



Healthy Cooking For Your Congregation

*A Guide and Resource Book
for Faith Based
Culinary Committees and Health Ministries*

*“Therefore, whether you eat or drink, or whatever you do, do all to
the glory of God” (1Cor. 10:31)*



Making Health Equality a Reality

Dear Culinary and Health Ministry Leaders:

This manual has been developed to assist you in bringing accurate information about **nutrition** and **healthy eating** to your church members, family, friends and community. Included in this guide is up-to-date information about food and cooking techniques that are healthy, fast, easy, affordable, and delicious.

We are giving you these resources because we know that **you make a difference** in the lives of your congregation. The food you prepare touches their lives, shapes your church events, and affects the way your church thinks about food.

By providing healthy and delicious meals at your church, you can improve the health of your members! You are also important role models and teachers, bringing vital information and knowledge to your church.

Enclosed is an eight-step curriculum for you to follow and use as an instructional tool with your members. You can use it on your own, for self-instruction, to find resources, recipes, tips and guidance. It was designed however, for you to use with your peers – to be shared at ongoing meetings and discussions, so the wisdom in this book can build upon the wealth of knowledge you have gained as a valuable part of your church.

If you find that you need materials that are not included in this manual, or that you need additional support, please contact Bronx Health REACH at (212) 633-0800 x 1232.

Sincerely,

Charmaine Ruddock, Project Director
Loyce Godfrey, Project Consultant

Remember that this manual is intended for informational purposes only and is not for use as an alternative to appropriate medical care. Since each individual case or need may vary, all individuals should seek the guidance of a health care professional before making health-related changes.

TABLE OF CONTENTS

Introduction and Program History	Page 4
Steps to Developing a Successful Nutrition and Culinary Initiative at Your Church	Page 5
Topic 1: The Benefits of Healthy Eating – What are the needs of your church?	Page 11
Topic 2: Trimming the Fat – The good, the bad and the ugly	Page 19
Topic 3: Fruits and Vegetables - 5-A-Day the color way!	Page 26
Topic 4: Cheers – Making healthy drink choices	Page 31
Topic 5: Fabulous Fiber – Adding some whole grains to the menu	Page 34
Topic 6: Making Sense of a Serving – How much should I eat?	Page 38
Topic 7: Family Nutrition- Promoting healthy habits at church and at home	Page 42
Topic 8: Food Safety and Sanitation – Keeping it safe	Page 50
Resources	
• Guide to Understanding Nutrition Claims on a Food Label	Page 54
• Some Food Storage Guidelines	Page 55
• Ten Super Foods You Should Eat	Page 56
• Untangling the Web – How to Find Useful Nutrition and Health Info on the Web	Page 58
• Michael Jacobson’s Nine Weeks to a Perfect Diet	Page 60
Recipes	
• 5-A-Day Kid’s Cookbook	Page 71
List of Additional Web Resources	Page 85

Introduction and Program History

"I have come that you may have life and that you may have it more abundantly." (John 10:10)

After years of talking about the food cooked and served at church, the faith-based initiative of Bronx Health REACH realized that the only way to spark real change was to work with those who choose, prepare, and serve the food offered in your church. Though a little fearful of change, culinary committees were ready to take on the challenge of asking the question: *"how can we help make our food healthier?"*

We know that chronic diseases related to nutrition are leading to poor outcomes for members of our community. **Diabetes, heart disease, high blood pressure and obesity** are major concerns for our congregations. We also know that eating well, being active and getting good medical care are the keys to preventing and controlling these epidemics in our churches and in our homes.

In 2004, we invited culinary staff to join us at the regular monthly faith-based coordinators' meetings to talk about what they would need to do to start making changes.

Bronx Health REACH partnered with Loyce Godfrey, a member of the Faith Based Outreach Initiative and a food and nutrition management professional. Ms. Godfrey agreed to help provide the training needed to get our culinary committees cooking and eating healthy. And thus the Culinary Initiative was born.

Developing the program... *"And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God" (Romans 12:2)*

The goal of the Culinary Initiative was to develop menus, recipe ideas and educational strategies to provide healthy meals at church. We knew some folks would be resistant to change, but we knew the time was right to act!

We decided to invite culinary staff to Walker Memorial Church, Bronx, NY to attend hands on, practical and educational training sessions to help them identify the strategies that would work best in their own kitchens.

Through the combined efforts of Bronx Health REACH, nutritionist Jennifer Black, Loyce Godfrey and culinary staff, this manual and resource guide was created to assist other faith groups in developing and implementing a nutrition and culinary education program.

Steps to Developing a Successful Nutrition and Culinary Initiative at Your Church

1. Identify Key Participants.

To spark change, you need a team of interested, caring and motivated individuals to work on making improvements for the health of your church. Previous in-depth knowledge of nutrition is not necessary, but an interest in and commitment to the importance of the nutrition and fitness in relation to health are key. Ask yourself, who makes decisions about the food purchased, prepared and served at your church? Who would most benefit from learning about healthy cooking and who can impact others? Once the key staff has been selected, involve them in the planning of the program. Get together to brainstorm and share each individual's experiences.

2. Determine the needs of your church.

Different churches have different needs and barriers to making changes. In the first section of this guide you will find a survey that will help you to identify the needs of your culinary staff and church.

Find out what health problems are most important to your congregation. Are members being affected by diabetes, high cholesterol, weight management or hypertension? What do congregants view as their biggest motivators, challenges and fears when it comes to changing their eating habits?

To determine the current knowledge and attitudes of your group, set up a question and answer session with your team. Invite church leaders and congregation members to provide input. Use open-ended questions and encourage the group to share what they think and feel about nutrition. Remind them that they are not being tested and that there are no wrong answers. You can begin with a question such as, "What do you think of when you hear the word 'nutrition'?" Also determine where they receive information about healthy eating.

Discover what changes your church is ready for. Some churches will be up for major changes, new menus, and new styles of cooking, while others will need changes to be introduced slowly. Setting up taste testing, making subtle changes to the way dishes are prepared and introducing new dishes one at a time may help your changes be more successful.

3. Determine the goals of your program.

Use what you learned during the Q&A session and with your surveys to choose the goals of your program. Set goal that are realistic but significant. Take small steps that you really think your team can achieve and that your congregation will support. The information on pages six and seven will help you to set up your program and identify goals and objectives.

Things to Consider When Designing an Education Program

1. Population – consider education, needs and cultural background.
2. Philosophy – expresses the team's values and shared sense of purpose of the team.
3. Goals and Objectives – once the population is identified, a program requires goals and objectives.
 - a) Goal setting – Goals are general in nature and will help guide what material to cover and in what depth. Well-written goals will guide the formulation of the program's objectives.
 - b) Behavioral objectives – Changes in behavior will help lead to goal achievement. The educational process is best accomplished by setting clear objectives that state in precise, measurable terms what the participant needs to know.

Creating an objective:

The first question to ask yourself when planning an educational program is: what is the desired change? At the end of your program what do you want to see happening that's different from what you see today?

Before choosing your objectives, ask yourself these questions:

- a) Who will be involved in creating change at your church? (Will you need the support of the culinary staff, health ministry, food preparers, servers, family members, etc.)
- b) What will people do differently after your program is finished? Try to choose objectives that you can measure. For example, the culinary committee will cook with less fat, or less salt, or use more fresh fruits and vegetables.
- c) How big of a difference do you want to see? Be specific, but realistic. For example, 2 dishes made with fresh fruits or vegetables will be served at each church meal, or fried foods will be served only once a month or less.

4. Locate resources for information.

There are many free or low-cost resources available to assist you with providing nutrition and health information to your church. For example, REACH has utilized Team Nutrition resources (available free of charge from the USDA).

Epicurious.com is also a great resource for free recipes. Check the resource page at the end of this guide for more resources or ask a REACH staff member for more information.

Be proactive. Keep an eye out for good information sources and for colleagues who can direct you to up-to-date information and appropriate resources.

5. Choose a menu to change or develop a new menu.

What is the first thing that needs to be changed on your current menu for church events? Is there too much fat in your cooking? Are most foods fried? Are your meals low on vegetables but high in creamy, high fat, high salt dishes that load on the calories? Is fresh fruit and low fat milk available? Are whole grains and foods rich in fiber ever seen at a festive table?

Once you've chosen your goals and objectives, it should be easy to decide what menu changes need to be made.

6. Involve faith leaders, adults and the children.

Notify church members about the changes being made and invite them to become involved. Keep them updated about upcoming activities and exciting new dishes that you will provide. Try holding pot-luck events where folks can show off their own healthy cooking talent.

7. Involve the community.

Other churches, local health centers and community-based organizations can act as resources and provide support for your initiatives. Invite other groups in to share in your successes. Attend Culinary Initiative meetings to hear about what culinary staff are doing at other churches.

8. Evaluate your program often.

When you develop your objectives, include a desired outcome that is measurable. Establish a time frame in which you will evaluate the outcome. You need to find out what's working and what isn't. Which changes are big hits and which need some more work?

9. Stay aware of current information and activities related to nutrition.

Attend REACH meetings to find out more information about nutrition, diabetes and health disparities. You can also subscribe to nutrition newsletters such as Tufts University Health and Nutrition Letter, Nutrition Action Health Letter, and the American Cancer Institute Nutrition Newsletter. Attend conferences about nutrition, physical activity and health. Make contact with a local nutrition or health professional that can provide updates for your staff.

10. Keep up the momentum!

Improving Healthy Eating in Your Church

An Eight Step Curriculum

*"I pray that God, who gives peace, will make you completely holy, and may your spirit, soul and body be kept healthy and faultless."
(1 Thes. 5:23 CEV)*



Bronx Health REACH Culinary Initiative

Vision: To provide faith-based organizations with the knowledge and tools needed to make positive lifestyle changes. Eating a healthy diet can help reduce the risk of developing chronic diseases such as diabetes and cardiovascular disease, and will improve the health of those already diagnosed with such diseases. Individuals involved in choosing, preparing, serving and eating foods will become positive role models for the entire congregation, empowering members of the community to make healthy food choices at church and at home.

Program Goal: To help faith-based organizations select, prepare and serve healthful meals. By providing nutritious options and supporting the important role of nutrition in health, faith based culinary committees and health ministries will help to improve the health of their congregation and will empower individuals to adopt healthy lifestyles in their own homes and daily lives.

Objectives:

1. Participants will purchase, prepare and serve meals with increased nutritional value that contribute to the prevention of chronic diseases like diabetes and heart disease.
2. Participants will prepare menus which:
 - Contain less fat, especially saturated fat
 - Contain less salt
 - Are rich in fiber, and prepared with more whole grains
 - Offer more vegetables, fruits and other whole foods
 - Serve healthy drink options, and less high sugar beverages
 - Offer lower fat dairy, instead of high fat dairy
 - Offer appropriate portion sizes
 - Are tasty, affordable, easy to prepare and delicious
3. Congregation members will be empowered to adopt healthy eating at home

Topic 1: The Benefits of Healthy Eating – What are the needs of your church?

"But I discipline my body and bring it into subjection, lest, when I have preached to others, I myself should become disqualified." (1 Cor. 9:27)

Session objectives:

- Participants will identify 3 benefits of healthy eating
- Participants will identify the nutritional and health needs of their congregations
- Participants will identify at least 3 strategies to improve the menus at their church

Tools/Handouts:

- Culinary committee questionnaire
- Dietary guidelines for Americans
- Blank weekly menus

Background:

Eating healthy foods that are low in fat and calories, high in vitamins, minerals and fiber, and low in refined sugars can keep our bodies healthy. People who eat a healthy diet will:

- Maintain a healthy body weight
- Reduce their risk of chronic diseases like diabetes, heart disease, cancer, osteoporosis and others
- Have stronger muscles and bones
- Keep their bodies healthy
- Act as good role models for family, friends and community members

Identifying the needs of your culinary staff and congregation will help you decide what changes will work best in your church.

Lesson Plans are intended to serve as a guide for your meetings and discussions. You should appoint a group leader (or leaders) each week who will read the topic introductions and lesson plans ahead of time and will be prepared to lead the discussion. The leader does not have to be an expert in nutrition, but should be someone who is willing to keep the group on track, ensure that you have the resources and tools you need, and who is comfortable leading a discussion. Follow the suggested points included in this section to guide your meeting. Someone might want to keep notes so you can reflect back at later sessions.

Topic 1: The Benefits of Healthy Eating – What are the needs of your church?

Lesson Plan

Suggested discussion points:

- Ask participants why they think healthy eating is important. Discuss the benefits.
- Find out what they identify as the greatest health needs of the church, at home and in the community. How will healthy eating make a difference?
- Take 10-20 minutes to fill out the culinary questionnaire (found at the back of this section). Discuss the needs of your church. Are there already things that you know you want to change? Have congregation members made special requests for healthier foods? What do you do well now? What do you want to work on? You may want to start a notebook or folder where you record new ideas, save new recipes or collect nutrition and health information.
- What are the barriers to healthy eating for your church? What will help you overcome them? Think about cost, access to healthy foods in your neighborhood, your community's knowledge and attitudes about health and nutrition and the people and places that affect your food choices.
- After completing the surveys, decide on three objectives that you would like to accomplish. In other words, what three changes would you like to see in your church's food? (Some examples might include: serving more vegetables, cooking with less fat or less salt, serving smaller portion sizes of high calorie foods, eliminating high sugar or high fat drinks, etc). These don't have to be written in stone, but you should start thinking about the first steps you want to make.

For Next Week:

- Ask participants to fill out a weekly menu of meals typically served at church *now*. Begin to think about the first things you would like to change and how you would like the menu to be different at the end of this program.
- Do you have a favorite healthy recipe that can be discussed next session?

Community Activities:

- Can you find places in your neighborhood where you can purchase healthy foods? Think about how people in your community access foods. Do you need transportation to get there? What would happen if you didn't have a car, or were elderly with poor mobility? Are there resources to help those in need?

CULINARY QUESTIONNAIRE:
A tool to understand the changes needed at your church

This survey was created to help you understand how food is being prepared in your church and what changes are needed to improve the quality of the food served there. Please answer the questions as honestly as you can. There are no right or wrong answers. Discuss the answers with other culinary committee members to help decide what changes will work best for you and your team.

