

Cookin' With Pizzazz!



Your Way to 5 a Day

COOKIN' WITH PIZZAZZ

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INTRODUCTION

“Cookin’ With Pizzazz!” - 1 and -2 sessions were developed as a part of the Black Churches United For Better Health 5 A Day research project in North Carolina. A special thanks to the NC Cooperative Extension state and field faculty (Jackie McClelland, JoAnn Williams, Betty Thompson, Rose Massey, Cynthia Brown & Ellen Childress) for the development and field testing of Cookin’ With Pizzazz. The sessions encourage participants to eat at least five servings of fruits and vegetables a day to help prevent cancer. To do this, the sessions feature recipes using fresh fruits, vegetables, and a number of low fat cooking techniques such as: steaming, microwaving, broiling, grilling, baking and/or stir-frying. Session modules include objectives, concepts, teaching guides, handouts, transparency masters, and evaluation tools.

“Cookin’ With Pizzazz!” means cooking with a flair for making healthful food taste good and look appealing. The recipes and techniques used enhance the flavor of the food. All the recipes meet the 5 A Day For Better Health guidelines set by the National Cancer institute.

Selected comments by participants include:

“I’ve never eaten sweet potatoes and turnips together. The food was delicious.”

“The recipes were easy to prepare. I’m going to fix this at home.”

“The food was different, but good.”

“I never knew healthy eating could taste this good!”

“I will buy low fat foods from this day forward.”

“When I first read the recipes, I didn’t think I would like them.”

“Are we going to get copies of all these recipes?”

“I’m going to eat more baked and broiled foods. And more salads.”

“It was fun.”

“I liked everything!”



Objectives:

1. Participants will recite that “5 A Day For Better Health” means to eat a total of five or more servings of fruits and vegetables a day for better health.
2. Participants will state that one beneficial effect of eating five servings of fruits and vegetables a day is that it may prevent cancer.
3. Participants will identify appropriate amounts that signify serving sizes for the fruits and vegetables presented in the session.
4. Participants will describe the best ways to store the fruits and vegetables presented in the session.
5. Participants will name three seasonings/ingredients that can be used to create tasty fruit and vegetable dishes.
6. Participants will suggest one way that fruits and vegetables can be incorporated into their meals.
7. Participants will be able to name two ways to lower fat in a fruit or vegetable recipe.
8. Participants will demonstrate the ability to produce a part of or the entire low fat 5 A Day recipe.

Concepts Covered

Participants will learn why five servings of fruits and vegetables a day are good for better health and especially for prevention of cancer. Participants will learn amounts that signify one serving size of a fruit or vegetable. Participants will learn low fat techniques for preparing fruit and vegetable dishes. Participants will overcome some barriers to eating fruits and vegetables such as:

1. that healthy foods don't taste good
2. that they don't know how to prepare them
3. that they don't know how to store them

COOKIN' WITH PIZZAZZ 1!

(Cookin' Fruits and Vegetables for Holiday/Special Meals)

I. Preparation

A. Pre-Session Preparation

1. Advertise the program. (see appendix for promo sheet, Cookin' With Pizzazz!)
2. Develop or borrow a 5 A Day display from your local Cooperative Extension Service, Health Department of State 5 A Day Coordinator.
3. Pre-register participants based on available space.
4. Train volunteers for: food preparation techniques needed for group work; collecting registration fees and registering participants; and distributing name tags and materials.
5. Photo copy handouts: (see appendix for masters)
 1. Listing of Cruciferous Vegetables
 2. Tips for Lowering Fat in Recipes
 3. Carolina Cookin' with 5 A Day
 4. "Know Your Serving Size!"
 5. Group report form
 6. Pre- and post-tests
 7. "Tips for Seasonal Purchase, Preparation and Storage of Fruits and Vegetables"
6. Prepare overhead transparencies (see appendix for masters)
7. Shop for groceries.
8. Set up cooking and preparation stations based on the number of participants.
9. Schedule volunteers to arrive early to assist in set-up and pre-preparation activities.
10. Set up "5 A Day" display in a prominent place.
11. If the number of participants is very large, several groups may need to prepare the same recipe in order to have enough food. This also ensures that the groups will be smaller and allows everyone to have hands-on experience.

B. Equipment Needed

1. Overhead projector.
2. Enough paper plates and plastic utensils for taste testing session.
3. Equipment needed to do the recipes at the stations...varies depending on which recipes you choose.

Make your own list here; make sure you have the needed outlets and extension cords.

C. Supplies Needed:

Grocery Check List. Again, this list depends on which recipes you choose. [If you choose to make the greens recipe, be sure to partially pre-cook them to save time.]

For the demonstration, buy:

- daikon
- watercress
- bok choy
- kohlrabi
- horseradish
- lowfat dip

For the recipes that you choose make your own list here.

II. Session Outline

Time (minutes)	Activity
pre-class	1. Registration
2	2. Introduction/Greeting/Opening prayer
19	3. Session Discussion Distribute and collect pre-test (allow five minutes). Distribute handouts once pre-tests are collected. Show Transparency #1 “Cookin’ With Pizzazz!” - title of session We look forward to having good times with our friends and families during special occasions like holidays and birthdays. That means plenty of good food and laughter! Our national nutrition slogan is “5 A Day For Better Health.”

Ask the question: “What does that mean?”

Show Transparency #2

Answer: *The slogan reminds us to eat at least a total of five or more servings of fruits and vegetables daily to stay healthy and prevent cancer. That’s two servings of fruits and three servings of vegetables a day.* (Obj. 1)

Ask the question “Why should we eat five or more servings of fruits and vegetables a day?”

Show Transparency #3

Answer: *Fruits and vegetables contain more vitamins, minerals, fiber and other disease-fighting components than any other food group. The National Cancer Institute tells us that by eating five servings of fruits and vegetables a day we may be able to prevent certain cancers.* (Obj. 2)

Today, we will show you how to prepare delicious fruits and vegetables in different ways for everyday or for special meals. We are going to concentrate on some vegetables from the cabbage/mustard family.

Ask the question: “Can you name some of the members of this family?”

Show Transparency #4 - a listing of the cruciferous vegetables and have them refer to their handout.

Answer: *They include broccoli, cauliflower, radish, turnip, rutabaga, mustard, brussels sprouts, all types of cabbage, kale and collards.*

Some of the members that may not be familiar to you are:

daikon (a large oriental radish with a sweet flavor)

water cress

bok choy

kohlrabi

one herb—horseradish

Show examples of each of the above; have some cut up for taste testing raw with a low fat dip during the time they also are taste-testing the recipes; have them guess how much of each would constitute a serving size (omit the horseradish in this... who could eat a half a cup of it!!). Demonstrate ½ cup of each so that they can see it. Mention that the same amounts go for the other members of the family, e.g. ½ cup of broccoli, etc. (Obj. 3) Hold up “Know Your Serving Size” and briefly go over it. Hold up your fist and explain that your fist is approximately the size of one cup.. .so a serving of cooked fruits or vegetables is approximately ½ a fist or ½ a cup.

Mention that radishes, turnips, rutabagas, spinach, kale, mustard and turnip greens, cabbages and collards are very easy to grow in a garden or to buy at the store and also easy to store.

Speaking of storing...ask, "How do we store these vegetables?" Show Transparency #5 Answer: *for most of them it is to refrigerate them promptly in the vegetable bin or moisture proof bags* (Obj. 4). Hold up "Tips for Seasonal Purchase, Preparation, and Storage of Fruits and Vegetables" as a reference.

Since cruciferous vegetables are rich in chemicals that help protect us against cancer, we should eat several servings per week from this list of vegetables.

Caution: If you are taking a blood thinning medication, talk to your doctor about eating cruciferous and other green leafy vegetables. Some tend to promote blood clotting which could work against the blood thinning effect of some drugs.

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4. Food Demonstration/group participation:

Now let's cook them with pizzazz! The recipes I chose feature cruciferous vegetables prepared in new or different ways. These dishes are perfect for adding a special touch to a meal.

The first part of cooking them is preparation. Demonstrate preparation techniques with different vegetables while talking (Obj. 8).

Most vegetables need some trimming, peeling or scraping to remove damaged or bruised spots or skins. Different parts of the vegetable differ in nutrient content. The leafy parts of collards, turnip greens, and kale have much more vitamin A than the stems so removing parts of the stems will not really effect nutrient content. Trimming away large stems may make the vegetables more acceptable to your family. In trimming cabbage you should know that both the core and the leaves are high in vitamin C.

Have individuals divide up (by counting off) and go to their preparation stations. Tell them: "Each of you should find a recipe and the ingredients that you need. There is a secret about each recipe that makes it so good. Be thinking about that as you work. Each group has a volunteer to help your group with the recipe preparation."

Choose 2-3 of the Carolina Cookin' For 5 A Day (see appendix) recipes to do for the session:

During the preparation have your volunteers assigned to each group, have them helping with the recipe and have them discuss the following with their group:

any low-fat cooking ingredients used (Obj. 7)

seasonings/ingredients used to improve taste (Obj. 5)

cooking techniques to improve taste and lower fat (Obj. 7)

identify for which meal(s) recipe could be used (Obj. 6)

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5. Taste Testing

When all are finished preparing their recipes have each group portion out a 5 A Day serving of the dish they made for all to see (using standard cup measures). Then have everyone go around to each station and get a sample of each dish. Taste test/ get people's reactions to the different dishes. "Which was every one's favorite?"

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6. Discussion:

Have a spokesperson from each group report on their dish using the Group Report Form:
availability of ingredients
ease of preparation
show of hands as to who liked it
how it would fit into meals
any low-fat cooking ingredients used
seasonings/ingredients used to improve taste

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7. Summation

"What's the secret about the recipes?" They are all quick, nutritious, and low in fat, and they still taste good. Distribute and collect post-tests.

CAROLINA COOKIN' WITH 5 A Day DESCRIPTION

3 C's (cabbage, celery and carrots) with Orange Sauce

The secret is the unusual sauce. What's the other secret? There's no added fat.

Carolina Sweet Potatoes and Turnips

Delicious, nutritious and "fat-less" (the secret). You can cut the fat or omit it altogether and it still tastes great!

Southern-Style Greens

A holiday dinner, or any other dinner for that matter, is not complete without greens. If your family prefers collards, substitute them for the turnip greens (the secret: low in fat).

Pastor's Glorious Fresh Fruit Salad

A heavenly taste to a fresh fruit salad. It could be the dessert. It's so creamy tasting but still low in fat (the secret).

Baco-Broccoli Salad

This is a great way to eat broccoli. Yogurt is the surprise ingredient (again, low in fat).

Quick Carrot Salad

The daikon adds a new flavor to the carrot taste. The secret ingredient is the nutmeg that adds a certain sweetness to the dish. Again, there's no fat.

Perfect Vegetable Pasta

This is a great way to combine any number of vegetables. You can successfully change the types and the amounts. Note the way the sauce was made with skim milk to keep the fat content low.

