



Heart Health and Diet

In 2005, the U.S. Department of Agriculture and the U.S. Department of Health and Human Services revised the Dietary Guidelines for Americans and the Food Guide Pyramid. The Dietary Guidelines are:

FEEL BETTER TODAY. STAY HEALTHY FOR TOMORROW

- ❖ Make smart choices from every food group
 - ✓ Focus on fruits
 - ✓ Vary your veggies
 - ✓ Get your calcium-rich foods
 - ✓ Make half of your grains whole
 - ✓ Go lean with protein
 - ✓ Know the limits on fats, salt, and sugars
- ❖ Find your balance between food and physical activity
 - ✓ Be physically active for at least 30 minutes most days of the week
 - ✓ Increasing the intensity or the amount of time that you are physically active can have even greater health benefits and may be needed to control body weight. About 60 minutes a day may be needed to prevent weight gain
 - ✓ Children and teenagers should be physically active for 60 minutes every day, or most every day
- ❖ Get the most nutrition out of your calories
- ❖ Play it safe with food
- ❖ If you drink alcohol do so in moderation

All of the dietary guidelines work together to help individuals become healthier. In addition, MyPyramid guidelines (located at www.MyPyramid.gov) will help individuals ensure that they are eating the right kinds of food in the right amounts.

How much fat is right for you? The amount of fat each person can consume depends on his or her calorie needs. The Dietary Guidelines for Americans recommends that you keep fat intake between 20% to 35% of calories. Look for foods low in saturated fats, *trans* fats, and cholesterol to help reduce the risk of heart disease

Some tips to help you select lower fat foods are:

- ♥Choose lean meats and skim or lowfat dairy products.
- ♥Use unsaturated vegetable oils and margarines that list a liquid vegetable oil as the first ingredient on the label.
- ♥Read nutrition and ingredient labels on food packages to check the kinds and amounts of fat they contain.
- ♥Limit use of products that contain large amounts of saturated fats. Examples include nondairy creamers and rich baked products such as piecrusts and other pastries, cakes and cookies.

Buying foods: Read product labels and learn to recognize the hidden fat in food. Fruit and vegetables in their “natural” state are usually the best choices. Eliminating cream sauces, butter, cheese sauces, etc. will help keep vegetables low fat. Fresh fruits rather than fruit in pastries and other baked goods will also help keep food low in fat.

When preparing foods, methods that add fat such as frying, scalloped foods, and salad dressings should be held to a minimum. Use nonfat dry milk in recipes instead of higher fat choices. Again, read the labels on dairy products to make sure that you are making lower-fat choices.

When selecting meat, poultry, fish and other protein foods, the serving size is the key. The idea is not to eliminate these foods from your diet entirely, but to choose appropriate serving sizes. Red meat is a good source of iron, zinc and several other important nutrients. When shopping for red meats, choose leaner cuts. Fish is naturally low in fat and the white meat of chicken can be lower in fat than some other choices. Meat alternatives such as dry beans and peas are also excellent sources of protein, but lower in fat than meat products. When combined with rice, grains, and legumes, they can be a source of complete protein.

To reduce the total fat and saturated fat when cooking:

1. Substitute: -Low-fat dairy products for higher-fat dairy products.
 -Skim milk for whole milk in almost any recipe; and for cream in some recipes such as custard.
 -Low-fat yogurt or low-fat buttermilk for sour cream
 -Lower-fat cheeses for higher-fat cheeses or use less of the high fat cheese
2. Substitute: -Leaner meats for fattier meats
 -Use cooked poultry, beef, or ham in place of fatty “luncheon meats”
 -Brown, drain, and rinse ground meats before using them in casseroles
 -Skim fat from stews and soups
 -Trim visible fat from meat
3. Reduce: -The amount of fat used in baked goods and desserts
 -The amount of fat in yeast breads and quick breads
 -Fat in pastry crusts
 -Choose recipes that use less fat

Recipes

Fruit Dip

1 package fat-free, sugar-free vanilla pudding mix
1 cup skim milk
1 cup fat-free sour cream
Fresh fruits

Mix together the pudding mix and milk. Stir in sour cream. Serve in a bowl surrounded by fresh fruits such as apple slices, banana slices, pear slices, pineapple chunks, etc.

