

DASH FOR  
GOOD HEALTH  
SOUTHERN STYLE



A Sensible Eating Plan  
to Promote Good Health

If you're reading this introduction, Congratulations! You are holding a powerful tool to improve your health and reduce your chance of stroke and heart disease. **DASH** stands for **Dietary Approaches to Stop Hypertension**. It is an eating plan for good overall health.

The lifestyle choices we make each day are the foundation of good health. What will I eat and how much? How will I prepare it? Will I exercise? How much will I sleep? Will I continue smoking?

Our daily choices account for up to 70% of individual health differences and 10 years of life.

DASH will lower your blood pressure even if you don't lose weight. If you have high blood pressure, DASH lowers blood pressure about as much as one blood pressure medication. DASH also lowers your blood pressure even if it is already below 140/90— further reducing your risk of having heart disease, stroke or high blood pressure in the future.

DASH is similar to the American Heart Association Step 1 eating plan to lower cholesterol. And, DASH improves your body's response to insulin reducing your risk of developing diabetes and helping control your blood sugar if you are already diabetic.

Why not start today? Well, some folks say DASH calls for too many changes. Most of us don't want to give up our favorite foods even at the risk of our health or our lives. **DASH For Good Health Southern Style** is built around meals that you already eat and enjoy. It simply makes them healthier.

Some folks say that eating right costs too much. **DASH For Good Health Southern Style** includes shopping lists with prices and two seven day eating plans that show you how to buy food and what these groceries cost. A DVD for the first eating plan and grocery list will help you shop smarter. You will be surprised that eating healthy doesn't have to cost more.

Remember, lifestyle choices we make each day are the basis of good health. **DASH For Good Health Southern Style** will help you build a strong foundation for better health. Why not start today? **DASH for Good health Southern Style** was compiled and edited by:



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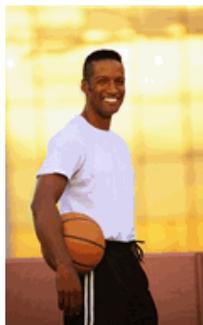
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## FIND YOUR BLOOD PRESSURE LEVEL

<u>BP Category</u>	<u>Systolic BP</u>		<u>Diastolic BP</u>
Normal	<120 mmHg	AND	<80 mmHg
Pre-Hypertension	120-139 mmHg	OR	80-89 mmHg
Stage 1 Hypertension	140-159 mmHg	OR	90-99 mmHg
Stage 2 Hypertension	≥160 mmHg	OR	≥100 mmHg

## LIFESTYLE CHANGES CAN LOWER BLOOD PRESSURE

<u>Change</u>	<u>Approximate Systolic BP Reduction</u>
Lose Weight	5-20 mmHg for 22 pounds of weight loss
Use DASH Eating Plan	8-14 mmHg
Increase Physical Activity	4-9 mmHg
Restrict Salt in Food	2-8 mmHg
Moderate Alcohol	2-4 mmHg



## **GETTING STARTED**

**It's easy to adopt the DASH eating plan.  
Here's how to get started.**



### **Change gradually.**

- Add an extra serving of vegetables at lunch and dinner.
- Add fruit to your meals or have it as a snack.
- Gradually increase your use of fat-free and low-fat dairy products to 3 servings a day by drinking skim milk instead of soda, sweet tea, or alcohol. Choose 1% or skim dairy products to reduce saturated fat, total fat, cholesterol, and calories.
- Read labels on margarine and salad dressing to choose those lowest in saturated fat and trans fat. Some are trans-fat free!

### **Treat meat as one part of the meal instead of the focus.**

- Limit meat to 6-ounces a day (3-4 ounces is about the size of a deck of cards).
- If you eat large portions of meat, cut back gradually – by half or a third at each meal.
- Eat 2 or more vegetarian (meatless) meals a week
- Increase servings of vegetables, rice, pasta, and dry beans. Try casseroles and stir-fry which have less meat and more vegetables, grains, and dry beans.



### **Choose fruit or low-fat foods for dessert and snacks.**

- Fruits and other low-fat foods offer great taste and variety. Use fruits canned in their own juice. Fresh fruits require little or no preparation. Dried fruits are a good choice to carry with you.
- Try these snack ideas: unsalted pretzels; nuts mixed with raisins; graham crackers; low-fat or fat-free yogurt; popcorn with no salt or butter; and raw vegetables.



### **Other tips:**

- Choose whole grain foods for extra minerals and fiber. For example, choose whole wheat bread instead of white.
- If you have trouble digesting dairy, try soy milk or milk with lactase enzyme added. Or you can take lactase enzyme pills or drops which are available at drugstores and groceries.
- Use fresh, frozen, or no-salt-added canned vegetables.

## HOW TO LOWER CALORIES



The DASH eating plan lowers blood pressure even if you do not lose weight. DASH is a sensible eating plan for everyone— whether or not you need to lose weight. If you would like to lose weight more quickly, you can replace some of the more high-calorie foods in the DASH plan with fruits and vegetables.

Here are some examples:

### *Increase fruits—*

- Eat a medium apple instead of four cookies to save 80 calories.
- Eat  $\frac{1}{4}$  cup of dried apricots instead of a 2-oz bag of pork rinds to save 230 calories.

### *Increase vegetables—*

- Eat a 3-oz hamburger patty with  $\frac{1}{2}$  cup of carrots and  $\frac{1}{2}$  cup of spinach instead of eating a 6-oz patty to save over 200 calories.
- Stir-fry 2-oz of chicken with  $1\frac{1}{2}$  cups of vegetables in 1 Tbsp of Canola oil instead of eating 5-oz of chicken to save 50 calories.

### *Increase low-fat or fat-free dairy —*

- Eat  $\frac{1}{2}$  cup of low-fat frozen yogurt instead of a  $1\frac{1}{2}$  -oz candy bar to save about 110 calories.

### *More calorie-saving tips—*

- Use low-fat or fat-free condiments.
- Cut vegetable oil, margarine and salad dressing in half or use fat-free versions.
- Eat smaller portions, cutting back gradually.
- Choose low-fat or fat-free dairy products.
- Check labels to compare fat content. Low-fat and fat-free items are not always lower in calories than the regular version.
- Avoid foods with added sugar such as pies, flavored yogurt, candy bars, ice cream, sherbet and fruit drinks.
- Eat fruits canned in their own juice.
- Add fruit to plain yogurt instead of buying flavored yogurt.
- Snack on fruit, vegetables, plain popcorn, or bread sticks.
- Drink water or club soda.



## **REDUCE SALT TO LOWER BLOOD PRESSURE**



- Use low-salt, reduced-salt or no-salt-added foods and condiments when available.
- Buy vegetables fresh, frozen or canned with no extra salt.
- Buy fresh poultry, fish and extra lean meat instead of canned, smoked or processed meat.
- Choose low-salt breakfast cereals.
- Limit cured food ( such as bacon and ham), food packed in brine (such as pickles and pickled vegetables) and condiments (such as MSG, mustard, catsup and barbecue sauce). Limit even low-salt versions of soy sauce and teriyaki sauce.
- Eat spicy instead of salty. Flavor food with herbs, spices, lemon, lime, vinegar, or salt-free seasonings. Start by cutting salt in half.
- Cook rice, pasta, and hot cereal without salt. Avoid instant rice, pasta and cereal mixes as they usually have extra salt.
- Choose low-salt 'convenience' food. Cut back frozen dinners, pizza, packaged mixes, canned soup and salad dressing.

## **REDUCE SALT WHEN EATING OUT**



- Ask that your meal be made without salt or MSG. Most restaurants will accommodate requests.
- Know terms that indicate high salt content: pickled, cured, soy sauce and broth.
- Take the salt shaker off the table.
- Limit condiments such as mustard, catsup, pickles and sauces.
- Choose fruit or vegetables instead of salty snacks.
- Rinse canned food such as tuna or salmon to remove some salt.

## USE SEASONING NOT SALT TO FLAVOR FOOD

Onions	Peppers	Celery
Garlic	Parsley	Thyme
Bay Leaf	Oregano	Cloves
Dill	Ginger	Curry Powder
Paprika	Sage	Dry Mustard
Onion Powder	Garlic Powder	Mrs. Dash
Lemon Juice	Low-Salt Bouillon	Garlic-Flavored Vinegar
Smoked Flavor	Hot Sauce	Low-Salt Herb Mix
Nutmeg	Allspice	Cinnamon
Oregano	Black Pepper	Red Pepper



## HOW TO LOWER FAT IN RECIPES

<u>FROM:</u>	<u>TO:</u>
1 whole egg	2 egg whites
1 cup shortening	$\frac{3}{4}$ cup Canola oil
Whole milk	1%, fat-free or skim milk
Sour cream	Fat-free plain yogurt or sour cream
Regular cream cheese	Low-fat or fat-free cream cheese
Regular salad dressing	Low-fat or fat-free dressing
1 square baking chocolate	3 Tbsp cocoa + 1 Tbsp vegetable oil
Tuna canned in oil	Tuna canned in water
Ground beef or pork	Ground turkey or chicken
Mayonnaise	Low-fat mayonnaise or plain yogurt

## HEALTHY SHOPPING CAN SAVE MONEY

12-oz Bag of French Fries.....	\$1.99 - 3.99
6 Pack of Beer.....	\$6.00
Bag of Chocolate Chip Cookies.....	\$2.99 - 4.99
Bag of Doritos.....	\$2.99
Box of Frosted Flakes.....	\$3.49
Box of Fruit Loops.....	\$4.00
Pack of Snickers.....	\$2.99
6 pack of soda.....	\$3.49
<b>Total \$27.94– 31.94</b>	



5 lb of Potatoes.....	\$2.50
64-oz Orange Juice.....	\$1.79 - 3.39
Box of Graham Crackers.....	\$2.50
16-oz Bag Dried Beans.....	.89-99 cents
Box of Oatmeal.....	\$1.77
Bag of Grits.....	\$1.39-1.69
1 lb of Bananas.....	.59 cents
6 Pack of Crystal Lite .....	\$2.89
<b>Total \$ \$14.32 - 16.32</b>	



## CHOOSE GROCERIES CAREFULLY

Think about the groceries you buy and choose versions of your favorite foods that will support good health. Below is a list of food choices that are GOOD, BETTER, and BEST for your health.

