

Session 5



Keep Your Cholesterol in Check

Objectives

By the end of this session, participants will learn:

- What cholesterol is and how it affects the body
- The importance of heart healthy eating
- What healthy cholesterol levels are
- The steps they can take to lower their cholesterol levels

Materials and Supplies

To conduct this session, you'll need:

- *With Every Heartbeat Is Life* manual and picture cards
- Blackboard and chalk, dry erase board, or several large pieces of paper, a marker, and tape
- 1 empty paper towel roll
- Scissors
- Red construction paper and tape or red felt with sticky backing
- Red and yellow modeling clay
- 6 paper plates
- Set of measuring spoons
- 1 stick of shortening or lard
- Bottle of vegetable oil
- Choice of at least three of the following foods—or pictures of them:
 - 1 cup cooked beans
 - 1 beef hotdog
 - 1 orange
 - 2 tablespoons regular mayonnaise
 - 2 ounces American cheese
 - Fried chicken (wing and thigh)
 - 1 package snack cakes (packaged cupcakes)

Handouts

Give each participant these handouts during this session:

- Take Action To Control Your Cholesterol (pages 5.30-5.31)
 - List of places to get cholesterol levels checked
 - *(Optional)* Make Your Health a Regular Appointment: A Role Play at Ms. Faye's Hair Salon (page 5.32-5.33)
 - Healthier Fats and Oils (page 5.34)
 - Read the Food Label To Choose Foods Lower in Saturated Fat (page 5.35-5.36)
 - Pam's Breakfast Choices (pages 5.37-5.39)
 - Guess the Fat Activity (pages 5.40)
 - Cooking With Less Saturated Fat (pages 5.41-5.42)
 - Recipe Substitutes (page 5.43)
 - Soul Food Makeover: Chicken Gumbo Recipe (pages 5.44)
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Before This Session

- Prepare a list of places to get cholesterol levels checked. You may find information at your local health department, hospital, or clinic.
- Create the display Fat Matters—But Calories Count, shown on page A.15 in the Appendix.
- For the Guess the Fat Activity on page 5.23:
 1. Buy a stick of shortening or lard. Also buy paper plates and at least three foods from the list above (or use pictures of the foods). Choose foods you think participants eat.
 2. Write the name of each food you're using on a separate plate.
 3. Using the chart on the next page, to find the amount of fat in your foods.

Session 5 **Keep Your Cholesterol in Check**

Foods	Teaspoons of Fat (Grams of Fat) (Approximate)
2 ounces American cheese	3¼ teaspoons (13 grams)
2 tablespoons regular mayonnaise	5¼ teaspoons (21 grams)
2 pieces fried chicken (wing and thigh)	9½ teaspoons (38 grams)
1 beef hotdog (2 ounces)	4¼ teaspoons (17 grams)
1 cup cooked beans	¼ teaspoon (1 gram)
1 orange	None
2 snack cakes (1 package)	4½ teaspoons (18 grams)

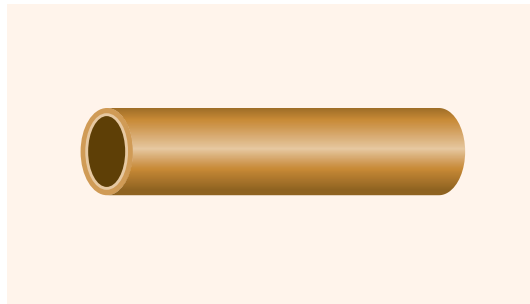
4. Measure the amount of fat (the lard or shortening) listed above for each food you're using. Put that amount of fat on the plate labeled for that food. The lard or shortening represents the amount of fat in the food.
5. Put the foods on three other plates.
6. Put the six plates away until you're ready to do the activity.

Make an Artery Model

For the “Healthy Arteries” Activity on page 5.15

What you’ll need:

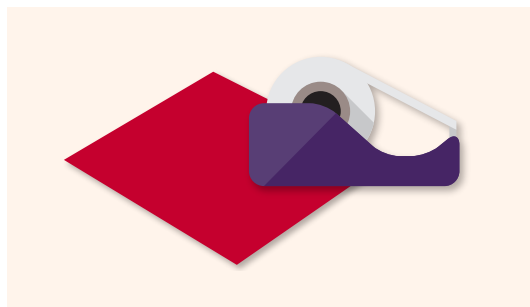
1. One empty paper towel roll



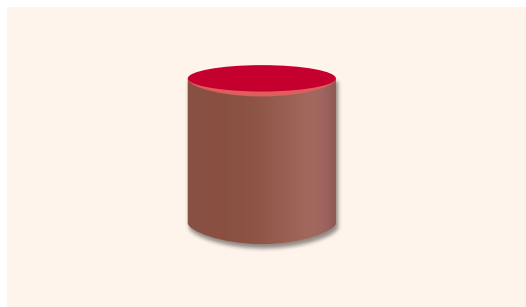
2. Scissors



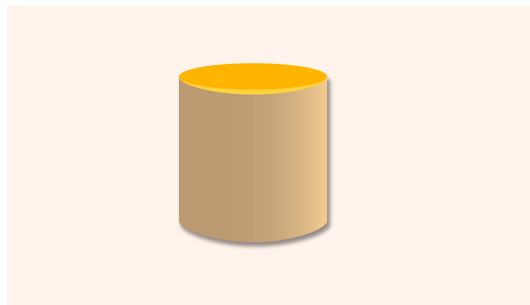
3. Red construction paper and tape or red felt with sticky backing



4. Red modeling clay

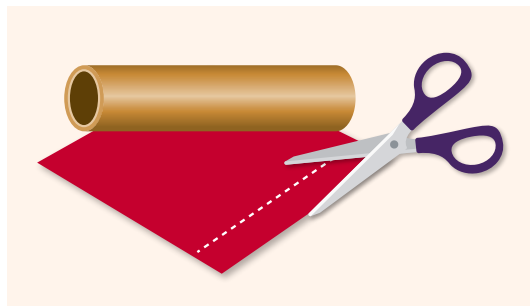


5. Yellow modeling clay

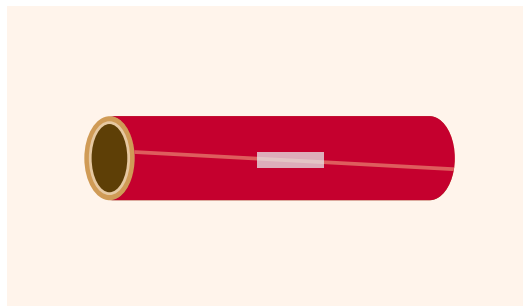


What you need to do:

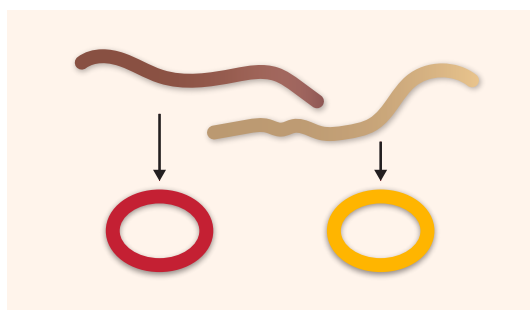
1. Cut enough construction paper or felt to cover the empty paper towel roll.



