

The Diabetes Prevention Program's  
*Lifestyle Change Program*

**Manual for  
Contacts after Core**

**Section 7 Part 3 of 4**

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# **Outlines for Lifestyle Classes after Core**

## **Healthy Eating Topics**

# Low-Fat Cooking Class

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Note: This class was developed and pilot-tested by Margie Bronsord and Tracy Kellum at the Medlantic DPP center. Thank you, Margie and Tracy, for your talents and hard work.

In this six-session class, participants will learn the principles of low-fat cooking and have the opportunity to taste-test a number of low-fat recipes and brand-name products. A variety of low-fat cooking techniques will be demonstrated, and low-fat recipes will be provided.

**Session 1: Salads and Salad Dressings**

**Session 2: Soups and Appetizers**

**Session 3: Vegetables and Side Dishes**

**Session 4: Meat and Seafood Entrees**

**Session 5: Vegetarian Meals**

**Session 6: Desserts**

## Overview

It's important to note that this class was developed and pilot-tested at a DPP clinical center with unique resources. Two Lifestyle Coaches, both trained in nutrition and one having attended classes at a culinary institute, were available to lead the class. They were able to prepare several recipes before each session and demonstrate several additional recipes during the sessions while facilitating discussions on cooking and nutrition. An equipped kitchen and food preparation area were available. Each session cost between \$75-\$100 for recipe ingredients and brand-name foods. An enthusiastic group of participants was eager for the information presented in the classes, which took from 90 to 120 minutes to conduct (some participants stayed even longer).

This class, as originally developed, may be too difficult, time-consuming, and expensive to conduct for many DPP centers (including here in Pittsburgh!). However, the information and recipes are excellent. The Lifestyle Resource Core therefore suggests that DPP centers modify the class in one of the following ways:

- C Present one or more of the sessions as independent social events for lifestyle participants, perhaps quarterly.** For example, you may want to offer the session on salads and salad dressings as a spring or summer event.
- C Simplify the sessions to make them shorter and less expensive.** Ways to simplify might include the following: Demonstrate only one recipe per session. Use simpler recipes.

Cut the recipe(s) in half to cut costs. Ask a participant to bring in a prepared recipe rather than having a Coach do so. Ask participants to bring in brand-name products. Prepare all recipes ahead of time. Taste-test all commercially prepared products rather than demonstrating recipes.

- C **Include *one* of the cooking sessions in the context of a more general 4-6 session after-core class.** This will allow more time for discussion and didactic presentation as well as hands-on participant involvement in the food preparation. (Contact the Lifestyle Resource Core about any class you plan to develop so we can review your outline and share it with the other centers.) Some ideas for using one of the cooking sessions in a more general after-core class include the following:

- C Summer Eating Solutions
  - C Session 1: Cool Meal Ideas for Hot Weather (sources of low-fat/calorie take-out meals, low-fat ways to grill, etc.)
  - C Session 2: Favorite Summer Salads (participants help prepare several low-fat salad recipes during the session)
  - C Session 3: Dressing Up: A Salad-Dressing Extravaganza (participants taste-test commercial and homemade salad dressings)
  - C Session 4: Handling Summer Events (how to handle food and social cues at picnics, weddings, graduation parties, barbecues, etc.)
  - C Potluck barbecue or picnic.
- C Low-Fat Meat and Seafood Cooking (Part of this class might include viewing the video *Lean 'N Easy: Preparing Meat with Less Fat and More Taste* from the National Cattlemen's Beef Association and the American Dietetic Association. See page 5 of the March 7, 1997 issue of Lifestyle Balance News for ordering information, or call the Lifestyle Resource Core.)
  - C Session 1: Tour of the Meat and Fish Counter (Grocery store tour of the meat and fish counter with instructions for selecting low-fat cuts)
  - C Session 2: Low-Fat Ways with Beef and Pork (participants help prepare several recipes)
  - C Session 3: Low-Fat Ways with Poultry
  - C Session 4: Low-Fat Ways with Seafood
- C Vegetarian Eating (the Lifestyle Resource Core is developing a class on this topic).

Based on their pilot test, Margie and Tracy have the following general recommendations regarding how to conduct the class:

- C Keep the sessions as interactive as possible. Try to bring out the major points in the context of a discussion and conversation rather than in a lecture format.
- C Tailor the sessions to the interests of the participants enrolled and the time allotted. Remain flexible.

- C Display cookbooks and cooking magazines (such as Cooking Light, Eating Well, Vegetarian Times) for participants to browse before and/or after the sessions.
- C Substitute different recipes and different brand-name products based on what is available locally and the ethnic and regional preferences at your center.
- C If participants ask you to do so, review recipe modification skills and/or how to calculate fat grams in recipes. (Use these DPP handouts: Build a Better Recipe, How to Lower Fat in Recipes, How to Count the Grams of Fat in Recipes.) You may also want to ask participants to bring in favorite high-fat recipes. Choose one recipe at each session, and as a group, discuss how to modify the recipe to be lower in fat.

### **Equipment, Supplies, and Recipes**

The following standard equipment and supplies are needed for every session. You may want to have a student help organize these materials in a box or on a cart that can be wheeled into the kitchen or demonstration area with the ingredients for the recipes to be demonstrated. Particular equipment and supplies needed for the individual sessions are listed under “Materials Needed” for the session, and a shopping list and recipes for each session are at the end of all the session outlines. Again, you may be able to have a student do the shopping and prepare the various equipment, supplies, and materials needed for each session.

#### **Standard Equipment and Supplies**

##### **Serving supplies:**

- 9 Bowls
- 9 Plates
- 9 Cups
- 9 Knives
- 9 Forks
- 9 Spoons
- 9 Napkins

##### **Cleaning supplies**

- 9 Sponge
- 9 Dish cloth
- 9 Dish towels
- 9 Paper towels

##### **Other:**

- 9 Apron(s)
- 9 Latex gloves
- 9 Plastic wrap
- 9 2 large cutting boards
- 9 3 large chopping knives
- 9 Measuring cups and spoons

## Session 1: Low-Fat Salads and Salad Dressings

**Objectives:** Participants will learn how to make low-fat salads and salad dressings.

### Materials needed:

- 9 Name tags, markers, pencils
- 9 Handouts (attached):
  - Recipes demonstrated: Caesar Salad Dressing, Blue Cheese Dressing, Raspberry Oil Free Vinaigrette
  - Extra recipes: Basic Italian Dressing, Parmesan-mustard Dressing, Balsamic-Dijon Dressing, Tomato-Herb Dressing
  - Recipes prepared ahead: Margie's Potato Salad; Tracy's Chicken, Tomato and Asparagus Pasta Salad
- Rate the Recipe (recipe evaluation tool)
- 9 Groceries (see attached shopping list)
- 9 Standard equipment and supplies (see class overview)
- 9 Also the following:
  - 9 5 small-to-medium bowls
  - 9 2 wire whisks
  - 9 3 rubber spatulas
  - 9 Skillet
  - 9 Ladles
  - 9 Heavy duty paper towels
  - 9 Coffee filter and funnel or commercial yogurt strainer (to demonstrate ways to strain yogurt)

### Before the session:

- 9 Buy groceries.
- 9 Make the potato and pasta salad. Also, prepare a large, colorful salad to use for taste-testing the salad dressings.
- 9 Put the brand-name items on display (see grocery list or others of interest). Note: If available, you may also want to display various flavored vinegars.

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- 1. Explain the purpose of the class.**
  - 2. Review the topics, schedule and locations for each upcoming session.**
  - 3. Have participants share their reasons for signing up for the class.** Ask them to introduce themselves and their family members, if present, and say what they'd like to get from the class.
  - 4. Demonstrate the preparation of Caesar Salad Dressing, Blue Cheese Dressing, and**

**Raspberry Oil-Free Vinaigrette.** Distribute the salad and salad dressing recipe handouts. Identify those you will demonstrate. Ask if there are any unfamiliar ingredients, and if so, show them to the participants and ask if anyone has experience with those ingredients.

As you prepare the recipes to be demonstrated, ask participants why most traditional salad dressings are high in fat (because the base of many dressings is oil, mayonnaise, cheese, sour cream, or whole milk). **Ask participants to name some general guidelines for reducing the fat in salad dressings while retaining the desired texture/consistency and flavor** (provide the following guidelines, if not brought out in the discussion; you may want to write them on the board):

- C Use less or no oil.
  - C Add flavored vinegars, juices, or broths to replace the missing oil.
  - C Substitute low-fat or fat-free ingredients for those that are high in fat (such as low-fat or nonfat mayonnaise, low-fat cheeses, sour cream, skim milk, nonfat buttermilk, yogurt).
  - C Add herbs and spices to replace the flavor of missing cheese or oil.
  - C Add cornstarch or arrowroot to replace the texture/consistency of the missing oil.
  - C Add honey to provide thicker consistency and cut the tartness of vinegars.
  - C Use nonfat, strained yogurt to give the dressing more body. (Note: You may want to demonstrate various ways to strain yogurt other than using paper towels. For example, using a coffee filter or commercial yogurt strainer.)
5. **Have participants taste and evaluate the recipes demonstrated and the ones prepared before class.** Distribute and explain how to complete the Rate the Recipe handout. **As time permits, have participants read the labels on the brand-name products and sample them.**
6. **Discuss the participants' evaluations of the salads and salad dressings they tasted.** C  
What did you like? What didn't you like?  
C Would you change the recipe? How? If you changed the recipe, what impact would it have?
7. **Assign home activity.**  
C Prepare one of the recipes distributed or modify one of your favorite salad or salad dressing recipes.  
C Participants who want to do so may bring in a low-fat salad dressing, salad, or recipe of their own to share in class next week.

## Session 2: Low-Fat Soups and Appetizers

**Objective:** Participant will learn how to prepare low-fat soups and appetizers.

### Materials needed:

- 9 Name tags, markers, pencils
- 9 Handouts (attached):  
Recipes demonstrated: Mango Salsa, Seafood Chowder, Cream of Broccoli Soup  
Recipes prepared ahead: Spinach Dip  
Rate the Recipe (recipe evaluation tool)
- 9 Groceries (see attached shopping list)
- 9 Standard equipment and supplies (see class overview)
- 9 Also the following: and the following equipment:
  - 9 1 small bowl
  - 9 2 wire whisks
  - 9 2 large soup pots
  - 9 2 medium saucepans
  - 9 Can opener
  - 9 2 large wooden spoons
  - 9 Ladles
  - 9 2 spatulas

### Before the session:

- 9 Buy groceries.
- 9 Put the brand-name items on display (these or others of interest):  
Chi-Chi's Salsa (and/or a local store brand)  
Healthy Choice Chowder  
Campbell's Soup Low-Fat Cream of Broccoli Soup  
Packaged 16-bean soup (display only)  
Soup Starter (or other mix of uncooked pasta and dehydrated vegetables)  
Nile Spice or Fantastic Foods Cup-A-Soup

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1. **Briefly review the main points of the last session.** Ask if anyone prepared any new low-fat salad dressings, modified recipes for salads or salad dressings, or tried any brand name low-fat salad dressings?
  2. **Demonstrate the preparation of Mango Salsa, Seafood Chowder, and Cream of Broccoli Soup.** Distribute the soup and appetizer recipe handouts. Ask if there are any unfamiliar ingredients, and if so, show them to the participants and ask if anyone has experience with those ingredients (e.g., cilantro, leeks, jalapeno pepper). As you prepare the recipes to be demonstrated, ask participants why many soups are high in fat (make the following points, if not brought out in the

discussion; you may want to write them on the board):

- C The base of many soups is cream, whole milk, or whole evaporated milk (adds texture).
- C Oils, butter, or margarine are used for sauteing ingredients, such as onions.
- C Some high-fat ingredients may be used to add flavor (such as cheeses, bacon, or meats).

As you prepare the soup recipes, **ask participants for some general guidelines to lower the fat while retaining the texture/consistency and flavor in soups** (again, provide the following guidelines, if not brought out in the discussion; you may want to write them on the board):

- C Use less or no oil. (For example, saute onions in water or use nonstick cooking spray.)
- C Substitute low-fat or nonfat products (e.g., skim milk, evaporated skim milk).
- C Add a starch which adds texture/consistency. To add a starch without decreasing volume, cook pasta separately until still chewy (“al dente”). Add to soup just before serving.
- C Use a mixture of cornstarch and water to thicken soups.
- C Use more herbs and seasonings and/or lemon juice to replace flavor (this can also allow you to reduce sodium by using less salt). (Discuss how to substitute dried herbs for fresh. For example, instead of 1 Tablespoon fresh basil, substitute ½ to 1 teaspoon dried basil. The guideline is to use the dried seasoning in 1/3 to 1/5 of the amount of the fresh herb.)
- C Chill soups until the fat becomes solid and rises to the top. Spoon off the fat and discard before serving.

As you prepare the mango salsa, demonstrate how to slice and dice a mango (as outlined in the recipe). Ask for **some general guidelines to lower the fat in appetizers** (again, provide the following guidelines, if not brought out in the discussion; you may want to write them on the board):

- C Instead of fatty chips and party crackers, serve: pretzels, fat-free corn chips, pita bread cut in wedges, party rye or pumpernickel, mini bagels, bread sticks, mini popcorn or rice cakes, Melba toast-type crackers, oyster crackers, saltine and soda crackers, rye crackers, air-popped popcorn sprayed lightly with butter-flavored spray and sprinkled with favorite herb or spice mix).
- C Serve plenty of fresh fruits and vegetables. Include some unusual, eye-catching ones (e.g., jicama, kiwi, mango, papaya, clementines).
- C Make dips or baked appetizers using low-fat or nonfat products (for

- example, low-fat or nonfat yogurt/sour cream/mayonnaise/cream cheese/cheese, egg substitute, salsa, nonfat refried beans).
- C     Serve dill or sweet pickles instead of nuts and olives.
- 5.     Have participants taste and evaluate the recipes demonstrated and the ones prepared before class.** Distribute and explain how to complete the Rate the Recipe handout. **As time permits, have participants read the labels on the brand-name products and sample them.**
- 6.     Discuss the participants' evaluations of the recipes and products.**
- C     What did you like?
- C     What didn't you like?
- C     Would you change the recipe? How?
- C     If you changed the recipe, what impact would it have?
- 7.     Assign home activity.**
- C     Prepare one of the recipes distributed or modify one of your favorite soup or appetizer recipes.
- C     Participants who want to do so may bring in a low-fat soup or appetizer, or a recipe of their own to share in class next week.

### Session 3: Low-Fat Vegetables and Side Dishes

Objective: Participants will learn how to flavor vegetables and side dishes using as little fat as possible.

**Materials needed:**

- 9 Name tags, markers, pencils
- 9 Handouts (attached):
  - Recipes demonstrated: Broccoli with White Wine Sauce, Oven-fried Sweet Potatoes
  - Recipes prepared ahead: Green Beans with Bacon and Balsamic Vinaigrette; Couscous with Corn and Black Beans
- Rate the Recipe (recipe evaluation tool)
- Note: If there is time during this session, you may want to distribute the DPP handout, Build a Better Main Meal, and ask participants to design main meals that include plenty of vegetables and side dishes.
- 9 Groceries (see attached shopping list)
- 9 Standard equipment and supplies (see class overview)
- 9 Also the following:

|   |               |   |                 |   |                    |
|---|---------------|---|-----------------|---|--------------------|
| 9 | 1 skillet     | 9 | 2 wooden spoons | 9 | Large baking sheet |
| 9 | 1 colander    | 9 | Peeler          | 9 | Tongs              |
| 9 | 2 large bowls | 9 | Grater          | 9 | 2 small bowls      |

Before the session:

- 9 Buy groceries.
- 9 Make the green beans and couscous recipes.
- 9 Put the brand-name items on display (these or others of interest): Potato Shakers (seasoning packets for potatoes), Rice-A-Roni, couscous, Knorr Side Dishes, boxed Macaroni and Cheese, Near East Side Dishes.

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1. **Briefly review the main points of the last session.** Ask if anyone prepared any new low-fat soups or appetizers, modified recipes for soups or appetizers, or tried any brand name low-fat soups or appetizers?
  
  2. **Demonstrate the preparation of Broccoli with White Wine Sauce and Oven-Fried Sweet Potatoes.** Distribute the vegetable and side dish recipe handouts. Identify those that you will demonstrate. Ask if there are any unfamiliar ingredients, and if so, show them to the participants and ask if anyone has experience with those

ingredients (e.g., couscous, shallots, white balsamic vinegar, vegetable broth, nonfat Parmesan).

As you prepare the recipes to be demonstrated, ask participants **what proportion of the dinner plate do experts recommend be filled with vegetables and side dishes**. (Ask participants to visualize the lunch or dinner plate as a peace symbol, with the two large wedges at the top filled with vegetables, starches, and/or fruit, while the smaller wedge at the bottom is for meat or meat alternatives. Meat or meat alternatives should be considered a condiment, not the focus of the meal.) Ask participants how many servings of fruits and vegetables are recommended according to the Food Guide Pyramid (five per day).

- 3. Discuss the fact that vegetables are a good source of fiber**, which is the part of plants that is not absorbed or digested by the human body. The type of fiber in vegetables is largely **insoluble** fiber, which attracts and holds water as it passes through the digestive tract. The stools produced tend to be softer, bulkier, and pass more quickly through the colon, which **helps prevent constipation**.

Diets high in insoluble fiber and low in fat **may also reduce the risk of developing cancers** of the breast, colon and prostate. In the large intestine, dietary residues from the breakdown products of food are formed. Microorganisms normally found in the colon are capable of converting these residues into cancer-causing chemicals (carcinogens). The large stools produced by a high fiber diet dilute the carcinogens. Fiber also speeds the movement of stool, so there is less time for the carcinogens to come into contact with the lining of the colon.

In addition, insoluble fiber binds with estrogen and moves it out of the body. Without enough fiber, estrogen can be reabsorbed from the intestine into the blood. High levels of estrogen in the blood may increase breast and prostate cancer risk. Some types of tumors need estrogen to grow.

- 4. Vegetables also contain cancer-fighting substances such as phytochemicals and antioxidants.** Phytochemicals inhibit the amount of estrogen the body makes. Antioxidants help protect cell membranes from damage.
- 5. Ask participants why vegetables and side dishes may be high in fat (because of added fat (oil, margarine, or butter) and/or added protein (ground beef, chicken)). Ask for some general guidelines for making vegetables and side dishes with less fat (provide the following guidelines, if not brought out in the discussion; you may want to write them on the board):**

- C Use less or no oil, margarine, or butter.
  - C Use less or no meat or a lower cut of meat (such as ground turkey breast, Canadian bacon).
  - C Substitute lower-fat or nonfat products (e.g., I Can't Believe It's Not Butter Spray, liquid smoke).
- 6. Have participants taste and evaluate the recipes demonstrated and the ones prepared before class.** Distribute and explain how to complete the Rate the Recipe handout. **As time permits, have participants read the labels on the brand-name products and sample them.**
- 7. Discuss the participants' evaluations of the recipes and products.**
- C What did you like?
  - C What didn't you like?
  - C Would you change the recipe? How?
  - C If you changed the recipe, what impact would it have?
- 8. Assign home activity.**
- C Prepare one of the recipes distributed or modify one of your favorite vegetable or side dish recipes.
  - C Participants who want to do so may bring in a low-fat vegetable or cooked side dish, or a recipe of their own to share in class next week.

## Session 4: Low-Fat Meat and Seafood Entrees

Objective: Participants will learn how to prepare low-fat meat and seafood entrees.

Note: Depending on the interests of the participants and the time allotted, you may want to add to this session a discussion/demonstration of low-fat cooking methods for meats and seafood, such as baking, broiling, stir-frying, and roasting, and the equipment needed for these techniques.

### Materials needed:

- 9 Name tags, markers, pencils
- 9 Handouts (attached):
  - Recipes demonstrated: Un-Fried Chicken, Pork and Sweet Potato Stew, Shrimp Scampi
  - Recipes prepared ahead: Focaccia Pizza with Ground Turkey and Vegetable Topping
- Target In On Fat: Meats (After-Core Handout FF4)
- Rate the Recipe (recipe evaluation tool)
- 9 **The Restaurant Companion** (second edition)
- 9 Groceries (see attached shopping list)
- 9 Standard equipment and supplies (see class overview)
- 9 Also the following:

|                                  |                                  |   |
|----------------------------------|----------------------------------|---|
| 9 2 medium bowls                 | 9 3 wooden spoons                | 9 Baking sheet  |
| 9 3 large bowls                  | 9 Ladles or large serving spoons | 9 Large zip lock bag  |
| 9 Shallow pan for flour dredging | 9 Paring knife                   | 9 6 gratin dishes or rectangular baking dish  |
| 9 Dutch oven and lid             | 9 Small skillet                  | 9 Gravy cup that separates off fat (you may want to give one to each participant as a gift) |
|                                  | 9 Broiler pan                    |   |
|                                  | 9 Colander                       |   |
|                                  | 9 Large jar                      |   |
|                                  | 9 Tongs                          |   |

Before the session:

- 9 Buy groceries.
- 9 Identify chicken take-out restaurants in your area and lower fat choices (refer to **The Restaurant Companion**).

- 9 Make the Focaccia Pizza with Ground Turkey and Vegetable Topping.
  - 9 Put the brand-name items on display (these or others of interest): Tuna Helper, Hamburger Helper (both can be prepared using lower-fat additions than called for), Birds-Eye Frozen Stir-Fry Add-Ins.
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1. **Briefly review the main points of the last session.** Ask if anyone prepared any new low-fat vegetables or side dishes, modified recipes for vegetables or side dishes, or tried any brand name low-fat vegetables or side dishes?
  
2. **Demonstrate the preparation of Un-Fried Chicken, Pork and Sweet Potato Stew, Shrimp Scampi.** Distribute the meat and seafood entree recipe handouts. Identify those that you will demonstrate. Ask if there are any unfamiliar ingredients, and if so, show them to the participants and ask if anyone has experience with those ingredients (e.g., Creole seasoning, Focaccia bread).

As you prepare the recipes to be demonstrated, ask **what makes many meat and seafood entrees high in fat** (make the following points, if not brought out in the discussion; you may want to write them on the board):

- C **The type and cut of meat** (e.g., loin or round cuts of beef are lower in fat than chuck, brisket, or prime rib; white chicken or turkey meat is lower in fat than dark meat; chicken or turkey skin is high in fat).
- C **Fat added as part of the cooking method or for flavor** (e.g., oil or margarine used in frying or sauteeing; oil in marinades).
- C **Cooking methods that include fatty meat drippings** (e.g., frying ground beef in its own drippings rather than draining it; using the fatty drippings to make gravy or sauces).

**Ask for some general guidelines for making meat and seafood entrees lower in fat** (again, provide the following guidelines, if not brought out in the discussion; you may want to write them on the board):

- C Use less or no oil, margarine, butter, or other fats.
- C Replace fat with low-fat liquids (e.g., use fruit juices in marinades instead of oil).
- C Buy lower cuts of meat (refer to the handout, **Target In On Fat: Meats**).
- C Trim all visible fat from meats.
- C Remove the skin from chicken and turkey.
- C Use nonstick pans or vegetable cooking spray instead of adding oil to pans or cooking meats in fatty drippings.
- C Drain off the fatty drippings and discard (e.g., place ground meat after cooking in a colander and rinse with hot water; roast meats on a rack so they stand above, not in, the drippings as they cook; use a gravy cup to separate

the fat from the meat juices and then thicken the meat juices to make gravy).  
Show participants how the gravy cup works.

**Also stress the importance of small portion sizes.** As explained in a previous session, meat or seafood should be more of a condiment or ingredient rather than the main focus of the meal.

3. **Have participants taste and evaluate the recipes demonstrated and the ones prepared before class.** Distribute and explain how to complete the Rate the Recipe handout. **As time permits, have participants read the labels on the brand-name products and sample them.**
4. **Discuss the participants' evaluations of the recipes and products.**
  - C What did you like?
  - C What didn't you like?
  - C Would you change the recipe? How?
  - C If you changed the recipe, what impact would it have?
5. **Discuss how to choose lower-fat meat and seafood entrees when ordering at restaurants and take-out.** What prepared food items are available for purchase in your grocery store that you can reheat or cook at home? How can some of these be prepared to be lower in fat than preparation instructions indicate? Identify chicken take-out restaurants in your area and lower-fat choices (refer to The Restaurant Companion, second edition).
6. **Assign home activity.**
  - C Prepare one of the recipes distributed or modify one of your favorite meat or seafood entrees.
  - C Participants who want to do so may bring in a low-fat meat or seafood entree or a recipe of their own to share in class next week.