Fancy Cabbage Slaw

Slaw is a great way to use your garden cabbage. The apples add a surprise sweetness. Notice the flavor is great even though there's no fat.

III. Resources

a. Extension Publications

1. Call your local Cooperative Extension Office for handouts that may be available
2. Develop or borrow a 5 A Day display from your local Cooperative Extension Service, Health Department of State 5 A Day Coordinator.

b. Non-Extension publications

1. Call Cancer Information Service 1-800-4CANCER to request 5 A Day brochures.
2. Contact your local Cooperative Extension Service, Health Department of State 5 A Day coordinator for resources that may be available.

c. References

None

d. Professional help

Volunteers: leave yourself time to train them; the number will depend on the number of participants you expect.

IV. Publicity

Cookin' With Pizzazz! introduces new recipes for making tasty and healthy dishes for everyday meals or those special occasions. Learn new techniques to preparing and storing fruits and vegetables. Learn why they are so important to your health.

Carolina Cookin' With 5 A Day

A Collection of Official 5 A Day for Better Health Recipes

Quick Carrot Salad

1 daikon (about 1 cup) grated
1 cup carrot, grated
4 ounces watercress or onion sprouts
nutmeg, to taste

Grate and mix together a daikon and equal amount of carrot. Add watercress and a pinch of nutmeg. Serve chilled. Makes 4 (½ cup) helpings.

Nutritional Analysis Per Serving: Calories, 18; Cholesterol, 0mg; Sodium, 18mg.
Percent calories from: Fat, 11.70%; Saturated Fat, 2.78%

3 C's (cabbage, celery, and carrots) with Orange Sauce

2 cups mixed vegetable combination (chopped cabbage, chopped celery, chopped carrots, chopped onions)
½ tsp. finely shredded orange peel
¼ cup orange juice
1 Tbsp. Dijon-style mustard
1 tsp. soy sauce

In a 1-quart microwave-safe casserole cook vegetables until fork tender. While vegetables are cooking, combine orange peel, orange juice, mustard and soy sauce in a small mixing bowl. Stir with a fork or wire whisk until combined. Drain vegetables. Toss with orange juice mixture. Serve immediately. Makes 4 (½ cup) helpings.

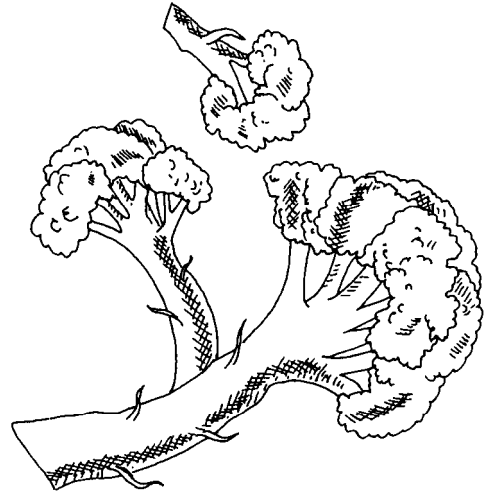
Nutritional Analysis Per Serving: Calories, 28; Cholesterol, 0mg; Sodium, 186mg.
Percent calories from: Fat, 11.91%; Saturated Fat, 0.92%

Perfect Vegetable Pasta

- 1 cup broccoli florets
- 1 cup carrots, sliced
- 1 cup zucchini, sliced
- 1 cup cauliflower florets
- 1 cup elbow macaroni or rotini, uncooked

Sauce

- 1 Tbsp. flour
- 1 Tbsp. margarine
- 1 cup skim milk
- ½ tsp. dried basil
- 1 tsp. black pepper
- 2 Tbsp. Parmesan cheese



Steam or microwave vegetables until crisp, and cook macaroni according to package directions. Drain vegetables and noodles. Set aside. Melt margarine. Stir in flour. Gradually stir in milk and seasonings to make a thin paste. Cook over medium heat, stirring constantly, until sauce thickens. Remove from heat and blend in cheese. Pour over hot vegetables. Add noodles and mix together. Makes 4 (1-cup) helpings.

Nutritional Analysis Per Serving: Calories, 232; Cholesterol, 3.07mg; Sodium, 152mg. Percent calories from: Fat, 17.57%; Saturated Fat, 4.91%

Baco-Broccoli Salad

- 2 apples (preferably the harder type: Macintosh, Empire, Cortland, Winesap or Red Delicious)
- 3 cups raw broccoli, cut up
- ¼ cup chopped walnuts (or pecans)
- 1 Tbsp. chopped red onion (or white onion)
- ⅓ cup raisins
- ½ cup vanilla nonfat yogurt
- 1 Tbsp. bacon bits (Bacos)
- ½ head lettuce

Core and chop apples. Mix all ingredients together. Serve on a bed of lettuce. Makes 10 (½-cup) helpings.

Nutritional Analysis Per Serving: Calories, 73; Cholesterol, 1.0mg; Sodium, 37mg. Percent calories from: Fat, 29%; Saturated Fat, .1%

Fancy Cabbage Slaw

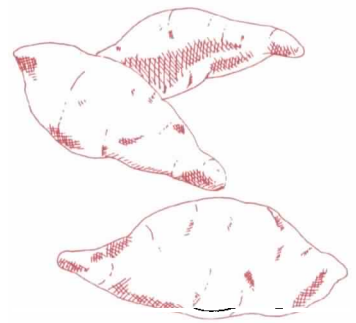
- 1/3 cup nonfat or lowfat pineapple yogurt
- 1/4 tsp. prepared mustard
- 1/8 tsp. celery seeds
- 3 1/2 cups shredded cabbage
- 2 cups diced apples (preferably the harder type: McIntosh, Empire, Cortland, Red Delicious or Winesap)
- 1 cup diagonally sliced celery
- 1/2 cup thinly sliced onion

In a large bowl, whisk together yogurt, mustard and celery seeds. Add cabbage, apples, celery, and onion. Gently toss to blend. Makes 14 (1/2-cup) helpings.

Nutritional Analysis Per Serving: Calories, 22; Cholesterol, 0mg; Sodium, 16mg.
Percent calories from: Fat, 8%; Saturated Fat, 3%

Carolina Sweet Potatoes and Turnips

- 4 medium sweet potatoes, peeled, cut in chunks
- 4 medium turnips, peeled, cut in chunks
- 1 cup orange juice
- 1 cup brown sugar
- 1/4 cup margarine, melted
- 1/2 tsp. mace
- 1/2 tsp. salt
- 2 oranges, peeled, sliced



Microwave potatoes and turnips in a glass plate until tender but still firm. Preheat oven to 400°F. Place vegetables in a 2-quart shallow baking dish. In small bowl, combine orange juice, sugar, margarine, mace and salt. Add to vegetables. Put orange slices on top and bake. Vegetables are done when pan juices are reduced and vegetables are glazed. Makes 10 (1/2-cup) helpings.

Nutritional Analysis Per Serving: Calories, 203; Cholesterol, 0mg; Sodium, 208mg.
Percent calories from: Fat, 20.99%; Saturated Fat, 4.31%

Southern-Style Greens

- 1 slice lean ham, smoked turkey, or Canadian bacon
- ½ medium onion, chopped
- 3 pounds fresh turnip greens, washed and allowed to dry
- 1 cup water
- 1 tsp. sugar
- ⅛ tsp. salt

Cook the meat over medium-high heat in a heavy skillet, lightly sprayed with Pam, until browned or crisp, about 5 minutes. Remove from heat. Add the onions to the skillet and stir-fry until tender, about 5 minutes. Remove from heat and set aside. Remove stems from turnip greens. Tear greens into salad-size pieces and place in a large pot along with the water, sugar, and salt. Bring to a boil over high heat, reduce heat to low and simmer until tender, about 15 to 20 minutes. Cut up meat. Remove the greens from the heat, stir in the meat and onions, and serve at once. Makes 9 (½-cup) helpings.

Nutritional Analysis Per Serving: Calories, 77; Cholesterol, 22.28mg; Sodium, 69mg. Percent calories from: Fat, 33.84%; Saturated Fat, 11.53%

Pastor's Glorious Fresh Fruit Salad

- 2 thinly sliced, unpeeled apples (preferably the harder type like McIntosh, Winesap, Red Delicious, Empire and Cortland)
- 1 cup seedless green or red grapes
- 2 sliced bananas
- 1 can (16 ounces) pineapple chunks, drained
- 1 cup cantaloupe, cut up, optional (in season)
- 2 kiwifruit, peeled and sliced

Nutritional Analysis Per Serving: Calories, 181; Cholesterol, 3.21mg; Sodium, 139mg. Percent calories from: Fat, 5.97%; Saturated Fat, 2.65%

Honey-Cream Dressing:

- ¼ cup nonfat sour cream or sour cream substitute
- 1 cup low-fat small-curd cottage, creamed
- 1 cup nonfat vanilla yogurt
- 2 Tbsp. honey
- 2 tsp. lime juice

To make dressing, combine sour cream, cottage cheese and yogurt. Mix well. Blend in honey and lime juice. To make salad, combine first five fruits with a little of the dressing; garnish with slices of kiwi fruit. Serve remaining dressing separately. Makes 8 (1-cup) helpings.

Nutritional Analysis Per Serving: Calories, 67; Cholesterol, 0.14mg; Sodium, 89mg. Percent calories from: Fat, 5.49%; Saturated Fat, 1.30%

COOKIN' WITH PIZZAZZ! 2

(Cookin' Homegrown Fruits and Vegetables for The Best Taste)

I. Preparation

A. Pre-Session Preparation

1. Advertise the program. (see appendix for promo sheet, Cookin' With Pizzazz!)
2. Develop or borrow a 5 A Day display from your local Cooperative Extension Service, Health Department of State 5 A Day Coordinator.
3. Pre register participants based on available space.
4. Train volunteers for: food preparation techniques needed for group work; collecting registration fees and registering participants; and distributing name tags and materials.
5. Photo copy handouts (see appendix for masters):
 1. "Tips for Seasonal Purchase, Preparation and Storage of Fruits and Vegetables"
 2. "Know Your Serving Size!"
 3. Pre- and Post-tests
 4. Tips for Lowering Fat in Recipes
 5. Cookin' with Pizzazz 5 A Day Recipes
 6. 5 A Day Recipe Guidelines
 7. Microwave Oven Information (If you do a microwave recipe)
 8. Group Report form
 9. Example Recipes
6. Prepare overhead transparencies (see appendix for masters).
7. Shop for groceries.
8. Set up cooking and preparation stations based on the number of participants.
9. Have volunteers arrive early and help in set-up and pre-preparation activities.
10. Set up the display in a prominent place.
11. If the number of participants is very large, several groups may need to prepare the same recipe in order to have enough food. This also ensures that the groups will be smaller and allows everyone to have hands-on experience.

