



## 1 OPEN MIND

### KEEPIN' IT REAL

Taking care of yourself is a priority

### FOOD FOR LIVING

An overview of healthy eating

### ACTIVITY SNACKS

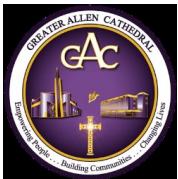
Extra steps throughout the day add up

### LET'S GET GOING

Getting started with physical activity

### IN THE KITCHEN

Microwave



# JOURNEY TO YOUR BEST BODY

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# KEEPIN' IT REAL

## TAKING CARE OF YOURSELF IS A PRIORITY

**New ideas fit more easily when we know ourselves. The more we know about ourselves the more we will be able to accomplish.**

Circle the word that you think is the best choice for completing the following statements.

1. I know that finding time to do all the things I would like to do is \_\_\_\_\_\_. (challenging, impossible)
2. The more I know about myself, the more I will be able to \_\_\_\_\_. (accomplish, volunteer)
3. My whole family \_\_\_\_\_ when I feel good about myself and I am not stressed out. (cries, benefits)
4. Keeping it real is about feeling good \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_ for the rest of your life. (physically, emotionally, financially, spiritually)
5. Keeping it real is also about learning that the same kind of care you give to the people you love, you should also give to \_\_\_\_\_. (yourself, workers)

Check all the titles that can be applied to you.

- |                                    |                                      |
|------------------------------------|--------------------------------------|
| <input type="checkbox"/> Wife      | <input type="checkbox"/> Employee    |
| <input type="checkbox"/> Mother    | <input type="checkbox"/> Parishioner |
| <input type="checkbox"/> Friend    | <input type="checkbox"/> Shopper     |
| <input type="checkbox"/> Caretaker | <input type="checkbox"/> Confidant   |
| <input type="checkbox"/> Neighbor  | <input type="checkbox"/> Girlfriend  |

# FOOD FOR LIVING

## AN OVERVIEW OF HEALTHY EATING

**SisterTalk will support your journey to a healthy diet in the Food for Living and In the Kitchen segments. SisterTalk is NOT a diet, but a way of living and eating that will support your journey to your best body and your ability to keep that best body.**

While we think of healthy food and achieving that best body, we have to consider the calories we eat. All foods have calories and we need them to provide our bodies with energy. We also know that some foods have more calories than others. So, your weight will stay the same when the calories you eat and drink equal the calories you burn. You will lose weight when the calories you eat and drink are less than the calories you burn. The best way to lose weight involves exercising more to use more calories and consuming less of them.

So what foods have fewer calories? Well, vegetables and fruits have fewer while fatty foods, sweets and alcoholic drinks are high in calories. Grains can add in too many calories when we over do it. So, you should limit foods with lots of calories.

SisterTalk will focus on adding in fruits and vegetables, which are naturally low in fat and calories as long as we're not topping them with butter or other sauces. We'll be switching our beverages to healthy choices like water and lower calorie options. Then we'll get better at choosing lower fat and calorie foods at the store and in restaurants. We're going for great tasting and healthy food without excessive time or extra calories!

One excellent tool available [efZW5ZaaeW\_kB'SfW website, which you can use as your guide in thinking about calories (i i i 2LaaeW\_kb'SfW.gov). You can click a` fZWMenu Planner, enter your age, height, weight and activity level, and you will be shown recommended daily goals just for YOU. You can then enter foods you want to eat and see how they match up with the food plan provided. Check it out!



# FOOD FOR LIVING

## ADD FRUIT!

During SisterTalk we will focus on ideas for adding more foods that are full of nutrition and low on calories. Fruit can be added to your meals and recipes quickly and easily.



### SALADS

Apple slices  
Dried cranberries

### STIR FRY

Orange slices

### DESSERTS

Berries on ice cream or yogurt

### FRUIT INSTEAD OF DESSERT

Fruit salad  
Canned or fresh fruit

### JELLO WITH FRUIT

Mandarin oranges  
Canned pear chunks

### BREAKFAST CEREAL

Bananas  
Raisins

# FOOD FOR LIVING

## CALORIES

All foods have calories.

*"The way calories work in your body is like a seesaw. When you eat more calories than you use, you will gain weight."*

Which food choice has fewer calories? How many calories did you save?

2 Oreo cookies      160 calories

OR

2 Fig Newtons      110 calories

1 bag plain M&M's

OR

1/2 cup grapes

236 calories

31 calories

CALORIES SAVED: \_\_\_\_\_

CALORIES SAVED: \_\_\_\_\_

1 oz. potato chips      152 calories

OR

1 oz. pretzels      108 calories

1 tsp. margarine

OR

1 tsp. light margarine

36 calories

17 calories

CALORIES SAVED: \_\_\_\_\_

CALORIES SAVED: \_\_\_\_\_

### \*REMEMBER

Staying active helps to use up more calories, KEEP MOVING!

# ACTIVITY SNACKS

## ACTIVITY SNACKS ARE SHORT BURSTS OF PHYSICAL ACTIVITY!

Take some time to write down your ideas for including short, 10-minute breaks of activity throughout the day. You can do anything you'd like, as long as you are moving!

What activity snacks do you have in mind?

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# LET'S GET GOING

## GETTING STARTED WITH PHYSICAL ACTIVITY

**Physical activity is easy to do if you follow some simple rules.**

- Begin with a warm-up.
- Always start slowly.
- Always cool down, or slow your pace for a few minutes before you finish.

**Here are a few examples of ways to increase physical activity in your daily life.**

- Use stairs when possible.
- Walk instead of driving to the corner store.
- Park further away from where ever you are going and walk the extra distance.

List some ways you could add physical activity to your daily life.

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# LET'S GET GOING

## GETTING STARTED WITH PHYSICAL ACTIVITY

Physical Activity will be easier if you make it fun. Here are a few fun activities, check off the ones you are already doing:

- |   |   |
|---|---|
| <input type="checkbox"/> Playing with young children      | <input type="checkbox"/> Bowling                |
| <input type="checkbox"/> Doing an exercise class or video | <input type="checkbox"/> Dancing                |
| <input type="checkbox"/> Swimming                         | <input type="checkbox"/> Riding a bike          |
| <input type="checkbox"/> Walking                          | <input type="checkbox"/> Gardening or yard work |

List any new activities you might want to try.

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Would you enjoy some company?  
Find a partner to be active with.  
Who might exercise with you?

# IN THE KITCHEN

## MICROWAVING

### EGG & CHEESE ENGLISH MUFFIN SANDWICH

#### INGREDIENTS

- 1 English muffin
- 1 slice of low fat cheddar cheese
- 1 egg

#### INSTRUCTIONS

1. Spray a microwave dish with non-stick cooking spray.
2. Crack egg into the dish.
3. Whip egg with a fork.
4. Cover the egg with a paper towel and put dish into the microwave for 45 seconds.
5. Toast english muffin with cheese in the toaster oven while your egg is cooking.
6. Once the egg has finished cooking, place the egg between the english muffin.



***Congratulations! You have made a quick and easy sandwich that tastes better than any drive-thru sandwich. And, your sandwich has less fat and calories!***

#### Alternative ways of preparation

- Use a bagel instead of an English muffin
- Top your sandwich with low-fat deli meat such as ham or turkey
- Add tomato
- Add mustard

# IN THE KITCHEN

## OTHER MICROWAVING RECIPES

### STEAMED VEGETABLE SIDE DISH

#### INGREDIENTS

1 bag of mixed vegetables

#### INSTRUCTIONS

1. Add vegetables to dish.
2. Add the amount of water that would be used to rinse vegetables (about two inches).
3. Microwave for at least 10 minutes or until vegetables are tender.
4. Once vegetables are finished heating, drain water from vegetables.



### BAKED POTATO

#### INGREDIENTS

1 baking potato



#### INSTRUCTIONS

1. Add baking potato right on the glass plate.
2. Prick the skin with a fork, otherwise it will explode.
3. Microwave for at least 15 minutes or until potato is tender.

*Alternative—if you prefer, you can cook the last 5 minutes in the oven or on the grill for that toasty skin.*

# IN THE KITCHEN

## BREAKFAST RAISIN OATMEAL

### INGREDIENTS

**2/3 cup oats**  
**1 teaspoon to tablespoon of brown sugar or maple syrup**  
**1/4 teaspoon table salt**  
**1/4 cups water**



### INSTRUCTIONS

1. In an 8 cup microwave-safe mixing bowl, combine oats, brown sugar, or maple syrup, salt and raisins.
2. Add water.
3. Mix well to combine.
4. Microwave on HIGH (100% power) for 4 to 5 minutes or until mixture starts to boil, stirring after every 2 minutes.
5. Place bowl on counter and let stand for 2 minutes.
6. Mix well before serving.

# IN THE KITCHEN

## MEXICAN FIESTA RICE

### INGREDIENTS

**1/2 cup** chunky salsa (mild, medium or hot)  
**1 1/2 cups** reduced-sodium tomato sauce or tomato juice  
**1/2 teaspoon** dried parsley flakes  
**1/8 teaspoon** black pepper  
**1 1/3 cups** uncooked rice



### INSTRUCTIONS

1. In an 8 cup microwave-safe mixing bowl, combine salsa, tomato juice, garlic, parsley flakes and black pepper.
2. Add uncooked rice.
3. Mix well to combine.
4. Cover and microwave on HIGH (100% power) for 5 minutes or until rice is tender, stirring after 3 minutes.
5. Place bowl on counter; uncover, and let set for 2 minutes.
6. Mix well before serving.

# IN THE KITCHEN

## MICROWAVED CORN ON THE COB

### INGREDIENTS

1 large ear of corn (in husk)



### INSTRUCTIONS

1. Remove one outer layer of husk and trim both ends with a sharp knife.
2. Place the unhusked corn in center of microwave and cook on a high setting for 3 to 4 minutes.
3. Remove from microwave and allow to sit for 2 minutes.
4. Peel husk to expose kernels by grasping a few layers of husks and peeling back until the kernels are fully visible.
5. Cut large corn on the cob in two or three pieces or serve whole.
6. You may microwave more than one corn at a time by placing them in a small roasting bag and allowing 3 minutes per ear of corn.
7. Brush with your favorite low fat glaze or just serve as a side dish.
8. Garnish with parsley or red or green strips of bell pepper.

# IN THE KITCHEN

## NOTES

# IN DEPTH

## WHAT IS HYPERTENSION?

Hypertension is the medical term for high blood pressure. "Blood pressure" is the force of the blood against the blood vessel walls as it is pumped by your heart and travels throughout your body. Blood pressure is usually reported in two numbers; systolic and diastolic. The systolic pressure is the pressure of the blood as the heart beats. The diastolic pressure is the pressure of the blood in between heartbeats. Your blood pressure is usually written like a fraction, with the systolic number being the number on top or to the left, and the diastolic number being the one on the bottom or to the right. For example, if your blood pressure is 130/72 then 130 is your systolic pressure and 72 is your diastolic pressure.

### What is a healthy blood pressure level for an adult?

	Systolic Pressure (mm Hg)	Diastolic Pressure (mm Hg)
Optimal	< than 120 and	< than 80
Normal	< than 130 and	< than 85
High-Normal	130-139	85-89
<b>Hypertension:</b>		
Stage 1	140-159	90-99
Stage 2	160-179	100-109
Stage 3	> or = to 180	> or = to 110

## WHAT ARE THE RISK FACTORS FOR HYPERTENSION?

### Factors that you can control:

- OBESITY—The heavier that you are the more you increase your risk of hypertension.
- INACTIVITY—Lack of physical activity increases your risk of hypertension.
- SMOKING—The chemicals in tobacco can damage your artery walls. Nicotine forces your heart to work harder.
- SODIUM SENSITIVITY—People who are sodium sensitive retain more fluid, which leads to hypertension.
- EXCESSIVE ALCOHOL USE—Can damage your heart muscle over time.
- STRESS—High levels of stress can lead to temporary high blood pressure.
- CHRONIC HEALTH CONDITIONS—High blood cholesterol, diabetes and certain sleep disorders like sleep apnea can increase your risk of hypertension.

### Factors that you can't control:

- AGE—Your risk of hypertension increases as you get older.
- RACE—if you are black you have a greater chance of developing hypertension. Some populations of American Indians also are at higher risk.
- SEX—in young adulthood and early middle age, men are at higher risk for hypertension than women. From age 55 - 64 both sexes are at a similar risk. Age 65 and older; women are at a higher risk than men.
- FAMILY HISTORY—Hypertension tends to run in families.

# IN DEPTH

Hypertension is often known as “the silent killer” because it may not be noticed for a long time. If left untreated, it can cause damage to your kidneys and can increase your chance of having a stroke, heart attack, or other cardiovascular problems. If you are told that your blood pressure is too high, you need to take steps to control it. SisterTalk can help you make these lifestyle changes.

- Lose weight if you are overweight.
- Become physically active.
- Eat plenty of fruits and vegetables.
- Eat plenty of low-fat dairy foods.
- Choose low-fat foods and lean poultry and fish.
- Limit your alcohol intake.
- If you’re on high blood pressure medication, take it as prescribed.

For many people, lifestyle changes may be all that are needed to lower high blood pressure. For others, medication is necessary. If you are on medication, remember that making healthy lifestyle changes can help your medication to work more effectively.

It is very important, if you have high blood pressure, to talk with your medical care provider. Frequent blood pressure measurements are needed to check your progress and adjust your medications. Make sure that you keep a record of your blood pressure so that you can also track your progress.

Making healthy lifestyle changes, to help lower your blood pressure, will make you feel better and enjoy your life more. Changes like eating in a healthy manner, quitting smoking, and becoming more physically active, are the first steps to a healthier body. Check with your medical care provider and find out what your blood pressure numbers are. Take care of yourself!

For more information about hypertension check out these websites:

[www.nhlbi.nih.gov](http://www.nhlbi.nih.gov)  
[www.ahmae.orircganheart.org](http://www.ahmae.orircganheart.org)  
[www.eatright.org](http://www.eatright.org)



## 2 SETTING GOALS

### KEEPIN' IT REAL

Setting goals for yourself

### FOOD FOR LIVING

Fruits and vegetables

### ACTIVITY SNACKS

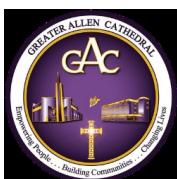
Activity around the house

### LET'S GET GOING

Mapping out a plan to reach your activity goal

### IN THE KITCHEN

Stir frying



# JOURNEY TO YOUR BEST BODY

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# KEEPIN' IT REAL

## SETTING GOALS FOR YOURSELF

**An example of a positive goal is:**

*"I will have baked or stewed chicken this week, instead of fried chicken."*

**An example of a realistic goal is:**

*"I will start walking by going for 10 minutes, and I'll do that 3 days this week."*

Review the information we discussed in Show 2, then circle TRUE or FALSE for each of the following statements.

- |  |      |       |
|--|------|-------|
| 1. It's important to be flexible when setting goals because, by being flexible you are not going to give up when you make a mistake. | TRUE | FALSE |
| 2. An example of a specific goal is, "I'll walk 10 minutes 3 days a week."   | TRUE | FALSE |
| 3. An example of a positive goal is, "This week I will try a new recipe for sliced microwave plantains."                             | TRUE | FALSE |
| 4. An example of a goal that is NOT specific is, "I will eat lower fat dairy food."  | TRUE | FALSE |

Look carefully at the following 5 goal statements, then circle the one that you think is not realistic.

This week, I will make macaroni and cheese using a lower fat cheese.

This week, I will drink 2% milk instead of whole milk with dinner.

This week, I will have fruit instead of chips for a snack on at least two nights.

This week, I will try a new recipe for oven fried chicken.

I will eat more fruit and fewer chips.

# KEEPIN' IT REAL

## SETTING GOALS FOR YOURSELF

Write one realistic goal that you have set for yourself.

My goal:

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Give at least one reason for saying your goal is realistic:

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Write one positive goal that you have set for yourself.

My goal:

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Give at least one reason for saying your goal is positive:

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# FOOD FOR LIVING

## FRUITS AND VEGETABLES

Sisters, I hope you feel encouraged on your journey to a healthier you. This month Donna discusses the importance of fruits and vegetables. According to experts, we should eat between 5 and 9 servings of fruits and vegetables each day. If these numbers overwhelm you, try some of Donna's recommendations:

- Add fresh or dried fruit to cereal, oatmeal, or even a salad
- Try having salad at least 3 times a week
- Choose vegetables as a side instead of french fries



For some of us, the problem may be as simple as finding fruits and vegetables that we like. For others, the struggle may be finding time. But whatever struggles you encounter, take Donna's advice to get on track! Remember that fruits and vegetables are naturally low in fat. They are also loaded with vitamins and minerals that are needed to help your body work at its best and fight off disease. Try all sorts of fruits and vegetables. Explore the rainbow of colors and tastes.

When shopping for your fruits and vegetables, you DON'T have to always buy fresh fruits and vegetables. You can buy frozen and canned, but there are a few things you should be careful of. Canned vegetables may have a lot of sodium. Try buying canned vegetables without added salt. Also, make sure that no butter or cream has been added. Canned fruits often come in heavy syrup or added sugar. Look for canned fruit in its own natural juices.

*"Then said I unto them, Ye see the distress that we are in, how Jerusalem lieth waste, and the gates thereof are burned with fire: come, and let us build up the wall of Jerusalem, that we be no more a reproach."* -Nehemiah 2:17

# FOOD FOR LIVING

**There are over 1000 different kinds of fruit!**

**Check off any new ones that you might want to try.**

- |                                      |                                     |  |
|--------------------------------------|-------------------------------------|--|
| <input type="checkbox"/> mango       | <input type="checkbox"/> kiwi fruit | <input type="checkbox"/> papaya        |
| <input type="checkbox"/> pomegranate | <input type="checkbox"/> star fruit | <input type="checkbox"/> blackberries  |
| <input type="checkbox"/> ugli fruit  | <input type="checkbox"/> melons     | <input type="checkbox"/> nectarines    |
| <input type="checkbox"/> pineapple   | <input type="checkbox"/> guava      | <input type="checkbox"/> passion fruit |

**Most of these fruits can be found in the produce section of your supermarket.**

**See if you can find them on sale.**

## WHAT ARE YOUR FAVORITE FRUITS?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

## HOW DO YOU LIKE TO EAT THEM?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

# ACTIVITY SNACKS

## LAUNDRY LIFTS

This month's activity is "laundry lifts." Add squats to your weekly house work routine. While loading the washing machine, with the clothes in the basket on the floor, try bending to the basket and only picking up a couple of pieces of clothes at a time. Be sure to bend at the knee to strengthen your legs and protect your back. When it comes time to take your clothes out of the dryer, you can do the same thing. Fold a few clothing items, bend at the knee, and add your washed and folded clothes to your basket.

**Here are a few more tips:**

- Make multiple trips to the car when leaving the laundromat
- Make multiple trips up and down the stairs to put the clothes away
- Go for a walk between the wash and dry cycle
- Add music
- 30 minutes per day



# LET'S GET GOING

## MAPPING OUT A PLAN TO REACH YOUR ACTIVITY GOAL

Let's take a moment to review what we know about goals. A goal should be realistic and positive and can be visualized as the target at the top of a flight of stairs. Therefore, a good goal has smaller steps leading to it.

Here is an activity for you to try.

1. Write down one of your physical activity goals.

Goal:

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List 4 steps to get to your goal:

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2. Write down one problem that you may face when trying to accomplish this goal.

Write a solution to this problem:

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How might support from yourself or another person help you accomplish this goal?

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# IN THE KITCHEN

## STIR FRYING

Stir frying quickly prepares meals with lots of vegetables.

### SHRIMP STIR FRY

#### INGREDIENTS

broccoli  
red & green peppers  
asparagus  
onions  
shrimp  
pre-cooked brown rice



#### INSTRUCTIONS

1. Spray pan with a non-stick cooking spray.
2. Add shrimp and heat for a few minutes (if meat, or seafood, has been marinated, discard the remaining marinade).
3. Once shrimp is finished cooking, remove it from the pan and place on a dish.
4. Add a tablespoon of olive oil to a wok or pan.
5. Add vegetables (be careful not to allow vegetables to become too soft).
6. Once the vegetables have finished cooking, add shrimp to the wok or pan.
7. In another bowl, whisk low-fat soy sauce, minced garlic and ginger together for the marinade.
8. Add sauce to finished shrimp and vegetables. Remove from heat after 1 minute.
9. Add stir fried shrimp and vegetables over rice!

**Congratulations!!! You have prepared a quick meal with a good portion of vegetables.**

Alternatives — lean beef, scallops or chicken can be used in place of shrimp. Also, Asian noodles can be used in place of rice!

# IN THE KITCHEN

## SAUCES FOR STIR FRYING

White Wine Worcestershire can be used with scallops or shrimp.

