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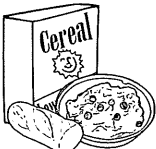
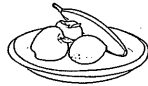


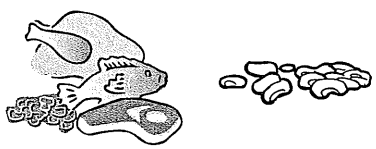

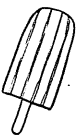
SESSION 4

Eat in a Healthy Way –Even When Time or Money Is Tight

Welcome Heart Healthy Eating into Your Home

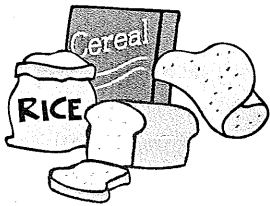
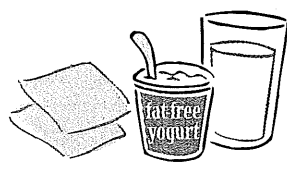
Enjoy Living Smoke Free

Heart Healthy Eating Plan

Grains Rice, bread, cereal, and noodles (pasta) (6 to 8 servings a day)* 	<ul style="list-style-type: none"> ♥ Noodles and steamed rice ♥ Sliced bread (such as wheat, rye, or white), sandwich buns, dinner rolls, English muffins, bagels, and <i>pan de sal</i> ♥ Unsalted, low-fat crackers (such as graham crackers), unsalted pretzels, and plain popcorn ♥ Cooked hot cereals (not instant) and whole-grain cold cereals
Fruits (4 to 5 servings a day)* 	<ul style="list-style-type: none"> ♥ Fresh, frozen, canned (packed in fruit juice), or dried fruits without added sugar (such as oranges, papaya, grapefruit, bananas, apples, mangoes, pineapples, watermelon, peaches, fruit cocktail, grapes with skin on, and raisins) ♥ Fresh, frozen, or canned fruit juices (with no sugar added)
Vegetables (without added fat) (4 to 5 servings a day)* 	<ul style="list-style-type: none"> ♥ Fresh, frozen, or no-salt-added canned vegetables (such as peas, green beans, carrots, cabbage, tomatoes, yuca, squash, broccoli, potatoes, and corn) ♥ Cooked dry beans, peas, and lentils
Fat-free and low-fat milk and milk products Milk, yogurt, and cheese (choose low-fat more often) (2 to 3 servings a day)*	<ul style="list-style-type: none"> ♥ Lactose-free products, such as soy milk and other soy products ♥ Fat-free or low-fat (1%) milk ♥ Fat-free or low-fat yogurt ♥ Cheeses low in fat and sodium 
Lean meats, poultry, and fish Meat, poultry, fish, seafood, dry beans, eggs, tofu, and nuts (2 or fewer servings a day)* 	<ul style="list-style-type: none"> ♥ Chicken or turkey without the skin ♥ Fish and seafood ♥ Lean cuts of meat ♥ Beef: round, sirloin, chuck, loin, and extra lean ground beef ♥ Pork: leg, shoulder, tenderloin, and lean ham ♥ Tofu ♥ Dry beans and peas (black beans, pinto beans, kidney beans, navy beans, chickpeas, lentils, and split peas) ♥ Frozen butter beans and lima beans ♥ Eggs (no more than four yolks a week)
Nuts, seeds, and legumes (4 to 5 servings a week)	<ul style="list-style-type: none"> ♥ Nuts, peanut butter, and seeds
Fats and oils (2 to 3 servings day)* 	<ul style="list-style-type: none"> ♥ Margarine (liquid, soft tub, or reduced-calorie) ♥ Oils (canola, corn, safflower, olive, peanut, or sesame)
Sweets and added sugars (5 servings or fewer a week)* 	<ul style="list-style-type: none"> ♥ Frozen treats (such as frozen juice pops, low-fat frozen yogurt, or ice cream) ♥ Low-fat cake and cookies (such as angelfood cake, fig-bar cookies, gingersnaps, animal crackers, vanilla wafers, graham crackers, <i>puto</i>, and <i>mamon</i>)

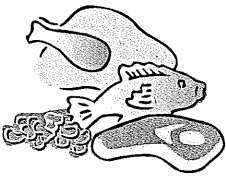

* The amount of food from each food group that is right for you depends on how many calories you need. This is based on your age, gender, and how physically active you are.

Plano sa Pagkaing Malusog sa Puso

<p>Mga Butil Kanin, tinapay, <i>cereal</i>, at mga <i>noodles (pasta)</i> (6 hanggang 8 takal sa isang araw)*</p> 	<ul style="list-style-type: none"> ♥ Mga <i>noodles</i> at sinaing na kanin ♥ Putol ng tinapay (tulad ng <i>wheat</i>, <i>rye</i>, o puti), mga <i>sandwich bun</i>, <i>dinner roll</i>, <i>English muffin</i>, <i>bagel</i>, at pan de sal ♥ Walang asin, mga <i>low-fat crackers</i> (tulad ng <i>graham crackers</i>), walang asin na mga <i>pretzel</i>, at walang halong <i>popcorn</i> ♥ Mga lutong mainit na <i>cereal</i> (hindi instant) at buong butil na <i>cereal</i>
<p>Mga Prutas (4 hanggang 5 takal sa isang araw)*</p>	<ul style="list-style-type: none"> ♥ Sariwa, naka-freeze, de lata (nakapaketeng katas ng prutas), o mga pinatuyong prutas nang walang dinagdag na asukal (tulad ng mga kahel, papaya, <i>grapefruit</i>, saging, mansanas, manga, pinya, pakwan, <i>peach</i>, <i>fruit cocktail</i>, ubas na may balat, at pasas) ♥ Sariwa, naka-freeze, o de latang katas ng prutas (nang walang idinagdag na asukal)
<p>Mga Gulay (nang walang idinagdag na taba) (4 hanggang 5 takal sa isang araw)*</p>	<ul style="list-style-type: none"> ♥ Sariwa, naka-freeze, o walang idinagdag na asin sa de latang gulay (tulad ng mga <i>garbanzos</i>, <i>green beans</i>, <i>carrot</i>, repolyo, kamatis, <i>yuca</i>, kalabasa, <i>broccoli</i>, patatas, at mais) ♥ Mga lutong tuyong <i>beans</i>, <i>garbanzos</i>, at patani
<p>Fat-free at low-fat na gatas at mga produktong gawa sa gatas Gatas, <i>yogurt</i>, at keso (Piliin ang <i>low-fat</i> nang mas madalas) (2 hanggang 3 takal sa isang araw)*</p>	<ul style="list-style-type: none"> ♥ Mga produktong <i>lactose-free</i>, tulad ng gatas ng soya at iba pang mga produktong gawa sa soya ♥ Gatas na <i>fat-free</i> o <i>low-fat</i> (1%) ♥ <i>Yogurt</i> na <i>fat-free</i> o <i>low-fat</i> (1%) ♥ Mga kesong mababa sa taba at asin 

* Ang dami ng pagkain mula sa bawat pangkat ng pagkain na tama para sa iyo ay depende sa kung gaano karaming calorie ang kailangan mo. Ito ay batay sa iyong gulang at kasarian at kung gaano ka kaaktibong pisikal.

Plano sa Pagkaing Malusog sa Puso *(continued)*

<p>Mga karneng kakaunti ang taba, manok, at isda Karne, manok, isda, pagkaing dagat, mga tuyong <i>beans</i>, itlog, tokwa, at <i>nut</i> (2 o mas mababa pang takal sa isang araw)*</p> 	<ul style="list-style-type: none"> ♥ Manok o pabo na walang balat ♥ Isda at pagkaing dagat ♥ Mga hiwa ng karne na kakaunti ang taba Baka: <i>round, sirloin, chuck, loin</i>, at sobrang kakaunti ang tabang giniling na baka Baboy: <i>pata, shoulder, tenderloin</i>, at walang tabang hamon ♥ Tokwa ♥ Mga tuyong <i>bean</i> at <i>garbanzos</i> (mga <i>black beans, pinto beans, kidney beans, navy beans, chickpeas, patani</i>, at <i>split peas</i>) ♥ Mga naka-freeze na <i>butter beans</i> at <i>lima beans</i> ♥ Mga itlog (hindi higit sa apat na pula ng itlog sa isang linggo)
<p>Mga <i>nut</i>, buto, at legumes (4 hanggang 5 takal sa isang linggo)*</p> 	<ul style="list-style-type: none"> ♥ Mga <i>nut, peanut butter</i>, at buto
<p>Mga <i>fats</i> at <i>oils</i> (2 hanggang 3 takal sa isang araw)*</p>	<ul style="list-style-type: none"> ♥ <i>Margarine</i> (likido, <i>soft-tub</i>, o binawasan ng calorie) ♥ <i>Oils</i> (<i>canola, corn, safflower, olive, peanut</i>, o <i>sesame</i>)
<p>Mga matatamis at idinagdag na asukal (5 takal o mas mababa pa sa isang linggo)*</p>	<ul style="list-style-type: none"> ♥ Mga <i>frozen treats</i> (tulad ng naka-freeze na <i>juice pops</i>, naka-freeze na <i>low-fat yogurt</i>, o sorbetes) ♥ <i>Low-fat</i> na keyk at mga <i>cookies</i> (tulad ng <i>angelfood cake</i>, mga <i>fig bar cookies, gingersnaps</i>, mga biskwit na hugis hayop, <i>vanilla wafers, graham crackers</i>, puto, at mamon)

* Ang dami ng pagkain mula sa bawat pangkat ng pagkain na tama para sa iyo ay depende sa kung gaano karaming calorie ang kailangan mo. Ito ay batay sa iyong gulang at kasarian at kung gaano ka kaaktibong pisikal.

