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Dr. V's Campaign for a New You in the New Year!



30-DAY GUIDE TO GETTING IT TOGETHER WITH GOOD NUTRITION

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Good Nutrition... There is Something in it for You	2 Skip Fad Diets	3 Avoid Food Myths	4 Keep a Food Diary	5 Eat More Fruits and Vegetables	6 Curb Your Carbs	7 Go for the Grain
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22 Drink More Fluids	23 Explore the Joy of Juicing	24 Eat Foods that Heal	25 If You drink Alcohol...Do So in Moderation	26 Bone Up On Calcium	27 Eat to Lower Your Risk for Diabetes	28 Eat to Lower Your risk for Heart Disease
29 Eat to Lower Your Risk for High Blood Pressure	30 Eat to Lower Your Risk for Cancer	 <p>AVIATOR SPORTS & RECREATION HANGAR 5, FLOYD BENNETT FIELD / BROOKLYN, NY 11234 T: (718) 758-9800 / F: (718) 758-9801 / www.AVIATORSPORTS.COM</p> <p><i>Proud Sponsor of Dr. V's Campaign for a New You in the New Year!</i></p>				



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DAY #1

Good Nutrition...What's in it for you?

Good nutrition is important for good health. The foods we eat each day play an important part in preventing certain diseases. Most of us are aware of this fact. Yet, 34% of African Americans are obese. People who are obese are more likely to develop chronic diseases such as diabetes, high blood pressure, heart disease, stroke, and certain cancers. In fact, among African American adults, 11% have diabetes, more than 40% have high blood pressure, and heart disease continues to be the leading cause of death.

Lifestyle changes

- The good news is that there are many steps we can take to help lower our risk of these diseases.
- To get started, you must balance the types and amounts of the foods you eat with your physical activity.
- This means, cutting back on excess calories and increasing your physical activity.
- The changes you make in the foods you eat and your physical activity are within your control, and can help you get the maximum health benefits you need to lead a healthy lifestyle.



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Getting started

- First, determine your Body Mass Index (BMI). This is a measurement for body fat based on your height and weight.
- Look at where you are now, and decide where you want to be. Use the chart below, to find your BMI.
- First, find your height in the left-hand column. Go across to the next column and find your weight.
- Move up to the BMI column. Your BMI will be the number at the top of the column.
- If your BMI is 19-24, your weight is normal.
- If your BMI is 25-29, you are overweight.
- If your BMI 30-40, you are obese.
- For example: If you are 65 inches (5 ft, 5 inches) and you weigh 168 pounds, then your BMI is 28 which means you are overweight.
- Your goal then should be to work to get to a BMI that puts you in the normal range.



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Body Mass Index Table														
BMI	Normal						Overweight					Obese		
	19	20	21	22	23	24	25	26	27	28	29	30	35	40
Height (inches)	Body Weight (pounds)													
58	91	96	100	105	110	115	119	124	129	134	138	143	167	191
59	94	99	104	109	114	119	124	128	133	138	143	148	173	198
60	97	102	107	112	118	123	128	133	138	143	148	153	179	204
61	100	106	111	116	122	127	132	137	143	148	153	158	185	211
62	104	109	115	120	126	131	136	142	147	153	158	164	191	218
63	107	113	118	124	130	135	141	146	152	158	163	169	197	225
64	110	116	122	128	134	140	145	151	157	163	169	174	204	232
65	114	120	126	132	138	144	150	156	162	168	174	180	210	240
66	118	124	130	136	142	148	155	161	167	173	179	186	216	247
67	121	127	134	140	146	153	159	166	172	178	185	191	223	255
68	125	131	138	144	151	158	164	171	177	184	190	197	230	262
69	128	135	142	149	155	162	169	176	182	189	196	203	236	270
70	132	139	146	153	160	167	174	181	188	195	202	207	243	278
71	136	143	150	157	165	172	179	186	193	200	208	215	250	286
72	140	147	154	162	169	177	184	191	199	206	213	221	258	294
73	144	151	159	166	174	182	189	197	204	212	219	227	265	302
74	148	155	163	171	179	186	194	202	210	218	225	233	272	311
75	152	160	168	176	184	192	200	208	216	224	232	240	279	319
76	156	164	172	180	189	197	205	213	221	230	238	246	287	328

Source: Adapted from Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults: The Evidence Report.



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Setting goals for a healthy lifestyle:

- Remember, when you set goals, make sure that they are realistic.
- For example, do not set a goal to run 5 miles a day, if you know this will be difficult to do.

Take inventory of your activity level

- To increase your activity level, begin with at least 30 minutes of moderate exercise on most days.

Take inventory of what you eat.

- If your portions sizes too large, begin to cut back
- Eat more grains, fruits, and vegetables
- Eat less fatty foods
- Limit foods that are high in sugar and salt



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DAY # 2

Skip Fad Diets

If one of your goals this year is to lose weight, you will find diet plans popping up all over. All weight loss diets come with a promise....that you will lose weight. The fact is, many of these will be fads. Some diets claim to bust sugars, flush fats, and even avoid foods that are important for good health. Others come with their own set of restrictions and allowances promising dramatic results in a short time.

Generally when the dieter goes back to eating regular foods, the weight quickly returns. Some diets may have harmful side effects if they are followed for a long time. It is important that children and persons with medical conditions such as diabetes, heart disease or high blood pressure check with their health care provider or a registered dietitian, before starting on any weight loss plan. Just how do you spot a fad diet when you see one?

The diet may be a fad if:

- The diet removes or restricts one or more important food groups.
- The diet calls for special foods.
- The diet claims things that are not proven to be true.
- The diet groups some foods as “good” and others as “bad”.
- The diet promises quick dramatic results, such as “big” weight loss in only a few days or weeks.
- The diet does not encourage limiting food portions.
- The diet does not encourage users to exercise components.



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DAY # 3

Avoid Food Myths

If you toast bread will it cut calories... will eating grapefruit cut fat..... and are brown eggs better than white eggs? Food myth; we all encounter them at one time or another sometimes causing much confusion among us. Although many myths may be harmless, it is best to base your information about food on the advice from nutrition experts. Here a few food myths and the facts behind them.

MYTH: GRAPEFRUIT CUTS FAT

FACT: Not true. Grapefruit is rich in vitamin C, potassium, and fiber and it is low in calories. On half of a grapefruit has only 39 calories. Because it is nutritious and low in calorie, this may be the reason it is usually included in many weight reduction meal plans. Grapefruit does not decrease nor increase your metabolism, and will not burn off fat in the body or in any food.

