

HEALTHIER WY

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Healthy Lunch Club October 2009



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October 1, 2009

Fast Food Factoid: Before age 40 good health is a gift from God. After age 40 good health has to be earned.

Food For Thought: The most recent data from the Centers for Disease Control shows that 71% of men and just over 62% of women in the United States are overweight/obese. Excessive body weight causes many chronic diseases and will likely shorten the average lifespan in the United States by two to five years. Consequently, this may be the first time in the past century that children will die at a younger age than their parents. Source: Stop & Go

Healthy Lunch Recipe: Veggie Bean Wrap

Serving Size: 1 wrap

Yield: 4 servings

Time: 25 minutes

Ingredients:

2 seeded and chopped green or red bell peppers

1 peeled and sliced onion

1 can (15 ounce) drained and rinsed black beans, 50% less salt

2 chopped mangos

1 lime, juiced

1/2 cup chopped fresh cilantro

1 peeled and diced avocado

4 - 10 inch whole-wheat flour tortillas, fat free

Instructions: 1. In a nonstick pan, sauté bell peppers and onion for 5 minutes over medium heat. Add beans, stir well. Reduce heat to low and simmer about 5 minutes. 2. In a small bowl, combine mangos, lime juice, cilantro, and avocado. Reserve 1/2 mixture for topping. 3. Fill warmed tortillas with 1/4 bean mixture and 1/4 mango mixture. 4. Fold ends of the tortillas over. Roll up to make wraps. Top veggie bean wraps with remaining mango mixture. Nutrition Facts Veggie Bean Wrap Serving Size 1 wrap Amount Per Serving Calories 460 Calories from Fat 120 20 % Daily Value (DV)* Total Fat 13g 20% Saturated Fat 2.5g 13% Trans Fat 0g 0% Cholesterol 0mg 0% Sodium 690mg 29% Total Carbohydrate 80g 27% Dietary Fiber 14g 56% Sugars 22g Protein 13g Vitamin A 25% Vitamin C 100% Calcium 15% Iron 25% * Percent Daily Values are based on a 2,000 calorie diet.

October 2, 2009

Fast Food Factoid: Everyone eats fast foods. Good health is just a matter of sorting through and eating the right ones.

Food For Thought: Fast food eaters consume more dietary fat and saturated fat. They also have more body fat and they eat fewer fruits and vegetables. Studies have shown this to be true for children, black and white adolescent girls, college-aged adults, and middle-aged adults. One study that took 15 years to complete showed that eating fast food was associated with diabetes and weight gain. Source: Stop & Go

Healthy Lunch Recipe: Apple Tuna Sandwiches

Serving Size: 1 sandwich

Yield: 3 servings

Ingredients:

1 can (6.5 ounces) drained tuna, packed in water

1 apple

1/4 cup yogurt, lowfat vanilla

1 teaspoon mustard

1 teaspoon honey

6 slices whole wheat bread

3 lettuce leaves

Instructions: 1. Wash and peel the apple. Chop it into small pieces. 2. Drain the water from the can of tuna. 3. Put the tuna, apple, yogurt, mustard, and honey in a medium bowl. Stir well. 4. Spread 1/2 cup of the tuna mix onto each 3 slices of bread. 5. Top each sandwich with a washed lettuce leaf and a slice of bread. Nutrition Facts Apple Tuna Sandwiches Serving Size 1 sandwich or 1/3 of recipe (195g) Amount Per Serving Calories 250 Calories from Fat 30 % Daily Value (DV)* Total Fat 3g 5% Saturated Fat 1g 5% Trans Fat 0g 0% Cholesterol 15mg 5% Sodium 360mg 15% Total Carbohydrate 37g 12% Dietary Fiber 5g 20% Sugars 13g Protein 21g Vitamin A 2% Vitamin C 4% Calcium 8% Iron 15% * Percent Daily Values are based on a 2,000 calorie diet.

October 5, 2009

Fast Food Factoid: All the information about good foods in this guide is of no value unless you chose more “green” foods and less “red” foods.

Food For Thought: Get your “5 to 9 A Day” the colorful healthy way! By putting something of every color on your plate or in your lunch bag, you are more likely to eat the 5 to 9 recommended servings of vegetables and fruit every day. Source: CDC.gov

Healthy Lunch Recipe: Crunchy Vegetable Wrap

Ingredients:

- 1/4 cup tub-style fat-free cream cheese
- 4 (10 inch) whole-wheat flour tortillas
- 4 curly leaf lettuce leaves
- 1 cup alfalfa sprouts
- 1 cup shredded red cabbage
- 1/2 cup chopped tomato
- 1/4 cup crumbled blue cheese
- 2 Tbsp finely diced red onion

Directions: 1. Spread 1 Tbsp cream cheese over each tortilla; top each with a lettuce leaf. 2. Divide the sprouts and remaining ingredients evenly among tortillas; roll up. 3. Cut each wrap in half diagonally. Nutrition Info: Servings Per Recipe: 4 servings Calories: 183 Cholesterol: 34 gms Total Fat: 2.3 gms Protein: 7 gms Sodium: 614 mg

October 6, 2009

Fast Food Factoid: If all smokers in the U.S. today quit smoking, there would be a 30% reduction in all cancers.

