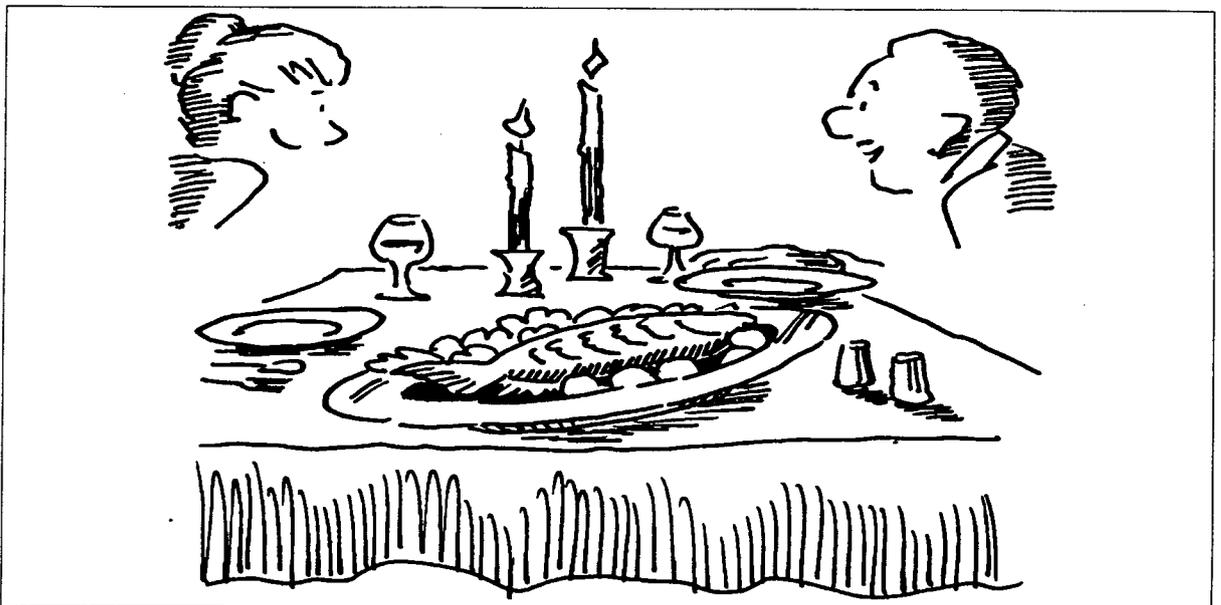


Summer 2000

Keeping It Low While on the Go

During this session you will:

- ◆ *Assess your personal habits regarding meals prepared away from home.*
- ◆ *Review your skills for managing meals prepared away from home.*
- ◆ *Practice estimating fat grams, fruit/vegetable and grain servings in mixed dish foods prepared away from home.*



Next Steps Follow-up

At the last session, we talked about the benefits of eating vegetables and fruits. You were asked to imagine adding another serving of vegetables or fruits to your meals or snacks:

- ◆ If you added another serving, what was your actual experience?
- ◆ If you did not add another serving of vegetables or fruits, what would need to be different in your life for you to consider taking this step?

My Meals Prepared Away from Home

Americans eat meals prepared away from home more and more all the time. Prepared away from home doesn't mean only the meals we eat at restaurants. Rather, it means all the meals we eat that are prepared by someone other than ourselves. Much of what we eat today falls into the 'prepared away from home' category: prepared grocery or deli foods that we just heat at home; take-out or fast food restaurant meals that we eat at home; social or potluck meals prepared by someone other than ourselves, etc.

One way to easily see this 'eating out' trend is to look at how we have changed where we spend our food dollars. For example, Americans currently spend about 40% of the food budget eating out. In the mid-1970s, eating out accounted for about 25% of the food budget. We eat out a lot!



This session gives you the chance to:

- ◆ Assess your personal habits regarding meals prepared away from home.
- ◆ Review your skills for managing meals prepared away from home.
- ◆ Practice estimating fat grams, fruit/vegetable and grain servings in mixed dish foods prepared away from home.

