



Strong in Body and Spirit Healthy Choices

Lesson Three: Eating Smarter-Less Fat



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Welcome!

It's so nice to see you again. We are so happy that you are here! You and your family are important to us. As we usually do, let's take a few minutes to review our last time together. Let's continue on our journey together!

Exercise Lowers Blood Sugar

Through the eagle's vision, he sees us exercising and being physically active to make ourselves healthier, and he sees us changing the way we are eating. The eagle sees us learning to make changes in buying and preparing the foods that we enjoy. Our families are learning through our example.

Healthy movement of exercise is:

- At least 30 minutes each day
- 5 to 6 times per week
- So that your heart beats faster
- So that you sweat a little
- So that you breathe harder than usual
- So that you feel like you're working a little
- Slow enough to talk to someone while exercising
- Because it's fun!

Today's lesson will provide us with information on how we can eat less fat so that we can become healthier.

The Eagle knows times were hard for our ancestors, but people had gardens of healthy foods like beans, corn, and squash. Wild birds, buffalo, deer, and fish; which have very little fat, were the main source of meat. Let's go back to the story.

As We Continue on Our Journey

Times were hard for our ancestors and many changes have come about to make life easier for us.

Gardens are few now and people buy what they used to grow. Eating out is common and no longer something we look forward to as a special time. Along with this, our foods are high in fat and not as healthy. Today, the eagle sees us buying many prepared foods and eating at fast food restaurants. The eagle sees us eating foods that are high in fat. We can change this by learning how to make healthier choices in what we eat and how it is prepared.

What is Fat?

What is fat? Fat is a part of food that our bodies need to function well. A small amount of fat is good for our bodies, but too much fat is not healthy, especially if you have diabetes. Eating foods that are high in fat can also increase your risk for many chronic diseases such as diabetes. High fat foods have more calories and are harder to burn off, which means we end up storing them as extra fat in our bodies, that is called overweight or obesity.

7 Easy Ways to Eat Less Fat

How can I eat less fat? Here are 7 ideas about eating less fat:

1. Learn how to read food labels
2. Learn which foods have lots of fat and eat less of these foods
3. Learn how to prepare foods using less fat
4. Learn how to make lower fat food choices when eating away from home
5. Learn which foods have less fat and eat more of them
6. Learn how to select and buy leaner cuts of meat when grocery shopping
7. Learn to eat three to five (3 to 5) servings of vegetables each day

Fat Information on Food Labels

Let's start with the first step in learning how to eat less fat. Reading food labels is not as hard as it seems. You will now learn a simple way to understand food labels. All labels are made the same way. Once you know what to look for, it becomes very easy.

1. Serving size tells us the portion size we should eat. Number of servings in the package tells us how many servings there are in the package.
2. We want to look at the amount of calories and the calories from Fat in one serving.
3. Then we want to look at the Total Fat grams and the kinds of fat there are in one serving.

Since we will be talking about reducing fat in our diet, we will only cover this part of the food label for now.

What does all this mean?

The food labels give us so much information. When we look at the label, a simple way to understand how much fat we are eating is to look at the fat calories in the one serving. For every 100 calories of fat, we should not be consuming more than 3 grams of fat.

So this product has 110 calories from fat alone and there are 12 grams of total fat in the one serving. You can see that this product has 4 times the recommended amount of fat. Not a healthy choice, is it?

Now, if the Total Fat grams were 3 grams, then we could say that this product would be a healthy choice.

Another way to look at it is

You may want to know how many teaspoons of fat there are in one serving. A way to calculate this is to remember a simple math formula. For every 5 grams of Total Fat, there is one measuring teaspoon of fat. So this product label tells us that there is a little bit more than 2 teaspoons of fat in the one serving size of macaroni and cheese.

Under Total Fat, the food label breaks the fat into the different kinds of fat there are in the product. What are the different kinds of fat?



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Kinds of Fat

There are:

- Saturated Fats
- Monounsaturated Fats
- Polyunsaturated Fats
- Trans Fats or Trans Fatty Acids
- Dietary Cholesterol

Saturated Fat is “Unhealthy Fat”

The Macaroni and Cheese food label tells us that there are saturated and trans fats in the one serving. Which are the “Unhealthy” Fats? Saturated Fats are the “unhealthy” fats that we should eat less often. These are the fats that are in a solid form when at room temperature, such as:

- Butter
- Lard
- Coconut Oil
- Cocoa butter
- Palm or palm kernel oil
- Shortening

Looking at the list of ingredients (the recipe for the product) on a food label can also tell you the kinds of fats that are in the product. This will also help you make a healthy choice. Foods high in “Saturated Fats” include:

- Cheese
- Cream
- Pastries
- Ice Cream
- Whole Milk
- Processed Meats (lunch meat, bologna, minced ham)
- Skin and Fat of Poultry

Can I Ever Eat Those Foods Again?

It’s okay to eat these foods once in a while, but not every day. You can learn how to make healthier choices when buying these foods. You can also eat less of these foods.

Poly and Mono Unsaturated Fats are “Healthier Fats”

The healthier choices of fats are the “liquid” or “less saturated” fats. These are the “**polyunsaturated**” or the “**monounsaturated**” fats.

Oils for cooking that are “healthier” choices are:

- Sunflower oil
- Safflower oil
- Peanut oil
- Olive oil

Foods with “Healthier” fats are:

- Most Nuts
- Olives
- Avocados
- Fatty Fish like Salmon, Tuna, and Mackerel
- Cottonseed oil
- Canola oil
- Corn oil
- Soybean oil

Trans Fats

Trans-fats are also known as trans fatty acids. Trans-fats are found in foods such as hard margarines and shortenings and may be listed on food labels as “hydrogenated” or “partially hydrogenated” vegetable oils. These oils are commonly used in fried foods and bakery goods. We can make healthier choices by choosing foods that have little or no trans fats listed on the label. Another thing that a food label can tell us is how the fat content is defined:

- “Fat-free” = the food has less than 0.5 grams of fat per serving.
- “Low-fat” = the food has 3 grams of fat or less per serving.
- “Lean” or “lite” = the food has 1/3 less calories or no more than ½ the fat as the higher fat version of this food.
- “Cholesterol free” = the food has less than 2 grams of cholesterol per serving.