## Session 5: Low-Fat Vegetarian Meals

|            |  |
|------------|--|
| Objective: | Participants will learn how to prepare low-fat entrees without using animal protein. |
|------------|--|

### Materials needed:

- 9 Name tags, markers, pencils
- 9 Handouts (attached):
  - The Vegetarian Pyramid (color copies are available from The Health Connection, 1-800-548-8700)
  - Nutrition Factsheet: Vegetarian Diets
  - Vegetarian Vitality: Striking the Right Balance
  - Target in On Fat: Cheeses (after-core handout)
  - Recipes demonstrated: Chick Pea Stew, Broccoli Stir Fry with Tofu
  - Recipes prepared ahead: Broccoli Potato Casserole (Potato Lasagna)
  - Rate the Recipe (recipe evaluation tool)
- 9 Groceries (see attached shopping list)
- 9 Standard equipment and supplies (see class overview)
- 9 Also the following:

|                               |                       |
|-------------------------------|-----------------------|
| 9 Large skillet               | 9 Spatula             |
| 9 Medium skillet              | 9 Several small bowls |
| 9 Large soup pot for perogies | 9 Rice cooker         |
| 9 4-quart pot                 | 9 Tongs               |
| 9 Wooden spoons               | 9 Serving spatula     |
|                               | 9 1 paring knife      |

### Before the session:

- 9 Buy groceries.
- 9 Make the Broccoli Potato Casserole.
- 9 Put the brand-name items on display (these or others of interest): Ground meatless (e.g., Green Giant brand, frozen food section) or other texturized vegetable protein product available in your area; frozen perogies (Mrs. T's)
- 9 Display low-fat vegetarian cookbooks and cooking magazines such as Vegetarian Times.

1. **Briefly review the main points of the last session.** Ask if anyone prepared any new low-fat entrees, modified recipes for entrees, or tried any brand name low-fat entrees?
2. **Demonstrate the preparation of Chick Pea Stew and Broccoli Stir Fry with Tofu.** Distribute the vegetarian recipe handouts. Identify those that you will demonstrate. Ask if there are any unfamiliar ingredients, and if so, show them to the participants

and ask if anyone has experience with those ingredients (e.g., tofu, chickpeas, textured vegetable protein). Also ask participants what characteristics might make these ingredients useful in vegetarian cooking (absorb flavors, add texture, high in protein).

As you prepare the recipes to be demonstrated, ask participants to name the **types of vegetarians**: semi-vegetarian (avoids red meat), lacto-ovo (eats dairy products and eggs, but no animal flesh), and vegan (avoids all animal products). Ask participants what can make **a vegetarian eating pattern high in fat** (high-fat dairy products such as regular cheeses and 2% or whole milk, high fat meat alternatives such as some soy products, a large number of eggs, nuts, or added fats such as oil and margarine). Distribute the related handout, Target in On Fat: Cheeses, and discuss.

Distribute the handouts, The Vegetarian Pyramid, Nutrition Factsheet: Vegetarian Diets, Vegetarian Vitality: Striking the Right Balance. Discuss the difference between the regular Food Guide Pyramid and the Vegetarian version (instead of 2-3 ounces of cooked meat, a meat alternative serving is 1 to 1½ cups cooked beans or lentils or 2-3 ounces of textured vegetable protein or tofu).

If time permits, also discuss the following:

- C Nutrition issues of concern for vegetarians, such as sources of calcium, protein, and vitamin B12 for vegans.
- C Ways to flavor tofu, such as using marinades, sauces, and cooking it with other high-flavor foods.
- C How to modify favorite recipes (e.g., chili, tacos, stir-fries, lasagna) to decrease the animal protein or substitute a vegetable protein.

**3. Have participants taste and evaluate the recipes demonstrated and the ones prepared before class.** Distribute and explain how to complete the Rate the Recipe handout. **As time permits, have participants read the labels on the brand-name products and sample them.**

**4. Discuss the participants' evaluations of the recipes and products.**

- C What did you like?
- C What didn't you like?
- C Would you change the recipe? How?
- C If you changed the recipe, what impact would it have?

**5. Assign home activity.**

- C Prepare one of the recipes distributed or modify one of your favorite recipes.
- C Participants who want to do so may bring in a low-fat vegetarian dish or a recipe of their own to share in class next week.

## Session 6: Low-Fat Desserts

Objective: Participants will learn how to prepare low-fat desserts.

Note: You may want to add to this session a taste test of a regular versus fat-modified baked product. For example, before the class, prepare a standard cake or brownie using the amount of butter called for. Also, prepare the same recipe with applesauce, prune puree, or lower-fat tub margarine used instead of the butter.

Materials needed:

- 9 Name tags, markers, pencils
- 9 Handouts (attached):
  - Recipes demonstrated: Winter Crisp, Fruit Cup with Mango Sauce
  - Recipes prepared ahead: Tiramisu, Key Lime Pie, Crunchy Coffee Frozen Torte
  - Rate the Recipe (recipe evaluation tool)
  - Low-Fat Cooking Class Evaluation
- 9 Groceries (see attached shopping list)
- 9 Standard equipment and supplies (see class overview)
- 9 Also the following:

|                 |                          |
|-----------------|--------------------------|
| 9 Blender       | 9 3 medium bowls         |
| 9 Paring knife  | 9 3 mixing/wooden spoons |
| 9 Grater        | 9 6-cup baking dish      |
| 9 2 large bowls |                          |

Before the session:

- 9 Buy groceries.
- 9 Make the Tiramisu, Key Lime Pie, and Crunchy Coffee Frozen Torte.
- 9 Put the brand-name items on display (these or others of interest): Box Cake Mix, Low-fat Prepared Frosting, Low-fat Brownie Mix, Snackwells/Healthy Choice Cookies, fat-replacement for baking

1. **Briefly review the main points of the last session.** Ask if anyone prepared any new vegetarian meals, modified recipes to make them vegetarian, or tried any brand name vegetarian products.
2. **Demonstrate the preparation of the Winter Crisp and Fruit Cup with Mango Sauce.** Distribute the dessert recipe handouts. Identify those that you will demonstrate. Ask if there are any unfamiliar ingredients, and if so, show them to the participants and ask if anyone has experience with those ingredients (e.g., cream of tartar, unflavored gelatin, instant espresso coffee granules). Ask if anyone has had nonmodified tiramisu. Discuss the differences between the original recipe and the

two modified recipes, pointing out examples of different techniques for lowering the fat, such as the use of nonfat cheese, skim milk, and a smaller portion size.

**Ask for some general guidelines for lowering the fat in desserts** (again, provide the following guidelines, if not brought out in the discussion; you may want to write them on the board):

- C Use nonstick pans and/or pan spray to grease pans for cookies and cakes.
- C Make fruit the main attraction in a dessert as often as possible.
- C Make pies without the crust or make fruit crisps with a low-fat topping for texture.
- C Use less oil, margarine, butter, eggs, sour cream, or other fats.

Note: Based on work in their test kitchen, the Washington Post Food Section recently published the following recommendations for lowering the fat in recipes for baked products:

- C Best substitute for sour cream in a baked product: Nonfat yogurt (depending on recipe and taste desired). Yogurt traps air bubbles well, an important factor for leavening. Nonfat sour cream works well but not as well. It tends to break down with heating, due to added maltodextrins, which makes products gummy.
- C Best substitute for eggs in a baked product: commercial egg replacement (e.g., Egg Beaters). Using 2 egg whites for every whole egg tends to make the product drier than using an egg replacement.
- C Best substitute for butter in a baked product: Lower-fat tub margarine. Fat is important in baked goods because it functions as a tenderizer, moisturizer, adds flakiness, and carries flavors and aromas. Applesauce or prune puree can be used as a substitute for butter but they create gummy products because it allows the formation of gluten from the flour (which fat inhibits). Gluten is fine for breads but not so good for baked goods in which you want a tender crumb.
- C Best substitute for sugar in a baked product: Not reducing the quantity, especially if you are reducing the fat at the same time. Sugar, like fat, prevents the formation of gluten, so reducing sugar in the recipe can cause a tough product. It also may cause a sunken product, because sugar aids in creaming and whipping air into batters. If you reduce the sugar by too much, batters will fall while baking.

3. **Have participants taste and evaluate the recipes demonstrated and the ones prepared before class.** Distribute and explain how to complete the Rate the Recipe handout. **As time permits, have participants read the labels on the brand-name products and sample them.**

- 4. Discuss the participants' evaluations of the recipes and products.**
  - C What did you like?
  - C What didn't you like?
  - C Would you change the recipe? How?
  - C If you changed the recipe, what impact would it have?
  
- 5. Ask the participants to complete the course evaluation.**
  
- 6. Assign home activity.**
  - C Prepare one of the recipes distributed or modify one of your favorite recipes.

## Shopping List for Session 1: Low-Fat Salads and Salad Dressings

To demonstrate the Caesar Salad Dressing, Blue Cheese Dressing, and Raspberry Oil Vinaigrette recipes, you will need:

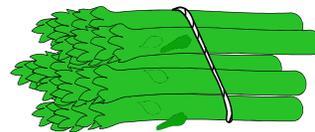
- |   |                                       |   |  |
|---|---------------------------------------|---|--|
| 9 | Spicy hot mustard                     | 9 | ½ cup cider vinegar  |
| 9 | 1 head garlic                         | 9 | Salt   |
| 9 | 1 cup grated Parmesan cheese          | 9 | 2 ounces blue cheese, crumbled   |
| 9 | ½ cup red wine vinegar                | 9 | Black pepper   |
| 9 | ½ cup lemon juice                     | 9 | 2 cups (16 ounces) raspberry vinegar   |
| 9 | Anchovy paste or anchovies            | 9 | Fresh basil  |
| 9 | 2 cups nonfat buttermilk              | 9 | 1 cup sugar  |
| 9 | ½ cup white wine                      | 9 | ⅓ cup cornstarch   |
| 9 | 1 cup olive oil                       | 9 | Fresh parsley  |
| 9 | 1 cup (8 ounces) plain low-fat yogurt | 9 | Lettuce and other ingredients for a large, colorful salad to use for taste-testing the dressings |

To prepare the pasta and potato salads before the class, you will need:

- |   |                                    |   |                       |
|---|------------------------------------|---|-----------------------|
| 9 | 8 ounces uncooked spinach linguine | 9 | Fresh onion           |
| 9 | 1 fresh tomato                     | 9 | 1 bunch fresh celery  |
| 9 | Sun-dried tomatoes                 | 9 | 3 pounds red potatoes |
| 9 | ½ cup grated Parmesan cheese       | 9 | Cider vinegar         |
| 9 | Nonstick cooking spray             | 9 | Nonfat mayonnaise     |
| 9 | 1 (5-ounce) can chicken breast     | 9 | Dijon mustard         |
| 9 | Fresh asparagus (about 1 pound)    | 9 | Celery seed           |
| 9 | Garlic                             | 9 | Salt                  |
| 9 | Olive oil                          | 9 | Pepper                |

You will need these or other brand-name items for display:

- 9 Marie's Fat-Free Raspberry Vinaigrette
- 9 Kraft's Fat-Free Blue Cheese Dressing
- 9 Hellman's Low-Fat Caesar Salad Dressing
- 9 Assorted flavored vinegars, if available



## Shopping List for Session 2: Low-Fat Soups and Appetizers

To demonstrate the Mango Salsa, Seafood Chowder, and Cream of Broccoli Soup recipes, you will need:

- |   |  |   |                                  |
|---|--|---|----------------------------------|
| 9 | 2 mangos   | 9 | 1 bunch parsley                  |
| 9 | 1 red bell pepper  | 9 | Black pepper                     |
| 9 | 1 bunch spring onions  | 9 | Salt                             |
| 9 | Jalapeno pepper  | 9 | 1 large head fresh broccoli      |
| 9 | Cilantro   | 9 | 2-3 leeks                        |
| 9 | 1 Tablespoon lemon or lime juice   | 9 | ¼ cup flour                      |
| 9 | 2 Tablespoons light margarine  | 9 | 1 teaspoon ground nutmeg         |
| 9 | 1 can chicken broth  | 9 | 2 garlic cloves                  |
| 9 | 1 bunch celery   | 9 | 1 bunch fresh basil              |
| 9 | 1 large onion  | 9 | Nonfat cooking spray             |
| 9 | 1-½ pounds frozen fish (e.g., salmon or monkfish)  | 9 | Chicken bouillon cubes           |
| 9 | 2 cans low-fat cream of potato soup<br>(e.g., Campbell's Healthy Request Creative Chef Herbed Potato Soup) | 9 | Baked tortilla chips (for salsa) |
| 9 | 4 cans evaporated skim milk  |   |                                  |

To prepare the Spinach Dip before the class, you will need:

- 9 1 (10-ounce) package frozen chopped spinach
- 9 ¼ package (2 Tablespoons) dry vegetable soup mix
- 9 16 ounces plain nonfat yogurt
- 9 8 ounces reduced calorie mayonnaise
- 9 1 (8-ounce) can water chestnuts, drained and chopped
- 9 1 bunch spring onions
- 9 Dry mustard
- 9 1 round loaf pumpernickel or sour dough bread

You will need these or other brand-name items for display:

- 9 Chi-chi's Salsa (and/or local store brand)
- 9 Healthy Choice Chowder
- 9 Campbell's Low-Fat Cream of Broccoli Soup
- 9 One package 16-Bean Soup
- 9 Soup Starter
- 9 Nile Spice or Fantastic Foods Cup-A-Soup

## Shopping List for Session 3: Low-Fat Vegetables and Side Dishes

To prepare the couscous and green bean recipes before the class, you will need:

- |   |                                     |   |                            |
|---|-------------------------------------|---|----------------------------|
| 9 | 1 bunch fresh parsley               | 9 | Olive oil                  |
| 9 | 10-oz. bag frozen whole-kernel corn | 9 | Ground cumin               |
| 9 | Lemon juice                         | 9 | 2 pounds fresh green beans |
| 9 | Salt                                | 9 | Shallots                   |
| 9 | Black pepper                        | 9 | Brown sugar                |
| 9 | 1 cup couscous, uncooked            | 9 | Bacon (2 slices)           |
| 9 | 1 (15-ounce) can black beans        | 9 | Almonds                    |
| 9 | Orange juice                        | 9 | White balsamic vinegar     |
| 9 | 2 lemons (for rind and juice)       |   |                            |

To demonstrate the broccoli and sweet potato recipes, you will need:

- |   |   |   |                         |
|---|---|---|-------------------------|
| 9 | Chicken or vegetable broth (½ cup)            | 9 | 4 medium sweet potatoes |
| 9 | Garlic (several cloves)                       | 9 | Olive oil               |
| 9 | 6 cups broccoli florets (about 2 large heads) | 9 | Salt                    |
| 9 | 2 red bell peppers                            | 9 | Nonstick cooking spray  |
| 9 | 1 cup white wine                              | 9 | Fresh parsley           |
| 9 | Black pepper                                  | 9 | Orange (for rind)       |
| 9 | Nonfat or regular grated Parmesan cheese      |   |                         |

You will need these or other brand-name items to display:

- 9 Potato Shakers
- 9 Rice-A-Roni
- 9 Couscous
- 9 Knorr Side Dishes
- 9 Boxed Macaroni and Cheese
- 9 Near East Side Dishes

## Shopping List for Session 4: Low-Fat Meat and Seafood Entrees

To prepare the Focaccia Pizza with Ground Turkey and Vegetable Topping before the class, you will need:

- |   |  |   |                    |
|---|--|---|--------------------|
| 9 | 1 loaf (1 lb) Focaccia bread             | 9 | Fresh mushrooms    |
| 9 | Ground turkey breast (no skin)           | 9 | Fresh green pepper |
| 9 | Part-skim mozzarella cheese,<br>shredded | 9 | Onion              |
| 9 | Pizza or tomato sauce                    | 9 | Dried oregano      |

To demonstrate the Un-Fried Chicken, Pork and Sweet Potato Stew, and Shrimp Scampi recipes, you will need:

- |   |  |   |                                      |
|---|--|---|--------------------------------------|
| 9 | 6 chicken drumsticks                             | 9 | Dried basil                          |
| 9 | 3 whole chicken breasts, halved                  | 9 | Dried oregano                        |
| 9 | 1 cup (8 ounces) plain, nonfat<br>yogurt         | 9 | 1 pound boneless pork loin           |
| 9 | 1 cup dried Italian bread crumbs                 | 9 | Dijon mustard                        |
| 9 | 1 cup flour                                      | 9 | Flour                                |
| 9 | 1 Tablespoon Old Bay Seasoning                   | 9 | Vegetable cooking spray              |
| 9 | ½ teaspoon garlic powder                         | 9 | Vegetable oil                        |
| 9 | ½ teaspoon Creole seasoning or<br>the following: | 9 | 1 pound sweet potatoes               |
|   | paprika  | 9 | Unsweetened apple juice              |
|   | salt   | 9 | Salt                                 |
|   | garlic powder                                    | 9 | Black pepper                         |
|   | black pepper                                     | 9 | Paprika                              |
|   | onion powder                                     | 9 | Frozen cut green beans               |
|   | cayenne powder                                   | 9 | 1 bunch green onions                 |
|   | dried leaf oregano                               | 9 | 2 pounds (48-count) large shrimp     |
|   | dried leaf thyme                                 | 9 | Margarine                            |
| 9 | Ground black pepper                              | 9 | 2 red bell peppers                   |
| 9 | Cayenne pepper                                   | 9 | Large head of garlic                 |
| 9 | Dried leaf thyme                                 | 9 | White wine, dry                      |
|   |  | 9 | Fresh parsley                        |
|   |  | 9 | Lemon juice                          |
|   |  | 9 | ¾ pound uncooked angel hair<br>pasta |

You will need these or other brand-name items to display:

- 9 Tuna Helper
- 9 Hamburger Helper
- 9 Birds-Eye Frozen Stir-Fry Add-Ins

## Shopping List for Session 5: Low-Fat Vegetarian Meals

To prepare the Broccoli Potato Casserole (Potato Lasagna) before the class, you will need:

- |   |  |   |                                     |
|---|--|---|-------------------------------------|
| 9 | 10-ounce package frozen chopped broccoli | 9 | Black pepper                        |
| 9 | 15-ounce carton nonfat ricotta cheese    | 9 | Vegetable cooking spray             |
| 9 | ½ pound carrots                          | 9 | 2-¼ lb. red potatoes                |
| 9 | 1 bunch green onions                     | 9 | 6 ounces shredded mozzarella cheese |
| 9 | Dried marjoram                           | 9 | ½ cup grated Parmesan cheese        |

To demonstrate the Chick Pea Stew and Broccoli Stir-Fry with Tofu recipes, you will need:

- |   |                             |   |                         |
|---|-----------------------------|---|-------------------------|
| 9 | Large onion                 | 9 | 1 bunch fresh cilantro  |
| 9 | Olive oil                   | 9 | 1 jalapeno pepper       |
| 9 | Ground ginger               | 9 | Sesame oil              |
| 9 | Tumeric                     | 9 | ½ cup broccoli florets  |
| 9 | Cinnamon                    | 9 | ½ cup carrots           |
| 9 | Black pepper                | 9 | Unsweetened apple juice |
| 9 | Salt                        | 9 | Low-sodium soy sauce    |
| 9 | Vegetable or chicken broth  | 9 | Cider vinegar           |
| 9 | 1 large butternut squash    | 9 | Light brown sugar       |
| 9 | 3 small turnips             | 9 | Cornstarch              |
| 9 | 2 (15-ounce) cans chickpeas | 9 | 1 pound extra firm tofu |
| 9 | Raisins                     | 9 | Rice, uncooked          |



You will need these or other brand-name items to display:

- 9 Ground meatless (e.g., Green Giant brand, frozen food section) or other texturized vegetable protein product available in your area
- 9 Frozen perogies (Mrs. T's)

## Shopping List for Session 6: Low-Fat Desserts

To prepare the Tiramisu, Key Lime Pie, and Crunchy Coffee Frozen Torte before the class, you will need:

- |   |  |   |  |
|---|--|---|--|
| 9 | Powdered sugar                         | 9 | 1 (14-ounce) can fat-free sweetened condensed milk |
| 9 | 8 ounces reduced-fat cream cheese      | 9 | Cream of tartar                                    |
| 9 | Frozen reduced-calorie whipped topping | 9 | Salt   |
| 9 | Sugar                                  | 9 | Lime slices  |
| 9 | 7 egg whites                           | 9 | Ground cinnamon                                    |
| 9 | Kahlua                                 | 9 | Margarine  |
| 9 | Unsweetened cocoa                      | 9 | Graham crackers                                    |
| 9 | Instant espresso                       | 9 | Vegetable cooking spray                            |
| 9 | 20 lady fingers                        | 9 | Vanilla frozen yogurt                              |
| 9 | Unflavored gelatin                     | 9 | Instant coffee granules                            |
| 9 | Lime juice                             | 9 | Chocolate sandwich cookies                         |
| 9 | 2 egg yolks                            |   |  |

To demonstrate the Winter Crisp and Fruit Cup with Mango Sauce recipes, you will need:

- |   |  |   |                              |
|---|--|---|------------------------------|
| 9 | 1 large ripe mango                             | 9 | 1 bag cranberries, fresh     |
| 9 | 2 limes (for juice and peel)                   | 9 | White or unbleached flour    |
| 9 | 1 large banana                                 | 9 | Fresh apples, about 3 pounds |
| 9 | 1 large navel orange                           | 9 | Rolled oats                  |
| 9 | 1 (16-ounce) can juice-packed pineapple chunks | 9 | Brown sugar                  |
| 9 | Sugar  | 9 | Whole wheat flour            |
| 9 | Lemon (for peel)                               | 9 | Margarine                    |
|   |  | 9 | Ground cinnamon              |

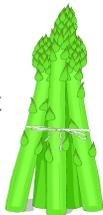
You will need these or other brand-name items to display:

- |   |                           |   |                                   |
|---|---------------------------|---|-----------------------------------|
| 9 | Box Cake Mix              | 9 | Low-fat Brownie Mix               |
| 9 | Low-fat Prepared Frosting | 9 | Snackwells/Healthy Choice Cookies |
|   |                           | 9 | Fat replacement for baking        |

Recipes to prepare ahead and taste test during Session 1:

## Tracy's Chicken, Tomato and Asparagus Pasta Salad

8 ounces uncooked spinach linguine  
1 (5-oz.) can white chicken breast  
1 cup fresh asparagus, steamed and cut  
into small pieces  
2 Tablespoons sundried tomatoes,  
dry, packed, chopped



1-2 Tablespoons garlic, minced  
1 small tomato, peeled, diced  
2 Tablespoons grated Parmesan cheese  
Up to 1 Tablespoon olive oil (optional)  
Nonstick cooking spray

Cook the linguine as directed. Drain and set aside. Meanwhile, spray a small saute pan lightly with cooking spray. Over medium heat, saute chicken, asparagus, sun dried tomatoes, and garlic for approximately 3 minutes. Add diced tomato to mixture and continue to saute for 1 additional minute. Remove from heat.

In a serving bowl, toss pasta, chicken and vegetable mixture, and Parmesan cheese. If the salad is too dry for your taste buds, add a little olive oil and toss again.

Makes 4 side-dish servings. Per serving: 313 calories, 5 grams fat (without oil).  
342 calories, 8 grams fat (with 1 TB oil).

## Margie's Potato Salad

3 pounds red potatoes, scrubbed and cut  
into chunks  
1 teaspoon salt (to taste)  
1 Tablespoon cider vinegar  
Freshly ground black pepper to taste

$\frac{3}{4}$  cup nonfat mayonnaise-type salad  
dressing  
1-2 Tablespoons Dijon mustard  
 $\frac{1}{2}$  teaspoon celery seed  
 $\frac{1}{2}$  cup minced onion  
1- $\frac{1}{2}$  cups chopped celery

In a large saucepan, cover potatoes with cold water. Add salt and bring to a boil over medium heat. Cook until tender, 7 to 9 minutes (pierce potato pieces with a fork to see if tender). Drain the potatoes and place in a large bowl. Toss with vinegar and season with pepper. Let cool.

In a small bowl whisk together salad dressing, mustard, celery seed. Stir in the onion and celery. Add to the potatoes, stirring gently to combine. Taste and adjust salt and pepper. Add more salad dressing and mustard if not moist enough for your taste.

