

PARTICIPANT HANDBOOK



Reducing Your Risk of Breast Cancer

Although there are a handful of risk factors for breast cancer that are not in your control, choices you make every day can lower chances of developing the disease. According to the most recent update of American Institute for Cancer Research's expert report, about 4 of every 10 breast cancer cases in the United States could be prevented if everyone followed these recommendations:

- 1. Stay Lean.** Because of the link between excess body fat and cancer, AICR recommends aiming to be as lean as possible without becoming underweight.
- 2. Engage in Physical Activity.** Activity of all types – walking, swimming, gardening and vigorous housecleaning – probably protects against postmenopausal breast cancer. Be physically active for at least 30 minutes every day and as fitness improves, aim for 60 minutes daily.
- 3. Avoid or Limit Alcoholic Drinks.** If you drink at all, limit consumption to one drink a day for women and two drinks a day for men. Evidence is convincing that alcohol is a cause of breast cancer.
- 4. Lactation.** There is convincing evidence that breastfeeding protects against breast cancer. AICR recommends that mothers breastfeed exclusively for up to six months and then add other liquids and foods.

More on Physical Activity

Is it too late to make a difference after years of sedentary living? It's never too late to start making changes to reduce your cancer risk. In one recent Japanese study, the most active women had less than half the risk of postmenopausal breast cancer than the least active women. Study participants were 40 to 69 years old at the start of the study. In another recent study from Germany, physical activity after age 50 showed an even stronger effect in reducing risk of postmenopausal breast cancer than physical activity at ages 30 to 49. Is being active worth it if I don't lose weight? Yes, physical activity protects our health in many ways. The link between more activity and less breast cancer appears to be independent of weight loss.

Source www.aicr.org



What are Flavonoids?

Plant –Based nutrients abundantly found in fruits, vegetables and herbs.



Why should I eat these foods?

Flavonoid containing foods reduce inflammation that may lead to breast cancer, heart disease, stroke and diabetes.

They offer anti-inflammatory, anti-microbial, and anti-oxidative benefits.



Enjoy these Flavonoid Sources!*

Blue/Purple	Green	White / Black	Yellow/Orange	Red
Eggplant	Broccoli	Garlic	Oranges	Beets
Plums	Kale	Onions, all	Lemons	Red Onions
Grapes	Turnip greens	Rutabaga	Apricots	Cranberries
Blackberries	Spinach	Bananas	Grapefruit	Strawberries
Blueberries	Chili Peppers		Squash	Apples
Raspberries	Celery Hearts	Black Beans		Red Pepper
Red Cabbage	Broad Beans			Tomatoes
	Watercress			
HERBS	Parsley	Thyme	Mint	Chives

OTHER Flavonoid Sources!*

Freshly Brewed Tea Green and Black
 Tofu
 Buckwheat
 Red Wine
 Dark Chocolate



*Foods listed are excellent or good sources of flavonoids. Source USDA Database for the Flavonoid Content of Foods

The Diet & Physical Activity Link

By burning extra calories, physical activity is crucial to controlling weight. When we eat, we take in calories in the form of carbohydrates, proteins and fats (and alcohol, if you drink). No matter what the source of calories is, any unused calories are stored as fat.

Eating mostly healthful plant-based foods like vegetables, fruits, whole grains and beans provide a diet that is naturally low in calories and high in fiber, vitamins, minerals and cancer-fighting phytochemicals such as flavonoids.

With enough physical activity every day and a healthy diet, your body will be able to use the calories it takes in and store only as much fat as you need for good health.

Healthy Diet and Physical Activity Link

- Disease Prevention is associated with eating a diet low in fat and sugar that is high in fiber, fruits, and vegetables
- Studies show that physically active people have a lower risk for developing breast cancer and other chronic diseases than do people who are not active

Benefits of Healthy Diet and Physical Activity

- Control your weight
- Reduce your risk of high blood pressure, stroke, and type 2 diabetes
- Increases your chances of living longer and feeling better



SISTAS Chronic Disease Risk Assessment

This brief questionnaire is only to be used as a guide to help you make informed decisions about your risk of developing chronic diseases, what actions to take to lower your risk, and when to see your doctor. More accurate estimates of your risk should be discussed with your doctor along with any questions or concerns regarding existing conditions and family history.

Factors that can increase your risk:

- Are you African-American?
- Are you over 45 years old?
- Do you have close relatives (parents, brothers, sisters) who have had cancer?
- Are you extremely overweight (obese)?
- Do you smoke?
- Do you drink more than one alcoholic drink per day?
- Are you physically inactive (don't get regular exercise)?

If you answered „yes“ to one (1) or more factors, you may be at risk for developing a chronic illness. Having one or even several risk factors does not mean that you will get breast cancer. Share this information with your healthcare provider and follow their advice on ways to reduce your risk. Participate in this program and get the support you need to make healthy choices to improve your health.



Benefits and Basics of Physical Activity



- People of all ages benefit from being more active. You're never too old to start a program of physical activity! Here are some benefits:
 - Reduces your risk of diabetes, certain types of cancer (e.g. breast and colon), and heart disease
 - Helps to control your blood pressure
 - Boosts your energy, relieves tension and stress, improves mood and can reduce feelings of depression and anxiety
 - Helps to build and maintain healthy muscles, bones and joints, improves balance and flexibility
 - Helps to control weight and reduce fat



How much? Your goal should be to do at least 30 minutes of physical activity. You can do your physical activity for 10 or 15 minutes a few times a day, until you accumulate 30 minutes, or all at once. It's your choice.

How often? You should be physically active on 5 or more days a week.

How hard? With moderate intensity activity you will feel an increase in your breathing and heart rate, similar to brisk walking, but moderate intensity is not as intense as jogging. You should be able to carry on a conversation with someone while you are active at a moderate intensity.

What activities can I do? Any moderate intensity that you enjoy is OK. You can walk, swim, bike, skate, play sports like basketball, dance, do household chores, work in the garden, or anything else that makes you want to be active!

How should I start? It may not be realistic for you to be physically active for 30 minutes on 5 days of the week. That's OK! Start where you can and gradually increase your time, frequency and duration.

Re-think your drink

For many of us, the availability of high-calorie sodas and fruit drinks makes it easy for us to grab a drink on the go—without thinking about how many calories we’re drinking.

Studies show that we usually don’t do a good job

of reducing calories from other foods after drinking high-calorie drinks. ⁷ Since our bodies don’t register the calories from drinks, it is important that we choose our drinks very carefully. Choose water and diet drinks instead of regular sodas and fruit drinks.

Try these simple tips to re-think your drink:

- Carry a water bottle with you throughout the day.
 - Stock your refrigerator with a jug or bottles of water.
 - Drink carbonated water.
 - Add slices of lemon, lime, cucumber or watermelon to water.
 - Add a splash of 100% fruit juice to plain sparkling water to make a low-calorie drink.
 - Try hot or cold tea or herb tea (without added sugar or sweetened with calorie-free sweeteners).
 - Make your coffee with low-fat milk, or have black coffee.
- Artificial sweeteners do not help curb your sweet tooth. They are appropriate with persons who have diabetes. We should all use them sparingly.



Choose lower-calorie drinks to save you lots of calories during the day.

Drinking non-diet soft drinks is clearly associated with increased body weight.

How to Maintain Your Hair During Exercise for African American Women

By Monae Everett, eHow User

Hair and Makeup: Monae Everett www.MonaeArtistry.com
Photography: Joelle Phillips www.JoJoPhotographer.com



A study conducted by the Wake Forest University Baptist Medical Center, in Winston-Salem, N.C., suggested that 31% of the 103 African-American women surveyed admitted that they exercise less because it may harm their hairstyle, according to a study released in November, 2007. All of the women studied agreed that it is important to lead a healthy life, which includes exercise. Exercise is especially important in the African American community because we are more prone to breast cancer, diabetes, hypertension, and complications due to obesity, including heart disease. Though we face many health concerns that exercise will combat, African American women have a different deterrent from working out; their hair.

Many ethnic women wear their hair straightened whether it's done chemically or thermally (with a hot tool such as a flat iron). African American women are known to spend more money on their hair than women of any other ethnicity. This explains their apprehension to exercise and undoing their costly hair style. It is not uncommon for an African American woman to go to the salon and spend \$100 on her hair service. After spending money on their hair service, many women feel that it would be a waste their money to "sweat out" their hair style at the gym. Any woman who has naturally curly or coarse hair understands the difficulty of keeping their hair straightened, while working up a sweat.

Perspiration causes the hair to become wet and revert back to its naturally curly and/or coarse state. Sweat, which is comprised of water and salts (sodium and

potassium), can make the hair appear dry and dull. In order for her to wear her hair in her preferred straightened hair style she would have to repeat the straightening process. That process generally includes shampooing, conditioning, roller setting or blow drying, and flat ironing the hair. This process can take hours. Contrary to popular belief, curly and coarse hair is fragile. The hair cannot be shampooed and thermally styled numerous times per week. Over shampooing the hair will cause it to become dry and break.