Food For Thought: Trans fats are plant oils that are altered in a process called hydrogenation. This makes what used to be a healthy vegetable oil a saturated fat. Almost all fast food restaurants use trans fats for frying because it is relatively inexpensive. The minimum amount of trans fats a person can consume and not increase risk is zero. Source: Stop & Go

Healthy Lunch Recipe: Ginger-Peanut Chicken-Salad Wraps

Ingredients:

- 1 teaspoon olive oil
- 3/4 cup chopped red bell pepper
- *6 (4-ounce) skinned, boned chicken breast halves
- 1 1/2 tablespoons sugar
- 1 cup chopped seeded peeled cucumber
- 1 tablespoon minced peeled fresh ginger
- 3 tablespoons fresh lime juice
- 1 tablespoon low-sodium soy sauce
- 1/4 teaspoon salt
- 1/4 teaspoon ground red pepper
- 1 garlic clove, crushed
- 1/4 cup creamy peanut butter
- 2 tablespoons water
- 3 tablespoons chopped fresh cilantro
- 8 (8-inch) whole-wheat flour tortillas
- 4 cups chopped romaine lettuce

*You can substitute slices of breast meat from prepackaged rotisserie chicken, which makes the preparation easier, but the dish will be a little higher in fat and sodium. Directions: 1. Heat oil in a large nonstick skillet over medium-high heat. Add chicken; cook 5 minutes on each side or until done. Remove the chicken from pan; cool. Shred the chicken into bite-size pieces. Place chicken, cucumber, and bell pepper in a large bowl; set aside. 2. Place sugar and the next 6 ingredients (sugar through garlic) in a blender, and process until smooth. Add peanut butter and water; process until smooth, scraping sides. Add peanut butter mixture to chicken mixture; stir well. Add cilantro, and toss well. 3. Warm tortillas according to package directions. Spoon 1/2 cup chicken mixture onto each tortilla; top each serving with 1/2 cup lettuce, and roll up. Nutrition Info: Servings Per Recipe: 8 servings (1 wrap) Calories: 280 (19% from fat) Carbohydrates: 30.5 g Cholesterol: 49 mg Sodium: 572 mg; Protein: 25.8 g Fiber: 2.4 g Iron: 2.5 mg Calcium: 29 mg Fat: 5.9 g (saturated: 1.1 g, monosaturated: 2.7 g, polysaturated: 1.6 g)

October 7, 2009

Fast Food Factoid: There are over 136 foods at Romano's Macaroni Grill. Unfortunately 57 of the foods listed in this guide have more than 20 grams of saturated fat. That's the maximum amount of saturated fat a person should have in one day. All that from just one order. That means you will have to choose much healthier foods for your other meals.

Food For Thought: Iron is used to carry oxygen in the blood. You should eat foods high in heme-iron (lean meats) or eat other iron containing foods along with foods rich in vitamin C, which can improve absorption of non-heme iron. Whole and enriched refined grain products are major sources of non-heme iron in American diets. Source: USDA

Healthy Lunch Recipe: Roast Beef Wraps

Ingredients:

2 Tbsp. reduced-fat cream cheese
2 (10 inch) whole-wheat flour tortillas
1/2 red onion, sliced
2 spinach leaves, washed
4 ounces sliced roast beef

Directions: 1. For each wrap, spread a small amount of the cream cheese over the surface of a tortilla. 2. Layer the onion, spinach, and roast beef on top. 3. Fold opposite sides of the tortilla toward center about 1 1/2 inches, and roll up from the bottom. Nutrition Info: Servings Per Recipe: 2 Calories: 343 Cholesterol: 43 gms Total Fat: 9.7 gms Protein: 20 gms Sodium: 974 mg

October 8, 2009

Fast Food Factoid: Preventing common chronic diseases and premature death later in life requires that you take action now, even though you have no symptoms of chronic diseases. Look for the GREEN foods.

Food For Thought: Lower your risk of certain cancers: People whose diets are rich in fruits and vegetables (5 or more servings a day) may have a lower risk of developing certain types of cancers. Lower your risk of heart disease: Studies indicate that people who eat 9 to 10 servings of fruits and vegetables a day, as part of a heart healthy diet low in saturated fat, reduce the risk of heart disease. Source: ADA

Healthy Lunch Recipe: Super Veggie Wrap

1 cucumber, peeled and thinly sliced
2 small zucchini, thinly sliced
2 carrots, peeled and thinly sliced
4 large white mushrooms, chopped
4 green onions, chopped
1 clove garlic, chopped
4 (10-inch) fat-free flour tortillas
1/2 cup fat-free cream cheese

In a small bowl, combine all vegetables. Thinly spread 1 tbsp cream cheese on each tortilla. Place some of the chopped vegetable mixture evenly across center of tortilla. Roll up tortilla, trapping ingredients tightly inside tortilla. When finished rolling, slice each tube into 1-inch wide sections to serve. Can serve with salsa. Makes 4 servings. Nutritional Information (1 serving): Calories: 302 Carbohydrate: 60 grams Protein: 11 grams Fat: 4 grams

