serving and cleanup

Source: Seattle and King County Public Health website

# Spicy Kale Greens



Makes 4-6 servings

## Ingredients

- 2 bunches kale greens, washed and cut
- 1 small onion, chopped
- 2 cloves garlic, minced
- 1 tsp. vegetable oil
- Red pepper flakes or cayenne pepper

## Preparation

Remove all stems and discolored leaves. Wash greens under cold running water to remove all dust and dirt. Wash three time to make sure you have clean greens. Using a large pot, saute onions and garlic in the oil until they are soft. Add chopped greens and mix. Sprinkle with pepper flakes or cayenne, if desired. Cover pot and let cook about 15 minutes.

## Options:

Instead of kale, use collard, mustard or turnip greens. Note that collard greens need 20-30 minutes to cook. Serve cooked greens with fresh sliced tomatoes and corn bread.

## Kids can help by:

- Gathering ingredients and supplies
- Choosing the type of greens
- Peeling the onion and garlic
- Washing and tearing greens
- Stirring mixture
- Keeping time
- Assisting with cleanup

Source: Seattle and King County Public Health website

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- Stirring mixture
- Keeping time
- Assisting with cleanup

Source: Seattle and King County Public Health website

# Sweet-zza



4 servings

## Ingredients

- 4 English muffins, split (8 halves)
- 2/3 cup low-fat Ricotta cheese
- 1/3 cup applesauce
- Pizza toppings, choose 3:
- Thinly sliced apples or pears
- Pineapple chunks
- Chopped peaches, plums, or nectarines
- Fresh or frozen berries
- Banana slices
- Tangerine sections

## Preparation

Turn oven on to 400 degrees for preheating. Stir together the applesauce and the ricotta cheese. Spread about two tablespoons sauce on each muffin half. Arrange your favorite toppings on the “crust”-in a single layer. Use at least 3 colors. Place pizzas on a baking sheet and bake for 10 minutes or until the pizzas are heated through and the cheese is melted.

Option: use pita bread or flour tortillas as the pizza trust. Can you think of other toppings that would taste good?

Kids can help by:

- Preheating the oven
- Splitting the muffins
- Preparing the sauce
- Arranging the toppings
- Helping with clean-up

Source: Taste and Health Project. King County Health Department.

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Kids can help by:

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- Arranging the toppings
- Helping with clean-up

Source: Taste and Health Project. King County Health Department.

# Tuna Croquettes



4 servings

## Cucumber-Dill Sauce:

- 2 Tbsp. low fat mayonnaise
- 2 Tbsp. plain yogurt (low or nonfat is okay)
- 1/4 cup cucumber, peeled and chopped
- 1 medium green onion, chopped
- 1/8 tsp. dried dillweed

## Croquettes:

- 1 12-oz. can tuna in water, drained
- 2 eggs, beaten
- 1 medium carrot, peeled and grated
- 1/4 cup bread or cracker crumbs
- 1 large green onion, sliced
- 2 Tbsp. fresh parsley, chopped
- 1/8 tsp. pepper
- 2 Tbsp. vegetable oil

## To make cucumber sauce:

Stir mayonnaise and yogurt together until smooth. Stir in cucumber, green onion, and dillweed. Set aside.

## To make croquettes:

In medium bowl mix tuna, eggs, carrot, crumbs, green onion, parsley, and pepper. Divide mixture into fourths, and shape into patties. In large nonstick skillet, heat oil on medium setting. Cook tuna patties 4 to 5 minutes on each side until cooked through. Top with Cucumber-Dill Sauce.

## Ideas:

- Serve patties on lettuce leaves.
- Serve with hamburger buns and all the trimmings.
- Serve in pita bread with tomato slices.

## Kids can help by:

- Gathering ingredients and supplies
- Peeling and grating carrots
- Measuring ingredients
- Opening tuna cans
- Crushing crackers into crumbs
- Stirring together ingredients
- Making patties
- Assisting with clean-up

Source: Taste and Health Project. King County Health Department

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- Making patties
- Assisting with clean-up

Source: Taste and Health Project. King County Health Department



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# Dairy Foods and You

## Healthy Eating Session #8

### **Overview and instructions**

During this session participants will be looking at dairy foods that may add a large amount of fat to meals and they will learn how to find alternatives to higher fat dairy foods. In addition, participants will be encouraged to taste some lower-fat and fat-free recipes.

In this session, participants will:

1. Identify high-fat dairy foods currently used.
2. Discuss skills for selection and use of low-fat dairy foods.
3. Discuss alternatives to dairy foods (optional).

### **Session materials provided here**

- Session instructions, tip sheets, and recipes.
- Help Yourself Booklet.

### **Handouts**

- How to Eat Less Fat from Dairy Foods.
- Dairy Cooking Tips for Low Fat Foods.
- Recipe(s) of choice.

### **Session materials you supply**

- Room or space for the discussion.
- Tables and chairs.
- Presentation flip chart, blackboard, easel, marker (optional).
- Pens and pencils.
- Food tasting -find a volunteer to make a low fat dairy recipe. Some options are fruit salad with yogurt dressing (find recipe in book of recipes that is included), low fat and non-fat cheeses with low fat crackers, bagel bites with fat free/low fat cream cheese or low fat ice cream. Feel free to bring your own low fat dairy recipe as well!



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## **Pre-session preparation**

- Cook food and bring to session.
- Gather the following instructions to use during the session.
- Gather the attached handouts and choose recipes that you'd like to use.
- Copy Session handouts and recipes for participants
- Set up flip chart, easel or chalkboard (optional).
- Arrange recipes and handouts so all the participants have easy access to the materials.
- Set up the discussion area in a format that you are most comfortable with.

## **Once the participants arrive**

- Distribute handouts.
- Invite participants to try some food.

## **Topics For discussion**

### ***Learning About Your Own Dietary Habits (Optional)***

- Have participants write down everything they ate for the last 24 hours or a typical day for them.
- Have participants identify opportunities where they could have lowered their fat and increased their fruits and vegetables consumption. (Refer to Help Yourself Booklets if assistance is needed).
- Ask: Were there any surprises? What other common patterns do you have and how do you change them?

### ***Dairy Foods and Lower Fat Eating***

- As a group, identify dairy foods that contribute fat to meals and list lower-fat or fat-free alternatives. If you completed the optional exercise (above), use the food 24 hour food list that participants completed.
- Hint: Begin to reduce fat by replacing some of your higher-fat dairy foods with lower-fat or fat-free substitutes.
- Refer to Help Yourself Booklet and site dairy foods you eat that contain 5 or more grams of fat.
- Encourage sharing within the group. List the high-fat and lower-fat substitutes on the flip chart.
- Ask: What were some of the high fat dairy foods you eat? What lower-fat substitutes could you use to replace them?
- Discuss issue of calcium. Calcium is not linked to the fat in milk and other dairy products. So, switching to lower fat dairy products will not reduce your calcium intake. You can get all the calcium you need in 3 cups of skim milk per day.
- Review the handouts: How to Eat Less Fat from Dairy, Dairy Cooking Tips for Lower Fat Foods.

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## **Cheese and ice cream (2 dairy Foods commonly used by most of the population)**

### ***Cheese:***

- Cheese is one of the highest-fat foods.
- Cheddar cheese is higher in fat than some fatty cuts of red meats.
- Limit the amount and frequency with which you eat higher-fat cheeses (for example: sharp).
- Replace some high-fat cheeses with ones that are lower in fat or fat-free. There are a number of lower-fat and fat-free cheeses available that are very good (ex: Denmark's Finest – light Havarti, Tillamook – light Monterrey Jack).  
FYI: Imitation cheeses contain less butterfat than required by official standards for cheese. Otherwise, it's identical to other cheese of that same type. Just because it's called imitation cheese doesn't mean you're getting a less desirable product.

### ***Ice Cream:***

- Ice cream can add a lot of fat to meals and snacks.
- If you eat ice cream, cut your serving size in half and add fruit as a topping.
- Ice milk, sherbet, sorbet, Popsicles and low-fat or non-fat frozen yogurt are good substitutes.

## **Dairy alternatives**

(For those with dairy allergies or lactose intolerance)

- Ask for participant's suggestions (snacks, recipe substitutes).
- Examples: Soy and rice milk, cultured dairy products (yogurt with active cultures has less lactose), dairy-free burgers and eggs, frozen fruit bars rather than ice cream.

## **Take a break/snack**

### ***Ask:***

- What are your impressions of the food samples?
- Would you consider using these as alternatives to the dairy products you are using today?
- How could you incorporate some of these lower-fat dairy foods into your own eating patterns?

## **Home activity**

- #1. Ask someone from your faith community (not at this session) what nutrition-related activities they would find interesting enough to attend (i.e.: potluck, speaker, health fair). Get those ideas and also educate this person about what you are learning in these sessions.
- #2. Try lower fat alternatives to high fat dairy foods at home. Test them out on your family to see which ones would be accepted in your household. Maybe even try doing a blinded "taste-test" at home!

# How to Eat less Fat from Dairy Foods



## MILK

- Work your way down from whole milk to 2%, to 1%, then skim.
- Drink low fat milk well chilled or on ice. It tastes better!
- Mix powdered milk and chill for several hours before drinking.
- Try buttermilk made from 1% milk. It really has no butter in it and is a great lower-fat milk choice.

## CHEESE

- Don't replace meat with regular cheese; it has just as much fat.
- Try sharp cheeses such as sharp cheddar-you get more taste with smaller amounts.
- Don't add cheese to meat sandwiches-it doubles the fat!
- Try part-skim mozzarella (pizza cheese), imitation cheese or other low fat cheese or fat-free cheese.

## ICE CREAM

- Eat smaller servings less often.
- Top with fruit instead of chocolate or butterscotch.
- Check the nutrition information label.
- Make homemade low fat ice cream or sherbet for family and friends.
- Instead of regular ice cream, choose ice milk, sherbet or low fat or non-fat ice cream and frozen desserts—they have much less fat.
- Try frozen yogurt-tastes great, is low fat, and you can buy it in the grocery store or at most ice cream stands.
- Frozen fruit bars, frozen grapes and bananas, popsicles, and fudgesicles are a refreshing, low fat frozen treat! Buy them, or make your own! Freeze juice in small cups with popsicle sticks.

## MILK in Coffee or Tea

- Try lite creamers. Don't use powdered creamers-they have just as much fat as regular cream.
- Use skim, 1% or 2% milk in coffee or tea.

## YOGURT

- Try low fat or non-fat yogurt.
- Mix yogurt with low fat sour cream for a sour cream substitute.
- Drain yogurt overnight to make yogurt cheese, a cream cheese substitute

# Dairy Cooking Tips for Low-Fat Cooks



- Use the sharpest cheese you can find... and use less of it! Sharper cheese has more flavor.
- In Italian foods, try some lower-fat Sapsago-a hard Swiss cheese. Grate and use instead of Parmesan or Romano.
- If you like Bleu cheese on your salad, try mixing it with some mild-flavored low-fat cottage cheese.
- Grated zippy-sharp Romano cheese mixed with large curd cottage cheese can replace the Feta cheese in Greek salads.
- Make lasagna or ravioli with low fat cottage cheese or ricotta. Otherwise, blend 1/2 regular cheese with 1/2 low fat cheese.
- When making fruit salads use low fat fruit-flavored yogurt for dressing. It's low in fat and adds an additional fruit flavor. For plain yogurt add 1-2 tsp. sugar or honey per cup to reduce the "tangy" flavor.
- Sour cream substitute. Combine 2 Tbsp. low fat milk, 1 Tbsp. lemon juice, and 1 cup 2% cottage cheese. In blender, mix until creamy.
- When a recipe calls for creamed soups, try using 1/2 can of soup and 1/2 can of skim milk, or try the homemade cream soup mix that follows:

## Homemade "Cream" Soup

2 c. dry nonfat milk

1/4 c. or less dry chicken bouillon

3/4 c. cornstarch

1/2 tsp. pepper

1 tsp. each basil and thyme

2 Tbsp. dry onion flakes

Combine and mix well. Store in an airtight container until ready to use.

# Blueberry-Yogurt Muffins



## Ingredients

- 2 cups all-purpose flour
- 1 tsp. baking powder
- 1 tsp. baking soda
- 1/4 tsp. salt
- 1/3 cup sugar
- 1/4 cup unsweetened orange juice
- 2 Tbsp. Vegetable oil
- 1 tsp. vanilla extract
- 1 (8 oz.) carton vanilla low-fat yogurt
- 1 egg
- 1 cup fresh or frozen blueberries, thawed
- Vegetable cooking spray
- 1 Tbsp. sugar

## Preparation

Combine first 5 ingredients in large bowl; make a well in center of mixture. Combine orange juice and next 4 ingredients; stir well. Add to dry ingredients, stirring just until moistened. Gently fold in blueberries. Divide batter among 12 muffin pans coated with cooking spray; sprinkle 1 Tbsp. sugar evenly over muffins. Bake at 400° for 18 minutes.

Serving size: 1 muffin, 156 calories, 3.4 g fat  
Source: Low-Fat Ways to Cook Quick & Easy by Susan McIntosh

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# Life Long Habits of Healthy Eating

## Healthy Eating Session #9

### **Overview and instructions**

This session helps participants maintain the changes they have made throughout this project and helps them to recognize when their motivation is dropping off causing them to drift back into their old eating habits.

In this session, participants will:

1. Identify factors that help them maintain their dietary changes.
2. Learn how loss of motivation can cause people to drift back to old eating patterns.
3. Learn strategies to add flavor to food without adding fat.

### **Session materials provided here**

- Session instructions, tip sheets and recipe handouts.
- Help Yourself Booklet.

### **Handouts**

- Tips for Cooking with Herbs and Spices.
- Low-Fat Shopping Tips.
- Recipe(s) of choice.

### **Session materials you supply**

- Room or space for the discussion.
- Tables and chairs.
- Flip chart, blackboard, easel (optional).
- Pencils and pens.
- Tablecloth.
- Service wear: napkins, small plates and forks.
- Food tasting: See the recipe book for ideas or make one of your own special treats!



## **Pre-session preparation**

- Set up food tasting to have at the session.
- Gather these instructions to use as a guide.
- Gather the attached handouts and recipes.
- Copy session handouts and recipes for participants.
- Set up flip chart or easel (optional).
- Arrange recipes and handouts so all the participants have access to the materials.
- Arrange the room in whatever format you are comfortable with.

## **Once the participant arrives**

- Distribute the handouts.
- Invite participants to sample the food.

## **Topics for discussion**

### ***Motivation to maintain dietary behavior change***

- What ways do you use to stay motivated in maintaining your healthy eating patterns?
- Here are some steps to staying motivated:
  - Identify your benefits.
  - Recognize your success.
  - Create supportive surroundings: place, people and thoughts.
  - Take charge of your actions.
  - Reward yourself.

### **Identify your benefits**

- What are your personal goals for eating healthy?
- Why are these goals important to you?
- What benefits did you gain from changing that you didn't expect?
- To stay motivated, you need to feel good about what you're doing.
- It's important to remember the reasons why you tried changes.
- Identify the benefits that you gained and continue to gain throughout your participation in the project.
- What benefits do you think will motivate you to maintain your dietary changes?

## **Recognize your success**

- Focus on the positive things you've done.
- Think about the changes you have made to improve your eating habits during the past few/several months.
- Take the Help Yourself booklet and turn to the last pages "Eating Patterns Checklist".
- Review this checklist as a group and have participants think about how they would answer the question. You could also make copies of it and pass it around for participants to complete and then discuss.

## **Create supportive surroundings**

- In goal setting, there are three important factors to consider: the things around you, the people around you and your own thoughts.
- The more supportive your surroundings are, the easier it is for you to maintain your low-fat eating patterns.
- Let's take a few minutes to review these 3 important areas.

## **Things around you (physical surroundings)**

Have the participants think about a place where they spend a lot of their time: it could be a room (kitchen, living room, etc) or a location (home, work, etc). Right now, think about the things around you. Make a mental picture of the places where you spend a lot of you time. Close you eyes and think about the things around you (snack foods, candy dishes, refrigerator, TV, refrigerator magnets, etc)

- What things help you make dietary changes?
- What things keep you from making dietary changes?
- How could you change the things around you to make them more supportive of your new eating style?

## **People around you (social support)**

- Most of us do better when the people around us are supportive.
- The support of others is particularly helpful when we are having difficulties.
- To get other people's support, it helps to involve them in the change process.
- Their involvement might be in the form of advice, companionship, support, or even competition.
- Think about the people around you: your family, friends, fellow faith community members.
- How can others help to keep you motivated to maintain your healthy eating habits?

## **Your own thoughts**

- Think positively about the changes you've made and give yourself credit for trying to make those changes.
- It's easy to start to feel like we aren't doing enough but compliment yourself with every change you make, no matter how small you think it is.
- Small changes lead to big improvements!



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## **Take charge of your actions**

- A way to stay motivated is to make a commitment to yourself: decide how important it is for you to maintain the changes you have made.
- Put your new eating style at the top of your list.
- Identify some steps you can take to maintain your progress.
- The more you feel in control of your eating, the more successful you'll be.
- What steps could you take to make yourself feel more in charge of your eating?

## **Reward yourself**

- Remember to reward yourself; this step is frequently forgotten when you are trying to stay motivated.
- Identify some non-food ways you can reward yourself for maintaining your healthful dietary changes.
- A reward can be anything; for example, you can buy yourself some fresh flowers, go to a movie, take a relaxing walk, or just give yourself some "free time".
- What can you do to reward yourself for maintaining your low-fat eating pattern?
- If maintaining your dietary changes is not at the top of your list, go back and review some of the steps we just discussed
- Identify a step you could use to get yourself back on track.

## **Motivation and drift in eating patterns**

- Recognize that levels of interest and motivation in the project can influence success in maintaining lower-fat eating patterns.
- Set-backs are when your eating is out of control and you go back to your old, high-fat ways of eating.
- Your eating changes happen quickly and you are aware of the changes you are making.
- On the other hand, you may start to increase the amount of high-fat foods you are eating very slowly. This is known as drift.
- Drift is when you tend to make very small, unconscious changes in your eating patterns over a long period of time.
- This slow change may occur because of changes in your life; demands of family or friends; changes in your general health and decreased interest in the project.
- These gradual changes tend to sneak up on you, and they are hard to spot.
- They are not things you consciously do.
- The drift back to a higher-fat intake is often so slow that you don't notice it.
- Your motivation can have a big influence on this drift.
- If you lose interest in maintaining your dietary changes, you may be less likely to use the steps needed to stay motivated. For example, you may not be concerned about how the people or things around you support (or don't support) your dietary changes.
- To prevent drift in your eating patterns, use some or all of the steps we just talked about.

## **Add a little spice to your meals**

- One of the common areas where people start drifting back toward higher-fat intakes is in their use of the fats and oils group.
- Fat adds flavor to foods and taste is an important reason people choose the foods they eat. However, low fat foods don't have to be bland.
- Ask: What seasonings and flavorings do you use to add flavor to your lower-fat dishes?

## **Herbs, spices and peppers**

Let's discuss the use of herbs, spices, peppers, flavored vinegars, mustards and sauces.

- There are many different spices and seasonings used throughout the world.
- Experiment with different herb and spice combinations.
- Refer to the herb and spice handout.
- Peppers are another delicious way of adding flavor.

## **Vinegars, mustards and sauces**

### ***Vinegars:***

- There are a variety of flavored vinegars such as herbed, raspberry, balsamic and rice vinegars.
- Vinegars add interest to marinades and homemade salad dressings.
- Seasoned rice vinegar makes a great salad dressing all by itself.

### ***Mustards:***

- Mustards come in a variety of flavors from hot to sweet.
- They can be used in marinades, sauces and salad dressings.

### ***Sauces:***

- There are several commercial sauces that can add flavor to your food without fat; some you may already use are BBQ, Worcestershire, and Tabasco.
- Some Asian sauces to try are oyster, hoisin, fish or soy sauce.

## **In conclusion**

- What do you see as the most important thing to help you stay motivated to maintain your dietary changes?
- What self-monitoring ideas do you think will be the most useful to keep you aware of any "drift" in your eating behaviors?

## **Home activity**

- #1. Choose one of your favorite recipes and modify it the "Eating for a Healthy Life" way!

# Tips for Cooking with Herbs & Spices



Make a meal interesting and flavorful with seasonings. Use them to help you maintain your dietary changes and to keep meals new and exciting. low fat foods don't have to be bland and boring!

**Add Flavor Without Fat** — Use herbs and spices instead of butter, oil, sauces, and creams to add flavor to food.

**Stock Your Kitchen** — Have a variety of herbs and spices, fresh or dried, on hand to add to recipes.

**Consider Investing in an Herb Starter Kit** — They usually contain thyme, basil, garlic, oregano, rosemary, ginger, tarragon, dill, and sage.

**Try New Recipes Focused on Flavoring Food With Herbs** — Examples include Curried Chicken, Rosemary Potatoes, Garlic Mashed Potatoes, Tomato-Basil Soup.

**Dried Herbs Have A More Intense Flavor Than Fresh** — If you use fresh herbs, double the amount.

**Consider an Herb Garden** — They are easy and fun to grow indoors or out.

## **Use Herbs to Create Foods with Ethnic and Unique Flavorings:**

- Italian-Basil, Thyme, Oregano
- Mexican-Cayenne, Cilantro, Cumin
- Oriental-Garlic, Ginger, Hot Pepper
- Indian-Ginger, Mustard, Turmeric, Curry
- Spicy-Paprika, Chili Powder, Cayenne, Pepper, Mustard

**Read spice and herb labels for cooking suggestions.**

**Remember: a little goes a long way!**



### Basil

Also known as sweet basil. leaves and stems of plant of mint family. Imported from North Mediterranean shore, some grown in U.S.  
Uses: Tomato dishes, peas, squash, string beans, turtle soup, lamb chops.



### Parsley

Dried leaves of parsley, also known as parsley flakes. Grown in U.S.  
Uses: Soups, salads, meat, fish, sauces, vegetable dishes, also used as garnish.



### Bay leaves

Aromatic leaves of laurel tree grown in Eastern Mediterranean area. Sold whole or crushed.  
Uses: Pickling, stews, sauces, soups, fish, chowder, meats.



### Rosemary

Dried leaves of evergreen shrub of the mint family. Sweet and fresh-tasting like pine needles in shape. Imported from France, Spain, Portugal.  
Uses: lamb dishes, soups, stews, beef, fish, meat stocks.



### Chervil

leaves of on herb that grows in many countries in the temperate zone.  
Uses: Soups, salads, egg dishes, French dressing, fish, chicken.



### Sage

Dried leaves of herb of mint family. America's most popular herb. Imported from Yugoslavia, some grown in U.S.  
Uses: Pork products, sausages, meat stuffings, fish and poultry, green salad



### Marjoram

Herb of mint family. Imported from France, Chile, Peru.  
Uses: Stews, soups, sausage, poultry seasonings, fish, fish sauce, lamb.



### Savory

Dried leaves of herb of mint family. Imported from France and Spain.  
Uses: Meats, meat dressings, chicken, fish sauces, eggs.



### Mint

Dried leaves, strong sweet flavor. Grown in U.S.  
Uses: Flavoring soups, stews, beverages, jellies, meat, fish, sauces.



### Tarragon

Dried leaves and flowering tops of herbs, tastes similar to anise.  
Uses: Sauces, salads, chicken, meats, eggs, tomato dishes. Also in tarragon vinegar.



### Oregano

Dried leaves of herb of mint family. Imported from Mexico, Italy, Greece, Chile, and France. Similar in flavor to marjoram but stronger.  
Uses: Pork, beef stews, meat sauces, gravies, omelet, Chile con carne.



### Thyme

Pronounced "time." Dried leaves of plant of mint family Imported from France, some grown in U.S.  
Uses: Stews, soups, poultry stuffings, clam and fish chowder, meat and fish sauces, croquettes, chipped beef, tomatoes.



### Allspice

Comes from West Indies, resembles a blend of cinnamon, cloves, and nutmeg.  
Uses: Whole-pickling, meats, gravies. Ground-baked goods, puddings, relishes, fruit preserves.



### Mustard

Small seed but dry ground mustard is classed as a spice. Grown in U.S., also imported from Europe.  
Uses: Wholeseed— g arnish for salads, pickled meats, cucumber pickles, fish, hamburgers. Dry-meats, sauces, gravies.



### Cayenne

Spicy small peppers. Most pungent.  
Uses: Meats, sauces, fish, eggs.



### Nutmeg

Kernel of nutmeg fruit, grown in Grenada, India, Indonesia.  
Uses: Whole-pickling, also grated as needed. Ground-baked goods, sauces, puddings, topping for eggnog, custard, cauliflower, fruits, doughnuts.



### Cinnamon

Bark of tree grown in Indonesia, China, Ceylon, Indochina.  
Uses: Whole-pickling, preserving, puddings, stewed fruits, hot drinks. Ground-baked goods, mashed sweet potatoes.



### Paprika

Grown U.S., also imported from Spain and Central America.  
Uses: Colorful red garnish for many foods; also used with thicken, fish, salad dressings, vegetables, meat, gravies, canapes.

# Low-Fat Shopping Tips



**In addition to reading labels, you can do other things to eat a lower-fat, healthier diet and save money on your food bill. Read the following list and try these ideas!**

## **Before you go to the store . . .**

- Plan ahead. Think about your week & decide on some of the main foods you need to make meals.
- Look for specials & coupons for low-fat foods. If a low-fat food is on sale, buy extra & put it in the freezer.
- Make a shopping list & stick to it! Write down specific brands of food or specific cuts of meat.
- Eat before you go grocery shopping. If you're not hungry, you'll be less tempted to buy everything in sight.
- Plan more meatless meals to reduce cost.

## **At the store . . .**

- Use your shopping list. Don't rely on your memory!
- Save money by buying foods in larger amounts.
- Watch those store displays! Be careful not to buy high-fat foods on impulse.
- Watch for store specials. Stock up on low-fat items so you'll have them when you need them.
- If certain high-fat foods tempt you, stay away from those aisles, or pass through them quickly, only stopping for items on your list.
- Read the labels to decide if foods are low in fat.
- Watch for new low-fat products at the grocery store.

## **At home...**

- Make good use of leftovers.
- Keep fruits & vegetables visible. Don't keep them hidden in your refrigerator. Put fruit in a bowl on the counter or table. Keep cut-up veggies on the top shelf of the fridge - in plain sight.

# Ayo's Vegetarian Chili



- 1 medium onion, chopped
- 4 cloves garlic, pressed or minced
- 1 Tablespoon vegetable oil
- 2 medium carrots, finely chopped
- 2 medium tomatoes, chopped
- 1 can diced tomatoes, slightly drained
- 2 15 oz cans of black beans, drained
- 1 pinch cayenne pepper, chili powder, or chili seasoning mix
- 1 Tablespoon parsley, freshly chopped or dried flakes
- 1 teaspoon pepper

1. In large sauce pan, saute onions and garlic in oil.
2. Add carrots, tomatoes, herbs, spices, and beans.
3. Cook on medium heat for 15-20 minutes, or until carrots are tender.

Serve with crackers or corn bread.

#### Options & Variations:

- Top each bowl of chili with a light sprinkle of cheese.
- Replace black beans with red beans.
- Experiment with different vegetables: green peppers, corn and celery work well, too!

Makes 6 servings. Source: Taste & Health Project

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# Quick and Easy "Fried" Rice



Serves 6-8

## Ingredients

- 3 cups cooked brown rice, bulgar wheat, millet, couscous, or other cooked grain
- 2 tsp. vegetable oil
- 1 10 ounce package frozen mixed vegetables or 2 cups fresh vegetables, chopped
- 1 small onion, finely chopped
- 1 cup cooked poultry, fish, or meat (optional)
- 1/2 cup firm crumbled tofu or 1/2 cup egg substitute
- 3-4 tsp. soy sauce or salsa

## Preparation

In a large pan, heat oil on medium-high heat. Add onion and rice. Stir and cook until onion is soft, about 5 minutes. Reduce heat to medium and add vegetables and meat to rice mixture. Cook 2 minutes for frozen vegetables and 5-7 minutes for fresh. Spread the mixture out to the sides of the pan, leaving space in the middle for the eggs. Add the eggs, and scramble until in cooked form. Mix the eggs with the rice and vegetables (if not using eggs, add tofu to the rice mixture and stir), then sprinkle with soy sauce or salsa.

source: King County Dep't of Public Health  
[www.metrokc.gov/health/nutrition/friedrice.htm](http://www.metrokc.gov/health/nutrition/friedrice.htm)

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# Diabetes and Eating For a Healthy Life

## Healthy Eating Session #10

### **Overview and instructions**

This session reviews what diabetes is and how the Eating for a Healthy Life project's recommendations can fit into the eating habits of someone with diabetes.

In this session, participants will:

1. Develop an awareness of how common diabetes is.
2. Review what diabetes is.
3. Learn how the Eating for a Healthy Life recommendations can fit into the eating styles of persons with diabetes.
4. Discuss how to support family, friends and faith community members who have been touched by diabetes.

### **Session materials provided here**

- Session instructions, tipsheets recipe handouts.
- Help Yourself booklet.

### **Handouts**

- Healthy Eating Guidelines.
- "Challenges and Solutions" worksheet.
- Recipe(s) of choice.

### **Session materials you supply**

- Room or space for the discussion.
- Tables and chairs.
- Flip chart, chalkboard, dry erase board to record participants comments and suggestions (optional).
- Pens and pencils.
- Tablecloth (optional).
- Food tasting: You may want to find a volunteer to try the Peach Crumb Cobbler or you can choose another recipe for the recipe book or bring a favorite from home. Is there somebody who follows a diabetic meal plan that could bring something?



## **Pre-session preparation**

- Arrange food for food tasting.
- Gather these instructions to use as a guide.
- Gather the attached handouts and recipes of your choice.
- Copy the session handouts and the recipes.
- Set up the flip chart or easel if using one.
- Conveniently arrange handouts.

## **When the participants arrive**

- Distribute the handouts.
- Invite them to try a snack.

## **Topics For discussion**

- The topic today is diabetes.
- We will start with a simple activity that shows us how often diabetes touches our lives.

## **Activity (ice breaker)**

- Ask people to raise their hands if any of the following items applies to them. They should keep their hands raised until the list is finished being read.
- Raise your hand if
  - You have diabetes
  - A family member living in your household has diabetes
  - Any of your family members has diabetes
  - You know someone who has diabetes
- Ask participants to look around the room and notice how many hands are up. They can now drop their hands.
- As you can see, diabetes touches almost all of us in some way.

## **What is diabetes?**

- Diabetes is a disorder in which the body does not produce insulin or does not use it properly. Insulin is a hormone that is necessary to convert sugar, starches, and other food into body fuel.
- 15.7 million people (5.9%) in the US have diabetes. While treatable, there is no cure.
- Causes are a mystery, but include a mix of genetic and environmental factors. Research is being done to try to understand, cure and treat diabetes.

## Types of diabetes

- Insulin Dependent (used to be known as type 1): The pancreas has stopped producing insulin so insulin needs to be given, usually by injection in order to sustain life. Approximately 5-10% of those who have diabetes have insulin dependent diabetes.
- Non-Insulin Dependent (used to be known as type 2): The pancreas still produces some insulin but the body can't use it properly. Usually oral medication is given to help the body use the insulin that it has. If this doesn't work, then insulin needs to be given. Approximately 90-95% of those who have diabetes have non-insulin diabetes. Non-insulin dependent diabetes is becoming more common in children where in the past, children used to mainly get insulin dependent diabetes.
- Gestational diabetes: This diabetes develops in 2-5% of pregnancies, but disappears once the pregnancy is over. It is sometimes considered a window into the future as many women with gestational diabetes will have diabetes later in their lives.

## The goals of diabetes management

- To keep blood glucose (sugar) levels as normal as possible.
- To keep the blood fat levels (cholesterol, triglycerides) as normal as possible.
- Diet can work alone or in combination with pills or insulin to help keep blood sugar and blood fat levels close to normal.

## How Eating for a Healthy Life can support individual diabetes eating patterns

- Eating for a Healthy Life goals:
  - Lower fat intake.
  - Increase fruit and vegetable intake.
  - Increase whole grain intake.
- There are many different possibilities for diabetes eating styles today. It depends on your individual diabetes management. There is no longer just one diabetic diet!
- The specific dietary approach is decided by the person with diabetes and his or her health care provider.
- Let's hear what eating styles (or patterns) some of you follow.
- Use the chart that compares the EHL guidelines to the general recommendations for eating with diabetes. Emphasize how the goals are very similar.
- Now let's look at how we can support family, friends, and faith community by encouraging those with diabetes to also focus on the goals of the Eating for a Healthy Life project.
- How can our faith community support our members that have diabetes? Healthy potluck, healthy coffee hour?
- What are the food challenges that persons with diabetes have?
  - You can refer to the Challenges/Solutions worksheet.
  - Write down the comments if using flip chart or chalkboard.



- 
- What are some solutions to these challenges and barriers? How can our faith community work together to help get rid of these barriers?
  - Remember these key points:
    - Variety and choice are the keys.
    - Eating healthy is the same for someone with diabetes or without it.
    - Everyone wants to enjoy gatherings with food.
    - Persons with diabetes need to monitor blood sugars and adapt treatment to meet their lifestyle. If someone with diabetes doesn't have the ability to monitor blood sugars fairly often, then they may need to be "stricter" with their eating style and limit sugar intake more than someone who monitors frequently and adjusts medications. Many people with diabetes are trying to lose weight as well, but then, many people without diabetes are trying to do the same!

## **Home activity**

- #1. Talk with one member of your faith community who has diabetes about what it's like to have diabetes and what food practices they follow.
- #2. Engage a family or church member who has diabetes in planning the menu for a family or church food activity.

# Healthy Eating Guidelines



**The Eating for a Healthy Life Project encourages eating less fat and eating more fruits, vegetables, and whole grains. Below are some simple tips that can help you meet these healthy eating goals.**

## **Eating less fat**

- Make sure that most of your plate is covered with plant-based foods and one-third or less with meat, dairy, and other foods of animal origin.
- Choose low-fat dairy products such as 1% skim milk and low-fat or fat-free yogurts and cheeses.
- If you eat meat or poultry, trim visible fats and choose the leanest cuts.
- Choose beans, tofu, fish, or poultry more often than red meat.
- Cook vegetables by baking, steaming, microwaving or stir-frying in small amounts of water, broth, or oil.
- Top vegetables with herbs instead of butter or margarine.
- Opt for fruits, vegetables, or a whole-wheat English muffin or bagel over high-fat snacks.
- Choose lower-fat sauces (e.g., marinara sauce) instead of higher-fat alternatives (e.g., cheese or alfredo sauces), or use less of the high-fat sauces.
- Replace a portion of butter or shortening with applesauce, yogurt, or pureed fruit in recipes for baked goods.

## **Eating more fruits, vegetables, and whole grains**

- Choose fruit or a glass of juice at breakfast.
- Add fresh fruit to cereal and yogurt.
- Try a variety of salads.
- Try an assortment of cool summer fruits and vegetables.
- Add vegetables to casseroles, stir-fries, sandwiches, and pizzas.
- Keep canned fruit and vegetables on hand to add to soups, salads, and other dishes.
- Top your favorite dessert with fruit; for example add strawberries to frozen yogurt.
- Choose whole-wheat grains and cereals, such as beans, lentils, barley, rice, corn, as well as whole-grain breakfast breads and cereals.



# Peach Crumb Cobbler



Makes 4 servings

Serving size: 1/2 cup

## Ingredients

- 2 cups fresh peaches, sliced
- 1/3 cup graham cracker crumbs
- 1/2 tsp ground cinnamon
- 1/4 tsp nutmeg
- 2 tsp margarine (or butter/margarine mix or butter)

## Preparation

1. Preheat the oven to 350 degrees. Place the sliced peaches in the bottom of an 8x8x2-inch baking pan. In a small mixing bowl, combine the graham cracker crumbs, cinnamon, and nutmeg; mix well.
2. Gradually blend in margarine and sprinkle mixture over peaches. Bake uncovered for 25 to 30 minutes. Remove from oven and let cool slightly before serving.

Exchanges Per Serving: 1 Fruit

Recipe from The Complete Quick & Hearty Diabetic Cookbook  
(American Diabetes Association)

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Exchanges Per Serving: 1 Fruit

Recipe from The Complete Quick & Hearty Diabetic Cookbook  
(American Diabetes Association)



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# Quick and Healthy—It's Easy!

## Healthy Eating Session #11

### Overview and instructions

Today Americans are on the go more and more. Many of us are finding less time to spend in the kitchen preparing meals, let alone sit down and eat a meal.

In this session, participants will:

1. Discuss strategies to reduce time spent in meal preparation activities.
2. Develop a list of healthy “on the go” snacks.
3. Develop a shopping list of foods needed for quick meals and snacks.

### Session materials provided here

- Session instructions, tip sheets, and recipes.
- Help Yourself Booklet.

### Handouts

- Quick and Healthy-it's Easy outline.
- Low-fat Shopping List (from Help Yourself booklet, page 17).
- Quick Meals and Snack Idea Worksheets.
- Recipe(s) of choice.

### Session materials you supply

- Room or space for the classroom.
- Tables and chairs.
- Flip chart, blackboard, easel, marker.
- Pencils and pens.
- Tablecloth.
- Dixie cups for trail mix samples.
- Food Tasting Samples:
  - Low-fat trail mix: Whole grain bite-size cereal squares, Almonds, Raisins, Candy-coated chocolate pieces.  
Note: If providing beverages, serve only 100% juice or sparkling water. Do not serve corn-syrup sweetened beverages.



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## **Pre-session preparation**

- Prepare food tasting samples and bring to session.
- Gather the instructions, handouts, and demonstration materials.
- Copy session Handouts for participants.
- Set up flip chart or easel.
- Arrange tip sheets, recipes, and handouts so all the participants can reach the materials easily.
- Set up the staging area for the discussion in a format that you are most comfortable with.

## **Once the participants arrive**

- Distribute handouts.
- Invite participants to sample the food.

## **Topics for discussion**

- Strategies to reduce time spent on meal preparation.
- Two keys to reducing time spent in the kitchen:
  1. Being organized.
  2. Using time-saving food preparation.

### ***Tips: (write on flip chart or easel)***

- Plan meals ahead of time.
- Make and use a shopping list.
- Have a quick recipe file.
- Use quick food preparation ideas.
- Stock your kitchen.
- Use quick cooking methods.
- Have “on the go” snacks available.

### ***Ask:***

- What are some time-saving ideas that you use in your kitchen?
- What gets in the way of these strategies?
- What helps support these strategies?

### **Other Quick Ideas:**

- Quick and healthy meals can be easy if you have quick recipes and quick low fat basic foods on hand. (e.g., pasta in 15 minutes. Season with herbs and add any other quick low fat side dishes).
- You can precook and freeze in ready-to-heat portions.
- If you have a microwave at work; keep a can of soup at the office just in case you don't have time to bring something from home.
- Microwave cooking has become a very popular and can be a time-saver for preparing meals.
- Stir-frying is another quick and easy cooking method. (Try using broth or wine instead of oil when you stir-fry).
- Have pre-cut vegetables on hand or use frozen vegetables.
- A number of convenience foods can save time and not add to food costs (e.g., dried onions, garlic, parsley, canned or dried soups, quick-cooking rice, frozen vegetable combinations, and canned beans).
- Know what is available at your grocery store. Some stores carry pre-cut vegetables. Other stores have salad bars and deli counters with low fat options.
- Make healthy foods visible. Keep a bowl with easy-to-grab fruit on your kitchen or dining table.
- Buy fruits of varying ripeness so you can have a week's supply without making multiple trips to the grocery store.
- Develop a list of healthy "on the go" snacks
  - The key to quick and healthy snacks is to plan ahead and have foods on hand.
- Ask: What is a "healthy" snack?
- Say: For the purposes of Eating for a Healthy Life, we want to lower fat and increase fruits and vegetables. We do not promote the idea of good or bad foods, so let's think in terms of healthier and less healthy snacks.
- As a large group, generate a list of what snacks are healthier and which snacks are less healthy. (Record the participant's responses on the flip chart or easel).
- Ask: What ways make it easy to have these snacks available?
- Tips:
  - Keep small plastic bags on hand.
  - Pre-portion non-perishable snacks into plastic bags (e.g., trail mix we have for participants to sample).
  - Wash fruit as soon as you purchase it so it is ready to grab and go (like apples and oranges).
  - Keep a supply of cut-up vegetables in the refrigerator.
  - Develop a list of foods to have in stock for quick meals and snacks.
  - Stock your kitchen with basic ingredients and have supplies of quick meal and snack foods to save in time preparation.
- Say: Break-up into small groups. Use the "Quick Meal and Snack Idea Worksheet," ideas from today, and the "Shopping List" handout to talk about low fat, fruits, and vegetables to have on hand.
- Have participants regroup to one large group. Share ideas with each other. (Optional: record participant ideas on flip chart or easel).
- Once you learn the basics and use some time-saving ideas, having healthier meals and snacks will become a normal pattern. See the Help Yourself booklet for more ideas.



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## Home activity

- #1. Stock your kitchen with foods listed on your “Quick Meal and Snack Worksheet.” Use the “Meal and Snack Ideas” handout throughout the next week. Add any new ideas and continue to use the worksheets to assist you in preparing and eating healthy meals and snacks!

# Quick and Healthy— It's Easy!



Learn timesaving techniques to help you eat healthfully.

## • Stocking Your Kitchen

- Be organized:
  - Plan meals ahead of time
  - Make and use a shopping list
  - Have a quick recipe file
- Buy fruits of varying ripeness so you can have a week's supply on hand.
- Stock your kitchen with foods like dried onions, garlic, and parsley; canned or dried soups, quick-cooking rice, frozen vegetable combinations; and canned beans such as kidney, garbanzo, or black beans.

## • Cooking Methods

- Pasta and rice can be pre-cooked and then frozen for later use.
- Microwave cooking has become very popular and can be a time-saver for preparing meals.
- Stir-frying is another quick and easy cooking method. Try broth or wine instead of oil when you stir-fry. If you use oil, try using less than you usually do. Have pre-cut vegetables on hand or use frozen vegetables.

## • "On The Go" Snacks

- The key to quick and healthy snacks is to plan ahead and have foods on hand.
- Keep small plastic bags on hand. Pre-portion non-perishable snacks into plastic bags.
- Wash fruit as soon as you purchase it so it is ready to grab and go. Apples and oranges keep quite a long time, and they are easy to carry without any mess.

## Grocery Checklist

A good way to start improving your eating habits is to take an inventory of your kitchen. See if you have foods on hand that are low in fat and high in fruits, vegetables, and grains. Having the right foods “at your fingertips” will make changing easier and will increase your chances of reaching your goals.

