

Project AsPIRE

SESSION 2

Keep Your Cholesterol in Check

Protect Your Heart: Prevent and Control Diabetes

Take Action To Control Your Cholesterol

Do you know your blood cholesterol numbers?

Get Checked

- A lipid profile is a blood test that measures your cholesterol and triglyceride levels.
- Adults aged 20 and older should have a lipid profile test at the doctor's office.

Take Action

- Eating foods lower in saturated fat, *trans* fat, and cholesterol; doing physical activity; and losing weight if overweight can help you reduce your blood cholesterol level and prevent heart disease.

Here is what your blood cholesterol numbers mean:

Total cholesterol

Less than
200 mg/dL

Desirable. Good for you! Keep up the good work!

200–239 mg/dL

Borderline high. Depending on your other risk factors, you may be at a higher risk for heart disease. It is time to change your eating habits, increase your physical activity, and lose weight if overweight.

240 mg/dL or
higher

High. You are at a higher risk for clogged arteries and a heart attack. Ask your doctor what your risk is for heart disease.

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

Less than 100 mg/dL

Optimal

100–129 mg/dL

Near optimal

130–159 mg/dL

Borderline high

160 mg/dL or more

High

Write Your Numbers Here

Total Blood Cholesterol: _____

LDL: _____

HDL: _____

Triglycerides: _____

HDL (healthy, good) cholesterol (mg/dL):

The higher the better! Keep it 40 mg/dL or higher.

Triglycerides: Keep your triglycerides below 150 mg/dL.



Lola and Mila have learned that it is not difficult to get their families to eat foods lower in saturated fat, *trans* fat, and cholesterol.

How Lola and Mila switched their families from whole milk to fat-free milk

Lola and Mila slowly changed the milk their family drank from whole milk to fat-free milk. The first month, they served reduced-fat (2%) milk. During the next month, they served low-fat (1%) milk. Finally, they made the switch to fat-free milk. The change was so slow that they could not even taste the difference.

(continued)

Try some of these simple changes

When Shopping

1. Buy fat-free or low-fat (1%) milk and cheese.*
2. Buy vegetable oil spray. Spray it on baking pans and skillets instead of using a lot of fat to grease pans.
3. Use the Nutrition Facts label to help you choose foods lower in saturated fat, *trans* fat, and cholesterol.

When Cooking

1. Trim the fat from meat, and remove the skin and fat from chicken and pork before cooking.
2. Cook ground meat, drain the fat, and rinse with hot tap water. This removes half the fat. Do not reuse the fat to cook other food.
3. Cool broths, soups, and stews, and remove the layer of fat that rises to the top.
4. Use canola, safflower, or sesame oil instead of saturated fats and oils, such as coconut oil, shortening, and lard.

When Eating

1. Use fat-free or low-fat salad dressing, mayonnaise, or cream cheese.
2. Use small amounts of tub margarine instead of butter.
3. Choose fruits and vegetables instead of high-fat foods such as chips or fries.

* Or lactose-free products



Lola Idad has learned that eating foods high in saturated fat can raise her blood cholesterol level. So she has modified her favorite *bibingka* (sweet rice cake) recipe by using low-fat milk for the coconut milk and low-fat tub margarine for the butter. Now the *bibingka* is lower in saturated fat, *trans* fat, and cholesterol, and it still tastes great.

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



Breakfast

Use fat-free or low-fat milk in coffee or oatmeal.

Lunch

Use leftover roast beef to make a sandwich on whole-grain bread. Eat it with some raw carrots and an orange for dessert.



Dinner

Broil the chicken in olive oil, garlic, and onions. Remove and throw away the skin before cooking.

Snack

Eat fresh guava instead of ice cream.

Write the changes you will try to make this week:

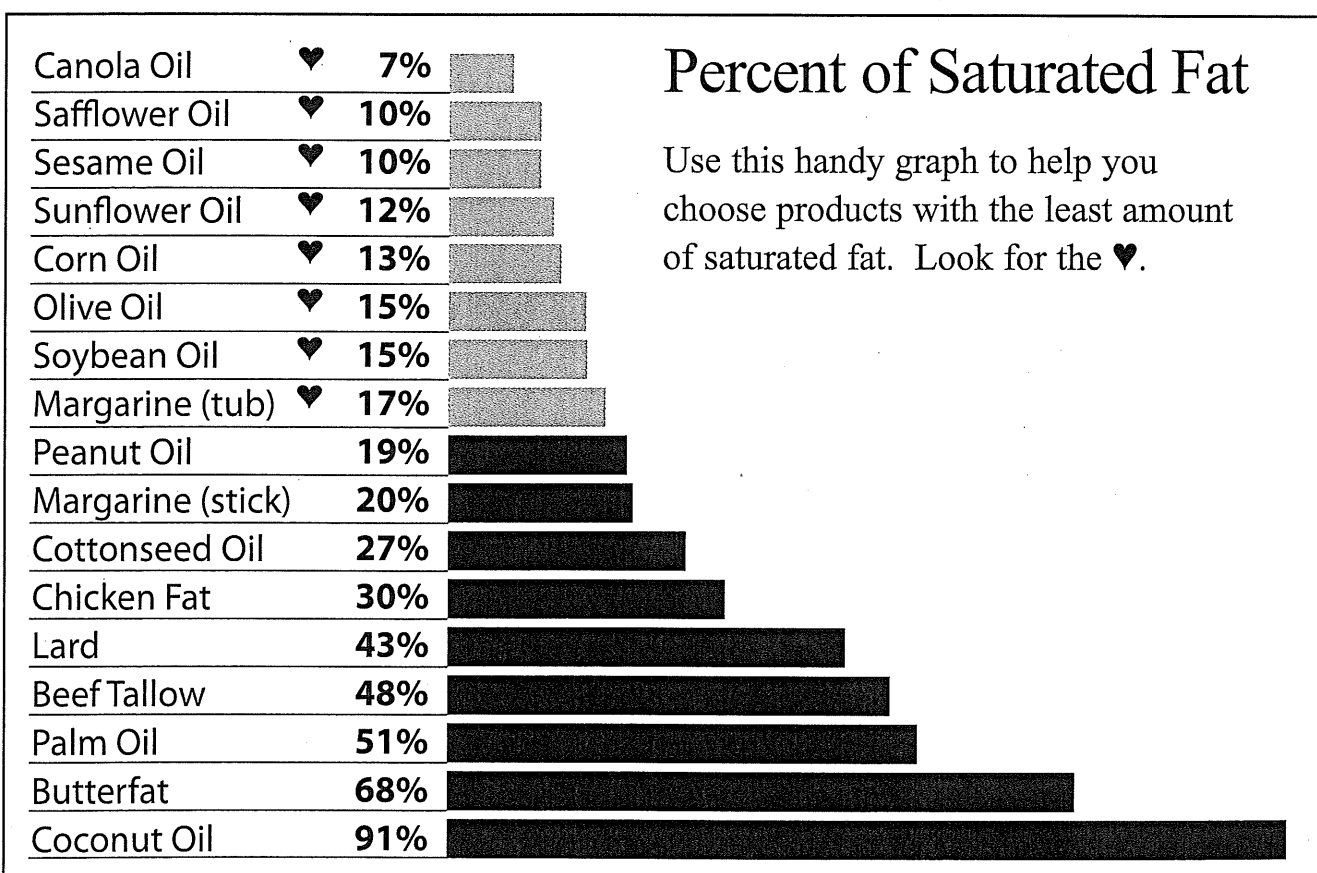
**The health of you and your family is priceless.
Value it!**

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
<ul style="list-style-type: none"> ♥ Canola, corn, olive, sesame, soybean, and sunflower oils ♥ Tub margarine (especially light margarine) 	<ul style="list-style-type: none"> • Butter • Solid shortening • Lard • Fatback • Stick margarine

Read the Nutrition Facts Label To Choose Foods
Lower in Saturated Fat, *Trans* Fat, and Cholesterol!



