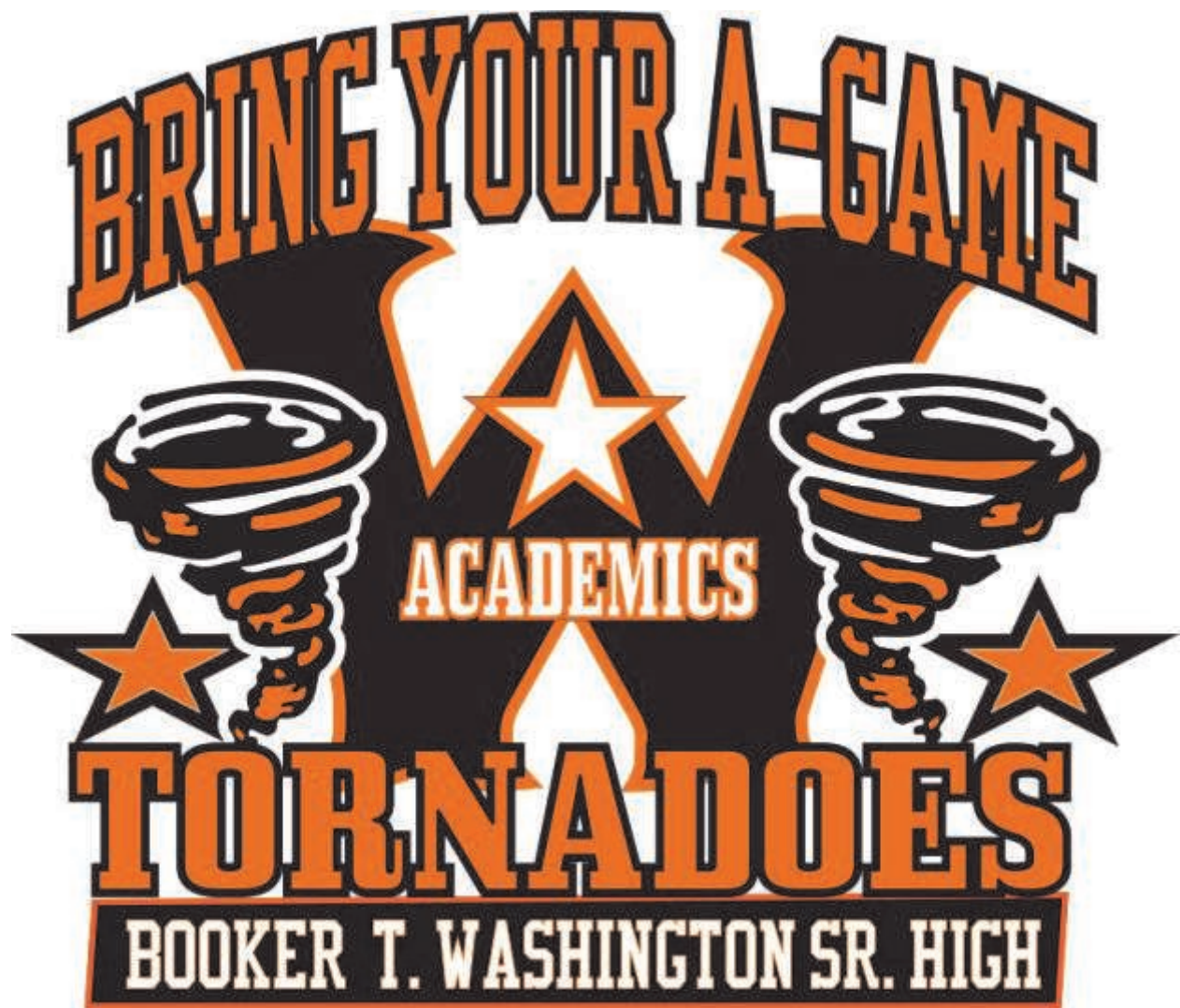




Historic Overtown Public Health Empowerment (H.O.P.E.) Collaborative
www.overtowncookbook.wordpress.com/





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<http://overtowncookbook.wordpress.com/>

The Overtown Cookbook cover logo was designed by Booker T Washington High School student Isaac Morales. The photo on the cover was taken at the Super Bowl XLI Kickoff to Better Health Overtown Cook-off at the Booker T Washington High School. The arch pictured in the school courtyard is the entrance to the old BTW High School building prior to renovation.



Contents

| | |
|--|---------|
| About Us | Page 4 |
| <ul style="list-style-type: none"> ◆ The Historic Overtown Public Health Empowerment Collaborative The History of the Overtown Diet, Contributors | |
| Breakfast | Page 11 |
| <ul style="list-style-type: none"> ◆ Mango Banana Smoothie, French Toast Print Version: Healthy Way Breakfast, Boiled Fish and Grits | |
| Salad | |
| <ul style="list-style-type: none"> ◆ Print Version: Healthy Way Raw Salad, Avocado Salad | |
| Veggies | Page 13 |
| <ul style="list-style-type: none"> ◆ Collard Greens Print Version: Mashed Potatoes, Green Beans, Tornado Pizza, Tomato Soup, | |
| Fish & Seafood | Page 14 |
| <ul style="list-style-type: none"> ◆ Blackened Salmon, Tangela's Conch Salad Print Version: Crab & Callaloo, Conch Soup, Baked Salmon, Catfish Wrap, Fish Cakes, Mango Shrimp Salad, Creole Shrimp, Conch Fritters | |
| Chicken & Turkey | Page 16 |
| <ul style="list-style-type: none"> ◆ Barbecue Chicken, Curried Chicken Print Version: Stewed Chicken, Turkey Loaf | |
| Grains | Page 18 |
| <ul style="list-style-type: none"> ◆ Macaroni & Cheese Print Version: Baked Rice | |
| Desert | Page 19 |
| <ul style="list-style-type: none"> ◆ Sweet Potato Pie, Amarylis's Apple Crisp Print Version: Bread Pudding, Banana Muffins | |
| Health & the Overtown Cookbook | Page 21 |
| <ul style="list-style-type: none"> • Energy Balance, Fats: the good, the bad, and the ugly, The truth about carbs, Healthy cooking and shopping tips, Emotional eating, Weights and Measures, Easy Substitutions | |

The Historic Overtown Public Health Empowerment (HOPE) Collaborative

We are Booker T. Washington Senior High School students and teachers who have joined efforts with scholars and volunteers from Overtown in order to create this cookbook. We have gathered our favorite recipes and modified them to be healthy and tasty. We asked our nutritionist for the best ingredients and our Chef for the best taste. Doctors helped us keep the recipes healthy so we can enjoy them without guilt. We even tried them out in our cooking class with our teachers to make them easy to follow. We hope you and your family accepts our contribution and follows our mission to make Overtown healthier. If you have any comments, would like to volunteer or if you think your personal or family recipe should be here, contact :

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HOPE Collaborative members Judge Peter Adrian, Eddie Thomas, and Tony Jennings



Written by Anthony C. Jennings, J.D. and Cynthia Carbin, MD

2009

Overtown is one of the oldest neighborhoods in Miami-Dade County. This area is bounded by NW 6th Street to the South, NW 21st St to the North, NW 1st Ave to the East, and NW 7th Ave to the West. It was first called Colored Town and was a settlement for black railroad workers when the city of Miami was founded in 1896. **However, prior to the city's incorporation, many immigrant families from the Caribbean migrated to Miami and settled there. These immigrants trade with the native Indians for many items of sustenance. As more blacks moved to Miami to build the growing city, the community located in close proximity to modern day Downtown Miami, became known as Overtown. The name Overtown was given because many had to go 'over' downtown to reach it when they were traveling around the city.**

(1) Most of its black residents around the turn of the century came from northern and central Florida, Georgia, and South Carolina. However, within a few decades, workers from the Bahamas made up more than half of the black people living in the city.

