Nutrition Education Workshops for Adults with Disabilities

Eleven workshops presented during a six-month period for people with developmental disabilities living in group homes and their care provider staff members

A community-based participatory research project of Temple and UCP’s Partnership in the Community’s Health (PITCH)

Produced by The Center for Obesity Research and Education at Temple University and United Cerebral Palsy of Central Pennsylvania
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If you have questions or comments, please contact United Cerebral Palsy of Central Pennsylvania, 717-975-0611. Responsibility for the information presented in the curriculum rests solely with the Principal Investigators.

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Introduction to the workshop curriculum

This series of 11 workshops has been designed to meet the needs of the staff and overweight residents in community group homes for adults with developmental disabilities. The purpose of the curriculum is to help residents achieve weight loss if needed and then maintain a healthy weight, with particular attention to principles of good nutrition; education about meal planning, shopping and preparation; and guidance about portion sizes at mealtimes. The nutrition information can also benefit the smaller number of residents who need to gain weight; for them, we obviously do not suggest guidance on portion monitoring but recognize that principles of how to choose healthy foods remain the same.

We have included optional taste tests and other activities to reinforce nutrition knowledge so that the workshops are interactive and hold the interest of the participants. For each workshop, we have also reproduced an 8.5”x11” poster, available from the USDA website, after the basic information. The posters are suitable for displaying on a wall, refrigerator, kitchen counter, or dining table to promote conversation about the topic. Resources for more information, most of them web-based, are found at the conclusion of each of the 8 main workshops.

Appendices are included with basic nutrition information (calories, amount of protein, fat, etc) for everyday foods that tie in with the workshops. These should not be used to count calories or nutrients, as they can only be approximate, and are intended to illustrate basic concepts, e.g. vegetables have little fat, fast foods have a lot of calories, etc. The information cannot be specific enough to guide daily diets. In fact, we do not recommend strict calorie counting in this project. Those who follow the basic principles presented in the workshops will benefit from good nutrition principles without the burden of counting calories. Some sample recipes for each workshop are also presented in an appendix.

The workshops have been developed to be used with some additional materials that are referenced in the text where appropriate; online sites were current as of September 2011. Homes participating in the workshop project receive portion control tableware, including plates, bowls and tumblers. They also are given boxes for handy display that include everyday objects with the volume of standard portion sizes: a baseball to represent the volume of a cup of food, a deck of cards to represent 3 ounces of meat, a 1-inch cube to represent an ounce of cheese. Participants in the homes are encouraged to keep the box in a handy place so that they can refer to it while cooking and at mealtimes.

The workshops are arranged as a series presented over the course of 6 months in a front-loaded format. In other words, workshops are held with greater frequency (weekly) during the first month, and then gradually taper off (every other week during the second and third months) to monthly review sessions during months 4 – 6. To accommodate this schedule, by design the earlier workshops are longer and cover more material. We expect that the trainers delivering the workshops may only touch on some of the points in the early sessions, recognizing that there will be time to re-visit the topics during the review workshops. We hope this will provide a flexible format that can be tailored to the needs of the individual homes as the trainers become familiar with the level of knowledge of staff and residents.

If you have questions or comments, please contact Jeffrey Cooper at United Cerebral Palsy of Central Pennsylvania, 717-975-0611.

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Nutrition Education Workshops for Adults with Disabilities
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Nutrition Education Workshops for Adults with Disabilities

Workshop 1:

Introduction to the workshops: Rights and responsibilities regarding nutrition and healthy eating
Calories and weight control – the importance of balancing healthy food with physical activity
Principles: Modifying existing eating habits as well as developing some new ones
   Eating fattening and sweet foods moderately (no need to cut them out completely)
   Keeping it simple!
   Using guides like portion plates
   Buying wisely on a budget
   Putting it together - Eating well makes us feel better

Food for thought: Improving nutrition with fruits, cutting back on sugars.

Welcome to our workshops on healthy food and nutrition.

The workshop material covers ways to achieve and keep a healthy weight, and we hope it is helpful and easy to use in everyday life. The basic points are described briefly, and we suggest additional online readings and resources at the end of each workshop for more detail.

The goal is to assure that you know your rights: the ability to eat as you choose and to access information on healthy living, while remembering that everyone has a responsibility to use the information wisely to take care of our bodies.

Your rights: All people, including people with disabilities, have a right to eat what they choose. You should never feel you have to deny yourself something that you want to eat. You are also in control of how much you eat. These are your choices, and these workshops never involve taking those away.

Nutrition and a healthy weight and lifestyle are becoming more and more important in the public discussion about the health of all Americans. You have a right to be part of that discussion, and to have good, accurate information about how to stay healthy.

Your responsibility: All people have a responsibility to themselves to make well-informed choices about how to live healthily. So, how do you become well informed? This workshop is the first step and we will guide you about where to go from here. These workshops concentrate on food and nutrition as key areas of those choices.

Of course, many other aspects of a healthy lifestyle are important. For example, we need to balance the energy we get from the food we eat with healthy physical activity – getting moving to keep our bodies in shape. We also need sleep, satisfying personal relationships, and meaningful activities that allow us to express ourselves and enjoy life with the people we love and care about. While these workshops focus on nutrition, we always remember that the other aspects are important, also.

Portion guidance, which is paying attention to what and how much of different foods we eat, is an important part of these workshops. We assume that you have mealtime portion plates in your home that are marked with amounts of different kinds of foods for a well-balanced diet. The plates are
designed as a visual cue, not a hard and fast rule, to help you remember to fill up on foods that are good for you and your waistline, and go easier on foods that are less healthy.

**Our weight is determined by the balance between the calories we put in our bodies from the food we eat, compared to the calories we use up, in the form of physical activity and exercise.** Physical activity can be many things: doing some stretching exercises, using our leg muscles to walk or our arm muscles to propel a wheelchair, bowling, swimming, or playing a sport like fastball. All of these use up energy, which we get from the foods we eat. We measure how much energy the foods contain in a unit called a **calorie.** We can’t see a calorie, but scientists have found it useful because we can think of the energy in our food as intake in calories, and the energy in our physical activity as output of calories. In fact, just watching TV burns calories – but not many! Experts have put together lists of the number of calories we use for different activities. For example, someone weighing 150 pounds uses 320 calories in a half hour of jogging, while he would use 43 calories while watching television in that same half hour. Appendix A shows the number of calories used for some common activities that you may do. In general, the more physically demanding an activity is, the more calories it uses. So activities that make us breathe more quickly, sweat, and feel tired generally use more calories. In the long term, the health benefits that come from these short-term discomforts are well worth it. Of course, before we start any exercise program, we need to check with our physicians to be sure it is the right thing medically for us.

So what does activity level have to do with the food we eat? Different foods also have different numbers of calories. For example, an average serving of ice cream has about 216 calories, while an average serving of carrots has about 27 calories. So eating a serving of carrots will give us less energy than eating a serving of ice cream. If we don’t do enough physical activity to use up the extra calories in the ice cream, they are going to be changed into body fat. In a later workshop, we’ll talk more about ways to find out the number of calories in different foods.

The main point – if we take away nothing except this one point from these workshops, it will have been well worth while – is to avoid empty calories. Some foods come packed with things that are healthy for us – vitamins, minerals, good protein. But others are loaded with “empty calories” – mostly sugars or fats that add little in the way of nutrition – and we will be focusing on how to avoid these empty calories and instead fill up on calories that will actually help us to be healthy.

**Activity: Calories balancing act.** With a balance scale, put blocks representing “food calories” on one side and blocks of “activity calories” on the other, to show what happens when they are in balance and out of balance. If we are trying to lose weight, it is helpful to think of putting heavier blocks on the activity side, tipping the balance on that side down.

These workshops are based on **five principles** for effective everyday nutrition and weight control:

**Principle # 1: Small steps.** It’s easier and more effective to make small, simple adjustments to our meals and foods rather than changing what we eat completely. Changing our diet drastically is less likely to work because it is difficult to maintain. So we’ll concentrate on tweaking eating habits to become more aware of healthy nutrition rather than starting to prepare things that aren’t familiar and don’t fit well with our usual lifestyle. This is where the “portion plates” come in – they are simple, automatic reminders to pay attention to how much of what kinds of food we’re eating.
**Principle # 2: Moderation is key.** If we keep our habits of eating foods that contain a heavy calorie load - usually because of a lot of fat, starches and sugar - to less frequent and moderate size portions, there’s no need to cut them out completely. In fact, we’re more likely to stay on a healthful eating plan if we have some chances to enjoy favorite foods that aren’t always the healthiest for us. An important aim is to cut back on calories that don’t provide good nutrition, but the idea is to cut back, not cut out completely. When we’re eating a tasty treat that packs in the calories, we can remember that eating a moderate size portion s-l-o-w-l-y gives the same tasty enjoyment with far fewer calories than rushing to eat twice as much in half the time. This way, we can choose what to eat when, instead of eating whatever we want whenever we want without thoughtful awareness of our choices.

**Principle #3: Keep it simple!** Who today with our busy lifestyles has time to spend two hours in the kitchen fixing dinner? Our focus is on food preparation tips that don’t take much time, yet pay big nutrition rewards.

**Principle #4: The power of portions.** Using guides like portion plates can be helpful. The portion plates are visual examples of the recommended amounts of different kinds of foods to serve at meals: vegetables and salads; protein like meat, fish, and beans; and starches like rice, potatoes and pasta. They are simple ways to help us remember about how to fill our plates, and we know they can be useful. While it’s healthiest to stop eating once we’re no longer hungry and when we start to feel full, we should always feel we can have the amounts we want of the foods we want. The plates are a guide, but it’s our choice.

**Principle #5: Buy wisely on a budget.** Cut rate food stores like the food banks offer great prices, and we can shop there if it is convenient and we buy wisely. We can also look around for specials in grocery stores for discounts on healthy foods that aren’t available at food banks. As with most things related to nutrition, the key here is balance in finding the way to stretch food dollars to get the healthiest products without breaking the budget. One good way: avoid “impulse buying” by using a list prepared before you leave for the store.

**Principles #6: Eating well makes us feel better!** It’s the truth – people who change their diets to moderate portions of healthy food feel better. Sometimes it’s hard, especially if we’re taking medications that seem to make us hungrier. But many people say that changing their diets leads them to want to be more active, which is important in watching our weight and overall health. This can be important in our overall feelings about ourselves. Maintaining a healthy diet and weight can also minimize the long term risk of medical problems like arthritis, high blood pressure, heart disease, diabetes, and some cancers.

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Food for thought: Improving nutrition with fruits

Fresh fruit is a bonus – it tastes good and ends a meal without extra empty calories. Fruits also contain healthy nutrients and vitamins. For example, a small apple contains only 53 calories but has minerals like calcium, potassium, and fluoride as well as Vitamins A, B-6, C, E, and K. We can often find fruit on sale in the grocery store.

Let’s talk about desserts at the end of meals and sweet things we eat for snacks. What kinds of sweet desserts do you have for dinner or lunch? [Optional: Make a list.] What sweet things do you have for snacks? [Optional: Make a list.] What fruits do you eat now? [Optional: Make a list, show pictures on Appendix B as they are listed] When do you eat them? Dinner? Breakfast? Lunch? Snacks?

A suggestion is to eat at least one more piece of fruit and one less sweet dessert or snack during each day this week. [Brainstorm if this will be possible; what they can buy that won’t be too expensive but will taste good. Good candidates: apples, oranges, grapes, melons, bananas, strawberries in season. Things to buy once in a while: other berries, pineapple, peaches, apricots and plums in season. ]

Sometimes we can buy frozen or canned fruit instead of fresh fruit. This is okay because they can give us variety we can’t always get in fresh fruits, and sometimes they are cheaper. But a possible problem with canned fruit is that it can be packed in heavy, sugary syrup that isn’t good for us and adds calories. Buying unsweetened fruit packed in water is a better way. We can drain the water from the fruit, and then add flavor with spices like cinnamon. We should be aware that canned fruit advertised as low or no sugar sometimes contains artificial sweeteners, which cause allergic reactions in some people. We can also freeze fruit ourselves that is in season, as long as we date the package and use it within a few months for best quality and taste.

Taste test: Different ways of serving fruit. Compare the taste of a kind of fruit, e.g. peaches, in heavy syrup, packed in water and drained with a light sprinkling of cinnamon, and a ripe fresh item. Read the calories per serving from the labels on the cans, explaining that in a workshop in a couple of weeks, we’ll talk more about labels on food. If in season, compare price of cans with fresh fruit. How much does a medium canned serving of fruit cost compared to a fresh one in season?

There are general suggestions for serving sizes of different fruits, and how many calories they contain. [Refer to the chart in Appendix B.] I’ll leave this with you if you want to check out what’s available where you shop. [Also, point out the box with everyday items that approximate measurements, for example, the volume of a baseball is about 1 cup. Introduce the laminated display poster about fruits from the USDA website.

So think of some fruit in the morning, maybe on cereal for breakfast, a piece of fruit with your lunch, and a piece of fruit for dessert in the evening. We don’t have to cut out all other desserts – just consider substituting a piece of fruit each day for one of them. If we want to substitute more, that’s fine. Fruit does contain some sugar, but not as much as most baked desserts and sweets, and fruit also has nutrients that are good for us and are missing in baked desserts.
We have also included as Appendix J a simple chart for keeping track of foods, for example fruits, that you eat this week.

Some simple ideas for fruits for desserts are included in the Recipe section at the end of the curriculum.

**Resources for additional information on this workshop:**

Number of calories used in different exercises:  
[www.americanheart.org/presenter.jhtml?identifier=756](http://www.americanheart.org/presenter.jhtml?identifier=756)

Calculate your target heart rate during exercise:  

Healthy alternatives to high-fat high-calorie foods:  

END OF WORKSHOP ONE.
Workshop 2:

Review: Calories and weight control – importance of balancing healthy food with physical activity
Food for thought: Choosing meats and dairy products wisely for lean protein
Food for thought: Drinks for health

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REVIEW: Calories and weight control – balancing food intake and physical activity output

--Describe stable weight in terms of calorie intake and output. When is weight gain most likely?
--Which will use up the calories in a large meal faster, watching TV or walking briskly for 20-30 minutes?
--Which gives you more calories, an average slice of apple pie or a medium apple with cinnamon sprinkled on it? (Answer: The apple pie has 240 calories, the apple has 80 calories.)
--Which gives you more calories, a medium (3”diameter) doughnut or 3/4 cup of grapes? (Answer: the doughnut has 200 calories and the grapes have 100 calories.)

[You may think of other examples based on the home’s routine.]

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Food for thought: Choosing meats, fish and dairy products wisely for lean protein

Protein is one of the most important kinds of foods we eat. It builds muscle, bone, and gives us lots of energy. The problem with protein today is that it often comes with unnecessary fat that isn’t good for us. Excess fat in our diet coming from beef, pork, vegetable oils, etc. can raise “bad” LDL (low-density lipoprotein) cholesterol levels. Higher levels of LDL cholesterol can clog the arteries that carry blood to your heart leaving you at an increased risk for heart disease. But there are ways we can cut down on the fat and still get good energy from protein by choosing to eat lean meats (chicken, fish and lean beef) and low-fat dairy products (1% milk, yogurt and cheese).

Also, some people eat more protein than they need. How much protein does a person need? Protein and other food ingredients like fat and sugar are commonly measured in weights called grams. The amount of protein you need depends on whether you’re a man or a woman, and how much you weigh. A woman who weighs 150 pounds needs about 60 grams of protein, while a man who weighs 200 pounds needs about 100 grams of protein.

Nutritionists have prepared information that tells us how much protein is in various foods. The highest sources of protein are meats and fish, dairy products and eggs, and dried beans. [Refer to Appendix C with different sources and amounts of protein in a serving.]

However, some meats can have more fat than we need, so we shouldn’t serve these meats too often. For example, ham and beef can have a lot of fat. Hamburger can have a lot of fat. A 4-ounce serving of pork sausage [demonstrate how much 4 ounces is with the deck of cards from the box containing weight equivalents] has 17 grams of protein but also 30 grams of fat. An average (1/4 pound)
hamburger that is 80% lean has about 19 grams of protein but about 22 grams of fat, with a total of about 284 calories. On the other hand, the same weight hamburger that is 95% lean has about 24 grams of protein, 6 grams of fat, and 153 calories. So we get more nutrition and less fat from the hamburger that is made with leaner meat. [Refer to Appendix C for some other comparisons.]

Here are some ways we can cut down on fat when serving protein-rich meat:

- **Eat chicken.** If we take the skin off, we cut down on the amount of fat, because skin has a lot of fat. For example, Four ounces of chicken breast meat with the skin on has 208 calories, 12 grams fat, and 23 grams protein. But four ounces of chicken breast meat without the skin has 128 calories, 3 grams of fat, and 24 grams of protein. So substituting lean chicken for the skin greatly reduces the amount of fat which isn’t good for us and cuts down on the number of calories, while providing the same amount of protein.

- **Stay away from breaded meats.** Four breaded chicken fingers have 28 grams of protein, 32 grams of fat, and a whopping 560 calories. So chicken fingers have a similar amount of protein, much more fat, and more than twice the calories of unbreaded chicken, even with the skin on.

- **Serve some turkey.** Turkey has more protein and less fat than chicken. Don’t overdo turkey dinners, however, because turkey has more salt than chicken does.

- **Lean pork is also a healthy choice.** Four ounces has 23 grams of protein, 11 grams of fat, and 180 calories, which is quite similar to chicken breast. [Refer to Appendix C.]

Here are some tips on ways to decrease fat and increase healthiness when you cook meat:

- Remove the skin and extra fat before cooking whenever possible. Roast or bake the meat, usually in a 350 degree oven or on high in the microwave, in a pan or a dish coated with about a teaspoon of olive oil. Times will vary with the thickness of the meat, but thin pieces take about 20 minutes in a regular oven. This is healthier than frying the meat with oil or fat. Season the meat with herbs, and cut down on fattening sauces like those made with mayonnaise.

**Taste test: Preparing chicken.** Compare the taste of breaded chicken fingers and boneless chicken breast lightly seasoned with salt and pepper. Chicken breasts can be cooked in the microwave just as quickly as chicken fingers. A little Italian seasoning spices up the taste.

**Fish** is healthy. Tuna is a favorite. If we buy canned tuna, we should avoid tuna labeled “albacore” because of increased mercury, and look for tuna packed in water, not oil. One cup of light tuna packed in oil has 290 calories and 12 grams of fat. The water-packed tuna has only 130 calories and 1 gram of fat. That’s a big difference! If we make tuna salad, we can use just a little light mayonnaise, or flavor it instead with lemon or an herb like basil or tarragon.

**Beans like kidney beans, navy beans, black beans, peas and lentils,** especially when eaten with rice, are good low-cost sources of protein. Pair with brown or white rice for a hearty, healthy meal. Because beans are usually packed in a salty sauce, we need to rinse them before adding to our favorite rice or pasta dish. They can be prepared in a light chili or tomato sauce. Other ideas: garbanzo beans (chick peas) can be added to salads, and lima beans and butter beans are good side dishes that fill us up.

**Dairy:** Cheeses are also sources of protein. While cheese is healthy, it is also high in calories and fat and can be easy to overdo it. Balance here is the key, as cheese also contains sodium, cholesterol and...
saturated fat that aren’t good for us. Look for low-fat varieties of other dairy foods too, like 1% milk, yogurt or cottage cheese for a healthy choice.

**Eggs** are another source of protein, and can be cooked in many different ways: boiled or poached don’t require fat for cooking, an omelet can be made with a little vegetable oil or cooking spray without fat in the pan. If you have high cholesterol you can still eat eggs, but may want to limit to 3 or 4 eggs per week, or choose cholesterol-free egg whites or a liquid egg-substitute option.

**Soy/Tofu** is a cheese-like food made from soybean milk. Tofu is a low-fat, low-calorie, protein rich food that can be eaten plain or added to other foods like soups or tacos. A veggie burger is a great choice for extra protein- most are made from soy/tofu. Soymilk instead of cow’s milk is another option.

When cooking meat and other sources of protein, it’s best to bake or grill them in the oven or cook them in a microwave. If we want to use a little oil, there are many choices. Appendix D lists some of them, along with the amount of calories they contain. [Show card.] Low fat margarine has about half the calories of butter. Oils, like canola oil, vegetable oil and even olive oil, all have about the same number of calories, but the fat in olive oil is a little better for us than the fat in some of the other oils. One tablespoon of olive oil contains a little less than 2 grams of saturated fat and over 11 grams of unsaturated fat. Unsaturated fat may lower your cholesterol and other risk factors associated with heart disease, but is still unhealthy when too much is eaten.

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**Food for thought: What to drink at meal and snack time**

Our overall health is affected by our drinking as well as our eating habits. The best drink for health surprises many people – it’s plain water. If the tap water is safe, then it’s fine to drink that. If water comes from a well or if you are unsure about your water supply for drinking, it’s best to buy a water purifying pitcher or buy bottled water. The purifier is easy to use and will save money since it’s not a major investment.

If plain water tastes bland, it can be spiced up with a little lemon juice – delicious on a warm day. A trend right now is use of one’s own personal water bottle, a good idea because it is handy and cost effective over buying water bottles in bulk because it is re-usable. However, the American Cancer Society has cautioned that plastic bottles that are allowed to get very warm may break down and release chemicals into the water, so buy one that is approved by the Cancer Society.