MYTH: TOASTING BREAD REDUCES THE CALORIES

FACT: Not true. Toasting bread does not reduce the calories. When bread is toasted the only real difference between that and untoasted bread is that it has less moisture.



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MYTH: BROWN BREAD HAS MORE FIBER THAN WHITE BREAD

FACT: Not true. The brown coloring does not necessarily mean that the bread is high in fiber. The brown color is likely from molasses, caramel coloring or honey. Bread that is high in fiber contains whole grain products. The word “whole” or “whole grain” on the ingredient list of the label will tell whether the bread contains whole grain, and must be the first item on the ingredient list.

MYTH: CARBOHYDRATES ARE “BAD” FOODS

FACT: Not true. Carbohydrates found in fruits, vegetables, beans, and grains provide the main source of energy for our bodies. Much of the carbohydrate foods we eat are high in calories because of the sugar and fats we add to them. Compared to other foods, 1 slice of whole-grain bread has a mere 65 calories, and a small baked potato has only 90 calories. When you double up on portions, and add sugar, butter, margarine, or sour cream, you double up on the calories.



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DAY # 4

Keep a Food Diary

If you are serious about changing the way you eat, a great way to start is to keep a food diary.

Your food diary will be a record of everything that you eat each day. Keep a diary for at least one week. This will give you a snapshot of the kinds of foods you have been eating, the amounts you have been eating, and the way your food is prepared. Ask yourself...*Am I eating too many fried foods, are my portions too large, am I snacking too often, what kinds of snacks do I eat?*

The answers to these questions should help you see exactly where you need to begin to make changes. Your food diary can help you pinpoint the trouble spots and get you on the road to creating healthy food habits.

Tips on How to Complete Your Food Diary:

- Start with a simple notebook or journal
- Make 3 columns similar to the sample below for: Meal, Food Eaten, and Amount.
- Write down everything you eat for every meal each day
- Write down how the food was prepared. For example, was the egg fried or hard-boiled... was the chicken fried or baked?
- Write down condiments such as; butter, margarine, jams, sour cream
- Write down beverages such as juice, sodas, coffee, teas or shakes
- Write down snacks or anything you nibble on between meals



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Here is a sample a page from a food diary for breakfast and lunch:

Meal	Food Eaten (include beverages)	Amount
<i>Breakfast</i> <i>7:30 am</i>	<i>Waffles</i>	<i>2 medium</i>
	<i>Butter</i>	<i>1 teaspoon</i>
	<i>Maple syrup</i>	<i>3 tablespoons</i>
	<i>2% milk</i>	<i>1 cup</i>
	<i>Banana</i>	<i>1</i>
<i>10: am</i>	<i>Salted peanuts</i>	<i>1/2 cup</i>
	<i>Orange juice</i>	<i>1 cup</i>
<i>Lunch</i> <i>1.00 pm</i>	<i>Cheeseburger</i>	<i>1 large</i>
	<i>Mayo</i>	<i>1 packet</i>
	<i>Fries</i>	<i>2 orders</i>
	<i>Ketchup</i>	<i>2 packets</i>
	<i>Chocolate Chip Cookies</i>	<i>3</i>
	<i>Milkshake</i>	<i>12 ounces</i>



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DAY # 5

Eat More Fruits and Vegetables

Health experts recommend that we should eat 5-9 servings of fruits and vegetables a day. The truth is, a diet rich in fruits and vegetables may reduce the risk for heart disease, stroke, and certain cancers. Fruits and vegetables are rich in fiber, disease fighting plant nutrients called phytochemicals, antioxidants vitamins, and minerals. They come in a variety of textures and tastes, and are excellent sources of fluids. To get the most from fruits and vegetables, choose a variety from the bright lush rainbow of colors. Choose from the blues and purples, greens especially dark green, whites, yellows/oranges, and reds. Don't forget 100% fruit and vegetable juices also count as part of the fruit and vegetable group.



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BLUE/PURPLES	GREEN	WHITE	YELLOW/ORANGE	REDS
		 		 



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Eggplant, plums, raisins, purple grapes, blueberries, blackberries, purple figs, purple cabbage, black beans	Greens: collard, mustard, and turnip greens, kale, spinach, Swiss chard, lettuce, green lentils, green peppers, broccoli, green beans, green cabbage, okra, zucchini, asparagus, watercress, chinese cabbage, bok choy, snow peas, avocado, green apples, green grapes, honeydew melon, kiwifruit	Cauliflower, onions, garlic, potato, parsnips, shallots, turnips, mushrooms, ginger, white corn, bananas, pears,	Butternut squash, summer squash, carrots, sweet potatoes, butternut squash, pumpkin, yellow peppers, sweet corn, apricots, cantaloupe, grapefruit, nectarines, oranges, peaches, tangerines, lemons, mangoes, papayas, pineapples	Tomatoes, red peppers, red onions, beets, red cabbage, kidney beans, apples, cherries, cranberries, pink/red grapefruit, blood oranges, red grapes, strawberries, raspberries, pomegranates, tomato juice, watermelon
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What is a serving?

It's easy to eat 5-9 servings a day. A serving is not as big as you may think.

Fruits: 1 medium apple, banana, orange, ½ cup if it is cut up or canned, ¾ cup juice.

Vegetables: 1 cup of raw leafy vegetables, ½ cup cooked or ¾ cup vegetable juice.

Tips on how to include more fruits and vegetables in your daily diet:

- Add fresh fruit to yogurt
- Add fruit such as banana, or berries to waffle or pancake mix
- Add fruit like peaches, banana or strawberries to hot or cold cereal
- Eat a serving of fruit or vegetable at every meal
- Pack fresh cut fruit, grapes, carrot sticks in sandwich bag, ready-to go or for a quick pick-me-up
- Add cut fruit such as orange or apple wedges, to vegetable salads
- Add lettuce and tomato to burgers and sandwiches
- Add vegetables to soups, pasta and stews.
- Make pizza healthy with topping of bell peppers, mushrooms, onions, spinach, tomato and broccoli
- When dining out:
 - choose raw vegetables such as carrot sticks, broccoli and cauliflower florets as appetizer
 - choose fresh fruit for dessert



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DAY # 6

Curb Your Carbs

Carbohydrates are not the “bad” foods we make them out to be. The truth is, carbs are the main source of energy for our bodies. But all carbs are not created equal. To understand carbs you should know that there are two types of carbs:

Simple carbs, and *Complex carbs*.

