

Better Eating *for Life*



An easy, step-by-small-step guide
to your best nutritional health ever!

Mary Saucier Choate, M.S., R.D., L.D.

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Updated to reflect the Dietary Guidelines for Americans 2005, the new MyPyramid Plan, and now incorporating information and tips on regular physical activity and ideas for super easy and quick meals.



Food Stores — Hanover and Lebanon, New Hampshire



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Dedication

In memory of my dad, Norman E. Saucier, hero to me in so many ways. Struck down by heart disease, stroke, and finally heart attack. If only we knew then what we know now about nutrition and heart health.



Acknowledgments

It is so great to have an organization like the Co-op Food Stores, and the talented people who work there, supporting a project such as *Better Eating for Life*.

Many thanks to Co-op Graphic Artist Ken Davis for the original and the updated layouts of the text and to Art Director Katie Cahill who designed the sumptuous logo and appealing book cover. Thanks also to Patrick Kearney, Co-op graphic artist, for his layout persistence and to former Member Services Coordinator Lisa Kendall for her dedication to the project and her valuable feedback on the usability of the information.

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Introduction to Better Eating for Life



For years, Co-op members and shoppers have been asking me important questions about food and nutrition. Their need for an accurate, up-to-date, easy-to-use guide giving the big picture about healthy eating—but in small bites—soon became apparent. We published Step One of *Better Eating for Life (BEFL)* in the January, 2002, issue of our member newsletter, the *Co-op News*, followed by the next eleven steps, one each issue.

The response has been very positive. Hundreds of copies of the individual steps have been picked up from displays in our stores; *BEFL* classes for adults and school-age children have been very well-received. *BEFL* handouts are used by local health professionals for their patients, and school children, after attending a *BEFL*-based class, have been reported to ask their parents for more colorful fruits and vegetables and more whole grains in their lunches! Score!

The response from parents has been most gratifying. After reading the series, many have thanked me for presenting the materials in this accessible way. The *BEFL* program can be used as superficially or delved into as deeply as one cares to—skip right to the recipes, if that's what interests you, or check out the websites for more in-depth information. The individual steps can be used in any order, based on what appeals to you most. For nutrition educators, each step can stand alone as the basis of a curriculum and can be adapted for any age group.

My goal is to provide credible nutrition information in a lively way that is immediately useful to the reader. Quick tips abound, easy recipes follow most steps, and the use of jargon is avoided. The series is based upon the latest nutrition guidelines: the 2005 Dietary Guidelines for Americans, the MyPyramid Food Guidance System, and information from health organizations such as the American Institute for Cancer Research, the American Heart Association, the American Diabetes Association, and the American Dietetic Association.

The final section includes a guide to physical activity that abounds with choices you might not have realized were available.



Better Eating for Life seeks to help you move toward a whole-foods eating style, not out of drudgery or a sense of restriction, but from a joyous discovery of delicious foods that are a delight to eat, as well as a boon to good health.

This program provides gentle, accurate guidance to improving your meal and snack choices and your level of physical activity. It is not intended to substitute for the expertise and advice of your personal healthcare provider. Please discuss any decisions you make about diet or exercise with your own healthcare provider, who knows your health and medical history intimately and can best advise you on your proper course of action.

I hope that whether you are an interested consumer, a parent, a healthcare professional, a nutrition educator, or just a casual recipe hunter, you will find something of value to help move you, and those with whom you share these ideas, toward a healthier eating style and active life.

Step One

Eat Whole Grains



*Begin with the possible; begin with one step.
There is always a limit; you cannot do more than you can.
If you try to do too much, you will do nothing.*

—P.D. Ouspensky and G.I. Gurdjieff

The Whole Story About Whole Grains

What's the big deal about whole grains and whole-grain products? What do whole grains have that refined grains lack? Whole grains, unlike refined, retain their fiber, antioxidant vitamins, minerals, and phytochemicals—nutrients that may help to reduce your risk of Type 2 diabetes, heart disease, and cancer.

Whole grains help maintain normal insulin and blood sugar levels. In studies of large groups of people, researchers found that people who ate the most cereal fiber—the kind of fiber found in whole grains—had an up-to-30-percent reduction in their risk of type 2 diabetes compared with those who ate the least. Promising research shows diets higher in whole grains may also decrease your risk of heart disease and some cancers and may help you to maintain a healthy body weight.

Whole grains are an excellent source of energy-boosting complex carbohydrates (also known as starches). They are naturally low in calories, fat, sodium, and sugar.

Whole grains are higher than refined grains in fiber and disease-fighting phytochemicals such as lignans, phytoestrogens, and phytic acid. The fiber in whole grains is a combination of soluble fiber—the kind that may help to reduce cholesterol levels—and insoluble fiber, or roughage, the kind that helps to keep you regular.

When whole grain is refined, a number of beneficial components are removed, including the bran, germ, and as many as 16 vitamins and minerals. Only five of these lost vitamins and minerals—B₁, B₂, B₃, iron, and folic acid—are added back when the refined flour is “enriched.”

What Makes a Grain “Whole”?

A whole-grain kernel, or seed, is made up of three parts: bran, germ, and starchy endosperm.

The outer layer, or bran, contains fiber, B vitamins, and minerals such as iron and potassium.

The inside portion, or starchy endosperm, contains mostly complex carbohydrates and some protein, but few vitamins and minerals.

The germ, located at the base of the kernel, contains B vitamins, vitamin E, trace minerals, and protein.

White or refined flour is made from only the starchy endosperm part of the whole-grain kernel.

Compared with refined enriched wheat flour, whole-wheat flour contains 200 to 700 percent more calcium, magnesium, phosphorus, potassium, zinc, copper, manganese, selenium, pantothenic acid, and vitamins B₆ and E.

For these reasons and more, the new MyPyramid Food Guidance System recommends that at least half of the grain products you eat each day be whole grains.



There is More to Whole Grains Than Fiber Alone

A whole grain contains significantly more nutrients than a refined grain, but there may be slight differences among whole grains. Some whole grains are high in fiber, while others are not.

For example, an ounce of whole-wheat flour contains three and a half grams of fiber; an ounce of brown rice flour contains less than half that amount. However, because of the wide variety of health-supportive nutrients in whole grains, both high-fiber and naturally lower-fiber whole grains are valuable choices.

Sleuthing Around for Truly Whole Grains

It has gotten harder to spot truly whole-grain products. Some cereal manufacturers have the words “Whole Grain” splashed in big letters across their cereal boxes, even though the cereal inside contains only a half serving of whole grain. Other products, such as breads, are labeled in big letters announcing whole wheat, multigrain, or seven grain, while they are actually made with mostly refined white flour.



The manufacturer needs to add only a negligible amount of whole grain to a product to call it whole grain. Take these simple steps to be sure you are buying a whole grain food:

- Check the ingredient list and make sure the first ingredient listed is a whole grain. Ingredients are listed from most to least by weight. Look for the word “whole” or “whole-grain” before the name of the grain— for example, whole wheat or whole-grain rye.

Quick tip:

If the front label says “100 percent whole wheat” or “100 percent whole grain,” then it is truly a whole-grain product.

Beware: even “organic wheat” means refined, unless it is “organic whole wheat.”

- Look for this FDA-sanctioned whole-grain health claim: “Diets rich in whole grain foods and other plant foods and low in total fat, saturated fat, and cholesterol may reduce the risk of heart disease and some cancers.” Companies can use this claim only if their product contains 51 percent or more whole-grain ingredients by weight, is low in fat, and is a good source of fiber.

Another way to check for the presence of whole grain is to look for products that display the Whole Grain Stamp, developed by the Whole Grains Council (www.wholegrainscouncil.org).

The Whole Grain Stamp indicates the number of grams of whole grain found in one serving of a product.

One full MyPyramid serving of a whole-grain contains 16 grams of whole grain, one half MyPyramid serving of a whole-grain contains 8 grams of whole grain.

To meet the minimum recommended three 16-gram servings a day, the stamp also reminds us to “Eat 48 grams or more of whole grains daily.”

Remember— this number refers to the total amount of whole grain in a serving, not the amount of fiber in the whole grain.



Step One: Eat More Whole-Grain Foods

For our first step toward better eating, we're starting with a food group that most of us need to eat more of: whole grains. The latest Dietary Guidelines for Americans 2005 recommend that we consume three or more servings of whole-grain products per day. In general, at least half the grain foods you eat each day should be whole grains.



For this first step, see if you can increase the amount of whole-grain foods that you eat. Remember, just three of your daily Grains Group servings need to be whole-grain. (Although, you may find them so delicious that you start to choose them even more often. Great!)

Start where you are now. Do you never choose whole-grain foods? Choose them only once in a while? The following ideas and tools will help you to move closer to the "at-least-three-a-day" whole-grain goal.

Easiest/No Cooking:

- Try a whole-grain cold breakfast cereal. You can ease into this by mixing half of the one you're using now with half of the whole-grain one.
- Try popcorn or a whole-grain granola bar for a snack.
- Take a Ryvita Fruit Crunch Cracker break. The added fruit makes this a bit sweet and chewy.
- Order your sandwich made with whole-grain bread.

Minimal Prep:

- For breakfast, try instant oatmeal or, if you have a few more minutes, try regular oats, Maypo, or Bear Mush. You can make extra of this on the weekend and heat it up the next day for a quick breakfast. Cooked hot cereal also freezes well. Put up single servings (each half-cup is a one-ounce equivalent of grains) in reusable containers or freezer bags. Freeze them and you'll have hot breakfast grains in an instant after you microwave them in a cup or bowl.
- Top each half of a toasted whole-wheat English muffin with tomato sauce and a slice of low fat cheese. Microwave just until the cheese is melted.
- Toast a small (2-ounce) whole-wheat bagel. Top with sliced turkey or grilled tempeh (a whole soybean patty, originating from Indonesia), low fat mayonnaise, tomato slice, and lettuce.

Fast Cooking:

- Try a quick-cooking whole grain such as 10-minute brown rice or whole-wheat couscous instead of white rice.
- Switch to whole-grain instead of white pasta.
- Try Annie's Organic Whole-Wheat Shells and Cheddar.



Where Do I Find Whole-Grain Foods?

Here are some brand names to get you started. For a more complete list of whole-grain products, please see "Whole-Grain Foods at the Co-op" which follows.

Whole-grain breads:

Arnold 100% Stoneground Whole Wheat, Genuine Bavarian Whole-Grain Breads, Pepperidge Farm 100% Stoneground Whole Wheat, Thomas' Sahara 100% Whole- Wheat Pita Bread

Whole-grain cold breakfast cereals:

Total, Cheerios, Shredded Wheat, Barbara's Shredded Oats and Multigrain Shredded Spoonfuls, Health Valley Organic Oat Bran Flakes and Organic Oat Bran O's

Whole-grain hot breakfast cereals:

Maypo, John McCann Steel Cut Oatmeal, Arrowhead Mills 7-Grain Cereal, Rice and Shine, Bear Mush, Fantastic hot cereals in a cup

Pass Me the Pasta

Whole-grain pastas are another way to experience the rich flavor of whole grains. Look for Bionaturae Organic Whole-Wheat Pasta, Tinkyada Brown Rice Pasta, and Westbrae Natural Organic Whole-Wheat Lasagna.

Bulk Up on Grains

In the Bulk Foods aisle, customers can purchase just the amount they need from bins of grains, flours, beans, spices, and more, at substantial savings. Grains are a low-cost, satisfying addition to meals and recipes. You'll find whole-yellow or blue cornmeal, brown rice, wild rice, whole-grain flours, and popcorn, as well as whole-grain granola, cereals, and whole-grain pastas.

At the Co-op, you'll also find less-common grains such as amaranth, quinoa, spelt, bulgur wheat, buckwheat, kasha (buckwheat groats), millet, whole blue or yellow cornmeal (not degermed), whole hulled barley (not pearled), and whole-rye flakes and flours.

Whole-Grain Snacking

Health Valley Granola Bars, Nature Valley Crunchy Granola Bars, and Save the Forest Organic Cereal Bars are good whole-grain choices.

Don't forget popcorn, an all-American favorite whole-grain choice!

Switch from refined wheat crackers to Kavli, Finn Crisps, Ryvita, or Wasa crackers, Ak-mak, or Hains Wheatettes.

Whole-Grain Foods at the Co-op

You won't believe all the choices you have!



Please note: This is not a complete list, merely a starting point. New products are regularly added to the store shelves. For products not listed here, be sure to look for a "whole grain" listed first in the ingredient list.

Baking Aisle

Arrowhead Mills Buckwheat, Buttermilk, Blue Corn, and Multigrain Pancake and Waffle Mixes; All-Purpose Baking Mix; Wheat-free All-Purpose Baking Mix; Whole Wheat, Barley, Brown Rice, Oat, Amaranth, Whole Yellow Cornmeal, and Whole-Wheat Pastry Flours; Multigrain Cornbread, Organic Whole-Wheat, and Organic Multigrain Bread Mix

Hodgson Mill Whole-Wheat Gingerbread Mix

King Arthur Whole-Wheat Flour

Breads

Vermont Bread Company Organic Oat, Organic Wheat, Organic Multigrain, Cinnamon Raisin, Whole Wheat, Sunflower Sesame, Soft 10 Grain, Soft Whole Wheat

Jerusalem Brand 100% Organic Spelt Pita Bread

Thomas' Sahara 100% Whole-Wheat Pita Bread

Breakfast Cereals (Cold)

Alpen Swiss Style Cereal

Barbara's Shredded Oats, Multigrain Shredded Spoonfuls

Familia Muesli

Health Valley Organic Oat Bran Flakes, Organic Oat Bran O's

Kashi Puffed Kashi

Kellogg's Mueslix, Complete Wheat Bran Flakes, Life, Cinnamon Life, Frosted Mini-Wheats

Life Stream Flax Plus

Nature's Path Eco Pak Multigrain and Raisins, Multigrain Oat Bran Flakes, Heritage O's, Muesli, Organic Wheat Puffs, Kamut Puffs, Mesa Sunrise

Breakfast Cereals (Hot)

Arrowhead Mills 7-Grain Cereal, Rice & Shine, Yellow Corn Grits, Bear Mush

Fantastic Hot Cereals (in a cup)

Kashi 7 Whole Grain & Sesame

Maypo

Oatmeal (all brands)

Bulk Foods Aisle

6-Grain Flour

Brown Rice Flour

Buckwheat Flour

Bulgur Wheat

Hulled Barley

Millet

Oat Flour

Popcorn

Quinoa

Spelt Flour

Tabouli Salad Mix

Wheat Berries

Whole-Blue Cornmeal

Whole-Rye Flour

Whole Wheat

Whole-Wheat Couscous

White Whole-Wheat Flour

Whole-Yellow Cornmeal

Wild Rice

Bulk Foods Aisle

Breakfast Cereals

7 Grain Cereal

Arrowhead Mills Organic Nature O's

Breadshop Golden Flax Crunch Cereal

Granola (all brands)

Muesli (all brands)

Rolled Whole-Rye Flakes

Whole-Wheat flakes

Bulk Foods Aisle Pastas

100% Buckwheat Soba

Mrs. Leeper's Brown Rice Garlic Twists

Organic Whole-Wheat Lasagna

Organic Whole-Wheat Spaghetti

Pastariso Brown Rice Spaghetti

Quinoa Elbows

Sobayo Whole-Wheat Udon

Tinkyada Brown Rice Pasta (all shapes)

Crackers

Edward's & sons Brown Rice Snaps

Finn Crisps All

Hain Wheatettes

Kavli All

Ry Krisp

Ryvita All

SanJ Brown Rice Crackers, Black Sesame Rice Crackers

Wasa All

Frozen

Alvarado's Bakery Sprouted Soy Crunch Bread, Sprouted Sourdough Bread

Amy's Organic Black Bean Rancheros Breakfast Burrito, Organic Beans & Rice Nondairy Burrito, Organic Bean & Rice Cheddar Cheese Burrito, Organic

Vegetable Veggie Pot Pie and Organic Broccoli Veggie Pot Pie

Bagel Works Honey Wheat Raisin

Bagels, Multigrain Bagels

Cascadian Farms Organic Moroccan Vegetarian Meals

Cascadian Farms Organic Veggie Bowls Szechuan Rice

Cedarlane

100% Organic

Whole-Wheat

Chapati

Food For Life

Breads Ezekiel

4:9 Sprouted

Grain, Prophet's

Pocket Bread,

Cinnamon Raisin, Sesame Bread, Bran for

Life, Millet, Rice Almond, Brown Rice,

Rice Pecan, Low Sodium

French Meadow Organic Sprouted

Bagels, Organic Spelt Bread

Lifestream 8-Grain Sesame Toasted

Waffles, Flax Plus Toasted Waffles

Matthew's Whole-Wheat English

Muffins

Nature's Path Manna Fruit & Nut Bread

Taj Ethnic Gourmet Authentic Recipe

Chicken Tikka Masala, Palak Paneer

Vans Wheatfree Apple Cinnamon

Waffles, Organic Blueberry Waffles



International Aisle

Annie's Organic Whole-Wheat Shells & Cheddar

Tamarind Tree Heat & Serve Indian Entrees

Pasta Aisle

Bionaturae Organic Whole-Wheat Pasta

DeBoles Whole-Wheat Pasta

Tinkyada Brown Rice Pasta

VitaSpelt Spelt Pasta

Westbrae Natural Organic Whole-Wheat Lasagna, Whole-Wheat Pasta

Snacks

All Season's Kitchen Corn Chips (all flavors)

Bearitos Tortilla Chips

Garden of Eatin' Tortilla and Cantina Chips (all flavors)

Health Valley Healthy Chips Original
Style Cookies, Granola Bars, Amaranth
Graham Crackers
Koyo Organic Rice Cakes (all flavors)
Little Bear Reduced Fat Corn Chips
Lundberg Organic Brown Rice Cakes (all
flavors)
Kettle Tortilla Chips (all flavors)
Green Mountain Gringo Tortilla Strips
Guiltless Gourmet Tortilla Chips
Maine Coast Sea Vegetables Sea Chips

Nature Valley
Crunchy
Granola Bars
Newman's
Own Organics
Tortilla Chips
(all flavors)
Popcorn (all
brands)
Save the Forest Organic Cereal Bars





Whole-Grain Cookery

Consuming your three or more whole grain servings each day was never so delicious!

Whole-Wheat Baking Powder Biscuits

Serves 12

2 cups whole-wheat flour	¼ cup butter
2 tsp. baking powder	¾ cup milk
½ tsp. salt	

Preheat oven to 300°F. Spray a baking sheet with cooking spray and set aside. Before measuring, stir flour lightly. In a large bowl, mix together flour, baking powder, and salt. Cut butter into ½-inch chunks over the flour mixture, and then blend with a fork or pastry cutter until the dough resembles a coarse meal. Add the milk, stirring well. Turn onto a floured surface and, with floured hands, pat the dough out until it is about ½ inch thick. With a biscuit cutter or a floured drinking glass, cut the dough into rounds. Place biscuits on the prepared baking sheet, spacing close together for soft-sided biscuits or not touching, about 1-inch apart for crusty sides. Bake for 15-20 minutes.

Per serving (2½-inch biscuit): Provides 1¼ servings of whole grains (20 grams), 109 calories, 3 g protein, 5 g fat, 15 g carbohydrate, 226 mg sodium, 13 mg cholesterol

Banana Breakfast Muffins

Serves 12

2½ cups whole-wheat flour	¼ cup honey
½ tsp. salt	3 mashed ripe bananas
1 tsp. baking soda	2 Tbs. vegetable oil
2 tsp. baking powder	1½ cups water
1/3 cup powdered milk	

Preheat oven to 400°F. Spray a 12-cup muffin tin with cooking spray or place a muffin cup liner in each muffin cup. Gently stir whole-wheat flour and then spoon into measuring cup, leveling with a knife. In a medium bowl, mix together the dry ingredients. Set aside. In a separate large bowl, blend the honey and bananas, then stir in the oil and water, beating until smooth. Add the dry ingredients, stirring just until blended. Fill muffins cups about 2/3 full. Bake for 25 minutes, or until a wooden toothpick or skewer comes out clean.

Per muffin: Provides 1½ servings of whole grains (25 grams), 160 calories, 4 g protein, 3 g fat, 32 g carbohydrate, 190 mg sodium, less than 0.5 mg cholesterol

Bell Peppers Stuffed with Swiss Chard and Quinoa

Serves 4

Quinoa originated in the Andean region of South America some 6,000 years ago. This nutritious high-protein grain must be rinsed before cooking to remove its coating of bitter-tasting saponins, a naturally-occurring plant defense.



- | | |
|--|--------------------------------------|
| 5 large red bell peppers | ¼ cup chopped fresh cilantro |
| ¾ cup quinoa, rinsed | ¼ cup chopped fresh parsley |
| 1½ cups water | 2 Tbs. chopped fresh dill |
| ½ tsp. salt | 1 Tbs. lemon juice |
| ¼ cup pine nuts | 1 tsp. freshly grated lemon zest |
| 2 tsp. extra-virgin olive oil | Freshly ground black pepper to taste |
| 1 cup chopped scallions | |
| ½ tsp. ground cumin | |
| 10 ounces Swiss chard or other fresh greens, shredded (8 cups) | |

Preheat oven to 450°F. Spray a baking sheet with cooking spray or cover with parchment paper.

Cut the peppers in half lengthwise, leaving stems on. Carefully remove seeds. Place peppers, cut side down, on the baking sheet. Bake for 10 to 15 minutes, or until just tender. Dice 2 halves; set all peppers aside.

While the peppers are baking, rinse the quinoa well in a mesh colander or through a cheesecloth. Combine quinoa, water, and salt in a medium saucepan and simmer, covered, until tender, 10 to 15 minutes. Set aside.

Toast pine nuts in a dry skillet over medium heat, about 5 minutes, stirring, until lightly browned. Remove from skillet and set aside.

Over medium heat, warm the oil, then sauté the scallions and cumin for about 2 minutes until softened. Add Swiss chard and cook, stirring occasionally, for 2 to 3 minutes, until greens are wilted. Remove from heat. Stir in cilantro, parsley, dill, lemon juice, lemon zest, reserved chopped pepper, cooked quinoa, and pine nuts. Adjust seasoning with salt and pepper.

Spoon the mixture evenly among pepper halves. Serve warm or at room temperature.

Per serving (2 stuffed pepper halves): Provides 2 servings of whole grains (32 grams), 237 calories, 9 g protein, 10 g fat, 33 g carbohydrate, 456 mg sodium, 0 mg cholesterol



Three-Grain Mushroom Pilaf

Serves 8

This is a recipe for a worldly grain adventure! Tiny, protein rich amaranth seeds were a food staple of the Aztecs. Millet, another petite grain, is a popular food crop in India. Brown rice is grown around the world in warm, humid climates.

½ cup chopped onion	½ cup dry white wine
1 cup sliced mushrooms	¼ tsp. coarsely ground black pepper
1 Tbs. canola oil	¼ cup chopped fresh parsley
¼ cup amaranth	½ cup grated Parmesan cheese
¼ cup millet	
½ cup long-grain brown rice	
3 cups low-sodium chicken, beef, or vegetable stock	

In a large skillet, sauté onion and mushrooms in oil until the mushrooms are tender. Add grains, stirring constantly until browned, about 2 minutes. Add stock, bring to a boil, then reduce heat. Cover and let simmer about 30 minutes, until the grains are tender. Remove from heat. Stir in wine and pepper. Cover and let stand 5 minutes. Just before serving, stir in parsley and cheese.

Per serving (½ cup): Provides 1½ servings of whole grains (24 grams), 152 calories, 6 g protein, 5 g fat, 20 g carbohydrate, 138 mg sodium, 4 mg cholesterol

Fruit and Walnut Millet Porridge

Serves 6

1 Tbs. extra-virgin olive oil	½ cup dried apricots, snipped into small pieces
1 cup millet	½ tsp. ground cinnamon
2 cups water	¼ cup chopped walnuts
½ cup raisins	

Heat oil in a heavy saucepan. Stir in millet until it begins to turn toasty and golden. Add water, raisins, apricots, cinnamon, and walnuts. Bring mixture to a boil; then immediately turn heat down to simmer, cover, and cook 25 minutes until all liquid is absorbed. This is delicious topped with yogurt and a teaspoon or two of honey.

Per serving (½ cup): Provides 2 servings of whole grains (33 grams), 238 calories, 6 g protein, 7 g fat, 41 g carbohydrate, 4 mg sodium, 0 mg cholesterol

Salad of the Americas

Serves 6

Quinoa, corn, and beans—staple foods of the Incas, Mayas, and Aztecs—are combined in this dish with other native American foods—tomatoes and pumpkin seeds—to produce a salad that is colorful, nutritious, and tasty.



1 cup quinoa, well-rinsed
½ cup cooked fresh or frozen corn
 kernels
Juice of 1 lemon
2-3 scallions, minced
1 Tbs. extra virgin olive oil
Salt and Pepper to taste

1 15-oz. can beans: black, pinto, or great
 northern, drained and rinsed
1 cup diced ripe tomatoes
1 Tbs. balsamic or cider vinegar
¼ cup chopped fresh parsley

Garnish: 2 Tbs. pumpkin seeds

Bring 2 cups water to boil in a small, heavy saucepan. Add the quinoa and simmer gently, covered, for 15 minutes. Fluff with a fork and let cool to room temperature.

While quinoa is cooking, prepare corn: if using fresh, cook corn on the cob, then cut off cooked kernels; if using frozen, prepare following package directions.

Combine quinoa, corn, lemon juice, scallions, extra virgin olive oil, salt, and pepper in a mixing bowl and set aside.

In a separate bowl, combine remaining ingredients, except pumpkin seeds, and toss together.

To assemble: place quinoa-corn mixture in the center of a platter or large dish. Make a well in the center and mound the bean mixture into the well. Sprinkle with pumpkin seeds and serve.

Per serving (½ cup): Provides 1¾ servings of whole grains (28 grams), 201 calories, 10 g protein, 4 g fat, 34 g carbohydrate, 47 mg sodium, 0 mg cholesterol

More Whole Grain Resources



Cookbooks Featuring Whole Grains

The Co-op Cookbook by Rosemary Fifield

Great Grains by Linda Drachman and Peter Wynne

Just Add Water by Lauren Chattman

King Arthur Flour Whole Grain Baking: Delicious Recipes Using Nutritious Whole Grains by King Arthur Flour

Lean, Luscious and Meatless by Bobbie Hinman

The Little Grain Cookbook by Patricia Stapley

The New Book Of Whole Grains by Marlene Anne Bumgarner

The Super Pyramid Eating Program by Dr. Gene Spiller

Uprisings: The Whole Grain Baker's Book by The Cooperative Whole Grain Education Association

The Versatile Grain and the Elegant Bean by Sheryl and Mel London

Vegetarian Cooking for Everyone by Deborah Madison

Whole Grains by Sara Pitzer

Whole Grain Cookery by Stella Standard

With The Grain by Raymond Sokolov

Whole-Grain Websites

The **Whole Grains Council**: A Consortium of Industry, Scientists, Chefs and Oldways Preservation Trust members committed to increasing consumption of whole grains for better health.

www.wholegrainscouncil.org

FATFREE: The **Low Fat Vegetarian Recipe Archive** website has many, many recipes for whole grains.

www.fatfree.com/recipes/grains

The **Wheat Foods Council** offers whole-grain information and the latest research.

www.wheatfoods.org

Visit the **National Barley Foods Council** website for recipes and information.

www.barleyfoods.org

The **Quaker Oats** folks offer lots of recipes and oat nutrition information.

www.quakeroatmeal.com

Step Two

Serve Yourself Right



*My doctor told me to stop having intimate dinners for four.
Unless there are three other people.*

—Orson Welles

The Portion Power Plan

In the United States, we have at our fingertips one of the largest and easiest to obtain selections of the fattiest and cheapest food found anywhere in the world. Food here is so easy to get: drive-through, walk up, or have it delivered. It's already prepared, with the fat content hidden inside. This makes it is easy to eat high-calorie, high-fat, and high-sugar foods without even realizing it.

Did you know that eating one large bagel is the same as eating four slices of bread? Choosing that large order of fries is like eating three 6-ounce potatoes (each about the size of a computer mouse) plus five teaspoons of butter! Downing that 20-ounce soda means you've just finished off one-third cup of sugar and about 250 calories!

We eat on the go, quickly, while multi-tasking, without noticing the taste, texture, and wonderful gentle feelings of satiety that food provides, if we take the time to pay attention to it.

Natural Portion Management

Very young children, when presented with an array of nutritious foods, can easily select a diet that meets their nutrition needs without eating too much or too little. They are naturally excellent managers of their food intake. As we grow older, many of us lose this natural ability to self-regulate our intake according to our needs.

Returning to that natural, internal eating wisdom requires paying some attention to the foods we select, the portion sizes, and the satiety (“I’ve eaten enough”) signals our body sends us.

Accurate portion information is a gentle first step toward Natural Portion Management. Returning to that natural, internal eating wisdom requires paying some attention to the foods we select, the portion sizes, and the satiety (“I’ve eaten enough”) signals our body sends us.

A good starting place is determining how many calories our bodies actually require each day and then learning which foods and portion sizes best meet these calorie needs. Over time, these selection skills will become a natural part of you, but at first, it may seem like a lot of energy is spent thinking about food. It might be helpful to compare the mastery of portion power to learning to drive a car with a stick shift. It takes a lot of attention at first, but like becoming skilled at driving a car with a stick shift, there will come a time when it is a skill that's simply a part of you and you give it hardly any thought at all!



Moving toward a more natural food selection style means relearning what we once knew intrinsically about the amount of food to eat. Information about food portions is powerful. Understanding how to use this power will allow you to eat a variety of foods throughout the day, in health-supportive portion sizes, as you decide where you wish to “spend” your daily calorie requirement.

For example, choosing a large bagel (four servings of grains, usually refined) for breakfast and then a large scone (four servings of refined grain foods plus 10 to 20 grams of hidden fat) a little later for a snack means you’ve “spent” eight servings from the Grains Group and used up most, if not all, of your discretionary calories on the hidden fats. Choosing instead a cup of instant oatmeal for breakfast and two pieces of whole grain toast with peanut butter for a snack means you’ve “spent” four whole-grain servings and a protein serving.

Both scenarios provide a delicious and filling breakfast and snack, but at surprisingly different calorie and nutrient levels. Without too much fuss, small changes like these can move you toward a naturally healthier eating style and long-term benefits, such as an improved weight status and stable blood sugar and energy levels.

Discretionary Calorie Allowance

The Discretionary Calorie Allowance is the remaining amount of calories in a food intake pattern after the calories needed to meet nutrient needs from all food groups have been consumed.

This allowance assumes that foods used to meet basic calorie needs are fat-free or low fat and are without added sugars. See *Step Eight: Fit in Fun Foods* for more details.



Estimating Your Daily Calorie Needs

Having an idea of how many calories you need each day will allow you to get a more accurate picture of how your current eating style supports or defeats your healthy living goals.

Use the “Calories Needed” chart (below), adapted from the Dietary Guidelines for Americans 2005, for an estimate of your individual calorie needs based on three activity levels, from sedentary to active.

Select your gender and age and then match up your activity level to find your approximate calorie needs.

		Calories Needed at Three Different Activity Levels		
Gender	Age (years)	Sedentary	Moderately Active	Active
Child	2-3	1,000	1,000-1,400	1,000-1,400
Female	4-8	1,200	1,400-1,600	1,400-1,800
	9-13	1,600	1,600-2,000	1,800-2,200
	14-18	1,800	2,000	2,400
	19-30	2,000	2,000-2,200	2,400
	31-50	1,800	2,000	2,200
	51+	1,600	1,800	2,000-2,200
Male	4-8	1,400	1,400-1,600	1,600-2,000
	9-13	1,800	1,800-2,200	2,000-2,600
	14-18	2,200	2,400-2,800	2,800-3,200
	19-30	2,400	2,600-2,800	3,000
	31-50	2,200	2,400-2,600	2,800-3,000
	51+	2,000	2,200-2,400	2,400-2,800

Calorie Clarity

An eye-opener in the “Calories Needed” chart is the observation that our inflated idea of portion sizes is way out of line with what our body actually requires! For example, a moderately active 55-year-old woman needs about the same amount of calories each day as an active girl who is eight or nine years old! It’s no wonder that many adults find that the aging process brings on added pounds, especially if they have not adjusted their eating patterns to their actual activity level and calorie needs.

