

## Simple Cooking with Heart

Satellite Conference and Live Webcast  
Thursday, December 1, 2011  
11:00 a.m. – 12:30 p.m. Central Time

Produced by the Alabama Department of Public Health  
Video Communications and Distance Learning Division

## Faculty

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Health Equity Regional Director  
American Heart Association



### Why Simple Cooking with Heart?

- Where Americans eat has a dramatic effect on what foods, and how much of these foods, we consume
  - The more people eat out, particularly at fast-food restaurants, the more calories, fat, and sodium they consume

### Why Simple Cooking with Heart?

- Away-from-home meals contain fewer fruits, vegetables, and whole grains than foods prepared at home
- Away-from-home foods tend to be more energy-dense and contain more fats, salts, and sugars

### Why Simple Cooking with Heart?

- Eating more fast-food meals is linked to consuming more calories, more saturated fat, fewer fruits and vegetables, and less milk
- All of this contributes to weight gain and higher Body Mass Indexes (BMIs) in children and adults

### Why Simple Cooking with Heart?

- Communities everywhere are suffering from obesity
  - Two of every three adults in America are overweight or obese
  - The fact that many people simply don't cook at home anymore is a major factor

### **Why Simple Cooking with Heart?**

- American Heart Association, with the help of Wal-Mart, is prioritizing a return to the kitchen as a part of our most pressing national goal
  - To improve cardiovascular health of all Americans by 20%, and reduce deaths from cardiovascular diseases and stroke by 20% by the year 2020

### **Why Simple Cooking with Heart?**

- The American Heart Association's Simple Cooking with Heart program is a fun and easy way to bring communities together and help Americans eat healthier
- Groups of people get together and learn how to prepare easy, affordable, tasty meals using free American Heart Association recipes

### **Why Simple Cooking with Heart?**

- Community bonding opportunity with heart-health benefits
  - Keep your family fit, lower your family's risks of heart disease and stroke, and help balance your food budget

### **Overview**

- Encourage Americans to cook low-cost, heart-healthy meals at home by giving them tools, basic skills and techniques to get started and inspired – and have fun
  - Launched by the Wal-Mart Foundation and the American Heart Association

### **Program Components**

- [www.heart.org/simplecooking](http://www.heart.org/simplecooking)
- Simple Cooking with Heart Host Kits
- Simple Cooking with Heart at Home Booklet
- Simple Cooking with Heart Live Demonstrations

### **23 Recipes: Healthy, Quick, Affordable**

- Mexican Chicken Soup
- Easy Oven Baked Chicken Breasts with Microwave Steamed Squash
- Salmon Bake with Creamy Cucumber Sauce
- Tuna Stir Fry

**23 Recipes:  
Healthy, Quick, Affordable**

- Barbeque Glazed Chicken Tenders and Oven Fries
- Creamy Tomato Fettuccini
- Pan Fried Pork-Chop with Mashed Sweet Potatoes
- Quick Chicken Chili

**23 Recipes:  
Healthy, Quick, Affordable**

- Blackened Fish with Strawberry Kiwi Salsa
- Universal Marinade Grilled or Roasted Meat and Vegetables
- Simple Chicken (or Shrimp) Stir Fry
- Crunchy Chicken with Oven Roasted Broccoli

**23 Recipes:  
Healthy, Quick, Affordable**

- Pork Tenderloin and Spinach with Parmesan
- Easy Chicken Salad
- Black Bean Salad (or Salsa)
- Red Beans and Rice with Corn on the Cob
- Asian Cole Slaw

**23 Recipes:  
Healthy, Quick, Affordable**

- Chunky Marinara with Pasta and Seared Chicken
- Asian-Style Noodles with Pork and Vegetables
- Orange Glazed Turkey with Potatoes and Carrots
- Tailgate Chili

**23 Recipes:  
Healthy, Quick, Affordable**

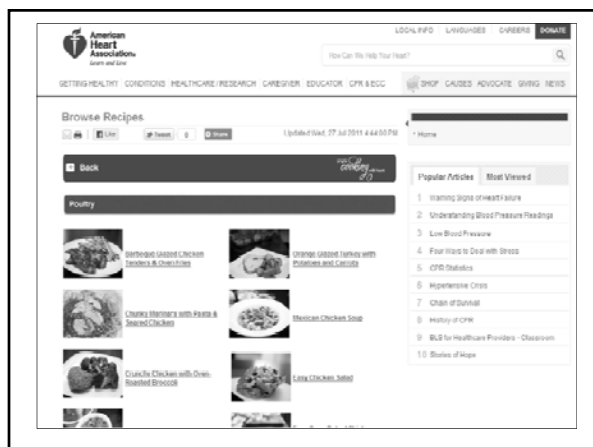
- Balsamic Glazed Fish
- Quick Salad Dressings

**Program Website**

- [www.heart.org/simplecooking](http://www.heart.org/simplecooking)
  - On-line hub of the program
  - Cooking videos for the 23 recipes
    - Additional videos focus on specific cooking skill (mincing garlic, chopping bell pepper, etc.) required for the recipes

## Program Website

- Downloadable Host Kit, At Home Booklet and Demonstration Kit
- Robust library of additional tips and information



## On-line Content

- A Grain of Salt – Sodium Introduction
- Be Nutty (But Just a Little)
- Bean Benefits
- Caring for Non-stick Skillets
- Choosing Great Fruits and Vegetables
- Cooking for Weight Loss