Vegetable Dip

1 cup fat-free sour cream
1 cup fat-free mayonnaise
1 package dried buttermilk dressing mix
Fresh vegetables for dipping

Mix together the sour cream, mayonnaise and dressing mix. Serve in a bowl surrounded by fresh vegetables for dipping. Makes 20 servings, 2 tablespoons each.

Per serving: 31 calories, 2 g protein, 6 g carbohydrate, less than 1 g fat, 314 mg sodium

Bran and Fruit Muffins

½ cup flour	¼ teaspoon salt
½ cup bran or all-bran cereal	¼ cup egg substitute
1 tablespoon sugar	½ cup skim milk
1 ½ teaspoons baking powder	½ cup blueberries or diced fruit

Grease 6 muffin cups. Combine flour, bran, sugar, baking powder, and salt in a small bowl. Combine egg substitute and milk. Stir fruit into flour mixture; then stir in liquid ingredients just until blended. Fill greased muffin cups 2/3 full. Bake at 400°F for 15-20 minutes or until lightly browned.

Per muffin: 83 calories, 4 g protein, 17 g carbohydrate, 2 g fiber, less than 1 g fat, 238 mg sodium

Easy Oatmeal Cookies

½ cup all-purpose flour	2/3 cup sugar
½ cup whole wheat flour	¼ cup egg substitute
1 teaspoon baking powder	¼ cup vegetable oil
¼ teaspoon salt	2 tablespoons milk
1 cup uncooked oatmeal	½ cup raisins
1 teaspoon cinnamon	

Combine first seven ingredients in mixing bowl. Add egg, vegetable oil, and milk; mix well. Stir in raisins. Drop by teaspoonfuls onto lightly greased baking sheets. Bake at 375° F for 8 to 10 minutes. Makes three dozen cookies

Per cookie: 56 calories, 1 g protein, 10 g carbohydrate, 2 g fat, 32 mg sodium

Special Chicken

1 ½ lbs. boneless, skinless chicken breasts	1 can (4 oz.) sliced mushrooms, drained
1 medium onion, sliced	½ teaspoon salt (optional)
1 green pepper, sliced	1/8 teaspoon pepper
	1 can sugar-free orange soda

Preheat oven to 350°F. Arrange chicken in a 3-quart casserole and top with remaining ingredients. Cover and bake for 35 to 45 minutes, or until chicken is tender. Uncover and bake 10 minutes. Serves 6.

Per serving: 156 calories, 15 g protein, 5 g carbohydrate, 3 g fat, 66 mg cholesterol, 330 mg sodium

Crunchy Snack Mix

6 cups popped popcorn	3 cups wheat snack crackers
2 cups pretzel sticks	¼ teaspoon onion powder
½ cup peanuts, optional	¼ teaspoon garlic powder

Mix together in a large bowl. Makes about 10 cups snack mix.

Per cup (with peanuts): 194 calories, 5 g protein, 26 g carbohydrate, 8 g fat, 303 mg sodium
(without peanuts): 94 calories, 3 g protein, 15 g carbohydrate, 2 g fat, 236 mg sodium

Light Chicken Chimichangas

8 six-inch flour tortillas

Filling:

1 ½ cups cooked, cubed chicken

¾ cup chunky salsa

2 oz. grated, low fat cheese

Preheat oven to 400°F. Mix filling ingredients. Warm tortillas until pliable. Wet one side of tortilla and place wet side down. Spoon filling ingredients on tortilla. Fold to hold in filling. Spray baking dish with non-stick coating. Lay chimichangas, seam side down, on baking dish and bake 15 minutes. Serves 4.

Per serving: 445 calories, 35 g protein, 41 g carbohydrate, 15 g fat, 73 mg cholesterol, 1241 mg sodium

Pizza Meatloaf

1 lb. Extra lean ground beef or ground turkey

¼ cup pizza sauce

1 oz. grated mozzarella cheese

½ cup tin sliced green pepper and onion

Preheat oven to 425°F. Spray a 9-inch pie plate with non-stick cooking spray. Pat meat mixture into pie plate and bake for 12 to 14 minutes. Drain off liquid. Top with pizza sauce, cheese, and vegetables. Bake 5 minutes more. Serves 4.

