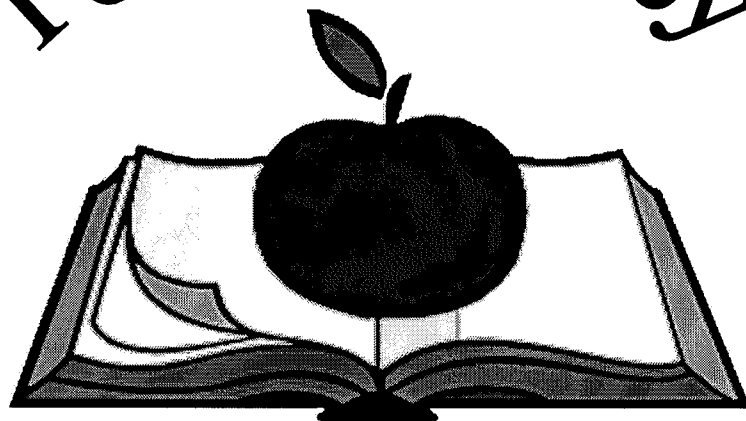


Food Literacy



Partners Program

Station 1: Italian Chicken Strips

Italian Chicken Strips

Serves 8 people: 3 oz. portions

Ingredients:

4 boneless, skinless chicken breasts (about 2 pounds)
½ of a 1- pint bottle of fat-free Italian salad dressing

Equipment and Supplies in Work Station 2 Bin:

1 cutting board and 'sure grip' rubber mat

Plastic wrap

Meat pounder

Knife

1 gallon zipper lock plastic bag

2 quart mixing bowl

2 Plastic kitchen tongs

Table top electric grill with drip tray

Pot holder

Digital food thermometer

Serving Plate

Aluminum Foil

1 cup glass measuring cup

Sponge

Sanitizing solution in a spray bottle

Paper towels

Food Preparation Directions:

1. Place one chicken breast at a time in the center of a 12" piece of plastic wrap. Cover with another piece of plastic wrap. Use the flat side of a meat pounder to flatten chicken to about ¼". Flatten the remaining chicken breasts. (If you do not have a meat pounder you may use a heavy small saucepan or iron skillet.)
2. Cut each chicken breast into 1 oz. strips. You will have about 6 strips per chicken breast.
3. Place chicken in a zipper lock bag. Pour in Italian dressing. Place in a 2 quart bowl so that dressing is covering all the chicken strips. Let chicken marinate 10 minutes. (You may prepare chicken to this point and refrigerate overnight when preparing it at home.)
4. Prepare grill. Plug in and preheat for 3-5 minutes. Place drip tray under the front edge of the grill.
5. Use tongs to remove chicken strips from the marinade. Shake off some of the liquid. Transfer chicken strips to grill surface. Don't overcrowd grill. Lower grill lid and cook for 3 minutes.
6. Check chicken for doneness. Carefully open lid with a potholder. Place thermometer into the center of the thickest part of the strip. Allow the thermometer to reach a constant temperature. If it reads 165 degrees F the chicken is safely cooked. If strips are not ready, cook 30

seconds more and then test temperature again in a different part of a chicken strip. Continue cooking until chicken reaches 165 degrees F. (If these chicken strips do not register 165 degrees F. after 4 minutes of cooking, press on several and if no red juice comes from the chicken it is done. It is hard to measure temperature in such small pieces so check visually for doneness by pressing to see that juice that comes from chicken is clear.

7. When chicken is cooked remove with a clean pair of kitchen tongs and place on a platter. Cover platter with aluminum foil to keep chicken warm.
8. Repeat process with remaining chicken strips.

Cleanup:

1. Disconnect grill from electrical outlet.
2. When the cooking surface is cool, wipe with a damp sponge to clean any cooked-on marinade.
3. Pour collected drip into a glass measuring cup and place in refrigerator.
4. Wash and dry all utensils and equipment in the clean-up area.
5. Rinse dressing bottle and put in trash or recycle bin. Put meat tray and wrap in trash can.
6. Wipe cooking surfaces with sponge.
7. Wipe cooking surfaces with sanitizing solution and let air dry.
8. Return all utensils and equipment to the Work Station 2 Storage Bin.

Chit Chat During Demonstration:

1. Why do you cover the chicken breasts with plastic wrap when you are pounding them? What do you do with to the counter surface when you are finished?
2. If you don't have a scale at home how could you describe the size of a $1\frac{1}{2}$ oz. strip of chicken?
2. Why do you have 2 pair of kitchen tongs?
3. What food-borne bacteria may be on raw chicken?
4. If you were preparing this at home where in the refrigerator would you place the bowl of raw chicken in the dressing to marinate overnight?
5. Are there other flavor of salad dressings or marinades you could choose?
6. What diet principles are we using in this recipe preparation?
7. Check the drippings that were refrigerated. If enough time has lapsed any fat in the drip will have risen to the top. Show this to participants with the explanation that even with something like lean chicken you can still reduce the amount of fat. Each tablespoon of fat is 100 calories.

Nutrition Facts

Serving Size 1/2 single chicken breast (102g)

Servings Per Container 16

Amount Per Serving

Calories 130 **Calories from Fat** 25

% Daily Value*

Total Fat 3g **4%**

Saturated Fat 1g **4%**

Cholesterol 65mg **21%**

Sodium 370mg **15%**

Total Carbohydrate 2g **1%**

Dietary Fiber 0g **0%**

Sugars 2g

Protein 23g

Vitamin A 0% • Vitamin C 0%

Calcium 2% • Iron 4%

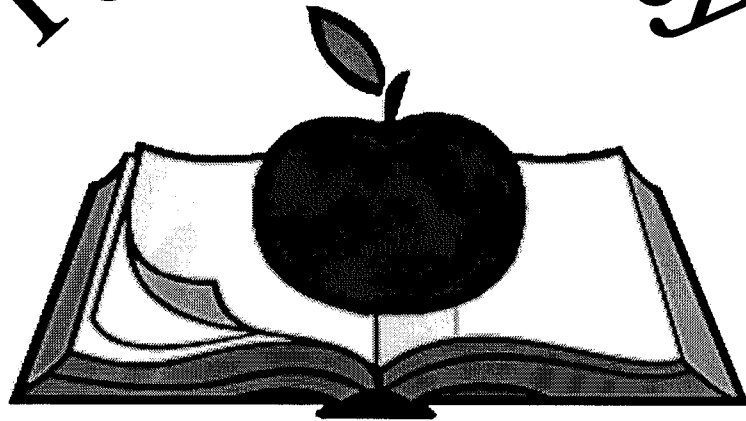
*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on your
calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Food Literacy



Partners Program

Station 2: Stir-Fry Vegetables

Stir-Fry Vegetables

Serves 8: ½ cup servings

Ingredients:

1 cup thinly sliced carrots
1 cup broccoli cut in bite-sized pieces
1 cup zucchini, sliced thinly into half rounds.
1 cup yellow squash, sliced thinly into half rounds
1 bunch green onions, cut into ½ inch pieces

1 tablespoon vegetable oil
¼ cup water
1-2 tablespoons Lite soy sauce
½ teaspoon garlic powder

Equipment and Supplies in Work Station 3 Bin:

Cutting board
Sure grip rubber mat
Knives
Set of measuring spoons
1- cup liquid measuring cup
Wooden spoon
2 medium mixing bowls
Pot holder
Aluminum foil
Electric wok

Food Preparation Directions:

1. Wash all vegetables.
2. Slice carrots on the diagonal in thin slices. Measure and put in medium mixing bowl.
3. Cut broccoli in small florets or bite-sized pieces. Measure and put in bowl with carrots.
4. Slice both the zucchini and yellow squash in half, length-wise. Then slice into thin pieces. Put in second medium mixing bowl.
5. Cut green onion stems and bulb into ½ inch pieces. Leave on cutting board.
6. Heat electric wok on high for several minutes. Add vegetable oil.
7. Add carrots, broccoli and water to wok. Cook and stir for 3 minutes.
8. Add the squashes to the stir-fry and cook an additional minute.
9. Add onion and cook for an additional minute.
10. Add soy sauce and garlic powder.
11. Remove to serving dish. If all other food items aren't ready at this time cover the bowl with aluminum foil.

