



Every Body Wins!

with a Heart-Healthy Lifestyle



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Winning Tips for Every Body

BY OLYMPIAN JANET EVANS

Four-time Olympic gold medalist Janet Evans has been swimming since she was two years old. This led to a record-breaking career, and the years of consistent exercise have done her body a lot of good. She also stays in winning shape by eating nutritious foods, weight lifting, and maintaining balance in her life. Below are her tips for healthy living.



Photograph by John Strand

Janet Evans

Burn Calories

- Swim, bike, run—do whatever you enjoy. Just vary your activities to keep exercise fun. And get friends or family members involved so you can motivate each other.
- Follow the American Heart Association recommendations for physical activity. Healthy adults should aim for at least 30 minutes of moderate physical activity on five or more days of the week, 20 minutes of vigorous activity on three days each week, or a combination of both levels of activity. Children and adolescents should participate in at least 60 minutes of moderate to vigorous active play or physical activity every day.
- Develop an exercise routine and set small goals each week to improve performance.

Pump It Up

- Strength train major muscle groups at least twice a week using resistance, such as weights.
- Explore other activities that improve strength and flexibility, such as stretching with an exercise band or doing yoga or pilates.

Take Action

- If you smoke, quit. If you don't smoke, encourage those you love to break the habit.
- Minimize stress by relaxing and making time for family, friends, and yourself. Don't sweat the things you can't control.
- Get adequate sleep for your age. School kids generally require 10 to 11 hours of sleep, adolescents 9 hours, and adults 8 hours.

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Make Good Choices

- Eat a variety of nutritious foods from all the food groups.
- Eat a diet rich in vegetables and fruits.
- Choose whole-grain, high-fiber foods.
- Eat fish, preferably containing omega-3 fatty acids (for example, salmon, trout, and tuna), at least twice a week.
- Limit foods that are high in calories but low in nutrients.
- Limit how much saturated fat, *trans* fat, and cholesterol you eat.
- Choose fat-free and low-fat dairy products.
- Cut back on beverages and foods with added sugars.
- Choose and prepare foods with little or no salt.
- If you drink alcohol, drink in moderation.
- Read nutrition fact labels and ingredient lists.

How the Recipes Are Analyzed

- Each analysis is for a single serving; garnishes are not included.
- When ingredient options are listed, the first one is analyzed. When a range of ingredients is given, the average is analyzed.
- The values for saturated, *trans*, monounsaturated, and polyunsaturated fats are rounded and may not add up to the amount listed for total fat.
- To keep the level of sodium in our recipes low, we call for unprocessed foods of low-sodium products when possible and add table salt sparingly for flavor. The amount of sodium in the finished dish will be less than if we called for a regular product and no table salt.
- We use 95% fat-free ground beef for analysis.



salmon patties with sour cream and Dijon topping

Serves 4 1 salmon patty and 2 teaspoons topping per serving

Salmon Patties

- 1 7.1-ounce vacuum-sealed pouch pink salmon
 - ¼ cup plain dry bread crumbs
 - ¼ cup grated onion
 - 2 tablespoons yellow cornmeal
 - 2 tablespoons fat-free or light mayonnaise
 - white of large egg
 - 1 tablespoon snipped fresh parsley
 - 1 teaspoon salt-free extra-spicy seasoning blend
 - ½ teaspoon red hot-pepper sauce
-
- 2 tablespoons all-purpose flour
 - 1 tablespoon yellow cornmeal
 - 1 tablespoon canola oil

Topping

- 2 tablespoons fat-free or light sour cream
- 1 tablespoon Dijon mustard
- ⅛ teaspoon cayenne

In a medium bowl, gently flake the salmon. Stir in the remaining salmon patty ingredients. Shape the mixture into 4 patties, each about ½ inch thick.

In a small bowl, combine the flour and 1 tablespoon cornmeal. Press

the sides and edge of each salmon patty into the mixture (no need to shake off the excess).