### FOR CHICKEN OR BEEF

#### INGREDIENTS

- 2/3 cup (160 ml) low-sodium soy sauce
- 2 scallions, sliced
- 1 medium onion, chopped
- 2 teaspoons (10 ml) brown sugar

\*MIX WELL

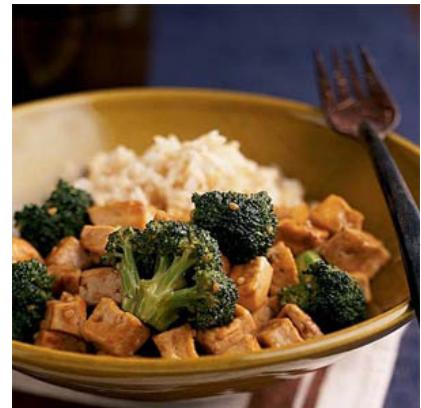


### FOR TOFU, CHICKEN OR BEEF

#### INGREDIENTS

- 2 tablespoons (30 ml) soy sauce
- 2 tablespoons (30 ml) hot water
- 2 tablespoons (30 ml) cider vinegar

\*MIX WELL



# IN THE KITCHEN

## SAUCES FOR STIR FRYING

White Wine Worcestershire can be used with scallops or shrimp.

### FOR BEEF, CHICKEN, PORK, SHRIMP OR SCALLOP

#### INGREDIENTS

2 tablespoons (30 ml) reduced-sodium soy sauce

2 tablespoons (30 ml) dry sherry

2 tablespoons (30 ml) corn starch



\*MIX WELL

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## CITRUS SAUCE

#### INGREDIENTS

2/3 cup low-sodium soy sauce

1/3 cup low-sodium teriyaki sauce

1/2 cup orange juice

1 tablespoon minced garlic

1 teaspoon dried ginger

1 tablespoon cornstarch



\*MIX WELL

# IN THE KITCHEN

## NOTES

# IN THE KITCHEN

## NOTES

# IN DEPTH

## THE DASH DIET

### WHAT IS THE DASH DIET?

DASH stands for Dietary Approaches to Stop Hypertension. It is designed to lower hypertension or high blood pressure. Most people who have high blood pressure are told to limit the amount of salt or sodium that they eat. The DASH diet focuses on increasing fruits, vegetables and eating enough calcium. Researchers have found that increases in fruits and vegetables, combined with calcium, effectively lower blood pressure. When the DASH diet is combined with a low-salt diet, blood pressure can be lowered even more. Many of the components of the DASH diet are part of the ideas in SisterTalk "Food for Living."

The DASH diet recommends that people eat 4 servings of fruit, 4 servings of vegetables, and 2-3 servings of low-fat dairy foods each day. DASH also includes fish, nuts and poultry. Most Americans only eat 3-4 combined servings of fruit and vegetables, and less than 1 serving of dairy food on a daily basis. To eat this recommended number of servings of fruits, vegetables, and dairy foods, fatty foods, red meat, and sugar-sweetened foods and drinks must be limited.

How does the DASH diet work? Researchers cannot say exactly how the diet works "for sure," but it has been shown to lower blood pressure. What substances in these foods are responsible for lowering blood pressure? Fruits, vegetables, and low- fat dairy foods contain significant levels of potassium, magnesium, and calcium. These micronutrients, eaten in whole foods, may be the basis for the effect of the DASH diet.

### WHO CAN BENEFIT FROM THE DASH DIET?

- Anyone who has high blood pressure
- Anyone with blood pressure in the "high normal" range
- Anyone with a family history of high blood pressure
- Anyone who wants to lower their risk of heart disease, stroke, osteoporosis, and cancer
- Anyone who wants to prevent age-related high blood pressure
- Anyone who wants to lower or discontinue the use of high blood pressure medications (only with a physician's approval)
- Anyone who wants to feel better, both physically and mentally

# IN DEPTH

Here is an example menu for a day that meets the goals of the DASH diet:

**AT BREAKFAST:** Drink a 6-8 oz. glass of 100% fruit juice. Top a bowl of low-sugar cereal and skim milk with a sliced banana.

**MID-MORNING:** Snack on a piece of fresh fruit or baby carrots.

**LUNCH:** Top your sandwich with dark green lettuce, tomatoes, and low-fat cheese. Choose whole grain bread and lean sandwich meat like ham or turkey. Avoid mayonnaise and opt for mustard or another low-fat spread. Have an 8 oz. glass of low-fat or skim milk with your sandwich and finish the meal with another piece of fruit.

**MID-AFTERNOON:** Snack on a container of fat-free or low-fat yogurt.

**DINNER:** Have at least 2 servings of vegetables with your dinner or 1 cooked vegetable and a side salad with fat free dressing. Eat 3 ounces of fish or chicken (the size of a deck of cards) and don't add any butter, margarine or oil to your food.

**DESSERT:** Can be a dish of sorbet covered with berries.

It is important to drink plenty of water and limit the amount of caffeinated beverages and alcohol in your diet. Caffeine and alcohol can increase blood pressure. When you plan your diet with plenty of fruit, vegetables and dairy foods, it's not difficult to follow the DASH guidelines.

## WHAT IF YOU CAN'T EAT SOME OF THE FOODS IN THE DASH DIET?

Low-fat dairy foods are a very important component of the DASH diet. Many people are plagued with cramps, bloating, diarrhea, and discomfort when they eat dairy foods. This is called lactose intolerance. This is not an allergy to milk, but intolerance to lactose, which is found in milk and dairy foods. Lactose-reduced or lactose-free dairy foods can be found in most major supermarkets. These products include lactose-reduced or lactose-free milk, cottage cheese and ice cream. Remember to purchase the low-fat or skim versions of these products. Many people who are lactose intolerant can tolerate yogurt fairly easily. The lactose that is in yogurt is partially broken down by the acidophilus cultures (bacteria) that are in it. This makes it easier to digest. If you have been told that you have a true milk allergy, which is separate from lactose intolerance, dairy foods should be avoided.

Besides dairy products there are many other foods that can provide you with calcium. Dark green, leafy vegetables, sardines, and other fish with small, soft bones that you can eat, and tofu, all contain calcium. Many juices and other foods are calcium-fortified and can provide the same amount of calcium as milk. However, it is most beneficial to get calcium from dairy foods (they can be lactose-free) rather than calcium-fortified foods. Calcium is more easily absorbed by the body when in its natural form, rather than as a supplement. Remember, the DASH diet has been shown to be effective in lowering blood pressure and can be an important part of a healthy lifestyle.

For more in-depth reading:

- [The DASH Diet for Hypertension](#) by Thomas Moore, MD.
- [www.nhlbi.nih.gov](http://www.nhlbi.nih.gov)



## 3 ACTION PLANNING

### KEEPIN' IT REAL

Mapping a plan of action

### FOOD FOR LIVING

Increasing water intake

### ACTIVITY SNACKS

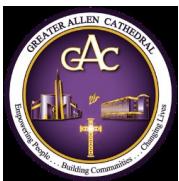
Shopping around for activity

### LET'S GET GOING

What do I wear?

### IN THE KITCHEN

Cooking with kids



# JOURNEY TO YOUR BEST BODY

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# KEEPIN' IT REAL

## MAPPING A PLAN OF ACTION

Today we took a big step towards moving into our best bodies. We explored putting together a plan that will help us get to our goal. This plan is called an ACTION plan. An ACTION plan has 4 parts.

### A. Write one realistic goal that you have set for yourself.

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Is your goal realistic?

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Give one reason for your answer.

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### B. Examine the following parts of the action plan, then draw a line to put the action steps in order to get to your goal.

Step 1: \_\_\_\_\_

Reward yourself when you follow through.

Step 2: \_\_\_\_\_

Get prepared.

Step 3: \_\_\_\_\_

Take action.

Step 4: \_\_\_\_\_

Think about it.

# KEEPIN' IT REAL

## MAPPING A PLAN OF ACTION

C. Circle all the questions you would ask yourself when thinking about getting to your goal:

What problems do I need to solve?      Who?      What?      When?      Where?      Why?

D. Circle TRUE or FALSE for each of the following statements about goal setting:

- |  |      |       |
|--|------|-------|
| 1. If my goal is to eat more vegetables, I can get prepared by putting vegetables on my shopping list.               | TRUE | FALSE |
| 2. Putting my sneakers out where I will see them is one way for me to get prepared.                                  | TRUE | FALSE |
| 3. Thinking about walking with my friend three times per week is one way for me to get ready.                        | TRUE | FALSE |
| 4. After you take action and you accomplish one of your goals, it is important that you give yourself a nice reward. | TRUE | FALSE |
| 5. If you find that you are not following through with your goal, you may be better off choosing something easier.   | TRUE | FALSE |

### ANSWER KEY

- A. Step 1: Think about it.  
Step 2: Get prepared.  
Step 3: Take action.  
Step 4: Reward yourself when you follow through.  
B. What problems do I need to solve?  
Circle all except "Why?"  
C. 1. T; 2. F; 3. T; 4. T; 5. T

# FOOD FOR LIVING

## INCREASING WATER INTAKE

We are all aware of how difficult it can be to drink 8 glasses of water each day, so Donna has given us some simple ideas to help us increase our water intake. Keep in mind that you don't have to do all of these. **Choose the ones that work best for you.**

- Keep a bottle of water with you to sip during the day
- Drink water before, during, and after you exercise
- Keep a pitcher of water in your refrigerator
- Try seltzer water (it is flavored but not sweetened)
- Drink two glasses at each meal, one before and one after
- Drink one glass of water before each snack



Calorie Alert! Look out for soda, energy drinks and coffees. These beverages can add "empty calories" to our bodies which are almost useless. "Empty calories" are calories that don't do anything for your body nutritionally, except add extra pounds! Did you know a 20 oz. soda has 250 calories and more than 40 grams of sugar? Avoid adding these unnecessary calories and try water instead. If water is too big of a jump for you, try drinking diet soda, or even mixing diet and regular as you slowly make the change. Also remember to read those labels.

Sugar Alert! Here are some other beverages to be on the look out for:

- Juices made from concentrates
- Sports drinks (Gatorade and Vitamin Water)
- Tea or coffee with added sugar
- Juice drinks

*"But my God shall supply all your need according to his riches in glory by Christ Jesus."*

-*Philippians 4:19*

# ACTIVITY SNACKS

## MARKET WALKING

This month's example of an activity snack is "market walking." Take some laps around the perimeter of a store before you start shopping. Or next time you head to the market park farther from the entrance or if you live close enough, walk to the market from your house. If you take the bus, you can even get off one stop earlier and walk the rest of the way to the store. Parking a greater distance from the entrance can provide you with the physical activity you need in your routine. Try to get in 5 or more market laps before shopping.

**"Market walking" can be done anywhere, in any weather and any time of day:**

- Mall
- Home improvement store
- Drug store
- Bus stop

**Remember to find the activity snack that is best for you.**

**Write down your plan for how you can incorporate more activity into your shopping routine:**

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# LET'S GET GOING

## WHAT DO I WEAR?

Today we discussed how to select appropriate clothes and shoes for physical activity. We also discussed how to take care of hair, during and after physical activity. After all, we always want to look our best!

Read the following statements carefully, then circle TRUE or FALSE after reading each one.

- |  |      |       |
|--|------|-------|
| 1. A good pair of walking shoes should have adequate cushioning, low heels and be wide enough to allow for foot expansion. | TRUE | FALSE |
| 2. Selecting a sneaker that is a half size bigger than your shoe size provides your feet with support and room to move in. | TRUE | FALSE |
| 3. There is no need to break in a shoe anymore. Properly fitted shoes should feel comfortable in the toe, arch and heel.   | TRUE | FALSE |
| 4. Dress for temperatures warmer than the outside air. Physical activity will warm you up.                                 | TRUE | FALSE |
| 5. Wear layers that can be taken off easily in cooler weather and light weight "breathable" fabrics in warmer weather.     | TRUE | FALSE |
| 6. Wear light colored clothing and reflective strips if you will be out when it is dark.                                   | TRUE | FALSE |
| 7. It may be necessary to rinse the salt produced by sweating from your hair after physical activity.                      | TRUE | FALSE |
| 8. Condition your hair weekly, using a moisturizing conditioner or hot oil treatment.                                      | TRUE | FALSE |
| 9. Braids, twists and locs stay in place while you do physical activity.   | TRUE | FALSE |
| 10. Healthy hair can be natural, relaxed or braided. Look for care tips that suit your personal style.                     | TRUE | FALSE |

# IN THE KITCHEN

## COOKING WITH KIDS

Cooking with kids gets them on board for healthier eating.

### FRUIT SALAD

#### INGREDIENTS

3 bananas  
1 pint of strawberries  
1 pound of grapes  
1 can of unsweetened pineapple



#### INSTRUCTIONS

1. Wash fruit (this is great for kids to do).
2. Slice bananas, strawberries and pineapple with a butter knife (great for kids).
3. Add all fruit to dish.
4. Add lemon juice to keep bananas (or apples) from turning brown.

**Congratulations!!!** You have made a quick, easy and healthy snack with your kids. And the best part is that you both did it together! Get kids involved in the kitchen when shaping turkey meatballs or preparing salads.

#### Alternative ways of preparation

- Use whatever fruit is in season (cantaloupe, watermelon, etc.).
- Use canned fruit, but beware of fruit in heavy syrup. This increases the amount of calories. Be sure to rinse fruit that is canned in syrup.

# IN THE KITCHEN

## COOKING WITH KIDS

Cooking with kids gets them on board for healthier eating.

### ANTS ON A LOG

#### INGREDIENTS

celery

peanut butter

raisins

#### INSTRUCTIONS

1. Rinse celery with warm water (this is ideal for kids).
2. Dry celery pieces (great for kids).
3. Cut celery into pieces (about 5 inches long).
4. Add peanut butter to the u-shaped part of celery, from one end to the other.
5. Add raisins on top of the peanut butter.



#### Alternative ways of preparation

- Try carrots or apple slices instead of celery
- Try almond or cashew butter for a different taste

# IN THE KITCHEN

## STACKED FRUIT STICKS

### INGREDIENTS

1 cored fresh pineapple (available in sacks or tubs in the produce department)  
2 seedless navel oranges  
6 large strawberries, hulled (remove the greens with a small paring knife)  
6 bamboo skewers (8-inch)



### INSTRUCTIONS

1. Cut pineapple into 24 chunks.
2. Cut each orange into 6 wedges. Then cut wedges in half (leave the peel on).
3. Place the pineapples, oranges and strawberries on the skewers, alternating the fruit pieces.

## SUMMER BREEZE SMOOTHIE

### INGREDIENTS

1 cup yogurt, plain, nonfat  
6 medium strawberries  
1 cup crushed pineapple, canned in juice  
1 medium banana  
1 teaspoon vanilla extract  
4 ice cubes



### INSTRUCTIONS

1. Place all ingredients in blender and puree until smooth.
2. Serve in frosted glass.

# IN THE KITCHEN

## CHICKEN KABOBS

### INGREDIENTS

4 boneless, skinless chicken half-breasts,  
cut into bite-size pieces  
3/4 cup (185 ml) teriyaki marinade  
8 cherry tomatoes  
1 yellow onion, cut into large wedges  
1 green pepper, cut into large chunks  
8 mushrooms



### INSTRUCTIONS

1. Marinate the chicken in the teriyaki sauce for 30 minutes in the refrigerator.
2. Place the tomatoes, onion, green pepper, and mushrooms onto skewers, alternating ingredients. Place the chicken on separate skewers for food safety purposes.
3. Over a red-hot grill or under the broiler, cook the kabobs for 10-15 minutes, until the chicken is cooked through (no pink shows in the middle). Serve on or off the skewer over a bed of rice.

# IN THE KITCHEN

## NOTES

# IN THE KITCHEN

## NOTES

# IN DEPTH

## A CLOSER LOOK AT FAT

Just what exactly is fat? Fat plays an important role in your health. Not only do you eat fat in your diet, but your body also produces some kinds of fats in order for it to function properly. Fat is used by your body to make several important substances that help to regulate blood pressure, heart rate, blood vessel constriction, blood clotting, and the nervous system. It also helps to transport Vitamins A, D, E, and K from your food into your body and helps to keep your hair and skin healthy. So you see, not all fat is bad.

Fat can be harmful, however, if you eat too much, especially too much of certain kinds of fat. Extra fat in your diet can increase your risk of heart disease, high blood cholesterol, diabetes, and some kinds of cancer. Too many calories, are easy to add up when you eat a lot of fat, and also lead to overweight and obesity, which also put you at risk for several diseases.

It is recommended that healthy Americans should eat no more than 30 percent of their calories from fat, on a daily basis. That means, if you eat 2000 calories each day, no more than 600 of your calories should come from fat. When you limit your total fat intake to 30 percent, keep in mind that:

- Only 7-10 percent of the fat should be saturated fat
- About 10-15 percent of the fat should be monounsaturated
- About 10 percent should be polyunsaturated
- Cholesterol should be limited to 300 milligrams or less each day

### WHAT ARE THE DIFFERENT KINDS OF FAT?

- **SATURATED FAT** — Most saturated fats are found in animal products such as red meat, poultry, butter and whole milk. Coconut, palm and some other tropical plant oils also are high in saturated fat. A diet high in saturated fat can increase your blood cholesterol level and your risk of heart disease.
- **TRANS FAT** — Trans fat or trans fatty acids occur when hydrogen is added to vegetable oil during hydrogenation. This process makes the oil more solid at room temperature, and less likely to spoil. This hydrogenated oil is often found in commercially prepared baked goods and fried foods. Trans fat affects your body in a similar way to saturated fat. It can raise your blood cholesterol level and increase your risk of heart disease. Check the labels of the foods you buy. If the words hydrogenated or partially hydrogenated are in the ingredients, the food has trans fat in it.
- **MONOUNSATURATED FATS** — Monounsaturated fats are mainly found in vegetable oils such as canola, olive and peanut oils. They are liquid at room temperature. Monounsaturated fats are "heart healthy."

# IN DEPTH

**When you are planning a healthy diet, try to pick most of your fats and oils from monounsaturated and polyunsaturated sources. Keep in mind that these oils can be hydrogenated, making them less "heart healthy."**

**Remember that fat can be part of a healthy diet. All types of fats provide the same concentrated amount of energy, nine calories per gram. So a small amount of fat can have a lot of calories. Choose your fats and oils carefully. Make them a part of a diet rich in fruits, vegetables, whole grains, low-fat dairy foods and sources of lean protein. A healthy lifestyle includes plenty of physical activity too.**

## WHAT ARE THE DIFFERENT KINDS OF FAT? (CONTINUED)

- **POLYUNSATURATED FATS** — Polyunsaturated fats are also found in vegetable oils such as safflower, sunflower, corn, flaxseed and canola oils. They are also found in seafood. They are liquid or soft at room temperature. Polyunsaturated fats are also "heart healthy."
- **CHOLESTEROL** — Cholesterol is made by your body and is necessary for the structure and function of all cells in your body. Cholesterol also can be found in your diet. Animal products are again the culprit. Red meat, seafood, eggs, dairy products, lard and butter all contain cholesterol. Too much dietary cholesterol can lead to a buildup of cholesterol on the walls of your arteries, leading to heart disease. Your cholesterol level can also be a predictor of your risk of heart disease.



## 4 TAKING ACTION

### KEEPIN' IT REAL

Taking action for your health

### FOOD FOR LIVING

Portion size

### ACTIVITY SNACKS

Waking up with activity

### LET'S GET GOING

Working out at home

### IN THE KITCHEN

Speed scratch



# JOURNEY TO YOUR BEST BODY

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# KEEPIN' IT REAL

## TAKING ACTION FOR YOUR HEALTH

**Setting goals that are realistic and positive is very often followed by an action plan.**

- First you need to think about it.
- Then you need to get prepared.
- Then take ACTION.
- Finally you need to reward yourself when you follow through with the plan.

Here is an example:

1. **GOAL:** To walk after work twice this week.

2. **ACTION PLAN:**

a. **Think about it:**

What would I have to do to walk after work?

How will I fit it in?

What kinds of problems do I need to handle?

**Example of a problem:**

If I walk after work I will not have time to make dinner.

**Solution:** Plan to have left overs.

b. **Get prepared:**

Bring exercise clothes and sneakers to work.

Get to work early enough so you can leave in time to walk.

Make extra food earlier in the week so you have left overs.

Find someone to walk with.

c. **Take ACTION:**

Go for a walk after work. Enjoy!

d. **Reward yourself for walking twice this week by buying a nice bunch of flowers.**

# KEEPIN' IT REAL

Now it's your turn to write your own action plan.