Herb teas like chamomile and other caffeine-free teas are other good choices. Coffee is best when drunk in moderation – a cup or two a day – with a low-fat milk product for those who don’t like it black. A sugar substitute is a way to cut down on the empty calories that sugar contains. Sugar substitutes are any sweeteners that one would use instead of consuming regular sugar. They can be found in all foods such as gum, soft-drinks or baked goods. They are great alternatives to sugar for patients who are diabetic and must watch their blood sugar levels. They are also great for those trying to cut back on calories in their everyday diet.
[Refer to the chart in Appendix E.] As Appendix E shows, low-fat milk is a good alternative to whole milk and has fewer calories with all the nutritious protein.

But what about people who like to drink sodas and fruit juices? Both have a lot of empty sugar calories and relatively few nutrients. But here again, moderation is the key. One or two sodas in a week aren’t going to make a great deal of difference – but what about people who drink one or two or more a day? One suggestion is to cut down rather than cut out completely. So if we drink two sodas a day, we can try drinking one and substituting a healthier drink for the second. Or we can try drinking a glass of water before the soda, so that we are drinking only half as much soda as before. Sixteen ounces of soda has 200 calories, so we can lose almost half a pound a week by cutting out one soda a day. Slowly, over time, people find that they can decrease the frequency and amounts of things like soda that aren’t healthy. While we can ‘mix it up’ when it comes to keeping our fluid intake healthy, it’s wise to remember that water is still the best choice.

Poster to accompany this workshop: With protein, variety is key.

Some simple ideas for preparation of chicken, lean pork, fish, and beans are included in the Recipe section at the end of the curriculum.

Resources for additional information on this workshop:

Basic information on protein from the Centers for Disease Control and Prevention: http://www.cdc.gov/nutrition/everyone/basics/protein.html

Easy review of lean protein: http://www.rd.com/health/11-healthy-ways-to-load-up-on-lean-protein/

More on sugar in drinks such as fruit juice: http://wellbook.org/Note/435/Is_Fruit_Juice_Bad_For_You

END OF WORKSHOP TWO
Workshop 3:

Review: Lean protein and healthy drinks

Food for thought: Choosing and preparing vegetables and salads - recipes, products

Food for thought: Reading food labels

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REVIEW: Lean protein and healthy drinks

Discuss what meats and dairy products were eaten in the home during the previous week. Note successes in eating protein that was healthy. Point out ways that other meals could have been made more healthy. Discuss how meats were prepared and served, length of time, any spices used.

--What is the difference between chicken fingers and chicken breast with the skin on re amount of protein and calories? [Look for general answers, doesn’t have to be exact numbers.]
--How about between chicken breast with the skin on and with the skin off?
--Did people eat cheese? Did they go for low-fat varieties?
--How about drinks consumed in the home? Did anyone drink more water or low fat milk and less soda or fewer milkshakes?

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Food for thought: Vegetables for health

Vegetables help us to be healthy in many ways. They have vitamins and minerals that our bodies need. They have fiber that helps with regularity. They also are low in fat and help protect against heart disease. Most vegetables have fewer calories than other foods and help us to lose weight. Nutritionists are increasingly recognizing the importance of eating lots of different vegetables.

There are many different kinds of vegetables - broccoli, peppers, carrots, and string beans. Nutritionists have prepared information about vegetables and salad ingredients. [Refer to Appendix F.] Two things stand out about the foods on this list. One, there are some differences between them: the same amount of cooked zucchini has half the number of calories of Brussels sprouts and carrots. At the same time, even the vegetables that are higher in calories are overall very low compared to the other foods we have seen. So the message is simple: fill up on vegetables! That’s why the section for vegetables takes up half of the portion plate [demonstrate with a portion plate]. Eat what you like and then try something new this week, or add vegetables you don’t usually eat into a casserole or salad.

The list doesn’t mention potatoes. They are vegetables, but because of their higher number of calories and because we often eat them instead of starches like rice and pasta, we are going to consider potatoes later and not discuss them today.

Nutritionists say that the dark green and orange vegetables are good for us. Why is this so? When we decide on foods to eat for health, calories are one part of the story. The other part is about the nutrients that foods contain. Vegetables are often high in nutrients we need like vitamins and minerals to keep our bodies functioning well. Spinach, for example, is high in iron, a mineral that is important in overall
health. Carrots are high in Vitamin A, which is important for eyesight and other functioning. So vegetables are good for us, because they are relatively high in nutrients and low in calories. Good advice is to “eat a rainbow” of vegetables, since different colors go with different good nutrients.

Vegetables can be found in the fresh produce section of stores as well as in the aisles as canned or frozen foods. Here the message is similar to the one we talked about in Workshop 1 for fruits: buy fresh vegetables in season. Healthy fresh vegetables are firm and not discolored. If we’re not sure about their freshness, we can choose frozen or canned varieties instead. Frozen vegetables are quick to prepare, tasty and nutritious if we look for ones that have no sauce or sauce that is low-fat and low in salt. Canned vegetables can be good also and are easy to prepare and heat, but one problem with buying canned vegetables is that some contain a lot of salt, also called sodium, so looking for salt-free varieties and checking the label on the can for salt is suggested. We can also drain the canned vegetables and rinse them in water to lower some of the sodium they contain. Food labels are discussed later in this workshop.

When you cook fresh vegetables, some ways of preparing them are healthier than others. It’s not a good idea to fry them using a lot of oil, which we saw last week has a lot of calories. Steaming them is healthier and easy if we use a steamer and a large pot. Put an inch of water in the pot, place the vegetables in the steamer and put the steamer in the pot. Bring the water to a boil, and then continue to cook until the vegetables are as soft or crunchy as you want. You can boil the vegetables, but steaming has an advantage because it takes about the same amount of time and they are less likely to be overcooked. When you overcook vegetables so that they become limp and soggy, you can decrease some healthy nutrients.

Another healthy way to cook fresh vegetables is to prepare them in the microwave. Put a small amount of water, about 1 inch, in the bottom of a microwave-safe serving bowl. Then add the vegetables; drain them before serving.

Some vegetables, such as acorn squash and green peppers, can be baked or roasted in the oven. This usually takes about an hour at 350 degrees Fahrenheit, so leave plenty of time to prepare.

Once the vegetables are cooked, they need to be served in a way that brings out their good taste. There are many delicious combinations of vegetables and garnishes. Try lemon juice, garlic or a seasoning mix for great flavor and limit using oil, butter and even margarine to keep calories low. Even though olive oil is better for heart health, it also contains calories, so a small amount can go a long way.

**Taste test: Carrots with butter or with spray margarine.** Who can tell the difference? Try adding a few raisins to the carrots, and flavoring others with mint or dill weed. How do people think these taste?

Many people like the tangy flavor of fresh herbs, and they’re easy to grow on a windowsill or in a garden patch. Here are some good herb combinations to try with vegetables:

- Carrots or cauliflower with dill
- Broccoli or tomatoes with basil
- Green beans with thyme
- Peas with mint
- Cooked green peppers with Italian seasoning

Nutrition workshops – Page 11
SALADS

Salads are a delicious addition to the vegetable portion on our plate. They are easy to prepare and add crisp freshness to a meal. We recommend a tossed salad at least once a day.

Choose lettuce that is fresh and crisp. Romaine has more nutrients than iceberg lettuce, but if you prefer iceberg, that’s fine! Then use what additions you have around the kitchen - fresh pepper, cucumber, radishes, celery. Some people serve sliced tomatoes with salad but like to keep them separate, as they tend to be watery and make the salad wilt faster.

Salads are healthiest when served with a low-fat dressing. There are many commercial varieties available, or we can make a simple dressing using olive oil and vinegar as a base. But any low fat dressing, in a moderate quantity, is fine. If we use mayonnaise in the dressing to make it creamy, we should buy the low fat kind and use it sparingly! Some people substitute a salad dressing made with yogurt for mayonnaise.

**Taste test:** Lettuce with regular or low-fat commercial dressing. Low-fat commercial dressings have become popular in the past few years. Refer to the labels to see the differences in the amount of fat and calories per serving. Who can tell the difference? If the taste is not quite as good in the low-fat dressing, is the trade-off in terms of fewer calories worth it?

We have found that we can make enough salad for two days at a time, if we keep it in the refrigerator in a sealed container. This cuts down on the effort it takes to make a salad when juggling preparation of other foods for dinner. We can cut up celery, carrots, and broccoli ahead of time and keep the pieces in a container at eye level in the refrigerator. Now they are ready as a quick easy snack to help you avoid compulsive eating and they are ready to go for a quick salad or to put into a lunch box for work!

The 5-a-day challenge: Experts recommend that we eat at least 5 servings of fruits and vegetables each day. The chart in Appendix J can be used to track your servings of fruits and vegetables this week.

**Food for thought:** Reading food labels – Part I

Reading labels on grocery store products is an important part of wise food shopping and menu planning. The US government requires producers of canned and packaged goods to label them. When we know the basic things to look for, comparing food labels can be a boon to healthy nutrition. We can compare different foods for the amount of calories, protein and other nutrients they contain. [Refer to Appendix I with food label.]

Most labels tell you the information “per serving.” **But how much is a serving? It’s whatever the producer says, so you have to look at the label to know the amount that’s being described.** Sometimes one serving won’t be enough. It’s okay to have more than one serving, but keep in mind that the nutrition information listed is based on whatever the serving suggestion is, not necessarily how much you eat. But at least it will be helpful in comparing from one food brand to another.
How much is a serving and how many servings are in the package? At the top of the label, the Serving Size is listed as “About 20 g,” or 20 grams. The label says there are 16 Servings Per Container. Many labels use the metric system, with grams and kilograms, which can be confusing because it is different from the system of pounds and ounces that is familiar to us in the United States.

We can do one of two things to **get an approximate idea of a serving in this package. The one we recommend** is to figure out approximately how much is considered a single serving by visualizing, or estimating, how much of the food we would have if we divided the amount in the package or can into 16 portions, or what the manufacturer calls the number of servings in the container.

(The other option is to change the grams to ounces with a fairly complicated formula. A gram is 0.035 ounces, which means that 20 grams is about ¾ of an ounce. This gives us the weight of the serving size that contains the 4 grams of fiber, but it is hard to visualize and work with. How much room does ¾ of an ounce take up? It will vary, depending on how dense or heavy the food is. So unless we have a scale and a calculator handy, it will be difficult to judge the amount in a recommended serving by looking at the weight in grams, so we don’t recommend this option.)

If the food is packaged in individual pieces, like bread or crackers, it is easier to find the size of a serving. The label will probably give the number of slices of bread, or number of crackers, in a serving.

The number of calories is almost always listed first on the label. This package has 60 calories per serving. When we are comparison shopping, we can directly compare the calories per serving size – but we need to make sure the serving sizes are about the same. If a serving size of 20 grams has the same number of calories as a serving size of 40 grams, then the 40-gram serving size actually has fewer calories per weight.

The same is true for number of fat calories. If we’re keeping track of the amount of fat we eat, this can be helpful.

The label also includes information about the number of grams of protein. This package has 2 grams of protein per serving. If we’re looking for protein rich foods and two of them have approximately the same number of calories, then we may want to choose the food that has more protein.

The ingredients are listed at the bottom of the label, and they appear in the order of their amounts. So if we’re comparing jars of spaghetti sauce with meat, we can choose one that has the meat listed higher up if we want more meat in the sauce. If we’re looking for a can of fruit that is low in sugar, we would like to see that sugar is not one of the first few listed ingredients. Sugars can be listed as corn sweetener, corn syrup, honey, molasses, as well as dextrose, glucose, lactose, maltose or sucrose.

Finally for today, let’s look at the section under “fats” near the top of the label. The total fats, as well as the saturated and trans fats that are particularly bad for us, are listed.

We haven’t spent a lot of time distinguishing between these in our workshops. The point is that not all fats are bad in terms of their health risks – although they all are high in calories. Fats that are especially bad for us are transfats and saturated fats. They lead to heart disease and, there is some evidence, some cancers. So nutrition experts have warned us to stay away from transfats completely and cut down on saturated fat. We want to look for products that have no – zero – transfats and as few saturated fats as possible. This is why we were saying earlier that olive oil is one of the best oils we
can use. It has no transfats and less saturated fat than some other oils. But even olive oil is a high calorie food - all oils are. So we need to use oil in small amounts.

It is also important to look at the ingredient list because food producers are allowed to say a product has zero grams of transfats even it is has one-half a gram or less. So “zero” doesn’t mean it’s not there. If a label says there are any “partially hydrogenated” oils in the ingredients, then it really does contain transfats.

On this label, we see that there are no trans fats, which is good, and 1 out of 2 grams of the fat, or half the fat, is saturated. If we have two labels, say of salad dressing, with about the same number of calories per the same size serving and about the same number of grams of fat, but there is more saturated fat in one of them, we may prefer to choose the other with less saturated fat.

Next week, we’ll look at the rest of the food label and compare some food items to see how they measure up.

Poster to accompany this workshop: Add more vegetables.

Some simple ideas for preparing vegetables and salads are included in the Recipe section at the end of the curriculum.

Resources for additional information on this workshop:

Information on vegetables from the Centers for Disease Control and Prevention, including a handy calculator for how many fruits and vegetables an individual needs per day:
http://www.fruitsandveggiesmatter.gov/

A web site on ways to cook vegetables:

A thorough presentation on reading food labels: www.cfsan.fda.gov/~acrobat/foodlab.pdf

END OF WORKSHOP THREE
Workshop 4:

Review: Healthy protein and vegetables
Food for thought: Eating healthy grains and starches with low fat additions
Food for thought: Reading food labels (continued)

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REVIEW: Healthy protein and vegetables

The last workshops covered two very important ingredients on your dinner plates: proteins and vegetables.

-- What meat was served last week? Could preparation have been even healthier?
-- What are the benefits of fish?
-- Did the home try any fish last week? [Optional: Brainstorm about preparing tuna or salmon salad for the coming week]
-- Why are vegetables so healthy?
-- Did the home prepare vegetables last week, and were they fresh, canned or frozen?
-- How did the home do on the 5-a-day challenge for fruits and vegetables?

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Food for thought: Starches and grains

Starches and grains - the potatoes or rice or pasta that we serve along with protein and vegetables - are parts of the meal that most people enjoy. They have a lot of carbohydrate, which is easily converted to energy. They are good for us, because they provide some fiber, which is important in overall health to keep our bodies in balance. However, we often eat more starches than we need. Also, we tend to eat starches that have a lot of the best part stripped away from them, and to serve them with sauces or garnishes that have a lot of fat. As with other foods we’ve talked about, we don’t necessarily need to cut out these garnishes completely, but we can cut down on how much of them we eat and how frequently we eat them.

If we look at the portion plates, [demonstrate], we can see that the part reserved for carbohydrates at dinner is relatively small, about the same as for protein and half the size of the vegetable portion guide.

In the fiber and grain category, we include rice, pasta, bread and bread-like products like rolls, crackers, bagels and muffins, hot and cold cereals, and potatoes. It’s true that potatoes are a vegetable, but they are more like starches in the number of calories they have and in their nutritional value.

We can find many different flavors and textures of rice, which can make a delicious accompaniment to a meal. When we choose rice, the most nutritious by far is brown rice. This is because the outer layer, with a lot of the fiber and other nutrients, hasn’t been removed the way it is removed in white rice. Brown rice comes in lots of varieties now, including jasmine rice and basmati, which have excellent flavors. Rice is relatively inexpensive, especially if bought in larger quantities.
Grains that are also good for us, tasty and can be cooked in the same way as rice are quinoa and barley. The kernels are smaller than rice, and have their own nutty flavor.

**Taste test: Samples of cooked quinoa and barley.** Which do people prefer? Consider cooking them a few times a month for variety.

**Pasta** is another favorite. In fact, people often have pasta or spaghetti as the main ingredient of their meal. This is fun once in a while, but the meal will be more nutritious if we include a good portion of a vegetable and/or a salad. Protein can come from adding meat (ground beef or turkey, meatballs, sliced chicken) to the sauce, some cheese on top or on the side, or some low fat milk to drink. Veggies that pair well with pasta are onions, tomatoes, green peppers and broccoli. Pasta comes in whole wheat as well as white or refined varieties. Some people like the whole wheat, but others find it hard to eat. For those who don’t like it, we suggest staying with regular pasta but cutting back to a pasta meal once a week or even less.

**Potatoes** can be prepared in many different ways to add variety. One of the simplest is to prick a baking potato to let steam escape, and then put it in a 400 degree oven for about 45 minutes. Another simple way to prepare potatoes is to steam them or microwave them after cutting them into 1-inch dice or slices. These will be much healthier than French fries or potato chips that are cooked in oil with lots of calories and fat! We can top a potato with low-fat sour cream or a little spray margarine for a delicious side dish. The chart in Appendix G shows how many calories and fat grams are in a baked potato compared to a helping of French fries.

No matter what starch we choose for the meal, it will be healthier if we pay attention to the way it’s served. Here the guidelines are similar to what we said for vegetables: use cooking spray, a little olive oil or spray margarine whenever possible instead of butter. Parsley and other herbs, either fresh or dried in a jar, are tasty when sprinkled on rice, potatoes, or pasta, and can cut back on the amount of salt we use.

**BREADS AND ROLLS**

Breads and rolls are in the same category as rice and potatoes – starches and carbohydrates, so it’s good to keep portions of these fairly small, particularly if we’re having another starch with the meal. As with rice and potatoes, it’s best to go easy on the butter or margarine - many restaurants now serve olive oil as an alternative to butter, because people like the taste and the nutrition is a little better. It’s best to choose kinds like whole wheat that aren’t refined, because a lot of nutrition is lost in taking away the “whole wheat” coating after the grain is harvested. On food labels, we can look for the word “whole wheat” and compare fiber amounts. It’s important to recognize that oatmeal bread and “multigrain bread” are not necessarily whole wheat.

Current recommendations are to eat at least 3 and up to 6 1-ounce helpings of grains per day. A 1-ounce helping is fairly small: a slice of whole wheat bread, a cup of cold breakfast cereal, or ½ cup of brown rice or pasta.
BREAKFAST FOODS

What we said about breads goes for breakfast as well as dinner. This is the first time we’re talking about breakfast as an important part of our diet and nutrition. Experts say that we need a healthy breakfast in order to be in the best shape possible, although we don’t need a huge breakfast. Moderate servings of cereal, bread, and maybe an egg are all healthy ways to start the day. You have in your kitchen 1-cup serving bowls [demonstrate]. Fill a bowl with a tasty cereal, with low or no sugar, for breakfast to eat an amount that is recommended by experts for a breakfast serving size.

The following table gives some suggestions for healthy breakfast items:

<table>
<thead>
<tr>
<th>EAT MORE OF THESE</th>
<th>EAT LESS OF THESE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Whole wheat bread</td>
<td>White bread</td>
</tr>
<tr>
<td>Brown rice</td>
<td>White rice</td>
</tr>
<tr>
<td>Whole wheat pasta</td>
<td>Regular pasta</td>
</tr>
<tr>
<td>Whole wheat bagel</td>
<td>Donuts</td>
</tr>
<tr>
<td>Bran muffin</td>
<td>Apple or blueberry muffin</td>
</tr>
<tr>
<td>English muffin (whole grain)</td>
<td>Croissant</td>
</tr>
<tr>
<td>Raisin bran</td>
<td>Flakes frosted with sugar</td>
</tr>
<tr>
<td>Oatmeal</td>
<td>Grits (very little fiber)</td>
</tr>
<tr>
<td>Whole grain waffles</td>
<td>Buttermilk waffles</td>
</tr>
</tbody>
</table>

Eggs are good at breakfast. We can use vegetables like spinach, mushrooms, onion, peppers, or tomatoes in an omelet. Experts say eggs can be eaten several times a week.

We suggest cutting on the amount of jam on the bread by using a thin layer that still tastes good.

**Taste test: Amount of jam.** Prepare slices of bread with a heavy thick layer of a favorite spread for toast and also a slice with a thin layer. Discuss the taste differences, in the context of cutting back on unnecessary sugar.

The information from Workshop 2 about kinds of drinks applies to breakfast as well as to dinner: it’s healthy to limit the sugar in your drinks and stay away from high-fat dairy products.

**Food for thought: Reading food labels – Part II**

This week we’ll finish looking at information on food labels. On the food label in Appendix I, in the second column, “% Daily Value,” the entry tells us that one serving gives us **17% of the total amount of fiber that average people should eat each day**. Health experts say that the average person needs about 25-30 grams of fiber. But who is “average”? We get an average by comparing everyone and choosing someone in the middle. But most people are not exactly the average, and some people’s needs are very different. A food calculator can tell us approximately how much fiber we need.
Activity: A number of tools on the internet are available to calculate how much fiber a person needs each day, depending on age, height, gender, frame size and activity level, ranging from sedentary to very active. One that’s easy to use is sponsored by the University of Maryland Medical System and listed at the end of this workshop under Resources for Additional Information. You can enter information for you and the residents and compare. Who needs more fiber? Why? (People who have larger frames and are more active usually need more fiber, as well as calories and nutrients generally.)