Heat a large nonstick skillet over medium-high heat. Add the canola oil and swirl to coat the bottom. Heat the oil. Cook the patties for 5 minutes. Turn and cook for 5 to 7 minutes or until golden brown.

Meanwhile, in a small bowl, stir together the topping ingredients.

To serve, place the patties on plates. Spoon the topping over each patty.

NUTRIENTS PER SERVING

Calories 176, Total Fat 6.5 g, Saturated Fat 1.5 g, Trans Fat 0.0 g, Polyunsaturated Fat 1.5 g, Monounsaturated Fat 2.5 g, Cholesterol 20 mg, Sodium 463 mg, Total Carbohydrate 17 g, Dietary Fiber 1 g, Sugars 2 g, Protein 13 g

winning tip

Wrap any leftovers individually and freeze for up to 3 months. When ready to serve, transfer the patties to a microwave-safe dish. Microwave on 100% power (high), covered, for 1½ to 2 minutes or until warmed through. Serve on top of a lettuce leaf and drizzle with sauce.



tex-mex skillet supper

Serves 4 $1\frac{1}{2}$ cups per serving

- 1 tablespoon canola oil
- 1 large onion, chopped
- 1 pound extra-lean ground beef or 1 (12-ounce) package soy crumbles, thawed, if frozen
- 1 cup water
- $\frac{1}{2}$ cup uncooked instant brown rice
- 1 10-ounce package frozen whole-kernel corn (2 cups)
- 1 medium tomato, chopped
- 1 chipotle pepper canned in adobo sauce, minced
- $\frac{1}{2}$ packet taco seasoning mix (1- to 1.25-ounce with lowest sodium available)
- 2 tablespoons snipped fresh cilantro
- $\frac{1}{8}$ teaspoon salt
- snipped cilantro for garnish

In a large nonstick skillet, heat the canola oil over medium-high heat, swirling to coat the bottom.



Cook the onion for 1 minute, stirring frequently. Add the beef or soy. Cook the beef for about 5 minutes or until browned, breaking it up with a spoon and stirring constantly. Pour into a colander and drain if needed. If using the soy, heat it for 2 to 3 minutes or until warmed through.

Stir in the beef or soy, water, rice, corn, tomato, and chipotle. Increase the heat to high and bring to a boil. Reduce the heat and simmer, covered, for 5 minutes or until the rice is soft and most of the liquid is absorbed. Remove from the heat.

Stir in the taco seasoning, 2 tablespoons cilantro, and salt. Let stand, covered, for 5 minutes so the liquid and flavors are absorbed. Spoon onto plates. Garnish with the snipped cilantro.

NUTRIENTS PER SERVING

Calories 335, Total Fat 10.0 g, Saturated Fat 2.5 g, *Trans* Fat 0.0 g, Polyunsaturated Fat 2.0 g, Monounsaturated Fat 4.5 g, **Cholesterol 62 mg, Sodium 415 mg, Total Carbohydrate 34 g**, Dietary Fiber 4 g, Sugars 7 g, **Protein 29 g**

winningtip

For a healthy lunch alternative, spoon leftovers into a whole-wheat pita and top with shredded lettuce, diced tomatoes, and hot sauce.

rustic chicken soup

Serves 4 1 cup per serving

- 1 tablespoon canola oil
- $\frac{3}{4}$ cup chopped onion
- 1 medium carrot, cut into matchstick-size pieces (about $\frac{3}{4}$ cup)
- $\frac{1}{2}$ medium rib of celery, thinly sliced
- 1 medium garlic clove, minced
- 8 ounces boneless, skinless chicken breasts, all visible fat discarded, cut into $\frac{1}{4}$ -inch cubes
- 1 14.5-ounce can fat-free, low-sodium chicken broth
- 2 tablespoons uncooked quick-cooking brown rice
- $\frac{1}{8}$ teaspoon crushed red pepper flakes
- 4 tablespoons chopped fresh basil leaves
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{4}$ cup shredded fat-free or part-skim mozzarella cheese
- 2 teaspoons shredded or grated Parmesan cheese

Heat a large saucepan over medium-high heat. Add the canola oil and swirl to coat the bottom. Cook the onion, carrot, celery, and garlic for 4 minutes or until the



onion is soft, stirring frequently. Stir in the chicken. Cook for 15 seconds, stirring constantly.

