

Dear FAN Committee Members,

Welcome to **Month 4**. This month we promote self-control for eating less fatty foods.

**FAN Goal of the month:** Eat Healthy with the DASH Eating Plan.

**Eat less fat ... especially *saturated fat*** (that comes from animal products like meat, lard, dairy, and eggs) and ***trans fat*** (“partially hydrogenated oil”: man-made fat found in solid fats like shortening and stick margarine, and foods made with these products like chips, snack cakes, crackers, cookies, doughnuts, and French fries).

**Cardiovascular disease** is the **#1 killer** in the United States and African Americans and American women (AHA, 2007)! **Cardiovascular disease** is the group of diseases of the heart and its pathways that includes heart disease, stroke, angina (chest pain), congestive heart failure, congenital (birth) defects, and hardened arteries, etc.

### Keep Your Ticker Going!

Better lifestyle habits lowers risk for stroke, heart attack, and other heart diseases.

Increase activity • Manage body weight • Eat right with less fat, salt, & cholesterol

**Be Heart Smart.** Being heart smart means eating foods that **lower risk of cardiovascular disease**. **Saturated fats** and **trans fats** are dangerous to heart health because they raise cholesterol in our bodies and this increases our chance of having clogged arteries. Clogged arteries make it hard for blood to get to the heart and so it is hard for the heart to work right.

### Health Tip of the Month: *Cut the FAT*

Eating less fat (saturated and trans) does not mean you have to stop eating meat, dairy or eggs. These foods are not bad for us in **moderation**. Limit days you eat eggs, or try cooking with mostly egg whites or egg substitute made from egg whites. Choose lean cuts of meat and cut off extra fat and skin before cooking. Dairy is also very good for us, but most bodies do not need the extra fat that regular dairy brings. Choose milk, cheese and even ice cream made with less fat. These products say, “reduced fat” or “made with 2% milk,” (instead of whole milk). **You can** have “the real thing” with less fat, calories and cholesterol. Think Heart Smart!

**Help church members take control** of their health by learning to read food labels.

This month’s resources are packed with tools to help you teach this skill. Keeping watch over daily habits helps us live longer and more fuller lives. Empower members with the know-how to make the best choices for their bodies.

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



## FAN Committee Monthly

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

### This Month:

***Need a 'health announcement' for worship service? Don't forget page 1 of this Committee letter and use those bulletin inserts. Get others involved. Be a FAN.***

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

- **Bulletin insert.** Place this insert inside your church program. Make an announcement about it during service. This month's topic is "Take Control. Eat Heart Healthy."
- **Be Heart Smart! Eat Foods Lower in Saturated Fat and Cholesterol.** This brochure will help teach how too much fat and cholesterol damages the heart. It also tells which traditional foods to eat less of and other tricks for cutting down on fat and cholesterol. **Bonus:** Page #7 is a good resource for showing what to look for in food labels.

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

- **Heart Facts for African Americans (2007).** This handout shows the most recent heart disease statistics for African Americans. Post this on bulletin boards and use its facts in announcements. **Remember:** statistics only tell one part of the story, **WE CAN** make simple health changes to create our own ending.
- **Be Smart. Eat Heart Healthy with Food Labels.** Learn to read food labels and make wise food choices. This guide can be very helpful on a church-wide grocery store tour!

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

- High fat foods aren't always the best. Cook up some low-fat winners this month!
- What's the difference between unsaturated, saturated and trans fats? Ask FAN Cooks.
- Include cooks at FAN meetings and events.

### **Activity.**

Get ready... get set...get cooking! Celebrate the theme of "Healthy Cooking with Love" all month long.

This month's Pastor Activity is to go on a **food label hunt** at home or on a grocery store tour. The purpose is to compare food labels of his/her favorite foods. Make sure your church members get the same chance. Even if you can't meet in a grocery store, try making the most of Sunday announcements with a **food label demonstration**. For more information, check out this month's handouts and teaching tools.

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





It's time to read the "writing on the wall" of food packages.

*The end of heart disease is near!*

1. The label information is based on a serving size of the food. This may be more or less than what you actually eat.
2. Try not to eat foods with saturated fats, trans fats and partially hydrogenated oils, or foods that are high in cholesterol and sodium like fast foods, chips and other snack foods.
3. *Get LESS*—If fat, sodium or cholesterol is less than 5% it is low, greater than 20% is too much.