Simple carbs provide us with quick energy, but little else in the way of nutrients. Sugar, honey, corn syrup, sodas, candy, pastries, pies, cakes, cookies and refined breads and cereals are all simple carbs.

Complex carbs are made up of starches and fiber. Grains, pasta, potatoes, peas, beans, lentils, other vegetables and variety of fruits are all complex carbs. They are called complex, because the starch they contain must be broken down during digestion to release energy. The fiber on the other hand, binds with water, swells, becomes bulky and passes through our bodies undigested.

Going easy on carbs is not difficult. Many of the carb-containing foods we eat everyday are way oversized in the first place. They are much larger than the true serving size. Take for example, that tasty New York bagel you like to grab for breakfast; it is equal to 2 servings of bread. The 12 ounce container of juice you picked up on your way in to work yesterday is 2 servings.



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Serving sizes for other carb-containing foods

Breads, Cereals, Rice & Pasta

- 1 slice bread 1/2 cup cooked cereal, rice or pasta
- 1 ounce dry cereal

Fruits

- 1 medium whole fruit
- 3/4 cup juice
- 1/2 cup canned fruit

Vegetables

- 1/2 cup cooked vegetable
- 1 cup tossed salad

Milk, Yogurt, and Cheese

- 1 cup of milk or yogurt
- 1-1/2 to 2 ounces of cheese



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Tips on How to Curb Your Carbs

- Choose complex carbs like fruits, vegetables and whole grains instead of simple carbs.
- Eat only the correct serving size for each food
- Choose beverages made with little or no added sugar or sweeteners.
- Read the nutrition facts panel of packaged food, to find out the *total amount of sugars* the food contains.
- Read the ingredient list of food labels to see if foods contain *added sugar*.
- When eating out, skip the bread and rolls.....ask the waiter to remove the bread basket from the table.
- When eating out, remember the rice, or pasta served, is often 2 to 3 times more that a single serving.

The chart below shows the carbs and calories in some common foods.



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FOOD	PORTION	GRAMS OF CARBS	CALORIES
FRUITS			
APPLE	1 medium	21	81
BANANA	1 medium	26.7	105
CANTALOPE	1 c raw	13.4	56
GRAPEFRUIT	½ medium raw	9.9	39
ORANGE, NAVAL	1 medium	15.2	60
PINEAPPLE	1 c raw	19.2	76
STRAWBERRIES	1 c raw	10.5	45
GRAINS			
BAGEL	1 small	37.9	195
WHITE BREAD	1 slice	12.4	67
WHOLEWHEAT BREAD	1 slice	12.9	69
NOODLES	1 c cooked	39.7	213
BROWN RICE	½ c cooked	22.4	108
WHITE RICE	½ c cooked	22.3	103
SPAGHETTI	1 c cooked	39.7	197
VEGETABLES			
BROCCOLI	½ c cooked	3.9	22
CARROT	1 medium raw	7.3	31
CELERY 1 stalk, raw	1 stalk raw	1.5	6
GREEN BEANS	½ c cooked	4.9	22
POTATO	1 medium baked with skin	51	220
LETTUCE, ROMAINE	½ c	0.7	4
EGGPLANT	½ c boiled	3.2	13



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DAY #7

Go for the Grain

Eating whole grains can help reduce your risk of heart disease, stroke, cancer, diabetes and obesity. *Whole grain* means that none of the edible parts of the grain is removed. The grain still contains its kernel, bran and germ. Whole grains include whole cornmeal, bulgur (cracked wheat), brown rice, barley, quinoa, sorghum, spelt, and rye. Whole grains are low in fat, but rich in fiber, iron, B-vitamins and phytonutrients (nutrients from plants), necessary for good health. Eating a diet rich in fiber can help you maintain a normal bowel function, and control your cholesterol and blood sugar levels.

Although many refined grains are "enriched" with B-vitamins and iron, they lack the fiber and plant nutrients they once contained before the refining process. This is because when grains are refined, most of the germ and bran are stripped away, leaving behind a grain with very little fiber.

When you go for the grain, choose foods that have the word "*whole*" or "*whole grain*" before the grain's name on the label. For example: *whole-wheat flour* or *whole-grain cornmeal*. The *whole grain* should be the first ingredient listed. A grain product is not considered *whole grain*, if the label only contains words such as: wheat flour, enriched flour, or cornmeal.



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How to go for the grains

- Read food labels; bread that looks brown in color, does not mean it is a whole grain bread. The color could be from caramel or molasses that was added.
- Choose whole-wheat pitas, crackers, or pasta instead of those made from white flour.
- Instead of refined cereals, try a healthful bowl of oatmeal spiced with a dash of cinnamon, for breakfast.
- Choose whole-wheat bread or bagel instead of bread or bagel made from refined flour.
- Choose multigrain or bran muffins instead of danishes or doughnuts.
- Choose low-fat popcorn as a snack instead of chips.
- Try oats or wheat bran in recipes that call for breadcrumbs.
- Make your favorite biscuits, using half whole-wheat flour and half white flour.
- Try a new whole-grain each week. Some new grains to try are: wild rice, brown rice, kasha, bulgur, barley, quinoa, sorghum, spelt, and rye.



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DAY # 8

Keep It Lean

If fried chicken, pork chops, bacon and sausages are a regular part of your diet, now it a good time to go lean. Eating a diet that is high in fat may be bad for your health. Since meats and poultry (chicken and turkey) come from animal sources, they are higher in saturated fats and cholesterol than most foods. High-fat meats can increase your risk of heart disease, certain cancers and obesity. The kind of meats and the cooking methods you use, will make the difference in how successful you are in keeping it lean.

Tips to Keep it Lean

- When you shop, whatever your choice of meats, choose, lean cuts such as tenderloin, sirloin, or round.
- When buying ground meats, read labels and choose packages that contains meat that is at least 90% lean.
- When cooking ground meats, first cook the meat, then use a colander or strainer to drain off the excess fat.
- Make the switch from fatty meat sausage to turkey sausage.
- Make the switch from beef or pork bacon to turkey bacon.
- Before you cook chicken and turkey remove the skin.
- Instead of frying, cook meats using low-fat methods such as broiling, roasting, grilling, braising or stewing.
- After meats are cooked, drain away all the oil and dripping.....do not use it to make gravy.
- To make low-fat gravy, skim the fat from the pan juices, and cook the juices over medium-high heat and thicken as desired.
- Cut fat in stews by chilling the stew in refrigerator after cooking, skim the fat when it hardens, then reheat the stew.



