

READ FOOD LABELS TO CHOOSE HEALTHY FOODS

Learning how to read and understand food labels can help you make healthier choices. When you go grocery shopping, take time to read the nutrition labels on your purchases. Compare nutrients and calories in one food to those in another. The information may surprise you. You want to make sure that you aren't bringing home foods high in saturated fat and cholesterol!

1. Food labels give lots of information like: (*see next page for sample label*)
 - a. **Serving size** - The first place to start when you look at the Nutrition Facts label is the serving size and the number of servings in the package. Serving sizes are standardized to make it easier to compare similar foods; they are provided in familiar units, such as cups or pieces, followed by the metric amount, e.g., the number of grams. If you eat double the serving size listed, you need to double the calories, fat and nutrients. If you eat half the size shown, cut the calories and nutrients in half.
 - b. **Calories** - Calories provide a measure of how much energy you get from a serving of this food. Many Americans consume more calories than they need without meeting recommended intakes for a number of nutrients. This is very helpful to know if you're cutting calories to lose weight. Eating too many calories per day is linked to overweight and obesity.
 - c. **Amount of fat in a serving** - most people need to cut back on calories and fat! Too much fat may contribute to heart disease and cancer. The label gives you the number of grams of fat per serving (so you can track your daily intake) and the number of calories from fat. If you are overweight or trying to lose weight, your goal is an overall intake of no more than 25 to 35 percent of your total calories from fat, with less than 7 percent as saturated fat and less than 1 percent as Trans fat. You should keep track of the amount of calories you consume and the amount of calories you burn
 - d. **Amount of Saturated Fat** — this is one part of the total fat in food. It's a key nutrient for raising your blood cholesterol and your risk of heart disease and stroke. Eat less saturated fat! *Cholesterol — Too much of it in your diet may lead to too much of it in your blood. And too much cholesterol in your blood can lead to heart disease and stroke. It's best to eat less than 300 mg each day. People with heart disease, high LDL cholesterol levels or who are taking cholesterol medication should consume less than 200 mg of cholesterol per day.
 - e. **Amount of sodium** - Watch for both natural and added sodium. Ordinary table salt is sodium chloride — 40 percent sodium by weight. Healthy adults should take in less than 2,300 mg of sodium each day. That's equal to about 1 tsp. of salt. Some people — African Americans, middle-aged and older adults, and people with high blood pressure need less than 1,500 mg per day.
2. Look on the front of the package for facts like “high fiber”. Dietary Fiber — Fruits, vegetables, whole grains, peas and beans are good sources and can help reduce the risk of heart disease.
3. Look at the “Nutrition Facts” on the side or the back of the package to learn about nutritional values.
4. Food values like “calories” are for the serving size printed on the label.
5. Look at the ingredient list to learn what is in the food. Ingredients are listed in order of greatest amount to least amount. That is, the ingredient that weighs the most is listed first and the ingredient the weighs the least is listed last.
6. Look at the “Daily Values” The % DV section tells you the percent of each nutrient in a single serving, in terms of the daily recommended amount. The % DV section tells you the percent of each nutrient in a single serving, in terms of the daily recommended amount. As a guide, if you want to consume less of a nutrient (such as saturated fat, cholesterol or sodium), choose foods with a lower % DV — 5 percent or less is low. If you want to consume more of a nutrient (such as fiber), seek foods with a higher % DV — 20 percent or more is high.

For example: If you consume 2,000 calories per day, you should not consume more than 65 grams of fat or 100% of the DV.

Breakfast 13 grams of fat or 20% DV
 Lunch 20 grams of fat or 30% DV
 Dinner 32 grams of fat or 50% DV
 100% DV

Here are more tips for getting as much health information as possible from the Nutrition Facts label:

The daily values are guides for people who eat 2,000 calories each day. If you eat more or less than that, your daily value may be higher or lower. Choose foods with a low % daily value of fat, saturated fat, cholesterol and sodium. Try to reach 100 percent of the daily value of total carbohydrates, dietary fiber, vitamins and minerals.

In general, as you think about the amount of calories in a food per serving, remember that for a 2,000-calorie diet:

- 40 calories per serving is considered low;
- 100 calories per serving is considered moderate; and
- 400 calories or more per serving is considered high.

When the Nutrition Facts panel says the food contains “0 g” of trans fat, it means the food contains less than 0.5 grams of trans fat per serving.

