

Session Seventeen

Promoting Maintenance

During this session you will:

- ◆ *Identify factors that help you maintain your dietary changes*
- ◆ *Learn how loss of motivation can cause you to drift back to old eating patterns*
- ◆ *Identify self-monitoring ideas you can use to maintain your dietary changes*
- ◆ *Learn ways to add flavor to food without fat*



Review Of Home Activity

- ◆ What high risk eating situations did you experience last month?
- ◆ How did your thoughts before the high risk eating situation influence the actions you took?
- ◆ What did you learn from the way you handled the situation? How would you handle it differently next time?

Staying Motivated

You have been with the WHI for almost one year. During that time, you have made many changes in your eating habits. Your monthly group sessions have helped provide ideas and support. After our meeting next month, we will be meeting less frequently (4 times per year). This decrease in the number of group meetings may be a concern to some. However, others may feel that they will have no problem staying motivated and maintaining their dietary changes.

There are many ways to stay motivated. This session will look at some of the steps you can take.

Steps To Maintain Your Motivation

- ◆ Identify your benefits.
- ◆ Recognize your success.
- ◆ Create supportive surroundings: people, places and thoughts.
- ◆ Take charge of your actions.
- ◆ Reward yourself.

As you read about each of these steps, use Worksheet 17-1, (pgs. 11-12). Write down some of your ideas about how to stay motivated.

Identify Your Benefits

At the beginning of the study, we discussed the benefits of being part of the WHI program. Take a few minutes and review the reasons you joined the

study. Look at the benefits you checked on Worksheet 1-1 in Session 1.

- ◆ Which benefits are still important to you?
- ◆ What benefits did you gain that you didn't expect?

Many women report that one of the benefits of being part of the WHI is that they are contributing to science. They feel that their participation may help their daughters and grand-daughters in the future. Others report that their new eating style makes them feel better. They see their future health as a benefit of taking part in the study.

To stay motivated, you need to feel good about what you're doing. It's important to remember the reasons why you joined the WHI. It is also

important to identify the benefits that you continue to gain throughout your participation in the study.

- ◆ **What benefits do you think will motivate you to maintain your dietary changes?**

Recognize Your Success

A second step you can take to stay motivated is to recognize what you've accomplished. Take time to think about your progress. Use Worksheet 17-2 (pgs. 13-18) to check off the dietary changes you've made.

- ◆ **Which change in your eating habits do you feel most proud of?**

Be sure to give yourself credit for all your changes. Focus on your progress. Success helps build your self-confidence and motivation.

Create Supportive Surroundings

Your surroundings may also influence your motivation. Take a few minutes and think about three areas in your life: the things around you, people around you, and your own thoughts.

These three areas can either make it easier or more difficult for you to maintain your dietary changes.

Things Around You.

Think about the places where you spend a lot of your time. Close your eyes and picture the things around you. These could be snack foods, TV, refrigerator, candy dishes, signs or refrigerator magnets, or anything else.

- ◆ **What things support your dietary changes?**
- ◆ **What things do not support your changes?**

- ◆ **How could you change the things around you to make them more supportive?**

People Around You.

Most of us do better when we include others in our dietary changes. This can mean depending on someone for advice, company, support or even competition.

The support of others is particularly helpful when you are having a hard time. Think about the people around you.

- ◆ **What types of support do you currently get from other people?**



Ask for help if you want more support. Think of a few people who can influence your success in the WHI. Identify at least one way they can help. Then use the steps listed on the handout *Asking for Help* in the Resource section of your Participant Manual.

- ◆ **When is it hard to ask for help?**
- ◆ **What steps should you take when you ask for help?**

Your Own Thoughts.

Your thoughts may influence your motivation. Most of us have both positive and negative feelings about our dietary changes.

Pay attention to your feelings. Negative feelings such as anger, fear of failing, and feeling overwhelmed, may get in the way of your success. They can lead to negative self-talk and increase your chances of sliding back to old high-fat eating patterns.

Focus on your positive feelings. These include:

excitement, pride, hope and happiness.

- ◆ **What positive feelings do you have about your dietary changes?**
- ◆ **What negative feelings?**
- ◆ **How could you reword your negative self-talk into positive self-talk messages that would support your dietary changes?**

Take Charge of Your Actions

Another way to stay motivated is to make a commitment to yourself. Put your eating changes at the top of your list.