Add Color and Flavor to Your Menu

BREAKFAST

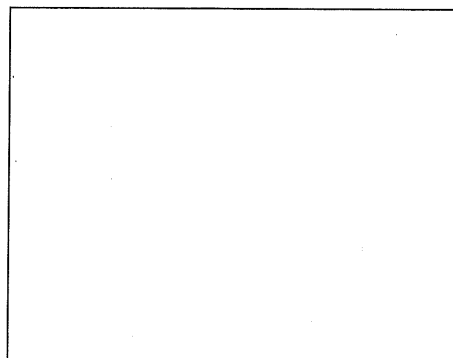
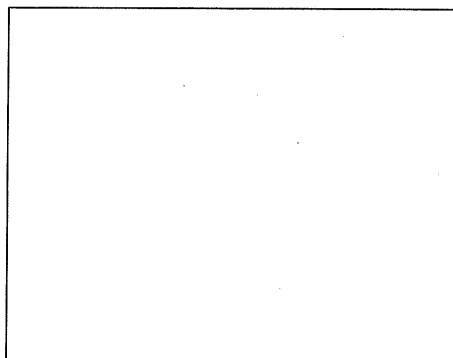
Omelet

Pan de sal

Coffee with fat-free milk

Vegetable

Fruit



Add Color and Flavor to Your Menu *(continued)*

LUNCH

Grilled fish

Steamed rice

Vegetable

Vegetable

Fruit

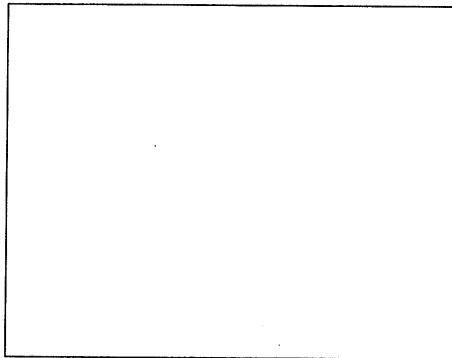
Add Color and Flavor to Your Menu *(continued)*

DINNER

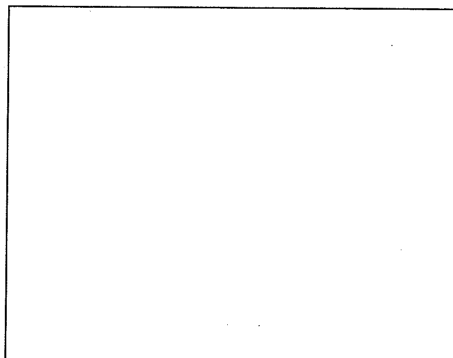
Roasted pork

Noodles

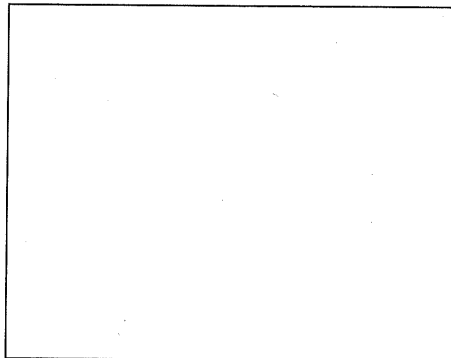
Vegetable



Vegetable



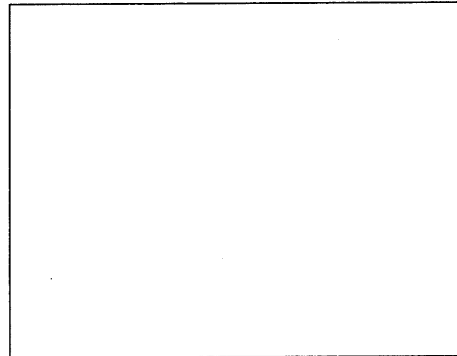
Fruit



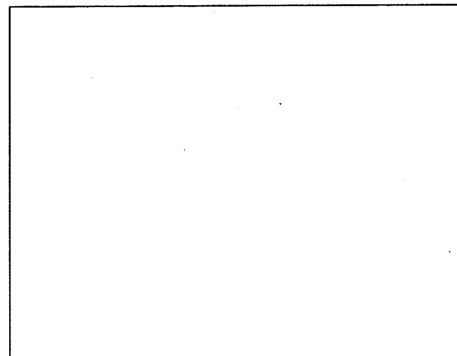
Add Color and Flavor to Your Menu *(continued)*

SNACK

Vegetable

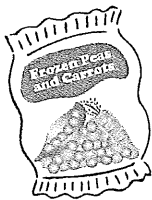


Fruit

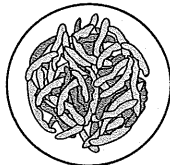


Say Yes to Fruits and Vegetables

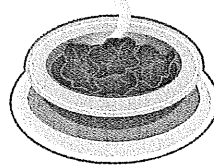
Vegetables



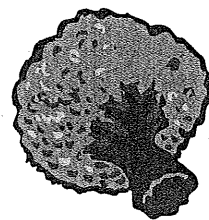
Frozen peas
and carrots



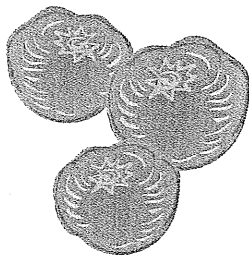
Green beans



Spinach



Broccoli



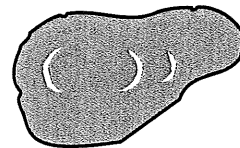
Tomatoes



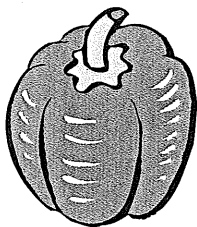
Bok choy
(*pechay*)



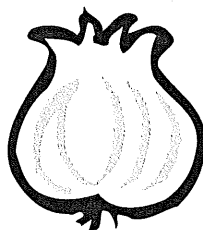
Eggplant



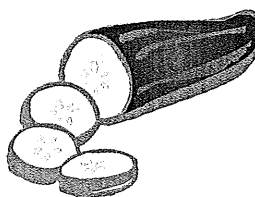
Sweet Potato
(*camote*)



Pepper



Green onions



Cucumber



Cabbage

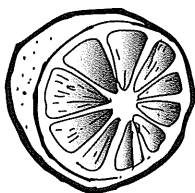
Cut out these foods, and use them for the activity.

Say Yes to Fruits and Vegetables *(continued)*

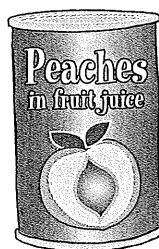
Fruits



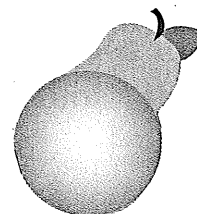
Cherries



Grapefruit



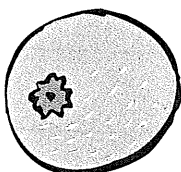
Canned peaches
in fruit juice



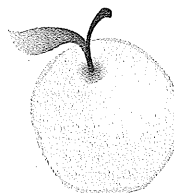
Papaya



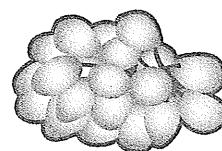
Banana



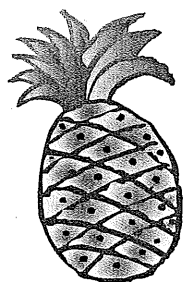
Orange



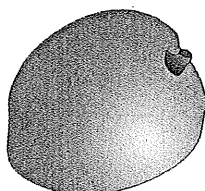
Apple



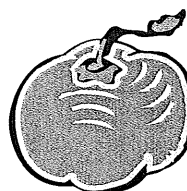
Grapes



Pineapple



Mango



Peach



Guava

Cut out these foods, and use them for the activity.

Heart Healthy Scenarios With the de la Cruz Family

■ Scene 1: Helena's Fast Food Dilemma

Mila's friend Helena is a busy, working mom with two children. She rarely makes dinner for her family because of her busy schedule. Three or four days a week, Helena takes her children to fast food restaurants. Her sons love eating hamburgers and french fries, drinking soda, and getting free toys. But she wants her children to live healthy lives. She is worried that they are spending too much time playing video games and watching television after school and meals. Combined with the fast food, Helena is worried that her sons will become overweight soon.

What can Helena do on her busy schedule to feed her children healthier meals?

What else can Helena do to help her children live healthy lives?

Heart Healthy Scenarios With the de la Cruz Family *(continued)*

■ Scene 2: Cesar and Mila's Parties

Cesar and Mila like to have parties at their house. They enjoy the company of their family and friends. They usually celebrate with a lot of food and drink. They love to make chicken, leaving the skin on it, *pancit*, fried *lumpia* with pork, *sinangag* (garlic fried rice) with a lot of *patis* (fish sauce), and sweet desserts. Their gatherings start in the afternoon and usually last through the evening. Most of the time, they are sitting down eating and drinking alcohol. At least once a week, Cesar and Mila's friends take turns hosting parties at their houses.

What can Cesar and Mila make for their own parties or bring to friends' parties to make the celebrations more heart healthy?

How can Cesar and Mila stick to their healthier eating plan when they are at the parties?