*Here's a grocery checklist of low fat high fiber foods.*

### Fruits and Vegetables

Fruits, all (fresh, canned or frozen)  
Vegetables, all (if frozen, avoid sauces)

### Dairy Foods

Low fat or skim milk (2% or less)  
Low fat evaporated milk  
Low fat cheese  
Part-skim mozzarella or ricotta  
Light cream cheese low fat cottage cheese  
(1% or 2%)  
Low fat yogurt  
Frozen yogurt, ice milk, sherbet  
Light or diet margarine  
Whipped butter

### Breads, Cereals, Beans, Grains and Pasta

Spaghetti and other noodles  
(preferably whole wheat)  
Brown rice  
Whole wheat flour  
Whole grain breakfast cereals  
Whole grain breads and rolls  
Low fat crackers (see Snack List, page 27)  
Flour and corn tortillas  
Pretzels  
Popcorn (air popped, light  
microwave type)  
Dried or canned beans (kidney beans,  
garbanzo beans, etc.)  
Dried peas and lentils

### Meat, Fish, Poultry, Tofu

Fish or shellfish, fresh, frozen (not fried),  
or canned  
Water-packed tuna  
Poultry  
Lean cuts of beef (round, loin, rib)  
Extra lean ground beef  
Ground turkey or chicken  
Lean cuts of pork (lean smoked ham, pork  
tenderloin, Canadian bacon)  
Low fat lunch meat (95%-97% fat free)  
Tofu (bean curd)  
Chicken or turkey hot dogs

### Fats, Oils, Salad Dressings and Spreads

Fruit jam or jelly  
Light or diet mayonnaise  
Reduced calorie salad dressing  
Non-stick spray  
Gravy mixes made with water

### Cookies, Cakes and Candy

Low fat cookies (see Snack List)  
Low fat cakes (angel food, white  
and gingerbread)

# Quick Meal and Snack Worksheet



To save time, it's important to have a supply of quick meal and snack ideas and to stock your kitchen with low-fat and fruit & vegetable basics. Use this worksheet to write down 2 quick meal ideas and 2 quick snack ideas. Then identify the basic ingredients you already have on hand, and the foods you need to buy. Refer to foods and ideas discussed during this session and from the shopping list.

## Quick Meal or Snack Idea

## Basics on Hand

## Foods I Need to Buy

1. Meal		
2. Meal		
1. Snack		
2. Snack		

# Ayo's Vegetarian Chili



- 1 medium onion, chopped
  - 4 cloves garlic, pressed or minced
  - 1 Tablespoon vegetable oil
  - 2 medium carrots, finely chopped
  - 2 medium tomatoes, chopped
  - 1 can diced tomatoes, slightly drained
  - 2 15 oz cans of black beans, drained
  - 1 pinch cayenne pepper, chili powder, or chili seasoning mix
  - 1 Tablespoon parsley, freshly chopped or dried flakes
  - 1 teaspoon pepper
1. In large sauce pan, saute onions and garlic in oil .
  2. Add carrots, tomatoes, herbs, spices, and beans.
  3. Cook on medium heat for 15-20 minutes, or until carrots are tender,

Serve with crackers or corn bread.

#### Options & Variations:

- Top each bowl of chili with a light sprinkle of cheese.
- Replace black beans with red beans.
- Experiment with different vegetables: green peppers, corn and celery work well, too!

Makes 6 servings. Source: Taste & Health Project

# Ayo's Vegetarian Chili



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  - 4 cloves garlic, pressed or minced
  - 1 Tablespoon vegetable oil
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#### Options & Variations:

- Top each bowl of chili with a light sprinkle of cheese.
- Replace black beans with red beans.
- Experiment with different vegetables: green peppers, corn and celery work well, too!

Makes 6 servings. Source: Taste & Health Project

# Heart Smart Pasta Salad



## Ingredients

- 1 pound multicolored rotini pasta
- 8 oz. fresh mushrooms
- 1/4 cup boiling water for cooking broccoli
- 1 cup broccoli florets
- 3 cups ice water for cooling broccoli
- 1 sweet green pepper, seeded and diced
- 1 sweet red bell pepper, seeded and diced
- 2 green onions, including green tops, diced
- 1/4 cup olive oil
- 1/4 cup red wine vinegar
- 3/4 tsp. salt
- 1/4 tsp. pepper
- 1/4 cup chopped fresh parsley
- 1 tsp. dried tarragon or dried oregano
- 16 cherry tomatoes, halved

## Preparation

1. Cook the pasta according to package directions, omitting salt. While the pasta is cooking, clean and slice the mushrooms. Place in a nonstick skillet over medium heat and saute until the mushrooms are tender and give up their liquid, about 5 minutes. Drain well and set aside.
2. Place the broccoli on a rack in a saucepan with 1/4 cup boiling water and steam, covered, over medium heat for 4 minutes. Remove from heat and plunge into ice water to stop cooking. Do not overcook -the broccoli should remain firm and bright green.
3. Drain the broccoli and set aside.
4. Drain the pasta and let cool about 5 minutes. Mix the pasta, mushrooms, broccoli, green and red peppers, and onion in a large serving bowl. Set aside in the refrigerator.
5. In a covered jar, combine the oil, vinegar, salt, pepper, parsley, tarragon or oregano, and shake well. Pour the dressing over the pasta-vegetable mixture and toss well. Chill about 3 hours before serving. Just before serving, add the tomatoes.

Source: Heart Smart II Cookbook

# Quinoa Vegetable Soup



## Ingredients

- 4 cups water
- 1/4 cup quinoa (rinsed)
- 1/2 cup carrots, diced
- 1/4 cup celery, diced
- 2 Tbs onions, chopped
- 1/4 cup green pepper, diced
- 2 cloves garlic, chopped
- 1 Tbs safflower oil
- 1/2 cup tomatoes, chopped
- 1/2 cup cabbage, chopped
- 1 tsp salt
- Parsley, chopped

## Preparation

Saute quinoa, carrots, celery, onions, green pepper, and garlic in oil until golden brown. Add water, tomatoes, and cabbage and bring to a boil. Simmer 20 to 30 minutes or until tender. Season to taste and garnish with parsley. Serves 4-6. This is a very basic recipe for quinoa vegetable soup. For variations try adding some of your other favorite vegetables, chopped and sautéed.

Taken from: Quinoa Corporation Recipes

# Quinoa Vegetable Soup



## Ingredients

- 4 cups water
- 1/4 cup quinoa (rinsed)
- 1/2 cup carrots, diced
- 1/4 cup celery, diced
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Taken from: Quinoa Corporation Recipes



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# Fruits, Vegetables and Phytochemicals

## Healthy Eating Session #12

### **Overview and instructions**

*(Adapted with permission from Women's Health Initiative Session Spring 2000 High five for Health.)*

This session discusses what phytochemicals are, where they are found, and their relationship to fruits and vegetables. Increasing fruit and vegetable intake will be strongly encouraged in this session.

In this session, the participants will:

1. Describe what phytochemicals are, where they are found, why the excitement and their relationship to fruits and vegetables.
2. Assess fruit and vegetable intake.
3. Discuss ways to increase fruit and vegetable intake.

### **Session materials provided here**

- Session instructions, tipsheets and recipe handouts.
- Help Yourself booklet.

### **Handouts**

- Phytochemicals outline.
- Promising Phytochemicals in Vegetables and Fruits.
- Ideas to Increase the variety of Fruits and Vegetables that I Eat.
- Recipe(s) of choice.

### **Session materials you supply**

- Room or space for the session.
- Tables and chairs.
- Presentation flip chart, blackboard or easel for writing down participants ideas and comments (optional).
- Pens and pencils.
- Tablecloth.
- Food tasting: fresh fruit and veggies with low fat dip are always a good idea with this session. Or, you can try our recipe for asparagus guacamole and serve it with low fat tortilla chips. Maybe you have a fruit or veggie treat that you or a volunteer would like to bring.



## **Pre-session preparation**

- Set up the food tasting/snacks.
- Gather these instructions to guide you through the session.
- Gather the attached handouts and the recipes of your choice.
- Copy the session handouts and recipes for expected number of participants.
- Set up flip chart or easel if using one.
- Arrange the handouts so all participants have easy access to them.
- Set up the room or space in a format that you feel comfortable with.

## **When the participants arrive**

- Distribute the handouts.
- Invite the participants to have try a snack.

## **Topics For discussion**

- What are Phytochemicals? Where are they found? Why the excitement?
- What if you could add a supplement to your meals that could reduce your risk of cancer, heart attack and stroke? Would you take it? What if also could help you manage your weight? Ready to run to the store? Well, there is such a supplement and many people are surprised to learn that it is not a pill but FRUITS and VEGETABLES!! Fruits and vegetables contain vitamins, minerals, and phytochemicals!

## **Phytochemicals**

- Phytochemicals are the substances in plants that give flowers, autumn leaves and various vegetables and fruits their distinctive colors and aromas. Plants (veggies, fruits, legumes and whole grains) naturally produce phytochemicals to protect themselves against viruses, bacteria and fungi in nature.
- Phytochemicals include hundreds of different substances, some of which the participants may already recognize, such as Vitamin C, carotenoids, isoflavones, lycopenes.
- Key Point: Scientists are learning more and more about what is in foods, but a lot remains unknown about how food components work together or how they prevent cancer.
- Researchers have just begun to understand how phytochemicals might contribute to health. Scientists believe that phytochemicals help by:
  - Serving as antioxidants.
  - Controlling certain enzymes that promote disease.
  - Interfering or blocking certain substances that may promote disease.
  - Whisking away substances in the cell that may harm the body.

- Phytochemicals are plentiful in many of the foods people already eat—especially vegetables and fruits. They are also found in soy foods, whole grains, and herbs and spices like parsley, chives, garlic and ginger.
- Sometimes media reports can mislead people to think that specific foods such as broccoli, blueberries, or tomatoes are magic phytochemical powerhouses but this is simply not true. No single food is a magic bullet.
- Different plant foods supply different types of phytochemicals. Therefore, the wider the variety of foods people eat, the broader the range of disease-fighting phytochemicals they will receive.
- Note that nutrient-rich fruits and vegetables are very colorful — dark green, yellow, orange and red.
- Eating vegetables and fruit is much better than taking a supplement. Currently, there is not enough research available to supply answers to key questions such as:
  - Do phytochemicals in supplements act the same way in the body as they do in whole foods?
  - Does the amount provided in the supplement actually offer any benefit?
  - Do the supplements contain the correct amount of active phytochemical(s)?

## **Your fruit and vegetable intake**

- Using the handout, “Promising Phytochemicals in Vegetables and Fruits,” have the participants circle all of the foods in the LEFT column that they have eaten during the past week. Ask if they were surprised at (1) how many foods they circled or (2) how few foods they circled.
- Once they have looked at the handout, you can actually go through the list and discuss the fruits and vegetables that are shown. This is a good way to start discussion and get people talking about their favorite fruits and veggies and what phytochemicals they eat on a regular basis.

## **How to increase fruit and vegetable intake**

- Refer to the Ideas to Increase the Variety of Fruits and Vegetables that I Eat handout.
- Ask participants what things they do to increase their fruit and veggie intake (write on board if using one)
  - At Breakfast
  - At Lunch
  - At Snack time
  - At Dinner

As a group, go through the handout to get more ideas!!

## **Home activity**

- # 1. Choose an idea from each meal, snack and dessert list that you'd be willing to try (and don't already do) at home for the next month. Any ideas that you think your family might try?

# Fruits, Vegetables, and Phytochemicals



## Discover the world of phytochemicals!

### • What are phytochemicals?

- Phytochemicals are the substances in plants that give flowers, autumn leaves, and various vegetables and fruits their distinctive colors and aromas.
- Phytochemicals include hundreds of different substances. You may already recognize some of them such as Vitamin C, carotenoids, or lycopenes.
- A lot remains unknown about how food components work together or how they prevent cancer. Scientists believe that phytochemicals might help by serving as antioxidants, interfering or blocking certain substances that may promote disease, or by whisking away substances that may harm the body.

### • Where are phytochemicals found?

- Phytochemicals are plentiful in many of the foods people already eat — especially vegetables and fruits.
- They are also found in soyfoods, whole grains, and herbs and spices like parsley, chives, garlic, and ginger.
- Sometimes media reports can mislead people to think that specific foods such as broccoli, blueberries, or tomatoes are magic phytochemical powerhouses; this is not true. No single food is a magic bullet.
- Different plant foods supply different types of phytochemicals. The wider the variety of foods people eat, the broader the range of disease-fighting phytochemicals they will receive.
- While it might be tempting to take a supplement rather than eating healthfully, not enough is known about how supplements work compared to whole foods to rely on supplements alone.

### • Assess your fruit and vegetable intake

- You may be surprised at how many or how few phytochemical-rich fruits and vegetables you are eating.
- There are many ways to increase your consumption of fruits and vegetables. Try some of the ideas you generated here today!

# Promising Phytochemicals in Vegetables and Fruits



## Major Food Sources

Allium vegetables: onions, garlic, scallions, leeks, chives

Orange fruits and vegetables and dark greens: carrots, sweet potatoes, winter squash, pumpkin, mango, spinach, collards, bok choy, cantaloupe

Beans, legumes, soybeans, soy foods: tofu, soy milk, soy flour, veggie burgers

Tomatoes, watermelon

Fruits, vegetables, wine, tea soybeans, soy foods, cayenne, onions, apples, red grapes, artichokes

Cruciferous vegetables: broccoli, cauliflower, Brussels sprouts, kohlrabi, cabbage, bok choy, kale, mustard greens, rutabaga, turnips, turnip greens

Grapes, berries, whole grains, parsley, carrots, citrus fruits, tomatoes, nuts, vanilla beans, cloves

Citrus fruits, cherries, spearmint, dill, mint

“Greens”: spinach, kale, collard, chard

## Phytochemical Group

Allium compounds

Beta carotenes

Isoflavones  
Saponins

Lycopene

Flavonoids  
(such as: catechins, isoflavones, quercetin)

Isothiocyanates  
(such as: sulforaphane)  
Indoles

Phenolic acids  
(such as: coumarins, ellagic acid)

Terpenes  
(such as: limonene, monoterpenes)

Lutein/zeaxanthin

## Potential Benefits

- Increases production of anti-cancer enzymes
- Reduces blood pressure and cholesterol
- May enhance immune system

- Antioxidant

- May prevent cancer cells from multiplying

- Antioxidant

- Antioxidant
- May prevent cancer cells from multiplying

- Increases production of anti-cancer enzymes
- Lowers cholesterol

- May block the action of cancer-causing agents
- Delays cholesterol formation

- Increases production of anti-cancer enzymes

- May decrease risk of developing macular degeneration.

# Ideas to Increase the Variety of Fruits and Vegetables that I Eat



## Morning/Breakfast

- For a pocket breakfast, spread lite or non-fat cream cheese on a whole-wheat pita and toss in some dried fruit.
- Stir extra fruits or vegetables into your favorite low-fat muffin mix. Try about 1/2 cup for every 2 cups of dry ingredients.

## Lunch

- Add vegetables to sandwiches. Have a ready supply of colorful vegetables pre-sliced in your refrigerator.
- Keep frozen and canned fruit and vegetables on hand to add to soups, salads, and rice dishes.

## Dinner/Supper

- Use the low-fat frozen vegetable mixes available in your supermarket to add variety at meals — just add rice, pasta, couscous, or another grain.
- Try different flavorings with vegetables. Add ginger to carrots while they're cooking.

## Snacks

- Add fruit to non-fat plain or fruit yogurt.
- Prepare your own popsicles made from fruit juice and fruit chunks.

## Desserts

- Top your fruit with a small spoon of low-fat frozen dessert (or real ice cream!) instead of the other way around.

# Asparagus Guacamole



Recipe makes 2 cups

## Ingredients

- 4 cups (1 pound) fresh asparagus, cut and trimmed, or 4 cups frozen, cut asparagus (two 10-ounce packages)
- 1 small garlic clove, minced
- 2 tsp lime juice
- 1/4 cup canned green chilies, chopped
- 1/2 tsp salt
- 1/2 tsp cumin
- 2 Tbsp onion, finely chopped
- 1/2 cup tomato, seeded, chopped

## Preparation

Cook asparagus in small amount of water until tender. Drain well and thoroughly. In a food processor or blender, process asparagus, garlic, lime juice, green chilies, salt and cumin until the mixture is smooth (about 30 seconds). Scrape the bowl frequently. Remove the mixture from the food processor bowl and stir in onion and tomato. Chill thoroughly before serving. Serve with baked tortilla chips or cut vegetables.

Recipe from Low Fat, No Fat Cooking Magazine, May 1999.

# Asparagus Guacamole



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## Ingredients

- 4 cups (1 pound) fresh asparagus, cut and trimmed, or 4 cups frozen, cut asparagus (two 10-ounce packages)
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## Preparation

Cook asparagus in small amount of water until tender. Drain well and thoroughly. In a food processor or blender, process asparagus, garlic, lime juice, green chilies, salt and cumin until the mixture is smooth (about 30 seconds). Scrape the bowl frequently. Remove the mixture from the food processor bowl and stir in onion and tomato. Chill thoroughly before serving. Serve with baked tortilla chips or cut vegetables.

Recipe from Low Fat, No Fat Cooking Magazine, May 1999.



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# Healthy Eating Guidelines Session

## Healthy Eating Session #13

### **Overview and instructions**

The Healthy Eating Guidelines Session is a lesson tailored to evaluate the current eating habits of Americans today. This session starts with taking a look at different fat alternatives. Next, the session provides helpful strategies on how to reduce fat intake. The session ends with helpful tips on how to change eating behaviors. This session is usually done after several other sessions have been presented. It is a good overview for presenting healthy eating strategies.

In this session, participants will:

1. Identify lower fat foods.
2. Increase the number of fruits and vegetables in our daily intake.
3. Increase the amount of whole grain foods.

### **Session materials provided here**

- Healthy Eating Guidelines Session Instructions, tipsheets and recipe handouts.
- Help Yourself Booklet.

### **Handouts**

- Tips for Evaluating Nutrition & Other Scientific Reports.
- Maximizing Beans.
- Maximizing Grains.
- Recipe(s) of choice.

### **Session materials you supply**

- Room or space for the discussion.
- Tables and chairs.
- Deck of cards.
- Fats of Life Demo (see Fats of Life Session).
- Tablecloth.
- Service wear such as plates, napkins, utensils.
- Flip chart, blackboard, easel, marker, dry erase board (optional).



## **Pre-session preparation**

- Gather the following instructions to use during the session.
- Gather handouts, recipes, and Demonstrations materials (see above).
- Copy Session handouts and recipes for participants.
- Set up optional flip-chart or dry-erase board (used for writing down participants comments and suggestions).
- Arrange the tip sheets, recipes and handouts so all the participants have easy access to the materials.
- Set up staging area for session in whatever format you feel most comfortable using (however, tables and chairs should be arranged so that all participants can see the speaker and charts).

## **Once the participants arrive**

- Distribute the handouts.
- Invite participants to try some food.

## **Topics For discussion**

- What makes our project different from a fad diet?
  - Review the junk science handout.
  - Ask participants what they feel the differences are between our project and a fad diet.  
(HINT: The Eating for a Healthy Life project promotes behavior change for the rest of our lives, not a quick fix. The project goals are in accordance with national health organizations such as American Cancer Society, American Heart Association, American Dietetic Association, etc)

## **Fats of life: Lower Fat alternatives**

- Demonstrates how fat adds up in the foods you eat in one day.
- Ask participants what would be lower fat alternatives to the items listed on the sample menu.

## **Food labels**

- Handout the Sample Label and briefly review.
- Emphasize the most important part is Total Fat and Serving Size.



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## **Serving size**

- Important in watching how much fat you eat.
- Watch for high fat dairy products (e.g., cheese can be higher in fat than meats).
- Tip: use smaller amounts of sharp cheese for flavor. Instead mix high/low fat products together.
- Look at serving size of ice cream. It may be smaller than what you actually consume!
- Meats: serving size = deck of cards.
- Tip: Reduce amount of meat on plate and automatically reduce your total fat.

## **Other alternatives to reducing fat**

- What type of meat you usually eat (poultry, pork, red meat, fish, etc.).
- Identify alternative cooking methods (use spices for flavor, different food preparation method to lower the fat).
- Trim the fat off of meats.
- Eat less meat.
- Alternative: Try more grains/beans (ie: whole grain cereals, breads, pastas.. .) in place of meat.
- Look at the handout tip sheets and recipes for Grains/Beans. Emphasize how grains/beans are beneficial for various reasons:
  1. Excellent source of protein.
  2. Quick and easy to prepare.
  3. Saves you money.
  4. Allows for creativity.
  5. They are filling (you don't need to eat as much to be satisfied).
- Mention examples of modifying existing recipes by taking a look at [www.prevention.com/cooking/recipes](http://www.prevention.com/cooking/recipes).

## **Snacking habits: What to do to eat Fewer high fat snacks?**

- State that habits may be as/more important than the actual snack item (restate serving size again).
- Mention that for most people:
  1. They snack on what is easily available.
  2. Just the sight of food can lead to snacking.
  3. People tend to associate snacking with activities (e.g., fixing meals, watching TV, out for coffee...)
- Note: low fat does not necessarily equal low calorie!
- Ask participants what their favorite snacks are and find alternatives to the high fat snacks.
- Tip: Keep fewer snacks at home, snack on fruits and vegetables instead, have smaller quantities of snacks, and keep food out of sight.



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### **Four strategies:**

1. Alter the environment by getting rid of high fat snacks.
2. Make low fat snacks more available.
3. Use non food-related activities instead of snacking as your habit (ie: take a walk, call a friend, clean, write a letter, etc.).
4. Plan ahead.

### **Home activity**

- # 1 . Share what you've learned today with at least one other person you know.

# Tips for Evaluating Nutrition and Other Scientific Reports



## Ten Red Flags of Junk Science

Consider the following advice before jumping to conclusions about any nutrition report. A combination of these signs should raise a red flag of suspicion.

1. Warnings of danger from a single product or regimen.
2. Claims that sound too good to be true.
3. Very simple conclusions drawn from a complex study.
4. Recommendations based on a single study.
5. Recommendations that promise a quick fix.
6. Dramatic statements that are different from those put forth by reputable scientific organizations.
7. Lists of "good" and "bad" foods.
8. Recommendations made to help sell a product.
9. Recommendations based on studies published without being reviewed by other scientists.
10. Recommendations from studies that ignore differences among individuals or groups.

## Other Helpful Ideas

Search for possible hidden motives when you look at a news article or report.

- Can you identify who paid for the study and where the study was done?
- Decide if any special interest group would gain or lose by showing particular results.
- Look for where the report was published. Articles that appear in scientific journals have been reviewed by other scientists before publication.
- Look to see the types of participants involved, how many, and the length of the study.

**Remember that most news articles report on single studies. Single studies are just one piece of the puzzle leading to the bigger picture, but rarely tell the whole story.**

# Maximizing Beans



**Black beans:** Also known as turtle beans; they are a staple in South America, Central American and Cuba. They are used to make black bean soup and black beans and rice.

**Black-eyed beans:** Also called cowpeas, they are quick-cooking. They are related to yellow-peas and are small, oval, and have a black or yellow spot. A favorite in the south.

**Chickpeas:** Also known as garbanzos (Spanish), they are used in Mediterranean countries for stews, soups, salads, and spreads. The Middle Eastern dip, humus, is made from a paste of cooked chickpeas. The patties of falafel are made from ground chickpeas. They are commonly sold precooked in cans.

**Cranberry beans:** Also known as Roma beans; these have reddish streaks on a buff-colored bean, making them very attractive in dishes like salads and succotash.

**Kidney beans:** These beans are named for their kidney shape and deep red color. They are best known in chili, with or without carne (meat), and are flavored in soups and salads. Keep a few cans on hand for instant additions to various dishes.

**Lentils:** These small, flat seeds that look like tiny buttons come brown or red. They cook quickly without soaking. They make delicious soups, salads (hot or cold), or casseroles.

**Lima beans:** These are sold fresh or dried, large or small. The small fresh beans, also known as Fordhooks or butter beans, are often served as a cooked vegetable, plain or mixed with corn in a creamy vegetable dish called succotash. Dried limas are used in soups and casseroles.

# Bean Cooking Guide



Type of bean (1 cup dry)	Amount of water or broth	Stovetop (unsoaked)	Stovetop (soaked)	Pressure Cooker (unsoaked)	Pressure Cooker (soaked)	Crockpot (soaked)	Yield
Black beans	3-4 cups	150 min	60-90 min	45-60 min	30-45 min	12-16 hr	2 cups
Black-eyed beans	3 cups	45-60 min	30-45 min	20-30 min	15-25 min	8-12 hr	2 cups
Chickpeas	4 cups	150- 180 min	90- 120 min	60-90 min	60 min	16-24 hr	2 cups
Cranberry beans	3 cups	150- 180 min	120- 150 min	60-90 min	50-60 min	16-24 hr	2 cups
Kidney beans	3 cups	120- 150 min	60-120 min	60-90 min	45-60 min	12-24 hr	2 cups
Lentils, whole brown or green	3 cups	45 min	15-20 min	N R	N R	4-5 hr	2 1/4 cups
Lentils, pink	3 cups	15-30 min	N R	N R	N R	N R	2 1/4 cups
Lima beans	2 cups	120-160 min	90 min	60-90 min	40-50 min	12-16 hr	1 1/2 cups
Pinto beans	3 cups	90- 120 min	75-90 min	40-60 min	30 min	8-12 hr	2 cups
Soybeans	4 cups	4-6 hr	3-4 hr	N R	N R	24-48 hr	2 cups
Split peas	3 cups	15-30 min	N R	N R	N R	4-5 hr	2 1/4 cups
White beans	3-4 cups	120 min	60-90 min	30-50 min	20-40 min	8-12 hr	2 cups

NR = not recommended

Soaked = 8-12 hours presoaked, or boiled 5 minutes and soak 2 hours

Pressure cooker times = 15 pounds of pressure, figured after pressure is reached on gauge

# Maximizing Grains



**Barley:** The most commonly used barley is “pearled” barley. It is most often used in soups, as a side dish, or in salads.

**Brown rice:** Whole unpolished rice grain. Its color comes from the outer layer of nutritious, fiber-rich bran. It has a slightly nutty flavor and chewier texture than white rice.

**Buckwheat:** Roasted buckwheat is known as “kasha” and is a staple in Russia. It has an interesting flavor but is stronger than most grains. It tastes good when cooked 1/2 and 1/2 with bulgur or rice.

**Couscous:** Finely cracked wheat that has been steamed and dried. It is the “instant” rice of North Africa. Use like rice as pilaf, under stir-fried dishes or try Moroccan couscous.

**Millet:** Most of us think of millet as bird seed, but it is good for people too. Cooked millet can be used in soups, casseroles, stuffings, and salads. Millet as people food is available in health food sections of supermarkets and in health food stores.

**Polenta:** A very coarse cornmeal. Its coarser texture makes it an appropriate side dish in the same way one might use rice or potatoes. Commonly used in Spain and Italy.

**Quinoa:** A small seed similar in appearance to millet. When cooked it has a light fluffy texture and nutlike flavor. Use like rice in stews, pilafs, stuffings, salads, and cereals.

**Triticale:** Triticale is a cross between wheat and rye. It is nutritious and has a desirable nut-like flavor. You can find it in health food stores as berries, flakes, or flour.

**Wheat berries:** Wheat berries are the whole-wheat kernel without any processing. They are a hearty, crunchy nut-flavored cereal. They can also be added to breads and muffins. You can sprout them and add them to salads or stir-fries.

**White rice:** Comes in many forms: long grain, short grain, instant, and converted. Short grain is stickier and used by the Japanese. Long grain is better in dishes like Spanish rice.

**Wild rice:** Wild rice is not actually rice. It’s a seed native to America. Use it for a special treat because it is expensive. It does expand by four times when cooked. It can also be mixed with brown or white rice.

# Cooking Times and Proportions for Grains

Type of grain (1 cup dry)	Amount of water	Cooking time (unsoaked, stove-top)
Barley, pearled	3 cups	30 minutes
Brown rice	2 cups	45-60 minutes
Buckwheat	2-2 1/2 cups	15-20 minutes
Bulgur, for casseroles	2 cups	10-15 minutes
Bulgur, for salads	2 cups	10-15 minutes, soaked overnight
Couscous	1 1/2 cups (boiling)	Cover and let sit 5 minutes
Millet, for dinner	2 cups	15-20 minutes
Millet, for porridge	4 cups fruit juice	30-45 minutes
Polenta	4 cups	25-30 minutes
Quinoa (rinse well)	2 cups	10-15 minutes
Triticale	2 cups	40 minutes, soaked overnight
Wheat berries	4 cups	3 hours
White rice	2 cups	20 minutes
Wild rice	3 cups	30-40 minutes

# Couscous & Black Bean Salad



## Ingredients

- 1 large orange
- 1/8 teaspoon salt
- 2/3 cup uncooked couscous
- 1 cup conned block beans, rinsed and drained
- 1/2 cup chopped red bell pepper
- 1/4 cup chopped green onions
- 2 tablespoons chopped fresh parsley
- 1 tablespoon seasoned rice vinegar
- 1 1/2 teaspoons vegetable oil
- 1/4 teaspoon ground cumin

## Directions

Estimated Total Time: 35 minutes

Grate 1/4 teaspoon orange rind, and set aside. Squeeze juice from orange over a bowl; reserve 1/4 cup juice, and set aside. Add water to remaining juice in bowl to equal 1 cup. Bring water mixture and salt to a boil in a medium saucepan; gradually stir in couscous. Remove from heat; cover and let stand 5 minutes. Fluff with a fork. Cool slightly. Stir in orange rind, beans, bell pepper, onions, and parsley. Combine reserved 1/4 cup orange juice, vinegar, oil, and cumin. Add couscous mixture; toss well. Store salad in an airtight container in refrigerator.

source: [www.cookinglight.com](http://www.cookinglight.com)

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source: [www.cookinglight.com](http://www.cookinglight.com)

# Quinoa Corn Chowder



## Ingredients

- 2 cups water
- 1/4 cup quinoa (rinsed)
- 1/2 cup potato, cubed
- 2 Tbs carrot, diced
- 1/4 cup onion, chopped
- 1 1/2 cups corn (fresh, frozen, or canned)
- 2 cups low fat or fat-free milk
- 1 tsp salt
- Dash black pepper
- 1/4 cup parsley, chopped

## Preparation

Simmer quinoa, potato, carrot, and onion until tender (about 15 minutes), Add corn. Bring back to boil and simmer another 5 minutes. Add milk. Bring just to boil. Season to taste. Garnish with parsley. Serves 4-6.

Taken from: Quinoa Corporation Recipes

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Taken from: Quinoa Corporation Recipes

# Quinoa Vegetable Soup



## Ingredients

- 4 cups water
- 1/4 cup quinoa (rinsed)
- 1/2 cup carrots, diced
- 1/4 cup celery, diced
- 2 Tbs onions, chopped
- 1/4 cup green pepper, diced
- 2 cloves garlic, chopped
- 1 Tbs safflower oil
- 1/2 cup tomatoes, chopped
- 1/2 cup cabbage, chopped
- 1 tsp salt
- Parsley, chopped

## Preparation

Saute quinoa, carrots, celery, onions, green pepper, and garlic in oil until golden brown. Add water, tomatoes, and cabbage and bring to a boil. Simmer 20 to 30 minutes or until tender. Season to taste and garnish with parsley. Serves 4-6. This is a very basic recipe for quinoa vegetable soup. For variations try adding some of your other favorite vegetables, chopped and sauteed.

Taken from: Quinoa Corporation Recipes

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- 4 cups water
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Taken from: Quinoa Corporation Recipes

# Salsa Couscous Chicken Recipe



**(Pillsbury® Bake-off Contest Winner)**

- 3 cups hot cooked couscous or rice (cooked as directed on package)
- 1 Tbsp. live or vegetable oil
- 1/4 cup coarsely chopped almonds
- 2 cloves garlic, minced
- 8 chicken thighs, skin removed
- 1 cup Old El Paso® Garden Pepper or Thick 'n Chunky Salsa
- 1/4 cup water
- 2 Tbsp. dried currants
- 1 Tbsp. honey
- 3/4 tsp. cumin
- 1/2 tsp. cinnamon

1. While couscous is cooking, heat oil in large skillet over medium-high heat until hot. Add almonds; cook 1 to 2 minutes or until golden brown. Remove almonds from the skillet with slotted spoon; set aside.
2. Add garlic to skillet; cook and stir 3 seconds. Add chicken; cook 4 to 5 minutes or until browned, turning once.
3. In medium bowl, combine salsa, water, currants, honey, cumin, and cinnamon. Mix well. Reduce heat to medium; cover and cook 20 minutes or until chicken is fork-tender and juices run clear, stirring occasionally. Stir in almonds. Serve chicken mixture with couscous.

Makes 4 servings

Seattle Times Kitchen—Ellie Matthews, a Seattle woman, winner of the Pillsbury® Bake-off Contest

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# Tabbouleh Salad with Tomatoes and Feta



## Ingredients

- 1 cup uncooked bulgur or cracked wheat
- 2 cups boiling water
- 1/2 teaspoon salt
- 3/4 cup (3 ounces) crumbled feta cheese with basil and tomato
- 1/3 cup dried currants or raisins
- 1/4 cup minced green onions
- 1/4 cup minced fresh mint
- 1 tablespoon chopped fresh or 1 teaspoon dried basil
- 1 teaspoon grated lemon rind
- 12 cherry tomatoes, quartered
- 2 garlic cloves, minced
- 1/4 cup rice vinegar
- 2 tablespoons water
- 2 teaspoons extra-virgin olive oil
- 1/2 teaspoon salt
- 1/2 teaspoon coarsely ground black pepper

## Preparation

Combine first 3 ingredients in a large bowl. Cover and let stand 30 minutes. Add cheese and next 7 ingredients (cheese through garlic). Combine vinegar and remaining ingredients in a small bowl; stir with a whisk. Pour dressing over salad; toss gently to coat. Cover and refrigerate at least 8 hours.

Yield: 10 servings (serving size: 1/2 cup). Source: [www.CookingLight.com](http://www.CookingLight.com)

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# Easy Cooking For One or Two

## Healthy Eating Session #14

### **Overview and instructions**

Eating alone can be a challenge for many people. This session is intended to discuss the challenges of eating alone while trying to eat healthy. In a discussion format, participants will consider ideas on how to handle the challenge of eating alone. Also, participants will have an opportunity to talk about creative ways to use leftovers in a practical, fun, inexpensive and healthy way.

In this session, participants will:

1. Identify easy ways to cook for one or two people.
2. Develop ways to handle eating alone challenges.
3. Identify creative ways to use leftovers.

### **Session materials provided here**

- Session instructions, tipsheets and recipe handouts.
- Help Yourself Booklet.

### **Handouts**

- Cooking for One or Two — Ideas for the Challenge.
- Easy Cooking for One or Two.
- Recipe(s) of choice.

### **Session materials you supply**

- Room or space for the classroom.
- Tables and chairs.
- Flip chart, blackboard, easel, marker.
- Pencils and pens.
- Tablecloth.
- Service ware: napkins, forks, plates.
- Food Tasting Ideas:
  - Veggie Stir-fry.
  - Or other favorite recipe.



## **Pre-session preparation**

- Prepare food tasting samples and bring to session.
- Gather the following instructions to use during the session.
- Gather Instructions and Handouts.
- Copy session Handouts for participants.
- Set up flip chart or easel.
- Arrange tip sheets, recipes, and handouts so all the participants can reach the materials easily.
- Set up the discussion area for the discussion in a format that you are most comfortable with.

## **Once the participants arrive**

- Distribute handouts.
- Invite participants to sample the food.

## **Topics For discussion**

### ***Eating Alone Challenges***

- Limit the fat eaten when cooking for one or two people.
- People eat alone for many reasons. When you eat alone, the foods you choose may be different than when you eat with others. Think about when you eat alone and the food choices you make. What types of food do you like or dislike eating when you're alone? Write down some of the things that make it easier or more difficult for you to prepare healthier meals when you are alone.
- Once you have identified your eating alone challenges, put a check mark next to the ones you want to improve on.
- Ask:
  - Which eating alone challenges are the biggest for you?
  - What are you currently doing to handle these challenges?
  - How do you incorporate healthy choices when eating alone?

### ***Handling eating alone challenges***

- It's important to develop methods to eat healthy and enjoy cooking for one or two people.
- Cooking for one or two people can be a simple process once you identify your challenges. Let's discuss some fun and easy ways to prepare meals and meet your challenges with success!

### ***Create positive messages***

- Sometimes making dinner for yourself may seem like a big effort. However, it's important that eating alone does not become an excuse for eating poorly.
- Your thoughts may influence the actions you take or don't take. Evaluate how you feel about eating alone. Focus on the things you enjoy.

- Ask: What positive thoughts do you have about eating alone?
- Positive thoughts are important for your success. They help you start looking for solutions.

### ***Making mealtimes special***

- At times eating alone can be a welcome time of privacy and quiet; at other times it may seem lonely.
- Ask: What steps do you use to make your meals alone more enjoyable?
- If you would like company at mealtimes, look around for others in the same situation. It's more fun cooking for someone else. The added cost and work balance out when it is your turn to be 'guest.'
- Tips:
  - Find one or two people and invite them to dinner once a week.
  - When you are happy to eat alone, make it enjoyable and special. Create a pleasant setting for yourself. Set your table with a nice tablecloth or placemat. Add flowers, decorations, and play some soft music.

### ***Shop wisely***

- One of the greatest challenges to cooking for one is in food shopping.
- Tips:
  - Consider shopping twice a week for fresh fruit and vegetables. This helps reduce waste and saves money.
  - Keep a well stocked kitchen (this makes it easier to prepare meals quickly)
  - Have plenty of:
    - Small cans of fish, beans, vegetables, and fruit.
    - Quick low fat mixes, dehydrated or canned soups, and frozen fruits or grain vegetables.
  - Look for large packages that you can open and reseal such as frozen vegetables or grain foods
- Ask:
  - What foods do you buy in small quantities or in resealable packages?
  - What methods do you use to keep foods fresh longer?
  - What have you done when your favorite foods only come in family-sized packages?

### ***Meal preparation time***

- Another challenge to cooking for one or two people is the time it takes to prepare a meal.
- Tips:
  - Keep time-saving foods and ingredients on hand.
  - Have a quick low fat recipe file for one or two people in the kitchen.
  - Watch for and collect recipes on quick low fat grain and vegetable dishes.
  - Have a few low fat frozen dinners available for a quick meal.
  - Prepare meals ahead of time.
  - Double the recipe and freeze for another meal.
  - Cook soups and casseroles ahead of time and freeze in single servings.



- Pass out handouts Cooking for One or Two — Ideas for the Challenge and Easy Cooking for One or Two. Discuss with participants.

### **Dress-up leftovers**

- It's helpful to develop ways to turn leftovers into healthy, fun and tasty meals.
- Another common challenge is dealing with leftover foods.
- Ask: What thought do you have when you hear the word "leftover?"
- Say: Often the word "leftover" makes people think of the same food served again in the same way. However, leftovers do not have to be boring! Some people may even plan ahead and make extra so that they can create another meal. This saves both time and money.
- Tips:
  - Plan to use the leftovers. Make extra and freeze it for another meal.
  - Use the leftover foods in another meal, but make it look or taste different.
  - Look for new low-fat recipes that use the foods that are usually leftover at your house.
  - Reduce leftovers by finding low-fat recipes for one or two people.
  - Take a look at the recipes and discuss them as a group (Mexican Stir-fry, Summer Fruit Salad, and another recipe).
- Ask:
  - What makes each of these recipes look and taste different from one another?
  - How could you change your leftover foods to make them look or taste different?
- Tips:
  - Change the flavorings.
  - Change the serving temperature of the food.
  - Change how the food is used at the meal (salad, main dish, dessert, etc.).
- Have participants look at the "Creative Ways to Use Leftovers" handout for additional ideas.

### **Summary**

- Ask:
  - What do you now see as the benefits of eating alone?
  - What ideas will be most helpful to you?

### **Home activity**

- #1. Prepare meals using 2 of the 3 recipes provided.

# Cooking for One or Two — Ideas for the Challenge



Review the challenges listed below. Identify the ones that make meal preparation for one or two people more difficult for you. Check the ideas that you could use to help make your meals more healthy.

## **Challenge: Eating alone is not enjoyable**

- Think positively:
  - \_\_\_ "I can choose simple meals to make."
  - \_\_\_ "I can make one of the quick low-fat recipes available in my materials."
  - \_\_\_ "I enjoy being able to eat what I want without worrying about other people."
- Share the meals with someone else.
  - \_\_\_ Ask someone to dinner once a week.
  - \_\_\_ Host a dinner party.
- Make the place you eat more friendly and inviting.
  - \_\_\_ Decorate the table with a pretty tablecloth or flowers.
  - \_\_\_ Add flower, photo of a favorite person or vacation or other table decoration.
  - \_\_\_ Play music or watch TV while you eat.
- Other \_\_\_\_\_

## **Challenge: It takes too much time to prepare a meal**

- Identify time-saving foods and recipes.
  - \_\_\_ Have time-saving foods and ingredients on hand.
  - \_\_\_ Have quick low fat recipes for one or two people on hand.
  - \_\_\_ Have some low fat frozen dinners available for a quick meal.
  - \_\_\_ Collect recipe ideas for quick low fat grain and vegetable dishes.
- Prepare foods ahead of time.
  - \_\_\_ Make double and freeze what you don't eat for another meal or use as planned-overs.
  - \_\_\_ Cook soups and casseroles ahead of time and freeze in single servings.
- Other \_\_\_\_\_

**Challenge: Foods are left over**

- Buy smaller portions.
  - \_\_\_ Ask butcher to cut fresh fish or meat in the portion you want.
  - \_\_\_ Look for bulk containers (e.g., bins of grains or beans) where you can serve yourself.
  - \_\_\_ Buy larger portions and freeze in single-serving amounts.
  - \_\_\_ Keep small individual serving items on hand for variety (e.g., small cans of tuna, vegetables, fruits, and pudding).
- Use foods and containers that keep longer and store easily.
  - \_\_\_ Store up on pasta, dried fruits, canned or dried beans, and grains, such as rice or barley.
  - \_\_\_ Use bags of frozen vegetables, such as peppers, onions, and celery to use in casseroles and soups.
  - \_\_\_ Look for new low fat recipes that use the food you tend to have left over.
  - \_\_\_ Modify the taste or presentation of leftover foods.
- Share leftovers with a family member or friend who lives alone and doesn't enjoy cooking.
- Other \_\_\_\_\_

**Challenge: Fresh fruits and vegetables go to waste**

- Choose fresh fruits and vegetables that keep well or are quickly eaten.
  - \_\_\_ Fruits: apples, bananas, citrus fruits, grapes, melons, pears, peaches, etc.
  - \_\_\_ Vegetables: cabbage, carrots, celery, potatoes, etc.
- Use methods to help keep fruits and vegetables longer.
  - \_\_\_ Avoid storing moist vegetables or fruits in plastic.
  - \_\_\_ Keep fruit that doesn't need refrigeration where you can see it.
  - \_\_\_ Wash vegetables when ready to use; they will last longer.
- Other \_\_\_\_\_



# Easy Cooking for One or Two



## Stir it up

- Gather 3-4 of your favorite fresh vegetables. Good choices include broccoli, cauliflower, celery, green beans, onions, peppers, mushrooms, carrots, pea pods, asparagus, zucchini, and yellow squash.
- Heat a non-stick pan and use 1-2 tsp. broth or oil for each 1 to 1-1/2 cups of raw vegetables. Add your favorite seasonings (ginger, garlic, etc.) and stir-fry for 15 seconds. Add vegetables and soy sauce. Stir-fry 3-5 minutes until vegetables become tender-crisp.
- For a main dish, add bits of leftover chicken, turkey, shellfish or meat during the last 3-5 minutes of cooking.