Clean Up:

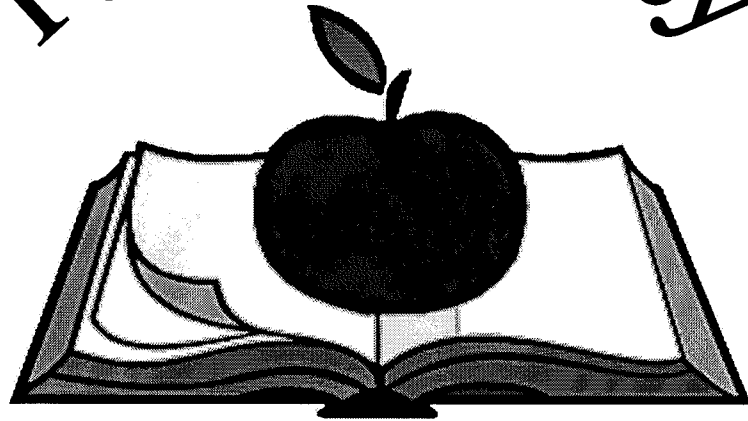
1. Put any vegetable trimmings in food disposal or trash can.
2. Let the wok cool for several minutes. Then pour some water in it to soften any cooked on ingredients. Wash interior with soap water, rinse and dry. Do not put submerge wok.
3. Wash and dry utensils and equipment in the clean-up area.
4. Wash food preparation surface.
5. Return utensils and equipment to the Work Station 3 Storage Bin.

Chit Chat During Demonstration:

1. What other vegetables could you use in a stir-fry.
2. What makes stir-frying a healthy way to prepare food.
3. If you don't have a wok, what can you use for stir-frying?
4. Do you have to use green onions?
5. What could you add from the grains and seeds group that would go well with stir-fried vegetables.
6. If you wanted to add some sliced chicken, lean pork or lean beef, how would you change the recipe?

Nutrition Facts		Nutrition Facts	
Serving Size 1/2 cup (64g) Servings Per Container 8		Serving Size 1/4 tablespoon (4.0g) Servings Per Container 8	
Amount Per Serving		Amount Per Serving	
Calories 20	Calories from Fat 0	Calories 15	Calories from Fat 15
% Daily Value*		% Daily Value*	
Total Fat 0g	0%	Total Fat 2g	3%
Saturated Fat 0g	0%	Saturated Fat 0g	0%
Cholesterol 0mg	0%	Cholesterol 0mg	0%
Sodium 20mg	1%	Sodium 75mg	3%
Total Carbohydrate 4g	1%	Total Carbohydrate 0g	0%
Dietary Fiber 1g	5%	Dietary Fiber 0g	0%
Sugars 2g		Sugars 0g	
Protein 1g		Protein 0g	
Vitamin A 50% • Vitamin C 25%		Vitamin A 0% • Vitamin C 0%	
Calcium 2% • Iron 2%		Calcium 0% • Iron 0%	
*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		*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 65g	80g	Total Fat Less than 65g	80g
Saturated Fat Less than 20g	25g	Saturated Fat Less than 20g	25g
Cholesterol Less than 300mg	300mg	Cholesterol Less than 300mg	300mg
Sodium Less than 2,400mg	2,400mg	Sodium Less than 2,400mg	2,400mg
Total Carbohydrate 300g	375g	Total Carbohydrate 300g	375g
Dietary Fiber 25g	30g	Dietary Fiber 25g	30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4		Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

Food Literacy



Partners Program

Station 3: Fiesta Salad &
Fruit Salad with Yogurt Dressing

Fiesta Salad

Serves 12: 1/2 cup servings

Ingredients:

- 2 15-ounce can black beans, drained and rinsed
- 1 15-ounce can whole kernel corn, drained and rinsed
- ½ cup chopped green pepper
- ½ - ¾ cup chopped onion

Option 1, Marinade:

3 tablespoons vegetable oil

3 tablespoons sugar (or equivalent amount of low calorie sweetener)

4 tablespoons vinegar

Option 2, Salsa:

½ cup of mild or medium salsa

Equipment and Supplies in Work Station 1 Bin:

- Can opener
- Cutting board
- Sure grip rubber mat
- Knife
- Small colander or large strainer
- Medium mixing bowl
- Measuring cups—dry ingredients
- 1-cup liquid measuring cup
- Measuring spoons
- Mixing spoon
- Plastic wrap

Food Preparation Directions:

1. Open cans of beans and corn. Put in colander or large strainer and rinse with cold water over the sink. Put rinsed vegetables in mixing bowl.
2. Wash green pepper. Cut in half. Remove the seed pod, seeds and any the white portion of the ribs. Chop and measure. Add to mixing bowl.
3. Remove skin from onion. Slice into the onion about 2 inches in one direction and then turn onion one-quarter of a turn and slice about 2 inches into the onion. Then cut off a small piece from one side of the onion so it will rest flat on the cutting board. Make ¼ inch slices through whole onion until you have the needed measure of chopped onion. Add to mixing bowl.
4. *For Option 1, marinade:* In 1-cup liquid measuring cup combine vegetable oil, sugar and vinegar for the marinade. Pour marinade over vegetables and mix well.

- Place in refrigerator for several hours or overnight before serving chilled.

Clean Up:

- Put onion skin and seed pod of green pepper in food disposal or trash can.
- Rinse cans and place in trash or recycling bins.
- Wash and dry utensils and equipment in the clean-up area.
- Wash food preparation surface.
- Return utensils and equipment to the Work Station 1 Storage Bin.

Chit Chat During Demonstration:

- Could you use another type of peas or beans in this recipe?
- What is the difference between whole kernel corn and creamed corn? Would creamed corn work in this recipe?
- Could you use frozen corn and peas for this recipe?
- If you wanted to add some crunch to this recipe, what could you add?
- What is the difference between marinade and marinate?

Nutrition Facts		Nutrition Facts	
Serving Size 1/2 cup (126g) Servings Per Container 8		Serving Size 1/2 tablespoon (8g) Servings Per Container 12	
Amount Per Serving		Amount Per Serving	
Calories 90	Calories from Fat 5	Calories 30	Calories from Fat 20
% Daily Value*		% Daily Value*	
Total Fat 0.5g	1%	Total Fat 2.5g	4%
Saturated Fat 0g	0%	Saturated Fat 0g	0%
Cholesterol 0mg	0%	Cholesterol 0mg	0%
Sodium 310mg	13%	Sodium 0mg	0%
Total Carbohydrate 16g	5%	Total Carbohydrate 2g	1%
Dietary Fiber 3g	13%	Dietary Fiber 0g	0%
Sugars 3g		Sugars 2g	
Protein 4g		Protein 0g	
Vitamin A 0%	Vitamin C 20%	Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 4%	Calcium 0%	Iron 0%
*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		*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 65g 80g	Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g	Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg	Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg	Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g	Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g	Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4		Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

Fruit Salad with Yogurt Dressing

Serves 12: ½ cup servings

Ingredients:

15-1/4 oz. can of pineapple chunks, canned in juice
11-oz can of mandarin orange slices
2 medium red apples
2 medium pears
12-oz. vanilla yogurt, fat-free
3 tablespoons orange marmalade

Equipment and Supplies in Work Station 5 Bin:

1 can opener
1 large mixing bowl
1 medium mixing bowl
1 large strainer
2 paring knives
1 cutting board with 'sure grip' plastic mat
1 set of measuring spoons
1 wire whisk
1 spatula
Plastic wrap

Food Preparation Directions:

1. Open the pineapple and mandarin oranges and put in a large strainer suspended over the medium mixing bowl. Allow these to drain while preparing the other fruits.
2. Wash apples and pears. Slice fruits into quarters and remove cores. Cut each fruit into small chunks and put in the bowl of pineapple/mandarin orange juice as soon as they are cut.
3. Mix the yogurt with the orange marmalade in the large mixing bowl.
4. Put the drained pineapple/mandarin oranges in the large mixing bowl. Mix with yogurt dressing.
5. Drain the juice from the apple and pear chunks. Add these fruits to the large bowl. Using the spatula toss fruit to cover with yogurt dressing.
6. Cover bowl with plastic wrap and refrigerate until time to serve.

