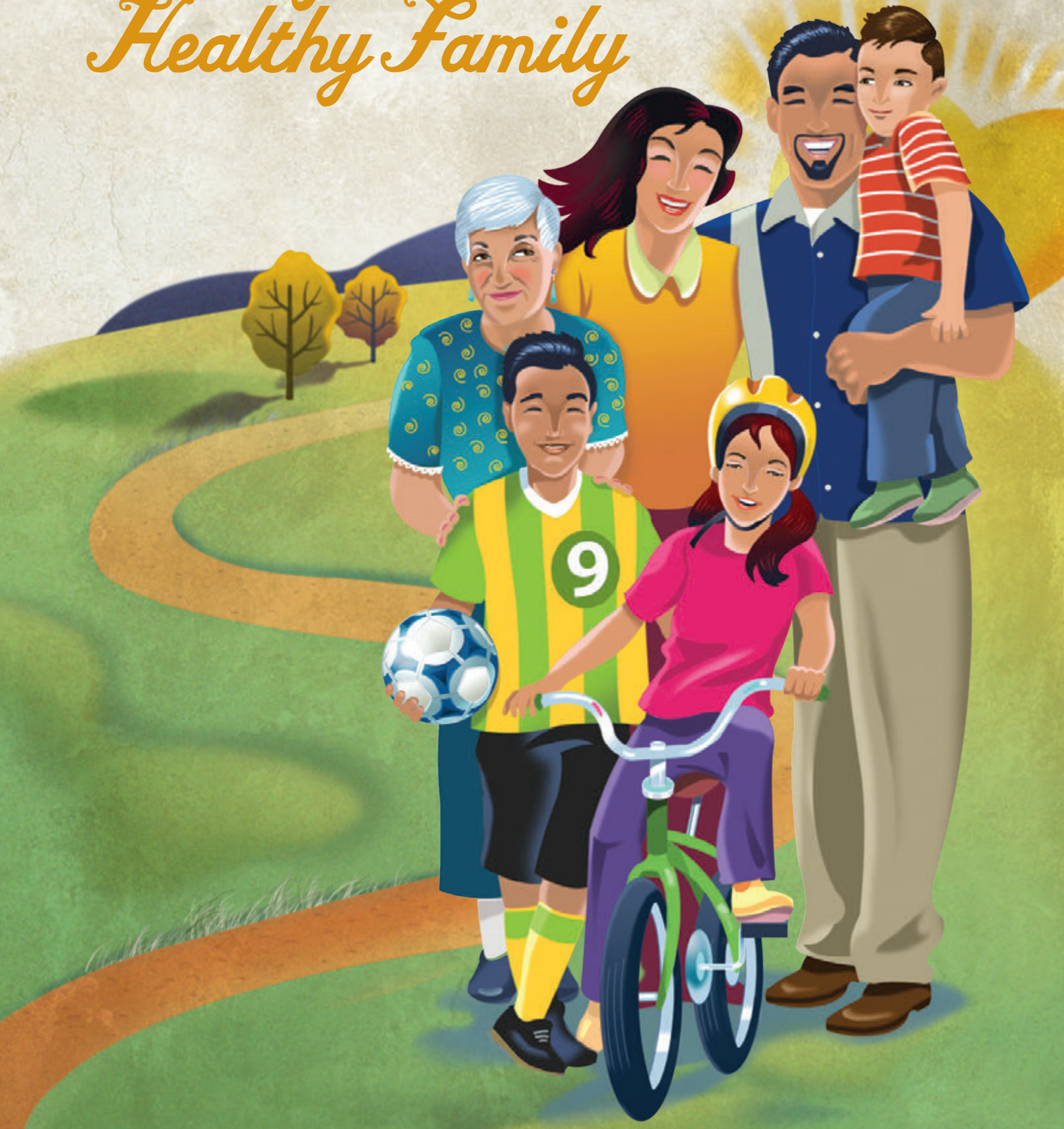


*The Road to a
Healthy Heart and a
Healthy Family*



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Cheerios




Bell Institute of
Health and Nutrition
.....
GENERAL MILLS

The Road to a Healthy Heart and a Healthy Family



We want to take our whole family down this road

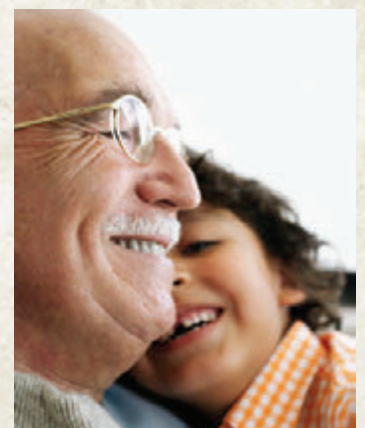
On this trip, we will have to expect rest stops and roadblocks that will represent “changes” (which may not be easy!). But once you get results you will see how satisfied you feel! This booklet can serve as a map to help guide you on the trip to heart healthy eating.

At the end of the road we will see that we have heart healthy lives and happier, healthier families.

The road to a healthy heart can pave the way to reduce the risk of heart disease and can be filled with a variety of adventures and emotions.



To help our children grow up healthier



And to help our elders live more productive years

Women, *and a* Heart Health, *Happy Family*

Women are a very important part of our family. They take care of all the people around them. However, nearly twice as many women in the United States die from heart disease and stroke as they do from all forms of cancer. Hispanic/Latino women are at high risk for heart disease and stroke, yet many of them aren't aware of their personal risk.