The calorie chart helps you to estimate your calorie needs for weight maintenance, but it is still a “ballpark” number. You may need to adjust the calories up or down to fit your exact needs. The calorie levels are based on the needs of a person of average height and healthy weight in each age/sex group. If you are overweight or obese, this calorie level may actually support gradual, healthy weight loss.



How Active Are You?

“Sedentary” means a lifestyle that includes only light physical activity. Examples are: walking slowly, playing golf using a powered cart, slowly treading water, gardening or pruning, dusting, vacuuming, or light stretching. Talk test: A person doing light physical activity will be able to sing while doing it.

“Moderately Active” means a lifestyle that includes physical activity equivalent to walking about 1.5 to 3 miles per day at 3 to 4 miles per hour, in addition to the light physical activity associated with typical day-to-day life. An example of this level of activity (1.5 miles at 3 mph) would be walking briskly, at a pace similar to the brisk marching cadence of “left-left-left-right-left” for 30 minutes, most days of the week. Other examples would include mowing the lawn with a powered “walk behind” mower; dancing; or bicycling on level terrain. Talk test: A person should feel some exertion but should be able to carry on a conversation comfortably during the activity.

“Active” means a lifestyle that includes physical activity equivalent to walking more than 3 miles most days of the week, at 3 to 4 miles per hour, in addition to the light physical activity associated with typical day-to-day life. An example of “Active” would be walking at the same pace as above, but for about an hour instead of for 30 minutes each day.

Personalized Portion Plan

Now that you know the daily calorie level that’s right for you, you’ll want to know what this means when translated into food groups. Use the “Daily Servings Needed From Each Food Group” chart to see how many servings you need from each food group at your calorie level.

The new MyPyramid Food Guidance System uses cups for measuring serving sizes of foods in the Fruits, Vegetables, and Milk Groups; ounce-equivalents (oz.-equiv) for the Grains Group and the Meat and Beans Group; teaspoons for healthful unsaturated oils; and calories for the discretionary “fun foods” allowed.

Daily Servings Needed From Each Food Group

Calorie Level	1,000	1,200	1,400	1,600	1,800	2,000	2,200	2,400	2,600	2,800	3,000	3,200
Fruits	1 cup	1 cup	1.5 cups	1.5 cups	1.5 cups	2 cups	2 cups	2 cups	2 cups	2.5 cups	2.5 cups	2.5 cups
Vegetables	1 cup	1.5 cups	1.5 cups	2 cups	2.5 cups	2.5 cups	3 cups	3 cups	3.5 cups	3.5 cups	4 cups	4 cups
Grains	3 oz–equiv	4 oz–equiv	5 oz–equiv	5 oz–equiv	6 oz–equiv	6 oz–equiv	7 oz–equiv	8 oz–equiv	9 oz–equiv	10 oz–equiv	10 oz–equiv	10 oz–equiv
Meat and Beans	2 oz–equiv	3 oz–equiv	4 oz–equiv	5 oz–equiv	5 oz–equiv	5.5 oz–equiv	6 oz–equiv	6.5 oz–equiv	6.5 oz–equiv	7 oz–equiv	7 oz–equiv	7 oz–equiv
Milk	2 cups	2 cups	2 cups	3 cups	3 cups	3 cups	3 cups	3 cups	3 cups	3 cups	3 cups	3 cups
Oils	3 tsp	4 tsp	4 tsp	5 tsp	5 tsp	6 tsp	6 tsp	7 tsp	8 tsp	8 tsp	10 tsp	11 tsp
Discretionary Calorie Allowance	165	171	171	132	195	267	290	362	410	426	512	648



Tools You Can Use

Think of serving sizes in the same way you think of gallons of gasoline. Just because gas is measured in gallons doesn't mean you buy only one gallon at a time. You buy what you need for the trip or the size of your gas tank.

It's the same thing with serving sizes. Just because one serving is a certain size does not mean that's all you may eat at a meal. An athletic teenager might choose more servings than a sedentary adult, because calorie needs are higher. Another person who likes to "graze" might choose smaller servings spread out every few hours throughout the day. You should eat the number of servings, or portion of a serving, that you decide is right for you at a meal or snack.

Pay close attention to your usual serving sizes. Try using smaller plates and bowls at home and ask for "take home" containers when dining out. Measure out the serving size recommended on the label to familiarize yourself with what it looks like. For example, count out 15 tortilla chips, or place one-half cup of ice cream in a bowl. These are easy and effective ways to start taming the "super-size" monster down to a more manageable form.

Label Fables

When looking at the Nutrition Facts label, closely examine the serving size listed. For many higher-calorie treats, the nutrition information is based on the tricky "partial" or "doubled plus" serving. Who eats half a muffin or drinks one serving from a 2.5 servings soda bottle? Read the label carefully, and make your choice based on your healthy eating goals.

Breakfast Buzz

If you don't want to give up a big muffin or bagel, try choosing it less often: for example, two days a week instead of five. Have a lighter choice on the other days, such as an English muffin or a cup of whole-grain cereal and low fat milk. This small change in your intake can make a difference that will result in a healthier weight over time.

On-the-Go Choice: A whole-grain granola bar or a small bag or travel mug filled with one cup of dry whole-grain breakfast cereal. Each of these provides you with about one whole-grain serving from the Grains Group.

Quick-to-Make: Whole-grain hot or cold cereal and milk; two slices of whole-wheat toast and peanut butter; or a whole-wheat roll and slice of low fat cheese, warmed quickly in the microwave.

Pasta, Please

Can't say "no" to a mountain of pasta? Try mixing it with bulky vegetables like broccoli, carrots, and big chunks of mushrooms to get the same volume, but with a pasta portion size that more closely meets your portion goals.



On-the-Go Choice: ask for the small size “to go” container of a healthfully prepared pasta dish—sesame noodles with vegetables, Greek style pasta, or spicy Szechwan noodles. A small size container that holds one cup will give you two servings from the Grains Group. Also order a side or two of vegetables to go!

Quick-to-Make: Add half a bag of mixed frozen vegetables, such as carrots, broccoli, and cauliflower, to the pot at the same time that you add your pasta. It will slow the cooking time just a little, but saves using an extra cooking pot and stretches out the pasta portion.

Time-to-Cook: Try spaghetti squash, that marvel of the plant world! Slice it in half, scoop out the seeds, and bake it cut-side down on a lightly oiled or nonstick pan for 45 minutes at 350°F or microwave for about 12 minutes on high. When it’s done, you have a squash that separates into pasta-like strands for about one quarter of pasta’s calories. *Mangia!*

The Chocolate “Group”

Need a chocolate fix? Give in, but watch the portion size. Three bite-sized chocolate-covered peppermint candies or chocolate kisses, savored slowly, can fit the bill for far fewer calories than a regular-sized candy bar. Low fat chocolate milk or instant hot chocolate can also satisfy.

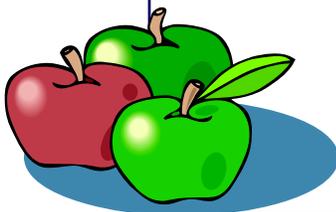
Fast Times

Doing fast food? Don’t let them super-size you! Keep to the small single sizes or veggie salads with dressing used sparingly unless you require more calories.

Snack Time

Another strategy to get portion sizes into line is using healthier new alternatives to high-calorie favorites.

A tiny one-ounce-bag serving of chips equals about one cup or 19 small chips. This amount contains about 150 calories and 2 teaspoons (10 grams) of fat. If you’ve got the room in your eating plan for these extra calories and fat, enjoy! If you like the crunch, but would prefer to lighten up, opt for a snack such as Robert’s American Gourmet Veggie or Pirate’s Booty, Little Bear Organic Foods Light Cheddar Puffs, or Bearitos Lite Organic Popcorn. A generous cupful of these snacks gives you the crunch you are looking for in chips, but with far fewer calories and fat (about 70 calories and 3 grams of fat). Some light microwave popcorn has only 20 calories and one-half gram of fat per cup.



Remember These!

Of course apples, pears, bananas, oranges, and grapefruit are also great snacks. Whoever is eating too many of these, raise your hand!



Serving Size Specifics

Use this brief, general serving size guide to see how the portions you eat fit into your “budget” of daily food group servings.

Grains Group

The Grains Group includes all foods made from wheat, rice, oats, cornmeal, barley, and other grains, and includes bread, pasta, oatmeal, breakfast cereals, tortillas, and grits. Choose whole grains for at least half of all the grains you eat.

In general, the following servings each count as a “1 oz.-equivalent” from the Grains Group:

1 slice of bread

1 cup of ready-to-eat cereal

½ cup of cooked rice, pasta, or cooked cereal

Vegetables Group

All vegetables or 100 percent vegetable juice count as a member of the Vegetables Group. Vegetables may be raw or cooked; fresh, frozen, canned, or dried/dehydrated; and may be whole, cut-up, or mashed.

In general, the following servings each count as 1 cup from the Vegetables Group:

1 cup of raw or cooked vegetables

1 cup cooked greens
2 cups of raw leafy greens

1 cup cooked dry beans and peas

1 cup of vegetable juice

Fruits Group

Any fruit or 100 percent fruit juice counts as part of the Fruits Group. Fruits may be fresh, canned, frozen, or dried, and may be whole, cut-up, or pureed.

In general, the following servings each count as 1 cup from the Fruits Group:

1 cup of fruit

1 cup of 100% fruit juice

½ cup of dried fruit



Milk Group

The Milk Group includes all fluid milk products and foods made from milk that retain their calcium content, such as yogurt and cheese.

Lactose-free milk products and calcium-fortified foods and beverages are also counted as servings from the Milk Group. In general, the following servings each count as 1 cup of milk or its equivalent:

1 cup of milk or yogurt

1½ ounces of natural
cheese (such as Cheddar)

2 ounces of processed
cheese (such as
American)

Meat and Beans Group (officially known as the Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts Group)

The Meat and Beans Group includes all foods made from meat, poultry, fish, dry beans or peas, eggs, nuts, or seeds.

In general, the following servings each count as a “1-ounce equivalent” from the Meat and Beans Group:

1 ounce of lean meat,
poultry, or fish
1 egg

1 Tbs. peanut butter
¼ cup cooked dry beans
½ ounce nuts or seeds

One serving may be small, but you may choose to eat several servings at a meal or snack.

You decide what fits best into your daily “budget.”

Oils

Oils are fats that are liquid at room temperature; they may come from fish or from many different plants and include canola, corn, olive, soybean, peanut, sesame, and sunflower oils.

Some foods are naturally high in oils, such as nuts, olives, some fish, and avocados.

Prepared products that contain oil as the main ingredient include mayonnaise, certain salad dressings, and soft margarine.

One tablespoon of oil = 3 tsp.=14 g

Expanded List of Serving Sizes

This extensive list of serving sizes is adapted from the information provided at www.MyPyramid.gov.



Grains Group

Try to make at least half of your Grains Group servings from whole grains. Generally, the following each count as a “1 oz.-equivalent” from the Grains Group:

- 1 slice of bread
- 1 cup of ready-to-eat cereal
- ½ cup of cooked rice, pasta, or cooked cereal

Specific “1 oz.-equivalent” servings of grain are:

- ½ of 2-ounce mini bagel (most regular bagels are 3 oz. and larger)
- ½ English muffin
- 5 whole-wheat crackers
- 1 4½-inch pancake
- 1 small (6-inch) tortilla
- 3 cups popcorn
- 1/3 commercial bakery muffin (many are 4 oz. or larger)
- 1 small homemade muffin (1.5 oz.)

Quick tips:

Sometimes weights are given in grams on the Nutrition Facts label. One ounce is equal to roughly 28 grams.

Remember to look for the word “whole” in front of the name of grain foods. If it’s not there, it’s likely a refined grain, missing the germ, bran, and much more!

Step One: Eat Whole Grains has lots of ideas for adding whole grains to your day.

Vegetables Group

All vegetables or 100% vegetable juice counts as a member of the Vegetables Group. Vegetables may be raw or cooked; fresh, frozen, canned, or dried; and may be whole, cut-up or mashed.

Generally, the following each count as 1 cup from the Vegetables Group:

- 1 cup of raw or cooked vegetables
- 1 cup of vegetable juice
- 1 cup cooked greens
- 2 cups of raw leafy greens
- 1 cup cooked dry beans and peas

Specific 1-cup servings of vegetables are:

- Broccoli:**
 - 1 cup chopped or florets
 - 3 spears, 5 inches long, raw or cooked
- Greens (collards, mustard greens, turnip greens), kale, or spinach:**
 - 1 cup cooked
 - 2 cups raw
- Carrots:**
 - 1 cup strips, slices, or chopped, raw or cooked
 - 2 medium
 - 1 cup baby carrots (about 12)
- Sweet potato:**
 - 1 large baked (2¼ inches or more in diameter)
 - 1 cup cooked, sliced or mashed



Dry beans and peas (such as garbanzo, kidney, or soy beans; black eyed peas or split peas):

1 cup cooked, whole or mashed

Tofu:

1 cup ½-inch cubes
(about 8 ounces)

Corn, yellow or white:

1 cup kernels
1 large ear (8 to 9 inches long)

White potatoes:

1 cup diced, mashed
1 medium boiled or baked potato (2½ to 3 inches in diameter)

Green or red peppers:

1 cup chopped, raw or cooked
1 large pepper (3 inches in diameter, 3¾ inches long, about 6 oz.)

Tomatoes:

1 large raw, whole (3 inches in diameter, about 6.5 oz.)
1 cup chopped or sliced, raw, canned, or cooked

Quick tips:

Raw vegetables such as sliced peppers, jicama, baby carrots, and even sweet potatoes make a great lunch bag or after-school or work snack. Cut into strips and serve with low fat salad dressing or plain yogurt mixed with dried herbs.

More ideas for “vegging out” are in *Step Three: Invincible Veggies*.

Because of their nutritional makeup, cooked dry beans and peas may be counted in either Vegetables or Meat and Beans Groups.

Note: they have different serving sizes in each group.

Fruits Group

Any fruit or 100 percent fruit juice counts as part of the Fruits Group. Fruits may be fresh, canned, frozen, or dried, and may be whole, cut-up, or pureed.

Generally, the following servings each count as 1 cup from the Fruits Group:

- 1 cup of fruit
- 1 cup of 100 percent fruit juice
- ½ cup of dried fruit

Specific 1-cup servings of fruit are:

Apple:

- ½ large (3.25 inch diameter, about 8 oz.)
- 1 small (2.5 inch diameter, about 4 oz.)
- 1 cup sliced or chopped, raw or cooked

Applesauce:

1 cup

Banana:

- 1 cup sliced
- 1 large (8 to 9 inches long)

Cantaloupe:

- 1 cup diced or melon balls
- 1 large wedge (¼ of a medium melon)

Grapes:

- 1 cup whole or cut-up
- 32 seedless grapes (about 5.5 oz.)

Grapefruit:

- 1 medium (4-inch diameter)
- 1 cup sections

Mixed fruit (fruit cocktail):

1 cup diced or sliced, raw or canned, drained

Orange:

1 large (3 inch diameter, about 6 ¾ oz.)
1 cup sections

Orange, mandarin:

2 large (2.5 inch diameter, about 3.5 oz.)
1 cup canned, drained

Pear:

1 medium pear (about 6.5 oz.)
1 cup sliced

Plum:

1 cup sliced raw or cooked
2 large

Strawberries:

About 8 large berries
1 cup whole, halved, or sliced

Watermelon:

1 small wedge (1 inch thick)
1 cup diced or balls

Dried fruit (raisins, prunes, apricots, etc.):

½ cup dried fruit is equivalent to 1 cup fruit

Quick tips:

Eat most fruit as whole fruit, rather than juice, to increase your intake of fiber.

Dried fruit makes a sweet snack and is more nutritious than candy.

Fruit smoothies made by blending frozen fruit with a small amount of milk, juice, or yogurt make a delicious instant frozen sorbet!

More fruit-savvy ideas are in *Step Five: Fabulous Fruit*.

Milk Group

The Milk Group includes all fluid milk products and foods made from milk that retain their calcium content, such as yogurt and cheese. Lactose-free milk products and calcium-fortified foods and beverages are also counted as servings from the Milk Group.



Generally, the following servings each count as 1 cup of milk:

1 cup of milk or yogurt
1½ ounces of natural cheese (such as Cheddar)
2 ounces of processed cheese (such as American)

Dairy foods such as cream cheese, cream, and butter have little to no calcium, so are not part of the Milk Group.

Specific 1-cup servings from the Milk Group are:

Milk:

1 cup
1 half-pint container
½ cup evaporated milk

Yogurt:

1 container (8 fluid ounces)
1 cup

Cheese:

1½ ounces hard cheese (cheddar, mozzarella, Swiss, Parmesan)
1/3 cup shredded cheese
2 ounces (about 3 slices) processed cheese
½ cup ricotta cheese
2 cups cottage cheese

Milk-based desserts:

1 cup pudding made with milk
1 cup frozen yogurt
1½ cups ice cream



Quick tips:

Choose low fat or fat-free dairy products most often.

If you avoid dairy, some additional high calcium foods are calcium-fortified ready-to-eat cereals, calcium-fortified soy beverages, nondairy beverages, and tofu, sardines, and canned salmon (you must consume the soft edible bones), greens such as bok choy and turnip greens, and blackstrap molasses.

Step Seven: Got Calcium? has more tips for high-calcium eating.

Meat and Beans Group (officially, the Meat, Poultry, Fish, Dry Beans, Eggs, And Nuts Group)

The Meat and Beans Group includes all foods made from meat, poultry, fish, dry beans or peas, eggs, nuts, or seeds.

Generally, the following servings each count as a 1-ounce equivalent from the Meat and Beans Group:

- 1 ounce of lean meat, poultry, or fish
- 1 egg
- 1 Tbs. peanut butter
- ¼ cup cooked dry beans
- ½ ounce of nuts or seeds.

Specific 1-ounce equivalents from the Meat and Beans Group are:

Meats:

- 1 ounce cooked lean beef
- 1 ounce cooked lean pork or ham

Poultry:

- 1 ounce cooked chicken or turkey, without skin
- 1 sandwich slice of turkey (4½ x 2½ x 1/8 inch)

Fish:

- 1 ounce cooked fish or shellfish

Nuts and seeds:

- ½ ounce of nuts (12 almonds, 24 pistachios, 7 walnut halves)
- ½ ounce of seeds (pumpkin, sunflower, or squash seeds, hulled, roasted)
- 1 Tbs. peanut butter or other nut or seed butter

Dry beans and peas:

Count these high-protein dry beans and peas as part of the Meat and Beans Group or as part of the Vegetables Group. Note: different serving sizes in each group.

- ¼ cup cooked dry beans (such as black, kidney, pinto, or white beans)
- ¼ cup cooked dry peas (such as chickpeas, cowpeas, lentils, or split peas)
- ¼ cup baked beans or refried beans
- ¼ cup (about 2 ounces) tofu
- 1 oz. tempeh, cooked
- ¼ cup roasted soybeans
- 1 falafel patty (2¼ inches, 4 oz)
- 2 Tbs. hummus

Quick tips:

Most adults require between five to seven ounces a day. Have them all at once or smaller amounts throughout the day; it's your choice!

Most meat and poultry choices should be lean or low-fat.

Fish, nuts, and seeds contain healthy oils, so choose these foods frequently instead of meat or poultry.

Step Nine: Put Protein in its Place contains detailed information about this group.



Oils

Oils are fats that are liquid at room temperature. The new MyPyramid Food Guidance System provides a daily allowance (in teaspoons) of these heart-healthy liquid oils based on calorie requirements.

Some commonly used vegetable oils:

canola	corn
cottonseed	olive
safflower	soybean
sunflower	

Foods naturally high in oils include:

nuts olives avocados
fatty, cold-water fish

Prepared products that contain oil as the main ingredient include:

mayonnaise
oil-based salad dressings
soft margarine (in a tub or squeeze bottle) with no trans fats

Specific examples of the teaspoons/grams of oil in some common oil-rich foods:

Oils:

Vegetable oils: 1 Tbs. = 3 tsp./14 grams

Foods rich in oils:

Margarine, soft (in a tub, trans fat-free):
1 Tbs. contains 2½ tsp./11 g oil

Mayonnaise:

1 Tbs. contains 2½ tsp./11 g oil

Mayonnaise-type salad dressing:

1 Tbs. contains 1 tsp./5 g oil

Italian dressing:

2 Tbs. contain 2 tsp./8 g oil

Thousand Island dressing:

2 Tbs. contain 2½ tsp./11 g oil

Olives, ripe,
canned:
4 large contain
½ tsp./2 g oil

“Double Dippers”

Avocados are part of the Fruits Group; nuts and seeds are part of the Meat and Beans Group; they provide servings from their food group plus additional servings of oils.

Avocado, ½ med contains 3 tsp./15 g oil

Peanut butter, 2 Tbs. contains 4 tsp./16 g oil

Peanuts, dry roasted, 1 oz. contain 3 tsp./14 g oil

Mixed nuts, dry roasted, 1 oz. contain 3 tsp./15 g oil

Cashews, dry roasted, 1 oz. contain 3 tsp./13 g oil

Almonds, dry roasted, 1 oz. contain 3 tsp./15 g oil

Hazelnuts, 1 oz. contain 4 tsp./18 g oil

Sunflower seeds, 1 oz. contain 3 tsp./14 g oil

Quick tips:

Choose margarines with water or liquid oil as the first ingredient and zero grams of trans fat.

Vegetable and nut oils do not contain any cholesterol. However, watch out for coconut, palm, and palm kernel oil. Although they are cholesterol-free, they are high in harmful saturated fats.

For more information on oils, see *Step Ten: Make Friends with Fat.*

Visualize Your Serving Size



If you are a visual thinker, the following examples may help you with roughly identifying the serving size you want.

Note: When hands or fingertips are used, they are based on a medium-sized woman's hand, which, when made into a fist, is comparable to a one-cup measure. If yours is smaller or larger, you may need to adjust accordingly.

- Checkbook= three ounces of cooked fish
- Compact disc= diameter of one ounce-equivalent pancake
- Computer mouse= one-cup-sized potato
- Entire thumb or four dice= one ounce of cheese
- Fist or tennis ball= one cup
- Hockey puck= medium bagel= three one-ounce mini bagels
- Matchbook= one tablespoon of mayonnaise or dressing
- Ping pong ball= two tablespoons of peanut butter
- Standard deck of cards= three ounce serving of meat or poultry
- Standard ice cream scoop or half of a baseball= one-half cup
- Thumb tip to first joint or one die= one teaspoon of butter
- U.S. dime= diameter of bunch of two ounces dry spaghetti strands which, when cooked, measures one cup



The Proof is in the Portion

These recipes show how easy it is to eat satisfying portions of delicious foods when you choose the right ingredients.

Double Lemon Poppy Seed Muffins

Serves 8

Each Double Lemon Poppy Seed Muffin provides about one and a half ounce-equivalents from the Grains Group ($\frac{3}{4}$ whole grain serving, $\frac{3}{4}$ refined grain serving) and less than a teaspoon of unsaturated fat. These make a yummy on-the-run breakfast.

$\frac{3}{4}$ cup all-purpose flour	2 Tbs. vegetable oil
$\frac{3}{4}$ cup whole-wheat flour	$\frac{1}{4}$ cup sugar
2 tsp. baking powder	2 egg whites
$\frac{1}{2}$ tsp. baking soda	1 tsp. vanilla extract
1 Tbs. poppy seeds	$\frac{1}{2}$ tsp. lemon extract
1 cup plain nonfat yogurt	2 tsp. grated fresh lemon peel

Preheat oven to 400° F. Prepare 8 muffin cups with cooking spray or use muffin liners. In a large bowl, mix the flours, baking powder, baking soda, and poppy seeds.

In separate bowl, combine remaining ingredients. Beat with a fork or whisk until well-blended. Add the wet mixture to dry mixture, blending just until all ingredients are moistened. Spoon evenly into prepared muffin cups. Bake 15 minutes. Remove from oven and let cool for 5 minutes. Remove muffins from pan to a rack to cool completely.

Per muffin: 165 calories, 5 g protein, 4 g fat, 26 g carbohydrate, 194 mg sodium, and 1 mg cholesterol

Ricotta Treat Spread or Dip

Serves 16

This makes a nutritious after-school snack with whole-grain crackers. Each serving provides one-eighth Milk Group serving and one-sixteenth cup of fruit.

1 cup part-skim ricotta cheese	$\frac{1}{4}$ cup finely chopped sweet red pepper
1 cup canned crushed pineapple (unsweetened), drained well	2 Tbs. finely chopped chives or green onion

Combine all ingredients. Chill several hours to blend flavors.

Per 2 Tbs. serving: 31 calories, 2 g protein, 1 g fat, 3 g carbohydrate, 19 mg sodium, 5 mg cholesterol



“Two-fer” Tuna and Pasta

Serves 2

Each serving provides a two-ounce grain equivalent, three ounces of protein, and $\frac{3}{4}$ cup of vegetables. Serve with crusty whole-grain bread and a large spinach salad for a delicious and hearty meal.

- | | |
|--|---|
| 2 tsp. minced garlic | 1 cup dry elbow macaroni, |
| 3 Tbs. low sodium chicken broth (such as Shelton's or Health Valley) | cooked according to package directions and drained (try whole wheat macaroni; it's more flavorful than white) |
| 1 14.5-oz. can sliced stewed tomatoes | 4 tsp. grated Parmesan cheese |
| 3 Tbs. freshly squeezed lemon juice | |
| $\frac{1}{2}$ tsp. dried basil | |
| $\frac{1}{2}$ tsp. dried oregano | |
| 1 5-oz. can water-packed tuna, drained and flaked | |

Over medium-high heat, sauté garlic in chicken broth in a large skillet for a minute or two. Add tomatoes, lemon juice, basil, and oregano. Bring to a boil, then reduce to a simmer, uncovered, for three minutes. Remove from heat. Stir in tuna. Serve immediately over macaroni. Top with grated cheese.

Per serving: 351 calories, 28 g protein, 3 g fat, 53 g carbohydrates, 544 mg sodium, 24 mg cholesterol

Cold Weather Soup

Serves 4

You'll be “spending” one whole grain ounce-equivalent and $\frac{1}{4}$ cup of vegetables in each generous bowlful. Great with whole-grain crackers!

- | | |
|---|---|
| 2 tsp. vegetable oil | 5 cups water |
| $\frac{1}{2}$ cup chopped onions | $\frac{1}{2}$ cup barley, uncooked (4 ounces) |
| $\frac{1}{2}$ cup chopped carrots | 4 tsp. low-sodium vegetable broth mix |
| $\frac{1}{2}$ cup thinly sliced celery | $\frac{1}{8}$ tsp. garlic powder |
| $\frac{1}{2}$ cup chopped celery leaves | Salt and pepper to taste |
| 3 cups sliced mushrooms | |

In a large soup pot, heat oil over medium heat. Sauté vegetables for 5 minutes, stirring frequently. Add remaining ingredients, bring to a boil, then reduce heat to low. Cover and let simmer for 1 hour, stirring every so often.

Per $\frac{1}{2}$ cup serving: 156 calories, 6 g protein, 4 g fat, 28 g carbohydrate, 27 mg sodium, 0 mg cholesterol



Yummy Mac n' Cheese

Serves 4

This classic treat, made healthier with whole grain pasta and reduced-fat dairy, is so much tastier than the boxed kind! You'll get two ounce-equivalents from the Grains Group and just under two from the Milk Group with this tasty comfort dish.

- | | |
|--|---|
| 7 oz. (about 1¾ cups) dried macaroni (Try whole wheat or brown rice macaroni for more flavor and nutrition.) | ½ cup evaporated skim milk |
| 2 cups shredded reduced-fat sharp Cheddar cheese (8 oz. brick) | 2 tsp. Dijon-style mustard |
| ½ cup finely chopped onion | 2 Tbs. bacon bits |
| 3 Tbs. chopped fresh parsley | 1/3 cup unseasoned breadcrumbs (Look for whole wheat crumbs or make your own from grated stale whole wheat bread or toast!) |
| ½ tsp. freshly ground black pepper | 3 Tbs. shredded Parmesan cheese |
| 1¾ cups nonfat cottage cheese | |

Preheat oven to 350°F. Spray a 2-quart casserole with cooking spray. Set aside. Cook macaroni according to package directions, until tender but firm. Drain. In a large bowl, combine the cooked macaroni, cheddar cheese, onion, parsley, and pepper. Set aside. In a blender or a food processor, combine cottage cheese, milk, and mustard until smooth. Pour over macaroni mixture and mix well. Spoon into prepared casserole. In a small bowl, blend bacon bits, breadcrumbs, and Parmesan. Sprinkle over macaroni mixture. Bake, uncovered, for 20 to 25 minutes, until bubbly.

Per serving: 496 calories, 34 g protein, 14 g fat, 54 g carbohydrate, 616 mg sodium, 40 mg cholesterol

Oaty-Roons

Makes 24 cookies

Delicious cookies that easily fit into a day's discretionary "fun foods" calorie budget!

- | | |
|------------------------|-------------------------------|
| 1 egg white | ½ tsp. almond extract |
| ¼ tsp. cream of tartar | 2 Tbs. finely chopped walnuts |
| ¼ cup sugar | ½ cup rolled oats |

Preheat oven to 350°F. Spray a baking sheet with a nonstick cooking spray. Beat egg white on medium speed of an electric mixer until frothy. Add cream of tartar, and beat on high speed until mix forms stiff peaks. Beat in almond extract. Gradually add sugar, 1/3 at a time. Gently fold walnuts and oats into mixture. Drop by rounded teaspoonfuls onto prepared baking sheet. Bake 12 minutes. Test for doneness—bottoms of cookies will be lightly browned. Place on a wire rack to cool.

Per serving (four cookies): 80 calories, 3 g protein, 1.5 g fat, 14 g carbohydrate, 10 mg sodium, 0 mg cholesterol

Step Three

Invincible Veggies



It's difficult to think anything but pleasant thoughts while eating a homegrown tomato. —Lewis Grizzard

Vegetables— is there anything they can't do? As more and more disease-preventing benefits of fruits and vegetables are discovered, health organizations are more insistently than ever encouraging Americans to eat their produce.

For a typical 2,000-calorie eating plan, the new MyPyramid Food Guidance System recommends that we consume 2½ cups of vegetables daily. But according to the latest USDA data, on average, adult Americans eat only about 1½ cups of vegetables a day—that's one cup short of what many require for good health and disease prevention. Are you above or below the average?

Tips to Tune Up Your Vegetable Intake

Try these easy ideas for moving toward your target:

- One cup of vegetable soup
- A large Romaine lettuce leaf on your sandwich
- Salsa as a dip for whole grain tortilla chips
- A computer mouse-sized potato topped with broccoli or bean chili

Total: about 2½ cups of vegetables. See it's easy!

Attention: Vegetable “Haters”

Whenever someone tells me that he or she doesn't like vegetables, the detective in me comes out. Further “digging” always reveals that even people who say they “hate” vegetables can, without much prodding, give me a list of 8 to 20 that they actually eat.

I have found that even people who say they “never” eat vegetables enjoy some, sometimes, prepared in certain ways. For example, someone may hate tomatoes but love spaghetti sauce, or may hate raw broccoli but love it cooked, or vice versa. This is a good thing, because the reasons to include them in your diet are numerous and important.

Do you have a vegetable hater in your family? Is it you? Read on for some new and a few “sneaky” ideas on making veggies into new family favorites. Letting children help with the selection and preparation of new vegetables is a way to create familiarity, which eventually can lead to acceptance!

Easy Potato Measuring Tip:

Hold a potato in your hand.

Does it feel similar in size to the way your computer mouse feels?

That's a one-cup serving.