**MY GOAL IS:** \_\_\_\_\_

## MY ACTION PLAN

Think about it: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Problem: \_\_\_\_\_  
\_\_\_\_\_

Solution: \_\_\_\_\_  
\_\_\_\_\_

Get Prepared: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Take Action: \_\_\_\_\_  
\_\_\_\_\_

Reward: \_\_\_\_\_  
\_\_\_\_\_

Was this activity very challenging? \_\_\_\_\_

What part would you like to change? \_\_\_\_\_

Give a reason for your answer: \_\_\_\_\_

# FOOD FOR LIVING

## PORTION SIZES

Smaller portion sizes can help a lot when it comes to cutting calories and fat. Even if you are not yet choosing low fat foods, cutting portion sizes on high fat and calorie foods can be a life saver. When it comes to meals, try filling half of your plate with vegetables, a quarter of your plate with your starch item such as potatoes, pasta, or rice, and the remaining quarter of your plate with your meat, chicken or fish.

You may be wondering what a quarter of your plate looks like. Well, the quarter of your plate holding the meat should look about the same size as a deck of cards or like the palm of your hand (about 3 ounces).

Here are some other ways to have smaller portions of fat:

- Use less butter or margarine
- Use less salad dressing

**1 cup of vegetables looks like 2 hands, cupped**



**1/2 cup of vegetables looks like 1 hand, cupped**



**3 ounces of cooked meat looks like a palm of your hand**



*"Then the Lord answered me and said: write the vision; make it plain on tablets, so that a runner may read it. For there is still a vision for the appointed time; it speaks of the end, and does not lie. If it seems to tarry, wait for it; it will surely come, it will not delay."* -Habakkuk 4:19

# FOOD FOR LIVING

## HOW MUCH?

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**8 ounces of liquid — 1 fist, clenched.**

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**1 cup of food — 2 hands, cupped.**

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**1/2 cup of food — 1 hand, cupped.**

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**3 ounces of cooked meat — palm of hand.**

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**1 tablespoon of mayonnaise — 2 thumbs.**

# FOOD FOR LIVING

## PORTION SIZE MATTERS ... A LOT!

What does your plate look like?

Which one is the healthier plate? Circle it.



When serving your plate:

1. The meat, chicken, or fish on your plate should be about the same size as a \_\_\_\_\_ (baseball/deck of cards).
2. Vegetables should fill up \_\_\_\_\_ (half/one quarter) of your plate.
3. Potatoes, rice, pasta, or other grains should fill up \_\_\_\_\_ (half/one quarter) of your plate.

# ACTIVITY SNACKS

## CALF STRETCH

This month's activity snack is a "calf stretch." You can do this activity right at the start of your day. For this snack you want to have your heels on the ground and your toes a few inches up a wall. Next, lean forward with your hips while keeping your knee straight. Hold this position for about 30 seconds. This stretch should be repeated several times for each leg.

These "calf stretches" can be done anywhere. Try them.

- After you get out of bed
- Before you go for a walk, jog, or any other activity
- While watching TV

**Activity snacks are short bursts of physical activity!**

# LET'S GET GOING

## FLEXIBILITY

As we get older our bodies get more stiff. Flexibility activities are those that keep your muscles relaxed and flexible, and your joints limber. This helps you move, reach and bend. Lack of flexibility can be a cause of lower back pain, stiffness and poor posture.

Here are some activities that will increase your flexibility.

Check the ones you do regularly.

- |  |   |
|--|---|
| <input type="checkbox"/> Gardening         | <input type="checkbox"/> Stretching exercises |
| <input type="checkbox"/> Mopping the floor | <input type="checkbox"/> Golf                 |
| <input type="checkbox"/> Yard work         | <input type="checkbox"/> Yoga                 |
| <input type="checkbox"/> Vacuuming         | <input type="checkbox"/> Dance                |

List some flexibility activities you like to do.

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Strength activities help you work your muscles against some kind of resistance, like when you push open a heavy door. Here are some activities that will increase your muscular strength. To prevent injury, remember to keep your abdomen tight and breathe.

- Heavy yard work
- Raking and carrying leaves
- Lifting and carrying groceries (not to mention infants and toddlers)
- Climbing stairs
- Abdominal crunches (sit-ups)
- Push-ups
- Lifting dumbbells or free weights (cans of food or bottles of water also work)

List the strength activities you like to do.

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# IN THE KITCHEN

## SPEED SCRATCH

Speed scratch cooking provides great taste in little time.

### CHILI

#### INGREDIENTS

1 teaspoon of olive oil  
2 cups of frozen pre-chopped onions and peppers  
1 package of chili spice mix  
1 (28 oz) large can of tomatoes packed in juice  
1 (28 oz) large can of kidney beans  
1 lb ground turkey  
1 11 oz can of corn, or frozen corn  
1 teaspoon dijon mustard



#### INSTRUCTIONS

1. Warm olive oil in a 4 quart stew pot over medium heat.
2. Brown ground turkey, peppers and onions together.
3. Add spices.
4. Add tomatoes with juice to the pot.
5. Allow this mixture to cook for 4 to 5 minutes.
6. Once 4 to 5 minutes have passed add the remaining ingredients.

#### Alternative ways of preparation

- Add low-fat or non-fat sour cream on top of your bowl of chili
- Add other vegetables your family will enjoy
- Sprinkle low-fat cheddar cheese on top

# IN THE KITCHEN

## SPEED SCRATCH

Speed scratch cooking provides great taste in little time.

### COLESLAW

#### INGREDIENTS

1 bag of pre-shredded cabbage and carrot mix  
1/4 cup low-fat plain yogurt  
2 tablespoons reduced calorie mayonnaise  
2 teaspoons cider vinegar  
1/4 teaspoon sugar  
1/4 teaspoon dry mustard



#### INSTRUCTIONS

1. Simply add all of the ingredients together in a bowl.
2. Mix well.

#### Alternative ways of preparation

- A pinch of salt and/or pepper can be added if desired
- Try the diced broccoli mix in your grocery store for a new “slaw”

# IN THE KITCHEN

## QUICK CHICKEN SOUP

### INGREDIENTS

3 cups (750 ml) water  
3 chicken low sodium bouillon cubes  
2 carrots, sliced and frozen chopped veggies  
2 celery stalks, chopped  
1 cup (250 ml) cooked chicken (you can buy frozen or fresh)



### INSTRUCTIONS

1. In a saucepan, bring the water to a boil, then add the bouillon cubes, carrots and celery. Reduce heat and let simmer for 10 minutes, or until the carrots become soft.
2. Add the cooked chicken and let simmer for 2 minutes more.

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## PASTA WITH QUICK SUNDRIED TOMATO BUTTER

### INGREDIENTS

9 oz. package fettuccini pasta  
3 tablespoons tomato pesto sauce  
2 cups whole shrimp (shelled) or shredded chicken, cooked  
4 tablespoons grated parmesan cheese



### INSTRUCTIONS

1. In a large saucepan cook fettuccini according to package directions. Drain.
2. Return pasta to hot saucepan. Stir in tomato pesto sauce. Toss to coat. Stir in shrimp or chicken. Sprinkle with parmesan cheese.

# IN THE KITCHEN

## EASY CHICKEN AND RICE CASSEROLE

### INGREDIENTS

1 10 oz. package of yellow Spanish rice  
1 10 oz. can of canned premium chicken in water  
1 can cream of reduced fat chicken or cream of mushroom soup  
1/2 cup milk  
Paprika  
1 cup frozen peas or finely chopped broccoli



### INSTRUCTIONS

1. Cook rice as directed but simmer for 15 minutes.
2. Drain water from canned chicken. Combine soup and chicken in bowl.
3. Add cooked rice to soup and chicken. Stir in 1/2 cup of milk, more or less, depending on consistency desired.
4. Cook uncovered in an ungreased casserole dish at 350 degrees for about 20 minutes.
5. If using onions, sauté onions in cooking spray for about ten minutes then add to bottom of casserole dish.
6. If you desire, you can top it with low-fat cheese and broil for about 5 minutes.

### Alternative ways of preparation

- Onions
- Low-fat cheddar cheese

# IN THE KITCHEN

## NOTES

# IN THE KITCHEN

## NOTES

# IN DEPTH

## IS CARBOHYDRATE A “BAD” FOOD?

There is so much talk these days about high protein, low carbohydrate diets! What is the problem with carbohydrates? Are they bad for you? Well, the answer is that carbohydrates, like any food, can be bad for you when eaten excessively. Being careful to not over do the servings you eat doesn't mean that you should avoid them completely, but instead, they should be part of your balanced diet.

Carbohydrates are found in most types of food. Fruits and vegetables, grains and dairy foods all contain carbohydrates. Usually we think of fruit, grains, breads, and root vegetables as being the major sources of carbohydrate.

Protein, fat and alcohol also may be converted by your body into carbohydrates. Your body relies on carbohydrates for energy. If you don't eat enough carbohydrates, your body can experience “ketosis,” which is an abnormal process that can also occur during starvation. Although ketosis does speed up weight loss, long-term side effects of ketosis may include heart disease, bone loss, and kidney damage. Carbohydrates are good for your body and are necessary for proper metabolism.

## THERE ARE TWO KINDS OF CARBOHYDRATES, SIMPLE AND COMPLEX.

- **Simple carbohydrates are found in fruits, milk and vegetables, and are important sources of many vitamins, minerals, and healthy chemicals.** Other sources include cake, candy and other refined sugar sources, which provide energy, but contain little vitamins, minerals and fiber. Simple carbohydrates are broken down quickly and easily by the body to provide energy. Most simple carbohydrates taste sweet.
- **Complex carbohydrates are found in whole grain breads, legumes, rice, pasta, and starchy vegetables.** Complex carbohydrates are also broken down into sugar by the body, but at a much slower rate than simple carbohydrates. Complex carbohydrates provide more vitamins, minerals and fiber to your body and are an important part of a healthy diet. Some complex carbohydrates are highly refined (such as bleached white flour) and contain less of the original nutritional value compared with less refined grains.

# IN DEPTH

## THE AMERICAN DIETETIC ASSOCIATION RECOMMENDS AN EATING PLAN THAT IS BASED ON:

- Complex carbohydrates such as fruits, vegetables and whole grains
- Protein in moderation
- Low intake of fat

There are several fad diets that promote a high protein, low carbohydrate eating pattern. The Atkins Diet and the South Beach Diet both focus on increasing protein and decreasing carbohydrates, in varying degrees. These diets focus on the glycemic index of foods. The glycemic index is a scale that describes how your body reacts to a food. Some carbohydrates have a higher glycemic index than other foods and these fad diets portray this as "bad." Low carbohydrate diets have been shown to promote rapid short-term weight loss, but over the long run, success rates on these diets differed very little from the success rates of people following a more traditional weight loss diet. The best road to weight loss is still a diet that contains a variety of healthy foods and plenty of physical activity.

## BEWARE OF FAD DIETS THAT:

- Promise a quick fix
- Give claims that sound too good to be true
- Give lists of "good" and "bad" foods
- Based their claims on studies that are not scientifically sound
- Make recommendations to help sell a product or service
- Suggest that food can change body chemistry
- Blames scientific hormones for weight problems

Any diet that encourages you to ban certain food groups from your eating pattern may rob your body of essential nutrients like calcium and fiber. There are many healthy phytochemicals that are found in fruits and vegetables, and can help protect your body against cancer and heart disease. Many supporters of fad diets suggest the use of supplements to replace the nutrients lost with an extreme eating plan. The American Dietetic Association recommends that supplements be used to "bridge a gap" in healthy eating, not be used as a replacement for nutrient-rich foods.

Carbohydrates, especially complex ones, are good foods when they are part of a healthy eating plan. Simple carbohydrates that are high in refined sugars are usually high in calories and can contribute to weight gain and obesity. Instead of reaching for some candy or soda, grab a piece of fruit.



## 5 SOCIAL SUPPORT

### KEEPIN' IT REAL

Getting good support from friends and family

### FOOD FOR LIVING

Reading nutrition labels

### ACTIVITY SNACKS

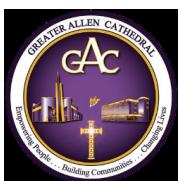
Keeping active at the office

### LET'S GET GOING

Support for sticking with an activity plan

### IN THE KITCHEN

Family favorites



# JOURNEY TO YOUR BEST BODY

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# KEEPIN' IT REAL

## BUILDING A TEAM (SOCIAL SUPPORT)

**Building a team is about getting support from friends, family, and believe it or not, yourself.**

**One way to begin to get support is to decide what kind of support you need and then to ask for it.**

Here is a scenario that might be familiar:

Latisha and Myra are talking in Latisha's kitchen.

**LATISHA:** " You know Myra, I really want to be more active, have more energy and maybe even get rid of some of these love handles. Last time we went out dancing, I felt like my heart was going to come out of my chest."

**MYRA:** "I hear you!"

**LATISHA:** "I just can't find the time. When I finally get a little bit of time, I am always so tired. I get up in the morning, get ready for work, and get the kids ready for school. After work, I need to fix some dinner, clean up, and then maybe do some housework. Darnel says he's going to help with the dishes, but after dinner, he just goes in the bathroom and comes out just as I am doing the last dish. I wish I could find some ways to be more active."

**What do you think Myra will say in response to support Latisha?**

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**Write down some suggestions to help Latisha ask for support AND also to add more physical activity to her life.**

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# FOOD FOR LIVING

## READING LABELS TO CUT BACK ON FAT AND CALORIES

Sisters, where are you now in your journey to a healthier you? Are you finding minor challenges along the way that make healthier eating just a little more difficult? Well if you are, there are a few things to consider. Food labels help us to be better prepared to make good choices. The three important parts of labels that Donna focuses on are servings, fat grams and calories. Remember that when you look at the serving size, you need to think about HOW MUCH you actually eat. If you eat double the amount shown on the label, you should know that you are also doubling the fat grams and calories.

Don't be discouraged, all hope is not lost! You can "shop smart." Just look carefully at food labels and be real about how much you eat. Maybe you can try eating less or try the lower fat version. It may be challenging at first, but stick with it for a while and notice the changes in your portion sizes or the way you feel.

### Nutrition Facts

Serving Size 1 cup (228g)  
Servings Per Container 2

Amount Per Serving

Calories 250      Calories from Fat 110

% Daily Value\*

Total Fat 12g

Check Calories

Quick Guide to % DV

5% or less is low

Saturated Fat 3g

20% or more is high

Trans Fat 3g

Cholesterol 30mg

Limit these

28%

Sodium 660mg

Potassium 700mg

20%

Total Carbohydrate 31g

10%

Dietary Fiber 0g

Get enough of these

Sugars 5g

Protein 5g

Vitamin A 4%

Vitamin C 2%

Calcium 15%

Iron 4%

Footnote

\* 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
Sat 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

# FOOD FOR LIVING

## HOW TO READ FOOD LABELS

### Look at the serving size.

The amount of fat and calories listed on the label is for ONE serving only. Multiply the fat and calories by the number servings you eat. If you eat 2 servings, that's twice the calories listed on the label.

### Look at the calories.

Compare the labels of similar foods to choose lower calorie foods if you want to lose weight.

### Look at the total fat.

Compare different labels to choose lower fat foods.

### Nutrition Facts

Serving Size 1 cup (225g)  
Servings Per Container 1

Amount Per Serving

**Calories** 225 **Fat Cal.** 25

% Daily Value\*

**Total Fat 3g** 4%

Saturated Fat 1.5g 8%

**Cholesterol 10mg** 3%

**Sodium 120mg** 5%

**Total Carbohydrate 42g** 14%

Dietary Fiber 0g 0%

Sugars 42g

**Protein 9g** 18%

\* Percent Daily Values are based on a 2000 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
Sat. 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 0 Carbohydrate 4 Protein 4

(sample label for strawberry yogurt)

# FOOD FOR LIVING

## HOW TO READ FOOD LABELS

### Nutrition Facts

Serving Size 1 cup (228g)  
Servings Per Container 2

Amount Per Serving	
<b>Calories</b>	250
Fat Cal.	110
% Daily Value*	
<b>Total Fat</b>	12g
Saturated Fat	3g
<b>Cholesterol</b>	30mg
<b>Sodium</b>	470mg
<b>Total Carbohydrate</b>	31g
Dietary Fiber	0g
Sugars	5g
<b>Protein</b>	5g
Vitamin A	4%
Vitamin C	2%
Calcium	10%
Iron	4%

\* Percent Daily Values are based on a 2000 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
Sat. 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 0      Carbohydrate 4      Protein 4

**What is the serving size?**

*1 cup*

**How many calories are in a serving?**

*250 x 1 cup = 250 calories*

**How many calories are from fat?**

*110 x 1 cup = 110 calories*

**Now let's see how the numbers look if you eat a different serving size:**

**Let's say that your serving size is:**

*2 cups*

**How many calories are in your serving?**

*250 x 2 cups = 500 calories*

**How many calories from fat are in your serving?**

*110 x 2 cups = 220 calories*

**Find a food that you eat. Look at the information on the label:**

**What is the serving size?** \_\_\_\_\_

**How much do you usually eat?** \_\_\_\_\_

**How many calories in a serving?** \_\_\_\_\_

**How many calories are in your serving?** \_\_\_\_\_

**How many calories are from fat?** \_\_\_\_\_

**How many calories from fat are in your serving?** \_\_\_\_\_

# FOOD FOR LIVING

## CUT BACK ON FAT!

Look at the difference between these foods! Circle the healthier choice.

### Haagen Daz Chocolate Ice Cream

<b>Nutrition Facts</b>	
Serving Size 1/2 cup (228g)	
Servings Per Container 4	
<b>Amount Per Serving</b>	
<b>Calories</b>	270 Fat Cal. 160
% Daily Value*	
<b>Total Fat</b> 18g	16%
Saturated Fat 11g	55%
<b>Cholesterol</b> 115mg	38%
<b>Sodium</b> 60mg	3%
<b>Total Carbohydrate</b> 22g	7%
Dietary Fiber <1g	4%
Sugars 21g	
<b>Protein</b> 5g	
<b>Vitamin A</b> 10%	
<b>Vitamin C</b>	0%
<b>Calcium</b>	15%
<b>Iron</b>	6%
* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories per gram:	2,000 2,500
Total Fat Less than 65g 80g	
Sat. 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:	2,000 2,500
Fat 0 Carbohydrate 4 Protein 4	

### Haagen Daz Low Fat Chocolate Sorbet

<b>Nutrition Facts</b>	
Serving Size 1/2 cup (228g)	
Servings Per Container 4	
<b>Amount Per Serving</b>	
<b>Calories</b> 130 Fat Cal. 5	
% Daily Value*	
<b>Total Fat</b> .5g	1%
Saturated Fat 0g	0%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 70mg	3%
<b>Total Carbohydrate</b> 28g	9%
Dietary Fiber 2g	8%
Sugars 20g	
<b>Protein</b> 2g	
<b>Vitamin A</b> 0%	
<b>Vitamin C</b>	0%
<b>Calcium</b>	0%
<b>Iron</b>	6%
* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories per gram:	2,000 2,500
Total Fat Less than 65g 80g	
Sat. 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:	2,000 2,500
Fat 0 Carbohydrate 4 Protein 4	

### Wishbone Regular Ranch Dressing

<b>Nutrition Facts</b>	
Serving Size 1/2 cup (228g)	
Servings Per Container 4	
<b>Amount Per Serving</b>	
<b>Calories</b> 270 Fat Cal. 160	
% Daily Value*	
<b>Total Fat</b> 18g	16%
Saturated Fat 11g	55%
<b>Cholesterol</b> 115mg	38%
<b>Sodium</b> 60mg	3%
<b>Total Carbohydrate</b> 22g	7%
Dietary Fiber <1g	4%
Sugars 21g	
<b>Protein</b> 5g	
<b>Vitamin A</b> 10%	
<b>Vitamin C</b>	0%
<b>Calcium</b>	15%
<b>Iron</b>	6%
* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories per gram:	2,000 2,500
Total Fat Less than 65g 80g	
Sat. 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:	2,000 2,500
Fat 0 Carbohydrate 4 Protein 4	

### Wishbone Fat Free Ranch Dressing

<b>Nutrition Facts</b>	
Serving Size 1/2 cup (228g)	
Servings Per Container 4	
<b>Amount Per Serving</b>	
<b>Calories</b> 130 Fat Cal. 5	
% Daily Value*	
<b>Total Fat</b> .5g	1%
Saturated Fat 0g	0%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 70mg	3%
<b>Total Carbohydrate</b> 28g	9%
Dietary Fiber 2g	8%
Sugars 20g	
<b>Protein</b> 2g	
<b>Vitamin A</b> 0%	
<b>Vitamin C</b>	0%
<b>Calcium</b>	0%
<b>Iron</b>	6%
* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories per gram:	2,000 2,500
Total Fat Less than 65g 80g	
Sat. 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:	2,000 2,500
Fat 0 Carbohydrate 4 Protein 4	

Many foods have lower fat versions. Be careful to check the calories per serving.  
Some lower fat foods are not lower in calories!

