Healthier Ways to Flavor Food

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For more information on ways to lead a healthier lifestyle visit our website GetHeathyCT.org

Find us on Facebook and Twitter!

September 2018
Food Storage Savvy: Your Guide to What Goes Where

First comes shopping, then comes putting food away — but where? You may be surprised to learn the best places to store your groceries!

Here's a helpful guide from the Academy of Nutrition and Dietetics.

**Your Guide to What Goes Where**

- **Milk**: 34°F - 40°F
- **Rice**: 50°F - 70°F
- **Mayo and peanut butter**: Can be stored in the pantry; move mayo to the fridge when it's been opened.
- **Potatoes**: Keep in a cool, dark part of the pantry and remove any that start to go bad. Onions like the same conditions, but don't put them together. Potatoes and onions should be separated!
- **Fruits with pits**: Like peaches and plums, should be placed in a closed paper bag until ripe — then refrigerated. Keep tomatoes in the pantry only if they'll be eaten within 1-2 days — otherwise, they go in the fridge.
- **Canned goods**: Last 2+ years but can be damaged by temperatures above 100°F.

**Sources:**
Exploring the Health Benefits of Spices and Herbs

Adding a dash of cinnamon, a pinch of red pepper, or a sprinkle of ginger to culinary creations may offer benefits in addition to flavor. With the increasing interest in functional foods, the latest research shows that spices and herbs offer a number of possible health benefits. The table below focuses on a few popular spices and herbs and explores the research on potential health benefits. Suggestions for spice and herb use are also included. There is a reason to season!

<table>
<thead>
<tr>
<th>Spice &amp; Herbs</th>
<th>Description</th>
<th>Potential Health Benefits</th>
<th>Uses</th>
</tr>
</thead>
</table>
| CINNAMON     | Cinnamon is the dried inner bark of various evergreen trees belonging to the genus Cinnamomum. At harvest, the bark is stripped off and put in the sun, where it curls into the familiar form called “quills.” | Inconclusive evidence to support blood glucose lowering in patients with diabetes | - Sprinkle on fruits, oatmeal, and yogurt  
- Used in baked goodies and desserts  
- Add to chili to create a 'Cincinnati' touch |
| RED PEPPER   | Red Pepper is the dried, ripened fruit pod of Capsicum frutescens, one of the most pungent Capsicums. It is sometimes referred to as Cayenne Red Pepper. | Likely effective in pain relief when applied topically  
Possibly effective in treating back pain, cluster headache, fibromyalgia, seasonal allergies, and prurigo nodularis (a skin disease) | - Creates heat and bite to seasoning blends, meats, pickles, seafood, Italian, Indian, Mexican, and Caribbean cuisines |
| GINGER       | Ginger is the dried knobby shaped root of the perennial herb Zingiber officinale. Once the leaves of the plant die, the thick roots, about 6 inches long, are dug up and sold as ginger root. | Possibly effective in treating painful menstruation, morning sickness, osteoarthritis, post-op nausea and vomiting, and vertigo  
Inconclusive evidence to support chemotherapy-induced nausea and vomiting, migraine headache, myalgia, and rheumatoid arthritis | - Used in Indian curries, and Chinese, Japanese, and European spice blends  
- Used in popular baked goods including gingerbread and ginger snap cookies  
- Ginger Ale, a sweetened beverage refreshment  
- Often accompanies sushi to clean the palate |
| GARLIC       | Allium sativum, commonly known as garlic, is a species in the onion genus. The plant is part of the lily family that produces a pungent, strong-smelling garlic bulb. | Possibly effective in treating atherosclerosis, colorectal cancer, gastric cancer, hypertension, tick bites, and a variety of skin conditions if used topically (ringworm, jock itch, and athlete’s foot) | - Sauté with vegetables  
- Used in Italian pastas & dishes  
- Added to marinades, sauces and dressings  
- Used for garlic butter to make garlic bread |
**Spice & Herbs**

### Rosemary
- Rosemary is the dried leaves of the evergreen Rosmarinus officinalis.
- Rosemary leaves are slightly curved, resembling miniature curved pine needles.
- Normally hand harvested, the Rosemary plant grows about 2 to 3 feet tall and is very hardy as it grows under harsh mountainous conditions.\(^1\)
- Possibly effective in treating alopecia areata (hair loss)\(^7\)
- Used in seasoning blends for lamb and Mediterranean cuisines.
- Sprinkle over ice cream and mousses
- Use sprigs for roasting, grilling or on the barbeque
- Mix with orange to create a sweet glaze
- Cook with potatoes and other vegetables

### Oregano
- Oregano is the dried leaves of the herbs Origanum spp or Lippia spp (Mexican). Both varieties have traditionally been harvested in the “wild.”
- “Oregano” means Marjoram in Spanish, and although sometimes referred to as “Wild Marjoram” it is a different herb.\(^1\)
- Possibly effective in treating intestinal parasitic infection\(^8\)
- Used in pizza and pasta sauces
- Mexican Oregano is found in chili powders and adds flavor to Mexican dishes.
- Sauté with vegetables and bean dishes
- Salad topper