Nutrition Facts

Serving Size 1/2 cup (164g)

Servings Per Container 8

Amount Per Serving

Calories 100 **Calories from Fat 0**

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Cholesterol 0mg **0%**

Sodium 20mg **1%**

Total Carbohydrate 25g **8%**

Dietary Fiber 2g **9%**

Sugars 22g

Protein 2g

Vitamin A 10% • **Vitamin C 35%**

Calcium 6% • **Iron 2%**

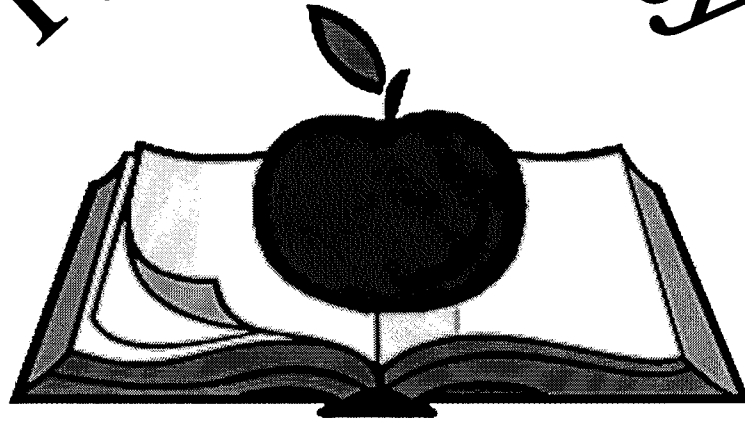
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:

Fat 9 • **Carbohydrate 4** • **Protein 4**

Food Literacy



Partners Program

Other Recipes:

Potassium Powered Fruit Drink: Strawberry/Banana/OJ

Simple as CAN Be Fruit Salad

Green Pea and Water Chestnut Salad

Confetti Cole Slaw

Collards

Brazilian Collards

Potassium Powered Fruit Drink: Strawberry/Banana/OJ

Serves 10: ½ cup servings

Ingredients:

- 1 16-oz. bag of frozen strawberries
- 2 medium ripe bananas
- 4 fluid ounces frozen orange juice concentrate (2/3 of a 6 fl. oz. can)
- 2 cups fat-free vanilla yogurt

Equipment and Supplies in Work Station 4 Bin:

- Electric blender
- 2-cup liquid measuring cup
- 1 cup dry-ingredient measuring cup
- Spatula
- Serving Pitcher

Food Preparation Directions:

1. Place slightly thawed strawberries in blender. Blend for a few seconds.
2. Peel bananas and add to blender.
3. Measure frozen fruit juice concentrate. Add to blender
4. Pour 2 cups of fat-free vanilla yogurt in blender.
5. Blend all ingredients until smooth. Pour drink into a serving pitcher.
6. Chill until ready to serve.

Clean Up:

1. Take the bottom off the blender and carefully remove blade. Rinse blade with soapy water. Be careful, blade is extremely sharp. Wash remaining parts of blender.
2. Wash remaining utensils.
3. Dry equipment and return to Work Station 4 Storage Bin.

Recipe Hints:

1. When you have too many ripe bananas in the home cut them into 2 inch lengths and freeze.
2. Experiment with different flavors of non-sweetened frozen juice concentrates.
3. Use different flavors of fat-free yogurt depending on the blend of fruits and berries.

Chit Chat During Demonstration:

1. Are there any added sugars in products in this recipe?
2. Could you use other fruits or berries?

3. What other flavors of fat-free yogurt could you use?
4. Could you use this as a 'dressing' for a fresh cut-up fruit salad?
5. What ingredient keeps the bananas from browning?
6. What DASH Eating Plan principles are used in this recipe.

Nutrition Facts

Serving Size 1/2 cup (132g)

Servings Per Container 10

Amount Per Serving

Calories 100 **Calories from Fat 0**

% Daily Value*

Total Fat 0g **0%**

 Saturated Fat 0g **0%**

Cholesterol 0mg **0%**

Sodium 35mg **1%**

Total Carbohydrate 24g **8%**

 Dietary Fiber 2g **7%**

 Sugars 19g

Protein 3g

Vitamin A 2% • Vitamin C 70%

Calcium 10% • Iron 2%

*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 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Simple as 'CAN' be Fruit Salad

Serves 8: ½ cup servings

Ingredients:

15-¼ oz. can of pineapple chunks canned in juice
11 oz. can of mandarin oranges
2 cups of green seedless grapes (about 1 pound)
⅓ cup of sliced almonds

Equipment and Supplies in Work Station 4 Bin:

Colander
Can opener
Small non-stick skillet
Mixing/Serving bowl
Spatula
Plastic wrap
Wooden spoon
Hot plate or stove-top unit

Food Preparation Directions:

1. Open cans of pineapple chunks and mandarin oranges. Place colander in sink and empty cans of fruit in colander to drain.
2. Wash grapes and remove from stems. Measure approximately 2 cups full. Put grapes in mixing/serving bowl.
3. Add drained canned fruit to mixing bowl. Stir to mix. Refrigerate until serving time.
4. Put the almonds in the skillet and place on medium heat on stove unit or hot plate. Stir occasionally so almond turn a golden brown. Remove from heat and put them in the 8 oz. custard cup. Sprinkle on chilled fruit at serving time.

Variations:

1. Toss fruit with one-cup of fat-free fruit or vanilla flavored yogurt. Sprinkle almonds on top.
2. Add other fruits such a berries, apples, bananas or pears. If using the last three fruits put them in a bowl and pour the pineapple and orange juice over them to keep these fruits from browning or use a yogurt to keep fruit from browning.
3. Add 2 tablespoons orange marmalade to fat-free vanilla yogurt and serve as a dessert.

Chit Chat During Demonstration:

1. Keep cans of pineapple chunks and mandarin orange in the cupboard at all times to fix this quick fruit salad.

2. Adding the orange marmalade converts this low-calorie salad to a low-calorie dessert.
3. Keep a bowl of salad in the refrigerator for after school snacks or for packing in a bag lunch.
4. Place salad version without the yogurt dressing on a bed of lettuce. Add some thinly sliced onions and serve with a raspberry vinaigrette or poppy seed dressing.

