

## Dear FAN Committee Members,

The FAN Program is off to a great start and we are happy to have you as part of it. Our mission together is to keep AME church members spiritually and physically well. Resources for this month is all about healthy eating.

### Month 2: Eat **more** fruits & vegetables each day (about 5 cups per day)

High blood pressure is a major problem in the United States and especially in the African American community. When high blood pressure is poorly managed it can lead to stroke, other heart disease, and health problems.

FAN promotes the **DASH Eating Plan** to help church members eat healthier. The DASH Eating Plan stands for **D**ietary **A**pproaches to **S**top **H**ypertension. As the name hints, this plan has helped many people get rid of high blood pressure and lose weight.

Your church cooks can learn all about the DASH plan. They help to make recipes that you and your church will enjoy the most. After all, there is no good in trying to eat healthy if you don't like the food.

## On the DASH

The DASH plan can be found on the healthame website under FAN materials and resources. The DASH booklet is filled with recipes and planning and learning tools for lowering high blood pressure through food.

**DASH tips:** Main points of the DASH plan that meet FAN goals are simple. Help your members do the following on most or all days each week.

- Eat **whole grain** foods (e.g., whole wheat bread instead of white bread, brown rice and pasta instead of white rice and pasta)
- Eat **less fat**, especially saturated (fat animal from animal products)
- Eat **less sodium** (salt)
- Eat about 5 cups of **fruits and vegetables** each day

**Healthy Eating Benefits:** Eating more fruits and vegetables can lead to

\***Lower** risk of **Stroke & Heart Disease**

\***Lower** risk of **High Blood Pressure**

\***Lower** risk of **Type 2 Diabetes**

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



## FAN Committee Monthly

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

### This Month:

#### Handouts.

- **Bulletin insert.** Place this insert inside your church program. Make an announcement about it during service. This month's topic is "Healthy Eating, Healthy You."
- **What is a Serving?** This handout can help show members that 5 or more fruit and vegetable servings each day may be more doable than they think.

Two **Resource Updates.** *These can be used as handouts, teaching tool for announcements, and/or poster material for your bulletin board.*

- **Three Simple Steps.** This gives a little more detail about what makes a fruit or vegetable serving size and gives tips for eating more each day.
- **The Truth about Fruit and Vegetables.** Test your and your church's knowledge about fruit and vegetables. Eating more fruits and vegetables matters to your health = True!

**Cooks' Tools.** Try the recipe of the month at church and enjoy a message from Clemson chefs.

- Don't forget to include your cooks at FAN meetings and events.

#### Activity.

What activities will your FAN Committee propose for church members this month?

In this month's Pastor Activity Packs, [pastors are put to the challenge!](#)

For at least 1 week, the pastor's mission is to mark their calendars on days that they pray and/or eat 5 or more cups of fruit and vegetables. The goal: Keeping track of what you eat helps you know where to improve.

You could keep track of FAN and other church events and/or healthy habits too. If not for everyone's use, then how about for a couple of health champions from different church groups? YPD vs. the Men's Club? Pastor vs. Trustees? As always, it is your call. You know your church. Help your church find ways to make being healthy fun and a success!

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 2: Healthy Eating & Self-Monitoring

**FAN Goal of the month:** Eat more fruits & vegetables each day (5 cups/day).

**FAN** promotes the **DASH Eating Plan** to increase healthy eating habits.

The DASH Eating Plan stands for **D**ietary **A**pproaches to **S**top **H**ypertension. As the name hints, this plan has helped many people get rid of high blood pressure.

Your church cooks can learn about the DASH plan. They help make recipes that you and your church will enjoy the most. After all, there is no good in trying to eat healthy if you don't like the food. Thank your church cooks! They are devoted to serving tasty foods that support your **spiritual & physical** health.