# ACTIVITY SNACKS

## CHAIR ACTIVITY

Lennie showed us some great ways to add little bursts of activity throughout our day at the office. We call this “chair activity.” There are numerous activities that can be done from your chair. Try some leg lifts. It’s a great chair activity. All you do is lift your right leg up and out in front of you. Hold it up for about 15 seconds. Switch legs and repeat for another 15 second hold. This activity is sure to give you that extra boost throughout your day. And, the best part is that you don’t have to be at work to have this snack! Try these anytime you find yourself in a chair - in the car or on the bus.

**For more activity snacks in the office, try:**

- Knee lifts
- Neck and shoulder stretches
- Take a “walk break”

**Use this activity snack at:**

- Work
- While watching TV
- While waiting for an appointment

# LET'S GET GOING

Write down one of your physical activity goals.

**GOAL:** \_\_\_\_\_

How might support from other people help you to accomplish this goal?

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**Who is the support person?**

**What could he/she do to support you?**

1.	
2.	
3.	
4.	
5.	
6.	

Write down one of your goals for healthy eating.

**GOAL:** \_\_\_\_\_

How might support from other people help you accomplish this goal?

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**Who is the support person?**

**What could he/she do to support you?**

1.	
2.	
3.	
4.	
5.	
6.	

# LET'S GET GOING

## REWARDS AND SELF TALK: REWARDING YOURSELF

Sisters, it is so important that we reward ourselves! Think of all your accomplishments. You deserve something nice!

So, how would you like to reward yourself? Are you thinking of buying that top you saw in the store? Or, are you considering getting a manicure? Well, how about trying something that you will enjoy and something that will help you achieve your goal in SisterTalk? How about a little extra activity?

Check the ideas that you like and add a few others that you may enjoy:

- Take a walk by the water
- Dance class
- Roller skating
- Jazz class
- Ice skating
- Pick flowers
- Bubble bath
- New purse
- Kick boxing
- Manicure, pedicure
- Music CD



# IN THE KITCHEN

## FAMILY FAVORITES

Your family's favorite meals with less fat and calories

### MACARONI AND CHEESE

#### INGREDIENTS

non-stick cooking spray  
1/2 cup fat-free milk  
1 cup of 1% cottage cheese  
1/4 cup finely chopped onion  
1 cup of chopped broccoli or peas  
2 tablespoons of grated parmesan cheese  
3 cups of cooked elbow macaroni  
1/2 cup shredded reduced fat cheddar cheese



#### INSTRUCTIONS

1. Combine milk, cottage cheese, onion, and parmesan cheese in the blender. Blend ingredients together until smooth.
2. Place blended ingredients in a bowl.
3. Stir in elbow macaroni and broccoli or peas in a bowl with blended ingredients.
4. Add 1/4 cup of cheese.
5. Spray 1 quart baking dish with non-stick cooking spray.
6. Add macaroni to sprayed dish.
7. Top with the remaining shredded cheese.
8. Bake in a preheated 350 degree oven for 30 minutes.

***Congratulations! You have made a delicious family favorite with less fat and calories.***

#### Alternative ways of preparation

- Add bread crumbs on top of macaroni for an extra crunch
- Add other vegetables your family will enjoy

# IN THE KITCHEN

## FAMILY FAVORITES

Your family's favorite meals with less fat and calories

### CORNBREAD AND SAUSAGE STUFFING

#### INGREDIENTS

1 lb turkey sausage (about 4 links), casings removed  
2 cups finely chopped celery  
1/4 teaspoon salt; pepper (opt)  
2 lbs prepared cornbread (about 12 cups)  
1/4 cup chopped fresh parsley  
1 tablespoon chopped fresh sage  
1 1/2 cups reduced-sodium chicken broth



#### INSTRUCTIONS

1. Preheat oven to 325 degrees.
2. Coat baking pan with cooking spray.
3. Cook sausage over medium heat about 10 minutes.
4. Add onion and celery to sausage, reduce heat, continue cooking for 10 minutes.
5. Transfer sausage, onions and celery to a large bowl.
6. Season with salt and pepper.
7. Add cornbread, parsley and sage.
8. Simmer broth in a pan.
9. Pour 1 cup of broth over stuffing and toss gently (add as much broth as needed to lightly moisten the cornbread but use 1/2 cup at a time).
10. Spoon the stuffing into preheated pan and cover with foil.
11. Bake stuffing about 25 minutes.
12. Uncover for the last 5 minutes for a crunchy top.

#### Alternative ways of preparation

- Pepper can be added if desired

# IN THE KITCHEN

## CORNBREAD

### INGREDIENTS

1 cup cornmeal  
1 cup flour  
1/4 cup sugar  
1 teaspoon baking powder  
1 cup low-fat (1%) buttermilk  
1 egg, whole  
1/4 cup margarine, regular  
1 teaspoon vegetable oil (to grease baking pan)



### INSTRUCTIONS

1. Preheat oven to 350 degrees.
2. Mix cornmeal, flour, sugar and baking powder together.
3. In another bowl, combine buttermilk and egg. Beat lightly.
4. Slowly add buttermilk and egg mixture to dry ingredients.
5. Add margarine and mix by hand or with mixer for 1 minute.
6. Bake for 20-25 minutes in an 8 x 8-inch, greased baking dish.
7. Cool. Cut into 10 squares.

# IN THE KITCHEN

## NOTES

# IN THE KITCHEN

## NOTES

# IN DEPTH

## CHOOSING HIGH BLOOD PRESSURE MEDICATION

Although lifestyle modifications are the ideal way to treat high blood pressure, they may not be enough. You might need to take medications too. However, even if you are prescribed medications, following lifestyle changes also may help your medication work better and may reduce how much of it you need.

Understanding the role of medications can help guide your overall treatment strategy. That means you are more likely to get your blood pressure under control and see an improvement in your health.

There are many drugs available to lower high blood pressure called antihypertensives. Antihypertensives are grouped into eight main classes according to how they control your blood pressure. They work in various ways. Often, two or more drugs work better than one.

Here is a rundown on the main types of drugs and how they work:

**DIURETICS:** (e.g. Furosemide, Hydrochlorothiazide, Indapamide and others) These are sometimes called water pills because they work in the kidney and flush excess water and sodium from the body through urine. This reduces the amount of fluid in the blood. When sodium is flushed out of the blood vessel walls, the vessels open wider and pressure goes down. There are different types of diuretics. They are often used with other high blood pressure drugs.

**BETA-BLOCKERS:** (e.g. Atenolol, Metoprolol, Propranolol, and others) These reduce nerve impulses to the heart and blood vessels. This makes the heart beat less often and with less force. Blood pressure then drops and the heart does not work as hard.

**ANGIOTENSIN converting enzyme (ACE) inhibitors:** (e.g. Benazepril, Enalapril, Lisinopril, and others) These prevent the formation of a hormone called angiotensin 2, which normally causes vessels to narrow. The blood vessels relax and pressure goes down.

**ANGIOTENSIN 2 receptor blockers (ARB):** (e.g. Candesartan, Irbesartan, Losartan and others) ARBs act in a manner similar to ACE inhibitors, but they block the action of the chemical instead of the formation of the chemical.

**CALCIUM channel blockers (CCBs):** (e.g. Amlodipine, Diltiazem, Nifedipine, Verapamil and others) These medications keep calcium from entering the muscle cells of the heart and blood vessels. Blood vessels relax and pressure goes down. Some slow your heart rate.

**ALPHA blockers:** (e.g. Doxazosin, Terazosin, and others) These reduce nerve impulses to blood vessels, which allows blood to pass more easily and with lower pressure. Alpha blockers are usually used with other medications to manage high blood pressure. They may help to modestly lower your blood cholesterol and triglyceride levels.

# IN DEPTH

**ALPHA-Beta Blockers:** These work the same way as alpha blockers, but also slow the heart beat, as beta blockers do. As a result, less blood is pumped through the vessels with lower pressure.

**CENTRAL- ACTING AGENTS (Central Adrenergic Inhibitors):** (e.g. Clonidine, Guanabenz, Guanfacine, Methyldopa and others) Instead of working on your blood vessels, these medications work on your brain. They prevent your brain from telling your nervous system to increase your heart rate and narrow your blood vessels.

**VASODILATORS:** These medications work directly on the muscles in the walls of your arteries, preventing the muscles from tightening and your arteries from narrowing. It's important that you take the medication as prescribed, including in the right amount.

## TREATMENT CONSIDERATIONS

When you start on a medication, work with your doctor to get the right drug and the dose level for you. If you have side effects, tell your doctor so the medication can be adjusted. If you're worried about cost, tell your doctor or pharmacist. There may be a less expensive drug or a generic form that can be used instead.

It's important that you take the medication as prescribed, including in the right amount.

## PERSISTENCE AND PATIENCE PAY OFF

Talk with your doctor about any problems with your medications including forgotten doses, or if you are having a problem with forgetting doses. Don't stop taking a medication without your doctor's guidance because you feel it's not working or you don't like the side effects. If your

blood pressure is difficult to control, your doctor may have you try many different medications before finding the most effective combination.

Don't be satisfied until you and your doctor find a treatment strategy that controls your blood pressure. If you're taking three or more medications and your blood pressure still isn't at your goal, it might be a good idea to talk to your doctor about consulting a specialist in hypertension.

If your high blood pressure has been controlled for a year or more, talk to your doctor about the possibility of decreasing the dosage or number of medications you take (sometimes called step-down therapy). You and your doctor can make sure this process occurs slowly and progressively to monitor any changes in your blood pressure.

The good news is that high blood pressure medications are generally long acting and you only need to take them once a day. Sometimes different medications are combined into one pill, making it more convenient. In most cases, medications prescribed by your doctor will help bring your blood pressure under control if adopting healthy lifestyle modification alone isn't sufficient.

Maintaining lifestyle changes may improve the effectiveness of the medications you are taking....

If you have been prescribed blood pressure medications, you will need to remember that maintaining lifestyle changes may improve the effectiveness of the medications you are taking. It may also mean that you eventually will need fewer drugs or lower dosages.



## 6 CHALLENGES

### KEEPIN' IT REAL

Challenges can be met head on

### FOOD FOR LIVING

Better choices when eating fast food

### ACTIVITY SNACKS

Taking a breath

### LET'S GET GOING

Challenges to activity don't have to stop you

### IN THE KITCHEN

Oven frying



# JOURNEY TO YOUR BEST BODY

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# KEEPIN' IT REAL

## CHALLENGES AND HELPERS

Finding strategies to take advantage of helpers and cutting challenges down to size will help to reduce stress in our lives.

Using the action plan can be helpful in identifying problems and working towards a solution.

Take a moment to think about the things that prevent you from being more active and eating better. What could help?

These are known as **CHALLENGES** and **HELPERS**.

**Challenges:** Things that get in the way of doing the things we want to do.

**Helpers:** Things that help us do the things we want to do.

- Becoming aware of your challenges is the first step.
- Once you know what they are, you can try to find ways to get around them.

### CHALLENGES

### HELPERS

Bad Weather	<ul style="list-style-type: none"><li>• Go to the mall and walk.</li><li>• Walk up and down the stairs for 10-15 minutes.</li><li>• Try an exercise video at home.</li><li>• Turn on music and just dance around.</li></ul>
I don't like many vegetables	<ul style="list-style-type: none"><li>• Eat more of the vegetables I do like. Use more vegetables and less meat in mixed dishes.</li><li>• Try different low-fat seasonings on vegetables.</li><li>• Eat raw instead of cooked vegetables and dip in low-fat dressing.</li></ul>

List two examples of challenges that you face.

1. \_\_\_\_\_

2. \_\_\_\_\_

Can you think of helpers for these challenges?

\_\_\_\_\_

# KEEPIN' IT REAL

Here is a list of possible helpers. What else can you think of?

Write your ideas on the lines provided.

- Cooperative family members.
  - Supportive friends.
  - Your own positive attitude and ability to experiment.
  - A work schedule that allows you to fit activity in.
  - The convenience of places to be active, or get fresh healthy foods.
  - How wearing your sneakers on the way to work makes you want to walk farther.
  - How joining a group has motivated you because you've met others on the same journey to their best bodies.
  - How keeping your sneakers and water bottle by the front door reminds you to exercise. How keeping a bowl of fresh fruit on the counter reminds you to eat more fruit.
  - How keeping bottled water in the fridge helps you drink more water and less soda.
- 
- 
- 

Here are some possible helpers for some common challenges:

## 1. Challenge: I'm too tired.

Helper:

- By building a few simple activities into your daily life, such as a 10-minute walk or a mid-morning stretch break, you may find that you not only feel more energized but are better able to relax after a hard day at work.
- Often it is those times when you are most busy, stressed or tired, that physical activity can give you the lift you need.

## 2. Challenge: I already get enough exercise at work.

Helper:

- Some people are active at work but not active enough to gain maximum health benefits.
- All activity is good but only when you feel warmer and breathe more heavily than usual are you exerting yourself at a level that can improve your health most.

## 3. Challenge: It's too much effort to redo my hair.

Helper : Some African American women prefer not to "sweat" out their hairdo in exercise class or undoing it in the pool.

- Keep your hair and your health in perspective.
- High-maintenance hair may look good, but imagine how much better you would look (and feel) with regular physical activity.
- Get tips from books, magazines, and active black women to see what they do.
- Ask your stylist for a flattering low maintenance hairstyle that works for you.

## 4. Challenge: I don't like physical activity.

Helper: If physical activity is something you have never really enjoyed ask yourself "why?" Has it ever been a part of your life? Are you embarrassed about your weight, your ability, or the way you look when you exercise?

- Begin slowly, be open to new experiences.
- Maintain a positive attitude. Try different activities until you find ones that you enjoy.
- There is something for everybody.

# FOOD FOR LIVING

## BETTER CHOICES WHEN EATING FAST FOOD

Sisters, most of us enjoy fast food or find the speed and low cost to be a good fit when life gets busy. In the SisterTalk program you can still eat those foods, but there are healthier and smarter ways to enjoy fast foods while eating less fat and calories. If you eat lunch out or get take-out food a couple of times a week, this can have a big effect on your weight. So, Donna provides us again with tips that will save us from some of the unnecessary calories...

### FOR FAST FOOD

- Skip the cheese
- Order small fries instead of large fries
- Order ham instead of sausage or bacon
- Order low-fat dressing on salads



### FOR SANDWICH SHOPS

- Order a smaller size sandwich
- Order chicken, turkey, or ham instead of steak
- Avoid tuna and/or chicken salads with a lot of mayo

### FOR CHINESE

- Try soup
- Pick more vegetables and less meat
- Avoid fried foods (fried rice, egg rolls, general tso chicken)

**What are your favorites from fast food, and what is your lower calorie fix?**

### FOR PIZZA

- Get extra vegetables instead of extra meat
- Ask for half the amount of cheese
- Stick with tomato sauces instead of cheese or cream sauces

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

# ACTIVITY SNACKS

## BREATHING FOR RELAXATION

Lennie talked to us about the importance of using exercise for relaxation instead of only for work. Breathing for relaxation helps you wind down and relax after a stressful day. The diaphragm is a muscle in our body that we don't use often enough. It helps us to breathe, and allows our lungs to fill up with air.

### Practice using your diaphragm:

- Sit straight up or stand
- Place your hands on your stomach
- Take a deep breath and feel your hands move in and out as your lungs fill up with air
- Do a series of three deep breaths and feel how using your diaphragm instantly calms you down



**Activity snacks are short bursts of physical activity!**

# LET'S GET GOING

## CHALLENGES AND HELPERS

Nobody's perfect. Just as it may be hard to start being more physically active, there will be times when it may be hard to stay physically active. This is normal. We all face challenges to being physically active, but we can find ways around our personal challenges if we have faith and strength to overcome them.

Check the challenges below that YOU face (write in your own examples if needed).

Try to come up with your own ideas on how to overcome them.

### Challenges

1. I'm too tired.
2. I already get enough exercise at work.
3. It's too much effort to redo my hair.
4. I don't like to sweat.
5. I don't like physical activity.
6. I don't have anywhere to be physically active.
7. I have asthma.
8. I don't enjoy physical activity.
9. I'm too big to be physically active.
10. I don't have anyone to be physically active with.

### Helpers

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

# IN THE KITCHEN

## OVEN FRYING

Your favorite fried foods with less fat & calories

### OVEN FRIED CHICKEN

#### INGREDIENTS

3 1/2 lb fryer chicken cut into 8 pieces  
(or use pre-cut pieces of legs, wings, breasts)  
2 cloves of garlic, smashed  
1 1/2 cups of breadcrumbs  
1 1/2 cups of flour  
2 1/2 tablespoons of white vinegar or lemon juice

1 3/4 teaspoons of salt  
1/4 teaspoon cayenne pepper  
1/4 teaspoon paprika  
2 1/2 cups of skim milk  
1/3 cup dijon mustard

#### INSTRUCTIONS

1. Combine milk and vinegar or lemon juice together in a large bowl.  
Set aside for 5 minutes (this will be the buttermilk.)
2. Cut off all skin and fat on pieces of chicken.
3. Place pieces of chicken in a heavy duty cooking bag.
4. Then add buttermilk, garlic, mustard and salt to this bag.
5. Tightly seal and shake the bag.
6. Let bag sit for several minutes. Coat a baking sheet with non-stick cooking spray.
7. Pre-heat oven to 475 degrees.
8. Combine breadcrumbs, flour and spices in a bowl.
9. Place chicken in breadcrumb mixture. Make sure it is evenly coated on both sides.
10. Spray baking sheet with cooking spray. Place chicken pieces on baking sheet bone side up.
11. Cook for 20 minutes. Turn pieces of chicken over after 20 minutes and cook for another 20 minutes.

Sisters, if you prefer your original recipe, use that and add steps 8-11 for a lower fat version.

# IN THE KITCHEN

## OVEN FRYING

Your favorite fried foods with less fat & calories

### CURRIED SWEET POTATO FRIES

#### INGREDIENTS

2 to 3 sweet potatoes (about 1 1/2 pounds total)  
1 tablespoon canola oil  
2 teaspoons of curry powder

#### INSTRUCTIONS

1. Preheat oven to 500 degrees.
2. Coat non-stick baking sheet with cooking spray.
3. Peel sweet potatoes. Slice into rounds.
4. Combine sweet potato, oil, and curry powder in a large bowl.
5. Toss to coat.
6. Transfer sweet potatoes to preheated baking sheet.
7. Bake for 10 minutes.
8. Turn fries over after 10 minutes.
9. Continue baking for another 10 minutes, or until fries are golden.



#### Alternative ways of preparation

- Try this recipe without curry powder
- Try white potatoes instead of sweet potatoes
- Try this recipe with okra

# IN THE KITCHEN

## BAKED PORK CHOPS

### INGREDIENTS

6 lean center-cut pork chops, 1/2-inch thick  
1 egg white  
1 cup fat-free evaporated milk  
3/4 cup cornflake crumbs  
1/4 cup fine, dry bread crumbs  
4 teaspoons paprika  
2 teaspoons oregano  
3/4 teaspoon chili powder  
2 teaspoons garlic powder  
2 teaspoons black powder  
1/8 teaspoon cayenne pepper  
1/8 teaspoon dry mustard  
2 teaspoons salt  
non-stick cooking spray



### INSTRUCTIONS

1. Preheat oven to 375 degrees.
2. Trim fat from pork chops.
3. Beat egg white with fat-free evaporated milk. Place pork chops in milk mixture and let stand for 5 minutes, turning once.
4. Meanwhile, mix cornflake crumbs, breadcrumbs, spices and salt in small bowl.
5. Use non-stick cooking spray on 13 x 9-inch baking pan.
6. Remove pork chops from milk mixture and coat thoroughly with crumb mixture.
7. Place pork chops in pan and bake for 20 minutes. Turn pork chops and bake for an additional 15 minutes or until no pink remains.

# IN THE KITCHEN

## OVEN FRIED FISH

### INGREDIENTS

2 pounds of fish fillets  
1 tablespoon lemon juice, fresh  
1/4 cup fat-free or 1% buttermilk  
2 drops hot sauce  
1 teaspoon fresh garlic, minced  
1/4 teaspoon white pepper, ground  
1/4 teaspoon salt  
1/4 teaspoon onion powder  
1/2 cup cornflakes, crumbled or regular bread crumbs  
1 tablespoon vegetable oil  
1 fresh lemon, cut in wedges



### INSTRUCTIONS

1. Preheat oven to 475 degrees.
2. Clean and rinse fish. Wipe fillets with lemon juice and pat dry.
3. Combine milk, hot sauce and garlic.
4. Combine pepper, salt and onion powder with crumbs and place on plate.
5. Let fillets sit briefly in milk. Remove and coat fillets on both sides with seasoned crumbs.  
Let stand briefly until coating sticks to each side of fish.
6. Arrange on lightly oiled shallow baking dish.
7. Bake for 20 minutes on middle rack without turning.
8. Cut into 6 pieces. Serve with fresh lemon.