Source: Adapted from Canola Council of Canada, "Canola Oil Dietary Fat" (www.canola-council.org/PDF/dietarychart.pdf#zoom=100), July 19, 2007.

Mga Dapat Piliing Mga Fats at Oils

Kapag gumagamit ka ng mga fats at oils, piliin ang mga may mas mababang *saturated fat*.

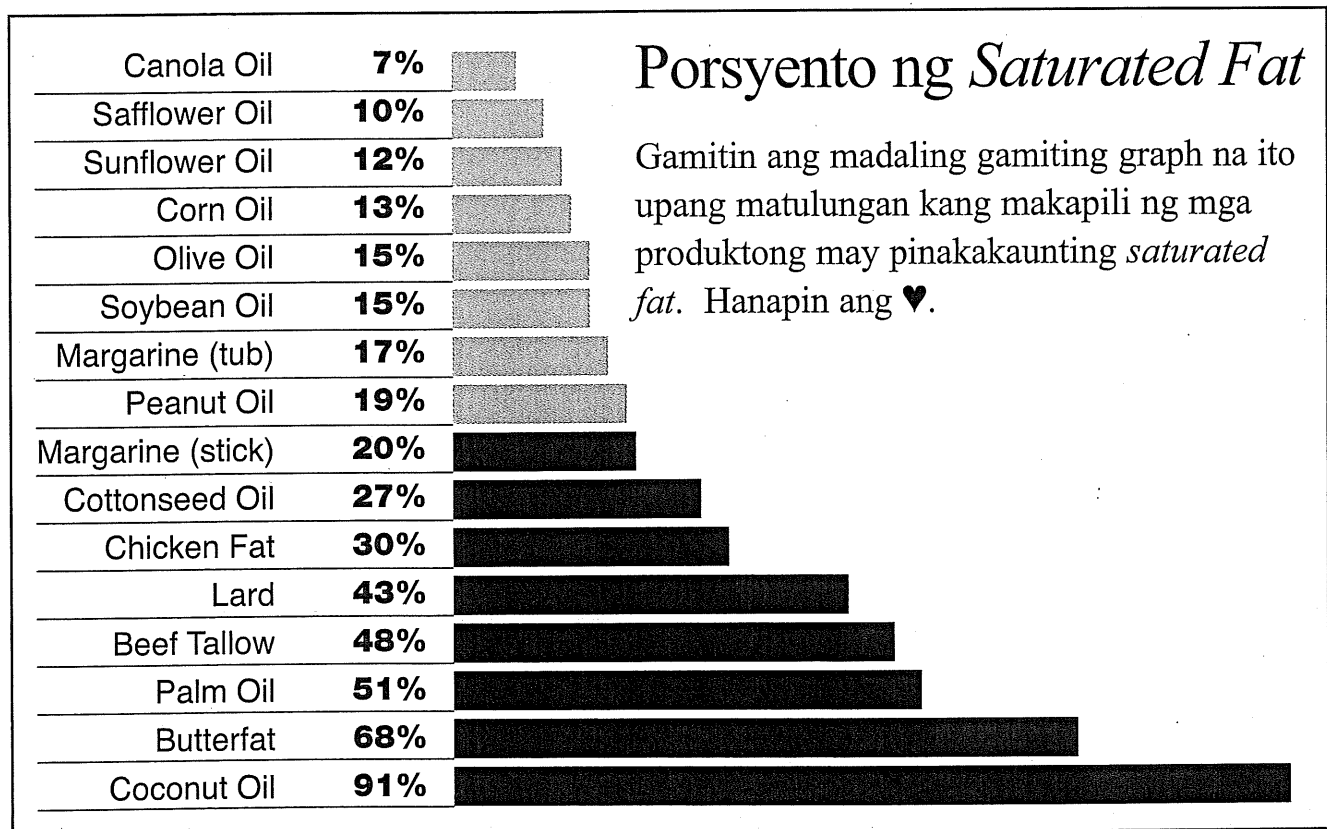
Mas mababa sa *Saturated Fat*— Piliin nang Mas Madalas

- ♥ *Canola, corn, olive, safflower, soybean, sesame, at sunflower oils*
- ♥ *Tub margarine (lalo na ang light margarine)*

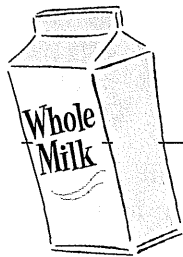
Mas mataas sa *Saturated Fat*— Piliin nang Mas Kaunti

- Mantekilya
- Solidong *shortening*
- Lard (taba ng hayop)
- *Stick margarine*

Basahin ang *Label* ng Mga Katotohanan sa Nutrisyon Upang Makapili ng Mga Pagkaing Mas Mababa sa *Saturated Fat*, *Trans Fat*, at Kolesterol



Mapagkukunan: Alinsunod sa Canola Council ng Canada, “Canola Oil Dietary Fat” (www.canola-council.org/PDF/dietarychart.pdf#zoom=100, Hulyo 19, 2007.



Read the Nutrition Facts Label To Choose Foods Lower in Saturated Fat, *Trans* Fat, and Cholesterol

Nutrition Facts labels tell you what you need to know to choose foods that are lower in saturated fat, *trans* fat, and cholesterol. Here is a Nutrition Facts label for a carton of whole milk.

The label tells you:

Amount Per Serving

The nutrient amounts are for one serving. So, if you have more or less than one serving, you need to add the corresponding nutrient amounts. For example, if you drink 2 cups of whole milk, you are drinking two servings. You would need to double the amount of calories, saturated fat, *trans* 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).

Whole Milk

Nutrition Facts	
Serving Size 1 cup (8 fl. oz.)	
Servings Per Container 8	
Amount Per Serving	
Calories 150	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 5g	25%
<i>Trans</i> Fat 0g	
Cholesterol 35mg	12%
Sodium 125mg	5%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Sugars 11g	
Protein 8g	
Vitamin A 35% • Vitamin C 4%	
Calcium 2% • Iron 0% • Vitamin D 25%	

Serving Size and Number of Servings

The serving size is 8 fluid ounces (1 cup). There are eight servings in this carton.

Percent Daily Value

The Percent Daily Value helps you compare products. Choose products with the lowest Percent Daily Value for saturated fat and cholesterol. If you have high blood cholesterol, you should eat 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?

Except for calories and saturated fat, fat-free milk has all the nutrients of whole milk, including the calcium. That makes fat-free milk a better choice! Read Nutrition Facts labels, and choose products to keep your heart strong.

Calories 150	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 5g	25%
<i>Trans</i> Fat 0g	
Cholesterol 35mg	12%
Sodium 125mg	5%

Calories 90	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 125mg	5%

Whole Milk

One cup of whole milk has 25 percent of the Daily Value of saturated fat. This is one-fourth of the total amount of saturated fat that you should have in 1 day. This is too much!

Fat-Free Milk

One cup of fat-free milk has no saturated fat. You can learn a lot from a Nutrition Facts label.

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

Mila's Breakfast Choices



Mila has little time in the morning to prepare breakfast. She often has *bibingka* (sweet rice cake) for breakfast, or leftovers such as pork *longanisa* and fried rice.

Look at the Nutrition Facts labels. Help Mila select some breakfast foods that are lower in saturated fat than her usual choices.

Which should she choose? Write the number of your choice for each pair in the space between the labels.