Heart disease is the # 1 cause of death among women

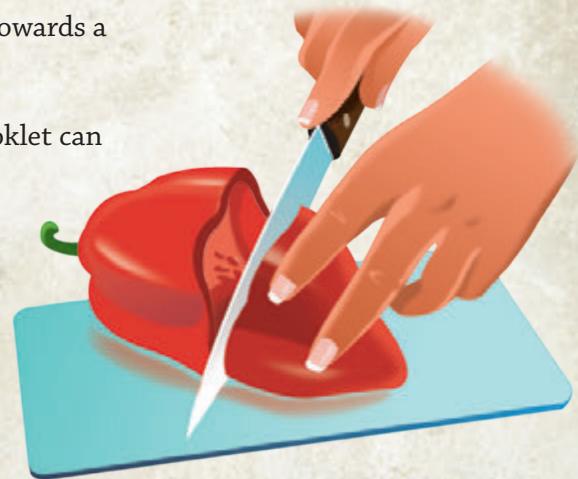
BUT IT IS ALSO PREVENTABLE

All across the country, women are taking control of their health by making heart healthy choices.

For women reading this booklet: Suggestions for steps you can take towards a healthier heart will not only be good for you, but for your whole family.

If you do the grocery shopping and prepare the meals in your family, this booklet can help you make better choices.

For the rest of the family members: Keep reading! The tips and suggestions can help you make healthy changes that are good for you and your family. Share this booklet with others in your family and start the trip to a healthy heart together.



On Our Trip to a Healthy Heart We Are Not Alone

The American Heart Association (AHA)

provides a healthy eating plan based on the latest advice of medical and nutrition experts. By following this plan, you can reduce some of the major risk factors for heart disease—high blood cholesterol, excess body weight, and high blood pressure.



THE RECOMMENDATIONS INCLUDE:

- Balance calorie intake and physical activity to achieve or maintain a healthy body weight.
- Eat a diet rich in vegetables and fruits.
- Choose whole-grain, fiber-rich foods.
- Include fish, especially fatty fish, at least twice a week.
- Choose a diet low in fat, saturated fat, trans fat and cholesterol.
- Watch the amount of beverages and foods with added sugars that you drink and eat.
- Choose and prepare foods with little or no salt.
- If you drink alcohol, do so in moderation.



Before Embarking on our Trip There are Some Terms We Need to Know

Perhaps you have heard that many people have “high levels of cholesterol” or “high triglycerides.” These are lipids—or fats—in your blood. Your healthcare provider can measure these with a test called a “lipid profile”. This test provides a good gauge of your heart health.

What You Need to Know About Cholesterol

- Cholesterol is produced by your liver and can also be supplied by some of the foods you eat.
- Too much cholesterol in the blood can result in obstruction in the arteries.
- High cholesterol is a risk factor for heart disease and stroke.
Your total cholesterol level should be less than 200 mg/dL.

Good and Bad Cholesterol

There are two types of blood cholesterol we should pay attention to:

HDL-cholesterol and LDL-cholesterol



HDL-cholesterol

Good Cholesterol

- High Density Lipoprotein.
- Helps to remove cholesterol that accumulates in the arteries.
- Works as a broom, “sweeping” the arteries.

We can remember “good HDL” if we think of the H like ¡Hola! (I am happy because my cholesterol is good!)

Low levels of HDL-cholesterol (less than 40 mg/dL for men and less than 50 mg/dL for women) can increase the risk for heart disease.

The HDL-cholesterol level should be more than 60 mg/dL.



LDL-cholesterol

Bad Cholesterol

- Low Density Lipoprotein.
- These have the tendency to deposit on the walls of the arteries, obstructing them and making it difficult for blood to pass.
- This puts us at greater risk for heart disease and stroke.

We can remember “bad LDL” if we think of the L like ¡Lágrimas! (I am sad because my cholesterol is bad!)

The LDL-cholesterol level should be less than 100 mg/dL.



TRIGLYCERIDES

Fat is carried in the blood in the form of triglycerides. High levels of triglycerides are associated with increased blood cholesterol levels.

The Triglyceride levels should be less than 150 mg/dL.

Roadmap to Achieving a Healthy Heart

Destination Point: 1

*Achieve a desirable
cholesterol level*



Destination Point: 2

*Achieve an overall
healthy eating pattern*



Destination Point: 3

*Achieve a healthy
body weight*



Destination Point: 4

*Achieve a desirable
blood pressure level*



Destination Point 1

Cholesterol

On our trip to a healthy heart, our first destination point is:

Achieve a desirable cholesterol level

Some foods contain cholesterol, or cause your body to produce it. Other foods will help you lower your blood cholesterol levels.



use less

Limit saturated fat, trans fat and dietary cholesterol—they can raise your blood cholesterol levels.

SATURATED FATS

Are usually solid at room temperature.

These come mostly from animal products.

- Meat fats, such as pork fat (*Lard*)
- Butter
- Cheeses
- Other dairy products with high fat contents (*In English known as “Whole Milk”*) (See page 10)
- Some tropical oils like coconut and palm also contain saturated fats

TRANS FATS

Primarily found in foods that contain “hydrogenated” oils, such as shortening, margarine, and some processed foods. Choose foods that are “trans fat free”. Avoid foods that have the word “partially hydrogenated” or “hydrogenated” in the ingredients label.

use more

Instead, choose foods that are higher in monounsaturated fats and polyunsaturated fats.

MONOUNSATURATED FATS

They include:

- Olive oil
- Canola oil

Also in:

- Olives
- Avocados
- Almonds
- Nuts
- Pumpkin seeds
- Cashews
- Peanut butter (*check the label to make sure it does not contain hydrogenated fats or trans fats*)

POLYUNSATURATED FATS

They include:

- Corn oil
- Sunflower seeds
- And also the fat found in fish like tuna and salmon

Ways to Reduce the Intake of *Fats that Raise Cholesterol*

Choose dairy products (*milk, yogurt, cheese*) that are lower in fat (*2%, Low Fat, Non Fat, Fat Free, Skim Milk*).

