INTRODUCING THE ALASKA NATIVE FAMILY OF

Honoring the Gift of Heart Health

Sara Michael Will Sally Mary Ann Maggie

An Alaska Native Family's Journey

This manual tells a story of an Alaska Native family's journey to heart health.
The path has turns and bumps, but this family's positive outlook
gave them the strength to make changes in their lives.
They have learned that heart health is a gift to pass on to future generations.
The grandmother's (Mary) wisdom and the family's strong support
enabled them to make heart healthy changes together.

The family will show you how to choose the same journey to heart health.
They will share practical tips and traditional ways for you and those around you
to protect your heart. Learn from the their example
and be encouraged that you can do it too!

Honor the gift of heart health
by choosing a healthy lifestyle for you and your family!

Join the *Honoring the Gift of Heart Health* Program

Did You Know…

Nearly one out of four American Indians and Alaska Natives dies of heart disease. But you can do something about it!

In the program, you will:

✔ Learn how to keep your and your family's hearts healthy.

✔ Find ways to increase physical activity, eat in a heart-healthy way, keep a healthy weight, and not smoke.

✔ Enjoy videos, games, role-playing, and other activities that make learning fun.

✔ Get take-home materials you can share with others.

THE PROGRAM IS FREE.

♥

Everyone who completes the program will receive a certificate.

***Honoring the Gift of Heart Health* classes meet once a week for 10 weeks.**

Sponsored by: _____

Location: _____

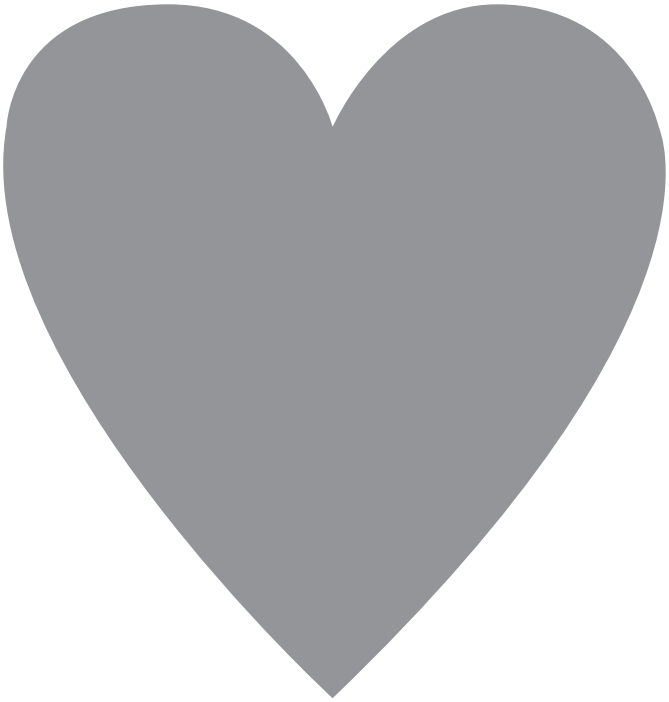
Day/time: _____

Classes begin on: _____

For more information or to register, contact: _____

Strengthen the Heartbeat of Your Community and Future Generations!

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
National Institutes of Health
National Heart, Lung, and Blood Institute
and
Indian Health Service



Use this shape to cut out the heart (see page 11).

Are You at Risk for Heart Disease?

Name: _____

Risk factors are traits or habits that make a person more likely to develop heart disease. Read this list of risk factors for heart disease. Check the ones you have. Think about the risk factors for your family members too.

Heart disease risk factors you can do something about:

Check the ones you have.

☐ Cigarette smoking

☐ High blood pressure ☐ Not sure

☐ High blood cholesterol ☐ Not sure

☐ Diabetes ☐ Not sure

☐ Being overweight or obese ☐ Not sure

☐ Not being physically active

Heart disease risk factors you cannot control:

☐ Age (45 years or older for men and 55 years or older for women)

☐ People in your family having early heart disease (before age 55 in men or before age 65 in women).

The more risk factors you have checked, the greater your risk for heart disease. Talk to your doctor about your risk.

Take Care of Your Heart: Diabetes and Heart Disease

Having diabetes can lead to heart attack or stroke,
but it doesn't have to.

What is diabetes?

- Diabetes is a disease in which the body does not produce enough insulin or does not use insulin properly. Insulin is a hormone that is needed to change sugar, starches, and other foods into energy needed for daily life. With diabetes, the blood glucose (sugar) levels are high.
- Diabetes is serious and can lead to heart attack, blindness, amputation, and kidney problems.
- Diabetes is more and more common today for AI/AN. About one out of eight AI/AN adults has diabetes.

Type 2 Diabetes is most common in adults, but it is now starting to appear in children.

What are the signs and symptoms of Type 2 Diabetes?

- Many people have no signs or symptoms. Type 2 Diabetes develops gradually and sometimes has no symptoms. Even if you have no symptoms of diabetes, if you have any of the risk factors above, ask your health care provider about getting tested for it.

Your chances of getting diabetes are greater if:

- You are overweight, especially if you have extra weight around the waist.
- You are physically inactive.
- You have a family member with diabetes.
- You had diabetes during pregnancy (gestational diabetes), or gave birth to at least one baby weighing more than 9 pounds.
- Your blood pressure is 140/90 mmHg or higher, or you have been told that you have high blood pressure.
- Your cholesterol levels are not normal. Your HDL cholesterol ("good" cholesterol) is 40 mg/dL or lower, or your triglyceride level is 150 mg/dL or higher.

Here are signs to look for:

- Increased thirst
- Increased hunger
- Fatigue
- Increased urination, especially at night
- Weight loss
- Blurred vision
- Sores that do not heal

Be Smart About Your Heart: Control the ABCs of Diabetes

Some people have "pre-diabetes," which is when blood glucose levels are higher than normal but not in the diabetes range. People with this condition can reduce the risks of developing the diabetes by losing a small amount of weight and increasing their physical activity.

If you have diabetes, controlling your blood glucose levels will help prevent complications.

The ABCs of Diabetes

If you have diabetes, three key steps can help you lower your risk of heart attack and stroke. Follow these "ABCs":

- **A is for A1C test,** which is short for hemoglobin A1C. This test measures your average blood glucose (blood sugar) over the last 3 months. It lets you know if your blood glucose level is under control. Get this test at least twice a year.

  Number to aim for: below 7.

- **B is for blood pressure.** The higher your blood pressure, the harder your heart has to work. Get your blood pressure measured at every doctor's visit.

  Numbers to aim for: below 120/80 mmHg.

- **C is for cholesterol.** "Bad" cholesterol, or LDL, builds up and clogs your arteries. Get your LDL cholesterol tested at least once a year.

  Number to aim for: below 100 mg/dL.

Be sure to ask your health care provider:

- What are my ABC numbers?
- What should my ABC target numbers be?
- What actions should I take to reach my ABC target numbers?

To lower your risk of heart attack and stroke, also take these steps:

- Get physical activity every day.
- Eat less salt, cholesterol, and fat, especially saturated fat.
- Eat more fiber. Choose whole grains, fruits, vegetables, and beans.
- Stay at a healthy weight.
- If you smoke, stop.
- Take medicines as prescribed.
- Ask your doctor about taking aspirin.
- Ask others to help you manage your diabetes.

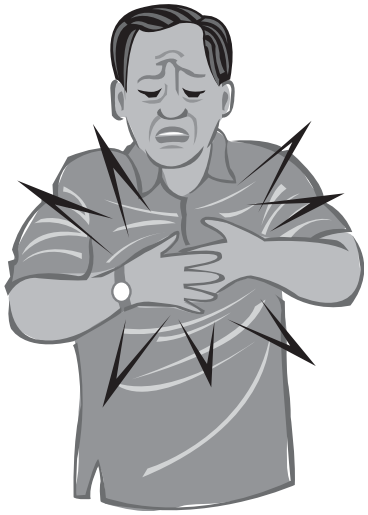
Heart Attack Warning Signs

LEARN WHAT A HEART ATTACK FEELS LIKE.
Act fast. Call 9-1-1.
It could save your life.

Treatments can stop a heart attack as it is happening.
They work best if given within 1 hour of when heart attack signs begin.
If you think you are having a heart attack, call 9-1-1 right away.

KNOW THE HEART ATTACK WARNING SIGNS:

Your chest hurts or feels squeezed



One or both arms, your back, or stomach may hurt.

You may feel pain in the neck or jaw.

You feel like you can't breathe.

You may feel light-headed or break out in a cold sweat.

You may feel sick to your stomach.

Heart Attack Warning Signs *(continued)*

YOU MAY NOT BE SURE IT IS A HEART ATTACK.

A heart attack may not be sudden or very painful. You may not be sure what is wrong.
But it is important to check it out right away.

ACT FAST.
CALL 9-1-1.

Call 9-1-1 in 5 minutes or less.
Do not drive yourself to the hospital.

When you call 9-1-1, an emergency vehicle arrives right away. Treatment can begin at once.

TO HELP SURVIVE A HEART ATTACK, TAKE THESE STEPS:

1. Learn the heart attack warning signs, and act fast if you feel them.
2. Talk with family and friends about the warning signs and the need to call 9-1-1 right away.
3. Ask your doctor about your heart attack risk and how to lower it.

Role-Play 1: at Home

Actor 1
You are at home having breakfast with your spouse. You tell him/her that you woke up not feeling well. You have a variety of symptoms, including:

- some pressure and discomfort in your chest
- your arm hurts
- you feel short of breath
- you feel a little light-headed

Actor 2
You look worried—you are not sure what is wrong with your spouse, but he/she looks sick. You tell your spouse you have recently heard about the signs of a heart attack and you worry that this may be the problem. You say that maybe it is best if you call 9-1-1.

Actor 1
You insist it is nothing, probably just indigestion. It will pass; you will be fine.

Actor 2
You reply by telling your spouse why it is important to call 9-1-1 right away:

- Even if you are not sure it is a heart attack, it is best to check it out.
- If it is a heart attack, fast treatment can prevent damage to the heart.
- Getting to the hospital quickly means that treatment can start right away and maybe save your life.

You call 9-1-1.

Role-Play 2: at Work

Actor 1
You are at work one afternoon and you see that your coworker does not look well. You ask if anything is wrong.

Actor 2
You reply that you came to work this morning not feeling quite right.
You describe the symptoms:

- a heavy feeling in the center of the chest
- difficulty catching your breath
- sick to your stomach
- light-headed
- some pain going down the left arm

Actor 1
You say you have heard that these signs may mean a heart attack. If so, it is best to get it checked out right away at the hospital. You offer to call 9-1-1.

Actor 2
You give your coworker many reasons why this is impossible.

- You ate a big lunch, and it's just indigestion, nothing serious.
- You don't want to cause a scene at work and get everybody worried.
- Why not wait and see if the pain will go away in a little while?
- If you went to the hospital, no one would be there to pick up your grandson from daycare.

Actor 1
You overcome your friend's excuses and tell him/her why it is important to call 9-1-1 right away. You make the call.

Role-Play 3: at Night

Actor 1
You are at home one night reading a magazine when you suddenly start to feel very sick. You call your neighbor on the phone to say you are not feeling well. You describe your symptoms.

- You suddenly feel a very bad pain in the center of your chest.
- You are out of breath and you are breaking out in a cold sweat.

You feel it is something bad, and you think you should drive yourself to the hospital. Will your neighbor go with you?

Actor 2
You tell your neighbor you are worried about him/her. These symptoms sound like the warning signs of a heart attack. You say in this case it is best to call 9-1-1, not to drive yourself, so you will get to the hospital safely and be treated right away when you arrive.

Actor 1
You protest that you don't want to wake up the neighborhood and cause a big scene with the siren and all the lights; it's easier to drive.

Actor 2
You tell your neighbor why it is better to call the emergency service:

- Emergency personnel can start medical care right away.
- If your heart stops beating, emergency personnel can revive you.
- Heart attack patients who arrive by ambulance tend to receive faster treatment when they get to the hospital.

Actor 1
You agree that this makes sense. You ask your neighbor to call 9-1-1 for you right away and then come over to be with you.

Steps to Survival—Step 1

Learn the heart attack
warning signs.

Steps to Survival

STEP 1

■ **Say:**
It is important to know the heart attack warning signs so you can be ready to act fast if they happen. Does anyone remember the warning signs?

If the group does not cover all the signs, ***say:***
Let's review them one more time. The warning signs are:

- **Chest discomfort.** Most heart attack victims have some type of discomfort in the center of the chest that lasts for more than a few minutes or goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness, or pain.
- **Discomfort in other areas of the upper body.** This can include pain or discomfort in one or both arms, the back, neck, jaw, or stomach.
- **Shortness of breath.** This often comes along with chest discomfort, but it can also come before the chest discomfort.
- **Other signs** are breaking out in a cold sweat, nausea, or feeling light-headed.

Steps to Survival—Step 2

Think about what you would do
if you have a heart attack.

Steps to Survival

STEP 2

- **Say:**
  Think about what you should do if you or someone you know has heart attack warning signs. Think about what you would do in different situations such as at home, at work, and in the middle of the night.

  Ask the group to call out suggestions about what they would do.

Steps to Survival—Step 3

Talk with your family and friends about the heart attack warning signs and the importance of calling 9-1-1.

Steps to Survival

STEP 3

■ **Say:**
It is important that the people around you know what to do if you have the warning signs of a heart attack. Ask them to learn the signs. Tell them about the importance of calling 9-1-1 right away—within 5 minutes. Explain why it is better to call 9-1-l than to have someone drive you to the hospital.

Ask the group to call out the reasons why it is good to call 9-1-1.

If the group does not give all the reasons, ***say:***
Let's recall the reasons:

- Emergency personnel can begin treatment right away—even before you get to the hospital.
- If your heart stops beating during the heart attack, emergency personnel have the equipment to start it beating again.
- Heart attack patients who are brought by ambulance tend to get faster treatment when they arrive at the hospital.

Steps to Survival—Step 4

Talk to your doctor
about your risk of a heart attack.

Steps to Survival

STEP 4

■ **Say:**
Ask your doctor about your risk of having a heart attack. Find out if you have conditions that raise your risk, and ask your doctor what you can do to lower your risk.

Ask the group to call out the things that can increase a person's risk of a heart attack.

If the group does not give all the risks, ***say:***
Let's recall the factors that can increase your chance of having a heart attack:

- Age (45 or older for men; 55 or older for women)
- A previous heart attack
- Family history of early heart disease
- Diabetes
- High blood cholesterol
- High blood pressure
- Smoking
- Overweight
- Physical inactivity

Steps to Survival—Step 5

Talk to your doctor about
what you should do if you experience
any of the heart attack warning signs.

Steps to Survival

STEP 5

- **Say:**
  Be sure to talk to your doctor about what you should do if you experience any of the heart attack warning signs. Your doctor may have special instructions for you depending on your medical condition.

Steps to Survival—Step 6

Gather important information
to take along with you to the hospital.

Steps to Survival

STEP 6

- **Say:**
  When you go home, be sure to fill out the information on the handout. It gives health care providers the information they need to know about you in case of an emergency—

  - a person to contact,
  - the name and phone number of your doctor or clinic,
  - the medications you are taking,
  - and any allergies you may have to certain medications.

Heart Attack Survival Plan

Information To Share With Emergency Personnel/Hospital Staff

Medicines you are taking:

_____

_____

_____

_____

Medicines you are allergic to:

_____

_____

_____

_____

If symptoms stop completely in less than 5 minutes, you should still call your health care provider.

Health care provider's phone number during office hours: _____

Health care provider's phone number after office hours: _____

Person You Would Like Contacted If You Go to the Hospital

Name: _____

Home phone number: _____

Work phone number: _____

The Great Race

Narrator: Sara and Michael are Sally and Will's daughter and son. They are talking with Maggie, their cousin, on a sunny April afternoon. Every afternoon they gather by the General Store thinking of things to do and eat Big Hunk candy bars.

Sara: Did you hear? John is going to run in the Fairbanks Marathon on Monday. Maggie said it was in the newspaper this morning.

Michael: I did! He's going to be the next Olga Markova, who won the Boston Marathon in 1992 and 1993.

Maggie: Remember the story that grandma Mary tells us about how our ancestors used to walk and run everywhere before there were dog sleds? She says that running was the only way to carry critical information between villages. Running was their way of life. They were always in such good shape and had so much energy and strength. She tells us that now everyone has so many demands and feels that they have to drive even to the nearest store. This lifestyle has caused our people to increase our chances of getting heart disease.

Sara: You're right! We need to get active too. Running will keep us healthy, and it's an activity that we can do anytime, together or on our own.

Maggie: How about we start running together? Instead of sitting down all afternoon, we can be up and moving around.

Michael: We can start out by brisk walking for 30 minutes a day. Then, we can start jogging short distances and as we get better, we can increase our speed and distance. We'll also have to get comfortable running shoes and make sure that we have plenty of water. Let's try it!

Narrator: One month later…

Sara: Ready for our daily run?

Michael: I sure am! Boy, running was a little hard at first, but now I look forward to running. It's given me more energy; I am less bored; and I don't fall asleep during class anymore.

Maggie: Running has been great! Now, I can walk the five blocks to the General Store without getting out-of-breath. Plus, I lost 7 lbs.!

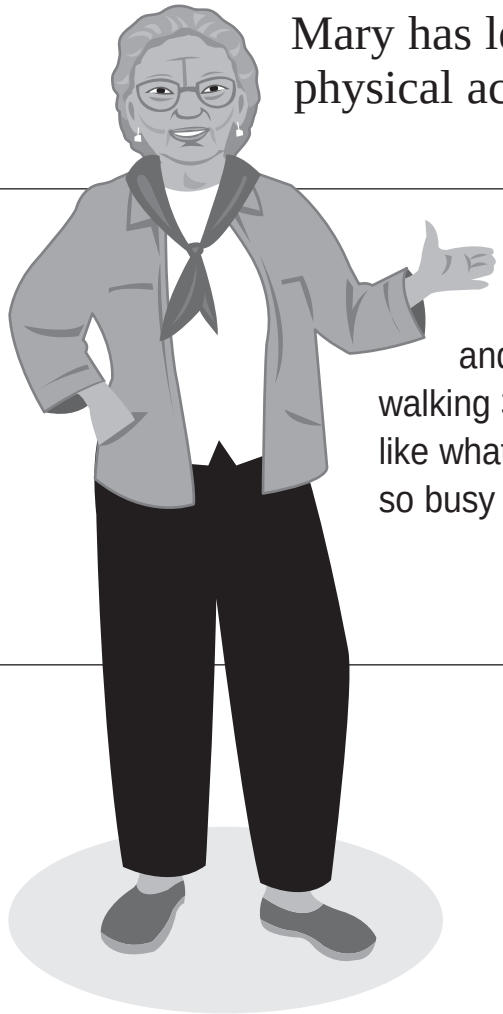
Narrator: Sara, Michael, and Maggie continued to run. Soon, they got their friends and the whole community involved. They joined a local running program and are now encouraging younger kids to run. Sara is now training for the Fairbanks Marathon.

Take Heart—Say Yes to Physical Activity.

Regular physical activity can help your heart and lungs work better, lower your blood pressure and blood cholesterol, and help you control your appetite and weight. What's more, it can help you reduce feelings of depression, and sleep better, as well as feel more energetic and good about yourself. Even better, physical activity can reduce your risk for diabetes and some types of cancer.

Make staying active a lifelong habit

Mary has learned that the more physical activity you do, the easier it gets.



"I do not wait until the end of the day. I am active throughout the day. I take the stairs and walk everywhere I can. Now I am up to walking 30 minutes a day with my neighbor. It helps to like what you do and to do it with someone else. We are so busy talking, we walk even longer."

