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Volume 10 Issue 3

ALIVE!

Wake Up to the Latest in Nutrition & Physical Activity!

Durham County Health Department/Nutrition Division

Cancer: How to reduce your risk

Cancer is a very scary word. Can you prevent it? Making small changes can lower your chances of getting cancer. Try these five steps and become a healthier you!



- 1. Eat a variety of fruits, vegetables, and whole grains.** A diet high in fruits and vegetables, whole grains, and beans has been shown to lower the risk of certain cancers. Aim to eat five or more servings of fruits and vegetables a day. **Eating fruits and vegetables may also help you lose weight!**
- 2. Maintain a healthy weight.** Being overweight increases your cancer risk. Maintain or work towards a healthy weight by eating well and being physically active.
- 3. Limit fat.** Some studies show that eating a lot of fat increases cancer risk. High fat diets also tend to be high in calories and may cause you to gain weight. Eat lower fat foods to maintain a healthier weight. Grill, bake or broil meat instead of frying. Switch to low fat or fat free milk. Try lower fat versions of your full fat favorites. Try eating at least one meatless meal each week. You may be surprised at how good they taste!
- 4. Stay active.** Staying active can help you stay at a healthy weight. Walking, raking the yard, or dancing are great ways to add activity to your day. Try to be active for at least 30 minutes a day. Once you reach this goal, add more activity and lower your health risks even further.
- 5. Do not use tobacco.** All tobacco products can cause cancer. The Durham County Health Department offers smoking cessation classes at no charge. For more information call Joanie Ross at 560-7765.
- 5. Limit alcohol intake.** Even one or two drinks a day increases your risk of certain cancers.

Read on for more healthy tips!

“Our health always seems more valuable after we lose it.”

- Unknown

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Durham's Innovative Nutrition Education for Lasting Improvements in Fitness and Eating

Get the Facts about Fat

Low fat. Nonfat. No trans fat. Which one should you buy?



Are all fats bad for you? The simple answer is no. Your body actually needs some fat to survive. The trick is to not eat too much fat and to eat the type of fat that is healthy for your body. Fat adds flavor to food and helps make you feel full. A little fat goes a long way, so take it easy on the amount of fat in the foods you eat. Eating too much fat can lead to weight gain, heart problems, and raise the risk of getting diseases such as cancer.

How much fat do you need?

To reduce the risk of health problems, everyone over two years old should limit their fat intake to about 30 percent of their total calories. This means an average 30 –50 year old woman should eat **at most** 50-70 grams of fat a day. Try to make most of this heart healthy fat.

Heart Healthy Fats

Unsaturated fats are heart healthy. This includes monounsaturated and polyunsaturated fats. These may help lower your cholesterol when you use them in place of less healthy types of fats. Cooking with unsaturated fat is an easy way to improve health. Choose plant oils like canola and olive oil. Unsaturated fats are also found in:

- fish
- nuts and seeds
- avocados

Less Healthy Fats

Saturated Fat is a less healthy fat. Eating too much saturated fats can cause your body's cholesterol level to rise. Limit foods that are usually high in saturated fat including:

- beef and pork
- chicken and turkey, with skin
- butter and lard
- cream, whole milk and 2% milk
- food made with cream, whole and 2% milk
- chips, cookies, and cakes
- foods fried in oils that contain saturated fat (read the nutrition label)

Trans Fat is also a less healthy fat. It is often found in baked goods and processed foods. Other names for trans fat are **hydrogenated fat and partially hydrogenated** oil. These are often seen in the ingredient lists of processed foods. Trans fat has been shown to raise bad cholesterol and lower good cholesterol. Limit foods containing trans fat. Read the label and ingredient list on processed foods like frozen dinners and pizzas, and baked goods like chips, cookies and cakes to limit trans fats.