## Microwave a meal in minutes

- Place your favorite herbs, a little lemon juice or white wine, and the fish in a microwave-proof dish. Cover tightly with plastic wrap. Microwave on medium for 30 seconds, then turn dish and microwave another 30 seconds to 1 minute. Drain off the juices and let the fish stand for 2-3 minutes before serving.
- Microwave a potato until almost cooked, then add broccoli flowerets, mushrooms, and a bit of grated low fat cheese and finish cooking.

## A meal-in-one using foil

- Place lean beef or chicken breast in the center of a piece of heavy-duty aluminum foil. Sprinkle soup mix over the top of the meat or poultry. Cut up vegetables and place them on top of the meat or poultry. Close the foil over the meat and vegetables and set on a cookie sheet. Bake at 450°F for 1 hour or until done. (Example: for two people: 1/2 pound lean beef round steak, 1/2 packet onion soup mix, 2 medium carrots, 1 stalk celery, and 2 medium new potatoes.).

## Spice up convenience foods

- Add fresh onions, mushrooms, and peppers to your favorite spaghetti sauce.
- Mix sliced yellow squash or green peas with quick-cooking rice.
- Add frozen broccoli to macaroni and cheese (made low fat).
- Add frozen mixed vegetables to any soup.
- Mix chili beans, tomato soup, chopped carrots, peppers, onions, and your favorite seasonings with Spanish-flavored Rice-A-Roni® (made without adding fat) for a hearty Mexican goulash.

## Cook a skinless chicken breast for a fast, low fat meal

- Here are some quick-to-fix choices for one person using 1/2 a chicken breast.
- **Honey-Mustard Chicken:** Marinate in 1 tsp. honey and 1 tsp. Dijon mustard for one hour. A dash of curry powder or soy sauce may be added (optional). Bake at 350°F for 30 minutes or until done. Note: boneless breasts take only 15 minute to cook.
- **Easy Broiled Chicken:** Marinate in a mixture of 2 Tbsp. fat-free Italian salad dressing, 2 Tbsp. tomato juice, and a dash of chili powder or pepper sauce for 15-30 minutes. Broil, basting the chicken frequently, until it is done.
- **Italian Chicken:** Pound chicken breast to 1/2-inch thick and roll in 2 Tbsp. of Italian-seasoned bread crumbs. Sauté in 1 tsp. vegetable oil until done.
- **Chicken Fajitas:** Marinate in soy sauce, lime juice, and minced garlic for 15-20 minutes. Grill or roil until done. Slice the chicken and roll up in a tortilla with your favorite Mexican fillings such as cooked onions, chopped tomatoes, and a touch of low fat or fat-free sour cream.

## Prepare fast and easy meals with fish

- When buying fish, make sure it's fresh (no strong fish odor). Here are a couple of quick-to-fix choices for one person using a 1/2-inch thick fish fillet (4 ounces raw). The secret for great fish dishes is: don't overcook.
- **Crispy Oven-Fried Fish:** Dip fish in milk, yogurt or water, and then in flour that has been seasoned with salt and pepper. Place in a baking dish. Sprinkle with small amount of paprika.
- **Broiled Fish with Herbs:** Place fish in a baking dish and top with 1 tsp. melted margarine, 1 tsp. chopped fresh parsley, 1 tsp. chives, and 1/4 tsp. tarragon. Add paprika, garlic powder, thyme, salt and pepper to taste (optional spices). Broil for 5 minutes.
- **Barbecued Fish in Foil:** Place fish on sheet of aluminum foil (sprayed with non-stick spray). Smear 1 Tbsp. barbecue sauce over fish and bake at 350°F for 15 minutes.
- **Grilled Salmon Fillet:** Marinate salmon in lemon juice and soy sauce for 1 hour. Broil or grill for 5 to 10 minutes.



# Chicken-Cabbage Stir-Fry



Makes 2 servings

## Ingredients

- 1 medium boneless chicken breast, cut into strips
- 1/2 tsp. oil
- 1 1/2 cups green cabbage, cut in 1/2-inch slices
- 1/2 Tbsp. cornstarch
- 1/4 tsp. ground ginger
- 1/8 tsp. garlic powder
- 1/4 cup water
- 1/2 Tbsp. soy sauce

## Preparation

Cut the chicken breast halves into strips. (Note: this is easier to do if the chicken is still partially frozen.) Heat the oil in a skillet and add the chicken strips. Stir fry over moderately high heat, turning the pieces constantly, until lightly browned (about 2-3 minutes, a little longer if chicken was frozen). Add cabbage, stir fry 2 minutes until cabbage is tender-crisp. Mix the cornstarch, ginger, and garlic powder together and add them to the water and soy sauce, mixing until smooth. Stir the liquid into the chicken mixture. Cook until thickened and pieces are coated, about 1 minute.

Serve with thin pasta noodles, such as vermicelli.

Fat: 3 grams per serving

Servings of fruits/vegetables: 1 per serving

Source: Home and Garden Bulletin 232-10, "Shopping for Food and Making Meals in Minutes Using the Dietary Guidelines"

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# Oven-"Fried" Fish



Makes 4 servings

## Ingredients

- 1 rounded cup dry bread crumbs (If using homemade crumbs, let some crumbs be coarser, about 1/8-inch diameter.)
- 1/8 teaspoon paprika
- 1/4 teaspoon dry thyme, crumbled (optional)
- 1/2 teaspoon parsley flakes (optional)
- salt & pepper to taste
- 1 egg or 1/4 cup egg substitute
- 2 tablespoons non-fat milk
- 3 drops hot pepper sauce, or to taste (optional)
- 1 lb. boneless, skinless fish fillets, such as Pacific snapper, cod or halibut
- 1 teaspoon salad oil

## Ingredients

Preheat oven to 475 degrees F. Spray a baking sheet with pan spray and set aside.

In a wide, flat bowl or pie pan, mix crumbs, paprika, thyme and parsley flakes with salt and pepper to taste. The crumb mixture should be highly seasoned. Reserve.

In another wide, flat bowl, whisk together egg, milk and pepper sauce. Reserve.

Cut fish into individual portions, or fish sticks. (Fish should be 1/2-inch to 1-inch thick in order to brown well before becoming overcooked.) Pat fish dry with paper towel.

Dip a piece of fish in egg wash, then roll in crumbs to coat well. Place on sprayed baking sheet. Repeat with remaining fish, placing pieces well apart on pan. Drizzle fish evenly with the 1 teaspoon oil. (Discard any leftover crumbs and egg wash.)

Bake fish in preheated oven until coating is browned and crispy and fish is just done, about 5- 10 minutes, depending on thickness of fish. Do not overcook; seafood is done at 140 degrees F. internal temperature when the flesh just becomes opaque.

Serving suggestion: Accompany with reduced-fat tartar sauce, ketchup or cocktail sauce, and lemon wedges.

Source: Ann Manly for Eating for a Healthy Life

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Source: Ann Manly for Eating for a Healthy Life

# Quick Recipe Fruited Spinach Salad



Makes 10 servings

A delicious honey and poppy seed dressing unites the fruit and greens

## Ingredients

- 1/4 cup white wine vinegar
- 3 Tbsp. salad oil
- 2 Tbsp. honey
- 1 tsp. poppy seed
- 1/2 tsp. dry mustard
- 8 cups torn spinach
- 1 medium papaya, seeded, peeled and cubed or 2 medium pears, cored, peeled, and cubed
- 1 1/2 cups seedless grapes, halved

## Preparation

For dressing, in a screw-top jar combine vinegar, salad oil, honey, poppy seed, and dry mustard. Cover and shake well to mix. In a large salad bowl combine spinach, papaya or pears, and grapes. Shake dressing again and pour over salad. Toss to coat. Serve immediately.

Source: Better Homes & Garden Eating Healthy Cookbook

# Roasted- Vegetable Soup



Yield: 10 servings (serving size: 1 cup)

This recipe was inspired by a friend who served me a delicious tomato, potato, and carrot soup one rainy summer day on Martha's Vineyard. I thought the soup might be even better if the vegetables were roasted, and since winter in Buffalo creates the need for a lot of hot soup, I've had plenty of time to perfect the recipe. I like to serve it with a hearty white Tuscan bread and salad.

## Ingredients

- 2 1/2 cups coarsely chopped onion
- 1 cup chopped carrot
- 1 Tbsp. olive oil
- 1/4 tsp. salt
- 1/4 tsp. black pepper
- 5 plum tomatoes, halved (about 1 lb.)
- 3 garlic cloves, sliced
- 4 cups vegetable broth (1 32-oz. box)
- 1 cup cubed peeled baking potato
- 1 tsp. dried oregano
- 1 tsp. dried basil
- 1 (28-oz.) can whole tomatoes, undrained and chopped

## Preparation

Preheat oven to 425°. Combine first 7 ingredients in a jelly-roll pan; toss to coat. Bake at 425° for 30 minutes or until vegetables are tender. Combine broth and remaining ingredients in a large Dutch oven; bring to a boil. Reduce heat; simmer 15 minutes or until potato is tender. Add the roasted vegetables to potato mixture. Place half of vegetable mixture in a blender, and process until smooth. Pour pureed mixture into a large bowl; repeat procedure with remaining vegetable mixture. Return to pan; cook 5 minutes or until thoroughly heated.

Source: [cookinglight.com](http://cookinglight.com)

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Source: [cookinglight.com](http://cookinglight.com)

# Yogyberry Shake



A very uncomplicated drink for a refreshing treat.

## Ingredients

- 2 8-oz. containers of low-fat lemon yogurt
- 1 1/2 cups skim milk
- 1 cup frozen unsweetened strawberries or raspberries
- 1 to 1 1/2 Tbsp. sugar

## Preparation

Using your electric blender, combine the yogurt, milk, berries and sugar. Blend until “frothy.”

Makes 4 generous servings.

## Variations

- Try this recipe using fresh strawberries or raspberries for an extra delicious treat!
- Garnish with a lemon twist or fresh mint.

source: King County Taste & Health Project

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source: King County Taste & Health Project



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# Goals For Tomorrow

## Healthy Eating Session #15

### **Overview and instructions**

During this session, participants will learn how to set realistic goals for a change in eating style. Participants will also learn the steps needed to accomplish a personal goal.

In this session, participants will:

1. Identify reasons for goal setting.
2. Set goals using "Guidelines to Goal Setting".
3. Use conversation starters to acquire and maintain social support.

### **Session materials provided here**

- Session instructions, tipsheets and recipe handouts.
- Help Yourself Booklet.

### **Handouts**

- Setting Goals Worksheet.
- Recipe(s) of choice.

### **Session materials you supply**

- Room or space for the classroom.
- Tables and chairs.
- Flip chart, blackboard, easel, marker.
- Pencils and pens.
- Tablecloth.
- Service ware: plates, napkins, forks.
- Food Tasting Samples: Fruit plate and low-fat Cool Whip®, Baked Corn Chips and low-fat Cheeses/Nachos, Low-fat burritos.

Note: If serving beverages, serve only 100% juice or sparkling water. Do not serve corn syrup sweetened beverages.



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## **Pre-session preparation**

- Prepare food tasting samples and bring to session.
- Gather the following instructions to use during the session.
- Instructions, Handouts.
- Copy session Handouts for participants.
- Set up flip chart or easel.
- Arrange tip sheets, recipes, and handouts so all the participants can reach the materials easily.
- Set up the staging area for the discussion in a format that you are most comfortable with.

## **Once the participants arrive**

- Distribute handouts.
- Invite participants to sample the food.

## **Topics For discussion**

### ***Why Set Goals?***

- Changing to a low fat, high fruit, vegetable, and grain diet doesn't happen overnight!
- Changing food habits that go back to your childhood require little thought or effort.
- Food preferences are closely linked with cultural and family traditions.
- Change takes time and patience.
- Your new eating pattern changes may be easy to make, while others may feel awkward at first.
- Setting goals allow you to plan your changes.
- With practice, these changes will become more familiar and comfortable.

### ***Identifying Eating Patterns that Need Change.***

- Start by looking at what you need to change.
- Many of us eat without thinking.
- It's hard to identify the foods or behaviors we need to change.

### ***Select a Specific Food to Change.***

- Usually, we want to change everything at once.
- Select one of the foods you want to work on this week.
- This will be the one you will use to practice goal setting.



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## Find a goal

- Goals tell you what you want to change and how you are going to change

### **Goals should be:**

- Realistic
  - Set your goal close to your current eating behavior.
  - Make a few changes now.
  - After you are comfortable with your changes, try a few more.
  - Start with the easier change first (e.g., foods you have the most control over).
- Measurable
  - Think about the specific change you are going to make.
  - Write down what you will do.
  - Include how much you are going to eat (serving size) and how often you plan to eat the food.
- Flexible
  - Don't set a goal that requires you to be perfect (it will make you feel restricted or deprived).
  - When you define "not allowed" it becomes tempting. The more you tell yourself you can't have it, the more you want it and if you "give in" and eat the food, you are more likely to feel guilty about it.
  - To get out of this "forbidden food" zone, tell yourself you can eat any food you want, provided you use some common sense.
  - Plan to eat some of your higher-fat foods less frequently and in smaller amounts. You don't need to give them up completely.
- Gradually get more challenging.

### **Try to take one step at a time.**

Example: If a person ate ice cream five nights a week, that person would write, "I plan to use ½ cup of ice cream as my evening snack on two evenings. I will eat a piece of fresh fruit for three evenings." Rather than writing, "I plan to eat less ice cream this week."

## Steps to reach your goal

- Break the group into pairs.
- You are going to develop action plans. Action plans are created by discussing each person's goal and creating a list of steps you need to take to reach your goals.
- What things may you need to do to get started. (hint/suggestion: buying a food, looking for new recipes, asking your family or friends for help, or putting higher-fat foods out of sight).
- After discussing each other's goals and action plans, write down the steps needed to reach the goals.
- Make sure the plan includes steps you may need to take to deal with any specific influences.



- Review each other's goals and action plans, including the list of steps.
- Are they realistic?
- One way to think about them is to pretend your best friend has come to you for help. She's facing the same challenge and has the same goal and action plan that you have set. Would you set the same plan in action? (If no, modification may be in order).
- Ask the large group for feedback on themselves. Use the group for problem-solving.
- (Optional): On the flip chart or easel, list the steps you want them to take:
  1. Talk about your goal and the steps you need to take.
  2. Get ideas from other people on what you need to do.
  3. Write down the steps you will take.
  4. Review your plan with someone and get their feedback.

## **Measuring your progress**

- Recognize the importance of evaluating personal goals and action plans.
- Make sure your goal contains enough information to let you know when you are successful.
- Know the specific food you are changing. Evaluate how often you are going to eat this food and the serving size you plan to eat.
- Plan to look at your progress at the end of the week. Evaluate how well you did at reaching your goal.
- If you reach your goal, decide what steps you need to take to maintain your changes.
- If you don't reach your goal, use it as an opportunity to learn. Decide what you need to do to be successful.
- Identify some non-food rewards that you can use to reinforce the positive change you make (e.g., going to a movie, reading a book, take a walk, etc.).

## **Home activity**

- #1. Work on the goal you set today. Give it a try and see if you can achieve it!
- #2. Conversation Starter: Ask a faith community member, not in this session, if they know how to change their fat and fruit/vegetable intake. Ask them if they know how they "should" eat daily for a healthy diet. Use this opportunity to teach about what you learned today.

# Goals for Tomorrow



Use this worksheet to set your goals for Healthy Eating!

**First identify a few eating patterns that you would like to change...**

**Example...** I tend to eat ice cream after dinner every night.

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**Next, select one food or behavior you would like to work on in the next week...**

**Example...** I would like to reduce the amount of ice cream I eat this week.

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**Set a goal that is realistic, measurable, and flexible.**

**Example...** I will eat a  $\frac{1}{2}$  cup serving of ice cream after dinner twice this week. On the other nights I will have a piece of fresh fruit or a serving of low fat yogurt.

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**Last, create an action plan for reaching your goal. What are the steps you will take to reach your goal?**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

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# Almond Crème Caramel



Yield: 6 servings

The texture of this crème caramel might remind you of a delicate cheesecake.

## Ingredients

- 1/2 cup sugar
- 1/4 cup water
- Cooking spray
- 2 Tbsp. chopped almonds, toasted
- 1/3 cup sugar
- 1 Tbsp. all-purpose flour
- 4 oz. 1/3-less fat cream cheese (about 1/2 cup), softened
- 2 large egg whites
- 1 large egg
- 1 1/2 cups 2% reduced-fat milk
- 1/4 tsp. almond extract

## Preparation

Preheat oven to 325°. Combine 1/2 cup sugar and 1/4 cup water in a small, heavy saucepan over medium heat; cook until sugar dissolves, stirring frequently. Continue cooking until golden (about 4 minutes). Immediately pour into 6 (6-oz.) ramekins or custard cups coated with cooking spray, tilting each cup quickly until caramelized sugar coats bottom of cup. Sprinkle almonds evenly over caramelized sugar; set aside.

Combine 1/3 cup sugar and flour. Beat cream cheese at medium speed of a mixture until smooth. Add flour mixture, beating until well-blended. Add egg whites and egg; beat well. Gradually add milk and almond extract, beating well. Divide mixture evenly among prepared custard cups. Place cups in a 13x9-inch baking pan; add hot water to pan to a depth of 1 inch. Bake at 325° for 50 minutes or until a knife inserted in center comes out clean. Remove cups from pan. Cover and chill at least 4 hours.

Loosen edges of custards with a knife or rubber spatula. Place a dessert plate, upside down, on top of each cup, and invert onto plates. Drizzle any of the remaining caramelized syrup over custards.

Source: [www.cookinglight.com/](http://www.cookinglight.com/)

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# Holiday Green Beans



Yield: 10 servings (serving size: 1/2 cup)

## Ingredients

- 2 1/2 Tbsp. Dijon mustard
- 1/4 tsp. salt
- 1/4 tsp. freshly ground black pepper
- 1/4 tsp. dried tarragon
- 1 1/2 lbs. green beans, trimmed
- 2 tsp. butter or stick margarine
- 3/4 cup thinly sliced shallots
- 2 Tbsp. low fat sour cream

## Preparation

Combine first 4 ingredients; set aside. Steam green beans, covered, 5 minutes or until tender. Keep warm. Melt butter in a Dutch oven over medium heat. Add shallots; sauté 3 minutes. Stir in mustard mixture and green beans; toss well. Cook for 2 minutes or until thoroughly heated. Stir in sour cream, and remove from heat. Serve immediately.

Notes: Shallots are a member of the onion family and taste sort of like a cross between a mild onion and mild garlic. They are formed similar to garlic, with a head composed of multiple cloves, each covered with a thin, papery skin of a pale brown color. Look for dry-skinned shallots that are plump and firm with no signs of wrinkling or sprouting. You can refrigerate fresh shallots for up to a week.

Tarragon is an aromatic herb with an anise-like flavor; we suggest using only 1/4 tsp. because its assertiveness can easily dominate other flavors.

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# Holiday Rice Pilaf



Yield: 14 servings (serving size: 1/2 cup)

When the oven is jam-packed with your holiday fixings, this stovetop pilaf will be a god send.

## Ingredients

- 1 Tbsp. stick margarine
- 3 cups sliced mushrooms (about 8 oz.)
- 1 cup chopped red bell pepper
- 3/4 cup sliced green onions
- 2 garlic cloves, minced
- 1/2 tsp. salt
- 3 (10 1/2-oz.) cans low-salt chicken broth
- 1 (12-oz.) package wild rice blend (such as Uncle Ben's(r))
- 1/3 cup chopped pecans, toasted

## Preparation

Melt margarine in a large nonstick skillet over medium-high heat. Add mushrooms, bell pepper, onions, and garlic; saute 5 minutes or until vegetables are tender. Set aside; keep warm. Combine salt and broth in a large saucepan; bring to a boil. Add rice; cover, reduce heat, and simmer 25 minutes or until liquid is absorbed. Stir in mushroom mixture; cook 1 minute or until thoroughly heated. Stir in pecans.

Source: [www.cookinglight.com/](http://www.cookinglight.com/)

# Holiday Rice Pilaf



Yield: 14 servings (serving size: 1/2 cup)

When the oven is jam-packed with your holiday fixings, this stovetop pilaf will be a god send.

## Ingredients

- 1 Tbsp. stick margarine
- 3 cups sliced mushrooms (about 8 oz.)
- 1 cup chopped red bell pepper
- 3/4 cup sliced green onions
- 2 garlic cloves, minced
- 1/2 tsp. salt
- 3 (10 1/2-oz.) cans low-salt chicken broth
- 1 (12-oz.) package wild rice blend (such as Uncle Ben's(r))
- 1/3 cup chopped pecans, toasted

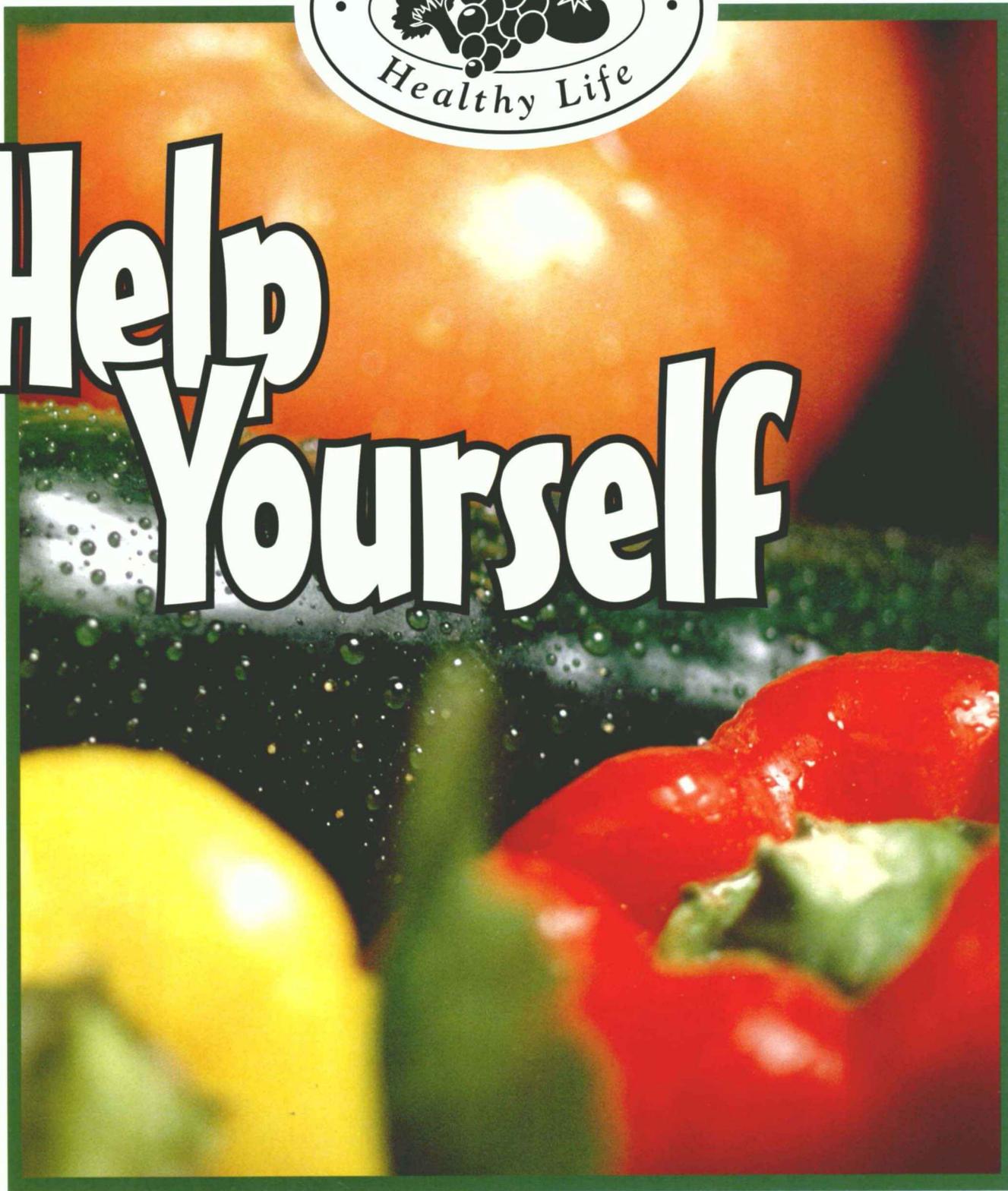
## Preparation

Melt margarine in a large nonstick skillet over medium-high heat. Add mushrooms, bell pepper, onions, and garlic; saute 5 minutes or until vegetables are tender. Set aside; keep warm. Combine salt and broth in a large saucepan; bring to a boil. Add rice; cover, reduce heat, and simmer 25 minutes or until liquid is absorbed. Stir in mushroom mixture; cook 1 minute or until thoroughly heated. Stir in pecans.

Source: [www.cookinglight.com/](http://www.cookinglight.com/)



# Help Yourself





**Acknowledgements:**

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This guide is currently not available for general distribution.

For more information, write to Eating for a Healthy Life, Fred Hutchinson Cancer Research Center, 1100 Fair-view Avenue North, MP702, Seattle, WA 98109-1024.



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# Should I Change What I Eat?





## **What Would Changes Do For Me?**

- Do you want to feel as good ten years from now as you do today?
- Do you want to lose a few pounds or keep from gaining a few extra ones?
- Do you want to reduce your chances of getting a serious illness?

**No matter how old or how healthy, you can benefit from some changes in your diet.**

### ***What sort of diet changes are important?***

- Health professionals agree that Americans should eat foods that have less fat and more fiber.
- Diets that are high in fiber include generous amounts of vegetables, fruits, whole grain breads and cereals.
- High fiber diets reduce the risk of many diseases, including cancer of the colon.

### ***On the other hand...***

- High fat diets are a cause of heart disease and also increase the risk of certain types of cancer.
- Diets high in fat are high in calories, which is why so many Americans tend to gain weight as they get older.

### ***Is changing my diet going to be hard?***

- Most people can make big improvements with only small changes, and you don't have to give up foods that you like to eat!
- Changing some of the foods you eat does not mean changing your life.
- We recommend easy gradual changes—changes that taste good, feel right, and are easy to maintain.

### ***The point is...***

- This booklet is to help you gradually lower your intake of fat and increase your intake of fruits and vegetables.
- You choose the changes you want to make - no strict diets, no difficult rules, no counting calories, no complicated meal planning.

## **How to Use this Booklet**

You are not expected to do everything in this booklet. Use it as you would a food buffet - look it over and see what sections appeal to you. Then invest your time and energy in those sections.

**This booklet is organized to give you the greatest amount of flexibility in changing your eating patterns.**

### ***How do I make changes?***

Step 1:

Start by completing the exercises beginning on page 11. This will help you set goals for specific dietary changes you want to make.

Step 2:

Once you decide on these long-term goals, the booklet will show you a wide range of approaches for making changes.

Step 3:

We will send you specific booklets for each meal: breakfast, lunch & snacks, and dinner. You can use these materials throughout the year to help you achieve your long-term goals.

These booklets have been developed by a group of scientists whose research is focused on health behavior. But just as important, these booklets have been developed by people who care about food and enjoy eating.

## Commonly Held Beliefs About Fat, Fruits, Vegetables, and Grain Products

### **Fat**

1. Butter is higher in fat and calories than margarine.  
**False** Fat is fat! Butter and margarine both contain the same amount of fat. The type of fat is different. Only animal fats contain cholesterol. Some vegetable fats (polyunsaturated fats) have a cholesterol-lowering effect when used in place of animal fats.
2. The type of fat I eat is more important than the amount of fat.  
**False** To decrease your risk of cancer and heart disease, you need to eat less of all types of fats and oils. You may want to put special effort into decreasing the amount of animal saturated fats.
3. A low fat eating style is very safe.  
**True** A no fat diet is dangerous, but a lower fat diet is very safe. You don't need to add extra fat to your diet because the fat you need is already present in foods.
4. I am near my desirable weight, so my eating habits are already low enough in fat.  
**Not necessarily** Your weight is mainly determined by the total number of calories you eat. All kinds of foods provide calories. The only way to be sure of a low fat intake is to make low fat food choices.
5. Eating less fat is good for someone with a high blood cholesterol level.  
**True** A low fat diet reduces the amount of saturated fat and dietary cholesterol and helps to maintain desirable body weight. These tend to help reduce blood cholesterol levels.
6. I need to avoid shellfish because they have too much dietary cholesterol.  
**False** Except for shrimp, other commonly eaten shellfish are not high in cholesterol and are low in fat and calories. You will want to limit your use of shrimp or prawns to no more than once a week.
7. A low cholesterol oil is also low in fat.  
**False** The label "low cholesterol" does not mean low in fat. Only animal foods contain cholesterol. Vegetable foods such as margarine and salad oil do not have cholesterol, but they are still HIGH FAT. Don't be fooled.
8. A lower fat eating plan doesn't have enough calcium.  
**False** Low fat milks have more calcium than regular milk. Changing to lower fat dairy products will not reduce your calcium intake.

### **Fruits, vegetables, and grain products**

9. Eating more fruits and vegetables (which are high in dietary fiber) causes gas, bloating and diarrhea.

**False** If you increase your fiber intake too fast, you may have some discomfort. To avoid any problem, slowly increase your intake of fruits, vegetables and whole grains (allow 6 weeks).

10. Chopping or mashing destroys the healthy contents of fruits and vegetables.

**False** Dietary fiber found in fruits and vegetables is not destroyed in the kitchen. Fiber is removed by peeling and trimming fruits and vegetables. To get the most fiber from your food, eat the entire fruit or vegetable - skins and seeds.

11. Salads are high in fiber.

**Maybe** This depends on the salad. Spinach, carrots and broccoli are high in fiber but lettuce is low.

12. I can just use a fiber supplement to increase the amount of fiber in my diet.

**False** We know little about pure fiber supplements. Fiber supplements such as bran tablets or cellulose powders should be taken only if prescribed by a doctor.

13. The only fiber I need to increase in my diet is oat bran.

**False** Some of the healthful changes associated with eating foods high in oat bran have been found with other sources of dietary fiber. Most scientists agree people should eat more of a variety of fruits, vegetables, and whole grains.

<p><b>To decrease your risk of cancer and heart disease you need to eat less of all types of fat and oils.</b></p>
--

# Getting Started





## Why Change My Diet?

It will be easier to change your eating patterns if you have personal reasons for making changes. For example, one reason to change your diet may be that your doctor and nurse have urged you to protect your good health. Reasons other people give:

- I want to feel healthier.
- I want to lose a few pounds or keep from gaining extra ones.
- I want to reduce my risk of getting certain types of cancer.
- I want to reduce my risk of heart disease.
- I will feel better about myself in general.
- I will have more energy.
- I want to set a good example for my family and friends.

These are just a few examples. Whatever your reasons are, they are good ones! Think about some of these reasons and write them down below:

Reasons for wanting to change my diet:

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_
4. \_\_\_\_\_  
\_\_\_\_\_
5. \_\_\_\_\_  
\_\_\_\_\_
6. \_\_\_\_\_  
\_\_\_\_\_

## How Am I Doing Now?

Eating healthy is not that difficult. Healthy eating really involves a few simple eating patterns. Before making any changes, it is important to compare the way you eat now to lower fat and high fruit and vegetable eating patterns. You may be surprised to find that you already follow several healthy eating patterns.

**Use this checklist to pinpoint eating habits you would like to change.**

Check the boxes in the list below that are most like your eating style.

	Usually	Sometimes	Rarely
1 . I choose low fat milk for cooking and drinking.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2 . I use whole grain breakfast cereal.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3 . I eat fresh fruits daily.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4 . I choose whole grain breads and crackers.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5 . I use low fat sandwich fillings (tuna, turkey, lean ham).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6 . I choose low-calorie mayonnaise or salad dressings.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7 . I eat low fat snack foods such as pretzels, fruits, frozen yogurt, or raw vegetables.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8 . I choose at least one serving of vegetables at lunch and dinner.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9 . I trim fat from meat.  (I do not eat meat).	<input type="checkbox"/>  <input type="checkbox"/>	<input type="checkbox"/>  <input type="checkbox"/>	<input type="checkbox"/>  <input type="checkbox"/>
10. I choose lean cuts of beef and pork, and lean ground beef.  (I do not eat beef/pork).	<input type="checkbox"/>  <input type="checkbox"/>	<input type="checkbox"/>  <input type="checkbox"/>	<input type="checkbox"/>  <input type="checkbox"/>
11. I select low fat cheeses such as cottage, ricotta, and lower fat processed cheeses.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. I eat low fat desserts (fruit, plain cookies, angel food cake) or skip desserts.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. I avoid adding butter, margarine or rich sauces to potatoes and other vegetables at the table.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

- |   | Usually                  | Sometimes                | Rarely                   |
|---|--------------------------|--------------------------|--------------------------|
| 14. I avoid fried foods (french fries, fried chicken, and fried fish).  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 15. I read nutrient information on labels when making food choices.   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 16. I modify recipes to make them lower in fat.   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 17. I ask for help in restaurants to lower the fat content of meals (ask entree to be broiled or poached, leave off sauces or butter, substitute vegetables for french fries, request dressing or sauces on the side, etc.) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 18. I use little or no butter or margarine on breads.   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

**Count the total number of checks  
(for all two pages) in each column**

\_\_\_\_\_

**Remember, trying to change everything at once can be overwhelming and discouraging.**

## Setting Goals

A good way to avoid demanding too much of yourself is to set two types of goals: short-term and long-term. Think of changing eating habits as taking a trip. Long-term goals are the places you plan to visit; short-term goals are the steps you will take to get there.

### ***What eating habits would you like to change in the long-run?***

- Take a few minutes and use your completed checklist to begin choosing some long-term goals.
- Look at the “sometimes” column to see what behaviors you can do more often.
- Look at the “rarely” column to see what kinds of new eating patterns you could try.

Write down some of your long-term goals here:

Long-Term Goals

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Example of a long-term goal: “Reduce my overall use of butter.” This goal could be reached by setting these short-term goals:

- Week 1: Cut in half the amount of butter on toast.
- Week 2: Cut in half the amount of butter on vegetables.
- Week 3: Substitute jam for butter on toast.
- Week 4: Substitute yogurt for butter on baked potatoes, etc.

### ***Good, now onto the next steps.***

Working on specific short-term goals so that you reach your long-term goals is the focus of the rest of the materials we send you. Each of the three meal-specific booklets you receive will include a set of guidelines, information and examples of ways to adopt low fat and high fruit and vegetable eating patterns. You will be able to write your specific short-term goals in each booklet.

#### **Remember:**

**Don't worry about trying to change everything at once.  
At first try gradual changes that you think you can maintain.  
When you've had success with these, try changes that are more challenging.**

## Grocery Checklist

A good way to start improving your eating habits is to take an inventory of your kitchen. See if you have foods on hand that are low in fat and high in fruits, vegetables, and grains. Having the right foods “at your fingertips” will make changing easier and will increase your chances of reaching your goals.

*Here’s a grocery checklist of low fat high fiber foods.*

### Fruits and Vegetables

- Fruits, all (fresh, canned or frozen)
- Vegetables, all (if frozen, avoid sauces)

### Dairy Foods

- Low fat or skim milk (2% or less)
- Low fat evaporated milk
- Low fat cheese
- Part-skim mozzarella or ricotta
- Light cream cheese low fat cottage cheese (1% or 2%)
- Low fat yogurt
- Frozen yogurt, ice milk, sherbert
- Light or diet margarine
- Whipped butter

### Breads, Cereals, Beans, Grains and Pasta

- Spaghetti and other noodles (preferably whole wheat)
- Brown rice
- Whole wheat flour
- Whole grain breakfast cereals
- Whole grain breads and rolls
- Low fat crackers (see Snack List, page 28)
- Flour and corn tortillas
- Pretzels
- Popcorn (air popped, light microwave type)
- Dried or canned beans (kidney beans, garbanzo beans, etc.)
- Dried peas and lentils

### Meat, Fish, Poultry, Tofu

- Fish or shellfish, fresh, frozen (not fried), or canned
- Water-packed tuna
- Poultry
- Lean cuts of beef (round, loin, rib)
- Extra lean ground beef
- Ground turkey or chicken
- Lean cuts of pork (lean smoked ham, pork tenderloin, Canadian bacon)
- Low fat lunch meat (95%-97% fat free)
- Tofu (bean curd)
- Chicken or turkey hot dogs

### Fats, Oils, Salad Dressings and Spreads

- Fruit jam or jelly
- Light or diet mayonnaise
- Reduced calorie salad dressing
- Non-stick spray
- Gravy mixes made with water

### Cookies, Cakes and Candy

- Low fat cookies (see Snack List)
- Low fat cakes (angel food, white and gingerbread)



## **Recipes and References**





## Recipes

### Main Course

#### Pork Tenderloin with Gingered Fruit Sauce

- 1 pound pork tenderloin, trimmed
- 1 (8 oz.) can pineapple tidbits drained (liquid reserved)
- 2/3 cup orange juice
- 1 Tablespoon soy sauce
- 1 Tablespoon cornstarch
- ½ teaspoon fresh grated ginger
- 4 green onions, bias-cut into 1" pieces
- 1 medium carrot, cut in thin strips
- 1 clove garlic, minced
- 1 Tablespoon margarine
- dash pepper, red or black

Place pork on a shallow roasting pan. Roast, uncovered, in 325° oven for one hour or until done. Cover to keep warm. For sauce, combine pineapple juice, orange juice, cornstarch, soy sauce, ginger and pepper. Set aside. In a medium frying pan, cook onions, carrot and garlic in hot margarine 3-4 minutes or until crisp-tender. Stir sauce and add to the vegetables. Cook and stir until bubbly; then cook and stir 2 minutes more. Stir in pineapple and heat through. Slice pork and spoon sauce on top. Serve with rice. Makes 4 servings.

From: *Better Homes & Gardens*, May, 1987

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#### Honey-Mustard Coated Chicken

- ¼ cup Dijon-style mustard
- 3 Tablespoon honey
- 2 teaspoon lemon juice
- 2/3 cup plain bread crumbs
- 1 pound boneless, skinless chicken
- 1 tablespoon vegetable oil

Preheat oven to 375°. Spray a 15 x 10 inch jelly-roll pan with non-stick spray; set aside. Combine mustard, honey and lemon juice in a shallow dish or pie plate. Place bread crumbs in another dish. Dip chicken pieces in mustard mixture, turning to coat, and then in bread crumbs. Place on pan and drizzle evenly with oil. Bake for 30-35 minutes or until golden brown and cooked through. Makes 4 servings.

From: *Women 's Day*, October 1989

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### Fiesta Fish and Shells

- 12 ounces fish fillets (frozen is ok)
- 1 cup small macaroni
- 1 (16 oz.) can tomatoes, cut up
- ½ cup onion, chopped
- ½ (1.25 oz.) package taco seasoning mix (2 Tbsp.)
- 1 medium green pepper, cut in strips
- ¼ cup cheddar cheese, grated

Cook macaroni according to package directions; drain. In a medium saucepan, stir together undrained tomatoes, onion and taco seasoning mix. Add macaroni and green pepper strips; bring mixture to a boil. Pour tomato macaroni mixture into a 10x16x2-inch baking dish. Place fish over mixture. Spoon some of the sauce over the fish. Bake covered at 350° for 35 minutes or until fish flakes easily when tested with a fork. Uncover; sprinkle cheese over fish and bake 5 minutes more or until cheese melts. Makes 4 servings.

---

### Italian Cioppino

- 1-1/2 pounds white-fleshed fish (cod, haddock, snapper)
- 1 cup onion, chopped
- 2 cloves garlic, minced
- 1 Tablespoon vegetable oil
- 1 can (8 ounce) tomato sauce
- 1 can (28 ounce) tomatoes, undrained and mashed
- ½ cup dry white wine or water
- 1 teaspoon each of dried basil, thyme, marjoram and oregano
- 1 bay leaf
- ¼ teaspoon pepper
- 4 whole cloves (optional)
- 1 Tablespoon parsley, minced

Cut fish into ½ inch chunks and set aside. Sauté onion and garlic in oil until tender, about 10 minutes. Add tomato sauce, tomatoes, liquid and all the seasonings except the parsley. Let the mixture simmer for 30-40 minutes, stirring occasionally. Add fish and cook until done, about 10 more minutes. Garnish with the parsley. This soup makes a complete meal when served with a green salad and French bread. Makes about 7 cups.

From: *Seafood: A Collection of Heart Healthy Recipes*

### Acapulco Bean Casserole (Easy Vegetarian Meal)

- 1 cup chopped onion
- 1 cup chopped celery
- 2 teaspoons margarine
- 2 cans (16 ounces each) chili with beans
- 1 can (16 ounces) refried beans
- 1 can (16 ounces) corn, drained
- ½ cup taco sauce
- 8 corn tortillas, torn up
- 1 cup grated low fat cheese
- fresh whole chili peppers (optional for garnish)

Preheat oven to 350°. In a frying pan, saute onions and celery in margarine until tender but not brown, about 10 minutes. Stir in chili, refried beans, corn and taco sauce. Arrange half the tortilla pieces in a 10-inch square baking dish; top with half the chili mixture. Repeat the layer. Bake covered for 45-50 minutes. Sprinkle cheese on top. Bake uncovered 2-3 minutes more or until cheese is melted. Garnish with fresh whole chili peppers, if desired. Makes 8 servings (1-1/2 cups each).

From: *The New American Diet*

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### **Snacks**

#### Peanut Butter and Apple Spread

- ½ cup creamy peanut butter
- ¼ cup plain low fat yogurt
- ¼ cup unsweetened applesauce

Stir together peanut butter, yogurt and applesauce until well blended. This makes a creamy spread with about half the fat and calories of straight peanut butter. Serve on toast, muffins or waffles. Store, covered in the refrigerator. Makes 1 cup.

