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**Healthy Lunch Club!**

**RECIPE BOOK**

February 2008

# matters

CREATING A CULTURE OF WELLNESS

## TABLE OF CONTENTS

February 1

Toasted Openface  
Mushroom Sandwiches

February 4

Tomato, Artichoke Sandwich

February 5

Baked Cheese Sandwich

February 6

Cucumber Sandwich

February 7

Turkey Tortilla Roll-Up

February 8

Chicken Wrap

February 11

Tuna Salad Sandwich

February 12

Turkey Ranch Wraps

February 13

Apple Curry Turkey Pita

February 14

Pasta Salad

February 15

Broccoli Salad

February 18

Egg Salad

February 19

Garden Quesadillas

February 20

Low-Fat Apple Raspberry Salad

February 21

Bell Pepper Salad

February 22

Watermelon Salad

February 25

Chinese Chicken Salad

February 26

Couscous Salad with Dried Cherries

February 27

Smoothie - Blueberry Banana

February 28

Tomato Cucumber Feta Salad

February 29

California Cucumber Salad



## February 1, 2008

Fast Food Factoid: Before age 40 good health is a gift from God. After age 40 good health has to be earned.

GET Health: The most recent data from the Centers for Disease Control shows that 71% of men and just over 62% of women in the United States are overweight/obese. Excessive body weight causes many chronic diseases and will likely shorten the average lifespan in the United States by two to five years. Consequently, this may be the first time in the past century that children will die at a younger age than their parents. Source: Stop & Go

## Healthy Lunch Recipe: Toasted Openface Mushroom Sandwiches

### INGREDIENTS:

6 oz light cream cheese  
1/3 cup mayonnaise  
1/4 cup Parmesan cheese  
2 Tablespoons bacon pieces  
1 clove garlic, minced  
1/4 Teaspoons Worcestershire sauce  
1/2 cup thinly sliced mushrooms

Mix all of the following ingredients together and spread on lightly toasted bread. Broil for 1 to 2 minutes. Watch it closely so it doesn't burn.

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## February 4, 2008

Fast Food Factoid: Everyone eats fast foods. Good health is just a matter of sorting through and eating the right ones.

GET Health: Fast food eaters consume more dietary fat and saturated fat. They also have more body fat and they eat fewer fruits and vegetables. Studies have shown this to be true for children, black and white adolescent girls, college-aged adults, and middle-aged adults. One study that took 15 years to complete showed that eating fast food was associated with diabetes and weight gain. Source: Stop & Go

## Healthy Lunch Recipe: TOMATO, ARTICHOKE SANDWICH

### INGREDIENTS:

1 tomato  
8 oz can of marinated artichoke hearts  
1/4 cup pitted oil cured olives (nicoise are good)  
1/4 cup roasted red pepper  
1/2 green pepper  
1/4 cup fresh basil  
1 clove of garlic finely chopped

Combine all ingredients. Cut a baguette in half and stuff with filling. Then press the sandwich for a little while to get the juices to permeate the bread.

## February 5, 2008

Fast Food Factoid: All the information about good foods in this guide is of no value unless you chose more GREEN foods and less RED foods.

GET Health: Get your "5 to 9 A Day" the Colorful Healthy Way! By putting something of every color on your plate or in your lunch bag, you are more likely to eat the 5 to 9 recommended servings of vegetables and fruit every day.

Source: CDC.gov

## Healthy Lunch Recipe: Baked Cheese Sandwich

### INGREDIENTS:

1 slice wheat bread  
1 Slice of turkey (or meat of choice)  
1 Slice of Tomato  
1 Slice of Swiss Cheese  
Dash of Paprika

Preheat the oven to 375 degrees. Take bread and put 1 slice of meat over it and top that with the tomato and cheese. Dash some paprika. Bake it in the oven until the cheese starts to bubble.

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## February 6, 2008

Fast Food Factoid: If all smokers in the U.S. today quit smoking, there would be a 30% reduction in all cancers.