By the middle of the 20th century, Overtown was a thriving community. Black-owned businesses such as hotels, grocery stores and nightclubs flourished. Overtown had its own manufacturing industry like the Cola-Nip Bottling Company. Establishments like the Mary Elizabeth Hotel hosted famous entertainers such as Ella Fitzgerald, Cab Calloway, Josephine Baker, Billie Holiday, Nat King Cole, and Aretha Franklin. The main business strip Second Avenue was also called **"Miami's Little Broadway"** because it was home to the Lyric Theater. **This theater had been described as "possibly the most beautiful and costly playhouse owned by colored people in all the Southland."** (2)

Food and drink often took center stage in the society life along the corridor of 2nd and 3rd Avenues. **One could rub elbows with "the big shots" over drinks at the Flamingo Lounge and Zebra Room, of the Mary Elizabeth Hotel.** At high-class clubs like the Sir John Hotel, the meal selections featured items like steak and a seafood platter of shrimp, oysters, and scallops. Everyday people were invited to the hot peanuts, hamburgers, and hot dogs sold on the street. Churchgoers also included savory foods in their events. A local writes:

"There is an hour's wait for a table at the popular restaurants along the Avenue, but you can buy still warm sweet potato pies and 'sho'nuf' Georgia-style barbecued ribs from the sidewalk table set up by the members of the Mount Zion Church choir on an empty lot next to the church. They have hot fish sandwiches and pickled pigs' feet, too. For a nickel you can buy a freezing-cold bottle of Cola-Nip peach soda sold from washtubs filled with chipped ice." (3)

The food choices of Overtown residents came from the cooking traditions of a diverse group of people. Southern food reminds you of home-style meals made up of fried chicken, barbecue, grits, collard greens, and sweet potato pie. This cuisine was created from a blend of African, European, and Native-American foods. Many of the foods eaten by blacks in the South, called Soul Food, came from Africa. These foods include yams/sweet potatoes, white rice, okra, black-eyed peas, sesame seeds, watermelon, and peanuts. Today, many **culinary experts refer to these dishes as “comfort” foods. Other foods considered Soul Food such as chitterlings/chitlins, pigs’ feet, and hushpuppies are actually foods that were eaten** by poor people throughout the South. However, African-Americans developed their own cooking style for traditional southern favorites. One reporter states:

“In African-American barbecue places ribs are the thing. They are never boiled first but slowly cooked over charcoal or wood, then cut into short-center and long-end portions. Barbecue sauce tends to have more of a caramel undertone of molasses, and the sides are more often home-style veggies.” (4)

Meals prepared by blacks in the South were also unique because many times they consisted only of vegetables. However meat was used in the flavoring process. **“Beans and Greens”** was a common dish that included collard, turnip, kale, or mustard greens. Carrots, onions, peas, corn, and cabbage often complemented these meals.

Regional variations in Southern cuisine also influenced Overtown cooking. Those residents who came from other parts of Florida likely brought recipes using citrus fruits like Key Lime Pie and Florida orange juice. The people from Georgia likely brought recipes made of peanuts, pecans, peaches, or Vidalia onions. And those from South Carolina likely brought the influences of the Lowcountry Gullah cuisine. Lowcountry favorites include shrimp and **stone ground grits, hoppin’john, she-crab soup, fish & grits, and barbecue made with a mustard-based sauce.**

The large number of Bahamian immigrants also had a major influence on the foods eaten in Overtown. Seafood, pigeon peas and rice were staples of Bahamian cooking. The pigeon pea is an example of food that is native to Africa. Many dishes included conch which was served deep fried, steamed or made into soups, salads, stews, chowder, and fritters. Bahamian food also tended to be hot and spicy due to the peppers used in the cooking process. An elderly Miami resident from South Carolina made the following comment about Bahamian immigrants in the early years:

“They were very nice people. They had a culture which sometimes I found difficult to understand. For instance, their eating habits were different. They ate seafood, mainly fish, crabs, conch and grits but didn’t know much about vegetables. Many looked small and undernourished.” (5)

Today you can still experience the food traditions of Overtown. Popular restaurants in the **community include Peoples Barbecue, Jackson’s Soul Food, Two Guys Restaurant, and China Tea** (see menus). **You can celebrate the community’s culinary heritage at the annual**

Red Velvet Cake Festival and Things Are Cooking in Overtown Gala. You can also sample **recipes passed down through generations in the homes of Overtown's people**. In addition, newer residents from Cuba, Haiti, Jamaica, and other countries that share a common African heritage continue to add spices of Floribbean cuisine to Overtown cooking.

Food has fostered good times in this community that has suffered from the effects of racism, drugs, and poverty. **Yet society's ills may also continue to impact the eating habits of Overtown residents.** Nationwide trends suggest the African American diet is changing. Forty years ago studies showed that blacks were twice as likely as whites to have adequate intakes of fiber, fruit, and vegetables. However blacks now have poorer quality diets when compared to whites. This trend is seen more among children, elderly and the poor. It may, in part, be explained by community grocery stores stocked mostly with processed foods, the high cost of fresh produce and lean meats, and the use of frying or fats in food preparation. (6) It is the goal of this project, to transform the unhealthy eating habits of this historic community; while maintaining the culinary traditions of its legacy recipes. This goal will be accomplished by instructing its youth in all aspects of nutritional science and **culinary arts. These youths will act as "change agents," that will lead and guide the transformation to a healthier Overtown community.**

There is an African proverb that says there is wisdom in learning from the past to guide the future. Therefore the Overtown Cookbook calls its readers to honor a culinary heritage and enhance its recipes to promote a healthier tomorrow.

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Academic and community partners:

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Wilhelmenia F. Jennings, Alumni (BTW '35)
and son, *Anthony C. Jennings, Director and Co-Founder of the Overtown Cookbook Project.*

Original Recipe Contributors

Most Recipes have been modified from their original format. Not all recipes have been included in this edition of the cookbook.

Anthony C. Jennings (BTW Teacher and Co-Founder of The Overtown Cookbook Project) Multiple recipes from Adams-Franks family cookbook. Mr. Jennings is also the principal recipe editor.

Melanie Fleary (BTW Teacher) Multiple recipes from "It's No Family Secret" family cookbook by The Village People

Amarylis Guindin: Apple Crisp, Mango Chutney, Crab Cakes

Shirlene Ingraham: Multiple recipes off of the Jackson's Soul Food Restaurant menu.