Nutrition Facts		
Serving Size 1/2 cup (137g)		
Servings Per Container 8		
Amount Per Serving		
Calories 110	Calories from Fat 20	
% Daily Value*		
Total Fat 2g	3%	
Saturated Fat 0g	0%	
Cholesterol 0mg	0%	
Sodium 10mg	0%	
Total Carbohydrate 21g	7%	
Dietary Fiber 1g	5%	
Sugars 19g		
Protein 1g		
Vitamin A 0%	• Vitamin C 20%	
Calcium 2%	• Iron 2%	
*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	65g 80g
Saturated Fat	Less than	20g 25g
Cholesterol	Less than	300mg 300mg
Sodium	Less than	2,400mg 2,400mg
Total Carbohydrate		300g 375g
Dietary Fiber		25g 30g
Calories per gram:		
Fat 9 • Carbohydrate 4 • Protein 4		

Green Pea and Water Chestnut Salad

Serves 7: ½ cup servings

Ingredients:

- 1 10 oz. box of frozen baby green peas
- 1 8 oz. can of sliced water chestnuts
- 1 2 oz. jar of diced pimiento peppers
- 2 stalks of celery
- 2-3 tablespoons chopped onion

Dressing:

- 3 tablespoons vegetable oil
- 3-4 tablespoons cider vinegar
- 2-3 tablespoons sugar
- 1 teaspoon dried basil
- ¾ teaspoon salt
- dash of black pepper

Equipment and Supplies in Work Station 1 Bin:

- Medium mixing bowl
- Cutting board and 'sure grip' rubber mat
- Knife
- 2 cup measuring cup
- Set of measuring spoons
- Rubber spatula
- Can opener
- Plastic wrap
- Damp sponge
- Paper towels

Food Preparation Directions:

1. Empty the frozen peas into a medium-mixing bowl.
2. Open the can of water chestnuts, drain. Then cut the water chestnuts into strips. Add to bowl.
3. Open jar or pimientos. Scoop out the strips of pimientos. Chop the pimientos into smaller pieces and add to bowl.
4. Wash celery and cut off any damaged area and some of the large-tough end of the stalk. Slice into small pieces. Add to bowl.
5. Remove onion skin. Slice into the onion about 2 inches in one direction and then turn onion one-quarter of a turn and slice about 2 inches into the onion. Then cut off a small piece from one side of the onion so it will rest flat on the cutting board. Make ¼ inch slices through whole onion until you have the needed measure of chopped onion. Add to mixing bowl.
6. Mix together the oil, vinegar, sugar, basil, salt and pepper in the measuring cup. (Start with the smaller measures for the vinegar and sugar and then adjust to your taste.) Pour the dressing over the vegetables. Stir to distribute the dressing.
7. Cover bowl with plastic wrap. Refrigerate for several hours or overnight.

8. Stir occasionally to redistribute dressing.

Clean Up:

1. Put onion skin and celery cuttings in food disposal or trash can.
2. Rinse cans and jars and place in trash or recycling bins.
3. Wash and dry utensils and equipment in the clean-up area.
4. Wash food preparation surface.
5. Return utensils and equipment to the Work Station 1 Storage Bin.

Chit Chat During Demonstration:

1. What are 'water chestnuts'? Do they have any nutrients in them?
2. Why do some packages of green peas list sodium on the Nutrition Facts Label?
3. Which ingredient has the most vitamin A in it?
4. Are there other spices you might use instead of basil?
5. If you wanted to double the recipe would you need to double the dressing?
6. How long can you keep this in the refrigerator and still have a tasty-crunchy product?

Nutrition Facts		Nutrition Facts	
Serving Size 1/2 cup (95g) Servings Per Container 7		Serving Size 1/2 tablespoon (12g) Servings Per Container 10	
Amount Per Serving		Amount Per Serving	
Calories 50	Calories from Fat 0	Calories 50	Calories from Fat 40
% Daily Value*		% Daily Value*	
Total Fat 0g	0%	Total Fat 4g	6%
Saturated Fat 0g	0%	Saturated Fat 0g	0%
Cholesterol 0mg	0%	Cholesterol 0mg	0%
Sodium 60mg	2%	Sodium 170mg	7%
Total Carbohydrate 11g	4%	Total Carbohydrate 3g	1%
Dietary Fiber 4g	15%	Dietary Fiber 0g	0%
Sugars 3g		Sugars 3g	
Protein 3g		Protein 0g	
Vitamin A 20%	• Vitamin C 25%	Vitamin A 0%	• Vitamin C 0%
Calcium 2%	• Iron 4%	Calcium 0%	• Iron 0%
*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		*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 65g 80g	Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g	Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg	Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg	Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g	Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g	Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4		Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

Confetti Coleslaw

Serves 8: ½ cup servings

Ingredients:

2 cups shredded green cabbage
1 cup shredded red cabbage
¼ cup thinly sliced green onions, 4-5 small onions
1 medium carrot, grated
½ cup finely chopped red bell pepper

Dressing:

2 tablespoons honey
1-1/2 tablespoons vegetable oil
1-1/2 tablespoon apple cider vinegar
Pinch of salt
½ teaspoon black pepper

Equipment and Supplies in Work Station 5 Bin:

2 graters
2 knives
2 cutting boards, with 'sure grip' plastic mat
Large mixing bowl
2 sets measuring spoons
2 cup dry ingredient measuring cup
1 cup dry ingredient measuring cup
1 small wire whisk
Plastic wrap

Food Preparation Directions:

1. In a large bowl whisk together the honey, oil, apple cider vinegar, salt and pepper.
2. Wash cabbages, green onions, carrot, and bell pepper.
3. Grate the cabbages using the larger set of grater blades. Put in the large bowl with dressing. Toss to coat with dressing.
4. Grate carrot and add to cabbage.
5. Thinly slice the white of the onion and the lower portion of the green stems. Add to other vegetables.
6. Remove seeds from bell pepper and the white pithy flesh inside the pepper. Slice pepper into thin slices and then cut across slices to finely chop the pepper. Add to the coleslaw and toss to coat all ingredients with dressing.
7. Cover bowl with plastic wrap and refrigerate.

Nutrition Facts

Serving Size 1/2 cup (46g)
Servings Per Container 8

Amount Per Serving

Calories 15 **Calories from Fat 0**

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Cholesterol 0mg **0%**

Sodium 10mg **0%**

Total Carbohydrate 3g **1%**

Dietary Fiber 1g **4%**

Sugars 2g

Protein 1g

Vitamin A 25% • Vitamin C 50%

Calcium 2% • Iron 2%

*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	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Nutrition Facts

Serving Size 1/2 tablespoon (6g)
Servings Per Container 12

Amount Per Serving

Calories 25 **Calories from Fat 15**

% Daily Value*

Total Fat 2g **3%**

Saturated Fat 0g **0%**

Cholesterol 0mg **0%**

Sodium 50mg **2%**

Total Carbohydrate 3g **1%**

Dietary Fiber 0g **0%**

Sugars 3g

Protein 0g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 0%

*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	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Collards

Serves 8: ½ cup servings

Ingredients:

2 pounds collards, untrimmed
1 medium onion
3 cloves of garlic (more or less for your personal taste)
2 tablespoons olive oil
Black pepper to taste (optional)

Equipment:

Cutting board with 'sure grip' rubber mat
Large chef's knife
Medium knife
12" skillet with tight fitting lid
Measuring spoons
Large mixing bowl
Large wooden spatula

Food Preparation Directions:

1. Wash collards several times. Remove the large rib about half-way up the leaf. Stack leaves on top of each other until they are about an inch high. Using the chef's knife make several cuts about 1 inch apart down the length of the stack of leaves. Then cut across leaves to make strips that are 1" by ½" in size. Continue until all leaves are cut. Place in large mixing bowl.
2. Remove skin from onion. Cut in half from top to bottom. Place flat cut side against cutting board. Make slices through onion from root end to top about ¼" apart. Then slice across onion about every ¼" to form small chopped pieces. Put chopped onion in skillet.
3. Remove tough skin from garlic by placing each clove on the cutting board and then slam the end of a full can of food down on it. Remove skin and the hard root end. Then chop with the chef's knife until garlic is finely chopped. Add to skillet.
4. Add olive oil to skillet. Heat to medium and sauté onions and garlic for a few minutes. Add collards and 2 tablespoons water, cover skillet tightly. Let collards steam until tender. Stir several time during the cooking process.
5. Remove lid and turn heat to high. Boil off any excess water that accumulated during cooking.
6. Serve.