Identify some steps that you can take to maintain your progress. The more you feel in control of your eating, the more successful you will be.

- ◆ **What steps could you take to feel more in charge of your eating behaviors?**

Reward Yourself

Finally, remember to reward yourself. This is a step that is often forgotten

when you are trying to stay motivated. Identify some non-food ways to reward yourself for maintaining your eating pattern changes. A reward can be anything. For example buy yourself fresh flowers, go to a movie, or take some time for yourself.

- ◆ **What can you do to reward yourself for maintaining your dietary changes?**

If maintaining your dietary changes is not at the top of your list, go back and use some steps listed in the shaded box on page 2.

Motivation and Drift in Eating Patterns

In WHI we have found that women increase the fat in their eating patterns in a couple of ways. One way we call a setback and the second way we call drift.

Last month we explained that a setback was a time when you feel your eating is out-of-control. You begin to go back to your old high-fat ways of eating. Your eating changes happen more quickly. In addition, when you experience a setback, you are aware of the changes you are making.

On the other hand, you may also increase the amount of high-fat foods you eat very slowly. You are not even aware of your changes. We call this type of change “drift”.

Drift is when you tend to make very small changes in your eating pattern over a long period of time.

This slow change, or “drift” may occur because of changes in your life,

demands of family or friends, changes in your general health, and decreased motivation or interest in the study.

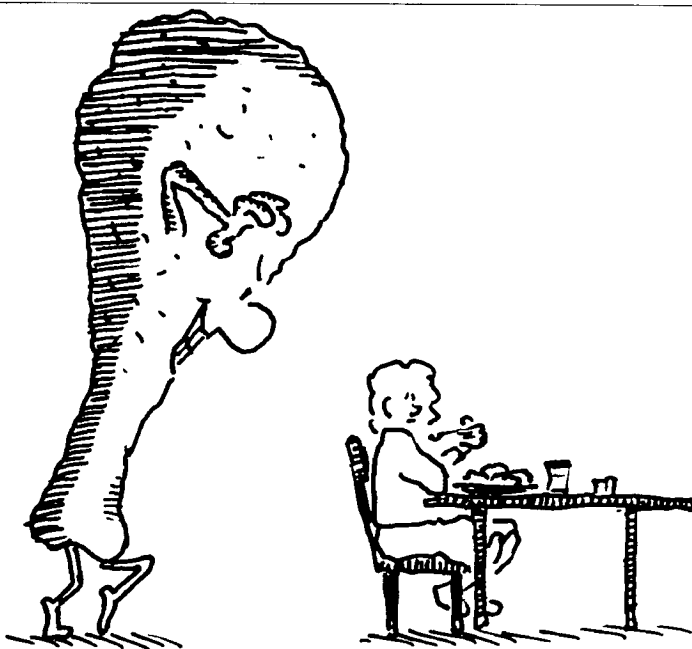
These small, slow changes are harder to spot. They tend to sneak up on you. The drift back to a higher-fat intake is often so slow that you don't notice it.

Your motivation can have a big influence on this drift. If you lose interest in maintaining your dietary changes, you may be less likely to use the steps needed to stay motivated. For example,

you may not be concerned about how the people or things around you support your dietary changes.

To prevent drift in your eating patterns, use the steps listed on page 2 to stay motivated. In addition, identify some ways you can stay aware of changes in your eating patterns.

- ◆ **How can self-monitoring help you stay motivated and prevent or stop gradual changes in your eating behaviors?**



Keep Track of Your Eating Patterns

Self-monitoring helps you identify foods and other influences that may cause you to slowly drift away from your dietary goals. It increases your awareness.

Each of you has a favorite method and a schedule for keeping track of the foods you eat. As long as you continue to self-monitor, you will be aware of any “drift” in your eating patterns.

However, there will be times when you don't keep track of the foods you eat. You may be tired or busy, or feel that you are already eating low-fat and don't need to monitor.

◆ What other methods could you use to be aware of any drift in your eating patterns?

In addition to the Fat Scan, there are some other ways to keep track of your eating patterns. For variety, consider using one of the following methods:

- ◆ **Use the list of Lower-Fat Substitutes in Session 4 to inventory the foods in your kitchen. Worksheet 4-5.**
- ◆ **Keep a low-fat shopping list. Worksheet 13-1.**
- ◆ **Keep a Progress Checklist Worksheet 17-2.**

You can also keep an occasional Fat Scan to see how you are doing. Consider keeping a Fat Scan in some of the following situations:

- **After a challenging holiday or social situation where you felt that you maintained your eating pattern.**
- **When you find yourself eating more high-fat snacks, desserts, or red meats.**
- **When you find yourself eating fewer fruits, vegetables and grains.**

If you identify some drift in your eating patterns, make changes to get back on track.

