

Resources

Table of Contents

Being Part of A Group	1
Food Handling Tips	2
Asking for Help and Support	3-4
How to Use a Calculator	5-7
Low-Fat Ways to Get More Calcium	8
Dairy Cooking Tips for Low-Fat Cooks	9
Cheese Guide for Lower-Fat and Fat-Free Cheeses	10-13
New Labeling Information	14
Shopping Tips	15
Leanest Meat, Poultry and Fish Choices	16-17
How to Reduce the Fat in Cooked Ground Beef	18
Using Herbs and Spices in Cooking	19
Herb and Spice Chart	20
Low-Fat Ways to Increase Flavor	21
Meat Stretching Ideas	22
Meatless Ideas	23
Budgeting Your Fat Grams	24
Dining Out the Low-Fat Way	25-26
Eating Out in Ethnic Restaurants	27-29
Fast Food Restaurant Strategies	30
Low-Fat Eating on the Run	31-34
Low-Fat Snack Ideas	35
Fruits and Vegetables Chart	36-38

Table of Contents (continued)

Fun Non-Food Activities	39
How People Can Help You	40
Low-Fat Lunch Ideas	41
Vacation and Travel Eating Tips	42
Tips for Low-Fat Holiday Eating	43
Getting to Know Fish	44-46
Low-Fat Fish Marinade Ideas	47
Quick Fish Meal Ideas	48
Light and Healthy Microwave Cooking Tips	49
How to Stir-Fry	50
Maximizing Beans	51-52
Maximizing Grains	53-55
Relaxation Techniques	56
References for Stress Reduction	57
Tips for Lower-Fat Parties	58-59
Low-Fat Party Ideas	60-61
Low-Fat Cookbooks and Magazines	62-64

Group Guidelines

Being Part of A Group

A lot of the learning in this program takes place in your group so it is very important that all group members work with each other. It helps to keep the following points in mind to make sure that everybody in your group benefits and is treated fairly:

- ◆ Please be on time to the group sessions.
- ◆ Call if you are unable to come.
- ◆ Take an active part in sharing ideas with other group members.
- ◆ Be a considerate group member.
- ◆ Let one person speak at a time.
- ◆ Let everyone have a chance to share. Be careful how much time you spend talking.
- ◆ Be willing to listen to other people's concerns and share solutions you have found.
- ◆ Respect other people's ideas and learn from their experience.
- ◆ Stress the positive. Avoid criticizing others.
- ◆ Anything talked about in the group should not be repeated to other people outside the group.

Food Handling Tips

Be sure to use the following food handling tips if you bring food to a group session, or potluck:

Ten Tips for Safe Food Handling:

- | | | |
|------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|
| ◆ Don't use food from damaged containers. | ◆ Don't cut vegetables on a surface where you just cut chicken or meat. | ◆ Thaw meat, poultry or seafood in the refrigerator. <u>Don't use the kitchen counter!</u> |
| ◆ Wash your hands with soap before and after preparing food. | ◆ Wash fresh fruits and vegetables thoroughly. | ◆ Avoid using cracked eggs, or foods that contain raw egg or egg whites. |
| ◆ Wash countertops, dishes and any other utensils that have touched raw meat or poultry. | ◆ Cook meat, poultry and fish completely. | ◆ Never leave foods such as meat, poultry, or fish out of the refrigerator for more than <u>two hours</u> . |
| | ◆ Store fresh meat, poultry and seafood in the coldest part of your refrigerator. | |

Help and Support

Asking for Help and Support

When you make changes in your eating patterns, it is easier if you have help from the people around you. Family members, friends, co-workers, and other group members can have a big impact on your success. Use the following guidelines when you want to ask for help and support.

- ◆ **Decide who can help.** Think about the people who eat with you and would be supportive of the changes you are making.
- ◆ **Decide what kind of help you want or need.** Think about what would make it easier for you to eat low-fat foods. How could other people help support your changes?

People can support you in many different ways. They can share the work, motivate you, share information, listen, and help you solve problems. For more ideas on how people can help, look at the handout *How People Can Help You* on page 40 in this Resource section.

- ◆ **Ask for the help you want.** Use the following guidelines and questions to decide how to plan your request for help:

Be specific. The more specific your request, the easier it is for people to help.

Be positive. People respond better when they can do something positive. Ask for something positive instead of criticizing something negative.

Questions to ask yourself when planning your request:

- Does my request have enough detail so that my family or friends will know exactly what I need them to do?
- Is my request worded in a way that would make my family and friends want to help me?

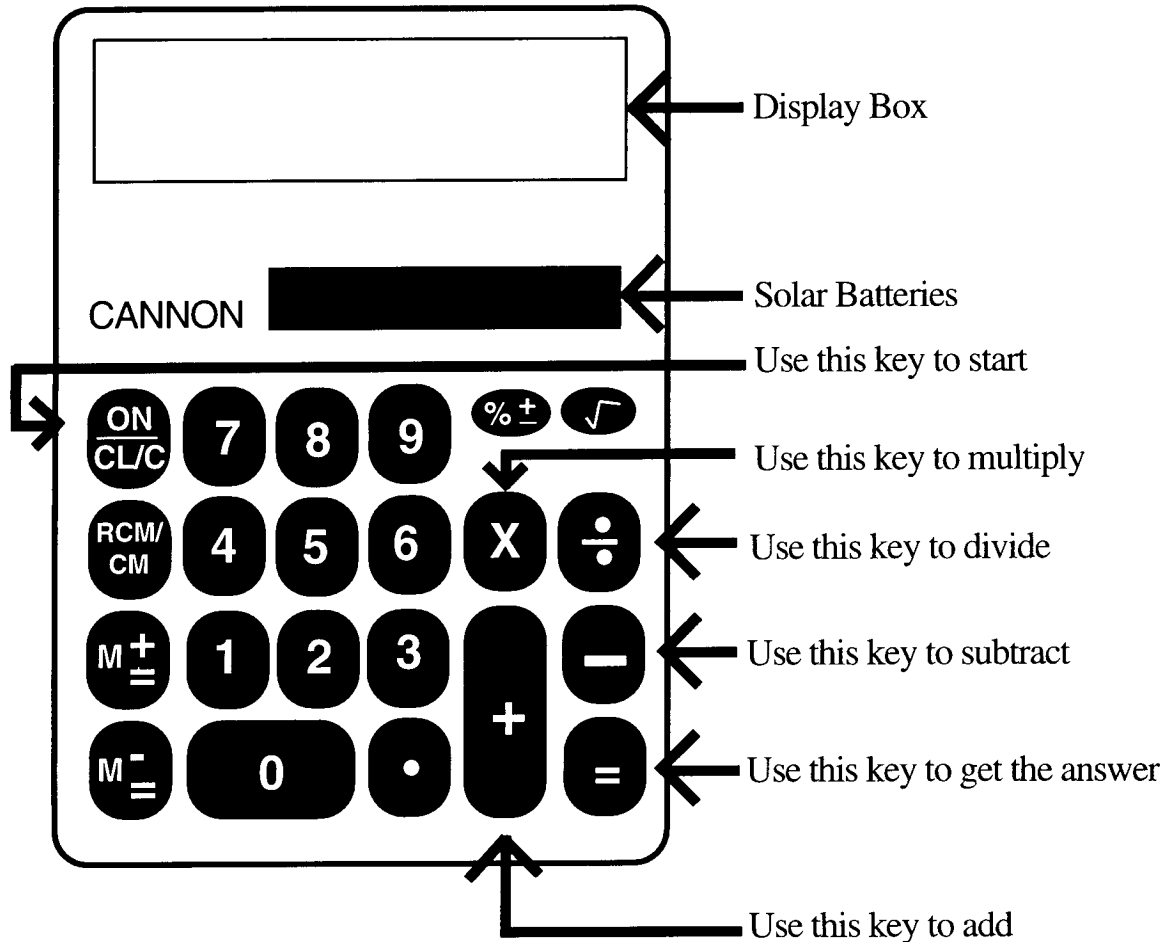
Help and Support (continued)

Examples:

Specific and Positive Request	Vague and Negative Request
I would like to go to a fish restaurant for dinner tonight.	I would like to go someplace where I can find lower-fat choices for a change.
I would like to have frozen yogurt instead of ice cream for a special treat.	Don't eat in front of me.

- ◆ **Show your thanks.** People are more willing to help if you thank them for their help. A simple “thanks you” is often enough. Remember, your thanks does not need to involve food. For ideas on how to say thanks without food look at the handout *Fun Non-Food Activities* on page 39 of this Resource section.

How to Use a Calculator



1. To turn on the calculator: Press the key labeled CA.

After you press the CA key, you should see a zero in the display box. If you don't see a zero and the screen is blank, move to a place where there is more light. Your calculator has solar batteries, so it must get enough light to work. You will never need to replace the batteries in your calculator. If you see a number different from zero, press the CA key again. The CA key erases all of the numbers you entered before.

How to Use a Calculator (continued)

2. To add numbers:

Always begin by pressing the CA key first, then press the keys of the numbers you want to add. Press the + key between the two numbers you want to add. Then press the + key again or the = key to get the answer.

For example:

To add 12 plus 7

$$12 + 7 =$$

1. First press the CA key
2. Press 1, then 2
3. Next press the + key
4. Next press 7
5. Finally, press the + key again or the = key.

The answer appears in the display box. For this example, you should see the number 19.

If you want to add a long list of numbers, just keep pressing the + key between each number you want to add. The calculator will give you the total.

3. To multiply numbers:

First press the CA key. Then press the keys for the number you want to multiply. Then press the x key and next press the number you want to multiply by. To get the answer, press the = key.

For example:

To multiply 13 times 3

$$13 \times 3 =$$

1. First press the CA key
2. Press 1, then press 3
3. Next press the x key
4. Next press 3
5. Finally, press the = key to get the answer.

For this example, you should see the number 39.

How to Use a Calculator (continued)

4. To divide numbers:

Begin by pressing the CA key. Next press the keys for the number you want to divide. Then press the \div key, and then press the number you want to divide by. To get the answer, press the = key.

For example:

To divide 22 by 2

$$22 \div 2 =$$

1. First press the CA key
2. Press 2, then press 2 again.
3. Next press the \div key.
4. Next press 2.
5. Finally press the = key to get the answer.

For this example, you should see the number 11.

Note: The calculator you have may look a little different than the example shown on page 5. However, each calculator will have similar keys for the functions described on pages 5-7.

Low-Fat Ways to Get More Calcium

One of the most common sources of calcium is milk. If you don't like to drink milk, use it in soups, puddings or on cereals. You might also add nonfat dry milk powder to casseroles, soups, or stews to increase your calcium. If you can't drink milk, look at the table below for ideas.

The table below lists foods that are sources of calcium. Each group lists the food from the highest in calcium to the lowest.

<i>High</i> (more than 200 mg of calcium)	<i>Moderate</i> (100-200 mg of calcium)	<i>Modest</i> (under 100 mg of calcium)
Instant breakfast packet, made with skim milk Evaporated skim milk, undiluted (1/2 cup) Flan or junket, made with skim milk Skim or low-fat milk (or lactose-treated milk) Yogurt, low-fat or non-fat (plain or fruit flavored) Instant oatmeal, fortified Orange juice, calcium- fortified Frozen yogurt, low-fat Sardines in tomato sauce (3 oz.) Buttermilk Pudding or custard, made with low-fat milk Tofu, firm, calcium processed Black-eyed peas, cooked Non-fat dry milk powder (1/4 cup)	Mustard greens, cooked Turnip greens, cooked Ice milk Sherbet Salmon, canned with bones Okra, cooked Blackstrap molasses (1 TB) Bok choy, cooked Baked beans, canned Cold cereal calcium- fortified Cheeses, low-fat (1 oz.) Black beans, cooked Tofu, regular (calcium processed) Cottage cheese, low-fat Refried beans, canned Rutabaga, cooked	Scallops, cooked (3 oz.) Broccoli, cooked English muffin (1 whole) Garbanzo beans, cooked Clams or Mussels, cooked (3 oz.) Ricotta cheese, part-skim (1 oz.) Oysters, cooked (3 oz.) Artichoke, globe cooked Egg substitute (1/2 cup) Orange (1 medium) Kidney beans, cooked White bread (2 slices) Kale, cooked Oatmeal, quick cooking Cream soup, canned made with water.
Calcium groupings are based on 1 cup servings, unless otherwise noted on table.		