Nutrition Facts

Serving Size 1/2 cup (108g)

Servings Per Container 8

Amount Per Serving

Calories 70 **Calories from Fat 35**

% Daily Value*

Total Fat 4g **6%**

Saturated Fat 0.5g **3%**

Cholesterol 0mg **0%**

Sodium 20mg **1%**

Total Carbohydrate 7g **2%**

Dietary Fiber 3g **14%**

Sugars 2g

Protein 2g

Vitamin A 110% • Vitamin C 50%

Calcium 15% • Iron 2%

*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 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Brazilian Collards

Servings 8: ½ cup servings

Ingredients:

2 pound of collards, untrimmed
3 cloves of garlic, (more or less for your personal taste)
2 teaspoons vegetable oil
1-2 small hot peppers
1 orange

Equipment:

Cutting board with 'sure grip' rubber mat
Large chef's knife
Medium knife
12" skillet with tight fitting lid
Measuring spoons
Large mixing bowl
Large wooden spatula
Plastic gloves

Food Preparation Directions:

1. Wash collards several times. Remove the large rib about half-way up the leaf. Stack leaves on top of each other until they are about an inch high. Using the chef's knife make several cuts about 1 inch apart down the length of the stack of leaves. Then cut across leaves to make strips that are 1" by ½" in size. Continue until all leaves are cut. Place in large mixing bowl.
2. Remove tough skin from garlic by placing each clove on the cutting board and then slam the end of a full can of food down on it. Remove skin and the hard root end. Then chop with the chef's knife until garlic is finely chopped. Add to skillet.
3. **CAUTION: You must wear the plastic gloves when working with the raw hot peppers. These juices from these peppers can burn your skin. Do not touch your face or other parts of your body with your gloved hands as this can transfer the burning juice.**
Put on gloves and wash pepper(s). Cut off the stem. Cut the pepper in half lengthwise. Remove the seeds and put them in the trash bag. Slice the pepper(s) into small pieces, lengthwise. Then cut across the pieced finely chop the hot peppers. Add chopped peppers to skillet. Wash knife and cutting board before removing your gloves. Then put gloves in trash bag.
4. Add 2 teaspoons oil to the skillet and sauté the garlic and hot peppers for several minutes. Add collards to skillet with 2 tablespoons water. Cover with tight fitting lid and steam for 10 minutes, stirring occasionally.
5. While collards are steaming, wash orange. Cut in very thin slices. Remove seeds from slices. When collards have steamed for 10 minutes add the orange slices. Steam for an additional 5 minutes.
6. Serve.

Food Literacy Partners Program Presents

Putting It All Together in the Kitchen: Healthy Food Preparation

INTRODUCTION

So far the Food Literacy Partners Program has focused on learning about healthy eating practices and how good nutrition practices relate to obtaining optimum health and lowering risks of illness and chronic disease. Most of the discussion has been about reducing risk of hypertension (high blood pressure) heart disease, diabetes and cancer. The DASH Diet, Dietary Approaches to Stop Hypertension, was developed specifically to help prevent high blood pressure but it contains dietary principles that are good for the whole family. The Dash Basic Principles can be applied easily to food selection and preparation.

REVIEW—DASH EATING PLAN PRINCIPLES

- Gradually increase intake of fruits, vegetables, and grain products, which also will increase fiber.
- Control intake of sodium to 2,400 milligrams per day.
- Look for alternative seasonings to replace salt or sodium-containing seasonings.
- Use nonfat or low-fat dairy products.
- Select and prepare smaller amounts of meat, poultry and fish.
- Include nuts and seeds in meals or snacks several times a week.
- Increase intake of other important nutrients such as potassium, magnesium, and calcium.
- Use recommended serving sizes to control for overall calories.

LEARNING OBJECTIVES

There are simple and easy food selection and preparation practices that help build a healthy diet. Today we will explore ways to reduce fat, sodium, sugar and calories by a) choosing foods that are naturally lower in these food components, b) using food preparation techniques that either lower or don't add fat, sodium, sugar and calories, and c) practicing recommended serving sizes.

At the end of this lesson, a Food Literacy Partners Program volunteer will be able to:

- Recognize where DASH Eating Plan food selection and preparation principles have been employed in the foods prepared in class
- Tell how to control serving sizes of meats in meals
- List foods or food preparation techniques that add fiber to meals
- List food preparation techniques that reduce fat or don't add fat to prepared foods
- Tell ways to control sodium content of prepared foods

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- Recognize where DASH Eating Plan food selection and preparation principles have been employed in the foods prepared in class
- Tell how to control serving sizes of meats in meals
- List foods or food preparation techniques that add fiber to meals
- List food preparation techniques that reduce fat or don't add fat to prepared foods
- Tell ways to control sodium content of prepared foods
- Show how to replace high fat ingredients with nonfat or low-fat alternatives
- Tell how to use sugar substitutes to reduce added sugar in prepared foods
- Serve the appropriate serving size of meal items prepared in class
- Name at least two resources that have recipes that control fat, sodium and/or sugar in food
- Tell the food safety rules applied to preparing foods in this lesson

YOUR ROLE AS A FOOD LITERACY PARTNERS PROGRAM VOLUNTEER

As a trained volunteer, it is your role to provide accurate information on healthy food selection and preparation techniques as found in the DASH Eating Plan. This includes how to substitute lower fat and sodium containing foods in recipes. It is also your role to inform people about the importance of using health promoting food preparation techniques. AND, show how preparing tasty and healthy foods is FUN and EASY!

FOOD SAFETY REVIEW

- Clean:** Keep hands, preparation surfaces and utensils clean throughout the processes of food handling, preparation, serving and storage.
- Separate:** Or Don't Cross-contaminate. Keep raw foods, especially raw meat and poultry, separate from other foods at all time during shopping, storing, preparing and serving food. Use cleaned or different utensils and serving dishes for working with the raw food and the cooked product.
- Cook:** Use a thermometer to make sure foods are cooked or reheated to the 'safe' temperature.
- Chill:** Refrigerate food promptly. Foods should never be left out at room temperature for more than a total of 2 hours. If the environmental temperature is above 90 degrees F., food should be refrigerated within 1 hour.

WHERE TO START—FINDING HEALTHY RECIPES

There are many cookbooks and websites that contain healthy recipes. Some may be from groups like the National Institutes of Health while others promote a single commodity like potatoes. Most national organizations like the American Institute for Cancer Research will have stated criteria for the recipes they provide. While a commodity association wants to help you use more of their product, it doesn't mean that the recipes can't be healthy, too. You will need to read the serving size; and calorie, fat, and sodium contents to evaluate those recipes.

Listed below are some websites for finding healthy cooking tips and recipes.

