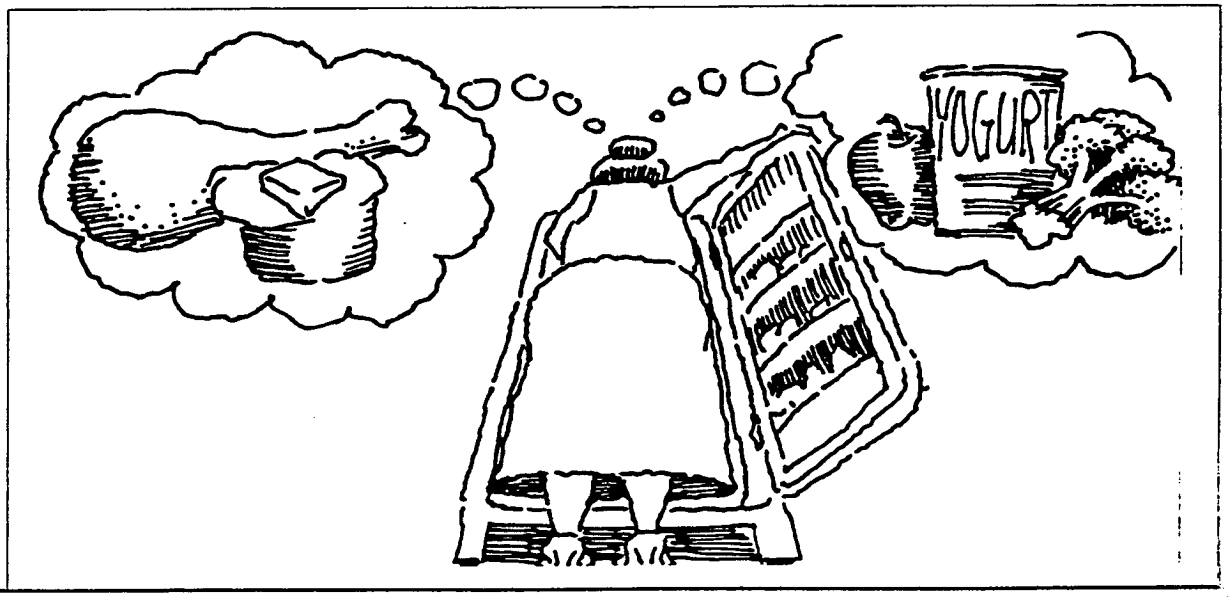
Fall Session - Year 4

Unmixing the Mixed Dish

In this session, you will:

- *Refine your ability to estimate the serving size of mixed dishes.*
- *Practice evaluating mixed dishes for fat grams and servings of fruits/vegetables and grains.*
- *Taste and experience new low-fat ways to prepare favorite high-fat mixed dishes.*



Review of Progress/Success

- **What events or situations did you have during the past three months where you were served mixed dishes or unfamiliar foods (e.g., restaurant meals, potlucks, etc.)?**
- **How do you decide what is in an unfamiliar mixed dish?**

Tuning Up to Meet the Challenge

Today, more and more people are eating foods prepared away from home. These foods might be purchased from the grocery store and taken home to eat (e.g., pasta salads, stir-fry noodles), picked up at a fast-food location (e.g., pizza), eaten in a restaurant, or eaten at a potluck, or other social gathering.

Whatever the setting, you have developed a number of skills to maintain your low-fat eating pattern. However as time goes on, it's easy to become more relaxed and less careful about the types and amounts of foods that you eat. This is particularly true when you're eating away from home or in a hurry to get a meal on the table.

Frequently people voice the feeling that: "I don't eat out very often, so it can't really matter if I am off by a little bit. After all, I'm close to my WHI goals, right?" Well, the answer is: "It's hard to tell."

We know from research on eating habit changes that often people think that they are meeting goals even when they are quite a bit off track. This is true for WHI women as well as participants in other studies.

Obviously even the most careful Dietary Change participant is not going to be 100% accurate all of the time. The point is to come up with reasonable estimates as frequently as possible.

One of the reasons you joined WHI was to potentially reduce your risk of breast cancer and heart disease. Knowing how to accurately estimate serving sizes is an important way to make the WHI eating pattern work for you.

No matter what, by increasing your skills, you increase the potential success of the study and your own self-confidence.

The information presented in this session will help you refresh your skills at evaluating serving sizes. In addition, the session will present a new tool that you can use to decide what's in a mixed dish.

Mixed dishes are eaten everywhere — at home, in restaurants, and at social gatherings. A mixed dish may be a main dish, such as stew or an enchilada; a side dish, such as a rice pilaf or coleslaw; or even a dessert, such as fruit cobbler or jello with fruit.

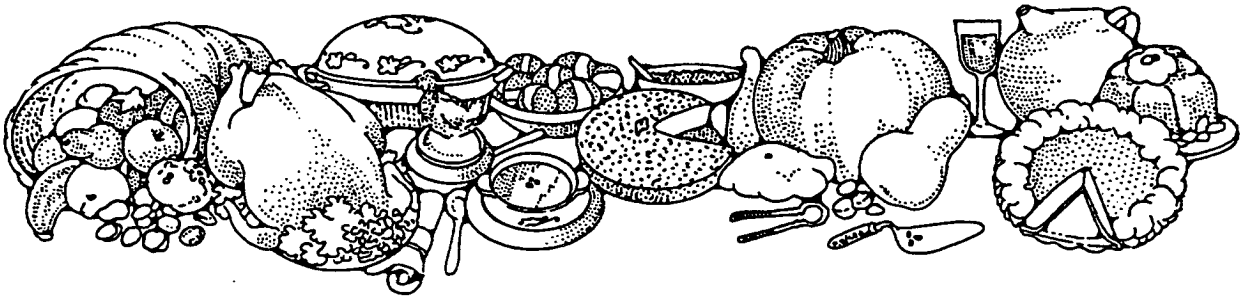
- **What mixed dishes do you eat?**
- **What makes mixed dishes challenging for you to evaluate?**

Some of the mixed dish challenges mentioned by other participants are:

- **Figuring the serving size.**
- **Deciding what's in the dish (ingredients).**
- **Deciding how much fat is in the dish.**
- **Figuring the servings of fruits/vegetables and grains in the dish.**

Each region of the country appears to have it's own set of challenging mixed dishes. However, certain mixed dishes seem to present similar challenges for everyone.

When we asked the WHI nutritionists for ideas about challenging dishes, most of them included the following combinations on their lists: pizza, Mexican and Oriental dishes. These mixed dishes created challenges for participants because of their unfamiliar ingredients and sometimes their unusually shaped serving sizes. For this reason, the examples used in this session focus on these types of mixed dishes.



How Large Is It?