Makes 6 ( $\frac{3}{4}$ -cup) servings, depending on size of potatoes.  
Per serving: 199 calories, 1 gram fat.

Recipes to demonstrate for Session 1:

## Caesar Salad Dressing

|                               |   |
|-------------------------------|---|
| 2 teaspoons spicy hot mustard | 2 Tablespoons Chablis or other dry white wine |
| 1 teaspoon anchovy paste      | 2 Tablespoons red wine vinegar                |
| 1 clove garlic, crushed       | 1 Tablespoon chopped fresh parsley            |
| ½ cup nonfat buttermilk       | 1 Tablespoon lemon juice                      |
| ¼ cup grated Parmesan cheese  | 1 Tablespoon olive oil                        |

Combine mustard, anchovy paste, and garlic in a small bowl. Stir well. (Note: If you do not have anchovy paste, crush canned anchovies into a paste.) Add buttermilk, cheese, wine, vinegar, parsley, lemon juice, and olive oil. Stir with wire whisk until blended. Cover and chill.

Makes 1 cup. Per 1 Tablespoon: 19 calories, 1.3 grams fat.

From *Cooking Light Magazine*.



## Blue Cheese Dressing

|                                       |  |
|---------------------------------------|--|
| 1 cup (8-ounces) plain low-fat yogurt | 1 teaspoon cider vinegar               |
| ¾ cup nonfat buttermilk               | ¼ teaspoon freshly ground black pepper |
| ½ cup (2 ounces) crumbled blue cheese | ⅛ teaspoon salt                        |
|                                       | 1 small clove garlic, crushed          |

Spoon yogurt onto several layers of heavy-duty paper towels. Spread yogurt to ½-inch thickness. Cover with additional paper towels; let stand 5 minutes. Scrape into a small bowl, using a rubber spatula. Add buttermilk, cheese, vinegar, pepper, salt, and garlic. Stir well. Cover and chill.

Makes 1 ½ cups. Per 1 Tablespoon: 17 calories, 0.8 grams fat.

From *Cooking Light Magazine*.

## Raspberry Oil-Free Vinaigrette

|   |                                  |
|---|----------------------------------|
| 2 cups (16 ounces) raspberry vinegar    | 5 Tablespoons sugar              |
| 1 Tablespoon plus 1 teaspoon cornstarch | 1 teaspoon crushed garlic        |
| 1 Tablespoon salt                       | 1 Tablespoon fresh basil, minced |

Bring vinegar to a simmer over medium heat. In a small bowl, add 4 teaspoons cold water to the cornstarch and stir until it dissolves. Add to simmering vinegar. Add salt, sugar, garlic, and basil. Dressing may be served hot or cold.

Makes 10 servings. Per 3 Tablespoons: 36 calories, 0 grams fat.

From ATI Career Institute.

Additional recipes for Session 1:

### **Basic Italian Dressing**

|                                       |                                    |
|---------------------------------------|------------------------------------|
| 2 Tablespoons arrowroot or cornstarch | 2 cloves garlic, minced            |
| 2 cups water                          | 2 Tablespoons Dijon mustard        |
| ½ cup white wine vinegar              | 1 Tablespoon honey                 |
| ¼ cup minced green bell pepper        | 1 Tablespoon chopped fresh parsley |
| 2 green onions, minced                | ½ teaspoon paprika                 |
|                                       | ¼ teaspoon black pepper            |

Dissolve arrowroot or cornstarch in ¼ cup of the water. Bring remaining 1-¾ cups water to a boil. Stir in dissolved arrowroot or cornstarch and whisk until the liquid is clear. Allow mixture to cool. Stir in vinegar, green pepper, green onion, garlic, mustard, honey, parsley, paprika and black pepper.

Per ¼ cup serving: 16 calories, 0.1 gram fat.

### **Parmesan-Mustard Dressing**

|  |                                    |
|--|------------------------------------|
| 1 cup nonfat buttermilk                    | 1 Tablespoon chopped fresh parsley |
| ¼ cup nonfat sour cream                    | 1 clove garlic, minced             |
| ¼ cup nonfat mayonnaise                    | 1 teaspoon minced onion            |
| 1 Tablespoon grated nonfat Parmesan cheese | ¼ teaspoon dry mustard             |

Combine buttermilk, sour cream, mayonnaise, Parmesan cheese, parsley, garlic, onion, and dry mustard in a bowl. Cover and chill for 1 hour.

Per ⅓-cup serving: 44 calories, 0 grams fat (If you use regular Parmesan cheese, ⅓ cup contains 48 calories and 2 grams of fat).

### **Balsamic-Dijon Dressing**

3 Tablespoons Balsamic vinegar  
2 Tablespoons water  
¼ teaspoon ground black pepper  
1 teaspoon Dijon mustard



Combine the vinegar, water, pepper, and mustard in a small bowl. Whisk until smooth.

Per 4-teaspoon serving: 3 calories, 0 grams fat.

### Tomato-Herb Dressing

|                                   |                                |
|-----------------------------------|--------------------------------|
| ½ cup red wine vinegar            | 1 garlic clove, minced         |
| ¾ cup low-sodium tomato juice     | ¼ teaspoon ground black pepper |
| ¼ teaspoon dried oregano leaves   | Pinch of cayenne pepper        |
| 1 Tablespoon chopped green onions | Pinch of sugar                 |
| 1 Tablespoon minced fresh parsley |                                |

Combine the wine vinegar, tomato juice, oregano, green onions, parsley, garlic, black pepper, cayenne pepper, and sugar in a jar with a tight-fitting lid. Shake until thoroughly mixed.

Per 3 Tablespoons: 10 calories, 0 gram fat. From *500 Fat-Free Recipes: A Complete Guide to Reducing the Fat in Your Diet* by Sarah Schlesinger.

Note: The following four salad dressing recipes are from *Family Circle*, 8/8/95.

### Creamy Dijon Parmesan

|                                    |                              |
|------------------------------------|------------------------------|
| 1 cup buttermilk                   | 1 Tablespoon Dijon mustard   |
| 1 cup (8 ounces) nonfat sour cream | 1 teaspoon fresh lemon juice |
| ⅓ cup grated Parmesan cheese       | ¼ teaspoon black pepper      |

Whirl all ingredients in a blender. Per 2 Tablespoons: 33 calories, 1 gram fat.

### Franca's Dressing

|                     |  |
|---------------------|--|
| ½ cup Dijon mustard | 2 Tablespoons each: rice vinegar,<br>balsamic vinegar, Worcestershire<br>sauce,<br>maple syrup |
| ¾ cup water         |  |

Whirl all ingredients in a blender. Per 2 Tablespoons: 23 calories, 1 gram fat.

### Cran-Raspberry Vinaigrette

|                       |                        |
|-----------------------|------------------------|
| ¾ cup raspberries     | 1 Tablespoon olive oil |
| ½ cup cranberry juice | ¾ teaspoon salt        |
| ½ cup wine vinegar    | ¼ teaspoon sugar       |
| ¼ cup hot water       |                        |



Place berries in sieve over bowl. Press with spoon to remove seeds, discard seeds. Whirl berries in blender with the remaining ingredients. Per 2 Tablespoons: 20 calories, 1 gram fat.

### Thousand Island Dressing

|                        |   |
|------------------------|---|
| ½ cup light mayonnaise | 2 Tablespoons each: chili sauce, pickle<br>relish, chopped red pepper |
| ½ cup low-fat yogurt   |   |

Whisk ingredients in bowl. Per 2 Tablespoons: 30 calories, 2 grams fat.

Recipe to prepare ahead and taste test during Session 2:

## Spinach Dip

1 round loaf pumpernickel or sour dough bread  
1 (10-ounce) package frozen chopped spinach  
¼ package (2 Tablespoons) dry vegetable soup mix  
1¾ cup plain nonfat yogurt  
¼ cup reduced calorie mayonnaise  
1 (8-ounce) can water chestnuts, drained and chopped  
2 Tablespoons chopped green onions  
¼ teaspoon dry mustard

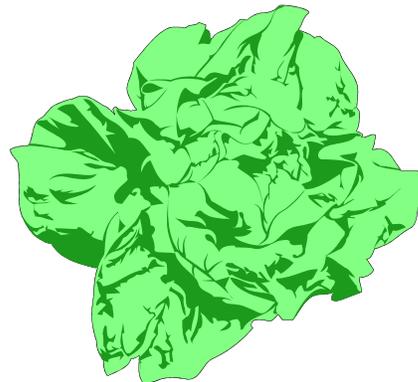
Hollow the loaf of bread and cube the bread that you remove. Set aside.

Thaw spinach, drain and squeeze until dry. Stir dry soup before measuring to mix evenly. Mix spinach, soup mix, and remaining ingredients. Chill.

Fill the hollowed loaf of bread with the dip. Serve with raw vegetables and the cubes of bread you've removed from the loaf.

Makes about 3½ cups (14 servings). Per ¼-cup serving: 40 calories, 2 grams fat.

From *Quick and Healthy Recipes and Ideas* by Brenda Ponichtera.



Recipes to demonstrate for Session 2:

## Mango Salsa

2 cups diced mango (about 2 mangos)  
½ cup diced red bell pepper  
1 small minced jalapeno pepper  
½ cup spring onion, chopped  
¼ to ⅓ cup fresh cilantro, minced (to taste)  
1 Tablespoon lemon or lime juice

To slice and dice a mango: choose a ripened mango (skin should be mostly red). Peel mango, removing all skin. Stand mango upright. Make vertical cuts into mango at the widest part of the mango. (If you hit something hard, it is the pit. Simply move further away from pit.) Turn mango and cut to get most of the fruit.

Combine all ingredients. Refrigerate for 1 to 2 hours before serving. Serve with baked or low-fat tortilla chips.

Per 2 Tablespoon serving: 30 calories, 0 grams fat.

From *Cooking Light Magazine*.



## Seafood Chowder

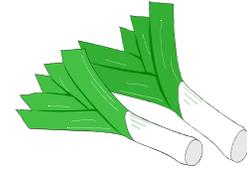
2 Tablespoon light margarine or butter OR ½ cup chicken broth  
1 cup diced celery  
½ cup diced onion  
1-½ pounds frozen fish chunks or fillets (such as salmon or monkfish)  
2 cans low-fat cream of potato soup (e.g., Campbell's Healthy Request Creative Chef Herbed Potato Soup)  
1 soup can water  
1-½ soup cans nonfat evaporated skim milk  
1 Tablespoon minced parsley  
Salt and freshly ground black pepper to taste

Melt margarine or place broth in large pot. Saute celery and onion until tender. Add frozen fish; simmer 5 minutes. Break fish into bite-sized pieces. Add remaining ingredients, and simmer 20 to 30 minutes.

Makes 8 servings. Per serving: 266 calories, 7 grams fat (varies depending on fish).

From: *River Feast, Still Celebrating Cincinnati* by the Junior League of Cincinnati.

Recipes to demonstrate for Session 2 (continued):



## Cream of Broccoli Soup

|  |   |
|--|---|
| ½ cup water  | 1-½ cups chopped leek, white part only<br>(2-3 leeks) |
| 1 chicken bouillon cube  | 2 Tablespoons flour                                   |
| 3 cups broccoli florets and peeled stems<br>(about 1 large head) | ½ teaspoon ground nutmeg                              |
| 24 ounces evaporated skim milk                                   | 1 clove garlic, peeled and minced                     |
| Light vegetable oil cooking spray                                | 3 Tablespoons chopped fresh basil                     |
|  | Freshly ground black pepper to taste                  |

Bring the water to a boil in a medium saucepan over medium heat. Dissolve the bouillon cube in the boiling water. Add the broccoli and cook for 5 to 6 minutes. (Do not overcook. It should be fork tender and bright green.)

Put the evaporated milk in a small saucepan. Warm over low heat, just until bubbles begin to form around the edge. Remove the pan from the heat.

Preheat a large, heavy saucepan over medium heat for about 1 minute. Spray it twice with the vegetable oil. Add the leeks and saute, stirring often, for 7 to 8 minutes, until limp. Stir in the flour and cook for 1 minute. Slowly whisk in the warm evaporated milk. Continue to cook, whisking constantly, until the flour has dissolved and the mixture is smooth.

Reduce the heat to low. Add the nutmeg, the garlic, and the broccoli, along with its cooking liquid. Simmer for 5 minutes more, taking care not to bring the soup to a boil. Remove the pan from the heat and stir in the basil and black pepper.

Makes 4 servings. Per serving: 211 calories, 1.5 grams fat.

From: *In the Kitchen with Rosie: Oprah's Favorite Recipes* by Rosie Daley.

Recipes to prepare ahead and taste test during Session 3:

## Couscous with Corn and Black Beans

|   |                                |
|---|--------------------------------|
| 1-½ cups water  | 3 Tablespoons orange juice     |
| 1 cup uncooked couscous   | 1 teaspoon grated lemon rind   |
| ½ cup chopped fresh parsley                                       | 3 Tablespoons lemon juice      |
| 1 (15-ounce) can black beans, rinsed and drained                  | 1 Tablespoon olive oil         |
| 1 (10-ounce) package frozen whole-kernel corn, thawed and drained | ¼ teaspoon salt                |
|   | ¼ teaspoon ground cumin        |
|   | ⅛ teaspoon ground black pepper |

Bring water to a boil in a medium saucepan, and stir in couscous. Remove from heat; cover and let stand 5 minutes. Fluff with a fork.

Combine prepared couscous, parsley, beans, and corn in a large bowl; toss. In another bowl, combine orange juice, lemon rind, lemon juice, olive oil, salt, cumin, and pepper; stir. Add to couscous mixture; toss well.

Makes 4 (1-¼ cup) servings. Per 1-¼ cup: 302 calories, 4.1 grams fat.

From *Cooking Light Magazine*.



## Green Beans with Bacon-Balsamic Vinaigrette

2 pounds fresh green beans  
2 slices bacon  
¼ cup minced shallots  
3 Tablespoons coarsely chopped almonds  
2 Tablespoons brown sugar  
¼ cup white balsamic vinegar (if unavailable, use brown balsamic vinegar)

Cook green beans in boiling water for 5 to 7 minutes (beans should be tender and bright green). Drain and rinse under cold water. Drain well; set aside.

Cook bacon in a small skillet over medium-high heat until crisp. Remove bacon from skillet. Crumble; set aside. Add shallots to bacon fat in skillet; saute 1 minute. Add almonds. Saute for 1 additional minute. Remove and let cool. Add sugar and vinegar; stir until sugar dissolves. Add crumbled bacon.

Pour vinaigrette over beans, tossing gently to coat.

Makes 8 (¾-cup) servings. Per serving: 75 calories, 2.6 grams fat.

From *Cooking Light Magazine*.

Recipes to be demonstrated during Session 3:



## Broccoli with Wine Sauce

¼ cup water, nonfat chicken broth, or  
vegetable broth  
1 garlic clove, minced  
6 cups broccoli florets

½ cup chopped red bell pepper  
½ cup white wine  
Pinch of black pepper  
1 Tablespoon nonfat Parmesan cheese  
(or regular)

Heat water or broth in a skillet over medium heat. Add garlic. Cook and stir for 30 seconds.

Add broccoli and red pepper. Cook and stir for 1 minute. Add ¼ cup wine and the black pepper. Cook and stir the vegetables for 4 to 6 minutes or until the broccoli is crisp-tender. Add the remaining ¼ cup wine during this process. Sprinkle with Parmesan, if desired, before serving.

Makes 4 servings. Per serving: 59 calories, 0.5 grams fat (2 grams if regular cheese)

From: *500 Fat-Free Recipes: A Complete Guide to Reducing the Fat in Your Diet* by Sarah Schlesinger.

## Oven-fried Sweet Potatoes

4 medium sweet potatoes (about 1 ½  
pounds), peeled and cut into  
¼-inch  
slices  
1 Tablespoon olive oil  
¼ teaspoon salt  
¼ teaspoon pepper

Nonstick cooking spray  
1 Tablespoon finely chopped fresh  
parsley  
1 teaspoon grated orange rind  
1 small garlic clove, minced

Combine the sweet potatoes, oil, salt and pepper in a large bowl; toss gently to coat the potatoes. Arrange potato slices in a single layer on a large baking sheet coated with cooking spray. Bake at 400 degrees for 30 minutes or until tender, turning the potato slices after 15 minutes.

Combine parsley, orange rind, and garlic in a small bowl; stir well. Sprinkle parsley mixture over sweet potato slices.

Makes 7 (½-cup) servings. Per ½ cup: 176 calories, 2.5 grams fat.

From *Cooking Light Magazine*.

Recipes to prepare ahead and taste test during Session 4:

## **Focaccia Pizza with Ground Turkey and Vegetable Toppings**

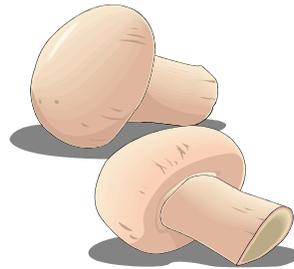
1 loaf (1 lb.) Focaccia bread  
½ cup pizza sauce, no fat added  
½ cup sliced fresh mushrooms  
½ cup diced green bell pepper  
½ cup sliced onion  
1 cup ground turkey breast (no skin)  
4 oz. part-skim Mozzarella cheese, shredded  
Dried oregano

Preheat oven to 375 degrees.

In a nonstick skillet over medium heat, brown the turkey breast. Drain and crumble.

Cut the bread in half, horizontally, producing two round loaves. Place on baking sheet. Top each with pizza sauce, vegetables, and browned turkey. Spread the cheese over all, and sprinkle with oregano to taste. Bake for 20 minutes or until cheese is browned on top.

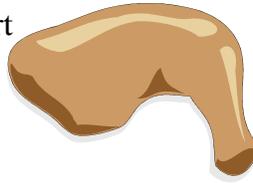
Makes 8 slices. Per slice: 228 calories, 4 grams fat.



Recipes to be demonstrated during Session 4:

## Un-Fried Chicken

Vegetable cooking spray  
6 chicken drumsticks, skin removed  
3 whole chicken breasts, halved and skin removed (or 6 boneless, skinless chicken breasts)  
3-½ cups ice water  
1 cup plain nonfat yogurt



*For the breading:*  
1 cup dried Italian bread crumbs  
1 cup flour  
1 Tablespoon Old Bay Seasoning  
½ teaspoon garlic powder  
½ teaspoon Creole seasoning (see below)  
⅛ teaspoon ground black pepper  
Dash cayenne pepper  
½ teaspoon dried thyme  
½ teaspoon dried basil  
½ teaspoon dried oregano

Make sure that both the chicken and yogurt are very cold. Preheat the oven to 400 degrees.

Coat a baking sheet with 3 sprays of the vegetable spray. Put the chicken in a large bowl with the ice water. Put the yogurt into a medium bowl. Set both bowls aside.

Toss all the breading ingredients into a large, tightly-sealed plastic bag. Seal and shake well to mix. Remove 2 pieces of chicken from the ice water. Roll each piece in the yogurt. Put the chicken into the plastic bag, reseal, and shake to coat thoroughly. Transfer the breaded chicken to the prepared baking sheet. Repeat the process until all 12 pieces are breaded.

Spray the chicken lightly with the vegetable oil. Place the baking sheet on the bottom shelf of the oven and bake for 1 hour, turning the pieces every 20 minutes to allow even browning.

Serve hot or at room temperature.

Makes 12 pieces. Per half chicken breast: 185 calories, 2.2 grams fat.

Per drumstick: 195 calories, 4.2 grams fat.

Recipe from: *In the Kitchen With Rosie, Oprah's Favorite Recipes by Rosie Daley.*

If you are unable to find Creole Seasoning, prepare the following:

### Emeril's Creole Seasoning

|                                  |                                 |
|----------------------------------|---------------------------------|
| 2½ Tablespoons paprika           | 1 Tablespoon onion powder       |
| 2 Tablespoons salt               | 1 Tablespoon cayenne pepper     |
| 2 Tablespoons garlic powder      | 1 Tablespoon dried leaf oregano |
| 1 Tablespoon ground black pepper | 1 Tablespoon dried leaf thyme   |

Combine all ingredients thoroughly and store in an airtight jar or container. Makes about ⅔ cup.

From *Emeril's New Orleans Cooking*, by Emeril Lagasse and Jessie Tirsch.

Recipes to be demonstrated during Session 4 (continued):

## Pork and Sweet Potato Stew

- |  |                                       |
|--|---------------------------------------|
| 1 pound lean, boneless pork loin,<br>trimmed and cut into ½-inch cubes | ¾ cup water                           |
| 2 Tablespoons Dijon mustard  | ¾ cup unsweetened apple juice         |
| 3 Tablespoons flour  | ¼ teaspoon salt                       |
| Vegetable cooking spray  | ⅛ teaspoon ground black pepper        |
| 1 teaspoon vegetable oil   | 1 cup frozen, cut green beans, thawed |
| 2 cups peeled, cubed sweet potato<br>(about 1 pound)                   | ¼ cup sliced green onions             |

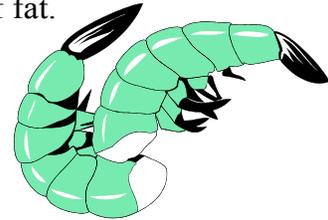
Combine pork and mustard in a bowl; stir well to coat. Dredge pork in flour.

Lightly coat a Dutch oven with cooking spray. Add oil and place over medium heat until hot. Add pork and cook 7 minutes, browning well on all sides.

Add sweet potato, water, apple juice, salt, and pepper; bring to boil. Cover, reduce heat, and simmer 15 minutes or until potato is tender. Stir in beans and onions; cook 5 minutes or until beans are tender.

Makes 4 servings. Per serving: 301 calories, 9 grams of fat.

From *Health Magazine*.



## Shrimp Scampi

- |  |  |
|--|--|
| 2 pounds large (48 count) unpeeled<br>shrimp | ¼ cup fresh lemon juice  |
| 3 Tbsp margarine                             | ½ teaspoon salt  |
| 1 cup chopped red bell pepper                | ¼ teaspoon ground black pepper                                 |
| 8 garlic cloves, peeled and crushed          | Paprika  |
| ½ cup dry white wine                         | 6 cups hot cooked angel hair pasta<br>(about ¾ pound uncooked) |
| ¼ cup minced fresh parsley                   |  |

Peel shrimp, leaving tails intact. Starting at tail end, butterfly underside of each shrimp, cutting to, but not through, back of shrimp.

Arrange 8 shrimp, cut sides up, in each of 6 gratin dishes and set aside. Or place all shrimp in one large baking dish.

Melt margarine in a small skillet over medium heat. Add bell pepper and garlic; sauté 2 minutes. Remove from heat, stir in wine, parsley, lemon juice, salt, and pepper.

Spoon wine mixture evenly over each serving. Sprinkle paprika over shrimp, and broil 6 minutes or until shrimp is done. Serve with angel hair pasta.

Makes 6 servings. Per serving (8 shrimp and 1 cup pasta): 383 calories, 8.7 grams fat.

From *Cooking Light Magazine*, March 1996.

Recipes to prepare ahead and taste test during Session 5:

## Broccoli Potato Casserole (Potato Lasagna)

1 (10-ounce) package frozen chopped broccoli, thawed  
1 (15-ounce) carton nonfat ricotta cheese  
1 cup shredded carrot  
½ cup minced green onion  
1 teaspoon dried whole marjoram  
½ teaspoon ground black pepper  
Vegetable cooking spray  
5 large red potatoes, peeled and thinly sliced (about 2¼ lbs)  
1½ cups (6 ounces) shredded part-skim mozzarella cheese  
½ cup freshly grated Parmesan cheese

Press broccoli between paper towels until barely moist. Combine broccoli, ricotta cheese, and next four ingredients in a medium bowl; stir well. Set aside.

Coat an 11 x 7 x 2-inch baking dish with cooking spray. Place one-third of potato slices in bottom of dish. Spread with half of broccoli mixture; sprinkle with half of mozzarella cheese. Repeat layers. Top with remaining potato slices and sprinkle with Parmesan cheese.

Cover and bake at 375 degrees for 30 minutes; uncover and bake an additional 55 minutes or until potato is tender and top is golden brown.

Let stand 10 minutes before serving.

Makes 8 servings. Per serving: 194 calories, 5.6 grams fat.