### Curcumin
- Curcumin (also referred to as turmeric) is derived from dried rhizomes of the herb Curcuma longa.
- Curcumin is a member of the ginger family and is a polyphenol.
- Possibly effective in treating indigestion and osteoarthritis\(^9\)
- Inconclusive evidence to support Alzheimer’s disease, colorectal cancer, anterior uveitis (eye swelling), rheumatoid arthritis, and skin cancer\(^9\)
- Little reliable evidence to support its use for any health condition because few clinical trials have been conducted\(^10\)
- Often an important ingredient in curry mixes
- Add a pinch to jazz up egg salad
- Used in many Moroccan dishes
- Pairs well with chicken, duck, turkey, vegetables, rice, and salad dressings

### Resources

### Contact SCAN
**www.scandpg.org**
**800.249.2875**

Written by SCAN registered dietitians (RDs) to provide nutrition guidance. The key to optimal meal planning is individualization. Contact a SCAN RD for personalized nutrition plans. Access “Find a SCAN RD” at **www.scandpg.org** or by phone at **800.249.2875**.
Healthier Condiments

Updated: May 4, 2015

Many store bought condiments, like salad dressings and soy sauce, are high in salt. Lower sodium versions exist but they aren’t available everywhere or may still have a lot of salt.

As a tasty alternative, whip up your own condiments in your kitchen – you’ll save money, too!

Ketchup

Most store-bought ketchups aren’t too high in salt as long as you use only a tablespoon or less. These ketchups usually have extra sugar added in the form of high fructose corn syrup, another unwanted addition.

If you use ketchup often, here are some heart-healthy options to try:

- Look for low-sodium or no-salt-added, no-added-sugar versions.
- Try homemade salsa for a topping – you still get that tomato flavor but with less processed ingredients.
- Make your own! Cook the following ingredients together on the stove at medium heat for an hour, adjusting the amounts to your liking:
  - 1 (6 ounce) can low sodium tomato paste
  - 1 tablespoons brown sugar or substitute sugar-brown sugar blend
  - 1 teaspoon garlic powder
  - 1 teaspoon onion powder

Hot Sauce

There are thousands of types of hot sauces from around the world. Their common ingredient? Chili peppers! Unfortunately, many of these sauces are high in sodium.

Here are some other ways to add heat to your food:

- Use chopped hot peppers, like jalapeno, poblano or chipotle as an ingredient or a topping. Get these tips or [cooking with peppers](#)!
- Try a few dashes of red pepper flakes or cayenne pepper.
- Make your own! Blend together in a blender:
  - 2 jalapeno peppers with seeds
  - 2 garlic cloves
  - 2 tablespoons vinegar
  - 1 (6 ounce) can low sodium tomato paste
Salad Dressings

Sodium levels in store bought dressings vary from medium to sky high. Often the ‘light’ or ‘fat free’ versions have even more than the original! It’s easy to make your own, try any of these homemade dressing recipes that you can tweak to your liking.

Soy Sauce

Soy sauce is extremely high in salt - in fact, just 1 tablespoon provides more than half of the daily 1,500mg amount of sodium that the American Heart Association recommends! The reduced-sodium versions are still fairly high.

Instead, try this simple recipe that mimics the savory, meaty flavor of soy sauce:

- 1 cup low sodium beef or vegetable broth
- 1 tablespoon vinegar (balsamic, cider or rice)
- 2 teaspoons molasses or brown sugar or substitute sugar-brown sugar blend
- 1/8 teaspoon of each: ginger powder, garlic powder, black pepper & salt

Whisk all ingredients in pot. Bring to a boil; cook 1 minute then reduce heat to medium. Cook for another 10 minutes. Remove from heat and cool.

Note: This recipe is a good substitute for other Asian condiments that tend to be high in salt like fish, hoisin, oyster and teriyaki sauces.

Try these other heart-healthy condiment recipes:

- Mayonnaise
- Mustard
- Tartar Sauce

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Last reviewed 1/2015

Source: http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/SimpleCookingwithHeart/Healthier-Condiments_UCM_445176_Article.jsp#Vmm-vdlrKUk
Cutting Back on Sodium: Shake the Salt Habit

Most people know that adding salt to foods is not healthy as it has a lot of sodium. A diet that is too high in sodium can raise blood pressure, increasing the risk of heart attack, stroke, dementia, and kidney disease.

According to the American Heart Association, the average person eats about 3,400 milligrams of sodium each day – but only 1,500 milligrams (mg) per day is recommended. This is less than half of what most people eat!

If you already have high blood pressure, diabetes, or kidney problems, are African American, or are over 50 years of age, it is especially important to limit your salt intake to stay healthy.

Here are some tips to help you break the salt habit:

- **Spice it up!** Flavorful and fragrant spices and herbs can amp up the flavors of your food in a way that salt can’t.

- **Add a splash of citrus.** A squirt of fresh or bottled lemon or lime juice can add the zip to your food that you’ve been missing. Try it on meats and vegetables!

- **Modify recipes.** If the recipe calls for salt, omit it or cut it back. For instance, if your recipe calls for 1 teaspoon salt (2400 mg sodium), cut it down to ½ teaspoon (1200 mg sodium). It’s a start! Substitute fresh or dried herbs and spices to add flavor.