Today's Date:

Church Name:

Name of Person Filling Out the Survey:

Address:

Telephone Number:

1) Who is involved in choosing, buying, storing, preparing and serving food at your church?

2) Are your staff paid or are they volunteers?

3) How many meals are prepared each week by your culinary staff?

4) Which meals are usually prepared at your church:

a. breakfast Yes or No how often _____

b. lunch Yes or No how often _____

c. dinner Yes or No how often _____

d. special occasions Yes or No how often _____

please describe the event: _____

5) Does your church also have a food pantry? Yes or No

6) How many people do you usually serve at a church meal?

7) What kind of fat is usually used for cooking at your church?

- a. butter or margarine
 - b. lard or shortening
 - c. vegetable oil (such as olive oil, or canola oil)
 - d. vegetable spray (like PAM)
 - e. other fats (please describe) _____
-

8) Please describe the types of foods that are usually fried at your church (for example, chicken, pork chops, plantains, etc)

- a. _____
- b. _____
- c. _____

9) How often are fried foods served at your church meals?

- a. every meal
- b. most meals
- c. rarely

10) Is there a vegetable served at every meal? Yes or No or Don't know

Which vegetables are usually served?

- a. _____
- b. _____
- c. _____

How are the vegetables usually cooked (e.g. baked, fried, steamed, with oil, with salt, etc)?

Do you like the taste of the vegetables served at your church?

Yes No Don't know

11) Is there a fruit served at every meal? Yes No Don't know

Which fruits are usually served?

- a. _____
- b. _____
- c. _____

Please describe how the fruits are served (e.g. fresh and whole, cooked, from a can, dried, etc.)

Do you like the taste of the fruits served at your church?

Yes No Don't know

12) What kind of milk is served at your church (this can be for coffee or tea or served on its own):

- a. regular or whole milk
- b. 2% milk
- c. 1% or skim milk
- d. soy milk
- e. creamer (what brand) _____
- f. we don't serve milk at our church
- g. other (please describe) _____

13) What kinds of seasonings are used for cooking at your church?
(circle all that apply to you):

- a. salt
- b. pepper
- c. garlic and onions
- d. sofrito or adobo
- e. other spices (please describe) _____

14) Do the children typically eat the same food as the adults or do you prepare a separate "kids menu" for them?

If the culinary staff typically prepares different food for the kids, please list some examples (include snacks, beverages, and meals):

15) Do you think the food prepared at church meals is healthy?

Yes No Don't Know

Please explain. What is healthy or unhealthy about the food?

16) What barriers or obstacles make it hard for your church to serve healthy foods?

17) Does your church have a budget for meals? Yes or No or Don't know

What is your average food cost per meal per person: _\$_____

Breakfast:

Lunch:

Dinner:

I don't know the food costs at my church (please check box)

Other food costs (please describe):

18) Does your church have a kitchen? Yes or No

19) What kinds of appliances do you use for cooking at church?

- a. oven
- b. stove
- c. hot plate
- d. microwave
- e. other appliances (please describe) _____

20) Is there any equipment that your church is missing or that you wish it had?
Please describe:

21) Where do you usually buy food for your church meals? (circle all that apply to you)

- a. supermarket**
- b. we buy food in bulk from food suppliers**
- c. we get food donated or for free from a food bank**
- f. d. our congregation donates it**
- g. e. other (please describe) _____**

22) If you could change something about the food served at your church, what would it be?

What foods would you add to the menu?

- a. _____**
- b. _____**
- c. _____**

What foods would you take off the menu?

- a. _____**
- b. _____**
- c. _____**

How would you change the way food is cooked?

23) Is there any other information you would like us to know about you or your church?

24) If you have worked with other groups or organizations to improve the quality of your menu or to improve the health of your church, what changes have you successfully made?

25) Please describe the menu for a typical meal at your church. Be as specific as you can. Is the food served hot or cold? Does it come with sauce or gravy? How is the dish cooked (fried, boiled, steamed, roasted?).

You can use the menu planning sheets attached to help you.

MENU PLANNER

Please describe the typical menu for a meal at your church:

	Food item or dish	How was it prepared? (e.g. fried, steamed, baked)	What kinds of ingredients were added?
Breakfast:			
Meat/Fish/Poultry/Eggs	_____	_____	_____
Starches (e.g. bread, biscuits, waffles, etc.)	_____	_____	_____
Fruit	_____	_____	_____
Dairy	_____	_____	_____
Other	_____	_____	_____
Drinks	_____	_____	_____
Lunch/Dinner			
Meat/Fish/Poultry/Eggs	_____	_____	_____
Starches (e.g. bread, biscuits, waffles, etc.)	_____	_____	_____
Salad or Vegetable	_____	_____	_____
Fruit	_____	_____	_____
Dairy	_____	_____	_____
Other	_____	_____	_____
Drink	_____	_____	_____
Dessert	_____	_____	_____

Diabetes Nutrition Knowledge Quiz

If you are preparing food for people with diabetes, as many of us are these days, do you have enough information about their dietary needs?

Take this quick quiz to check your knowledge.

1) The diabetic diet is:

- a. the way most American people eat
- b. a healthy diet for most people
- c. too high in carbohydrate for most people
- d. too high in protein for most people

2) Which of the following is highest in carbohydrate?

- a. baked chicken
- b. swiss cheese
- c. baked potato
- d. peanut butter

3) Which of the following is highest in fat?

- a. low fat milk
- b. orange juice
- c. corn
- d. honey

Note: The answers are b, c, a

Topic 2: Trimming the Fat – The good, the bad and the ugly.

"For you were bought at a price; therefore glorify God in your body and in your spirit, which are God's." (1 Cor 6:20)

Objectives:

- Participants will identify the role of fat in weight control and heart disease
- Participants will identify the main sources of fat in their church menus
- Participants will identify 3 strategies to reduce the fat in the foods served
- Participants will recognize the difference between "good fats" and "bad fats" and how to reduce saturated fat in their menus

Tools/Handouts:

- Dietary guidelines page 28-30
- REACH tips to lower cholesterol
- Church weekly menus to be analyzed
- Bring your own heart healthy, reduced fat recipes
- Goal setting sheet #1
- Recipe modification sheet: cutting the fat
- Ingredients to prepare a low fat recipe of your choice

Background:

Everybody needs some fat in his or her diet. Fat gives flavor and texture to foods, provides energy for our bodies, helps us absorb some essential vitamins (like vitamins A, D, E and K), and keeps the body insulated.

However, eating too much fat can lead to weight gain and can raise your risk of heart disease. Each gram of fat contains 9 calories (whereas carbohydrate and protein only carry 4 calories per gram). Fat is "energy dense", so most foods that are high in fat are also high in calories. When we eat more calories than we can burn off, we gain weight.

Not all fats are created equal. Some fats, especially those called "**saturated fat**" and "**trans fats**", can increase our risk of heart disease and stroke by raising the blood cholesterol. These artery-clogging fats should be reduced as much as possible from our diets. The main sources of saturated fat include: high fat dairy products like cheese, whole milk, cream, butter and regular ice cream, fatty meats, poultry skin and fat, and lard, palm oil and coconut oil. Trans fats are those found in partially hydrogenated vegetable oils. Hydrogenated oils are often used to make margarine and shortening and other processed foods.

"**Unsaturated fats**", still contain calories, but do not raise blood cholesterol. These "good" fats include: the fats in most nuts, avocados, and fatty fish like salmon. Plants oils, like olive and canola oils are better choices for cooking than lard and butter.

Topic 2: Trimming the Fat

Lesson Plan

Discussion points:

- Discuss the community activity from lesson 1. Were healthy foods available in your neighborhood?
- Discuss the role of fat in the diet. Discuss the different kinds of fat (saturated, unsaturated, trans, cholesterol). What's the role of fat in heart disease and in weight management? What foods do you eat that are high in saturated fat? Trans fat? Unsaturated fat?
- Talk about where most of the fat is added in the cooking process at your church? Do you often fry foods? Is fat added for flavor? Do you use healthy fats like olive and canola oil, or butter, lard and shortening?
- Let's look at your church menus. What do you see? Where are the biggest problems with fat? What specific dishes are high in fat? Which are low in fat?
- Discuss alternatives to using fat. Talk about alternate cooking techniques like roasting, steaming and broiling instead of frying. Discuss using herbs, spices and other options to flavor foods instead of high calorie fats.
- Let's look at the recipes participants brought in. How can you modify them to reduce the fat but keep the flavor? Group discussion.
- Prepare a reduced fat recipe and taste it.
- Set your goals. As a group, set a specific goal or goals for your church and write it down on the goal sheet #1. Post this in the kitchen as a reminder. For example: we will stop using lard or butter for cooking (what will you use instead), we will reduce the use of frying at church meals (what will you do instead).

For Next Week:

- Choose 2 reduced fat recipes that you will add or substitute into your church's menu. If possible, prepare it at home to sample.

Community Activities:

- Next time you eat at a restaurant, ask your server what kinds of fats are used to prepare your food. Find out if these are heart healthy unsaturated fats, or artery clogging saturated fats.

Tips To Lower Your Cholesterol



Making Health Equality a Reality

Follow these tips to lower your cholesterol:

- ❑ Eat foods that are high in fiber, especially soluble fiber. Soluble fiber is found in beans, peas, fruits and root vegetables, as well as oats, barley and flax.
- ❑ Use only nonfat or low fat dairy products. Regular dairy products like whole milk, butter, cheese, cream cheese and ricotta cheese are very high in saturated fat.
- ❑ Get 30 minutes of physical activity on most days of the week, to help raise HDL (good cholesterol). For example, try to walk at least 2-3 miles per day at least 5-6 days per week.
- ❑ Limit the amount of saturated fat you get from dairy products, red meat and oils. Base most of your meals on beans, vegetables, fruits and whole grains, with a small amount of low fat animal protein foods like nonfat dairy, fish & egg whites.
- ❑ Avoid foods with added trans-fat. This fat comes from partially hydrogenated vegetable oils often found in fried foods and processed foods like crackers, baked goods and desserts. You can look for the name "hydrogenated oil" in the ingredient list.
- ❑ Limit the amount of cholesterol in your foods to no more than 200 mg per day.
- ❑ Read the Nutrient Facts Label on packaged foods. (Good choices have less than 1g of saturated fat and less than 20mg of cholesterol)
- ❑ If you are overweight, lose weight. This will help lower your total cholesterol and raise your HDL (good cholesterol). The best way to lose weight and keep it off is to exercise and eat a diet that is high in fiber and low fat.
- ❑ Try some soy products in place of animal protein. Studies show that soy protein can help lower cholesterol.
- ❑ Limit your use of sugar and fructose. Sugar can raise your triglycerides.
- ❑ Try using Take Control or Benecol margarine instead of butter– These have a plant product in them that can help with your cholesterol.

Source: Bronx Health REACH 2004



Foods to Avoid



Foods to Choose

<p>Fruits and Vegetables:</p> <ul style="list-style-type: none"> - Coconut - Coconut milk, oil - Frozen or canned vegetables packaged with sauce. - Sweetened fruit juice 	<p>Fruits and Vegetables:</p> <ul style="list-style-type: none"> - Fresh fruit - Dried fruit (raisins, apricots, prunes) - Beans and peas - Fresh or frozen vegetables (broccoli, collard greens, carrots, parsnips, avocado)
<p>Meat and Meat Alternatives:</p> <ul style="list-style-type: none"> - Processed meats (hot dogs, sausage, deli meats) - Marbled beef - Ground meat - Egg yolks - Skin of chicken or turkey - Fried meats 	<p>Meat and Meat Alternatives:</p> <ul style="list-style-type: none"> - Fish, Seafood - Chicken or turkey, white meat, without skin - Canadian bacon - Egg whites - Extra lean pork or beef - Ground turkey breast, ground chicken breast
<p>Grains and Baked Products:</p> <ul style="list-style-type: none"> - Danish - Biscuit - Donuts - Store-bought cakes and cookies 	<p>Grains and Baked Products:</p> <ul style="list-style-type: none"> - 100% whole wheat bread - Whole grain cereals - Oats and oat cereal - Bran products - Brown rice - Barley, quinoa, rye
<p>Milk and Dairy Products:</p> <ul style="list-style-type: none"> - Whole (regular) milk - Regular cheese - Whole milk yogurt - Ice cream - Heavy cream - Cream soups 	<p>Milk and Dairy Products:</p> <ul style="list-style-type: none"> - Skim or 1% milk - Low fat cheese - Low fat yogurt - Low fat ice cream or frozen yogurt - Low fat buttermilk
<p>Other:</p> <ul style="list-style-type: none"> - Butter, lard, shortening - Cream cheese - Fried foods from restaurants (French fries, fried chicken, onion rings) - Drinks with a lot of sugar (soda, Kool-Aid, sweetened iced tea) - Alcohol 	<p>Other:</p> <ul style="list-style-type: none"> - Canola or olive oil - Sunflower seeds - Flax seeds - Wheat germ - Almonds, peanuts, pecans

GOAL SHEET #1

Setting goals is a great way to change your behaviors. Choose specific goals that you will do this month to cut the fat out of your church's menu.

Today's Date: _____

My goals for this month are:

(What will you change? For example: will prepare less fried foods, will use spices instead of salt for flavor, will use olive oil instead of lard or butter, etc).

I will reach these goals by:

(What will do to reach your goal? For example, find new low fat recipes, purchase healthy ingredients, buy a new nonstick pan that uses less fat, start reading the nutrition label to identify sources of fat in your food, etc.)