David Brown, Anthony Jennings and Booker T. Washington honor students collaborated on nutritional analysis and ingredient substitutions to multiple recipes

The following recipes were collected by Mr. Irby McKnight from Overtown Residents 2006

Irby McKnight (Overtown Resident) Conch Fritters, Peach Cobbler, Boil Fish & Grits, Caribbean Pork Casserole, Healthy Way Salad, Healthy Way Breakfast, Baked Salmon, Baked Chicken

Emma Sanders (Overtown Resident) Johnny Cake

Florence Nichols (Overtown Resident) Stew Shrimps and Stew Conch

Bennie L. Lane Pan Cakes and Meat Loaf

Chef Sacudarren (Overtown Resident) Indian Bread

Charlie Kimball Sweet Potato Cobbler

Willie Mae Williams (Overtown Resident) Pound Cake

Nellie Spann (Overtown Resident) Collard Greens, Macaroni & Cheese & Vanilla Wafer

Louise Whitehead (Overtown Resident / Business Owner) White Potato Salad

Carrie Gordon Sweet Potato Pie

Collected at the Booker T. Washington Family Fest Recipe Contest - 2006

Jerry Clark (9th Grade BTW) Bar-B-Que Chicken

R. Muhammad (BTW Parent) Curry Chicken

Maria Téllez (Overtown Resident) Carne Asada Con Gallo Pinto

Renee Thomas (BTW Parent) Bahamian Macaroni and Cheese

Melanie Fleary (BTW Lead Teacher) Cook Up Rice

Chantelle Nelson (BTW Student) Lemon Pepper Chicken

Jeanet Rodriguez (BTW Student) Crispy Oven-Baked Chicken

Eloisa Serpa (BTW Student) Pumpkin Cheesecake

Marta DeLeon (BTW Student) Peach Cobbler

Valorde Tejada (BTW Student) Low Carb Double Chocolate Walnut Brownies

Arlen Rivas (BTW Student) Sweet Potato Pie

Tesla Velasquez (BTW Student) Almond Cheesecake Pie

Dana Y Tony (BTW Student) Fruit Fiesta

Maria Suazo (BTW Student) Pineapple Bread

Candis Hilton (BTW Student) Classic Bread Pudding

Yshef Ventura (BTW Student) Melon Bowl Fruit Salad

Randel Pino (BTW Student) Corn Muffin

Kaneshia Hill (BTW Student) Tomato Soup

Gabriel Madruga (BTW Student) Macaroni & Turkey Bake Casserole

Original Recipe Contributors

Super Bowl XLI Kick-off to Better Health Overtown Diet Cook-off (2006-2007):

Conch Fritters with Orange Marmalade Sauce: Porcscha Jones (leader), Ceirra Young, Janevia Wrentz, Millie White (supervisor)

Baked Tilapia: Adonis Davis, Rosani Arocha, Karina Mercado, Suzelie Cheremond, Karen Fryd (Supervisor); Adult Chef assistants: Irby McKnight, Sylvia Lewis, Tobe Marmorstein

Bar-B-Que Chicken: Julius Jordan (leader), Theandria Kindrick, Sanevia Wrentz, Rosalia Gomez, Lisa Starks (supervisor), Ms. Graham (adult assistant)

Crispy Oven Baked Chicken: Arlene Rivas (leader), Dana Tony, Victory Miller, Massiel Gamez

Curry Chicken Wings: Shaqual Addison (leader), Yolanda Camilus, Marquise Gaiter, Miguel Martinez, Sylvia Lewis (adult assistant)

Pan Fried Pork Chop: Janet Rodriquez (leader), Olga Lopez, Yalorde Tejada, Erika Rodriquez, Kenneth Washington (Supervisor)

Pan Fried Catfish Wrap with Honey Mustard Sauce: Shakerra Young (leader), Lisa Stewart, Amali Henriquez, Marcos Juarez, Karen Fryd (supervisor), & Tobe Marmonstein

Stewed Shrimp Over Rice: Jose Lopez-Velez (leader), Yesenia Contreras, Sayda Vasquez, Shirlene Ingraham (supervisor), & Maria Antunez

Food Designer Competition at BTW 2007-2008:

Team 1: Dakira Bivens, Lakamora Wright, Laquandra Luster, Anthony Hawkins, Dana Tony: BBQ Chicken Breast, Stewed Chicken, Chicken & Bacon Ranch Salad, Curry Chicken Wings

Team 2: John Nunnally, Torrance Moise, Jahmere Horne, Earnika Rowell: Tornado Way BBQ Shrimp, Stewed Conch, Taco Salad, Curried Rice

Team 3: Marisleidi Ayala, Ashley Galvez, Kerlyn Madrid, Evelyn Rodriguez, Virginia Rochas: Delicious BBQ Ribs with Avocado Salad, Stewed Chicken, Avocado Salad, Chicken Curry

Team 4: Sandra Moton, Lindsey Williams

Team 5: Housny (Jordan) Pomares, Franco Silva, Enreeka Nalasco, Jan Pinto, Saul Zavaleta, Antwone: Low Fat BBQ Chicken, Stewed Chicken, Salad, Curried Steak Sandwich.

Team 6: Randolph Dameus, Laguerre, Christopher Home, Jessica Pitts, Felicia Batien, Willie Williams: Stewed Chicken Wings, Chicken Breast Salad, Curried Chicken & Rice.



Super Bowl XLI Judges Table



BTW students and HOPE volunteers

Mango Banana Smoothie With Granola



Ingredients

- ◆ 1 mango
- ◆ 1 banana
- ◆ 1/3 cup vanilla non-fat yogurt
- ◆ 1/4 cup light vanilla soy milk
- ◆ 1/4 cup granola

Equipment

- ◆ Blender
- ◆ Measuring cups
- ◆ Cutting board
- ◆ Freezer
- ◆ Knives

Serves 1. Nutrition per serving:
410 Calories, 0g saturated fat (0%), 0g trans fat, 0 mg cholesterol (0%), 150 mg sodium (6%), 9g fiber (36%), 10g protein, 40% VitA, 100% Vit C, 25% Calcium, 10% Iron

Directions:

1. Use a sharp knife to cut mango from top to bottom and then turn it around and continue cutting all the way back up the other side.
2. Twist the two sides until they separate.
3. Remove the stone in the middle.
4. Holding the mango in your hand, run lines up and down through the flesh in a crisscross pattern.
5. Use a serving spoon to separate the mango chunks from the skin.
6. Remove skin from banana and cut into chunks
7. Place mango and banana chunks into a bag in the freezer over-night. Or, you can use pre-frozen mango and banana chunks.
8. Blend frozen mango and banana chunks, yogurt and soy milk in a blender and then pour into bowl.
9. Top with granola



BTW Culinary students and collaborators 2007

Tony's French Toast

Ingredients

- ◆ 12 slices wheat bread
- ◆ 1/2 cup low fat yogurt
- ◆ 1/2 cup egg whites
- ◆ 2 tsp vanilla extract
- ◆ 6 tsp margarine
- ◆ 2 tsp canola oil
- ◆ Canola oil spray
- ◆ Light syrup

Equipment

- ◆ Skillet
- ◆ Mixing bowl
- ◆ Measuring cups / spoons

Serves 4. Nutrition per serving: 210 Calories, 4.5 g saturated fat (23%), 0g trans fat, 0 mg cholesterol, 360 mg sodium (15%), 4 g fiber (16%), 11g protein, 10% VitA, 0% Vit C, 3% Calcium, 8 % Iron



Directions:

1. Lightly toast bread.
2. Mix yogurt, egg whites, 2 tsp oil, and vanilla.
3. Bring skillet to medium heat
4. Spray oil on skillet
5. Dip each side of bread in yogurt & egg mixture and place on skillet.
6. Cook bread for 2 minutes until golden brown and flip and cook 2 minutes on other side until golden brown.
7. Top cooked toast with a little margarine and light syrup or fruit preserves.