Look at Worksheet 1 – *My Meals Prepared Away From Home* (pg. 8). Take a few minutes to answer the questions. They will help you think about how you currently manage meals prepared away from home.

How did you do?

- ◆ If you answered **No** to every question, meals prepared away from home probably

do not have much influence on the amount of fat, fruit/vegetables and grains you eat.

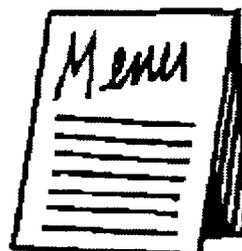
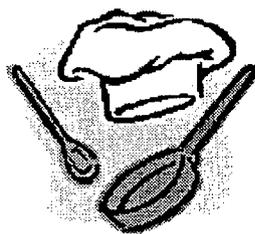
- ◆ If you answered **Yes** to any question, chances are that meals prepared away from home make a difference in the amount of fat, fruit/vegetables and grains you eat. In fact, the more **Yes** responses

you have, the greater your chances of finding it challenging to meet your WHI goals on a regular basis.

- **Why do you think more Yes responses could make it challenging to meet WHI goals?**

Some reasons why eating meals prepared away from home could be challenging:

- ◆ Foods prepared away from home are likely higher in fat than the same foods prepared at home.
- ◆ The portion size of foods prepared away from home is likely larger than those prepared at home.
- ◆ Relative to a WHI fat gram goal, the lowest-fat 'away from home' option may still be high in fat.
- ◆ Estimating and recording fat grams and fruit/vegetable and grain servings in meals prepared away from home can be challenging. This may reduce accuracy and frequency of self-monitoring.



Think about your responses to Worksheet 1.

- On a scale from 0 to 12 (where 0 means not at all confident and 12 means totally confident), how confident are you that you're meeting your WHI fat, fruit/vegetable and grain goals on a regular basis?
- Where does this leave you now?

The rest of this session talks about managing meals prepared away from home as a way to increase your chances of meeting your WHI goals regularly. If you are interested in learning more about this, keep reading!

Skills for Managing Meals Prepared Away from Home

You have developed many skills that help you eat nutritious low-fat meals prepared away from home. For example, you've learned about selecting low-fat choices and limiting portion size.

- What are some of the ways you select low-fat choices and limit portion size when eating meals prepared away from home?

- What food choices and menu descriptions have you identified as 'likely to be low-fat'?

- What special requests do you frequently make?

You have also developed many skills for estimating portion size when eating meals prepared away from home.

- What are some of the best ways you've found to estimate your portion size when eating meals prepared away from home?

For more ideas about selecting low-fat choices and limiting portion size, look at Resource 1 - *Restaurant Survival Guide: Lower-Fat Options* (pg. 11). Refer to Resource 2 - *Restaurant Survival Guide: Estimating Portions* (pg. 12) for visual hints on estimating portion size.



What's In This Dish?



Estimating the fat grams and fruit/vegetable and grain servings in meals prepared away from home can be challenging. This is why Worksheet 2 – *What's in this Dish?* (pg. 9) was created. This worksheet gives you a quick 3-step process for estimating what's in an unknown dish. The steps are:

- ◆ Estimate amount eaten.
- ◆ Estimate F/V and G servings.
- ◆ Estimate fat grams.

Let's use Worksheet 2 to estimate the fat grams and fruit/vegetable and grain servings in macaroni & cheese from a restaurant or deli. Refer to Worksheet 2 (Sample) on page 10 as you go through the steps.

Step 1 - Estimate amount eaten.

The first step is to estimate the amount you ate. Estimate your serving size in cups. Remember, the average "fist" is

about 1-cup. Be as careful as possible. For our example, let's say you ate 2 cups of macaroni & cheese.

Step 2 - Estimate F/V and G servings.