Instructions **Difficulty: Moderately Easy**

Tools:

-
- single or double prong clips
 - silk or satin scarf
 - duckbill clips
 - coated elastic bands
 - sweat band
 - swim cap

-  1 If you are going to the gym or for a run try these style savers. For straightened hair, try brushing your hair into a firm ponytail. Make sure to use an elastic holder covered in cloth and a holder without a metal clasp to avoid ripping your hair. Place a sweat band at your hairline, this not only helps to keep sweat out of your eyes, it will keep your edges in place. Once the hair is in a ponytail twist it and secure it with a hairpin. This will allow the hair to retain body and bounce in your post workout hair style.

-  2 If your hair has been curled with a hot curler or roller set, try pin curls. This is done by taking large sections of the hair, combing each section into one large curl, twisting the curl down onto the scalp and securing the curl with a bobby pin or metal two prong metal clip. Six to ten

large pin curls should suffice. After your hair has dried, finger style your hair into place. This preserves your curls and keeps the hair full of body and volume.

- **3**  If you are taking part in water sports, wrap your hair around your head in a circular motion using metal duckbill clips to hold the hair in place if necessary. Cover your hair with a satin or silk scarf. Finally, cover the scarf with a latex or silicone swim cap.
- **4** There are many convenient hair options for African American women who workout including natural styles. A woman with natural hair does not have any chemicals, such as a relaxer or hair color, in her hair. Sisters who wear their hair in locs, natural curls, braids, twists, and other natural hairstyles are less likely to let their hair stand in the way of a good workout.

Tips & Warnings

- Many women question how often they should shampoo their hair to keep it healthy. I recommend shampooing your hair every seven to ten days depending on your hair texture and the amount of oil your hair produces. For example, if you have fine hair that falls flat or gets weighed down, shampoo your hair every five days with a volumizing shampoo and conditioner. If your hair is coarse and appears dry, shampoo it every 10 days with a moisturizing shampoo and conditioner.
- So whether you wear your mane curly, straightened, or natural you can no longer use your hair as an excuse to avoid exercise. Your hair can be wrapped up, pinned up, or brushed back. In any event, your hair style can be preserved. Feel empowered and don't let your hair stand in the way of improving your health, and your sexy!

Source: http://www.ehow.com/how_5177077_maintain-exercise-african-american-women.html



SISTAS - FOODS TO EAT MORE OF

This list includes foods that are anti-inflammatory, high in antioxidants and or contain unsaturated fats. Add these foods for a healthier diet. These foods can be considered an “ingredient list” for healthy cooking. Use this list as well as the flavonoid list as a guide for the foundation of your anti-cancer diet. At the end is a list of foods to eat less of because they can increase your risk of developing cancer and other chronic diseases

Spices / Flavorings / Herbs

Turmeric
Curry
Ginger
Garlic
Black Pepper
Parsley
Basil
Cilantro
Rosemary
Thyme
Oregano
Mint

Vegetables

Onions: Red, Yellow, White
Shallots
Green Onion
Cabbage: Red, Green, Napa, Savoy
Broccoli
Cauliflower
Brussel Sprouts
Greens: Kale, Collards, Turnip,
Mustard, Spinach, Etc
Mushrooms: especially oriental
Squash: Yellow, Zucchini, Butternut,
Acorn, Spaghetti
Pumpkin

Sweet Potatoes

Carrots
Beets
Tomatoes & Tomato Products

Grains / Seeds / Nuts

Whole Wheat Flour
Unbleached White Flour
Whole Grain / Wheat Pasta
Brown Rice
Oatmeal
Barley
Quinoa
Whole Wheat Bulgur
Whole Grain and Whole Wheat
Cereals, Crackers, And Breads
Popcorn (Low Fat Or Air Pop)
Almonds
Walnuts
Ground Flax Seeds
Sunflower Seeds
Pumpkin Seeds
Sesame Seeds

Fruits

Blueberries
Blackberries
Cranberries





Raspberries
 Strawberries
 Oranges
 Tangerines
 Lemons
 Limes
 Grapefruit
 Plums
 Peaches
 Nectarines
 Pomegranate

Legumes

Black Beans
 Garbanzo Beans
 Pinto Beans
 Cranberry Beans
 Navy Beans
 Peas Black Eye & Other Cow Peas

Fish

Oily Cold Water Fish Such As:
 Mackerel
 Herring
 Black cod

Sardines
 Wild Caught Salmon

Dairy

No-Fat Or Low Fat Dairy Products
 Yogurt, Plain No Fat
 Low Fat Cheese

Soy Products

Soy Milk
 Tofu
 Edamame (Soy Beans)
 Dried Soy Beans (Low Salt Type)

Fats

Olive Oil, Extra Virgin
 Flaxseed Oil
 Canola Oil

Beverages

Unsweetened Or Very Lightly
 Sweetened Green Or Black Tea
 Red Wine (4-5 Ounces Per Day)

SISTAS Foods To Eat Less Of...

Fast Foods
 Processed Meats
 White Flour Baked Goods
 Yeast breads made w/ white flour
 High Fat Snack Foods

High Salt Snack Foods
 Sweets (Candy, Cookies, Bakery)
 Fried Foods
 Rich Sauces
 Heavily Breaded Meats



Three Types of Exercise

Given the numerous benefits of regular physical activity, you may be ready to get in motion now! But first, it's important to know how activities differ from one another and how each form of movement uniquely contributes to your health. Three types of activity are important for a complete physical activity program: aerobic activity, resistance training, and flexibility exercises. Let's take a brief look at each one.

Types of Physical Activity

Aerobic activity is any physical activity that uses large muscle groups and causes your body to use more oxygen than it would while resting. This is the type of movement that most benefits the heart. Examples of aerobic activity are brisk walking, jogging, and bicycling.



Resistance training—also called strength training—can firm, strengthen, and tone your muscles, as well as improve bone strength, balance, and coordination. Examples of strength moves are pushups, lunges, and bicep curls using dumbbells.

Flexibility exercises – includes balance exercise - stretch and lengthen your muscles. These activities help to improve joint flexibility and keep muscles limber, thereby preventing injury. An example of a stretching move is sitting cross-legged on the floor and gently pushing down on the tops of your legs to stretch the inner thigh muscles.

Remember do not stretch a “cold” muscle. Warm up with gentle movement first



Source: http://www.nhlbi.nih.gov/health/public/heart/obesity/phy_active.pdf

Roasted Succotash

Prep: 8 minutes

Cook: 8 minutes

Yield: 10 – ½ cup servings

1 cup	baby lima beans
1 cup	corn kernels
1 medium	red pepper, diced
1 medium	onion, diced
1 teaspoon	dried thyme
1 ½ teaspoon	ground cumin
½ head	cauliflower, diced
2 tablespoons	Smart Balance

Directions

1. Steam cauliflower and lima beans until they begin to soften
2. Melt Smart Balance in a large skillet over medium high heat
3. Add onions to pan and heat until translucent (clear)
4. Add peppers and corn to pan and heat until corn begins to brown
5. Add cauliflower and lima beans to pan and heat until all vegetables begin to brown
6. Stir in cumin and thyme and mix until spices are evenly incorporated

Nutrition Facts (1/2 cup)

49 calories (23% from fat)

1g fat

0g saturated fat

8 ½ g carbohydrates

2g sugar

2g fiber

2g protein

26 mg sodium

Guidelines for Moderate Intensity Physical Activity

The term “intensity” refers to how hard you are exercising. There are different levels of intensity that measure the amount of exercise you are getting. In order to get the most health benefit from exercise you should aim to pace yourself at a “moderate” or vigorous intensity level. To start off, moderate intensity physical activity is a good goal.

Examples of moderate intensity physical activity include:

- Brisk Walking
- Bicycling
- Gardening or Yard Work
- Swimming
- Aerobics
- Dancing
- Housework – put as much effort as you can into cleaning, sweeping, and vacuuming



You can tell whether you are being active at a moderate level of intensity by taking the “talk test” or using the RPE scale.

Guidelines to Monitoring Heart Rate

- Talk Test
 - You are working at a moderate level if your breathing and heart rate are increased but you are still able to talk. You should be able to talk to the person next to you, but not be able to sing out loud or yell to the person next to you.
- RPE Scale

While exercising look at the scale and rate how hard you feel you are working. If you choose a level between 3 and 4 you are working at a moderate level.

Benefits of Physical Activity*

Regular physical activity is one of the most important things you can do to improve your health. Physical activity can help:

- Control your weight
- Reduce your risk of heart disease
- Reduce your risk of developing type 2 diabetes
- Reduce your risk of some cancers
- Strengthen your bones and muscles
- Improve your mental health and mood
- Improve your ability to do daily activities and prevent falls
- Increase your chances of living longer



If you have a chronic health condition such as arthritis, diabetes, or heart disease, talk with your doctor to find out if your condition limits, in any way, your ability to be active.

*Centers for Disease Control and Prevention: www.cdc.gov/physicalactivity/everyone/health/index.html

Rated Perceived Exertion (RPE) Scale

- The RPE scale is used to measure the intensity of your exercise. The RPE scale runs from 0 – 10. The numbers below relate to phrases used to rate how easy or difficult you find an activity. For example, 0 (nothing at all) would be how you feel when sitting in a chair; 10 (very, very heavy) is how you feel at the end of an exercise stress test or after a very difficult activity.