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Day # 9

Trim the Fat

Many foods in the American diet are high in fat. Although some of the fat in foods occurs naturally, much of it is added in cooking or processing. The truth is, eating too much fat can cause obesity, and heart disease. The main culprits are *saturated fats*, *trans fats*, and *cholesterol*.

Saturated fats

Saturated fats are found mainly in foods that come from animal sources. Liver, veal, lamb, pork, lard, the skin of chicken and turkey, butter, cream, whole milk, and dairy products made from whole-milk are high in saturated fats.

Trans fats

Trans fats are found in small amounts in meats and dairy foods. The majority of trans fats in foods are made when hydrogen is added to oils to make them more solid, and to give them a longer shelf life. Shortening, margarine, baked goods like cookies, crackers, and some processed foods are high in trans fats.

Cholesterol

Although we make some cholesterol in our bodies, the cholesterol in our diet comes from animal sources. Beef, pork, lamb, liver, kidneys, sweetbreads, the skin of chicken and turkey, whole milk and dairy products made from whole milk are high in cholesterol.

Monounsaturated and polyunsaturated fats

Monounsaturated and polyunsaturated fats are actually “good fats” and are plentiful in nuts, vegetable oils, and oily fish like sardines, salmon and chunk light tuna.



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How to Trim the Fat

- Buy foods that say “0 grams of trans-fat” or “trans-fat free” on the label.
- Buy foods that say “0 grams of cholesterol” or “cholesterol-free” on the label.
- Instead of foods that are high in fat, choose low-fat or fat-free foods.
- Instead of frying in oil, use a non-stick pan or non-stick cooking spraying.
- If you choose to cook with oil use it sparingly, choose Canola, safflower or olive oil.
- Bake, broil, grill, roast, or stew, meat, poultry and fish.
- Replace whole milk with low-fat or skim milk.
- In recipes that call for eggs, reduce the amount of whole eggs by substituting some with egg whites.
- When making scrambled eggs, use only one egg per serving.
- Eat only lean cuts of meat; trim the fat from meats and remove the skin from chicken and turkey.
- When roasting or baking meats, use wine, or low-fat broth for basting.
- The white meat of chicken and turkey (the breast), has less fat than the dark meat (the wings and thighs).
- Instead of high-fat salad dressings, sprinkle vinegar or lemon juice on salads or use low-fat salad dressings.
- Minimize use of products, such as margarines, that contain partially hydrogenated oils (trans-fatty acids).
- Instead of baked goods or ice cream, try fresh fruit, sorbet, sherbet, ice milk and non fat frozen yogurt



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How to Trim the Fat (Continued)

- Refrigerate gravy from stews, when the fat becomes solid, skim the fat, and get rid of it.
- Limit use of ham hocks, fat-back and bacon in cooking. Use herbs and spices or low-fat broths to add flavor to dishes such as greens and beans.



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Day # 10

Size up Your Portions

Have you noticed that the popularity of free beverage refills, “all-you-can-eat restaurants”, giant cookies, and value meals have become second nature these days? Americans are facing ballooning food portions and as a result... ballooning weights. Take for example the 1-ounce hamburger patty, it has long been replaced by 4-ounce and 8-ounce patties on large buns. The 8-ounce cup of soda has turned into a “giant drink”. Normal portion sizes of foods are disappearing fast. The fact is, the more we see and eat larger portions of food, the more likely we are to lose sight of normal portions. One way to take control is to begin to think of the foods you eat in terms of their serving sizes.



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What is a serving?

<p>Bread, Cereal, Rice, Grits, and Pasta</p> <ul style="list-style-type: none"> • 1 slice of bread • About 1 cup of ready-to-eat cereal • 1/2 cup of cooked cereal, rice, grits, pasta, mashed potato or yam • 1 small potato 	<p>Milk, Yogurt, and Cheese Group</p> <ul style="list-style-type: none"> • 1 cup of milk or yogurt • 1 1/2 oz. of natural cheese, such as Cheddar • 2 oz. of processed cheese, such as American cheese
<p>Vegetables</p> <ul style="list-style-type: none"> • 1 cup of raw leafy vegetables • 1/2 cup of other vegetables—cooked or raw • 3/4 cup of vegetable juice 	<p>Meat, Chicken, Turkey, Fish, Dry Beans, Eggs, and Nuts</p> <ul style="list-style-type: none"> • 2–3 oz. of cooked lean meat, chicken, turkey, or fish • 1/2 cup of cooked dry beans • 1 egg • 2 tablespoons of peanut butter • 1/3 cup of nuts
<p>Fruits</p> <ul style="list-style-type: none"> • 1 medium apple, banana, orange, pear • 1/2 cup of chopped, cooked, or canned fruit • 3/4 cup of fruit juice 	



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What is a serving? (Continued)

Another way to size up your portions is to judge the serving size of the foods you eat, by using the shapes and sizes of some familiar objects.

For example:

- a small fist = ½ cup fruit, vegetable, cooked cereal, pasta or rice
- a deck of cards or a bar of soap = 3 ounces cooked meat, poultry or fish
- a large egg = 1 muffin
- 6 dice = 1-1/2 ounces of cheese
- a computer mouse = 1 medium potato
- a thumb tip = 1 teaspoon of margarine or butter
- a golf ball = 2 tablespoons of peanut butter
- a 4 inch CD = 1 pancake or waffle
- a baseball = 1 medium apple or orange
- four casino chips = 4 small cookies (like vanilla wafers)



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Day # 11

Shake the Salt habit

Health experts say that eating foods with too much sodium is linked to high blood pressure, strokes and heart disease. What's more, heart disease is the leading cause of death among African Americans. More than 40% of African Americans have high blood pressure. Most of the sodium we get from food is in the form of salt. Cutting back on salt is a lifestyle change that is worth while making. Although our diet should contain about 1 teaspoon of salt a day, most Americans take in 6-18 grams (1- 3 teaspoons) a day. We get sodium in our diet from several foods. Most coming from processed foods, like dried salted fish, ham, ham hocks, bacon, fat-back and other smoked cured meats. Sodium also occurs naturally in the foods, but the rest is either added to foods during cooking, or at the table. Some medicines for example, antacids contain sodium.