*Get ENOUGH*—If fiber, vitamins and minerals are less than 5% it is low, greater than 20% is high.

<b>Nutrition Facts</b>	
<b>1</b>	Serving Size 15 crackers (30 g) Servings Per Container 4
Amount Per Serving	
<b>Calories</b> 150	Calories from Fat 70
% Daily Value*	
<b>Total Fat</b> 8 g	12%
Saturated Fat 2 g	10%
<b>2</b>	Trans Fat 2 g
<b>Cholesterol</b> 0 mg	0%
<b>Sodium</b> 300 mg	13%
<b>Total Carbohydrate</b> 17 g	6%
Dietary Fiber less than 1 g	4%
<b>3</b>	Sugars 1 g
<b>Protein</b> 4 g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 6%

**Read for your health!**



For more information:  
Toll Free

**1-866-369-9333**

Office of Public Health Nutrition

This material was funded by USDA's  
Food Stamp Program.

This institution is an equal opportunity  
provider and employer.



## Pastor Activity Packs

### MISSION 4: Self-Control

**FAN Goal of the month:** Eat Healthy with the DASH Eating Plan.

**Eat less fat ...** especially **saturated fat** (comes from animal products like meat, lard, dairy, and eggs) and **trans fat** (“partially hydrogenated oil”: man-made fat found in solid fats like shortening and stick margarine, and foods made with these products like chips, snack cakes, crackers, cookies, doughnuts, French fries, etc).

**Cardiovascular disease** is the **#1 killer** in the U.S. and the African American community. Cardiovascular disease includes heart disease, stroke, angina (chest pain), congestive heart failure, birth defects, the hardening of arteries, etc.

#### Facts:

Risk factors are habits and conditions that increase our chances of having health problems. South Carolina African Americans report having the following risk factors for heart disease (BRFSS, 2005):

- \*15.4% have diabetes
- \*18.2% are current smokers
- \*73.7% are overweight or obese
- \*17.9% do not get regular physical activity
- \*80.4% do not eat the recommended amount of fruit/vegetables each day

#### Activity:

With **awareness** and **self-control** we can make wise choices to protect our hearts. Whether we cook, or just prefer to eat, we need to think of what is in our food before we eat it. **Take time to read food labels** at your home and grocery store. Heart disease weakens the body and spirit. **Fight back** by choosing **Heart Healthy** (foods lower in fat, salt, and cholesterol).

**Keep in mind** that eating healthy for life does not mean you must stop eating foods you really enjoy. Instead, try to eat less of the **less** healthy foods and eat **more** fruits and vegetables at all times. This will help you get enough of the good stuff and also limit the amount of less healthy foods you are able to eat at a time.

#### Share:

- \* Think about it. A lot of love and thought goes into cooking, especially into healthy cooking that gives strength to the taste buds, body, mind and soul.
- \* Compare favorite snacks with your food label guide. Show self-control and announce your progress from the pulpit.

*“Make every effort to add to your faith goodness; and to goodness, knowledge; and to knowledge, self-control; and to self-control, perseverance; and to perseverance, Godliness” II Peter 1:5-6 (NIV)*







## Take Control. Eat Heart Healthy!



“Make every effort to add to your faith goodness; and to goodness, knowledge; and to knowledge, self-control; and to self-control, perseverance; and to perseverance, Godliness” II Peter 1:5-6 (NIV)

Making healthy change takes self-control. Keep a watchful eye on your habits. People who watch what they eat take control of their health. Read your food labels. The amount of fat (saturated fat and trans fat), salt (sodium), and cholesterol are listed there with other contents. Too much of these in your food can increase your risk of getting heart disease. Make a simple change: get to know your food label. Let food labels help you choose foods that are lower in saturated fat, trans fat, and salt. This is the Heart Smart way! And be sure to eat more fruits, vegetables and whole grains because these foods are full of fiber that is naturally good for a healthy heart.

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



## Take Control. Eat Heart Healthy!



“Make every effort to add to your faith goodness; and to goodness, knowledge; and to knowledge, self-control; and to self-control, perseverance; and to perseverance, Godliness” II Peter 1:5-6 (NIV)

Making healthy change takes self-control. Keep a watchful eye on your habits. People who watch what they eat take control of their health. Read your food labels. The amount of fat (saturated fat and trans fat), salt (sodium), and cholesterol are listed there with other contents. Too much of these in your food can increase your risk of getting heart disease. Make a simple change: get to know your food label. Let food labels help you choose foods that are lower in saturated fat, trans fat, and salt. This is the Heart Smart way! And be sure to eat more fruits, vegetables and whole grains because these foods are full of fiber that is naturally good for a healthy heart.