Top Ten Reasons To Eat Your Veggies!



1. They are delicious, no matter how you like them: crunchy and juicy, cold or hot, juiced, stewed, shredded, sautéed, or raw; you can eat them any way you like.
2. Vegetables are bursting with important nutrients such as vitamins A, C, B₆, and folate, and minerals such as iron, calcium, potassium, and magnesium.
3. They are a tasty source of fiber: 2-3 grams per half cup of most vegetables; 6-9 grams for one-half cup of many kinds of cooked dry beans.
4. Vegetables are rich in phytochemicals. These health-supporting plant nutrients in vegetables may help to prevent cancer, strengthen the immune system, keep blood from forming clots that can lead to stroke, keep arteries clear and pliable, decrease cholesterol levels, control blood sugar, and protect against high blood pressure, skin wrinkling, cataracts, macular degeneration, and osteoporosis.
5. Vegetables are naturally low in calories and high in nutrients, water, and fiber. These qualities— together called “low-energy density”— have been found to provide a feeling of satiety and fullness, important for sticking with a healthful eating plan.
6. Diets high in fat and too low in fruits and vegetables are related to the three leading causes of death in the U.S.: cancer, heart disease, and stroke.
7. Vegetables are tastier than pills. Scientists are studying how vitamins, minerals and other dietary components seem to work together more powerfully as foods than as isolated nutrients in supplement form. Some studies have shown that consuming nutrients as whole foods seems to increase their potency.
8. They are colorful! Each different color—green, yellow, red, pink, blue, and white— signifies the different array of phytochemical plant nutrients that are present. Try to eat a rainbow of produce each day!
9. Frozen and canned veggies do count. Frozen are often processed right in the field, locking in their nutrients. The nutrients in canned vegetables are also locked in when they are processed. Look for low-sodium versions.
10. Don't want to go raw? You don't have to! While it's true that fresh raw vegetables do not lose any nutrients from heating, lightly cooked vegetables allow easier digestion of certain nutrients such as lycopene in tomatoes and lutein and zeaxanthin in corn. The solution? Eat vegetables prepared in a variety of ways, some raw and some cooked, to make sure you get all of the nutrients you need.

Veggie Delights

Quick Snacks

Try a cup of vegetable juice, V8, carrot, or tomato. Low sodium V8 and Odwalla carrot juice are lower sodium vegetable juice choices.



Reach for fresh raw veggies alone or with a dip. (Low fat salad dressing makes a great dip.) Baby carrots need no prep. If you have time, cut up a red pepper and a celery stalk, or try crunchy and mild peeled and sliced jicama or licorice-scented slices of fennel.

Quickest vegetable soup choice: Health Valley, Nile Spice, and Fantastic Foods make convenient vegetable soups in a cup— just add hot water.

Kids (and adults) love “ants on a log.” Stuff celery stalks with peanut or other nut butter, sprinkle with raisins, dried cranberries, or other chopped dried fruit, and serve.

Lunchtime Brown Bag Ideas

Include lettuce and tomato on your sandwich, bring vegetable soup in your thermos (low-sodium version of Campbell’s and Health Valley No Added Salt are the lowest sodium choices), or pack a three-bean or tossed veggie salad.

Take along a half-cup or cup of frozen vegetables in a microwave-safe container. These make a great side dish to accompany leftovers for lunch. Heat for a minute or so, and top with grated Parmesan or lemon juice and pepper.

Out to Eat

Look for veggie wraps, veggie subs, veggie-topped pizza, side salads, entrée salads, salad bars, stir-fried veggies, and tomato sauce on pasta. Be sure to add or ask for lettuce and sliced tomato (along with onions and hot peppers, if you’re brave) on your sandwich.

Cook’s Corner

Making an omelet, scrambled eggs, or scrambled tofu? Remember to toss in fresh or canned sliced mushrooms; onions; fresh, frozen or leftover broccoli; or your personal favorites. Use the same free hand with vegetables when making soups, casseroles, lasagna, and pasta sauces.

Grow-Your-Own Snacks

Growing and eating your own vegetables is an enormous pleasure. Consider starting with a pot of cherry tomatoes on the porch or a windowsill garden of easy to grow lettuce greens.

Visiting your local farmer’s market, joining a local CSA (Community Supported Agriculture) farm, or shopping for locally grown produce at the Co-op are additional ways to find fresh local sources of this important food group.

What's a Serving of Vegetables?

All vegetables, including 100% vegetable juice, count as members of the Vegetables Group. Vegetables may be raw or cooked; fresh, frozen, canned, or dried; and may be whole, cut-up, or mashed.



In general, the following each count as 1 cup from the Vegetables Group:

- 1 cup of raw or cooked vegetables
- 1 cup of vegetable juice
- 1 cup cooked greens
- 2 cups of raw leafy greens
- 1 cup cooked dry beans and peas

One cup of chunky vegetable soup counts as between a half and a full 1-cup serving from the Vegetables Group, depending on how chock-full of vegetables it is. One cup of bean soup counts as a roughly 1/2-cup serving from this group.

Note: Because of their nutritional makeup, cooked dry beans and peas can be counted in either the Vegetables or Meat and Beans Group. Their serving size is smaller in the Meat and Beans Group.

Specific 1-cup servings of vegetables are:

Broccoli

1 cup chopped or florets or 3 spears 5” long raw or cooked

Greens (collards, mustard greens, turnip greens) kale, or spinach

1 cup cooked or 2 cups raw

Carrots

1 cup strips, slices, or chopped, raw or cooked

2 medium

1 cup baby carrots (about 12)

Sweet potato

1 large baked (2 1/4” or more diameter)

1 cup sliced or mashed, cooked

Dry beans and peas (such as garbanzo, kidney, or soy beans, black eyed peas, or split peas)

1 cup whole or mashed, cooked

Tofu

1 cup 1/2” cubes (about 8 ounces)

Corn, yellow or white

1 cup

1 large ear (8” to 9” long)

White potatoes

1 cup diced, mashed

1 medium boiled or baked potato (2 1/2” to 3” diameter)

Green or red peppers

1 cup chopped, raw or cooked

1 large pepper (3” diameter, 3-3/4” long)

Tomatoes

1 large raw whole (3” diameter)

1 cup chopped or sliced, raw, canned, or cooked

Produce Or Pills?

Can a veggie pill replace the real thing? Vegetables contain a complete package of vitamins, minerals, health-protective phytochemicals, and fiber. These nutrients seem to work together, increasing their effectiveness. Studies continue to demonstrate that while vitamin pills often fall short of predicted benefits, overall healthful diets are the best preventative health strategy. A single pill cannot offer the same naturally advantageous synergy as whole food choices.



Variety and volume are the keys to moving toward better eating using the Vegetables Group. Not sure you're getting what you need? Go to www.MyPyramid.gov and use the MyPyramid tracker function to compare your daily veggie intake to your daily goal intake. The tracker will compare the nutrients in all the foods you've eaten in a day to your nutrient needs. It is a useful tool for assessing whether you are getting enough of what you need from your food choices.

Make the majority of your eating choices whole and minimally processed foods for the best assurance of getting your nutrients in their most effective form, along with so much more!



Focus on these “Five A Week”

The new MyPyramid vegetable recommendations go way beyond five a day. The latest dietary research suggests that Americans do not consume enough of vitamins A and C, potassium, and fiber—nutrients that certain vegetables can supply in important amounts.

To help fill this nutrient gap, the Vegetables Group is divided into five key “subgroups”: Dark green vegetables, Orange vegetables, Starchy vegetables, Legumes, and Other vegetables.

The chart below spells out the amounts and kinds of vegetables we need to consume each week for decreasing our disease risk and improving our health. The recommended amount to eat from each of these subgroups varies with your personal calorie needs.

Recommended Amount of Vegetable Subgroups per Week (in cups) Based on Calorie Level

Calorie Level	Amount of Vegetable Subgroups In Cups per Week											
	1000	1200	1400	1600	1800	2000	2200	2400	2600	2800	3000	3200
Dark green vegetables	1	1.5	1.5	2	3	3	3	3	3	3	3	3
Orange vegetables	0.5	1	1	1.5	2	2	2	2	2.5	2.5	2.5	2.5
Starchy vegetables	1.5	2.5	2.5	2.5	3	3	6	6	7	7	9	9
Legumes	1.5	1	1	2.5	3	3	3	3	3.5	3.5	3.5	3.5
Other Vegetables	4	4.5	4.5	5.5	6.5	6.5	7	7	8.5	8.5	10	10

Adapted from the Dietary Guidelines for Americans 2005, Table E-7.

What’s So Special About Each Subgroup?

Each of the five subgroups is rich in the nutrients we tend to miss out on, along with additional vitamins and minerals we need. Meeting your recommended vegetable servings by eating these vegetables several times a week will help to ensure that you are meeting your nutrition requirements, deliciously!

Dark green vegetables provide substantial amounts of vitamins A and C. Some examples from this subgroup are bok choy, broccoli, collard greens, dark green leafy lettuce, kale, mesclun, mustard greens, romaine lettuce, spinach, turnip greens, and watercress.

Orange vegetables provide considerable amounts of vitamin A in such choices as acorn, butternut, and Hubbard squash, pumpkin, carrots, and sweet potatoes.

Starchy vegetables are good sources of vitamin B₆ and copper. Corn, green peas, lima beans (green/immature), and potatoes make up this subgroup.



The Legumes (peas and beans) subgroup provides important folate, copper, and fiber. Choose from black beans, black-eyed peas, garbanzo beans (chickpeas), kidney beans, lentils, lima beans (mature), navy beans, pinto beans, soybeans, split peas, tofu (bean curd made from soybeans), and white beans. These are just a few of the wonderful choices available.

The “Other vegetables” subgroup provides substantial additional vitamin C. As you can imagine, this is a very long list— everything not included in the other subgroups, such as artichokes, asparagus, bean sprouts, beets, Brussels sprouts, cabbage, cauliflower, celery, cucumbers, eggplant, green beans, green or red peppers, mushrooms, okra, onions, parsnips, tomatoes, tomato juice, vegetable juice, turnips, wax beans, and zucchini.

Fitting in These “5 A Week”

Does this seem way too much to juggle? (Remember, these numbers for subgroup servings are for the week, not for each day.) Let’s break it up into smaller bites. First, see which vegetable subgroups you already eat several times a week, and then gradually add to those favorites. Here are some ideas to get you started.

If you are already a salad lover, one or two salads a week will cover dark leafy greens and probably even the “Other vegetables” and “Legumes” subgroups, depending on what’s in your salad.

Choosing baby carrots or raw sweet potato sticks several times a week for your afternoon snack can help with the “Orange vegetables” subgroup. Dip them into humus (mashed chickpea spread) or bean dip and you’ve covered some of the “Legumes” subgroup also.

Keep fresh, frozen, or low sodium canned corn, green peas, or green lima beans on hand to have as a side dish several times a week. Baked potatoes or homemade baked fries also help to keep the “Starchy vegetables” subgroup zipped up.

Starchy vegetables, along with legumes and colorful choices from each of the other subgroups, could also be made into vegetable soup or a vegetable cassoulet (French-style casserole) on the weekend. This makes great frozen leftovers for lunches during the week. Just add herbs and spices with a low sodium vegetable juice for the soup base or a smaller amount of vegetable broth and mushrooms for the cassoulet. Frozen into individual servings and reheated, these dishes make quick, satisfying lunches.

The Legumes subgroup can be met “head on” by using beans in your entrée several times a week. Bean entrée ideas include bean burritos, burgers, beans over rice, or added to pasta sauce. Or you can choose to spread them out in smaller amounts over salads, dips, soups and even mashed and added to muffins.

For the “Other Vegetables” subgroup, it’s “Eater’s Choice”! Pick your favorites and try some new ones. Most every vegetable benefits from roasting after being tossed with extra virgin olive oil and favorite herbs and spices. See the recipe section for more ideas.



“Sneaky” Veggie Recipes

Surprise! Veggies are delicious!

Three-Cheese Spinach Squares

Serves 6

- | | |
|--|---|
| 6 egg whites | 1 4-oz. can diced green chilies |
| 1 whole egg | 1 cup nonfat cottage cheese |
| 1/3 cup all-purpose flour | 1 cup shredded reduced-fat sharp cheddar cheese |
| 1 tsp. dry mustard powder | 1 cup shredded reduced-fat Swiss cheese |
| 1/2 tsp. baking powder | |
| 1 10-oz. package frozen chopped spinach, thawed and well drained | |

Preheat the oven to 350°F. Spray a 10 x 10 inch baking pan with nonstick vegetable spray.

In a large bowl, whisk together the egg whites and whole egg. Mix in the flour, dry mustard, and baking powder just until all the dry ingredients are moistened.

Mix in the spinach, green chilies, and the cottage, cheddar, and Swiss cheeses. Pour the mixture into the prepared pan. Bake for 45 to 50 minutes until golden brown and the center is firm. Remove from the oven and cool for 15 minutes for easier handling. Cut into six squares and serve.

Per serving: Provides about one-half cup of vegetables, 210 calories, 23 g protein, 7 g fat, 13 g carbohydrate, 482 mg sodium, 59 mg cholesterol

Pumpkin Pie Shake

Serves 4

Such a delicious way to enjoy this vitamin A-packed vegetable year-round!

- | | |
|---------------------------------------|-------------------------------|
| 1 cup canned pumpkin | 1/2 tsp. pumpkin pie spice |
| 1 cup nonfat milk | 1/2 tsp. teaspoon rum extract |
| 3 cups fat-free frozen vanilla yogurt | |

Combine all of the ingredients in a blender, until smooth. Pour into tall glasses. Garnish with a ginger snap.

Per 1 1/4 cup serving: Provides one-quarter cup of vegetables, 187 calories, 5 g protein, 0 g fat, 41 g carbohydrate, 175 mg sodium, 0 mg cholesterol

Bean Surprised Muffins

Substitute one half-cup of drained, mashed beans (such as garbanzo or Great Northern) for each banana you normally use in your banana muffin recipe.

You don't have to mention the secret new ingredient until your family has “bean” surprised!



Quick Tomato Veggie Soup

Serves 9

This winter warmer freezes well for take-along lunches.

- | | |
|---|-------------------------------|
| 1 16-oz. bag frozen mixed vegetables
(i.e. broccoli, cauliflower, carrots) | |
| 1 15-oz. can beans (kidney beans or
garbanzo) drained and rinsed | 1 Tbs. basil |
| 1 46-oz. can low sodium vegetable juice
(like tomato or V-8) | 1 Tbs. thyme |
| 2 cups (6 oz.) dry pasta (small shells or
macaroni) | ¼ tsp. black pepper |
| | 9 tsp. grated Parmesan cheese |

Place all ingredients, except cheese, into a large saucepan or soup pot. Cook over medium heat, stirring often. Cook until pasta is soft, about 20 minutes. Top each cup of soup with 1 tsp. Parmesan cheese. Enjoy!

Per generous 1½ cup serving: Provides nearly 1¼ cups of vegetables, 200 calories, 10 g protein, 2 g fat, 35 g carbohydrate, 141 mg sodium, 1 mg cholesterol

Roasted Portobello Mushroom “Steaks”

Serves 2

If you’ve never tried Portobellos before, get ready to taste your new favorite entrée! The mushroom consistency changes as it is cooked into a texture not exactly like meat; it’s better!

- | | |
|--|---|
| 2 medium Portobello mushrooms (5-to 6-
inch diameter, about 3 oz. each) | 2 tsp. chicken or vegetable broth or wine |
| ½ tsp. olive oil | 3 cloves garlic, minced |
| | 2 tsp. grated Parmesan cheese |

Preheat oven to 450°F. Spray a baking sheet with nonstick spray.

Remove the stems from the mushroom caps (save stems for another recipe, such as a stir fry, soup, or added to a grain dish). Wipe the mushroom caps with a clean damp towel. Place them, gills side up, on the prepared baking sheet.

Combine the olive oil, chicken broth, and garlic. Drizzle over the mushrooms, then sprinkle with Parmesan cheese. Bake for 20 to 25 minutes until the edges are somewhat shrunken and the liquid in the mushroom cap is bubbling.

Per serving: Provides one cup of vegetables, 43 calories, 12 g protein, 2 g fat, 5 g carbohydrates, 51 mg sodium, 1 mg cholesterol



Vegetable-Hater's Cauliflower

Serves 4

This deserves its title! Even folks who "hate" cauliflower admit to liking it prepared in this way. It also works great using two zucchini (8 oz. each), unpeeled and cut lengthwise into eighths or mushrooms cut in halves or quarters.

- | | |
|--|---|
| 4 cups cauliflower, cut into small flowerets | 3 Tbs. dry breadcrumbs |
| 2 Tbs. vegetable oil | 1 Tbs. plus 1 tsp. grated Parmesan cheese |
| 3 Tbs. oat bran or wheat germ | 1/8 tsp. pepper |
| | Dash garlic powder |

Preheat oven to 400°F. Cover a 10 x 15-inch baking pan with parchment paper or spray with a nonstick cooking spray. Place cauliflower into a gallon-size food bag. Drizzle with oil. Seal bag and shake it well, until cauliflower is evenly coated. Combine remaining ingredients and sprinkle over cauliflower. Seal bag again and shake cauliflower with breading ingredients until coated. Spread cauliflower on prepared pan. Sprinkle with any remaining crumbs. Bake 18 to 20 minutes, until lightly browned.

Per serving: Provides one cup of vegetables, 124 Calories, 4 g protein, 8 g fat, 12 g carbohydrates, 105 mg sodium, 2 mg cholesterol

Tangy Bean and Spinach Salad

Serves 4

- | | |
|---|--|
| 1 15-oz. can pinto beans or your favorite beans, rinsed and drained | 1/2 cup purchased fat-free sweet and sour or Catalina dressing |
| 1 cup cauliflower florets | 4 cups baby spinach leaves |
| 1 cup chopped red bell pepper | 1 11-oz. can Mandarin orange segments, drained or 1 fresh orange, peeled and chopped |
| 1 small avocado, peeled, pitted, cubed | 2 Tbs. toasted sunflower seeds |
| 2 green onions and tops, sliced | |

Combine beans and vegetables in salad bowl; pour dressing over and toss. Add spinach and oranges and toss. Toast sunflower seeds in a small frying pan over medium high heat, shaking constantly until fragrant. Let cool and sprinkle over salad.

Per 1 1/2 cup serving: Provides 1 1/2 cups of vegetables, 241 calories, 9 g protein, 9 g fat, 37 g carbohydrates, 381 mg sodium, 0 mg cholesterol

Vegetable Cookery



Preparing vegetables in new ways may be the secret to boosting your intake of these vital foods in your daily eating plan. Take a look in the vegetable section of your favorite cookbooks. You will likely find recipes there that you may have overlooked previously. I'm especially fond of *Joy of Cooking*, *Laurel's Kitchen*, and *Moosewood* for side dishes, salads, and casseroles.

These cookbooks can help give you new ideas for preparing old favorites and new choices to explore.

- *5 A Day: The Better Health Cookbook* by Dr. Elizabeth Pivonka and Barbara Berry
- *366 Delicious Ways To Cook Pasta With Vegetables* by Dolor Riccio
- *A Passion for Vegetables: Simple and Inspired Vegetarian Recipes from Around the Globe* by Paul Gayler
- *All About Vegetarian Cooking (From the Joy of Cooking Series)* by Irma Rombauer, Marion Rombauer Becker, and Ethan Becker
- *The Enchanted Broccoli Forest and Other Timeless Delicacies* by Mollie Katzen
- *Lean and Luscious and Meatless* by Bobbie Hinman
- *The New Laurel's Kitchen* by Laurel Robertson, Carol L. Flinders, and Brian Ruppenthal
- *New Vegetarian Cuisine* by Linda Rosenweig and the food editors of *Prevention Magazine*
- *The Phytopia Cookbook* by Barbara Gollman and Kim Pierce
- *Rodale's Garden Fresh Cooking* by Judith Benn Hurley
- *Stealth Health* by Evelyn Tribole
- *The Unabridged Vegetable Cookbook* by Nika Hazelton
- *Vegetarian Cooking for Everyone* by Deborah Madison

Very Veggie Websites

Click on any of these to get more information on how eating vegetables benefits your health. You'll find research, recipes, and tips.



The American Institute for Cancer Research

At the AICR site you'll find news, research updates, recipes, free publications, and tips for good health — information to help you live a healthier, cancer-free life.

www.aicr.org

High-ORAC Foods May Slow Aging

Foods that score high in an antioxidant analysis called Oxygen Radical Absorbance Capacity (ORAC) may protect cells and their components from oxidative damage. This is an article on research being done at the U.S. Department of Agriculture's Agricultural Research Service Human Nutrition Research Center on Aging at Tufts in Boston.

www.ars.usda.gov/is/pr/1999/990208.htm

Welcome to the Co-op Food Stores

The Hanover and Lebanon, NH Co-op Food Stores sponsor a large online recipe book. Search by vegetable ingredient for lots of new ideas!

www.coopfoodstore.coop/recipes.html

***The Phytopia Cookbook* authors' website.**

Lists their top 10 picks for nutritious high phytochemical plant foods along with other science-based information on the benefits of produce. Click on "Recipes/Menus" and "Tips/Techniques" for more great recipes and ideas for using nutrient rich produce.

www.phytopia.com

Ohio State University Extension

Fact Sheet: Phytochemicals— Vitamins of the Future?

<http://ohioline.osu.edu/hyg-fact/5000/5050.html>

Dole Food Company 5 A Day

Great graphics, songs, and games for computer-savvy preschoolers through grade 6, as well as information for parents and educators.

www.dole5aday.com

The Food and Nutrition Information Center (FNIC)

Part of the U.S. Department of Agriculture (USDA) and the Agricultural Research Service (ARS), this is a great "kick off" site to find information about healthy eating.

www.nal.usda.gov/fnic

Step Four

Dine Defensively



For a man seldom thinks with more earnestness of anything than he does of his dinner.

—Samuel Johnson

If you've been following the previous *Better Eating for Life* steps, you're eating more whole grains and vegetables, two small steps that are providing you with the best-quality nutrition available. You are reading labels and are no longer fooled by misleading portion sizes on packaged foods.

You are right on target, and then, one day, you're faced with restaurant choices. There are no labels and no ingredient lists to help you make the best choices. To make it more difficult, by the time you get to the menu, you are usually hungry and ready to order whatever appeals to you in your "weakened" state. Consuming the oversized portions served can really hinder a healthy eating plan.

But help is on the way! In this step, we'll look at overall best choices when eating out, as well as key words to focus on and to watch out for on the menu. We'll also see how "portion power" can work in this tempting environment and how to take a "hunger check" break to assess hunger and fullness signals.

Breakfast Breakthroughs

A once- or twice-a-week breakfast of two eggs with whole-wheat toast and a little jelly is a good choice, even in a heart-healthy diet. The American Heart Association states that one large whole egg contains about 213 mg of cholesterol or about 71 percent of the daily recommended limit for healthy people (less than 300 mg). People who have diabetes, heart disease, or other cardiovascular disease can remain within their lower limit of less than 200 mg of cholesterol a day by choosing small or medium eggs, with 157 and 187 mg of cholesterol each, respectively, and then by eating meals that are lower in cholesterol (lower in or free of animal fats) during the next day or two.

Never say "Never." Instead, say "Special Occasions."

More than half of Americans eat away from home, not just on special holidays and family occasions, but as often as once a day. If we treat every restaurant visit as a special, no-holds-barred eating occasion, it will be easy to consume a great many excess calories and fat. This habit, over time, can lead to an unhealthy weight and related chronic health problems.

By saving splurges for special occasions, keeping track of the food group servings you need for the day to meet your calorie needs, and balancing higher fat favorites with lighter choices, you will keep on course with your healthy eating goals.



Cholesterol-free egg substitute, scrambled egg whites or an egg white omelet are other low-cholesterol egg choices that can be ordered at most restaurants and even many diners.

Many restaurants offer oatmeal for breakfast, and many have the wonderful old-fashioned slow-cooking kind in a big pot, ready to serve. Add fruit salad or a glass of juice and low fat milk to make a very satisfying choice. Whole-wheat cold cereal, such as shredded wheat, or a high-fiber cereal, such as bran flakes, topped with low fat milk and fruit would also be good choices.

One of the nicest restaurant breakfasts I've ever had was plain yogurt, granola, and fresh fruit. Mix these together for an ambrosia that will delight your taste buds and give you a big nutritional boost to start the day.

Leading Lunches

The best lunches are most likely the ones you bring from home, but this isn't always possible. For traditional lunchtime fare, these tips can steer you toward satisfying choices that will energize you, fill you up, and move you along on your healthy eating plan.

Sandwiches

Choose all-veggie, lean chicken breast, lean roast beef, or tuna salad made with low fat mayo. Ask for whole-grain bread, lettuce and tomato, and mustard or low fat dressing for the condiment.

Soups

Choose broth-based instead of cream-based soups. Soups purchased away from home are often fattier and saltier than your own healthful homemade recipe, so ask questions about the ingredients, and choose a cup instead of a bowl.

Fast Pass

Even fast food restaurants have lean chicken breast sandwiches and garden salads topped with grilled chicken. Get the dressing on the side and use just a little, to keep the added fat and sodium in line.

Burger envy? Small and single are key to ordering the most manageable portion size. Add a salad or fruit and yogurt as a super side dish. Some restaurants even offer a veggie burger.

Quick Tip: Remove the fat and skin from a battered and fried chicken breast and "Voila!" you've removed more than 80 percent of the total fat grams and the artery-clogging saturated fat.

Salad Bar Savvy

Go for the greens here: spinach, dark green lettuces, peppers, cukes, and celery. Then add orange, red, and purple—carrots, red peppers, tomatoes, and red cabbage. Actual vegetables, instead of mayonnaise-based salads, are your best choice. Top with two tablespoons of nuts or seeds; $\frac{1}{4}$ to $\frac{1}{2}$ cup of your favorite beans; an ounce or two of lean poultry, roast beef, or ham; or plain tuna or seafood. A well-prepared salad may not even need dressing, but if it does...

Try this: Have your dressing on the side. Dip your fork into the dressing and then into your salad for a perfect mini-taste of dressing with each bite.



Entrée Education

Choosing wisely when eating out at a restaurant doesn't need to take a lot of time. It does, however, require a small amount of attention to make sure you are choosing foods and portion sizes that help you to move closer to your health goals.

Balance is the Key

Remember that all foods can fit into a healthy eating plan. Choosing the high-fat foods you love is fine on occasion, especially when you balance them with the nutritious, delicious foods that you need for good health, along with activity to keep your body moving and strong.

Be a Dining Out Detective

Do you ever feel like a detective when you're reading the Nutrition Facts and ingredient labels? Well, with all of the practice you have under your belt, menu reading will be a breeze!

Menus are written with certain goals in mind; the main one, of course, is to get you to order a meal. No menu would ever include a description like this: "Deep-fried in a mixture of highly saturated animal fats and hydrogenated oils, rich in cholesterol-raising trans fat." Instead it might describe this food as "crispy."

Look for these menu terms, which signal that a healthier food preparation method or more nutritious ingredients were used:

- | | | |
|---------------|-------------------|---------------|
| ♥Baked | ♥Grilled | ♥Poached |
| ♥Broiled | ♥In Its Own Juice | ♥Roasted |
| ♥Dry-Sautéed | ♥Loin | ♥Salsa |
| ♥Flame-Cooked | ♥Marinara | ♥Steamed |
| ♥Flank | ♥Picante | ♥Teriyaki |
| ♥Garden-Fresh | ♥Pico de Gallo | ♥Tomato Sauce |

If preparation information isn't clearly spelled out on the menu, ask questions about how the food is prepared, paying close attention to the words that are used.

Quick Tip: Count tomato sauce, marinara sauce, and salsa toward your vegetable servings!

Fill in the Gaps

When looking at a dinner menu, consider your entire day. What foods have you eaten already?

Have you eaten enough whole grains today, enough fruits and vegetables? How about calcium-rich foods and the Meat and Beans Group, particularly beans, fish, and nuts? Plan to select the menu items that will fill in your day's eating plan.

Choose restaurants with selections that meet these needs to make it easier for you to stick with your healthy changes, especially when you need to make a quick decision on where to eat or when you are just plain "starving."



The menu terms that follow indicate a higher-fat method of food preparation, usually using butterfat or other combination of saturated animal and vegetable fats or hydrogenated fats:

- × À La Casserole
- × Alfredo
- × Au Gratin
- × Batter-Dipped
- × Braised
- × Breaded
- × Buttery
- × Buttered
- × Cheese Sauce
- × Cheesy
- × Creamed
- × Creamy
- × Crispy
- × Escalloped
- × Extra Cheese
- × Fried
- × Hash
- × Hollandaise
- × In Butter Sauce
- × In Cream Sauce
- × In Its Own Gravy
- × Marinated In Oil
- × Pan-Fried
- × Parmesan
- × Pesto
- × Pot Pie
- × Prime
- × Sautéed
- × Tempura

Even if the menu lists these higher fat preparation methods, you still have some choices. Ask if a lower fat method can be substituted; if foods could be served plainly, without added butter, sauce, or gravy; if the sauce or gravy could be served on the side; or if a smaller serving size can be ordered.

If these requests fail, you may still choose to split the entrée with a dining partner, take half of it home, or choose to order a different item.

Not A Leftovers Person?

Another way to get around huge restaurant servings is to order two healthfully prepared appetizers or an appetizer and a salad as your meal and enjoy the whole thing!

Just the Right Amount

Since you've been paying attention to portion sizes, you may have noticed that many restaurant servings are two to three times the amount you would normally choose to keep your daily intake in balance. With this in mind, you might ask for a "take-home" container at the beginning of the meal, so you can put the excess food portions directly into it to help avoid the temptation to clean your plate.

Another approach is to use the "mind trick" of drawing an imaginary line through the middle of your plate. Slowly savor every bite and when you've eaten about half, put your fork down, listen to your hunger, and see if it's still there. You may be surprised to see what amount of food will fill you up when you stop for a minute or two at this point in the meal. If you are still hungry, continue savoring each bite, of course, until you don't feel the hunger.



This strategy saves you from inadvertent overeating and can save money, too. You'll often be able to get two meals for the price of one— one at the restaurant, another the next day for lunch (if you get home within an hour and pop your leftovers into the fridge).

More Strategies for Eating Out

Choose water, juice, or low fat milk instead of regular soda. Every 8-ounce cup of those unlimited soda refills adds about a hundred empty sugar calories to your daily intake.

Ask for salsa or lemon juice with a baked potato instead of sour cream, butter, cheese, or bacon. Lemon juice and pepper adds a lot of flavor and moisture without a lot of fat.

Do the "tip dip": Order your favorite salad dressing "on the side," then dip the tip of your fork into the dressing and then into your salad. You'll get a taste of dressing on each bite. Sometimes, a splash of balsamic vinegar or lemon juice is all that a fresh salad needs. Some don't even require dressing.

You can use the "tip dip" for gravy and other rich sauces that may be ordered "on the side."

Many chain restaurants have websites at which their nutrition information is posted. Some have nutrition information available in brochures, on the menu, or on the wrapper. Check these for information about your regular choices to see how they add up.

Avoid buffet-style or all-you-can-eat restaurants.

Research (and many people's personal experience) shows that the more choices you have, the more calories you eat. If you find yourself at a buffet, think about which food group servings you need for your pyramid as you carefully fill your plate.

If restaurants have made positive dietary changes, tell them that you appreciate it.

Just Desserts

Here are some ideas to help spend those discretionary dessert (fun foods) calories wisely.

Every meal doesn't have to end in dessert. Certainly, if you are not hungry, dessert can be a hot tea or coffee or nothing at all.

If you are hungry for dessert, but the restaurant's desserts are rather ordinary, why not skip them? If you're still hungry when you get home, have fresh or frozen warmed fruit (like blueberries) over a small portion of sorbet or sherbet, instead. This is a lovely dessert and saves on your restaurant bill as well.

If this is a special occasion, and the restaurant makes wonderful desserts, try splitting it with a friend (or maybe not). You know your calorie budget, physical activity plans, and your own needs the best. It's always your choice!