0 – Nothing at all

0.5 – Just noticeable

1 – Very light

2 – Light

3 – Moderate

4 – Somewhat heavy

5 – Heavy

6

7 – Very heavy

8

9

10 – Very, very heavy

- In most cases, you should exercise at a level that feels 3 (*moderate*) to 4 (*somewhat heavy*). When using this rating scale, remember to include feelings of shortness of breath, as well as how tired you feel in your legs and overall.

Adapted from the Cleveland Clinic website:

<http://my.clevelandclinic.org/heart/prevention/exercise/rpe.aspx>

Active Ideas

Incorporating physical activity into your lifestyle isn't as hard as you may think; you just have to know where to look!



- Aerobics
- Tai chi

Join a class or try a home video

(Many libraries have exercise videos)

- Yoga
- Dancing



Make family time more active



- Paying active games
- Take nature walks

- Go for a bike ride

- Clean the house
- Scrub the floor

Whistle while you work

- Wash your windows
- Vacuum your rugs

Enjoy the great outdoors

- Cut the grass
- Plant a garden

- Rake leaves
- Trim the shrubs



- Tennis
- Golf

Be a good sport

- Bowling
- Basketball
- Fishing
- Ping Pong

Walk and talk

- Walk around the block
- Walk the dog
- Walk on your lunch hour at work

- Walk to do your errands as much as possible
- Walk briskly through the mall



with protein foods, variety is key

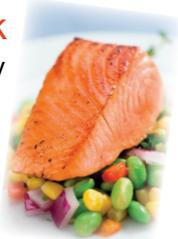


10 tips for choosing protein

Protein foods include both animal (meat, poultry, seafood, and eggs) and plant (beans, peas, soy products, nuts, and seeds) sources. We all need protein—but most Americans eat enough, and some eat more than they need. How much is enough? Most people, ages 9 and older, should eat 5 to 7 ounces* of protein foods each day.

1 vary your protein food choices
Eat a variety of foods from the Protein Foods Group each week. Experiment with main dishes made with beans or peas, nuts, soy, and seafood.

2 choose seafood twice a week
Eat seafood in place of meat or poultry twice a week. Select a variety of seafood—include some that are higher in oils and low in mercury, such as salmon, trout, and herring.



3 make meat and poultry lean or low fat
Choose lean or low-fat cuts of meat like round or sirloin and ground beef that is at least 90% lean. Trim or drain fat from meat and remove poultry skin.

4 have an egg
One egg a day, on average, doesn't increase risk for heart disease, so make eggs part of your weekly choices. Only the egg yolk contains cholesterol and saturated fat, so have as many egg whites as you want.

5 eat plant protein foods more often
Try beans and peas (kidney, pinto, black, or white beans; split peas; chickpeas; hummus), soy products (tofu, tempeh, veggie burgers), nuts, and seeds. They are naturally low in saturated fat and high in fiber.



6 nuts and seeds
Choose unsalted nuts or seeds as a snack, on salads, or in main dishes to replace meat or poultry. Nuts and seeds are a concentrated source of calories, so eat small portions to keep calories in check.

7 keep it tasty and healthy
Try grilling, broiling, roasting, or baking—they don't add extra fat. Some lean meats need slow, moist cooking to be tender—try a slow cooker for them. Avoid breading meat or poultry, which adds calories.

8 make a healthy sandwich
Choose turkey, roast beef, canned tuna or salmon, or peanut butter for sandwiches. Many deli meats, such as regular bologna or salami, are high in fat and sodium—make them occasional treats only.



9 think small when it comes to meat portions
Get the flavor you crave but in a smaller portion. Make or order a smaller burger or a "petite" size steak.

10 check the sodium
Check the Nutrition Facts label to limit sodium. Salt is added to many canned foods—including beans and meats. Many processed meats—such as ham, sausage, and hot dogs—are high in sodium. Some fresh chicken, turkey, and pork are brined in a salt solution for flavor and tenderness.

* What counts as an ounce of protein foods? 1 ounce lean meat, poultry, or seafood; 1 egg; ¼ cup cooked beans or peas; ½ ounce nuts or seeds; or 1 tablespoon peanut butter.

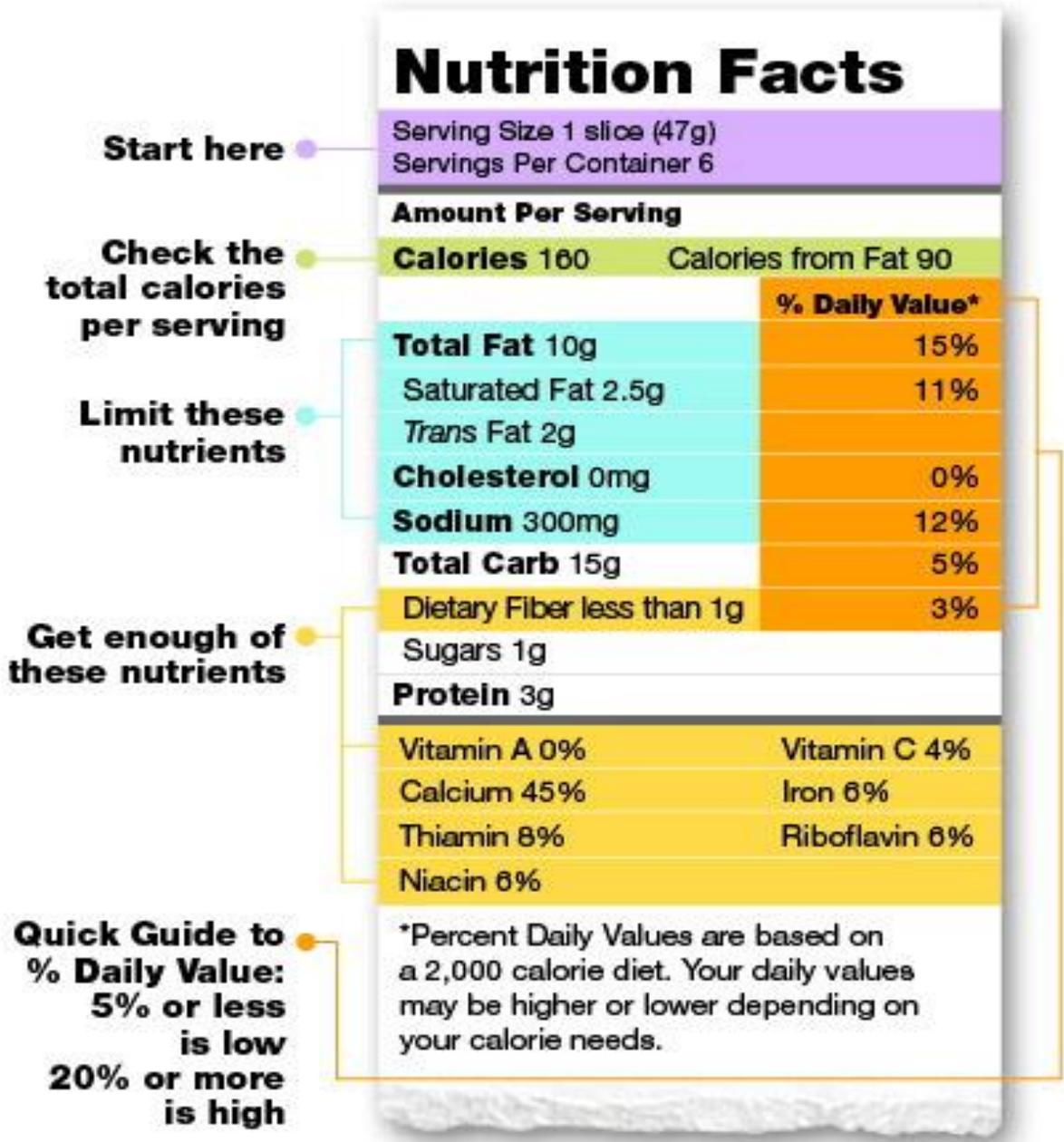


Figure 1: Adapted from the American Heart Association

Whole Grains Council Stamp

Basic Stamp

At least 8g WG / serving & at least 51% of the grain is whole grain

100% Stamp

At least 16g WG per serving & all the grain is whole grain



My Daily Food Plan

Based on a 2,000 calorie diet, this is your daily recommended amount for each food group.



GRAINS 6 ounces	VEGETABLES 2 1/2 cups	FRUITS 2 cups	DAIRY 3 cups	PROTEIN FOODS 5 1/2 ounces
<p>Make half your grains whole</p> <p>Aim for at least 3 servings of whole grains a day</p> <p>Prepare grains with little added fat.</p>	<p>Vary your veggies</p> <p>Try to eat 5-6 servings of vegetables every day:</p> <p>Eat vegetables at every meal.</p> <p>Focus on vegetables from flavonoid list.</p> <p>Focus on brightly colored vegetables.</p>	<p>Focus on fruits</p> <p>Eat a variety of fruits from flavonoid list.</p> <p>Choose whole or cut-up fruits more often than fruit juice.</p> <p>Eat the skin when possible (apple, peach, plum, nectarine, pear).</p>	<p>Get your calcium-rich foods</p> <p>Drink fat-free or low-fat (1%) milk, for the same amount of calcium and other nutrients as whole milk, but less fat and Calories</p> <p>Select fat-free or low-fat yogurt and cheese, or try calcium-fortified soy products</p> <p>Try soy or almond milk if lactose intolerant.</p>	<p>Go lean with protein</p> <p>Twice a week, make seafood the protein on your plate</p> <p>Vary your protein routine—choose beans, peas, nuts, and seeds more often</p> <p>Keep meat and poultry portions small and lean</p>

Find your balance between food and physical activity
Be physically active for at least 30 minutes each day.