Dairy Cooking Tips for Low-Fat Cooks

- Use the sharpest cheese you can find ... and use less of it! Sharper cheese has more flavor.
- In Italian foods, try some lower-fat Sapsago, chop it up in your blender to use instead of Romano or Parmesan.
- If you like Bleu cheese on your salad, try mixing it with lumps of mild-flavored low-fat cottage cheese.
- Grated zippy-sharp Romano cheese mixed with large curd cottage cheese can replace the Feta cheese in Greek salads.
- Make lasagna or ravioli with cottage cheese instead of Italian ricotta - the flavor's the same.
- For a flavorful white sauce, try reconstituting nonfat dry milk solids with beef, chicken or vegetable broth.
- Use low-fat fruit flavored yogurt for dressing on fruit salads. It's low in fat and adds fruit flavor. You can add 1-2 tsp sugar per cup of plain yogurt to reduce the "tangy" flavor.
- Make a sour cream substitute by mixing 2 Tb low-fat milk, 1 Tb lemon juice and 1 cup creamed or 2% cottage cheese. Mix until smooth and creamy in blender.
- When a recipe calls for a cream soup (mushroom, etc.), use 1/2 can of soup and 1/2 can skim milk. Or try the homemade "cream" soup mix on the right. It saves 18 grams of fat:
one can regular cream soup = 18 grams of fat;
low-fat homemade version = 0 grams.
- Try low-fat yogurt cheese as substitute for regular cream cheese (recipe in Session 3).
- Use plain low-fat yogurt as a substitute for sour cream:
—when using in a heated dish (stroganoff); add at the last minute to prevent curdling.
—add a little cornstarch: about 1 teaspoon per cup of yogurt to reduce some of the "runniness."

Homemade "Cream" Soup

2 cups dry nonfat milk
1/4 cup or less instant chicken bouillon, dry
1/2 tsp pepper
1 tsp basil leaves
3/4 cup cornstarch
2 Tb dried onion flakes
1 tsp thyme leaves

Combine and mix well.
Store in air tight container until ready to use.

To use as substitute for 1 can of condensed soup:
Combine 1/3 cup dry mix plus 1-1/4 cups cold water in saucepan, cook, stir constantly, until thickened, add to casserole as you would regular product.

Fat grams = 0

Cheese Guide

Cheese Guide for Lower-Fat and Fat-Free Cheeses

Type of Cheese	Fat grams in 1 oz.	Serving Suggestions
American Flavor:		Use in sandwiches, salads.
Borden Light American Singles	5	
Harvest Moon, or Kraft Light 'n Lively	4	
Borden Lite-line Reduced Sodium Singles	4	
Borden Lite-line or Weight Watchers	5	
Kraft Fat-Free Singles	0	
Healthy Choice Fat-Free Singles	0	
Smart Beat Fat-Free Singles	0	
Borden Fat-Free, Low Cholesterol	0	
Blue Cheese Flavor:		Sharp, distinctive flavor.
Nauvo Low Fat	4	Use for appetizers, salads, salad dressings.
Cheddar Flavor:		Mild to sharp flavor. Use for snacks, sandwiches, casseroles, sauces.
Olympia's Natural Low Fat	6	
Cabot Light Vitalait	5	
Heidi Ann Ched-Style	5	
Kraft Light Naturals	5	
Ryser or Swiss Valley	5	
Weight Watchers Natural or Shredded	5	
Lifetime Mild Cheddar	3	
Kraft Light 'n Lively Sharp Processed	4	
Borden Lite-line Sharp or Mild Processed	2	
Alpine Lace Free n' Lean	0	
Healthy Choice Fat-Free Shredded	0	
Kraft Fat-Free Sharp Processed	0	
Cheese Food:		Use for snacks, sandwiches, casseroles and with fruit for dessert.
Weight Watchers Cheese Cups:		
Port Wine, Sharp Cheddar, and Cheddar/Onion	4	

Cheese Guide (continued)

Type of Cheese	Fat grams in 1 oz.	Serving Suggestions
Cheese Food: (continued)		
Pine River Party Spreads:		
Vegetable Garden and French Onion Lite	4	
Rio Del Pino Nacho Lite Fiesta Spread	4	
Maritime Spreads: Sharp Cheddar, Vegetable Garden, and Nacho	4	
Cheese Spread:		Use for sandwiches, snacks, cooking.
Chez Whiz or Nabisco Easy (all flavors)	6	
Cracker Barrel: cheese log or ball	6	
Heritage House American Singles	6	
Velveeta Pasteurized Process Spread	6	
Laughing Cow Pasteurized:		
Process Wedges	6	
Reduced Calorie Wedges	3	
Kraft Flavored Spreads	5	
Hemke Lite Spread (all flavors)	4	
Hickory Farms Light Choice:		
Sharp Cheddar, Creamy Swiss, Port Wine and Premium Sharp Cheese Ball	4	
Colby Flavor:		Mild to mellow flavor. Use for sandwiches, salads, snacks.
Alpine Lace, Kraft Light Natural, or Swiss Valley Farms	5	
Borden Lite-line Processed Process Colby	2	
Cream Cheese:		Mild flavor. Use for sandwiches, dips, bak- ing. Don't use fat-free types in baking.
Light Philadelphia	5	
Fat-Free Philadelphia	0	
Weight Watchers Fat-Free	0	
Healthy Choice Fat-Free	0	

Cheese Guide (continued)

Type of Cheese	Fat grams in 1 oz.	Serving Suggestions
Farmers:		
Holland Farm, Simon's, or White Clover Dairy	5	Mild flavor. Use for salads, snacks, cooking.
Ryser Part Skim	5	
Monterey Jack Flavor:		
Kraft Light Natural	6	Mild to mellow flavor. Use for salads,
Swiss Valley	5	sandwiches, Mexican
Alpine Lace or Ryser Part Skim	4	cooking.
Lifetime Natural		
Borden Lite-line Processed	2	
Mozzarella Flavor:		
Part Skim Mozzarella	5	Mild flavor. Use for Italian cooking, pizza,
Weight Watchers Natural or Shredded	4	grilled sandwiches.
Pollo-O-Lite	4	
Frigo, Shredded, Low-Fat	3	
Lifetime Natural	2	
Alpine Lace Free n' Lean Fat-Free Mozzarella	0	
Healthy Choice Fat-Free Mozzarella Shredded	0	
Muenster Flavor:		
Ryser Part Skim	5	A semisoft cheese, with a mild to mellow flavor.
Heidi Ann Thinline Pasteurized	5	Use for sandwiches,
Borden Lite-line Pasteurized	2	snacks.
Healthy Choice Fat-Free Mozzarella Stix	0	
Pot Cheese:		
Sargento	2	Use for snacks, sandwich spread.
Tupper Cheese: Cajun, Italian, and Mexican styles	0	

Cheese Guide (continued)

Type of Cheese	Fat grams in 1 oz.	Serving Suggestions
Ricotta:		Semi-sweet flavor. Use for cooked dishes, salads, dips, fillings, desserts.
Frigo (part skim)	3	
Sargento (part skim)	2	
Frigo Low-Fat	2	
Frigo Low-Fat or Pollo-O-Lite	1	
Sargento Lite	1	
Semisoft Part-Skim Cheese:		Creamy yellow or white. Mild to strong flavors. Use for snacks, sand- wiches.
Zimmerman Dairy Lean	5	
Laughing Cow Mini-Bonbel Reduced Calorie	4	
Laughing Cow Cheesebits Reduced Calorie Processed	2	
Fromage Blanc	0	
String Cheese:		Mild flavor. Use for snacks.
Arpin, Dorman Light or Falbo	6	
Baker, Sargento or Tolibia	5	
Kraft with jalapeno peppers	5	
Dorman Strip Low Sodium	4	
Swiss Flavor:		Mild, nutty, sweet flavor. Use for sandwiches, salads, casseroles.
Kraft Light Natural	5	
Kraft Light 'n Lively Processed	4	
Lifetime	3	
Weight Watchers	2	
Borden Lite-line Processed	2	

New Labeling Information

What do the words on the label mean?

“Free”

The food contains only a tiny amount of fat, sugar, cholesterol or sodium. For example, a food labeled "fat-free" contains less than 0.5 grams of fat per serving.

“Low”

The food can be eaten fairly often without going over the 30% fat dietary guidelines. For example, food labeled "low-fat" contains no more than 3 grams of fat per serving. Remember, your target is 20% fat.

“Lean” and “Extra Lean” are USDA terms for meat and poultry.

“Lean” means that the meat contains less than 10 grams of fat per 3-1/2 ounce serving.

“Extra lean” means the meat contains less than 5 grams of fat per 3-1/2 ounce serving.

“Reduced, Less or Fewer”

These words mean that the food has 1/4 less of a nutrient or calories. For example, hot dogs that contained 25% less fat than regular hot dogs could be labeled "reduced fat" or "25% less fat."

“Light or Lite”

This means that the food has 1/2 less of a nutrient, or 1/3 fewer calories of the original food. For example, a food labeled "Lite cheddar cheese" contains 1/2 less fat than regular cheddar cheese.

“More”

This means that one serving of the food contains at least 10% more of the Daily Value of a vitamin, mineral or fiber than usual.

“Good source of”

This means that one serving of the food contains 10-19% of the Daily Value for a particular vitamin, mineral or fiber.

Shopping

Shopping Tips

Before You Go to the Store:

- ◆ Look for coupons and specials in the newspaper.
- ◆ Make a list of foods you need to buy.
- ◆ Write down specific brand names and cuts of meat you plan to buy.
- ◆ Eat before you shop. You'll be less tempted to eat if you're not hungry.
- ◆ Buy extra fruits, vegetables, grains or lower-fat foods when they are on sale.
- ◆ Consider buying foods in larger amounts to save money.
- ◆ Think about meatless meals to save money.

At the Store:

- ◆ Use your shopping list. Don't rely on your memory.
- ◆ Read labels.
- ◆ Watch for special "in store" savings on lower-fat foods or fruits, vegetables and grains.
- ◆ Watch those store displays! Be careful not to buy foods on impulse.
- ◆ Quickly move through the aisles that have higher-fat foods that tempt you.
- ◆ Stock up on your favorite fruits, vegetables and grains.
- ◆ Save money by buying fresh fruits and vegetables when they are in season.

At Home:

- ◆ Make good use of leftovers.

Leanest Meat, Poultry and Fish Choices

The following is a list of the leanest meat, poultry and fish choices. Fat grams are listed for a **3 ounce cooked and trimmed serving**. Trimmed means **ALL** visible fat is cut off and not eaten. The Fat Counter includes a more complete list of meat, poultry and fish.