Tony's senior staff, student leaders Eddie Thomas and Jerry Clark

Collard Greens



Ingredients

- ◆ 3 lb of Freshly picked collard greens
- ◆ ½ lb of smoked turkey wings/ or legs cut in pieces
- ◆ one large onion diced
- ◆ 3tbls of Badia season complete
- ◆ 32oz of cold water
- ◆ 4tbls of apple cider vinegar
- ◆ 1tsp of honey

Equipment

- ◆ Large pot
- ◆ Cutting board
- ◆ Cooking knives

Directions:

1. Place 2 1/2 quarts of water in large, deep pot with smoked turkey wings bring to rolling boil for 45 minutes.
2. Wash and clean all dirt and foreign matter from collard greens.
3. Cut stalk away from greens and discard. Cut greens in one inch pieces by rolling five to seven leaves tightly, then cutting length wise and then crosscut.
4. Clean and dice a large onion.
5. Remove turkey from water and reserve the fluid.
6. Cut turkey meat from bone and discard bones.
7. Add the reserved water, turkey, greens, onion, vinegar, Badia complete seasoning, honey, and salt and then bring to a simmer and let it cook for two hours

Serves 12. Nutrition per serving: 90 Calories, 0.5 g saturated fat (3%), 0g trans fat, 15 mg cholesterol(5%), 390 mg sodium (16%), 4 g fiber (16%), 8 g protein, 150% VitA, 70% Vit C, 15% Calcium, 2% Iron



BTW Overtown Cookbook Students at Fairchild Gardens "Green Cuisine" Challenge 2009

Tony's Blackened Salmon



Ingredients

- ◆ 2 lb salmon
- ◆ 3 limes
- ◆ 1 red onion
- ◆ 1/4 cup brown sugar
- ◆ 2 Tbsp ground paprika
- ◆ 1 tsp cayenne pepper
- ◆ 1 tsp ground cumin
- ◆ 1 tsp onion powder
- ◆ 1 tsp garlic powder
- ◆ 3 Tbsp peanut oil
- ◆ 1/2 tsp light salt
- ◆ 1 tsp ground black pepper
- ◆ 4 oz fat free half & half
- ◆ 1/4 cup port wine
- ◆ 1/4 cup capers

Equipment

- ◆ Large skillet
- ◆ Small mixing bowl
- ◆ Measuring spoons and cups
- ◆ Spatula

Serves 6. Nutrition per serving: 380 Calories, 3 g saturated fat (15%), 0g trans fat, 95 mg cholesterol (32%), 370 mg sodium (15%), 2g fiber (8%), 36g protein, 20% VitA, 20% Vit C, 6% Calcium, 10% Iron

Directions:

1. Mix spices with brown sugar in a bowl and set aside.
2. Slice onions into 1/8 inch slices and set aside.
3. Cut salmon into six pieces (may use other fresh fish)
4. Squeeze limes over Salmon in a glass or plastic pan.
5. Bring oil to medium-high heat in a large skillet.
6. Heavily coat salmon with seasoning mixture. Pat it onto both sides.
7. Place 1/2 of the fish into pan, skin side up.
8. Allow to cook for five minutes.
9. Flip fish so skin side is down, and cook for another five minutes.
10. Remove fish from skillet and place aside
11. Add other salmon pieces to skillet skin side up and cook for five minutes.
12. Flip fish so skins side is down, add sliced onions to pan, and cook for another 5 minutes
13. Remove salmon and set aside.
14. Stir wine and half and half into skillet with remaining pan drippings and onions.
15. Reduce heat to low and simmer uncovered stirring occasionally till mixture reduces by 1/3
16. (Reduction is ready when it will coat the back of a spoon.)
17. Drain and rinse capers.
18. Place 1 tbsp capers over each serving of salmon.
19. Place 1 tbsp of the reduced sauce with onions over the capers.

Tangela's Conch salad

Ingredients

- ◆ 2 lb conch
- ◆ 2 lemons
- ◆ 2 limes
- ◆ 2 sour oranges
- ◆ 1 medium green bell pepper
- ◆ 1 medium red bell pepper
- ◆ 1 cucumber
- ◆ 2 medium onions
- ◆ 2 medium tomatoes
- ◆ 1/2 tsp Scotch Bonnet pepper
- ◆ 1 tsp black pepper
- ◆ 1 tsp Calypso sauce
- ◆ 2 Tbsp water
- ◆ 1 tsp vinegar

Equipment

- ◆ Cooking knife
- ◆ Strainer
- ◆ Mixing bowl

Serves 8. Nutrition per serving: 190 calories, 0g saturated fat, 0g trans fat, 75 mg cholesterol (25%), 180 mg sodium (8%), 2g fiber (8%), 15% VitA, 100% VitC, 15% Calcium, 10% Iron



Directions:

1. Get cleaned and tenderized conch from the fish market
2. Clean & dice conch into small chunks then wash again and drain.
3. Place conch in bowl
4. Dice vegetables and add to conch and mix thoroughly
5. Add the juice of the fruit and vinegar, Calypso sauce, and water
6. Stir until all ingredient are distributed
7. Allow to marinate in the refrigerator for 1-24 hours before serving



BTW students Jazzmine, Deaneta, Tokielya, and D'Anna at Fairchild Garden.

Barbecue Chicken



Ingredients

- ◆ 1 lb skinless chicken breast
- ◆ 1/4 cup Catsup
- ◆ 2 Tbsp Worcestershire sauce
- ◆ 2 Tbsp brown sugar
- ◆ 2 tsp yellow mustard
- ◆ 2 tsp curry powder
- ◆ 1/2 tsp chili powder
- ◆ 1/4 tsp ground black pepper
- ◆ 2 Tbsp unsalted safflower margarine

Equipment

- ◆ Roasting pan
- ◆ Cutting board
- ◆ Cooking knife
- ◆ Measuring spoon

Directions:

1. Mix all ingredients other than chicken together and set aside.
2. Rinse and trim fat and skin from chicken and remove bones. Pat chicken dry. Dip in barbecue sauce. Let marinate in sauce at least 15 minutes.
3. Preheat oven to 350 degrees. Place chicken in roasting pan and cover with tin foil. Bake for 30 minutes. Remove foil and pour remaining sauce over chicken and bake for an additional 10 minutes.

Serves 4. Nutrition per serving: 290 calories, 2 g saturated fat (10%), 0g trans fat, 95 mg cholesterol (45%), 380 mg sodium (16%), 1 g fiber (4%), 36 g protein, 0% VitA, 6% VitC, 4% Calcium, 10% Iron



BTW students prepare cookbook dishes for the Human Services Coalition Changemaker Summit 2009

Curried Chicken



Ingredients

- ◆ 2.5 lb whole chicken
- ◆ 1 cup nonfat yogurt
- ◆ 2 medium (1.5 cups) potatoes
- ◆ 1 cube low sodium bouillon
- ◆ 4 tbsp curry powder
- ◆ 4 tbsp canola oil
- ◆ 1 Tbsp coconut flavor
- ◆ 2 medium onions
- ◆ 1/2 Calabasas squash
- ◆ 1/2 head cauliflower
- ◆ 1 tsp salt
- ◆ 2 medium bell peppers
- ◆ 3 stalks celery (1 cup)
- ◆ 1 Tbsp thyme
- ◆ 2 Tbsp crumbled bay leaf
- ◆ 4 cloves garlic
- ◆ 3 carrots (1.5 cups)
- ◆ 1 tbsp black pepper
- ◆ 1/2 diced habanero pepper
- ◆ 2 tsp allspice

Equipment

- ◆ Large pot
- ◆ Cooking knives
- ◆ Cutting board

Serves 8. Nutrition per serving:
 510 Calories, 4.5g saturated fat (23%), 0g trans fat, x100mg cholesterol (33%), 450 mg sodium (19%), 4g fiber (16%), 37g protein, 150% VitA, 35% Vit C, 10% Calcium, 30% Iron

Directions:

1. Rinse chicken, remove skin, and cut chicken into 2 inch cubes.
2. Clean and dice garlic, onions, & peppers. (Be very careful with the habanero, it is very hot and can burn your eyes.)
3. Mix the diced vegetables and 2 Tbsp oil and spices and marinate over night.
4. Clean and chop carrots, potatoes, squash, cauliflower and celery.
5. Heat 2 Tbsp oil in pot on medium heat and add chicken, stirring periodically until golden brown.
6. Add carrots, potatoes, celery and squash
7. Stir for approximately 5 minutes.
8. Add yogurt and bouillon
9. Cover and simmer on low heat for 30 min.
10. Stir in cauliflower and cook for 10 minutes more.
11. Serve over rice with a green salad.