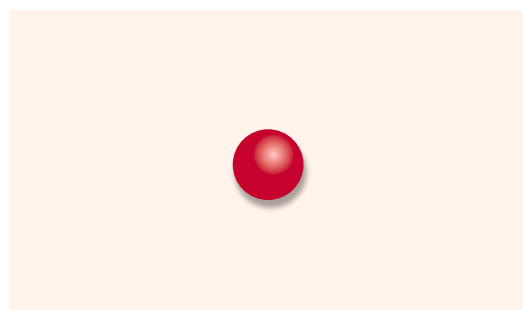
2. Tape the paper or attach the felt so it covers the roll.



3. Shape thin pieces of yellow and red clay into donuts, about the size of the opening of the roll.



4. Make one small ball of the red clay.



Session Outline

Introducing the Session

1. Welcome
2. Review of Last Week's Session
3. About This Session

Conducting the Session

1. Facts About Cholesterol
2. Cholesterol Levels and Heart Disease
3. What Are Your Numbers?
 - A. What Are Triglycerides?
 - B. Metabolic Syndrome and Your Health
4. Healthy Arteries Activity
5. *(Optional)* Make Your Health a Regular Appointment:
A Role Play at Ms. Faye's Hair Salon
6. Facts About Fat
7. Food Label Activity: Fats
8. Guess the Fat Activity
9. Cooking With Less Saturated Fat
10. Making Your Favorite Family Recipes With Your Heart in Mind:
Recipe Substitutions
11. Soul Food Makeover: Chicken Gumbo Recipe

Review of Today's Key Points

Weekly Pledge

Closing

Introducing the Session

1. Welcome

DO **Welcome** participants to the session.

2. Review of Last Week's Session

SAY Last week, we talked about salt and sodium.

DO **Ask** the questions below and give the correct answers if participants don't.

Q: Who remembers why you should limit the amount of salt and sodium in your diet?

A: You should cut back on salt and sodium to help prevent or to lower high blood pressure.

Q: What are some ways to cut back on salt and sodium?

A: To cut back on salt and sodium, you can:

- Check the food label and choose low- or no-sodium foods.
- Use herbs and spices instead of salt to season foods.
- Eat fresh, frozen, and other foods without salt.
- Avoid preseasoned or processed meats, poultry, and vegetables.
- Try not to use premade sauces, mixes, and “instant” products like rice, noodles, and ready-made pasta.
- Eat at home more often so you can cook from scratch.

SAY At the end of our last session, you pledged to control your blood pressure better and choose foods lower in salt and sodium. What problems did you have? How did you solve them?

NOTE



Allow 5 minutes for participants to respond.

ASK Has anyone completed the family health history?

NOTE



(Optional) **Give** a prize to participants who've completed the history.

ASK Does anyone want to share what you've learned about your family health history?

NOTE



Allow 5 minutes for participants to respond.

3. About This Session

SAY Ella Fitzgerald said, "Just don't give up what you're trying to do. Where there is love and inspiration, I don't think you can go wrong."

ASK What does this quote mean to you?

NOTE



Allow 5 minutes for participants to respond.

SAY Today we're going to talk about the cholesterol in your blood and what it has to do with heart disease. You'll learn what you can do to keep your cholesterol levels in the healthy range. We'll also do group activities that show how much saturated fat is in some foods and how to cook with less saturated fat.

Conducting the Session

1. Facts About Cholesterol

SAY If you have unhealthy levels of cholesterol in your blood, you're more likely to get heart disease, including heart attack, or a stroke. Here are some facts about our cholesterol levels:

- About one-fourth (24 percent) of African American adults have high cholesterol, compared to 27 percent of all adults in the United States.
- About half (55 percent) of all adults with high cholesterol in the United States take a drug to control their cholesterol levels. But only 44 percent of African Americans do.

2. Cholesterol Levels and Heart Disease

NOTE



This section explains what cholesterol is, why the body needs cholesterol, how much cholesterol the body needs, and where cholesterol comes from.

SAY The cholesterol in your body is a soft, waxy, fat-like substance. Your body needs it to make hormones, vitamin D, and substances (like bile) that help you digest foods. Your body makes all the cholesterol it needs.

DO **Show** picture card 5.1.



PICTURE

SAY Small packages, called lipoproteins, carry cholesterol through your bloodstream. Two kinds of lipoproteins carry the cholesterol. One is LDL or “low-density lipoprotein.” The other is HDL or “high-density lipoprotein.”

SAY LDL deposits cholesterol inside the arteries that carry blood to your heart and other parts of your body. Over time, cholesterol, along with other substances, form plaque inside your arteries and can prevent blood flow. That can cause chest pain or even a heart attack.

HDL helps your body get rid of cholesterol, so it doesn't build up inside your arteries.

DO **Show** picture card 5.2.



PICTURE

SAY What affects your cholesterol levels? Some things you can't change, like your genes, age, some medical conditions, and also some medicines you may need to treat a serious condition.

Here's what raises our cholesterol levels that we can work on:

- Eating foods that are high in saturated fat, which increases your LDL.
- Not getting enough physical activity (inactivity has been linked to low HDL).
- Smoking is a double whammy. It lowers your HDL, particularly in women, and increases your LDL.
- Being overweight. Losing weight may lower your LDL.
- Having constant stress in your life may raise your LDL and lower your HDL.

SAY If you make healthy lifestyle changes and your cholesterol levels are still too high, you may need to take medicine. But continue to work on having a healthy lifestyle, even if you're on medicine.

3. What Are Your Numbers?

DO **Show** picture card 5.3.



SAY You can get a blood test to measure your cholesterol levels at a clinic or your health care provider's office, or a cholesterol screening event (such as a health fair).

The blood test done at the doctor's office is called a lipid profile. It tells you the levels of each type of fat in your blood, including your total cholesterol, LDL cholesterol, HDL cholesterol, and triglycerides. (We'll talk about triglycerides later.) Ask your doctor how to prepare for the test, including if you should fast (not eat) before the test.

Screening sites may measure only total cholesterol and sometimes HDL cholesterol. You may need to follow up with the doctor for a complete lipid profile.

ASK Have you ever had your cholesterol checked? Do you remember your levels?

NOTE



Allow a moment for participants to respond.

