

Session 8



Make Traditional African American Dishes Heart Healthy

Objectives

By the end of this session, participants will learn:

- How to plan and prepare traditional African American and soul foods in a heart healthy way
 - How to choose heart healthy foods
-

Materials and Supplies

To conduct this session, you'll need:

- *With Every Heartbeat Is Life* manual and picture cards
 - Set of measuring cups (1 cup, ½ cup, ¼ cup)
 - Blackboard and chalk, dry erase board, or several large pieces of paper, a marker, and tape
-

Handouts

Give each participant these handouts during this session:

- Alcohol and Heart Disease (pages 8.24-8.25)
- Heart Healthy Eating Plan (page 8.26)
- (Optional) Serving Sizes (from Session 6, page 6.34)
- Teaching Children About Healthy Eating and Cooking (pages 8.27-8.28)
- Soul Food Makeover: Six Traditional African American Dishes (pages 8.29-8.34)

Before This Session

NOTE



(Optional) If you're offering a tour of a grocery store, **plan to provide** participants with the date, time, and meeting place.

NOTE



(Optional) If you decide to offer a cooking demonstration as part of this session, please **review** Activity 4: Heart Healthy Cooking Demonstrations in the Appendix (pages A.20-A.23).

- **Create** the chart shown below on a dry erase board, blackboard, or a large piece of paper that you can tape to the wall. Leave some columns blank until you do the activity in class. (Optional: Create charts for lunch and dinner meals also.)

Breakfast

Kayla's Breakfast	Food Group <i>(Leave blank until you do the activity)</i>	Portion Size	Better Choices <i>(Leave blank until you do the activity)</i>
Scrambled egg cooked in bacon fat		1 egg	
Bacon		3 ounces (or 3 strips)	
Biscuit		1 biscuit	
Butter		1 teaspoon	
Grapefruit with sugar		½ grapefruit	
Coffee with whole milk		1 cup of coffee with 1 tablespoon of milk	

Session Outline

Introducing the Session

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

Conducting the Session

1. Eat a Variety of Heart Healthy Foods
2. African American and Soul Food Dishes
3. A Heart Healthy Eating Plan for African Americans
4. How To Choose Heart Healthy Foods
5. Teaching Children About Healthy Eating and Cooking
6. Soul Food Makeover: Six Traditional African American Dishes

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 At the last session, we talked about diabetes.

DO **Review** these questions:

Q: What is diabetes?

A: Diabetes is when your body doesn't make enough insulin or can't use the insulin it does make effectively. That leads to too much sugar (glucose) in your blood, which causes health problems.

Q: What increases your risk of type 2 diabetes?

A: You're more likely to develop it if you

- Have prediabetes
- Are overweight or obese
- Are age 45 or older
- Have a family history of diabetes
- Belong to certain racial/ethnic groups, including African American
- Have a history of gestational diabetes or gave birth to a baby weighing 9 pounds or more
- Aren't physically active
- Have a history of heart disease or stroke
- Have depression
- Have polycystic ovary syndrome, also called PCOS
- Have acanthosis nigricans—dark, thick, velvety skin around your neck or armpits

Q: What are the ABCs of diabetes control?

A: They are:

- **A** is for the A1C blood test. It shows your average sugar level over the past 3 months. A normal A1C level is below 5.7 percent. For many people with diabetes, the goal is an A1C below 7 percent. Ask your health care provider what your goal should be.
- **B** is for blood pressure. The higher your blood pressure, the harder your heart has to work. High blood pressure increases your risk for a heart attack, stroke, and kidney and eye damage.
- **C** is for cholesterol. Keep it at healthy levels. High LDL (the “bad”) cholesterol increases your risk of having a heart attack or stroke.
- **S** is for stop smoking. Not smoking is especially important for people with diabetes. Smoking and diabetes both narrow your blood vessels, which makes your heart work harder.

Q: How does diabetes affect your body?

A: High sugar levels can lead to heart disease, stroke, nerve damage, and kidney, eye, dental, and foot problems. Diabetes can also affect blood flow in your legs and feet, which can lead to sores that don’t heal and even to amputation.

SAY At the end of the last session, you pledged to take one step to help you prevent or control diabetes.

SAY Please share what you did. What went well? What problems did you have? How did you try to solve them?

NOTE

Allow 2 minutes for participants to respond.

SAY Has anyone completed the family health history?

DO *(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 about 5 minutes for participants to respond.

3. About This Session

SAY Former President Barack Obama said, “Of all the rocks upon which we build our lives, we are reminded today that family is the most important.”

ASK What does this quote mean to you?

NOTE



Allow 2 to 3 minutes for participants to respond.

SAY What you choose to eat can make a difference to your heart health. During this session, you'll learn:

- How to choose a variety of heart healthy foods
- How to make some traditional African American and soul food dishes more heart healthy
- What a serving size is for each food group
- About the history of some traditional African American dishes and foods

Conducting the Session

1. Eat a Variety of Heart Healthy Foods

ASK Why is it important to eat a variety of heart healthy foods?

NOTE



Allow about 5 minutes for participants to respond. **Write** their answers on the blackboard, dry erase board, or large piece of paper taped to the wall.

DO

Add the answers below if the participants don't mention them.

- Eating a variety of foods that are lower in saturated fat, salt, sodium, sugar, and calories can help you have a healthy heart.
- One food can't give you all the nutrients your body needs.