Top salads with low-fat or fat-free dressing. Select dressing made with unsaturated liquid oils such as olive and canola. Try using lime, herbs, etc. in place of higher fat dressings.

Choose liquid oils or trans fat-free soft margarine in place of butter, shortening, lard, or other solid fats.

Meats and viscera (*kidney, liver*) from animals like cattle, pigs and lamb are higher in saturated fats and tend to raise cholesterol. Choose lean beef, pork and poultry with the skin removed or fish in place of fatty meats and sausages.

Choose foods that are baked, broiled or steamed rather than fried.

In your recipes, try nuts, beans (*kidney, black, garbanzo...etc.*), and soy protein (*like tofu*) as substitutes for meat.



Choose vegetable or broth based soups instead of creamy ones.

Read food labels to check the amount of saturated fat, trans fat, and cholesterol a product has. Choose those with lower values.



BENEFITS OF SOLUBLE FIBER IN LOWERING CHOLESTEROL

Fiber is an important part of a healthy diet. It's recommended that people get at least 25 grams of fiber each day, yet many people are falling short. There are two main types of fiber—soluble and insoluble. Eating foods that contain soluble fiber can help you lower your cholesterol and reduce your risk for heart disease.



SOLUBLE FIBER

While scientists are still unraveling the details, one explanation for how soluble fiber can help lower cholesterol is that during digestion, soluble fiber forms a gel with water and binds some cholesterol, which is then eliminated from the body.

A variety of foods contain soluble fiber:



Whole grain foods made from oats, barley and rye:

- Cheerios cereal
- Oatmeal

Legumes (beans) and nuts:

- Garbanzo beans
- Kidney beans
- Almonds


Fruits and Vegetables:


- Apples, oranges, green beans, malanga, boniato, nopal etc.

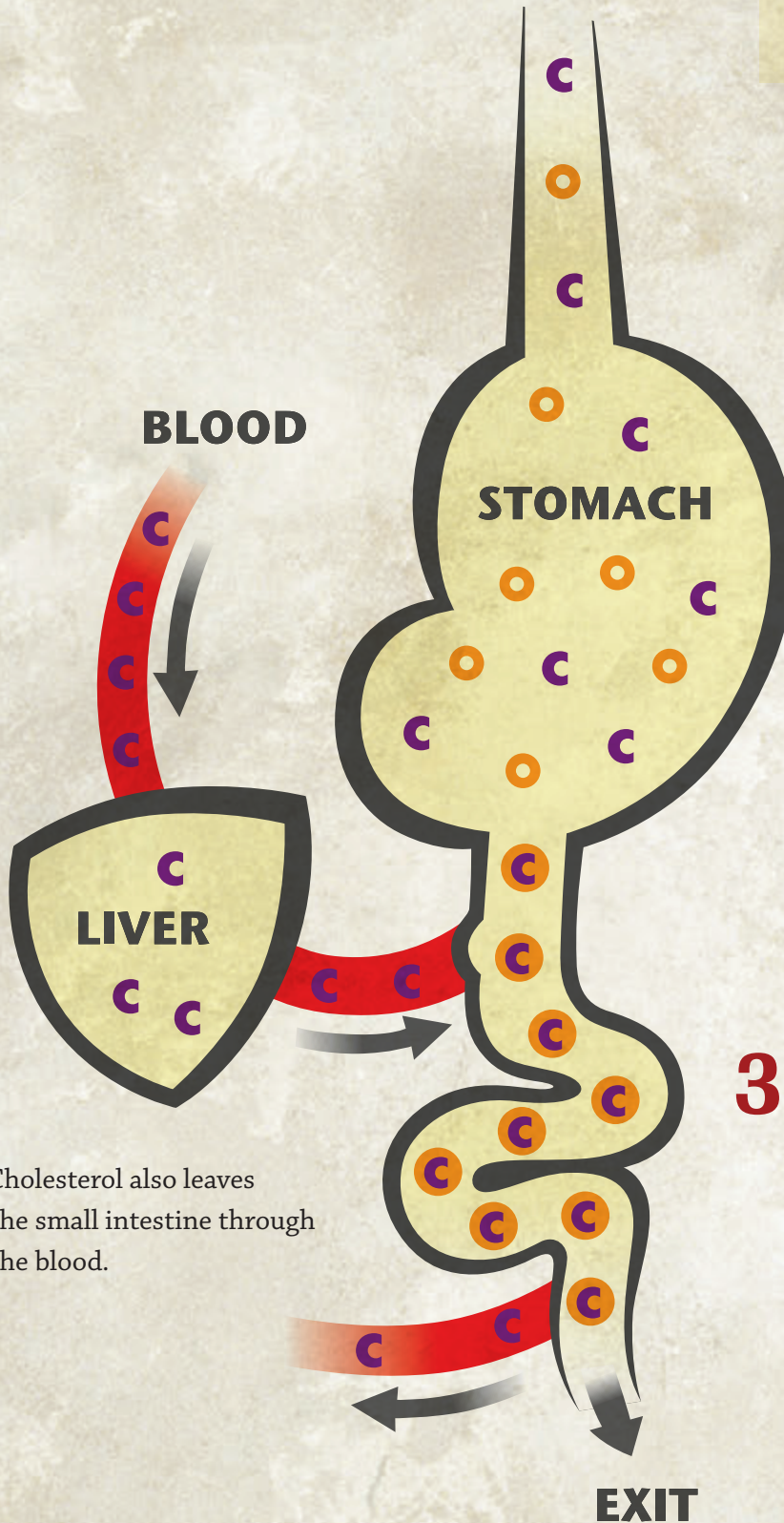


SOLUBLE FIBER CAN HELP LOWER YOUR CHOLESTEROL

While scientists are still unraveling the details, the figure shows how soluble fiber, found in the foods you eat, may help lower cholesterol.

