



# WISEWOMAN UPDATE

April 2005

## WISEWOMAN Program Meetings

Thank you to everyone who participated in the meetings to discuss the proposed program changes. We received great feedback from everyone and appreciated the time taken to attend the meetings.

Soon we will be sending you a questionnaire to complete related to the proposed changes. We are excited about the changes and continue to be appreciative of your assistance in helping us make the WISEWOMAN Program the best it can be!

## BCCCP/WISEWOMAN Program Annual Meeting

The 2005 BCCCP/WISEWOMAN Program Annual Meeting is quickly approaching. Operating under the theme *Empowerment and Cultural Diversity: Overcoming Barriers to Quality Care*, this year's meeting will highlight culturally competent approaches to breast and cervical cancer prevention and treatment, as well as disease prevention and wellness activities.

The meeting will take place on May 12 and 13 at the Grand Traverse Resort in Acme, Michigan. Some speakers of interest include:

**Joyce King, PhD, FNP, CNM, RN**

*Obesity and Its Effect on Cancer and Cardiovascular Health*

**Tieraona Low Dog, MD**

*Dietary Supplements and the Cardiovascular System: An Update of the Evidence*

**Ken Resnicow, PhD**

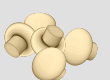
*Motivational Interviewing*

**Amikaeyla Proudfoot Gaston, MS**

*Cultural Sensitivity and Health Care for Women*

**Patty Quintel**

*WISEWOMAN Program Success Story*



# Tips on How to Make Healthier Meals

Begin by choosing foods low in saturated fat, low in sodium, and low in calories:



- Try fat free (skim) milk or low-fat (1%) milk
- Only buy cheeses marked "low-fat" or "fat free" on the package
- Choose to eat fruits and vegetables without butter or sauce
- Serve rice, beans, cereals, pasta, whole grains (e.g., couscous, barley, bulgar, etc.)
- Choose lean cuts of meat, fish, and skinless turkey and chicken
- When available, buy low- or reduced-sodium or no-salt-added versions of foods

Use these recipe substitutions:



- Use two egg whites for each whole egg and margarine or oil instead of butter
- Use light mayonnaise instead of the regular variety
- Use nonfat yogurt instead of sour cream
- Use low-fat cheese instead of regular cheese
- Use 1% or skim milk instead of whole milk
- Use fresh poultry, fish, and lean meat rather than canned or processed types

Try these meal tips:



- Make a meatloaf with lean ground turkey
- Make tacos with skinless chicken breast
- Cool soups and gravies and skim off fat before reheating them
- Try adding salsa on a baked potato instead of butter
- Make a spicy baked fish – season with green pepper, onion, garlic, oregano, or cilantro
- Eat fruit for dessert instead of pie or cake



# 5 A Day At 5 Locations A Day

Here, there, and everywhere. How many places are you in a day? Wherever you are throughout your day, there are always ways to make sure that you can get your 5 A Day.

## Eating Away From Home

When eating out, "substitute" is the key word to getting 5 A Day. Whether it's running to the deli during lunch, stopping by the cafeteria at work or school, or eating at their favorite restaurant, people's first instinct is probably to stick to the menu. But if healthy fruit and vegetable options are not available, ask for healthier alternatives such as fresh fruit instead of greasy french fries or a light salad instead of onion rings.

## At Home

There are lots of opportunities to eat more fruits and vegetables at home. Why not try these helpful tips:

- Keep a bowl of fresh fruit – washed and dried – in the kitchen. Stock up on frozen vegetables and throw them in the microwave for a meal or snack.
- At the grocery store, take advantage of pre-packaged salads and other vegetables.

## In the Car

Whether commuting between home, work, or school, or just running errands, Americans spend a great deal of time in the car. Try these tips for making fruits and vegetables a quick and handy snack:

- Store some dried fruit in your glove compartment.
- Wash whole pieces of fruit – like grapes and apples – and pack for the car.
- If grabbing takeout for home, order a salad or other vegetable side dish.

## At School

Packing fruit and vegetable snacks or adding them to your children's lunch box is a great way to keep your family going strong. Here are some ideas for packing healthy snacks:

- Include small bags of cut up or pre-cut fruit or vegetables.
- Blend a mix of dried fruit to create your own trail mix.
- Include as a beverage a can of 100% fruit juice or low-sodium vegetable juice.

## At Work

Sometimes the only snack options at work are foods that do not have any nutrients, only calories. Here are some ideas for changing this in your workplace:

- Instead of doughnuts and cookies, pass around a plate of fruit at your next staff meeting.
- Keep a package of individually boxed raisins in your desk drawer or briefcase.
- If your job requires you to eat on the go, grab portable options like pre-cut vegetables and a container of low-fat dip or individual servings of canned fruit.
- Try a quick recipe for a portable salad you can store in a cup for quick mixing and eating.