More Information

Nutrients in the foods we eat include:

- | | | |
|-----------------|---------|------------|
| ▪ Carbohydrates | ▪ Fats | ▪ Vitamins |
| ▪ Protein | ▪ Fiber | ▪ Minerals |

2. African American and Soul Food Dishes

NOTE



This session will help participants think about the foods they eat. Some favorite traditional African American and soul food dishes are very nutritious and others you can make heart healthy.

SAY

Soul food combines traditional African food and ways of cooking food with the African American experience in the United States, from slavery through today.

SAY Let's take some time to talk about soul food:

- What does soul food mean to you?
- What foods would you call soul food?
- What are some of the soul food dishes that you and your family or friends like to eat?

NOTE



Allow 5 minutes for participants to respond. **Write** their answers on the blackboard, dry erase board, or large piece of paper taped to the wall.

ASK

What are some foods you think our African ancestors ate?

NOTE



Allow 2 to 3 minutes for participants to respond.

DO

Add the foods below if they're not mentioned:

- Grains, legumes (such as beans and black-eyed peas), yams, and sorghum (a grain)
- Watermelon, pumpkin, okra, wild lemons, and oranges
- Dates, figs, eggplant, cucumber, onion, garlic, and leafy greens

ASK

What cooking methods do you think our African ancestors used?

NOTE



Allow 2 to 3 minutes for participants to respond.

DO

Add the methods below if they're not mentioned:

- Cooking dishes such as stews and soups in one pot over an open fire
- Using spices and seasonings to flavor meals and prevent spoilage

More Information

- Our ancestors often told stories and recited oral history while their dishes cooked for hours. This oral tradition is still a part of African American gatherings, such as Sunday dinners or family reunions.
- African Americans were resourceful during slavery and created meals with few provisions. We use some of these cooking methods today.
- African Americans were skilled at using leftovers, such as making croquettes with leftover salmon. Today, we might make salmon croquettes for a special occasion, not just when we have leftovers.

Examples of common African American foods and dishes:

- Breads and grains, such as cornbread, biscuits, and cornbread stuffing (dressing)
- Pea, bean, and nut dishes, such as succotash (a corn and lima bean dish), black-eyed peas, butterbeans, “Hoppin’ John” (a dish usually made with black-eyed peas, a meat, and rice), field peas, and peanuts
- Rice and pasta dishes, such as red beans and rice, jambalaya, and baked macaroni and cheese
- Vegetable dishes, such as green beans, collard greens, coleslaw, candied yams, potato salad, cabbage, okra, squash, and sweet potato pie
- Meat and poultry dishes, such as chicken gumbo, meatloaf, pork chops (loin or lean varieties), and chicken creole
- Fish and fish dishes, such as catfish stew, whiting, porgie, and mackerel
- Fruits, such as peaches and bananas

SAY To make lasting life changes, you need to start slowly. Our “Soul Food Makeover” recipes can help you prepare traditional African American meals in heart healthy ways. I’ll give you more recipes later in the session. Try each recipe to see how you like it, and then put them all together for a delicious and heart healthy feast.

More Information

- We may prepare soul food dishes a little differently, depending on what foods and ingredients we have on hand.
- Traditional recipes were passed down orally, so there’s no “correct” way to prepare dishes.
- Apply the heart healthy cooking skills we’ve been learning to your family recipes.

3. A Heart Healthy Eating Plan for African American Families

SAY We can improve the way we eat and still enjoy our traditional dishes. The first step is to learn which foods to eat more often. The second step is to learn how much of these foods to eat each day. A heart healthy eating plan will help you accomplish that.

SAY But before we talk about healthy eating, I want to take a minute to talk about alcohol.

As we learned in Session 7, which was about diabetes, many drinks, including alcoholic beverages, have a lot of calories. But did you know that alcohol can also be hard on your heart?

DO **Give** each participant the “Alcohol and Heart Disease” handout (pages 8.24-8.25).



HANDOUT

SAY More African Americans than whites don't drink. But overall African Americans who do drink alcohol consume more, do more binge drinking, and are more likely to develop alcohol-related liver disease, compared to whites.

Please take a few minutes to read the handout. The handout has information about where to go for more information or help. Share it with your family or friends.

DO **Show** picture card 8.1.
(Keep it in view throughout this activity.)



SAY A heart healthy eating plan includes types of foods to choose for better health, as well as recommended amounts of those foods.

NOTE



Give each participant the "Heart Healthy Eating Plan" handout (page 8.26).

(Optional) **Give** each participant the "Serving Sizes" handout from Session 6 (page 6.34).



SAY We'll talk about ways to choose healthy foods. We'll also discuss the recommended number of servings for each food group if you're eating 2,000 calories a day. (The amount of calories you should have depends on your age, gender, activity level, and more.)

Grains

SAY

For grains:

- Have 5 to 8 servings a day.
- Make at least half of your grains whole grains. Eat whole grain cereals, breads, rice, or pasta every day.
- Look at the food label. Choose foods that have whole grains, such as whole wheat, whole oats, oatmeal, or whole rye, as the first ingredient.
- For a change, try brown rice or whole wheat pasta instead of white rice or pasta.
- Snack on ready-to-eat, whole grain cereal, such as toasted oat cereal, instead of high-fat, high-salt snacks. Try popcorn with little or no salt or butter.

NOTE



When you ask questions about serving size, **hold up** the correct measuring cup for each answer.

Q: What equals one serving from the grains group?