Keep moving. Start slowly and work your way up!

Strive to do 30 minutes of activity every day. If you're short on time, try three10-minute periods.

Start with Light Activities

- Slow walking
- Watering the lawn or garden
- Light house cleaning
- Cooking

Moderate Activity

The next level is moderate activities such as:

- Brisk walking
- Climbing stairs
- Dancing
- Raking leaves
- Vacuuming
- Weeding and hoeing a garden
- Bowling
- Playing traditional games

High Activity

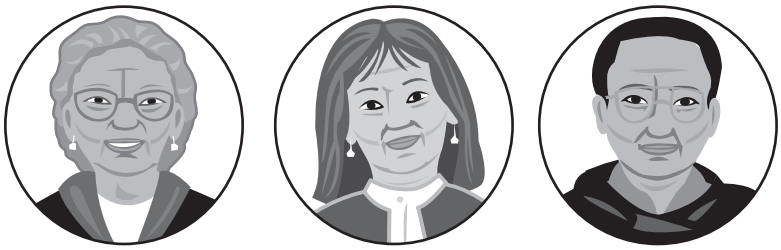
Those who want to increase their level of physical activity should try:

- Running
- Doing aerobics
- Swimming
- Bicycling
- Working out at the gym
- Chopping wood
- Playing basketball, tennis, or soccer

Other things to do to help you and your family get started:

- Leave a pair of walking shoes in your car.
- Set a date and time with a coworker to begin walking.

Mary, Sally, and Will have all increased their physical activity. They now dance and use their exercise machine almost every day; Ann also lifts weights at the gym.



Make your personal pledge to be physically active like this AN family does!

Look at these examples:

Morning

Park the car a few blocks away and walk for 10 minutes.

Noon

During lunch, walk with a friend for 10 minutes.

Evening

After dinner, take a walk with your family.

Write the changes you will try to make this week:

_____

_____

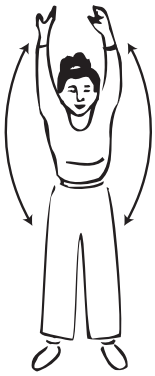
_____

_____

Your health and your family's health are priceless. Make an investment in it!

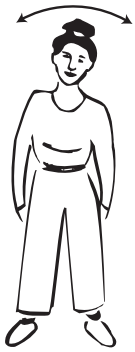
Stretching Exercises

Do these stretches gently and slowly. Do not bounce.



1. Deep breathing

Arms up, breathe in, arms down, breathe out. Two times each.



2. Neck Stretching

Side to side. Two times.

3. Shoulder Stretches

Up and down five times on each side.

4. Side Stretches

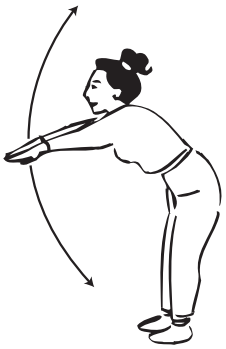
Up and down five times in each direction.

5. Waist Stretches

Side to side three times in each direction.

6. Twists

Side to side three times in each direction.



7. Back and Leg Stretches

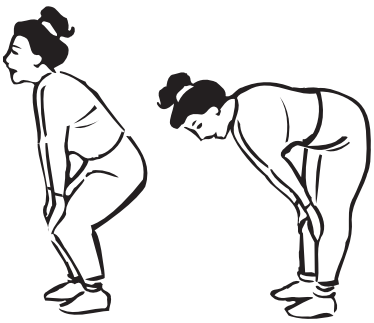
Down and up five times.

8. Back Stretch

Arms through legs six times.

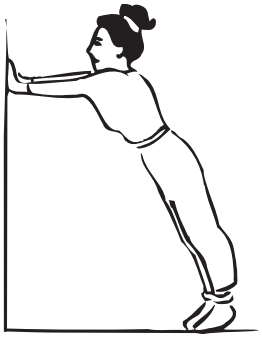
9. Leg Stretch (1)

Hold on to ankle, four times on each side.



10. Leg Stretch (2)

Down and up five times.

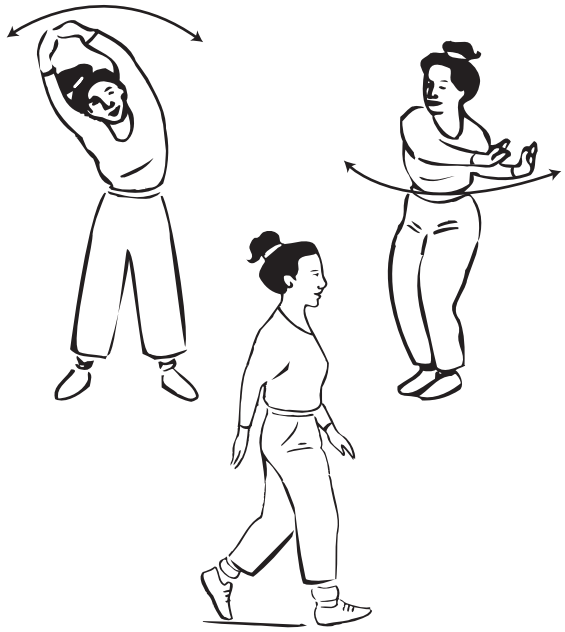


11. Leg Stretch (3)

Move heels up and down six times.

Developed by the California Diabetes Control Program, Department of Health Services, State of California.

How To Exercise



1. Do stretching exercises. (See handout on stretching exercises.) Then walk slowly for 5 minutes.

2. Walk briskly for 20 minutes.

3. Walk slowly for 5 minutes.

4. Relax!

Developed by the California Diabetes Control Program, Department of Health Services, State of California.

Make Physical Activity a Habit
My Personal Record

Name_____

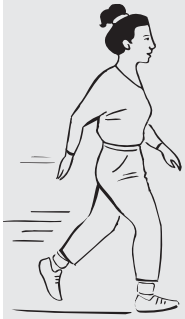
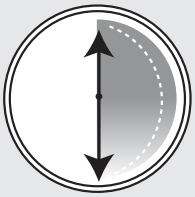
Track your progress every day.
Start out slowly.

Aim to reach 30 minutes or more a day!

Write in the log the number of minutes you are active each day:

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Example Week 1	5 min	5	10	10	15	15	15
Week 1							
Week 2							
Week 3							
Week 4							
Week 5							
Week 6							
Week 7							
Week 8							

Sample Walking Program

	 **Warm Up**	 **Walk**	 **Cool Down**	 **Total Time**
Week 1*	Walk slowly 5 minutes	Walk briskly **5** minutes	Walk slowly 5 minutes	15 minutes
Week 2*	Walk slowly 5 minutes	Walk briskly **7** minutes	Walk slowly 5 minutes	17 minutes
Week 3*	Walk slowly 5 minutes	Walk briskly **9** minutes	Walk slowly 5 minutes	19 minutes
Week 4*	Walk slowly 5 minutes	Walk briskly **11** minutes	Walk slowly 5 minutes	21 minutes
Week 5*	Walk slowly 5 minutes	Walk briskly **13** minutes	Walk slowly 5 minutes	23 minutes
Week 6*	Walk slowly 5 minutes	Walk briskly **15** minutes	Walk slowly 5 minutes	25 minutes
Week 7*	Walk slowly 5 minutes	Walk briskly **18** minutes	Walk slowly 5 minutes	28 minutes
Week 8*	Walk slowly 5 minutes	Walk briskly **20** minutes	Walk slowly 5 minutes	30 minutes

*Do every day of the week

Will's Journey to Heart Health

Description of Actors (Read by Narrator):

Sally (Wife of Will):

- Sally is a traditional woman and who carries out her role as wife and mother according to the old ways. She was 15 when she married Will.

Ann (Sally's younger sister) and **Mary** (Sally and Ann's mother):

- Ann and Mary (who lives with Sally) are comforting Sally on the couch. Her husband of 25 years had a heart attack this morning.

Will

- He had been overweight and was recently diagnosed as having diabetes and high blood pressure. Sitting on the table is the box filled with all his different medications he was supposed to start taking.

Dialogue

Narrator: The women demonstrate grief and comforting actions and alternate in verbalizing their thoughts about Will's heart attack:

Sally: "Will is mostly a good man. Sometimes he spends days away fishing, but when he returns, he always brings plenty of groceries and cases of 'real' soda for the kids."

Mary: "He likes his eggs and dried salmon with oil in the morning, which he eats with toast and jam, and coffee—always 4 teaspoons of sugar. He has to have coffee with his morning cigarettes!"

Ann: "He said he started smoking in the military because that was what fighting men did. He never stopped."

Sally: "He always goes out on the porch to drink his coffee and smokes as he admires the reflection of the mountain peaks on the lake. His father always said that viewing that majestic site at dawn is one of man's sacred moments."

Will's Journey to Heart Health *(continued)*

Mary: "He goes fishing, hunts for deer and beaver. He gathers berries and fiddlehead ferns."

Ann: "He always helps me and the children and supports his relatives when they needed help."

Sally: "He was pretty healthy until the past year. He put off going to see the doctors at the village clinic all these years and never got a checkup! I guess it was the symptoms of diabetes, such as the rapid weight-loss and tremendous thirst. It really scared him when he started losing his eyesight. That got him to go see the doctor."

Mary: "Will went to the traditional healer first, but the healer told him that Alaska Natives didn't use to have these symptoms. Since they stopped have added packaged foods to the traditional way, they have been coming down with this new illness. He recommended that Will go see the doctor and get some medicine.

Sally: "I was with him when the doctor listened to his chest, took his blood pressure, and checked his blood cholesterol. I could see the doctor's eyes, and I didn't have a good feeling when the doctor asked Will if he'd ever been told he had high blood pressure or diabetes and if these diseases ran in his family."

Sally: "The doctor prescribed medicine for high blood pressure and diabetes. He said Will had to lose weight, start walking for at least 30 minutes daily, add more vegetables and fruit to his meals, and cut down on his food portions, the frybread, fatty foods, salt, and sugar he was eating and drinking. The doctor also referred us to a nutritionist to help us learn about a heart healthy meal plan and something about reading the food labels on packaged foods."

Mary: "He is a good man, and is trying to make changes. He started cutting wood and walking. I guess after all these years only his dogs had gotten regular exercise. Anyhow, after eating his regular breakfast and attending to his dogs, he went for a walk. When he got back, he collapsed, saying his chest hurt."

Ann: "The doctor said Will could decrease the risk of another heart attack if he controls his blood pressure and diabetes. I guess he lived life like his father did because his father never had any checkups before he went into the hospital, where he died from a stroke because of high blood pressure."

Sally: "Mother, sister, would you help me find a way to help others learn about having regular checkups for heart disease, high blood pressure, high blood cholesterol, and about quitting smoking and chewing tobacco? Maybe we could get the grandmothers and mothers together to see what we can do to help our families become smoke free."

End—All take a bow.

Epilogue

- **Sally** quits smoking and has become a role model to help the youth be non-smokers.
- **Ann** vows to make sure her family does not smoke, chew, or snuff tobacco and learns new ways to prepare healthy foods.
- **Mary** organizes mothers in her villages to promote cardiovascular health education and physical activity and in schools, including nutritious lunches, and promotes popular support for smoking cessation programs.
- **Will** recovers from his heart attack and starts working with a doctor and a nutritionist on how to live heart healthy. He now walks at lunch and has learned to eat more heart healthy. He has lost 20 pounds and travels throughout the surrounding villages speaking about heart health and his experience having a heart attack.

Honoring the Gift of Heart Health Wallet Card

Cut along dotted lines, paste back to back, and fold in half to make your own personal wallet card.

Front

Try these tips for a healthy heart!

More + fruits, vegetables, and lowfat dairy products
+ physical activity

Lower – saturated and trans fat, cholesterol, and sodium
– BMI, waist circumference

None 0 cigarettes

= Heart Health

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
National Institutes of Health
National Heart, Lung, and Blood Institute

Health for Your Heart

Prevent heart disease.

Get your blood pressure and blood cholesterol checked.

Name _____

(fold)

Back

Know Your Number!

It may save your life.

Blood Pressure	Blood Cholesterol
It is best to have a reading less than 120/80. A reading of 140/90 or more is high blood pressure.	It is best to have a level less than 200. A level of 240 or higher may lead to a heart attack.

If your blood pressure and blood cholesterol levels are at a desirable level, check your blood pressure once a year and your blood cholesterol once every 5 years.

Your Personal Record

FOR BLOOD PRESSURE AND CHOLESTEROL

DATE	BLOOD PRESSURE	CHOLESTEROL
	/	
	/	
	/	
	/	
	/	
	/	
	/	
	/	
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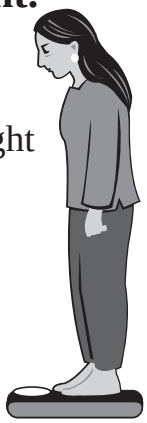
	/	

Take Steps—
Healthy Habits to Lower High Blood Pressure!

To **PREVENT** high blood pressure:

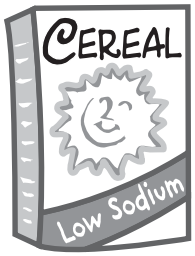
1. **Aim for a healthy weight.**
   Try not to gain extra weight. Lose weight if you are overweight. Try losing weight slowly, about 1 to 2 pounds each week until you reach a healthy weight.



2. **Be active every day.**
   You can walk, dance, use the stairs, play sports, or do any activity you enjoy.

3. **Use less salt and sodium in cooking.**
   Buy foods marked "sodium free," "low sodium," or "reduced sodium." Take the salt shaker off the table.

4. **Eat more fruits and vegetables, whole grain breads and cereals, and lowfat dairy products.**



5. **Cut back on alcohol.**
   Men who drink should have no more than one or two drinks each day. Women who drink should have no more than one drink a day. Pregnant women should not drink any alcohol.

To **LOWER** high blood pressure:

1. **Practice these steps:**
   - Maintain a healthy weight.
   - Be active every day.
   - Eat fewer foods high in salt and sodium.
   - Eat more fruits and vegetables, whole grain breads and cereals, and lowfat dairy products.
   - If you drink alcoholic beverages, do so in moderation.

2. **Take your medicine the way your doctor tells you.**

3. **Have your blood pressure checked often.**

Medicine for High Blood Pressure

FACTS:

- Many people with high blood pressure may take more than one medicine to keep their blood pressure under control.
- Some medicines can cause side effects or reactions, which can be corrected. If this happens, talk to your doctor.
- Eating more fruits and vegetables, cutting back on salt and sodium, losing weight, and being physically active may reduce your need for medicine.

Type	How it works	What you need to know
Diuretics or "water pills"	Help your kidneys clear excess fluid and sodium from your body, which allow the blood vessels to widen to reduce your blood pressure.	• The doctor may give you potassium pills to offset the loss of potassium. Take the medicine as the doctor tells you. • The doctor may give you a diuretic alone or in combination with another blood pressure lowering medicine.
Beta blockers	Makes the heart beat slower and with less force, which helps the blood pressure go down.	• Avoid beta blockers if you have asthma or a problem with your lungs. • Do not stop the beta blocker medicine all at once. It can lead to a very large rise in blood pressure and increase your chance of a heart attack.
ACE* inhibitors and ARBs**	Blocks a substance in the blood that causes your blood vessel to tighten, thus relaxing the blood vessel, which lowers blood pressure.	• Your doctor will check your kidneys and watch your blood pressure closely. • Not to be taken if pregnant.
Calcium channel blockers	Prevent calcium from entering the muscle cells of the heart and blood vessels. This action causes the blood vessels to relax, open wider, and lower the blood pressure.	• Talk to your doctor before taking any allergy medicine.

Other types of medicines: There are many other medicines available to control your high blood pressure. Talk to your doctor to learn more about your high blood pressure treatment plan.

***ACE** (angiotensin–converter enzyme) ****ARBs** (angiotensin–receptor blockers)

Tips for Taking Medicine for High Blood Pressure

Here are some tips:

- Make sure you take medicine every day, not only on the days when you do not feel well.
- Tell the doctor the names of all other medicines, herbs, or supplements you take. Bring everything with you when you have a doctor's appointment.
- Tell the doctor or health aide right away if the medicine makes you feel strange or sick. Ask the doctor about changing the dosage or switching to another type of medicine.
- Refill your medicine before you run out.
- Have your blood pressure checked often to see if the medicine is working for you.
- Don't stop taking your medicine if your blood pressure is okay. That means the medicine is working.

Questions to ask the doctor:

When the doctor gives you medicine for high blood pressure, ask:

Name of medicine(s): _____

Amount of medicine to take: _____

When to take it? _____

What to eat or drink with it? _____

What other medicine is OK to take at the same time? _____

_____

Other: _____

_____

If problems occur, call this number immediately: _____

Read the Food Label for Sodium!

Food labels tell you what you need to know about choosing foods that are lower in sodium. Here's a food label for canned soup. The label tells you:

Canned Soup

Nutrition Facts
Serving Size 1 cup (240mg)
Servings Per Container 2

Amount Per Serving

Calories 90 Calories from Fat 15

	% Daily Value*
Total Fat 1.5g	**2%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 20mg	**7%**
Sodium 820mg	**34%**
Total Carbohydrate 11g	**4%**
Dietary Fiber 1g	**4%**
Sugars 2g	
Protein 7g	

Vitamin A 25% • Vitamin C 0%
Calcium 0% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Number of Servings

The serving size is 1 cup. There are about five servings in the package. Remember, the numbers on the label are for ONE serving, NOT the whole container.

Amount Per Serving

The nutrient amounts are for one serving. So, if you eat more or less than a serving, you need to add or subtract nutrient amounts. For example, if you eat 2 cups of soup, you are eating two servings.

Nutrients: Sodium

Listed are the amounts of sodium in one serving. These amounts are given in milligrams.

Percent Daily Value

The Percent DV helps you compare products and quickly tells you if the food is high or low in sodium. Choose products with the lowest Percent DV for sodium. Five percent or less is low and 20 percent or more is high.

The Choice Is Yours—Compare!

Which one would you choose?

Homemade soup is lower in sodium.

Read the food labels and choose foods that are lower in sodium to help keep your heart strong.

Calories 90 Calories from Fat 0

	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 210mg	**9%**

Calories 90 Calories from Fat 15

	% Daily Value*
Total Fat 1.5g	**2%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 820mg	**34%**

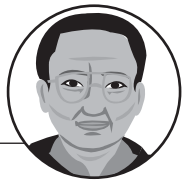
Homemade soup

One serving (1 cup) of homemade soup has only 210 mg of sodium and 9 Percent DV for sodium.

Canned or packaged (dry) soup

One serving (1 cup) of canned soup has 820 mg of sodium and 34 Percent DV for sodium. That is almost four times the sodium found in a serving of homemade soup.

Will's Food Choices



Will's blood pressure was slightly higher the last time he visited his doctor.

The doctor told him to cut back on the amount of sodium he eats.

Use the food labels to help Will's wife, Sally, choose foods that will help Will follow his doctor's advice.

Mark the number of your choice for each pair between the labels.