# IN THE KITCHEN

## NOTES

# IN THE KITCHEN

## NOTES

# IN DEPTH

## SALT SUBSTITUTES

"Please pass the salt." It's a common dinnertime request. However, cutting back the amount you use can be very good for your health. According to the National Heart, Lung, and Blood Institute (NHLBI), many experts advise no more than six grams or one teaspoon of table salt each day. In order to follow such a plan you will need to not only stop adding salt to food, but also carefully read the labels on everything that you buy.

You will be surprised at the number of foods that contain salt. Almost all canned vegetables have large amounts of salt added to help preserve freshness. You can find some of your favorite canned foods with no salt added at the grocery store. Other types of vegetables that are more difficult to find are best bought fresh in the produce section or frozen. When reading labels, also beware of sodium, which is a component of salt. The NHLBI notes that processed foods are responsible for most of the salt and sodium Americans eat.

Paying close attention to labels and making sure that what you buy is low in salt and sodium will make a big difference in the amount you eat everyday. If you are used to the flavor, you might find this to be hard. Your meals will probably taste very bland. To help with this problem, there are a few products that you can buy or make right in your home that will act as salt substitutes.

A salt substitute can be anything you use in place of salt. Companies such as Diamond Crystal Brands and

Morton Salt make salt substitutes that can be sprinkled right into any meal. These substitutes get most of their taste from potassium chloride, which is also a type of salt. Potassium chloride is considered a better alternative to regular table salt because it lacks sodium, which as mentioned above is a component of salt. Morton Salt Substitute, as well as other popular brands made from potassium chloride such as NoSalt, can be found at any grocery store. Diamond Crystal substitutes can be purchased by visiting the company web site at [www.diamondcrystal.com](http://www.diamondcrystal.com) or by contacting a salt substitute distributor such as D.C. Distributors, Inc. at 1-800-827-6763. These products are not for everyone and can be harmful to people taking certain medications. Be sure to talk it over with your doctor before buying salt substitutes made from potassium chloride.

Spike, a salt-free seasoning made by Modern Products, Inc., mixes potassium with natural herbs and spices like toasted onion, ground dill, parsley flakes, and many more to give food flavor.

Mrs. Dash brand products offer 12 different seasoning blends without the potassium chloride. Each is made from 14 different natural herbs and spices and also contains no salt or sodium. Both Mrs. Dash and Spike can be purchased at the grocery store and are very inexpensive.

Many products designed to take the place of salt can be found naturally from the sea. Sea Seasonings, made by Maine Coast Sea Vegetables offer a couple of pleasant shake-on low sodium salt alternatives.

# IN DEPTH

- **Dulse granules are low in sodium but big in “salty” taste. Rich in vitamins and minerals, the granules give food a seafood-like flavor when cooked with liquid and a tangy, salty taste when roasted or fried.**
- **Kelp granules are also naturally low in sodium but add delicious flavor to just about anything.**

Maine Coast Sea Vegetables also offer Kelp and Dulse along with other products such as Nori, another salt substitute from the sea, in a larger, leaf form. The leaves can be used to flavor anything from soups to sauces, dressings, dips, and more.

Maine Coast Sea Vegetable salt substitutes can be found at any health food or natural foods store. You can also buy them at a discount or order samples online at [www.Seaveg.com](http://www.Seaveg.com).

Frontier Natural Products also sell a salt substitute made from kelp. Herbal Seasoning Blend, a mixture of herbs such as dill weed and marjoram along with kelp powder is a healthy way to liven up the taste. The powder can be ordered in one pound bags and is relatively inexpensive for such a long-lasting amount. To order visit [www.frontiercoop.com](http://www.frontiercoop.com) or call 1-800-669-3275.

Remember, a salt substitute is anything that takes the place of salt. That does not always mean it has to give food a salty flavor. Salt and sodium alternatives can also be made right in your own home. By learning how to use herbs, spices and other ingredients you can make your meals taste just as flavorful.

For example, toasted sesame seeds, ginger, and cayenne can all be easily added to season vegetables or used as a dry rub for red meat. Squeezing lemon on fish or chicken is another easy way to bring out the flavor.

Make sure the spices you use to prepare food do not contain added salt. Reading labels is always a good idea even on dried spices. Some brands of garlic and onion powder as well as chili powder contain salt in the mixture. Pay special attention to the label if you are using a store-bought premade marinade as well.

To get the maximum amount of flavor from herbs and spices, pay attention to the color and smell. Color should be rich and true and the odor should be strong and should not smell musty. Store herbs in a cool dry place to keep them fresh and always buy them in small quantities since they tend to lose flavor after time.

There are many recipe books that can offer you many more ideas for salt free marinades, dry rubs, and other recipes. The No-Salt Cookbook by David C. Anderson and Thomas D. Anderson, The American Heart Association Low-Salt Cookbook edited by Rodman D. Starke and Mary Winston, and Salt-Free Herb Cookery by Edith Stovel, are just a few of the many books available at your local bookstore or library.

A number of web sites also offer recipes and suggestions on which herbs and spices go best with certain foods. [www.mrspice.com](http://www.mrspice.com), [www.cooks.com](http://www.cooks.com), and [www.saltfreelife.com](http://www.saltfreelife.com), are just a few of the many places you can go to learn more about cooking with and creating salt substitutes. For more information on low salt dieting visit [www.nhlbi.nih.gov](http://www.nhlbi.nih.gov).



## 7 RE-ASSESSING

### KEEPIN' IT REAL

Reassessing your progress

### FOOD FOR LIVING

Shopping/planning at the supermarket

### ACTIVITY SNACKS

Finding activities that you enjoy

### LET'S GET GOING

Reassessing your activity

### IN THE KITCHEN

Grilling



# JOURNEY TO YOUR BEST BODY

# KEEPIN' IT REAL

## REASSESS, REFINE, RE-PRIORITIZE

**Let us take some time to evaluate where we are in the journey we started six weeks ago. Our goal was to journey towards our best bodies. In order to assess our progress we need to re-assess, refine, and re-prioritize.**

**We started out by setting goals and taking small steps to reach our goals.**

**What are 2 goals that you have set for yourself?**

1. \_\_\_\_\_

2. \_\_\_\_\_

**Were you able to reach your goals?**

Yes       No

**Did you experience any challenges when trying to reach your goals?**

Yes       No

**How did you feel while experiencing the challenges?**

---

**Do you usually reward yourself when you reached your goal?**

Yes       No

**If no, how do you plan to reward yourself?**

---

**Do you think about what you eat and how much you eat?**

Yes       No

**If no, how can you begin to pay more attention to what you eat?**

---

# KEEPIN' IT REAL

**Do you sometimes skip meals?**

Yes       No

**If yes, how does skipping meals affect what and how much you eat later in the day?**

---

**Have you set a daily or weekly physical activity goal for yourself?**

Yes       No

**What are some challenges that you experience when trying to reach your physical activity goal?**

---

---

**List some helpers that you use for these challenges.**

---

---

## **SOME THOUGHTS**

- Try not to skip meals. You are more likely to eat more than usual when you skip meals.
- Eat breakfast, lunch, and dinner.
- It is important to exercise at least 3 times a week for at least 30 minutes. You can split this into three 10 minute sessions if you need to.
- It is important to reward yourself for a job well done!
- Use your food and activity diary to record your thoughts and actions.
- Remember to wear your pedometer to count your daily steps.

# FOOD FOR LIVING

## SHOPPING/PLANNING; PROCESSED MEATS

When you go shopping, how do you choose your fruits, vegetables and deli products? It can definitely be challenging since these products do not have food labels. But don't be discouraged. In this month's SisterTalk video, Donna shows us how to pick healthier at the supermarket.

### TIPS

Choosing the proper cuts of meat can be tricky. When it comes to ground meat Donna tells us to look for 80% to 90% lean. These meats are darker and less in fat. Also, try ground turkey, which has even less fat. For cuts of meat such as beef and pork, loin and round cuts of meat are healthier options. Both are leaner cuts of meat with visible fat that can be trimmed prior to cooking.

At the deli look for lower fat deli meats. Pick from roast beef, ham and/or turkey. Avoid salami and pastrami. Other options in the deli can be detrimental to our healthy lifestyles. Donna suggests choosing pastas and salads with little sauce, mayo and/or oil. Salads with heavy mayo can add more than 20 grams of fat per serving to your dietary intake.



### WHEN CHOOSING MEAT OR POULTRY

#### CHOOSE

##### RED MEATS

- Extra lean ground beef
- Top or tip round
- Bottom round
- Rump roast

##### PORK

- Boneless ham
- Tenderloin

##### POULTRY

- Chicken breast
- Turkey
- Cornish hen

#### AVOID

- 80% fat ground beef
- Steak or roast with visible fat

- Whole ham
- Ham hock
- Bacon

- Dark meat
- Thighs

# ACTIVITY SNACKS

## FINDING ACTIVITIES THAT YOU ENJOY

This week Lennie stresses the importance of finding recreational activities that you enjoy. It is so important to enjoy your life and take time for yourself aside from your normal routine. Is there something you've always wanted to do but never tried?

**Recreational activities include:**

- Gardening
- Learning to sing
- Walking with a group
- Photography



# LET'S GET GOING

## WHERE ARE YOU NOW?

1. I participate in physical activity

- A. 3 times or more each week.
- B. 2 times or less each week.
- C. seldom or never.

2. I have started to do activity "snacks"

- A. every day.
- B. 2 to 3 times a week.
- C. seldom or never.

3. I can walk briskly without having to stop

- A. for 30 minutes or more.
- B. for 10 to 20 minutes.
- C. for 5 minutes or less.

4. When I walk up one flight of stairs

- A. it doesn't bother me.
- B. I feel somewhat out of breath.
- C. I feel very out of breath.

5. When I get up from a comfortable chair

- A. I have no problem.
- B. I have to struggle a little to get up.
- C. I have a lot of trouble getting up.

6. If I am carrying a heavy load up the stairs I can

- A. walk up the whole way and then do another physical task.
- B. walk up the whole way, but I have to rest before I can do another physical task.
- C. I can't make it up the stairs without help.

7. I do stretching exercises

- A. 3 to 6 times a week.
- B. about 2 times a week.
- C. never.

8. My lower back gets tight:

- A. never.
- B. during the day.
- C. only when I wake up.

9. I can balance on my stronger leg

- A. for 15 seconds.
- B. between 5 and 15 seconds.
- C. for less than 15 seconds.

10. Since I began SisterTalk, I feel better about myself and the physical activity I do

- A. Absolutely!
- B. Sometimes.
- C. Never.

How did you score? Give yourself 3 points for each A, 2 points for each B, and 1 point for each C. See how you scored below.

If you scored:

**Below 15:** Keep trying to increase your physical activity. This can help you:

- Lose or maintain weight
- Lower your risk of:
  - Heart disease
  - Diabetes
  - Cancer
  - High blood pressure

**16-24:** You're doing great. You've been making some pretty good lifestyle changes. Is it time to:

- Increase how often you exercise?
- Increase how hard you exercise?
- Increase how long you exercise?
- Change the type of exercise you do?

**25-30:** Congratulations. You've been taking good care of yourself.

- Remember what inspires you to help you to keep from slipping.
- Try different exercises to keep you motivated.
- Think about how good you feel about yourself.

# IN THE KITCHEN

## GRILLING

Grilling is a great, low-fat way to cook meat by letting the fat drip off. It's also ideal for cooking veggies and seafood.

### GRILLED CHICKEN

#### INGREDIENTS

boneless and skinless chicken breast

#### ORANGE MARINADE

2 tablespoons olive oil  
1/2 cup orange juice  
1 teaspoon orange rind  
1 teaspoon cracked pepper



#### INSTRUCTIONS

1. Mix ingredients for the marinade together. USE OLIVE OIL SPARINGLY.
2. Add marinade to a large Ziploc bag.
3. Place chicken in large Ziploc bag with marinade for at least 2 hours.  
(Try leaving in the refrigerator overnight).
4. Preheat grill.
5. Once the grill is hot, add chicken to the grill.
6. Cook for approximately 6 minutes.

**Congratulations!! You have made a simple and great tasting grilled chicken. Enjoy the fact that this dish has less fat and calories.**

#### Alternative

- The chicken does not have to be marinated overnight if you are pressed for time
- Try creating other marinades or use a bottled marinade (beware of the amount of sodium and fat)

# IN THE KITCHEN

## GRILLING

Grilling is a great, low-fat way to cook meat by letting the fat drip off. It's also ideal for cooking veggies and seafood.

### TURKEY BURGERS

#### INGREDIENTS

1 lb of ground turkey meat  
roasted garlic and onion powder

#### INSTRUCTIONS

1. Preheat George Foreman grill.
2. Season ground meat with roasted garlic and onion powder.
3. Round ground turkey meat into patties (1 lb of meat makes 4 patties).
4. Place turkey patties on George Foreman grill.
5. Cook for approximately 8 minutes. (There is no need to turn patties so that both sides may cook. The George Foreman grill quickly cooks foods on both sides).



#### Alternative ways of preparation

- Use other seasonings that you enjoy
- Add a low-fat cheese to top your burger
- Try using less mayo for your burger
- Use lean ground beef

# IN THE KITCHEN

## GRILLED BARBEQUE CHICKEN

### INGREDIENTS

1 teaspoon ketchup  
5 tablespoons tomato paste  
2 teaspoons honey  
1 teaspoon molasses  
1 teaspoon worcestershire sauce  
4 teaspoons white vinegar  
3/4 teaspoons cayenne pepper  
1/8 teaspoons black pepper  
1/4 teaspoon onion powder  
2 cloves garlic, minced  
1/8 teaspoon ginger, grated  
1 1/2 lbs boneless skinless chicken breasts



### INSTRUCTIONS

1. Combine all ingredients except chicken in saucepan.
2. Simmer for 15 minutes.
3. Wash chicken and pat dry. Place it on large platter and brush with half the sauce mixture.
4. Cover with plastic wrap and marinate in refrigerator for 1 hour.
5. Place chicken on preheated grill. Grill for 5 minutes on each side to seal in juices.
6. Remove from grill and add remaining sauce to chicken.

# IN THE KITCHEN

## GRILLED FISH

### INGREDIENTS

fish fillets  
olive oil  
cooking spray  
cajun seasoning

### INSTRUCTIONS

1. Preheat grill.
2. Spray grill with cooking spray to prevent sticking.
3. Sprinkle fish with cajun seasoning and olive oil.
4. If grilling fresh fish with skin, place fish directly on the grill. If grilling fish without skin, wrap individual pieces of fish in foil and place on the grill.
5. Flip fish after 5 minutes and cook for an additional 5 minutes.



# IN THE KITCHEN

## GRILLED VEGETABLES

### INGREDIENTS

1/2 onion  
1 eggplant  
1 pepper (red, green, or yellow)  
salt and pepper (to taste)  
cooking spray

### INSTRUCTIONS

1. Slice vegetables.
2. Add salt and pepper to taste.
3. Preheat grill.
4. Spray grill with cooking spray.
5. Place vegetables on grill.
6. Cook for 3 to 5 minutes, turning occasionally.



# IN THE KITCHEN

## NOTES

# IN THE KITCHEN

## NOTES

# IN DEPTH

## SOY AND WOMEN'S HEALTH

Foods that are rich in soy protein may be very beneficial to your health. Many Asian cultures have made soy protein an important part of their diets; Americans are now beginning to join in. Why is soy good for you?

- Soy protein is low in fat and is a good alternative to meat, poultry, and other animal-based products. It is a vegetable product that contains all the amino acids needed in the human diet.
- Research has shown that foods that are high in soy protein are good for your heart. Soy helps to lower your cholesterol level; 25 grams of soy protein each day, as part of a low-fat diet, may reduce your risk of heart disease.
- Soy may also reduce your risk of Osteoporosis, some cancers, and may reduce menopausal symptoms.

### Where can soy protein be found?

- SOYMILK  
Soymilk is a milky liquid produced from soybeans. It can be found in most supermarkets and comes in a variety of flavors. Most soymilks are calcium fortified and are a good source of calcium for people who are lactose intolerant.
- TEMPEH  
Tempeh is made from whole cooked soybeans that are formed into a chewy cake. Some tempeh has

added grains that give it a more dense texture. It can be used as a meat substitute and is great in a stir fry.

- TEXTURED SOY PROTEIN

Textured soy protein is made from soy flour. It has the texture of ground beef and can be easily substituted in many favorite recipes like meatloaf and chili. It can also be used to "extend" meat and make it go a little further in a recipe. No one will know that it's not meat!

- TOFU

Tofu is made from cooked, puréed soybeans and has a custard-like texture. It doesn't have much flavor of its own but can be added to many other foods and absorbs flavors well. It can be stir-fried, blended into smoothies, or blended with flavorings for a dip. Tofu is found in the produce section of most supermarkets.

You can buy many soy products that are already formed into meat alternatives. Many companies have prepared burgers, hot dogs, chicken patties and nuggets, sausages made out of textured soy protein, and sell them in most supermarkets in the frozen food section. Experiment! Try out some of these products; you may not be able to tell the difference.

# IN DEPTH

Here are some facts about soy products:

- Four ounces of firm tofu contains 13 grams of soy protein.
- One soy "sausage" link provides 6 grams of soy protein.
- One soy "burger" contains 10 to 12 grams of soy protein.
- An 8-ounce glass of plain soymilk has 10 grams of soy protein.
- One-half cup of tempeh has almost 20 grams of soy protein.

**Is soy safe?** Soy protein is safe unless you have a soy allergy. There are many supplements on the market now that are causing some concern. Soy isoflavones, which are components of soy, are concentrated in supplements and are a weak form of estrogen that can affect your body. These soy isoflavones are used by some women to decrease menopausal symptoms such as hot flashes.

Research has not been conclusive on these helpful properties for women yet. More is being conducted. Before taking any soy isoflavone supplement, check with your medical care provider. Your provider knows your medical history and can counsel you on what's best for your body. The soy protein found in tempeh, soy milk, and tofu, that hasn't been broken down, doesn't contain such concentrated amounts of isoflavones and is safe to consume. Enjoy soy protein products; they are low in fat, healthy for your heart, and very tasty!

It is fairly easy to consume the recommended 25 grams of soy protein daily to help to reduce your risk of heart disease. There are many vegetarian cookbooks and websites that can give you some easy and very tasty recipes using soy products.

**In order for a soy-based food to use the "heart healthy" claim, one serving of the food must:**

- Have 6.25 grams of soy protein
- Be low fat - less than 3 grams
- Be low in saturated fat - less than 1 gram
- Be low in cholesterol - less than 20 milligrams
- Be low in sodium - less than 480 milligrams for individual foods, less than 720 milligrams for a main dish, and less than 960 milligrams if it's considered a complete meal



## 8 ENVIRONMENTAL TRIGGERS

### KEEPIN' IT REAL

Recognizing your triggers to less healthy activities

### FOOD FOR LIVING

Dining out

### ACTIVITY SNACKS

Watching TV actively

### LET'S GET GOING

Try something different

### IN THE KITCHEN

Starchy sides



# JOURNEY TO YOUR BEST BODY

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# KEEPIN' IT REAL

## TRIGGERS

- Triggers are things that set us off in a direction in which we may or may not want to go.
- Triggers are powerful messages from our environment and are things we can see, smell, taste, or even touch.
- In order to reach our goals, we have to avoid negative triggers in our path. We all have the power to change our environment to some degree.
- One of our goals should be to change some things around us to make it easier for us to eat better and become more physically active.

List some ideas that you think will help you to eat better.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

Some possible ways to help you eat better are:

1. Keep fruits on hand and eat them in between meals when you feel like snacking.
2. Drink water when thirsty rather than soda.
3. Shop with a list.

List 4 ways to help you to become more physically active.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

Some suggestions about increasing physical activity are:

1. Take the stairs.
2. Play with children.
3. Dance to music.
4. Exercise with friends and family.
5. Go for walks in your spare time.

# FOOD FOR LIVING

## DINING OUT



Sisters, we all know that dining out is a part of life. From church functions, to birthday celebrations, business meetings, or just a day out with the girls, it's almost impossible to avoid dining out. But why should you have to? SisterTalk is here to help your dining experience become one that's not full of worry from large amounts of calories to fat.