How to Shake the Salt Habit

- Read food labels. The nutrition facts panel of labels generally list salt as sodium.
- Avoid foods that show more than 400 milligrams of sodium on the label.
- When eating out, ask the chef to prepare your food without salt, this way you can control the amount of salt.
- Don't use the salt shaker.....don't add extra salt to foods at the table.
- Instead of salt, use herbs, spices, vinegar or lemon juice, to add zest your cooking.
- Watch for hidden salt in foods: If part of an ingredient's name includes soda or sodium it means the product contains sodium.
- Some examples are, baking powder, baking soda used in baked products, and Mono Sodium Glutamate (MSG) used in seasonings and restaurant foods, such as Chinese food.



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Day # 12

Limit Sugars

Did you know that the average American consumes about 158 pounds of added sugars each year? It's not surprising that sugared foods have replaced some healthier foods in our diet. The majority of sugar in our diet comes from regular beverages, sugars and candy, cakes, cookies, pies, fruit drinks, ice cream, yogurt and milk shakes. Sugar is added to foods as high fructose, corn syrup, fructose, honey, molasses, syrup glucose, sucrose, raw/brown/white/cane sugar, or fruit juice concentrate. Sugar is even hidden in some unlikely places like ketchup, peanut butter, and canned fruits. Despite the fact that sugar adds flavor and refinement to certain foods, it does not have any nutritional value and only adds extra calories in our diet. One teaspoon of sugar actually contains 16 calories. The good news is that we don't have to give up sugar completely to eat a healthy diet. We simply have to limit the amount of sugar we get from the foods we eat. Here are some suggestions to help you limit sugar.

- Choose and prepare foods with little added sugars or caloric sweeteners
- Cut back on candy, cookies, cakes, pies, doughnuts, granola bars, pastries, and other sweet baked goods. When you have the urge to eat sweets try, dried fruits without sugar added.
- Cut back on soft drinks, try water, seltzer, low-fat milk, or 100% fruit juice.
- If you like to add sugar in cooked cereal or coffee, try adding raisins and a dash of cinnamon.
- Read food labels, other names used for sugar are: sucrose, high-fructose corn syrup, corn syrup, dextrose, glucose, fructose, maltose, honey and molasses.
- Avoid breakfast cereals that are coated with sugar.



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Limit Sugars (Continued)

- Fruit "drinks," "beverages," and "cocktail blends" are mostly sugar, water and only 10% or less of real juice.
- Since most desserts have sugar added, opt for a ½ a portion.
- Gradually change your sugar habits buy first, cut the sugar you use in tea and coffee in half.
- Try applesauce in baking, in recipes that call for sugar



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Day # 13

Read Food Labels

With hundreds of items to choose from when you shop, how do you tell a healthy packaged food from an less healthy one? It's simple....you read the label. Besides the name and brand of the product, food labels can provide information about the calories, serving size, nutrients and ingredients. Follow these simple steps and you will find the reading food labels is not as difficult as it seems.

- **Serving Size** - Start by looking at the serving size and the number of servings in the container. For the example, the label below shows that the serving size is 1cup and there are 2 servings in the container. The food label describes what's in one serving size of the product. If you decided to eat everything in the container, you will be eating double the amount of everything listed on the label.
- **Calories** – Next, look at the calories. How many calories are in one serving? For the example, the label below, shows 260 calories in one serving.
- **Percent Daily Value (%DV)** – Now look at the Percent Daily Value. The %DV section is based on a 2,000 calorie diet. You can use the %DV to compare one product with another similar product. It lists the amount of total fat, saturated fat, trans fat, cholesterol, sodium, total carbohydrate, dietary fiber, sugar, and protein in the product. The daily value refers to the amount of a nutrient that the average person needs each day for good health. This show how healthy the product really is. For example, if you are concerned about total fat, saturated fat, trans fat, cholesterol and sodium, you should choose products with labels that show low %DV values. In other words, the DV should be less than 100.



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- **Daily Values Chart** – This section is standard for all food labels. It lists the recommended limits for total fat, saturated fat, cholesterol, sodium, total carbohydrates, and fiber that you should aim for each day. Limits are based on a daily intake 2,000 calories or 2,500 calories. So if you generally eat 2,000 calories, you should aim for the limits for 2,000 calories.
- **Ingredients** – What's in the product? This section will answer this question. The ingredients are listed by weight going from the ingredient with the greatest weight to the ingredient with the least weight. The example below shows sugar as the first ingredient, this means the product contains mostly sugar.

Ingredient list:

Ingredients: Sugar, Cocoa (Processed with Alkali), Nonfat Dry Milk, Partially Hydrogenated Soybean Oil, Whey Protein, Concentrated Corn Syrup, Salt, Cellulose Gum, Sodium Caseinate.



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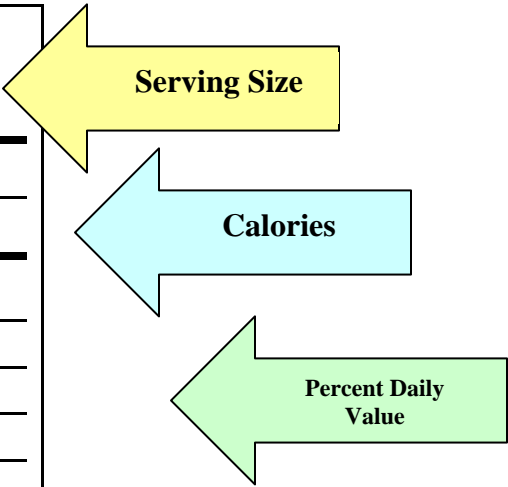


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Can you read this label?

Estimated Nutrition Facts	
Serving Size 1 cup (228g) Serving Per Container 2	
Amount Per Serving	
Calories 260 Calories from Fat 120	
%Daily Value (DV)*	
Total Fat 13g	20%
Saturated Fat 5g	25%
Trans Fat 0g	0%
Cholesterol 99mg	10%
Sodium 660mg	28%
Total Carbohydrate 31g	10%
Dietary Fiber 2g	8%
Sugars 5g	
Protein 5g	
<hr/>	
Vitamin A	4%
Vitamin C	2%



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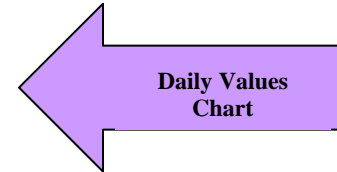
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Calcium	15%		
Iron	4%		
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less than	68g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	340mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g



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Day # 14

Shop Smart

A healthy lifestyle begins with eating healthy foods. A big part of this will depend on whether you are willing to making healthy choices about the food you buy, and the food you eat. Whether you are in the supermarket or a restaurant you have the ability to make wise food choices. A good piece of advice from The Dietary Guidelines for Americans is that we should *Eat a variety of foods; Choose a diet low in fat, saturated fat, and cholesterol; Choose a diet with plenty of vegetable, fruits, and grain products; and Use sugars, salt and sodium only in moderation.* You can use the guidelines as the foundation as you prepare to shop your way to healthy living.

