

Dear **FAN** Committee Members,

Welcome to Month 14. This month we will focus on lapses and relapses

FAN Goal of the month: Dealing with lapses and relapses to meet physical activity and healthy eating goals.

Conditions such as heart disease, high blood pressure, stroke, diabetes, obesity, and cancer are high in African American communities. However, you can reduce your risk for developing these conditions by increasing physical activity and eating healthy.

Changing your physical activity and eating habits can seem easy when you first set goals, but can be challenging overtime due to setbacks. It is common to experience setbacks, which can lead to **lapses** or **relapses**. A lapse is a single slip or setback and a relapse are repeated slips or setbacks in meeting your goals. If a lapse or relapse occurs there is no need to panic. Try tips below from *Active Living Every Day* (ALED) to help you recover from lapses.

Setbacks and Meeting Goals

Finding time to walk on busy work days can be a challenge, but remember that you can get by using stairs and parking further away from buildings. The holiday season is coming up and it can be difficult to stay on track with your healthy eating plan. Try eating smaller portion sizes or cutting back on added salt, sugar and fat in your recipes.

Here are some tips from ALED (2001) to help you recover from lapses and relapses to your physical activity and healthy eating goals. Remember a one time slip does not mean failure!

- **Honesty** - recognize when you have had a slip.
- **Support** - seek help from family or friends.
- **Set new goals** - revise your original goals to meet your current needs.
- **Avoid negative messages** - focus on all of the great work you have done in the past.
- **Focus on your strengths** - what do you do well and enjoy the most?
- **Plan** - how will you deal with high-risk situations?

Use this month's materials to help members understand that lapses and relapses are normal. Goals can be difficult to achieve due to setbacks, but setbacks can be overcome.

**Be a FAN for your health: Increase your faith,
be more physically active, and eat more fruits & vegetables!**



FAN Committee Monthly

The key to making successful changes is to start low and go slow.

This Month:

Handouts. Please make sure your church members receive these materials.

- **Bulletin inserts.** Place this insert inside your church program. Make an announcement about it during service. This month's topic is "Keeping Faith in Your Goals During Setbacks".
- **Be Active Your Way: A Fact Sheet For Adults.** This fact-sheet from the U.S. Department of Health and Human Services helps teach small steps to being active, healthy and happy.

Three **Resource Updates**. These can be used as handouts, teaching tools for announcements, and/or poster materials for your bulletin board.

- **Relapse Prevention.** This handout teaches how to prevent short lapses from becoming relapses in physical activity and healthy eating behaviors.
- **My Plan for High-Risk Situations.** This worksheet adapted from Active Living Every Day (2001) identifies common situations that frequently cause people to have a lapse to meeting their physical activity and healthy eating goals. Plan ahead! Come up with strategies for preventing lapses to your physical activity and healthy eating goals.
- **Cooking for Health.** This handout includes tips on cooking methods, how to reduce salt and sugar, as well as how to increase fiber in your diet.

Cooks' Tools.

- FAN cooks plan for healthy eating success. Cook meals for your church or family during the holiday season that contain more vegetables, less salt and less fat.
- Try new recipes if you are getting tired of your usual meals and snacks. This is a good way to stick to your FAN goals and keep your meals enjoyable. Look for recipes that are high in fiber and protein, and low in saturated fats and sodium (salt).

Activity.

This month's Pastor Activity includes a worksheet to help Pastors plan for high risk situations that may cause a lapse or relapse to their healthy eating and physical activity goals. Pastors are asked to develop strategies for overcoming these high risk situations and inspire fellow church members not to give up when they have hit a bump in the road.

**Be a FAN for your health: Increase your faith,
be more physically active, and eat more fruits & vegetables!**

May you "prosper in all things and be in health, just as your soul prospers"
III John 1:2 (New King James Version)





Pastor Activity Packs

MISSION 14: Relapse Prevention

FAN Goal of the month: Dealing with lapses and relapses to meet physical activity and healthy eating goals.

Changing your physical activity and eating habits may seem easy when you first set goals, but as time passes you can have setbacks. These setbacks can lead to **lapses or relapses** in meeting your goals. Setbacks are common during certain situations. For example, during the holiday season traditional dishes make it difficult to stick to your healthy eating goals of less sugar, salt, and fat. Reaching your physical activity goal of 30 minutes per day may be hard during a busy work week. However, if you plan for these setbacks, you may be able to prevent them.

Facts: A Lapse is a single slip or setback and a relapse are repeated setbacks in meeting goals. Below are tips from *Active Living Every Day* (2001) you can try to help you recover from lapses and relapses:

- Be **honest** with yourself, and admit when you have had a slip.
- Turn to fellow church members for **support**.
- **Set new goals.** Revise your original goals to make them work better for you.
- Avoid negative **messages**. Instead of saying “I can’t stick to my goals,” remind yourself of all the great work you have done in the past.
- Focus on your **strengths**. Look back to when you were doing well, and think about the personal strengths you discovered.

Remember, a one time slip does not mean failure!

Activity: Develop a plan to overcome situations that may cause a lapse or relapse.

Complete the **My Plan for High-Risk Situations** worksheet (ALED, 2001). A few situations that may cause a lapse in meeting your goals of healthy eating and physical activity have been identified. Come up with strategies for preventing these lapses.

Share:

- * Inspire a fellow church member to complete his/her My Plan for High-Risk Situations and discuss strategies for overcoming high risk situations.
- * Your church is listening. Announce your progress from the pulpit.

“Our hope is that, as your faith continues to grow, our area of activity among you will greatly expand.” 2 Corinthians 10:15 (NIV)

My Plan for High Risk Situations

There are many high-risk situations that may cause people to have a lapse or relapse in meeting their goals. **Planning for YOUR high-risk situation(s) can help you avoid lapses and relapses.**

Here are some common high risk situations. Place a check-box by those situations that make it difficult for you to stick with your healthy eating and physical activity plans.

Healthy Eating High Risk Situations:

- Holidays
- Travel
- Eating out
- Busy at work
- Feeling stressed
- Feeling down or blue
- Conflicts at home
- Other: _____

Physical Activity High Risk Situations:

- Holidays
- Travel
- Busy at work
- Feeling stressed
- Feeling down or blue
- Conflicts at home
- Other: _____

Now develop a plan to prevent a lapse in these situations. Choose one healthy eating and one physical activity high-risk situation you checked and work through a plan to prevent having a lapse.

Healthy eating high-risk situation: _____

Describe what make this situation a high-risk situation and how you feel about it:

What could you do to prevent a relapse?

Physical activity high-risk situation: _____

Describe what make this situation a high-risk situation and how you feel about it:

What could you do to prevent a relapse?

Tips for Dealing with Common High-Risk Situations

Travel:

Plan ahead to maintain your physical activity and healthy eating habits! Remember to bring your exercise clothes and shoes when you are traveling. Check out the neighborhood for places to walk or try the local malls for some indoor walking. To keep up with your healthy eating habits be sure to plan your food choices. When eating out choose foods that are low in salt, fat and sugar. Consider packing some healthy snacks like dried fruits, nuts, and high-fiber granola bars. Remember that being away from home means that you will have to think more carefully about making healthy choices.

Holidays and Special Events:

Plan ahead to maintain your physical activity and healthy eating habits! If you are having visitors over for the holidays plan to take a walk after dinner. This gives you some time to catch up with a family member or friend. Also, be sure to keep up with your healthy eating. Plan which foods you will need to limit (e.g. fried foods, potato chips and dips) and which foods are OK (e.g. veggie or fruit tray and salads). Avoid setting unrealistic goals such as, "I won't eat a single cookie," and instead plan for moderation, "I will limit myself to 2 cookies." Load up on vegetables and take smaller portions of meats and side dishes. That way you won't feel deprived but won't overdo it. Remember that holidays and special events should not turn into week-long periods of no physical activity or unhealthy eating.

Eating Out:

Whenever you can, choose restaurants that have healthy options. Order salads and sides of vegetables with your meals. Consider packing up half of your entrée as soon as it comes so you won't eat it all in one sitting. Avoid entrees with terms such as fried, battered, au gratin, crispy, creamy, cheesy, or breaded. Look for entrees with terms such as steamed, poached, broiled, baked, braised, or grilled. If you are eating at a sit-down restaurant, ask how the food is prepared and request modifications (e.g., no added oils or butters to vegetables). Choose broth-based soups with vegetables instead of cream soups. Consider fruit or sherbets for dessert, or share a dessert with a friend.

Negative Emotions:

One of the best ways to boost your mood and reduce stress is to be physically active. Instead of reaching for the remote control and a bag of chips, get out and take a walk. If you are a stress eater, plan for this by having healthy foods to snack on. If you feel tempted to give in to unhealthy choices, say a prayer or call a friend. The desire to eat for comfort will pass.

Busy at Work:

It is easy to grab quick and often unhealthy foods when your work is piling up. Focus on healthy convenience foods. For example, prepackaged salads and vegetables can save a lot of time, and fruit is always fast and healthy. Look for whole-grain snacks or pretzels. Whole grain pasta is easy to prepare and makes a good quick meal when you get home. Canned and frozen fruits and vegetables are just as healthy as fresh ones (but avoid the types with added salts or sauces).

"I have fought the good fight. I have finished the race. I have kept the faith." 2 Timothy 4:7



Keeping Faith in Your Goals During Set-Backs

“Lord, by such things people live; and my spirit finds life in them too.