**IN THIS MONTH'S FOOD FOR LIVING, DONNA SHARES CALORIE SAVING TIPS FOR DINING OUT.**

**SHE SUGGESTS:**

- Order water with lemon instead of soda or alcohol
- Avoid fried appetizers
- Try a salad as an appetizer
- Try a salad with chicken or shrimp as your main dish
- Ask for steamed vegetables instead of fries
- Ask for a "to go" container prior to eating
- Set aside half of your meal for later

# ACTIVITY SNACKS

## WATCHING TV ACTIVELY

At first you may not think of watching TV as something active, but there are ways to incorporate activity while watching TV. First off, get rid of the remote so that you have to get up and walk over to the TV to change the channel or turn up the volume. During commercial breaks or even during the programming you can incorporate the following activity:

- Knee raises in a chair, as if you were stepping
- Bicep curls with hand weights
- Leg extensions

Remember:

- No snacking
- Drink lots of water



# LET'S GET GOING

## RELAX

**Try these relaxation techniques. Practice the ones that work best for you at least once a day.**

### Deep breathing

- Sit (using good posture). Place hands firmly on stomach.
- Inhale. Inhale slowly and deeply through the nose, feeling your lungs expand fully.
- Hold the breath for a few seconds. Think "Relax."
- Exhale. Slowly exhale through your mouth.
- When your lungs feel empty; begin the inhale-exhale cycle again.

### Clear the mind

- Reduce distractions, noise and interruptions.
- Try to set aside 5-10 minutes daily to practice clearing your mind.
- Sit comfortably, loosen any tight clothing and relax.
- Close your eyes and begin to breathe slowly and deeply.
- Mentally focus on one peaceful word, thought or image.
- If other thoughts should enter your mind, let them go- relax, breathe deeply and try again. Stretch and exhale upon completing the exercise.

### Visualization

- Picture a peaceful setting that has particular appeal and imagine all the details to help you relax.
- Try to visualize feeling warm, calm and relaxed.

### Muscle relaxation

- Sit or lie down in a quiet place.
- Focus on each of the major muscle groups (the face, shoulders, arms, hands, chest, back, stomach, legs and feet).
- Tighten a muscle such as your hand muscle and notice how it feels (taut and strained).
- Release the tension and pay close attention to how it feels (lighter and relieved of pressure).
- Concentrate on the difference between the two sensations.
- Recognize what it feels like to relax so you know when it's time to take a break.

# LET'S GET GOING

## ALTERNATIVE WORKOUTS

**Where can you find some new ideas for a workout?**

- Your local adult education program
- Your local library may have exercise videos
- Your local YMCA
- Your local newspaper
- Your local community or health center

**Have you found some new activities that you'd like to try?**

Write them here:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

**Many programs are available that are low cost or free.**

# IN THE KITCHEN

## STARCHY SIDES

### MASHED POTATOES & GRAVY

#### INGREDIENTS

2 lbs potatoes  
3 tablespoons margarine  
1/2 cup low-fat sour cream  
1 cup 1% milk



#### INSTRUCTIONS

1. Peel potatoes. Boil potatoes until tender. Once tender, drain water.
2. Mash potatoes in a large bowl.
3. Add butter, milk and sour cream to bowl with potatoes.
4. Stir mixture together until well blended.
5. In a saucepan, bring chicken stock and cornstarch to a simmer.
6. Stir occasionally. Heat until mixture becomes slightly thick.

***Congratulations!! You have made a quick and easy side for dinner!***

#### Alternative ways of preparation

- Try 2% milk
- Add other vegetables your family will enjoy

# IN THE KITCHEN

## STARCHY SIDES

### FRIED RICE

#### INGREDIENTS

3 cups of white rice  
1 tablespoon of sesame oil  
1 vegetable pack

#### INSTRUCTIONS

1. Bring white rice to a boil.
2. Drain rice.
3. Add 1 tablespoon of sesame oil to rice.
4. Add any mixture of preheated vegetables to rice.

#### Alternative ways of preparation

- Try the same recipe with brown rice



# IN THE KITCHEN

## BAKED POTATO

### INGREDIENTS

1 baking potato

### INSTRUCTIONS

1. Heat for 5 minutes in the microwave to reduce cooking time.
2. Bake in the oven for 30 minutes.



## PASTA WITH MARINARA SAUCE

### INGREDIENTS

1 lb pasta (any type)  
1 can low-sodium marinara sauce

### INSTRUCTIONS

1. Fill a pot 3/4 full with water.
2. Bring water to a boil. Add pasta.
3. Follow boiling directions on package (cooking time varies for pasta).
4. Once finished boiling, drain pasta.
5. In a large saucépan, heat the low-sodium marinara sauce until warm.
6. Toss pasta with sauce. Serve warm.



# IN THE KITCHEN

## SWEET MASHED POTATOES

### INGREDIENTS

2 lbs sweet potatoes  
3 tablespoons butter  
1/2 cup low-fat sour cream  
1 cup whole milk

### INSTRUCTIONS

1. Peel potatoes. Boil potatoes until tender. Once tender, drain water.
2. Mash potatoes in a large bowl.
3. Add butter, milk and sour cream to bowl with potatoes.
4. Stir mixture together until well blended.



# IN THE KITCHEN

## NOTES

# IN THE KITCHEN

## NOTES

# IN DEPTH

## WEIGHT TRAINING

It happens to most women sometime in their mid-thirties. The body loses muscle weight an average of a half a pound each year. However, there is a way to protect yourself. According to the American Medical Women's Association, or AMWA, regular exercise that includes routines that have a conditioning effect on the body, otherwise known as weight training (lifting weights), can actually help preserve muscle. Why should you be concerned with muscle loss? Keeping the muscle you have and continuing to build on it is important for a variety of reasons. To start, weight training will help you achieve your weight loss goals. Because muscle is the most active tissue in the body, it burns calories constantly. Increasing the amount you have will increase your metabolic rate, or in other words — burn energy faster.

Building muscle will also improve your appearance. Aside from trimming down the fat, lifting weights will help to tone and reshape the body, giving more definition to problem areas. Most experts agree that doing so can actually prevent and even reverse some of the effects of aging.

As you continue to build muscle, you will also strengthen ligaments and tendons that are responsible for a lot of the body's movement. By doing so you decrease the risk of injuries whether it be related to sports or just everyday life. Weight training can also help to improve posture and reduce arthritic pain. One of the most important reasons women should incorporate weight training into their normal workout is to prevent Osteoporosis.

Osteoporosis is a crippling disease that attacks the bones and muscles within the body. Associated mostly with aging, it causes bones to become weak and brittle which will eventually result in a loss of strength and overall independence.

So how should you get started? Here are some ways you can begin a weight training program safely and get the most out of it.

### Learn the right way

If you have never lifted weights before, talk to your doctor about starting. Enlisting the help of a personal trainer at a gym can be helpful in learning specific exercises but not necessary. There are many books, videos and magazines available that can show you movements that will tone all areas of the body. A visit to the book store or library will get you on the right track to developing a routine.

Before beginning any of these exercises it is important that you know the correct way to do them. Lifting weights incorrectly can lead to injury and prevent you from getting the most out of your workout.

# IN DEPTH

## Move slowly

Rushing through your routine will only cheat your body in the end and can even cause injury. Just like you would before beginning to walk or jog, you should begin your strength training routine with a warm up.

Stretching out your arms and legs as well as your back and neck is a good way to prepare your muscles for activity. Remember to only stretch until tension is felt. The feeling should be tightness or mild burning, but never pain.

When you are ready to begin weight lifting, make sure that you take one to two seconds to contract the muscle and then lengthen the release to three or four seconds.

## Vary your exercise

In order to reap all of the benefits listed above, it is important to select a variety of exercises that work all parts of the body. The AMWA recommends a workout consisting of about a dozen exercises — six for the upper body and six for the lower body. Since every muscle has an opposing muscle, the pair as a whole should be getting the same attention. For example if you are doing stomach crunches be sure to follow it up with movement that will also work your back.

## Don't overdo it

The AMWA recommends that you lift no more than two or three times a week because muscle fibers need 48 hours to recover. Also be sure to make sure that the weight you are using is not too heavy for you. Depending on your age and build you may want to start out with as little as a two or a five pound weight. Build intensity gradually over weeks and don't try to overload your body all at once.

Three sets of 12 repetitions is often the norm, but if you feel that may be too much for your body, or if you're just having trouble fitting the activity in around your busy schedule, you can reduce the amount of sets you are doing from three to one.

## Be consistent

Once you decide to begin using weights, make sure you stick with your new routine. Don't be discouraged when you don't see instant results. Changes will take place over the course of several weeks.

## Decide what's right for you

Where is the best place to lift weights? A fitness center or gym can provide you with a good environment to workout in. You can use a bench to support your back during certain movements and will have access to a variety of different sized weights. If you do not belong to a workout facility, you can begin weight training in your home. You can use a mat or even sit in a chair while doing some of your routine. The important thing is that you get started.

Weight training has been proven to be safe and effective for all ages. However, as is the case with any activity program, you should consult your physician before getting started. For more information about the benefits of including weight training in your regular exercise routine, visit the American Medical Women's Association web site [www.amwa-doc.org](http://www.amwa-doc.org).



## 9 EMOTIONS

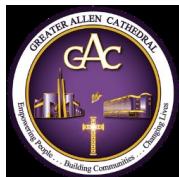
**KEEPIN' IT REAL**  
Eating emotionally

**FOOD FOR LIVING**  
How to curb emotional eating

**ACTIVITY SNACKS**  
Climbing the stairs

**LET'S GET GOING**  
Stress reduction

**IN THE KITCHEN**  
Slow cooker



# JOURNEY TO YOUR BEST BODY

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# KEEPIN' IT REAL

## SELF EMPOWERMENT — EMOTIONAL EATING

**Emotional eating is when you eat to seek comfort in food. You may not be necessarily hungry, but due to a situation you find yourself in, you turn to food for comfort.**

**List 2 situations that can lead to emotional eating.**

1. \_\_\_\_\_
2. \_\_\_\_\_

**Possible paths to emotional eating are:**

1. Stress.
2. Pressure due to work load.
3. Sadness or grief.

**List 3 ways to help you free yourself from the cycle of emotional eating.**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Some ways to avoid emotional eating are:**

1. Think about what you eat and take time to enjoy your food.
2. Delay eating again, especially if you have eaten food not too long ago.
3. Drink water instead of sweetened beverages.
4. Do short bursts of physical activity while waiting for an event or while watching TV (e.g. walk on the treadmill or ride on a stationary bike, or just march on the spot).

# KEEPIN' IT REAL

## EMOTIONAL EATING

**Are you an emotional eater?**

**When do you eat?**

- When I need a reward.
- When I'm bored.
- When I'm with friends.
- When I'm upset.
- When I'm nervous.
- When I feel stressed out.
- When I'm by myself.
- When I'm hungry.

**What are some other times that you feel like eating?**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

**Thinking about when you eat, can help you control your eating.**

**Before you eat, try the 3 D's:**

1. **DELAY**
2. **DO SOMETHING**
3. **DRINK WATER**

**If you still feel that you really want to eat, keep some healthy snacks on hand.**

# FOOD FOR LIVING

## HOW TO CURB EMOTIONAL EATING

Negative emotions such as anger, sadness, frustration, loneliness and even boredom can result in emotional eating. So, it's important that we learn to navigate around our desires to eat when we have these emotions. Here are a few ideas:

- Use your food and activity diary to record how you feel before eating
- Find comfort by watching a movie
- Don't keep comfort foods around
- Find alternative comfort foods
- Go for a walk to try another activity to release energy



Sisters, let's break the cycle by distinguishing between when we are hungry and when we are stressed. Take back the power and control in your life.

**What foods do you usually eat when you are stressed?**

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**What alternative comfort foods can you eat when you are stressed?**

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### SISTER THOUGHTS

*"I wrote in [the food and activity diary] a couple of times. It helps you watch your calories. It helps you see what you eat during the day"...*

# ACTIVITY SNACKS

## CLIMBING THE STAIRS

Climbing the stairs is a great way to get exercise for free. If you work in an office building, try taking the stairs instead of the elevator. Walking upstairs is better for you than walking down because it puts less tension on your joints.

Start by setting small goals, like taking the stairs only in the morning when you get to work. Once you build up the stamina, try taking the stair climbing breaks during your lunch.

Sisters, remember that this activity snack can be done anywhere.

Get steppin'!

**Activity snacks are short bursts of physical activity!**

# LET'S GET GOING

## STRESS REDUCTION

Stress is everywhere. So be prepared to tackle it head on. Respond to stress with activity. Using activity to combat stress helps us to:

- Sleep better
- Be more focused
- Feel better
- Better manage negative feelings

Additionally, when using activity to relieve stress it's important to change your scenery. This provides you with a fresh environment that you aren't usually exposed to. Also, surround yourself with people who make you feel calm and at ease. This will help you get your mind off that stressful situation. Remember that as long as you're not stressed you can be more productive and attentive. Give your body what it deserves... activity and a healthy snack!



*"The Lord will stay with you as long as you stay with Him! Whenever you seek Him, you will find Him."* -2 Chronicles 15:2

# IN THE KITCHEN

## SLOW COOKER

Slow cooking allows for very fast and tasty meals

### PORK STEW

#### INGREDIENTS

2 lbs boned pork loin, cut into 4 pieces  
2 cups red bell pepper  
1/4 cup low sodium teriyaki sauce  
1 teaspoon crushed red pepper  
2 garlic cloves, minced  
1/4 cup peanut butter

#### REMAINING INGREDIENTS

6 cups hot cooked rice  
1/2 cup chopped green onions

#### INSTRUCTIONS

1. Trim fat from pork. Place pork, bell pepper, teriyaki sauce, red pepper, and garlic in an electric slow cooker.
2. Cover with lid and cook on low-heat setting for 8 hours.
3. Remove pork from slow cooker and chop.
4. Add peanut butter to liquid in slow cooker; stir well. Stir in pork.
5. Combine stew and rice in a large bowl.

#### Alternative ways of preparation

- Try this dish with brown rice
- Add potatoes or other vegetables to the slow cooker



# IN THE KITCHEN

## SLOW COOKER

Slow cooking allows for very fast and tasty meals

### PORK LOIN

#### INGREDIENTS

2 lbs pork loin  
1 16 oz can of whole berry cranberries  
4 tablespoons dijon mustard  
3 tablespoons brown sugar  
3 tablespoons lemon juice  
1 cup water



#### INSTRUCTIONS

1. Combine cranberry, dijon mustard, brown sugar, lemon juice and water together in a bowl.
2. Smother ingredients over the pork loin in the slow cooker.
3. Cook on low setting for 4-6 hours.

#### Alternative ways of preparation

- Try this dish over brown or white rice
- Add potatoes or other vegetables to the slow cooker
- Try with couscous

# IN THE KITCHEN

## EASY CHICKEN AND RICE

### INGREDIENTS

2 cups sliced fresh mushrooms  
1 cup sliced celery (2 stalks)  
1/2 cup chopped onion (1 medium)  
1 1/2 teaspoons dried dill  
1/4 teaspoons ground black pepper  
2 lbs chicken thighs, skinned and fat removed  
1 10 3/4-oz can reduced-fat and reduced-sodium  
condensed cream of mushroom or cream of chicken soup  
3/4 cup reduced-sodium chicken broth  
1 1/2 cups uncooked instant rice



### INSTRUCTIONS

1. In a 3 1/2 to 4-quart slow cooker combine mushrooms, celery, onion, dill and pepper. Top with chicken. In a small bowl combine soup and broth. Pour over chicken.
2. Cover and cook on low-heat setting for 5 to 6 hours or on high-heat setting for 2 1/2 to 3 hours.
3. If using low-heat setting, turn to high-heat setting. Stir rice into the mushroom mixture. Cover and cook for 10 minutes more.

# IN THE KITCHEN

## SAVORY BEANS AND RICE

### INGREDIENTS

1 1/4 cups dry red beans or dry red kidney beans  
1 cup chopped onion (large)  
3/4 cup sliced celery (1 1/2 stalks)  
2 cloves garlic, minced  
1/2 of a vegetable bouillon cube  
1 teaspoon dried basil, crushed  
1 bay leaf  
1 1/4 cups water  
1 1/4 cups uncooked regular brown rice  
1 14 1/2-oz can stewed tomatoes, undrained  
1 4-oz can diced green chile peppers, drained  
few dashes of bottled hot pepper sauce



### INSTRUCTIONS

1. Rinse beans. In a large saucepan add enough water to cover beans by 2 inches. Bring to a boil; reduce heat. Simmer, uncovered, for 10 minutes. Remove from heat. Cover and let stand for 1 hour. (Or place beans in cold water in saucepan. Cover and let soak in a cool place overnight). Drain and rinse beans.
2. In a 3 1/2 to 4-quart slow cooker combine drained beans, onion, celery, garlic, bouillon cube, basil and bay leaf. Pour the 1 1/4 cups water over all.
3. Cover and cook on low-heat setting for 9 to 10 hours or on high-heat setting for 4 to 5 hours.
4. Cook brown rice according to package directions; keep warm. Remove and discard bay leaf. If using low-heat setting, turn to high-heat setting. Stir undrained tomatoes, drained chile peppers, and hot pepper sauce into cooked beans. Cover and cook for 30 minutes more. Serve bean mixture over rice.

# IN THE KITCHEN

## SUPER SIMPLE BEEF STEW

### INGREDIENTS

1 lb beef stew meat, cut into 1-inch cubes  
2 cups quartered small red potatoes (12 ounces)  
2 cups chopped carrots (4 mediums)  
1 small red onion, cut into wedges  
1/2 teaspoon dried thyme, crushed  
1 10 3/4-oz can reduced-fat and reduced-sodium  
condensed cream of mushroom or cream of celery soup  
1 cup reduced-sodium beef broth  
1 9-oz package frozen cut green beans, thawed



### INSTRUCTIONS

1. In a 3 1/2 to 4-quart slow cooker place meat, potatoes, carrots and onion. Sprinkle with thyme. Combine soup and broth. Pour over all.
2. Cover and cook on low-heat setting for 8 to 9 hours or on high-heat setting for 4 to 4 1/2 hours. If using low-heat setting, turn to high-heat setting. Stir in green beans. Cover and cook for 10 to 15 minutes more.

# IN THE KITCHEN

## NOTES

# IN THE KITCHEN

## NOTES

# IN DEPTH

## SERIOUS EATING PROBLEMS

Disordered eating happens when a person's feelings about food, weight and body image affect their life to the extent that their health, safety, and well-being are in danger. What may start out as a desire to get in shape or lose a little weight can lead to eating disorders that have serious health complications.

### What are some eating disorders?

#### 1) Anorexia Nervosa

Anorexia nervosa usually happens with teenage girls, but can also occur in adulthood for both men and women. Anorexia affects more women than men. People with anorexia are obsessed with being thin. They constantly weigh themselves and count calories obsessively. A person suffering from anorexia nervosa can get to the point where they are starving themselves, and even though they are incredibly thin, they feel that they are fat. They also may use excessive exercise as a way to lose weight. People that have anorexia are not just dieting as a way to lose weight and be healthy, but as a way to deal with deeper problems.

#### 2) Bulimia Nervosa

People with bulimia are also obsessed with their weight and appearance, but often are of a normal weight. Bulimia also affects more women than men. These people tend to overeat and flush out their bodies using vomiting, diuretics, and/or laxatives. They may also use obsessive exercise to lose weight. Bulimia differs from anorexia. People suffering from bulimia continue to eat, often overeat, rather than starve themselves. Health professionals often call this pattern a cycle of binge and

purge. To be considered bulimic, by the National Institute of Mental Health, a person must be participating in this eating behavior at least two times a week for at least three months.

#### 3) Binge Eating Disorder

Binge eating is when a person eats an excessive amount of food within a limited period of time. People who have a binge eating disorder feel a lack of control over their eating during this time period. Binge eating occurs when people eat either much faster than normal; eat until they feel uncomfortable; eat when they're not hungry; eat alone because they're embarrassed by what they're doing; feel disgusted with themselves; feel depressed about their eating; and/or feel guilty for the way that they're eating. To be classified as a binge eater by the National Institute of Mental Health a person must binge eat at least two days a week for at least six months. Unlike bulimics, people who binge-eat don't purge by vomiting or use laxatives or diuretics. Many people with this eating disorder are overweight.

# IN DEPTH

You might be thinking that the whole world has an eating disorder, or wondering if you have one. Well, it's reported that about five to ten million Americans are struggling with an eating disorder, though many cases are never reported or treated. Many behaviors associated with eating disorders are basically healthy. SisterTalk encourages weight loss and exercise as part of a healthy lifestyle. By contrast, eating disorder problems occur when the behaviors of exercise and weight loss become obsessive. Weight loss, exercise, and a distorted body image become the symptoms of a deeper problem.