#### **Facts:**

- Key points to remember about the DASH plan:
  - \*Eat **whole grain** foods (e.g., whole wheat bread instead of white bread, brown rice and pasta instead of white rice and pasta)
  - \*Eat **less fat**, especially saturated fat
  - \*Eat **less sodium** (salt)
  - \*Eat about 5 cups of **fruits and vegetables** each day
- Eating more fruits and vegetables can lead to:
  - \***Lower** risk of **Stroke & Heart Disease**    \***Lower** risk of **High Blood Pressure**
  - \***Lower** risk of **Type 2 Diabetes**

**Activity:** *Mark your calendars for faith, fruits & vegetables.*

Do you know how many fruits & vegetables you eat? Don't worry, not many of us do. When we are hungry we eat. We do not usually notice *what & how much*.

For **1-2 weeks**, **mark your calendar** for every day that you:

- ◆ Eat 5 or more cups of fruits and vegetables
- ◆ Take part in daily prayer or do a Christian deed

#### **Share:**

- \*When you know how much you eat, you know how you can improve.
- \*Keep track of your "daily bread" this month with a fellow church member, or on your own.
- \*Your church members are listening. Speak to their health. Announce your healthy habits from the pulpit.

*"He said to them, 'When you pray, say Father...give us each day our daily bread.'"*  
Luke 11:2-3 (NIV)





## Healthy Eating, Healthy You



“Daniel said to his guard, ‘Please test your servants for 10 days: Give us nothing but vegetables to eat and water to drink. Then compare our appearance with that of the young men who eat the royal food.’ At the end of the 10 days [Daniel and his friends] looked better nourished than any of the young men who ate the royal food.” Daniel 1:12-13, 15 (NIV)

Sometimes it’s hard to make good food choices when rich, sweet, and fatty foods seem to taste much better. But we *can* have healthier choices that taste just as good as our less healthy favorites. Just ask your FAN Cooks! FAN believes in eating **more** fruits and vegetables. Like Daniel, maybe you and your doctor will see a healthier you too (inside and out). Ask your FAN Cooks and Committee members about the DASH (Dietary Approaches to Stop Hypertension) Eating Plan today.

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



## Healthy Eating, Healthy You



“Daniel said to his guard, ‘Please test your servants for 10 days: Give us nothing but vegetables to eat and water to drink. Then compare our appearance with that of the young men who eat the royal food.’ At the end of the 10 days [Daniel and his friends] looked better nourished than any of the young men who ate the royal food.” Daniel 1:12-13, 15 (NIV)

Sometimes it’s hard to make good food choices when rich, sweet, and fatty foods seem to taste much better. But we *can* have healthier choices that taste just as good as our less healthy favorites. Just ask your FAN Cooks! FAN believes in eating **more** fruits and vegetables. Like Daniel, maybe you and your doctor will see a healthier you too (inside and out). Ask your FAN Cooks and Committee members about the DASH (Dietary Approaches to Stop Hypertension) Eating Plan today.

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



## Greetings FAN Cooks and Lead Kitchen Staff

With your help, FAN staff are introducing the DASH Eating Plan to your church members. Please help us teach the basics. Remember, we want to have some foods at church meals with:

- More **whole grain** foods (e.g., whole wheat bread instead of white bread, brown rice and pasta instead of white rice and pasta)
- Less **fat**, especially saturated fat
- Less **sodium** (salt)
- More **fruits and vegetables**

Let's show church members that healthy foods can taste good too! It's for our health!

This month is all about the FAN Goal for eating more **fruits and vegetables** (5-9 cups each day).

### Eat more vegetables with **Dark Greens!**

“Dark green” describes vegetables of a deep green color (not iceberg lettuce). The darker color tells us that there are many healthy goodies (vitamins and fiber) inside to help us maintain healthy weight and lower our risk of heart disease and cancer. Make your church a **green** powerhouse machine!

The recipe of the month features **Kale**. If you can't find Kale or want to try something else, use this recipe with another dark green. See examples below.