Recipes to be demonstrated during Session 5:

## Chick Pea Stew

|                                 |   |
|---------------------------------|---|
| 1 large onion, diced            | 1 large butternut squash, peeled and cubed                      |
| 1 Tablespoon olive oil          | 3 small turnips, sliced into ½” wedges                          |
| 1 teaspoon ground ginger        | 1-½ cups or 2 (15-oz) cans cooked chickpeas, drained and rinsed |
| ½ teaspoon tumeric              | ⅓ cup raisins   |
| ½ teaspoon ground cinnamon      | ¼ cup minced fresh cilantro                                     |
| ½ teaspoon ground black pepper  | 1 jalapeno pepper, seeded and minced                            |
| ½ teaspoon salt                 |   |
| 2 cups vegetable broth or water |   |

In a 4-quart pot, sauté the onions in the oil until tender, about 5 minutes. Add the ginger, tumeric, cinnamon, pepper, and salt. Cook for 1 minute.

Add the stock, squash, turnips, drained chick-peas, raisins, cilantro, and peppers. Bring to a boil, lower the heat, cover, and simmer for 35 minutes, or until the vegetables are tender.

Makes 4 servings. Per serving: 285 calories, 2 grams fat.

Recipe adapted from **The Healing Foods Cookbook** and CSPI.



## Broccoli Stir-Fry with Tofu

|                                 |   |
|---------------------------------|---|
| 1 teaspoon sesame oil           | 3 Tablespoons low-sodium soy sauce              |
| ½ cup broccoli florets          | 2 Tablespoons cider vinegar                     |
| ½ cup diagonally-sliced carrots | 2 Tablespoons light brown sugar                 |
| 3 cloves garlic, finely minced  | 4 teaspoons cornstarch                          |
| ½ teaspoon ground ginger        | 1 pound extra firm tofu, cut into 1-inch pieces |
| ¾ cup unsweetened apple juice   | 2 cups cooked, hot rice                         |
| ½ cup water                     |   |

Heat oil in a medium-size skillet over medium heat. Add broccoli, carrots, garlic, and ginger. Cook, stirring until garlic is browned.

In a cup or small bowl, stir together the apple juice, water, soy sauce, vinegar, brown sugar, and cornstarch. Pour into skillet and heat to boiling, stirring constantly. Add tofu to sauce mixture and cook 1 minute longer, or until heated through. Serve immediately over rice.

Makes 4 servings. Per serving: 288 calories, 7 grams fat.

From *Simple, Low-fat and Vegetarian* by Suzanne Havala, MS, RD.

Recipes to prepare ahead and taste test during Session 6:

## Tiramisu (Modified)



$\frac{2}{3}$  cup sifted powdered sugar  
1 (8-ounce) tub reduced-fat cream cheese  
1- $\frac{1}{2}$  cup frozen reduced-calorie whipped  
topping, thawed and divided  
 $\frac{1}{2}$  cup sugar  
 $\frac{1}{4}$  cup water

3 egg whites  
 $\frac{1}{2}$  cup hot water  
1 Tablespoon sugar  
1 Tablespoon instant espresso coffee  
granules  
2 Tablespoons Kahlua or other coffee-  
flavored liqueur  
20 ladyfingers  
 $\frac{1}{2}$  teaspoon unsweetened cocoa powder

Combine powdered sugar and cream cheese in a bowl, and beat with a mixer at high speed until well-blended. Gently fold in 1 cup whipped topping. Set aside.

In the top of a double boiler, combine  $\frac{1}{2}$  cup sugar,  $\frac{1}{4}$  water, and 3 egg whites. Place over simmering water. Beat with a mixer at high speed until stiff peaks form. Gently stir one-fourth of this egg white mixture into the cream cheese mixture. Gently fold in the remaining egg white mixture; set aside.

In a small bowl, combine  $\frac{1}{2}$  cup hot water, 1 Tablespoon sugar, and espresso granules. Stir well. Set aside.

Split the ladyfingers in half lengthwise. Arrange half of the ladyfinger halves, cut sides up, in the bottom of an 8-inch square baking dish.

Drizzle half of the espresso mixture over the lady fingers, then spread evenly with half of the cream cheese mixture. Arrange remaining ladyfinger halves on top, and drizzle with remaining espresso mixture. Spread with remaining cream cheese mixture, then the remaining  $\frac{1}{2}$  cup whipped topping. Sprinkle with cocoa powder.

Place one toothpick in each corner and in center of Tiramisu to prevent plastic wrap from sticking to whipped topping; cover with plastic wrap. Chill 2 hours.

Makes 8 servings. Per 1 (4 x 2-inch) piece: 226 calories, 7 grams fat.

## Another Modified Tiramisu Recipe

1 recipe Sky-High Angel Food Cake  
1 cup cold espresso coffee  
 $\frac{3}{4}$  cup Amaretto liqueur  
 $1\frac{1}{3}$  cup nonfat ricotta cheese  
1 cup mascarpone

3 Tablespoons skim milk  
 $\frac{1}{4}$  cup plus 1 Tablespoon confectioners' sugar  
 $1\frac{1}{2}$  cup sliced almonds, toasted  
1 ounce shaved bittersweet chocolate

Cut the angel food cake into three equal layers.

In a small bowl, combine the coffee and  $\frac{1}{2}$  cup of the Amaretto. Spoon one-third of the mixture evenly over each layer of cake.

In a medium bowl, whisk together  $\frac{1}{4}$  cup Amaretto, 1 cup ricotta,  $\frac{1}{2}$  cup mascarpone, skim milk, and  $\frac{1}{4}$  cup sugar.

Place one of the layers on a plate and spread half of the mascarpone mixture on top. Add the second layer and repeat. Place the remaining layer on top.

In a medium mixing bowl, whisk together the remaining ricotta, mascarpone, Amaretto, and sugar until well blended.

Cover the entire cake with the second mascarpone mixture. Press the almonds onto the sides of the cake. Grate the chocolate onto the top of the cake. Cover loosely with plastic wrap. Refrigerate at least 24 hours before serving.

Makes 24 servings. Per serving: 201 calories, 7 grams of fat.

From **Great Good Food** by Julee Rosso.



## Tiramisu Recipe (Not modified)

1 (4.4-ounce) package dry ladyfingers or  
Champagne biscuits  
½ cup brewed espresso coffee, cooled  
2 Tablespoons brandy  
6 eggs, separated  
6 Tablespoons sugar

1½ pounds cream cheese mixed with  
½ cup heavy cream and  
¼ cup sour cream  
4 Tablespoons unsweetened cocoa

Spread ladyfingers on a large baking sheet. In a small bowl, combine coffee and brandy. Sprinkle ladyfingers with mixture and set aside.

In a medium bowl, beat egg yolks and sugar with an electric mixer until thick and lemon colored, 4 to 5 minutes. Add cream cheese mixture and blend on low speed until combined.

In a large bowl, beat egg whites with electric mixer until soft peaks form, 2 to 3 minutes. Using a rubber spatula, fold egg whites into cream cheese mixture.

Line the bottom of an 8-cup soufflé dish with half the ladyfingers. Spread half the cream cheese mixture on the ladyfingers and sift 2 Tablespoons of cocoa over the surface. Repeat layers, ending with cocoa. Cover with plastic wrap and refrigerate at least 2 hours.

To serve, spoon out into a serving plate.

Makes 10 servings. Per serving: 399 calories, 32 grams of fat.

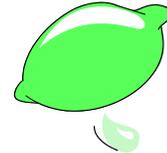
From **365 Easy Italian Recipes** by Rick Marzullo O'Connell.



Recipes to prepare ahead and taste test during Session 6 (continued):

## Key Lime Pie

|  |                                   |
|--|-----------------------------------|
| Graham cracker crust (see recipe below)            | 3 egg whites, at room temperature |
| 1 teaspoon unflavored gelatin                      | ¼ teaspoon cream of tartar        |
| 2 Tablespoons cold water                           | ⅛ teaspoon salt                   |
| ½ cup fresh lime juice                             | ⅓ cup sugar                       |
| 2 egg yolks  | Lime slices (optional)            |
| 1 (14-ounce) can fat-free sweetened condensed milk |                                   |



Preheat oven to 325 degrees.

Sprinkle gelatin over cold water in a small bowl. Set aside.

Combine lime juice and egg yolks in a small heavy saucepan. Cook over medium-low heat for 10 minutes or until slightly thick and very hot (180 degrees), stirring constantly (do not boil). Add softened gelatin to lime juice mixture. Cook 1 minute, stirring until the gelatin dissolves.

Place the saucepan containing the gelatin mixture in a large ice-filled bowl. Stir gelatin mixture for 3 minutes or until it reaches room temperature (do not allow gelatin mixture to set). Strain gelatin mixture into a medium bowl; discard any solids. Gradually add milk, stirring with a whisk until blended (mixture will be very thick). Spoon mixture into the graham cracker crust; spread evenly.

Beat egg whites, cream of tartar, and salt with a mixer at high speed until foamy. Gradually add sugar, 1 Tablespoon at a time, beating until stiff peaks form. Spread evenly over filling, sealing to edge of crust.

Bake at 325 degrees for 25 minutes. Let cool 1 hour on a wire rack. Chill 3 hours or until set. To serve, cut with a sharp knife dipped in hot water. Garnish with lime slices, if desired.

Makes 8 servings. Per serving: 290 calories, 4.4 grams fat.

## Graham Cracker Crust

|                                      |                               |
|--------------------------------------|-------------------------------|
| 2 Tablespoons sugar                  | 1-¼ cup graham cracker crumbs |
| 1 Tablespoon chilled stick margarine | 1 teaspoon ground cinnamon    |
| 1 egg white                          | Vegetable cooking spray       |

Preheat oven 325 degrees.

In a medium bowl, combine sugar, margarine, and egg white. Beat with a mixer at medium speed until blended. Add crumbs and cinnamon; toss with a fork until moistened.

Press crumb mixture into a 9-inch pie plate coated with cooking spray.

Bake at 325 degrees for 20 minutes or until lightly browned. Let cool on a wire rack.

Makes 1 (9-inch) crust.

Recipes to prepare ahead and taste test during Session 6 (continued):

## Crunchy Coffee Frozen Torte

¼ cup hot water  
2 Tablespoons instant coffee crystals  
2 pints vanilla frozen yogurt  
8 chocolate sandwich cookies, coarsely chopped  
Nonfat whipped topping (optional)  
Maraschino cherries (optional)

In a 1 cup measuring cup, combine water and coffee crystals. Set aside.

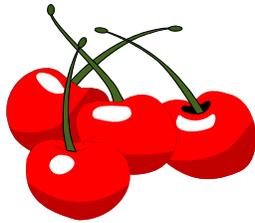
Place frozen yogurt in a medium mixing bowl. Let soften until yogurt can be stirred smooth.

Add coffee and chopped cookies. Mix well.

Spoon mixture evenly into an 8-inch spring form pan. Freeze 4 hours, or until firm.

Cut torte into wedges. Garnish with nonfat whipped topping and maraschino cherries, if desired.

Makes 10 servings. Per serving (without topping or cherries): 127 calories, 3 grams fat.



Recipes to demonstrate during Session 6:

## Fruit Cup with Mango Sauce

1 large ripe chilled mango, peeled, seeded,  
and cut into chunks  
3 Tablespoons lime juice  
¼ teaspoon grated lime peel

1 large banana, peeled and sliced  
1 large navel orange, peeled, sliced,  
and sectioned  
2 cups fresh or juice-packed canned  
pineapple chunks

Place mango chunks, lime juice, and lime peel in a blender or food processor and puree.  
In a large bowl, toss banana, orange sections, and pineapple chunks.  
Divide fruit salad into 4 bowls. Top each with an equal amount of the mango puree.

Makes 4 servings. Per serving: 118 calories, 0.4 grams fat.

Recipe from *500 Fat-Free Recipes: A Complete Guide to Reducing the Fat in Your Diet*  
by Sarah Schlesinger.

## Winter Crisp

### *Filling:*

½ cup sugar  
3 Tablespoons white flour  
1 teaspoon grated lemon peel  
5 cups unpeeled, sliced apples  
1 cup cranberries

### *Topping:*

⅔ cup rolled oats  
⅓ cup packed brown sugar  
¼ cup whole wheat flour  
2 teaspoons ground cinnamon  
3 Tablespoons soft margarine, melted

Prepare filling: In a medium bowl, combine sugar, 3 Tablespoons white flour, and lemon peel. Mix well. Add apples and cranberries. Stir to mix. Spoon into a 6-cup baking dish.

Prepare topping: In a small bowl combine oats, brown sugar, ¼ cup whole wheat flour, and cinnamon. Add melted margarine; stir to mix.

Sprinkle topping over filling.

Bake in a 375 degree oven for 40-50 minutes or until filling is bubbly and top is brown.  
Serve warm or at room temperature.

Makes 6 servings. Per serving: 284 calories, 6 grams fat.

Recipe from *Down Home Healthy* by Leah Chase and Johnny Rivers.



### *Variation*

#### **Summer Crisp:**

Prepare as directed above, substituting 4 cups fresh or unsweetened frozen (thawed) peaches and 2 cups fresh or unsweetened frozen (thawed) blueberries for the apples and cranberries. If using frozen fruit, thaw completely but do not drain.

Additional low-fat dessert recipes:

## Cooking Light's Ultimate Chocolate Layer Cake

|   |                                       |
|---|---------------------------------------|
| Vegetable cooking spray                     | $\frac{3}{4}$ teaspoon baking soda    |
| 2 cups sugar                                | $\frac{1}{4}$ teaspoon salt           |
| 10 Tablespoons light margarine,<br>softened | $\frac{3}{4}$ cup low-fat sour cream  |
| $\frac{3}{4}$ cup egg substitute            | $\frac{3}{4}$ cup boiling water       |
| 2 cups flour                                | 1 teaspoon vanilla extract            |
| $\frac{1}{2}$ cup unsweetened cocoa powder  | Chocolate Frosting (see recipe below) |

Preheat oven to 350 degrees.

Coat the bottoms of 2 (8-inch) round cake pans with cooking spray (do not coat sides of pan); line bottoms of pans with wax paper. Coat wax paper with cooking spray; set aside.

In a medium bowl, beat sugar and margarine with a mixer at medium speed until well-blended. Gradually add egg substitute; beat well.

In another medium bowl, combine flour, cocoa, baking soda, and salt. With mixer running at low speed, add the flour mixture to the sugar mixture alternately with the sour cream, beginning and ending with the flour mixture. Gently stir in boiling water and vanilla.

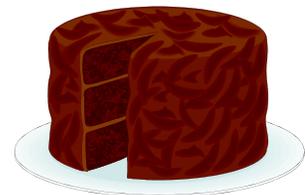
Pour batter into prepared pans. Bake at 350 degrees for 35 minutes or until cake springs back when touched in center.

Loosen layers from sides of pans using a narrow metal spatula; turn out onto wire racks. Peel off wax paper; let cool.

Place 1 cake layer on a plate; spread with  $\frac{1}{2}$  cup Chocolate Frosting. Top with other cake layer. Spread remaining frosting over cake.

Makes 18 servings. Per serving (includes frosting below): 315 calories, 7.8 grams fat.

Note: Although this dessert is high in calories and fat, it's a better option as a rare indulgence than a piece of regular chocolate cake with frosting (551 calories and 27 grams of fat!).



### Chocolate Frosting

|  |                                     |
|--|-------------------------------------|
| 4 ounces light cream cheese, softened              | 3 cups sifted powdered sugar        |
| 3 Tablespoons skim milk                            | $\frac{1}{4}$ cup unsweetened cocoa |
| 3 (1-ounce) squares semisweet chocolate,<br>melted | 1 teaspoon vanilla extract          |

In a medium bowl, beat cheese and milk with a mixer at high speed until creamy. Add melted chocolate, and beat until well-blended.

Combine sugar and cocoa; gradually add sugar mixture to cheese mixture, beating at low speed until well-blended. Add vanilla. Beat well for 1 minute until very creamy.

Makes 1  $\frac{3}{4}$  cups.

Recipe from *Cooking Light Magazine*.

Additional low-fat dessert recipes:

## Fudgy Cream Cheese Brownies

|   |  |
|---|--|
| $\frac{3}{4}$ cup sugar                                 | $\frac{1}{4}$ cup unsweetened cocoa      |
| 6 Tablespoons reduced-calorie stick margarine, softened | 1 Tablespoon vanilla                     |
| 1 large egg   | Cooking spray                            |
| 1 large egg white                                       | 8 ounces fat-free cream cheese, softened |
| $\frac{1}{2}$ cup flour                                 | $\frac{1}{4}$ cup sugar                  |
|   | 1 large egg white                        |

Preheat oven to 350 degrees.

In a medium bowl, cream  $\frac{3}{4}$  cup sugar and margarine with a mixer at medium speed until light and fluffy. Add egg and 1 egg white; beat well. Add flour and cocoa to creamed mixture; beat well. Add vanilla; beat well.

Pour into a 9-inch square baking pan coated with cooking spray. Set aside.

In another medium bowl, beat cream cheese and  $\frac{1}{4}$  cup sugar with a mixer at high speed until smooth. Add 1 egg white; beat well.

Pour cream cheese mixture over chocolate mixture; swirl together using the tip of a knife to marble.

Bake at 350 degrees for 30 minutes or until done. Cool completely on a wire rack.

Makes 16 brownies. Per brownie: 113 calories, 3.3 grams fat.

## Good-for-You Chocolate Chip Cookies

|   |   |
|---|---|
| 1- $\frac{1}{4}$ cups white flour                           | $\frac{2}{3}$ cup firmly packed brown sugar             |
| 1- $\frac{1}{4}$ cups whole-wheat flour                     | $\frac{1}{4}$ cup applesauce                            |
| 1 teaspoon baking soda                                      | 1 teaspoon vanilla                                      |
| $\frac{1}{2}$ teaspoon salt                                 | 1 large egg   |
| $\frac{3}{4}$ cup reduced-calorie stick margarine, softened | 1 large egg white                                       |
| $\frac{2}{3}$ cup sugar                                     | $\frac{1}{2}$ cup reduced-fat semisweet chocolate chips |
|   | Cooking spray   |



Preheat oven to 350 degrees.

In a medium bowl, combine white and whole-wheat flour, baking soda, and salt; stir well. Set aside.

In a large bowl, combine margarine, sugar, and brown sugar. Beat with a mixer at medium speed until light and fluffy. Add applesauce, vanilla, egg, and egg white; beat well.

Add dry ingredients; beat at low speed until well-blended. Stir in chips.

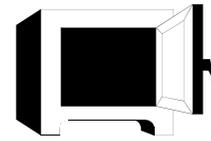
Makes 5 dozen. Per cookie: 52 calories, 2 grams fat.

Recipe from *Cooking Light Magazine*.

Additional low-fat dessert recipes:

## Easy Chocolate-Caramel Brownies

2 Tablespoons skim milk  
27 small soft caramel candies  
½ cup fat-free sweetened condensed milk  
1 (18.25-oz) package devil's food cake mix with pudding (Pillsbury)  
7 Tablespoons reduced-calorie stick margarine, melted  
1 large egg white, lightly beaten  
Cooking spray  
1 teaspoon flour  
½ cup reduced-fat chocolate baking chips



Preheat oven to 350 degrees.

Combine skim milk and candies in a microwave-safe bowl.

Microwave at high 1½-2 minutes or until caramels melt and mixture is smooth, stirring with a whisk after every minute. Set aside.

Combine sweetened condensed milk, cake mix, margarine, and egg white in a bowl; stir well (batter will be very stiff).

Coat bottom only of a 13 x 9-inch baking pan with cooking spray; dust lightly with flour. Press two-thirds of the batter into the prepared pan using floured hands; pat evenly (layer will be thin).

Bake at 350 degrees for 10 minutes. Remove from oven; sprinkle with chocolate chips.

Drizzle caramel mixture over chips. Carefully drop remaining batter by spoonfuls over caramel mixture.

Bake at 350 degrees for 30 minutes. Let cool completely in pan on a wire rack.

Makes 3 dozen brownies. Per brownie: 122 calories, 4 grams of fat.

Recipe from *Cooking Light Magazine*.

# Rate the Recipe

Circle the number that best shows your rating. (1 = very poor, 5 = excellent)

Food Item: \_\_\_\_\_

1. **Appearance**                      1      2      3      4      5

Comments: \_\_\_\_\_

2. **Smell**                              1      2      3      4      5

Comments: \_\_\_\_\_

3. **Taste**                                1      2      3      4      5

Comments: \_\_\_\_\_

4. **Texture**                            1      2      3      4      5

Comments: \_\_\_\_\_

5. **Mix of Flavors**                  1      2      3      4      5

Comments: \_\_\_\_\_

**Overall Rating**                      1      2      3      4      5

Comments: \_\_\_\_\_

# Low-Fat Cooking Class Evaluation

Please circle the number that best matches your answer to each of the following questions.

1 = Strongly Agree      5 = Strongly Disagree

|  |   |   |   |   |   |
|--|---|---|---|---|---|
| Have these classes helped you in your daily life?  | 1 | 2 | 3 | 4 | 5 |
| Did the classes have enough information?           | 1 | 2 | 3 | 4 | 5 |
| Were the recipes varied enough?                    | 1 | 2 | 3 | 4 | 5 |
| Were the recipes too hard to prepare?              | 1 | 2 | 3 | 4 | 5 |
| Will the classes help you cook at home more often? | 1 | 2 | 3 | 4 | 5 |

Using the different scale below, please answer the following questions.

1 = Very Helpful      5 = Not at All Helpful

|                                 |   |   |   |   |   |
|---------------------------------|---|---|---|---|---|
| How helpful were the following: |   |   |   |   |   |
| Cooking demonstrations          | 1 | 2 | 3 | 4 | 5 |
| Taste-testing of recipes        | 1 | 2 | 3 | 4 | 5 |
| Displays of brand-name products | 1 | 2 | 3 | 4 | 5 |

Do you have other comments or suggestions? Would you recommend any changes for future cooking classes?

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## **Low Fat Cooking Class Idea from Pittsburgh**

Note: Instructions for conducting this four-session class were provided in detail at the September 1998 Lifestyle Training in Pittsburgh. If you have questions, please contact the Lifestyle Resource Core or view the videotape from the training.

For the first two sessions, many of the handouts and much of the content can be found in the Considering Vegetarian Food Options class in the Manual for Contacts After Core.

### **Session 1**

Supplies: plates, napkins, small cups for lentils, plastic spoons, basket for pita ingredients for lentils ole, small pita bread cut into wedges, buns, ketchup, mustard for meatless burgers

Prepared ahead: Lentils Ole

- I. Welcome and overview of 4 sessions
- II. Reasons for Vegetarianism (see Considering Vegetarian Food Options class)
- III. Types of Vegetarians
- IV. Food Pyramid (see Considering Vegetarian Food Options class)
- V. Meal Planning Principles
  - A. Importance of 5+ fruits/vegetables
    1. Antioxidants
    2. Phytochemicals
    3. Fiber
  - B. Supplements
  - C. Protein
    1. Definition
    2. Importance
    3. Sources
    4. Low fat protein
  - D. Cookbooks (see Considering Vegetarian Food Options class)
- VI. Meatless Meal Suggestions
- VII. Taste test
  - A. Lentils ole in pita
  - B. Boca Burger and Garden burger on bun

## Session 2

Supplies: ingredients for Sweet and Sour Tofu, plates, napkins, plastic forks, cutting boards, sharp knives, measuring cups and spoons, casserole dish with lid, serving spoon, microwave, soy cheese (Veggie slices: cheddar flavor and pepper jack flavor), low fat crackers, low fat soy milk, cups, soy nuts, serving spoon for salad.