DO **Give** participants the "Take Action To Control Your Cholesterol" handout (pages 5.30-5.31). **Review** the cholesterol levels.



NOTE



If participants ask, **explain** that cholesterol is measured in milligrams per deciliter (mg/dL).

DO Show picture card 5.4.



SAY The goal for LDL cholesterol level is different for everyone. It depends on the risk factors you have.

The number of risk factors—such as high blood pressure, low HDL, family history of heart disease, age, gender, and smoking—affects your LDL goal.

The higher your LDL level and the more risk factors you have, the greater your chances of developing heart disease or having a heart attack. Your health care provider can help you set a goal for your LDL level.

Cholesterol is measured in milligrams per deciliter (mg/dL). A healthy total cholesterol is less than 200 mg/dL. This number is for a person who doesn't have any risk factors for heart disease. Talk with your health care provider about what your cholesterol numbers should be. High cholesterol puts you at a higher risk for clogged arteries and heart attack.

A. What Are Triglycerides?

ASK Can anyone tell us what triglycerides are?

NOTE



Allow a minute for participants to respond.

SAY Triglycerides are another type of fat in your blood that increases your risk for heart disease. Certain health problems and medications can increase your triglyceride levels. But eating too many calories and foods high in fat and sugar, drinking too much alcohol, and smoking also cause your body to make more triglycerides.

A fasting triglycerides level above 150 mg/dL is high. Normal is less than 75 mg/dL.

People with high triglycerides often have low HDL cholesterol. People with diabetes can also have high triglycerides and low HDL cholesterol.

Here's what helps us keep triglycerides at healthy levels:

- Maintain a healthy weight.
- Get regular physical activity (aim for at least 30 minutes a day).
- Eat a heart healthy diet that's low in saturated fat.
- Limit sugar, such as candy and other sweets; regular soda, juice, and other drinks high in sugar; and foods that are highly processed.
- Don't smoke. If you do smoke, quit.
- Limit your alcohol.

ASK Do you know what your triglyceride level is?

NOTE

Allow a few minutes for participants to respond.

DO **Hand out** your list of clinics and hospitals that provide low-cost or free cholesterol testing.

SAY Here's a list of places where you can get low-cost or free cholesterol testing. I want you to try to get your HDL, LDL, and triglycerides checked. When you go to get tested, ask what's included in the test. Also, ask for your results and write them on your wallet card.

B. Metabolic Syndrome and Your Health

SAY Now, let's talk about metabolic syndrome. Many people have metabolic syndrome but don't know it.

Having metabolic syndrome means you have at least three out of five specific health problems, which I'll list.

DO **Show** picture card 5.5.



PICTURE

SAY If you have three of the following, even if you're on medicine to treat them, you have metabolic syndrome:

1. A large waistline. Being overweight can be unhealthy, but excess fat in the stomach area is a particular risk factor for heart disease.

This means:

- Greater than 35 inches for women
 - Greater than 40 inches for men
2. A triglyceride level of 150 mg/dL or more
 3. A low HDL (good) cholesterol level:
 - Less than 50 mg/dL for women
 - Less than 40 mg/dL for men
 4. A blood pressure of 130/85 mmHg or higher
 5. High blood sugar (above 100 mg/dL) when you have a fasting blood test. (Fasting means having nothing to eat or drink except sips of water.)

SAY People with metabolic syndrome should try to eat a heart healthy diet, lose weight, manage stress, quit smoking, and be more physically active. If these changes don't help enough, you may also need to take medicine.

SAY If you think you might have metabolic syndrome, talk to your health care provider. A physical exam and blood tests can help diagnose it.

4. Healthy Arteries Activity



ACTIVITY

NOTE

This section uses the picture cards and an artery model to show how cholesterol can collect on the walls of the arteries and slow down or block blood flow. Blocked arteries can cause a heart attack or stroke.

DO

Show picture card 5.6.



PICTURE

SAY

Blood flows freely to all cells of the body when arteries are healthy.

When your LDL cholesterol is too high, cholesterol and other substances, called plaque, may become trapped in the walls of the arteries, causing them to harden. The opening of the arteries can become clogged and narrowed.

DO

Show the artery model.

NOTE

The next two pages help you explain the artery model.

DO

Pass the artery model around so participants can look at it closely.

ASK

Do you know why we shouldn't put melted grease, such as lard or butter from cooking, down the sink?

NOTE

Allow a moment for participants to respond.

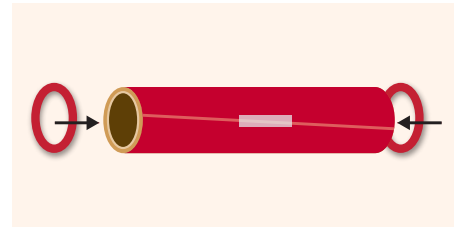
SAY

The fat clogs pipes, just like saturated fat clogs your arteries!

How To Explain the Artery Model

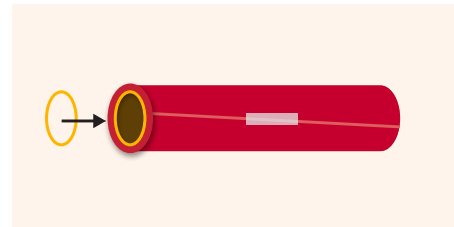
1. **Place** the donut-shaped pieces of red clay on the outside edge of both ends of the roll.

SAY This is a healthy artery. The blood can flow through the opening easily.



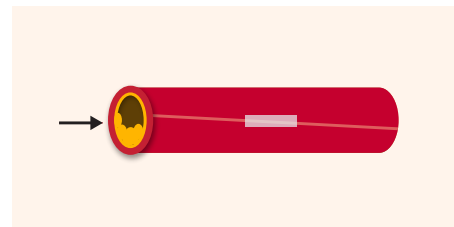
2. **Add** pieces of the yellow clay to the inside edge of the red clay on one end of the roll.

SAY This is the beginning of a clogged artery. Plaque is starting to build up.



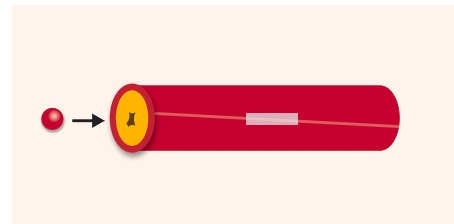
3. Continue to **add** pieces of yellow clay to this end of the roll. Add pieces until you almost fill in the opening.

SAY The opening of the clogged artery is getting smaller. Blood can't flow through easily.



4. **Put** a red ball in the small opening at the end of the roll.

SAY The red ball here is a blood clot. The plaque buildup makes it more likely that blood clots will form inside your arteries, further blocking blood flow. Clogged arteries can cause a stroke, a heart attack, angina (chest pain), and poor blood circulation.



