

## Session Four

# Labeling Your Challenges

*During this session you will:*

- ♦ *Learn how to read and understand nutrition labels*
- ♦ *Identify what influences your eating patterns*



## Review of Home Activity

- ◆ What did you do to reach your goal?
- ◆ What steps are you taking to maintain the changes you have made?
- ◆ If you didn't reach your goal, what were some of the challenges that got in the way?

## Label Reading

**F**ood companies and supermarkets are very aware that we choose what we eat, how much we eat and where we buy our food. For this reason they spend a lot of time trying to find out what would encourage us to buy their foods. The way foods are labeled and displayed is important. It's hard to know if the food is a healthy lower-fat choice, if you don't understand food labels.

### Introducing New Food Labels

Food labels have changed their looks. New labeling

laws were passed early in 1993. An example of the new label is shown on page 5.

### Nutrition Panel

The nutrition panel is usually found on the side or back panel of the food package. Look for the following information: **serving size** and **grams of fat** to make your decision about a specific food.

### Serving Size

Each food product has a serving size listed on the nutrition panel. On the new food labels, serving size is the same for similar foods. It reflects the

amounts that people usually eat.

This standard serving size does not exist on older nutrition labels. Each food may have a different serving size. The serving size may also be very different from the amounts people usually eat. Be sure to look closely at the serving size.

## Amount of Fat

Look at the label item that says **Total Fat**. The amount of fat is listed in grams on the label. It tells you the number of fat grams in the serving shown on the label. For example, the sample label of Frozen Yogurt on page 5 tells you that there are 3 grams of fat in one 1/2 cup serving.

## How Much Fat Did You Eat?

The amount of fat that you eat depends on your serving size. You may eat larger or smaller servings than the serving size listed on the label. Is your serving more than the serving size listed on the label? If it is, then you are going to eat more fat.

## Guidelines for Label Choices

You can use the guidelines shown below to help you decide if a food is lower-fat choice.

### Example

**If you eat a cup of frozen yogurt instead of the 1/2 cup listed on the label, you would be eating 6 grams of fat instead of 3 grams.**

These guidelines are provided to help you make some quick decisions when reading labels. They are not meant to be "rules." You may choose to eat foods higher in fat and pick lower-fat side

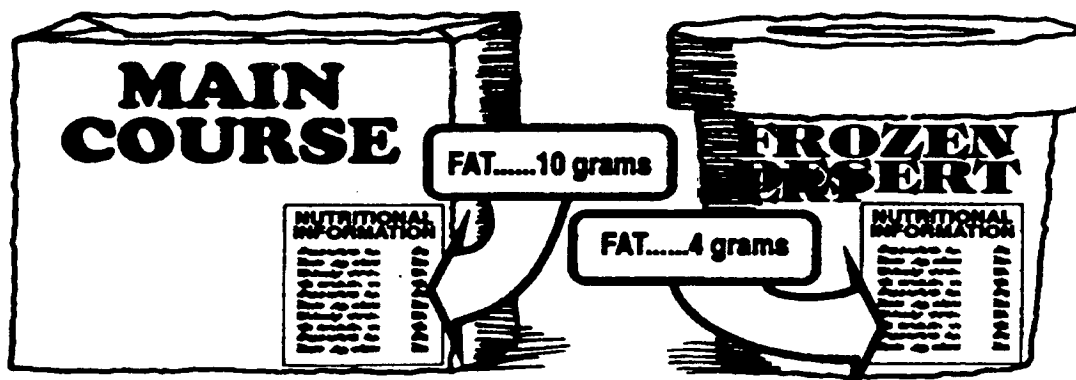
dishes and desserts. You may also decide to occasionally have a higher-fat food and spread the fat grams over a period of time. The choice is yours to make.

## Ingredient List

Almost all packaged foods will have nutrition panels with the new labeling laws. Foods made by small companies or food in small packages (like candy bars) don't have to have nutrition panels. However, all of these foods will have a list of ingredients and a phone number or address where consumers can get more information.