B. Equipment Needed.

1. Overhead projector, black board or flip chart and marker,
2. Enough paper plates and plastic utensils for taste testing session.

3. Equipment needed to do the recipes at the stations...varies depending on which recipes you choose.

Make your own list here; make sure you have the needed outlets and extension cords.

C. Supplies Needed:

Grocery Check List. Again, this list depends on which recipes you choose. For the recipes that you choose make your own lists here.

II. Session Outline:

<u>Time (minutes)</u>	<u>Activity</u>
pre-class	1. Registration
2	2. Introduction/Greeting/Opening Prayer
19	3. Session Discussion Distribute and collect pre-test (allow five minutes). Distribute hand outs once pre-tests are collected. Show transparency #2.1 "Cookin' With Pizzazz!" 2 - title of session

It's Springtime (*choose whatever season you wish and elaborate*). The grass is growing; the birds are singing; the flowers are blooming; and everything is so colorful. We look forward to beautiful warm and sunny days. This is also the time of year that many think of gardening... for beautiful flowers and for delicious, colorful fruits and vegetables. The best tasting fruits and vegetables are those fresh from our own backyard gardens or the neighbors... or the farmer's market. Some folks even grow their gardens in pots (have a large tomato to plant with tomatoes in a pot; a pot of chives; a potted bell pepper). It doesn't take much time, effort or money to have a small garden of a few favorite vegetables and herbs. You could talk about

the cost of seed and the amount of fruit or vegetable produced vs having to buy it in the store. Or you could mention group gardening as an option. Also put in a plug for canning and freezing the extra produce for the winter months.

It's pretty easy this time of year to have plenty of vegetables available so that we can meet our goal of 5 A Day for Better Health. Ask the question: "What does that mean?"

Show Transparency #2

Answer: The slogan reminds us to eat at least a total of five servings of fruits and vegetables daily to stay healthy and prevent cancer. That's two servings of fruits and three servings of vegetables a day. (Obj. 1)

Ask the question "Why should we eat five servings of fruits and vegetables a day?"

Show Transparency #2.4

Answer: Fruits and vegetables contain more vitamins, minerals, fiber and other disease-fighting components than any other food group. The National Cancer Institute tells us that by eating 5 servings of fruits and vegetables a day we may be able to prevent certain cancers. (Obj. 2)

Ask the question "How do we know which ones to eat?"

Show Transparency #4

Answer: All of them have good nutrients to offer however, color can be one good indicator of nutritional value.

Color in fruits and vegetables is one key to knowing how good they are for us. The oranges, yellows, reds and greens in fruits and vegetables are more than just pretty packaging. You can actually fight disease by putting a rainbow of color on your plate and in your day.

"Red" is the color that heralds the peak of summer with the arrival of luscious vine-ripened tomatoes and juicy watermelons. The pigment that saturates both with color, called lycopene, is one of the most powerful antioxidants yet discovered. Tomatoes supply as much as 90 percent of all the lycopenes many of us get... which could explain why a diet abundant in tomatoes seems to protect against several forms of cancer. One study showed that people who ate raw tomatoes at least seven times a week cut their risk of stomach, bladder and colon cancers by half. Another study showed that men who ate four to seven servings of tomato-based foods a week—from pizza sauce to tomato juice—were 20% less likely to develop prostate cancer than men who avoided tomatoes. Men who ate ten servings or more cut their risk nearly in half.

“Green” is the color of broccoli, beans, collards, chard and water cress. Researchers suspect that the green plant pigment, chlorophyll is found with lutein, which can help fight cancer. One daily serving of spinach may have enough lutein to cut the risk from many cancer-causing substances that may be in the diet. The darker and brighter the vegetable, the more lutein it probably has, so GO FOR THE GREEN!!

The “orange” color of carrots, yams, cantaloupes and butternut squash... is due to Beta-carotene, the “orange” pigment. Beta-carotene is an antioxidant and is thought to be a cancer fighter. So look for deep orange vegetables to eat.

The “yellow” color of corn, golden peppers, and crookneck squashes comes from pigments such as lutein, an antioxidant. Lutein may help fight cancer, as mentioned, and may prevent macular degeneration, one of the leading causes of blindness among older people.

Today, I will show you how to prepare delicious fruits and vegetables that are so bountiful this time of year. We will prepare them in different ways for everyday or for special meals. I will concentrate on some of the colorful vegetables that you can grow in your own back yards or on porches. The ones I’ve chosen are: butter beans, green beans, sweet peas, cabbage, tomatoes, lettuce and broccoli. If you are not growing these yourself you can find them in your grocery store or at your local farmer’s market. Sometimes, once people buy fruits and vegetables they don’t know how to store them to keep them at their best.

Speaking of storing... ask, “How do we store these vegetables?”

Show Transparency #5

Answer: For most of them it is to refrigerate them promptly in the vegetable bin or in moisture proof bags. (Obj. 4) But do not put tomatoes in the refrigerator... they tend to become mushy when chilled. Briefly go over handout, “Tips for Seasonal Purchase, Preparation, and Storage of Fruits and Vegetables.”

Show examples of each of the fruits and vegetables you will be using in the program; have some cut up; have them guess how much of each would constitute a serving size.

Demonstrate ½ cup of each so that they can see it. Mention that the same amounts go for the other members of the family, e.g. ½ cup of broccoli, etc. (Obj. 3). Hand out “Know Your Serving Size” and briefly go over it. Hold up your fist and explain that your fist is approximately the size of one cup... so a serving of cooked fruits or vegetables is approximately ½ a fist or ½ a cup. Hand out Example Recipes see Appendix, page 44. Briefly explain how to lower the fat and sodium in a recipe. Use the Example Recipes illustrations.

4. Food Demonstration/group participation:

Now let's cook with pizzazz! I picked recipes to feature fruits and vegetables prepared in new or different ways. These dishes are perfect for making dinner "special."

The first part of cooking fruits or vegetables is the selection. Demonstrate what each vegetable should look like (might show a wilted one along with an appropriate one).

Next comes the preparation. Demonstrate preparation techniques with different vegetables while talking.

Most vegetables need some trimming, peeling or scraping to remove damaged or bruised spots or skins. Different parts of the vegetable differ in nutrient content. In trimming cabbage you should know that both the core and the leaves are high in vitamin C. The florets of the broccoli are the most flavorful and most tender part of the plant.

Have individuals divide up (by counting off) and go to their preparation stations. Tell them: "Each of you should find a recipe and the ingredients that you need. There is a secret about each recipe that makes it so good. Be thinking about that as you work." Each group has a volunteer to help your group with the recipe preparation.

Choose 4-5 of the following recipes (see the appendix) to do for the session:

Cookin' With Pizzazz! 2 5 A Day Recipes

Super Spring Salad
 Sweet "n" Sour Beans
 Dutch Cabbage
 Cucumber & Tomato Salad
 Jack's Beans
 Summer Vegetable Spaghetti
 Oriental Chicken Salad with Peas

During the preparation have your volunteers assigned to each group, have them helping with the recipe and have them discuss the following with their group:

any low-fat cooking ingredients used (obj. 7)
 seasonings/ingredients used to improve taste (obj. 5)
 cooking techniques to improve taste and lower fat (obj. 7)
 identify for which meal(s) recipe could be used (obj. 6)

5. Taste Testing:

When all are finished preparing their recipes, have each group portion out what they think would be a serving of their dish and then compare it to the appropriate amount using standard cup measures. Have them leave this comparison out for all to see. Then have everyone go around to each station and get a sample of each dish. Taste test/ get people's reactions to the different dishes. Which was every one's favorite? What did they think about the serving sizes?

10

6. Discussion:

Have a spokesperson from each group report on their dish:
availability of ingredients
ease of preparation
show of hands as to who liked it
how it would fit into meals (obj. 6)
any low-fat cooking ingredients used (obj. 7)
seasonings/ingredients used to improve taste (obj. 5)

1

7. Summation

What's the secret about the recipes? They are all quick, nutritious, and low in fat and still they taste good. Distribute and collect post-tests.

CAROLINA COOKIN' WITH 5 A Day DESCRIPTION

Super Spring Salad

The secret is the unusual dressing that brings out the apple and flavors.

This is a great way to add flavor and taste to green beans. The secret is that you can achieve this much flavor without adding fat.

Dutch Cabbage

Delicious, nutritious and low in fat (the secret). You can substitute Bacos for the bacon and water for the fat drippings to lower the fat even further.

Cucumber & Tomato Salad

The secret is that this super dish is fat free! The combination of herbs, spices and yogurt enhance the flavor of the tomato and cucumber.

Jack's Bean

The secret is that there is no cholesterol and very little fat in this dish.

Summer Vegetable Spaghetti

This is a great way to use up garden vegetables and only a small amount of fat. Where does it come from? The Parmesan cheese.

Oriental Chicken Salad with Peas

This recipe makes a great luncheon dish. Just serve it with dinner rolls and fat-free milk. The texture is the winner here, it is nice and crisp and crunchy. The secret here is the low sodium catsup and soy sauce that keep the sodium content in check.

III. Resources

a. Extension Publications

1. Handouts that are included
2. Develop or borrow a 5 A Day display from your local Cooperative Extension Service, Health Department of State 5 A Day Coordinator.

b. Non-Extension publications

1. Call Cancer Information Service - 1-800-4CANCER - to request 5 A Day brochures.
2. Contact your local Cooperative Extension Service, Health Department or State 5 A Day coordinator for resources that may be available.

IV. Publicity

Cookin' With Pizzazz! 2 introduces new recipes for tasty and healthy dishes for everyday meals using home grown fruits and vegetables. Learn new techniques for choosing more nutritious fruits and vegetables and new ways to store them.

COOKIN' WITH PIZZAZZ! 2

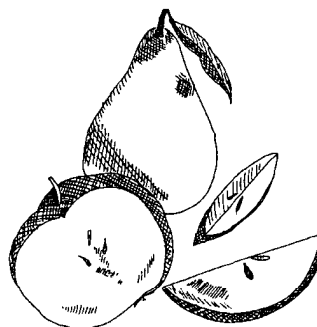
A Collection of Official 5 A Day for Better Health Recipes

Super Spring Salad

- 5 cups lettuce pieces
- 1 Red Delicious apple, diced
- 1 banana, sliced

Salad Dressing

- 3 Tbsp. fat-free mayonnaise
- envelope tabletop non caloric sweetener
- 1/8 cup or less skim milk



Whisk ingredients together and pour over salad, toss. Serve immediately.
Make 4 (2-cup) helpings.