Know your limits on fats, sugars, and sodium
Your budget for oils is 6 teaspoons a day (5 for 1800).
Limit solid fats and added sugars.
Reduce sodium intake to less than 2300 mg a day.

This Calorie level is only an estimate of your needs.

For a 1,800 calorie diet:

6 ounces grains

2 1/2 cups veg.

1 1/2 cup fruit

2 1/2 cups dairy

5 ounces protein

Adapted from USDA ChooseMyPlate.gov

Classic Macaroni and Cheese – A Healthier Version

Yield: 8 Servings; ½ cup serving size

2 cups whole wheat/whole grain macaroni

2 cups onion, chopped fine

2 cups evaporated fat-free milk

1 medium egg, beaten or ¼ cup Egg Substitute

¼ tsp black pepper

¼ tsp paprika

1¼ cups low-fat cheddar cheese, finely shredded

Nonstick cooking spray, as needed

Directions:

1. Cook macaroni according to directions – but do not add salt to the cooking water. Drain and set aside.
2. Spray casserole dish with nonstick cooking spray.
3. Preheat oven to 350°F.
4. Lightly spray saucepan with nonstick cooking spray. Add onions to saucepan and sauté for about 3 minutes.
5. In another bowl, combine macaroni, onions, and the rest of the ingredients and mix thoroughly.
6. Transfer mixture into casserole dish.
7. Bake for 25 minutes or until bubbly. Let stand for 10 minutes before serving.

Calories	200
Total Fat	4g
Saturated Fat	2g
Cholesterol	34mg
Sodium	120mg
Total Fiber	4 g
Protein	11g
Carbohydrates	29g
Potassium	119mg

Empowerment

“Empowering yourself starts inside and moves outwards. It does not happen overnight and takes dedication to yourself. Below are five tools to use to help you along your journey

- * Become a priority in your life
- * Believe in your abilities
- * Invest in yourself
- * Accept yourself
- * Live in the now



Our Deepest Fear

Our deepest fear is that we are powerful beyond measure.

Its our Light, not our darkness, that most frightens us.

We ask ourselves, Who am I to be brilliant, gorgeous, talented or fabulous?

Actually, who are you not to be?

You are a child of GOD!

Your playing small does not serve the world!

There is nothing enlightened about shrinking
so that other people won't feel insecure around you.

We were born to make manifest the glory of GOD that is within us.

It is not just in some of us; its in everyone.

As we let our own light shine,
we unconsciously give other people permission to do the same.

As we are liberated from our own fear,
our presence automatically liberates others.

Mohandas Gandhi version (original by - Marianne Williamson)

Quotes for a Positive Mental Attitude

“Change your thoughts and you change your world.” – Norman Vincent Peale

There's no easy way out. If there were, I would have bought it. And believe me, it would be one of my favorite things! Oprah Winfrey, O Magazine, February 2005

Just keep swimming. –Dory in Finding Nemo



My Favorite Quote:

Healthy Snacking

- **Role of Snacking in a Healthy Diet**

- Snacks can be a very beneficial part of your diet as long as you adhere to a few simple principles.
 - Never go longer than 2-3 hours without a small healthy snack; this will help to curb impulse or binge eating.
 - Make sure the portions you choose are appropriate for snack sized servings, generally between 100-200 calories. Remember, these are mini-meals!
 - When you decide to eat a snack, make sure it has smart calories, meaning you get lots of vitamins and minerals for the calories! This will help to fuel your body until your next meal.
 - A little planning goes a long way- purchasing pre-cut, bagged fruits and vegetables and individually portioned nuts and whole wheat crackers ensure healthful snack options are always on hand.

Ideal Snacks are:



<i>High</i> in	<i>Low</i> in
Nutrients	Calories
Fiber	Fat
Protein	Sodium



Healthier Snack Options:

- **Fruits and vegetables:** You can eat them fresh, frozen, dried, canned, cooked, roasted, grilled, steamed, or juiced. You can eat your favorite fruits and vegetables alone, with your favorite dip, mixed into a soup, as a side dish, a main course, in a drink- the possibilities are endless! Some examples of simple, healthy snacks include:
 - 1 cup of fresh vegetables dipped into 1/4 cup of hummus
 - a smoothie made out of fresh or frozen fruit and 1/2 cup of low-fat yogurt
 - 6 ounces of 100% fruit or vegetable juice
 - 1/2 cup canned or fresh fruit dipped into 1 ounce of chocolate fondue

- Low fat dairy foods: Low fat dairy foods are high in protein and calcium and help you to build muscle and keep your body functioning normally. Low fat dairy items that work well as snacks include:

- ½ cup of tomato, basil and mozzarella salad (made with 1 ounce reduced fat mozzarella cheese)
- ½ cup of frozen yogurt or low fat ice cream
- 1 piece of string cheese
- a 5 ounce drinkable yogurt
- ½ cup of cottage cheese with ½ cup of fruit



- **Whole grains:** These are high in fiber and full of **complex carbohydrates**, both of which keep you feeling full longer. Some great snack options involving whole grains are:

- ½ cup of whole grain pretzels, crackers, or chips dipped into ¼ cup of salsa
- ½ of a whole grain English muffin with 1 Tbsp. of peanut or almond butter
- 2 cups air popped or low fat popcorn
- a 2 ounce wheat bagel with a slice of lean turkey
- ½ cup of a whole grain cereal or oatmeal, topped with fruit and low fat milk



- **Nuts and seeds:** These also make a filling snack choice because they are high in protein and contain many essential nutrients including iron and calcium. Nuts also have **omega-3 fatty acids** and **monounsaturated fat**, which are healthy. However, eating large amounts of nuts means eating too many calories, so limit your portion to one ounce. A one-ounce serving differs between different types of nuts. For example, to 1 ounce, as is 35 peanuts, as is, so make sure to check the Nutrition Facts panel. Good snack options include:

- 1 ounce of dark chocolate covered sunflower seeds
- 1 ounce of any unsalted, roasted, or dry nut (24 almonds, 18 cashews, 35 peanuts)
- 2 Tbsp. of natural peanut butter with celery and raisins
- ¼ cup of trail mix made from dried fruit, seeds, and nuts



Recipes = Chemical Formulas

Recipes specify the ingredients, proportions, and methods necessary to produce a quality product. Companies and publishers spend time and money testing recipes for consumer use. Any change made in the recipe will produce a slightly different product from the one that was tested and published. Some changes you may like and others you may not.



Recipes for combined foods, such as casseroles and soups, are more flexible than others. A cookie recipe is more adaptable than a cake recipe. Recipes for most baked products can be altered, but recipes for any preserved product, such as pickles, salsa, jellies, or candies should not be changed at all.

Modifying a recipe may produce a product that doesn't meet your expectation. For example, a cake made with less fat will not have the same flavor or texture as the high-fat version. Cookies with less sugar or fat will still be acceptable but might not look or taste the same as those made by the original recipe. Substituting skim milk for whole milk in puddings, soups, and sauces will give a product that is less rich and creamy but has less fat and calories.

Ingredients that can Be Changed

Most people either fail to notice much difference or accept the difference that results when the following kinds of changes are made.



Reduce sugar by one-third. For example, if a recipe says to use 1 cup of sugar, use $\frac{2}{3}$ cup. This change works best in canned and frozen fruits and in making puddings and custards. In cookies and cakes, try using $\frac{1}{2}$ cup sugar per cup of flour. For quick breads and muffins, use 1 tablespoon sugar per cup of flour. To enhance the flavor when sugar is reduced, add vanilla, cinnamon, or nutmeg.

Reduce fat by one-third. For example, if a recipe calls for $\frac{1}{2}$ cup of fat, use $\frac{1}{3}$ cup. This method works best in gravies, sauces, puddings, and some cookies. For cakes and quick breads, use 2 tablespoons fat per cup of flour.

Omit salt or reduce by one-half. For example, if a recipe calls for $\frac{1}{2}$ teaspoon salt, use $\frac{1}{4}$ teaspoon. This method may be more acceptable if you gradually reduce the amount of salt each time you make the recipe. Herbs, spices, or salt-free seasoning mixes can also be used as flavor enhancers.

Substitute whole grain and bran flours. *Whole wheat flour* can replace from one-fourth to one-half of the all-purpose flour. For example, if a recipe has 3 cups all-purpose flour, use $1\frac{1}{2}$ cups whole wheat flour and $1\frac{1}{2}$ cups all-purpose flour.

Oat bran or oatmeal (that has been ground to flour consistency in a food processor or blender) can replace up to one-fourth of the all-purpose flour. For example, if a recipe has 3 cups all-purpose flour, use $\frac{3}{4}$ cup oat bran or ground oatmeal and $2\frac{1}{4}$ cups all-purpose flour.