Brandon, Crystal, & Dainielle

Bahamian Macaroni & Cheese



Ingredients

- ◆ 1 onion
- ◆ 1/2 bell pepper
- ◆ 1/2 celery stalk
- ◆ 2 eggs
- ◆ 8 oz cheddar cheese
- ◆ 16 oz macaroni
- ◆ 12 oz evaporated skim milk
- ◆ Cooking spray
- ◆ 4 oz safflower margarine

Equipment

- ◆ Large pot
- ◆ Cooking knives
- ◆ Cutting board
- ◆ Mixing bowl
- ◆ Wisk
- ◆ Oven
- ◆ Baking dish

Serves 12. Nutrition per serving: 340 Calories, 6g saturated fat (30%), 0g trans fat, 55 mg cholesterol (18%), 210 mg sodium (9%), 1g fiber (4%), 12g protein, 15% VitA, 10% Vit C, 25% Calcium, 8% Iron

Directions:

1. Bring 2 quarts of water to a boil over high heat in a large pot.
2. Add macaroni and cook about two minutes short of directions on package so macaroni will still be firm or "al dente."
3. Finely dice or puree onion, pepper, and celery.
4. Wisk eggs into milk.
5. Stir pureed ingredients into milk mixture.
6. Preheat oven to 350 degrees.
7. Spray shallow baking dish with pam.
8. Spread a layer of cooked macaroni and then sprinkle half the cheese.
9. Slice margarine into 1/4 inch slices and lay these on top.
10. Then, spread the remainder of the macaroni on top.
11. Pour milk mixture over dish and sprinkle remaining cheese.
12. Bake on center rack for 30 minutes.



*The Overtown Diet Cook-Off at BTW
Family Fest 2006*

Sweet Potato Pie



Ingredients

- ◆ 1 pound sweet potatoes
- ◆ 3/4 cups honey
- ◆ 1.5 cups nonfat evaporated milk
- ◆ 1 tsp ground nutmeg
- ◆ 1/2 tsp ground cinnamon
- ◆ 1/4 tsp ground allspice
- ◆ 2 tsp fresh lemon juice
- ◆ 1 graham cracker pie shell

Equipment

- ◆ Food processor
- ◆ Microwave
- ◆ Oven
- ◆ Measuring cups and spoons



Torrance prepares sweet potatoes

Directions:

1. Wash and scrub sweet potatoes and pierce several times with a fork.
2. Place potatoes in microwave on a paper towel and cook on high for 8 minutes (for two potatoes)
3. Remove skin of potatoes
4. Preheat oven to 375 degrees
5. In a food processor, mix all of the ingredients thoroughly until well mixed.
6. Pour the mixture in the pie shell and bake it in the oven for 40 minutes.
7. After 40 minutes, take the pie out of the oven and let it cool for 20 minutes.
8. Allow to cool (serve warm)



Serves 12. Nutrition per serving (bread alone) : 210 Calories, 1 g saturated fat (5%), 0g trans fat, 0 mg cholesterol , 120 mg sodium (5%), 4g fiber (16%), 5g protein, 2% VitA, 6% Vit C, 6% Calcium, 10% Iron

Nutrition per serving with frozen yogurt and Kahlua: 330 Calories, 2 g saturated fat (10%), 0g trans fat, 35 mg cholesterol (12%) , 150 mg sodium (6%), 4g fiber (16%), 10g protein, 4% VitA, 6% Vit C, 20% Calcium, 10% Iron

Amarylis's Apple Crisp

Ingredients

- ◆ 6 fresh apples
- ◆ 2-3 tsp cinnamon
- ◆ 1/2 Cup of brown sugar
- ◆ 2 Tbsp of raisins
- ◆ 2 Tbsp of water
- ◆ 1/4 Cup of margarine or butter
- ◆ 1/3 Cup of brown sugar
- ◆ 1/3 Cup of all purpose flour
- ◆ 3/4 Cup of Quaker oats
- ◆ 2 Tbsp of walnuts or almonds
- ◆ 4 cups lowfat frozen yogurt (optional)

Equipment

- ◆ Mixing bowl
- ◆ Cooking knife
- ◆ Cutting board
- ◆ Measuring cups and spoons
- ◆ Baking pan
- ◆ Oven

Serves 12. Nutrition per serving (alone) : 240 Calories, 0.5 g saturated fat (3%), 0g trans fat, 0 mg cholesterol , 45 mg sodium (2%), 5g fiber (20%), 2g protein, 6% VitA, 10% Vit C, 2% Calcium, 6% Iron

Nutrition per serving with frozen yogurt: 440 Calories, 3 g saturated fat (14%), 0g trans fat, 65 mg cholesterol (22%) , 100 mg sodium (4%), 5g fiber (20%), 11g protein, 10% VitA, 10% Vit C, 25% Calcium, 6% Iron



Directions:

1. Peel and slice the apples
2. Sprinkle 1/2 C of brown sugar, water, spices and raisins on apples.
3. Mix together: 1/4 C of margarine or butter, sugar, flour, oats and walnuts or almonds.
4. Place the apple mixture in a greased pan or dish and top with crumb mixture.
5. Bake for 35 min. at 375F
6. Serve with frozen yogurt if desired. (optional)



Chef Amarylis Guindin gives cooking tips to BTW student Crostina Jackson

Understanding Energy Balance

Energy can be calculated in CALORIES. Food calories (amount of energy in food) are not obvious from the size of our food but instead to the composition and quality of our food. To calculate the calories of our food we pay attention to the amount of Fat, Carbohydrates and Proteins.

Medium Fries
400 calories
5 grams saturated fat



Healthy Salad with Salmon
400 calories
3 grams saturated fat



How much Exercise do I need in a day?

An adult with typical activity levels in the US should have about 2000 calories a day.

An football player practicing daily may need 3000-4000 calories.



During the Olympics, swimmer Michael Phelps consumed twelve thousand calories a day just to keep up with the massive energy needs for the 5-6 hours he was swimming every day.

More exercise is always better.
Whatever you do, try to do more.





Energy

Does the energy we take in and the energy we expend in exercise, whether small or large, affect our lives?

We as Americans rarely have to walk anywhere and to add to that, there is a fast food restaurant on almost every street. Our body needs a proper balance of energy proteins, carbohydrates and fats which you may not get from a double cheese burger or cheese **pizza**. **If we eat too much and don't burn as much it can result in obesity, diabetes and heart disease** which is common in minorities.