October 9, 2009

Fast Food Factoid: People who regularly consume fruits, vegetables, whole grains, and nuts will have better health than those who do not; the data proves it. The Culprit and The Cure - Steven Aldana, PhD

Food For Thought: Fruits and vegetables and whole grains are very important. When all of the science about fruits and vegetables is reviewed, it reveals that Americans who increase their fruit and vegetable consumption from 2 servings per day to 5 or more can cut their risk of many cancers in half. Source: Stop & Go

Healthy Lunch Recipe: Tuna Salad Sandwich

1 (6-ounce) can solid white tuna, drained well
1 tablespoon minced red bell pepper
1 to 2 tablespoons minced red onion
1/2 clove garlic, minced
1/2 teaspoon capers, drained and minced
1/2 tablespoon minced fresh cilantro leaves or basil leaves
Juice of 1/2 lime
1/8 cup light mayonnaise
1/2 teaspoon balsamic vinegar
1/4 cup diced tomatoes
Salt and pepper to taste

In a medium bowl, break up tuna into flakes. Add red bell pepper, red onion, garlic, capers, and cilantro or basil leaves; mix together. Blend in lime juice, mayonnaise, balsamic vinegar, Tabasco, tomatoes, salt, and pepper. Refrigerate at least 1 hour to let flavors blend. When ready to use, remove from refrigerator. Spread either on bread or stuff in a large tomato.

Makes 2 to 4 servings.
Per Serving - 10 fat grams, 93.3 calories

October 12, 2009

Fast Food Factoid: The risk of cardiovascular disease and stroke is lower for those who eat low-fat dairy products.

Food For Thought: If Americans would reduce the amount of trans fats they are currently eating, it is estimated that 30,000 to 100,000 heart disease deaths would be prevented every year. That would provide a bigger improvement in public health than just about any other medical breakthrough in the past 100 years. Source: Stop & Go

Healthy Lunch Recipe: Salmon Spread

Serving Size: 1/4 cup
Yield: 7 servings
Ingredients:
1 can (15 1/2 ounce) salmon
1 Tablespoon lemon juice
1 Tablespoon horseradish
8 ounce yogurt, plain fat-free
1 Tablespoon dried dill weed
4 chopped green onions (or 1/4 cup onion, or onion powder to taste)
parsley for garnish

Instructions: 1. Drain salmon and flake with a fork into a bowl. 2. Mix in all other ingredients. 3. Serve on whole-wheat bread, crackers, or a rice cake. 4. Sprinkle chopped parsley to garnish. Nutrition Facts Salmon Spread Serving Size 1/4 cup or 1/7 of recipe (103g) Amount Per Serving Calories 100 Calories from Fat 20 % Daily Value (DV)* Total Fat 2.5g 4% Saturated Fat 0g 0% Trans Fat 0g 0% Cholesterol 45mg 15% Sodium 270mg 11% Total Carbohydrate 4g 1% Dietary Fiber 0g 0% Sugars 2g Protein 17g Vitamin A 4% Vitamin C 6% Calcium 6% Iron 4% * Percent Daily Values are based on a 2,000 calorie diet.

October 13, 2009

Fast Food Factoid: In order to attain the most benefits from physical activity all individuals should accumulate 30 minutes or more of moderate intensity physical activity on most, preferably all, days of the week.

Food For Thought: The average person weighs 156 pounds. If they walk at a 3 MPH pace, they will expend about 5.1 calories/minute. Say you decide to have dinner at Chili's. For a "starter" you order the Awesome Blossom which contains 2,710 calories. If you were the average person, you would have to walk 27 miles (about 9 hours) to burn off all the calories you just ate. Source: Stop & Go

Healthy Lunch Recipe: Veggie Stuffed Pita

Serving Size: 1/12 of recipe

Yield: 12 servings

Ingredients:

2 medium (2 1/2 cups chopped) zucchini
4 medium (1 1/4 cups grated) carrots
2 cups chopped broccoli
12 ounces cheddar cheese, low fat
1/2 teaspoon oregano
1/4 teaspoon black pepper
1/4 teaspoon garlic powder
1/4 teaspoon onion powder
2 Tablespoons vegetable-oil
12 - 6 inch mini-pitas

Instructions: 1. Wash vegetables. 2. Remove the broccoli flowers from stems, cut the flowers into small florets and put into mixing bowl. 3. Peel carrots and cut off the ends. Grate carrots and put into mixing bowl. 4. Slice the zucchini into thin slices. Cut each slice into quarters and put into bowl. 5. Grate the cheese and put into a separate bowl. 6. Measure oregano, pepper, garlic powder, onion powder and mix together. 7. Heat oil in a skillet. Put the spices in the heated oil and then add the mixture of vegetables to the pan. Stir vegetables with a wooden spoon and saute about 5 minutes. When the vegetables are slightly tender, remove from heat. 8. Spoon vegetable mixture into the pita. Top the hot vegetables with 1 ounce grated cheese. Note: Substitute green pepper, mushrooms or onions in place of listed vegetables. Nutrition Facts Veggie Stuffed Pita Serving Size 1 prepared pita, 1/12 of recipe (140g) Amount Per Serving Calories 250 Calories from Fat 45 % Daily Value (DV)* Total Fat 5g 8% Saturated Fat 1.5g 8% Trans Fat 0g 0% Cholesterol 5mg 2% Sodium 510mg 21% Total Carbohydrate 37g 12% Dietary Fiber 2g 8% Sugars 2g Protein 13g Vitamin A 40% Vitamin C 25% Calcium 20% Iron 10% * Percent Daily Values are based on a 2,000 calorie diet.