Bran cereal flour is made by grinding a ready-to-eat cereal such as Bran Buds® or 100% Bran® in a blender or food processor for 60 to 90 seconds. It can replace up to one-fourth of the all-purpose flour. For example, if a recipe calls for 2 cups all-purpose flour, use $\frac{1}{2}$ cup bran flour and $1\frac{1}{2}$ cups all-purpose flour.

Revising Recipes

The first point to remember when revising recipes is that all changes for modifying recipes are experiments. Some work very well. Others are less satisfactory.

Reviewing the guidelines on the previous pages will help you understand some of the chemistry involved in using specific ingredients in certain types of recipes. The following examples show how some ingredients can be reduced or changed to produce a product that is healthier. The decision of whether or not to change a recipe instead of serving it less frequently or in smaller portions is your choice.



Grandma's Meatballs

Changing ingredients as well as the cooking method makes a difference here. Using less total meat provides an adequate 3-ounce cooked serving (instead of 5 ounces).

Original

2 pounds 85% lean ground beef
½ cup chopped onion
2 eggs
¼ cup milk
½ cup rolled oats
½ teaspoon ground allspice
salt and pepper to taste
1 teaspoon cooking oil or pan spray

Revised

1½ pounds extra lean ground beef
½ cup chopped onion
2 egg whites
¼ cup skim milk
½ cup rolled oats
½ teaspoon ground allspice
salt and pepper to taste
Omit or use less butter for frying

In large bowl, mix all ingredients except oil. Shape into 12 meatballs. Place on boiler pan or shallow baking pan that has been sprayed with nonstick spray coating. Bake at 325 °F until browned, or cook in skillet. Serve with rice, pasta, or potatoes.

Yield: 6 servings

Approximate nutritional values per serving:

352 calories	210 calories
21 grams fat	8 grams fat
54% calories from fat	5% calories from fat
172 mg cholesterol	66 mg cholesterol

Hashed Brown Potato Casserole

Substituting reduced fat ingredients is an easy change to make. Using bran cereal is a way to increase fiber. Avoid using crushed crackers that are likely to have a higher fat content.

Original

2 pounds frozen hash brown potatoes,
thawed
¼ cup chopped onion
1 teaspoon salt
¼ teaspoon pepper
8 ounces cheddar cheese, shredded
8 ounces dairy sour cream

Revised

2 pounds frozen hash brown potatoes,
thawed
¼ cup chopped onion
Omit salt
¼ teaspoon pepper
8 ounces reduced fat cheddar cheese, shredded
8 ounces light dairy sour cream

1 can cream of chicken soup
½ cup corn flake crumbs
2 tablespoons butter

1 can cream of chicken soup (99% fat free)
½ cup crushed bran cereal
Omit butter

Spray a 13 9 2-inch baking pan with non-stick spray coating. Add thawed potatoes, onion, and pepper. Combine cheese, sour cream, and soup; stir into potato mixture. Sprinkle crushed cereal over the top. Bake, covered at 350 °F for 50 minutes.

Yield: 12 servings

Approximate nutritional values per serving:

225 calories
14 grams fat
54% calories from fat
36 mg cholesterol

166 calories
6 grams fat
29% calories from fat
18 mg cholesterol

Did You Know?

When using a regular — not lite or microwave variety — brownie or cake mix, substitute ½ cup plain non-fat yogurt for the 2 eggs and ½ cup oil to cut down on fat.

Adapted form: "Altering Recipes for Good Health."
March 2008. The Texas AgriLife Extension Service.

Ingredient Substitutions for Health

Substituting Low fat Ingredients

Whole Milk (1 cup) = 1 cup fat-free or non-fat milk + 1 tablespoon unsaturated oil

Heavy Cream (1 cup) = 1 cup evaporated fat-free milk or $\frac{1}{2}$ cup low fat yogurt and $\frac{1}{2}$ cup plain yogurt

Sour Cream = no fat plain yogurt. lowfat cottage cheese blended with low fat nonfat yogurt. Fat-free sour cream is also available.

Cream Cheese = 4 tablespoon margarine blended with 1 cup dry low fat cottage cheese. Add a small amount of fat-free milk if needed. Neufchatel cheese

Ricotta Cheese = silken tofu

Mayonnaise = Fat Free or Low fat mayo, plain no fat yogurt

Cheese = Reduced fat varieties, Low Fat Part Skim mozzarella,

Butter (1 tablespoon) = 1 tablespoon polyunsaturated margarine or $\frac{3}{4}$ tablespoon polyunsaturated or monounsaturated oil. Use $1\frac{1}{4}$ tablespoon margarine for 1 tablespoon oil. *OR* 1 cup butter = 1 cup tub margarine = $\frac{2}{3}$ cup oil

Shortening (1 cup) = 2 sticks polyunsaturated margarine (choose margarine low in trans fat or trans fat free).

Oil for baking = Equal amounts of applesauce or prune puree

Egg (1 egg) = 1 egg white plus 2 teaspoons of unsaturated oil, or use $\frac{1}{4}$ cup cholesterol-free egg substitute. Egg as thickener use 1 Tbs flour.

Unsweetened Baking Chocolate (1 ounce) = 3 tablespoon unsweetened cocoa powder or carob powder + 1 tablespoon polyunsaturated oil or margarine. Carob is sweeter than cocoa, so reduce sugar in recipe by $\frac{1}{4}$.

Ground beef = Extra Lean Ground beef or turkey (10% or less fat)

Pork sausage = reduced fat turkey or vegetarian sausage



Salad Dressing = Fat free or Low fat dressing, Homemade vinaigrette

Cream Soups = Fat free or low fat soup, Fat free broth, fat free broth mixed with skim milk or fat free evaporated milk.

Reducing Sodium

Use herbs and spices instead of salt.

When using canned vegetables, drain the liquid and rinse them in water before cooking.

Be aware that many condiments and seasonings are high in salt.

BBQ Sauce

Lemon Pepper (regular),

Salsa/Picante

Kitchen Bouquet

Worcestershire Sauce,

Teriyaki sauce

Canned Soups

Steak & Chicken Seasonings (like Montreal)

Soy Sauce

Chili sauce

Hot Sauce



Check chicken and pork labels for added sodium. Many meat products are now “enhanced” with a saline solution (liquid salt). More than 75 mg per 2 oz serving means salt has been added in processing.

Using Vegetable Oils

When recipes call for fat, to sauté vegetables or to brown meats for example, use liquid vegetable oils that have no more than 2 grams of saturated fat per tablespoon

Adapted from the American Heart Association, “*How Do I Change Recipes?*”



Fat Facts

- ☞ Fats, like proteins and carbohydrates, are necessary for proper growth and functioning of the body. However, as with most things, too much of a good thing can be harmful.
- ☞ To make things more complicated, there are several types of fats found in the foods we eat. The names of the different types of fat refer to their chemical structure.
- ☞ Due to these different structures, some of types of fat offer more benefits to the body than others.



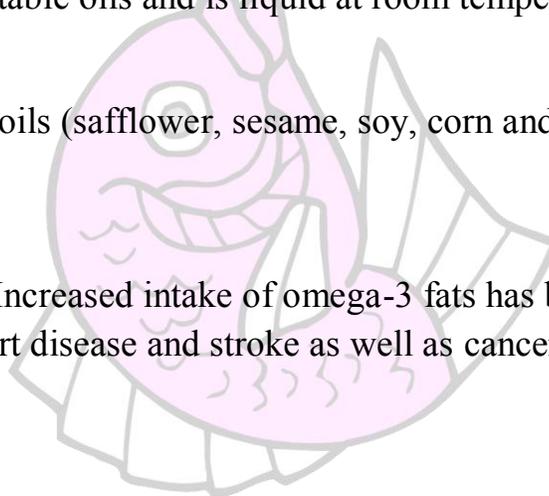
Saturated Fats: This type of fat is linked to heart disease because it is one of the main factors in the diet that increases blood cholesterol. It is solid at room temperature and does not spoil as easily as other types of fat.

Sources – foods from animals (whole milk, cream, ice cream, cheese, butter, lard and meats); certain plant oils (palm, palm kernel and coconut oils, cocoa butter)

Polyunsaturated Fats: This type of fat is a healthier choice than saturated fat. It is usually found in vegetable oils and is liquid at room temperature.

Sources – certain plant oils (safflower, sesame, soy, corn and sunflower-seed); nuts and seeds

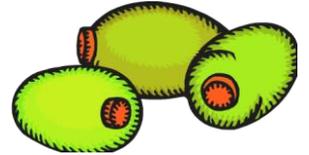
Omega-3 Fats: Increased intake of omega-3 fats has been linked to prevention of heart disease and stroke as well as cancer.



Sources – flax seeds, some nuts, fish (especially cold water fish)

Monounsaturated Fats: This type of fat has been linked to prevention of heart disease due to its positive effect on blood cholesterol. It too is liquid at room temperature.

Sources – certain plant oils (olive, canola and peanut oils)



Trans Fats: This type of fat is not found naturally in foods. It is made when liquid oils are solid by a process called hydrogenation. Most store-bought baked goods, restaurants and fast-food chains use hydrogenated or partially hydrogenated vegetable oils. **Like saturated fats, *trans* fats raise blood cholesterol.**

TO AVOID TRANS FATS: READ YOUR FOOD LABELS. Margarine and other spreads usually contain *trans* fats. Look for products containing liquid vegetable oils, instead of hydrogenated or partially hydrogenated oil.