A: One serving is:

- 1 slice of bread
- About 1 ounce dry cereal (which is between $\frac{1}{2}$ cup and $1\frac{1}{4}$ cups, depending on your type of cereal. Check the nutrition label.)
- $\frac{1}{2}$ cup cooked rice, pasta, or cereal

Vegetables

SAY

For vegetables:

- Have 2 to 3 servings (cups) a day.
- Eat different color vegetables. Try green vegetables, such as green beans, broccoli, okra, and greens, and orange vegetables, like carrots, squash, and sweet potatoes.
- Eat nuts and legumes, such as lima beans and black-eyed peas.
- Stock up on frozen vegetables for quick and easy cooking.
- Fresh vegetables in season cost less than other vegetables and can taste great.
- Even if you're not a vegetarian, plan some meals around a vegetable main dish, such as vegetable stirfry or soup.
- Choose no-salt-added canned vegetables.

Q: What is one serving of a vegetable?

A: One serving is:

- 1 cup cut-up cooked or raw vegetable
- 1 cup cooked, 2 cups raw, leafy greens (including spinach and dark green lettuce)

Fruits

SAY

For fruits:

- Have 2 to 3 servings (1½ to 2 cups) a day.
- Choose fresh, frozen, canned (in fruit juice), or dried fruit.
- Drinking fruit juice can add a lot of calories and sugar to your day. Instead, eat whole fruit, such as oranges, apples, or mangos. If you do have juice, choose brands that say “100% juice” on the label.
- Keep a bowl of fruit on the table, counter, or in the refrigerator.

Q: What is one serving of fruit?

A: One serving is:

- 1 medium apple, banana, or orange
- ½ cup fresh, frozen, or canned fruit or 100% fruit juice

Fat-free or low-fat dairy products

SAY For fat-free or low-fat dairy products:

- Have 2 to 3 servings (cups) a day.
- If you usually use whole milk, switch gradually to fat-free milk. First try reduced-fat (2%) milk, then low-fat (1%), and then fat-free milk.
- Have fat-free or low-fat yogurt for a snack.
- If you're lactose intolerant, try products such as yogurt and lactose-free milk.

Q: How much milk, yogurt, or cheese is in one serving?

A: One serving is:

- 1 cup milk or yogurt
- 1½ ounces cheese

Protein foods

SAY For protein foods:

- Have 5 to 6½ servings a day.
- Beans, nuts, seeds, peas, and soy products (such as tofu) are rich sources of protein and fiber.
- If you eat meat, choose low-fat or lean meats, poultry, or seafood.
- For lunch meats, choose lean turkey, roast beef, or ham instead of fatty lunch meats such as regular bologna or salami. Also, look for low-sodium varieties.
- Try roasting, braising, broiling, baking, stewing, poaching, or simmering your meat or fish instead of frying.
- Eat a variety of foods rich in protein.
- Fish is generally healthy, but pregnant women and children should avoid or limit some types of fish, such as swordfish, that contain mercury.

Q: What is one serving of protein?

A: One serving is:

- 1 ounce lean meat, poultry, or seafood
- 1 egg
- 1 tablespoon peanut butter
- ¼ cup cooked beans or peas
- ½ ounce nuts or seeds

Fats and oils

SAY For fats and oils:

- Limit to 2 to 3 servings (5 to 7 teaspoons) per day.
- Get most of your fat from food sources such as fish, nuts, and vegetable oils.
- Don't eat too much solid fat (such as butter, shortening, or lard), coconut and other tropical oils, or foods that have those fats in them.

Sweets and added sugars

SAY For sweets and added sugars:

- Limit the amount of added sugar in your diet. Talk to your health care provider about how much is okay for you.
- Choose foods and beverages that are low in calories and sweeteners. Read labels to compare the calorie and sugar content of foods and beverages.
- Choose water, fat-free milk, or other unsweetened beverages most often.
- Have unsweetened cereal with fresh fruit or canned fruit in fruit juice (not syrup).

4. How To Choose Heart Healthy Foods

SAY We're going to do a group activity. During this activity, we'll learn how to make better food choices.



NOTE



Use the chart you created before class, shown below. *(Optional)* **Do** the activity for lunch and dinner also.

ASK

Which group does each food belong to? What changes would make Kayla's breakfast more heart healthy?

NOTE



Write the answers beside the foods they're replacing on the blackboard, dry erase board, or large piece of paper taped to the wall.

Breakfast

Kayla's Breakfast	Food Group <i>(Fill in during the activity)</i>	Portion Size	Better Choices <i>(Fill in during the activity)</i>
Scrambled egg cooked in bacon fat	Protein	1 egg	Boiled or poached egg, ¼ cup egg substitute, or 2 egg whites. Cooked with vegetable oil
Bacon	Protein	3 ounces (or 3 strips)	Lean turkey bacon
Biscuit	Grains	1 biscuit	Whole grain toast or English muffin
Butter	Fats and oils	1 teaspoon butter	1 teaspoon soft tub margarine, a nut butter, or jam with no added sugar
Grapefruit with sugar	Fruit	½ grapefruit	Grapefruit, unsweetened or with cinnamon or sugar substitute
Coffee with whole milk	Dairy	1 cup of coffee with 1 tablespoon of milk	Coffee with 2 tablespoons low-fat (1%) milk