**It's not surprising that there are problems with anorexia and bulimia in the United States. The media promotes thinness everywhere. Check out television and magazines; the look is thin. The average model does not have the body type that many of us do. To try to attain this look is very unrealistic for many. It is essential to enjoy your life and be accepting of your body type. A healthy diet and physical activity are all part of a healthy and happier lifestyle.**

## What can be done to treat an eating disorder?

- In the case of anorexia and sometimes bulimia, weight loss must first be stopped and weight restored. This must be done in a supervised fashion, often in a clinic or hospital.**
- Patients must have psychological treatment. Issues concerning poor body image, conflict resolution, and low self-esteem, among others, can all contribute to a person's eating disorder.**
- People with eating disorders need to be treated continually to help them fully recover or achieve remission.**

Treatment includes counseling for nutritional needs, healthy but not excessive exercise, and treatment of emotional and mental health issues.

Many people that have eating disorders don't realize or admit that they do. There is often a feeling of embarrassment or shame, and they may be afraid to talk about what's going on. Some people don't have what would be considered a clinical disorder, but have some borderline eating behaviors and attitudes.

Don't let it become an obsession. If you or someone you know needs more information about eating disorders, talk with a medical care provider or call: National Eating Disorders Association Helpline at 1-800-931-2237, or the National Institute of Mental Health at 1-301-443-4513.



# 10 SOCIAL SITUATIONS

## KEEPIN' IT REAL

Handling social pressures

## FOOD FOR LIVING

Celebrations & smart choices

## ACTIVITY SNACKS

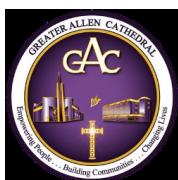
Playing as an activity

## LET'S GET GOING

Rewarding yourself

## IN THE KITCHEN

Healthy salads



# JOURNEY TO YOUR BEST BODY

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# KEEPIN' IT REAL

## CELEBRATIONS

Celebrations are great times for socializing and having fun. They can also be times when you tend to overeat. You can socialize and have fun even when you choose healthy foods. It is always better to think of your goals for eating. At celebrations you might feel pressured to eat.

**How can you avoid overeating and enjoy the celebration at the same time?**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Possible solutions to avoid overeating at celebrations:**

1. Engage in conversations to help keep your mind off the food.
2. Keep away from the food table.
3. Think of your health and tell your friends and family how you feel about it.

**Stress can cause us to overeat and also to make unhealthy choices at celebrations. List some actions that you could take to reduce your level of stress.**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Some thoughts to consider:**

1. Deep breathing is an excellent stress-relieving method.
2. Positive self-talk has been proven to relieve stress.
3. Ask yourself if you really need food or just calm down when you feel like overeating.
4. When stressed, close your eyes and visualize something pleasant such as blue skies and bright sunlight with a gentle wind blowing

# KEEPIN' IT REAL

## CELEBRATIONS

**Survival tips for parties and special events.**

**Parties, picnics, receptions and graduations can lead to overeating many high calorie foods.**

**List 3 special gatherings where you might eat and drink more than you want to.**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Here are some tips to help you control overeating in these situations:**

- Be positive! It's good to be in control and choose how and what you eat, no matter where you go.
- Stay away from the food table. It can be helpful to keep your hands busy with a glass of water, coffee, tea, or diet soda.
- Focus on having fun to take your mind off the food. People may not notice whether or not you're eating when you add life to a party.
- Eat something light before you go. This will keep you from being too hungry and eating too much.
- Offer to bring a tasty dish that is light and healthy. You don't need to tell anyone that it is low fat.
- Make simple requests to your host that can help you make healthy food choices. For example, ask if baked chicken or fish can be served.
- At buffets and potluck dinners try small portions of the foods you want. That way you get to taste them without getting all the calories you would in a larger portion.
- Fill half your plate with vegetables and fruit instead of fattening dishes.
- If you can, take a walk or dance after your meal. This will help burn off some of the extra calories that you may have eaten.
- Eat less fat for a few days before and/or after a special occasion.
- Spend more time talking than eating.

# FOOD FOR LIVING

## CELEBRATIONS AND SMART CHOICES

When you are at an event and you see a table full of your favorite foods, what's the first thing that comes to mind? If you are a little panicked, that's OK! This month Donna gave you some great tips on enjoying yourself and still keeping your health in mind. Some of these tips are:

- Bring a low-fat dish to share with others
- Get in more exercise to burn off the extra calories
- Look at all food options before making your plate
- Choose 2 or 3 foods you REALLY want
- Get small portions
- Don't overflow your plate with food
- Eat slowly
- Stick to non-alcoholic beverages (water is best)
- Don't take home leftovers



### TIPS

Here are a few extra tips! Eating healthy foods before the party, like carrot sticks, celery, or apples, helps curb your appetite. Don't skip meals to save room for food at the celebration. Starving yourself only makes you want to eat more.

## SISTER THOUGHTS

*"There are always challenges. Where I work there's always a party going on... Trying not to be tempted to eat the cake or pie... Some days are better than others. The best thing for me is not to see things and then I don't think about it or crave it..."*

# ACTIVITY SNACKS

## PLAYING AS AN ACTIVITY

Since the topic of this month's show is celebrations, Lennie gives us some tips on how to get in a little extra activity while having fun. I know it sounds unusual, but there are physical activities that can actually be done while having fun.

- One — try a game of Simon Says with the kids. Rather than "left arm up," try "jogging in place" or "jumping jacks!"
- Two — go for a walk. Get as many people as possible involved. Make it a group event.
- Three — Take the kids to the park. Throw a ball around or push them on the swings!



**Activity snacks are short bursts of physical activity!**

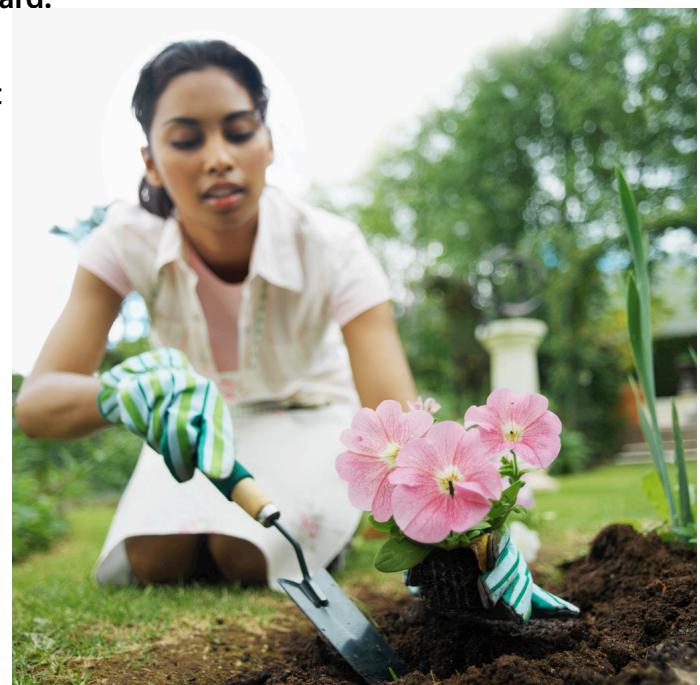
# LET'S GET GOING

## REWARD YOURSELF!

Now that you have become more physically active and have made some positive changes, it's time to give yourself a healthy reward.

Check the ideas that you like and add a few others that you might enjoy.

- See a movie
- Buy a new magazine
- Sleep late one morning
- Spend an afternoon at the museum
- Ask for a back rub
- Plant or buy some new flowers
- Browse through a shopping mall
- Take a bubble bath with music
- Go to a ball game
- Read a new book
- Buy new makeup
- Make a hair appointment
- Take a walk by the water
- Spend time with a friend
- Take a vacation
- Buy tickets to an event
- Other \_\_\_\_\_
- Other \_\_\_\_\_
- Other \_\_\_\_\_



No matter what it is, find ways to stay active. Get double duty from those activities you already have to do. Remember that a celebration is always around the corner so keep the physical activity going!

# IN THE KITCHEN

## HEALTHY SALADS

Salads are a great way to add extra vegetables.

### POTATO SALAD

#### INGREDIENTS

3 large potatoes

1/4 cucumber

1/4 onion

1/4 roasted red pepper

1/4 cup apple cider vinegar

1/2 cup low-fat sour cream

1/2 cup low-fat mayonnaise

2 eggs, chopped

1 teaspoon dry mustard



#### INSTRUCTIONS

1. Boil potatoes until tender. Drain. Cut potatoes into cubes.
2. Mix potatoes, onions, cucumber and roasted red pepper in a large bowl.
3. In a separate bowl whisk vinegar, mayonnaise and sour cream together. Then add eggs and mustard. Stir together.
4. Refrigerate for 15 minutes, then serve.

**Congratulations!!! You have made a creamy, tasty potato salad with less fat and calories.**

#### Alternative ways of preparation

- Add other vegetables to your salad (green beans or broccoli)
- Sprinkle potato salad with salt and pepper or paprika for taste

# IN THE KITCHEN

## HEALTHY SALADS

Salads are a great way to add extra vegetables.

### PASTA SALAD

#### INGREDIENTS

1/2 cup sherry vinegar

1/2 cup olive oil

1 lb pasta

1 tomato

1/2 cup red pepper

1/2 cup green pepper

1/2 cup onion

salt

pepper

garlic powder



#### INSTRUCTIONS

1. Boil pasta until tender. Drain.
2. Mix vinegar and olive oil in a large bowl.
3. In the same bowl, stir in pasta, tomatoes, peppers and onion. Mix well.
4. Sprinkle salt, pepper, and garlic powder for taste.

#### Alternative ways of preparation

- Add other vegetables to your salad (green beans or broccoli)
- Try red wine vinegar or balsamic vinegar for a different flavor

# IN THE KITCHEN

## CHICKEN SALAD

### INGREDIENTS

2 cups (500 ml) cooked, chopped chicken  
1/4 cup (125 ml) nonfat plain yogurt  
2 teaspoons (10 ml) mustard  
3 tablespoons (45 ml) chopped celery  
1/4 cup (60 ml) chopped seedless green grapes  
salt and pepper to taste



### INSTRUCTIONS

Combine all the ingredients and stir until well mixed. Refrigerate or serve immediately.

Serve over salad greens or as a sandwich filling.

# IN THE KITCHEN

## TUNA SALAD

### INGREDIENTS

1 6-oz (170 g) can white tuna in water, drained  
2 tablespoons (30 ml) nonfat plain yogurt  
1/2 teaspoon (3 ml) dijon mustard  
1/4 of a medium carrot, grated  
salt and pepper to taste



### INSTRUCTIONS

Combine all the ingredients and stir until well mixed. Refrigerate or serve immediately.

Serve on greens or in a sandwich.

# IN THE KITCHEN

## AUTUMN SALAD

### INGREDIENTS

1 medium granny smith apple, sliced thinly (with skin)  
2 tablespoons lemon juice  
1 bag (about 5 cups) mixed lettuce greens (or your favorite lettuce)  
1/2 cup dried cranberries  
1/4 cup walnuts, chopped  
1/4 cup unsalted sunflower seeds  
1/3 cup low-fat raspberry vinaigrette dressing



### INSTRUCTIONS

1. Sprinkle lemon juice on the apple slices.
2. Mix the lettuce, cranberries, apple, walnuts and sunflower seeds in a bowl.
3. Toss with 1/3 cup of raspberry vinaigrette dressing, to lightly cover the salad.

Serves 5

# IN THE KITCHEN

## NOTES

# IN THE KITCHEN

## NOTES

# IN DEPTH

## STRESS

Stress - we've all experienced it at one time or another. Whether it be from an upcoming deadline at work or responsibilities at home, it can seem ever present. When we are in danger, our body's "fight or flight" reaction to stress can be helpful, giving us the strength and speed that we may need to escape a dangerous situation. However, when it keeps up, it can increase your risk of heart disease, cancer, obesity and a host of other health problems.

### Your body's response to stress

According to the National Institutes of Health, a stressful situation triggers a chemical signal from the brain that quickly sends stress hormones throughout the bloodstream, keeping the body alert and ready to escape danger. When the situation ends, the body stops releasing hormones and returns to normal. When stress does not let up however, those same chemical signals continuously flood the bloodstream. Over the long-term these hormones can have a detrimental effect on your health.

### What is considered stress

Beyond differences in our genetic make-up, our own environment and our place in society can often increase our stress level. A recent study published in the American Journal of Public Health suggests that exposure to racial and ethnic discrimination has been shown to have a long-term effect on health. Other stresses may stem from more serious events such as hate crime and economic hardships.

Women may also experience more stress than men. The American Medical Women's Association notes that while men face more immediate job-related hazards, women are more susceptible to stress-induced illness. Women often find themselves taking on the roll of caretaker and are less likely to hold positions of power, making them unable to control much of the environment around them. The more responsibilities and the less power one has over circumstances in their everyday life, the heavier the stress load.

### How do you handle stress?

Not everyone handles stressful situations the same way. The body's response to stress can vary from person to person partially due to heredity and other biological differences. Some people may fail to have a strong enough response to stress while others may over respond to minor stressors.

While stress is difficult and at times impossible to eliminate, how we react to it makes a difference. People who tend to be very ambitious, competitive and show a constant preoccupation with deadlines are sometimes characterized as having a "type A" personality. People who tend to approach things in a more laid back manner are said to have a "type B" personality.

# IN DEPTH

Although individual triggers to stress can vary, the effects on the body are the same. People who react to stress with "type A" personalities may have a greater chance of heart disease than those with "type B." Even worse, people who exhibit the same driven work-a-holic characteristics as "type A", but who react to stressors with great anger, cynicism, mistrust, or hostility are even more at risk for a heart-related illness. These people are referred to as having a "type D" personality.

According to the American Heart Association, mental stress can trigger a lack of blood flow to the heart and increase the risk of death in people with heart disease.

Stress not only affects the heart adversely but also raises blood pressure and over a long period of time can lead to what is called a stress-related disorder. Chronic stress can prevent the body from turning off its "fight or flight" responses. The constant anxiety can cause a lack of motivation, appetite, difficulty sleeping, and physical problems such as an increased risk of gaining abdominal fat.

There is no way to completely eliminate stress. However, by setting short-term goals to improve your lifestyle and health you will gain more of the physical and emotional strength needed to cope with it.

For more information about the effects of stress on the body, relaxation techniques, and tips to reduce stress visit the National Institutes of Health website at [www.nih.gov](http://www.nih.gov) or The American Medical Women's Association at [www.amwa-doc.org](http://www.amwa-doc.org) and click on health topics.

## WHAT TO LOOK OUT FOR

Signs that you may be under an unhealthy amount of stress include:

- Nervousness or anxiety
- Depression and sadness
- Irritability
- Frequent frustration
- Forgetfulness and poor concentration
- Indecisiveness
- Insomnia
- Negative thoughts
- Back pain and headaches
- Pounding heart
- Loss of appetite
- Hives or skin rashes
- Stomach pains



## 11 LIFE'S ACTIVITY

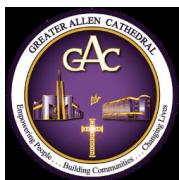
**KEEPIN' IT REAL**  
Breaking the chain

**FOOD FOR LIVING**  
Creative ways to enjoy a healthy dessert & snack

**ACTIVITY SNACKS**  
Staying active in the kitchen

**LET'S GET GOING**  
Adjusting and refining your workout

**IN THE KITCHEN**  
Snacks and desserts



**UCONN  
HEALTH**

# JOURNEY TO YOUR BEST BODY

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# KEEPIN' IT REAL

## PLANNING FOR THE FUTURE - BEHAVIOR CHAIN

A behavior chain is a series of events that you can find yourself in again and again. Your behavior chain should include activities that will help you to reach your goal.

Can you think of some behaviors that will help you to reach your goal to eat better and be more physically active?

Eat Better	Be More Physically Active
1.	1.
2.	2.
3.	3.
4.	4.

Using the list below, check off the ones that you are already doing.

Eat Better	Be More Physically Active
<input type="checkbox"/> Make a shopping list. <input type="checkbox"/> Never shop while hungry. <input type="checkbox"/> Have fruits available. <input type="checkbox"/> Try not to skip meals. <input type="checkbox"/> Include vegetables and whole grains in dishes. <input type="checkbox"/> Substitute low fat ingredients for those higher in fat. <input type="checkbox"/> Park away from buildings and walk.	<input type="checkbox"/> Have enough sleep. <input type="checkbox"/> Walk whenever possible. <input type="checkbox"/> Take the stairs. <input type="checkbox"/> Be active with children. <input type="checkbox"/> Ride a stationary bike while watching TV. <input type="checkbox"/> Hang clothes on a clothes line during the summer. <input type="checkbox"/> Drink water instead of sweetened beverage.

Everybody makes mistakes. Never dwell on your mistakes. Instead, learn from them and move on.

# FOOD FOR LIVING

## CREATIVE WAYS TO ENJOY A HEALTHY DESSERT & SNACK

**SWEETS!** Many of us crave chocolates, cakes, and pies, but these foods don't have to be our enemy. Let's learn to make better choices when it comes to sweets; that way we can still enjoy them in moderation.

### Make better choices by:

- Looking for low-fat options in desserts
- Trying healthy alternatives to desserts you love
- Bringing a low-fat dessert to share when at a party
- Sticking to desserts that are mostly from real fruits
- Keeping your portion size small
- Trying fruit as your dessert option



Sisters, it also helps if we are prepared for the unexpected! We might not always be in an environment where we can opt to have the fresh fruit instead of the chocolate cake. Here are a few tips for healthier snack options on the run:

- If you have to stop for food, think ahead about healthy options you can order
- Make yourself aware of healthier options
- Plan for a reasonable snack portion size
- Prepare foods ahead of time

### SISTER THOUGHTS

*"Sometimes you have the choice between a diabetic dessert and a regular dessert. So, I try to stick to the diabetic desserts, but from time to time I tend to have a regular dessert. Maybe once in awhile I'll have them. If I get the English muffins I use the diet jelly instead of butter and I found that to be very tasty..."*

# ACTIVITY SNACKS

## STAYING ACTIVE IN THE KITCHEN

There are a lot of activities we can do in the kitchen rather than just eating and cooking to add more activity to our daily life.

For this “calf raises” activity snack, you want to start with your heels on the ground and you’re going to go up onto your toes and then down. You can do a series of 10 and then do them 2 more times for a total of 3 sets. You can use the counter for balance, but make sure your legs are doing most of the work.

These “calf raises” can be done while you’re cooking or if you need a break from cleaning. Try them...



**Think of other places you can do this activity snack!**

# LET'S GET GOING

## REFINING OUR TECHNIQUES

Sisters, though we are in session 11 it is important to keep up your physical activity goals and routines. Remember that just because the program is coming to an end does not mean that your journey to your best body has to also come to an end.

How is your plan working for you? It's important to adjust and refine your technique:



- **Getting started**
- **Defining our goals**
- **Making a plan**
- **Obstacles**

Over the past several weeks we have accomplished all 4 of the above, now it's important to figure out a way to continue them. The key is keeping them a part of your lifestyle, making sure that your lifestyle includes all the things that you've learned. It doesn't stop today. You've done the work, don't stop now. Make sure your plan is working for you, if it isn't, adjust accordingly until it becomes a part of your new lifestyle.

# IN THE KITCHEN

## SNACKS & DESSERTS

Reduced fat desserts your family will love!

### SWEET POTATO PIE

#### INGREDIENTS

1 (40 oz) can of yams or sweet potatoes in light syrup, drained  
3/4 cup brown sugar  
1 tablespoon low-fat margarine  
1/2 teaspoon salt  
1 teaspoon cinnamon  
1 teaspoon ground ginger  
2 teaspoons vanilla  
1 cup egg substitute  
1 1/2 cups evaporated milk or skim milk  
5 full sheets of honey graham crackers



#### INSTRUCTIONS

1. Crush graham crackers into crumbs.
2. Spray Pam in a pie dish. Add crumbs to the bottom of the pie dish.
3. In a large bowl mash sweet potatoes well. Mix in remaining ingredients.
4. Add mix to pie dish.
5. Bake for 45 minutes.

**Congratulations!!! You have made a dessert your family will love that is reduced in fat.**

#### Alternative ways of preparation

- Add 4 eggs if you don't have egg substitute
- Throw away 2 of the egg yolks

# IN THE KITCHEN

## ORANGE CAKE

### INGREDIENTS

Low-fat yellow cake mix  
1/3 cup applesauce  
1 (6 oz) can orange juice from concentrate  
1 package light cream cheese  
1 tub light cool whip



### INSTRUCTIONS

1. Follow cooking directions on box of cake mix. SUBSTITUTE 1/3 CUP APPLESAUCE FOR OIL. SUBSTITUTE ORANGE JUICE FOR HALF OF THE WATER THE RECIPE CALLS FOR.
2. To make frosting beat 1 package of light cream cheese, 3 tablespoons of sugar, 2 tablespoons of orange juice, and tub of light cool whip.
3. Once cake has finished baking and is cool, spread frosting on top of the cake.

Beware of portion sizes even when having a low fat dessert.