How to Shop Smart

- Before you shop for food, plan ahead. Think of the meals you will be making the next week and the foods you will need to do so.
- Make a list and stick to it. This way you will not be tempted to buy less healthy that you do not need.
- Put fruits, vegetables, grains, dairy and meat and beans at the top the list.
- Do not shop when you are hungry.
- Load your cart with fruits and vegetables first.



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How to Shop Smart (Continued)

- The healthy foods are usually around the outer aisles of the supermarket. You will find your fruits, vegetables, juices, meats, fish in this section.
- Be aware of the unhealthy foods, they are usually at the end of the aisles and near the checkout counter, it is easy to get tempted while you are waiting to pay for your groceries.
- Read food labels, once you get to know what each food contains, it will be easy each time you shop.
- Watch for labels with words like hydrogenated, shortening, syrup, corn syrup, they usually mean the food contains unhealthy fats and sugars.
- Watch for information on labels about the calories, sugar, sodium, cholesterol, saturated fat and trans fat.
- *Fruits and vegetables:*
 - Remember choose from a rainbow of rich colors and variety of textures. There is no limit here,
 - Pick the darker leafy greens like spinach, collards, mustard greens, kale, broccoli and spinach. Remember fruits and vegetables that are blue/purple, white, red and yellow/orange.
 - Include a variety of fruits like oranges, apples, grapes, berries.



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How to Shop Smart (Continued)

- Legumes:
 - Include dried or canned lentils, kidney bean, black eye peas, black beans, string beans.
- Meat/poultry/fish:
 - Get leaner cuts of beef (eg. Sirloin, top round).
 - Get white meat of chicken and turkey, like the breast, this is lower in fat than the legs, thighs and wings
 - Get fish: fatty fish like salmon, chunk light tuna. Smaller fish are better. Large fish like shark, swordfish, King

Mackerel and albacore tuna could have higher amounts of mercury than smaller fish.

- Beverages:
 - Get juices that are 100% juice.
 - Fruit drinks have only 10% real juice and a lot of sugar.
- Dairy:
 - Get lowfat: 1% or 2%, or fat free milk. If you cannot tolerate dairy try substitutes like LactAid, soy, rice milk).
 - Get plain, lowfat yogurt and cheese.



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How to Shop Smart (Continued)

- Grains:
 - Get breads and cereals and that are 100% whole grain.
- Other sections:
 - Get oils that are low in saturated fat, trans fat and cholesterol. For example, Canola or olive oil.
 - Stock up on herbs and spices; onion, garlic, thyme, pepper, sage, scallions, parsley, lemons, cinnamon, nutmeg, allspice, ginger.
 - Skip the aisle that carry junk foods chips, candies, pastries, frozen desserts, once you take it home you will eat it.
 - Get healthy treats fresh fruits, dried fruit, raisins and nuts.
 - Frozen vegetables are OK.
 - Many convenience foods are high in calories, fats, salt, so go easy on these.
 - Keep food safety in mind. Buy meat, milk and frozen foods last.



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Day # 15

Cook Low Cost Meals

What do vegetarian chili; black beans over brown rice and hearty lentil soup have in common?

The answer is that they are all healthy and low cost. It is important to dispel the myth that *eating healthful meals is an expensive venture*. With a few smart substitutions, you can tailor your meals to fit your budget, and still keep them healthy.

Meat requires the most attention because it is the main source of protein in any meal, and probably the most expensive.

Some less expensive proteins for your plate are fish, such as catfish, croaker, tilapia, spots, and whiting. Chicken and turkey are also less expensive than red meats, so those should be included more often in meals. The least expensive sources of low-fat protein are peas, beans and lentils. They are available fresh, dried, frozen or canned, and are excellent substitutes for meat. Eggs top the list as a cheap source of protein, and can be prepared in a snap. One way to cut cost and eat healthy is to go meatless at least twice a week. One-pot dishes like soups and stews are inexpensive and make meals that are both hearty and healthy. Fruits and vegetables are easy to fit into your meals because they are plentiful and cheaper than other foods, especially when they are in season. Here are some suggestions for healthy cooking that won't break the bank.

- Save money by using supermarket coupons. Stock up on items like frozen vegetables, juices and canned beans when there are special promotions.
- Buy store-brands. Except for the expensive packaging, in most cases there is little nutritional difference between store-brand and brand named items.
- Look for whole grains with store brand labels.
- Use the leftovers to make another meal. For example, turn one day's leftover roasted chicken into the next day's chicken salad, chicken sandwich, chicken stir-fry or chicken noodle soup.



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Cook Low Cost Meals (Continued)

- Stock up on fruits for snacks and desserts. A piece of fruit, like an apple or banana, is likely to cost a lot less than a piece of cake or a package of cookies or chips.

Low Cost Vegetarian Chili

You will need:

- 1 (16 oz) can chick peas
- 1 (16 oz) can kidney beans
- 1 (16 oz) can corn
- 2 cups tomato sauce
- 3 tablespoons tomato paste
- 1 packet chili seasoning
- Drain liquid from peas, beans and corn, and put into saucepan. Add tomato sauce, paste and seasonings and simmer for 10-15 minutes. Serve over brown rice.
- This serves 4-6 persons. One 6 oz serving of chili provides: 126 calories and 6 g protein, and costs about 94 cents.



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Day # 16

Cook for health

Finding new and healthful ways to cook begins with wholesome foods and the right cooking methods. This means more creative cooking and substituting ingredients that are less fatty, less sugary and less salty.

To cut back on salt, limit your use of *seasoning salt* or commercially prepared seasoning mixes, on meats and vegetables.