(Optional) Lunch

Kayla's Lunch	Food Group <i>(Fill in during the activity)</i>	Portion Size	Better Choices <i>(Fill in during the activity)</i>
Large cheeseburger with lettuce, tomato, and mayonnaise	Protein, grains, dairy, vegetables, fats and oils	1 large cheeseburger	Small hamburger without mayonnaise, grilled chicken sandwich with mustard or ketchup, or, better yet, turkey sandwich on whole grain bread with lettuce, tomato, and mustard
Super-size French fries	Vegetables, fats and oils	1 large serving fries	Small order of fries or, better yet, a side salad with reduced-calorie salad dressing
Large soft drink	*Sweets	1 large soft drink	Diet soft drink or, better yet, water or fat-free milk

(Optional) Dinner

Kayla's Dinner	Food Group <i>(Fill in during the activity)</i>	Portion Size	Better Choices <i>(Fill in during the activity)</i>
Fried pork chop with onions	A protein, vegetables, fats and oils	1 pork chop with ¼ cup onions	Baked pork chop, with onions sautéed in vegetable oil
White rice and gravy	Grains, fats and oils	½ cup cooked rice with 1 teaspoon gravy	Brown rice with peas and carrots
Collard greens with ham hocks	Vegetables, protein, fats and oils	1 cup collard greens with 1 piece of ham hock	Collard greens cooked with skinless, smoked turkey breast
Sweetened iced tea	*Sweets	1 cup tea	Unsweetened iced tea or tea with sugar substitute
Sweet potato pie	Grains, fats and oils, sugar, vegetables	1 slice pie	Fresh fruit cup or heart healthy sweet potato pie (See Soul Food Makeover recipe on page 276.)

* Sugar and other sweeteners don't belong to any of the official food groups.

ASK What are some ways to eat less saturated fat and sodium and fewer calories?

DO **Add** the following answers if they're not mentioned:

- When shopping:
 - Choose a variety of whole grains, fruits, and vegetables.
 - Choose low-fat or fat-free milk products, salad dressings, and mayonnaise.
 - Choose lean cuts of meat. Trim away extra fat.
 - Read food labels to choose foods lower in saturated fat, sodium, sugar, and calories.
- When cooking:
 - Drain the fat off of cooked meat.
 - Use vegetable oil instead of butter or lard.
 - Use low-fat cooking methods, such as baking, roasting, poaching, simmering, stewing, or broiling (without added fat), rather than frying.
- When eating:
 - Cut back on fats, oils, and sweets.
 - Remove and throw away the chicken skin.
 - Choose low-fat or fat-free milk products, salad dressings, and mayonnaise.
- Limit high-calorie, low-nutrition foods, such as high-fat lunch meats, pies, cakes, cookies, crackers, chips, and sugary drinks (such as soda, sweetened iced tea, or energy drinks). Check the label if you're unsure.
- Eat smaller portions.

SAY Now you can make healthier choices for you and your family!

5. Teaching Children About Healthy Eating and Cooking

DO **Give** participants the “Teaching Children About Healthy Eating and Cooking” handout (pages 8.27-8.28).



DO **Ask** for volunteers to read the handout out loud.

SAY You can teach children in your lives how to develop healthy eating habits that will last a lifetime.

For good health and proper growth, children need to eat a variety of different foods every day. When you offer children healthy foods every day, they're more likely to have good eating habits.

One way to get children interested in healthy eating is for them to help you prepare meals.

ASK What are some ways children can help in the kitchen?

DO **Write down** participants' suggestions so everyone can see them.

More Information

The Delicious Heart Healthy Eating website at healthyeating.nhlbi.nih.gov has:

- Tasty, heart healthy recipes from cuisines from around the world
- Tips on shopping, cooking, and eating healthfully

6. Soul Food Makeover: Six Traditional African American Dishes



NOTE



This activity will give participants a chance to try heart healthy recipes at home.

DO

Give participants the “Soul Food Makeover: Six Traditional African American Dishes” handout (pages 8.29-8.34).



SAY

We’ve given six traditional recipes a “makeover” for your heart. Here’s how we improve them:

- For the sweet potato pie, we replace butter and whole milk with vegetable oil and fat-free milk.
- The macaroni and cheese uses evaporated fat-free milk, vegetable oil, and reduced-fat cheese instead of whole milk, butter, and regular cheese.
- For the yams, we use soft tub margarine instead of butter.
- Instead of frying the chicken we bake it and remove the skin.
- We cook the green beans without salt or high-fat meats, such as fatback, salt-pork, ham hocks, or bacon. We use vegetable oil to sauté the onions.
- The cornbread has fat-free or low-fat (1%) buttermilk instead of whole buttermilk, and soft tub margarine instead of butter.

SAY

See how small changes can make traditional dishes more heart healthy? Try our recipes, or experiment with your own using these substitutions.

Review of Today's Key Points

SAY Let's review what we learned today.

ASK **What is heart healthy about the traditional African American diet?**

- The traditional African American diet provides a variety of foods that are lower in fat and sodium, such as peas, greens, rice, vegetables, fruits, poultry, fish, and milk products.

What are some foods that we should eat less often?

- We should limit foods that are high in fat, sodium, sugar, low-nutrient carbohydrates, and calories, including:
 - High-fat foods like fried fish, fried chicken, fatty meats, and high-fat cheeses
 - Salty foods like potato chips and cured meats
 - High-sugar, high-fat foods like pastries, pies, sweet buns, cookies, and chocolate
 - Sugary foods like candy and sweet drinks
 - High-carb, low-nutrient foods, such as white bread or white rice

How can you use the heart healthy eating plan to choose foods?