You restored me to health and let me live.” Isaiah 38:16 (NIV)

Heart disease, high blood pressure, stroke, diabetes, obesity, and cancer are leading causes of death in Americans, and the rates are higher in African American communities. Setting goals to be physically active and eat healthy can help to prevent or help manage these health conditions. However, setbacks can often get us off track. We all experience setbacks that make it difficult to keep up our exercise or healthy eating. Identifying situations when a setback is most likely to occur can help you to stay on track. For example, holiday seasons can be challenging for keeping your healthy eating and physical activity goals but you can plan ahead. Plan which foods you will need to limit at dinner (like fried foods and dips) or plan a family walk after dinner to remain active. Keep faith in your goals during setbacks and remember if you get off track, one setback does not mean failure!

Questions about the FAN Program? Please contact your church FAN Coordinator.



Keeping Faith in Your Goals During Set-Backs

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Greetings FAN Cooks!

This month we talk about dealing with **lapses** and **relapses** to meeting healthy eating goals.

Cook's materials are always packed with DASH diet updates, recipes, healthy ingredients and food recommendations. Most importantly, these ideas come from AME church cooks who have contributed to our FAN healthy eating goals. FAN cooks are more aware of the benefits of cooking with vegetables and fruits, while striving to reduce sugar, salt, and fat in recipes.

Over the past 14 missions you have learned many tips to eating healthy. This month we offer a new recipe and ingredient (Tahini)*. Trying new recipes if you are getting tired of your usual meals and snacks is a good way to keep yourself from lapsing back into unhealthy eating habits. Look for recipes that are high in fiber and protein, and low in saturated fat, sugar and sodium (salt). This month's recipe is Black Eyed Pea Hummus. It can help to keep your healthy diet enjoyable.

For a tasty snack try this month's recipe at your next church or home gathering.

Black Eyed Pea Hummus

(by Clemson chef,)

Makes 6 Servings

Ingredients:

1 15oz Can Black Eyed Peas (drained and rinsed)
2 cloves of garlic (rough chop)
2 TBSP **Tahini***
2 TBSP Olive Oil

Juice of half a lemon

1/4 cup fresh parsley
1 TSP paprika
Herbs and spices to taste
2 ice cubes.



In a food processor combine Black Eyed Peas, garlic, **Tahini***, lemon juice, parsley, paprika, salt and pepper. Begin Blending. While blending add olive oil. Add ice cubes one at a time after all olive oil is added. Scrape mixture from sides of food processor making sure entire mixture is included. Blend until desired consistency is reached, and season to taste. Chill an hour and a half before serving.

**Please note:* Tahini is a paste made from ground sesame seeds and is a key ingredient in making humus. It can be found at most grocery stores near other items in jars, such as roasted red peppers and capers. After opening, it should be stored in the refrigerator.

Total Fat :7g (Unsaturated: 6g, Saturated: 1g, Trans: 0g)

Calories: 110 Carbohydrates: 1g Fiber: 3g Protein: 5g Sodium: 390mg Cholesterol: 0mg

"This will bring health to your body and nourishment to your bones." Proverbs 3:38 (NIV)

Remembering Our FAN Nutrition Skills

The Nutrition portion of FAN is composed of two elements: culinary and nutrition. We began with the DASH diet principles, ideas for cooks, chef led cooking demonstrations, and hands on food preparation. Over the past 14 missions, beginning with the Cooks workshop and continuing with monthly cook's newsletter messages, the focus has been to describe the benefits to health ways to provide for a shift to whole grains, less fat, less salt, and more fruits and vegetables in our church and home menus. Let's look back at the FAN Cooks workshop topics which remind us that it is delicious, fun, and beneficial to plan menus around the food selections of vegetables and fruits.

Below are six main topics that were discussed at the workshop:



Cooks learned how to improve knife skills and cutting techniques for vegetables and fruits with kitchen helpers.

Cooks created tasty healthy vegetable centerpieces with low fat dips (creamy French, and creamy herb) as a way to make a colorful platter presentation, as well as healthy dishes.



Cooks prepared a DASH diet lunch featuring low fat meat substitutions and sides: turkey meatballs with marinara or fresh BBQ sauce, whole grain pasta salad with vegetables (peppers, cucumber, green onions, tomatoes, celery) and a low fat fresh Caesar mustard dressing, mashed reduced sugar sweet potatoes, and a berry blue dessert salad.



Cooks increased fiber with whole grains, vegetables and fruits as a good way to practice planning menus and try some tasty snacks and appetizers such as peach and tomato salsa and bean hummus spread.



In order to put flavor forward the cooks made savory and sweet salad dressings and created an herb/ spice blend, low in salt to balance foods with favorite flavors.



Church menus were created with DASH diet principles and cooking tips were shared around the "dining table" between cooks and FAN staff.

2008 Physical Activity Guidelines for Americans

Be Active Your Way: A Fact Sheet for Adults



Finding out what kind and how much physical activity you need

How do I do it?

It's your choice. Pick an activity that's easy to fit into your life. Do at least 10 minutes of physical activity at a time. Choose **aerobic** activities that work for you. These make your heart beat faster and can make your heart, lungs, and blood vessels stronger and more fit. Also, do **strengthening** activities which make your muscles do more work than usual.

Why should I be physically active?

Physical activity can make you feel stronger and more alive. It is a fun way to be with your family or friends. It also helps you improve your health.

How many times a week should I be physically active?

It is up to you, but it is better to spread your activity throughout the week and to be active at least 3 days a week.

How do I build up more physical activity?

Do a little more each time. Once you feel comfortable, do it more often. Then you can trade activities at a moderate level for vigorous ones that take more effort. You can do moderate and vigorous activities in the same week.

How much physical activity do I need to do?

This chart tells you about the activities that are important for you to do. Do **both** aerobic activities and strengthening activities. Each offers important health benefits. And remember, some physical activity is better than none!

Aerobic Activities

If you choose activities at a **moderate** level, do at least **2 hours and 30 minutes** a week.

If you choose **vigorous** activities, do at least **1 hour and 15 minutes** a week.

- Slowly build up the amount of time you do physical activities. The more time you spend, the more health benefits you gain. Aim for twice the amount of activity in the box above.
- Do at least 10 minutes at a time.
- You can combine moderate and vigorous activities.

Muscle Strengthening Activities

Do these at least **2 days** a week.

- Include all the major muscle groups such as legs, hips, back, chest, stomach, shoulders, and arms.
- Exercises for each muscle group should be repeated 8 to 12 times per session.

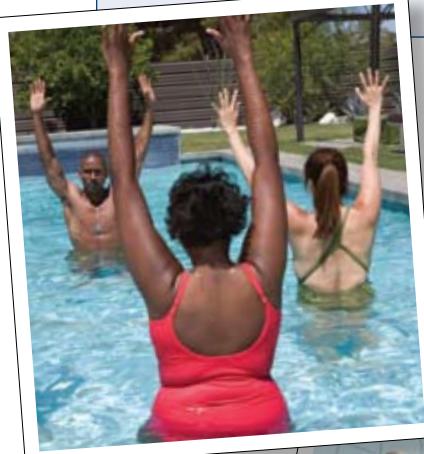
Be Active, Healthy, and Happy!



How can I tell an activity at a moderate level from a vigorous one?

Vigorous activities take more effort than moderate ones. Here are just a few moderate and vigorous aerobic physical activities. Do these for **10 minutes or more** at a time.

Moderate Activities <i>(I can talk while I do them, but I can't sing.)</i>	Vigorous Activities <i>(I can only say a few words without stopping to catch my breath.)</i>
<ul style="list-style-type: none">• Ballroom and line dancing• Biking on level ground or with few hills• Canoeing• General gardening (raking, trimming shrubs)• Sports where you catch and throw (baseball, softball, volleyball)• Tennis (doubles)• Using your manual wheelchair• Using hand cyclers—also called ergometers• Walking briskly• Water aerobics	<ul style="list-style-type: none">• Aerobic dance• Biking faster than 10 miles per hour• Fast dancing• Heavy gardening (digging, hoeing)• Hiking uphill• Jumping rope• Martial arts (such as karate)• Race walking, jogging, or running• Sports with a lot of running (basketball, hockey, soccer)• Swimming fast or swimming laps• Tennis (singles)



For more information, visit www.healthfinder.gov and type activity in the search box.

Be active your way by choosing activities you enjoy!



Relapse Prevention

What is a lapse?

A lapse is a slight slip or backward slide in meeting your healthy lifestyle goals. It is a single mistake. An example of a lapse is not being physically active for a planned session, or eating a high-fat, high-calorie food.

What is a relapse?

A relapse is a string of lapses, with backslicing and returning to previous unhealthy behaviors. An example of a relapse is not continuing with your walking program over the summer months, or getting back to your afternoon chocolate bar routine.

How do I know if I'm off my physical activity or healthy eating program?

The "all-or-nothing" trap or "black-and-white thinking" is a unrealistic way of thinking we all use. We say that we are either following our physical activity program or we are not, we are on a diet or we are off a diet. Try to view things in "shades of gray." So, for example, during a very stressful week at work, someone may only get in two physical activity sessions, when they had planned for 5. Instead of viewing this as a "failure," one might conclude that they did quite well to get in two sessions, even during a busy week. We know that ANY level of physical activity is better than NO physical activity.