TYPE	FAT GRAMS
Beef	
Top Round, eye of round, round tip	4
Sirloin	4
Tenderloin	8
Veal	
All cuts, trimmed	5
Pork	
<u>Fresh</u>	
Tenderloin	4
Boneless sirloin chop, boneless top loin chop	9
Loin chop	9
Boneless loin roast	9
<u>Cured</u>	
95% lean ham	5
Canadian bacon (3 slices)	6
Regular ham	8
Lamb	
Leg roast, sirloin roast	8
Loin chops	8
Poultry	
<u>Chicken</u>	
breast, without skin (1 medium)	3
drumstick, without skin (1 medium = 2 oz.)	2
thigh, without skin (1 medium = 2 oz.)	4
<u>Turkey</u>	
light meat, without skin	3
dark meat, without skin	7
Chicken or turkey roll	6

Leanest Meat, Poultry and Fish Choices (cont.)

TYPE		FAT GRAMS
Wild Game		
Goose without skin		10
Wild pheasant, quail or duck, without skin		8
Rabbit		7
Venison, elk		3
Seafood (3 ounces, cooked)		
1 gram or less	2-5 grams	6-10 grams
<u>Finfish</u> barracuda, bass, bream, cod, crappie, croaker, flounder, grouper, haddock, halibut, kingfish, mahi mahi, perch, pike, plaice, pollack, red fish, snapper, rockfish, scrod, sheepshead, sole, speckled trout, sunfish, water-packed tuna	<u>Finfish</u> angelfish, bluefish, catfish, fresh tuna, gulf butterfish, mackerel, orange ruffie, pink salmon (canned, drained), smelt, spadefish, swordfish, triggerfish, trout, whitefish, yellowtrail	<u>Finfish</u> fresh herring, pompano, salmon, fresh sardines, shark, oil-packed tuna (drained), wahoo
<u>Shellfish</u> crayfish, lobster, prawns, scallops, shrimp, surimi (imitation crab)	<u>Shellfish</u> clams, crab, mussels, octopus, oysters, squid/calamari	

Ground Beef

How to Reduce the Fat in Cooked Ground Beef

When you use ground beef in mixed dishes, you can reduce 50% of the fat content by using the method listed below.

Draining and Rinsing Cooked Ground Beef

1. Brown the ground beef in a nonstick skillet over medium heat. Stir to break the beef into crumbles about 1/2-inch. Cook until it is no longer pink.
2. Use a large slotted spoon to drain the meat. Remove the beef crumbles to a large plate or other dish that contains 3 layers of white non-recycled paper towel. Blot top of beef with paper towel. Let sit one minute, blotting beef with additional white non-recycled paper towel.
3. Place beef in a strainer or colander. Pour about 1 quart hot tap water over the beef. Stir beef while pouring water. Drain 5 minutes.
4. Finish preparation according to your favorite recipe.

Note: If your recipe calls for browning the ground beef with onion or garlic, use the same method. Other seasoning and herbs should be added after rinsing the ground beef (Step 3) for the best flavor.

What About Taste?

Since most crumbled beef is used in dishes such as chili, tacos, pasta sauces and other seasoned dishes, flavor loss is not a problem. Experts in evaluating flavor, chewiness and juiciness tested the samples and found that rinsing only slightly reduce the flavor of plain ground beef.

Comparison of Fat per 3 oz. Serving:

Ground Beef	Fat (g)	Fat (g) with blotting	Fat (g) crumbles and blotting	Fat (g) crumbles, blotting and rinsing
Regular (30% fat)	19	16	12	6
Lean (20% fat)	17	14	11	5

Using Herbs and Spices in Cooking

The seasonings you add to foods are important. The right ones in the right amounts enhance the flavor of the food. The wrong ones or wrong amounts destroy the flavor.

For some tips to avoid making a mistake, follow the do's and don't's :

DO

- ◆ Go easy. In general, 1/4 teaspoon of dried herbs or spice is enough for 4 servings.
- ◆ After measuring the correct amount of herbs, crush the herbs in the palm of your hand before adding them to your recipe.
- ◆ Add dried herbs and seasonings to foods such as salad dressings, fruits and juices, well before you want to serve the food. This allows the flavors plenty of time to blend together.
- ◆ Balance your seasonings. If your main dish is strongly flavored, use lighter seasoning on your salad and keep your vegetable and dessert quite simple.
- ◆ Use the herb and spice charts in this handout. Experiment!

DON'T

- ◆ Use the same amounts of fresh and dried herbs. In most cases, 1 teaspoon of a dried herb is equal to 3 teaspoons of fresh herbs.
- ◆ Use too many different seasonings in one dish—unless it is a thoroughly tested recipe.
- ◆ Add dried herbs or seasonings too early. Wait until the last hour of cooking before you add your seasonings.
- ◆ Use herbs or spices in every dish you serve at a meal.

Herb and Spice Chart

Beef	Dry mustard, marjoram, onion, sage, thyme, bay leaf, celery seed, rosemary, green pepper, garlic, mushrooms
Chicken	Basil, chervil, marjoram, tarragon, paprika, thyme, sage, parsley, mushrooms, poultry, seasoning, lemon, cranberry sauce
Lamb	Marjoram, mint, garlic, rosemary, curry, pineapple
Pork	Marjoram, rosemary, savory, onion, garlic, sage, applesauce, spiced apples
Veal	Rosemary, bay leaf, ginger, marjoram, curry, spiced apricots, mushrooms, oregano, paprika
Fish	Basil, chervil, marjoram, tarragon, dry mustard, paprika, curry, green pepper, lemon, dill, mushrooms, tomato
Eggs	Basil, marjoram, tarragon, green pepper, mushrooms, dry mustard, paprika, curry
Green beans	Marjoram, lemon, nutmeg, dill, savory
Cabbage	Dill, green pepper, watercress, caraway
Corn	Green pepper, tomato, garlic, onion powder, pimento, oregano, chives, tarragon
Peas	Mint, parsley, mushrooms, onion, dill, rosemary, tarragon, ginger
Potato	Parsley, mace, green pepper, onion, caraway
Tomato	Basil, marjoram, tarragon, oregano, onion, coriander

Low-Fat Ways to Increase Flavor

- ◆ Barbecue sauce (no-fat type)
- ◆ Catsup
- ◆ Chili sauce
- ◆ Horseradish
- ◆ Worcestershire sauce
- ◆ Hoisin sauce
- ◆ Herbs and spices (see page 20)

- ◆ Lemon or lime juice
- ◆ Flavored mustards
- ◆ Soy sauce
- ◆ Sweet and sour sauce
- ◆ Teriyaki sauce
- ◆ Tabasco sauce
- ◆ Salsa
- ◆ Flavored broths or bouillons

- ◆ Tomato juice
- ◆ Vinegar
- ◆ Wine
- ◆ Vermouth or cooking sherry
- ◆ Fruit juice concentrates
- ◆ Fat-free salad dressings.

Meat Stretching Ideas

Instead of using meat as the center of your meal, use it in combination dishes such as casseroles. Pasta, beans and grains make your money go further. They are available for just pennies per serving. One filling cup of cooked barley, brown rice, split peas, lentils or beans cost less than 20 cents. A beef stew stretched with potatoes or pasta can feed twice as many people. A few cups of lentils and a ham bone makes a huge pot of nourishing, low cost soup.

MEAT S-T-R-E-T-C-H-I-N-G IDEAS

- | | | |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------|
| ◆ Stir-fried dishes containing fresh vegetables such as green pepper, mushrooms, onions, celery, bamboo shoots, pea pods, carrots, spinach, etc. with strips of fish, poultry, or lean meat. | ◆ Soups such as fish chowders, chili, chicken, turkey noodle, or split pea with chunks of lean ham. | ◆ Tuna or chicken macaroni salad mixed with peas, chopped celery and onion, and low-fat or fat-free mayonnaise or non-fat yogurt. |
| ◆ Rice or pasta topped with a tomato-based sauce with diced onions, green pepper, mushrooms, and lean meat. | ◆ Stews such as chicken, beef or lamb with lots of vegetables and small amounts of meat. | ◆ Three-bean salad with chunks of tuna and tomatoes. |

Meatless Ideas

A common mistake when people begin to use meatless meals is to remove the meat and substitute lots of eggs and cheese. There are many meatless recipes that are loaded with fat. Be careful about which meatless recipes you use. Also, don't think that "meatless" means "no protein." There is a lot of protein found in different plant sources.

Here are some suggestions for meatless dishes:

- ◆ Soups or broths with a base of broth or skim milk
- ◆ Salads with lots of greens and your favorite vegetables, beans, legumes and seeds
- ◆ Fruit plates with low-fat or non-fat yogurt or cottage cheese
- ◆ Legume casseroles, such as the Meatless Chili recipe given in Session 5
- ◆ Pasta and rice dishes with meatless sauces
- ◆ Meatless Oriental dishes (stir-fried vegetables and tofu, etc.)
- ◆ Vegetarian dishes from other countries (Mexico, India, China, Japan, Italy, etc.)

Budgeting Your Fat Grams

When you decide to budget your fat, follow these steps.

- Step 1. Find out how much you went over your goal. Count the dots you filled in on the Over Goal column or subtract your fat gram goal from the total fat you ate.
- Step 2. Decide how many days you are willing to reduce your usual fat intake.
- Step 3. Divide the amount you went over your goal by the number of days you plan to eat less fat.
- Step 4. Reduce your fat gram goal by the amount you calculated in step 3 for the number of days you plan to eat less fat.
- Step 5. Mark your new goal on the Goal column by placing an arrow beside the number.

Example:

- Step 1. Mary ate 25 grams over her goal last Sunday.
- Step 2. She decides to eat less fat for the next 5 days to make up for it.
- Step 3. She divides 25 (the extra fat) by 5 (the number of days) to get 5 grams.
- Step 4. Mary's goal is 25. Her new goal for the next 5 days is 20 ($25-5=20$).
- Step 5. Mary places an arrow beside the number 20 to remind her to budget her fat for the next 5 days.

Eating Out

Dining Out the Low-Fat Way

Eating out presents its own set of problems for a person following a low-fat eating pattern. At home it may be easy to decide which food is the better choice, but in a restaurant it's not always easy. Look for the following lower-fat food choices on restaurant menus.

Appetizers

Fresh fruits and vegetables, fruit cocktail, tomato juice, shrimp or other seafood cocktail, oysters or steamed clams or mussels (served with cocktail sauce), melon and prosciutto, bread and breadsticks.

Soups

Vegetable, consommé, broth, tomato, bean, lentil, minestrone, wonton, sweet'n'sour, plain onion, other broth-based soups.

Salads

Mixed fruit, jello, bean (watch out for high-fat marinade), tossed, spinach, cottage cheese. Always ask for the dressing on the side.

Salad Dressings

Low-calorie dressings, vinegar with small amount of oil, lemon juice.

Sandwiches

Sliced chicken, turkey, lean roast beef (round or sirloin). Use mustard, pickles or relish and limit the mayonnaise, gravy or butter.

Meat, Poultry, Fish

Meat:

Beef round, sirloin, or tenderloin. Pork tenderloin. Request that meat be served without gravy or sauce.

Poultry:

Chicken or turkey (broiled or baked). Ask for skinless poultry, or remove skin before eating. Specify no fat used in cooking. Watch out for high-fat sauces such as cheese sauces.

Fish:

Any variety (poached, baked or broiled). Specify no fat used in cooking. Use lemon juice or cocktail sauce. Avoid tartar sauce.

Vegetables

Any vegetable served without butter or cream sauce.

Potatoes, Rice, Noodles, Pasta

Potatoes boiled and sprinkled with parsley or baked without added fat. Rice or pasta served without added butter or sauces.

Breads

Plain bread and rolls, soda crackers, rye crisp, melba toast, bread sticks, bagels, English muffins, corn tortillas.

Eating Out (continued)

Dining Out the Low-Fat Way

Desserts

Fresh fruit, fruit cocktail, jello, Angel food cake, frozen yogurt, sorbet, sherbet.