 SOLUBLE FIBER

 CHOLESTEROL



1 Soluble fiber and cholesterol (contained in foods) leave the stomach and travel through the small intestine.

2 Cholesterol also leaves the small intestine through the blood.

3 In the small intestine, soluble fiber forms a gelatin that unites with some cholesterol and drags it out, removing it from the body.



Destination Point: 2

Achieve a Healthy Eating Pattern



Upon arriving to our destination point we see a colorful plate. Here we will learn how to obtain a balanced diet for a healthy heart. This will be an adventure for the whole family, because all of us Hispanics are delighted when we have the family around the table.

The information about MyPlate is very important—it can help you choose a variety of foods for good health.

MyPlate, from the U.S. Department of Agriculture, illustrates the five food groups that are the building blocks for a healthy diet. These food groups include:

Grains

Fruit

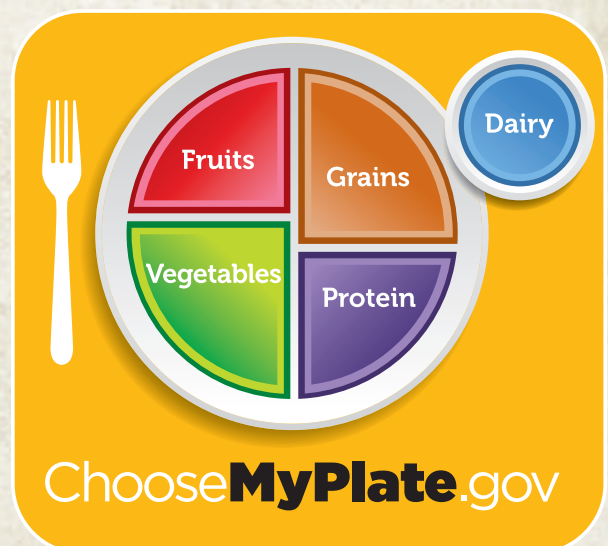
Vegetables

Proteins

Dairy

Because everyone is different, MyPlate provides a personal approach—you can find out about healthy eating and exercise at www.ChooseMyPlate.gov. The En Español section of the site (<http://www.choosemyplate.gov/en-espanol.html>) offers MyPlate materials in Spanish.

The orange section of MyPlate represents grain foods such as breads, biscuits, pastas (spaghetti, macaroni, and noodles) tortillas, hot or cold breakfast cereals, rice, corn, and oats. Make at least half your grains whole grains.

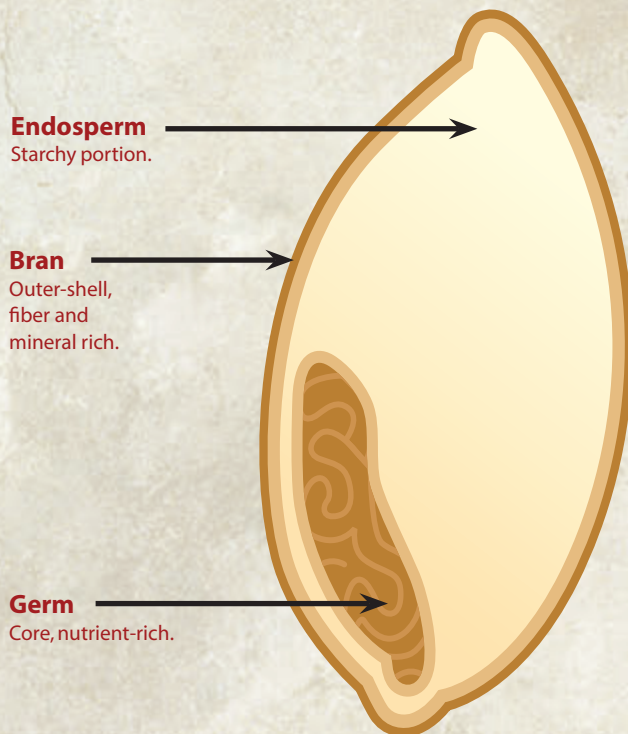


The Whole Grain Advantage

Experts recommend making half our grains whole. Research shows that a diet rich in whole grain foods may help reduce the risk for heart disease and some cancers. They may even help with weight management.

- When you choose whole grains for at least half of your grain choices, (like bread, rice and tortillas), you get a unique combination of substances that promote health.

All three parts of the grain work together to provide whole grain health benefits.



- Color is not a good indicator of whether or not a food is whole grain. For example, not all dark breads are whole grain. Sometimes they contain added artificial color or molasses. Read the list of ingredients to know if what you're buying has whole grain flour or not.
- You know you're choosing foods made with whole grain if a whole grain like "whole grain oats" or "whole wheat flour", etc. is listed near the top of the ingredients list.
- Foods made with whole grains oats, rye and barley also have the soluble fiber advantage. (Remember that in page 11 there is information about soluble fiber).



TIPS TO EAT MORE WHOLE GRAINS

- Start your family's day with a breakfast that includes whole grains like: whole grain bread, whole grain corn or whole wheat tortillas, a cereal made with whole grain like Cheerios, or oatmeal.
- At lunch or supper, try **whole grain** dishes such as brown rice, whole wheat pastas (spaghetti, noodles, etc.), tortillas or whole grain breads.
- Choose brown rice. This is the rice that is not white, because it still has the bran.
- If you or your children eat snacks, munch on whole grain granola bars, crackers, popcorn or cereal made with whole grain (do not add extra salt or sugar).