Add a Little Spice to Your Meals

One common place where people start drifting back toward higher-fat is in the fats and oils food group. Over time you may slowly begin to use more margarine, butter, mayonnaise, salad dressings and oils.

This may happen for a couple of reasons. You may be less aware of the amounts you use in cooking or spread on breads. In addition, family members and friends may comment that lower-fat foods are less flavorful.

Fat does add flavor to foods. However, low-fat foods do not have to be bland and boring. There are many different ways to flavor foods without adding fat.

Good cooks know the value of using herbs, spices and other seasonings to add flavor to their food.

◆ What seasonings or flavorings do you use to add flavor to your lower-fat dishes?

Herbs, Spices and Peppers

There are many different spices used throughout the world. They add interest and flavor without adding fat. For example, Italian food uses basil, thyme and oregano; Mexican food uses cayenne, cilantro and cumin; Asian food often uses ginger, garlic or hot pepper flakes. Experiment with different combinations of herbs and spices.

Peppers are another delicious way of adding low-fat flavor to foods. There are many different peppers. They range from sweet to fiery hot.

Vinegars, Mustards and Sauces

There are a wide variety of flavored vinegars such as herbed, raspberry, balsamic and rice. They add interest to marinades and make great salad dressings.

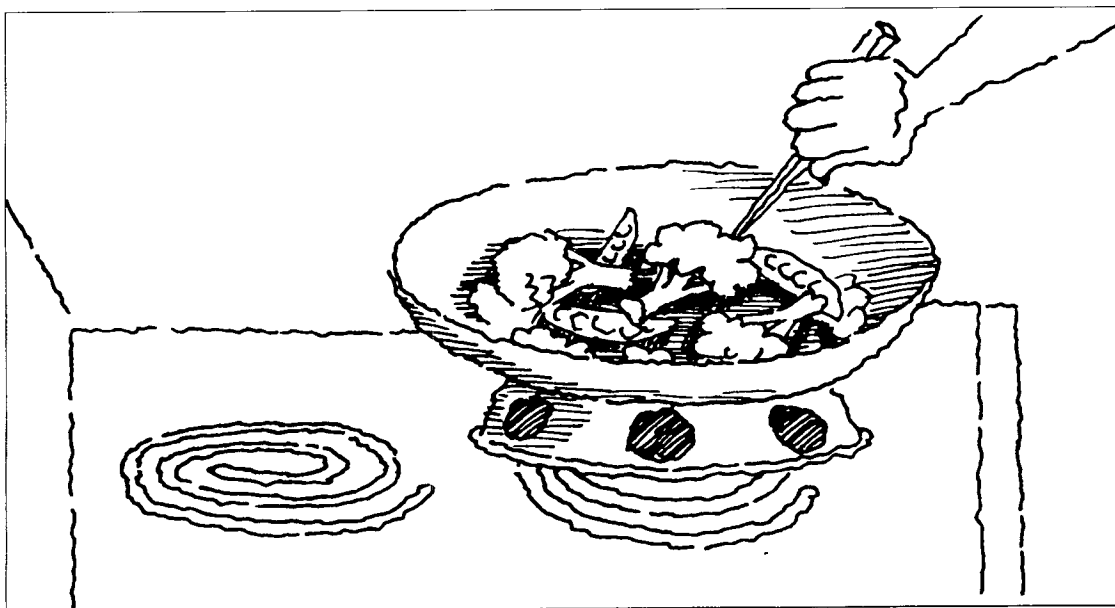


You can find a variety of mustards. They range in flavor from hot to sweet. Use them to add flavor to marinades, sauces and salad dressings instead of adding oils.

In addition, there are several sauces available at your grocery store that can add flavor without fat. Some of you may already use sauces such as barbecue, Tabasco, soy and Worcestershire.

There are also some flavorful Oriental sauces that you might try--hoisin, oyster and fish. In addition remember the old faithful sauces such as catsup, tomato and A-1 sauce.