1 – Tomato Juice

Nutrition Facts
Serving Size 3/4 cup (17ml)
Servings Per Container 1

Amount Per Serving	
Calories 30	Calories from Fat 0
	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 657mg	**27%**
Total Carbohydrate 7g	**2%**
Dietary Fiber 0g	**0%**
Sugars 6g	
Protein 1g	

Vitamin A 6% • Vitamin C 0%
Calcium 0% • Iron 5%

2 – Orange Juice

Nutrition Facts
Serving Size 3/4 cup (177ml)
Servings Per Container 1

Amount Per Serving	
Calories 90	Calories from Fat 0
	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 3mg	**0%**
Total Carbohydrate 21g	**7%**
Dietary Fiber 0g	**0%**
Sugars 20g	
Protein 1g	

Vitamin A 0% • Vitamin C 100%
Calcium 0% • Iron 0%

Lower Sodium Choice _____

3 – Commercial Fish/Meat Marinade Sauce

Nutrition Facts
Serving Size 1 Tbsp (15ml)
Servings Per Container 23

Amount Per Serving	
Calories 20	Calories from Fat 0
	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 630mg	**26%**
Total Carbohydrate 4g	**1%**
Dietary Fiber 0g	**0%**
Sugars 0g	
Protein 0g	

Vitamin A 0% • Vitamin C 0%
Calcium 0% • Iron 0%

4 – Homemade Fish/Meat Marinade Sauce

Nutrition Facts
Serving Size 1 Tbsp (15ml)
Servings Per Container 12

Amount Per Serving	
Calories 6	Calories from Fat 0
	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 100mg	**4%**
Total Carbohydrate 3g	**1%**
Dietary Fiber 0g	**0%**
Sugars 0g	
Protein 0g	

Vitamin A 0% • Vitamin C 0%
Calcium 0% • Iron 2%

Lower Sodium Choice _____

* **Percent Daily Values** are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Will's Food Choices *(continued)*

5 – Packaged Rice Mix

Nutrition Facts
Serving Size 1 cup (195g)
Servings Per Container 3.5

Amount Per Serving

Calories 190 Calories from Fat 5

% Daily Value*

Total Fat 1g	**2%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 820mg	**34%**
Total Carbohydrate 41g	**14%**
Dietary Fiber 2g	**8%**
Sugars 1g	
Protein 3g	

Vitamin A 0% • Vitamin C 4%
Calcium 2% • Iron 10%

Lower Sodium Choice _____

6 – Plain Rice With Herb Seasoning

Nutrition Facts
Serving Size 1 cup (195g)
Servings Per Container 3.5

Amount Per Serving

Calories 190 Calories from Fat 0

% Daily Value*

Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 5mg	**0%**
Total Carbohydrate 44g	**15%**
Dietary Fiber 1g	**3%**
Sugars 0g	
Protein 4g	

Vitamin A 0% • Vitamin C 0%
Calcium 2% • Iron 8%

7 – Canned Salmon

Nutrition Facts
Serving Size 3oz (85g)
Servings Per Container 4.5

Amount Per Serving

Calories 135 Calories from Fat 70

% Daily Value*

Total Fat 8g	**12%**
Saturated Fat 1g	**6%**
Trans Fat 0g	
Cholesterol 60mg	**20%**
Sodium 405mg	**17%**
Total Carbohydrate 0g	**0%**
Dietary Fiber 0g	**0%**
Sugars 0g	
Protein 18g	

Vitamin A 0% • Vitamin C 0%
Calcium 10% • Iron 2%

Lower Sodium Choice _____

8 – Fresh Salmon

Nutrition Facts
Serving Size 3oz (85g)
Servings Per Container 4

Amount Per Serving

Calories 125 Calories from Fat 35

% Daily Value*

Total Fat 4g	**6%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 55mg	**18%**
Sodium 75mg	**3%**
Total Carbohydrate 0g	**0%**
Dietary Fiber 0g	**0%**
Sugars 0g	
Protein 21g	

Vitamin A 2% • Vitamin C 0%
Calcium 0% • Iron 5%

* **Percent Daily Values** are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Will's Food Choices *(continued)*

9 – Canned or Packaged (Dry) Soup

Nutrition Facts
Serving Size 1 cup (240 g)
Servings per container 2

Amount Per Serving

Calories 90 Calories from Fat 15

% Daily Value*

Total Fat 1.5g	**2**%
Saturated Fat 0g	**0**%
Trans Fat 0g	
Cholesterol 20mg	**7**%
Sodium 820mg	**34**%
Total Carbohydrate 11g	**4**%
Dietary Fiber 1g	**4**%
Sugars 2g	
Protein 7g	

Vitamin A 25% • Vitamin C 0%
Calcium 0% • Iron 4%

Lower Sodium Choice

_____

1 – Homemade Soup (or Canned, Low Sodium)

Nutrition Facts
Serving Size 1 cup (240 g)
Servings per container 2

Amount Per Serving

Calories 90 Calories from Fat 0

% Daily Value*

Total Fat 0g	**0**%
Saturated Fat 0g	**0**%
Trans Fat 0g	
Cholesterol 0mg	**0**%
Sodium 210mg	**9**%
Total Carbohydrate 12g	**4**%
Dietary Fiber 8g	**32**%
Sugars 6g	
Protein 6g	

Vitamin A 200% • Vitamin C 8%
Calcium 4% • Iron 20%

* **Percent Daily Values** are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

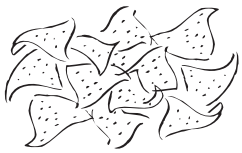
Sodium in Foods

Choose MORE Often

(Foods LOWER in Sodium)

- Chicken and turkey (with skin removed)
- Fresh fish or rinsed canned fish such as salmon or tuna

- Canned foods packed in water
- Low sodium or reduced sodium cheeses
- Low salt or salt free chips, nuts, pretzels



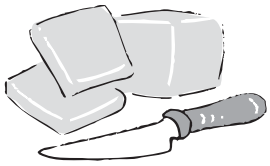
- Plain rice, noodles, or pasta
- Homemade, low sodium, or reduced sodium chips
- Fresh, frozen, "no salt added," or rinsed canned vegetables
- Spices, herbs, and flavorings such as cilantro, dill, basil, parsley, garlic powder, onion powder, vinegar, and chili

Choose LESS Often

(Foods HIGHER in Sodium)

- Smoked and cured meats such as bacon, ham, sausage, hot dogs, and bologna

- *Canned lunch meat, canned fish such as sardines (that are not rinsed), and salted/dried cod
- *Canned foods packed in broth or salt
- Most cheeses



- Salty chips, crackers, nuts, and pretzels
- Quick-cooking rice, boxes of mixed rice, potatoes, or noodles
- Regular canned soups or instant soups
- *Regular canned vegetables, pickles, olives, and pickled vegetables

- Condiments and seasonings such as soy sauce, ketchup, garlic salt, seasoning salt, bouillon cubes, meat tenderizer, and monosodium glutamate (MSG)

*Rinse canned foods to reduce the sodium.

Keep Your Heart in Mind. Eat Less Salt and Sodium.

Eating less salt and sodium can help prevent and lower your high blood pressure, and it sets a good example for your children.

Do you know your blood pressure reading?

It is best to have a blood pressure less than **120/80 mmHg.** If your blood pressure is between **120/80** and **139/89 mmHg** you have **prehypertension**. This means that you don't have high blood pressure yet but are likely to develop it if you don't make lifestyle changes. If your blood pressure is **140/90 mmHg** or higher, you have high blood pressure. High blood pressure does not go away by itself. Ask your doctor for help in lowering it. If you don't know your blood pressure reading, ask your doctor about it.

Write down your blood pressure reading here:

_____/_____

Spice it up!

Discover how much flavor you can add by using spices and herbs.

Mary has learned that it's not hard to get your family to eat less salt and sodium. After a while, her family got used to less salt and did not miss it!

To break your family's habit of using the salt shaker at the table, try Mary's secret recipe!

Also, look for other salt-free seasonings in the grocery store.

Fill the salt shaker with this combination of herbs and spices and use it, instead of salt, to flavor foods:

- 1/2 cup paprika
- 2 tablespoons oregano
- 2 teaspoons dried chili peppers
- 1 teaspoon garlic powder
- 1 teaspoon black pepper
- 1/2 teaspoon red pepper

Take the lead and try these simple changes

When Shopping

1. Buy fresh, plain, frozen, or no salt added canned vegetables. Choose food packed in water, instead of broth or salt.
2. Buy fresh garlic or garlic powder instead of garlic salt.
3. Choose foods labeled “low sodium,” “sodium free,” or “no salt added.”

When Cooking

1. Gradually reduce the amount of salt until you don’t use any.
2. Add little or no salt to the water when cooking beans, rice, pasta, and vegetables.
3. Cut back on smoked, cured, and processed beef, pork, and poultry such as bologna, ham, and sausage.
4. Rinse all canned products to reduce the amount of sodium.

When Eating

1. Fill the salt shaker with a mixture of herbs and spices.
2. Gradually reduce the amount of salt added at the table until you add none.
3. Choose fruits and vegetables instead of salty snacks like chips, fries, and pork rinds.

Will has learned to control his high blood pressure. He takes his blood pressure pills with breakfast every morning to make sure that he doesn’t forget to take them. He has stopped smoking, walks daily, and found that food can still taste good with less salt and sodium.

Make your personal pledge to do what Will has done! Look at these examples:

Breakfast
Cook oatmeal with fat free or lowfat (1 percent) milk, raisins, cinnamon, and no salt.

Lunch
Use leftover roasted chicken to make a sandwich instead of using luncheon meats.

Dinner
Make your own stew with vegetables, and half the amount of salt.

Snack
Eat a bowl of berries instead of chips.

Write the changes you will try to make this week:

_____

_____

_____

_____

_____

_____

Your health and your family’s health is priceless. **Make an investment in it!**

Tips To Eat Less Salt and Sodium

1. Read the food label to choose foods lower in sodium.

2. Eat fewer canned and processed foods that are high in sodium (e.g., bologna, crisp pork rinds, sausage, pepperoni, salami, hot dogs, regular canned and instant soups, regular cheese, and chips).

3. Eat fresh fruits and vegetables instead of salty snacks.

4. Eat fewer salted crackers and nuts. Try unsalted nuts and unsalted or low sodium crackers.

5. Eat fewer olives and pickles.

6. Use half the amount of salt you normally use when cooking, if any. Gradually reduce the amount of salt you use, until you use none.

7. Season food with herbs and spices instead of salt.

8. Use reduced sodium bouillon, and soy sauce. If you use these condiments, do not add salt to your food.

9. Use garlic **powder** and onion **powder** instead of garlic salt or onion salt.

10. Use less salt at the table.

11. Eat vegetables and fruits without adding salt.

12. When eating out, ask that salt **not be** added to your portion, especially with french fries.

13. Taste your food before you add seasoning.

Use Herbs and Spices Instead of Salt

Basil: Use in soups, salads, vegetables, fish, and meats.

Cinnamon: Use in salads, vegetables, and breads.

Cilantro: Meats, sauces, stews, and rice.

Chili Powder/Chile Pequeño: Use in soups, salads, vegetables, and fish.

Cloves: Use in soups, salads, and vegetables.

Dill Weed and Dill Seed: Use in fish, soups, salads, and vegetables.

Garlic Powder: Used in pasta sauces, stews, soups, marinades, and meats.

Ginger: Use in soups, salads, vegetables, and meats.

Marjoram: Use in soups, salads, vegetables, beef, fish, and chicken.

Nutmeg: Use in vegetables and meats.

Oregano: Use in soups, salads, vegetables, meats, and chicken.

Onion Powder: Meats, poultry, soups, and salads.

Parsley: Use in salads, vegetables, fish, and meats.

Rosemary: Use in salads, vegetables, fish, and meats.

Sage: Use in soups, salads, vegetables, meats, and chicken.

Thyme: Use in salads, vegetables, fish, and chicken.

Note: To start, use small amounts of these herbs and spices to see if you like them.

Alaska Salmon Salad

This is a delicious low cost recipe. Fresh salmon is naturally low in sodium. Keep this recipe low in so sodium by using nonfat yogurt.

1 fillet (14 oz)	salmon, cooked
1/3 cup	green onion, chopped
1/3 cup	celery, chopped
1/3 cup	yogurt, plain, nonfat
1 tbsp	lemon juice
To taste	black pepper

1. Bake fresh, unsalted salmon. Flake and place in a bowl and chill.
2. After salmon is chilled, stir in remaining ingredients.
3. Season with pepper to taste.
4. Serve as a side dish or salad, or spread on pilot bread or unsalted crackers.

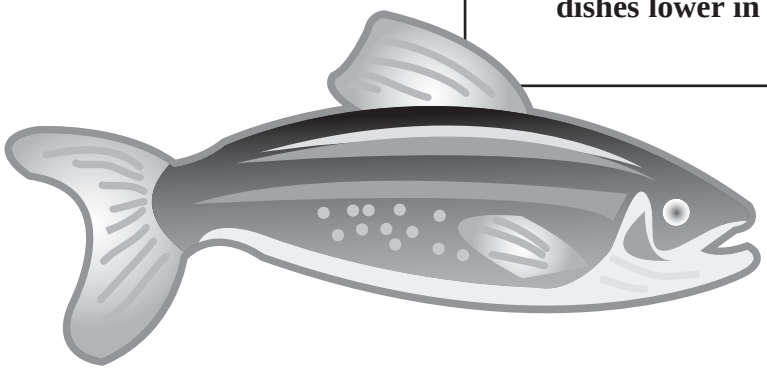
Yield: 6 servings
Serving size: 1/4 cup
Each serving provides:
Calories: 105
Total fat: 4g
Saturated fat: 1g
Cholsallyol: 37mg
Sodium: 47mg
Calcium: 43mg
Iron: 1mg

Quick Tips

This recipe is lower in salt and sodium than most dishes. It uses:

- Unsalted salmon instead of canned or salted salmon
- Fresh vegetables instead of regular canned vegetables
- Fresh onion and celery, for flavoring instead of onion salt
- Black pepper instead of salt for seasoning

Remember these tips to make other dishes lower in salt and sodium.



Storytelling: The Legend of the Rock

In the beginning, the Creator was lonely and decided to create the Mother Earth, and upon her the plants, fire, water, the four-leggeds, winged ones, those that swim, and then finally the two-leggeds—the people. The Creator said, "There is something different and special about the two-legged, because they will have strong, deep feelings, and thoughts, and also they will experience struggles, sorrow, and hurt." In the Creator's wisdom, he knew there would be times enough to take and carry the hardships for the two-legged. The Creator gave them Rock. It is strong and durable. You can put Rock into the fire, and it remains the same. You can throw a Rock in the water and still it holds together strong. Rock will be strong enough to carry those messages back to the Creator when the hardships become too heavy for The People. Creator said, "This is my gift to The People. You don't have to carry your burdens alone. The Rock, as a source of strength, will remind you of the benefits of heart healthy living."

Be Good to Your Heart.

Know Your Cholesterol Numbers and Take Action!

Do you know your cholesterol and triglyceride numbers?

A lipid profile measures your cholesterol and triglyceride levels and can be tested at the doctor's office. Adults 20 and older should have a lipid profile.

Here is what your cholesterol numbers mean:

Total cholesterol (mg/dL):

Less than 200	Desirable
200–239	Borderline high: Depending on your other risk factors, you may be at a higher risk for heart disease.
240 or higher	High: You are at risk for clogged arteries and a heart attack.

LDL (lousy, bad) cholesterol (mg/dL): Keep it low!

Less than 100	Optimal (ideal)
100–129	Near optimal/above ideal
130–159	Borderline high
160–189	High
190 and above	Very high

Write Your Numbers Here

Total: _____

LDL: _____

HDL: _____

Triglycerides: _____

HDL (healthy, good) cholesterol (mg/dL):
The higher the better! Keep it above 40.

Triglycerides (mg/dL) Keep it below 150.

Make the switch to heart healthy eating today!

How I switched my family from whole to fat free milk:

To switch my family from drinking whole milk to fat free milk, I served them whole milk mixed with reduced fat milk for a month. During the next month, I served them reduced fat milk mixed with lowfat milk, then lowfat milk mixed with fat free milk, until they were drinking only fat free milk. Soon they couldn't even taste the difference.

Try some of these simple changes

When Shopping

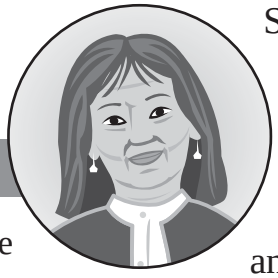
1. Buy lowfat (1 percent) or fat fee (skim) milk and lowfat or fat free cheese.
2. Buy nonstick cooking oil spray. Spray it on baking pans and skillets instead of using a lot of fat for greasing pans.
3. Use the food label to help you choose foods lower in saturated fat, trans fat, and cholesterol.

When Cooking

1. Trim the fat from meat and the skin and fat from chicken and turkey before cooking.
2. Cook ground meat, drain the fat, and rinse with hot tap water. This removes half of the fat.
3. Cool soups and remove the layer of fat that rises to the top.

When Eating

1. Use fat free or lowfat salad dressing, mayonnaise, or sour cream.
2. Use lean meats instead of high fat canned meats.
3. Choose fruits and vegetables instead of high fat foods like chips or fries.



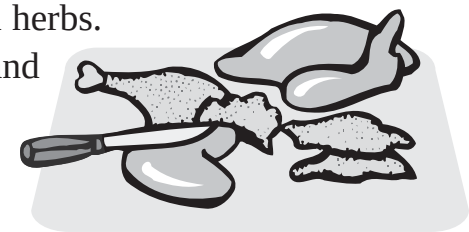
Sally has learned that eating foods high in saturated fat can raise her blood cholesterol level. So she's modified her favorite pie recipe by using soft margarine, fat free milk, and lowfat cream cheese. Now the pie is lower in fat, saturated fat, trans fat, and cholesterol, and it still tastes great.

Make your personal pledge to do what Sally has done! Look at these examples:

Breakfast
Use lowfat milk in coffee or cereal.

Lunch
Use leftover roasted turkey to make a sandwich. Eat it with some raw carrots and a banana for dessert.

Dinner
Bake chicken with herbs. Take the skin off and throw it away before cooking.



Snack
Eat an apple instead of fatty chips.

Write the changes you will try to make this week:

_____

_____

_____

_____

_____

_____

Your health and your family's health is priceless. **Make an investment in it!**

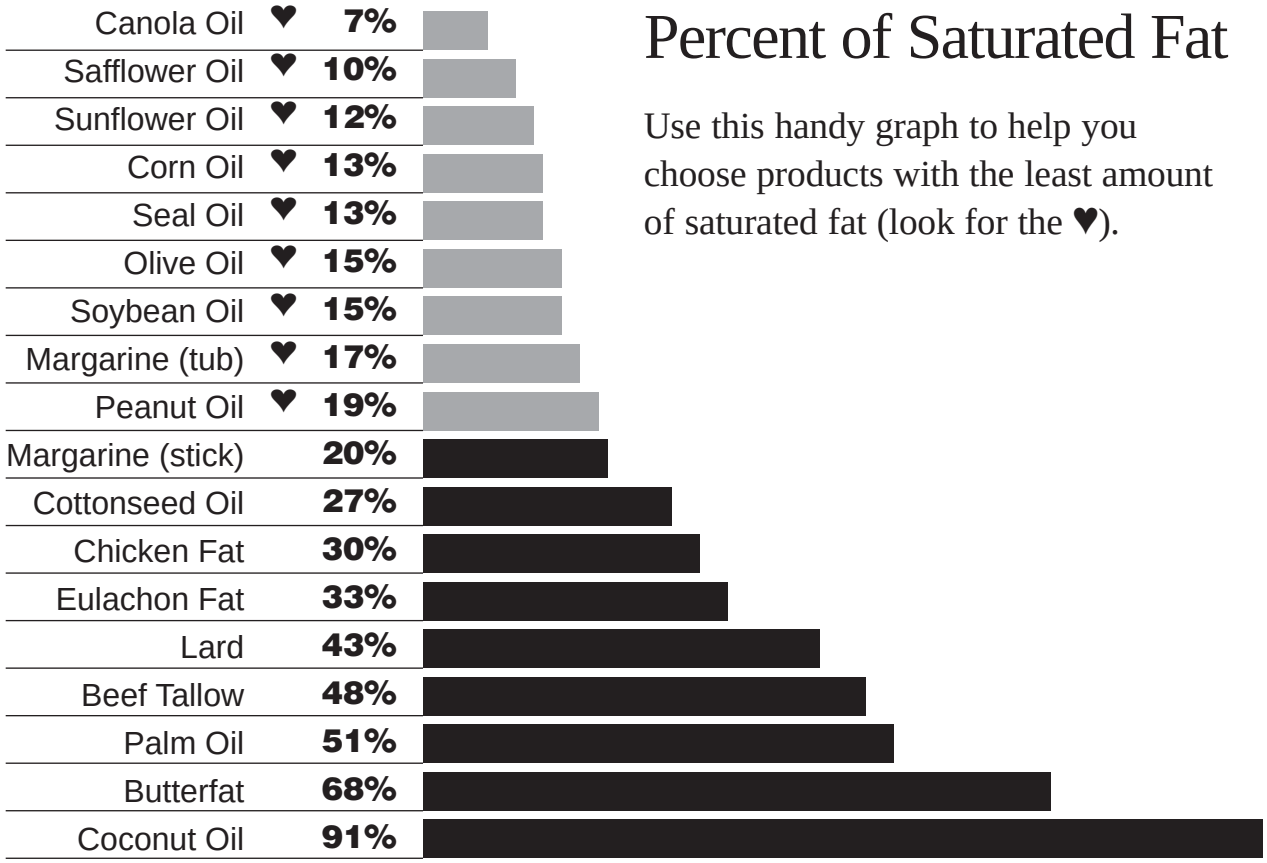
Fats and Oils To Choose

When you do use fats and oils, choose those with less saturated fat.