### LIMIT THE AMOUNT OF FAT TO:

Main dish: 10 grams of fat or less per serving  
Desserts: 4 grams of fat or less per serving



## Practice

Now find a label with a nutrition panel. Use Worksheet 4-1 (pg. 11) and decide whether the food is a good choice for your lower-fat eating plan.



## A Closer Look at the New Food Labels

**N**ever before have food labels provided so much information. You may feel overwhelmed at first. However, it will become easier to make decisions as you develop label-reading skills.

### Daily Values and % Values

The new labels give Daily Values for a few key nutrients. These are meant to help consumers see how foods fit into a well-balanced diet. Look at the label example on page 5. Notice the Daily Value for fat is between 65 and 80 grams of fat per day. Your WHI fat gram goal is much lower than this number!

The Daily Value for fat on labels is based on guidelines for the general population. These guidelines recommend people eat less than **30%** of calories from fat. Your WHI fat gram goal is based on eating less than **20%** of calories from fat. Don't let the Daily Values and % Daily Values for fat confuse you. Compare the grams of fat per serving on the label to your fat gram goal. See how the food fits into your daily intake.

### Misleading Information on Labels

The new label laws do a lot to help stop many of the misleading claims often found on labels in the past. Foods now have consistent definitions for eye-catching nutrition words like "low-fat" or "light." But, the defini-

tions for some of these terms are still quite complicated. For more information about new labeling definitions and shopping tips, look at the Resource section of your Participant's Manual. The rule you should use is: always look for the grams of fat per serving and the serving size on the label. Don't believe the advertising claims made on the front of the package.

# NUTRITION PANEL

## Nutrition Facts

Serving size →

Serving Size 1/2 cup (114g)

Servings per container →

Servings Per Container 4

### Amount Per Serving

**Calories** 90      Calories from Fat 27

% Daily Value →

Grams of fat per serving →

	% Daily Value*
<b>Total Fat</b> 3g	5%
Saturated Fat 1g	5%
<b>Cholesterol</b> 9mg	3%
<b>Sodium</b> 55mg	2%
<b>Total Carbohydrate</b> 18g	6%
Dietary Fiber 0g	0%
Sugars 7g	
<b>Protein</b> 4g	

Vitamin A	0%	•	Vitamin C	0%
Calcium	10%	•	Iron	6%

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

	Calories	2,000	2,500
<b>Total fat</b>	<b>Less than</b>	<b>65g</b>	<b>80g</b>
Sat fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g

Calories per gram:

Fat 9      •      Carbohydrates 4      •      Protein 4

The **Daily Value** and **% Daily Value** for fat are based on eating less than 30% of calories from fat. Remember, your WHI fat gram goal is based on eating less than 20% of calories from fat.

## Influences on Our Food Choices

**I**n addition to the influence from food ads and commercials, we are also influenced by ourselves and the people around us. Your family, friends, and co-workers can help you change or can make it more difficult.

Even when you live alone, you normally join friends for lunch or other social occasions. We all want to fit in and be accepted by other people.

Let's start by identifying four different ways that you or others may influence your food choices. Read the descriptions that follow, and use Worksheet 4-2 (pgs. 12-13) to identify influences on your eating patterns. Write down the people who influence you and the type of foods you are encouraged to eat.

### Expectations for Certain Foods

Family members (or you) often have expectations for certain foods. Most people have foods they

usually eat on weekends or for celebrations. Examples of these expectations might be desserts at the end of a meal, high-fat foods on holidays, or a spouse who expects snacks such as cookies and chips to be around the house.

- ◆ **What foods do you use or expect to have at certain times or occasions (i.e., weekends, holidays, etc.)?**

### Pressure to Eat High-Fat Foods

Sometimes people may pressure you to eat or prepare high-fat foods. Friends or family will buy a special treat or make a special dessert or meal "just for you." They want you to eat the special treat or meal. If you say "no thank you," they will feel hurt or disappointed. For example, a friend may ask you to taste her famous chocolate chip cookies, and will not take "no" for an answer. There could also be times when you plan a lower-fat dinner,

but then your family decides to go out for pizza.