# IN THE KITCHEN

## ANGEL FOOD CAKE AND BERRIES

### INGREDIENTS

1 angel food cake  
1 pint blueberries  
2 pints strawberries  
1 package strawberry glaze (1 cup prepared)  
1 pint blackberries  
1 lemon (sliced)

### INSTRUCTIONS

1. Bake or buy an angel food cake.
2. Cut tops off one pint of strawberries. Combine with 1/2 pint of blackberries, 1/2 pint of blueberries, and strawberry glaze. Reserve remaining berries for garnish.
3. Mix well so that berries are thoroughly coated with glaze.
4. To serve, spoon 1/2 to 3/4 cup of glazed berry mixture over each slice of cake. Garnish each slice with a lemon and a few unglazed berries.



# IN THE KITCHEN

## SWEET POTATO CUSTARD

### INGREDIENTS

1 cup cooked, mashed sweet potato  
1/2 cup mashed banana (about 2 small)  
1 cup evaporated skim milk  
2 tablespoons packed brown sugar  
2 beaten egg yolks (or 1 1/3-cup egg substitute)  
1/2 teaspoon salt  
1/4 cup raisins  
1 tablespoon sugar  
1 teaspoon ground cinnamon  
Non-stick cooking spray



### INSTRUCTIONS

1. In a medium bowl, stir together sweet potato and banana. Add milk, blending well. Add brown sugar, egg yolks, and salt, mixing thoroughly.
2. Spray a 1-quart casserole with non-stick spray coating. Transfer sweet potato mixture to casserole.
3. Combine raisins, sugar, and cinnamon; sprinkle over top of sweet potato mixture. Bake in a preheated 300 degree oven for 45 to 50 minutes or until a knife inserted near center comes out clean.

Serves 5

# IN THE KITCHEN

## DEEP DISH APPLE PIE

### INGREDIENTS

10 large tart apples  
juice of 1 lemon  
3/4 cup splenda  
1 1/2 teaspoon cinnamon  
3/4 teaspoon nutmeg  
1 1/2 teaspoon allspice  
3/4 teaspoon ground cloves  
3/4 teaspoon ground ginger  
3/8 ground white pepper  
1/2 teaspoon grated lemon zest  
1 teaspoon finely chopped crystallized ginger  
2 tablespoons ground tapioca  
3 teaspoons reduced calorie margarine  
1 9-inch pie crust  
milk



### INSTRUCTIONS

1. Preheat the oven 325 degrees. Grease a 9-inch deep-dish pie plate and set aside.
2. Peel, core and quarter the apples. Slice the apples 1/8 inch thick and place them in a large bowl of water mixed with the lemon juice.
3. In a small bowl, combine cinnamon, nutmeg, allspice, cloves, ginger, pepper, splenda, zest, ginger and tapioca. Divide into three parts.
4. Drain the apples and divide into thirds.
5. Place the first layer of apples in the baking dish, overlapping the apples if necessary.
6. Sprinkle 1/3 of the spice mixture evenly over the apples and top with 1 teaspoon margarine.
7. Repeat with a second and third layer.
8. Cover with the pie crust dough.
9. Crimp the edges with a fork dipped in milk, and cut three slits in the top.
10. Bake for 40 minutes, until golden brown on top.
11. Let pie cool to room temperature before slicing.

# IN THE KITCHEN

## NOTES

# IN THE KITCHEN

## NOTES

# IN DEPTH

## WHAT IS FIBER?

Fiber is a substance that is found only in plants and can not be digested by human bodies. Fiber moves through the digestive system with food providing bulk, and taking up some harmful substances. It is important to eat an adequate amount of dietary fiber each day to help keep your heart and blood healthy, and keep your intestines moving regularly. Dietary fiber may also help in the management of other health conditions such as hemorrhoids, diabetes, diverticular disease, and cancer.

Fiber helps reduce your cholesterol level and for people with diabetes, may help to slow sugar absorption. Insoluble fiber helps to keep waste moving quickly through your body, possibly lessening your exposure to cancer-promoting substances. If you are dieting, fiber helps you to feel full on less food! Because high-fiber foods require more chewing time, you eat more slowly, allowing your body to register that it is full. Plant foods are naturally low in calories, so while you increase your fiber consumption, you decrease your calorie consumption. Although juice is considered a fruit, it doesn't usually contain a lot of fiber. The juicing process tends to break down the fiber to form a smooth liquid.

Fiber can be described as soluble and insoluble.

- **SOLUBLE FIBER** is found in oats, barley, peas, beans, apples, oranges and carrots, and psyllium, which is found in some cereal products. It forms a gel when mixed with liquid in your digestive tract. Soluble fiber has been proven to lower blood cholesterol levels, which can reduce the risk of heart disease.

- **INSOLUBLE FIBER** is a component of plant cell walls, and passes through your digestive tract without dissolving. It does hold onto water as it passes through, keeping waste moving along. Insoluble fiber helps to decrease the amount of time that potential toxins remain in the digestive tract, allowing less to be absorbed into our bodies.

It is recommended that adults eat 20-35 grams of fiber each day. This should be from both soluble and insoluble fiber.

Nutrition Facts		
Serving Size 1 cup (4 oz)		
Serving Per Container 3		
Amount Per Serving		
Calories 75	Calories from Fat 27	% Daily Value*
Total Fat 3 g	5%	
Saturated Fat 0 g	0%	
Cholesterol 0 mg	0%	
Sodium 300 mg	4%	
<b>Total Carbohydrate 10 g</b>	3%	
Dietary Fiber 5 g	20%	
Sugars 3 g		
Protein 2 g		
Vitamin A 80% - Vitamin C 60% - Calcium 4% - 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	
Sat 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		

The total carbohydrate tells how many grams of carbohydrate are in 1 serving.

Fiber has to be subtracted from the Total Carbohydrate  
Total CHO (10g) - Fiber CHO (5g)  
5g Net CHO

The NET Carbohydrate is 5g

# IN DEPTH

Fiber is easily available if you eat a diet rich in fruits, vegetables, and whole grains.

## HOW EASY IS IT?

- **Have a high-fiber breakfast.** High-fiber breakfast cereals, with 5 or more grams of fiber per serving, are a good start. You can also add a little unprocessed wheat bran to your favorite cereal.
- **Switch to whole grain breads.** Look for whole wheat, whole wheat flour, or another whole grain as the first ingredient on the label. Whole grain bread should have at least 3 grams of fiber per serving.
- **Eat more whole grains and whole grain products.** Brown rice, barley, bulgur, and whole wheat pasta are tasty alternatives to their more refined forms.
- **Add vegetables to sauces and casseroles.** Add them to omelets and pasta dishes.
- **Eat more dried beans and peas.** They add so much fiber to your diet, and they're inexpensive too!
- **Eat fruit at every meal and in between.** Apples, pears, and oranges are packed with fiber, both soluble and insoluble. Wash them well before eating and eat the skin too.
- **Snack on fruits and vegetables.** Low- fat, low-salt popcorn is another good source of fiber.

**Fiber supplements are available but whole foods are generally best if your body can tolerate them. Some people have health problems that prevent them from eating many fresh fruits and vegetables. For these people a supplemental fiber may be recommended by their medical care provider.**

Fiber information can be found in many nutrition books and on the internet.

Try the American Dietetic Association's website at: [www.eatright.org](http://www.eatright.org) for more information.



# 12 SISTERTALK FOR LIFE

## KEEPIN' IT REAL

Staying motivated

## FOOD FOR LIVING

An overview of healthier living

## ACTIVITY SNACKS

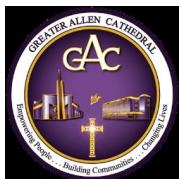
Building activity snacks into your life

## LET'S GET GOING

What inspires you?

## IN THE KITCHEN

More family favorite recipes



# JOURNEY TO YOUR BEST BODY

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# KEEPIN' IT REAL

## MOVIN' ON

Over the past weeks we have looked at ways to keep focused on eating healthy and being physically active on the “journey to our best body.” The journey can be a smooth one if you stay on the right path. Challenges may also come your way, but you need to quickly assess the situation and re-establish your goal.

Think about all the people in your life who inspired you. Use the space provided to list some of these people, along with the inspiration they provided:

Name the individual	How did he/she inspire you?

# KEEPIN' IT REAL

**Looking back at your journey to your best body, take a moment to rate your level of satisfaction with your current eating as well as physical activity habits?**

On a scale between 1 (not at all satisfied) and 5 (extremely satisfied)

How satisfied are you with your current eating habits?      1      2      3      4      5

How satisfied are you with your current physical activity level?      1      2      3      4      5

Do you plan to remain physically active even after SisterTalk ends?      Yes      No

Give one reason for your answer:

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Do you plan to continue to limit your portion sizes and reduce the amount of fat in your meals?      Yes      No

Give one reason for your answer:

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# FOOD FOR LIVING

## AN OVERVIEW OF HEALTHIER LIVING

Sisters, we are in the final week! As you continue to put together the new you, remember to be mindful of what, when, and why you are eating. We have discussed many reasons for these behaviors, and Donna helps us even more by providing us with a few tricks for our next meal.

These tricks include:

- Using smaller plates
- Using a smaller fork or spoon
- Avoiding having candy or snacks in sight at home and work
- Using tall, thin glasses

Also, try incorporating all of the previous information the SisterTalk program has provided you. So, don't forget to look back at your videos for extra support throughout your journey sisters!



### SISTER THOUGHTS

*"I would recommend reading the material that is offered in SisterTalk. Read a little bit weekly. It is very helpful..."*

# ACTIVITY SNACKS

## USING A CHAIR & BUILDING ACTIVITY SNACKS INTO YOUR LIFE

Sisters, we are down to our last activity snack for the show, using a chair. Place your hands on your chair for balance, but don't lean on it. Lift and lower legs, one at a time. Do as many as you feel you can. You can use your chair for squats too. Bend from your hips and then come up.

These short bursts of physical activity have provided you with the benefit of getting in your activity and not losing any time. These snacks are important and extremely beneficial for the rest of your journey. Remember to take advantage of those idle times in line, at home, and at the next celebration. Most importantly, when you fall off the bandwagon don't be afraid to jump back on. You can pick up your active routine whenever and wherever you want. Here are some of the activity snacks provided for you. Good luck sisters!

Extra steps add up	Taking a breath
Activity around the house	Shopping around for activity
Finding activities that you enjoy	Watching TV actively
Waking up with activity	Climbing the stairs
Playing as an activity	Keeping active at the office
Staying active in the kitchen	Using a chair

# LET'S GET GOING

## KEEPING IT GOING



Sisters, these past 12 weeks have been full of struggles and temptations, but it is not over yet. Though the SisterTalk program is ending, your journey is not. You will continue to experience struggles and temptations so be prepared. Know that you can refer back to your SisterTalk materials and videos at anytime during your journey to give you extra strength and encouragement. Keep working with your church group and partners. Also, try finding new groups to work with to keep you motivated. Just keep working at it! Try one or more of the following:

- **A recreational team**
- **Membership in a gym**
- **YMCA or YWCA**
- **Arrange an activity class at your church**
- **Start a walking club**
- **Public skating at your local ice rink**
- **Swimming with a group of friends**

Don't let this be the last stop on your journey. Once you meet your goal, set a new one. Continue forward on your path to a healthier body!

# IN THE KITCHEN

## MORE FAMILY FAVORITE RECIPES

Your family's favorite meals with less fat & calories

### JAMAICAN RICE AND PEAS

#### INGREDIENTS

Fresh gungo peas, pigeon peas, or canned kidney beans

1 teaspoon olive oil

1 medium onion, finely chopped

1/2 cup low-fat unsweetened coconut milk

1/2 teaspoon thyme

2 cups long grain rice



#### INSTRUCTIONS

1. Sauté onions in skillet with olive oil.
2. Boil beans in a large saucepan. Cover, reduce heat, and simmer until beans become tender.
3. Once beans have finished cooking, drain them. KEEP THE LIQUID.
4. Make 2 cups of liquid using 1/2 cup coconut milk and water.
5. In a separate saucepan, add beans, remaining liquid, onions, coconut milk and water, thyme, and rice.
6. Cover and cook on medium heat for 20-30 minutes or until rice is tender.  
Add more water if needed.

*Congratulations!!! You have made a Caribbean favorite!!!*

#### Alternative ways of preparation

- Add salt and pepper to taste
- Add chopped hot peppers
- Use pre-cooked beans to reduce cooking time

# IN THE KITCHEN

## MORE FAMILY FAVORITE RECIPES

Your family's favorite meals with less fat and calories

### COLLARD GREENS

#### INGREDIENTS

- 1/2 lb smoked turkey leg
- 1 tablespoon house seasoning, recipe follows
- 1 tablespoon seasoned salt
- 1 tablespoon hot red pepper sauce
- 1 large bunch collard greens
- 1 tablespoon butter



#### INSTRUCTIONS

1. In a large pot, boil 3 quarts of water, smoked turkey leg, house seasoning, seasoned salt and hot sauce.
2. Reduce heat to medium and cook for 1 hour.
3. Wash greens. Remove stems. Stack leaves on top of one another and cut into slices.
4. Place greens in pot with meat and add butter.
5. Cook for 45 minutes to 1 hour. Stir occasionally.

#### Alternative ways of preparation

- Use turnip, mustard, or mixture of greens
- Add seasoning to taste

#### House Seasoning

- 1 cup salt
- 1/4 cup black pepper
- 1/4 cup garlic powder

Mix ingredients together and store in an airtight container for up to 6 months.

# IN THE KITCHEN

## MEAT LOAF

### INGREDIENTS

1 tablespoon unsalted butter  
1/2 minced onion  
1/2 green or red bell pepper, chopped fine  
2 garlic cloves, minced  
1 teaspoon fresh-ground black pepper  
1 teaspoon cayenne  
1 teaspoon salt  
1/2 teaspoon cumin seeds, toasted and ground

1 1/4 lbs lean ground beef  
3/4 lb ground pork  
1 1/2 cups dry bread crumbs  
1/4 cup tomato-based barbecue sauce  
3 tablespoons low-fat sour cream  
1 tablespoon Worcestershire sauce  
1 egg  
Milk, as needed

### INSTRUCTIONS

1. Preheat oven to 350 degrees.
2. Melt the butter in a heavy skillet. Add the onion, bell pepper and garlic, and sauté until they are softened.
3. Stir in the black pepper, cayenne, salt and cumin, and sauté for an additional 2 or 3 minutes.
4. Spoon the vegetable mixture into a large bowl.
5. Add to the bowl the remaining ingredients, except the milk, and mix well with your hands. The meat should feel quite moist but not soupy. If it's too dry, add a tablespoon or two of milk at a time until the consistency is right.
6. Mound the meat into a 9" x 5" loaf pan. Bake the meat, uncovered for 40 minutes. Raise the oven temperature to 400 degrees and continue baking another 20 to 30 minutes. If you wish, brush with an additional tablespoon or two of barbecue sauce in the last 10 minutes.
7. Serve the meat hot or cold. The meat loaf makes great leftovers and sandwiches.



# IN THE KITCHEN

## CURRIED CHICKEN

### INGREDIENTS

1 1/2 teaspoons curry powder  
1 teaspoon thyme, crushed  
1 stalk scallion, chopped  
1 tablespoon hot pepper, chopped  
1 teaspoon black pepper, ground  
8 cloves garlic, crushed  
1 tablespoon ginger, grated  
3/4 teaspoon salt  
8 pieces of chicken, skinless (4 breasts, 4 drumsticks)  
1 tablespoon olive oil  
1 cup water  
1 medium white potato, diced  
1 large onion, chopped



### INSTRUCTIONS

1. Wash chicken and pat dry.
2. Mix together curry powder, thyme, scallion, hot pepper, cayenne pepper, black pepper, garlic, ginger and salt.
3. Sprinkle seasoning mixture on chicken.
4. Marinate for at least 2 hours in refrigerator.
5. Heat oil in skillet over medium heat. Add chicken and sauté.
6. Add water and allow chicken to cook over medium heat for 30 minutes.
7. Add diced potatoes and cook for an additional 30 minutes.
8. Add onions and cook for 15 minutes more or until meat is tender.

Serve hot with your favorite rice dish.

# IN THE KITCHEN

## POT ROAST

### INGREDIENTS

1 (3-to-3 1/2 lb) beef rump or chuck roast  
1/2 teaspoon salt  
1/2 teaspoon seasoned salt  
1/4 teaspoon seasoned pepper  
1/4 teaspoon paprika  
1 onion, cut into 8 wedges  
3 carrots, peeled and cut into 1-inch slices  
4 potatoes, cut into eighths  
1 celery stalk, coarsely chopped  
1 cup beef broth  
3 tablespoons cornstarch  
1/4 cup water



### INSTRUCTIONS

1. Trim visible fat from meat.
2. Rub all sides of meat with salt, seasoned salt, seasoned pepper and paprika.
3. Place vegetables in bottom of a slow cooker. Pour broth over vegetables.
4. Place seasoned meat on top of vegetables.
5. Cover and cook on low 8 to 9 hours or until meat and vegetables are tender. To thicken juices, remove meat and vegetables; keep warm. Turn control to high. Dissolve cornstarch in water; stir into cooker.
6. Cover cook on high 15 to 20 minutes or until slightly thickened.
7. Serve with meat and vegetables.

Serves 5

# IN THE KITCHEN

## NOTES

# IN THE KITCHEN

## NOTES

# IN DEPTH

## HYDRATION

Most people would agree that nothing quenches thirst better than a tall glass of cold water. However in today's fast paced world many of us are not getting the water that we so desperately need. Some feel inconvenienced by frequent urination and avoid drinking it all together while others simply forget to drink the necessary amount. Whatever the reason, drinking more water should become an important part of your daily routine because of its many amazing benefits.

### WHY IS WATER SO IMPORTANT?

Water is made up of nothing more than two molecules of hydrogen gas and one molecule of oxygen. It has no specific color, flavor, or smell. It seems like a relatively simple liquid, yet water is needed for just about every function that goes on within our bodies. Water is a major part of our saliva, stool and urine, and also acts as a cushion and lubricator for the brain as well as joint tissue. It sends nutrients to our cells and carries waste away from them. Water also keeps the body at a healthy temperature by helping to create sweat. Even our blood, muscles, and bones are made from large amounts of water.

Studies show that drinking more water can help battle fatigue, improve concentration, promote healthy kidney function, and even lose weight. Drinking extra water each day while dieting will maximize the amount of fat shed in your total weight loss according to the American College of Sports Medicine. Water can also help maintain well-balanced muscle tone and even prevent some sagging of the skin, which can often happen after a

significant weight loss. Best of all, water is even believed to act as an appetite suppressant and help boost the body's metabolism.

So how much water should you be drinking each day? During an average day, the body loses and needs to replace two to three quarts of water daily. That's roughly equal to eight, eight ounce glasses each day. There is an ongoing debate as to whether or not we should actually take in that much, since some of that fluid can be replaced by the food that we eat. However most researchers agree that increasing water intake will still improve health by keeping us from becoming dehydrated.

This is especially important when we exercise. As you begin to sweat more, water must be replaced or the body will begin to take water from its own tissues, including those within the brain and skin. This can lead to headaches as well as dry skin.



# IN DEPTH

## SIGNS OF DEHYDRATION

According to the Journal of the American Medical Association, signs that you may be dehydrated include:

- Dry lips and tongue
- Sunken eyes
- Infrequent urination
- Low energy
- Feeling weak or light-headed

The color of your urine can also be used as a guide to tell if you are dehydrated. Urine should not be dark in color, unless you are taking B vitamins, which naturally turn urine a bright yellow color. If urine is light yellow and you find yourself running off to the bathroom often, you are probably getting enough water.

Remember, coffee, tea, and sodas which contain caffeine can often prompt the body to get rid of water. It's a good idea to limit the amount you drink or drink extra water to make up for the loss.

## TIPS FOR STAYING HYDRATED

- **Don't wait until you are thirsty to drink. By the time you feel the urge to take a drink you may have already lost two or more cups of water.**
- **Make it convenient. Carry a water bottle with you throughout the day.**
- **If you work in an office, visit the water cooler more often instead of reaching for the coffee pot.**
- **Keep a water bottle handy during exercise and take frequent water breaks.**
- **The body loses water while you sleep. A good way to make up for this loss is to make a habit of drinking a glass of water before bed and after you wake up.**
- **If you pass a drinking fountain, make a habit of stopping to take a drink.**

Drinking throughout the day, instead of taking several gulps at once, not only meets your body's needs better but may also curb the desire to urinate too often.

Common colds and flu can often lead to dehydration. When you're feeling under the weather it is a good idea to keep a bottle of water next to the bed. Water can also help the kidneys and liver to process medicines more effectively.

For more information on the importance of drinking enough water, visit [www.hallhealthcenter.com](http://www.hallhealthcenter.com) or [www.medem.com](http://www.medem.com).