- **Try clever alternatives.** Use your favorite vinegar as a marinade for meats or add liquid smoke to cooked vegetables. Sauté onions and garlic to add flavor to foods instead of using salt. Be creative!

- **Be patient.** It takes time for your taste buds to adjust.

- **Beware of hidden sodium in spice blends or gourmet salts!** Garlic salt, celery salt, sea salt, and Himalayan salt are all high in sodium. Salt is also in many lemon pepper, garlic pepper or packaged spice blends. Look for seasonings that are salt and sodium free or create your own salt free spice blends using the recipes below.

For more information visit [www.heart.org](http://www.heart.org) → search “salt” or “sodium”
## Salt Free Seasoning Blends

<table>
<thead>
<tr>
<th>Salt Free Italian Seasoning</th>
<th>Salt Free Mexican Seasoning</th>
<th>Salt Free Caribbean Marinade</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Tb dried oregano</td>
<td>¼ cup chili powder</td>
<td>¼ cup olive oil</td>
</tr>
<tr>
<td>1 Tb dried basil</td>
<td>1 Tb dried oregano</td>
<td>2 Tb orange juice</td>
</tr>
<tr>
<td>1 ½ tsp onion powder</td>
<td>1 Tb ground cumin</td>
<td>2 Tb lime juice</td>
</tr>
<tr>
<td>1 ½ tsp dried thyme</td>
<td>½ tsp garlic powder</td>
<td>3 garlic cloves, minced</td>
</tr>
<tr>
<td>1 tsp garlic powder</td>
<td></td>
<td>½ cup onion, finely chopped</td>
</tr>
<tr>
<td>1 tsp pepper</td>
<td></td>
<td>2 tsp black pepper</td>
</tr>
</tbody>
</table>

Blend together and add to tomato sauce for pasta dishes, or on top of a homemade pizza.

<table>
<thead>
<tr>
<th>Salt Free Italian Seasoning</th>
<th>Salt Free Mexican Seasoning</th>
<th>Salt Free Caribbean Marinade</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>1 Tb ground cumin</td>
<td>1 tsp ground cumin</td>
</tr>
<tr>
<td></td>
<td>½ tsp garlic powder</td>
<td>1 tsp ground ginger</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1 tsp chili powder</td>
</tr>
<tr>
<td></td>
<td></td>
<td>½ tsp nutmeg</td>
</tr>
<tr>
<td></td>
<td></td>
<td>½ tsp cinnamon</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1 dash ground cloves</td>
</tr>
</tbody>
</table>

Blend together and add to tacos, chili, rice and beans, or use as a rub for meats.

<table>
<thead>
<tr>
<th>Salt Free Italian Seasoning</th>
<th>Salt Free Mexican Seasoning</th>
<th>Salt Free Caribbean Marinade</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Blend together and use as a marinade for meats, seafood, or grilled vegetables, or slaws. You can also try using it as a salad dressing.</td>
</tr>
</tbody>
</table>

Recipes adapted from:

https://www.cooks.com/recipe/6l3r81y5/salt-free-italian-seasoning.html


Prepared by Linsey Hartenstein, MS, Diet Tech, Dietetic Intern
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203-688-2422
FACE FEEL PUFFY?
JEANS FIT TIGHTER?

In 3 weeks you can:
• Change your sodium palate &
• Start enjoying foods with less sodium
• Reduce bloating

IN ONLY 21 DAYS

On average, American adults eat more than 3,400 milligrams of sodium daily – more than double the American Heart Association’s recommended limit.

CHANGE your SALTY WAYS

Learning to read & understand food labels can help you make healthier choices.

WEEK ONE
Breads & Rolls
Cold Cuts & Cured Meats

• Look for lower sodium items
• Track your sodium consumption
• Log how much sodium you’ve shaved out of your diet

WEEK TWO
Pizza
Poultry

• If you do eat pizza, make it one with less cheese & meats
• Add veggies to your pizza instead
• Use fresh poultry rather than fried, canned or processed

WEEK THREE
Soups
Sandwiches

• One cup of chicken noodle soup can have up to 940 mg of sodium
• Check labels & try lower sodium varieties
• Use lower sodium meats, cheeses & condiments & plenty of vegetables to build healthier sandwiches

KNOW THE SALTY 6
Common foods that may be loaded with excess sodium:
1 Breads & Rolls
2 Cold Cuts & Cured Meats
3 Pizza
4 Poultry
5 Soup
6 Sandwiches

Choose wisely, read nutrition labels & watch portion control.

heartcheckmark.org

Look for the Heart-Check mark to find products that can help you make smarter choices about the foods you eat.
¿Siente hinchada la cara?
Los pantalones de mezclilla le quedan más apretados?

En 3 semanas puede:
• Cambiar su gusto salado
• Comenzar a disfrutar de alimentos con menos sodio
• Reducir la inflamación

CAMBIE su consumo de SAL en 21 Días

En promedio, los estadounidenses consumen más de 3,400 miligramos de sodio al día – más del doble del límite recomendado por la American Heart Association.

