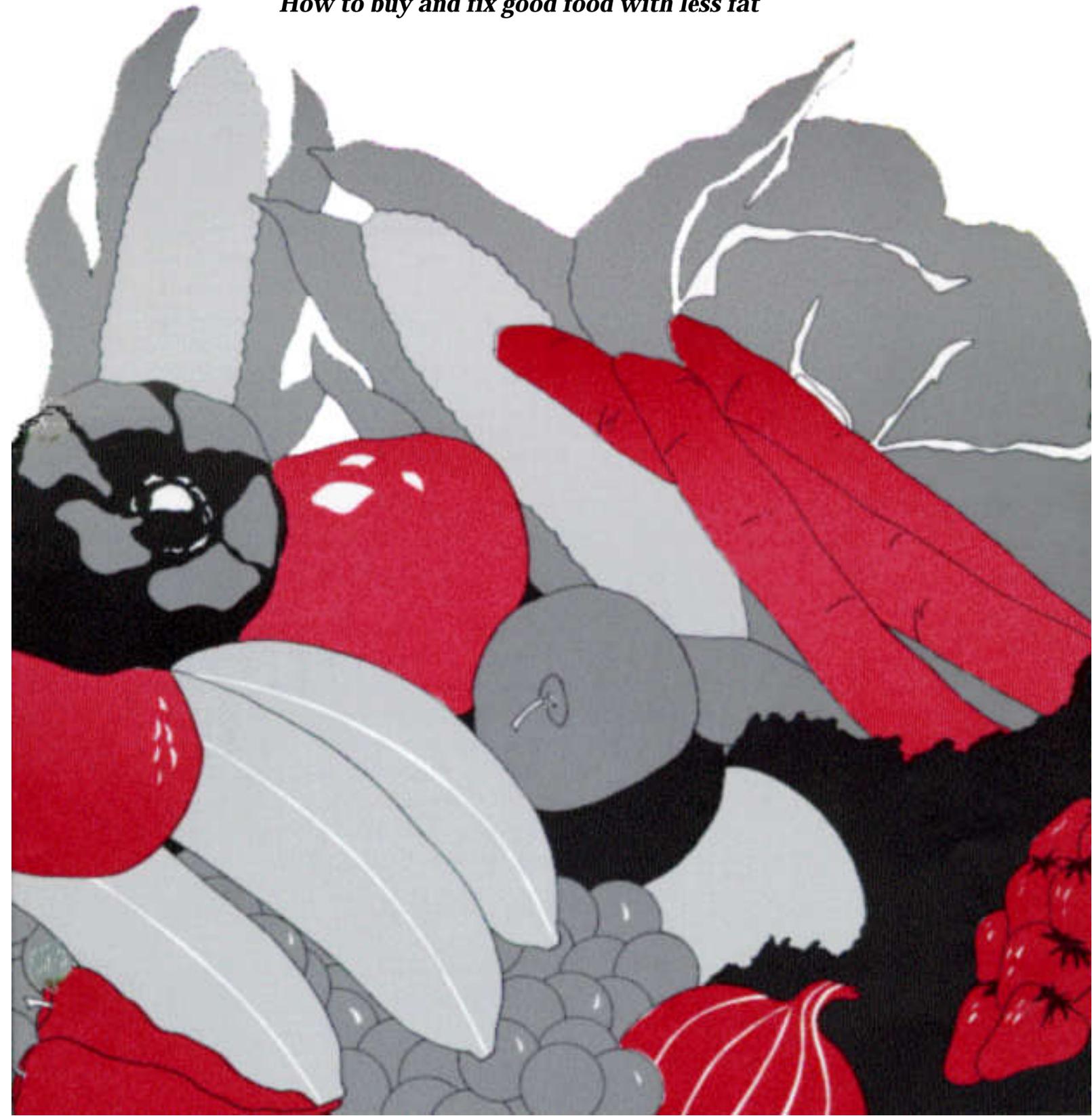


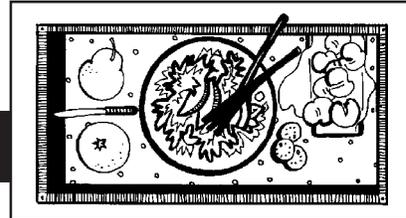
Wisconsin Nutrition Education Program

# Eating for Pleasure and Health

*How to buy and fix good food with less fat*

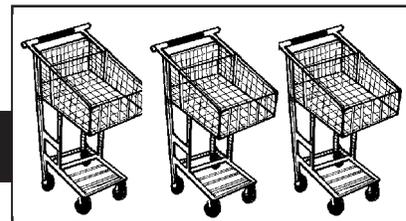


# Contents



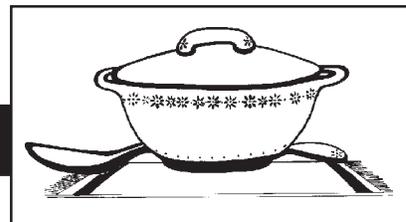
## Part 1 Eating for pleasure and health