What can I do if I have a lapse?

Be honest with yourself: Admit to yourself that you have hit a bump in the road, figure out what caused you to get off track and be prepared for next time.

Enlist the troops: This is the time to call on friends and loved ones for encouragement, and for some help to get going in the right direction.

Take a closer look: Recall your self-monitoring skills, and make an effort to schedule activity or resume healthy eating.

Think about your goals: Take a look at your current goals and determine if you need to revise them, or change the way you are trying to accomplish them.

Raise the positive and take out the negative: Think and act positively and try to focus on your strengths and what you have already accomplished. Avoid negative thinking, and combat those negative messages with positive ones.

"Be joyful in hope, patient in affliction, and faithful in prayer."

Roman 12:12



Fit and Fabulous!



as you mature

Did You Know?

Being physically active and eating well may help you stay fit and feel fabulous over the years. If you are overweight or inactive, you may have a higher risk for:

- type 2 diabetes (high blood sugar)
- high blood pressure
- coronary heart disease
- stroke
- certain forms of cancer

No matter what your age, you may be able to improve your health if you *Move More and Eat Better!* This booklet gives you tips on how to get moving and eat well throughout your life.



Why *Move More and Eat Better?*



Being physically active and making smart food choices are good for your health. In addition to improving your physical health, moving more and eating better may also:

- Give you more energy.
- Reduce stress.
- Help you feel better about yourself.
- Relieve boredom or depression.
- Set an example for your family.

Your family and friends can be great sources of motivation and support as you adopt a healthier lifestyle. Ask them to join you in healthy eating and physical activity—it is important for them, too! By making healthy choices together, it may be easier to eat right and be active.

Tips on Moving More

Try to do at least 30 minutes of moderate-intensity physical activity (like brisk walking) on most or all days of the week.

Also try to do strengthening activities two or three times a week. These activities are important because older adults—especially women—lose muscle and bone every year. Strengthening activities may help prevent or lessen this loss.

Fitting in physical activity is not as hard as you may think, and you do not have to do the whole 30 minutes at one time. Try these tips to overcome things that may keep you from being active.

“It’s too late for me to get physically active.”

It is never too late to start moving more. Physical activity may help you manage health problems like arthritis, osteoporosis (bone loss), and coronary heart disease.

It may also help:

- Keep your body flexible.
- Keep your bones and muscles strong.
- Keep your heart and lungs healthy.
- Control high blood sugar, especially if you lose weight.
- Let you keep living in your own home without help.

“Physical activity is a chore.”

Physical activity can be fun—you just need to figure out which activities you enjoy. The more enjoyable it is, the more likely you are to stick with it. Some ideas include:

- Walking or taking an exercise class with a friend or a group—that way, you can cheer each other on, have company, and feel safer when you are outdoors.

Tip

If you are over age 50 or have chronic health problems such as coronary heart disease, high blood pressure, diabetes, osteoporosis, or obesity, talk to your health care provider before starting a vigorous physical activity program. You do not need to talk to your provider before starting a less strenuous activity like walking.

- Starting a small garden in your yard or in a community garden.
- Breaking physical activity into short blocks of time—taking three 10-minute walks during your day may be easier than taking one 30-minute walk.
- Doing different activities throughout the week to stay interested.
- If you are not comfortable being active outdoors because of safety concerns, consider joining your local recreation or fitness center or going to a relative's neighborhood to walk.



"It's too expensive."

There are lots of ways to be physically active that are free or low-cost. Consider:

- Finding a local park or school track where you can walk.
- Walking around a mall.
- Being active with your grandchildren—take a walk, toss a softball, or ride bikes.
- Walking your dog or meeting up with a neighbor to walk together.
- Checking out a fitness video from the library and following along at home.

"I don't have enough time."

No matter how busy you are, there are ways to fit in 30 minutes or more of physical activity each day. Try:

- Spreading physical activity throughout the day, rather than doing it all at once.
- Setting aside time to be active. For instance, if you make it part of your daily routine to walk after breakfast, you may not think twice about doing it.
- Walking to do your errands when possible.
- Being active while doing other things. For example, you can lift weights or march in place while watching TV, or walk around your home while talking on a cordless telephone.

"I'm not an athlete, so why strength train?"

Strengthening activities are good for everyone—and there are ways to become stronger without lifting weights. Strength training may help you perform your daily activities with more ease. Consider:

- Doing step-ups or wall push-ups in the comfort of your own home.
- Using canned foods or filled water bottles as weights.
- Walking up stairs—lifting your body weight strengthens your legs and hips.

Tip

To avoid injury, it is important to use good form when you do strengthening activities. You can learn about proper form in *Growing Stronger*, a strength training program for older adults. See the “Additional Resources” section at the end of this publication for more information.

Simple Ideas for Eating Well

- Start every day with breakfast. Try oatmeal, a whole-grain cereal like raisin bran with fat-free or low-fat milk, whole-wheat toast spread with jam, or fat-free or low-fat yogurt. Enjoy some fruit with your breakfast too.
- Try kidney or butter beans in hot dishes, on salads, or plain. Protein is important to your health as you age. Beans are loaded with protein and cost less than meat.
- Choose fat-free or low-fat milk, yogurt, and cheese instead of full-fat dairy products.
- Choose whole-grain foods like whole-wheat bread, oatmeal, brown rice, and whole-wheat pasta more often than refined-grain foods like white bread, white rice, and white pasta. Whole-grain foods offer dietary fiber, which helps keep you regular.
- Do not let sweets like cookies, candy, or soda crowd out healthy foods.

Make Healthy Meals That Taste Good

You may like the taste of fried foods and fatty meats, but if you eat them too often or in large amounts you may consume too much saturated fat, which is not healthy for your heart. There are other ways you can add flavor to your food. Try:

- Baking, roasting, broiling, grilling, or oven-frying chicken or fish—season with herbs, spices, lemon, lime, or vinegar (but not salt).



- Cooking collard greens or kale with onions, garlic, chicken broth, bouillon, smoked turkey, turkey bacon, or turkey ham (use broth, bouillon, and cured meats in small amounts because they are high in sodium, or buy low-sodium versions of them).
- Topping baked potatoes with salsa or low-fat sour cream.
- Making salads and casseroles with low-fat or fat-free salad dressing or mayonnaise, flavored vinegar like balsamic, or a small amount of mustard (but remember that mustard is high in sodium).

Save Time and Money When You Cook

You do not have to spend a lot of time in the kitchen or a lot of money to eat well.

- Cook enough to last. Casseroles, meat loaf, and whole cooked chicken may last for several days. (Be sure to freeze or refrigerate leftovers right away to keep them safe to eat).
- Buy frozen or canned vegetables (no salt added) and canned fruit packed in juice. They are just as good for you as fresh produce, will not go bad, and make quick and easy additions to your meals.
- If your local store does not have the foods you want or their prices are too high, go to another store. Start a weekly shopping carpool, share the cost of a taxi with friends, or ask a relative or neighbor for a ride.

Tip

If you cannot digest lactose (the sugar found in milk) try fat-free or low-fat lactose-reduced milk. Or try fat-free or low-fat yogurt or hard cheeses like cheddar, which may be easier to digest than milk. You can also get calcium from calcium-fortified juices, soy-based beverages, and cereals. Eating dark leafy vegetables like collard greens and kale, and canned fish with soft bones like salmon, can also help you meet your body's calcium needs.

Reading Food Labels



Food labels may help you make healthy food choices, but they can be confusing.* Following are some quick tips for reading food labels:

Check Serving Size and Calories

All the information on a food label is based on the serving size. Be careful—one serving may be much smaller than you think. If you double the servings you eat, you double the calories and nutrients, including the percent

Daily Values (DVs).

Percent DV

This number tells you whether a food is high or low in nutrients. Foods that have more than 20-percent DV of a nutrient are high. Foods that have 5-percent DV or less are low.

Saturated Fat

Saturated fat is not healthy for your heart. Compare labels on similar foods and try to choose foods that have 5-percent DV or less for saturated fat. Most of the fats you eat should be polyunsaturated and monounsaturated fats. Keep total fat intake between 20 percent to 35 percent of your total daily calories.

Trans Fat

Trans fat is not healthy for your heart. When reading food labels, add together the grams of *trans* fat and saturated fat, and choose foods with the lowest combined amount.

Cholesterol

Too much cholesterol is not healthy for your heart. Keep your intake of saturated fat, trans fat, and cholesterol as low as possible.

Sodium (Salt)

Salt contains sodium. Research shows that eating less than 2,300 milligrams of sodium (about 1 teaspoon of salt) per day may reduce the risk of high blood pressure.

Fiber

Choose foods that are rich in fiber, such as whole grains, beans, fruits, and vegetables.

Sugar

Try to choose foods with little or no added sugar, such as low-sugar cereals.

Calcium

Choose foods that are high in calcium. Foods that are high in calcium have at least 20-percent DV.

Tip

Many food labels say “low-fat,” “reduced fat,” or “light.” These claims do not always mean the food is low in calories, however. Remember, fat-free does not mean calorie-free, and calories do count!

* For more information on reading food labels, visit: <http://www.cfsan.fda.gov/labelman>.

For information about the 2005 *Dietary Guidelines for Americans*, see: <http://www.healthierus.gov/dietaryguidelines>.