Leafy dark greens include: **arugula, chicory (endive), collard greens, mustard greens, spinach, dandelion greens, kale, swiss chard and turnip greens.**

#### Winter Vegetables and Kale

Makes 6 servings

##### Ingredients:

- 1 pound non-starchy potatoes (such as Yukon gold), diced
- 1 red bell pepper, diced
- 1 small acorn squash, diced
- 1 shallot, chopped
- 1 tsp dried sage
- 2 tsp garlic powder
- Black pepper
- 1 cup fresh kale, chopped

Sauté the potatoes, bell pepper, squash, shallots and dried sage in a sauce pot. Cook like this for about 25 minutes until the foods are tender. Season with garlic powder and black pepper. Add the **kale** and cook a final 5 minutes. Serve hot.

*Straight to you from your Clemson Cooks*

*“So whether you eat or drink or whatever you do, do it all for the Glory of God.”*

I Corinthians 10:31 (NIV)



# What is a Serving???

The USDA\* Food Guide Pyramid supports eating 5 to 9 servings of fruits and vegetables each day.

## Facts:

➤ Getting **5 to 9 servings is easier than you think.**

*Each of the following equals one fruit or vegetable serving:*

- \* One medium-size fruit
- \* 1/2 cup (4 oz.) raw, cooked, frozen or canned fruit or vegetables
- \* 3/4 cup (6 oz.) 100% fruit or vegetable juice
- \* 1/2 cup (4 oz.) cooked, canned or frozen beans or peas
- \* 1 cup (8 oz.) raw, leafy vegetables
- \* 1/4 (2 oz.) cup dried fruit

➤ **Still hungry?** Good news—Fruits and vegetables have some of the best nutrition around and they won't weigh you down.

**Try this.** When you are hungry go for fruit and vegetables first! The fiber will help fill you up and the vitamins will help give your body what it needs to be healthy.

## **Think about it**

Grapes, carrots, and apple snacks treat our bodies so much better than potato chips or candy. Fill yourself up with the *good* stuff first.



# True or False? Test your fruit and veggie IQ.



**Eating fruits and vegetables everyday as part of a healthy diet can help you fight disease.**

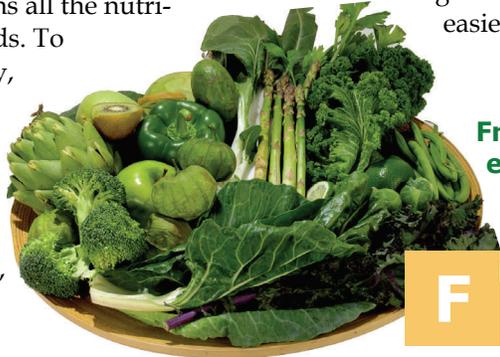
**T** A good source of many essential vitamins and minerals, fruits and vegetables are important to promoting good health. Research consistently shows that compared with people who consume a diet with only small amounts of fruits and vegetables, those who eat more generous amounts as part of a healthful diet\* are likely to have reduced risk of chronic diseases, including stroke, type 2 diabetes, certain cancers, and perhaps heart disease and high blood pressure.

**Most people do not eat enough fruits and vegetables for good health.**

**T** Despite the many health benefits, most Americans do not consume enough fruit and vegetables every day. Are you meeting your needs? Visit [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov) to see how many cups you need each day.

**Green vegetables are the most nutritious.**

**F** No one food contains all the nutrients your body needs. To get a healthy variety, think color. Eating fruits and vegetables of different colors, including plenty of dark green vegetables, gives your body a wide range of nutrients, like fiber, folate, potassium, and vitamins A and C.



**Fruits and vegetables can play a role in weight management.**

**T** Besides having vitamins and minerals that can help protect your health, many fruits and vegetables are lower in calories and higher in fiber than other foods. Studies have shown that when people eat more low-calorie foods, they naturally eat fewer high-calorie foods. That's because people tend to eat similar amounts of food even when the calories in the food vary. As part of a healthy diet, eating fruits and vegetables instead of high-fat foods may make it easier to control your weight.