- Use the heart healthy eating plan to choose foods from each of the five food groups. The eating plan also shows the amount you need from each group every day.
- When you know the amount of food you need every day, it can help you get the right amount of calories.



PLEDGE

Weekly Pledge

SAY You've learned a lot today about how to make favorite dishes in a heart healthy way. Please think of one change you can make in your everyday life to eat in a heart healthy way, including with your family or friends. This will be your pledge for the week.

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

- I'll make roast chicken instead of fried chicken for the next family meal.
- I'll eat one more vegetable and one more fruit each day, starting tomorrow.

NOTE



Allow 5 minutes for participants to respond.

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

NOTE



Write down the pledge ideas so everyone can see them.

SAY (*Optional*)

Keeping a personal value in mind can help you make heart healthy eating a part of your life. Remember that a personal value is a quality that's important to you.

Today's value is fun. Fun can help you stay positive in your efforts to improve your health and the health of your family. As former President Obama said, "Of all the rocks upon which we build our lives, we are reminded today that family is the most important."

Fun can help you and your family overcome challenges and motivate you to turn your pledges into permanent habits.

ASK How could you use fun or another value to help you keep your pledge?

NOTE

Allow 3 minutes for participants to share their thoughts.

SAY We'll discuss the results of your pledges next week. Don't forget to work on your pledges to be more physically active; to cut back on sodium, sugar, and saturated fat; to reach and keep a healthy weight; and to prevent or control diabetes. Our list has gotten pretty long, hasn't it? But you've learned a lot, and I know you can do it.

Closing

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

NOTE

Allow a moment for participants to share their thoughts.

SAY I'm looking forward to seeing you again at the next session. We'll talk about eating in a heart healthy way—even when time or money is tight.

NOTE

Think about today's session. What worked and what didn't work? Have you made any changes in your own life that were covered in today's session?



Alcohol and Heart Disease

Something you may not have thought about that can affect your heart is alcohol. Drinking too much—on a single occasion or over time—can take a serious toll on your health. More African Americans than whites don't drink. But African Americans who do drink consume more, do more binge drinking, and are more likely to develop alcohol-related liver disease.

How Alcohol Affects Your Heart

Long-term alcohol misuse is a leading cause of heart disease.

Alcohol can increase your risk of:

- High blood pressure
- Arrhythmias, which are an irregular heart rhythm or rate. Even modest amounts of alcohol can trigger atrial fibrillation, a common type of arrhythmia, in some people.
- Stroke
- Alcoholic cardiomyopathy, which is when the heart muscle becomes enlarged, thick, or rigid
- Heart failure, which is when the heart can't pump enough blood to meet the body's needs

Alcohol also affects your brain, liver, pancreas, immune system, and increases your risk of cancer.

Is Any Alcohol Okay?

Many people should not drink alcohol. Some medications and medical conditions make drinking alcohol more risky. Pregnant women shouldn't drink and older people need to consider that aging lowers their tolerance for alcohol. If you have concerns about your health and alcohol use, talk with your health care provider.

If you choose to drink alcohol, do so only in moderation. That means no more than one drink per day for women and two drinks per day for men. To learn more about what is a typical drink or how much alcohol is in different drinks, go to www.rethinkingdrinking.niaaa.nih.gov.





Alcohol and Heart Disease (continued)

The Danger of Alcohol for Women

Women are more susceptible to alcohol-related heart disease than men are, even though they may consume less alcohol over their lifetime. One reason is that women generally weigh less than men and have less water in their body, so their blood alcohol levels get higher with less alcohol.

For women who are pregnant or trying to get pregnant, it's important not to drink. Alcohol in the mother's blood passes to the fetus. Drinking alcohol during pregnancy can cause a miscarriage or stillbirth. It can also cause the baby to have lifelong physical, behavioral, and intellectual disabilities, known as fetal alcohol spectrum disorders.

For more information

Visit the National Institute on Alcohol Abuse and Alcoholism website at www.niaaa.nih.gov for more information on alcohol and health.

For tips and tools to better understand your drinking patterns and for help to cut back if necessary, visit Rethinking Drinking at www.rethinkingdrinking.niaaa.nih.gov.

For immediate help see www.asam.org or www.alcoholtreatment.niaaa.nih.gov.



Heart Healthy Eating Plan*

Food Group

Heart Healthy Options



Whole Grains

Bread, cereal, starchy vegetables, rice, and pasta (6 ounces for women and 8 ounces for men)

- ♥ Whole grain versions of sliced bread, sandwich buns, dinner rolls, pita, English muffins, bagels
- ♥ Unsalted, low-fat crackers (such as graham crackers), pretzels, and popcorn
- ♥ Cooked hot cereals (not instant) and whole grain cold cereals
- ♥ Rice and pasta (such as whole grain noodles, spaghetti, and macaroni)



Vegetables

(without added fat) (2½ cups)

- ♥ Fresh, frozen, or no-salt-added canned vegetables (such as green beans, string beans, carrots, cabbage, tomatoes, squash, broccoli, and okra)



Fruits

(2 cups)

- ♥ Fresh, frozen, canned (in fruit juice rather than syrup), or dried fruits



Fat-free or low-fat milk and milk products

(3 cups) Milk, yogurt, and cheese (choose fat-free or low-fat more often)

- ♥ Fat-free or low-fat (1%) milk
- ♥ Fat-free or low-fat yogurt
- ♥ Cheeses lower in fat and sodium