Identify two dishes on your church's menu that you will modify this month:



Signature

RECIPE SUBSTITUTIONS

<u>Original Recipe</u>	<u>Healthier Substitution</u>
Whole Milk	Skim, ½ %, or 1% milk
Light Cream	Evaporated Skim Milk
Heavy Cream	Evaporated Skim Milk
1 ounce baking chocolate	3 tbsp. Coca & 1 tbsp. vegetable oil; or 3 tbsp. cocoa and 2 tsp. water
Whipped Cream	Whip chilled Evaporated Skim Mil or low-fat Whipped topping
Sour Cream	non-fat or Light Sour Cream
Oil in Baking	Equal amounts of applesauce, liquid Butter Buds, or Prune puree (blend in food processor ½ cup of pitted prunes and 1 cup water until smooth. Can refrigerate for 3 weeks.)
Butter, Lard, Margarine	Reduce by 1/3, as tolerated, or use equal amounts of applesauce or mashed banana.
1 whole egg	2 egg whites; or ¼ cup of egg substitute; or dry egg substitute (available in health food stores)
Ricotta cheese	Non-fat version
Bacon	Ham or Canadian Bacon; Soul Food Seasoning, if for seasoning
Frosting	Sifted Confectioner's Sugar; Sifted Cocoa; Flavored Marshmallow cream; or Light Whipped Topping
Margarine in Pasta or Rice Mix	For ¼ cup, use 1 tbsp. margarine & 3 tbsp. broth

RECIPE SUBSTITUTIONS CONTINUED

Original Recipe

Healthier Substitution

9 inch pie crust	½ cup margarine for every 2 cups of flour; or 2/3 cup of Graham Cracker crumbs & 2 ½ tbsp. melted tub margarine. Bake at 425 degrees for 5 minutes.
Nuts	Reduce by ½; or use Grape Nuts cereal
Chocolate Chips	Reduced-fat chocolate chips
Oil for frying vegetables or meat	Sauté in non-fat cooking spray, wine, liquid, Butter Buds, or fat-free chicken broth. Unused chicken broth can be saved by freezing in plastic ice cube trays.
Sugar	Reduce sugar by 25% & increase sweet spices (cinnamon, ginger, allspice, nutmeg, vanilla & almond extracts.) Can substitute Sweet 'N Low, but not NutraSweet, for half sugar in most recipes. 3 packets = ¼ cup of sugar.)
Neckbone	Skinless chicken thighs or Soul Food Seasoning
Ham Hocks or Fat Back	Turkey thighs, ham or Soul Food Seasoning
Gravy	In a dry skillet on medium heat, stir flour until brown. Whisk in chicken, beef, or vegetable broth, and heat until thick.

Do not overbake baked goods containing reduced fat products. Use the following guide: cakes and breads 325-350 degrees; cookies 300-325 degrees.

Source: http://www.tachc.org/HDC/Tools/Self-Management/Docs/Diabetes/Recipe_Substitutions.doc

Topic 3: Fruits and Vegetables – Five-A-Day the color way!

Objectives:

- Participants will identify the benefits of eating 5-9 servings of fruits and vegetables daily
- Participants will identify 3 strategies to increase the fruits and vegetables at church meals
- Participants will identify at least two recipes that are rich in vegetables but low in added fats and salt that they would like to add to their menu

Tools/Handouts:

- Dietary guidelines page 22-23
- Church's weekly menus to be analyzed
- Storage and safety tips
- Healthy recipes
- Goal setting sheet #2
- Menu planning sheet for luncheon

Background:

Fruits and vegetables are powerhouses of nutrition. Not only are they great sources of many vitamins and minerals, most are low in calories and rich in fiber. These wonder-foods have also been shown to reduce the risk of chronic diseases, improve bowel function, and help people feel full after eating.

To promote health, we should all eat a variety of fruits and vegetables *every day*. At least 2 servings of fruits and 3 servings of vegetables each day will help improve your health.

Many church meals are often sparse in these foods. Adding more vegetable dishes is a great way to improve the quality of your menu!



Topic 3: Fruits and Vegetables:

Lesson Plan

"Then God said, I give you every seed-bearing plant on the face of the whole earth and every tree that has fruit with seed in it. They will be yours for food." (Genesis 1:29)

Discussion points:

- What are the benefits of eating fruits and vegetables? Talk about fiber, vitamins and minerals, nutrient density, low caloric load, color, flavor, variety.
- What fruits and vegetables are currently served at church? How are they prepared? How often are they served? How can we improve? How can we add more fresh produce to the menu? Which vegetables do people like? How can we present them better?
- Talk about food safety, proper storage of produce, and your favorite places to buy fresh produce.
- Look at your menu. Where are you going to add vegetable dishes? Can you provide 2 vegetable dishes for each meal? Can you do better than a salad with iceberg lettuce?
- Do a hands on demonstration preparing an easy vegetable recipe or salad.

For Next Week:

- Prepare a sample menu for a luncheon that will serve 20 people. Which 2 vegetable side dishes will you include? Discuss next class.

Community Activities:

- Visit your local grocer and find out where your fruits and vegetables come from. Are they grown locally? Are they shipped in from far away? Think about where you can purchase the best quality, fresh produce for the least money in your neighborhood and share the information with your group.

Menu Planning Activity

Your goal for this activity is to plan a **healthy luncheon menu for 20 people**. Think about the goals you've set. Select a nutritious main course, at least two dishes rich in vegetables, a tasty low calorie dessert and some healthy drink choices.

Try to figure out how much you will budget for, and where you can purchase reasonably priced ingredients.

<u>Food Item</u>	<u>How will you prepare it?</u>	<u>Expected cost per person</u>
------------------	---------------------------------	---------------------------------

Appetizer (optional)

Entrée:

Side Dish #1:

Side Dish #2:

Other dishes:
(optional)

Dessert:

Beverages:

Where will you purchase the ingredients?

What are your barriers or concerns in preparing this menu?

Goal Sheet #2

Setting goals is a great way to change your behaviors. Decide what you will do this month to increase the amount of vegetables and fruits served at your church.

Today's Date: _____

My goals for this month are:

(What will you change? For example: will make sure 2 dishes made with vegetables are served at each meal, will provide fresh fruit for dessert, etc.)

I will reach these goals by:

(What will you do to reach your goals? For example, purchase healthy ingredients, look for new recipes, start a vegetable garden at the church, etc.)

Identify two dishes on your church menu that you will modify this month:



Signature

How can Consumers Reduce the Risk of Foodborne Illness from Fresh Produce?

Foodborne illness can cause serious and sometimes fatal infections in young children, frail or elderly people, and others with weakened immune systems. Healthy persons with foodborne illness can experience fever, diarrhea, nausea, vomiting and abdominal pain.

Following are some steps that consumers can take to reduce the risk of foodborne illness from fresh produce:

- At the store, purchase produce that is not bruised or damaged. If buying fresh cut produce, be sure it is refrigerated or surrounded by ice.
- At home, chill and refrigerate foods. After purchase, put produce that needs refrigeration away promptly. (Fresh whole produce such as bananas and potatoes do not need refrigeration.) Fresh produce should be refrigerated within two hours of peeling or cutting. Leftover cut produce should be discarded if left at room temperature for more than two hours.
- Wash hands often. Hands should be washed with hot soapy water before and after handling fresh produce, or raw meat, poultry, or seafood, as well as after using the bathroom, changing diapers, or handling pets.
- Wash all fresh fruits and vegetables with cool tap water immediately before eating. Don't use soap or detergents. Scrub firm produce, such as melons and cucumbers, with a clean produce brush. Cut away any bruised or damaged areas before eating.
- Wash surfaces often. Cutting boards, dishes, utensils, and counter tops should be washed with hot soapy water and sanitized after coming in contact with fresh produce, or raw meat, poultry, or seafood. Sanitize after use with a solution of 1 teaspoon of chlorine bleach in 1 quart of water.
- Don't cross contaminate. Use clean cutting boards and utensils when handling fresh produce. If possible, use one clean cutting board for fresh produce and a separate one for raw meat, poultry, and seafood. During food preparation, wash cutting boards, utensils or dishes that have come into contact with fresh produce, raw meat, poultry, or seafood. Do not consume ice that has come in contact with fresh produce or other raw products.
- Use a cooler with ice or use ice gel packs when transporting or storing perishable food outdoors, including cut fresh fruits and vegetables.

Following these steps will help reduce the risk of foodborne illness from fresh produce.

Source: Excerpted from May 26, 2000 FDA Talk Paper: [FDA Advises Consumers About Fresh Produce Safety](#)

Topic 4: Cheers – Making Healthy Drink Choices

“On the last day, that great day of the feast Jesus stood and cried out, saying, if anyone thirsts, let him come to Me and drink.” (John 7:37)

Objectives:

- Participants will identify the benefits of choosing lower fat dairy, and low sugar beverages
- Participants will identify 3 strategies to increase the healthfulness of drinks offered at church meals

Tools/Handouts:

- “Read it” - Label reading
- Juice comparison
- Milk comparison
- Goal setting sheet #3
- Bring in labels from your favorite drinks to compare calories, sugar and fat content

Background:

To avoid gaining weight, you have to burn off more calories than you consume. Choosing foods that are high in nutrients, but low in calories and added sugars can help you keep your weight in check.

Drinks can contribute a large amount of unnecessary calories to the diet. Soda is nicknamed “liquid candy” since it provides so much sugar and so little nutrition.

Making small changes to your drink choices can make a big difference in health. Reducing the amount of soda and high calorie sweetened drinks is an important first step.

Choosing low fat or skim milk instead of whole milk is also an important change. One glass of whole milk has twice as many calories and 8 extra grams of saturated fat compared to fat free milk. That’s bad news for your risk of heart disease and for your waist line.

Remember, alcohol also packs a lot of calories and should be served in moderation.

Topic 4: Cheers – Making Healthy Drink Choices

Discussion points:

- Discuss the menu planned at the last session. How did it go?
- What drinks are usually served at your church? Which are most popular? Which have the least calories, fat, and sugar?
- Is water served at your church meals? Discuss the benefits of water (it's free, no calorie, readily available, etc).
- Is the juice you serve 100% juice? Read the labels to see what other additives, sugars and sweeteners have been added?
- Do you serve low fat or fat free milk? Discuss the possibility of getting rid of whole milk all together. Whole milk has no nutritional benefits compared to reduced fat milk, but does pack extra saturated fat and calories.
- Have you tried spritzers – diluting fruit juice with seltzer or club soda to cut back on the calories? Can you use diet or reduced sugar drinks to cut the calories of you drinks? How about your own iced tea or lemonade made with sweetener instead of sugar?
- Set your beverage goals for the month. What drink will you add to the menu that isn't currently served? Which drinks should be eliminated?
- Have a drink taste testing. Try low fat milk, 100% juice with club soda, diet iced tea or your own healthy drink favorites.

For Next Week:

- Make a list of whole grain or high fiber foods that you eat at church or at home

Community Activities:

- Go to your local grocer and see what healthy drinks are available. Can you purchase low fat milk, 100% juice, diet soda, water, club soda?



READ IT *before you EAT IT!*

How many servings are you eating?



Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving

Calories 250 Calories from Fat 110

% Daily Value*

Total Fat 12g 18%

Saturated Fat 3g 15%

Cholesterol 30mg 10%

Sodium 470mg 20%

Total Carbohydrate 31g 10%

Dietary Fiber 0g 0%

Sugars 5g

Protein 5g

Vitamin A 4% • Vitamin C 2%

Calcium 20% • Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

What food would have this Nutrition Facts label? Answer below.*

Get What You Need!

Get LESS

5% or less is low

20% or more is high

Get ENOUGH

5% or less is low

20% or more is high



What's the Best Choice for You?

Use the **5%-20% Guide to Daily Values** to choose foods.

Answer:
Box of macaroni and cheese.

How do your choices stack up? The photos show approximate serving sizes from the five major food groups of the Food Guide Pyramid. This combination of food choices shows the servings from the Pyramid for an older child, a teen girl, an active woman, and most men, for one day. Teen boys and active men may need more servings of food.

www.fl.usda.gov/itn
United States Department of Agriculture • Food and Nutrition Service • October 2011
www.fns.usda.gov/itn/yourchoices

Topic 5: Fabulous Fiber – Adding some whole grains to the menu

“Man shall not live by bread alone, but by every word that proceeds from the mouth of God.” (Matthew 4:4)

Objectives:

- Participants will identify the benefits of eating more fiber
- Participants will identify 3 strategies to increase the fiber content of foods served at church meals
- Participants will distinguish the difference between whole grain foods and refined starches, and the benefits of using whole grains
- Participants will identify recipes using whole grains that are appropriate for their congregation

Tools/Handouts:

- Goal setting sheet #4
- List of whole grains and recipes
- Compare the labels of white bread and whole wheat bread, and high fiber cereal versus a high sugar cereal like fruit loops
- Guide to nutrient claims

Background:

Fiber is an important nutrient that few Americans eat enough of. Most guidelines recommend eating between 25 to 35 grams of fiber daily, but many of us fall short. So what foods are high in fiber? Many foods that are “whole grains” are rich in fiber including: brown rice, oatmeal, whole wheat, barely and bulgur (cracked wheat). Fiber is also found in whole wheat breads, and bran cereals as well as many fruits and vegetables.

Fiber has many health benefits, including: improved bowel function, it reduces the risk of some disease like colon cancer, it makes us feel full and it may help reduce the risk of diabetes and other diseases.

When grains and rice are processed to make white flour and white rice, much of the fiber and some of the nutrients get lost and destroyed. That’s why choosing whole grained food is best.

Topic 5: Fabulous Fiber – Adding some whole grains to the menu

Lesson Plan

Discussion points:

- What foods on the church menu are a good source of fiber? Review sources of fiber (fruits, vegetables, whole grains, etc).
- How can you tell if a food is a good source of fiber? Read the nutrition facts label. There should be at least 3 grams of fiber per serving. Think carefully about how big a serving size actually is. How many servings do you usually eat?
- Compare a whole grained food to its refined counterpart (for example, compare white bread to whole wheat bread, or white rice to brown rice). What's different on the nutrient facts label? What ingredients are different? Are there differences in the way they taste or smell? Discuss.
- Talk about some whole grains you may not use every day. Does anyone eat bulgur? Have you ever seen quinoa or eaten tabouli salad?
- Strategize ways you can add fiber and whole grains to the menu. Set your monthly goals. Will you try brown rice or whole wheat pasta? Offer whole wheat bread instead of white? Try a new grain salad? Add oatmeal or whole grain cereal to a breakfast buffet? Bake with whole wheat flour or make whole wheat pancakes?
- Make a whole grain salad in class.

For Next Week:

- Plan a breakfast for 10 people, including at least one whole grain dish, a fruit option, and healthy beverages.

Community Activities:

- Go to your local grocer and see what whole grains are available. Try a recipe using a grain you've never tried like quinoa or bulgur.

Goal Sheet #4

Setting goals is a great way to change your behaviors. Decide what you will do this month to increase the amount of fiber and whole grains served at your church.