If we are interested in finding out what percent of our recommended amount of fiber we will get from a serving, we can divide the label’s amount of fiber in a serving by our amount of daily recommended fiber. This will give a better estimate than looking at the % Daily Value which is based on averages. Of course, we don’t have to get 100% of what we need from a single serving of any one food. If a serving has 4 grams and we should be getting 28 grams, the serving would provide 1/7 of the fiber we need for the day, or about 15%. So over the course of a day, the fiber in the different foods we eat will add up.

Let’s compare two food labels of two breads to see how to read the other parts of the label, referred to as percent daily nutrients. We see fiber, sugar, and then some vitamins. [Demonstrate with new labels from bread packages.] In general, we don’t need to get that specific. For nutrients, the important thing to know is that if we eat a well balanced diet from a variety of foods and perhaps supplement with a multivitamin (ask your doctor), we should be fine.

Activity: - Ask residents to fill a bowl with how much cereal they usually eat, then have them fill the amount in measuring cups. Compare this to the serving size listed on the box. It’s usually much larger and adds many calories.

Poster to accompany this workshop:
Make half your grains whole.

Some simple ideas for preparing grains and other starches are included in the Recipe section at the end of the curriculum.

Resources for additional information on this workshop:

A good fiber calculator is here:  http://www.healthcalculators.org/calculators/fiber.asp

Here is information on different kinds of whole grains to try from a leading medical center:

Another colorful review of food labels:

END OF WORKSHOP 4
Workshop 5:

Review: Food labels
Food for thought: Choosing healthy snacks
Food for thought: Mealtime tips for a feeling of fullness
Food for thought: Food shopping tips

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REVIEW: Food labels

**Activity: Compare two food labels** on different products, such as two frozen pizzas, or two cans of spaghetti sauce, or two cans of vegetables, or two cans of fruit, one that is healthy and one that is less so. Compare: how many calories in each of these? Calories from fats? Amount of sugar? Other nutrients? Which is healthier?

**Taste test: Taste each of the two products** and see what differences people point out. Is any loss of flavor or taste worth the trade-off for the fewer calories and better nutrition?

-- What is a good way to figure out the amount contained in a serving in a package, can or jar?
-- What does the “% Daily Value” mean?
-- Why is it useful to look at the ingredients listed on the food label, as well as the nutritional information?

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**Food for thought: Choosing healthy snacks**

Some people eat between meals. Here is another way we can improve our nutrition. If you’re hungry before dinner, what kinds of foods do you reach for? [Discuss; ask them to comment on the health of their snacks based on what we’ve learned so far.]

In general, it’s best if we can avoid snacks that come in packages and have been highly processed with added fats and sugars. Potato chips fried in fat with added salt, donuts and cookies, candy bars – these don’t improve our nutrition and add on lots of calories we don’t need. In general, fruits and vegetables that are easy to prepare make the best snacks.

Here are some ideas for healthy snacks:

♦ Vegetables such as celery and carrots with low fat dips that can be bought or made from low-fat cottage cheese or yogurt.
♦ For protein: peanut butter (in moderation, it has a lot of calories but a lot of nutrients), cheese sticks, and yogurt are smart choices.
♦ Fresh fruit: Apple slices with cinnamon, or a banana, are filling and good for us.
Dried fruit, raisins, dates: These are better for us than fried foods like potato chips. While they are filling and nutritious, the calories can add up. We can eat small portions and still enjoy the benefit of dried fruits.

Nuts: walnuts, almonds, cashews – they are also high in fat, but full of nutritious vitamins and minerals. We can try snacking on nuts with the shells on, for example peanuts and pistachios. Removing shells will slow us down - a smaller portion!

Popcorn: We can choose the kind without butter, and add a little salt.

Taste Test: Plain unbuttered popcorn with a spray margarine and grated parmesan cheese and microwave popcorn prepared with commercial butter or oil. Which tastes fresher?

These are things you can reach for, in moderate amounts, that improve your nutrition. To further cut down on snacks, some people drink a glass of refreshing ice-cold water before they start eating.

Food for thought: Mealtime tips for a feeling of fullness

There are a number of ways that people have found to eat fewer calories but still feel full at the end of a meal. Try some of these:

Eat slowly! This gives the brain a chance to send the signal to the stomach and hunger centers that we are getting food. People who gulp down their meals don’t give themselves a chance to recognize that they are getting the energy they need.

Drink a glass of water before your meal. This helps promote a feeling of fullness – without any calories.

Have a bowl of soup or your salad before your main meal. These are relatively low calorie and will help to fill you up before the more calorie-dense portion of the meal. Soups that have a broth base instead of a cream base are good choices.

Take time to enjoy all parts of the meal – conversation, the way the food looks and smells as well as how it tastes.

These tips may help you to cut down on calories without even being aware of feeling hungry.

Food for thought: Food shopping tips

Here are some things to think when preparing to go to the grocery store:

Before you go:

--Eat a meal. When we shop when we’re not hungry, it is much easier to resist snacks and things that fill us up with empty calories.
--Prepare a shopping list based on the menus you choose. If you plan menus before you shop and list the ingredients for the dishes you want to prepare, you’ll be less apt to buy things you don’t need on impulse. Include staples like bread and cooking oils on the list when you are running low.

One way to organize the list for convenience is to put the items in the order that you will find them in the store. Then you can go directly to the first item on your list. Walk past the cookies and high-fat, high-sugar items that are often in the front of the store, and on to the outside aisle where fruits and vegetables are usually found.

♦ Shop for fresh fruits and vegetables first. If you shop here first, you’ll be able to fill in the ingredients you can’t get in the fresh food section by visiting the canned and frozen food aisles. Fresh fruits and vegetables are often found on the perimeter, or edge, of the store.

♦ Avoid the ends of the store aisles. These are displays, often of unhealthy food, that are designed as money makers and depend on customers’ impulse buying.

♦ Look for “sale item” tags. Then compare prices per unit of weight. Most stores post the price of the item, and then its unit price (per ounce, per piece). Often, the store’s basic generic brand is cheaper than commercial brand names, but sometimes, especially if the brand names are on sale, that’s not true.

♦ Also, sometimes food that is packaged in larger containers is cheaper by unit price, but again, this isn’t always true. Checking the posted prices let you know exactly how much you’re paying for what you’re buying. Often a larger amount of something is cheaper, as long as you know you’ll use it up before it spoils.

♦ Check food labels. You can start by checking just one or two items, like sugar in cereal or fiber in bread, that you want to buy - You may be surprised at what you find! If you check a couple each week, you’ll learn over time what brands give you the best nutrition for the best price.

Poster to accompany this workshop: Smart shopping for veggies and fruits.

Some simple ideas for preparing healthy snacks are included in the Recipe section at the end of the curriculum.

Resources for additional information on this workshop:

Some additional information on healthy snacks for a world famous health center: http://www.mayoclinic.com/health/healthy-diet/HQ01396

More shopping tips: http://www.webmd.com/food-recipes/guide/10-tips-for-healthy-grocery-shopping

END OF WORKSHOP FIVE
Workshop 6:

Review: Choosing healthy snacks
Food for thought: Cutting back on fats
Food for thought: Balancing a healthy diet with physical activity

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REVIEW: Choosing healthy snacks

Review what snacks were bought and consumed during the past 1-2 weeks. Note good choices. For less healthy ones, ask what could have been substituted. If there is something that residents love that can’t be easily substituted or changed, discuss keeping that item on the list but having it less frequently.

-- Why are carrots or apples a better choice for snacks than potato chips or crackers?
-- What is a healthy drink to have with a snack? Why?

Ask people to name one or two ways that their eating habits have changed in the last couple of months. Reinforce positive changes. If obstacles remain, be optimistic and point out that these kinds of changes take time.

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Food for thought: Cutting back on fats

Today we’re going to look at each meal and discuss ways we can cut back on the amount of fat in our diet. We do need some fat, and we discussed in Workshop 3 what kinds of fats are best. But we usually get enough fat, so here we concentrate on ways to cut back. Fat is more concentrated (think of how much smaller the volume is in 100 calories of butter compared to 100 calories of broccoli) – so fat grams add up more quickly in our diets.

Breakfast
♦ Dairy - non-fat or 1-2% milk, yogurt, cottage cheese, reduced-fat cheeses.
♦ Breakfast meats – lean varieties of ham (Canadian bacon) instead of sausage or bacon. For the latter, turkey bacon or chicken sausage are usually leaner than other kinds.
♦ Spreads on toast or rolls – top with some peanut butter, light margarine or light cream cheese.
♦ Portion guides: Are residents using the bowls? It’s okay to have more than one helping of cereal – the idea is to be aware of the guidelines and to stop eating when not hungry anymore.

Lunch
♦ ♦ Luncheon meat in sandwiches - slices of turkey, chicken or ham are better than beef, balogna or fatty cuts like salami.
♦ Better yet…. Slices of beef or chicken from meals made earlier in the week. Lunch meat is high in salt and nitrates which are not healthy for us
♦ Tuna salad in sandwiches can be made with small amounts of mayonnaise.
♦ Low-fat cheese can be put in sandwiches or salads.
♦ Fruit is a good dessert choice to substitute for cookies or candy.
Dinner
♦ Vegetables can be steamed or micro-waved, and served with nonfat toppings.
♦ Low fat proteins include fish, chicken or turkey without skin, or lean hamburger.
♦ Low-fat toppings are best on starches, which are healthiest if they are whole grain and not refined.

**Taste test: Toppings for baked potatoes.** Have pieces of baked potato with full-fat sour cream topping, light or fat free sour cream, and with Greek yogurt. Because the latter can be expensive, discuss how a small portion goes a long way and can still be a cost-effective substitute for a more fattening topping. Also, check the low fat sour cream because it may have added sugar or sodium.

♦ Fruit for dessert has no fat and less sugar than cakes and cookies. Extra bonus: vitamins and minerals in the fruit that are good for you and missing from cakes and cookies.
♦ Low-fat ice cream, sherbet or frozen yogurt has less fat than regular ice cream. But read the labels to see the number of calories – some products increase the amount of sugar to compensate for the smaller amount of fat.
♦ Portion guide plates can help to remind us not to overeat just for the sake of eating if we’re not hungry.
Discuss: How is it going? How many times a week are people having meals that can fit on the plate sections?

**Food for thought: Balancing a healthy diet with physical activity**

In the first workshop we talked about calories and energy. What situation helps us to maintain a stable weight? We said there needs to be a balance between calories taken on board from food and expended in activity.

So to lose weight we need to use up more calories doing exercise than we eat in our food. We’ve been talking about eating a healthy low-fat low-sugar diet of moderate portion sizes as one way to do this. But we can help ourselves another way: by having a routine that keeps our bodies active. These workshops aren’t designed to give you a program of specific exercise or physical activity. But we do want to emphasize that physical activity is an important part of having a healthy weight. So during this workshop, we want to talk about what kinds of physical activity you do. [Get responses about current level of activity.]

Just as we’ve said when we talked about menus, the easiest way to healthily increase physical activity is in slow steady changes, rather than trying a heavy exercise program all at once. So if you’re walking 10 minutes a day, you could think about how gradually to increase this to 30 or 40 minutes a day. For the first week, you could add just 5 more minutes, and walk for 15 minutes. Then when you are used to that, try adding another 5 minutes. The key is to get used to the new routine before trying something that takes more time or energy. Once you’ve started walking 30 minutes a day, you might start thinking about some easy arm exercises to build muscle strength. If you find you miss a day, or even a few days, there’s no need to get discouraged. Just pick up where you left off, and if that feels too tiring, go back one step and start there.

Exercise promotes weight loss in a couple of ways. One is that the activity burns up calories, so if you don’t increase the calories you eat, you will use more of them in activity and less will be stored as fat. There is another important way that exercise uses calories. As you exercise, you start to develop
muscle. And it takes more calories to maintain muscle than to maintain body fat, so the same amount of calories you get in your food will be used up faster in maintaining muscle.

If you use a wheelchair, there are exercises that have been developed for wheelchair activity, as well. For example, you can build muscle strength by using a resistance band. If you wrap the resistance band around the back of your chair you can perform chest presses, as pictured to the right, to work on upper body strength.

There are many internet sites that describe healthy programs, and some of them are listed below under Resources for Additional Information. People who exercise see more improvement in their weight and overall health than people who don’t move around much. [Using a couple of responses about current activity as examples, discuss how they could be gradually increased to burn more calories. Emphasize that steady improvement is the key, and not getting discouraged if there is some slippage.]

Poster to accompany this workshop: Choose MyPlate.

Some simple ideas for preparing low-fat and fat-free dishes are included in the Recipe section at the end of the curriculum.

**Resources for additional information on this workshop:**

Exercises for people with disabilities: [www.ncpad.org](http://www.ncpad.org)

Information on fat in our diets from the Centers for Disease Control and Prevention: [http://www.cdc.gov/nutrition/everyone/basics/fat/index.html](http://www.cdc.gov/nutrition/everyone/basics/fat/index.html)

Information from the Mayo Clinic on ways to overcome common barriers to getting fit: [http://www.mayoclinic.com/health/fitness/SM00085_D](http://www.mayoclinic.com/health/fitness/SM00085_D)


END OF WORSHOP SIX
Workshop 7:

Review: Shopping tips
Food for thought: Cutting back on empty calories, sugar and salt
Food for thought: Tips for eating out

-----

REVIEW: Shopping tips

Ask for descriptions of the last couple of shopping trips. Did they make lists beforehand? What worked and what didn’t? How was the fresh food shopping? Was food that people liked available at an affordable price? What about drinks? Are they cutting back on sodas?

Ask for descriptions of labels that were compared and choices made on the basis of the labels. If none, describe how a label could be read for a canned or frozen product to substitute for a fresh one they didn’t buy.

***

Food for thought: Cutting back on empty calories, sugar and salt

Now we want to look at the big picture and think again about how we can cut down on empty calories that have little or no nutrition but add calories – things like jams, sauces, and sugary drinks.

Some condiments are very sugary – for example, ketchup has 8 grams of sugar in a serving of 2 tablespoons, or 20% of the amount of sugar recommended for someone on a daily intake of 2,000 calories. So people who love ketchup don’t need to cut it out completely. But it’s possible to cut down and just use one tablespoon with a hamburger instead of two or three by spreading it thinner and having it last longer. You can eat things with less fat, like a fresh tomato, with a burger along with the smaller amount of ketchup.

The same is true for jams and other sweet things that people put on breads. It’s a good idea to cut back here. Some people substitute a similar but more nutritious item like honey, which has B vitamins and minerals like iron and manganese. However, it’s important to be aware that honey is actually higher in calories than jam, so moderation is key.

We said earlier that salt isn’t good for us. We can cut back on the amount of salt we use to prepare and season food and reach instead for some delicious herbs and spices – Italian seasoning in a jar, single herbs like thyme and basil, and paprika, which has a sweet flavorful taste that sparks foods up. Here are some good basic spices to have easily available in the kitchen. A jar can seem expensive, but a little goes a long way so they last a long time. A windowsill or outdoor herb garden can provide fresh herbs that taste quite different from the dried ones. They tend to be more flavorful, so a small amount of fresh herbs goes a long way.

♦ Basil - use in Italian dishes, and on fresh tomatoes and zucchini.
♦ Tarragon – delicious on chicken and vegetables such as green beans.
♦ Oregano - use in full-flavor dishes like stews and casseroles.
Thyme - tasty in rice dishes, roast beef and veal.
Dill - delicious on fish, for example salmon and tuna; also vegetables like cauliflower and carrots.
Rosemary - many different potato dishes taste good with a sprinkling of rosemary.

Activity: How much sugar is in soft drinks?
Things to bring: White table sugar, teaspoons, clear plastic cups, a variety of single serve drink containers with labels (for example 100% juice, a regular soda, and an iced tea; chocolate milk vs. white milk is also eye opening).

Empty calories in our drinks can add up very quickly and lead to weight gain and/or dental problems. The numbers on the nutrition facts panel are only for one serving and most containers have more than one serving. Thus, all numbers on the panel must be multiplied to find out how much we are getting if we drink the whole container. Some companies present two lists of nutrients, one list for one serving and one for the whole container. It becomes confusing, so we have to be well educated consumers!

Figure out how much sugar is in the sample drinks: Find “Sugar” on the label and look for the number of grams. This is the amount in one serving. To find out how much is in the whole container, look at the label to determine the number of servings. Multiply the number of servings by the amount of sugar in one serving. The answer is the amount of sugar in the whole container.

Because 4 grams of sugar = 1 teaspoon of sugar, divide the number of grams of sugar by 4 to get the number of teaspoons of sugar in the whole bottle. Measure out the calculated teaspoons of sugar into a clear cup (or you can have sugar from each drink already measured out into zip lock bags in the interest of time, but it is very effective for the group to measure it for themselves).

Discuss results. You can line up all the cups from least to most sugar. Point out that even 100% fruit juice is loaded with sugar. Just because it is “natural sugar” doesn’t mean it’s not going to create excess weight gain. In general, we are better off eating the fruit than drinking its juice, because the whole fruit has fewer calories and more fiber. While milk has sugar, it has a lot less than soda or juice and has a lot of great nutrients like calcium, protein, and vitamin D - milk calories aren’t empty calories. However, chocolate milk contains many excess calories that could be avoided. Some sample amounts of sugar in drinks:
20oz bottle of CocaCola = 16 teaspoons of sugar
14oz bottle 100% grape juice = 20 tsp
16oz bottled iced tea = 14 tsp
8oz chocolate milk = 6 tsp
8oz white milk = 3 tsp

Other foods where we can cut back on empty calories are dips for crackers and vegetables which are favorite snacks. Instead of full-fat sour cream, we can substitute light sour cream or, even better, low fat yogurt. Fat-free cottage cheese is another option. Using some fresh or dried herbs in one of these substitutions is a great taste treat. Instead of potato chips or corn chips, reach for some celery, carrot and green pepper sticks which are crunchy and filled with good vitamins and other nutrients.

Food for thought: Tips for eating out

Eating out is usually a happy time – a break from our regular routines, a chance to socialize in a different atmosphere, a celebration of an event like a birthday, holiday or anniversary. And a lot of
restaurants have become more aware of the importance of healthful eating and show us on their menus how we can eat healthy choices.
Unfortunately, restaurants still use a lot of things that we’re learning to avoid, like hidden fats and sugars. Fast food restaurants can be particularly difficult. Appendix H provides a chart that gives some average calories and nutrients for some fast foods.

So what are some tips for being healthy when we’re eating out?

♦ Just as when we eat at home, having a glass of water or a non-fattening snack before we leave for the restaurant can help to reduce hunger.
♦ We can avoid breaded or fried food at the restaurant just like we’re trying to do at home.
♦ We can order low-calorie drinks or healthy drinks instead of sodas.
♦ We can monitor how much bread we’re eating so that we have one or two slices at most.
♦ We can order an appetizer portion of a fattening food, so we can enjoy the taste without filling up on a huge amount.
♦ We can order clear broth soups rather than cream-based ones. They are healthier and will make us feel more satisfied so we eat less of the main dish.
♦ We can order salad dressing on the side. A little can go a long way, and restaurants sometimes put too much dressing on salads.
♦ We can choose desserts that have fruit rather than high fat high sugar cakes and cookies.
♦ We can ask for take out containers – at the beginning of the meal. Then if we put half the portion in at the start, we can monitor if we really want to eat the food in the container at the restaurant. If so – fine. If not – makes a great lunch for the next day! Restaurant portions are often double a regular size portion.

Poster to accompany this workshop: Salt and sodium.

Some simple ideas for preparing dishes that cut down on sugar and other empty calories are included in the Recipe section at the end of the curriculum.

Resources for additional information on this workshop:

More information on cooking with fresh herbs:
http://culinaryherbguide.com/usingherbsincooking.html

Some useful information about keeping eating in fast food restaurants as healthy as possible:
http://www.helpguide.org/life/fast_food_nutrition.htm

END OF WORKSHOP SEVEN
Workshop 8:

Review: Vegetables and salads
Review: Lean protein
Review: Calories and weight control
Food for thought: Tips for one-dish casseroles and other easy meals

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REVIEW: Vegetables and salads

-- What vegetables are people in the home eating? Any new recipes? Are they fresh, frozen or canned? Are you able to steam or microwave fresh vegetables? What are you serving on top of them?

-- How many times a week are people having a salad with dinner? Note successes, ask if infrequent: What are the problems with preparing salad? How about salad dressings? Are people eating low calorie dressings?

REVIEW: Lean protein

-- Is the home buying lean ground beef? What is the difference in calories per serving of 75% lean compared to 90% lean?
-- What are the best ways to cook fish and chicken to promote low calorie eating?
-- Why are prepared foods like salami and bologna not as healthy as sliced turkey and chicken?

Actually, most Americans get more than the recommended daily allowance for protein. So, we need to know how much we need. A protein calculator is listed as one of the resources at the end of this workshop.

REVIEW: Calories and weight control

-- Is the home tracking activities that use up calories, shown in Appendix A, for residents?
-- What is a good way to determine the amount of calories in a food?
-- How is weight stability defined in terms of numbers of calories consumed and used up?

***

Food for thought: Tips for one-dish casseroles and other easy meals

Most of the workshops have focused on dinners that have a variety of foods that are served separately: a protein, a vegetable, a salad, and some starchy food. Sometimes we get home and don’t want to prepare a lot of different things, and that is when a casserole can be very handy. A casserole often combines a meat, vegetable and starch like rice or pasta in one dish. A favorite one-dish meal is lasagna, a mixture that has layers of meat, cheese and tomato sauce between the sheets of pasta.