What else can Cesar and Mila do?

Heart Healthy Scenarios With the de la Cruz Family *(continued)*

■ Scene 3: Eating When Stressed or Bored

Jose is trying to stay heart healthy. His doctor says he needs to lower his blood pressure and lose some weight. But eating makes him feel better when he is stressed or bored. He says it takes his mind off his problems. Even when he is not hungry, Jose likes to snack on pork rinds, salted peanuts, and regular sodas while watching television.

How can Jose eat better to lose weight and lower his blood pressure?

What else can Jose do to lose weight and lower his blood pressure?

Ampalaya (Bitter Melon) With Pork Recipe

1 tablespoon	olive oil
½ pound (0.2 kg)	lean ground pork
6 cloves	garlic, crushed
1 cup	onion, 1 medium, chopped
2 cups	<i>Ampalaya</i> ,* sliced
2 teaspoons	light soy sauce
½ teaspoon	black pepper

* *Ampalaya* (bitter melon) is a fruit that is oblong, cylindrical, pointed at both ends, ribbed, and wrinkled.

1. Using a large skillet, lightly saute onions and garlic in hot olive oil.
2. Add the ground pork and cook until almost done.
3. Add the sliced bitter melon.
4. Cover and simmer until bitter melon turns green. Do not overcook.
5. Season with light soy sauce and black pepper.

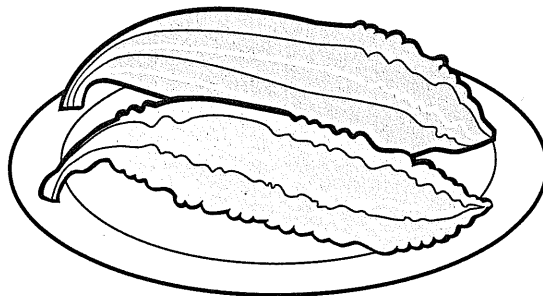
Quick Facts

This recipe is lower in fat and sodium because it uses:

- Lean meat that is sauteed and simmered instead of fried
- Onion, garlic, and bitter melon for flavor
- Low-sodium soy sauce that reduces the amount of sodium in the dish

Yield:	Serving size:
4 servings	1 cup
Calories	150 kcal
Total Fat	6 g
Saturated Fat	1.5 g
Cholesterol	45 mg
Sodium	200 mg
Total Fiber	1 g
Protein	17 g
Carbohydrates	7 g
Potassium	600 mg

Source: Adapted from Heart Healthy Traditional Filipino Recipes, American Heart Association.



Cooking With Children

Get Them Interested

Cooking with your children is a good way to help them develop healthy eating habits. Most children enjoy helping in the kitchen. While they help you prepare a meal, you can talk to them about healthy foods. Children like to eat the food they make. This is also a good way to get them to try more healthy foods.

Let Them Help

You can show your children how to help you prepare meals. Here are ways that children of different ages can help in the kitchen:

2-year-olds can:

- Wipe tabletops.
- Scrub and rinse fruits and vegetables.



- Tear lettuce or greens.
- Break up broccoli.
- Bring ingredients from one place to another.

3-year-olds can:

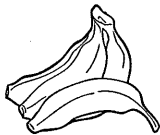
- Wrap potatoes in foil for baking.
- Knead and shape dough for ensaymada (sweet bread).
- Mix ingredients.
- Pour liquids.



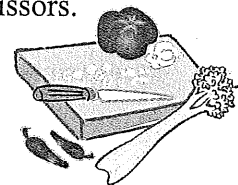
- Shake liquids in a covered container.
- Apply soft spreads.
- Shape the edges of the empanadas.
- Wrap lumpia rolls.
- Make dumplings.
- Put things in the trash.

4-year-olds can:

- Peel oranges or hard-boiled eggs.
- Mash bananas with a fork.



- Cut basil with kid-safe scissors.
- Set the table.



5- to 6-year-olds can:

- Measure ingredients.
- Use an egg beater.



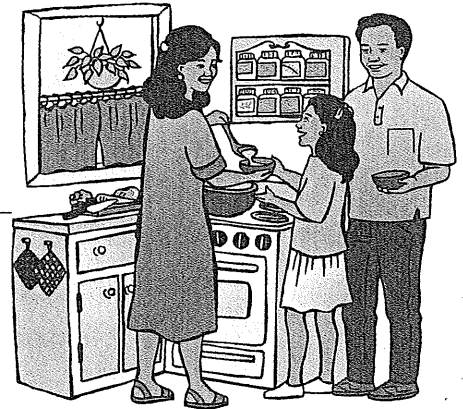
- Cut crusts off bread for sandwiches.

Be sure to have children wash their hands before and after helping in the kitchen. Be patient with spills and mistakes. Remember that the goal is to help your children learn about healthy eating.

Cooking With Children *(continued)*

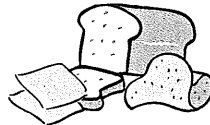
Let Them Be Creative

Set out three or four healthy foods, and let your children make a new snack or sandwich from them. Use foods your children can eat without choking.



Start with:

- A new kind of bread (whole grain or rye)
- Whole-grain crackers or graham crackers
- Mini rice cakes or popcorn cakes
- Small bagels
- Salt-free crackers



Spreads could include:

- Low-fat cream cheese or cheese spread
- Low-fat peanut butter



- Jelly or jam with no sugar added

Toppings could include:

- Slices of banana, pineapple, or cherries
- Raisins or other dried fruit
- Strawberries
- Slices of cucumber or squash



- Cherry tomatoes cut in small pieces
- Slices of cheese or hard-boiled egg
- Basil leaves or dill

As you help your children make the new snack or sandwich, talk about why it is healthy.

Point out the different food groups that are included in the snack or sandwich. Explain that eating a variety of foods is healthy.

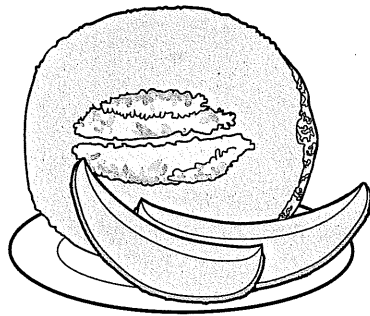
Ask why the snack or sandwich tastes good. Is it sweet, juicy, chewy, or crunchy?

Adapted from the U.S. Department of Agriculture, "Tips for Using the Food Guide Pyramid for Young Children 4 to 6 Years Old."

Cantaloupe Crush Recipe for Children

½	cantaloupe
1 cup	fat-free milk
1½ cups	ice
sweetener	as needed (about 1 to 2 teaspoons sugar or equivalent of other sweetener)

1. Cut cantaloupe into small cubes or thin strips.
2. Mix cantaloupe, milk, and ice in a blender until smooth.
3. Sweeten to taste.



Quick Facts

This refreshing drink is healthy because it uses:

- Fresh fruit
- Fat-free milk
- Low amounts of sweetener

Yield:	Serving size:
4 servings	½ cup
Calories	50 kcal
Total Fat	0 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	40 mg
Total Fiber	0 g
Protein	3 g
Carbohydrates	10 g
Potassium	280 mg

Source: National Cancer Institute recipe at IntelliHealth, available at:
<http://www.intelihealth.com/IH/ih/IH/WSSAN283/2372/14218/232586.html?sID=325>

Lola's Life Lessons: Session 8

One of my favorite proverbs is:

"Ang mabigat ay gumagaan, kung pinatutulngan."

Translation: "A heavy burden is lightened if everyone participates in carrying it."

The journey to heart health has many challenges. But it is much easier if your family and friends support you. When I first started changing my eating habits, it was hard to go to parties and gatherings. The parties always have delicious dishes on the table, but the sauces are usually high in fat and sodium. In the beginning, I would taste everything on the table because I did not want to offend the host. Sometimes, I would try to go to the gatherings after dinner was served, because it made it easier to say no.

Eventually, I learned to eat smaller portions of my favorite foods. It is a lot easier now that my family has joined me on the journey to heart health. We bring low-fat, low-sodium dishes to share at potluck dinners. At parties, we remind each other to eat well-balanced meals. But I am most proud of my grandchildren, who are following their parents' example by making smart, healthy food choices each day.

A Time To Reflect...

What changes has your family made in order to become heart healthy? What new changes can you make to support your family's journey to heart health?

(Use this space to write down your thoughts for this week's session.)

Pledge for Life! Session 8

Take the pledge for life with Lola Idad. Try to do one of these activities by yourself or share with others.

- ☐ Learn the serving sizes for foods.
- ☐ Limit the intake of saturated and *trans* fat, cholesterol, and sodium, as well as added sugar.
- ☐ Eat smaller portions of food, starting with smaller portions of meat, steamed rice, and noodles.
- ☐ Avoid having second helpings of food.
- ☐ Choose a variety of fruits and unsalted nuts for healthy snacks.
- ☐ Bring carrot and celery sticks to work for a snack.
- ☐ Add fruits, like bananas or raisins, to cereal or oatmeal.
- ☐ Choose fewer snacks that are high in fat, sodium, and added sugar.
- ☐ Choose water or sugar-free drinks.
- ☐ Share heart healthy recipes with your family and friends.
- ☐ Other _____

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 shop for groceries.
- ♥ Include children and other members of your family in preparing meals and cleaning up.
- ♥ Clean up as you cook—you will have less to clean up after you finish cooking.
- ♥ Share cooking duties with other family members or neighbors. For example, your family can cook enough food to share with another family.