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



## Greetings FAN Cooks!

FAN wants you and your church to **be Heart Smart**. Being heart smart means to serve and eat foods that **lower risk of heart disease**. Heart smart foods have lower amounts of fat, salt and cholesterol.

**Saturated fats** and **trans fats** are dangerous to our heart health because they increase the chance of clogged arteries. Clogged arteries make it hard for blood to get to the heart and may lead to hardened arteries, heart attack and/or stroke.

### The Skinny on **FAT**

**Unsaturated fat:** Also includes mono- and poly-unsaturated fats. These are the good fats that lower cholesterol. Found in nuts, seeds, fish and vegetable oils.

**Saturated fat:** Found in animal products: meat, lard, dairy, & eggs. Raises cholesterol. Clogs arteries.

**Trans fat:** Also known as “partially hydrogenated oil.” Man-made fat found in solid fats like shortening and stick margarine, and in foods made with these products like potato chips, crackers, snack cakes, cookies, doughnuts, and French fries. Raises cholesterol.

**\*NOTE\*** Many products may have a label that says “*0 grams of Trans fat*” or “*No Trans fat.*” This is good, but just because a food does not have any Trans fats does not mean it is “fat free.”

**Cooking Tips:** Most people are used to the taste that fat adds to meals. Use your FAN training and DASH Eating Plan to make healthy food options that don’t skimp on taste. People want foods that they like to eat. Change the taste of “healthy.” A healthy church has members who want to eat healthy.

When cooking with fat, try to avoid the hard oils (like stick margarine and butter) — these are your saturated and trans fats. A better option is to use small amounts of oils that are liquid or soft at room temperature (like canola oil or tub margarine) — these have more unsaturated fat. Always read food labels to be sure of fat content before you cook.

*Limit your church’s fat intake with a low fat, low sodium, and high fiber heart healthy recipe.*

*Try this chicken salad make-over recipe — created by FAN Cooks at FAN Flair 2007.*

### FAN Flair Turkey Salad

Makes 10 servings

**Ingredients:**

7 cups fresh turkey breast, roasted

¾ cup celery, coarsely chopped

¼ cup sweet relish

¾ cup fat free mayonnaise

¼ cup onion, finely diced

2 large red-skinned apples, coarsely chopped

1 cup red grapes

1/8 teaspoon ground pepper

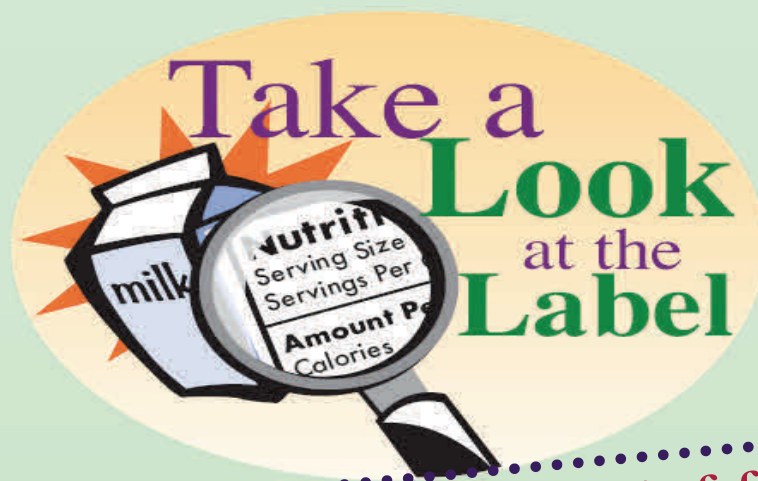
Shred or dice the turkey and add the other ingredients. Mix thoroughly and chill before serving.

Suggestion: serve on whole wheat rolls or bread.

Total Fat: 9.5g (Unsaturated: 6.5g, Saturated: 3g, Trans: 0g)

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

I Corinthians 10:31 (NIV)



It's time to read the "writing on the wall" of food packages.