### Baked Corn Chips

- 20 corn tortillas
- Margarine (not more than 1 Tablespoon)

Scrape each tortilla with a small amount of soft margarine. Cut tortillas, several at a time, into 8 pie-shaped wedges using kitchen shears. Arrange in a single layer on cookie sheet. Bake at 350° for 12 to 15 minutes. Cool for 1 minute before removing chips from the pan.

Makes about 40 chips.

From: *The New American Diet*

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### Oatmeal Flakeroons

- ½ cup margarine
- ½ cup brown sugar
- ½ teaspoon vanilla extract
- 1 egg
- ¾ cup flour
- ½ teaspoon baking soda
- ¼ teaspoon salt
- ¼ teaspoon cinnamon
- 1-1/2 cups regular rolled oats
- 1 cup raisins

Cream margarine and sugar, add vanilla and egg and beat until smooth. Mix the flour, baking soda, salt and cinnamon and add to the creamed mixture. Beat well, then work in the oatmeal and raisins. The batter will be very thick. Roll the dough into 1-inch balls and place on a non-stick cookie sheet. Bake at 350° for 12 to 15 minutes. Cool for 1 minute before removing cookies from the pan. Makes about 40 cookies.

From: *Low Fat Lifeline Newsletter*

## Desserts

### Mocha Angel Cake

- 1 package angel food cake mix
- 1 Tablespoon cocoa powder
- 1-1/3 cups cold coffee

### Mocha Frosting

- 1 envelope whipped topping mix (e.g. Dream Whip<sup>®</sup>)
- 2 Tablespoons powdered sugar
- 2 teaspoons cocoa powder

Mocha Angel Cake: Prepare cake mix as directed on box, except stir cocoa into dry cake mix and substitute cold coffee for water. Bake and cool as directed. Remove from pan and frost with Mocha Frosting. Makes 12 servings.

Mocha Frosting: Prepare topping mix as directed on package, except use skim milk and add the powdered sugar and cocoa during the last minute of beating.

---

### Easy Apple Cake

It is very good just as it is, when served soon after baking. Any leftover cake would be delicious served with a lemon sauce.

- 2 cups diced apples
- 1 cup sugar
- 1/3 cup oil
- 1/2 teaspoon vanilla extract
- 1 egg, beaten (or 2 egg whites)
- 1-1/2 cups unsifted flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1 teaspoon cinnamon
- 1/2 cup raisins

Combine apples and sugar in a mixing bowl and let stand 10 minutes. Blend oil, vanilla and egg with the apples. Then combine the dry ingredients and mix well. Stir in the raisins. Pour into a lightly greased (use non-stick spray) 8-inch square cake pan. Bake at 350° for 35 to 40 minutes. Makes 9 servings.

From: *American Health Association Cookbook, 4<sup>th</sup> edition*

---

## Resource List

### ***Diet and Health:***

*Fit or Fat Target Diet.* C. Bailey, Houghton Mifflin, 1984.

- A fun and easy-to-read explanation of what is wrong with the American lifestyle.

*Don't Eat Your Heart Out Cookbook.* J. Piscatella, Workman Publishing, New York, 1982.

- A simple explanation of why and how to eat differently. It is written by a man who had bypass surgery at 32.

*Jane Brody's Nutrition Book.* J. Brody, Bantam Books, New York, 1981.

- This book provides the basics about diet and health in a very simple and easy to read style.

### ***Cookbooks:***

*Fit or Fat System. Target Recipes.* C. Bailey and L. Bishop, Houghton Mifflin, 1985.

- Most recipes are low in fat and there is a brief section on menu ideas.

*Seafood: A Collection of Heart-Healthy Recipes.* J. Harsila and E. Hansen, National Seafood Educators, 1986.

- A collection of recipes for all types of seafood. Includes hints for purchasing and preparing fish.

*The New American Diet.* S. Connor and W. Conner, Simon and Schuster, 1986.

- Complete step-by-step explanation of why and how to change to a new way of eating.

*The Quick and Delicious Low-Fat, Low-Salt Cookbook.* J. Williams and G. Silverman, Putnam Publishing, 1986.

- Great time-saving ideas and recipes for cooks in a hurry.

*Jane Brody's Good Food Book.* J. Brody, W. W. Norton & Company, 1985.

- Complete explanation of high fiber, high carbohydrate foods and how to use more in your meals.

*Lowfat International Cuisine.* J. Rubey, Bristol Publishing Enterprises, Inc. 1989.

- Contains wonderful recipes for making popular international dishes lower in fat.

## Resource List

*Fabulous Fiber Cookery.* E. Groen and J. Rubey, Bristol Publishing Enterprises, Inc. 1988.

- Offers new ideas for quick bean cookery, easy snacks and ways to include more fiber in your cooking.

*Light Desserts-Sunset.* Lane Publishing, 1987.

- A variety of delicious low fat dessert recipes.

*Light and Healthy Microwave Cooking.* J. Emal and E. Taylor, HP Books, 1986.

- A collection of recipes for the microwave. It includes ideas for breakfasts, snacks and desserts.

*Simply Healthy.* Group Health Consumers, View Publications, Group Health Cooperative, Seattle, WA 1989.

- Contains healthy recipes contributed by Group Health members.

### **Magazines:**

*Cooking Light*

*Woman's Day*

*Better Homes and Garden*

*Family Circle*

## Food Value Guide

Food item	Serving size	Fat (grams)	Dietary fiber (grams)
<b>Baked goods/desserts</b>			
Pie, fruit	1/8 of pie	13	1
Danish	1	12	1
Chocolate/yellow cake	1/12 of cake	11	0
Donut, raised	1	11	1
Brownie w/nuts	3"x1"x1"	6	11
Chocolate chip cookie	2	5	0
Oatmeal cookie	2	5	1
Vanilla wafers	5	3	0
Fig bars	2	2	1
Angel food cake	1/6 of cake	0	0
<b>Breads/crackers and snacks</b>			
<b>Snacks</b>			
Corn/tortilla chips	1 cup	12	2
Potato chips	1 0	8	0
Popcorn with butter/margarine	1 cup	3	1
Pretzels	30 rings	1	1
<b>Breads/crackers</b>			
Cornbread	2-1/2" square	6	1
Biscuit	1	5	1
Bran muffin	1 medium	5	3
Blueberry muffin	1 medium	4	1
Dinner roll, soft	1	2	1
English muffin, wheat	1 whole	2	4
Corn tortilla	1	1	2
Cracked wheat or mixed grain breads	1 slice	1	2
Rye, pumpernickel	1 slice	1	1
White bread	1	1	1
Hard roll or bagel	1	1	0
Party crackers (Ritz®)	4	0	2
Rye wafers (Ry-Krisp®)	2	0	2
Soda crackers	5 squares	0	0

## Food Value Guide

Food item	Serving size	F a t (grams)	Dietary fiber (grams)
<b><i>Cereals and pasta</i></b>			
Bran cereals			
Extra high fiber	½ cup	1	13
All bran type	½ cup	1	9
Raisin bran type	½	1	4
Other cereals			
Granola type	¼ cup	5	1
Cheerios type	1-1/4 cup	1	1
Cornflakes type	1-1/4 cup	1	0
Oatmeal, cooked	½ cup	1	2
Rice and pasta			
Egg noodles	1 cup	2	4
White rice	1 cup	0	2
Brown rice	1 cup	1	3
Macaroni/spaghetti, regular	1 cup	1	2
Macaroni/spaghetti, whole wheat	1 cup	1	4
<b><i>Fats, nuts and oils</i></b>			
Nuts			
Sunflower seeds	¼ cup	19	2
Peanut butter	1 Tbsp	5	1
Oil, cooking	2 Tbsp	16	2
Mayonnaise, regular	1 Tbsp	14	0
Mayonnaise, light	1 Tbsp	11	0
Salad dressing			
Blue cheese type	1 Tbsp	4	0
Italian	1 Tbsp	7	0
Oil & vinegar	1 Tbsp	7	0
Ranch	1 Tbsp	6	0
French	1 Tbsp	6	0
Thousand island	1 Tbsp	6	0
Low calorie type	1 Tbsp	2	0

## Food Value Guide

Food item	Serving size	Fat (grams)	Dietary fiber (grams)
<b><i>Milk, cheese and other dairy products</i></b>			
<b>Milk</b>			
Milk, whole	1 cup	9	0
Milk, 2%	1 cup	5	0
Milk, skim	1 cup	0	0
<b>Cheese</b>			
Cheddar cheese	1 ounce	10	0
Cream cheese	2 Tbsp	10	0
American cheese	1 ounce	9	0
Swiss cheese	1 ounce	8	0
Cottage cheese, regular	½ cup	5	0
Cottage cheese, low fat	½ cup	2	0
<b>Frozen dairy products</b>			
Ice cream	1 cup	14	0
Ice milk	1 cup	6	0
Sherbet	½ cup	2	0
<b>Other dairy products</b>			
Sour cream	2 Tbsp	6	0
Half n' half	2 Tbsp	4	0
<b>Yogurt</b>			
Plain (4% fat)	1 cup	7	0
Plain (2% fat)	1 cup	4	0
Fruit (2% fat)	1 cup	2	0
<b>Butter/margarine</b>			
Butter	1 tsp	4	0
Margarine, regular	1 tsp	4	0
Margarine, diet	1 tsp	2	0

## Food Value Guide

Food item	Serving size	Fat (grams)	Dietary fiber (grams)
<b>Meat, poultry, fish and eggs</b>			
**All meat has the fat trimmed, unless otherwise specified.			
<b>Breakfast meats</b>			
Sausage	2 links	8	0
Bacon	2 slices	8	0
Bacon substitute, Sizzalean <sup>®</sup> , etc.	2 slices	6	0
<b>Beef</b>			
<b>Hamburger</b>			
Regular (30%)	3 ounces	18	0
Lean (25%)	3 ounces	16	0
<b>Pot roast</b>			
Less lean cuts (chuck, rib, blade)	3 ounces	10	0
Lean cuts (eye or bottom round)	3 ounces	6	0
<b>Steak, broiled</b>			
Less lean cut (flank)	3 ounces	13	0
Lean cut (sirloin)	3 ounces	8	0
<b>Lamb</b>			
Lamb chop	3 ounces	6	0
Leg of lamb, roasted	3 ounces	7	0
<b>Pork</b>			
Pork spare ribs	3 ounces	26	0
Pork chop	3 ounces	11	0
Ham, lean	3 ounces	6	0
Pork tenderloin	3 ounces	4	0
<b>Lunch meat</b>			
Hot dogs, regular	1 frank	13	0
Hot dogs, chicken, turkey	1 frank	9	0
Bologna, regular	1 ounce	6	0
Bologna, turkey	1 ounce	5	0
Roast beef, lean	1 ounce	3	0
Ham, lean	1 ounce	2	0
Turkey breast	1 ounce	1	0

## Food Value Guide

Food item	Serving size	Fat (grams)	Dietary fiber (grams)
Eggs			
Egg	1 large	6	0
Chicken and turkey			
<b>Fried</b>			
Dark, with skin	3 ounces	16	0
White, with skin	3 ounces	13	0
Dark, no skin	3 ounces	10	0
White, no skin	3 ounces	5	0
<b>Roasted/baked chicken</b>			
Dark, with skin	3 ounces	13	0
White, with skin	3 ounces	9	0
Dark, no skin	3 ounces	8	0
White, no skin	3 ounces	4	0
<b>Turkey</b>			0
Dark, no skin	3 ounces	6	0
White, no skin	3 ounces	3	0
Seafood			
<b>Fried</b>			
Cod, halibut	3 ounces	11	0
Shrimp, scallops	3 ounces	10	0
<b>Steamed/broiled</b>			
Salmon	3 ounces	6	0
Halibut	3 ounces	3	0
Red snapper	3 ounces	2	0
Shrimp, scallops	3 ounces	1	0
<b>Tuna</b>			
Oil packed, drained	3 ounces	7	0
Water packed	3 ounces	1	0

## Food Value Guide

Food item	Serving size	Fat (grams)	Dietary fiber (grams)
<b>Vegetables</b>			
Asparagus	½ cup	0	1
Avocado	½ medium	15	2
Beets	½ cup	0	1
Broccoli	½ cup	0	2
Brussel sprouts	½ cup	0	3
Carrots	½ cup	0	2
Cauliflower	½ cup	0	1
Celery	½ cup	0	1
Coleslaw	½ cup	5	1
Corn	½ cup	0	3
Cucumber	½ cup	0	1
Green beans	½ cup	0	1
Iceberg lettuce	½ cup	0	0
Mushrooms	½ cup	0	1
Peas	½ cup	0	3
Sweet potatoes	½ cup	0	3
Summer squash	½ cup	0	1
Tomatoes	½ cup	0	2
Winter squash	½ cup	0	3
<b>Vegetables, potatoes and beans</b>			
<b>Potatoes</b>			
French fries	½ cup	10	2
Mashed potatoes with butter	½ cup	5	2
Potatoes, baked or boiled			
With skin	1 medium	0	8
Without skin	1 medium	0	2
<b>Beans</b>			
Baked beans, canned	½ cup	3	7
Lentils/beans, cooked	½ cup	0	7
<b>Soups, canned (not homemade)</b>			
Cream with milk	1 cup	14	0
Cream with water	1 cup	9	0
Bean or pea	1 cup	4	2
Vegetable	1 cup	2	1

## Food Value Guide

Food item	Serving size	Fat (grams)	Dietary fiber (grams)
<b>Fruits</b>			
Apple	1 medium	0	3
Banana	1 medium	0	2
Cantaloupe	¼ melon	0	1
Grapefruit	½	0	2
Grapes/cherries	½ cup	0	1
Orange	1 medium	0	3
Pear	1 medium	0	4
Pineapple	½ cup	0	2
Raisins	¼ cup	0	2
Watermelon	1 cup	0	1

### Eating Patterns Checklist

	<i>Usually</i>	<i>Sometimes</i>	<i>Rarely</i>
1. I choose low fat milk for cooking and drinking.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. I use whole grain breakfast cereals.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. I eat fresh fruits daily.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. I choose whole grain breads and crackers.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. I use low fat sandwich fillings (tuna, turkey, lean ham).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. I choose low-calorie mayonnaise or salad dressings.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. I eat low fat snack foods.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. I choose at least one serving of vegetables at lunch and dinner.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. I trim fat from meat. (I do not eat meat).	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. I choose lean cuts of meat. (I do not eat meat).	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. I select low fat cheeses.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. I eat low fat desserts.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. I avoid adding butter, margarine or rich sauces.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14. I avoid fried foods.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15. I read labels.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16. I modify recipes.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17. I ask for healthy eating alternatives in restaurants.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
18. I use little or no butter or margarine.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Count the total number of checks in each column.

\_\_\_\_\_

**Use this checklist to pinpoint eating habits you would like to change.**

### Eating Patterns Checklist

	Usually	Sometimes	Rarely
1. I choose low fat milk for cooking and drinking.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. I use whole grain breakfast cereals.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. I eat fresh fruits daily.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. I choose whole grain breads and crackers.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. I use low fat sandwich fillings (tuna, turkey, lean ham).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. I choose low-calorie mayonnaise or salad dressings.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. I eat low fat snack foods.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. I choose at least one serving of vegetables at lunch and dinner.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. I trim fat from meat. (I do not eat meat).	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. I choose lean cuts of meat. (I do not eat meat).	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. I select low fat cheeses.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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14. I avoid fried foods.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15. I read labels.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16. I modify recipes.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17. I ask for healthy eating alternatives in restaurants.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
18. I use little or no butter or margarine.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Count the total number of checks in each column.

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\_\_\_\_\_

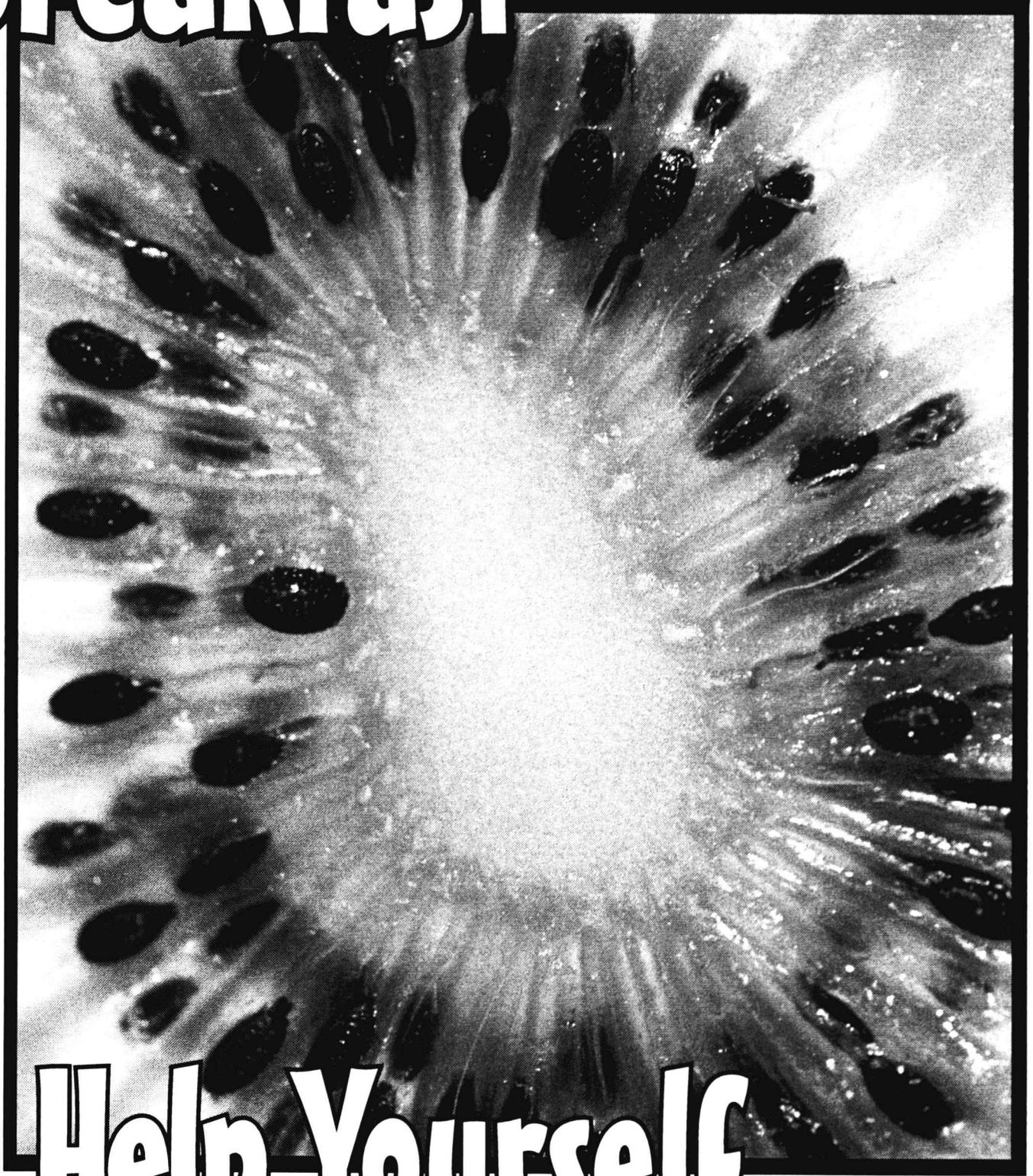
Use this checklist to pinpoint eating habits you would like to change.



## **Eating For a Healthy Life**

**Sponsored by the Fred Hutchinson Cancer Research Center, the Church Council of Greater Seattle, and collaborating faith communities**

# Breakfast



# Help Yourself



**A Guide to Healthful Eating**

## HEALTHY BREAKFAST GUIDELINES

- Eat fresh fruit
- Include whole grain breads and cereals
- Choose low fat or fat free dairy products

### **Breakfast**

The best way to start the day is with a good, healthy breakfast. But what is a healthy breakfast?

The guidelines for a healthy breakfast start with fruit. Breakfast is a great time to eat fresh whole fruit instead of juice, as some nutrients may get lost from fruits when they are processed into juices. Foods such as fresh berries, oranges, grapefruit, bananas, or a slice of melon are a good addition to your morning meal, as they are easy to eat and are also a good way to increase your intake of fruits.

You can also use whole grain products such as whole grain or whole wheat breads and cereals. Choose ready-to-eat or hot cereals that are low in fat. Be sure to check the label. Watch out for granola because it can contain 10 times more fat than regular cereal! Be sure that whole grain or whole wheat are the first ingredients listed on the label. Note that wheat flour, enriched wheat flour, and degerminated corn meal are not whole grains.

Dairy products can also add fat to your diet. Using lower fat or nonfat milk and reduced-fat margarine can make a big difference. You may also use lower fat versions of cream cheese and yogurt.

## IN A HURRY?

A healthful breakfast can be quick and easy to make. If time is an issue, choose simple breakfasts such as:

- Ready to eat or hot instant type-cereals, with fruit and yogurt or milk
- A bagel topped with low-fat cheese and a piece of fruit
- Toasted whole grain bread with yogurt and fruit
- Low-fat, whole grain leftovers

Below is an example of how these changes can make a big difference in the fat, fresh fruit, and whole grain foods in your diet.

### High Fat Meal

**(6 teaspoons of fat)**

Whole milk  
Danish pastry  
1 Tablespoon butter  
Coffee with cream



### Low Fat Meal

**(less than 1/2 teaspoon of fat)**

Fresh orange or juice  
Whole-grain English muffin  
1 Tablespoon jam  
Coffee with 2% milk



## BREAKFAST OPTIONS

This chart shows some common breakfast choices that range from higher fat to more healthful foods. To lower your fat intake and increase the number of fruits and vegetables you eat, look for ways to move from “OK” to “BETTER” to “BEST”.

### Fruit

---

**OK**

- Fruit juice drink (not 100% fruit juice)

**BETTER**

- Fruit juice (100% juice)

**BEST**

- Whole fresh fruit

### Cereal

---

**OK**

- Frosted puffs or flakes

**BETTER**

- Wheat flakes with raisins

**BEST**

- Multigrain cereal

### Bread

---

**OK**

- White toast

**BETTER**

- Refined wheat flour bread

**BEST**

- Whole grain toast (e.g. 100% whole)

### Baked Goods

---

**OK**

- Pastries and donuts
- Croissant
- Muffins
- Pancakes or waffles with butter

**BETTER**

- Low-fat muffins
- Pancakes or waffles without butter

**BEST**

- Whole wheat toast
- Bagel
- English muffin

## MORE BREAKFAST OPTIONS

This chart shows some common breakfast choices that range from higher fat to more healthful foods. To lower your fat intake and increase the number of fruits and vegetables you eat, look for ways to move from “OK” to “BETTER” to “BEST”.

### Spreads

---

**OK**

- Butter or margarine
- Thick spread of butter or margarine

**BETTER**

- Reduced-fat butter or margarine
- Thin spread of butter or margarine
- Peanut butter and apple spread (see recipe in Help Yourself, p. 23)

**BEST**

- Fat-free margarine, butter substitutes
- Jam or jelly

### Eggs and Meats

---

**OK**

- Fried egg
- Bacon or sausage

**BETTER**

- Poached egg
- Turkey, Canadian bacon, or ham

**BEST**

- Egg omelet with egg substitute and vegetables
- Low-fat sausage, ham, or turkey
- “Meatless” breakfast meats (made from soy)

### Milk

---

**OK**

- Whole milk

**BETTER**

- 2% milk

**BEST**

- 1% or fat free milk

## BREAKFAST WORKSHEET

Set goals you can make at breakfast to reach your healthy eating goals.

1. First, write down what you eat most often for breakfast. Because people might eat very different breakfasts during the week and on weekends, there are spaces for both.

What I eat for breakfast most often:	
Weekdays	Weekends

2. Next, compare your typical eating choices to the breakfast guidelines.

- Do you eat fruit?
- Are you choosing whole grain breads and cereals?
- Are the dairy products you use low in fat?



## BREAKFAST GOALS: Eating Less Fat and Eating More Fruits, Vegetables, and Whole Grains

On this sheet, write down *simple* action steps you could make at first. Then, on the next sheet, write more *challenging* steps you could make once you've reached the simple ones.



I will eat less fat by...

I will eat more fruits, vegetables, and whole grains by...

### Simple Steps

Example: . . .using 1% and 2% milk in coffee.

Example: . . .eating fruit, especially fresh fruit, such as an apple, pear,  
or orange juice, everyday.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

## BREAKFAST GOALS: Eating Less Fat and Eating More Fruits, Vegetables, and Whole Grains

On this sheet, write more *challenging* steps you could make once you've reached the simple ones on the previous page.



I will eat less fat by...

I will eat more fruits, vegetables, and whole grains by...

### More Challenging Steps

Example: . . . using 1% or nonfat milk on my cereal.

Example: . . . eating a whole grain cereal, such as raisin bran, twice a week.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

**Remember:**

**It works best to make gradual changes.  
A series of small successes is likely to last longer and feel better.**



**Acknowledgements:**

These materials were modified by Thuy Vu, Clayton Hibbert, Mari Nakayoshi, Jessie Satia, Ph.D., Lesley Tinker, Ph.D., and Deborah Bowen, Ph.D., of the Fred Hutchinson Cancer Research Center, for the Eating for a Healthy Life Project (CA 79077-01). The modifications are off of a guide originally developed for the Eating Patterns Project (Shirley Beresford, PI; CA 49643).

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For more information, call (206) 667-7750 or toll free (800) 813-6213.  
Or write to Eating for a Healthy Life, Fred Hutchinson Cancer Research Center,  
1100 Fairview Avenue North, MP702, Seattle, WA 98109-1024.

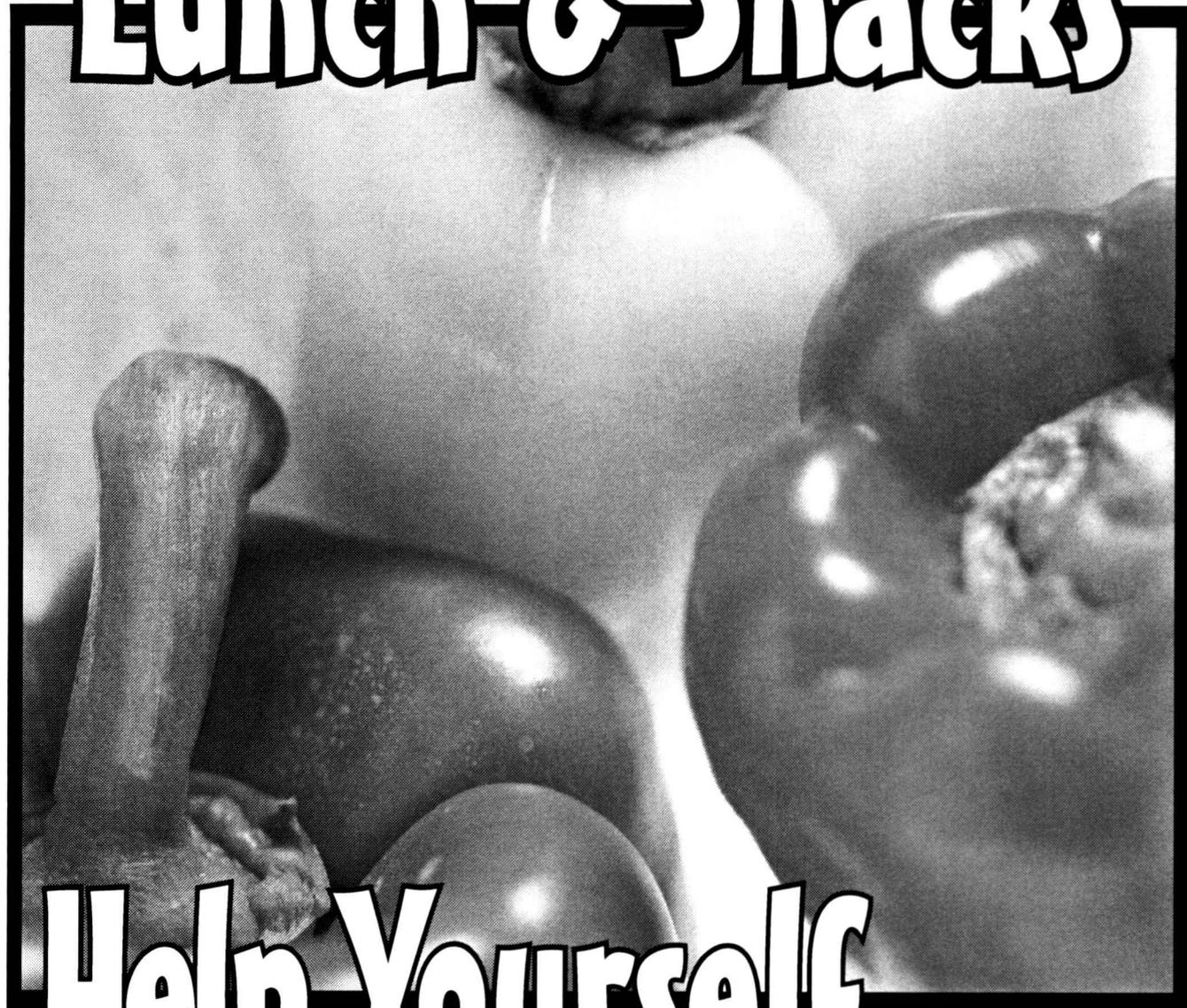
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## **Eating For a Healthy Life**

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# Lunch & Snacks



## Help Yourself



# A Guide to Healthful Eating

### HEALTHY LUNCH GUIDELINES

- Select low fat soups
- Include fresh fruits and vegetables daily
- Select whole grain breads and cereals
- Choose low fat spreads, salad dressings, and sandwich fillings

### ***Lunch***

Do you have your midday meal at home, at work, in your car? Does your midday meal come from a brown bag, from a cafeteria tray, over a deli-counter, or from a fast-food drive-through? Wherever you have lunch, and whatever kind of lunch you have, it can be full of healthy eating choices, that is, low in fat, and high in fruits, vegetables and whole grains.

A healthy lunch can include soups. Select broth-based soups that contain vegetables or beans, such as split pea or minestrone.

There are a number of ways to add fruits and vegetables to your midday meal. Salads are a popular lunch option. Most salad bars offer a wide choice of vegetables, such as lettuce, carrots, broccoli, tomatoes, cucumbers, green beans, mushrooms, and fruits. You can also add sliced vegetables, such as cucumbers and tomatoes, in addition to sprouts or lettuce, to your sandwich.

When having a sandwich for lunch, use low fat sandwich fillings. Lean ham, chicken, and turkey are good choices. Bologna, salami, and other high-fat deli meats are usually the worst options.

Healthy salads and sandwiches should also be made or eaten with low fat dressings and spreads. Choose low fat versions of regular salad dressings, mayonnaise, and butter. Flavorings like mustard, ketchup, and relish also taste good and are low in fat.



## HEALTHY MIX AND MATCH SANDWICH IDEAS

### **Bread/Crackers**

- 100% whole wheat
- Pumpernickel
- Pita (pocket bread)
- Rye
- Raisin bread
- Honey bran
- French or sourdough
- Mixed grain rolls or buns
- Whole wheat bagels
- Tortillas
- Bread sticks
- Rice cakes
- Low fat crackers (see snack list)
- Wheat English muffins

### **Low Fat Cheeses**

- Reduced calorie cheeses
- Part skim mozzarella
- Light or non-fat cream cheese
- Pot cheese

### **Fillings**

- Chicken or turkey
- Lean roast beef
- Meatloaf (lean beef)
- Low fat pressed meats
- Ham
- Turkey lunchmeats
- Tuna (water packed)
- Baked beans, canned
- Refried beans, canned
- Vegetables (raw or steamed)

### **Spreads**

- Mustards (prepared or Dijon)
- Light or diet mayonnaise
- Ketchup
- Hoison sauce
- Pickle relish
- Cranberry relish or sauce
- Lite vinaigrette or Italian dressing

With a **few simple changes**, you can enjoy lunches that meet the Eating for a Healthy Life goals of eating more fruits, vegetables, and whole grains, and eating less fat. Below are three examples.

### Brown Bag Lunch

#### High-Fat Lunch

Bologna & cheese on white bread  
with mayonnaise

Potato chips  
Chocolate chip cookies  
No fruit



#### Lower-fat Lunch

Sliced chicken on 100% whole grain  
bread with mustard, lettuce, and  
tomatoes  
Pretzels  
Fig bar  
Whole fruit

### Fast Food Lunch

#### High-Fat Lunch

Deluxe Big Burger  
Large order of fries  
Apple pie



#### Lower-fat Lunch

Grilled chicken sandwich with mustard  
Small order of fries  
Small vanilla ice cream cone

### Cafeteria Lunch

#### High-Fat Lunch

Roast beef  
Mashed potatoes with gravy  
Coleslaw  
Chocolate pudding



#### Lower-fat Lunch

Roast turkey with cranberry sauce  
Roasted potatoes  
Mixed vegetables  
Bowl of sliced fruit or frozen yogurt

## LUNCH OPTIONS

This chart shows some lunch choices that range from high fat foods to more healthful foods. You can lower your fat intake at lunch by moving your food selections from “OK” to “BETTER” to “BEST”.

### Soup

---

**OK**

- Cream soup

**BETTER**

- Broth soup

**BEST**

- Bean soup

### Crackers

---

**OK**

- Cheese crackers

**BETTER**

- Saltines, Rye crisp

**BEST**

- Whole wheat crackers

### Salads, Fruits, and Vegetables

---

**OK**

- Iceberg lettuce with bacon bits, cheese, chopped eggs, seeds, croutons
- Potato salad or macaroni salad
- Salads with avocado and cheese

**BETTER**

- Mixed greens with ham and Parmesan cheese
- Three-bean salad, coleslaw with vinaigrette dressing

**BEST**

- Spinach, tomato, carrots, turkey breast and beans
- Salad with tomatoes, carrots, cucumbers, etc, and/or fruit

## MORE LUNCH OPTIONS

This chart shows some more lunch choices that range from high fat foods to more healthful foods. You can lower your fat intake at lunch by moving your food selections from “OK” to “BETTER” to “BEST”.

### Salad Dressings and Spreads

---

**OK**

- Blue cheese, Roquefort dressings
- Butter, margarine
- Regular mayonnaise

**BETTER**

- French, Ranch, Thousand Island, Italian, vinegar & oil (commercial) dressings
- Reduced-fat margarine
- Low fat mayonnaise

**BEST**

- Low calorie dressings
- Fat-free margarine or dry butter substitutes
- Non-fat mayonnaise

### Sandwiches

---

**OK**

- Bologna and cheese, white bread, regular mayonnaise
- Regular hot dogs

**BETTER**

- Turkey bologna or lean roast beef, and low fat cheese, whole wheat bread, light mayonnaise
- Turkey franks

**BEST**

- Sliced turkey or fat-free bologna, 100% whole grain bread, mustard
- Fat-free hot dogs

### Fast Foods

---

**OK**

- Deluxe burgers with cheese
- Any foods that are breaded or fried

**BETTER**

- Plain hamburgers, broiled chicken sandwich
- Broiled foods

**BEST**

- Veggie burgers
- “Lite” entrees

## LUNCH WORKSHEET

Set goals you can make at lunch to reach your healthy eating goals.

1. First, write down what you eat most often for lunch. Because people might eat very different lunches during the week and on weekends, there are spaces for both.

What I eat for lunch most often:	
Weekdays	Weekends
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

2. Next, compare your typical eating choices to the lunch guidelines.

- Are you choosing low fat soups?
- Do you include fresh fruits and vegetables in your lunch?
- Are you choosing whole grain breads and cereals?
- Are you choosing low fat spreads, salad dressings, and sandwich fillings?

## LUNCH GOALS: Eating Less Fat and Eating More Fruits, Vegetables, and Whole Grains

On this sheet, write down simple action steps you could take at first. Then, on the next sheet, write more challenging steps you could make once you've reached the simple ones.



I will eat less fat at lunch by...

I will eat more fruits, vegetables, and whole grains at lunch by...

### Simple Steps

Example: ...using lean lunchmeats.

Example: ...adding a serving of fruit.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

**Keep in mind your long-term goals.**

## LUNCH GOALS: Eating Less Fat and Eating More Fruits, Vegetables, and Whole Grains

On this sheet, write more *challenging* steps you could take once you've reached the simple ones on the previous page.



I will eat less fat at lunch by...

I will eat more fruits, vegetables, and whole grains at lunch by...

### More Challenging Steps

Example: ...Having french fries once a week.

Example: ...Adding raw vegetables to salad.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

**Remember...it works best to make gradual changes.  
A series of small successes is likely to last longer and feel better.**

### HEALTHY SNACK GUIDELINES

- Eat fruits and vegetables first
- Choose lower fat packaged and frozen snacks, such as low fat chips and pretzels
- Use low fat spreads and dips

### **Snacks**

A healthy snack should satisfy your hunger but be low in calories and fat, and high in nutrients. With a bit of advanced planning you can keep carrot sticks, green peppers and other raw vegetables in the refrigerator and ready to eat. Even vending machines, convenience stores and gas stations offer healthful snacks.

Fruits and vegetables are ideal snacks. Fresh fruit is the best choice, as fruits are easy to buy and prepare. Keep chopped carrots, celery, and other raw vegetables in your refrigerator and take some to work for a quick snack.

While most packaged and frozen snacks are usually high in fat, they don't have to be. There are lots of low fat snack crackers, chips, pretzels, cookies, and candy, including lower-fat versions of some popular snacks.

Healthy snacks such as carrot sticks and low fat chips become high fat items when they are eaten with dips and spreads. Try healthy alternatives such as salsa and sample the new low fat versions of your favorite dips and spreads. You can also make your own lower fat dips and spreads using yogurt, fat-free sour cream, and cottage cheese.

## GOOD SNACKS TO TRY

Look at the list below and make a note of the healthful snacks that you like.

### Fruits and Vegetables

- Fresh fruit
- Raw vegetables
- 100% fruit juices
- Dried fruit
- Canned fruit

### Breads, Snack Crackers, and Chips

- Bread sticks
- Pretzels
- Low fat chips and crackers
- Rice crackers
- Rye crackers
- Toast crackers
- Crackle or crispbread
- Plain popcorn
- Low fat baked corn chips
- “Light” microwave popcorn
- Air-popped corn

### Dips and Spreads

- Salsa
- Dips and spreads made with low fat and fat-free sour cream, cream cheese, or yogurt

### Cookies

- Gingersnaps
- Arrowroot
- Ladyfingers
- Teddy grahams
- Lemon coolers
- Vanilla wafers
- Animal crackers
- Graham crackers
- Chocolate wafers
- Fruit bars (fig, etc.)

### Frozen Sweets

- Sherbet
- Sorbet
- Ice Milk
- Popsicles
- Frozen Yogurt
- Yogurt Push-ups
- Fruit juice bars

### Candy

- Licorice
- Gumdrops
- Hard candy
- Jelly beans
- Fruit candy

## **SNACK GOALS: Eating Less Fat and Eating More Fruits, Vegetables, and Whole Grains**

On this sheet, write down *simple* action steps you can take when snacking to meet your healthy eating goals.

When I snack, I will eat less fat by...

**Example: ...eating pretzels or low fat chips.**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

When I snack, I will eat more fruits, vegetables, and whole grains by...

<b>Example: ...having a piece of fruit for an afternoon snack.</b>	
1.	_____
2.	_____
3.	_____
4.	_____
5.	_____

***Should you snack?***

If you're not hungry, don't add calories to your day. Remember, a snack is just that - a snack. It should fill you up enough for an energy boost, but also be light enough that it doesn't spoil your appetite for your next meal.





**Acknowledgements:**

These materials were modified by Thuy Vu, Clayton Hibbert, Mari Nakayoshi, Jessie Satia, Ph.D., Lesley Tinker, Ph.D., and Deborah Bowen, Ph.D., of the Fred Hutchinson Cancer Research Center, for the Eating for a Healthy Life Project (CA 79077-01). The modifications are off of a guide originally developed for the Eating Patterns Project (Shirley Beresford, PI; CA 49643).

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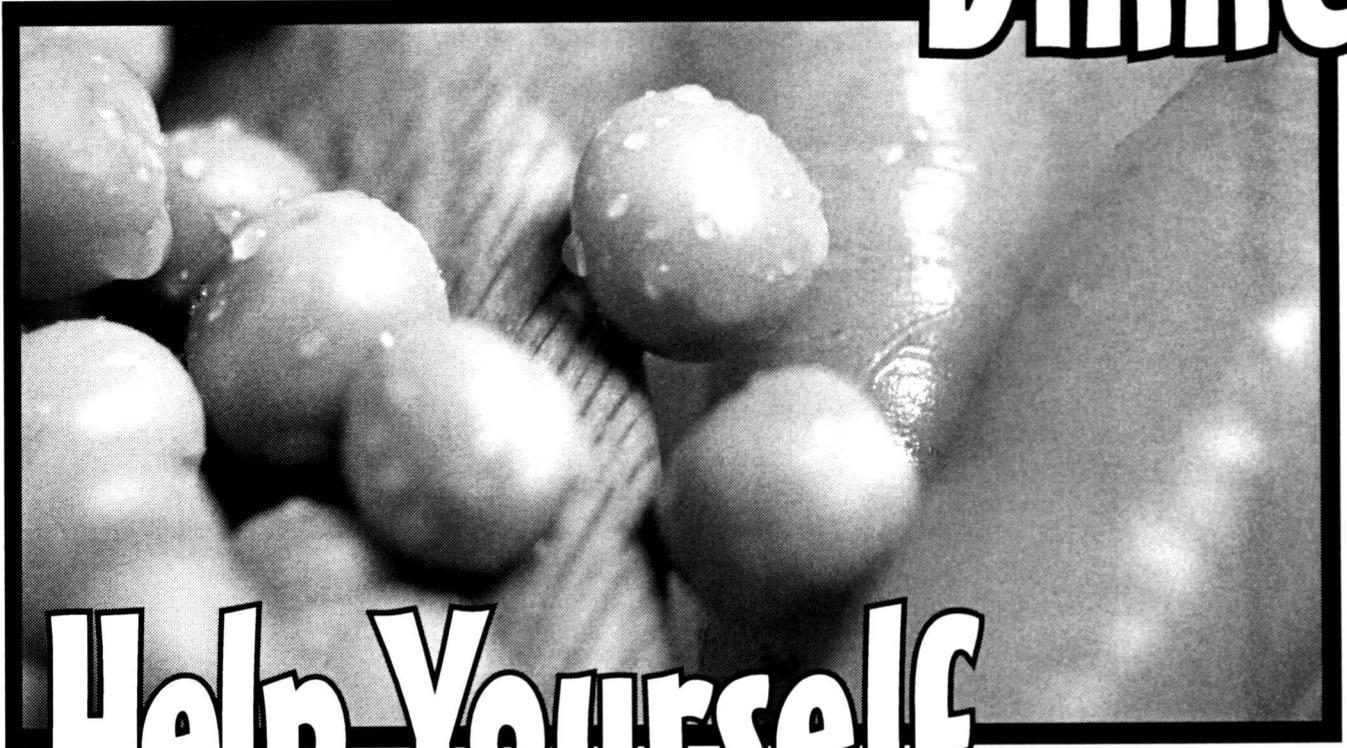
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## **Eating For a Healthy Life**

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# Dinner



# Help Yourself



## A Guide to Healthful Eating

### **HEALTHY DINNER GUIDELINES**

- Prepare main dishes that are low in fat
- Include a variety of whole grains and vegetables
- Use less butter and margarine on breads, vegetables, and potatoes
- Choose low fat desserts

### ***Dinner***

The main evening meal varies widely among households. But is there an ideal dinner? It may be the dish that is quickest and easiest to prepare; may consist of leftovers; may be store- or restaurant-bought; or may be prepared from scratch. Whatever you choose to eat for dinner, observing the following guidelines will ensure that you are eating a healthy meal that is rich in fruits, vegetables, and whole grains and is low in fat.