There are a number of different tools you can use to evaluate what's in a mixed dish. However, no matter what tool you use, your serving size is the most important factor. So let's begin by looking at how you estimate serving sizes.

- **What methods or tools do you find helpful in estimating serving sizes?**
- **What makes these methods or tools helpful or easy to use?**

Some of the tools that other participants use, include:

- **Visual reminders, such as using the palm of their hand or the size of a deck of cards to estimate ounces of meat.**
- **Measuring cups and spoons.**
- **Index card: My Serving Size Guidelines (Fall, Year 2 session).**
- **Fat Counter information (pgs. 10-13).**

Your Fat Counter contains information and pictures to help you visualize serving sizes (pgs. 10-13). The dinner plate used in the Fat Counter pictures measures about 10 to 11 inches across.

Sometimes it can be difficult to look at a picture and estimate how much you ate. So, take a few minutes and compare your own dinner plate to the one shown in the Fat Counter.

- **How does your dinner plate at home compare to the one used in the Fat Counter?**
- **What does a 1/2-cup or 1-cup serving look like on your dinner plate?**
- **Think about an average restaurant dinner plate, how much bigger is it than the one you use at home?**

Restaurant dinner plates are usually much larger than dinner plates used at home. So, in order to "fill up" the plate, the restaurant serves larger amounts of food. In fact, restaurant servings are usually twice as large as a serving you might eat at home.

- **How does your serving size change when you eat in a restaurant (or away from home)?**

Some typical restaurant servings are shown in the shaded box. This serving information was collected in a survey of "medium-priced" restaurants (e.g., steakhouses, Denny's, Shoney's, Boston Market, etc.).

Maybe you feel comfortable judging how a 1/2-cup or a 1-cup serving

Food	Serving
Steak	12 oz.
French fries	2 cp.
Bread dressing	1 cp.
Caesar salad	2 cp.
Chicken fajitas	2 cp.
Salad dressing	2 Tb
Chicken stir-fry	3-1/2 cp.

looks on your plate, but, how do you evaluate mixed dishes with unusual shapes? Mixed dishes such as pizza, burritos, enchiladas and pies appear as circles, wedges, or cylinders. They do not easily fit into a "cup" serving.

- **How do you figure the fat grams and F/V or G servings in unusually shaped foods, such as pizza, enchiladas, or burritos?**

The Fat Counter is a good resource to use to evaluate the amount of fat and the servings of fruits/vegetables and grains in unusually shaped foods. However, it is important to compare your serving to the serving listed in the Fat Counter. The Fat Counter provides information for average household servings, not restaurant portions.

Let's look at how the Fat Counter information might be different from standard restaurant servings.

Look at the burritos listed on page 59 of your Fat Counter. They are made from 8-inch tortillas. Unfortunately, this doesn't mean that they are 8 inches long. When burritos are made, the ends are tucked in. So the final burrito is 6 inches long, about 2 inches shorter than the original tortilla.

If you look at a ruler, you can see that a 6-inch burrito is not very big. A restaurant serving would be much larger. For this reason, when you use the Fat Counter to evaluate unusually shaped foods, it's important to double-check the Fat Counter serving size.

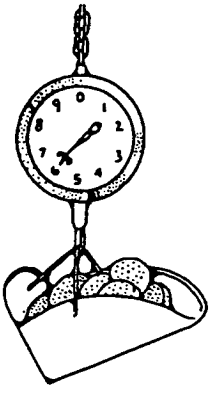
Imagine that you go to a Mexican restaurant for dinner. You order a Bean Burrito Grande with no cheese and extra salsa. When the burrito arrives, you estimate that it's about 10 inches long. This is about twice as big as the burrito listed in the Fat Counter.

- **How would you modify the bean burrito information in the Fat Counter?**

The most accurate approach to evaluate a mixed dish would be to identify the major ingredients and the amounts in your serving. Then use your Fat Counter to find the fat grams for each food and add them together.

However, due to lack of time, many people will not use this method. Instead, they will estimate the fat grams in their mixed dish. Now, even though an estimate may not be the most accurate approach, it can still be very close.

Estimations can be "wild guesses" or "thoughtful evaluations." For the benefit of both you and the study, it's best to make your estimations as thoughtful and accurate as possible.



Use the following guidelines to make your estimations of fat grams, fruit/vegetable and grain servings more accurate. First, carefully estimate your serving size. Use some of the tools that were mentioned earlier in this session. Second, be liberal in your serving size estimations; always round up.

Why does it help to "round up" when estimating your serving size? One reason is that many of us tend to misjudge the amounts that we eat. So, by rounding up, we can compensate for some of this underestimation. Another reason to round up is to help account for some of the hidden fat grams in the mixed dishes, especially those eaten away from home.

So, how many grams of fat and grain servings would be in our 10-inch long restaurant burrito? To find out, first select the plain bean burrito in the Fat Counter. Then divide 10 by 6 (length of restaurant burrito divided by the "final" length of the Fat Counter burrito). This tells us that the 10-inch burrito is a little more than 1.5 times the size of the Fat Counter serving.

Now we ROUND UP! Instead of multiplying the Fat Counter information by 1.5, multiply it by 2. The final result is that the 10-inch long burrito contains 8 grams of fat and 4 grain servings. These numbers are very different than the original Fat Counter information for a plain bean burrito.

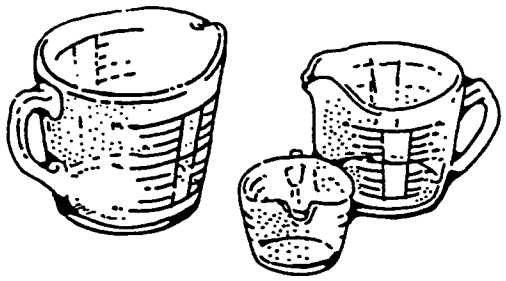
Pizza can also be challenging. It has an unusual shape and it also has a number of different choices that can change the amount of fat grams and grain servings in a slice. For example:

- **Type of crust — thin crust or deep dish/thick crust.**
- **Amount of cheese — regular or double (extra) cheese.**
- **Type and number of toppings — no meat (e.g., vegetarian), 1 type of meat (e.g., Canadian bacon and pineapple), 2 types of meat (e.g., pepperoni and sausage).**
- **Source of pizza — frozen, fast food, homemade, or restaurant.**
- **Size — diameter of pizza.**

◆ **What pizza choices do you find hard to evaluate?**

Pizzas vary in size. They can be small, such as a "personal pan" pizza (6-7 inches across) or an extra large pizza (16 inches across). The Fat Counter serving is 1/8 of a 14-inch diameter. For an example of this serving size, look at the picture on page 8.