Keeping Track of Serving Sizes

Many people think that bigger is better. We are so used to value-sized portions—especially in restaurants—that it can be easy to eat more than our bodies need. Eating smaller portions will help you cut down on calories and fat (and might save you money too). Here is a 1,600-calorie per day sample menu with sensible portion sizes:^{*}



Breakfast

1/2 cup oatmeal
 1 English muffin with 1 tablespoon low-fat cream cheese
 1 cup low-fat milk
 3/4 cup orange juice

Lunch

2 ounces baked chicken without skin (a little smaller than a deck of cards)
 Lettuce, tomato, and cucumber salad with 2 teaspoons oil and vinegar dressing
 1/2 cup rice seasoned with 1/2 teaspoon tub or liquid margarine
 1 small whole-wheat roll with 1 teaspoon margarine

Dinner

3 ounces lean roast beef (about the size of a deck of cards) with 1 tablespoon beef gravy
 1/2 cup turnip greens seasoned with 1/2 teaspoon margarine
 1 small baked sweet potato with 1/2 teaspoon margarine
 1 slice cornbread
 1/4 honeydew melon

Snack

2 1/2 cups low-fat microwave popcorn
 1 1/2 teaspoons margarine

Tips

Use tub or liquid margarine instead of butter. Choose a soft margarine that has less than 2 grams of saturated fat per tablespoon and has 0 grams of trans fat. "Liquid vegetable oil" should be first on the ingredient list.
(American Heart Association)

Try keeping a food diary. Writing down what you eat, when you eat, and how you feel when you eat can help you understand your eating habits. You may be able to see ways to make your eating habits healthier. You can also use your diary to plan weekly menus, make shopping lists, and keep track of recipes you would like to try. For more information about keeping a food diary, read the Weight-control Information Network (WIN) brochure *Just Enough for You: About Food Portions.*

* Adapted from National Heart, Lung, and Blood Institute (NHLBI) sample menus.

Eating Away From Home

In real life, you cannot always cook your meals. Here are some ways to make healthy choices when you are away from home:

- Use a small plate at social functions to help keep you from eating too much.
- At restaurants, order a half portion, share a meal with a friend, or take half of your order home for another meal.
- Balance your meals throughout the day. If you have a high-fat or high-calorie breakfast or lunch, make sure you eat a low-fat dinner. If you know you will be having a higher fat dinner, make lower fat choices earlier in the day.



You Can Do It!

Set goals and move at your own pace to reach them. Ask your family and friends to help you. They can encourage you, help you with setbacks, and be there to celebrate your successes!

**No matter what, keep trying—
you can do it!**



Additional Reading From the Weight-Control Information Network

Energize Yourself and Your Family

NIH Publication No. 04-4926

Just Enough for You: About Food Portions

NIH Publication No. 03-5287

Walking...A Step in the Right Direction

NIH Publication No. 07-4155

Additional Resources

Growing Stronger: Strength Training for Older Adults

This exercise program, developed by the Centers for Disease Control and Prevention and Tufts University, describes how to strength train safely. It illustrates and describes a variety of exercises that can be performed at home.

Internet: http://www.cdc.gov/nccdphp/dnpa/physical/growing_stronger

National Diabetes Education Program

Publications from the National Diabetes Education Program (NDEP) provide information about diabetes and obesity prevention and control. NDEP's publications catalog also offers resources specifically for African Americans.

Internet: <http://www.ndep.nih.gov/diabetes/pubs/catalog.htm>

Phone: (301) 496-3583

MyPyramid

This interactive website from the U.S. Department of Agriculture has detailed information about healthy eating and physical activity and allows you to create a personalized eating and activity plan.

Internet: <http://www.mypyramid.gov>

Phone: 1–888–7–Pyramid; 1–888–779–7264

Cookbooks

Heart-Healthy Home Cooking African American Style

National Institutes of Health (NIH) Publication No. 97–3792, 1997. This pamphlet tells how to prepare your favorite African-American dishes in ways that will help protect you and your family from heart disease and stroke. It includes 20 tested recipes. Available from NHLBI for \$3; call (301) 592–8573 or (240) 629–3255 (TTY) or download for free at: <http://www.nhlbi.nih.gov/health/public/heart/other/chdblack/cooking.pdf>.

Down Home Healthy Cookin'

National Cancer Institute (NCI), reprinted 2006. This pamphlet features 12 recipes for traditional African-American foods modified to be low in fat, high in fiber, and tasty to eat. Available free from NCI; call 1–800–4–CANCER or 1–800–332–8615 (TTY).

Weight-Control Information Network

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The Weight-control Information Network (WIN) is a service of the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) of the National Institutes of Health, which is the Federal Government's lead agency responsible for biomedical research on nutrition and obesity. Authorized by Congress (Public Law 103-43), WIN provides the general public, health professionals, the media, and Congress with up-to-date, science-based health information on weight control, obesity, physical activity, and related nutritional issues.

Publications produced by WIN are reviewed by both NIDDK scientists and outside experts. This publication was also reviewed by Steven Blair, P.E.D., and Ellen Feiler, M.S., Health Education Director, Broward County Health Department, Florida Department of Health.

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Health and Human Services
National Institutes of Health



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DIABETES AND DIGESTIVE
AND KIDNEY DISEASES

NIH Publication No. 03-4927
January 2003
Revised July 2007

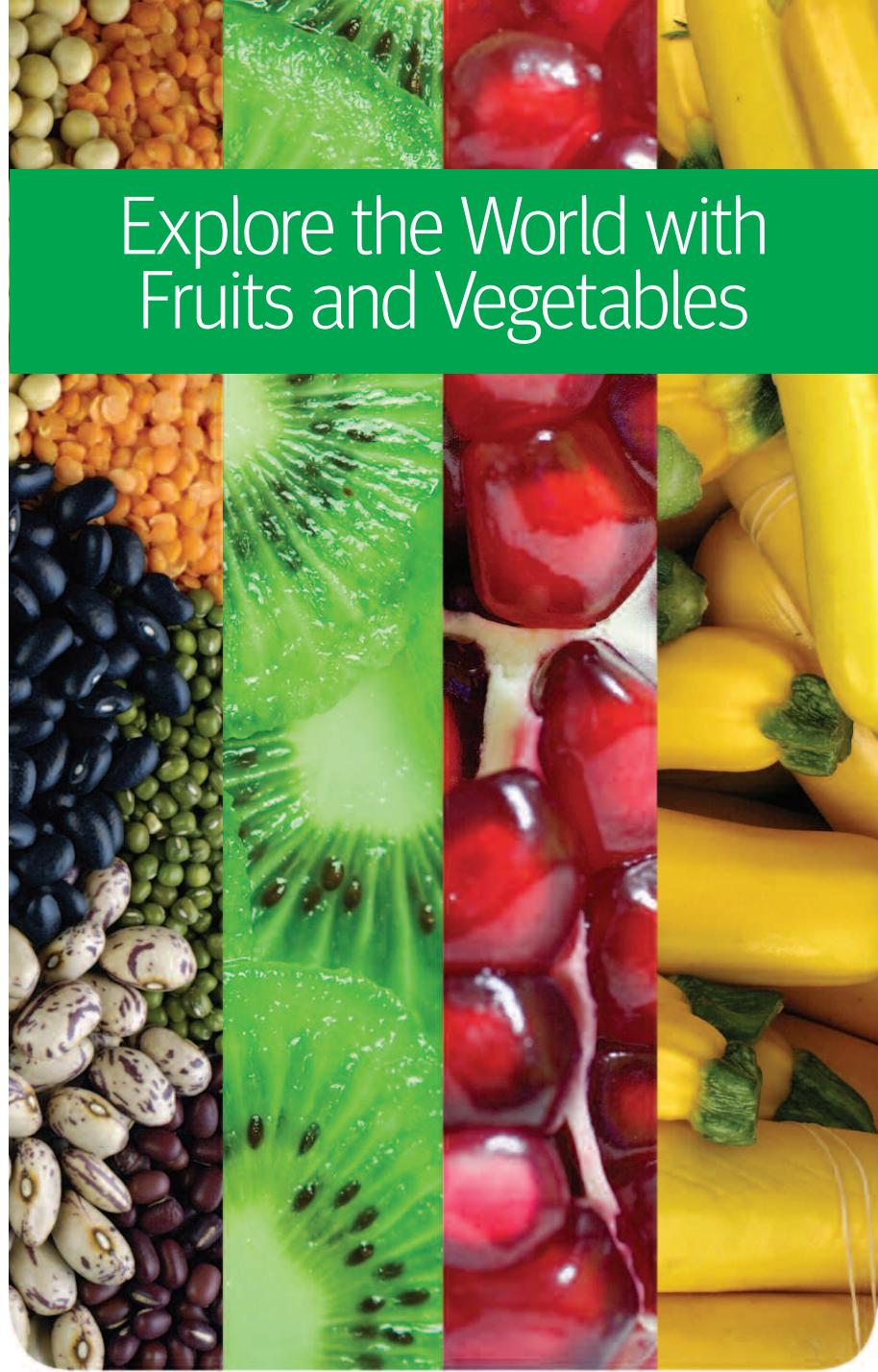
SEASON AND SPICE

- Add garlic and Italian seasoning to spinach, asparagus, or artichokes to have a taste of Italy.
- Mix soy sauce, chilies, ginger, and Hoisin sauce in vegetable stir-fries for that unique Chinese flavor.
- Flavor cauliflower, peas, potatoes, and lentils with Indian spices, such as **curry, cumin, and cayenne**.
- Season dishes with **cilantro, lime, and garlic** to create a fiesta of Latin American flavors.