Cook in Advance

- ♥ Prepare some foods in advance, such as spaghetti sauce. Use these foods 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 (for example, marinate chicken in the refrigerator overnight).
- ♥ Pack your lunch the night before.
- ♥ Cut and wash vegetables, and make enough salad for 2 days. Do not add dressing until serving time.
- ♥ Cook two or three dishes on your day off, and freeze some of them. Use the frozen dishes on the days when you do not have time to cook.
- ♥ Prepare for recipes the night before by cutting and trimming meats.
- ♥ Prepare meals in a slow cooker.

Cook Simply

- ♥ Steam vegetables, and serve them without sauces.
- ♥ Use frozen vegetables without sauces.
- ♥ Broil, steam, grill, bake, or roast meats.
- ♥ Make one-pot meals, such as stews and casseroles.
- ♥ Use frozen chopped vegetables, such as carrots, peas, and broccoli.
- ♥ Use the microwave for cooking or defrosting.
- ♥ Learn simple recipes that can be made in less than 30 minutes.

Use Herbs and 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 bay leaves, 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
 - Polvorones (whole-wheat candy)
 - Fat-free and low-fat cheese
 - Unsalted nuts, seeds, and crackers
 - Whole-grain breads



Mga Payo para sa Mga Pamilya na Abala



Iplan ang Iyong Mga Pagkain



- ♥ Iplano ang lingguhang mga pagkain batay sa iskedyul ng iyong pamilya.

Gumamit ng isang Listahan ng Pamimili

- ♥ Sa isang paglalakbay lamang papunta sa tindahan ay makakatipid ng pera at oras. Gumawa at gumamit ng isang listahan ng pamimili.

Mga Gawain sa Paghahanda ng Pamamahagi ng Pagkain

- ♥ Turuan ang iyong pamilya kung paano mamili sa mga groserya.
- ♥ Isama ang mga bata at ibang mga miyembro ng iyong pamilya sa paghahanda ng mga pagkain at paglilinis.
- ♥ Maglinis habang nagluluto—konti ang iyong lilinisan pagkatapos mong magluto.
- ♥ Ibahagi ang mga tungkulin sa pagluluto sa ibang mga miyembro ng pamilya o mga kapitbahay. Halimbawa, ang iyong pamilya ay maaaring magluto ng sapat na pagkain upang maibahagi sa ibang pamilya.

Magluto ng mas Maaga

- ♥ Maghanda ng ilang mga pagkain ng mas maaga, tulad ng sarsa ng *spaghetti*. Gamitin ang mga pagkaing ito para sa mabilisang mga pagkain. Maaari kang magdagdag ng manok o baka sa sarsa at ihain ito sa spaghetti o sa kanin.
- ♥ Ihanda kinagabihan ang mga bahagi ng isang pagkain (halimbawa, ibabad ang manok nang magdamag sa *refrigerator*).
- ♥ Balutin kinagabihan ang iyong tanghalian.
- ♥ Hiwain at hugasan ang mga gulay, at gumawa ng sapat na ensalada para sa 2 araw. Huwag magdagdag ng *dressing* hanggang sa oras ng paghahain.
- ♥ Magluto ng dalawa o tatlong putahe sa araw na wala kang pasok, ilagay sa *freezer* ang ilan sa mga ito. Gamitin ang naka-freeze na mga putahe sa mga araw na wala kang oras na magluto.
- ♥ Maghanda kinagabihan ng mga *recipe* sa pamamagitan ng paghihiwa at pagbabawas ng mga karne.
- ♥ Ihanda ang mga pagkain sa isang mabagal na pagluluto.

Mga Payo para sa Mga Pamilya na Abala *(continued)*



Magluto ng Simple

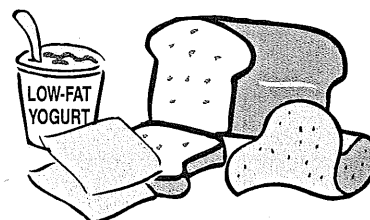
- ♥ Pausukan ang mga gulay at ihain ito ng walang mga sarsa.
- ♥ Gumamit ng mga naka-freeze na gulay na walang mga sarsa.
- ♥ Pakuluan, pausukan, ihawin, ihurno, o ilitson ang mga karne.
- ♥ Gumawa ng isang kalderong mga pagkain, tulad ng mga *stew* at *casserole*.
- ♥ Gumamit ng naka-freeze na tinilad-tilad na mga gulay, tulad ng mga *carrot*, *pea*, at *broccoli*.
- ♥ Gamitin ang *microwave* para sa pagluluto o pagde-defrost.
- ♥ Matuto ng mga simpleng *recipe* na maaaring gawin na mas mababa sa 30 minuto.

Gumamit ng Mga *Herb* at Pampalasa

- ♥ Ihawain ang mga sariwang *herb*, at ilagay sa mga *trey* ng yelo. Punuin ng tubig ang mga *trey*, at i-freeze. Iimbak ang mga yelo sa isang *plastic bag*. Gamitin kapag kinakailangan mo ng mga sariwang *herb*.
- ♥ Mag-alaga ng mga dahon ng *laurel*, *basil*, o *thyme* sa isang naaarawang bintana.
- ♥ Palaging magtabi ng mga tuyong *herb*. Ang isang kutsarita ng mga tuyong *herb* ay katumbas ng 3 kutsarita ng mga sariwang *herb*.

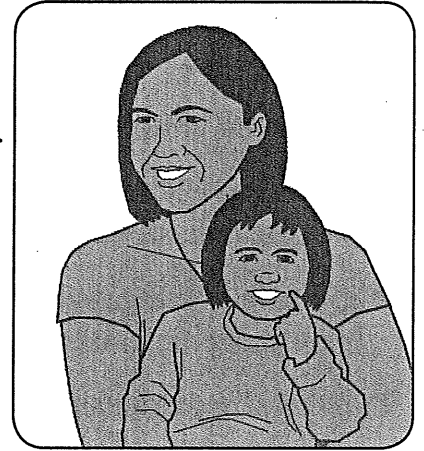
Laging Magtabi ng Mga Madaliang Minindal

- ♥ Subukan ang mga malusog na minindal na ito:
 - Mga sariwang prutas at gulay
 - Buong butil, handa kainin, tuyong *cereal*
 - Polvorones (buong *wheat* na kendi)
 - *Fat-free* at *low-fat* na keso
 - Mga maning walang asin, buto, at biskwit
 - Mga buong butil na tinapay



Rose's Busy Schedule

Rose has a busy life. She has three young children; and she and her husband both work Monday through Friday. Rose's husband Jose leaves for work at 5:30 a.m. and gets home at 7:30 p.m. Rose usually leaves for the office at 9 a.m. and gets home around 6 p.m. Every night, after she comes home from work, Rose gets the family's dinner ready. Rose wants the family to be heart healthy, but she never seems to have the time to cook. Often, she is running late or is too tired to cook, so she picks up pizza, Chinese food, or fried chicken on her way home.



Since his stroke, Jose wants her to make healthier, traditional Filipino dinners. Rose tries to get her husband to help her with dinner, but he is always tired. Besides, Jose does not like cooking. They also have to help the children with their homework. This leaves them little time to prepare heart healthy meals.

What can Rose do to make sure that her family eats in a heart healthy way?

Write down some ideas for Rose to try:

Lola's Tips for Heart Healthy Chinese Food

Here are Lola Idad's tips for lowering fat and calories when you order food from a Chinese carryout restaurant.

Choose More Often	Choose Less Often
<ul style="list-style-type: none">• Steamed or grilled dishes, such as steamed dumplings or grilled fish, instead of fried dishes.• More vegetable dishes or dishes that have large amounts of vegetables, such as beef with broccoli.• Steamed rice instead of fried rice. (Steamed rice is lower in fat, cholesterol, and calories.)	<ul style="list-style-type: none">• Deep-fried dishes such as Kung Pao Chicken, General Tso's Chicken, Mu Shu Pork, or fried egg rolls.• Fried rice.• Dishes with heavy sauces, such as coconut milk.
AND	
<ul style="list-style-type: none">• Let the restaurant know your dietary needs, so they can suggest ways to meet your needs, if possible.• On the day you are planning to order Chinese food, eat foods with less sodium in your other meals and snacks. Many dishes from Chinese restaurants are very high in sodium.• You can cut down on the sodium in the Chinese food you order. Make sure the restaurant does not use monosodium glutamate (MSG) in the dishes. MSG is high in sodium!• You can also cut down on sodium by using light soy sauce to season the food.• Instead of buffets, order healthy choices from the menu.	

Source: Adapted from Asian Health Services, www.ahschc.org.

Mga Payo ni Lola para sa Malusog sa Pusong Pagkain ng Tsinos

Narito ang mga payo ni Lola Idad para sa pagpapababa ng taba at calorie kapag umorder ka ng pagkain mula sa isang restawran na *Chinese carryout*.

