

Healthy Recipe

Chicken breast with mayonnaise and Barbecue sauce

INGREDIENTS:

- 1 pound of skinless, boneless chicken breasts, cut into 1 inch pieces
- 1 medium green or yellow pimento, diced
- 1 medium purple onion, diced
- 1 small zucchini, cut diagonally into 1/2 inch thick pieces
- 2 tablespoons reduced fat mayonnaise
- 2 tablespoons original barbecue sauce

PREPARATION:

1. **PREHEAT** grill to medium-high. Alternate the chicken and vegetables on a skewer.
2. **GRILL** the chicken breasts, turning frequently, for 6 to 8 minutes or until chicken is fully cooked and vegetables are tender but crispy.
3. **MIX** mayonnaise and barbecue sauce. Serve this mixture as a “dip” to accompany the chicken breast skewers.

Would you like to learn more about the consumption of fats and how to cook healthier? Ask for the Community Health Worker at your local “Sunset” clinic.

San Luis
(928) 627-3822
Ext. 1333

Somerton
(928) 627-2051
Ext. 1216

Yuma
(928) 819-8999
Ext. 1016

North Yuma
(928) 539-3140

Wellton
(928) 785-3256
Ext. 1520

References

U.S. Department of Health Diabetes
Prevention Program

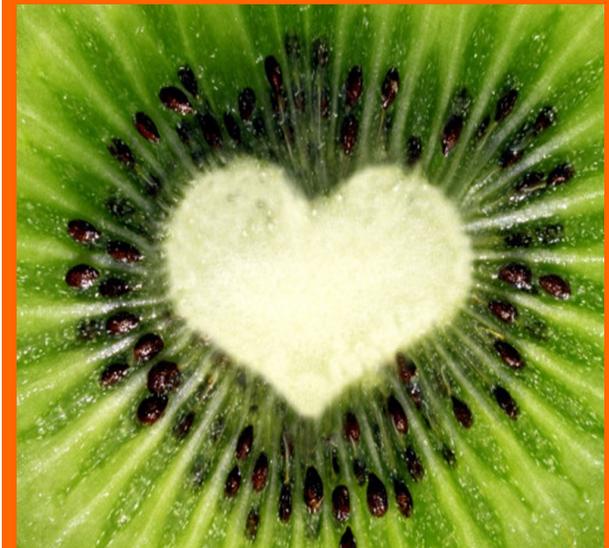


Sunset Community Health Center

Are You Aware Of The Fats That We Consume?



Common Sources Of Fat Why Should I Eat Healthy?



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Types of Fats

Saturated Fats:

Do not forget, saturated fats elevate the LDL (bad cholesterol), for example:

- Animal fats
- Chicken skins
- Pork lard and butter
- Dairy products high in fat (whole milk, cheese, sour cream)
- Solid butter
- Chocolate candies (except for powder cocoa)

Trans Fats:

Hydrogenated oils are fats in which hydrogen atoms have been added to fat molecules.

This causes our bodies to produce more LDL (*bad cholesterol*) and lower HDL (*good cholesterol*).

Remember that trans fats elevate the LDL (*bad cholesterol*), for example:

- Coconut oil, palm or any oils that the label reads “partially hydrogenated”
- Solid margarines
- Oven dough, like cookies, cakes are generally high in trans fats.
- Trans fats are also found in small quantities in animal products (pork, beef, lamb) and dairy products.

Poly-Unsaturated Fats:

Remember that the poly-unsaturated fats reduce LDL (*bad cholesterol*), such as:

- Vegetable oils (safflower, corn, sesame and sunflower)

MONO UNSATURATED FATS:

Do not forget, mono unsaturated fats lower LDL (*bad cholesterol*), such as:

- Canola, olive and peanut oil
- Avocados, olives, natural peanut butter, nuts and almonds.

Fiber

Eat more foods rich in fiber. Fiber helps lower lipids and makes you feel fuller, which helps you eat less calories. Soluble fibers are important. A soluble fiber that absorbs and retains water is known to lower LDL (*bad cholesterol*) and the total cholesterol level.

Common Sources of Soluble Fiber

- Oatmeal
- Broccoli and carrots
- Dry beans and peas
- Berries, plums and prune juice

Insoluble fibers can prevent or improve constipation, and also improve blood sugar levels.

Such as:

- Whole grain breads and cereals
- Kidney beans, celery, zucchini
- Nuts and seeds
- Vegetable and fruit rinds
- Wheat, corn and rice fiber



The American Cardiac Association recommends that adults eat 10 to 25 grams of fiber daily. Eating 5 to 9 portions daily of fruits and vegetables is an excellent way to fulfill the fiber needs.

Stress

It is known that high levels of chronic stress contribute to high levels of cholesterol.

Advice on dominating daily stress:

- Exercise (walk, or practice a favorite sport)
- Speak with a friend
- Watch a movie or suitable TV program
- Take the time to do something of your liking or pastime
- Read or listen to inspirational messages

Foods

Advice for your purchases:

- Buy low-fat or non-fat, sour cream, dressings and sandwich spreads (mayonnaise).
- Reduce the amount of eggs in your dessert recipes.
- Buy low-fat cold cuts or those that have no more than 2 grams of fat for every 2 ounces.
- Cheese, must not have more than 5 grams of fat per ounce.
- Use non-fat evaporated milk or skim powder milk to cook.
- Vegetarian products generally have less fat and are higher in fiber, than meat products.
- Try turkey bacon or canadian bacon for your breakfast.
- Cook with cooking spray, or oil your pan lightly to fry with hardly no fat.
- Remember to compare food labels, choose less total fat, saturated fat and trans fats.