Prepared ahead: low-fat vegetarian main dish made with meat analog

--use one of the recipes on the Soyfoods handout or prepare another recipe that contains ground beef, such as Easy Taco Casserole, using crumbled meat analog as a substitute

- I. Review of Session 1
- II. Prepare Sweet and Sour Tofu as a class
  - A. Each person gets a cutting board, knife, and ingredient to chop
  - B. Pass casserole for each person to add his/her ingredient
- III. Soy Information (see Considering Vegetarian Food Options class)
  - A. Tofu Facts
    1. Taste sweet and sour tofu
  - B. Meat Analogs
    1. Taste low-fat vegetarian main dish made with meat analog
  - C. Soymilk Facts
    1. Taste soymilk
  - D. Soy products
    1. Taste soy nuts
    2. Taste soy cheese on crackers
- IV. Bean Information (see Considering Vegetarian Food Options class)
- V. Grain Information (see Considering Vegetarian Food Options class)
- VI. Vegetarians in Pittsburgh
  - A. Grocery stores
  - B. Restaurants
- VII. Low fat meatless products
- VIII. Meatless meals in minutes (see Considering Vegetarian Food Options class)

### Session 3

Supplies: plates, napkins, products for tasting, knives, serving plates/baskets

Prepared ahead: Lighter Bake oatmeal raisin cookies

- I. Video: Lose Weight Today
  - A. Give brief overview of video
  - B. Show segment #2 (fast forward to Art Ulene and Bryant Gumble in the studio to start; end at assignment)
  - C. Show segment #5 (stop at labeling)
  - D. Discussion
  
- II. 3 ways to reduce fat
  - A. Eat high fat foods less often
  - B. Eat less fat
    1. Handout: Target on Fat: Meats
    2. Handout: Target on Fat: Cheese
  - C. Substitute low fat choices
    1. Recipe modification information and handouts
    2. Taste oatmeal raisin cookies made with Lighter Bake
  
- III. Types of fat to use
  - A. Handout: Types of Fat
  
- IV. Taste test and evaluate fat modified products
  - A. Spreads (Brummel and Brown, I Can't Believe It's not Butter spray, Promise Light) on bread
    1. Information on trans fatty acids
    2. Information on ingredient listing
  - B. Sausage (Healthy Choice, Butterball Turkey Sausage, Lite)
  - C. Cheese (2% Kraft, Borden low fat, fat free)
  - D. Snacks (Snackwell Cracked Pepper crackers, Reduced Fat Ruffles, WOW Ruffles)
    1. Olestra information
  - E. Cookies (oatmeal raisin Snackwell and Barbara's fat free)
  
- V. Discussion of favorite fat modified products used at home

## Session 4

Supplies: index cards to label foods, diet pop and cups, plates, forks, napkins, serving utensils, ingredients for demo

Prepared ahead: Crab Cakes and Tarragon Sauce

- I. Set up buffet of appetizers and beverages the participants brought
- II. Demonstration of Easy Taco Casserole
  - A. Rinsing ground beef
  - B. Information about cooking sprays
  - C. Importance of reading labels for fat content of ground turkey
- III. Set up buffet of main dishes (including Easy Taco Casserole and Crab Cakes)
- IV. Question/Answer while eating
- V. Set up buffet of desserts

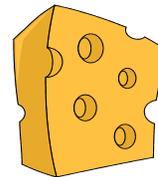
# Low Fat Meatless Products

## Milk and Dairy Products

- C Low fat or skim milk
- C Low fat buttermilk
- C Evaporated skim milk
- C Acidophilus milk - 1%
- C Lactose reduced milk (Lactaid, DairyEase)
- C Low fat or fat-free yogurt
- C Soy milk (reduced fat and fat free)

## Cheeses

- C Reduced fat or fat free American, Cheddar, cottage cheese, mozzarella, Parmesan, ricotta, Swiss
- C Veggie Slices (soy based)



## Eggs and Egg Substitutes

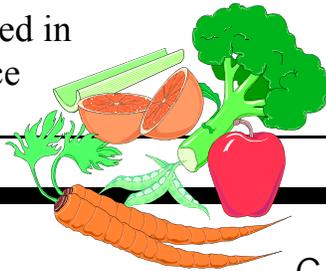
- C Egg substitutes (fat free are available)

## Fats

- C Reduced fat or fat free products, (e.g., butter, margarine, spray or squeeze, spreads, cream cheese, sour cream, coffee creamers, whipped cream, Cool Whip, salad dressings, mayonnaise, Miracle Whip)

## Fruits

- C All fresh fruits
- C Fresh, frozen, or canned in unsweetened fruit juice
- C "Lite" fruit or fruits canned in own juice

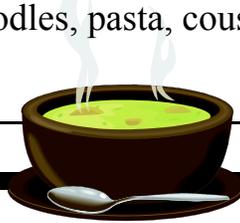


## Vegetables

- C All fresh vegetables
- C Frozen or canned (no added sauce)
- C Meatless spaghetti sauce (read label for fat content)

## Grains and Starches

- C *Read label for fat content:* breads, rolls, bagels, buns, pita, crackers, rice cakes, Melba toast, popcorn, tortillas (flour or corn), pretzels, waffles, pancakes, French toast, cereals, rice, noodles, pasta, couscous, cornbread, muffins, biscuits

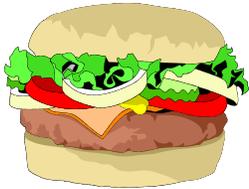


## Soups

- C *Canned soups* (e.g., black bean, mushroom, tomato, tomato/rice, pasta and vegetable, vegetable, cream of mushroom, celery, broccoli, cheddar, cheddar cheese, green pea, lentil, potato)
- C *Dried soups in a package* (e.g., Lipton, Knorr, etc; vegetable, tomato, broccoli)
- C *Dried soups in a cup* (e.g., split pea, black bean, lentil, couscous, minestrone)

## Soy Products

- C *In the produce section:* Tofu, Veggie dogs, Veggie burgers
- C *On the store shelf:* Imitation bacon bits (e.g., Bacos)
- C *In the freezer section:* Boca Burgers; Green Giant Harvest Burgers (Original and Italian Style); Garden burgers (original, with cheese, vegetable medley, zesty bean); Garden sausage; Morning Star breakfast patties and links, breakfast strips, scrambler patties



## Legumes

- C Canned and/or dried: lentils, black beans, pinto beans, kidney beans, garbanzo beans, split peas, navy beans, great northern
- C Vegetarian baked beans (canned)
- C Refried beans (canned, available fat free)
- C Vegetarian chili (canned)

## Frozen Meatless Entrees

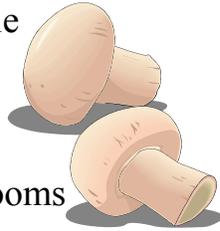
Select low calorie frozen entrees that contain *less than (or equal to) 300 calories and 10 g of fat*. Examples include:

### Healthy Choice

- C Penne Pasta with Roasted Tomato Sauce
- C Fettucini Alfredo
- C Manicotti with 3 Cheeses

### Lean Cuisine

- C Cheese Ravioli
- C Cheese French Bread Pizza
- C Macaroni and Cheese
- C Roast Potato with Broccoli and Cheddar Cheese
- C Cheese Lasagna Casserole
- C Penne Pasta with Tomato Basil Sauce
- C Alfredo Pasta Primavera
- C Angel Hair Pasta
- C Fettucini Alfredo
- C Fettucini Primavera
- C Cheese Cannelloni



### Michelina's Lean 'N Tasty

- C Penne Pasta with Mushrooms
- C Macaroni and Cheese
- C Spicy Tomato Sauce with Spirals
- C Fettucini with Creamy Pesto

### Weight Watcher's Smart Ones

- C Broccoli and Cheese Baked Potato
- C Macaroni and Cheese
- C Pasta and Spinach Romano
- C Fettucini Alfredo with Broccoli
- C Lasagna Florentine
- C Ziti Mozzarella
- C Lasagna Alfredo
- C Ravioli Florentine
- C Spicy Penne Pasta and Ricotta
- C Angel Hair Pasta
- C Santa Fe Style Rice and Beans
- C Spaghetti Marinara

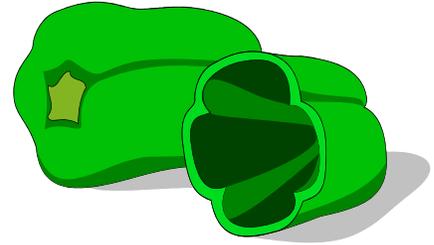
**Other Frozen Products** Read label for fat content. Select products that contain *less than (or equal to) 300 calories and 10 g of fat*.

- C Cheese ravioli (also available canned)
- C Cheese and broccoli stuffed shells
- C Cheese pizza
- C Pierogi: sauerkraut, potato and onion, potato and cheese
- C Bean and cheese burrito
- C Cheese manicotti
- C Cheese tortellini

# Sweet and Sour Tofu

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- 1 medium green pepper, cut in ½-inch pieces
- 1 (8-ounce) can pineapple chunks, packed in juice
- ¼ cup teriyaki sauce
- ½ cup sliced green onions
- 3 Tablespoons cider vinegar
- 2 Tablespoons brown sugar
- 1 Tablespoon catsup
- 2 Tablespoons cornstarch
- 1 pound firm tofu, cubed (you can substitute lean pork or skinless, boneless chicken, cubed)



Mix all ingredients except tofu in a 2-quart microwave safe bowl. Cover with lid or vented plastic wrap. Microwave on *high* for 5 to 6 minutes, stirring once, until pepper is crisp-tender and sauce begins to thicken.

Stir in tofu. Cover and microwave on *medium* for 12-15 minutes, stirring twice. Let stand 5 minutes. Serve over cooked rice.

Makes 4 servings. Per serving: *202 calories, 5 grams fat.*

# My Thai Salad

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## Dressing

- 3 Tablespoons each fresh lime juice and seasoned rice vinegar
- 2 Tablespoons reduced-sodium (lite) soy sauce
- 2 teaspoons sugar

- 4 cups thinly sliced Chinese cabbage (napa)
- 1 cup each shredded carrots and thinly sliced English (seedless) cucumber
- ½ cup each packed fresh cilantro and mint leaves
- 1 Tablespoon each minced garlic and fresh ginger
- 2⅔ cups Harvest Burgers® for Recipes
- ¼ teaspoon crushed red pepper
- 1 cup chopped tomato
- 6 red-leaf lettuce leaves

Mix all dressing ingredients in a large bowl. Top with cabbage, carrots, cucumber, cilantro and mint (don't toss or mix). Cover and refrigerate.

Coat a large nonstick skillet with nonstick cooking spray. Heat over *medium* heat, add garlic and ginger, and cook 1½ minutes until fragrant and just starting to color. Add burgers, crushed red pepper and ½ cup water. Reduce heat to *low*, cover and cook about 2 minutes until heated through. Gently stir in tomato.

Arrange lettuce on a serving platter. Toss cabbage mixture with dressing in bottom of bowl. Arrange on platter with burger mixture.

Makes 4 servings. Per serving: 170 *calories*, 1 *gram fat*.

# Rinsing Ground Beef

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A simple way to reduce the fat content of cooked ground beef that will be used in a sauce (e.g., spaghetti sauce, chili, taco, lasagna) is to rinse the beef. Pan fry the beef and then drain off the fat by placing the cooked ground beef in a strainer or colander. Rinse the beef in hot running water for a few seconds and drain well.

This table shows the reduction of fat if ground beef is rinsed in hot water.

| Ground Beef                           | Total weight of Ground Beef | Final Weight of Fat in Ground Beef | %Fat by Weight in Beef |
|---------------------------------------|-----------------------------|------------------------------------|------------------------|
| Raw                                   | 450 g                       | 120 g (4 oz)                       | 27%                    |
| Cooked & Drained                      | 319 g                       | 58 g (2 oz)                        | 18%                    |
| Cooked, Drained & Rinsed in Hot Water | 322 g                       | 23 g (less than 1 oz)              | 7%                     |

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## Considering Vegetarian Food Options

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The leader of this class will need to be knowledgeable and experienced in teaching nutrition (for most centers, this will be a registered dietitian, perhaps the nutrition consultant to the center). Popular magazines and other media contain a great deal of misinformation about vegetarianism, some of which can compromise health and safety, and the leader will need to be prepared to answer related questions and help participants distinguish between fact and fiction. (Note: An excellent 1996 reference for Lifestyle Coaches on vegetarianism is **The Dietitian's Guide to Vegetarian Diets: Issues and Applications**, by Virginia Messina, MPH, RD, LD, and Mark Messina, PhD. To order, call Aspen Publishers at 1-800-638-8437. Another good reference is the article, "Position of the American Dietetic Association: Vegetarian Diets" in the Journal of the American Dietetic Association, November, 1993.)

### Class Overview

In this class, participants will learn basic information about vegetarian eating, identify vegetarian foods and if possible tour a food co-op or other source of vegetarian foods products, watch a vegetarian cooking demonstration, and sample vegetarian foods.

#### **Session 1: Ten Reasons for Vegetarian Eating**

Participants will review the benefits of eating less meat, nutrition issues of importance to vegetarians, and high-fat vegetarian foods. Vegetarian cookbooks and samples of vegetarian foods and recipes will be available.

#### **Session 2: How to Shop for Vegetarian Foods**

Participants will identify various grains, beans, and vegetarian food products. If possible, participants will tour a health food store or food co-op, which will include a brief scavenger hunt.

#### **Session 3: Low-Fat Vegetarian Cooking (this may last several sessions depending on interest)**

The leader (perhaps a guest chef) will demonstrate basic cooking techniques such as how to cook grains and beans, and introduce a number of ethnic vegetarian specialties, such as dahl and hummus. Low-fat vegetarian recipes and samples to taste will be provided, and vegetarian cookbooks and magazines will be on display.

#### **Session 4: Meatless Meals in Minutes**

Participants will learn time-saving tips for vegetarian cooking, and the leader will demonstrate the preparation of a quick vegetarian meal. Recipes and samples to taste will be provided, and cookbooks will be on display.

## Session 1: Ten Reasons for Vegetarian Eating

Objectives: Participants will review the benefits of eating less meat, nutrition issues of importance to vegetarians, and high-fat vegetarian foods.

Materials needed:

- C Name tags, markers, pencils
- C Handouts: Ten Reasons for Vegetarian Eating, Tips for Vegetarian Eating, The Vegetarian Pyramid (color copies are available by calling the Health Connection 1-800-548-8700), Vegetarian Fat Traps, Build a Better Recipe (CK1), How to Lower the Fat in Recipes (CK2), Lifestyle Balance Problem Solver (see Manual for Contacts After Core).
- C Blackboard or flip chart and chalk or markers.
- C Low-fat/calorie vegetarian snacks to sample (such as several low-fat bean dips, perhaps low-fat hummus and layered bean dip, with fresh vegetables or pita triangles, and soy milk and rice milk samples).
- C Containers of soy milk and rice milk for display. Circle fortification information on the labels.
- C Vegetarian cookbooks to display (see Session 3 for a list of cookbooks).

Note: Allow for a break during or after the session to socialize, taste the snacks, look at the product labels, and look at the cookbooks. This session includes a lot of lecture, so it will be important to emphasize interaction whenever possible.

1. **Explain purpose of class:** to introduce participants to vegetarian food options, answer any questions or concerns so it's easier to prepare and enjoy meatless meals.
2. **Review the topics, schedule and locations for each upcoming session.**
3. **Have participants share their reasons for signing up for the class.** Ask them to introduce themselves and their family members, if present, and say what they'd like to get from the class.
4. **Ask the following questions to promote discussion of some general topics about vegetarian eating.** Use the flipchart or blackboard to record participant responses. Only after several participants have responded, distribute the related handouts as a way to summarize the discussion and make additional points (do **not** distribute the handouts and read them).
  - C One way to eat less fat and fewer calories is to limit meat. In the session on Healthy Eating, we recommended serving vegetarian dinners several times a week. **Have any of you tried vegetarian meals?** What kind of dishes did you serve? How did it go?
  - C **What are some common American dishes that are meatless?** (e.g., macaroni and cheese, spaghetti with meatless sauce, grilled cheese sandwiches, cheese pizza, pasta primavera, vegetable quiche, lentil soup, eggplant Parmesan, vegetable soup, pancakes,

cereal and milk, french toast, cheese lasagna, peanut butter and jelly)

- C **What are some reasons to eat less meat?** Review the handout: “Ten Reasons for Vegetarian Eating” and ask for questions and comments.

Note: The following facts related to reasons for eating less meat are provided as Coach background for answering questions that may come up during this session. The Coach may want to weave a few of these facts into the discussion from time to time, but should avoid spending too much time lecturing on this topic. (Unless otherwise noted, the source for the information is The Dietitian’s Guide to Vegetarian Diets, by Messina and Messina, 1996. This book provides detailed research findings and references.)

#### **General**

- C The number of vegetarians in the United States doubled between 1985 and 1992, when a Gallup poll revealed that **12 million American adults** called themselves vegetarian. Nearly half had been vegetarian for more than 10 years and nearly one quarter for more than 20 years.

#### **Health**

- C Numerous studies have shown that vegetarian men have approximately **half the risk of death due to ischemic heart disease** in comparison to the general population. Multiple factors may be related to the reduced risk, including the following: Vegetarians have reduced intakes of saturated fat, cholesterol, and animal protein; higher intakes of fiber, folate, and antioxidants including vitamins C, E, and betacarotene; lower heme iron intakes and lower iron stores; a lower incidence of obesity; lower blood pressure; a decreased tendency to form blood clots; and a reduced blood viscosity.
- C Vegetarians also have **lower average systolic and diastolic blood pressures** than omnivores. The extent of hypertension among vegetarians is lower as well. It is almost certain that a combination of nutrient changes elicits the blood pressure-lowering response when changing to a vegetarian diet.
- C Vegetarians have an **overall lower cancer rate** than the general population. It is not clear to what extent diet is responsible for this difference. Vegetarians are generally more health conscious, smoke less, drink less alcohol, and are leaner than the general population, so differences in cancer rates are probably due to multiple factors including diet. Comparisons among countries have repeatedly found that the consumption of high-fat, animal based diets is associated with higher rates of a wide range of cancers, particularly breast, colon, and prostate cancer. According to the National Cancer Institute, diet is related to one third of all cancer deaths. NCI has issued a set of dietary guidelines for reducing cancer risk, calling for Americans to reduce their fat intake and increase their intake of fiber, fruits, and vegetables. Vegetarian diets come much closer to these guidelines than typical omnivore diets.
- C There is some evidence that vegetarians are **less likely to develop diabetes**. Rates of

diabetes among Seventh-Day Adventists (about 50% are vegetarians) are less than half those of the general population, and within the Adventist population, vegetarians have lower rates of diabetes than nonvegetarians. Meat consumption has been shown to be positively related to blood glucose levels, and saturated fat intake may increase insulin secretion and possibly lead to insulin insensitivity. Diets based on whole grains, beans, vegetables, and fruits with reductions of meat and total fat significantly **reduce insulin requirements** for most diabetic patients. High complex carbohydrate, high-fiber diets **increase insulin sensitivity** in normal and diabetic individuals.

- C Vegetarians tend to be **leaner** than nonvegetarians, although studies differ. Vegetarians diets are somewhat lower in fat and much higher in fiber, which are likely to be associated with fewer weight problems. Also, vegetarians may have a higher metabolic rate than nonvegetarians. A vegetarian diet per se, however, may be no more effective in producing weight loss than other low-fat, high-carbohydrate dietary patterns.

#### **Low on food chain**

- C Converting plant to animal protein is highly inefficient. It takes 21 pounds of plant protein in the form of feed to produce 1 pound of beef or veal, 8 pounds of plant protein to produce 1 pound of pork, 6 pounds of plant protein to produce 1 pound of poultry, and 4 pounds of plant protein to produce 1 pound of milk or eggs. (Source: Diet for a Small Planet.)

#### **Low in cost**

- C In January 1998 in Pittsburgh, Pa., one pound of dried or canned beans cost between 50 and 80 cents; one pound of chicken breasts cost \$2.49; one pound of 93% lean ground beef cost \$2.69; and one pound of boneless chicken breasts cost \$4.29. (Source: A DPP supermarket sleuth.)

#### **World hunger**

- C It takes 10 times more land to produce beef protein as it does to produce the same amount of soy protein. (Source: Diet for a Small Planet.)

#### **Avoiding pesticides and contaminants**

- C Certain pesticides found in animal feed accumulate in organ meats and the fatty tissues of animals. So fatty meats, fish, and dairy products tend to have higher residues of pesticides than lean or low-fat animal products or vegetable foods. (Source: Nutrition Action Healthletter.)

#### **Religion**

- C Some interesting historical points: In 1800, the Reverend William Cowherd, a minister of the Church of England, established the Bible Christians, a sect that embraced a vegetarian diet. One member was Sylvester Graham, who toured the United States lecturing on vegetarianism and encouraging the use of whole wheat flour which came to be called graham flour (as in graham crackers). In the 1840s, the Seventh-Day Adventist Church was founded. The founder encouraged church members to eat a

vegetarian diet. One member, John Harvey Kellogg, produced some of the first breakfast cereals (corn flakes and granola) and the first peanut butter.

- C Various religious groups today recommend vegetarian eating or prohibit eating meat at certain times of the year. For example, about 50% of modern-day Seventh-Day Adventists are vegetarians. Many Catholics eat fish or no animal products on Friday, and some Jewish groups recommend a vegetarian diet. Vegetarianism is also commonly practiced by Jains, Hindus, and Buddhists.

#### **Cultural interests**

- C Many traditional diets from around the world are plant-based, and if they do include meat, include only small amounts. Examples of vegetarian ethnic dishes that may be familiar to participants include Oriental stir-fried vegetables with rice, African black-eyed peas and rice, Native American succotash (lima beans and corn), Mexican burritos (refried beans in tortillas), Indian dahl (curried lentils) and rice.

- C Not all vegetarian foods are low in fat and calories. **What are some high-fat, high-calorie vegetarian foods?** (Related handouts: Vegetarian Fat Traps.) **What are some ways to lower the fat in vegetarian recipes?** (Related handout: Low-Fat Meatless Products. Write participant responses on the board or flip chart. If not already mentioned, include the applicable strategies listed on the optional handouts from the Manual of Operations entitled Build a Better Recipe and How to Lower the Fat in Recipes. If participants haven't received these handouts before, you may want to distribute copies. If participants seem particularly unfamiliar with the strategies, you may also want to reinforce them by using as an example a higher-fat recipe from one of the cookbooks on display and asking participants to make suggestions about how to lower the fat in that recipe. However, do not belabor this point if the majority of participants have already reviewed recipe modification in individual sessions or another group class.) Also, stress the importance of watching portion sizes.
- C **What problems get in the way of eating more meatless meals? What are some solutions?** (Mention the following if not brought out in the discussion.)
  - C *Don't like the taste of vegetarian foods* (refer to upcoming session on vegetarian cooking).
  - C *Worries about nutrition* (Refer to related handouts: "Tips for Vegetarian Eating" and "The Vegetarian Pyramid." Emphasize that most Americans eat more than twice as much protein as they need. Review the pyramid guidelines, stressing that these are for healthy adults, not children or teens who need special guidelines (if participants have questions related to vegetarian eating for family members, talk with your local nutrition expert.) Point out that in the Vegetarian Pyramid the meat alternatives group includes nuts and seeds which are important sources of protein but should be eaten in limited amounts because of the fat content. Also, caution participants to ignore the calorie guide given on the pyramid and follow their calorie goal for the DPP.)
  - C *Spouse, kids want meat.* (Related handout: Meatless Meal Suggestions. If applicable,

review and possibly role play skills for handling social cues; also discuss main dishes that can be prepared without meat and then have lean cooked meat added only to those portions eaten by other family members, such as chili, low-fat fried rice with tofu, pizza, burritos, tacos, fajitas, bean soups.)

- C *Don't know how to cook or shop for beans, rice, other grains; takes too much time to cook beans, grains; intestinal gas.* (Refer to upcoming sessions on shopping for vegetarian foods and on vegetarian cooking.)
- 5. Have participants complete the Lifestyle Balance Problem Solver** worksheet with regard to a problem they have in trying to eat more meatless meals, then discuss in pairs and briefly as a group.
- 6. Assign home activity:**
- C Prepare one or more low-fat/calorie meatless meals. Bring in recipes and/or samples to share, if desired.
  - C Follow the action plan developed during the session.

## Session 2: How to Shop for Vegetarian Foods

**Objectives:** Participants will identify various grains, beans, and vegetarian food products. If possible, participants will tour a health food store or food co-op, which will include a brief scavenger hunt.

**Materials needed:**

- C Name tags, markers, pencils
- C A wide variety of vegetarian foods, including some common ones and some unusual ones
  - C Dried beans and peas--Black beans, black-eyed peas, garbanzos (chick peas), Great Northern beans, kidney beans (several kinds, including white), lentils (many kinds), lima beans, pink, pinto or red beans, soybeans, split peas, and white (navy) beans.
  - C Grains--amaranth, barley, brown rice, buckwheat groats (or kasha), bulgur, couscous, kasha, millet, quinoa, triticale, wheat berries, wild rice.
  - C Soy products--several types of tofu, tempeh, soy milk, soy flour, textured soy protein, miso, meat analogs.
  - C Miscellaneous: sprouts, tahini, tamari, rice milk.
- C Handouts: Great Grains!, Beans and More Beans, Soy Foods.
- C Optional handouts (for Coach background and for participants with particular interests in soy products) from the Soyfoods Association of America: Soy Protein Isolates, Textured Soy Protein, Meat Analogs, Soy Flour, Tempeh, Soy Milk, Miso, and Tofu.
- C Samples of vegetarian foods to taste.