When the Nutrition Facts label says a food contains “0 g” of trans fat, but includes “partially hydrogenated oil” in the ingredient list, it means the food contains trans fat, but less than 0.5 grams of trans fat per serving. So, if you eat more than one serving, you could quickly reach your daily limit of trans fat.

Sample label for
Macaroni & Cheese

1 **Start Here** →

2 **Check Calories**

3 **Limit these Nutrients**

4 **Get Enough of these Nutrients**

5 **Footnote**

Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container 2	
Amount Per Serving	
Calories 250	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 3g	15%
<i>Trans</i> Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

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

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

6 **Quick Guide to % DV**

• 5% or less is Low

• 20% or more is High

FOOD LABEL DEFINITIONS

- **Calorie free:** fewer than 5 calories
- **Low Calorie:** 40 calories or fewer
- **Reduced Calorie:** at least 25% fewer calories than the regular food items
- **Fat Free:** less than ½ gram of fat
- **Low fat:** 3 grams of fat or fewer
- **Reduced Fat:** at least 25% less fat than the regular food item
- **“0 g” Trans Fat:** Means the food contains less than 0.5 grams of *trans* fat **per serving**.
- **Cholesterol free:** fewer than 2 milligrams cholesterol and no more than 2 grams of saturated fat
- **Low cholesterol:** 20 milligrams or fewer cholesterol and 2 grams or less saturated fat
- **Sodium free:** fewer than 5 milligrams sodium
- **Very low sodium:** fewer than 35 milligrams sodium
- **Low Sodium:** fewer than 140 milligrams sodium
- **High fiber:** 5 grams or more fiber per serving
- **Lean:** less than 10 grams of fat and 4.5 grams or less of saturated fat, and less than 95 milligrams of cholesterol per serving.
- **Extra lean:** less than 5 grams of fat, less than 2 grams saturated fat, and less than 95 milligrams of cholesterol per serving.
- **Light:** depending on the fat content of the original food, it is either reduced in fat by 50% or reduced in calories by at least one third.

Other Names for Sodium

Salt	Baking powder	Sodium citrate
Onion salt	Baking soda	Sodium nitrate
Celery salt	Meat tenderizer	Sodium phosphate
Garlic salt	Bouillon	Sodium propionate
Seasoned salt	Sodium benzoate	Sodium saccharin
Monosodium Glutamate	Sodium caseinate	

Names for Added Sugars That Appear on Food Labels

Brown sugar	Glucose	Malt syrup
Corn sweetener	High-fructose corn syrup	Molasses
Corn syrup	Honey	Raw sugar
Dextrose	Invert sugar	Sucrose
Fructose	Lactose	Sugar
Fruit juice concentrates	Maltose	Syrup

Reading Food Labels

Food Label Checklist

There is a lot of information on the food label and ingredient list. Use this easy checklist to help wade through all the numbers for a healthier choice.

Nutrition Facts	
Serving Size ½ cup (114g)	
Servings Per Container 4	
Amount Per Serving	
Calories 90	Calories from Fat 30
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 300mg	13%
Total Carbohydrate 13g	4%
Dietary Fiber 3g	12%
Sugars 3g	
Protein 3g	
Vitamin A 80%	Vitamin C 60%
Calcium 4%	Iron 4%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram	
Fat 9 • Carbohydrate 4 • Protein 4	

ALWAYS pay attention to the serving size and servings per container! The entire food label is based on the serving size. For example, this food label's serving size = ½ cup. If you eat 1 cup of this food, you need to double everything in the food label.

Calories 150 calories or less per serving
600 calories per serving if for entire meal

Fat 10g or less per serving for meat & dinners

5g or less per serving for cheese, pasta, chips, desserts, crackers, etc.

Saturated Fat 3g or less per serving

Sodium Your best bet is 140mg or less but do not go over 450mg per serving
800mg or less if for a prepared meal or frozen meal

Fiber 2g or more per serving (5g or more is a high fiber food)

Sugar 20g or less per serving

Calcium Look for foods with at least 15-20% per serving

Ingredient List: Look for Whole-Wheat as the 1st ingredient. Avoid foods with partially hydrogenated oils and palm oil.

Not every food is going to be high in protein, so it is not included in the checklist. One ounce of protein is 7 grams. Protein recommendation is 6-9 ounces per day or 42-63 grams per day.

Calories are a rough guideline and your individual needs may be higher or lower. This chart is intended to be a general guideline on how to make better selections.