Beverages

Skim milk, buttermilk, fruit juices, carbonated beverages, wine, beer, cocktails (without cream), coffee, tea (without half and half or cream).

Miscellaneous

Worcestershire and steak sauces, barbecue sauce, catsup, mustard, pickles, relishes, soy sauce, tomato sauces.

Ethnic Restaurants

Eating Out in Ethnic Restaurants

Italian

Pastas are a good choice for those watching their fat intake, as long as they are not filled with cheese or fatty meat or tossed with butter or cream sauces.

Lower-fat sauces: marsala (wine), marinara without meat (tomatoes, onions and garlic), and white or red clam sauce.

- | | | |
|--------------------------------------------------|---------------------------|-----------------------------------------------------------------------------|
| ◆ Chicken cacciatore or chicken in wine | ◆ Beef filet with wine | ◆ Pasta primavera with fresh vegetables (make sure it is not a cream sauce) |
| ◆ Veal with mushrooms or veal with lemon or wine | ◆ Roasted Italian peppers | ◆ Italian ices for dessert |
| | ◆ Ratatouille | |

French

A good rule to use is “keep it simple.” To be safe, ask if your entree is in a sauce and how that sauce is prepared.

Lower-fat sauces: madeira (wine with mushrooms), diable (mustard), bourguignonne (wine).

- | | | |
|-----------------------------|-----------------------------------------------------|-----------------------------------------------------------------|
| ◆ Tournedos (filet of beef) | ◆ Coq au vin (chicken with red wine) | ◆ Lobster, baked or broiled |
| ◆ Rack of lamb (chops) | ◆ Poulet au finés herbes (roast chicken with herbs) | ◆ All fish, baked, steamed, poached or broiled or bouillabaisse |
| ◆ Scallops of veal | | |

Ethnic Restaurants (continued)

Eating Out in Ethnic Restaurants

Chinese

Choose dishes that are boiled, steamed or lightly stir-fried in vegetable oil, rather than deep fried. Ask for dishes that are not deep-fat fried.

- ◆ Won Ton Soup
- ◆ Moo Goo Gai Pan
- ◆ Pepper Shrimp
- ◆ Stir-fried seafood, chicken or bean curd (tofu) with mixed vegetables
- ◆ Steamed rice

Japanese

Japanese dishes tend to be lower in fat. Avoid the deep-fried tempura dishes. Look for the word “yakimono,” which means broiled. Consider ordering dishes that feature tofu, a soybean curd which is also low in fat.

- ◆ Chicken or fish teriyaki
- ◆ Menrui-noodles used in soups
- ◆ Steamed rice
- ◆ Sashimi (raw fish)
- ◆ Sushi (raw fish and rice)
- ◆ Nabemono (Japanese casseroles)
- ◆ Yakimono (broiled) fish and chicken

Indian

Many of the dishes use a yogurt-based curry sauce which is generally low in fat. Always check to see if “ghee” (clarified butter) is used in the preparation of vegetables.

- ◆ Raita (combination of yogurt with chopped or shredded vegetables)
- ◆ Tandoori chicken and fish dishes (be aware that butter is used to baste some of these preparations; ask if it could be reduced or eliminated)
- ◆ Seekh kabab (marinated ground lamb cooked over coals)
- ◆ Breads: Kulcha, Nan, Chapati (be sure to eat without butter)
- ◆ Vegetable curries and Dals (legume-based dishes)
- ◆ Biryani and pilafs (rice-based dishes)

Ethnic Restaurants (continued)

Eating Out in Ethnic Restaurants

Middle Eastern, including Greek

Look for dishes with limited amounts of olive oil. The lamb in Middle Eastern restaurants can be fatty. Many of the dishes rely greatly on meat, but appetizers offer some lower-fat vegetable/grain combinations. Phyllo dough used in desserts and entrees is very high in fat. Pita bread is a good low-fat choice.

- ◆ Greek salad (go easy on the feta cheese)
- ◆ Tabooli (cracked wheat with parsley, tomatoes, lemon, spicy dressing)
- ◆ Tzatzeki (cucumbers and yogurt sauce)
- ◆ Shish kebab (broiled beef, lamb, or chicken with tomatoes, onions, and peppers)
- ◆ Gyros (spicy lamb and beef served with lettuce, tomato, onions, and tzateki sauce in pita bread or on a platter)
- ◆ Dolma (grape leaves stuffed with ground lamb, rice, onions, and spices)
- ◆ Couscous (steamed bulgur wheat--topped with vegetables or chicken)
- ◆ Fresh fruit

Mexican

Avoid fried flour tortillas; instead, try baked corn tortillas. Be sure to ask for the garnishes such as sour cream or guacamole on the side and eliminate or reduce the amount of grated cheese on the top of your dishes.

- ◆ Baked corn or flour tortillas
- ◆ Salsa
- ◆ Seviche (fish marinated in lime juice)
- ◆ Shrimp or chicken tostadas (on a cornmeal tortilla-not fried)
- ◆ Spanish rice
- ◆ Fajitas (chicken or lean beef)
- ◆ Bean, seafood and chicken burritos or enchiladas

Fast Food Strategies

Fast Food Restaurant Strategies

Fast food restaurants may be selected because they are easy, quick, readily available and predictable. Unfortunately, they also serve meals high in fat. You can reduce the fat by trying some of the following tips and suggestions:

- | | | |
|------------------------------------------------------------------------|-----------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|
| ◆ Try to select a place with a salad bar, but go easy on the dressing. | ◆ Remove the fat-soaked skin or crust on breaded and fried chicken or fish. | ◆ Order a low-fat beverage (low-fat milk, iced tea or a soft drink). |
| ◆ Order sandwiches without mayonnaise, dressing, or cheese. | ◆ Skip the French fries. | ◆ Try some of the lower-fat choices listed in the handout <i>Low-Fat Eating on the Run</i> . |
| ◆ Order pizzas with vegetables (instead of meat) and half the cheese. | | |

Fast Foods

Low-Fat Eating on the Run

The following is a list of foods that are lower in fat at fast food restaurants. They range from 0 to 10 grams of fat however the majority of fast food choices contain from 20 to 50 grams of fat per serving. Be sure to be careful and make healthier selections.

Restaurant	Fat (g)	Restaurant	Fat (g)
<u>Arby's:</u>		<u>Boston Rotisserie Chicken:</u>	
Light Deluxe Roast Beef Sandwich	10	Mediterranean Pasta Salad	9
Chef's Salad	10	1/4 Chicken, Light meat, without skin and wing	4
Deluxe Light Roast Chicken Sandwich	7	Chicken Breast Sandwich	4
Roast Chicken Salad	7	Steamed Vegetables or Zucchini Marinara	1
Light Roast Turkey Deluxe	6	<u>Burger King:</u>	
Garden Salad	5	BK Broiler Sandwich	9
Light Italian dressing	1	Garden Salad (no dressing)	5
<u>Au Bon Pain:</u>		Chunky Chicken Salad (no dressing)	4
Cracked Pepper Chicken on soft roll	10	<u>Carl's Jr.:</u>	
Country Ham on Hearth roll	10	Happy Star Hamburger (3 oz.)	8
Roast Beef Sandwich on French roll	9	California Roast Beef 'n Swiss Sandwich	8
Smoked Turkey on soft roll	9	Lite Menu: Chicken Salad-To-Go	8
Country Ham on French roll	8	Chef's Salad-To-Go (10.7 oz.)	7
Grilled Chicken on Hearth roll	7	Lite Menu: Charbroiler BBQ Chicken Sandwich	6
Cracked pepper Chicken on Hearth roll	5	Teriyaki Chicken Sandwich	6
Grilled Chicken on French roll	5	Light Menu Garden Salad-To-Go	3
Smoked Turkey on Hearth roll	4	Lumber Jack Mix Vegetable Soup	3
Vegetarian Chili, bowl	4	Reduced Calorie Dressing (Italian or French)	2
Cracked pepper Chicken on French roll	3	<u>Chick-A-Fil:</u>	
Smoked Turkey on French roll	2	Chick-A-Fil Deluxe with bun	9
Cracked Pepper Chicken Salad	2	Tossed Salad with Lite Ranch Dressing	6
Grilled Chicken Garden Salad	2		
Garden Shrimp Salad	2		

Restaurant	Fat (g)	Restaurant	Fat (g)
<u>Chick-A-Fil (continued):</u>		<u>Krystal:</u>	
Chargrilled Chicken Sandwich with lettuce and tomato	5	Regular Cheeseburger	10
Chargrilled Chicken Salad (no dressing)	2	Hot dog, plain	10
Chicken Grilled 'n Lites (2 skewers)	2	Chili, regular size (8 oz.)	8
Tossed Salad with Lite Italian Dressing	2	Hamburger, small (2.2 oz.)	7
<u>El Pollo Loco:</u>		<u>Little Caesars:</u>	
Vegetarian Burrito (6 oz.)	7	Antipasto Salad with low-calorie dressing (12 oz.)	9
Chicken Taco	7	Greek Salad with low-calorie dressing	8
Flame-Broiled Chicken Salad	4	Cheese Pizza (1 slice)	6
Reduced Calorie Italian Dressing	2	Greek Salad, small	5
Salsa	0	Tossed Salad with low-calorie dressing	2
<u>Hardees:</u>		Crazy Bread (1 serving)	1
Hamburger, regular size	10	<u>Long John Silver's:</u>	
Grilled Chicken Breast Sandwich	8	Garden or Ocean Chef Salad with crackers and dressing	9
Reduced Calorie French Dressing (2 oz.)	5	Seafood Gumbo with Cod	8
Grilled Chicken Salad (9.8 oz.)	3	Seafood Salad with crackers	7
Fat-free French or Italian Dressing	0	Clam or Seafood Chowder with Cod	6
<u>Jack-In-The-Box:</u>		Lemon Crumb Fish Entree (with rice)	5
Chicken Fajita Pita (plain or with salsa)	9	Shrimp Entree with Scampi sauce	5
Beef Teriyaki Bowl	3	Scampi Sauce (3 pieces)	5
Chicken Teriyaki Bowl	2	Light Herb Chicken (3.5 oz.)	4
Reduced Calorie French Dressing (2.5 oz. packet = 4 Tb)	4	Shrimp Salad with crackers	3
<u>Kentucky Fried Chicken:</u>		Chicken 'Plank', 1 piece	3
Rotisserie Gold, White Meat Quarter without skin and wing	6	Light Paprika Fish Entree (with rice and salad)	2
Vegetable Medley Salad (4 oz.)	4	Baked Fish with sauce (5.5 oz.)	2
Red Beans and Rice (3.9 oz.)	3	Baked Mixed Vegetables (4 oz.)	2
Hard Roll	2	Lemon Crumb Fish (3 pieces)	1
Mashed Potatoes, with Gravy (4.2 oz.)	1	Green Beans (3.5 oz.)	1
Green Beans (3.6 oz.)	1	Light Paprika Fish (3 pieces)	1
Garden Rice (3.8 oz.)	1	Reduced Calorie Italian Dressing	1
Italian Salad Dressing (1 oz.)	1	Ocean Chef Salad, no dressing or crackers	1
Garden Salad	0		