A helpful web site that has more information on label reading is www.eatright.org or <http://fnic.nal.usda.gov/food-labeling> These websites represent the Academy of Nutrition and Dietetic, the leading nutrition organization and the USDA Extension and SNAP-Education organizations.

Other ways to eat less fat are to learn how fat gets into the foods we eat.



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Adding Fat Makes Healthy Foods "FAT FOODS"

Cooking with fat makes foods high in fat. Often we cook with fat. And, guess what? We then have high fat foods! Adding fat to food makes food high in fat! We also add fat to foods that are already low in fat. Where does all that fat come from?

Low Fat Food	Cook with Fat	= High Fat Food
Chicken or Fish	dipped in flour and cooked in lard or oil	= high fat fried chicken or deep fried fish
Potato Slices	Cooked or deep fired in oil	= high fat Potato Chips
Potatoes	Pan-fried in fat	= high fat fried potatoes
Baked Potato	sour cream or butter added	= high fat potato
Sandwich	Mayonnaise or special sauces	= high fat sandwich
Lettuce, cabbage, cauliflower	Salad dressing, mayonnaise, miracle whip	= high fat salad
Fish	Tartar sauce	= high fat fish
Broccoli, baby carrots, celery	Ranch dressing or dip	= high fat vegetables

10 Easy Ways to eat less fat.

Eat at least 3 servings of vegetables a day

Half of our plate for each meal and over the entire day should be fruit and vegetables and specifically - 3 servings of vegetables a day. Vegetables are naturally low in fat, have more nutritional value and less calories than high fat foods.

Fry less. Eat and fry foods less often Instead try:

- Broiling
- Boiling
- Steaming
- Baking

Buy leaner cuts of meat

Buy leaner cuts of meat such as extra lean ground beef or round steak. Tip: When you buy extra lean or ground sirloin beef, you get more meat for dollar. You can get 5 beef patties instead of 4 that you get from regular ground beef.

Instead of naturally high fat foods try lower fat alternatives

Cheese: Use less cheese or use low fat cheese (white cheeses, like farmers, mozzarella, Swiss, etc.)

Whole Milk: Use reduced fat, Low fat or Fat Free Milk

Lard: Use low fat oil such as canola or olive oil, or cooking spray such as PAM™

Butter: Use less butter, or a butter flavored seasoning (Schilling's Best O' Butter™)

Potato Chips: Use pretzels or air popped popcorn, or bake/oven potato slices.

Drain and rinse ground meat

Step 1: Cook ground meat, like hamburger, until it is done.

Step 2: Place a colander into another pot and pour meat into colander to drain fat.

Step 3: Place pot with colander and rinse under hot running water and drain. Throw fat and water away but not down the drain.

Step 4: Use meat in your favorite recipes.

Step 5: Cut extra fat off meat and throw away

Use a slow cooker for very lean meats is a great way to cook Make the fat off of soups and stews.

Chill soups and stews to harden the fat and throw the fat away.

Step 1: Put the soup or stew in the freezer. The fat will form a hard layer.

Step 2: Remove fat layer and throw away.

Step 3: Heat the soup or stew and serve as usual.

Remove the skin off the chicken and throw the skin away.

Step 1: Remove the skin from the chicken.

Step 2: Throw skin away and cook the chicken by baking, boiling, or grilling.

Use less fat in everything you cook.

Whether you are using lard, shortening, or a vegetable oil - fat is fat! Fry less often and fry fewer foods. Remember to boil, bake, broil, and grill. Do any of these, but fry foods less often. Hint: The use of non-stick coated pans and vegetable sprays, such as Pam™, are great ways to eat less fat. Foods will not stick and cleanup is quick and easy.

Make low-fat choices when eating out by:

- Asking waiter/waitress how food is prepared.
- Look for key words on the menu, such as: Baked, broiled, grilled, roasted, steamed, poached, stir-fried, and boiled. These would be healthier choices.
- Watch out for high-fat words such as sauces, gravies, fried or others.
- Trim visible fat off meat and remove skin from chicken.
- Select fast foods that are lower in fat. Ask to see the nutritional value of the food that is on the menu at fast food restaurants. They are available if you ask.
- Have the waiter remove your plate when you feel satisfied. Leftovers can be taken home to enjoy at another meal.

You can also obtain more information by clicking on the eating out link www.eatright.org/resource/health/weight-loss/eating-out/eating-out or American Heart Associations www.heart.org/HEARTORG/HealthyLiving/HealthyEating/DiningOut/Dining-Out

Ideas to Lower Fat at the Grocery Store

- Make a grocery list
- Begin shopping in the fruit and vegetable section. Buy what is on sale and try to get a fruit or vegetable from each of the "5" colors
- Read food labels and compare cost and nutritional value of foods.
- Choosing low fat foods.
- Choose foods made with healthier fats and low in saturated fats.
- Do not buy foods that contain Trans fats.
- Go light on foods with empty calories.

Take a minute and think of some foods that are naturally low in fat. What foods can you think of?



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Foods Already Low in Fat!

Here are a few examples of foods that have less fat and have the Eagle's approval.

Fruits:

- Apples
- Peaches
- Oranges
- Berries
- Bananas
- Cantaloupe

Snacks

- Pretzels
- Air popped Popcorn

Grains

- Cereals
- Whole Grain Breads
- Brown Rice
- Whole Grain Pasta
- Corn

Vegetables

- Carrots
- Broccoli
- Celery
- Greens
- Lettuce
- Tomatoes
- Chili peppers
- Potatoes
- Cabbage
- Squash

Low- Fat Dairy Products

- Fat-free milk
- Low-Fat milk
- Reduced Fat milk Powdered milk
- Low-fat or fat-free yogurt
- Lite or fat-free cheese

Meats

- Chicken
- Venison or game meats
- Buffalo
- Lean beef (sirloin & flank) and pork (steaks & chops)
- Fish
- Turkey

Traditional Native American Foods are Low In Fat!