Pay attention to packages

Nutrition labels and food packages can provide important health clues about the product:

- 1 Look for health claims on the label about the connection between whole grain, soluble fiber, soy protein or plant sterols and risk for heart disease. These claims are approved by the FDA and only certain foods can display any one of these claims.
- 2 Look on the Nutrition Facts panel for the amount of soluble fiber, saturated fat, and trans fat. Select foods with less saturated and trans fat and more soluble fiber.
- 3 Choose Foods that list “whole grain” as one of the first ingredients on the label.
- 4 Look at the ingredient list to find whole grain, such as whole wheat or whole grain oats, listed near the top of the ingredient list. Don't be misled, however. Foods that claim to be “multigrain,” “100 percent wheat” or “high fiber” are not necessarily whole grain.



1 The Health Claim

Three grams of soluble fiber daily from whole grain oat foods, like Cheerios and Honey Nut Cheerios cereals, in a diet low in saturated fat and cholesterol, may reduce the risk of heart disease. Cheerios cereal provides 1 gram per serving. Honey Nut Cheerios cereal provides 0.75 grams per serving.

2 Soluble Fiber in the Nutrition Facts Panel

Trans Fat 0g		
Polysaturated Fat 0.5g		
Monounsaturated Fat 0.5g		
Cholesterol 0mg	0%	1%
Sodium 190mg	8%	10%
Potassium 115mg	3%	9%
Total Carbohydrate 22g	7%	9%
Dietary Fiber 2g	8%	8%
Soluble Fiber less than 1g		
Sugars 9g		
Other Carbohydrate 11g		
Protein 7g		
Vitamin A	10%	15%
Vitamin C	10%	10%
Calcium	10%	25%
Iron	25%	25%

3 Whole Grain Label Statements



4 Whole Grains as the First Ingredient

Three grams of soluble fiber daily from whole grain oat foods, like Cheerios and Honey Nut Cheerios, in a diet low in saturated fat and cholesterol, may reduce the risk of heart disease. Cheerios cereal contains 1 gram per cup. Honey Nut Cheerios contains 0.75 grams per cup.



MORE INFORMATION ON MyPlate

Make half your plate **fruits** and vegetables.

Fruits and vegetables partner with grains to please your palate and help your heart. A diet with plenty of **fruits** and vegetables may help reduce your risk of heart disease, stroke, certain cancers and possibly type 2 diabetes.

Eating **fruits** and vegetables may also help maintain a healthy blood pressure. **Fruits** and vegetables are naturally lower in calories and contain many important vitamins and minerals. They also offer an easy way to add more soluble fiber to your diet.

The green and red sections on MyPlate represent the generous amount of **fruits** and vegetables needed each day for good health. Remember, make half your plate **fruits** and vegetables.

Vary your veggies:

Getting a variety of colorful vegetables is a key to good health.

Choose from the many different kinds of vegetables available. They could be Dark Green (broccoli, lettuce, spinach), Red and Orange (squash, carrots, sweet potatoes, red peppers, tomatoes), Starchy (potatoes, corn, peas, cassava), Beans and Peas (chickpeas, black beans, pinto beans or lentils) or Other Vegetables (asparagus, cauliflower, green peppers, eggplant).



A note on starchy vegetables:

While they are high in nutrients, starchy vegetables are also higher in calories than non-starchy vegetables. When you eat starchy vegetables, limit the portion size (such as 1/2 cup corn or 1 medium potato) and include other non-starchy vegetables in your meal, like a salad with tomatoes and cucumbers.

Focus on fruits:

Choose a variety of colorful fruits, such as oranges, melons, guavas, mamey, pineapple, mangoes, and peaches.



WAYS TO ADD VEGETABLES AND FRUITS TO YOUR FOODS:

- Buy fruits and vegetables in season when they are less expensive and at their peak flavor.
- Keep ready-to-eat fruits and vegetables in containers in your refrigerator and add them to your favorite recipes.
- Try raw broccoli or carrots dipped in low-fat salad dressing.
- Top your cereal with your favorite fruit.
- Blend together frozen fruit chunks with milk or yogurt.
- Stock up on frozen veggies. They're as nutritious as fresh and make mealtime a snap. Add them to soups, stews and casseroles, or serve them on their own.
- Use pinto beans, black beans or garbanzos mixed into combinations of grains and vegetables.



Get Your Calcium-Rich Foods:

Milk, yogurt and cheese are an important part of a healthy eating plan and are represented by the blue circle on MyPlate. Select fat-free or low-fat dairy products. They are lower in total fat, saturated fat, cholesterol and calories than their higher fat counterparts.

All fluid milk products and many foods made from milk are part of the group. The ones that have little to no calcium (cream cheese, butter, cream) are not in this group.

NOTE: When cooking with evaporated milk and coconut milk, choose low-fat versions.

Grocery List

Cereal

Milk

Yogurt

Veggies

Fish

Fruit



Go Lean with Protein

All kind of meats, poultry, fish and seafood, beans or peas, tofu (soy), eggs, nuts and seeds are considered part of Protein Foods Group, represented by the purple section on MyPlate. Select lean cuts of meat and poultry (without the skin) rather than fattier cuts of meat, which are higher in saturated fat and cholesterol. Beans, tofu, nuts and seeds are also heart- healthy substitutes for meat and poultry.