◆ **How does the Fat Counter serving compare to your usual serving of pizza?**



If you eat pizza that varies in size (diameter), ask your nutritionist about a guide that could help you compare your pizza serving to the one listed in the Fat Counter. It is called a *Pizza Conversion Guide.*

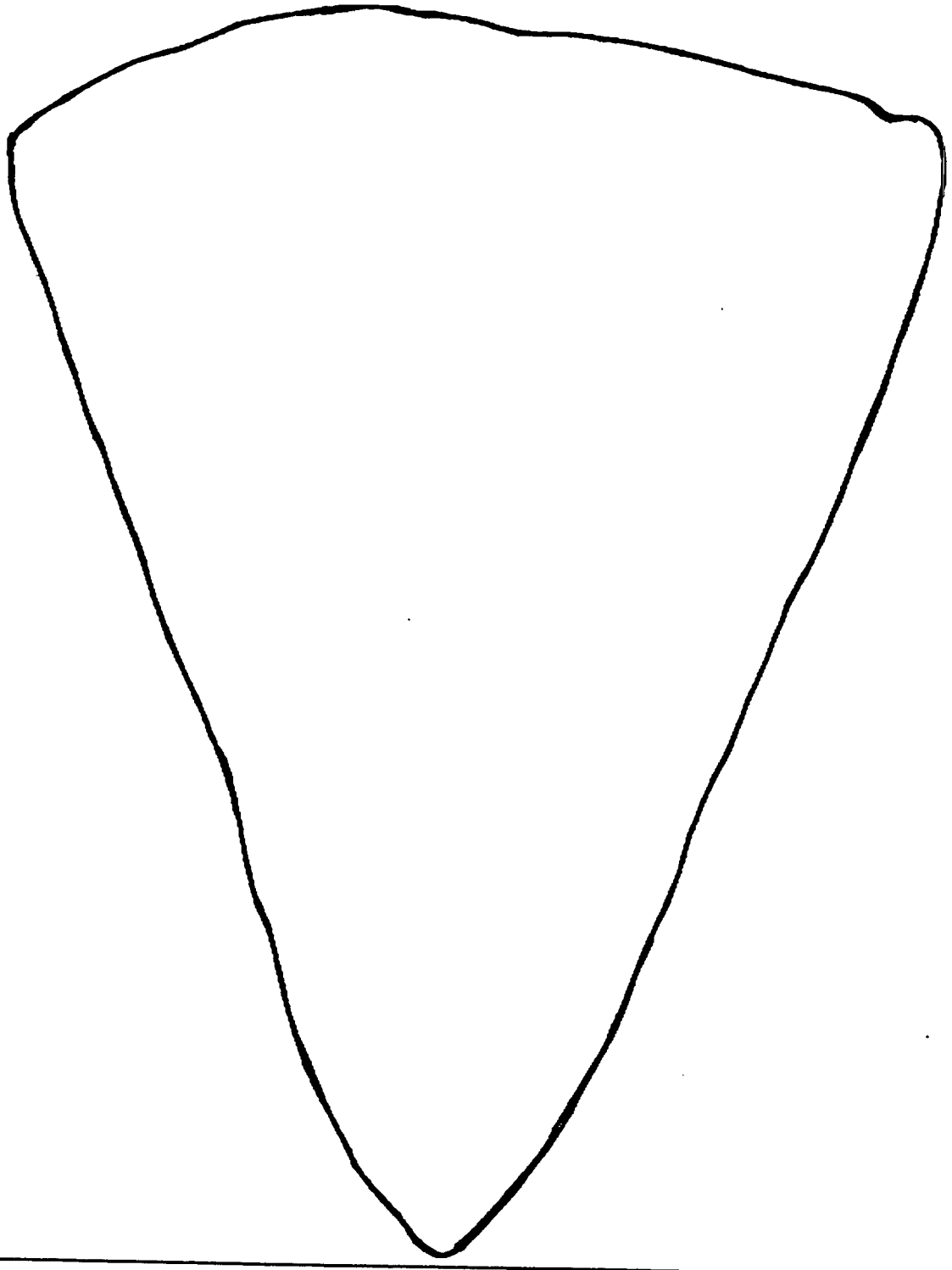
Now, for those of you who might occasionally enjoy deep-dish/thick crust pizza or pizzas with extra cheese, here are a couple of guidelines to use. If you eat:

- **Deep-dish or thick crust pizza:**
  - ADD
    1 tsp (5 grams of fat) per slice, **and** 2 additional grain servings per slice.

- **Pizza with double cheese:**
  - ADD
    1/2 oz. mozzarella cheese (3 grams of fat) per slice.

Remember, these guidelines are based on the Fat Counter serving size (1/8 of a 14-inch diameter). So, if you eat a larger or smaller serving, be sure to adjust the fat grams and grain servings accordingly.

Fat Counter Pizza Serving: 1/8 of 14-inch diameter



Hey! What's in This Dish?

Once you feel comfortable estimating serving sizes, it's time to look more closely at the major ingredients that make up your mixed dish.

Mixed dishes are usually a combination of different ingredients (proteins, fruits, vegetables, beans and/or grains). For example: beef stew is a mixture of beef and vegetables with gravy. On the other hand, rice pilaf is a mixture of grains and vegetables or fruit that is seasoned with fat.

The Fat Counter contains a number of different mixed dishes, but it cannot list all the possibilities.

- **How do you evaluate a mixed dish that you cannot find in the Fat Counter?**

It is hard to look at a mixed dish and decide how much of each major ingredient is present in the mixture. This is why the *General Guidelines for Mixed Dishes* was created. To keep things simple, the *Guidelines* suggest that you divide your serving equally between the major ingredients in the dish.

For example, if you ate 1-1/2 cups of beef stew, you would divide the serving equally between meat and vegetables: 3/4 cup meat and 3/4 cup vegetables.

- **What steps do you take to identify the fat in unknown mixed dishes?**

Unfortunately, when participants use the *General Guidelines for Mixed Dishes* they often overlook the added fats in a mixed dish. Remember, 75% of the fat that we eat is hidden. So, it is easy to miss the fat found in ingredients (e.g., cheese or dark meat of poultry, etc.). It is also easy to forget about the fat that is added during cooking.

Fat is added in many different ways: marinating, basting, sautéing, stir-frying, and deep-fat frying. Fat can also be added in the form of sauces, gravies and toppings (e.g., grated cheese, nuts, etc.).

So, let's look at a way that you can make your "unknown" mixed dish estimates more accurate.

Worksheet Fall 4-1 Sample (pg.15) shows you an easy way to identify ingredients and evaluate unknown dishes. The worksheet combines both the *General Guidelines for Mixed Dishes* and the *Guidelines for Estimating Added Fats*.

To explain how to use this worksheet, we will use a popular Chinese dish called General Tso's Chicken. This dish is described on the menu as breaded fried chicken served with broccoli and brown gravy.