Today's Date: _____

My goals for this month are:

(What will you change? For example: will use brown rice instead of white, will introduce whole grain salad onto menu, etc).

I will reach these goals by:

(What will you do to reach your goals? For example, purchase healthy ingredients, look for new recipes, etc.)

Identify two dishes on your church menu that you will modify or add this month:



Signature

Menu Planning Activity

Your goal for this activity is to plan a **healthy breakfast menu for 10 people**. Think about the goals you've set. Offer at least one dish made of a whole grain (like oatmeal, whole grain cereal, whole wheat pancakes, etc). Make sure you also have fruit available as well as healthy drink choices.

Try to figure out how much you will budget for, and where you can purchase reasonably priced ingredients.

<u>Food Item</u>	<u>How will you prepare it?</u>	<u>Expected cost per person</u>
------------------	---------------------------------	---------------------------------

Dish #1:

Dish #2:

Dish #3:

Other dishes:
(optional)

Fruit option:

Beverages:

Where will you purchase the ingredients?

What are your barriers or concerns in preparing this menu?

Topic 6: Making Sense of a Serving – How much should I eat?

“He who has an ear, let him hear what the Spirit says to the churches. To him who overcomes I will give to eat from the tree of life, which is in the midst of the Paradise of God.” (Rev 2:7)

Objectives:

- Participants will identify the recommended serving size for meat/protein, starchy foods, fruits and vegetables and dairy foods
- Participants will identify strategies to increase the serving size of fruits and vegetables at church meals, while moderating meat and starch servings
- Participants will review principles of food safety and managing a food service operation in a church

Tools/Handouts:

- Daily guide to healthy eating
- What size is your serving poster
- Goal setting sheet #5
- Food safety tips

Background:

The size of your serving can make a big difference! Portion sizes in the U.S. have gotten increasingly larger, and so have our waistlines. Consider this, one scoop of Haagen Dazs sorbet has 120 calories, but a mint chip dazzler (big ice cream Sunday drink) has a whopping 1270 calories, which is more than half of the calories most of us need for a whole day.

At McDonalds, a small order of fries will cost you 210 calories while a large weighs in at 540 calories. A small coca cola at McDonald’s runs 150 calories but a large is 310 calories.

Choosing sensible sizes is a great way to limit your caloric intake without giving up your favorite foods completely.

Make yourself familiar with today’s “standard” serving sizes. How does your actual portion size compare?

Topic 6: Making Sense of a Serving





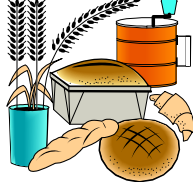
Lesson Plan

Discussion points:

- What do servings look like at your church? Which foods do people overindulge in? How is food served? Do congregation serve themselves at a buffet or does your staff scoop the portion? What does the plate look like? Is there a big piece of meat and giant scoop of rice, or is the plate loaded with vegetables?
- What is the right serving size anyway? Look at the Daily Guide to Healthy Eating and review what recommended portion sizes look like. For example, a 2-3 oz serving of meat or protein is about the size of deck of cards. A serving of rice pasta or cereal should be smaller than the size of a baseball.
- Talk about increasing the serving size of vegetables. Few of us get enough, and they're a great way to fill you plate and your belly without getting too many calories.
- Talk about strategies to improve the way your congregation fill their plates. Can you put the vegetables at the beginning of the serving line? Use pre-sectioned plates, and fill the small areas with meat and starch. Use smaller serving spoons.
- This is a good time to review your food safety and food service knowledge. Talk about proper food handling, storage temperatures, hand washing, sanitation, and so on.

Daily Guide to Healthy Eating

What is a Serving Size?

<p>Vegetables 3– 5 servings</p> 	<p>One serving equals:</p> <ul style="list-style-type: none"> ½ cup cooked vegetables 1 cup raw vegetables ½ cup vegetable juice or vegetable sauce (without added sugar)
<p>Fruits 2 – 4 servings</p> 	<p>One serving equals:</p> <ul style="list-style-type: none"> 1 small apple or orange ½ banana or grapefruit ½ medium papaya ½ small mango ¼ cup dried fruit ½ cup canned fruit ½ cup fruit juice
<p>Milk 2 – 3 servings</p> 	<p>One serving equals:</p> <ul style="list-style-type: none"> 1 cup skim milk 1 cup 1% milk ½ cup evaporated skim milk 1 cup light yogurt (artificially sweetened) ¾ cup plain low-fat yogurt
<p>Meat or Meat Substitutes 2 – 3 servings</p> 	<p>One serving equals:</p> <ul style="list-style-type: none"> 2-3 oz chicken or turkey 2-3 oz fish or seafood 4-6 egg whites 2-3 oz lean beef, pork or lamb 2-3 oz reduced fat cheese 2-3 eggs 1-1 ½ cup tofu
<p>Starches 6 – 11 servings</p> 	<p>One serving equals:</p> <ul style="list-style-type: none"> • 1 slice of bread • ½ English muffin ½ cup cooked pasta ⅓ cup cooked rice ½ hot dog or hamburger bun 1 tortilla (6-inch) ½ cup cereal ½ cup grits 3 cups low fat popcorn 6 crackers ½ cup starchy vegetable (corn, peas, potato, yam, plantain, yucca) ½ cup beans, peas, lentils High Fat Starches (limit these): 3 oz french fries (20 pieces) 2 inch piece corn bread 2 taco shells 2 pancakes (4-inch) 1 small biscuit

Source: Bronx Health REACH 2004

What size is your serving?

Compare the Pyramid Servings with what you eat in a day.



How Many Each Day?	What Counts as a Serving		
<p>2 to 3 Servings</p> <p>Milk Group</p>	<p>8 oz. glass of milk = size of a small milk carton</p> 	<p>1 1/2 oz. of natural cheese = size of two 9-raft batteries</p> 	<p>8 oz. cup of yogurt = size of a baseball</p> 
<p>2 to 3 Servings (total of 5 to 7 ounces)</p> <p>Meat & Beans Group</p>	<p>2-3 oz. of meat, poultry or fish = size of a deck of cards</p> 	<p>2 tablespoons of peanut butter counts as 1 oz = size of a roll of film</p> 	<p>1 cup of beans counts as 2 oz = size of a baseball</p> 
<p>3 to 5 Servings</p> <p>Vegetable Group</p>	<p>1 cup of raw, leafy vegetables = size of a baseball</p> 	<p>10 french fries = size of a deck of cards</p> 	<p>1/2 cup of peas or other vegetables = size of a small computer mouse</p> 
<p>2 to 4 Servings</p> <p>Fruit Group</p>	<p>3/4 cup of fruit juice = size of a 6 oz can</p> 	<p>1/2 cup of sliced fruit = size of a small computer mouse</p> 	<p>1 medium fruit = size of a baseball</p> 
<p>6 to 11 Servings</p> <p>Grains Group</p>	<p>1 slice of bread = size of a disk</p> 	<p>1 cup of dry cereal = size of a baseball</p> 	<p>1/2 cup of pasta = size of a small computer mouse</p> 

United States Department of Agriculture Food and Nutrition Services. USDA is an equal opportunity provider and employer. For more information, check out: www.fns.usda.gov/nr

Publication No. (FDA) 00-2244 Source: Excerpted from [FDA Consumer - The Unwelcome Dinner Guest: Preventing Foodborne Illness](#), Jan.-Feb. 1991; Revised Dec. 1997, Feb. 1999, Oct. 1999, and June 2000

Topic 7: Family Nutrition – Promoting Healthy Habits at Church and at Home

Lesson Plan

Discussion points:

- Why is it important to introduce children to healthy eating habits as soon as possible? Refer to “Some Sobering Statistics...” on the next page.
- Does the committee cook different meals or dishes for children or do they eat the same food as the adults? If they are different, why and how are they different?
- What is the best way to get children to accept healthy eating habits? SET A GOOD EXAMPLE!! Children begin watching and learning from adult behavior as soon as they are born, but it is never too late to set a good example. How can the culinary committee start setting a good example for children in the congregation?
- Review the Food Guide Pyramid for Kids and the information on 100% juice and low fat milk on the next several pages. Is it possible for the culinary committee to use this information when preparing and serving meals to children?
- What are some challenges you might face when preparing healthy foods for children? Sometimes kids refuse food that they have never seen or tasted before. Remember – don’t give up on them! On average, a child has to be introduced to a food seven times before he/she is ready to accept it. Review “Tips for Getting Kids to Eat More Fruits and Vegetables.”
- It is important to send a consistent message about healthy eating. The work you are doing to create healthier menus in the church is a great step! Remind your peers to reinforce healthy eating habits at home. How can you help your fellow congregants do this?

Final Projects:

Create 5 possible menus for breakfast, lunch and dinner for hypothetical future events. Include at least one menu for kids. Use all of the information you’ve learned up to this point to create healthy menus that are lower in fat, higher in fiber, full of fruits and vegetables, healthy drink choices with appropriate serving sizes of food. Keep these on file for the next event that your church hosts.

Some Sobering Statistics

New York Coalition for Healthy School Food

www.healthyschoolfood.org

- 50% of US kids (ages 2 – 15) already have fatty streaks in their arteries – the beginning stages of heart disease
- 33% of all US children, and 40 – 53% of African American and Latino children, will get type 2 diabetes at some point in their lives, resulting in blindness, amputations, kidney dialysis, heart disease, suffering, and early death.
- 35% of cancer deaths are caused by diet. 33% are caused by tobacco. We have the answers for preventing 68% of cancer deaths.
- 66% of US adults are overweight (33%) or obese (33%)
- 30% of US children are overweight or obese, and less than 2% eat according to the US Dietary Guidelines

Recommended Reading

Appetite for Profit: How the Food Industry Undermines Our Health and How to Fight Back by Michele Simon (November, 2006)

Chew on This by Eric Schlosser and Charles Wilson

Disease-Proof Your Child: Feeding Kids Right by Joel Fuhrman, MD

The China Study by T. Colin Campbell, PhD

Fast Food Nation, by Eric Schlosser –

Food Politics, by Marion Nestle, PhD

Lunch Lessons, by Ann Cooper and Lisa Holmes

Toxic Sludge is Good for You, Lies, Dam Lies, and the Public Relations Industry, by John Stauber and Sheldon Rampton

Recommended Movies:

The Future of Food by Deborah Coons Garcia, a full length feature film

Super Size Me (educationally enhanced version) by Morgan Spurlock

Tips for Getting Kids to Eat More Fruits and Vegetables

The following tips offer a number of tried and true techniques for getting kids to eat more fruits and vegetables.

Trying is believing.

There are so many great tasting fruits and vegetables, and kids realize this when they get to try ones they've never tasted before. Sometimes a child will love a new fruit or vegetable the first time he tries it. Other times, it may take two, three or even ten tries before a child gets used to the taste of a new item. Ask kids to try one bite. If they don't like it, that's fine. Allowing them to stop at one bite makes trying new foods less scary. If, after trying a new fruit or vegetable two or three times, your child still does not care for that food, move on to other new fruits and vegetables. Forcing a child to eat something he truly does not like will only create a bad association with that food. However, it's important to keep offering new fruits and vegetables. Despite repeated refusals, a child may suddenly decide to try a new food.

Seeing is believing.

Children learn many of their behaviors by watching what older siblings and grown-ups do. Modeling healthful eating habits is a great way to make sure your kids develop healthful eating habits. When it comes to eating fruits and vegetables, the actions of older family members will definitely influence how kids react to fruits and vegetables. So watch what you say and do, kids are watching and quickly will mimic your actions and words. The next time the tossed salad is passed to you, take a large helping and say, "I love salad!" Soon the kids around you will be eagerly eating it and saying they love it, too.

Offer choices.

When it comes to serving fruits and vegetables, offering kids two to three fruit or vegetable choices is a smart idea. Choosing between orange juice and pineapple juice for breakfast lets kids make decisions and exercise power. Likewise, choosing between baby carrots or celery sticks for lunch lets kids know their opinions matter. Also, asking kids to pick the fruits and vegetables for a meal allows them choose their favorites or suggest new ones to try.

Make it easy.

When kids come racing home hungry for a snack, chances are they'll grab the most convenient item. Make fruits and vegetables convenient by placing them in spots where kids will see them first. Fill a large basket or bowl with fresh fruit and place it on the kitchen counter or table. Put bottles or boxes of 100% fruit juice on lower shelves where kids will see them when they open the fridge looking for a cool drink. Have "grab and go snacks" in small plastic bags (cut up raw vegetables, peeled and segmented oranges, seedless grapes, etc.) ready and waiting in your refrigerator.

Make it fun.

Capturing the imagination of kids can make eating fruits and vegetables more exciting. Present young kids with cut up fruits and vegetables, and then let them create funny faces or animals. While creating their masterpiece, they're likely to snack on the tasty building blocks. [Trees in a Broccoli Forest](#) is a fun recipe that lets kids use their imagination while preparing and eating a healthful snack.

Crunchy and sweet can't be beat.

There's no doubt about it—kids love bite-size pieces of fruits and vegetables. Crunchy, raw vegetables with dip are always a hit, and sweet pieces of ready-to-eat fresh fruit make great snacks. So if your 8-year old won't eat steamed broccoli, try offering him raw broccoli florets with a low fat dressing for dip. Chances are, he'll gobble it up and ask for more!

Kids like to eat what they make.

Kids are more likely to try something they've helped prepare. To get your kids interested in making fruit and vegetable recipes, have them help find recipes to try. They can look in cookbooks, magazines, newspapers and online for recipes the whole family can enjoy. Once they find a recipe they want to try, have them develop a shopping list. At the supermarket they can have fun hunting for the fruits and vegetables needed for the recipe. Back at home, the fun of preparing the recipe will only be surpassed by the excitement of trying it.