**Fruits and vegetables are always more expensive than other foods.**

**F** The USDA analyzed the prices of 154 different forms of fruits and vegetables and found that more than half cost less than 25 cents per serving. Compared to a candy bar, soda, or snack grab bag, fruits and veggies are a bargain. *Based on 1999 A.C. Nielson HomeScan data.*

**Fresh, frozen, canned, and dried varieties of fruits and vegetables all count toward your daily recommendation.**

**T** No matter what the form — fresh, frozen, canned, dried, juice — all varieties of fruits and vegetables count toward your daily recommendation. Choose fruits without added sugar or syrups and vegetables without added salt, butter, or cream sauces. Although 100% fruit or vegetable juice counts toward your daily recommendation, the majority of the total daily amount of fruits and vegetables should come from whole fruits and vegetables to help you get enough fiber.

**Preparing fruits and vegetables always takes too much time.**

**F** With so many varieties to choose from, it's easier than ever to eat more fruits and vegetables. Look for simple recipes that take only minutes to prepare. See reverse side for three great options. Or try whole fruits and vegetables. There are many varieties you can just rinse and eat.

\* In addition to fruits and vegetables, a healthy diet also includes whole grains, fat-free or low-fat milk products, lean meats, fish, beans, eggs and nuts, and is low in saturated fats, *trans* fats, cholesterol, salt, and added sugars. A healthy diet also means staying within your daily calorie needs.



# Recipes

## Black Beans with Corn & Tomatoes

Need a side dish or quick dip? This versatile dish is great with grilled chicken fajitas and baked tortilla chips.

10  
minutes

- 1 15-ounce can low-sodium no-fat-added black beans
- 1 cup frozen corn, thawed
- 1 cup cut tomatoes (fresh or low-sodium canned)

1 clove garlic, minced

1 tsp chopped fresh parsley (optional)

1/2 tsp chili powder

1/8 tsp cayenne pepper or more to taste

1. Drain and rinse beans.
2. In a bowl, combine beans, corn, tomatoes, and garlic.
3. Add parsley, pepper, and chili powder.
4. Combine and serve.

(Makes 4 servings.)

\*Nutrition info per serving: Calories: 110kcal; Fat 1g; Sodium 230mg; Carb 25g; Fiber 7g; Protein 6g; Vit A 10%; Vit C 20%; Calcium 4%; Iron 10%

## Colorful Edamame Salad

This attractive salad will brighten up any plate. Serve as a first course or along side grilled chicken or fish.

- 1 1/2 cup shelled frozen edamame
- 4 cups romaine lettuce, cut
- 1 cup shredded carrots
- 2 cups halved grape tomatoes
- 1 cup sliced cucumber
- 1/2 cup chopped red onion

1. Add shelled edamame to 3 cups of boiling water and cook 4 minutes. Drain and rinse with cold running water to cool.
2. Mix all other ingredients and combine with the edamame in a large salad bowl.
3. If desired, toss with a low-fat dressing of your choice. *Note: The dressing is not included in the nutritional analysis below.*

(Makes 4 servings.)

\*Nutrition info per serving:  
Calories: 120kcal; Fat 2.5g; Sodium 80mg; Carb 17g; Fiber 4g; Protein 9g; Vit A 150%; Vit C 45%; Calcium 10%; Iron 10%

\* Vitamin A, Vitamin C, Calcium and Iron listed as % of daily value based on 2,000 calories



15  
minutes

## Pasta Primavera

Ready in just 30 minutes, this healthy version of the classic pasta dish is sure to be a favorite with family and friends.