Menu Maneuvers

*Online Tips for Staying on Track
When Dining Out*



The following websites offer additional strategies to help make menu language easier to decipher and to steer you toward delicious choices that also contribute to your good health.

With the right tips, tools, and information, you may find that you can stick with your healthy eating style even when dining out.

This handy **Fast Food Facts** site lists nutritional data on over 1,300 menu items from 24 restaurants, including total calories, calories from fat, total fat, saturated fat, cholesterol, sodium, carbohydrates, fiber, sugar, and protein.

www.foodfacts.info

Take the **“Rate Your Restaurant Diet” Quiz** from the Center for Science in the Public Interest (CSPI) to help you size up what you eat away from home.

www.cspinet.org/nah/quiz

The Ecology of Eating: Smaller Portion Sizes in France than in the United States Help Explain the French Paradox. Researchers compared the size of restaurant meals, single-serve foods, and cookbook portions on both sides of the Atlantic in *Psychological Science*, September 2003 Vol. 14(5): 450-4.

www.psychologicalscience.org/pdf/ps/smaller_portions.pdf

Cyberdiet offers strategies to overcome the “More is better” mindset.

www.cyberdiet.com/reg/focus/fattening_of_usa.html

At the **Healthy Dining Finder** website, health conscious diners will find local restaurants that offer entrees lower in fat, saturated fat, sodium, and calories, and higher in vegetables, fruit, whole grains, fiber, and lean protein. The website also provides nutrition information and specific “how to order healthier” guidelines for menu items.

www.healthydiningfinder.com

Step Five

Fabulous Fruit



You've got to go out on a limb sometimes because that's where the fruit is.

—Will Rogers

This step in the *Better Eating for Life* program is going to be easy, perhaps the easiest. Even folks who say they hate vegetables don't usually hate fruit as well.

It's almost impossible to make a poor choice when adding fruit to your eating plan. At Tufts University, researchers tested fruits for their antioxidant, cell-protective power. Their list of top-scoring high-antioxidant fruits includes prunes, raisins, blueberries, blackberries, strawberries, raspberries, plums, oranges, red grapes, cherries, kiwi fruit, and pink grapefruit. These antioxidant-rich fruits would be good to include frequently in your meals and snacks. Fruits not on this list, however, are still rich in nutrients and health-promoting phytochemicals that work to protect us from disease in other ways. They're all good!

To boost your intake, plan ahead. When gearing up for your food-shopping trip, think about what fruits you can buy to have on hand for your meals and snacks. Keep them handy, with washed fresh fruit in a bowl on the counter or in the refrigerator, dried fruit in see-through jars in the pantry, canned fruit ready to go, and frozen fruits in the freezer.

Fruitful Choices

Eating the whole fresh fruit is a great choice. You get the benefit of all the nutrients in the fruit and the extra fiber in fruit with edible skin, with no loss due to exposure to oxygen, light, or heat from processing methods.

Frozen, canned, and dried fruit also make valuable nutrient contributions. Frozen fruit is picked at the peak of ripeness and then quickly frozen, locking in nutrients. Canned fruit loses some nutrients during the heating stage and some leach into the canning liquid. Buying fruit packed in water or juice, then drinking this liquid, makes sure you get the most nutrition.

While dried fruits may lose some of their vitamin C during processing, they keep all of their minerals and fiber, and their disease-fighting phytochemicals remain extremely potent. In fact, of the fruits tested for their antioxidant effect by Tufts researchers, dried plums (prunes) and raisins were numbers one and two!

According to the latest USDA food intake data, Americans, on average, consume only one cup of fruit a day.

For a typical 2000-calorie eating plan, the *2005 Dietary Guidelines* recommend two cups of fruit daily for good health.

Staying Healthy With Fruit Every Day



You tear into a crisp apple, a juicy orange, or a heavenly Medjool date, satisfying your craving for something sweet. But you know what else you just did? You just helped to decrease your risk of many chronic diseases.

You may already know that fruits are a great source of vitamin C, beta-carotene, potassium, fiber, folate, and naturally simple carbohydrates for quick energy, but there's much more to them. A fruit-rich eating style means that essential nutrients are available to your body to speed healing, maintain normal eyesight, prevent infection, keep blood pressure in a normal range, maintain regularity, support a sound digestive tract, and preserve a healthy cardiovascular system. The kicker is that on top of all that, this food group contains additional compounds that we are just starting to learn about—phytochemicals or phytonutrients.

“Phyto” means plant. A phytochemical is a natural, biologically active compound found in plant foods that works to protect against disease. These compounds are only just now being discovered and understood, but so far, we know that they can act as antioxidants, cholesterol reducers, detoxifiers, vision protectors, and cancer and heart disease fighters. Numerous studies repeatedly indicate that phytochemicals, working together with nutrients found in fruits, vegetables, grains, and nuts, may help slow the aging process and reduce the risk of cancer, heart disease, stroke, obesity, diabetes, macular degeneration, and high blood pressure.

The Whole Fruit

It's always tempting to think that if the naturally occurring amount of antioxidants in fruit is good, then the amount packed into a pill must be even better. But according to the American Institute of Cancer Research, while a diet rich in fruits and vegetables has been linked with lower cancer risk, obtaining isolated antioxidants from a pill may not have the same benefit. Research has not yet shown a convincing link between supplementing the diet with antioxidant pills and

Name that “Phyto”

Phytonutrients have names that sound like words from an exotic foreign language: lignans, limonene, lutein, lycopene, anthocyanins, catechins, ellagic acid, resveratrol, caffeic acid, and quercetin. These are actually just a few of the thousands of phytonutrients that may be found in fruits and all plant foods.

According to researchers at Tufts University, there are over 4,000 flavonoids, a group of phytochemicals that act as powerful antioxidants, neutralizing damaging compounds known as free radicals. Flavonoids represent just one group of phytonutrients. More than twenty different groups have been identified so far.

Researchers are still identifying the kinds of phytochemicals in foods, what benefit they provide, and how much we need to consume to obtain their health benefits.



lowering cancer risk. In fact, while foods that are naturally rich in beta-carotene have been shown to have a beneficial effect on health, beta-carotene in supplement form was not shown to be effective in preventing cancer.

Researchers at the Human Nutrition Research Center on Aging at Tufts University in Boston found that eating plenty of high-antioxidant fruits and vegetables raised the cell-protective, antioxidant power in human blood ten to 25 percent. In one small study, a large serving of fresh spinach produced a greater rise in blood antioxidant scores than 1,250 milligrams of vitamin C taken as a supplement. The antioxidant power of fruits and vegetables was greater than what their vitamin C content would predict. According to Tufts researchers, this might mean that nutrients and other compounds found in foods such as colorful fruits and vegetables may work together to yield a greater protective effect than the individual nutrients taken as a pill.

So you see, there are lots of good reasons—thousands of them—for eating fruit every day.

Beware: Fried, Coated, and Fake “Fruits”

Fruit punch, fruit “-ades,” fruit drinks containing less than 100 percent fruit juice, fruit-colored cereal, and fruit candy are not equal to a serving of real fruit. Their fruitiness comes mostly from fruit flavoring and sweeteners or sugared water, not an actual health-promoting piece of fruit.

Don’t be fooled by claims on the front label that a fruit drink is “made with real fruit juice” or “contains 100 percent of the daily value for Vitamin C.” These statements have nothing to do with how much juice and how much sugar-sweetened water is in the beverage. For those important details, look above the Nutrition Facts label, where the actual percentage of juice content is usually spelled out. Some fruit drinks have as little as five percent fruit juice or even zero percent! This means that the remaining 95 to 100 percent, respectively, is not juice but is water or sweetened water. Looking for the percentage of juice information is a good job to give to children who may be shopping with you. Kids are great label detectives.

Jellies, jams, and preserves (even those called “all fruit”) are not equal to a serving of fruit. The small serving size and added sweeteners result in an insignificant amount of whole fruit.

Fried banana chips are, unfortunately, a nutritious food gone wrong. Why would someone take naturally good-for-you, fat-free, fiber- and potassium-rich bananas and deep-fry them in hydrogenated oil? The nutrition profile of these is closer to two spoonfuls of saturated fat.

Similarly, the coating on chocolate or yogurt-covered raisins contains hydrogenated fat and sugar. Plain dried fruit is a better bet.

Serving It Up From The Fruits Group

Any fruit or 100 percent fruit juice counts as part of the Fruits Group. Fruits may be fresh, canned, frozen, or dried, and may be whole, cut-up, or pureed.



In general, the following servings each count as 1 cup from the Fruits Group:

1 cup of fruit 1 cup of 100% fruit juice ½ cup of dried fruit

Specific 1-cup servings of fruit are:

Apple:

½ large (3.25 inch diameter, about 8 oz.)

1 small (2.5 inch diameter, about 4 oz.)

1 cup sliced or chopped, raw or cooked

Applesauce:

1 cup

Banana:

1 cup sliced

1 large (8 to 9 inches long)

Cantaloupe:

1 cup diced or melon balls

1 large wedge (¼ of a medium melon)

Grapes:

1 cup whole or cut-up

32 seedless grapes (about 5.5 oz.)

Grapefruit:

1 medium (4-inch diameter)

1 cup sections

Mixed fruit (fruit cocktail):

1 cup diced or sliced, raw or canned,
drained

Quick tips:

Choose whole fruit more often, rather than juice, to boost your intake of fiber and healthful phytochemicals.

Save money by buying an assortment of dried fruits and packing the mixture into convenient portions for brown bag lunches and on-the-go snacks.

Orange:

1 large (3 inch diameter, about 6 ¾ oz.)

1 cup sections

Orange, mandarin:

2 large (2.5 inch diameter, about 3.5 oz.)

1 cup canned, drained

Pear:

1 medium pear (about 6.5 oz.)

1 cup sliced

Plum:

1 cup sliced raw or cooked

2 large

Strawberries:

About 8 large berries

1 cup whole, halved, or sliced

Watermelon:

1 small wedge (1 inch thick)

1 cup diced or balls

Dried fruit (raisins, prunes, apricots, etc.):

½ cup dried fruit is equivalent to 1 cup
fruit

Get Your Two Cups A Day Here!

The new MyPyramid recommends two cups of fruit each day for someone who requires an average 2,000-calorie eating plan. Looking for quick and delicious ideas for boosting your fruit intake? Read on for tips and quick recipes for meals and snacks throughout the day.



Breakfast Fruit Bonanza

No Prep:

Drink a glass of 100 percent juice before dashing out the door.

Eat a banana on the way to work. Or grab a box of raisins or a few apricots or dried plums (prunes). (It's a good idea to round out this breakfast at work with foods such as a yogurt, cereal and milk, or some nuts.)

Quick Prep:

- Add sliced strawberries, banana, or berries to your cold cereal.
- Add a sliced banana to your toasted peanut butter and jelly on whole-grain sandwich.
- Spread a slice of whole-grain toast with almond butter. Sprinkle with dried cranberries.
- In a tightly covered cup, shake $\frac{1}{2}$ cup orange juice and $\frac{1}{2}$ cup ice-cold vanilla soymilk together. It tastes like a creamsicle!
- Add dried raisins or dates to your hot cereal. Chopped dates go particularly well with whole cornmeal cooked up as hot cereal.
- Frozen blueberries are wonderful on hot cereal. Mix them into your steaming oats or other hot cereal, and they'll defrost in just a minute. If you use a microwave oven to make your cereal, add the frozen berries in the last 20-30 seconds of cooking time.

More Time:

- Whirl your favorite fresh or frozen berries with bananas and yogurt or low fat milk to make a breakfast smoothie.
- Drop banana slices or berries onto pancakes right after pouring the batter onto the griddle.
- Top pancakes, waffles, or French toast with a quick dried fruit sauce instead of syrup. Mix $\frac{1}{2}$ cup dried mixed fruit with water or juice to cover, then simmer together until soft. Ambrosia!

Lunch and Dinner Ideas

- Mix chunks of fruit, such as chopped apple or pineapple chunks, into turkey or chicken salad. Whole red seedless grapes work well in potato salad.
- Top green salads with raisins or dried cranberries. Canned Mandarin orange slices go particularly nicely on spinach-walnut-mushroom salad.



- Make or buy fruit salsas with mangoes, papaya, peaches, and pineapple. Serve as a sophisticated condiment for poultry, pork, or grilled seafood.
- Have a light lunch of fresh or canned fruit salad with yogurt or a serving of low fat cottage cheese and a whole-wheat roll.
- Remember to pack a fruit for dessert in bag lunches; use fresh, dried, or individual cans. Mix it up each day for variety.

Snack Ideas

Fresh or dried fruit is the healthy eater's savior when it comes to the afternoon munchies. Plan for this by keeping healthy snacks like small boxes of raisins or ½-cup portions of your favorite dried fruits at work. Six Medjool dates or ten dried plums (prunes) each measure about ½ cup, and count as a one-cup serving of fruit, but taste like a serving of candy.

Bring a couple of pieces of fresh fruit to work every day, so you can have a fruit break mid-morning and one in the afternoon. When you know you have a tart Granny Smith apple or a mouth-watering perfectly ripe pear nearby on your desk or waiting in your lunch bag, candy bars and chips are easier to pass up.

Instead of a soda, have a serving of 100 percent juice. For a bubbly treat, try mixing your favorite juice half and half with soda water. Or make fruit juice ice cubes and add to club soda or diet seltzer. It's refreshing and neat to look at, too!

Dessert Delights

A perfectly ripe piece of fruit, or a salad made from them, is always a refreshing dessert. Here are more ideas for delicious fruit desserts.

All-Fruit Soft Serve

This quick, soft serve "ice cream" idea is made entirely of fruit. Keep overripe peeled frozen bananas and frozen berries or other fruit on hand for this treat. In a blender, whirl one frozen banana and one cup frozen fruit of your choice, with orange or other 100 percent juice to aid in mixing. In just a few seconds you will have a delicious, creamy, 100 percent good-for-you frozen dessert! You can add more juice, milk, or soymilk to make a traditional drinkable smoothie, if you prefer.

Baked Apples

Remember baked apples? They're still as good as you remember. Coat the inside of a casserole dish with cooking spray. Core, but don't peel, one apple per person. Place the apples in the dish. Fill the center of each apple with chopped nuts and raisins, a teaspoonful of brown sugar or honey, and a sprinkle of cinnamon. Bake at 375°F about 30 minutes or until the apples are soft. In the microwave, cover and microwave on high for 5 to 15 minutes, depending on the number of apples. Check every five minutes until soft.



Incredibly Delicious Basic Applesauce

If you've never made your own applesauce, you are really missing out on a delicious treat! Homemade applesauce is a wonderful, simple dessert. If you own a potato ricer, you don't even have to peel the apples. Fill your cooking pot no more than half full with apples—they tend to foam up as they simmer.

Wash well, core, peel (if you don't have a ricer), and quarter the apples. Put them in a large pot. Add $\frac{1}{2}$ cup of water or just enough to cover the bottom of the pan with a water level about one-half inch deep. Bring to a boil, stirring occasionally to prevent scorching, then turn down the heat to simmer. Continue to stir occasionally until the apples are soft and have turned into a thick sauce. If using unpeeled apples, let cool slightly, then slowly press through a potato ricer. Sweeten if desired, but taste first, because you may not need to add anything. No canned applesauce comes close to the flavor and texture of homemade.

Baked Bananas

Lots of people have had baked apples, so if you want to move onto something more exotic, but just as simple to prepare, try baked bananas. Each large banana equals one cup of fruit; this recipe makes four servings, but you may easily adjust it up or down.

Coat an 8-inch baking dish with cooking spray. Pour two tablespoons of orange juice into the dish. Cut four large bananas in half, lengthwise, and arrange the banana halves in a single layer on top of the juice in the dish. Sprinkle the bananas with two more tablespoons of orange juice and with $\frac{1}{2}$ teaspoon of cinnamon.

Bake in a 375°F oven for 10 minutes or until the bananas have softened. Transfer two banana halves per serving to dessert plates. Spoon the sauce from the baking dish over the top of the bananas. Yummy!



More Fabulous Fruit Recipes!

Some of these delicious desserts can also double as a breakfast food! Enjoy these new ways to fit more servings of fruit into your day.

Many Berry Crisp

Serves 8

You can use any combination of berries for this crispy delight. Serve it warm, topped with vanilla yogurt for a dessert that adds disease-fighting fruit and bone-building calcium to your day.

Frozen blueberries and cherries do not need to be thawed before using. If raspberries are frozen, thaw and drain before using.

1 cup fresh or frozen raspberries,
unsweetened
1½ cups fresh or frozen blueberries,
unsweetened
1½ cups fresh or frozen dark sweet pitted
cherries, unsweetened
¼ cup sugar
2 Tbs. cornstarch

Topping:
1 cup rolled oats (3 ounces)
3 Tbs. whole wheat flour
1 tsp. ground cinnamon
3 Tbs. firmly packed brown sugar
2 Tbs. plus 2 tsp. reduced-calorie
margarine
2 Tbs. orange juice

Preheat oven to 350°F. Spray a 9-inch pie pan with cooking spray.

Place berries in a large bowl. Toss with sugar and cornstarch; then place in prepared pan. Set aside.

Thoroughly combine oats, flour, cinnamon, and brown sugar. Add margarine and orange juice. Mix just until all ingredients are moistened. Spread evenly over berries.

Bake, uncovered, 35 to 40 minutes, until topping is crisp and browned. Serve warm or cold.

Per serving: Provides ½ cup of fruit, 162 calories, 3 g protein, 3 g fat, 33 g carbohydrate, 49 mg sodium, 0 mg cholesterol



Fruit 'n' Rice Pudding

Serves 4

You can serve this for dessert or breakfast!

2 cups orange juice	¼ tsp. lemon extract
2 Tbs. cornstarch	2 cups cooked brown rice
¼ tsp. ground cinnamon	¼ cup raisins
2 Tbs. firmly packed brown sugar	
1 tsp. vanilla extract	

In a saucepan, whisk together orange juice, cornstarch, cinnamon, and brown sugar until cornstarch dissolves. Cook over medium heat, stirring constantly, until mixture comes to a boil. Continue to boil 2 to 3 minutes. Remove from heat.

Mix in the remaining ingredients, and blend well. Spoon mixture into a 1-quart baking dish. May be served warmed or cold.

Per serving: Provides about ½ cup of fruit, 238 calories, 4 g protein, 1 g fat, 54 g carbohydrate, 10 mg sodium, 0 mg cholesterol

Brunch-time Kiwi-Orange Salad

Serves 6

Salad:

- 6 cups torn Boston or other delicate lettuce or fresh baby spinach leaves
- 6 kiwi fruit, peeled and sliced
- 4 11-oz. cans Mandarin oranges, drained
- 1 avocado, peeled, pitted, and diced

Walnut Vinaigrette Dressing:

- 1 Tbs. honey
- 2 tsp. walnut oil
- 2 Tbs. fresh lime juice
- ¼ cup orange juice

To make the salad: Divide the lettuce among six small plates. Top each lettuce plate with kiwi slices, then a layer of Mandarin oranges. Top with diced avocado.

To make the dressing: In a small bowl whisk together the honey and walnut oil. Slowly whisk in the lime juice and orange juice. Drizzle over salads.

Per serving: Provides about 1¼ cups of fruit, 256 calories, 3 g protein, 7 g fat, 51 g carbohydrate, 10 mg sodium, 0 mg cholesterol



Gingered Strawberry Sauce

Serves 5

A touch of ginger gives this sauce a wonderfully complex taste. Serve it over fresh fruit, mixed into yogurt, or spooned over angel food cake or vanilla frozen yogurt.

- | | |
|--|--|
| 1 10-oz package frozen unsweetened strawberries, slightly thawed | 1½ tsp. fresh lime juice |
| 5 single serve packets low-calorie sweetener or 3 Tbs. plus 1 tsp. superfine sugar | 1 piece gingerroot (1 x ½ inch) peeled |

Place all ingredients in a blender or a food processor. Purée until smooth.

Per ¼ cup serving made with low-calorie sweetener: Provides ¼ cup of fruit, 26 calories, 0 g protein, 0 g fat, 7 g carbohydrate, 1 mg sodium, 0 mg cholesterol. With sugar: 58 calories, 15 g carbohydrate.

Tropical Gelatin

Serves 8

- | | |
|---|---|
| 4 packets plain gelatin | 1 20-oz. can crushed pineapple, juice-packed (do not drain) |
| 2½ cups water, divided | 2 11-oz. cans Mandarin oranges, drained |
| 2/3 cup carrot juice | |
| 1 12-oz. can orange juice concentrate (do not thaw) | |

In a saucepan, sprinkle the gelatin over 1½ cups water. Cook and stir the gelatin over medium heat, until dissolved, about 5 minutes. Combine the gelatin mixture, remaining water, carrot juice, and orange juice concentrate in a large bowl. Gently add the crushed pineapple with juice and the Mandarin oranges. Divide among 8 individual serving dishes. Cover and chill until set, about 1 hour.

Per serving: Provides about ¾ cup of fruit, 175 calories, 5 g protein, 0 g fat, 41 g carbohydrate, 15 mg sodium, 0 mg cholesterol.

Fantastic Fruit Web Resources



The **Dole 5 A Day Reference Center** explains what kinds of phytochemicals are found in which plant foods. These protective plant compounds are an emerging area of nutrition and health, with new research reported regularly.

www.dole5aday.com/ReferenceCenter/NutritionCenter/Phytochemicals/P_Home.jsp?topmenu=1

Learn about all the wonderful New England apple varieties, including which are best for baking and for eating, from the experts at the **New England Apple Association**. You'll also find apple recipes and much more.

www.apples-ne.com

Ohio State University Extension Senior Series: Putting the Food Guide Pyramid on Your Table— Choosing Fruit

<http://ohioline.osu.edu/ss-fact/0151.html>

North Dakota State University NDSU Extension Service: Tips on Choosing Produce and Keeping it Fresh . . . and Safe from Plant to Palate

www.ext.nodak.edu/pick.htm

Tips on selecting the best quality fruits, from the **USDA Agricultural Marketing Service**.

www.ams.usda.gov/howtobuy/fruit.htm

Texas Agricultural Extension Service, Texas A&M University System. Fresh Fruits: Getting the Most Nutrition for Your Money. Includes a chart for selecting fruits for availability, nutritional value, and quality.

http://fruitandvegetablesafety.tamu.edu/Consumers/Fresh_Fruits.pdf

The **Centers for Disease Control and Prevention (CDC)** teamed up with the 5–A-Day program to provide web visitors with fruit recipes for every month. See their Fruit of the Month section for lots of recipes throughout the year!

<http://www.5aday.gov/month/index.html>

The **Produce for Better Health Foundation** offers recipes that promote fruit and vegetables and are low in fat and cholesterol; fruit and vegetable nutrition information; and 5 A Day Catalog offers.

www.pbhfoundation.org/recipes

Step Six

Nibble Your Way to Great Nutrition



When Neil Armstrong stepped onto the moon, he had just finished a cheese snack.

—Internet trivia, unconfirmed by NASA

Some of the most popular items chosen by Space Shuttle astronauts have been foods like strawberries, pudding, dried and fresh fruits, applesauce, trail mix, granola bars, and nuts. We can eat the same high-quality foods here on earth to boost our snack choices into the nutritional stratosphere!

Snacks Can Work Wonders!

While three square meals work well for some people, it's not the only healthful eating pattern. Nutrition researchers have actually looked at the effects of nibbling. In one small study, reported in the *New England Journal of Medicine*, researchers found that when people ate multiple small meals throughout the day, they were able to lower their levels of total cholesterol and undesirable LDL-cholesterol and experienced positive effects on their blood insulin levels—after only two weeks, compared with those eating “three squares”.

In another small study, reported in the journal *Appetite*, researchers found that when the same breakfasts were fed either all at once or as hourly snacks throughout the morning, the snackers ate 30 percent fewer calories at lunchtime and reported feeling satisfied, even though they had eaten less food than when they had eaten their breakfast all at once.

Many people find they are hungry every few hours. Eating a small, healthful snack every three to four hours when you are in need of a bite to eat can help prevent overeating at meal times and can help ensure you are getting adequate nutrition. It all depends, of course, on your food choices and portion size.

Snack Smarts

According to a report by the International Dairy Deli Bakery Association, 93 percent of Americans snack, with 50 percent of them doing so two or three times a day; 40 percent at least four times a day; 13 percent five or more times a day. That's a lot of opportunities to make choices that will either boost or bust your plans for more healthful eating.

The Beauty Of A Good Snack

Chosen well, snacks satiate, energize, provide good nutrition, and, by taking the edge off of hunger, help to prevent overeating at mealtimes.

Pick a sugary, highly refined, or low-fiber snack, and you'll feel hungry again a short time later. Researchers at the University of Pennsylvania are finding that the most satisfying foods for meals and snacks— that is, those that help you to feel full for a longer period of time— are the ones high in fiber, such as whole grains, and those with a high water content such as fruits and vegetables. That's why candy bars, chips, salty refined snacks, and soda are such poor choices for satisfying between-meal munchies. You get a quick, concentrated rush of sugar and/or fat and calories, but without the satisfying volume and "heft" that fruit, vegetables, and other fiber- and water-rich choices can provide.



Plan ahead to have good snacks readily available during your busy day. It can actually benefit your health and productivity. Do you eat an early breakfast and start to feel ravenous by nine or ten in the morning? A midmorning snack will wake you up and keep you going. Do you eat lunch at noon, then start to drag around three? That would be a good time to nibble on an energy-boosting snack. Do you eat a late or early dinner? Snacks either before or after can help tide you over until the meal or bedtime.



Super Snacking

Plan snack choices that are based on your nutritional goals. What food groups are you “short” on? Choose snacks that help to fill in these gaps, and you’ll be moving toward healthier eating while satisfying your “between meals” hunger at the same time.

Are you coming up short in the fruit department? Be sure to bring an apple, banana, a single-serve box of raisins, or other favorite fruit to work for a snack. Are vegetables tough to fit into your meals? Carrots, celery, cherry or grape tomatoes, cut up bell peppers, or jicama provide a refreshing break. How are you doing on calcium? Low fat yogurt, or an ounce or two of low fat cheese might be just the snack for you.

A.M. Munchies

It’s ten o’clock, and you’re starving! Here are some ideas to give you carbs for energy and fiber for staying power:

- Low fat yogurt mixed with 2 tablespoons of low fat, whole-grain granola and a banana
- One-half toasted whole-grain bagel and peanut butter or your favorite nut butter
- “Morning Munch”: ½ cup frosted or plain mini shredded wheat biscuits, 2 tablespoons raisins, and 2 tablespoons of peanuts or your favorite nuts.
- A hardboiled egg, a few 100 percent whole-grain crackers, and some grapes.

Afternoon Energy Booster

The “mid-day munchies” can often lead to disaster for many good eating intentions. You don’t have to dread them; instead use them to catch up on the food groups you may have missed earlier in the day:

- Try low sodium V-8 juice and a thin slice of Alpine Lace or Jarlsberg lite cheese on whole grain Kavli crackers.
- One-quarter cup of nuts and a ¼ cup serving of dried fruit of your choice is a handy on-the-go snack that you can eat in the car, without crumbs!
- Homemade or low sodium canned vegetable soup (broth-based) and a slice of whole-grain toast or a few crackers is a real satisfier.
- Homemade or purchased mixed fruit salad is another good choice. Add a container of yogurt or low fat calcium-fortified cottage cheese if you’re “low” on choices from the Milk Group.

Evening Edibles

Nighttime snackers must be especially choosy regarding their snacks. Some studies have shown that snacks consumed in the evening may provide less “staying power” or satiety and so snackers eat more frequently during this time period. The reasons for this may be that snackers are eating not to satisfy hunger, but for other reasons, such as boredom or other emotion.



Eating when you are not hungry can result in inadvertent overeating. Studies show that people don't compensate for this "boredom snacking" by eating less at the next meal or snack. Over time, this pattern can lead to gradual, unintentional, weight gain. If this describes your pattern, try food-free activities such as walking, calling a friend, or reading when you are not hungry, but are looking for something to do.

Snacking can be an important part of a healthful eating plan, as long as portion sizes are managed well.

To help with this, use your personal food pyramid, check the food groups that you are short on, and then let your snack choices fill in the gaps, moving you toward your better health goals.

Nighttime Nibbles

If you truly are feeling nighttime hunger, choosing snacks that are water and fiber-rich and lower in calories can help to provide satiety without overeating. Some good choices might be:

- A serving of low fat or nonfat yogurt-based dip and baby carrots or your favorite cut up vegetables
- A piece of fresh fruit
- One cup of canned fruit packed in juice or water
- One cup of grapes (In summertime, try freezing them first!)
- Vegetable soup (broth based, not "cream of")
- A baked potato or sweet potato, topped with light margarine or light whipped butter
- High fiber cereal with low fat milk and berries
- Roasted vegetables
- Hot whole grain cereal and fruit
- Gazpacho
- Melon chunks



Serious Snacking

You will enjoy sharing these healthy and delicious snacks.

Potato Spears

Serves 4

These are so much better than fast food fries. Leave the skin on for more fiber and flavor.

2 potatoes (about 6-7 ounces each)

1 tsp. olive oil

Seasoning Choices:

Dried (no salt) spice mix

1 tsp. Parmesan cheese

2 cloves of garlic, finely chopped

Cayenne red pepper or chili powder

Preheat oven to 450°F. Spray a baking sheet with nonstick spray. Set aside. Wash potatoes well with warm water. Dry. Cut each one lengthwise into 6-8 “spears.” In a large bowl, toss the potato spears with olive oil until they are well covered. Spread potatoes on the prepared baking sheet. Sprinkle them lightly with the seasonings of your choice. Bake for 20-30 minutes or until fork-tender. These may also be cooked on a barbeque grill.

Per serving: 80 calories, 2 g protein, 1 g fat, 18 g carbohydrates, 2 mg sodium (10 mg if using Parmesan), 0 mg cholesterol

Quick Fix Cheese Triangles

Serves 4 (6 triangles per serving)

These crispy snacks are great with salsa for dipping.

4 soft corn tortillas (not pre-baked or fried)

½ cup shredded low fat Cheddar cheese

Preheat broiler. Spray a large baking sheet with nonstick cooking spray.

Cut each tortilla into 6 triangles. Arrange tortilla triangles on the baking sheet. Sprinkle evenly with cheese.

Broil 3 to 4 minutes, or until cheese is melted and edges of tortillas are crispy. Watch closely!

Serve hot.

Per serving: 112 calories, 6 g protein, 4 g fat, 13 g carbohydrate, 153 mg sodium, 10 mg cholesterol.



Herbed Cheese Spread

Serves 6 (2 Tbs. per serving)

Makes a great spread for whole-wheat crackers or cucumber and zucchini slices.

¾ cup part-skim ricotta cheese
1 Tbs. dried parsley
2 Tbs. dried chives
2 tsp. grated Parmesan cheese
¼ tsp. dried basil

¼ tsp. dried marjoram
1/8 tsp. garlic powder
Pepper to taste

Combine all of the ingredients, mixing well. Chill.

Per serving: 46 calories, 4 g protein, 3 g fat, 2 g carbohydrate, 49 mg sodium, 10 mg cholesterol

Best Bean Nachos

Serves 4 (2 large nachos per serving)

2 large low-fat flour tortillas, cut into quarters
1 15-oz. can reduced sodium black beans, rinsed and drained
1 cup canned no salt tomatoes, drained or 1 cup fresh chopped tomatoes
1 cup frozen corn kernels

½ cup sliced green onions
2 chopped garlic cloves
2 jalapeño chilies, seeded and chopped
½ tsp. ground cumin
½ cup low-fat, low-sodium Monterey Jack cheese, grated
¼ cup chopped cilantro

Preheat the oven to 350°F. Lightly coat each tortilla quarter with nonstick pan spray (olive oil spray is nice) and bake until crisp, about 10 minutes. Set aside.

While tortillas are baking, mix the beans, tomatoes, corn, green onions, garlic, green chilies, and cumin together in a saucepan. Bring the ingredients to a boil, then reduce the heat to simmer for 5 minutes, stirring occasionally.