Traditional Native American foods were low in fat! As you can see, many foods that taste good are also good for us. Did you know that many of the foods on this list have a Native American beginning? It's true. Our ancestors were the first ones to grow many healthful foods. Many traditional Native American foods are naturally low in fat. Did you know that corn, which is naturally low in fat, was grown by Native American farmers thousands of years ago? Native Americans were the first to grow or eat these traditional foods:

- Corn
- Beans
- Squash

Gathered Plants – stinging nettles, cat tail shoots, curly dock, Timpisala

- Potatoes
- Berries
- Chili peppers

Foods that are commonly eaten today are sometimes thought to be “traditional”. For example, fry bread, which is high in fat, is not a traditional food. It is a recent food introduced during the dismantling of indigenous food systems. A more traditional bread would be pan breads, which is naturally low in fat.

How to handle a hungry family!

Still Hungry? How to handle a hungry family Are you thinking about how you or your family will feel if you eat low-fat foods? Here are 4 easy ways to eat less fat and still feel satisfied:

1. Buy enough vegetables to have at least 3 servings of vegetables for each person each day. Eating at least 3 servings of vegetables a day will help you get full. Prepare vegetables by adding them to stews, soups and hotdishes, serve in a fresh salad, serve them raw as appetizers with a low-fat dressing, or use frozen or canned as a side dish to accompany any meal
2. Eat high fiber foods. Serve foods that are high in fiber such as whole wheat breads, vegetables, and brown rice or wild rice. Foods with a lot of fiber are low in fat and fill you up. Lable Reminder: look for fiber content on the label People need about 25 grams of fiber each day
3. Serve less meat. Two pieces of meat, each piece about the size of the palm of your hand or a deck of cards, are enough for one day. Your family may be used to eating more meat, but for your health and your family's health (not to mention your wallet), less meat is better. Why? Because meat has lots of calories and fat.
4. Drink more of the original SOFT DRINK! Drink more water! Each of us needs to drink 6 to 8 glasses of water a day. Water keeps us hydrated for better body and brain work.

Let's try making some low fat meals together! Now you try it.



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Breakfast

Plan a breakfast with less fat?

Coffee Break

Plan a low-fat Coffee Break!

Noon Meal

Let's get the fat out of your lunch.

What's Between the Bread?.

Plan to build a low-fat sandwich. Do you love or eat a lot of sandwiches? Here's how you can eat less fat and still have a great tasting sandwich.

- Instead of: Butter, Mayonnaise, or special Sauces. Try: Low-fat dressings, low-fat margarine, or mustard.
- Use whole wheat bread instead of white bread
- Add vegetables such as green peppers, leaf lettuce, onion, tomatoes, cucumbers, and chili to make a great tasting sandwich.
- Try the light or fat-free cold cuts such as turkey slices.

Plan Ahead! Buy only these low-fat items at the grocery store. Check out the SACK LUNCH GUIDE at www.lamdgrant/uttc/resources

Plan ahead and make your own lunch. Add fruit and vegetables to your lunch, along with a canned juices, diet pop or bottled water. You will be less tempted to eat fast foods and you will save money too!

Lunches that you will want to avoid:

Super Sized Burgers, Super Size French Fries, Buffalo Wings Platter, Mexican combination Plates, Batter Fried Shrimp, fish or chicken

Eat Less Fat at the Family Dinner Table

Let's get the fat out of your dinner. Now you try it! Think about it! These can add a lot of fat to your meal. Lard or shortening used for frying, batters, butter, cheeses, and any sauces or gravies can add fat to the meal. Use less or try a lower-fat version. Raised and pan breads are for families fry bread is a very high fat food that is not good for family meals.

Eating Less Fat Away From Home

What about eating out? We can use what we have learned so far to help us make healthier choices when we eat out. Just like you can make foods low in fat at home you can make low-fat choices when you go out to eat. It is your choice!

Here are a few things to remember when eating out:

1. Choose more foods that are baked, broiled steamed or grilled.
2. Choose lean cuts of meat and more low-fat meats like chicken, turkey, or fish.
3. Eat more vegetables. Order vegetables that are steamed instead of battered, buttered or fried.
4. Remember to eat less of the foods that have lots of fat. Sauces, creams, batters, butters, mayonnaise, and dressings have lots of fat.
5. You are paying for your food, so go ahead and enjoy it. But don't feel like you have to eat it all at once. It is okay to ask for a doggie bag to take your leftovers home for the next day.
6. If you would like to know what the nutritional value is in the food that you want to order, ask for the food fact sheet for that particular restaurant before you order. Most places have it available if it is not posted. Menus now will clearly mark the lighter plates or have a heart next to the entrée. Look for these when you eat out.

Grocery Shopping

What about grocery shopping? Grocery shopping can be a challenge in making healthy choices because of the many things you have to look at:

- Plan your meals ahead of time so that you know exactly what you will need before you go to the store. **MAKE A GROCERY LIST**

When trying to decide what to buy:

- Look at the food labels and compare similar products.
- Choose foods that give the most nutrition without too much total fat and saturated fat.
- Stop in the first section of the grocery store. Buy at least one fruit or veggies from each of the five color groups. Functional Foods? Fruit and Vegetables brochure can be found at: <http://landgrant.uttc.edu/resources/> Buy what is on sale that week. Throughout the year you will have tasty many different fruit and vegetable choices. Shop at the local farmers markets. Raise a small garden for fresh produce right from your yard.
- Be sure to include more vegetables in your meal plans. Whether you buy fresh, frozen or canned vegetables, they are all a good choice. Canned vegetables will have a lot of sodium in them but they can be rinsed off before you heat them.
- Select and buy leaner cuts of meat such as Round steak, ground sirloin, extra lean ground beef, skinless chicken or turkey, or pork tenderloin. These are just a few examples of lean meats.

Another source of information is on the internet which will give you more shopping solutions for healthful eating. That web site is: www.fns.usda.gov/fns

Why Eat More Vegetables?

Vegetables are a great source of: vitamins A, B1, B2, C, niacin, iron, calcium, and fiber. They are also naturally low in fat and low in calories.