1 – Pork *Longanisa*, Sweet

Nutrition Facts	
Serving Size 2 links (66g)	
Servings Per Container 6	
Amount Per Serving	
Calories 210	Calories from Fat 150
% Daily Value*	
Total Fat 27g	41%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 320mg	13%
Total Carbohydrate 6g	2%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 8g	
Vitamin A 4% • Vitamin C 2%	
Calcium 0% • Iron 4%	

Lower
saturated
fat choice

2 – Chicken *Siopao* (Steamed Bun With Chicken filling)

Nutrition Facts	
Serving Size 114g	
Servings Per Container 6	
Amount Per Serving	
Calories 300	Calories from Fat 30
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 260mg	11%
Total Carbohydrate 52g	17%
Dietary Fiber 2g	8%
Sugars 11g	
Protein 12g	
Vitamin A 100% • Vitamin C 0%	
Calcium 2% • Iron 6%	

3 – *Balut* (Duck Egg, Raw)

Nutrition Facts	
Serving Size 1 egg (70g)	
Servings Per Container 1	
Amount Per Serving	
Calories 130	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 620mg	206%
Sodium 100mg	4%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Sugars 1g	
Protein 2g	
Vitamin A 9% • Vitamin C 0%	
Calcium 4% • Iron 15%	

Lower
saturated
fat choice

4 – Hard Boiled Egg

Nutrition Facts	
Serving Size 1 egg	
Servings Per Container 1	
Amount Per Serving	
Calories 80	Calories from Fat 50
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 210mg	71%
Sodium 60mg	3%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 6g	
Vitamin A 6% • Vitamin C 0%	
Calcium 2% • 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.

Mila's Breakfast Choices *(continued)*

5 – Fruit Danish

Nutrition Facts	
Serving Size $\frac{1}{8}$ (57g)	
Servings Per Container 8	
Amount Per Serving	
Calories 160	Calories from Fat 72
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 1.5g	8%
Trans Fat 1g	
Cholesterol 5mg	2%
Sodium 210mg	9%
Total Carbohydrate 24g	8%
Dietary Fiber 0g	0%
Sugars 13g	
Protein 2g	
Vitamin A 0% • Vitamin C 4%	
Calcium 10% • Iron 2%	

Lower
saturated
fat choice

6 – Banana

Nutrition Facts	
Serving Size 1 medium (126g)	
Servings Per Container 1	
Amount Per Serving	
Calories 110	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 29g	10%
Dietary Fiber 1g	4%
Sugars 21g	
Protein 1g	
Vitamin A 0% • Vitamin C 0%	
Calcium 0% • Iron 0%	

7 – 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	40%
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%	

Lower
saturated
fat choice

8 – Light Margarine (Soft Tub)

Nutrition Facts	
Serving Size 1Tbsp (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	0%
Sodium 55mg	2%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 0g	
Vitamin A 10% • 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.

Mila's Breakfast Choices *(continued)*

9 – Fried Rice

Nutrition Facts	
Serving Size 1 cup (185g)	
Servings Per Container 4	
Amount Per Serving	
Calories 450	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 121mg	120%
Sodium 1082mg	45%
Total Carbohydrate 80g	27%
Dietary Fiber 2g	8%
Sugars 1g	
Protein 12g	
Vitamin A 6% • Vitamin C 1%	
Calcium 2% • Iron 28%	

10 – White Rice, Steamed

Nutrition Facts	
Serving Size 1 cup (158g)	
Servings Per Container 4	
Amount Per Serving	
Calories 210	Calories from Fat 5
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 2mg	0%
Total Carbohydrate 45g	15%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 6g	
Vitamin A 0% • Vitamin C 0%	
Calcium 2% • Iron 11%	

Lower
saturated
fat choice

11 – Strawberry-flavored Milk

Nutrition Facts	
Serving Size 8 fl oz	
Servings Per Container 4	
Amount Per Serving	
Calories 230	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 100mg	4%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 30g	
Protein 7g	
Vitamin A 6% • Vitamin C 0%	
Calcium 25% • Iron 0%	

12 – Soy Milk, Vanilla

Nutrition Facts	
Serving Size 8 fl oz	
Servings Per Container 4	
Amount Per Serving	
Calories 90	Calories from Fat 30
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 11g	4%
Dietary Fiber 2g	8%
Sugars 6g	
Protein 6g	
Vitamin A 10% • Vitamin C 0%	
Calcium 30% • Iron 8%	

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.

Mila Teaches Rose About Heart Healthy Cooking Role Play

Rose and her family moved to the United States a few years ago. Rose often looks to her sister-in-law, Mila, for advice.

Rose: *Ate*,* that fish *cardillo* dish you made last week was so good! Since the stroke, Jose has been trying to be really careful with what he eats, but it has been hard. He does not believe that something healthy can taste good! Can you teach me how to make something that tastes good and is healthy?

Mila: Sure! Mama and I tried many different recipes. Trying to eat heart healthy was a difficult change for us all. And Jose is hardheaded like my Cesar. They both think that Filipino dishes can only be made the way they make them back home. But now, Cesar and the kids hardly notice the difference.

Rose: So, what kind of changes did you make?

Mila: Well, it was very hard to stop using the fat left in the pan when we cook meat. Back home, everyone saves and reuses that fat for everything. It is a good way to save money and can make dishes more flavorful. But now I drain off the fat when I cook meat, and throw it away, because it is high in saturated fat. If a dish needs fat, I just use a little bit of canola oil and flavor it with herbs and spices. Try it!

Rose: Oh, I think they will notice the difference!

Mila: You will be surprised. Just make the changes little by little. Your family will like the dishes as much as ever.

Rose: So, *Ate*, when is my first cooking lesson?

Mila: Whenever you want, Rose! You know, I am always here for you.

* *Ate* means “elder sister” in Tagalog. It is common to address an older woman for whom you have a lot of respect as “*Ate*,” whether she is blood related or not.

Lola's Tips To Eat Less Saturated Fat and Cholesterol

Healthy Cooking Tips

- Bake, steam, broil, or grill food instead of frying.
- Remove the skin from chicken and other poultry before cooking.
- Cool broth, soups, and stews, and skim off fat before serving.
- Use oils low in saturated fat, such as canola, safflower, and sesame oil.
- Trim visible fat from pork and other fatty meats before cooking.
- Use the slow cooker (Crock-Pot[®]) to cook meats and stews, and skim the fat off the surface before serving.
- Flavor the food with vegetables, herbs, and spices—not with fat!

Choose MORE Often

- Chicken—breast, drumstick (skin removed before cooking)
- Pork—ears, neck bone, feet, ham hocks
- Beef—tripe
- Fish and seafood*
- Lean cuts of meat (such as round, sirloin, and loin)
- Egg whites
- Vegetable oil (such as canola, safflower, or sesame oil)

Choose LESS Often

- Chicken—wing, thigh (skin on while cooking)
- Pork—hog maws, luncheon meat, vienna sausage, bacon, ribs
- Fatty cuts of meat
- Beef oxtail
- Organ meats (such as liver, kidney, brains, and tongue)
- Egg yolks
- Lard, butter, shortening



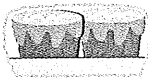





* Shrimp and crawfish have more cholesterol than most other types of fish and seafood. But they are lower in total fat and saturated fat than most meats and poultry.

Source: Adapted from *Be Heart Smart! Eat Foods Lower in Saturated Fat and Cholesterol*, NHLBI, and <http://www.americanheart.org/presenter.jhtml?identifier=516>.

Guess the Fat Activity

Try to guess how much fat (in teaspoons) is found in each food.

Write your answers on the "My Guess" line.