5. (Optional) Make Your Health a Regular Appointment: A Role Play at Ms. Faye’s Hair Salon

DO **Ask** for two volunteers to be the actors in the role play.

DO **Give** the volunteers the “Make Your Health a Regular Appointment: A Role Play at Ms. Faye’s Hair Salon” handout (pages 5.32-5.33) for them to read out loud.



HANDOUT

DO You **read** the introduction and the volunteers do the role play

ASK What are some of the lessons you learned from this role play?
Is there any part of the role play that you can use in your own life?

NOTE



Allow 5 minutes for participants to respond.

6. Facts About Fat

SAY There are two main types of fat—saturated and unsaturated. Most foods contain some of both. The total fat in a food is its saturated fat plus its unsaturated fat.

Saturated fat is mainly in foods that come from animals. Those foods are high-fat meat, cheese, milk, and butter, among others.

SAY You need to eat some fat to be healthy. Fat has substances that your body can’t make on its own or live without.

Your body uses fat to:

- Store and provide energy
- Absorb vitamins A, D, E, and K

ASK What types of fat do you use when you cook?

NOTE



Allow about 3 minutes for participants to respond. **Write** their answers on the blackboard, dry erase board, or large piece of paper taped to the wall.

SAY

Fats with some of the highest amounts of saturated fat are coconut oil, palm kernel oil, butter, beef fat, palm oil, pork fat (lard), chicken fat, and shortening.

Saturated fat is usually solid at room temperature.

DO

Show picture card 5.7.



PICTURE

SAY

Here are some foods that are **high in saturated fat**:

- Whole milk and full-fat dairy products (like regular cheeses, sour cream, and evaporated whole milk)
- Ice cream and whipped cream
- Fatty cuts of meat, such as chuck steak, regular ground beef, ribs, pork chops, bacon, pork sausage (kielbasa), and liverwurst
- Beef or pork hotdogs
- Foods fried in grease or lard (like chicken, fish, shrimp, and French fries)
- Butter
- Shortening
- Lard
- Skin from chicken, turkey, and pork
- Smothered meat and poultry dishes, such as smothered chicken or pork chops, made with animal fat or greasy gravies
- Oils such as coconut, palm, and palm kernel
- Some doughnuts, pastries, cakes, and cookies
- Cornbread, hushpuppies, spoonbread, and biscuits if made with lard, butter, or shortening

DO

Show picture card 5.8.



PICTURE

SAY Here are foods that have **little or no saturated fat**:

- Lean meats such as loin, round, and extra lean ground beef
- Fish and seafood
- Turkey bacon
- Poultry without the skin
- Beans
- Rice
- Tub margarine
- Fat-free and low-fat milk and cheese, yogurt, and evaporated milk
- Vegetable oil
- Breads (made without butter or lard)
- Fruits and vegetables

SAY Unsaturated fats are usually liquid at room temperature. But a few oils (coconut, palm, and palm kernel) are high in saturated fat.

SAY (*Optional*)

Replacing saturated fat with polyunsaturated or monounsaturated fats may reduce your risk of having a heart attack. The evidence is particularly strong for polyunsaturated oils. Here are some foods that have them:

More Information

Polyunsaturated fat is in:

- Vegetable oils
 - Cottonseed oil
 - Corn oil
 - Soybean oil
- Oil in salmon

Monounsaturated fat is in:

- Some animal fats
- Avocados
- Vegetable oils
 - Canola oil
 - Olive oil
 - Peanut oil
 - Safflower oil



DO **Give** participants the “Healthier Fats and Oils” handout (page 5.34).



SAY The graph shows which products have the least amount of saturated fat.

ASK What three oils have the least amount of saturated fat?

DO **Say** the following if they aren't mentioned:
Canola, safflower, and sunflower oils have the least amount.

SAY Polyunsaturated and monounsaturated fats are better for your health than saturated fat. But most of us need to eat less of all types of fat. Fats are high in calories. Cutting back on calories helps you lose weight. We'll talk about calories at the next session.

SAY Plant foods are generally lower in saturated fat. They also contain a type of soluble dietary fiber that helps lower cholesterol. (This isn't true for palm and coconut oils.)

DO **Show** picture card 5.9.



SAY Soluble dietary fiber is in beans, peas, fruits, whole oats, oat bran, nuts, seeds, and vegetables.

For great sources of soluble fiber, cook your own dry beans or get low-sodium canned beans. Flavor with garlic and spices instead of salt.

7. Food Label Activity: Fats



ACTIVITY

DO **Give** participants the “Read the Food Label To Choose Foods Lower in Saturated Fat” handout (page 5.35-5.36) and the “Pam’s Breakfast Choices” handout (pages 5.37-5.39).



HANDOUT

DO **Point out** on the food label where to find saturated fat.

DO **Show** picture card 5.10.



PICTURE

SAY You don’t have to give up a favorite food to eat a healthy diet. When a food you like is high in a nutrient you want to get less of, such as saturated fat or sodium, have a small portion, or balance it at other meals by eating foods that are low in that nutrient.

For a healthier heart, use nutrition facts labels to choose foods with less saturated fat. (But also avoid high-sodium and high-carbohydrate foods.)

DO **Show** participants where the Percent Daily Value for total fat and saturated fat is on the food label for whole milk.

SAY The Daily Value (DV) is the amount of certain key nutrients that is recommended you get every day (based on a 2,000-calories-per-day diet). The Percent Daily Value is the amount of that nutrient in one serving. The Percent Daily Value can be used to compare food products.

Generally, 5 percent DV of a nutrient per serving means that the food is low in that nutrient. But 20 percent DV means that the food is high in the nutrient.

Look at the bottom of the “Read the Food Label To Choose Foods Lower in Saturated Fat” handout. Look at the labels for whole milk and fat-free milk. Which is lower in saturated fat?

SAY Fat-free milk is lower in saturated fat. One cup of fat-free milk has no saturated fat. One cup of whole milk has 23 percent (about one-fourth) of the Percent Daily Value of saturated fat.

NOTE



If anyone asks, **explain** that people who have trouble digesting regular milk may want to try lactose-free milk products or nondairy “milks,” such as soy or almond milk. Note that the nutrients in nondairy products differ from those in dairy products.

SAY

Now look at “Pam’s Breakfast Choices.” We’re going to use the food label to practice choosing foods that are lower in saturated fat.

Pam’s Problem

Pam is rushed in the morning, so she often has just a honey bun or doughnut before work. Look at the food labels. Help Pam select breakfast foods that are lower in saturated fat than her usual choices.



NOTE



The correct answer is underlined.

- A honey bun or a plain bagel?
- A jelly doughnut or an English muffin?
- A banana muffin or a banana?
- Toast with butter or toast with a small amount of soft tub margarine?
- Canadian bacon or pork sausage links?
- Low-fat American cheese or regular American cheese?