If you are part of the Diabetes Prevention Program Trial, it was found that eating 3 servings of vegetables a day can also be good in preventing diabetes

Ways to eat more vegetables are:

- Make a casserole that includes vegetables.
- Make a stir-fry dish.
- Have a main dish salad.
- Have a fresh vegetable platter to nibble on for snack time or as an appetizer.
- Make vegetables available by preparing, bagging and storing them in the refrigerator to pull out whenever someone is hungry. (This is a healthier food choice instead of chips or other high-fat foods.)
- Eat a wide variety of colors of vegetables. Don't think of just corn and potatoes as vegetables. Mixing lots of colors of vegetables together on a dish makes them more appetizing.
- Have a low-fat dip prepared and stored in the refrigerator for your family and friends to have with vegetables for snacks.



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Reflections on Our Journey

Reflections on your journey with the Eagle.

You have learned many ways to be healthier and eat less fat. You have learned what to look for on a food label to make a healthier choice to eat less fat.

You have learned which foods have lots of fat and how to eat less of them.

You have learned ways to prepare foods using less fat.

You are now wiser in knowing how to make lower fat food choices when eating away from home.

You have learned which meats are the leaner cuts to buy.

You have also learned how to include more and different vegetables in your diet.

Set a goal to eat less fat! Just as you planned and set a goal to exercise, you can plan to set a goal to eat low-fat meals and be healthier.

Take a few minutes and think about a goal you can reach in eating less fat this week. As you reach your goal, you can add another goal, because we realize that small goals are within our reach and goals help us stay moving forward and stay motivated to make changes.

Plan to eat less fat!

GOAL:

This week, to eat less fat, my small goal will be:

Example: Buy and use reduced fat milk.

I will ask a friend or family member to help me reach my goal by

Example: Walk to the store with me to buy reduced fat milk.

My reward for reaching my goal will be:

Example: To get a new low-fat cookbook.

I will do my best to reach my goal that I decided on.

Signature: _____

Keeping track on a calendar helps to remind and motivate you to keep up with your exercise goals and now with eating healthier.

A New Vision For You

Before you leave us, close your eyes and imagine the eagle soaring over us now. The eagle sees us making one change, then two. As we continue to make more and more changes by exercising more and eating less fat, we get stronger in body, mind, and spirit. The eagle in his wisdom, knows that we can control this thing called “too much sugar in the blood”.

As we make these changes in our lives, our children and our grandchildren grow and become stronger and healthier, too. They learn through examples set by us. And we must give them the wisdom of the eagle, showing them what they need to do to keep their sugars down and have a healthier life, too

Prayer

Great Spirit, We thank you for your blessings that have provided the healthy foods to nourish our bodies. May we learn to appreciate and not take for granted all that we now know to make us healthier? May we be open to accept change that will benefit not only ourselves but our children, as well?

Thank you for coming.

Resources:

American Diabetes Association – www.diabetes.org

Academy of Nutrition and Dietetics – www.eatright.org

Local Tribal Diabetes Program

<http://www.standingrock.org/tribalPrograms/>

http://www.mhanation.com/main2/health_care/diabetes_program.html

<http://www.ihs.gov/greatplains/healthcarefacilities/spiritlake/>

<https://www.facebook.com/TurtleMountainDiabetesPrevention>

State Department of Health

http://ndhealth.gov/chronicdisease/Publications/2012_CD_Status%20Report.pdf page 35

State Extension Program – <http://www.ag.ndsu.edu/extension/>

The National Diabetes Education Program – www.niddk.nih.gov/health-information

United Tribes Technical College – <http://landgrant.uttc.edu/resources/>

- Functional Foods: Fruit and vegetables
- Shopping on a Budget
- Sack Lunches
- Starter Kitchen



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Objectives:

Lesson 3: Eating Smarter – Less Fat

The learner will:

- Be able to identify the different kinds of fat
- Recognize where fat is listed on a food label
- Be able to name one easy way to eat less fat
- Be able to identify traditional Native American foods that are low in fat
- Be able to plan one meals that is low in fat

Program Evaluation

Title of Workshop Strong in Body and Spirit – Healthy Choices/ Lesson 3: Eating Smarter - Less Fat

Presenter(s) _____ Date _____

On a scale of 1 to 5, with 1 being the least confident and 5 the most confident, please circle one per question:

Not Confident

Very Confident

Please rate how confident you feel naming the different kinds of fat

1 2 3 4 5

Please rate how confident you are to locate where fat is listed on a food label

1 2 3 4 5

Please rate how confident you feel to name one easy way to eat less fat

1 2 3 4 5

Please rate how confident you are in listing low fat traditional foods

1 2 3 4 5

Please rate how confident you feel to plan future meals with less fat

1 2 3 4 5

Comments

What did you like about this lesson

Thank you! your feedback is very important to us.



Every home starts small and grows.

Even the kitchen or pantry begins as **STARTER KITCHEN**

Whether you are a single man or woman living alone and starting your first home, an elder living alone for the first time, or a family with small children who recently moved; a well-stocked **STARTER KITCHEN** will be important.

Here are ideas for needed foods and cooking equipment! These basics will save you money and help you plan healthy meals.

Ideas as build your starter kitchen!

1. You do not have to buy everything at once.
2. Buy only what you know you have room to store.
3. Be brave. Try new foods like lentils/beans and seasonings that may be new to you.
4. Don't buy things on the starter kitchen list if you know you will never use it.
5. If you do not have room or cupboards, the starter kitchen items may be stored in a cardboard box or plastic tote.
6. After opening individual food items, put them into clean, dry containers. Covered plastic tubs, glass jars or coffee containers will work to keep insects or pests out.
7. Keep the **STARTER KITCHEN** stocked, by adding items to a grocery list as you use the last of any item

STARTER KITCHEN FOOD NEEDS

Grains

Rice – whole grain, white

Pasta – macaroni, spaghetti, noodles (any width), lasagna

Cereal – oatmeal, dry-unsweetened (i.e. corn flakes, cheerios)

Bread – loaf

Other - Bread Crumbs

Vegetables & Fruit

Raw, good keepers – potatoes, onions, carrots, apples

Canned – corn, tomatoes, tomato paste, tomato sauce, potatoes, carrots, beans, peas, peaches, plums, pineapple, fruit cocktail