For more information about adding flavor to foods, look at Worksheet 17-3 (pg. 19) for a quick review. In addition, check the Resource section of your Participant Manual, for herb and spice ideas and a list of low-fat cookbooks.



Summary

Your motivation affects how well you maintain your dietary changes. Over time, you may drift back toward a higher-fat intake that has fewer fruits, vegetables and grains.

Self-monitoring is an important tool to help you stay aware of changes in your eating patterns.

Self-monitoring also helps you identify other factors that can make your surroundings less supportive.

One place where people begin to drift is in their use of fats and oils. This session showed you how you can use spices and other seasonings to add flavor and interest to your dishes without adding fat.

Make use of all the ideas listed in this session to stay motivated and maintain your progress.

Here are some questions for further thought:

- ◆ What do you see as the most important thing to help you stay motivated to maintain your dietary changes?
- ◆ What self-monitoring ideas do you think will be the most useful to keep you aware of any drift in your eating behaviors?

Home Activity

Areas to work on next month:

- ◆ Use two Fat Scans during the next month. Complete one at the beginning of the month and one at the end of the month. Be sure each Fat Scan includes a weekend day.
- ◆ Try one or more new ways to add flavor to your food without adding extra fat.
- ◆ Invite a guest to the potluck next month and bring a dish to share.

Use Worksheet 17-4 (pg. 20) to outline a plan and evaluate how well it worked.

Our next meeting is a special occasion. It will be one year since you began this program. We would like you to bring a guest to the potluck to share the food and celebration. We will have a recipe contest and give out prizes for the best recipes. Use Worksheet 17-5 (pgs. 21-22) to write down your potluck recipe.

Ways To Stay Motivated

1. **Identify the Benefits.** Go back to Session 1, Worksheet 1-1. Review the benefits you checked.

Which benefits are still important to you?

What benefits did you gain that you didn't expect?

What benefits do you think will motivate you to maintain your dietary changes?

2. **Recognize Your Success.** Look at the items you checked on Worksheet 17-2.

Which change in your eating habits do you feel most proud of?

3. **Create Supportive Surroundings.**

Things Around You. Think about the places where you spend a lot of your time.

What things support your dietary changes? _____

How could you change the things around you to make them more supportive?

People Around You. Think about the kind of support you get from the people around you.

What types of support do you currently receive? _____

Worksheet 17-1 (continued)

When is it hard to ask for help? _____

What steps should you take when you ask for help?

Your Own Thoughts. Think about how you feel about the dietary changes you have made.

What positive feelings do you have? _____

What negative feelings? _____

How could you reword your negative self-talk into positive self-talk messages that support your dietary changes? _____

4. Take Charge.

What steps could you take to feel more in charge of your eating behaviors?

5. Reward Yourself.

What can you do to reward yourself for maintaining your dietary changes?

Progress Checklist

Look at the eating behaviors described below. Check the column that you think best describes your current behaviors. Use the first column "I do now" to check off any low-fat behaviors you are currently using (whether they are old or new behaviors that you have just begun). Check the second column to indicate any new eating behaviors or skills you have started to use since joining the WHI study. This will help you see your progress.

	I do now	New since joining WHI	I don't do
Added Fats			
1. Eat less fried foods or use less oil or fat to cook food.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Use less salad dressings and mayonnaise salads and sandwiches.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Use fat-free or low-fat salad dressings and mayonnaise.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Use less butter or margarine on breads, potatoes and vegetables.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Use low-fat margarines or butter substitutes (Butter Buds®, Molly McButter®, etc.).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Use fat-free or low-fat gravies and sauces.		<input type="checkbox"/>	
7. Other _____			
Dairy Products			
1. Use low-fat or skim milk.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Use less regular cheese.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Use fat-free or low-fat cheese to replace regular cheese.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Worksheet 17-2 (continued)

	I do now	New for me since joining WHI	I don't do
Dairy Products (continued)			
4. Use less ice cream.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Use fat-free or low-fat frozen desserts (sherbet, ice milk, frozen yogurt) instead of ice cream.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Use lower-fat dairy foods on a daily basis.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Other _____			
Meats, Poultry, Fish and Mixed Dishes			
1. Eat smaller servings of meat.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Use leaner cuts of meat (round, sirloin, tenderloin).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Trim the fat off meat and don't eat the skin on chicken.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Eat more chicken or fish (not fried).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Use lower-fat breakfast meats (chipped beef, Canadian bacon, lean ham) instead of bacon or sausage.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Use water-packed tuna instead of regular tuna in oil.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Stretch meat by using more vegetables, rice, noodles or potatoes in mixed dishes.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Use extra lean or diet lean ground beef or turkey breast instead of lean or regular hamburger.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Eat meatless meals.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. Other _____			