Protein

Meat, poultry, fish, eggs, nuts, seeds, and legumes (5 ½ ounces)

- ♥ Chicken or turkey without the skin
- ♥ Fish
- ♥ Lean cuts of beef, such as round, sirloin, chuck, loin, and extra-lean ground beef
- ♥ Lean cuts of pork, such as the leg, shoulder, tenderloin, and lean ham
- ♥ Eggs
- ♥ Cooked dry beans and peas (such as field peas, crowder peas, black-eyed peas)
- ♥ Frozen butter beans and lima beans
- ♥ Nuts and seeds



Fats and oils

(less than 22 grams of saturated fat)

- ♥ Soft tub margarine
- ♥ Oils (canola, corn, safflower, olive, peanut, or sesame)



Sweets and added sugars

Limit your intake of sugar and other sweeteners. Ask your health care provider about how much sugar or other sweetener is okay for you.

- ♥ Frozen desserts (such as frozen juice pops, low-fat frozen yogurt, or low-fat ice cream)
- ♥ Low-fat cake and cookies (such as angel food cake, fig bar cookies, gingersnaps, animal crackers, vanilla wafers, and graham crackers)

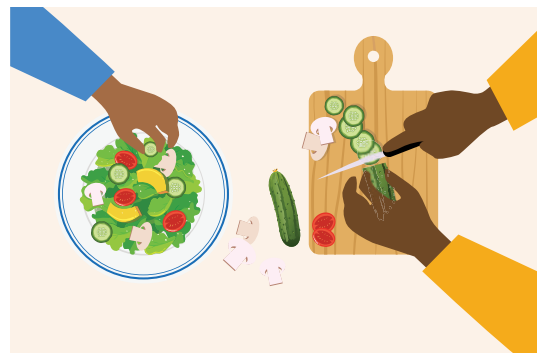
*Serving sizes depend on how many calories you need, which is based on your age, gender, and physical activity.



Teaching Children About Healthy Eating and Cooking

Get Children Interested

Getting children interested in cooking helps them have healthy eating habits and try new foods. Children often enjoy cooking and eating the food they make. While you prepare a meal together, talk about healthy eating.



Keep foods that are choking hazards away from small children.

Let Children Help

Here are ways children of different ages can help in the kitchen.

2-year-olds can:

- Wipe tabletops
- Scrub and rinse fruits and vegetables
- Tear lettuce or greens
- Break cauliflower
- Bring ingredients from one place to another

3-year-olds can:

- Wrap potatoes in foil for baking
- Knead and shape dough
- Mix ingredients
- Pour liquids
- Shake liquids in a covered container
- Apply soft spreads
- Put things in the trash, recycle, or compost bin

4-year-olds can:

- Peel oranges or hard-boiled eggs
- Mash bananas or cooked beans with a fork
- Cut parsley and green onions with kid-safe scissors
- Set the table

5 to 6-year-olds can:

- Measure ingredients
- Use an egg beater

Keep in Mind

- 1** Make sure children wash their hands before and after helping in the kitchen.
- 2** Be patient with spills and mistakes. Your goal is to help children learn about healthy eating.



Teaching Children About Healthy Eating and Cooking (continued)

Let Them Be Creative

Let children make a new snack or sandwich from three or four healthy foods



Start with one or two of the following:

- A new kind of bread (whole grain)
- Whole grain crackers
- Mini rice cakes or low-sodium popcorn cakes
- Small, whole grain bagels
- Small pieces of whole wheat pita bread

Spreads could include:

- Low-fat cream cheese or cheese spread
- Low-fat peanut butter
- Bean dip
- Jelly or jam with no sugar added

Toppings could include:

- Slices of apple or banana
- Raisins or other dried fruit
- Strawberries
- Slices of cucumber or squash
- Cherry tomatoes, sliced
- Slices of cheese or hard-boiled egg

Keep in Mind

- 1 When you help children make a new snack or sandwich, talk about why it's healthy.
- 2 Tell them the food groups that make up their snack or sandwich. Explain that eating a variety of foods is healthy.
- 3 Ask why the snack or sandwich tastes good. Is it sweet, juicy, chewy, or crunchy?

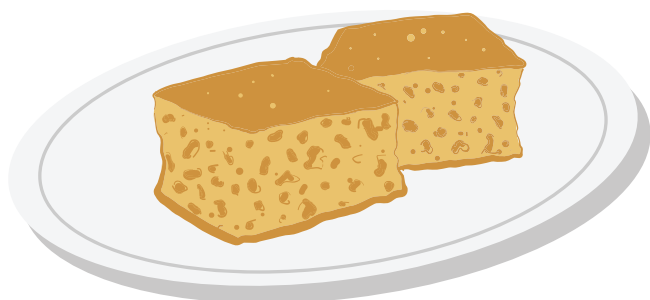


Six Traditional African American Dishes

Soul Food Makeover: Good-for-You Cornbread

1 cup	cornmeal
1 cup	flour
¼ cup	white sugar
1 teaspoon	baking powder
1 cup	fat-free or low-fat (1%) buttermilk
1 medium	egg, whole
¼ cup	soft tub margarine vegetable oil (to coat baking pan)

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



Makes 10 servings

Serving size: 1 piece	Dietary Fiber: 1 g
Calories: 178	Protein: 4 g
Total Fat: 6 g	Total Carbohydrates: 27 g
Saturated Fat: 1 g	Potassium: 132 mg
Cholesterol: 22 mg	
Sodium: 94 mg	