		Teaspoons of Fat	
	Food	My Guess	True Amount
	2 tablespoons coconut milk	_____	_____
	1 tablespoon cream cheese	_____	_____
	2 snack cakes (1 package cupcakes)	_____	_____
	Sardines in olive oil, canned (1 package = about $\frac{1}{3}$ cup)	_____	_____
	2 ounces corned beef, canned (2 ounces = $\frac{1}{6}$ canned corned beef)	_____	_____
	1 guava, fresh	_____	_____
	2 tablespoons coconut oil	_____	_____
	8 ounces soy milk, vanilla	_____	_____

Cooking With Less Saturated Fat

Pork Puchero

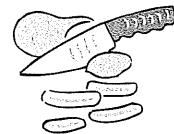
1. Simmer 2 pounds cubed pork (0.9 kg) in a large pot filled with boiling water. Reduce heat, and simmer on low heat for at least 2 hours so the meat can achieve the right tenderness. Remove the meat from the pot. Skim fat from the water (broth). Add ¼ pound (0.1 kg) green beans, 2 potatoes (cubed), and 1 head of cabbage (sliced) to the broth.
2. In a medium saucepan, saute 1 chopped celery stalk, 1 chopped green pepper, 4 chopped green onions, and 2 cloves crushed garlic in 1 tablespoon vegetable oil.
3. Add ½ cup low-sodium tomato sauce. Simmer for a few minutes so the flavors can mix. Add some pork broth from the previous pot and 1 cup chickpeas (garbanzo beans).
4. Serve steamed white or brown rice in deep dishes. Place a scoop of the pork and vegetables over the rice and pour the tomato sauce on top.



Adapted from http://www.filipinorecipe.com/meat_and_fish_dishes/beef_puchero.htm.

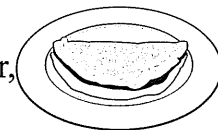
Oven-Baked Potatoes

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.



Eggplant Omelet

1. Saute ½ cup chopped eggplant, ½ cup chopped onion, and 1 bay leaf in 2 teaspoons vegetable oil. Continue cooking until the vegetables are tender, and remove them from the heat. Remove and discard the bay leaf.
2. Whip 1 egg with ¼ cup low-fat milk.
3. Grease an 8-inch skillet with 1 teaspoon vegetable oil. Pour whipped egg and milk into the greased and heated skillet, and cook so the egg batter resembles a pancake or omelet. Flip the omelet.
4. Pour the eggplant and onion on half of the omelet and fold over.
5. Slide the omelet onto a plate. Open the omelet, and season with black pepper. Refold before eating.



Cooking With Less Saturated Fat *(continued)*

***Kamote* (Sweet Potato) Salad**

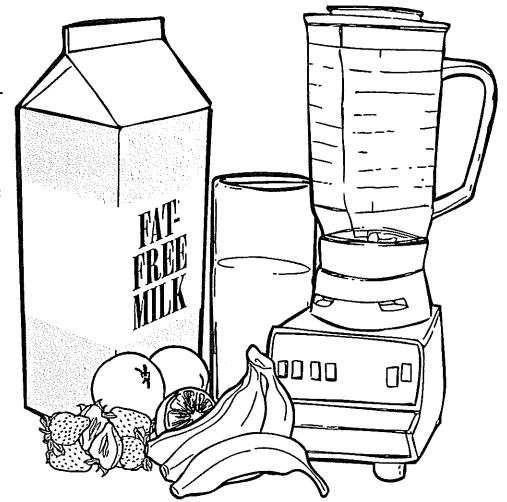
1. Dice boiled sweet potatoes to yield 2 cups.
2. To make the dressing, combine 1 tablespoon *kalamansi* juice, $\frac{1}{3}$ cup low-fat mayonnaise, 1 tablespoon diced onion, 2 tablespoons diced celery, 1 tablespoon diced reduced-sodium pickle, 2 tablespoons diced red pepper, and $\frac{1}{4}$ teaspoon salt.
3. Pour dressing over the 2 cups of diced sweet potatoes and mix.
4. Can be served warm or chilled.

Source: http://www.filipinovegetarianrecipe.com/salads/sweet_potato_salad.htm.

Note: The very sour *kalamansi* looks like a small, round lime and tastes like a cross between a lemon and a mandarin orange. It is very popular in the Philippines. You may substitute 3 parts lemon juice to 1 part mandarin orange juice, mixed together, for the *kalamansi*.

Fruit Shake

1. Cut your favorite fruit into chunks.
2. Place in a blender, along with fat-free milk or plain, fat-free yogurt, vanilla extract, and ice.
3. Blend until smooth.



Reduced-Fat *Adobong Manok* (Marinated Chicken) Recipe

This is a delicious low-cost recipe with low-sodium ingredients. Keep this recipe lower in fat by not adding meat fat (lard) or other fat.

- | | |
|----------------|---------------------------------|
| 1 pound (½ kg) | chicken breasts, no skin |
| 1 teaspoon | olive oil |
| 2 tablespoons | light soy sauce |
| ¼ cup | vinegar |
| 1 teaspoon | paprika |
| 2 | cloves fresh garlic,
crushed |
| 2 | medium onions,
chopped |
| 2 tablespoons | black pepper, ground |
| 1 | bay leaf, broken in half |
| 1 | medium red tomato
(optional) |

1. Combine olive oil, garlic, and onion in a frying pan. Add chicken, and saute together until chicken has browned.
2. Add light soy sauce, vinegar, paprika, black pepper, and bay leaves, and stir.
3. Bring to a boil. Simmer for 45–60 minutes or until chicken is done.
4. Remove the chicken, and save the liquid in the pot. Arrange the chicken on a broiler pan. Broil until the chicken has nicely browned. Remove from the broiler, and place it in a serving bowl.
5. Continue to boil the sauce in the uncovered pan until volume is reduced to about half and the sauce is thick.
6. Pour the thickened sauce over broiled *adobo* (chicken), and garnish with red tomatoes. Garnish *adobong* with red tomatoes, if desired.

Quick Facts

This recipe is lower in saturated fat and cholesterol because:

- The dish is made using chicken without the skin, and any extra fat is removed.
- Only 1 teaspoon of unsaturated fat (olive oil) is added.
- The dish is flavored with vegetables and herbs and is boiled and broiled slowly in moist heat instead of fat.

Yield:	Serving size
4 servings	½ cup:
Calories	190 kcal
Total Fat	5 g
Saturated Fat	1 g
Cholesterol	70 mg
Sodium	330 mg
Total Fiber	2 g
Protein	26 g
Carbohydrates	10 g
Potassium	370 mg

Source: Filipino-American Nutrition and Fitness Teachers Guide, Kalusugan Community Services, San Diego, CA.

Lola's Life Lessons: Session 5

One of my favorite proverbs is:

"Bilisan mo ang gawain. Hinay-hinay sa pagkain."

Translation: "If it is work, do it fast. If it is food, eat it little by little."

To have food on the table is a blessing. Growing up in the province, my family and I never took this for granted. Food was always appreciated and respected. Today, there are too many food choices. When I first came here, I was overwhelmed, because seafood and cuts of meat were fresh and relatively cheap. So many snack foods and fast foods are available, too. These are expensive in the Philippines, but here, we can have them all the time.

How lucky I felt! I ate more foods that were high in fat and cholesterol. Mila and I were always making steak and fried *bangus* (milkfish). You feel wealthy living here and being able to afford these foods. It was only after Dr. Cabaya told me I had high blood pressure that I began to watch what I ate. It is hard, especially when you are trying to be a role model for the family.

But you need to have discipline. *Kung ang isa ay hindi makapag disisyon, saya ay walang kinabukasan.* ("One who cannot decide will have no future.") Think about what you eat, how much you eat, and be consistent. Make changes for life, not just for the day, and not just for yourself, but for your family, too.

A Time To Reflect...