TRY SOMETHING NEW

- Boil **edamame** and sprinkle with a pinch of salt as they do in Japan. Find it in the freezer section.
- Combine **jicama** with watermelon, lime juice, and fresh cilantro for a refreshing Mexican sweet treat. Look for it in the produce department.
- Use **tomatillos** in place of tomatoes for a Latin surprise. Find them in the produce aisle.





Create a world of flavors in your kitchen

Americans enjoy food from all over the world. But you don't have to travel the globe or visit your local ethnic restaurant to experience food from other countries. You can easily bring the taste of a faraway place to your table.

COMBINE AND USE IN DIFFERENT WAYS

- Puree fruits and vegetables in a food processor to create dips, sauces, and dressings. Blend chick peas, garlic, olive oil, and yogurt to make a Middle-Eastern dip.
- Combine different fruits and vegetables to make salsas and chutneys. Use to flavor grilled chicken or fish. Mix papaya, onion, bell peppers, lime juice, and cilantro for a great Caribbean salsa.
- Grill, sauté, roast, stir-fry, or slow cook to bring out flavors. Roast eggplant, tomatoes, zucchini, pepper, and garlic to create a favorite French vegetable side.



The Global Kitchen

Adding a few new fruits and vegetables, spices, and herbs to your kitchen can help you create flavorful ethnic-inspired dishes at home. Most of these ingredients can be found in your local grocery store.

AVOCADOS

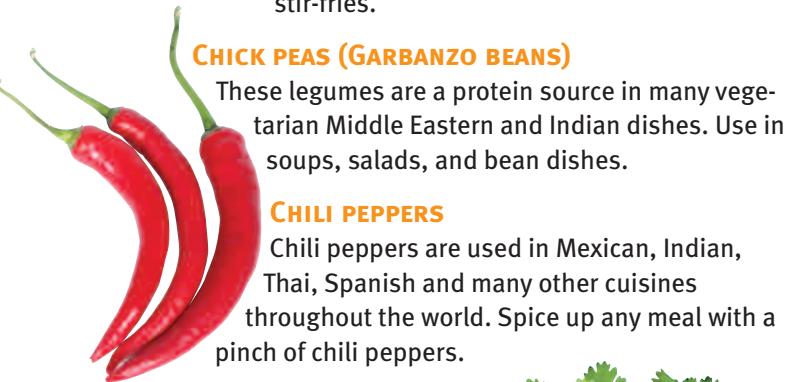
Used in many Mexican dishes, avocados are enjoyed in North and South America. Use in sandwiches and salads or mix with cilantro and tomatoes for easy guacamole.



When using dried herbs in place of fresh, decrease the amount by 1/3. Dried herbs are more intense in flavor.

BASIL

This versatile herb is used in many cuisines, including Italian and Thai. Add fresh or dried basil to sauces, soups, and stir-fries.



CHICK PEAS (GARBANZO BEANS)

These legumes are a protein source in many vegetarian Middle Eastern and Indian dishes. Use in soups, salads, and bean dishes.

CHILI PEPPERS

Chili peppers are used in Mexican, Indian, Thai, Spanish and many other cuisines throughout the world. Spice up any meal with a pinch of chili peppers.

CILANTRO

Cilantro's fresh flavor complements hot foods. This makes it great in spicy Asian, Latin American, and Caribbean dishes. Toss with lime, onions, and tomatoes for a quick *pico de gallo*.



CURRY POWDER

Common in Indian dishes, curry powder is several spices combined—coriander, cumin, turmeric, fenugreek, ginger, garlic, nutmeg, red pepper. Different curries have special spice blends. Use to season many vegetables, including peas, squash, potatoes, broccoli, or spinach.



MANGOS

Mangos are popular in tropical areas of the Caribbean, South America, Africa, and Southeast Asia. Enjoy alone or in salsas, smoothies, and tropical fruit salads.



EGGPLANT

This hearty vegetable is enjoyed throughout Europe, the Middle East, Asia, and the United States. It can be stewed, roasted, mashed, or stuffed with meat or vegetables and baked. Try grilled eggplant in pasta dishes or in roasted vegetable sandwiches.



GARLIC

A staple in many cuisines, garlic's sharp flavor works in a variety of foods. Sauté with vegetables or add to sauces and soups. Cook for a milder flavor.



GINGER

Peppery and slightly sweet, ginger is used in many Asian and Indian dishes. Use fresh gingerroot in stir-fries, salad dressings, and steamed vegetables. Choose ginger powder for baked goods.

HOISIN SAUCE

Also known as Peking sauce, Hoisin sauce is used mainly in Chinese cooking. Add to vegetable stir-fries and rice dishes.

ITALIAN SEASONING

Italian seasoning is a mixture of many herbs, including basil, oregano, marjoram, thyme, rosemary, savory, and sage. Sprinkle on potatoes, in soups, and in sauces for an Italian taste.

LIMES

As versatile as lemons, limes are commonly used in the Caribbean and Latin America.

Use limes and lime juice in sauces, marinades, and salad dressings.



Heart-Healthy Home Cooking

African American Style



NATIONAL INSTITUTES OF HEALTH
NATIONAL HEART, LUNG, AND BLOOD INSTITUTE
AND OFFICE OF RESEARCH ON MINORITY HEALTH





ACKNOWLEDGEMENTS:

Special thanks to Goulda A. Downer, Ph.D., R.D.,
for sharing her collection of African American
recipes, and the General Clinical Research Center in
the Irving Center for Clinical Research, Columbia
University, New York, for testing the recipes.



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INTRODUCTION

Good food is one of life's great joys. And good meals are a shared pleasure at the heart of African American family life and special celebrations. This recipe book brings together many African American favorite recipes, prepared in a heart-healthy way lower in fat, especially saturated fat, cholesterol, and sodium!

It shows how to prepare dishes in ways that help protect you and your family from heart disease and stroke. This is important because heart disease is the first and stroke is the third leading cause of death for African Americans. So, by making small changes in the way you and your family eat, you can help reduce your risk for heart disease and stroke.

So make a start today. Give those old favorites a new, tasty, heart-healthy makeover. And help keep the heart of your family strong!

The cookbook was developed by the National Heart, Lung, and Blood Institute and the Office of Research on Minority Health, both part of the National Institutes of Health in Bethesda, Maryland.

Abbreviations used throughout this book include:

tsp = teaspoon
Tbsp = tablespoon
oz = ounce
lb = pound
g = gram
mg = milligram



Breads, Vegetables, and Side Dishes



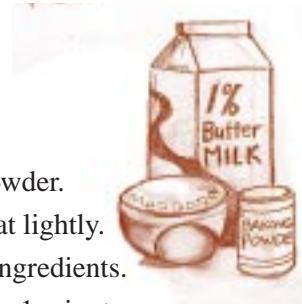


Breads, Vegetables, and Side Dishes

GOOD-FOR-YOU CORNBREAD

1 cup	cornmeal
1 cup	flour
1/4 cup	white sugar
1 tsp	baking powder
1 cup	buttermilk, 1% fat
1	egg, whole
1/4 cup	margarine, regular, tub
1 tsp	vegetable oil (to grease baking pan)

Use 1% milk and a small amount of margarine to make this cornbread lower in saturated fat and cholesterol.

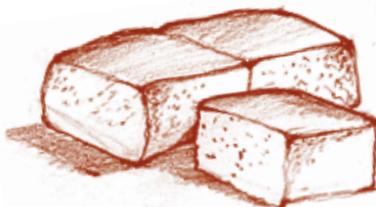


1. Preheat oven to 350° F.
2. Mix together cornmeal, flour, sugar, and baking powder.
3. In another bowl, combine buttermilk and egg. Beat lightly.
4. Slowly add buttermilk and egg mixture to the dry ingredients.
5. Add margarine and mix by hand or with a mixer for 1 minute.
6. Bake for 20 to 25 minutes in an 8 by 8-inch greased baking dish. Cool. Cut into 10 squares.

Makes 10 servings

Serving Size: 1 square

Calories	178
Fat	6 g
Saturated fat	1 g
Cholesterol	22 mg
Sodium	94 mg





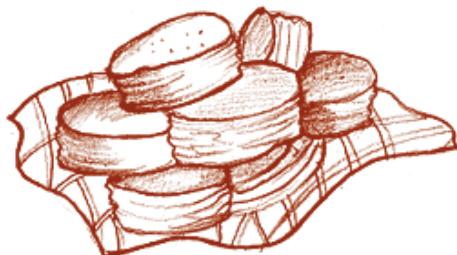
Breads, Vegetables, and Side Dishes

HOMESTYLE BISCUITS

2 cups	flour
2 tsps	baking powder
1/4 tsp	baking soda
1/4 tsp	salt
2 Tbsps	sugar
2/3 cup	buttermilk, 1% fat
3 Tbsps + 1 tsp	vegetable oil



1. Preheat oven to 450° F.
2. In a medium bowl, combine flour, baking powder, baking soda, salt, and sugar.
3. In a small bowl, stir together buttermilk and oil. Pour over flour mixture; stir until well mixed.
4. On a lightly floured surface, knead dough gently for 10 to 12 strokes. Roll or pat dough to 3/4-inch thickness. Cut with a 2-inch biscuit or cookie cutter, dipping cutter in flour between cuts. Transfer biscuits to an ungreased baking sheet.
5. Bake for 12 minutes or until golden brown. Serve warm.