Piliin nang Mas Madalas	Piliin nang Hindi Madalas
<ul style="list-style-type: none"> ♥ Pinausukan o inihaw na mga pagkain, tulad ng mga pinausukang <i>dumpling</i> o inihaw na isda, sa halip na mga piniritong pagkain ♥ Mas maraming mga pagkaing gulay o mga pagkain na mayroong maraming mga gulay, tulad ng baka na may <i>broccoli</i> ♥ Sinaing na kanin sa halip na sinangag (ang sinaing na kanin ay mas mababa sa taba, kolesterol, at mga calorie) 	<ul style="list-style-type: none"> ♥ Mga pagkaing piniritong nakalubog sa mantika tulad ng <i>Kung Pao Chicken</i>, <i>General Tso's Chicken</i>, <i>Mu Shu Pork</i>, o piniritong <i>egg rolls</i> ♥ Sinangag ♥ Mga pagkaing masarsa, tulad ng gata
AT ...	
<ul style="list-style-type: none"> ♥ Ipaalam sa restawran ang iyong mga pangangailangang pandiyeta, upang makakapagmungkahi sila ng mga paraan upang maabot ang iyong mga pangangailangan, kung posible. ♥ Sa araw na pinaplano mong umorder ng pagkaing Tsino, Kumain ng mga pagkain na kaunti ang asin sa iyong iba pang mga pagkain at meryenda. Maraming mga pagkain mula sa mga restawrang Tsino ay napakataas sa asin. ♥ Maaaring mong bawasan ang asin sa pagkaing Tsino na inorder mo. Tiyak na ang restawran ay hindi gumagamit ng <i>monosodium glutamate (MSG)</i> sa mga pagkain. Ang <i>MSG</i> ay mataas sa asin! ♥ Maaari mo ring bawasan ang asin sa pamamagitan ng paggamit ng <i>light</i> na toyo upang matimplahan ang mga pagkain. 	

Pinagkunan: Kinuha mula sa Asian Health Services, www.ahschc.org.

Tips for Eating Out the Heart Healthy Way

You do not have to give up eating fast foods to eat right.

Here are some tips on how to make heart healthy choices at fast food restaurants.

Sandwiches

- ♥ Order sandwiches without mayonnaise, tartar sauce, or special sauces. Or, try mustard or low-fat mayonnaise. Ask for vegetables to be added to your sandwich.
- ♥ Order small, plain hamburgers instead of deluxe sandwiches.
- ♥ Order sandwiches made with lean roast beef or grilled chicken. Chicken and tuna salad made with regular mayonnaise are high in fat.
- ♥ Choose grilled chicken or fish sandwiches instead of breaded chicken or fish sandwiches.

Main dishes

- ♥ Choose rotisserie-style chicken rather than fried chicken. Always remove the skin.
- ♥ Order pizza with vegetable toppings, such as peppers, mushrooms, or onions. Ask for half the usual amount of cheese.
- ♥ Choose grilled, broiled, steamed, or baked fish instead of fried fish.
- ♥ Leave off sauces.



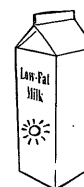
Side dishes

- ♥ Share a small order of french fries instead of eating a large order by yourself.
- ♥ Ask that no salt be added to your serving.
- ♥ Order a baked potato instead of french fries.
 - Try vegetables as a potato topping.
 - Ask that high-fat toppings, such as cheese or sour cream, be served on the side, and use fewer toppings.
 - Ask for low-fat cheese and low-fat sour cream.
- ♥ Use low-calorie, low-fat salad dressing on salad. Bring your own if the restaurant does not offer a low-fat dressing. You can buy packets at some stores. Ask that dressings be served on the side, and use less.
- ♥ Order a green vegetable or salad instead of two or more starches, such as potatoes, steamed rice, noodles (pasta), bread, and corn.



Beverages

- ♥ Choose water, 100% fruit juice, unsweetened iced tea, or fat-free or low-fat (1%) milk, rather than a soft drink or a milkshake.
- ♥ If you really want to have a soft drink, order a small one or a diet soda.



Desserts

- ♥ Buy fresh fruits and gelatin instead of cakes or pies.

Mga Payo sa Pagkain sa Paraang Malusog sa Puso

Hindi mo kailangan isuko ang pagkain sa mga *fast food* upang kumain ng tama.

Narito ang ilang mga payo kung paano gumawa ng mga pagpipilian malusog sa puso sa mga *fast food* na restawran.

Mga Sandwich

- ♥ Umorder ng mga *sandwich* na walang *mayonnaise*, *tartar sauce*, o mga espesyal na sawsawan. O, subukan ang *mustard* o *low-fat mayonnaise*. Humingi ng mga gulay na idadagdag sa iyong *sandwich*.
- ♥ Umorder ng maliit, mga *hamburger* na walang sahog sa halip na mga *deluxe sandwich*.
- ♥ Umorder ng mga *sandwich* na gawa sa walang taba na nilitson na baka o inihaw na manok. Manok at *tuna salad* na ginawa na may *regular mayonnaise* ay mataas sa *fat*.
- ♥ Piliin ang inihaw na manok o mga fish sandwich sa halip na manok na may *breeding* o mga fish sandwich.

Pangunahing mga putahe

- ♥ Piliin ang manok na *rotisserie-style* kaysa sa pritong manok. Laging alisin ang balat.
- ♥ Umorder ng *pizza* na may mga sahog na gulay, tulad ng mga *pepper*, kabute, o sibuyas. Hilingin para sa kalahati para sa karaniwang dami ng keso.
- ♥ Piliin ang inihaw, nilitson, pinausukan, o hinurnong isda sa halip na pritong isda.
- ♥ Umiwas sa mga sarsa.



Mga side dish

- ♥ Mamahagi ng isang maliit na order ng *french fries* sa halip ng pagkain ng isang malaking order sa pamamagitan ng iyong sarili.
- ♥ Hilingin na huwag dagdagan ng asin ang iyong takal.

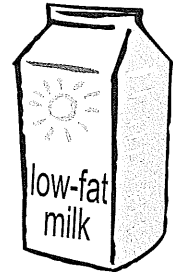


Mga Payo sa Pagkain sa Paraang Malusog sa Puso (*continued*)

- ♥ Umorder ng isang hinurnong patatas sa halip na piniritong patatas.
 - Subukan ang mga gulay bilang isang *topping* na patatas.
 - Hilingin na ang mga *high-fat* na *topping*, tulad ng keso o *sour cream*, na maihain sa gilid, at gumamit ng mas kaunting mga *topping*.
 - Humiling ng kesong *low-fat* at *low-fat* na *sour cream*.
- ♥ Gumamit ng *low-calorie*, *low-fat salad dressing* sa *salad*. Magdala ng iyong sariling *low-fat dressing* kung ang restawran ay hindi nag-aalok nito. Maaari kang bumili ng mga naka-pakete sa ilang mga tindahan. Humiling ng mga *dressing* na ihahain sa gilid, at gumamit ng kaunti.
- ♥ Umorder ng isang berdeng gulay o *salad* sa halip ng dalawa o higit pang mga *starch* tulad ng mga patatas, sinaing na kanin, *noodles (pasta)*, tinapay, at mais.

Mga Inumin

- ♥ Pumili ng tubig, 100-porsyento na katas ng prutas, *unsweetened iced tea*, o *fat-free* o *low-fat* (1%) na gatas kaysa sa isang *soft drink* o isang *milkshake*.
- ♥ Kung gusto mo talagang uminom ng *soft drink*, umorder ng isang maliit na bahagi o isang *diet* na *soda*.



Mga Panghimagas

- ♥ Bumili ng mga sariwang mga prutas at *gelatin* sa halip na mga *cake* o *pie*.

(Optional) Eating Out With the de la Cruz Family Role Play

Ric has just arrived at his favorite Chinese restaurant buffet for a dinner with his mother, Lola Idad, and the family of his brother Cesar.

Cesar: This is a good restaurant. They have good food for good prices.

Ric: Eating at buffets is hard for me. I have been trying to eat healthy ever since the doctor told me that I have high blood pressure. But when I see and smell the food here, I want to try it all. It takes a lot of will power not to choose the fried foods, which have always been my favorite!

Cesar: Remember the advice that Jose gave you—choose the right foods, whether you are eating at home or eating out.

Lola: That's right, Cesar. We can all make heart healthy choices, even when we eat out. Remember, "*Kung may itinanim, may aanihin.*" "If you plant, you will harvest." If you follow a healthy lifestyle, you will improve your health. Make wiser choices and eat smaller portions, and you can lower your blood pressure and lose some weight—like I did!

Cesar: Ric, I am going to eat the steamed dumplings, vegetables, and rice with the baked fish. And I am only going to make one trip to the buffet table so I don't eat too much.

Ric: That sounds like a good dinner. Cesar, let's go to the buffet table together. I will follow your lead.

Money-Saving Tips

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

Before Going to the Store

- ♥ Plan weekly meals. Your family can help you plan the menu.
- ♥ 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. Ask your children or another family member to help you. Remember—coupons do not save you money if you buy products that you do not need. Always compare the price of the item using the coupon with the price of 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. That may be a different store every week.
- ♥ Remember that convenience stores tend to 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 are high in sodium
 - Boneless chicken breasts
 - Precut vegetables
- ♥ Buy fruits and vegetables that are in season.
- ♥ Buy only the amount of food your family can use, even if a larger 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. Some stores give customers free items if they are charged the wrong amount.



Shopping List

Make a shopping list. Include the items you need for your menus and any basics you need to restock in your kitchen.