- DO **Ask** for a volunteer to describe:
- What they usually eat for breakfast
 - Which of those foods are higher in fat
 - What they could eat instead, especially what would also be low in sodium.

NOTE



Write the answers on the blackboard, dry erase board, or large piece of paper taped to the wall. Help the volunteer select some substitutes, if needed.

8. Guess the Fat Activity



ACTIVITY

- SAY** We're going to play a guessing game that will help you learn about the fat in some foods.

- DO **Give** group members the "Guess the Fat Activity" handout (page 5.40).



HANDOUT

- DO **Show** participants the three plates of foods (or pictures of food) you prepared ahead of time.

- SAY** Guess the number of teaspoons of fat in one serving of each of these foods. Does anyone have any guesses?

- DO **Write** the answers on the handout.

- DO **Bring out** the plates with the fat (lard or shortening) on them.

SAY This is the actual amount of fat.

SAY As you can see, it’s easy to go over the recommended amount of fat when we eat foods higher in fat, such as fried foods, some fast foods, hotdogs, chips, and ice cream.

To make it easier to cut back on fat, eat more foods that are lower in fat, such as fruits, vegetables, rice, whole-grain cereals and breads, beans, and fat-free or low-fat milk products. People who have trouble digesting the lactose in milk products should use lactose-free or nondairy products.

ASK How do you feel about your guesses of the true amount of fat in the food? Please write the true amount on your form also.

NOTE



Allow 3 to 5 minutes for participants to talk about their reactions.

SAY There are lower-fat substitutes for some high-fat foods. But they might have more sodium or sugar, so check the nutrition facts label.

DO **Show** the nutrition display, Fat Matters—But Calories Count.

DO **Review** the following list.

Foods	Lower-Fat Substitutions
Regular cheese	Fat-free or low-fat cheese
Whole milk	Fat-free or low-fat milk, or nut “milks”
Regular sour cream	Fat-free or low-fat sour cream or plain yogurt
Pork rinds	Low-salt crackers
Beef hotdog	Low-fat beef hotdog or soy hotdog

SAY You can also reduce the amount of fat you eat by having smaller portions and having high-fat foods less often.

9. Cooking With Less Saturated Fat

NOTE

This section helps participants understand that they can cut back on fat without giving up favorite foods.

SAY

What could you do to use less saturated fat in your cooking?

NOTE

Allow about 3 minutes for participants to respond. **Write** their answers on the blackboard, dry erase board, or large piece of paper taped to the wall.

DO

Give participants the “Cooking With Less Saturated Fat” handout (pages 5.41-5.42). **Review** each of the dishes.



HANDOUT

ASK

What makes the recipes on the handout lower in saturated fat?

NOTE

Allow a few minutes for participants to respond.

DO

Add the following reasons if they aren't mentioned:

- Beans and brown rice are both naturally low in fat.
- We make the potato salad with low-fat or fat-free mayonnaise.
- We use lean cuts of meat. Before cooking, we remove all visible fat, including the skin.
- Meat dishes aren't fried or prepared with fat—like lard or grease.
- We drain the fat off cooked ground meat.
- The fruit shake uses fat-free milk instead of whole milk.

10. Making Your Favorite Family Recipes With Your Heart in Mind: Recipe Substitutions

SAY Some of us have favorite recipes that have been in our families for generations. Let's make them healthier!

DO **Give** each participant the "Recipe Substitutes" handout (page 5.43).



DO **Ask** for a volunteer to read the handout out loud.

SAY Try these substitutions next time you're cooking a favorite dish.

11. Soul Food Makeover: Chicken Gumbo Recipe



DO **Give** participants the "Soul Food Makeover: Chicken Gumbo Recipe" handout (page 5.44).



ASK How have we cut back on saturated fat in this recipe?

NOTE



Allow a moment for participants to respond.

DO **Add** the following if they aren't mentioned:

- We took the skin off the chicken before cooking.
- We use chicken breasts, which are lower in fat than chicken thighs.

SAY Remember that even lower-fat food will make you gain weight if you eat large portions!

DO **Ask** if there are any questions. **Encourage** participants to try this recipe at home this week.

Review of Today's Key Points

SAY Let's review what you've learned today.

What clogs arteries?

Cholesterol buildup called plaque, and blood clots

What's a desirable total cholesterol level for a person who doesn't have any risk factors for developing heart disease?

Less than 200 mg/dL

What helps keep cholesterol levels low?

- Eating foods lower in saturated fat
- Eating a variety of whole grains, fruits, and vegetables
- Losing weight if you're overweight
- Being physically active
- Managing your stress
- Quitting smoking

What are some high-fat foods?

Fatty meat, including fatback, beef oxtail, bacon, and chitterlings (also called chitlins); poultry with skin; whole milk and cheese, butter, lard, shortening, coconut oil, and palm kernel oil

What can you do to make foods lower in fat?

- Trim the fat from meat before cooking.
- Take the skin off poultry and throw it away.
- Bake, broil, braise, roast, or grill food instead of frying it.
- Skim the fat off before serving.

Can you name some foods that are high in soluble fiber?

- Oats, beans, and peas
- Fruits and vegetables

Weekly Pledge



SAY You've learned a lot today about cholesterol levels and how to eat less saturated fat. Please think of one change you can make in your everyday life to keep your cholesterol in check. This will be your pledge for the week.

SAY Be specific about **what** you'll do, **how** you'll do it, and **when** you'll start. Here are some examples:

- I'll take the skin off chicken and throw the skin away.
- I'll bake fish instead of frying it.
- I'll try low-fat milk this week.

NOTE



Allow 5 minutes for participants to think of a pledge.

SAY Write your pledges on the "Take Action To Control Your Cholesterol" handout on pages 5.30-5.31. Keep this handout where you can see it and review your pledges.

SAY Would anyone like to share your pledge with the group?

NOTE



Write their pledge ideas on the blackboard, dry erase board, or large piece of paper taped to the wall.

SAY (*Optional*)

Today, I want you to think about what inspires you. Before making lifestyle changes, it helps to get inspired! Like Ella Fitzgerald said, "Just don't give up what you're trying to do. Where there is love and inspiration, I don't think you can go wrong." Find what inspires you to make healthy choices.

ASK What gives you inspiration and how could you use inspiration to help you keep your pledge?

NOTE

Allow 3 minutes for participants to share their thoughts.

SAY We'll discuss the results of your pledge next week. Remember to continue to work on your pledges from our last sessions to be physically active and to control your blood pressure. Also, please continue working on your family health history.

Closing

SAY Thank you for coming today. What did you think of today's session?

NOTE

Wait to see if participants have a response.

SAY I'm looking forward to seeing you at the next session. It's going to be about maintaining a healthy weight.