Lower in Saturated Fat— Choose <u>More</u> Often	**Higher in Saturated Fat— Choose <u>Less</u> Often**
♥ Canola, olive, safflower, soybean, and sunflower oils ♥ Margarine (especially light margarine)	♥ Butter ♥ Solid shortening ♥ Lard ♥ Fatback ♥ Stick margarine

Read the Food Label To Choose Foods

Lower in Saturated Fat, Trans Fat, and Cholesterol!



Percent of Saturated Fat

Use this handy graph to help you choose products with the least amount of saturated fat (look for the ♥).

Adapted from Canola Council of Canada

Read the Food Label for Saturated Fat!

Food labels tell you what you need to know about choosing foods that are lower in saturated fat, ttrans fat, and cholesterol. Here's a food label for a can of pork luncheon meat. The label tells you:

Amount Per Serving

The nutrient amounts are for one serving. So, if you eat more or less than one serving, you need to add or subtract nutrient amounts. For example, if you eat 4 ounces of meat, you are eating two servings. So, you need to double the amount of total fat, saturated fat, and cholesterol.

Nutrients

Here are the amounts of saturated fat, trans fat, and cholesterol in one serving. These amounts are given in grams (g) or milligrams (mg).

Canned Lunch Meat

Nutrition Facts
Serving Size 2 oz (56g)
Servings Per Container 6

Amount Per Serving

Calories 190 Calories from Fat 155

	% Daily Value*
Total Fat 17g	**26%**
Saturated Fat 6g	**30%**
Trans Fat 0g	
Cholesterol 35mg	**11%**
Sodium 730mg	**30%**
Total Carbohydrate 1g	**0%**
Dietary Fiber 0g	**0%**
Sugars 0g	
Protein 7g	

Vitamin A 0% • Vitamin C 0%
Calcium 0% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Serving size and number of servings

The serving size is 2 ounces. There are six servings in the can.

Percent Daily Value

The Percent DV helps you compare products. Choose products with the lowest Percent DV for saturated fat, and cholesterol. If you have high blood cholesterol you need even less saturated fat, trans fat, and cholesterol. A doctor or registered dietitian can help you with this.

The Choice Is Yours—Compare!

Which one would you choose?

The lean meat is lower in saturated fat, cholesterol, and calories.

That makes the lean meat a better choice! Read food labels and choose products to keep your heart strong.

Calories 190 Calories from Fat 155

	% Daily Value*
Total Fat 17g	**26%**
Saturated Fat 6g	**30%**
Trans Fat 0g	
Cholesterol 35mg	**11%**
Sodium 730mg	**30%**

Canned Lunch Meat

Two ounces of canned meat have 30 percent (over 1/3) the DV of saturated fat you should limit yourself to in 1 day—that's a lot.

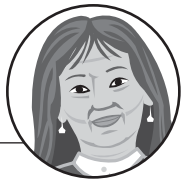
Calories 60 Calories from Fat 15

	% Daily Value*
Total Fat 1.5g	**2%**
Saturated Fat 0.5g	**3%**
Trans Fat 0g	
Cholesterol 25mg	**8%**
Sodium 470mg	**20%**

Lean Lunch Meat

Two ounces of lean lunch meat have only 3 Percent DV of saturated fat. You can learn a lot from a food label.

Sally's Breakfast Choices



Sally has little time in the morning to prepare breakfast. She often has fry bread and a cup of coffee with 1/2 cup of whole milk and 2 teaspoons of sugar.

Look at the food labels. Help her select some breakfast foods that are lower in saturated fat than her choices.

Which should she choose? Mark the number of your choice for each pair in the "Lower Fat Choice" space to the right.

1 – Fry Bread

Nutrition Facts
Serving Size 1 piece (90g)
Servings Per Recipe 12

Amount Per Serving

Calories 330 Calories from Fat 110

	% Daily Value*
Total Fat 12g	**18%**
Saturated Fat 4.5g	**23%**
Trans Fat 0g	
Cholesterol 7mg	**2%**
Sodium 161mg	**7%**
Total Carbohydrate 49g	**16%**
Dietary Fiber 2g	**8%**
Sugars 2g	
Protein 8g	

Vitamin A 0% • Vitamin C 0%
Calcium 0% • Iron 2%

2 – Oven Bread

Nutrition Facts
Serving Size 1 slice (64g)
Servings Per Recipe 12

Amount Per Serving

Calories 220 Calories from Fat 10

	% Daily Value*
Total Fat 1g	**2%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 100mg	**4%**
Total Carbohydrate 46g	**15%**
Dietary Fiber 2g	**6%**
Sugars 6g	
Protein 6g	

Vitamin A 0% • Vitamin C 0%
Calcium 1% • Iron 14%

Lower Saturated Fat Choice _____

3 – Whole Milk

Nutrition Facts
Serving Size 1 cup (236ml)
Servings Per Container 16

Amount Per Serving

Calories 150 Calories from Fat 70

	% Daily Value*
Total Fat 8g	**12%**
Saturated Fat 5g	**25%**
Trans Fat 0g	
Cholesterol 35mg	**12%**
Sodium 125mg	**5%**
Total Carbohydrate 12g	**4%**
Dietary Fiber 0g	**0%**
Sugars 11g	
Protein 8g	

Vitamin A 6% • Vitamin C 4%
Calcium 30% Iron 0% Vitamin D 25%

4 – Fat Free Milk

Nutrition Facts
Serving Size 1 cup (236ml)
Servings Per Container 16

Amount Per Serving

Calories 90 Calories from Fat 0

	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 5mg	**2%**
Sodium 125mg	**5%**
Total Carbohydrate 12g	**4%**
Dietary Fiber 0g	**0%**
Sugars 11g	
Protein 8g	

Vitamin A 10% • Vitamin C 4%
Calcium 30% Iron 0% Vitamin D 25%

Lower Saturated Fat Choice _____

* **Percent Daily Values** are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Sally's Breakfast Choices *(continued)*

5 – Doughnut

Nutrition Facts
Serving Size 1 doughnut (54g)
Servings Per Container 5

Amount Per Serving

Calories 290 Calories from Fat 170

	% Daily Value*
Total Fat 19g	**30%**
Saturated Fat 6g	**32%**
Trans Fat 2g	
Cholesterol 10mg	**4%**
Sodium 240mg	**10%**
Total Carbohydrate 27g	**9%**
Dietary Fiber 1g	**0%**
Sugars 15g	
Protein 3g	

Vitamin A 0% • Vitamin C 0%
Calcium 2% • Iron 8%

Lower Saturated Fat Choice

_____

6 – English Muffin

Nutrition Facts
Serving Size 1 muffin (57g)
Servings Per Container 6

Amount Per Serving

Calories 130 Calories from Fat 10

	% Daily Value*
Total Fat 1g	**2%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 290mg	**12%**
Total Carbohydrate 25g	**8%**
Dietary Fiber 1g	**4%**
Sugars 4g	
Protein 4g	

Vitamin A 0% • Vitamin C 0%
Calcium 15% • Iron 8%

7 – Bagel

Nutrition Facts
Serving Size 1 bagel (75g)
Servings Per Container 6

Amount Per Serving

Calories 210 Calories from Fat 10

	% Daily Value*
Total Fat 1g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 390mg	**16%**
Total Carbohydrate 43g	**14%**
Dietary Fiber 2g	**8%**
Sugars 2g	
Protein 8g	

Vitamin A 0% • Vitamin C 0%
Calcium 6% • Iron 15%

Lower Saturated Fat Choice

_____

8 – Fruit Pastry

Nutrition Facts
Serving Size 1 pastry (62g)
Servings Per Container 5

Amount Per Serving

Calories 260 Calories from Fat 100

	% Daily Value*
Total Fat 11g	**17%**
Saturated Fat 3g	**15%**
Trans Fat 2g	
Cholesterol 0mg	**0%**
Sodium 190mg	**8%**
Total Carbohydrate 38g	**13%**
Dietary Fiber 1g	**4%**
Sugars 11g	
Protein 3g	

Vitamin A 0% • Vitamin C 0%
Calcium 2% • Iron 6%

* **Percent Daily Values** are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Sally's Breakfast Choices *(continued)*

9 – Light Margarine, soft tub

Nutrition Facts
Serving Size 1 Tbsp (14g)
Servings Per Container 80

Amount Per Serving

Calories 50 Calories from Fat 50

	% Daily Value*
Total Fat 6g	**9%**
Saturated Fat 1.5g	**8%**
Trans Fat 0g	
Cholesterol 0mg	**2%**
Sodium 55mg	**2%**
Total Carbohydrate 0g	**0%**
Dietary Fiber 0g	**0%**
Sugars 0g	
Protein 0g	

Vitamin A 10% • Vitamin E 8% • Vitamin C 0%
Calcium 0% • Iron 0%

Lower Saturated Fat Choice

_____

10 – Butter

Nutrition Facts
Serving Size 1Tbsp (14g)
Servings Per Container 32

Amount Per Serving

Calories 100 Calories from Fat 100

	% Daily Value*
Total Fat 11g	**17%**
Saturated Fat 8g	**38%**
Trans Fat 0g	
Cholesterol 30mg	**10%**
Sodium 85mg	**4%**
Total Carbohydrate 0g	**0%**
Dietary Fiber 0g	**0%**
Sugars 0g	
Protein 0g	

Vitamin A 8% • Vitamin C 0%
Calcium 0% • Iron 0%

11 – Lowfat Cheddar Cheese

Nutrition Facts
Serving Size 1 oz
Servings Per Container 8

Amount Per Serving

Calories 50 Calories from Fat 15

	% Daily Value*
Total Fat 1.5g	**2%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 220mg	**9%**
Total Carbohydrate 1g	**0%**
Dietary Fiber 0g	**0%**
Sugars 0g	
Protein 8g	

Vitamin A 4% • Vitamin C 0%
Calcium 10% • Iron 0%

Lower Saturated Fat Choice

_____

8 – Cheddar Cheese

Nutrition Facts
Serving Size 1 oz
Servings Per Container 7

Amount Per Serving

Calories 120 Calories from Fat 90

	% Daily Value*
Total Fat 10g	**15%**
Saturated Fat 7g	**35%**
Trans Fat 0g	
Cholesterol 30mg	**10%**
Sodium 180mg	**8%**
Total Carbohydrate 0g	**0%**
Dietary Fiber 0g	**0%**
Sugars 0g	
Protein 6g	

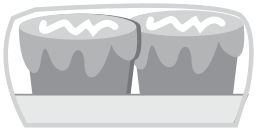
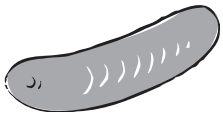
Vitamin A 6% • Vitamin C 0%
Calcium 20% • Iron 0%

* **Percent Daily Values** are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Guess the Fat Activity Sheet

Try to guess the amount of fat (in teaspoons) that is found in each food.

Write your answers on the "My Guess" line.

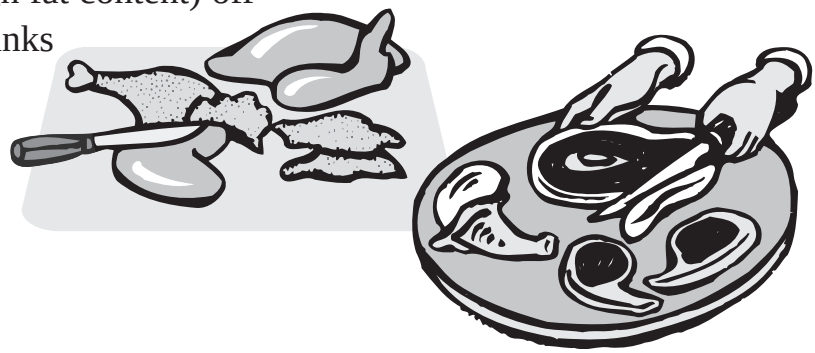
	Food	Teaspoons of Fat: My Guess	Teaspoons of Fat: True Amount
	2 snack cakes (1 package)	_____	_____
	1 cup of berries	_____	_____
	1 cup boiled beans	_____	_____
	1 beef hot dog (1.5 ounces)	_____	_____
	1 chocolate bar	_____	_____
	2 tablespoons of mayonnaise	_____	_____

Cooking With Less Saturated Fat

Poultry and Meat

1. Take the skin (skin has a high fat content) off chicken and turkey. Cut chunks of fat off beef and pork.

2. Cook meat by baking, broiling, boiling, grilling or by microwave.

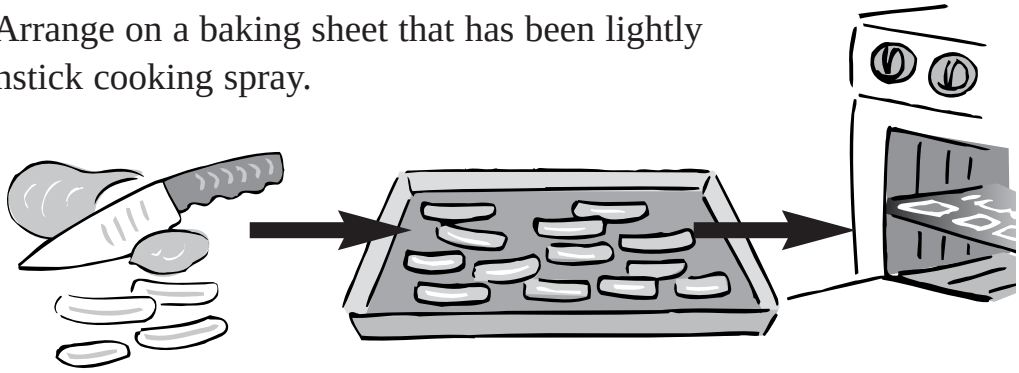


Oven Fried Potatoes

1. Cut potatoes in the shape of thick french fries.

2. Leave peel on. Arrange on a baking sheet that has been lightly sprayed with nonstick cooking spray.

3. Bake at 350 °F for 1 hour.



Agutuk

1. Reduce the fat and calories in Agutuk by substituting half or all of the shortening or animal fat with fat free or lowfat yogurt.

2. Use sugar substitute for sugar.

3. Use double the amount of fresh berries than is normally used.

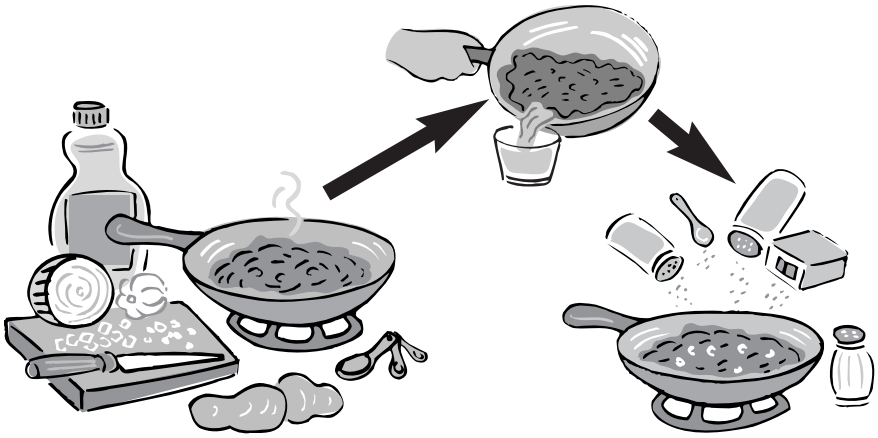
Cooking With Less Saturated Fat

Ground Meat

Drain and rinse ground meat.

1. Cook ground meat, like hamburger, until it is done.
2. Drain the fat from meat into a container and throw away.
3. Put the drained meat into a colander or strainer in a pot and rinse the meat with hot running water.
4. Use meat as usual.

***Tip**: Dice unpeeled potatoes and add to ground beef. Season with small amount of oregano, powdered cumin, and black pepper. Cook until potatoes are tender.



Soups and Stews

Chill soups and stews to harden the fat.

1. Put the soup or stew in the freezer or refrigerator. The fat layer will form a hard layer.
2. Take the fat layer off with a spoon.
3. Heat the soup or stew and serve as usual.

Fruit Shake

1. Cut your favorite fruit into chunks.
2. Place in a blender along with fat free milk, vanilla, and ice.
3. Blend until it is smooth.

Moose Stew

2 lb	lean moose, cubed
1 medium	onion, chopped
5 stalks	celery, sliced
5 medium	potatoes, cubed
5	carrots, sliced
1/2 cup	rice
1 cup	frozen peas
To taste	pepper

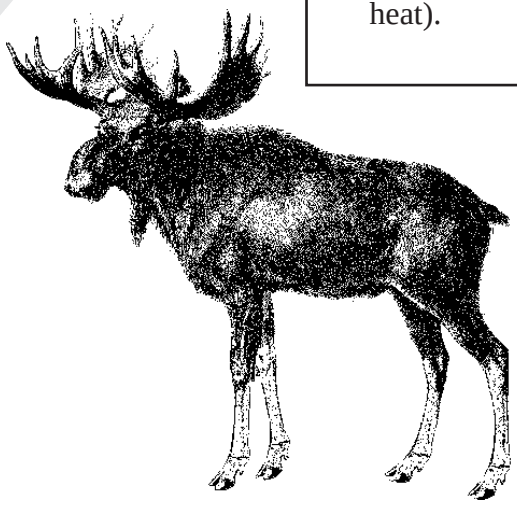
1. Combine moose meat and onion. Add water to cover mixture; liquid above mixture should be 2 inches deep.
2. Bring to a boil and simmer uncovered for 1 hour, or until meat is tender.
3. Add potatoes, carrots, celery, and rice, and simmer 30 minutes until vegetables are tender. Add peas and simmer for 8 minutes.
4. Add pepper to taste before serving.