- ◆ **What are some situations where you feel more pressure to eat high-fat foods?**
- ◆ **Who pressures you in these situations?**

### Availability of Foods

Sometimes the influence is less direct. You are not pressured to eat, but foods are more available. For example, food is left out where you are tempted to eat it. Think about the ways that you or others around you make high-fat foods more available. Good examples are family members who eat chips or chocolate candy in front of you, or co-workers at work who bring donuts every Friday.

- ◆ **How do you or others around you make higher-fat foods more available?**

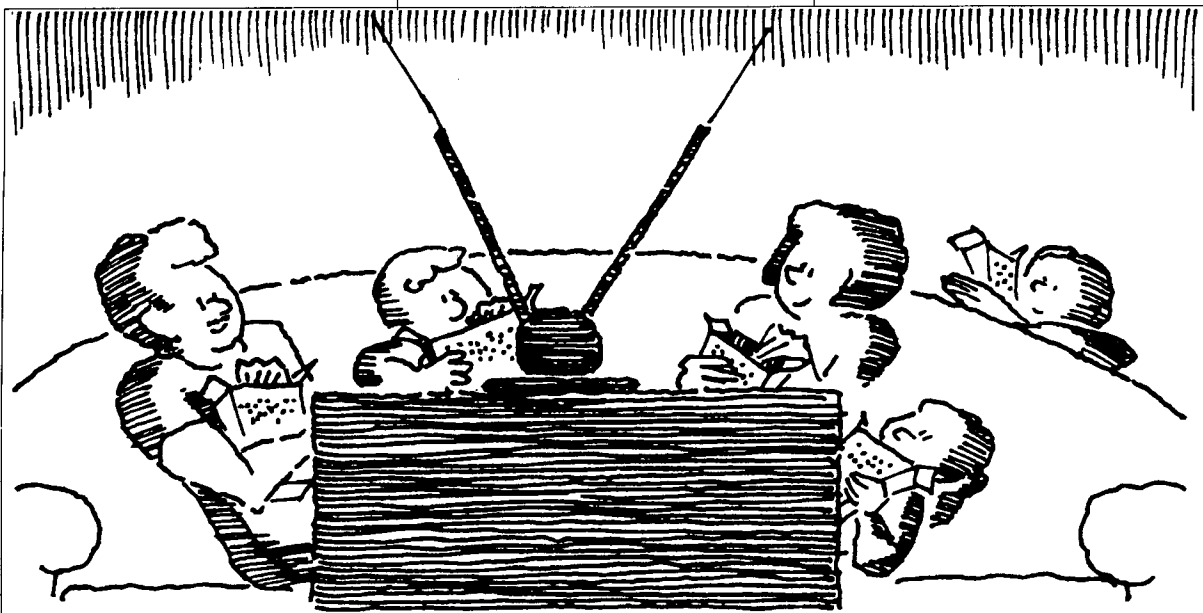
## Using Food as a Reward or for Comfort

Foods have more meaning than filling us up when we're hungry. We often use food to celebrate happy occasions, such as birthdays, weddings or holidays. In addition, we use food for comfort or as a reward.

- ◆ **What kind of foods do you use when you are feeling stressed or upset?**

Complete Worksheet 4-2 to see how these different factors might influence your eating patterns. Think about *who* influences you. Is it yourself, other family members or friends? Can you work with them to reach your goal, or do you need to work around them? Once you know how your eating is influenced, you can do something to reduce the impact. Figure out how you are influ-

enced and then decide on the best way to handle each situation. Worksheet 4-3 (pgs. 14-15) lists some ideas of ways you can deal with different influences on your eating. Check anything that you think will work for you. Keep this worksheet where you can find it. We will use it again in later sessions.



## Summary

**T**he food industry and supermarkets can have a big influence on the foods that you eat. They use labels and store displays to get your attention. Learning to read and understand nutrition

labels helps you make better choices. It also increases your awareness of misleading nutrition ads on food packages.

There are many things that can influence the foods that you eat. It is important to identify your

key challenges and work with the people around you to find the best solutions. However, if your family or friends don't want to change, there are other things you can do to change your own eating style.