The second step is to estimate your fruit/vegetable and grain servings. You do this by identifying the type of mixed dish. This depends on whether the dish contains fruits/vegetables, grains or protein. Or, is a combination of these. For example, macaroni & cheese would be considered a G only (grain only) dish. Once you identify the type of mixed dish, you find the number of F/V and G servings in a 1-cup serving and then multiply these numbers by the amount you ate. For example, a 1-cup serving of a G only dish, such as macaroni & cheese, has 2G per 1-cup serving. You multiply this by the amount you ate (2 cups) to get 4G servings in the amount eaten.

Step 3 - Estimate fat grams.

The third step is to estimate your fat grams. You start by identifying whether the dish contains major sources of fat. Then you add more fat grams for the cooking method used. And, then you add even more fat grams for any gravies, sauces, or toppings. Finally, you add up the fat grams in a 1-cup serving and then multiply the number by the amount you ate. For example, the major source of fat in macaroni & cheese is the cheese (9 grams). If you're not sure if fat was added during cooking, assume it was seasoned with fat (4 grams). And, macaroni & cheese has a sauce (4 grams). You add these numbers together to get 17 grams of fat in a 1-cup serving. Since your serving was 2-cups, multiply 17 by 2 to get 34 grams of fat in your 2-cup serving of macaroni & cheese.

Hints for Step 3 - Estimating Fat Grams

- ◆ **Starting out:** If your dish contains more than one major source of fat, use the fat grams for the higher fat item. Example: if your dish contains cheese (9 grams) and poultry (5 grams), you would use the fat grams for cheese.
- ◆ **Adding fat for cooking method:** If you don't know if fat was added to your dish, assume that it was seasoned with fat (4 grams). To be on the safe-side, assume dishes prepared away from home are seasoned with fat.
- ◆ **Adding fat for gravies, sauces and toppings:** Look for gravies and sauces within your dish, not just those on top of the dish.

Up for a Challenge? Try this experiment.

Use Worksheet 2 to calculate the fat grams and fruit/vegetable and grain servings in a dish at your next dinner meal.

First, calculate the fat grams and F/V and G servings in a 1-cup serving of the dish.

Second, estimate your portion size and then calculate the fat grams and F/V and G servings for your estimated portion. Third, measure your portion size. If the measurement is different than your estimate, re-calculate the fat grams and F/V and G servings in the measured portion.

- **What differences were there in the amount of fat, F/V and G when you estimated the portion**

compared to when you measured the portion? How were they different?

- **What did you learn from this activity?**

Mini Fat Counter.

The *Mini Fat Counter* is a new tool to help you monitor what you eat. It was developed based on participant feedback to nutritionists. It can be used anytime. But, you may find it especially useful when tracking meals prepared away from home. The *Mini Fat Counter* has the following features:

- ◆ It is organized by food group.
- ◆ It includes an index.
- ◆ It has room to customize in the *My Commonly Eaten*



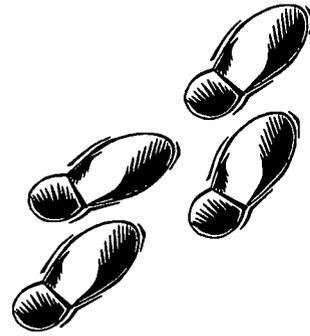
Foods and Beverages section.

- ◆ It has a mini *Restaurant Survival Guide - What's in this Dish?* section.
- ◆ It has a ruler and other guides for estimating portions.
- ◆ And finally, it comes with two different recording tools. You can use the *Mini Food Diary* or the *Mini Keeping Track*.

Be sure to ask your nutritionist for your *Mini Fat Counter* and mini recording tools.

Next Steps

Eating meals prepared away from home can influence the amount of fat grams and fruit/vegetable and grain servings a person eats.



And, the more a person eats away from home, the greater their chances of finding it challenging to meet WHI goals. You may find the information in this session helpful for managing your meals prepared away from home.