Nutritional Analysis Per Serving: Calories, 5; Cholesterol, 0.14mg; Sodium, 152mg.
Percent calories from: Fat, 5%; Saturated Fat, 1.3%

Sweet “n” Sour Beans

- 2 cups cut green beans
- 1 1/4 cups thinly sliced cucumber, halved
- 3/4 cup sliced celery
- 1/2 cup bean sprouts, fresh or canned without added salt
- 1/2 cup coarsely chopped green pepper
- 1/4 cup sliced fresh mushrooms
- 1 1/2 Tbsp. chopped onion
- 1 Tbsp. diced pimento
- 1/4 cup plus 2 tablespoons white wine vinegar
- 1/4 cup plus 2 tablespoons water
- 3 envelopes tabletop non caloric sweetener
- 1/4 tsp. salt
- 1/4 tsp. seasoned salt
- 1/4 tsp. garlic powder
- 1/4 tsp. pepper

Steam green beans for 10 minutes. Let cool. Combine beans with the next 7 ingredients; set aside. Combine the remaining ingredients; mix well. Pour over vegetables; toss gently. Cover and chill 8 hours, stirring occasionally. Makes 5 (1 1/2-cups) helpings.

Nutritional Analysis Per Serving: Calories, 36; Cholesterol, 0mg; Sodium, 255mg.
Percent calories from: Fat, 0.70%; Saturated Fat, 0.26%.



Dutch Cabbage

- ½ Tbsp. bacon drippings (fry 1 slice breakfast strip)
- 2 cups-shredded red or green cabbage
- 1 cup cubed unpaired apple, green or red
- ⅛ cup brown sugar
- ⅛ cup vinegar
- ⅛ cup water
- ½ tsp. salt
- ¼ tsp. caraway seed

Cook bacon, reserve ½ tablespoon of the drippings. Mix drippings with the remaining ingredients in a large pot. Cover and cook on low for 20 to 30 minutes. Makes 4 (¾-cup) helpings.

Nutritional Analysis Per Serving: Calories, 65; Cholesterol, 3.9mg; Sodium, 358mg. Percent calories from: Fat, 17%; Saturated Fat, 5.3%.

Cucumber & Tomato Salad

- 1 lb. cucumbers (about 2 medium), peeled and chopped
- ½ lb. fresh tomatoes, chopped
- 4 scallions, minced
- ½ cup fresh mint, chopped fine
- ½ cup fresh parsley, chopped fine
- 3 Tbsp. lemon juice
- 2 cloves garlic, crushed
- 1 cup vanilla, nonfat yogurt
- black pepper, to taste

Mix the lemon juice, yogurt, garlic, pepper, mint and parsley together. Pour over the cucumber and tomato mixture and stir. Serve within an hour for best taste. Makes 6 (½-cup) helpings.

Nutritional Analysis Per Serving: Calories, 45; Cholesterol, 2mg; Sodium, 35mg. Percent calories from: Fat, 0%.



Jack's Beans

- 2 15.5oz. cans butter beans or navy beans, drained and rinsed
- 1 medium green pepper (about ½ cup chopped)
- 1 medium onion (about 2/3 cup chopped)
- 1 8 ozs. low sodium tomato sauce
- 1 15oz. can low sodium stewed tomatoes (regular or Cajun style)
- 4 ozs. fresh mushrooms, sliced
- seasonings, as desired

Lightly coat a 2-quart dish casserole with non-stick cooking spray. Combine all ingredients and pour into prepared casserole dish. Season, as desired, with additions such as garlic, basil, oregano, pepper, etc. Bake uncovered at 350 for approximately ½ hour or until warmed through. Check to make sure all liquid does not evaporate during cooking. Cover if liquid evaporates too quickly. Makes 7 (1 cup) helpings.

Recipe provided by the Polyps Prevention Trial.

Nutritional Analysis Per Serving: Calories, 210; Cholesterol, 0mg; Sodium, 357mg. Percent calories from fat, 9%; Saturated Fat, 0%.

Summer Vegetable Spaghetti

- 2 cups small yellow onion, cut in eighths
- 2 cups chopped, peeled, fresh, ripe tomatoes
- 2 cups thinly sliced yellow and green squash
- 1½ cups fresh green beans (about ½ pound)
- ⅔ cup water
- 2 Tbsp. minced fresh parsley
- 1 clove garlic, minced
- ½ tsp. chili powder
- ¼ tsp. salt
- ⅛ tsp. freshly ground black pepper
- 1 6-ounce can tomato paste
- 1 pound uncooked spaghetti
- ½ cup grated Parmesan cheese



Combine first 10 ingredients in large saucepan; cook for 10 minutes, then stir in tomato paste. Cover and cook gently, 15 minutes, stirring occasionally until vegetables are tender. Cook spaghetti in unsalted water according to package directions. Spoon sauce over drained hot spaghetti and sprinkle Parmesan cheese over top. Makes 9 (1 cup spaghetti and ¾ cup sauce with vegetables) helpings.

Recipe provided by the National Heart, Lung and Blood Institute.

Nutritional analysis per serving: Calories, 147; Cholesterol, 3mg; Sodium, 348mg. Percent calories from fat, 15%; Saturated Fat, 8%.

Oriental Chicken Salad with Peas

- 2 cups cubed cooked chicken breast
- 2 cups shredded iceberg lettuce
- ½ cup slivered water chestnuts
- ¼ cup sliced almonds
- ¼ cup diced celery
- 2 chopped green onions
- 1 cup green peas
- 1 cup bean sprouts

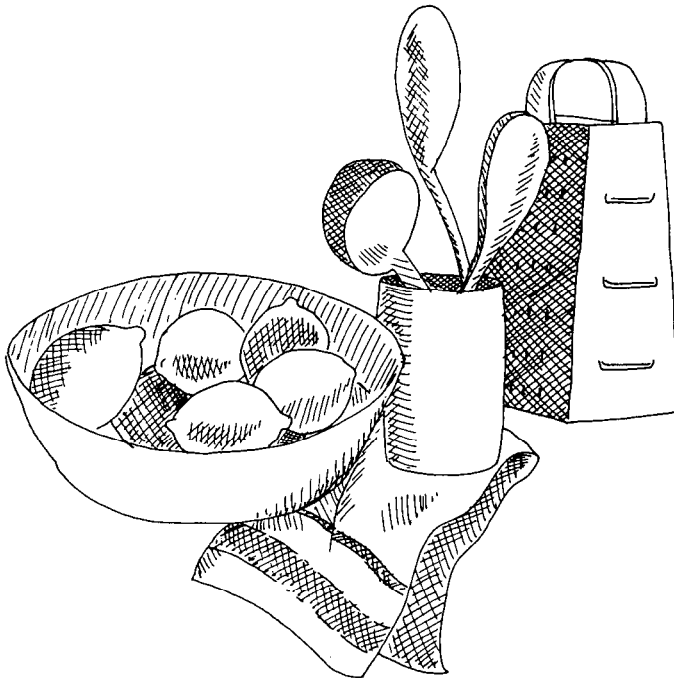
Dressing

- ¼ cup vinegar
- ¼ cup low sodium catsup
- ¼ cup water
- 4-5 Tbsp. sugar
- 1 Tbsp. low sodium soy sauce
- 1 tsp. cornstarch

Combine dressing ingredients and cook until clear and thick. Then toss rest of ingredients and add dressing. Makes 4 (1 cup) helpings.

Recipe provided by Susan Merrill.

Nutritional analysis per serving: Calories, 325; Cholesterol, 62mg; Sodium, 280mg. Percent calories from fat, 27%; Saturated Fat, 6%.



Appendix

COOKIN' WITH PIZZAZZ!

for

- Tasty and healthful dishes for everyday meals!
- New ways to prepare fruits and vegetables!
- Best ways to store fruits and vegetables!

Register Now! Class Size is Limited!

Date: _____ Time: _____

Place: _____



For more information

Call: _____

Phone: _____

Cruciferous Vegetables

(Cabbage/Mustard Family)

Broccoli

Radish

Rutabaga

Kale

Daikon

Bok Choy

Kohlrabi

Brussels Sprouts

Cauliflower

Turnip

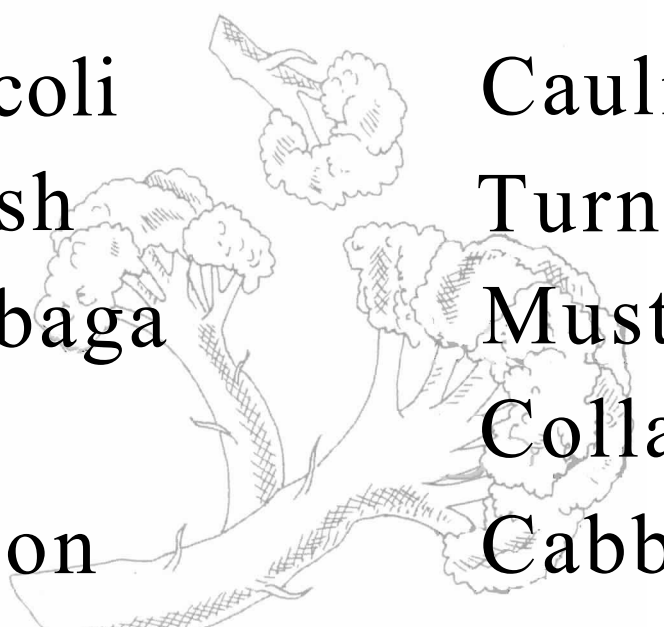
Mustard

Collards

Cabbage

Horseradish

Watercress



TIPS FOR LOWERING FAT IN RECIPES

Be kind to yourself... there are lots of ways to trim the fat out of your diet and enjoy the foods you love. One way to reduce the fat in your favorite recipe without ruining the product is to use the next lower measure (in the usual measuring scale) than what the recipe lists. For example, when a recipe calls for one cup of fat, reduce it to $\frac{3}{4}$ cup. If it calls for $\frac{3}{4}$ cup, reduce it to $\frac{2}{3}$ cup and so on.

It takes time to break old habits, however, and many of us just have to stop and think before we eat. The next time you fix yourself a sandwich or bake a cake — take a look at this list and try some of these substitutions!