So for these meals, it’s hard to portion out foods according to the amounts shown on the plates. However, there’s no need to cut them out completely; it is fine to eat them once every week or two. A
good idea is to serve a salad with a one-dish meal, filling up most of the half of the portion plate that says ‘vegetables and salad” with the salad, and putting the dish like pasta on the other half of the plate.

Here are some tips for preparing and eating one-dish meals:

♦ You can’t divide up the food in a casserole to fit in the portions on a portion plate. But you can think about those proportions when making the casserole. So, for example, a tuna noodle casserole could be prepared with lots of vegetables such as peas or broccoli, up to one-half the volume of the casserole, with one-quarter of the casserole being tuna and the last quarter being the noodles. Not traditional, but delicious and healthy!

♦ Find healthy substitutions for one-dish meals you like. For example, lasagna can be prepared with low-salt low-sugar tomato sauce, broccoli or chicken instead of beef, and low-fat cheese instead of full-milk ricotta. You may find healthy frozen food alternatives too, if you don’t feel like preparing the dish from scratch.

♦ One-dish meals that include canned beans like kidney or pinto beans, rice or barley and a vegetable like peas or string beans are simple to make, healthy and easy on the budget.

♦ Consider substituting low fat milk for cream in dishes like tuna noodle casserole, and thickening it with some quick-dissolving flour.

♦ Brown meat and chicken for stews in olive or canola oil rather than butter for a healthier and tasty dish.

Poster to accompany this workshop: Liven up your meals with vegetables and fruits.

Some simple ideas for preparing one-dish casseroles for dinner are included in the Recipe section at the end of the curriculum.

Resources for additional information on this workshop:

How much protein you need is calculated easily here: http://www.healthcalculators.org/calculators/protein.asp

Putting it all together – here is an interactive calculator that gives a recommended daily food plan: http://www.choosemyplate.gov/myplate/index.aspx

And here is the U.S. Department of Agriculture’s database of healthy recipes for future reference: http://recipefinder.nal.usda.gov/

END OF WORKSHOP EIGHT
Workshops 9, 10 and 11 during the last three months – Review sessions

Rationale: During the next three months, we will schedule monthly “refresher” or “booster” sessions to review the information covered in the first eight workshops in Months 1 – 3. Ideally, these sessions will focus on issues an individual home identifies as most problematic. For example, in one home, that might include dealing with frequent and unhealthful snacking habits between meals, and ways to substitute healthier alternatives. In another home, that might be the preferences of those who live in the home for red meat with lots of fat for flavor, and ways to substitute more healthy protein without cutting out red meat completely. In yet another home, the main problems may be calorie-rich desserts that are loaded with refined flour and sugar, and so in this home reviews might focus on how to make raw and dried fruits more appealing for desserts. Of course, the focus can be on as many issues as the home identifies.

Preparation: We anticipate that the trainer will keep notes during the first three months that will help to identify specific issues to target during these review workshops. The trainers will work with project staff to draft new review sections that focus on the identified problems to be highlighted during the last three months.

Also, the trainer can identify in advance, with the help of the residents and the staff, if there are taste tests that are feasible to do in the home to help residents compare how unhealthy and healthier foods stack up in taste. These can become part of the review sessions. Similarly, people in the home may wish to compare labels of specific foods to better understand the nutritional information for foods high in fat or sugar compared to healthier alternatives. Workshops 10 and 11 have general reviews of food labels.

Meanwhile, for a review of overall principles, we offer discussion guides and some suggestions for topic reviews that can be helpful as general refreshers of the most important concepts covered in the earlier eight workshops. You will see that some of these topics, for example food labels, are covered more than once in the reviews, emphasizing their overall importance in good nutrition lifestyles.
Workshop 9: (REVIEW I)

Suggested Review: Calories and weight control – importance of balancing healthy food with physical activity
Suggested Review: Substitutions for sugars and fats
Suggested Review: Shopping tips

SUGGESTED REVIEW: Calories and weight control – importance of balancing healthy food with physical activity

As we’ve seen, paying attention to the number and quality of calories we eat is one part of the balance that helps us maintain a healthy weight. The other part is using the calories we put in our bodies in order to keep active.

Review the importance of physical activity. How can the people in the home be more active? Are there any activities that burn calories that they particularly enjoy? Are they working at their own personal level that engages them in appropriate energy expenditure? Perhaps each person can list a personal goal that increases the amount of physical activity he or she does.

SUGGESTED REVIEW: Substitutions for sugars and fats

Review what the home has been doing during the last few weeks about cutting down on fats and sugars and more nutritious menus. Ask about breakfasts and dinners, focusing on the suggestions in Workshop 7. Celebrate the successes, and be optimistic if progress isn’t as quick as hoped. Changing habits takes time, and that’s why the workshops are spread out over months instead of just a few weeks. Brain storm things the home residents and staff can do in the next two weeks to cut down on fats, eat more whole grains, and stay away from sweet and sugary foods that have empty calories.

We saw in earlier workshops that refined sugars and many fats provide “empty” calories, i.e. calories that add nothing to the mix of nutrients we need to stay healthy. Discuss examples of “empty calorie” foods.

Fats, particularly animal fats like butter and tropical oils like palm and coconut oil (found in prepared cookies, cakes and pastries), also have empty calories and can lead to heart disease because of their bad effects on the circulatory system. They tend to clog arteries and form deposits on blood vessel walls that constrict the easy flow of blood. A substitution for butter is olive oil. Canola oil is another good choice. When baking, try using half of the amount of oil/butter the recipe calls for and half unsweet applesauce. For example: 1 cup butter could be changed to ½ cup canola oil and ½ cup applesauce. You’ll never notice the difference!

Activity: Review uses of butter and oils in the home, and see about suggesting substitutes. Are there ways the home can cut down its use of butter and hydrogenated cooking oils?
SUGGESTED REVIEW: Shopping tips

Workshop 5 listed several tips for healthy food shopping. Review with the participants which of these they have put into action. Are there ways to overcome barriers to shopping techniques that the home is having problems implementing?

Poster to accompany this workshop: Got your dairy today?

END OF WORKSHOP NINE.
Workshop 10: (REVIEW II)

Suggested Review: Lean protein
Suggested Review: Vegetables and salads
Suggested Review: Reading food labels

SUGGESTED REVIEW: Lean protein

We talked in Workshop 2 about the benefits of eating fish, chicken and turkey, beans, and dairy products made from low fat milk and cheese. What sources of protein is the home buying and preparing? Are there ways to find healthier alternatives if people are eating meats with high fat content and whole milk dairy products?

SUGGESTED REVIEW: Vegetables and salads

On the portion plates, half the surface is reserved for vegetables and salads. Are people following the 5-a-day rule for vegetable and fruit servings? One of the most important parts of healthy eating is to find ways to prepare vegetables so that they are tasty. Have people tried the vegetable and herb combinations listed in Workshop 3? Is oil, particularly olive oil, being substituted for butter on vegetables and used in salad dressings? Are people cutting down on the amount of salt they use in cooking and eating vegetables in favor of herbs? Are vegetables such as carrots, celery and peppers being substituted for some snacks such as potato chips or corn chips? It may be useful to make a list of preferred vegetables and garnishes, and greens and accompaniments for salads, to post on the kitchen refrigerator or cupboards for easy reference.

SUGGESTED REVIEW: Reading food labels

Activity: Comparing labels. This is another major topic in healthy shopping and eating. To the trainer: Determine beforehand two of the homes’ favorite meals. Then find in the grocery store a healthy and an unhealthy product for each. Read the food labels together during the workshop. What clues on the label point to choosing the healthier alternative? Is the healthier one more expensive? Calculate the weekly cost of the more expensive food. Often, they are not as costly as is assumed, and the health benefits are worth the cost in improving the general wellbeing that comes with eating healthier foods.

Poster to accompany this workshop: Healthy eating for vegetarians.

END OF WORKSHOP TEN
Workshop 11: (REVIEW III)

Suggested Review: Calories and weight control - balancing healthy food with physical activity
Suggested Review: Healthy snacks
Suggested Review: Reading food labels
Recipes and products

SUGGESTED REVIEW: Calories and weight control – balancing healthy food with physical activity

Today, in our last workshop, we return once again to where we started: the importance of balancing the calories in our food with physical activity. Review individually what the participants are doing for physical activity. How do they feel during the activity? Afterwards? As we get into shape, we find that the more we do, the more we are able to and want to do. In turn, this increases our metabolism so that we burn the fuel provided by our food more efficiently.

SUGGESTED REVIEW: Healthy snacks

We focus on snacks once again during the last workshop because they are so important in controlling our weight and nutrition. And as we’ve said, a serving of potato chips once a week is probably not going to make a difference. But a double serving twice a day will pack on needless pounds. What snacks are at home now? Vegetables, nuts, fresh and dried fruits are all good choices. And drinking a refreshing glass of ice water before a snack will cut down on the amount we eat before we feel full at snack time.

SUGGESTED REVIEW: Reading food labels

To close out the workshops, we focus once again on food labels. What parts do people find most helpful? What are the more difficult parts to understand and use when buying foods? Comparing serving sizes and the calories per serving is often an eye-opening way to get a handle on how to eat sensibly. After that, a quick review of the fat content and the actual ingredients provides an easy reference about the general healthiness of the foods.

Activity: Healthy food shopping. Obtain shopping receipts from the last two weeks, along with receipts from the first couple of weeks of these workshops. Note any changes, and if possible, look at the labels of packaged foods to see improvements. If there are improvements, congratulations! And if there are some unhealthy foods that remain – don’t give up. We all need to remember that small changes, implemented slowly and thoughtfully, will lead in the end to the best results.

So keep thinking about the principles in these workshops, and finding information about good nutrition through the resources provided at the end of the workshop sessions. Education and cues about good nutrition are, we believe, the cornerstone of a good lifestyle. To your health!

Poster to accompany this workshop: Build a healthy meal.

END OF WORKSHOP 11
Appendix A – Estimates of calories used in 1 hour of various activities*

<table>
<thead>
<tr>
<th>Activity</th>
<th>Calories per Hour</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>A. Sedentary Activities</strong></td>
<td>(Less than 150 calories)</td>
</tr>
<tr>
<td>Sitting quietly, watching TV, lying down</td>
<td>87</td>
</tr>
<tr>
<td>Sitting and writing, card playing</td>
<td>114</td>
</tr>
<tr>
<td><strong>B. Moderate Activities</strong></td>
<td>(150-350 calories)</td>
</tr>
<tr>
<td>Bicycling (5 mph)</td>
<td>174</td>
</tr>
<tr>
<td>Canoeing (2.5 mph)</td>
<td>174</td>
</tr>
<tr>
<td>Dancing (ballroom)</td>
<td>210</td>
</tr>
<tr>
<td>Light housework, cleaning, etc</td>
<td>246</td>
</tr>
<tr>
<td>Swimming (crawl, 20 yards/min)</td>
<td>288</td>
</tr>
<tr>
<td>Tennis (recreational doubles)</td>
<td>312</td>
</tr>
<tr>
<td>Volleyball (recreational)</td>
<td>264</td>
</tr>
<tr>
<td>Walking (2 mph)</td>
<td>198</td>
</tr>
<tr>
<td><strong>C. Vigorous Activities</strong></td>
<td>(More than 350 calories)</td>
</tr>
<tr>
<td>Aerobic dancing</td>
<td>546</td>
</tr>
<tr>
<td>Basketball (recreational)</td>
<td>450</td>
</tr>
<tr>
<td>Bicycling (13 mph)</td>
<td>612</td>
</tr>
<tr>
<td>Circuit weight training</td>
<td>756</td>
</tr>
<tr>
<td>Racquetball</td>
<td>588</td>
</tr>
<tr>
<td>Roller skating (9 mph)</td>
<td>384</td>
</tr>
<tr>
<td>Jogging (6 mph)</td>
<td>654</td>
</tr>
<tr>
<td>Scrubbing floors</td>
<td>440</td>
</tr>
<tr>
<td>Swimming (crawl, 45 yards/min)</td>
<td>522</td>
</tr>
<tr>
<td>Tennis (recreational singles)</td>
<td>450</td>
</tr>
</tbody>
</table>

*Hourly estimates based on values calculated for calories burned per minute for a 150 pound (68 kg) person*
Appendix B – Fruits for good nutrition: calories per 4-ounce serving by weight

These are approximate and depend on the size of the fruit. For example, a small banana weighing 4 ounces has about 100 calories (see below), so a medium banana might have about 130 calories. One-half of a large pear has 65 calories, so the entire large pear would have 130 calories.

<table>
<thead>
<tr>
<th>Fruit</th>
<th>Approximate amount = 4 ounces weight</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pineapple</td>
<td>2/3 cup fresh or canned</td>
<td>56</td>
</tr>
<tr>
<td>Apple</td>
<td>1 small (2.5” diameter)</td>
<td>53</td>
</tr>
<tr>
<td>Orange</td>
<td>1 small (2.5” diameter)</td>
<td>53</td>
</tr>
<tr>
<td>Banana</td>
<td>1 small</td>
<td>100</td>
</tr>
<tr>
<td>Pear</td>
<td>½ of 1 large</td>
<td>65</td>
</tr>
<tr>
<td>Dates (dried)</td>
<td>About 16</td>
<td>316</td>
</tr>
<tr>
<td>Strawberries</td>
<td>2/3 cup, sliced</td>
<td>36</td>
</tr>
<tr>
<td>Grapefruit</td>
<td>½ small</td>
<td>36</td>
</tr>
<tr>
<td>Blueberries</td>
<td>2/3 cup</td>
<td>64</td>
</tr>
<tr>
<td>Raspberries</td>
<td>1 cup</td>
<td>59</td>
</tr>
<tr>
<td>Honey dew melon</td>
<td>8 melon balls, 1 thin small slice</td>
<td>41</td>
</tr>
<tr>
<td>Peach</td>
<td>1 small</td>
<td>45</td>
</tr>
<tr>
<td>Plum</td>
<td>¾ cup, sliced</td>
<td>52</td>
</tr>
<tr>
<td>Raisins</td>
<td>¾ cup</td>
<td>335</td>
</tr>
<tr>
<td>Watermelon</td>
<td>10 melon balls</td>
<td>34</td>
</tr>
<tr>
<td>Grapes</td>
<td>1 ¼ cup</td>
<td>78</td>
</tr>
</tbody>
</table>

## Appendix C – Protein for good nutrition: meat, poultry, fish, dairy products, eggs, nuts

<table>
<thead>
<tr>
<th>Meat (4 oz uncooked)</th>
<th>Calories</th>
<th>Protein (grams)</th>
<th>Fat (grams)</th>
<th>Cholesterol (milligrams)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lamb, trimmed cuts</td>
<td>272</td>
<td>20</td>
<td>21</td>
<td>80</td>
</tr>
<tr>
<td>Ground beef 95% lean</td>
<td>153</td>
<td>24</td>
<td>6</td>
<td>69</td>
</tr>
<tr>
<td>Ground beef 80% lean</td>
<td>284</td>
<td>19</td>
<td>22</td>
<td>80</td>
</tr>
<tr>
<td>Beef chuck steak, trimmed</td>
<td>147</td>
<td>24</td>
<td>6</td>
<td>75</td>
</tr>
<tr>
<td>Pork loin, chops or shoulder, trimmed</td>
<td>180</td>
<td>23</td>
<td>11</td>
<td>73</td>
</tr>
</tbody>
</table>

### Poultry (4 oz uncooked)

<table>
<thead>
<tr>
<th>Poultry (4 oz uncooked)</th>
<th>Calories</th>
<th>Protein (grams)</th>
<th>Fat (grams)</th>
<th>Cholesterol (milligrams)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chicken breast, with skin</td>
<td>208</td>
<td>23</td>
<td>12</td>
<td>75</td>
</tr>
<tr>
<td>Chicken thigh, with skin</td>
<td>245</td>
<td>18</td>
<td>19</td>
<td>110</td>
</tr>
<tr>
<td>Chicken breast, meat only</td>
<td>128</td>
<td>24</td>
<td>3</td>
<td>72</td>
</tr>
<tr>
<td>Turkey breast, with skin</td>
<td>176</td>
<td>25</td>
<td>8</td>
<td>73</td>
</tr>
<tr>
<td>Turkey breast, meat only</td>
<td>124</td>
<td>28</td>
<td>&lt; 1</td>
<td>69</td>
</tr>
</tbody>
</table>

### Sausages and other meat products

<table>
<thead>
<tr>
<th>Sausages and other meat products</th>
<th>Calories</th>
<th>Protein (grams)</th>
<th>Fat (grams)</th>
<th>Cholesterol (milligrams)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pork sausage (4 oz)</td>
<td>340</td>
<td>17</td>
<td>30</td>
<td>81</td>
</tr>
<tr>
<td>Salami (4 oz)</td>
<td>376</td>
<td>25</td>
<td>100</td>
<td>18</td>
</tr>
<tr>
<td>Frankfurter (1 hot dog)</td>
<td>146</td>
<td>7</td>
<td>15</td>
<td>28</td>
</tr>
<tr>
<td>Ham, water cured (4 oz)</td>
<td>111</td>
<td>19</td>
<td>4</td>
<td>54</td>
</tr>
<tr>
<td>Bacon (4 slices cooked)</td>
<td>168</td>
<td>12</td>
<td>13</td>
<td>36</td>
</tr>
</tbody>
</table>

### Fish and seafood (4 oz uncooked)

<table>
<thead>
<tr>
<th>Fish and seafood (4 oz uncooked)</th>
<th>Calories</th>
<th>Protein (grams)</th>
<th>Fat (grams)</th>
<th>Cholesterol (milligrams)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Flounder, sole</td>
<td>78</td>
<td>14</td>
<td>2</td>
<td>50</td>
</tr>
<tr>
<td>Trout</td>
<td>158</td>
<td>22</td>
<td>7</td>
<td>66</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th>Calories</th>
<th>Protein (grams)</th>
<th>Fat (grams)</th>
<th>Cholesterol (milligrams)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Salmon</strong></td>
<td>233</td>
<td>23</td>
<td>15</td>
<td>62</td>
</tr>
<tr>
<td><strong>Haddock</strong></td>
<td>83</td>
<td>18</td>
<td>&lt; 1</td>
<td>60</td>
</tr>
<tr>
<td><strong>Tuna, fresh</strong></td>
<td>161</td>
<td>26</td>
<td>5</td>
<td>43</td>
</tr>
<tr>
<td><strong>Fish sticks (4)</strong></td>
<td>279</td>
<td>12</td>
<td>15</td>
<td>31</td>
</tr>
<tr>
<td><strong>Light tuna in water (2/3 6-oz. can)</strong></td>
<td>130</td>
<td>29</td>
<td>1</td>
<td>33</td>
</tr>
<tr>
<td><strong>Dairy products, cheese and eggs</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Yogurt, skim milk 8oz.</strong></td>
<td>137</td>
<td>14</td>
<td>&lt;1</td>
<td>5</td>
</tr>
<tr>
<td><strong>Yogurt &amp; fruit, nonfat 8oz.</strong></td>
<td>216</td>
<td>10</td>
<td>0</td>
<td>5</td>
</tr>
<tr>
<td><strong>Whipping cream, 1 cup whipped</strong></td>
<td>414</td>
<td>2</td>
<td>44</td>
<td>164</td>
</tr>
<tr>
<td><strong>Cream cheese (reg) 3oz</strong></td>
<td>291</td>
<td>5</td>
<td>29</td>
<td>94</td>
</tr>
<tr>
<td><strong>Cream cheese (light) 3oz</strong></td>
<td>175</td>
<td>6</td>
<td>13</td>
<td>46</td>
</tr>
<tr>
<td><strong>Processed American cheese (1slice)</strong></td>
<td>69</td>
<td>3</td>
<td>5</td>
<td>17</td>
</tr>
<tr>
<td><strong>Cheddar cheese (1 slice)</strong></td>
<td>113</td>
<td>7</td>
<td>9</td>
<td>29</td>
</tr>
<tr>
<td><strong>Egg (1 medium)</strong></td>
<td>63</td>
<td>5</td>
<td>4</td>
<td>164</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Nuts and seeds (1 oz.)</strong></th>
<th>Calories</th>
<th>Protein (grams)</th>
<th>Fat (grams)</th>
<th>Cholesterol (milligrams)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Cashew nuts, 3 tablespoons</strong></td>
<td>157</td>
<td>5</td>
<td>13</td>
<td>0</td>
</tr>
<tr>
<td><strong>Peanuts, roasted, 3 tablespoons</strong></td>
<td>166</td>
<td>5</td>
<td>15</td>
<td>0</td>
</tr>
<tr>
<td><strong>Almonds, 3 tablespoons</strong></td>
<td>167</td>
<td>6</td>
<td>15</td>
<td>0</td>
</tr>
<tr>
<td><strong>Sesame seeds, 3 tablespoons</strong></td>
<td>160</td>
<td>5</td>
<td>14</td>
<td>0</td>
</tr>
<tr>
<td><strong>Walnuts, 18 halves</strong></td>
<td>185</td>
<td>4</td>
<td>18</td>
<td>0</td>
</tr>
<tr>
<td><strong>Peanut butter, 2 tablespoons</strong></td>
<td>180</td>
<td>8</td>
<td>15</td>
<td>0</td>
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</table>