Questions for Thought

- ◆ How much would you say meals prepared away from home influence your ability to meet your WHI goals on a regular basis?
- ◆ If meals prepared away from home aren't having much of an influence on your WHI goals, what might help you keep things this way?
- ◆ If meals prepared away from home are making it difficult to achieve your WHI goals, what might need to be different to increase your chances of meeting your WHI goals?

My Meals Prepared Away from Home

Answer the questions below to get an idea about how you currently manage meals prepared away from home. Prepared away from home means more than the meals you eat at restaurants. It includes all the meals you eat that are prepared by someone other than yourself. This could mean prepared grocery or deli foods that you just heat at home, take-out or fast food restaurant meals that you eat at home, or social and potluck meals prepared by other people. Tally your Yes and No responses.

	Yes	No
I eat at least 3 meals per week that are prepared away from home.		
My main meal of the day is often prepared away from home.		
The portions of my meals prepared away from home are sometimes larger than the amounts I usually eat.		
Sometimes I do not track the fat grams and F/V and G servings in meals prepared away from home.		
I know that the fat grams in meals prepared away from home are sometimes more than my fat gram goal, even if I don't keep track.		
Sometimes I find it easier to make a wild guess about what's in foods prepared away from home than to figure out the fat grams and F/V and G servings.		
When I do figure the fat grams and F/V and G servings in meals prepared away from home, the fat grams are sometimes more than my fat gram goal.		
TOTAL		

How did you do?

- If you answered **No** to every question, meals prepared away from home probably do not have much influence on the amount of fat, fruit/vegetables and grains you eat.
- If you answered **Yes** to any question, chances are that meals prepared away from home make a difference in the amount of fat, fruit/vegetables and grains you eat. In fact, the more Yes responses you have, the greater your chances of finding it challenging to meet your WHI goals on a regular basis.

Restaurant Survival Guide: What's in this Dish?

Step 1 – Amount eaten: _____ CUPS. **Dish:** _____

Step 2 – Fruit/Vegetable & Grain Servings:

Type of Mixed Dish (choose one)	F/V & G in 1-CUP Serving
<input type="checkbox"/> Protein + F/V (e.g., beef stew, chicken & fruit salad, tofu & vegetables)	1 F/V
<input type="checkbox"/> Protein + G (e.g., tuna noodle casserole, tofu & rice, chicken & dumplings)	1 G
<input type="checkbox"/> Protein + F/V + G (e.g., ham & pineapple pizza, taco salad with beans)	½ F/V and ½ G
<input type="checkbox"/> F/V + G (e.g., vegetable lasagna, vegetarian chili with beans, fruit cobbler)	1 F/V and 1 G
<input type="checkbox"/> F/V only (e.g., green bean casserole, potato salad)	2 F/V
<input type="checkbox"/> G only (e.g., macaroni & cheese, vegetarian red beans & rice)	2 G

_____ F/V servings in 1-CUP serving x _____ cups eaten = _____ F/V servings
 _____ G servings in 1-CUP serving x _____ cups eaten = _____ G servings

Step 3 - Fat Grams:

Start with This	If Your Dish Contains (choose one)	Fat Grams in 1-CUP Serving
	<input type="checkbox"/> Beef, pork, lamb, cheese, high-fat fish (e.g., salmon, shark)	9 grams
	<input type="checkbox"/> Poultry, eggs, tofu, medium-fat fish (e.g., swordfish, trout)	5 grams
	<input type="checkbox"/> Shellfish, low-fat fish (e.g., cod, flounder, grouper, sole)	2 grams
Add (+)	Cooking Method (choose one)	
	<input type="checkbox"/> Breaded and Fried	10 grams
	<input type="checkbox"/> Stir-Fried	7 grams
	<input type="checkbox"/> Seasoned with fat (or if you don't know if fat was added)	4 grams
Add (+)	Gravies, Sauces, Toppings (choose all that apply)	
	<input type="checkbox"/> Mayonnaise in meat, poultry, or fish salads	44 grams
	<input type="checkbox"/> Mayonnaise in pasta salads	34 grams
	<input type="checkbox"/> Mayonnaise in fruit, vegetable, or egg salads	22 grams
	<input type="checkbox"/> Mayonnaise on sandwiches	11 grams
	<input type="checkbox"/> Grated cheese on top, salad dressings on salads	7 grams
	<input type="checkbox"/> Chopped nuts or olives on top	5 grams
	<input type="checkbox"/> Gravy, sauce, cream soup	4 grams

_____ Fat Grams in 1-CUP serving x _____ cups eaten = _____ Fat Grams

Worksheet Summer - 2 (Sample)

Restaurant Survival Guide: What's in this Dish?