BUYER BEWARE: By law a product can contain up to .49 grams of trans fats and still be labeled trans fat free. Read the ingredient statement to be sure. *Avoid hydrogenated oils*

Easy Salmon Cakes

If you are trying to boost your intake of omega-3s, try this simple favorite. It is a great way to use convenient canned (or leftover) salmon. The tangy dill sauce provides a tart balance.

Active Time: 30 min
4 servings

Total Time: 45 min



-
- 3 teaspoons extra-virgin olive oil, divided
 - 1 small onion, finely chopped
 - 1 stalk celery, finely diced
 - 2 tablespoons chopped fresh parsley
 - 15 ounces canned salmon, drained, or 1 1/2 cups cooked salmon
 - 1 large egg, lightly beaten
 - 1 1/2 teaspoons Dijon mustard
 - 1 3/4 cups fresh whole-wheat breadcrumbs, (about 5 slices)
 - 1/2 teaspoon freshly ground pepper
 - Creamy Dill Sauce, (recipe follows)
 - 1 lemon, cut into wedges

Preparation

6. Preheat oven to 450°F. Coat a baking sheet with cooking spray.
 7. Heat 1 1/2 teaspoons oil in a large nonstick skillet over medium-high heat. Add onion and celery; cook, stirring, until softened, about 3 minutes. Stir in parsley; remove from the heat.
 8. Place salmon in a medium bowl. Flake apart with a fork; remove any bones and skin. Add egg and mustard; mix well. Add the onion mixture, breadcrumbs and pepper; mix well. Shape the mixture into 8 patties, about 2 1/2 inches wide.
 9. Heat remaining 1 1/2 teaspoons oil in the pan over medium heat. Add 4 patties and cook until the undersides are golden, 2 to 3 minutes. Using a wide spatula, turn them over onto the prepared baking sheet. Repeat with the remaining patties.
 10. Bake the salmon cakes until golden on top and heated through, 15 to 20 minutes. Meanwhile, prepare Creamy Dill Sauce. Serve salmon cakes with sauce and lemon wedges.
- **Make Ahead Tip:** Prepare through Step 3. Cover and refrigerate for up to 8 hours.

Per serving: 324 calories; 10 g fat (1 g sat , 3 g mono); 129 mg cholesterol; 21 g carbohydrates; 31 g protein; 7 g fiber; 585 mg sodium; 97 mg potassium., 171 mg calcium (15% dv).

Exchanges: 1 1/2 starch, 1/2 vegetable, 3 1/2 lean protein, 1 fat

Creamy Dill Sauce

1/4 cup reduced-fat mayonnaise
1/4 cup nonfat plain yogurt
2 scallions, thinly sliced
1 tablespoon lemon juice
1 tablespoon finely chopped fresh dill, or parsley
Freshly ground pepper, to taste

Preparation

2. Combine mayonnaise, yogurt, scallions, lemon juice, dill (or parsley) and pepper in a small bowl and mix well.
- **Make Ahead Tip:** Cover and refrigerate for up to 2 days.

Nutrition Per tablespoon: 28 calories; 2 g fat (0 g sat , 0 g mono); 2 mg cholesterol; 2 g carbohydrates; 0 g protein; 0 g fiber; 50 mg sodium; 13 mg potassium.

From EatingWell: [Winter 2004](#),

Play It Safe in Hot and Cold Weather

Be sure to wear appropriate clothes!

Clothing should be breathable and comfortable! In the warmer months, lightweight clothing is a better choice, and go for warm clothing in layers during the colder months. Consider being active indoors during very warm or very cool weather. Don't forget headwear to protect your ears in cold weather

Take care of your feet!

Footwear should provide support for your feet, have good traction, fit properly and be comfortable. Socks should be lightweight cotton and breathable. In winter months consider wearing two pair of socks for added protection.

Don't say no to



Be sure to drink enough water when you're active in cold or hot weather. Drink some water before, during and after being active, and remember that you need to drink even if you're not thirsty!

Warm-up & Cool-down

A warm-up and cool-down should last about 5 minutes, and can be a simple activity like walking, climbing stairs, or a slower version of the activity that you plan to do and can include some stretches (but don't bounce when you stretch).



Safety First!

Try not to be active outside in extreme heat or humidity and always wear sunscreen.

If you have a new health condition, including: arthritis, asthma, osteoporosis, diabetes, high blood pressure, or any other chronic health condition, please let the study staff know as you may need to see your healthcare provider before starting a physical activity program.

Stop and rest if you experience any of these warning signs during walking. Call your healthcare provider if these signs continue or are severe.

Shortness of breath

Lightheaded

Nausea

Dizziness

Muscle cramps

Chest pain

Healthy Eating Away From Home

1) Plan Ahead

* Do not arrive extremely hungry. Grab a snack – a piece of fruit, a glass of soy milk or a handful of nuts before you leave home or work. By taking the edge off your hunger you will be more in control of your ordering and portion sizes.

* Whenever possible, select the restaurant carefully. Review menus before you go or call ahead and ask about healthy menu choices and if special requests are honored.

Words to Watch Out for: Menu descriptions with the following words are usually high in fat due to the use of cheese, cream, added butter or oil, deep frying or pan frying.

au beurre	béarnaise	flaky	au gratin
creamy	fritters	Alfredo	crispy
hollandaise	batter-dipped	carbonara	parmigiana
breaded	croquette	tempura	loaded
scampi	piled high	bisque	buttery

Words to Look for: Menu descriptions with the following words are usually lower in fat and calories.

Steamed	Baked	Grilled	Poached
Roasted	Broiled	Boiled	

2) Make the Most of Your Menu

* Review the menu carefully to find healthy, tasteful selections. Do not let the selections of those dining with or near you affect your choice.

Choose entrees that feature vegetables, fish, seafood, chicken or lean meat, and avoid fatty meats.

Select an appetizer as your entrée to control portion size.

* Do not order without knowing exactly what you are getting.

- ☞ Be aware that “signature” dishes may not be healthy. Look for healthy icons.
- ☞ Ask for a clear explanation of ingredients and cooking methods.
- ☞ Double check choices marked “healthy” or “vegetarian”.
- ☞ Ask about words you do not understand, especially if dining in an ethnic restaurant.
- ☞ Ask for a doggy bag to be brought with your meal and put half of your dinner in it to start. This way you do not overeat and have two meals for the price of one.

* Do not be afraid of making a special request.

- ☞ Check to see if certain items can be served in a healthier manner (served without butter, ask that sandwich breads/buns are unbuttered).
- ☞ If the menu says “salmon with ginger cream,” ask if the salmon can be served with the tomato-citrus puree mentioned with another entrée.
- ☞ Decline the bread basket.
- ☞ Ask for salad dressing and baked potato toppings to be served on the side.

3) Don't Stress

* Make your selection carefully then sit back and know you made a healthy selection.

* Eat slowly; enjoying the taste and texture of the food.

* Enjoy having a break from the regular, not having to do the dishes, the atmosphere of the restaurant and the company you are with.

4) Eat Healthy Wherever You Go

Sandwich Shop

Fresh sliced veggie sandwich or lean meat with lots of veggies on a whole grain or whole wheat pita with mustard or low-fat dressing ◦ Cup of broth based soup ◦ Baked whole grain chips ◦ Fresh Fruit ◦ water or unsweet tea

Meat and 3 / Family Diner

Make a meal of healthy sides ◦ Steamed vegetables ◦ Mashed sweet potatoes ◦ Tossed salad ◦ Fruit salad ◦ If eating meat, select lean cuts and remove all visible fat ◦ Choose a whole grain or whole wheat roll instead of cornbread or biscuit

Fast Food

Veggie burger ◦ Mushroom Burger ◦ Garden Salad ◦ English Muffin ◦ Baked Potato w/ Salsa

Salad Bars

Raw veggies ◦ Dark lettuces ◦ Beans ◦ whole grain/whole wheat bread or breadsticks ◦ Melba toast ◦ Fresh fruit salad ◦ Low-fat Dressing ◦ Vinegar

Asian

Wonton soup ◦ Pho (Vietnamese noodle soup) ◦ Hot and sour soup ◦ Egg Drop Soup ◦ Steamed vegetable dumplings ◦ Vegetable mixtures over steamed rice or noodles

Pizza

Whole wheat crust ◦ Ask for no cheese and add toppings such as peppers, onions, sliced tomatoes, spinach, broccoli or mushrooms ◦ salad bar (see above)

Tips for Being More Physically Active*

- Put physical activity on your to-do list for the day.
- Don't avoid being physically active because you do not want to ruin your hairstyle. Check with your beautician or stylist about:
 - A natural hairstyle
 - A style that can be wrapped or pulled back
 - A short haircut
 - Braids, twists, or locs
- Overcome your physical activity road blocks

If You:	Then Try:
Do not have child care	Share physical activities such as walking, biking, or playing tag with your child each day
Do not have time or are too busy to be physically active	Doing 10 minutes of moderate intensity physical activity 3 times a day or putting more energy into activities like housework, yard work, and playing with the kids. Get up a few minutes earlier.
Do not like or do not want to exercise	Doing something you enjoy like dancing to the radio, or planning active outings with a friend or family member, or joining group activity classes
Do not feel safe being physically active in your neighborhood	Forming a group to walk, jog, or bike together, working out with videos in your home, or walking in the shopping mall

- Remember the many benefits that being physically active can provide for you, your family, and friends.