### Here are some questions for further thought:

- ◆ What area(s) of influence do you think is your biggest challenge?
- ◆ What steps could you take to work on this challenge?



## Home Activity

### Areas to work on next week:

- ◆ **Keep a Food Diary for three days. Be sure one day is on the weekend.**
- ◆ **Use Worksheet 4-5 (pgs. 17-19) to inventory the food that you have in your refrigerator and kitchen cupboards. Identify a new food to buy.**
- ◆ **During the week, identify some of the ways you, your family or friends influence your eating patterns. Use an idea from Worksheet 4-3 (pgs. 14-15) to handle the challenge.**

Use Worksheet 4-4 (pg. 16) to outline a plan and evaluate how well it worked.

### Optional:

- ◆ **Bring a favorite main dish recipe to the next session. We will be working on ways to modify main dish recipes to decrease fat.**

# Nutrition Label Worksheet

Compare two similar foods; look at the labels. Nutrition labels are usually found on the side panel or on the back of the package.

	Food 1	Food 2
Name of food:	_____	_____
What is the serving size listed?	_____	_____
How many grams of fat per serving are listed on the label?	_____	_____
What is your usual serving size of this food?	_____	_____
How many grams of fat would be in the serving you usually eat?	_____	_____
Is this food a good low-fat choice?	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No

Which food is the best choice? \_\_\_\_\_

When judging foods, be sure you are comparing the same serving size.

## Guidelines for Lower-fat Choices

**Main dish:**

**10 grams fat or less per serving**

**Dessert:**

**4 grams fat or less per serving**

# Identifying Influences on Your Food Choices

Read all four areas below. Under each area write down the names of people (yourself or others) who influence your food choices in the way described.

## **Expectations for certain foods**

1. Who expects certain foods during certain times or occasions? \_\_\_\_\_

2. What kinds of foods do you or others expect? \_\_\_\_\_

Examples:

- ◆ spouse or others expect bacon and eggs on weekends
- ◆ spouse or others expect desserts at end of meals
- ◆ you or others expect cookies, cakes or pies during holidays

## **Pressure to eat high-fat foods**

1. Who pressures you to eat? \_\_\_\_\_

2. What kinds of foods are you pressured to eat? \_\_\_\_\_

Examples:

- ◆ people who make something special for you
- ◆ people who expect you to join them in eating certain foods
- ◆ pressure you place on yourself when eating with others

## Worksheet 4-2 (continued)

### Availability of foods

1. Who makes high-fat foods more available for you? \_\_\_\_\_  
\_\_\_\_\_
2. What kinds of foods do you or others make available? \_\_\_\_\_  
\_\_\_\_\_

#### Examples:

- ◆ co-workers who bring cakes and cookies to work to share
- ◆ family and friends who offer you ice cream or eat it in front of you
- ◆ you buy your favorite cookies for a party

### Using foods for reward or comfort

1. Who influences the foods you eat for celebrations? \_\_\_\_\_  
\_\_\_\_\_
2. What kinds of foods do you eat when you are feeling depressed or stressed? \_\_\_\_\_  
\_\_\_\_\_

#### Examples:

- ◆ family and friends who celebrate by eating desserts, candy or holiday foods
- ◆ family and friends who bring you candy for your birthday
- ◆ you eating chocolate when you are feeling down

# Ideas You Can Use When You Eat With Others

Check off anything you could do to reduce the amount of influence from yourself or others over your eating patterns.

## **Make the foods lower in fat by using hidden substitutions**

- ☐ Modify favorite family recipes by using hidden substitutions
- ☐ Select lower-fat substitutes (i.e., lean meats, low-fat dairy, light mayo)
- ☐ Reduce fat by blending low-fat ingredients into higher-fat foods (thin dressings with yogurt, mix 1% milk with 2% milk and serve in 2% container)
- ☐ Others \_\_\_\_\_

## **Eat low-fat foods even if your family and friends eat high-fat foods**

- ☐ Choose to limit the number of high-fat foods you eat
- ☐ Have low-fat foods easily available
- ☐ Choose a smaller serving of high-fat foods
- ☐ Pull out your serving before adding fat for the rest of the family
- ☐ Make same main dish but use two different cooking methods (broil, bake or microwave instead of frying)
- ☐ Pick low-fat foods
- ☐ Avoid tempting foods
- ☐ Make two separate dinner entrees
- ☐ Others \_\_\_\_\_