Produce for Better Health Foundation, 5 A Day the Color Way, *On the Menu* on-line recipes: <http://www.5aday.com/html/recipes/onthemenu.php>

National Institutes of Health, National Heart, Lung, and Blood Institute –
Heart Healthy Home Cooking African American Style:
<http://www.nhlbi.nih.gov/health/public/heart/other/chdblack/cooking.pdf>

Keep the Beat, Heart Healthy Recipes:
http://www.nhlbi.nih.gov/health/public/heart/other/ktb_recipebk/ktb_recipebk.pdf

United States Department of Agriculture,
Center for Nutrition Policy and Promotion, *Recipes and Tips for Healthy, Thrifty Meals:*
<http://www.usda.gov/cnpp/Pubs/Cookbook/thriftym.pdf#search='recipes%20thrifty%20meals'>

Food Safety and Inspection Service. Fact sheets on food handling, using food thermometers, and food safety
<http://www.fsis.usda.gov/Home/index.asp>
http://www.fsis.usda.gov/Fact_Sheets/index.asp
<http://www.fsis.usda.gov/oa/thermy/kitchen.htm>

American Institute for Cancer Research, *Recipe Corner:*
<http://www.aicr.org/information/recipe/index.lasso>

University of Nebraska Cooperative Extension in Lancaster County, *Cook It Quick:* <http://lancaster.unl.edu/food/ciq.htm>
Add a Little Spice (and Herbs) to Your Life
<http://lancaster.unl.edu/food/spiceherb.htm>

Mrs. Dash low sodium seasoning substitutes.
<http://www.mrsdash.com/mdhome.cfm>

Gateway to Government Food Safety Information.
<http://www.foodsafety.gov/~fsg/fsgadvic.html>

Spice chart from CNN news network.
<http://www.cnn.com/HEALTH/indepth.food/herbs/chart.html>

National Food Service Management Institute, Recipe Abbreviations and Volume and Weight Equivalents.
<http://www.nfsmi.org/Information/Posters/basics/basics-1.pdf>

British Broadcasting Company, UK, Glossary with descriptions of hundreds of ingredient plus some food preparation terms.
<http://www.bbc.co.uk/food/glossary/c.shtm>

The Cook's Thesaurus, dictionary of food ingredients, equipment and cooking terms.
<http://www.foodsubs.com/>

The Food Lover's Companion, description of over 4000 food terms.
http://www.epicurious.com/cooking/how_to/food_dictionary/

McCormick Spices. Cooking Terms.
<http://www.mccormick.com/content.cfm?ID=10081>

HOW TO FOLLOW THE DASH EATING PLAN PRINCIPLES WHEN SELECTING AND PREPARING FOODS AT HOME

When Shopping:

1. Read product Nutrition Facts labels to select the product lowest in fat and trans-fatty acids and saturated fatty acids, sugar and sodium.
2. Read product Nutrition Facts labels to select the product highest in fiber, potassium, magnesium and calcium.
3. Compare the Nutrition Facts labels on different forms of the same product, frozen, dried, or canned. The fresh product will not have added ingredients like sodium, sugar or fat.
4. Select seasonings and spices that do not contain sodium or sugar.
5. Try various low or no-calorie sugar substitutes until you find one your family likes.
6. Select breads and cereals that have higher whole grain contents and lower sodium and sugar contents.
7. Try low or no-fat and low or no-sodium salad dressings.
8. Buy skim or low-fat milk and if available and milk fortified with extra calcium.

When Preparing Foods for Cooking or Eating Raw:

1. Leave the skin on foods like apples, pears, white and sweet potatoes, tomatoes, yellow and zucchini squash, cucumbers.
2. Use a measuring cup and spoon instead of 'guesstimating' quantities of ingredients.
3. Substitute 2% reduced fat cheeses. Use sharp 2% cheese and reduce quantity by $\frac{1}{4}$ to maintain flavor but reduce fat.
4. Substitute non-fat or reduced-fat sour cream or non-fat yogurt for all or a portion of mayonnaise called for in a recipe. Add a little lemon juice and a pinch of dry mustard for taste.
5. Substitute non-fat or $\frac{1}{3}$ less fat cream cheese in recipes.
6. Use low-fat/non-fat cottage cheese and part skim ricotta cheese in recipes.
7. Substitute cocoa for unsweetened baking chocolate. 1oz. unsweetened baking chocolate = 3 Tablespoons cocoa plus 1 Tablespoon oil.
8. Toast nuts for a flavor boost.
9. Add vegetables such as carrots, corn, or canned dried beans to meatloaf.
10. Trim fat from meats and poultry.
11. Use tuna canned in water.
12. When making quick breads use less fat and sugar by reducing the amount in the recipe to the next lower level on the measuring cup. One cup of sugar becomes $\frac{3}{4}$ cup. One-half cup of oil becomes $\frac{1}{3}$ cup.
13. Use evaporated skim milk in soups and sauces to boost calcium level and make the product taste richer without adding fat.
14. Season cooked dried beans, collard greens, turnip greens or other foods that have been traditionally seasoned with fat back or meat drippings with low sodium bouillon. Pork flavored bouillon is now available.

When Cooking:

1. Choose a cooking method that does not add fat: grill, broil, roast or bake.
2. Stir-fry vegetables in a small amount of oil or in a non-stick skillet.
3. Cut down on meat portions by including only 2 ounces per person in a vegetable and meat stir-fry.
4. Use non-stick vegetable cooking spray in a skillet when you brown meats.
5. Put cooked ground meat in a colander to drain after browning.
6. Use a crock-pot for cooking less tender cuts of meat instead of adding fat.
7. Bake meatballs in a 350 degree oven instead of browning them in fat. Pour off the fat that cooks out of the meat.
8. Limit the number of times you serve vegetables that have a sauce on them or come packaged with butter or cheese sauce.

When Eating:

1. Remove salt shaker from table and replace with a container of no-sodium spice.
2. Condiments like ketchup, mayonnaise, and mustard all have sodium in them so limit use to just what is necessary for taste and/or reduce the amount of recipes where one of these condiments will be served at the time of eating.
3. Practice recommended serving sizes by measuring out servings in cups until you are able to accurately recognize serving sizes. Repeat this practice after several months to be sure you serving sizes don't 'creep up' in amounts.
4. Serve food on dinner plates in the kitchen so just the recommended serving amounts are 'available' for eating. But do take the remainder of plainly prepared fruits and vegetables to the table since most everyone needs to increase their consumption of fruits and vegetables.
5. Eat slowly so you allow the feeling of satiety to replace the feeling of hunger.

Measuring Terms

If a Recipe Calls for this Amount ...	You Can also Measure it This Way...
Dash	2-3 drops of liquid or <math><1/8</math> teaspoon of dry or solid ingredient
1 Tablespoon	<math>1 2<="" 3="" liquid="" math>="" of="" or="" ounce="" td="" teaspoons<=""> </math>1>
2 Tablespoons	1 ounce of liquid
<math>1 4<="" cup<="" math>="" td=""> <td>2 ounces of liquid or 4 Tablespoons</td> </math>1>	2 ounces of liquid or 4 Tablespoons
<math>1 3<="" cup<="" math>="" td=""> <td>5 Tablespoons plus 1 teaspoon</td> </math>1>	5 Tablespoons plus 1 teaspoon
<math>1 2<="" cup<="" math>="" td=""> <td>4 ounces of liquid or 8 Tablespoons</td> </math>1>	4 ounces of liquid or 8 Tablespoons
1 cup	8 ounces of liquid or 16 Tablespoons
1 pint	16 ounces or 1 pound of liquid, or 2 cups
1 quart	2 pints of liquid or 4 cups
1 gallon	4 quarts
1 pound	16 ounces by weight

Source: Baking for Dummies (<http://www.dummies.com/WileyCDA/DummiesArticle/id-1084.html>)

National Food Service Management Institute, Recipe Abbreviations and Volume and Weight Equivalents.

<http://www.nfsmi.org/Information/Posters/basics/basics-1.pdf>

PARTICIPANT ACTIVITY PRIZES

Colorful small cutting board

Sure grip mat

Meat pounder

Food thermometers

Heat resistant kitchen tongs

Potholders

Heat resistant stir-fry spatula

Moving Toward a Healthier You

Wellness at Work

Cooking with a Light Touch

When you prepare food for yourself or your family be aware of how many calories you add to the food by adding sugar, butter, margarine, oil, or shortening. It is obvious you can eliminate the most calories from your diet by reducing the amount of butter, margarine, oil and shortening.