## Appendix D – Fats and oils for cooking and meals

<table>
<thead>
<tr>
<th>Cooking fats, salad dressings and oils – 1 tablespoon</th>
<th>Calories</th>
<th>Fat (grams)</th>
<th>Cholesterol (milligrams)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Butter</td>
<td>71</td>
<td>8</td>
<td>15</td>
</tr>
<tr>
<td>Margarine, 80% fat tub</td>
<td>101</td>
<td>11</td>
<td>0</td>
</tr>
<tr>
<td>Margarine, 20% fat tub</td>
<td>22</td>
<td>2</td>
<td>0</td>
</tr>
<tr>
<td>Corn oil</td>
<td>124</td>
<td>14</td>
<td>0</td>
</tr>
<tr>
<td>Olive oil</td>
<td>119</td>
<td>13</td>
<td>0</td>
</tr>
<tr>
<td>Sunflower oil</td>
<td>120</td>
<td>14</td>
<td>0</td>
</tr>
<tr>
<td>Light mayonnaise</td>
<td>49</td>
<td>5</td>
<td>5</td>
</tr>
<tr>
<td>Salad dressing, regular</td>
<td>59</td>
<td>6</td>
<td>4</td>
</tr>
<tr>
<td>Salad dressing, fat-free</td>
<td>13</td>
<td>&lt;1</td>
<td>1</td>
</tr>
<tr>
<td>Sour cream, reduced fat</td>
<td>20</td>
<td>2</td>
<td>6</td>
</tr>
</tbody>
</table>

## Appendix E — Drinks for good nutrition

<table>
<thead>
<tr>
<th>Drinks (1 cup; 8 fluid oz)</th>
<th>Calories</th>
<th>Protein (grams)</th>
<th>Carbohydrate (grams)</th>
<th>Fat (grams)</th>
<th>Cholesterol (milligrams)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Whole milk, 4%</td>
<td>149</td>
<td>7</td>
<td>11</td>
<td>8</td>
<td>24</td>
</tr>
<tr>
<td>Low-fat milk, 2%</td>
<td>120</td>
<td>7</td>
<td>11</td>
<td>4</td>
<td>19</td>
</tr>
<tr>
<td>Skim milk, 0.3%</td>
<td>83</td>
<td>8</td>
<td>12</td>
<td>0.2</td>
<td>5</td>
</tr>
<tr>
<td>Cola drinks</td>
<td>95</td>
<td>0</td>
<td>25</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Lemonade</td>
<td>99</td>
<td>0</td>
<td>25</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Pineapple juice</td>
<td>132</td>
<td>0</td>
<td>32</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Apple juice, unsweetened</td>
<td>114</td>
<td>0</td>
<td>28</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Orange juice</td>
<td>122</td>
<td>1</td>
<td>29</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Grape juice, unsweetened</td>
<td>152</td>
<td>0</td>
<td>38</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Vegetable juice</td>
<td>53</td>
<td>1</td>
<td>11</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Tomato juice</td>
<td>41</td>
<td>1</td>
<td>10</td>
<td>0</td>
<td>0</td>
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## Appendix F - Vegetables and salads for good nutrition

<table>
<thead>
<tr>
<th>Vegetables (1/2 cup, cooked with no fat)</th>
<th>Calories (grams)</th>
<th>Protein (grams)</th>
<th>Carbohydrate (grams)</th>
<th>Fiber (grams)</th>
<th>Fat (grams)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cauliflower</td>
<td>14</td>
<td>1</td>
<td>3</td>
<td>1</td>
<td>&lt;1</td>
</tr>
<tr>
<td>Green beans</td>
<td>22</td>
<td>1</td>
<td>5</td>
<td>2</td>
<td>&lt;1</td>
</tr>
<tr>
<td>Broccoli</td>
<td>27</td>
<td>2</td>
<td>6</td>
<td>3</td>
<td>&lt;1</td>
</tr>
<tr>
<td>Mushrooms</td>
<td>22</td>
<td>2</td>
<td>4</td>
<td>2</td>
<td>&lt;1</td>
</tr>
<tr>
<td>Carrots</td>
<td>27</td>
<td>&lt;1</td>
<td>6</td>
<td>2</td>
<td>&lt;1</td>
</tr>
<tr>
<td>Sweet peppers</td>
<td>24</td>
<td>1</td>
<td>6</td>
<td>1</td>
<td>&lt;1</td>
</tr>
<tr>
<td>Brussels sprouts</td>
<td>28</td>
<td>2</td>
<td>6</td>
<td>2</td>
<td>&lt;1</td>
</tr>
<tr>
<td>Celery</td>
<td>14</td>
<td>&lt;1</td>
<td>3</td>
<td>1</td>
<td>&lt;1</td>
</tr>
<tr>
<td>Cabbage</td>
<td>17</td>
<td>1</td>
<td>4</td>
<td>1</td>
<td>&lt;1</td>
</tr>
<tr>
<td>Zucchini</td>
<td>14</td>
<td>1</td>
<td>2</td>
<td>1</td>
<td>&lt;1</td>
</tr>
<tr>
<td>Onions</td>
<td>46</td>
<td>1</td>
<td>11</td>
<td>2</td>
<td>&lt;1</td>
</tr>
<tr>
<td><strong>Salad greens and garnishes (1 cup raw)</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cucumber, chopped</td>
<td>16</td>
<td>1</td>
<td>3</td>
<td>1</td>
<td>&lt;1</td>
</tr>
<tr>
<td>Lettuce, shredded</td>
<td>22</td>
<td>0</td>
<td>1</td>
<td>0</td>
<td>&lt;1</td>
</tr>
<tr>
<td>Radish</td>
<td>19</td>
<td>1</td>
<td>4</td>
<td>2</td>
<td>&lt;1</td>
</tr>
<tr>
<td>Spinach</td>
<td>7</td>
<td>1</td>
<td>1</td>
<td>1</td>
<td>&lt;1</td>
</tr>
<tr>
<td>Tomato</td>
<td>32</td>
<td>2</td>
<td>7</td>
<td>2</td>
<td>&lt;1</td>
</tr>
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</table>

## Appendix G - Starches and carbohydrates for good nutrition

<table>
<thead>
<tr>
<th>Grains and grain products</th>
<th>Calories (grams)</th>
<th>Protein (grams)</th>
<th>Carbohydrate (grams)</th>
<th>Fiber (grams)</th>
<th>Fat (grams)</th>
<th>Cholesterol (milligrams)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cornflakes, 1 cup</td>
<td>100</td>
<td>2</td>
<td>22</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Pasta, ½ cup cooked</td>
<td>88</td>
<td>2</td>
<td>20</td>
<td>3</td>
<td>&lt;1</td>
<td>0</td>
</tr>
<tr>
<td>Barley, ½ cup cooked</td>
<td>97</td>
<td>2</td>
<td>22</td>
<td>3</td>
<td>&lt;1</td>
<td>0</td>
</tr>
<tr>
<td>Oats, ½ cup cooked</td>
<td>83</td>
<td>3</td>
<td>14</td>
<td>2</td>
<td>2</td>
<td>0</td>
</tr>
<tr>
<td>Rice, white, ½ cup cooked</td>
<td>121</td>
<td>2</td>
<td>27</td>
<td>0</td>
<td>&lt;1</td>
<td>0</td>
</tr>
<tr>
<td>Rice, brown, ½ cup cooked</td>
<td>109</td>
<td>3</td>
<td>23</td>
<td>2</td>
<td>&lt;1</td>
<td>0</td>
</tr>
<tr>
<td><strong>Bread and baked goods</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dinner bread roll (1)</td>
<td>76</td>
<td>2</td>
<td>13</td>
<td>1</td>
<td>2</td>
<td>0</td>
</tr>
<tr>
<td>Pumpernickel (slice)</td>
<td>65</td>
<td>2</td>
<td>12</td>
<td>2</td>
<td>2</td>
<td>0</td>
</tr>
<tr>
<td>Rye bread (slice)</td>
<td>83</td>
<td>3</td>
<td>15</td>
<td>2</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>White bread (slice)</td>
<td>67</td>
<td>2</td>
<td>12</td>
<td>1</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>Whole wheat bread (slice)</td>
<td>69</td>
<td>3</td>
<td>11</td>
<td>2</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>English muffin</td>
<td>127</td>
<td>5</td>
<td>26</td>
<td>3</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>Plain bagel, medium</td>
<td>289</td>
<td>11</td>
<td>56</td>
<td>2</td>
<td>2</td>
<td>0</td>
</tr>
<tr>
<td>Sponge cake (2 oz.)</td>
<td>165</td>
<td>3</td>
<td>34</td>
<td>0</td>
<td>2</td>
<td>58</td>
</tr>
<tr>
<td>Fat-free pound cake (2 oz.)</td>
<td>160</td>
<td>3</td>
<td>34</td>
<td>1</td>
<td>0.6</td>
<td>0</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Food Description</th>
<th>Calories</th>
<th>Carbs</th>
<th>Protein</th>
<th>Fat</th>
<th>Sodium</th>
<th>Cholesterol</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pretzel sticks (2 oz.)</td>
<td>215</td>
<td>6</td>
<td>45</td>
<td>2</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>Waffle (1 medium)</td>
<td>218</td>
<td>6</td>
<td>25</td>
<td>0</td>
<td>11</td>
<td>52</td>
</tr>
<tr>
<td><strong>Potatoes</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Potato (1/2 medium)</td>
<td>75</td>
<td>2</td>
<td>16</td>
<td>2</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Mashed potatoes (1/2 cup, with butter and milk added)</td>
<td>119</td>
<td>2</td>
<td>18</td>
<td>2</td>
<td>4</td>
<td>1</td>
</tr>
<tr>
<td>Hash browns, (1/2 cup)</td>
<td>207</td>
<td>2</td>
<td>27</td>
<td>2</td>
<td>10</td>
<td>0</td>
</tr>
<tr>
<td>Potato salad (1/2 cup)</td>
<td>179</td>
<td>3</td>
<td>14</td>
<td>2</td>
<td>10</td>
<td>85</td>
</tr>
<tr>
<td>French fries (2 oz.)</td>
<td>143</td>
<td>2</td>
<td>25</td>
<td>2</td>
<td>4</td>
<td>0</td>
</tr>
<tr>
<td><strong>Beans (legumes) (Serving - 2 oz.)</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>White beans, (raw)</td>
<td>190</td>
<td>13</td>
<td>34</td>
<td>9</td>
<td>.5</td>
<td>0</td>
</tr>
<tr>
<td>Split peas (raw)</td>
<td>191</td>
<td>14</td>
<td>34</td>
<td>14</td>
<td>&lt;1</td>
<td>0</td>
</tr>
<tr>
<td>Lentils (raw)</td>
<td>198</td>
<td>14</td>
<td>34</td>
<td>17</td>
<td>&lt;1</td>
<td>0</td>
</tr>
<tr>
<td>Soy beans (dry)</td>
<td>82</td>
<td>8</td>
<td>6</td>
<td>2</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>Tofu, ½ cup</td>
<td>94</td>
<td>10</td>
<td>2</td>
<td>&lt;1</td>
<td>6</td>
<td>0</td>
</tr>
</tbody>
</table>

## Appendix H - Some fast foods and desserts

<table>
<thead>
<tr>
<th>Fast food</th>
<th>Calories</th>
<th>Protein (grams)</th>
<th>Carbohydrates (grams)</th>
<th>Fat (grams)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hamburger (1 large)</td>
<td>426</td>
<td>23</td>
<td>32</td>
<td>23</td>
</tr>
<tr>
<td>French fries (1 large)</td>
<td>607</td>
<td>8</td>
<td>76</td>
<td>30</td>
</tr>
<tr>
<td>Hot fudge sundae</td>
<td>284</td>
<td>6</td>
<td>48</td>
<td>8</td>
</tr>
<tr>
<td>Milkshake, vanilla (11 oz.)</td>
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### Nutrition Facts

**Serving Size:** About (20g)  
**Servings Per Container:** 16

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<th>Amount Per Serving</th>
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*Percent Daily Values are based on a 2,000 calorie diet.

**Ingredients:** Wheat flour, unsweetened chocolate, erythritol, inulin, oat flour, cocoa powder, evaporated cane juice, whey protein concentrate, corn starch (low glycemic), natural flavors, salt, baking soda, wheat gluten, guar gum
Appendix J – Charting your week

This chart can be used to track any behavior related to food over a week’s time. For example, for Week 1, you could make an entry every time you eat some fruit for a meal.

Food to be tracked: ____________________________________________________________

**Track Your Nutrition**

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Appendix K:

Recipes

Workshop 1:

xxxx

Workshop 2

xxxx

Etc
Recipes for Workshop One: Introduction to the workshops; Calories and weight control

**Banana Yogurt Shake**

**Recipe Summary:**
Preparation Time: 10 minutes  
Number of servings: 4  
Cups of Fruits and Vegetables per person: 0.50  

**Ingredients:**
1-1/2 cup fat free milk  
4 small bananas, peeled  
1 cup low fat plain yogurt  
1 tsp vanilla  
1/2 tsp cinnamon  
1/u8 tsp nutmeg  
1 cup ice cubes  

**Directions:**
Combine all ingredients except ice cubes in blender or food processor; process until thick and creamy. With motor running, add ice cubes; process until smooth. Pour into tall glasses to serve.  

Recipe provided by: www.cdc.gov

**Breakfast Fruit Cup**

**Recipe Summary:**
Preparation Time: 10 minutes  
Number of servings: 4  
Cups of Fruits and Vegetables per person: 0.50  

**Ingredients:**
2 oranges, peeled and sliced into bite-sized pieces  
1 banana, peeled and sliced  
1 Tbsp golden raisins  
1/2 cup low-fat plain yogurt  
1/8 tsp cinnamon  

**Directions:**
In a small bowl, combine fruit. Divide fruit equally into 4 bowls. Put a rounded tablespoon of yogurt over fruit in each bowl and sprinkle with a dash of cinnamon.  

Recipe provided by: www.cdc.gov
**Strawberry Yogurt Shake**

Recipe Summary:
Preparation Time: 10 minutes  
Number of servings: 2  
Cups of Fruits and Vegetables per person: 1.00

Ingredients:
- 1/2 cup unsweetened pineapple juice  
- 3/4 cup plain low fat yogurt  
- 1-1/2 cups frozen, unsweetened strawberries  
- 1 tsp granulated sugar

Directions:  
Add ingredients, in order listed, to blender container. Puree at medium speed, until thick and smooth.

Recipe provided by: www.cdc.gov

**Grape Kebabs**

Recipe Summary:  
Preparation Time: 1 hour  
Number of servings: 4  
Cups of Fruits and Vegetables per person: 1.00

Ingredients:
- 1 cup purple seedless grapes  
- 1 cup chopped pineapple  
- 1/4 cup apple juice  
- 2 kiwifruits, peeled and cut into 1/2-inch thick slices  
- 1/4 cup nonfat plain yogurt  
- 2 small bananas, cut into 1/2 inch thick slices  
- 1 tablespoon orange juice  
- 1/3 cup small strawberries  
- 1/3 cup melon balls  
- 1/3 cup blackberries

Directions:  
For the dip, in a small saucepan, bring the pineapple and apple juice to a boil. Reduce the heat, cover and simmer for 10 minutes, stirring occasionally. Let stand about 25 minutes or until cool. Transfer the pineapple mixture to a blender or food processor. Add the yogurt and blend or process until smooth. If desired, cover and chill in the refrigerator before serving. Place the bananas in a small bowl. Drizzle with the orange juice, then gently toss until coated. Cut the kiwi slices into quarters. For the kebabs, thread the grapes, bananas, kiwi, strawberries, melon balls and blackberries onto 4-inch bamboo skewers. Serve with the dip.

Recipe provided by: www.cdc.gov
**Golden Apple Oatmeal**

**Recipe Summary:**
Preparation Time: 15 minutes  
Number of servings: 1  
Cups of Fruits and Vegetables per person: 0.50

**Ingredients:**
1 golden delicious apple, diced  
1/3 cup apple juice  
1/3 cup water  
Dash of cinnamon  
Dash of nutmeg  
1/3 cup quick-cook rolled oats, uncooked

**Directions:**
Combine apples, juice, water and seasonings; bring to a boil. Stir in rolled oats; cook 1 minute. Cover and let stand several minutes before serving.

Recipe provided by: www.cdc.gov

**Sweet Potato Pancakes**

**Recipe Summary:**
Preparation Time: 30 minutes  
Number of servings: 8  
Cups of Fruits and Vegetables per person: 1.00

**Ingredients:**
6 cups peeled and finely shredded sweet potatoes  
1 cup finely shredded onions  
1 tsp salt-free herb seasoning  
1-2/3 cup unbleached flour  
1/3 cup chopped fresh flat-leaf parsley  
2 cups finely shredded zucchini  
1/4 cup lemon juice  
1-1/2 cups egg substitute  
6 tsp canola oil, divided

**Directions:**
In a large bowl, mix the sweet potatoes, onions, herb seasoning, flour, parsley, zucchini, lemon juice and egg substitute. In a large no-stick frying pan or griddle over medium-high heat, warm 2 tsp of the oil. Drop a large Tbsp of the batter into the pan and spread it with a spatula to form a thin pancake. Add more batter to fill the pan without crowding the pancakes. Cook for about 2 minutes per side, or until golden and crispy. Remove from the pan and keep warm. Repeat, adding the remaining 4 tsp oil as needed, until all the batter has been used.

Recipe provided by: www.cdc.gov
Swiss Muesli

Recipe Summary:
Preparation Time: 20 minutes
Number of Servings: 6
Cups of Fruits and Vegetables Per Person:
1.00

Ingredients:
1-1/2 cups rolled oats
1-1/2 cups water
2 cups shredded, unpeeled apples
1-1/2 cups (approx 9 oz) pitted prunes, whole or halved
2 Tbsp honey
2 Tbsp lemon juice
1/2 tsp cinnamon
3 bananas, sliced
3 oranges, segmented
1 cup chopped almonds

Directions:
Combine oats, water, shredded apples, prunes, honey, lemon juice and cinnamon. Cover and refrigerate overnight. In the morning, spoon some of the muesli into a cereal bowl. Top with your choice of fresh fruits and nuts. Serve with a dollop of plain yogurt or milk, if desired. Muesli can be stored in covered container in refrigerator for several days.

Recipe provided by: www.cdc.gov
Recipes for Workshop Two: Choosing wisely for lean protein

*Cantaloupe Slush with Mango*

**Recipe Summary:**
Preparation Time: 4 hours, 20 minutes  
Number of servings: 4  
Cups of Fruits and Vegetables per person: 1.00

**Ingredients:**
1 medium sized cantaloupe  
Juice of half a lemon  
2 tsp honey  
1 mango

**Directions:**
Peel and seed cantaloupe. Cut into 1-inch pieces. (It should equal about 6 cups.) Place in blender or food processor with lemon juice and honey, and puree until very smooth. Pour mixture into a shallow “9X12” glass pan and set in the freezer for two hours. With a fork, chip and stir the icy mixture and return it to the freezer for two to four hours. Peel and cut mango into long, thin, attractive slices, avoiding the pit (which is shaped like a large almond). Again with a fork, chip the frozen cantaloupe mixture so it resembles a snow cone or shaved ice. Spoon it into clear bowls, top with mango slices, and serve.

Recipe provided by: www.cdc.gov

*Lo-Cal Banana Milk Shake*

**Recipe Summary:**
Preparation Time: 5 minutes  
Number of servings: 1  
Cups of Fruits and Vegetables per person: 0.50

**Ingredients:**
1/4 cup non-fat dried milk  
3/4 cup water  
1 ripe banana  
4 ice cubes

**Directions:**
Combine all ingredients in electric blender. Cover and mix on high speed until thick and smooth.

Recipe provided by: www.cdc.gov
Paradise Freeze

**Recipe Summary:**
Preparation Time: 10 minutes  
Number of servings: 4  
Cups of Fruits and Vegetables per person: 1.50

**Ingredients:**
- 2 large, ripe bananas  
- 2 cups strawberries  
- 1 ripe mango, cubed  
- 2 cups cranberry juice  
- 12 ice cubes  

**Directions:**
Combine all ingredients in blender or food processor container. Cover; blend until thick and smooth.

Recipe provided by: www.cdc.gov

Red Cooler

**Recipe Summary:**
Preparation Time: 10 minutes  
Number of servings: 4  
Cups of Fruits and Vegetables per person: 1.00

**Ingredients:**
- 2 cups cranberries  
- 2 cups raspberries  
- 1 cup 100% cran-raspberry juice  
- 1 cup fat free raspberry yogurt  
- 2 cups ice  

**Directions:**
Place all ingredients into blender and blend until smooth. Serve immediately.

Recipe provided by: www.cdc.gov
**Veggie Delight Smoothie**

**Recipe Summary:**
Preparation Time: 15 minutes  
Number of servings: 4  
Cups of Fruits and Vegetables per person: 1.50

**Ingredients:**
2 cups apple juice  
1 cup sliced apple  
1 cup applesauce  
1 cup sliced carrots  
1 cup peeled and sliced cucumber  
2-1/2 cups ice

**Directions:**
Place all items into blender and blend until smooth. Serve immediately.

Recipe provided by: www.cdc.gov
Recipe Summary:
Preparation Time: 10 minutes
Number of servings: 3
Cups of Fruits and Vegetables per person: 0.75

Ingredients:
2-6oz cans unsalted tuna in water, drained
1 medium apple chopped
1 celery stalk, peeled and chopped
1/4 cup low fat vanilla yogurt
1 tsp prepared mustard
1 tsp honey
6 slices whole wheat bread
6 lettuce leaves
6 slices tomato

Directions:
Combine and mix the tuna, apple, celery, yogurt, mustard, and honey. Spread 1/2 cup of the mixture on three bread slices. Top each slice of bread with lettuce, tomato and remaining bread. Cut sandwiches in half or as desired.