<b>GOOD</b>	<b>BETTER</b>	<b>BEST</b>
Vegetables canned without added salt	Frozen vegetables	Fresh vegetables
Orange juice without added sugar	Orange juice with added calcium	Orange juice with pulp and calcium
Fruit canned in juice without added sugar	Frozen fruit without added sugar	Fresh fruit
2% Milk	1% Milk	Skim milk
Yogurt	Low-fat yogurt	Sugar-free, fat-yogurt
Vegetable oil	Corn or safflower oil	Olive or canola oil
Lean ground beef	Extra-lean ground beef	95% lean ground beef
Low-fat mayonnaise	Fat-free mayonnaise	Soy mayonnaise
Fortified white bread	Whole wheat bread	Low-fat whole wheat



**ONE DAY MEAL PLAN**  
**1800 CALORIES & ABOUT 2400 mg SALT**

**BREAKFAST**

<u>Food Type</u>	<u>Serving Size</u>
Protein	1-2 oz
Starch	2 oz
Fruit	2 oz
Milk	1 oz
Fat	2 oz

**LUNCH**

<u>Food Type</u>	<u>Serving Size</u>
Protein	3 oz
Starch	2 oz
Fruit	2 oz
Milk	1 oz
Fat	2 oz

**AFTERNOON SNACK (optional)**

1 Fruit or 1 Vegetable or 1 serving Nuts

**DINNER**

<u>Food Type</u>	<u>Serving Size</u>
Protein	3 oz
Starch	1 oz
Vegetable	2 oz
Fruit	2 oz
Milk	1 oz
Fat	2 oz

**BEDTIME SNACK (optional)**

1 Starch or 1 Vegetable or 1 Fruit or 1 serving Nuts

**GROCERY LIST**  
FAMILY OF FOUR FOR 3 DAYS  
APPROXIMATE COST \$ 75.00



**FRUITS**

- 1 (64-oz) Orange Juice
- 4 Bananas
- Melon of choice
- 4 Oranges
- 4 Apples
- 1 12-oz Can Lite Peaches

**VEGETABLES**

- 1 12-oz Stir Fry Vegetables (frozen)
- 1 Small Cabbage
- 1 12-oz Green Beans (frozen)
- 1 12-oz Baby Lima Beans (frozen)
- 1 12-oz Bag of Corn (frozen)
- 1 Head Romaine Lettuce
- 2 Medium Tomatoes

**STARCHES**

- 1 15-oz Box Cheerios
- 1 Box Oatmeal (12 pouches)
- 1 12-oz Bag Rice
- 4 Small-Medium Baking Potatoes
- 1 Loaf Whole Wheat Bread

**DAIRY**

- 4 6-oz Lite Fruit Yogurts
- 1 Gallon 1% Milk
- 1 Dozen Eggs



**PROTEIN FOODS**

- 1 12-oz Packet of Low Salt Sliced Turkey
- 1 12-oz Packet of Low Salt Lean Ham
- 4 Chicken Breasts
- 4 Medium Fish Fillets
- 4-5 Lean Pork Chops
- 1 lb Extra Lean Ground Beef

**OTHER**

- 1 12-oz Low Fat Salad Dressing
- 1 16 oz Margarine



**GROCERY LIST**  
FAMILY OF FOUR FOR 7 DAYS  
APPROXIMATE COST \$197.27



**FRUITS**

2 (64-oz) Orange Juice  
1 Bunch Grapes  
6-8 Bananas  
4 Oranges  
6-8 Apples  
1 Melon of Choice  
Grapefruit  
15 oz Box Raisin  
\*15 oz Can Lite Peaches  
\*15 oz Can Pineapple  
15 oz Can Pears  
24 oz Jar Applesauce

**STARCHES**

\*1 15-oz Box Cheerios  
\*15 oz Box Bran Flakes  
1 Loaf Whole Wheat Bread  
\*2 lb Bag Flour  
\*2 lb Box Brown Sugar  
1 Box Oatmeal (12 pouches)  
1 Box Whole Wheat Crackers  
1 14-oz Bag Rice  
\*8 Small-Medium Baking Potatoes  
1 Bag Cinnamon/Raisin Bagels  
1 Loaf French Bread  
1 Box Jiffy Cornbread Mix  
1 Box Spaghetti Noodles  
1 Loaf Raisin Bread  
\*5 lb Bag Potatoes

**VEGETABLES**

1 12-oz Lima Beans (frozen)  
1 16 oz Bag Okra  
1 12-oz Vegetable Stir Fry (frozen)  
2 12-oz Green Beans (frozen)  
2 12-oz Corn (frozen)  
32 Bags Carrots  
1 Head Romaine Lettuce  
2 16-oz Bag Broccoli (frozen)  
1 Medium Green Pepper  
\*10 Medium Tomatoes  
4 Medium Squash  
2 Medium Onion  
2 18 oz Chicken Soup  
With Vegetables  
1 16 oz Bunch Celery  
\*1 4 oz Can Crush Tomatoes  
1 Packages Okra/Tomato  
Gumbo Mix



\*Certain items contained in the recipes are not a weekly expense and can be used in future weeks.

**GROCERY LIST**  
FAMILY OF FOUR FOR 7 DAYS  
CONTINUED

**DAIRY**

- 8 6 oz Lowfat Sugar Free Yogurts
- 1 Dozen Eggs
- 1 Gallon 1% or Skim Milk
- 1 16 oz Lowfat Cream Cheese
- \*8 oz Shredded Cheese
- \* 8 oz Sliced Cheese
- \*1 Quart Plain Yogurt
- \*1 lb Frozen Fruit



**PROTEIN FOODS**

- 1 12 Pack Low Salt Slice Turkey
- 1 12-oz Pack Low Salt Sliced Ham
- 1 12 oz Pack Sliced Chicken
- 1 lb Extra Lean Ground Beef
- 8 Medium Fish Fillets
- 8 Chicken Breasts
- 1 1b Lean Pork Chops
- 6 oz Can Tuna (packed in water)
- \*16 oz jar Peanut Butter

**\*Certain items contained in the recipes are not a weekly expense and can be used in future weeks.**

**GROCERY LIST**  
FAMILY OF FOUR FOR 7 DAYS  
CONTINUED

**OTHER**

- \*1 16 oz Low Fat Salad Dressing
- 1 16 oz Spaghetti Sauce
- 2 2 oz Box Sugar Free Pudding Mix
- \*1 6 Pack Crystal Lite Tea
- 1 6 Pack Diet Soda
- 1 12 oz Bag Trail Mix
- \*1 16 oz Margarine
- 6 oz Graham Cracker Pie Crust
- 10 oz Jar Raspberry Fruit Spread
- 8 oz Jar Lowfat Mayonnaise
- \*1 6 oz Can Tomato Paste
- \*1 14 oz Can Tomatoes

\*Certain items contained in the recipes are not a weekly expense and can be used in future weeks.

## SEVEN DAY EATING PLAN \*Recipes in cookbook

<b>DAY 1</b>	<p><b>BREAKFAST</b></p> <p>4 oz orange juice 1 banana 1 cup Cheerios 1 cup 1% or skim milk Calorie free beverage</p>	<p><b>LUNCH</b></p> <p>Sandwich: 3-oz lean, low-salt turkey on whole wheat Lettuce &amp; tomato 1 piece of fresh fruit • 1 6-oz light yogurt Calorie free beverage</p>	<p><b>DINNER</b></p> <p>3-oz baked chicken 1/2 cup lima beans* 1 cup glazed carrots* 1 small whole wheat roll 1/2 cup hot spicy fruit* Calorie free beverage</p>
<b>DAY 2</b>	<p><b>BREAKFAST</b></p> <p>4 oz orange juice 1 cup oatmeal with raisins 1 boiled egg 1 cup 1% or skim milk Calorie free beverage</p>	<p><b>LUNCH</b></p> <p>1 cup soup: chicken with vegetables • 8 whole wheat crackers 3-oz low-fat cheese 1 piece of fresh fruit 1/4 cup unsalted nuts Calorie free beverage</p>	<p><b>DINNER</b></p> <p>3-oz spicy baked fish* 1 medium baked potato 1 cup green beans 1 cup coleslaw 1/2cup breadpudding* 1/2 cup canned fruit Calorie free beverage</p>
<b>DAY 3</b>	<p><b>BREAKFAST</b></p> <p>4 oz orange juice 1/2 of a grapefruit 2 slices whole wheat-toast 1 Tbsp peanut butter 1 cup 1% or skim milk Calorie free beverage</p>	<p><b>LUNCH</b></p> <p>1 cup tuna salad* 8 whole wheat crackers 4 slices of tomato • 1 medium apple Calorie free beverage</p>	<p><b>DINNER</b></p> <p>1 3-oz broiled pork chop 2/3 cup rice 1/4 cup low-fat, low-salt gravy 1 cup veggie stir-fry 1 3-oz slice apple pie Calorie free beverage</p>
<b>DAY 4</b>	<p><b>BREAKFAST</b></p> <p>4 oz orange juice 1 scrambled egg 1 2-oz slice low-salt lean ham 2 slices whole wheat toast 1 tsp margarine Calorie free beverage</p>	<p><b>LUNCH</b></p> <p>Chef Salad: 2-oz low-salt turkey, 2-oz low-fat cheese, 1 boiled egg, 1/4 cup nuts 1 Tbsp low-fat salad dressing 8 wheat crackers • 1 cup fruit Jello Calorie free beverage</p>	<p><b>DINNER</b></p> <p>3-oz oven fried chicken* 1 cup stewed okra &amp; tomato* 2/3 cup rice 1 bran muffin* 1 cinnamon raisin baked apple* Calorie free beverage</p>
<p>• Can be eaten with your meal or as a snack</p>			

## SEVEN DAY EATING PLAN \*Recipes in cookbook

<b>DAY 5</b>	<b>BREAKFAST</b>	<b>LUNCH</b>	<b>DINNER</b>
	4-oz orange juice 1 cinnamon raisin bagel (small) 1 tsp lite cream cheese 1 cup fresh melon Calorie free beverage	1 3-oz cheeseburger with low-fat cheese Lettuce & tomato 1 cup fresh grapes • 1/4 cup unsalted nuts Calorie free beverage	3-oz broiled fish 2/3 cup red rice* 1 cup green beans 1 cup low-fat coleslaw 1 3-oz slice yogurt pie* Calorie free beverage
	<b>BREAKFAST</b>	<b>LUNCH</b>	<b>DINNER</b>
<b>DAY 6</b>	4-oz orange juice 2 slices of whole wheat French toast made with egg substitute 1 cup fresh fruit 1 6-oz light yogurt Calorie free beverage	Sandwich: 3-oz lean, sliced chicken on whole wheat • 1 cup applesauce 1/4 cup trail mix Calorie free beverage	2/3 cup noodles 1 cup spaghetti sauce* 1 slice French bread 1 cup tossed salad 1 tsp low-fat salad dressing 1 cup sugar-free Jello Calorie free beverage
	<b>BREAKFAST</b>	<b>LUNCH</b>	<b>DINNER</b>
	<b>DAY 7</b>	4-oz orange juice • 1 cup fruit smoothie* 2 slices whole wheat toast 1 Tbsp peanut butter Calorie free beverage	1 cup chicken gumbo* 3-oz corn bread 1 banana Calorie free beverage

**REMEMBER—THESE COSTS INCLUDE EVRYTHING YOU EAT—  
THAT MEANS THREE MEALS A DAY PLUS SNACKS & DRINKS.**

### SEVEN-DAY EATING PLAN COSTS

Total grocery bill for a family of four.....	\$197.27 per week
Daily costs for a family of four.....	\$28.18 per day
Each meal costs.....	\$2.34 per person
Each day costs.....	\$7.04 per person

- Can be eaten with your meal or as a snack

## **GROCERY LIST**

FOR A FAMILY OF FOUR - SECOND WEEK  
APPROXIMATE COST \$265.07

### **FRUITS**

1 64 oz Orange Juice  
1 16 oz Can Pear Halves  
4 Small Oranges  
1 16 oz Can Fruit Cocktail  
16 oz Fresh Fruit Cup  
16 oz Can Mandarin Oranges  
1 lb Frozen Fruit  
1 16 oz Can Peaches  
1 lb Grapes  
\*5 lb Bag Apples  
4 Plums  
16 oz Can Pineapple Slices  
4 Bananas  
\*2 20 oz Cans Crushed  
Pineapple  
4 Bananas  
\*3 Pints Fresh or Frozen  
Blackberries  
16 oz Can Pears  
1 Melon  
16 oz Strawberries  
15 oz Mandarin Oranges  
1 Box Raisins  
Apple Cobbler

### **STARCHES**

\*2 lbs Grits  
Whole Wheat  
Bread  
1 Box Cornbread  
14 oz Cream of  
Wheat  
1 lb Brown Rice  
8 Whole Wheat  
Rolls  
1 Box Oat Bran  
1 Box Whole  
Wheat Pasta  
\*14 oz Bran Flakes  
\*14 oz Corn Flakes  
Whole Wheat  
Bread Sticks  
Dried Whole  
Wheat Spaghetti  
Whole Wheat  
Bagels  
\*Whole Wheat  
Pancake Mix  
Sirloin Beef w/  
Noodles  
\*2 lbs Unbleached  
Flour

**\*Certain items contained in the recipes are not a weekly  
expense and can be used in future weeks.**

**GROCERY LIST**  
FOR A FAMILY OF FOUR - SECOND WEEK  
CONTINUED

**STARCHES**

\*2 lbs Whole Wheat Flour  
1 Box Whole Wheat  
Crackers  
2 lbs Yellow Corn Meal  
1 6-pk Raisin Bran Muffin  
1 6-pk Blueberry Muffin  
4 Corn on the Cobs  
\*5 lbs Bag Potatoes  
1 15oz Cream Style Corn  
1 lb Lima Beans  
4 Sweet Potatoes

