

Mila Teaches Rose About Heart Healthy Cooking Role Play

Rose and her family moved to the United States a few years ago. Rose often looks to her sister-in-law, Mila, for advice.

Rose: *Ate*,* that fish *cardillo* dish you made last week was so good! Since the stroke, Jose has been trying to be really careful with what he eats, but it has been hard. He does not believe that something healthy can taste good! Can you teach me how to make something that tastes good and is healthy?

Mila: Sure! Mama and I tried many different recipes. Trying to eat heart healthy was a difficult change for us all. And Jose is hardheaded like my Cesar. They both think that Filipino dishes can only be made the way they make them back home. But now, Cesar and the kids hardly notice the difference.

Rose: So, what kind of changes did you make?

Mila: Well, it was very hard to stop using the fat left in the pan when we cook meat. Back home, everyone saves and reuses that fat for everything. It is a good way to save money and can make dishes more flavorful. But now I drain off the fat when I cook meat, and throw it away, because it is high in saturated fat. If a dish needs fat, I just use a little bit of canola oil and flavor it with herbs and spices. Try it!

Rose: Oh, I think they will notice the difference!

Mila: You will be surprised. Just make the changes little by little. Your family will like the dishes as much as ever.

Rose: So, *Ate*, when is my first cooking lesson?

Mila: Whenever you want, Rose! You know, I am always here for you.

* *Ate* means “elder sister” in Tagalog. It is common to address an older woman for whom you have a lot of respect as “*Ate*,” whether she is blood related or not.