Worksheet 17-2 (continued)

	I do now	New since joining WHI	I don't do
Fruits and Vegetables			
1. Use more fruits and vegetables throughout the day.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Snack on fruits or vegetables.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Use fruit for dessert.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Use fruit as a topping for cereals, low-fat pancakes, French toast or other dishes.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Use fruit juice as a beverage or use fruit in a beverage.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Have at least one vegetable at my main meal.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Have a fruit or vegetable with my lunch meal.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Use fruits or vegetables in salads or other dishes.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Have tossed salad more often.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. Other _____			
Grains			
1. Use more grains throughout the day.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Use cereal or low-fat breads with breakfast.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Have bread, rolls or low-fat crackers with my main meal.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Add beans or grains to salads, soups and casseroles.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Substitute bagels, low-fat quick breads and muffins for donuts or croissants or other high-fat breads.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Worksheet 17-2 (continued)

	I do now	New since joining WHI	I don't do
Grains (continued)			
6. Use new low-fat grains (bulgar, barley, couscous, quinoa, etc.).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Eat a sandwich made with 2 slices of bread.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Make a meatless main dish using grains and/or beans (pasta/vegetable salads, chili without meat, meatless lasagna, etc.).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Use pretzels, air-popped popcorn or other low-fat snacks to replace chips, nuts, and other high-fat snacks.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. Other _____			
Sweets and Desserts			
1. Eat smaller servings of high-fat desserts and sweet snacks.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Use fat-free or low-fat cakes and cookies.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Make lower-fat substitutions in my baking.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Substitute fruit or low-fat grains in my recipes.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Other _____			
Changes in Eating Behaviors			
1. Store tempting high-fat foods out of sight.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Have low-fat foods easily available.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Change my recipes to reduce the fat or find new low-fat recipes.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Bring low-fat foods when I eat away from home.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Worksheet 17-2 (continued)

	I do now	New since joining WHI	I don't do
Changes in Eating Behavior (continued)			
5. Save some fat grams to cover a high-fat situation (fat budgeting).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Make special low-fat requests when I eat at restaurants.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Refuse high-fat foods (learn to say "no thanks").	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Ask my family or friends for help and support.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Use positive self-talk messages to replace any negative messages.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. Have a plan for how to maintain my lower-fat eating patterns during vacations and/or holidays.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. Have quick recipe ideas or low-fat frozen dinners available when I feel stressed or short on time.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. Have a supply of low-fat basics on hand for quick meals.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. Make and use a shopping list.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14. Have a list of things to get myself back-on-track if I slip off my low-fat eating pattern.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15. Have identified ways to serve lower-fat dishes to make them more acceptable to me and other people around me.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16. Other _____			

Worksheet 17-2 (continued)

	I do now	New since joining WHI	I don't do
Miscellaneous			
1. Keep track of what I am eating.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Set realistic goals and work toward them.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Read labels at the grocery store.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Select restaurants with lower-fat choices.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Other things I have changed: _____

Adding Flavor Without Fat

Herbs and Spices

- ◆ Experiment with herbs and spices.
- ◆ Try basil, oregano, thyme, bay leaves.
- ◆ Add interest with curry powder, garlic or ginger.
- ◆ Add zest with pepper, cayenne, cilantro, red pepper flakes.

Vinegar and Mustard

- ◆ Try flavored vinegars such as raspberry, balsamic or herbed.
- ◆ Use seasoned rice vinegar as a dressing.
- ◆ Dijon mustard and other hot mustards add flavor to marinades and sauces.

Peppers

- ◆ Use milder peppers: bell peppers, New Mexican and ancho.
- ◆ Try hot peppers: jalapeño, serrano, habanero.

Sauces

- ◆ Use BBQ, Tabasco, catsup and Worcestershire to season chicken, turkey, and lean meats.
- ◆ Make a low-fat sauce for fish using lemon juice and Molly McButter® or Butter Buds®.
- ◆ Try some oriental sauces such as hoisin, oyster or sweet and sour on stir-fry vegetables.

