

**FAITH
ACTIVITY
NUTRITION**

Edition



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216 Poole Agricultural Center
Clemson, SC 29634-0316

Dear Cooking with a Chef participant,

This program has been developed for you to enjoy hands-on culinary nutrition discussions and cooking activities with a chef and culinary educator team. The information in this guide centers on healthy cooking tips that emphasize vegetables, fruits, and whole grains while reducing salt, fat and sugar in recipes.

Most of us enjoy cooking when we have plenty of ingredients on hand. The real challenge is creating delicious meals and snacks with attention to health and lower cost ingredients. As part of this unique program, we've included cooking tips and healthy ingredient substitutions within quick and easy recipes that children and adults alike can enjoy.

The five major topics in the Cooking with a Chef program include: Make Menu Planning Easy, Color Your Plate with Vegetables and Fruits, Vegetables and Fruits for a Week, Flavor & Nutrition on the Menu, and Get Savvy in the Market. Additional resources on cooking, food, and health are available in the guide for your convenience.

Each Cooking with a Chef session includes discussions with the team, culinary demonstrations, nutrition principles applied to the food you are preparing, and an opportunity for you to enjoy the recipes during the shared meal time with fellow participants. The benefits from this merging of nutrition with the culinary arts can be healthy eating behaviors that come from increased culinary confidence and nutrition alertness. Enjoy the program. Please contact me if you have any suggestions, questions or desire additional Cooking with a Chef supplementary recipes, materials or support. Please check out the website: www.clemson.edu/cookingwithachef

Sincerely,

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Cooking with a Chef

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Make Menu Planning Easy

Cooking with a Chef

LESSON 1:

MAKE MENU PLANNING EASY

Lesson Objectives:

1. Practice planning healthy meals with balance, variety, contrast and eye appeal.
2. Practice of basic cooking techniques and knife skills.
3. Review the 5 flavor sensations.
4. Use special considerations in menu planning, such as food preferences, holidays, climate and seasonality of foods, and produce availability.





Make Menu Planning Easy

Cooking with a Chef

Culinary and Nutrition Terms

Mise en place:

Grill:

Roast:

Bake:

Sauté:

Stir-fry:

Poach:

Julienne:

Dice:

Mince:

Chop:

Tournée:

Savory:

Rich Flavor:

Caramelization:

Calcium:

Omega-3 Fatty Acids:

Menu Planning:

Volumetrics:





Make Menu Planning Easy

Cooking with a Chef

Make Menu Planning Easy

Good menu planning can make a big difference in what you serve, and it's easier than you think. Your menu influences almost everything, from the foods you buy and how they are prepared to whether or not meals are popular. Food technology has made it possible to choose foods in many different forms—fresh, frozen or pre-prepared. All of this makes menu planning exciting as well as challenging. Check out the five basic menu planning guidelines listed below. Keep them in mind as you think about food preferences and nutritional needs.

1. Strive for balance
2. Emphasize variety
3. Add contrast
4. Think about color
5. Consider eye appeal
6. Special considerations

Tips:





Make Menu Planning Easy

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Strive for Balance

As you plan meals, you can strive for balance in a number of ways.

- Balance flavors to make meals more appealing. Make sure individual foods served together make a winning combination.
 - Too many mild flavors can make a meal too bland.
 - Too many strong flavored foods can make a meal unacceptable. For example, a menu with sausage pizza, Cajun potatoes, coleslaw, and milk may have too many spicy and strong flavors.

Tips:

- Balance higher fat foods with ones that have less fat. Avoid having too many higher fat foods in the same week. For example, hot dogs, chicken nuggets, and burgers. Look for ways to use low-fat side dishes to balance a higher fat entrée.

Tips:





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General Explanation of Flavors

Salty

Parmesan cheese, olives, soy sauce

- Enhances many other flavors.
- Can easily ruin a dish if too much is used.
- Consuming too much sodium (salt) can lead to health problems.

Sweet/Fruity

White and brown sugar, honey, molasses, fruits, sugar substitutes

- Increases the sweetness of a dish
- Try substituting fruit or fruit juices for a UNIQUE flavor

Sour

Vinegars, citrus

- Helps to make the mouth water.
- Adds a sharp contrast to most other flavors.
- Helps cut through sweet and fatty flavored foods and keeps the palette fresh.

Bitter

Coffee, dark chocolate, tea, grapefruit

- Not a bad taste!
- Another way to cut through overly rich dishes

Meaty

Beef, pork, chicken, mushrooms, soy sauce, Worcestershire sauce

- Forms a major platform to build a dish around with other flavors.
- With proper use of this strong flavor, only a small amount is needed in final dish.

Seafood

Fish, shellfish

- Strength of flavor can vary widely.
- High amounts of important nutrients (omega-3 fatty acids) can be added to a dish by utilizing this flavor.

Rich

Butter, oil, cream, avocado, cheeses, sour cream

- Provides thickness to a dish.
- Helps increase the sense of being full.

Starchy

Potatoes, grains, flours

- Another way to add thickness to a dish.
- Can be flavored in many varied ways.

Herbal

Onion, garlic, rosemary, oregano, basil

- Adds great accents to dishes if used correctly.
- Helps bring out underlying flavors of a dish that would otherwise go unnoticed.





Make Menu Planning Easy

Cooking with a Chef

Emphasize Variety

Serving a variety of foods is important because no one food or food group can give you all the nutrients you need to stay healthy. Variety also helps make menus interesting and fun.

- Include a wide variety of foods daily. Avoid serving the same foods day after day or week after week serving the same meals without variation.

Tips:

- Vary the types of main courses you serve. For example, serve casseroles one day, soup and sandwiches the next, or maybe a entrée salad.

Tips:

- Include different forms of foods and prepare them in a variety of different ways. For instance, some vegetables are good eaten raw. If you usually serve a vegetable cooked, try it uncooked. You could also cook it, but use a different seasoning or cooking method, such as roasting or grilling.

Tips:

- Include a new or unfamiliar food occasionally. Try adding red cabbage or spinach to a salad.

Tips:



Variety is the Spice of Life

What to do	How much daily	What to serve
Vary your Veggies	2 ½ cups	Broccoli Sweet potatoes Carrots Tomatoes
Focus on Fruits	2 cups	Banana Kiwi Orange Cantaloupe
Make half your grains whole	3 ounces	Whole grain bread Brown rice Oatmeal Popcorn
Get your calcium-rich foods	3 cups	Low-fat milk Yogurt Cottage cheese Pudding
Go lean with protein	5 ½ ounces	Beef or Pork Eggs Nuts Beans Fish Chicken





Make Menu Planning Easy

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Add Contrast

Strive for contrasts of texture, flavor, and methods of preparation.

- Think about the texture of foods as well as their taste and appearance. For added appeal, serve a green salad or raw vegetables with spaghetti. Serve a crisp fruit or vegetable with a burrito or crisp steamed carrots and broccoli with meatloaf.

Tips:

- Avoid having too much of the same type of food in the same meal. A lunch with too many starches or too many sweets lacks contrast, as well as balance. Similarly, so does a meal with too many heavy foods. If you're serving a hearty casserole, plan to serve a vegetable or fresh fruit on the side.

Tips:

- Use a combination of different sizes and shapes of foods. Within a meal, present foods in several different shapes, such as cubes, shredded, or strips. A chicken breast, fresh fruit cup, mixed vegetables, and steamed rice provide foods in a variety of sizes and shapes.

Tips:





Make Menu Planning Easy

Cooking with a Chef

Think About Color

While taste is number one when it comes to menu planning, color should be second. Color indicates taste, flavor, and quality. A good rule of thumb is to use at least two colorful foods in each meal you serve.

- Avoid using too many foods of the same color in the same meal. A meal with turkey, white rice, cauliflower, pears, and milk lacks color. A better combination would be turkey and cranberry sauce, green peas, whole-wheat bread, orange slices, and milk.

Tips:

- Remember that vegetables and fruits are great for adding natural color to side dishes as well as entrees. A slice of tomato really brightens up a potato salad. Fresh grapes or sliced strawberries liven up a bowl of diced pears or peaches.

Tips:

- Use colorful foods in combination with those that have little or no color. For example, serve broccoli spears with whipped potatoes. Add pimento or green pepper to corn. Serve red apple slices with a hamburger, baked beans, and milk. Serve green peas and apricots with oven-baked chicken, mashed potatoes, and milk.

Tips:

- Don't forget the spices. It's easy to sprinkle on a dash of cinnamon to canned fruit or a little paprika on vegetables and potatoes for added color.

Tips:





Make Menu Planning Easy

Cooking with a Chef

Consider Eye Appeal

Your first impressions of a meal will be how it looks. Make sure what you serve looks as good as it tastes.

- Think of the total presentation. As you plan for color, consider the color of the dishes or plates, as well as the colors of foods.

Tips:

- Plan the way you will place the menu items on the plate. Visualize how the food will look when served and decide on the most attractive arrangement.

Tips:

Sample Menu

Low-fat milk
Hamburger pizza
Carrot strips
Dip for carrots
Watermelon cubes





Make Menu Planning Easy

Cooking with a Chef

Volumetrics

The pictures on the left contain the same amount of calories as the pictures on the right. By paying attention to Volumetrics, you can consume more food for the same amount of calories.



Make Menu Planning Easy

Cooking with a Chef

Volumetrics

Here's another example of Volumetrics at work. Notice how much more vibrant the dish on the right appears.

For a 345-calorie entrée



TRADITIONAL

How we lowered the ED

VOLUMETRICS

Pasta primavera

- ▶ Decreased the amount of pasta
- ▶ Increased the amount of veggies
- ▶ Omitted cream sauce

Charlie's Pasta Primavera

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THE VOLUMETRICS EATING PLAN

Volumetrics material taken from: The Volumetrics Eating Plan by Barbara Rolls





Make Menu Planning Easy

Cooking with a Chef

Special Considerations

As you apply the basic menu planning principles, keep in mind any special considerations.

- **Food Preferences:** Consider personal food preferences, but don't be afraid to introduce new foods from time to time. Include new foods, starting with small amounts, and encourage everyone to try them.

Tips:

- **Holidays and special occasions:** Try new, healthy twist on traditional dishes. For instance, rather than green bean casserole, try steamed green beans with caramelized onions and toasted walnuts.

Tips:

- **Climate or seasons:** Include more hot foods in cold weather and more cold foods in warm weather.

Tips:

- **Product availability:** Use foods in season. Plan to serve plenty of fresh fruits and vegetables when they are plentiful, reasonably priced, and at the peak of quality. Vegetables and fruits that are in season are fresher and taste better.

Tips:



Make Menu Planning Easy

Cooking with a Chef

Seasonal Vegetables and Fruits

January/February		March/April/May	
Avocados Broccoli Brussels sprouts Grapefruit Oranges Pears Spinach Sweet potatoes		Asparagus Avocados Berries Mangos Iceburg lettuce	
June/July/August		September/October/November	
Asparagus Cucumbers Grapes Peas Summer squash Tomatoes Watermelon Zucchini	Melons Peaches	Apples Cranberries Lettuce Mushrooms Pears Winter squash Sweet potatoes Pumpkins	



Moist Heat Cooking Methods

Poach (shallow & submerge): A method of gently cooking food in liquid.

PRO: No additional fat is required during cooking
Variety achieved through sauces and garnish
Good for tender delicate fish and poultry

CON: No flavor from caramelization
Product dries when removed from cooking liquid

Nutrition Tips:

- Season cooking liquids
- Trim surplus fat before cooking
- Serve with light flavorful sauces
- Utilize cooking liquid for sauces when possible
- Cook only as long as necessary



Dry Heat Cooking Methods

Broil/Grill: A method of cooking that involves dry heat (no additional moisture is added during the cooking)

PRO: Food is cooked on a grid, this allows rendering fats to drip from food
Food can be cooked quickly to order
Foods receive flavor from caramelization

CON: Tender, more expensive cuts of meat or fish are used
Foods do not hold well in heat (service, or steam table)

Nutrition Tips:

- Flavor food with marination
- Oil and bread crumb lean fish
- Cook items to order- do not hold
- Use herbs and spices for seasoning
- Serve with simple flavorful accompaniments



Make Menu Planning Easy

Cooking with a Chef

Basic Knives and Their Uses



To peel, trim, chop,
slice, dice, fillet, cut.

1. Chef's knife



To trim peels from
fruits and vegetables.

2. Paring knife



To cut large items, such
as meats.

3. Slicer



To remove the bones
from poultry, meat,
seafood, and to
remove fat.

4. Boning knife



To trim potatoes and
vegetables into shapes
that resemble footballs.

5. Tourné knife



To cut bread.

6. Serrated knife



To fillet fish.

7. Fillet knife



To cut meat.

8. Butcher knife

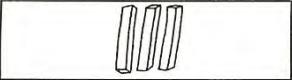
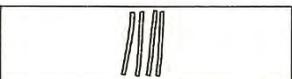
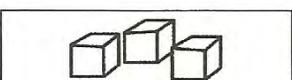
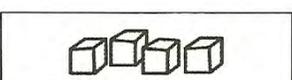
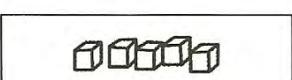
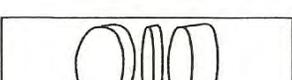
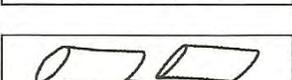
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Make Menu Planning Easy

Cooking with a Chef

Basic Knife Cuts

Cuts for vegetables and their best knife cuts. Chef's knife can also be used in place of utility knife with most cuts.

	A. French fry	Chef's
	B. Stick	Utility
	C. Baton	Chef's
	D. Julienne	Utility
	E. Fine matchstick	Utility
	F. Large dice	Chef's
	G. Medium dice	Chef's
	H. Small dice	Chef's
	I. Round	Utility
	J. Diagonal	Utility or Chef's

Culinary Essentials Lab Manual
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Beef Stew-Soup with Barley

(makes 6 servings)

Ingredients:

- 1 cup onion, chopped
- 1 garlic clove, minced
- 1 Tbs. olive oil
- 2 quarts low-sodium beef stock
- 2 cups seasonal vegetables (green beans, mushrooms, corn, etc.)
- 1 can (15 oz) beef stew
- 1 can (14.5 oz can) low-sodium diced tomatoes
- ½ cup quick cooking barley
- 2 tsp herbs (parsley, basil, etc.)

Instructions:

In a stock pot, sauté onion and garlic in olive oil. Add beef stock and vegetables. Simmer 5 minutes. Add can of beef stew, tomatoes, and quick cooking barley. Simmer 15 minutes. Season to taste with herbs.

Nutrition Information:

Calories: 250
Total Fat: 9g
Saturated Fat: 2.5g Carbohydrates: 32g
Fiber: 6g
Protein: 13g





Make Menu Planning Easy

Cooking with a Chef

Fresh Fruit Crunch

(makes 4 servings)

Ingredients:

- 1 Red Delicious apple, cored and finely chopped (may substitute seasonal berries or peaches)
- 2 (8 oz) non-fat cherry or raspberry yogurt
- $\frac{3}{4}$ cup Grape-Nuts brand cereal

Instructions:

Divide half the chopped apple among serving dishes. Spoon 4 Tbsp of yogurt into each dish. Add 2 Tbsp Grape-Nuts. Top with layers of remaining yogurt, chopped apple, and garnish with a sprinkle of cereal.

Nutrition Information:

Calories: 150
Total Fat: 0g
Saturated Fat: 0g
Carbohydrates: 30g
Fiber: 2g
Protein: 7g



Color Your Plate with Vegetables and Fruits

Cooking with a Chef

LESSON 2:

COLOR YOUR PLATE WITH VEGETABLES AND FRUITS

Lesson Objectives:

1. Review basic cooking terms covered in CWC lessons.
2. Review five reasons to eat more vegetables and fruits.
3. Review various ways to serve vegetables and fruits.
4. Demonstration of simple ways to serve more vegetables and fruits at home for meals and snacks as well as how to pack in a cooler for away from home meals.
5. Review the different color categories of vegetables and fruits.
6. Guide yourself through the produce aisle.



Color Your Plate with Vegetables and Fruits

Cooking with a Chef

Culinary and Nutrition Terms

Score:

Blanch:

Shock:

Concassé:

Simmer:

Steam:

Salsa:

Phytonutrients:

Fruits and Veggies— More Matters™:

Organic:

Food Allergy:



Color Your Plate with Vegetables and Fruits

Cooking with a Chef

Color Your Plate with Vegetables and Fruits

1. Five Reasons to Eat More Vegetables and Fruits
2. Simple Ways to Serve More Vegetables and Fruits
3. Eat Your Colors Everyday
4. The Produce Aisle...Check It Out



Color Your Plate with Vegetables and Fruits

Cooking with a Chef

Five Reasons to Eat More Vegetables and Fruits

1. Vegetables and fruits taste good. Vegetables and fruits add more than color and nutrients to your menu; they are also bursting with flavor.

Tip:

2. Vegetables and fruits are quick and easy to eat. Frozen and canned vegetables can be cooked in the microwave in minutes. They can also be added to soups and stews. Canned fruits are already prepared for you, but choose fruits packed in their own juice.

Tip:

3. Many vegetables and fruits are reasonably priced. Buy vegetables and fruits that are in season. Check your store's flyer for specials. Canned or frozen vegetables can be cheaper than fresh produce at certain times of the year and don't spoil as fast.

Tip:

4. Vegetables and fruits can keep you healthy. Vitamin C-rich vegetables and fruits, like oranges, grapefruits, and sweet potatoes, help build up your body's natural defenses.

Tip:

5. Vegetables and fruits can help you reach your healthy weight. Whether you are trying to lose weight or maintain your weight, vegetables and fruits are packed with the vitamins and minerals to help you stay healthy and strong. They are also lower in calories and fat than most other foods.

Tip:



Color Your Plate with Vegetables and Fruits

Cooking with a Chef

Blanching Guide

Vegetable	Blanching Time (minutes)
Asparagus	3
Beans (wax, snap, green)	3
Broccoli flowerets	3-4
Carrots	5
Cauliflower flowerets	3
Corn	
-medium ears	9
-whole kernel	4
Peas	
-green	1½
-field/black-eyed	2
-in pod	2

Note: After blanching, shock vegetables in an ice bath to stop the cooking process.



Color Your Plate with Vegetables and Fruits

Cooking with a Chef

Simple Ways to Serve More Vegetables and Fruits

- Serve at least one glass of 100% fruit juice each day. Serve 100% fruit juice with breakfast or with a snack in the afternoon. Read the label to make sure that it's 100% fruit juice, not 10% fruit juice.

Tips:

- Serve at least 2 vegetables with the main meal. Serve a small salad with your meal. A salad is a great substitution for French fries or potato chips. Don't forget that one ½ cup of tomato sauce count as a serving of vegetables. Also, you can cook vegetables in different ways (broil, grill, steam, and add to soup and sauces).

Tips:

- Add vegetables and fruit to your favorite foods. For example, serve cut up bananas, raisins, or strawberries with cereal. Add frozen strawberries or applesauce to waffles or pancakes. Add frozen peas or broccoli to Ramen noodles before heating them. Have a pizza party where everyone adds their own extra toppings, like tomatoes or mushrooms. Add frozen broccoli to macaroni and cheese.

Tips:

- Serve at least one vegetable or fruit as a snack each day. Apples, bananas, peaches and plums come in their own little packages making them an easy on-the-go treat. Try serving dried fruits and nuts or canned peaches and pears. Serve low-fat yogurt with sliced strawberries.

Tips:

- Serve a vegetable at lunch. Serve vegetable juice instead of fruit juice. Also, try vegetable soup with extra cut-up veggies.

Tips:



Color Your Plate with Vegetables and Fruits

Cooking with a Chef

Eat Your Colors Everyday

Vegetables and fruits with deep, vibrant colors contain vitamins, minerals, and dietary fiber plus phytonutrients, substances that are beneficial to your health.

Green: artichokes, asparagus, broccoli, green apples, kiwifruit, peas, spinach, green peppers, leafy greens, and zucchini

Tip • Add chopped green peppers to your baked beans or broccoli or collards to soups

Red: apples, cherries, cranberries, red grapes, raspberries, strawberries, tomatoes, watermelon, red peppers, and red onions

Tip • Add a slice of tomato to your sandwich or mix dried cranberries into salads.

Yellow/Orange: apricots, cantaloupe, carrots, mangoes, peaches, pumpkin, sweet corn, oranges, tangerines, and squash

Tip • Add sliced tangerines to your favorite salad greens or dice a mango to salsas.

White: cauliflower, garlic, jicama, mushrooms, onions, parsnips, white potatoes, and turnips

Tip • Steam cauliflower in microwave and top with low-fat cheese, or purée parsnips and serve instead of mashed potatoes.

Blue/Purple: blueberries, plums, purple grapes, raisins, eggplant, and figs

Tip • Add chopped eggplant to prepared pasta sauce and serve over noodles.



Color Your Plate with Vegetables and Fruits

Cooking with a Chef

The Produce Aisle ... ✓ Check It Out

New varieties of produce are cropping up all the time in the supermarket. Today there are over 400 produce options, many of which are available year-round.

✓ Check out what is in season.

Tips:

✓ Prepackaged vegetables and fruits can save you time. Even though they may be a little more expensive, some examples include baby carrots and bagged lettuce or spinach.

Tips:

✓ If your favorite fruit or vegetable isn't in season, consider using canned or frozen. Because canned and frozen vegetables and fruits are packed at their ripest, they have equal nutritional value as fresh produce.

Tips:

✓ Adding fresh produce to scratch or prepared foods has never been easier.

Tips:

✓ Many vegetables and fruits come in a variety of colors and shapes. Examples include green and red apples, red and green grapes, and multi-colored varieties of tomatoes.

Tips:

✓ Be adventurous and try something new. Consider tropical fruits, like mangos, papayas, or guava. Try a toma bella—a bright, red bell pepper with the flavor and shape of a tomato, or the donut peach—a white-fleshed, flat peach, or star spangled zucchini squash.

Tips:



Color Your Plate with Vegetables and Fruits

Cooking with a Chef

Chicken and Fruit Salad

(makes 4 servings)

Ingredients:

1 lb boneless, skinless chicken breasts (cooked, cooled, and chopped)
½ cup dates, chopped
½ cup grapes, halved
1 ½ cups celery, chopped
8 oz fat free lemon yogurt
1 apple, cored and diced
2 tsp lemon juice
1 tsp ground turmeric

Instructions:

In a large bowl, mix chicken pieces, dates, grapes, celery and apple. In another bowl, combine yogurt, lemon juice and turmeric. Pour yogurt mixture over chicken mixture. Gently stir to coat. Refrigerate 1 hour until chilled.

Serving suggestion: Arrange on a bed of salad greens and garnish with ¼ cup low- sugar, pineapple tidbits

Nutrition Information:

Calories: 270
Total Fat: 2g
Saturated Fat: 0g
Carbohydrates: 35g
Fiber: 3g
Protein: 30g



Color Your Plate with Vegetables and Fruits

Cooking with a Chef

Berry Blue Salad

(makes 8 servings)

Ingredients:

2 cups blueberries, frozen (fresh when in season)
½ cup pecans, chopped
2 apples, diced
½ cup fat free mayonnaise or ½ cup whipped cream
1 (15 oz) can low-sugar crushed pineapple, drained
8 lettuce leaves

Instructions:

Toss first 5 ingredients together in a medium bowl. Serve on lettuce leaf.

Nutrition Information:

Calories: 140
Total Fat: 6g
Saturated Fat: 0.5g Carbohydrates: 24g
Fiber: 4g
Protein: 1g



Color Your Plate with Vegetables and Fruits

Cooking with a Chef

Mango Salsa

(Makes 6-7 three ounce servings of salsa)

Ingredients:

2 mango (peeled and diced)
2 tomato (peeled, seeded and diced)
½ red bell pepper (peeled, seeded and diced)
½ jalapeno (seeded and minced)
½ Serrano pepper (seeded and minced)
1 clove garlic (minced)
¼ cup or about 3 stalks green onion (chopped)
¼ cup cilantro (chopped)
Juice from half a lime
1 Tbsp white wine vinegar
1 tsp extra virgin olive oil
Pinch of sugar
Salt and pepper to taste

Instructions:

Combine all ingredients in a bowl. Mix together. Chill for 2 hours before serving. Can be made a day in advance.

Notes:

To peel tomato: Bring a pot of water to a boil. Cut an “X” an inch big into bottom of tomato and submerge into water. After about 45 seconds remove and place immediately into an ice bath to prevent continued cooking. Remove skins. If skins do not come off easily, re-submerge in boiling water for 15 more seconds, again followed by the ice bath. When seeding the jalapeno and Serrano peppers be careful not to touch or rub your eyes. If you want to reduce the heat of the chilies even further, carefully remove the white membrane. Substitutions for mango can be made. Try peaches or pineapple for a different twist on this recipe.

Nutrition Information:

Calories: 26
Total Fat: <1 g
Saturated Fat: trace
Carbohydrates: 6 g
Fiber: 2 g
Protein: 1 g





Vegetables & Fruits for a Week

Cooking with a Chef

LESSON 3:

VEGETABLES AND FRUITS FOR A WEEK

Lesson Objectives:

1. Categorize the list of vegetables for a week's menu.
2. Create your own menu.
3. Design a plan to stock your pantry and refrigerator.
4. Plan a menu to include vegetables and fruits that meets your needs for a week.





Vegetables & Fruits for a Week

Cooking with a Chef

Culinary and Nutrition Terms

Braise:

Steam:

Boil:

Hummus:

Legumes:

Temperature Danger Zone:



Vegetables & Fruits for a Week

Cooking with a Chef

Vegetables and Fruits for a Week!

This list is designed for a family of four, consisting of 2 adults and 2 children. Therefore, you may need to scale up or down to meet your needs. It entails 56 cups of vegetables and 49 cups of fruit, according to the Food Guide Pyramid. This list has been converted into pounds for easier purchasing and has been rounded up.