Makes 15 servings
Serving Size: 1 (2-inch) biscuit
Calories 99
Fat 3 g
Saturated fat less than 1 g
Cholesterol less than 1 mg
Sodium 72 mg



Breads, Vegetables, and Side Dishes

DELICIOUS OVEN FRENCH FRIES

4	large potatoes (2 lbs)
8 cups	ice water
1 tsp	garlic powder
1 tsp	onion powder
1/4 tsp	salt
1 tsp	white pepper
1/4 tsp	allspice
1 tsp	hot pepper flakes
1 Tbsp	vegetable oil

Oven baking makes these french fries lower in fat and still crispy.

1. Scrub potatoes and cut into long 1/2-inch strips.
2. Place potato strips into ice water, cover, and chill for 1 hour or longer.
3. Remove potatoes and dry strips thoroughly.
4. Place garlic powder, onion powder, salt, white pepper, allspice, and pepper flakes in a plastic bag.
5. Toss potatoes in spice mixture.
6. Brush potatoes with oil.
7. Place potatoes in nonstick shallow baking pan.
8. Cover with aluminum foil and place in 475° F oven for 15 minutes. Remove foil and continue baking uncovered for an additional 15 to 20 minutes or until golden brown. Turn fries occasionally to brown on all sides.

Makes 5 servings
Serving size: 1 cup
Calories 238
Fat 4 g
Saturated fat 1 g
Cholesterol 0 mg
Sodium 163 mg





Breads, Vegetables, and Side Dishes

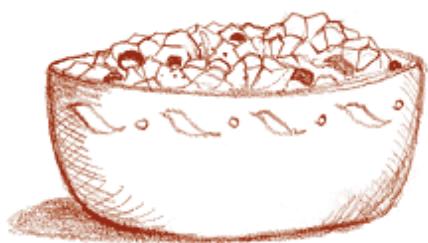
SAVORY POTATO SALAD

6 medium	potatoes (about 2 lbs)
2 stalks	celery, finely chopped
2 stalks	scallion, finely chopped
1/4 cup	red bell pepper, coarsely chopped
1/4 cup	green bell pepper, coarsely chopped
1 Tbsp	onion, finely chopped
1	egg, hard boiled, chopped
6 Tbsps	mayonnaise, light
1 tsp	mustard
1/2 tsp	salt
1/4 tsp	black pepper
1/4 tsp	dill weed, dried

Add fresh vegetables and herbs to give a tasty flavor to this potato salad.



1. Wash potatoes, cut in half, and place them in cold water in a saucepan.
2. Cook covered over medium heat for 25 to 30 minutes or until tender.
3. Drain and dice potatoes when cool.
4. Add vegetables and egg to potatoes and toss.
5. Blend together mayonnaise, mustard, salt, pepper, and dill weed.
6. Pour dressing over potato mixture and stir gently to coat evenly.
7. Chill for at least 1 hour before serving.



Makes 10 servings

Serving size: 1/2 cup

Calories 98

Fat 2 g

Saturated fat less than 1 g

Cholesterol 21 mg

Sodium 212 mg



Breads, Vegetables, and Side Dishes

CANDIED YAMS

3 medium	yams (1 1/2 cups)
1/4 cup	brown sugar, packed
1 tsp	flour, sifted
1/4 tsp	salt
1/4 tsp	ground cinnamon
1/4 tsp	ground nutmeg
1/4 tsp	orange peel
1 tsp	soft tub margarine
1/2 cup	orange juice

A small amount of
margarine and orange
juice give these yams lots
of flavor but little fat.

1. Cut yams in half and boil until tender but firm (about 20 minutes). When cool enough to handle, peel and slice into 1/4-inch thickness.
2. Combine sugar, flour, salt, cinnamon, nutmeg, and grated orange peel.
3. Place half of the sliced yams in a medium-sized casserole dish. Sprinkle with spiced sugar mixture.
4. Dot with half the amount of margarine.
5. Add a second layer of yams, using the rest of the ingredients in the same order as above. Add orange juice.
6. Bake uncovered in oven preheated to 350° F for 20 minutes.

Makes 6 servings

Serving size: 1/4 cup

Calories	110
Fat	less than 1 g
Saturated fat	less than 1 g
Cholesterol	0 mg
Sodium	115 mg





Breads, Vegetables, and Side Dishes

SMOTHERED GREENS

3 cups	water
1/4 lb	smoked turkey breast, skinless
1 Tbsp	hot pepper, freshly chopped
1/4 tsp	cayenne pepper
1/4 tsp	cloves, ground
2 cloves	garlic, crushed
1/2 tsp	thyme
1 stalk	scallion, chopped
1 tsp	ginger, ground
1/4 cup	onion, chopped
2 lbs	greens (mustard, turnip, collard, kale, or mixture)

Use a small amount of
skinless smoked turkey
breast instead of fatback
to lower the fat content
but keep the taste.

1. Place all ingredients except greens into large saucepan and bring to a boil.
2. Prepare greens by washing thoroughly and removing stems.
3. Tear or slice leaves into bite-size pieces.
4. Add greens to turkey stock. Cook 20 to 30 minutes until tender.



Makes 5 servings

Serving size: 1 cup

Calories 80

Fat 2 g

Saturated fat less than 1 g

Cholesterol 16 mg

Sodium 378 mg



Breads, Vegetables, and Side Dishes

LIMAS AND SPINACH

2 cups	frozen lima beans
1 Tbsp	vegetable oil
1 cup	fennel, cut in strips (4 oz)
1/2 cup	onion, chopped
1/4 cup	low-sodium chicken broth
4 cups	leaf spinach, washed thoroughly
1 Tbsp	distilled vinegar
1/8 tsp	black pepper
1 Tbsp	raw chives



1. Steam or boil lima beans in unsalted water approximately 10 minutes. Drain.
2. In a skillet, sauté onions and fennel in oil.
3. Add the beans and stock to the onions, cover, and cook for 2 minutes.
4. Stir in the spinach. Cover and cook until spinach has wilted, about 2 minutes.
5. Stir in the vinegar and pepper. Cover and let stand for 30 seconds.
6. Sprinkle with chives and serve.

Makes 7 servings

Serving size: 1/2 cup

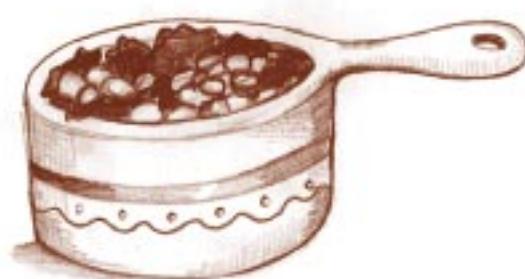
Calories 93

Fat 2 g

Saturated fat less than 1 g

Cholesterol 0 mg

Sodium 84 mg





Breads, Vegetables, and Side Dishes

VEGETABLE STEW

3 cups	water
1 cube	vegetable bouillon, low sodium
2 cups	white potatoes, cut in 2-inch strips
2 cups	carrots, sliced
4 cups	summer squash, cut in 1-inch squares
1 cup	summer squash, cut in 4 chunks
1 15-oz can	sweet corn, rinsed and drained (or 2 ears fresh corn, 1 1/2 cups)
1 tsp	thyme
2 cloves	garlic, minced
1 stalk	scallion, chopped
1/2 small	hot pepper, chopped
1 cup	onion, coarsely chopped
1 cup	tomatoes, diced

This stew is a great way to use summer vegetables in a new way.



(Add other favorite vegetables such as broccoli, cauliflower, etc.)

1. Heat water and bouillon in a large pot and bring to a boil.
2. Add potatoes and carrots to the broth and simmer for 5 minutes.
3. Add the remaining ingredients except for the tomatoes and continue cooking for 15 minutes over medium heat.
4. Remove 4 chunks of squash and purée in blender.
5. Return puréed mixture to pot and let cook for 10 minutes more.
6. Add tomatoes and cook for another 5 minutes.
7. Remove from flame and let sit for 10 minutes to allow stew to thicken.



Makes 8 servings

Serving size: 1 1/4 cups
Calories 119
Fat 1 g
Saturated fat less than 1 g
Cholesterol 0 mg
Sodium 196 mg



Breads, Vegetables, and Side Dishes

CLASSIC MACARONI AND CHEESE

2 cups	macaroni
1/2 cup	chopped onions
1/2 cup	evaporated skim milk
1 medium	egg, beaten
1/4 tsp	black pepper
1 1/4 cups	sharp cheddar cheese (4 oz), finely shredded, low fat
	nonstick cooking oil spray



1. Cook macaroni according to directions. (Do not add salt to the cooking water.) Drain and set aside.
2. Spray a casserole dish with nonstick cooking oil spray.
3. Preheat oven to 350° F.
4. Lightly spray saucepan with nonstick cooking oil spray.
5. Add onions to saucepan and sauté for about 3 minutes.
6. In another bowl, combine macaroni, onions, and the remaining ingredients and mix thoroughly.
7. Transfer mixture into casserole dish.
8. Bake for 25 minutes or until bubbly. Let stand for 10 minutes before serving.