30  
minutes

- 1 cup broccoli florets
- 1 cup sliced carrots
- 1 cup sliced zucchini
- 1 cup macaroni or rotini pasta

Sauce:

- 1 Tbsp flour
- 1 Tbsp soft margarine
- 1 cup skim (fat-free) milk
- 1/4 tsp dried basil
- 1/8 tsp black pepper
- 2 Tbsp Parmesan cheese

1. Steam vegetables until crisp-tender, about 5 minutes.
2. Cook pasta according to package directions.
3. In a small saucepan, melt margarine and blend in flour. Gradually stir in milk, basil, and pepper.
4. Cook over medium heat, stirring constantly, until sauce thickens.
5. Remove from heat and blend in cheese. Pour over hot vegetables.
6. Add macaroni and mix together.

(Makes 2 servings.)

\*Nutrition info per serving:  
Calories: 360kcal; Fat 8g; Sodium 200mg; Carb 56g; Fiber 5g; Protein 15g; Vit A 180%; Vit C 80%; Calcium 25%; Iron 15%

Visit [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov) for more great recipes and tips to keep food safe.

# Three simple steps to eating more fruits and vegetables.

Eating a variety of fruits and vegetables every day is healthy for you. They have vitamins and minerals that can help protect your health. Most are also lower in calories and higher in fiber than other foods. As part of a healthy diet, eating fruits and vegetables instead of high-fat foods may make it easier to control your weight.

## 1 Find out how many fruits and vegetables you need to eat every day.

**Women**

AGE	FRUITS	VEGETABLES
19-30	2 cups	2½ cups
31-50	1½ cups	2½ cups
51+	1½ cups	2 cups



**Men**

AGE	FRUITS	VEGETABLES
19-50	2 cups	3 cups
51+	2 cups	2½ cups



**Girls**

AGE	FRUITS	VEGETABLES
2-3	1 cup	1 cup
4-8	1 cup	1½ cups
9-13	1½ cups	2 cups
14-18	1½ cups	2½ cups



**Boys**

AGE	FRUITS	VEGETABLES
2-3	1 cup	1 cup
4-8	1½ cups	1½ cups
9-13	1½ cups	2½ cups
14-18	2 cups	3 cups



These amounts are for less active people. To see the amounts needed by more active people, visit [5aday.gov](http://5aday.gov).

## 2 Learn what 1 cup and 1/2 a cup look like.

EACH COUNTS AS 1 CUP		EACH COUNTS AS 1/2 CUP	
 1 large orange	 1 large ear of corn	 16 grapes	 6 baby carrots
 1 large sweet potato		 4 large strawberries	

For more examples, visit [5aday.gov](http://5aday.gov).



# 3

See how you can add fruits and vegetables into your day as part of a healthy diet.

BREAKFAST	Add some fruit to your cereal.	
SNACK	Grab a piece of fruit.	
LUNCH	Eat a big salad.	
SNACK	Choose raw vegetables as an afternoon snack.	
DINNER	Have two vegetables with dinner and eat fruit for dessert.	

# TIPS

Enjoy a colorful variety of fruits and vegetables (including beans). Fresh, frozen, canned, and dried all count.

### For breakfast:

- Stir low-fat or fat-free granola into a bowl of low-fat or fat-free yogurt. Top with sliced apples or frozen berries.
- Top toasted whole wheat bread with peanut butter and sliced bananas.
- Add vegetables, such as diced tomatoes and onions, to your egg or egg white omelet.



### For snacks:

- Eat a piece of fruit like an apple, banana, or plum.
- Place a box of raisins in your child's backpack and pack one for yourself, too.
- Put grapes and banana slices on wooden skewers and freeze for "fruit on a stick."



### For lunch and dinner:

- Ask for less cheese and more vegetable toppings on your pizza. Try onions, mushrooms, and bell peppers.
- Spread low-fat cheese and low-fat or fat-free refried beans between two whole wheat tortillas. Brown on both sides in a pan until cheese melts. Top with salsa.
- Eat at least two vegetables with dinner.
- Add frozen vegetables like peas and broccoli to a casserole or pasta.