Eat Smart Be A Healthy You

Do you or your child have



- ✓ Weight concerns
- ✓ High blood pressure
- ✓ High cholesterol
- ✓ Diabetes
- ✓ Food allergies
- ✓ Lack of appetite
- ✓ Problems eating?

Making the best food choices is often a big challenge. We can help!

The Durham County Health Department has Registered Dietitians on staff. They are skilled in working with children, adults, and families. They can help you make changes in food choices and physical activity to meet your medical and personal needs.

Call **560-7791** for more information.

Tips for Eating Healthy on a Budget



1. Always shop with a grocery list. Sticking to a list will help you buy only what you need.
2. Shop on a full stomach. You will be more tempted to buy things that are not on your list if you shop when you are hungry.
3. Check the weekly grocery ads and coupons for savings. In the summer, there are often great deals on fresh fruits and vegetables.
4. Buy extra when your favorite dry and canned goods are on sale. This will save you from paying full price later.
5. Limit how many sodas and fruit drinks you buy. They are very expensive and have little nutritional value. Buying just one pack of soda every week for a year can add up to over \$300!

Italian Veggie Dunkers

Serves: 6



Ingredients:

- 2/3 cups seasoned bread crumbs
- 1/4 cup grated parmesan cheese
- 1 egg, beaten
- 4 cups raw broccoli, cauliflower and/or zucchini cut into chunks
- 1 cup tomato or pizza sauce
- Cooking spray

Directions:

1. Preheat oven to 375 degrees.
2. Lightly coat a baking sheet with cooking spray.
3. In a large bag, mix the breadcrumbs and cheese.
4. Put the egg in another large bag. Add vegetables to the egg. Close the bag and shake. Coat vegetables with egg.
5. Remove the vegetables. Put vegetables in the bag with the breadcrumbs. Close the bag and shake. Coat the vegetables with breadcrumbs.
6. Place vegetables in a single layer on baking pan. Bake for 7 minutes. Stir. Bake for 7 more minutes and stir again. Bake for 7 minutes or until golden brown and remove from oven.
7. Warm pizza sauce in microwave.
8. Serve vegetables with pizza sauce as dip. Enjoy!

BBQ Chicken Pizza

Serves: 1

Ingredients:

- 1 English muffin
- 2 Tablespoons barbeque sauce
- 2 Tablespoons chopped cooked chicken
- Other pizza toppings like onion, mushrooms, peppers, pineapple
- 4 Tablespoons reduced fat cheddar cheese

Directions

1. Preheat oven to 350 degrees.
2. Split muffin in half. Lay cut side up on baking sheet.
3. Spread barbeque sauce on each muffin half.
4. Add toppings.
5. Sprinkle on cheese.
6. Bake for 10 minutes or until cheese starts to bubble.



Note: If you do not have English muffins, make this meal on a hamburger bun or roll. 100% whole wheat bread is the healthiest choice!

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Quick Tip! Low fat popcorn is a great snack. It contains lots of fiber which helps you stay full longer. Fiber also protects your body against heart disease and cancer. Pop some today!
Serving size: 3 cups popped. Please note: popcorn should not be served to children under 4 years. It can be a choking hazard.

Kids Corner!

Make Your Own Fruit Kabobs

The younger children learn to eat healthy and be active, the better chance they will become healthier adults. Have fun with your children in the kitchen by making this healthy, fun recipe together. Summer is a great time to teach your children to enjoy fresh fruits and vegetables!

Ingredients:

- 4 or 5 different types of fruit, cut into bite sized chunks. Fresh frozen, and canned fruit all work great.
- Bamboo skewers, coffee stirrers or thin straws
- Vanilla or fruit flavored low-fat yogurt (optional)



Directions

1. Put fruit on skewers.
2. Serve with yogurt as a dip.
3. Have fun and enjoy.

Notes: Children as young as 5 years old can cut soft fruit, like a banana, with a plastic knife with parents watching. Kids as young as 7 years old can start cutting with a sharper knife with parents watching.