Aprender a leer y entender las etiquetas de información nutricional le puede ayudar a tomar decisiones más sanas.

SEMANA 1
• Busque productos con menos sodio
• Monitoree su consumo de sodio
• Registre cuánto sodio ha eliminado de su dieta

SEMENA 2
• Si come pizza, que sea con menos queso y carne
• Mejor póngale vegetales
• Use pollo fresco en vez de frito, enlatado o procesado

SEMENA 3
• Una taza de caldo de pollo con fideo puede tener hasta 940 mg de sodio
• Revise las etiquetas y pruebe las variedades con menos sodio
• Prepare sándwiches con muchas verduras y utilice carnes, quesos y condimentos con menos sodio

heartcheckmark.org

Conozca los 6 salados
Alimentos comunes con exceso de sodio:
1. Panes
2. Carnes frías y ahumadas
3. Pizza
4. Aves
5. Sopa
6. Sándwiches

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Compare labels to choose foods lower in sugar.

Think sugar gives you a lift? Think again. Too much sugar will leave you feeling tired and sluggish soon after you eat. Healthy foods give you the energy you need to play, do well in school, and be active all day long.

Have you ever seen the Nutrition Facts Panel on a food package? That’s where you can find out how much sugar is in your food or drink. Look for it on the side or back of the package. Sugar is circled in red on the label to the right.

The next time you reach for a soda or other sugary drink, think about eating 16 packets of sugar. That’s how much sugar is in a 20 ounce soda! Instead, try mixing 100% fruit juice with sparkling water.

It’s ok to eat sugary foods from time to time. Think of them as a special treat instead of an everyday food.

Compare the food labels below. Circle which food or drink is lower in sugar.

- a. Soda
  - Nutrition Facts
  - Calories 10
  - Total Carbohydrate 2g
  - Sugars 1g
  - Protein 0g

- OR

- b. “Frosted” whole grain cereal
  - Nutrition Facts
  - Calories 5
  - Total Carbohydrate 1g
  - Sugars 1g
  - Protein 0g

- OR

- c. Plain yogurt
  - Nutrition Facts
  - Calories 0
  - Total Carbohydrate 0g
  - Sugars 0g
  - Protein 0g

- OR

- Plain milk
  - Nutrition Facts
  - Calories 5
  - Total Carbohydrate 1g
  - Sugars 1g
  - Protein 0g

- OR

- Unfrosted whole grain cereal
  - Nutrition Facts
  - Calories 5
  - Total Carbohydrate 1g
  - Sugars 1g
  - Protein 0g

- OR

- Strawberry yogurt
  - Nutrition Facts
  - Calories 5
  - Total Carbohydrate 1g
  - Sugars 1g
  - Protein 0g

**TRY THIS!**

Next time you go food shopping with an adult or on your own, look at how much sugar is in a food or drink you would normally buy. See if you can find a similar food with less sugar that you would be willing to try.
Got a taste for something sweet? Have fun with fruit! Try a cool and tasty fruit smoothie in place of a sugary drink, snack, or dessert.

Fruit Smoothies
Chef Susan Goss  •  Chicago, Ill.
Serves 2, 1 cup per serving
Prep time: 10 minutes • Cook time: None

**Directions**
1. Peel banana. Place in blender.
2. Add remaining ingredients to the blender. If using cinnamon, add now.
3. Cover and blend until smooth.

**Chef’s Notes**
- Use any fresh or frozen fruit, such as peaches, blueberries, raspberries, or mangoes. Use fruits in season when you can.
- For a creamier smoothie, use nonfat, soy, or 1% milk instead of orange juice.
- Freeze slices of fruits that are about to go bad. Use these in your smoothies.
- If smoothie is too thick, add water or ice. If smoothie is too thin, add more fruit.
- If you don’t have a blender, use a fork to mash the fruit. Whisk in the other ingredients. Serve over ice.

**Ingredients**
- 1 medium banana
- ½ cup ice cubes
- 1 cup low-fat plain yogurt
- ½ cup 100% orange juice
- 4 frozen strawberries

**Optional Ingredients**
- ½ teaspoon ground cinnamon

**Materials**
- Measuring cups
- Special Materials Blender

**Nutrition Info** (per serving)

<table>
<thead>
<tr>
<th></th>
<th>CALORIES</th>
<th>TOTAL FAT</th>
<th>SUGARS</th>
<th>SODIUM</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>150</td>
<td>1.5g</td>
<td>19g</td>
<td>65mg</td>
</tr>
</tbody>
</table>

This is Your Brain on Breakfast
A balanced breakfast includes foods from at least 3 MyPlate food groups. Match these popular breakfast foods with the food group they belong to. **Hint:** Some foods may have ingredients from more than one food group!