Soups – tomato, vegetable, mushroom, celery

Compliments – raisins, spaghetti sauce, pizza sauce

Meat & Alternative

Beans, Canned – kidney, garbanzo, chick peas, black, northern

Lentils, Dried – split pea, navy beans

Nuts and nut Products – peanut butter, walnuts, peanuts

Meat/fish, Canned – salmon, tuna, chicken

Milk

Milk – Powdered-dry milk, evaporated or UV

Fats & Oils

Margarine - tub

Oil – Canola, olive, vegetable

Baking Ingredients

Flour – whole wheat, all purpose

Sugar – white, brown, powdered

Other – baking powder, baking soda, cornstarch, vanilla

Seasoning

Spices – cinnamon, chili powder, dry basil or dill weed

Seasoning – salt, pepper, garlic powder, bouillon cubes (chicken, beef), soy sauce, vinegar, ketchup, mustard, Worcestershire Sauce

Starter Kitchen Equipment Needs

(These items do not need to be new. Thrift shops, rummage sales, and discount stores will fill the need.)

- Clothes for wiping and drying or clean rags
- Cutting Board – 8” X 10”, plastic
- Knives – cooking knives (large and medium), paring knife
- Hand Can Opener
- Mixing Bowls (3) – variety of stainless steel, plastic or glass 1 to 3 quart
- Measuring Cup (for liquid) – 2 to 4 cup with pour spout & graduated measure on side
- Measuring Cups (dry) – ¼, ½, 1 cup
- Measuring Spoons – ¼, ½, 1 tsp. and 1 Tbsp.

- Colander or Strainer
- Rubber Spatula
- Wooden Spoon
- Fry Pan – 8” and/or 10”, cast iron or non-stick with a lid
- Saucepans or Kettles – 1 quart and/or 3 quart
- Pots – 8 quart and/or 12 to 16 quart
- Casserole Dish – 2 quart, covered (glass)
- Egg Turner, Ladle and/or Long-Handled Metal Spoon
- Baking Pan – 9” X 13” (cake pan) and/or 15” X 10”
- Loaf Pan – 9” X 5” X 3”
- Plate, bowl, small glass, mug, fork, butter knife and spoon

Food Resources to Supplement Your Dollars

FDPIR (Commodities) – Food Distribution Programs on Indian Reservations (formerly called commodities) is a USDA program offering monthly food packages. Participants are families living within Sovereign Nations. Foods include fresh vegetables and fruit, meat, poultry and fish, and staples like flour, cornmeal, and sugar. Participating families are encouraged to learn more about good nutrition and the available foods during local cooking classes and youth activities. You must live on the reservation to apply.

SNAP (Food Stamps) – (Bismarck call 222-6622) Supplemental Nutrition Assistance Program (formerly called food stamps) is a USDA program offering monthly food purchasing power through use of an EBT card. Choosing nutritious food is up to the individual shopper. These funds are a supplement to the individual’s food budget so will not cover all food costs, careful shopping and food handling skills are needed so there is food for the entire month. Contact your local County Extension office, local public health office or County Social Services office to find classes that will help you learn how to stretch your SNAP food dollars.

WIC – (Bismarck call 255-3370) Supplemental Nutrition Program for Women, Infants, and Children—

Pregnant and breastfeeding mothers and children up to their 5th birthday are offered specific foods containing nutrients needed for growth and health. Participants receive food vouchers or EBT cards for the purchase of foods at your local grocery store. Participants are encouraged to learn more about nutrition and health, and may be required to attend monthly classes taught by WIC or the local County Extension office.

School Breakfast, Lunch and/or Summer Feeding Program – Breakfast, noon and after-school snacks are offered throughout the school year by USDA. Some families pay full prices and some pay less, depending on the family and community income. The food choices include those recommended for healthy growing bodies, including calcium-rich milk choices, fruit and vegetables, and whole grain breads and cereals. Summer programs are available in many communities. Ask for info at the school.

Emergency Food Banks – Most communities offer choices when families are in temporary need for food. Check your local phone book or community service list to find community options. Ask at a school or church, they usually have a list of local resources. **Bismarck call 223-1889 Salvation Army OR 258-2240 Community Action. Thursday 5pm meals FREE to all who come to Trinity Lutheran Church on Ave. A and 3rd St. How to Eat & Shop on a Budget, Nutritiously!**



How to Eat & Shop on a Budget, Nutritiously!

FOOD SHOPPING TIPS

- \$ Plan your meals for the week – make a week long menu.
- \$ Use your menus to create a shopping list – check what is already in the cupboard.
- \$ Use coupons, grocery ads and add sale food into your meal planning.
- \$ Eat before you go to the store.
- \$ Select a variety of different foods.
- \$ Shop the perimeter of the grocery store where produce, dairy, eggs, low-fat meat and fish are located first and then add other foods.

- \$ Include canned beans, chicken, fish, and tomato sauces in your cart.
- \$ Begin your shopping at the produce area – select something from each of the “5” colors.
- \$ Choose “real” foods —100% fruit juice & 100% whole-grain items.
- \$ Stay clear of foods with cartoons on the label that are targeted to children (junk food) like cereals & breakfast bars.
- \$ Avoid foods that contain more than five ingredients, artificial ingredients, or ingredients you can’t pronounce.

Eating at home saves money and health!

Get to know your family at the “kitchen table”.

Kitchen table idea (recipe) and cost on back of this sheet.

Cheap, healthy, nutritious foods under a \$1.00 (buck)

Food	Price/serving (s)
Brown rice	\$0.19 per 1/4 cup
Whole grain pasta.....	\$0.56 per 3/4 cup
100% whole grain bread.....	\$0.14 per 1 slice
Plain yogurt	\$0.60 per 6 oz
Quick oats.....	\$0.14 per 1/2 cup
Frozen vegetables.....	\$0.33 per 2/3 cup
Russet potatoes	\$0.13 per 1 med.pot
Fresh bagged spinach	\$0.66 per 3 oz
Canned refried beans.....	\$0.69 per 1/2 cup
Canned tuna.....	\$0.45 per 2 oz.
Jar of salsa sauce	\$0.47 per 1/2 cup
Whole grain pita bread	\$0.20 per 1/2 pita
Egg substitute.....	\$0.43 per 1/4 cup
Jicama.....	\$0.37 per 1/4 cup
Eggs.....	\$0.10 per egg
Whole grain tortilla	\$0.27 per tortilla
Skim milk.....	\$0.22 per 1 cup

Fast Foods costing “Big Bucks”?