Add the broth, rice, and pepper flakes. Increase the heat to high and bring to a boil. Reduce the heat and simmer, covered, for 10 minutes or until the celery is tender. Remove from the heat. Stir in the basil and salt.

To serve, ladle into soup bowls. Sprinkle with the mozzarella and Parmesan cheeses.

NUTRIENTS PER SERVING

Calories 145, Total Fat 4.5 g, Saturated Fat 0.5 g, *Trans* Fat 0.0 g, Polyunsaturated Fat 1.5 g, Monounsaturated Fat 2.5 g, **Cholesterol 35 mg, Sodium 325 mg, Total Carbohydrate 8 g**, Dietary Fiber 2 g, Sugars 2 g, **Protein 17 g**

winningtip

To use a slow-cooker method, place the chicken and vegetables in a slow cooker. Add the broth, rice, and pepper flakes. Cook on low for 4 to 6 hours. Stir in the basil and salt. Serve as directed above.

chicken spaghetti

Serves 4 *1 1/2 cups per serving*

- canola oil cooking spray
- 4 ounces dried whole grain spaghetti
- 1 tablespoon canola oil
- 1 medium red bell pepper, thinly sliced
- 1 medium green bell pepper, thinly sliced
- 1/2 medium onion, chopped
- 2 cups diced skinless cooked chicken breast, cooked without salt (about 8 ounces)
- 1 14.5-ounce can no-salt-added diced tomatoes, undrained
- 1 10.75-ounce can low-fat, reduced-sodium condensed cream of chicken soup
- 1/2 cup low-fat shredded Cheddar cheese
- 1/4 cup shredded or grated Parmesan cheese
- 1/4 teaspoon pepper

Preheat the oven to 350°F. Lightly spray an 8-inch square or microwave-safe baking dish with canola oil spray.

Prepare the spaghetti using the package directions, omitting the salt and oil. Rinse in cold water to

prevent spaghetti from clumping. Drain well in a colander.

Meanwhile, in a large skillet, heat the canola oil over medium heat, swirling to 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, until well mixed. Then, stir in the spaghetti. Pour into the baking dish.

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

NUTRIENTS PER SERVING

Calories 390, Total Fat 11.5 g, Saturated Fat 4.0 g, *Trans* Fat 0.0 g, Polyunsaturated Fat 2.0 g, Monounsaturated Fat 4.0 g, **Cholesterol 75 mg, Sodium 544 mg, Total Carbohydrate 38 g**, Dietary Fiber 7 g, Sugars 8 g, **Protein 35 g**

winningtip

To make this dish ahead of time, prepare to the point of baking. Cover tightly and refrigerate. Within 24 hours, uncover and bake as directed, or microwave on 100% power (high), covered, for 11 to 12 minutes or until warmed through.





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Not All Fats Are Created Equal!

Your body needs fat to provide energy and help your body absorb fat-soluble vitamins. Certain fats, such as omega-3 and omega-6 fats, are essential for good nutrition and must be consumed as part of a healthy diet. It is important to choose fats wisely because some are healthier for you than others. Canola oil provides more good fats than any other popular vegetable oil.

How Do You Get the Right Fats in Your Diet?

Health professionals recommend:

- keeping total fat intake between 20 to 35 percent of calories.
- choosing monounsaturated fat from such sources as nuts, seeds, and vegetable oils like canola oil.
- increasing omega-3 fat from sources such as salmon, lake trout, walnuts, and canola oil.