Per serving with beef: 223 calories, 26 g protein, 3 g carbohydrate, 11 g fat, 45 mg cholesterol, 205 mg sodium

Per serving with turkey: 201 calories, 22 g protein, 3 g carbohydrate, 11 g fat, 93 mg cholesterol, 229 mg sodium

Pineapple Cake

1 can (20 oz.) unsweetened crushed pineapple, undrained

2 cups flour

1 cup sugar

2 teaspoons baking soda

2 eggs or 4 egg whites

Preheat oven to 350°F. Mix all ingredients and pour into a 9 x 13-inch pan that has been sprayed with nonstick coating. Bake for 30-35 minutes. Serves 16.

Per serving: 132 calories, 3 g protein, 29 g carbohydrate, less than 1 g fat, 174 mg sodium

No-Salt Herb Blend

4 Tbsp. dried crumbled oregano leaves	4 tsp. garlic powder
4 Tbsp. onion powder	2 tsp. dried crumbled thyme leaves
4 tsp. dried crumbled marjoram leaves	2 tsp. dried crumbled rosemary leaves
4 tsp. dried crumbled basil leaves	1 tsp. dried crumbled sage leaves
4 tsp. dried crumbled savory leaves	1 tsp. ground black pepper

Combine all ingredients and put some in a shaker. Store any unused portion in a covered glass jar. Makes about a cup. Sprinkle on fish, chicken, or vegetables.

Cheese Spread with Herbs

8 ounces low fat cream cheese
1 stick low fat margarine
2 Tbsp. cream
1/2 clove garlic, crushed
1/2 tsp. caraway seed
1/2 tsp. basil leaves
1/2 tsp. dill

Soften cream cheese and margarine to room temperature. Mix all ingredients at high speed with blender or mixer until smooth. Cover and refrigerate. Serve at room temperature. Will keep 2 weeks in refrigerator. Yields 2 cups.

Nutritional Information per 1 Tablespoon Serving: 28 calories, 0.7gm protein, 2.8gm fat, 3mg cholesterol, trace carbohydrates, 54mg sodium

Condensed Cream Soup Mix

2 cups non-fat dry milk
3/4 cup cornstarch
1/4 cup sodium-reduced chicken-flavored granules

2 Tablespoons dried onion flakes
1 teaspoon dried basil, crushed
1 teaspoon whole thyme
1/2 teaspoon pepper

Mix dry milk, cornstarch, bouillon, onion flakes, basil, thyme and pepper. Store in airtight container.

To substitute for 1 can condensed soup, combine 1/3 cup dry mix with 1-1/4 cups water. Heat to boiling and cook and stir until thickened. Recipe makes 3 cups or the equivalent of 9 cans condensed cream soup.

Nutritional Information equal to 1 can condensed soup: 75 calories, .9 grams fat, 5 mg cholesterol, 152 mg sodium.

NOTE: Add your favorite vegetable such as broccoli, cauliflower, etc. for a creamed soup.

Minestrone

2 stalks celery, chopped	1 pound chard, stems cut, leaves shredded
2 large carrots, chopped	1 cup cooked beans
1 large potato, chopped	1 cup small dried pasta
1 large red onion, chopped	1 tablespoon fresh marjoram, chopped or
2 Tbsp. Olive oil	1 teaspoon dried, crushed
14-oz can Italian tomatoes	1 tablespoon fresh oregano, chopped or
1 ½ quarts chicken stock	1 teaspoon dried, crushed
3 garlic cloves, chopped	Salt and pepper to taste
1 medium zucchini, sliced	Grated Parmesan cheese
¼ pound fresh green beans, cut 1”	

Sauté celery, carrots, potato, and onion in olive oil in large soup pot over medium heat for about 7 minutes. Add tomatoes, stock, and garlic and cook for about 20 minutes. Add the zucchini, green beans, and chard stems and cook for another 5 minutes. Add chard leaves, beans, pasta, marjoram and oregano. Season with salt and pepper and cook for 10 minutes. Adjust seasoning and let soup stand, covered for 10 minutes away from heat. Serve hot with Parmesan cheese. Serves 12

Per serving: 141 calories, 8 g protein, 3 g fiber, 21 g carbohydrate, 3 g fat, 1 mg cholesterol, 267 mg sodium

Orange Smoothie

1 ½ cups skim milk	1 ½ cups water
6-oz. Can frozen orange juice concentrate, softened	1 ½ teaspoons vanilla

Pour milk into a large bowl. Add other ingredients. Using a hand egg beater or whisk, mix well until the mixture is foamy. Serve at once. Makes 8 half cup servings.

*Note: you may use a blender to blend ingredients together.