-Lindsey Williams

Fact or fiction: You can consume a large amount of calories each day, without gaining weight, by exercising enough to balance it.

To maintain your body weight, the amount of energy that you consume must be equal to that used in the body. If you consume excess energy, you will gain weight, and if you begin to eat less energy than you use to, then the result is weight loss.

-Todderick Roberts

In my opinion I think the only reason I am maintaining my weight is because I lift weights.

-O'Bryan Ferguson

Fact. Exercise is the key to health. Studies consistently show that people who exercise more live longer, healthier lives. You can consume more calories each day, without gaining weight, only if you exercise enough to balance it. The calories consumed, however, should still be part of a healthy diet.



The start of the Historic Overtown Run/Walk at the Super Bowl XLI Kickoff to Better Health 2007

Nutrition Facts

Traditional Mac & Cheese

Amount a typical person eats at one time

Energy in one serving

Saturated and trans fat can hurt your heart

Sodium (salt) can raise your blood pressure

Fiber protects your heart and gut

Minerals and vitamins help to build bones and blood and to prevent cancer and other diseases

| | | | |
|-------------------------------|--|------------------------|------|
| Serving Size (244g) | | Servings Per Container | |
| Amount Per Serving | | | |
| Calories 780 | | Calories from Fat 440 | |
| Total Fat 50g | | % Daily Value* | 77% |
| Saturated Fat 29g | | | 145% |
| Trans Fat 0.5g | | | |
| Cholesterol 280mg | | | 93% |
| Sodium 510mg | | | 21% |
| Total Carbohydrate 52g | | | 17% |
| Dietary Fiber 3g | | | 12% |
| Sugars 6g | | | |
| Protein 29g | | | |
| Vitamin A 30% | | Vitamin C 15% | |
| Calcium 60% | | Iron 15% | |

*Percent Daily Values are based on a diet of 2,000 calories per day. Your daily values may be higher or lower depending on your calorie needs.

| | | |
|--------------------|-------------------|---------|
| Calories | 2,000 | 2,500 |
| Total Fat | Less than 65g | 80g |
| Saturated Fat | Less than 20g | 25g |
| Cholesterol | Less than 300mg | 300mg |
| Sodium | Less than 2,400mg | 2,400mg |
| Total Carbohydrate | 300g | 375g |
| Dietary Fiber | 25g | 30g |

Calories per gram
Fat 9 • Carbohydrate 4 • Protein 4

% Daily Value
What one serving gives compared to what you should have in one day.
Less than 5% is low
More than 20% is high
Red areas, you want less. Aim low.
Green areas, you want more. Aim high.

Which would you choose?

2% Milk

Chocolate non-fat milk

| | |
|---------------------------------------|----------------------|
| Nutrition Facts | |
| Serving Size 1 cup (236ml) | |
| Servings Per Container 1 | |
| Amount Per Serving | |
| Calories 120 | Calories from Fat 45 |
| % Daily Value* | |
| Total Fat 5g | 8% |
| Saturated Fat 3g | 15% |
| Cholesterol 20mg | 7% |
| Sodium 120mg | 5% |
| Total Carbohydrate 11mg | 4% |
| Dietary Fiber 0g | 0% |
| Sugars 11g | |
| Protein 9g | 17% |
| Vitamin A 10% • Vitamin C 4% | |
| Calcium 30% • Iron 0% • Vitamin D 25% | |

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

| | |
|---------------------------------------|---------------------|
| Nutrition Facts | |
| Serving Size 1 cup (236ml) | |
| Servings Per Container 1 | |
| Amount Per Serving | |
| Calories 60 | Calories from Fat 0 |
| % Daily Value* | |
| Total Fat 0g | 0% |
| Saturated Fat 0g | 0% |
| Cholesterol Less than 5mg | 0% |
| Sodium 120mg | 5% |
| Total Carbohydrate 11mg | 4% |
| Dietary Fiber 0g | 0% |
| Sugars 11g | |
| Protein 9g | 17% |
| Vitamin A 10% • Vitamin C 4% | |
| Calcium 30% • Iron 0% • Vitamin D 25% | |

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



Portion Sizes have changed in the past 20 years.

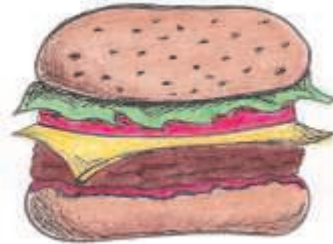
The bigger the portion, the more you eat, the more you have to do to work it off.

Normal portion
20 years ago



333 calories

Normal portion
now



590 calories

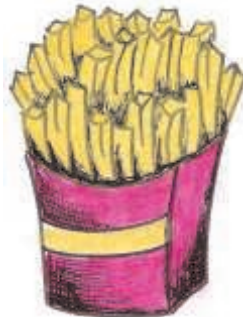
The amount you need to
exercise to make up the
difference



257 calories
60 minutes weight lifting



210 calories
2.4 ounces



610 calories
6.9 ounces



400 calories
77 minutes gardening



85 calories
6.5 ounces



250 calories
20 ounces



135 calories
40 minutes walking

Move Your Body

The more you move your body, the more fit and healthy you will be. Move more to live longer. Even 20 minutes a day of moderate activity has real health benefits. Include an hour or more a day of vigorous activity to get the biggest reward. Be safe when starting new activities. Start slow while you make moving your body an part of your daily routine. Use it or lose it.

This table lists the typical number of calories burned by a 150 lb person for one hour.

| Activity | Energy Calories/Hour |
|--|-------------------------|
| A. Sedentary Activities | |
| Lying down or sleeping | 80 |
| Sitting quietly, watching TV, listening to music | 100 |
| Sitting and writing, attending class, etc. | 110 |
| Driving a car | 120 |
| Standing | 140 |
| B. Moderate Activities | |
| Light sweat/muscle strain | (150-350) |
| Walking slowly (2-3 mph) | 150-300 |
| Bicycling slowly (5 –7 mph) | 220-350 |
| Swimming slowly or treading water | 250 |
| Light housework, cleaning, etc. | 250 |
| Waxing a car | 300 |
| Leisurely rowing | 300 |
| General gardening (digging/spading) | 220-350 |
| Dance aerobics or moderate calisthenics | 350 |
| C. Vigorous Activities | |
| Repetitive, hard / straining | More than 350 |
| Scrubbing floors | 350-500 |
| Rowing (moderate-hard) | 350-700 |
| Bicycling (8+ mph) | 350-700 |
| Vigorous Dancing | 350-700 |
| Weight Training | 350-700 |
| Basketball Game (half-court—full court) | 350-700 |
| Swimming laps | 350-1000 |
| Climbing stairs / hiking uphill or with heavy pack | 400-700 |
| Jumping rope | 500-700 |
| Football or soccer game | 500-800 |
| Jogging—running (3.5-10 mph) | 350-1200 |





Emotional Eating

Emotions can determine what and how much we eat. What do you eat when you are sad or happy? **Binging is very unhealthy. Binging is when you eat a lot and you're not hungry.**

-Lindsey Williams

Fact or fiction: Binge Eating can cause diabetes and heart disease.

I think that people should do stuff different when they get mad or depressed. Eating **doesn't solve anything but makes you fatter and madder and you aren't doing nothing but starting a bad habit. So exercise when you're mad or talk on the phone.**

-Eduardo Clements

Fact - binge eating can cause weight gain and obesity which may lead to diabetes and heart disease.