Vegetables

10 cups—greens (spinach, collards, kale)
4 cups—lettuce
4 lbs—carrots
4 lbs (8 cups = 64 oz)—legumes/beans
1 ¼ lbs—winter squash
1 ¼ lbs—sweet potato/yams
1 ¼ lbs—potatoes
6 ears—corn or 3 cups—corn kernels
2 lbs—peas in pod or 2 cups—peas
1 lb—asparagus
1 ¼ lb—green beans
1 ¼ lb—cabbage
2 heads—cauliflower 2 bunches—broccoli
1 bunch—celery
1 cucumber
1 large onion
1 lb—mushrooms
2 lbs—tomato
1 ¼ lb—peppers
1 ¼ lb—beets 1 lb—parsnips
1 small eggplant

5 Categories of Vegetables

Greens:

Orange:

Starchy:

Legumes/Beans:

Other:

Fruit

2 lbs—apples
2 ½ lbs—bananas
2 ½ lbs—strawberries
½ lb—blackberries
½ lb—raspberries
½ lb—blueberries
1 ½ lb—kiwi
2 ¼ lbs—grapes
5 lbs—melons 4 lbs—peaches
2 lbs—nectarines
3 lbs—oranges
1 lb—pears
4 lbs—pineapple 2
½ lbs—plums

Vegetables & Fruits for a Week

Cooking with a Chef

Building Blocks for a Healthy Weekly Menu

1	Breakfast	Lunch	Dinner	Snack
	<u><i>Fresh Fruit Crunch</i></u> Skim Milk	Fresh Garden Salad Poppy Seed Fruit Salad	Tomato Basil Meatball Soup	Whole Grain Crackers or Veggies and Dip

2	Breakfast	Lunch	Dinner	Snack
	Fruit Crisp or Kiwi Cobbler Skim Milk	<u><i>Sizzlin' Bean Salad</i></u> Turkey Sandwich (optional)	Fish (w/herbs or fish sticks) Creamed Spinach or Broc w/ Cheese	Veggie crisp

3	Breakfast	Lunch	Dinner	Snack
	Muffins (appl-eanut butter, mightly bran, or apple- carrot-liscious muffins) Yogurt	<u><i>Chicken & Fruit Salad</i></u> Baby Carrots	Veggie Raw Pizza Fruit Pizza	Muffins



Vegetables & Fruits for a Week

Cooking with a Chef

Building Blocks for a Healthy Weekly Menu

4	Breakfast	Lunch	Dinner	Snack
	Toast w/ P-butter, jelly or honey Yogurt Fruit	Rainbow Chowder, <u><i>A Whale of a Kale Soup</i></u> , Curried Lentils	Meatloaf Surprise, Sloppy Joe, Applesauce Meatloaf or Burger Casserole Coleslaw (regular or pineapple)	Apples with Dip

5	Breakfast	Lunch	Dinner	Snack
	Pancake Creation Yogurt	Sweet Potato Soup (golden glow, soup from the garden or sweet potato bisque), Tuscan salad or sweet potato salad	Creamy Limas or Pork 'N' Beans Chicken	Berry Trifle or <u><i>Berry Blue Salad</i></u>

6	Breakfast	Lunch	Dinner	Snack
	Oatmeal Skim Milk Fruit	Chicken Fries (4s) <u><i>Broccoli Salad</i></u>	Chili Cornbread Applauch	Fruit

7	Breakfast	Lunch	Dinner	Snack
	Cereal Skim Milk Fruit	Tuna Caramel Apple Dessert	Pot-luck Dinner	<u><i>Chocolate Nut Bread</i></u>





Vegetables & Fruits for a Week

Cooking with a Chef

Create Your OWN Healthy Menu

Tips to Remember:

- 2 ½ cups of vegetables
- 2 cups of fruit
- 3 cups of low-fat dairy
- 6 ounces of grains (including 3 ounces of whole grain)
- 5 ½ ounces meat & beans

5 Categories of Vegetables:

- Dark Green
- Orange
- Starchy
- Legumes
- Other

5 Colors of Vegetables

- Green
- Red
- Yellow/orange
- White
- Blue/Purple



Vegetables & Fruits for a Week

Cooking with a Chef

What should I keep in my PANTRY?

Refrigerator/Freezer

<u>Vegetables:</u> -carrots -celery -lettuce -broccoli -bell/chili pepper -spinach -corn -peas	<u>Fruits:</u> -lemons -apples -grapes	<u>Dairy:</u> -milk (1% or skim) -butter -light yogurt -parmesan cheese -low-fat cheese -eggs	<u>Condiments:</u> -mustard -low-fat mayonnaise -tomato paste -ketchup
<u>Meats:</u> -beef meat -ground beef/turkey -chicken breast (boneless/skinless)	<u>Other:</u>		

Pantry

<u>Beans:</u> -dried or canned -black, garbanzo, pinto, kidney beans	<u>Broth:</u> -low-sodium -resealable boxes -vegetable or chicken	<u>Starches:</u> -potatoes -pasta (whole wheat) -rice (brown) -couscous	<u>Herbs/Spices:</u> -basil -bay leaves -sage -thyme -oregano -dill -parsley
<u>Oils:</u> -olive -canola	<u>Vinegar:</u> -balsamic -red wine	<u>Nuts:</u> -walnuts -almonds -peanuts/peanut butter	<u>Sauces:</u> -hot sauce -Worcestershire sauce -low-sodium soy sauce -teriyaki sauce
<u>Canned Items:</u> -tomatoes -olives	Onion Garlic	<u>Other:</u>	

Adapted from Real Simple Magazine *Written by Kay Chun and Amanda Hinnant*
www.realsimple.com



Black-Eyed Peas Hummus

(Makes 5 two-ounce servings of dip)

Ingredients:

1 (15 oz) can black-eyed peas, drained and rinsed
2 cloves of garlic, minced
2 Tbsp Tahini
2 Tbsp olive oil
Juice of half a lemon
¼ cup chopped fresh parsley
1 tsp paprika
Salt and pepper to taste
2 ice cubes

Instructions:

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

Nutrition:

Calories: 190
Total Fat: 10g
Saturated Fat: 1g
Carbohydrates: 20g
Fiber: 6g
Protein: 8g





Vegetables & Fruits for a Week

Cooking with a Chef

Baked Meatballs

(makes 12 servings)

Ingredients:

3 lbs. (95% lean) ground beef
¼ cup minced onion
1 cup breadcrumbs
2 Tbsp chopped fresh parsley
½ tsp salt
¼ tsp ground black pepper
¼ tsp ground nutmeg
1 cup skim milk
3 eggs
Cooking spray

Instructions:

Preheat oven to 425°F. Mix all ingredients. Shape into 1 1/2 inch balls. Arrange on baking sheets coated with cooking spray. Bake for 12 minutes or until internal temperature is 165° F. Serve with Tomato Gazpacho.

Nutrition Information:

Calories: 240
Total Fat: 11g
Saturated Fat: 3g
Carbohydrates: 8g
Fiber: 1g
Protein: 24g





Vegetables & Fruits for a Week

Cooking with a Chef

Tomato Gazpacho

(10 servings)

Ingredients:

4 large tomatoes, peeled
1 Hot House (English) cucumber, peeled and seeded
1 large bell pepper, seeded and chopped
¼ red onion, chopped
1 clove garlic
3 Tbs white wine vinegar
4 Tbs Worcestershire sauce
2 Tbs olive oil
Pepper, to taste

Instructions:

Combine all ingredients into food processor or blender and puree. Chill or serve immediately with Baked Turkey Meatballs.

Nutrition Information:

Calories: 40
Total Fat: 3g
Saturated Fat: 0g
Carbohydrates: 4g
Fiber: less than 1g
Protein: 1g





Vegetables & Fruits for a Week

Cooking with a Chef

Skillet Sweet Potatoes

(makes 12 servings)

Ingredients:

3 lbs sweet potatoes, peeled and sliced

1 ½ cups orange juice

3 Tbs light brown sugar

½ tsp salt

¼ tsp ground cinnamon

Instructions:

In a large pot, bring water to a boil. Add sweet potato slices; reduce heat. Cover and simmer for 20 minutes or until tender. Drain well. In a large skillet, combine juice, brown sugar, salt and cinnamon. Add potatoes to skillet. Cook and stir gently until bubbly. Simmer 5 minutes or until potatoes are glazed.

Nutrition Information:

Calories: 150

Total Fat: 0g

Saturated Fat: 0g

Carbohydrates: 35g

Fiber: 2g

Protein: 2g



Poppy Seed Fruit Salad

(makes 12 servings)

Ingredients:

2 medium bananas, mashed
1 (8 oz) container fat-free sour cream
¼ cup sugar
1 Tbs lemon juice
½ tsp salt
2 tsp poppy seeds
4 apples, sliced
1 (8 oz) can pineapple chunks, drained
1 (11 oz) can mandarin oranges, drained
3 cups seasonal fruit (strawberries, grapes, raspberries, blueberries, etc.)
¼ cup sliced almonds
Salad greens, optional

Instructions:

In a small bowl, combine first 6 ingredients; stir well with whisk. Cover and refrigerate for AT LEAST 30 minutes to enhance flavor. In a large bowl, combine apples, pineapple, oranges and other fruit. Add banana mixture to fruit and toss well. Sprinkle nuts over top of the salad. Cover and refrigerate until ready to serve.





Vegetables & Fruits for a Week

Cooking with a Chef

Tropical Coleslaw

(makes 12 servings)

Ingredients:

- 1 cup fat-free mayonnaise
- 3 Tbs white vinegar
- 3 Tbs sugar
- 3 Tbs skim milk
- 7 cups shredded cabbage
- 1 (8 oz) can pineapple chunks (low sugar)

Instructions:

Combine 4 ingredients in a bowl and mix. Add cabbage and pineapple in a separate bowl. Add dressing to the cabbage mixture and toss. Chill until ready to serve. Sprinkle with paprika before serving.





Flavor and Nutrition On the Menu

Cooking with a Chef

LESSON 4:

FLAVOR & NUTRITION ON THE MENU

Lesson Objectives:

1. Review culinary nutrition techniques for 2010 Dietary Guidelines and MyPlate.
2. Practice the technique of flavor additions with vegetables and fruits.
3. Add whole grains to menu.
4. Prepare a spice blend.



Flavor and Nutrition On the Menu

Cooking with a Chef

Culinary and Nutrition Terms

Serving:

Portion:

Roux:

Emulsion:

Food Guide Pyramid:

Whole Grain:

Refined Grains:

Fiber:

Dietary Fiber:

Functional Fiber:

Total Fiber:

Brown Rice:

Barley:

Wild Rice:

Chilies:





Flavor and Nutrition On the Menu

Cooking with a Chef

Flavor & Nutrition on the Menu

1. Dietary Guidelines 2010 and MyPlate
2. Flavor Building Ingredients
3. Flavor with Vegetables and fruits
4. Flavor with Hearty Whole Grains
5. Flavor Menu Makeover
6. Portion Control





Dietary Guidelines 2010 Selected Messages for Consumers

Take action on the Dietary Guidelines by making changes in these three areas.

Choose steps that work for you and start today.

Balancing Calories

- Enjoy your food, but eat less.
- Avoid oversized portions.

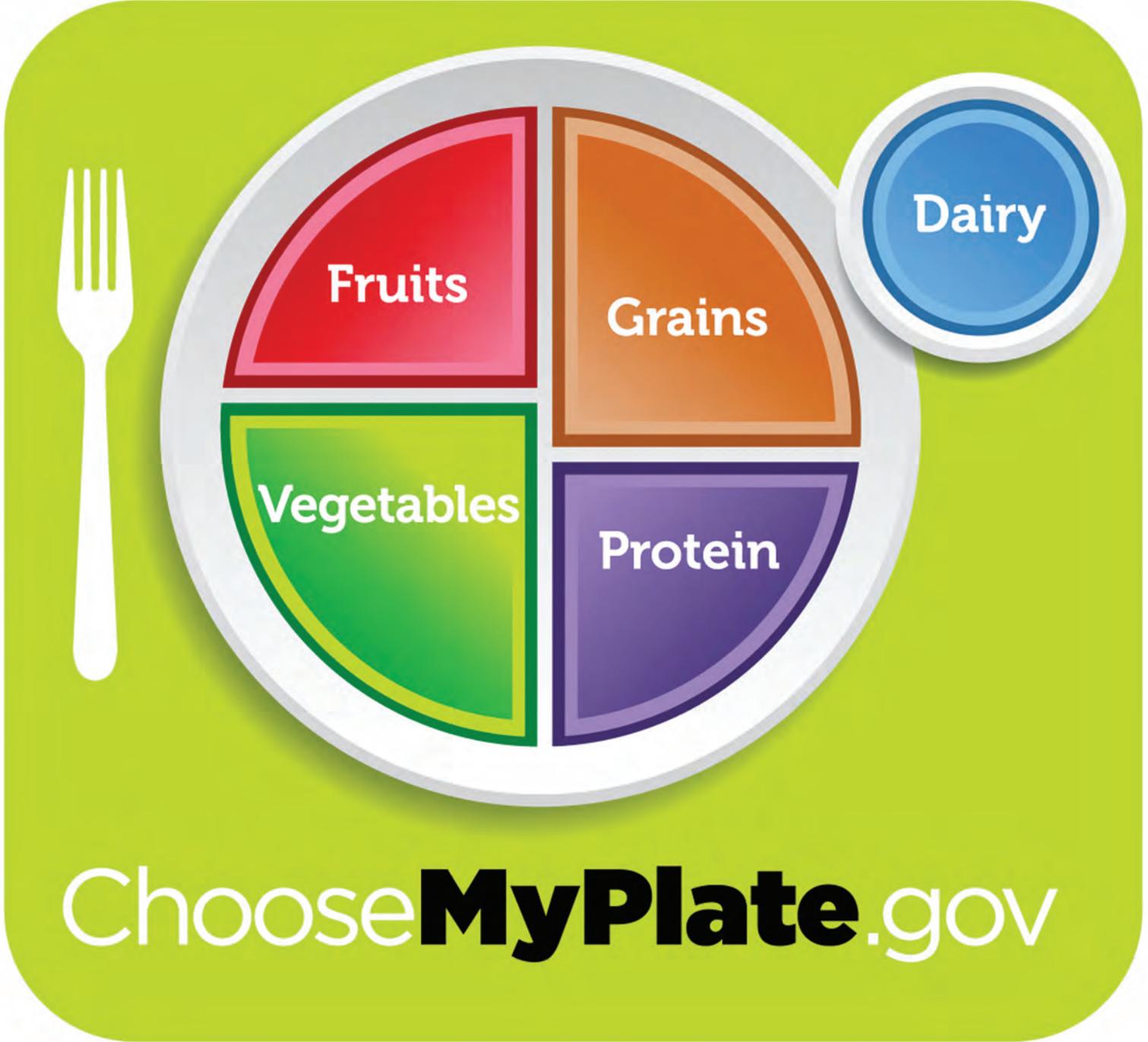
Foods to Increase

- Make half your plate fruits and vegetables.
- Make at least half your grains whole grains.
- Switch to fat-free or low-fat (1%) milk.

Foods to Reduce

- Compare sodium in foods like soup, bread, and frozen meals—and choose the foods with lower numbers.
- Drink water instead of sugary drinks.





Choose **MyPlate**.gov

Sample Menus for a 2000 Calorie Food Pattern

Average amounts for weekly menu:

Food group	Daily average over 1 week
GRAINS	6.2 oz eq
Whole grains	3.8
Refined grains	2.4
VEGETABLES	2.6 cups
Vegetable subgroups (amount per week)	
Dark green	1.6 cups per week
Red/Orange	5.6
Starchy	5.1
Beans and Peas	1.6
Other Vegetables	4.1
FRUITS	2.1 cups
DAIRY	3.1 cups
PROTEIN FOODS	5.7 oz eq
Seafood	8.8 oz per week
OILS	29 grams
CALORIES FROM ADDED FATS AND SUGARS	245 calories

Nutrient	Daily average over 1 week
Calories	1975
Protein	96 g
Protein	19% kcal
Carbohydrate	275 g
Carbohydrate	56% kcal
Total fat	59 g
Total fat	27% kcal
Saturated fat	13.2 g
Saturated fat	6.0% kcal
Monounsaturated fat	25 g
Polyunsaturated fat	16 g
Linoleic Acid	13 g
Alpha-linolenic Acid	1.8 g
Cholesterol	201 mg
Total dietary fiber	30 g
Potassium	4701 mg
Sodium	1810 mg
Calcium	1436 mg
Magnesium	468 mg
Copper	2.0 mg
Iron	18 mg
Phosphorus	1885 mg
Zinc	14 mg
Thiamin	1.6 mg
Riboflavin	2.5 mg
Niacin Equivalents	24 mg
Vitamin B6	2.4 mg
Vitamin B12	12.3 mcg
Vitamin C	146 mg
Vitamin E	11.8 mg (AT)
Vitamin D	9.1 mcg
Vitamin A	1090 mcg (RAE)
Dietary Folate Equivalents	530 mcg
Choline	386 mg

Flavor and Nutrition On the Menu

Cooking with a Chef

Flavor Building Ingredients

Herbs and spices, condiments, oils, vinegars, nuts, beans, and chilies are some of the most popular flavor building ingredients. They offer a simple way to enhance the taste, aroma, texture of foods, and nutrient level.

Herbs and Spices

Basil, bay leaf, oregano, rosemary
garlic, dill, chives, cinnamon,
ginger and nutmeg

Condiments

Horseradish, ketchup, mustard,
barbecue sauce, wasabi, soy sauce,
chutney

Oils

Olive oil, canola oil, peanut oil,
almond oil, walnut oil

Vinegars

Balsamic vinegar, rice vinegar,
apple cider vinegar

Nuts

Walnuts, pecans, pine nuts, almonds,
peanuts, macadamia nuts

Beans

Kidney beans, navy beans, red beans,
black beans, pinto beans, garbanzo beans

Chiles

Jalapeno, chipotle, cayenne, ancho

Sweeteners

Honey, Splenda® , brown sugar, molasses



Flavor and Nutrition On the Menu

Cooking with a Chef

Easy to Use Herbs

Herb	General Flavor	Some Uses
Basil	Slight Green Mint Flavor	With Tomatoes, In Omelets and Quiche, In Hamburgers, On Pizza, On Grilled Chicken and Vegetables, In Bread.
Cinnamon	Slightly Spicy and Sweet	On Fruit, In Cottage Cheese, In Oatmeal and Crepes, In Stews and Chili, In Chutney, With Chocolate and Baked Goods.
Cumin	Slightly Bitter, Very Fragrant	In Mexican and Indian Cuisine, In Chili, In Stews, On Roast Beef and Pork, With Barbeque.
Garlic	Pungent and Bitter	With Chicken, With Sautéed Vegetables, With Shrimp, In Barbeque, With Potatoes and Tomatoes, In Savory Breads.
Ginger	Sharp, Spicy and Sweet	With Chicken and Ham, In Stir Fry, In Chutney, In Baked Goods.
Mustard	Sharp, Pungent and Spicy	In Dips and Dressings, On Meats and Pretzels, In Chili, In Omelets and Eggs, With Broiled Meats, With Baked Beans.
Oregano	Slightly Bitter, Aromatic	On Pizza, With Tomatoes, With Beans, On Roasted Meats, In Italian Dishes.
Parsley	Crisp and Herbal	On Pizza, With Vegetables, With Meats, Almost Anything.
Rosemary	Christmas Like, Piney	With Chicken; With Roast Lamb, Pork, and Veal; In Dressings.
Thyme	Subtle, Minty and Herbal	With Cheese, In Cooked Vegetables, With Delicate Fish, In Dressings and Delicate Sauces, In Bread.



Flavor and Nutrition On the Menu

Cooking with a Chef

Flavor with Vegetables and Fruits

Beyond their nutritional benefits, vegetables and fruits offer unique flavor opportunities in every part of your meal. Below are a few ways to flavor with vegetables and fruits.

- **Savory sauces:** Tomato-based sauces can be used in a variety of ways— in baked beans, on top of meatloaf or a baked potato, or with braised chicken breasts.

Tips:

- **Desserts:** What a great way to enjoy the nutrient-rich flavor of the rainbow of fruits available today, from apples to watermelon. Use fruits for a tasty and quick fruit topping or filling for a pound cake. Top leftover biscuits with sliced fruit and chopped nuts.

Tips:

- **Salsas:** Use salsa to kick up the flavor of any dish. Fresh, cooked, or bottled, salsas are used as garnishes, dips, toppings, or side dishes. Salsas can be made the traditional way, with diced tomatoes, onions, and chilies, or with fruits for a sweeter combination.

Tips:

- **Beverages:** Create a tropical fruit smoothie with sliced banana, mango, pineapple or papaya.

Tips:



Flavor and Nutrition On the Menu

Cooking with a Chef

Flavor with Hearty Whole Grains

Make it habit to serve more whole grains. Whole grains are an important source of carbohydrates, B vitamins, and dietary fiber. Foods that are considered whole grains include brown rice, wild rice, oats, popcorn, buckwheat, bulgur, farro, quinoa, barley, and rye. Whole grains provide flavor and texture from hearty to chewy to nutty. Look for “whole-grain” on the label’s ingredient list.

At Meals:

- Use whole grains in mixed dishes, such as barley in vegetable soup or stews.
- Add bulgur to casseroles or stir fry.
- For a change, try brown rice or whole-wheat pasta.
- Use whole-grain bread or cracker crumbs in meatloaf.

Tips:

As Snacks:

- Serve ready-to-eat whole grain cereals.
- Add whole-grain flour or oatmeal when making cookies or other baked goods.
- Serve a whole-grain snack chip, such as baked tortilla chips.
- Popcorn, a whole grain, can be a healthy snack with little or no added salt and butter.

Tips:



Flavor and Nutrition On the Menu

Cooking with a Chef

Flavor Menu Makeover

Just as people need a makeover every so often, your menus may need a new look too. A few simple tips can help you add great flavor, nutrition, and fun to the meals and snacks you prepare at home.

- Use your flavor building ingredients: Sometimes a dash of cayenne pepper or a splash of lemon juice gives food a flavor makeover. Herbs and spices, condiments, nuts, beans, and chilies pack in flavor and color while dressing up a dish.

Tips:

- Disguise 'em: With a few culinary tricks, you can make your menus healthier without anyone knowing. For example, serve multi-grain waffles for breakfast. It's a great way to "sneak" healthy fiber into favorite foods.

Tips:

Simple ingredient substitutions:

Next time a recipe calls for this	Use this instead
Sour cream	Plain low-fat yogurt
Cream cheese	Low-fat cream cheese
Whole eggs	Egg substitutes
Regular cheese	Reduced-fat cheese
Vegetable oil	Applesauce

- Portion-size 'em: Use smaller plates, bowls, and glasses whenever possible. Smaller plates will help you manage portion sizes. You can always help yourself to seconds if they are still hungry.

Tips:



Flavor and Nutrition On the Menu

Cooking with a Chef

Portion Control

Do you know how much you are eating? Misjudging portion sizes is common. Many people don't realize how much they actually eat.

- A portion is the amount of food you choose to eat. There is no standard portion size amount and no single standardized portion size.
- A serving is a standard amount used to help give advice about how much to eat or to identify how many calories are in a food.
- Check the nutrition label for the difference between a portion and serving. Based off of the serving sizes given on the label condense the caloric needs for various age groups.

Tips:

Here are some commonly used images to help you “eyeball” the amount of food and whether there is too much or too little. Keep in mind, these illustrations are just guidelines.

- 3 ounces of meat = a deck of cards or the palm of your hand
- 1/2 cup of cereal, rice, pasta, or ice cream = 1/2 baseball
- 1 1/2 ounces of natural cheese = a 9-volt battery or 3 dominoes
- 1 teaspoon butter, margarine, mayonnaise, or oil = a thumb tip (the top joint)
- 1 ounce nuts = one handful (not heaping!)
- 1 tablespoon of salad dressing or peanut butter = 1/2 ping-pong ball

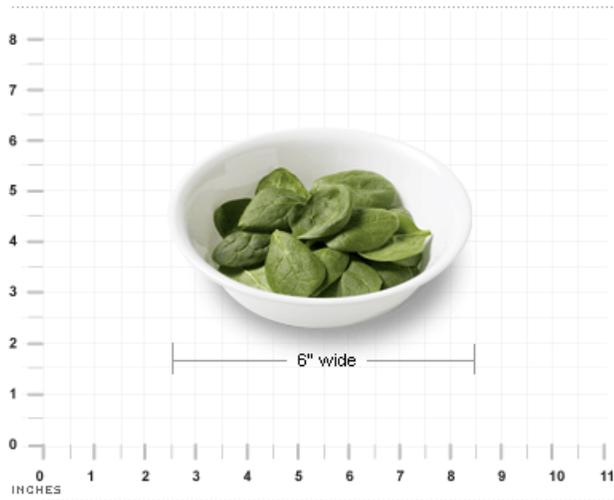


MyPyramid Portion Sizes Vegetables

Dark Greens:

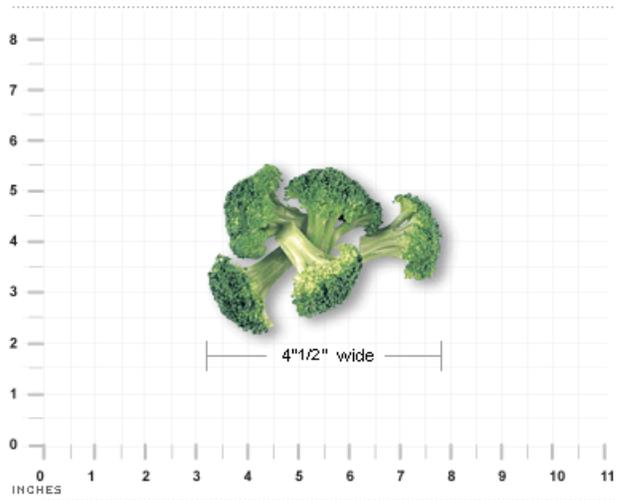
Raw Baby Spinach — 1 cup

Vegetable Group: counts as ½ cup dark green vegetables



Broccoli — 1/2 cup

Vegetable Group: counts as ½ cup dark green vegetables



Orange:

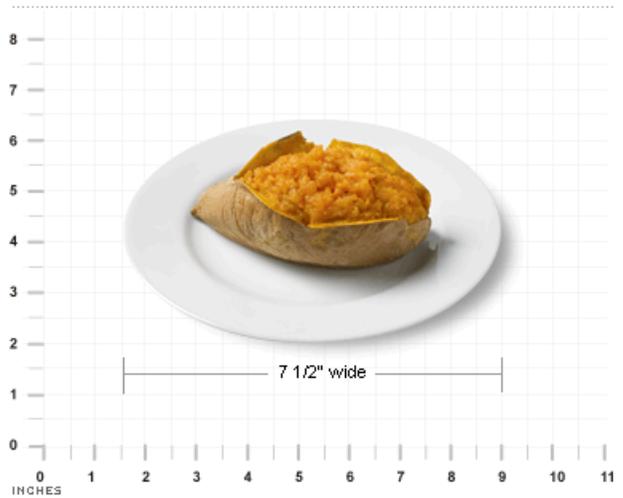
Baby Carrots — 1 cup

Vegetable Group: counts as 1 cup orange vegetables



Baked Sweet Potato — 1 large

Vegetable Group: counts as 1 cup orange vegetables

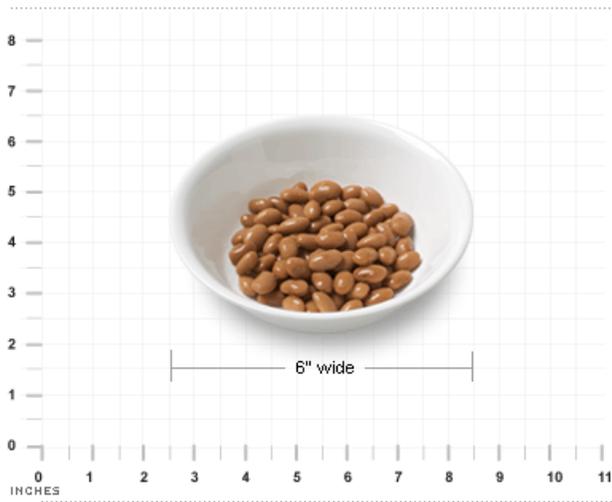


Dry Beans and Peas:

Cooked Pinto Beans — 1/2 cup

Vegetable Group: counts as 1/2 cup dry beans and peas

Meat and Beans Group: counts as 2 ounce equivalents meat and beans



Starchy:

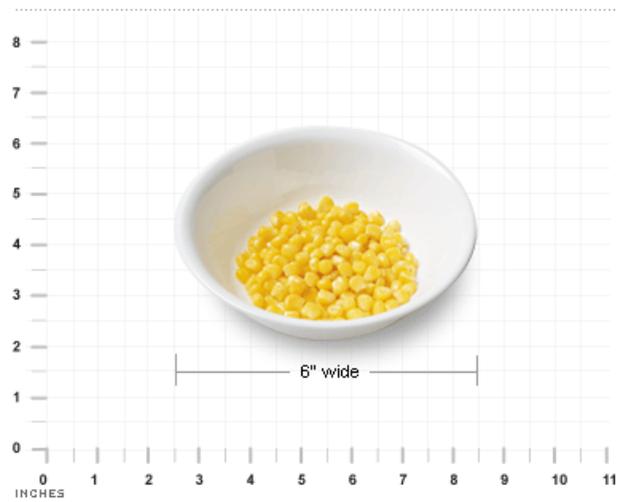
Baked potato — 1 medium

Counts as 1 cup starchy vegetables



Cooked Corn — 1/2 cup

Counts as 1/2 cup starchy vegetables



Other:

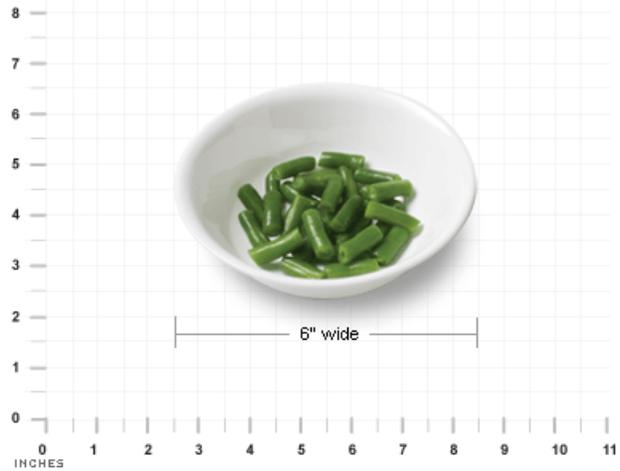
Raw Tomato — 1/2 cup

Counts as 1/2 cup other vegetables



Cooked Green Beans — 1/2 cup

Counts as 1/2 cup other vegetables



Fruit

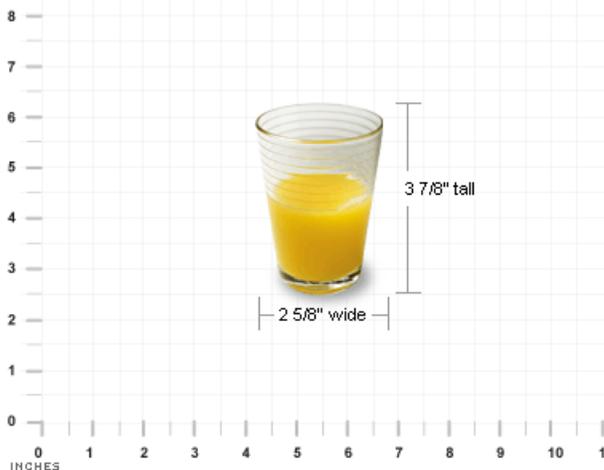
Gala Apple — 1 small

Counts as 1 cup fruit



Orange juice — 1/2 cup

Counts as 1/2 cup fruit



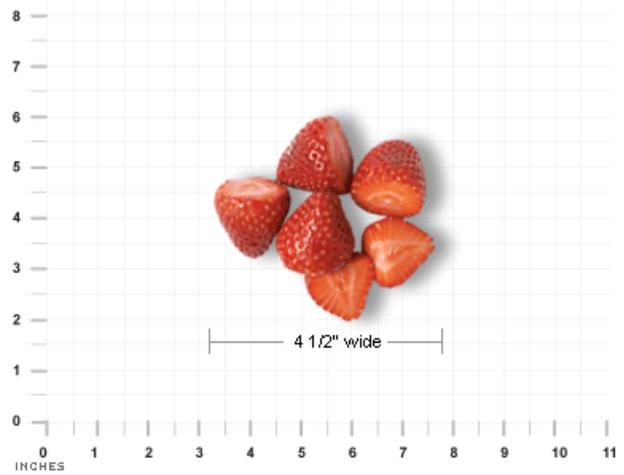
Raisins — 1/4 cup

Counts as 1/2 cup fruit



Strawberries — 1/2 cup

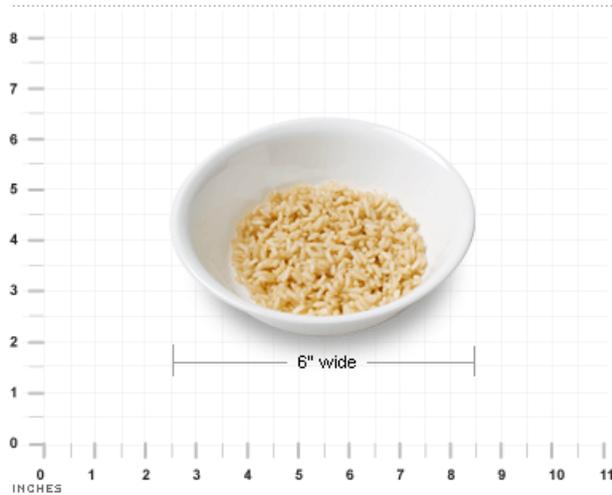
Counts as 1/2 cup fruit



Whole Grains

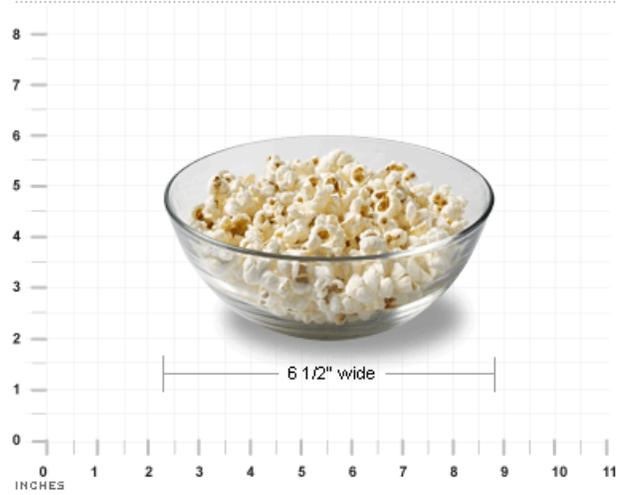
Brown Rice — 1/2 Cup

Counts as 1 ounce equivalent whole grains



Popcorn — 3 Cups

Counts as 1 ounce equivalent whole grains



Dairy

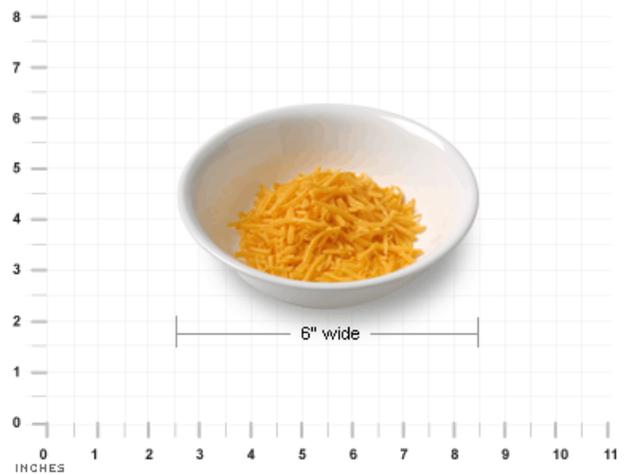
Milk — 8 fluid ounce carton

Counts as 1 cup milk



Cheddar Cheese — 1/3 cup shredded

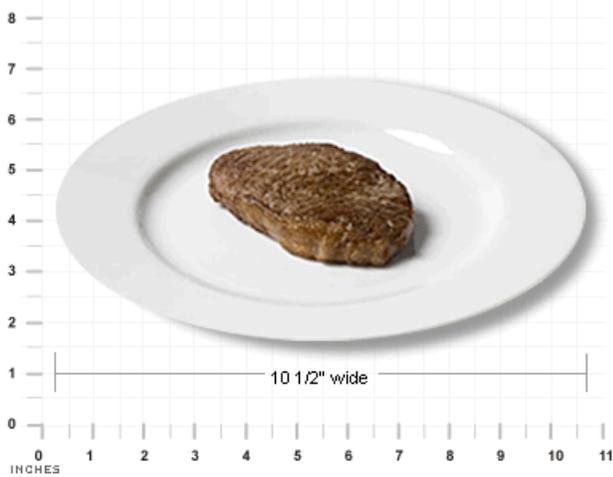
Counts as 1 cup milk



Meat & Beans

Beef Strip Steak — 5 ounces cooked weight

Counts as 5 ounce equivalents meat & beans



Chicken breast — 1 small breast half, cooked

Counts as 3 ounce equivalents meat and beans



Spices & Seasonings

Taco Seasoning	<ul style="list-style-type: none"> • 2 tsp dried onion • 1 tsp chili powder • ½ tsp crushed red pepper • ½ tsp dried oregano • ½ tsp dried garlic • 1 tsp ground cumin 	<p><i>Note: adding cornstarch will thicken the sauce in the pan.</i></p> <ul style="list-style-type: none"> • ½ tsp cornstarch
Poultry Seasoning	<ul style="list-style-type: none"> • 1 tsp ground sage • 1 tsp dried thyme • 1 tsp black pepper • 1 tsp garlic powder • 1 tsp onion powder 	<p><i>Note: try turning this dry rub into a wet rub by mixing with yellow mustard.</i></p>
Grilling Rub	<ul style="list-style-type: none"> • 1 tsp paprika • 1 tsp garlic powder • 1 tsp onion powder • 1 tsp chipotle pepper • 2 tsp dried oregano • 1 tsp black pepper 	<p><i>Note: This works well on all meats. Let this rub sit on the refrigerated meat for 1 hour.</i></p>
Herb Blend	<ul style="list-style-type: none"> • 1 tsp dried thyme • 1 tsp dried oregano • 2 tsp rubbed sage • 1 tsp dried rosemary • 1 tsp dried marjoram • 1 tsp dried basil • 1 tsp dried parsley flakes 	<p><i>Note: This herb blend tastes fantastic on vegetables.</i></p>

Homemade spice blends tend to have a much brighter flavor. As always, feel free to adjust them to your own personal tastes. It is best to make smaller amounts

Flavor and Nutrition On the Menu

Cooking with a Chef

Navy Bean Chowder

(makes 12 servings)

Ingredients:

- 1 lb dried or 2 15.5 oz cans Navy beans
- 1 cup diced onion
- 1 ½ cup diced celery
- ¼ cup olive oil
- ¼ cup flour
- 1 tsp salt (optional)
- ¼ tsp pepper
- 3 cups skim milk
- 1 (16 oz) can diced tomatoes
- 1 (16 oz) can whole kernel corn
- ¼ lb low-fat Monterey Jack or Cheddar cheese

Instructions:

Create a spice blend to use in the chowder. Clean, rinse, soak, and cook dried beans in a stock pot of 6-8 cups of hot water for 1 hour. Don't drain. Meanwhile, sauté onions and celery in olive oil until transparent. Whisk in flour, salt and pepper. Stir in milk and simmer mixture. Add mixture to stock pot of beans. Add corn, tomatoes and simmer all ingredients together for 30 minutes. Serve with cheese garnish.

Tip: Add a few dashes of bottled hot sauce for extra zing!

Nutrition Information:

Calories: 230

Total Fat: 8g

Saturated Fat: 2.5g Carbohydrates: 31g

Fiber: 6g

Protein: 12g



Flavor and Nutrition On the Menu

Cooking with a Chef

Broccoli Salad

(makes 8 servings)

Ingredients:

2 cups green beans, steamed and chilled
2 cups broccoli, chopped
1 cup carrots, chopped 1 cup celery, chopped
1 (15 oz) can chick peas, drained and rinsed
1 cup fat free Italian dressing

Instructions:

Wash green beans, remove stems and cut into 1-inch pieces. Place in quart sauce pan. Add enough water to cover. Bring to a boil. Once boiling, turn off heat and place beans in a strainer. Instantly run cold water over beans until chilled. Add chilled beans to a large bowl. Cut up broccoli, carrots, and celery and add to the bowl. Drain and rinse chick peas. Add to the vegetables. Mix contents of the bowl. Add fat free Italian dressing. Stir to coat vegetables.

Tips: Add more dressing if vegetables seem dry.

Serving suggestion: garnish with chopped tomatoes, olives, peppers, and/or water chestnuts.

Nutrition Information:

Calories: 110
Total Fat: 1g
Saturated Fat: 0g
Carbohydrates: 22g
Fiber: 5g
Protein: 4g





Get Savvy in the Supermarket

Cooking with a Chef

LESSON 5: GET SAVVY IN THE SUPERMARKET

Lesson Objectives:

1. Practice shopping tools and chef's tips in menu planning and grocery list preparation.
2. Review food product labels and nutrition facts panels.





Get Savvy in the Supermarket

Cooking with a Chef

Culinary and Nutrition Terms

Trans Fat:

% Daily Value:

Serving Sizes:

Calorie:

Total Fat:

Cholesterol:

Sodium:

Ingredient List:

Final Notes and Thoughts:



Shopping Tools & Tips

Nutrition Labels

Nutrition labels can be a great tool in choosing healthy foods. Here is some basic information that can be found on nutrition labels.

- Serving sizes are based on the amount typically eaten of that particular food. Remember, there is a difference between the serving size and servings per container. For example, a can of soup may provide 2 servings per container, but the serving size is 1 cup.
- Calories tell you the number of calories in a single serving.
- Total fat provides the breakdown of various fats, including saturated fat, trans fat, polyunsaturated fat, and monounsaturated fat.
- Cholesterol tells you the amount of cholesterol per serving.
- Sodium tells you the amount of sodium per serving.
- % Daily Value helps you determine if a serving of a single food is high or low in a nutrient.
- The ingredient list is required on packaged foods containing more than one ingredient. The ingredients are listed in order by weight from most to least. This is particularly important for people who have food allergies.



Get Savvy in the Supermarket

Cooking with a Chef

Nutrition at Your Fingertips

Everything you've ever wanted to know about nutrition in the supermarket is right at your fingertips. Most packaged foods have a Nutrition Facts label. Use this tool to make smart food choices quickly and easily. The Nutrition Facts panel can help you compare the nutrition content of various food products.

Use the Nutrition Facts label to:

- See whether a product contains certain nutrients you are trying to eat less of, such as saturated fat, cholesterol, or sodium.
- See whether a product contains certain nutrients you are trying to eat more of, such as dietary fiber, calcium, potassium, or vitamins A and C.

Nutrition Facts

Serving Size 1 cup (253g)
Serving Per Container 4

Amount Per Serving
Calories 260 Calories from Fat 72

		% Daily Value*
Total Fat	8 g	12%
Saturated Fat	3 g	15%
Trans Fat	0g	
Cholesterol	130 g	43%
Sodium	1010 mg	42%
Total Carbohydrate	22 g	7%
Dietary Fiber	9 g	36%
Sugars	4 g	
Protein	25 g	

Vitamin A 35% • Vitamin C 2%
Calcium 6% • Iron 30%

*Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:
**Consume as little as possible

	Calories: 2,000	2,500
Total Fat	Less than 65 g	80 g
Sat Fat	Less than 20 g	25 g
Cholesterol	Less than 300 mg	300 mg
Sodium	Less than 2400 mg	2400 mg
Total Carbohydrate	300 g	375 g
Dietary Fiber	25 g	30 g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Callout boxes explain: Serving size, total calories, grams in total fat, grams in total carbohydrates, % Daily Value for vitamins/minerals, reference material for calculating percentages, and a note about calorie needs.

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Key Points

Lesson 1: Make Menu Planning Easy

- Practice planning healthy meals with balance, variety, contrast and eye appeal.
- Practice basic cooking techniques and knife skills.
- Review 5 flavor sensations.
- Use special considerations in menu planning, such as food preferences, holidays, climate and seasonality of foods, and produce availability.

Lesson 2: Color Your Plate with Vegetables and Fruit

- Review basic cooking terms covered in CWC lessons.
- Review reasons to eat more vegetables and fruits.
- Demonstration of simple ways to serve more vegetables and fruits at home for meals and snacks as well as how to pack in a cooler for away from home meals.
- Review the different color categories of vegetables
- Guide yourself through the produce aisle.

Lesson 3: Vegetables and Fruits for a Week

- Categorize the list of vegetables for a week's menu.
- Create your own menu.
- Design a plan to stock your pantry and refrigerator.
- Plan a menu to include vegetables and fruits that meets your needs for a week.

Lesson 4: Flavor & Nutrition on the Menu

- Review culinary nutrition techniques for 2010 Dietary Guidelines and MyPlate.
- Practice the technique of flavor additions with vegetables and fruits.
- Add whole grains to menus.
- Prepare spice blend.

Lesson 5: Get Savvy in the Supermarket

- Practice shopping tools and chef's tips in menu planning and grocery list preparation.
- Review food product labels and nutrition facts panels.





Cooking with a Chef References

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www.acfchefs.org/Content/NavigationMenu2/Partnerships/CCF/Nutrition

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Condrasky, M., "Cooking with a Chef", *Journal of Extension*, <http://www.joe.org/joe/2006august/a5.shtml>

Corr, A., Condrasky, M., Cason, K., "Cooking Camp Provides Hands-On Nutrition Education Opportunity". *Journal of Culinary Science & Technology*. Vol. 5, No. 4, pp37-52, (2007).

Credits: Recipes and materials for the CWC program were developed in the Clemson University Culinary Research kitchen with support of the graduate students (Jen Kamps, Alex Clifford, Andrew Warmin, Patricia Michaud, and Marie Hegler culinary nutrition technical writer).



Protein Substitutions: Beans and Peas

- **Beans and Peas are a primary source of protein around the world.**
The pairing of legumes (bean, peas and lentils) and grains is found in almost every foreign culture. Beans and rice is an excellent example of this.
- **Legumes are a good source of important proteins.**
Legumes contain many of the types of proteins that the human body needs to grow and function correctly. They often times are not a complete source of all 8 types of proteins needed which is why they are paired with grains such as rice or corn to complete the protein package!
- **Low in fat, High in Fiber.**
The nutritional benefits of legumes extends far beyond their protein content. Legumes are also low in fats and like all other plant sources of food contain no cholesterol! Another great nutritional fact of legumes is that they are a good source of soluble fiber, especially lima beans which have one of the highest fiber contents of legumes.
- **Great bang for your buck!**
Along with all these nutritional benefits of legumes the same amount of calories and proteins can be obtained from legumes at a lower price than they can be obtained from proteins.

Protein Substitutions: Nuts and Seeds

- **Great culinary crunch.**

Nuts and seeds are often used to create elements of crunchiness to dishes and add an additional texture. Not only is the texture a great addition to a dish but the visual appeal and flavor of nuts can go a long way in getting more people to try a new dish.

- **A healthy tree treat.**

Nuts are high in both protein and fat which sometimes causes worries in dieters. While it is important to watch the level of fat that you consume it is even more important to watch the quality of fats you consume. Nuts contain primarily the healthiest types of fats which can lower cholesterol and provide energy for your brain improving alertness and memory.

- **Nuts and seeds contain important nutrients.**

Nuts and seeds are loaded with many different types of vitamins and minerals which help in creating a stronger body and immune system. In addition they contain beneficial types of proteins which help improve overall mood and reduce blood pressure.

Centerpieces

- **Choose items in season for maximum flavor.**

The produce on the centerpiece will most often be uncooked so it is important to find items which are at the peak of their flavor and color, most often times the best way to assure this is to choose produce that is in season. When looking at what is in season try to imagine the different flavors that each item will bring to the centerpiece, try to choose flavors that will either directly complement (similar in nature) or contrast (add opposite and opposing notes of flavor) each other.

- **Utilize different colors.**

Another important consideration to make when selecting the different types of produce to include in the centerpiece is the color of the different items. In order to increase the chances of someone taking something from the centerpiece the visual appeal of the centerpiece is important, so try to position items either in a deliberate pattern of segmented colors or in a completely interspersed, mosaic like spread of colors over the whole plate. To provide a nice backdrop for the produce try lining the centerpiece plate or surface with a colorful lettuce.

- **Show off your knife skills!**

Since centerpieces are generally designed to be finger food and not require the use of additional utensils such as forks or knives it is important that each item on the plate be cut into a manageable one or two bite sized piece. Try to use the different cut examples done in the Cook's Workshop to create a variety of different sized and shaped cuts for the centerpiece using the different cutting styles for the different types of produce. Also make sure that the cuts are large enough to be picked up individually with tongs or other similar utensil being used.

- **Consider dipping sauces.**

Once you've chosen fruits or vegetables that are at the peak of freshness, with well planned out variety, properly arranged colors and manageably cut pieces, it is time to add the dipping sauce to complete the centerpiece. Adding properly paired sauce with the centerpiece will encourage people to try the vegetables but can also add unwanted fat and calories. In order to avoid this pitfall try to stick with fat-free dressings like Fat-Free Ranch, or try one of the following recipes. Keep in mind however that dressings and sauces aren't always needed and can sometimes add extra unwanted calories.

Centerpiece Sauces

Creamy French

Yield=1 cup

1/2 cup fat free yogurt, plain

1 clove garlic, crushed

2.5 Tbsp ketchup

1/4 tsp sugar

2 Tbsp water

1.5 Tbsp cider vinegar

1 Tbsp fat free mayonnaise

To taste: ground black pepper

-Mix all ingredients together in bowl and serve.

Green Goddess

Yield=2 cups

1 cup fat free mayonnaise

1/2 cup fat free sour cream

1/4 cup chives or scallions, minced

1/4 cup parsley, minced

1 clove garlic, crushed

1 Tbsp lemon juice

1 Tbsp white wine vinegar

To taste: ground black pepper

-Mix ingredients in a blender and serve.

Creamy Herb Dressing

Yield=2 cups

1 cup fat free yogurt, plain

3/4 cup fat free buttermilk

1/4 cup fat free mayonnaise

2 Tbsp scallions, chopped

1 Tbsp parsley, chopped

1 clove garlic, crushed

1/2 tsp dry dill

1/2 tsp Worcestershire sauce

To taste: ground black pepper

-Mix ingredients in blender and serve.

Make your own!

Try using fat free plain yogurt to thicken up your favorite lite salad dressing for use as a dipping sauce!



Host Your Own Church Food Tasting Event

- **Create a wide array of recipes.**

The secret to a successful tasting even is to offer a good selection of recipes. This is not a traditional meal in the sense that large servings will be offered so create a larger amount of different recipes to be served than at a normal even.

- **Get the community involved.**

Much like a pot luck dinner, tasting events will have a greater turnout if you allow it to be an opportunity for people to share the tastes of their home so encourage fellow church members to submit small dishes.

- **Keep an eye on health.**

For all dishes that will be featured in the food tasting event go over the recipes and see if what types of fat substitutions and ingredient substitutions can be made to that all dishes help benefit the diners nutritionally.

- **Watch portion size and servability.**

All dishes should be created in much smaller portion sizes than would normally be served at a dinner, this allows people to get a “taste” of the food without filling up on any one item. The more items someone can try before feeling even the slightest sense of being full the better so try to aim for small bite size portions. In order to allow for attractive looking bite-size portions many recipes will have to be altered and cooked in a different manner than would normally be prepared, try cooking off many mini versions of a dish on the same sheet pan.



Cooking Resources





Additional Resources

Cooking with a Chef

FREE Books and Cookbooks

5 A Day Quantity Recipe Cookbook

Developed by New Hampshire Department of Education

Funded by USDA Team Nutrition & New Hampshire 5 A Day for Better Health Program
Recipes are kid-tested!

Download at: <http://www.ed.state.nh.us/education/doe/organization/programsupport/bnps/cookbook.pdf>

American Cancer Society

-*Eating Smart*

-*The Good Life*

-*Eat to Live*

To inquire about availability and to order: Call local

ACS chapter (see page B-2) or (800) 227-2345

American Dietetic Association

-*The New Cholesterol Countdown*

-*LEAN Toward Health*

To order: (800) 366-1655

Heart-Healthy Home Cooking: African American Style.

Developed by the National Institutes of Health, National Heart, Lung, & Blood Institute, and Office

of Research on Minority Health

Download at: <http://www.nhlbi.nih.gov/health/public/heart/other/chdblack/cooking.pdf>

American Heart Association

-*The American Heart Association Diet: An Eating Plan for Healthy Americans*

-*Cholesterol and Your Heart*

-*Dining Out: A Guide to Restaurant Dining*

-*How to Have Your Cake and Eat It Too*

-*Nutrition Labeling: Food Selection Hints for Fat*

-

Controlled Meals

-*Nutrition Nibbles*

-*Recipes for Low-Fat, Low Cholesterol Meals*

To order: (214) 706-1179

-*Eat More Fruits and Vegetables*

-*Easy Entertaining with Fruits and Vegetables*

-*Eat More Salads*

To order: (800) 4-CANCER

National Heart, Lung and Blood Institute

-*Healthy Heart Handbook for Women*

(NIH Publication No. 92-2720)

-*Facts About Blood Cholesterol*

(NIH Publication No. 90-2696)

-*Eat Right to Lower Your High Blood Cholesterol*

(NIH Publication No. 90-2972)

-*Check Your Weight & Heart Disease IQ*

(NIH Publication No. 90-3034)

-*Facts About Blood Pressure*

(NIH Publication No. 92-3281)

-*Eat Right to Lower Your High Blood Pressure*

(NIH Publication No. 92-3289)

To order: (301) 951-3260 or write to:

NHLBI Information Center

PO Box 30105

Bethesda MD 20824-0105

Your Guide to Lowering Your Blood Pressure with DASH.

Developed by the US Department of Health and Human Services, National Institutes of Health and the National Heart, Lung and Blood Institute.

Download at: http://www.nhlbi.nih.gov/health/public/heart/hbp/dash/new_dash.pdf

Low-Cost Books and Cookbooks

12 Best Foods Cookbook

By: D. Jacobi (2005) Rodale Publishing Inc.

ISBN 1579549659

Approximate Cost: \$22.00

Dash for Good Health Southern Style: A Sensible Eating Plan to Promote Good Health.

By: B Egan, J Jordan, D Jordan, & K Hendrix. (2005)

*A grocery store tour DVD coming soon

To order: (843) 792-0824 or email Donna Jordan at jordans@musc.edu

Approximate cost: \$5.00





Additional Resources

Cooking with a Chef

Good Health Cookbook

Publication of the AME Church 7th Episcopal District and MUSC

Down Home Healthy: Family Recipes of Black American Chefs.

By: L Chase & J Rivers. (1994) Bethesda: National

Cancer Institute. U.S. Department of Health and Human Services. Public Health Service National Institutes of Health. NIH Publication No. 94-3408.