NOTE

Think about today's session. What worked and what didn't work? Have you decided to make any changes in your own life based on what was covered in today's session?



Take Action To Control Your Cholesterol

Do you know your cholesterol numbers?

Get Checked

Get your cholesterol and triglyceride levels tested at your health care provider's office. The test is called a lipid panel. Ask your provider what your levels should be.

Take Action

Choose healthy foods that will help you control your cholesterol levels, avoid being overweight, and protect your heart.

How I switched my family from whole milk to fat-free milk

Ms. Diane has learned that it's not difficult to get her family to eat foods lower in saturated fat and cholesterol.

I slowly changed the milk my family drank from whole milk to fat-free milk. The first month I served reduced-fat (2%) milk. During the next month, I served low-fat (1%) milk. Finally, I made the switch to fat-free milk. The change was so slow that they couldn't even taste the difference.





Take Action To Control Your Cholesterol (continued)

Try These Simple Changes:

When Shopping

1. Buy fat-free or low-fat (1%) milk, cheese, or low-fat products. Choose lean cuts of beef and lean ground beef.
2. Buy canola or sunflower oil instead of lard or shortening for cooking.
3. Use the food label to help you choose foods lower in saturated fat.

When Cooking

1. Trim the fat from meat, and remove the skin from chicken and turkey before cooking.
2. Use vegetable oil on baking pans and skillets instead of butter or other types of grease.
3. Cook ground meat thoroughly, then drain the fat off into a cup (not down the sink). Throw the fat in the garbage when cool.
4. Cool soups or stews and skim off the layer of fat that rises to the top.

When Eating

1. Use fat-free or low-fat salad dressing, mayonnaise, or sour cream.
2. Choose fruits and vegetables instead of high-fat foods like chips or fries.

Pam has learned that foods high in saturated fat increase her cholesterol level. So she improved her favorite cobbler recipe by using soft tub margarine and fat-free milk. Now the cobbler is lower in saturated fat and still tastes great.



Make your personal pledge to do what Pam has done! Look at these examples:

Breakfast

Use fat-free or low-fat milk with your oatmeal.

Lunch

Use leftover roasted turkey with lettuce, tomato, and mustard to make a delicious sandwich. Have carrot sticks with low-fat dip instead of chips.

Dinner

Steam fish with allspice, garlic powder, cayenne pepper, lemon, and tomatoes. Serve with a side salad and a small portion of brown rice.

Snack

Have apple slices sprinkled with cinnamon instead of high-fat chips or pork skins.

Your health and your family's health are priceless. Make an investment!

Write the changes you'll try to make this week:



Make Your Health a Regular Appointment

A Role Play at Ms. Faye's Hair Salon

Ms. Faye is a community health worker and the owner of a hair salon. Pam is her friend and regular client.

Faye

Are you coming to my cholesterol screening next Sunday at the church's health fair? I'll be giving a talk about eating foods lower in fat.

Pam

I don't know if I believe all the fuss about high cholesterol.

Faye

I had my doubts too. Then I learned more about how having unhealthy cholesterol levels increases your risk of having a heart attack. I can't afford to have a heart attack!

Pam

How do you know if you have unhealthy levels?

Faye

You don't unless you get tested. That's what Sunday's screening is about. We do a simple blood test to measure your total cholesterol level. My blood test showed that my cholesterol was too high. That's when I started changing what I ate.

Pam

I was wondering why you stopped asking me to pick up breakfast on the way to my appointments with you!





A Role Play at Ms. Faye's Hair Salon (continued)

Faye

Now I have breakfast at home, and I'm walking more to keep my weight down. I've lowered my cholesterol enough that my doctor said I could stop taking the cholesterol medicine—as long as I keep up the healthy eating and walking.

Pam

Okay—I'll get my cholesterol checked!

Faye

Now you can look good on the outside, and be healthy on the inside.





Healthier Fats and Oils

Choose common fats and oils with less saturated fat.



Choose **MORE Often**

Foods LOWER in Saturated Fat

- Canola oil
- Safflower oil
- Sunflower oil
- Corn oil
- Olive oil
- Sesame oil
- Peanut oil
- Soft tub margarine

Choose **LESS Often**

Foods HIGHER in Saturated Fat

- Coconut oil
- Butter
- Beef fat
- Palm oil
- Pork fat (lard)
- Chicken fat
- Shortening



Read the Food Label To Choose Foods Lower in Saturated Fat



Food labels tell you what you need to know about choosing healthier options. Here's a food label for a carton of whole milk.

1. Serving Size and Number of Servings

The serving size is 8 fluid ounces (1 cup). There are two servings in this carton.

2. Amount Per Serving

The nutrient amounts are for one serving. So, if you have more than one serving, you need to add nutrient amounts. For example, if you drink 2 cups of milk, you're drinking two servings. You would then double the amount of calories and saturated fat.

3. Percent Daily Value

The Percent Daily Value helps you compare products. Just make sure the serving sizes are the same. The goal is to consume no more than 100% of the nutrients in one day.

4. Nutrients

Here is the amount of saturated fat in one serving. This amount is in grams (g). Have no more than 16g in one day for a 2,000 calorie diet.

Whole Milk

Nutrition Facts			
2 servings per container			
Serving size		1 cup (244g)	
	Per serving	Per container	
Calories	150	300	
	% DV*	% DV*	
Total Fat	8g 10%	16g 21%	
Saturated Fat	4.5g 23%	9g 45%	
<i>Trans Fat</i>	0g	0g	
Cholesterol	25mg 8%	50mg 17%	
Sodium	105mg 5%	210mg 9%	
Total Carbs.	12g 4%	24g 9%	
Dietary Fiber	0g 0%	0g 0%	
Total Sugars	12g	24g	
Incl. Added Sugars	0g 0%	0g 0%	
Protein	8g 16%	16g 32%	
Vitamin D	3.1mcg 15%	6.2mcg 30%	
Calcium	276mg 20%	552mg 40%	
Iron	0.07mg 0%	0.14mg 0%	
Potassium	322mg 6%	644mg 15%	

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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



Read the Food Label To Choose Foods Lower in Saturated Fat (continued)

The Choice Is Yours — Compare!

Which one would you choose?

Except for calories and saturated fat, fat-free milk has all the nutrients of whole milk, including the calcium. Read food labels, and choose products to keep your heart strong. Calcium-fortified alternatives such as soymilk have lower fat and provide calcium; however, they may not provide the other nutrients found in milk.

Whole Milk

The goal is to consume no more than 16g of saturated fat in one day. One cup of whole milk contains 4.5g of saturated fat, so that one cup of whole milk contains about one-fourth of the total amount of saturated fat limit per day.