- consuming less than 10 percent of calories from saturated fat per day.
- avoiding *trans* fat.
- avoiding dietary fats that increase cholesterol.

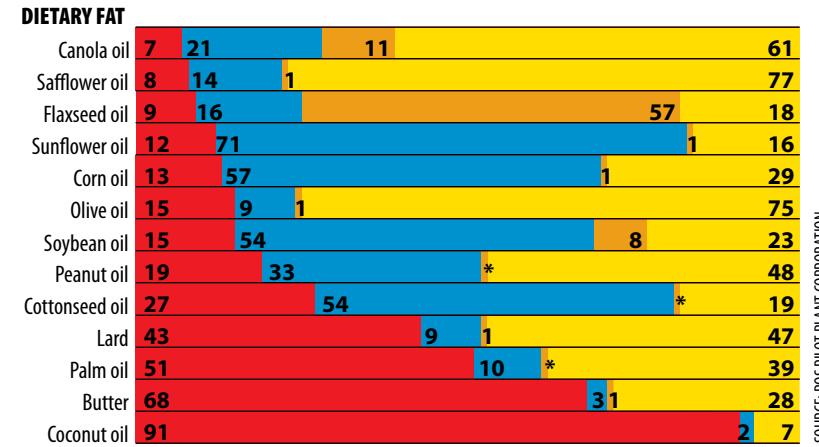
Canola Oil May Reduce the Risk of Coronary Heart Disease.

The U.S. Food and Drug Administration authorized in October 2006 a qualified health claim for canola oil based on its high percentage of unsaturated fats.

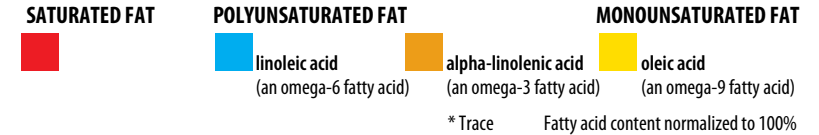
The claim states: *“Limited and not conclusive scientific evidence suggests that eating about 1½ tablespoons (19 grams) of canola oil daily may reduce the risk of coronary heart disease due to the unsaturated fat content in canola oil. To achieve this possible benefit, canola oil is to replace a similar amount of saturated fat and not increase the total number of calories you eat in a day.”*



comparison of dietary fats



SOURCE: POS PILOT PLANT CORPORATION



In keeping with current dietary recommendations,¹ canola oil is:

■ low in saturated fat

Saturated fat raises the bad LDL cholesterol in your blood and has been linked to increased risk of coronary heart disease.

■ a source of omega-6 fat

Omega-6 fat must be consumed in your diet and is important for the brain and essential for the growth and development of infants.

■ high in omega-3 fat

Omega-3 fat must also be consumed in your diet and helps protect against heart attacks and strokes.

■ high in monounsaturated fat

Monounsaturated fat may reduce the risk of coronary heart disease by lowering bad LDL cholesterol in the blood and helping control blood glucose.

■ free of *trans* fat and cholesterol

Trans fat raises bad LDL cholesterol and lowers good HDL cholesterol.

¹The U.S. government recommends that people “consume less than 10 percent of calories from saturated fatty acids and less than 300 mg/day of cholesterol, and keep *trans* fatty acid consumption as low as possible”.

winningtip

Adopt a winning lifestyle by eating nutritious foods, exercising, getting adequate rest, and minimizing stress.

Every Body Wins...

"...when you limit foods and beverages high in calories, saturated and *trans* fats, cholesterol, and sodium."

— **American Heart Association**

"...when you are active, even if it's just a game of tag with your kids or a romantic stroll with your partner after dinner. Swim, bike, run—do whatever you enjoy. Exercise is a great way to make time for family, friends, and yourself."

— **Janet Evans, four-time Olympic gold medalist**

"...by keeping your pantry stocked with whole grains, beans, fruits and vegetables, and an everyday cooking oil that is low in saturated fat like canola oil."

— **CanolaInfo team**



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