**VEGETABLES**

1 lb Green Beans  
1 Bag of Celery  
\*4 Green Bell Peppers  
\*3 Red Bell Peppers  
1 15 oz Can Low  
Sodium Vegetable Broth  
1 15 oz Can Red  
Beans (low salt)  
1 15 oz Can Sodium  
Free Vegetable Broth  
\*2 Jars Pureed Carrots  
1 lb Frozen Okra  
4 lbs Collard Greens  
7 Onions

**VEGETABLES**

2 lbs Cabbage  
1 lb Frozen Okra  
3 Tomatoes  
1 14.5 oz Can Diced  
Tomatoes  
Romaine Lettuce  
Fresh Spinach  
1 lb Mixed Greens  
1 lb Frozen Spinach  
1 lb Carrots  
4 Cucumbers  
3 Tomatoes  
1 lb Broccoli

**PROTEIN FOODS**

4 oz Salmon  
1 lb Ground Beef  
1 lb Pork Loin  
1 lb Sirloin Beef  
1 lb Top Round  
1 lb Top Round Steak  
12 oz Roast Beef  
1-6 oz Crab Meat  
Chicken Stir Fry with  
broc/caul/carrots

\*Certain items contained in the recipes are not a weekly  
expense and can be used in future weeks

**GROCERY LIST**  
FOR A FAMILY OF FOUR-SECOND WEEK  
CONTINUED

**PROTEIN FOODS**

1 12 oz Pack Low Salt  
Turkey Slices  
1 28 oz Jar  
\*14 oz Low Sodium  
Turkey Sausage  
1 lb Fish Fillets  
(whiting, snapper,  
tilapia or halibut)  
4 Chicken Breast  
\*1 8 oz Peanut Butter

**DAIRY**

1 Dozen Eggs  
1 % or Skim Milk  
\*Lowfat Dressing  
\*Lite Cream Cheese  
\*Lite Whipped Cream  
Eggbeaters  
8 6 oz Low Fat/Sugar Free  
Yogurt  
\*8 oz Mozzarella Cheese  
\*8 oz Fat Free Sour Cream  
\*1 Carton Reduced Fat  
Ricotta Cheese  
\*8 oz Parmesan Cheese  
\*8 oz Cheddar Cheese

**OTHER**

\*16 oz Lowfat  
Dressing  
24 oz Spaghetti  
Sauce  
\*1 3 oz Can Tomato  
Paste  
\*Mrs. Dash Original  
Blend  
\*Diet Syrup  
\*1 10.75 oz Can  
Low Fat Condense  
Cream of Chicken  
Soup  
\* 2 lb Bag Sugar  
\*Allspice  
\*24 oz Applesauce  
(unsweetened, for  
recipe)  
\*Baking Soda  
\*Baking Powder  
\*1 4 oz Can Diced  
Green Chiles  
Applesauce  
10 Low Fat Chicken  
Broth  
3 Garlic Cloves

\*Certain items contained in the recipes are not a weekly  
expense and can be used in future weeks.

**GROCERY LIST**  
FOR A FAMILY OF FOUR-SECOND WEEK  
CONTINUED

**OTHER**

- \*Italian Dressing Mix
- \*Salt Free Cajun or Creole Season Blend
- \*Light Mayo
- 2 12 oz Cans Tomato Paste
- \*Imitation Bacon Bits
- \*Crushed Red Peppers
- \*Minced Parsley
- \*Worcestershire Sauce
- \*Dried Basil
- \*Dried Oregano
- \*Canola Oil Spray
- \*Canola Oil
- \*Margarine
- \*Ketchup
- Sugar free gelatin
- \*Calorie Free Beverage
- \*Coffee Granules
- \*Lemon Juice

**\*Certain items contained in the recipes are not a weekly expense and can be used in future weeks.**

## SECOND WEEK SEVEN DAY EATING PLAN

\*Recipes in cookbook

	<b>BREAKFAST</b>	<b>LUNCH</b>	<b>DINNER</b>
<b>Day 1</b>	<p>4 oz orange juice 2 oz broiled salmon 1/2 cup grits 1 slice whole wheat bread Calorie free beverage</p>	<p>1 cup red beans and rice 1 cup steamed cabbage 1 small piece cornbread • 1/2 cup pear halves Calorie free beverage</p>	<p>4 oz crab cakes 1 cup stewed okra and tomatoes* 1/2 cup brown rice 1 cup garden salad Diet dressing Calorie free beverage</p>
<b>Day 2</b>	<p>1 small orange (slices) 2 oz low sodium turkey sausage 1 medium raisin bran muffin 8 oz 1% or skim milk</p>	<p>3 oz sesame chicken over spinach salad Diet dressing 8 whole wheat crackers • 1 cup fresh mixed fruit Calorie free beverage</p>	<p>1 cup baked ziti* 1 small corn on the cob 1 cup steam broccoli 1 small whole wheat roll Sugar free gelatin w/ lite whipped cream Calorie free beverage</p>
<b>Day 3</b>	<p>6 oz low fat/sugar free yogurt 1 cup fresh berries 1 medium whole wheat bagel w/ lite cream cheese Calorie free beverage</p>	<p>1 cup veggie combo* 2 oz peanut butter sandwich • 2 small plums 8 oz 1 % or skim milk Calorie free beverage</p>	<p>4 oz roasted pork loin 1 medium baked sweet potato 1 cup green beans 1/2 cup apple cobbler Calorie free beverage</p>
<b>Day 4</b>	<p>4 oz orange juice 1 cup hash brown potatoes w/ onions 1 veggie omelet made w/ eggbeaters 8 oz 1 % or skim milk Calorie free beverage</p>	<p>1 cup garden salad 1 cup chicken spaghetti 1 small whole wheat roll • 1 cup melon cubes Calorie free beverage</p>	<p>1 cup beef stew with carrots/peppers/celery 1/2 cup whole wheat pasta 1 small piece Mexican cornbread 1/2 cup pineapple slices Calorie free beverage</p>

• Can be eaten with your meal or as a snack

**SECOND WEEK SEVEN DAY EATING PLAN**

**\*Recipes in cookbook**

<b>DAY 5</b>	<b>BREAKFAST</b>	<b>LUNCH</b>	<b>DINNER</b>
	1 small banana	3 oz turkey on Caesar salad w/ diet dressing	4 oz chicken
	1 medium blueberry muffin	1 whole wheat bread sticks	1/2 cup garlic mashed potatoes
	1 cup bran flakes	• 1/2 cup mandarin oranges	1 cup sautéed spinach
	8 oz 1 % or skim milk	Calorie free beverage	1/2 cup fruit cocktail
	Calorie free beverage		Calorie free beverage
<b>DAY 6</b>	<b>BREAKFAST</b>	<b>LUNCH</b>	<b>DINNER</b>
	1 cup sliced strawberries	3 oz chicken stir fry w/ broc/caul/carrots	4 oz sirloin beef w/ whole wheat noodles
	2 medium whole wheat pancakes w/ diet syrup	1/2 cup brown rice	1 cup collard greens
	1 scrambled egg	• 1/2 cup applesauce	1 medium corn muffin
	8 oz 1 % or skim milk	Calorie free beverage	1/2 cup blackberry dumpling*
	Calorie free beverage		Calorie free beverage
<b>DAY 7</b>	<b>BREAKFAST</b>	<b>LUNCH</b>	<b>DINNER</b>
	4 oz cup orange juice	3 oz roast beef sandwich on whole-wheat bread	4 oz oven fried fish
	1 medium carrot muffin*	1 whole sliced tomato	1 medium baked potato
	1 cup lowfat/low sugar yogurt	1/2 cup hot spicy fruit*	1/2 cup lima beans
	1 cup garden salad w/ diet dressing	1 cup steamed okra	1/2 cup pineapple casserole*
	Calorie free beverage	Calorie free beverage	Calorie free beverage

• Can be eaten with your meal or as a snack

**A Few Responses from the DASH cookbook recipes:**

**Mrs. Joyce Shaw Battiste, Orangeburg, SC**

“The recipes from the DASH cook book are great. I’ve had the opportunity to sample some of the recipes while attending the South Carolina Stroke Summit, Orangeburg, SC, April 20, 2005; the Stroke Belt Community Action Team Meeting, Pinopolis, SC, July 27, 2007; and the Health Expo, Williamsburg County. Some of the recipes were used from the cookbook at these events and the food was wonderful.

Chef Roland Stamps from Sodexo also prepared several dishes from the DASH cookbook. Food demonstrations were held at South Carolina State University and Claflin University serving approximately 200 people. Everyone enjoyed the food and many were requesting copies of the DASH cookbook”.

**Executive Chef, Roland Stamps South Carolina State University**

“My experience using DASH for Good Health Southern Style has been great. The food has exceptional taste, and portion sizes. We held an 8 week program at SC State, 25 people were fed lunch, dinner and a snack. All meals were prepared from the DASH cookbook and at the end of the program 23 out of 25 completed it with rave reviews. Everyone really love the meals prepared from this cookbook. Cholesterol decreased within this 8 week period and a diabetic original taking 2 pills a day, now is down to ½ pill a day. The DASH has given me a different way to use herb and spices, with less salt and new, good ideas. I am using the DASH at home, and will continue to use it for South Carolina State University”.

**Dianne Wilson, Executive Director SC African American Tobacco Control Network**

“Dash for Good Health Southern Style Cookbook is such a welcome relief for people who want to watch their diet but still be able to eat tasty food that have been favorites of theirs for many years. I would recommend this cookbook to anyone whether they are dieting, for health reasons or just want to eat to stay healthy”.

## **FOOD EXCHANGES**

This exchange list groups similar foods together. Foods in each group contain about the same amount of calories and carbohydrates per serving. Remember, the serving size is very important. If you eat double the serving size, you double the calories, fat, and other nutritional values.

### **Dairy Choices—80-90 Calories—12 grams Carbohydrate**

- 1 cup skim or 1% milk
- 1 cup plain or artificially sweetened yogurt
- 1/2 cup sugar free pudding made with skim milk

### **Fruit Choices—60 Calories—15 grams Carbohydrate**

- 1 medium piece of fresh fruit (except banana)
- 1/2 medium banana
- 1 cup of berries or diced melon
- 1/2 cup unsweetened juice
- 1/2 cup canned fruit with no added sugar
- 1/2 cup dried fruit

### **Fat Choices—45 Calories—No Carbohydrates**

- 1 tsp margarine or butter
- 1 tsp oil
- 1 tsp mayonnaise
- 2 tsp fat-free or low-fat mayonnaise
- 1 Tbsp salad dressing
- 2 Tbsp fat-free or low-fat salad dressing
- 1 strip of bacon

### **Protein Choices—75 Calories—No Carbohydrates**

- 1 oz. cooked poultry, meat, or fish
- 1/4 cup cottage cheese
- 1/4 cup canned tuna or salmon
- 1 Tbsp peanut butter
- 1 egg (limit to 4 per week)
- 1 oz fat-free or low-fat cheese
- 1 baked chicken leg

### **Starch Choices—80 Calories—15 grams Carbohydrate**

- 1/3 cup cooked pasta, noodles, or macaroni
- 1/3 cup cooked rice

## FOOD EXCHANGES

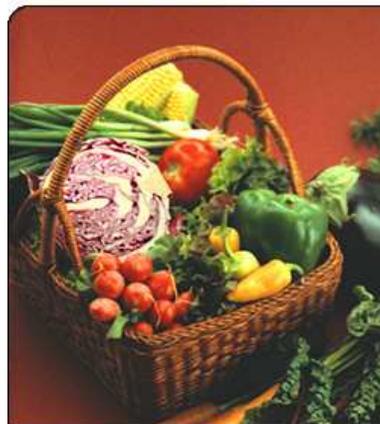
### Starch Choices (continued)