Approximate Cost: \$10.00
(on Amazon.com)

Heart & Soul: A Collection of Heart Healthy Southern Foods.

By: G Baker, A Darkow, M Hight, S Rothwell, C Smith. (1997)

To order: Mail check or money order payable to Beaufort County Extension Homemakers Association to:

Ann Darkow
PO Box 1967
Washington, NC 27889

Include your name, address, phone number and number of copies desired.

Approximate Cost: \$20.00

The Family Style Soul Food Diabetes Cookbook

By RA Weaver, FD Gaines, RL Williams, S Fralin

(2006) American Diabetes Association.
ISBN 1580402399

Approximate Cost: \$17.00

The Moms' Guide to Meal Makeovers

By Janice Newell Bissex, MS, RD & Liz Weiss, MS, RD (2004) Random House. ISBN 0767914236

Approximate Cost: \$17.00

The Portion Teller

By Lisa Young, PhD RD. (2005) Morgan Road Books. ISBN 0767920686

Approximate Cost: \$20.00

The Volumetrics Eating Plan

By: Barbara Rolls, PhD (2005) HarperCollins.
ISBN 0060737298

Free Healthy Recipe Resources from the Internet

All Food™ : www.allfood.com

(See Quick and Healthy Link)

All-Recipes.com:

<http://allrecipes.com/recipes/healthy-living/main.aspx>

American Diabetes Association:

<http://www.diabetes.org/nutrition-and-recipes/nutrition/overview.jsp>

American Heart Association

Delicious Decisions: www.deliciousdecisions.org

Better Recipes.com:

<http://healthy.betterrecipes.com/>

Cooking Light Magazine: www.cookinglight.com

Cook's Illustrated: www.cooksillustrated.com

Food Fit Company: www.foodfit.com

Kids Health, Nemours Foundation:

<http://kidshealth.org/kid/recipes/>

Mann Packing Company: www.broccoli.com

Recipes Today:

<http://recipestoday.com/recipes/index.htm>

South Carolina Department of Agriculture Recipes using SC products:

<http://www.scdca.state.sc.us/recipes/recipes.htm>

The Mayo Clinic-Healthy Recipes: <http://www.mayoclinic.com/health/healthy-recipes/RE99999>

The Recipe Link: <http://www.recipealink.com/>

Additional Resources

Cooking with a Chef

MyPyramid SERVING SIZES FOR FRUITS AND VEGETABLES		
2005 Dietary Guidelines for Americans recommend 5-13 servings of fruits & vegetables a day. Check www.mypyramid.gov for personalized recommendations.		
Food Item:	Measurement	Looks Like:
Fruit	½ cup or 1 medium fruit	Half a baseball
Dried fruit	¼ cup	A large egg
Vegetables	½ cup	Half a baseball
Raw leafy greens	1 cup	A baseball
Cooked potatoes	½ cup	Half a baseball
Cooked beans and peas	½ cup	Half a baseball
100% fruit or vegetable juice	¾ cup (6 ounces)	

HOW MANY CUPS FROM THIS PIECE OF WHOLE FRUIT?		
Apple	1 medium	1 cup chopped
Cantaloupe	1 wedge (1/8 melon)	½ cup diced
Carrots	2 medium	¾ cup chopped
Corn	1 large ear	1 cup kernels
Cucumber	1 large	2 cups chopped
Onions	1 large	1 cup chopped
Pears	1 medium	1 cup sliced
Peppers	1 large	1 cup chopped
Strawberries	8 large	1 cup whole
Zucchini & Summer Squash	1 small	1 cup sliced or chopped

COMMON ABBREVIATIONS USED IN COOKING	
Cup	c
Fluid ounce	fl oz
Gram	g
Milligram	mg
Ounce	oz
Pound	lb
Teaspoon	tsp
Tablespoon	Tbs or Tbsp

Additional Resources

Cooking with a Chef

KITCHEN EQUIVALENT MEASUREMENTS							
1 gallon	4 quarts						
	1 quart		4 cups				
		1 pint	2 cups				
			1 cup	8 fl oz	16 Tbsp	48 tsp	237 ml
			$\frac{3}{4}$ cup	6 fl oz	12 Tbsp	36 tsp	177 ml
			$\frac{2}{3}$ cup	5 $\frac{1}{3}$ fl oz	10 Tbsp + 2 tsp	32 tsp	158 ml
			$\frac{1}{2}$ cup	4 fl oz	8 Tbsp	24 tsp	118 ml
			$\frac{1}{3}$ cup	2 $\frac{2}{3}$ fl oz	5 Tbsp + 1 tsp	16 tsp	79 ml
			$\frac{1}{4}$ cup	2 fl oz	4 Tbsp	12 tsp	59 ml
			$\frac{1}{8}$ cup	1 fl oz	2 Tbsp	6 tsp	30 ml
					1 Tbsp	3 tsp	15 ml

CRACKING THE FOOD LABEL CODE		
Claim	What it means	Please note
Low-calorie	40 calories or less	Compare serving size with the portion you generally consume to ensure calorie savings
Reduced calorie	At least 25% fewer calories than reference food	Check label for calorie content
Light in calories	At least $\frac{1}{3}$ fewer calories than reference food	Check label for calorie content
Fat-free	0.5 grams of fat or less	Serving size may be smaller, and be sure to check calories
Low-fat	3 grams of fat or less	Check label for calorie content and limit yourself to 1 serving
Reduced fat	At least 25% less fat than reference food	Still may be high in fat. Check label for fat and calorie content
Light in fat	At least 50% less fat than reference food	Though fat reduction is significant, compare calorie content with original version
High in	20% or more of the Daily Value for the nutrient	Often used for: dietary fiber, protein, minerals, vitamins
Good source of	10-19% of the Daily Value for the nutrient	Often used for: dietary fiber, protein, minerals, vitamins
More	10% more than reference food	Often used for: dietary fiber, protein, minerals, vitamins

Additional Resources

Cooking with a Chef

Seasonal Fruits and Vegetables												
	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Apples									✪	✪	✪	✪
Asparagus	✪	✪	✪	✪	✪	✪						
Avocados	✪	✪										
Beans (green/ yellow)							✪	✪	✪			
Beets							✪	✪	✪	✪	✪	✪
Blackberries						✪	✪					
Blueberries						✪	✪	✪				
Bok Choy							✪	✪	✪	✪	✪	
Broccoli		✪	✪	✪	✪	✪	✪	✪	✪	✪		
Brussels Sprouts									✪	✪	✪	✪
Cabbage						✪	✪	✪	✪	✪	✪	✪
Cantaloupe					✪	✪	✪	✪				
Carrots	✪	✪	✪	✪	✪	✪	✪	✪	✪	✪	✪	✪
Cauliflower							✪	✪	✪	✪	✪	✪
Corn						✪	✪	✪	✪	✪		
Cucumbers						✪	✪	✪	✪	✪	✪	
Eggplant						✪	✪	✪				
Leafy Greens				✪	✪	✪	✪	✪	✪	✪	✪	
Muscadines							✪	✪	✪	✪		
Onions	✪						✪	✪	✪	✪	✪	✪
Okra					✪	✪	✪	✪	✪			
Peaches					✪	✪	✪	✪	✪			
Peas						✪	✪	✪	✪	✪		
Peppers							✪	✪	✪	✪	✪	
Potatoes	✪	✪						✪	✪	✪	✪	✪
Spinach			✪	✪	✪	✪		✪	✪	✪	✪	✪
Strawberries			✪	✪	✪	✪						
Sweet Potatoes								✪	✪	✪	✪	✪
Summer Squash							✪	✪	✪	✪		
Turnips								✪	✪	✪	✪	✪
Watermelon						✪	✪	✪				

Also see these websites if your favorite fruit or veggie is not listed here:
<http://www.scd.edu/consumerinformation/produceavailability/availweb.pdf>
<http://www.pickyourown.org/scharvest.htm>

Additional Resources

Cooking with a Chef

RECOMMENDED INTERNAL COOKING TEMPERATURES	
Product	Temperature
Beef, veal or lamb steaks, chops and roasts	Cook to 145°F
Egg dishes	Cook to 160°F; if the dish is uncooked, use only pasteurized eggs
Eggs	Cook until the yolk and white are firm OR cook to 145°F for 15 seconds if immediately served*
Fish	Cook until opaque and flakes easily OR cook to 145°F for 15 seconds*
Game, commercial	Cook to 165°F
Ground beef, veal, pork or lamb	Cook to 160°F
Ground turkey or chicken	Cook to 165°F
Pork, ham and bacon	Cook to 145°F for 15 seconds*
Poultry	Cook to 180°F (in thigh); 170°F (in breast)
Shellfish	Cook until opaque and firm; shells should open
Stuffing, stuffed meat, stuffed pasta and casseroles	Cook to 165°F
Source: USDA Food Safety and Inspection Service * FDA 2001 Model Food Code; food remains at this temperature for at least 15 seconds	



Food Safety Temperatures

Keep COLD foods COLD → 40°F or below

Keep HOT foods HOT → 140°F or higher

Reheat food to 165°F or higher

Additional Resources

Cooking with a Chef

Healthy Recipe Substitutions	
Original Ingredient	Substitution Ingredient
Whole milk	Skim (nonfat) or 1% milk
Cream	Fat free half-and-half Evaporated skim milk
Buttermilk	Fat-free or 1% buttermilk
Sour cream	Low-fat or nonfat sour cream or plain yogurt
Mayonnaise	Reduced-fat or fat-free mayonnaise or plain yogurt
1 whole egg	2 egg whites Egg substitute
Cheese	Reduced-fat cheese (i.e. part-skim mozzarella, 2% cheddar)
Cream cheese	Reduced-fat (Neufchatel) or fat-free cream cheese
Nuts	Use smaller portion Toast for enhanced flavor
Sugar (in tea, fruit drinks, desserts, and sides)	Try sugar substitutes like Splenda®
Whipped cream	Use evaporated skim milk Purchase fat free whipped topping
Baking chocolate (1 ounce)	3 Tbs cocoa powder + 1 Tbs vegetable oil
Oil, butter, margarine (in baking quick breads, muffins, etc.)	Applesauce
Ice cream	Sorbet Sugar-free or reduced fat ice cream Frozen yogurt
Layer cake	Angel food cake
White rice	Brown rice
Mashed potatoes	Leave skin on to retain some vitamins. Prepare with lower calorie, no trans fat butter substitutes and skim milk
Cooking greens, beans, and peas with ham hocks, fatback, or bacon drippings	Try: Low-sodium bullion Smoked turkey neck Herbs and spices Olive (or vegetable) oil
Chicken	Remove skin or purchase skinless Try: baking, sauteing, broiling, and grilling
Ribs	Try grilled pork tenderloin

Additional Resources

Cooking with a Chef

Healthy Recipe Substitutions (continued)	
Original Ingredient	Substitution Ingredient
Ground beef	Use leaner cuts of beef (round, sirloin, top loin, flank) Ground turkey breast
Bacon	Canadian bacon Turkey bacon Lean ham
Deep fat frying	Try: Broiling Grilling Oven fry (bake at a high temperature) Saute *Season with herbs and spices

Herb	General Flavor	Some Uses
Basil	Slight Green Mint Flavor	With Tomatoes, In Omelets and Quiche, In Hamburgers, On Pizza, On Grilled Chicken and Vegetables, In Bread.
Cinnamon	Slightly Spicy and Sweet	On Fruit, In Cottage Cheese, In Oatmeal and Crepes, In Stews and Chili, In Chutney, With Chocolate and Baked Goods.
Cumin	Slightly Bitter, Very Fragrant	In Mexican and Indian Cuisine, In Chili, In Stews, On Roast Beef and Pork, With Barbeque.
Garlic	Pungent and Bitter	With Chicken, With Sautéed Vegetables, With Shrimp, In Barbeque, With Potatoes and Tomatoes, In Savory Breads.
Ginger	Sharp, Spicy and Sweet	With Chicken and Ham, In Stir Fry, In Chutney, In Baked Goods.
Mustard	Sharp, Pungent and Spicy	In Dips and Dressings, On Meats and Pretzels, In Chili, In Omelets and Eggs, With Broiled Meats, With Baked Beans.
Oregano	Slightly Bitter, Aromatic	On Pizza, With Tomatoes, With Beans, On Roasted Meats, In Italian Dishes.
Parsley	Crisp and Herbal	On Pizza, With Vegetables, With Meats, Almost Anything.
Rosemary	Christmas Like, Piney	With Chicken, With Roast Lamb Pork and Veal, In Dressings.
Thyme	Subtle Minty and Herbal	With Cheese, In Cooked Vegetables, With Delicate Fish, In Dressings and Delicate Sauces, In Bread.



Additional Resources

Cooking with a Chef

CELEBRATE WITH FRUITS AND VEGGIES ALL YEAR LONG!		
January	February	March
Fiber Focus Month National Apricot Day	National Cherry Month Potato Lover's Month Sweet Potato Month	National Nutrition Month Johnny Appleseed Day
April	May	June
National Pecan Month Soyfoods Month	Salad Month Salsa Month International Pickle Week	Fresh Fruit and Vegetable Month Papaya Month
July	August	September
Baked Beans Month Blueberry Month National Salad Week	Get Acquainted with Kiwifruit Month Watermelon Day Sneak Some Zucchini Onto Your Neighbor's Porch Night More Herbs, Less Salt Day	Potato Month
October	November	December
Peanuts Month Vegetarian Month World Vegetarian Day Spinach Lover's Day World Food Day	Good Nutrition Month National Fig Week National Split Pea Soup Week	



Food Resources





Additional Resources

Cooking with a Chef

Apple

Michigan Apple Committee

Website: <http://www.michiganapples.com>

Email: Staff@MichiganApples.com

(800) 456-2753

New York Apple Association

Website: <http://www.nyapplecountry.com>

(585) 924-2171

U.S. Apple Association

Website: <http://usapple.org>

Email: hpimm@usapple.org

(703) 442-8850

Washington Apple Commission

Website: <http://www.bestapples.com>

Email: info@bestapples.com

(509) 663-9600

Artichoke

California Artichoke Advisory Board

Website: <http://www.artichokes.org>

(800) 827-2783

Avocado

California Avocado Commission

Website: <http://www.avocado.org>

(800) 344-4333

Banana

International Banana Association

United Fresh Fruit and Vegetable Assoc.

Website: <http://www.uffva.org>

Email: united@uffva.org

(202) 303-3400

Beans

Idaho Bean Commission

Website: <http://www.state.id.us/bean>

Email: bean@bean.state.id.us

(208) 334-3520

Blueberry

Michigan Blueberry Growers Association

Website: <http://www.blueberries.com>

(866) 269-1511

North American Blueberry Council

Website: <http://www.blueberry.org>

Email: admin@ushbc.org

(916) 983-0111

Wild Blueberry Association of North America

Website: <http://www.wildblueberries.com>

Email: wildblueberries@gwi.net

(207) 967-5024

Cherry

Cherry Marketing Institute

Website: <http://www.cherrymkt.org>

(517) 669-4264

National Cherry Growers and Industry Foundation

Website: <http://www.nationalcherries.com>

Email: info@nationalcherries.com

(800) 309-1146

Northwest Cherry Growers

Website: <http://www.nwcherries.com>

Email: info@wastatefruit.com

(509) 453-4837

Citrus

Florida Department of Citrus

Website: <http://www.fl.oridajuice.com>

Email: info@citrus.state.fl.us

(863) 499-2500

Cranberry

Cranberry Institute

Website: <http://www.cranberryinstitute.org>

Email: cinews@earthlink.net

(800) 295-4132

Ocean Spray Cranberries, Inc.

Website: <http://www.oceanspray.com>

(800) 662-3263

Dried Pea and Lentil

USA Dried Pea and Lentil Council

Website: <http://www.pea-lentil.com>

Email: pulse@pea-lentil.com

(208) 882-3023





Additional Resources

Cooking with a Chef

Figs

California Fig Advisory Board

Website: <http://www.californiafigs.com>

Email: info@californiafigs.com

(800) 588-2344

Grapes

California Table Grape Commission

Website: <http://www.tablegrape.com>

Email: info@freshcaliforniagrapes.com

(559) 447-8350

Greens

Leafy Greens Council

Website: www.leafy-greens.org

(651) 484-3321

Kiwifruit

California Kiwifruit Commission

Website: <http://www.kiwifruit.org>

(800) 448-5494

Olive

California Olive Industry

Website: <http://www.calolive.org>

Email: calolive@psnw.com

(559) 456-9096

Onion

National Onion Association

Website: <http://www.onions-usa.org>

(970) 353-5895

Peanuts

American Peanut Council Educational Service

Virginia Carolina Peanuts-Promotions

Website: <http://www.aboutpeanuts.com>

Email: info@aboutpeanuts.com

(252) 459-9977

Peanut Advisory Board

Website: <http://www.peanutbutterlovers.com>

Email: lpwagner@comcast.net

(770) 998-7311

Peanut Institute

Website: <http://www.peanut-institute.org>

Email: info@peanut-institute.org

(888) 8-PEANUT

Pears

Pacific Northwest Canned Pear Service

Web site: <http://www.eatcannedpears.com/>

(509) 453-4837

Pear Bureau Northwest

Website: <http://www.usapears.com>

Email: info@usapears.com

(503) 652-9720

Plum

California Dry Plum Board

Website: <http://www.cdpb.org>

(800) 729-5992

Potato

Idaho Potato Commission

Website: <http://www.famouspotatoes.org>

Email: ipc@potato.idaho.gov

(800) 824-4605

Potato Board

Website: <http://www.potatohelp.com>

Email: info@uspotatoes.com

(303) 369-7783

Washington State Potato Commission

Website: <http://www.potatoes.com>

Email: wspc@potatoes.com

(509) 765-8845

Soybean

United Soybean Board

Website: www.unitedsoybean.org

(800) TALK-SOY or (800) 989-8721

Strawberry

California Strawberry Commission

Website: <http://www.calstrawberry.com>

Email: publications@calstrawberry.com

(831) 724-1301

Tomato

California Tomato Commission

Website: <http://www.tomato.org>

(559) 230-0116





Additional Resources

Cooking with a Chef

Treefruit

California Tree Fruit Agreement

Website: <http://www.eatcaliforniafruit.com>

Email: info@caltreefruit.com

(800) 636-8260

Vegetables (General)

Canned Vegetable Council

Website: <http://www.cannedveggies.org>

Email: info@cannedveggies.org

(608) 592-4236

Watermelon

National Watermelon Promotion Board

Website: <http://www.watermelon.org>

(407) 657-0261

Fruit and Vegetable Information

Del Monte

Website: <http://www.delmonte.com>

(800) 543-3090

Monday to Friday 8:00 am to 5:00 pm Pacific Standard Time

Dole Consumer Center

Website: <http://www.dole.com>

(800) 232-8888

Monday to Friday 8:00 am to 3:00 pm Pacific Standard Time

Dole 5 A Day Program

Dole Nutrition Institute

Website: www.dole5aday.com

Hunt Inc, a ConAgra Brand

Website: <http://www.hunts.com/index.jsp>

(800) 858-6372

Motts, Inc.

Website: <http://www.motts.com>

(800) 426-4891

Monday to Friday 9:00 am to 6:00 pm

Organic Trade Association

Website: <http://www.ota.com>

Email: info@ota.com

(413) 774-7511

Produce for Better Health Foundation

Fruits and Veggies More Matters Campaign

Website:

<http://www.fruitsandveggiesmorematters.org/>

(888) 391-2100



Health Resources





Additional Resources

Cooking with a Chef

Cancer

American Cancer Society (ACS)

Website: <http://www.cancer.org>

Nutrition Resources:

http://www.cancer.org/docroot/MBC/MBC_6.asp

(800) 227-2345 (24 hour line)

TTY: (866) 228-4327

South Carolina ACS Branches

Charleston Office

5900 Core Road

Suite 504

N Charleston, SC 29406

(843) 744-1922

Columbia Office

128 Stonemark Lane

Columbia, SC 29210

(803) 750-1693

Greenville Office

154 Milestone Way

Greenville, SC 29615

(864) 627-1903

Greenwood Office

231 Hampton Avenue

Suite 3

Greenwood, SC 29648

(864) 229-7373

Hilton Head Office

59 Pope Avenue

Suite 101

Hilton Head, SC 29928

(843) 842-5188

Myrtle Beach Office

950 48th Avenue North

Myrtle Beach, SC 29577

(843) 213-0333

American Institute for Cancer Research

Website: <http://www.aicr.org>

Email: aicrweb@aicr.org

(800) 843-8114

Cancer Research Foundation of America

Website: <http://www.preventcancer.org/>

Publications: http://www.preventcancer.org/materials_new/index.cfm

Email: info@preventcancer.org

(800) 227-2732

National Cancer Institute

Website: <http://www.cancer.gov>

Publications: <https://cissecure.nci.nih.gov/ncipubs/>

NCI Cancer Information Service:

(800) 4-CANCER (800-422-6237)

TTY: (800) 332-861

Culinary (Cooking) Resources & Associations

American Culinary Federation (ACF)

Website: <http://www.acfchefs.org>

Email: acf@acfchefs.net

(800) 624-9458

South Carolina ACF Chapters

Charleston Chapter

Website: www.acfchefs.org/chapter/sc011.html

Midlands Chapter—Columbia

Website: <http://www.acfmidlands.com/>

Pee Dee Chapter—Florence

Website: www.acfchefs.org/chapter/sc061.html

Upstate Chapter—Greenville

Website: http://www.acfchefs.org/presidents_portal/ACFChapter.cfm?ChapterChoice=SC021

Myrtle Beach Chapter

Website: http://www.acfchefs.org/presidents_portal/ACFChapter.cfm?ChapterChoice=SC031

American School Food Service Association

Website: <http://www.asfsa.org>

Email: servicecenter@asfsa.org

(800) 877-8822

American School Health Association

Website: <http://www.ashaweb.org>

Email: asha@ashaweb.org

(800) 445-2742





Additional Resources

Cooking with a Chef

Cool School Cafe

Website: <http://www.coolschoolcafe.com>
(800) 468-3287

Food Service & Packaging Institute, Inc.

Website: <http://www.fpi.org>

Email: fpi@fpi.org

(703) 538-2800

International Association of Culinary Professionals

Website: <http://www.iacp.com>

Email: iacp@hqtrs.com

(502) 581-9786

National Restaurant Association

Website: <http://www.restaurant.org>

Email: info@dineout.org

(800) 424-5156

Diabetes

American Diabetes Association (ADA)

Website: <http://www.diabetes.org>

African Americans & Diabetes: <http://www.diabetes.org/communityprograms-and-localevents/africanamericans.jsp>

Nutrition Resources: <http://www.diabetes.org/nutrition-and-recipes/nutrition/overview.jsp>

Email: AskADA@diabetes.org

(800) 342-2383

South Carolina ADA Offices

For any office call toll-free:

(888) DIABETES

Columbia

2711 Middleburg Drive

Suite 110

Columbia, SC, 29204

(803) 799-4246

Greenville

16-A Brozzini Court

Greenville, SC, 29615

(864) 609-5054

Savannah, GA

5105 Paulsen Street

Suite C236

Savannah, GA, 31405

(912) 353-8110

Centers for Disease Control and Prevention

Diabetes Public Health Resource

Website: <http://www.cdc.gov/diabetes/>

Diabetes Information Line:

(800) CDC-INFO

TTY (888) 232-6348

Children with Diabetes

Website:

http://www.childrenwithdiabetes.com/index_cwd.htm

Food & Nutrition Resources:

http://www.childrenwithdiabetes.com/d_08_000.htm

Email: info@childrenwithdiabetes.com

Chronic Disease Center Division of Diabetes

Website: <http://www.cdc.gov/diabetes>

Nutrition and Health Resources:

<http://www.cdc.gov/diabetes/consumer/index.htm>

Email: diabetes@cdc.gov

(877) 232-3422

Diabetes Initiative of South Carolina

Website: <http://diabetesinitiative.med.sc.edu/>

Joslin Diabetes Center

Website: <http://www.joslin.org/>

Diabetes Resources:

http://www.joslin.org/LAD_Index_866.asp

(617) 732-2400

Juvenile Diabetes Research Foundation

International

Website: <http://www.jdf.org>

Diabetes Resources:

http://www.jdf.org/index.cfm?page_id=103431

Email: info@jdrf.org

(800) JDF-CURE (533-2873)

National Diabetes Information Clearinghouse

Website: <http://www.ndep.nih.gov/>

Publications:

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

Email: ndic@info.niddk.nih.gov





Additional Resources

Cooking with a Chef

National Institute of Diabetes & Digestive & Kidney Diseases

Website: <http://www.niddk.nih.gov/index.htm>

Nutrition Resources:

<http://www.niddk.nih.gov/health/nutrition.htm>

SC Diabetes Prevention & Control Program

Websites: <http://www.scdhec.gov/health/chcdp/diabetes/index.htm> and

<http://www.cdc.gov/diabetes/states/sc.htm>

Michelle Moody

Email: moodyrm@dhec.sc.gov

(803) 545-4921

Free: My Guide To Sugar Diabetes Booklet:

<http://www.scdhec.gov/health/chcdp/diabetes/docs/>

[diabetes_booklet.pdf](http://www.scdhec.gov/health/chcdp/diabetes/docs/diabetes_booklet.pdf)

(803) 545-4471

University of South Carolina Diabetes Initiative

of South Carolina

Website: <http://medicine.musc.edu/diabetes>

Food and Nutrition

2005 Dietary Guidelines for Americans

Website: <http://www.healthierus.gov/dietaryguidelines/>

American Academy of Family Physicians

Website: <http://familydoctor.org/>

Food and Nutrition Resources:

<http://familydoctor.org/x5242.xml>

Email: email@familydoctor.org

American Dietetic Association National Center for Nutrition & Dietetics

Website: <http://www.eatright.org>

Food & Nutrition Resources: <http://www.eatright.org/Public/NutritionInformation/92.cfm>

Email: knowledge@eatright.org

(800) 877-1600

Center for Nutrition Policy & Promotion

Website: <http://www.usda.gov/cnpp>

Email: infocnpp@cnpp.usda.gov

(703) 305-7600

Clemson University Nutrition Information & Resource Center

Website: www.clemson.edu/NIRC/

Email: nutrweb@clemson.edu

(864) 656-0539

Clemson University Food & Nutrition Publications

Website: <http://www.clemson.edu/psapublishing/PAGES/FYD/FYDNUTR.HTM>

Expanded Food & Nutrition Program (EFNEP)

Website: <http://www.clemson.edu/efnep/index.php>

For an EFNEP Contact in your region

<http://www.clemson.edu/efnep/staff.php>

Fruits and Veggies Matter

CDC and Produce for Better Health Foundation

(Formerly 5 A Day Campaign)

Website: www.fruitsandveggiesmatter.gov

Fruits & Veggies More Matters

Produce for Better Health Foundation

(Formerly 5 A Day Campaign)

Website:

<http://www.fruitsandveggiesmorematters.org/>

Food and Drug Administration

Website: <http://www.fda.gov/>

Consumer Resources:

<http://www.fda.gov/opacom/morecons.html>

(888) INFO-FDA (463-6332)

Food & Nutrition Information Center

National Agricultural Library ARS/USDA

Website: <http://www.nal.usda.gov/fnic/>

Consumer Website: <http://www.nal.usda.gov/fnic/consumersite/index.html>

(301) 504-5719

TTY: (301) 504-6856

Food Guide Pyramid

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

Food Marketing Institute

Website: <http://www.fmi.org/consumer/>

Email: fmi@fmi.org

(202) 452-8444





Additional Resources

Cooking with a Chef

Healthy Choice

Website: <http://www.healthychoice.com>

Nutrition Resources:

<http://www.healthychoice.com/livewell/livewell.jsp>

(800) 323-9980

Monday to Friday 10:00 am to 7:00 pm Central Standard Time

Healthy Dining Finder

Website: www.healthydiningfinder.com

Enter your zip code, and this website displays local

restaurants, restaurant nutrition information, and identifies smart choices.