GET Health: Trans fats are plant oils that are altered in a process called hydrogenation. This makes what used to be a healthy vegetable oil a saturated fat. Almost all fast food restaurants use trans fats for frying because it is relatively inexpensive. The minimum amount of trans fats a person can consume and not increase risk is zero. Source: Stop & Go

## Healthy Lunch Recipe: Cucumber Sandwich

Yields: 1 sandwich

### Ingredients:

2 slices whole wheat bread  
1 1/2 tablespoons cream cheese, softened  
6 slices cucumber  
1 tablespoons alfalfa sprouts  
1 teaspoon olive oil  
1 teaspoon red wine vinegar  
1 tomato, sliced  
1 leaf lettuce  
1 ounce pepperoncini, sliced  
3/4 avocado

Spread each slice of bread with  $\frac{3}{4}$  tablespoon cream cheese. On one slice of bread, arrange cucumber slices in a single layer. Cover with sprouts, and then sprinkle with oil and vinegar. Layer tomato slices, lettuce, and pepperoncini. Spread other slice of bread with mashed avocado. Close sandwich and serve immediately.

## February 7, 2008

Fast Food Factoid: There are over 136 foods at Romano's Macaroni Grill. Unfortunately 57 of the foods listed in this guide have more than 20 grams of saturated fat. That's the maximum amount of saturated fat a person should have in one day. All that from just one order. That means you will have to choose much healthier foods for your other meals.

GET Health: Iron is used to carry oxygen in the blood. You should eat foods high in heme-iron (meats) or eat other iron containing foods along with foods rich in vitamin C, which can improve absorption of non-heme iron. Whole and enriched refined grain products are major sources of non-heme iron in American diets. Source: USDA

## Healthy Lunch Recipe: Turkey Tortilla Roll-Up

Preparation Time: 5 minutes

Serves: 4

### INGREDIENTS:

1/4 cup cream cheese, softened

1/4 cup mayonnaise

2 tsps. horseradish sauce

4 large flour tortillas, warmed

3/4 lb. cooked turkey

1 cup lettuce, shredded

Combine cream cheese, mayonnaise and horseradish in a bowl and mix thoroughly. Spread tortillas with cream cheese mixture. Add turkey and sprinkle with lettuce. Roll up and serve. Options: Add lettuce and/or sliced tomato if desired.

## February 8, 2008

Fast Food Factoid: Preventing common chronic diseases and premature death later in life requires that you take action now, even though you have no symptoms of chronic diseases. Look for the GREEN foods.

GET Health: Lower your risk of certain cancers: People whose diets are rich in fruits and vegetables (5 or more servings a day) may have a lower risk of developing certain types of cancers. Lower your risk of heart disease: Studies indicate that people who eat 9 to 10 servings of fruits and vegetables a day, as part of a heart healthy diet low in saturated fat, reduce the risk of heart disease. Source: ADA

## Healthy Lunch Recipe: Chicken Wrap

1/2 Pound Chicken Breast (boneless & skinless) - uncooked

2 Tortillas - (approx 10" dia), whole wheat, reduced fat

1/2 Sweet Green Pepper - small, uncooked

1/2 Garlic Clove, uncooked

1/2 Red Plum Tomato, ripe, uncooked

1/4 Gram Cooking Spray - Fat Free

1/2 Cup Cheddar Cheese, low fat, shredded

Cut the chicken breasts and green pepper into strips. Place in a large dish then add crushed garlic. Place mixture in the refrigerator and marinate for 1 hour. Cut the plum tomato into thin wedges and store in a separate bowl. Stir fry chicken mixture until the chicken is browned in a skillet coated with cooking spray. Stir in the tomato wedges. Fill the tortillas with the chicken mixture topped with shredded cheese then wrap and place in an oven set to 450 degrees for 5 minutes. Makes 2 servings.