Step 1. The first step is to estimate the amount that you ate. Be as careful as possible. Your serving size needs

to be in "cups." Remember, one visual reference you have at all times is your hand. You can use the "palm of your hand" to estimate ounces of meat and your "fist" to estimate a cup serving. The average "fist" is equal to about 1-cup.

Place your estimated serving size on the first page of Worksheet Fall 4-1. In the General Tso's Chicken, our estimated serving is 2 cups.

Step 2. Next look at your mixed dish and identify the major ingredients. For example in the General Tso's Chicken there are two major ingredients: poultry (protein) and broccoli (Fruit/Vegetable).

Step 3. If your dish contains fruits, vegetables, grains or beans as major ingredients, use Worksheet Fall 4-2 (pg. 19). It will help you decide how many servings of fruits/vegetables (F/V) and or grains (G) to count.

For example, a mixed dish like General Tso's Chicken fits into a *Protein + Fruit and/or Vegetable* category on Worksheet Fall 4-2. So, the guideline to use is: count 1 F/V serving for each cup eaten. Since our serving is 2 cups, the chicken dish counts as 2 F/V servings.

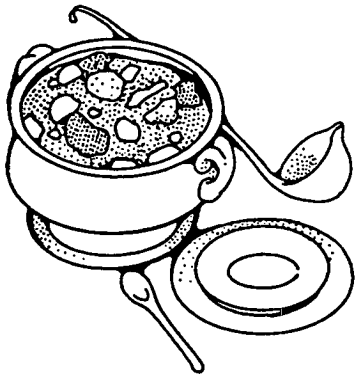
Step 4. Next use Worksheet Fall 4-1 to identify the major sources of added fats. Fat is added to mixed dishes in the form of:

- **Major ingredients.**
- **Cooking methods.**
- **Additional sources of fat.**

Ingredients: Under the first category "Major Ingredients in the Dish," there are a number of choices.

There are three choices of protein (high, medium and low-fat) because the type of protein influences the amount of fat in a mixed dish. Examples of high, medium and low-fat protein sources are listed under each category. For example, high-fat protein choices include beef and hamburger, while medium-fat protein choices include poultry and tofu.

There are also places to identify Fruits/Vegetables and Grains/Beans as major ingredients in the mixed dish. Fruits and vegetables do not contribute significant amounts of fat to a mixed dish, but grains and beans do add some fat. So, if your mixed dish contains grains and/or beans, be sure to check the box labeled "Grains or Beans."



Cooking Method Used: The next important item to consider is how the dish was prepared. It is best to assume that fat has been used in the preparation of any "unknown" mixed dish.

In a restaurant, you can frequently use menu descriptions, or the food's appearance to decide how a dish was prepared. For example, a menu may describe a dish as *stir-fried* or *breaded and fried.*

You may also be able to look at a dish when it arrives at the table and see how it was prepared. For example, by looking at most sweet and sour Chinese dishes, you can tell that they are breaded and deep-fat fried.

At potlucks or other social gatherings, consider asking the person who brought the dish how it was prepared.

Remember, if you do not know if fat was added to a dish, assume that it was added. To do this, check the box labeled "Seasoned with fat" on Worksheet Fall 4-1. This will let you assume that some fat was added to the dish during cooking.

Additional Sources of Fat: Next look for other sources of fat that may have been added. For example, the gravy in a stew or the chopped nuts or grated cheese added to the top of a mixed dish. All of these gravies, sauces, and toppings add to the total amount of fat in the dish.

- **Does the mixed dish appear to have a gravy or sauce that contains fat (e.g., white sauce, cheese sauce, a cream soup, or a curry sauce)?**
- **Does the salad have a dressing, or does the sandwich have mayonnaise or salad dressing?**

Step 5. When you have identified all the major ingredients and sources of added fats in your mixed dish, use Worksheet Fall 4-1 to check the boxes that apply.

For example, in General Tso's Chicken, we have checked the following boxes:

- **Protein, Medium-fat (poultry)**
- **F/V (broccoli)**
- **Cooking method used (breaded and fried)**
- **Additional sources of fat (gravy)**

Step 6. Now, look at the number in parenthesis ( ) next to each item. This number represents the amount of fat in a 1-cup serving. For each checked item write down the fat grams on the worksheet. (See sample on pg 16.)

Step 7. Add together all the fat gram numbers. This gives you the total amount of fat in a 1-cup serving. For example, the total fat in one cup of General Tso's Chicken is 19 grams.

Step 8. The last step is to multiply the fat in a 1-cup serving by the number of cups eaten. So, to find the amount of fat in 2 cups of General Tso's Chicken, we multiply the 19 grams of fat (fat grams per cup) by 2 (the number of cups eaten). This gives us 38 grams of fat in our 2-cup serving.

Now, take a few minutes and use the blank copy of Worksheet Fall 4-1 (pg. 18) to evaluate a mixed dish that you have recently eaten.

Lightening Up Old Favorites

All of us have favorite mixed dishes that we wish were lower in fat. These could be dishes that we use for comfort and stress relief or favorites that have always been part of holiday celebrations. Whatever the reason, instead of over-indulging on a dish, or eliminating it ("feast or famine" approach), consider trying to lighten the recipe to reduce the fat content.

Small changes in some of your traditional holiday dishes can make a big difference in the total amount of fat in a serving. How much of a difference? Well, look at the examples in the table below.

To get you started, we have included some holiday recipe make-overs in the recipe section of this session. As you look at the recipes, notice how easy it can be to remake some old favorites.

Also, think about your usual serving size for some of these traditional holiday dishes. How does your serving compare to the serving sizes listed on the recipes?

Holiday Mixed Dish (1/2 cup serving)	Traditional Recipe (Fat grams)		Low-Fat Recipe (Fat grams)
Green Bean Casserole	**9**		**3**
Candied Yams or Sweet Potatoes	**6**		**1**
Cornbread Dressing (stuffing)	**26**		**1**

Summary

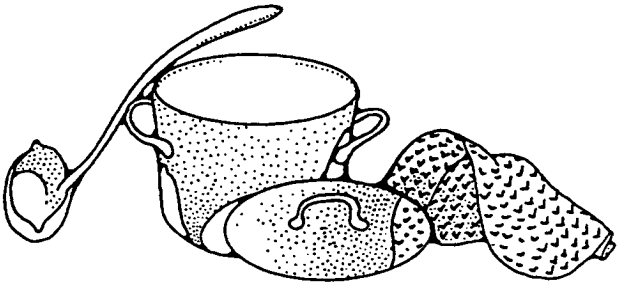
Remember to maintain your progress and to stay on track, you need to occassionally refresh and refine your skills. Two skills that are critical for both your success and the success of the study are:

- **Careful estimation of serving sizes, and**
- **Good judgement about the major ingredients in a dish.**

Mixed dishes can be more challenging to breakdown and evaluate, but with practice you will increase your skills and your own self-confidence.