(You can find more information in Spanish at www.choosemyplate.gov/en-espanol.html)

Soy-based foods include:

Edamame, tofu (which is like a cheese made from soybeans), tempeh, soy milk, soy flour and soy nuts. You can also get meat substitutes or soy imitations of foods such as burgers, hot dogs and chicken.

Tips to increase soy protein in your diet:

- Use soy milk on your cereal. Some soy milks, besides having protein, are also fortified with calcium and vitamin D. Soy milk is also lactose free.
- Instead of ground meat, try soy crumbles in your spaghetti sauce, tacos, and enchiladas.
- Use tofu instead of eggs to make scrambled eggs.
- Add fresh or frozen soybeans (edamame) to your favorite stir-fry dish.

You can find these products in most supermarkets—check the “health food” section and the freezer case.

A note on soy protein:

Since it is from plants, soy is a cholesterol-free food that is also low in fat.

Soy is a basic food in many Asian countries. Nowadays, products made from soybeans are used here in the United States and in many other countries.

They are nutritious products that can be used by any person looking for low-fat protein options.



Destination Point: 3

Achieve a Healthy Weight



A HEALTHY WEIGHT IS VERY IMPORTANT IN OUR JOURNEY TO GOOD HEALTH

- A healthy weight range is associated with healthy blood lipid levels and lowers your risks for heart disease, diabetes and some cancers.
- The Hispanic culture believes that “chubby” children are healthier, but this is a big error:

Many of our children are having weight problems that interfere with normal development and put them at risk for chronic diseases like heart disease.

(A study published in the “American Journal of Public Health” in 2007 found that Hispanic children were twice as likely to be overweight or obese compared to African-American and Anglo children.) [www.ajph.org/cgi/content/abstract/97/2/298]

On many occasions, the customs that we bring with us from our countries can “interrupt” our trip towards a healthy heart. Traditional Hispanic foods often have a lot of fat (especially from pork). And when we join around the table, especially on special occasions, we eat a lot. Making small changes can make a difference, though.

If you are overweight, losing even 10 pounds can reduce your risk for heart disease and stroke.

HOW DO I KNOW IF MY WEIGHT IS HEALTHY?

Your doctor can tell you your BMI (Body Mass Index). This can tell you if you are at a healthy body weight. A healthy BMI should be between 18.5 and 25.



Waist circumference:

Men – with waist sizes over 40 inches (102 centimeters) or

Women – with waist sizes over 35 inches (88 centimeters)

have a greater risk for heart disease.

Tips for managing your body weight

- Pay attention to portion sizes—reduce your portions. The guide below can help.
- Frequent cereal eaters have healthier body weights, consume less fat and have a higher intake of several nutrients. Try cereal for breakfast if you usually choose something higher in fat and calories.
- Including three servings of low-fat or non-fat yogurt or milk may help with weight loss as part of a reduced calorie diet.
- Fruits and vegetables are generally more filling and lower in calories than other choices. Make sure to include plenty of these in your diet each day.
- Make small changes—gradual weight loss promotes healthy lifestyle changes that can help you maintain a weight loss.

Controlling Your Portions



½ cup

Fruit or vegetable that fits in the palm of your hand.



2 ounces of meat

A small chicken leg; ½ cup cottage cheese or tuna.



1 cup

About the size of a woman's fist. Cereal that fills half a bowl; broccoli the size of a light bulb.



3 ounces of meat

About the size of a deck of cards; ½ chicken breast; a thigh and small leg; 1 small hamburger; 1 fillet of fish (without breading).



1 ounce of cheese

About the size of 2 dominoes.



1 apple

A little bit smaller than a baseball.



1 teaspoon of Butter or Peanut Butter

About the size of the top half of your thumb.



1 small banana

About the size of an eyeglass case.



1 ounce of nuts

Fills the palm of your hand.



1 ounce of whole grain

1 slice of bread; 1 cup of ready-to-eat cereal; ½ regular bagel; around ½ cup of cooked rice, cereal or pasta.



Eating is only part of the journey. You also have to exercise.

Physical activity is very important to achieving a healthy weight. Before beginning an exercise program, make sure you consult with your doctor.

EXERCISE:

- Can help improve blood lipid levels, which decreases the risk for heart disease and stroke.
- Helps with weight loss and weight maintenance.
- Improves blood pressure.
- Reduces sadness and depression.
- Increases confidence and lowers stress.
- Increases energy.
- Helps you sleep better.



Stay active! It is easy to incorporate activity into your daily routine.



- Dance with your family. (If you want to dance with music prepared for exercise, go to: www.ndep.nih.gov. There you can find a FREE CD/DVD called “Movimiento por su Vida,” with Latino music). 1-800-438-5383.
- You can also walk, play, swim, work in the garden—anything that gets your body moving! Being physically active will not only help you live healthy, it will also help unite your family.
- Take the stairs instead of the elevator.
- Take 10 minute walks at various times throughout the day. Walk as fast as you can. After, rest for a few minutes. (The ideal is to walk 30 to 60 minutes, at least 5 times a week).
- When you go shopping (whether in the supermarket or the mall) plan a few extra minutes and use that time just for walking.
- Get off the bus one or two stops early and walk to your destination.
- Turn housework (**cleaning, vacuuming, etc.**) into physical activities that can burn extra calories.
- Visit parks – walk, ride your bike, play tennis and other sports. You can do it with your family, a friend or by yourself.

To avoid injury and pain, start slowly and then gradually increase the amount of exercise.