HealthFinder.gov

Website: <http://www.healthfinder.gov/>

Source for reliable health, nutrition, and chronic diseases (i.e. cancer, diabetes, hypertension)

HealthyFridge.org

Open the Door to a Healthy Heart

Website: <http://www.healthyfridge.org/index.html>

Tips, recipes, FAQs, and information about how to

maintain a heart-healthy kitchen.

Healthy South Carolina Challenge

Website: <http://www.healthysc.gov/>

Email: healthysc@gov.sc.gov

(803) 737-2325

International Food Information Council

Website: <http://www.ific.org>

Publications:

<http://www.ific.org/publications/brochures/brochures.cfm>

Email: foodinfo@ific.org

(202) 296-6540

South Carolina American Dietetic Association

Website: <http://www.eatrightsc.org/>

(803) 252-1087

Penn State Nutrition Information & Resource Center

Website: <http://nirc.cas.psu.edu/index.cfm>

Email: eat4health@psu.edu

Proctor and Gamble

Website: <http://www.pg.com>

Nutrition and Health Resources:

http://www.pg.com/everyday_solutions/health_wellness.jhtml

(513) 983-1100

The Cooks Thesaurus

Website: <http://www.foodsubs.com/>

Reference with pictures for ingredients, tools, techniques, food substitutions.

United States Department of Agriculture (USDA)

Website: <http://www.nutrition.gov/>

USDA Team Nutrition

Website:

<http://teammnutrition.usda.gov/Default.htm>

Resource Library:

<http://teammnutrition.usda.gov/library.html>

Excellent free & low-cost materials. Resources include posters, activities, information on purchasing and serving produce, recipes, etc. Some materials written for school foodservice may be applicable to your church environment

Food Safety

Food and Drug Administration

Website: <http://www.fda.gov/>

Food Safety & Nutrition Website:

<http://www.cfsan.fda.gov/>

Publications:

<http://www.fda.gov/opacom/catalog/decemcat.html>

(888) SAFE-FOOD

Center for Food Safety & Applied Nutrition

Website: <http://www.foodsafety.gov/>

(888) SAFEFOOD (723-3366)

TTY: (800) 877-8339

Food Safety and Inspection Service

Website: <http://www.fsis.usda.gov>

Food Safety Resources:

http://www.fsis.usda.gov/Fact_Sheets/index.asp

Email: mpholine.fsis@usda.gov

(800) 535-4555

TTY: (800) 256-7072





Additional Resources

Cooking with a Chef

Partnership for Food Safety Education Fight Bac! Campaign

Website: <http://www.fightbac.org>

Food Safety Resources:

<http://www.fightbac.org/consumers.cfm?section=3>

Email: info@fightbac.org

General Health

Center for Science in the Public Interest

Website: <http://www.cspinet.org>

Email: cspi@cspinet.org

(202) 332-9110

Federal Consumer Information Center

Website: <http://www.pueblo.gsa.gov/>

Publications: <http://www.pueblo.gsa.gov/results.tpl?id1=15&startat=1&--woSECTIONSdatarq=15&--SECTIONSword=ww>

Email: catalog.pueblo@gsa.gov

(888) 8-PUEBLO

National Health Information Center Office of Public Health & Science (ODPHP)

Website: <http://odphp.osophs.dhhs.gov/>

Email: nhicinfo@health.org

(800) 336-4797

Office of Minority Health Resource Center

Website: <http://www.omhrc.gov>

Email: info@omhrc.org

(800) 444-6472

TTY: (301) 230-7199

Heart Health & High Blood Pressure American Heart Association (AHA)

Website: <http://www.americanheart.org>

African Americans Search Your Heart: <http://www.americanheart.org/presenter.jhtml?identifier=3041580>

Resources & Materials:

<http://www.americanheart.org/presenter.jhtml?identifier=1200407>

(800) AHA-USA1 (242-8721)

South Carolina AHA Branches

Charleston & Coastal SC

Website: <http://www.americanheart.org/presenter.jhtml?identifier=1200215&division=MAA005>

409 King Street

Suite 300

Charleston, SC 29403

(843) 853-1597

Columbia Area

Website: <http://www.americanheart.org/presenter.jhtml?identifier=1200215&division=MAA006>

520 Gervais Street

Suite 300

Columbia, SC 29201

(803) 738-9540

Florence Area

Website: <http://www.americanheart.org/presenter.jhtml?identifier=1200215&division=MAA008>

181 E. Evans Street, BTC-009

Suite 200

Florence, SC 29506

(843) 665-0985

Hilton Head Island

Website: <http://www.americanheart.org/presenter.jhtml?identifier=1200215&division=MAA020>

(843) 681-2355

Myrtle Beach Area

Website: <http://www.americanheart.org/presenter.jhtml?identifier=1200215&division=MAA011>

1506 Gumm Plaza

Hwy. 501

Myrtle Beach, SC 29577

(843) 626-3939

Upstate

Website: <http://www.americanheart.org/presenter.jhtml?identifier=1200215&division=MAA016>

3535 Pelham Road

Suite 101

Greenville, SC 29615

(864) 627-4158



National Coalition for Women & Heart Disease

Website: <http://www.womenheart.org/>
Email: mail@womenheart.org
(202) 728-7199

National Heart, Lung, and Blood Institute Information Center

Website: <http://www.nhlbi.nih.gov>
Email: nhlbiinfo@nhlbi.nih.gov
(301) 592-8573
TTY: (240) 629-3255

Nutrition for Older Adults

American Association of Retired Persons (AARP)

Website: <http://www.aarp.org>
Health & Nutrition Resources:
http://www.aarp.org/health/staying_healthy/
Email: member@aarp.org
(888) 687-2277
TTY: (202) 434-2277

Administration on Aging

Website: <http://www.aoa.gov/>
Nutrition Resources:
[http://www.aoa.gov/eldfam/Nutrition/
Nutrition.asp](http://www.aoa.gov/eldfam/Nutrition/Nutrition.asp)
Email: AoAInfo@aoa.hhs.gov
TTY: (800) 877-8339

Weight Control

Calorie Control Council

Website: <http://www.caloriecontrol.org>
Email: webmaster@caloriecontrol.org
(404) 252-3663
(Ask for Calorie Control Council)

Shape Up America!

Website: <http://www.shapeup.org>
Email: orders@shapeup.org
(240) 715-3900

Weight Control Information Network

Website: <http://win.niddk.nih.gov/index.htm>
Email: win@info.niddk.nih.gov
(877) 946-4627



YOUR GUIDE TO
Lowering Your Blood
Pressure With DASH

DASH
Eating Plan



*Lower
Your Blood
Pressure*



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
National Institutes of Health
National Heart, Lung, and Blood Institute

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RICARDO ELEY

// My doctor noticed my blood pressure was a little high. I try to be more aware of the foods I eat. I limit alcohol, and watch my portions. I also work out 5–7 days a week. My son is learning from me and is doing the same things I do. //



Introduction

What you choose to eat affects your chances of developing high blood pressure, or hypertension (the medical term). Recent studies show that blood pressure can be lowered by following the Dietary Approaches to Stop Hypertension (DASH) eating plan—and by eating less salt, also called sodium.

While each step alone lowers blood pressure, the combination of the eating plan and a reduced sodium intake gives the biggest benefit and may help prevent the development of high blood pressure.

This booklet, based on the DASH research findings, tells how to follow the DASH eating plan and reduce the amount of sodium you consume. It offers tips on how to start and stay on the eating plan, as well as a week of menus and some recipes. The menus and recipes are given for two levels of daily sodium consumption—2,300 and 1,500 milligrams per day. Twenty-three hundred milligrams is the highest level considered acceptable by the National High Blood Pressure Education Program. It is also the highest amount recommended for healthy Americans by the 2005 “U.S. Dietary Guidelines for Americans.” The 1,500 milligram level can lower blood pressure further and more recently is the amount recommended by the Institute of Medicine as an adequate intake level and one that most people should try to achieve.

The lower your salt intake is, the lower your blood pressure. Studies have found that the DASH menus containing 2,300 milligrams of sodium can lower blood pressure and that an even lower level of sodium, 1,500 milligrams, can further reduce blood pressure. All the menus are lower in sodium than what adults in the United States currently eat—about 4,200 milligrams per day in men and 3,300 milligrams per day in women.

Those with high blood pressure and prehypertension may benefit especially from following the DASH eating plan and reducing their sodium intake.

LILLY KRAMER

" My family's food choices have always been pretty good. We eat a lot of fruit, vegetables, and low-fat yogurt. "



What Is High Blood Pressure?

Blood pressure is the force of blood against artery walls. It is measured in millimeters of mercury (mmHg) and recorded as two numbers—systolic pressure (when the heart beats) over diastolic pressure (when the heart relaxes between beats). Both numbers are important. (See box 1 on page 4.)

Blood pressure rises and falls during the day. But when it stays elevated over time, then it's called high blood pressure. High blood pressure is dangerous because it makes the heart work too hard, and the high force of the blood flow can harm arteries and organs such as the heart, kidneys, brain, and eyes. High blood pressure often has no warning signs or symptoms. Once it occurs, it usually lasts a lifetime. If uncontrolled, it can lead to heart and kidney disease, stroke, and blindness.

High blood pressure affects more than 65 million—or 1 in 3—American adults. About 28 percent of American adults ages 18 and older, or about 59 million people, have prehypertension, a condition that also increases the chance of heart disease and stroke. High blood pressure is especially common among African Americans, who tend to develop it at an earlier age and more often than Whites. It is also common among older Americans—individuals with normal blood pressure at age 55 have a 90 percent lifetime risk for developing high blood pressure.

High blood pressure can be controlled if you take these steps:

- Maintain a healthy weight.
- Be moderately physically active on most days of the week.
- Follow a healthy eating plan, which includes foods lower in sodium.
- If you drink alcoholic beverages, do so in moderation.
- If you have high blood pressure and are prescribed medication, take it as directed.

All steps but the last also help to prevent high blood pressure.

B O X 1

Blood Pressure Levels for Adults*

Category	Systolic† (mmHg)‡	Diastolic† (mmHg)‡	Result
Normal	Less than 120	<i>and</i> Less than 80	Good for you!
Prehypertension	120–139	<i>or</i> 80–89	Your blood pressure could be a problem. Make changes in what you eat and drink, be physically active, and lose extra weight. If you also have diabetes, see your doctor.
Hypertension	140 or higher	<i>or</i> 90 or higher	You have high blood pressure. Ask your doctor or nurse how to control it.

* For adults ages 18 and older who are not on medicine for high blood pressure and do not have a short-term serious illness. Source: The Seventh Report of the Joint National Committee on Prevention, Detection, Evaluation, and Treatment of High Blood Pressure; NIH Publication No. 03-5230, National High Blood Pressure Education Program, May 2003.

† If systolic and diastolic pressures fall into different categories, overall status is the higher category.

‡ Millimeters of mercury.



What Is the DASH Eating Plan?

Blood pressure can be unhealthy even if it stays only slightly above the normal level of less than 120/80 mmHg. The more your blood pressure rises above normal, the greater the health risk.

Scientists supported by the National Heart, Lung, and Blood Institute (NHLBI) conducted two key studies. Their findings showed that blood pressures were reduced with an eating plan that is low in saturated fat, cholesterol, and total fat and that emphasizes fruits, vegetables, and fat-free or low-fat milk and milk products. This eating plan—known as the DASH eating plan—also includes whole grain products, fish, poultry, and nuts. It is reduced in lean red meat, sweets, added sugars, and sugar-containing beverages compared to the typical American diet. It is rich in potassium, magnesium, and calcium, as well as protein and fiber. (See box 2 for the DASH studies' daily nutrient goals.)

BOX 2

Daily Nutrient Goals Used in the DASH Studies (for a 2,100 Calorie Eating Plan)

Total fat	27% of calories	Sodium	2,300 mg*
Saturated fat	6% of calories	Potassium	4,700 mg
Protein	18% of calories	Calcium	1,250 mg
Carbohydrate	55% of calories	Magnesium	500 mg
Cholesterol	150 mg	Fiber	30 g

* 1,500 mg sodium was a lower goal tested and found to be even better for lowering blood pressure. It was particularly effective for middle-aged and older individuals, African Americans, and those who already had high blood pressure.
g = grams; mg = milligrams

The DASH eating plan follows heart healthy guidelines to limit saturated fat and cholesterol. It focuses on increasing intake of foods rich in nutrients that are expected to lower blood pressure, mainly minerals (like potassium, calcium, and magnesium), protein, and fiber. It includes nutrient-rich foods so that it meets other nutrient requirements as recommended by the Institute of Medicine.

The first DASH study involved 459 adults with systolic blood pressures of less than 160 mmHg and diastolic pressures of 80–95 mmHg. About 27 percent of the participants had high blood pressure. About 50 percent were women and 60 percent were African Americans. It compared three eating plans: a plan that includes foods similar to what many Americans regularly eat; a plan that includes foods similar to what many Americans regularly eat plus more fruits and vegetables; and the DASH eating plan. All three plans included about 3,000 milligrams of sodium daily. None of the plans was vegetarian or used specialty foods.

Results were dramatic. Participants who followed both the plan that included more fruits and vegetables and the DASH eating plan had reduced blood pressure. But the DASH eating plan had the

Who Helped With DASH?

The DASH studies were sponsored by the NHLBI and conducted at four medical centers. There was also a central coordinating center at Kaiser Permanente Center for Health Research in Portland, OR. The four medical centers were: Brigham and Women's Hospital, Boston, MA; Duke Hypertension Center and the Sarah W. Stedman Nutrition and Metabolism Center, Durham, NC; Johns Hopkins Medical Institutions, Baltimore, MD; and Pennington Biomedical Research Center, Baton Rouge, LA.

greatest effect, especially for those with high blood pressure. Furthermore, the blood pressure reductions came fast—within 2 weeks of starting the plan.

The second DASH study looked at the effect on blood pressure of a reduced dietary sodium intake as participants followed either the DASH eating plan or an eating plan typical of what many Americans consume. This second study involved 412 participants. Participants were randomly assigned to one of the two eating plans and then followed for a month at each of the three sodium levels. The three sodium levels were a higher intake of about 3,300 milligrams per day (the level consumed by many Americans), an intermediate intake of about 2,300 milligrams per day, and a lower intake of about 1,500 milligrams per day.

Results showed that reducing dietary sodium lowered blood pressure for both eating plans. At each sodium level, blood pressure was lower on the DASH eating plan than on the other eating plan. The greatest blood pressure reductions were for the DASH eating plan at the sodium intake of 1,500 milligrams per day. Those with high blood pressure saw the greatest reductions, but those with prehypertension also had large decreases.

Together these studies show the importance of lowering sodium intake—whatever your eating plan. For a true winning combination, follow the DASH eating plan and lower your intake of salt and sodium.

How Do I Make the DASH?

The DASH eating plan used in the studies calls for a certain number of daily servings from various food groups. These are given in box 3 on page 8 for 2,000 calories per day. The number of servings you require may vary, depending on your caloric need. Box 4 on page 10 gives the number of servings for 1,600, 2,600, and 3,100 calories.

The DASH eating plan used along with other lifestyle changes can help you prevent and control blood pressure. If your blood pressure is not too high, you may be able to control it entirely by changing your eating habits, losing weight if you are overweight, getting regular physical activity, and cutting down on alcohol. The DASH eating plan also has other benefits, such as lowering LDL (“bad”) cholesterol, which, along with lowering blood pressure, can reduce your risk for getting heart disease.

B O X 3

Following the DASH Eating Plan

Food Group	Daily Servings	Serving Sizes
Grains*	6–8	1 slice bread 1 oz dry cereal [†] 1/2 cup cooked rice, pasta, or cereal
Vegetables	4–5	1 cup raw leafy vegetable 1/2 cup cut-up raw or cooked vegetable 1/2 cup vegetable juice
Fruits	4–5	1 medium fruit 1/4 cup dried fruit 1/2 cup fresh, frozen, or canned fruit 1/2 cup fruit juice
Fat-free or low-fat milk and milk products	2–3	1 cup milk or yogurt 1 1/2 oz cheese
Lean meats, poultry, and fish	6 or less	1 oz cooked meats, poultry, or fish 1 egg [‡]
Nuts, seeds, and legumes	4–5 per week	1/3 cup or 1 1/2 oz nuts 2 Tbsp peanut butter 2 Tbsp or 1/2 oz seeds 1/2 cup cooked legumes (dry beans and peas)
Fats and oils[§]	2–3	1 tsp soft margarine 1 tsp vegetable oil 1 Tbsp mayonnaise 2 Tbsp salad dressing
Sweets and added sugars	5 or less per week	1 Tbsp sugar 1 Tbsp jelly or jam 1/2 cup sorbet, gelatin 1 cup lemonade

* Whole grains are recommended for most grain servings as a good source of fiber and nutrients.

[†] Serving sizes vary between 1/2 cup and 1 1/4 cups, depending on cereal type. Check the product's Nutrition Facts label.

The DASH eating plan shown below is based on 2,000 calories a day. The number of daily servings in a food group may vary from those listed depending on your caloric needs. Use this chart to help you plan your menus or take it with you when you go to the store.

Examples and Notes	Significance of Each Food Group to the DASH Eating Pattern
Whole wheat bread and rolls, whole wheat pasta, English muffin, pita bread, bagel, cereals, grits, oatmeal, brown rice, unsalted pretzels and popcorn	Major sources of energy and fiber
Broccoli, carrots, collards, green beans, green peas, kale, lima beans, potatoes, spinach, squash, sweet potatoes, tomatoes	Rich sources of potassium, magnesium, and fiber
Apples, apricots, bananas, dates, grapes, oranges, grapefruit, grapefruit juice, mangoes, melons, peaches, pineapples, raisins, strawberries, tangerines	Important sources of potassium, magnesium, and fiber
Fat-free (skim) or low-fat (1%) milk or buttermilk, fat-free, low-fat, or reduced-fat cheese, fat-free or low-fat regular or frozen yogurt	Major sources of calcium and protein
Select only lean; trim away visible fats; broil, roast, or poach; remove skin from poultry	Rich sources of protein and magnesium
Almonds, hazelnuts, mixed nuts, peanuts, walnuts, sunflower seeds, peanut butter, kidney beans, lentils, split peas	Rich sources of energy, magnesium, protein, and fiber
Soft margarine, vegetable oil (such as canola, corn, olive, or safflower), low-fat mayonnaise, light salad dressing	The DASH study had 27 percent of calories as fat, including fat in or added to foods
Fruit-flavored gelatin, fruit punch, hard candy, jelly, maple syrup, sorbet and ices, sugar	Sweets should be low in fat

‡ Since eggs are high in cholesterol, limit egg yolk intake to no more than four per week; two egg whites have the same protein content as 1 oz of meat.

§ Fat content changes serving amount for fats and oils. For example, 1 Tbsp of regular salad dressing equals one serving; 1 Tbsp of a low-fat dressing equals one-half serving; 1 Tbsp of a fat-free dressing equals zero servings.

B O X 4

DASH Eating Plan— Number of Daily Servings for Other Calorie Levels

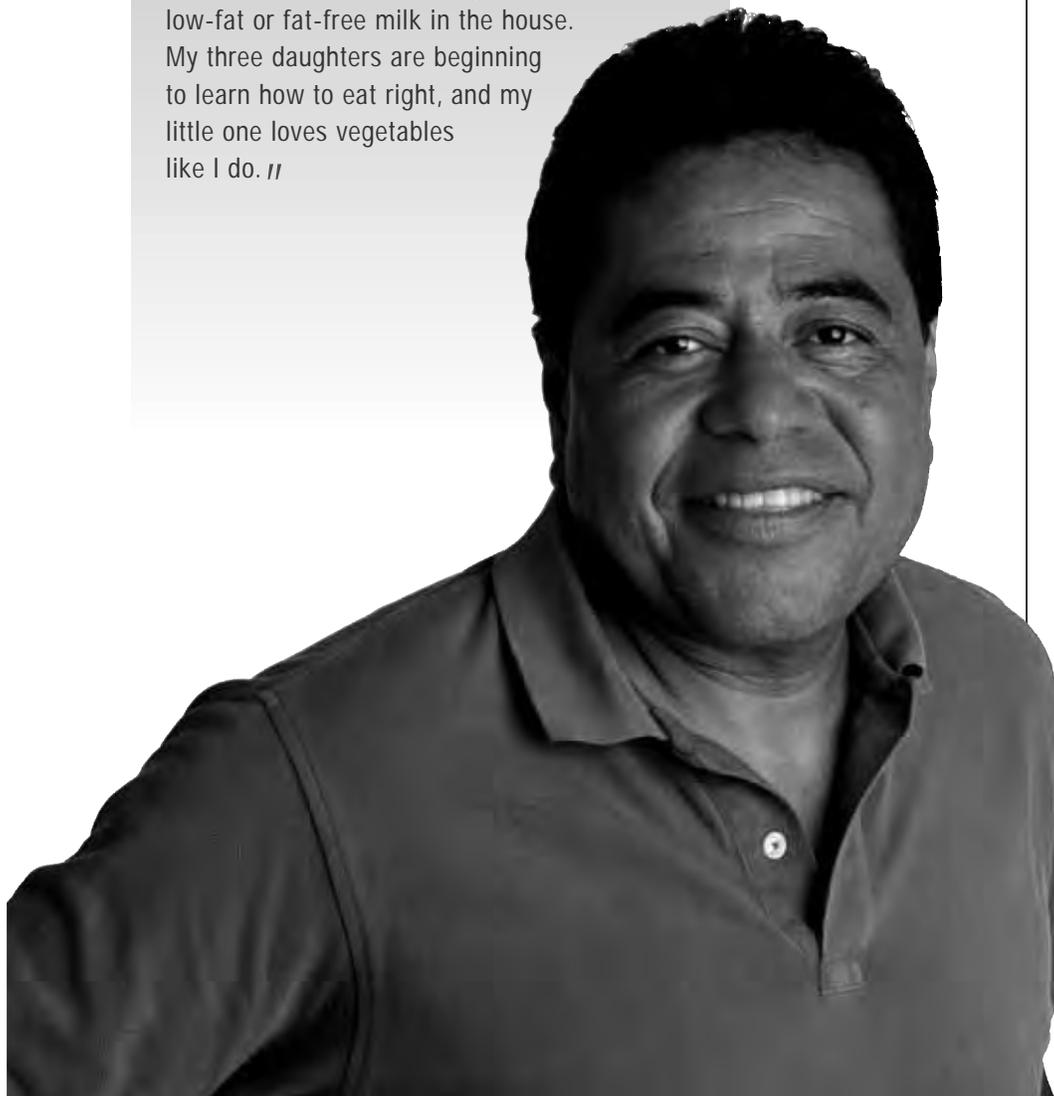
Food Groups	Servings/Day		
	1,600 calories/day	2,600 calories/day	3,100 calories/day
Grains*	6	10–11	12–13
Vegetables	3–4	5–6	6
Fruits	4	5–6	6
Fat-free or low-fat milk and milk products	2–3	3	3–4
Lean meats, poultry, and fish	3–6	6	6–9
Nuts, seeds, and legumes	3/week	1	1
Fats and oils	2	3	4
Sweets and added sugars	0	≤2	≤2

* Whole grains are recommended for most grain servings as a good source of fiber and nutrients.

If you need to lose weight, even a small weight loss will help to lower your risks of developing high blood pressure and other serious health conditions. At the very least, you should not gain weight. A recent study showed that people can lose weight while following the DASH eating plan and lowering their sodium intake. In a study of 810 participants, one-third were taught how to lower their sodium intake and follow the DASH eating plan on their own. Most of them needed to lose weight as well. They followed the DASH eating plan at lower calorie levels and they increased their physical activity. Over the course of 18 months, participants lost weight and improved their blood pressure control.

JOSE HENRIQUEZ

// I was overweight. I was told by my doctor that if I kept it up I was going to develop high blood pressure and high blood cholesterol. The doctor sent me to a dietitian. She is the one who taught me the things that I had to do in order to eat right. It was hard at the beginning because once you have bad habits they are hard to break. Once I realized it was for my own good and no one was going to take care of me except me, I decided to start eating better. At home, we keep stuff like fruits, vegetables, and low-fat or fat-free milk in the house. My three daughters are beginning to learn how to eat right, and my little one loves vegetables like I do. //



If you're trying to lose weight, use the foods and serving guidelines in boxes 3 and 4 on pages 8 and 9. Aim for a caloric level that is lower than what you usually consume. In addition, you can make your diet lower in calories by using the tips in box 5. The best way to take off pounds is to do so gradually, get more physical activity, and eat a balanced diet that is lower in calories and fat. For some people at very high risk for heart disease or stroke, medication will be necessary. To develop a weight-loss or weight-maintenance program that works well for you, consult with your doctor or registered dietitian.

Combining the DASH eating plan with a regular physical activity program, such as walking or swimming, will help you both shed pounds and stay trim for the long term. You can do an activity for 30 minutes at one time, or choose shorter periods of at least 10 minutes each. (See box 6 on page 14.) The important thing is to total about 30 minutes of activity each day. (To avoid weight gain, try to total about 60 minutes per day.)

You should be aware that the DASH eating plan has more daily servings of fruits, vegetables, and whole grain foods than you may be used to eating. Because the plan is high in fiber, it can cause bloating and diarrhea in some persons. To avoid these problems, gradually increase your intake of fruit, vegetables, and whole grain foods.

This booklet gives menus and recipes from the DASH studies for both 2,300 and 1,500 milligrams of daily sodium intake. Twenty-three hundred milligrams of sodium equals about 6 grams, or 1 teaspoon, of table salt (sodium chloride); 1,500 milligrams of sodium equals about 4 grams, or $\frac{2}{3}$ teaspoon, of table salt.

The key to reducing salt intake is making wise food choices. Only a small amount of salt that we consume comes from the salt added at the table, and only small amounts of sodium occur naturally in food. Processed foods account for most of the salt and sodium Americans consume. So, be sure to read food labels to choose products lower in sodium. You may be surprised to find which foods have sodium. They include baked goods, certain cereals, soy sauce, seasoned salts, monosodium glutamate (MSG), baking soda, and some antacids—the range is wide.