Questions for Thought:

- **Which method of evaluating mixed dishes will help you the most?**
- **Based on the information you heard today, how do you plan to change the way you evaluate and record mixed dishes and combination foods?**



Home Activity

Areas to work on during the next three months:

- Use your Fat Scan (or other self-monitoring methods) to monitor your intake of fat, fruits/vegetables and grains. Be sure to use at least one form of self-monitoring each month.
- Take another look at what you use to estimate your serving sizes for mixed dishes, particularly dishes with unusual shapes (e.g., enchiladas, etc.). Be sure to compare your serving size to the one listed in the Fat Counter and make adjustments when necessary.
- During the next three months, as you read the food section in your local newspaper and/or magazines, look for low-fat mixed dish recipes that you would like to share with others. Bring in low-fat mixed dish recipes to post on a "recipe exchange" bulletin board at your clinic.

Mixed Dish Worksheet

Name of Mixed Dish: *General Tso's Chicken*

DIRECTIONS:

1. Carefully estimate the amount you ate in cups.

   The Amount I ate: *2* cups

2. Identify the major ingredients (fruits, vegetables, grains, protein) in the mixed dish.

3. Identify how many F/V and G servings were in your serving, use Worksheet Fall 4-2.

   F/V Servings in My Serving: = *2 F/V*

   G Servings in My Serving: = *none*

4. Identify the major sources of added fats in the dish: ingredients, cooking method, and additional sources of fat in the dish (e.g., gravy, sauce, salad dressing, nuts etc.).

5. Place a check next to the items you identify. Each item has a fat gram number for a 1 - cup serving indicated in the ( ) next to the item.

6. For each item you check, write the fat grams on the blank line to the right.

7. Add all your numbers together. This will give you the total amount of fat in a 1-cup serving of the mixed dish.

8. Multiply the total fat grams in the number of 1-cup servings that you ate. This will give you the total amount of fat in your serving.

Worksheet Fall 4-1 (Sample)

Major Ingredients in the Dish: (Choose any that apply)	**Fat Grams in a 1-cup serving**
☐ Protein	
☐ High-Fat **(9)** (Hamburger, beef, pork, lamb, cheese)	
☑ Medium-Fat **(5)** (Poultry, eggs, salmon, catfish, trout, tuna, other high and medium-fat fish)	*5*
☐ Low-Fat **(2)** (Shellfish, halibut, cod, sole, red snapper, other low-fat fish)	
☑ Fruits or Vegetables **(0)**	*0*
☐ Grains or Beans **(1)** (1/2 cup grains, pasta, rice or beans, 6-inch diameter tortilla, unfried)	
Cooking Method Used: (Choose one)	
☐ Seasoned with fat, OR you don't know if fat was added **(4)**	
☐ Stir-Fried **(7)**	
☑ Breaded and fried **(10)**	*10*
Additional Sources of Fat: (Choose any that apply)	
☑ Gravy or sauced with fat **(4)** (e.g., meat gravy, white or cheese sauce, cream soups, etc.)	*4*
☐ Regular salad dressings **(7)**	
☐ Regular mayonnaise **(11)**	
☐ Topped with chopped nuts **(5)**	
☐ Topped with grated cheese **(7)**	
Total fat grams in a 1-cup serving:	*19*

Fat Grams in My Serving:

Number of Cups Eaten	x	Total Fat in 1 Cup	=	Total Fat in My Serving
2 cups	x	*19 grams*	=	*38 grams*

Worksheet Fall 4-1

Mixed Dish Worksheet

Name of Mixed Dish:_____

DIRECTIONS:

1. Carefully estimate the amount you ate in cups.

   The Amount I ate: _____ cups

2. Identify the major ingredients (fruits, vegetables, grains, protein) in the mixed dish.

3. Identify how many F/V and G servings were in your serving, use Worksheet Fall 4-2.

   F/V Servings in My Serving: =_____

   G Servings in My Serving: =_____

4. Identify the major sources of of added fats in the dish: ingredients, cooking method, and additional sources of fat in the dish (e.g., gravy, sauce, salad dressing, nuts etc.).

5. Place a check next to the items you identify. Each item has a fat gram number for a 1-cup serving indicated in the ( ) next to the item.

6. For each item you check, write the fat grams on the blank line to the right.

7. Add all your numbers together. This will give you the total amount of fat in a 1-cup serving of the mixed dish.

8. Multiply the total fat grams in the number of 1-cup servings that you ate. This will give you the total amount of fat in your serving.

Worksheet Fall 4-1 (continuation)

Major Ingredients in the Dish: (Choose any that apply)	**Fat Grams in a 1-cup serving**
❑ Protein	_____
❑ High-Fat **(9)** (Hamburger, beef, pork, lamb, cheese)	_____
❑ Medium-Fat **(5)** (Poultry, eggs, salmon, catfish, trout, tuna, other high and medium-fat fish)	_____
❑ Low-Fat **(2)** (Shellfish, halibut, cod, sole, red snapper, other low-fat fish)	_____
❑ Fruits or Vegetables **(0)**	_____
❑ Grains or Beans **(1)** (1/2 cup grains, pasta, rice or beans, 6-inch diameter tortilla, unfried)	_____
Cooking Method Used: (Choose one)	
❑ Seasoned with fat, OR you don't know if fat was added **(4)**	_____
❑ Stir-Fried **(7)**	_____
❑ Breaded and fried **(10)**	_____
Additional Sources of Fat: (Choose any that apply)	
❑ Gravy or sauced with fat **(4)** (e.g., meat gravy, white or cheese sauce, cream soups, etc.)	_____
❑ Regular salad dressings **(7)**	_____
❑ Regular mayonnaise **(11)**	_____
❑ Topped with chopped nuts **(5)**	_____
❑ Topped with grated cheese **(7)**	_____
Total fat grams in a 1-cup serving:	_____

Fat Grams in My Serving:

Number of Cups Eaten	*x*	Total Fat in 1 Cup	=	Total Fat in My Serving
_____	*x*	_____	=	_____