## On-line Content

- Cooking Healthy on a Budget
- Eating Healthy on the Run – Snacks and Breakfast on the Go
- Essential Kitchen Equipment
- Fat Friends and Foes
- Fish is Good Food
- Healthy Cooking Skills Glossary

## On-line Content

- Healthy Swaps for Common Foods
- How to Store and How Long to Keep Leftover Safely
- Kitchen Safety 101
- Let's Eat Beans!
- Look Sharp! Using and Storing Knives Safely

### On-line Content

- **Money-Saver: Make Beans from Scratch**
- **Money-Sever: Homemade Breadcrumbs**
- **Safe Temperatures for Meat and Poultry**
- **Slender Sautéing**
- **Sneaky Side of Sugar**

### On-line Content

- **Sodium Solutions – Cutting Sodium from Your Diet**
- **Stocking a Pantry with Heart-Healthy Cooking Staples**
- **Technique: Cooking Whole Grains**
- **Technique: Microwave Vegetables**
- **The ABC's of a Heart-Healthy Kitchen**

### On-line Content

- **The American Heart Association's Healthy Diet Guidelines**
- **The Fiber Factor: Planning High Fiber Meals**
- **'Tis the Seasonings – Introduction to Herbs and Spices**
- **Using Food Labels as a Shopping Aid**

### On-line Content

- **What's a Serving Size?**
- **Whole Grain Goodness**

### Host Kit



### Host Kit

- **Provides instructions for creating fun in-home events for four to eight friends and neighbors to practice new skills and make a recipe together**
- **Host Guide contains directions and ideas to create a fun and lively cooking event in the Host's own home**

### Host Kit

- The parties are all about learning new skills, peer learning, and having fun
  - Get ready to cook up a storm!

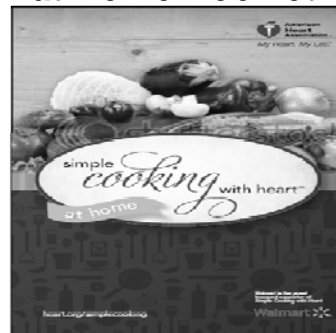
### Host Kit Contents

- A registration card
- An invitation template
- Party set-up instructions
- Two recipes
  - Asian style noodles, BBQ glazed chicken
- Shopping/supply lists for each recipe

### Host Kit Contents

- Four copies of Simple Cooking with Heart at Home Booklet
  - Party favors for guests
- The American Heart Association's dietary recommendations
- Fun party ideas
  - Five reusable grocery bags as host gift and party favors

### Simple Cooking with Heart at Home Booklet



### Simple Cooking with Heart at Home Booklet

- A resource for anyone who wants to learn more about cooking at home
- Contains basic kitchen-prep information, shopping lists, and an introduction to heart-healthy cooking skills that are simple and quick

### Simple Cooking with Heart at Home Booklet

- SCWH Recipe Postcard is a resource that can be used to promote website
  - Smaller than the booklet

## **American Heart Association's Heart-Healthy Diet**

## **American Heart Association's Heart-Healthy Diet**

- **Recommendations**
  - Balance the number of calories you eat and physical activity to maintain a healthy body weight
    - This means not eating more calories than you need

## **American Heart Association's Heart-Healthy Diet**

- Make your diet rich in fruits and vegetables
  - A typical adult should try for 9-10 servings (4.5 cups) of fruits and vegetables every day

## **American Heart Association's Heart-Healthy Diet**

- Choose whole grains and high-fiber foods
  - Three 1 oz. servings per day
- A diet rich in fiber can help manage your weight because fiber keeps you feeling fuller longer, so you eat less

## **American Heart Association's Heart-Healthy Diet**

- Eat fish, especially oily fish like salmon or albacore tuna, twice a week to get omega-3 fatty acids

## **American Heart Association's Heart-Healthy Diet**

- Limit saturated and trans fat and cholesterol
  - Choose lean meats, select fat-free (skim), 1% and low-fat dairy products
  - Avoid hydrogenated fats
    - Margarine, shortening, cooking oils and foods made from them

### **American Heart Association's Heart-Healthy Diet**

– A person needing 2,000 calories each day should consume:

- Less than 16 grams (g) saturated fat
- Less than 2g trans fat
- Between 50 and 70g of total fat
- Limit cholesterol to no more than 300 milligrams(mg) each day

### **American Heart Association's Heart-Healthy Diet**

– Limit added sugars to no more than half of your daily discretionary calorie allowance

- Women
  - No more than 100 calories per day
  - 6 teaspoons

### **American Heart Association's Heart-Healthy Diet**

- Men

– No more than 150 calories per day

- 9 teaspoons

### **American Heart Association's Heart-Healthy Diet**

– Limit sugar-sweetened beverages to no more than 450 calories (36 oz.) per week

– Choose and prepare foods with little or no salt (sodium) to maintain a healthy blood pressure

- Keep sodium intake to 1,500 mg per day or less

### **American Heart Association's Heart-Healthy Diet**

– Limit processed meat (such as sandwich meat, sausage and hot dogs) to fewer than two servings per week

– Try to eat four servings per week of nuts, seeds or legumes (beans)

### **American Heart Association's Heart-Healthy Diet**

– If you eat out, pay attention to portion size and the number of calories in your meal