These seasonings usually contain large amounts of added salt. As you cut back on salt, begin to use more herbs and spices. If you want to streamline fat, don't fry foods, frying only adds extra fat and calories. If sugar is an important ingredient in a recipe, try cutting the amount needed in ½. The difference in the taste may be small, and may not even be noticeable. Better yet, skip the added sugar, it will help cut calories.

Here are some alternatives to help you on your way to cooking for health.

Instead of....	Substitute	Benefit(s)
Bacon	Turkey bacon	Turkey bacon is lower in calories and saturated fat
Egg and cheese omelet	<u>Eggs</u> : Egg Beaters or egg whites <u>Cheese</u> : Low-fat. Look for labels that say 2% or part-skim	Egg Beaters and egg whites are good sources of protein with less fat and cholesterol than eggs Low-fat cheese has fewer calories and less fat than regular cheese
Whole milk	Skim, fat free or low-fat (2%) milk	Skim and fat free milk are lower in fat and calories.
Fried chicken, chicken nuggets, chicken wings	Grill, roast, bake chicken	Lower in fat and calories



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Instead of....	Substitute	Benefit(s)
Creamed soups	Soups with a clear broth such as vegetable, tomato, or chicken noodle	Lower in fat and calories
White bread	Whole wheat bread	Whole wheat bread has more fiber
Salt for seasoning	Fresh or dried herbs. Powdered seasoning without salt such as onion powder and garlic powder	Herbs and other seasonings provide flavor without the added salt.
Mashed potato	Sweet or white potato baked in the skin	Sweet potato is a good source of beta carotene. Potato with the skin is high in fiber.
White Flour	Use ½ white flour and ½ whole wheat flour	Whole wheat flour is a good source of fiber, B-vitamins and iron.
Pasta	Whole wheat pasta	Whole wheat pasta is enriched and has more fiber than regular pasta
Ground beef	Lean ground beef, turkey or chicken	Lean meats are lower in fat
Cooking oils	Non-fat cooking spray, Canola or olive oil	Lower in saturated fats, trans fat and cholesterol
Butter	Substituting applesauce for ½ of the amount of butter called for in the recipe	Lower in fat and calories
Sugar	Substitute ½ the amount with pureed prunes, mashed bananas or yogurt	Lower in calories
Vegetables	Steam vegetables plain or add a variety in salads, soups and stews.	Steaming retains the nutrients. When vegetables are added to soups and stews, the nutrients are retained in the soups and stews.



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Day # 17

Give Your Soul Food a New Look

Good health begins with healthy eating and a healthy lifestyle. But African Americans are more likely than other groups to suffer from high blood pressure, diabetes and heart disease, all of which are related to poor eating habits. The good news is that eating healthy does not mean you have to give up your cultural foods. Without giving up tradition, you can eat your favorite foods, while you improve the quality. A key question to ask yourself is, “What’s in it”? Take soul food for example, favorites like fried chicken, smothered pork chops, barbecued ribs, macaroni and cheese, greens and candied sweet potatoes are often laced with salt, fat and sugar. The trick is to cut back on the fats, salt and sugars that we add when we prepare these foods. Here are some tips to help you make your soul food more healthful and tasty without giving up tradition.

Sensible substitutes

- ***Batter Dipped Fried Chicken*** – Change the cooking method; bake or roast chicken instead. Try oven frying chicken, you can still add seasoning and breading for crispness.
- ***Greens*** – Instead of ham hocks and fatback or bacon, use smoked turkey, chopped bell peppers, hot pepper, onions, vinegar, and other herbs to add flavor.
- ***Macaroni and Cheese*** – Instead of cheese made from whole milk, use half the amount of cheese made from skim milk.
- ***Candied Sweet Potato*** – Bake sweet potato whole and serve with the skin. Sweet potatoes are naturally sweet, if you prefer them mashed, cut all the added ingredients in half.



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Sensible substitutes (Continued)

- ***Smothered Pork*** – Instead of high fat cuts, use tenderloin, sirloin or chop center cut loin chops. Cook the chops in the oven drain the extra oil, and use only the juices from the meat to make the gravy.
- ***Barbeque pork ribs*** – Trim away the visible fat. Put precooked ribs in refrigerator, when the fat becomes solid, skim it. Then add the sauce and finish in the oven.
- ***Pork sausage*** – Instead of pork sausage, use turkey or beef sausage; it has less fat.
- ***Cooked vegetables*** - Steam vegetables to keep them crisp and crunchy. Skip the butter, margarine and cheese. If the vegetables accompany a meat dish, that will provide the extra flavor.
- ***Meats*** – Skip meats once or twice a week, and try a meatless meal. Use more vegetables, grains and beans.
- ***Milk (dairy products)*** – When cooking calls for milk or cheese, use non-fat dry milk, evaporated, 1%, or 2% milk. Use cheese made from skim milk. or low-fat milk.
- ***Potato Salad*** – Use lite, low fat mayonnaise, if you add eggs use less of the egg yolks.



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Day # 18

Make Healthy Choices When Eating Out

If dining out with your family and friends is a regular part of your lifestyle, you are not alone. Many people eat out at least once a week. But even if the restaurant serves up lavish portions of your favorite foods, you can still eat healthy and guilt-free, without giving up a lot. Tactics like ordering from the kiddie menu, ordering a healthy appetizer as a main meal, sharing your meal, ordering a half-portion and taking home a “doggie bag” are just a few smart moves you can make when dining out. What’s great is that most restaurants will give you what you want, the way you like it...all you have to do is ask.

Here are some actions you can take next time you are eating out:

- Before you go inside, check the menu posted outside the restaurant, to make sure it has healthy choices, ask if they allow substitutions.
- Choose menu items that have words like *garden fresh, baked, broiled, roasted, steamed, grilled, lightly sautéed, poached*.
- Order a baked potato (but not loaded with sour cream) instead of mashed potatoes
- Ask for bread to be served either as part of the meal or just skip it. The basket of bread is usually one of the first things that is served while you wait for your main meal, so it’s easy to fill up early on bread.



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Make Healthy Choices When Eating Out (Continued)

- Avoid refills, supersized, and sugar-sweetened beverages.
- Try drinking water with a piece of lemon or sugar free beverages.
- Eat the low-calorie foods on your plate first, you will be less hungry before you know it.
- When ordering a salad, ask for the dressing to be served on the side. This way, you can add only what you want. Better yet, ask for low-fat dressing.
- Order vegetables with a sprinkle of parmesan cheese instead of butter.
- Get gravy and sauces on the side. This way you can add only the amount you want.
- Sure you can get dessert...but choose one that has some fruit, a good idea is to split it with a friend.
- If you order ice cream, get only a single scoop, instead of double scoops.
- Stop eating when you begin to feel full. Focus on enjoying the setting and your friends or family for the rest of the meal.