Step 1 – Amount eaten: 2 CUPS. Dish: Macaroni & Cheese

Step 2 – Fruit/Vegetable & Grain Servings:

Type of Mixed Dish (choose one)	F/V & G in 1-CUP Serving
<input type="checkbox"/> Protein + F/V (e.g., beef stew, chicken & fruit salad, tofu & vegetables)	1 F/V
<input type="checkbox"/> Protein + G (e.g., tuna noodle casserole, tofu & rice, chicken & dumplings)	1 G
<input type="checkbox"/> Protein + F/V + G (e.g., ham & pineapple pizza, taco salad with beans)	½ F/V and ½ G
<input type="checkbox"/> F/V + G (e.g., vegetable lasagna, vegetarian chili with beans, fruit cobbler)	1 F/V and 1 G
<input type="checkbox"/> F/V only (e.g., green bean casserole, potato salad)	2 F/V
<input checked="" type="checkbox"/> G only (e.g., macaroni & cheese, vegetarian red beans & rice)	2 G

 F/V servings in 1-CUP serving x cups eaten = F/V servings
2 G servings in 1-CUP serving x 2 cups eaten = 4 G servings

Step 3 - Fat Grams:

Start with This	If Your Dish Contains (choose one)	Fat Grams in 1-CUP Serving
	<input checked="" type="checkbox"/> Beef, pork, lamb, cheese, high-fat fish (e.g., salmon, shark)	9 grams
	<input type="checkbox"/> Poultry, eggs, tofu, medium-fat fish (e.g., swordfish, trout)	5 grams
	<input type="checkbox"/> Shellfish, low-fat fish (e.g., cod, flounder, grouper, sole)	2 grams
Add (+)	Cooking Method (choose one)	
	<input type="checkbox"/> Breaded and Fried	10 grams
	<input type="checkbox"/> Stir-Fried	7 grams
	<input checked="" type="checkbox"/> Seasoned with fat (or if you don't know if fat was added)	4 grams
Add (+)	Gravies, Sauces, Toppings (choose all that apply)	
	<input type="checkbox"/> Mayonnaise in meat, poultry, or fish salads	44 grams
	<input type="checkbox"/> Mayonnaise in pasta salads	34 grams
	<input type="checkbox"/> Mayonnaise in fruit, vegetable, or egg salads	22 grams
	<input type="checkbox"/> Mayonnaise on sandwiches	11 grams
	<input type="checkbox"/> Grated cheese on top, salad dressings on salads	7 grams
	<input type="checkbox"/> Chopped nuts or olives on top	5 grams
	<input checked="" type="checkbox"/> Gravy, sauce, cream soup	4 grams

