

Shopping List: Basic Ingredients For A Healthy Kitchen

The first step to cooking healthy is to stock your kitchen with a variety of foods that you can throw together for healthy meals in a hurry. Keep these foods on hand for fast meals on busy nights.

In the Cupboard

- Pasta: spaghetti, fettuccini, penne, bowties, ramen noodles
- Rice: white, brown, rice mixes
- Beans: black, pinto, kidney, chick peas, lentils, fat-free refried
- Other grains: couscous, orzo, cornmeal, whole wheat crackers, bread sticks, bread crumbs
- Potatoes and onions
- Canned tomatoes: diced, whole, seasoned, sun-dried, sauce, salsa
- Canned vegetables: mixed vegetables, green beans, mushrooms, other favorites
- Canned and dried fruits: applesauce, peaches, pineapple, raisins, cranberries, other favorites
- Sauces: pasta, pizza, low-fat cheese sauce, low-fat gravy
- Soups: low-fat canned soups, broth, bouillon and dried soup mixes
- Meats: canned tuna in water, salmon, minced clams, and chicken
- Peanut butter
- Evaporated skim milk
- Vinegars: cider, red and white wine, flavored, balsamic
- Oils: olive and canola, nonfat cooking spray

In the Refrigerator

- Fruits and vegetables
- 100% fruit and vegetables juices
- Fruit spreads
- Reduced-fat or fat-free milk and yogurt
- Reduced-fat cheeses: cheddar, mozzarella, Swiss, Monterey Jack, cottage, Parmesan
- Tortillas
- Eggs
- Minced garlic
- Sauces: Worcestershire, soy, and chili
- Catsup and mustard (spicy and Dijon)
- Reduced-fat or fat-free salad dressings

In the Freezer

- Frozen fruits, vegetables, and 100% juices
- Frozen chopped onions and chopped green pepper
- Breads: whole grain breads, dinner rolls, English muffins, bagels
- Meats: chicken breast, ground turkey breast, extra lean hamburger
- Fish: red snapper, salmon, orange roughy, cod, flounder, sole
- Frozen yogurt or fruit sorbet



Exercise with your best friend

Studies have shown that people are more effective at losing weight and maintaining weight loss when they do it with a friend or companion – it doesn't matter if they have two legs or four!

Consider exercising with your pet, and the two of you just might become the best of workout buddies.

Keeping a pet can add years to your life... and life to your years.

And exercising is not the only thing that your furry companions are good for, they can also take care of your well-being. Here are a couple of reasons why and how:

- Pet owners have been found to have cholesterol levels 2% lower than those without pets. Studies also show that such a decrease may ultimately reduce the risk of a heart attack by 4%.
- Other studies show that pet owners make fewer trips to the doctor and often need less medication than those without a furry friend to scratch behind the ears.

Need More Information?

Are you interested in learning more about your health and wellness? Do you have a friend or family member who was recently diagnosed with cancer? Would you like to know how to get more involved in the fight against cancer?

If you answered yes to any of the questions above, contact your American Cancer Society 24 hours a day, 7 days a week, 365 days a year by calling 1.800.ACS.2345 or visit us online at www.cancer.org.

Innovations in Home Cooking

Your kitchen is stocked and you're ready to go. Now it's time to think about how you can add more vegetables, fruits, and whole grains to your day while watching your refined carbohydrates, sugar, and fat intake. This week, try one or two of the ideas listed below to bring your favorite recipes in line with recommendations for a healthy diet.

Fruits and Vegetables

- Add fresh or dried fruits like chopped apples, raisins, prunes, kiwi, or orange sections to green leafy salads.
- Add chopped carrots, broccoli, or a mix of your favorite vegetables to soups, salads, meat loaf, and casseroles.
- Substitute applesauce for oil in muffins, quick breads, and cakes. Use pureed prunes or baby food prunes instead of oil in brownies or chocolate cake.

Beans and Peas

- Add your favorite canned beans to soups, stews, and salads.
- Flavor beans with onion, garlic, and herbs for added flavor without added fat.
- Try different bean dishes: split pea soup, vegetarian chili with kidney beans or white bean chili, black beans over rice, bean tostados and tacos, black-eyed peas with garlic and red pepper, or three-bean salad made with green beans, chickpeas, and kidney beans.

Grains

- Substitute whole-wheat flour for up to half of the white flour called for in a recipe.
- Add 1/4-cup bran or quick-cooking oatmeal to your meat loaf or casserole.
- Make muffins using oatmeal, bran, or whole-wheat flour.
- Try whole-wheat pasta for a fiber boost.
- Use whole cornmeal when making cornbread.

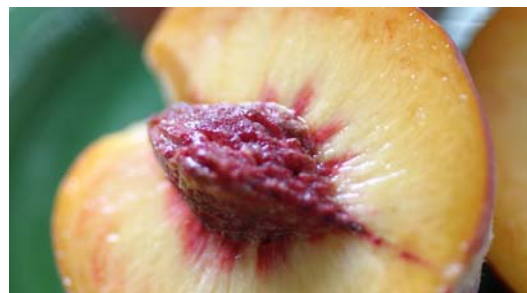
Milk, Cheese, and Yogurt

- Use evaporated skim milk instead of whole milk or cream in baked goods, sauces, and soups.
- Use low-fat or non-fat yogurt to replace all or part of the sour cream or mayonnaise in a recipe. Replace all or part of ricotta cheese with low-fat cottage cheese. Use a puree of cooked potatoes, onion, and celery as a creamy base for soups instead of dairy cream or half-and-half.
- Sharp cheese gives extra flavor so that less can be used. This helps trim the fat.
- Select yogurt or milk products without added sugar or flavorings. Mix in fresh fruit for a flavor boost.

Meats, Poultry, and Fish

- Let vegetables, beans, rice and pasta be the stars of your main dishes - use meats as the side dish.
- Choose lean meats - look for the words "loin" or "round" in the name. Trim meat of all visible fat before cooking. Cook poultry with the skin on to keep it moist, but remove skin before eating to reduce the fat.
- Choose canned fish packed in water instead of oil. Drain thoroughly before mixing with your favorite dressing or condiment.

Use low-fat cooking methods like roasting, baking, broiling, steaming, or poaching. Limit deep fat frying and sautéing in a lot of oil or margarine. Use either a cooking spray, broth, water or a well-seasoned cast iron pan to sauté meats. If you must use oil or margarine, cut the amount in half.



Simple Steps to Healthy Eating

For healthy eating habits today and everyday, here are some simple steps that can help you maintain good eating habits.

If you don't usually eat breakfast:

Breakfast eaters are less likely to be overweight than people who do not eat breakfast. That's because people who eat breakfast tend to eat less fat and calories through out the day. Don't have time for breakfast? That morning meal doesn't have to take a long time. Some good options include cereal and milk, toast with jelly, or grab and go items such as fresh fruit or yogurt.

If you sometimes skip meals:

Skipping any meal during the day can lead to inconsistent nutrient intake, poor food choices later in the day, and overeating. You can avoid this habit by planning ahead. For example, if you have a meeting at 11 am and another at noon, eat a "mini-meal" at 10:30 am and another at 2 pm.

If you often eat out or buy meals

away from home: Keep in mind that meals eaten away from home tend to be higher in fat and calories than home-cooked meals. Portion sizes also tend to be larger, so enjoy half your meal and pack up the rest for tomorrow's lunch.

If you usually eat dinner after 7 pm:

The later you eat at night, the less likely you are to burn off those calories. Try eating more of your calories earlier in the day. Get in the habit of making lunch your biggest meal of the day.



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