Trans fat on Food Labels

The FDA is now requiring food labels to list the *trans* fat.

The recommendation for *trans* fatty acid consumption by all population groups be $\leq 1\%$ of energy intake. For example, if you need 1800 calories per day that would equal about 2g of *trans* fat per day.

Total Calorie Intake	Limit on Trans Fat Intake
1600	1.8g
2000	2.2g
2200	2.4g
2500	2.8g
2800	3.1g

Nutrition Facts		
Serving Size 1/12 package (44g, about 1/4 cup dry mix)		
Servings Per Container 12		
Amount Per Serving	Mix	Baked
Calories	190	280
Calories from Fat	45	140
% Daily Value**		
Total Fat 5g*	8%	24%
Saturated Fat 2g	10%	13%
Trans Fat 1g		
Cholesterol 0mg	0%	23%
Sodium 300mg	13%	13%
Total Carbohydrate 34g	11%	11%
Dietary Fiber 0g	0%	0%
Sugars 18g		
Protein 2g		
Vitamin A	0%	0%
Vitamin C	0%	0%
Calcium	6%	8%
Iron	2%	4%
* Amount in Mix		
** Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:		
	Calories:	2,000 2,500
Total Fat	Less than	65g 80g
Sat Fat	Less than	20g 25g
Cholesterol	Less than	
Sodium	Less than	
Total Carbohydrate		
Dietary Fiber		

What is Trans Fat?

Basically, *trans* fat is made when manufacturers add hydrogen to vegetable oil--a process called hydrogenation. Hydrogenation increases the shelf life and flavor stability of foods containing these fats.

Trans fat can be found in vegetable shortenings, some margarines, crackers, cookies, snack foods, and other foods made with or fried in partially hydrogenated oils. Unlike other fats, the majority of *trans* fat is formed when food manufacturers turn liquid oils into solid fats like shortening and hard margarine. A small amount of *trans* fat is found naturally, primarily in dairy products, some meat, and other animal-based foods.

Trans fat, like saturated fat and dietary cholesterol, raises the LDL cholesterol, which increases your risk for Coronary Heart Disease. Americans consume on average 4 to 5 times as much saturated fat as *trans* fat in their diets.

Although saturated fat is the main dietary culprit that raises LDL, *trans* fat and dietary cholesterol also contribute significantly.

Trans Fat

Nutrition Facts			
Serving Size 1/3 cup (56g)			
Servings about 3			
Calories 90			
Fat Cal. 20			
*Percent Daily Values (DV) are based on a 2,000 calorie diet			
Amount/serving	%DV*	Amount/serving	%DV*
Total Fat 2g	3%	Total Carb. 0g	0%
Sat. Fat 1g	5%	Fiber 0g	0%
Trans Fat 0.5g		Sugars 0g	
Cholest. 10mg	3%	Protein 17g	
Sodium 200mg	8%		
Vitamin A 0% • Vitamin C 0% • Calcium 0% • Iron 6%			

Source: FDA

BUY SMART FOR A HEALTHY HEART

We all go to the market with good intentions of purchasing only the very best in wholesome foods... but sometimes it's not so easy. Merely knowing what you should buy isn't enough; how you buy affects your mission's success. Below are a few tips on buying smart for your healthy heart's sake:

1. Shop the perimeter of the store.

That's where all the produce, meats and dairy foods are. Buy as little as possible from the store's middle aisles, where the processed and junk foods lurk.

2. Don't shop hungry.

This is old advice but it bears repeating. If you're the least bit hungry, you'll buy more (and that's likely to include junk and processed foods full of sugar and empty carbs). Plus, you'll be tempted to grab a snack if the store offers a snack bar/restaurant. Teresa Caulin-Glaser, MD, FACC, FAACVPR and executive director of McConnell Heart Health Center, always advises patients to nibble on light, healthful snack and a big glass of water before a shopping trip.

3. Don't shop thirsty.

Always carry a bottle of water with you and sip as you shop. Studies have shown that thirst can mimic hunger.

4. Taste the rainbow.

Dr. Caulin-Glaser advises checking your cart for color. Make sure the produce you choose covers the reds, oranges, yellows, greens and purples as much as possible. In the bakery and grains section, stay away from plain white and look for brown or whole-grain. In the meats, poultry and fish, limit red meat choices.