Spread the bean mixture evenly over the tortilla quarters, sprinkle with the cheese, and return to the hot oven just until heated through (4-5 minutes). Top the nachos with the chopped cilantro.

Per serving: 207 calories, 13 g protein, 2 g fat, 41 g carbohydrates, 416 mg sodium, 13 mg cholesterol

Baked Sweet Potato “Fries”

Serves 4

4 sweet potatoes (about 7 ounces each)
1 Tbs. olive oil

Seasoning Choices:

1½-2 tsp. salt-free Cajun Creole seasoning

Cinnamon sugar:

2 Tbs. sugar mixed with ¼ tsp. cinnamon



Preheat oven to 400°F. Spray a large baking pan with nonstick baking spray (olive oil or butter flavor works well).

Wash the sweet potatoes, trim ends, and cut out any bad spots. Slice into ¼-inch-thick strips (similar to steak fries). Place in a bowl or plastic bag with olive oil. Mix or toss to coat.

Arrange potato strips in a single layer, skin side down on the prepared pan. Sprinkle with salt-free Cajun Creole seasoning or cinnamon sugar. Bake until soft when pierced with a fork, about 25-30 minutes. Serve with ketchup for dipping, if desired.

Per serving (Cajun Creole): 160 calories, 2 g protein, 3 g fat, 33 g carbohydrates, 45 mg sodium, 0 mg cholesterol

Per serving (Cinnamon sugar): 184 calories, 2 g protein, 3 g fat, 39 g carbohydrates, 45 mg sodium, 0 mg cholesterol.

Doubly Good Onion Rings

Serves 4

These are so good tasting and good for you, too!

3 large onions, outer layer removed, sliced and separated into ¼-inch thick rings

1 cup buttermilk, plain yogurt (without stabilizers), or plain kefir (a fermented milk beverage)

½ cup all-purpose or whole-wheat flour

1 tsp. paprika

4 egg whites

1½ cups cornflake crumbs



Preheat the oven to 375°F. Spray a baking sheet with nonstick vegetable spray or line with parchment paper.

In a large bowl, mix the onion slices together with the buttermilk, yogurt, or kefir, coating well. Set aside for 20 minutes, stirring occasionally.

In a medium sized bowl, stir together the flour, paprika, and salt. Set aside.

In a smaller bowl, lightly beat the egg whites. Set aside.

Measure the cornflake crumbs into a shallow dish. Set aside.

Dip each onion ring into the ingredient dishes in this order to coat: flour mixture, egg whites, and then cornflake crumbs. Then place each coated ring on the prepared baking sheet. Spray the onion rings with nonstick spray. Bake in batches for 15 minutes until golden. Serve immediately.

Per serving: 299 calories, 12 g protein, 1 g fat, 60 g carbohydrates, 313 mg sodium, 2 mg cholesterol.

Healthy Trail Mix

Serves 1

You can multiply this recipe to make snacks for the week or even month, for the whole family.

2 Tbs. seedless raisins

2 Tbs. walnuts

½ cup “O” shaped whole grain cereal or shredded wheat squares, etc.

1 tsp. candy coated chocolate pieces

Mix all ingredients together in a sealed, snack-sized container. Enjoy!

Mix will stay fresh for one month if stored away from heat and moisture.

Per serving, (using “O” shaped whole grain cereal): 151 calories, 4 g protein, 10 g fat, 14 g carbohydrates, 142 mg sodium, 0 mg cholesterol

Snacking on the Web



The **American Heart Association** has lots of ideas for snacks and healthy substitutions for high-fat favorites in the “Out and About” section of their online ***Delicious Decisions*** guidebook.
www.deliciousdecisions.org/oa/asn_snack_main.html

Inspired snacking—Munch away, keeping “balance” as your mantra— an online article with strategies and recipes from the *Milwaukee Journal Sentinel*
www.jsonline.com/entree/cooking/jan02/10966.asp

Snacking for Your Sport from FoodFit.com
www.foodfit.com/fitness/archive/foodFitness_apr09.asp

Snacks, Desserts, and Breakfast Recipes for Health on the Go from Cyberparent.com
www.cyberparent.com/eat/snacks.htm

At the American Heart Association’s **Virtual Snack Machine**, you can compare virtual vending snack choices online, while eating your healthy actual snack. It’s just for fun.
www.americanheart.org/presenter.jhtml?identifier=3025842#

The Art of Smart Snacking from the American Institute for Cancer Research. Their online article provides snack guidance strategies and ideas for quick snacks.
www.aicr.org/site/News2?abbr=pub_&page=NewsArticle&id=7551

Snacks for Children provided by the University of Michigan Health System and renowned child-feeding expert Ellyn Satter.
www.med.umich.edu/1libr/pa/pa_snacks_hhg.htm

After school snack ideas for kids from Foodfit.com
www.foodfit.com/cooking/archive/recipeRevue_aug09.asp

Snacks for Preschoolers from the University of Illinois Cooperative Extension
www.nncc.org/Nutrition/cc42_snacks.presc.html

When Snack Attacks Strike from KidsHealth, a part of the Nemours Foundation’s Center for Children’s Health Media. Ideas and information for kids about why snacking is important and which snacks are better choices.
www.kidshealth.org/kid/stay_healthy/food/snack_attack.html



Step Seven

Got Calcium?

The best five sources of calcium are food, food, food, fortified food and supplements. In that order, ... I strongly recommend getting much of your calcium through food since these foods contain other nutrients the body needs. A body with a low calcium intake is a body that's low on other nutrients, as well.

—Dr. Robert P. Heaney, endocrinologist, Creighton University

Most people are aware that you need calcium for strong bones and teeth, but calcium is also important in muscle contraction and proper blood clotting. Calcium may play a role in keeping blood pressure in the normal range, reduce the risk of colon cancer, lessen the symptoms of premenstrual syndrome, and reduce the risk of kidney stone formation.

The new USDA MyPyramid Food Guidance System calls the group containing calcium-rich foods the Milk Group, because milk is such a rich source of this essential mineral. Milk and other high-calcium dairy products provide more than 70 percent of the calcium consumed in the U.S.

The Dietary Guidelines Advisory Committee, made up of scientists and researchers who reviewed the large number of studies leading to the milk recommendations, concluded that three servings (equivalent to 3 cups) of milk and milk products each day can help to reduce the risk of weakened bones.

The Advisory Committee found that the Milk Group makes a major contribution of the nutrients riboflavin, vitamin B₁₂, calcium, and phosphorus. The committee also found that milk products contribute more than 10 percent of the vitamin A, thiamin, vitamin B₆, magnesium, zinc, potassium, carbohydrate, and protein in American diets.

These important nutrients are not exclusive to the Milk Group, however. A varied diet containing whole grains, colorful produce, and other healthful foods can also provide these essential vitamins, minerals, and other nutrients.

Even if you avoid milk, don't be put off by the title. While the majority of the items listed in

How Much Calcium Do You Need?

The list below indicates the amount of calcium you need each day, based on the Institute of Medicine's latest recommendations.

- 0 to 6 months: Human milk content
210 mg/day
- 7 to 12 months: Human milk +
solid food 270 mg/day
- 1 through 3 years: 500 mg/day
- 4 through 8 years: 800 mg/day
- 9 through 13 years: 1,300 mg/day
- 14 through 18 years: 1,300 mg/day
- 19 through 50 years: 1,000 mg/day
- 51+ years: 1,200 mg/day
- Pregnancy and Lactation, up to 18
years: 1,300 mg/day
- Pregnancy and Lactation, 19
through 50 years: 1,000 mg/day

the Milk Group focus on dairy sources of calcium, there are many choices for those who avoid dairy. Many nondairy foods contain calcium naturally, or with fortification: certain leafy greens and beans, calcium-fortified cereals, and alternative beverages like soymilk and juices.



Crazy for Calcium

Milk and products made from milk are the classic way to meet your calcium needs. From whole to fat free, all types of milk provide similar amounts of calcium. An 8-ounce serving of milk contains about 300 mg of calcium. Refrigerated yogurts have comparable amounts. Most cheeses are a good source of calcium with about 200 mg in an ounce. Low fat cheese has as much calcium as full fat. Cottage and cream cheeses are the only ones that are low in calcium, unless specially fortified.

There are nondairy sources of calcium, as well. Calcium-fortified breakfast cereals, juices and nondairy beverages, such as almond, rice or soy milk; fish with soft edible bones, such as canned salmon and sardines; and calcium-prepared tofu; can also count toward your daily calcium goal.

The table on the following page lists some high-calcium "heavyweights." All are excellent sources of calcium, which means they provide 20 percent (200 milligrams) or more of the 1,000 milligram Daily Value for calcium. Also see the section titled, "No-Cow Calcium" for additional sources of calcium-rich foods.

Figuring Out the Calcium Content Using the Nutrition Facts Label

Nutrition labels give calcium information as a percentage of 1,000 milligrams, the Daily Value for calcium. Here is a simple way to use that information to figure how many milligrams of calcium are in one serving of a food:

Look for the calcium percentage listed at the bottom of the Nutrition Facts panel and replace the percentage symbol with a zero.

For example, if a product label lists **Calcium 12%**, a serving of the product contains 120 milligrams of calcium.

High-Calcium Heavyweights



Food And Portion Size	Calcium (mg)
Fortified ready-to-eat cereals (various), 1 ounce	350-1,000
Plain yogurt, nonfat (13g protein/8oz), 8 ounces	452
Romano cheese, 1.5 ounces	452
Pasteurized processed Swiss cheese, 2 ounces	438
Tofu, raw, regular, prepared with calcium sulfate, 1/2 cup	434
Plain yogurt, low fat (12 g protein/8 oz), 8 ounces	415
Fruit yogurt, lowfat (10 g protein/8 oz), 8 ounces	345
Swiss cheese, 1.5 ounces	336
Ricotta cheese, part skim, 1/2 cup	335
Sardines, canned in oil, drained, 3 ounces	325
Pasteurized processed American cheese food, 2 ounces	323
Provolone cheese, 1.5 ounces	321
Mozzarella cheese, part-skim, 1.5 ounces	311
Cheddar cheese, 1.5 ounces	307
Skim milk, 1 cup	306
Muenster cheese, 1.5 ounces	305
1% lowfat milk, 1 cup	290
Lowfat chocolate milk (1%), 1 cup	288
2% reduced fat milk, 1 cup	285
Reduced fat chocolate milk (2%), 1 cup	285
Buttermilk, low fat, 1 cup	284
Chocolate milk, 1 cup	280
Whole sesame seeds, roasted and toasted, 1 ounce	280
Whole milk, 1 cup	276
Yogurt, plain, whole milk (8 g protein/8 oz), 8 ounces	275
Ricotta cheese, whole milk, 1/2 cup	255
Blue cheese, 1.5 ounces	225
Mozzarella cheese, whole milk, 1.5 ounces	215
Feta cheese, 1.5 ounces	210
Tofu, firm, prepared with nigari, 1/2 cup	204

Adapted from Table D1-9a. of the 2005 Dietary Guidelines Advisory Committee Report

Top Tips for Your Calcium Countdown

It can be challenging to consume enough calcium each day, so it's a good idea to plan calcium-rich foods into your daily meals and snacks.



- If you have a cup of milk or calcium-fortified nondairy beverage on your cereal in the morning or to drink with breakfast, you're getting your day off to a great start.
- Think "calcium" again when choosing a beverage for lunch or dinner. Ask for low fat milk when you're out to eat.
- At a restaurant, ask for low fat milk instead of soda for your child's meal. (And for yours while you're at it!)
- Chocolate or other flavored milk or calcium-fortified nondairy milk makes a great snack and is a much better choice than soda or an "energy" beverage based on sweetened water.
- Add calcium-rich greens and vegetables like turnip and mustard greens, broccoli, bok choy, kale, and beans to soups and stews.
- Add grated hard cheese, such as Parmesan, to your garden salad, pasta, or potato. Each tablespoon has a whopping 70 mg of calcium and only 23 calories!
- For a snack or dessert, make pudding, custard, or a smoothie with low fat milk or your favorite calcium-fortified nondairy beverage.
- Use regular or low fat cheese on your sandwich.
- Try a steaming mug of "added calcium" instant cocoa.
- Instead of water, consider making your polenta or hot breakfast cereal with low fat milk or plain calcium-fortified soy or other nondairy beverage. The same goes for waffles, quick breads, yeast breads, and other baking recipes.
- Fat free or part-skim ricotta with a little honey makes a great toast topper, and each tablespoon of low fat ricotta provides more than 60 grams of calcium.
- Have string cheese or a low fat yogurt for a snack.
- Order a latte made with skim milk or calcium-fortified soymilk.

**Your Recipe +
Calcium-rich Beverage Instead of Water
= A Bone-building Winner!**



What Counts as a Cup?

These serving sizes are equivalent to the amount of calcium found in one cup of milk— about 300 milligrams of calcium.

Milk

(Choose fat free or low fat milk most often)

1 half-pint container of milk

½ cup evaporated milk

Yogurt

(Choose fat free or low fat yogurt most often)

1 8-ounce container or 1 cup of yogurt

Cheese

(Choose low fat cheeses most often)

1½ ounces hard cheese (cheddar, mozzarella, Swiss, Parmesan)

1/3 cup shredded cheese

2 ounces processed cheese (American)

½ cup ricotta cheese

2 cups cottage cheese

Milk-based desserts

(Choose fat free or low fat types most often)

1 cup pudding made with milk

1 cup frozen yogurt

1½ cups ice cream

Added Fats and Sugars Add Up

Overall, the Dietary Guidelines recommend that you choose no-sugar-added, fat free or low fat milk, yogurt, and cheese. If you choose milk or yogurt products that are not fat free, cheeses that are not low fat or products that contain added sugars (chocolate milk, yogurt drinks, dairy desserts), these fats and sugars will count as part of your discretionary calorie (fun foods) allowance. This is one of the ways to “spend” your fun foods allowance, which is discussed in detail in the Step Eight of *Better Eating for Life*, “Fit in Fun Foods.”



“No-Cow” Calcium

People who avoid dairy products entirely must obtain these nutrients elsewhere. Good sources of the vitamins and minerals found in milk are:

Calcium:

Chinese cabbage flower leaves, Chinese mustard greens, white beans, kale, broccoli, bok choy, and calcium-fortified tofu, soymilk, juices, cereals, and other calcium-fortified foods

Vitamin A:

Green leafy, red, and orange vegetables and fatty fish

Vitamin D:

Summertime sun exposure, fatty fish, egg yolks, fortified foods

B vitamins, Magnesium and Zinc:

Whole grains, nuts, vegetables, eggs, fish, poultry and meat

Potassium:

Potatoes, beans, fish, dried fruit

Calcium Caveat

The studies used to set the recommended calcium levels for Americans are based on diets that include milk and dairy products, as well as other sources of calcium. The actual requirement for people consuming calcium from strictly nondairy sources is not well-researched. The dilemma for those avoiding dairy as a source of calcium is the differences in bioavailability— that is, the amount of calcium one actually absorbs from different foods.

While some nondairy sources of calcium, such as kale, broccoli and bok choy, provide a higher percentage of calcium absorption than milk, they contain much less calcium, so ultimately they may provide less absorbable calcium than a cup of milk would provide. As the following table shows, to get the same amount of absorbable calcium from broccoli as from one cup of milk, you would have to eat about two and two-third cups of broccoli.

Get Enough of This Stuff!

It's important to get enough calcium.

If you feel you might not be getting enough, try keeping a food record for a few days.

Read the Nutrition Facts labels for the calcium content of the foods you are eating and write it down. If you find that you are not getting enough, try adding high-calcium foods to boost your intake.

If you still aren't consuming your recommended intake on most days, you may want to consider a calcium supplement. The latest research indicates that an inexpensive calcium carbonate supplement is well-absorbed by most people. Taking a supplement with a meal can boost absorption.

Talk to your healthcare provider about what's best for you.



Another absorption snafu involves products with added calcium, such as soy beverages and juices. Studies have shown that in some products the calcium may settle out of the liquid and is never consumed. Even if the added-calcium drink is shaken vigorously before consumption, the form of calcium used may not be as well absorbed as the calcium from milk.

The table below provides a helpful calcium absorption comparison table to help those who avoid dairy to select a variety of foods that will meet their calcium requirement.

Comparison of Calcium Content and Estimated Absorption Efficiency of Various Foods Compared to Milk			
Serving sizes: Beverages, yogurt 1 cup Cheese 1.5 oz. Cooked produce, beans, tofu 0.5 cup Bread, cereal, nuts, seeds 1 oz.			
Food	Calcium Content (mg/serving)	Estimated Absorption Efficiency %	Amount to = absorbable calcium in 1 cup of milk
Milk, nonfat	306	32.1	1.0 cups
Beans, pinto	39	26.7	4.7 cups
Beans, red	32	24.4	6.3 cups
Beans, white	81	21.8	2.8 cups
Bok Choy	79	53.8	1.2 cups
Broccoli	31	61.3	2.6 cups
Cheddar Cheese	307	32.1	1.5 oz.
Almonds (24 kernels/oz.)	70	21.2	6.6 oz.
Chinese Cabbage Flower Leaves	239	39.6	0.5 cup
Kale	47	49.3	2.1 cups
Spinach	122	5.1	7.9 cups
Sweet Potatoes	44	22.2	5.0 cups
Rhubarb	174	8.5	3.3 cups
Whole Wheat Bread	20	82.0	6 slices
Sesame seeds, hulled (3½ Tbs./oz.)	17	20.8	27.6 oz.
Yogurt, plain, nonfat	488	32.1	0.6 cup
Tofu, calcium set	253	31.0	0.6 cup
OJ w/ calcium citrate malate	300	36.3	0.9 cup
Soy milk w/tricalcium phosphate	300	24.0	1.4 cups

Adapted from Table D1-19 of 2005 Dietary Guidelines Advisory Committee Report

Note: One ounce of hulled sesame seeds contains 17 mg of calcium. One ounce of whole (unhulled) sesame seeds contains about 280 mg of calcium. Unfortunately, the calcium in the hull is in the form of calcium oxalate. Oxalate interferes with calcium absorption.

The Low-Down On Lactose Intolerance



If digesting the lactose in dairy products is a problem for you, there are several strategies to try. Lactose-reduced or lactose-free products, such as specially prepared milk and other dairy products, are treated with lactase enzyme to reduce the lactose content. Products that are naturally low in lactose, including cottage cheese and aged hard cheeses such as Swiss and cheddar, may also be tolerated well. Yogurt, kefir, and other dairy products containing active cultures can be helpful in a low-lactose diet.

Some people find that drinking smaller (4-6 ounces) servings of milk at a time or having milk with a meal or snack can improve their tolerance of lactose-containing dairy products. The enzyme lactase, which is deficient in those with lactose intolerance, is also available as a dietary supplement to be taken before consuming milk products or added to fluid milk to break down the lactose, making it more digestible.

Get Your Calcium Here!

Try these delicious high calci-yum recipes for a bone-building boost to your day!



Amaranth with Kale Italiano

Serves 4

- | | |
|---|--|
| 1¼ cup amaranth seed | 3 large ripe tomatoes, coarsely chopped |
| 2¼ cups water | ½ pound mushrooms, sliced |
| 1 Tbs. extra virgin olive oil | 1½ tsp. basil |
| 2 bunches of kale (about 1 pound)
washed, trimmed of stalks, julienned
into thin strips | 1½ tsp. oregano |
| 1 clove of garlic, minced | Salt and pepper to taste (or use a salt
substitute) |
| 1 medium onion, chopped | |

In a medium-sized saucepan, bring water to a boil. Stir amaranth into boiling water, reduce heat, cover, and simmer for 18-20 minutes until all of the water is absorbed.

While amaranth is cooking, wash, stem, and julienne the kale. In a large skillet, steam kale in the moisture clinging to the leaves, until tender, about 20 minutes. Add a tablespoon or two of water, if necessary. Remove from pan and set aside. Heat oil in the skillet over medium heat. Add garlic and onion, sautéing until the onion starts to become translucent, about 2 minutes. Add chopped tomato, mushrooms, basil, and oregano, stirring gently. Add steamed kale to tomato mixture. Cook an additional 10 minutes, stirring occasionally.

Serve the tomato-kale sauce on top of the cooked amaranth. Each serving may be topped with a teaspoon of Parmesan cheese. This will add negligible calories, fat, carbs, and protein; 31 mg of sodium; and 23 mg of calcium.

Per serving (1 cup cooked amaranth topped with 1 cup vegetable mixture, without added salt or Parmesan): 109 calories, 5 g protein, 4 g fat, 16 g carbohydrate, 47 mg sodium, 0 mg cholesterol, 316 mg calcium



Spinach Dip

Serves 10

- | | |
|--|-----------------------------|
| 1 10 oz. package frozen chopped spinach, thawed | ¼ tsp. dried dill weed |
| 1½ cups tofu (made with calcium, 300 mg - Nasoya Lite) | ¼ tsp. Tabasco sauce |
| ½ cup chopped green onions | 1 Tbs. low sodium soy sauce |
| ½ cup chopped parsley | |
| 2 Tbs. lemon juice | |

Drain spinach and squeeze out as much liquid as possible. Chop finely. Combine with remaining ingredients and mix well. Cover and chill.

Per ¼ cup serving: 40 calories, 4 g protein, 2 g fat, 3 g carbohydrate, 90 mg sodium, 0 mg cholesterol, 178 mg calcium

Veggie and Cheese Quesadilla

Serves 2

- | | |
|--|---|
| 2 whole-wheat flour tortillas | ½ cup grated reduced fat Monterey Jack cheese |
| 2 plum tomatoes, diced | ½ cup plain low fat yogurt |
| 1 sweet red bell pepper, sliced thinly | 2 Tbs. salsa |
| 2 green onions or 8 chives, finely chopped (about 4 tablespoons) | ½ cup chopped fresh spinach or other leafy greens |
| 1 large carrot, shredded | |

Over medium heat, preheat a large skillet. Once warmed, coat the surface with nonstick cooking spray. Place a tortilla in the pan and warm it for 1 minute. Flip the tortilla over and spread one half of the tortilla with half of the tomatoes, sweet pepper, green onion or chives, and carrots. Top the veggies with half of the grated cheese, yogurt, salsa, and spinach or greens. Fold the tortilla over the filling and cook another 2 minutes, until the cheese is melted.

To keep the quesadilla warm when it is done, remove the quesadilla to a warmed plate and cover it with foil.

Per serving (made with spinach): 299 calories, 11 g protein, 9 g fat, 33 g carbohydrate, 586 mg sodium, 24 mg cholesterol, 449 mg calcium



Spinach Bruschetta with Herbed Goat Cheese

Serves 6

6 oz. fresh goat cheese, room temperature	1 Tbs. extra
1 Tbs. lemon zest	virgin
2 Tbs. fresh chives, thinly sliced	olive oil
1 Tbs. fresh, flat-leaf parsley, chopped	½ pound spinach, washed and ends
1 Tbs. fresh mint, chopped	trimmed
2 tsp. fresh oregano, chopped	6 slices rustic country-style bread
1 tsp. fresh thyme, chopped	3 cloves of garlic, peeled and sliced in half
Salt and freshly ground black pepper	

In a small bowl, blend the cheese, lemon zest, chives, parsley, mint, oregano, thyme, salt, and pepper. Set aside.

In a large frying pan, warm the olive oil over medium-high heat. Add the spinach, tossing until it is wilted, about 2 minutes. Season to taste with salt and pepper.

Toast, grill, or broil the bread slices. Rub each slice with half of a garlic clove, then cut each slice into two pieces on the diagonal.

Spread the toasted bread with herbed goat cheese. Top the goat cheese with wilted spinach.

Per serving: 217 calories, 10 g protein, 12 g fat, 17 g carbohydrate, 447 mg sodium, 22 mg cholesterol, 162 mg calcium

Creamy Tomato Soup

Serves 3

1-15 oz. can no-salt-added tomato sauce
1¾ cups calcium-fortified unflavored soy milk
Dash of “liquid smoke” flavoring and freshly ground black pepper to taste

In a medium saucepan, combine tomato sauce and soy beverage. Heat on medium heat, stirring frequently until steaming. Add spices and flavorings to taste. For chunkier soup, add ½ cup of diced tomatoes.

Per serving: 123 calories, 9 g protein, 2 g fat, 19 g carbohydrate, 128 mg sodium, 0 mg cholesterol, 117 mg calcium

Berry Fruity High-Calcium Bread Pudding

Serves 8



This unusual combination works as a fun treat for breakfast and sneaks in one serving from the Milk Group! Feel free to substitute your favorite local fresh fruit for the blueberries. Blackberries, chopped peaches, or peeled chopped apples would also work well.

4 slices 100% whole-wheat bread, cut into ¼-inch cubes, divided
2 cups blueberries, divided (Other fresh, frozen or drained, chopped, canned fruit can also be used. If using frozen fruit, let thaw in refrigerator or microwave lightly to defrost.)

1½ cups part skim ricotta cheese, divided
1 cup evaporated skim milk
6 large egg whites or ¾ cup liquid egg substitute
1 cup low fat blueberry yogurt
2 Tbs. sugar
2 tsp. ground cinnamon
2 tsp. vanilla extract

Preheat oven to 350°F. Spray a 13" x 9" baking dish with cooking spray.

Arrange half of the cubed bread on the bottom of the baking dish. Spread half of the berries over the top of the bread. Dot this with half of ricotta cheese. Repeat layering with remaining bread, berries and cheese. Set aside.

In a large bowl, mix together the evaporated skim milk, egg whites or egg substitute, yogurt, sugar, cinnamon, and vanilla. Pour the mixture over the layered bread, berries, and cheese. Press down gently with the back of a large spoon, making sure liquid moistens the entire surface. The pan will be very full.

Place the baking dish on a cookie sheet to catch any spills. Bake for 60 to 85 minutes or until all of the liquid is absorbed and the top of the loaf is lightly browned. It will not be completely firm, but will continue to firm slightly as it cools.

This is especially good served warm, and it reheats beautifully.

Per serving: 195 calories, 13 g protein, 5 g fat, 26 g carbohydrate, 220 mg sodium, 18 mg cholesterol, 276 mg calcium

Cruising for Calcium on the Web



More tips for **boosting your calcium intake** from the University of Nebraska Cooperative Extension.
www.lancaster.unl.edu/food/ftm-j01.htm

At the **Strong Women** site, Dr. Miriam Nelson of Tufts University provides bone-building recipes, online fitness programs, and tips. She has also written a useful guidebook, *Strong Women, Strong Bones*.
www.strongwomen.com

Learn about **Preventing Osteoporosis** at the Foundation for Osteoporosis Research and Education.
www.fore.org/patients/prevention.html

Calcium carbonate and citrate supplements were compared by calcium expert Dr. Robert P. Heaney at Creighton University and others in this 2001 article from the *Journal of the American College of Nutrition*, "Absorbability and cost effectiveness in calcium supplementation."
www.jacn.org/cgi/content/full/20/3/239

If you are **lactose intolerant**, you can find lots more information from the National Institutes of Health MedlinePlus information website.
www.nlm.nih.gov/medlineplus/lactoseintolerance.html

For the details on the **MyPyramid Food Guidance System** recommendations for calcium, check out this information-packed website.
www.mypyramid.gov/pyramid/milk.html

For more high-calcium recipe ideas using dairy products, use the search feature on the **Meals Matter** website.
www.mealsmatter.org/RecipesAndMeals/index.aspx

Try out the **Calcium Calculator** from the Boston-based non-profit, The Medical Foundation. The calculator is an easy way to automatically tally up your calcium intake.
www.fightosteonow.org/page.php?id=calculator

Questions about **vegan calcium needs**? This Vegweb article, *Hip Fracture Rates and Vegan Calcium Needs*, by registered dietitian Virginia Messina, reviews and clarifies this issue.
<http://vegweb.com/articles/39.shtml>

Calcium Cookbooks

Calcium!: Delicious Calcium-Rich Dairy-Free Vegetarian Recipes
by David Bronfman and Rachelle Bronfman

Great Healthy Food for Strong Bones: 120 Delicious Recipes Using Calcium-Rich Ingredients
by Fiona Hunter and Emma-Lee Gow

The Calcium Cookbook: 200 Recipes That Supply Necessary Calcium-Rich Foods to Prevent Osteoporosis
by Joanne Ness and Genell Subak-Sharpe

The High-Calcium Low-Calorie Cookbook: 250 Delicious Recipes to Help You Beat Osteoporosis
by David E., Md. Fardon (Foreword), Betty Marks and Hope Warshaw



Step Eight

Fit in Fun Foods



Come over to the dark side ... we have candy.

—Anonymous Internet quip

Is going over to the “dark side” how you feel when having a treat such as a cookie, a chocolate, a slice of pie, or a pat of real butter? These guilty emotions only detract from the pleasure of eating these foods and can also backfire as we may think, “Well, I’m on the dark side anyway ... may as well finish ’er off!” We continue mindlessly eating, instead of paying attention to internal cues of hunger and satiety.

Healthful eating does not mean never, ever, eating desserts or snacks. It’s all about accurate nutrition knowledge and balance. Being overly restrictive with your intake is not only no fun, it’s also not particularly healthful.

Some clues that may indicate you are being too restrictive with your eating plan are: having feelings of deprivation, an overwhelming need to give in to food desires, and frustration with limited food choices. A health-supportive eating plan does not require being famished on a regular basis, nor does it strictly limit your eating to only fat-free choices.

The Benefits Of Balance

Being out of balance on either end of the eating spectrum leads to less-optimal food choices. Overly restrictive eating on a regular basis is as unhealthful as mindless overeating. To find the balance, pay attention to how you feel before and after eating. Before eating, you should feel hungry, anticipating delicious foods. Afterward, you should feel satisfied, not stuffed, with hunger no longer an issue.

There is a helpful mindful eating exercise called, “When is a slice of chocolate cake a good choice and a salad a bad choice?” A slice of chocolate cake would be a good, satisfying choice for you if you really want chocolate cake, a delicious one is available, you can take enough time to enjoy it and eat it at a comfortable rate, and you are comfortably hungry. Eating a salad under those conditions would leave you still hungry for chocolate cake, and you would not have honored your personal needs.

But choosing a slice of chocolate cake over a salad would be a poor choice if you are eating it because you are feeling lonely, mad, or sad, you are not actually hungry, or when it’s not a particularly good-tasting chocolate cake.

Many of us struggle with the “all or nothing” and “good eater-bad eater” attitudes around food.

This kind of emotionally fueled overeating and deprivation is a surefire way to be unsatisfied with what you eat and to find yourself at an unhealthful weight.



Conscious eating—tasting and enjoying each bite of food—is always a great idea. I might venture that the most important time to be consciously eating is when eating “fun foods.” Mindlessly eating them leads to missing out on a wonderful and satisfying eating experience.

Have “fun foods” out of choice, not chance. That is, don’t eat just because there’s a party or because little snack cakes are at the checkout; think about whether you want it. Food is so readily available in our country, that if you don’t think first, you can easily exceed your daily calorie needs eating “fun foods” throughout the day, without really noticing it.

No More Fear of “Fun Foods”

A more realistic and healthful approach is what some have called a “90/10” balance to eating. About ninety percent of the time, choose proven health-supportive whole foods for meals and snacks. About ten percent of the time, work in your favorite “fun foods.” Using this strategy, you can cover all of the bases for an eating plan that will support your health goals and positively encourage you to actually plan for your “treats,” instead of eating them covertly, with a side of guilt.

So, there’s the cake.
Does it look good? Are you hungry
for it? Is it what you want?

Try a small piece first.
You can always have more if it tastes
good to you.

(I find that many times a beautiful
cake actually has been made with
inferior ingredients and doesn’t taste
nearly as good as it looks.)

Taste it! If it doesn’t taste good, don’t
eat it; if it does, enjoy!

Discretionary Calories (also known as “Fun Foods”)

The new MyPyramid actually spells out a way to fit in the “fun foods” you may have thought were off-limits on a health-supportive eating plan. They are identified as “discretionary” calories. Discretionary “fun foods” calories are the calories left over after you meet your individual nutrient needs using mostly low fat, nonfat, and no-sugar-added versions of healthful foods from each of the food groups, in addition to healthful liquid oils.