Yield: 9 servings
Serving size: 1 cup
Each serving provides:
Calories: 254
Total fat: 3g
Saturated fat: 1g
Cholesterol: 57mg
Protein: 24g
Carbohydrates: 33g
Fiber: 4g
Sodium: 115 mg
Calcium: 50 mg

Quick Tips

This recipe is lower in saturated fat and cholesterol because:

- It is made with lean meat.
- No fat is added.
- It is flavored with vegetables and seasonings.
- It is cooked slowly in water (moist heat).



A Legacy of Good Health: A Story About Losing Weight

Two sisters are gathering berries with their mother. After a while, one of the sisters pauses to take a breath.

Ann: (huffing and puffing): How do you have so much energy, Sally? Have you lost weight? You look good!

Sally: Yes, Ann. The doctor told me to do it for my health. It seems that people are gaining weight and more have died of heart disease and diabetes. Did you know that being overweight causes diabetes and heart disease?

Ann: I know I should eat better and get more physical activity, but it's no use. Our mother, uncle, and grandmother were overweight. It's my fate.

Sally: It wasn't always like this. Grandmother Mary, tell us how our people lived in harmony with the mountains, lakes, animals, and sea creatures.

Mary: In the days of your great-great-grandfathers, they lived off the land, sea, and sky. People worked long and hard through hunting, gathering, and farming to feed their families and store for the long winter.

Sally: What sorts of activities did people participate in?

Mary: The people led an active lifestyle in of hunting, fishing, and gathering. Dog racing and games brought honor to men while keeping their bodies healthy and strong. Traditional dancing was also a popular activity. Diseases due to overweight were unknown; your great-great grandparents were not overweight.

Sally: See, Ann? Our people come from a legacy of good health habits. Today we make choices and practice behaviors like trading our natural foods for packaged foods. We are less active, and that puts our health and our spiritual well-being at risk. Besides, young people look up to me and do the things that I do. They say they want to be like me.

Ann: Oh, but I don't have the time to pick up healthy habits. Besides, it's too late. My doctor says I already have high blood pressure and diabetes.

Sally: You're right; those conditions won't go away. But losing even a little weight decreases your risk of having a heart attack or a stroke. It lowers your chance of developing other problems. It even gives your more energy and makes you feel better. The pain in my back and feet went away. I haven't felt this strong in years!

Ann: So what are you doing?

Sally: It is hard to lose weight and I have to go slowly but it is working. For example, I use small amounts of margarine instead of butter. I am not having fried foods. I drink water instead of soda. I don't pile the food on my plate. I cut down on the number of cakes and filler foods like chips; the money I save go towards buying frozen and canned fruits and vegetables. When I am bored, lonely, or upset I take a nature walk instead of eating. The best part is that my family eats the same healthy goods that I eat.

Ann: How much have you lost?

Sally: I have lost 10 pounds. If you make up your mind you can do it too. Why don't you try it with me?

Ann: OK. Let's do it together.

Protect Your Heart. Watch Your Weight.

Check the chart to find your body mass index (BMI). Find your height on the left of the graph. Go straight across from that point until you come to your weight. The number at the top of that row is your BMI.

	HEALTHY WEIGHT						OVERWEIGHT					OBESE					
BMI	**19**	**20**	**21**	**22**	**23**	**24**	**25**	**26**	**27**	**28**	**29**	**30**	**31**	**32**	**33**	**34**	**35**
Height	**Weight (in pounds)**																
4'10"	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167
4'11"	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173
5'0"	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179
5'1"	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185
5'2"	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191
5'3"	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197
5'4"	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204
5'5"	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210
5'6"	118	124	130	136	142	148	155	161	167	173	170	186	192	198	204	210	216
5'7"	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223
5'8"	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230
5'9"	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236
5'10"	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243
5'11"	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250
6'0"	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	258
6'1"	144	151	159	166	174	182	189	197	294	212	219	227	235	242	250	257	265
6'2"	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272
6'3"	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279
6'4"	156	164	172	180	189	197	205	213	221	230	238	246	254	263	271	279	287

What is BMI?

- BMI measures weight in relation to height.
- Heart disease risk increases at higher levels of overweight and obesity.

My weight _____

My BMI_____

Waist Circumference:

A waist measurement of more than 35 inches for women and more than 40 inches for men is high. A high waist measurement increases your risk for heart disease.

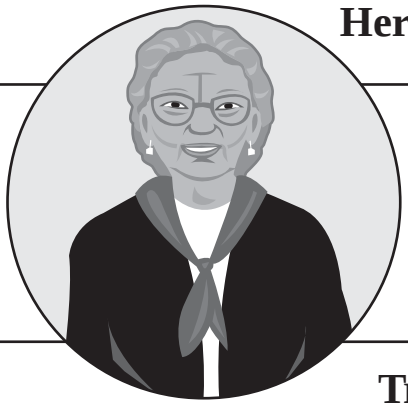
My waist measurement_____

What Does Your BMI Mean?

Healthy Weight	(BMI from 18.5–24.9)	Good for you! Make it a goal to keep your healthy weight.
Overweight	(BMI from 25–29.9)	Try not to gain any weight. You need to lose weight if you have two or more risk factors and: • are overweight, or • have a high waist measurement Ask your doctor or registered dietitian for help.
Obese	(BMI 30 or higher)	You need to lose weight. Lose weight slowly about 1 to 2 pounds a week. Ask your doctor or registered dietitian for help.

Losing Weight Means Making Long-Term Changes.

Here's how Mary found success:



I have been diabetic for 25 years, and I used to weight 200 pounds. After I lost my first 25 pounds, my back and foot problems left me.

Try these tips to get started.

- ♥ Eat fewer foods high in fat—like fried chicken, sausage, and canned meats—that are fatty.
- ♥ Cut down on cakes, pastries, candy, and soft drinks.
- ♥ Eat more fruits, vegetables, and grains.
- ♥ Make stews with lean meat and vegetables.
- ♥ Serve small portions, and do not go for seconds. Don't skip meals.
- ♥ Aim for 30 minutes of physical activity each day.

Make your personal pledge to do what this AN family is doing! Look at these examples:

When shopping

Read labels to choose foods lower in calories.

When cooking

- Bake fish instead of frying it.
- Use nonstick cooking oil spray instead of greasing the pan with oil.

When eating

Have green beans and rice with one piece of chicken instead of three pieces of chicken alone.

Get active

Walk for 10 minutes three times a day.

Write the changes you will try to make this week.

_____

_____

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Sally's Habits and Her Weight

Eat moderate portions.

Be physically active most days.

Maintain weight.

Eat big portions.

Be physically inactive.

Gain weight.

Eat small portions.

Be physically active most days.

Lose weight.

Tips To Help You Lose Weight

1. Choose foods low in fat and low in calories. Try:

- ♥ Fat free (skim) milk or lowfat (1 percent) milk
- ♥ Cheeses marked "lowfat" or "fat free" on the package
- ♥ Fruits and vegetables without butter or sauce. Fruits and vegetables are low in calories and help you feel fuller.
- ♥ Rice, beans, cereals, corn tortillas, and pasta

- ♥ Lean cuts of meat, fish, and skinless turkey and chicken
- ♥ Drink water or low-calorie beverages instead of soda pop and sugar-filled fruit drinks.

2. Make foods the healthy way.

- ♥ Bake, broil, or boil foods instead of frying.
- ♥ Cook beans and rice without lard, bacon, or fatty meats.
- ♥ Use less high-fat cheeses, cream, and butter when cooking.
- ♥ Use cooking oil spray or a little bit of vegetable oil or margarine when cooking.

- ♥ Garnish salads with lowfat or fat free mayonnaise and salad dressings.

3. Limit your portion size.

- ♥ Serve smaller portions—do not go back for seconds.
- ♥ Eat smaller meals and snacks throughout the day instead of one big meal.
- ♥ If you drink fruit juice, make sure it is 100 percent fruit juice and keep an eye on the portion size. The calories in beverages add up quickly.

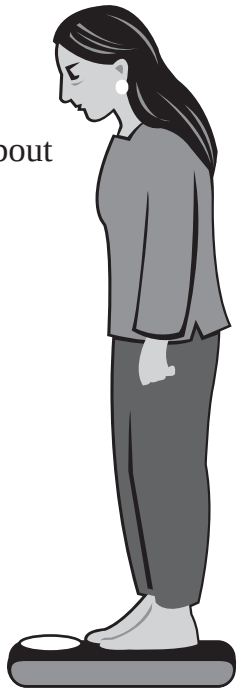
4. Get active! Don't make excuses!

- ♥ Do your favorite physical activity for at least 30 minutes each day. You can do 10 minutes of activity three times a day.

  Try this: If you are pressed for time, walk for 10 minutes three times a day.

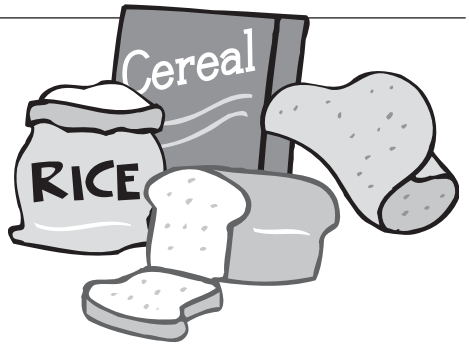
5. Aim for a healthy weight.

- ♥ Try not to gain extra weight. If you are overweight, try to lose weight slowly. Lose about 1 to 2 pounds a week. Even losing 10 pounds can help reduce your chances of developing heart disease.



Serving Sizes*

Breads, Cereals, Rice, and Pasta

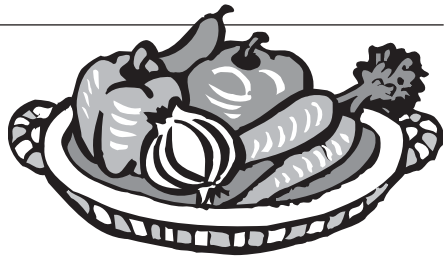


- ♥ 1 slice of bread
- ♥ 1 ounce of ready-to-eat cereal
- ♥ 1/2 cup of cooked cereal, rice, or pasta
- ♥ 1 tortilla

Fruit

- ♥ 1 medium apple, banana, or orange
- ♥ 1/2 cup of chopped, raw, cooked, or canned fruit
- ♥ 3/4 cup of 100 percent fruit juice
- ♥ 1/4 cup of dried fruit

Vegetables



- ♥ 1 cup of raw leafy vegetables
- ♥ 1/2 cup of other vegetables, cooked or chopped raw
- ♥ 3/4 cup of vegetable juice

Milk, Yogurt, and Cheese

- ♥ 1 cup of fat free (skim) or lowfat milk (lactose free, if needed) or yogurt
- ♥ 1 1/2 ounces of lowfat natural cheese
- ♥ 2 ounces of lowfat processed cheese

Lean Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts

- ♥ 2 to 3 ounces of cooked lean meat, poultry without the skin, or fish
- ♥ 1/2 cup of cooked dry beans or 1 egg equals 1 ounce of lean meat
- ♥ 2 tablespoons of peanut butter or 1/3 cup of nuts equals 1 ounce of meat

* These serving sizes may differ from those found on a food label.

Read the Food Label for Calories!

Food labels tell you what you need to know about choosing foods that are lower in calories. Here's a food label for a can of soda. The label tells you:

Soda

Nutrition Facts

Serving Size 1 can (340ml)
Servings Per Container 1

Amount Per Serving

Calories 140 Calories from Fat 0

	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 50mg	**2%**
Total Carbohydrate 39g	**13%**
Dietary Fiber 0g	**0%**
Sugars 39g	
Protein 0g	

Vitamin A 0% • Vitamin C 0%
Calcium 0% • Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

- **Serving size and number of servings.** Serving size and number of servings. The serving size is one can (12 ounces).
- **Amount Per Serving** The nutrient amounts are for one serving. So, if you eat more or less than a serving, you need to add or subtract nutrient amounts. For example, if you drink two cans of soda in a day, you need to double the amount of calories on the label.
- **Calories** The amount of calories in one serving is given here.
- **Sugar** The amount of sugar is shown here.

The Choice Is Yours—Compare!

Which one would you choose?

Drinking soda adds many calories which all come from sugar. Read the food label to find beverages that are sugar free and reduced in calories.

Calories 140 Calories from Fat 0

	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 50mg	**2%**

Soda
A can of soda has 140 calories and 39 grams of sugar.

Calories 0 Calories from Fat 0

	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 35mg	**1%**

Diet Soda
A can of diet soda has 0 calories and sugar. Drinking diet soda or water instead of regular soda saves a lot of calories, which is important when trying to lose weight or maintain a healthy weight.

Sally's Snack Choices

Sally and her family like to have snacks when they watch television. Recently she has noticed that her family has gained a little too much weight.

Use the food labels to choose some tasty snacks that are lower in calories. What should Sally serve?

Mark the number of your choice for each pair on the right. Then mark the number of calories saved by this choice.

1 – Potato Chips

Nutrition Facts
Serving Size 1oz (28g/ 12 chips)
Servings Per Container 20

Amount Per Serving

Calories 160 Calories from Fat 90

	% Daily Value*
Total Fat 10g	**16%**
Saturated Fat 3g	**15%**
Trans Fat 1g	
Cholesterol 0mg	**0%**
Sodium 657mg	**27%**
Total Carbohydrate 7g	**2%**
Dietary Fiber 0g	**0%**
Sugars 6g	
Protein 1g	

Vitamin A 6% • Vitamin C 0%
Calcium 0% • Iron 5%

2 – Popcorn (air-popped)

Nutrition Facts
Serving Size 1 cup (8g)
Servings Per Container 4

Amount Per Serving

Calories 30 Calories from Fat 0

	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**15%**
Trans Fat 1g	
Cholesterol 0mg	**0%**
Sodium 0mg	**0%**
Total Carbohydrate 7g	**2%**
Dietary Fiber 1g	**4%**
Sugars 0g	
Protein 1g	

Vitamin A 0% • Vitamin C 0%
Calcium 0% • Iron 0%

Lower Calorie Choice

_____

Number of Calories Saved

_____

3 – Strawberries

Nutrition Facts
Serving Size 1 cup (244g)
Servings Per Container 2

Amount Per Serving

Calories 45 Calories from Fat 0

	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 1mg	**0%**
Total Carbohydrate 10g	**3%**
Dietary Fiber 3g	13%
Sugars 8g	
Protein 1g	

Vitamin A 1% • Vitamin C 136%
Calcium 2% • Iron 3%

4 – Chocolate Chip Cookies

Nutrition Facts
Serving Size 3 cookies (30g)
Servings Per Container 16

Amount Per Serving

Calories 160 Calories from Fat 70

	% Daily Value*
Total Fat 8g	**0%**
Saturated Fat 2.5g	**0%**
Trans Fat 1.5g	
Cholesterol 0mg	**0%**
Sodium 105mg	**4%**
Total Carbohydrate 21g	**7%**
Dietary Fiber 1g	**4%**
Sugars 10g	
Protein 2g	

Vitamin A 0% • Vitamin C 0%
Calcium 0% • Iron 4%

Lower Calorie Choice

_____

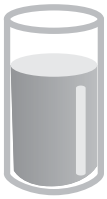
Number of Calories Saved

_____

* **Percent Daily Values** are based on a 2,000 calorie diet.

Sally's Snack Choices *(continued)*

5 – Orange Drink (from powder mix)



Nutrition Facts
Serving Size 1 cup (235ml)
Servings Per Container 24

Amount Per Serving

Calories 100 Calories from Fat 0

	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 0mg	**0%**
Total Carbohydrate 24g	**8%**
Dietary Fiber 0g	**0%**
Sugars 24g	
Protein 0g	

Vitamin A 10% • Vitamin C 100%
Calcium 8% • Iron 0%

Lower Calorie Choice

_____

Number of Calories Saved

_____

6 – Sugarfree Drink (from powder mix)

Nutrition Facts
Serving Size 1 cup (235ml)
Servings Per Container 48

Amount Per Serving

Calories 5 Calories from Fat 0

	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 0mg	**0%**
Total Carbohydrate 1g	**0%**
Dietary Fiber 0g	**0%**
Sugars 0g	
Protein 0g	

Vitamin A 10% • Vitamin C 10%
Calcium 0% • Iron 0%

7 – Chocolate Bar

Nutrition Facts
Serving Size 1 bar (56 g)
Servings Per Container 1

Amount Per Serving

Calories 280 Calories from Fat 0

	% Daily Value*
Total Fat 14g	**22%**
Saturated Fat 5g	**26%**
Trans Fat 0g	
Cholesterol 10mg	**3%**
Sodium 160mg	**7%**
Total Carbohydrate 35g	**12%**
Dietary Fiber 1g	**4%**
Sugars 29g	
Protein 5g	

Vitamin A 0% • Vitamin C 0%
Calcium 4% • Iron 2%

Lower Calorie Choice

_____

Number of Calories Saved

_____

8 – Fruit and Grain Bar

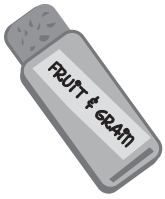
Nutrition Facts
Serving Size 1 bar (24g)
Servings Per Container 6

Amount Per Serving

Calories 140 Calories from Fat 25

	% Daily Value*
Total Fat 3g	**5%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 110mg	**5%**
Total Carbohydrate 27g	**9%**
Dietary Fiber 1g	**4%**
Sugars 11g	
Protein 2g	

Vitamin A 15% • Vitamin C 0%
Calcium 20% • Iron 10%



* **Percent Daily Values** are based on a 2,000 calorie diet.

Sally's Snack Choices *(continued)*

9 – Peaches (canned in fruit juice)

Nutrition Facts
Serving Size 1/2 cup (110g)
Servings Per Container 4

Amount Per Serving

Calories 50 Calories from Fat 0

	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 25mg	**1%**
Total Carbohydrate 13g	**4%**
Dietary Fiber 1g	**4%**
Sugars 9g	
Protein 0g	

Vitamin A 8% • Vitamin C 2%
Calcium 0% • Iron 0%

Lower Calorie Choice

_____

Number of Calories Saved

_____

10 – Peaches (canned in syrup)

Nutrition Facts
Serving Size 1/2 cup (110g)
Servings Per Container 4

Amount Per Serving

Calories 100 Calories from Fat 0

	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 10mg	**0%**
Total Carbohydrate 24g	**8%**
Dietary Fiber 1g	**4%**
Sugars 23g	
Protein 0g	

Vitamin A 2% • Vitamin C 2%
Calcium 0% • Iron 0%

11 – Mayonnaise

Nutrition Facts
Serving Size 1Tbsp (14g)
Servings Per Container 32

Amount Per Serving

Calories 100 Calories from Fat 100

	% Daily Value*
Total Fat 11g	**17%**
Saturated Fat 2g	**10%**
Trans Fat 0g	
Cholesterol 5mg	**2%**
Sodium 75mg	**3%**
Total Carbohydrate 0g	**0%**
Dietary Fiber 0g	**0%**
Sugars 0g	
Protein 0g	

Vitamin A 0% • Vitamin C 0%
Calcium 0% • Iron 0%

Lower Calorie Choice

_____

Number of Calories Saved

_____

12 – Mayonaise, Fat Free

Nutrition Facts
Serving Size 14g (1Tbsp)
Servings Per Container 32

Amount Per Serving

Calories 10 Calories from Fat 0

	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 135mg	**6%**
Total Carbohydrate 3g	**1%**
Dietary Fiber 0g	**0%**
Sugars 1g	
Protein 0g	

Vitamin A 0% • Vitamin C 0%
Calcium 0% • Iron 0%

* **Percent Daily Values** are based on a 2,000 calorie diet.