### NUTRITIONAL VALUES - SINGLE SERVING

CALORIES - 370 TOTAL FAT - 9.0g SAT FAT - 2.2g

CHOL - 71.5mg SODIUM - 632.7mg CARB - 30.9g

FIBER - 3.6g POTASSIUM - 384.7mg PROTEIN - 37.5g

## February 11, 2008

**Fast Food Factoid:** People who regularly consume fruits, vegetables, whole grains, and nuts will have better health than those who do not; the data proves it. (The Culprit and The Cure, by Aldana)

**GET Health:** Fruits and vegetables and whole grains are very important. When all of the science about fruits and vegetables is reviewed, it reveals that Americans who increase their fruit and vegetable consumption from 2 servings per day to 5 or more can cut their risk of many cancers in half. Source: Stop & Go

## Healthy Lunch Recipe: Tuna Salad Sandwich

- 1 (6-ounce) can solid white tuna, drained well
- 1 tablespoon minced red bell pepper
- 1 to 2 tablespoons minced red onion
- 1/2 clove garlic, minced
- 1/2 teaspoon capers, drained and minced
- 1/2 tablespoon minced fresh cilantro leaves or basil leaves
- Juice of 1/2 lime
- 1/8 cup light mayonnaise
- 1/2 teaspoon balsamic vinegar
- 1/4 cup diced tomatoes
- Salt and pepper to taste

In a medium bowl, break up tuna into flakes. Add red bell pepper, red onion, garlic, capers, and cilantro or basil leaves; mix together. Blend in lime juice, mayonnaise, balsamic vinegar, Tabasco, tomatoes, salt, and pepper. Refrigerate at least 1 hour to let flavors blend. When ready to use, remove from refrigerator. Spread either on bread or stuff in a large tomato.

Makes 2 to 4 servings.  
Per Serving - 10 fat grams, 93.3 calories

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## February 12, 2008

**Fast Food Factoid:** The risk of cardiovascular disease and stroke is lower for those who eat low-fat dairy products.

**GET Health:** If Americans would reduce the amount of trans fats they are currently eating, it is estimated that 30,000 to 100,000 heart disease deaths would be prevented every year. That would provide a bigger improvement in public health than just about any other medical breakthrough in the past 100 years. Source: Stop & Go

## Healthy Lunch Recipe: Turkey Ranch Wraps

- 1/2 cup low fat ranch dressing
- 4 oz. soft light cream cheese
- 2 10-inch tortillas
- 5 oz. turkey breast slices
- 5 oz. sliced cheese
- 1/2 avocado peeled and sliced thin
- 1 tomato sliced thin
- alfalfa sprouts, optional

Blend together the dressing and cream cheese. Spread evenly over tortillas. Evenly layer turkey cheese, avocados and tomatoes on tortillas. Leave one-inch border. Fold the edge toward the center and firmly roll away from you till completely wrapped. Place seam side down and cut in half diagonally.  
Makes 2 servings.

## February 13, 2008

**Fast Food Factoid:** In order to attain the most benefits from physical activity all individuals should accumulate 30 minutes or more of moderate intensity physical activity on most, preferably all, days of the week.

**GET Health:** The average person weighs 156 pounds. If they walk at a 3 MPH pace, they will expend about 5.1 calories/minute. Say you decide to have dinner at Chili's. For a "starter" you order the Awesome Blossom which contains 2,710 calories. If you were the average person, you would have to walk 27 miles (about 9 hours) to burn off all the calories you just ate. Source: Stop & Go

## Healthy Lunch Recipe: Apple Curry Turkey Pita

Prep Time: 10 Minutes

Cook Time: 10 Minutes

Servings: 1

### INGREDIENTS:

- 2 teaspoons olive oil
- 1/3 cup sliced onion
- 2 teaspoons lemon juice
- 2-1/2 ounces cooked turkey, cut into chunks
- 1 teaspoon curry powder, or to taste
- 1/3 medium apple, cored and thinly sliced
- 1 pita bread rounds
- 2 tablespoons and 2 teaspoons plain yogurt

### DIRECTIONS:

1. Heat oil in a skillet over medium-high heat. Stir in onion and lemon juice. Cook until onion is tender. Mix in turkey, season with curry powder and continue cooking until heated through.
2. Remove from heat. Stir in apple. Stuff pitas with the mixture. Drizzle with yogurt to serve.