B O X 5

How to Lower Calories on the DASH Eating Plan

The DASH eating plan can be adopted to promote weight loss. It is rich in lower-calorie foods, such as fruits and vegetables. You can make it lower in calories by replacing higher calorie foods such as sweets with more fruits and vegetables—and that also will make it easier for you to reach your DASH goals. Here are some examples:

To increase fruits—

- Eat a medium apple instead of four shortbread cookies. *You'll save 80 calories.*
- Eat 1/4 cup of dried apricots instead of a 2-ounce bag of pork rinds. *You'll save 230 calories.*

To increase vegetables—

- Have a hamburger that's 3 ounces of meat instead of 6 ounces. Add a 1/2-cup serving of carrots and a 1/2-cup serving of spinach. *You'll save more than 200 calories.*
- Instead of 5 ounces of chicken, have a stir fry with 2 ounces of chicken and 1 1/2 cups of raw vegetables. Use a small amount of vegetable oil. *You'll save 50 calories.*

To increase fat-free or low-fat milk products—

- Have a 1/2-cup serving of low-fat frozen yogurt instead of a 1/2-cup serving of full-fat ice cream. *You'll save about 70 calories.*

And don't forget these calorie-saving tips:

- Use fat-free or low-fat condiments.
- Use half as much vegetable oil, soft or liquid margarine, mayonnaise, or salad dressing, or choose available low-fat or fat-free versions.
- Eat smaller portions—cut back gradually.
- Choose fat-free or low-fat milk and milk products.
- Check the food labels to compare fat content in packaged foods—items marked fat-free or low-fat are not always lower in calories than their regular versions.
- Limit foods with lots of added sugar, such as pies, flavored yogurts, candy bars, ice cream, sherbet, regular soft drinks, and fruit drinks.
- Eat fruits canned in their own juice or in water.
- Add fruit to plain fat-free or low-fat yogurt.
- Snack on fruit, vegetable sticks, unbuttered and unsalted popcorn, or rice cakes.
- Drink water or club soda—zest it up with a wedge of lemon or lime.

B O X 6

Make a Dash for DASH

Thirty minutes of moderate-intensity physical activity each day can help.

- If your blood pressure is moderately elevated, 30 minutes of brisk walking on most days a week may be enough to keep you off medication.
- If you take medication for high blood pressure, 30 minutes of moderate physical activity can make your medication work more effectively and make you feel better.
- If you don't have high blood pressure, being physically active can help keep it that way. If you have normal blood pressure—but are not active—your chances of developing high blood pressure increase, especially as you get older or if you become overweight or obese or develop diabetes.

Getting started: Your physical activity program can be as simple as a 15-minute walk around the block each morning and evening. Gradually build up your program and set new goals to stay motivated. The important thing is to find something you enjoy, and do it safely. And remember—trying too hard at first can lead to injury and cause you to give up. If you have a chronic health problem or a family history of heart disease at an early age, be sure to talk with your doctor before launching a new physical activity program.

- 1. Set a schedule and try to keep it.**
- 2. Get a friend or family member to join you.** Motivate each other to keep it up.
- 3. Cross-train.** Alternate between different activities so you don't strain one part of your body day after day.
- 4. Set goals.**
- 5. Reward yourself.** At the end of each month that you stay on your exercise program, reward yourself with something new—new clothes, a compact disc, a new book—something that will help keep you committed. But don't use food as a reward.

Because it is rich in fruits and vegetables, which are naturally lower in sodium than many other foods, the DASH eating plan makes it easier to consume less salt and sodium. Still, you may want to begin by adopting the DASH eating plan at the level of 2,300 milligrams of sodium per day and then further lower your sodium intake to 1,500 milligrams per day.

Boxes 7, 8, and 9 on pages 16–18 offer tips on how to reduce the salt and sodium content in your diet, and boxes 10 and 11 on pages 19 and 20 show how to use food labels to find lower sodium products.

The DASH eating plan also emphasizes potassium from food, especially fruits and vegetables, to help keep blood pressure levels healthy. A potassium-rich diet may help to reduce elevated or high blood pressure, but be sure to get your potassium from food sources, not from supplements. Many fruits and vegetables, some milk products, and fish are rich sources of potassium. (See box 12 on page 21.) However, fruits and vegetables are rich in the form of potassium (potassium with bicarbonate precursors) that favorably affects acid-base metabolism. This form of potassium may help to reduce risk of kidney stones and bone loss. While salt substitutes containing potassium are sometimes needed by persons on drug therapy for high blood pressure, these supplements can be harmful to people with certain medical conditions. Ask your doctor before trying salt substitutes or supplements.

Start the DASH eating plan today—it can help you prevent and control high blood pressure, has other health benefits for your heart, can be used to lose weight, and meets your nutritional needs.



B O X 7

Where's the Sodium?

Only a small amount of sodium occurs naturally in foods. Most sodium is added during processing. The table below gives examples of sodium in some foods.

Food Groups	Sodium (mg)
Whole and other grains and grain products*	
Cooked cereal, rice, pasta, unsalted, 1/2 cup	0–5
Ready-to-eat cereal, 1 cup	0–360
Bread, 1 slice	110–175
Vegetables	
Fresh or frozen, cooked without salt, 1/2 cup	1–70
Canned or frozen with sauce, 1/2 cup	140–460
Tomato juice, canned, 1/2 cup	330
Fruit	
Fresh, frozen, canned, 1/2 cup	0–5
Low-fat or fat-free milk and milk products	
Milk, 1 cup	107
Yogurt, 1 cup	175
Natural cheeses, 1 1/2 oz	110–450
Process cheeses, 2 oz	600
Nuts, seeds, and legumes	
Peanuts, salted, 1/3 cup	120
Peanuts, unsalted, 1/3 cup	0–5
Beans, cooked from dried or frozen, without salt, 1/2 cup	0–5
Beans, canned, 1/2 cup	400
Lean meats, fish, and poultry	
Fresh meat, fish, poultry, 3 oz	30–90
Tuna canned, water pack, no salt added, 3 oz	35–45
Tuna canned, water pack, 3 oz	230–350
Ham, lean, roasted, 3 oz	1,020

* Whole grains are recommended for most grain servings.

B O X 8

Tips To Reduce Salt and Sodium

- Choose low- or reduced-sodium, or no-salt-added versions of foods and condiments when available.
- Choose fresh, frozen, or canned (low-sodium or no-salt-added) vegetables.
- Use fresh poultry, fish, and lean meat, rather than canned, smoked, or processed types.
- Choose ready-to-eat breakfast cereals that are lower in sodium.
- Limit cured foods (such as bacon and ham); foods packed in brine (such as pickles, pickled vegetables, olives, and sauerkraut); and condiments (such as mustard, horseradish, ketchup, and barbecue sauce). Limit even lower sodium versions of soy sauce and teriyaki sauce. Treat these condiments sparingly as you do table salt.
- Cook rice, pasta, and hot cereals without salt. Cut back on instant or flavored rice, pasta, and cereal mixes, which usually have added salt.
- Choose “convenience” foods that are lower in sodium. Cut back on frozen dinners, mixed dishes such as pizza, packaged mixes, canned soups or broths, and salad dressings—these often have a lot of sodium.
- Rinse canned foods, such as tuna and canned beans, to remove some of the sodium.
- Use spices instead of salt. In cooking and at the table, flavor foods with herbs, spices, lemon, lime, vinegar, or salt-free seasoning blends. Start by cutting salt in half.



B O X 9

Reducing Salt and Sodium When Eating Out

- Ask how foods are prepared. Ask that they be prepared without added salt, MSG, or salt-containing ingredients. Most restaurants are willing to accommodate requests.
- Know the terms that indicate high sodium content: pickled, cured, smoked, soy sauce, broth.
- Move the salt shaker away.
- Limit condiments, such as mustard, ketchup, pickles, and sauces with salt-containing ingredients.
- Choose fruit or vegetables, instead of salty snack foods.



B O X 1 0

Compare Nutrition Facts Labels on Foods

Read the Nutrition Facts labels on foods to compare the amount of sodium in products. Look for the sodium content in milligrams and the Percent Daily Value. Aim for foods that are less than 5 percent of the Daily Value of sodium. Foods with 20 percent or more Daily Value of sodium are considered high. You can also check out the amounts of the other DASH goal nutrients.

Compare the food labels of these two versions of canned tomatoes. The regular canned tomatoes (right) have 15 times as much sodium as the low-sodium canned tomatoes.

Low-Sodium Canned Diced Tomatoes

Nutrition Facts	
Serving Size 1/2 cup (130g)	
Servings Per Container 3 1/2	
Amount Per Serving	
Calories 25	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	1%
Potassium 270mg	8%
Total Carbohydrate 5g	2%
Dietary Fiber 1g	4%
Sugar 3g	
Protein 1g	
Vitamin A 5%	Vitamin C 30%
Calcium 4%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet.	

Canned Diced Tomatoes

Nutrition Facts	
Serving Size 1/2 cup (130g)	
Servings Per Container 3 1/2	
Amount Per Serving	
Calories 25	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 150mg	6%
Potassium 230mg	6%
Total Carbohydrate 5g	2%
Dietary Fiber 1g	4%
Sugar 3g	
Protein 1g	
Vitamin A 5%	Vitamin C 20%
Calcium 4%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet.	

B O X 1 1

Label Language

Food labels can help you choose items lower in sodium, saturated fat, trans fat, cholesterol, and calories and higher in potassium and calcium. Look for the following label information on cans, boxes, bottles, bags, and other packaging:

Phrase	What It Means*
Sodium	
Sodium free or salt free	Less than 5 mg per serving
Very low sodium	35 mg or less of sodium per serving
Low sodium	140 mg or less of sodium per serving
Low-sodium meal	140 mg or less of sodium per 3½ oz (100 g)
Reduced or less sodium	At least 25 percent less sodium than the regular version
Light in sodium	50 percent less sodium than the regular version
Unsalted or no salt added	No salt added to the product during processing (this is not a sodium-free food)
Fat	
Fat-free	Less than 0.5 g per serving
Low saturated fat	1 g or less per serving and 15% or less of calories from saturated fat
Low-fat	3 g or less per serving
Reduced fat	At least 25 percent less fat than the regular version
Light in fat	Half the fat compared to the regular version



* Small serving sizes (50 g) or meals and main dishes are based on various weights in grams versus a serving size.

B O X 1 2

Where's the Potassium?

Potassium comes from a variety of food sources. The table below gives examples of potassium in some foods.

Food Groups	Potassium (mg)
Vegetables	
Potato, 1 medium	926
Sweet Potato, 1 medium	540
Spinach, cooked, 1/2 cup	290
Zucchini, cooked, 1/2 cup	280
Tomato, fresh, 1/2 cup	210
Kale, cooked, 1/2 cup	150
Romaine lettuce, 1 cup	140
Mushrooms, 1/2 cup	110
Cucumber, 1/2 cup	80
Fruit	
Banana, 1 medium	420
Apricots, 1/4 cup	380
Orange, 1 medium	237
Cantaloupe chunks, 1/2 cup	214
Apple, 1 medium	150
Nuts, seeds, and legumes	
Cooked soybeans, 1/2 cup	440
Cooked lentils, 1/2 cup	370
Cooked kidney beans, 1/2 cup	360
Cooked split peas, 1/2 cup	360
Almonds, roasted, 1/3 cup	310
Walnuts, roasted, 1/3 cup	190
Sunflower seeds, roasted, 2 Tbsp	124
Peanuts, roasted, 1/3 cup	120
Low-fat or fat-free milk and milk products	
Milk, 1 cup	380
Yogurt, 1 cup	370
Lean meats, fish, and poultry	
Fish (cod, halibut, rockfish, trout, tuna), 3 oz	200–400
Pork tenderloin, 3 oz	370
Beef tenderloin, chicken, turkey, 3 oz	210

**JEANETTE GUYTON-KRISHNAN
AND FAMILY**

// There's a history of cardiovascular disease in my family and I also know that good habits can start when the children are very young. In my family, we are physically active, we drink water and low-fat or fat-free milk, and we rarely keep sugary snacks in the house. I'm also very aware of portion sizes and how many calories are in the portions we eat. We are teaching them good eating habits right now. //



How Can I Get Started on the DASH Eating Plan?

It's easy. Reading the "Getting Started" suggestions in box 13 should help you along the way. The DASH eating plan requires no special foods and has no hard-to-follow recipes. One way to begin is by seeing how DASH compares with your current food habits. Use the "What's On Your Plate?" form. (See box 14 on page 26.) Fill it in for 1–2 days and see how it compares with the DASH plan. This will help you see what changes you need to make in your food choices.

Remember that on some days the foods you eat may add up to more than the recommended servings from one food group and less from another. Similarly, you may have too much sodium on a particular day. But don't worry. Try your best to keep the average of several days close to the DASH eating plan and the sodium level recommended for you.

Use the menus that begin on page 30 if you want to follow the menus similar to those used in the DASH trial—or make up your own using your favorite foods. In fact, your entire family can eat meals using the DASH eating plan. Use box 3 on page 8 to choose your favorite foods from each food group based on your calorie needs as described in the 2005 "U.S. Dietary Guidelines for Americans."

The Dietary Guidelines determined that the DASH eating plan is an example of a healthy eating plan and recommends it as a plan that not only meets your nutritional needs but can accommodate varied types of cuisines and special needs.

Remember that the DASH eating plan used along with other lifestyle changes can help you prevent and control your blood pressure. Important lifestyle recommendations for you include: achieve and maintain a healthy weight, participate in your favorite regular physical activity, and, if you drink, use moderation in alcohol consumption (defined as up to one drink per day for women and up to two drinks per day for men).

One important note: If you take medication to control high blood pressure, you should not stop using it. Follow the DASH eating plan and talk with your doctor about your medication treatment. The tips in box 15 on page 27 can help you continue to follow the DASH eating plan and make other healthy lifestyle changes for a lifetime.

B O X 1 3

Getting Started

It's easy to adopt the DASH eating plan. Here are some ways to get started:

Change gradually

- If you now eat one or two vegetables a day, add a serving at lunch and another at dinner.
- If you don't eat fruit now or have juice only at breakfast, add a serving to your meals or have it as a snack.
- Gradually increase your use of fat-free and low-fat milk and milk products to three servings a day. For example, drink milk with lunch or dinner, instead of soda, sugar-sweetened tea, or alcohol. Choose fat-free (skim) or low-fat (1 percent) milk and milk products to reduce your intake of saturated fat, total fat, cholesterol, and calories and to increase your calcium.
- Read the Nutrition Facts label on margarines and salad dressings to choose those lowest in saturated fat and trans fat.

Treat meats as one part of the whole meal, instead of the focus

- Limit lean meats to 6 ounces a day—all that's needed. Have only 3 ounces at a meal, which is about the size of a deck of cards.
- If you now eat large portions of meats, cut them back gradually—by a half or a third at each meal.
- Include two or more vegetarian-style (meatless) meals each week.
- Increase servings of vegetables, brown rice, whole wheat pasta, and cooked dry beans in meals. Try casseroles, whole wheat pasta, and stir-fry dishes, which have less meat and more vegetables, grains, and dry beans.

Use fruits or other foods low in saturated fat, trans fat, cholesterol, sodium, sugar, and calories as desserts and snacks

- Fruits and other lower fat foods offer great taste and variety. Use fruits canned in their own juice or packed in water. Fresh fruits require little or no preparation. Dried fruits are a good choice to carry with you or to have ready in the car.
- Try these snacks ideas: unsalted rice cakes; nuts mixed with raisins; graham crackers; fat-free and low-fat yogurt and frozen yogurt; popcorn with no salt or butter added; raw vegetables.

Try these other tips

- Choose whole grain foods for most grain servings to get added nutrients, such as minerals and fiber. For example, choose whole wheat bread or whole grain cereals.
- If you have trouble digesting milk and milk products, try taking lactase enzyme pills (available at drugstores and groceries) with the milk products. Or, buy lactose-free milk, which has the lactase enzyme already added to it.
- If you are allergic to nuts, use seeds or legumes (cooked dried beans or peas).
- Use fresh, frozen, or low-sodium canned vegetables and fruits.

Use the form in box 14 to track your food and physical activities habits before you start on the DASH eating plan or to see how you're doing after a few weeks. To record more than 1 day, just copy the form. Total each day's food groups and compare what you ate with the DASH eating plan. To see how the form looks completed, check the menus that start on page 30.



BOX 14

What's on Your Plate? How Much Are You Moving?

Date:		Number of Servings by DASH Food Group								
Food	Amount (serving size)	Sodium (mg)	Grains	Vegetables	Fruits	Milk Products	Meats, fish, and poultry	Nuts, seeds, and legumes	Fats and oils	Sweets and added sugars
Example: whole wheat bread, with soft (tub) margarine	2 slices 2 tsp	299 52	2						2	
Breakfast										
Lunch										
Dinner										
Snacks										
Day's Totals										
Compare yours with the DASH eating plan at 2,000 calories.		2,300 or 1,500 mg per day	6-8 per day	4-5 per day	4-5 per day	2-3 per day	6 or less per day	4-5 per week	2-3 per day	5 or less per week
Physical Activity Log Record your minutes per day for each activity. Aim for at least 30 minutes of moderate-intensity physical activity on most days of the week.										

B O X 1 5

Making the DASH to Good Health

The DASH plan is a new way of eating—for a lifetime. If you slip from the eating plan for a few days, don't let it keep you from reaching your health goals. Get back on track. Here's how:

Ask yourself why you got off-track.

Was it at a party? Were you feeling stress at home or work? Find out what triggered your sidetrack and start again with the DASH plan.

Don't worry about a slip.

Everyone slips—especially when learning something new. Remember that changing your lifestyle is a long-term process.

See if you tried to do too much at once.

Often, those starting a new lifestyle try to change too much at once. Instead, change one or two things at a time. Slowly but surely is the best way to succeed.

Break the process down into small steps.

This not only keeps you from trying to do too much at once, but also keeps the changes simpler. Break complex goals into smaller, simpler steps, each of which is attainable.

Write it down.

Use the table in box 14 to keep track of what you eat and what you're doing. This can help you find the problem. Keep track for several days. You may find, for instance, that you eat high-fat foods while watching television. If so, you could start keeping a substitute snack on hand to eat instead of the high-fat foods. This record also helps you be sure you're getting enough of each food group and physical activity each day.

Celebrate success.

Treat yourself to a nonfood treat for your accomplishments.



A Week With the DASH Eating Plan

Here is a week of menus from the DASH eating plan. The menus allow you to have a daily sodium level of either 2,300 mg or, by making the noted changes, 1,500 mg. You'll also find that the menus sometimes call for you to use lower sodium, low-fat, fat-free, or reduced fat versions of products.

The menus are based on 2,000 calories a day—serving sizes should be increased or decreased for other calorie levels. To ease the calculations, some of the serving sizes have been rounded off. Also, some items may be in too small a quantity to have a listed food group serving. Recipes for starred items are given on the later pages. Some of these recipes give changes that can be used to lower their sodium level. Use the changes if you want to follow the DASH eating plan at 1,500 milligrams of sodium per day.

Abbreviations:

oz = ounce

tsp = teaspoon

Tbsp = tablespoon

g = gram

mg = milligram

Day 1

	Sodium (mg)	Substitution To Reduce Sodium to 1,500 mg	Sodium (mg)
2,300 mg Sodium Menu			
Breakfast			
³ / ₄ cup bran flakes cereal:	220	³ / ₄ cup shredded wheat cereal	1
1 medium banana	1		
1 cup low-fat milk	107		
1 slice whole wheat bread:	149		
1 tsp soft (tub) margarine	26	1 tsp unsalted soft (tub) margarine	0
1 cup orange juice	5		
Lunch			
³ / ₄ cup chicken salad:*	179	Remove salt from the recipe*	120
2 slices whole wheat bread	299		
1 Tbsp Dijon mustard	373	1 Tbsp regular mustard	175
salad:			
¹ / ₂ cup fresh cucumber slices	1		
¹ / ₂ cup tomato wedges	5		
1 Tbsp sunflower seeds	0		
1 tsp Italian dressing, low calorie	43		
¹ / ₂ cup fruit cocktail, juice pack	5		
Dinner			
3 oz beef, eye of the round:	35		
2 Tbsp beef gravy, fat-free	165		
1 cup green beans, sautéed with:	12		
¹ / ₂ tsp canola oil	0		
1 small baked potato:	14		
1 Tbsp sour cream, fat-free	21		
1 Tbsp grated natural cheddar cheese, reduced fat	67	1 Tbsp natural cheddar cheese, reduced fat, low sodium	1
1 Tbsp chopped scallions	1		
1 small whole wheat roll:	148		
1 tsp soft (tub) margarine	26	1 tsp unsalted soft (tub) margarine	0
1 small apple	1		
1 cup low-fat milk	107		
Snacks			
¹ / ₃ cup almonds, unsalted	0		
¹ / ₄ cup raisins	4		
¹ / ₂ cup fruit yogurt, fat-free, no sugar added	86		
Totals	2,101		1,507

* Recipe on page 45

Nutrients Per Day	Sodium Level	
	2,300 mg	1,500 mg
Calories	2,062	2,037
Total fat	63 g	59 g
Calories from fat	28 %	26 %
Saturated fat	13 g	12 g
Calories from saturated fat	6 %	5 %
Cholesterol	155 mg	155 mg
Sodium	2,101 mg	1,507 mg

Number of Servings by DASH Food Group								
	Grains	Vegetables	Fruits	Milk Products	Meats, Fish, and Poultry	Nuts, Seeds, and Legumes	Fats and Oils	Sweets and Added Sugars
	1		1	1				
	1		2				1	
	2				3		1	
		1				1/2		
		1	1					
					3			
		2					1/2	
		1						
	1						1	
			1	1				
			1			1		
				1/2				
5	5	6	2 1/2	6	1 1/2	3 1/2	0	

Nutrients Per Day	Sodium Level	
	2,300 mg	1,500 mg
Carbohydrate	284 g	284 g
Protein	114 g	115 g
Calcium	1,220 mg	1,218 mg
Magnesium	594 mg	580 mg
Potassium	4,909 mg	4,855 mg
Fiber	37 g	36 g

Day 2

	Sodium (mg)	Substitution To Reduce Sodium to 1,500 mg	Sodium (mg)
2,300 mg Sodium Menu			
Breakfast			
1/2 cup instant oatmeal	54	1/2 cup regular oatmeal with 1 tsp cinnamon	5
1 mini whole wheat bagel:	84		
1 Tbsp peanut butter	81		
1 medium banana	1		
1 cup low-fat milk	107		
Lunch			
chicken breast sandwich:			
3 oz chicken breast, skinless	65		
2 slices whole wheat bread	299		
1 slice (3/4 oz) natural cheddar cheese, reduced fat	202	1 slice (3/4 oz) natural Swiss cheese, low sodium	3
1 large leaf romaine lettuce	1		
2 slices tomato	2		
1 Tbsp mayonnaise, low-fat	101		
1 cup cantaloupe chunks	26		
1 cup apple juice	21		
Dinner			
1 cup spaghetti:	1		
3/4 cup vegetarian spaghetti sauce*	479	Substitute low-sodium tomato paste (6 oz) in recipe*	253
3 Tbsp Parmesan cheese	287		
spinach salad:			
1 cup fresh spinach leaves	24		
1/4 cup fresh carrots, grated	19		
1/4 cup fresh mushrooms, sliced	1		
1 Tbsp vinaigrette dressing†	1		
1/2 cup corn, cooked from frozen	1		
1/2 cup canned pears, juice pack	5		
Snacks			
1/3 cup almonds, unsalted	0		
1/4 cup dried apricots	3		
1 cup fruit yogurt, fat-free, no sugar added	173		
Totals	2,035		1,560

* Recipe on page 46

† Recipe on page 47

Nutrients Per Day	Sodium Level	
	2,300 mg	1,500 mg
Calories	2,027	2,078
Total fat	64 g	68 g
Calories from fat	28 %	30 %
Saturated fat	13 g	16 g
Calories from saturated fat	6 %	7 %
Cholesterol	114 mg	129 mg
Sodium	2,035 mg	1,560 mg

Number of Servings by DASH Food Group								
	Grains	Vegetables	Fruits	Milk Products	Meats, Fish, and Poultry	Nuts, Seeds, and Legumes	Fats and Oils	Sweets and Added Sugars
	1							
	1					1/2		
			1	1				
					3			
	2			1/2				
		1/4						
		1/2					1	
			2					
			2					
	2							
		1 1/2						
				1/2				
		1						
		1/2						
		1/2					1/2	
		1						
			1					
						1		
			1	1				
	6	5 1/4	7	3	3	1 1/2	1 1/2	0

Nutrients Per Day	Sodium Level	
	2,300 mg	1,500 mg
Carbohydrate	288 g	290 g
Protein	99 g	100 g
Calcium	1,370 mg	1,334 mg
Magnesium	535 mg	542 mg
Potassium	4,715 mg	4,721 mg
Fiber	34 g	34 g

Day 3

	Sodium (mg)	Substitution To Reduce Sodium to 1,500 mg	Sodium (mg)
2,300 mg Sodium Menu			
Breakfast			
³ / ₄ cup bran flakes cereal:	220	2 cups puffed wheat cereal	1
1 medium banana	1		
1 cup low-fat milk	107		
1 slice whole wheat bread:			
1 tsp soft (tub) margarine	26	1 tsp unsalted soft (tub) margarine	0
1 cup orange juice	6		
Lunch			
beef barbeque sandwich:			
2 oz beef, eye of round	26		
1 Tbsp barbeque sauce	156		
2 slices (1 ¹ / ₂ oz) natural cheddar cheese, reduced fat	405	1 ¹ / ₂ oz natural cheddar cheese, reduced fat, low sodium	9
1 hamburger bun	183		
1 large leaf romaine lettuce	1		
2 slices tomato	2		
1 cup new potato salad*	17		
1 medium orange	0		
Dinner			
3 oz cod:			
1 tsp lemon juice	70		
1 tsp lemon juice	1		
¹ / ₂ cup brown rice	5		
1 cup spinach, cooked from frozen, sautéed with:	184		
1 tsp canola oil	0		
1 Tbsp almonds, slivered	0		
1 small cornbread muffin, made with oil:	119		
1 tsp soft (tub) margarine	26	1 tsp unsalted soft (tub) margarine	0
Snacks			
1 cup fruit yogurt, fat-free, no added sugar:			
1 Tbsp sunflower seeds, unsalted	173		
2 large graham cracker rectangles:	0		
1 Tbsp peanut butter	156		
	81		
Totals	2,114		1,447

* Recipe on page 48

Nutrients Per Day	Sodium Level	
	2,300 mg	1,500 mg
Calories	1,997	1,995
Total fat	56 g	52 g
Calories from fat	25 %	24 %
Saturated fat	12 g	11 g
Calories from saturated fat	6 %	5 %
Cholesterol	140 mg	140 mg
Sodium	2,114 mg	1,447 mg

Number of Servings by DASH Food Group								
	Grains	Vegetables	Fruits	Milk Products	Meats, Fish, and Poultry	Nuts, Seeds, and Legumes	Fats and Oils	Sweets and Added Sugars
	1		1	1				
	1						1	
			2					
					2			
				1				
	2							
		1/4						
		1/2						
		2						
			1					
					3			
	1							
		2						
							1	
	1					1/4		
							1	
				1				
						1/2		
	1					1/2		
	7	4 ³ / ₄	4	3	5	1 ¹ / ₄	3	0