Green Bean Sauté

1 1/2 cup	green beans (frozen or fresh)*
1 small	yellow onion, sliced
1 clove	garlic
4 tbsp	imitation bacon bits
1/4 tsp	cayenne pepper
As needed	nonfat cooking spray (olive oil flavor)

* Sodium content reflects the use of frozen green beans. If canned green beans are used, the sodium content will be higher. Rinse canned vegetables to reduce sodium content.

Quick Tip

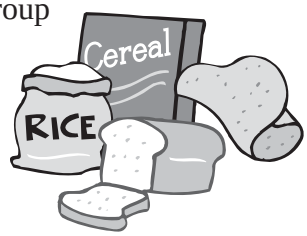
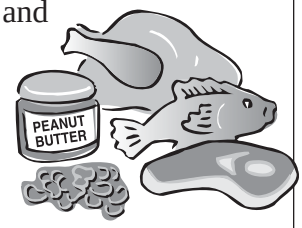
Your family will love this tasty vegetable side dish. The onion, garlic, and cayenne pepper adds flavor but few calories.

1. Steam green beans until they are tender, about 3 minutes.
2. While the beans are being steamed, sauté onion and garlic in olive oil spray.

Yield: 4 servings
Serving size: 1/2 cup
Each serving provides:
Calories: 50
Total fat: 1g
Saturated fat: 0g
Cholesterol: 0 mg
Protein: 3g
Carbohydrates: 7g
Fiber: 2g
Sodium: 136mg
Calcium: 41mg

Source: Eat for a Healthy Heart: Alaska Style Heart Healthy, Patricia Ferman; 2002.

Choose a Variety of Heart Healthy Foods

Grains Group: Breads, Cereal, Starchy Vegetable, Rice, and Pasta Group 	♥ Corn or lowfat whole wheat tortillas ♥ Sliced bread (like wheat, rye, or white), pita bread, English muffins, and bagels ♥ Starchy vegetables such as potatoes, corn, and cooked dry beans, peas, and lentils ♥ Unsalted lowfat crackers (like graham crackers), unsalted pretzels, and plain popcorn ♥ Cooked hot cereals (not instant) and whole grain cold cereals ♥ Pasta (like plain noodles, spaghetti, macaroni) and rice
Fruit Group	♥ Fresh, frozen, or canned fruit juices ♥ Fresh, frozen, canned, or dried fruits (like oranges, papaya, grapefruit, bananas, apples, mangoes, pineapples, watermelons, peaches, and fruit cocktail)
Vegetable Group (without added fat)	♥ Fresh, frozen, or no salt added canned vegetables (like, green beans, carrots, cabbage, tomatoes, yucca, squash, and broccoli)
Milk Group: Milk, Yogurt, and Cheese (Choose lowfat more often)	♥ Fat free (skim) and lowfat (1 percent) milk ♥ Lowfat or fat free yogurt ♥ Cheeses lower in fat and sodium 
Meat and Beans Group: Lean Meat, Poultry, Fish, Eggs, and Nuts 	♥ Chicken or turkey without the skin ♥ Fish ♥ Lean cuts of meat ♥ Beef: round, sirloin, chuck, loin, extra lean ground beef ♥ Pork: leg, shoulder, tenderloin, lean ham ♥ Nuts ♥ Cooked, dry beans, peas, and lentils ♥ Eggs
Fats (Use only in small amounts)	♥ Margarine (liquid, tub (soft), and reduced calorie) ♥ Oils (like canola, corn, safflower, olive, peanut, or sesame oil)
Sweets (Some may be high in calorie. Choose in small amounts.)	♥ Frozen treats (frozen juice pops, frozen lowfat yogurt, sherbet) ♥ Lowfat cake and cookies (angel food cake, fig bar cookies, gingersnaps, animal crackers, vanilla wafers)

The Alaska Native Food Guide Pyramid

Fats, sweets, and alcohol (use sparingly)

FATS

A serving can be:

1 tsp seal or hooligan oil
1 Tbsp cream cheese or salad dressing
1 tsp butter, margarine, oil, or mayonnaise
10 peanuts

SWEETS

A serving can be:

1/2 cup ice cream
1/2 cup agutuk (Eskimo ice cream)
1 small cupcake or muffin
2 small cookies

Meat and others (2-3 servings)

A serving can be:

2–3 oz cooked lean meat or poultry
2–3 oz cooked lean fish or game
1/2 to 3/4 cup tuna or cottage cheese
1 egg*
2 Tbsp peanut butter*

*equivalent to 1 oz meat

Milk (2-3 servings)

A serving can be:

1 cup milk
1 cup yogurt
1/2 cup evaporated milk
1/3 cup dry milk
2–3 oz cheese

Fruits (2-4 servings)

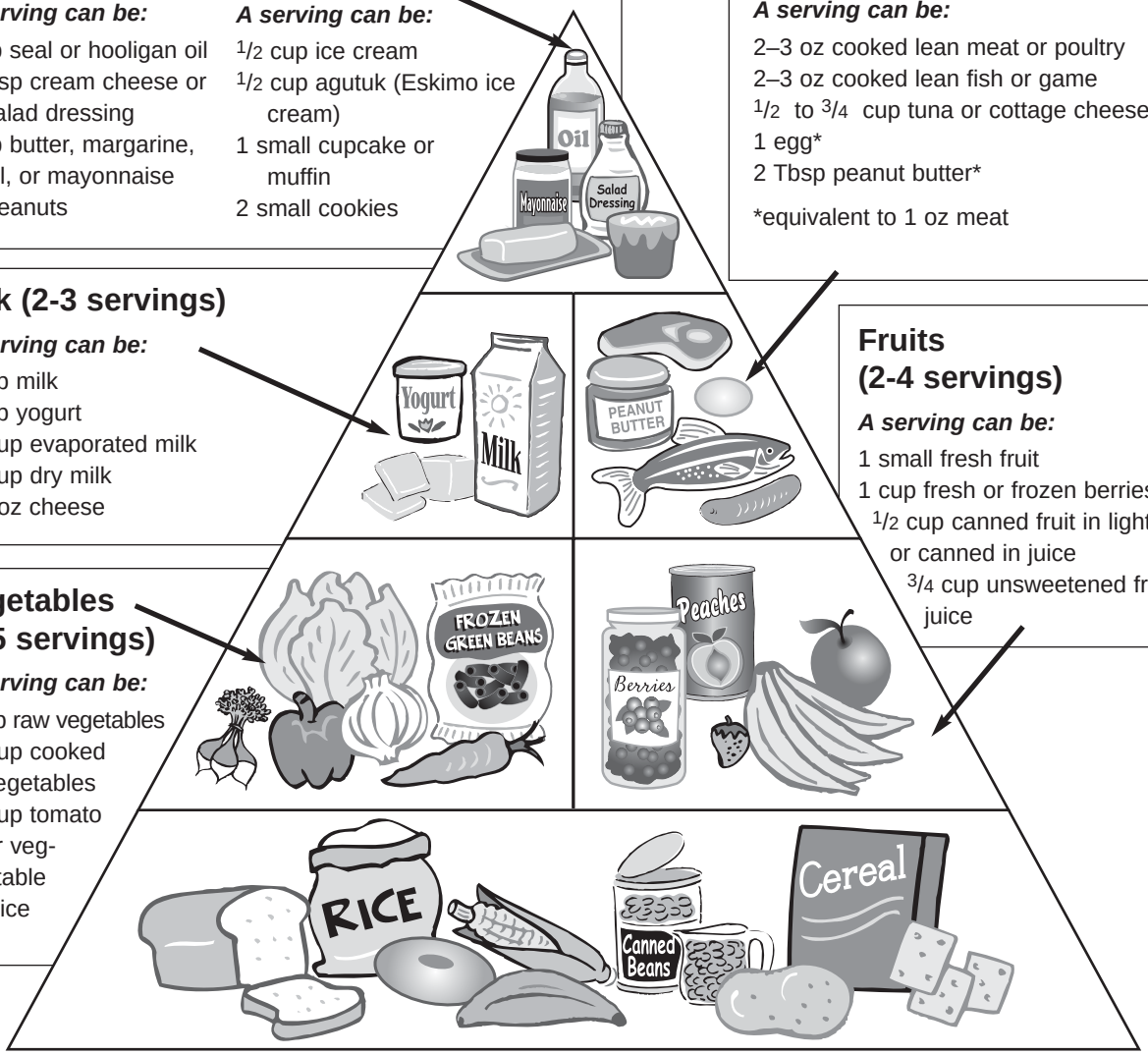
A serving can be:

1 small fresh fruit
1 cup fresh or frozen berries
1/2 cup canned fruit in light syrup or canned in juice
3/4 cup unsweetened fruit juice

Vegetables (3-5 servings)

A serving can be:

1 cup raw vegetables
1/2 cup cooked vegetables
1/2 cup tomato or vegetable juice



Grains, beans, starchy vegetables (6 or more servings)

A serving can be:

1 4-inch pilot bread
1/2 small bagel, English muffin, pita bread, hamburger or hot dog bun
1/2 cup cooked cereal, pasta, or bulgur
3/4 cup dry cereal
1/2 cup cooked beans, lentils, peas, or corn
1 small potato
4-6 crackers
1 cup winter squash
1/2 cup sweet potato or yam
1 slice bread
1/3 cup rice

Using the Food Guide Pyramid: What Counts as a Serving?

Here are examples of today's foods and traditional AI/AN Foods.

The number of servings depends on how many calories you need. This is based on your age, sex, size, and how active you are. Almost everyone should have at least the lowest number of servings.

Grains Group: *Choose 6-11 servings per day* 1 slice bread, 1 tortilla 1 ounce (about 1 cup) ready-to-eat cereal 1/2 cup cooked cereal 1/2 English muffin or hamburger roll 1/2 cup spaghetti, noodles, macaroni, and rice 1/2 cup starchy vegetables* (peas, beans, corn) or 1 small potato 4-6 crackers	***Traditional* Grains:** Indian biscuits Popcorn Lukameen Mush Wild oats Wild oats Dried Corn
Vegetable Group: *Choose 3-5 servings per day* 1 cup raw leafy greens 1/2 cup chopped raw or cooked vegetables 1/2 cup vegetable	***Traditional* Vegetables:** Sprouts or new shoots Peeled stems Spring greens Wild rhubarb Indian celery Wild mushrooms Seaweed Black tree moss Wild roots Squash
Fruit Group: *Choose 2-4 servings per day* 3/4 cup 100 percent fruit juice 1 medium piece fresh fruit 1/2 cup canned or fresh chopped fruit 1/2 cup dried fruit	***Traditional* Fruits and Berries:** Wild berries such as huckleberries Choke cherries Wild crab apples Wild black cherries
Milk Group: *Choose 2-3 servings per day* 1cup milk or lactose reduced milk 1cup yogurt 1 1/2 ounces cheese	***Traditional* Calcium Sources:** Bone soup or broth Oyster or clams Fish head soup Canned salmon with the bones Coush, camas, or wild carrots (in large amounts)
Meats and Beans Group: *Choose 2-3 servings per day* 2-3 ounces cooked meat, poultry, or fish 1/2 cup of cooked, dry beans, and lentils* 1 hot dog 1 egg 2 tablespoons peanut butter, nuts, or seeds	***Traditional* Meats, Fish, Birds, Eggs, and Nuts:** Deer, elk, mountain goat, rabbit, squirrel, or beaver Salmon or other fish Fowl Eggs of salmon or birds Acorns, hazelnuts, or pinenuts
Extras—Fats and Sweets: *Use only very small amounts!* Butter, margarine, mayonnaise, or salad dressing Lard, oil, or gravy Fried food, chips, or fry bread Sugar, honey, syrup, candy, jam, or jelly Pie, cake, cookies, or desserts Soda pop, koolaid, sweetened punches, or tea.	***Traditional* Fats and Sweets:** Animal fat Fish oil Seal oil

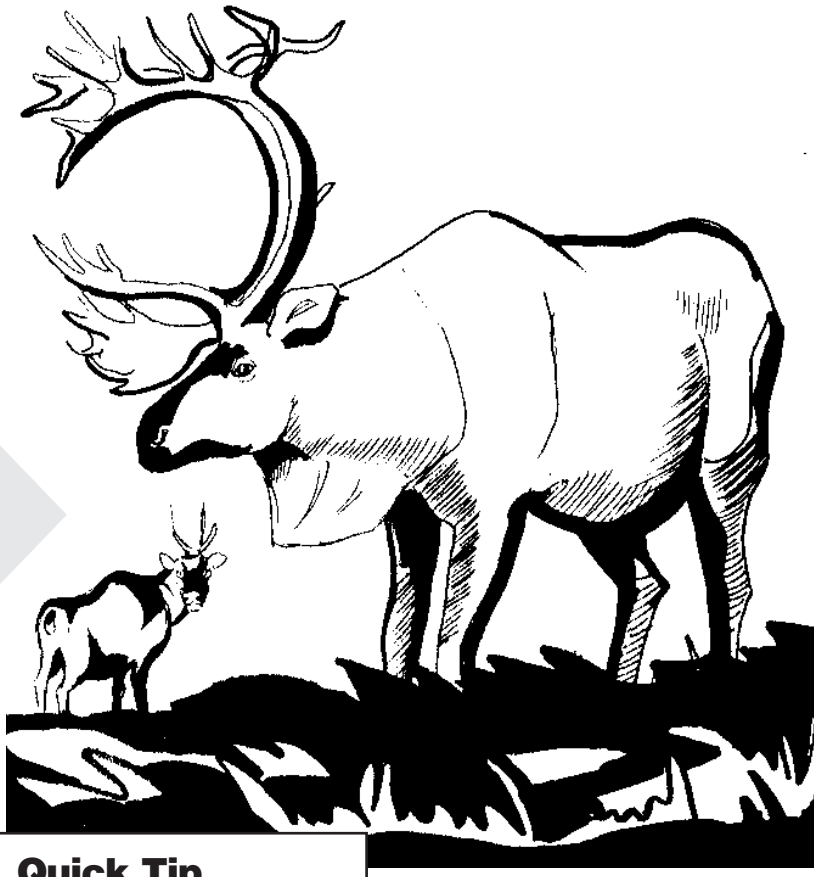
The food groups are based on the American Dietetic Association (ADA) exchange list. The ADA exchange list groups starchy vegetables and beans in the grains group. Dried beans and peas can be grouped in the starchy grains group or meat and beans group.

Ground Caribou Soup

1 pound	ground caribou
2 tbsp	garlic powder
1 large	onion, chopped
1 cup	water
3 tsp	bay leaf, ground
1 tsp.	bouillon, low-sodium
1/2 tsp.	black pepper, ground
1 1/2 tsp.	thyme
1 cup	barley
2 cup	carrots, sliced
2 cup	celery, chopped
1 cup	cabbage, shredded

1. In a large stock pot, brown ground caribous with garlic and onion. Drain excess fat.
2. Add water, bay leaves, pepper, thyme, barley, and bouillon. Bring to a boil and let simmer for at least an hour.
3. Add carrots and celery; bring to a simmer.
4. Add cabbage twenty minutes before serving.

Yield: 10 servings
Serving size: 1 cup
Each serving provides*:
Calories: 158
Total fat: 2g
Saturated fat: 0g
Cholesterol: 37mg
Protein: 13g
Carbohydrates: 22g
Fiber: 5g
Sodium: 53mg
Calcium: 44mg



Quick Tip

The variety of seasonings, tasty vegetables, and lean meat in this meal will delight your entire family.

Adapted from the Eat for a Healthy Heart: Alaska Style Cookbook, 2002.

Tips for Busy Families

Plan Your Meals

- ♥ Plan weekly meals based on your family's schedule.

Use A Shopping List

- ♥ Save money and time by making only one trip to the store. Make and use a shopping list.

Share Meal Preparation Tasks

- ♥ Teach your family how to grocery shop.
- ♥ Include your family in preparing meals and cleaning up.
- ♥ Clean up as you cook—you will have less cleanup after you finish cooking.
- ♥ Share cooking duties with other family members or neighbors. For example, your family can cook enough to share with another family.

Cook in Advance

- ♥ Prepare some foods in advance (like spaghetti sauce). Use them for quick meals. You can add chicken or beef to the sauce and serve it over spaghetti or rice.
- ♥ Prepare parts of a meal the night before (such as: marinating chicken in the refrigerator overnight).
- ♥ Pack your lunch the night before.
- ♥ Cut and wash vegetables and make enough salad for two days. Do not add dressing until serving time.
- ♥ Cook two or three dishes on your day off and freeze part of them. Use the frozen dishes on the days when you don't have time to cook.
- ♥ Prepare for recipes the night before by cutting and trimming meats
- ♥ Prepare meals in a crock pot.

Cook Simply

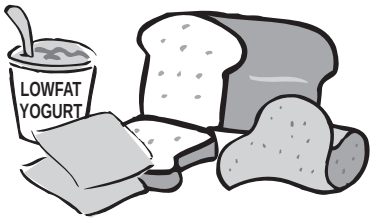
- ♥ Steam vegetables and serve them without sauces.
- ♥ Use frozen chopped vegetables when possible or use rinsed canned vegetables.
- ♥ Broil, grill, bake, or roast meats.
- ♥ Make one-pot meals, like stews and casseroles. Use a crock pot.
- ♥ Use frozen or canned (rinsed) chopped vegetables (such as green beans and carrots).
- ♥ Use the microwave for cooking or defrosting.
- ♥ Learn simple recipes that can be made in less than 30 minutes.

Use Herbs & Spices

- ♥ Chop fresh herbs and place in ice cube trays. Fill trays with water and freeze. Store the frozen cubes in a plastic bag. Use when you need fresh herbs.
- ♥ Grow cilantro, basil, or thyme on a sunny windowsill.
- ♥ Keep dried herbs on hand. One teaspoon of dried herbs is equal to 3 teaspoons of fresh herbs.

Keep Quick Snacks on Hand

- ♥ Try these healthy snacks:
  - Fresh fruits and vegetables
  - Whole grain, ready-to-eat, dry cereal
  - Fat free and lowfat yogurt
  - Fat free and lowfat cheese
  - Baked corn tortilla chips
  - Whole grain breads



Ann's Dilemma: A Real-Life Story

Ann is married and has two sons, ages 7 and 10. Her husband, Paul, works for a fishery Monday through Friday. He leaves for work at 8:00 a.m. and gets home at 5:30 p.m. Ann also works Monday through Friday at the school. She leaves home at 10:00 a.m. and gets home around 6:00 p.m.

She prepares the family's dinner after she comes home from work every night. Many times, she is too tired to cook a healthy meal, so they often eat packaged foods that are high saturated fat and sodium.

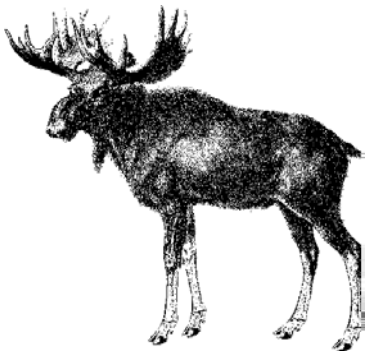
Ann sees that the whole family is gaining weight. Paul wants her to make traditional Alaska Native dinners. Ann tries to get her husband to help her with dinner, but he is also very tired. Besides, he thinks that cooking is the woman's job.

What can Ann do?

Write down some ideas for Ann to try:

Be Heart Healthy and Save Money by Living Off the Land

Live off the land, sea, and sky if you can.
Hunt and fish, grow your own vegetables, and gather berries and greens.
Can, freeze, or dry your food to store for the winter and spring.



GAME

- moose
- caribou
- reindeer
- seal
- ptarmigan
- duck

FISH

- salmon
- hooligan
- halibut
- trout
- needlefish
- whitefish

BERRIES

- salmonberries
- raspberries
- cranberries
- blueberries
- blackberries

GREENS

- willow leaves
- beach asparagus
- seaweed
- fiddlehead fern
- goose tongue
- sourdock
- fireweed shoots and leaves

Adapted from: *Saving Money on Food: Tips for Alaskans.* Nutrition Services, Maternal, Child and Family Health. Anchorage, AK.