For example, if your personal calorie needs are about 2,000 calories per day, it takes at least 1,735 calories of healthful foods to supply your nutrients needs; this includes six teaspoons of healthful oils. You would then have 265 discretionary “fun foods” calories left over to consume. (See Step 2, *Serve Yourself Right*, to calculate your personal calorie needs and discretionary calorie budget.)

These “discretionary calories” may be used for “fun foods”—foods that are higher in solid, saturated fat and added sugars. Discretionary calories may also be used to budget for calories from alcohol. Of course, these “fun foods” calories can be used for additional servings of healthful foods like fruits, vegetables, nuts, and whole grains as well.



The Discretionary “Fun Foods” Budget table below shows, at each calorie level, the “discretionary calories” left over after meeting nutrition needs using low fat, nonfat, and no-sugar-added versions of foods. The table also indicates how these calories may be divided between saturated fats, which are solid at room temperature, and added sugars, to keep saturated fats at a low level— less than 10 percent of daily calories, a level that is unlikely to harm health.

Healthful liquid vegetable oils are not considered part of the discretionary calorie allowance. Oils differ from saturated fats in composition and in their effect on health. The added sugars shown in the table are a guide to the amount of sugar that could fit into a healthful diet.

Discretionary “Fun Foods” Budget at Several Daily Calorie Levels

Daily Calorie Level	1,000	1,200	1,400	1,600	1,800	2,000	2,200	2,400	2,600	2,800	3,000	3,200
Fun Foods Calorie Budget	165	171	171	132	195	267	290	362	410	426	512	648

Below are examples of some ways to spend discretionary calories while keeping saturated fat intake below 10% of calories, as recommended in the US Dietary Guidelines. For more on fats see Step 10 *Make Friends with Fat*.

Artery-clogging solid saturated fats are shown in grams (g), added sugars in grams (g) and teaspoons (tsp).

Solid Sat Fats	11 g	14 g	14 g	11 g	15 g	18 g	19 g	22 g	24 g	24 g	29 g	34 g
Added Sugars	20 g (5 tsp)	16 g (4 tsp)	16 g (4 tsp)	12 g (3 tsp)	20 g (5 tsp)	32 g (8 tsp)	36 g (9 tsp)	48 g (12 tsp)	56 g (14 tsp)	60 g (15 tsp)	72 g (18 tsp)	96 g (24 tsp)

*Adapted from DIETARY GUIDELINES FOR AMERICANS, 2005
Appendix A3. Discretionary Calorie Allowance in the USDA Food Guide*

Note: Wondering why the available discretionary calories pop downward at the 1,600-calorie level? The calorie patterns lower than 1,600 calories are designed to meet the needs of children 2 to 8 years old. The nutrient goals for the 1,600 calorie pattern are set to meet the higher nutrient needs of adult women, who require more calories from the nutrient-dense basic food groups, and leave a smaller amount of extra calories for “fun foods.”



Using Your Daily “Fun Foods” Calories!

A person who requires about 2,000 calories to meet his or her daily energy needs would have enough “fun foods” calories left over for a treat of about 265 calories every day! Your personal “fun foods” budget might be smaller or larger.

These treats are part of an overall balanced eating plan. It’s not an “all or nothing” proposition. Depending on your preferences and goals, they may be healthier on some days and fairly decadent on other days. The main thing is to be assured that treats positively do fit in with the healthy eating plan you’ve chosen.

What’ll it be? You can use your discretionary calorie allowance to have some of the higher-fat versions of foods (for example, full fat milk instead of fat free from the Milk Group) or more servings of the low fat versions of foods (such as an extra serving of whole wheat pasta or a larger slice of homemade bread).

You could use them in a decadent way for a wonderful dessert or if strawberries or blueberries are in season, you might choose a big bowl of them sprinkled over a scoop of low fat ice cream or mixed into low fat vanilla yogurt as your “fun foods” treat.

“Fun Foods” *Faux Pas*

Understanding a little more about discretionary calories and using the Nutrition Facts labels on food packages can go a long way toward bringing your daily food choices into line with your health goals. For example, if you swear you are hardly eating anything, but continue to not lose weight, or even are gaining weight, it could be those sneaky little discretionary calories.

For example, eighteen mini vanilla wafers or nine mini creme-filled sandwich cookies would use up only about 150 calories and 6 grams of fat. This leaves you some calories for other little splurges. If, instead, you choose a large bakery cookie, you could be consuming about 280 calories and 18 grams of fat (8 grams saturated fat) or more, putting you “in the red,” calorie-wise, with just one food choice!

An 8- to 9- ring serving of onion rings catapults onions—a low-cal vegetable choice—into a budget-busting 275 calories with an additional serving of grains (from the breading) and about 160 “fun foods” calories from the added fat.

Potatoes on their own count simply as a starchy vegetable, but make them into a medium order of French fries, and you now have 325 additional “fun foods” calories to subtract from your budget.

If you use butter on “everything,” a lower calorie spread may be the best choice.

If you only use a teaspoon or two a day, you can probably use real butter and still be within your saturated fat limit for the day.

Choose the combination that works best for you.



Making your own baked onion rings or baked French fries can bring these treats back into line. Otherwise, they might fit best as a planned treat for special occasions or as a shared snack —just have one or two rings or a few fries from your dining partner’s serving. You may find that it’s really all you need, most times, to satisfy.

Sneaky Added Sugars and Fats

Added sugars can be listed on the label as brown sugar, corn sweetener, corn syrup, dextrose, fructose, fruit juice concentrates, glucose, high-fructose corn syrup, honey, invert sugar, lactose, maltose, malt syrup, maple syrup, molasses, raw sugar, or sucrose.

Added fats are butter, beef fat (tallow, suet), poultry fat and skin, pork fat (lard), stick margarine, and shortening. Foods that are usually high in added fats are regular cheeses, cream, ice cream and other frozen desserts that contain fats, well-marbled cuts of meats, regular ground beef, bacon, sausages, and baked goods such as cookies, crackers, donuts, pastries, and croissants.

Knowing what to look for, you can decide which choices are “must haves” and which you can skip without missing them, as well as those choices that can be replaced by the “no-frills” (lower fat or lower sugar) versions. This kind of awareness leads to a most satisfying way to manage your daily “fun foods” budget. You can eat that piece of cake with full enjoyment, when you know it’s in the “budget.”

Alcohol Awareness

Alcoholic drinks can fit into a healthy eating plan as part of the discretionary calorie allowance. Just as with “fun foods,” your choices here can either keep you on track, or, if you’re not paying attention, hinder your plan for everyday healthful eating.

Adults who do not have problems with alcohol abuse, and who are not pregnant or on medication which might interact with alcohol, might choose to use their discretionary calories for the responsible consumption of alcoholic beverages. The Dietary Guidelines define moderate, sensible use of alcohol as the consumption of up to one drink per day for women and up to two drinks per day for men.

If you wish to spend your discretionary calories on a glass of red wine, a 5-ounce glass will use up 125 discretionary calories; a 12-ounce bottle of regular beer will use up 150 calories. A glass of wine, however, is not in the same league as a 4½-ounce piña colada at 245 calories. A single 1½-ounce jigger of “coffee with cream” liqueur will set you back 150 calories to start, with additional calories for other ingredients in the cocktail. A standard 2½-ounce martini, shaken, stirred, or sitting quietly still “costs” about 170 discretionary calories. Restaurants and bars often serve larger-than-standard-sized drinks, so you may have to increase the calorie estimates given here.

Being aware of where the extra fat and sugar calories are coming from is the first step to using “fun foods” calories to their best advantage.

Try keeping a brief, but thorough food journal for a day or two.

The data you collect will point you to the places where “fun foods” calories may be sneaking into your day without your permission!

Let's Have Some Fun (Foods)!



Choosing the leanest meat (for example, 95% or more fat free beef) or poultry without the skin, such as a three-ounce serving of skinless chicken breast, uses up no “fun foods” calories at all. But choose ground beef with more than 5% fat by weight, poultry with skin, higher fat luncheon meats, or sausages, and the extra fat in these choices would count toward your “fun foods” calories. The saturated fat in two 2-ounce links of pork sausage uses up an additional 120 calories of solid fat from your “fun foods” allowance.

Sodas and fruit drinks with little or no juice in them go directly to the “fun foods” budget as well. All 240 calories from a 20-ounce soda and all 115 calories of a fruit punch drink count as added “fun foods” calories. If regular soda is a “must have” for you, try cutting back to the eight-ounce single serving cans, or always split a 12-ounce can with a friend. Mixing 100 percent fruit juice with club soda or diet ginger ale is a way to get the fizz and an added fruit serving without spending your “fun foods” budget on the empty sugar calories of soda.

Instead of fat-free milk, you might prefer to choose whole milk or chocolate low-fat milk. This would use up about 70 “fun foods” calories when choosing whole milk or about 75 “fun foods” calories for a half-pint (1 cup) of low fat chocolate milk.

Plain vegetables prepared without added fat or sugars provide no added “fun foods” calories. Cooking them in healthful oil would count toward your daily vegetable oils servings. (More on this in *Better Eating for Life* Step 10, “Make Friends with Fat.”) Cooking them in butter or sauces will use up saturated fat calories from your daily “fun foods” budget.

For grain products such as most regular bakery muffins, high fat crackers, pastries, or sweetened cereals, the added fats and sugars count toward the “fun foods” budget.

A small homemade blueberry muffin (2-ounces) would give you an additional 45 “fun foods” calories in addition to the Grains Group serving it provides. A 3-ounce cinnamon sweet roll would cost 100 additional “fun foods” calories (210 calories for the approximately two Grains Group servings plus 100 “fun foods” calories from the added fat and sugar).

Much more detailed information about discretionary calories and how to manage them, may be found online.

Check out the www.MyPyramid.gov website, click on “Inside the Pyramid” and then on “discretionary calories”.

Ideas for Filling Your Fun Foods “Requirement”



Remember, it's ok to choose extra servings of healthful foods for your discretionary calories!

Approximately 100 Calories or Fewer

- 1 envelope high-calcium hot cocoa mix, prepared (50 calories, 1 gram fat)
- 7 walnut halves— 2 Tbs. (91 calories, 9 grams fat)
- 4 milk chocolate candy kisses (102 calories, 6 grams of fat)
- 4 mini chewy chocolate rolls (102 calories, 1 gram of fat)
- 2 caramels (77 calories, 2 grams fat)
- 2 mini boxes of raisins (84 calories, 0 grams fat)
- 6 candy-coated almonds (99 calories, 4 grams fat)
- 2 Tbs. chocolate chips (101 calories, 6 grams fat)
- ½ cup of blueberries topped with ¼ cup plain fat free yogurt and 1 Tbs. of low fat granola (102 calories, 1 gram fat)

Under 200 Calories

- 1 8-ounce frozen “slush” (120 calories, 0 grams fat)
- 1 slice angel food cake with ½ cup fresh berries (182 calories, 0 grams fat)
- 1 scoop fruit sorbet (120 calories, 0 grams fat)
- 5 meringue cookies (110 calories, 2 grams fat)
- 2 pieces of candy from a box of chocolates (140 calories, 7 grams fat)
- 1 fast food restaurant reduced-fat ice cream cone (150 calories, 5 grams fat)
- 2 servings (1 oz. bag) cotton candy (114 calories, 0 grams fat)
- An ice cream sundae made with ½ cup low fat ice cream, ¼ cup fresh berries, 1 Tbs. chocolate syrup (153 calories, 3 grams fat)



Under 300 Calories

These treats can fit occasionally into most healthy eating plans.

- 1 scoop of premium vanilla ice cream (270 calories, 18 grams fat)
- 1-1/3 cup (2 oz.) caramel-coated peanut popcorn (240 calories, 4 grams fat)
- 3 creme-filled chocolate sandwich cookies (225 calories, 11 grams fat)
- 1 small size full fat vanilla soft-serve cone (230 calories, 7 grams fat)
- 1 donut shop chocolate chip cookie with nuts (230 calories, 12 grams of fat)

Under 400 Calories

For a person who is very active and needs a higher calorie level, there is room for these snack choices in a healthy eating plan. They could be eaten less frequently or in a smaller portion size for someone needing a lower calorie level.

- 1 slice of a one-crust berry pie (345 calories, 14 grams fat)
- 1 glazed honey bun (320 calories, 19 grams fat)
- 4 "Turtle" candies (caramel, chocolate, and nut candies) (330 calories, 19 grams fat)

"Special Occasion" Foods

These items are at the "special occasion" end of the calorie scale. They are very high in calories and fat, so are best reserved for occasional celebrations or shared with one or two (or more) other people.

- 1 low fat brownie sundae (415 calories, 2 grams fat)
- 1 hot fudge sundae (440 calories, 23 grams fat)
- 1 slice cherry pie (486 calories, 22 grams fat)
- 1 chocolate milkshake (719 calories, 31 grams fat)
- 1 chocolate-coated ice cream bar (488 calories, 36 grams fat)
- 1 slice of cheesecake (412 calories, 25 grams fat)
- 1 slice of a 2-layer carrot cake with icing (546 calories, 28 grams fat)
- 1 cup chocolate chip cookie dough ice cream (600 calories, 32 grams fat)

More Ways To Have Your Cake and Eat It, Too!

You may want to use some or all of the following strategies to help you burn additional calories, keep your “fun foods” portion size in line, or skip the foods you don’t really crave to make room for the ones you like a lot.



Rearrange Your Eating Plan

If you know that wonderful high-calorie snacks and desserts will be served at a get-together, try planning to eat your lunch or dinner before you go, instead of making a meal of snack foods at the party.

By planning in this way, you won’t be ravenous at the party, and you will be more likely to keep your “fun foods” portion size in balance.

Move It!

Planning a big day at the fair? Walking around the fair for a couple of hours burns up the calories in a bag of cotton candy and a small reduced fat ice cream cone. Does tonight’s dinner menu include a fancy restaurant dessert? Make sure to walk at your coffee breaks today, or include a walk or dancing as part of your evening.

Drink Up

Drinking water, flavored seltzer, coffee, or herbal or regular tea cuts down the empty calories you might otherwise get from sodas and other sugary drinks.

Waste Not

You can eat potato chips and dip any day, so why waste your “fun foods” calories on these unexciting snacks at special occasions? The most wonderful “fun foods” are those that aren’t always available, like Mom’s chocolate chip

cookies, a favorite aunt’s pie, or homemade holiday eggnog. Looking forward to these special, seasonal treats is often a big part of the pleasure of eating them.

Starve Not

Wait too long before your next meal or snack, let yourself get absolutely ravenous, and because high-sugar and high-fat foods are widely and easily available, the first foods you reach for will likely be high-calorie snacks. Plan instead to have meals and snacks at regular intervals. Keep healthful choices such as whole-grain granola bars, fresh or dried fruit, baby carrots, fruit and nut trail mix, and yogurt and string cheese handy, so you are never at the mercy of the vending machine or convenience store offerings.

Portion Positive

When you are eating for health and enjoyment, you are paying attention to the taste, texture, and pleasure you derive from eating. When you are fully, enjoyably conscious of the food you eat, you tend to become satisfied with a moderate portion size. Binging in secret on quarts of ice cream or entire bags of cookies, a habit practiced by overly restrictive eaters, is not done in a conscious, “savor-every-bite” way. Take the time to truly enjoy eating the “fun foods” you choose to fit into your eating plan.

Web Resources for Fitting in Fun Foods



Have the Treat; Hold the Guilt!

Still having trouble fitting in “fun foods” without feeling like you’re “cheating”? It’s not surprising, since we live in a world with all kinds of mixed-up and restrictive nutrition messages in the media and everywhere else you look or listen.

These websites have helpful information for developing a healthy, balanced attitude about eating.

HUGS International, Inc. was started in 1987 by registered dietitian Linda Omichinski to promote information and resources about a diet-free lifestyle. The website focuses on health, nourishing eating and activity patterns, and self-acceptance rather than dieting and weight loss. Her book *You Count, Calories Don’t* explains the HUGS nondiet program and is now available free, online, on the HUGS website.

www.hugs.com

The Healthy Weight Network site contains reviews of research, news, and commentary across the weight spectrum for health professionals and consumers. The site also provides information about weight and eating from recognized scientific experts.

www.healthyweightnetwork.com

Nourishing Connections website contains many supportive resources for those wanting to learn to eat normally and healthfully, without dieting. Free services include a helpful monthly e-newsletter, very useful articles and guidance, along with several food/hunger and satiety tracking tools to download.

www.nourishingconnections.com

Ellyn Satter and Associates Parents rejoice! Internationally respected professional registered dietitian and psychotherapist Ellyn Satter presents eating guidance for adults and the children they feed in a way that promotes realistic eating while abandoning rigid dieting rules.

www.ellynsatter.com

Since 1978 **Geneen Roth** has been helping others to “break free from emotional eating.” Her website offers inspiring information, an interview with Geneen, and details about her books and workshops.

www.geneenroth.com

More Guidance for Improving Your Relationship with Food



These suggested books may be helpful in moving you toward a happy and healthful relationship with food.

Intuitive Eating: A Recovery Book for the Chronic Dieter—Rediscover the Pleasures of Eating and Rebuild Your Body Image

by Evelyn Tribole and Elyse Resch

Making Peace With Food: Freeing Yourself from the Diet-Weight Obsession

by Susan Kano

Mindless Eating: Why We Eat More Than We Think

by Brian Wansink

Secrets of Feeding a Healthy Family

by Ellyn Satter

The Volumetrics Eating Plan

by Barbara J. Rolls

When You Eat at the Refrigerator, Pull Up a Chair

by Geneen Roth

Step Nine

Put Protein in its Place



I've eaten eight different meats. I'm a true Renaissance man.

—Homer Simpson of “The Simpsons”

While cartoon characters can get away with eating jumbo beef servings, health-conscious eaters might take a more moderate approach to meeting their protein needs. To get the best balance of nutrients and health benefits, the latest food guidance recommends varying your protein sources among animal and plant proteins such as lean cuts of meat, poultry, and fish, as well as beans, nuts, and seeds.

Protein is your body's most important nutrient. Hair, nails, skin, blood, connective tissue, muscle, and bone are all made of protein. In addition, enzymes (which speed up chemical reactions in the body), antibodies (which fight bacteria and viruses), and hormones are proteins.

Because protein is so important to our bodies, we need to eat enough of it every day. Fortunately, this is extremely easy to do, even for vegetarians. In fact, most Americans, including vegetarians, have a daily protein intake in excess of their needs.

How Much Protein Do You Need?

The recommended Daily Value for protein is 50 grams per day, based on a 2,000-calorie diet. This is easily met, or more likely exceeded, by meeting calorie needs with a varied, healthful diet. More specifically, for adults, the National Academy of Science recommends 0.8 grams of protein per kilogram of body weight. Since most of us think in pounds, that's about 0.36 grams of protein per pound of body weight. For example, a 150-pound person would need just about 54 grams of protein a day.

Which Foods are Good Sources of Protein?

Foods especially high in protein are animal products such as meat, poultry, fish, dairy products, and eggs.

Plant foods such as beans, seeds, nuts, and nut butters are also rich in protein.

Protein is found in just about every food. Grains, breads, and vegetables all contain some protein, which adds up to a significant amount as we eat these foods throughout the day.

Most fruits contain a gram of protein or less.

Fats, oils, and sugary sweets such as hard candies contain no protein.



Protein Perils

Here are a few facts to clear up some common nutrition myths about protein:

- Eating extra protein does not build big muscles. Protein calories eaten in excess of your body's calorie requirement are not stored as extra muscle but, like all extra calories, as body fat. The only proven way to build stronger muscles is through weight-bearing exercise.
- A long-term diet that is excessive in protein and low in other healthful foods and important nutrients can lead to nutrient deficiencies and negative health effects.
- Vegetarians do not have to worry about combining certain kinds of protein foods at each meal. This now out-of-date belief was based on early nutrition research in rodents. Later research revealed that plant protein can fully meet human protein requirements, as long as a variety of sources are consumed and calorie needs are met. Rigorous meal planning to ensure that "complementary" proteins (for example, beans and rice) are eaten at the same time is not necessary.
- The bottom line is that protein is absolutely essential to good health, easy to get enough of, and easy to overeat, especially when it is served as an oversized steak at a restaurant or barbeque. Protein has its proper place in a nourishing eating plan, right next to fruits and vegetables, whole grains, high calcium foods, and healthful oils.

It's All About Choices ...

The new USDA Food Guidance System (www.MyPyramid.gov) spells out very clearly why varying your protein sources is important for good health. It starts with the full name of the group. It's officially the "Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts Group" (Meat and Beans for short). Together, the foods in the group provide protein, B vitamins (niacin, thiamin, riboflavin, B₆, and B₁₂), vitamin E, iron, zinc, and magnesium— all important nutrients for health.

Each different kind of protein food contributes a different mix of nutrients to your diet. Lean meats are a good source of iron, zinc, and B vitamins. Beans provide important nutrients such as magnesium, potassium, copper, manganese, and folate in addition to their protein, iron, and fiber. Fish supplies your body with the specific form of omega-3 oils recommended by the American Heart Association to promote heart health. Nuts and seeds provide an important source of vitamin E, monounsaturated and essential polyunsaturated oils.

And Balance

Some protein choices provide hard-to-get nutrients, important for good health. Other choices provide extra amounts of things we try to limit, such as saturated fat and cholesterol, which can promote heart and artery disease. Here are some hot tips for choosing the winners that will keep you on track with your healthy eating goals.

Top Protein Choices

Make sure you eat several different kinds of protein foods over the course of your week:



- Beans – You can't choose a bad bean! Lentils, peas, black-eyed, great northern, pinto, kidney, black, cranberry, red, limas, baby limas, garbanzo, and navy all provide protein, fiber, folate, iron, potassium, and other important minerals. Don't forget versatile tofu, tempeh, and soybean "nuts" all made from soybeans. Soy products such as veggie burgers and soy hot dogs can replace animal foods high in saturated fats as part of a heart-healthy eating plan.
- Nuts and Seeds – All are excellent choices for fiber, healthy plant oils, and minerals. Walnuts and flax seeds contain a plant form of healthful omega-3 oils. Almonds, hazelnuts, and sunflower seeds are good sources of vitamin E.
- Fatty fish – Salmon, mackerel, herring, and sardines, lake trout, and albacore tuna are rich in heart-protective omega-3 oils.
- Skinless poultry – Chicken, Cornish game hen, turkey, as well as ground turkey meat, are great lean protein choices.
Quick tip: Products labeled "Ground turkey" can sometimes mean that the saturated fat-laden turkey fat and skin are ground up along with the lean muscle— read the label carefully. It should contain less than 4 grams of fat per 4 ounces, raw.
- Eggs – Choosing small or medium-size eggs, using just the egg white or egg substitute can help to reduce your cholesterol intake.
- Lean beef – Cuts from the round, chuck, sirloin, and loin are leanest. Buy "choice" cuts or "select" grades. Choose 90% or higher lean ground beef. Trim all outside fat before cooking.
- Lean ham, lean pork – Tenderloin and loin chop are leanest choices.
- Lean lamb – Leg, arm, and loin are the lowest-fat cuts.
- Lean buffalo, emu, and ostrich are ways to be adventurous with naturally low fat choices.
- Wild game – Rabbit, venison, pheasant, and duck (without skin) are also naturally lean choices.
- Low fat version of luncheon meats – Low-fat turkey, chicken, turkey ham, turkey pastrami, roast beef, or lean boiled ham are better choices. Look for lower sodium versions.



That's a Serving?

Restaurant portion sizes could lead you to believe that a 12-ounce steak is one serving. In fact, that portion size is more than two times the daily servings recommended from the Meat and Beans Group!

For a person who requires 2,000 calories a day, just five and a half ounce-equivalents of foods from this group are needed.

Each of the following serving sizes counts as a one ounce-equivalent from the Meat and Beans Group.

1 ounce of lean meat, poultry, or fish

1 egg

1 Tbs. peanut butter

¼ cup cooked, dry beans

½ ounce of nuts or seeds

Of course, you can choose to eat all of your daily Meat and Beans Group servings at one meal, or have smaller portions throughout the day.

Enough is Enough!

Still not convinced about how easy it is to get enough protein? The chart below shows how a typical day of eating might total up in the protein department. Remember, the daily value for protein is only 50 grams; this typical-day example provides 89 grams. Subtract the steak and turkey breast, and 49 grams of protein still remain. Getting enough protein is easy!

Protein Provided in a Typical Day of Meals

Food	Amount	Protein (grams)
Shredded wheat cereal	1 cup	5
1% milk	1 cup	8
Whole wheat pita	1 pocket	6
Swiss cheese	1 ounce	8
Turkey breast	2 ounces	17
Lettuce and tomato salad	1.5 cup	3
Yogurt	1 cup	11
Lean steak	3 ounces	23
Baked potato	1 med	4
Broccoli	1 cup	2
Whole wheat roll	1 small	2
Total protein		89 grams



The Pleasure of Protein

Are you ready to start adding variety to your protein palate? You may have already done it without realizing it! Ever had all-bean chili or baked beans? A bean burrito? Three-bean salad? Chickpea hummus? Pea soup? Peanut butter?

Varying your protein choices can be as familiar or as adventurous as you like. The following shopping and preparation tips are just a starting point for your protein-powered imagination.

Beans

One-quarter cup of beans counts as an ounce-equivalent in the Meat and Beans Group. The new 2005 Dietary Guidelines recommend three cups of beans per week for someone who needs 2,000 calories a day. Does this sound like a lot? If you start slowly, you can work up to this amount over time. Try planning beans into your week. Make Wednesdays “Spaghetti with Beans and Tomato Sauce” day; Fridays “Bean Nachos or Tacos” day.

Beans are great in soups, mashed with your favorite spices for a sandwich spread in a pita, or as a topping for nachos. Try edamame—immature soybeans still in the pod. You boil or steam them, then pop the beans out of the pod and into your mouth with your teeth—probably the most entertaining protein to eat.

Bean burgers, either homemade or purchased, make a quick sandwich or an easy accompaniment to rice or pasta. Add black beans to salsa. Puree white beans with an equal amount of light sour cream, add chives and your favorite spices for a hearty dip. Use up your garden produce with a big pot of veggie and bean chili. Beans are great in tomato sauce either whole or blended in to “disguise” them.

Nuts and Seeds

One-half ounce is the “ounce-equivalent” for protein foods in this group. One-half ounce can vary from 2 tablespoons (7 halves) for walnuts or ground flax seeds, 1½ tablespoons for pine nuts, a scant 2 tablespoons of sunflower kernels, to 1 tablespoon of roasted pumpkin seed kernels.

Use nuts and seeds on hot cereal, toss them into a garden salad, spread nut butter on crackers or on an apple or banana for a snack. Nuts and seeds alone or mixed with dried fruit and dry cereal make a great trail mix. Slivered almonds or chopped peanuts add interest and flavor to stir-fries, and ground flaxseed meal works wonderfully in a fruit smoothie or stirred into yogurt.

Out of low fat, canned, refried beans for homemade burritos or tacos?

Canned beans (such as kidney or pinto) make an easy and effective substitute for refried beans.

Simply drain and then mash with a ½ teaspoon each of chili powder, onion powder, garlic powder and cumin or use your favorite prepared taco seasoning.



Fatty Fish

The American Heart Association encourages eating one to two servings of baked or grilled fish each week. Other ideas to try are chunks of albacore tuna on a veggie salad; canned salmon in chowder (made with low fat evaporated milk); pickled herring, canned mackerel, or sardines with whole grain crackers for a light lunch; a single-serve can of tuna salad with whole grain crackers or roll.

Skinless Poultry

Remove the skin and fat from poultry pieces before or after cooking. Select whole turkeys and chickens that haven't been injected with fats or salty broths. As with fish, baked or grilled is a better choice than fried. Chunks of chicken on a salad also work well.

Eggs

If you are more strictly limiting cholesterol, remember that egg whites have none. You can use two egg whites in place of one whole egg in cooking, or use cholesterol-free egg substitutes.

Lean Beef and Other Red Meats

Trim off the visible fat before cooking. Prepare meats by baking, broiling, roasting, microwaving, or stir-frying. Pour off the fat after browning. Use smaller amounts as an ingredient, instead of the main attraction, in such dishes as chili, stir fries, soups, and stews.

For poultry and beef, chill juices after cooking so you can easily skim off the hardened fat. Then add the juices to stews, soups, and gravy for rich flavor.

Safer Steaks, Chicken, and Fish

High-heat cooking methods such as grilling and broiling can cause animal protein foods to produce cancer-causing compounds known as heterocyclic amines (HCAs). In addition, when the fat drips onto a hot surface, a different kind of carcinogen (polycyclic aromatic hydrocarbons or PAHs) is deposited back onto food through smoke and flare-ups.

These tips from the American Institute for Cancer Research can help you to limit the formation of these compounds:

Marinate meats before grilling. This alone can dramatically lower the HCAs produced by up to 99 percent!

Trim the fat, remove poultry skin, and avoid high-fat meats such as ribs or sausages.

Pre-cook meats, fish, and poultry in the microwave or oven, then briefly finish on the grill.

Keep meat portions small so they only need a brief time on the grill. Skewered kebobs cook the fastest.

Remove all charred or burnt portions of food before eating.



Protein Power

The following recipes highlight some delicious ways to enjoy protein from a variety of sources: nuts, dairy, beans, grains, and the obvious meat protein. For balance, use meat less often as the main attraction on your plate and more often as a condiment for added flavoring.

Zingy Lemon Lentil Salad

Serves 4

- | | |
|-----------------------------------|----------------------------|
| 3 cups low sodium vegetable broth | 1 Tbs. dried parsley |
| 2 cups green lentils | 2 Tbs. canola oil |
| ½ cup scallions, minced | 1 tsp. dried basil |
| 1 cup shredded carrots | ½ tsp. crushed red pepper |
| 1 cup tomatoes, chopped | ¼ tsp. salt |
| 1 cup corn kernels | ¼ tsp. ground black pepper |
| 3 Tbs. lemon juice | |

Over medium-high heat, stir together the vegetable stock and lentils in a medium saucepan until boiling. Reduce heat and simmer for 20 minutes, until the lentils are tender. Drain well.

Pour the cooked, drained lentils into a large mixing bowl. Add the remaining ingredients, mixing well. Best served at room temperature for full flavor.

Per serving: Provides 5 ounce-equivalents from the Meat and Beans Group, 270 calories, 16 g protein, 30 g carbohydrate, 9 g fat, 187mg sodium, 0 mg cholesterol

Leek-y Beans

Serves 4

- | | |
|--|------------------------------------|
| 3 cups leeks, white part only, chopped | 1 Tbs. dried sage |
| 1 Tbs. olive oil | ½ tsp. salt |
| 2 cloves garlic, chopped | ½ tsp. freshly ground black pepper |
| 2½ cups white beans, cooked | |

In a large sauté pan, gently brown the leeks in the olive oil over medium/low heat for about 10 minutes, until softened.

Add garlic and stir frequently until fragrant, about 2 minutes. Add the remaining ingredients, stirring often, for about 20 minutes. Serve hot.

Per serving: Provides 2½ ounce-equivalents from the Meat and Beans Group, 211 calories, 12 g protein, 34 g carbohydrate, 4 g fat, 280 mg sodium, 0 mg cholesterol



Pea Soup With or Without Ham

Serves 10 (13-ounce servings)

2 cups dried split peas	¼ tsp. dried thyme
12 cups water	1/8 tsp. cayenne pepper
1 cup grated carrots	½ pound lean ham, minced (optional)
1 cup chopped celery	
1 cup chopped onions	
2 cloves garlic, peeled and minced	

In a large soup pot or crock pot, simmer split peas in the water for 3 to 4 hours stirring often (if not using a crock pot). When the split peas are of an easily mashed consistency, add the remaining ingredients. Simmer for 30 minutes longer. Serve warm with a piece of hearty whole grain bread.