Fatty Offender	Substitutes	Rating
Butter (Seasoning and Table Use)	Margarine (liquid oil—first ingredient)	Good
	Reduced fat margarine	Better
	Non-fat margarines	
	Butter-flavored sprinkles (Molly McButter, Butterbuds, etc.)	Best
Butter (Cooking)	Butter-flavored sprinkles may work in sauces, casseroles, but not in cakes, breads, or cookies where fat is needed for delicate texture.	Good
Butter/Oil (Sauteing and Frying)	Non-stick sprays (Pam, Mazola, etc.)	Best
Cheese	Reduced fat or part skim cheeses farmer's cheese	Good
	Cheese-flavored sprinkles (Molly McButter)	Best
Cream	Evaporated skim milk if creaminess is needed	Good
	Skim milk	Best
Deep-fried fish, poultry, meats	Pan- or stir-fried meats Broiled, baked, braised, or grilled fish, Skinless poultry, lean, trimmed meats	Good
Whole Eggs	1 Egg = 1 egg white + 1 Tbsp. oil (This may be necessary in baking recipes which have no other added fat.)	Good
	1 Egg = 2 egg whites Commercial egg substitutes, like Egg Beaters	Best

Fat Back/Salt Pork	Country ham, trimmed of fat Smoked turkey	Good
Ground Beef	Lean ground beef, drained of grease Ground turkey, no fat added	Good Best
Ice Cream Sherbet	Ice milk Frozen yogurt (some brands are nonfat and could fall in category below)	Good
	Sorbet Italian ices Frozen, nonfat, dairy dessert	Best
Mayonnaise	Reduced fat mayonnaise Nonfat mayonnaise	Good Best
Whole Milk	Low fat milk (2% and 1%) Skim milk	Good Best
Sour Cream	Blended low fat ricotta cheese Blended low fat cottage cheese low fat yogurt reduced fat sour cream Nonfat sour cream Nonfat yogurt	Good Best
	Evaporated skim milk (1 cup + 1 t. lemon juice) Sour cream sprinkles (Molly McButter)	
Whipped Cream	Reduced fat whipped toppings (Cool Whip Light) Dzerta or Dream Whip Whipped Toppings made with skim milk Non-fat whipped toppings	Better Best
Bacon Strips	Turkey bacon or Canadian bacon	Good



Carolina Cookin' With 5 A Day

Quick Carrot Salad

1 daikon (about 1 cup) grated
1 cup carrot, grated
4 ounces watercress or onion sprouts
nutmeg, to taste

Grate and mix together a daikon and equal amount of carrot. Add cress and a pinch of nutmeg. Serve chilled. Makes 4 (½ cup) helpings.

Nutritional Analysis Per Serving: Calories, 18; Cholesterol, 0mg; Sodium, 18mg.
Percent calories from: Fat, 11.70%; Saturated Fat, 2.78%

3 C's (cabbage, celery, and carrots) with Orange Sauce

2 cups mixed vegetable combination (chopped cabbage, chopped celery, chopped carrots, chopped onions)
½ tsp. finely shredded orange peel
¼ cup orange juice
1 Tbsp. Dijon-style mustard
1 tsp. soy sauce

In a 1-quart microwave-safe casserole cook vegetables until fork tender. While vegetables are cooking, combine orange peel, orange juice, mustard and soy sauce in a small mixing bowl. Stir with a fork or wire whisk until combined. Drain vegetables. Toss with orange juice mixture. Serve immediately. Makes 4 (½ cup) helpings.

Nutritional Analysis Per Serving: Calories, 28; Cholesterol, 0mg; Sodium, 186mg.
Percent calories from: Fat, 11.91%; Saturated Fat, 0.92%

Perfect Vegetable Pasta

- 1 cup broccoli florets
- 1 cup carrots, sliced
- 1 cup zucchini, sliced
- 1 cup cauliflower florets
- 1 cup elbow macaroni or rotini, uncooked

- 1 Tbsp. flour
- 1 Tbsp. margarine
- 1 cup skim milk
- ¼ tsp. dried basil
- 1 tsp. black pepper
- 2 Tbsp. Parmesan cheese



Steam or microwave vegetables until crisp, and cook macaroni according to package directions. Drain vegetables and noodles. Set aside. Melt margarine. Stir in flour. Gradually stir in milk and seasonings to make a thin paste. Cook over medium heat, stirring constantly, until sauce thickens. Remove from heat and blend in cheese. Pour over hot vegetables. Add noodles and mix together. Makes 4 (1-cup) helpings.

Nutritional Analysis Per Serving: Calories, 232; Cholesterol, 3.07mg; Sodium, 152mg. Percent calories from: Fat, 17.57%; Saturated Fat, 4.91%

Baco-Broccoli Salad

- 2 apples (preferably the harder type: Macintosh, Empire, Cortland, Winesap or Red Delicious)
- 3 cups raw broccoli, cut up
- ¼ cup chopped walnuts (or pecans)
- 1 Tbsp. chopped red onion (or white onion)
- ⅓ cup raisins
- ½ cup vanilla nonfat yogurt
- 1 Tbsp. bacon bits (Bacos)
- ½ head lettuce

Core and chop apples. Mix all ingredients together. Serve on a bed of lettuce. Makes 10 (½-cup) helpings.

Nutritional Analysis Per Serving: Calories, 73; Cholesterol, 1.0mg; Sodium, 37mg. Percent calories from: Fat, 29%; Saturated Fat, .1%

Fancy Cabbage Slaw

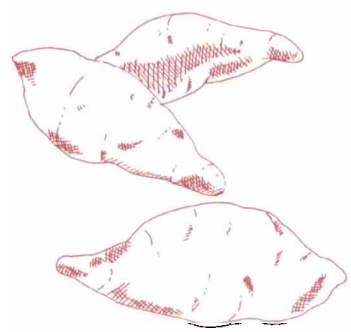
- 1/3 cup nonfat or lowfat pineapple yogurt
- 1/4 tsp. prepared mustard
- 1/8 tsp. celery seeds
- 3 1/2 cups shredded cabbage
- 2 cups diced apples (preferably the harder type: McIntosh, Empire, Cortland, Red Delicious or Winesap)
- 1 cup diagonally sliced celery
- 1/2 cup thinly sliced onion

In a large bowl, whisk together yogurt, mustard and celery seeds. Add cabbage, apples, celery, and onion. Gently toss to blend. Makes 14 1/2-cup helpings.

Nutritional Analysis Per Serving: Calories, 22; Cholesterol, 0mg; Sodium, 16mg.
Percent calories from: Fat, 8%; Saturated Fat, 3%

Carolina Sweet Potatoes and Turnips

- 4 medium sweet potatoes, peeled, cut in chunks
- 4 medium turnips, peeled, cut in chunks
- 1 cup orange juice
- 1 cup brown sugar
- 1/4 cup margarine, melted
- 1/2 tsp. mace
- 1/2 tsp. salt
- 2 oranges, peeled, sliced



Microwave potatoes and turnips in a glass plate until tender but still firm. Preheat oven to 400°F. Place vegetables in a 2-quart shallow baking dish. In small bowl, combine orange juice, sugar, margarine, mace and salt. Add to vegetables. Put orange slices on top and bake. Vegetables are done when pan juices are reduced and vegetables are glazed. Makes 10 1/2-cup helpings.

Nutritional Analysis Per Serving: Calories, 203; Cholesterol, 0mg; Sodium, 208mg.
Percent calories from: Fat, 20.99%; Saturated Fat, 4.31%

Southern-Style Greens

- 1 slice lean ham, smoked turkey, or Canadian bacon
- ½ medium onion, chopped
- 3 pounds fresh turnip greens, washed and allowed to dry
- 1 cup water
- 1 tsp. sugar
- ⅛ tsp. salt

Cook the meat over medium-high heat in a heavy skillet, lightly sprayed with Pam, until browned or crisp, about 5 minutes. Remove from heat. Add the onions to the skillet and stir-fry until tender, about 5 minutes. Remove from heat and set aside. Remove stems from turnip greens. Tear greens into salad-size pieces and place in a large pot along with the water, sugar, and salt. Bring to a boil over high heat, reduce heat to low and simmer until tender, about 15 to 20 minutes. Cut up meat. Remove the greens from the heat, stir in the meat and onions, and serve at once. Makes 9 ½-cup helpings.

Nutritional Analysis Per Serving: Calories, 77; Cholesterol, 22.28mg; Sodium, 69mg. Percent calories from: Fat, 33.84%; Saturated Fat, 11.53%

Pastor's Glorious Fresh Fruit Salad

- 2 thinly sliced, unpeeled apples (preferably the harder type like McIntosh, Winesap, Red Delicious, Empire and Cortland)
- 1 cup seedless green or red grapes
- 2 sliced bananas
- 1 can (16 ounces) pineapple chunks, drained
- 1 cup cantaloupe, cut up, optional (in season)
- 2 kiwifruit, peeled and sliced

Nutritional Analysis Per Serving: Calories, 181; Cholesterol, 3.21mg; Sodium, 139mg. Percent calories from: Fat, 5.97%; Saturated Fat, 2.65%

Honey-Cream Dressing:

- ¼ cup nonfat sour cream or sour cream substitute
- 1 cup low-fat small-curd cottage, creamed
- 1 cup nonfat vanilla yogurt
- 2 Tbsp. honey
- 2 tsp. lime juice

To make dressing, combine sour cream, cottage cheese and yogurt. Mix well. Blend in honey and lime juice. To make salad, combine first five fruits with a little of the dressing; garnish with slices of kiwi fruit. Serve remaining dressing separately. Makes 8 1-cup helpings.

Nutritional Analysis Per Serving: Calories, 67; Cholesterol, 0.14mg; Sodium, 89mg. Percent calories from: Fat, 5.49%; Saturated Fat, 1.30%

KNOW YOUR SERVING SIZE!

Many people think that a serving size is how much food is on their plate or in their glass. It is important to understand how much fruit or vegetable is considered a serving by the 5 A Day program. There is a difference between a “helping” and a “serving.” You may be eating more servings of fruits and vegetables than you think. Remember - your goal is to eat at least a total of five servings of fruits and vegetables a day!

One Serving of Vegetable

- 1 cup raw leafy greens
- ½ cup cooked vegetable
- ½ cup raw vegetable
- 6 ounces or ¾ cup of vegetable juice

One Serving of Fruit

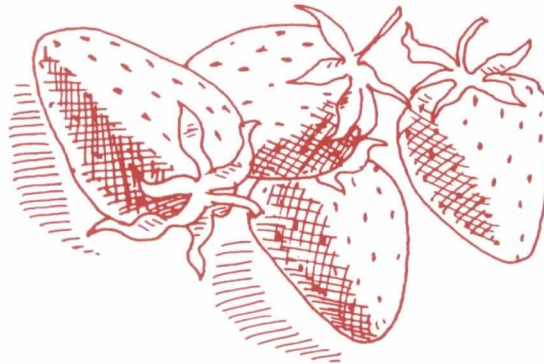
- 1 medium piece of fruit
- ¼ cup of dried fruit
- 6 ounces or ¾ cup of fruit juice
- ½ cup cooked fruit
- ½ cup raw fruit

SAMPLE MENU

For example, a medium apple, 1 cup of cooked greens, 12 ounces of 100% apple juice, and ½ cup of raw carrots are equal to 6 servings of fruits and vegetables!

1 medium apple	1 serving
1 cup cooked greens	2 servings
12 oz. apple juice	2 servings (6 oz. = 1 serving)
½ cup raw carrots	1 serving

Serving Size: portion size used by the National Cancer Institute to measure 5 A Day.
Helping: how much food you put on your plate to eat in one sitting.