Recipe provided by: www.cdc.gov
Avocado Tacos

Recipe Summary:
Preparation Time: 30 minutes
Number of servings: 12
Cups of Fruits and Vegetables per person: 0.50

Ingredients:
1 ripe avocado, peeled and seeded
1 medium onion, julienne
2 large green peppers, julienne
2 large red peppers, julienne
1 cup fresh cilantro, finely chopped
1-1/2 cups fresh tomato salsa (see below)
12 flour tortillas
Non-stick cooking spray

Fresh Tomato Salsa
1 cup diced tomatoes
1/3 cup diced onions
1/2 clove garlic, minced
2 tsp cilantro
1/3 tsp chopped jalapeno peppers
1/2 tsp lime juice
Pinch of cumin

Directions:
Prepare salsa as listed below. Spray skillet with cooking spray. Lightly sauté onion and green and red peppers. Cut avocado into 12 slices. Warm tortillas in oven and fill with peppers, onions, avocado slices and salsa. Fold tortillas and serve.

Recipe provided by: www.cdc.gov
Bow Tie Pasta with Roasted Garlic and Eggplant

Recipe Summary:
Preparation Time: 1 hour, 40 minutes
Number of servings: 6
Cups of Fruits and Vegetables per person: 1.00

Ingredients:
1 package (12 oz) dried large bow tie pasta
2 Tbsp fresh parsley
1/4 cup freshly grated parmesan cheese
1 bulb garlic, roasted
6 cups eggplant, peeled and cut into 1-inch cubes
1/2 cup balsamic vinegar
4 Tbsp olive oil
1/4 tsp dried oregano
1/2 tsp fresh ground pepper
3 cups (about 3 medium) chopped tomatoes

Directions:
Separate roasted garlic cloves, peel, and set aside. In a medium bowl, combine eggplant, vinegar, 3 Tbsp olive oil, oregano, and pepper. Mix thoroughly and marinate in the refrigerator for 1 hour. Place eggplant mixture, with liquid, on a baking pan. Bake in a preheated 425 F oven for 25 minutes. Stir every 5 to 6 minutes. About 10 minutes before eggplant is completely cooked, heat 1 tablespoon olive oil in a skillet. Add tomatoes and garlic. Sauté for 5 minutes. At the same time, cook pasta in a pot of boiling water according to package instructions. Drain and divide cooked pasta on 4 serving plates. Cover pasta with roasted eggplant. Cover with equal portions of tomato-garlic mixture and top with parsley. Serve immediately sprinkled with Parmesan cheese.

Recipe provided by: www.cdc.gov
**Broccoli Frittata**

**Recipe Summary:**
Preparation Time: 30 minutes  
Number of servings: 4  
Cups of Fruits and Vegetables per person: 0.50

**Ingredients:**
- 1/2 cup non-fat cottage cheese  
- 1/2 tsp dried dill  
- 2 cup fat-free egg substitute  
- 2 cups frozen chopped broccoli  
- 1 tsp olive oil  
- 2 tsp margarine  
- 1 large onion, diced

**Directions:**
Mix cottage cheese and egg substitute together; set aside. In large non-stick frying pan over medium heat, sauté onions in oil for 5 minutes, or until soft. Add broccoli and dill; sauté for 5 minutes, or until broccoli mixture softens. Set vegetable aside. Wipe out frying pan. Add 1 tsp. margarine and swirl the pan to distribute it. Add half of the vegetable mixtures, and then add half of the egg mixture; lift and rotate pan so that eggs are evenly distributed. As eggs set around the edges, left them to allow uncooked portions to flow underneath. Turn heat to low, cover the pan, and cook until top is set. Invert onto a serving plate and cut into wedges. Repeat with remaining 1 tsp. margarine, vegetable mixture, and egg mixture.

Recipe provided by: www.cdc.gov
**Mexibean Mock Lasagna**

**Recipe Summary:**
Preparation Time: 30 minutes  
Number of servings: 6  
Cups of Fruits and Vegetables per person: 1.50

**Ingredients:**
- 2 tsp olive oil  
- 1-1/2 cup chopped onion  
- 3 garlic cloves, minced  
- 1 green pepper, coarsely chopped  
- 1 red pepper, coarsely chopped  
- 1 tsp ground cumin  
- 2 tsp chili powder  
- 1/8 tsp cayenne powder  
- 1 cup frozen or fresh corn kernels  
- 15 oz can dark red kidney beans rinsed and drained  
- 15 oz can black beans, rinsed and drained  
- 1 cup no added salt tomato sauce  
- 4 oz can diced green chilies, drained  
- Nonstick cooking spray  
- 6 corn tortillas  
- 1 cup fat free ricotta cheese  
- 3/4 cup low fat cheddar cheese, shredded

**Directions:**
In large skillet, heat oil over medium high heat. Sauté onion, garlic, and peppers for 5 minutes. Stir in spices and sauté 1 additional minute. Remove from heat. Mix in corn, beans, tomato sauce, and diced green chilies. Spray 13”X9” dish with cooking spray. Place 3 tortillas in the dish arranging to cover the bottom. Spoon in half of the corn mixture, and spread 1/2 cup ricotta cheese on top. Sprinkle with half of the cheddar cheese. Repeat layers, using up all the ingredients. Cook, uncovered at 350 F for 45 minutes, until casserole is thoroughly heated and cheddar cheese has melted. Let stand 5 minutes before serving.

Recipe provided by: www.cdc.gov
Orzo Skillet

Recipe Summary:
Preparation Time: 30 minutes
Number of servings: 4
Cups of Fruits and Vegetables per person: 1.00

Ingredients:
1 lb ground turkey
2 cups canned, crushed tomato
1 cup diced onion
1/2 cup orzo pasta, uncooked
1 cup water
1 cup chopped green bell pepper
1 Tbsp chopped fresh cilantro
1/2 tsp chili powder
1/8 tsp hot sauce
16 oz can pinto beans, rinsed and drained

Directions:
Cook ground turkey in a large skillet over medium heat, stirring occasionally, until browned. Drain. Stir in remaining ingredients. Heat to boiling; reduce heat. Cover and simmer 15 minutes, stirring frequently until pasta is tender.

Recipe provided by: www.cdc.gov
**Simple Fish Tacos**

**Recipe Summary:**
Preparation Time: 30 minutes  
Number of servings: 6  
Cups of Fruits and Vegetables per person: 0.75

**Ingredients:**
1/2 cup nonfat sour cream  
1/4 cup fat-free mayonnaise  
1/2 cup chopped fresh cilantro  
1/2 package low sodium taco seasoning, divided  
1 lb (4 total) cod or white fish fillets, cut into 1-inch pieces  
1 Tbsp olive oil  
2 Tbsp lemon juice  
2 cups shredded red and green cabbage  
2 cups diced tomato  
12 6-in warmed corn tortillas  
Lime wedges for serving

**Directions:**
In a small bowl, combine sour cream, mayonnaise, cilantro, and 2 Tbsp seasoning mix.  
In medium bowl, combine cod, vegetable oil, lemon juice, and remaining seasoning mix; pour into large skillet. Cook, stirring constantly, over medium-high heat for 4 to 5 minutes or until cod flakes easily when tested with a fork. Fill warm tortillas with fish mixture. Top with cabbage, tomato, sour cream mixture, lime wedges, and taco sauce.

Recipe provided by: www.cdc.gov


**Recipe Summary:**
Preparation Time: 20 minutes  
Number of servings: 6  
Cups of Fruits and Vegetables per person: 1.00

**Ingredients:**
- 12 small corn or flour tortillas  
- Vegetable Oil or Margarine  
- 1 (16 oz) can refried beans  
- 1/4 cup chopped onion  
- 2 oz fresh or canned green chili peppers, diced  
- 6 Tbsp red taco sauce  
- 3 cups chopped vegetables, such as broccoli, mushrooms, spinach, and bell peppers  
- 1/2 cup (2 oz) shredded part-skim mozzarella cheese  
- 1/2 cup chopped cilantro (optional)

**Directions:**
Brush one side of each of two tortillas with water. Press the wet sides of the tortillas together to form a thick crust for the pizza. Brush the outside of the tortillas with a small amount of oil or margarine. Evenly brown both sides in a heated frying pan. Repeat with the rest of the tortillas. Set aside. Heat refried beans, chopped onion, and half of the diced chili peppers together in a medium saucepan, stirring occasionally. Remove from heat. Spread about 1/3 cup of the bean mixture on each tortilla pizza. Sprinkle with 1 tablespoon of taco sauce, then top with 1/2 cup of the chopped vegetables, 1 teaspoon of diced chili peppers, and 1 tablespoon of shredded cheese for each pizza. Return to frying pan and heat until cheese melts. Top with cilantro, if desired. Serve immediately.

Recipe provided by: www.cdc.gov
Recipes for Workshop Four: Eating healthy grains and starches with lowfat additions

**BBQ Lentils**

**Recipe Summary:**
Preparation Time: 8 hours, 10 minutes  
Number of Servings: 8  
Cups of Fruits and Vegetables Per Person: 1.00

**Ingredients:**
- 12 oz barbeque sauce
- 3-1/2 cups water
- 1 lb dry lentils
- 2 green peppers, diced
- 2 red peppers, diced
- 2 small onions, diced
- 1 cloves garlic, minced

**Directions:**
Combine all ingredients in slow cooker. Cover and cook on LOW for 6-8 hours.

Recipe provided by: www.cdc.gov

**Black-eyed Chicken**

**Recipe Summary:**
Preparation Time: 4 hours, 30 minutes  
Number of Servings: 6  
Cups of Fruits and Vegetables Per Person: 1.00

**Ingredients:**
- 16 oz can black-eyed peas, rinsed and drained
- 2 cups cooked chicken breast, chopped
- 1 cup diced celery
- 1 cup red bell pepper
- 1 cup green bell pepper
- 1/2 cup sliced green onion
- 1/2 cup fresh cilantro
- 3 Tbsp fat-free Italian salad dressing
- 2 Tbsp Dijon mustard
- 6 cups lettuce leaves

**Directions:**
Combine all ingredients except lettuce in a bowl. Stir well. Cover and chill for 4 hours. Serve on lettuce leaves.

Recipe provided by: www.cdc.gov
Crunchy Stir-Fry

Recipe Summary:
Preparation Time: 25 minutes
Number of Servings: 4
Cups of Fruits and Vegetables Per Person: 0.50

Ingredients:
1/2 cup vertically sliced onion
1 cup thinly sliced carrots (2 medium)
1 tsp vegetable oil
1 tsp dried basil, crushed
1 cup fresh or frozen Chinese pea pods
1 Tbsp water
1 Golden Delicious or Criterion apple (medium), cored and thinly sliced

Directions:
Stir-fry onion, carrots and basil in oil in non-stick skillet until carrots are tender. Stir in pea pods and water; stir-fry 2 minutes. Remove from heat; stir in apples. Serve hot.

Recipe provided by: www.cdc.gov
Mandarin Stir-Fry Beef

Recipe Summary:
Preparation Time: 30 minutes
Number of Servings: 4
Cups of Fruits and Vegetables Per Person: 2.00

Ingredients:
8 oz beef top sirloin or top round steak, cut into bite-sized strips
juice from 1 to 2 tangerines (1/4 cup)
2 Tbsp Hoisin or oyster sauce
1 Tbsp lite soy sauce
2 cloves garlic, minced
1/2 cup low sodium chicken or beef broth
1-1/2 cup broccoli flowerets
1/3 cup sliced green onion
4 cups sliced Chinese or Napa cabbage
1 can (8 oz) sliced water chestnuts, drained
2 tangerines, peeled, segmented
hot cooked rice

Directions:
Remove any excess fat from steak strips; place in shallow non-metal dish. In small bowl stir together tangerine juice, Hoisin sauce, soy sauce, and garlic. Pour mixture over meat; toss to coat. Cover and chill 30 minutes to several hours. Drain meat, reserving marinade. In a wok or large skillet over high heat, place 3 Tbsps broth. Stir-fry broccoli 3 minutes. Remove from wok. Add more broth if needed; stir-fry onion and cabbage for 2 minutes. Remove from wok. Add more broth if needed; stir-fry water chestnuts and tangerines for 1 minute. Add meat and cooked vegetables back to wok, along with reserved marinade. Toss well; cover and heat 1 minute. Serve with hot rice, cooked in unsalted water.

Recipe provided by: www.cdc.gov
Spanish Hot Dish Dinner

Recipe Summary:
Preparation Time: 30 minutes  
Number of Servings: 6  
Cups of Fruits and Vegetables Per Person: 0.75

Ingredients:
3/4 lb ground turkey meat  
nonstick cooking spray  
1 cup chopped onion  
2 garlic cloves, minced  
14-1/2 oz can no added salt whole tomatoes, undrained and chopped  
4 oz can diced green chilies, drained  
1/3 cup raisins  
1/2 tsp salt  
1/2 tsp pepper  
1/2 tsp cinnamon  
1/4 tsp cloves  
1/4 tsp allspice  
1/4 tsp nutmeg  
1/4 tsp orange rind  
1/2 tsp hot sauce  
1 cup canned black beans, rinsed and drained  
2 cups finely chopped apple  
3 cups cooked brown rice

Directions:
Cook turkey meat over medium heat until browned, stirring to crumble. Drain any juices and pat dry with paper towels and set aside. Wipe drippings from skillet and coat with cooking spray; place over medium heat until hot. Add onion and garlic; sauté 2 minutes or until tender. Return turkey meat to skillet. Add tomatoes, green chilies, raisins, salt, pepper, spices, orange rind and hot sauce. Bring to boil, then reduce heat to simmer, uncovered, for 15 minutes. Add beans and apple. Cook for 10 minutes, stirring occasionally. Serve over rice.

Recipe provided by: www.cdc.gov
Recipes for Workshop Five: Choosing healthy snacks

Chickpea and Spinach Curry

Recipe Summary:
Preparation Time: 10 minutes
Number of Servings: 6
Cups of Fruits and Vegetables Per Person: 1.00

Ingredients:
1 cup coarsely chopped onion
1-1/2 Tbsp fresh ginger, chopped or grated
1 tsp olive oil
1-1/2 tsp red curry powder
1 19 oz can chickpeas, rinsed and drained
1 14 oz can diced tomatoes with liquid
1 10 oz bag spinach
1/2 cup water
1/4 tsp salt (optional)

Directions:
Combine onion and ginger in food processor and pulse until minced. Heat oil in large skillet over medium high heat. Add onion mixture and curry. Sauté 3 minutes. Add chickpeas and tomatoes; simmer for 2 minutes. Stir in spinach, water and salt. Cook another minute or until spinach wilts.

Recipe provided by: www.cdc.gov
Mandarin Stir-Fry Beef

Recipe Summary:
Preparation Time:  30 minutes
Number of Servings:  4
Cups of Fruits and Vegetables Per Person:  2.00

Ingredients:
- 8 oz beef top sirloin or top round steak, cut into bite-sized strips
- Juice from 1 to 2 tangerines (1/4 cup)
- 2 Tbsp Hoisin or oyster sauce
- 1 Tbsp lite soy sauce
- 2 cloves garlic, minced
- 1/2 cup low sodium chicken or beef broth
- 1-1/2 cup broccoli flowerets
- 1/3 cup sliced green onion
- 4 cups sliced Chinese or Napa cabbage
- 1 can (8 oz) sliced water chestnuts, drained
- 2 tangerines, peeled, segmented
- Hot cooked rice

Directions:
Remove any excess fat from steak strips; place in shallow non-metal dish. In small bowl stir together tangerine juice, Hoisin sauce, soy sauce, and garlic. Pour mixture over meat; toss to coat. Cover and chill 30 minutes to several hours. Drain meat, reserving marinade. In a wok or large skillet over high heat, place 3 Tbsps broth. Stir-fry broccoli 3 minutes. Remove from wok. Add more broth if needed; stir-fry onion and cabbage for 2 minutes. Remove from wok. Add more broth if needed; stir-fry water chestnuts and tangerines for 1 minute. Add meat and cooked vegetables back to wok, along with reserved marinade. Toss well; cover and heat 1 minute. Serve with hot rice, cooked in unsalted water.

Recipe provided by: www.cdc.gov

Savory Fresh Apricot Bites

Recipe Summary:
Preparation Time:  10 minutes
Number of Servings:  12
Cups of Fruits and Vegetables Per Person:  0.50

Ingredients:
- 4 oz, fat-free cream cheese, softened
- 12 fresh apricots, halved
- 1/4 cup, pistachios, finely chopped

Directions:
Stir cream cheese until smooth; pipe or spoon into apricot halves. Sprinkle tops with pistachios. Serve as an appetizer, snack, or dessert.

Recipe provided by: www.cdc.gov
**Broccoli Baked Potatoes**

**Recipe Summary:**
- Preparation Time: 1 hour, 30 minutes
- Number of Servings: 6
- Cups of Fruits and Vegetables Per Person: 1.00

**Ingredients:**
6 medium Idaho potatoes  
3 stalks broccoli  
1/4 cup skim milk  
1 cup shredded light cheddar cheese  
1/8 tsp pepper

**Directions:**
Scrub potatoes. Make shallow slits around the middle as if you were cutting the potatoes in half lengthwise. Bake at 350°F for 30 - 60 minutes until done, depending on size. Peel broccoli stems. Steam whole stalks just until tender and chop finely. Carefully slice the potatoes in half and scoop the insides into a bowl with the broccoli. Add milk, 3/4 cup cheese and pepper. Mash together until the mixture is pale green with dark green flecks. Heap into the potato jackets and sprinkle with remaining cheese. Return to oven to heat through (about 15 minutes).

Recipe provided by: www.cdc.gov

**Banana Berry Jumble**

**Recipe Summary:**
- Preparation Time: 25 minutes
- Number of Servings: 2
- Cups of Fruits and Vegetables Per Person: 0.75

**Ingredients:**
1 large banana, halved and cut into 1/2 inch pieces  
3/4 cup fresh or frozen cranberries  
1/4 cup oats  
1/2 tsp nutmeg

**Directions:**
Combine all ingredients in a large non-stick skillet. Cook on medium-high heat just until cranberries begin to soften, stirring occasionally. Remove from heat; cool slightly. Spoon into bowls and top with low-fat whipped topping, fat-free sour cream or low-fat frozen yogurt, if desired.

Recipe provided by: www.cdc.gov
**Autumn Vegetable Succotash**

**Recipe Summary:**
- Preparation Time: 20 minutes
- Number of Servings: 8
- Cups of Fruits and Vegetables Per Person: 1.00

**Ingredients:**
- 1/4 cup olive oil
- 1 cup diced onion
- 2 cloves garlic, finely chopped
- 2 cups diced red bell peppers
- 2 cups diced zucchini
- 2 cups diced yellow summer squash
- 3 cups frozen lima beans
- 3 cups fresh or frozen corn kernels
- 2 Tbsp coarsely chopped fresh sage

**Directions:**
In a skillet over medium-high heat, add oil. Add onion; cook until translucent (2 minutes). Add garlic, bell peppers, zucchini, squash, lima beans, and corn. Season as desired; cook, stirring, until vegetables are tender (10 minutes). Stir in sage, and serve.

Recipe provided by: www.cdc.gov
Recipes for Workshop Six: Cutting back on fats

Black Bean and Corn Soup

Recipe Summary:
Preparation Time: 6 hours
Number of Servings: 8
Cups of Fruits and Vegetables Per Person: 1.00

Ingredients:
15 oz can black beans, drained and rinsed
14-1/2 oz can low sodium Mexican stewed tomatoes, undrained
14-1/2 oz can low sodium diced tomatoes, undrained
11 oz can whole kernel corn, drained
4 green onions, sliced
1 small green pepper, sliced
4 ribs celery, diced
3 Tbsp chili powder
1 tsp ground cumin
1 garlic clove, minced

Directions:
Combine all ingredients in slow cooker. Cover and cook on HIGH for 5-6 hours.