Restaurant	Fat (g)	Restaurant	Fat (g)
<u>McDonald's:</u>		<u>Red Lobster:</u>	
Hamburger, Regular	9	Lunch portion (5.5 oz.): Catfish	10
McLean Deluxe	9	Maine Lobster or Dinner portion	
Chunky Chicken Salad (9 oz.)	5	(8 oz.): Ocean Perch, Sockeye	
Reduced Calorie French Dressing		Salmon, Swordfish	8
(1/2 pkg. = 2 Tb.)	4	Dinner portion (8 oz.):	
Garden Salad (6.7 oz.)	3	Rainbow Trout	6
Low-fat Milkshake (10.4 oz.)	2	Dinner portion:	
Frozen Vanilla Yogurt Cone	2	Calcio or Deep Sea Scallops	
Lite Vinagrette Salad Dressing	2	or Clams	4
<u>Ponderosa:</u>		Lunch portion (4 oz.):	
Broiled Swordfish (5.9 oz.)	10	Ocean Perch, Sockeye Salmon,	
Spaghetti with sauce (no meatballs)	5	Swordfish	4
Steak Kabobs (meat only - 3 oz.)	5	Lunch portion (4 oz.):	
Broiled Trout (5 oz.)	4	Rainbow Trout	3
Teriyaki Steak (5 oz.)	3	Dinner portion (8 oz. cooked):	2
Broiled Salmon (6 oz.)	3	Cod, Flounder, Grouper,	
Broiled Halibut (6 oz.)	2	Haddock, Halibut,	
Baked Scrod	1	Longostino, Monkfish, Pollack,	
<u>Quincy's:</u>		Red Rockfish, Red Snapper,	
Sirloin Club Steak (4.8 oz.)	10	Shark (black-tip or mako),	
Sirloin tips (4 oz.)	9	Lemon Sole, Tilefish	2
Vegetable Beef Soup (1 cup)	2	Lunch portion:	
Cajun Rice	5	Calcio or Deep Sea Scallops	
Green Beans	1	or Clams	2
Grilled Chicken Breast (5 oz.)	1	Mussels (3 oz.) or Shrimp	
Baked Potato without butter	0	(8-12 pieces)	2
<u>Rax:</u>		Crab legs (King or Snow crab)	2
Roast Beef Sandwich, regular	10	Rock Lobster	1
Roast Beef Sandwich, small	8	Lunch portion (4 oz.):	
Lighterside Garden Gourmet Salad	6	Cod, Flounder, Grouper,	
Spaghetti with Spicy Meat Sauce	5	Haddock, Halibut,	
Light Italian Dressing		Longostino, Monkfish, Pollack,	
(1/2 pkg. = 2 Tb)	3	Red Rockfish, Red Snapper,	
Baked Potato, plain	0	Shark (black-tip or mako),	
		Lemon Sole, Tilefish	1
		<u>Roy Rogers:</u>	
		Hamburger, small	9
		Grilled Chicken Salad	4
		Baked Potato, plain	0

Restaurant	Fat (g)	Restaurant	Fat (g)
<u>Shoney's:</u>		<u>Taco Bell:</u>	
Baked Ham Sandwich	10	Chicken Soft Taco	10
LightSide Lasagna	10	Chicken Fajita	10
LightSide Spaghetti	8	Chicken Taco	9
Steak Charboiled and Hawaiian		Salsa or Taco Sace	0
Chicken Combination Entree	7		
Steak and Chicken Charboiled		<u>Wendy's:</u>	
Combination Entree (small)	7	Chili, large (12 oz.)	10
Chicken Entree Lightside		Hamburger, Kids Meal (3.7 oz.)	9
Charbroiled	7	Chef's 'Take Out' size	9
Charbroiled Shrimp	3	Grilled Chicken Salad	8
Fish Baked LightSide	1	Chili, regular size	7
		Chili, small (8 oz.)	6
<u>Sizzler:</u>		Chef's Salad	5
Vegetable Lasagna	8	Garden Salad 'Take Out' size	5
Shrimp in Tempura Batter (21-25)	8	Garden Deluxe Salad	5
Salmon, (3.5 oz. portion)	5	Reduced Calorie Italian	
Tuna, Yellow Fin (3.5 oz.)	4	(1/2 pkg - 2 Tb)	4
Chicken Entree with noodles	4	Garden Salad	2
Lemon Herb Chicken Breast	4	Wine Vinegar	0
Halibut Steak, Broiled (6 oz.)	3	Baked Potato, plain	0
Scampi, broiled (5 oz.)	3		
Beef Teriyaki Salad (2 oz.)	2	<u>Whataburger:</u>	
Chinese Chicken Salad (2 oz.)	2	Baked Potato with broccoli	
Chili with Beans, 'Grande'	1	cheese topping	10
Snow Crab Legs and Claws	1	Chicken Fajita Taco	7
Imitation Crab (3.5 oz.)	1	Baked Potato with mushroom	
Spaghetti with Marinara Sauce		topping	2
(no meatballs)	1	Lite Vinaigrette (2 Tb.)	2
		Grilled Chicken Salad	1
<u>Subway:</u>		Garden Salad	1
Turkey Submarine, 6 inch	10	Baked Potato, plain	0
Chef's Salad, small	10		
Ham Salad, small	10	<u>White Castle:</u>	
Roast Beef Salad, small	10	Hamburger, small (2 oz.)	8
Turkey Salad, small	9	Chicken Sandwich (2.3 oz.)	8
Lite Italian Salad Dressing	1	Fish Sandwich, no tartar sauce	
Garden Salad, large	0	(2.1 oz.)	5

Low-Fat Snack Ideas

BREADS, CEREALS AND GRAINS

Crunchy Snacks

Pretzels
Unbuttered popcorn
Dry cereals

Lower-fat Crackers

Ak Mak
Crackle bread
Crispbread
Matzoh
Melba toast or rounds
Rice cakes
Rye Krsp
Saltines
Wasa
Zwieback

Breads

Bagels
English muffins
French bread
Pita bread
Rye bread
Sourdough bread
Tortillas
Whole wheat bread
Bread sticks

FRUITS/ VEGETABLES

Raw or canned fruit
Fruit juices
Vegetable juices
Dried fruit (raisins,
apricots, etc.)
Raw vegetables
Veggies with low-fat dip
or fat-free salad
dressing
Frozen bananas or grapes

SWEETS AND DESSERTS

Lower-fat Cookies

Fig bars
Gingersnaps
Vanilla wafers
Animal cookies
Arrowroot cookies
Fat-free cookies and
cakes
Hard candy
Jelly beans
Angel food cake

Frozen Desserts

Frozen yogurt
Sherbet
Sorbet
Ice milk
Fudgesicles
Fruit juice bars

Chocolate

Hershey's chocolate sauce
Low-fat chocolate
pudding
Hot cocoa
Fudgesicles

Fresh Fruits and Vegetables Chart

The chart below lists fruits and vegetables in alphabetical order. It shows you when they are fresh in season and should be less expensive to buy. Use the chart to help you identify some new varieties of fruits and/or vegetables to try in your meals or snacks.

Fruit and Vegetables	Best Season to Buy											
	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sept	Oct	Nov	Dec
Apple												
Apricots												
Artichokes												
Asparagus												
Bananas												
Beans, green												
Beets												
Blueberries												
Broccoli												
Brussel sprouts												
Cantaloupe												
Cabbage												
Carrots												
Cauliflower												
Celery												
Cherries												
Corn												
Cucumbers												
Eggplant												
Figs												
Grapefruit												

Fresh Fruits and Vegetables Chart (continued)

Fruit and Vegetables	Best Season to Buy											
	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sept	Oct	Nov	Dec
Grapes												
Greens												
Honeydew melon												
Kiwi fruit												
Kumquats												
Lemons and limes												
Lettuce												
Mangos												
Mushrooms												
Nectarines												
Onions												
Peaches												
Pears												
Peas												
Peppers (sweet)												
Potatoes												
Pineapples												
Plums												
Oranges												
Raspberries												
Spinach												
Squash, summer												
Squash, winter												
Strawberries												

Fresh Fruits and Vegetables Chart (continued)

Fruit and Vegetables	Best Season to Buy											
	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sept	Oct	Nov	Dec
Sweet potatoes												
Tangerines												
Tomatoes												
Watermelon												

Fun Non-Food Activities

There are many nice things you can do with your family and friends that do not involve eating. Share these ideas with your family and friends. Use them for special times.

The following list shows many possible activities. If you are working together as a team, it will be nice to have some fun in addition to the work. Remember that there are many fun activities not on the list, so be creative. Add as many ideas to the list as you can.

- | | | |
|---------------------------|---------------------------|-----------------------------------|
| ◆ Go for a walk | ◆ See a movie | ◆ Go to a museum |
| ◆ Plan a day at the park | ◆ Buy cologne or perfume | ◆ Get a board game |
| ◆ Send flowers | ◆ Get gift certificates | ◆ Buy a new book |
| ◆ Pick fresh fruit | ◆ Get a nice plant | ◆ Buy bubble bath |
| ◆ Go bowling | ◆ Buy a record | ◆ Do your friend's laundry |
| ◆ Buy a nice wine | ◆ Wash your friend's car | ◆ Write a thank you note |
| ◆ Play a new sport | ◆ Ride bicycles | ◆ Plan a surprise party |
| ◆ See the city | ◆ Go window shopping | ◆ Fix something broken |
| ◆ Send a singing telegram | ◆ Go on a picnic | ◆ Watch the sunset |
| ◆ Plan a mystery weekend | ◆ Get a puppy or a kitten | <i>From: Learn—Kelly Brownell</i> |
| | ◆ Send a card | |

How People Can Help You

- | | | |
|-------------------------------------------|-----------------------------------------------------------|--------------------------------------------------|
| ◆ Provide low-fat foods | ◆ Be willing to try new foods | ◆ Stand up for your decisions |
| ◆ Keep high-fat foods away | ◆ Be available to do non-food related activities with you | ◆ Appreciate your cooking |
| ◆ Help with cooking, shopping or cleaning | ◆ Be supportive of your problems | ◆ Share low-fat recipes |
| ◆ Eat low-fat foods with you | ◆ Listen to you | ◆ Teach you new cooking methods |
| ◆ Set a good example | ◆ Praise your progress | ◆ Teach you how to lower the fat in your recipes |
| | ◆ Motivate you | |
| | ◆ Encourage you to try new ideas | |

Low-Fat Lunch Ideas

- ◆ Choose a drawer and fill it with all the supplies you need for lunches: paper sacks, plastic forks or spoons, sandwich bags, plastic containers with lids, etc.
- ◆ For variety, take part of your lunch from home (like a sandwich) and then buy a fresh salad, or beverage at work.
- ◆ Store small cans of juice in the freezer. Wrap them in a plastic bag and add them to your lunch in the morning. The can will keep the other foods cold and be ready to drink by noon.
- ◆ Have raw vegetables ready: Fill a container with crunchy carrot sticks, cauliflower, radishes, broccoli, jicama, etc.). Cover them with cold water and place in the refrigerator. They will be ready to pull out when you pack your lunch.
- ◆ Instead of butter, margarine or mayonnaise on your sandwich, try: chutney or cranberry sauce on turkey, barbecue sauce on meatloaf, and apple butter on lean pork sandwiches.
- ◆ Take leftovers from the night before in a wide-mouth thermos bottle.
- ◆ Have a baked potato stuffed with salsa, raw vegetables and/or low-fat cottage cheese if you have a microwave available at work.
- ◆ Mix low-fat cottage cheese with chopped or shredded fresh fruits or vegetables, such as pear, apple, carrot or cabbage.
- ◆ Try new sandwich mixtures such as beans mashed with catsup, and sliced tomatoes, or no-fat cream cheese mixed with fruit (raisins, chopped dates or chutney) or vegetables (onions, chives, cucumber, sliced tomatoes).
- ◆ Make a creamy, low-fat salads with chicken, turkey or flaked fish. Mix with raw chopped vegetables and plain low-fat yogurt or fat-free mayonnaise. Season with chili powder and dry mustard, or curry powder.
- ◆ For dessert, pack a piece of fresh fruit, and a few lower-fat cookies such as gingersnaps or fig bars.