**Note:** Allow for a break during or after the session to socialize and taste the food samples.

- 1. Briefly review the main points of the last session.** Ask if anyone prepared some vegetarian recipes, brought recipes or samples to share, and followed their action plan. Questions or comments?
- 2. How you conduct this session will vary depending on the location.** Make it as interactive as possible. For example:
  - C You may want to create a kind of **quiz** in which you label small jars or bags of the foods with letters of the alphabet and have participants try to match the letters with the numbers on a scrambled list of the food names. Provide answers and discuss. Distribute the handouts Great Grains!, Beans and More Beans, and Soy Foods. Also give participants any of the optional Soyfoods handouts for products of interest to them. (These handouts are provided for Coach background and for selected distribution to participants. Do not overwhelm participants with them.)
  - C For a **scavenger hunt**, meet at a local health food store or food co-op. Have a paper bag containing slips of paper on which you have written the names of various vegetarian foods available at the store. Have participants choose a slip of paper at random, then find the foods. Afterward, meet briefly as a group in the store to share their “finds,” ask questions of a store manager, and/or take a tour of the store.

3. **Discuss “buying clubs”** that are active in your area, if any (these are groups of people that get together and place bulk orders of hard-to-find foods through the mail, then divide the shipments).
4. **If possible, have participants taste some of the more unusual foods** (e.g., the soy products, rice milk, millet). Some stores will provide samples as part of a tour.
5. **Assign home activity:**
  - C Shop for vegetarian products. Bring in any products you’d like to share.

### Session 3: Low-Fat Vegetarian Cooking

**Objectives:** The leader (perhaps a guest chef) will demonstrate basic cooking techniques such as how to cook grains and beans, and introduce a number of ethnic vegetarian specialties, such as dahl and hummus. (The recipes demonstrated will depend on the leader's interests and abilities.) Low-fat vegetarian recipes and samples to taste will be provided, and vegetarian cookbooks and magazines will be on display. (Note: You may need to abbreviate what is covered in this session or you may want to continue this topic for several sessions, depending on participant interest, the facilities available for cooking demonstrations, and so on.)

**Materials needed:**

- C Name tags, markers, pencils
- C Samples of vegetarian dishes to taste, with copies of recipes.
- C A selection of vegetarian cookbooks and magazines.

You might want to look into getting a free sample of the magazine *Vegetarian Times* for each participant in the class. Call 1-800-829-3340.

Catalogs of books and other materials on vegetarianism are available from:

- C The Vegetarian Resource Group, PO Box 1463, Baltimore MD 21203. Phone: (410) 366-VEGE.
- C *Vegetarian Times* Books, PO Box 921, North Adams, MA 01247-0921. FAX 413-664-4066.
- C The Mail Order Catalog, PO Box 180, Summertown, TN 38483. Phone (800) 695-2241 (This catalog also includes vegetarian foods for mail order.)
- C US Soyfoods Directory, Stevens and Associates, Inc., 4816 North Pennsylvania Street, Indianapolis, IN 46205. Phone: (800) 301-3153. FAX (317) 283-8119. (This group publishes the US Soyfoods Directory every year, which includes recipes and information about many soy products as well as lists of companies and cookbooks.)

Examples of books that include vegetarian recipes:

- C *Vegetarian Cooking for Everyone* by Deborah Madison.
- C *Jane Brody's Good Food Cookbook and Good Food Gourmet* by Jane Brody.
- C *The New Laurel's Kitchen* by Robertson, Flinders, and Ruppenthal.
- C *Lean and Luscious and Meatless* by Bobbie Hinman and Millie Snyder.
- C *Low-Fat Ways to Cook Vegetarian* by Susan McIntosh.
- C *Moosewood Restaurant Low-Fat Favorites* by The Moosewood Collective.
- C *High-Fit, Low-Fat Vegetarian* by ER Burt, KB Goldberg, KS Rhodes.
- C *Life's Simple Pleasures* by Karen Mangum.
- C *Vegan Handbook* by Debra Wasserman and Reed Mangels.
- C *Becoming Vegetarian* by Vesanto Melina, Brenda Davis, and Victoria Harrison.
- C *All-American Vegetarian* by Barbara Grunes and Virginia Van Vynckt.
- C *Simple, Lowfat, and Vegetarian* by Suzanne Havala.
- C *The Simple Soybean and Your Health* by Mark and Virginia Messina.
- C *Meatless Meals for Working People* by Debra Wasserman and Charles Stahler.

- C Almost Vegetarian by Diana Shaw.
- C Everyday Cooking with Dr. Dean Ornish by Dean Ornish.
- C Handouts: Cooking Dried Beans and Peas, Cooking Grains.
- C Optional: Coupons for Beano (a product to reduce intestinal gas) Call 1 (800) 257-8650 to ask about getting samples and/or coupons for DPP participants.
- C Groceries (depending on the recipes demonstrated).
- C Equipment and supplies for the cooking demonstrations.

Note: Allow for a break during or after the session to socialize and taste the food samples.

- 1. Briefly review the main points of the last session.** Ask if anyone shopped for vegetarian food products. If so, what was it like? Any questions, comments?
- 2. Demonstrate how to prepare grains.** Have participants sample various cooked grains. Distribute handout, Cooking Grains.
- 3. Demonstrate how to prepare dried beans.** Have participants sample various cooked beans. Distribute handout, Cooking Dried Beans and Peas.
- 4. Demonstrate how to prepare various soy products** (e.g., how to freeze and thaw tofu, flavor tofu with marinades and sauces or by cooking it with high-flavor foods, cook tempeh, use textured soy protein, soy milk, soy flour, miso).
- 5. Review methods for limiting intestinal gas and bloating:**
  - C Increase amounts of high-fiber foods (such as whole grains, beans) slowly.
  - C Drink at least 8 glasses of water daily.
  - C Soak dried beans overnight, discard soaking water, cook in fresh water, discard cooking water. Drain and rinse canned beans. (It's the indigestible carbohydrate in beans that causes intestinal gas; the soaking and cooking liquids contain a great deal of that carbohydrate.)
  - C Try Beano (pass around sample, coupons if available).
- 6. Introduce several of the cookbooks on display,** emphasizing that participants should be wary of the high-fat/calorie ingredients in some vegetarian recipes.
- 7. Prepare or provide samples of some ethnic vegetarian specialties.** (E.g., dahl, hummus, miso soup.)
- 8. Assign home activity.**
  - C Prepare a grain, bean, or soy product that you haven't tried before.

## Session 4: Meatless Meals in Minutes

**Objectives:** Participants will learn time-saving tips for vegetarian cooking, and the leader will demonstrate the preparation of a quick vegetarian meal. Recipes and samples to taste will be provided, and cookbooks will be on display.

**Materials needed:**

- C Name tags, markers, pencils
- C A variety of vegetarian publications, including cookbooks and magazines.
- C Handouts: Meatless Meals in Minutes, other recipes for quick vegetarian dishes.
- C Samples of several of the meatless main dishes from the handout or other quick recipes.
- C Optional: Low-Fat and Fast: Real Food for Busy People (Each center has been sent a copy of this 36-minute video cookbook. It demonstrates the preparation of several meatless meals and many quick-cooking techniques that can be used with meatless meals.)

**Note:** Allow for a break during or after the session to socialize and taste the food samples.

- 1. Briefly review the main points of the last session.** Ask if any participants prepared a grain, bean, or soy product that was new to them. How did it go?
- 2. Demonstrate the preparation of a quick vegetarian meal,** highlighting some of the quick-cooking techniques illustrated, or show the video “Low-Fat and Fast: Real Food for Busy People.” Ask the participants to provide additional ideas for quick cooking (e.g., freezing chopped onions, green peppers, and minced garlic; buying quick-to-fix or prepared foods, such as canned beans, minced garlic, instant brown rice, and vegetable broth).
- 3. Review the handout “Meatless Meals in Minutes” and/or distribute copies of other quick vegetarian recipes.**
- 4. Assign home activity:**
  - C Prepare a quick vegetarian meal.

# Ten reasons for vegetarian eating.

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Not all vegetarians are alike. Some vegetarians eat no animal foods at all. Others eat dairy foods (such as milk and cheese) but no eggs, meat, poultry, or fish. Others eat dairy foods *and* eggs. “Semi-vegetarians” may even eat a little fish, perhaps chicken now and then.

## Why do people choose vegetarian eating?

- 1. Health.** Vegetarians tend to have lower rates of:
  - C Heart disease
  - C High blood pressure
  - C Some kinds of cancer
  - C Adult-onset diabetes
  - C ObesityKeep in mind that plant-based diets, like any eating style, can be unhealthy (for example, if high in fat or low in variety).
- 2. Low on the Food Pyramid.** Plant foods (grains, vegetables, and fruits) are the foundation of the Food Guide Pyramid.
- 3. Low on the food chain.** It takes fewer of the world’s resources to make a pound of dried beans, grains, fruits, or vegetables compared to a pound of meat.
- 4. Low in cost.** Plant foods like dried beans cost less than animal foods like meat.
- 5. World hunger.** An acre of land can feed more people if it is used to produce plant foods instead of animal foods.
- 6. Feelings about animals.**
- 7. Avoiding pesticides and contaminants** in animal products.
- 8. Religion.** Some religions prohibit meat eating in general or at particular times of year.
- 9. Cultural interests.** Many of the world’s cuisines are plant-based.
- 10. Taste.** Many plant-based dishes are *delicious*.



Vegetarian eating, if low in fat and calories, may help you lose weight. For example, you may find it difficult to eat smaller portions of meat. Or you may dislike low-fat cuts of meat or low-fat ways to prepare them. It may be easier for you to stop eating meat completely or to eat meat at only one meal a day.

Whatever your reasons for vegetarian eating, it’s important to plan vegetarian meals carefully.

# Tips for vegetarian eating.

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Note: The guidelines below apply to most adults. Children, pregnant and breast-feeding women, and the elderly have special needs. Their meals should be planned more carefully.

## Get the right kind of protein.

Your body needs what is called "high quality protein" to stay healthy. Vegetarians can get enough high quality protein by eating:

- C A variety of foods every day (see the Vegetarian Pyramid), including
- C 2-3 servings of "meat alternatives", and
- C 2-3 cups of fat-free or low-fat milk, yogurt, or fortified soy milk per day.

There is no need to worry about combining certain foods at one meal (such as grains with beans), as was once thought.

## Get enough calcium and vitamin D.



Good sources of calcium include:

- C Dairy foods (e.g., milk, cheese, yogurt).
- C Tofu or soy milk with added calcium.
- C Dark green, leafy vegetables (e.g., collard greens, kale, mustard greens, turnip greens, spinach, and broccoli).

The body needs Vitamin D to use calcium. You may need a vitamin pill if you don't drink milk, soy milk, or rice milk with added Vitamin D.

## Get enough zinc.

Seafood and meat are among the best sources of zinc. Plant sources include:

- C Whole grains, wheat germ.
- C Nuts.
- C Dried beans and peas.

## Get enough iron.

Iron is found in both animal and plant foods. Good plant food sources include:

- C Dark green, leafy vegetables. Examples are collard greens, kale, mustard greens, turnip greens, spinach, and broccoli.
- C Dried beans and peas.
- C Whole grains.
- C Cereals and other grain products with added iron.
- C Eggs.
- C Dried fruit.
- C Brewer's yeast.
- C Black strap molasses.



The iron in plant foods is more easily used by the body if you:

- C Eat them with foods rich in vitamin C. Examples are citrus fruits/juices, potatoes, strawberries, cantaloupe, green pepper, tomato, broccoli, Brussels sprouts.
- C Cook acidic foods (such as tomato sauce) in an iron skillet.

## Get enough vitamin B12.

Vitamin B12 is found only in animal products, including eggs and dairy products. Vegetarians who eat only plant foods must get vitamin B12 from:

- C Vitamin B12 pills, or
- C Foods with added vitamin B12, such as soy milk and some cereals.

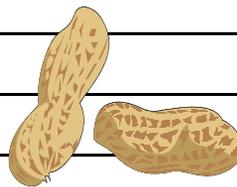
Some sources of vitamin B12, such as unfortified nutritional yeasts and fermented foods, are not reliable.

# Vegetarian “fat traps.”

Some vegetarian foods are just as high in fat as animal foods, or higher.

Beware of the “fat traps” below. Many of these foods are key ingredients in vegetarian recipes or are part of vegetarian choices on restaurant menus.

| Food   | Fat grams |
|--|-----------|
| ½ cup cottage cheese (regular)                             | 5         |
| 1 ounce Mozzarella cheese (regular)                        | 7         |
| 1 brown 'n serve vegetarian sausage patty                  | 7         |
| 2 tablespoons sunflower seeds                              | 8         |
| 2 tablespoons sesame seeds                                 | 8         |
| 1 cup whole milk   | 8         |
| 1 ounce American, Cheddar, Monterey Jack cheeses (regular) | 9         |
| ½ cup tofu (regular), stir-fried                           | 9         |
| 2 tablespoons cream cheese                                 | 10        |
| ½ cup avocado  | 11        |
| 1 tablespoon olive oil                                     | 14        |
| ¼ cup walnuts  | 15        |
| ½ cup ricotta cheese (regular)                             | 16        |
| 2 tablespoons peanut butter                                | 16        |
| ¼ cup pecans   | 18        |
| ¼ cup peanuts  | 18        |
| ¼ cup almonds  | 19        |



Compare the fat content of the foods above with these low-fat meats:

- C 3 ounces of sole or another low fat fish (1 gram of fat)
- C 1 medium chicken breast, baked, skin removed (3 grams)
- C 3 ounces of round or sirloin steak, trimmed (4 grams)

# Great Grains!

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**Amaranth:** Slight pepper taste, high in protein. Flour used in breads, cakes, pancakes. Seeds used in breakfast cereals, pilaf, or porridge.

**Barley:** Chewy with nutty flavor. Add to stews, casseroles, or soups. Available in quick cooking form, also.

**Brown rice:** Nutty flavor, soft texture. Chewier than white rice. Use in side dishes, casseroles, pilafs, desserts, as a salad base. Available in quick cooking form, also.

**Buckwheat groats:** Nutty flavor, soft texture. If roasted, called “kasha” (stronger flavor). Buckwheat flour is used in pancakes. Makes a good pilaf alone or mixed with rice or bulgur.

**Bulgur:** Nutty flavor, chewy texture. Is wheat that’s been hulled, steamed, dried and cracked into small pieces. Use it like rice or as a cereal.

**Couscous:** Slight nutty, bland flavor. Is finely cracked wheat that has been steamed and dried. Serve it like rice or as a breakfast cereal.

**Millet:** Sweet, nutty flavor, chewy texture. Use like rice or as a breakfast cereal. Good served with spicy dishes. (Also used in birdseed!)

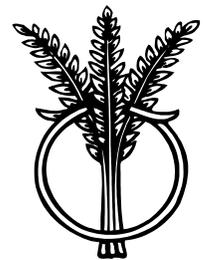
**Quinoa:** Sweet, nutty flavor. Light and fluffy with a pleasant crunch. Use like rice or as a breakfast cereal.

**Triticale:** A cross between wheat and rye. More complete protein than soybeans! Nutty flavor. Comes as a flour (for baking), a flake (use as a breakfast cereal), or a berry (use as pilaf or add to soups).

**Wheat berries:** Nutty flavor, chewy texture. Unprocessed whole wheat kernels (when ground, they make whole wheat flour). Use in salads or baking (adds texture).

**Wild Rice:** Nutty flavor and firm chewy texture. Rare and difficult to grow. Expensive. Use in side dishes, pilafs, salads, stuffing, and casseroles. Mix with white or brown rice.

Adapted with permission from materials used in the Women’s Healthy Lifestyle Project.



# Beans and More Beans!

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**Black Beans:** Robust flavor, popular in South American and Southwestern cooking.

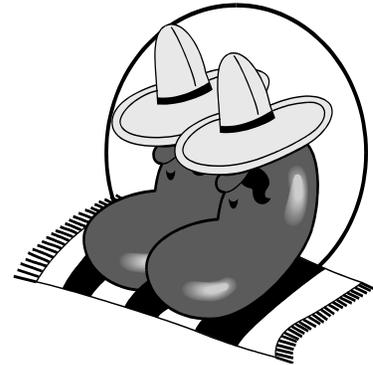
**Black-eyed Peas:** Smooth texture, pea-like flavor. Good mixed with other vegetables. Commonly available frozen.

**Garbanzos (Chickpeas or Ceci):** Nutty flavor, firm texture. Used in soups and salads and the Middle-Eastern dip, hummus.

**Great Northern Beans:** Milk flavor, similar to navy beans. Good in soups and vegetable dishes.

**Kidney Beans:** Firm texture, meaty flavor. Hold their shape well. Popular in chili and casseroles.

**Lentils:** Mild flavor that blends well with many different foods and spices. Used in Indian cooking (e.g., dahl). No need to pre-soak.



**Lima Beans:** When green, popular mixed with corn (succotash). Also available dried. Good in casseroles and baked bean dishes.

**Pink, Pinto, and Red Beans:** Hearty flavor. Great for barbecue-style beans, Mexican cooking, soups, and casseroles. Used in refried beans.

**Soy Beans:** Strong flavor. Near perfect protein source. Refrigerate while soaking to prevent fermentation. Delicious roasted as a snack.

**Split Peas (Green or Yellow):** Good for soups, side dishes. Used in Indian cooking. No need to presoak.

**White Beans (Navy):** Hold their shape when cooked. Classic for baked beans.

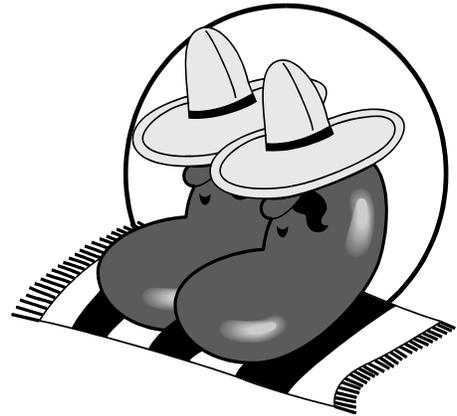
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# Cooking Dried Beans and Peas.

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The easiest way to cook dried beans and peas is to open a can of precooked beans, rinse, drain, and heat! Or they can be cooked from the dried form. It takes time but not much attention. Here's how:

1. **Sort them** (to get rid of any stones).
2. **Rinse and drain them** (to get rid of any dirt).
3. **Cover them with water. Let them soak for 8 hours or overnight.**  
(For soybeans, do this in the refrigerator to avoid fermentation).



Or if you're in a hurry: Bring them to a boil.  
Cook for 1-2 minutes. Remove from heat.  
Let them soak in the water for 1 hour.

Note: Split peas and lentils do not need to be soaked.

4. **Drain off the water. Replace with fresh water.** (Allow about 4 cups of water for each 1 cup of dried beans or peas).
5. **Bring to a boil. Cover, reduce heat to a simmer. Simmer until tender.** (See times below). Beans are done when they can be easily mashed with a fork. Don't undercook.

Split peas, lentils, black-eyed peas--about 1 hour

Black beans, white (navy) beans, kidney beans--about 1 ½ hours

Great Northern beans--about 2 hours

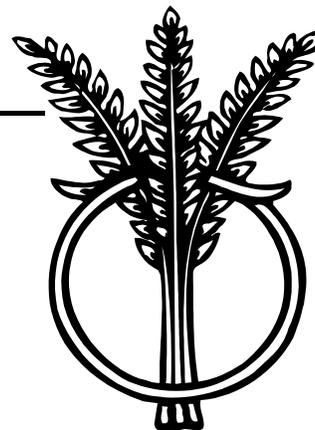
Garbanzos (chick peas), pink, pinto, red beans--about 3 hours

Soybeans--about 3-4 hours

6. **1 cup of dried beans or peas yields about 2 cups of cooked beans.**

Note: Don't add salt or tomatoes to beans until after cooking. Salt and tomatoes can prevent beans from becoming tender. This makes them harder to digest.

# Cooking Grains.



1. Bring water to a boil. (See amounts below.)
2. Add the grain. Return the water to a boil.
3. Cover. Reduce heat. Simmer until tender. (See times below.)
4. Remove from heat. Let stand, covered. (See times below.)

| Grain (1 cup)    | Water (cups) | Simmer for: | Let stand for: | Makes (cups): |
|------------------|--------------|-------------|----------------|---------------|
| Amaranth         | 3            | 25 min.     | 0 min.         | 2             |
| Barley (pearled) | 3            | 50 min.     | 10 min.        | 3½            |
| Brown rice       | 2½           | 45 min.     | 10             | 3½            |
| Buckwheat groats | 2            | 12 min.     | 5 min.         | 2             |
| Bulgur           | 2            | 15 min.     | 5 min.         | 3             |
| Couscous         | 2            | 0 min.*     | 10 min.        | 3             |
| Millet           | 2            | 25 min.     | 5 min.         | 3½            |
| Quinoa           | 2            | 15 min.     | 5 min.         | 3             |
| Triticale**      | 2¼           | 1¾ hours    | 10 min.        | 2             |
| Wheat Berries**  | 3½           | 1 hour      | 15 min.        | 2             |
| Wild Rice        | 2¼           | 45 min.     | 10 min.        | 2½            |

\* Put couscous in a bowl. Add boiling water. Cover. Let stand.

\*\* Soak overnight before cooking.

Chart taken from Nutrition Action Healthletter, April 1993.

# Soy Foods.

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Soy foods are all rich in high-quality protein.

**Tofu:** Soft, cheese-like food made from soy milk. Six grams of fat per 4 ounce serving. Soaks up any flavor. Can be added to casseroles or soups and used in stir fries, dips, eggless egg salad, chili, and lasagna. To store, rinse and cover with fresh water in the refrigerator. Change the water daily, and use the tofu within a week. Discard when it tastes or smells sour. May be frozen for several months. When thawed, has a chewy, spongy texture that soaks up marinades and is great for the grill.

**Textured vegetable protein (TVP):** Dried, granular product made from compressed soy flour. When rehydrated with boiling water, texture is similar to ground beef. Only 0.2 grams of fat per cup of prepared TVP. Once rehydrated, refrigerate and use within a few days. Use to replace part of all of the ground beef in recipes (e.g., meat loaf, tacos, stuffed peppers).

**Tempeh:** Chunky, tender cake of soybeans mixed with rice or millet and fermented. Smoky or nutty flavor, similar to mushrooms. May be kept frozen for several months or refrigerated for 10 days. Delicious on the grill.

**Soy milk:** Creamy milk of whole soybeans. Available fortified with calcium, vitamin D, and B-12. Also in flavored and reduced fat varieties. Free of the milk sugar lactose, so it is a good choice for people who are lactose intolerant. Often sold in aseptic containers that can be stored at room temperature. Once opened, refrigerate and use within five days.

**Miso:** Rich, salty condiment. Made by aging a mixture of soybeans, often a grain such as rice, and salt. Will keep refrigerated for several months. After diluting with water, used to flavor soups, sauces, dressings, and marinades. High in sodium.

**Whole soybeans:** Sold dried or green, also roasted. Strong flavor. Near perfect protein source. Refrigerate while soaking to prevent fermentation.

**Soy flour:** Made from roasted soybeans ground to a fine powder. Can be added in small amounts to recipes for baked goods to add a protein boost and a pleasant texture and flavor. Place two tablespoons in a measuring cup before measuring the other flour for bread recipes.

# Meatless Meals in Minutes.



Working all day leaves little time for cooking. Here are 10 vegetarian dishes that are quick, easy, and tasty.

**Veggie-burgers®, GardenBurgers®, or other low-fat vegetarian burgers** (Check the frozen section of your supermarket.) Prepare as directed. Serve with lettuce, tomato, and mustard or catsup on a sesame seed bun. Add a side of low-fat, oven-baked fries, fresh vegetable sticks or salad with nonfat dressing, and fresh fruit.

**Bean Tostadas** Place 6 fat-free flour tortillas on a baking sheet. Bake at 375° for 5 minutes or until crisp. Top each with some fat-free canned refried beans, shredded lettuce and carrots, chopped tomato, and a little shredded, reduced-fat or fat-free sharp Cheddar or Monterey Jack cheese. Bake until the cheese melts. Serve with salsa.