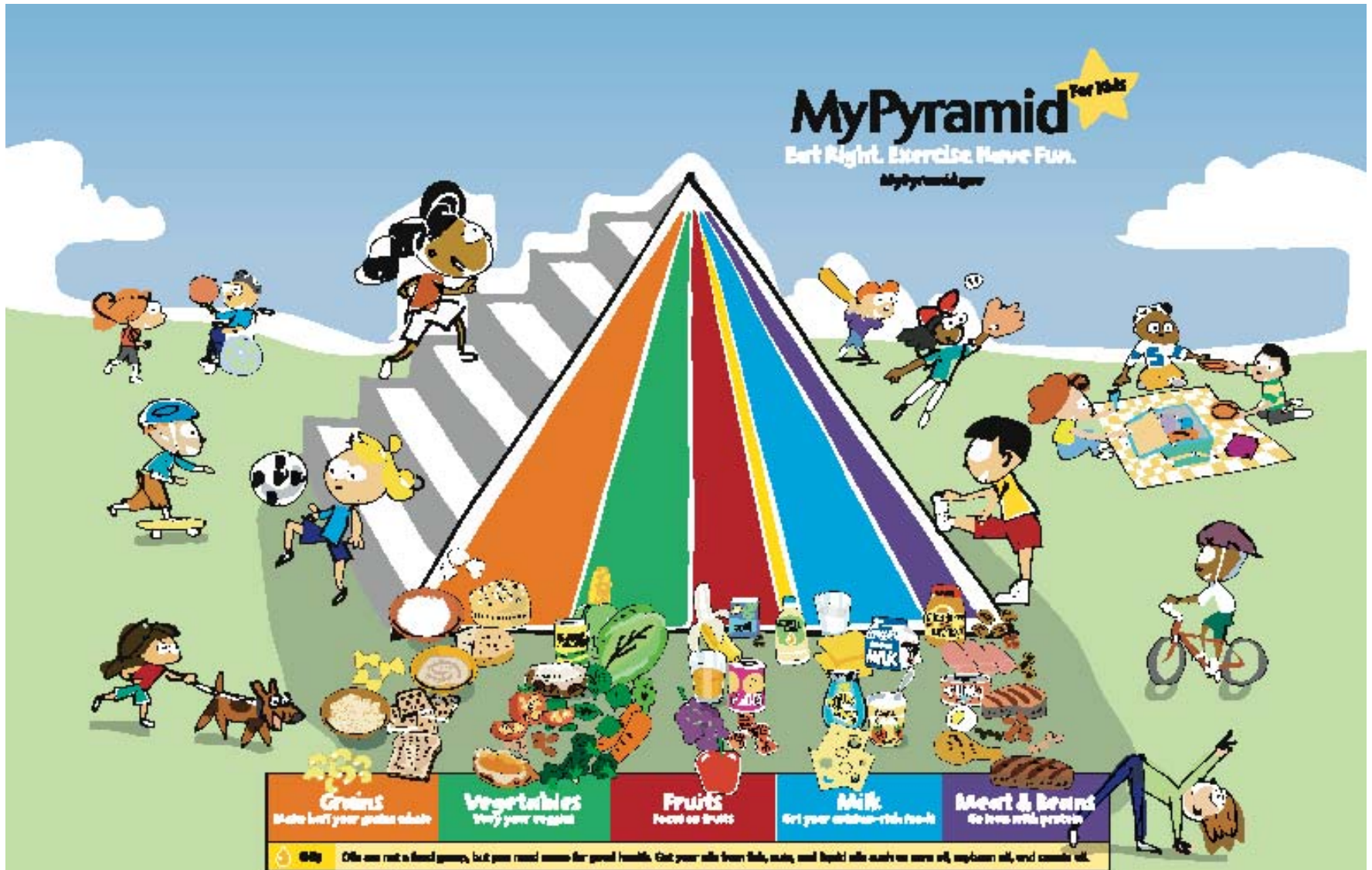
Add fruits and vegetables to favorite foods.

Adding fruits and vegetables to favorite foods is an easy way to get a child to eat more fruits and vegetables. Put sliced bananas on top of cereal. Add slices of green and red pepper to cheese pizza. Make strawberry milk shakes with frozen strawberries, low fat frozen yogurt and milk. Put some shredded carrots and lettuce on a turkey sandwich. Add carrot 'coins' to chicken noodle soup. Put slices of tomato inside cheese quesadillas. Add pureed red peppers and zucchini to spaghetti sauce. The possibilities are endless. Simply use your imagination to come up with other ways to add some more fruits and vegetables to your child's diet.

MyPyramid ^{For Kids}

Eat Right. Exercise Have Fun.

MyPyramid.gov



<p>Grains Make half your grains whole</p>	<p>Vegetables Vary your veggies</p>	<p>Fruits Focus on fruits</p>	<p>Milk Get your calcium-rich foods</p>	<p>Meat & Beans Go for iron, protein</p>
------------------------------------------------------	------------------------------------------------	------------------------------------------	----------------------------------------------------	---------------------------------------------------------

Tip Oils are not a food group, but you need some for good health. Get your oils from fish, nuts, and foods like such as avocados, soybeans, oil, and canola oil.

★ Find your balance between food and fun ★ Pick and choose — lower your risks

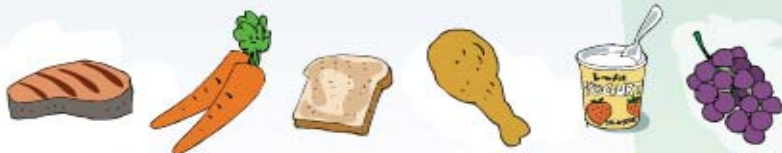


TIPS FOR FAMILIES



EAT RIGHT

- 1 Make half your grains whole.** Choose whole-grain foods, such as whole-wheat bread, oatmeal, brown rice, and lowfat popcorn, more often.
- 2 Vary your veggies.** Go dark green and orange with your vegetables—eat spinach, broccoli, carrots, and sweet potatoes.
- 3 Focus on fruits.** Eat them at meals, and at snack time, too. Choose fresh, frozen, canned, or dried, and go easy on the fruit juice.
- 4 Get your calcium-rich foods.** To build strong bones serve lowfat and fat-free milk and other milk products several times a day.
- 5 Go lean with protein.** Eat lean or lowfat meat, chicken, turkey, and fish. Also, change your tune with more dry beans and peas. Add chick peas, nuts, or seeds to a salad; pinto beans to a burrito; or kidney beans to soup.
- 6 Change your oil.** We all need oil. Get yours from fish, nuts, and liquid oils such as corn, soybean, canola, and olive oil.
- 7 Don't sugarcoat it.** Choose foods and beverages that do not have sugar and caloric sweeteners as one of the first ingredients. Added sugars contribute calories with few, if any, nutrients.



EXERCISE

- 1 Set a good example.** Be active and get your family to join you. Have fun together. Play with the kids or pets. Go for a walk, tumble in the leaves, or play catch.
- 2 Take the President's Challenge as a family.** Track your individual physical activities together and earn awards for active lifestyles at www.presidentschallenge.org.
- 3 Establish a routine.** Set aside time each day as activity time—walk, jog, skate, cycle, or swim. Adults need at least 30 minutes of physical activity most days of the week; children 60 minutes everyday or most days.
- 4 Have an activity party.** Make the next birthday party centered on physical activity. Try backyard Olympics, or relay races. Have a bowling or skating party.
- 5 Set up a home gym.** Use household items, such as canned foods, as weights. Stairs can substitute for stair machines.
- 6 Move it!** Instead of sitting through TV commercials, get up and move. When you talk on the phone, lift weights or walk around. Remember to limit TV watching and computer time.
- 7 Give activity gifts.** Give gifts that encourage physical activity—active games or sporting equipment.

HAVE FUN!



For Growing Bones... Which Milk?

Why Milk?

Check the Nutrient Facts panel on milk cartons to find the benefits. You'll see several nutrients that everyone in your family needs.

- **Calcium and vitamin D** for your child's growing bones and teeth. These same nutrients help your bones stay healthy.
- **Protein** for building a growing body. It also keeps your body in good repair.
- **Vitamin A** for healthy eyes and skin.

Offer milk or water to satisfy thirst. Your child needs plenty of fluids to stay healthy, too.



Whole Milk

Nutrition Facts		
Serving Size 8 fl oz (244g)		
Servings Per Container 1		
Amount Per Serving		
Calories	150	Calories from Fat 70
%Daily Value*		
Total Fat	8g	13 %
Saturated Fat	5g	25 %
Cholesterol	35mg	11 %
Sodium	120mg	5 %
Total Carbohydrate	11g	4 %
Dietary Fiber	0g	0 %
Sugars	12g	
Protein	8g	
Vitamin A	6%	Vitamin C 4%
Calcium	30%	Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

2% Reduced Fat Milk

Nutrition Facts		
Serving Size 8 fl oz (244g)		
Servings Per Container 1		
Amount Per Serving		
Calories	120	Calories from Fat 40
%Daily Value*		
Total Fat	4.5g	7 %
Saturated Fat	3g	15 %
Cholesterol	20mg	6 %
Sodium	120mg	5 %
Total Carbohydrate	12g	4 %
Dietary Fiber	0g	0 %
Sugars	11g	
Protein	8g	
Vitamin A	10%	Vitamin C 4%
Calcium	30%	Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

1% Low-fat Milk

Nutrition Facts		
Serving Size 8 fl oz (244g)		
Servings Per Container 1		
Amount Per Serving		
Calories	100	Calories from Fat 25
%Daily Value*		
Total Fat	2.5g	4 %
Saturated Fat	1.5g	8 %
Cholesterol	10mg	3 %
Sodium	125mg	5 %
Total Carbohydrate	12g	4 %
Dietary Fiber	0g	0 %
Sugars	11g	
Protein	8g	
Vitamin A	10%	Vitamin C 4%
Calcium	30%	Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

Which milk would you buy? What's different? What's the same?

Nutrition Facts on milk cartons can help you make choices for your family. Your child will get the same amount of bone-building calcium no matter what type you pick. Low-fat milk has less fat. If you prefer, look for fat-free (skim) milk.

Provided by _____

NIBBLES FOR HEALTH 7 Nutrition Newsletters for Parents of Young Children, USDA, Food and Nutrition Service

For Growing Bones... Which Milk?

Which Milk for Your Child?

Starting at age two, children can drink low-fat milk. It's a good habit for your whole family to learn. Drinking low-fat milk is one way to get less fat, especially saturated fat. That's healthy!

If you have a child under two years, offer whole milk after breast milk or formula. Babies and toddlers need the fat from whole milk to grow properly.

Try this:

Drink milk to protect your bones – and your child will do what you do. The secret to success is having milk in your refrigerator. Have enough for you and your child, too.

Change slowly to low-fat milk:

- Switch first from whole to 2% milk. When your child gets used to the flavor, try low-fat milk.
- Try chocolate low-fat milk. The flavor is about the same as in higher fat chocolate milk.
- Offer low-fat milk on cereal and in smoothies. Your child probably won't notice.



Topic 8: Food Safety and Sanitation – Keeping it Safe

Lesson Plan

Discussion points:

Some interesting facts:

- The Centers for Disease Control and Prevention (CDC) estimates that 76 million foodborne illness cases occur in the United States every year. This amounts to one in four Americans becoming ill after eating foods contaminated with such pathogens as *E. coli* O157:H7, *Salmonella*, *Hepatitis A*, *Campylobacter*, *Shigella*, *Norovirus*, and *Listeria*.
- Each year, approximately 325,000 people are hospitalized with a diagnosis of food poisoning, and 5,000 die. The annual dollar costs of foodborne illnesses—in terms of medical expenses and lost wages and productivity—range from \$6.5 to \$34.9 billion (Buzby and Roberts, 1997; Mead, et al., 1999).

What is “foodborne illness”?

- Foodborne illness, also known as food poisoning, can be caused by a variety of microbes such as bacteria, fungi, viruses, and parasites. Harmful toxins or chemicals present in food also may cause foodborne illness.
- Different causes of food poisoning cause different symptoms, so there is no one syndrome that is foodborne illness; however, common symptoms include abdominal cramping, diarrhea (which may be bloody), nausea, vomiting, fever, headache, fatigue, and body aches.
- Generally, after contaminated food is consumed there is a delay before food poisoning symptoms start. This delay is called the “incubation period”. The incubation period of a foodborne illness can range from less than an hour (which is rare) to days or weeks, and depends on the organism causing the illness and the amount ingested. This means that the last foods consumed before symptoms start are not always the source of a person’s illness.

Source of above information: www.foodborneillness.com

What causes foodborne illness?

- Harmful bacteria are the most common cause of foodborne illnesses. Some bacteria may be present on foods when you purchase them.

- Raw foods are the most common source of foodborne illnesses because they are not sterile; examples include raw meat and poultry that may have become contaminated during slaughter.
- Seafood may become contaminated during harvest or through processing.
- One in 10,000 eggs may be contaminated with *Salmonella* inside the egg shell.
- Produce such as spinach, lettuce, tomatoes, sprouts, and melons can become contaminated with *Salmonella*, *Shigella*, or *Escherichia coli* (*E. coli*) O157:H7.
- Bacterial contamination can occur during growing, harvesting, processing, storing, shipping, or final preparation.
- Contamination may also occur during food preparation in a restaurant or any kitchen.

Source of above information:

<http://digestive.niddk.nih.gov/ddiseases/pubs/bacteria/#2>

How are foodborne illnesses prevented?

Most cases of foodborne illnesses can be prevented through proper cooking or processing of food, which kills bacteria. In addition, because bacteria multiply rapidly between 40°F and 140°F, food must be kept out of this temperature range.

Follow these tips to prevent harmful bacteria from growing in food:

- Refrigerate foods promptly. If prepared food stands at room temperature for more than 2 hours, it may not be safe to eat. Set your refrigerator at 40°F or lower and your freezer at 0°F.
- Cook food to the appropriate internal temperature—145°F for roasts, steaks, and chops of beef, veal, and lamb; 160°F for pork, ground veal, and ground beef; 165°F for ground poultry; and 180°F for whole poultry. Use a meat thermometer to be sure. Foods are properly cooked only when they are heated long enough and at a high enough temperature to kill the harmful bacteria that cause illnesses.
- Prevent cross-contamination. Bacteria can spread from one food product to another throughout the kitchen and can get onto cutting boards, knives, sponges, and countertops. Keep raw meat, poultry, seafood, and their juices away from all ready-to-eat foods.
- Handle food properly. Always wash your hands for at least 20 seconds with warm, soapy water before and after handling raw meat, poultry, fish, shellfish, produce, or eggs. Wash your hands after using the bathroom, changing diapers, or touching animals.
- Wash utensils and surfaces before and after use with hot, soapy water. Better still, sanitize them with diluted bleach—1 teaspoon of bleach to 1 quart of hot water.
- Wash sponges and dish towels weekly in hot water in the washing machine.