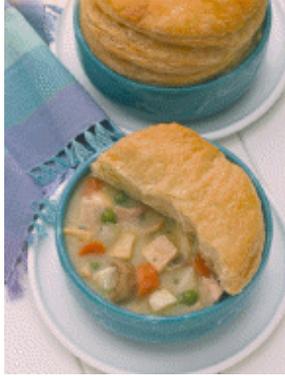
1 slice of bread  
1 roll  
1/2 English muffin  
1/2 bagel (small)  
1/2 hamburger bun  
1/2 hotdog bun  
1/2 cup cooked or dry cereal  
6 plain/unsalted saltines or vanilla wafers  
3 graham cracker squares  
8 animal crackers  
3 cups plain popcorn

### Vegetable Choices—25 Calories- 5 grams Carbohydrate

You may have 1/2 cup cooked or 1 cup raw of the following:

Asparagus  
Bean Sprouts  
Beets  
Broccoli  
Brussels Sprouts  
Cabbage  
Cauliflower  
Eggplant  
Mushrooms  
Okra  
Pea Pods  
Peppers  
Rutabaga  
Spinach  
Yellow Squash  
Tomato  
Tomato or V-8 juice  
Turnips  
Onions





# RECIPES



## **BAKED MACARONI AND CHEESE**

1 1/2 cups Elbow Macaroni	2 Tbsp Low-Fat Butter
2 Tbsp Flour	1 1/4 cups 2% Milk
1/4 tsp Paprika	1/2 tsp Black Pepper
1 1/2 cups Low-Fat Sharp Cheese	3/4 cup Egg Substitute

- \* Preheat oven to 350 degrees.
- \* Boil macaroni according to package directions, set aside.
- \* Melt butter in pan, blend in flour, stirring constantly.
- \* Slowly add milk, stir constantly until mixture boils & thickens (2-3 mins)
- \* Remove from heat, add paprika, pepper, and 1 cup of cheese.
- \* Stir until cheese is melted.
- \* Stir in macaroni.
- \* Place in greased 1-quart casserole dish and top with 1/2 cup of cheese.
- \* Bake about 30 minutes or until desired doneness.
- \* Serves 6. Serving size: 1/2 cup.

### **NUTRITIONAL INFORMATION PER SERVING:**

Calories.....235	Sodium.....202 mg
Total Fat.....11 gm	Protein.....12 gm
Carbohydrate.....15 gm	Fiber.....0 gm
Cholesterol.....33 mg	

**Exchange: 1 Starch, 2 Fat, 1 1/2 Meat**



## **CHICKEN SPAGHETTI**

Canola Oil or Olive Oil Spray  
4 ounces Dried Whole Wheat Spaghetti  
1 teaspoon Olive Oil  
1 Medium Red Bell Pepper, Thinly Slice  
1 Medium Green Bell Pepper, Thinly Sliced  
1 Medium Onion, Chopped  
2 cups Diced Skinless Chicken Breast Cooked  
Without Salt  
1 14.5 ounce Can Diced Tomatoes, Undrained  
1 10.75 ounce Can Low Fat, Reduced Sodium  
Condensed Cream of Chicken Soup  
1/2 cup Reduced Fat Shredded Cheddar Cheese  
1/4 teaspoon Pepper  
1/4 cup Shredded or Grated Parmesan Cheese

- \* Preheat the oven to 350°F.
- \* Lightly spray an 8-inch square baking dish with oil spray.
- \* Prepare the spaghetti using the package directions, omitting the salt and oil. Drain well in a colander.
- \* Meanwhile, in a large skillet, heat the oil over medium heat, swirling the coat the bottom.
- \* Cook the bell peppers and onion for 4 to 5 minutes, or until tender, stirring occasionally.
- \* Pour into a large bowl. Stir in the remaining ingredients except the spaghetti.
- \* Stir in the spaghetti. Pour into the baking dish.

**Recipe continued on following page.**

**CHICKEN SPAGHETTI**  
**continued**

\* Bake, covered, for 20 minutes. Bake, uncovered, for 10 minutes, or until the mixture is warmed through and light golden brown on top.

\* Serves 4. Serving size: 1 cup

**NUTRITIONAL INFORMATION PER SERVING**

Calories.....	365	Sodium.....	500 mg
Total Fat.....	.9.0 gm	Protein.....	35 gm
Carbohydrates.....	36 gm	Fiber.....	7 gm
Cholesterol.....	70 mg		

**Exchange: 2 Starch, 1 Meat, 2 Fat, 1 Vegetable**



## NEW POTATO SALAD

16 Small New Potatoes (5 cups)                      2 Tbsp Olive Oil  
1/4 cup Green Onions (chopped)                      1/4 tsp Black Pepper  
1 tsp Dill Weed (dried)

- \* Wash potatoes thoroughly using a vegetable brush.
- \* Boil potatoes for 20 minutes or until tender.
- \* Drain and cool potatoes for 20 minutes.
- \* Cut potatoes into quarters and stir in olive oil, onions, and spices.
- \* Refrigerate and serve.
- \* Serves 6. Serving size: 1/2 cup.

### **NUTRITIONAL INFORMATION PER SERVING:**

Calories.....	112	Sodium.....	5 mg
Total Fat.....	3 gm	Protein.....	4 gm
Carbohydrate.....	19 gm	Fiber.....	4 gm
Cholesterol.....	0 mg		

**Exchange: 1 Starch, 1 Fat**



## **GARLIC MASHED POTATOES**

2 lbs Potatoes (about 8) quartered  
2 Garlic Gloves Peeled or 1 Tablespoon Garlic Powder  
2 Tablespoon Soft Tub Margarine  
1/2 cup 1% or Skim Milk  
1/4 cup Grated Parmesan cheese

- \* Place potatoes and garlic in large saucepan, cover with water. Bring to a boil. Reduce heat.
- \* Cover and simmer for 20-25 minutes or until potatoes are very tender. Drain well.
- \* Add margarine and milk; mash.
- \* Stir in the Parmesan cheese.
- \* Serves 6. Serving size: 1/2 cup

### **NUTRITIONAL INFORMATION PER SERVING**

Calories.....80	Sodium.....140 mg
Total Fat.....3 gm	Protein..... 4 gm
Carbohydrates.....16 gm	Fiber.....2 gm
Cholesterol.....7 mg	

**Exchange: 1 Starch**



## **RED RICE COLLETON STYLE**

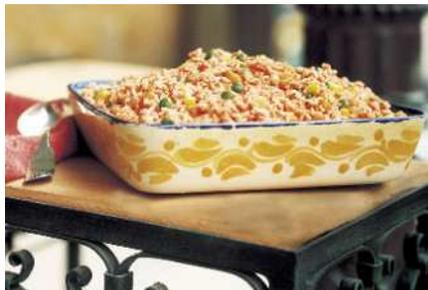
2 cups Uncooked Long Grain Rice	1/2 cup Low-Fat Chicken Broth
1/2 cup Low-Salt Tomato Sauce	1 cup Crushed Tomatoes
3/4 cup Low-Salt V-8 Juice	2 Strip Low-Salt Turkey Bacon
1 Tbsp. Vegetable Oil or Margarine	1/2 cup Onion (finely chopped)
1/2 cup Green Pepper (chopped)	1/2 cup Celery (chopped)
1/2 tsp Oregano	1/2 tsp Black Pepper
1/2 tsp Paprika	1 Packet Goya Ham Flavoring
1 tsp Honey	

- \* Cut bacon strips in half, place in heavy pot.
- \* Cook on medium heat, uncovered, turning often, for about 5 minutes.
- \* Add oil or margarine. Continue to turn bacon until crisp.
- \* Add onion, green pepper, and celery. Sauté lightly (about 5 mins).
- \* Add all liquid ingredients and spices.
- \* Bring to a boil then cover and simmer for 10 minutes.
- \* Add honey and Goya seasoning.
- \* Stir in rice and cover tightly.
- \* Cook on low heat 30-35 minutes.
- \* Test rice by fluffing with a fork.
- \* If rice is still firm, add 1/4 cup of broth or water.
- \* Continue cooking on low heat until done (about 15-20 mins).
- \* Serves 12. Serving size: 1/2 cup.

### **NUTRITIONAL INFORMATION PER SERVING:**

Calories.....150	Sodium.....269 mg
Total Fat.....2 gm	Protein.....3 gm
Carbohydrate.....17gm	Fiber.....1 gm
Cholesterol.....2 mg	

**Exchange: 1 Starch, 1 Meat, 1/2 Fat, 1/2 Vegetable**



## **CHICKEN AND SPANISH RICE**

1 cup Onions (chopped)                      1/4 cup Green Pepper (chopped)  
2 tsp Vegetable Oil                            1 8-oz Can Tomato Sauce (low-salt)  
1 tsp Parsley (chopped )                    1/2 tsp Black Pepper  
1 1/4 tsp Garlic (minced)  
3 1/2 cups Chicken Breast (skinned, cooked, & diced)  
5 cups Cooked Rice (cooked in unsalted water)

- \* In a large skillet, sauté onions & green peppers in oil for 5 minutes on medium heat.
- \* Add tomato sauce and spices. Heat through.
- \* Add cooked rice and chicken. Heat through.
- \* Serves 5. Serving size: 1 1/2 cups.

### **NUTRITIONAL INFORMATION PER SERVING:**

Calories.....	406	Sodium.....	226 mg
Total Fat.....	6 gm	Protein.....	22 gm
Carbohydrate.....	30 gm	Fiber .....	2 gm
Cholesterol.....	75 mg		

**Exchange: 1 Fat, 2 Meat, 2 Starch**

To reduce sodium to 226 mg: Use a 4-oz can of no-salt tomato sauce and a 4-oz can of regular tomato sauce.





## **RED BEANS AND RICE**

1 cup Uncooked Instant Brown Rice  
1 Medium Garlic Cloves, Minced  
2 teaspoons Olive Oil  
1 15-ounce Can Red Beans, Undrained (no salt)  
1 Medium Onion, Thinly Sliced  
1 cup Low Sodium Vegetable Broth  
1 Medium Red Bell Pepper, Thinly Sliced  
1 Tablespoon Imitation Bacon Bits  
2 Medium Ribs of Celery, Diced  
1/4 teaspoon Crushed Red Pepper Flakes

- \* Prepare the rice using the package directions, omitting the salt and margarine.
- \* Heat the oil in a large nonstick skillet over medium heat, swirling to coat the bottom.
- \* Cook the onion, bell pepper, and celery for 2 to 3 minutes, or until tender-crisp, stirring occasionally.
- \* Stir in garlic. Add water, 1 tablespoon at a time.
- \* Stir in the remaining ingredients.
- \* Increase the heat to medium high and bring to a simmer.
- \* Reduce the heat and simmer, covered, for 10 minutes, or until the flavors blend, stirring occasionally.
- \* Servings 6. Serving size: 1 ½ cup.

**Recipe continued on following page.**

**RED BEANS AND RICE**  
**continued**

**NUTRITIONAL INFORMATION PER SERVING**

Calories.....	244	Sodium.....	256 mg
Total Fat.....	4.0 gm	Protein.....	10 gm
Carbohydrate... ..	42 gm	Fiber.....	7 gm
Cholesterol.....	0 mg		

**Exchange: 2 Starch, 3 Vegetable, 1 Fat**



## **LEMON CHICKEN AND POTATOES**

3 Large Baking Potatoes (cut into 1/2 inch thick slices)  
1 cup Canned Low-Salt Chicken Broth  
6 6-oz Chicken Breasts (with skin removed)  
1/4 cup Fresh Lemon Juice  
3 Cloves Garlic (minced)  
1/2 tsp Salt  
1/2 tsp Black Pepper  
10 Slices Lemon  
1 Tbsp Olive Oil

- \* Coat pan with cooking spray. Arrange potatoes in a layer.
- \* Combine broth, lemon juice & garlic. Pour half of liquid over potatoes.
- \* Bake uncovered at 375 degrees for 15 minutes.
- \* Remove from oven and arrange chicken over potatoes.
- \* Pour remaining broth mixture over chicken.
- \* Brush chicken with oil.
- \* Sprinkle with salt and pepper.
- \* Top each chicken breast with 2 lemon slices.
- \* Bake uncovered for 45 minutes longer basting often with pan juices.
- \* Serves 6.