General Guidelines for Mixed Dishes

Summary of Different Types of Mixed Dishes

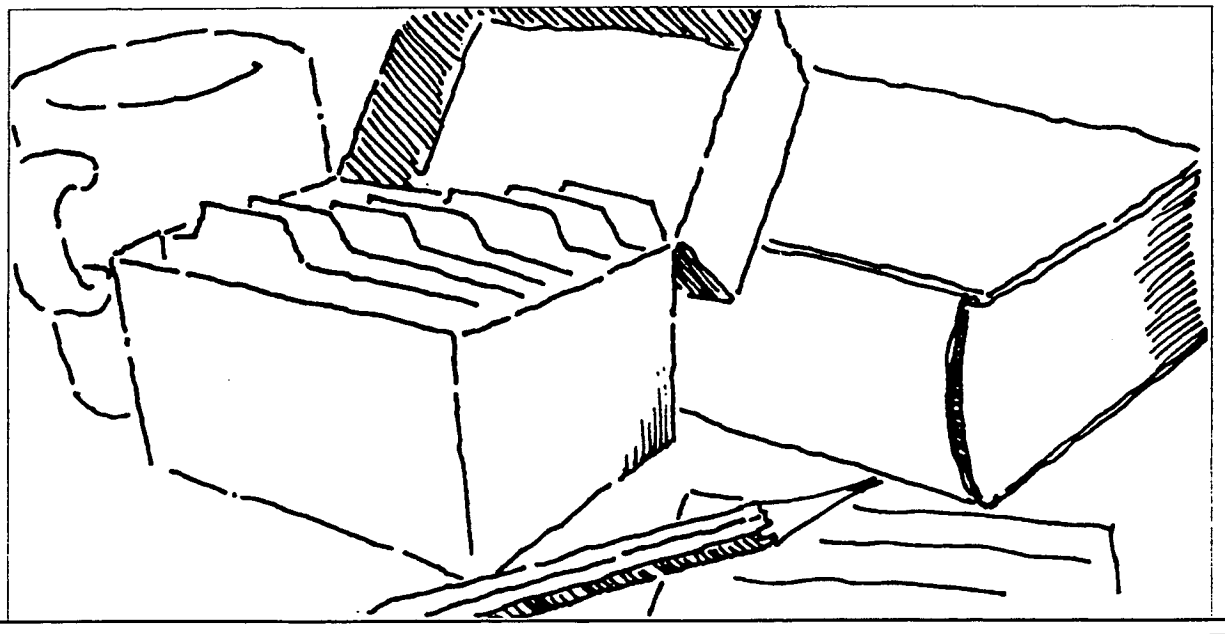
In order to count F/V and/or G servings in a mixed dish, the fruits, vegetables, grains or beans must be a major part of the mixed dish (at least 1/3 to 1/2 of the mixed dish). They should not be just a seasoning or garnish.

Type of Mixed Dish	Guideline to Use for Each CUP Eaten	Mixed Dish Examples
Protein + Fruits and/or Vegetables	Count 1 F/V	Beef stew Beef and broccoli Chicken and fruit salad
Protein + Grains and/or Beans	Couint 1 G	Tuna noodles casserole Chicken and rice
Protein + Fruit and/or Vegetables + Grains and/or Beans	Count 1/2 F/V and 1/2 G	Chicken stew with dumplings Stuffed green pepper with meat and rice Taco salad with beans
Fruit and/or Vegetables + Grains and/or Beans	Count 1 F/V and Count 1 G	Vegetarian pizza Fruit cobbler
Fruit/Vegetables (only)	Count 2 F/Vs	Green bean casserole Potato salad
Grains/Beans (only)	Count 2 Gs	Macaroni salad, no meat/fish Bread dressing

Fall Session - Year 4

Recipes

- *Green Bean Casserole*
- *Candied Yams*
- *Old-Fashioned Cornbread Dressing*
- *Frozen Fruit Salad*
- *Pumpkin-Spice Angel Food Cake*



Green Bean Casserole

1 package (16 ounces) frozen, French-cut green beans, thawed and drained
1/2 can (10-3/4 ounces) reduced-fat cream of mushroom soup
1/4 cup fat-free sour cream
1/8 teaspoon ground black pepper
1 small onion, thinly sliced and separated into rings
2 tablespoons grated fat-free Parmesan cheese
1 tablespoon seasoned bread crumbs (i.e., Italian bread crumbs)
nonstick vegetable cooking spray

In a large bowl, combine the green beans, cream of mushroom soup, sour cream and pepper. Toss gently to mix.

Coat a 1-quart casserole dish with nonstick spray. Place the green bean mixture in the dish and arrange the onion rings over the top. Combine the Parmesan cheese and the bread crumbs in a small bowl and sprinkle over the onions. Bake at 350°F for 50 minutes, or until the green bean mixture is bubbly and the top is lightly browned. Serve hot.

Makes 6 servings (1/2 cups each)

Fat: 1/2 gram per serving

Fruit/Vegetable Servings: 1 per serving

Recipe from *Fat-Free Holiday Recipes* by Sandra Woodruff

Candied Yams

3 tablespoons light brown sugar, packed
1 tablespoon light corn syrup
1/2 tablespoon flour
1/2 tablespoon margarine
1 can (16 ounces) sweet potatoes, canned in syrup, drained, sliced

Combine the brown sugar, corn syrup, flour, and margarine in a small saucepan. Heat just to boiling, stirring constantly, and then remove from the heat.

Layer the sweet potatoes in a 10x6-inch baking dish (or 8-inch square for smaller recipe), spooning the glaze between each layer and over the top. Bake, uncovered, at 350°F until hot, about 25 to 30 minutes. If marshmallows are a must then add them 10 minutes before the end of baking.

Note: Two pounds of fresh sweet potatoes can be substituted for the canned (use 1 pound for smaller recipe). Peel and slice the potatoes. Cook, covered in a medium sauce pan in 2 to 3 inches of simmering water until fork-tender, about 10 minutes. Drain well, cool slightly, and proceed with layering the potatoes in the baking dish.

Makes 6 servings (1/2 cup each)

Fat: 1 gram per serving

Recipe from *Skinny Comfort Foods* by Sue Spitler

Old-Fashioned Cornbread Dressing

Cornbread:
1-1/2 cups whole grain cornmeal
2 teaspoons baking powder
4 egg whites, lightly beaten
1-1/4 cups nonfat buttermilk
1 teaspoon butter-flavored extract
nonstick vegetable cooking spray

Dressing:
crumbled cornbread from recipe above
1 cup onion, chopped
1 cup celery, thinly sliced (include leaves)
1-1/2 teaspoons dried sage
1 teaspoon poultry seasoning
1/4 teaspoon ground black pepper
2/3 cup defatted chicken broth or
Butter Buds liquid butter substitute
2 egg whites, lightly beaten (optional)

To make the cornbread, combine cornmeal and baking powder in a large bowl and stir to mix well. Add the remaining cornbread ingredients and stir to mix. Coat a 9-inch square pan with nonstick spray. Spread the batter evenly in the pan and bake at 400°F for 20 to 25 minutes, or until a wooden toothpick inserted in the center of the bread comes out clean and the bread begins to pull slightly from the sides of the pan. Cool completely.