Fast Food	Price/M meal
Subway.....	\$7.20
12 inch Tuna on wheat	
Bag of chips	
Large soda drink	
Burger King.....	\$6.95
Original chicken sandwich	
Large onion rings	
Large soda drink	
McDonald’s.....	\$6.08
Big Mac sandwich	
Large French fries	
Large soda drink	
Taco Bell	\$7.20
Chicken fiesta taco salad	
Large soda drink	
Wendy’s.....	\$6.40
Classic single sandwich	
Large French fries	
Large soda drink	
Arby’s.....	\$7.05
Beef N cheddar sandwich	
Large curly fries	
Large soda drink	

"Bang for your Buck" Burrito Meal for "4"

Total cost of meal for "4" about \$11.55.-Price per person about: \$2.89

- 2 cups cooked brown rice
- 16 oz. can of refried beans
- 16 oz. jar of salsa sauce
- 15 oz. can of corn
- 4 whole grain tortillas
- 4 red delicious apples
- 4 cups of skim milk

Directions for 4

ENTRÉE: Put 1/4 cup of warmed refried beans and 1/2 cup warmed corn on each of the whole grain tortilla shells. Wrap shut and place on a wrap on each individual dinner plate. Top wrap with 1/2 cup of salsa.

SIDE DISHES: Serve cooked, seasoned brown rice AND sliced apples (or other fresh food i.e. shredded lettuce, celery/ carrot sticks, apples, or cucumbers). Each guest dishes up about 1/2 cup serving for each side item. They also will get a cup of beverage like skim milk to drink with their homemade burrito meal.

HEALTHY FOOD AWAY FROM HOME!

(Carrying A Cooler Or Lunch Pail To Work Or School, Car Trips, Pow Wow, Camping, Hiking, Or Vacation)

Sometimes we just have to carry healthy food with us. Having good food on hand at home is important. **The list below** is intended to be a shopping guide when you are at the store to help you remember to bring easy to use food home to fill the cupboard or refrigerator. Planning is a traditional way of life.

The chart on the next page is designed to help you make sack or lunch pail meals with variety. Select one item from each column to create unique, tasty, and healthy meals on the go – whether it is during short car trips, picnics, or a way to save money by packing lunch for school or the work place.

SHOPPING IDEAS (Keep these foods on hand so packing is easy)

PROTEIN

- Sliced Lean Deli Meat (ham, beef, turkey)
- Eggs (boil and store in carton)
- Tuna or Salmon
- String Cheese
- Sliced Cheese
- Shredded Cheese
- Chicken Drumsticks
- Beans (individual canned)
- Nuts
(peanuts, almonds, Walnuts, sun seeds, etc.)

VEGGIES/FRUIT

- Vegetable Sticks
- Baby Carrots
- Whole Fruit (sale seasonal items)
- Fruit Leathers
- Dried Fruit
- Applesauce or Canned Fruit Cups
- Sweet Potato Slices

GRAINS

- whole grain bread, Rolls, Subs
- Pita bread, Tortillas
- Bagels or English Muffins
- Rice or Pasta
- Whole Grain Crackers
(wheat, graham, rice)
- Bread Sticks, Popcorn

DESSERTS/ SNACKS/OTHER

- Baked Chips, Pretzels
(bulk or individually wrapped)
- Small Sized Cookies
(bulk or individually wrapped)
- Frosted cereal
- Pudding and Jell-O Cups
- Granola Mix or Bars
- Trail Mix
- Zip Bags, Napkins, Plastic Flatware



Strong in Body and Spirit Healthy Choices

UTTC Land Grant Extension



Mix and Match

Select One Item from Each of the Categories Variety, Unique, Tasty, Healthy, and Fun in a Bag!

Sandwich (starch, protein, filler/side)

+ fruit + treat + drink = Eating Smarter Lunch

STARCH	Pita	Whole Grain Bread	Tortilla	Whole Grain Crackers	Sub Rolls
PROTEIN	Deli Meat	Sliced Cheese	Peanut Butter	Hard Boiled Egg	Canned Tuna or Salmon
FILLER/SIDES	Lettuce/Tomato/Onion	Sprouts/Grated Carrots/Mustard	Pepper/Zucchini	Broccoli/Celery	Pickle/Jalapeno/Mayo
FRUIT	Orange OR Apple	Canned Fruit	Banana OR Berries	Grapes OR Seasonal Melon	Kiwi OR Grapefruit
TREAT	Small Muffin	Baked Chips	Animal Crackers	Walnuts or sun seeds	Pudding
DRINK	Skim Milk	Water	100% Juice	Tea	Infused Water

Fast Food for Occasionally?

“8” Healthy Ideas for Choosing “Eating Smarter” Fast Foods

1. Opt for grilled, broiled, or steamed. Chicken, turkey, or fish are leaner than ground beef.
2. Say no to special sauces, cheese, mayo and bacon. They pack the fat.
3. Order regular or kids meals. Big appetite? Add a salad or soup.
4. Pick leafy green salads, baked potatoes, veggies and baked beans. Avoid fried tortilla shells.
5. Need dessert—eat it rather than dressing for less fat OR share one serving.
6. Drink water, skim milk of unsweetened tea
7. Expand your definition of QUICK NOON RESTAURANTS—subs, wraps, burritos, (no sour cream) and pitas are better than burger buns.
8. Buy your own fast food when you grocery shop. Buy cottage cheese, yogurt, baby carrots, nuts, fresh fruit and pretzels. Take them to work and add them to your purchased sandwich.