No matter what your main dish is, there are ways to reduce its fat content. For main dishes that have meat, choose leaner cuts of red meat or try poultry or fish instead. You can also try vegetarian proteins such as beans, tofu, seitan, or soy-based meat substitutes instead of meat, as these vegetarian alternatives are often lower in fat than meat. If you use cheese in your main dish, use less or lower fat types, such as reduced-fat cheeses or mozzarella made from skim milk. Use lower fat cooking methods (such as baking instead of frying) or use non-stick cookware. Replace high fat items with lower fat alternatives. Use herbs, spices, and fat free sauces that can boost flavor without adding fat.

Dinner is an excellent time to add whole grains and vegetables to your diet. Brown rice, bulgur, and barley are flavorful substitutes for white rice or mashed potatoes. Add vegetables to your main dish. For example, have vegetable soup or baked potatoes with steamed vegetables. You can also fill your salad with a variety of fresh vegetables.

Butter, margarine, and high fat sauces add flavor to your food but also add fat. Use lower fat versions instead, and try different seasonings.

A low fat dessert is a good way to top off a healthy dinner. Consider using fruit alone or served over sponge or angel food cake. If you want a frozen dessert, try ice milk, sherbet, fruit sorbet, or low fat frozen yogurt, as they make delicious substitutes for ice cream.

## **DINNER OPTIONS**

### **Beef**

Eye of round roast  
Tenderloin steak  
Porterhouse steak  
Round tip roast  
Top round, roast or steak  
Sirloin, roast or steak  
Bottom round roast  
Flank steak  
Lean ground beef

### **Lamb**

Leg  
Loin chop  
Blade chop  
Rack (rib)

### **Veal**

Rib roast  
Blade steak  
Loin chop  
Cutlet  
Sirloin chop  
Arm steak

### **Pork**

Center loin, roast, or chop  
Boneless ham  
Tenderloin

## **MEATLESS DINNERS**

One way to decrease fat is to reduce the amount of, or not include, meat in some of your meals. Most people think of meat as the “centerpiece” of the meal; however, meat can also be served as a side dish or even omitted. Beans and dried peas and lentils combined with grains such as rice or barley are good substitutes for meat dishes. Tofu, a product made from soybeans, can also be used instead of meat in many recipes.

**Keep in mind that meatless meals are not necessarily low in fat.  
For example, dinners that contain a lot of cheese or other dairy products  
can be very high in fat.**

With a **few simple changes**, you can prepare dinners that meet the Eating for a Healthy Life goals of eating more *fruits, vegetables, and whole grains*, and *eating less fat*. Below are three examples.

### Traditional Dinner

#### High Fat Dinner

Fried chicken breast  
  
White rice  
Broccoli with cheese sauce  
Baking powder biscuit with thick spread of butter  
Chocolate chin ice cream



#### Lower Fat Alternative

Broiled chicken breast (skin removed before eating)  
Brown rice  
Steamed mixed vegetables  
Whole grain roll with thin spread of butter or honey  
Frozen yogurt with milk

### Soup and Salad Dinner

#### High Fat Dinner

Chili with meat and beans  
Corn bread with butter  
Caesar salad



#### Lower Fat Alternative

Meatless chili  
French bread with reduced-fat margarine  
Sliced apples

## Mixed Dish Dinner

### High Fat Dinner

Spaghetti with meat sauce

Garlic/cheese bread

Tossed salad with regular dressing

Frosted chocolate cake



### Lower Fat Alternative

Spaghetti with meat sauce (extra lean ground meat)

Garlic breadsticks

Tossed salad with low or nonfat dressing

Angel food cake with fruit topping



## DINNER OPTIONS

This chart shows some dinner choices that range from high fat foods to more healthful choices. You can lower the amount of fat you eat at dinner by moving your food selections from “OK” to “BETTER” to “BEST”.

### Main Dishes

---

**OK**

- Steak & pork chops
- Roast beef, untrimmed
- Fried chicken
- Hamburger, meatloaf
- Chilis and stews
- Macaroni and cheese

**BETTER**

- Leaner cuts, fat trimmed, baked or broiled
- Roast beef, trimmed
- Oven-baked chicken
- Lean ground beef
- Chilis or stews made with leaner meat or less meat
- Spaghetti with tomato sauce and lower fat cheese

**BEST**

- Leanest cuts, smaller portions, baked or broiled
- Beef and pasta casserole
- Baked or broiled chicken without skin
- Extra-lean ground beef and ground turkey
- Chilis or stews made with leanest meat or meatless
- Spaghetti with tomato sauce and vegetables

### Grains and Vegetables

---

**OK**

- Fried white rice
- White pasta
- Fried potatoes
  
- Vegetable with cheese sauce or butter
  
- Biscuit
- Salads with eggs, bacon bits, cheese, and regular dressing

**BETTER**

- Plain white rice
- Spinach pasta
- Baked potato with sour cream
  
- Vegetables with reduced-fat margarine
  
- Dinner roll
- Salads with lower fat dressing

**BEST**

- Plain brown rice
- Whole wheat pasta
- Baked potato (and skin), with light sour cream
- Vegetables with herbs and seasonings or tomato sauce
- Whole grain roll
- Salads with carrots, tomatoes, etc. and low or nonfat dressing

---

**OK**

- Chocolate mousse
  
- Ice cream
  
- Cakes, pies, cookies

**BETTER**

- Tapioca pudding
  
- Ice milk
  
- Lower fat cakes, pies, and cookies

**BEST**

- Pudding made with low fat milk
- Sherbet or frozen yogurt
  
- Fresh fruit, angel food cake with fruit topping

## DINNER WORKSHEET

Set goals you can make at dinner to reach your healthy eating goals.

1. First, in the space below, write down four dinners you typically eat.

<b>Four dinners I typically eat:</b>	
1.	_____
	_____
2.	_____
	_____
3.	_____
	_____
4.	_____
	_____

2. Next, compare your typical eating choices to the dinner guidelines.

- Are your main meals low in fat?
- Are you including whole grains and vegetables?
- Can any of the recipes be modified to reduce fat?
- Are you choosing low fat desserts or substituting fruit for high fat desserts?

## DINNER GOALS: Eating Less Fat and Eating More Fruits, Vegetables, and Whole Grains

On this sheet, write down *simple* action steps you could take at first. Then, on the next sheet, write more *challenging* steps you could make once you've reached the simple ones.



I will eat less fat at dinner by...

I will eat more fruits, vegetables, and whole grains at dinner by...

**Keep in mind  
your long-term goals.**

### Simple Steps

Example: ...taking the skin off chicken.

Example: ...adding a variety of vegetables to salads.

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_

**DINNER GOALS: Eating Less Fat and Eating More Fruits,  
Vegetables, and Whole Grains**

On this sheet, write more *challenging* steps you could take once you've reached the simple ones on the previous page.



I will eat less fat at dinner by...

I will eat more fruits, vegetables,  
and whole grains  
at dinner by...

**Remember...don't worry about  
changing everything at once.  
It works best to make gradual,  
easy changes first.  
A series of small successes is likely  
to last longer and feel better.**

**More Challenging Steps**

Example: . . . having smaller servings of meat.

Example: . . . serving two different vegetables.

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_



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# Motivational Messages

# At Your Fingertips

## Motivational Messages

Ideas for delivering motivational messages to your faith community members.

- Laminated posters (12): We've laminated these posters so you can start using them right away! Consider hanging a new poster up each month. Make sure you use a visible spot where as many people as possible will see them.
- Sample print event poster as bulletin insert.
- Quick Tip Library: An entire library of quick healthy eating tips at your fingertips. Shorten them or add to them, as you like, for easy insertion into your next bulletin or newsletter.
- Sample quick tip in bulletin text.



# Healthy Foods Taste Good!

They come in a range of  
flavors & textures.  
Try a new one today!



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# Boost Your Energy!

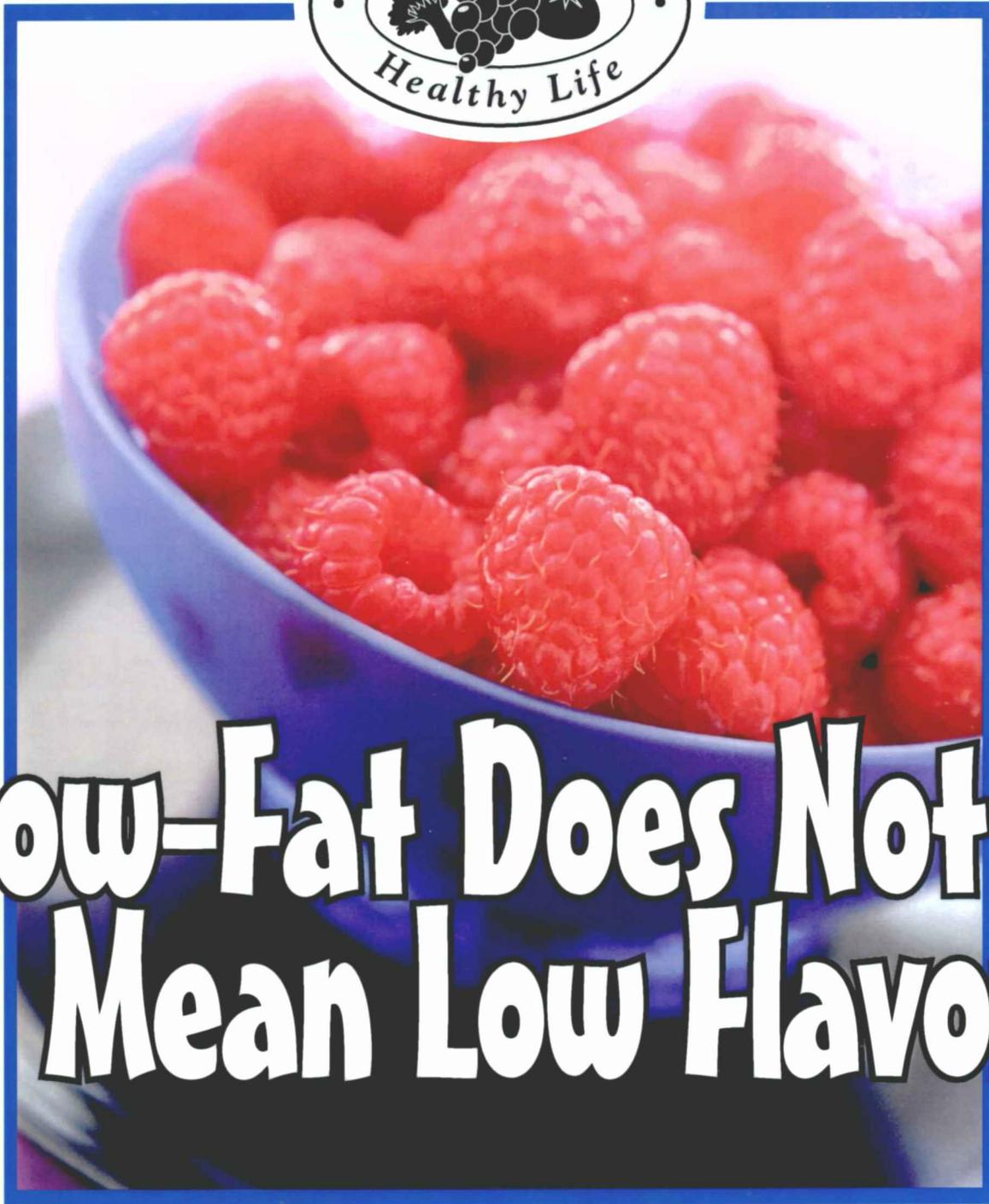
Eating healthy gives your body important nutrients that give you energy so you don't feel as sluggish. You can actually feel healthier.



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# Low-Fat Does Not Mean Low Flavor



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# Cook With Your Kids! It Helps Set Them on the Right Track



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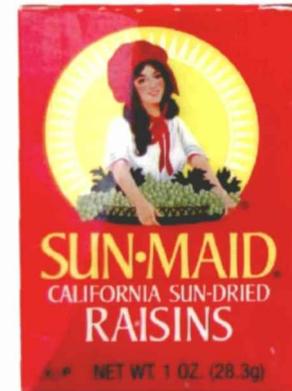


# Eating Healthy Can Save You Money

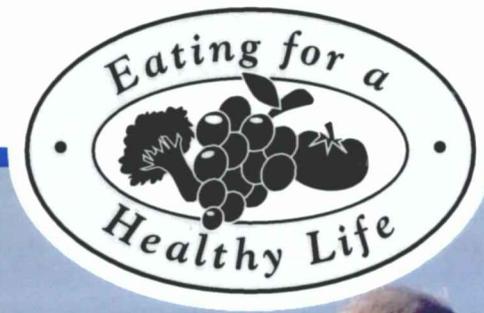


**Candy Bar (Snickers Bar)**  
**Serving size = 1 bar (2.07 oz)**  
**Fat per serving: 14 grams**  
**Cost per serving: 50¢**

**VS.**



**Raisins (Sunmaid Raisins)**  
**Serving size = 1 box (1 oz)**  
**Fat per Serving: 0 grams**  
**Cost per serving: 33¢**



# Boost Your Energy!

Eating healthy gives your body important nutrients that give you energy so you don't feel as sluggish. You can actually feel healthier.



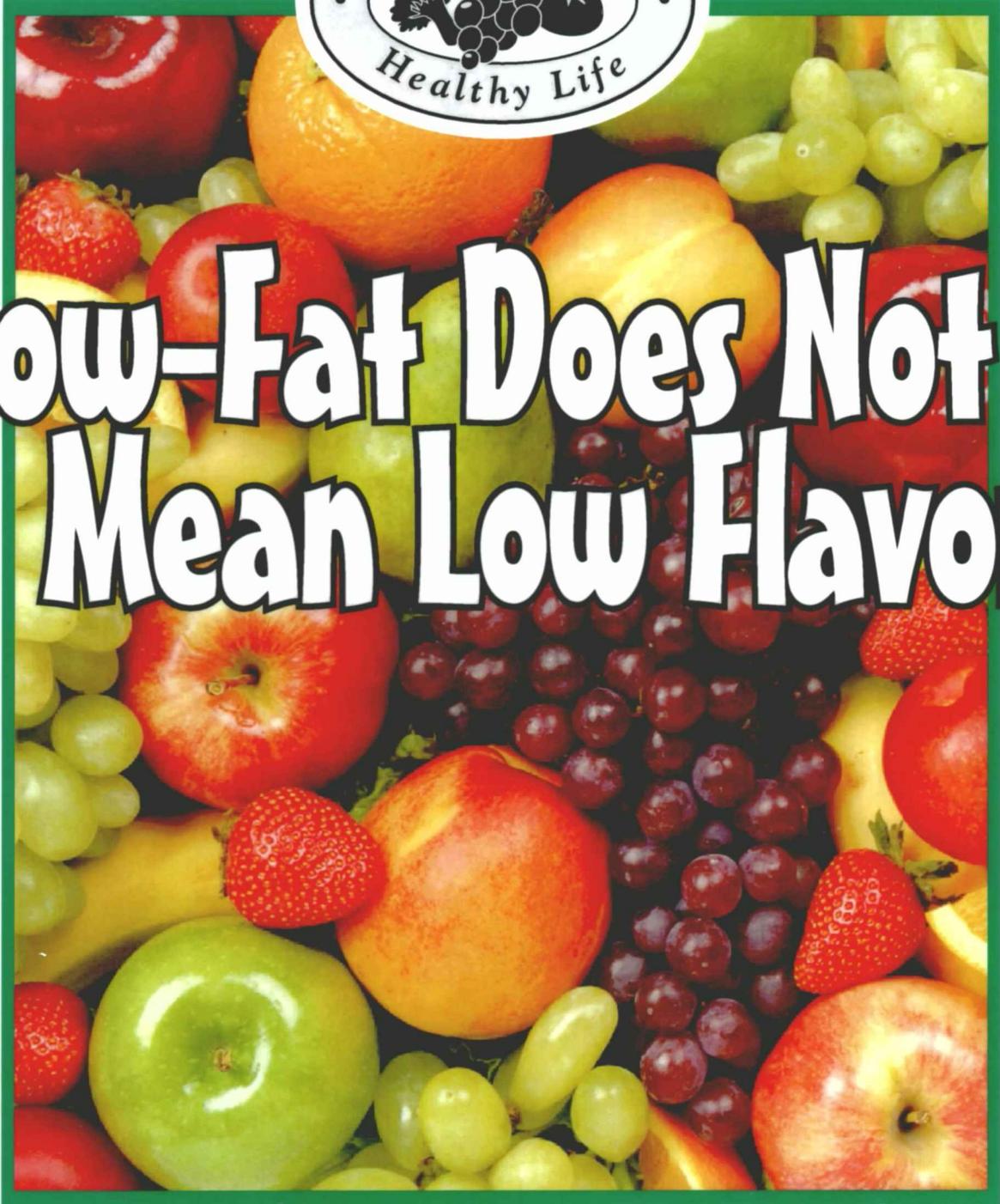
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# Low-Fat Does Not Mean Low Flavor



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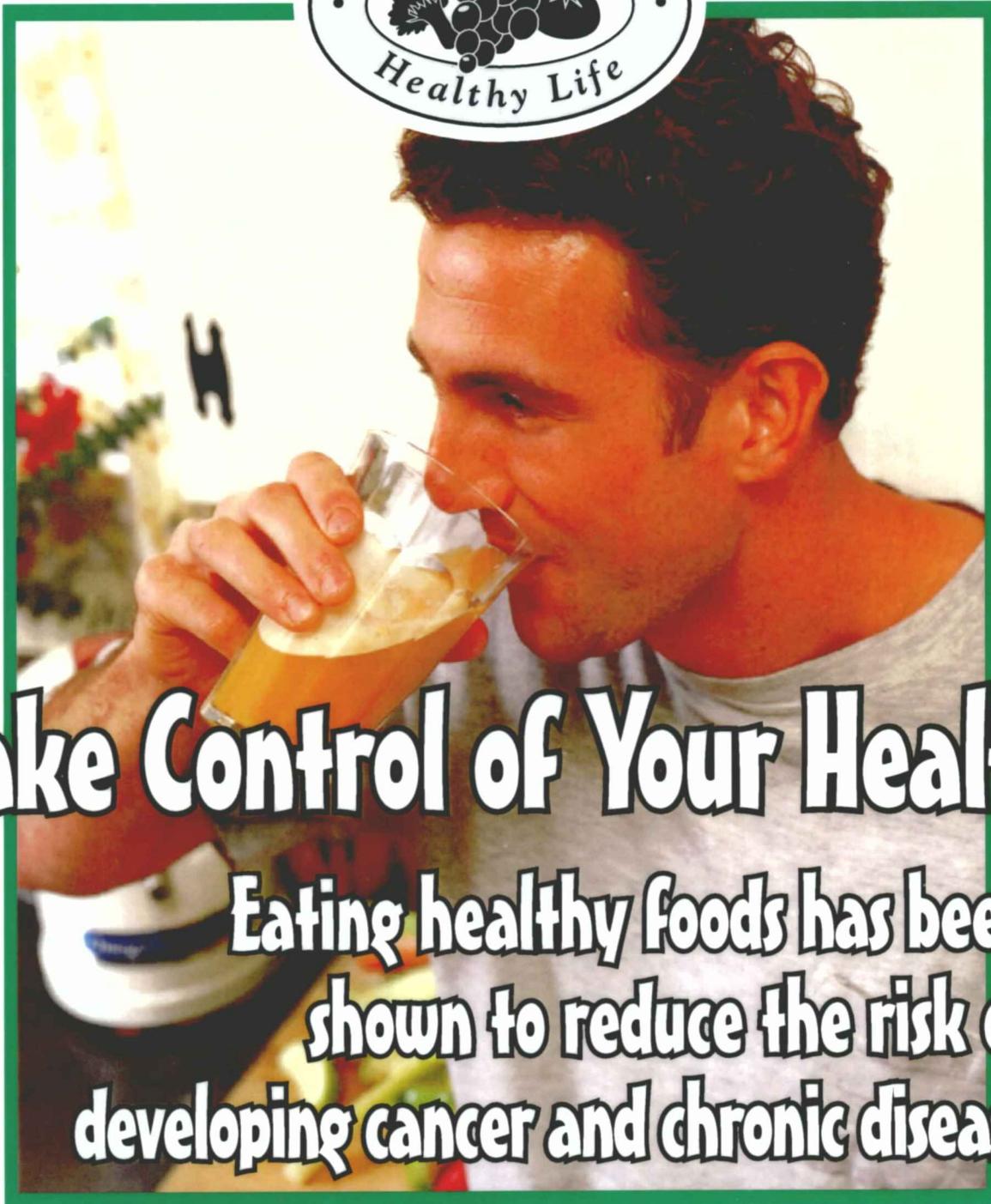


# Healthy Eating Can Benefit Any Age



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# Take Control of Your Health

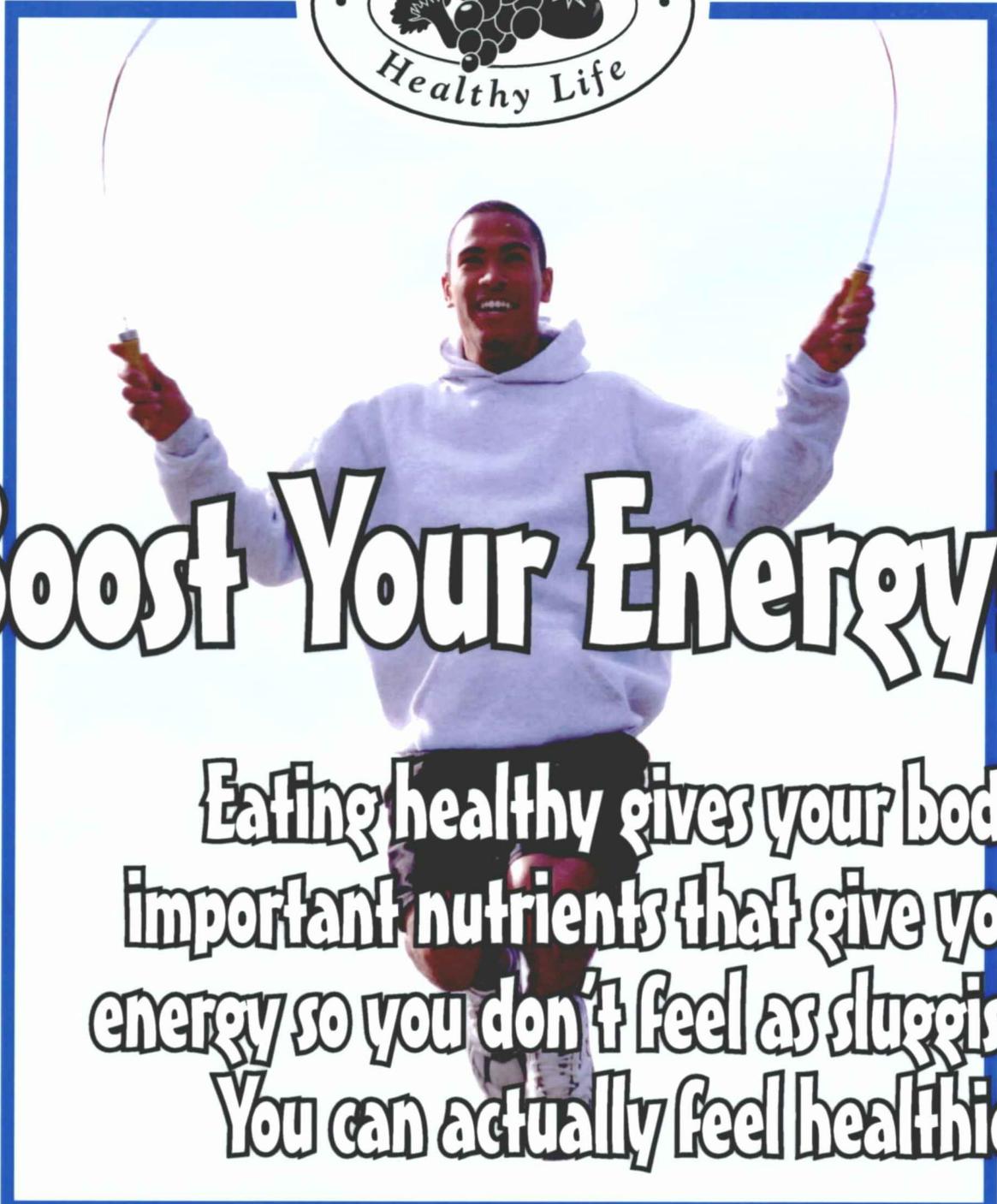
Eating healthy foods has been shown to reduce the risk of developing cancer and chronic disease.



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A man in a white hoodie and dark shorts is jumping rope. He is smiling and looking towards the camera. The background is a bright, clear sky. The entire scene is framed by a blue border.

# Boost Your Energy!

Eating healthy gives your body important nutrients that give you energy so you don't feel as sluggish. You can actually feel healthier.



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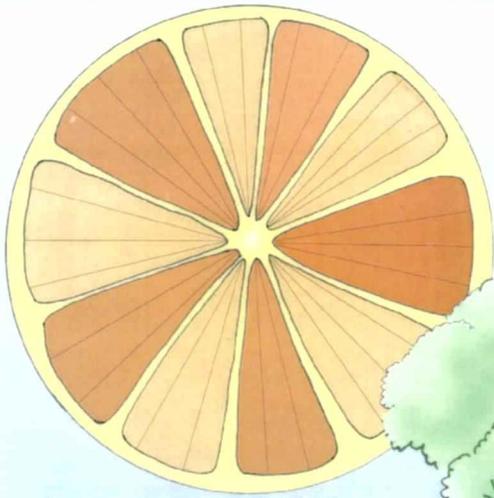
# Take Control of Your Health

Eating healthy foods has been shown to reduce the risk of developing cancer and chronic disease.

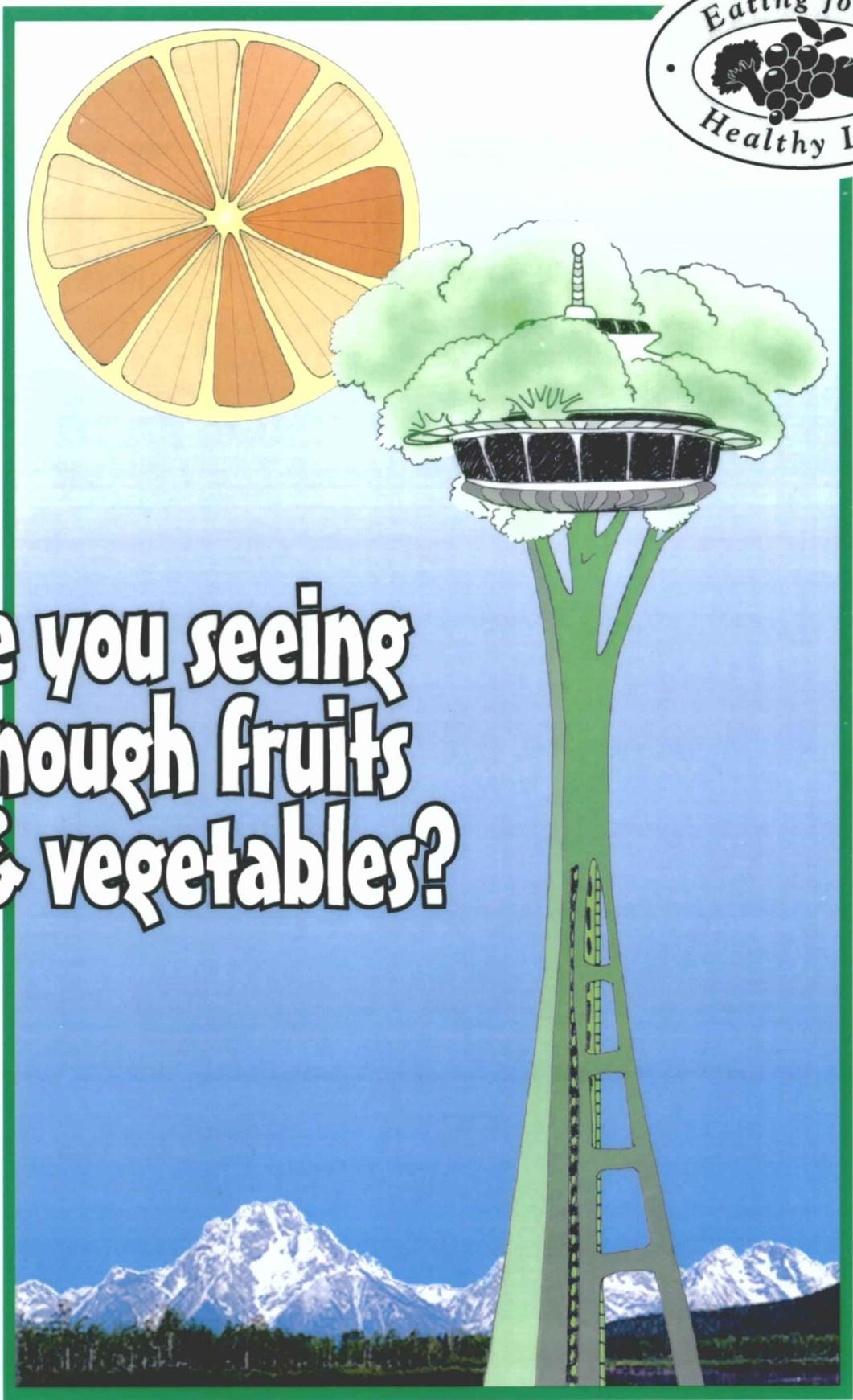


## Eating for a Healthy Life

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**Are you seeing  
enough fruits  
& vegetables?**





---

# Quick Tips Library

Clip these tips for easy insertion into your faith community's next bulletin or newsletter.

## **Remember: Healthy Eating is Easy!**

1. Skip the chips and reach for low fat favorites such as veggies & low fat dip, apple wedges & low fat cheese, air popped popcorn, pretzels with mustard, low fat frozen yogurt or a fat free raspberry fig cookie.
2. There are delicious low fat substitutes for almost all high fat foods. Challenge yourself this week to find an acceptable, lower fat substitute for one of your favorite high fat foods! And tell a friend!
3. Dairy foods are high in calcium and other nutrients but can also be high in fat. Lower the fat by switching to a lower fat product or reducing the serving sizes.
4. Eating healthy doesn't mean you have to spend a lot of money. Buy fresh fruit and vegetables when they are in season. Look for them in local farmer's markets and "on special" at your local store.
5. When was the last time you browsed your supermarket's bulk food aisle? There are lots of tasty, nutritious and low cost items to be found. Plan to use beans or whole grains in a recipe this week.
6. Check out your favorite recipes and try to identify which ingredients are adding the most fat, then try to remove that ingredient, or limit it.
7. Cutting the fat doesn't mean cutting the flavor! Season your lower fat foods with intense flavors like lemon or lime juice, flavored vinegar, salsa, onions or garlic, fresh herbs and spices or mustards.
8. By using spices (and lowering fat), your meals will have so much flavor, no one will miss the fat!
9. Lowering the fat in a recipe can be as easy as adjusting your cooking method. Rather than pan or deep fat-frying an item try baking, roasting, broiling, grilling, stir-frying, stewing, poaching, steaming or braising it!
10. What is a salad to wear? Beware of potential high fat toppings such as croutons, bacon bits, cheese, egg yolks, ham or a coat of full fat dressing!
11. The fashionable salad wears tanned or fresh fruit, lightly steamed vegetables, and reduced fat dressing.
12. Be patient with children trying new foods. It may take 15 exposures to a food before someone will even taste it!
13. Sometimes it can seem like more work to cut up fresh fruit for a snack than grabbing a bag of chips! After the grocery store, prepare fruits and vegetables to be snack-ready.
14. Store fruits and vegetables at the appropriate eye-level for your young family members —they will be sure to catch their eye next time they are staring into the fridge for snacking inspiration!
15. Want to pack healthier lunches for the whole family? Try adding low fat yogurt cups, dried fruit, pre-sliced apples or pre-peeled oranges, 100% fruit fruit rolls, cut up carrots and celery with low fat dip, 100% fruit juice drink boxes or low fat or fat free pudding for a sweet treat.



## For Winter Months

16. In wintertime, it is often more affordable and just as nutritious to supplement your fresh produce purchases with frozen, tanned and dried items.

## For Fall Months

17. Eating seasonal fruits and vegetables is a healthy and affordable choice. What's in season now?
18. Fall in Washington State provides a bounty of delicious fruits and vegetables. Apples, berries, grapes, melons, rhubarb, carrots, celery, eggplant, mushrooms, onions, peppers, potatoes, pumpkins and squashes. Look for local seasonal produce today!
19. What about those phytochemicals? While research is still in progress, eating a variety of fruits and vegetables every day, brings vitamins and minerals that your body needs to stay healthy.
20. Grilling is a great way to prepare low fat meals because most of the fat drips off of meats while they are cooking. Best bets are extra-lean ground beef hamburgers, turkey burgers, chicken or fish.
21. Did you know that many condiments are great low fat or non- fat additions? Ketchup, mustard, barbecue sauce, many steak sauces, salsa, jam and honey.
22. Take it easy on the high fat butter, margarine and full fat salad dressings, and add flavor without adding fat by trying a lower fat condiment like salsa!
23. It's easy to get to the lighter side of brunch! If you are cooking eggs, omit a few yolks and add back egg whites with egg substitute.
24. It's easy to get to the lighter side of brunch! If you are following a recipe, reduce the number of egg yolks in it, by adding an extra white for each yolk omitted, or use an egg substitute.
25. It's easy to get to the lighter side of brunch! Switch to a reduced fat butter/margarine or skip it altogether by topping your toast with jam, honey or a low fat fruit flavored cream cheese.
26. It's easy to get to the lighter side of brunch! Substitute your usual bacon or sausage with Canadian Bacon —a delicious, lower fat alternative.
27. It's easy to get to the lighter side of brunch! Skip the high fat pastries and reach for a bagel or English muffin. Better yet, choose a whole grain bagel or muffin. Don't forget to add fresh fruit!
28. How can I eat more fruits and vegetables? Top your bowl of fresh fruit with a dollop of low fat frozen yogurt, or even ice cream, instead of the other way around!
29. How can I eat more fruits and vegetables? Keep frozen and canned ones on hand to add to soups, salads and rice dishes.
30. How can I eat more fruits and vegetables? Make up a fruit salad with your favorite dried fruits, keep in baggies and store in your car for the commute.
31. What healthy snack do you keep at your desk at work?
32. It's easy to pass- up the vending machine when you have your own low fat microwave popcorn at your desk. Saves money too!



33. The cookie jar doesn't have to be just for cookies. It's a great place to keep healthy snacks.
34. Remind your family (and yourself) where healthy snacks are. Leave post-it notes on the fridge.
35. Join the lower fat trend in salad eating – with each bite dip the fork in salad dressing on the side, instead of pouring it on the salad.
36. To lower the fat when dining out, order lean meats, grilled or broiled and remove skin and excess fat before eating.
37. If the meat portion sizes are large in a restaurant, ask for ½ for a doggy bag up front and enjoy the rest the next day.
38. Dried fruits and vegetables make great hiking and traveling snacks. Look for some at the grocery or outdoor stores.
39. Dried fruits and dried vegetables make great snacks and are a nutritious way to add more fruits and vegetables to your diet.
40. Toss several dried fruits together and you have made yourself a dried fruit salad! You can even dry your own at home in your oven!
41. Healthy eating begins with choosing fruits and vegetables, whole grains, and food items that are low in fat. Have you eaten healthy today?
42. Remember, low fat snacks come in a variety of flavors.
43. My family refuses to eat most vegetables — how can I get them to eat them?!
44. Add vegetables to an old favorite - add grated zucchini or carrots to your famous meatloaf.
45. Adding frozen or canned vegetables to a canned soup is a healthy thing. More vegetables!
46. Vegetables aren't just for dinner anymore! Try some as a snack — cut up zucchini & dip in yogurt.
47. My family refuses to eat most vegetables — how can I get them to eat them?! Sometimes it helps to involve your children in your meal planning and preparation.
48. Help increase a child's vegetable intake at dinner:
  - Let them pick out the vegetable at the store
  - Encourage them to prepare it -- helping to shell fresh peas, snap green beans or shuck ears of corn.
49. Encourage a child to help in cooking healthy foods. It's fun to be involved!
50. Be a role model for your child, eat healthy foods.
51. Choose a restaurant that has healthy options.
52. When you are thirsty, push aside that soda and reach for the container of 100% fruit juice. It provides important vitamins and minerals that your body needs.
53. Try another form of fruit juice. Freeze 100% fruit juice in ice cube trays, insert popsicle sticks once partly frozen and you have just made your family a refreshing and nutritious treat!
54. In baked dessert, gradually reduce the fat in increments to 1/3 of the original recipe, taste your results, and if you are pleased, try cutting the fat by 1/2 the next time you bake the recipe. This will work in most recipes except for yeast breads and pie crusts.
55. Bake with less fat - try applesauce and other fruit purees in place of fat or oil, and you won't be sacrificing flavor!
56. Fruit purees in baking not only replace the fat, but they add moisture too!
57. Bypass the heavy cream whipped topping & try whipping chilled evaporated milk. Add a little lemon juice to stabilize it and remember to use a chilled mixing bowl and beaters.



58. If it's chocolate you love, consider this: unsweetened cocoa is a great way to add rich, chocolate flavor while adding very little fat.
59. Use unsweetened cocoa in place of baking chocolate in your favorite recipe.
60. If your recipe calls for chocolate chips, try using the reduced fat variety. They can cut the added fat by half!
61. Try some of the ideas in the Healthy Eating Booklet.
62. Picky eaters at home? Try involving them in the choice and preparation of food!
63. Cut the fat, not the flavor! Use lemon or lime juice, flavored vinegar, salsa, onions, garlic or fresh herbs and spices instead.
64. Instead of pan or deep fat frying, try baking, roasting, broiling, grilling, steaming or braising!
65. To always have quick and healthy snacks available, try cutting up your fruit and veggies when first home from the grocery store.
66. Take an extra fruit or veggie to work with you this week
67. Like pancakes? Try topping them with fresh, seasonal fruit and low fat yogurt instead of butter and syrup.
68. Eggs for breakfast? If using 2 eggs, discard one of the yolks (and use later)
69. Add zip to a boring sandwich by using whole grain bread!
70. Try a meatless meal this week.
71. Have you tried a new fruit or veggie this week??
72. Check for vegetables in your cupboard, refrigerator, and freezer —are they there?
73. Stocking your kitchen with fruits and vegetables makes it easy to add these low fat items to your meals and snacks. Check the following:
  - Cupboard — Conned vegetables, canned fruits, & dried fruits
  - Refrigerator — Fresh fruits & vegetables pre-cut, 100% fruit juices, fruit spreads
  - Freezer — Frozen fruits & vegetables, juices
74. When you add a whole grain to a salad or any meal, you get more vitamins, fiber and taste. Two quick & easy choices are tabouli and couscous. Try it and taste for yourself!

## **Whole Grain Tips**

75. Here are 3 easy ways to eat more whole grains!
  - Find your favorite whole grain bread and freeze it to keep on hand for later.
  - Use whole grain cereal alone or add to your favorite cereal.
  - Whole wheat spaghetti is great alone or combined with regular spaghetti.

## **Smart Snacking Tips**

76. Dried fruits and vegetables make great tasting, low fat, easy snacks on the go!
77. Hide and limit the higher-fat food items that you have at home. Outta sight, outta mind.



78. Go for low fat snacks - lite microwave popcorn, soynuts, dried fruit, lite cottage cheese, yogurt, baked chips, frozen fruit bars, gingersnaps, and smoothies.
79. What's your favorite low fat snack? Share it with a friend.

## **Eating Out in Restaurants Tips**

80. Which of the following terms can mean a high fat item? Poached, roasted, or sauteed? (Answer: Sauteed)
81. Beware, some appetizers can have more fat than the main course, especially if fried.
  
82. Expand your grocery store vocabulary with these food label definitions.
  - Lean: No more than 10% fat.
  - Extra Lean: No more than 5% fat.
  - Reduced in fat, less fat, or lower fat: At least 25% less fat than in standard item.
83. Remember when buying baked goods, low fat does not necessarily mean "low calorie."
84. Good news! You don't have to give up all your favorite high fat foods! Just eat LESS of them.
85. Try a meatless meal this week! (Good alternative protein sources are—canned beans (kidney, black, garbanzo), tofu, egg whites, dried beans, peas & lentils, low fat cottage cheese, surimi (imitation crab)).

## **Summer Time Tips (also see holiday tips section)**

85. Hot summertime calls for a cool fruit Popsicle!
86. Cold gazpacho soup is a healthy summer soup! And nutritious with tomato's phytochemicals!
87. Try lowering the fat in a fried fish 'n chips meal by passing on the tartar sauce and substitute lemon for flavor.
88. Don't be defeated at the ballgame with healthy eating. Seek out the lower fat choices such as pretzels, frozen yogurt, non-fried foods (they are there!)
89. Don't get stuck at the ballgame without a healthy snack. Bring along a bag of baby carrots, dried fruit, or soy nuts. Bring enough to share!
90. Family vacations can include healthy eating with just a little planning.
91. Farmer's markets have fresher and less expensive produce in season.
92. For a quick summer meal, try stocking up on low fat sandwich fixings like Healthy Choice brand low fat cold cuts.
93. At the beach, bring along frozen grapes for a refreshing treat!
94. At the beach, bringing along 100% juice is healthy!
95. Pretzels at the hot dog stand are a healthy choice and the mustard is naturally fat free!
96. What has less fat, a pretzel or a donut? (Answer: A pretzel!)
97. How many colors are in your summer salad?
98. Ask for lowfat milk in that iced latte and save yourself some fat. They may automatically serve whole milk otherwise.
99. Whole wheat pasta can be part of a quick summer meal. Try it and enjoy its flavor!