<table>
<thead>
<tr>
<th>Foods</th>
<th>Food groups</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bagel</td>
<td>Fruits</td>
</tr>
<tr>
<td>Cereal</td>
<td>Fruits</td>
</tr>
<tr>
<td>Eggs</td>
<td>Vegetables</td>
</tr>
<tr>
<td>Apple</td>
<td>Vegetables</td>
</tr>
<tr>
<td>Veggie omelette</td>
<td>Fruits</td>
</tr>
<tr>
<td>Oatmeal</td>
<td>Grains</td>
</tr>
<tr>
<td>Yogurt</td>
<td>Grains</td>
</tr>
<tr>
<td>Waffle</td>
<td>Protein</td>
</tr>
<tr>
<td>Banana</td>
<td>Protein</td>
</tr>
<tr>
<td>Bean burrito</td>
<td>Protein</td>
</tr>
<tr>
<td>Milk</td>
<td>Dairy</td>
</tr>
<tr>
<td>Toast</td>
<td>Dairy</td>
</tr>
<tr>
<td>Peanut butter</td>
<td>Dairy</td>
</tr>
</tbody>
</table>

**DID YOU KNOW?**
Most schools serve breakfast every day. They can include many of your favorite foods from this activity. Ask your teacher or principal about your school breakfast program.

**Visit MyPlate Kids Place for fun videos, games, and activity sheets. Go to www.choosemyplate.gov/kids.**

Word matching answers: Fruits: Apple, Banana; Vegetables: Veggie omelette; Grains: Bagel, Cereal; Dairy: Yogurt, Milk; Protein: Eggs, Peanut butter; Fat: Bagel, Cereal, Veggie omelette, Toast.
<table>
<thead>
<tr>
<th>Drink</th>
<th>Calories</th>
<th>Teapoons of Sugar</th>
<th>Minutes of Brisk Walking to Burn Off the Drink (walking at 3.5 mph)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Soda</td>
<td>227 cal</td>
<td>14 tsp</td>
<td>49 min.</td>
</tr>
<tr>
<td>Sports Drink</td>
<td>125 cal</td>
<td>9 tsp</td>
<td>27 min.</td>
</tr>
<tr>
<td>Energy Drink</td>
<td>240 cal</td>
<td>15 tsp</td>
<td>52 min.</td>
</tr>
<tr>
<td>Juice Drink</td>
<td>305 cal</td>
<td>17 tsp</td>
<td>66 min.</td>
</tr>
<tr>
<td>Fruit-flavored Soda</td>
<td>165 cal</td>
<td>11 tsp</td>
<td>36 min.</td>
</tr>
<tr>
<td>Vitamin-added Water</td>
<td>125 cal</td>
<td>8 tsp</td>
<td>27 min.</td>
</tr>
<tr>
<td>Sweetened Tea</td>
<td>213 cal</td>
<td>14 tsp</td>
<td>46 min.</td>
</tr>
<tr>
<td>Water</td>
<td>0 cal</td>
<td>0 tsp</td>
<td>0 min.</td>
</tr>
</tbody>
</table>

Note: Walking times are based on the average calorie expenditure for a 154-pound individual walking at 3.5 mph (280 calories/hour). Calories burned per hour will be higher for persons who weigh more than 154 pounds and lower for persons who weigh less. Teaspoons of sugar are rounded to the nearest whole number. All walking times are rounded up to the next whole number.


This material was produced by the California Department of Public Health’s Nutrition Education and Obesity Prevention Branch with funding from USDA-SNAP-61, known in California as CalFresh. These institutions are equal opportunity providers and employers. CalFresh provides assistance to low-income households and can help buy nutritious food for better health. For CalFresh information, call 1-877-847-3663. For important nutrition information, visit www.CaChampionsForChange.net.
<table>
<thead>
<tr>
<th>Bebida</th>
<th>Cucharaditas de azúcar por tamaño del envase</th>
<th>Minutos de caminata rápida para quemar la bebida (caminar a 3.5 mph)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Refresco</td>
<td>14 cdtas</td>
<td>49 min.</td>
</tr>
<tr>
<td>227 calorías</td>
<td></td>
<td></td>
</tr>
<tr>
<td>20 oz. líquidas</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bebida deportiva</td>
<td>9 cdtas</td>
<td>27 min.</td>
</tr>
<tr>
<td>125 calorías</td>
<td></td>
<td></td>
</tr>
<tr>
<td>20 oz. líquidas</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bebida energética</td>
<td>15 cdtas</td>
<td>52 min.</td>
</tr>
<tr>
<td>240 calorías</td>
<td></td>
<td></td>
</tr>
<tr>
<td>16 oz. líquidas</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bebida de jugo</td>
<td>17 cdtas</td>
<td>66 min.</td>
</tr>
<tr>
<td>305 calorías</td>
<td></td>
<td></td>
</tr>
<tr>
<td>20 oz. líquidas</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Refresco sabor a fruta</td>
<td>11 cdtas</td>
<td>36 min.</td>
</tr>
<tr>
<td>165 calorías</td>
<td></td>
<td></td>
</tr>
<tr>
<td>12.5 oz. líquidas</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Agua vitaminada</td>
<td>8 cdtas</td>
<td>27 min.</td>
</tr>
<tr>
<td>125 calorías</td>
<td></td>
<td></td>
</tr>
<tr>
<td>20 oz. líquidas</td>
<td></td>
<td></td>
</tr>
<tr>
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<tr>
<td>20 oz. líquidas</td>
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</tr>
<tr>
<td>Agua</td>
<td>0 cdtas</td>
<td>0 min.</td>
</tr>
<tr>
<td>0 calorías</td>
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<tr>
<td>20 oz. líquidas</td>
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Nota: La duración de la caminata se basa en el consumo de calorías promedio para una persona de 154 libras que camina a 3.5 mph (280 calorías por hora). Las calorías se ajustan por hora siendo más para personas que pesan más de 154 libras y menos personas que pesan menos. Las cantidades de azúcar se redondean al número entero más cercano. Todas las duraciones de la caminata se redondean al siguiente número entero.