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Make Healthy Choices When Eating Out (Continued)

At the deli

Choose:

- Turkey breast or a lean meat sandwich on whole grain bread with mustard, leafy greens, tomato and other vegetable.
- Veggie-stuffed whole wheat pita with a low-fat dressing.
- Vegetable soup.

Tip: Remove half the meat from an oversized deli sandwich, share it or take it home. Skip the mayonnaise and choose mustard, relish, cranberry sauce or extra tomatoes instead.

At the pizzeria

Choose:

- Vegetable toppings instead of meat.
- Whole wheat thin crust.

Tip: No extra cheese, order half the usual amount of cheese.

At the salad bar

Choose:

- Fresh greens and other vegetables with low-fat dressing on the side.
- Fruit salad.
- Broth-based or tomato soup.
- Beans without dressing.
- Whole grain rolls.

Tips: Avoid salads with mayonnaise or oil. Look over the whole buffet and then choose single servings of low-fat, mostly plant-based foods.



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DAY #19

Spice It Up

One way to add zest to any food is to spice it up. Cooking with spices is catching on in kitchens across America. But beyond our culinary quest to please our palate, spices are gaining popularity because of the health benefits they provide. Cinnamon for example, may help lower blood sugars. Garlic is believed to have natural antibiotic and antiviral benefits. Ginger may relieve nausea, motion sickness and indigestion. While the health benefits of herbs and spices continue to be explored by health experts, we have much to gain from the powerful flavors and aromas they give to food. Best of all, the more herbs and spices you use, the easier it is to cut back on fat, salt, and sugars that we used to perk up the flavor of foods. So be bold and spice it up.

Spice	Common Uses in Cooking
Cardamom	Often used in breads and sweet dishes such as puddings and fruit dishes. Can also be used to flavor savory dishes such as vegetable stir-fries.
Cinnamon	Used to flavor hot cereal, baked goods such as cookies, bread and muffins. Can be used in teas and coffee. Can also be used to flavor dressings or to season poultry or fish. Used to flavor fruit dishes or to sweeten cottage cheese.
Curry Powder	Used to flavor vegetables, rice, chicken, fish and many other savory dishes. Can also be used in sauces and to give a sharp flavor to mayonnaise.
Garlic	Used to flavor, salad dressings, meat, poultry, fish, dips and vegetable dishes. Garlic can be used in place of salt as a more healthful seasoning.
Ginger	Often used in Asian dishes. Can be added to salads or used to flavor tea. Used to flavor baked goods such as cookies or muffins as well as candies.



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Spice	Common Uses in Cooking
Mint	Used to flavor salads and fruit dishes. May be used to flavor tomato sauces, chicken pork and lamb.
Nutmeg	Used to sweeten desserts such as cakes and cookies. Can be used to flavor chicken, fish and meat dishes. Used to flavor cheese and other savory dishes.
Oregano	Common ingredient in Greek and Italian dishes such as pizza, pasta and salad. Often used to season meat, fish and poultry as well as sauces.
Rhubarb	Often used in pies and other desserts, rhubarb can also be used to flavor vegetable dishes.
Turmeric	Often used in curry dishes. Also used to season fish, meat, beans and poultry. Can be used in sauces and to flavor deviled eggs.



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Day # 20

Snack Wisely

When you get the urge to snack do you reach for a few fries, a bag of chips, a handful of cookies or a candy bar? There is nothing wrong with snacking, in fact snacking helps to bridge the gap between meals. Snacks keep you going during a busy day, when there is very little time for a full meal. Keep in mind that tasty treats are meant to be small, and should pack plenty of nutritional power.

When you are searching for ideas for healthy snacks, think *variety, protein, fiber, vitamins and minerals*.

The bonus is that the rest of nutrients will fall in line. Go for whole grains, nuts, seeds, low-fat dairy foods, fresh fruits and vegetables and fruit and vegetable juices. These are wholesome, filling and can curb your hunger pangs.

Here are a few tips to help you learn to snack smart.

Snack Tips

- Do not eat snacks too close to the next meal or you may not be hungry at meal time.
- Allow at least one hour between snack time and meal time.
- Mix it up for variety with a frozen fruit kabobs from pineapple chunks, apples cubes, banana slices, grapes, and strawberries.
- Portion one handful of dried fruit and nuts in sandwich bags for a quick and easy mid-morning or mid-afternoon snacks.
- Pack ready-to-eat fruits and vegetables like grapes, berries or baby carrots for a convenient snack on the go.
- Skip the sugar and chocolate chip cookies. Cookies with raisins and oatmeal have more nutritional value.
- For easy grab-and-go snacks try oranges, apples, grapes, bananas, plums, pears, peaches, nectarines, berries and tangerines.



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Snack Tips (Continued)

- Make ants on a log by filling celery stalks with peanut butter or cream cheese and sprinkle with raisins.
- Try whole-grain English muffin spread with pizza sauce and toasted.
- Make a quick fruit shake by placing ½ cup low-fat fruited yogurt and ½ cup cold fruit juice in a container with a tight lid, then shake it up, pour into a cup and enjoy.
- Make fruit juice popsicles by pouring any kind of fruit juice into popsicle molds or ice-cube trays (put toothpicks in each for handles) and freeze.

More Healthy Snacks Ideas

Air-popped popcorn without butter

Raisins and currants

Apple slices sprinkled with cinnamon

Sugar-free dry cereal

Baked sweet potato strips

Broccoli florets

Cherry tomatoes

Unsalted pretzels

Cheese and unsalted crackers

Low-fat mozzarella string cheese

Low-fat pita chips

Low-fat pudding

Low-fat yogurt

Natural peanut butter on celery



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More Healthy Snacks Ideas (Continued)

Baked bagel chips with cream cheese

Carrot sticks or any veggies

Baked tortilla chips & salsa

Hard cooked eggs

Fruit smoothie (nonfat yogurt, fruit, skim milk)

A handful of unsalted nuts

Nonfat frozen yogurt

Low-fat yogurt and fresh fruit

Frozen grapes

Fruit canned in its own juices

1 slice thin crust veggie pizza without cheese



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