## **Use low-fat eating behaviors**

- ☐ Eat a little before you go, so you're not hungry
- ☐ Share high-fat food with friend
- ☐ Leave food on plate
- ☐ Don't skip meals
- ☐ Budget or spread out the number of high-fat meals you eat

## **Ideas You Can Use When You Eat With Others**

- ☐ Eat only the high-fat foods that are special (important) to you
- ☐ Refuse high-fat foods (Learn how to say “no thank you”)
- ☐ Others \_\_\_\_\_

### **Ask your family or friends for help and support**

- ☐ Find a “buddy” at a party
- ☐ Ask family member to remind you in a nice way
- ☐ Ask family or friends to help you by eating low-fat foods for a short time
- ☐ Others \_\_\_\_\_

### **Make low-fat eating the way you expect to eat**

- ☐ Bring a low-fat food to the gathering
- ☐ Prepare only low-fat foods and expect your family to eat them
- ☐ Have only low-fat foods available
- ☐ Others \_\_\_\_\_

### **Bargain with your family and friends for low-fat food choices**

- ☐ Get family or friends to agree to try a low-fat food
- ☐ Get family or friends to agree to use a low-fat food instead of the high-fat food they usually eat
- ☐ Bargain on how often to buy or use high-fat foods
- ☐ Offer to bring low-fat foods
- ☐ Others \_\_\_\_\_

Name: \_\_\_\_\_

## Worksheet 4-4

# Home Activity Worksheet

### Areas to work on next week:

- ◆ Use Worksheet 4-5 (pgs. 17-19) to inventory the food you have. Identify a food to buy.

#### Evaluation:

1. What new food did I try? \_\_\_\_\_
2. What was my reaction (and others, if appropriate) to the new food? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

- ◆ During the week, identify some of the ways your food choices are influenced.

#### Evaluation:

1. Type of influence(s):
  - ☐ Expected certain foods
  - ☐ Pressure to eat high-fat foods
  - ☐ Food availability
  - ☐ Food used for comfort or reward
2. How did I handle the situation? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
3. Would I do anything differently next time? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# Lower-Fat Substitutes

HIGHER-FAT FOODS	LOWER-FAT FOODS
DAIRY PRODUCTS	
<input type="checkbox"/> Whole evaporated milk <input type="checkbox"/> Whole milk  <input type="checkbox"/> Ice cream <input type="checkbox"/> Whipping cream  <input type="checkbox"/> Sour cream <input type="checkbox"/> Cream cheese  <input type="checkbox"/> Cheese (cheddar, Swiss, jack)  <input type="checkbox"/> American cheese  <input type="checkbox"/> Regular (4%) cottage cheese  <input type="checkbox"/> Whole milk mozzarella  <input type="checkbox"/> Whole milk ricotta cheese <input type="checkbox"/> Coffee cream (1/2 & 1/2), non-dairy creamer (liquid, powder)	<input type="checkbox"/> Evaporated skim or 2% milk <input type="checkbox"/> Low-fat milk (1% or 2%) or skim milk <input type="checkbox"/> Sherbet, frozen yogurt, ice milk <input type="checkbox"/> Dream Whip (made with skim milk), low-fat vanilla yogurt <input type="checkbox"/> Plain low-fat yogurt <input type="checkbox"/> Neufchatel or Philadelphia "Light" cream cheese or Weight Watchers or fat-free cream cheese <input type="checkbox"/> Reduced-calorie Laughing Cow cheese, low-calorie processed cheeses, etc. <input type="checkbox"/> Fat-free cheese <input type="checkbox"/> Skim American cheese (Lite Line®, etc.) or fat-free cheeses <input type="checkbox"/> Low-fat cottage cheese (1% or 2% fat) <input type="checkbox"/> Part-skim, low moisture mozzarella cheese <input type="checkbox"/> Part-skim milk ricotta cheese <input type="checkbox"/> Low-fat milk (1% or 2%) or nonfat dry milk powder



## HIGHER-FAT FOODS

## LOWER-FAT FOODS

### CEREALS, GRAINS AND PASTA

☐ Ramen Noodles

☐ Granola

☐ Rice, noodles (spaghetti, macaroni, etc.)