†Sitio web sólo disponible en inglés.
For youth and adults engaging in physical activity and sports, healthy eating is essential for optimizing performance. Combining good nutrition with physical activity can lead to a healthier lifestyle.

1. **Maximize with nutrient-packed foods**
   - Give your body the nutrients it needs by eating a variety of nutrient-packed food, including whole grains, lean protein, fruits and vegetables, and low-fat or fat-free dairy. Eat less food high in solid fats, added sugars, and sodium (salt).

2. **Energize with grains**
   - Your body’s quickest energy source comes from foods such as bread, pasta, oatmeal, cereals, and tortillas. Be sure to make at least half of your grain food choices whole-grain foods like whole-wheat bread or pasta and brown rice.

3. **Power up with protein**
   - Protein is essential for building and repairing muscle. Choose lean or low-fat cuts of beef or pork, and skinless chicken or turkey. Get your protein from seafood twice a week. Quality protein sources come from plant-based foods, too.

4. **Mix it up with plant protein foods**
   - Variety is great! Choose beans and peas (kidney, pinto, black, or white beans; split peas; chickpeas; hummus), soy products (tofu, tempeh, veggie burgers), and unsalted nuts and seeds.

5. **Vary your fruits and vegetables**
   - Get the nutrients your body needs by eating a variety of colors, in various ways. Try blue, red, or black berries; red and yellow peppers; and dark greens like spinach and kale. Choose fresh, frozen, low-sodium canned, dried, or 100 percent juice options.

6. **Don’t forget dairy**
   - Foods like fat-free and low-fat milk, cheese, yogurt, and fortified soy beverages (soymilk) help to build and maintain strong bones needed for everyday activities.

7. **Balance your meals**
   - Use MyPlate as a reminder to include all food groups each day. Learn more at www.ChooseMyPlate.gov.

8. **Drink water**
   - Stay hydrated by drinking water instead of sugary drinks. Keep a reusable water bottle with you to always have water on hand.

9. **Know how much to eat**
   - Get personalized nutrition information based on your age, gender, height, weight, current physical activity level, and other factors. Use SuperTracker to determine your calorie needs, plan a diet that’s right for you, and track progress toward your goals. Lean more at www.SuperTracker.usda.gov.

10. **Reach your goals**
    - Earn Presidential recognition for reaching your healthy eating and physical activity goals. Log on to www.presidentschallenge.org to sign up for the Presidential Active Lifestyle Award (PALA+).
alimentación saludable para un estilo de vida activa

10 consejos para combinar buena alimentación y actividad física

Para jóvenes y adultos comprometidos a practicar deportes y mantener actividad física, la alimentación saludable es esencial para optimizar su rendimiento. La buena alimentación y la actividad física lo conducirán a un estilo de vida saludable.

1 maximize alimentos nutritivos
Dé a su cuerpo los nutrientes que éste necesita escogiendo alimentos nutritivos; incluya cereales integrales, productos con proteína y bajos en grasas, frutas, vegetales y leche sin o baja en grasa. Coma menos alimentos ricos en grasas sólidas, azúcares adicionados y sodio (sal).

2 revitalize con cereales
La fuente rápida de energía de su cuerpo proviene de alimentos como el pan, pasta, avena, otros cereales y tortillas. Asegúrese que por lo menos la mitad de los productos de grano que seleccione sean integrales como pan, pasta o arroz integral.

3 enriquezca con proteína
La proteína es esencial para desarrollar y mantener los músculos. Seleccione carne de res o cerdo baja en grasa, pollo o pavo sin pellejo. Obtenga proteína del pescado dos veces a la semana. Fuentes ricas en proteína también provienen de las plantas.

4 consuma proteínas de origen vegetal
La variedad es grandiosa! Seleccione legumbres (frijoles tipo riñón, pinto o negras; alverjitas; garbanzo y crema de garbanzo), productos de soya (tofu, tempeh, hamburguesas vegetales), nueces sin sal y semillas.

5 diversifique las frutas y verduras
Obtenga los nutrientes que su cuerpo necesita consumiendo variedad de colores en varias formas. Puré de bayas azules, rojas o negras; pimientos rojos o amarillos, verduras como la espinaca o acelga. Seleccione frutas frescas, deshidratadas, congeladas, enlatadas bajas en sodio o jugos 100% de frutas.

6 no olvide los productos lácteos
Alimentos como la leche sin o baja en grasa, queso, yogur y bebidas fortificadas de soya (leche de soya) ayudan a mantener los huesos sanos, tan necesarios para las actividades diarias.