Item	Amount	Calories	Fat Grams
Sugar	1 cup	770	0
	1 teaspoon	16	0
Butter	1 cup	1728	192
	1 teaspoon	36	4
Margarine	1 cup	1600	176
	1 teaspoon	34	3.7
Shortening	1 cup	1696	192
	1 teaspoon	36	4
Oil	1 cup	1920	224
	1 teaspoon	40	4.7

- Reduce the fat in most recipes without ruining the final product—even if you are making a cake. If a recipe has 1 cup of shortening in it, reduce it to 3/4 cup; reduce 3/4 cup to 2/3 cup, 2/3 cup to 1/2 cup, 1/2 cup to 1/3 cup or 1/3 cup to 1/4 cup.
- Follow the same process with sugar for more calorie reduction.
- You can also replace up to one-half the fat in many recipes with applesauce or other fruit purees. You may notice a slight difference in flavor.

There are other ways to lower the fat content in your family's diet, often with little change in the final product. Some changes you may need to make gradually, like switching to skim milk or adjusting your recipes. (Note: Calorie and fat values are rounded for ease in comparison.)

- Choose lower fat milks for drinking and cooking:
 - 1 cup whole milk = 160 calories, 8 g fat
 - 1 cup 2% milk = 120 calories, 5 g fat
 - 1 cup 1% milk = 100 calories, 3 g fat
 - 1 cup skim milk = 90 calories, <1 g fat

- Substitute plain yogurt for sour cream in dips, salad dressings, sauces and baking. For a thicker substitute, blend 1 cup of low-fat cottage cheese with 2 tablespoons skim milk. One tablespoon lemon juice can be added for tartness.
 - *1 cup sour cream = 410 calories and 40 g fat*
 - *1 cup low-fat yogurt = 140 calories and 4 g fat*
- Make yogurt cheese to use as a substitute for cream cheese. Place 1 cup of plain nonfat yogurt in a coffee filter-lined strainer. Place strainer over a large bowl and cover the strainer and bowl. Let yogurt drain overnight in the refrigerator. Discard the liquid and use the thickened yogurt as a base for dips and sandwich spreads.
 - *1 tablespoon yogurt cheese = 10 calories, 0 g fat*
 - *1 tablespoon cream cheese = 50 calories, 5 g fat*
- Use low-fat cottage cheese instead of regular creamed cottage cheese.
 - *1 cup regular cottage cheese = 220 calories and 10 g fat*
 - *1 cup low-fat cottage cheese = 165 calories and 2 g fat*
- Substitute evaporated milk for cream in recipes. Well-chilled, it will whip much like whipping cream.
 - *1 cup evaporated skim milk = 110 calories and <1 g fat*
 - *1 cup evaporated whole milk = 170 calories and 10 g fat*
 - *1 cup heavy whipping cream = 410 calories and 45 g fat*
- Remove the skin from chicken before you eat it. Most of the fat is in and just under the skin. Cook chicken with the skin on to help retain moisture, as long as you aren't tempted to eat the cooked skin. Most of the fat stays in the skin.
 - *1 chicken breast half with skin = 220 calories and 10 g fat*
 - *1 chicken breast half without skin = 175 calories and 4 g fat*
- Trim visible fat from meats before cooking.
 - *1 ounce (about 2 tablespoons) beef or pork fat = 200 calories and 22 g fat*
- Bake, broil or roast meats so that fat drips away from meat during cooking.
 - *3 ounce pork chop, broiled = 200 calories and 9 fat*
baked = 215 calories and 11 g fat
pan fried = 240 calories and 14 g fat
- Even if you occasionally fry meat, decrease the amount of fat absorbed by frying quickly and using a coating of flour or cornmeal rather than a batter. Or, oven fry (bake in a small amount of fat).
- Use nonstick cooking spray on a nonstick frying pan when you cook eggs or brown meat. A butter-flavored cooking spray helps salt stick to air-popped popcorn and adds flavor.

- Drain cooked ground beef before adding to chili, spaghetti or casseroles. After draining, blot with paper towels to remove even more fat. Each tablespoon of fat saves 100 calories.
- Drain fat from meat stocks, stews, soups and sauces before serving. If you make these ahead of time and refrigerate, you can remove the hardened fat in chunks.
- Shape ground beef into a loaf and cook on a rack over a pan to catch the drippings— instead of cooking the meatloaf in a loaf pan.
- Try stir-frying meat and vegetable mixtures. You use only a small amount of fat and stir fried mixtures are usually more vegetables than meat so you eat less meat.
- Select water-packed tuna. Even if you drain off the oil, a lot of calories stick around.
 - *3 ounces oil packed* = 170 calories, 7 g fat
 - *3 ounces water packed* = 110 calories, .5 g fat
- Prepare vegetables with less fat. Meat-flavored bouillon can add lots of flavor.
 - *Plain baked potato* = 100 calories
 With 2 tablespoons sour cream = 150 calories and 5 g fat
 With 2 tablespoons butter = 300 calories and 25 g fat
 Convert to french fries = 350 calories and 15 g fat
 - *Plain broccoli, 2/3 cup* = 25 calories, 3 g fat
 In butter sauce = 55 calories, 2.3 g fat
 With almonds = 55 calories, 2.8 g fat
 With cheese sauce = 100 to 160 calories, 5 to 10 g fat
- Serve more vegetables raw since people don't usually expect to have raw vegetables seasoned with fat. Find a reduced fat salad dressing to use as a dip, or make yogurt cheese and substitute if for cream cheese or sour cream.
- Choose lower fat condiments.
 - *1 tablespoon mayonnaise* = 100 calories, 11 g fat
 - *1 tablespoon light mayonnaise* = 50 calories, 6 g fat
 - *1 tablespoon mustard* = 12 calories, .5 g fat
 - *1 tablespoon ketchup* = 16 calories, 0 g fat

Moving Toward a Healthier You

Wellness at Work

Common Cooking Ingredients: Calories and Fat

Ingredient	Amount	Calories	Grams of Fat
Dairy Products:			
Sour Cream	½ cup	240	20
Parmesan cheese	½ cup	240	18
Evaporated milk	½ cup	160	8
Fats:			
Butter/margarine	½ cup	812	90
Whipped butter	½ cup	540	60
Soft margarine	½ cup	612	68
Solid shortening	½ cup	905	102
Lard	½ cup	925	102
Oil	½ cup	965	108
Sweetening Agents:			
Brown sugar	½ cup	415	0
Light corn syrup	½ cup	460	0
Honey	½ cup	515	0
Molasses	½ cup	435	0
White granulated sugar	½ cup	385	0
Grain Products:			
Buttery crackers	10	175	7.5
Cornmeal	½ cup	250	1
Cornstarch	1 tablespoon	30	0
Corn flakes	1 cup	100	0
Dry bread crumbs	½ cup	210	3
Flour, all purpose	½ cup	230	.5
Saltine crackers	10	130	4
Stuffing mix	1 cup	120	0
Other Common Casserole Ing.			
Cheese soup	1 can	380	25
Cream of chicken soup	1 can	285	18
Cream of mushroom soup	1 can	315	23
Eggs			
Eggs	1 large	75	5

Moving Toward a Healthier You

Wellness at Work

Fat Finder's Guide

Some foods are naturally higher in fat and some foods are high in fat because a lot of fat is used in the preparation of the food. Calories from these foods add up quickly. When you are trying to cut back on fat, it helps to know which foods are major sources of fat. Calorie values are rounded for ease in comparison.