Name: _____

Worksheet 17-4

Home Activity Worksheet

Areas to work on next month:

- ◆ Try one or more new ways to add flavor to your food without fat. Look over Worksheet 17-1 and the recipes in this session for ideas to try.

Evaluation:

1. Dish or spice I tried: _____
2. How did I (and others) like the new food?

- ◆ Bring a dish to share at the potluck.

Evaluation:

1. Recipe I brought: _____
2. Did my recipe meet the low-fat guidelines listed on Worksheet 17-5?
___ Yes ___ No
3. If not, how can I change the recipe to make it lower in fat?

Name: _____

Worksheet 17-5

Your Low-Fat Recipe

Find out how much fat is in your recipe. Use your Fat Counter to look up the amount of fat in each ingredient. Add up the total amount of fat in the recipe. Divide the total by the number of servings.

Low-Fat Recipe Guidelines:

Main dishes = 10 grams of fat or less.

Desserts = 4 grams of fat or less.

If your recipe is too high in fat, look at the information in Session 5, Worksheet 5-2 for ideas to reduce the fat.

Recipe name: _____ Servings: _____

Ingredients:	Amount	Fat (g)
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Total Fat	_____	_____
Number of Servings	_____	_____
Fat per Serving (total fat divided by number of servings)	_____	_____

Name:_____

Worksheet 17-5 (continued)

Recipe directions:

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Your name: _____

Recipe from: _____

Vote For a Recipe

After you have tasted each of the low-fat recipes at our Potluck Dinner, vote for your recipes using the description listed under each category.

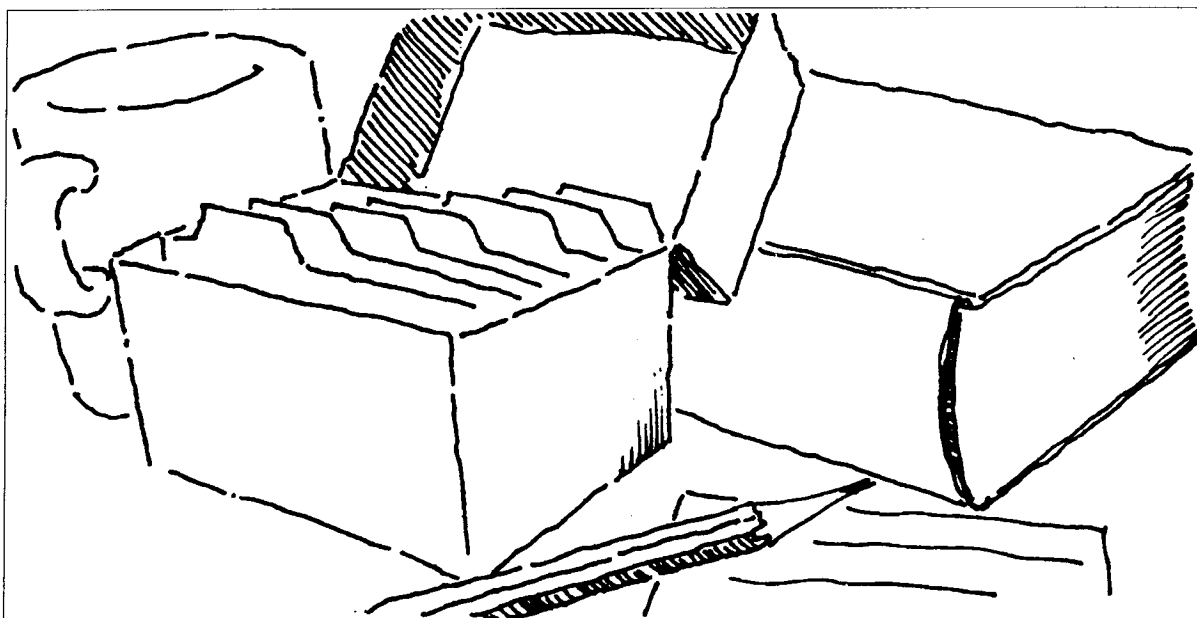
CATEGORY	NAME OF RECIPE
"BEST FLAVOR" Consider the flavor, as well as aroma (smell), temperature, texture, and general overall appeal.	_____
"MOST CREATIVE USE OF FAT GRAMS" The dish is low in fat but high in appeal due to: unusual ingredients, looks and tastes like a high fat dish.	_____
"BEST APPEARANCE" The dish is colorful, looks great, etc.	_____

Vote for your favorites and hand your ballot to your Nutritionist. The votes will be tallied and prizes will be awarded.