- Keep cold food cold and hot food hot.
- Maintain hot cooked food at 140°F or higher.
- Reheat cooked food to at least 165°F.
- Refrigerate or freeze perishables, produce, prepared food, and leftovers within 2 hours.
- Never defrost food on the kitchen counter. Use the refrigerator, cold running water, or the microwave oven.
- Never let food marinate at room temperature—refrigerate it.
- Divide large amounts of leftovers into small, shallow containers for quick cooling in the refrigerator.
- Remove the stuffing from poultry and other meats immediately and refrigerate it in a separate container.
- Wash all unpackaged fruits and vegetables, and those packaged and not marked “pre-washed,” under running water just before eating, cutting, or cooking. Scrub firm produce such as melons and cucumbers with a clean produce brush. Dry all produce with a paper towel to further reduce any possible bacteria.
- Do not pack the refrigerator. Cool air must circulate to keep food safe.

For more information about prevention of foodborne illnesses, the U.S. Department of Agriculture provides a fact sheet on safe food handling.

Source of above information:

<http://digestive.niddk.nih.gov/ddiseases/pubs/bacteria/#2>

RESOURCES

Guide to Understanding Nutrient Claims on a Food Label

Fat

Fat-free: less than 0.5 grams (g) per labeled serving size

Low-fat: 3 g or less per reference amount and, if the serving size is 30 g or less or 2 tablespoons or less, per 50 g of the food

Reduced or less fat: at least 25 percent less per serving than reference food

Saturated Fat

Saturated fat free: less than 0.5 g and less than 0.5 g trans fatty acids per serving. (Trans fatty acid is found in solid fat products, like margarine and vegetable shortenings. Evidence suggests that trans fatty acid has the same effect on blood cholesterol as saturated fat; therefore, FDA believes the level of trans fatty acid should be limited in products claiming to be "saturated fat free.")

Low saturated fat: 1 g or less per serving and not more than 15 percent of calories from saturated fatty acids

Reduced or less saturated fat: at least 25 percent less per serving than reference food

Cholesterol

Cholesterol-free: less than 2 milligrams (mg) and 2 g or less of saturated fat per serving

Low-cholesterol: 20 mg or less and 2 g or less of saturated fat per serving and, if the serving is 30 g or less or 2 tablespoons or less, per 50 g of the food

Reduced or less cholesterol: at least 25 percent less than reference food and 2 g or less of saturated fat per serving

The following claims can be used to describe meat, poultry, seafood, and game meats.

Lean: less than 10 g fat, 4.5 g or less saturated fat, and less than 95 mg cholesterol per reference amount and per 100 g

Extra lean: less than 5 g fat, less than 2 g saturated fat, and less than 95 mg cholesterol per reference amount and per 100 g

Healthy

"low-fat," "low saturated fat," with 60 mg or less cholesterol per serving (or, if raw meat, poultry and fish, "extra lean")

at least 10 percent of Daily Value for one or more of vitamins A and C, iron, calcium, protein, and fiber per serving

480 mg or less sodium per serving, and, if the serving is 30 g or less or 2 tablespoons or less, per 50 g of the food. (After Jan. 1, 1998, maximum sodium levels drop to 360 mg.)

Fiber

High-fiber: 5 g or more per serving

Good source of fiber: 2.5 g to 4.9 g per serving

More or added fiber: at least 2.5 g more per serving than the reference food. (The label will say the food has 10 percent more of the Daily Value for fiber.)

Foods making claims about increased fiber content also must meet the definition for "low-fat" or the amount of total fat per serving must appear next to the claim.

(Source: U.S. Department of Agriculture) *Publication No. (FDA) 97-2290*

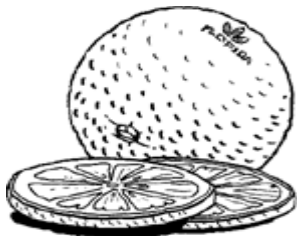
What are some food storage guidelines?

Following is a rundown of storage guidelines for some of the foods that are regulars on America's dinner tables.

PRODUCT	STORAGE PERIOD	
	In Refrigerator 40 degrees Fahrenheit (5 degrees Celsius)	In Freezer 0 F (-18 C)
Fresh Meat: Beef: Ground Steaks and roasts	1-2 days 3-5 days	3-4 months 6-12 months
Pork: Chops Ground Roasts	3-5 days 1-2 days 3-5 days	4-6 months 3-4 months 4-6 months
Cured meats: Lunch meat Sausage	3-5 days 1-2 days	1-2 months 1-2 months
Gravy	1-2 days	2-3 months
Fish: lean (such as cod, flounder, haddock) fatty (such as blue, perch, salmon)	1-2 days 1-2 days	up to 6 months 2-3 months
Chicken: whole parts giblets	1-2 days 1-2 days 1-2 days	12 months 9 months 3-4 months
Dairy Products: Swiss, brick, processed cheese Milk Ice cream, ice milk	3-4 weeks 5 days -	* 1 month 2-4 months
Eggs: fresh in shell hard-boiled	3 weeks 1 week	- -
* Cheese can be frozen, but freezing will affect the texture and taste. (Sources: Food Marketing Institute for fish and dairy products, USDA for all other foods.)		



Ten Super Foods You Should Eat!



1 Oranges.

Great-tasting and rich in vitamin C, folic acid, and fiber.



2 Whole-Grain Bread.

It's higher in fiber and about a dozen vitamins and minerals than enriched white bread or "wheat" bread.



3 Cantaloupe.

A quarter of a delicious melon supplies almost as much vitamin A and C as most people need in an entire day.



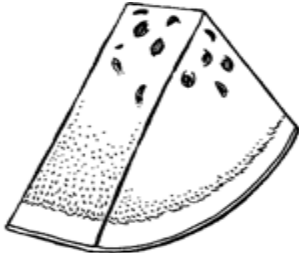
4 Broccoli.

Lots of vitamin C, carotenoids, and folic acid.



5 Sweet Potatoes.

A nutritional All-Star — one of the most nutritious vegetables you can eat. They're loaded with carotenoids, vitamin C, potassium, and fiber.



6 Watermelon.

Excellent source of vitamin C and carotenoids — and it tastes great!



7 Beans.

Inexpensive, low in fat, and rich in protein, iron, folic acid, and fiber. Choose garbanzo, pinto, black, Navy, kidney, or lentils.



8 Salmon or other fatty fish.

The omega-3 fats in fish, especially fatty fish like salmon, sardines, and rainbow trout, can reduce the risk of sudden-death heart attacks.



9 Kellogg's All-Bran or Post 100% Bran.

A half-cup serving of these cereals provides about one-third of the fiber you need for an entire day — to reduce the risk of cancer and heart disease.



10 Spinach & Kale.

Loaded with vitamin C, carotenoids, calcium, and fiber.

Untangling the Web

How to Find Useful Nutrition & Health Information On Line

by David Schardt

Wondering about the side effects of that new drug your doctor prescribed? Want advice on how to cope with a new diagnosis? Should you believe reports that calcium can prevent colon cancer?

If you're like tens of millions of Americans, you're more likely to look for answers on the Internet than to call the doctor. And you're likely to start at a search engine. But type "preventing osteoporosis" into www.google.com, for example, and up pop links to more than 100,000 pages of information. That's just too much to sort through.

What's more, search engines dredge up commercial and non-commercial sites in no apparent order. And it's not always easy to tell the difference (unless you hit a page with a hard sales pitch).

To save you the aggravation, we searched the Web for reliable, consumer-friendly health and nutrition sites. We found some first-class places to start your searches from, and some sites that aren't as helpful as you might think (see boxes). We also found a handful of other sites that are worth bookmarking:

* **To see what's in any food.** For the calories, calcium, folate, saturated fat, or just about any other nutrient in any of 10,000 (mostly non-brand-name) foods, go to www.nal.usda.gov/fnic/foodcomp. The U.S. Department of Agriculture has been collecting data on what's in food for more than 100 years. You'll probably make the most use of the nutrient breakdowns under "Search the Nutrient Database," but the site also contains separate listings of vitamin K, carotenoids, trans fats, and much more.

* **To calculate your body mass index (BMI).** To see if you're underweight, overweight, or just right, go to www.nhlbisupport.com/bmi. The site, which is part of the National Institutes of Health, also explains how your BMI affects your risk of heart attack and stroke.

* **To look up scientific studies.** The world's largest database of published medical research is at www.ncbi.nlm.nih.gov/entrez/query.fcgi. You can search through more than nine million scientific articles (most have just abstracts; a few have the full text).

* **To participate in a study.** At www.clinicaltrials.gov you'll find which government-sponsored studies are recruiting (in the U.S. and Canada) and what the requirements are. In early 2003, for example, 162 clinical trials on prostate cancer and six on osteoarthritis were looking for volunteers.

The Best All Around Site ★★★★★

At WebMD (www.webmd.com) we were able to quickly locate top-notch information.

A good place to start: the "Newly Diagnosed," "Stay Healthy," or "Living with Illness" buttons on the WebMD Health page. Each opens up a world of resources.

The site is loaded with feature articles, news items, advice columns, recipes, charts and guides, and links to support groups. Some of the material is written by WebMD, and some comes from experts in the field. (For example, a recent visit turned up a Q&A with weight-loss researcher Kelly Brownell and a guide to prostate cancer by The Cleveland Clinic.)

Advertisements and material from the site's sponsors (who are identified on the Home page) are clearly marked.

Source: www.cspinet.org

Michael Jacobson's

Nine Weeks to a Perfect Diet (TM)

Americans are bombarded with advice on what to eat. But much of that advice — like in ads sponsored by the meat, dairy, and fast-food industries — promotes a high-fat, high-cholesterol, high-salt, high-sugar *disease-causing* diet.

The predictable result is sickness instead of health, with high rates of obesity, diabetes, cancer, heart disease, and stroke.

Whether you are concerned about weight, heart disease, or just maximizing your health, this guide will help you eat a diet that is far more healthful . . . but just as tasty as what you're accustomed to. Unlike some diet books, this guide will provide you with a way of eating that should last a lifetime. It will help you to make relatively simple and gradual changes that add up to major improvements.

The new eating patterns should help you shed unwanted pounds, lower your blood pressure, reduce your cholesterol level — and feel better about yourself. Enjoy!

The contents of *Nine Weeks to a Perfect Diet* are not intended to provide personal medical advice, which should be obtained from a qualified health professional.

Week 1

Eat Less Margarine, Butter, Shortening, and Oil

The fat that we, restaurants, and food manufacturers add to our food is a big waste of calories and sometimes promotes heart disease. This first week, find healthier, equally delicious ways to flavor your food.

Ordinary stick-type margarine contains hydrogenated oils that make it almost as bad for your heart as butter. Instead, choose a lower-fat or non-fat tub margarine.

Butter is loaded with artery-clogging saturated fat. For toast, try honey, jam, fruit spreads, or a "butter" spray. For steamed zucchini and other hot vegetables, lemon juice and a dash of oregano adds some zip. Try nutmeg on cooked carrots and garlic and a touch of olive oil on spinach. For baked potatoes, fat-free sour cream or salsa is delicious. If you simply can't give up butter, buy a whipped light butter or use just a little of the real thing.

Many packaged and restaurant foods contain partially hydrogenated oils and shortening that clog arteries. Cut way back on french fries, fried chicken, fried fish, doughnuts, cakes, and similar foods. For your sweet tooth, choose low-fat or fat-free cookies or cakes.

Ordinary vegetable oil can be a problem because of its calories. In fact, the oil in salad dressing is the biggest source of fat for many people. Even the best oils, olive and canola, have as many calories as butter or soybean oil, even though they are low in saturated fat and safe for your heart. For sautéing, use water or broth, a vegetable-oil spray, or a small amount of olive or canola oil. Choose fat-free or low-fat salad dressings. When you are cooking, use less oil or shortening than the recipes call for.

Thousands of packaged foods offer unnecessary fat. Look for baked foods that are just about as tasty, but much lower in fat and calories. So buy baked potato or tortilla chips, low-fat cookies and cakes, baked ramen noodle soup, and low-fat frozen french fries instead of the traditional versions.

Week 2

Toss the Yolks

You've got one simple change to make this week: avoid egg yolks.

Eggs are versatile, convenient, and tasty. Too bad one yolk contains almost a day's worth of cholesterol. That cholesterol clogs arteries, promoting heart disease and stroke. The fewer egg yolks — and the less cholesterol — you consume, the better. When cooking, think of yolks in eggs like bones in chicken — and just discard them instead of eating them. It's easy to make tasty scrambled-egg dishes with just egg whites or egg substitutes like Egg Beaters (see recipes below).

For many recipes, such as pancakes and waffles, you can replace one whole egg with two whites. When you're preparing a recipe that calls for two whole eggs, experiment first with one whole egg and two whites; next time with four whites. At fast-food restaurants, avoid egg-containing sandwiches and muffins. At regular restaurants, look for egg-white omelets on the menu or ask the chef to prepare eggs with egg whites only or an egg substitute.

Yolkless Scrambled Eggs

- **In a frying pan, sauté (in water or a bit of oil) diced mushrooms, zucchini, onions, or green pepper; season with pepper, oregano, basil, or herb-spice mixture. Beat 3 egg whites, pour on top of vegetables, stir occasionally, cook until firm.**
- **Beat 3 egg whites and add a dash of turmeric. Stir in 1 tablespoon of mustard or 2 tablespoons of salsa or mixture of pepper, oregano, and basil. Pour on hot, lightly oiled (or non-stick) frying pan, stir occasionally until firm.**

Week 3

Dairy: Go Nonfat

Whole milk, American cheese, and ice cream are tasty and calcium-rich. But they are also loaded with saturated fat and cholesterol, which promote heart disease.

This is the week to change your dairy-food habit.

Switching to skim or 1% milk is one of the most important changes that most people could make. Over a lifetime, the average one-glass-a-day milk drinker, by drinking skim instead of whole milk (3.5% milkfat), would consume 400 pounds less fat — *that's 1.6 million calories!*

The dairy industry now produces low-fat or fat-free versions of everything from milk to cream cheese to frozen yogurt. Those foods have all (or more) of the calcium and other nutrients that occur in old-fashioned high-fat dairy products.