Fact or fiction: Emotional eating does not make you gain weight.

Emotional eating is also a form of binge eating. Binging is eating continuously even after being full; there is no sense of satisfaction. Binging causes an unhealthy weight gain and a feeling of emptiness in the end. How can we stop ourselves? Like everything in **life, it takes time, patience, and most of all practice. Keeping busy means that we don't focus on eating as much. Read a book, write a letter and dance to keep busy.**

-Shamara Brown

Fiction - no matter what your emotional state, too much food leads to weight gain.





Recommendations

Aim for eating when you feel hungry.

This means eating balanced meals when your stomach feels empty and you physically “feel” it is time to eat and stop when you feel comfortable.

Be aware of eating out of emotion.

Plan your meals. Make sure you have healthy food available. Don't bring too many high calorie processed stacks into the house. This means that healthy eating begins at the grocery store. Deal with your stress. Think about what things trigger you to binge. Find a way to deal with the trigger.

Aim for eating frequently throughout the day minimizing large gaps of time in between meals.

Sometimes when you go for a long time without eating you become very hungry and tend to overeat at your next meal. This can be reduced by eating at least three meals a day with snacks in between. Bring a lunch or snack with you.

Try to eat slow.

Chew your food thoroughly before swallowing, which not only aids in digestion, but also causes one to eat less food at one sitting. The longer you chew and enjoy the flavors of the food you eat you will also most likely consume less food overall.

Emphasize nutrient dense foods

This means eating a wide variety of fruits, vegetables, whole grains, and protein. Sometimes we tend to fill ourselves up with snack foods like pretzels, popcorn, and potato chips, but those foods are not nutrient dense and they tend to only leave you feeling satisfied for a short period of time.

Drink fluids.

Try to drink at least 8 glasses water a day. By drinking more water throughout the day and with meals is not only beneficial for keeping your body hydrated, but can also aid in increasing your satiety levels by keeping you full longer.

Fats

High levels of blood fats can damage your blood vessels. One of the most infamous blood fats is cholesterol, caused by eating foods with a lot of saturated fat. If your cholesterol level is too high, you need to bring it down by changing your eating and exercise habits.

-Jennifer Diaz

Unhealthy fats like saturated fat is mostly found in animal products like eggs, whole milk, butter and also meats and seafood. Unhealthy fats are associated to heart disease, colon cancer and other chronic diseases. Avoiding Saturated and Trans fat helps reduce the risk of high cholesterol

Fact or fiction: All fats are bad for you.

Fiction- Many people who are on diets eliminate fats from their diets, but this can increase the chance of depression. There are certain essential fats that promote the absorption of nutrients into cells. When this natural process does not take place, depression increases. These essential fats can be found in nuts, seeds, and oily fish such as tuna and oils such as olive. *-Adonis Davis*

Fact or fiction: Good fats are important for building and maintaining important parts of your body

Fact- Good fats, particularly essential fats, are critical in maintaining muscles, nerves and blood vessels. Essential fats can be found in certain types of fish and nuts.



BTW Overtown Cookbook students with volunteer Giovanna Chug-Starks. In Memory of: Student Head Chef Saul Zavaleta (far right side) 2007.



The Good

The Bad

The Ugly

Mono unsaturated

Saturated Fats

Trans fats

Poly unsaturated

Animal fats

Hydrogenated oils

Omega 3 & Omega 6

Fatty meat, butter, milk

Processed baked goods

Fish and Plant Oils

Stick margarine, fried potatoes





Carbohydrates

Fact or fiction: All carbohydrates are the same.

Carbohydrates are one of the main dietary components. Their function is to provide the body with most of its energy.

Fiction- Carbohydrates are classified as complex and simple. Complex carbohydrates are found in starchy vegetables, whole-grain breads and cereals. Simple carbohydrates are found in regular beverages (non-diet), candy and table sugar. *-Lindsey Williams*

Complex carbohydrates increase the release of serotonin, which has an entirely different purpose; serotonin alleviates depression, calms your nerves and induces sleep. This causes a more calm, cool, and collective mood. Maybe I should give some of this to my brothers. *-Adonis Davis*

Fact or fiction: You may feel tired sometimes after eating a large amount of carbohydrates, such as a big bowl of pasta or rice.

Studies have shown that you can boost your alertness with high protein foods such as fish, poultry, meats and eggs. For relaxation and stress relief you should eat healthy carbohydrate food which will relieve stress: Whole-grain breads and crackers, whole-grain pasta, rice, cereal, and fruits. *-Jose Jose.*

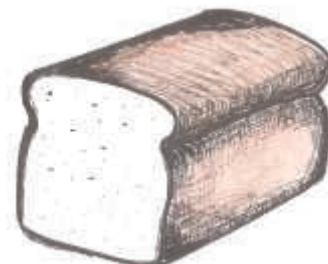
Fact-Serotonin is a natural chemical in the body that is released after eating large amounts of carbohydrates. This can make you feel tired. High-protein foods are more effective for giving you long-term energy.

Fact or fiction: Eating more fiber can reduce your risk of diabetes, heart disease, and constipation.

Fact-Fiber from whole grains, fruits and vegetables are the most important part of the diet that most Americans miss.

Choose Healthy Carbs

Research shows people who eat more fruits and veggies and high fiber whole grains live longer and healthier





Preparing Foods

There are many outrageous things that can happen when preparing foods. You have to be careful because there are different bacteria and germs that accumulate around the foods. Your hands carry many germs and if you do not wash your hands, you can put germs on the food. It is also important to separate all raw meat foods. Raw meat contains harmful bacteria that can spread very easily to anything it touches, including other food, work-tops, chopping boards, etc. It is very important to do these things because it can cause many different sickness and diseases. **Quinton Dunbar**

- ◆ Healthy cooking begins when shopping.
 - ◆ Choose low fat version of milk, cheese, yogurt, and salad dressing.
 - ◆ Choose leaner meat and skinless chicken breast.
 - ◆ Shop with a list.
- ◆ Use non-stick cookware in order to avoid using butter or oil as lubricants.
- ◆ Modify recipes that include butter or ask you to deep fry or sauté in animal fat.
- ◆ Steam, bake, grill, braise, boil or microwave your foods, or eat them raw.
- ◆ Get enough fiber to protect from constipation and other diseases.
 - ◆ Snack on raw vegetables instead of chips or chocolate bars.
 - ◆ Add grated or mashed vegetables or fruits to sauces or baked goods.
 - ◆ Substitute beans for meat in chili and soups
 - ◆ Switch to whole wheat bread and other whole grains.
 - ◆ Include a variety of colorful fruits and veggies.
- ◆ Limit use of spreads high in saturated fat/animal fat, like cream cheese and butter. Replace with:
 - ◆ Low fat peanut butter
 - ◆ Low fat cheese spreads
 - ◆ Low fat mayonnaise
- ◆ Find other sweet options to cut down on sugar.
 - ◆ You do not have to add sugar when canning or freezing fruits.
 - ◆ Use unsweetened frozen fruit or fruit canned in its own juice or water.
 - ◆ Increase cinnamon or vanilla in a recipe to make it seem sweeter.
 - ◆ Keep meats like chicken that can contain salmonella or other bacteria separate from foods you will eat raw.