☐ Grape nuts, Rice Krispies, Wheat Chex, etc.

☐ Grits, oatmeal

### MEATS, FISH AND POULTRY

☐ Cold cuts, lunch meats (bologna, salami, liverwurst, etc.)

☐ Hot dogs (regular or all-beef)

☐ Bacon or sausage

☐ Regular ground beef

☐ Chicken or turkey with skin, duck or goose

☐ Oil-packed tuna

☐ Beef (chuck, T-bone, brisket)

☐ Pork (spareribs, untrimmed loin, canned hams)

☐ Frozen breaded fish, fried fish (homemade or commercial)

☐ Whole eggs

☐ Frozen TV dinners (containing more than 13 grams of fat per serving)

☐ Chorizo sausage

☐ Low-fat (95-97% fat free lunch meat, turkey lunch meats, low-fat pressed meats)

☐ Hot dogs (turkey or chicken)

☐ Canadian bacon or lean ham

☐ Extra lean ground beef or ground turkey

☐ Chicken or turkey without skin (light meat)

☐ Water-packed tuna

☐ Beef (round, loin, rib) trimmed

☐ Pork tenderloin, trimmed lean smoked ham

☐ Fish or shellfish, unbreaded (fresh, frozen or canned)

☐ Egg whites or egg substitutes

☐ Frozen TV dinners (containing less than 13 grams of fat per serving)

☐ Turkey sausage

### BAKED GOODS

☐ Croissants, brioches, etc.

☐ Donuts, sweet rolls, pastries

☐ Party crackers (Hi Ho's, Ritz, Wheat Thins, Triscuits, etc.)

☐ Waverly Wafers

☐ Cake (pound, chocolate, yellow)

☐ Hard french, soft Brown n' Serve rolls

☐ English muffins, bagels, and low-fat bran or fruit muffins

☐ Low-fat crackers (Ak-mak, Ry Krisp, Wasa Brod, Zweiback, etc.)

☐ Saltine or soda crackers

☐ Cake (angel food, white and gingerbread)

## HIGHER-FAT FOODS

- ☐ Cookies (chocolate chip, sandwich cream, shortbread, oatmeal, Oreos, etc.)
- ☐ Pies

## LOWER-FAT FOODS

- ☐ Cookies (vanilla wafers, fig bars, ginger snaps, arrowroot cookies, animal crackers and graham crackers)
- ☐ Low-fat fruit cobbler

## SNACKS AND SWEETS

- |   |  |
|---|--|
| <input type="checkbox"/> Nuts   | <input type="checkbox"/> Popcorn (air-popped), fruits, and vegetables            |
| <input type="checkbox"/> Potato or corn chips, or commercial tortilla chips | <input type="checkbox"/> Pretzels or "homemade" low-fat tortilla chips           |
| <input type="checkbox"/> Chocolate candy, caramels, candy bars              | <input type="checkbox"/> Hard candy, gumdrops, jelly beans, licorice, lifesavers |
| <input type="checkbox"/> Ice cream cones or bars                            | <input type="checkbox"/> Popsicles, fudgsicles, frozen yogurt                    |
| <input type="checkbox"/> Cookies (see Baked Goods)                          | <input type="checkbox"/> Cookies (see Baked Goods)                               |
| <input type="checkbox"/> Custards, puddings (made with whole milk)          | <input type="checkbox"/> Puddings (made with skim milk)                          |