Destination Point: 4

Achieve a Good Blood Pressure



- If your blood pressure is high (equal to or greater than 140/90) you have hypertension.
- High blood pressure puts you at greater risk for heart attack and stroke.
- Some people incorrectly believe that high blood pressure is a temporary condition due to stress, anger or strong emotions. Others think that blood pressure is only high when they have a headache. **The truth is, you may not have any symptoms.**

WAYS TO REDUCE YOUR HIGH BLOOD PRESSURE

- Exercise.
- Lose some weight. A healthy weight means less work for your heart.
- Include lots of fruits and vegetables in your diet and three servings of low-fat dairy foods each day.
- Consume less than **2,300 mg** of sodium per day – or **1,500 mg** if you are 51 years or older, or have high blood pressure, diabetes or chronic kidney disease. Replace salt with herbs, spices, lemon juice and wine to give your foods flavor. **(When wine is cooked, it loses its alcoholic content).**
- Relax! Practice techniques daily to help control stress.



VERY IMPORTANT:

- If your doctor has given you medicines for your heart or blood pressure, **REMEMBER TO TAKE THEM** as they have been prescribed.
- Some “home remedies” and “infusions of herbs” can interfere with your medicines so be sure to consult your doctor before you take anything that hasn’t been prescribed.



DEVELOP A MASTER PLAN FOR YOUR TRIP TO A HEALTHY HEART

SET ACHIEVABLE GOAL:

To start, choose one big change or 2 or 3 smaller changes to work towards them daily. Once they become habits, start working on something else (*without leaving what you are already doing*).

WRITE IT DOWN:

Use a notebook to record the date and your important numbers—blood pressure, total cholesterol, triglycerides, weight...etc. Bring this with you each time you go to the doctor so you can review your progress. Write any questions you have about your health down—ask your doctor or nurse at the next appointment.

ESTABLISH BREAKS:

The trip can be difficult. In all trips, a break is well appreciated. Decide how and when you can take small breaks.

BE PREPARED FOR DETOURS AND ROADBLOCKS ALONG THE WAY:

So is life! Recognize that there are detours but decide to get back on the road as soon as possible.

CONSIDER REWARDS:

Give yourself a pat on the back and a small treat every time you reach a goal—like a manicure, a trip to the movie theatre or a board game the whole family will enjoy. *But don't choose treats that will interrupt the trip.*



CONSULT THE EXPERTS

You can find more information at:

- American Heart Association
Telephone: 1-800-242-8721
<http://www.americanheart.org> (available in Spanish)
- Academy of Nutrition and Dietetics
Telephone: 800-877-1600
www.eatright.org
- If you want more information in Spanish, go online at: www.choosemyplate.gov/en-espanol.html
- If you want to dance with music prepared for exercise, go to: www.ndep.nih.gov.
There you can find a **FREE** CD/DVD called “Movimiento por su Vida,” with Latino music – 1-800-438-5383



ADDITIONAL INFORMATION FOR A SUCCESSFUL TRIP

In the next pages you will find:

- Tables for calculating fat and soluble fiber
- List of fruits and vegetables so you can find the foods you prefer in English and Spanish

Calculating the Fat



According to the American Heart Association, adults with heart disease, diabetes or high cholesterol should get no more than 12-17 grams of saturated fat per day, depending on calorie needs, and should avoid trans fat. Use this chart to get started, then look for the amount of saturated fat and trans fat on food labels.

FOOD	Serving Size	Calories	Total Fat	Saturated Fat
Grains				
Cheerios	1 cup	100	2	0
Honey Nut Cheerios	¾ cup	110	1.5	0
MultiGrain Cheerios	1 cup	110	1	0
Bread (whole wheat or white)	1 slice	60	1	0
Donut – glazed	1 med	240	13.5	3.5
Tortilla chips	1 cup	158	8	1
Tostada, corn tortilla	6" diameter	92	5	1
Fried pork rind	1 cup	174	10	3.5
Milk, Dairy products, Coconut milk				
Ice Cream – French Vanilla	½ cup	180	12	7.5
Yoplait Light Yogurt	6 ounces	100	0	0
Whole milk	1 cup	150	8	2
2% milk	1 cup	123	5	3
Skim milk	1 cup	86	0.5	0
Evaporated milk (whole)	1 cup	338	19	11.5
Evaporated milk (low-fat)	1 cup	269	10	6
Coconut milk	¼ cup	115	12	10.5
Lite coconut milk	¼ cup		4	3
Cheddar cheese	1 ounce	114	10	6
Low-fat Cheddar cheese	1 ounce	50	2	1
Gouda cheese	1.5 ounce	151	12	7.5
Mozzarella cheese, part-skim	1.5 ounce	128	8.5	5.5
Queso blanco	1.5 ounce	105	6	4
Spreads, Dressings, Fats, Desserts				
Tub margarine-vegetable oil spread	1 tsp	25	3	0.5
Butter	1 tsp	36	4	2.5
Mayonnaise	1 tbsp	100	11	1.5
Light Mayonnaise	1 tbsp	50	5	1
Olive Oil	1 tbsp	119	13.5	2
Ranch Dressing	2 tsps	150	16	2.5
Lard	1 tbsp	116	13	5

Calculating Soluble Fiber

FOOD	Serving Size	Total Fiber (grams)	Soluble Fiber (grams)
Grains-Cereals			
Cheerios	1 cup	3	1
Honey Nut Cheerios	¾ cup	2	0.75
Multigrain Cheerios	1 cup	3	0.50
Oatmeal, cooked	½ cup	2	1
Oatmeal Crisp Raisin	1 cup	4	1
Wheat Chex	1 cup	5	1
Grains-Bread			
White bread	1 slice	0.5	0
Whole Wheat bread	1 slice	2	0.5
White flour tortilla	8" diameter	1	0.75
Whole Wheat tortilla	8" diameter	3	0.5
Corn tortilla	6" diameter	1.5	0.25
Grains-Rice, Pasta			
Brown rice, long grain cooked	½ cup	2	0
White rice, cooked	½ cup	0.25	0
Macaroni, cooked	½ cup	1	0.5
Macaroni, whole wheat, cooked	½ cup	2	0.5