## February 14, 2008

**Fast Food Factoid:** Some day healthy people are going to feel really stupid, lying in hospital beds dying of nothing. - Author Unknown

**GET Health:** B vitamins (thiamin, riboflavin, niacin, and folate) help release energy from protein, fat, and carbohydrates. They are also essential for a healthy nervous system. Many refined grains are enriched with B vitamins. Whole grains are sources of magnesium and selenium. Magnesium is a mineral used in building bones and releasing energy from muscles. Selenium protects cells from oxidation. Source: USDA [www.mypyramid.com](http://www.mypyramid.com)

## Healthy Lunch Recipe: Pasta Salad

### INGREDIENTS

- 1 1/2 Cups Rotini Noodles
- 2 Tablespoons Mild Giardiniera
- 1/2 Cup Carrots
- 1 Red Plum Tomato, ripe, uncooked

Bring a quart of water to a rapid boil, then add rotini noodles. Cook uncovered stirring occasionally for approximately 8 to 10 minutes. Drain noodles and rinse in cold water then place in a large bowl. Add carrot strips, diced tomato and giardiniera mix. Makes 2 servings.

### NUTRITIONAL VALUES - SINGLE SERVING

CALORIES - 258 TOTAL FAT - 4.1g SAT FAT - 0.5g

CHOL - 0.0mg SODIUM - 59.9mg CARB - 47.2g

FIBER - 3.2g POTASSIUM - 68.8mg PROTEIN - 7.6g

NOTE: nutritional values may vary depending upon product brands used

## February 15, 2008

Fast Food Factoid: Rome wasn't built in a single day and your lifetime of eating habits can't be altered overnight. Choose just one GREEN food...you have to start sometime.

GET Health: Consuming foods rich in fiber, such as whole grains, reduces the risk of coronary heart disease and may reduce constipation. Eating at least 3 ounce equivalents a day of whole grains can help with weight management. Source: [www.mypyramid.gov](http://www.mypyramid.gov)

## Healthy Lunch Recipe: Broccoli Salad

### INGREDIENTS:

1 bunch broccoli  
1/2 red onion  
1 carrot  
1/2 cup raisins  
1 cup sunflower seeds  
1/2 cup low fat mayonnaise  
1 tbs sugar  
1 tbs vinegar

Chop broccoli and onion into fine pieces, including the florets, about the size of raisins. Add grated carrot and stir in the rest of the ingredients.

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## February 18, 2008

Fast Food Factoid: The first line of defense against developing diabetes is regular exercise and weight control. (The Culprit and The Cure, by Aldana)

GET Health: A study published in Public Health was the first to look at the relationship between children's weight gain and the price of food. According to growth charts, children should gain about 22 pounds between kindergarten and third grade. The children in this study gained an average of 29 pounds. Children living in metropolitan areas with higher priced fruits and vegetables gained significantly more weight than children living in areas where these items were more affordable. There are USDA pilot programs in some schools to give kids access to fruits and vegetables. Source: HHS

## Healthy Lunch Recipe: Egg Salad

### INGREDIENTS:

4 large hard-cooked eggs (will use 1 whole eggs and 3 egg whites)  
1/4 cup chopped celery  
3/4 cup chopped green onions  
1/6 cup chopped red bell peppers  
1 tablespoon light mayonnaise  
1 tablespoon non-fat sour cream  
1/2 teaspoon Dijon-style mustard  
Salt and pepper to taste

To cook the eggs, place them in a single layer in a pan with enough cold water to cover them completely. Bring the water to a boil, remove from heat, cover tightly with a lid, and allow to remain in the water approximately 15 to 20 minutes. Next, place under running, cold water to cool quickly. This way of cooking is also known as "coddling." It does not toughen the whites as boiling does. Peel eggs; discard 2 egg yolks. In a medium-size bowl, chop the eggs up. Add celery, green onions, bell pepper, mayonnaise, sour cream, Dijon mustard, salt and pepper; stir until well mixed.