Vacation and Travel

Vacation and Travel Eating Tips

Car Travel

Pack a travel snack pack.

- Small cans or cartons of fruit or vegetable juice.
- All types of fresh fruit.
- Low-fat crackers and fat-free mozzarella cheese sticks.
- Small boxes of raisins or dried fruit mix.
- Raw vegetables, such as cherry tomatoes, radishes, and cut-up carrots, celery, cucumbers, green pepper, broccoli and cauliflower.
- Pretzels, seasoned rice or popcorn cakes and seasoned air-popped, unbuttered popcorn.
- For more snack ideas, look at *Low-Fat Snack Ideas* on page 35 of this Resource Section.

Select lower fat choices on the road.

- For fast foods, look at the handouts in the Resource section of your Participant's Manual *Fast Food Restaurant Strategies* and *Low-Fat Eating on the Run*.
- For other restaurant ideas, review the tips in Session 6, Worksheet 6-3, *How to Eat Less Fat at Restaurants*.

Air Travel

Select lower-fat choices.

- Skip the peanuts. They contain 12 grams of fat in that little bag.
- Order an alternative food selection such as a fruit plate or cold seafood platter at least 24 hours before your flight. Be sure to reconfirm your order on the day before you leave.
- If you haven't ordered a special meal, try to select the meal choice that is lower in fat (e.g., chicken, fish, fruit or vegetable plate, etc.).

For more ideas look at Worksheets 12-2 and 12-3 in Session 12.

Holidays

Tips for Low-Fat Holiday Eating

Many of us look forward to the holiday season as a festive and joyous one. It brings plenty of parties and good food. Here are some hints for enjoying the holiday, while making sure that the turkey is the only one who gets stuffed!

Before You Go ...

- ◆ Eat something before the party.
- ◆ Plan your meal in advance.
- ◆ Budget your fat grams ahead of time
- ◆ Bring a low-fat party dish.
- ◆ Practice a polite, but firm “no thank you.”

At the Party ...

- ◆ Find the table with the food--and stand as far away as possible!
- ◆ Watch the alcohol, it lowers your will power.
- ◆ Eat the best and leave the rest. Spend you fat budget wisely.
- ◆ Take a smaller serving.
- ◆ Eat slowly and never on the run. This allows you to enjoy your food.
- ◆ Ask a friend or family member for support.

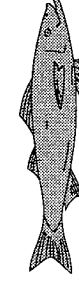
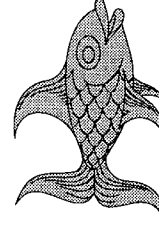
After You Have Eaten ...

- ◆ Clear the table as soon as possible.
- ◆ Plan non-food activities.
- ◆ Concentrate on the holiday and your friends instead of food.
- ◆ Take time out for yourself.

For more ideas look at Worksheets 12-2 and 12-4 in Session 12.

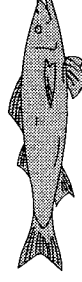
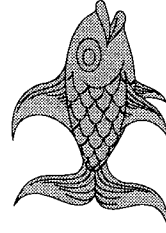
Getting to Know Fish

Fish	Texture/Flavor	Substitutions	Suggested Cooking Methods
Bass			
• Fresh Water Bass	firm, mild	halibut, orange roughy, grouper, mahi mahi, perch	bake, grill, broil, poach, pan-fry, stir-fry
• Sea Bass	medium firm, mild	grouper	poach, bake, grill, pan-fry, broil, stew, stir-fry
Bluefish	dark meat, firm but flaky, distinctive flavor	mackerel, white fish, trout	broil, grill, bake
Bluegill	light meat, delicate flavor	trout, grouper, fresh water bass	broil, pan-fry
Carp	strong flavor, bony		pan-fry, bake
Catfish	medium firm, sweet	trout	bake, broil, grill, poach, pan-fry
Cod	firm but flaky white flesh, sweet, mild	flounder, haddock	poach, broil, bake, grill, pan-fry, use in soups, stews
Flounder	mild, flaky	halibut, sole	pan-fry, broil, bake, sauté
Grouper	firm, mild	sea bass, snapper, halibut, pike	pan-fry, grill, poach, broil, bake, good in stews and chowder
Haddock	sweet, mild, soft, and flaky	cod, flounder	bake, poach, broil



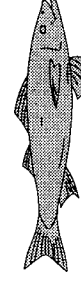
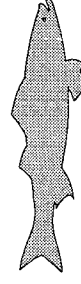
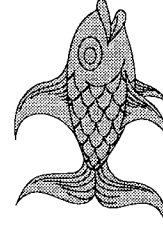
Getting to Know Fish (continued)

Fish	Texture/Flavor	Substitutions	Suggested Cooking Methods
Halibut	medium firm, mild, sweet	grouper, cod, snapper, turbot	grill, broil, poach, bake
Herring	salty/oily, firm	sardines, anchovies	grill, bake
Mackerel	flesh varies from white to red, oily and strong flavored	bluefish, trout, whitefish	broil, grill
Mahi Mahi	firm, white flesh, mild	snapper, ono, salmon,	grill, poach, broil, bake
Ocean Perch	flaky, delicate flavor	snapper, orange roughy, cod	steam, pan-fry, bake, broil
Ono (Wahoo)	firm, white flesh, sweet but distinct flavor	tuna, swordfish, shark	grill, broil, bake
Orange Roughy	medium dense, very mild	sole, cod, snapper, flounder	pan-fry, broil, grill, bake, poach
Pike	medium firm but flaky	cod, snapper	poach, bake, grill, pan-fry
Red Snapper	medium firm, mild, sweet	grouper, halibut, orange roughy, sole, cod	bake, broil, grill, stew, stir-fry



Getting to Know Fish (continued)

Fish	Texture/Flavor	Substitutions	Suggested Cooking Methods
Salmon	firm and pink, distinctive flavor	whitefish, trout	poach, grill, broil, bake, sauté
Shad	soft, rich	salmon, trout	bake, broil, grill, sauté
Shark	firm, mild flavored	swordfish, ono, tuna	grill, stew, stir-fry, bake, broil
Smelt	sweet, tender	herring, sardine	pan-fry (eat whole)
Sole	sweet, flaky	flounder	poach, sauté, bake, steam
Swordfish	firm, mild	ono, shark, tuna	grill, bake, broil
Trout			
• Lake	rich, mild, firm flakes	other trout, salmon, catfish	pan-fry, poach, bake, steam
• Rainbow	firm flaked, delicate flavor	salmon, other trout	pan-fry, poach, bake, steam
Tuna	firm, distinctive flavor	swordfish, shark, ono	grill broil, poach, bake
Whitefish	white flesh, flaky, delicate, sweet, nutty	trout, salmon	bake, broil, grill, pan-fry



Low-Fat Fish Marinade Ideas

Try any one of the following simple sauces for basting or marinating broiled or baked seafood.

◆ **Fresh Lemon or Lime Juice**

Squeeze a small amount of fresh lemon or lime juice directly on the fish or seafood.

◆ **Seasoned Lemon Baste**

Combine lemon juice with a dash or two of white wine or vermouth, soy sauce, and/or seasonings of your choice such as dill weed, mustard, pepper, rosemary or thyme.

◆ **Italian-Style Marinade**

Marinate fish for 30 minutes in low-fat or fat-free Italian salad dressing and then broil.

◆ **Honey-Curry Baste or Marinade**

Baste or marinate fish to be broiled in: 1/3 cup lemon juice, 2 to 3 Tb honey and 1/4 to 1/2 tsp curry powder. This makes enough for 1 to 2 pounds of fish and it contains no fat.

◆ **Ginger-Soy Marinade**

Marinate fish for 15 to 30 minutes, turning occasionally in a marinade containing 1/3 to 1/2 cup soy sauce, 2 tsp oil, 1 Tb sugar, 2 tsp lemon juice, 1/2 to 1 tsp ground ginger, 1/2 to 1 tsp minced garlic and 2 Tb sherry. This makes enough for 1 to 2 pounds of fish and contains 1 gram of fat per 3 ounce serving of cooked fish.

◆ **Garlic-Rosemary Marinade**

Combine ingredients of marinade and pour over 1 pound of halibut, swordfish or other fish steaks. Marinate for 35 to 40 minutes and broil or grill. Marinade contains: 2 tsp olive oil, 1/4 cup fresh lemon juice, 2 cloves, minced garlic, 1 Tb minced parsley and 1-1/2 Tb fresh rosemary sprigs. This marinade contains 2 grams of fat per 3 ounce serving of cooked fish.

Quick Fish Meal Ideas

The following are ideas for quick and easy meals using canned, leftover, frozen or “imitation” seafood.

- ◆ Add canned fish or water-packed tuna, frozen shrimp, or “imitation” crab to tossed salads or low-fat pasta salads.
- ◆ Add leftover or frozen shrimp or “imitation” crab to spaghetti sauce, rice or pasta dishes.
- ◆ Make seafood-salad sandwiches using water-packed tuna, “imitation” crab, frozen shrimp, or leftover shellfish. Use fat-free or low-fat mayonnaise or salad dressing, chopped celery, minced onion, green peppers, grated carrot, and seasonings to taste.
- ◆ Keep canned salmon, tuna or crab in your kitchen cupboard for a speedy meal when you’re tired or in a hurry. Try the Oven “Fried” Seafood Cakes recipe at the end of Session 15. They are a tasty low-fat substitute for fried salmon, crab cakes, or croquettes.
- ◆ For a quick and easy fish stew, combine: canned crushed tomatoes, canned or frozen vegetables of your choice, and seasonings such as basil, sage, oregano, marjoram, rosemary, savory, thyme, or salt and pepper to taste. Cook until vegetables are tender. Then add fish or shellfish (your choice), and cook until done. If you are using leftover fish, cook just until warmed.
- ◆ If you like fried fish, try pan frying using the following recipe for “Crunchy Moist Fillets”: Dip the fish into skim milk or skim buttermilk, or in an egg white mixed with 1 Tb of skim milk. Drain briefly. Roll in 1 cup breading of your choice. It can be flour, cornmeal, plain bread crumbs, oat bran, or crushed cornflakes with added seasonings. Cover both sides of the fish evenly. Place on wax paper until the frying pan is ready. In a non-stick frying pan, heat 1 to 2 tsp of oil (oil should be hot, but not smoke). This light breading contains about 2 grams of fat per 3 ounce serving of cooked fish.

Light and Healthy Microwave Cooking Tips

Microwave cooking is a natural part of a healthy lifestyle and makes meal preparation a breeze. Here are some useful tips when using a microwave oven:

- ◆ When a recipe tells you to cover the food tightly, use either a tight fitting lid or plastic wrap recommended for microwaving. A few recipes tell you to “cover with wax paper.” Like plastic wrap, wax paper keeps food from drying out, but it also lets some moisture evaporate.
- ◆ Small pieces cook faster. For uniform cooking, be sure all pieces are equal in size.
- ◆ Don’t add salt before microwaving, it can result in tough, rubbery cooked food.
- ◆ Vegetables: For even cooking, make sure they are cut into uniform shapes. A good guide to microwaving fresh vegetables is to allow 6 minutes per pound.
- ◆ Use herbs, spices and citrus juices to enhance flavor of meats; the acid they contain helps tenderize the meat.
- ◆ Fish: When microwaving check the fish after the minimum cooking time to see if it's done. Fish will continue to cook after it is removed from the microwave oven.
- ◆ Fish: If you use the microwave to defrost frozen fish, remember it defrosts quickly. Don’t over-defrost, it will toughen the fish.
- ◆ Beef: Different techniques are suited to different cuts of meat. Tender beef is dry-roasted uncovered on a microwave rack; tougher cuts require liquid and are microwaved tightly covered at a lower power level to tenderize.
- ◆ Pork: To keep fresh pork moist, microwave in a covered dish or a cooking bag. Always cook until well-done (internal temperature of 170 °F). It should no longer show any trace of pinkness.