October 14, 2009

Fast Food Factoid: Someday healthy people are going to feel really stupid, lying in hospital beds dying of nothing.

Food For Thought: B vitamins (thiamin, riboflavin, niacin, and folate) help release energy from protein, fat, and carbohydrates. They are also essential for a healthy nervous system. Many refined grains are enriched with B vitamins. Whole grains are sources of magnesium and selenium. Magnesium is a mineral used in building bones and releasing energy from muscles. Selenium protects cells from oxidation. Source: USDA, www.mypyramid.com

Healthy Lunch Recipe: Maria's Veggie Wrap

This tasty wrap is chock-full of yummy beans and vegetables and provides a great source of fiber.

1 medium red bell pepper, seeded and sliced
1 medium yellow pepper, seeded and sliced
1 onion, sliced
1 teaspoon canola oil
1 can (15 ounces) low-sodium black beans, drained and rinsed
1/2 avocado, peeled and diced
juice from 1 lime
1/2 cup chopped fresh cilantro
1 teaspoon chili powder (optional)
1 cup fat-free sour cream
4 8-inch whole-wheat tortillas
8 tablespoons Fresh Salsa

In a nonstick pan, saute the peppers and onion in the canola oil for 5 minutes over medium heat. Add beans, stir well. Reduce heat to low and simmer about 5 minutes, then set aside. In a small bowl, combine the avocado, lime juice, cilantro, and chili powder. Reserve half of the mixture for topping. Add sour cream to beans and mix well. Warm tortillas in the microwave or in a pan on the stovetop. Fill a warmed tortilla with 1/4 bean mixture and 1/4 avocado mixture. Drizzle 2 tablespoons of salsa over the bean and avocado mixture. Fold ends of the tortilla over. Roll up to make wraps. Top the veggie wraps with remaining avocado mixture. Follow this process for three other wraps. Yield: 4 servings Serving size: 1 wrap Calories 367 Total Fat 6 g Saturated Fat 1 g Cholesterol 5 mg Sodium 318 mg Total Fiber 14 g Protein 16 g Carbohydrates 66 g Potassium 976 mg

October 15, 2009

Fast Food Factoid: Rome wasn't built in a single day and your lifetime of eating habits can't be altered overnight. Choose just one GREEN food...you have to start sometime.

Food For Thought: Consuming foods rich in fiber, such as whole grains, reduces the risk of coronary heart disease and may reduce constipation. Eating at least 3 ounce equivalents a day of whole grains can help with weight management.

Source: www.mypyramid.gov

Healthy Lunch Recipe: Savory Potato Salad

Here's a potato salad that's both traditional and new—with great taste and a low-fat twist.

6 medium potatoes (about 2 pounds)
2 stalks celery, finely chopped
2 scallions, finely chopped
1/4 cup red bell pepper, coarsely chopped
1/4 cup green bell pepper, coarsely chopped
1 tablespoon onion, finely chopped
1 egg, hard boiled, chopped
6 tablespoons mayonnaise, light
1 teaspoon mustard
1/2 teaspoon salt
1/4 teaspoon black pepper
1/4 teaspoon dill weed, dried

Wash potatoes, cut in half, and place in saucepan of cold water. Cook covered over medium heat for 25–30 minutes or until tender. Drain and dice potatoes when cool. Add vegetables and egg to potatoes and toss. Blend together mayonnaise, mustard, salt, pepper, and dill weed. Pour dressing over potato mixture and stir gently to coat evenly. Chill for at least 1 hour before serving. Yield: 10 servings
Serving size: 1/2 cup Calories 98 Total Fat 2 g Saturated Fat 0 g Cholesterol 21 mg Sodium 212 mg Total Fiber 2 g Protein 2 g Carbohydrates 18 g Potassium 291 mg

October 16, 2009

Fast Food Factoid: The first line of defense against developing diabetes is regular exercise and weight control. (The Culprit and The Cure, by Steven Aldana)

Food For Thought: The U.S. Food and Drug Administration rules on labeling allow foods with less than 0.5 grams of trans fats per serving to claim “zero” grams of trans fats on their labels. Look at the ingredient list. If a food has trans fats it will list partially hydrogenated oil - the technical term for trans fats. Source: USDA

Healthy Lunch Recipe: Egg Salad

INGREDIENTS:

4 large hard-cooked eggs (will use 1 whole eggs and 3 egg whites)
1/4 cup chopped celery
3/4 cup chopped green onions
1/6 cup chopped red bell peppers
1 tablespoon light mayonnaise
1 tablespoon non-fat sour cream
1/2 teaspoon Dijon-style mustard
Salt and pepper to taste

To cook the eggs, place them in a single layer in a pan with enough cold water to cover them completely. Bring the water to a boil, remove from heat, cover tightly with a lid, and allow to remain in the water approximately 15 to 20 minutes. Next, place under running, cold water to cool quickly. This way of cooking is also known as “coddling.” It does not toughen the whites as boiling does. Peel eggs; discard 2 egg yolks. In a medium-size bowl, chop the eggs up. Add celery, green onions, bell pepper, mayonnaise, sour cream, Dijon mustard, salt and pepper; stir until well mixed.