Produce

- ___ Fresh fruits (bananas, apples, oranges, mangoes, pineapple, papaya, grapes)
- ___ Fresh vegetables (cabbage, bok choy, green onions, spinach, broccoli, carrots, green onions, sweet potatoes, peppers)
- ___ Garlic

Whole-Grain Breads, Muffins, and Rolls

- ___ Bread, bagels
- ___ English muffins
- ___ *Pan de sal*
- ___ Dinner rolls
- ___
- ___
- ___

Cereals, Rice, Crackers, and Noodles

- ___ Steamed rice
- ___ Noodles (pasta)
- ___ Cereal, dry or cooked
- ___ Other _____
- ___ Soda crackers*
- ___ Graham crackers
- ___ Other crackers*
- ___
- ___
- ___



Milk Products†

- ___ Fat-free or low-fat (1%) milk
- ___ Fat-free or low-fat (1%) cottage cheese
- ___ Fat-free or low-fat cheeses
- ___ Fat-free or low-fat yogurt
- ___ Light or diet tub margarine
- ___ Fat-free sour cream
- ___ Fat-free cream cheese
- ___ Eggs

Meats, Poultry, Fish, and Seafood

- ___ Chicken
- ___ Fish (milkfish, grouper, mackerel)
- ___ Seafood (shrimp, mussels, clams, crab, squid)
- ___ Beef (round or sirloin)
- ___ Extra-lean ground beef
- ___ Pork tenderloin, leg, shoulder
- ___ Lower-fat lunch meats (chicken, lean roast beef)*
- ___ Tofu
- ___ Dry beans and peas
- ___ Unsalted roasted nuts
- ___ Peanut butter*



Baking Items

- ___ Flour
- ___ Sugar
- ___ Vegetable oil spray
- ___ Fat-free canned evaporated milk
- ___ Fat-free dry milk powder
- ___ Unsweetened cocoa powder
- ___ Baking powder



Canned Fruits, Vegetables, Beans, and Soups

- ___ Canned fruit in juice
- ___ Applesauce
- ___ Canned tomatoes (no salt added)
- ___ Low-sodium tomato sauce or paste
- ___ Other canned vegetables (no salt added)
- ___ Canned broth (fat-free, low-sodium)*
- ___ Other canned soups*
- ___ Canned beans or peas (no salt or seasoning added)
- ___
- ___

Fats and Oils

- ___ Margarine (liquid, tub, or diet)*
- ___ Unsaturated vegetable oil

Frozen

- ___ Fat-free or low-fat frozen yogurt and desserts*
- ___ Frozen vegetables without sauces
- ___ Frozen fruit juices

Other

- ___ Herbs and spices (anise, basil, bay leaf, lemongrass, oregano, parsley, saffron, sage)
- ___ Vinegar
- ___ Light soy sauce (low sodium)



* Use the Nutrition Facts label to choose foods lowest in saturated fat, *trans* fat, cholesterol, sodium, and calories.
 † Or lactose-free milk and milk products, such as low-fat or fat-free soy milk.

What \$10 Can Buy

Healthy foods do not have to be expensive! Compare these two shopping lists. Which list has healthier food choices? Which list has the best buys?

List #1	
Food	Cost*
1 large bag (20 oz.) potato chips	\$ 4.19
2-liter bottle, cola	\$ 1.49
1 small bag (2.5 oz.) beef jerky	\$ 2.19
1 <i>ensaymada</i> (sweet bread)	\$ 1.50
1 chocolate candy bar	\$ 0.65
Total Cost	\$10.02*

List #2	
Food	Cost*
5 bananas	\$ 1.00
½ pound (0.23 kg) grapes	\$ 1.50
2 red apples	\$ 1.69
1 pound (0.45 kg) bag carrots	\$ 1.00
1 orange	\$ 0.69
1 cucumber	\$ 0.60
2 6-ounce containers low-fat yogurt	\$ 2.00
1 gallon spring water	\$ 1.00
Total Cost	\$ 9.48*

Make smart choices: Save money, and eat heart healthy!

* Costs based on prices in the metropolitan Washington, DC, area.

Source: Adapted from the HHS Office on Women's Health, U.S. Department of Health and Human Services, BodyWorks Toolkit.

Vegetable *Kare-Kare* (Peanut Stew) Recipe

9 ounces (250 grams)	gluten or seitan,* cubes
1	onion, medium, sliced
2 cloves	garlic, crushed
2 tablespoons	corn oil
½ cup	ground peanuts
¼ cup	ground toasted rice†
¼ teaspoon	salt
3.5 ounces (100 grams)	string beans, sliced
7 ounces (200 grams)	eggplant, sliced
5 ounces (150 grams)	banana heart or bud
3.5 ounces (100 grams)	bok choy (<i>pechay</i>), sliced

1. Saute gluten cubes in corn oil. Add garlic and onions.
2. Pour enough water to cover gluten, and add ground peanuts and ground rice to thicken.
3. Add *atsuete* for coloring, and season with salt.
4. Add the eggplant, then string beans, then banana, then bok choy (*pechay*).
5. Place on top of the cooked gluten.

* Gluten is made from protein that is in a variety of grains, such as wheat and rye, and is mixed with water and kneaded. A form of wheat gluten, seitan, goes through the process and is sold as strips or in cans at health food stores and Asian supermarkets.

† To make ground, toasted rice: Place rice, ½ cup at a time, in a frying pan or wok and heat over moderate heat, stirring frequently to keep it from burning and to allow it to develop a uniform, deep golden color—2 to 3 minutes. Then remove it from heat and cool to room temperature. Grind the toasted rice coarsely—not finely grounded—in a blender, or spice or coffee grinder.

Quick Facts

This version of vegetable *kare-kare* is healthier than the traditional Filipino dish because:

- It does not contain cholesterol because it uses the protein product gluten instead of oxtails or other meat.
- It includes a lot of vegetables and fruit.
- The rich, nutty sauce has only a small amount of sodium.

Yield:	Serving size
6 servings	
Calories	300 kcal
Total Fat	12 g
Saturated Fat	1.5 g
Cholesterol	0 mg
Sodium	125 mg
Total Fiber	4 g
Protein	36 g
Carbohydrates	20 g
Potassium	320 mg

Source: *PHC Alive Diet*, Division of Nutrition and Dietetics, Philippine Heart Center, East Avenue, Quezon City, Philippines, page 91.

Lola's Life Lessons: Session 9

One of my favorite proverbs is:

*“Ang taong matalino ay hindi tumitingin sa pagyapak ng paa niya sa lupa.
Binabantayan niya ang kanyang kasunod na hakbang.”*

Translation: “A wise man does not see his foot on the ground; he watches his next step.”

Your future includes balancing your health, your time, and your money. Be wise in your future choices. When I learned that I have high blood pressure, your Lola had to make changes in her lifestyle to lower her blood pressure and to keep good heart health. Heart healthy eating is possible on a busy schedule and on a budget, but you need to be wise and plan ahead.

Look at Rose. With help from Mila, she has learned to be heart smart about cooking. Rose now prepares dishes on the weekends and stores them in the freezer. She uses a list to go shopping and plans her family's meals ahead of time. This helps her know what to buy at the grocery store. Rose also has been buying fewer foods that are high in fat and sodium, and her family is not eating out as often. Sometimes, Mila and I will cook extra food to share with Rose to make sure the family stays heart healthy.

To make it work, you have to think ahead. Keep your heart and family in mind when planning the family's meals and when planning the next step.

A Time To Reflect...

When there is little time or money, what can you do to keep your family heart healthy?

(Use this space to write down your thoughts for this week's session.)

Pledge for Life! Session 9

Take the pledge for life with Lola Idad. Try to do one of these activities by yourself and/or share with others.

- ☐ Use a slow cooker (Crock-Pot[®]) for quick and easy cooking.
- ☐ Cook several dishes at one time, and freeze part of them.
- ☐ Order smaller portion sizes instead of larger portion sizes.
- ☐ Choose heart healthy foods and smaller portion sizes if you choose to eat at a buffet.
- ☐ Choose prepared foods at the grocery store less often.
- ☐ If the serving size is too big at the restaurant, bring home leftovers.
- ☐ Choose baked, steamed, broiled, or grilled dishes instead of fried.
- ☐ Order less meat and more vegetable dishes.
- ☐ Try not to shop at convenience stores.
- ☐ Go to the market when you are **not** hungry.
- ☐ Plan weekly meals, and shop with a list.
- ☐ Try a store-brand product to save money.
- ☐ Other _____

A Smoke-Free Life Role Play

Mila and Helena are sitting on a bench as they take a break from window shopping. Before taking *merienda* (snack time), Mila says she needs a smoke.

Helena: When did you start smoking, Mila? I do not remember you ever smoking. You know that it is not good for your health! What would your mom say?

Mila: Oh, *Ate*,* it is nothing big. Smoking is something I picked up since moving to the United States. You see women here smoking all the time on television and in the movies. Besides, smoking relaxes me. Life is not always easy here, and I feel a lot of stress.

Helena: What about your family? If you are smoking around your children and their friends, they will breathe in the same smoke. Secondhand smoke is dangerous, especially for children. Secondhand smoke can trigger an asthma attack.

Mila: Are you sure that is true, *Ate*? That worries me, because my daughter Marites has asthma.

Helena: My *tatay*† smoked his whole life. What a waste of his health and his money. Do you ever think about how much money you could save if you stopped buying cigarettes? Even more important, think about the health of your children and the people around you, Mila.

Mila: I have thought about quitting, but it seems hard. I smoke without even thinking about it.

Helena: Well, sometimes you need to sacrifice. Mama always says, “*Walang tagumpay, kung walang paghihirap.*” “There is no success if there is no sacrifice.” I will help you any way I can, and I am sure your family will support you in quitting.

Mila: Thank you for being a good friend, Helena. I will start trying to quit right now by putting out this cigarette.

* *Ate* means “elder sister” in Tagalog.

† *Tatay* means “father” in Tagalog.