What things keep you from eating foods lower in saturated fat, *trans* fat, and cholesterol? What changes can you make in your life to continue on your journey to heart health?

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

Pledge for Life! Session 5

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

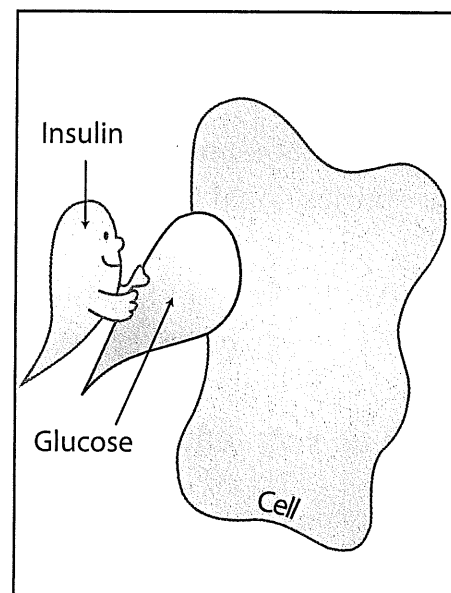
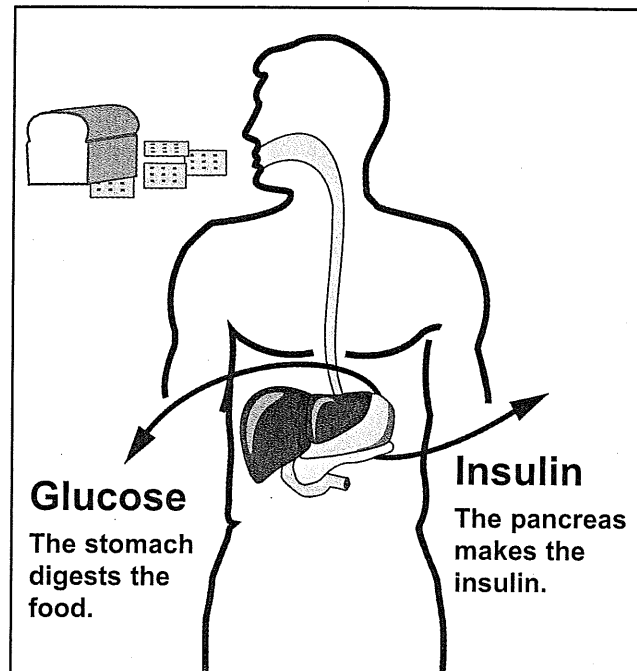
- ☐ Choose low-fat and fat-free food products more often.
- ☐ Bake, steam, broil, or grill food instead of frying it.
- ☐ Cut off the fat from the meat before cooking it.
- ☐ Use less coconut milk and condensed milk to prepare food and drinks.
- ☐ Skim the fat off soups and stews before serving.
- ☐ Throw away—and do not reuse—the fat that is drained from fatty cuts of meat.
- ☐ Choose unsaturated fat and oils to prepare foods.
- ☐ Take the skin off chicken or *lechon*, and do not eat it.
- ☐ Include a variety of fruits, vegetables, and oatmeal as sources of soluble fiber.
- ☐ Exchange low-fat recipes with your friends and family.
- ☐ Other _____

What Is Diabetes?

Diabetes happens when the body does not make enough insulin or cannot use it well. This causes glucose to build up in the blood. As a result, the body does not function well.

Know your body

- The food we eat goes to the stomach, where it is digested. The food is turned into blood glucose in the body. Blood glucose is also called blood sugar. The body uses glucose to provide energy needed for daily life.
- The blood takes the glucose to the cells where it is turned into energy. However, glucose cannot enter the cells alone; it needs help. Insulin helps the glucose enter the cells. Insulin is a hormone that is made in the pancreas.
- If the body does not produce enough insulin, or if the cells cannot use the insulin well, then the glucose cannot enter the cells and it builds up in the blood.
- People who have high levels of glucose in their blood have prediabetes or diabetes.



Are You at Risk for Type 2 Diabetes?



Name: _____

Check the risk factors you have. The more risk factors you check, the higher your risk for developing type 2 diabetes. Only your health care provider can determine if you have diabetes. On your next visit, find out for sure.

- ☐ I am overweight (especially if I have extra weight around the waist).
- ☐ I have a parent, brother, or sister with diabetes.
- ☐ My family background is Asian American, Native Hawaiian or other Pacific Islander, Latino, African American, or American Indian.
- ☐ I have had gestational diabetes, or I gave birth to at least one baby weighing 9 pounds (4.1 kg) or more.
- ☐ My blood pressure is 140/90 mmHg or higher, or I have been told by a health care professional that I have high blood pressure.
- ☐ My cholesterol levels are not normal. My HDL cholesterol ("good" cholesterol) is 35 mg/dL or lower, or my triglyceride level is 250 mg/dL or higher.
- ☐ I do very little physical activity. I exercise fewer than three times a week.

Take These Small Steps Now To Prevent Diabetes

■ Find out if you are at risk.

Asian Americans and Native Hawaiians or other Pacific Islanders are at high risk for type 2 diabetes and are not always overweight. Talk to your health care provider about YOUR risk.

■ Lose a small amount of weight.

Being overweight puts you at high risk for type 2 diabetes. The weight you think is normal for you may not be a healthy weight. You can work toward a healthy weight by being more active and eating healthy.

■ Be more physically active.

Choose an activity you enjoy. Take a walk, swim, bike ride, dance, or play ball with your children.

■ Eat healthy.

Make healthy food choices and eat smaller servings. Cut down on fatty and fried foods. Choose more fruits and vegetables, dry beans, and whole grains.

■ Record your progress.

Every day, write down all the things you eat and drink and the number of minutes you are active. Keeping a diary is one of the best ways to lose weight and keep it off.

■ Keep at it.

Make one new change each week. If you get off track, start again, and keep going.

Source: Adapted from "Take These Small Steps Now To Prevent Diabetes," National Diabetes Education Program, 2007.

Rose Learns About Preventing Diabetes

Rose has just arrived at Mila's house. She is upset because she has just been diagnosed with prediabetes. Mila and Lola are trying to comfort her.

Mila: Rose, are you okay? You look upset.

Rose: I just had a checkup with Dr. Cabaya, and he told me that I have prediabetes! How do I tell Jose? He will be upset.

Mila: My brother only wants to see you and the family healthy and strong—especially after his struggles with high blood pressure and his stroke. Think of this news in a positive way. You can still make changes now to delay or prevent diabetes.

Rose: I have been trying so hard to help Jose stay healthy and keep his blood pressure under control that I forgot about myself. But Dr. Cabaya told me that the whole family should be healthy, not just one person.

Lola: Rose, Dr. Cabaya is right. You have to stay healthy for your children and family! Remember how hard it was for Jose's dad to change his habits when he was diagnosed with diabetes? He did not change his lifestyle, so the complications from the diabetes made his last years very hard.

Rose: Yes, Mama (Lola). Dr. Cabaya said I should be physically active every day, make wiser food choices, and lose some weight. He said this would help lower my blood sugar and reduce my risk for diabetes.

Mila: You are already helping Jose make heart healthy changes. It will be easier for you to practice these changes now, too. You could also start walking with Mama (Lola) and me on the weekends. It will be fun!

Rose: Yes, that's a great idea. Maybe making these changes will not be too hard.

Lola: Have courage, Rose. *Sa taong walang takot, walang mataas na bakod.* "To a fearless person, no fence is too high."

Symptoms of Diabetes

The symptoms of type 2 diabetes develop over time. Some people have symptoms, and others do not. Here are some symptoms of diabetes.