How to Stir-Fry

Stir-frying is a way to cook small pieces of meat, fish, poultry or vegetables as quickly as possible over a very high heat and using very little oil. The cook can use a heavy iron skillet, electric skillet or bowl-shaped pot called a wok. The average stir-fry dish takes between 3 to 5 minutes of cooking time.

Step 1.

Prepare all of the ingredients and sauces before starting to cook. Once you start cooking, you don't have time to run to the other side of the kitchen to get an ingredient or measure sauces. Cut the food into pieces of similar size to increase the exposed cooking surface.

Step 2.

Preheat the large skillet or wok over high heat until it just begins to smoke. Use nonstick cooking spray or about 1 to 1-1/2 tablespoons of oil. Pour the oil in a circular motion around the top of the wok or skillet. It will flow to the bottom, coating the sides as it goes. Use canola or peanut oil, which has a high burning point. To test the temperature of the oil, add a piece of vegetable; if it sizzles, you are ready to cook.

Step 3.

Cook the seasonings first (garlic, onion, ginger, etc.). They flavor the oil and thus the other ingredients. Cook the seasonings for about 15 seconds, or until very fragrant, stirring and tossing with the spatula.

Step 4.

Add the main ingredients in order of approximate cooking times. It is best to add the meat first, then the hard vegetables such as carrots and cabbage, and then soft vegetables such as squash. Stir-fry these ingredients for 1 to 2 minutes or until they are tender-crisp, tossing with the spatula. Keep the food moving to prevent scorching.

Step 5.

The last step is to add the sauce. Bring the mixture to a boil and simmer for a minute or so, or until all the ingredients are fully cooked. If you use cornstarch to thicken the sauce dissolve it in water (or other liquid) before adding it to the stir-fry.

Taste the stir-fry before serving to correct the seasoning. Add a splash of soy sauce, a squeeze of lemon, or other flavorings to obtain a balanced and richly flavored dish.

Maximizing Beans

- ◆ **Black Beans:** Oval-shaped, small and black-skinned, these beans are also known as turtle beans. They are a staple in their native South America as well as in Central America and Cuba. They are most popularly used to make black bean soup, and black beans and rice.
- ◆ **Black-eyed Peas:** Also called cowpeas, these quick-cooking beans and their kissin' cousins, yellow-peas, are small, oval, and creamy white, with either a black or a yellow spot. A favorite in the South.
- ◆ **Chickpeas:** Also known as garbanzos (Spanish) or ceci (Italian), chickpeas are round, tan, and very hard. They are widely used in Mediterranean countries in stews, soups, salads, and spreads. The Middle Eastern dip humus is based on a paste of cooked chickpeas, and the patties of falafel are made from ground chickpeas. They are commonly sold precooked in cans, and the smart cook will keep a few cans on hand to add to salads and hors d'oeuvres.
- ◆ **Cranberry Beans:** Also known as Roman beans, these have reddish streaks on a buff-colored bean, making them very attractive in dishes like salads and succotash.
- ◆ **Kidney Beans:** These large beans, so named for their kidney shape and deep red color, are probably the most popular legume eaten in this country. They are best known in chili, with or without carne (meat), and are also favored in soups and salads. Keep a few cans on hand for instant additions to various dishes.
- ◆ **Lentils:** These small, brown or red flat seeds look like tiny buttons. They cook quickly without soaking. They make delicious soups, salads (hot or cold), or casseroles.
- ◆ **Lima Beans:** These are sold fresh as well as dried, large as well as small. The small fresh beans, also known as Fordhooks or butter beans, are often served as a cooked vegetable, plain or mixed with corn in a creamy vegetable dish called succotash. The dried beans are used in soups and casseroles. Large lima beans have a strong taste, and some cooks suggest that they be skinned before use in a soup or puree.

Maximizing Beans (continued)

- ◆ **Pinto Beans:** Pinto beans are pink and dotted with brown and pink beans are brown-red in color. There is also a small red bean that has no dots. Pinto beans, pink beans and small red beans are smaller than kidney beans though similar in flavor, and the three can be interchanged in most recipes.
- ◆ **Soybeans:** Small, hard and tan, these are the world's leading beans because of their high protein content as well as their oil. Soybeans are sometimes cooked and eaten whole in soups and stews (their very long cooking time discourages many cooks) but are more often consumed as a processed food: flour, bean curd, milk, sauce, and so forth.
- ◆ **Split Peas:** Very small and flat on one side, split peas do not need soaking and they cook quickly, like lentils. Green split peas are most often eaten as the basis of a hearty soup or thick puree with pork or ham. The yellow ones are used in British pease porridge, Swedish pea soup, and a variety of soups that also contain pork products.
- ◆ **White Beans:** There are several types: Great Northern beans, cannelli beans, navy or Yankee beans, pea beans or pigeon peas, and marrow beans. The smaller navy and pea beans are favored in baked-bean recipes because they hold their shape well. Cannellini beans are larger, kidney-shaped (they may be called white kidney beans), and popular in Italian dishes.
- ◆ **Whole Peas:** These look like fresh garden peas that have been dried as is. They come in green and yellow, and can be used as a vegetable or as an ingredient in soups and casseroles.

Maximizing Grains

- ◆ **Barley:** The most commonly used barley is “pearled” barley. It is most often used in soups and can also be served as a side dish or in salads.

To cook barley: Add 1 cup of barley to 3 cups of boiling water. Lower the heat to simmer, cover the pan and cook for 35 to 40 minutes. Check the pot at 30 minutes to see if more water is needed.

- ◆ **Brown Rice:** Whole unpolished rice grain. Its color comes from the outer layer of nutritious, fiber-rich bran. It has a slightly nutty flavor and chewier texture than white rice.

To cook brown rice: Add 1 cup of rice to 2 cups of boiling water. Lower heat to simmer, cover pan and cook for 45 to 60 minutes. It will keep in the refrigerator for about 1 week and can be frozen. Quick cooking brown rice is now available which cooks in about 15 to 20 minutes.

- ◆ **Buckwheat:** Roasted buckwheat is known as “kasha” and is a staple in Russia. It has an interesting but stronger flavor than most grains. It tastes good when cooked 1/2 and 1/2 with bulgar or rice.

To cook kasha: Mix the uncooked buckwheat with a beaten egg or egg whites and then cook briefly over high heat in a skillet for 2 minutes. This keeps the groats from sticking together when cooked further in liquid. Then add 2 cups of boiling liquid (broth or water) for each cup of groats. Cover and simmer for 10 to 15 minutes until liquid is absorbed.

- ◆ **Bulgar:** Granulated wheat that has been steamed, dried and cracked into small pieces. Bulgar has a unique nutty flavor and chewy texture. It is used in pilaf, stuffing, salads and as cereal. It is sold in bulk at health food stores or in boxes in the rice or hot cereal shelves of your grocery store.

To cook bulgar: Add 1 cup bulgar to 2 cups cold water, add salt as desired (1/2 teaspoon). Cover, bring to boil; reduce heat and simmer 15 minutes. For salad pour boiling water over bulgar and let stand 1 hour. Drain well and return to bowl.

Maximizing Grains (continued)

- ◆ **Couscous:** Finely cracked wheat that has been steamed and dried. It is the “instant” rice of North Africa. Use like rice as a pilaf, under stirfried dishes. You might also want to try Moroccan couscous.

To cook couscous: Boil 1 1/2 cups water or broth, pour over 1 cup dry couscous. Cover and let stand 5 minutes or until all water is absorbed.

- ◆ **Millet:** Most of us think of millet as bird seed, but it is good for people too. Cooked millet can be used in soups, casseroles, stuffings, and salads. Millet as people food is available in health food sections of supermarkets and in health food stores.

To cook millet: Add 1 cup of millet to 2 cups of boiling water. Cover and simmer for 30 to 45 minutes.

- ◆ **Polenta:** A very coarse corn meal. Its coarser texture makes it an appropriate side dish in the same way one might use rice or potatoes. Commonly used in Spain or Italy.

To cook polenta: Gradually add 1 cup polenta to four cups of boiling water, stirring constantly. Add salt as desired, stir until mixture boils. Cover and then lower the heat to simmer for 25 to 30 minutes. A double boiler is recommended to prevent sticking or cook uncovered and stir often.

- ◆ **Quinoa:** A small seed similar in appearance to millet. When cooked it has a light fluffy texture and nutlike flavor. Use like rice in stews, pilafs, stuffings, salads and cereal.

To cook quinoa: Rinse 1 cup quinoa thoroughly in small strainer. Place quinoa and 2 cups water in saucepan and bring to boil. Reduce to simmer, cover and cook until all water is absorbed (10 to 15 minutes). When done the grain appears clear.

Maximizing Grains (continued)

- ◆ **Triticale:** Triticale is a cross between wheat and rye. It is nutritious and has a desirable nut-like flavor. You can find it in health food stores as berries, flakes or flour.

To cook triticale: The berries require overnight soaking followed by 40 minutes of simmering in boiling water or broth. Flakes, like rolled oats, can be cooked into a porridge. The flour can be used in breads, muffins and biscuits. The dough must be handled gently and not handled too much.

- ◆ **Wheat Berries:** Wheat berries are the whole-wheat kernel without any processing. They are a hearty, crunchy nut-flavored cereal. They can also be added to breads and muffins. You can sprout them and add them to salads or stir-fries.

To cook wheat berries: Add 1 cup of wheat berries to 4 cups of boiling water. Reduced the heat, cover the pan and simmer for 3 hours. Use a heavy pan and stir occasionally.

- ◆ **White Rice:** Comes in many forms—long grain, short grain, instant, and converted. Short grain is stickier and used by the Japanese. Long grain is more successful in dishes like Spanish rice.

To cook white rice: Add 1 cup of rice to 2 cups of boiling water. Lower heat to simmer, cover pan and cook for 25-30 minutes.

- ◆ **Wild Rice:** Wild rice is not actually rice. It's a seed native to America. Use it for a special treat because it is expensive. It does expand by four times when cooked. It can also be mixed with brown or white rice.

To cook wild rice: Add 1 cup wild rice to 3 cups of boiling water. Add desired seasonings. Cover and simmer for about 45 minutes or until grains pop open.

Relaxation Techniques

- ◆ **Progressive Relaxation**—To relax muscles progressively, you begin by tensing and relaxing major muscle groups of the body. Tensing and relaxing helps you to increase your awareness of your body's muscular response to stress. Most people do not realize which of their muscles are chronically tense. The feeling of relaxation is increased by experiencing the difference between muscle tension and relaxation. Your muscles will relax more deeply when released from tension.
- ◆ **Breathing**—Taking a deep breath, holding it and then slowly exhaling is a simple relaxation technique that you can do anywhere, anytime. Adding deep breathing to other relaxation methods can increase their effectiveness.
- ◆ **Meditation**—The physical symptoms of stress can be reduced by using meditation. Many Eastern religions have used meditation for centuries. Only recently have Westerners begun to recognize the benefits. Learning how to use meditation is easy. It requires four basic factors 1) a quiet environment 2) a comfortable position 3) a mental device such as a phrase or word which is repeated over and over again, and 4) a passive attitude.
- ◆ **Visualization**—Everybody visualizes. Daydreams, memories and self talk are all types of visualization. You can use them to train your body to relax and ignore stress. Use your imagination to visualize a peaceful place such as a forest. See all the trees, but also smell the pine needles and hear the birds singing. By using all your senses you increase the effectiveness of visualization. Visualization can also be used to attain goals. Athletes often use visualization in training. The rehearsal of their winning performance in their minds increases their chances of success. You can use this method too.
- ◆ **Listening to music**—Select music you find peaceful and soothing. Make a half-hour tape of uninterrupted relaxing music. You can play it daily or whenever you want to use music to relax.
- ◆ **Exercise**—One of the simplest means of stress reduction is exercise. Vigorous exercise is a natural outlet of stress. After exercise your body feels relaxed and refreshed.