Remove cornbread from the pan and crumble into a large bowl. Add remaining dressing ingredients and toss to mix well. Coat a 2-quart casserole dish with nonstick spray. Loosely spoon the stuffing into the casserole dish and bake uncovered at 325°F for 45 minutes to an hour, or until heated through and lightly browned on top. Serve hot.

Makes 12 servings (1/2 cup each)

Fat: 1 gram per serving

Grain Servings: 1 per serving

Recipe from *Fat-Free Holiday Recipes* by Sandra Woodruff

Frozen Fruit Salad

Simple, but very tasty - serve as a dessert or a salad!

4 ounces fat-free cream cheese (use brick, not tub)
1/2 cup fat-free sour cream
3 tablespoons sugar
1/2 tablespoon lemon rind, grated
pinch of salt
2-1/2 cups assorted fresh, frozen or canned (drained) fruit*
lettuce leaves, as garnish

*Crushed pineapple (drained), strawberries, blueberries, raspberries, cherries, peaches, etc.

Beat the cream cheese, sour cream, sugar, lemon rind, and salt in a large bowl until smooth. Mix in fruit. Spread in a 8-inch square pan. Freeze until firm, 8 hours or overnight.

Let stand at room temperature until softened enough to cut, about 10-15 minutes. Cut into squares and serve on lettuce-lined plates.

Makes 6 servings

Fat: less than 1/2 gram per serving

Fruit/Vegetable Servings: 2 per serving

Recipe from *Skinny Comfort Foods* by Sue Spitler

Pumpkin-Spice Angel Food Cake

1 package Betty Crocker® 1 Step angel food cake mix
1-1/4 cup water
1/2 cup canned pumpkin
1/4 teaspoon cinnamon
1/4 teaspoon ground ginger
1/2 teaspoon nutmeg

Preheat oven to 350°F. Using an electric mixer, beat cake mix, water, pumpkin, and spices. Pour batter into tube pan and bake for 35 to 40 minutes. Cool cake completely before removing it from the pan. Serve with orange sherbet as a topping.

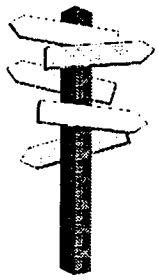
Makes 8 servings

Fat: 0 grams per serving

Grain Servings: 1 per serving

Recipe from *366 Low-Fat Brand-Name Recipes in Minutes* by M.J. Smith

Additional Guidelines for Estimating Added Fats



Use these guidelines **only** when you do not know how much fat was added to a food. Also refer to the guidelines provided on page 8 of the Fat Counter.

Casseroles:	
Cheese added on top	0.8 oz. (7 grams of fat) per cup
Pizza:	
Thick crust or deep dish	1 tsp (5 grams of fat) per 1/8 of 14" diameter serving
Extra cheese	1/2 oz. mozzarella cheese (3 grams of fat) per 1/8 of 14" diameter serving
Pasta, Rice, or Noodles:	
Seasoned with fat, or stir-fried	1/2 tsp (2 grams) fat per 1/2 cup
Mayonnaise-Based Salads:	
Meat, poultry, or fish salads	2 Tb (22 grams of fat) per 1/2 cup
Pasta salads (macaroni, etc.)	1-1/2 Tb (17 grams) per 1/2 cup
Fruit, vegetable, or egg salads (Woldorf, potato, coleslaw)	1 Tb (11 grams of fat) per 1/2 cup

Quick Tips to Identify Fat Sources In Mixed Dishes

(Fat gram values are based on regular high-fat foods to help you see the amount of fat an **unknown mixed dish** could contain.)

Reminder:

Aim for main dishes that contain 10 grams of fat or less per serving.

If your dish contains:	**Start with this Much Fat Per 1-Cup Serving**
Beef, Pork, Lamb or Regular cheese	9 grams
Poultry, Tofu, High-fat Fish	5 grams
Shellfish, Low-fat Fish	2 grams

More Fat is added By:	**Amount of Fat Per 1-cup Serving**
The Type of Cooking Method Used	
Breaded and fried	10 grams
Stir-fried or pan fried	7 grams
Seasoned with fat	4 grams
Added Gravies, Sauced and Toppings	
Mayonnaise in meat, poulty or fish salads	44 grams
Mayonnaise in pasta salads	34 grams
Mayonnaise in fruit, vegetable or egg salads	22 grams
Mayonnaise on sandwiches	11 grams
Salad dressings on salads or grated cheese on top	7 grams
Chopped nuts on top	5 grams
Gravies, sauced or cream soups	4 grams

How does your mixed dish add up?

Recipes: Figuring Fruit/Vegetable and Grain Servings

Food	Bulk Quality	Household Measure	F/V Servings
Fruits:			
Apples	1 pound (3 - 4 medium)	3 cups sliced or diced	6
Apricots	1 pound, fresh	8 medium (2 = 1/2 cup)	4
Avocado, California	1 pound (2 medium)	2 cups cubed	4
Bananas	1 pound (2 - 3 medium)	2 cups sliced	4
Berries	1 pint	2 cups	4
Cherries	1 pound	2 cups	4
Cranberries	1 pound (4 cups)	3 cups sauce	6
Dates	1 pound	2-1/2 cups, pitted	10
Grapefruit	1 pound	2 cups sections	4
Grapes	1 pound	2-1/2 cups (15 grapes = 1/2 cups)	5
Lemons	1/4 pound (1 lemon)	2 - 3 Tb juice 2 tsp rind	1/2
Nectarines	1 pound	2 cups sliced	4
Oranges	1/2 pound	1 medium	1
Peaches	1 pound (4 medium)	2 cups sliced	4
Pears	1 pound (4 medium)	2 cups sliced	4
Pineapple	1 pound (1 pineapple = 3 pounds)	2 cups sliced	4
Plums	1 pound	2 cups sliced	4
Raisins	1 pound	3 cups	12
Rhubarb	1 pound	2 cups cooked	4

Resource Fall 4-3 (continuation)