Recipe provided by: www.cdc.gov

Watermelon Blueberry Banana Split

Recipe Summary:
Preparation Time: 15 minutes
Number of Servings: 4
Cups of Fruits and Vegetables Per Person: 3.00

Ingredients:
2 large bananas
8 watermelon "scoops" — a watermelon ball created with an ice cream scoop
2 cups fresh blueberries
1/2 cup low-fat vanilla yogurt
1/4 cup low-fat granola

Directions:
Peel bananas and cut in half crosswise, then cut each piece in half lengthwise. For each serving, lay 2 banana pieces against the sides of a shallow dish. Place a watermelon "scoop" at each end of the dish. Fill the center space with blueberries. Stir yogurt until smooth, spoon over watermelon "scoops." Sprinkle with granola

Recipe provided by: www.cdc.gov
California Marinated Salad

Recipe Summary:
Preparation Time: 30 minutes
Number of Servings: 6
Cups of Fruits and Vegetables Per Person: 1.00

Ingredients:
3 nectarines, chopped
1/2 pound fresh mushrooms, quartered
1 cup cherry tomatoes, halved
1/2 cup pitted ripe olives (optional)
1/3 cup chopped green onions
1 (8oz) can artichoke hearts
1 Tbsp vegetable oil
1/4 cup lemon juice
1/4 tsp sugar
1 tsp tarragon, crumbled
1/2 tsp thyme

Directions:
In a large bowl, combine nectarines, mushrooms, cherry tomatoes, olives and green onions. Drain and save liquid from the artichokes. Add the artichokes to the salad. Combine reserved liquid with remaining ingredients in a jar. Shake well and pour over the salad. Serve immediately or chill in the refrigerator for 2 hours for the best flavor.

Recipe provided by: www.cdc.gov
Red Pepper Frittata

Recipe Summary:
Preparation Time: 45 minutes
Number of Servings: 4
Cups of Fruits and Vegetables Per Person: 0.50

Ingredients:
2 tsp olive oil, divided
1/2 cup chopped celery
2 garlic cloves, minced
1/2 tsp dried oregano
1 Tbsp grated Parmesan Cheese
1 Tbsp chopped fresh flat-leaf parsley
2 cups egg substitute
2 red bell peppers, chopped
1/2 cup chopped onions

Directions:
In a large ovenproof frying pan over medium heat, warm 1 tsp oil. Add the red peppers, celery, onions, and garlic; cook, stirring frequently for 4 to 5 minutes or until tender. Remove from heat and set aside. In a large bowl lightly whisk together the egg substitute, parsley, oregano and black pepper. Stir in the vegetable mixture. In the same frying pan over medium heat warm the remaining 1 tsp oil. Add the egg mixture and cook until brown around the edges. Cover the pan and reduce heat to low. Cook for 3 to 4 minutes, or until the eggs are set. Meanwhile, preheat the broiler. Sprinkle the frittata with the Parmesan. Place the pan about 5” from the heat and broil for 1 to 2 minutes, or until golden brown. Serve cut into wedges.

Recipe provided by: www.cdc.gov
Recipe Summary:
Preparation Time: 45 minutes
Number of Servings: 6
Cups of Fruits and Vegetables Per Person: 0.50

Ingredients:
1 cup brown rice
1 cup chicken broth
1/2 cup egg substitute
1/2 tsp mustard powder
2 cloves garlic
1 tsp shredded fresh ginger
1-1/2 cup carrot chopped into small pieces
1 cup frozen peas
1 8 oz can sliced water chestnuts, drained
2 Tbsp reduced sodium soy sauce

Directions:
Cook rice as directed but substitute 1 cup chicken broth for 1 cup water. Let rice cool to room temperature or cover and refrigerate until ready to use. In a small bowl mix together egg substitute and mustard powder until blended. Lightly coat a large skillet or wok with nonstick vegetable spray. Heat skillet, begin stirring over medium heat and add egg mixture. Cook the egg mixture without stirring until it begins to set; until the egg bits are small and crumbly. Remove and set aside. Lightly coat the skillet with nonstick vegetable spray and heat. Add garlic and ginger. Stir while cooking over medium-high heat until fragrant, about 1 minute. Add the carrots and peas. Cook and stir for about 3 minutes until vegetables are tender. Stir in cooked rice, egg mixture, and water chestnuts. Cook and stir until heated through, about 3 minutes. Add soy sauce to rice mixture. Cook and stir for 2 minutes

Recipe provided by: www.cdc.gov
Very Veggie Salad

Recipe Summary:
  Preparation Time:  15 minutes
  Number of Servings:  4
  Cups of Fruits and Vegetables Per Person:  4.00

Ingredients:
  4 cups raw spinach
  4 cups romaine lettuce
  2 cups chopped red, yellow, orange bell pepper
  2 cups grape or cherry tomatoes
  1 cup chopped broccoli
  1 cup chopped cauliflower
  1 cup sliced yellow squash
  1 cup sliced zucchini
  2 cups sliced cucumber
  2 cups chopped baby carrots

Directions:
Wash all of the vegetables and mix them together in a large mixing bowl. Top this colorful meal with the nonfat or low-fat dressing of your choice Note: the dressing is not included in the nutritional analysis.

Recipe provided by: www.cdc.gov
**Bev's Pasta Salad**

**Recipe Summary:**
Preparation Time: 4 hours, 30 minutes  
Number of Servings: 8  
Cups of Fruits and Vegetables Per Person: 1.00

**Ingredients:**
- 10 oz rotini
- 1 head cauliflower
- 1 head broccoli
- 2 bunches green onions
- 8 oz fresh mushrooms
- 4 tomatoes
- 1 bottle (8 oz), fat free herbs and spices dressing

**Directions:**
Cook rotini until al dente. Cool. Clean broccoli and cauliflower, then cut into florets. Dice green onions. Mix together with 2/3 of dressing. Marinate at least 4 hours. Just before serving, add sliced mushrooms, and diced tomatoes and remaining dressing. Mix and serve.

Recipe provided by: www.cdc.gov

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**Broiled Star Fruit with Vanilla Frozen Yogurt**

**Recipe Summary:**
Preparation Time: 15 minutes  
Number of Servings: 4  
Cups of Fruits and Vegetables Per Person: 0.50

**Ingredients:**
- 4 medium size star fruit, trimmed and each sliced into 8 stars
- 2 Tbsp fresh lemon juice
- 2 Tbsp light brown sugar
- 2 cups sugar free, fat free vanilla frozen yogurt

**Directions:**
Place a broiler rack 6 inches from source of heat. Preheat broiler. Arrange star fruit slices on a baking sheet and brush with lemon juice. Sprinkle with brown sugar. Broil until sugar bubbles and begins to darken, about 2 to 3 minutes. Meanwhile, scoop frozen yogurt into 4 dessert dishes. Top each serving with 4 star fruit slices. Serve immediately.

Recipe provided by: www.cdc.gov
Recipe Summary:
Preparation Time: 1 hour, 20 minutes
Number of Servings: 6
Cups of Fruits and Vegetables Per Person: 1.50

Ingredients:
8 large tomatoes, peeled
1 large cucumber, peeled, seeded and finely diced
1 large green bell pepper, finely chopped
1 medium-size red onion, minced
3 Tbsp red wine vinegar
1 Tbsp olive oil
3 Tbsp lemon juice
2-1/2 Tbsp chopped fresh parsley or 2 tsp dried basil
salt and fresh ground pepper to taste
tabasco sauce to taste

Directions:
To peel the tomatoes, submerge them in boiling water for 15 seconds. Place into a colander and rinse under cold water. The skins should slip right off. Core the tomatoes and gently squeeze out the seeds. Coarsely chop half of the tomatoes and purée the other half in a food processor. Combine the purée and chopped tomatoes in a large mixing bowl. Blend the remaining ingredients with the tomatoes. Cover and refrigerate for several hours before serving. Serve chilled; garnish with herbed croutons if desired.

Recipe provided by: www.cdc.gov
Recipe Summary:
Preparation Time: 30 minutes
Number of Servings: 2
Cups of Fruits and Vegetables Per Person: 1.00

Ingredients:
16 large shrimp, uncooked, deveined
3 large limes
2 cloves garlic, crushed and peeled
1/4 tsp black pepper
2 tsp olive oil
2 Tbsp fresh cilantro, cleaned and chopped
10 medium cherry tomatoes, rinsed and dried
10 small white-button mushrooms, wiped clean and stems removed

Directions:
In a glass measuring cup, squeeze limes, yielding 1/4 cup of juice. Add the garlic, pepper, olive oil, and cilantro and stir. Place the shrimp in a medium bowl and pour the cilantro lime marinade over the shrimp. Let the shrimp marinate for 10 to 15 minutes in the refrigerator (do not let them marinate for more than 30 minutes as the acid of the juice will alter the texture of the shrimp). Alternate cherry tomatoes, mushrooms, and shrimp on four skewers. Grill the skewers over a medium heat for 3 to 4 minutes on each side until the shrimp are just cooked through.

Recipe provided by: www.cdc.gov
**Recipe Summary:**
Preparation Time: 30 minutes  
Number of Servings: 4  
Cups of Fruits and Vegetables Per Person: 1.00

**Ingredients:**
1 tsp olive oil  
1 medium onion, cut in wedges  
2 cloves garlic, minced  
2 tsp curry powder  
1 can (14 oz) tomatoes  
1 can (14 oz) no-salt added green beans, drained  
4 potatoes (medium-sized), cooked and cut in chunks  
2 cups cubed or strips cooked pork  
1/3 cup seedless raisins

**Directions:**
Place onion, garlic, curry and oil in 2 quart casserole. Microwave on high for 2 minutes. Stir. Add tomatoes and green beans. Microwave on high 4 minutes, stirring after 2 minutes. Add potatoes, meat and raisins. Mix well. Microwave on high 2 minutes or until hot. Season with salt and pepper, if desired.

Recipe provided by: www.cdc.gov
Quinoa with Broccoli Rabe

Recipe Summary:
Preparation Time: 20 minutes
Number of Servings: 4
Cups of Fruits and Vegetables Per Person: 1.00

Ingredients:
1 cup quinoa
2 cups low sodium vegetable broth
2/3 cup chopped onion
1 tsp minced garlic
1 lb broccoli rabe, trimmed and chopped
1/4 tsp salt
1/4 tsp red pepper flakes

Directions:
Toast quinoa, stirring, in nonstick skillet over medium-low heat, 5 minutes. Bring broth and water to boil in medium saucepan; stir in quinoa. Reduce heat to medium-low; cover and simmer 12 to 15 minutes until liquid is absorbed and quinoa is tender. Fluff with fork and transfer to large bowl; cover and keep warm. Heat a small amount of water or broth in large nonstick skillet over medium-high heat. Add onion and garlic; cook 3 minutes. Stir in broccoli rabe, salt and red pepper. Cook until broccoli rabe is tender, 5 to 7 minutes. Stir vegetables into quinoa. Serve warm or at room temperature.

Recipe provided by: www.cdc.gov
Recipes for Workshop Eight: Tips for one dish casseroles

Red and Yellow Pepper Omelets

Recipe Summary:
Preparation Time: 20 minutes
Number of Servings: 2
Cups of Fruits and Vegetables Per Person: 1.00

Ingredients:
1 tsp olive oil
4 egg whites
1/2 tsp dried basil
2 tsp grated Parmesan cheese, divided
1 sweet red pepper, thinly sliced
1 yellow pepper, thinly sliced
1/4 tsp black pepper

Directions:
In a large non-stick frying pan over medium heat, warm oil; add the red peppers and yellow peppers; cook, stirring frequently for 4 to 5 minutes. Keep warm over low heat. In a small bowl, lightly whisk together the egg whites, basil and black pepper. Coat a small non-stick frying pan with non-stick spray. Warm over medium-high heat for 1 minute. Add half of the egg mixture, swirling the pan to evenly coat the bottom. Cook for 30 seconds or until the eggs are set. Carefully loosen and flip; cook for 1 minute, or until firm. Sprinkle half of the peppers over the eggs. Fold to enclose the filling. Transfer to a plate. Sprinkle with 1 tsp of the Parmesan cheese. Repeat with the remaining egg mixture, peppers and 1 tsp Parmesan cheese.

Recipe provided by: www.cdc.gov
Glazed Sweet Potatoes

Recipe Summary:
Preparation Time:  50 minutes  
Number of Servings:  4  
Cups of Fruits and Vegetables Per Person:  0.50

Ingredients:
1 lb sweet potatoes, peeled and cut into 1/2 inch-thick slices  
vegetable cooking spray  
1 Tbsp cornstarch  
1 Tbsp brown sugar  
3/4 cup unsweetened orange juice  
2 Tbsp lemon juice

Directions:
Spray 1 quart casserole dish with cooking spray and place potato slices in the bottom. Combine cornstarch and brown sugar in a small bowl and add orange and lemon juices, stirring well. Pour over potatoes and cover and bake at 425°F for 40 minutes or until potatoes are tender and glaze is thickened.

Recipe provided by: www.cdc.gov

Vegetarian Stuffed Peppers

Recipe Summary:
Preparation Time:  30 minutes  
Number of Servings:  8  
Cups of Fruits and Vegetables Per Person:  0.75

Ingredients:
4 red or green bell peppers  
2 cups (1 pint) cherry tomatoes  
1 medium onion  
1 cup fresh basil leaves  
3 garlic cloves  
2 tsp olive oil  
1/4 tsp salt  
1/4 tsp pepper

Directions:
Preheat oven to 425°F. Lightly oil a large shallow baking pan. Cut peppers in half lengthwise and remove seeds. Arrange peppers cut sides up in baking pan and lightly oil cut edges of stems. Halve cherry tomatoes and chop onion and basil. Finely chop garlic. In a bowl toss tomatoes, onion, basil, garlic, olive oil, salt and pepper to taste. Spoon equal portions of mixture into peppers and roast in upper third of oven until peppers are tender, about 20 minutes.

Recipe provided by: www.cdc.gov
**Winter Fruit Salad**

**Recipe Summary:**
- Preparation Time: 20 minutes
- Number of Servings: 5
- Cups of Fruits and Vegetables Per Person: 1.50

**Ingredients:**
- 1 can (20 oz) pineapple chunks (juice packed)
- 1 can (16 oz) pear halves (juice packed)
- 1 can (16 oz) sliced peaches (juice packed)
- 1 can (16 oz) apricot halves (juice packed)
- 1-1/4 cup lemon or vanilla lowfat yogurt
- 1 cup granola

**Directions:**
Drain each can of fruit very well. Cut the pear halves several times each, the peaches once, the apricots once. Mix them up in a medium sized bowl. Pour the yogurt over the top and blend gently. Spoon into 5 different bowls and sprinkle the granola on top.
*Sprinkle a little cinnamon on top to add extra zest.*

Recipe provided by: www.cdc.gov
Green Bean Potato Salad

Recipe Summary:
Preparation Time: 20 minutes
Number of Servings: 8
Cups of Fruits and Vegetables Per Person: 1.00

Ingredients:
1 lb green beans, with ends cut
2 lbs red potatoes, cut into bite-sized pieces
1 cup diced red bell pepper
1/2 cup chopped red onion
3 cloves garlic, minced
3 Tbsp fresh dill
4 Tbsp balsamic vinegar
3 Tbsp olive oil
1 Tbsp Dijon mustard
black pepper, to taste

Directions:
Steam green beans in a steamer for 5 to 8 minutes. Cook potatoes in boiling water until tender. Cool green beans and potatoes and place in a bowl. As they are cooling, prepare the dressing by mixing all ingredients together. Add onion and bell pepper to the cooled green beans and potatoes; top with dressing. Note: The dressing is included in the nutritional analysis below.

Recipe provided by: www.cdc.gov
Recipe Summary:
Preparation Time: 30 minutes
Number of Servings: 8
Cups of Fruits and Vegetables Per Person: 1.00

Ingredients:
*Minestrone*
- 2 cups coarsely chopped cauliflower (the equivalent of about 2 small heads)
- 1 1/2 cups chopped zucchini (1-2 medium)
- 3 14.5 oz low sodium chicken broth
- 1 16 oz can diced tomatoes, drained
- 1 cup uncooked elbow macaroni or small pasta shells
- 1 cup kidney beans or black-eyed peas, drained and rinsed
- 1 cup sliced carrot
- 1 cup chopped onion

*Pesto*
- 2 Tbsp olive oil
- 2 garlic cloves
- 1 cup fresh, loosely packed basil leaves
- 1 Tbsp water

Directions:
*Minestrone*
In a 5-6 quart saucepan bring 1/2 cup water to boil and add tomatoes, cauliflower, onion and carrots; reduce heat and simmer covered 10 minutes or until vegetables are tender. Add zucchini, beans, broth and pasta. Return to a boil, reduce heat and simmer uncovered 10 minutes.

*Pesto*
Put all pesto ingredients in food processor or blender and process until very finely chopped. Just before serving, remove soup from heat and stir in pesto.

Recipe provided by: www.cdc.gov
Focus on fruits

10 Tips to Help You Eat More Fruits

Eating fruit provides health benefits. People who eat more vegetables and fruits as part of an overall healthy diet are likely to have a reduced risk of some chronic diseases. Fruits provide nutrients vital for health, such as potassium, dietary fiber, vitamin C, and folate (folic acid). Most fruits are naturally low in fat, sodium, and calories. None have cholesterol. Any fruit or 100% fruit juice counts as a part of the Fruit Group. Fruits may be fresh, canned, frozen, or dried, and may be whole, cut-up, or pureed.

1. Keep visible reminders
   Keep a bowl of whole fruit on the table, counter, or in the refrigerator.

2. Think about taste
   Buy fresh fruits in season when they may be less expensive and at their peak flavor. Add fruits to sweeten a recipe.

3. Think about variety
   Buy fruits that are dried, frozen, and canned (in water or 100% juice) as well as fresh, so that you always have a supply on hand.

4. Don’t forget the fiber
   Make most of your choices whole or cut-up fruit, rather than juice, for the benefits that dietary fiber provides.

5. Be a good role model
   Set a good example for children by eating fruit every day with meals or as snacks.

6. Include fruit at breakfast
   At breakfast, top your cereal with bananas, peaches, or strawberries; add blueberries to pancakes; drink 100% orange or grapefruit juice. Or, try a fruit mixed with fat-free or low-fat yogurt.

7. Try fruit at lunch
   At lunch, pack a tangerine, banana, or grapes to eat, or choose fruits from a salad bar. Individual containers of fruits like peaches or applesauce are easy and convenient.

8. Experiment with fruit at dinner, too
   At dinner, add crushed pineapple to coleslaw, or include orange sections, dried cranberries, or grapes in a tossed salad.

9. Snack on fruits
   Dried fruits make great snacks. They are easy to carry and store well.

10. Keep fruits safe
    Rinse fruits before preparing or eating them. Under clean, running water, rub fruits briskly to remove dirt and surface microorganisms. After rinsing, dry with a clean towel.

Go to www.ChooseMyPlate.gov for more information.
with protein foods, variety is key

10 tips for choosing protein

Protein foods include both animal (meat, poultry, seafood, and eggs) and plant (beans, peas, soy products, nuts, and seeds) sources. We all need protein—but most Americans eat enough, and some eat more than they need. How much is enough? Most people, ages 9 and older, should eat 5 to 7 ounces* of protein foods each day.

1. vary your protein food choices
   Eat a variety of foods from the Protein Foods Group each week. Experiment with main dishes made with beans or peas, nuts, soy, and seafood.

2. choose seafood twice a week
   Eat seafood in place of meat or poultry twice a week. Select a variety of seafood—including some that are higher in oils and low in mercury, such as salmon, trout, and herring.

3. make meat and poultry lean or low fat
   Choose lean or low-fat cuts of meat like round or sirloin and ground beef that is at least 90% lean. Trim or drain fat from meat and remove poultry skin.

4. have an egg
   One egg a day, on average, doesn’t increase risk for heart disease, so make eggs part of your weekly choices. Only the egg yolk contains cholesterol and saturated fat, so have as many egg whites as you want.

5. eat plant protein foods more often
   Try beans and peas (kidney, pinto, black, or white beans; split peas; chickpeas; hummus), soy products (tofu, tempeh, veggie burgers), nuts, and seeds. They are naturally low in saturated fat and high in fiber.

6. nuts and seeds
   Choose unsalted nuts or seeds as a snack, on salads, or in main dishes to replace meat or poultry. Nuts and seeds are a concentrated source of calories, so eat small portions to keep calories in check.

7. keep it tasty and healthy
   Try grilling, broiling, roasting, or baking—they don’t add extra fat. Some lean meats need slow, moist cooking to be tender—try a slow cooker for them. Avoid breading meat or poultry, which adds calories.

8. make a healthy sandwich
   Choose turkey, roast beef, canned tuna or salmon, or peanut butter for sandwiches. Many deli meats, such as regular bologna or salami, are high in fat and sodium—make them occasional treats only.

9. think small when it comes to meat portions
   Get the flavor you crave but in a smaller portion. Make or order a smaller burger or a “petite” size steak.

10. check the sodium
    Check the Nutrition Facts label to limit sodium. Salt is added to many canned foods—including beans and meats. Many processed meats—such as ham, sausage, and hot dogs—are high in sodium. Some fresh chicken, turkey, and pork are brined in a salt solution for flavor and tenderness.

* What counts as an ounce of protein foods? 1 ounce lean meat, poultry, or seafood; 1 egg; 1/4 cup cooked beans or peas; 1/2 ounce nuts or seeds; or 1 tablespoon peanut butter.

Go to www.ChooseMyPlate.gov for more information.
add more vegetables to your day

10 tips to help you eat more vegetables

It’s easy to eat more vegetables! Eating vegetables is important because they provide vitamins and minerals and most are low in calories. To fit more vegetables in your meals, follow these simple tips. It is easier than you may think.