## FATS, OILS AND SALAD DRESSINGS

- |  |   |
|--|---|
| <input type="checkbox"/> Regular margarine or butter           | <input type="checkbox"/> Light spread margarines, diet margarine, or whipped butter     |
| <input type="checkbox"/> Regular mayonnaise                    | <input type="checkbox"/> Light or diet mayonnaise                                       |
| <input type="checkbox"/> Miracle Whip                          | <input type="checkbox"/> Light Miracle Whip   |
| <input type="checkbox"/> Regular salad dressings               | <input type="checkbox"/> Reduced calorie salad dressings, lemon juice, or plain vinegar |
| <input type="checkbox"/> Butter or margarine on toast or bread | <input type="checkbox"/> Jelly, jam or honey on bread or toast                          |
| <input type="checkbox"/> Oils, shortening, or lard             | <input type="checkbox"/> Pam or nonstick spray  |

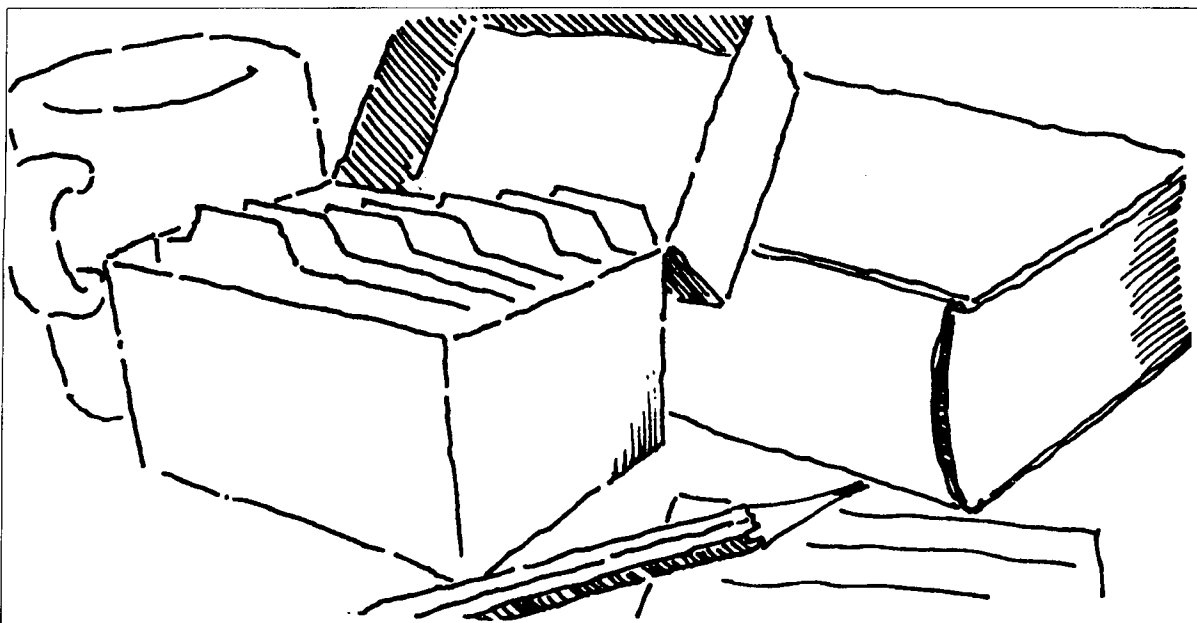
## MISCELLANEOUS

- |  |  |
|--|--|
| <input type="checkbox"/> Canned cream soups                    | <input type="checkbox"/> Canned broth based soups                                      |
| <input type="checkbox"/> Canned beans & franks                 | <input type="checkbox"/> Canned baked beans in tomato sauce                            |
| <input type="checkbox"/> Gravy (homemade with fat and/or milk) | <input type="checkbox"/> Gravy mixes made with water or homemade w/the fat skimmed off |
| <input type="checkbox"/> Fudge sauce                           | <input type="checkbox"/> Hershey's chocolate syrup                                     |
| <input type="checkbox"/> Avocado on sandwiches                 | <input type="checkbox"/> Cucumber slices or lettuce leaves                             |

## Session Four

# Recipes

- ◆ *Peach Upside-Down Cake*
- ◆ *Mocha Angel Cake*
- ◆ *Sweet 'n' Sour Pork*
- ◆ *Chicken Stroganoff*



## Peach Upside-Down Cake

**1/2 package white cake mix**  
**1 can (16 ounces) peaches (light syrup, drained)**  
**1/2 cup water**

Drain juice from peaches. Spray a 1-1/2 quart oven-proof dish or an 8-inch square pan. Spread peaches over bottom of dish. Cover peaches with cake mix and break up clumps to evenly distribute. Gradually pour water over cake mix and gently stir with fork until cake mix is moist. Bake at 350°F for 30 minutes.