7 balancee las comidas
Use MyPlate para recordar e incluir todos los grupos de alimentos en sus comidas diarias. Lea más en ChooseMyPlate.gov.

8 beba agua
Manténgase hidratado bebiendo agua en vez de bebidas azucaradas. Guarde y reuse botellas de agua para tener siempre agua a la mano.

9 conozca cuánto debe comer

10 logre su meta
Obtenga reconocimiento presidencial por alcanzar sus metas de alimentación saludable y actividad física. Vaya a www.presidentschallenge.org para inscribirse al premio “Vida Activa Presidencial” (PALA por sus siglas en inglés).

Taking care of your heart is one of the most important things you can do in life. Planning a healthy diet and a regular physical activity program is the key to success. Prepare yourself by…

- Being committed to change
- Setting specific and realistic goals
- Thinking about possible roadblocks
- Deciding how to deal with problems
- Not being discouraged by minor setbacks

### My physical activity goals

Before you start a physical activity program, set two goals:

- What you are going to do each week
- What you want to accomplish in 12-weeks

Make these goals as realistic as you can. Remember, you can always adjust them.

**Sample Plan:** I plan to walk briskly for 30 to 60 minutes 5 or more times each week.

**Weekly Goal:** ______________________________________

**12-Week Goal:** ______________________________________

At the end of each 12-week period, set new goals.

### My healthy eating goals

Talk about your diet with your doctor, nurse or dietitian. Together, fill in your goals in the blanks below.

- _______ Number of calories per day
- _______ Number of grams of saturated fat per day
- _______ Weight (weigh yourself once a week)

**Foods to avoid or reduce:** ___________________________

**Foods to include or increase:** _________________________

### Physical Activity Diary —

Once you’ve set your physical activity goals, use this sample chart to track your efforts.

<table>
<thead>
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<th>WEEK:</th>
<th>Type of Activity</th>
<th>Minutes/Distance</th>
<th>How I Felt</th>
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<tr>
<td>Saturday</td>
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</tbody>
</table>

**Total Minutes/Distance:**
How Can I Keep Track of Physical Activity and Healthy Eating?

Food Diary — Once you’ve set your eating goals, use this sample chart to track your efforts.

<table>
<thead>
<tr>
<th>WEEK: ______________________</th>
<th>DAY: ______________________</th>
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<table>
<thead>
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<th>Food or Beverage</th>
<th>Amount</th>
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<td></td>
</tr>
<tr>
<td>Snack</td>
<td></td>
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<td></td>
</tr>
</tbody>
</table>

**Daily Totals:**

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**HOW CAN I LEARN MORE?**

1. **Call 1-800-AHA-USA1** (1-800-242-8721), or visit [heart.org](http://heart.org) to learn more about heart disease and stroke.
2. Sign up to get *Heart Insight*, a free magazine for heart patients and their families, at [heartinsight.org](http://heartinsight.org).
3. Connect with others sharing similar journeys with heart disease and stroke by joining our Support Network at [heart.org/supportnetwork](http://heart.org/supportnetwork).

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**Do you have questions for the doctor or nurse?**

Take a few minutes to write your questions for the next time you see your healthcare provider.

For example:

- **How much weight should I lose?**
- **How fast should I lose weight?**

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We have many other fact sheets to help you make healthier choices to reduce your risk, manage disease or care for a loved one. Visit [heart.org/answersbyheart](http://heart.org/answersbyheart) to learn more.
Raspberry Clafoutis
Serves 6

Chef Raquel Rivera-Pablo, owner of A Pinch of Salt, graduated with highest honors from the culinary program at the Institute of Culinary Education (ICE) after completing her externship at Le Bernardin in NYC. Chef Raquel served as the nutrition/chef instructor at the West Side Campaign Against Hunger providing patrons of the food pantry with a 12-week hands-on cooking curriculum aimed at teaching healthy, budget-friendly meals incorporating pantry staples with farmer’s market produce, while covering culinary lessons like food safety and classical French techniques.

Chef Raquel recently developed A Pinch of Salt: The Restaurant Edition a free, 12-week, hands-on culinary training for low-income Bridgeport residents aspiring to be chefs and food entrepreneurs. Participants can obtain their ServSafe certification.

A Bridgeport resident, Chef Raquel provides cooking programming for children and adults at Hall Neighborhood House, YMCA Ralphola Center, Wakeman Boys & Girls Club, LifeBridge/FreshConnections, local senior centers and for the 7 Bridgeport Farmers markets.

Chef Raquel is a board member of the Bridgeport Food Policy Council and the Bridgeport Farmers Market Collaborative.