Strong in Body and Spirit Healthy Choices

Personal Eating Smarter Assessment



0 POINTS	1 POINTS	2 POINTS	3 POINTS	SCORE
Fresh or Frozen Fruit/vegetables	Eat less than 1 serving/day	Eat 1-3 serving/day	Eat 3-5 servings/day	Eat 5 or more servings/day
CANNED Soup or Vegetables	Eat these foods 7 times/week	Eat these foods 4-6 times/week	Eat these foods 1-3 times/week	Rarely or Never eat these foods
Bread, Grains and Cereal (rice, pasta, bread)	Eat 1 or less serving/day	Eat 1-4 serving/day	Eat 4-6 servings/day	Eat 6 or more servings/day
Bread, Grains, and Cereal	Eat only white bread	Eat white bread, but whole grain pastas and rice	Eat whole grain bread but white rice and pasta	Eat only whole grain bread, rice, pasta and cereal
Dried Beans and Peas	Rarely or never eat these foods	Eat these but less than 1 time/week	Eat these once a week , on average	Eat these foods twice a week or more
Poultry (chicken, turkey, etc.)	Rarely or never eat these foods	Eat these foods once a week, generally fried never remove skin	Eat these foods 1-2 times a week and remove the skin	Eat these foods 3 or more times/week and always remove the skin
Fish	Rarely or never eat these foods	Eat these foods occasionally but always fried	Eat these foods 1/week and never fried	Eat these foods 3 or more times/week
Red Meat	Eat only high fat red meat (regular ground beef, sausage, lunch meats, hotdogs)	Usually eat high fat meats	Usually eat lean meat (85% lean burger, chuck, flank, round or chops)	Eat only lean or trimmed before cooked red meats
Milk	Usually drink whole milk OR	Usually drink 2% milk	Usually drink 1% milk	Usually drink low-fat skim milk
Milk	Do not drink milk	Drink some milk	Drink 1 cup daily	Drink 2-3 cups/day
Dairy Foods	Eat ice cream 2 times/week or more	Eat ice cream less than 2 times a week	Eat ice milk, sherbet or low-fat frozen yogurt	Rarely eat frozen desserts
Cheese	Eat only high fat cheese	Eat high fat cheese but eats cheese less than 2 times/week	Eat low-fat cheese (string, mozzarella, farmers)	Eat only low fat cheese instead of milk daily
Eggs	Eat 6 more eggs/week	Eat 4-5 eggs/week	Eat 3 egg yolks or less/week	Eat less than 3 egg yolk/week or use egg substitutes or whites
Fats and Oils	Always use butter, lard or shortening	Usually use butter, lard, shortening	Usually use margarine or liquid corn oil	Usually use pan spray or canola or olive oil
Commercial Baked goods (cookies, donuts, cakes)	Eat these 7 times/week or more	Eat these 5 or more times/week	Eat these 2-4 times/week	Eat these foods only 1 time/week or less
Salt Foods	Use salt at the table and in cooking	Cook without salt but use it at the table	Cook with salt but do not use at the table	Cook with other seasoning and do not use at the table
Beverages	Drink Regular Pop 3 time or more/day	Drink Regular less than 3 times/day	Drink diet or unsweetened teas, etc.	Drink water to quench my thirst
Dining Location	Eat away from home 7 or more times/week	Eat away from home 5-7 times/week	Eat away from home 1-5 times/week	Eat away from home 1 time or less each week

TOTAL YOUR –“EATING SMARTER” SCORE”

Personal Eating Smarter Assessment

Eating Smarter recommendations follow MyPlate. The goal is to use variety, balance, moderation and proportion. Healthy foods are high in flavor, color, and fiber AND low in fat, sugar, and calories. Circle the category for each food groups that most closely describes your eating habits on an average week. Record your points in the right hand column for each row (food group). Add the points for a total at the bottom of the page. This is your personal “Eating Smarter” score. On the back of the page, use your score to learn some tips and recommendations for on-going “Eating Smarter” plan. **IT’S YOUR CHOICE!**

From total on the previous page _____

My Eating Smarter Goal

0- 17 Stop And Think

You probably are eating many foods that are high in fat or low in nutrients for good health. UTTC Extension Educators recommend that you eat more fresh fruits and vegetables, more whole grains, more lean meats, and get back to the “kitchen table”. When you cook, try grilling, baking, or microwaving— and ENJOY!

18- 35 Getting Better

You probably are making many healthy choices as you fuel your body. However, you could do ever better by adding meals using dry beans or peas and poultry or fish. Remember good nutrition starts in the grocery store. Try cooking methods that are low in fat. ENJOY seasoning foods with vegetables, spices, seasoned vinegars, and herbs instead of fats, sauces or gravy.

36- 54 Good Job

You probably are buying and eating most of the healthful foods recommended. Keep up the good work. Be creative. Make a grocery list. Cook for fun. ENJOY eating at the dining table, as often as possible.

Interested in more nutrition information or assessing your nutritional status in detail contact one of UTTC Extension Nutrition Educators or a dietitian in your community OR go to www.MyPlate.org for healthy ideas and recipes.

My Eating Smarter Goal

Guide For Eating Smarter

Get to a healthy weight

BMI under 27 is recommended. But, even losing 7% of body weight is proven to improve health. Go slow. Think positive! Eat 3 meals a day & include: 3-4 servings fruit, 3-4 servings vegetables, 6 serving whole grain foods, 2 cups fat free milk, 6 ounces meat, 6 cups water, less than five teaspoons of fat and/or sugar a DAY.

Avoid trans-fats

This will be hard. If the food label says “partially hydrogenated vegetables oils” the food contains trans-fats. These raise the LDL and reduce the HDL.

Eat monounsaturated fats

If you use fat - use these in small portions. They increase HDL, but not the total cholesterol.

Fiber- up

Soluble fiber is found in oats, fruit, vegetables, and dried beans and peas. Plan your meals at the grocery store. Buy and eat fiber foods as often as possible.

Cook and eat at home

Cooking can be fun and eating out less often saves money and is proven to be more healthful.

Exercise aerobically

Regular exercise 20-30 minutes for at least 5 days a week helps us use the cholesterol we make and eat. Exercise fast enough to sweat and slow enough to talk. Walk, ride bike and most of all ENJOY it!

Stop smoking

this increases your risk for heart disease.



Heart Health

Lowering your cholesterol level can significantly reduce risks for heart disease.

For every 1% cholesterol is lowered, the risk for heart disease drops by 2%.

What Should I Do? My Numbers Are Not Where They Should Be.