Nutrients Per Day	Sodium Level	
	2,300 mg	1,500 mg
Carbohydrate	289 g	283 g
Protein	103 g	104 g
Calcium	1,537 mg	1,524 mg
Magnesium	630 mg	598 mg
Potassium	4,676 mg	4,580 mg
Fiber	34 g	31 g

Day 4

	Sodium (mg)	Substitution To Reduce Sodium to 1,500 mg	Sodium (mg)
2,300 mg Sodium Menu			
Breakfast			
1 slice whole wheat bread:	149		
1 tsp soft (tub) margarine	26	1 tsp unsalted soft (tub) margarine	0
1 cup fruit yogurt, fat-free, no added sugar	173		
1 medium peach	0		
1/2 cup grape juice	4		
Lunch			
ham and cheese sandwich:			
2 oz ham, low-fat, low sodium	549	2 oz roast beef tenderloin	23
1 slice (3/4 oz) natural cheddar cheese, reduced fat	202	1 slice (3/4 oz) natural cheddar cheese, reduced fat, low sodium	4
2 slices whole wheat bread	299		
1 large leaf romaine lettuce	1		
2 slices tomato	2		
1 Tbsp mayonnaise, low-fat	101		
1 cup carrot sticks	84		
Dinner			
chicken and Spanish rice*	341	substitute low-sodium tomato sauce (4 oz) in recipe*	215
1 cup green peas, sautéed with:	115		
1 tsp canola oil	0		
1 cup cantaloupe chunks	26		
1 cup low-fat milk	107		
Snacks			
1/3 cup almonds, unsalted	0		
1 cup apple juice	21		
1/4 cup apricots	3		
1 cup low-fat milk	107		
Totals	2,312		1,436

* Recipe on page 49

Nutrients Per Day	Sodium Level	
	2,300 mg	1,500 mg
Calories	2,024	2,045
Total fat	59 g	59 g
Calories from fat	26 %	26 %
Saturated fat	12 g	12 g
Calories from saturated fat	5 %	5 %
Cholesterol	148 mg	150 mg
Sodium	2,312 mg	1,436 mg

Number of Servings by DASH Food Group								
	Grains	Vegetables	Fruits	Milk Products	Meats, Fish, and Poultry	Nuts, Seeds, and Legumes	Fats and Oils	Sweets and Added Sugars
	1						1	
			1	1				
					2			
	2	1/4		1/2				
		1/2					1	
		2						
	1				3			
		2					1	
			2	1				
						1		
			2					
			1					
				1				
	4	4³/₄	7	3¹/₂	5	1	3	0

Nutrients Per Day	Sodium Level	
	2,300 mg	1,500 mg
Carbohydrate	279 g	278 g
Protein	110 g	116 g
Calcium	1,417 mg	1,415 mg
Magnesium	538 mg	541 mg
Potassium	4,575 mg	4,559 mg
Fiber	35 g	35 g

Day 5

	Sodium (mg)	Substitution To Reduce Sodium to 1,500 mg	Sodium (mg)
2,300 mg Sodium Menu			
Breakfast			
1 cup whole grain oat rings cereal:	273	1 cup frosted shredded wheat	4
1 medium banana	1		
1 cup low-fat milk	107		
1 medium raisin bagel:	272		
1 Tbsp peanut butter	81	1 Tbsp peanut butter, unsalted	3
1 cup orange juice	5		
Lunch			
tuna salad plate:			
1/2 cup tuna salad*	171		
1 large leaf romaine lettuce	1		
1 slice whole wheat bread	149	6 whole wheat crackers, low sodium	53
cucumber salad:			
1 cup fresh cucumber slices	2		
1/2 cup tomato wedges	5		
1 Tbsp vinaigrette dressing	133	2 Tbsp yogurt dressing, fat-free†	66
1/2 cup cottage cheese, low-fat:	459		
1/2 cup canned pineapple, juice pack	1		
1 Tbsp almonds, unsalted	0		
Dinner			
3 oz turkey meatloaf‡	205	substitute low-sodium ketchup in recipe‡	74
1 small baked potato:	14		
1 Tbsp sour cream, fat-free	21		
1 Tbsp natural cheddar cheese, reduced fat, grated	67	1 Tbsp natural cheddar cheese, reduced fat, and low sodium	1
1 scallion stalk, chopped	1		
1 cup collard greens, sautéed with:	85		
1 tsp canola oil	0		
1 small whole wheat roll	148	6 small melba toast crackers, unsalted	1
1 medium peach	0		
Snacks			
1 cup fruit yogurt, fat-free, no added sugar	173		
2 Tbsp sunflower seeds, unsalted	0		
Totals	2,373		1,519

* Recipe on page 50

† Recipe on page 51

‡ Recipe on page 50

Nutrients Per Day	Sodium Level	
	2,300 mg	1,500 mg
Calories	1,976	2,100
Total fat	57 g	52 g
Calories from fat	26 %	22 %
Saturated fat	11 g	11 g
Calories from saturated fat	5 %	5 %
Cholesterol	158 mg	158 mg
Sodium	2,373 mg	1,519 mg

Number of Servings by DASH Food Group								
	Grains	Vegetables	Fruits	Milk Products	Meats, Fish, and Poultry	Nuts, Seeds, and Legumes	Fats and Oils	Sweets and Added Sugars
	1		1	1				
	2		2			1/2		
	1	1/4			3			
		2						
		1					1	
			1	1/4				
						1/4		
					3			
		1						
		2						
	1						1	
			1					
				1				
						1		
	5	6 1/4	5	2 1/4	6	1 3/4	2	0

Nutrients Per Day	Sodium Level	
	2,300 mg	1,500 mg
Carbohydrate	275 g	314 g
Protein	111 g	114 g
Calcium	1,470 mg	1,412 mg
Magnesium	495 mg	491 mg
Potassium	4,769 mg	4,903 mg
Fiber	30 g	31 g

Day 6

	Sodium (mg)	Substitution To Reduce Sodium to 1,500 mg	Sodium (mg)
2,300 mg Sodium Menu			
Breakfast			
1 low-fat granola bar	81		
1 medium banana	1		
1/2 cup fruit yogurt, fat-free, no sugar added	86		
1 cup orange juice	5		
1 cup low-fat milk	107		
Lunch			
turkey breast sandwich:			
3 oz turkey breast	48		
2 slices whole wheat bread	299		
1 large leaf romaine lettuce	1		
2 slices tomato	2		
2 tsp mayonnaise, low-fat	67		
1 Tbsp Dijon mustard	373	1 Tbsp regular mustard	175
1 cup steamed broccoli, cooked from frozen	11		
1 medium orange	0		
Dinner			
3 oz spicy baked fish*	50		
1 cup scallion rice†	18		
spinach sauté:			
1/2 cup spinach, cooked from frozen, sautéed with:	92		
2 tsp canola oil	0		
1 Tbsp almonds, slivered, unsalted	0		
1 cup carrots, cooked from frozen	84		
1 small whole wheat roll:			
1 tsp soft (tub) margarine	26		
1 small cookie	60		
Snacks			
2 Tbsp peanuts, unsalted	1		
1 cup low-fat milk	107		
1/4 cup dried apricots	3		
Totals	1,671		1,472

* Recipe on page 52

† Recipe on page 53

Nutrients Per Day	Sodium Level	
	2,300 mg	1,500 mg
Calories	1,939	1,935
Total fat	58 g	57 g
Calories from fat	27 %	27 %
Saturated fat	12 g	12 g
Calories from saturated fat	6 %	6 %
Cholesterol	171 mg	171 mg
Sodium	1,671 mg	1,472 mg

Number of Servings by DASH Food Group								
	Grains	Vegetables	Fruits	Milk Products	Meats, Fish, and Poultry	Nuts, Seeds, and Legumes	Fats and Oils	Sweets and Added Sugars
	1		1	1/2				
			2	1				
	2	1/4			3			
		1/2					2/3	
		2						
			1					
	2				3			
		1					2	
						1/4		
	1	2						
							1	
								1
				1		1/2		
			1					
	6	5³/₄	5	2¹/₂	6	3/4	3²/₃	1

Nutrients Per Day	Sodium Level	
	2,300 mg	1,500 mg
Carbohydrate	268 g	268 g
Protein	105 g	105 g
Calcium	1,210 mg	1,214 mg
Magnesium	548 mg	545 mg
Potassium	4,710 mg	4,710 mg
Fiber	36 g	36 g

Day 7

	Sodium (mg)	Substitution To Reduce Sodium to 1,500 mg	Sodium (mg)
2,300 mg Sodium Menu			
Breakfast			
1 cup whole grain oat rings:	273	1 cup regular oatmeal	5
1 medium banana	1		
1 cup low-fat milk	107		
1 cup fruit yogurt, fat-free, no sugar added	173		
Lunch			
tuna salad sandwich:			
1/2 cup tuna, drained, rinsed	39		
1 Tbsp mayonnaise, low-fat	101		
1 large leaf romaine lettuce	1		
2 slices tomato	2		
2 slices whole wheat bread	299		
1 medium apple	1		
1 cup low-fat milk	107		
Dinner			
1/6 recipe zucchini lasagna:*	368	substitute cottage cheese, low-fat, no salt added in recipe*	165
salad:			
1 cup fresh spinach leaves	24		
1 cup tomato wedges	9		
2 Tbsp croutons, seasoned	62		
1 Tbsp vinaigrette dressing, reduced calorie	133	1 Tbsp low-sodium vinaigrette dressing, from recipe†	1
1 Tbsp sunflower seeds	0		
1 small whole wheat roll:	148		
1 tsp soft (tub) margarine	45	1 tsp unsalted soft (tub) margarine	0
1 cup grape juice	8		
Snacks			
1/3 cup almonds, unsalted	0		
1/4 cup dry apricots	3		
6 whole wheat crackers	166		
Totals	2,069		1,421

* Recipe on page 54

† Recipe on page 47

Nutrients Per Day	Sodium Level	
	2,300 mg	1,500 mg
Calories	1,993	1,988
Total fat	64 g	60 g
Calories from fat	29 %	27 %
Saturated fat	13 g	13 g
Calories from saturated fat	6 %	6 %
Cholesterol	71 mg	72 mg
Sodium	2,069 mg	1,421 mg

Number of Servings by DASH Food Group								
	Grains	Vegetables	Fruits	Milk Products	Meats, Fish, and Poultry	Nuts, Seeds, and Legumes	Fats and Oils	Sweets and Added Sugars
	1		1	1				
				1				
				1				
					3		1	
		1/4						
	2	1/2						
			1					
				1				
	3	1		1				
		1						
		2						
	1/4						1/2	
						1/2		
	1						1	
			2					
						1		
			1					
	1							
	8 1/4	4 3/4	5	4	3	1 1/2	2 1/2	0

Nutrients Per Day	Sodium Level	
	2,300 mg	1,500 mg
Carbohydrate	283 g	285 g
Protein	93 g	97 g
Calcium	1,616 mg	1,447 mg
Magnesium	537 mg	553 mg
Potassium	4,693 mg	4,695 mg
Fiber	32 g	33 g



Recipes for Heart Health

Here are some recipes to help you cook up a week of tasty, heart healthy meals. If you're following the DASH eating plan at 1,500 milligrams of sodium per day or just want to reduce your sodium intake, use the suggested recipe changes.

Day 1

Chicken Salad

3 ¹ / ₄	cups	chicken breast, cooked, cubed, and skinless
1/4	cup	celery, chopped
1	Tbsp	lemon juice
1/2	tsp	onion powder
1/8	tsp	salt*
3	Tbsp	mayonnaise, low-fat

1. Bake chicken, cut into cubes, and refrigerate.
2. In a large bowl combine rest of ingredients, add chilled chicken and mix well.

Makes 5 servings
Serving Size: 3/4 cup
Per Serving:

Calories	176	Carbohydrate	2 g
Total Fat	6 g	Calcium	16 mg
Saturated Fat	2 g	Magnesium	25 mg
Cholesterol	77 mg	Potassium	236 mg
Sodium	179 mg	Fiber	0 g
Protein	27 g		

* To reduce sodium, omit the 1/8 tsp of added salt.
New sodium content for each serving is 120 mg.

Day 2

Vegetarian Spaghetti Sauce

2	Tbsp	olive oil
2	small	onions, chopped
3	cloves	garlic, chopped
1 ^{1/4}	cups	zucchini, sliced
1	Tbsp	oregano, dried
1	Tbsp	basil, dried
1	8 oz can	tomato sauce
1	6 oz can	tomato paste*
2	medium	tomatoes, chopped
1	cup	water

1. In a medium skillet, heat oil. Sauté onions, garlic, and zucchini in oil for 5 minutes on medium heat.
2. Add remaining ingredients and simmer covered for 45 minutes. Serve over spaghetti.

Makes 6 servings
Serving Size: ³/₄ cup
Per Serving:

Calories	105	Carbohydrate	15 g
Total Fat	5 g	Calcium	49 mg
Saturated Fat	1 g	Magnesium	35 mg
Cholesterol	0 mg	Potassium	686 mg
Sodium	479 mg	Fiber	4 g
Protein	3 g		

* To reduce sodium, use a 6-oz can of low-sodium tomato paste. New sodium content for each serving is 253 mg.

Day 2

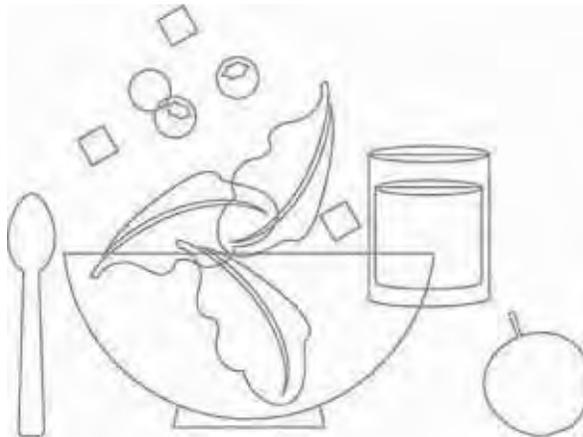
Vinaigrette Salad Dressing

1	bulb	garlic, separated and peeled
1/2	cup	water
1	Tbsp	red wine vinegar
1/4	tsp	honey
1	Tbsp	virgin olive oil
1/4	tsp	black pepper

1. Place the garlic cloves into a small saucepan and pour enough water (about 1/2 cup) to cover them.
2. Bring water to a boil, then reduce heat and simmer until garlic is tender, about 15 minutes.
3. Reduce the liquid to 2 Tbsp and increase the heat for 3 minutes.
4. Pour the contents into a small sieve over a bowl, and with a wooden spoon, mash the garlic through the sieve into the bowl.
5. Whisk the vinegar into the garlic mixture; incorporate the oil and seasoning.

Makes 4 servings
 Serving Size: 2 Tbsp
Per Serving:

Calories	33	Carbohydrate	1 g
Total Fat	3 g	Calcium	3 mg
Saturated Fat	1 g	Magnesium	1 mg
Cholesterol	0 mg	Potassium	6 mg
Sodium	1 mg	Fiber	0 g
Protein	0 g		



Day 3

New Potato Salad

16	small	new potatoes (5 cups)
2	Tbsp	olive oil
1/4	cup	green onions, chopped
1/4	tsp	black pepper
1	tsp	dill weed, dried

1. Thoroughly clean potatoes with vegetable brush and water.
2. Boil potatoes for 20 minutes or until tender.
3. Drain and cool potatoes for 20 minutes.
4. Cut potatoes into quarters and mix with olive oil, onions, and spices.
5. Refrigerate until ready to serve.

Makes 5 servings
 Serving Size: 1 cup
Per Serving:

Calories	196	Carbohydrate	34 g
Total Fat	6 g	Calcium	31 mg
Saturated Fat	1 g	Magnesium	46 mg
Cholesterol	0 mg	Potassium	861 mg
Sodium	17 mg	Fiber	4 g
Protein	4 g		



Day 4

Chicken and Spanish Rice

1	cup	onions, chopped
3/4	cup	green peppers
2	tsp	vegetable oil
1	8 oz can	tomato sauce*
1	tsp	parsley, chopped
1/2	tsp	black pepper
1 1/4	tsp	garlic, minced
5	cups	cooked brown rice (cooked in unsalted water)
3 1/2	cups	chicken breasts, cooked, skin and bone removed, and diced

1. In a large skillet, sauté onions and green peppers in oil for 5 minutes on medium heat.
2. Add tomato sauce and spices. Heat through.
3. Add cooked rice and chicken. Heat through.

Makes 5 servings
Serving Size: 1 1/2 cup
Per Serving:

Calories	428	Carbohydrate	52 g
Total Fat	8 g	Calcium	50 mg
Saturated Fat	2 g	Magnesium	122 mg
Cholesterol	80 mg	Potassium	545 mg
Sodium	341 mg	Fiber	8 g
Protein	35 g		

* To reduce sodium, use one 4-oz can of low-sodium tomato sauce and one 4-oz can of regular tomato sauce. New sodium content for each serving is 215 mg.



Day 5

Tuna Salad

2	6 oz cans	tuna, water pack
1/2	cup	raw celery, chopped
1/3	cup	green onions, chopped
6 1/2	Tbsp	mayonnaise, low-fat

1. Rinse and drain tuna for 5 minutes. Break apart with a fork.
2. Add celery, onion, and mayonnaise and mix well.

Makes 5 servings
Serving Size: 1/2 cup
Per Serving:

Calories	138	Carbohydrate	2 g
Total Fat	7 g	Calcium	17 mg
Saturated Fat	1 g	Magnesium	19 mg
Cholesterol	25 mg	Potassium	198 mg
Sodium	171 mg	Fiber	0 g
Protein	16 g		

Day 5

Turkey Meatloaf

1	pound	lean ground turkey
1/2	cup	regular oats, dry
1	large	egg, whole
1	Tbsp	onion, dehydrated flakes
1/4	cup	ketchup*

1. Combine all ingredients and mix well.
2. Bake in a loaf pan at 350 °F for 25 minutes or to an internal temperature of 165 °F.
3. Cut into five slices and serve.

Makes 5 servings
Serving Size: 1 slice (3 oz)
Per Serving:

Calories	191	Carbohydrate	9 g
Total Fat	7 g	Calcium	24 mg
Saturated Fat	2 g	Magnesium	33 mg
Cholesterol	103 mg	Potassium	268 mg
Sodium	205 mg	Fiber	1 g
Protein	23 g		

* To reduce sodium, use low-sodium ketchup.
New sodium content for each serving is 74 mg.

Day 5

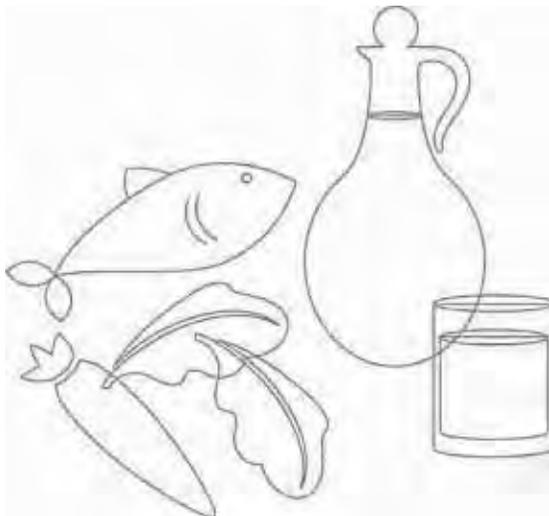
Yogurt Salad Dressing

8	oz	plain yogurt, fat-free
1/4	cup	mayonnaise, low-fat
2	Tbsp	chives, dried
2	Tbsp	dill, dried
2	Tbsp	lemon juice

Mix all ingredients in bowl and refrigerate.

Makes 5 servings
Serving Size: 2 Tbsp
Per Serving:

Calories	39	Carbohydrate	4 g
Total Fat	2 g	Calcium	76 mg
Saturated Fat	0 g	Magnesium	10 mg
Cholesterol	3 mg	Potassium	110 mg
Sodium	66 mg	Fiber	0 g
Protein	2 g		



Day 6

Spicy Baked Fish

- 1 pound salmon (or other fish) fillet
- 1 Tbsp olive oil
- 1 tsp spicy seasoning, salt-free

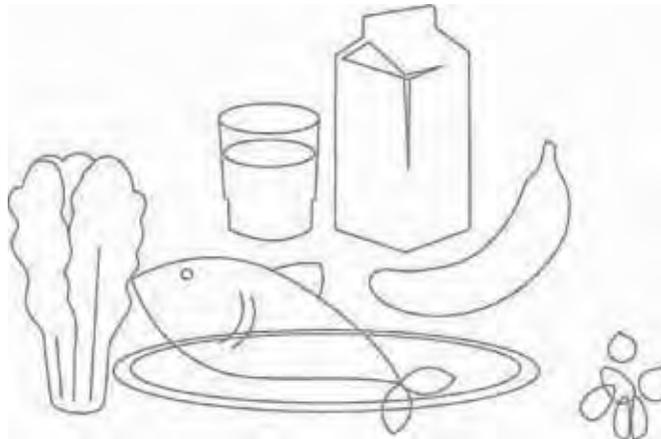
1. Preheat oven to 350 °F. Spray a casserole dish with cooking oil spray.
2. Wash and dry fish. Place in dish. Mix oil and seasoning and drizzle over fish.
3. Bake uncovered for 15 minutes or until fish flakes with fork. Cut into 4 pieces. Serve with rice.

Makes 4 servings

Serving Size: 1 piece (3 oz)

Per Serving:

Calories	192	Carbohydrate	<1 g
Total Fat	11 g	Calcium	18 mg
Saturated Fat	2 g	Magnesium	34 mg
Cholesterol	63 mg	Potassium	560 mg
Sodium	50 mg	Fiber	0 g
Protein	23 g		



Day 6

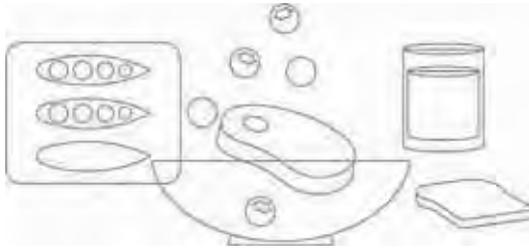
Scallion Rice

4½ cups cooked brown rice (cooked in unsalted water)
 1½ tsp bouillon granules, low sodium
 ¼ cup scallions (green onions), chopped

1. Cook rice according to directions on the package.
2. Combine the cooked rice, scallions, and bouillon granules and mix well.
3. Measure 1-cup portions and serve.

Makes 5 servings
 Serving Size: 1 cup
Per Serving:

Calories	200	Carbohydrate	41 g
Total Fat	2 g	Calcium	23 mg
Saturated Fat	0 g	Magnesium	77 mg
Cholesterol	0 mg	Potassium	92 mg
Sodium	18 mg	Fiber	6 g
Protein	5 g		



Day 7

Zucchini Lasagna

1/2	pound	cooked lasagna noodles, cooked in unsalted water
3/4	cup	part-skim mozzarella cheese, grated
1 1/2	cups	cottage cheese, * fat-free
1/4	cup	Parmesan cheese, grated
1 1/2	cups	raw zucchini, sliced
2 1/2	cups	low-sodium tomato sauce
2	tsp	basil, dried
2	tsp	oregano, dried
1/4	cup	onion, chopped
1	clove	garlic
1/8	tsp	black pepper

1. Preheat oven to 350 °F. Lightly spray a 9- by 13-inch baking dish with vegetable oil spray.
2. In a small bowl, combine 1/8 cup mozzarella and 1 Tbsp Parmesan cheese. Set aside.
3. In a medium bowl, combine remaining mozzarella and Parmesan cheese with all the cottage cheese. Mix well and set aside.
4. Combine tomato sauce with remaining ingredients. Spread a thin layer of tomato sauce in the bottom of the baking dish. Add a third of the noodles in a single layer. Spread half of the cottage cheese mixture on top. Add a layer of zucchini.
5. Repeat layering. Add a thin coating of sauce. Top with noodles, sauce, and reserved cheese mixture. Cover with aluminum foil.
6. Bake 30 to 40 minutes. Cool for 10 to 15 minutes. Cut into 6 portions.

Makes 6 servings
Serving Size: 1 piece
Per Serving:

Calories	200	Carbohydrate	24 g
Total Fat	5 g	Calcium	310 mg
Saturated Fat	3 g	Magnesium	46 mg
Cholesterol	12 mg	Potassium	593 mg
Sodium	368 mg	Fiber	3 g
Protein	15 g		

* To reduce sodium, use low-sodium cottage cheese.
New sodium content for each serving is 165 mg.

To Learn More

NHLBI Health Information Center

P.O. Box 30105
Bethesda, MD 20824-0105
Phone: 301-592-8573
TTY: 240-629-3255
Fax: 301-592-8563

NHLBI Heart Health

Information Line
1-800-575-WELL

Provides toll-free recorded messages.

Provides information on the prevention and treatment of heart disease and offers publications on heart health and heart disease.

Also, check out these online resources:

General Health Information

NHLBI Web site: www.nhlbi.nih.gov
DHHS Web site: www.healthfinder.gov
Diseases and Conditions A-Z Index:
www.nhlbi.nih.gov/health/dci/index/html

Your Guide To Better Health Series

Your Guide Homepage: <http://hp2010.nhlbihin.net/yourguide> featuring:
Your Guide to Lowering High Blood Pressure With DASH
Your Guide to Lowering Your Cholesterol With TLC
Your Guide to Physical Activity

Nutrition

Dietary Guidelines for Americans 2005 and A Healthier You:
www.healthierus.gov/dietaryguidelines/
How to Understand and Use the Nutrition Facts Label:
www.cfsan.fda.gov/~dms/foodlab.html
MyPyramid and other nutrition information:
www.mypyramid.gov and www.nutrition.gov

Physical Activity

The President's Council on Physical Fitness and Sports: www.fitness.gov
Exercise: A Guide from NIA:
<http://www.niapublications.org/exercisebook/exerciseguidecomplete.pdf>

Weight

Aim for a Healthy Weight: <http://healthyweight.nhlbi.nih.gov>.

Menus and recipes were analyzed using the Minnesota Nutrition Data System software—Food Data Base version NDS-R 2005—developed by the Nutrition Coordinating Center, University of Minnesota, Minneapolis, MN.

Discrimination Prohibited: Under provisions of applicable public laws enacted by Congress since 1964, no person in the United States shall, on the grounds of race, color, national origin, handicap, or age, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any program or activity (or, on the basis of sex, with respect to any education program or activity) receiving Federal financial assistance. In addition, Executive Order 11141 prohibits discrimination on the basis of age by contractors and subcontractors in the performance of Federal contracts, and Executive Order 11246 states that no federally funded contractor may discriminate against any employee or applicant for employment because of race, color, religion, sex, or national origin. Therefore, the National Heart, Lung, and Blood Institute must be operated in compliance with these laws and Executive Orders.



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National Institutes of Health
National Heart, Lung, and Blood Institute

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Farmers Market Resource Guide

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Why Farmers Markets?



Farmers' markets are an ancient method used by farmers worldwide to sell their crops directly to consumers. Today, U.S. modern food production replaces small farms with brokers and supermarkets. But, buying fresh fruits and vegetables from your local farmers market is good for your community, local farmers, and you.