Ingredients:
- ½ cup all-purpose flour
- ¼ cup sugar
- A pinch of salt
- 3 large eggs
- 3 tablespoons unsalted butter, melted
- 1 teaspoon of almond extract
- Finely grated zest of 1 orange
- ¼ cup plus 2 tablespoons whole milk
- 1 pint of fresh raspberries
- Powdered sugar, for dusting

Directions:
1. Preheat oven to 350°. Meanwhile spray or butter a 9-inch pie dish.
2. In a bowl, whisk flour, sugar and salt.
3. Next whisk in eggs, butter, almond extract and zest until smooth. Pour in milk and continue to whisk until batter is light and smooth. Alternatively, this can be done in a blender or with a hand-held mixer.
4. Pour batter into the prepared baking dish. Top with the raspberries.
5. Bake for approximately 30-35 minutes, until the clafoutis is set and golden.
6. Slightly cool then dust with confectioners’ sugar. Cut into wedges and enjoy!
Clafoutis de Frambuesa
Sirve 6

La chef Raquel Rivera-Pablo, propietaria de A Pinch of Salt, se graduó con los más altos honores del programa culinario en el Instituto de Educación Culinaria (ICE) después de completar su pasantía en Le Bernardin en Nueva York. La chef Raquel fue la instructora de nutrición / chef en West Side Campaign Against Hunger y brindó a los clientes de la despensa de alimentos un plan de cocina práctico de 12 semanas para enseñar comidas saludables y económicas que incorporan productos básicos de despensa con productos del mercado de agricultores, mientras cubriendo las lecciones culinarias como la seguridad alimentaria y las técnicas clásicas francesas. La chef Raquel dirige un programa piloto, A Pinch of Salt: The Restaurant Edition, una capacitación culinaria práctica y gratuita de 12 semanas para residentes de bajos ingresos de Bridgeport que aspiran a ser chefs y emprendedores de alimentos.

Residente de Bridgeport, Chef Raquel ofrece programación de cocina para niños y adultos en Hall Neighborhood House, YMCA Ralphola Center, Wakeman Boys & Girls Club, LifeBridge / FreshConnections, centros para personas mayores y para los 7 mercados de Bridgeport Farmers. La Chef Raquel es miembro de la junta del Consejo de Política Alimentaria de Bridgeport y miembro de Bridgeport Farmers Market Collaborative.

Ingredientes:
½ taza de harina para todo uso
¼ de taza de azúcar
Una pizca de sal
3 huevos grandes
3 cucharadas de mantequilla sin sal, derretida
1 cucharadita de extracto de almendra
Ralladura finamente rallada de 1 naranja
¼ de taza más 2 cucharadas de leche entera
1 pinta de frambuesas frescas
Azúcar en polvo, para quitar el polvo

Direcciones:
1. Precaliente el horno a 350 °. Mientras tanto, rocíe o unta un plato de pastel de 9 pulgadas.
2. En un bol, bata la harina, el azúcar y la sal.
3. Luego bata los huevos, la mantequilla, el extracto de almendras y la ralladura hasta que estén suaves. Vierta la leche y continúe batiendo hasta que la mezcla esté liviana y suave. Alternativamente, esto se puede hacer en una licuadora o con un mezclador de mano.
5. Hornee durante aproximadamente 30-35 minutos, hasta que la clafoutis esté lista y dorada.
6. Un poco frío y luego espolvorear con azúcar glas. Cortar en cuñas y disfrutar!

Chef Raquel Rivera-Pablo
A Pinch of Salt, LLC
www.apinchofsalt.com
Raquel@apinchofsalt.com
Would you like to work your oblique’s and strengthen your back? Well you can with the Russian twist exercise. This pattern helps strengthen the oblique’s and abdominals. Regular performance of the Russian twist can help increase muscles and better your posture.

**How to perform the perfect Russian Twist:**
1. Sit on the floor with your knees bent and your feet flat on the ground.
2. Lean back so your torso is at a 45-degree angle to floor, making sure to keep the spine straight and not rounded.
3. Lace your arms straight out in front of your chest with one hand on top of the other.
4. Raise your core and slowly rotate round to the right as far as you can, pause then reverse this movement all the way round to the left as far as you can.
5. That is 1 rep.

*You can use light household items to add weight (dictionary, can of soup, medium-sized fruit)
*For beginners, follow the Easy Track (E), but if you’re looking for a more difficult track, follow the Challenging Track (C)

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<td>(E) 45</td>
<td>(C) 46</td>
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El Reto del Mes: el Giro Ruso

¿Le gustaría mejorar su oblicua y fortalecer su espalda? Usted puede con el ejercicio de giro ruso. Este patrón ayuda a fortalecer los oblicuos y abdominales. El rendimiento regular del giro ruso puede ayudar a aumentar los músculos y mejorar su postura.

Como hacer el Giro Ruso:
1. Siéntese en el suelo con las rodillas dobladas y los pies planos sobre el suelo.
2. Inclínese hacia atrás para que su torso esté en un ángulo de 45 grados al suelo, asegurándose de mantener la espalda recta, no doblada.
3. Encaje sus brazos hacia fuera delante de su pecho con una mano encima de la otra.
4. Eleve su núcleo y gire lentamente hacia la derecha hasta donde pueda, haga una pausa y luego invierta este movimiento todo el camino hacia la izquierda tanto como pueda.
5. Eso cuenta como 1 giro ruso.

* Puede utilizar artículos de la casa ligeros para agregar peso (diccionario, lata de sopa, fruta de tamaño mediano)
* Para principiantes, siga las instrucciones más fáciles (F). Para los ejecutantes avanzados, sigue las instrucciones difíciles (D).

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<td>6 Rest Day</td>
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