Per serving (without ham): Provides 2 ounce-equivalents from the Meat and Beans Group, 148 calories, 10 g protein, 27 g carbohydrate, 0.5 g fat, 29 mg sodium, 0 mg cholesterol

Per serving (with ham): Provides 2¾ ounce-equivalents from the Meat and Beans Group, 177 calories, 15 g protein, 27 g carbohydrate, 2 g fat, 246 mg sodium, 11 mg cholesterol

Basmati Pilaf with Cashews and Raisins

Serves 4

1 tsp. canola oil	½ cup raisins
3 Tbs. cashews, chopped	½ tsp. salt
1 cup basmati rice, rinsed with cold water	¼ tsp. ground black pepper
1½ cups water, boiling	2 scallions, sliced thin

Over medium high heat, sauté the cashews in the oil in a medium-sized pan, until they start to brown. Add rice, raisins, salt, pepper, and 1½ cups boiling water; bring to a boil. Reduce heat to low, cover, and cook until rice is tender and all the water is absorbed, 15-20 minutes. Fluff with a fork, then stir in scallions.

Per serving: Provides a generous 1/3 ounce-equivalent from the Meat and Beans Group, 257 calories, 6 g protein, 49 g carbohydrate, 5 g fat, 301 mg sodium, 0 mg cholesterol



Lightened Up Potato Gratin

Serves 6

2 cloves garlic, slivered
3 pounds russet potatoes scrubbed and
thinly sliced
3-1/3 cups skim milk
2 large eggs, lightly beaten or 1/2 cup egg
substitute

1 tsp. salt
1/2 tsp. freshly
ground
black pepper
6 Tbs. Parmesan
cheese

Preheat oven to 400°F. Lightly coat the inside of a large shallow baking dish (about 14-by-9-by-2-inch) with oil. Mix together the garlic with the potatoes. Spread the potato and garlic mixture evenly in the dish. Mix together the skim milk, eggs, salt, and pepper. Gently pour over potato mixture. Cover with foil.

Bake for 1 hour. When the gratin is golden and the potatoes tender, remove the foil and sprinkle on the cheese, then return the gratin, uncovered, to oven. Bake another 15 to 20 minutes, until a golden-brown crust has formed on the top.

Per serving: Provides a generous 1/3 ounce-equivalent from the Meat and Beans Group, 228 calories, 12 g protein, 38 g carbohydrate, 3 g fat, 547 mg sodium, 67 mg cholesterol

Co-op's Own Tofu Pesto

Makes 1 1/2 cups (24 2-Tbs. servings)

1 lb. tofu, extra firm
2 tablespoons pine nuts or sunflower
seeds (roasted)
2 cups basil, fresh

4 tablespoons olive oil
1 teaspoon garlic, minced
4 tablespoons miso

Bring water to a boil in a saucepan. Add tofu and simmer 20 minutes.

Chop basil and combine with oil, garlic, and miso in a food processor until a paste is formed. Add tofu and seeds/nuts. Chill at least 30 minutes.

Serve tossed with pasta, mixed with whole grains, as a spread for bread or crackers, or as a dip for raw veggies.

Per two tablespoon serving: Provides a generous 1/3 ounce-equivalent from the Meat and Beans Group, 57 calories, 4 g protein, 2 g carbohydrates, 4 g fat, 107 mg sodium, 0 mg cholesterol

More Resources for Putting Protein in its Place



The **National Heart, Lung, and Blood Institute** invites you to “Stay Young at Heart” with healthy new recipes for beef, poultry, fish, and beans.
www.nhlbi.nih.gov/health/public/heart/other/syah

Looking for nut nutrition news and information? The **International Tree Nut Council Nutrition Research & Education Foundation** and the **Peanut Institute** can help.
www.nuthealth.org
www.peanut-institute.org

The **Michigan Bean Commission**, the **American Dry Bean Board** and the **United Soybean Board** know their beans. See these websites for lots of recipes and nutrition information.
www.michiganbean.org/cooking.html
www.americanbean.org
www.soybean.org

Worried about safe fish consumption during pregnancy? The **American Heart Association** has a concise synopsis of the Environmental Protection Agency (EPA) and the Food and Drug Administration (FDA) guidelines here.
www.americanheart.org/presenter.jhtml?identifier=3013797

The **Cooking Light** website has delicious recipes using lighter preparation techniques and appropriate serving sizes.
www.cookinglight.com/cooking

Try adding a few no-meat meals to your weekly menu for good health and great taste. The **Vegetarian Resource Group** has lots of meatless recipes to try.
www.vrg.org/journal/index.htm#Recipes

Do you have questions about a family member’s choice to “go vegetarian”? The **American Dietetic Association**’s position statement on vegetarian diets goes into depth about the ease of meeting protein needs and much more.
<http://www.eatright.org/ada/files/veg.pdf>

The **Center for Science in the Public Interest** reviewed high protein and other diet books.
www.cspinet.org/new/pdf/coverstory.pdf

The new **MyPyramid** website spells out the details of protein food choices from portion size to preparation techniques.
www.mypyramid.gov/pyramid/meat.html

Step Ten

Make Friends with Fat



I find no sweeter fat than sticks to my own bones.

—From “Leaves of Grass” by Walt Whitman

Trans fat, tropical oils, cholesterol – eat it or not? Thinking about fats and oils can be very confusing.

Fat, especially when in the form of healthful liquid oils, is as essential to a healthy eating plan as protein or carbohydrate. Our bodies need a certain amount of fat to function normally and to absorb and transport the fat-soluble vitamins A, D, E, and K as well as health-protective plant compounds such as carotenoids (i.e. beta-carotene, lycopene, and lutein).

Fats are also part of every cell membrane in our body. They are crucial for a healthy immune system; they play a role in the regulation of inflammation, blood pressure and blood clotting, cholesterol metabolism, and body organ insulation. They are important for the proper development of the brain, nervous system, and vision.

For good health, the 2005 Dietary Guidelines for Americans recommend specific daily intakes for unsaturated liquid oils because of their heart- and health-protective benefits.

In addition, the guidelines recommend limiting solid fats in the diet because they contain more artery-clogging saturated fats and/or trans fats than oils. Solid fats are saturated fats and trans fats, which tend to stay firm at room temperature. These fats tend to raise the low-density lipoprotein (LDL)-cholesterol level in the blood, which, in turn, increases the risk for heart disease.

Big Fat Balance

As with every other part of a healthy eating plan, balance is key.

Following an eating plan that contains too little fat and too many carbohydrates increases the risk for inadequate intakes of vitamin E and essential fatty acids, and can negatively affect blood levels of “good” high-density lipoprotein (HDL)-cholesterol and triglycerides.

On the other end, eating too much fat increases the risk of obesity and heart disease.

Young children require the upper end of the fat allowance to meet their higher growth and development needs.



Fats and Oils 101

All oils are fats, but it is common to refer to fats that are solid at room temperature as “fats” and fats that are liquid at room temperature as “oils.”

Many people are surprised to learn that fats and oils are a mixture of all three kinds of fatty acids: monounsaturated, polyunsaturated, and saturated. A fat or oil is classified as one of the three kinds based on which fatty acid predominates.

Monounsaturated Oils

This healthful group includes olive, canola, and avocado oils and the oil found in almonds, cashews, Brazil nuts, hazelnuts, macadamia nuts, peanuts, pecans and pistachios. Research has shown that replacing solid fats with monounsaturated oils can help to lower undesirable LDL-cholesterol levels.

Polyunsaturated Oils

Polyunsaturated oils include those made from soybeans, corn, safflower and sunflower seeds, pine nuts and walnuts, as well as those from fish. Like monounsaturated oils, replacing solid fats with these oils can help to reduce cholesterol levels.

Essentially Yours

Two types of polyunsaturated fatty acids are indispensable to our health: linoleic (omega-6) and alpha-linolenic (omega-3). They are called “essential fatty acids” because our body needs them but cannot create them from other foods we eat. Good sources of omega-6 are soybean, safflower, sunflower and corn oil, nuts, seeds and some vegetables. Food sources rich in omega-3 are canola, soybean, flax, walnut and hemp oil and fatty fish.

The Heart Connection

Eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA), found in fish and shellfish, are forms of omega-3 that have been shown to have beneficial effects on heart health. The American Heart Association recommends consuming two servings of fatty fish per week for the protective heart benefits that they may provide.

Our bodies can convert a limited amount of the omega-3 that we consume from plant sources into EPA and DHA. However, this conversion is hampered by a diet high in saturated fat, trans fat, or too high in omega-6.

Saturated fats

This kind of fat can raise cholesterol levels, increasing heart disease risk. Saturated fats are found mainly in fatty meat and dairy products such as full fat milk, butter, and cheese. They are also found in baked goods, cookies, and snacks. In general, these fats are solid at room temperature.



Tropical Time Out

Coconut, palm kernel and palm oils are often referred to as “tropical” oils because of the temperate region of the world where they originate. Unlike other plant oils, these are predominantly made up of saturated fatty acids. Coconut oil contains 92 percent saturated fatty acids, palm kernel oil contains 82 percent and palm oil has 50 percent. Compare these with olive oil (14 percent), canola oil (6 percent) or soybean oil (15 percent).

Trans Fats

Trans fats are made up of unsaturated fatty acids that have been processed with additional hydrogen (hydrogenated). This process makes formerly healthful unsaturated oils act more like saturated fats: solid at room temperature, resistant to rancidity, and able to raise blood cholesterol levels even more readily than saturated fat.

Trans fats are found in partially hydrogenated vegetable oils, shortening, cakes, pies, cookies, snack foods, fried foods, and solid stick margarine.

Natural Trans Fats

The diet of ruminant animals (cattle, sheep, and goats) includes plant foods that contain unsaturated fat. Some of this unsaturated fat may be transformed into trans fat by bacteria in the rumen (the first of their four stomach chambers). These naturally occurring trans fats are present in trace amounts in the fat found in their milk and meat.

Unlike artificially hydrogenated trans fat, naturally occurring trans fat may have some benefits to health. For example, the trans fat found in dairy is partially converted by the body into conjugated linoleic acid (CLA), which has shown promise in early studies as having potential cancer fighting properties.

What About Cholesterol?

Cholesterol is an important part of every cell membrane. While not technically a fat, it is in the lipid family, which includes fatty acids. Our bodies make enough cholesterol to meet our needs, even if we never eat any.

While saturated and trans fats have a stronger role in raising cholesterol levels, eating too much cholesterol in your diet also contributes to high blood cholesterol levels. High blood cholesterol levels can lead to heart disease and stroke because of the fatty buildup of cholesterol deposits on artery walls.

Oils: Yay! Solid fats: Nay!

It's important to remember that the healthful oil recommendation does not include fats such as saturated and trans fats.

Solid fat is counted as part of the Discretionary Calorie Allowance limit (see Step 8 *Fit in Fun Foods*).

Limit daily solid fats to 18 grams of saturated fat or less, for someone needing 2,000 calories a day.

For trans fat, the recommendation is to keep your intake as low as possible.

For people without heart disease or other risk factors, the American Heart Association and other national health organizations recommend a limit of 300 milligrams of cholesterol a day.

If you have an elevated LDL-cholesterol level, diabetes, high blood pressure, or other heart- or artery-related disease, a lower level of 200 mg a day is recommended.

Because cholesterol is produced in the liver, cholesterol is found only in foods of animal origin, such as meat, poultry, fish, eggs, and dairy products. Cholesterol is never found naturally in plant foods, but it can be added. For example, potatoes are naturally cholesterol-free, but if potatoes are made into potato chips fried in lard, the chips will contain cholesterol from the lard.





How Much Oil?

Eating the right amount of the right kinds of oils is an important part of an overall health-supportive eating plan. For a person who requires 2,000 calories a day, the latest guidelines recommend 6 teaspoons of oils from plant and fish sources each day. (Step 2 of *Better Eating for Life* explains how much oil is recommended for your personal calorie level.)

Recommended sources of unsaturated liquid oils include canola, corn, olive, soybean, and sunflower oil; foods such as nuts, olives, some fish, and avocados; and foods that are composed mainly of oil including mayonnaise, most salad dressings, and soft tub or spray margarine.

The table below gives the oil content of some common high-oil foods.

Oil Content of Selected Foods

For this amount of oil or oil-rich food:	Count this many teaspoons of oils toward your daily goal:
Oils:	
1 Tbs. unsaturated vegetable oil (canola, corn, olive, peanut, safflower, soybean, and sunflower)	3 tsp.
1 Tbs. Margarine, soft (trans fat free)	2 ½ tsp.
1 Tbs. Mayonnaise	2 ½ tsp.
1 Tbs. Mayonnaise-type salad dressing	1 tsp.
2 Tbs. Italian dressing	2 tsp.
Foods rich in oils:	
2 Tbs. Thousand Island dressing	2 ½ tsp.
4 large Olives, ripe, canned	½ tsp.
½ med Avocado*	3 tsp.
2 Tbs. Peanut butter*	4 tsp.
1 oz. Peanuts, dry roasted*	3 tsp.
1 oz. Mixed nuts, dry roasted*	3 tsp.
1 oz. Cashews, dry roasted*	3 tsp.
1 oz. Almonds, dry roasted*	3 tsp.
1 oz. Hazelnuts*	4 tsp.
1 oz. Sunflower seeds*	3 tsp.

*Avocados are part of the Fruit Group; nuts and seeds are part of the Meat and Beans Group. These choices provide servings from both oils and the additional food group at the same time.

Fats Forward

The following steps provide ideas for meals and snacks that are delicious and move your fat intake into a healthful balance. Eating too much of any kind of fat, even if it's heart-healthy, will cause added weight gain and increase the related risk factors for chronic disease.



- ♥ To keep your daily oil intake on target, regularly select those foods that are naturally low in saturated fat, such as fruits and vegetables; whole grains and foods made from grains like cereals, rice, and pasta; vegetarian protein sources such as tofu, tempeh, and veggie burgers; low fat or fat free dairy products; lean fish and shellfish; nuts, beans, and peas.
- ♥ Include two or more meals of fatty fish in your diet each week such as salmon, mackerel, and herring.
- ♥ Choose walnuts, almonds or your favorite nuts as a snack several times per week.
- ♥ Add a teaspoon or two of flaxseed oil on salads. Flaxseed oil and good balsamic vinegar make a great dressing! The flaxseed oil has a delicious nutty taste.
- ♥ Sprinkle one or two teaspoons of ground flaxseed on hot breakfast cereal, or blend into a fruit smoothie.
- ♥ Use the Nutrition Facts label to find products with the least amount of harmful saturated fat and trans fat grams. For products that contain less than 0.5 g of total fat in a serving, manufacturers may state “0g” of trans fat or “not a significant source of trans fat.”
- ♥ Try using heart-healthy monounsaturated fats such as olive, canola, and peanut oils in cooking.
- ♥ Select a liquid or tub margarine that has water or liquid vegetable oil as the first ingredient, no trans fat, and 2 grams or less of saturated fat.
- ♥ Scan the ingredient labels of packaged foods to find products made with healthful oils.
- ♥ Avoid or limit foods and ingredients that are high in saturated fat such as whole milk; cream; regular ice cream; full-fat cheese; bakery goods; saturated oils like coconut oil, palm oil, and palm kernel oil; high-fat processed meats like sausage, bologna, salami, and hot dogs; fatty red meats that aren't trimmed; and solid fats like shortening, regular stick margarine, butter, and lard.
- ♥ Keep track of the fat you eat for a few days to be sure you are on the right track with your total fat intake.

“Good for You” Recipes Featuring Healthful Oils

Give these recipes a try to expand your oils repertoire.



Tangy Citrus-Cran Flax Muffins

Serves 12

Ground flaxseed is used in this recipe, but don't stop here. It makes a delicious topping on hot or cold cereal and on salads.

1 cup cranberries, coarsely chopped	2 tsp. baking powder
¼ cup sugar	1 tsp. baking soda
1½ cups orange juice, divided	½ tsp. salt
2¾ cups unbleached all-purpose flour	1 tsp. orange peel, grated
½ cup milled flaxseed	1 egg, beaten
½ cup sugar	¼ cup canola oil

In a medium bowl, combine beaten egg, oil, orange juice, and ¼ cup sugar. Gently fold in cranberries. Set aside. In a large bowl, mix together flour, milled flaxseed, ½ cup sugar, baking powder, baking soda, salt, and orange peel. Pour liquid mixture into dry ingredients. Stir until ingredients are just moistened. Do not over-mix. Fill muffin cups ¾ full. Bake at 375°F for 30-35 minutes.

Per muffin: 242 calories, 5 g protein, 6 g fat, 42 g carbohydrate, 245 mg sodium, 18 mg cholesterol

E-Z Olive Tapenade

Serves 4

½ cup pitted and finely chopped green or black olives	2 anchovy fillets (optional)
1 Tbs. capers	freshly ground black pepper
	1 tsp. olive oil

Mash all of the ingredients together to form a paste. Spread on toasted whole grain bread slices. Serve at room temperature.

Per 2 Tbs. serving: 30 calories, 0 g protein, 3 g fat, 1 g carbohydrate, 226 mg sodium, 0 mg cholesterol



Poached Salmon with Greens

Serves 4

1 lb. salmon fillets
1½ cups water
½ cup dry white wine or water
2 green onions, sliced
1 bay leaf
½ package of frozen no-salt-added
chopped spinach, or Swiss chard
1/8 tsp. ground nutmeg

¼ cup shredded
part-skim
mozzarella
cheese
Freshly ground
black pepper
Lemon slices (optional)

Cut salmon into four pieces, rinse, and pat dry. Set aside. In a large skillet, over high heat, combine water, wine, green onions, and bay leaf. When mixture begins to simmer, gently add salmon, and return to a simmer. Then cover, and let cook for 8 to 10 minutes or until fish flakes easily with a fork. Remove fish.

Meanwhile, cook spinach according to package directions. Drain well in a colander. Place in a small bowl, sprinkle with nutmeg, mix in cheese.

Preheat broiler. Place fish on the well-oiled rack of an unheated broiler pan. Top with spinach-nutmeg-cheese mixture, and season with pepper. Broil four inches from the heat for 1 to 2 minutes, until cheese melts. Garnish with lemon slices.

Per serving (¼ pound fillet and ¼ cup spinach mixture): 190 calories, 27 g protein, 8 g fat, 2 g carbohydrate, 1 mg sodium, 47 mg cholesterol.

Tuna and Walnut Melt

Serves 4

1 6-oz. can tuna in water, drained
½ cup chopped apple
¼ cup nonfat plain yogurt
1 Tbs. chopped green onion
1 tsp. Dijon mustard

½ tsp. curry powder
4 slices whole wheat bread, toasted
4 Tbs. chopped walnuts, toasted
4 1-oz. slices reduced fat cheddar cheese

Combine tuna, chopped apple, yogurt, green onion, Dijon mustard and curry powder.

Spread about ½ cup of the mixture on each slice of bread; sprinkle with 1 tablespoon walnuts. Top with cheese slices. Broil 5 inches from heat until cheese is melted, about 2-3 minutes.

Per serving: 262 calories, 25 g protein, 8 g fat, 24 g carbohydrate, 559 mg sodium, 26 mg cholesterol.

Sweet Pepper-Walnut Dip

Makes 1½ cups

1 small jar roasted red bell peppers
2 Tbs. fine unseasoned dry breadcrumbs
2 Tbs. extra-virgin olive oil
1½ Tbs. grated onion
1 Tbs. lemon juice
½ tsp. salt, or to taste
¼ tsp. ground cumin
¼ tsp. sugar

1/8-1/4 tsp.
cayenne
pepper
Pinch of ground
cloves
1 cup coarsely chopped walnuts

Garnish:

1 Tbs. pine nuts, toasted



To make Dip:

Coarsely chop the peppers. You should have about 1 cup. Place chopped peppers in a medium-size mixing bowl. Set aside. Combine the rest of the ingredients in a food processor until smooth. (Some of the walnuts can be added after blending, if more texture is desired.) Add mixture from food processor to the bowl of chopped peppers and mix well. The dip should have a cake batter consistency. If too thick, blend in some hot water, a teaspoon at a time. If too thin, add more breadcrumbs. Transfer to a serving bowl. Garnish with pine nuts if desired.

Serve with whole grain crackers or pita crisps

Per tablespoon of dip: 51 calories, 1 g protein, 5 g fat, 2 g carbohydrate, 54 mg sodium, 0 mg cholesterol.

Making Friends with Fat on the Web



Essential Fatty Acids in Vegetarian Nutrition

This well-researched article explains specific strategies vegetarians may wish to consider to optimize their essential fatty acid intake.
www.andrews.edu/NUFS/essentialfat.htm

The Flax Council of Canada provides flax nutrition information, tips, and recipes.
www.flaxcouncil.ca

The International Olive Oil Council

Learn all about olive oil, how it is made and graded, and how to use it.
www.internationaloliveoil.org

The **American Heart Association (AHA)** recommends eating fish two times per week. Learn more about the potential heart benefits of fatty fish.
<http://216.185.112.5/presenter.jhtml?identifier=4632>

USDA Study Shows Trans-Fatty Acid is Non-Detectable in Peanut Butter

While hydrogenated fat is an ingredient in some commercial peanut butter brands, the amount found in them in this study was so miniscule that it was below the detection limit of the highly sensitive sampling equipment.
www.ars.usda.gov/is/pr/2001/010612.htm

Cookbooks featuring Omega-3 and Monounsaturated Fats

The Mediterranean Heart Diet: How It Works and How to Reap the Health Benefits, with Recipes to Get You Started by Helen V. Fisher with Cynthia Thomson, Ph.D., R.D.

Seafood Twice a Week by Evie Hansen

The Mediterranean Vegan Kitchen: Meat-Free, Egg-Free, Dairy-Free Dishes from the Healthiest Place Under the Sun by Donna Klein

The Flavors of Olive Oil: A Tasting Guide and Cookbook by Deborah Krasner

Cucina Fresca; Verdura: Vegetables Italian Style; Cucina Rustica all by Viana La Place

The Amazing Flax Cookbook by Jane Reinhardt-Martin

Step Eleven

Cook Creatively the “Better Eating for Life” Way



I don't even butter my bread; I consider that cooking.

—Katherine Cebrian

Sprinkled throughout the *Better Eating for Life* program have been delicious meal and snack ideas incorporating good oils, nuts, beans, whole grains, produce, lean animal and plant proteins, and low fat dairy and high calcium alternatives.

If you are using high-quality ingredients like these, you have made an excellent start at preparing tasty and nutritious entrées, snacks, and desserts. You'll learn in this step that you don't even need to buy a new cookbook! Just make a few healthful ingredient changes, and you'll be on your way.

Like any new and worthwhile venture, cooking with unfamiliar ingredients may take a few tries before you discover new favorites or find new ways to prepare old favorites.

Semi-prepared produce such as cut-up broccoli and cauliflower, bags of mixed salad greens, and plain frozen vegetables are a great place to begin a quick meal. Pre-grated or shredded cheese, whole-wheat pizza shells, jarred low sodium tomato sauce, and canned rice and beans are products that make preparing dinner fast and healthful.

Read on for lots of strategies to use as you move toward more healthful food choices and preparation methods.

Are you a reluctant cook, or someone whose cooking skill gets only as far as zapping microwave popcorn?

You'll find that many of the following easy tips and mini-recipes may be perfect for taking “baby” steps toward a new healthful cooking style.



Taking Stock

It all starts with stocking your pantry. When you have delicious and healthful basics ready to go, meals come together easily.

Here are some ideas for stocking your kitchen with nutritious staples. These are just suggestions to get you rolling. You can add your favorite staples and delete the items you dislike.

Once you are stocked up you'll always have something on hand, ready to put together for a quick, tasty, and healthful meal!

In The Fridge

Cheese: Low fat and regular versions of shredded cheddar, grated Parmesan, feta, blue, mozzarella, and extra-calcium cottage cheese

Yogurt: Plain or fruit-flavored low fat

Vegetables: Baby carrots, celery, peppers, mushrooms, broccoli, lettuce

Fruit: Apples, pears, citrus, grapes, kiwi, berries

Protein: Eggs or egg substitute, lean meats, poultry, fish, tempeh, flavored tofu

Condiments: Horseradish, mustards, ketchup, low fat mayonnaise and sour cream

In The Bread Box

Whole-wheat or whole-grain:

rolls	pretzels	breadsticks
English muffins	tortillas	local artisan bread
crackers	nacho chips	

In The Freezer

frozen vegetables, fruits, berries	reduced fat ice cream or frozen yogurt	ground flax seed (stored in freezer or fridge)
frozen juice concentrate	shelled nuts	meats/poultry/fish
extra bread products	cheese tortellini or ravioli	tempeh
whole wheat pizza shells	whole-grain flours	veggie burgers/sausage



In The Pantry

Whole Grains:

- | | |
|--|-------------------------------|
| whole-wheat pasta | quick brown rice |
| whole grains (such as oatmeal, quinoa, brown rice) | whole-grain breakfast cereals |
| whole-grain pancake mix | |

Produce— stored at room temperature:

Potatoes, onions, tomatoes, bananas, dried fruit

Sauces: Low sodium soy sauce, spaghetti sauce, salsa

Cooking and seasoning oils, dressing and spreads:

Canola oil, olive oil, sesame oil, cooking spray, salad dressings, nut butters

Vinegars: Balsamic, apple cider, wine, white vinegars

Canned Foods:

- | | | |
|-------------------------------|---|---|
| water chestnuts | olives | tuna, salmon, crab, clams, chicken breast |
| tomatoes (regular and stewed) | green chilies | purchased pesto |
| vegetarian chili | mushrooms | sun-dried tomatoes |
| variety of beans | evaporated low fat milk | roasted red peppers (packed in a jar) |
| refried beans | Parmalat milk (shelf-stable, sold in juice box-style packaging) | shelf-stable tofu |
| artichoke hearts | low sodium soups and broth | |
| mandarin oranges | | |
| applesauce | | |

Herbs and Spices (store fresh herbs in the refrigerator; store dried herbs and spices in air tight containers, away from heat and light):

- | | | |
|--------------|--|-------------------|
| basil | garlic bulbs (store at room temperature) | oregano |
| cayenne | garlic powder | paprika |
| chili powder | ginger | parsley |
| cumin | lemon pepper | pepper |
| curry powder | mint | red pepper flakes |
| dill weed | onion powder | rosemary |
| dry mustard | | tarragon |

Really Speedy Quick-Prep Meals

Get a nourishing meal on the table in two to twenty minutes!

Foods Needed	Preparation	Cook Time
A Nice Bowl of Soup Low sodium canned vegetable-based soup (for example, Health Valley No Added Salt)	Open can, pour into bowl or big mug. Microwave. Sprinkle with a bit of Parmesan, to taste.	2-3 minutes
Quick Veggie Salad Pre-chopped lettuce or mixed greens Precut veggies of choice (for example, broccoli and cauliflower florets, grape tomatoes, baby carrots), Favorite dressing or Balsamic vinegar and extra virgin olive oil	Wash and then combine veggies with lettuce. Drizzle dressing over all. To make into a heartier entrée, add a source of protein such as bite-sized pieces of cheese, drained tuna, or nuts or seeds.	5 minutes
New Fashioned Tuna Melt ½ can tuna 1-2 Tbs. light mayo 2 slices whole-wheat bread, toasted ½ Tomato, sliced 2 Light cheese slices (such as Jarlsberg Light, Alpine Lace or Cabot 50% light)	Combine tuna and light mayo. Spread on bread. Layer tomato slices over tuna. Top with cheese slices. Microwave or place under broiler just until cheese starts to melt.	5-7 minutes
Curried Chicken Sandwich ½ 5oz. can of chicken breast, drained ¼ tsp. curry powder ½ tsp. dry mustard 1 Tbs. lemon juice 1 celery stalk diced (optional) 1 whole wheat bulkie roll	Mix together ingredients, spread on roll.	4 minutes
Bean Taco Taco shell Canned refried beans Shredded cheese Tomato and or salsa Shredded lettuce	Spread beans inside one side of taco shell, sprinkle cheese over beans, warm in microwave. Dice tomato; add with other ingredients to shell.	7 minutes
Chili Baked Potato Scrubbed potato Canned chili Shredded reduced fat cheese	Pierce raw potato with a fork. Cover and microwave. Carefully slice open hot potato and top with chili. Microwave again until chili is hot. Sprinkle with reduced fat cheese.	Raw potato: 8 minutes. Potato with chili- additional one minute
Nachos for Supper 15 corn tortilla chips ½ cup refried beans or mashed canned beans, ¼ to ½ cup of salsa ¼ cup shredded reduced-fat cheese Light sour cream	Spread nacho chips on a plate. Dot nachos with beans and salsa. Sprinkle all with shredded cheese. Cover lightly and microwave until cheese is melted. Remove from microwave and top with 2 Tbs. of light sour cream.	5 minutes to assemble. Microwave for 45 seconds
Pita Pocket Pizza 1 whole-wheat pita pocket 3 Tbs. jarred spaghetti sauce ½ 4-oz. can mushrooms, drained ¼ cup reduced-fat shredded cheese, 2 teaspoons Parmesan cheese	Place the pocket flat on a plate. (If you can take 2 minutes to first toast the pita pocket under the broiler for 1 minute on each side, the taste is even better!) Cover with the sauce. Top with canned mushrooms. Sprinkle cheeses on top of all.	5-7 minutes to assemble. Microwave for 45 seconds-1 minute, until cheese melts
20-minute Filet of Sole for Two 2 filets of sole 1 small onion ¼ cup water Lemon pepper to taste 2 tsp. butter	Chop the onion very fine. Season the filets of sole with lemon pepper. Place the filets flat in a baking dish sprayed with cooking spray. Top with the chopped onion. Pour the water over everything. Divide the butter in small pieces and place on top of filets of sole.	10 minutes to assemble. Bake at 400° F for about 10 minutes.



Cooking Tips and Ideas

Whole Grains

♥ Mix cooked amaranth or brown rice with chopped peppers, tomatoes, basil, and parsley, and your favorite goat cheese.

♥ Use cooked grains as side dish with a veggie burger or as a stuffing ingredient for baked peppers or tomatoes.

♥ Mix salsa, drained canned beans, cooked grains, and grated cheese together. Roll in a soft tortilla and heat in the oven or microwave for a satisfying healthful wrap.

Note: Cooked whole grains freeze very well. Cook extra and freeze in thin layers in freezer bags. When you need a quick meal, just break apart and add to your sauté pan on the stove or in a microwave safe container in the microwave to heat through.

♥ Once a month, bring home an unfamiliar whole grain from the bulk section or grocery aisle and cook up a new recipe. You can find recipes on the back of the package, in one of the Co-op whole-grain brochures or on the Co-op web site.

♥ When baking, substitute whole-wheat flour for white flour in your recipe. For some foods, like bread or rolls, you may find that 100 percent whole wheat is your favorite; for others you might choose a lower proportion of whole wheat to white.

Note: The texture of baked goods will change, becoming denser and heartier as you increase the amount of whole grain flour. If baked goods made solely with whole grain flour are not enjoyable for you at first, try these strategies:

♥ Use $\frac{1}{4}$ whole wheat and $\frac{3}{4}$ white flour, increasing the proportion of whole wheat to white as you become accustomed to the new taste and texture; try whole-wheat pastry flour (a fine textured whole-wheat flour), or try the new light-colored whole-wheat flour called white whole wheat.

Vegetables

♥ Roasting or grilling vegetables brings out their natural sweetness and can make a vegetable lover out of anyone. Chop the vegetables into chunky pieces, spray or drizzle with olive oil, and sprinkle with herbs such as basil, garlic, parsley, and tarragon. Roast, uncovered, for 45 minutes to an hour at 400°F in a pan large enough so the pieces do not touch each other. Stir occasionally. They are done when “fork-tender.”

♥ For grilling, cut vegetable pieces into slices no more than 1 inch thick so they’ll cook quickly. Coat with oil or cooking spray as for roasting, then place on the grill for 2-3 minutes per side. Use tongs to turn.

♥ Thicken soup with a purée of cooked or roasted mixed vegetables, potatoes, or beans.