## Holiday Tips

100. Red and blue berries with white light whip topping or vanilla frozen yogurt, makes a healthy July 4th treat! Try it!
101. Pie anyone? Try a low fat graham cracker crust in place of the usual high fat pastry.
102. 'Tis the season for adding flavorful seasonings to holiday meals. Try a new spice this month and add flavor but no fat!
103. Reduce or eliminate high fat appetizers before the big meal such as crackers, cheese, chips and baked goods. Try veggies with lowfat dip, fruit or baked chips and salsa if appetizers are desired!
104. Your eyes aren't bigger than your stomach! Serve yourself small portions of the holiday items served.
105. When eating roasted turkey, peel off the skin before eating.
106. Don't forget the vegetables!
107. Consider the gravy! It can be a big source of holiday fat!
108. At the grocery store, it can be quite confusing to figure out what food label claims mean. Test your low fat nutrition labeling savvy. Match the common food labeling terms, on the left, with their definitions on the right. (NOTE: Use this to make many short tips.)

Term	Definition
A. Fat Free	_____ Product has one gram or less of saturated fat.
B. 99% Fat Free	_____ Product has 3 grams of fat or less per serving.
C. Low Fat	_____ Every 100 grams of food will have 1 gram or less of fat
D. Reduced Fat	_____ Product has less than 1/2 gram of fat per serving
E. Lite/Light	_____ Product has less than 10 grams of fat, less than 4 grams saturated fat, and less than 95 milligrams cholesterol per serving. For meat and poultry only.
F. Lean	_____ Product has less than 1/2 gram saturated fat per serving
G. Saturated Fat Free	_____ Fat has been reduced by at least 25% compared to similar food
H. Low in Saturated Fat	_____ Product has 33% fewer calories or 50% less fat per serving than a similar product.

Answers: H, C, B, A, F, G, D, E

**Sample motivational message  
To appear in a bulletin**

**What is a salad to wear?**

Try dressing your salad in low fat  
fashion!



Low fat dressings and a fresh mix of  
produce such cherry tomatoes,  
cucumbers, or diced peppers make  
for low fat, delicious,  
and beautiful salads.



# Tip Sheets



# Amount of Fat in Sample Menu



Food Item	Grams of Fat	Lower Fat Choices
<b>Breakfast</b>		
1 poached egg	5	_____
1 strip bacon	3	_____
1 slice toast	1	_____
1 tsp. regular margarine	4	_____
2 tsp. jam	0	_____
1/2 C. orange juice	0	_____
	= 3 tsp	
<b>Snack</b>		
1 c. coffee with sugar substitute	0	_____
1 donut, cake type, plain	8	_____
	= 2 tsp	
<b>Lunch</b>		
<b>Sandwich:</b>		
2 slices rye bread	2	_____
2 oz. light turkey, without skin	2	_____
1 T. mayonnaise, regular	11	_____
Tomato and lettuce	0	_____
1 oz. package of potato chips	10	_____
1 apple	0	_____
1 soft drink	0	_____
	= 6 tsp	
<b>Dinner</b>		
<b>Cheeseburger:</b>		
1 hamburger bun	2	_____
3 oz. hamburger (30% fat), regular	22	_____
1 T. mayonnaise, regular	11	_____
1 oz. cheddar cheese	9	_____
French fries (1 regular serving)	18	_____
Tossed salad	0	_____
1 T. Italian dressing	7	_____
	= 17+ tsp	
<b>Snack</b>		
1/2 cup ice cream, regular	7	_____
	= 2 tsp	
<b>TOTAL</b>	<b>122 g</b>	
<b>(2450 calories)</b>	<b>= approx 30 tsp</b>	

Note: 1 tsp. margarine = approx 4 g. fat

# But What Is a Salad to Wear?



## How to Dress Your Salad in low Fat Fashion

### High-Fat Items to limit:

Croutons	Eggs
Bacon bits	Olives
Avocado	Ham
Cheddar cheese	Sunflower seeds
Creamy pasta or potato salad	

### Low Fat Items to Include:

Pineapple	Colorful bell peppers
Fennel	Endive
Leeks	Mandarin oranges
Asparagus	Parsley
Bulgur (wheat kernels)	Couscous (little pasta)
Raspberries	Mesclun (mixture of different lettuce & greens)

## The Salad Dressing

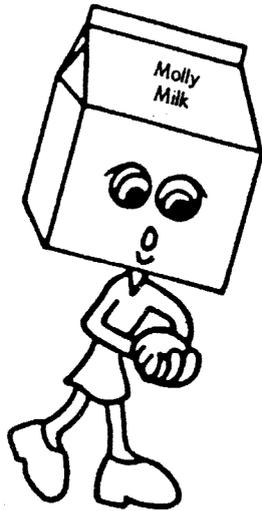
- Olive and canola oils are healthier, but all oils have the same amount of fat—14 grams per tablespoon.
- Oily and creamy dressings at salad bars are often high fat, so bring your own low fat favorite.
- To reduce the fat, dilute with vinegar, lemon juice, water, or nonfat milk.
- Dipping the fork into the dressing uses less fat the pouring it onto the salad.
- Make your own dressing with flavored vinegars, herbs, and less oil than commercial brands.



# Connect the Dots

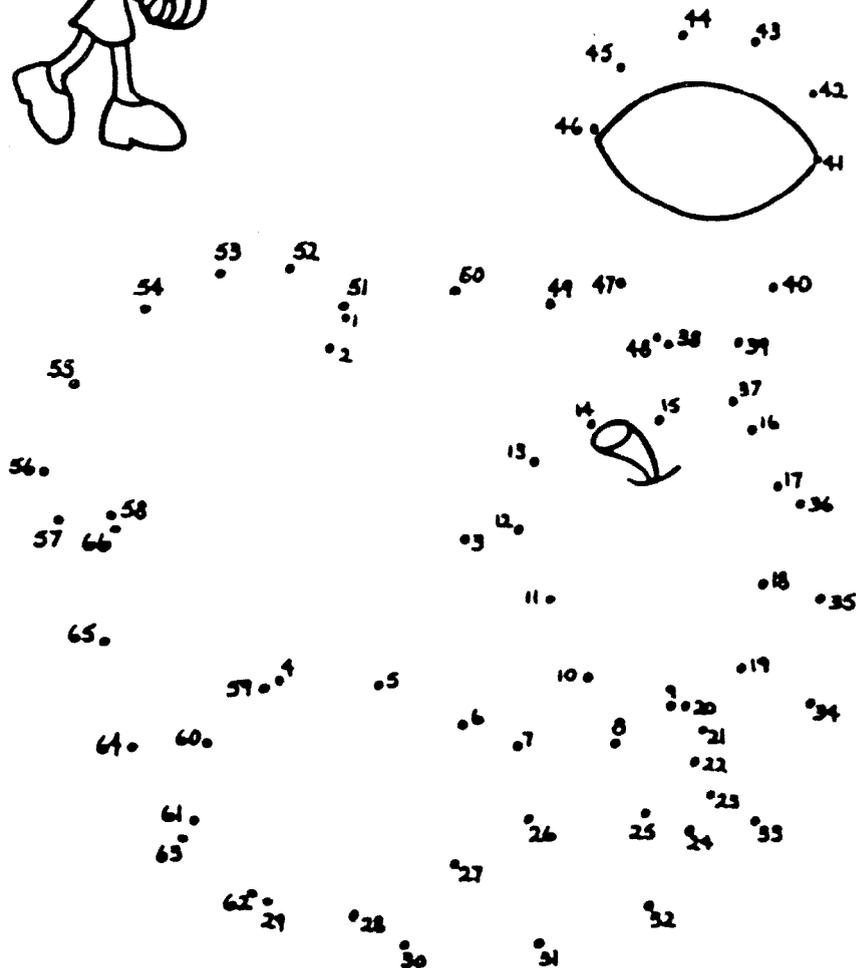


## CONNECT-THE-DOTS



Take your pencil and connect the dots from one to sixty-six.

And you will see before your eyes, four foods that are good to fix!



# Cooking for One or Two – Ideas for the Challenge



Review the challenges listed below. Identify the ones that make meal preparation for one or two people more difficult for you. Check the ideas that you could use to help make your meals more healthy.

## **Challenge: Eating alone is not enjoyable**

- Think positively:
  - "I can choose simple meals to make."
  - "I can make one of the quick low-fat recipes available in my materials."
  - "I enjoy being able to eat what I want without worrying about other people."
- Share the meals with someone else.
  - Ask someone to dinner once a week.
  - Host a dinner party.
- Make the place you eat more friendly and inviting.
  - Decorate the table with a pretty tablecloth or flowers.
  - Add flower, photo of a favorite person or vacation or other table decoration.
  - Play music or watch TV while you eat.
- Other \_\_\_\_\_

## **Challenge: It takes too much time to prepare a meal**

- Identify time-saving foods and recipes.
  - Have time-saving foods and ingredients on hand.
  - Have quick low fat recipes for one or two people on hand.
  - Have some low fat frozen dinners available for a quick meal.
  - Collect recipe ideas for quick low fat grain and vegetable dishes.
- Prepare foods ahead of time.
  - Make double and freeze what you don't eat for another meal or use as planned-overs.
  - Cook soups and casseroles ahead of time and freeze in single servings.
- Other \_\_\_\_\_

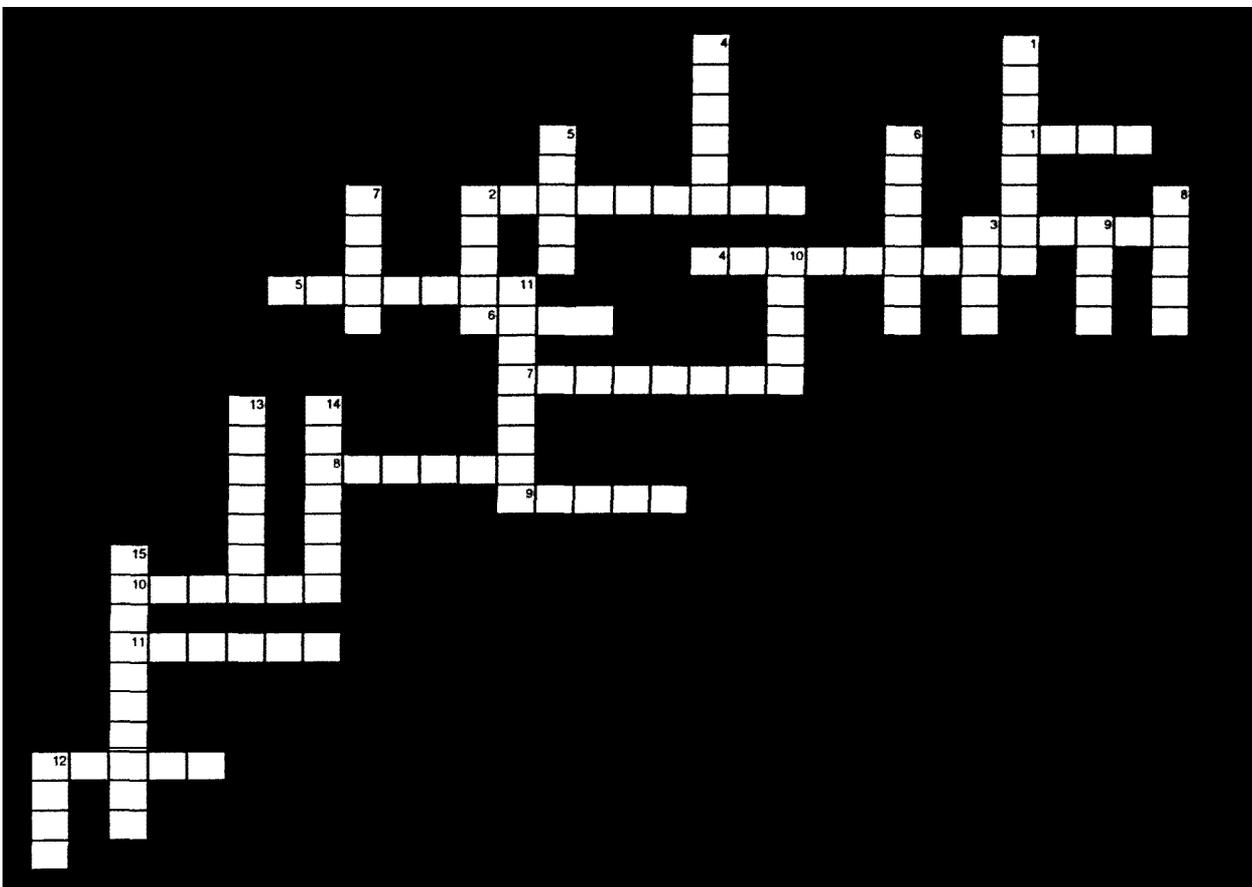
**Challenge: Foods are left over**

- Buy smaller portions.
  - Ask butcher to cut fresh fish or meat in the portion you want.
  - Look for bulk containers (e.g., bins of grains or beans) where you can serve yourself.
  - Buy larger portions and freeze in single-serving amounts.
  - Keep small individual serving items on hand for variety (e.g., small cans of tuna, vegetables, fruits, and pudding).
- Use foods and containers that keep longer and store easily.
  - Store up on pasta, dried fruits, canned or dried beans, and grains, such as rice or barley.
  - Use bags of frozen vegetables, such as peppers, onions, and celery to use in casseroles and soups.
  - Look for new low fat recipes that use the food you tend to have left over.
  - Modify the taste or presentation of leftover foods.
- Share leftovers with a family member or friend who lives alone and doesn't enjoy cooking.
- Other \_\_\_\_\_

**Challenge: Fresh fruits and vegetables go to waste**

- Choose fresh fruits and vegetables that keep well or are quickly eaten.
  - Fruits: apples, bananas, citrus fruits, grapes, melons, pears, peaches, etc.
  - Vegetables: cabbage, carrots, celery, potatoes, etc.
- Use methods to help keep fruits and vegetables longer.
  - Avoid storing moist vegetables or fruits in plastic.
  - Keep fruit that doesn't need refrigeration where you can see it.
  - Wash vegetables when ready to use; they will last longer.
- Other \_\_\_\_\_



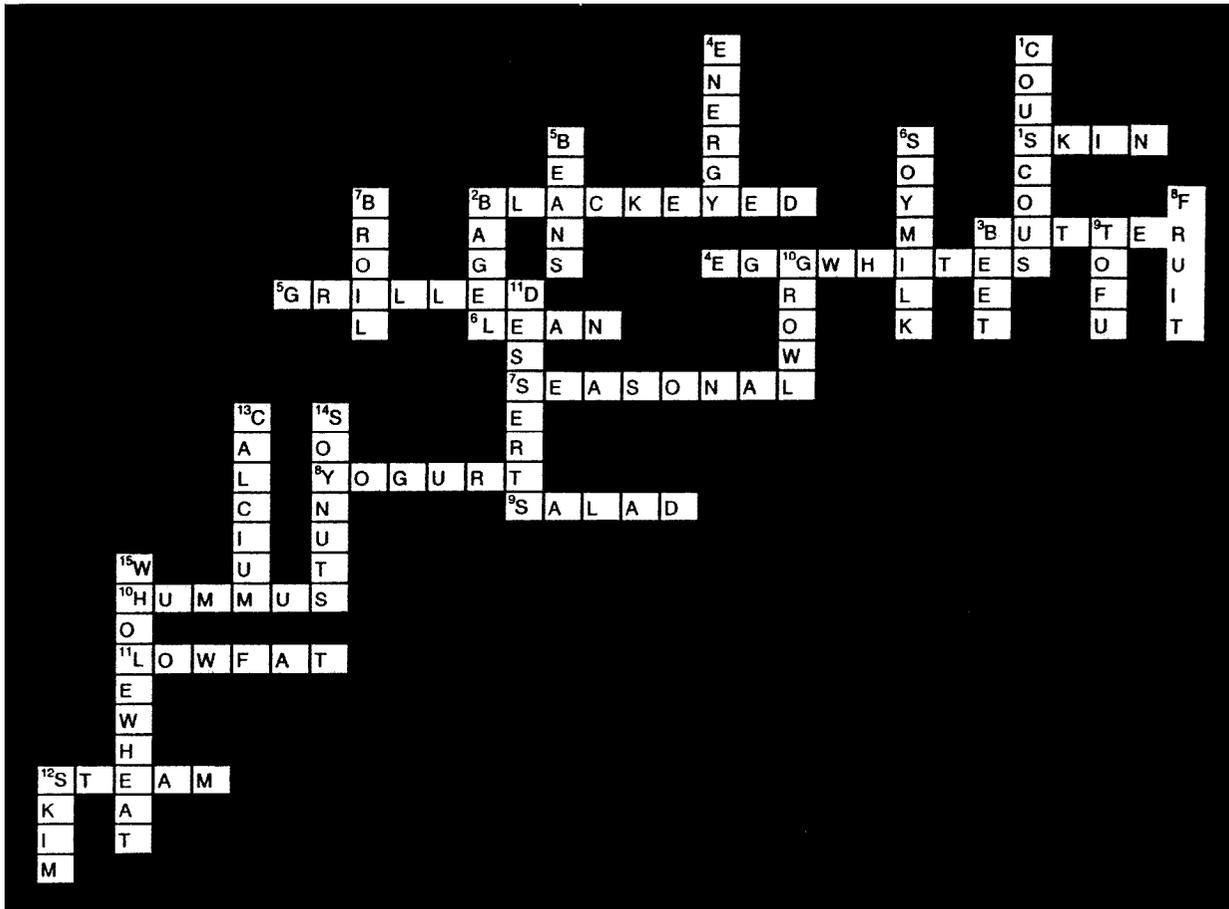


**Across**

1. Remove from poultry to cut the fat
2. Beans for good luck
3. High fat item to limit
4. Substitute these for whole when baking
5. Healthy alternative to fried
6. The healthiest cut of meat
7. Buy these fresh fruits to save you money year round
8. Drain this for a cream cheese substitute
9. Best with low fat dressings
10. Tasty spread from chickpeas (garbanzo beans)
11. Not nonfat, not high fat
12. Low fat cooking method for vegetables

**Down**

1. Quick and inexpensive grain to cook
2. Has 1/4 the fat of a donut
3. Red root veggie
4. Boosted by healthier eating
5. Kidney, pinto, garbanzo
6. Milk alternative
7. Low fat cooking method for meat
8. Apples, bananas, berries
9. Soy product, goes great in stir-fry
10. Stomach's cry
11. High fat sweet best split with a friend
12. Fat free (dairy)
13. Green veggies and milk are high in this
14. Crunchy soy snack
15. Better than white

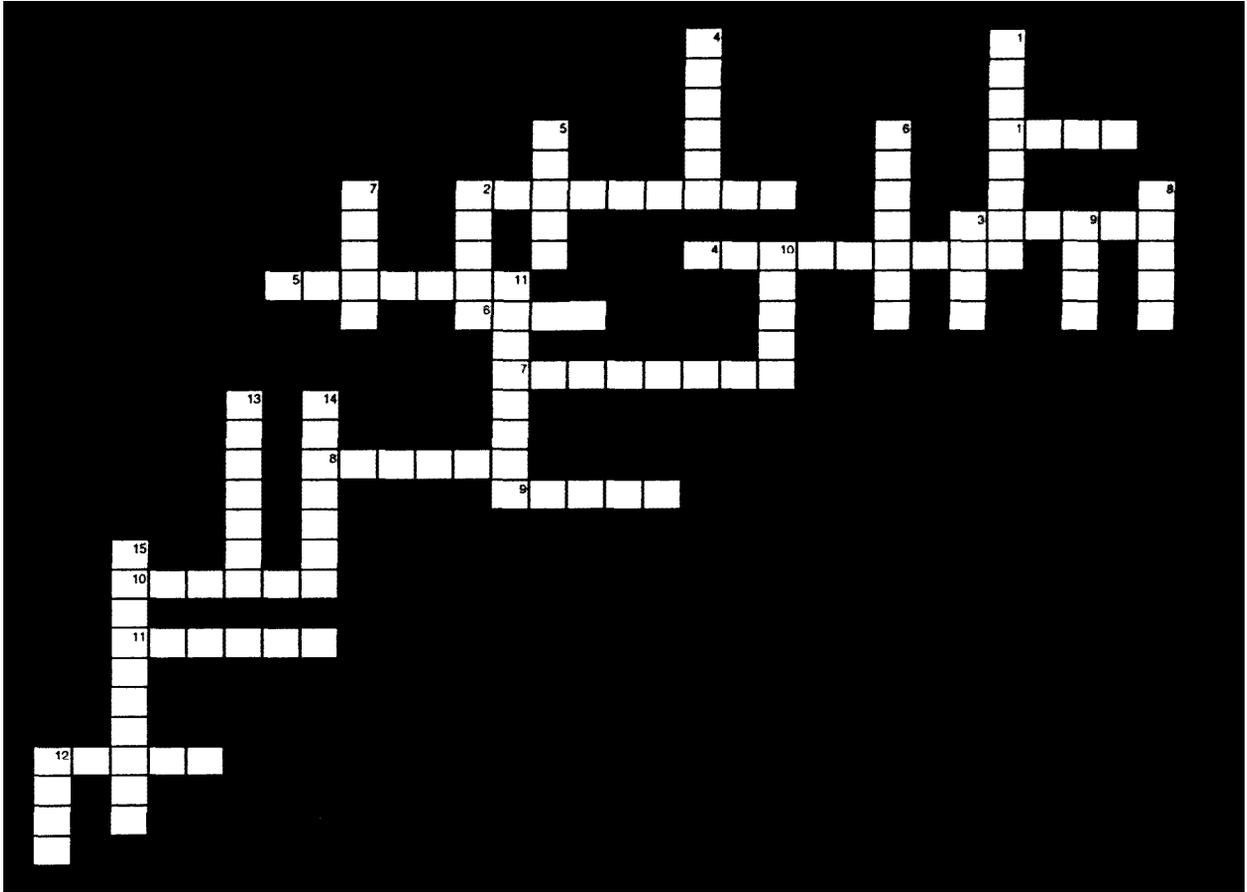


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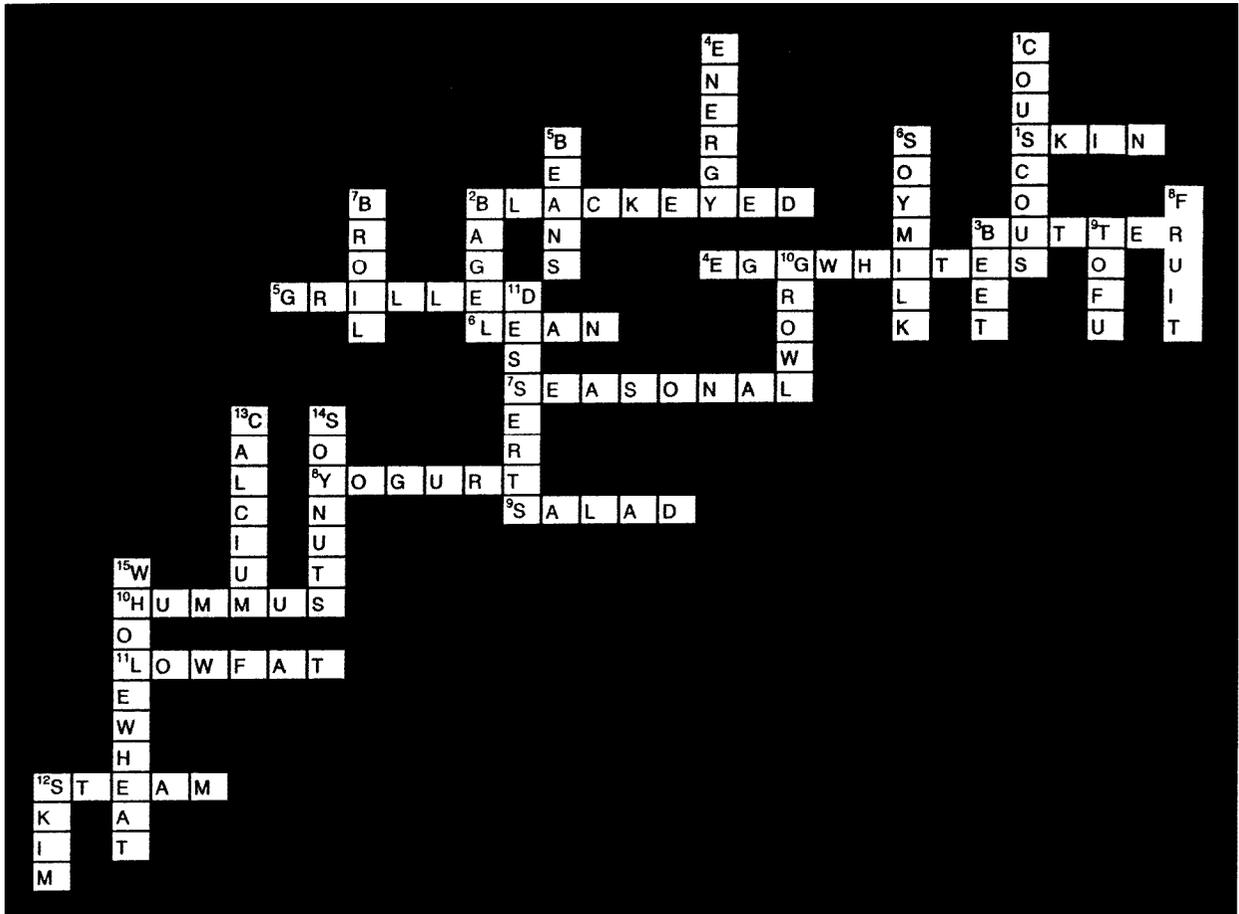
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Parent Signature: \_\_\_\_\_

Teen Signature: \_\_\_\_\_



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# Dairy Cooking Tips for Low-Fat Cooks



- Use the sharpest cheese you can find... and use less of it! Sharper cheese has more flavor.
- In Italian foods, try some lower-fat Sapsago-a hard Swiss cheese. Grate and use instead of Parmesan or Romano.
- If you like Bleu cheese on your salad, try mixing it with some mild-flavored low-fat cottage cheese.
- Grated zippy-sharp Romano cheese mixed with large curd cottage cheese can replace the Feta cheese in Greek salads.
- Make lasagna or ravioli with low fat cottage cheese or ricotta. Otherwise, blend 1/2 regular cheese with 1/2 low fat cheese.
- When making fruit salads use low fat fruit-flavored yogurt for dressing. It's low in fat and adds an additional fruit flavor. For plain yogurt add 1-2 tsp. sugar or honey per cup to reduce the "tangy" flavor.
- Sour cream substitute. Combine 2 Tbsp. low fat milk, 1 Tbsp. lemon juice, and 1 cup 2% cottage cheese. In blender, mix until creamy.
- When a recipe calls for creamed soups, try using 1/2 can of soup and 1/2 can of skim milk, or try the homemade cream soup mix that follows:

## Homemade "Cream" Soup

2 c. dry nonfat milk

1/4 c. or less dry chicken bouillon

3/4 c. cornstarch

1/2 tsp. pepper

1 tsp. each basil and thyme

2 Tbsp. dry onion flakes

Combine and mix well. Store in an airtight container until ready to use.

# Definitions of Common Nutritional Terms



**Fat Free** — Product has less than 1/2 (0.5) grams of fat per serving. This value will be rounded to zero.

**99% Fat Free** — Every 100 grams of food will have 1 gram or less of fat.

**Low Fat** — Product has 3 grams of fat or less per serving.

**Reduced Fat** — Fat has been reduced by at least 25 percent (compared to a similar food).

**Light (Lite)** — Product has 33% fewer calories or 50% less fat per serving than a comparable product.

**Lean** — For meat and poultry only. Product has less than 10 grams fat, less than 4 grams saturated fat, and less than 95 milligrams cholesterol per serving.

**Low Calorie** — Product has 40 calories or less per serving.

**Saturated Fat Free** — Product has less than 0.5 grams saturated fat per serving.

**Low in Saturated Fat** — Product has one gram or less saturated fat per serving.

**Cholesterol Free** — Product has less than 2 milligrams of cholesterol per serving. This value will be rounded to zero.

**Low Cholesterol** — Product has 20 milligrams or less cholesterol and two grams or less of saturated fat per serving.

**Sodium Free** — Product has less than 5 milligrams of sodium per serving. This value will be rounded to zero.

**Very low Sodium** — Product has 35 milligrams or less of sodium per serving.

**Low Sodium** — Product has 140 milligrams or less of sodium per serving.

**Good Source** — Used for fiber, protein, vitamins, or minerals. Product has at least 10% of the Daily Value for the particular nutrient.

**High in (Excellent Source)** — Used for fiber, protein, vitamins, or minerals. Product has at least 20% of the Daily Value for the particular nutrient.

# Dessert Low Fat & Delicious!



## Low Fat Substitutions

In place of...	Use...
Oil .....	Applesauce or fruit puree
Regular milk.....	Fat-free milk
1 egg.....	2 egg whites
Fudge sauce.....	Chocolate syrup
Sour cream.....	Low fat yogurt
Baking chocolate.....	Cocoa powder
Cream.....	Evaporated skim milk
Regular cake.....	Angel food cake

## Tips

- Buttermilk has less fat than 1% milk
- Add fruit, fresh or frozen, to the dessert
- Sherbet has less fat than ice milk, which has less fat than ice cream
- Applesauce works well in muffins, quick breads, cake mixes, and cakes made from scratch
- Pureed prunes are good fat replacers in chocolate baked goods, such as brownies and cakes
- For a fluffy frosting, replace margarine or butter in the recipe with marshmallow creme
- In muffins, decrease the oil, butter or margarine to 2 T. per 12 muffin recipe
- In cake mixes, fat may be eliminated by using a compatible flavored low fat substitution
- In cookies, cut the fat in half, then add a substitute
- In homemade cakes, the fat can be reduced to 1/4 to 1/3 cup per cake

## Flavor with Less Fat

- Flavored extracts (almond, lemon, rum, vanilla, coconut, butter, orange)
- Fruits (lemon peel, orange peel, limes, fruit purees)
- Highly flavored sweeteners (concentrated fruit juices, maple syrup)

# Dry Heat Cooking Methods



## Roasting

- Place roast (from refrigerator) on rack in shallow roasting pan.
- Season meat, before or after cooking (refer to International Seasonings chart).
- Insert thermometer into thickest part of roast, not touching bone or fat.
- Do not add water and do not cover.
- Roast to 5 to 10 degrees below desired doneness.
- Allow roast to stand 15 to 20 minutes before serving. Temperature of the roast will continue to rise to desired doneness during standing to 145°F (medium rare) or 160°F (medium). Roast will also be easier to carve.
- Season if desired (refer to International Seasonings chart).
- Turn and continue cooking to the desired degree of doneness.
- Season second side, if desired, and serve.

## Grilling

- Direct: For quick cooking meat and poultry items such as chops, steaks, burgers, breasts or kabobs. Place meat on grid directly over the coals.
- Indirect: For cuts that require longer cooking at lower temperatures, such as roasts, thick steaks or chops, whole chicken or turkey. The meat is placed over a drip pan on the grid with coals on each side. Cover and open vents on grill.
- To check temperature for either grilling method, carefully hold your hand, palm side down, at cooking height (just above the grill). Count the number of seconds you can hold your hand in that position before the heat is uncomfortable and you have to pull it away: four seconds for medium coals, five seconds for low.

## Broiling

- Set oven for broiling. Preheating is not essential.
- Place meat on rack in broiler pan.
- Position thinner cuts (3/4 to 1 inch thick) so surface of meat is 2 to 3 inches from the heat; thicker cuts 3 to 6 inches from the heat.
- Broil for half the recommended time.

continued on back...

## Panbroiling

- Place meat in preheated, heavy nonstick skillet.
- Do not add oil or water.
- Do not cover.
- For cuts thicker than 1/2 inch thick, use medium or medium-low heat and turn occasionally. Cook thinner cuts over medium-high heat, turning once. Do not overcook.
- Remove fat as it accumulates.
- Season, if desired (refer to International Seasonings chart), and serve.

### To Reduce Fat from Ground Meat Crumbles:

- After browning ground meat crumbles, transfer crumbles with slotted spoon to plate lined with white, non-recycled paper towels.
- Transfer to colander and rinse with 4 cups of hot (but not boiling) water. Do not use hot water directly from tap; the pressure from the faucet can change the texture of the meat.
- The crumbles may be browned with onion and garlic for added flavor and then rinsed. Add dry seasonings after the rinsing process has been completed.

## Stir-Frying

- Partially freeze meat for easy slicing.
- Cut into thin, uniform slices, strips or pieces.
- Marinate in refrigerator to add flavor while preparing other ingredients, if desired.
- Cook meat (half at a time) in a small amount (about one tablespoon or less) of hot oil or use a vegetable cooking spray in a nonstick skillet or wok
- Cook at medium-high temperature.
- Continuously turn meat pieces with a scooping motion.
- Combine meat with cooked vegetables and serve.



# Easy Cooking for One or Two



## Stir it up

- Gather 3-4 of your favorite fresh vegetables. Good choices include broccoli, cauliflower, celery, green beans, onions, peppers, mushrooms, carrots, pea pods, asparagus, zucchini, and yellow squash.
- Heat a non-stick pan and use 1-2 tsp. broth or oil for each 1 to 1-1/2 cups of raw vegetables. Add your favorite seasonings (ginger, garlic, etc.) and stir-fry for 15 seconds. Add vegetables and soy sauce. Stir-fry 3-5 minutes until vegetables become tender-crisp.
- For a main dish, add bits of leftover chicken, turkey, shellfish or meat during the last 3-5 minutes of cooking.

## Microwave a meal in minutes

- Place your favorite herbs, a little lemon juice or white wine, and the fish in a microwave-proof dish. Cover tightly with plastic wrap. Microwave on medium for 30 seconds, then turn dish and microwave another 30 seconds to 1 minute. Drain off the juices and let the fish stand for 2-3 minutes before serving.
- Microwave a potato until almost cooked, then add broccoli flowerets, mushrooms, and a bit of grated low fat cheese and finish cooking.

## A meal-in-one using foil

- Place lean beef or chicken breast in the center of a piece of heavy-duty aluminum foil. Sprinkle soup mix over the top of the meat or poultry. Cut up vegetables and place them on top of the meat or poultry. Close the foil over the meat and vegetables and set on a cookie sheet. Bake at 450°F for 1 hour or until done. (Example: for two people: 1/2 pound lean beef round steak, 1/2 packet onion soup mix, 2 medium carrots, 1 stalk celery, and 2 medium new potatoes.).

## Spice up convenience foods

- Add fresh onions, mushrooms, and peppers to your favorite spaghetti sauce.
- Mix sliced yellow squash or green peas with quick-cooking rice.
- Add frozen broccoli to macaroni and cheese (made low fat).
- Add frozen mixed vegetables to any soup.
- Mix chili beans, tomato soup, chopped carrots, peppers, onions, and your favorite seasonings with Spanish-flavored Rice-A-Roni® (made without adding fat) for a hearty Mexican goulash.

### **Cook a skinless chicken breast for a fast, low fat meal**

- Here are some quick-to-fix choices for one person using 1/2 a chicken breast.
- Honey-Mustard Chicken: Marinate in 1 tsp. honey and 1 tsp. Dijon mustard for one hour. A dash of curry powder or soy sauce may be added (optional). Bake at 350°F for 30 minutes or until done, Note: boneless breasts take only 15 minute to cook.
- Easy Broiled Chicken: Marinate in a mixture of 2 Tbsp. fat-free Italian salad dressing, 2 Tbsp. tomato juice, and a dash of chili powder or pepper sauce for 15-30 minutes. Broil, basting the chicken frequently, until it is done.
- Italian Chicken: Pound chicken breast to 1/2-inch thick and roll in 2 Tbsp. of Italian-seasoned bread crumbs. Sauté in 1 tsp. vegetable oil until done.
- Chicken Fajitas: Marinate in soy sauce, lime juice, and minced garlic for 15-20 minutes. Grill or roil until done. Slice the chicken and roll up in a tortilla with your favorite Mexican fillings such as cooked onions, chopped tomatoes, and a touch of low fat or fat-free sour cream.

### **Prepare fast and easy meals with fish**

- When buying fish, make sure it's fresh (no strong fish odor). Here are a couple of quick-to-fix choices for one person using a 1/2-inch thick fish fillet (4 ounces raw). The secret for great fish dishes is: don't overcook
- Crispy Oven-Fried Fish: Dip fish in milk, yogurt or water, and then in flour that has been seasoned with salt and pepper. Place in a baking dish. Sprinkle with small amount of paprika.
- Broiled Fish with Herbs: Place fish in a baking dish and top with 1 tsp. melted margarine, 1 tsp. chopped fresh parsley, 1 tsp. chives, and 1/4 tsp. tarragon. Add paprika, garlic powder, thyme, salt and pepper to taste (optional spices). Broil for 5 minutes.
- Barbecued Fish in Foil: Place fish on sheet of aluminum foil (sprayed with non-stick spray). Smear 1 Tbsp. barbecue sauce over fish and bake at 350°F for 15 minutes.
- Grilled Salmon Fillet: Marinate salmon in lemon juice and soy sauce for 1 hour. Broil or grill for 5 to 10 minutes.



# Eating Healthy & Saving Money



Eating healthy doesn't mean you have to spend a lot of money. Try eating **more** fruits and vegetables!

## To save money:

- Buy only those fruits and vegetables in season.
- Go to a nearby farmers market for produce instead of a grocery store.
- Shop weekly specials in the produce department.
- Buy canned or frozen items. They're just as nutritious as fresh fruits & vegetables. In fact, they keep their nutrients better than fresh produce that has sat for a week!
- Buy dried beans, split peas and lentils.
- Use fruits, vegetables, grains, and beans to replace some expensive meat and snack items.

# Energy Food, Fuel Your Body



**Carbohydrates are your body's most important source of energy.**

- Carbohydrates supply your body's tissue with energy.
- Carbohydrates provide direct energy for the human brain, central nervous system, and muscle cells in the form of glucose and blood sugar.
- More than half of our calories should come from carbohydrates.

**There are two types of carbohydrates:**

- Simple carbohydrates
- Complex carbohydrates

## **Simple carbohydrates:**

- Sugar
- It is a sugar compound easily broken down and digested by the body
- A quick source of energy
- Supply your body with vitamins and minerals
- Sweet to taste
- Fruits, berries, maple sap, honey

## **Complex carbohydrates:**

- Starch
- Chain of many simple carbohydrates strung together in the 100's and 1000's
- Contain a distinct texture, flavor, structure, and color
- Supply your body with energy and other vitamins and nutrients when digested
- Rice, grains, breads, legumes, and potatoes



**Try to put the options for each main meal in order of fat content from okay, to better, to best.**

*Which meals look like yours?*

*What simple steps can you try to make your choices healthier?*

### **BREAKFAST**

Scrambled eggs with  
low fat cheese &  
vegetable  
Toast with jam  
Tea

Cereal  
Low fat milk  
Banana  
Yogurt  
Juice

Cheese omelet  
Hash browns  
Coffee with cream

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### **LUNCH**

Large bowl of chowder  
with crackers  
Bread and thick  
spread of butter

Hamburger  
Large order of french  
fries  
Milkshake

Turkey sandwich  
with mustard  
Chicken noodle soup  
Frozen yogurt

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## DINNER

Spaghetti with  
meatballs  
Garlic bread  
Caesar salad

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Baked fish with lemon  
Plain rice  
Steamed vegetables

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Bean burrito with low  
fat cheese  
Tossed salad with  
vinaigrette dressing

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## SNACK

Baked chips with  
salsa

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Soft cookie with a  
glass of whole milk

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Bagel with lite cream  
cheese

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**Answers:** Breakfast: better, best, okay. Lunch: better, okay, best.  
Dinner: okay, best, better. Snack: best, okay, better.