	% Daily Value*
Total Fat 8g	10%
Saturated Fat 4.5g	23%
<i>Trans Fat</i> 0g	
Cholesterol 25mg	8%
Sodium 105mg	5%

Fat-Free Milk

One cup of fat-free milk has 0.1 gram of saturated fat. You can learn a lot from a food label.

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0.1g	1%
<i>Trans Fat</i> 0g	
Cholesterol < 5mg	2%
Sodium 100mg	4%



Pam's Breakfast Choices

Pam has little time in the morning to prepare breakfast. She often has a honey bun or doughnut. Look at the food labels. Which breakfast foods are lower in saturated fat than her usual choices? **Write the number of your choice for each pair in the space between the labels.**

1. Honey Bun

Nutrition Facts	
1 servings per container	
Serving size	1 honey bun (85g)
Amount Per Serving	
Calories	370
% Daily Value*	
Total Fat 21g	27%
Saturated Fat 10.3g	52%
Trans Fat 0g	
Cholesterol < 5mg	1%
Sodium 260mg	11%
Total Carbohydrate 42g	15%
Dietary Fiber 1g	4%
Total Sugars 21g	
Includes 19g Added Sugars	38%
Protein 4g	8%
Vitamin D 0mcg	0%
Calcium 139mg	10%
Iron 1.2mg	6%
Potassium 81.6mg	2%

2. Plain Bagel

Nutrition Facts	
6 servings per container	
Serving size	1 bagel (75g)
Amount Per Serving	
Calories	190
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0.3g	2%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 360mg	16%
Total Carbohydrate 38g	14%
Dietary Fiber 2g	7%
Total Sugars 4g	
Includes 4g Added Sugars	8%
Protein 8g	16%
Vitamin D 0mcg	0%
Calcium 67mg	6%
Iron 4.5mg	25%
Potassium 56mg	2%

Lower saturated fat choice

3. Jelly Doughnut

Nutrition Facts	
1 servings per container	
Serving size	1 doughnut (85g)
Amount Per Serving	
Calories	290
% Daily Value*	
Total Fat 16g	21%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 390mg	17%
Total Carbohydrate 33g	12%
Dietary Fiber < 1g	3%
Total Sugars 18g	
Includes 16g Added Sugars	32%
Protein 5g	10%
Vitamin D 0mcg	0%
Calcium 21mg	2%
Iron 1.5mg	8%
Potassium 67mg	2%

4. English Muffin

Nutrition Facts	
6 servings per container	
Serving size	1 muffin (57g)
Amount Per Serving	
Calories	130
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0.4g	2%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 240mg	10%
Total Carbohydrate 25g	9%
Dietary Fiber 2g	7%
Total Sugars 2g	
Includes 2g Added Sugars	4%
Protein 5g	10%
Vitamin D 0mcg	0%
Calcium 93mg	8%
Iron 2mg	10%
Potassium 62mg	2%

Lower saturated fat choice

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



Pam's Breakfast Choices (continued)

5. Banana Muffin

Nutrition Facts	
1 servings per container	
Serving size	1 muffin (128g)
Amount Per Serving	
Calories	480
% Daily Value*	
Total Fat 20g	26%
Saturated Fat 3.4g	17%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 430mg	19%
Total Carbohydrate 69g	25%
Dietary Fiber 1g	4%
Total Sugars 42g	
Includes 37g Added Sugars	74%
Protein 6g	12%
Vitamin D 0.1mcg	0%
Calcium 59mg	4%
Iron 1.6mg	8%
Potassium 147mg	4%

Lower saturated fat choice

6. Banana

Nutrition Facts	
1 servings per container	
Serving size	1 banana (126g)
Amount Per Serving	
Calories	110
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0.1g	1%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 29g	11%
Dietary Fiber 3g	11%
Total Sugars 15g	
Includes 0g Added Sugars	0%
Protein 1g	2%
Vitamin D 0mcg	0%
Calcium 6.3mg	0%
Iron 0.3mg	2%
Potassium 451mg	10%

7. Butter

Nutrition Facts	
32 servings per container	
Serving size	1 Tbsp (14g)
Amount Per Serving	
Calories	100
% Daily Value*	
Total Fat 11g	14%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 90mg	4%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 0g	0%
Vitamin D 0.21mcg	2%
Calcium 3.4mg	0%
Iron 0mg	0%
Potassium 3.4mg	0%

Lower saturated fat choice

8. Light Margarine (Tub)

Nutrition Facts	
80 servings per container	
Serving size	1 Tbsp (14g)
Amount Per Serving	
Calories	45
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 1.2g	6%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 80mg	3%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 0g	0%
Vitamin D 0.2mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 5mg	0%

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



Pam's Breakfast Choices (continued)

9. Canadian Bacon

Nutrition Facts	
6 servings per container	
Serving size	2 slices (46g)
Amount Per Serving	
Calories	80
	% Daily Value*
Total Fat 4g	5%
Saturated Fat 1.3g	7%
<i>Trans</i> Fat 0g	
Cholesterol 25mg	8%
Sodium 710mg	31%
Total Carbohydrate < 1g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 11g	22%
Vitamin D 0.5mcg	2%
Calcium 4.6mg	0%
Iron 0.4mg	2%
Potassium 179mg	4%

Lower saturated fat choice

10. Pork Sausage Links

Nutrition Facts	
8 servings per container	
Serving size	3 links (60g)
Amount Per Serving	
Calories	200
	% Daily Value*
Total Fat 16g	21%
Saturated Fat 5.3g	27%
<i>Trans</i> Fat 0g	
Cholesterol 50mg	17%
Sodium 490mg	21%
Total Carbohydrate < 1g	0%
Dietary Fiber 0g	0%
Total Sugars < 1g	
Includes 0g Added Sugars	0%
Protein 11g	22%
Vitamin D 0.8mcg	4%
Calcium 5.4mg	0%
Iron 0.7mg	4%
Potassium 205mg	4%

11. Low-Fat American Cheese

Nutrition Facts	
8 servings per container	
Serving size	1 ounce (28.35g)
Amount Per Serving	
Calories	70
	% Daily Value*
Total Fat 4g	5%
Saturated Fat 2.5g	13%
<i>Trans</i> Fat 0g	
Cholesterol 15mg	5%
Sodium 340mg	15%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 5g	10%
Vitamin D 1.5mcg	8%
Calcium 150mg	10%
Iron 0mg	0%
Potassium 94mg	2%

Lower saturated fat choice

12. Regular American Cheese

Nutrition Facts	
8 servings per container	
Serving size	1 ounce (28.35g)
Amount Per Serving	
Calories	90
	% Daily Value*
Total Fat 6g	8%
Saturated Fat 3.8g	19%
<i>Trans</i> Fat 0g	
Cholesterol 25mg	8%
Sodium 360mg	16%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 5g	10%
Vitamin D 1.9mcg	10%
Calcium 406mg	30%
Iron 0.3mg	2%
Potassium 77mg	2%

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



Guess the Fat Activity

Try to guess the amount of fat (in teaspoons) in each food.
Write your answers on the “My Guess” line.