GROUP REPORT FORM

Title of recipe _____

Availability of ingredients _____

Ease of preparation _____

Number in group who liked the recipe and why _____

Number in group who did not like the recipe and why _____

Give two ways this recipe would fit into meals: _____

How was the fat lowered or were any low-fat-cooking ingredients used? _____

Were any seasonings/ingredients used to improve taste? _____

What were they? _____

Can you think of any other seasonings that would be good in this recipe? _____

What's the secret about the recipe that makes it so healthy? _____

TIPS FOR SEASONAL PURCHASE, PREPARATION AND STORAGE OF FRUITS AND VEGETABLES

WINTER

Appetites are bigger when cold weather arrives. Stretching your food budget to feed your family can be a real challenge. Here are some ideas that will please your family and your pocketbook.

Smart Buys for Winter

Fruits and Vegetables	January	February	March
Oranges		●	●
Grapefruit	●	●	●
Cabbage	●	●	●
Greens	●	●	●
Onions	●	●	●

Choosing, Storing and Using Winter Fruits and Vegetables

Fruits and Vegetables	What do I look for?	How do I store it?	How do I use it?	What's in it?
Oranges	<ul style="list-style-type: none"> bright, heavy fruit smooth skins 	<ul style="list-style-type: none"> store at room temperature for 1 week, or store in refrigerator for 4 to 6 weeks 	<ul style="list-style-type: none"> desserts as a snack in tossed salads or cabbage salads 	<ul style="list-style-type: none"> vitamin C potassium fiber
Grapefruit	<ul style="list-style-type: none"> firm and heavy 	<ul style="list-style-type: none"> keep for 2 weeks at room temperature, or place in refrigerator up to 4 weeks 	<ul style="list-style-type: none"> raw in salads 	<ul style="list-style-type: none"> vitamin C
Cabbage	<ul style="list-style-type: none"> firm heavy heads with crisp outer leaves 	<ul style="list-style-type: none"> store in refrigerator in crisper or in plastic bag keeps up to 14 days 	<ul style="list-style-type: none"> microwaved steamed in salads boiled 	<ul style="list-style-type: none"> vitamin C potassium fiber
Greens: <ul style="list-style-type: none"> collard greens kale mustard greens turnip greens 	<ul style="list-style-type: none"> crisp, bright green leaves no wilted leaves or decay 	<ul style="list-style-type: none"> rinse and pat dry with clean paper towels refrigerate in plastic bags 	<ul style="list-style-type: none"> steamed microwaved boiled in soups 	<ul style="list-style-type: none"> iron vitamin A vitamin C calcium
Onions	<ul style="list-style-type: none"> Firm and hard short necks & dry, papery outer skins avoid onions with sprouts 	<ul style="list-style-type: none"> place in a loosely woven bag or basket to allow air to circulate store in a cool, dry, dark place keep up to 2 months refrigerate onions after they are cut 	<ul style="list-style-type: none"> in casseroles in salads 	<ul style="list-style-type: none"> vitamin C B vitamins

EARLY SPRING

We look forward to putting away winter hats and gloves as spring starts. We also look forward to spending time outdoors and not in the kitchen! Flowers bloom and strawberries are in season in spring.

Smart Buys for Early Spring

Fruits and Vegetables	March	April	May
Early potatoes	●		
Dry beans	●	●	●
Green peas			●
Lettuce		●	●
Strawberries		●	●

Choosing, Storing and Using Early Spring Fruits and Vegetables

Fruits and Vegetables	What do I look for?	How do I store it?	How do I use it?	What's in it?
Early (new) potatoes	<ul style="list-style-type: none"> • firm with no soft spots • no cracks, cuts or green color on skin 	<ul style="list-style-type: none"> • store in cool, dry, dark area 	<ul style="list-style-type: none"> • steamed • microwaved • boiled 	<ul style="list-style-type: none"> potassium vitamin C fiber
Dry beans <ul style="list-style-type: none"> • kidney • pinto • northern • chickpeas 	<ul style="list-style-type: none"> • come in bags • pick out shriveled beans and any gravel 	<ul style="list-style-type: none"> • keep in dark area use within 1 year 	<ul style="list-style-type: none"> • Soak dry beans overnight then cook as the package instructs • use in soups • use in spaghetti • use in casseroles 	<ul style="list-style-type: none"> protein fiber iron calcium B vitamins
Green peas	types: <ul style="list-style-type: none"> • Sugar-snap • Snow peas • Green English • medium to small size are best 	<ul style="list-style-type: none"> • refrigerate • use within 4 days 	<ul style="list-style-type: none"> • steamed • microwaved • boiled • in salads 	<ul style="list-style-type: none"> fiber vitamin C
Lettuce	types: <ul style="list-style-type: none"> • Iceberg • looseleaf • crisp bright colored leaves without brown spots 	<ul style="list-style-type: none"> • refrigerate unwashed lettuce in plastic bags • use within 7 to 10 days 	<ul style="list-style-type: none"> • in salads • in sandwiches • on tacos 	<ul style="list-style-type: none"> vitamin A (looseleaf variety only) fiber
Strawberries	<ul style="list-style-type: none"> • plump, red berries with green tops • avoid rot or mold 	<ul style="list-style-type: none"> • refrigerate • will keep for 2 to 3 days • freeze for later use 	<ul style="list-style-type: none"> • raw • in fruit salads • in cereal or yogurt • in pies 	<ul style="list-style-type: none"> vitamin C fiber

LATE SPRING

Do you think that trying to get variety in your diet is too expensive? You can make it less expensive.

Smart Buys for Late Spring

Fruits and Vegetables	May	June	July
Broccoli		•	•
Green beans		•	•
Spinach	•	•	•
Peaches		•	•
Strawberries		•	•

Choosing, Storing and Using Late Spring Fruits

Fruits and Vegetables	What do I look for?	How do I store it?	How do I use it?	What's in it?
Broccoli	<ul style="list-style-type: none"> • dark green or purple colored flowers on the head • tightly closed flowers 	<ul style="list-style-type: none"> • refrigerate unwashed broccoli in a plastic bag • use within 7 days 	<ul style="list-style-type: none"> • raw • in salads • steamed microwaved 	<ul style="list-style-type: none"> vitamin A vitamin C calcium fiber
Green beans	<ul style="list-style-type: none"> • bright green color • crisp beans without brown spots 	<ul style="list-style-type: none"> • refrigerate unwashed up to 4 days in plastic bags 	<ul style="list-style-type: none"> • raw • in salads • steamed • microwaved 	<ul style="list-style-type: none"> potassium
Spinach	<ul style="list-style-type: none"> • dark green leaves • firm stems 	<ul style="list-style-type: none"> • refrigerate in plastic up to 3 days 	<ul style="list-style-type: none"> • raw in salads • steamed 	<ul style="list-style-type: none"> vitamin A vitamin C
Peaches	<ul style="list-style-type: none"> • light yellow color with some pink • no bruises when ripe • keep up to 2 weeks 	<ul style="list-style-type: none"> • ripen at room temperature • refrigerate • in desserts 	<ul style="list-style-type: none"> • raw • in fruit salads • on cereal • in yogurt 	<ul style="list-style-type: none"> potassium fiber vitamin C
Strawberries	<ul style="list-style-type: none"> • plump, red berries with green tops • avoid rot or mold 	<ul style="list-style-type: none"> • refrigerate will keep for 2 to 3 days • freeze for later use 	<ul style="list-style-type: none"> • raw • in fruit salads • on cereal • in yogurt • in pies 	<ul style="list-style-type: none"> vitamin C fiber

SUMMER

Summer is a time for picnics and hot weather. Cold dishes such as pasta salads are nice during hot weather. Summer fruits and vegetables also make meals more colorful and help keep food costs down.

Smart Buys for Summer

Fruits and Vegetables	July	August	September
Bell peppers	●	●	
Corn on the cob		●	●
Cantaloupe	●	●	
Tomatoes	●	●	●
Zucchini	●	●	

Choosing, Storing and Using Summer Fruits and Vegetables

Fruits and Vegetables	What do I look for?	How do I store it?	How do I use it?	What's in it?
Bell Peppers	<ul style="list-style-type: none"> • medium to dark green color • firm peppers with thick skins 	<ul style="list-style-type: none"> • refrigerate • will keep for 2 weeks 	<ul style="list-style-type: none"> • raw in salads • stuffed and baked • in stir fries • in soups, stews, chili, and spaghetti sauce 	<ul style="list-style-type: none"> • vitamin A • fiber
Corn on the cob	<ul style="list-style-type: none"> • bright green husks on outside of corn • tender, plump kernels 	<ul style="list-style-type: none"> • refrigerate immediately after buying • use in 2 to 4 days 	<ul style="list-style-type: none"> • microwaved • steamed • boiled • cut off and cooked 	<ul style="list-style-type: none"> • fiber • potassium • niacin
Cantaloupe	<ul style="list-style-type: none"> • sweet aroma • seeds should rattle a little when shaken • no soft spots 	<ul style="list-style-type: none"> • will ripen at room temperature • refrigerate when ripe and use in 1 to 2 days 	<ul style="list-style-type: none"> • in salads • for dessert • as breakfast fruit 	<ul style="list-style-type: none"> • vitamin A • vitamin C
Tomatoes	<ul style="list-style-type: none"> • firm • skin without spots or cuts 	<ul style="list-style-type: none"> • keep at room temperature • use as soon as ripe • refrigerate after cutting and use in 1 to 2 days 	<ul style="list-style-type: none"> • in salads • on sandwiches • baked • broiled • microwaved 	<ul style="list-style-type: none"> • vitamin C • vitamin A • fiber
Zucchini	<ul style="list-style-type: none"> • 5 to 8 inches in length • dark green skin • slender and firm 	<ul style="list-style-type: none"> • refrigerate • use in 7 days or less 	<ul style="list-style-type: none"> • in soups and stews • in salads • in breads and desserts 	<ul style="list-style-type: none"> • fiber

FALL

The falling leaves remind us that cool weather is coming and kids are going back to school.

Smart Buys for Fall

Fruits and Vegetables	September	October	November
Apples	●	●	●
Grapes	●	●	
Pears	●	●	●
Winter squash		●	●
Carrots	●	●	●

Choosing, Storing and Using Fall Fruits and Vegetables

Fruits and Vegetables	What do I look for?	How do I store it?	How do I use it??	What's in it?
Apples	<ul style="list-style-type: none"> • firm, without soft spots • no cuts on the skin in the refrigerator for up to 4 weeks 	<ul style="list-style-type: none"> • store at room temperature or keep • slice into salads 	<ul style="list-style-type: none"> • raw • baked 	<ul style="list-style-type: none"> fiber potassium
Grapes	<ul style="list-style-type: none"> • red or green grapes that are firmly attached to stems • avoid wrinkled or sticky grapes 	<ul style="list-style-type: none"> • wrap loosely in plastic • refrigerate unwashed grapes up to 1 week • freeze for later use 	<ul style="list-style-type: none"> • raw • in fruit salads • in lettuce salads • mixed with cottage cheese 	<ul style="list-style-type: none"> fiber vitamin C potassium
Pears	<ul style="list-style-type: none"> • bell-shaped and firm • no cuts or bruises on the skin store in refrigerator 	<ul style="list-style-type: none"> • ripen at room temperature • when soft and ripe, baked 	<ul style="list-style-type: none"> • raw • in fruit salads • in quick breads 	<ul style="list-style-type: none"> fiber
Winter squash: • Acorn • Butternut • Spaghetti • Hubbard	<ul style="list-style-type: none"> • no cuts on the skin • no soft spots • hard heavy squash 	<ul style="list-style-type: none"> • store in dry, open area at room temperature 	<ul style="list-style-type: none"> • steamed • microwaved • boiled 	<ul style="list-style-type: none"> fiber vitamin A
Carrots	<ul style="list-style-type: none"> • firm carrots • bright orange or orange-red in color 	<ul style="list-style-type: none"> • store in plastic in refrigerator • will last for a long time 	<ul style="list-style-type: none"> • raw • in salads • microwaved • in soups • boiled 	<ul style="list-style-type: none"> vitamin A fiber potassium

HOLIDAY

Holidays are times of tradition and family get-togethers. Holidays are also times for having sweet treats.