Makes 3 servings. Per Serving = 2.6 fat grams, 63 calories

October 19, 2009

Fast Food Factoid: Exercise is like a combination of psychotherapy, physical therapy, and stress management all concentrated in one 30-minute session. (The Culprit and The Cure, by Steven Aldana)

Food For Thought: Boost Your Nutrients. Carotenoids are powerful antioxidants that help protect the body from damaging compounds. They have also been shown to promote healthy vision. Carotenoids like alphacarotene, beta-carotene, lutein, and lycopene are found in red, yellow, and orange fruits, and dark green leafy vegetables. Source: CDC.gov

Healthy Lunch Recipe: Garden Quesadillas

Ingredients

1 small green and/or red sweet peppers, cut into thin strips
1/2 small red onion, cut into thin 1-inch-long strips
1 teaspoons olive oil or cooking oil
1/4 teaspoon ground cumin
1/4 teaspoon chili powder
1 tablespoons snipped fresh cilantro
4 tablespoons fat-free cream cheese (tub style)
3 6- to 7-inch flour tortillas
Salsa (optional)

In a large nonstick skillet cook sweet peppers and onion in 1 teaspoon of the oil for 3 to 5 minutes or until crisp-tender. Stir in cumin and chili powder. Cook and stir for 1 minute more. Stir in cilantro. Set vegetables aside. Spread cream cheese over half of 1 side of each tortilla. Top with pepper mixture. Fold tortilla in half over peppers, pressing gently. Place tortillas on an ungreased large baking sheet. Bake in a 425 degree F. oven for 5 minutes. Cut each quesadilla into 4 wedges. Serve warm. If desired, pass the salsa.

Serves 4

Nutrition information: per serving: 58 calories, 2 g total fat, 0 g saturated fat, 1 mg cholesterol, 51 mg sodium, 8 g carbohydrate, 1 g fiber, 2 g protein, 5% vitamin A, 20% vitamin C, 5% calcium, 3% iron.

October 20, 2009

Fast Food Factoid: Even small increases in physical activity or fitness result in large improvements in health.

Food For Thought: Individuals who eat American fast food are eating a Western diet. In fact, fast food is a Western diet. Most fast food contains a lot of red and processed meats, white flour, butter and other high-fat dairy products. That means that most fast food is actually causing many of the chronic diseases most Americans suffer from, including obesity, heart attacks, and stroke. Source: Stop & Go

Healthy Lunch Recipe: Avocado Fruit Salad

Recipe Summary:

Preparation Time: 10 minutes

Number of Servings: 8

Cups of Fruits and Vegetables Per Person: 1.50

Ingredients:

Salad Dressing

1-1/2 Tbsp olive oil
2 Tbsp raspberry vinegar
1 tsp grated lime peel
1 Tbsp fresh lime juice
1 Tbsp fresh chopped basil leaves
1/2 tsp dry mustard
1/4 tsp salt
1/4 tsp pepper

Salad

1 10 oz package mixed baby greens
4 kiwi, peeled and sliced in half rounds
4 grapefruit
2 cups sliced strawberries
2 star fruits, sliced
1/2 ripe avocado, seeded and peeled (1/2 sliced into 8 portions, 1/2" cubed)

Directions: Salad Dressing In a small bowl, whisk together remaining ingredients, set aside. Salad In a large salad bowl, combine baby greens, kiwi, grapefruit, strawberries and star fruit. Pour on dressing and toss to coat. Top with avocado slices. Nutrition Facts Avocado Fruit Salad Serving Size 1/8 recipe Amount Per Serving Calories 150 Calories from Fat 45 % Daily Value (DV)* Total Fat 5g 8% Saturated Fat 1g 3% Trans Fat 0g 0% Cholesterol 0mg 0% Sodium 85mg 4% Total Carbohydrate 29g 10% Dietary Fiber 10g 40% Sugars 17g Protein 3g Vitamin A 35% Vitamin C 240% Calcium 6% Iron 6% * Percent Daily Values are based on a 2,000 calorie diet.

October 21, 2009

Fast Food Factoid: If you follow the diet recommendations in this book (Stop & Go), there will be a reduction in the number of chronic diseases in the U.S. that will dwarf all other improvements in public health. It will literally transform the health of the nation.