If you like ice cream, this week your onerous task is to sample one each: sorbet, fat-free frozen yogurt, and fat-free ice cream. But don't go overboard — they are still loaded with sugar and calories.

By contrast, fat-free cheeses are all too often taste-free as well. But most

supermarkets have a dizzying array of reduced-fat cheeses that taste great. This week, try a couple of those lower-fat cheeses. If you can't give up regular cheese, at least have a smaller portion: make a cheese sandwich with one slice instead of two. At restaurants, skip some or all of the cheese on sandwiches and in salads. Ask for half — or none — of the cheese on a pizza topped with tomato sauce and lots of vegetables.

Breakfast in a Bowl

Fill cereal bowl with

- 1. 1 cup of plain fat-free yogurt**
- 2. Top with diced fruit (apple, banana, berries, orange or tangerine, raisins), wheat germ, Grape -Nuts, or other whole grain cereal**
- 3. Dig in!**

Week 4

Whole Grain Goodness

This week, start enjoying whole grain varieties of breads, cereals, and other foods.

They will add loads of flavor and variety to your meals . . . and provide more vitamins, minerals, and fiber than white bread, white rice, and other "refined" grains. Fiber, the indigestible part of whole grains, has long been known to prevent constipation. It may also reduce the risk of diverticulosis, heart disease, and colon cancer. Most of the fiber is lost when whole wheat flour or brown rice is milled and refined.

You can buy ordinary whole wheat bread (make sure that whole wheat is the only wheat flour ingredient) in a supermarket, or find a far more delicious, crusty whole grain bread at a local bakery, or bake a loaf yourself. Eat it plain, or top it with apple butter, honey, low-fat tub margarine, low-fat cream cheese, or a few brush strokes of olive oil.

One great thing about whole grains (and vegetables, beans, and other fiber-rich foods) is that they tend to be filling and that helps control calories. If you load up on whole grains (and fruits and vegetables) you will almost certainly eat fewer foods high in fat and sugar.

This week, switch to a whole grain diet. Start with each item on this shopping list:

- whole grain cereals like shredded wheat, Wheaties, Cheerios, raisin bran, All-Bran, 100% bran, oatmeal, or Wheatena.
- loaf of whole wheat sandwich bread
- loaf of crusty whole wheat bread from a bakery
- package of whole wheat pita bread
- whole wheat pasta and whole wheat couscous (*super-fast* to cook) from a health-food store

- long grain brown rice (try basmati for extra flavor) and a box of quick-cooking brown rice
- package of whole wheat tortillas for making wraps with beans, rice, diced sautéed vegetables

Week 5

Eat Less Meat and Poultry

For many people, eating less meat is the toughest dietary change to make — but the most important.

Red meat is a major source of saturated fat and cholesterol, which are major causes of heart disease. Meat has also been linked to cancer of the colon and prostate. Even modest servings are loaded with saturated fat. A four-ounce hamburger or 12-ounce sirloin steak (the leanest meat at a steak house) can use up nearly half a day's worth of saturated fat.

A "perfect diet" needn't eliminate *all* meat, but you should eat only small or occasional portions of the leanest meat (round or sirloin steak; pork tenderloin) and trim them carefully.

Chicken and turkey are lower in saturated fat than red meat. But it's still important to choose lower-fat varieties, such as the breast (second-best: drumstick). Thighs and wings are fatter. In any case, always remove the skin. And forget fried chicken — the breading soaks up the fat!

This week, try not eating *any* (gasp!) meat or poultry. Eschewing meat may sound less tempting than chewing it, but what is tempting is the enormous variety of delicious meatless dishes:

- Try pizza topped with loads of vegetables (and half the light cheese)
- pasta (whole wheat for a chewier change) topped with tomato sauce and steamed zucchini or broccoli
- frozen veggieburgers (such as Gardenburgers or Boca Burgers) with vegetable side dishes
- a hearty home-made or canned lentil soup with crusty whole wheat bread.

Burrito Basics

Warm a whole wheat tortilla in oven or microwave. Place on tortilla several tablespoonsful of any combination of: rinsed, heated black beans; brown rice; diced tomatoes; or sautéed vegetables. Add salsa, wrap up, and eat. Repeat until full.

Week 6

Fill Up on Vegetables

Vegetables are the nutritional powerhouses of your diet, and this is the week to turn on the power!

Vegetables contain relatively few calories and are brimming with vitamins, minerals, fiber, and "phytochemicals that may protect against cancer, heart disease, stroke, and other health problems.

The National Cancer Institute recommends eating at least five to nine half-cup servings a day of vegetables and fruit. Eat them raw, steamed, or sautéed. Eat them as main courses, snacks, or side dishes. When you eat lots of vegetables, you'll have much less room in your stomach for fatty foods. . . so you might lose a few pounds without even trying.

Eating "5 A Day" is easiest when you make vegetables the main course, such as sautéed vegetables on rice or a thick lentil-vegetable soup with whole wheat bread and salad. That way you are sure to get several servings in that meal. You might even experiment with a vegetarian diet, even if it is only a couple of days a week. Vegetable super stars, such as sweet potatoes, spinach, and broccoli, can be dimmed if they are buried in butter and salt. Instead, season vegetables with lemon juice plus a sprinkle of oregano, an herb-spice mixture, basil or dill, or even nothing at all. On a baked potato, try low-fat margarine, low-fat sour cream, or salsa. Try low-fat salad dressing on steamed broccoli.

This week, start two new habits:

- Eat three half-cup servings of vegetables with every dinner.
- Try one new vegetable every day, such as steamed artichoke (with lemon juice), arugula, red or green cabbage, steamed kale, raw or sautéed rutabaga, or baked sweet potato (mush in crushed pineapple or applesauce).

Rice & Vegetables Nirvana

Stir-fry sliced vegetables (carrots, mushrooms, zucchini, green pepper, onion, etc.), spices. Serve on brown rice (top with Parmesan cheese).

Week 7

Cut the Salt!

Salt is ubiquitous. Most of us became accustomed to salty foods in infancy . . . and continue eating salty processed foods all our lives.

The sodium in salt increases the risk of high blood pressure — and that increases the risk of heart attack and stroke.

Processed foods provide about 75 percent of the sodium in the average diet. After all, salt is much cheaper than flavorful natural ingredients.

The quickest way to cut back on sodium is to avoid processed foods (unless they are "low salt" or "no-salt-added"). Canned or dried soups, frozen dinners, pizza, processed meats (hot dogs, ham, sausages), and processed cheeses are among the worst offenders. Check the "Nutrition Facts" label and buy the lower sodium products.

Restaurant foods, too, are loaded with salt. And you often can't tell the sodium content by taste. For example, McDonald's sandwiches all have more sodium than the french fries.

If you add salt to everything you eat, you should — today — replace your salt shaker with an herb shaker, containing a commercial (e.g., Mrs. Dash's) or a homemade

blend (see recipe below).

When you are cooking, replace salt with pepper, curry powder, salsa, mustard, and similar spicy ingredients. Routinely, use half as much (or less) salt as the recipe calls for. Keep lemon juice in a spray-top bottle in your refrigerator. Then you can easily spray your vegetables, fish, or other food and add a sprinkle of herbs.

At first, dishes low in sodium may taste bland. But as your taste buds adjust, those "bland" foods begin to taste better and better.

Herb Blend

Mix in a small bowl equal amounts of some or all of the following: basil, onion powder, garlic powder, oregano, white or black pepper, thyme. Chop in a small mill or blender. Put in a shaker and keep on the table.

Week 8

Fruit's the Snack

This week, eat plenty of fruit! Carry fruit as a snack. Eat it for dessert. Slice it into your cereal.

Fruit is naturally sweet and delicious — and often provides lots of vitamin A and C, folic acid, and other vitamins and minerals. Fruit also provides fiber and the phytochemicals that appear to reduce the risk of cancer, heart disease, and stroke. A ready supply of fruit or fruit salad at home and at the office should ward off the temptations of junk foods in vending machines, snack bars, and fast-food restaurants. Dried apricots or dried fruit mix are convenient ways to make sure a sweet snack is always at hand.

At breakfast, it takes just 60 seconds to peel an orange or section a grapefruit . . . or add lots of chopped fruit to your hot or cold whole grain cereal.

You should have fruit juice at home and at your workplace when you want more than water to quench your thirst. Orange juice is by far the most nutritious; apple and grape the least. Some juices now have calcium added to appeal to people (especially women) who need more calcium. To lighten up a juice and cut the calories, mix together equal portions of seltzer water and juice.

With the National Cancer Institute urging people to consume at least four or five servings of fruit each day, make sure that fruit is your morning or afternoon snack. Stock up now!

Next time you're at the grocery store, seek out a few kinds of fruit that you never ate before. How about papaya, mango, star fruit, or new varieties of apples and pears?

Fruit Compote

Slice 6 ounces of dried fruit (apricot, prune, pear, apple, peach) into big pieces. Put in a saucepan with 13 ounces of water and add a cinnamon stick. Cover, bring to a boil, and simmer for about 40 minutes. Delicious hot or cold (or with a

scoop of fat-free frozen yogurt on top for a special occasion).

Week 9

Sugar: Wasted Calories

Sugar (or corn syrup, dextrose, white grape juice, etc.) is a waste of calories, promotes obesity, causes tooth decay, and dilutes the nutritional quality of your diet. Refined sugar is not a poison, and you don't have to eliminate it entirely. The problem is excess — which is what most Americans consume.

Soft drinks are a major source of sugar calories (a 12-ounce drink has ten teaspoons of sugar, which provide 150 calories) for millions of people. What's even worse, soft drinks may increase the risk of osteoporosis by replacing milk, or the risk of cancer by replacing fruit juice. Drink water, seltzer water, fat-free milk, or fruit juice instead of soft drinks.

Where are you getting your sugar (see [Sugar Inventory](#) below)? Once you know, start adjusting your diet: Leave sugar out of your tea or coffee. Switch to unsweetened cereals. Cut back on those fat-free, but hardly sugar-free, "healthy" frozen desserts, cookies, and cakes. Most importantly, cut back on ice cream, pies, chocolate, and other sweets that are not just loaded with sugar, but also fat.

To satisfy your sweet tooth, eat fresh fruit, fruit salad, fruit juice, or fruit compote.

Artificial sweeteners don't have calories or cause tooth decay, but do keep your sweet tooth alive. Aspartame (NutraSweet), is the safest fake sugar, while saccharin (Sweet 'n Low) and acesulfame-K (used in sugar-free gelatin desserts, syrups, etc.) may increase your risk of cancer. Artificially sweetened foods are expensive ways of getting no nutrients — try to avoid them.

Sugar Inventory

Food servings per week

Soft drinks	_____
Cookies, cake, pie, doughnuts	_____
Syrups and jams	_____
Fruit drinks (not 100% juice)	_____
Candy	_____
Ice cream/frozen yogurt	_____
Sugar in coffee/tea	_____

Making Your Good Diet Better

Exercise

Do. Lots. Exercise helps people lose weight, strengthens the heart, and builds bones

and muscle strength. Also exercise just makes you feel better. So turn off the TV and build 30 minutes of exercise into your daily life: bike, walk, jog, garden, lift weights, play tennis.

Supplements

Even if you are eating a great diet, extra supplements make sense. Start with a multi-nutrient (like Centrum or a similar store-brand) with roughly 100 percent of the U.S. Recommended Daily Allowances of many nutrients. Men and post-menopausal women should limit iron to the USRDA or less.

Antioxidants may protect against chronic diseases. Consider taking daily 250 milligrams of vitamin C and 100 units of vitamin E.

Adults (especially women) and teens (especially girls) should eat three or four servings of low-fat dairy products a day . . . or take 300 milligrams of calcium for every serving they skip.

If you may become pregnant, take a multi-vitamin that has 400 micrograms of folic acid (it's not good to wait until you are pregnant) to reduce the risk of birth defects. Folic acid also may fight heart disease in men and women.

Alcoholic Beverages

A drink (women) or two (men) a day may lower your risk of heart disease. But more than that becomes very risky. If you do not drink, do not start. Exercising and eating better are much safer ways to promote your health.

Smoking

Don't. Ask your doctor or the American Lung Association for advice on stopping.

Relax

Just take a deep breath and relax whenever you're feeling tense . . . and don't worry if your diet is not absolutely perfect.

© This site is copyright 1998 by Center for Science in the Public Interest
Source: www.cspinet.org

RECIPES

5 - A - Day Kids Cookbook

Breakfast

Fruity Breakfast Parfait

Makes 4 servings

Ingredients:

- 2 cups chopped fresh pineapple
- 1 cup frozen raspberries, thawed
- 1 cup lowfat vanilla yogurt
- 1 firm, medium banana, peeled and sliced
- 1/3 cup chopped dates
- 1/4 cup sliced almonds, toasted

Method:

1. In glasses, layer pineapple, raspberries, yogurt, banana, and dates. Sprinkle the top with almonds.

Fruit 'N' Juice Breakfast Shake

Makes 2 servings

Ingredients:

- 1 very ripe, medium banana, peeled
- 3/4 cup pineapple juice
- 1/2 cup lowfat vanilla yogurt
- 1/2 cup strawberries, stem removed and rinsed

Method:

1. Break banana into small pieces and put in the blender with pineapple juice, yogurt, and strawberries. Secure lid and blend until smooth.
2. Divide shake between two glasses and serve immediately.

Raisin Buddy Banana Muffins

Makes 48 mini muffins

Ingredients:

- 2 very ripe, medium bananas, peeled
- 1 egg, beaten
- 1/3 cup vegetable oil
- 1 1/2 cups all-purpose flour
- 1 cup sugar
- 6 tablespoons cocoa powder
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1/4 teaspoon baking powder
- 1/2 cup raisins

Method:

1. Spray muffin pans or loaf pans with cooking spray. Preheat the oven at 350 degrees F.
2. Put bananas into a food processor bowl or blender. Secure lid and blend until smooth. Scrape banana into a mixing bowl and combine with eggs and oil. In another mixing bowl, combine flour, sugar, cocoa, baking soda, salt, and baking powder. Add banana mixture, and stir until moistened. Stir in raisins.
3. **To make Mini-Muffins:**
spoon 1 tablespoon of batter into each muffin pan cup. Bake for 12 to 15 minutes. Cool muffins before popping them out.
4. **To make Regular Muffins:**
spoon 1/3 cup of batter into 10 to 12 prepared muffin pan cups. Bake for 20 to 25 minutes.
5. **To make a loaf:**
pour the batter into a prepared 9" x 5" loaf pan. Bake for 55 to 60 minutes. Cool for 10 minutes before removing from pan. Cool bread completely before slicing.

