

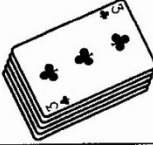
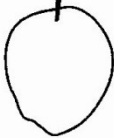

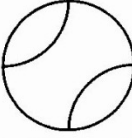
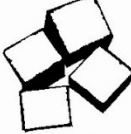

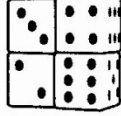


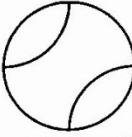















SEVEN WAYS TO SIZE UP YOUR SERVINGS

Measure food portions so you know exactly how much food you're eating. When a food scale or measuring cups aren't handy, you can still estimate your portion. Remember:

<p>1 3 ounces of meat is about the size and thickness of a deck of playing cards or an audiotape cassette.</p>			
<p>2 A medium apple or peach is about the size of a tennis ball.</p>			
<p>3 1 oz of cheese is about the size of 4 stacked dice.</p>			
<p>4 1/2 cup of ice cream is about the size of a racquetball or tennis ball.</p>			
<p>5 1 cup of mashed potatoes or broccoli is about the size of your fist.</p>			
<p>6 1 teaspoon of butter or peanut butter is about the size of the tip of your thumb.</p>			
<p>7 1 ounce of nuts or small candies equals one handful.</p>			<p>1 oz.</p>
<p>MOST IMPORTANT Especially if you're cutting calories, remember to keep your diet nutritious.</p>	<p> 2-4 servings from the Milk Group for calcium</p> <p> 2-3 servings from the Meat Group for iron</p>	<p> 3-5 servings from the Vegetable Group for vitamin A</p> <p> 2-4 servings from the Fruit Group for vitamin C</p> <p> 6-11 servings from the Grain Group for fiber</p>	

Recipe Substitutions for Heart Healthy Cooking

Use the suggestions below to lower saturated fat and calories in your favorite recipes. Add herbs and spices instead of salt to enhance flavor.

Recipe calls for:	Substitute:
Whole milk	<ul style="list-style-type: none"> • Fat-free or low-fat (1%) milk
Cream	<ul style="list-style-type: none"> • Evaporated fat-free milk • Mix equal amounts low-fat (1%) milk and fat-free evaporated milk
Sour cream	<ul style="list-style-type: none"> • Fat-free or low-fat sour cream
Mayonnaise	<ul style="list-style-type: none"> • Fat-free or low-fat mayonnaise
1 cup of butter	<ul style="list-style-type: none"> • 1 cup tub margarine • ¾ cup vegetable oil
Oil (for baking)	<ul style="list-style-type: none"> • Equal amounts of applesauce or prune puree
Oil (for sauteing)	<ul style="list-style-type: none"> • Water • Nonstick cooking spray • Low-sodium broth
1 whole egg	<ul style="list-style-type: none"> • ¼ cup egg substitute or 2 egg whites
1 egg to thicken	<ul style="list-style-type: none"> • 1 tablespoon flour
Ground beef (all types)	<ul style="list-style-type: none"> • Extra lean ground beef or turkey (10% or less fat) • Turkey (10% or less fat)
Sausage	<ul style="list-style-type: none"> • Turkey sausage (10% or less fat) • Vegetarian sausage
Salad dressing	<ul style="list-style-type: none"> • Fat-free or low-fat dressing • Flavored vinaigrette • Flavored vinaigrette (made with olive oil, water and vinegar, or lemon juice)
Cream soup	<ul style="list-style-type: none"> • Fat-free or low-fat canned cream soup • Homemade broth after removing the fat • Fat-free broth mixed with fat-free milk or fat-free evaporated milk

A HEART HEALTHY COOKBOOK

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

The United States Department of Health and Human Services, the National Institutes of Health, and the National Heart Lung and Blood Institute have published “Heart Healthy Home Cooking, African American Style.” This cookbook provides an overview of healthy alternatives to many of the most common dishes in your diet.

“Good food is one of life’s great joys. And good meals are a shared pleasure at the heart of African American family life and special celebrations. This recipe book brings together many African American favorite recipes, prepared in a heart healthy way, lower in saturated fat, cholesterol, and sodium! It shows how to prepare dishes in ways that help protect you and your family from heart disease and stroke. This is important because heart disease and stroke are the first and the third leading cause of death for African Americans. By making small changes in the way you and your family eat, you can help reduce your risk for heart disease and stroke. This updated recipe book includes new recipes, along with some of your old favorites. New information on heart healthy food substitutions and food safety is also included. So, make a start today. Give those old favorites a new, tasty, heart healthy makeover. And help keep the heart of your family strong!”

Examples from the cookbook:

Classic Macaroni and Cheese

Ingredients:

2 cups macaroni

2 cups onions, chopped

2 cups evaporated fat-free milk

1 medium egg, beaten

¼ teaspoon black pepper

1¼ cups low-fat cheddar cheese, finely shredded

nonstick cooking spray, as needed

1. Cook macaroni according to directions—but do not add salt to the cooking water. Drain and set aside.
2. Spray casserole dish with nonstick cooking spray.
3. Preheat oven to 350 degrees Fahrenheit.
4. Lightly spray saucepan with nonstick cooking spray. Add onions to saucepan and saute for about 3 minutes.
5. In another bowl, combine macaroni, onions, and the rest of the ingredients and mix thoroughly.
6. Transfer mixture into casserole dish.
7. Bake for 25 minutes or until bubbly. Let stand for 10 minutes before serving.

Yield: 8 servings Serving size: ½ cup Calories 200 Total Fat 4 g Saturated Fat 2 g Cholesterol 34 mg Sodium 120 mg Total Fiber 1 g Protein 11 g Carbohydrates 29 g Potassium 119 mg

Oven-Fried Chicken

Ingredients:

½ cup fat-free milk or buttermilk
1 teaspoon poultry seasoning
1 cup cornflakes, crumbled
1½ tablespoons onion powder
1½ tablespoons garlic powder
2 teaspoons black pepper
2 teaspoons dried hot pepper, crushed
1 teaspoon ginger, ground
8 pieces chicken, skinless (4 breasts, 4 drumsticks)
a few shakes paprika
1 teaspoon vegetable oil

Preheat Oven to 350 F

1. Add ½ teaspoon of poultry seasoning to milk
2. Combine all other spices with cornflake crumbs, and place in plastic bag.
3. Wash chicken and pat dry. Dip chicken into milk and shake to remove excess. Quickly shake in bag with seasonings and crumbs, and remove the chicken from the bag.
4. Refrigerate chicken for 1 hour.
5. Remove chicken from refrigerator and sprinkle lightly with paprika for color.
6. Space chicken evenly on greased baking pan.
7. Cover with aluminum foil and bake for 40 minutes. Remove foil and continue baking for another 30–40 minutes or until meat can easily be pulled away from the bone with fork. Drumsticks may require less baking time than breasts. Crumbs will form crispy “skin.”

Note: Do not turn chicken during baking

Yield: 10 servings Serving size: ½ breast or 2 small drumsticks Calories 117 Total Fat 3 g Saturated Fat 1 g Cholesterol 49 mg Sodium 67 mg Total Fiber 1 g Protein 17 g Carbohydrates 6 g Potassium 1 mg

NOTES