5. Be smart about fats and oils.

Look for low-fat items in the dairy aisles, but stay away from them in items like mayonnaise, peanut butter and other canned, jarred and boxed items -- the makers of which often replace the fat with sugar. Items made with olive, grape seed, nut and other monounsaturated oils get the green light, as do avocados, olives and nuts.

6. If you shouldn't eat it, just don't buy it.

"I advise my patients to avoid having food temptations in the house," says Caulin-Glaser. "We all have great intentions, but after a long, stressful day when the cravings hit, it's best not to have ice cream, cookies or chips in the kitchen."

7. Read nutrition and ingredients labels.

Dangerous ingredients show up in the darnedest places. For instance, check your peanut butter label if you haven't before; chances are good that sugar is near the top in the ingredients list. When your well meaning husband brings home a loaf of Italian bread ("we'll have it with salad, honey... what's wrong with that?"), show him the high-fructose corn syrup that's likely lurking on the label. Likewise, look for the bad fats. If you see trans fats or hydrogenated anything, put the item down. Manufacturers can list the trans fats content of an item as 0 grams as long as it contains less than 1 gram. But if you eat more than one serving, you're taking in more trans fats than you think. Lastly, frozen vegetables are fine, as long as they don't contain sauces.

8. Go for the heart-healthy superstar foods.

These are listed as TOP choices for top health:

- **Fruits** (especially papaya, cantaloupe, oranges, blueberries)
- **Vegetables** (especially carrots, broccoli, asparagus, sweet potatoes)
- **Good sources of plant sterols** (almonds and walnuts)
- **Omega-3 fatty acid sources** (salmon, tuna, flaxseed, oatmeal and fish oil supplements)



HEART-SMART SHOPPING TIPS: EAT WELL FOR LIFE

By: Earline Griffith

Healthy eating and shopping for healthy foods go hand in hand. You are more likely to cook nutritious meals if you have all the ingredients you need in your fridge or cupboard. Stock up on these heart-healthy foods the next time you're at Raley's, Bel Air or Nob Hill Foods. If you and your family take some or all of these tips into consideration as you shop, you'll be on your way to healthier hearts!

Whole Grains and Whole (Brown) Rice - The Harvard "Nurses' Study" found a reduction of over 30% in coronary heart disease for those eating 2 1/2 servings per day of whole grain or rice products versus the group having them once a week (the U.S. average being 1/2 serving per day).

Walnuts - Although walnuts are high in fat, it's almost all unsaturated fat and includes protective linoleic and alpha-linoleic fatty acids, the two essential fatty acids the body can't manufacture. Both have been found to help lower cholesterol and high blood pressure and prevent dangerous blood clots, as well as reduce the severity of rheumatoid arthritis and psoriasis.

Veggies - Colored vegetables have many types of carotenoids (like vitamin A) and flavinoids (phytochemicals) that prevent all kinds of afflictions including cancer, heart and vascular trouble, stroke, etc. Garlic is also heart-healthy.

Tofu and Other Soy Foods - May help lower risk of heart disease. Studies have shown that people with raised blood cholesterol levels who ate soy products instead of half or all of the animal protein in their diet reduced their blood cholesterol by 8% to 16% in a few weeks. Researchers attribute this to the particular balance of fiber, fatty acids and phytoestrogens in soybeans, which help deactivate and remove dangerous LDL cholesterol from the body. Soybeans also contain alpha-linolenic acid, an omega-3 fatty acid linked to improved heart health.

Teas - Black and green teas are loaded with flavinoids called polyphenols. Polyphenols act as antioxidants, helping prevent the free-radical cell damage that leads to cancer, high cholesterol, heart disease and other serious afflictions.

Prepared Foods - When choosing prepared foods, buy vegetables, pasta and grain salads and side dishes made without high-fat mayonnaise and oil. Steer clear from meats, dressing and other spreads that are high in saturated fat, as well as dishes with creams and other sauces. Fruit salad is usually available and is always a great choice.

Pasta Sauce - Did you know some jarred pasta sauces contain up to 32 grams of fat per serving! Use the nutrition label to compare brands. Look for tomato-based sauces versus meat- or cheese-based sauces. Choose a brand with fewer ingredients and opt for one with 3 grams of fat per serving or less.