*The end of heart disease is near!*

1. The label information is based on a serving size of the food. This may be more or less than what you actually eat.
2. Try not to eat foods with saturated fats, trans fats and partially hydrogenated oils, or foods that are high in cholesterol and sodium like fast foods, chips and other snack foods.
3. *Get LESS*—If fat, sodium or cholesterol is less than 5% it is low, greater than 20% is too much.

*Get ENOUGH*—If fiber, vitamins and minerals are less than 5% it is low, greater than 20% is high.

<b>Nutrition Facts</b>	
1	Serving Size 15 crackers (30 g) Servings Per Container 4
Amount Per Serving	
<b>Calories</b> 150	Calories from Fat 70
% Daily Value*	
<b>Total Fat</b> 8 g	12%
Saturated Fat 2 g	10%
2	Trans Fat 2 g
<b>Cholesterol</b> 0 mg	0%
<b>Sodium</b> 300 mg	13%
<b>Total Carbohydrate</b> 17 g	6%
Dietary Fiber less than 1 g	4%
3	Sugars 1 g
<b>Protein</b> 4 g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 6%

**Read for your health!**



For more information:  
Toll Free

**1-866-369-9333**

Office of Public Health Nutrition

This material was funded by USDA's  
Food Stamp Program.

This institution is an equal opportunity  
provider and employer.



# Heart Facts 2007: All Americans

## Cardiovascular Diseases Still No. 1

**FACT:** Cardiovascular diseases (CVD) rank as America's No. 1 killer, claiming the lives of over 36 percent of the more than 2.4 million people who die each year in the United States. Cancer kills nearly 23 percent. All other causes of death account for about 41 percent.

**FACT:** 79.4 million people in the United States have some form of CVD. This includes diseases of the heart, stroke, high blood pressure, congestive heart failure, congenital cardiovascular defects, hardening of the arteries and other diseases of the circulatory system.

**FACT:** An estimated 72 million people in the United States age 20 or older have high blood pressure, a risk factor for CVD.

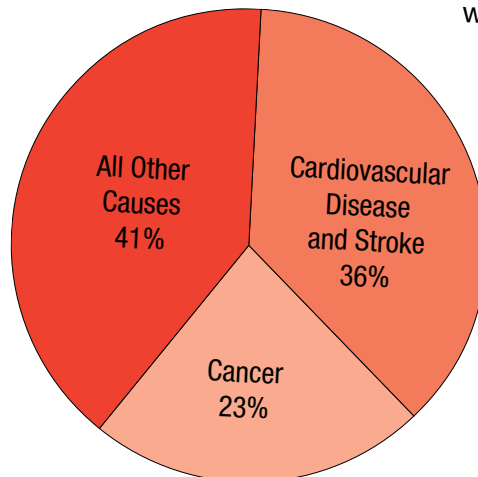
**FACT:** It's estimated that about 37.2 percent of non-Hispanic white men and 35 percent of non-Hispanic white women have CVD.\*

**FACT:** Among non-Hispanic blacks, 44.6 percent of men and 49 percent of women have CVD.\*

**FACT:** Among Mexican Americans, 31.6 percent of men and 34.4 percent of women have CVD.\*

**FACT:** The total cost for CVD-related medical care and disability in the United States will be \$431.8 billion in 2007.

**FACT:** 105.2 million people in the United States age 20 or older have blood cholesterol of 200 mg/dL or above, a risk factor for CVD.



**[ Causes of Death for All People in the United States, 2004 Data ]**

\* Estimates are age-adjusted to remove the effect of differences in the age distribution of population groups. Data from this U.S. government survey included Mexican Americans but not other people of Latino or Hispanic origin.

*The American Heart Association spent about \$544 million during FY 2005–06 on research support, professional and public education, and community service programs.*

*Medical research continually seeks to reduce disability and death from heart attack, stroke and other heart and blood vessel diseases.*

**For more information call 1-800-AHA-USA1 or visit us at [americanheart.org](http://americanheart.org)**



# Heart Facts 2007: African Americans

## Cardiovascular Diseases Still No. 1

Note: U.S. government agencies and population surveys use the terms "blacks" and "non-Hispanic blacks."

**FACT:** Cardiovascular diseases (CVD) rank as the No. 1 killer of African Americans, claiming the lives of 36.3 percent of the more than 291,000 blacks who die each year. Cancer follows, killing 21.5 percent. All other causes of death account for about 42 percent.