#1. NUTRITION ADVICE - How you are eating now! Ask the UTTC Extension Nutrition Educator or your local dietitian to help you assess your eating habits. You may print out the “Eating Assessment Sheet” under resources on the UTTC Land Grant website. Using the “Eating Assessment Sheet” your goal is to make changes slowly and score “3” in each category.

#2. FIBER - Add more soluble fiber to your diet. Soluble fiber helps fats move out of the vessels. Adults need over 20 grams of fiber each day. DRIED BEANS (red, black, navy, Great Northern, pinto, and all lentils, etc.) are the best source of soluble fiber. Buy beans in cans or bags. Advice is to have at least one meatless day a week and eat main dishes that include beans – bean soup, baked beans, refried beans, meatless chili, etc. WHOLE GRAINS – don’t be fooled by the color of the bread. The ingredient label or package must state “Whole Grain”.

#3. FRUIT & VEGGIES - More Matters when it comes to fruit and veggies. Heart health is supported by planning to eat 5 to 9 servings of fruit or veggies from various colors every day.

#4. AMOUNT OF FOOD - Eat small portions (size of a deck of cards) of protein foods from a variety of sources. Beans 1-2 times each week, eggs once a week, fish 1-2 times each week, poultry 1-2 times each week. This balance will help to keep lean red meats to a minimum, but still ensure adequate iron and include your favorite meats.

#5. CALCIUM - Calcium choices should be low in fat. Non-fat milk is preferred for everyone over age 2 years. White cheeses are generally lower in fat. Think about yogurt and soy or nut milks.

#6. SNACKS – Try nuts to get healthy fats, whole grain crackers/cereal and pretzels to have less fat.

What Are the Goal Numbers?

CHOLESTEROL is found in every human body. Our liver makes cholesterol every day and we get it in the foods we eat! Too much cholesterol in our blood affects our risk for heart disease. Cholesterol levels are best if they are under 200.

HDL (High density Lipids) is often called “healthy” or “good” cholesterol. HDL is associated with lower risk for heart disease. HDL levels are best if they are over 60.

LDL (Low density Lipids) is often called “lousy” or “bad” cholesterol. LDLs cause cholesterol to stick to blood vessel walls and form plaque, which can slow blood flow. LDL levels are best if they are under 100.

TRIGLYCERIDES are another name for fats and can lead to health problems. Goal is to be under 150.

BLOOD PRESSURE is important. Strive for less than 120/80. See your doctor if it is higher than 140/90.

Get Acquainted with Your Numbers! Total cholesterol, lipid profile, blood sugar, blood pressure, BMI, waist circumference?

Screening at a clinic or UTTC Wellness Center and counseling from the UTTC Extension Nutrition Educators will be beneficial.

FOODS That Can Impact Heart Health?

CHOLESTEROL: Meat, poultry, fish, milk fat and egg yolks.

SATURATED FAT: Animal foods like meat, cheese, butter and plants like coconut and palm oil. Fat that is solid at room temperature is saturated fat.

MONOUNSATURATED FAT: Plant fats like olive and canola oils, peanut butter, nuts, avocado. Often called “good” fat, they may help lower LDL.

POLYUNSATURATED FAT: Plant fats like corn, safflower, sunflower and soybean oils and soft margarines.

OMEGA-3 FATTY ACIDS: Fatty fish like tuna and salmon and flax seed. THESE ARE GOOD FATS and slow disease.

TRANS-FATTY ACIDS: Double the trouble. Raise the LDL (bad cholesterol). Found in fast-food fries, donuts, and many brands of cookies, crackers, and some margarine.

Exercise Needed For A Healthy Heart!

Core strength.....When fitness experts talk about strengthening your core or trunk, they're referring to a group of muscles that includes your abdominals, pelvic and back muscles.

Your core is the center of gravity and essential for functional fitness. Improved core strength helps keep your body aligned during other fitness activities like running and dancing, as well as when you sit at your desk or haul groceries.

Many exercises to improve core strength require no equipment other than your body weight. Every little bit counts – how about some exercise breaks at work?

Chair Squats: Periodically while sitting, lift your butt off the seat and hover over chair for 2-3 seconds. Stand up and repeat. **Dips:** Make sure your chair is stable and place your hands next to your hips. Move your hips in front of chair and bend your elbows, lowering your body until your elbows are at 90 degrees. Repeat.

Abs: Sit on the edge of your chair, arms extending in front. Keeping back straight, contract the abs and slowly lower your torso towards the back of the chair. Hold 2-3 seconds and repeat. **Curls:** Cross your arms over your chest and sit up straight.

Pull abs in and curl your shoulder towards your hips, pulling abs in. Hold for 2 seconds and repeat.

Danger—Too Much Screen-Time Is Bad For Your Heart!

Everyone sits too much. Screen time refers to TV, video games, computer time and DVD movie time. Families and individuals are encouraged to get movin'.

1. Adults need to move their body 30 minutes all or most days of the week – 10 minutes three times a day counts!
2. Encourage children to be active 3 or more hours everyday —with a minimum of 60 minutes of very busy activity everyday.
3. Limit your child's screen time to 2 hours or less each day.
4. TV is not a good dinner guest. Shut the TV off. Enjoy family meals whenever possible.
5. Keep TVs or computers out of bedrooms. Bedrooms are for sleepin' and heart health is connected to a well rested body and mind.

REMINDER! A 30 minute walk is proven to improve physical appearance and health, as well as, support a healthy mental attitude and reduce stress.

Tobacco Damages Blood Vessels!

If you smoke, QUIT!

Contact *UTTC Wellness Center*

OR

Call: *QUITLINE 1-866-388-7848*

OR

www.nd.quitnet.

Color From Fruit And Vegetable Is Good For Your Heart

Certain phytochemicals from the color may stop the cellular damage which slows the aging process of the body's cells, lowers the risk of heart disease, and inhibits the growth of cancer cells. Some phytochemicals can mimic or alter hormones. Phytochemicals that act in this way provide benefits like **lowered cholesterol, strong bones, healthy heart muscles**, and relief from hot flashes. **EAT A RAINBOW of Fruit and Veggies everyday: Red, Yellow/Orange, Blue/Purple, White, Green.** www.healthynd.org/in_season.html