Food For Thought: In-N-Out burger located in California, Nevada, Utah, and Arizona fries in 100% cottonseed oil that is not hydrogenated, thus trans fat-free. Panda Express does not use trans fats in any of its fried food. Another restaurant that uses healthy oils (peanut oil) for frying is Chick-Fil-A. Source: Stop & Go

Healthy Lunch Recipe: Avocado Tacos

Recipe Summary:

Preparation Time: 30 minutes

Number of Servings: 12

Cups of Fruits and Vegetables Per Person: 0.50

Ingredients:

1 ripe avocado, peeled and seeded

1 medium onion, julienne

2 large green peppers, julienne

2 large red peppers, julienne

1 cup fresh cilantro, finely chopped

1-1/2 cups fresh tomato salsa (see below)

12 flour tortillas

non-stick cooking spray

Fresh Tomato Salsa

1 cup diced tomatoes

1/3 cup diced onions

1/2 clove garlic, minced

2 tsp cilantro

1/3 tsp chopped jalapeño peppers

1/2 tsp lime juice

pinch of cumin

Directions: Prepare salsa as listed. Spray skillet with cooking spray. Lightly sauté onion and green and red peppers. Cut avocado into 12 slices. Warm tortillas in oven and fill with peppers, onions, avocado slices and salsa. Fold tortillas and serve. Fresh Tomato Salsa Mix together all ingredients and refrigerate in advance. Nutrition Facts Avocado Tacos Serving Size 1 taco Amount Per Serving Calories 270 Calories from Fat 80 % Daily Value (DV)* Total Fat 8g 12% Saturated Fat 2g 10% Trans Fat 0g 0% Cholesterol 0mg 0% Sodium 480mg 19% Total Carbohydrate 43g 14% Dietary Fiber 5g 20% Sugars 4g Protein 7g Vitamin A 25% Vitamin C 130% Calcium 10% Iron 15% * Percent Daily Values are based on a 2,000 calorie diet.

October 22, 2009

Fast Food Factoid: Despite the scientific evidence that supports the need to consume whole grains and cereals, food makers claim that Chocolate Frosted Sugar Bombs breakfast cereal is part of a healthy breakfast.

Food For Thought: Healthy plant oils like olive, peanut, and soybean oil should be part of a healthy diet. These oils are high in poly- and monounsaturated fats. They are actually good for you because they improve your blood cholesterol. Trans fats, on the other hand, dramatically increase your risk of heart disease because they make cholesterol worse. Source: CDC

Healthy Lunch Recipe: Tuna Bean Salad

Recipe Summary:

Preparation Time: 4 hours, 15 minutes

Number of Servings: 6

Cups of Fruits and Vegetables Per Person: 1.00

Ingredients:

Salad

3 medium green bell peppers

3 medium red bell peppers

2 15 oz, cans white beans, rinsed and drained

2 6 oz cans, water packed tuna, drained

1/2 cup sliced ripe olives

1 head lettuce

2 medium tomatoes cut into wedges

Dressing

1/2 tsp grated lemon peel

1/3 cup lemon juice

1/4 cup olive oil

2 Tbsp fresh chopped parsley

1 tsp rosemary

1 Tbsp Dijon mustard

Directions: Salad Set oven to broil. Place bell peppers on broiler pan. Broil with tops 4 to 5 inches from heat about minutes on each side or until skin blisters and browns. Remove from oven. Wrap in towel; let stand 5 minutes. Remove skin, stems, seeds, and membranes of the peppers. Cut peppers into 1/4-inch slices. Toss peppers, beans, tuna, olives, and dressing in a bowl. Cover and chill for 4 hours, stirring occasionally. Spoon salad onto lettuce leaves and garnish with tomato wedges. Dressing Mix all dressing ingredients thoroughly in a tightly covered container. Nutrition Facts Tuna Bean Salad Serving Size 1/6 salad Amount Per Serving Calories 370 Calories from Fat 100 % Daily Value (DV)* Total Fat 12g 18% Saturated Fat 2g 8% Trans Fat 0g 0% Cholesterol 15mg 5% Sodium 170mg 7% Total Carbohydrate 42g 14% Dietary Fiber 9g 36% Sugars 3g Protein 27g Vitamin A 70% Vitamin C 300% Calcium 15% Iron 35% * Percent Daily Values are based on a 2,000 calorie diet.

October 23, 2009

Fast Food Factoid: Taste, cost, and convenience are the main reasons many people struggle to eat good foods. Try a green food you might be surprised.

Food For Thought: Fats supply the body with energy, provide the building blocks for cell membranes and help key systems in the body function properly. They also help the body absorb certain nutrients such as vitamins A, D, E and K. It's important to understand the difference in saturated, unsaturated and trans fats. Source: ADA

Healthy Lunch Recipe: Chinese Chicken Salad

Ingredients:

2 medium chicken breasts - cooked & cut into pieces
1 1/2 celery stalks - chopped
1/2 cup canned bean sprouts - drained
1/4 cup french salad dressing
1/4 cup calorie free Mayo
1 tablespoon soy sauce
1/4 teaspoon onion powder
1/4 teaspoon ground ginger
Salt & Pepper to taste

Mix all ingredients together. Place salad green on plate. Top with all ingredients and top with olives.

Per Serving: Total - 1 cup is 219 calories, 4 gm fat and 2 gm carbs.