17 Fat Grams in 1-CUP serving x 2 cups eaten = 34 Fat Grams

Restaurant Survival Guide: Lower-Fat Options

Cuisine	Menu Selections	Special Requests
Italian	Soup: minestrone, cioppino Pasta with marinara, marsala or red clam sauce. Pasta primavera (in wine, broth or red sauce) Chicken/veal: cacciatore, piccata, marsala Grilled fish or shrimp: marinara, primavera	Please serve my pasta or entrée with only a small amount of sauce. Please hold the grated cheese, bacon, olives, or pine nuts usually added to this dish. Please use a minimum of oil when preparing this dish.
Mexican	Grilled chicken or fish with vegetables Burrito or enchilada: chicken, seafood, whole beans (limit the cheese) Arroz con pollo	Please leave the sour cream and guacamole off the dish (or serve them on the side). Please bring extra salsa. Please substitute shredded chicken or seafood for the beef in this dish. Please substitute a soft tortilla for the fried tortilla in this dish.
Chinese	Dim sum (steamed vegetable dumplings) Egg drop or won ton soup Chop suey: vegetable, chicken, seafood Vegetables (steamed or lightly sauteed) with steamed rice	Please steam the vegetables and fish in this dish. Please leave off the nuts or crispy noodles. Please use a minimum of oil when preparing this dish.
Japanese	Miso soup Sushi and Sashimi Yakitori (broiled chicken on a skewer) Teriyaki (chicken or shrimp) with rice	Please add more vegetables to my dish. Please substitute shrimp, scallops or chicken for the beef in this dish. Please bring extra steamed rice with my dish.
Thai	Hot and sour soup Seafood platter with vegetables Chicken or shrimp: garlic, sweet-n-sour	Please leave the nuts off my dish. Please serve the peanut sauce on the side. Please substitute vegetables for most of the meat in this dish. Please omit the coconut milk in this dish.
Indian	Mulligatawny soup Chapati, naan, and roti (breads) Chicken or fish vindaloo (cooked with potatoes and spices) Aloo chole (chick peas with potatoes and tomatoes)	Please bring the accompaniments (raita, dahl and onion chutney) to the table while we wait for our meal. May I have an extra plate to share this dish with others?
Greek & Middle Eastern	Lentil soup with pita bread Tabouli salad or Greek salad (hold the olives and cheese) Gyros (chicken) Shish kebab (chicken)	Please tell me if the tzateki sauce is made with yogurt or sour cream. I would like a side of sliced tomatoes (or steamed vegetables) with my dish. Please bring the Gyros sauce the side.

Restaurant Survival Guide: Estimating Portions

Use your own body:

	1 fist	1 cup
	1 thumb tip	1 teaspoon
	1 thumb	1 Tbsp.
	2 thumbs	1 ounce or 2 Tbsp.
	palm of your hand	4 ounces

Other common instruments:

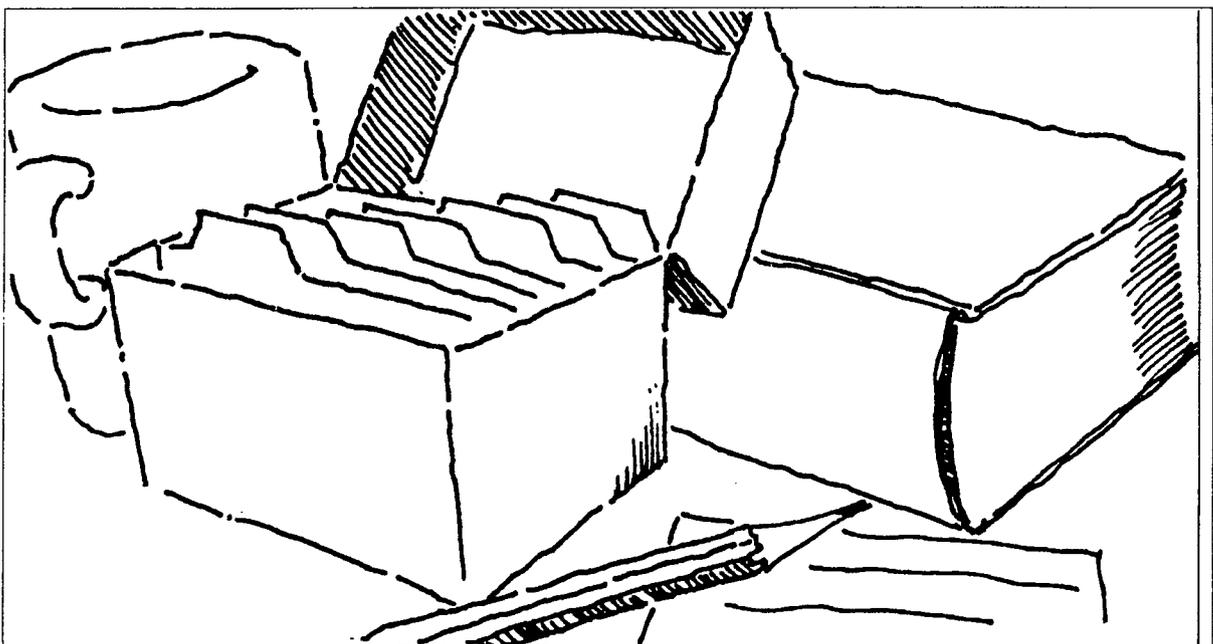
	1 salad dressing ladle	4 Tbsp. or 1/4 cup (usually)
	1 cupcake wrapper	1/2 cup
	1 tennis ball	1 cup
	1 floppy diskette	1 ounce
	1 checkbook	3 ounces
	1 deck of cards	3 ounces