Smart Buys For The Holidays

Fruits and Vegetables	November	December	January
Apples	●	●	●
Cranberries	●	●	
Bananas	●	●	
Yams or sweet potatoes	●	●	
Split peas	●	●	●

Choosing, Storing and Using Holiday Foods

Fruits and Vegetables	What do I look for?	How do I store it?	How do I use it?	What's in it?
Apples	<ul style="list-style-type: none"> • firm, without soft spots • no cuts on the skin for up to 4 weeks	<ul style="list-style-type: none"> • store at room temperature or will keep in the refrigerator 	<ul style="list-style-type: none"> • raw • baked • slice into salad 	fiber
Cranberries	<ul style="list-style-type: none"> • firm berries refrigerator up to 1 month, or <ul style="list-style-type: none"> • store in freezer in plastic bags for up to 9 months 	<ul style="list-style-type: none"> • store in baked goods • cooked as a sauce 	<ul style="list-style-type: none"> • in muffins and 	fiber
Bananas	<ul style="list-style-type: none"> • plump bananas without bruises • freeze in their skins to use later 	<ul style="list-style-type: none"> • store at room temperature, or • baked in breads or cakes 	<ul style="list-style-type: none"> • raw • microwaved 	potassium
Yams or sweet potatoes	<ul style="list-style-type: none"> • firm, smooth skin without cuts 	<ul style="list-style-type: none"> • store in a cool dark area • do not refrigerate • boiled 	<ul style="list-style-type: none"> • baked • microwaved • steamed 	vitamin A fiber vitamin C
Dry split peas	<ul style="list-style-type: none"> • come in bags • pick out shriveled peas and any gravel 	<ul style="list-style-type: none"> • store in a dark, cool place and casseroles 	<ul style="list-style-type: none"> • mashed • cook in soups fiber	protein B vitamins

MICROWAVE OVEN INFORMATION

Have you ever wondered what kinds of cookware and wraps should be used in the microwave? This chart will answer your questions.

Safe To Use In Microwave Oven

Glass and glass ceramic cookware.

Containers or products that have microwave approval (they are able to stand high temperatures).

Waxed paper.

Paper towels. White towels are best.

Heavy duty plastic wrap can be used to cover a container. Do not put plastic wrap directly on the food.

Oven cooking bags. These are safe for use in the microwave.

Special browning or crisping devices. **Carefully** follow package directions. **Never** try to re-use these devices.

Not Safe To Use In Microwave Oven

Do not use cold storage containers such as margarine tubs, whipped topping bowls, or cottage cheese containers. They have not been approved for microwaving. High heat may cause harmful chemicals to get into food.

Do not use brown grocery bags or newspapers. These contain metals which could start a fire. Stop cooking if a fire starts in your microwave. Do not open the door. The fire should go out by itself.

Do not use light weight plastic wrap.

Do not eat from a package that becomes burnt in cooking.

Do not re-use trays and containers provided with microwaveable products. It is okay to do this if the package says the container is reusable. A microwave cake pan is an example of a reusable container.

CLEANING YOUR MICROWAVE OVEN

A microwave oven saves time in the kitchen. A microwave oven will work best if it is cleaned often.

Clean your microwave oven once a week, or when it needs cleaning.

Wash the inside walls with dish detergent and warm water. Rinse the walls and dry them. Sometimes food particles get stuck on the walls. Place a dish of water in the microwave. Bring the water to a boil. Leave it in the oven for several minutes. The steam will loosen the food particles. Wipe away the food particles with a sponge. Never use a scratchy cleanser such as Comet.®

Scrub the floor of your oven with a nylon pad, baking soda and water. You can also remove oven odors. Mix $\frac{3}{4}$ cup of water with $\frac{1}{4}$ cup lemon juice. Place in the microwave oven and boil for a few minutes. Wipe the inside of the oven with a damp cloth.

Source: *The Woman's Day Help Book*.

EXAMPLE RECIPES

Favorite Potato Casserole-High Fat Version

- 2 pounds frozen hash brown potatoes
- ½ cup butter (92 grams fat)
- 1 tsp. salt
- ½ tsp. pepper
- 2 Tbsp. minced onion
- 1 can cream of chicken soup (19 grams fat)
- 1 pint sour cream (96 grams fat)
- 2 cups cheddar cheese (75 grams fat)
- ¼ cup margarine (46 grams fat)
- 2 cups corn flakes

Calories per serving (10 servings): 425

Fat, grams: 33

Preheat oven to 350°

Lean Potato Casserole-Lower Fat Version

- 2 pounds frozen hash brown potatoes
- Non-stick cooking spray (like Pam)
- ¼ tsp. salt
- ½ tsp. pepper
- 2 Tbsp. minced onion
- 1 can low-fat cream of chicken soup
- 1 pint non-fat sour cream
- 2 cups low-fat cheddar cheese
- 2 tsp. margarine
- 2 cups corn flakes

Calories per serving (10 servings): 307

Fat, grams: 13



1. Fry hash browns and minced onion in a non-stick pan with the non-stick spray until brown.
2. Add salt and pepper.
3. Spread mixture in a 9" x 13" baking pan.
4. In a separate bowl combine the chicken soup, sour cream, and cheese. Layer this mixture over the hash brown mixture.
5. Sprinkle corn flakes over the top.
6. Melt the margarine and drizzle over the top.
7. Bake at 350° for 30 minutes uncovered until bubbly and lightly brown on top. Serve warm.

EXAMPLE RECIPES

Frozen Fruit Salad-High Fat Version

- 3½ cups fruit cocktail
- 2 Tbsp. lemon juice
- ¼ cup mayonnaise (44 grams fat)
- ½ cup whipping cream (28 grams fat)
- ½ cup nuts (40 grams fat)
- 1 tsp. unflavored gelatin
- 3 ounces cream cheese (30 grams fat)
- ½ cup sugar

Calories per serving, (8 servings): 300

Fat, grams: 22

Modified Fruit Salad-Low Fat Version

- 4 cups fruit cocktail packed in juice
- 2 Tbsp. lemon juice
- ¼ cup non-fat mayonnaise
- ⅔ cup non-fat Cool Whip
- ¼ cup nuts
- 1 tsp. unflavored gelatin
- 3 ounces non fat cream cheese
- ⅓ cup sugar

Calories per serving: 150

Fat, grams: 4

1. Put fruit cocktail in large mixing bowl.
2. In a separate bowl, mix the rest of the ingredients.
3. Gently fold in fruit cocktail.
4. Refrigerate overnight or until it sets. Serve cold.

COOKIN' WITH PIZZAZZ 2!

5 a Day Recipes

A Collection of Official 5 A Day for Better Health Recipes

Super Spring Salad

- 5 cups lettuce pieces
- 1 Red Delicious apple, diced
- 1 banana, sliced

Salad Dressing

- 3 Tbsp. fat-free mayonnaise
- 1 envelope tabletop non caloric sweetener
- $\frac{1}{8}$ cup or less skim milk



Whisk ingredients together and pour over salad, toss. Serve immediately.

Makes: 4 (2 cup helpings.)

Nutritional Analysis Per Serving: Calories, 65; Cholesterol, 0.14mg; Sodium, 152mg.
Percent calories from: Fat, 5%; Saturated Fat, 1.3%

Sweet “n” Sour Beans

- 2 cups cut green beans
- $1\frac{1}{4}$ cups thinly sliced cucumber, halved
- $\frac{3}{4}$ cup sliced celery
- $\frac{1}{2}$ cup bean sprouts, fresh or canned without added salt
- $\frac{1}{2}$ cup coarsely chopped green pepper
- $\frac{1}{4}$ cup sliced fresh mushrooms
- $1\frac{1}{2}$ Tbsp. chopped onion
- 1 Tbsp. diced pimento
- $\frac{1}{4}$ cup plus 2 tablespoons white wine vinegar
- $\frac{1}{4}$ cup plus 2 tablespoons water
- 3 envelopes tabletop non caloric sweetener
- $\frac{1}{4}$ tsp. salt
- $\frac{1}{4}$ tsp. seasoned salt
- $\frac{1}{4}$ tsp. garlic powder
- $\frac{1}{4}$ tsp. pepper

Steam green beans for 10 minutes. Let cool. Combine beans with the next 7 ingredients; set aside. Combine the remaining ingredients; mix well. Pour over vegetables; toss gently. Cover and chill 8 hours, stirring occasionally. Makes: 5 ($1\frac{1}{2}$ cup) helpings.

Nutritional Analysis Per Serving: Calories, 36; Cholesterol, 0mg; Sodium, 255mg.
Percent calories from: Fat, 0.70%; Saturated Fat, 2.60%.

Dutch Cabbage

- ½ Tbsp. bacon drippings (fry 1 slice breakfast strip)
- 2 cups-shredded red or green cabbage
- 1 cup cubed unpaired apple, green or red
- ⅛ cup brown sugar
- ⅛ cup vinegar
- ⅛ cup water
- ½ tsp. salt
- ¼ tsp. caraway seed

Cook bacon, reserve ½ tablespoon of the drippings. Mix drippings with the remaining ingredients in a large pot. Cover and cook on low for 20 to 30 minutes. Makes 4 (¾ cup) helpings.

Nutritional Analysis Per Serving: Calories, 65; Cholesterol, 3.9mg; Sodium, 358mg.
Percent calories from: Fat, 17%; Saturated Fat, 5.3%.

Cucumber & Tomato Salad

- 1 lb. cucumbers (about 2 medium), peeled and chopped
- ½ lb. fresh tomatoes, chopped
- 4 scallions, minced
- ½ cup fresh mint, chopped fine
- ½ cup fresh parsley, chopped fine
- 3 Tbsp. lemon juice
- 2 cloves garlic, crushed
- 1 cup vanilla, nonfat yogurt
- black pepper, to taste

Mix the lemon juice, yogurt, garlic, pepper, mint and parsley together. Pour over the cucumber and tomato mixture and stir. Serve within an hour for best taste. Makes 6 (½ cup) helpings.