GROCERY SHOPPING TIPS

Understanding How and Why

Before leaving home

- ◆ Plan your meals for the week
- ◆ Pick your shopping time carefully so you can avoid the crowds or use the rush to slip in your expired coupons. Rush times are after work, prior to big storms, payday and prior to holidays. When you avoid the rush you can price comparison shop and check labels.
- ◆ Clean out your refrigerator of all unwanted and inedible items
- ◆ Take an inventory of all your pantry items and be sure you organize your pantry by grouping like items together. *Remember to rotate your groceries first in first to eat. To aid you in this use a water proof marker to right the date of purchase on your groceries.*
- ◆ Set up an area on your counter or table with a cutting board, knife plastic wrap and Ziploc or Tupperware container to store portions in. When you come in from the store you can portion your family packs of meat and fish. *This technique can aid you in portioning food out for the week. Again be sure to date the food, first in first to eat.*

Reminder: Always keeping a stock of your most frequently used grocery items as well as stocking up on other items you will be using over time. These items you can consider purchasing at warehouse stores that sale in bulk.

Make a shopping list: This helps to prevent impulse buys and helps you save money. A lot of people have the tendency to eat the same items over and over again. With the occasional **“I think I’ll try something new for dinner”** **commit many of us make to ourselves.** So I recommended you make a master list and just copy down the items you need. You can have a list in your phone in the memo/notes section so you can check off the items that need to be replaced.

2. **Don’t go hungry:** Remember a grocery store sells food so they have designed the layout of the store to entice you to buy un-need items and to impulse buy, all because you’re hungry. **Also don’t go to the store if you’re upset or have the blues, this will contribute to impulse purchases as well.**

3. Shop alone (NO KIDS): Lets face it when you bring the kids along they want you to buy them every piece of junk food there is and its so hard to say no to them. You increase your spending roughly 10% to 40% with the kids.

At this point, if you stick to steps 1 through 3 you’re going save a lot of time and money.

4. Chefs buy frozen food all the time so should you: Standard practices for harvested produce is that within hours of it being picked the items are placed on ice just before being flash frozen. Fruits and vegetables are picked at the peak of ripeness. Flash freezing *refers to quickly freezing perishable food items at very low temperatures.*

5. Shop the perimeter first (produce, dairy, meat areas first before can goods): **You'll find the least processed food items like breads, dairy products, meats fish and produce in the far isles.** Shop these items first. Tip: I always carry a cooler in my car when I go to the store to prevent spoilage. **Don't be afraid to bring your cooler into the store to place your items directly in while shopping.** Reminder: Pick up your meat and ice cream last

6. Reducing chronic diseases: Starts with checking food labels: If you want to lose weight, then you must read the food ingredient on semi and fully processed foods like potato chips, cookies and already made sauces for example. Your screening them for man made fats like hydrogenated oils (Trans Fats; they give you heart attacks) elevated levels of sugar, sodium (Hypertension) and calorie count. Important: Follow the serving size per person on the package. **You do this and you'll help to reduce your chances of becoming over weight.** Along with increase your ability to lose weight.

7. Shop generic: Maybe by using these store names we may be able to get them to support the printing cost. **Many grocery stores like Kroger's, Publix, Winn Dixie and countless others carry their own store-brand products that rival in quality compared to brand name manufactures.** A lot of the time these stores buy these items wholesale and just repackage it with their name. **Wal-Mart is another example, what they've done in many cases is leased the farms and have the farmer produce food for them exclusively and package under Wal-Mart brands.** By doing so, they pass the savings on to the customers.

8. Coupons: use them:

- Coupons are so readily available to you all you have to do is take scissors to them or go online and print up manufacture coupons on their websites. **If you don't have a computer with a printer just, go to your local library.**
- **Call your store and ask them, "when is the next sale?" and "will there be coupons in the store paper?" Keep your coupon box in the car.** Does you no good at home when you plan on going to the store right after work before going home.
- Importantly: ask your store what is its coupon policy and do they do triple or double coupons. If you forget your coupons and still purchase the food can you come back and use the coupon.

9. Its on sale, Stock up: When non-perishables are on sale, stock-up. Stock up on frozen items as well. Use masking tape to write the date of purchase on it before placing in the freezer. For those who may be have concerns of drawing rodents by tins to place your pantry items. Use the tins that are filled with popcorn that come out around Christmas time, or go to a restaurant supply store to buy metal contains.

Tip: buy extra milk to freeze or get your kids use to soy milk buy pouring it into the jug **when it's empty after they go to bed.** As long as there is cereal mixed with it, **they're happy.** A lot of soy milk can go in your pantry.

10. Sign up for a store card: Grocery-store membership cards will allow you to save on un-advertised price cuts and other specials offered to its members-only, as well as coupons tailored to your product preferences and the occasional voucher worth 10 percent off your entire order.



Weights and Measures

Liquids are usually measured in volume.

Dry items can be measured in volume or weight.

The same word (ounce) is used for both weight and volume so it can be confusing.

Fluid Volume Measurements

1 dash = 1/8 teaspoon (tsp)

1 milliliter (ml) = 1/5 teaspoon

1 teaspoon (tsp) = 5 milliliters

1 tablespoon (Tbsp) = 3 tsp = 15 ml

1 fluid ounce (oz) = two Tbsp = 30 ml

1 cup (c) = 8 oz = 16 Tbsp 240 ml

1 pint (pt) = 2 c = 16 oz ≈ **470 ml**

1 quart (qt) = 2 pt = 32 oz ≈ **1 liter**

1 liter (l) = 1000 ml ≈ **1 qt**

1 gallon (gal) = 4 qt = 3.8 liters

Weight Measurements

1 gram (g) = 1000 mg

1 ounce (oz) = 28 grams

1 pound (lb) = 16 ounces (oz) = 454 grams

1 kilogram (kg) = 2.2 pounds = 1000 grams

How does weight compare with volume

They are equal for water only. They vary for other items

1 ml of water = 1 g

1 liter of water = 1 kilogram

1 oz of water weighs 1 oz

1 c (8 liquid oz) of water = 1/2 lb = 8 oz

1 pt of water = 1 lb = 16 oz

If something is lighter than water, the same volume will weigh less.

1 cup of flour weighs 4.25 oz

How much would 16 liquid (2 cups) ounces of flour weigh?

How does the weight of flour compare to the weight of water?



Easy Substitutions

| | |
|---------------------|---|
| Whole milk (1 cup) | 1 cup Fat-free or nonfat milk |
| Heavy Cream (1 cup) | 1 cup Evaporated fat-free or 1/2 cup low-fat yogurt and 1/2 cup low-fat cottage cheese |
| Sour Cream | Fat-free or low fat sour cream Low-fat cottage cheese plus low fat or nonfat yogurt |
| Cream Cheese | Low- fat or fat-free cream cheese 4 Tbsp margarine blended with 1 cup low-fat cottage cheese. Add a small amount of fat-free milk if needed. |
| Butter (1 Tbsp) | 1 Tbsp corn oil/vegetable oil or 1 Tbsp margarine |
| Shortening (1 cup) | 2 sticks of margarine |
| Eggs (1egg) | 1 egg white plus 2 tsp oil, or use a cholesterol free egg substitute (egg beaters) |
| Reduce Sodium | Use herbs and spices instead of salt When using canned vegetables, drain liquid and rinse then in water before cooking Read food labels carefully, watching for sodium in the ingredient list |
| Cheese | Part-skim (low-fat) or nonfat cheese, low-fat/nonfat sour cream |
| Sugar | Fruit Juice, sorbitol (only in small amounts. Be careful if you have bowel problems) |
| Oil | Apple sauce |