Fruits				
Apple with peel	1 medium	3.5		1
Apple without peel	1 medium	2.5		1
Banana	1 medium	3		0.5
Orange	1 medium	3		2
Pear, Bartlett	1 medium	4		2
Prunes	½ cup	6		3
Mango	½ cup	1.5		0.5
Vegetables				
Beans, green, cooked	½ cup	2		1
Broccoli, cooked	½ cup	1.5		0.5
Carrots	½ cup	2		1
Corn, cooked	½ cup	2		0
Malanga	½ cup	5		3
Plantains, cooked, mashed (plantain puree)	½ cup	2.5		0.5
Potato, with skin, cooked	1 medium	3		1
Pumpkin, cooked	½ cup	1.5		0.25
Soy beans, green, cooked	½ cup	4		1.5
Squash, butternut, cooked	½ cup	1.5		0.5
Sweet potato, with skin, baked	½ cup	4		1.5
Sweet green peppers, raw	½ cup	1		0.25
Tomato, fresh	½ cup	1		0
Dried Beans and Nuts				
Almonds, roasted with skin	½ cup	5		0.5
Black beans	½ cup	9		0.5
Chickpeas	½ cup	6		1.5
Kidney beans	½ cup	6		3
Lentils	½ cup	8		0.5
Pinto beans	½ cup	7		2

List of Different Fruits in English and Spanish

The Hispanic culture is very diverse, consequently, the food names on this brochure are written as they are identified in countries such as México, Perú, Cuba, Puerto Rico, Panamá, España, etc.

Fruits



Name in English	Different Names in Spanish
Apple/Banana	Platanito Manzano / Guineo Manzano
Avocado	Aguacate / Palta / Chuchi
Banana	Guineo / Plátano
Blackberry	Mora negra / Zarzamora
Blueberry	Arándano / Mora azul
Cantaloupe	Melón / Melón de Castilla
Cherry	Cereza
Coconut	Coco
Custard Apple	Anón / Anona
Gooseberry	Grosella / Cerezo
Grapefruit	Toronja / Greifú
Guava	Guayaba
Lime	Limón / Lima
Lemon	Limón Agrio / Limón Amarillo
Mango	Mangó
Mamey	Mamey / Zapote
Orange	Naranja / China
Papaya	Papaya / Lechoza / Fruta Bomba
Passion Fruit	Parcha, Parchita / Granadilla / Chinola / Maracuyá
Peach	Durazno / Melocotón
Pineapple	Piña
Sapodilla	Níspero / Zapote
Soursop	Guanábana
Sour Orange	Naranja Agria / Naranja Amarga
Spanish Lime	Limoncillo / Mamoncillo / Quenepa / Kenip
Star Apple	Caimito / Chirimoya / Anón
Star Fruit	Carambola
Strawberry	Fresa / Frutilla / Frambuesa
Sugarcane	Caña de Azúcar
Tamarind	Tamarindo
Watermelon	Sandía / Melón de Agua

List of Different Vegetables, Whole Grains, Nuts and Beans In English and Spanish

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Whole Grains, Beans, Tubers and Nuts



Vegetables / Greens



Name in English	Different Names in Spanish
Almonds	Almendras
Beans	Frijoles / Frejoles / Porotos / Habichuelas
Black-Eyed Peas	Frijol Carita / Frijol Vaca
Brown Rice	Arroz integral
Caribbean Yam	Ñame
Cassava	Casabe / Yuca / Mandioca / Tapioca
Chickpeas	Garbanzos
Corn	Maiz / Choclo / Elote
Green Peas	Chícharos / Judías Verdes / Guisantes / Pitipúa / Petipuás / Alverjitas
Lentils	Lentejas
Lima Beans	Habas Limas / Porotos blancos / Habas
Peanuts	Manís / Cacahuetes / Cacahuates
Pigeon Peas	Gandules / Guandú / Guandules
Plantains (Green Bananas)	Plátano macho / Guineos
Potatoes	Papas / Patatas
Soya	Soja / Soya
Split Peas	Chícharos secos / Chícharos / Guisantes / Arvejas
Sweet Potato	Camote / Boniato / Batata
Taro Root	Malanga / Yautia / Tanier
White Beans	Frijoles blancos / Guisantes blancos / Judías Habichuelas blancas
Whole Grain Bread	Pan de trigo integral
Yam	Camote / Boniato

Name in English	Different Names in Spanish
Artichoke	Alcachofa / Alcaucil
Bean Sprouts	Frijoles Chinos (usados en muchas comidas) Retoños de frijoles
Beet	Remolacha / Betabel / Betarraga
Cabbage / Cauliflower	Col / Repollo / Berza
Cactus	Cacto / Nopal
Carrot	Zanahoria
Chard	Acelga
Lettuce	Lechuga
Okra	Okra / Quimbombó / Calalú / Molondrón
Onions	Cebolla
Pepper (Green-Red-Yellow Peppers)	Pimiento / Ají / Pimentón / Ají dulce
Purslane	Verdolaga
Spinach	Espinaca
Squash	Calabaza / Zapallo
String Beans	Vainitas / Habichuelas / Poroto verde / Ejotes / Frijoles verdes
Tomato	Tomate / Jitomate
Turnips	Nabo
Wax Beans	Frijoles amarillos / Ejotes amarillos
Zucchini	Calabacitas / Calabacín