Developed by Claire LeBrun, Cyndi Reeser, and Tia Toles
 GWU Lipid Clinic, Washington, DC, February 2000

Summer 2000

Recipes

- ◆ *Seven Bean Salad*
- ◆ *Teriyaki Chicken & Vegetable Kebabs*
- ◆ *Spicy Thai Noodles*
- ◆ *Pasta with Salsa Cruda*
- ◆ *Cold Fruit Soup*



Seven Bean Salad

This salad is excellent for summer picnics and it gets better with age! Don't be discouraged by the quantity--you will eat it right up!

- 1 can (15 oz.) kidney beans, drained, rinsed
- 1 can (15 oz.) yellow wax beans, drained, rinsed
- 1 can (15 oz.) cut green beans, drained, rinsed
- 1 can (15 oz.) garbanzo beans, drained, rinsed
- 1 can (20 oz.) great northern beans, drained, rinsed
- 1 can (15 oz.) lima beans, drained, rinsed
- 1 can (15 oz.) bean sprouts, drained, rinsed
- 1 cup finely chopped celery
- 1 cup finely chopped green onions or vidalia onions
- 1 cup chopped red pepper

Dressing:

- 1 cup sugar
- 1 cup cider vinegar
- 1/4 cup oil
- 1 teaspoon prepared yellow mustard
- 1 teaspoon celery seed
- 1 teaspoon salt

In a large mixing bowl toss all vegetables and beans. Gently fold to mix.

In medium saucepan, mix sugar, vinegar, oil, mustard, celery seed and salt. Bring to a boil, stirring to dissolve sugar. Pour hot over vegetables. Gently coat to mix. Cover and chill overnight.

Makes 26 servings (1/2 cup each)

Fat: 3 grams per serving

Fruit/Vegetable Servings: 1/2 per serving

Grain Servings: 1/2 per serving

Recipe from Memphis WHI Clinical Center

Teriyaki Chicken & Vegetable Kebabs

The bright colors of the fruits and vegetables on these kebabs look even more striking when served with white rice.

1 pound raw boneless skinless chicken breast, cut into 24 pieces

Marinade:

1/2 cup soy sauce
1/4 cup red wine vinegar
2 teaspoons sesame oil
1 teaspoon oregano
1/2 teaspoon sweet basil
1/2 teaspoon garlic powder
1/4 teaspoon black pepper

Combine marinade ingredients in medium non-metal bowl. Add chicken pieces to marinade and combine. Cover and refrigerate at least 4 hours or overnight.

Soak kebab skewers in water to prevent sticking. Put 4 pieces of chicken alternating with vegetables/fruit of choice on kebabs.

Grill or broil kebabs for approximately 15 minutes or until chicken is cooked through, turning once. Baste with marinade while cooking. Heat leftover marinade to boiling in a saucepan on stovetop or in microwave.

Serve kebabs with white rice and boiled marinade.