## Food Value Guide

Food item	Serving size	Fat (grams)	Dietary fiber (grams)
<b>Baked goods/desserts</b>			
Pie, fruit	1/8 of pie	13	1
Danish	1	12	1
Chocolate/yellow cake	1/12 of cake	11	0
Donut, raised	1	11	1
Brownie w/nuts	3"x1"x1"	6	11
Chocolate chip cookie	2	5	0
Oatmeal cookie	2	5	1
Vanilla wafers	5	3	0
Fig bars	2	2	1
Angel food cake	1/6 of cake	0	0
<b>Breads/crackers and snacks</b>			
<b>Snacks</b>			
Corn/tortilla chips	1 cup	12	2
Potato chips	10	8	0
Popcorn with butter/margarine	1 cup	3	1
Pretzels	30 rings	1	1
<b>Breads/crackers</b>			
Cornbread	2-1/2" square	6	1
Biscuit	1	5	1
Bran muffin	1 medium	5	1
Blueberry muffin	1 medium	4	1
Dinner roll, soft	1	2	1
English muffin, wheat	1 whole	2	4
Corn tortilla	1	1	2
Cracked wheat or mixed gram breads	1 slice	1	2
Rye, pumpernickel	1 slice	1	2
White bread	1 slice	1	1
Hard roll or bagel	1	1	1
Party crackers (Ritz <sup>®</sup> )	4	1	0
Rye wafers (Ry-Krisp <sup>®</sup> )	2	0	2
Soda crackers	5 squares	0	0

## Food Value Guide

Food item	Serving size	Fat (grams)	Dietary fiber (grams)
<b>Cereals and pasta</b>			
<b>Bran cereals</b>			
Extra high fiber	½ cup	1	13
All bran type	½ cup	1	9
Raisin bran type	½	1	4
<b>Other cereals</b>			
Granola type	¼ cup	5	1
Cheerios type	1-1/4 cup	1	1
Cornflakes type	1-1/4 cup	1	0
Oatmeal, cooked	½ cup	1	2
<b>Rice and pasta</b>			
Egg noodles	1 cup	2	4
White rice	1 cup	0	2
Brown rice	1 cup	1	3
Macaroni/spaghetti, regular	1 cup	1	2
Macaroni/spaghetti, whole wheat	1 cup	1	4
<b>Fats, nuts and oils</b>			
Nuts	¼ cup	19	2
Sunflower seeds	1 Tbsp	5	1
Peanut butter	2 Tbsp	16	2
oil, cooking	1 Tbsp	14	0
Mayonnaise, regular	1 Tbsp	11	0
Mayonnaise, light	1 Tbsp	4	0
<b>Salad dressing</b>			
Blue cheese type	1 Tbsp	8	0
Italian	1 Tbsp	7	0
Oil & vinegar	1 Tbsp	7	0
Ranch	1 Tbsp	6	0
French	1 Tbsp	6	0
Thousand island	1 Tbsp	6	0
Low calorie type	1 Tbsp	2	0

## Food Value Guide

Food item	Serving size	F a t (grams)	Dietary fiber (grams)
<b><i>Milk, cheese and other dairy products</i></b>			
<b>Milk</b>			
Milk, whole	1 cup	9	0
Milk, 2%	1 cup	5	0
Milk, skim	1 cup	0	0
<b>Cheese</b>			
Cheddar cheese	1 ounce	10	0
Cream cheese	2 Tbsp	10	0
American cheese	1 ounce	9	0
Swiss cheese	1 ounce	8	0
Cottage cheese, regular	½ cup	5	0
Cottage cheese, low fat	½ cup	2	0
<b>Frozen dairy products</b>			
Ice cream	1 cup	14	0
Ice milk	1 cup	6	0
Sherbet	½ cup	2	0
<b>Other dairy products</b>			
sour cream	2 Tbsp	6	0
Half n' half	2 Tbsp	4	0
<b>yogurt</b>			
Plain (4% fat)	1 cup	7	0
Plain (2% fat)	1 cup	4	0
Fruit (2% fat)	1 cup	2	0
<b>Butter/margarine</b>			
Butter	1 tsp	4	0
Margarine, regular	1 tsp	4	0
Margarine, diet	1 tsp	2	0

## Food Value Guide

Food item	Serving size	Fat (grams)	Dietary fiber (grams)
<b><i>Meat, poultry, fish and eggs</i></b>			
**All meat has the fat trimmed, unless otherwise specified.			
<b>Breakfast meats</b>			
Sausage	2 links	8	0
Bacon	2 slices	8	0
Bacon substitute, Sizzalean <sup>®</sup> , etc.	2 slices	6	0
<b>Beef</b>			
<b>Hamburger</b>			
Regular (30%)	3 ounces	18	0
Lean (25%)	3 ounces	16	0
<b>Pot roast</b>			
Less lean cuts (chuck, rib, blade)	3 ounces	10	0
Lean cuts (eye or bottom round)	3 ounces	6	0
<b>Steak, broiled</b>			
Less lean cut (flank)	3 ounces	13	0
Lean cut (sirloin)	3 ounces	8	0
<b>Lamb</b>			
Lamb chop	3 ounces	6	0
Leg of lamb, roasted	3 ounces	7	0
<b>Pork</b>			
Pork spare ribs	3 ounces	26	0
Pork chop	3 ounces	11	0
Ham, lean	3 ounces	6	0
Pork tenderloin	3 ounces	4	0
<b>Lunch meat</b>			
Hot dogs, regular	1 frank	13	0
Hot dogs, chicken, turkey	1 frank	9	0
Bologna, regular	1 ounce	6	0
Bologna, turkey	1 ounce	5	0
Roast beef, lean	1 ounce	3	0
Ham, lean	1 ounce	2	0
Turkey breast	1 ounce	1	0

## Food Value Guide

Food item	Serving size	Fat (grams)	Dietary fiber (grams)
Eggs			
Egg	1 large	6	0
Chicken and turkey			
<b>Fried</b>			
Dark, with skin	3 ounces	16	0
White, with skin	3 ounces	13	0
Dark, no skin	3 ounces	10	0
White, no skin	3 ounces	5	0
<b>Roasted/baked chicken</b>			
Dark, with skin	3 ounces	13	0
White, with skin	3 ounces	9	0
Dark, no skin	3 ounces	8	0
White, no skin	3 ounces	4	0
<b>Turkey</b>			0
Dark, no skin	3 ounces	6	0
White, no skin	3 ounces	3	0
Seafood			
<b>Fried</b>			
Cod, halibut	3 ounces	11	0
Shrimp, scallops	3 ounces	10	0
<b>Steamed/broiled</b>			
Salmon	3 ounces	6	0
Halibut	3 ounces	3	0
Red snapper	3 ounces	2	0
Shrimp, scallops	3 ounces	1	0
<b>Tuna</b>			
Oil packed, drained	3 ounces	7	0
Water packed	3 ounces	1	0

# Fun and Healthy Picnics



## For the Grill

**Grilling is a low fat way to go since most of the fat drips off of meats when you grill or BBQ them.**

**Some low fat choices for grilling include...**

- Gardenburger patties on whole-wheat buns with veggie compliments (see below).
- Vegetable kabobs with low-fat marinade as sauce.
- Marinated boneless/skinless chicken breasts.
- Patties made from ground breast of turkey or chicken instead of ground beef.
- Chicken or turkey hot dogs instead of beef hot dogs.
- Grilled fish with fresh lemon or lime juice squeezed on top.
- If using red meat, like ground beef or steak...
  - Trim all the fat before grilling.
  - Use low-fat cuts of meat (ask butcher for low-fat options).
  - Buy "extra lean" ground beef.

## Marinades & Condiments

**There are man options for marinades and condiments that can add great flavor without adding fat. Also, most marinades you make with oil are just as tasty without the oil. Some low fat options include...**

- Ketchup, mustard & BBQ sauce.
- Steak sauces like Heinz 57 or A1.
- Salsa.
- Dried soup mixes added to ground meats before grilling.
- Low fat Meat or Chicken marinated in teriyaki sauce or other low fat marinade for a few hours before grilling.
- Fresh chopped garlic or onions added to round meats before grilling.
- Jam or honey on rolls instead of butter or margarine.
- Low or nonfat yogurt OR low or nonfat sour cream on your baked potato instead of butter or margarine.

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## Fruits and Veggies

**Summer offers us a huge selection of produce. A BBQ is a great way to take advantage of it. Try this...**

- Add a variety of vegetables to your grilled meats, like onion, lettuce, tomatoes, pickles and/or pineapple rings.
- Fresh corn-on-the cob.
- Sliced watermelon—everyone's favorite!
- Fruit salads mixed with low or nonfat yogurt instead of whip cream.
- Colorful fruit salads made with summer fruit like blackberries, kiwis and pineapple.
- Green salads with dressings on the side.
- Fresh fruit & veggie kabobs.

## Side Dishes

**It's easy to make or buy healthy side dishes for BBQ's. Here's how...**

- Make potato or macaroni salad with low or nonfat mayonnaise or mustard and egg whites.
- Substitute high-fat potato chips with pretzels, pop corn cakes or low fat baked chips.
- Dress pasta salads with oil-free or low fat dressing.
- Mix coleslaw with low fat or nonfat dressing.
- Serve sherbet or sorbet for dessert.
- Buy baked beans that say low fat on the label.
- Buy low fat salads in the grocery store deli.
- Buy or make a vegetable tray with a low fat dip.
- Buy already-made salad in a bag, choose your favorite low fat dressing, and toss!



# Goals for Tomorrow



Use this worksheet to set your goals for Healthy Eating!

**First identify a few eating patterns that you would like to change...**

**Example...** I tend to eat ice cream after dinner every night.

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**Next, select one food or behavior you would like to work on in the next week...**

**Example...** I would like to reduce the amount of ice cream I eat this week.

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**Set a goal that is realistic, measurable, and flexible.**

**Example...** I will eat a ½ cup serving of ice cream after dinner twice this week. On the other nights I will have a piece of fresh fruit or a serving of low fat yogurt.

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**Last, create an action plan for reaching your goal. What are the steps you will take to reach your goal?**

1. \_\_\_\_\_

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2. \_\_\_\_\_

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3. \_\_\_\_\_

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# A GUIDE TO DEHYDRATING PRODUCE

Dehydrating fruits and vegetables is a great way to preserve them from decay by removing moisture. They can be dried in the oven, in a dehydrator or even by the sun! This tip sheet will focus on how to dry produce in the oven.

Dehydrating and preserving food is also a money saving way to provide your family with healthy, lowfat foods throughout the year. Plan on buying large quantities of produce when they are at their peak, or on sale, and then dry it for use later in the year when it may be unavailable or very expensive.

## HOW TO DO IT

**Selecting Produce:** Choose ripe, flavorful fruits and vegetables - the fresher the better! Wash each piece thoroughly, sort out any bruised ones, and cut out bad spots.

**Pre-Treating:** For best results, vegetables should be blanched before drying. Blanching can be done either by briefly steaming the items or by dipping them into boiling water (turn over for more details). The vegetables are done when they are just heated through and slightly wilted. Dip in ice water to cool and then drain on clean towels. Fruits also need pre-treating to prevent browning. Possible methods to try include blanching (see above), or dipping in a salt solution (4 Tbsp. salt/1 gal water) or ascorbic acid solution (1 1/2Tbsp. lemon juice/ 1 gal water). Cut all produce into similarly sized pieces to ensure even drying.

## THE BASICS OF OVEN DRYING

1. Preheat your oven to a low heat -120°F and be sure it never exceeds 165°F. An oven thermometer is very handy for keeping an eye on the temperature. If your oven is electric, disengage the top heating element for best results.
2. Limit the amount of produce to be dried to 4-6 pounds. Be sure there is room for good air circulation in the oven. Space trays out by 2 vertical inches and be sure to leave at least 3 inches at the top and bottom of the oven.
3. Prop open the oven door to provide air circulation and to release the moist air; electric ovens 1 inch, gas ovens 8 inches.
4. Stir the produce occasionally from outside to inside and shift around the trays every one to two hours. Keep an eye on them as it is easy to scorch or dry unevenly.
5. Most produce will dry in 4-12 hours. When drying is almost complete, turn off your oven and open the door wide. Allow the trays to cool.

**Conditioning:** Since it is difficult to evenly dry all pieces, this step will equalize the moisture. It's easy to do -just put your dried produce, separate by type, in a container with a tight fitting lid. Let stand for one week, shaking or stirring daily.

**Packaging:** Now the produce is ready for long term storage. Be sure that the dried foods are completely cool. It's best to package them in either single use portions or ones that will be used up within one week. Small glass jars, plastic freezer cartons or bags all work well. Pack the food snugly into the container, but without crushing it, and seal tightly to keep out moisture.

**Storing** – Store your containers in a dry, cool, dark place. These conditions will help to extend the life of your dried foods. Recommended storage time is 6-12 months.

You can enjoy these foods by using them in a few different ways. Dried fruits make quick-and-easy fat free snacks! A mix of dried peas, corns, and carrots is a great and tasty treat too! You can also rehydrate dried fruits & veggies for use in soups, stews, casseroles, and baked goods. Enjoy!

Source: [www.cityblues.com/dryfood.htm](http://www.cityblues.com/dryfood.htm); The National Food Safety Database at [www.foodsafety.ulf.edu/consumer/11/1063.htm](http://www.foodsafety.ulf.edu/consumer/11/1063.htm)

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# GUIDE TO DEHYDRATING PRODUCE

Fruit/Vegetable	Preparation	Pre-Treatment	Drying Temp (F)* & Times (hrs.) <i>Approx.</i>	Test for Dryness
Apples	Select ripe, firm apples. Wash, core and peel. Cut into rings.	None	115F Oven: 6-8 Dehydrator: 6-8	No moisture in center
Bananas	Select firm, ripe bananas. Peel and slice thinly.	Prepare honey dip: dissolve 1 c. granulated sugar into 3 c. hot water. Cool. Stir in 1 c. honey. Dip slices into this and let drain before drying.	115F Oven: 8-10 Dehydrator: 6-8	Crisp
Beans, snap	Remove defective pods. Wash. Remove strings. Split lengthwise or cut diagonally in pieces to hasten drying.	Steam 4 to 6 minutes. or Place in boiling water 3 to 4 minutes. Drain.	Oven: 3-6 Dehydrator: 3-6	Brittle, crisp
Beets	Select small, tender beets free of woodiness. Wash; trim tops.	Steam 30 to 45 minutes. Cool. Trim off roots and crowns: pare. Cut into 1/8 inch strips or 3/4 inch cubes.	Oven: 3-6 Dehydrator: 2-4	Tough, leathery
Carrots	Select crisp, tender carrots. Wash. Trim off roots and tops and pare if desired. Cut into 1/8 inch slices or 3/8 inch cubes.	Steam 8 to 10 minutes.	Oven: 3-6 Dehydrator: 2-4	Tough, leathery
Corn	Select young, sweet corn. Harvest during milk stage. Husk and trim.	Steam on the cob 10 to 15 minutes or until milk is set. Cut corn from cob, or Dip in boiling water 5 to 10 minutes or until milk is set. Drain. Cut corn from cob.	Oven: 4-8 Dehydrator: 3-6	Dry, brittle
Herbs, for seasoning	Gather when leaves are mature but before flowers develop. Wash thoroughly. Separate clusters. Discard long or tough stems.	None	Oven: 2-4 Dehydrator: 1-2	Brittle, flaky
Onion	Select firm onion bulbs. Wash and remove paper shells. Trim tops and root ends. Slice 1/8 to 1/4 inch thick.	None	Oven: 3-6 Dehydrator: 2-4	Brittle
Peas	Select young, tender pods. Shell.	Steam 8 to 10 minutes. or Dip in boiling water 4 minutes, Drain,	Oven: 3-6 Dehydrator: 2-4	Crisp, wrinkled
Peppers, chili	Select mature pods. May dry whole or diced	None	Oven: 3-6 Dehydrator: 3-6	Shriveled, dark red, crisp
Peppers, green and red	Select firm peppers. Wash. Cut in half; remove core and seeds. Cut in 1/2 inch strips.	Steam 10 minutes	Oven: 3-6 Dehydrator: 3-6	Brittle
Soybeans	Select edible green soybeans. Shell.	Steam 10 to 15 minutes	Oven: 3-6 Dehydrator: 2-4	Crisp, wrinkle

\*120F unless otherwise stated

# Guidelines to Change Recipes



These guidelines will help you reduce the fat in your recipes and help you save on your food bill!

Identify the ingredients that add fat to the recipe (margarine, mayonnaise, nuts, oils, cheese, meat, butter, lard).

Identify ways to reduce the fat in the recipe.

## I. Remove high-fat ingredients

- Make spaghetti sauce without the meat.
- Leave cheese topping off the casserole.
- Other: \_\_\_\_\_

## II. Use less of the high-fat ingredient

- Use only 1 tsp oil to brown meat or vegetables.
- Reduce nuts to 1/4 C per recipe.
- Use 1/2 - 3/4 of the mayonnaise called for in the recipe.
- Use 1/2 the amount of cream soups.
- Use 1/2 the amount of cheese and use sharper cheddar to get more flavor from a smaller amount.
- Other: \_\_\_\_\_

## III. Use lower-fat substitutes

- Use skim or non-fat milk.
- Use evaporated skim milk.
- Use lower-fat cheeses and yogurts on casseroles and pizza, etc.
- Use plain yogurt or blended cottage cheese instead of sour cream.
- Use light, diet, or fat-free mayonnaise and salad dressings.
- Use apple sauce or fruit concentrate (i.e. Lighter Bake) instead of butter or margarine in baked goods.
- Use cocoa in place of baking chocolate.
- Other: \_\_\_\_\_

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#### **IV. Change the ingredients**

- Trim the fat around the edges of the meat.
- Take the skin off the chicken or turkey.
- Blend mayonnaise with plain non-fat yogurt.
- Use 2 egg whites to replace a whole egg or use an egg substitute.
- Use low-fat or fat-free mayonnaise and sour cream.
- Use lean ground beef or ground turkey instead of hamburger.
- Use lean cuts of meat, e.g. extra lean ground beef.
- Other: \_\_\_\_\_

#### **V. Use low-fat methods to prepare**

- Use a nonstick pan or vegetable spray for frying without oil.
- Cook vegetables in broth or water instead of fat.
- Use fresh, frozen, or canned vegetables to thicken casseroles and soups. Try grating, chopping or pressing them.
- Steam vegetables or cook them in the microwave.
- Brown meat without adding fat by cooking over medium heat until the meat releases some fat; then increase the heat to medium high. Drain away excess fat and blot on paper towels.

#### **VI. Use lower-fat cooking methods**

- Broil, roast, bake, microwave, grill.
- Oven fry or pan broil without adding fat.
- To stir fry or saute use water. Add soy sauce, apple juice, or broth.
- Braise meat without adding fat.
- Stew meat or chicken; skim off the fat.
- Poach in wine, juice or bouillon.
- Other: \_\_\_\_\_

### **Make changes to replace moisture and flavor:**

#### **I. Add liquid when you remove 1/4 C or more of fat**

- Use water, fruit juice or skim milk.
- Other: \_\_\_\_\_

#### **II. Add flavor**

- Use wine, lemon or lime juice, flavored vinegars, salsa.
- Use garlic, onions, herbs, jalapenos, Tabasco sauce.
- Use fresh herbs and spices.
- Use flavored or Dijon mustards.
- Other: \_\_\_\_\_

#### **Non-dairy substitutes for milk products**

- You can try small amounts of milk with meals rather than between meals.
- Soy and rice milk are good alternatives.
- Use cultured dairy products. Yogurt with active culture has less lactose.
- Choose calcium-rich foods such as tofu and dark green vegetables such as broccoli, spinach or kale.
- Try non-dairy lower fat toppings instead of whipped cream or ice cream.



# Healthy Eating Guidelines



The Eating for a Healthy Life Project encourages eating less fat and eating more fruits, vegetables, and whole grains. Below are some simple tips that can help you meet these healthy eating goals.

## Eating less fat

- Make sure that most of your plate is covered with plant-based foods and one-third or less with meat, dairy, and other foods of animal origin.
- Choose low-fat dairy products such as 1% skim milk and low-fat or fat-free yogurts and cheeses.
- If you eat meat or poultry, trim visible fats and choose the leanest cuts.
- Choose beans, tofu, fish, or poultry more often than red meat.
- Cook vegetables by baking, steaming, microwaving or stir-frying in small amounts of water, broth, or oil.
- Top vegetables with herbs instead of butter or margarine.
- Opt for fruits, vegetables, or a whole-wheat English muffin or bagel over high-fat snacks.
- Choose lower-fat sauces (e.g., marinara sauce) instead of higher-fat alternatives (e.g., cheese or alfredo sauces), or use less of the high-fat sauces.
- Replace a portion of butter or shortening with applesauce, yogurt, or puréed fruit in recipes for baked goods.

## Eating more fruits, vegetables, and whole grains

- Choose fruit or a glass of juice at breakfast.
- Add fresh fruit to cereal and yogurt.
- Try a variety of salads.
- Try an assortment of cool summer fruits and vegetables.
- Add vegetables to casseroles, stir-fries, sandwiches, and pizzas.
- Keep canned fruit and vegetables on hand to add to soups, salads, and other dishes.
- Top your favorite dessert with fruit; for example add strawberries to frozen yogurt.
- Choose whole-wheat grains and cereals, such as beans, lentils, barley, rice, corn, as well as whole-grain breakfast breads and cereals.

# Healthy Foods and Fun at the Ballpark



Ballgames are an American tradition. Just the words 'Play Ball' make your mouth begin to water. As the song goes, 'Buy me some peanuts and cracker jacks...' Unfortunately, many of the traditional ballpark foods are also loaded with fat. The good news is that by choosing lower fat foods in addition to some of your favorites, you won't overdo it!

If you're thinking 'it isn't a Mariner's game without a Mariner Dog' - no problem, eat a regular size Mariner dog! BUT then try substituting lower fat foods in place of your other high fat treats. For example if your standard fare includes a Mariner Dog, a pile of french fries and a Helmet sundae for dessert, then consider mixing it up a bit at your next game. Eat the Mariner dog but substitute your french fries with a soft pretzel or a green salad and substitute your Helmet Sundae with a popsicle, a low fat smoothie from Grand Slam Smoothies or an Itzadadooie frozen fruit treat. We'll bet that you will still be full and happy when you've eaten it all!

So, get out to the ballpark this summer and enjoy a Mariner's game where it is possible to eat a little lighter. You'll be surprised at how great you feel on your way home!

Here are some other foods to try:

- If Mariner dogs aren't your thing, skip them altogether and grab a deli or panini sandwich - but hold the mayo!
- Craving chicken ? Choose a grilled chicken sandwich instead of the deep fried chicken fingers. If you are at a kiosk that only serves fried chicken sandwiches and chicken fingers, ask them to hold the mayo on the sandwich and choose a nonfat dipping sauce such as honey mustard or BBQ for the fingers!
- Craving something sweet - Cracker Jacks are just the ticket. Better yet, choose a fresh fruit plate!
- Craving something salty to replace that high fat popcorn? How 'bout a warm, soft pretzel with extra mustard?

- Want to start a new tradition in your family? Try the spicy flavors of the Southwest with Tacos from Caliente Corner. Choose chicken instead of beef and ask them to go light on the cheese and ask for extra salsa to replace sour cream or guacamole. Top it off with some nachos but hold the cheese sauce – and gimme some salsa!
- How about some sushi?! It's the perfect ballpark food - it is individually 'wrapped", you can eat it with your fingers and it's not messy! Other pan-Asian offerings include teriyaki beef or chicken. Pair this with rice and you have a tasty and filling meal.
- If it's seafood you crave - check out the Ivar's stands. Be sure to bypass the fried dishes and choose the broiled salmon sandwich and hold the mayo/tartar sauce!
- The best part about getting something to eat at Safeco is the chance to stretch your legs and get a little exercise! Some sections have the option of ordering from the walking vendors with hand held computers. But, don't fall victim to them and the extra expense - get up and get your own food. Better yet, choose something from a vendor on a different level than where you are sitting.
- Don't forget that you can save money and eat lower fat foods by bringing some of your own. Just remember these Safeco rules regarding fans bringing in foods:
  - Beverages must be in individual serving sizes, unopened and soft-sided. No bottles, cans or thermoses are permitted. Best bets are 100% fruit juice boxes or small cartons of low fat milk or bottled water. No alcohol can be brought in
  - Food can be brought in but must be wrapped to prevent spills. 'Throwable foods' such as apples and oranges must be pre-cut into sections. This is great news because they are easier to grab and eat this way!
  - Soft-sided coolers or food containers must fit under your seat.

So, get out to the ballpark this summer and enjoy a Mariner's game and eat a little lighter. You'll be surprised at how great you feel on your way home!



# How Do You Influence Your Children to Make Food Choices?



Below are some ways that parents might try to influence their kids' eating habits. Which ones do you use? Place a check by the ones that you use.

- Rewarding your children for eating certain foods
- Using the certain food as a reward
- Having adults eat the certain food and appearing to enjoy it
- Saying the certain food is good for you
- Giving the certain food at the same time as a certain food or flavor
- Just leaving the certain food around in a bowl or in the refrigerator where the child could see it.
- Threatening a bad consequence if the certain food is not eaten
- Indicating that the parents would be happy and pleased if the child eats the certain food
- Referring to siblings or peers that eat the certain food
- Serving the certain food as the only food in a meal and making it clear that the certain food must be eaten before anything else
- Involving the child in choosing, preparing and serving the certain food

# How to Eat Less Fat at Social Occasions



## Limit fat by the food choices you make.

- Eat only special foods-enjoy your favorite foods but skip everyday foods that are high in fat.
- Fill most of your plate with green salad and other low fat foods,
- Choose small servings of high-fat foods.
- Limit high-fat extras such as butter, gravy, sauces, salad dressings, and cheeses.
- Refuse high-fat foods.
- Use a teaspoon for tasting.

## Limit fat by eating less food.

- Spend more time talking than eating.
- Be the slowest eater.
- Instead of eating, drink more beverages (coffee, soda, water).
- Share your food with someone.
- Use a small plate.
- Leave food on the plate.
- Don't arrive hungry. Eat something before you leave home.

## Budget your fat.

- Eat less fat for a few days before a special occasion.
- Eat less fat for a few days after a special occasion.
- Don't skip meals; eat smaller meals.

## Make low fat food everyone will enjoy.

- If you are a guest, offer to bring food.
- If you are the host, modify food to decrease fat.
- Set a good example of the healthy way to eat.



# How to Eat Less Fat from Dairy Foods



## MILK

- Work your way down from whole milk to 2%, to 1%, then skim.
- Drink low fat milk well chilled or on ice. It tastes better!
- Mix powdered milk and chill for several hours before drinking.
- Try buttermilk made from 1% milk. It really has no butter in it and is a great lower-fat milk choice.

## CHEESE

- Don't replace meat with regular cheese; it has just as much fat.
- Try sharp cheeses such as sharp cheddar-you get more taste with smaller amounts.
- Don't add cheese to meat sandwiches-it doubles the fat!
- Try part-skim mozzarella (pizza cheese), imitation cheese or other low fat cheese or fat-free cheese.

## ICE CREAM

- Eat smaller servings less often.
- Top with fruit instead of chocolate or butterscotch.
- Check the nutrition information label.
- Make homemade low fat ice cream or sherbet for family and friends.
- Instead of regular ice cream, choose ice milk, sherbet or low fat or non-fat ice cream and frozen desserts-they have much less fat.
- Try frozen yogurt-tastes great, is low fat, and you can buy it in the grocery store or at most ice cream stands.
- frozen fruit bars, frozen grapes and bananas, popsicles, and fudgesicles are a refreshing, low fat frozen treat! Buy them, or make your own! Freeze juice in small cups with popsicle sticks.

## MILK in Coffee or Tea

- Try lite creamers. Don't use powdered creamers-they have just as much fat as regular cream.
- Use skim, 1% or 2% milk in coffee or tea.

## YOGURT

- Try low fat or non-fat yogurt.
- Mix yogurt with low fat sour cream for a sour cream substitute.
- Drain yogurt overnight to make yogurt cheese, a cream cheese substitute.

# How to Modify Your Recipes



By modifying recipes, you can reduce calories, fat, cholesterol sugar, and salt. Or you can add high-fiber ingredients to make a recipe healthier! Recipe modification is fun and easy to do. The taste and texture may change a little, but the results are often just as good or better! The following is a list of changes that will make your recipes healthier.

<b>Instead of this:</b>	<b>Substitute this!</b>
Whole eggs, egg yolks	2 egg whites for every whole egg
30% fat hamburger	15-16% fat hamburger, or ground turkey
Whole milk	Low fat (1 or 2%) milk; nonfat milk
Cream or half & half	Evaporated skim milk
Whipping cream	Dream Whip made with nonfat milk
Sour cream	Plain low fat yogurt or light sour cream
High-fat cheese	Reduce amount by 1/2; try low-fat cottage and ricotta cheeses or part-skim mozzarella
Margarine or butter	Try a reduced-calorie margarine (not recommended for baking)
Fat in cooking	Reduce amount by 1/3 to 1/2
Chocolate chips	Reduce by 1/2
Nuts	Use less; try Grape Nuts <sup>®</sup> cereal
Mayonnaise	light mayonnaise or fat-free mayonnaise
White flour	Use 1/2 whole wheat*
White rice	Brown rice, bulgar, barley
Salt	Reduce amount by 1/2 or use none; use herbs and spices, lemon juice
Sugar	Reduce amount by 1/3 to 1/2

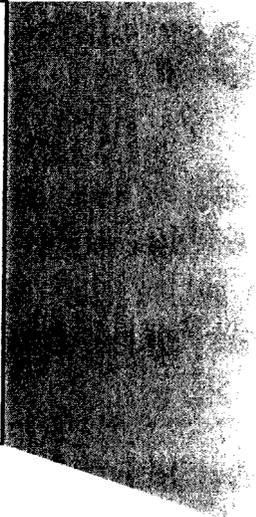
\* Be sure to add 2 tablespoons of liquid (milk, buttermilk) for every cup of whole wheat flour added to your recipes. This will help make the recipe less dry.

**Tip:** When you reduce the fat in your recipes, replace the amount of fat removed with milk, buttermilk or other liquid to keep your product moist.

# Here is an example of how to modify a recipe!

## Chocolate Chip Cookies (original)

1 c. butter, softened  
2 eggs  
3/4 c. packed brown sugar  
3/4 c. granulated sugar  
2-1/4 c. flour  
1 tsp. baking soda  
1/2 tsp. salt  
1 tsp. vanilla  
2 c. semisweet chocolate chips  
1 c. chopped nuts



## Chocolate Chip Cookies (modified)

1/2 c. margarine, softened (a)  
1/2 c. plus 2 T. low-fat milk (b)  
4 egg whites (c)  
1/2 c. packed brown sugar (d)  
1/2 c. granulated sugar  
1 -1/4 c. flour  
1 c. whole wheat flour (e)  
1 tsp. baking soda  
1/4 tsp. salt (optional) (f)  
1 tsp. vanilla  
1 c. semisweet chocolate chips (g)  
1/3 c. chopped nuts (h)  
1/2 c. raisins (optional) (i)

Preheat oven to 350°F. In a small bowl, combine flours, baking soda, and salt; set aside. In a large bowl cream margarine, sugars, and vanilla. Beat in egg whites. Gradually add flour mixture and mix well. Stir in chocolate chips, nuts, and raisins. Drop by teaspoonfuls onto lightly greased baking sheets. Bake for 8-10 minutes.

**Original Recipe:** Makes 60 cookies, 111 calories, 6.7 grams fat, and 20 mg cholesterol/cookie.

**Modified Recipe:** Makes 60 cookies, 71 calories, 3.2 grams fat, and 0 mg cholesterol/cookie.

### Key to the Changes:

- (a) The fat has been reduced by 1/2. Margarine was used instead of butter to avoid saturated fat and cholesterol.
- (b) 1/2 cup low-fat milk was added to replace the 1/2 cup margarine removed from the recipe.  
2 tablespoons of low-fat milk were added to ensure moistness, since 1 cup whole wheat flour was added.
- (c) 4 egg whites were used in place of 2 whole eggs. Egg whites have no fat or cholesterol!
- (d) Both sugars were reduced by 1/4 cup.
- (e) 1 cup white flour was replaced with 1 cup whole wheat flour to add fiber.
- (f) You can reduce the salt or use none at all.
- (g) The semisweet chocolate chips were reduced by 1/2.
- (h) The nuts were reduced by 2/3.
- (i) Raisins are optional, but they replace some of the chocolate chips and are a good source of fiber.

The modified cookies are lower in fat, but they are not low-fat cookies!  
They make a good dessert, but should only be eaten occasionally.



# How to Pack a Healthy Lunch Your Child Will Actually Eat



Does your child make a face when you tell them that they have a peanut butter and jelly sandwich. AGAIN? Did you know that, on average, children have 21 minutes to eat lunch, including bathroom stops?

## What is a concerned parent to do?

Try these tips to make your child's lunches so fun, delicious and healthy, they'll come home asking for more.

### Main course:

- Sandwiches are not made from sliced bread alone! Mix things up by using raisin bread, whole wheat pita pockets, mini bagels or tortillas.
- Try lunchtime wraps using whole wheat tortillas wrapped around one of these fillings:
  - Traditional sandwich fixings such as turkey, sliced tomatoes, brussel sprouts and cucumber slivers
  - Peanut butter and mashed banana
  - Chive flavored light cream cheese, drained salsa and a little shredded cheddar cheese
  - Experiment! Involve your children in the process by asking them what combinations they think would be tasty.
- Make whole grain bread sandwiches more appealing for your young child by cutting sandwiches into fun shapes with cookie cutters. One day try dinosaurs, next letters and numbers, then stars.
- If your child complains that the vegetables make their sandwiches soggy, try putting vegetables in a separate baggie. let your child add them to their sandwich before they eat.

### Munchies:

- Try substituting the usual high fat potato chips with baked tortilla chips. Add a small container of salsa and you're adding flavor and a vegetable!
- Try making low fat trail mix (recipe on the other side) and bog it up for a week's worth of tasty and healthful treats.
- If you already include a fruit flavored low fat or fat-free yogurt cup, try including a small container of low fat granola for your child to mix-in.

### Fruits & Veggies:

- Homemade fruit kabobs! Try cubing-up your child's favorite fruits and spearing them with a thin celery strip.
- Pre-slice apples or pre-peel oranges before dropping them into your child's lunch. This may encourage them to eat the snacks you've already pocked because you've already done the hard part for them!
- Dried fruit is always a crowd pleaser. Mini boxes of raisins, dried cherries, and mixed tropical fruit ore a great snack and the work is already done for you! Also consider buying a variety of dried fruits in the bulk section of your grocery store and make a homemade dried fruit salad. Pre-bag the salad and drop them into your child's lunch for a delicious treat!

If you choose to have your child purchase lunch, obtain a copy of the school menus (if possible) and review them together. This can be a good nutritional tool, as you can use it to help guide your child's eating habits. Here's to healthy eating!

### SERVING SIZE

All serving sizes have been set by the FDA. All of the information below pertains to this amount of food.

### CALORIES

Calories are figured from the amount of fat, carbohydrate, and protein in the food.

### TOTAL FAT

Many people are watching how much fat they eat. Total fat consists of three subtypes of fat: saturated fat, monounsaturated fat, and polyunsaturated fat.

### SATURATED FAT

This is the fat that's linked with high blood cholesterol.

### TOTAL CARBOHYDRATE

Carbohydrates contain three categories: simple carbohydrates (sugars); complex carbohydrates (starches); and dietary fiber.

### SUGARS

Sugars can be naturally occurring, like the fructose in fruit and juice, or they can be from refined sources, like table sugar (sucrose), corn syrup, or molasses. The FDA has not determined a Daily Value for sugar.

### VITAMINS AND MINERALS

These numbers list the percentage of the USRDA of these nutrients. USRDA stands for United States Recommended Dietary Allowance.

### FOOTNOTE

Health agencies, such as the American Heart Association, have set guidelines for healthy eating. This footnote sets out guidelines that apply to people eating 2,000 or 2,500 calories. These guidelines don't change from label to label. **They do not represent what's in the food you're buying.** Instead, these numbers are used to calculate the Daily Values column above. For instance, a person eating 2,000 calories should eat no more than 65 grams of fat. A serving of this food provides 0.5 grams of fat. Divide 0.5 by 65 to get 1%. This food provides 1% of your Daily Value for total fat if you eat 2,000 calories.

## HOW TO READ THE NUTRITION FACTS PANEL

### Nutrition Facts

Serving Size 1 slice (40g)  
Servings per Container 20

#### Amount per Serving

Calories 90      Calories from Fat 5

#### % Daily Value\*

Total Fat 0.5g      1%

Saturated Fat 0g      0%

Cholesterol 0mg      0%

Sodium 150mg      6%

Total Carbohydrate 18g      6%

Dietary Fiber 2g      8%

Sugars 5g

#### Protein 4g

Vitamin A 0% • Vitamin C 0%

Calcium 4% • Iron 6%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium		2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrates 4 • Protein 4

### NUTRITION FACTS

Everything about the nutrition label-what it contains, what it doesn't, and how it is presented-was decided upon by the FDA.

### CALORIES FROM FAT

This shows how many calories come from fat. To find the Percentage of Calories derived from Fat, divide Calories from Fat by total Calories. In this case, this food gets 5 of its 90 calories from fat, or 6%.

### DAILY VALUES

This is a way that you can evaluate how a particular food fits into your daily meal plan. These percentages are based on health agency guidelines listed in the footnote at the bottom of the label, for a person eating 2,000 calories in a day. This food item provides only 1% of the amount of fat that a person eating 2,000 calories would consume in a day. **Daily Values do not indicate the percentage of a nutrient in a food-for instance, the Daily Value for fat does NOT show the percentage of calories from fat.**

### CHOLESTEROL

Cholesterol is only found in products of animal origin. If a product has very little cholesterol (less than 2 mg per serving), this value may be rounded down to zero.

### SODIUM

High levels of sodium are found in salt, soy sauce, condiments, processed foods, cured meats and cheese. Some people are very salt sensitive. Others can eat sodium without ill effects.

### DIETARY FIBER

Dietary fiber are carbohydrates that aren't digested by human enzymes. They're only found in foods of plant origin, and provide roughage or bulk to our foods.

### PROTEIN

Protein is the building material of our bodies. The FDA has determined that most Americans get more than enough protein, so protein does not require a Daily Value listing.

### CALORIES PER GRAM FOOTNOTE

These numbers are constants. Every gram of fat has 9 calories. A gram of carbohydrate or protein has 4 calories each. For instance, this food has 0.5 grams of fat. You would multiply 0.5 by 9 to get 4.5 Calories from Fat, which is rounded up to 5 Calories from Fat on this label.

# Ideas to Increase the Variety of Fruits and Vegetables that I Eat



## Morning/Breakfast

- For a pocket breakfast, spread lite or non-fat cream cheese on a whole-wheat pita and toss in some dried fruit.
- Stir extra fruits or vegetables into your favorite low-fat muffin mix. Try about 1/2 cup for every 2 cups of dry ingredients.

## Lunch

- Add vegetables to sandwiches. Have a ready supply of colorful vegetables pre-sliced in your refrigerator.
- Keep frozen and canned fruit and vegetables on hand to add to soups, salads, and rice dishes.

## Dinner/Supper

- Use the low-fat frozen vegetable mixes available in your supermarket to add variety at meals — just add rice, pasta, couscous, or another grain.
- Try different flavorings with vegetables. Add ginger to carrots while they're cooking.

## Snacks

- Add fruit to non-fat plain or fruit yogurt.
- Prepare your own popsicles made from fruit juice and fruit chunks.

## Desserts

- Top your fruit with a small spoon of low-fat frozen dessert (or real ice cream!) instead of the other way around.

# Lean Cuts and Cooking Methods



	DRY HEAT						MOIST HEAT		
	<i>Roast</i>	<i>Broil</i>	<i>Grill</i>	<i>Panbroil</i>	<i>Stir-fry</i>	<i>Braise</i>	<i>Stew</i>	<i>Steam</i>	<i>Poach</i>
<b>BEEF</b>									
Eye round*						●	●		●
Top round*						●	●		
Round tip*						●	●		
Bottom round*						●	●		
<b>Sirloin</b>	●	●	●	●	●				
<b>Top loin</b>	●	●	●	●	●				
<b>Tenderloin</b>	●	●	●	●	●				●
Flank		●	●		●				
Ground round or sirloin	●	●	●	●					
<b>PORK</b>									
Tenderloin	●	●	●	●	●				
Boneless top loin roast	●	●	●						
Loin chop		●	●	●		●			
Loin strips					●				
Boneless sirloin chop		●	●	●		●			
Boneless rib roast	●		●	●		●	●		
Rib chop		●	●	●		●			
Boneless ham	●	●	●	●	●				
<b>POULTRY**</b>									
Whole chicken	●		●			●	●		●
Whole turkey	●		●			●			
Cornish game hens	●		●			●	●		●
Breast	●	●	●	●	●				●
Drumstick	●	●	●						
<b>FISH</b>									
Cod	●	●	●	●	●		●	●	●
Flounder	●	●	●	●	●		●	●	●
Halibut	●	●	●	●	●		●	●	●
Orange roughy	●	●	●	●	●		●	●	●
Shrimp		●	●	●	●		●	●	●

\* May be cooked by dry heat methods if they are tenderized first by pounding or marinating

\*\* White meat has less fat than dark meat. Skin should be removed before eating,

**Bolded items** are the skinniest six cuts of meat.

# The Lighter Side of Brunch



- Top pancakes and waffles with fresh seasonal fruit and fat-free yogurt instead of butter and syrup.
- Eggs for breakfast? If you're making two eggs, throw out one yolk.
- Try a healthy omelette recipe by using an egg substitute. Spice it up by adding red peppers, onions, mushrooms, and top with salsa.
- Blend fresh or frozen fruit into low fat or fat-free cream cheese to increase the flavor.
- Toast whole grain cinnamon raisin bread and top with jam in place of having high fat cinnamon rolls.
- Skip the croissants and choose English muffins instead. Make them whole grain and you are doing even better. Top them off with honey or jam for a sweet and fat-free addition.
- Go easy on the pastry desserts and eat more of the fruit, especially fresh fruit.
- If you eat pastry desserts, choose ones that do not have cream or cream cheese fillings.
- Use low fat or fat-free milk in your coffee instead of cream.

# A Little Pinch of Spice Packs a Punch of Flavor



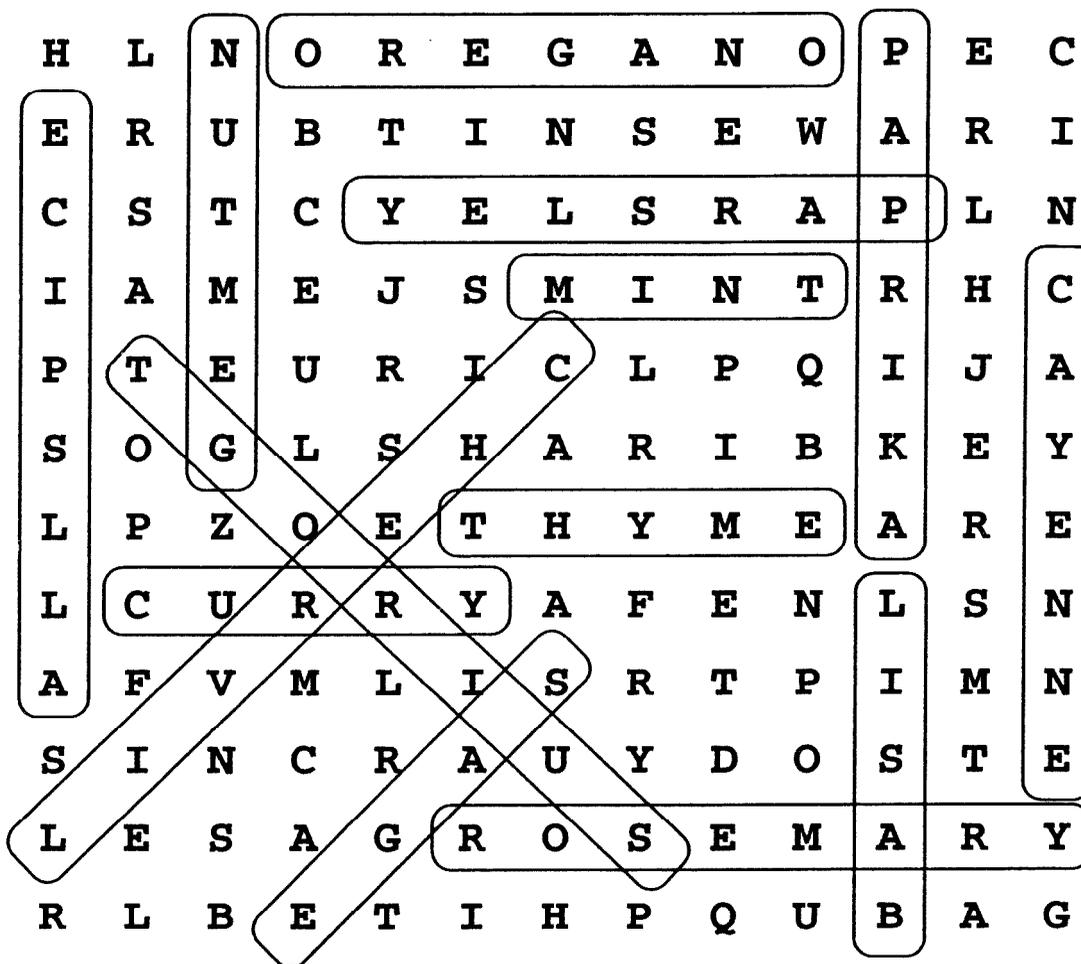
H L N O R E G A N O P E C  
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P T E U R I C L P Q I J A  
S O G L S H A R I B K E Y  
L P Z O E T H Y M E A R E  
L C U R R Y A F E N L S N  
A F V M L I S R T P I M N  
S I N C R A U Y D O S T E  
L E S A G R O S E M A R Y  
R L B E T I H P Q U B A G

Find the following delicious spices, which may appear vertically, horizontally, or diagonally, frontward, or backwards:

Allspice	Nutmeg	Basil	Parsley	Cayenne	Oregano
Chervil	Paprika	Curry	Rosemary	Mint	Sage
Mustard	Thyme				

Be sure to pick up a tip sheet for hints on how to use these spices in your own food preparation!