Smoking Harms You

Smoking can cause:

■ Heart attack and stroke

- Cigarette smokers are two to four times more likely to develop heart disease than nonsmokers.
- Smoking doubles your chances for having a stroke.
- 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 cancers of the bladder, kidney, larynx (voice box), lung, pancreas, stomach, and uterus.
- Smoking causes about 80 to 90 percent of lung cancer.
- 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 have never smoked.
- Women who smoke are 12 times more likely to develop lung cancer than women who have never smoked.

Smoking and secondhand smoke can cause:

- Chronic obstructive pulmonary disease (COPD), which includes emphysema and chronic bronchitis
- More colds, sore throats, and respiratory infections
- Asthma attacks
- Increased risk to developing heart disease

Unpleasant effects of smoking include:

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



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 of babies born to smokers is lower than the birth weight of babies born to nonsmokers.

Smoking during pregnancy increases the chance of the baby being born dead.

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

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



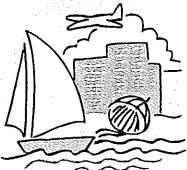
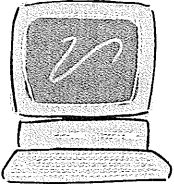
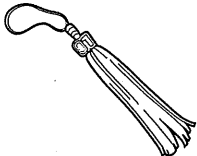


If the mother continues to smoke after the baby is born, the baby is more likely to get chest colds, ear infections, bronchitis, pneumonia, and asthma.

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

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

Costs of Smoking

Smoking one \$5 pack of cigarettes a day for . . .

1 Week	=	\$35	=		Rice maker or movie tickets for the family
2 Months	=	\$300	=		Karaoke machine
6 Months	=	\$900	=		Week at the beach with family or money to send home to relatives
1 Year	=	\$1,825	=		Computer
2 Years	=	\$3,650	=		Semester of college tuition
3 Years	=	\$5,475	=		Car down payment
4 Years	=	\$7,300	=		House down payment

Role Play: Someone Is Smoking. What Can You Do?

Scene 1

Your brother-in-law's friend comes to your home for a dinner party. Most of the family and guests are in the living room talking. Your brother-in-law's friend comes to the kitchen to ask you for an ashtray, as he lights up his cigarette. You know smoking around the children is harmful. What can you do?

Solutions:

Role Play: Someone Is Smoking. What Can You Do? *(continued)*

Scene 2

You go out to eat with a friend to celebrate a special occasion. You ask to sit in the nonsmoking section of the restaurant. The nonsmoking area is in a corner of the restaurant. There are no walls separating the smoking section from the nonsmoking section. As you order your meal, four people sit down about three tables away from you in the smoking section. They begin to smoke one cigarette after another. After a minute or two, you begin to smell their smoke at your table. You tell the waiter the smoke is bothering you. He says he cannot ask them to stop, because they are in the smoking section. What do you do?

Solutions:


Role Play: Someone Is Smoking. What Can You Do? *(continued)*

Scene 3

Your teenager comes home after school, smelling like smoke. What do you do?

Solutions:

Smoke-Free Family Sign

We Are a  **Smoke-Free Family.**
Thank You for Not Smoking.

We Are a  **Smoke-Free Family.**
Thank You for Not Smoking.

Simbolo ng Pamilya na Malaya sa Usok

Salamat sa iyo para
sa Hindi Paninigarilyo.
sa Usok.

Kami ay isang
Pamilyang Malaya

Kami ay isang
Pamilyang Malaya
sa Usok.

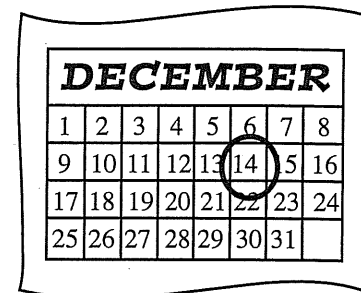
Salamat sa iyo para
sa Hindi Paninigarilyo.

Tips To Quit Smoking

**Cigarette smoke contains more than 4,000 chemicals,
and 200 of them are poisonous.**

Get ready.

- Set a quit date. Pick a date within the next 2 weeks. Think about choosing a special day to you, such as your birthday or a holiday, if it's within 2 weeks.
- Throw away ALL cigarettes, lighters, matches, and ashtrays in your home, car, and place of work.
- Do not let people smoke in your home.
- Do not try to cut back on cigarettes by buying one at a time instead of buying the pack. This costs more money, and you can lose count and end up smoking more cigarettes.
- Review your past attempts to quit. Think about what worked and what didn't.
- Once you quit, don't smoke—NOT EVEN A PUFF! One cigarette can cause you to start smoking again.



Line up support.

- Tell your family, friends, and coworkers that you are going to quit smoking and want their help. Ask them not to smoke around you and not to offer you cigarettes.
- Get individual, group, or telephone counseling. The more counseling you have, the better your chances are of quitting.
- Meditate, chant, or think positively about quitting and breaking the smoking habit for good.
- Find out whether your church, faith community, or other community organization sponsors quit-smoking clinics or other activities that will support you in quitting smoking.

Find ways to relax.

- 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 a friend, or walk around the neighborhood.
- Plan something enjoyable to do every day.
- Drink a lot of water when you feel the urge to smoke.

Tips To Quit Smoking *(continued)*

Use other quitting aids.

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

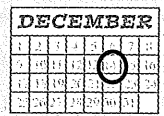
Be prepared if you do not have immediate success.

- Avoid drinking alcohol. Drinking alcohol lowers your chances of success.
- Spend more time with friends who do not smoke. Being around smoking can make you want to smoke.
- Many smokers will gain weight when they quit, usually fewer than 10 pounds. Eat healthy and stay active. Do not let weight gain distract you from your main goal—quitting smoking.
- If you are in a bad mood or feel depressed, try a new activity. Take a walk, talk to a friend, or meditate to improve your mood.
- Be kind to yourself. Remind yourself of the reasons you want to quit. If you slip, do not be discouraged. Try again!

Mga Payo Upang Huminto Sa Paninigarilyo

Ang usok ng sigarilyo ay naglalaman nang higit sa 4,000 na mga kemikal, at 200 sa kanila ay nakakalason.

■ Maging handa.

- Magtakda ng isang petsa ng pagtigil. Pumili ng isang petsa sa loob ng mga susunod na 2 linggo. Mag-isip tungkol sa pagpili ng isang espesyal na araw para sa iyo, tulad ng iyong kaarawan o isang piyesta opisyal, kung ito ay sa loob ng 2 linggo.
- 
- Itapon ang LAHAT ng mga sigarilyo, *lighter*, posporo, at *ashtray* sa iyong tahanan, kotse, at lugar ng pinagtrabahuan.
 - Huwag hayaan ang mga tao na manigarilyo sa iyong tahanan.
 - Huwag subukan ang pagtigil sa paninigarilyo sa pagbili ng paisa-isa sa halip ng pagbili ng pakete. Mas lalaki ang iyong gastos, at maaari mong makalimutan bigla at magtatapos sa paninigarilyo ng mas maraming mga sigarilyo.
 - Repasuhin ang iyong mga nakalipas na pagtatangka na pagtigil. Isipin ang tungkol kung ano ang gumana at ano ang hindi.
 - Kapag tumigil ka na, huwag ng maninigarilyo—KAHIT NA ISANG PAG-HITHIT! Isang sigarilyo ay maaaring mag-sanhi sa iyo na magsimula muling manigarilyo.

■ Suportang *line up*.

- Sabihin sa iyong pamilya, mga kaibigan, at kasama sa trabaho na ikaw ay titigil ng manigarilyo at nais ang kanilang tulong. Hilingin sa kanila na huwag manigarilyo palibot sa iyo at huwag mag-alok sa iyong ng mga sigarilyo.
- Kumuha ng indibidwal, pangkat, o pagpapayo sa telepono. Ang mas maraming pagpapayo na mayroon ka, ang mas mahusay na iyong mga pagkakataon sa pagtigil.
- Pagninilay, pagbulong, o positibong pag-iisip tungkol sa paghinto at tigilan na nang lubusan ang paninigarilyo.
- Tuklasin kung ang iyong simbahan, pamayanan sa pananampalataya, o iba pang mga samahan sa pamayanan na klinika na nag-*sponsor* sa pagtigil sa paninigarilyo o iba pang mga aktibidad na sumusuporta sa iyo sa pagtigil ng paninigarilyo.

Mga Payo Upang Huminto Sa Paninigarilyo *(continued)*

■ Maghanap ng mga paraan upang ma-relax.

- Subukan na ibaling ang iyong sarili mula sa pagka-gusto upang manigarilyo. Makipag-usap, maglakad, o maging abala na may isang gawain.
- Baguhin ang iyong mga naka-gawian. Gamitin ang isang naiibang naka-gawian upang gumawa. Uminom ng *tea* sa halip na kape.
- Gumawa ng isang bagay upang mabawasan ang iyong stress. Sa makinig musika, makipag-usap sa isang kaibigan, o maglakad palibot sa kapitbahay.
- Mag-plano ng isang kasiya-siya upang magawa araw-araw.
- Uminom ng maraming tubig kapag nakakaramdam ka ng kagustuhang manigarilyo.

■ Gumamit ng iba pang mga pantulong sa pagtigil.