*Adapted from NIH NIDDK information Services' "Celebrate the Beauty of Youth" www.win.niddk.nih.gov

Moderate Intensity Physical Activity

Examples of moderate intensity physical activity	
Common Chores	Sporting Activities
Washing and waxing a car for 45-60 minutes	Playing volleyball for 45-60 minutes
Washing windows or floors for 45-60 minutes	Playing touch football for 45 minutes
Gardening for 30-45 minutes	Walking 1.75 miles in 35 minute (20min/mile)
Wheeling self in wheelchair 30-40 minutes	Basketball (shooting baskets) 30 minutes
Pushing a stroller 1.5 miles in 30 minutes	Bicycling 5 miles in 30 minutes
Raking leaves for 30 minutes	Dancing fast (social) for 30 minutes
Walking 2 miles in 30 minutes (15 min/mile)	Water aerobics for 30 minutes
Shoveling snow for 15 minutes	Swimming Laps for 20 minutes
Stair walking for 15 minutes	Basketball (playing game) for 15-20 minutes
	Bicycling 4 miles in 15 minutes
	Jumping rope for 15 minutes
	Running 1.5 miles in 15 min. (10min/mile)

Practical Tips

- Put as much effort as possible into physical activities so that you notice an increase in your breathing and heart rate
- Set goals to help you measure and make progress

Common Exercise and Calories Burned

Some examples of physical activities commonly engaged in and the average amount of calories a 154-pound individual will expend by engaging in each activity for 1 hour. The expenditure value encompasses both resting metabolic rate calories and activity expenditure. Some of the activities can constitute either moderate- or vigorous-intensity physical activity depending on the rate at which they are carried out (for walking and bicycling).

Moderate Physical Activity	Approximate Calories/ ½ Hourr for a 154 lb Person ^a
Hiking	185
Light gardening/yard work	165
Dancing	165
Golf (walking and carrying clubs)	165
Bicycling (<10 mph)	145
Walking (3.5 mph)	140
Weight lifting (general light workout)	110
Stretching	90
Vigorous Physical Activity	Approximate Calories/Hr for a 154 lb Person (½ hr in parentheses) ^a
Running/jogging (5 mph)	295
Bicycling (>10 mph)	295
Swimming (slow freestyle laps)	255
Aerobics	240
Walking (4.5 mph)	230
Heavy yard work (chopping wood)	220
Weight lifting (vigorous effort)	220
Basketball (vigorous)	220

* Calories burned per hour will be higher for persons who weigh more than 154 lbs (70 kg) and lower for persons who weigh less.

Source: Adapted from the 2005 DGAC Report.

Growing Stronger: Practical Tips for Strength Training

Safety

Strength training has been shown to be safe for almost everyone. As a precaution, those who are under the care of a doctor for chronic conditions like arthritis or diabetes should check with your healthcare provider about the types and amount of physical activity that is appropriate for you. For all others, the health benefits of strength training far outweigh the risk of injury. Remember to use light weights (1-2 pounds) in the beginning and gradually add more weight to get the most benefit from strength training.

Frequency

Challenge yourself, but listen to your body. A good goal is to include two (2) sessions of strength training per week. Allow one (1) day in between sessions to avoid excess strain on muscles and joints. If you feel sick or have pain you're overdoing it.

Resources

Homemade weights:

- Plastic water, milk, or soda bottles filled with sand or water
- Canned goods
- Old broom handle

Store-bought items:

- Resistance bands
- Hand, wrist, or ankle weights

Activities

- Warm-up: Hand grip, wrist curls
- Weights: Overhead and front-arm raises
- Resistance bands: arm curls and seated
- No weights or bands: Wall push-up, Chair dip, elbow extension, leg raises, knee curls
- Cool-down: Chair stand, toe stand

Fitting Fiber In

What is dietary fiber?

Dietary fiber, also known as roughage or bulk, includes all parts of plant foods that your body can't digest or absorb. Unlike other food components such as fats, proteins or carbohydrates — which your body breaks down and absorbs — fiber isn't digested by your body. Therefore, it passes virtually unchanged through your stomach and small intestine and into your colon.

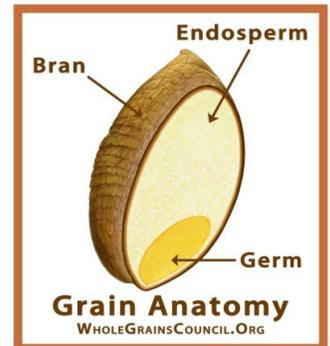
Fiber is often classified into two categories: those that don't dissolve in water (insoluble fiber) and those that do (soluble fiber).

Soluble fiber. This type of fiber dissolves in water to form a gel-like material. It can help lower blood cholesterol and glucose levels.

Insoluble fiber. This type of fiber promotes the movement of material through your digestive system and increases stool bulk, also known as roughage. The amount of each type of fiber varies in different plant foods. To receive the greatest health benefit, eat a wide variety of high-fiber foods.

Your best fiber choices

- Grains and whole-grain products
- Beans, peas and other legumes
- Fruits
- Vegetables
- Nuts and seeds



Tips for fitting in fiber

- Start your day with a high-fiber breakfast cereal — 5 or more grams of fiber per serving.
- Switch to whole-grain breads. These breads list whole wheat, whole-wheat flour or another whole grain as the first ingredient on the label. Look for a brand with at least 2 grams of dietary fiber per serving.
- Eat more beans, peas and lentils.
- Eat fruit at every meal. Apples, bananas, oranges, pears and berries are good sources of fiber.
- Make snacks count. Fresh and dried fruit, raw vegetables, and low fat popcorn and whole-grain crackers are all good choices

Refined or processed foods — such as fruit juice, white bread and pasta, and non-whole-grain cereals — *are lower in fiber content*. The grain-refining process removes the outer coat (bran) from the grain, which lowers its fiber content. Similarly, removing the skin from fruits and vegetables decreases their fiber content.

This list shows the amount of dietary fiber in several types of foods.

Food item	Fiber content in grams*
Split peas, cooked, 1 cup	16.3
Baked beans, in sauce, boiled, 1 cup	16.0
Red kidney beans, boiled, 1 cup	13.1
Dried figs, 3 whole	10.5
Green peas, boiled, ½ cup	9.1
Raspberries, raw, 1 cup	8.0
Whole-wheat spaghetti, 1 cup	6.3
Cooked lentils, 1 cup	6.0
Oat bran muffin, medium	5.2
Pear, medium with skin	5.1
Broccoli, boiled, 1 cup	5.1
Apple, medium with skin	4.4
Oatmeal, quick, regular or instant, cooked, 1 cup	4.0
Green beans, cooked, 1 cup	4.0
Brown rice, cooked, 1 cup	3.5
Orange, large raw	2.4
Peach, medium raw	2.3
Popcorn, air-popped, 2 cups	2.3
Whole-wheat bread, one slice	1.9

*Fiber content can vary between brands.

Source: USDA National Nutrient Database for Standard Reference, 2007

10 tips

MyPyramid
Nutrition Education Series

make half your grains whole



10 tips to help you eat whole grains

Any food made from wheat, rice, oats, cornmeal, barley, or another cereal grain is a grain product. Bread, pasta, oatmeal, breakfast cereals, tortillas, and grits are examples. Grains are divided into two subgroups, **whole grains** and **refined grains**. Whole grains contain the entire grain kernel—the bran, germ, and endosperm. Eating grains, especially whole grains, provides health benefits. People who eat whole grains as part of a healthy diet have a reduced risk of some chronic diseases.

1 make simple switches

To eat more whole grains, substitute a whole-grain product for a refined product—such as eating whole-wheat bread instead of white bread or brown rice instead of white rice. It's important to *substitute* the whole-grain product for the refined one, rather than *adding* the whole-grain product.



2 whole grains can be healthy snacks

Popcorn, a whole grain, can be a healthy snack with little or no added salt and butter.



3 save some time

Freeze leftover cooked brown rice, bulgur, or barley. Heat and serve it later as a quick side dish.

4 mix it up with whole grains

Use whole grains in mixed dishes, such as barley in vegetable soup or stews and bulgur wheat in casseroles or stir-fries. Then, you don't need that added dinner roll!

5 try whole-wheat versions

For a change, try brown rice or whole-wheat pasta. Try brown rice stuffing in baked green peppers or tomatoes, and whole-wheat macaroni in macaroni and cheese.

6 bake up some whole-grain goodness

Experiment by substituting whole-wheat or oat flour for up to half of the flour in pancake, waffle, muffin, or other flour-based recipes. They may need a bit more leavening.

7 be a good role model for children

Set a good example for children by eating whole grains with meals or as snacks.

8 read food ingredients

Teach older children to read the ingredient list on cereals or snack food packages and choose those with whole grains at the top of the list.