Six Traditional African American Dishes

Soul Food Makeover: Heart Healthy Sweet Potato Pie

Crust Ingredients

1¼ cups	flour
¼ teaspoon	sugar
⅓ cup	fat-free milk
2 tablespoons	vegetable oil

Filling Ingredients

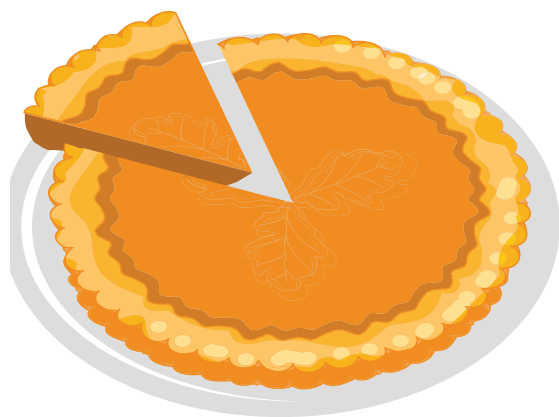
¼ cup	white sugar
¼ cup	brown sugar
½ teaspoon	salt
¼ teaspoon	nutmeg
3 large	eggs, beaten
¼ cup	evaporated fat-free milk, canned
1 teaspoon	vanilla extract
3 cups	sweet potatoes (cooked and mashed)

Crust Preparation

1. Preheat oven to 350° F.
2. Combine flour and sugar in a bowl.
3. Add milk and oil to flour mixture.
4. Stir with fork until mixed. Then form pastry into a smooth ball with your hands.
5. Roll the ball between two 12-inch squares of waxed paper using short, brisk strokes until pastry reaches edge of paper.
6. Peel off top paper and invert crust into 9-inch pie plate.

Filling Preparation

1. Combine sugars, salt, spices, and eggs.
2. Add milk and vanilla. Stir.
3. Add sweet potatoes and mix well.
4. Pour mixture into pie crust.
5. Bake for 60 minutes or until crust is golden brown.
6. Cool and cut into 16 slices.



Makes 16 servings

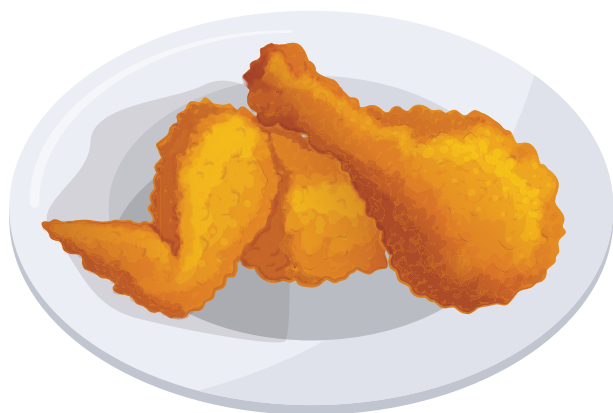
Serving size: 1 slice	Dietary Fiber: 2 g
Calories: 147	Protein: 4 g
Total Fat: 3 g	Total Carbohydrates: 27 g
Saturated Fat: 1 g	Potassium: 293 mg
Cholesterol: 40 mg	
Sodium: 98 mg	



Six Traditional African American Dishes

Soul Food Makeover: Crispy Oven-Fried Chicken

½ cup	fat-free milk or buttermilk
1 teaspoon	poultry seasoning
1 cup	cornflakes, crumbled (or breadcrumbs)
1½ tablespoons	onion powder
1½ tablespoons	garlic powder
2 teaspoons	black pepper
2 teaspoons	dried hot pepper, crushed
1 teaspoon	ginger, ground
8 pieces	chicken, skinless (4 breasts, 4 drumsticks)
¼ teaspoon	paprika



1. Preheat oven to 350° F.
2. Add ½ teaspoon of poultry seasoning to milk.
3. Combine remaining ½ teaspoon of poultry seasoning and all other spices, except paprika, with corn flake crumbs (or breadcrumbs), and place in a plastic bag.
4. Dip chicken into milk, shake to remove excess liquid, then quickly shake chicken in the bag with seasoning and crumbs.
5. Refrigerate for 1 hour.
6. Remove from refrigerator and sprinkle lightly with paprika for color.
7. Place chicken on wire rack, and place rack on top of a baking pan that you have lined with foil. The chicken pieces should be spaced evenly apart.
8. The crumbs will form a crispy “skin.” Don’t turn the chicken during baking.
9. Bake 40 minutes. Rotate the pan and continue baking for an additional 30 to 40 minutes or until the meat can be easily pulled away from the bone with a fork. The juices should run clear and the meat should not be pink. The drumsticks may require less baking time than the breasts.