Money-Saving Tips

You can save money on groceries. Follow these simple suggestions.

Before Going to the Store

- ♥ Plan weekly meals.
- ♥ Make a shopping list based on your meal plan.
- ♥ Check the food sale ads.
- ♥ Use coupons. Check the Sunday newspaper and clip coupons for foods you normally buy or need. Remember: coupons do not save you money if you buy products that you don't need. Always compare the price of the item with the coupon with other items on the shelf.
- ♥ Make fresh foods at home instead of using prepared items such as frozen entrees, bakery cakes, or salads.

Choosing a Store

- ♥ Shop at the store that has the lowest prices for the items you need. It may be a different store every week.
- ♥ Remember that convenience stores usually have higher prices and less variety than supermarkets.

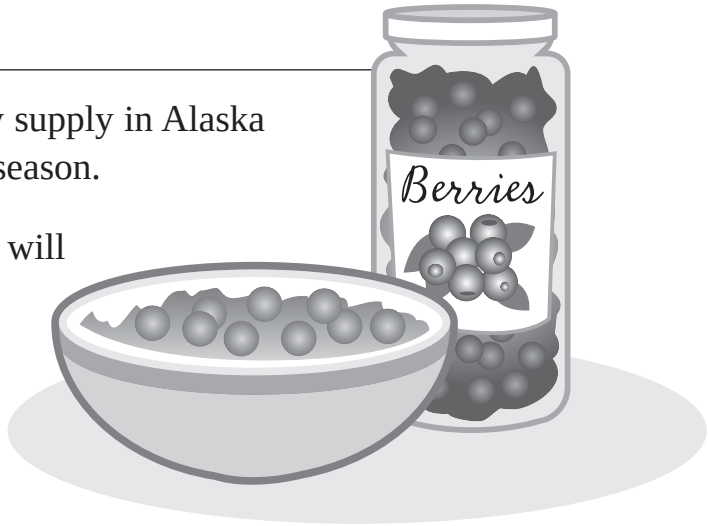
At the Store

- ♥ Buy what is on your list. You are more likely to buy too much or buy items that you do not need when you do not use a list.
- ♥ Convenience can cost more. Some examples include:
  - canned beans
  - boneless chicken breasts
  - precut vegetables
- ♥ Buy fruits and vegetables that are in season.
- ♥ Buy only the amount of food the family can use even if a large size costs less.
- ♥ Shop alone when possible. Family members or friends may try to get you to buy items you do not need.
- ♥ Do not shop when you are hungry.
- ♥ Watch for errors at the cash register. Sometimes sale items do not ring up on sale.
- ♥ **In Alaska:**
  - Buy "bulk" foods if they are cheaper. (In some places in Alaska, bulk foods may cost more due to increased shipping costs.)
  - Buy fruits and vegetables that are in season. Apples are cheaper in the fall, oranges in the winter, and melons in the summer.
  - Use cabbage instead of lettuce in salads, sandwiches, and tacos.
  - Buy concentrated foods to cut down on cost. Frozen juice costs less than bottled or canned juice.
  - Look for store brands and generic brands. They can be cheaper than the name brands on sale or with coupons.

5-a-Day the Alaskan Way

All fruits and vegetables are good for you.
Canned fruits and vegetables can be just as healthy as fresh produce.

Berries



- Take advantage of the wonderful berry supply in Alaska by gathering berries when they are in season.
- Can, freeze, or dry the berries, so they will last you throughout winter.
- Eat berries with cereal, as a snack, or for dessert.

Tips for Buying Healthy Canned and Frozen Produce

- Be aware that some canned and frozen fruits and vegetables may have some unwanted extras.
- Read the label for sugars, salt or sodium, and fat.
- Buy plain vegetables without cream sauces.
- Buy vegetables with "no added salt."
- If only the regular versions are available, you can reduce the extra sodium and sugar by draining the liquid out of the can and rinsing with cold water.

Stock up your pantry and freezer with lots of healthy canned and frozen fruits and vegetables.

Don't forget that dried fruits and vegetables, such as raisins and berries and 100 percent fruit and vegetable juices, also count toward your 5-a-Day.

Quick Beef Casserole

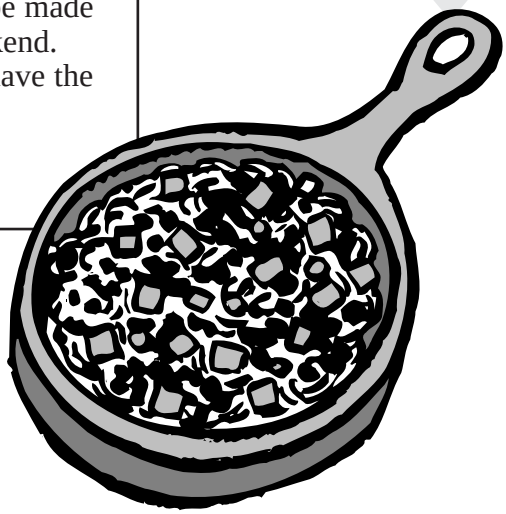
1/2 pound	lean ground beef
1 cup	onion, chopped
1 cup	celery, chopped
1 cup	green pepper, cubed
3 1/2 cups	tomatoes, diced
1/2 tsp	salt
1/2 tsp	black pepper
1/2 tsp	paprika
1 cup	frozen peas
2 small	carrots, diced
1 cup	uncooked rice
1 1/2 cups	water

1. In a skillet, brown the ground beef and drain off the fat.
2. Add the rest of the ingredients. Mix well. Cook over medium heat and cover skillet until boiling. Reduce to low heat and simmer for 35 minutes.
3. Serve hot.

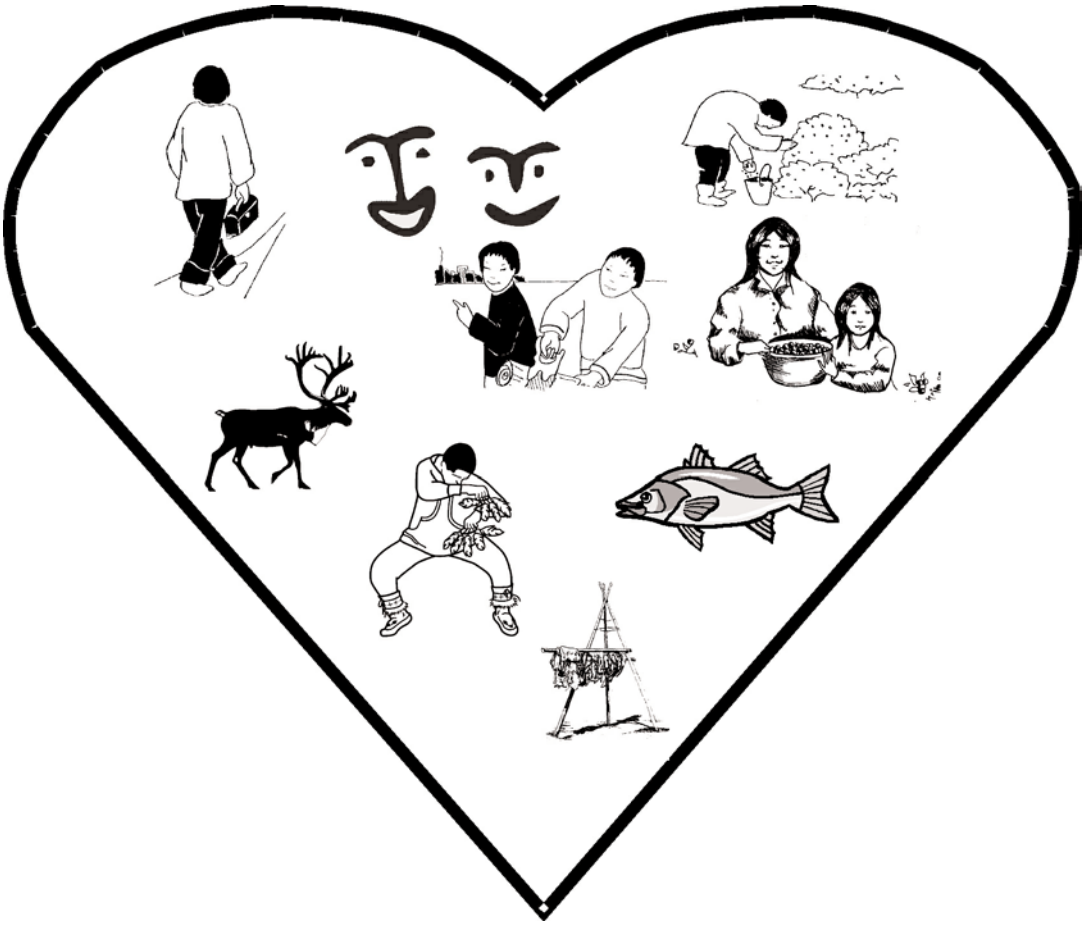
Yield: 8 servings
Serving size: 1 1/3 cup
Each serving provides:
Calories: 184
Total fat: 3g
Saturated fat: 1g
Cholesterol: 15mg
Protein: 10g
Carbohydrates: 31g
Fiber: 4g
Sodium: 125mg
Calcium: 33mg

Quick Tips

- Drain the meat after cooking to lower the amount of fat and calories.
- This one-dish meal can be made and frozen over the weekend. Reheat when you don't have the time to cook.



Take the Path to Heart Healthy Living



Be good to your heart!

Be good to yourself!

Be good to your family!

Quit smoking, chewing or snuffing tobacco.

How Smoking Can Harm You

Smoking can cause:

- **Heart Attack and Stroke**
  - About 80 to 90 percent of heart attacks and strokes are related to smoking.
  - One year after a person stops smoking, the risk of having a heart attack or stroke will drop by more than half.
- **Cancer**
  - Smoking increases your risk of developing cancer of the bladder, stomach, uterus, and lung.
  - About 80 to 90 percent of lung cancer is caused by smoking.
  - The cancer death rate for men who smoke cigarettes is more than double that of nonsmokers.
  - Men who smoke are 22 times more likely to develop lung cancer than men who do not smoke; women are 12 times more likely.

Smoking and secondhand smoke can cause:

- Serious respiratory diseases such as emphysema and chronic bronchitis
- More colds, sore throats, and respiratory infections
- Asthma attacks

Unpleasant effects include:

- Yellow stains on teeth and fingers
- Bad breath
- Gum disease
- Early wrinkling of the skin
- Decreased sense of smell and taste

How Smoking Harms Infants and Children

Each time a pregnant woman smokes, her baby's heart rate increases.

When a pregnant woman smokes, her baby gets less oxygen.

The birth weight for babies born to smokers is less than for babies born to nonsmokers.

Smoking increases the chance of a baby being born dead.

Babies whose mothers smoke have a greater risk of dying from SIDS (sudden infant death syndrome) or crib death.

Harmful chemicals pass through the placenta and directly into the baby's blood.

If the mother continues to smoke after the baby is born, the baby can get more chest colds, ear infections, bronchitis, pneumonia, and asthma.

Babies who are exposed to smoke cry, sneeze, and cough more than babies who are not.

Children who grow up in a home with smokers are more likely to become smokers.

Lift the Lid on Chew Tobacco: **Get the Truth**

What is chew tobacco? It's tobacco that is placed in the mouth and chewed rather than smoked. Smokeless tobacco is the term preferred by the tobacco industry. It makes the products sound safe; they aren't.

Getting hooked. People get hooked before they know the facts about dip and chew. They don't know that chew tobacco

- is highly addictive
- contains nicotine (addictive drug)
- hinders physical performance
- is not a safe alternative to cigarettes
- is costly
- can ruin your social life (stain teeth, bad breath, and smelly clothes)

Chew tobacco is not safe. There are no benefits of chewing or dipping tobacco. Here are some of the dangers:

- Sugar in chew tobacco may cause decay in exposed tooth roots.
- Dip and chew can cause your gums to pull away from the teeth in the place where the tobacco is held. The gums do not grow back.
- Leathery white patches, called leukoplakia (loo-ko-play-kia), and red sores are common in dippers and chewers. These sores can turn into cancer.

SOME ALTERNATIVES TO CHEW OR SNUFF TOBACCO

Sugarless Gum

Can keep your mouth moist and active without the risk.

Healthy Snacks

Fruit and vegetable sticks can also be oral substitutes for chew tobacco. They are good too.

Physical Activity

Can reduce stress and renew energy. Try the activities you like, such as walking, swimming, jogging, or playing a sport.

Some ideas for quitting

1. **List your reasons** for quitting and post them in a place you can see them. Write down the things you will buy with the money you saved. Pick a quit date.
2. **Choose a method** for quitting. Talk to your health care provider, dentist, counselor, or coach about possible quitting methods.
3. **Seek support** from your friends. Avoid "hanging out" in places where chew tobacco is used. If your friends use chew tobacco, consider quitting as a group.

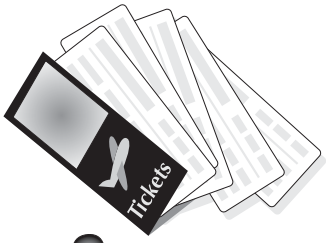
If you haven't started, why take the risk? If you have started, why not quit?

For more information: Check out "Spit Tobacco: A Guide for Quitting" at:
http://www.nidcr.nih.gov/health/newsandhealth/spittobacco/

The Cost of Smoking

1 pack a day* for . . .

1 Week	=	$36	=	6-month subscription to the Bristol Bay Times
1 Month	=	$156	=	A pair of sealskin mukluks
6 Months	=	$945	=	A set of four summer tires AND a set of four studded winter tires
1 Year	=	$1,916	=	Five round trip tickets Dillingham to Anchorage on Alaska Airlines
2 Years	=	$3,832	=	A used snow-go (AKA snow machine)
3 Years	=	$5,748	=	A used 4-wheel drive pickup truck
4 Years	=	$7,665	=	A down payment on a cabin (lakeside or near the airport)



* Based on a pack of cigarettes that costs $5.25 in Alaska

Smoke-Free Family Sign

We're a
Smoke-Free Family.

Thank You
for Not Smoking.

We're a
Smoke-Free Family.

Thank You
for Not Smoking.

Tips To Quit Smoking

Quitting smoking is one of the most important things you will ever do.
Cigarette smoke contains more than 4,000 chemicals,
and 200 of these are poisonous.

Try these tips:

■ Get ready

- Set a quit date.
- Get rid of **ALL** cigarettes, lighters, matches, and ashtrays in your home, car, and place of work.
- Don't let people smoke in your home.
- Review your past attempts to quit. Think about what worked and what did not.
- Once you quit, don't smoke—**NOT EVEN A PUFF!**

■ Line up support

- Tell your family, friends, and coworkers that you are going to quit and want their support. Ask them not to smoke around you or leave cigarettes out.
- Get individual, group, or telephone counseling. The more counseling you have, the better your chances are of quitting.

■ Learn new activities

- Try to distract yourself from urges to smoke. Talk to someone, go for a walk, or get busy with a task.
- Change your routine. Use a different route to work. Drink tea instead of coffee.
- Do something to reduce your stress. Listen to music, talk to your friend, or walk.
- Plan something enjoyable to do every day.
- Drink a lot of water.

■ Use other aids

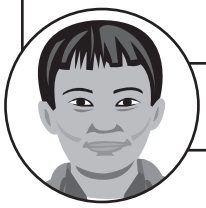
- Talk to your health care provider. Consider using nicotine patch, nicotine gum, or nicotine spray to help you stay off cigarettes.
- Check with your doctor about a medicine called Bupropion SR to help you reduce the cravings for smoking.

■ Be prepared if you slip

- **Alcohol.** Avoid drinking alcohol. Drinking lowers your changes of success.
- **Other smokers.** Being around smoking can make you want to smoke.
- **Weight gain.** Many smokers will gain weight when they quit, usually less than 10 pounds. Eat a healthy diet and stay active. Don't let weight gain distract you from your main goal—quitting smoking.
- **Bad mood or depression.** There are a lot of ways to improve your mood other than smoking.
- **Be kind to yourself.** Remind yourself of the reasons you want to quit. Try again.

Help Your Heart–Stop Smoking

Smoking cigarettes is harmful. It becomes an addiction that leads to serious health problems. Quitting smoking will lower your risk of heart attack, stroke, and lung disease and help you breathe easier and have more energy. What's more, your clothes, hair, and breath will smell fresher, and you will save money by not buying cigarettes. Most important, when you quit smoking, your children won't be exposed to your secondhand smoke. They will have your good example to follow.



Quit smoking and add years to your life!

Mike and Sara decided to quit smoking.
Mike made up his mind one morning, threw away his cigarettes, and said, "That's it, no more cigarettes."
Sara used the following three tips and quit too.

1. Learn how to handle urges to smoke.

"Every time I felt under stress, I wanted to smoke. Instead of smoking, I said a prayer to ask for courage and strength, talked to a friend, or took a nature walk."

2. Get support.

"I also attended a quit-smoking program in the clinic every Thursday night, and I got a lot of support from my family."

3. Use the nicotine patch or gum.

"The doctor at the clinic suggested that I use the patch. The patch helped me slow down the urge to smoke."

Break Free From the Smoking Habit

It's not hard to make your house and community smoke free.

Protect your children!

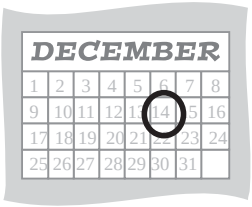
Talk to your children about the harm that smoking will do to their health. Practice with them saying, "No, thanks. I don't smoke cigarettes, spit or chew tobacco."

And if your child smokes, the way you react can make a difference. Let your child know that you really care about them and what happens to them. Listen to their thoughts and feelings. Offer facts that can help them choose good health over smoking.

Make your personal pledge to do what this AN family has done to protect your family from cigarette smoke.

Write the changes you will try to make this week.

Here are some examples:



- **If you smoke...**
  I will set a quit date today. The important thing is for you to pick the date, not your doctor, not your family, not your kids. It's your decision.

- **To help your child stay smoke free —**
  I will practice with my child saying "NO" to cigarette smoking, chewing, or spitting tobacco.

- **To protect your family, friends, and others from a smoker —**
  I will let my family, friends, and others know that I mind if they smoke. I will put a "Nonsmoking" sticker or sign in my house and car.

- **To help your community —**
  I will ask my tribe to adopt a "No Smoking" resolution.

Write the changes you will try to make this week.

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Live healthy, live longer, and live stronger!

Local Smoking Cessation Programs

Bingo Facts

(Photocopy and cut)

Protect your heart. When the heart stops, life stops.	Brisk walking is an activity almost everyone can do.
Physical activity makes your heart and lungs stronger.	Do 30 minutes of physical activity on most days.
Stay active. Walk with your family or a friend.	It is best to have a blood pressure reading less than 120/80 mmHg.
A blood pressure reading of 140/90 mmHg or greater is high.	Eat less salt and sodium to help prevent high blood pressure.
Hypertension is another term for high blood pressure.	Regular canned and instant soups contain a lot of sodium.
Use herbs and spices instead of salt.	You can have high blood pressure and not know it.
Being overweight increases your risk of heart disease.	Being overweight increases your risk of high blood pressure.
Being overweight increases your risk of high blood cholesterol.	Being overweight increases your risk of diabetes.
To lose weight, cut down on portion size and be more active.	The food label gives serving size and the number of calories in a serving.
A serving of cooked vegetables is 1/2 cup.	Eat more fruit each day. Have berries with your cereal for breakfast.