9 know what to look for on the label

Choose foods that name one of the following whole-grain ingredients **first** on the label's ingredient list: "brown rice," "bulgur," "graham flour," "oatmeal," "whole-grain corn," "whole oats," "whole rye," "whole wheat," or "wild rice."

10 be a savvy shopper

A food's color is not an indication of a whole grain. Bread can be brown because of molasses or other added ingredients. Read the ingredient list to see if it is a whole grain.



Kale with Cranberries

Yield: 6 servings

2 Tbs Olive Oil

1/2 Medium Onion Diced

3 Cloves Garlic Chopped

2 Tbs Dijon Mustard

1 Tbs Sugar, Honey, or Agave Nectar

1 Tbs Cider Vinegar

1¼ Cups Low Sodium Vegetable Or Chicken Broth

1 Pound Kale, De-Stemmed, Torn And Rinsed

1/3 Cup Dried Cranberries

Directions:

1. Heat olive oil in a large pot over medium heat. Stir in onion and garlic; cook until the onion softens and is translucent (about 5 minutes).
2. Stir in mustard, sugar, vinegar, and chicken stock. Bring to a boil over high heat.
3. Add kale and stir, cover and cook 5 minutes until kale is wilted.
4. Stir in dried cranberries and continue boiling, uncovered, until the liquid has reduced by half (about 10 minutes.)

Nutritional Information: (per serving)

Calories: 99

Saturated Fat: 0.6g

Carbohydrates: 12 g

Iron: .8 mg

Fiber: 2 g

Calcium: 50mg

Fat: 5.25.g

Protein: 2.6.0 g

Cholesterol: 0 mg

Sodium: 243 mg

Potassium: 199 mg

Phosphorous: 35 mg

SISTAS Stress Management Tips

We all know that the daily trials and tribulations of life can sometimes sidetrack us and keep us from making healthy choices. Managing your stress level can make it easier to eat healthy and be more physically active. Keep in mind that making healthy choices can also help you feel more in control and less stressed.

- Create healthy versions of “comfort” foods
- Find activities that make you feel good about being physically active
- Use progressive relaxation techniques to relax tense muscles
- Listen to soothing music
- Read an inspirational book like the Bible or the Power of Positive Thinking
- Choose foods rich in Omega-3 fatty acid: ground flax seeds, walnuts, salmon, and pumpkin seeds
- Talk to a supportive friend or family member
- Get outside for a few minutes to walk around, look at the sky, notice nature
- Enjoy anti-inflammatory foods: fresh fruits (like oranges, blueberries), whole grains (like brown rice), and vegetables (like broccoli)
- Stretch or do shoulder rolls
- Find a mantra that relaxes you
- Take deep breaths
- Do something self-less



Choose foods that have “SMART CALORIES”

“SMART CALORIES” are found in foods that have the nutrients you need with relatively fewer calories than other choices in the same food group. SMART CALORIES are “Nutrient Dense”; this means they have a lot of nutrition for the number of calories in a serving. Also, SMART CALORIES will have less solid fat (fats that are solid at room temperature) and added sugar.

Smart choices are the foods with the lowest amounts of solid fats or added sugars:

- fat-free (skim) milk instead of whole milk
- unsweetened rather than sweetened applesauce

Also, consider how the food was prepared.

- choose skinless baked chicken instead of fried chicken
- choose fresh fruit instead of a fruit pastry.

Most packaged foods have a “Nutrition Facts” label. Use the label to compare packaged foods and to make smart choices quickly and easily.

To move to a healthier weight, you need to make smart choices from every food group.

A Rule of Thumb is to choose foods that are minimally processed. When foods are processed nutrients we want in our diet are taken out and ingredients we do not want in our diet may be added. A few examples are:

A whole apple is less processed than apple pie.

A whole raw or cut up chicken is less processed than chicken nuggets or patties

A head of cabbage is less processed than a container of coleslaw.

Look at the serving size and how many servings you are actually consuming. If you eat twice the serving amount, you get twice the amount of calories, saturated fat, and added sugars on the label.

Also, check food package ingredient labels for added sugars. Names for added sugars on the ingredient label may include

sucrose	maltose
high-fructose corn syrup	honey
corn syrup	agave nectar
dextrose	molasses
glucose	
fructose	

“Fat-free” cakes, cookies, and ice cream may have as much added sugar as their higher fat counterparts, and they're often high in calories.

Making Smart Calorie Food Choices

Here are some foods that contain extra calories from solid fats and added sugars and some “smarter” replacements. Choices on the right side are more nutrient-dense — lower in solid fats and added sugars. Try these new ideas instead of your usual choices. This guide gives sample ideas — it is not a complete list. Use the Nutrition Facts label to help identify more alternatives.

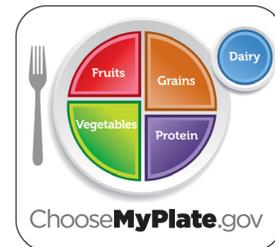
Instead of...	Replace with...
<p><i>Milk Group</i> Sweetened fruit yogurt Whole milk Natural or processed cheese</p>	Plain fat-free yogurt with fresh fruit Low fat or fat-free milk Low fat or reduced- fat cheese
<p><i>Meat Group</i> Beef (chuck, rib, brisket) Chicken with skin Lunch meats (such as bologna) Hot dogs (regular) Bacon or sausage Refried beans w/ lard</p>	Beef (loin, round) fat trimmed off Chicken without skin Low-fat lunch meats (95% to 97% fat free) Hot dogs (lower fat) Canadian bacon or lean ham Cooked or canned kidney or pinto beans
<p><i>Grain Group</i> Granola Sweetened cereals Pasta with cheese sauce Pasta with white sauce (alfredo) Croissants or pastries</p>	Reduced fat granola Unsweetened cereals with cut-up fruit Pasta with vegetables (primavera) Pasta with red sauce (marinara) Toast or bread (try whole grain types)
<p><i>Fruit Group</i> Apple or berry pie Sweetened applesauce Canned fruit packed in syrup</p>	Fresh apple or berries Unsweetened applesauce Canned fruit packed in juice
<p><i>Vegetable Group</i> Deep-fried french fries Baked potato with cheese sauce Fried vegetables</p>	Oven-baked “french fries” Baked potato with salsa Steamed or roasted vegetables
<p><i>Solid Fats and Added Sugars</i> Cream cheese Sour cream Regular margarine or butter</p>	Light or fat-free cream cheese Plain low fat or fat-free yogurt Light-spread margarines, diet margarine
Sugar-sweetened soft drinks Sweetened tea or drinks Syrup on pancakes or french toast Candy, cookies, cake, or pastry Sugar in recipes	Seltzer mixed with 100% fruit juice Unsweetened tea or water Unsweetened applesauce or berries as a topping Fresh or dried fruit Experiment with reducing amount and adding spices (cinnamon, nutmeg, etc.)

Source: USDA Steps to a Healthier Weight

10 tips

Nutrition
Education Series

liven up your meals with vegetables and fruits



10 tips to improve your meals with vegetables and fruits

Discover the many benefits of adding vegetables and fruits to your meals. They are low in fat and calories, while providing fiber and other key nutrients. Most Americans should eat more than 3 cups—and for some, up to 6 cups—of vegetables and fruits each day. Vegetables and fruits don't just add nutrition to meals. They can also add color, flavor, and texture. Explore these creative ways to bring healthy foods to your table.

1 fire up the grill

Use the grill to cook vegetables and fruits. Try grilling mushrooms, carrots, peppers, or potatoes on a kabob skewer. Brush with oil to keep them from drying out. Grilled fruits like peaches, pineapple, or mangos add great flavor to a cookout.

2 expand the flavor of your casseroles

Mix vegetables such as sauteed onions, peas, pinto beans, or tomatoes into your favorite dish for that extra flavor.



3 planning something Italian?

Add extra vegetables to your pasta dish. Slip some peppers, spinach, red beans, onions, or cherry tomatoes into your traditional tomato sauce. Vegetables provide texture and low-calorie bulk that satisfies.

4 get creative with your salad

Toss in shredded carrots, strawberries, spinach, watercress, orange segments, or sweet peas for a flavorful, fun salad.

5 salad bars aren't just for salads

Try eating sliced fruit from the salad bar as your dessert when dining out. This will help you avoid any baked desserts that are high in calories.

6 get in on the stir-frying fun

Try something new! Stir-fry your veggies—like broccoli, carrots, sugar snap peas, mushrooms, or green beans—for a quick-and-easy addition to any meal.

7 add them to your sandwiches

Whether it is a sandwich or wrap, vegetables make great additions to both. Try sliced tomatoes, romaine lettuce, or avocado on your everyday sandwich or wrap for extra flavor.



8 be creative with your baked goods

Add apples, bananas, blueberries, or pears to your favorite muffin recipe for a treat.

9 make a tasty fruit smoothie

For dessert, blend strawberries, blueberries, or raspberries with frozen bananas and 100% fruit juice for a delicious frozen fruit smoothie.



10 liven up an omelet

Boost the color and flavor of your morning omelet with vegetables. Simply chop, saute, and add them to the egg as it cooks. Try combining different vegetables, such as mushrooms, spinach, onions, or bell peppers.