Makes 6 servings

Fat: 3 grams per serving

Fruit/Vegetable servings: 1/2 per serving

Grain Servings: 1 per serving

Recipe from Holly Henry

## Mocha Angel Cake

**1 package white angel food cake mix**  
**1 tablespoon cocoa powder, unsweetened**  
**1-1/3 cups cold coffee**  
**Mocha frosting (below)**

### **Mocha Frosting:**

**1 envelope Dream Whip mix, prepared with skim milk**  
**2 tablespoons powdered sugar**  
**2 teaspoons cocoa powder, unsweetened**

Prepare cake mix as directed on package except—stir cocoa into dry cake mix and substitute cold coffee for the water. Bake and cool as directed. Remove from pan and frost or serve with Mocha Frosting.

Frosting: Prepare the topping mix as directed on the package—except use skim milk and add powdered sugar and cocoa during the last minute of beating.

Makes 12 servings

Fat: 1 gram per serving

Grain Servings: 1/2 per serving

Recipe from Betty Crocker Angel Food Cake Ideas

## Sweet 'n' Sour Pork

**1/2 cup pineapple juice, unsweetened**  
**2 teaspoons vinegar**  
**1 teaspoon sherry**  
**1/2 teaspoon soy sauce**  
**dash of sesame hot oil**  
**dash of freshly ground ginger**  
**dash of ground allspice**  
**1 teaspoon cornstarch, dissolved in 2 tablespoons of water**  
**2 tablespoons onion and leek (or scallions), minced**  
**1/4 cup green pepper, sliced**  
**1/4 cup onion, sliced**  
**12 ounces loin pork, 1/4-inch thick strips (julienne)**  
**2 teaspoons fresh parsley, chopped**  
**freshly ground black pepper**

In a small saucepan, combine the first 7 ingredients. Heat mixture until hot. Stir in dissolved cornstarch. Cook over medium heat, stirring constantly, until sauce comes just to a boil and begins to thicken. Keep warm.

Spray nonstick skillet with vegetable spray and cook pork until no longer pink. Set aside. Sprinkle onion-leek combination, sliced green pepper and onion over bottom of skillet. Place cooked pork over vegetables and sprinkle with parsley and freshly ground black pepper. Cook about 4 to 5 minutes, add sauce and serve.

Makes 4 servings

Fat: 4 gram per serving (if tenderloin used)

Fat: 12 grams (if loin roast used)

Fruit/Vegetable Servings: 1/2 per serving

Recipe from American Heart Association Cookbook

## Chicken Stroganoff

**2 whole chicken breasts, split, boned, and skinned**  
**1/4 teaspoon garlic powder**  
**1/4 teaspoon white pepper**  
**1/2 cup Campbell's Special Request® Cream of Mushroom Soup**  
**1 cup plain low-fat yogurt**  
**1 can (6 ounces) sliced mushrooms, drained**  
**2 tablespoons sherry**  
**1/4 cup parmesan cheese**  
**non-stick cooking spray**

Preheat oven to 350°F.  
Spray an 8 x 11-inch  
casserole dish with  
nonstick cooking spray.  
Place chicken breasts in  
casserole. Do not overlap.  
Sprinkle with garlic and  
pepper. Combine soup,  
sherry, yogurt, and mush-  
rooms and pour over  
chicken. Sprinkle cheese  
over all. Bake for 50  
minutes or MICRO-  
WAVE, covered on high  
power for 18 minutes or  
until chicken is tender.  
Serve with your favorite  
cooked noodles.

Makes 4 servings

Fat: 7 grams per serving

Fruit/Vegetable Servings: 1/2 per serving

Recipe from The All-American Low-Fat Meals in  
Minutes