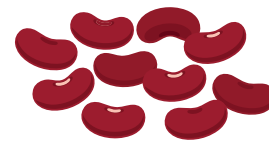
Food	Teaspoons of Fat	
	My Guess	True Amount
 2 ounces American cheese	_____	_____
 2 tablespoons regular mayonnaise	_____	_____
 2 pieces fried chicken (wing and thigh)	_____	_____
 1 beef hotdog (2 ounces)	_____	_____
 1 cup cooked beans	_____	_____
 2 snack cakes (1 package)	_____	_____
 1 orange	_____	_____



Cooking With Less Saturated Fat

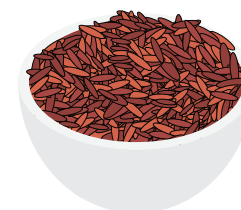
New Orleans Red Beans

1. In a 5-quart pot, combine red beans, water, onion, celery, and bay leaves. Bring to boiling, then reduce heat.
2. Cover and cook over low heat for 4½ hours or until beans are tender.
3. If desired, stir and mash beans against the side of the pan (New Orleans style). Add green pepper, garlic, parsley, thyme, and black pepper.
4. Cook uncovered over low heat until creamy, about 30 minutes.
5. Remove bay leaves before serving.



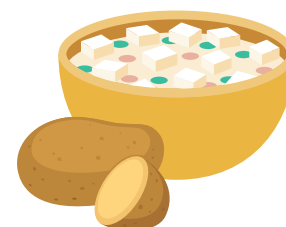
Boiled Brown Rice

1. Bring 2 cups of water to a boil, and add 1 cup of brown rice.
2. Cover well, and cook over low heat for 20 minutes.



Potato Salad

1. Wash 2 pounds of potatoes, cut in half, and place in cold water in a saucepan.
2. Cook covered over medium heat for 25 to 30 minutes or until tender.
3. Chop celery, scallion, and red and green bell peppers, if desired.
4. Chop one hard-boiled egg.
5. Drain and dice potatoes when cool.
6. Add vegetables and egg to potatoes, and toss.
7. Blend together low-fat or fat-free mayonnaise, mustard, pepper, and dried dill weed.
8. Pour blended mixture over potato mixture and stir gently to coat evenly.
9. Chill for at least 1 hour before serving.





Cooking With Less Saturated Fat (continued)

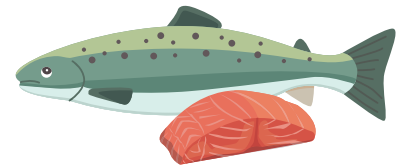
Poultry and Meat

1. Remove the skin from chicken and turkey, and throw it away. Cut off the fat from beef and pork, and throw it away.
2. Add your favorite seasonings, such as garlic, onion powder, sage, or cracked black pepper.
3. Cook meat by baking, broiling, braising, roasting, stewing, or grilling—not frying.



Fish and Seafood

1. If you eat canned seafood or fish, rinse it well to cut back on the amount of sodium.
2. Season with seafood spices such as basil, chili powder, dill, marjoram, parsley, rosemary, and thyme to taste. Also try some lemon juice or fresh lemon wedges.
3. Cook fish and seafood by baking, broiling, braising, roasting, stewing, or grilling—not frying. Use vegetable oil to grease pans.



Spaghetti With Turkey Meat Sauce

1. Coat a large skillet with vegetable oil. Preheat over high heat. Add ground turkey (1 pound). Cook, stirring occasionally, for 5 minutes. Drain off fat.
2. Stir in a 28-ounce can of diced tomatoes (low- or no-sodium variety), chopped green peppers, onion, garlic, oregano, and black pepper. Bring to boiling, then reduce heat. Simmer covered for 15 minutes, stirring occasionally.
3. Remove cover, and simmer for an additional 15 minutes.
4. Meanwhile, cook spaghetti (or other whole-grain pasta) according to directions on the package. Serve sauce over spaghetti with a green salad.



Fruit Shake

1. Cut your favorite fruit (such as bananas, oranges, or strawberries) into chunks.
2. Place in a blender along with fat-free milk, vanilla, and ice.
3. Blend until smooth.





Recipe Substitutes

When the recipe calls for:

Use these heart-smart picks instead:

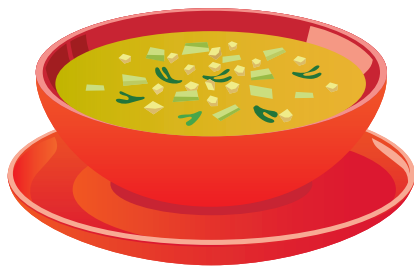
1 whole egg.....	2 egg whites or ¼ cup egg substitute
1 cup butter.....	1 cup soft tub margarine or ⅔ cup vegetable oil
1 cup shortening or lard.....	1 cup soft tub margarine or ⅔ cup vegetable oil
1 cup whole milk.....	1 cup fat-free milk
1 cup cream	1 cup evaporated fat-free milk
1 cup sour cream	1 cup fat-free sour cream





Soul Food Makeover: Chicken Gumbo Recipe

1 teaspoon	vegetable oil
¼ cup	flour
3 cups	low-sodium chicken broth
1½ pounds	chicken breast, skinless and boneless, cut into 1-inch strips
1 cup	white potatoes, cubed
1 cup	onions, chopped
1 cup	carrots, coarsely chopped
¼ cup	celery, chopped
½ medium	carrot, grated
4 cloves	garlic, finely minced
2 stalks	scallions, chopped
1 whole	bay leaf
½ teaspoon	black pepper, ground
2 teaspoons	hot (or jalapeno) pepper
1 cup (½ pound)	okra, sliced into ½-inch pieces



1. Add oil to a large pot.
2. Heat pot over medium heat.
3. Stir in flour.
4. Cook, stirring constantly, until flour begins to turn golden brown.
5. Slowly stir in broth using a wire whisk, and cook for 2 minutes. The mixture shouldn't be lumpy.
6. Add all ingredients except okra. Bring to a boil, then reduce heat and let simmer for 20 to 30 minutes.
7. Add okra and let cook for 15 minutes.
8. Remove bay leaf.
9. Serve hot in a bowl or over rice.

Makes 8 servings

Serving size: ¾ cups	Sodium: 81 mg
Calories: 165	Total Fiber: 2 g
Total Fat: 4 g	Protein: 21 g
Saturated fat: 1 g	Carbohydrates: 11 g
Cholesterol: 51 mg	Potassium: 349 mg