**Black Beans with 100 Uses** Place the following ingredients in a saucepan and cook over medium heat for 20 minutes: 2 (15-½ oz) cans black beans, (rinsed and drained), 1 cup water, ½ cup chopped onion, 2 minced cloves of garlic, 1 teaspoon brown sugar, 1 Tablespoon ground cumin, 1 teaspoon dried oregano, 2 bay leaves (broken in half), ¼ cup freshly squeezed lemon juice, and 2-3 drops Tabasco sauce. Serve as a filling for burritos or tacos, over rice and topped with salsa, or over pasta. Also good diluted with water for black bean soup (puree if you like it smooth), or with low-fat tortilla chips and low-fat grated cheese for nachos. (Serves 4. Per 1-cup serving: 165 calories, 1 gram fat.) Recipe from *Lowfat and Fast! Real Food for Busy People*.

**Milk Beans** In a nonstick pan sprayed with vegetable spray, cook 1 cup chopped onion and 1 (14-½ oz) can chopped tomatoes, drained, for 3 minutes. Add 1 (15-½ oz) can pinto beans, rinsed and drained; ⅔ cup skim or 1% milk; ½ teaspoon salt; and ground black pepper to taste. Add ½ teaspoon ground cumin and 1 teaspoon curry powder (optional additions: ½ teaspoon ground coriander, ½ teaspoon ground tumeric). Bring to a boil. Reduce heat, and simmer 15-20 minutes. Serve over cooked rice. (Makes 2 cups. Per ½ cup (made with 1% milk): 209 calories, 2 grams fat.) From *Extending the Table...A World Community Cookbook*.

**Flat-Bread Pizza** Slice foccacia (round Italian flat-bread) into two flat circles. Place cut side up on baking sheet. Spread *each half* with about ½ cup low-fat or fat-free spaghetti sauce (1 cup total), 1 tablespoon grated Parmesan cheese (2 TB total), and ¾ cup shredded fat-free mozzarella cheese (1½ cup total or 6 oz.). Bake at 400 degrees for 15-20 minutes until cheese is melted. (Makes 4 servings. Per serving (¼ of total recipe): 384 calories, 3 grams fat.) Try adding vegetable toppings such as sliced bell peppers, mushrooms, onions, or artichoke hearts packed in water. Try different breads for the crust, such as thawed frozen bread dough, pita bread, or French bread. Recipe from *Lowfat and Fast! Real Food for Busy People*.

**Three-Bean Salad** Drain and rinse: 1 (15-oz) can garbanzo beans, 1 (15½-oz) can red kidney beans, and 1 (15½-oz) can butter beans. In a large bowl, toss beans with 1 small yellow onion, finely chopped, and 1 green pepper, chopped. In a small bowl, combine 2 teaspoons olive oil, ½ cup red wine or balsamic vinegar, 3 Tablespoons granulated sugar, ½ teaspoon salt, ¼ teaspoon ground black pepper. Pour the dressing over the beans, toss, and chill overnight or longer. Toss several times while marinating. (Makes about 6 cups. Per ½ cup serving: 160 calories, 2 grams fat.)

**Quick Minestrone Soup** Cook ½ cup quick barley as directed and drain. Meanwhile, in a large saucepan, combine 2 (15½-oz) cans vegetable broth, about 4 cups; 1 (14½-oz.) can diced tomatoes with liquid; 1 (16-oz.) package frozen mixed vegetables; 1 (15½-oz.) can cannellini (white kidney) beans, rinsed and drained; 2 tablespoons fresh parsley, chopped, or 1 Tablespoon dried, crushed; 1 teaspoon Italian seasoning, crushed; and ¼ teaspoon ground black pepper. Bring to a boil, reduce heat, and simmer, covered, for 15 minutes. Add cooked barley and serve. (Makes about 10 cups. Per 1 cup serving: 132 calories, 1 gram fat.)

**Barbecued Tofu** Freeze a 16-oz container of firm tofu (in liquid) until solid (freezing tofu gives it a chewy texture). Defrost, drain, and squeeze out excess water. Slice the block of tofu across its short end into ¼-inch slices. Thinly slice 2 large onions and place in a baking dish. Pour ¼ cup of your favorite low-fat barbecue sauce over them. Arrange the tofu over the onions and top with an additional ¾ cup barbecue sauce. Turn the tofu several times to coat with sauce. Marinate in the refrigerator, covered, several hours or overnight. Bake at 375 degrees for 20 to 30 minutes until the sauce is bubbling and hot. Or grill, brushing often with the sauce. Serve over rice or stuffed into pieces of crusty French bread. (Serves 4. Per serving: 247 calories, 11 grams fat.)

**Vegetarian Chili** In a large pan sprayed with vegetable spray, cook 2 chopped onions until soft. Add 2 (15 ½-oz.) cans dark red kidney beans, rinsed and drained; 2 (15 ½-oz.) cans cannellini (white kidney) beans, rinsed and drained; 3 (1 lb.) cans whole tomatoes with liquid; ½ cup catsup; 2 teaspoons dry mustard; 1 tablespoon plus 2 teaspoons chili powder; 1 teaspoon salt (optional); ground black pepper to taste (1 teaspoon makes a spicy chili); and 4 stalks celery, chopped. Bring to a boil. Reduce heat and simmer, covered, 15 minutes until heated through (the celery should still be crunchy). Freeze half in containers for lunch. (Makes 12 cups. Per 1 cup serving: 178 calories, 1 gram fat.)



**Low-Fat Hummus** In a food processor or blender, mince 1 clove garlic. Drain 1 (15 ½-oz) can garbanzo beans, reserving 2 Tablespoons of bean liquid. Add drained beans to the processor with the reserved bean liquid, 2 Tablespoons nonfat sour cream, ½ teaspoon sesame oil, ¼ teaspoon ground black pepper, 2 drops Tabasco sauce, ¼ teaspoon onion powder, 1 Tablespoon minced dried parsley, and 2-4 Tablespoons freshly squeezed lemon juice. Blend until very smooth. Garnish with paprika. Serve as a sandwich filling or as a dip with raw vegetables or pita bread triangles. (Makes 2 cups. Per ½ cup as sandwich filling: 200 calories, 4 grams fat. Per 1 Tablespoon as dip: 25 calories, ½ gram fat.)

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# Eating on the Town

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One idea for an after-core class is to **eat together at several restaurants**.

**Objectives:** to demonstrate that participants can make menu choices they like that are consistent with their fat gram/calorie goals; to help participants identify and resolve problems in making menu choices when eating out.

**Example sessions:**

- Session 1:** **Appetizer potluck and review of tips for ordering low-fat/calorie choices from a menu.** Have participants bring in samples of low-fat/calorie appetizers and recipes, or provide them yourself. Distribute copies of handouts from Session 10, Four Keys to Eating Out. Briefly review. Ask participants for some examples of helpful techniques they have used when eating out. Also distribute copies of selected pages from the book, *The Restaurant Companion*, which describe helpful techniques for restaurant eating, and review. Finally, distribute various menus from local restaurants (including the ones you plan to visit in the upcoming sessions). Have participants role play ordering from the menus, with you playing the waiter, and highlight the techniques from *The Restaurant Companion* and Session 10. Include some scenarios in which you put up some resistance to a participant's requests so there is an opportunity to practice assertiveness in a challenging situation (see the after-core class *Being Assertive* for some example scenarios). Include some humorous scenarios, too.
- Sessions 2-4:** **Go to three restaurants** together and practice the techniques reviewed in the previous session. Have fun and enjoy. (Use Tool Box funds to pay for the meals. First, select some possible restaurants that offer low-fat options and are affordable. Investigate whether or not you can get a discount for a group, perhaps on a weekday evening or at an early time for dinner. Then have the participants vote on which restaurants to visit.)

**Note:** Be sure to **review Section 6 in the Manual for Contacts After Core: Guidelines for Conducting Lifestyle Classes after Core**, before conducting this or other after-core classes.

**Note:** **As with other after-core classes, this class should be considered a time for participants to “restart”** (resume behavior changes toward their weight loss and physical activity goals). At Session 1, participants should set goals for fat grams/calories, exercise, and weight loss to achieve during the class. All sessions should include encouragement to self-monitor, goal setting, and a brief check-in with each participant to review progress toward goals.

Unlike with other classes, it may not be reasonable to weigh participants or collect self-monitoring materials during a session at a restaurant, depending on the location. However, a **weigh-in and collection of self-monitoring materials should occur at a *minimum* of one of the sessions** and as often as is possible. (For example, you may be able to meet as a group at the clinic before going to the restaurant and weigh participants there.)

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# Food Tastings

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One idea for an after-core class is to offer a **series of food tasting parties** and have participants **rate the products** (see example rating form attached). One fun title for the class might be “Come Taste with Us.” Each session could follow this format:

1. Start with a discussion of strategies to lower calories and fat (e.g., omit fatty item all together, use other seasonings or ingredients to replace part of the fatty item, etc.)
2. Have everyone rate 2 or 3 brands of one product (e.g., salad dressings), then have someone total the scores and announce the winner.
3. Next have everyone rate 2 or 3 different items (e.g., sour creams), then have someone total the scores and announce the winner.
4. Conclude with a discussion. Make the point that it has taken all of us many years of trying many different high-fat food products before we discovered our favorites. In the same way, it takes time to sample different low-fat products before we discover ones that suit our tastes.

Here are some examples of types of products to taste:

1. **Low-fat salad dressings, condiments and spreads** (salad dressings, mayonnaise, margarine, butter alternatives, sour cream, cream cheese, flavored mustards, vinegars, gravies, packaged sauces, etc.)
2. **Low-fat dairy products** (yogurt, cheese, frozen yogurt, creamers, etc.) and egg substitutes
3. **Low-fat party and snack foods** (crackers, chips, vegetable tray, fruit tray, dips, rice cakes, angel food cake with fruit, etc.)
4. **Low-fat meats and meat alternatives** (vegetarian burgers, barbecued tofu, tempeh, different types of cooked beans, luncheon meats, sausage, ground turkey, extra lean ground beef, beef and pork tenderloin, etc.)
5. **Vegetarian food products** (for ideas, refer to the list of foods in the Considering Vegetarian Food Options class, Session 2, How to Shop for Vegetarian Foods)

You may also want to include one session that is a **tour of a grocery store**. Some stores provide tour guides who will tailor the tour to particular dietary requirements, such as highlighting low fat and low calorie products. If you conduct a tour on your own, you may want to include something fun like a scavenger hunt (write names of food products or specific criteria--e.g., “find two margarines that contain less than x grams of fat and less than xx calories per serving”--on slips of paper and have participants draw them at random from a paper bag, find the foods, then meet briefly as a group to share their “finds”).

Be sure to **review Section 6 in the Manual for Contacts After Core: Guidelines for Conducting Lifestyle Classes after Core**, before conducting this or other after-core classes.

Note: **All after-core classes should be considered a time for participants to “restart”** (resume behavior changes toward their weight loss and physical activity goals). To accomplish this, all classes should include weigh-ins, encouragement to self-monitor, and collection and review of self-monitoring records. At Session 1, participants should set goals for fat grams/calories, exercise, and weight loss to achieve during the course.

# Rate the Recipe

Circle the number that best shows your rating. (1 = very poor, 5 = excellent)

Food Item:

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1. **Appearance**                      1      2      3      4      5

Comments:

---

2. **Smell**                                1      2      3      4      5

Comments:

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3. **Taste**                                 1      2      3      4      5

Comments:

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4. **Texture**                              1      2      3      4      5

Comments:

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5. **Mix of Flavors**                    1      2      3      4      5

Comments:

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**Overall Rating**                        1      2      3      4      5

Comments:

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# Making Sense of Health News and Popular Diets

## Class Overview

In these two sessions, participants will learn how to evaluate health news and popular weight loss diets. To constitute a class, Lifestyle Coaches will need to add at least two additional sessions (examples might include a group activity session, a potluck dinner featuring low-fat/low-calorie recipes, and a featured speaker on a related topic).

### **Session 1: Health News: Fact or Fad?**

Participants will learn how to evaluate health news.

### **Session 2: Popular Diets: Do They Make Sense?**

Participants will learn how to evaluate popular weight loss diets.

Portions of this class were developed by the Lifestyle Coaches in the Southern and Midwest/Southwest regions as part of their monthly lifestyle conference calls.

Notes to the Lifestyle Coach:

1. Because of unavoidable technical terms and large words, the reading level of some of the handouts for this class is high. Be careful to review the key information on the handouts aloud in simple terms and make sure participants understand how to use the information, particularly those who have lower literacy skills.
2. The leader of this class should be a registered dietitian.

## Session 1: Health News: Fact or Fad?

Objectives: Participants will learn how to evaluate health news.

Materials needed:

- C Name tags
- C Blackboard and chalk or flipchart and markers
- C Handouts

1. **Explain the purpose of the four-session class:** to learn how to evaluate health news, popular diets, herbal remedies, and vitamin supplements.
2. **Review the topics, schedule and locations** for each session.
3. **Have participants share their reasons for joining the class.**
4. **Ask participants to picture the last time they made a health-related decision (e.g., to join the DPP, find a new dentist or doctor, try a new vitamin, try a remedy for hot flashes, join a health club).**
  - C **What sources of information did you use to make the decision?** (Write the responses on the board. If not mentioned, include television, newspapers, magazines, tabloids, neighbors, friends, doctors, nurses, family members, coworkers, radio, the Internet.)
  - C **Which sources were the most helpful? Least helpful? In what way?**
  - C **What influence does the media (e.g, radio, newspapers, TV, magazines) have on your health decisions?**

Make the point, based on the discussion, that the public often complains that health news is confusing and frustrating. It can be contradictory (e.g., one study may conclude that coffee increases your risk of heart disease, another may conclude the opposite). And it can be difficult to apply to our own lives (e.g., a study may draw a conclusion but caution that more studies need to be done before specific recommendations are made). Becoming skilled in evaluating health news can make all the difference between frustration and peace of mind.

5. Distribute and review the handout, **Health News: Fact or Fad?** If appropriate for the group, you may also want to present some of the differences between types of studies, such as the following:
  - C *Observational (population-based) studies* compare one group of people to another (e.g., the eating and exercise habits of people who have diabetes with those who do not). Observational studies are designed to show association, but they don't prove cause and

effect.

- C *Retrospective studies* ask people about their habits in the past. These can be unreliable because people may forget or omit important information.
- C *Intervention studies* compare a conventional treatment or placebo in people who are randomly assigned to at least two groups (intervention and control). These are known as randomized, controlled studies. Even better are “blinded” studies, in which participants don’t know which treatment they are getting until the study is over. In “double-blind” studies, the investigators don’t know either. These studies are able to establish cause and effect, but they take a long time and a large number of people.

**Ask participants to imagine that the results of the DPP were published in an article.** Go through the questions on the handout, naming the features of the DPP that should be included in the article to show that the results are believable. (Write the answers on the board. Highlight the facts that the DPP is a randomized clinical trial, it features a long-term lifestyle intervention based on many previous studies published in scientific journals, and the participants are a large number of both men and women in a variety of ethnic groups. Name some of the reputable scientific journals that might publish the results, such as the New England Journal of Medicine, Journal of the American Medical Association, Diabetes, Diabetes Care, etc.)

6. **Distribute the article, “Low-fat diet doesn’t block breast cancer, study shows”** (used with permission from the participant manual of the Women’s Health Initiative). Ask for volunteers to read each paragraph aloud, and ask the group to point out where in the article they find answers to the questions on the Fact or Fad handout. For example:
  - C Paragraph 1: The study was published by scientists at a respectable institution (Harvard). However, the article does not specify where the study was published or who paid for the study.
  - C Paragraph 2: It is unclear how many women were in the study and what their age ranges were. It appears that some of the women were menopausal and some were not. The length of the study is not stated.
  - C Paragraph 4: The article refers to seven previous studies (objective research, not personal experience). However, no details are given on the study designs.
  - C Paragraph 5: Qualifying words are used in an appropriate way (“our results *suggest*....” “...is *unlikely* to reduce breast cancer risk.”)
  - C Paragraph 9: Here it is clear that the study was published in a peer-reviewed, recognized scientific journal. Also, the recommendation to follow a low-fat, high fiber diet is sensible and in line with recommendations made by many reputable organizations such as the American Heart Association, American Cancer Society, etc. The study results are not exaggerated, and there are no promises of quick fixes or easy answers.
  - C Paragraph 12: Again, qualifying words are used in an appropriate way (“the fat factor

*seems to be....”*).

- C Paragraph 14: Another reputable institution is referred to (Brigham and Women’s Hospital). Qualifying words are used appropriately (“strongly *indicative* of...”). By quoting a comment from another expert, the article provides a broader perspective than if the article had only quoted the study results.
- C Headline: By the end of the article, it is clear that the headline is somewhat misleading. It implies that the study has proven that a low-fat diet is not associated with breast cancer; however, as you read the article, the question appears to be open for debate.

Ask participants what questions they have after reading the article and where they might find answers to their questions. Distribute the handouts **Top 10 List of Bread Statistics**; **Resources for Reliable News About Health, Nutrition, and Physical Activity**; and **Making the Net Work for You**. Make the points that it’s becoming more and more difficult for lay people to accurately interpret the constant stream of health information available in the media or on the Internet, it’s easy to misrepresent and misunderstand statistics, and it’s critical for the public to rely on both common sense and professional guidance from reliable sources of information such as the American Dietetic Association, the American Council on Exercise, and so on.

8. **Summarize main points from this session. Assign home activity:**

- C Practice reading articles related to health information using the questions on the handout, **Health News: Fact or Fad?**

## Session 2: Popular Diets: Do They Make Sense?

Objectives: Participants will learn how to evaluate popular weight loss diets.

Materials needed:

- C Name tags
- C Blackboard and chalk or flipchart and markers
- C Handouts
- C Optional support materials: The PowerPoint slide presentation from the Wheat Foods Council called “Setting the Record Straight” which introduces several fad diets (you can download this from the Wheat Foods Council web site at <http://www.wheatfoods.org>).  
An 8-minute video is also available from the Wheat Foods Council. You may also want to bring in some popular weight loss books for display.

Before the session:

- C Review the attached article entitled “**News You Can Use: The High-Protein, Low-Carbohydrate Diet Craze**” (*for Coach reference only*).
- C For a simple, accurate analysis of many popular weight loss diets, visit the web site Nutrio.com (<http://www.nutrio.com>).

Note: During this session, **participants may ask the leader about following another weight loss program (e.g., Weight Watchers) while in the DPP** or state that they are currently doing so. The leader should ask the participants to describe what motivates them to follow another program and remind participants that the same approaches can be offered to them in the DPP (e.g., exchanges, a point system, group support, packaged foods, or structured meal plans). Participants are to be encouraged to discuss this further with their individual Lifestyle Coach. **Participants should be discouraged from joining another weight loss program, even reputable ones such as Weight Watchers, and Lifestyle Coaches should try to offer participants what they are seeking from another program, e.g., a more structured meal plan or group support.**

1. **Briefly review the main points of the last session.** Ask if participants read any articles related to health information using the questions on the **Health News: Fact or Fad?** handout. If so, ask the participants to share with the group how they evaluated the articles.
2. **Explain purpose of this session:** to evaluate some popular diets.
3. Make the point that losing weight and keeping it off is not easy, and it takes time. So a weight loss diet that promises quick and easy weight loss, as if by magic, sounds like a dream come true. Unfortunately, it’s just that--a dream. As you evaluate various popular weight loss diets, keep that in mind. As is the case with health news in general, **promising a**

**“magic answer” for weight loss is one of the most important red flags to watch out for.**

**Distribute the two advertisements for Bio-Mince and Trilean** as examples of weight loss programs that promise “magic answers.” Briefly point out some of the negative aspects of the advertisements that were addressed in the last session on the Fact or Fad handout. For example: dramatic headlines, promises of easy answers, a product being sold, not based on published scientific data (although misleading references are made to “this world famous medical doctor’s program” (Bio-Mince) and “the study report” and “clinical trials” (Trilean), without any substantiation).

4. Distribute and review the handouts, **Keys to a Healthy Weight Loss Diet** and **What About the Popular High-Protein, Low-Carbohydrate Diets?** Also distribute and review **Do Fad Diets Work?** (See below for additional background information on the diets.) Stress that none of these diets have been scientifically validated. Make the point that high-protein, low-carbohydrate diets have been around since the 1960s and, like many fad diets, resurface periodically (Dr. Atkins first book was published in the early 1970s). If interest and time permits, you may want to show the slide show “Setting the Record Straight,” which can be downloaded on Power Point from the Wheat Foods Council website (<http://www.wheatfoods.org>).
5. **Summarize main points from this session. Assign home activity:**
  - C Ask participants to practice evaluating popular weight loss diets that they see in bookstores or in advertisements.

Background information for Coaches on popular weight loss diets:

### **Dr. Atkins’ New Diet Revolution**

- C **Author:** Dr. Robert C. Atkins (Founder and Medical Director of the Atkins Center for Complementary Medicine in New York City established in 1970)
- C **Products Available:** Several books on weight loss. Multiple food items and vitamin/nutrient products available via 1-800 number and web sites.
- C **Claims**
  - C Obesity is caused by high blood insulin levels and not metabolizing fat.
  - C A carbohydrate-restricted diet dissolves body fat.
  - C Ketosis (a condition in which the kidneys cannot keep up with filtering the blood of ketones, a byproduct of fat breakdown) and the accompanying loss of appetite is a natural part of the diet’s effectiveness.
- C **What You Do**
  - C Stop unnecessary medications.
  - C Reduce carbohydrates to 20 grams per day.

- C Restrict alcohol, caffeine, sugar, chocolate and any addictive or allergy-prone foods such as wheat or corn grains or gluten.
- C Take vitamin supplements: B complex and C, L-glutamine (500-1000 mg) before meals for sugar cravings, “borage oil” capsules, 2 tablespoons lecithin granules and pantethine (300 mg) before meals for concerns related to high cholesterol levels.
- C Use lipolysis testing strips to measure ketosis (fat burning success).
- C **Facts**
  - C Dehydration can occur on a diet restricted in carbohydrates and fluids.
  - C Ketosis causes tiredness, dizziness, headaches, and nausea.
  - C This diet is low in fiber and fruit and vegetables which can cause constipation and intestinal disorders.
  - C Cholesterol levels may increase with the high fat foods allowed (cream, cheese, eggs, bacon, etc.).
  - C This diet is not safe without medical supervision, even in the short-term. (For example, dramatic loss of body water can require adjustments in blood pressure medication.)

### **Eat Right for Your Type**

- C **Author** Dr. Peter J. D’Adamo
- C **Products Available:** Books (**Eat Right for Your Type and Cook Right for Your Type**) and a web page (**ASPARTAME, the artificial sweetener**).
- C **Claims**
  - C Lectins (proteins on the surface of certain foods) cause certain molecules and cells to stick together. This can cause illness and disease, including the agglutination of blood cells, a condition in which blood cells stick together. Blood type determines your reaction to lectins.
  - C Blood type therefore determines your susceptibility to illness, which foods you should eat, and how you should exercise. Weight loss is a by-product of eating according to your blood type.
  - C Type O: Risk factors for ulcers and inflammatory diseases increase if you eat incorrectly.
  - C Type A: Risk factors for cancer and heart disease increase if you eat incorrectly.
  - C Type B: Risk factors for slow-growing viruses that attack the nervous system increase if you eat incorrectly.
  - C Type AB: This type has the friendliest immune system of all the blood types.
- C **What You Do**
  - C **Type O:** Eat meat (high protein, low carbohydrate), eliminate wheat and most other grains, and engage in vigorous aerobic exercise.
  - C **Type A:** Be a vegetarian (high carbohydrate, low fat), engage in gentle exercise such as yoga or golf, and meditate to deal with stress.
  - C **Type B:** Eat a varied diet (this is the only type that does well with dairy) and engage in exercise such as moderate swimming or walking.

C **Type AB:** You have the benefits and intolerances of both types A and B. Engage in calming exercises and relaxation techniques

C **Facts**

- C Lectins are mostly destroyed by cooking and stomach acids.
- C Harvey Klein, MD, Chief of the Department of Transfusion Medicine, NIH, says, “We know of no food that attacks and agglutinates blood cells after you ingest it.”
- C The diet has not been validated scientifically.

**The Zone**

C **Author** Barry Sears, PhD

C **Products Available:** Books (**The Zone** and **Mastering the Zone**), nutrition bars and other products.