### **NUTRITIONAL INFORMATION PER SERVING:**

Calories.....	300	Sodium.....	285 mg
Total Fat .....	4 gm	Protein.....	30 gm
Carbohydrate .....	34 gm	Fiber .....	1 gm
Cholesterol.....	65 mg		

**Exchange: 4 Meat, 2 Starch, 1 Fat**



## CHICKEN SALAD

3 1/4 cups Cooked Chicken (skinned, boned, & cubed)  
1/4 cup Celery (chopped)  
1/2 tsp Onion Powder  
1 Tbsp Lemon Juice  
3 Tbsp Low-Fat Mayonnaise  
1/8 tsp Salt

- \* Skin and bake chicken. Cut into cubes and refrigerate.
- \* In a large bowl, combine all ingredients with chicken cubes. Mix well.
- \* Serves 5. Serving size: 3/4 cup.

### **NUTRITIONAL INFORMATION PER SERVING:**

Calories.....	183	Sodium.....	201 mg
Total Fat.....	6 gm	Protein .....	21 gm
Carbohydrate.....	0 gm	Fiber .....	0 g
Cholesterol.....	78 mg		

**Exchange: 3 Meat, 1 Fat**

To reduce sodium to 127 mg: Do not add 1/8 tsp salt.



## TUNA SALAD

2 6-oz Cans Tuna Packed in Water      1/2 cup Celery (chopped)  
1/3 cup Green Onions (chopped)      6 1/2 Tbsp Low-Fat Mayonnaise

- \* Rinse and drain tuna for 5 minutes.
- \* Break tuna apart with a fork.
- \* Add celery, onion, and mayonnaise. Mix well.
- \* Serves 5. Serving size: 1/2 cup.

### **NUTRITIONAL INFORMATION PER SERVING:**

Calories.....	406	Sodium .....	367 mg
Total Fat.....	6 gm	Protein.....	14 gm
Carbohydrate.....	0 gm	Fiber .....	2 gm
Cholesterol.....	75 mg		

**Exchange: 2 Meat, 1 Fat**



## SEAFOOD SALAD

1 lb Fresh Crab Meat  
1/4 cup Green Onion (chopped)  
1/2 cup Celery (chopped)  
2 Tbsp Light Mayonnaise  
3 Tbsp Non-Fat Plain Yogurt  
1 ½ Tbsp Lemon Juice  
1/3 cup Grated Low-Fat Cheddar or Yellow Cheese  
1/2 tsp Paprika

- \* Combine crab, celery and onion in a medium bowl.
- \* Combine mayo, yogurt, lemon juice, and paprika in a separate bowl.
- \* Stir in cheese.
- \* Add crab and mix well.
- \* Serves 8. Serving size: 1/2 cup

### **NUTRITION INFORMATION PER SERVING:**

Calories.....85	Sodium....380 mg
Total Fat.....4 g	Protein.....8 g
Carbohydrate.....7 g	Fiber.....0 g
Cholesterol.....20 mg	

**Exchange: 1 Meat, 1 Vegetable**



## VINAIGRETTE SALAD DRESSING

1 Bulb Garlic (separated & peeled)	1/2 cup Water
1 Tbsp Red Wine Vinegar	1/4 tsp Honey
1 Tbsp Virgin Olive Oil	1/4 tsp Black Pepper

- \* Place garlic in a small saucepan & add enough water to cover.
- \* Bring to a boil. Reduce heat and simmer until garlic is tender (15 min).
- \* Reduce the liquid until 2 Tbsp are left. Increase heat for 3 minutes.
- \* Pour contents into a small sieve over a bowl & mash garlic through with a wooden spoon.
- \* Whisk vinegar into garlic mixture adding olive oil and seasonings.
- \* Serves 4. Serving size: 2 Tbsp.

### **NUTRITIONAL INFORMATION PER SERVING:**

Calories.....33	Sodium.....0 mg
Total Fat.....3 gm	Protein.....0 mg
Carbohydrate.....2 gm	Fiber .....0 gm
Cholesterol.....0 mg	

**Exchange: 1/2 Fat**



## YOGURT SALAD DRESSING

8 oz Fat-Free Plain Yogurt  
2 Tbsp Lemon Juice  
2 Tbsp Chives (dried)  
2 Tbsp Dill Weed (dried)  
1/4 cup Fat-Free Mayonnaise

\* Mix all ingredients in bowl and refrigerate.  
\* Serves 8. Serving size: 2 Tbsp.

### **NUTRITIONAL INFORMATION PER SERVINGS:**

Calories.....23	Sodium .....84 mg
Total Fat.....0 gm	Protein..... 2 gm
Carbohydrate.....6 gm	Fiber .....0 g
Cholesterol.....1 mg	

**Exchange: 1/4 Starch**



## **BAKED ZITI**

1 Pound Extra Lean Ground Beef  
1 teaspoon Dried Basil  
2 Medium Onions, Chopped  
1/2 teaspoon Dried Oregano, Divided  
2 Garlic Cloves, Minced  
1 Jar (28 ounces) Reduced-Sodium Meatless Spaghetti Sauce  
1 Pound Uncooked Medium Tube  
1 Can (28 ounces) Diced Tomatoes, (unsalted) Undrained  
1 Carton Reduced-Fat Ricotta Cheese (15 ounces)  
1 Can Tomato Paste (12 ounces)  
2 cups Shredded Part-Skim Mozzarella Cheese (8 ounces)  
3/4 Cup Water  
1 Tablespoons Minced Parsley  
1/2 cup Grated Parmesan Cheese, Divided  
1 teaspoon Worcestershire Sauce  
1/2 cup Egg Substitute  
1/2 teaspoon Pepper

- \* In a large saucepan, cook beef, onions and garlic over medium heat until meat is no longer pink; drain.
- \* Stir in spaghetti sauce, tomatoes, tomato paste, water, parsley, Worcestershire sauce, basil and 1 teaspoon oregano.
- \* Cover and simmer for 3 hours, stirring occasionally. Cook pasta according to package directions; drain.
- \* In a bowl, combine ricotta, mozzarella, 1/4 cup Parmesan cheese, egg substitute, salt and pepper.

**Recipe continued on following page.**

**BAKED ZITI**  
**continued**

- \* In two greased 13-in. x 9-in. x 2-in. baking dishes coated with nonstick cooking spray, spread 1 cup of meat sauce.
- \* In each dish, layer a fourth of the pasta, 1 cup meat sauce and a fourth of the cheese mixture.
- \* Repeat layers of pasta, sauce and cheese mixture.
- \* Top with remaining sauce.
- \* Sprinkle with remaining Parmesan cheese and oregano.
- \* Cover and bake at 350° for 1 hour or until heated through.
- \* Yields 2 casseroles (6 servings each).
- \* Serves 12. Serving size: 1-1/3 cup.

**NUTRITIONAL INFORMATION PER SERVING**

Calories.....	324	Sodium.....	600mg
Total Fat .....	11 gm	Protein.....	26 g
Carbohydrate.....	30 g	Fiber.....	3 g
Cholesterol.....	38 mg		

**Exchange: 3 Lean Meat, 3 Vegetable, 1 Starch**



## CRAB CAKES

1 6-ounce Can Lump Crabmeat, Drained  
1 teaspoon Salt-Free Cajun Creole Seasoning Blend  
1/2 cup Grated Carrots  
1/4 cup Plain Dry Bread Crumbs  
1 teaspoons Olive Oil  
2 Medium Green Onions, Thinly Sliced  
1 teaspoon Paprika  
Whites of 2 Large Eggs, Lightly Beaten  
2 Tablespoons Fat-Free Sour Cream  
1 Tablespoon Fat-Free or Light Mayonnaise

- \* In medium bowl, stir together the crabmeat, carrots, 1/2 of bread crumbs, green onions, egg whites, 1 tablespoon mayonnaise and seasoning blend, paprika, olive oil and sour cream.
- \* To shape the crab cakes easily, spread the remaining bread crumbs on a dinner plate.
- \* Place a 2-inch round cookie cutter or biscuit cutter on the plate.
- \* Spoon about 2 tablespoons crab mixture into the cookie cutter.
- \* Using a spoon, gently press the mixture down into the cutter.
- \* Sprinkle a small amount of the bread crumbs on top of the crab mixture.
- \* Carefully remove the cutter and place it on a different space on the plate.

**Recipe continued on following page.**

## CRAB CAKES

- \* Repeat with the remaining crab mixture and bread crumbs until you have 8 crab cakes.
- \* Bake for 30 minutes at 375 degrees.
- \* Serves 4. Serving size: 2 crab cakes.

### **NUTRITIONAL INFORMATION PER SERVING**

Calories.....	151	Sodium.....	371 mg
Total Fat.....	5gm	Protein.....	14 mg
Carbohydrates.....	14 gm	Fiber.....	2 gm
Cholesterol.....	33 mg		

**Exchange: 1 ½ Lean Meat, 1 Starch**



## **SALMON BAKE**

2 4-oz. Salmon Filets (broiled)      2 Egg Whites (beaten)  
1 Medium Onion (chopped)      1/4 cup Plain Low-Fat Yogurt  
2 Stalks Celery (chopped)      1/4 cup Sourdough Bread Crumbs  
1/2 Medium Green Pepper (chopped) 1/4 cup Water

- \* Skin salmon then crumble.
- \* Sauté onion, celery, and pepper in water until golden.
- \* Add more water if needed.
- \* Combine vegetables with salmon and yogurt. Fold in beaten egg white.
- \* Place in Teflon or non-stick baking dish.
- \* Sprinkle with layer of bread crumbs.
- \* Bake at 350 degrees for 1 hour.
- \* Serves 2.

### **NUTRITIONAL INFORMATION PER SERVING:**

Calories.....	256	Sodium.....	306 mg
Total Fat.....	5 gm	Protein .....	21 gm
Carbohydrate .....	5 gm	Fiber .....	2 gm
Cholesterol.....	61 mg		

**Exchange: 3 Meat, 1 Vegetable, 1 Fat**



## PARMESAN FLOUNDER

4 4-oz Flounder Fillets	Vegetable Cooking Spray
1 Tbsp Lemon Juice	1/3 cup Low-Fat Mayonnaise
4 Tbsp Parmesan cheese (grated)	1 Tbsp Green Onion (chopped)
1/8 tsp Hot Sauce	1 Tbsp Margarine

- \* Place fillets on broiler pan coated with cooking spray.
- \* Brush fish with lemon juice.
- \* Broil 5 1/2 inches from heat 5-6 minutes until fish flakes with a fork.
- \* Combine mayonnaise and remaining ingredients. Stir well.
- \* Spread mayo mixture evenly over fillets.
- \* Broil 1 additional minute until light brown and bubbly.
- \* Serves 4.

### **NUTRITIONAL INFORMATION PER SERVING:**

Calories.....150	Sodium.....380 mg
Total Fat.....5 gm	Protein.....22 gm
Carbohydrate .....4 gm	Fiber .....0 gm
Cholesterol.....60 mg	

**Exchange: 3 Meat, 1 Fat**



## SPICY BAKED FISH

1 lb Cod (or other fish) Fillet  
1 tsp Spicy Salt-Free Seasoning  
1 Tbsp Olive Oil  
Vegetable Cooking Spray

- \* Preheat oven to 350 degrees.
- \* Spray a casserole dish with cooking spray.
- \* Wash and dry fish. Place in dish.
- \* Mix oil and seasoning and drizzle over fish.
- \* Bake uncovered for 15 minutes or until fish flakes with fork.
- \* Cut into 4 pieces. Serve with rice or vegetable stir-fry.
- \* Serves 4. Serving size: 3 oz.