**FACT:** Nearly 5 of every 10 non-Hispanic black adults have CVD\*. This includes diseases of the heart, stroke, high blood pressure, congestive heart failure, congenital cardiovascular defects, hardening of the arteries and other diseases of the circulatory system.

**FACT:** For every 100,000 persons in the United States in 2004, about 289 people died from CVD. This is the age-adjusted CVD

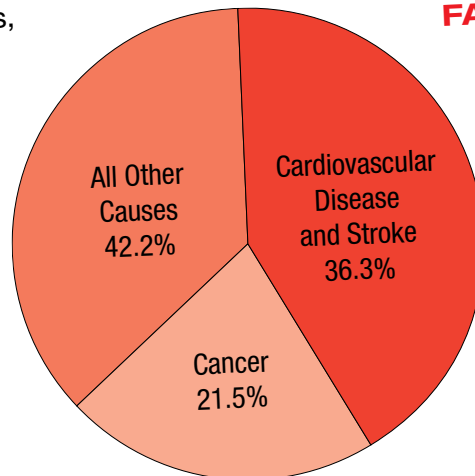
death rate for the total population. Among blacks the CVD death rate was even higher — 448.9 for males and 331.6 for females per 100,000 population.\*

**FACT:** Nearly 45 percent of black adults in the United States have high blood pressure (HBP), one of the highest rates in the world. Compared with whites, blacks are more likely to have HBP, to be overweight or obese, and to have diabetes. All these factors raise their CVD risk.

**FACT:** The age-adjusted 2004 death rate from coronary heart disease (CHD), which includes heart attack, was over 23 percent higher among

black adults than for the total adult population in the United States.

\* Estimates are age-adjusted to remove the effect of differences in the age distribution of population groups.



**[ Causes of Death for Blacks or African Americans in the United States, 2003 Data ]**

*The American Heart Association spent about \$544 million during FY 2005–06 on research support, professional and public education, and community service programs.*

*Medical research continually seeks to reduce disability and death from heart attack, stroke and other heart and blood vessel diseases.*

**For more information call 1-800-AHA-USA1 or visit us at [americanheart.org](http://americanheart.org)**



## It All Adds Up—Read the Label

1. The label information is based on a serving size of the food. This may be more or less than what you actually eat.
2. Try not to eat foods with saturated fats, trans fats and partially hydrogenated oils, or foods that are high in cholesterol and sodium like fast foods, chips and other snack foods.
3. *Get LESS*—If fat, sodium or cholesterol is less than 5% it is low, greater than 20% is too much.

*Get ENOUGH*—If fiber, vitamins and minerals are less than 5% it is low, greater than 20% is high.

<b>Nutrition Facts</b>	
1	Serving Size 15 crackers (30 g) Servings Per Container 4
Amount Per Serving	
<b>Calories</b> 150	Calories from Fat 70
<b>% Daily Value*</b>	
<b>Total Fat</b> 8 g	12%
Saturated Fat 2 g	10%
2	Trans Fat 2 g
<b>Cholesterol</b> 0 mg	0%
<b>Sodium</b> 300 mg	13%
<b>Total Carbohydrate</b> 17 g	6%
Dietary Fiber less than 1 g	4%
3	Sugars 1 g
<b>Protein</b> 4 g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 6%



For more information:  
Toll Free

**1-866-369-9333**

Office of Public Health Nutrition

This material was funded by USDA's  
Food Stamp Program.

This institution is an equal opportunity  
provider and employer.



South Carolina Department of Health  
and Environmental Control

## THE RIGHT TOOL TO BALANCE YOUR DIET

You probably already use the Nutrition Facts label in some way—maybe to check calories, fat or sodium content. But, the more familiar you are with the information, the more you'll want to use it daily to ensure you're eating a healthy, balanced diet.

Use the label when you shop, as you plan your meals, and as you cook each day. The label makes it easy to determine the amounts of nutrients you're getting and to compare one product to another.

Strive for a diet that emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products. Include lean meats, poultry, fish, beans, and nuts. Choose foods that are low in saturated fats, trans fats, cholesterol, salt, and added sugar.

Regular physical activity is important for your overall health and fitness. It also helps you control body weight by balancing the calories you take in from food with the calories you expend each day. For more information, visit [www.healthierus.gov/dietaryguidelines](http://www.healthierus.gov/dietaryguidelines).