Nutritional Analysis Per Serving: Calories, 45; Cholesterol, 2mg; Sodium, 35mg.
Percent calories from: Fat, 0%.



Jack's Beans

- 2 15.5oz. cans butter beans or navy beans, drained and rinsed
- 1 medium green pepper (about ½ cup chopped)
- 1 medium onion (about ⅔ cup chopped)
- 1 8 ozs. low sodium tomato sauce
- 1 15oz. can low sodium stewed tomatoes (regular or Cajun style)
- 4 ozs. fresh mushrooms, sliced
- Seasonings, as desired

Lightly coat a 2-quart dish casserole with non-stick cooking spray. Combine all ingredients and pour into prepared casserole dish. Season, as desired, with additions such as garlic, basil, oregano, pepper, etc. Bake uncovered at 350 for approximately ½ hour or until warmed through. Check to make sure all liquid does not evaporate during cooking. Cover if liquid evaporates too quickly. Makes 7 (1 cup) helpings.

Recipe provided by the Polyps Prevention Trial.

Nutritional Analysis Per Serving: Calories, 210; Cholesterol, 0mg; Sodium, 357mg. Percent calories from fat, 9%; Saturated Fat, 0%.

Summer Vegetable Spaghetti

- 2 cups small yellow onion, cut in eighths
- 2 cups chopped, peeled, fresh, ripe tomatoes
- 2 cups thinly sliced yellow and green squash
- 1½ cups fresh green beans (about ½ pound)
cup water
- 2 Tbsp. minced fresh parsley
- 1 Clove garlic, minced
- ½ tsp. chili powder
- ¼ tsp. salt
- ⅛ tsp. freshly ground black pepper
- 1 6-ounce can tomato paste
- 1 pound uncooked spaghetti
- ½ cup grated Parmesan cheese



Combine first 10 ingredients in large saucepan; cook for 10 minutes, then stir in tomato paste. Cover and cook gently, 15 minutes, stirring occasionally until vegetables are tender. Cook spaghetti in unsalted water according to package directions. Spoon sauce over drained hot spaghetti and sprinkle Parmesan cheese over top. Makes 9 (1 cup spaghetti and ¾ cup sauce with vegetables) helpings.

Recipe provided by the National Heart, Lung and Blood Institute.

Nutritional analysis per serving: Calories, 147; Cholesterol, 3mg; Sodium, 348mg. Percent calories from fat, 15%; Saturated Fat, 8%.

Oriental Chicken Salad with Peas

- 2 cups cubed cooked chicken breasts
- 2 cups shredded iceberg lettuce
- ½ cup slivered water chestnuts
- ¼ cup sliced almonds
- ¼ cup diced celery
- 2 chopped green onions
- 1 cup green peas
- 1 cup bean sprouts

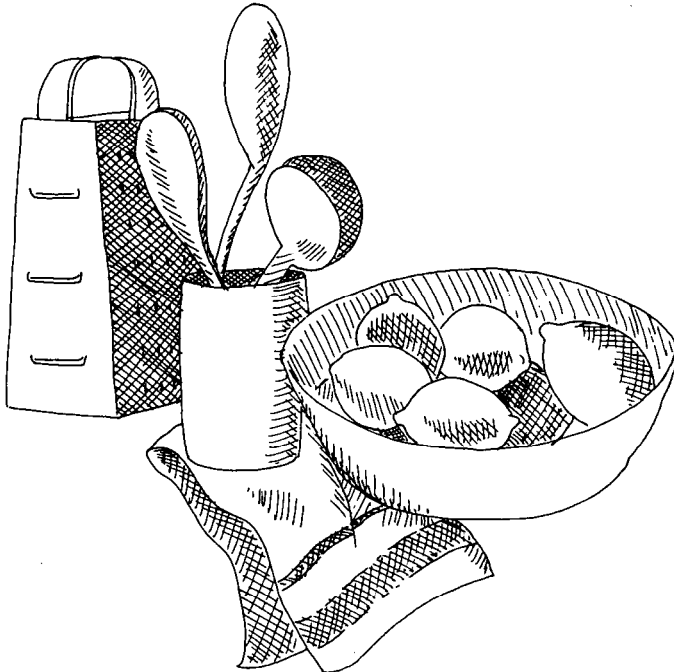
Dressing

- ¼ cup vinegar
- ¼ cup low sodium catsup
- ¼ cup water
- 4-5 Tbsp. sugar
- 1 Tbsp. low sodium soy sauce
- 1 tsp. cornstarch

Combine dressing ingredients and cook until clear and thick. Then toss rest of ingredients and add dressing. Makes 4 (1 cup) helpings.

Recipe provided by Susan Merrill.

Nutritional analysis per serving: Calories, 325; Cholesterol, 62mg; Sodium, 280mg. Percent calories from fat, 27%; Saturated Fat, 6%.



Cookin' With Pizzazz!



“5 A Day For Better Health”



To Prevent Certain Cancers...

Such as:
Colon/Rectum
Stomach
Esophagus



Cruciferous Vegetables

(Cabbage/Mustard Family)

Broccoli

Radish

Rutabaga

Kale

Daikon

Bok Choy

Kohlrabi

Brussels Sprouts

Cauliflower

Turnip

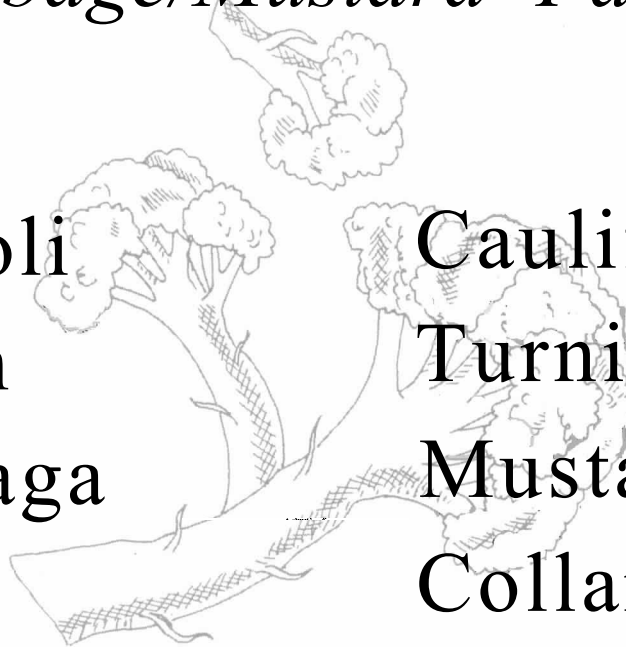
Mustard

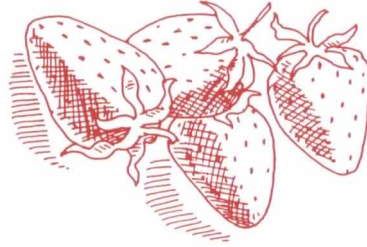
Collards

Cabbage

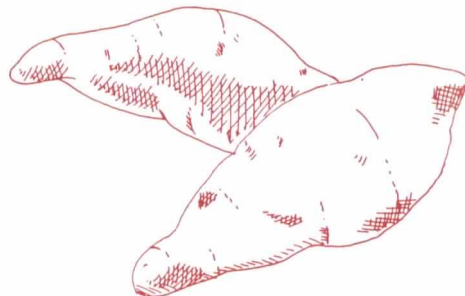
Horseradish

Watercress





Storing Fruits and Vegetables



Cookin' With Pizzazz! 2



ALL Fruits and Vegetables Have Nutrients to Offer:

Color is One Key



Today's Date _____

Your day and month of birth: _____

WHAT DO YOU THINK?

1. What does the slogan "5 A Day For Better Health" mean? _____

2. What amount makes a serving size of cooked vegetable? _____

3. What amount makes a serving size of fruit? _____

4. What is the best way to store vegetables such as carrots or broccoli? _____

5. How many servings of fruits and vegetables should you eat each day? _____

6. How can you increase the servings of fruits or vegetables that you eat each day? _____

7. Why is substituting nonfat sour cream for regular sour cream in a recipe a good idea? _____

8. What is one good reason to eat 5 servings of fruits and vegetables each day? _____

9. Do you know how to lower the fat in recipes? Please describe 2 ways to lower the fat in recipes. _____

10. Do you know how to lower the fat in diet? Please describe how you could do that. _____

Today's Date _____

Your day and month of birth: _____

WHAT DO YOU THINK NOW?

1. What does the slogan "5 A Day For 'Better Health'" mean? _____

2. What amount makes a serving size of cooked vegetable _____

3. What amount makes a serving size of fruit? _____

4. What is the best way to store vegetables such as carrots or broccoli? _____

5. How many servings of fruits and vegetables should you eat each day? _____

6. How can you increase the servings of fruits or vegetables that you eat each day! _____

7. Why is substituting nonfat sour cream for regular sour cream in a recipe a good idea?

8. What is one good reason to eat 5 servings of fruits and vegetables each day? _____

9. Will you make any changes in the number of servings of fruits and vegetables you eat each day as a result of this program? Please describe what you will do. _____

10. Do you know how to lower the fat in recipes? Please describe 2 ways to lower the fat in recipes. _____

11. Will you use any of the recipes that you received from the program? _____

How often? _____

Which one is your favorite? _____

12. Will you try to lower the fat in your diet? Please describe how you do that.

Pre/Post Test Answer Key

What Do You Think? What Do You Think Now?

Do not hand this out. For your use only.

1. Answer: *Eating a total of 5 servings of fruits and vegetables a day promotes better health. Or they may say that it prevents cancer.*
2. Answer: *½ cup, medium piece of fruit, 6 ounces of juice, ¼ cup dry fruit.*
3. Answer: *½ cup*
4. Answer: *in the refrigerator in the crisper/vegetable bin or in a moisture proof bag.*
5. Answer: *5*
6. Answer: *varies*
7. Answer: *it lowers the fat content*
8. Answer: *to prevent cancer*
9. Answer: *varies*
10. Answer: *varies*
11. Answer: *varies*



Sarah W. Stedman Center for Nutritional Studies

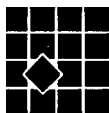
Duke University Medical Center



School of Public Health



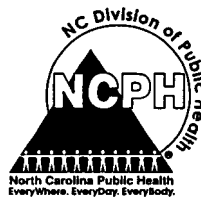
UNC at Chapel Hill



DUKE
COMPREHENSIVE
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Black Churches United
for Better Health
- 5 a Day -



North Carolina Public Health
EveryWhere. EveryDay. EveryBody.



For more information about the BLACK CHURCHES UNITED FOR BETTER HEALTH project, contact the: Health Promotion Branch, Division of Public Health NC Department of Health & Human Services
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State of North Carolina • Michael F. Easley, Governor

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