### **NUTRITIONAL INFORMATION PER SERVING:**

Calories.....	133	Sodium.....	119 mg
Total Fat.....	1 g	Protein.....	12 gm
Carbohydrate.....	0 g	Fiber.....	0 g
Cholesterol.....	77 mg		

**Exchange: 3 Meat**



## **OVEN FRIED FISH**

1/2 cup Cornflake Crumbs  
2 tsp Mrs. Dash Seasoning (or a flavoring of your choice)  
1/8 tsp Ground Black Pepper  
1 lb Fish Fillets (whiting, snapper, tilapia or halibut)

- \* Preheat oven to 450 degrees.
- \* Spray a baking pan with non-stick cooking spray.
- \* Mix first three ingredients in a plastic bag and set aside.
- \* Cut fish into 4-oz pieces.
- \* Place two pieces of fish at a time in the plastic bag and shake to coat.
- \* Arrange on baking sheet so that fish is not touching.
- \* Bake for 10 -20 minutes, or until fish flakes easily.
- \* Serves 4. Serving size: 3 ounces.

### **NUTRITIONAL INFORMATION PER SERVING:**

Calories.....	136	Sodium.....	90 mg
Total Fat.....	2 g	Protein.....	24 g
Carbohydrate.....	5 g	Fiber.....	0 g
Cholesterol.....	41 mg		

**Exchange: 3 Meat, 1/3 Starch**



## OVEN FRIED CHICKEN

1 3-lb Fryer Chicken (skin removed)	1 cup 1% or Skim Milk
1 tsp Garlic Powder	1 tsp Onion Powder
1 tsp Paprika	1 tsp Black Pepper
1 tsp Mrs. Dash Seasoning	1/8 tsp Red Pepper
1 cup Flour	

- \* Cut chicken into pieces and place in milk. Heat oven to 400 degrees.
- \* In a large bowl, combine all remaining ingredients.
- \* Coat each piece of chicken with flour mixture. Discard remaining flour.
- \* Place chicken in baking pan. Spray top of chicken with cooking oil.
- \* Bake for 45 minutes or until chicken juices run clear.
- \* Serves 6.

### **NUTRITIONAL INFORMATION PER SERVING:**

Calories.....203	Sodium.....108 mg
Total Fat.....6 gm	Protein.....24 g
Carbohydrate .....6 gm	Fiber .....0 gm
Cholesterol.....55 mg	

**Exchange: 4 Meat, 1/2 Starch**



## **TASTY MEAT LOAF**

1 ½ lbs Extra Lean Ground Beef  
3/4 cup Oatmeal  
1/2 cup Catsup  
1/4 cup Egg Substitute  
1/2 cup Green Peppers (finely chopped)  
1/2 cup Celery (finely chopped)  
1/2 cup Onions (finely chopped)  
1/2 tsp Garlic (finely chopped)  
1 Tbsp Dried Parsley  
1/2 tsp Ground Pepper  
3/4cup Non-Fat Milk

- \* Mix the ingredients together well.
- \* Preheat oven to 325 degrees.
- \* Pack meat mixture in a loaf pan sprayed with non-stick cooking spray.
- \* Bake for 1 hour.
- \* Serves 6. Serving size: 3 ounces.

### **NUTRITIONAL INFORMATION PER SERVING:**

Calories.....	244	Sodium.....	306 mg
Total Fat .....	10 g	Protein.....	25 g
Carbohydrate.....	15 g	Fiber.....	2 g
Cholesterol.....	71 mg		

..  
**Exchange: 3 Meat, 1/2 Vegetable, 1/2 Starch**



## CHICKEN GUMBO

4 Medium Boneless, Skinless Chicken Breasts (cut into strips)  
1 14-oz Can Tomatoes  
1 6-oz Can Tomato Paste  
1 cup Green Pepper (chopped)  
1/2 cup Celery (chopped)  
1/2 cup Onion (chopped)  
2 cups Okra (cut)  
1 cup Corn  
1 Tbsp Artificial Sweetener  
1/8 tsp Black Pepper

- \* Heat oil in a large skillet.
- \* Sauté chicken about 5 minutes on each side.
- \* Add remaining ingredients and simmer for about 20 minutes.
- \* Serve over rice or with cornbread.
- \* Serves 8. Serving size: 1 cup

### **NUTRITIONAL INFORMATION PER SERVING:**

Calories.....	201	Sodium.....	380 mg
Total fat.....	4 g	Protein.....	16 g
Carbohydrate.....	17 g	Fiber.....	3 g
Cholesterol.....	35 mg		

**Exchange: 3 Meat, 1 Starch, 1 Vegetable**



## **CHICKEN STIR-FRY**

1 lb Skinless, Boneless Chicken Breast (cut into bite-size pieces)  
1/4 cup Low-Salt Teriyaki Sauce  
1 tsp Garlic Powder  
1 cup Green Pepper (sliced)  
1 cup Yellow Pepper (sliced)  
1 cup Red Pepper (sliced)  
2 cups Green Onions (sliced or diced)

- \* Spray a large skillet with non-stick cooking spray.
- \* Stir-fry chicken with garlic and half of teriyaki sauce until done.
- \* Remove chicken from skillet and keep warm.
- \* Add peppers, onions, and other half of teriyaki sauce to skillet.
- \* Stir-fry vegetables until crisp-tender. Add water to prevent sticking.
- \* Add chicken.
- \* Serve over rice or noodles.
- \* Serves 4. Serving size: 1 ½ cups.

### **NUTRITIONAL INFORMATION PER SERVING:**

Calories.....	210	Sodium.....	310 mg
Total fat.....	6 g	Protein.....	30 g
Carbohydrate.....	5 g	Fiber.....	3 g
Cholesterol.....	65 mg		

**Exchange: 3 Meat, 1 Vegetable**



## **BEEF STEW**

Vegetable Oil Spray

1 teaspoon Canola or Corn Oil

1 Medium Green Bell Pepper and

1 Medium Red Bell Pepper or

2 Medium Green Bell Peppers Cut into 1-inch Squares

1 Pound Top Round Steak, Cut into 1-inch Cubes (all visible fat discarded)

1 Medium Onion, Cut Lengthwise into Eights

2 Tablespoons Ketchup (no salt)

1 cup Water

1 Tablespoon Italian Salad Dressing Mix (about 1/2- 0.7 ounce packet)

1 1/2 teaspoons Instant Coffee Granules

1/4 teaspoons Pepper

3 Medium Carrots, Cut Crosswise into 2-inch Pieces

- \* Lightly spray a Dutch oven with vegetable oil spray.
- \* Pour in the oil, swirling to coat the bottom.
- \* Heat over medium-high heat.
- \* Cook the steak for 3 to 4 minutes, or until beginning to brown, stirring frequently.
- \* Stir in the onion, water, coffee granules, and pepper.
- \* Increase the heat to high and bring to a boil.
- \* Reduce the heat and simmer, covered, for 45 minutes, or until the beef just begins to become slightly tender (no stirring needed).
- \* Stir in the remaining ingredients. Increase the heat to high and bring to a boil.

Recipe continued on following page.

**BEEF STEW**  
**continued**

- \* Reduce heat and simmer, covered, for 30 minutes or until the beef is very tender (no stirring needed).
- \* Serves 4. Serving size: 1 cup

**NUTRITIONAL INFORMATION PER SERVING**

Calories.....	216	Sodium.....	472 mg
Total Fat.....	5.0 gm	Protein.....	27 gm
Carbohydrate.....	15 gm	Fiber.....	3 gm
Cholesterol.....	64 mg		

**Exchange: 3 Vegetable, 3 Lean Meat**



## **SPAGHETTI SAUCE**

1 lb Extra Lean Ground Beef	1 1/4 cup Zucchini (sliced)
2 Tbsp Olive Oil	1 Tbsp Oregano (dried)
2 Small Onions (chopped)	1 8-oz Can no-salt Tomato Sauce
3 Cloves Garlic (chopped)	1 6-oz Can no-salt Tomato Paste
2 Medium Tomatoes (chopped)	1 cup Water

- \* In a medium skillet cook ground beef, drain, and set aside.
- \* In a medium skillet, heat oil.
- \* Sauté onions, garlic, and zucchini in oil for 5 minutes on medium heat.
- \* Add remaining ingredients, cover, and simmer for 45 minutes.
- \* Serve over spaghetti.
- \* Serves 6. Serving size: 3/4 cup.

### **NUTRITIONAL INFORMATION PER SERVING:**

Calories.....102	Sodium.....260 mg
Total Fat.....5 gm	Protein.....10 gm
Carbohydrate.....5 gm	Fiber.....5 gm
Cholesterol.....30 mg	

**Exchange: 2 Meat, 1 Vegetable**



## CARROTS

2 lb Baby Carrots  
2 Tbsp Low-Fat Margarine  
1/4 cup Orange Juice Concentrate (thawed)  
1/4 tsp Salt  
1/2 cup Mandarin Orange Pieces  
2 Tbsp Brown Sugar

- \* Heat oven to 350 degrees.
- \* Boil carrots until tender and drain.
- \* In a separate bowl, combine remaining ingredients and mix well.
- \* Place carrots in a baking dish and cover with sauce.
- \* Stir once to coat carrots thoroughly.
- \* Bake for 15-20 minutes.
- \* Serves 6. Serving size: 1/2 cup

### **NUTRITIONAL INFORMATION PER SERVING:**

Calories.....	95	Sodium.....	166 mg
Total Fat.....	2 gm	Protein.....	2 gm
Carbohydrate.....	20 gm	Fiber.....	4 gm
Cholesterol.....	0 mg		

**Exchange: 3 Vegetable, 1/2 Fat**



## COLLARD GREENS

4 lbs Collard Greens	1 tsp Black Pepper
3 cups Low-Salt Low-Fat Chicken Broth	1 tsp Red Pepper Flakes
2 Medium Onions (chopped)	3 Garlic Cloves (crushed)

- \* Wash and cut collard greens and place them in a large stockpot.
- \* Add remaining ingredients and enough water to cover.
- \* Cook until tender, stirring occasionally (about 3 1/2 hours).
- \* The flavors will blend more if you let the greens sit after cooking.
- \* Serves 8. Serving size: 1 cup

### **NUTRITIONAL INFORMATION PER SERVING:**

Calories.....39	Sodium.....120 mg
Total Fat.....1 gm	Protein.....4 gm
Carbohydrate.....8 gm	Fiber.....3 gm
Cholesterol.....0 mg	

**Exchange: 2 Vegetable**



## LIMA BEANS

- 1 oz Smoked Turkey (cut into pieces)
- 2 8-oz Bags Frozen Lima Beans
- 1 Medium Onion (chopped)
- 1 Clove Garlic (minced)

- \* Put turkey in a medium pot and cover with water. Boil 30 minutes.
- \* Add remaining ingredients.
- \* Cook until lima beans are tender (about 20 mins).
- \* Serve with corn bread.
- \* Serves 8. Serving size: 1/2 cup.

### **NUTRITIONAL INFORMATION PER SERVING:**

Calories.....83	Sodium.....204 mg
Total Fat.....0 gm	Protein.....7 gm
Carbohydrate.....14 gm	Fiber.....4 gm
Cholesterol.....7 mg	

**Exchange: 1 Starch**



## **TASTY CABBAGE**

1 Small Head Cabbage  
3 oz Smoked Turkey (cut into pieces)  
1/3 cup Water  
1 Tbsp Olive Oil  
1/8 tsp Salt  
1/8 tsp Black Pepper

- \* Heat oil in a large saucepan and sauté the turkey for 5 minutes.
- \* Add remaining ingredients.
- \* Cook until cabbage is tender (about 15-20 mins)  
(Be careful not to overcook as cabbage will become mushy.)
- \* Serves 6. Serving size: 1/2 cup

### **NUTRITIONAL INFORMATION PER SERVING**

Calories.....	34	Sodium.....	140 mg
Total Fat.....	5 gm	Protein.....	2 gm
Carbohydrate.....	6 gm	Fiber.....	2 gm
Cholesterol.....	35 mg	.	.