October 26, 2009

Fast Food Factoid: Krispy Kreme has the honor of being one of two fast food restaurants in this guide that has all or almost all of its foods coded red. This is because everything is cooked with trans fats. Can you guess which other restaurant shares this distinction? Dunkin Donuts

Food For Thought: Most cooking oils in the supermarket labeled "vegetable oil" are actually soybean oil. Vegetable oil in its liquid form has no trans fats or cholesterol and is high in poly- and monounsaturated fats. Read the ingredient label on vegetable oils to see what type of oil it contains. Source: ADA

Lunch Recipe: Tomato, Cucumber and Red Onion Salad with Mint

Recipe Summary:

Preparation Time: 10 minutes

Number of Servings: 6

Cups of Fruits and Vegetables Per Person: 1.00

Ingredients:

2 large cucumbers, halved lengthwise, seeded and sliced
1/3 cup red wine vinegar
1 Tbsp white sugar
1 tsp salt
3 large tomatoes, seeded and coarsely chopped
2/3 cup coarsely chopped red onion
1/2 cup chopped fresh mint leaves
1 Tbsp olive oil

Directions: In a large bowl, toss together the cucumbers, vinegar, sugar and salt. Let stand at room temperature for an hour, stirring occasionally. Add tomatoes, onion, mint and oil to cucumbers and toss to blend. Nutrition Facts Tomato, Cucumber and Red Onion Salad with Mint Serving Size 1/6 salad Amount Per Serving Calories 70 Calories from Fat 25 % Daily Value (DV)* Total Fat 3g 4% Saturated Fat 0g 0% Trans Fat 0g 0% Cholesterol 0mg 0% Sodium 400mg 17% Total Carbohydrate 12g 14% Dietary Fiber 2g 8% Sugars 7g Protein 2g Vitamin A 25% Vitamin C 30% Calcium 4% Iron 8% * Percent Daily Values are based on a 2,000 calorie diet.

October 27, 2009

Fast Food Factoid: When it comes to maintaining or adopting healthy behaviors and eating habits, simply removing a few unhealthy behaviors or food items often provide significant health benefits.

Food For Thought: In its landmark report "Diet, Nutrition, and Cancer", the U.S. National Academy of Sciences emphasizes the importance of including fruits, vegetables, and whole-grain cereal products in the daily diet, noting that these dietary guidelines are consistent with good nutritional practices and likely to reduce the risk of cancer. Source: USDA

Healthy Lunch Recipe: Turkey and Kiwifruit Pasta Salad

Recipe Summary:

Preparation Time: 20 minutes

Number of Servings: 8

Cups of Fruits and Vegetables Per Person: 0.75

Ingredients:

1/2 cup wine vinegar

2-1/2 Tbsp olive oil

2 Tbsp dijon mustard

2 tsp basil

1 clove garlic (large), minced

1 package (8 oz) spiral noodles

2 cups broccoli flowerets

2 cups sliced crookneck squash

4 kiwifruit

1 lb cooked turkey breast, sliced

1 cup red pepper strips

1/2 cup sliced green onions

1/3 cup grated parmesan cheese

Directions: Combine vinegar, oil, mustard, basil, and garlic; mix well. Cook noodles as package directs. Add broccoli and squash to the last 30 seconds of cooking the noodles and drain. Pour dressing over noodles, and allow to cool. Peel and slice kiwifruit. Toss turkey, red pepper, green onions and kiwifruit with pasta. Sprinkle with parmesan cheese to serve. Nutrition Facts Turkey and Kiwifruit Pasta Salad Serving Size 1/8 of recipe Amount Per Serving Calories 280 Calories from Fat 60 % Daily Value (DV)* Total Fat 7g 11% Saturated Fat 2g 8% Trans Fat 0g 0% Cholesterol 50mg 17% Sodium 140mg 6% Total Carbohydrate 31g 10% Dietary Fiber 4g 16% Sugars 4g Protein 24g Vitamin A 20% Vitamin C 130% Calcium 10% Iron 15% * Percent Daily Values are based on a 2,000 calorie diet.

October 28, 2009

Fast Food Factoid: It takes 20 minutes for your brain to register that you are full. By eating slowly and enjoying your food, you will be less likely to overeat.

Food For Thought: In general, people with high blood pressure, diabetes, and heart disease must be much more careful about choosing fast food, due to the high content of fat, sodium, and sugar.

Healthy Lunch Recipe: Garlic and Herb Lima Salad

Recipe Summary:

Preparation Time: 20 minutes

Number of Servings: 5

Cups of Fruits and Vegetables Per Person: 1.00

Ingredients:

Salad

5 cups cooked baby lima beans (1 3/4 cups dry makes about 5 cups cooked)

1/3 cup finely chopped parsley

Garlic Herb Dressing

3 Tbsp olive oil

2 Tbsp chopped green onion

3 Tbsp red wine vinegar

3 cloves garlic, minced or pressed

1 Tbsp fresh minced tarragon or 1 tsp dried

1/2 tsp honey

1/2 tsp salt

1/8 tsp ground nutmeg

Directions: Salad In a large bowl combine beans, parsley, and Garlic Herb Dressing**; mix well. Let stand at room temperature one hour before serving. Or, refrigerate up to 6 hours, bring to room temperature before serving. Refrigerate leftovers. Garlic Herb Dressing **Garlic Herb Dressing: In a small bowl or shaker jar combine all ingredients and mix well. Nutrition Facts Garlic and Herb Lima Salad Serving Size 1/5 recipe Amount Per Serving Calories 310 Calories from Fat 80 % Daily Value (DV)* Total Fat 9g 14% Saturated Fat 2g 8% Trans Fat 0g 0% Cholesterol 0mg 0% Sodium 240mg 10% Total Carbohydrate 44g 15% Dietary Fiber 14g 56% Sugars 1g Protein 15g Vitamin A 8% Vitamin C 10% Calcium 6% Iron 25% * Percent Daily Values are based on a 2,000 calorie diet.