1. discover fast ways to cook
   Cook fresh or frozen vegetables in the microwave for a quick-and-easy dish to add to any meal. Steam green beans, carrots, or broccoli in a bowl with a small amount of water in the microwave for a quick side dish.

2. be ahead of the game
   Cut up a batch of bell peppers, carrots, or broccoli. Pre-package them to use when time is limited. You can enjoy them on a salad, with hummus, or in a veggie wrap.

3. choose vegetables rich in color
   Brighten your plate with vegetables that are red, orange, or dark green. They are full of vitamins and minerals. Try acorn squash, cherry tomatoes, sweet potatoes, or collard greens. They not only taste great but also are good for you, too.

4. check the freezer aisle
   Frozen vegetables are quick and easy to use and are just as nutritious as fresh veggies. Try adding frozen corn, peas, green beans, spinach, or sugar snap peas to some of your favorite dishes or eat as a side dish.

5. stock up on veggies
   Canned vegetables are a great addition to any meal, so keep on hand canned tomatoes, kidney beans, garbanzo beans, mushrooms, and beets. Select those labeled as “reduced sodium,” “low sodium,” or “no salt added.”

6. make your garden salad glow with color
   Brighten your salad by using colorful vegetables such as black beans, sliced red bell peppers, shredded radishes, chopped red cabbage, or watercress. Your salad will not only look good but taste good, too.

7. sip on some vegetable soup
   Heat it and eat it. Try tomato, butternut squash, or garden vegetable soup. Look for reduced- or low-sodium soups.

8. while you’re out
   If dinner is away from home, no need to worry. When ordering, ask for an extra side of vegetables or side salad instead of the typical fried side dish.

9. savor the flavor of seasonal vegetables
   Buy vegetables that are in season for maximum flavor at a lower cost. Check your local supermarket specials for the best-in-season buys. Or visit your local farmer’s market.

10. try something new
    You never know what you may like. Choose a new vegetable—add it to your recipe or look up how to fix it online.

Go to www.ChooseMyPlate.gov for more information.

DG TipSheet No. 2
June 2011
USDA is an equal opportunity provider and employer.
make half your grains whole

10 tips to help you eat whole grains

Any food made from wheat, rice, oats, cornmeal, barley, or another cereal grain is a grain product. Bread, pasta, oatmeal, breakfast cereals, tortillas, and grits are examples. Grains are divided into two subgroups, whole grains and refined grains. Whole grains contain the entire grain kernel—the bran, germ, and endosperm. People who eat whole grains as part of a healthy diet have a reduced risk of some chronic diseases.

1. make simple switches
   To make half your grains whole grains, substitute a whole-grain product for a refined-grain product. For example, eat 100% whole-wheat bread or bagels instead of white bread or bagels, or brown rice instead of white rice.

2. whole grains can be healthy snacks
   Popcorn, a whole grain, can be a healthy snack. Make it with little or no added salt or butter. Also, try 100% whole-wheat or rye crackers.

3. save some time
   Cook extra bulgur or barley when you have time. Freeze half to heat and serve later as a quick side dish.

4. mix it up with whole grains
   Use whole grains in mixed dishes, such as barley in vegetable soups or stews and bulgur wheat in casseroles or stir-fries. Try a quinoa salad or pilaf.

5. try whole-wheat versions
   For a change, try brown rice or whole-wheat pasta. Try brown rice stuffing in baked green peppers or tomatoes, and whole-wheat macaroni in macaroni and cheese.

6. bake up some whole-grain goodness
   Experiment by substituting buckwheat, millet, or oat flour for up to half of the flour in pancake, waffle, muffin, or other flour-based recipes. They may need a bit more leavening in order to rise.

7. be a good role model for children
   Set a good example for children by serving and eating whole grains every day with meals or as snacks.

8. check the label for fiber
   Use the Nutrition Facts label to check the fiber content of whole-grain foods. Good sources of fiber contain 10% to 19% of the Daily Value; excellent sources contain 20% or more.

9. know what to look for on the ingredients list
   Read the ingredients list and choose products that name a whole-grain ingredient first on the list. Look for “whole wheat,” “brown rice,” “bulgur,” “buckwheat,” “oatmeal,” “whole-grain cornmeal,” “whole oats,” “whole rye,” or “wild rice.”

10. be a smart shopper
    The color of a food is not an indication that it is a whole-grain food. Foods labeled as “multi-grain,” “stone-ground,” “100% wheat,” “cracked wheat,” “seven-grain,” or “bran” are usually not 100% whole-grain products, and may not contain any whole grain.

Go to www.ChooseMyPlate.gov for more information.
It is possible to fit vegetables and fruits into any budget. Making nutritious choices does not have to hurt your wallet. Getting enough of these foods promotes health and can reduce your risk of certain diseases. There are many low-cost ways to meet your fruit and vegetable needs.

1. Celebrate the season
   Use fresh vegetables and fruits that are in season. They are easy to get, have more flavor, and are usually less expensive. Your local farmer’s market is a great source of seasonal produce.

2. Why pay full price?
   Check the local newspaper, online, and at the store for sales, coupons, and specials that will cut food costs. Often, you can get more for less by visiting larger grocery stores (discount grocers if available).

3. Stick to your list
   Plan out your meals ahead of time and make a grocery list. You will save money by buying only what you need. Don’t shop when you’re hungry. Shopping after eating will make it easier to pass on the tempting snack foods. You’ll have more of your food budget for vegetables and fruits.

4. Try canned or frozen
   Compare the price and the number of servings from fresh, canned, and frozen forms of the same veggie or fruit. Canned and frozen items may be less expensive than fresh. For canned items, choose fruit canned in 100% fruit juice and vegetables with “low sodium” or “no salt added” on the label.

5. Buy small amounts frequently
   Some fresh vegetables and fruits don’t last long. Buy small amounts more often to ensure you can eat the foods without throwing any away.

6. Buy in bulk when items are on sale
   For fresh vegetables or fruits you use often, a large size bag is the better buy. Canned or frozen fruits or vegetables can be bought in large quantities when they are on sale, since they last much longer.

7. Store brands = savings
   Opt for store brands when possible. You will get the same or similar product for a cheaper price. If your grocery store has a membership card, sign up for even more savings.

8. Keep it simple
   Buy vegetables and fruits in their simplest form. Pre-cut, pre-washed, ready-to-eat, and processed foods are convenient, but often cost much more than when purchased in their basic forms.

9. Plant your own
   Start a garden—in the yard or a pot on the deck—for fresh, inexpensive, flavorful additions to meals. Herbs, cucumbers, peppers, or tomatoes are good options for beginners. Browse through a local library or online for more information on starting a garden.

10. Plan and cook smart
    Prepare and freeze vegetable soups, stews, or other dishes in advance. This saves time and money. Add leftover vegetables to casseroles or blend them to make soup. Overripe fruit is great for smoothies or baking.

Go to www.ChooseMyPlate.gov for more information.
choose MyPlate

10 tips

Making food choices for a healthy lifestyle can be as simple as using these 10 Tips. Use the ideas in this list to balance your calories, to choose foods to eat more often, and to cut back on foods to eat less often.

1. **balance calories**
   Find out how many calories you need for a day as a first step in managing your weight. Go to www.ChooseMyPlate.gov to find your calorie level. Being physically active also helps you balance calories.

2. **enjoy your food, but eat less**
   Take the time to fully enjoy your food as you eat it. Eating too fast or when your attention is elsewhere may lead to eating too many calories. Pay attention to hunger and fullness cues before, during, and after meals. Use them to recognize when to eat and when you’ve had enough.

3. **avoid oversized portions**
   Use a smaller plate, bowl, and glass. Portion out foods before you eat. When eating out, choose a smaller size option, share a dish, or take home part of your meal.

4. **foods to eat more often**
   Eat more vegetables, fruits, whole grains, and fat-free or 1% milk and dairy products. These foods have the nutrients you need for health—including potassium, calcium, vitamin D, and fiber. Make them the basis for meals and snacks.

5. **make half your plate fruits and vegetables**
   Choose red, orange, and dark-green vegetables like tomatoes, sweet potatoes, and broccoli, along with other vegetables for your meals. Add fruit to meals as part of main or side dishes or as dessert.

6. **switch to fat-free or low-fat (1%) milk**
   They have the same amount of calcium and other essential nutrients as whole milk, but fewer calories and less saturated fat.

7. **make half your grains whole grains**
   To eat more whole grains, substitute a whole-grain product for a refined product—such as eating whole-wheat bread instead of white bread or brown rice instead of white rice.

8. **foods to eat less often**
   Cut back on foods high in solid fats, added sugars, and salt. They include cakes, cookies, ice cream, candies, sweetened drinks, pizza, and fatty meats like ribs, sausages, bacon, and hot dogs. Use these foods as occasional treats, not everyday foods.

9. **compare sodium in foods**
   Use the Nutrition Facts label to choose lower sodium versions of foods like soup, bread, and frozen meals. Select canned foods labeled “low sodium,” “reduced sodium,” or “no salt added.”

10. **drink water instead of sugary drinks**
    Cut calories by drinking water or unsweetened beverages. Soda, energy drinks, and sports drinks are a major source of added sugar, and calories, in American diets.

Go to www.ChooseMyPlate.gov for more information.
It’s clear that Americans have a taste for salt, but salt plays a role in high blood pressure. Everyone, including kids, should reduce their sodium intake to less than 2,300 milligrams of sodium a day (about 1 teaspoon of salt). Adults age 51 and older, African Americans of any age, and individuals with high blood pressure, diabetes, or chronic kidney disease should further reduce their sodium intake to 1,500 mg a day.

1 think fresh
Most of the sodium Americans eat is found in processed foods. Eat highly processed foods less often and in smaller portions—especially cheesy foods, such as pizza; cured meats, such as bacon, sausage, hot dogs, and deli/luncheon meats; and ready-to-eat foods, like canned chili, ravioli, and soups. Fresh foods are generally lower in sodium.

2 enjoy home-prepared foods
Cook more often at home—where you are in control of what’s in your food. Preparing your own foods allows you to limit the amount of salt in them.

3 fill up on veggies and fruits—they are naturally low in sodium
Eat plenty of vegetables and fruits—fresh or frozen. Eat a vegetable or fruit at every meal.

4 choose dairy and protein foods that are lower in sodium
Choose more fat-free or low-fat milk and yogurt in place of cheese, which is higher in sodium. Choose fresh beef, pork, poultry, and seafood, rather than those with salt added. Deli or luncheon meats, sausages, and canned products like corned beef are higher in sodium. Choose unsalted nuts and seeds.

5 adjust your taste buds
Cut back on salt little by little—and pay attention to the natural tastes of various foods. Your taste for salt will lessen over time.

6 skip the salt
Skip adding salt when cooking. Keep salt off the kitchen counter and the dinner table. Use spices, herbs, garlic, vinegar, or lemon juice to season foods or use no-salt seasoning mixes. Try black or red pepper, basil, curry, ginger, or rosemary.

7 read the label
Read the Nutrition Facts label and the ingredients statement to find packaged and canned foods lower in sodium. Look for foods labeled “low sodium,” “reduced sodium,” or “no salt added.”

8 ask for low-sodium foods when you eat out
Restaurants may prepare lower sodium foods at your request and will serve sauces and salad dressings on the side so you can use less.

9 pay attention to condiments
Foods like soy sauce, ketchup, pickles, olives, salad dressings, and seasoning packets are high in sodium. Choose low-sodium soy sauce and ketchup. Have a carrot or celery stick instead of olives or pickles. Use only a sprinkling of flavoring packets instead of the entire packet.

10 boost your potassium intake
Choose foods with potassium, which may help to lower your blood pressure. Potassium is found in vegetables and fruits, such as potatoes, beet greens, tomato juice and sauce, sweet potatoes, beans (white, lima, kidney), and bananas. Other sources of potassium include yogurt, clams, halibut, orange juice, and milk.

Go to www.ChooseMyPlate.gov for more information.
Discover the many benefits of adding vegetables and fruits to your meals. They are low in fat and calories, while providing fiber and other key nutrients. Most Americans should eat more than 3 cups—and for some, up to 6 cups—of vegetables and fruits each day. Vegetables and fruits don’t just add nutrition to meals. They can also add color, flavor, and texture. Explore these creative ways to bring healthy foods to your table.

1. **Fire up the grill**
   Use the grill to cook vegetables and fruits. Try grilling mushrooms, carrots, peppers, or potatoes on a kabob skewer. Brush with oil to keep them from drying out. Grilled fruits like peaches, pineapple, or mangos add great flavor to a cookout.

2. **Expand the flavor of your casseroles**
   Mix vegetables such as sautéed onions, peas, pinto beans, or tomatoes into your favorite dish for that extra flavor.

3. **Planning something Italian?**
   Add extra vegetables to your pasta dish. Slip some peppers, spinach, red beans, onions, or cherry tomatoes into your traditional tomato sauce. Vegetables provide texture and low-calorie bulk that satisfies.

4. **Get creative with your salad**
   Toss in shredded carrots, strawberries, spinach, watercress, orange segments, or sweet peas for a flavorful, fun salad.

5. **Salad bars aren’t just for salads**
   Try eating sliced fruit from the salad bar as your dessert when dining out. This will help you avoid any baked desserts that are high in calories.

6. **Get in on the stir-frying fun**
   Try something new! Stir-fry your veggies—like broccoli, carrots, sugar snap peas, mushrooms, or green beans—for a quick-and-easy addition to any meal.

7. **Add them to your sandwiches**
   Whether it is a sandwich or wrap, vegetables make great additions to both. Try sliced tomatoes, romaine lettuce, or avocado on your everyday sandwich or wrap for extra flavor.

8. **Be creative with your baked goods**
   Add apples, bananas, blueberries, or pears to your favorite muffin recipe for a treat.

9. **Make a tasty fruit smoothie**
   For dessert, blend strawberries, blueberries, or raspberries with frozen bananas and 100% fruit juice for a delicious frozen fruit smoothie.

10. **Liven up an omelet**
    Boost the color and flavor of your morning omelet with vegetables. Simply chop, sauté, and add them to the egg as it cooks. Try combining different vegetables, such as mushrooms, spinach, onions, or bell peppers.

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Go to www.ChooseMyPlate.gov for more information.
got your dairy today?

10 tips to help you eat and drink more fat-free or low-fat dairy foods

The Dairy Group includes milk, yogurt, cheese, and fortified soymilk. They provide calcium, vitamin D, potassium, protein, and other nutrients needed for good health throughout life. Choices should be low-fat or fat-free—to cut calories and saturated fat. How much is needed? Older children, teens, and adults need 3 cups* a day, while children 4 to 8 years old need 2½ cups, and children 2 to 3 years old need 2 cups.

1. "skim" the fat
   Drink fat-free (skim) or low-fat (1%) milk. If you currently drink whole milk, gradually switch to lower fat versions. This change cuts calories but doesn’t reduce calcium or other essential nutrients.

2. boost potassium and vitamin D, and cut sodium
   Choose fat-free or low-fat milk or yogurt more often than cheese. Milk and yogurt have more potassium and less sodium than most cheeses. Also, almost all milk and many yogurts are fortified with vitamin D.

3. top off your meals
   Use fat-free or low-fat milk on cereal and oatmeal. Top fruit salads and baked potatoes with low-fat yogurt instead of higher fat toppings such as sour cream.

4. choose cheeses with less fat
   Many cheeses are high in saturated fat. Look for "reduced-fat" or "low-fat" on the label. Try different brands or types to find the one that you like.

5. what about cream cheese?
   Regular cream cheese, cream, and butter are not part of the dairy food group. They are high in saturated fat and have little or no calcium.

6. ingredient switches
   When recipes such as dips call for sour cream, substitute plain yogurt. Use fat-free evaporated milk instead of cream, and try ricotta cheese as a substitute for cream cheese.

7. choose sweet dairy foods with care
   Flavored milks, fruit yogurts, frozen yogurt, and puddings can contain a lot of added sugars. These added sugars are empty calories. You need the nutrients in dairy foods—not these empty calories.

8. caffeinating?
   If so, get your calcium along with your morning caffeine boost. Make or order coffee, a latte, or cappuccino with fat-free or low-fat milk.

9. can’t drink milk?
   If you are lactose intolerant, try lactose-free milk, drink smaller amounts of milk at a time, or try soymilk (soy beverage). Check the Nutrition Facts label to be sure your soymilk has about 300 mg of calcium. Calcium in some leafy greens is well absorbed, but eating several cups each day to meet calcium needs may be unrealistic.

10. take care of yourself and your family
    Parents who drink milk and eat dairy foods show their kids that it is important. Dairy foods are especially important to build the growing bones of kids and teens. Routinely include low-fat or fat-free dairy foods with meals and snacks—for everyone’s benefit.

* What counts as a cup in the Dairy Group? 1 cup of milk or yogurt, 1½ ounces of natural cheese, or 2 ounces of processed cheese.
1 think about protein
Your protein needs can easily be met by eating a variety of plant foods. Sources of protein for vegetarians include beans and peas, nuts, and soy products (such as tofu, tempeh). Lacto-ovo vegetarians also get protein from eggs and dairy foods.

2 bone up on sources of calcium
Calcium is used for building bones and teeth. Some vegetarians consume dairy products, which are excellent sources of calcium. Other sources of calcium for vegetarians include calcium-fortified soymilk (soy beverage), tofu made with calcium sulfate, calcium-fortified breakfast cereals and orange juice, and some dark-green leafy vegetables (collard, turnip, and mustard greens; and bok choy).

3 make simple changes
Many popular main dishes are or can be vegetarian—such as pasta primavera, pasta with marinara or pesto sauce, veggie pizza, vegetable lasagna, tofu-vegetable stir-fry, and bean burritos.

4 enjoy a cookout
For barbecues, try veggie or soy burgers, soy hot dogs, marinated tofu or tempeh, and fruit kabobs. Grilled veggies are great, too!

5 include beans and peas
Because of their high nutrient content, consuming beans and peas is recommended for everyone, vegetarians and non-vegetarians alike. Enjoy some vegetarian chili, three bean salad, or split pea soup. Make a hummus-filled pita sandwich.

6 try different veggie versions
A variety of vegetarian products look—and may taste—like their non-vegetarian counterparts but are usually lower in saturated fat and contain no cholesterol. For breakfast, try soy-based sausage patties or links. For dinner, rather than hamburgers, try bean burgers or falafel (chickpea patties).

7 make some small changes at restaurants
Most restaurants can make vegetarian modifications to menu items by substituting meatless sauces or non-meat items, such as tofu and beans for meat, and adding vegetables or pasta in place of meat. Ask about available vegetarian options.

8 nuts make great snacks
Choose unsalted nuts as a snack and use them in salads or main dishes. Add almonds, walnuts, or pecans instead of cheese or meat to a green salad.

9 get your vitamin B\textsubscript{12}
Vitamin B\textsubscript{12} is naturally found only in animal products. Vegetarians should choose fortified foods such as cereals or soy products, or take a vitamin B\textsubscript{12} supplement if they do not consume any animal products. Check the Nutrition Facts label for vitamin B\textsubscript{12} in fortified products.

10 find a vegetarian pattern for you
Go to www.dietaryguidelines.gov and check appendices 8 and 9 of the Dietary Guidelines for Americans, 2010 for vegetarian adaptations of the USDA food patterns at 12 calorie levels.

Go to www.ChooseMyPlate.gov for more information.
1. **make half your plate veggies and fruits**
   Vegetables and fruits are full of nutrients and may help to promote good health. Choose red, orange, and dark-green vegetables such as tomatoes, sweet potatoes, and broccoli.

2. **add lean protein**
   Choose protein foods, such as lean beef and pork, or chicken, turkey, beans, or tofu. Twice a week, make seafood the protein on your plate.

3. **include whole grains**
   Aim to make at least half your grains whole grains. Look for the words “100% whole grain” or “100% whole wheat” on the food label. Whole grains provide more nutrients, like fiber, than refined grains.

4. **don’t forget the dairy**
   Pair your meal with a cup of fat-free or low-fat milk. They provide the same amount of calcium and other essential nutrients as whole milk, but less fat and calories. Don’t drink milk? Try soymilk (soy beverage) as your beverage or include fat-free or low-fat yogurt in your meal.

5. **avoid extra fat**
   Using heavy gravies or sauces will add fat and calories to otherwise healthy choices. For example, steamed broccoli is great, but avoid topping it with cheese sauce. Try other options, like a sprinkling of low-fat parmesan cheese or a squeeze of lemon.

6. **take your time**
   Savor your food. Eat slowly, enjoy the taste and textures, and pay attention to how you feel. Be mindful. Eating very quickly may cause you to eat too much.

7. **use a smaller plate**
   Use a smaller plate at meals to help with portion control. That way you can finish your entire plate and feel satisfied without overeating.

8. **take control of your food**
   Eat at home more often so you know exactly what you are eating. If you eat out, check and compare the nutrition information. Choose healthier options such as baked instead of fried.

9. **try new foods**
   Keep it interesting by picking out new foods you’ve never tried before, like mango, lentils, or kale. You may find a new favorite! Trade fun and tasty recipes with friends or find them online.

10. **satisfy your sweet tooth in a healthy way**
    Indulge in a naturally sweet dessert dish—fruit! Serve a fresh fruit cocktail or a fruit parfait made with yogurt. For a hot dessert, bake apples and top with cinnamon.

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