Per serving: 55 calories, 2 g protein, 11 g carbohydrate, less than 1 g fat, 1 mg cholesterol, 28 mg sodium

Magical Fruit Salad

1 20-oz. Can pineapple chunks in juice	1 ¾ cup skim milk
½ pound seedless grapes	1 small pkg. (3 ½ oz.) instant lemon or vanilla pudding mix
2 bananas	

Drain pineapple chunks and place in a bowl. Rinse grapes and pat dry. Add to pineapple. Peel bananas and cut into bite-size pieces; add to pineapple. Pour the milk over the fruit. While slowly stirring the fruit mixture, sprinkle in the pudding mix. Let mixture stand for 5 minutes. Enjoy! This salad is best when eaten immediately. Makes 8-10 servings.

Per serving: 142 calories, 2 g protein, 34 g carbohydrate, 1 g fat, 1 mg cholesterol, 173 mg sodium

Spinach Salad

4 servings

Dressing:

2 Tbsp. Olive oil or canola oil
1 Tbsp. Cider vinegar
1 Tbsp. chopped fresh parsley
1 tsp. lemon juice
2 packages artificial sweetener

2 servings

1 Tbsp. Olive oil or canola oil
2 tsp. cider vinegar
1 tsp. chopped fresh parsley
½ tsp. lemon juice
1 package artificial sweetener

Directions for dressing: Place all ingredients in pint jar, close with lid and shake well.

Salad:

2 cups cooked bowtie or rotini noodles
2 cups torn raw spinach
¾ cup sliced celery
¼ cup sliced green onions
1 medium tomato or 1 cup cherry tomatoes
1 cup seedless grapes
½ cup raw snow peas
½ pound cooked shrimp or 8 oz. grilled
chicken breast

1 cup cooked bowtie or rotini noodles
1 cup torn raw spinach
1/3 cup sliced celery
2 Tbsp. Sliced green onions
½ cup tomato
½ cup seedless grapes
¼ to ½ cup raw snow peas
¼ pound cooked shrimp or 4 oz. grilled
chicken breast

Place torn fresh spinach in large salad bowl. Chop celery and green onions. Slice fresh tomato into small edges or cut cherry tomatoes into halves. Wash grapes and snow peas. Add all vegetables to salad bowl.

If using fresh or frozen shrimp, remove peels and veins. If using chicken, cut into bite-sized pieces using separate cutting board. Add to salad bowl. Add cooled and drained pasta to salad bowl. Shake dressing well and pour over salad. Toss with salad tongs or 2 large spoons.

Nutritional information per serving: 310 calories, 32 grams carbohydrates, 10 grams fat, 2.3 grams protein, 80 mg. Sodium. Exchanges: 1 ½ starch, 2 ½ very lean meat, ½ fruit, 1 ½ fat

Whole-Wheat Flax Bread

1 ¾ cups lukewarm water (90-100°F)
1 tablespoon honey
1 package active dry yeast (1 scant tablespoon)
1/3 cup crushed flax seed or flax meal

2 cups bread flour
1 ½ teaspoon salt
2 cups whole-wheat or white whole wheat flour
cooking spray

In a large bowl, stir water and honey until honey is dissolved. Sprinkle in yeast; let stand about 5 minutes until yeast bubbles. Add flaxseed, bread flour and salt. Mix until batter is smooth. Gradually stir in whole-wheat flour until mixture becomes too difficult to stir.

Turn dough out onto a lightly floured surface and knead, adding only enough of the remaining bread flour to keep it from sticking. Knead until smooth and elastic, about 10 minutes.

Lightly spray bowl. Place dough in bowl. Cover with plastic wrap and let rise until doubled in bulk, about 1-½ hours. Lightly spray two loaf pans. Punch down dough. Shape into 2 loaves and place in baking pans. Cover with plastic wrap and let rise until dough domes over the top of the pan, about 45 minutes.

Preheat oven to 400°F. Bake bread for 15 minutes. Reduce oven temperature to 350°F and bake for an additional 20 to 25 minutes, or until bread is pulling away from the sides of the pans. Turn bread out of pan and cool on a wire rack. Makes 30 slices (15 per loaf).

Nutritional Information per slice: 72 calories, 1 gram fat, 0 mg. cholesterol, 14 grams carbohydrate, 2 grams fiber, 118 mg. sodium. Exchanges: 1 bread.