Makes 6 servings

Serving size: ½ breast or 2 small drumsticks	Sodium: 286 mg
Calories: 256	Dietary Fiber: 1 g
Total Fat: 5 g	Protein: 30 g
Saturated Fat: 1 g	Total
Cholesterol: 34 mg	Carbohydrates: 22 g
	Potassium: 339 mg

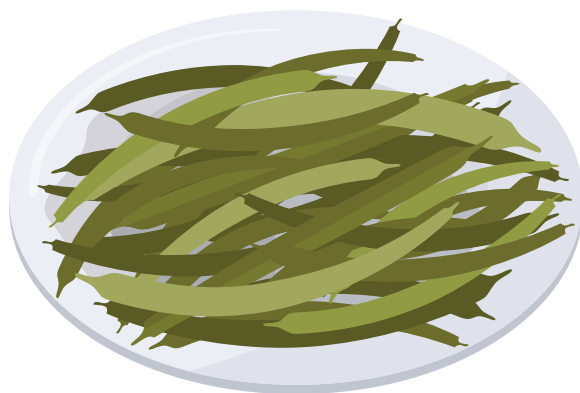


Six Traditional African American Dishes

Soul Food Makeover: Flavorful Green Beans

2 pounds	fresh green beans
1/3 cup	chopped onions
2 cloves	garlic, chopped
1/2 teaspoon	black pepper
1 teaspoon	dried basil
1 teaspoon	vegetable oil

1. Rinse green beans, and snap tips off.
2. Steam the green beans for 5-7 minutes.
3. Sauté chopped onions in vegetable oil for 5-7 minutes or until they are tender and very lightly browned.
4. Add green beans, garlic, and ground black pepper to onions, sauté for another 3-5 minutes or until green beans are tender but not soft.
5. Sprinkle dried basil flakes over green beans, and serve.



Makes 7 servings

Serving size: 1 cup

Calories: 46

Total Fat: 1 g

Saturated Fat: 0 g

Cholesterol: 0 mg

Sodium: 12 mg

Dietary Fiber: 4 g

Protein: 2 g

Total
Carbohydrates: 9 g

Potassium: 179 mg

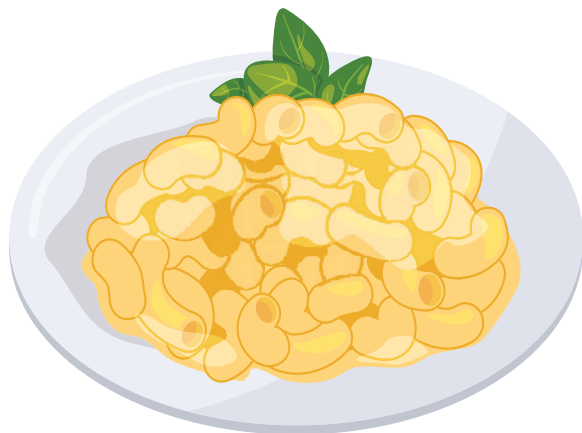


Six Traditional African American Dishes

Soul Food Makeover: Baked Macaroni and Cheese

2 cups	macaroni
½ cup	chopped onions
½ cup	evaporated, fat-free milk
1 medium	egg, beaten
¼ teaspoon	black pepper
1 ¼ cups (4 oz.)	reduced-fat, natural, sharp cheddar cheese, shredded

1. Cook macaroni according to package directions. (Don't add salt to the cooking water.) Drain and set aside.
2. Preheat oven to 350° F.
3. Heat 1 teaspoon of oil in saucepan.
4. Add onions to saucepan and sauté for about 3 minutes.
5. In another bowl, combine macaroni, onions, and the remaining ingredients. Mix thoroughly.
6. Transfer mixture into casserole dish.
7. Bake for 25 minutes or until bubbly. Let stand for 10 minutes before serving.



Makes 8 servings

Serving size: ½ cup	Dietary Fiber: 1 g
Calories: 205	Protein: 11 g
Total Fat: 5 g	Total Carbohydrates: 29 g
Saturated Fat: 2 g	Potassium: 119 mg
Cholesterol: 34 mg	
Sodium: 120 mg	

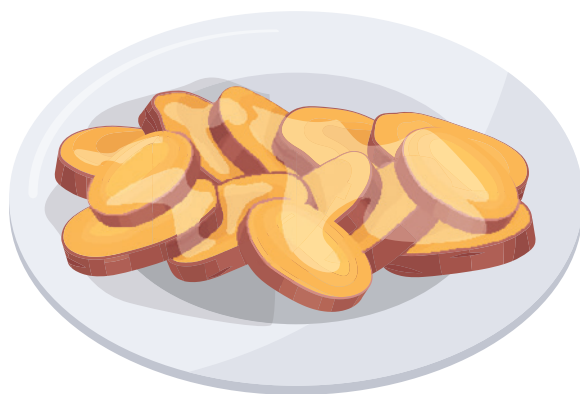


Six Traditional African American Dishes

Soul Food Makeover: Candied Yams

3 medium	yams (1½ cups)
¼ cup	brown sugar, packed
1 teaspoon	flour
¼ teaspoon	salt
¼ teaspoon	ground cinnamon
¼ teaspoon	ground nutmeg
¼ teaspoon	orange peel, grated
1 teaspoon	soft tub margarine
½ cup	orange juice

1. Preheat oven to 350° F.
2. Cut yams in half, and boil until tender but firm (about 20 minutes). When cooled enough to handle, peel and slice into ¼-inch slices.
3. Combine sugar, flour, salt, cinnamon, nutmeg, and grated orange peel.
4. Place half of the sliced yams in the dish. Sprinkle with spiced sugar mixture.
5. Dot with half the amount of margarine.
6. Add a second layer of yams, using the rest of the ingredients in the same order as above. Add orange juice.
7. Bake uncovered in oven for 20 minutes.



Makes 6 servings

Serving size: ¼ cup	Dietary Fiber: 2 g
Calories: 110	Protein: 1 g
Total Fat: <1 g	Total
Saturated Fat: <1 g	Carbohydrates: 25 g
Cholesterol: 0 mg	Potassium: 344 mg
Sodium: 115 mg	