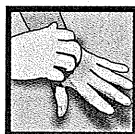
Feeling tired



Sores that don't heal



Increased thirst



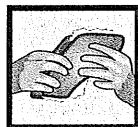
Very dry skin



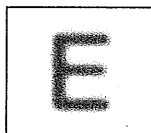
Frequent urination



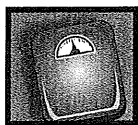
"Pins and needles"
feeling in the feet



Increased hunger



Blurry vision



Unexplained weight loss



Feeling irritable

Be Good to Your Heart: Know Your Blood Glucose Level

Write your fasting blood glucose level here: _____

What does your blood glucose level mean?

Fasting blood glucose level (mg/dL):

	Normal
Below 100 mg/dL	— Good for you! Keep up the good work!
100 to 125 mg/dL	Prediabetes — You are at risk for developing type 2 diabetes. — It is time to lose weight and be physically active at least 5 days a week.
126 mg/dL or higher	Diabetes — You should work with your doctor and other health care providers to learn to control it. — You should work with your doctor to learn the ABCs (A1C test, blood pressure, and cholesterol) of controlling diabetes.

Maging Mabuti sa Iyong Puso: Alamin ang Iyong Antas ng Asukal sa Dugo

Isulat ang iyong pag-aayuno sa antas ng asukal sa dugo dito:

Ano ang ibig sabihin ng iyong antas ng asukal sa dugo?

Antas ng pag-aayuno ng asukal sa dugo (mg/dL):

Mas mababa sa 100 mg/dL	Normal — Mabuti para sa iyo! Ipagpatuloy ang mabuting gawain!
100 hanggang 125 mg/dL	Paunang diyabetis — Nasa peligro ka ng pagbuo ng type 2 diyabetis. — Oras na para magbawas ng timbang at maging aktibong pisikal ng hindi bababa sa 5 araw sa isang linggo.
126 mg/dL o mas mataas	Diyabetis — Dapat kang makipagtulungan sa iyong duktor at iba pang mga tagapagbigay ng pangangalaga sa kalusugan upang matutunang kontrolin ito. — Dapat kang makipagtulungan sa iyong duktor upang matutunan ang mga ABC (pagsubok na A1C, presyon ng dugo, at kolesterol) ng pagkontrol ng diyabetis.

Tender Care for Your Feet



Diabetes can cause nerve damage, which reduces sensation in your feet. Diabetes may also affect blood flow in your legs and feet, making it harder for cuts and sores to heal. Small injuries may become infected and can become very serious.

Daily care

- ☐ Wash your feet in warm water every day. Dry them carefully, especially between your toes.
- ☐ Look at your feet every day to check for cuts, sores, blisters, redness, calluses, or other problems. If you cannot bend over or pull your feet up to check them, use a mirror, or ask someone else to check your feet.
- ☐ If your skin is dry, rub lotion on your feet after you wash and dry them. Do not put lotion between your toes.
- ☐ Smooth corns and calluses gently with an emery board or pumice stone. Do this after your bath or shower. Do not use a pocketknife or razor blade that can cut your skin.
- ☐ Cut your toenails once a week after a bath.

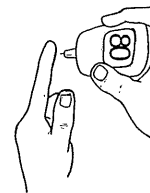
Periodic foot exam

- ☐ Remind the health care provider to check your feet at every visit.
- ☐ Get a complete foot exam once a year. If you have problems with your feet, have the health provider check them every 3 to 6 months.

Footwear

- ☐ Wear well-cushioned shoes and socks at all times. Do not go barefoot.
- ☐ Change your socks every day, and make sure they are clean and soft.
- ☐ Buy shoes that are roomy and allow your feet to “breathe.”
- ☐ Medicare provides coverage of special shoes for people with diabetes. Check with your doctor to see if you qualify.

Be Smart About Your Heart: Control the ABCs of Diabetes



Some people have prediabetes, which is when blood glucose levels are higher than normal, but not in the diabetes range. People with this condition can reduce the risk of developing 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 better manage your diabetes and lower your risk of heart attack and stroke. Follow these ABCs:

- **A is for the A1C test**, which is short for hemoglobin A1C. This test measures your average blood glucose over the previous 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

Date				
Result				

- **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 130/80 mmHg

Date				
Result				

- **C is for cholesterol**. Maintain a normal cholesterol level. "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

Date				
Result				

Be sure to ask your doctor:

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

Write the changes you will make this week to control your blood glucose, blood pressure, or cholesterol.

(Date)

(Date)

Maging Matalino sa Pangangalaga ng Iyong Puso: Kontrolin ang mga ABC ng Diyabetis

Ang ilang mga tao ay mayroong paunang diyabetis, na kapag ang mga antas ng asukal sa dugo ay mas mataas sa normal, ngunit hindi sa saklaw ng diyabetis. Ang mga taong may ganitong kundisyon ay maaaring bawasan ang peligro ng pagbuo ng diyabetis sa pamamagitan ng pagbabawas ng kaunting timbang at pagdaragdag ng kanilang pisikal na aktibidad.

Kung mayroon kang diyabetis, ang pagkontrol sa iyong antas ng asukal sa dugo ay makatutulong na maiwasan ang mga kumplikasyon.

Ang mga ABC ng Diyabetis

Kung mayroon kang diyabetis, ang tatlong pangunahing hakbang ay maaaring makatulong sa iyo na mahusay na mapamahalaan ang iyong diyabetis at babaan ang iyong peligro ng pagkakaroon ng atake sa puso at stroke. Sundin ang mga ABC na ito:

- **Ang A ay para sa pagsubok na A1C**, na pinaikling hemoglobin A1C. Sinusukat ng pagsubok na ito ang iyong katamtamang asukal sa dugo sa nakaraang 3 buwan. Ipinapaalam nito sa iyo kung ang iyong antas ng asukal sa dugo ay nakokontrol. Kunin ang pagsubok na ito ng hindi bababa sa dalawang beses sa isang taon.

Bilang na dapat hangarin: mas mababa sa 7

Petsa							
Resulta							

- ■ **Ang B ay para sa presyon ng dugo.** Kung mas mataas ang presyon ng iyong dugo, mas magiging mahirap ang paggana ng iyong puso. Kunin ang presyon ng iyong dugo sa bawat pagbisita sa duktur.

Bilang na dapat hangarin: mas mababa sa 130/80 mmHg

Petsa							
Resulta							

Maging Matalino sa Pangangalaga ng Iyong Puso: Kontrolin ang mga ABC ng Diyabetis

(continued)

- **Ang C ay para sa kolesterol.** Panatilihin ang isang normal na antas ng kolesterol. Ang “masamang” kolesterol, o LDL, ay namumuo at binabarahan ang iyong mga ugat. Kunin ang iyong kolesterol nang hindi bababa sa isa sa isang taon.

Bilang na dapat hangarin: mas mababa sa 100 mg/dL

Petsa							
Resulta							

Tiyakin na tanungin ang iyong duktor:

- Ano ang mga numero ng aking ABC?
- Ano ang dapat na mga puntiryang numero ng aking ABC?
- Anong mga pagkilos and dapat kong gawin upang maabot ang mga puntiryang numero ng aking ABC?

Isulat ang mga pagbabago na gagawin mo para sa linggong ito upang makontrol ang iyong asukal sa dugo, presyon ng dugo, o kolesterol.

(Petsa)

(Petsa)

Read the Nutrition Facts Label for Sugar!



Nutrition Facts labels tell you what you need to know about choosing foods that are lower in calories and sugar. Here is a Nutrition Facts label for mango nectar. The label provides lots of useful information.

Mango Nectar

Amount Per Serving

The nutrient amounts provided on the label are for one serving. If you have more than one serving, you will get more calories and other nutrients. For example, if you drink two servings (2 cups) of mango nectar, you will take in 460 calories and 100 grams of sugar.