**Exchange: 1 Vegetable, 1 Fat**



## STEWED TOMATOES AND OKRA

1 lb Okra (cut)  
8 Large Fresh Tomatoes (or low-salt canned)    2 tsp Low-Fat Margarine  
1 cup Frozen Corn    2 tsp Artificial Sweetener  
1/2 cup Dried Bread Crumbs    1 Large Onion  
1 Large Green Pepper (chopped)

- \* Plunge tomatoes in boiling water for 1 minute to make peeling easier.
- \* Peel and chop tomatoes.
- \* Heat margarine in a large skillet. Sauté tomatoes, onions, & bell pepper.
- \* Add the okra, corn, and artificial sweetener. Simmer for 25 minutes.
- \* Add breadcrumbs to thicken and stir well.
- \* Serves 10. Serving size 1/2 cup.

### **NUTRITIONAL INFORMATION PER SERVING:**

Calories.....	61	Sodium.....	70 mg
Total Fat.....	1 gm	Protein.....	3 gm
Carbohydrate.....	14 gm	Fiber .....	4 gm
Cholesterol.....	0 mg		

**Exchange: 1 Starch, 1 Vegetable**



## VEGETABLE GUMBO

1 Medium Onion Chopped  
1 teaspoon Original Blend Mrs. Dash  
1 Medium Green Bell Pepper, Chopped  
1 Can Tomato Paste (about 3 oz)  
1 Medium Rib of Celery, Thinly Sliced  
2 cups Water  
1 14.5 Can Diced Tomatoes (no added salt)  
1 teaspoon Olive or Canola Oil  
1 cup Frozen Sliced Okra  
2 teaspoon Splenda (optional)

- \* In the same saucepan, heat the oil.
- \* Cook the onion, bell pepper, and celery for about 5 minutes, stirring frequently.
- \* Stir in the undrained tomatoes, okra, Mrs. Dash, and water. Stir in the tomato paste until well blended.
- \* Increase the heat to high and bring to a boil.
- \* Reduce heat and simmer for about 25 minutes or until okra is tender. Stir frequently. Remove from heat.
- \* May be served with brown rice or cornbread.
- \* Serves 4. Serving size: 1 cup.

### **NUTRITIONAL INFORMATION PER SERVING**

Calories.....	160	Protein.....	5 gm
Cholesterol.....	0 mg	Total Fat.....	2 gm
Carbohydrates.....	10 gm	Fiber.....	5gm

**Exchange: 2 Vegetable**



## **BROCCOLI AND CAULIFLOWER SALAD**

5 cups Broccoli Florets  
4 cups Sliced Cauliflower  
1 Medium Green Pepper (chopped)  
1 Medium Red Onion (sliced)

### **DRESSING:**

1/2 cup Low-Fat Mayonnaise	1/4 cup Canola Oil
1/3 cup Splenda Sweetener	1/3 cup Cider Vinegar
1 tsp Ground Mustard	1/4 tsp Salt
1/2 tsp Black Pepper	

- \* Combine broccoli, cauliflower and green pepper in a serving bowl.
- \* Arrange rings of sliced onion on top.
- \* In a small bowl, whisk dressing ingredients and pour over salad.
- \* Do not stir after dressing is poured.
- \* Cover and refrigerate for 12 hours or overnight.
- \* Toss just before serving.
- \* Serves 12. Serving size: 1 cup.

### **NUTRITIONAL INFORMATION PER SERVING:**

Calories.....110	Sodium.....95 mg
Total Fat.....7 gm	Protein.....4 gm
Carbohydrate .....9 gm	Fiber .....5 gm
Cholesterol.....0 mg	

**Exchange: 2 Vegetable, 1 Fat**



## TASTY TOMATO CUCUMBER SALAD

1 cup Cucumbers (sliced)  
2 Medium Tomatoes (sliced and quartered)  
1/2 cup Sweet Onion (chopped)  
2 tsp Olive Oil  
1 ½ tsp Dried Basil  
1/8 tsp Ground Black Pepper

- \* Combine all ingredients.
- \* Let sit out for thirty minutes at room temperature before serving.
- \* Serves 4. Serving size: 3/4 cup

### **NUTRITIONAL INFORMATION PER SERVING:**

Calories.....60	Sodium.....5 mg
Total fat.....3 gm	Protein.....1 gm
Carbohydrate.....6 gm	Fiber.....2 gm
Cholesterol.....0 mg	

**Exchange: 1 Vegetable**



## THREE BEAN SALAD

1 16-oz Can Green Beans (drained)  
1 Tbsp Dried Onion (soaked in 1Tbsp water)  
1 8-oz Can Garbanzo Beans or Chick Peas (drained)  
1 Tbsp Dried Parsley  
1/4 cup Seasoned Gourmet Rice  
1 8-oz Can Kidney Beans (drained)  
Vinegar (light version)  
1/4 tsp Garlic Powder

- \* Combine beans in a large bowl.
- \* Add remaining ingredients and mix well.
- \* Drain before serving.
- \*Serves 6. Serving size: 1/2 cup.

### **NUTRITIONAL INFORMATION PER SERVING:**

Calories.....	100	Sodium.....	360 mg
Total Fat.....	1 gm	Protein.....	5 gm
Carbohydrate .....	19 gm	Fiber .....	6 gm
Cholesterol.....	0 mg		

**Exchange: 1 Starch, 1/2 Vegetable**



## ZUCCHINI LASAGNA

1/2 lb Lasagna Noodles (cook in unsalted water) 2 tsp Dry Basil  
3/4 cup Low-Fat Mozzarella Cheese (grated) 2 tsp Dry Oregano  
1 1/2 cup Fat-Free No-Salt Cottage Cheese 1/8 tsp Black Pepper  
1/4 cup Parmesan Cheese (grated) 1 Clove Garlic (minced)  
1 1/2 cup Raw Zucchini (sliced)  
1/4 cup Onion (chopped)  
2 1/2 cups No-Salt Tomato Sauce

- \* Preheat oven to 350 degrees. Spray 9x13 inch baking dish with vegetable oil spray.
- \* Small bowl- combine 1/8cup mozzarella & 1Tbsp Parmesan. Set aside.
- \* Medium bowl- combine remaining mozzarella & Parmesan with all of the cottage cheese. Mix well and set aside.
- \* Combine tomato sauce with remaining ingredients.
- \* Spread a thin layer of tomato sauce in the bottom of the baking dish.
- \* Add a third of the noodles in a single layer.
- \* Spread half of the cottage cheese mixture on top of the noodles.
- \* Add a layer of zucchini.
- \* Repeat layering. Top with noodles, sauce, and remaining cheese mix.
- \* Bake covered with foil for 30-40 mins then uncover for 5-10 mins (until top is light brown).
- \* Serves 6. Serving size: 1 piece.

### NUTRITIONAL INFORMATION PER SERVING:

Calories.....276	Sodium.....196 mg
Total Fat.....5 gm	Protein .....16 gm
Carbohydrate..... 35 gm	Fiber.....5 gm
Cholesterol.....11 mg	

**Exchange: 2 Starch, 1 Vegetable, 1 Fat**



## FRUIT SMOOTHIE

1 cup Frozen Fruit  
1/2 cup Fat-Free Plain Yogurt  
1/2 tsp Vanilla Extract  
2 Packets Artificial Sweetener

- \* Blend the first three ingredients until smooth.
- \* Sweeten to taste.

### NUTRITIONAL INFORMATION PER SERVING:

Calories .....	91	Sodium .....	51 mg
Total Fat .....	0 gm	Protein .....	5 gm
Carbohydrate .....	17gm	Fiber .....	4 gm
Cholesterol .....	2 mg		

**Exchange: 1/2 Fruit, 1/2 Dairy**



## HOT SPICY FRUIT

- 1 16-oz Can Peaches (packed in their own juice)
- 1 16-oz Can Pears (packed in their own juice)
- 1 tsp Cinnamon
- 2 Packets Artificial Sweetener (optional)

- \* Drain fruit and reserve liquid for another use.
- \* Combine drained fruits in a 1 1/2 quart baking dish.
- \* Mix cinnamon and artificial sweetener (optional) and sprinkle over fruits.
- \* Cover and bake at 350 degrees until thoroughly heated (about 25 mins)
- \* Stir once during baking.
- \* Serve warm.
- \*Serves 6. Serving size: 1/2 cup.

### **NUTRITIONAL INFORMATION PER SERVING:**

Calories.....	58	Sodium.....	0 mg
Total Fat.....	0	Protein .....	0 gm
Carbohydrate.....	14 gm	Fiber .....	2 gm
Cholesterol.....	0 mg		

**Exchange: 1 Fruit**



## **FRUIT YOGURT PIE**

1 qt. (4 cups) Peach Frozen Yogurt (Sugar-Free / Fat-Free)  
1 8-9 inch Graham Cracker Pie Crust  
2/3 cup Raspberry Fruit Spread

- \* Place frozen yogurt in large mixing bowl.
- \* Stir by hand or beat with electric mixer until soft.
- \* Spoon into graham cracker pie crust.
- \* Cover and freeze at least 2 hours or until serving time.
- \* To serve, let pie stand at room temperature for 5 minutes.
- \* Heat fruit spread in small saucepan on low. (2-3 mins).
- \* Cut pie into 10 wedges. Drizzle 1 Tbsp of fruit over each piece.
- \* Serves 10.

### **NUTRITIONAL INFORMATION PER SERVING:**

Calories.....	246	Sodium.....	91 mg
Total Fat.....	6 gm	Protein .....	3 gm
Carbohydrate .....	44 gm	Fiber .....	1 gm
Cholesterol.....	8 mg		

**Exchange: 3 Starch, 1 Fat**



## PEACH FRUIT SALAD

4 cups Sliced Peaches (fresh or light canned peaches)  
1 cup Non-Fat, Sugar-Free Peach Yogurt

- \* Mix peaches and yogurt in a serving bowl.
- \* Serves 8. Serving size: ½ cup

### **NUTRITIONAL INFORMATION PER SERVING:**

Calories.....60	Sodium.....21 mg
Total fat.....0 gm	Protein.....2 gm
Carbohydrate..... 15 gm	Fiber.....2 gm
Cholesterol .....1 mg	

**Exchange: 1 Fruit**



## **BAKED APPLES**

4 Medium Apples  
8 Tbsp Raisins

8 tsp Orange Juice Concentrate (thawed)  
1/2 cup Water

- \* Core apples and fill with raisins.
  - \* Spoon in 1 tsp of thawed orange juice concentrate.
  - \* Place apples in Pyrex dish with water.
  - \* Cover and bake until apples are soft.
- (For a fancier dish, peel apples and substitute mashed dates for raisins)
- \* Sprinkle with cinnamon.
  - \* Bake covered for 30 minutes at 400 degrees until soft.
  - \* Serves 4. Serving size: 1 apple.

### **NUTRITIONAL INFORMATION PER SERVING:**

Calories.....	156	Sodium.....l....	3 mg
Total Fat.....ll.....	<1 gm	Protein .....	2 gm
Carbohydrate ....	30 gm	Fiber .....	6 gm
Cholesterol.....l...	2 mg		

**Exchange: 2 Fruit**



## SWEET POTATO PIE

1 9-inch Graham Cracker Pie Crust  
4 Medium Sweet Potatoes  
1 4-oz can Fat-Free Sweetened Condensed Milk  
1/2 cup Egg Substitute  
1-2 tsp Nutmeg  
1 tsp Vanilla Extract  
1/2 tsp Salt

- \* Preheat oven to 350 degrees.
- \* Bake sweet potatoes for about one hour or until soft.
- \* Cool, peel and place in mixing bowl.
- \* Beat until smooth.
- \* Remove as many strings as possible.
- \* Add egg substitute and mix until well blended.
- \* Add condensed milk, spices and vanilla extract. Mix well.
- \* Pour into graham cracker crust and bake 30-35 minutes at 350 degrees.
- \* Serves 8.