## TIPS For Heart Healthy Eating:

### Breakfast:

- Have low-fat yogurt and low-fat granola topped with your choice of fruit (bananas, strawberries, apples).
- Add vegetables (tomatoes, peppers and onions) to your egg white omelet.

### Lunch:

- Have a large salad with grilled chicken and low-fat salad dressing.
- Add more vegetables and less cheese to your pizza.

### Dinner:

- Have at least two vegetables with dinner.
- Add vegetables to pasta and casserole dishes.

### Snacks:

- Have a box of raisins or a piece of fruit.
- Have raw vegetables like carrot sticks, broccoli, and celery with low-fat dip.

For more information visit:

[www.healthierus.gov/dietaryguidelines](http://www.healthierus.gov/dietaryguidelines)



## Be Smart. Eat Heart Healthy!

Adapted from:

U.S. Department of Health and Human Services

U.S. Department of Agriculture



## USE THE NUTRITION FACTS LABEL TO EAT HEALTHIER

### Check the serving size and number of servings.

- The Nutrition Facts Label information is based on ONE serving, but many packages contain more. Look at the serving size and how many servings you are actually consuming. If you double the servings you eat, you double the calories and nutrients, including the % DVs.
- When you compare calories and nutrients between brands, check to see if the serving size is the same.

### Calories count, so pay attention to the amount.

- This is where you'll find the number of calories per serving and the calories from fat in each serving.
- Fat-free doesn't mean calorie-free. Lower fat items may have as many calories as full-fat versions.
- If the label lists that 1 serving equals 3 cookies and 100 calories, and you eat 6 cookies, you've eaten 2 servings, or twice the number of calories and fat.

### Look for foods that are rich in these nutrients.

- Use the label not only to limit fat and sodium, but also to increase nutrients that promote good health and may protect you from disease.
- Some Americans don't get enough vitamins A and C, potassium, calcium, and iron, so choose the brand with the higher % DV for these nutrients.
- Get the most nutrition for your calories—compare the calories to the nutrients you would be getting to make a healthier food choice.

# Nutrition Facts

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

### Amount Per Serving

**Calories** 250    **Calories from Fat** 110

### % Daily Value\*

**Total Fat** 12g    18%

Saturated Fat 3g    15%

Trans Fat 3g

**Cholesterol** 30mg    10%

**Sodium** 470mg    20%

**Potassium** 700mg    20%

**Total Carbohydrate** 31g    10%

Dietary Fiber 0g    0%

Sugars 5g

**Protein** 5g

Vitamin A    4%

Vitamin C    2%

Calcium    20%

Iron    4%

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

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

### The % Daily Value is a key to a balanced diet.

The % DV is a general guide to help you link nutrients in a serving of food to their contribution to your total daily diet. It can help you determine if a food is high or low in a nutrient—5% or less is low, 20% or more is high. You can use the % DV to make dietary trade-offs with other foods throughout the day. The \* is a reminder that the % DV is based on a 2,000-calorie diet. You may need more or less, but the % DV is still a helpful gauge.

### Know your fats and reduce sodium for your health.

- To help reduce your risk of heart disease, use the label to select foods that are lowest in saturated fat, trans fat and cholesterol.
- Trans fat doesn't have a % DV, but consume as little as possible because it increases your risk of heart disease.
- The % DV for total fat includes all different kinds of fats.
- To help lower blood cholesterol, replace saturated and trans fats with monounsaturated and polyunsaturated fats found in fish, nuts, and liquid vegetable oils.
- Limit sodium to help reduce your risk of high blood pressure.

### Reach for healthy, wholesome carbohydrates.

- Fiber and sugars are types of carbohydrates. Healthy sources, like fruits, vegetables, beans, and whole grains, can reduce the risk of heart disease and improve digestive functioning.
- Whole grain foods can't always be identified by color or name, such as multi-grain or wheat. Look for the "whole" grain listed first in the ingredient list, such as whole wheat, brown rice, or whole oats.
- There isn't a % DV for sugar, but you can compare the sugar content in grams among products.
- Limit foods with added sugars (sucrose, glucose, fructose, corn or maple syrup), which add calories but not other nutrients, such as vitamins and minerals. Make sure that added sugars are not one of the first few items in the ingredients list.

### For protein, choose foods that are lower in fat.

- Most Americans get plenty of protein, but not always from the healthiest sources.
- When choosing a food for its protein content, such as meat, poultry, dry beans, milk and milk products, make choices that are lean, low-fat, or fat free.