Calories and Sugar

Here are the amounts of calories and sugar in one serving.

Nutrition Facts	
Serving Size 1	
Servings Per Container 1	
Amount Per Serving	
Calories 230	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 56g	19%
Dietary Fiber 2g	8%
Sugars 50g	
Protein 0g	
Vitamin A 35%	Vitamin C 100%
Calcium 4%	Iron 4%

Serving Size and Number of Servings

The serving size is 1 cup. There is one serving in this container.

Percent Daily Value

The Percent Daily Value helps you compare nutrient amounts in products. There is no Percent Daily Value for calories or sugar. Choose foods with the lowest amount of calories and sugar.

The Choice Is Yours—Compare!

Which one would you choose?

The unsweetened iced tea has fewer calories and no sugar. That makes the iced tea a better choice! Read Nutrition Facts labels, and choose products to keep your heart strong.

Calories 230	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Sugars 50g	

Mango Nectar

One cup of mango nectar has 230 calories and 50 grams of sugar.

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%
Sugar 0g	

Unsweetened Iced Tea

One cup of unsweetened iced tea has 5 calories and no sugar. You can learn a lot from a Nutrition Facts label.

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

Basahin ang Label ng Mga Katotohanan sa Nutrisyon para sa Asukal!



Ang mga *label* ng Mga Katotohanan sa Nutrisyon ay nagsasabi sa iyo kung ano ang kinakailangan mong malaman tungkol sa pagpili ng mga pagkain na mababa sa mga calorie at asukal. Narito ang isang *label* ng Mga Katotohanan sa Nutrisyon para sa *mango juice*. Ang *label* ay nagbibigay ng mga kapakipakinabang na impormasyon.

Mango nectar

Dami sa bawat Takal

Ang dami ng nutrisyon ay ipinakita sa label na para sa isang takal. Kung mayroon kang higit sa isang takal, ikaw ay makakakuha ng mas maraming mga calorie at ibang mga nutrisyon. Halimbawa, kung iinom ka ng dalawang takal (2 tasa) ng *mango nectar*, makakakuha ka ng 230 na calorie at 50 na gramo ng asukal.

Mga Calorie at Asukal

Narito ang mga dami ng mga calorie at asukal sa isang takal.

Nutrition Facts	
Serving Size 1	
Servings Per Container 1	
Amount Per Serving	
Calories 230	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 56g	19%
Dietary Fiber 2g	8%
Sugars 50g	
Protein 0g	
Vitamin A 35%	Vitamin C 100%
Calcium 4%	Iron 4%

Laki ng Takal at Bilang ng Mga Takal

Ang laki ng takal ay 1 tasa. Mayroon itong walong mga takal sa lalagyan na ito.

Porsyento ng Pang-araw-araw na Halaga

Ang Porsyento ng Pang-araw-araw na Halaga ay nakakatulong sa iyo sa paghambing ng mga dami ng nutrisyon sa mga produkto. Walang Porsyento ng Pang-araw-araw na Halaga para sa mga calorie o asukal. Pumili ng mga pagkain na mababa ang dami ng mga calorie at asukal.

Basahin ang *Label* ng Mga Katotohanan sa Nutrisyon para sa Asukal! *(continued)*

Ikaw ang Bahalang Mamili—Ihambing!

Ano ang iyong pipiliin?

Ang *unsweetened iced tea* ay kaunti ang mga calorie at walang asukal. Na gagawing mas mahusay na pagpipilian ang *iced tea*! Basahin ang mga label ngn Mga Katotohanan sa Nutrisyon at pumili ng mga produkto upang mapanatili na malakas ang iyong puso.

Mango nectar

Isang tasa ng mango nectar ay mayroong 230 na mga calorie at 50 na mga gramo ng asukal.

Calories 150 Calories from Fat 0	
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Potassium 170mg	5%
Total Carbohydrates 37mg	12%
Dietary Fiber 0g	0%
Sugars 32g	

Unsweetened Iced Tea

Isang tasa ng *unsweetened iced tea* ay mayroong 5 na mga calorie at walang asukal. Maaaring marami kang matutunan mula sa isang *label* ng Mga Katotohanan sa Nutrisyon.

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%
Potassium 0	0%
Total Carbohydrates 0mg	0%
Dietary Fiber 0g	
Sugars 0g	

Mila's Food Choices



Mila has offered to go grocery shopping for her mother, Lola Idad, who is home sick with the flu. Lola also has diabetes.

Mila wants to buy foods that are lower in calories and sugar to help her mother. Look at the Nutrition Facts labels. Help Mila select foods that are lower in sugar.

Which foods should Mila buy? Write the number of your choice for each pair. Then write the number of grams of sugar saved by this choice.

1 – Pan de Sal (Filipino Roll)

Nutrition Facts	
Serving Size 1 roll (25g)	
Servings Per Container 16	
Amount Per Serving	
Calories 140	Calories from Fat 14
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 330mg	14%
Total Carbohydrate 38g	13%
Dietary Fiber 2g	4%
Sugars 1g	
Protein 6g	
Vitamin A 10%	Vitamin C 0%
Calcium 6%	Iron 10%

Lower
sugar
choice

Grams
of sugar
saved

2 – 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	29%
Saturated Fat 6g	30%
Trans Fat 2g	
Cholesterol 10mg	3%
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%

3 – Cooked Oatmeal

Nutrition Facts	
Serving Size ½ cup	
Servings Per Container 13	
Amount Per Serving	
Calories 130	Calories from Fat 20
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 22g	7%
Dietary Fiber 4g	16%
Sugars 0g	
Protein 5g	
Vitamin A 0%	Vitamin C 0%
Calcium 13%	Iron 10%

Lower
sugar
choice

Grams
of sugar
saved

4 – Bibingka (Sweet Rice Cake)

Nutrition Facts	
Serving Size 1 popsicle (273g)	
Servings Per Container 4	
Amount Per Serving	
Calories 890	Calories from Fat 460
% Daily Value*	
Total Fat 51g	78%
Saturated Fat 37g	185%
Trans Fat 0g	
Cholesterol 219mg	73%
Sodium 1940mg	81%
Total Carbohydrate 99g	33%
Dietary Fiber 6g	24%
Sugars 44g	
Protein 15g	
Vitamin A 17%	Vitamin C 3%
Calcium 105%	Iron 21%

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

Mila's Food Choices *(continued)*

5 – Gelatin

Nutrition Facts

Serving Size ¼ cup
Servings Per Container 8

Amount Per Serving

Calories 80 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 19g 6%

Dietary Fiber 0g 0%

Sugars 19g

Protein 2g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 0%

6 – Sugar-Free Gelatin

Nutrition Facts

Serving Size ¼ cup
Servings Per Container 8

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 55mg 2%

Total Carbohydrate 0g 0%

Dietary Fiber 0g 0%

Sugars 0g

Protein 1g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 0%

Lower
sugar
choice

Grams
of sugar
saved

7 – Fat-Free, No-Sugar-Added Ice Cream

Nutrition Facts

Serving Size ½ cup (66g)
Servings Per Container 16

Amount Per Serving

Calories 80 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 19g 6%

Dietary Fiber 5g 20%

Sugars 4g

Protein 3g

Vitamin A 6% • Vitamin C 0%

Calcium 8% • Iron 0%

8 – Chocolate Ice Cream

Nutrition Facts

Serving Size ½ cup (66g)
Servings Per Container 16

Amount Per Serving

Calories 170 Calories from Fat 80

% Daily Value*

Total Fat 9g 14%

Saturated Fat 6g 30%

Trans Fat 0g

Cholesterol 20mg 7%

Sodium 40mg 2%

Total Carbohydrate 21g 7%

Dietary Fiber 1g 4%

Sugars 17g

Protein 2g

Vitamin A 4% • Vitamin C 0%

Calcium 6% • Iron 4%

Lower
sugar
choice

Grams
of sugar
saved

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

Mila's Food Choices *(continued)*

9 – Water

Nutrition Facts	
Serving Size 1 bottle (16 oz)	
Servings Per Container 1	
Amount Per Serving	
Calories 0	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 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 0g	
Vitamin A 0% • Vitamin C 0%	
Calcium 0% • Iron 0%	

Lower
sugar
choice

Grams
of sugar
saved

10 – Regular Soda

Nutrition Facts	
Serving Size 1 can (12 fl oz)	
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 1g	
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.