Makes 8 servings

Serving size: 1/2 cup

Calories	200
Fat	4 g
Saturated fat	2 g
Cholesterol	34 mg
Sodium	120 mg





Main Dishes





Main Dishes

JAMAICAN JERK CHICKEN

1/2 tsp	cinnamon, ground
1 1/2 tsps	allspice, ground
1 1/2 tsps	black pepper, ground
1 Tbsp	hot pepper, chopped
1 tsp	hot pepper, crushed, dried
2 tsps	oregano, crushed
2 tsps	thyme, crushed
1/2 tsp	salt
6 cloves	garlic, finely chopped
1 cup	onion, puréed or finely chopped
1/4 cup	vinegar
3 Tbsps	brown sugar
8 pieces	chicken, skinless (4 breasts, 4 drumsticks)



1. Preheat oven to 350° F.
2. Combine all ingredients except chicken in large bowl. Rub seasoning over chicken.
3. Marinate in the refrigerator for 6 or more hours.
4. Evenly space chicken on nonstick or lightly greased baking pan.
5. Cover with aluminum foil and bake 40 minutes. Remove foil and continue baking for an additional 30 to 40 minutes or until the meat can be easily pulled away from the bone with a fork. The drumsticks may require less cooking time than the breasts.

Makes 6 servings

Serving size: 1/2 breast or 2 small drumsticks

Calories	199
Fat	4 g
Saturated fat	1 g
Cholesterol	81 mg
Sodium	267 mg





Main Dishes

FINGER-LICKING CURRIED CHICKEN

1 1/2 tsps	curry powder
1 tsp	thyme, crushed
1 stalk	scallion, chopped
1 Tbsp	hot pepper, chopped
1 tsp	black pepper, ground
8 cloves	garlic, crushed
1 Tbsp	ginger, grated
3/4 tsp	salt
8 pieces	chicken, skinless (breast, drumstick)
1 Tbsp	olive oil
1 cup	water
1 medium	white potato, diced
1 large	onion, chopped

Take the skin off chicken
to lower the amount of
saturated fat.



1. Mix together curry powder, thyme, scallion, hot pepper, cayenne pepper, black pepper, garlic, ginger, onion, and salt.
2. Sprinkle seasoning mixture on chicken.
3. Marinate for at least 2 hours in the refrigerator.
4. Heat oil in skillet over medium flame.
5. Add chicken and sauté.
6. Add water and allow chicken to cook over medium flame for 30 minutes.
7. Add diced potatoes and cook for an additional 30 minutes.
8. Add onions and cook 15 minutes more or until meat is tender.



Makes 6 servings

Serving size: 1/2 breast or 2 small drumsticks

Calories	213
Fat	6 g
Saturated fat	2 g
Cholesterol	81 mg
Sodium	363 mg



Main Dishes

CRISPY OVEN-FRIED CHICKEN

1/2 cup	skim milk or buttermilk
1 tsp	poultry seasoning
1 cup	cornflakes, crumbled
1 1/2 Tbsps	onion powder
1 1/2 Tbsps	garlic powder
2 tsps	black pepper
2 tsps	dried hot pepper, crushed
1 tsp	ginger, ground
8 pieces	chicken, skinless (4 breasts, 4 drumsticks)
a few shakes	paprika
1 tsp	vegetable oil (use to grease baking pan)



1. Preheat oven to 350° F.
2. Add 1/2 teaspoon of poultry seasoning to milk.
3. Combine all other spices with cornflake crumbs and place in a plastic bag.
4. Wash chicken and pat dry. Dip chicken into milk, shake to remove excess, then quickly shake in bag with seasoning and crumbs.
5. Refrigerate for 1 hour.
6. Remove from refrigerator and sprinkle lightly with paprika for color.
7. Evenly space chicken on greased baking pan.
8. Cover with aluminum foil and bake 40 minutes. Remove foil and continue baking for an additional 30 to 40 minutes or until the meat can be easily pulled away from the bone with a fork. The drumsticks may require less baking time than the breasts. Crumbs will form a crispy "skin." **(Do not turn chicken during baking.)**

Makes 6 servings

Serving size: 1/2 breast or 2 small drumsticks

Calories	256
Fat	5 g
Saturated fat	1 g
Cholesterol	82 mg
Sodium	286 mg





Main Dishes

CHICKEN GUMBO

1 tsp	vegetable oil
1/4 cup	flour
3 cups	low-sodium chicken broth
1 1/2 lbs	chicken breast, skinless and boneless, cut into 1-inch strips
1 cup	white potatoes (1/2 lb), cubed
1 cup	onions, chopped
1 cup	carrots (1/2 lb), coarsely chopped
1/4 cup	celery, chopped
1/2 medium	carrot, grated
4 cloves	garlic, finely minced
2 stalks	scallion, chopped
1 whole	bay leaf
1/2 tsp	thyme
1/2 tsp	black pepper, ground
2 tsps	hot (or jalapeño) pepper
1 cup	okra (1/2 lb), sliced into 1/2-inch pieces

This easy-to-make main dish helps to increase the amount of vegetables you eat and can be made all in one pot.



1. Add oil to a large pot.
2. Heat pot over medium flame.
3. Stir in flour.
4. Cook, stirring constantly, until flour begins to turn golden brown.
5. Slowly stir in all the broth using a wire whisk and cook for 2 minutes. The mixture should not be lumpy.
6. Add all ingredients except okra. Bring to a boil, then reduce heat and let simmer for 20 to 30 minutes.
7. Add okra and let cook for 15 to 20 more minutes.
8. Remove bay leaf.
9. Serve hot in a bowl or over rice.



Makes 8 servings

Serving size: 3/4 cup

Calories	165
Fat	4 g
Saturated fat	1 g
Cholesterol	51 mg
Sodium	81 mg



Main Dishes

SPICY SOUTHERN BARBECUED CHICKEN

5 Tbsps	tomato paste (3 ozs)
1 tsp	ketchup
2 tsps	honey
1 tsp	molasses
1 tsp	Worcestershire sauce
4 tsps	vinegar, white
3/4 tsp	cayenne pepper
1/8 tsp	black pepper
1/4 tsp	onion powder
2 cloves	garlic, minced
1/8 tsp	ginger, grated
1 1/2 lbs	chicken, skinless (breasts, drumsticks)

Make barbecue sauce
lower in sodium with lots
of herbs and spices.

1. Combine all ingredients except chicken in a saucepan.
2. Simmer for 15 minutes.
3. Wash chicken and pat dry.
4. Place chicken on a large platter.
5. Brush chicken with 1/2 of sauce mixture.
6. Cover with plastic wrap and marinate in refrigerator for 1 hour.
7. Place chicken on a baking sheet lined with aluminum foil and broil for 10 minutes on each side to seal in juices.
8. Turn oven down to 350° F, and add the remaining sauce to the chicken.
9. Cover the chicken with aluminum foil and continue baking for 30 minutes.



Makes 6 servings

Serving size: 1/2 breast or 2 small drumsticks

Calories	176
Fat	4 g
Saturated fat	less than 1 g
Cholesterol	81 mg
Sodium	199 mg





Main Dishes

MOUTH-WATERING OVEN-FRIED FISH

2 lbs	fish fillets
1 Tbsp	lemon juice, fresh
1/4 cup	skim milk or 1% buttermilk
2 drops	hot pepper sauce
1 tsp	garlic, fresh, minced
1/4 tsp	white pepper, ground
1/4 tsp	salt
1/4 tsp	onion powder
1/2 cup	cornflakes, crumbled or regular bread crumbs
1 Tbsp	vegetable oil (for greasing baking dish)
1	lemon, fresh, cut in wedges

For variety, try this heart-
healthy fish recipe with
any kind of fish.



1. Preheat oven to 475° F.
2. Wipe fillets with lemon juice and pat dry.
3. Combine milk, hot pepper sauce, and garlic.
4. Combine pepper, salt, and onion powder with cornflake crumbs and place on a plate.
5. Let fillets sit in milk briefly. Remove and coat fillets on both sides with seasoned crumbs. Let stand briefly until coating sticks to each side of fish.
6. Arrange on lightly oiled shallow baking dish.
7. Bake 20 minutes on middle rack without turning.
8. Cut into 6 pieces. Serve with fresh lemon.



Makes 6 servings

Serving size: 1 cut piece

Calories 183

Fat 2 g

Saturated fat less than 1 g

Cholesterol 80 mg

Sodium 325 mg



Main Dishes

SCRUMPTIOUS MEAT LOAF

1 lb	ground beef, extra lean
1/2 cup	tomato paste (4 ozs)
1/4 cup	onion, chopped
1/4 cup	green peppers
1/4 cup	red peppers
1 cup	tomatoes, fresh, blanched, chopped
1/2 tsp	mustard, low sodium
1/4 tsp	ground black pepper
1/2 tsp	hot pepper, chopped
2 cloves	garlic, chopped
2 stalks	scallion, chopped
1/2 tsp	ginger, ground
1/8 tsp	nutmeg, ground
1 tsp	orange rind, grated
1/2 tsp	thyme, crushed
1/4 cup	bread crumbs, finely grated



Use extra lean ground beef
to lower the fat content in
this meat loaf.