Pint-Size Banana Raisin Pancakes

Makes 4 servings

Ingredients:

- 2 very ripe, medium bananas, peeled
- 1 egg
- 3/4 cup lowfat milk
- 1 tablespoon vegetable oil
- 1 cup pancake and waffle mix
- 1/2 cup raisins
- 1/8 teaspoon ground cinnamon
- 1 recipe Warm Tropical Fruit Topping

Method:

1. Break up bananas into a mixing bowl. With back of fork, mash until smooth, about 1 cup. Add egg, milk, and oil; combine. In another mixing bowl, combine pancake mix, raisins, and cinnamon.
2. Add pancake mix to banana mixture and stir until moistened.
3. Heat skillet over a medium high heat. Measure 1/4 cup batter and pour into skillet. Cook as many pancakes at one time as you can. Brown the underside of the pancake and when bubbles appear on the surface, carefully flip pancakes over and continue cooking for another minute. Slide pancakes onto a platter while you continue cooking the remaining batter.
4. Spoon Warm Tropical Fruit Topping over hot pancakes.

Warm Tropical Fruit Topping

Makes 6 servings

Ingredients:

- 1 can (8-ounce) pineapple chunks in juice
- 2 cans (6-ounces each) pine-orange banana juice
- 1 tablespoon cornstarch
- 1 firm, medium banana, peeled and sliced
- 1 orange, peeled and sliced
- 1 cup seedless grapes

Method:

1. Drain juice from pineapple into small saucepan. Stir in pine-orange banana juice and cornstarch, blend until smooth. Bring mixture to a boil over medium high heat, cook for 3 minutes, stirring constantly. Turn heat off and carefully move saucepan to a cool burner.
2. Combine pineapple, banana, orange, and grapes in a mixing bowl.
3. When mixture cools to room temperature, about 15 minutes, stir in fruit. Spoon over pancakes. Topping can be used over frozen yogurt or waffles. Keep unused sauce refrigerated in an airtight container. Stays fresh for about 2 days. Heat before serving.

Salads

Crispy Winter Vegetable Salad

Makes 8 servings

Ingredients:

- 4 cups broccoli florets
- 2 large carrots, peeled and sliced thin
- 1 large red bell pepper, seeded and sliced thin
- 1 bunch radishes, cut in half
- 2 stalks celery, sliced thin
- 1 bottle (8 ounce) fat-free Italian salad dressing
- 1 bag (1 pound) Dole Salad Mix

Method:

1. Combine broccoli, carrots, red pepper, radishes, and celery with salad dressing; toss. Cover with plastic wrap and refrigerate for at least 15 minutes.
2. Toss with salad mix before serving.

Carrot and Raisin Sunshine Salad

Makes 4 to 6 servings

Ingredients:

- 1 pound carrots (5 to 6) peeled and shredded
- 1/2 cup raisins
- 1 carton (8-ounce) lowfat vanilla yogurt
- 4 to 6 iceberg lettuce leaves

Method:

1. Mix all ingredients together, except lettuce leaves, in a mixing bowl. Cover with plastic wrap and refrigerate for 15 minutes.
2. Toss again before serving.
3. Serve on lettuce leaves.

Pizzas and Sandwiches

Spunky Vegetable Pizza

Makes 8 servings

Ingredients:

- 3/4 cup pizza sauce
- 1 large Italian pizza shell
- 1 cup chopped broccoli
- 1 cup shredded carrots
- 1/2 cup sliced red or green bell pepper
- 5 to 6 ounces, shredded, lowfat mozzarella or Cheddar cheese

Method:

1. Preheat the oven to 450 F.
2. Spoon pizza sauce on pizza shell.
3. Put pizza shell on a cookie sheet.
4. Arrange vegetables over sauce.
5. Sprinkle on the cheese.
6. Bake for 10 minutes.
7. When baked, cool pizza for 3 minutes before slicing. Cut into 8 wedges.

The Lana'i Sandwich

Makes 4 servings

Ingredients:

- 1 can (8-ounce) pineapple slices in juice
- 1/4 cup reduced calorie mayonnaise
- 1 tablespoon prepared mustard
- 1 green onion, thinly sliced
- 1/8 teaspoon cayenne pepper
- 8 slices 9-grain bread
- 4 thin slices baked ham
- 4 thin slices reduced fat Swiss cheese
- 4 iceberg lettuce leaves

Method:

1. Place strainer inside a mixing bowl. Pour pineapple slices into strainer; drain.
2. Combine 1 tablespoon of pineapple juice with mayonnaise, mustard, green onion, and cayenne. Spread over one side of each slice of bread.
3. Lay four slices of bread flat on counter. Layer the ham, cheese, pineapple, lettuce, and remaining bread slices. Place on cutting board. Cut sandwiches in half on the diagonal and serve.

Apple Tuna Sandwich

Makes 3 servings

Ingredients:

- 1 can (6 1/2 ounce) tuna in water, drained
- 1 small apple, halved (remove seeds) and chopped (1 cup)
- 1/4 cup lowfat vanilla yogurt
- 1 teaspoon prepared mustard
- 1 teaspoon honey
- 6 slices whole wheat bread
- 3 iceberg lettuce leaves

Method:

1. Combine tuna, apple, yogurt, mustard, and honey.
2. Spread 1/2 cup mixture on 3 bread slices.
3. Top each with lettuce leaf and remaining bread.
4. Place on cutting board. Cut sandwiches in half.

Banana Peanut Butter Sandwich

Makes 2 servings

Ingredients:

- 2 tablespoons peanut butter
- 4 slices raisin bread
- 1 firm, small banana, peeled and sliced

Method:

1. Spread peanut butter on 2 bread slices.
2. Arrange banana slices over peanut butter. Top with remaining bread.
3. Place sandwiches on cutting board and cut into quarters.

Main Dish Recipes

Vegetable Pasta Italiano

Makes 6 servings

Ingredients:

- 1/2 pound lean ground turkey
- 1 red bell pepper, seeded and thinly sliced
- 1 tablespoon paprika
- 1 can (14 1/2 ounce) crushed tomatoes
- 1 can (14 12 ounce) reduced-sodium chicken broth
- 2 cups uncooked bow-tie pasta
- 2 cups broccoli florets, washed
- 1 cup cauliflower florets, washed

Savory Toppings:

- 1/2 bunch parsley
- 1/4 cup seasoned dry bread crumbs
- 1/4 cup grated Parmesan cheese

Method:

1. Crumble ground turkey into a skillet. Brown over medium high heat for 2 minutes, stirring occasionally. Add red pepper strips and paprika, cook for 2 more minutes.
2. Add crushed tomatoes, chicken broth, and pasta to the skillet. Bring mixture to a boil, reduce heat, cover and simmer for 15 minutes.
3. With adult help, remove the lid and arrange broccoli and cauliflower over the pasta. Replace lid and continue cooking for 10 minutes.
4. Prepare the savory topping. Pull leaves from parsley stems and combine with bread crumbs and grated cheese; toss. Sprinkle savory topping over vegetables in skillet. Let sit for 3 minutes before serving.

Crunchy Vegetable Burrito Banditos

Makes 4 servings

Ingredients:

- 1/2 cup shredded carrots
- 1/2 cup chopped broccoli
- 1/2 cup chopped cauliflower
- 2 green onions, thinly sliced
- 4 ounces shredded lowfat Cheddar cheese
- 1/4 cup nonfat ranch salad dressing
- 1/2 teaspoon chili powder
- 4 (7-inch) flour tortillas
- 1 cup torn iceberg lettuce, bite-size pieces

Method:

1. In a mixing bowl, combine carrots, broccoli, cauliflower and onions with cheese, dressing, and chili powder.
2. Lay tortillas flat on the counter and spoon about 1/2 cup vegetable mixture and 1/4 cup of lettuce down the center. Wrap each tortilla around the vegetable mixture.

Chinese Vegetable Stir-fry

Makes 4 to 6 servings

Ingredients:

Sweet 'N' Sour Sauce

- 3/4 cup pineapple juice
- 1 tablespoon sugar
- 1 tablespoon lemon juice
- 1 1/2 teaspoons cornstarch
- 1 teaspoon light soy sauce

Stir-Fry Vegetables

- 4 teaspoons vegetable oil
- 1 cup broccoli florets
- 1 cup sliced carrot
- 1 cup cauliflower florets

- 1 cup sliced celery
- 1 cup chunked red bell pepper
- 1 cup sugar peas, stems removed

Method:

1. Combine the ingredients for the Sweet 'N' Sour sauce in a mixing bowl.
2. Heat oil in a skillet over medium high heat. Add broccoli, carrots, cauliflower, and celery, cook for 2 minutes. Add bell pepper and sugar peas, cook for 2 minutes. Add Sweet 'N' Sour sauce, bring to a boil and cook for 1 minute, covered. Serve vegetables while hot.

Chicken Nuggets with Pineapple-Orange Dipping Sauce

Makes 4 servings

Ingredients:

- 1 egg
- 2 tablespoons milk
- 3 1/2 cups cornflakes, crushed
- 1 pound boneless, skinless chicken breasts, cut into nugget-size pieces

Dipping Sauce:

- 1 can (8-ounce) sliced or crushed pineapple in juice
- 1 tablespoon cornstarch
- 1/4 cup pineapple orange juice
- 1/4 cup barbecue sauce

Method:

1. **Prepare dipping sauce:** Pour undrained pineapple into the blender. Secure lid and process until it's a thick puree. Pour pineapple into the saucepan and add cornstarch; blend. Add pineapple orange juice and barbecue sauce; blend. Bring to a boil, then reduce heat and simmer, stirring until sauce thickens, about 3 minutes. Remove from heat and set aside.
2. **Prepare chicken nuggets:** Preheat oven to 400 F. Whisk the egg and milk together in a small mixing bowl. Place cornflakes in a plastic bag. Dip chicken pieces in egg mixture, then shake with cornflakes to coat. Put coated chicken on a baking sheet. Carefully place baking pan in oven and bake for 15 minutes. Carefully remove the baking pan from the oven. Serve nuggets with warm pineapple-orange dipping sauce.

Snack Recipes

Trees In A Broccoli Forest

Makes 4 servings

Ingredients:

- 2 carrots, peeled
- 3 cups broccoli florets
- 4 cherry tomatoes
- 3 tablespoons parsley leaves

Dipping Sauce:

- 1/4 cup plain nonfat yogurt
- 1/4 cup light sour cream
- 2 teaspoons honey
- 2 teaspoons spicy brown mustard

Method:

1. To prepare dipping sauce, combine yogurt, sour cream, honey, and mustard in a small bowl.
2. Hold carrots against cutting board and trim off ends. Cut each half, crosswise, then lengthwise to make four pieces.
3. Arrange each plate by putting two carrot pieces side-by-side in the center. Arrange broccoli around the carrots forming a cluster. Arrange the tomatoes at the top of the plate. Spoon dip around the base of carrots and sprinkle with parsley.

Carrots in Microwave

Ingredients:

- 2 sliced carrots
- 2 tablespoons water

Method:

1. In microwaveable dish, cook the carrots and water, covered, for 3 minutes on high.

Toppings:

1. Toss with 1/2 teaspoon melted margarine and a 1/2 teaspoon chopped dill.
2. Toss with 1/2 teaspoon melted margarine and 1 teaspoon brown sugar.
3. Toss with 1/2 teaspoon melted margarine and a pinch of ground cumin.

Dessert Recipes

Shimmering Tropical Fruit

Makes 6 to 8 servings

Ingredients:

- 1 can (15 1/4 ounce) tropical fruit salad
- 1 package (4-serving size) lemon or peach gelatin
- 8 sprigs parsley, optional

Dipping Sauce:

- 1 carton (8 ounces) lowfat vanilla yogurt
- 1 cup chopped strawberries

Method:

1. Place strainer inside a mixing bowl. Pour tropical fruit salad into strainer, drain juice. Pour drained juice into a measuring cup. Add enough water to juice, making a total of 1 3/4 cups of liquid.
2. Heat liquid in a saucepan over medium high heat. When it boils, turn the heat off and carefully move pan to a heat proof surface. Add gelatin and stir until dissolved. Chill gelatin in refrigerator until it slightly thickens, about 45 minutes.
3. Stir in fruit and pour gelatin into either the mold or cups. Put into the refrigerator and chill until firm, about 2 1/4 hours.
4. To unmold, fill sink 3/4 full with warm water. Quickly dip mold into water (or remove muffin cup liners.) Turn the mold over onto a platter and let the salad slip out. Decorate with parsley.

Musical Fruit Melodies

Makes 8 servings

Ingredients:

- 2 cups chunked fresh pineapple
- 1 firm, large banana, peeled and sliced
- 1 cup seedless grapes
- 1 orange, peeled and sliced
- 1 red apple, cored and sliced
- 1 cup pitted prunes
- 1 cup pitted dates

Dipping Sauce:

- 1 carton (8 ounces) lowfat vanilla yogurt
- 1 cup chopped strawberries

Method:

1. Arrange all fruit on platter.
2. Combine yogurt with strawberries in small bowl. Put bowl in center of platter.

ADDITIONAL WEB RESOURCES

Center for Science in the Public Interest: www.cspinet.org

American Dietetic Association: www.eatright.org

USDA Team Nutrition: <http://www.fns.usda.gov/tn/>

American Diabetes Association: www.diabetes.org

Epicurious.com – recipe database: <http://eat.epicurious.com/>

Soul Food Recipes and Reflections from African American churches, by Joyce White; email Jwhitesoul@aol.com and Amacon.com

Spiritual Secrets to Weight Loss, by Kara Davis M.D.;
www.spiritedwoman.com/goingdeeper

Heart Healthy Latino Recipes:
http://www.nhlbi.nih.gov/health/public/heart/other/sp_recip.htm

Heart Healthy Home Cooking Recipes:
<http://www.nhlbi.nih.gov/health/public/heart/other/chdblack/cooking.htm>