Think Before You Drink: Hidden Sugar in Common Beverages

Try to guess the amount of sugar (in teaspoons) that is found in each drink.

Write your answers on the "My Guess" line.

Drink (12 ounces)

Teaspoons of Sugar

**Powdered
drink with
sugar**



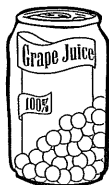
My Guess

True Amount

Diet soda



Grape juice



Regular soda



**Mango
nectar**



**Energy Drink
(8 ounces)**



How Much Sugar and How Many Calories Are in Your Favorite Drink?



Drink (12-ounce serving)	Grams of Sugar	Approximate Number of Teaspoons of Sugar*	Calories
Bottled Water	0 grams	0 teaspoons	0
Ginger Ale	25 grams	6¼ teaspoons	90
Diet Ginger Ale	0 grams	0 teaspoons	0
Cola	41 grams	10¼ teaspoons	150
Diet Cola	0 grams	0 teaspoons	0
Root Beer	46 grams	11½ teaspoons	170
Orange Soda	52 grams	13 teaspoons	210
Powdered Drink With Sugar	36 grams	9 teaspoons	145
Sugar-Free Powdered Drink	0 grams	0 teaspoons	0
Grape Juice	32 grams	8 teaspoons	150
Orange Juice	20 grams	5 teaspoons	105
Mango Nectar	50 grams	12½ teaspoons	230
Guava Nectar	48 grams	12 teaspoons	240
Fruit Punch	46 grams	11½ teaspoons	195
Iced Tea	33 grams	8¼ teaspoons	120
Sports Drink	8½ grams	2 teaspoons	75
Energy Drink (8 ounces)	25 grams	6¼ teaspoons	190
Chocolate Drink (6.5 ounces)	22 grams	5½ teaspoons	110

* 1 teaspoon = 4 grams of sugar

Pesang Isda (Fish Simmered With Ginger and Tomatoes) Recipe

4 cups	water
1 cup	ripe tomatoes, chopped
¼ cup	fresh ginger, thinly sliced (about 2 inches long)
1 cup	white or yellow onions, thinly sliced (1 medium onion)
2 pounds	fleshy fish (cod fillet, halibut steak, or trout)
2 cups	<i>pechay</i> (bok choy) stems and leaves, cut up separately
½ teaspoon	salt
½ teaspoon	ground pepper
1 cup (about 1 large bunch)	green onions, cut 2 to 3 inches (6 medium)

Quick Facts

This main dish is heart healthy because:

1. It is made with fish and vegetables.
2. The fish is simmered in water, not fried.
3. No fat is added to the dish.
4. Flavoring is added with herbs and spices instead of sauces that are high in sodium.

1. In a 4-quart saucepan, simmer sliced ginger, tomatoes, and onions in 4 cups of water over medium heat until onions are tender (about 7 to 8 minutes).
2. Reduce heat to low, add fish, and poach gently until almost done (about 3 to 4 minutes).
3. Add *pechay* stems, salt, and ground pepper. Cook for 1 minute; then add *pechay* leaves and green onions. Cook another 30 seconds.
4. Serve immediately.

	Serving size:
	3 ounces lean
Yield:	fish and ½ cup
6 servings	vegetables:
Calories	160 kcal
Total Fat	2 g
Saturated Fat	0.5 g
Cholesterol	80 mg
Sodium	340 mg
Total Fiber	2 g
Protein	30 g
Carbohydrates	6 g
Potassium	630 mg

Source: Filipino American Food Practices, Customs, and Holidays, American Dietetic Association, 1994.

Munggo Guisado

(Sauteed Mung Beans) Recipe

1 tablespoon	corn oil
2 cloves	fresh garlic, crushed (or 1 tablespoon, minced)
1 cup	white onions, chopped (1 medium)
1 cup	raw tomatoes, chopped (2 small)
1 cup	raw lean pork, thinly sliced (4 ounces)
1 cup	raw shrimp, peeled (4 ounces)
1 cup	leaf spinach, frozen (about $\frac{2}{3}$ of a 10-ounce package)
3½ cups	precooked mung beans (from 1¾ cups dry beans)*
4 cups	water
1 teaspoon	salt
1 teaspoon	ground pepper

* To cook dry, uncooked mung beans: Wash and boil the uncooked mung beans in a large saucepan, using 6 cups of water. Cook until tender, about 1½ to 2 hours. Drain.

Quick Facts

This side dish is heart healthy because:

1. It is made with vegetables, seafood (shrimp), and lean meat.
2. A small amount of corn oil is added.
3. The pork is simmered slowly in moist heat.

1. In a skillet, heat oil, and saute crushed garlic until lightly brown.
2. Add onion and tomatoes. Saute until skin begins to curl.
3. Add pork, and saute until lightly brown.
4. Add water, and simmer pork for about 15 minutes.
5. Add the sauteed mix to mung beans, and continue to simmer 15 minutes.
6. Season with salt and ground pepper.
7. Add peeled shrimp.
8. Add frozen leaf spinach, and cook 4 minutes until done.

Yield:	Serving size:
8 servings	1 cup:
Calories	160 kcal
Total Fat	3.5 g
Saturated Fat	1 g
Cholesterol	35 mg
Sodium	350 mg
Total Fiber	8 g
Protein	13 g
Carbohydrates	19 g
Potassium	370 mg

Source: Filipino American Food Practices, Customs, and Holidays, American Dietetic Association, 1994.

Lola's Life Lessons: Session 7

One of my favorite proverbs is:

"Sa taong walang takot, walang mataas na bakod."

Translation: "To a fearless person, no fence is too high."

With courage, there is hope. Although Rose has prediabetes, she can do something to decrease her chance of getting diabetes: lose weight, become physically active, and eat heart healthy. She is lucky—still young and strong! Your Lolo (grandfather) had diabetes, and controlling his blood glucose was not a priority for him. He had a chance to be fearless, but he loved food too much.

It takes a courageous person to admit what is not working and try to change it. I know how hard it can be to change old habits. But look at Lola. I am an "old timer," and I was fearless. I did not give up! You must be fearless to tackle things that are high priority, even if it seems impossible. With each day, my family is learning that hope will not fail you. Remember, no fence is too high!

A Time To Reflect...

What changes have you made in your life to become heart healthy? What new changes can you make to continue on the journey to heart health?

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

Pledge for Life! Session 7

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

- ☐ Know the symptoms of diabetes.
- ☐ Talk to your doctor about your risk factors for diabetes and about your ABC numbers.
- ☐ Find out if you or other family members have prediabetes or diabetes.
- ☐ Eat smaller portions of food.
- ☐ Do physical activity every day.
- ☐ Lose weight if you are overweight or obese.
- ☐ Maintain your weight if it is in the healthy range.
- ☐ Keep a food and physical activity diary.
- ☐ Make reasonable goals for yourself and reward yourself with non-food items, like watching a movie.
- ☐ Other _____