### **NUTRITIONAL INFORMATION PER SERVING:**

Calories.....	211	Sodium.....	186 mg
Total Fat.....	7 gm	Protein .....	2 gm
Carbohydrate.....	33 gm	Fiber .....	2 gm
Cholesterol.....	0 mg		

**Exchange: 2 Starch, 1 Fat**



## CINNAMON BAKED APPLES

6 Small Apples  
1/3 cup Artificial Sweetener  
2 Tbsp Low-Fat Margarine

1/4 cup Boiling Water  
1 tsp Cinnamon

- \* Heat oven to 350 degrees.
- \* Wash and core the apples but do not peel them.
- \* Place the apples in a non-stick baking dish.
- \* Add water to the dish of apples.
- \* Mix sweetener and cinnamon. Spoon into the apples.
- \* Divide margarine evenly—spooning into each apple.
- \* Cover and bake for 35 minutes until apples are tender.
- \* Serve hot.
- \* Serves 6. Serving size: 1 apple.

### **NUTRITIONAL INFORMATION PER SERVING:**

Calories.....86	Sodium.....30 mg
Total Fat.....2 gm	Protein.....0 mg
Carbohydrate .....15 gm	Fiber .....3 gm
Cholesterol.....0 mg	

**Exchange: 1 Fruit**



## GREAT BREAD PUDDING

8 Slices of Raisin Bread  
3/4 cup Egg Substitute  
2 tsp Vanilla Extract  
1/2 tsp Nutmeg

2 cups Skim Milk  
1/3 cup Splenda Sweetener  
1/2 tsp Cinnamon

- \* Preheat oven to 350 degrees.
- \* Cut bread in cubes and place in an 8x 8 inch pan that has been sprayed with vegetable oil spray.
- \* Mix remaining ingredients and pour over bread cubes.
- \* Bake for 40 minutes or until a sharp knife inserted in the center comes out clean.
- \* Serves 9.

### **NUTRITIONAL INFORMATION PER SERVING:**

Calories.....	100	Sodium.....	160 mg
Total Fat.....	2 gm	Protein.....	6 gm
Carbohydrate .....	15 gm	Fiber .....	1 gm
Cholesterol.....	0 mg		

**Exchange: 1 Starch**



## **BLACKBERRY DUMPLINGS**

3 pints Fresh or Frozen Blackberries  
3/4 cup Water

1 cup Splenda Sweetener  
1 Tbsp Low-Fat Margarine

### **DUMPLINGS:**

1 cup All Purpose Flour  
5 tsp Splenda Sweetener  
1/4 cup Egg Substitute

5 tsp Baking Powder  
1/2 tsp Salt  
1/3 cup Skim Milk

- \* Combine blackberries, Splenda, water & margarine in 6 qt. saucepan.
- \* Bring to a boil.
- \* Dumplings: combine flour, baking powder, Splenda & salt in a bowl.
- \* Separately, beat egg substitute and milk.
- \* Stir in dry ingredients to form a soft dough.
- \* Drop dough by spoonfuls into the boiling berry mixture.
- \* Reduce heat, cover and simmer for 15-20 mins until dumplings are done.
- \* Serve warm.
- \* Serves 8. Serving size: 1/2 cup.

### **NUTRITIONAL INFORMATION PER SERVING:**

Calories.....	150	Sodium.....	190 mg
Total Fat.....	2.5 gm	Protein.....	4 gm
Carbohydrate.....	30 gm	Fiber .....	3 gm
Cholesterol.....	0 mg		

**Exchange: 1 Starch, 1 Fruit, 1/2 Fat**



## OATMEAL COOKIES

2 cups Quick Cooking Rolled Oats	1/4 cup Splenda Sweetener
1/4 cup Dried Blueberries	1/2 cup Light Brown Sugar
1/2 cup Low-Fat Margarine (softened)	1 tsp Baking Soda
1 1/2 cups All Purpose Flour	1/4 cup Egg Substitute
1/2 tsp Salt	1/2 tsp Vanilla Extract
1/4 cup Sugar-Free Maple Syrup	

- \* Preheat oven to 350 degrees.
- \* In large bowl, beat margarine on medium-high speed for 30 seconds.
- \* Add brown sugar, Splenda, baking soda, and salt.
- \* Beat until combined occasionally scraping sides of bowl.
- \* Beat in egg substitute, maple syrup, and vanilla until combined.
- \* Beat in as much of the flour as you can with the mixer.
- \* Stir in remaining flour with a spoon.
- \* Stir in rolled oats and blueberries.
- \* Using a small scoop or a teaspoon, drop dough 2 inches apart on un-greased cookie sheet.
- \* Bake 9-11 minutes or until edges are golden brown.
- \* Let stand for 1 minute on the cookie sheet.
- \* Remove to cool on a wire rack.
- \* Makes 48 cookies.

### **NUTRITIONAL INFORMATION PER SERVING:**

Calories.....70	Sodium.....55 mg
Total Fat..... 2.5 gm	Protein.....1 gm
Carbohydrate.....11 gm	Fiber .....4 gm
Cholesterol.....0 mg	

**Exchange: 1 Starch, 1/2 Fat**



## PEAR-PEACH CRISP

6 cups Pears or about 6 Medium Fruit (peeled and sliced)  
2 cups Peaches or about 3 Medium Fruit (peeled, pitted, and sliced)  
1/2 cup Raisins  
1/2 tsp Ginger  
3 Tbsp Light Brown Sugar  
1/4 cup Splenda Sweetener  
1 1/2 cups Quick Cooking Rolled Oats  
1/4 tsp Low-Fat Margarine (melted)

1/2 cup Grape Nuts Cereal  
1/4 cup Light Brown Sugar  
1/2 cup Pecans (chopped)  
1 cup Apple Juice

- \* Preheat oven to 350 degrees.
- \* In large bowl toss fruit, raisins, 3 Tbsp brown sugar & 1/2 tsp ginger.
- \* Press into the bottom of a 3-qt. baking dish.
- \* Topping: Combine oats, cereal, nuts, 1/4 cup brown sugar, Splenda.
- \* Stir melted margarine into topping mixture.
- \* Spoon topping over the fruit.
- \* Pour apple juice evenly over the topping.
- \* Bake uncovered 55 mins until topping is golden & filling is bubbly.
- \* Remove to a wire rack to cool.
- \* Serve warm.
- \* Serves 16. Serving size: 1/2 cup.

### **NURTITIONAL INFORMATION PER SERVING:**

Calories.....	130	Sodium.....	10 mg
Total Fat.....	3.5 gm	Protein.....	2 gm
Carbohydrate.....	25 gm	Fiber .....	3 gm
Cholesterol.....	0 mg		

**Exchange: 1 Fruit, 1/2 Fat**



## **HEAVENLY HASH**

2 cups Light Cool Whip  
1 Box Pistachio Pudding Mix (sugar-free)  
1 cup Crushed Pineapple (canned in its own juice and drained)  
1 cup Light Fruit Cocktail (drained)  
1/4 cup Walnuts (chopped)

- \* Put Cool-Whip and pineapple in medium mixing bowl.
- \* Stir leaving a well in the center.
- \* Pour pudding mix in the center well and stir.
- \* Add fruit cocktail and stir to combine thoroughly.
- \* Sprinkle walnuts or pecans on top.
- \* Chill in refrigerator.
- \* Serves 6. Serving size: 1/2 cup.

### **NURTITIONAL INFORMATION PER SERVING:**

Calories.....	90	Sodium.....	58 mg
Total Fat.....	3 gm	Protein.....	2 gm
Carbohydrate.....	19 gm	Fiber .....	2 gm
Cholesterol.....	10 mg		

**Exchange: 1 Fruit, 1/2 Fat**



## PINEAPPLE CASSEROLE

1/2 cup Low-Fat Margarine      2 cups Splenda sweetener  
2 cups Egg Substitute          2 20-oz Cans Crushed Pineapple (drained)  
3 1/2 Tbsp Lemon Juice        10 Slices Day-Old Bread (cubed)

- \* In a mixing bowl, cream butter and Splenda sweetener.
- \* Add egg substitute 1/4 cup at a time. Beat well after each addition.
- \* Stir in pineapple and lemon juice.
- \* Fold in bread cubes.
- \* Pour into a greased 13 x 9 x 2 inch baking dish.
- \* Bake uncovered at 325 degrees for 35-40 minutes or until set.
- \* Serves 16. Serving size: 1/2 cup.

### **NUTRITIONAL INFORMATION PER SERVING:**

Calories.....	130	Sodium.....	220 mg
Total Fat.....	8 gm	Protein.....	6 gm
Carbohydrate .....	16 gm	Fiber .....	5 gm
Cholesterol.....	0 mg		

**Exchange: 1 Starch, 1 Fat**



## MINI CARROT MUFFINS

1-1/4 cups Sifted Cake Flour	1/4 cup Egg Substitute
3/4 tsp Baking Soda	1/2 cup Apple-Butter
2/3 cups Splenda Sweetener	1 Tbsp Vegetable Oil
1/4 tsp Salt	3/4 cup Carrot (grated)
1 tsp Baking Powder	1/3 cup Crushed Pineapple (drained)
1/2 tsp Cinnamon	Vegetable Cooking Spray

- \* Combine first 6 (dry) ingredients in a medium bowl.
- \* Make a well in center of mixture.
- \* Combine apple-butter, oil and egg substitute. Add to dry ingredients.
- \* Stir just until dry ingredients are moistened.
- \* Gently fold in carrots and pineapple.
- \* Spoon batter into mini-muffin pans sprayed with oil. Fill each 3/4 full.
- \* Bake at 375 degrees for 13 minutes or until golden.
- \* Remove from pans immediately.
- \* Makes about 54. Serving size: 2 muffins.

### **NUTRITIONAL INFORMATION PER SERVING:**

Calories..... 90	Sodium.....8 mg
Total Fat..... 2 gm	Protein.....2 gm
Carbohydrate .....16 gm	Fiber .....1 gm
Cholesterol.....0 mg	

**Exchange: 1 Starch**



## **BRAN MUFFINS**

1/4 cup Egg Substitute  
1/4 cup Vegetable Oil  
1 cup All Purpose Flour  
1 Tbsp Baking Powder  
Vegetable Oil Spray

1 cup 1% Milk  
2 cups Bran Flakes  
1/3 cup Splenda Sweetener  
1/2 tsp Salt

- \* Preheat oven to 400 degrees.
- \* Spray-oil 12 muffin cups or line with paper.
- \* In medium bowl, combine egg substitute, milk, oil and cereal.
- \* In large bowl, combine flour, Splenda, baking powder and salt.
- \* Add cereal mixture stirring until moist.
- \* Divide evenly among muffin cups.
- \* Bake 20 minutes or until light brown.
- \* Serves 12. Serving size: 1 muffin.

### **NUTRITIONAL INFORMATION PER SERVING:**

Calories.....	81	Sodium.....	30 mg
Total Fat.....	3 gm	Protein.....	2 gm
Carbohydrate.....	16 gm	Fiber .....	3 gm
Cholesterol.....	0 mg		

**Exchange: 1 Starch, 1/2 Fat**



## **MEXICAN CORNBREAD**

1 can (about 16 oz) Cream Style Corn  
1/2 teaspoon Baking Soda  
2 Eggs  
1/2 teaspoon Salt  
1 cup Yellow Corn Meal  
1 can Diced Green Chiles (4oz)  
3/4 cup 1% Low Fat Milk  
2 oz Reduced Fat Cheddar Cheese, Grated  
2 Tablespoons Canola Oil

- \* Preheat oven to 400 degrees.
- \* Mix all ingredients and pour into an 8" x 8" pan that has been sprayed with non-stick cooking spray.
- \* Bake for 35-40 minutes or until a toothpick inserted in the center comes out clean.
- \* Serves 9. Serving size: 1/9 or 2 inch squares

### **NUTRITIONAL INFORMATION PER SERVING**

Calories.....	150	Sodium.....	170 mg
Total Fat.....	5 gm	Protein.....	6 gm
Carbohydrates.....	22 gm		

**Exchange: 1 starch**



*DASH FOR GOOD HEALTH SOUTHERN STYLE*

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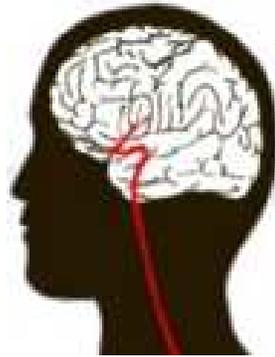
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