- Magkipag-usap sa iyong duktur o iba pang nagbibigay ng mga pangangalaga sa kalusugan. Isaalang-alang ang paggamit ng *nicotine patch*, *nicotine gum*, *nicotine nasal spray*, o *nicotine inhaler* upang makatulong na lumayo sa mga sigarilyo.
- Suriin sa iyong duktur ang tungkol sa isang medisina na tinatawag na bupropion SR. Ang medisinaang ito ay maaaring makatulong na makabawas ng iyong mga paghahanap para sa paninigarilyo.

■ Maging handa kung wala kang agarang tagumpay.

- Iwasan ang pag-inom ng alkohol. Ang pag-inom ng alkohol ay nagpapababa ng iyong mga pagkakataon ng tagumpay.
- Maglaan ng mas maraming oras sa mga kaibigan na hindi naninigarilyo. Kung nasa paligid ka ng mga naninigarilyo ay maaaring naisin mong manigarilyo.
- Maraming sa mga naninigarilyo ang tumataba kapag sila ay tumigil, karaniwan mas mababa kaysa sa 10 libra. Kumain ng wasto at manatiling aktibo. Huwag hayaan na makasira ang pagtaba mula sa iyong pangunahing layunin—pagtigil sa paninigarilyo.
- Kung wala ka sa tamang kalagayan o nakakaramdam ng pagkabalisa, subukan ang isang bagong aktibidad. Maglakad, makipag-usap sa isang kaibigan o magnilay upang mapabuti ang iyong kalagayan.
- Maging mabait sa iyong sarili. Paalalahanan ang iyong sarili ng mga kadahilanan kung bakit nais mong tumigil. Kung nabigo ka, huwag masiraan ng loob. Subukan muli!

Help Your Heart—Don't Smoke

Smoking cigarettes is harmful. It becomes an addiction that can lead to serious health problems. Quitting smoking will lower your risk of heart attack, stroke, and chronic obstructive pulmonary disease (known as COPD or lung disease). It will help you breathe easier and have more energy. In addition, 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 will not be exposed to your secondhand smoke. They will have your good example to follow.



Even if you do not smoke, it is important that you learn about the best ways to quit. Help those around you, and keep your children smoke free.



Quit smoking and add years to your life!

Mila decided to quit smoking. She made a firm pledge one morning, threw away her cigarettes, and used her willpower to quit for good. Mila used the following three tips and quit.

1.

Learn how to handle urges to smoke.

“Every time I felt stressed, I wanted to smoke. Instead of smoking, I found something to do, talked to a friend, or walked around the neighborhood.”

2.

Get support.

“I also attended a quit-smoking program in the clinic every Thursday night, and I got a lot of help from my family and the support group. Even my children are encouraging me.”

3.

Use the nicotine patch or gum.

“The doctor at the clinic suggested that I use the patch. The patch helped me control the urge to smoke.”

Break Free From the Smoking Habit

Lola Idad's tips to make your home smoke free

Protect your children!

Talk to your children about the harm that smoking will do to their health. Help them practice saying, "No, thanks. I don't smoke."

If your children already smoke, the way you react can make a difference. Tell your children that you really care about them and what happens to them. Listen to their thoughts and feelings. Give them facts that can help them choose good health over smoking.

Make your personal pledge to protect your family from cigarette smoke.

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 is **your** decision.)

My quit date is _____ (date)

- To help your children stay smoke free—

I will talk to my children about the harmful effects of smoking cigarettes and cigars. I will encourage them to create a sign that says, "We are proud to be smoke-free kids."

I will do this on _____ (date)

- To protect your family, friends, and others from smokers—

I will let my family, friends, and others know that I do mind if they smoke around me. I will put a "No Smoking" sticker or sign in my house and car.

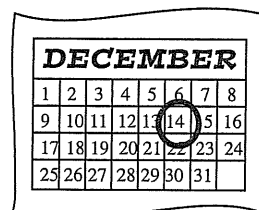
I will do this on _____ (date)

- To help your community—

I will encourage my neighbors and local businesses, such as restaurants, to be smoke free. I will give them "Thank You for Not Smoking" cards.

I will do this on _____ (date)

When a friend comes to our house and lights up a cigarette, I say very politely, "I'm sorry, we have a smoke-free home. Please smoke outside." And I keep a sign in my home that says, "Thank You for Not Smoking."



The health of your family and yourself is priceless. Value it!

Lumaya Mula sa Kinagawiang Paninigarilyo

Mga Tip ni Lola Idad Upang Gawing Malaya sa Usok ang Iyong Tahanan

Protektahan ang iyong mga anak!

Makipag-usap sa iyong mga anak tungkol sa masamang epekto ng paninigarilyo at ano ang magagawa nito sa kanilang kalusugan. Tulungan silang sanayin sa pagsasabi ng, "Huwag, salamat. Hindi ako naninigarilyo."

Pag may kaibigan na pumunta sa aming bahay at nagsindi ng cigarillo, magalang kong sinasabi, "Pasensiya ka na at walang naninigarilyo sa bahay na ito. Pwedeng sa labas ka na manigarillo?" At laging may paskel sa aming bahay na, "Bawal and manigarillo sa bahay. Salamat sa inyong pagunawa."



Kung ang inyong mga anak ay naninigarilyo na, ang paraan kung paano ka magbigay ng reaksiyon ay maaari makagawa ng isang pagbabago. Sabihin sa iyong mga anak na talagang nagmamalasakit ka sa kanila at kung ano ang mga mangyayai sa kanila. Makinig sa kanilang mga pananaw at nararamdaman. Bigyan sila ng mga katunayan na makakatulong sa kanila na pumili ng mabuting kalusugan laban sa paninigarilyo.

Gumawa ng iyong pampersonal na pangako upang protektahan ang iyong pamilya mula sa usok ng sigarilyo.

Narito ang ilang mga halimbawa:

■ Kung naninigarilyo ka—

Magtatakda ako ngayon ng isang petsa ng paghinto. (Ang mahalagang bagay para sa iyo ay pumili ng petsa—hindi ang iyong duktor, hindi ang iyong pamilya, hindi ang iyong mga anak. Ito ay iyong sariling pagpapasya.)

Ang petsa ng aking paghinto ay _____ (petsa).

DECEMBER											
1	2	3	4	5	6	7	8				
9	10	11	12	13	14	15	16				
17	18	19	20	21	22	23	24				
25	26	27	28	29	30	31					

Lumaya Mula sa Kinagawiang Paninigarilyo *(continued)*

Mga Tip ni Lola Idad Upang Gawing Malaya sa Usok ang Iyong Tahanan

■ Upang tulungan ang iyong mga anak na manatiling malaya sa usok—

Kakausapin ko ang aking mga anak tungkol sa mga nakasasamang epekto ng paninigarilyo at pananabako. Hihikayatin ko sila na lumikha ng isang simbolo na nagsasabing, “Ipinagmamalaki naming maging mga batang malaya sa usok.”

Gagawin ko ito sa _____ (petsa).

■ Upang protektahan ang iyong pamilya, mga kaibigan, at iba pa mula sa mga naninigarilyo—

■ Hahayaan kong malaman ng aking pamilya, mga kaibigan, at iba pa na gagawin ko kung naninigarilyo sila palibot sa akin. Maglalagay ako ng isang “Bawal Manigarilyo” na sticker o simbolo sa aking tahanan at kotse.



Gagawin ko ito sa _____ (petsa).

■ Upang makatulong sa iyong pamayanan—

■ Hihikayatin ko ang aking mga kapitbahay at lokal na negosyo, tulad ng mga restawrant, na maging malaya sa usok. Bibigyan ko sila ng “Salamat sa Iyong Hindi Paninigarilyo” na mga *card*.

Gagawin ko ito sa _____ (petsa).

Ang kalusugan ng iyong pamilya at ng iyong sarili ay walang katumbas na halaga. Pahalagahan ito!

Lola's Life Lessons: Session 10

One of my favorite proverbs is:

"Walang tagumpay, kung walang paghihirap."

Translation: "There is no success if there is no sacrifice."

It was very difficult for your *Lolo** to quit smoking. Back home, all the men began smoking at an early age. Your Lolo told me he started smoking as a soldier during World War II. It became a habit that was hard for him to break. He said it helped him feel better when he was under a lot of stress. Until his last days, he was unable to quit. He knew it was not good for him.

I hated the smoke, especially because it made everything smell bad. The money he spent on cigarettes could have been used for so many other things. If only he had been willing to sacrifice, your Lolo may have been with us longer.

Do not give up hope! There are many sacrifices to make before you can see success. Take small steps to protect your heart. Be heart healthy, and make your life and your family's lives smoke free.

* *Lolo* is Tagalog for grandfather. Not only the family, but the close network of community members also respectfully addresses him as Lolo.

A Time To Reflect...

What things keep you from quitting smoking or eliminating secondhand smoking from your home?

(Use this space to write down your thoughts for this week's session.)

Pledge for Life! Session 10

Take the pledge for life with Lola Idad's family. Try to do one or more of these activities by yourself or share with others.

- ☐ Know the dangers of smoking and secondhand smoke.
- ☐ If you smoke, set a quit date.
- ☐ Smoke half the usual daily number of cigarettes.
- ☐ Share the information about secondhand smoke with others.
- ☐ Encourage family and friends to smoke less often or quit.
- ☐ Encourage pregnant women not to smoke and not to inhale secondhand smoke.
- ☐ Talk to your children about the dangers of smoking.
- ☐ Display the smoke-free home sign.
- ☐ Ask your children to make a sign to let others know your home is smoke free.
- ☐ Begin saving the money spent on cigarettes for a special purchase, like a computer or a vacation.
- ☐ Other _____