Vegetable/Fruit Ideas for Kebabs:

Zucchini, raw, cut in chunks
Red onion, raw, cut in 1-inch slices
Mushrooms, raw, whole
Bell peppers, raw, cut in 1-inch chunks
Cherry tomatoes
Pineapple, chunks, canned.

Makes 6 kebabs

Fat: 2 grams per kebab
1.5 grams per 2 tablespoons
marinade to spoon on rice

Fruit/Vegetable Servings: 1 serving per kebab (assuming 1/2 cup per kebab)

Grain Servings: 1 (if served with 1/2 cup rice)

Recipe from Iowa City WHI Clinical Center

Spicy Thai Noodles

Dressing:

2 tablespoons brown sugar
3 tablespoons soy sauce
1/3 cup rice vinegar
2 tablespoons lemon juice
2 teaspoons sesame oil
2 cloves garlic, minced
1/2 teaspoon hot red pepper flakes

8 ounces very thin spaghetti or vermicelli
1 carrot, shredded
3 green onions, chopped
1 fresh hot red or green chili pepper, sliced lengthwise very thin
2 cups Chinese cabbage, shredded
4 ounces small shrimp or lean beef, cooked, cut into thin strips

In a large bowl, mix sugar, soy sauce, vinegar, lemon juice, oil, garlic and pepper flakes to make dressing. In a large pot cook noodles al dente. Drain and rinse briefly. Add noodles to dressing in bowl and toss well. Lift seasoned noodles onto a warmed serving platter, leaving extra dressing in bowl. Keep noodles warm, covered, in a slow oven.

Pour leftover dressing into a large skillet or wok. Stir-fry carrot, onion and pepper for 1 to 2 minutes. Add cabbage and shrimp (or lean beef). Stir-fry 2 to 3 minutes, allowing liquid to reduce somewhat. Add vegetable mixture to noodles and mix gently. Serve hot as a main course or room temperature as a salad.

Makes 4 servings

Fat: 5 grams per serving

Fruit/Vegetable Servings: 1.5 per serving

Grain Servings: 2 per serving

Recipe from Lowfat International Cuisine by Jane Rubey

Pasta with Salsa Cruda

This is exactly the kind of light, vibrant, and speedy dish to revive flagging appetites on a hot summer day. The tomatoes must be the genuine, vine-ripened articles for this uncooked sauce.

3 or 4 large ripe tomatoes (about 2 1/2 pounds)
2 tablespoons minced fresh basil leaves
1/4 cup minced red onions
2 teaspoons olive oil
2 teaspoons balsamic vinegar
1 teaspoon salt, or more to taste
plenty of freshly ground black pepper
2 garlic cloves, pressed or minced
1 pound pasta, preferably farfalle (butterflies)

Bring a large covered pot of water to a boil for cooking the pasta. Meanwhile, chop about half of the tomatoes into bite-sized cubes and place them in a large serving bowl. Add the basil and red onions to the bowl.

Coarsely chop the rest of the tomatoes and place them in a blender. Add the oil, vinegar, salt, pepper, and garlic and puree until smooth. Transfer to the serving bowl.

When the water comes to a boil, add the pasta and cook until al dente. Drain the pasta, add it to the serving bowl and toss well. Serve immediately.

Makes 6 servings

Fat: 5 grams per serving

Fruit/Vegetable Servings: 1.5 per serving

Grain Servings: 3 per serving

Recipe from Moosewood Restaurant
Low-Fat Favorites: Flavorful
Recipes for Healthful Meals,
Moosewood Collective

Cold Fruit Soup

3 cups fresh berries (any combination)
3 cups orange juice
3 cups nonfat yogurt (or nonfat buttermilk)
2 tablespoons lemon juice
2 tablespoons honey
cinnamon or nutmeg

Cover berries with juice and yogurt (or buttermilk). Add lemon juice and honey. Mix gently. Dust lightly with cinnamon or nutmeg.

Makes 6 servings

Fat: 0 grams

Fruit/Vegetable servings: 1.5 per serving

Recipe from Worcester WHI Clinical Center