Session Seventeen

Recipes

- ◆ *Chicken Adobo with Bell Peppers*
- ◆ *Yellow Rice*
- ◆ *Garlic Chicken with Balsamic Vinegar*
- ◆ *Pork Chops Dijon - Easy*



Chicken Adobo with Bell Peppers

Jalapeño peppers make this recipe hot!

2 tablespoons lime juice
1 tablespoon minced jalapeño pepper*
2 teaspoons olive oil
1 clove garlic, minced
dash of dried whole thyme
1/4 teaspoon salt (optional)
4 (4-ounce) chicken breast halves, boned, skinned
1 green bell pepper, cut into 1-inch strips
1 red bell pepper, cut into 1-inch strips
2 cups Yellow Rice recipe
non-stick cooking spray

* Use care when handling peppers

Combine first 6 ingredients in a large, shallow dish, and stir well. Add chicken breast halves, turning to coat. Cover and marinate in refrigerator about 1-1/2 hours, turning chicken occasionally.

Coat a large nonstick skillet with cooking spray; place over high heat until hot. Add bell peppers, and sauté 3

minutes. Remove bell peppers from skillet; set aside. Add chicken and marinade to skillet; cook until lightly browned on both sides. Return bell peppers to skillet; cover and cook over medium heat about 5 minutes or until chicken is done. Serve over Yellow Rice (pg. 26).

Makes 4 servings

Fat: 7 grams per serving

Fruit/Vegetable Servings:
1 per serving

Grain Servings: 1-1/2 per
serving

Recipe from Cooking
Light Magazine, July/
August 1989

Yellow Rice

1 teaspoon olive oil
1 cup uncooked long-grain rice
1 clove garlic, minced
1/2 teaspoon turmeric
2 cups canned chicken broth
1/2 teaspoon salt (optional)

Heat oil in a saucepan over medium heat. Add next 3 ingredients; sauté 2 minutes or until rice is coated and garlic is fragrant. Stir in chicken broth and salt, bring to a boil. Cover, reduce heat, and simmer 17 minutes or until broth is absorbed.

Makes 6 (1/2-cup servings)

Fat: 1 gram per serving

Grain Servings: 1 per serving

Recipe from Cooking Light Magazine, July/August 1989

Garlic Chicken with Balsamic Vinegar

4 chicken breasts, boned and skinned
 3/4 pound small to medium-sized mushrooms
 1/2 teaspoon pepper
 1 tablespoon olive oil
 6 cloves garlic, peeled but left whole
 1/4 cup balsamic vinegar*
 3/4 cup chicken broth
 1 bay leaf
 1/4 teaspoon thyme leaves
 1 tablespoon cornstarch

*Available in deli or food specialty shops.

Wash chicken breasts.
 Clean and quarter or halve mushrooms. Coat chicken breasts with pepper. Heat oil in a nonstick skillet and cook chicken breasts until nicely browned on one side (about 3 minutes). Add the whole garlic cloves. Turn the chicken pieces and scatter mushrooms over the chicken. Move chicken and mushrooms around to keep from sticking.

Cook 3 minutes. Mix cornstarch with balsamic vinegar, chicken broth, bay and thyme leaves and add to skillet. Stir until sauce is thickened. Then cover and cook over moderately low heat (about 10 minutes).

Remove bay leaf and garlic cloves before serving.

Makes 4 servings

Fat: 7 grams per serving

Fruit/Vegetable Servings:
 1 per serving

Recipe from The New American Diet System, 1991

Pork Chops Dijon - Easy

6 (4 ounce) loin pork chops, well trimmed
Mustard Sauce (below)

Mustard Sauce:

1/2 cup wine vinegar
1/4 cup Dijon mustard
2 tablespoon minced chives or green onions
2 teaspoons tarragon leaves
1/4 teaspoon coarsely ground black pepper

Preheat oven to 425°F.
Combine Mustard Sauce ingredients and stir well.
Place chops in nonstick baking pan. Spread 1 tablespoon sauce on each chop and bake for about 10 minutes. Turn chops over and spread with remaining sauce; continue baking until done, about 8-10 minutes.

Makes 6 servings

Fat: 8 grams per serving

Recipe from The New American Diet System, 1991