For more detailed information on these relaxation techniques refer to the books listed on page 57.

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* [Informative overview of stress management techniques]

Tips for Lower-Fat Parties

- ◆ Serve dill or sweet pickles instead of nuts and olives.
- ◆ Limit the amount of higher-fat ingredients in salads such as nuts, cheese and olives.
- ◆ Use non-fat or lower-fat products to replace the higher-fat foods.

Higher-fat Food

Sour cream

Mayonnaise

Cream cheese

Lower-fat Choice

Plain non-fat or low-fat yogurt

Fat-free or light sour cream

Fat-free or light mayonnaise

Fat-free or light cream cheese

Yogurt cheese (Session 3)

- ◆ Use lean meat, turkey, chicken and lower-fat cheeses for your meat trays instead of lunchmeats and sausage.
- ◆ Use lower-fat breads and crackers instead of chips and party crackers.

Lower-fat Breads

Pita bread (cut in wedges)

Party rye or pumpernickel

Mini bagels

Whole wheat rolls

Breadsticks

Lower-fat Crackers

Saltine and soda crackers

Rye crackers

Melba toast-type crackers

Oyster crackers

New fat-free crackers

Popcorn cakes

Other Low-fat Choices

Pretzels

Fat-free corn chips

Air-popped popcorn
(unbuttered)

Rice cakes

Water-Crisped Tortilla
Chips (Session 1)

- ◆ Dress up air-popped popcorn by using some of the following ideas instead of margarine or butter.
 - Lightly spray with vegetable cooking spray and sprinkle with favorite herb or spice mix.
 - Add chopped, dried fruits such as raisins, apples, apricots, peaches or pears.

Tips for Lower-Fat Parties (continued)

◆ Use lower-fat dip ideas.

- Commercial sauces: salsa, barbecue, taco, hoisin, plum sauces, etc.
- Try these new dip recipes in your Participant's Manual:

Popeye's Spinach Dip (Session 7)

Dill Dip (Session 7)

Bean Dip (Session 16)

Black Bean Salsa (Session 16)

◆ Serve raw vegetables and fruits with your low-fat dips.

Raw Vegetables

Fresh Fruits

Jicama
Radishes
Celery
Broccoli
Green beans
Cherry tomatoes or tomato wedges

Cucumbers
Green onions
Carrots
Cauliflower
Turnip

Apple slices
Peach slices
Kiwi
Strawberries
Cherries
Melon cubes

Papaya
Mango
Banana slices
Pear slices
Pineapple slices
Oranges
Grapes (fresh or frozen)

◆ Use lower-fat baked goods.

Lower-fat Cookies

Lower-fat Cakes

Fig bars, Gingersnaps, Vanilla wafers
Commercial fat-free cookies
Chewy Oatmeal Slims (Session 12)

Mexican Bread Pudding (Session 3)
Peach Upside-Down Cake (Session 4)
Mocha Angel Cake (Session 4)

◆ Serve a variety of lower-fat frozen desserts.

- Sherbet
- Non-fat or low-fat frozen yogurt
- Sorbet
- Ice milk

◆ Make hard candy available if you have a "sweet tooth".

- Dinner mints
- Spice gumdrops
- Hard candy in various flavors: butterscotch, peppermint, cinnamon

◆ Serve a refreshing punch, spiced cider or wine punch.

- Non-alcoholic punches can be made with a variety of fruit juices and club soda.

Low-Fat Party Ideas

◆ Holiday Ideas

Christmas cookie party

Make dough ornaments out of salt, flour and water. Have guests bring feathers, buttons, sequins, etc. for trimming.

Gift wrapping party

Share wrapping skills and make everyone's holiday chores easier.

Popcorn party

Pop the popcorn in an air-popper or use a small amount of oil. Have cranberries, glitter, glue, needles, and thread. Invite friends and family to make decorative garlands for their own Christmas tree.

Holiday games party

“Scattergories”—use holiday categories. This game asks people to name as many words as they can think of that begin with a certain letter. For example if the letter was “C” and the category was “Christmas presents”—people could say any of the following: coat, candy, chair, Corning ware dish, crystal, etc.

Giant jig saw puzzle—Have guests help to complete the puzzle during the party get-together.

Neighborhood caroling party

Get together and sing Christmas carols in the neighborhood and then finish with hot cider and low-fat cookies.

◆ Other Party Ideas

Low-fat recipe party

Have guests make their favorite low-fat dishes and bring written copies of the recipe to share.

Video or movie party

Rent a film projector or VCR and some old movies. Cartoons are also available for the younger set. Have low-fat snacks (popcorn, pretzels, fruits and vegetables) and beverages available.

Low-Fat Party Ideas (continued)

◆ Other Party Ideas (continued)

Musical party

Invite friends or guests to bring musical instruments and do your own jamming. Have tambourines, spoons or other rhythm instruments available for non-musicians.

Build-it-yourself bar

Have guests bring foods. You can have a salad bar, sandwich bar or low-fat dessert bar.

- Salad bar—you provide greens, a variety of regular and low-fat salad dressings and the warm French bread. Have your guests bring foods that can be added to a salad: tomatoes, peppers, olives, sprouts, ham, tuna, chopped egg, etc. Then you can pick and choose the lower fat ingredients for your salad.
- Sandwich bar—you provide some lower fat meat choices such as lean ham and chicken and some low-fat spreads such as low-fat mayonnaise, mustard, and horseradish. Ask the guest to bring various kinds of beverages, breads and rolls, pickles, onions, tomatoes, etc. to make their own sandwich.
- Dessert bar—you provide the hot tea or coffee, angel food cake, sherbets, low-fat frozen yogurts and low-fat chocolate sauce. Ask your guests to bring various fresh fruits, sauces and nuts. However, you need to select the low-fat choices when you make up your own sundae.

Low-fat fondue

Have a cozy gathering around a pot of bubbling broth and a colorful selection of raw vegetables, lean meats, chicken and seafood. Choose lean beef, chicken, shrimp, scallops, a firm fish such as fresh tuna or swordfish, and several vegetables. See recipe for Mongolian Hot Pot (Session 16).

Low-Fat Cookbooks and Magazines

When deciding on a cookbook or magazine designed for healthy eating, it's important to look for the following:

- Recipes that are based on the U.S. Dietary Guidelines which use more fruits, vegetables, and whole grains, and moderate to low amounts of fat, cholesterol, sodium and sugar.
- Sound advice about healthy eating.
- Recipes that include fat gram information per serving.
- Helpful information such as, preparation time, equipment, cooking tips, etc.

The following are only some of the healthy cookbooks currently available. Not every book meets all of the above criteria. But, with a little reading, each will offer something valuable about healthy cooking.

The New American Diet by Sonja Connor, M.S., R.D., and William Connor, M.D. This book is a favorite of ours. It includes 350 recipes that are low-fat, high-fiber and easy to prepare. Nutritional analysis of each recipe is available in the back of the book. \$12.95 paperback, \$18.95 hardcover.

Over 50 and Still Cooking: Recipes for Good Health and Long Life by Edna Langholz, R.D., et al. Bristol Publishing Enterprises, Inc., 1990. \$8.95. This book is geared specifically to the nutrition needs and cooking interests of older adults. Recipes include healthier versions of old favorites such as meat loaf or bread pudding, with special emphasis on cooking for one or two. In addition to nutrient information, symbols accompany recipes that meet specific guidelines for fat, cholesterol, and fiber.

A Lowfat Lifeline for the 90's by Valerie Parker, M.S. 150 lowfat recipes plus sections on how to decrease fat and the relationship between fat consumption and disease. No nutritional analysis. \$12.95 plus \$1.50 for shipping. To order, write to: Lowfat Publications, Dept. B, 52 Condolea Ct., Lake Oswego, OR 97035.

Low Fat & Loving It by Ruth Spear. Warner Books, 1991. According to the author, the key to cutting back on dietary fat while still enjoying the foods you love is to reduce rather than eliminate your intake of rich ingredients, including cream, butter and eggs. She shows you just how to do this in two hundred recipes ranging from the traditional (Apple Pancakes and Firehouse Chili) to the exotic (Philippine Grilled Pork Tenderloin).

Low-Fat Cookbooks and Magazines (continued)

Seafood - A Collection of Heart-Healthy Recipes and Light-Hearted Seafood by Janis Harsila, R.D., and Evie Hansen. Both books emphasize seafood cookery. In addition to recipes, the books include information about the handling, preparation and storage of seafood. These books are filled with tasty, low-fat recipes. Nutritional analysis included with recipes. \$11.95 and \$10.95, respectively.

Jane Brody's Good Food Gourmet: Recipes and Menus for Delicious and Healthful Entertaining by Jane Brody. Norton, New York, 1990. \$25. She provides an excellent introduction to nutrition, especially for those who have not read her earlier works. Brody encourages us not to count grams and calories but to enjoy good food. There are no nutritional breakdowns to the 500-plus recipes because the author feels that a diet low in fat, sugar, and sodium offers a nutritious balance without a calculator.

The New Laurel's Kitchen by Laurel Robertson, Carol Flinders and Brian Ruppenthal. This classic vegetarian cookbook contains lower-fat versions of almost every recipe from the original edition. These recipes may still be too high in fat so be careful. Nutritional analysis included. \$19.95.

Controlling Your Fat Tooth by Joseph C. Piscatella. Workman, New York, 1991. Comb-bound paperback, \$15.95. From his personal perspective, the author deals with the consequences of excess fat in the diet and how to fight back. He presents an informative book in a clear and thorough manner. Chapters include discussions of exercise, healthier food choices, convenience foods, and restaurant dining. Joseph's wife, cookbook co-author Bernie Piscatella, developed the more than 200 recipes that are familiar and easy to prepare. However, some cooks might find that many of the recipes contain too much salt.

Lean and Luscious and Meatless by Bobbie Hinman and Millie Snyder. The purpose of this book is to show how a balanced diet, low in fat and rich in fruits, vegetables, grains, and beans can be enjoyable. This book offers many creative ways of putting a meatless dinner on the table. Nutritional analysis included. \$15.95.

Low-Fat Cookbooks and Magazines (continued)

Food for Life, The Cancer Prevention Cookbook by Richard Bohannon, M.D., Kathy Weinstock, Terri P. Wuerthmer. The authors have condensed scientific information on diet and its role in cancer prevention into a practical and flavorful way of eating. Nutritive analysis given. \$11.95.

Quick and Healthy Low-Fat Cooking edited by Jean Rogers, Food Editor, Prevention Magazine. This book provides over 200 easy, great-tasting recipes that can be prepared in 30 minutes or less. There is also a chapter providing quick meal ideas for one or two people. Nutritional analysis included. \$15.95.

Maybe you'd rather have a subscription to a healthy eating magazine instead. It is a good idea to purchase these magazines over the counter at the your grocery store and try them out before you order a complete subscription.

Cooking Light Magazine: The Magazine of Food and Fitness
1-800-243-1050

Eating Well, the Magazine of Food and Health
1-800-678-0541

Pillsbury's Fast and Healthy Magazine
P.O. Box 5051
Harlan, IA 51593-0551

Vegetarian Gourmet
P.O. Box 7641
Riverton, NH 08677-7641