Food	Amount	Total Calories	Grams of Fat	%Calories from Fat
Butter	1 teaspoon	35	4	100
Margarine	1 teaspoon	35	4	100
Oils	1 teaspoon	40	4.5	100
Solid shortening	1 teaspoon	40	4.5	100
Bacon	1 strip	30	2.5	75
Frankfurter	1	145	13	80
Sausage	1 patty	100	5	45
Peanut butter	1 tablespoon	95	8	75
Mayonnaise	1 tablespoon	100	11	100
French dressing	1 tablespoon	70	7	90
Blue cheese dressing	1 tablespoon	75	8	95
Half and half	1 tablespoon	20	1.5	65
Whipping cream	1 tablespoon	50	6	100
Coffee creamer	1 teaspoon	10	.5	45
Sour cream	1 tablespoon	30	3	90
Cream cheese	1 tablespoon	50	5	90
Almonds	1 ounce	175	14	70
Peanuts	1 ounce	165	14	75
Pecans	1 ounce	200	20	90
Olives, black	6 large	30	3	90
Olives, green	10 large	45	5	100
French fries, fast food	small order	210	10	45
Chicken gravy	¼ cup	50	3	55
White sauce	¼ cup	90	7	70

Food	Amount	Total Calories	Calories from Fat	%Calories from Fat
Sweet roll	1	225	10	40
Chocolate glazed doughnut	1	250	14	50
Chocolate layer cake	1/12 cake	270	14	45
Apple pie	1/8	300	15	45
Chocolate bar	1 ounce	150	9	55
Chocolate bar with peanuts	1 ounce	155	10	60
Coconut	2 tablespoons	45	3	60
Ice cream	½ cup	130	7	50

Calculating the Percentage of Calories from Fat

The Nutrition Facts panel on the food label has all the information you need to calculate the percentage of calories from fat. In the section "Amount per Serving" are the "Calories" and "Calories from Fat." You simply divide the number of calories from fat by the calories per serving to determine the percentage of calories from fat. This **% figure** is the same, regardless of the number of servings eaten—it is a **proportion of fat**.

If you are looking at a **recipe** that provides **calories and fat information**, you can calculate the percentage of fat calories with one additional step. You need to know that 1 gram of fat provides 9 calories. Multiply the number of fat grams by 9 and that is how many calories that amount of fat provides. Then divide the number of fat calories by the total number of calories. (Be sure both figures are either for the entire recipe or for one serving—otherwise the relationship is not right.)

Fat Intake Recommendations

Healthcare professionals recommend that no more than 30% of your daily calories come from fat.

That does not mean that every food you eat can not exceed these levels, but you need to balance the higher fat foods with lower fat foods to maintain an appropriate level of fat. No one food is forbidden, but **portion size** and **frequency of eating** some foods must be limited.

Moving Toward a Healthier You

Wellness at Work

Make the FAT Comparison

<i>Food</i>	<i>Total Calories</i>	<i>Grams of fat</i>	<i>%Calories from Fat</i>
Ice cream, 1 cup	265	15	50
Ice milk, 1 cup	185	6	30
Cottage cheese, creamed, ½ cup	120	6	45
Cottage cheese, light, ½ cup	80	1.5	15
Cheddar cheese, 1 ounce	115	9	70
Mozzarella, part skim, low moisture, 1 ounce	80	5	55
Butter/margarine, 1 tablespoon	100	11	100
Sour cream, 1 tablespoon	30	3	90
Whole milk, 1 cup	150	8	50
Skim milk, 1 cup	85	.5	5
Ground beef, lean, broiled, 3 ounces	215	14	60
Ground beef, regular, broiled, 3 ounces	260	19	65
Chuck roast, 3 ounces	305	23	70
Round roast, 3 ounces	220	13	55
Filet mignon, 3 ounces	190	10	50
Sirloin steak, 3 ounces	170	7	35
T-bone steak, 3 ounces	170	8	40
Rib eye steak, 3 ounces	190	10	50
Large specialty burger	570	32	50
Small cheeseburger	320	13	35
Frankfurter, beef, one	180	16	80
Frankfurter, turkey, one	100	9	70
Poultry, light meat, without skin, 3 ounces	150	4	25
Poultry, light meat, with skin, 3 ounces	175	9	45
Poultry, dark meat, without skin, 3 ounces	190	10	47
Poultry, dark meat, with skin, 3 ounces	220	13	53

<i>Food</i>	<i>Total Calories</i>	<i>Grams of fat</i>	<i>% Calories from Fat</i>
Chicken breast half, fried extra crispy	470	28	55
Chicken breast half, fried	400	24	55
Chicken pot pie, 8 ounces	470	25	50
Chicken a la king, 8 ounces	300	20	60
Pork loin chop, braised, 3 ounces	210	12	50
Pork loin chop, broiled, 3 ounces	205	11	50
Pork loin chop, fried, 3 ounces	210	12	50
Pork spareribs, braised, 3 ounces	340	26	70
Tuna, oil packed, drained, 3 ounces	170	7	40
Tuna, water packed, drained, 3 ounces	105	trace	0
Egg, whole, 1 large	75	5	60
Egg, yolk only, 1 large	60	5	75
Egg, white only, 1 large	15	0	0
Sausage biscuit, fast food restaurant	435	30	60
Biscuit, plain, fast food restaurant	275	13	42
Toaster pastry, brown sugar cinnamon	220	9	35
Cinnamon raisin bread	80	1	10
Granola, 1 ounce	130	5	35
Corn flakes cereal, 1 ounce	100	0	0
Doughnut, plain glazed	240	14	50
Vanilla wafers, 3	50	2	35
Pecan pie, 1/8	500	27	50
Apple pie, 1/8	300	14	40
Pound cake, plain, 1/12	110	6	50
Angel food cake, 1/12	70	0	0
Cheese puffs, 1 ounce	160	10	55
Pretzels, 1 ounce	110	1	10
Chocolate kisses, 1 ounce	145	9	55
Jelly beans, 1 ounce	105	0	0

Moving Toward a Healthier You

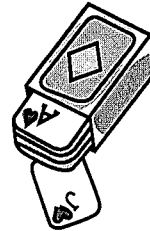
Wellness at Work

Visualize the Serving Size

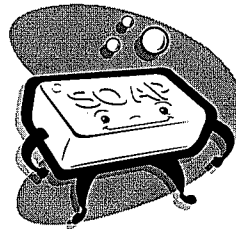
1 pancake = compact disk, CD



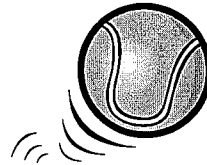
3 ounces of meat = a deck of playing cards or palm only of hand



1 serving of cornbread = small bar of soap



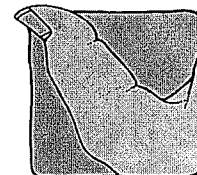
A medium size of round fruit = tennis ball



1 teaspoon of peanut butter, salad dressing, mayonnaise, butter
= size of thumb to first joint



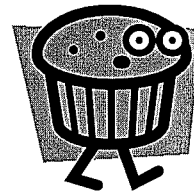
1 tablespoon of peanut butter, salad dressing, mayonnaise, butter
= size of thumb to second joint



¼ cup of small particles (raisins, nuts) = a large egg



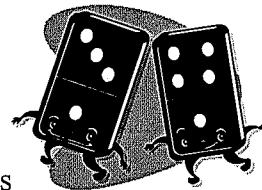
½ cup of cooked vegetables, fruits, rice, grits = cupcake wrapper full



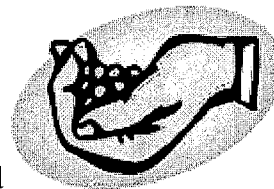
1 cup of pasta, rice, spaghetti, potatoes, cereal, cut-up fruit or cooked vegetable = balled fist



1 ounce of cheese = size of thumb to second joint or 2 dominos



1 serving of chips, 1 ounce = 1 small cupped hand



1 cup of popcorn = 2 hands cupped together, level filled