Omega-3 Fatty Acids - These are found in fatty fish (salmon, mackerel, eel and sardines), in flax seed, canola, wheat germ, hemp, walnuts and some green leafy veggies. They are good for heart, cholesterol, triglycerides, blood fluidity, Crohn's disease, asthma, arthritis, cramps, adult diabetes, brain, multiple sclerosis and smooth skin. Omega-3's vital role is compromised by heating and hydrogenation.

Oils - Oils are almost pure fat; use as little as possible when preparing foods. Look for oil that is lowest in saturated fat such as olive oil. Try Smart Balance Light margarine. It contains no trans fatty acids.

Milk, Yogurt and Cheese - Try fat-free or 1% milk and cheese with 3 grams of fat per serving or less. Also, eat low-fat or nonfat yogurt. If you are watching your sodium intake, check the label to find low-sodium varieties.

Meats - Eat as fresh and as lean as possible. Over-frying damages or oxidizes fats and cholesterol. Such damaged fats make the basically good LDL cholesterol go "bad" and are best avoided.

Hydrogenated Fat: Avoid It! - This is a polyunsaturated fat that has been processed so it will be hard at room temperature. Hydrogenated fat appears to increase the risk of heart disease. Margarine, shortening and processed foods contain hydrogenated fat.

Fruits - Like vegetables, fruits contain lots of vitamins and fiber and no fats. Their flavinoids strengthen blood vessels and are strong antioxidants, which makes them heart-smart foods.

Frozen Foods - Many prepared and frozen foods are high in saturated fat and cholesterol. Look for frozen food packages that say, "Light," "Lean," "Reduced Fat," "Reduced Calorie," "Healthy" or "Diet." These versions will be lower in saturated fat, cholesterol, calories and/or sodium than the regular versions. If you are watching your sodium intake, check the label to find low-sodium varieties.

Folic Acid - Recent studies show that folic acid may help reduce the risk of heart disease. That means drinking citrus juices and eating citrus fruits (like oranges), breads, fortified breakfast cereals, green vegetables and dried beans may help reduce your risk of heart disease.

Fiber - Cereal bran and germ are amazing. Fiber itself can help reduce the risk of heart disease. Lots of fibers have the added benefit of helping you fill up. When you fill up on healthy foods, you reduce the fat in your diet without much extra effort.

Fat-Free and Low-Fat Foods - Look at the number of fat-free salad dressings you can choose among. Just remember my favorite caution: Fat-free and low-fat do not necessarily mean low-calorie, so don't think there are no limits to what you should eat. To find out whether the low-fat option is also low in calories, check the product's nutrition facts on the label. Take full advantage of its listing of serving size, calories per serving, servings per container, fat per serving and sodium content.

Dark Chocolate - A new study says that dark chocolate and cocoa powder have favorable effects on heart health. Moderation is the key.

Beans, Soy and Lentils (Legumes) - These lower bad cholesterol and triglycerides because of their high-fiber, low-fat content. Combine them with nuts and grains. Their protein may be good for the heart. Soy is good for a healthy heart.

Antioxidants - You may have thought you had to buy a supplement to get this mysterious element, which may help reduce the risk of heart disease. However, hundreds of delicious foods contain antioxidants. Examples include tomatoes, fortified milk, carrots, fortified grain products, nuts and strawberries.

TIP: Remember, cooking technique makes a difference!

(Wednesday December 31, 2008)

GOOD HEALTH ON HAND

The key to getting healthy meals on the table quickly is having a well-stocked pantry, refrigerator and freezer with the basic items that you will use frequently. Here are some suggestions for stocking up. You don't need to have all of these on hand, but these lists may encourage you to try new foods to add variety to your diet.

PANTRY

Beans

- Dried beans such as black, pinto, Garbanzo, cannellini, white beans for soups

And spreads

Grains

- Barley
- Brown rice, wild rice, brown basmati rice
- Whole-grain couscous
- Millet
- Quinoa
- Buckwheat
- Yellow cornmeal
- Whole-grain pasta
- Whole-grain breads, English muffins, bagels
- Corn tortillas

Broth

- Low-sodium chicken or vegetable broth; some stores have other varieties such as mushroom broth.