Bingo Facts

(Photocopy and cut)

Eat more vegetables each day. Have a salad with lowfat dressing for lunch.	Order baked or grilled foods to cut down on fat and calories.
To save food dollars, plan weekly menus. Shop with a list!	Try fruit and fat free yogurt for snacks.
Smoking causes serious health problems such as heart disease and lung cancer.	Pregnant women should not smoke.
Children of smokers are more likely to become smokers.	A desirable blood cholesterol level is less than 200 mg/dL.
A high blood cholesterol level is 240 mg/dL or higher.	Cholesterol can clog your arteries and cause a heart attack or stroke.
To keep a desirable cholesterol level, eat in a heart healthy way, be active, and keep a healthy weight.	Trim visible fat from meat before cooking.
Use the food label to choose foods lower in saturated fat, trans fat, and cholesterol.	Saturated fat is solid at room temperature.
High blood pressure makes your heart work harder.	Cook more food than you need and freeze part to use when you don't have a lot of time to cook.
Whole grains, fruits, and other traditional AI/AN foods are naturally low in fat	Drain meat, and rinse with hot water after it is cooked, to get rid of some of the fat.
Too much cholesterol in your blood can clog your arteries.	Lard is high in saturated fat.

Sample Bingo Cards – 1

Heart Health Bingo

Stay active. Walk with your family or a friend.

Use herbs and spices instead of salt.

Children of smokers are more likely to become smokers.

Trim visible fat from meat before cooking.

FREE SPACE

To keep a desirable cholesterol level, eat in a heart-healthy way, be active, and keep a healthy weight.

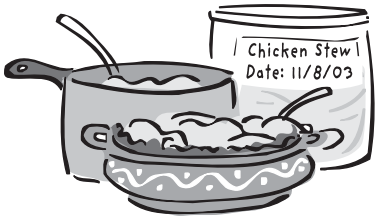
Nutrition Facts
Serving Size 2 oz (56g)
Servings Per Container 6

Amount Per Serving	
Calories 190	Calories from Fat 155
	% Daily Value*
Total Fat 17g	**26%**
Saturated Fat 6g	**30%**
Trans Fat 0g	
Cholesterol 35mg	**11%**
Sodium 730mg	**30%**
Total Carbohydrate 1g	**0%**
Dietary Fiber 0g	**0%**
Sugars 0g	
Protein 7g	

Vitamin A 0% • Vitamin C 0%
Calcium 0% • Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Use the food label to choose foods lower in saturated fat, trans fat, and cholesterol.

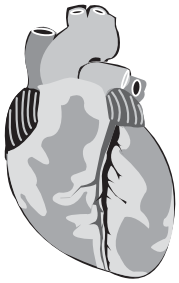
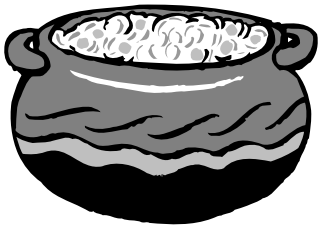
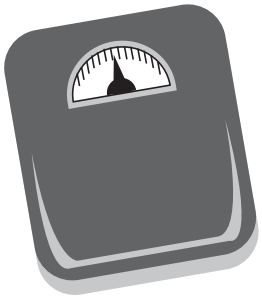
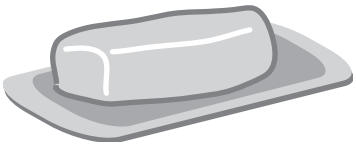
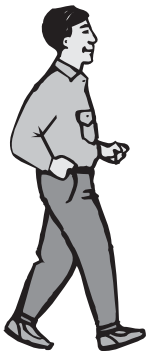
Eat more vegetables each day. Have a salad with lowfat dressing for lunch.



Cook more food than you need and freeze part to use when you don't have a lot of time to cook.

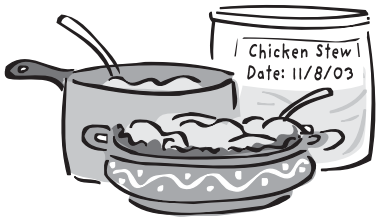
Sample Bingo Cards – 2

Heart Health Bingo

 High blood pressure makes your heart work harder.	 Whole grains, fruits, and other favorite AI/AN foods are naturally low in fat.	 Use the food label to choose foods lower in saturated fat, trans fat, and cholesterol.
 Being overweight increases your risk of diabetes.	FREE SPACE	 Saturated fat is solid at room temperature.
 A blood pressure reading of 140/90 mmHg or greater is high.	 Brisk walking is an activity almost everyone can do.	 Pregnant women should not smoke.

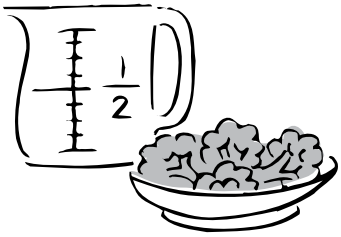
Sample Bingo Cards – 3

Heart Health Bingo

 Children of smokers are more likely to become smokers.	 Cook more food than you need and freeze part to use when you don't have a lot of time to cook.	 Lard is high in saturated fat.
 Protect your heart. When the heart stops, life stops.	FREE SPACE	 Eat less salt and sodium to help prevent high blood pressure.
 To lose weight, cut down on portion size and be more active.	 Eat more vegetables each day. Have a salad with lowfat dressing for lunch.	 A high blood cholesterol level is 240 mg/dL or higher.

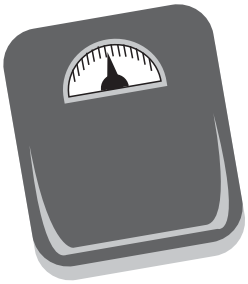
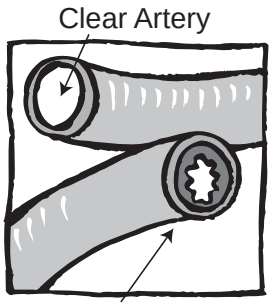
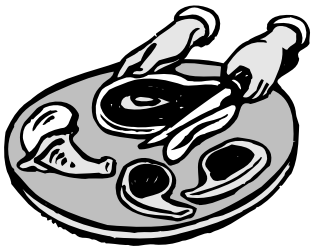
Sample Bingo Cards – 4

Heart Health Bingo

 Cholesterol can clog your arteries and cause a heart attack or stroke.	 Eat more fruit each day. Have berries with your cereal for breakfast.	 Hypertension is another term for high blood pressure.
 Smoking causes serious health problems such as heart disease and lung cancer.	FREE SPACE	 The food label gives serving size and the number of calories in a serving.
 Regular canned and instant soups contain a lot of sodium.	 A desirable blood cholesterol level is less than 200 mg/dL.	 A serving of cooked vegetables is 1/2 cup.

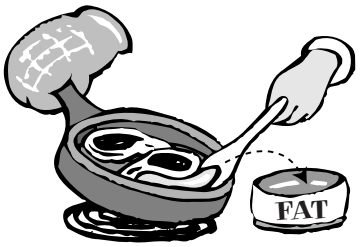
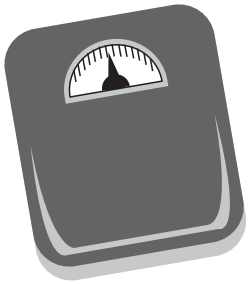
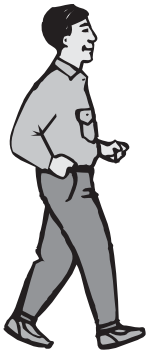
Sample Bingo Cards – 5

Heart Health Bingo

 Do 30 minutes of physical activity on most days.	 Being overweight increases your risk of heart disease.	 Try fruit and fat free yogurt for snacks.
 Order baked or grilled foods to cut down on fat and calories.	♥ FREE SPACE	 Too much cholesterol in your blood can clog your arteries.
 Trim visible fat from meat before cooking.	 You can have high blood pressure and not know it.	 To save food dollars, plan weekly menus. Shop with a list!

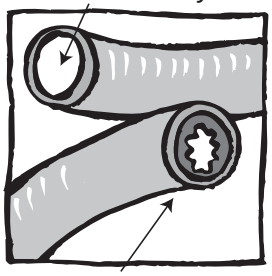
Sample Bingo Cards – 6

Heart Health Bingo

 To keep a desirable cholesterol level, eat in a heart-healthy way, be active, and keep a healthy weight.	 Drain meat, and rinse with hot water after it is cooked, to get rid of some of the fat.	 It is best to have a blood pressure reading less than 120/80 mmHg.
 Being overweight increases your risk of high blood cholesterol.	FREE SPACE	 Use herbs and spices instead of salt.
 Stay active. Walk with your family or a friend.	 Brisk walking is an activity almost everyone can do.	 Hypertension is another term for high blood pressure.

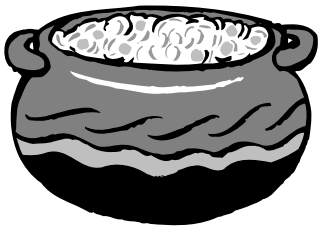
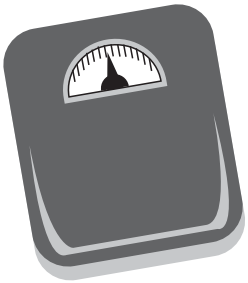
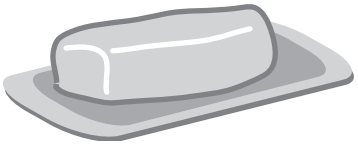
Sample Bingo Cards – 7

Heart Health Bingo

 A desirable blood cholesterol level is less than 200 mg/dL.	 Physical activity makes your heart and lungs stronger.	 Hypertension is another term for high blood pressure.
 Eat more vegetables each day. Have a salad for lunch.	FREE SPACE	 Too much cholesterol in your blood can clog your arteries.
 Pregnant women should not smoke.	 Use herbs and spices instead of salt.	 A blood pressure reading of 140/90 mmHg or greater is high.

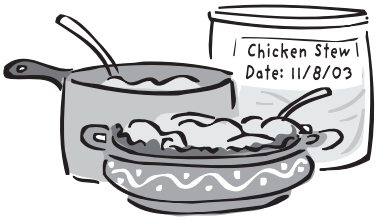
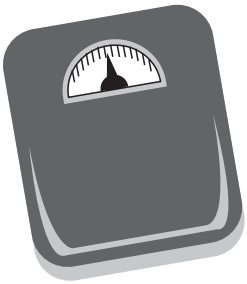
Sample Bingo Cards – 8

Heart Health Bingo

 Whole grains, fruits, and other favorite AI/AN foods are naturally low in fat.	 Being overweight increases your risk of high blood pressure.	 Physical activity makes your heart and lungs stronger.
 Smoking causes serious health problems such as heart disease and lung cancer.	♥ FREE SPACE	 Saturated fat is solid at room temperature.
 A blood pressure reading of 140/90 mmHg or greater is high.	 To save food dollars, plan weekly menus. Shop with a list!	 To lose weight, cut down on portion size and be more active.

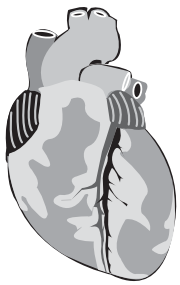
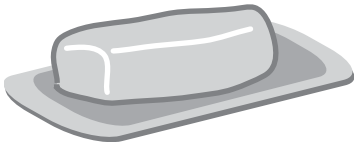
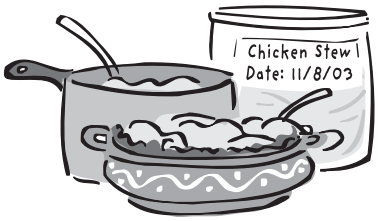
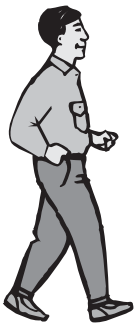
Sample Bingo Cards – 9

Heart Health Bingo

 Pregnant women should not smoke.	 Eat more vegetables each day. Have a salad for lunch.	 Drain meat, and rinse with hot water after it is cooked, to get rid of some of the fat.
 Cook more food than you need and freeze part to use when you don't have a lot of time to cook.	FREE SPACE	 Stay active. Walk with your family or a friend.
 Being overweight increases your risk of diabetes.	 Order baked or grilled foods to cut down on fat and calories.	 Protect your heart. When the heart stops, life stops.

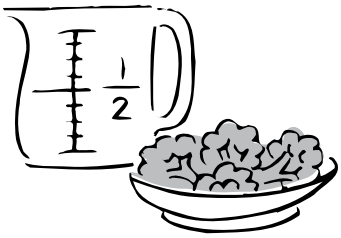
Sample Bingo Cards – 10

Heart Health Bingo

 High blood pressure makes your heart work harder.	 Saturated fat is solid at room temperature.	 Eat less salt and sodium to help prevent high blood pressure.
 Cook more food than you need and freeze part to use when you don't have a lot of time to cook.	♥ FREE SPACE	 Regular canned and instant soups contain a lot of sodium.
 Brisk walking is an activity almost everyone can do.	 Children of smokers are more likely to become smokers.	 Being overweight increases your risk of diabetes.

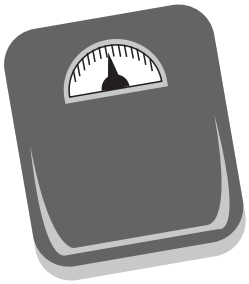
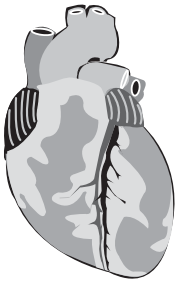
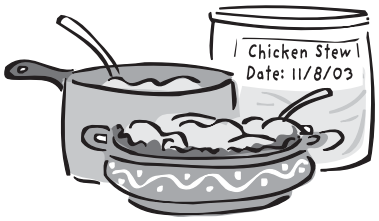
Sample Bingo Cards – 11

Heart Health Bingo

 It is best to have a blood pressure reading less than 120/80 mmHg.	 A serving of cooked vegetables is 1/2 cup.	 Smoking causes serious health problems such as heart disease and lung cancer.
 To save food dollars, plan weekly menus. Shop with a list!	FREE SPACE	 Eat more fruit each day. Have berries with your cereal for breakfast.
 Lard is high in saturated fat.	 Brisk walking is an activity almost everyone can do.	 To lose weight, cut down on portion size and be more active.

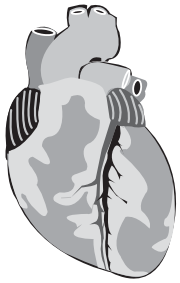
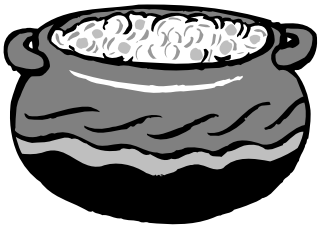
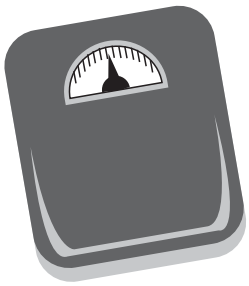
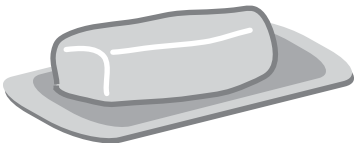
Sample Bingo Cards – 12

Heart Health Bingo

 Being overweight increases your risk of heart disease.	 Do 30 minutes of physical activity on most days.	 Try fruit and fat free yogurt for snacks.
 Cholesterol can clog your arteries and cause a heart attack or stroke.	FREE SPACE	 To lose weight, cut down on portion size and be more active.
 Hypertension is another term for high blood pressure.	 Cook more food than you need and freeze part to use when you don't have a lot of time to cook.	 Regular canned and instant soups contain a lot of sodium.

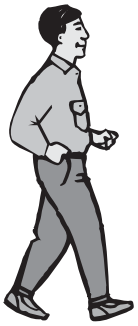
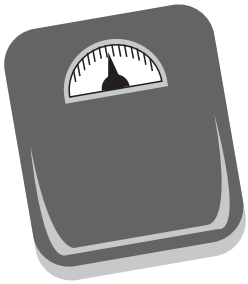
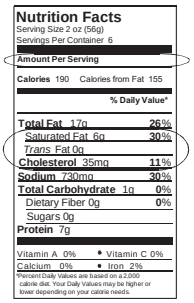
Sample Bingo Cards – 13

Heart Health Bingo

 High blood pressure makes your heart work harder.	 Whole grains, fruits, and other favorite AI/AN foods are naturally low in fat.	 Use the food label to choose foods lower in saturated fat, trans fat, and cholesterol.
 Being overweight increases your risk of diabetes.	FREE SPACE	 Saturated fat is solid at room temperature.
 A blood pressure reading of 140/90 mmHg or greater is high.	 Brisk walking is an activity almost everyone can do.	 Pregnant women should not smoke.

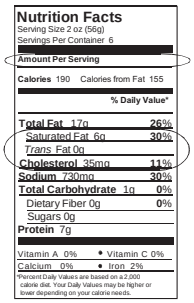
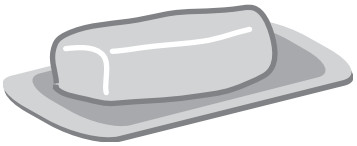
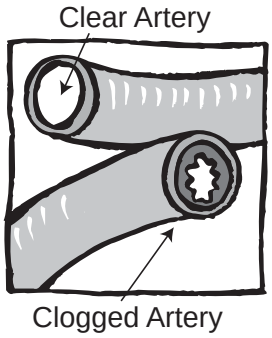
Sample Bingo Cards – 14

Heart Health Bingo

 Brisk walking is an activity almost everyone can do.	 You can have high blood pressure and not know it.	 High blood pressure makes your heart work harder.
 Being overweight increases your risk of high blood pressure.	FREE SPACE	 Smoking causes serious health problems such as heart disease and lung cancer.
 The food label gives serving size and the number of calories in a serving.	 Children of smokers are more likely to become smokers.	 A high blood cholesterol level is 240 mg/dL or higher.

Sample Bingo Cards – 15

Heart Health Bingo

 Trim visible fat from meat before cooking.	 Pregnant women should not smoke.	 Use the food label to choose foods lower in saturated fat, trans fat, and cholesterol.
 Stay active. Walk with your family or a friend.	FREE SPACE	 Saturated fat is solid at room temperature.
 Too much cholesterol in your blood can clog your arteries.	 Use herbs and spices instead of salt.	 Drain meat, and rinse with hot water after it is cooked, to get rid of some of the fat.

Sample

A Letter to Myself

I have learned that there are many things that I can do to improve my health and lower my chances of developing heart disease. I can help family members make healthy choices, too. During the next 3 months, I will try to do these things to protect my heart:

1. At work, I will take a walk at lunch.
2. I will eat two to three servings of fruit every day.
3. When eating out, I will choose foods that are baked, broiled, or grilled.
4. I will switch to reduced fat (2 percent) milk for 1 month, then to lowfat (1 percent) milk for 1 month, and to fat free (skim) milk in 3 months.
5. I will have my blood pressure checked at the local clinic.

Signed John Smith

Date 10/03/2003

A Letter to Myself

I have learned that there are many things that I can do to improve my health and lower my chances of developing heart disease. I can help family members make healthy choices, too. During the next 3 months, I will try to do these things to protect my heart:

1. _____

_____

_____

2. _____

_____

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3. _____

_____

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4. _____

_____

_____

5. _____

_____

_____

Signed _____

Date _____

Certificate of Achievement

awarded to:

_____

For Completing the

Honoring the Gift of Heart Health Program

_____ _____

Date Heart Health Educator