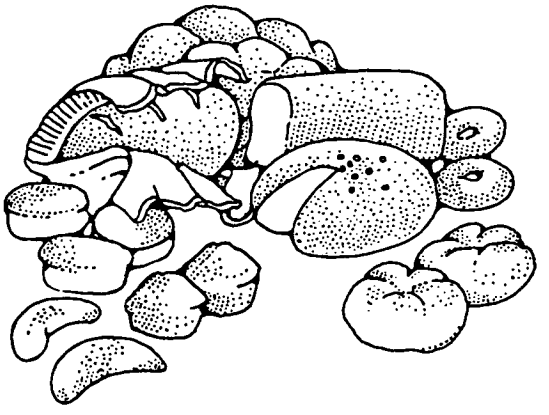
Food	Bulk Quality	Household Measure	F/V Servings
Vegetables:			
Asparagus, fresh	1 pound	4 cups, cooked	8
Beets	1 pound (4 medium)	2 cups, cooked, diced and sliced	4
Broccoli	1 pound (1 head)	2 cups flowerettes or 1-1/2 stalks of broccoli cooked = 1 cup	4 2
Brussel sprouts	1 pound	3 cups 7 - 8 brussel sprouts = 1 cup cooked	6 2
Cabbage	1 pound (1 small head)	4 cups raw 2 cups cooked	8 4
Carrots (no tops)	1 pound (4 medium)	2-1/2 cups diced	5
Cauliflower	1 pound	2 cups	4
Celery, fresh	1 pound (1 bunch)	3 cups, diced 2 medium stalks = 1 cup diced	6 2
Corn, frozen	10 ounce pkg.	2 cups	4
Cucumber	1 pound (2 medium)	3 cups	6
Eggplant	1 pound (1 medium)	2 cups	4
Green beans, fresh	1 pound	2-1/2 cups	5
Lettuce	1 average head (2 pounds)	14 cups (chopped and shredded)	14
Mushrooms	1 pound	2 cups cooked 8 average mushrooms = 1 cup whole or sliced	4 2
Okra	1 pound	2-1/4 cups, cooked	4-1/2
Onions, fresh	1 pound (4-5 medium)	3 cups raw 1 medium onion = 2/3 cup chopped	6 3/4

Resource Fall 4-3 (continuation)

Food	Bulk Quality	Household Measure	F/V Servings
Vegetables continued:			
Parsnips	1 pound (4 medium)	2-1/2 cups	5
Peas, frozen	10 ounces	2 cups	4
Peas, fresh	1 pound	1 cup shelled, cooked	2
Peppers (green, red, etc.)	6 ounces (1 large)	1 cup diced	2
Potatoes, white	1 pound (6 small - 2" diamter)	3 cups, sliced	6
Potatoes, sweet	1 pound (3 medium)	2 cups	4
Rutabaga and turnips	1 pound	2-2/3 cups cooked	5
Scallions (green onions)	One bunch (6 bulbs)	3/4 cup minced or sliced	1-1/2
Spinach, fresh, eaten uncooked	1 pound	8 cups raw	8
Spinach fresh cooked	1 pound	2 cups cooked	4
Spinach, frozen	10 ounce pkg.	1-1/2 cups	3
Squash, summer	1 pound (3 medium)	3 cups, raw 1-1/2 cups, cooked	6 3
Squash, winter	1 pound	2 cups	4
Tomatoes, fresh	1 pound (3 medium)	2 cups, diced	4
Tomatoes, canned	16 oz.can 28 oz. can	1-1/4 cups 2 cups	2-1/2 4

Resource Fall 4-3 (continuation)

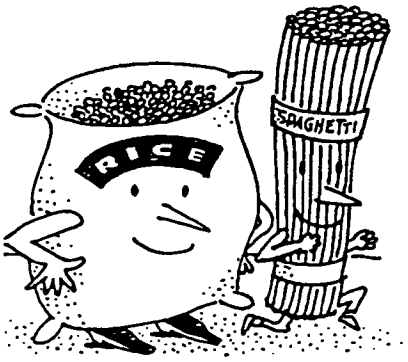
Food	Bulk Quality	Household Measure	G Servings
Beans & Legumes:			
Beans, large or small kidney, navy, etc.	1 pound	5-1/2 cups cooked 1 cup uncooked = 2-3 cups cooked	11 4 - 6
Lentils		1 cup uncooked = 3 cups cooked	6
Split peas	1 pound	5 cups cooked 1 cup uncooked = 2-1/2 cups cooked	10 5
Breads, Crackers			
Bread	1 pound loaf	12 - 16 slices	12 - 16
Crumbs, bread	1 slice soft bread	1/2 cup fresh crumbs	2
Crumbs, bread	1 slice dry bread	1/4 cup dry crumbs	1
Crumbs, saltine cracker	22 crackers (2" square)	1 cup crumbs	2-3/4
Crumbs, graham cracker	12 crackers (2-1/2" square)	1 cup crumbs	3

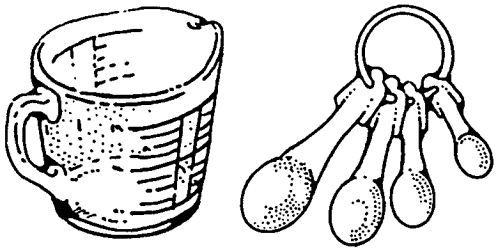


Resource Fall 4-3 (continuation)

Food	Bulk Quality	Household Measure	G Servings
Grains, Pastas and Flours:			
Barley	1 cup	3-1/2 cups cooked	7
Cornmeal		1 cup	4
Flour, all types		1 cup	4
Kasha, buckwheat	1 cup	2-1/2 to 3 cups	5 - 6
Noodles, flat	1 pound (6 - 8 cups, uncooked)	11 - 12 cups, cooked	22 - 24
Noodles, macoroni	1 pound (6 - 8 cups uncooked)	8 - 10 cups cooked	16 - 20
Noodles, spaghetti	2 ounces	1 cup cooked	2
Oats (regular or quick-cooking)	----	1 cup cooked	4
Rice, white or brown	1 cup uncooked	3 cups cooked	6
Rice, wild	1 cup uncooked	4 cups cooked	8
Wheat berries	1 cup uncooked	2-2/3 cups cooked	5

Note: Bulk and household information is a composite of data from the following sources: *Food for Fifty* (1993), *Jane Brody's Good Food Book* (1995) and *Joy of Cooking* (1975). Also refer to Handout 14-1, page 10 in Session 14 of the Participant Manual, for conversion information for specific uncooked grains and beans.





Other Helpful Information For Calculating Recipes

Common Can Sizes:

26 - 30 oz.	=	3-1/2 cups	Fruits, some vegetables
18 fl. oz. or 20 oz.	=	2-1/2 cups	Juices, fruits, soups
16 - 17 oz.	=	2 cups	Fruits, vegetables, soups
14 - 15 oz.	=	1-3/4 cups	Fruits and meat products
10-1/2 - 12 oz.	=	1-1/4 cups	Condensed soups
8 oz.	=	1 cup	Ready-to-serve soups, fruits, vegetables

Other Canned Foods:

14 fl. oz.	=	1-1/3 cups	Condensed milk
13 fl. oz.	=	1-2/3 cups	Evaporated milk

Basic Capacities of Pans:
(To help calculate the number of servings in a recipe)

8" square x 2" high	=	6 cups
9" square x 2" high	=	10 cups
8" round cake	=	4 cups
9" round cake	=	6 cups
8-1/2" x 4-1/2" x 1-1/2" loaf	=	6 cups
9" x 5" x 3" loaf	=	8 cups