Canned Foods

- Tomatoes
- Pumpkin
- Hominy
- Beans
- Artichoke hearts
- Roasted peppers
- Applesauce to replace fats in baked goods
- Canned or pouch pack light tuna in water, salmon, clams, shrimp, crab, chicken breast

Protein Powder

- Herbalife® Formula 1 Shake Mix

Cereals

- High-protein cold cereals
- Rolled oats
- Multigrain hot cereals

Crackers

- Low-fat, whole-grain crackers

Dried Foods

- Sun-dried tomatoes
- Dried mushrooms

Baking

- Whole wheat, whole-wheat pastry, white whole-wheat flours
- Dark cocoa powder
- Evaporated nonfat milk
- Cornstarch for thickening

Snacks

- Herbalife® Protein Bar Deluxe
- Herbalife® Protein Drink Mix
- Herbalife® Roasted Soy Nuts

Tea

- Green tea
- White tea
- Oolong
- Black tea
- Rooibos
- Herbal blends

REFRIGERATOR AND FREEZER

Nuts

- Pecans
- Walnuts
- Pine nuts
- Almonds and other tree nuts stored in the freezer

Fruit

- Frozen fruit loose-pack and unsweetened, frozen fruits are great for protein shakes.

Also, you can thaw them quickly in the microwave and mix with yogurt or cottage cheese for a quick breakfast.

- Frozen berries
- Apples

- Cherries
- Mango
- Pineapple
- Peaches

Frozen Vegetables – all kinds, but particularly the following, which are loose-pack and great for soups, stir-fry dishes and pasta:

- Spinach
- Green beans
- Sliced peppers
- Mixed stir-fry vegetables
- Edamame (soybeans)
- Broccoli and cauliflower

Fish

- Loose-pack frozen shrimp and scallops

Vegetarian Foods

- Veggie burgers and soy ground round

Dairy Products

- Nonfat milk or soy milk
- Eggs or egg whites
- Nonfat cottage cheese
- Nonfat yogurt
- Low-fat string cheese
- Low-fat Parmesan cheese
- Nonfat ricotta cheese

Grains

- Whole-grain waffles
- Whole-grain breads
- Corn tortillas

SEASONINGS AND CONDIMENTS

Vinegars

- Balsamic
- Rice
- Apple cider
- Fig

Oils

- Olive oil (pan-spray form also)
- Sesame oil
- Walnut oil
- Avocado oil

Spices and Herbs

- Allspice
- Ginger
- Cinnamon
- Nutmeg
- Cloves

- Coriander
- Turmeric
- Cardamom
- White pepper
- Black pepper
- Red pepper flakes
- Cumin
- Oregano
- Basil
- Rosemary
- Thyme
- Sage
- Dill
- Curry powder
- Garlic powder
- Onion powder
- Chili powder (regular and

chipotle)

- Dry mustard
- Wasabi

Other Seasonings

- Dijon mustard
- Tabasco
- Light soy sauce
- Rice wine (mirin)
- Ketchup
- Miso paste
- Oyster sauce
- Thai fish sauce
- Chili-garlic sauce
- Salsa

Extracts

- All-natural vanilla, maple, almond, orange, lemon, mint

Fresh Fruits and Vegetables

Try to purchase your fruits and vegetables locally and seasonally. For convenience, you can use pre-cut carrots; prewashed salad greens and other vegetables; pre-shredded cabbage; chopped onions and garlic; and fresh-cut fruit.

TASTEFUL TIPS

- Use pan sprays regularly. Spray the pan when it is cold, then place over the flame. You can reduce fat considerably by taking this first step. Once the pan is hot, you can add a small amount of healthy olive oil for flavor.
- Replace refined starches with whole grain: Try brown rice, whole-wheat pasta, whole-wheat bread and crackers, whole-wheat couscous, and oatmeal instead of cream of wheat. You can buy quick cooking brown rice that can be ready in 15 minutes.
- Add diced vegetables to soups, chili, meat loaf, casseroles, tuna or chicken salad and pasta sauce to reduce overall calories and boost nutrition.
- Season steamed vegetables with lemon, vinegar, herbs, garlic, onion and spices rather than relying on butter or sauces.
- Add fruits to salad for a change. Try fresh orange or tangerine sections, apples or kiwi. Use deep green leafy vegetables, instead of iceberg lettuce, for more nutrition.
- Frozen vegetables and fruits are just as nutritious and fresh, may be less expensive, and allow you to eat foods that might not be in season any time of the year. For example, loose-leaf frozen spinach or chopped vegetables can easily be added to soups and stews.
- Take advantage of the healthy convenience items such as prewashed salad greens, pre-cut fruit and baby carrots. They may cost more, but if you keep buying fruits and vegetables and throwing them away because you don't take time to prepare them, it may be less expensive in the long run. If your market has a salad bar, you can buy prewashed, pre-cut vegetables like broccoli, mushrooms, cauliflower and carrots, which you can take home and steam or stir-fry.
- Visit a local farmer's market. The produce is usually much fresher than what you find in the supermarkets, which means vegetables won't wilt as quickly and the foods retain their nutritional value. You can find new varieties of fruits and vegetables to try, and you will be eating foods that are in season.
- You can thicken soups without added butter, flour or cream. Place some of the broth and vegetables in the blender and then stir back into the soup. Or, make your own "cream" soups by cooking vegetables with broth, onions, garlic and seasoning—then puree it all in the blender with a little evaporated nonfat milk or soft tofu for a delicious creamy soup.
- Try different mustards and vinegars for seasoning salads and vegetables without fat.