YOU: When farmers sell directly to you, they can provide you with fruit and vegetables guaranteed to be fresh and vine-ripened, not stored in grocery stores. Prices are also low because there is no middle man to make a profit between you and the farmer.

FARMERS: Selling directly to you also helps local farmers gain extra income and reduce competition from big farmers across the country, and other countries.

COMMUNITY: Farmers market purchases also boost your community, too. Money stays in the community which boosts the economy. And, farmers markets can be social hubs that help ensure healthy and close-knit communities. Meet the people who grow your food and others who appreciate the fresh, and inexpensive, foods just like you.

10 Good Reasons to Shop at the Farmers Market

The North American Farmers' Direct Marketing Association (NAFDMA) is a trade association dedicated to supporting the direct selling relationship between you and local farmers. NAFDMA have come up with 10 Good Reasons to Shop Farmers Markets to share with you.



1. **Taste Real Flavors:** This food is as real as it gets - fresh from the farm.
2. **Enjoy the Season:** Shopping and cooking from the farmers market helps you to reconnect with the cycles of nature in our region.
3. **Support Family Farmers:** Small family farms are becoming rare. Buying directly from these farmers gives a better return for their produce and a fighting chance in today's market.
4. **Protect the Environment:** Food in the U.S. travels an average of 1500 miles to get to your plate. Farmers market food is transported shorter distances and the food is grown using methods that reduce pollution to the earth (gases, trash, etc).
5. **Nourish Yourself:** A lot of food in grocery stores is highly processed. In contrast, most food found at the farmers market is minimally processed, and many of our farmers go to great lengths to grow the most nutritious produce possible.

6. **Discover the Spice of Life (Variety):** At the Farmers Market you may find the freshest array of produce you don't see in your everyday supermarket: a rainbow of heirloom tomatoes, white peaches, peanuts, okra, and much, much more. Find out what produce is special to your region!



7. **Promote Humane Treatment of Animals:** At the farmers market you can find meats, cheeses, and eggs from animals that have been raised without hormones or antibiotics, fed natural diets, and have been spared the cramped and unnatural living conditions common to big farm businesses.
8. **Know Where Your Food Comes From:** The same farmers that grow your food, sell their produce to you at the farmers market. Meeting and talking to farmers is a great way to learn more about how, where and when food is grown, and why!
9. **Learn Cooking Tips, Recipes, and Meal Ideas:** Farmers and vendors at the farmers market are often good cooks with plenty of free advice about how to cook the foods they grow and sell.
10. **Connect with Your Community:** The farmers market makes shopping a pleasure rather than a chore. See your farmers market as a community gathering place - a place to meet up with your friends, bring children, or just get a taste of small-town life in the midst of your wonderful city or town.

Farmers Market Vouchers

Another good reason to shop at farmers markets is because many accept vouchers. Many state and local farmers markets accommodate consumers of all income levels. Not only are foods transported to sell at freshest quality and retail price, but many farmers markets accept vouchers/coupons/checks from the Special Supplemental Nutrition Program for Women, Infants and Children's Program (WIC), Electronic Benefit Transfers/food stamps (EBT), and checks from the Senior Farmers' Market Nutrition Program (SFMNP). Just contact your farmers market for details.



South Carolina Agriculture & State Farmers Markets

The state owns and manages 3 regional state farmers markets operated by vendor fees. Come visit your state farmers markets and you can expect admission that is free and open all year long (with the exception of holidays: Thanksgiving and Christmas Days), free parking, gift shops, gardens, greenhouses, fresh produce and low plant and produce prices. The 3 regional markets are located in Columbia, Greenville, and Florence, South Carolina.

Pee Dee State Farmers Market

The **Pee Dee State Farmers Market**, located at 2513 W. Lucas Street in Florence, SC, includes a 45,000 square foot drive-through farmer shed filled to the brim with produce and horticultural products. A log-cabin gift shop complete with gardens and greenhouses, a large selection of statuary products, greenhouse and shade cloth areas featuring tropical plants, flowers and many other items, and a 100-year-old barn which houses a pecan kitchen, potter's shop and a café, are also a part of the Pee Dee Market. A 25,000 square foot facility is also leased to Harvest Hope Food Bank. Vending machines and restrooms are conveniently located on the premises. Admission and parking are free.



Columbia State Farmers Market

Ranked in the top 10 in the nation for sales volume, the **Columbia State Farmers Market** gives farmers a place to market directly to consumers, retailers, and wholesalers and gives consumers a place to buy fresh, safe, wholesome produce and colorful plants. The Columbia Market opened at its present 50 acre location on Bluff Road in Columbia in 1952 and was acquired in 1975 by the state. It includes 500 open stalls, over 100 wholesale units, 38 retail units, 4 food establishments, and a US Post Office. Ranked in the top 10 in the nation for sales volume, the Columbia Market gives farmers a place to market directly to consumers, retailers, and wholesalers and gives consumers a place to buy fresh, safe, wholesome produce and colorful plants. A 100,000 sq. ft. drive-through building protects buyers, sellers, and agricultural products from inclement weather.



Greenville State Farmers Market



The **Greenville State Farmers Market** includes a 14,400 square foot retail sales building and a 10,000 square foot drive-through farmer-trucker shed that have been added to the facility since the Department of Agriculture's acquisition of the market. Both quality and variety are standards for the volume of products offered for sale at the Greenville State Farmers Market. From its beginning as a tailgate produce market

along the Court Street curbside in the heart of downtown, the Greenville Farmers Market has been an integral part of the community. Today, the Greenville State Farmers Market continues its proud heritage of service to the Piedmont region of South Carolina.

South Carolina State Farmers Markets

State Farmers Market	Address	Operating Hours	Website/Email	Accepted Vouchers	Telephone
<i>Columbia</i>	1001 Bluff Rd Columbia, SC 29201	Monday—Saturday 6 AM – 9 PM Sunday 1 PM – 6 PM	http://www.scda.state.sc.us	WIC EBT	(803) 734-2506
<i>Greenville</i>	1354 Rutherford Rd Greenville, SC 29609	Monday—Saturday 8 AM – 6 PM	http://www.scda.state.sc.us	WIC	(864) 244-4023
<i>Pee Dee</i>	2513 W Lucas St Florence, SC 29501	Monday—Saturday 8 AM – 6 PM	http://www.scda.state.sc.us & http://www.pdfarmersmarket.sc.gov	WIC SFMNP	(843) 665-5154

Note:

EBT = Electronic Benefit Transfers (EBT / food stamps)
 SFMNP = Seniors Farmers Market Nutrition Program (senior citizen checks/vouchers)
 WIC = Women, Infant & Child (WIC vouchers accepted)

Local Farmers Market Directory (AME Palmetto Conference)

According to the United States Department of Agriculture (USDA), there are many farmers markets in South Carolina. You can access locations and contact information for any of these sites by visiting: <http://www.ams.usda.gov/farmersmarkets>.

For your convenience, FAN staff has collected information on farmer's markets local to the **AME Columbia Conference** by local counties: **Chester, Edgefield, Fairfield, Kershaw, Lancaster, Lexington, Newberry, Richland, Union**, and some nearby counties (**Aiken, Cherokee, Saluda, and York**). The following pages list these markets in a table, for your reference.

Note:

EBT = Electronic Benefits Transfer

SFMNP = Seniors Farmers Market Nutrition Program (senior citizen checks/vouchers)

WIC = Women, Infant & Child (WIC vouchers accepted)

XING = Crossing (street intersection)



CHESTER COUNTY

Please refer to Lancaster & Union Counties for your nearest farmers market.

EDGEFIELD COUNTY

Please refer to Aiken & Saluda Counties for your nearest farmers market.

FAIRFIELD COUNTY

Please refer to Kershaw & Newberry Counties for your nearest farmers market.

KERSHAW COUNTY

Market	Kershaw County Farmers Market West Dekalb St & Church St Camden, SC 29020	
Contact Person	Andy Rollin (803) 432-9071	
Website/Email		
Facility Description	OPEN-AIR FACILITIES	
Times of Operation	Saturdays, 8AM-1PM SEASONAL	
Accepted Vouchers		

LANCASTER COUNTY

Market	Lancaster County Farmers Market (3 miles East of city) on Hwy 9 Lancaster, SC 29721	
Contact Person	Jessie J. Shannon (803) 386-0776	
Website/Email		
Facility Description	OPEN-AIR FACILITIES	
Times of Operation	Tuesdays, Thursdays & Saturdays 6:30 AM- 1PM SEASONAL (May-October)	
Accepted Vouchers		

LEXINGTON COUNTY

Market	Brookland Baptist Church Farmers Market 1066 Sunset Blvd. West Columbia, SC 29169	
Contact Person	Joseph J. James (803) 462-0153 Josephjames@bellsouth.net	
Website/Email		
Facility Description	OPEN-AIR FACILITIES	
Times of Operation	SEASONAL	
Accepted Vouchers	WIC coupons & SFMNP checks	

NEWBERRY COUNTY

Market	Newberry County Farmers Market Adelaide St. (Fairgrounds) Newberry, SC 29108	
Contact Person	Rodger Winn (803) 945-4519	
Website/Email		
Facility Description	OPEN-AIR FACILITIES	
Times of Operation	Tuesdays, 6 PM-8 PM Saturdays, 8 AM-10 AM SEASONAL (June-August)	
Accepted Vouchers		

RICHLAND COUNTY

Market	Ashland United Methodist Church 2600 Ashland Rd (St. Andrews & Bush River Rd.- picnic area behind the church) Columbia, SC 29210	Bull Street Farmers Market 2600 Bull St. Columbia, SC 29206
Contact Person	Donna Bryan (803) 798-5350	Donna Bryan (803) 782-3840
Website/Email	www.ashlandumc.com	
Facility Description	OPEN-AIR FACILITY	OPEN-AIR FACILITY
Times of Operation	Saturdays, 8 AM-12 PM SEASONAL	Wednesdays, 1 PM-5 PM SEASONAL
Accepted Vouchers	WIC coupons & SFMNP checks	WIC coupons & SFMNP checks

RICHLAND COUNTY (continued...)

Market	Columbia State Farmers Market Southeastern Regional Market Terminal 1001 Bluff Rd Columbia, SC 29201	Downtown Magnolia Market Hampton St. & Main St. Columbia, SC 29201
Contact Person	David Tompkins (803) 737-4664	Alicia Morgan (803) 779-4005
Website/Email	www.scda.sc.gov	www.citycentralcolumbia.sc
Facility Description		OPEN-AIR FACILITY
Times of Operation	Mondays-Saturdays, 6 AM- 9 PM Sundays, 1 PM- 6PM YEAROUND	Fridays, 11 AM- 3 PM SEASONAL (Early Spring & Early Fall)
Accepted Vouchers	WIC coupons & EBT	
Market	Ebenezer Lutheran Church Farmers Market 1301 Richland St. Columbia, SC 29201	Grace United Methodist Church Farmers Market 410 Harbison Blvd. Columbia, SC 29212
Contact Person	Donna Bryan (803) 765-9430	Alex Stevenson (803) 732-1899
Website/Email	www.ebenezerlutheran.org	
Facility Description	OPEN-AIR FACILITIES	
Times of Operation	Thursdays, 8 AM- 12 PM SEASONAL	Saturdays, 8 AM- 12 PM SEASONAL
Accepted Vouchers	WIC coupons & SFMNP checks	WIC coupons & SFMNP checks
Market	Five Points Farmers Market MLK Park 2300 Green St. Columbia, SC 29211	Saint Julian Place Farmers Market 1800 St. Julian Pl. Columbia, SC 29206
Contact Person	Verna DeVoe (803) 734-2210	Donna Bryan (803) 782-3840
Website/Email		
Facility Description	OPEN-AIR FACILITIES	OPEN-AIR FACILITIES
Times of Operation	Tuesdays, Saturdays	Thursdays, 8AM-1PM SEASONAL
Accepted Vouchers	WIC coupons	WIC coupons & SFMNP checks

RICHLAND COUNTY (continued...)

Market	Shandon United Methodist Church Farmers Market 3407 Devine St. Columbia, SC 29205	Tree of Life Congregation Farmers Market 6719 N. Trenholm Rd. Columbia, SC 29206
Contact Person	Donna Bryan (803) 256-8383	Donna Bryan (803) 787-2182
Website/Email		
Facility Description	OPEN-AIR FACILITIES	OPEN-AIR FACILITIES
Times of Operation	Saturdays, 8 AM-Noon SEASONAL	Saturdays, 8 AM-Noon SEASONAL
Accepted Vouchers	WIC coupons & SFMNP checks	WIC coupons
Market	Unitarian Universal Fellowship Farmers Market 2701 Heyward St. Columbia, SC 29205	Virginia Winguard United Farmers Market 1500 Broad River Rd. Columbia, SC 29210
Contact Person	Donna Bryan (803) 799-0845	Donna Bryan (803) 782-3840
Website/Email	www.uu.columbiafc.uua.org	
Facility Description	OPEN-AIR FACILITIES	OPEN-AIR FACILITIES
Times of Operation	Saturdays, 8 AM-Noon SEASONAL	Saturdays, 8 AM-Noon SEASONAL
Accepted Vouchers	WIC coupons & SFMNP checks	WIC coupons & SFMNP checks
Market	Washington Street United Farmers Market 1401 Bull St. Columbia, SC 29201	Wesley Memorial United Church Farmers Market 2501 Heyward St. Columbia, SC 29205
Contact Person	Donna Bryan (803) 256-2417	Donna Bryan (803) 771-4540
Website/Email		
Facility Description	OPEN-AIR FACILITIES	OPEN-AIR FACILITIES
Times of Operation	Saturdays, 8 AM-Noon SEASONAL	Saturdays, 8 AM-Noon SEASONAL
Accepted Vouchers	WIC coupons & SFMNP checks	WIC coupons & SFMNP checks

RICHLAND COUNTY (continued...)	
Market	Whaley Street United Methodist Church Farmers Market 517 Whaley St. Columbia, SC 292
Contact Person	Donna Bryan (803) 799-4104
Website/Email	
Facility Description	OPEN-AIR FACILITIES
Times of Operation	Saturdays, 8 AM-Noon SEASONAL
Accepted Vouchers	WIC coupons

UNION COUNTY	
Market	Union County Farmers Market North Mountain St. Union, SC 29379
Contact Person	Raymond Sleigh (864) 427-6259
Website/Email	
Facility Description	OPEN-AIR FACILITIES
Times of Operation	Monday-Sunday, 8 AM-until sold out SEASONAL (April-October)
Accepted Vouchers	WIC coupons

NEARBY COUNTY MARKETS: AIKEN, CHEROKEE, SALUDA, & YORK	
Market	Aiken County Farmers Market Williamsburg St. Aiken, SC 29801
Contact Person	Aiken Parks/Recreation: (803) 642-7648/ (803) 642-7630
Website/Email	http://www.aiken.park.net
Facility Description	OPEN-AIR/COVERED FACILITIES
Times of Operation	Wednesday s-Fridays, 7 AM-Noon SEASONAL
Accepted Vouchers	WIC coupons & SFMNP coupons

Nearby Counties (continued...)

Market	Saluda County Farmers Market City Hall parking lot (Main St.) Ridge Spring, SC 29129	Downtown York Farmers Market N. Congress St. York, SC 29745
Contact Person	Phil Perry (864) 445-8117	York Chamber of Commerce (803) 684-2590
Website/Email		www.greateryorkchamber.com
Facility Description	OPEN-AIR FACILITIES	OPEN-AIR FACILITIES
Times of Operation	Saturdays, 8 AM-Noon SEASONAL	Saturdays, 8 AM-1 PM SEASONAL
Accepted Vouchers	WIC coupons	WIC coupons
Market	York County Farmers Market White St. & Dave Lyle Rock Hill, SC 29745	
Contact Person	George Schwab (803) 324-2984	
Website/Email		
Facility Description	OPEN-AIR FACILITIES	
Times of Operation	Mondays/Wednesday/Fridays/ Saturdays, 6 AM- 11 AM SEASONAL (June-November)	
Accepted Vouchers	WIC coupons & SFMNP checks	



References

SC Department of Agriculture

P.O. Box 11280
1200 Senate Street
Columbia, SC 29211
(803) 734-2210

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Bachmann J. (n.d.). Farmers' markets: Marketing and business guide. National Center for Appropriate Technology (NCAT). Retrieved May 15, 2007 at <http://attra.ncat.org/attra-pub/PDF/farmmarket.pdf>

Center for urban education about sustainable agriculture (CUESA). (n.d.). Issues in a nutshell: Ten good reasons to shop at the farmers market. Retrieved May 15, 2007 at http://www.nafdma.com/files/FMC_whyuse

South Carolina Department of Agriculture (SCDA) (n.d.). South Carolina local smalls farmers markets. Retrieved at May 15, 2007 at <http://www.scda.state.sc.us/pro&services/marketdevelopment/markets.htm>

South Carolina Department of Agriculture (SCDA). (n.d.). State farmers markets. Retrieved May 15, 2007 at <http://www.scda.state.sc.us/pro&services/marketdevelopment/statefarmersmkts/scmkts.htm>

South Carolina Department of Parks, Recreation, and Tourism. (2007). South Carolina: Smiling faces, beautiful places. Retrieved at <http://www.discoverouthcarolina.com/>

Additional Recipes



Centerpiece Sauces

Creamy French

Yield=1 cup

1/2 cup fat free yogurt, plain

1 clove garlic, crushed

2.5 Tbsp ketchup

1/4 tsp sugar 2 Tbsp water

1.5 Tbsp cider vinegar

1 Tbsp fat free mayonnaise

To taste: ground black pepper

-Mix all ingredients together in bowl and serve.

Green Goddess

Yield=2 cups

1 cup fat free mayonnaise 1/2 cup fat free sour cream

1/4 cup chives or scallions, minced

1/4 cup parsley, minced 1 clove garlic, crushed

1 Tbsp lemon juice

1 Tbsp white wine vinegar

To taste: ground black pepper

-Mix ingredients in a blender and serve.

Creamy Herb Dressing

Yield=2 cups

1 cup fat free yogurt, plain 3/4 cup fat free buttermilk

1/4 cup fat free mayonnaise

2 Tbsp scallions, chopped

1 Tbsp parsley, chopped

1 clove garlic, crushed

1/2 tsp dry dill

1/2 tsp Worcestershire sauce To taste: ground black pepper

-Mix ingredients in blender and serve.

Make your own!

Try using fat free plain yogurt to thicken up your favorite lite salad dressing for use as a dipping sauce!



Pasta Salad

(makes 10-12 servings)

8 oz. box Rotini (spiral shaped pasta)
1 bell pepper, diced
1 cucumber, seeded and diced 1/2 cup chopped green onions
1/2 cup diced tomatoes 1/2 cup chopped celery
3/4 cup lite shredded cheddar cheese
2 Tbsp parsley, minced
1 tsp black pepper

Instructions:

Boil pasta according to directions on box. Drain, rinse and chill pasta. Mix with other ingredients and dressing and serve.

Dressing

(combine all)

1/3 cup fat free yogurt, plain
1/3 cup fat free honey Dijon dressing
1/3 cup fat free Caesar dressing
2 Tbsp dill, minced

Nutrition Information:

Calories: 120
Total Fat: 1.5g
Saturated Fat: 0.5g Carbohydrates: 21g
Fiber: 3g
Protein: 6g



Jeanette's Canned Yams

Serves 8

2- 15oz cans Sweet Potato
1/2 cup Diet syrup
1/2 cup Splenda
1/2 teaspoon Cinnamon

Instructions:

Combine all ingredients into saucepan and bring to a boil. Lower heat slightly and simmer for 30-45 minutes uncovered, stirring occasionally.

Nutritional Information:

Calories: 110 Total Fat: 0g

Saturated Fat: 0g

Sodium: 95g

Carbohydrates: 29g

Fiber: 3g

Protein: 1g



Peach and Tomato Salsa

Serves 8

4 large ripe tomatoes 4 large ripe peaches
2 jalapeños, seeded and diced
4 Tbsp green onion, chopped
3 Tbsp cilantro or parsley, chopped
1/2 orange, juiced
1 lemon, juiced
1 lime juiced
2 tsp ground cumin
Black pepper, to taste

Instructions:

Concasse tomatoes and peaches, removing skin and seeds then dice. Mix in remaining ingredients and adjust seasoning to taste. Serve with roasted chicken, grilled or sautéed fish or as an appetizer with chips.

Nutrition Information:

Calories: 45 Total Fat: 0g

Saturated Fat: 0g

Carbohydrates: 11g

Fiber: 2g

Protein: 3g



Turkey Meatballs

Serves: 20

2 lbs ground beef
2 lbs ground turkey 1 cup grated carrots
1 cup regular oatmeal
1 cup seasoned breadcrumbs
1/2 cup applesauce
3 egg whites
1 medium onion, minced
2 Tbsp dried parsley flakes
2 tsp onion powder 2 tsp garlic powder
1 Tbsp Black Pepper

Instructions:

Mix all ingredients except ground beef and ground turkey well.
Mix in ground beef and turkey only well enough for an even mixture. Shape into small balls and place on a lined oven pan. Bake at 350 degrees for about 20 minutes or until internal temperature of 165F is reached. Drain off excess fat and serve.

Nutrition Information:

Calories: 220 Total Fat: 12g

Saturated Fat: 4g Carbohydrates: 9g

Fiber: 1g

Protein: 19g



Low Sugar Barbeque Sauce

Makes ~4 cups

6 T Onions, fine dice
1 T Garlic, minced
3 cups Tomato Sauce
3 T Worcestershire Sauce
6 T Cider Vinegar
1.5 cup Sugar Free Cola, Reduced to 6 T
6 T Ketchup
3 t Chili Powder
3 t Mustard Powder
3 t Cumin

Instructions:

Sauté onions until golden, add garlic and carefully cook until fragrant. Add remaining ingredients and simmer till flavors are blended, at least 10 minutes.

Nutrition Information:

Calories: 20 Total Fat: 0g
Saturated Fat: 0g Sodium: 200 mg
Carbohydrates: 4g
Protein: 1g



Caribbean Chicken

(makes about 6 servings)

1 pound chicken breasts, boneless, skinless
Dash black pepper Dash onion powder Dash garlic powder
Dash cayenne pepper
Dash paprika
1 Tbsp vegetable oil
1 13.25 oz can pineapple chunks
1 tsp ginger
2 oranges
1/4 cup honey
2 tsp cornstarch
2 Tbsp water

Instructions:

Take 2 tsp of rind from one orange and then juice orange and peel and slice the other orange. Drain pineapple juice from can and combine with orange juice, the orange rind, honey and ginger. Season chicken with pepper, onion powder, garlic powder, cayenne and paprika. Sauté in oil on both sides until golden brown. Pour orange-pineapple juice mixture over chicken and simmer for 40 minutes or until both chicken and juice reach 165F internally.

Once chicken has reached desired temperature, remove from pan and set aside in warm area.

Mix cornstarch and water together thoroughly and then whisk into remaining juices in the pan. Heat to a boil while stirring. Add pineapple chunks and orange slices and serve over chicken.

Nutrition Information:

Calories: 260 Total Fat: 9g

Saturated Fat: 2g

Carbohydrates: 28g

Fiber: 2g

Protein: 17g



Curried Sweet Potatoes and Corn

(serves 12)

2 medium yellow onions, small diced
3 garlic cloves, minced
1 Tbsp Oil
4 cups diced sweet potato
4 cups corn kernels 2 tsp ground cumin 2 tsp curry powder
1 cup vegetable broth
1 cup fat free or lite sour cream
4 Tbsp chopped cilantro
4 Tbsp lime juice
2 limes, cut to wedges
Cilantro sprigs

Instructions:

Sauté onions and garlic in oil till golden brown. Add sweet potatoes, corn, cumin, curry powder and broth. Cover and simmer for 10-15 minutes till fork tender. Blend in sour cream, chopped cilantro and lime juice. Garnish with lime wedges and cilantro sprigs.

Nutritional Information:

Calories: 160 Total Fat: 2g
Saturated Fat: 0g
Sodium: 360g
Carbohydrates: 31g
Fiber: 4g
Protein: 4g



Mashed Sweet Potatoes

Yield: 8 servings

- 5 Large Sweet Potatoes, peeled and diced.
- 1 15oz can Sliced Peaches, in juice, drained halfway
- 2 Egg Whites
- 1/3 cup Skim Milk
- 3 teaspoons Cinnamon
- 3 teaspoons Vanilla Extract
- 1 cup Splenda
- 1 tablespoon Butter

Instructions:

Add diced sweet potatoes to simmering water and cook till fork tender. Puree peaches in blender or chop finely and mash by hand. Once potatoes are done drain water and return pot with sweet potatoes to stove and mix in remaining ingredients over medium heat while mashing till desired consistency is reached and mixture is cooked throughout.

Nutritional Information:
Calories: 140 Total Fat: 1g
Saturated Fat: 0.5g
Sodium: 35mg
Carbohydrates: 36g
Fiber: 3g
Protein: 3g



Berry Blue Salad

(makes 8 servings)

2 cups blueberries, frozen (fresh when in season)
½ cup pecans, chopped
2 apples, diced
½ cup fat free mayonnaise or ½ cup whipped cream
1 (15 oz) can low-sugar crushed pineapple, drained
8 lettuce leaves

Instructions:

Toss first 5 ingredients together in a medium bowl. Serve on lettuce leaf.

Nutrition Information:

Calories: 140

Total Fat: 6g

Saturated Fat: 0.5g Carbohydrates: 24g

Fiber: 4g

Protein: 1g



Fresh Fruit Crunch

(makes 4 servings)

- 1 Red Delicious apple, cored and finely chopped (may substitute seasonal berries or peaches)
- 2 (8 oz) non-fat cherry or raspberry yogurt
- $\frac{3}{4}$ cup Grape-Nuts brand cereal

Instructions:

Divide half the chopped apple among serving dishes. Spoon 4 Tbsp of yogurt into each dish. Add 2 Tbsp Grape-Nuts. Top with layers of remaining yogurt, chopped apple, and garnish with a sprinkle of cereal.

Nutrition Information:

Calories: 150

Total Fat: 0g

Saturated Fat: 0g

Carbohydrates: 30g

Fiber: 2g

Protein: 7g



Black-Eyed Pea Hummus

(makes 5 two-ounce servings of dip)

Ingredients:

1 (15 oz) can black-eyed peas, drained and rinsed
2 garlic cloves, minced
2 tablespoons Tahini
Juice of half a lemon
¼ cup chopped fresh parsley
1 teaspoon paprika
Salt and pepper, to taste
2 ice cubes

Instructions:

In a food processor, combine black-eyed peas, garlic, tahini, juice, parsley, paprika, salt and pepper. Begin blending. While blending, add olive oil. Add ice cubes one at a time after all olive oil has been added. Scrap mixture from sides of food processor, making sure entire mixture is incorporated. Blend until desired consistency is reached. Chill an hour and a half before serving.

Nutrition Information:

Calories: 190
Total Fat: 10g
Saturated Fat: 1g
Carbohydrates: 20g
Fiber: 6g
Protein: 8g