C **Claims**

- C Most people suffer from an overproduction of insulin which causes weight gain. Eating the specified mix of protein, fat, and carbohydrate will correct that.
- C Too much insulin creates bad “super hormones” called eicosanoids. These will reduce oxygen transfer to the cells, interfere with the breakdown of body fat, disturb blood glucose levels, and may contribute to heart disease, cancer, and autoimmune diseases.
- C A high protein intake will create good eicosanoids. These will create a better insulin balance, maintain blood glucose, and help in the breakdown of body fat.

C **What You Do**

- C Eat 40% of your calories from carbohydrate, 30% from protein, and 30% from fat. Eat three small meals (400 calories each) and two snacks (100 calories each).
- C Build meals with a one-to-one ratio of protein to carbohydrate. Do this by choosing from lists of “food blocks,” each with a certain amount of protein and carbohydrate.

C **Facts**

- C Weight gain results from eating too many calories (regardless of the proportions of carbohydrate, protein, and fat) and not getting enough exercise.
- C The plan provides at most 1200 calories (1700 for athletes). This is lower than what many people consume. This would explain weight loss while on the plan, regardless of the ratio of carbohydrates, protein, and fat.
- C Weight loss is not simply a matter of hormone imbalance. It involves many other factors.
- C This diet requires you to limit the amount of so-called “bad” carbohydrates: bananas, cranberries, apple juice, orange juice, bagels, bread, carrots, dry cereal, popcorn, rice, potatoes, lima beans, raisins, ketchup, pasta and grains. Essentially the only grain-based food that’s good is slow-cooking oatmeal. This is not practical or healthy.
- C The diet has not been validated scientifically. It is based on personal accounts and poorly conducted studies that have not been published.

### **The Carbohydrate Addict's Diet**

- C **Authors:** Richard Heller PhD and Rachael Heller PhD
- C **Products Available:** 7 books (Carbohydrate Addict's Healthy Heart Program, Carbohydrate-Addicted Kids, The Carbohydrate Addict's Lifespan Program, The Carbohydrate Addict's Gram Counter, The Carbohydrate Addict's Program for Success, The Carbohydrate Addict's Diet, Healthy for Life), Carbohydrate Addict's brand foods
- C **Claims**
  - C 75% of overweight and many normal-weight people are addicted to carbohydrates.
  - C Carbohydrate addiction is biological and not a matter of will power. It is caused by an over-release of insulin in response to carbohydrate-rich foods. Too much insulin results in a drop in blood sugar and a compensatory strong impulse to eat.
  - C Eventually, muscle cells become resistant to insulin and excess sugar is stored in fat cells. When fat cells also become insulin resistant, Type II diabetes develops.
  - C By cutting out carbohydrate foods, including fruits, vegetables, and whole grains, you can reduce insulin levels, and therefore hunger and fat storage.
- C **What Do You Do**
  - C Eat two non-carbohydrate meals per day and one "reward" meal per day (with equal portions of protein, fat, and carbohydrate).
  - C The reward meal must be eaten within one hour.
  - C No snacking is allowed during the first 2 weeks of the program.
- C **Facts**
  - C High blood insulin levels are associated with being overweight, not eating carbohydrates.
  - C Being overweight is the result of eating too many calories (from any foods, not just carbohydrates) compared to the calories burned in exercise.
  - C High levels of dietary protein and fat can be stressful to the kidneys and increase the risk for heart disease and cancer.
  - C Calorie intake can vary widely depending on the protein and fat foods chosen.
  - C Lack of fiber can cause constipation, and too little carbohydrates can cause weakness, nausea, and deficient levels of vitamin B, calcium and potassium.
  - C The diet has not been validated scientifically.

### **Sugar Busters**

- C **Authors:** Leighton Steward, Morrison C. Bethea, MD, Sam S. Andrews, MD, Lewis A. Balart, MD
- C **Products Available:** Book, shopper's guide, web page that endorses approved products
- C **Claims**
  - C Refined sugar and food with a high glycemic index cause increased insulin levels, which promotes fat storage. Obesity results from this insulin overload.
  - C Low fat, high carbohydrate diets don't work.
  - C Most of our body fat comes from ingested sugar, not ingested fat.

**C What You Do**

- C Avoid "insulin-stimulating foods" such as white rice, bread from refined flour, carrots, potatoes, corn, beets, refined sugar, corn syrup, molasses, and honey.
- C Focus on carbohydrates with low glycemic indexes (whole grains and cereals, fruits, vegetables, and dairy products).
- C Fruit should not be eaten with meat dishes but can be consumed 30 minutes before a meal or 2 hours after.
- C Portion size guidelines are vague ("portions of food that you select for each meal should fit nicely on a plate...do not go back for seconds or thirds").
- C Misleading claims are made ("enjoy steak, eggs, cheese and even wine as you get healthy and lose weight " appears on the cover of the book).

**C Facts**

- C A high intake of complex carbohydrates can protect against many nutrition-related diseases. A high intake of fat, saturated fat, and cholesterol increases the risk of heart disease and cancer.
- C The body *does* produce insulin in response to rises in blood sugar, but insulin promotes fat storage only when a person consumes excess calories.
- C Eating too many calories *in any form* will promote fat storage if not matched by calories expended.
- C No success-rate data or case studies are published anywhere in the book or in a scientific journal. The book lists about 20 references throughout, many of them unknown textbooks and journals.

**Eat More, Weigh Less** (Note: This diet is not included on the Do Fad Diets Work? handout. It is much more reputable than the other diets, however, participants are not to be encouraged to follow a non-DPP weight loss program. Information is included here for your background in case participants ask about it.)

**C Author** Dean Ornish, MD

**C Products Available:** Five best-selling books including: Dr. Dean Ornish's Program for Reversing Heart Disease; Eat More, Weigh Less; Love & Survival: The Scientific Basis for the Healing Power of Intimacy. Also video and audiocassettes and cookbooks.

**C What You Do**

**C Nutrition**

- C No animal products except egg whites and non-fat dairy foods
- C No more than 10% of total calories per day from fat with approximately 15% of total calories from protein and 75% from complex carbohydrates
- C No more than 10 milligrams per day of dietary cholesterol
- C Restricted salt intake for people with high blood pressure, heart failure or kidney disease
- C Moderate sugar intake

- C Less than 2 ounces of alcohol per day and no caffeine
- C *Exercise* Moderate activity (walking preferred) (30 minutes/day or 60 minutes 3 times/week)
- C *Stress management* May include stretching, breathing exercises, meditation, progressive relaxation
- C *Group support* (designed to create community, enhance intimacy and adherence)
- C **Claims**
  - C Improvement in cardiovascular endurance (treadmill time)
  - C Improvements in coronary artery blockages and heart blood flow
  - C Reduction in frequency of anginal episodes
  - C Decreases in blood pressure, cholesterol, triglycerides and heart rate
- C **Facts**
  - C Five randomized, controlled clinical trials (ranging from 24 days to 5 years) have been done with small numbers of heart patients. Results have been published in peer-reviewed scientific journals.
  - C Ornish has received national and international awards from scientific and educational institutions. Some health insurance companies cover the program.
  - C Dietary changes are too extreme for many people to maintain long-term, especially people without disease symptoms.

# H

## Health News: Fact or Fad?

Here are some basic questions to ask when evaluating health news.



| Questions  | What to keep in mind  |
|--|---|
| 1. Are there <b>dramatic headlines</b> ?<br>Are there <b>promises of easy answers</b> or quick fixes? Are there claims that sound too good to be true? Are there exaggerated warnings of danger from a single product or plan? | Headlines are designed to grab your attention. So are promises of quick fixes and dramatic warnings about a single product or plan. They are often misleading.  |
| 2. Is the information based on <b>personal experience or objective research</b> ?  | What happens to one person or even a few people may be due to chance.   |
| 3. Are there any <b>hidden motives</b> ?<br>Who paid for the study?<br>Where was the study done?<br>Is there a product or book being sold?   | Watch out for conflicts of interest or personal biases. Beware if a special interest group would gain or lose by particular results. Beware if there are related products or books for sale.  |
| 4. Has the information been <b>published</b> ? If so, where?   | Don't trust unpublished information. On the other hand, just because something is published doesn't mean it's accurate. Most trustworthy are articles published in scientific journals because they have been reviewed and approved by fellow scientists. |

|  |  |
|--|--|
| <p>5. Are the <b>results qualified</b> with words like “may,” “seem,” or “in some cases”? Are simple conclusions drawn from a complex study?</p> | <p>The results of one study seldom prove anything. Reliable researchers usually want you to interpret the results with caution and will often use qualifying words. Also, beware of simple conclusions drawn from a complex study.</p> |
| <p>6. What <b>kind of study</b> was done?</p>  | <p>Studies that follow and observe large groups of people can provide clues for future research. But they usually can’t prove the cause of a disease. Only studies that test ways to prevent or treat a disease can do that.</p>       |
| <p>7. <b>Who took part in the study</b> (e.g., age, male/female)? Are differences among individuals or groups ignored?</p>                       | <p>Results found in one group of people (e.g., middle aged men) may not apply to others (e.g., middle aged women). Also, what works in animals or test tubes doesn’t necessarily work in humans.</p>                                   |
| <p>8. <b>How many people</b> took part in the study?</p>   | <p>In small studies there is a greater risk that the results may be due to chance.</p>   |
| <p>9. How <b>long</b> did the study last?</p>  | <p>Longer studies are needed to follow a disease that takes a long time to develop (e.g, diabetes, heart disease).</p>   |

Was the article believable?

What questions do you have after reading the article?



# Top 10 List of Bread Statistics

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Be careful when you read statistics in health news. Something may sound scientific. It may even be true, in a limited way. But does it make sense?

Enjoy the following nonsense about the “dangers” of eating bread.

*Note: This story originally appeared in Nutrition News Focus on November 25, 1998.*

1. More than 98 percent of convicted felons are bread users.
2. Fully HALF of all children who grow up in bread-consuming households score below average on standardized tests.
3. Bread is made from a substance called "dough." It has been proven that as little as one pound of dough can be used to suffocate a mouse. The average American eats more bread than that in one month!
4. Newborn babies can choke on bread.
5. Bread has been proven to be addictive. Subjects deprived of bread and given only water begged for bread after as little as two days.
6. Bread is often a "gateway" food item, leading the user to "harder" items such as butter, jelly, peanut butter, and even cold cuts.
7. In the 18th century, when virtually all bread was baked in the home, the average life expectancy was less than 50 years; infant mortality rates were unacceptably high; many women died in childbirth; and diseases such as typhoid, yellow fever, and influenza ravaged whole nation.
8. More than 90 percent of violent crimes are committed within 24 hours of eating bread.
9. Bread is baked at temperatures as high as 400 degrees Fahrenheit! That kind of heat can kill an adult in less than one minute.
10. Many bread eaters are utterly unable to distinguish between significant scientific fact and meaningless statistical babbling.



# Resources for Reliable News about Health, Nutrition and Physical Activity

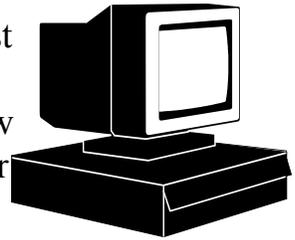
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- C DPP Lifestyle Staff
- C American Dietetic Association, 1-800-366-1655, [www.eatright.org](http://www.eatright.org)
- C National Health Information Center, [www.nhic-nt.health.org](http://www.nhic-nt.health.org)
- C American Heart Association 1-800-242-8721, [www.americanheart.org](http://www.americanheart.org)
- C National Women's Health Resource Center, 1-202-537-4015, [www.healthywomen.org](http://www.healthywomen.org)
- C National Women's Health Information Center, [www.4woman.org](http://www.4woman.org)
- C American Cancer Society, 1-800-227-2345, [www.cancer.org](http://www.cancer.org)
- C National Cancer Information Service Hotline, 1-800-4-CANCER
- C Tufts Health and Nutrition Letter (to subscribe, write Tufts Health and Nutrition Letter, 50 Broadway, 15th Floor, New York, NY 10004, or visit their website at [www.healthletter.tufts.edu](http://www.healthletter.tufts.edu))
- C Center for Science in the Public Interest, 1-202-332-9110, [www.cspinet.org](http://www.cspinet.org)
- C American Running Association, 1-800-776-2732, ([www.americanrunning.org](http://www.americanrunning.org))
- C American Council on Exercise (<http://www.acefitness.org/>)



# **M**aking the Net Work for You

On the Internet, information about lifestyle change is just a click away. The key is knowing *where* to click. Some web sites offer accurate information. Others offer junk. The web sites below are generally reputable and usable. Some offer direct links to other sites.



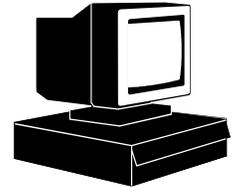
## **Nutrition and Weight Loss on the Web**

- C Tufts University Nutrition Navigator (<http://www.navigator.tufts.edu/>)**  
Nutritionists at the highly regarded Tufts University School of Nutrition Science and Policy provide helpful ratings and reviews of nutrition websites.
- C Mayo Clinic Health Oasis (<http://www.mayohealth.org/mayo/expert/htm/ask2.htm/>)** Jennifer Nelson, MS, RD, CNSD, staffs Mayo Clinic's on-line ask-an-RD service. Fun and user-friendly.
- C CyberDiet (<http://www.cyberdiet.com/>)** Timi Gustafson and Cynthia Fink Gustafson, registered dietitians, provide sane, fun, and well-presented nutrition information. Lots of interactive stuff.
- C Vegetarian Resource Group (<http://www.vrg.org/>)** Reed Mangels, PhD, RD, and Suzanne Havala, MS, RD, offer free newsletters and complete vegetarian information.
- C Food and Nutrition Information Center (<http://www.nal.usda.gov/fnic/>)**  
This site provides information from the US Department of Agriculture about the Dietary Guidelines and the Food Guide Pyramid.
- C The American Dietetic Association--Your Link to Nutrition and Health (<http://www.eatright.org/>)** This site provides hundreds of quick tips, monthly hot topics, and the Find-a-Dietitian searchable database.
- C American Diabetes Association (<http://www.diabetes.org/>)** This site offers state-of-the-art information about diabetes prevention, treatment, research and education, plus daily low-fat recipes. Guidelines to educational programs and events in your locale are provided.
- C Nutrition Links ([http://www.oznet.ksu.edu/ext\\_F&N/Nutlink/n2.htm/](http://www.oznet.ksu.edu/ext_F&N/Nutlink/n2.htm/))**  
From Kansas State University. Countless nutrition topics are covered, including nutrition throughout the life span, medical nutrition, exercise and fitness, and vegetarianism.
- C Ask a Dietitian (<http://www.dietitian.com/>)** Joanne Larson, MS, RD, posts common-sense answers to more than 75 common nutrition questions, along with links to other nutrition information.

- C **Meals for You (<http://www.mealsforyou.com/>)** This commercial site offers recipes, personalized meal plans, and customized shopping lists.
- C **Grains Nutrition Information Center (<http://www.wheatfoods.org/>)** This site provides grain recipes, handouts, and fad diet updates from the Wheat Foods Council.
- C **Alternative Health News On-line (<http://www.altmedicine.com/>)** Consumers and health professionals who want to keep current with alternative medicine (e.g., herbs, macrobiotics, and vitamin supplements) should find this site, developed by a journalist, to be a great resource.

### Physical Activity on the Web

- C **American Council on Exercise (<http://www.acefitness.org/>)** This site offers “Fit Facts,” handouts on a wide variety of fitness topics that can be copied for use with participants.
- C **Go Ask Alice (<http://www.columbia.edu/cu/healthwise/>)** This is a very highly rated on-line question-and-answer site by health educators and health care providers at the Columbia University Health Service. The archive includes about 1,600 previously answered questions. Topic categories include nutrition, fitness, and general health.
- C **Shape Up America (<http://www.shapeup.org/>)** As part of Dr. Koop’s initiative to promote physical activity and weight loss, this site includes lots of information for the public and professionals.
- C **The Physician and Sports Medicine (<http://www.physsportsmed.com/>)** An excellent sports medicine magazine with resources, links, and past issues.
- C **Connecting the Connectors (<http://www.connectingconnectors.com/>)** Inspired by Oprah Winfrey, this site offers “support for running, weight loss, marathoning, and life.” Includes motivational tips, guidelines for beginning runners, and e-mail discussion groups.
- C **Phys (<http://www.phys.com>)** This site is colorful, hip, and filled with useful nutrition and fitness information, including a Debunking the Diets section. Sponsored by CondeNet.
- C **Be Active (<http://www.beactive.org/>)** An upbeat site with information from the Surgeon General, personal accounts from people of all ages, and practical ideas for staying active.
- C **Runner’s World (<http://www.runnersworld.com/>)** Not just for runners, this site includes sensible articles on sports nutrition and general recommendations for a healthy diet.
- C **Asimba (<http://www.asimba.com/>)** An upbeat site with health and fitness information, motivational tips, e-mail discussion groups, and personalized training programs for walking and running.

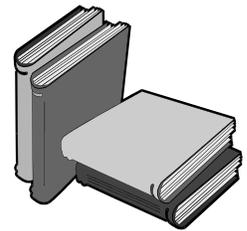


# Keys to a Healthy Weight Loss Diet

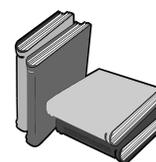
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Diets that include the features below are more likely to be safe and to help you lose body fat and keep it off.

- 9 The diet **meets your needs for all nutrients while lowering the total calories.**
- 9 **Foods are the basis for the diet**, not supplements or pills.
- 9 **“Forbidden” foods are kept to a minimum.** Foods are not labeled “good” or “bad.”
- 9 The expected rate of weight loss is **no more than 2 pounds per week.**
- 9 The diet contains a **sensible balance of protein, carbohydrate and fat.** Recommendations are for 10-20% of calories from protein, 50-60% from carbohydrate, and less than 30% from fat (with <10% from saturated fat).
- 9 The diet emphasizes **portion control.**
- 9 Some method for **increasing awareness of foods eaten** is encouraged. Examples: Self-monitoring or individualized meal plans.
- 9 **Healthful snacks** are part of the plan.
- 9 **Regular aerobic exercise** is part of the plan.
- 9 The diet is **practical.** You could follow it long enough to reach your long-term weight loss goals. You could follow it forever.
- 9 You would be **able to follow the plan anywhere** – at home or away from home.
- 9 The diet **allows you to eat when you are hungry.** You feel satisfied when you eat.
- 9 The diet is **based on scientific evidence**, not personal experience. The endorser is respected and knowledgeable in nutrition.



# What About the Popular High-Protein, Low-Carbohydrate Diets?



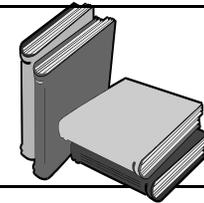
Keep in mind that any diet with fewer calories than you usually eat will result in weight loss. But *can you stick with it for the long-term?*

| The Claims  | The Truth  |
|---|--|
| Americans are getting fatter because we are eating too much carbohydrate.   | Americans are getting fatter because we are <b>eating too many total calories</b> and <b>exercising less</b> .   |
| Eating too much carbohydrate causes high levels of insulin in the blood. This leads to insulin resistance which causes weight gain. | Being overweight is <i>associated with</i> insulin resistance. However, there is <b>no scientific evidence</b> that weight gain is <i>caused by</i> insulin resistance or that eating too much carbohydrate causes insulin resistance.   |
| You'll lose weight on the diets because they are low in carbohydrate.   | You may lose weight on the diets because they <b>contain fewer total calories than most Americans consume</b> . Most of the diets range from 1000-1800 calories. Also, many cause <b>ketosis</b> . In ketosis, the body breaks down fat stores, producing toxic substances called ketones. To flush out the ketones, the kidneys pull water from the body. <b>It's the loss of water, not fat, that results in quick weight.</b> |
| The diets will improve your health.   | There have been <b>no scientific studies on the health effects of these diets</b> . Concerns have been raised about dehydration and the possibility that the diets may increase the risk of heart disease and certain cancers due to the high-fat foods emphasized.  |
| The diets have been proven to work.   | Success is documented by personal accounts only. <b>No scientific studies have been published on these diets.</b>  |

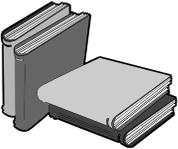
The fact is, many overweight adults *do* eat too many calories from carbohydrate-rich foods when they cut back on fat. The key to healthy weight loss is to **cut back on total calorie intake, get more exercise, and choose carbohydrates** (whole grains, fruits, and vegetables) **that are high in fiber and nutrients**.

# Do Fad Diets Work?

Some popular weight loss diets may produce weight loss in the short term. But most of them will jeopardize your health and your permanent weight loss efforts. Here's why:



| Diet                           | Claims   | What You Do  | What's Wrong With the Diet  |
|--------------------------------|--|--|---|
| <b>Atkins</b>                  | Eating too much carbohydrate causes high insulin levels. That causes weight gain.  | Eat mostly meat, poultry, fish, shellfish, eggs, cheese, and low-carbohydrate vegetables. Eat no more than 20 grams of carbohydrate per day (increase during later phases of the diet). Take many vitamin supplements. | High in fat, saturated fat, and cholesterol, which increases risk of heart disease and cancer. Low in fruits, whole grains, and vegetables (important sources of fiber, vitamins, minerals, and phytochemicals). Concerns have been raised that this can lead to ketosis (a condition in which the kidneys cannot keep up with filtering the blood of ketones, a byproduct of fat breakdown). This may stress the kidneys and cause dehydration, fatigue, and headaches. Depletes stores of glycogen in the liver, an important source of energy for exercise. Initial quick weight loss is from water loss. Dramatic loss of body water can require adjustments in medication doses. |
| <b>Eat Right for Your Type</b> | Lectins (proteins on the surface of certain foods) cause illness and disease. An example is a condition in which blood cells stick together. | Eat only certain foods depending on your blood type. For example, if you are type O, eat meat and no wheat. If you are type A, be a vegetarian.  | Extremely restrictive for certain blood types. Can cause nutrient deficiencies. No scientific basis. No food attacks blood cells after you eat it. No advice given on portion size.   |

| Diet   | Claims  | What You Do   | What's Wrong With the Diet   |
|--|---|---|--|
| <p data-bbox="205 228 338 261"><b>The Zone</b></p>  | <p data-bbox="430 228 716 565">Eating the right combination of foods leads to lower insulin levels and desirable levels of hormones called eicosanoids. This leads to weight loss and peak performance.</p> | <p data-bbox="766 228 1129 488">Eat 40% of calories from carbohydrate, 30% from protein, and 30% from fat. Build meals with a 1-to-1 ratio of protein to carbohydrate by combining “food blocks.”</p>                                   | <p data-bbox="1159 228 1892 488">No scientific basis. Weight gain results from eating more calories than are expended, regardless of the source (carbohydrate, protein, or fat). (The eating plan is low in calories, which would explain weight loss while on the plan.) Extremely restrictive of many fruits, vegetables, and grains, important sources of vitamins, minerals, fiber, and phytochemicals.</p>  |
| <p data-bbox="205 591 401 662"><b>Carbohydrate Addict's Diet</b></p>   | <p data-bbox="430 591 730 743">High insulin levels cause carbohydrate addiction. That causes weight gain.</p>   | <p data-bbox="766 591 1129 813">Eat two meals of protein and fat only and one meal with equal proportions of carbohydrate, protein, and fat. The third meal must be eaten within one hour.</p>  | <p data-bbox="1159 591 1892 889">No scientific basis. Weight gain results from eating more calories than are expended, regardless of the source (carbohydrate, protein, or fat). High in fat, saturated fat, and cholesterol, which increases the risk of heart disease and cancer. Low in fruits, vegetables, and whole grains, important sources of vitamins, minerals, fiber, and phytochemicals. Calorie intake can vary widely depending on the protein and fat foods chosen.</p> |
| <p data-bbox="205 915 401 954"><b>Sugar Busters</b></p>  | <p data-bbox="430 915 695 1101">Refined sugar and certain carbohydrate foods cause high insulin levels. That causes weight gain.</p>  | <p data-bbox="766 915 1115 1214">Avoid insulin-stimulating foods (e.g., potatoes, white rice, corn, carrots, beets, white bread, all refined white flour products). Do not combine certain foods (e.g., don't eat fruit with meat).</p> | <p data-bbox="1159 915 1892 1182">No scientific basis. Weight gain results from eating more calories than are expended, regardless of the source (carbohydrate, protein, or fat). (The eating plan is very low in calories, which could explain weight loss on the plan.) High in fat, saturated fat, and cholesterol, which increases the risk of heart disease and cancer. Portion guidelines are vague.</p>   |