- Double the recipe for dishes that freeze well, such as soups, stews, and casseroles. That way, when you're tired and don't want to cook, you can pull something healthy from the freezer rather than pulling into the drive-through.
- You've heard it many times, but don't shop when you are hungry. It's too tempting to pick up the wrong foods. Make a list and stick to it, for the most part, but be flexible.
- Supermarkets are carefully laid out to tempt you—so don't get tempted by the candy at the checkout. Also, studies show that people who buy large containers of foods tend to serve themselves more from those containers, so try to keep portion sizes consistent if you buy economy-sized packages.

Recipe Redo

Here's an example of how you can give your recipes a makeover for healthier results. Make sure to experiment with your recipes at home.

This Shrimp Rice Casserole is real comfort food, and with a tossed salad and fruit for dessert, it makes a great dinner. But as with many one-dish meals, the original is loaded with fat—items such as butter, cheese and condensed soups. The original recipe called for ½ cup of butter, a can of cream of mushroom soup, and 2 cups (8 ounces) of shredded cheddar cheese.

The strategies for improving the nutritional value of the dish included reducing the cheese by half, reducing the fat from 8 tablespoons down to 2 (and replacing the butter with heart-healthy olive oil), and making a simple mushroom sauce to replace the canned soup which is loaded with fat and sodium. An additional nutritional boost was made by substituting brown rice for white. You could also add some cooked broccoli florets to this dish for a true one-dish meal.

OLD VERSION (6 SERVINGS)

1 large green pepper, chopped
 1 medium onion, chopped
 ½ cup butter or margarine
 1 pound uncooked medium shrimp, peeled and deveined
 ½ tablespoon salt
 ¼ tablespoon cayenne pepper
 3 cups cooked long-grain rice
 1 can (10¾ ounces) condensed cream of mushroom soup
 2 cups (8 ounces) shredded cheddar cheese

Nutrition Facts per Serving:

Calories: 642
Fat: 42 grams
Protein: 33 grams
Fiber: 2 grams

MAKEOVER VERSION

1 pound uncooked medium shrimp, peeled and deveined
 2 tablespoons olive oil, divided
 12 ounces fresh mushrooms, sliced
 1 large green pepper, chopped
 1 medium onion, chopped
 3 tablespoons all-purpose flour
 ¾ tablespoon salt
 ⅛ tablespoon cayenne pepper
 1⅓ cup fat-free milk
 3 cups cooked brown rice
 1 cup (4 ounces) shredded reduced-fat cheddar cheese

Nutrition Facts per Serving:

Calories: 320 (cut in half)
Fat: 10 grams (cut by 75%)
Protein: 24 grams (a bit less because cheese was reduced, but still plenty for a serving)
Fiber: 4 grams (doubled)

Directions:

Preheat the oven to 325 degrees. Coat a 1½ quart baking dish with nonstick cooking spray and set aside. In a large nonstick skillet over medium-high heat, sauté shrimp in 1 tablespoon olive oil for 2 to 3 minutes or until shrimp turn pink. Remove and set aside. In the same skillet, sauté the mushrooms, green pepper and onion in the remaining olive oil until tender. Stir in the flour, salt and cayenne pepper, and cook for a minute or so to remove the raw taste of the flour. Gradually add the milk, and stir until blended. Bring to a boil, cook and stir for 2 minutes, or until thickened. Add the rice, ½ cup cheese and shrimp, and stir until combined. Pour into the baking dish and bake for 30 to 35 minutes, or until heated through. Sprinkle with remaining cheese; cover and let stand for 5 minutes, until cheese is melted.