Recipe Notes:

1. *White whole-wheat flour is a variety of wheat that has a milder flavor. It has the same nutrient and fiber content as regular whole-wheat flour. Many grocery stores now carry white whole-wheat flour.*
2. *Bread keeps better if there is a little fat in it. This recipe has no added fat. If you can afford to add some fat, add 2 or 3 tablespoons of canola oil.*
3. *Always leave the salt in yeast breads. Although it adds some sodium, the salt is necessary for a good quality bread. It helps keep the action of the yeast under control.*

Where to Use Herbs

Beverages

allspice, anise, basil, bay leaf, cardamom, cinnamon, cloves, ginger, mace, mint, nutmeg, sage, savory, tarragon, thyme

Breads and Rolls

anise, caraway, cardamom, garlic, lemon balm, mint, marjoram, nutmeg, onion, parsley, poppy seed, rosemary, saffron, sage, savory, thyme

Cheese

anise, basil, caraway, cayenne pepper, celery, chervil, chili powder, chives, curry powder, dill, garlic, marjoram, mustard, nutmeg, onion, oregano, paprika, parsley, pepper, rosemary, sage, sesame seed, thyme

Desserts

allspice, anise, basil, bay leaf, caraway, cardamom, cinnamon, cumin, ginger, mace, mint, nutmeg, poppy seed, rosemary, saffron, savory, sesame seed

Eggs

basil, caraway, celery, chervil, chives (fresh), cumin, curry powder, marjoram, mustard, nutmeg, onion, oregano, paprika, parsley, pepper, rosemary, sage, savory, scallions, thyme

Fish and Shellfish

basil, bay leaf, cayenne pepper, celery, chervil, chives, curry powder, dill, garlic, horseradish, marjoram, mints, mustard, onion, oregano, paprika, parsley, pepper, rosemary, saffron, savory, tarragon, thyme, watercress

Game and Poultry

anise, basil, bay leaf, caraway, celery, chives, cumin, curry powder, garlic, ginger, horseradish, marjoram, onion, oregano, parsley, rosemary, sage, savory, shallots, tarragon, thyme, watercress

Meats

allspice, anise, basil, bay leaf, caraway, cayenne pepper, celery, chervil, chili powder, chives, cloves, cumin, curry powder, dill, ginger, horseradish, mace, marjoram, mints, onion, oregano, paprika, parsley, pepper, pickling spice, poultry seasoning, rosemary, saffron, savory, shallots, tarragon, thyme, watercress

Salads

basil, bay leaf, caraway, cardamom, celery salt or seed, chervil, chili powder, chives, curry powder, dill, garlic, horseradish, marjoram, mint, mustard, nasturtium leaves, oregano, paprika, parsley, pepper, poppy seed, rosemary, saffron, scallions, sesame seed, shallots, tarragon, thyme, watercress

Salad dressing

basil, chives, curry powder, garlic, marjoram, mint, dry mustard, parsley, poppy seed, rosemary, sesame seed, tarragon, thyme, turmeric

Soups and Chowders

anise, basil, bay leaf, caraway, cardamom, celery, celery seed, celery salt, chervil, chives, tarragon, cloves, cumin, dill, garlic, leeks, mace, marjoram, mint, thyme, mustard seed, oregano, paprika, parsley, poultry seasoning, rosemary, saffron, sage, watercress

Vegetables

Beans

baked	allspice, mustard, pepper
kidney	bay leaf, chili powder
lima	basil, cayenne, celery, chives, onion, savory
green	basil, bay leaf, sage, savory, whole cloves

Beets bay leaf, cloves, nutmeg

Cabbage

green	celery seed, curry, onion
red	allspice, tarragon

Carrots marjoram, mint, thyme

Cauliflower celery seed, paprika, poppy seed

Corn chili powder, paprika, pepper

Eggplant allspice, bay leaf

Kale nutmeg

Onions celery seed, cloves

Peas basil, marjoram, mint, onion, rosemary, tarragon, thyme

Potatoes basil, chives, dill, paprika, parsley

Spinach marjoram, mint, nutmeg

Squash cinnamon, cloves, marjoram, nutmeg

Succotash nutmeg

Sweet Potatoes cinnamon, cloves, nutmeg

Swiss Chard marjoram, onion

Tomatoes allspice, basil, bay leaf, celery, curry, marjoram

Revised by: Shirley Camp, MS, RD
Macomb Extension Center
May 2003 –revised February 2006