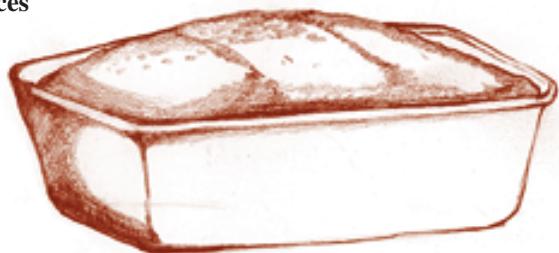
1. Mix all ingredients together.
2. Place in 1-pound loaf pan (preferably a pan with a drip rack) and bake covered at 350° F for 50 minutes.
3. Uncover pan and continue baking for 12 minutes.



Makes 6 servings

Serving size: 6 (1-1/4-inch) thick slices

Calories	193
Fat	9 g
Saturated fat	3 g
Cholesterol	45 mg
Sodium	91 mg





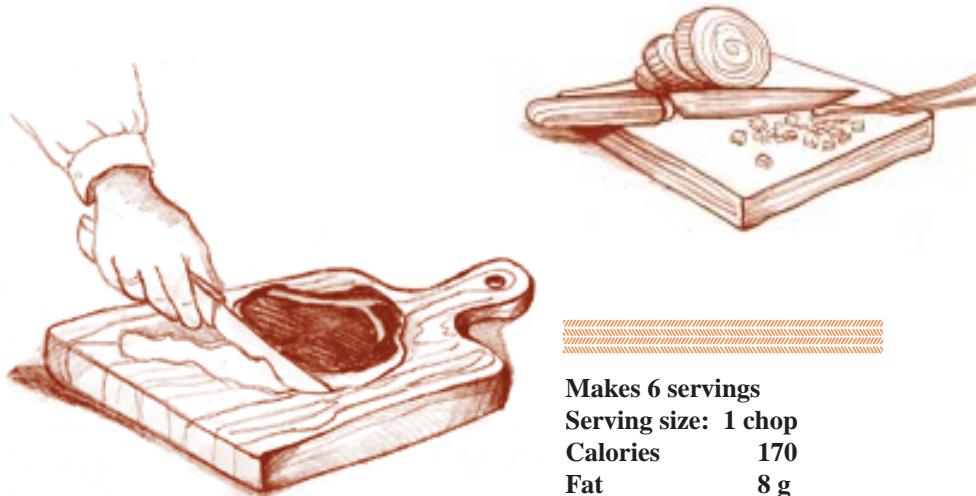
Main Dishes

BAKED PORK CHOPS

6	lean center-cut pork chops, 1/2-inch thick
1 medium	onion, thinly sliced
1/2 cup	green pepper
1/2 cup	red pepper
1/8 tsp	black pepper
1/4 tsp	salt

Lean cuts of fresh pork
can be included in your
family's heart-healthy
meals.

1. Preheat oven to 375° F.
2. Trim fat from pork chops. Place chops in a 13 by 9-inch baking pan.
3. Spread onion and peppers on top of chops. Sprinkle with pepper and salt. Refrigerate for 1 hour.
4. Cover pan and bake 30 minutes. Uncover, turn chops, and continue baking for an additional 15 minutes or until no pink remains. Garnish with fresh parsley.



Makes 6 servings

Serving size: 1 chop

Calories 170

Fat 8 g

Saturated fat 3 g

Cholesterol 61 mg

Sodium 135 mg



Beverage and Desserts



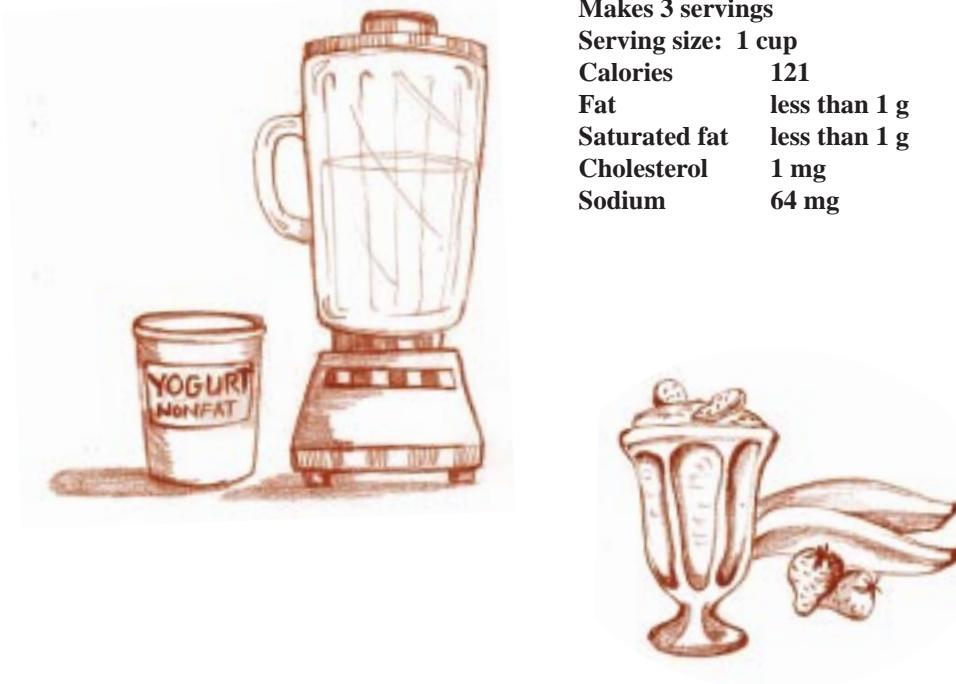


Beverage and Desserts

SUMMER BREEZES SMOOTHIE

1 cup	yogurt, plain nonfat
6 medium	strawberries
1 cup	pineapple, crushed, canned in juice
1 medium	banana
1 tsp	vanilla extract
4	ice cubes

1. Place all ingredients in a blender and purée until smooth.
2. Serve in a frosted glass.



Makes 3 servings

Serving size: 1 cup

Calories	121
Fat	less than 1 g
Saturated fat	less than 1 g
Cholesterol	1 mg
Sodium	64 mg



Beverage and Desserts

MOCK-SOUTHERN SWEET POTATO PIE

Crust:

1 1/4 cups	flour
1/4 tsp	sugar
1/3 cup	skim milk
2 Tbsps	vegetable oil

This heart-healthy pie crust is made with vegetable oil and skim milk.

Filling:

1/4 cup	white sugar
1/4 cup	brown sugar
1/2 tsp	salt
1/4 tsp	nutmeg
3 large	eggs, beaten
1/4 cup	evaporated skim milk, canned
1 tsp	vanilla extract
3 cups	sweet potatoes (cooked and mashed)



1. Preheat oven to 350° F.

Crust:

2. Combine the flour and sugar in a bowl.
3. Add milk and oil to the flour mixture.
4. Stir with fork until well mixed and then form pastry into a smooth ball with your hands.
5. Roll the ball between two 12-inch squares of waxed paper using short, brisk strokes until pastry reaches edge of paper.
6. Peel off top paper and invert crust into pie plate.





Beverage and Desserts

Filling:

7. Combine sugars, salt, spices, and eggs.
8. Add milk and vanilla. Stir.
9. Add sweet potatoes and mix well.
10. Pour mixture into pie shell.
11. Bake for 60 minutes or until crust is golden brown. Cool and cut into 16 slices.



Makes 16 servings

Serving size: 1 slice

Calories 147

Fat 3 g

Saturated fat less than 1 g

Cholesterol 40 mg

Sodium 98 mg



Beverage and Desserts

1-2-3 PEACH COBBLER

1/2 tsp	cinnamon, ground
1 Tbsp	vanilla extract
2 Tbsps	cornstarch
1 cup	peach nectar
1/4 cup	pineapple juice or peach juice (can use juice reserved from canned peaches)
2 16-oz cans	peaches, sliced, packed in juice, drained (or 1-3/4 lbs) fresh
1 Tbsp	margarine, tub
	nonstick cooking oil spray (for baking dish)
1 cup	pancake mix, dry
2/3 cup	all-purpose flour
1/2 cup	sugar
2/3 cup	evaporated skim milk

Topping:

1/2 tsp	nutmeg
1 Tbsp	brown sugar

Cooking oil spray helps to
coat the pan with little fat
or calories.



1. Combine cinnamon, vanilla, cornstarch, peach nectar, and pineapple or peach juice in a saucepan over medium heat. Stir constantly until mixture thickens and bubbles.
2. Add sliced peaches to mixture.
3. Reduce heat and simmer for 5 to 10 minutes.
4. In another saucepan melt margarine and set aside.
5. Lightly spray an 8-inch square glass dish with cooking oil spray. Pour hot peach mixture into the dish.
6. In another bowl, combine pancake mix, flour, sugar, and melted margarine. Stir in milk.



Beverage and Desserts

7. Quickly spoon this mixture over peach mixture.
8. Combine nutmeg and brown sugar. Sprinkle mixture on top of batter.
9. Bake at 400° F for 15 to 20 minutes or until golden brown.
10. Cool and cut into 8 squares.



Makes 8 servings

Serving size: 1 square

Calories 271

Fat 4 g

Saturated fat less than 1 g

Cholesterol less than 1 mg

Sodium 263 mg



My Favorite Recipes



Recipes were analyzed using the Minnesota Nutrition Data System software—Food Database version 12A; Nutrient Database version 27—developed by the Nutrition Coordinating Center, University of Minnesota, Minneapolis, Minnesota.

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NIH Publication No. 97-3792
September 1997