October 29, 2009

Fast Food Factoid: Fried foods, high-fat foods, and take-out foods can be part of a balanced eating plan, but make sure you do not eat them every day and only eat small amounts.

Food For Thought: The risk of stroke increases with the number of fast-food restaurants in a neighborhood, according to research presented at the American Stroke Association's International Stroke Conference 2009. After statistically controlling for demographic and socioeconomic factors, researchers found that residents of neighborhoods with the highest number of fast-food restaurants had a 13 percent higher relative risk of suffering ischemic strokes than those living in areas with the lowest numbers of restaurants.

Healthy Lunch Recipe: Potato Vegetable Salad with Yogurt

Recipe Summary:

Preparation Time: 1 hour, 20 minutes

Number of Servings: 6

Cups of Fruits and Vegetables Per Person: 1.00

Ingredients:

2 lbs red potatoes
2 cups broccoli florets
2 cups cauliflower florets
2 medium carrots, peeled
1 medium cucumber
3/4 cup sliced radishes
1/2 cup sliced scallions
1 cup plain low-fat yogurt
3 Tbsp Dijon mustard
1/2 tsp salt
1/2 tsp freshly ground pepper

Directions: Steam potatoes until they are tender. While potatoes are cooling, steam broccoli and cauliflower until slightly cooked, about 4 minutes. Set broccoli and cauliflower aside to cool. Cut carrots into thin slivers. Slice cucumber. Cut potatoes into chunks. Gently stir all vegetables together in a large mixing bowl. In another bowl, whisk together yogurt, mustard, salt and pepper. Pour yogurt dressing over vegetables and stir carefully coated evenly. Refrigerate 1 hour before serving. Nutrition Facts Potato Vegetable Salad with Yogurt Serving Size 1/6 recipe Amount Per Serving Calories 170 Calories from Fat 10 % Daily Value (DV)* Total Fat 1g 2% Saturated Fat 0g 0% Trans Fat 0g 0% Cholesterol 0mg 0% Sodium 360mg 15% Total Carbohydrate 34g 11% Dietary Fiber 5g 20% Sugars 8g Protein 7g Vitamin A 110% Vitamin C 100% Calcium 15% Iron 10% * Percent Daily Values are based on a 2,000 calorie diet.

October 30, 2009

Fast Food Factoid: Taking the time to plan ahead and prepare your own healthy lunch on most days are the best ways to ensure your individual health, safety and well-being.

Food For Thought: Experts have identified a number of traits common among people to adopt and maintain new behaviors for a long time. These include confidence, social support, realistic goals, and environmental support. Failure is also a part of the process of making healthy behavioral changes; don't give up if you experience setbacks or failures.

Healthy Lunch Recipe: 5 A Day Bulgur Wheat

Serving Size: 1/8 of recipe

Yield: 8 servings

Ingredients:

1 medium chopped onion
1 cup chopped broccoli
1 cup shredded carrots
1 small chopped green pepper - may use red or yellow pepper
1/3 cup chopped fresh parsley or 2 Tablespoons dried
1 teaspoon canola oil
1 1/2 cups dry bulgur
2 cups chicken broth, low-sodium
8 ounces canned, drained chickpeas

Instructions: 1. Wash and chop fresh onion, broccoli, carrots, pepper and parsley (if using fresh parsley). 2. Heat canola oil in a large skillet. Add onions and cook until soft. 3. Add bulgur and stir to coat. Add 2 cups chicken broth to the skillet, bring to a boil. 4. Lower the heat, add remaining vegetables and chickpeas. Cook for 10 minutes or until the liquid is absorbed. 5. Add parsley and stir. Serve warm or cold. Note: Bulgur comes from wheat. It is actually the kernel of wheat, cracked for cooking. It has a nutty, chewy flavor that is sure to please the healthy appetite, and contains fiber. Canola oil is a healthy choice for vegetable oil.) Nutrition Facts 5 A Day Bulgur Wheat Serving Size 1/8 recipe Amount Per Serving Calories 150 Calories from Fat 2 % Daily Value (DV)* Total Fat 1.5g 2% Saturated Fat 0g 0% Trans Fat 0g 0% Cholesterol 0mg 0% Sodium 140mg 6% Total Carbohydrate 31g 10% Dietary Fiber 7g 28% Sugars 3g Protein 6g Vitamin A 50% Vitamin C 45% Calcium 5% Iron 8% * Percent Daily Values are based on a 2,000 calorie diet.