Makes 3 servings. Per Serving = 2.6 fat grams, 63 calories

## February 19, 2008

Fast Food Factoid: Exercise is like a combination of psychotherapy, physical therapy, and stress management all concentrated in one 30-minute session. (The Culprit and The Cure, by Aldana)

GET Health: Boost Your Nutrients. Carotenoids are powerful antioxidants that help protect the body from damaging compounds. They have also been shown to promote healthy vision. Carotenoids like alphacarotene, beta-carotene, lutein, and lycopene are found in red, yellow, and orange fruits, and dark green leafy vegetables. Source: CDC.gov

## Healthy Lunch Recipe: Garden Quesadillas

### INGREDIENTS:

- 1 small green and/or red sweet peppers, cut into thin strips
- 1/2 small red onion, cut into thin 1-inch-long strips
- 1 teaspoons olive oil or cooking oil
- 1/4 teaspoon ground cumin
- 1/4 teaspoon chili powder
- 1 tablespoons snipped fresh cilantro
- 4 tablespoons fat-free cream cheese (tub style)
- 3 6- to 7-inch flour tortillas
- Salsa (optional)

In a large nonstick skillet cook sweet peppers and onion in 1 teaspoon of the oil for 3 to 5 minutes or until crisp-tender. Stir in cumin and chili powder. Cook and stir for 1 minute more. Stir in cilantro. Set vegetables aside. Spread cream cheese over half of 1 side of each tortilla. Top with pepper mixture. Fold tortilla in half over peppers, pressing gently. Place tortillas on an ungreased large baking sheet. Bake in a 425 degree F. oven for 5 minutes. Cut each quesadilla into 4 wedges. Serve warm. If desired, pass the salsa.

Serves 4

Nutrition information: per serving: 58 calories, 2 g total fat, 0 g saturated fat, 1 mg cholesterol, 51 mg sodium, 8 g carbohydrate, 1 g fiber, 2 g protein, 5% vitamin A, 20% vitamin C, 5% calcium, 3% iron.

## February 20, 2008

Fast Food Factoid: Even small increases in physical activity or fitness result in large improvements in health.

GET Health: Individuals who eat American fast food are eating a Western diet. In fact, fast food is a Western diet. Most fast food contains a lot of red and processed meats, white flour, butter and other high-fat dairy products. That means that most fast food is actually causing many of the chronic diseases most Americans suffer from, including obesity, heart attacks, and stroke. Source: Stop & Go

## Healthy Lunch Recipe: Low-Fat Apple Raspberry Salad

### INGREDIENTS:

- 1/2 (1.5 ounce) package raspberry flavored gelatin
- 1/2 cup unsweetened applesauce
- 1/4 cup broken pecan pieces
- 1/2 cup boiling water
- 1/4 cup sliced celery
- 1/2 package (5 ounce) frozen raspberries or 1/2 cup fresh raspberries
- 3/4 cups chopped, unpeeled Rome or York apples

In 2 quart mixing bowl, dissolve gelatin in boiling water. Add frozen raspberries and stir gently until raspberries are thawed. Stir in apples, applesauce, pecans and celery. Pour into serving dish or mold. Refrigerate about 2 hours or until mixture is set. Serve as salad or as an accompaniment to beef, pork or chicken.

Makes 4 (1/2 cup) servings.

## February 21, 2008

Fast Food Factoid: If you follow the diet recommendations in this book (Stop & Go), there will be a reduction in the number of chronic diseases in the U.S. that will dwarf all other improvements in public health. It will literally transform the health of the nation.

GET Health: In-N-Out burger located in California, Nevada, and Arizona fries in 100% cottonseed oil that is not hydrogenated, thus trans fat-free. Panda Express does not use trans fats in any of its fried food. The only other restaurant that uses healthy oils (peanut oil) for frying is Chick-Fil-A. Source: Stop & Go

## Healthy Lunch Recipe: Bell Pepper Salad

### INGREDIENTS:

1 small sized red bell pepper  
1 small sized green bell pepper  
1 small sized yellow bell pepper  
1/4 cup creamy garlic dressing  
1/8 tsp. black pepper  
1 tsp. capers, rinsed, drained

Preheat broiler. Place bell peppers under broiler and lightly char, turning to grill all sides. Remove from broiler to a paper bag. Close bag and set aside. When peppers cool, peel, core, seed and cut into strips. Arrange peppers on a platter, alternating colors so that they form a petal, and spoon dressing over them. Sprinkle with black pepper. Garnish with capers and serve warm or chilled.