♥ Keep bags of frozen vegetables on hand to add to spaghetti sauce, stir-fries, and macaroni and cheese.

♥ Canned beans (such as garbanzo, pinto or black) can make a side salad into a meal salad. Round it out with a slice of whole grain bread or a bowl of soup.

♥ Stewed tomatoes mixed with an equal amount of low fat milk or plain soymilk and heated over low heat until steaming makes an excellent quick homemade chunky tomato soup. Purée the mixture if you prefer a smoother texture.

♥ Substitute puréed canned or cooked beets for the fat in brownies, chocolate cupcakes, or loaf cakes. They'll turn out moist and contain the antioxidant "plus" from the beets.

♥ Replace the fat in gingerbread with canned solid-pack pumpkin to slash fat, saturated fat, cholesterol, and calories and add a hefty dose of beta-carotene.

Fruits

♥ Top vanilla frozen yogurt or lower fat ice cream with banana slices, canned Mandarin oranges, fresh Clementine sections, peaches, cherries, or your favorite berries. Don't forget a squirt of chocolate syrup!

♥ For a fast fruit sauce, blend equal parts of light sour cream and fat free evaporated milk with a teaspoon of sweetener and a drop or two of vanilla extract. Spoon over fresh or frozen berries and sprinkle with cinnamon.

♥ Substitute puréed prunes or applesauce for up to one hundred percent of the fat in a quick bread, muffin, cookie or cake recipe. You may want to experiment with substituting fruit purée for half of the fat to see how you like the result.

♥ For a dessert, top refrigerated or frozen yogurt with fresh, defrosted frozen, or canned fruit and sprinkle with granola.

♥ Think outside the bowl when assembling your salad or sandwich. Mandarin orange slices, apple slices, dried cranberries or raisins, or other dried fruit all add wonderful texture and natural sweetness to your green salad. Apples or sliced grapes go well on a chicken, turkey, or ham sandwich. Don't forget peanut butter, jelly, and banana for a yummy "comfort food" breakfast sandwich.



Dairy

♥ Fat free evaporated milk is a surprisingly good substitute for whipping cream. When partially frozen, it whips up like heavy cream. Pour 1 cup evaporated fat free milk in a small bowl. Cover and place it and the mixer beaters in the freezer for 30 minutes or until ice crystals start to form. Remove from the freezer and beat for 1 minute on high until very frothy. Gradually add $\frac{1}{4}$ cup powdered sugar or an equivalent amount of the dry (not liquid) sweetener of your choice, and 1 teaspoon vanilla extract. Continue beating until mixture is stiff. Serve immediately. This stays whipped for less than 30 minutes, so plan to use it immediately.

♥ Fat free evaporated milk is a rich-tasting substitute for cream in recipes. Try making this chilled choco-banana mousse with it for a decadent-tasting treat: In a covered blender container on high speed, blend together $\frac{3}{4}$ cup cocoa, $\frac{1}{2}$ cup fat free evaporated milk (from a 12-oz. can), and $\frac{1}{4}$ cup sugar or preferred sweetener. Once the cocoa is well blended, add the rest of the milk, 3 large frozen bananas (cut into four or five chunks) and 1 tsp. vanilla. Blend on high speed until smooth. Consistency will be like a very thick sauce. Serve immediately. Makes 8 half-cup servings. Per serving: 113 calories and 136 mg calcium.

♥ Use skim or 1 percent milk instead of whole milk or half and half.

♥ Replace sour cream in dips and sauces with low fat yogurt.

♥ Instead of regular cottage cheese, use low fat or nonfat cottage cheese or fat-free ricotta. Look for extra calcium versions.

Plant Protein

♥ Try this simple sauce for vegetables or stir fries: $\frac{1}{3}$ cup nut butter of your choice, $\frac{1}{2}$ cup boiling water, 1 tablespoon low sodium soy sauce, 1 tablespoon vinegar, 1 teaspoon minced garlic, $\frac{1}{4}$ teaspoon ginger and $\frac{1}{8}$ teaspoon cayenne pepper. Whisk these ingredients together in a small bowl until smooth. Add a little more boiling water if it becomes too thick.

♥ Spread mashed beans (such as pinto, black, or kidney) on nachos with salsa, in a pita with lettuce, tomato, and mustard or mayonnaise, in a burrito with tomato and cheese. Keeping beans on hand makes it easy to create a delicious quick meal.

♥ Veggie-based burgers, crumbles, and meatballs can substitute for meat in Italian dishes, sauces, and casseroles. (Try veggie patty “chicken” Parmesan.)

♥ Beans (such as garbanzo, soy, black or pinto) are a delicious and heart-healthy protein addition to salads, soups, tomato sauce, and stuffed peppers or tomatoes.

♥ Nut butters or nuts added to sauces, stir fries, or salads provide satisfying flavor, protein, and healthy fats.



Animal Protein

♥ If you love eggs, but don't want to use up two days worth of cholesterol in one 3-egg omelet, try an egg white omelet. (All of an egg's cholesterol is in the yolk.) Beat well 3 egg whites, and set aside. Sauté peppers, onion, mushrooms, or the vegetables you prefer in a teaspoon of oil in a small sauté pan. When they are heated through, pour the beaten egg white over the vegetables and swirl, lifting the cooked edges of the omelet to allow the uncooked whites to fill in underneath. When it is almost set, sprinkle some sharp cheese on top and fold in half or thirds. Remove from heat. Let rest as it continues to cook for a few seconds. You may decide not to go back to regular omelets!

♥ Browning lean cuts of meat prior to cooking by moist-heat methods adds rich color and flavor. Pat dry with a paper towel, then dredge the meat in flour to seal in flavors and moisture. Use a small amount of oil or cooking spray in a nonstick pan, and brown slowly for best results.

♥ Prepared marinades are a super easy way to make lean cuts of meat, skinless chicken, or fish tender and juicy. In the refrigerator, marinate the animal protein for as little as 10 minutes or up to 2 hours ahead of cooking. Fish doesn't need to marinate for longer than 10 to 15 minutes.

♥ Poultry skin is high in saturated fat. Remove it either before or after cooking and discard.

♥ Trim the visible fat from meat to lower the total and saturated fat.

♥ Use moist heat methods such as braising, simmering, stewing, poaching, or pressure-cooking for lean or less tender cuts of beef.

♥ When cooking beef in the oven, put a rack in the pan to allow fat to drip away from the meat.

♥ To further reduce the fat, put cooked ground beef in a strainer and rinse briefly with hot water. Drain well and continue with your recipe.

♥ Skimming fat from homemade meat soups and stews is easy. Chill and remove the fat layer that rises to the surface.

♥ Use a fat-separating cup for making low-fat beef gravy or lean au jus.



Fats and Oils

- ♥ Focus on healthful oils, including olive, canola, and peanut.
- ♥ Reduce the amount of harmful saturated and hydrogenated fat in your cooking. ♥ In baking, substitute canola or olive oil for solid fats such as shortening, lard, and butter, using about $\frac{1}{4}$ less than the recipe calls for.
- ♥ Flaxseed oil and ground flaxseeds add healthful fats and a nutty flavor when drizzled over salads and hot cereals.
- ♥ A bit of toasted sesame oil in a stir-fry contributes a lot of flavor, while sesame butter (tahini) in humus (garbanzo bean dip) adds richness.
- ♥ Butter-flavored and olive oil-flavored cooking sprays can really help to cut down on the fat calories that you may not be aware of, while adding rich flavor accents.
- ♥ You can make your own spray by adding your favorite oil to a clean, new spray bottle. Some companies also sell specially designed oil spray bottles that you hand-pump to increase the air pressure and then spray.
- ♥ Measure the oils that you may add to a salad or in cooking. A teaspoon may do the trick for flavoring and adding richness rather than a heavy-handed tablespoon or two. At approximately 120 calories per tablespoon, it's important to be aware of how much you are actually using. Try a small amount of strong flavored oils such as toasted sesame, walnut, or flax oil on salads or drizzled on at the end of cooking a stir-fry for an intriguing flavor.
- ♥ The classic whole-foods cookbook, *Laurel's Kitchen* has a recipe for "Better Butter": Blend together one-half cup of canola oil and one stick of softened butter to make a reduced saturated fat spread. Commercial brands have caught on, so now you can find reduced saturated fat butter blends packaged as a spreadable "tub" product.
- ♥ Herb "butter": Mix $\frac{1}{2}$ cup nonfat or reduced fat tub margarine or whipped light butter with one teaspoon each of dried parsley, chives, tarragon, basil, oregano, sage, garlic, and white pepper until fluffy. Pack in covered container, and allow flavors to meld at least one hour. ♥ These herbs also can be mixed with $\frac{1}{2}$ cup nonfat or reduced fat tub margarine or whipped light butter and $\frac{1}{2}$ cup nonfat cream cheese or yogurt cheese to make a reduced fat "Boursin" type spread.
- ♥ Piccrusts are high in saturated fat. Open-face pies contain less saturated fat than double-crust ones.
- ♥ An angel food cake requires no fat.



Herbs and Spices

These favorite herb and spice suggestions are a good starting place if you are new to cooking with them. They are especially useful when trying to lower the fat content of a dish. Fresh and dried herbs and spices add lots of flavor without any fat.

Replace herbs and spices at least yearly for the most potent flavor. Store them away from heat and light.

You can save money and get the highest quality herbs and spices by purchasing just the amounts you need from the Co-op's bulk foods department.

Beef:	Dry mustard, nutmeg, onion, sage, pepper, bay leaf, ginger, garlic
Lamb:	Garlic, curry, mint, rosemary
Veal:	Bay leaf, ginger, curry, paprika, oregano
Chicken:	Paprika, thyme, sage, parsley, curry, savory, ginger, garlic
Fish:	Dry mustard, paprika, curry, bay leaf, lemon juice, dill, tarragon, mint, basil
Eggs:	Pepper, dry mustard, paprika, tarragon
Pork:	Ginger, cinnamon, curry, onion, pepper, garlic
Asparagus:	Lemon juice, caraway seed
Green Beans:	Lemon juice, nutmeg, onion
Broccoli:	Lemon juice, oregano
Cabbage:	Mustard, caraway seed, vinegar
Carrots:	Allspice, ginger, cloves
Cauliflower:	Nutmeg, celery, seed
Peas:	Onion, mint
Potatoes:	Parsley, chives
Squash:	Ginger, basil, oregano
Tomatoes:	Basil, oregano, sage, thyme

Getting Started— Web Cooking Tips



Basics Of Cooking Lesson Series from About.com provides many basic explanations for beginner cooks, from reading a baking recipe to how to prepare fruits and vegetables.
www.busycooks.about.com/od/cookinglessons/a/cookinglessons.htm

The Co-op Food Stores website is the place to go for whole foods recipes. Do you have an ingredient like beans or rice and want ideas on what to make with it? Search for a new recipe by ingredient, category (for example, entrée or appetizer), or theme (for example Mediterranean or winter holidays).
www.coopfoodstore.coop/recipes.html

Five Cooking Spices Every Beginning Cook Needs Absolute kitchen novices can start here with spices and herbs. www.arar.essortment.com/spicescooking_rzjp.htm

FoodFit's checklist lays the groundwork for a pleasurable, successful cooking experience.
www.foodfit.com/cooking/archive/focusOn_mar03.asp

Tips for Beginning Cooks by Elaine Corn A resource-filled webpage with lots of inspiration and instruction on utensils and cookware needed as you start your foray into the kitchen.
www.sallys-place.com/food/columns/corn/cookware.htm

Cookbooks

Just Learning to Cook

Absolute Beginner's Cookbook: Or How Long Do I Cook a 3-Minute Egg? Revised 3rd Edition by Jackie Eddy and Eleanor Clark

Basic Cooking: All You Need to Cook Well Quickly by Jennifer L. Newens and Sebastian Dickhaut

Betty Crocker's Cooking Basics : Learning to Cook with Confidence by Betty Crocker

Cooking with Whole Foods

Biggest Book of Slow Cooker Recipes by Better Homes and Gardens Books

The Co-op Cookbook: Delicious and Healthy Meals in Less Than Half an Hour by Rosemary Fifield

Jane Brody's Good Food Book: Living the High-Carbohydrate Way by Jane E. Brody

Moosewood Restaurant Cooks at Home: Fast and Easy Recipes for Any Day by Moosewood Collective

Cooking for or with Children

Fanny at Chez Panisse: A Child's Restaurant Adventures with 46 Recipes by Alice L. Waters

Feeding the Whole Family: Whole Foods Recipes for Babies, Young Children & Their Parents by Cynthia Lair



The Healthy College Cookbook
by

Alexandra Nimetz, Jason Stanley and Emeline Starr

Now You're Cooking: Everything a Beginner Needs to Know to Start Cooking Today by Elaine Corn

The New Laurel's Kitchen: A Handbook for Vegetarian Cookery and Nutrition

by Laurel Robertson, Carol Flinders and Brian Ruppenthal

Pressure Perfect : Two Hour Taste in Twenty Minutes Using Your Pressure Cooker by Lorna J. Sass

Rodale's Basic Natural Foods Cookbook, Charles Gerras (Editor)

Simple Food for the Good Life by Helen Nearing and Barbara Damrosch

Honest Pretzels; Pretend Soup and Other Recipes; Salad People and More Real Recipes-A New Cookbook for Preschoolers & Up by Molly Katzen (Moosewood Cookbook)

Secrets of Feeding a Healthy Family by Ellyn Satter

Step Twelve

Plan to Succeed the “Better Eating for Life” Way



Success is a journey, not a destination. –Arthur Ashe

This last step in the *Better Eating for Life* series contains the keys to pulling all the information together to reach your goals: planning ahead and making small consistent steps toward a healthier lifestyle.

You will find helpful guidance on physical activity and how to gently get more of it into your life. While your daily activity choices aren't directly related to food and nutrition, together, smart food choices and adequate physical activity can lead you toward better health for life.

Plan to Succeed

According to a 1997 *Restaurants and Institutions* survey, more than half of all Americans decide on the what, where, and how of dinner between 5 p.m. and 8 p.m., a critical time period they termed “The Red Zone.” Everyone has been in this last-minute situation. Time-crunched and famished, we can easily make poor food choices.

Poor nutritional health is not caused by the once-in-a-while splurge at a party or the twice-a-year brontosaurus-sized steak.

The best nutrition results from little choices that you make every day. Small positive choices, over time, add up to a healthy overall eating plan.

Identifying the Red Zones in your eating plan ahead of time turns a “danger” zone into an opportunity for improved choices. For example, do you and your family skip breakfast? Or are lunches the meal that gets shortchanged? Do between-meal snacks throw your eating plan for a loop? Or is it the dinner meal?

Here are several ideas for ways to start thinking and planning ahead for your successful, health-promoting eating style.

Dining Out

You can eat well almost anywhere. You can also consume more saturated fat and sodium when out to eat than at home. Dining success depends on thinking ahead.

Always order a hot or cold vegetable, a salad, or a vegetable broth-based soup. That way, the often-neglected Vegetables Group is taken care of right off the bat. Again, look for foods

that fill in your food pyramid. If the entrée is an oversized portion, plan to save half for lunch the next day. Still want dessert? Try skipping pie with its saturated fat-laden crust and choosing pudding instead. Fruit or sorbet is also a good choice.



Grocery Shopping

- Eat before you go. Shopping while you are hungry nearly guarantees that you'll find nutrition-poor choices extra appealing. Having a snack of fruit or nuts at this time will quiet your hunger pangs and provide you with part of your daily nutrition needs. Great choice!
- Stock up on the foods that will add to your healthy goals: whole grain breads and cereals, enough fruit and vegetables for the week (remember, fresh, frozen, canned, and dried all can play a role), low fat dairy or nondairy calcium-fortified foods, nuts, beans, fatty fish (canned salmon, sardines, mackerel and albacore tuna work well for providing heart-healthy omega-3 fats), lean poultry, and lean meats.
- Make a list! Use your own or try the MyPyramid Food Shopping list on the following page. The categories will help you to remember the nutritious foods you need on hand, ready for meals and snacks. Make copies and attach it to your refrigerator. As you run out of something, write it down on the list.

Eating plans with a wide variety of healthful whole foods supply the highest nutritional quality.

For the choices richest in nutritional value, choose whole and minimally processed foods most often.

Meal Planning

Planning how you will use these good foods makes healthy meals more likely. You may choose to open up your whole-foods recipe books and plan out your weekly meals. Those with tighter schedules might instead opt for a rough game plan of easy weeknight meals. For example, if your pantry, refrigerator, and freezer contain whole-wheat pasta, brown rice, chicken or seasoned tofu, a pre-made plain pizza crust, tomato sauce, cheese, and frozen vegetables, you have an Italian dinner, a stir-fry, and a veggie pizza party ready to go.

MyPyramid Food Shopping List

Fruits: Fresh, frozen, canned, dried, and 100% fruit juices	
Vegetables:	
Dark-green vegetables – broccoli; spinach; romaine; collard, turnip, and mustard greens	
Orange vegetables –carrots, sweet potatoes, winter squash, pumpkin	
Legumes –soybean products, pinto beans, kidney beans, lentils, chickpeas, tofu	
Starchy vegetables – white potatoes, corn, green peas	
Other vegetables –tomatoes, tomato juice, lettuce, green beans, onions	
Grains:	
Whole grains – All whole grain products and whole grains used as ingredients- whole wheat and rye breads, whole grain cereals and crackers, oatmeal, brown rice.	
Other grains – enriched grain cereals and crackers, enriched pasta, white rice.	
Meat, poultry, fish, dry beans, eggs, nuts and seeds:	
Lean meats – At least 85% lean ground beef Lean, low sodium luncheon meats Skinless poultry Eggs/Egg substitutes Dry beans and peas – black-eyed peas, chickpeas, soy beans, lentils, split peas Tofu/ veggie burgers/tempeh Nuts & seeds – nut butters, seed butters Vitamin E rich: Sunflower seeds, almonds, and hazelnuts Omega-3 rich: walnuts Fish Shellfish Omega-3 rich: salmon, trout, herring, canned mackerel, sardines	
Milk, yogurt, and cheese fat-free or low-fat and high calcium alternatives – calcium-fortified soy or nut beverages, juices, cereals and greens such as Chinese mustard greens, Chinese cabbage flower leaves and Bok Choy	
Liquid vegetable oils – olive, canola, peanut, sesame	
Discretionary Calories (Fun Foods)	

The “Magic Pill” is Here!



According to the new 2005 Dietary Guidelines for Americans, there is a “Magic Pill” you can take that is proven to do incredible things for your health. These benefits include reducing your risk of: dying prematurely, dying from heart disease, developing diabetes, high blood pressure, and colon cancer. It works to help reduce blood pressure in people who already have this condition and to reduce feelings of depression and anxiety.

This “Magic Pill” helps build and maintain strong bones, muscles, and joints; helps to maintain a healthy weight; helps older adults to improve their strength and balance; and promotes psychological well-being.

The U.S. Surgeon General, in his latest report on Physical Activity and Health, has stated that all of these effects are true.

Where do you get it? It is right at the end of your feet. The “Magic Pill” is a “dose” of thirty minutes of moderate physical activity— all at once or broken up over the course of the day. Just take a walk!

Walking the dog, taking the stairs, biking, hiking, parking farther away from your destination and walking more, working out, gardening, vacuuming, swimming— whatever appeals to you is the place to start.

Depending on your health and fitness goals, the Dietary Guidelines recommend differing levels of physical activity.

Start Here

The first level of physical activity, at least thirty minutes of moderate-intensity physical activity on most days of the week, will help to reduce the risk of chronic disease in adults. This activity is in addition to usual activity, at work or home.

If you are not doing any physical activity, start small. A five-minute walk is a great place to begin. Add a few minutes each day until you reach your thirty-minute goal.

Another strategy is taking several short walks a day; three ten-minute walks will give you the same benefits as a thirty-minute one. Parking far away and walking across the parking lot to the store and back could provide two five-minute walks. A ten-minute walk break gives you another portion of your daily “30.” Add a walk after dinner to give you ten or more walking minutes. (Wear reflective clothing and bring a flashlight so cars can easily see you if you walk after dark.)



Ready For More?

The next level, for people whose goals are to manage their body weight and prevent unhealthy weight gain, requires approximately 60 minutes of moderate- to vigorous-intensity activity on most days of the week. Of course, calorie intake must not exceed recommended levels for your age and activity level for the weight management benefits to be achieved.

Here's where a mini-stepper or trampoline in front of the TV can be very helpful. Two 30-minute TV shows and you're done! Motivated folks could simply march in place. A walking date with a friend is a great motivator to accumulate some of your activity minutes in a fun way.

Serious Weight Loss Maintenance

For formerly obese adults who have lost weight and desire to keep it off, the latest guidelines recommend at least 60 to 90 minutes of daily moderate-intensity physical activity along with maintaining an appropriate calorie intake. Some people may need to consult with a healthcare provider before participating in this level of activity.

Your Personalized Activity Plan

Start where you are, gently increasing physical activity to a level that feels good to you.

Zero-in on the activities you enjoy, enjoyed in the past, or would like to explore. Then, pick the one you feel is easiest to start with, and off you go! Remember to start slowly, and build up the length of time and intensity of activity over a period of weeks.

The extensive physical activity checklists that follow are adapted from the Centers for Disease Control and Prevention and the American College of Sports Medicine guidelines.

Most of us will receive substantial health benefits in exchange for regular physical activity.

It's safest to check with your healthcare provider for guidance before starting a new exercise program.

Moderate and Marvelous Movements

Do any of these moderate-intensity activities sound interesting? Adding any combination of 30 minutes or more of them to your day can add health benefits well beyond the simple enjoyment of the movement. Check off the activities that you enjoy, and any new ones that you would like to try.



- Hiking
- Light Gardening/Yard Work
- Dancing
- Golf (walking and carrying or wheeling clubs)
- Bicycling (<10 mph)
- Walking (3.5 mph)
- Weight Lifting (general light workout)
- Roller skating or in-line skating at a leisurely pace
- Bicycling 5 to 9 mph, level terrain, or with few hills
- Stationary bicycling—using moderate effort
- Water aerobics
- Calisthenics—light
- Yoga
- Jumping on a trampoline
- Using a stair climber machine at a light-to-moderate pace
- Using a rowing machine—with moderate effort
- Weight training and bodybuilding using free weights, Nautilus- or Universal-type weights
- Boxing—punching bag
- Ballroom dancing
- Line dancing
- Square dancing
- Folk dancing
- Modern dancing, disco
- Ballet
- Table tennis—competitive
- Tennis—doubles
- Softball—fast pitch or slow pitch
- Basketball—shooting baskets
- Coaching children's or adults' sports
- Playing Frisbee
- Juggling
- Badminton
- Archery
- Downhill skiing—with light effort
- Ice skating at a leisurely pace (9 mph or less)
- Snowmobiling
- Ice sailing
- Swimming—recreational
- Aquatic aerobics
- Waterskiing
- Surfing, board or body
- Canoeing or rowing a boat at less than 4 mph
- Rafting—whitewater
- Sailing—recreational or competition
- Kayaking—on a lake, calm water
- Washing or waxing a powerboat or the hull of a sailboat
- Fishing while walking along a riverbank or while wading in a stream—wearing waders
- Hunting
- Horseback riding—general
- Skateboarding
- Playing instruments while

- actively moving; playing in a marching band; playing guitar or drums in a rock band
- ❑ Twirling a baton in a marching band
- ❑ Singing while actively moving about—as on stage or in church
- ❑ Gardening and yard work: raking the lawn, bagging grass or leaves, digging, hoeing, light shoveling (less than 10 lbs per minute), or weeding while standing or bending
- ❑ Planting trees, trimming shrubs and trees, hauling branches, stacking wood
- ❑ Pushing a power lawn mower or tiller
- ❑ Shoveling light snow
- ❑ Moderate housework: scrubbing the floor or bathtub while on hands and knees, hanging laundry on a clothesline, sweeping an outdoor area, cleaning out the garage, washing

- windows, moving light furniture, packing or unpacking boxes, walking and putting household items away, carrying out heavy bags of trash or recyclables (e.g., glass, newspapers, and plastics), or carrying water or firewood
- ❑ General household tasks requiring considerable effort: Putting groceries away—walking and carrying especially large or heavy items less than 50 lbs.
- ❑ Actively playing with children—walking, running, or climbing while playing with children
- ❑ Child care: handling uncooperative young children (e.g., chasing, dressing, lifting into car seat), or handling several young children at one time
- ❑ Bathing and dressing an adult
- ❑ Animal care: shoveling grain,



- feeding farm animals, or grooming animals
- ❑ Manually milking cows or hooking cows up to milking machines
- ❑ Home repair: cleaning gutters, caulking, refinishing furniture, sanding floors with a power sander, or laying or removing carpet or tiles
- ❑ General home construction work: roofing, painting inside or outside of the house, wall papering, scraping, plastering, or remodeling
- ❑ Outdoor carpentry, sawing wood with a power saw
- ❑ Automobile bodywork
- ❑ Hand washing and waxing a car

Time-Crunched Fitness

The Centers for Disease Control state that instead of moderate activity for 30 minutes most days of the week, a person would get similar benefits from three or more days of the week of vigorous-intensity activities (for at least 20 minutes per session).



Vigorously Vivacious Activities

How about 20 minutes of these vigorous activities— done only three days a week? Check off the ones that sound like fun to you!

- Race walking and aerobic walking—5 mph or faster
- Jogging or running
- Wheeling your wheelchair
- Walking and climbing briskly up a hill
- Backpacking
- Mountain climbing, rock climbing, rappelling
- Roller skating or in-line skating at a brisk pace
- Bicycling more than 10 mph or bicycling on steep uphill terrain
- Stationary bicycling—using vigorous effort
- Aerobic dancing—high impact
- Step aerobics
- Teaching an aerobic dance class
- Calisthenics—push-ups, pull-ups, vigorous effort
- Karate, judo, taekwon do, jujitsu
- Using a stair climber machine at a fast pace
- Using a rowing machine—with vigorous effort
- Using an arm cycling machine—with vigorous effort
- Circuit weight training
- Boxing—in the ring, sparring
- Professional ballroom dancing—energetically
- Square dancing—energetically
- Folk dancing—energetically
- Clogging
- Tennis—singles
- Most competitive sports
- Cross-country skiing
- Sledding
- Swimming—steady paced laps
- Water jogging
- Canoeing or rowing—4 or more mph
- Kayaking in whitewater rapids
- Horseback riding—trotting, galloping, jumping, or in competition
- Skipping
- Jumping rope
- Performing jumping jacks
- Playing a heavy musical instrument while actively running in a marching band
- Gardening and yard work: heavy or rapid shoveling (more than 10 lbs per minute), digging ditches, or carrying heavy loads

- ❑ Felling trees, carrying large logs, swinging an ax, hand-splitting logs, or climbing and trimming trees
- ❑ Pushing a nonmotorized lawn mower
- ❑ Shoveling heavy snow
- ❑ Heavy housework: moving or pushing heavy furniture
- ❑ Carrying several heavy bags (25 lbs or more) of groceries at one time up a flight of stairs

- ❑ Grocery shopping while carrying young children and pushing a full grocery cart, or pushing two full grocery carts at once
- ❑ Vigorously playing with children—running longer distances or playing strenuous games with children
- ❑ Race walking or jogging while pushing a stroller designed for sport use
- ❑ Animal care: forking bales of



- hay or straw, cleaning a barn or stables
- ❑ Home repair or construction: very hard physical labor, concrete or masonry work
- ❑ Farming—forking straw, baling hay, cleaning barn, or poultry work

Web Resources

Tools for Long-Term Healthy Living

There's No Such Thing as Cheating by Chad Tackett. Words to the wise for removing the obstacle of "perfection."
www.bodybuildingforyou.com/articles-submit/ghf/no-thing-as-cheating.htm



Losing Weight in a Healthy Way: Some Common Sense Advice by the Partnership for Essential Nutrition (a group of non-profit health organizations).
www.essentialnutrition.org/lwhw_doc.php

We Can! (Ways to Enhance Children's Activity & Nutrition) is a national education program designed for parents and caregivers to help children 8-13 years old stay at a healthy weight with tips and fun activities to encourage healthy eating, increase physical activity, and reduce sedentary or screen time.
www.nhlbi.nih.gov/health/public/heart/obesity/wecan/live-it/index.htm

MyPyramid.gov from the United States Department of Agriculture is a fun, interactive nutrition website with solid guidance to help you with a lifelong eating and activity plan.
www.mypyramid.gov

Meal Planning Made Easy from the University of Illinois Extension
www.urbanext.uiuc.edu/thriftyliving/tl-mealplanning.html

Meals for You is a complete meal-planning center. People on special diets, time-crunched cooks, or those just looking for meal ideas will find this site very helpful.
www.mealsforyou.com/cgi-bin/home

Physical Activity Tips and Guidance

The **MyPyramid Tracker** section of the new MyPyramid website is an excellent tool for assessing and keeping track of the physical activity you do all day long.
www.mypyramidtracker.gov

Surgeon General's Report on Physical Activity and Health contains lots of helpful information on why and how to start increasing your activity level.
www.cdc.gov/nccdphp/sgr/ataglan.htm

The **American Council on Fitness and Exercise** website has many user-friendly tips, exercises, and much high-quality information on how to gradually improve your fitness level.
www.acefitness.org/getfit/default.aspx

The **Center for Disease Control's** "Physical Activity for Everyone" website can help you to safely start increasing your physical activity level.
www.cdc.gov/nccdphp/dnpa/physical/index.htm

Moving Beyond *Better Eating for Life*



Now it's up to you. With the tools provided in steps one through twelve, you have the solid foundation you need to start moving toward optimum health and fitness.

Making good food and physical activity choices doesn't have a downside for your health—only wonderful new flavors and moving adventures to experience.

Explore one step at a time, and over time, your healthy eating and activity style will become part of you, something you don't think too much about, just good habits that you naturally follow.

Best wishes to you on this exciting and rewarding health adventure!

An Easy, Joyful Guide Towards Better Eating for Life



"I have found *Better Eating for Life* to be an excellent resource for nutrition education and a valuable tool to recommend to parents and staff. It not only includes nutrition information but offers interesting facts and tips, great recipes, humorous quotes, and additional resources related to each section. I highly recommend it!"

—Karen Heaton, BSN, RN, School Nurse and Health Educator,
Plainfield School, Meriden, NH

"*Better Eating for Life* is a wonderful compendium for every consumer who wants to learn more about eating healthy. Mary Choate has the uncanny skill of translating the best available nutrition research into practical ideas and techniques (which makes it simple to put a snack or meal together that's both tasty and good for you). *BEFL* tops my nutrition reference list!"

—Kc Wright, MS, RD, LD, Clinical Dietitian, Cardiology Clinic,
Dartmouth Hitchcock Medical Center, Lebanon, NH

"After taking the *Better Eating for Life* series I was eating even better than I had before taking the class (and I thought I had a very healthful diet). My life was enhanced by having more energy, maintaining a healthy weight, and having an excellent weekly shopping list based on wise food choices. The series also renewed my sense of adventure around trying new recipes and discovering new foods."

—Nancy Fulton, *Better Eating for Life* class participant

Updated to reflect the Dietary Guidelines for Americans 2005, the new MyPyramid Plan, and now incorporating information and tips on regular physical activity and ideas for super easy and quick meals.

About the Author

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Photo by Heather Hudson

About the Co-op Food Stores

The Hanover Consumer Cooperative Society, Inc. was formed in 1936 by 17 families associated with Dartmouth College in Hanover, New Hampshire. A child of the Great Depression, it began as a food buying club that sought to bring quality products, at reasonable prices, to this remote area of New England. Its first purchases were cases of fresh citrus directly from a Florida grower.

Today, the Co-op's 30,000 members own two full-service supermarkets, a small community food market, an automobile service center, and an off-site commissary kitchen that provides freshly made prepared foods to all of the Co-op's retail sites. Anyone can shop at the Co-op, member or not, and all are welcomed to take advantage of the extensive consumer education programs provided by the Co-op's Education and Member Services Department.

Co-op Food Stores, Hanover and Lebanon, New Hampshire
www.coopfoodstore.coop