# A Little Pinch of Spice Packs a Punch of Flavor



Find the following delicious spices, which may appear vertically, horizontally, or diagonally, forward, or backwards:

- |          |         |       |          |         |         |
|----------|---------|-------|----------|---------|---------|
| Allspice | Nutmeg  | Basil | Parsley  | Cayenne | Oregano |
| Chervil  | Paprika | Curry | Rosemary | Mint    | Sage    |
| Mustard  | Thyme   |       |          |         |         |

Be sure to pick up a tip sheet for hints on how to use these spices in your own food preparation!

# Low Fat in the Fast Food Lane



You really can find low fat options at fast food restaurants. Here are some ideas for making healthier choices. Give them a try at your next stop!

## **Burgers and Sandwiches**

- Order a small instead of a large burger or sandwich
- Avoid double meat sandwiches and burgers or you'll get more fat than you need in one day!
- Ask for the burger to be well-done: the more you cook the burger, the less fat remains
- Reduce the amount of cheese in the burger or sandwich or eliminate cheese all together - cheese can contribute up to 1/3 of the fat!
- Use mustard instead of mayonnaise – the fat adds up with mayo!
- Limit the amount of high-fat toppings, such as avocado and bacon

## **Chicken and Fish**

- Order your chicken or fish grilled or broiled instead of fried or breaded
- Choose skinless, roasted chicken
- Use low fat dressing and toppings, e.g., low fat salad dressing, low fat mayonnaise, mustard, barbecue sauce, or ketchup

## **Burritos, Pitas, Tacos, and Wraps**

- Choose burritos, pitas, and wraps made with chicken, turkey, or roast beef rather than with beef
- Select meatless or vegetarian alternatives — but watch out for cheese and avocado
- Order without dressing or request low fat dressing

## **French Fries and Onion Rings**

- Select “small” rather than “large”
- Have them without cheese
- Try other side dishes for a healthy change: low-fat soups, plain baked potato, salad, low-fat ice cream or frozen yogurt instead

Note: Most restaurants provide nutritional information for their menu items. This information is useful in making comparisons between different meal choices.

# Low Fat or High Fat?



Can you put these foods in order from lowest amount of fat to highest amount of fat?

French fries

Biscuit

Carrot

Pizza

Air-popped popcorn

Asparagus

Pasta

**Solution:** asparagus, carrot, air-popped popcorn, pasta, biscuit, French fries, pizza

# Low Fat or High Fat?



Can you put these foods in order from lowest amount of fat to highest amount of fat?

Cherry pie

Watermelon

Broccoli

Hamburger

Beans

Bacon

Pretzel

**Solution:** watermelon, broccoli, beans, pretzel, cherry pie, hamburger

## Grocery Checklist

A good way to start improving your eating habits is to take an inventory of your kitchen. See if you have foods on hand that are low in fat and high in fruits, vegetables, and grains. Having the right foods “at your fingertips” will make changing easier and will increase your chances of reaching your goals.

*Here’s a grocery checklist of low fat high fiber foods.*

### Fruits and Vegetables

Fruits, all (fresh, canned or frozen)  
Vegetables, all (if frozen, avoid sauces)

### Dairy Foods

Low fat or skim milk (2% or less)  
Low fat evaporated milk  
Low fat cheese  
Part-skim mozzarella or ricotta  
Light cream cheese low fat cottage cheese  
(1% or 2%)  
Low fat yogurt  
Frozen yogurt, ice milk, sherbet  
Light or diet margarine  
Whipped butter

### Breads, Cereals, Beans, Grains and Pasta

Spaghetti and other noodles  
(preferably whole wheat)  
Brown rice  
Whole wheat flour  
Whole grain breakfast cereals  
Whole grain breads and rolls  
Low fat crackers (see Snack List, page 27)  
Flour and corn tortillas  
Pretzels  
Popcorn (air popped, light  
microwave type)  
Dried or canned beans (kidney beans,  
garbanzo beans, etc.)  
Dried peas and lentils

### Meat, Fish, Poultry, Tofu

Fish or shellfish, fresh, frozen (not fried),  
or canned  
Water-packed tuna  
Poultry  
Lean cuts of beef (round, loin, rib)  
Extra lean ground beef  
Ground turkey or chicken  
Lean cuts of pork (lean smoked ham, pork  
tenderloin, Canadian bacon)  
Low fat lunch meat (95%-97% fat free)  
Tofu (bean curd)  
Chicken or turkey hot dogs

### Fats, Oils, Salad Dressings and Spreads

Fruit jam or jelly  
Light or diet mayonnaise  
Reduced calorie salad dressing  
Non-stick spray  
Gravy mixes made with water

### Cookies, Cakes and Candy

Low fat cookies (see Snack List)  
Low fat cakes (angel food, white  
and gingerbread)

# Low-Fat Shopping Tips



**In addition to reading labels, you can do other things to eat a lower-fat, healthier diet and save money on your food bill. Read the following list and try these ideas!**

## **Before you go to the store . . .**

- Plan ahead. Think about your week & decide on some of the main foods you need to make meals.
- Look for specials & coupons for low-fat foods. If a low-fat food is on sale, buy extra & put it in the freezer.
- Make a shopping list & stick to it! Write down specific brands of food or specific cuts of meat.
- Eat before you go grocery shopping. If you're not hungry, you'll be less tempted to buy everything in sight.
- Plan more meatless meals to reduce cost.

## **At the store . . .**

- Use your shopping list. Don't rely on your memory!
- Save money by buying foods in larger amounts.
- Watch those store displays! Be careful not to buy high-fat foods on impulse.
- Watch for store specials. Stock up on low-fat items so you'll have them when you need them.
- If certain high-fat foods tempt you, stay away from those aisles, or pass through them quickly, only stopping for items on your list.
- Read the labels to decide if foods are low in fat.
- Watch for new low-fat products at the grocery store.

## **At home . . .**

- Make good use of leftovers.
- Keep fruits & vegetables visible. Don't keep them hidden in your refrigerator. Put fruit in a bowl on the counter or table. Keep cut-up veggies on the top shelf of the fridge - in plain sight.

# Maximizing Beans



**Black beans:** Also known as turtle beans; they are a staple in South America, Central American and Cuba. They are used to make black bean soup and black beans and rice.

**Black-eyed beans:** Also called cowpeas, they are quick-cooking. They are related to yellow-peas and are small, oval, and have a black or yellow spot. A favorite in the south.

**Chickpeas:** Also known as garbanzos (Spanish), they are used in Mediterranean countries for stews, soups, salads, and spreads. The Middle Eastern dip, humus, is made from a paste of cooked chickpeas. The patties of falafel are made from ground chickpeas. They are commonly sold precooked in cans.

**Cranberry beans:** Also known as Roma beans; these have reddish streaks on a buff-colored bean, making them very attractive in dishes like salads and succotash.

**Kidney beans:** These beans are named for their kidney shape and deep red color. They are best known in chili, with or without carne (meat), and are flavored in soups and salads. Keep a few cans on hand for instant additions to various dishes.

**Lentils:** These small, flat seeds that look like tiny buttons come brown or red. They cook quickly without soaking. They make delicious soups, salads (hot or cold), or casseroles.

**Lima beans:** These are sold fresh or dried, large or small. The small fresh beans, also known as Fordhooks or butter beans, are often served as a cooked vegetable, plain or mixed with corn in a creamy vegetable dish called succotash. Dried limas are used in soups and casseroles.

# Bean Cooking Guide



Type of bean (1 cup dry)	Amount of water or broth	Stovetop (unsoaked)	Stovetop (soaked)	Pressure Cooker (unsoaked)	Pressure Cooker (soaked)	Crockpot (soaked)	Yield
Black beans	3-4 cups	150 min	60-90 min	45-60 min	30-45 min	12-16 hr	2 cups
Black-eyed beans	3 cups	45-60 min	30-45 min	20-30 min	15-25 min	8-12 hr	2 cups
Chickpeas	4 cups	150-180 min	90-120 min	60-90 min	60 min	16-24 hr	2 cups
Cranberry beans	3 cups	150-180 min	120-150 min	60-90 min	50-60 min	16-24 hr	2 cups
Kidney beans	3 cups	120-150 min	60-120 min	60-90 min	45-60 min	12-24 hr	2 cups
Lentils, whole brown or green	3 cups	45 min	15-20 min	NR	NR	4-5 hr	2 1/4 cups
Lentils, pink	3 cups	15-30 min	NR	NR	NR	NR	2 1/4 cups
Lima beans	2 cups	120-160 min	90 min	60-90 min	40-50 min	12-16 hr	1 1/2 cups
Pinto beans	3 cups	90-120 min	75-90 min	40-60 min	30 min	8-12 hr	2 cups
Soybeans	4 cups	4-6 hr	3-4 hr	NR	NR	24-48 hr	2 cups
Split peas	3 cups	15-30 min	NR	NR	NR	4-5 hr	2 1/4 cups
White beans	3-4 cups	120 min	60-90 min	30-50 min	20-40 min	8-12 hr	2 cups

NR = not recommended

Soaked = 8-12 hours presoaked, or boiled 5 minutes and soak 2 hours

Pressure cooker times = 15 pounds of pressure, figured after pressure is reached on gauge

# Maximizing Grains



**Barley:** The most commonly used barley is "pearled" barley. It is most often used in soups, as a side dish, or in salads.

**Brown rice:** Whole unpolished rice grain. Its color comes from the outer layer of nutritious, fiber-rich bran. It has a slightly nutty flavor and chewier texture than white rice.

**Buckwheat:** Roasted buckwheat is known as "kasha" and is a staple in Russia. It has an interesting flavor but is stronger than most grains. It tastes good when cooked 1/2 and 1/2 with bulgur or rice.

**Couscous:** Finely cracked wheat that has been steamed and dried. It is the "instant" rice of North Africa. Use like rice as pilaf, under stir-fried dishes or try Moroccan couscous.

**Millet:** Most of us think of millet as bird seed, but it is good for people too. Cooked millet can be used in soups, casseroles, stuffings, and salads. Millet as people food is available in health food sections of supermarkets and in health food stores.

**Polenta:** A very coarse cornmeal. Its coarser texture makes it an appropriate side dish in the same way one might use rice or potatoes. Commonly used in Spain and Italy.

**Quinoa:** A small seed similar in appearance to millet. When cooked it has a light fluffy texture and nutlike flavor. Use like rice in stews, pilafs, stuffings, salads, and cereals.

**Triticale:** Triticale is a cross between wheat and rye. It is nutritious and has a desirable nut-like flavor. You can find it in health food stores as berries, flakes, or flour.

**Wheat berries:** Wheat berries are the whole-wheat kernel without any processing. They are a hearty, crunchy nut-flavored cereal. They can also be added to breads and muffins. You can sprout them and add them to salads or stir-fries.

**White rice:** Comes in many forms: long grain, short grain, instant, and converted. Short grain is stickier and used by the Japanese. Long grain is better in dishes like Spanish rice.

**Wild rice:** Wild rice is not actually rice. It's a seed native to America. Use it for a special treat because it is expensive. It does expand by four times when cooked. It can also be mixed with brown or white rice.

# Cooking Times and Proportions for Grains



Type of grain (1 cup dry)	Amount of water	Cooking time (unsoaked, stove-top)
Barley, pearled	3 cups	30 minutes
Brown rice	2 cups	45-60 minutes
Buckwheat	2-2 1/2 cups	15-20 minutes
Bulgur, for casseroles	2 cups	10-15 minutes
Bulgur, for salads	2 cups	10-15 minutes, soaked overnight
Couscous	1 1/2 cups (boiling)	Cover and let sit 5 minutes
Millet, for dinner	2 cups	15-20 minutes
Millet, for porridge	4 cups fruit juice	30-45 minutes
Polenta	4 cups	25-30 minutes
Quinoa (rinse well)	2 cups	10-15 minutes
Triticale	2 cups	40 minutes, soaked overnight
Wheat berries	4 cups	3 hours
White rice	2 cups	20 minutes
Wild rice	3 cups	30-40 minutes

# Moist Heat Cooking Methods



## Braising

- Slowly brown meat or poultry on all sides, using small amount of oil, if necessary, in a heavy pan.
- Pour off drippings.
- Season with salt, herbs or spices, as desired (refer to the International Seasonings chart).
- Add a small amount of liquid (as little as two tablespoons may be used, however, 1/4 to 1/2 cup is recommended), such as water, juice, wine, broth or stock
- Cover tightly to provide a moist atmosphere for cooking. Simmer on low heat on top of the range or in (300-325°F) oven until fork tender.
- Vegetables should be added toward the end of cooking to prevent overcooking.
- The cooking liquid may be reduced or thickened after removing fat to make a sauce.

## Stewing

- Coat meat or poultry lightly with seasoned flour, if desired.
- Slowly brown on all sides using a small amount of oil, if necessary, in heavy pan.
- Pour off drippings.
- Cover meat or poultry with liquid, such as water, juice, wine, broth or stock
- Season, as desired (refer to the International Seasonings chart).
- Cover tightly and simmer on top of the range until fork tender.

- Vegetables should be added toward the end of cooking time to prevent overcooking.
- Reduce or thicken cooking liquid after removing fat, if desired.

## Poaching

- Season meat, poultry or fish, as desired (refer to the International Seasonings chart).
- For roasts, tie with heavy string at 2-inch intervals, if needed. Brown on all sides in nonstick pan. Pour off excess drippings.
- Cover meat, poultry or fish with liquid. Season with additional ingredients, if desired.
- Bring to a boil. Reduce heat, cover and simmer until done.

## Steaming

- Stovetop:
  - Place fish on a steamer pan or perforated tray.
  - Set into pan, above simmering liquid.
  - Cover pan, and continue simmering at a low heat until fish flakes.
- Microwave:
  - Place fish in microwave-safe dish in spoke fashion for even cooking.
  - Add a small amount of liquid or seasoned vegetables, if desired.
  - Cover with microwave-safe plastic wrap, venting on one corner.
  - Following manufacturers directions, microwave on high until fish flakes.

# Nutrition Label Worksheet



Compare the food labels of two different foods.  
look at the packaging to find the nutrition label,  
typically called the "Nutrition Information Per Serving."

	Food 1	Food 2		
Name of food:	_____	_____		
What is the serving size listed?	_____	_____		
How many grams of fat per serving are listed on the label? ( <i>Total fat grams</i> )	_____	_____		
What is your usual serving size of this food (approximate)?	_____			
How many grams of fat would be in the serving you usually eat?	_____	_____		
Is this food a low-fat choice?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Yes	<input type="checkbox"/> No
What is another low-fat choice of a similar food?	_____	_____		

*When comparing foods, be sure you are comparing the same serving size.*

## Guidelines for low-fat Choices:

Main Dish: 10 g fat or less per serving • Dessert: 4 g fat or less per serving

# Promising Phytochemicals in Vegetables and Fruits



## Major Food Sources

Allium vegetables: onions, garlic, scallions, leeks, chives

Orange fruits and vegetables and dark greens: carrots, sweet potatoes, winter squash, pumpkin, mango, spinach, collards, bok choy, cantaloupe

Beans, legumes, soybeans, soy foods: tofu, soy milk, soy flour, veggie burgers

Tomatoes, watermelon

Fruits, vegetables, wine, tea soybeans, soy foods, cayenne, onions, apples, red grapes, artichokes

Cruciferous vegetables: broccoli, cauliflower, Brussels sprouts, kohlrabi, cabbage, bok choy, kale, mustard greens, rutabaga, turnips, turnip greens

Grapes, berries, whole grains, parsley, carrots, citrus fruits, tomatoes, nuts, vanilla beans, cloves

Citrus fruits, cherries, spearmint, dill, mint

"Greens": spinach, kale, collard, chard

## Phytochemical Group

Allium compounds

Beta carotenes

Isoflavones  
Saponins

Lycopene

Flavonoids  
(such as: catechins, isoflavones, quercetin)

Isothiocyanates  
(such as: sulforaphane)  
Indoles

Phenolic acids  
(such as: coumarins, ellagic acid)

Terpenes  
(such as: limonene, monoterpenes)

Lutein/zeaxanthin

## Potential Benefits

- Increases production of anti-cancer enzymes
- Reduces blood pressure and cholesterol
- May enhance immune system

- Antioxidant

- May prevent cancer cells from multiplying

- Antioxidant

- Antioxidant
- May prevent cancer cells from multiplying

- Increases production of anti-cancer enzymes
- Lowers cholesterol

- May block the action of cancer-causing agents
- Delays cholesterol formation

- Increases production of anti-cancer enzymes

- May decrease risk of developing macular degeneration.

# Quick Meal and Snack Worksheet



To save time, it's important to have a supply of quick meal and snack ideas and to stock your kitchen with low-fat and fruit & vegetable basics. Use this worksheet to write down 2 quick meal ideas and 2 quick snack ideas. Then identify the basic ingredients you already have on hand, and the foods you need to buy. Refer to foods and ideas discussed during this session and from the shopping list.

## Quick Meal or Snack Idea

## Basics on Hand

## Foods I Need to Buy

1. Meal

2. Meal

1. Snack

2. Snack

# Rate Your Plate



Check the box for the answer that most often resembles your eating choices.

	Usually	Sometimes	Rarely
I choose low fat milk for cooking and drinking.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I use low fat sandwich fillings (tuna, turkey, lean ham).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I choose low-calorie mayonnaise or salad dressings.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I eat low fat snack foods.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I trim fat from meat.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
(I do not eat meat).	<input type="checkbox"/>		
I choose lean cuts of meat.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
(I do not eat meat).	<input type="checkbox"/>		
I select low fat cheeses.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I eat low fat desserts.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I avoid adding butter, margarine or rich sauces.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I avoid fried foods.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I read labels.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I modify recipes to decrease the amount of fat in them.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I ask for healthy eating alternatives in restaurants.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I use little or no butter or margarine.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Add up the total number of checks in each column.

Multiply each column's total by

\_\_\_\_\_

x1

\_\_\_\_\_

x2

\_\_\_\_\_

x3

Column Totals:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Add the three column total numbers together. This is your total score:

\_\_\_\_\_

**If your score is...**

- Between 34-42, you need to work on decreasing the fat in your diet. Try setting goals for yourself. Look at the Help Yourself book for ideas.
- Between 24-33, you're making good eating choices but you could still lower the fat in your diet. Review the grocery list on p.17 in the Help Yourself book for easy, lowfat foods.
- Between 14-23, yay! You're on the lowfat track! Keep it up!

# Sample Menu



## Food Choice

## Healthier Choice(s)

### Breakfast

1 poached egg .....	1 c. high-fiber cereal (like Raisin Bran) with either 1/2 c. skin milk (0 tsp. fat) or 2% milk (1/2 tsp. fat)
1 strip bacon	
1 slice toast .....	Whole wheat toast
1 tsp. regular margarine .....	Omit margarine, use jelly, jam or honey
1/2 c. orange juice .....	Fresh fruit

### Snack

1 c. coffee with sugar substitute	
1 donut, cake type, plain .....	1 bran muff in (1 tsp. fat) or 1 bagel (0 tsp fat)

### Lunch

#### Sandwich:

2 slices rye bread	
2 oz. light turkey without skin	
1 T. mayonnaise, regular .....	1 tsp. light mayonnaise
Tomato and lettuce	
1 oz. package of potato chips .....	Carrot/celery sticks
1 apple .....	1 apple (eat the skin)
1 soft drink .....	Juice, skim milk, or water

*continued on back*

**Food Choice**

**Healthier Choice(s)**

**Dinner**

Cheeseburger:

3 oz. hamburger (30% fat).....	1 c. meatless bean dish, 4 oz. baked red snapper, 3 oz. crispy baked chicken, or 3 oz. 10% fat ground beef
1 hamburger bun	
1 T. mayonnaise, regular.....	1 T. light mayonnaise
1 oz. cheddar cheese.....	1 oz. lower-fat cheese
French fries (1 regular serving).....	Baked potato (eat the skin), or share fries with a friend
Tossed salad.....	Add some vegetables (1 T. peas, broccoli, etc)
1 T. Italian dressing.....	1 T. lower-fat dressing

**Snack**

1/2 cup ice cream, regular.....	1/2 cup frozen yogurt or sorbet or fresh fruit
---------------------------------	--

**TOTAL tsp FAT: 29 1/2  
(2450 calories, 44% fat)**

**NUMBER OF FAT tsp SAVED: 25 1/3**  
Number of fat grams saved: \_\_\_\_\_

*Note: 1 tsp. margarine = approx. 4 g. fat*



# Snacks On the Go



- Quick Snacking Ideas to grab at home or pick up when you're on the run. Remember all of these snacks are low in fat and yet still high in energy!
- Snip grapes into small bunches for little hands to grab. Keep sandwich bags close at hand.
  - Mini carrots and pre-cut celery make great afternoon snacks for the whole family. Consider adding some broccoli florets or cauliflower pieces for variety. Top them off by preparing a low fat dip, such as the Cucumber-Yogurt dip, for added flavor. You can put the dip into little containers to grab on the go!
  - Buy fruit flavored low fat or fat free yogurt in single serving containers or put in small containers at home. Keep some low fat granola handy for a great on-the-go snack!
  - Cut up several seasonal fruits and mix into a fruit salad! Who can resist a bowl of fruit ready to eat? Pre-portion into small containers ready to walk out the door with you!
  - Dried fruit is always a crowd pleaser. A mini box of raisins is a great snack and the work is already done for you! Also consider buying a variety of dried fruits in the bulk section of your grocery store and making a dried fruit salad! Put some in small airtight containers to take with you wherever you're headed.
  - In the morning, drop pre-sliced apples and oranges into your family's lunch bags. This will encourage them to eat the fruits you've packed for snacks because you've already done the hard part for them!
  - Fruit rolls can squelch that sweet craving! Look for the ones made with 100% fruit.
  - 100% juice in single serve juice boxes are quick to grab and easy for your kids to drink from. No messy pouring problems and they won't leak in lunch bags.
  - Kids love pudding! For dessert or a sweet snack, buy single serve low fat or fat free pudding or make it at home with low fat or fat free milk and put into small containers for quick eating!

# Snack Time Suggestions



## If your favorite is:

- Cheese & crackers
- Cookies & whole milk
- Donut or sweet roll
- Buttered popcorn
- Chips and dip
- Banana pudding
- Apple pie & ice cream
- Ice cream
- Veggies & dip

## Try:

- Cut-up vegetables with "lite" cheese or low-fat cottage cheese
- low fat crackers and apple wedges
- Gingersnaps, fig bars, or fruit bars and skim milk
- Variety bagels [raisin, blueberry] or low fat muffins
- Air-popped popcorn mixed with dried fruit or spices
- low fat caramel corn
- low fat chips and salsa
- Sliced bananas and low fat milk
- Sliced bananas over pudding made with skim milk
- Baked apple and low fat frozen yogurt
- Angel food cake with fresh or frozen fruit on top
- Sherbet, ice milk, or low fat frozen yogurt
- Vegetables served with low fat dip made from non-fat yogurt, cottage cheese, or tofu

# Tips for Buying Healthful Foods



**Healthy eating starts with choosing fruits and vegetables, whole grains, and food items that are low in fat.**

- Purchase several varieties of fruits and vegetables, as these foods are easy to eat and are low in fat.
- Purchase whole grains foods that are easy to prepare and eat. These include whole grain breads and cereals, canned beans, brown rice, and whole wheat or vegetable pasta.
- Read food labels and look for “low fat” or “reduced fat” claims. That way, you can find out about a food’s nutritional value and compare it to similar foods. For example,
  - Choose water-packed tuna instead of oil-packed tuna.
  - Choose 2% or nonfat milk instead of whole milk.
  - Choose turkey or chicken lunch meat instead of salami or bologna.
  - Choose lean ground turkey or beef instead of regular ground meats.
- When purchasing already prepared foods, select those that are low in fat.
- Know that low fat foods are not necessarily low in calories, especially desserts, chips, cookies, baked goods, and other snacks.
- When craving a sweet snack, choose dried fruit or low fat flavored yogurt instead of candy or cookies.



# Tips for Cooking with Herbs & Spices



Make a meal interesting and flavorful with seasonings. Use them to help you maintain your dietary changes and to keep meals new and exciting. low fat foods don't have to be bland and boring!

**Add Flavor Without Fat** — Use herbs and spices instead of butter, oil, sauces, and creams to add flavor to food.

**Stock Your Kitchen** — Have a variety of herbs and spices, fresh or dried, on hand to add to recipes.

**Consider Investing in an Herb Starter Kit** — They usually contain thyme, basil, garlic, oregano, rosemary, ginger, tarragon, dill, and sage.

**Try New Recipes Focused on Flavoring Food With Herbs** — Examples include Curried Chicken, Rosemary Potatoes, Garlic Mashed Potatoes, Tomato-Basil Soup.

**Dried Herbs Have A More Intense Flavor Than Fresh** — If you use fresh herbs, double the amount.

**Consider an Herb Garden** — They are easy and fun to grow indoors or out.

## **Use Herbs to Create Foods with Ethnic and Unique Flavorings:**

- Italian – Basil, Thyme, Oregano
- Mexican – Cayenne, Cilantro, Cumin
- Oriental – Garlic, Ginger, Hot Pepper
- Indian – Ginger, Mustard, Turmeric, Curry
- Spicy – Paprika, Chili Powder, Cayenne, Pepper, Mustard

**Read spice and herb labels for cooking suggestions.**

**Remember: a little goes a long way!**

**Basil**

Also known as sweet basil. Leaves and stems of plant of mint family. Imported from North Mediterranean shore, some grown in U.S.  
Uses: Tomato dishes, peas, squash, string beans, turtle soup, lamb chops.

**Parsley**

Dried leaves of parsley, also known as parsley flakes. Grown in U.S.  
Uses: Soups, salads, meat, fish, sauces, vegetable dishes, also used as garnish.

**Bay leaves**

Aromatic leaves of laurel tree grown in Eastern Mediterranean area. Sold whole or crushed.  
Uses: Pickling, stews, sauces, soups, fish, chowder, meats.

**Rosemary**

Dried leaves of evergreen shrub of the mint family. Sweet and fresh-tasting, like pine needles in shape. Imported from France, Spain, Portugal.  
Uses: Lamb dishes, soups, stews, beef, fish, meat stocks.

**Chervil**

leaves of herb that grows in many countries in the temperate zone.  
Uses: Soups, salads, egg dishes, French dressing, fish, chicken.

**Sage**

Dried leaves of herb of mint family. America's most popular herb. Imported from Yugoslavia, some grown in U.S.  
Uses: Pork, pork products, sausages, meat stuffings, fish and poultry, green salad.

**Marjoram**

Herb of mint family. Imported from France, Chile, Peru.  
Uses: Stews, soups, sausage, poultry seasonings, fish, fish sauce, lamb.

**Savory**

Dried leaves of herb of mint family. Imported from France and Spain  
Uses: Meats, meat dressings, chicken, fish sauces, eggs.

**Mint**

Dried leaves, strong sweet flavor. Grown in US.  
Uses: Flavoring soups, stews, beverages, jellies, meat, fish, sauces.

**Tarragon**

Dried leaves and flowering tops of herbs, tastes similar to anise.  
Uses: Sautés, salads, chicken, meats, eggs, tomato dishes. Also in tarragon vinegar.

**Oregano**

Dried leaves of herb of mint family. Imported from Mexico, Italy, Greece, Chile, and France. Similar in flavor to marjoram but stronger.  
Uses: Pork, beef stews, meat sauces, gravies, omelet, chile con carne.

**Thyme**

Pronounced "time." Dried leaves of plant of mint family. Imported from France, some grown in U.S.  
Uses: Stews, soups, poultry stuffings, clam and fish chowder, meat and fish sauces, croquettes, chipped beef, tomatoes.

**Allspice**

Comes from West Indies, resembles a blend of cinnamon, cloves, and nutmeg.  
Uses: Whole-pickling meats, gravies. Ground-baked goods, puddings, relishes, fruit preserves.

**Mustard**

Small seed but dry ground mustard is classed as a spice. Grown in U.S., also imported from Europe.  
Uses: Whole seed-garnish for salads, pickled meats, cucumber pickles, fish, hamburgers. Dry-meats, sauces, gravies.

**Cayenne**

Spicy small peppers. Most pungent  
Uses: Meats, sauces, fish, eggs.

**Nutmeg**

Kernel of nutmeg fruit, grown in Grenada, India, Indonesia.  
Uses: Whole-pickling, also grated as needed. Ground-baked goods, sauces, puddings, topping for eggnog, custard, cauliflower, fruits, doughnuts.

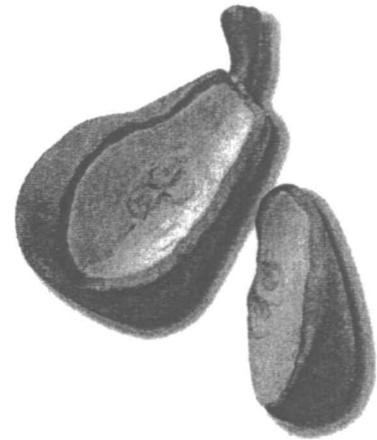
**Cinnamon**

Bark of tree grown in Indonesia, China, Ceylon, Indochina.  
Uses: Whole-pickling, preserving, puddings, stewed fruits, hot drinks. Ground-baked goods, mashed sweet potatoes.

**Paprika**

Grown U.S., also imported from Spain and Central America.  
Uses: Colorful red garnish for many foods; also used with chicken, fish, salad dressings, vegetables, meat, gravies, canapes.

# Tips for Eating Out Healthfully



**Healthy eating starts with choosing fruits and vegetables, whole grains, and food items that are low in fat.**

- Choose restaurants where you'll find dishes that meet healthy eating requirements.
- Ask your server which menu items are high in fat and low in fat. Select menu items that are listed as "low fat" or "healthy."
- Eat smaller portions of high-fat foods.
- Substitute lower-fat foods for high-fat varieties, for example, consider having a plain baked potato, beans, or extra vegetables in place of French fries.
- Trim fat from meats, and remove skin from chicken.
- Limit your intake of fried foods, which are high in fat.
- Fill most of your plate with green salad and other low-fat foods.
- Order sauces and dressings on the side, and use them sparingly.
- Take a portion of your meal home.
- Order from the appetizer menu for smaller portions, but be wary of fried appetizers.
- Order "senior" or "junior" servings.
- Split an entree and order extra vegetables
- Split a high-fat dish such as dessert.
- Look on the menu for grilled meats, entrees broiled without butter, steamed vegetables, poached eggs.
- Ask for toasted, rather than grilled, sandwiches to avoid the fats used on the grill.



# Tips for Evaluating Nutrition and Other Scientific Reports



## Ten Red Flags of Junk Science

Consider the following advice before jumping to conclusions about any nutrition report. A combination of these signs should raise a red flag of suspicion.

1. Warnings of danger from a single product or regimen.
2. Claims that sound too good to be true.
3. Very simple conclusions drawn from a complex study.
4. Recommendations based on a single study.
5. Recommendations that promise a quick fix.
6. Dramatic statements that are different from those put forth by reputable scientific organizations.
7. Lists of "good" and "bad" foods.
8. Recommendations made to help sell a product.
9. Recommendations based on studies published without being reviewed by other scientists.
10. Recommendations from studies that ignore differences among individuals or groups.

## Other Helpful Ideas

Search for possible hidden motives when you look at a news article or report.

- Can you identify who paid for the study and where the study was done?
- Decide if any special interest group would gain or lose by showing particular results.
- Look for where the report was published. Articles that appear in scientific journals have been reviewed by other scientists before publication.
- Look to see the types of participants involved, how many, and the length of the study.

**Remember that most news articles report on single studies. Single studies are just one piece of the puzzle leading to the bigger picture, but rarely tell the whole story.**

# Tips for Taking Care of Your Garden



- Pour water slowly into the center of the paper towels until the construction paper is completely wet.
- Keep your paper towels moist - continue to add water to your Seed Viewer when needed.
- Check the viewer daily to see how the seeds change as they grow!
- Once your seeds have sprouted leaves, transplant half of the seedlings to a 4 inch (or larger) pot and fill with potting soil. Water well and put in a sunny spot.
- Continue to water the seeds you've left in your Seed Viewer.
- Observe what happens to the seedlings in the Seed Viewer and in the soil — what happens after one week?  
After two?

## Other fun vegetables to plant and watch grow include:

- Cherry Tomatoes
- Corn
- Carrots
- Peas/Beans
- Pumpkins
- Sunflowers
- And many more... Have fun!

# Tips for Taking Care of Your Garden



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- Corn
- Carrots
- Peas/Beans
- Pumpkins
- Sunflowers
- And many more... Have fun!

# Vegetable Appeal for Kids



**Do your children tend to refuse to eat anything green?  
Here are some tips to help sway their tastebuds toward vegetables.**

- **Introduce your infant to vegetables before fruits.**  
Children have a natural tendency to like the sweetness of fruit more than the blandness of most vegetables.
- **Serve vegetables that are colorful and crunchy rather than soft.**  
Microwave, stir-fry or steam vegetables. Keep a bowl of mixed raw vegetables, washed and cut into snack-size pieces, in the refrigerator.
- **Involve your children in selecting vegetables from the store.**
- **Let preschoolers grow bean sprouts or alfalfa sprouts on the kitchen windowsill.** If you have a garden, let children help tend the plants. Center special dinners around their produce.
- **Let children help prepare vegetables.** Even young children can snap green beans, shell peas, shuck corn, separate broccoli.
- **Introduce new vegetables one at a time. Serve small portions, and don't force children to eat the new food.** Forcing an unfamiliar food on children will only make them unwilling to try other foods later on.
- **Be creatively sneaky.**  
For older children who already have some vegetable dislikes-be creative. For example, grate zucchini or carrots and add them to meatloaf; make zucchini and pumpkin bread or muffins. Add small pieces or purees of vegetables to soups and stews and put celery and grated carrots in tuna fish.

As children grow and see friends and family enjoying a variety of foods, they are more likely to add more foods, including vegetables to their meals.

# Vegetables & Fruits



## Most Frequently Purchased:

---

### Top Ten Vegetables:

Potato  
Iceberg lettuce  
Tomato  
Onion  
Carrot  
Celery  
Sweet corn  
Broccoli  
Cabbage  
Cucumber

### Top Ten Fruits:

Banana  
Apple  
Watermelon  
Orange  
Cantaloupe  
Grapes  
Grapefruit  
Strawberries  
Peach  
Pear

## Most Nutrient-Rich: (vitamins A, C, folate, and dietary fiber)

---

### Top Ten Vegetables:

Broccoli  
Brussels sprouts  
Cooked greens  
Artichoke  
Sweet potato  
Parsnips  
Winter squash  
Spinach  
Kale  
Tomato

### Top Ten Fruits:

Orange  
Mango  
Tangerine  
Kiwifruit  
Papaya  
Mandarin oranges  
Cantaloupe  
Raspberries  
Grapefruit  
Strawberries

# What do the Experts Say About Influencing Children's Food Choices?

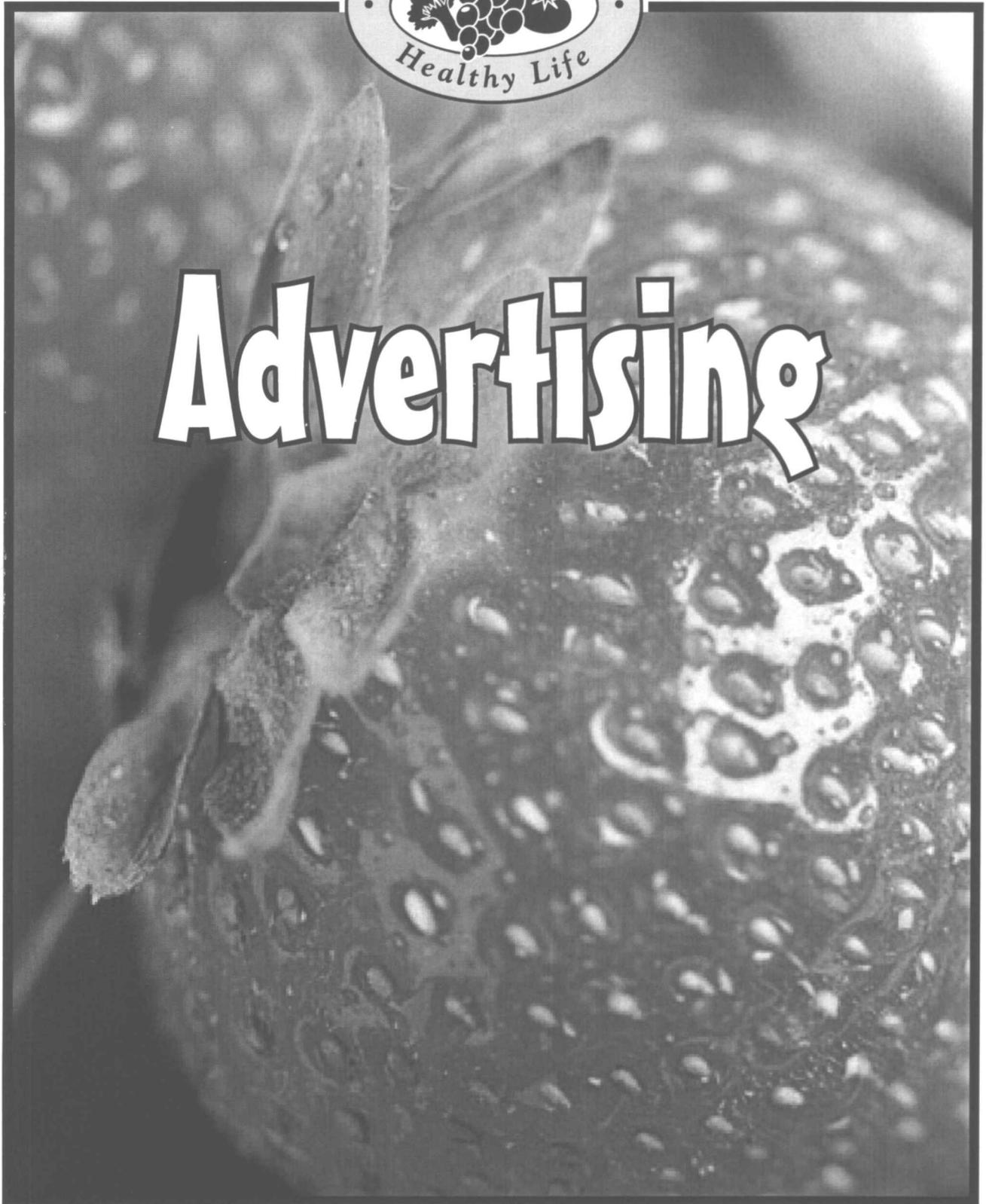


Below is the summary of data collected from surveys of various parents about the methods they use to influence their children's eating habits. The first column indicates whether parents in general use this strategy. The second column indicates whether the strategy has been shown to actually work to change children's eating behavior.

	Parents in general use	Shown to actually work
• Rewarding your children for eating certain foods	No	Yes
• Using the certain food as a reward	No	Yes
• Having adults eat the certain food and appearing to enjoy it	Yes	Yes
• Saying the certain food is good for you	Yes	No
• Giving the certain food at the same time as a certain food or flavor	No	Yes
• Just leaving the certain food around in a bowl or in the refrigerator where the child could see it.	No	Yes
• Threatening a bad consequence if the certain food is not eaten	Yes	No
• Indicating that the parents would be happy and pleased if the child eats the certain food	Yes	Yes
• Referring to siblings or peers that eat the certain food	Yes	Yes
• Serving the certain food as the only food in a meal and making it clear that the certain food must be eaten before anything else	Yes	No
• Involving the child in choosing, preparing and serving the certain food	No	Yes



# Advertising





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# At Your Fingertips

## Advertising

Sample advertising ideas for getting your faith community members informed about healthy eating events.

- Sample verbage for pulpit announcement
- Sample bulletin announcement
- Sample email announcement
- Sample poster or bulletin insert

### **Sample Pulpit Announcement for upcoming event**

The first *Eating for a Healthy Life* class will start this week!

During this interactive session, watch the Fats of Life demonstration and learn how much fat Americans typically eat in one day. Sample lower fat foods that are high in taste!

This *Eating for a Healthy Life* class will be held on *Sunday, March 18<sup>th</sup>* from after each morning service. Join us in the *Mezzanod Room*. All are welcome. We look forward to seeing you there!

For more information. contact *Jane Doe* at 555-5555

### **Important components to include in any type of advertisement**

- What
- Date
- Time
- Location
- Who's welcome
- Contact name and information
- Excitement and Incentive!

**Sample event advertisement**  
**To appear in a bulletin**

**Health Fair & Cooking Demo!**

Free food, recipes, and more!



Sunday, August 23  
1-4pm  
in the church parking lot  
Rain or Shine

We still need volunteers, so please  
call Jane at (325) 555-5555 if you're  
able to help!



**All are welcome!**

*Brought to you by Eating for a Healthy Life*

## Sample Email Volunteer Announcement

To: all faith community members  
From: John Doe  
Subject: Volunteers Needed!

*Eating for a Healthy Life Hits <insert faith community name> and we need your help!*

### **What can volunteers do?**

Volunteers are needed to help offer skills-building classes, organize social events, staff social activities, cook, bake, provide healthy eating materials, and otherwise get people interested in eating for a healthy life! Volunteer for one event or volunteer for months. It's up to you!

*Eating for a Healthy Life* is a program sponsored by the Fred Hutchinson Cancer Research Center, the Church Council of Greater Seattle, and our faith community. Through the program, our goal is to provide our membership with the skills, motivation, and materials to learn how to eat more fruits, vegetables and low fat foods.

The time commitment is minimal and fun! We are very pleased to have this program and encourage you to participate.

Please call <insert name of person and contact information> if you're interested in volunteering or want more information about the project. Here's to healthy eating!



# Learn to Read Food Labels!

Stop by for quick tips on how to read food labels so you can make healthy food choices.

Sunday, February 11

9:30-10:30 am in the Fatima Room

Tasty food samples. All are welcome.



**Eating For a Healthy Life**

Sponsored by the Fred Hutchinson Cancer Research Center, the Church Council of Greater Seattle, and your faith community