Makes 2 servings

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## February 22, 2008

Fast Food Factoid: Despite the scientific evidence that supports the need to consume whole grains and cereals, food makers claim that Chocolate Frosted Sugar Bombs breakfast cereal is part of a healthy breakfast.

GET Health: Healthy plant oils like olive, peanut, and soybean oil should be part of a healthy diet. These oils are high in poly- and monounsaturated fats. They are actually good for you because they improve your blood cholesterol. Trans fats, on the other hand, dramatically increase your risk of heart disease because they make cholesterol worse. Source: CDC

## Healthy Lunch Recipe: Watermelon Salad

### INGREDIENTS:

3 watermelon wedges  
3/4 cups cubed cantaloupe  
3/4 cups cubed honeydew  
1 tablespoons chopped fresh tarragon  
1/4 cup raspberry vinaigrette

Arrange watermelon, cantaloupe and honeydew on salad plates. Scatter tarragon over melons, drizzle with vinaigrette. Serve.

## February 25, 2008

Fast Food Factoid: Taste, cost, and convenience are the main reasons many people struggle to eat good foods. Try a GREEN food you might be surprised.

GET Health: Fats supply the body with energy, provide the building blocks for cell membranes and help key systems in the body function properly. They also help the body absorb certain nutrients such as vitamins A, D, E and K. It's important to understand the difference in saturated, unsaturated and trans fats.  
Source: ADA

## Healthy Lunch Recipe: CHINESE CHICKEN SALAD

### INGREDIENTS:

2 medium Chicken Breasts - cooked & cut into pieces  
1 1/2 Celery stalks - chopped  
1/2 cup Canned bean sprouts - drained  
1/4 cup Walden Farms French Salad Dressing  
1/4 cup Calorie Free Mayo  
1 tablespoon Soy sauce  
1/4 teaspoon Onion powder  
1/4 teaspoon Ground ginger  
Salt & Pepper to taste

Mix all ingredients together. Place salad green on plate. Top with all ingredients and top with olives.

Per Serving: Total - 1 cup is 219 calories, 4 gm fat and 2 gm carbs.

## February 26, 2008

Fast Food Factoid: Krispy Kreme has the honor of being one of two fast food restaurants in this guide that has all or almost all of its foods coded red. This is because everything is cooked with trans fats. Can you guess which other restaurant shares this distinction? Dunkin Donuts

GET Health: Most cooking oils in the supermarket labeled "vegetable oil" are actually soybean oil. Vegetable oil in its liquid form has no trans fats or cholesterol and is high in poly- and monounsaturated fats. Read the ingredient label on vegetable oils to see what type of oil it contains.  
Source: ADA

## Healthy Lunch Recipe: Couscous Salad with Dried Cherries

### INGREDIENTS:

2/3 cup water  
1/2 cup couscous, uncooked  
1/3 cup dried cherries (tart or sour cherries), coarsely chopped  
1/3 cup coarsely chopped carrots  
1/3 cup chopped cucumber  
2 green onions, sliced  
2 tablespoons vinegar of your choice  
1 tablespoon extra-virgin olive oil  
1 tablespoon Dijon-style mustard  
Salt and pepper to taste

In a medium-size saucepan, bring water to a boil; stir in couscous. Remove from heat and let stand, covered, for 5 minutes. Uncover, fluff with a fork, and let cool an additional 10 minutes. Stir in dried cherries, carrots, cucumber, and green onions; mix well. In a small bowl, combine vinegar, olive oil, and mustard; mix well. Pour over couscous mixture; stir to coat all ingredients. Season with salt and pepper to taste. Serve chilled or at room temperature.

Makes 4 servings.

## February 27, 2008

Fast Food Factoid: "It is useless for the sheep to pass resolutions in favor of vegetarianism while the wolf remains of a different opinion." - William Ralph Inge (1860–1954)

GET Health: The U.S. Food and Drug Administration rules on labeling allow foods with less than 0.5 grams of trans fats per serving to claim "zero" grams of trans fats on their labels. Look at the ingredient list. If a food has trans fats it will list partially hydrogenated oil—the technical term for trans fats. Source: USDA

## Healthy Lunch Recipe: Smoothie - Blueberry Banana

### INGREDIENTS:

1/2 Cup Soymilk (vanilla flavor) - calcium enriched  
1/2 Cup Apple Juice  
1 Banana, medium (7" to 7-7/8" long)  
1/4 Cup Blueberries - Frozen

Peel and chop banana then place in freezer for at least 1 hour. Add apple juice, soymilk and blueberries to blender and process for one minute. Add frozen banana to blender and process until smooth. Makes 2 servings.

### NUTRITIONAL VALUES - SINGLE SERVING

CALORIES - 121 TOTAL FAT - 1.2g SAT FAT - 0.1g  
CHOL - 0.0mg SODIUM - 30.6mg CARB - 26.6g  
FIBER - 2.1g POTASSIUM - 233.6mg PROTEIN - 2.3g

## February 29, 2008

Fast Food Factoid: A McDonald's meal that includes a 5-piece Chicken Selects Breast Strips order and a medium order of french fries has about 9.5 grams of trans fats. A piece of baked apple pie at McDonald's has 5 grams. Isn't it strange that McDonald's outlets in Australia, Denmark, and Israel all fry in trans fat-free oil but Americans still get the trans fats?

GET Health: Total use of 80 commercially produced fruits and vegetables rose 23 percent, from 1970 to 1996. Four-fifths of this increase occurred since 1982, when a panel convened by the U.S. National Academy of Sciences published its landmark report Diet, Nutrition, and Cancer. The report emphasized the importance of including fruits, vegetables, and whole-grain cereal products in the daily diet, noting that these dietary guidelines were consistent with good nutritional practices and likely to reduce the risk of cancer. Source: USDA

## Healthy Lunch Recipe: Tomato Cucumber Feta Salad

### INGREDIENTS:

1 large cucumber  
1 large tomatoe (or 4 roma tomatoes)  
6 oz. feta cheese  
small bunch of green onions  
1/8 cup balsamic vinegar  
1/2 T chopped fresh basil  
3/4 t garlic salt

Peel cucumbers and chop into small chunks. Chop tomatoes into small chunks. Chop Feta cheese into small chunks. Slice green onions. Mix above ingredients together in a large bowl. Pour vinegar over ingredients sprinkle with basil and garlic salt. Stir all ingredients, let sit for one hour, in refrigerator, then serve chilled.

## February 29, 2008

Fast Food Factoid: In 1998, Coca Cola spent \$277 million on advertising. One year later, McDonald's spent \$571.7 million and Burger King spent \$407.5 million to advertise their foods. The National Cancer Institute spent \$1 million to promote 5-a-day fruit and vegetable message. The entire nutrition education, evaluation, and demonstration budget of the U.S. Department of Agriculture was only 3% of what the food industry spent promoting fast foods that year.

GET Health: Convenience is not really a barrier to good nutrition. There are lots of healthy foods that are "fast."

## Healthy Lunch Recipe: CALIFORNIA CUCUMBER SALAD

Serves 4

2 cucumbers, scrubbed, not peeled

1/3 cup raisins

1/4 cup chopped, unsalted, dry roasted walnuts

1/4 cup plain nonfat yogurt

Shred cucumbers and drain. Place in a medium bowl and add remaining ingredients. Toss to mix well. Serve on lettuce-lined salad plates. Calories: 109 Protein: 3 g Carbohydrates: 16 g Total Fat: 5 g Saturated Fat: 0 g Polyunsaturated Fat: 3 g Mono-unsaturated Fat: 1 g Cholesterol: 0 mg Sodium: 18 mg