- 1 Health and pleasure go great together
- 2 *Give me one good reason for eating food with less fat*
- 3 *Is there very much fat in my family's food?*
- 4 Let's look at fat in food
- 4 Babies need more fat in their food
- 5 *How can eating food with less fat be a pleasure?*



## Part 2 Buy good food with less fat

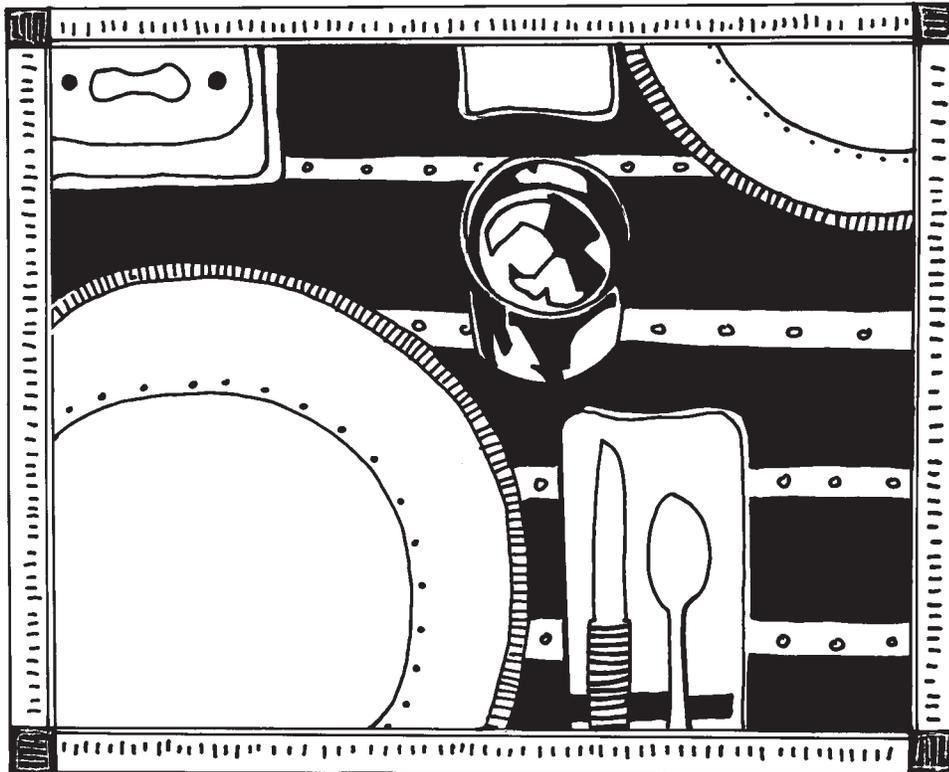
- 6-7 *How do I buy food with less fat?*
- 7 *If a food has more fat, does that mean I shouldn't buy it?*
- 8 *What about foods that are labeled "light" or "lowfat"?*
- 9 Poultry, fish and meat
- 10 Milk and foods made from milk
- 11 Fatty extras
- 11 Breads, baked goods and snacks
- 12 *How much fat is in fast food sandwiches?*
- 13 Fast food



## Part 3 Fix good food with less fat

- 14 Cook with less fat
- 15 Add less fat to food
- 15 Make one change at a time
- 16 Eat less meat
- 17 Beef or pork
- 17 Gravy or sauce
- 18 Chicken, turkey or fish
- 18-19 Combination dish
- 20 Sandwich
- 20-21 Baked goods
- 22 *Where do I start?*

## Health and pleasure go great together



*Eating should be a pleasure first of all. It shouldn't be like work. — April*

Who doesn't enjoy the sight, smell and taste of good food? Knowing that our food is doing good things for our health makes it even better.

What we eat isn't the only thing that affects our health. But it does make a difference — along with how much we smoke, drink and exercise. When we do our best with the things we can control, we improve our chances for staying healthy.

Do you and your family get a lot of fat in your food? Many people do. Most of us would benefit from eating food with less fat, whether we are slim or overweight or in between. Food with less fat is not just for people who want to lose weight.

*"Pleasure and health" says it all. You're eating what you like and you're eating for your health. — Iana*

## ***Give me one good reason for eating food with less fat***

How about *five* good reasons?

### **Eating food with less fat means you and your family could . . .**

**1 . . .** lose excess weight and keep it off more easily.



**2 . . .** spend less money on food. Many fatty foods are costly extras — like rich baked goods, ice cream, salad dressings and mayonnaise.



**3 . . .** eat more food with healthy starch and fiber — like bread, rice, noodles, cereal, vegetables, fruit, dried beans and peas.



**4 . . .** get more vitamins, minerals and protein in your food.

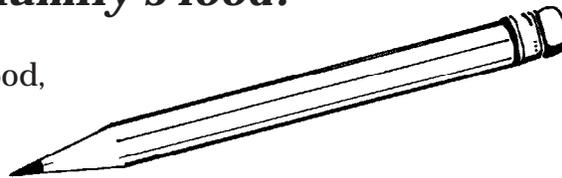


**5 . . .** improve your chances of avoiding certain forms of cancer and heart disease.



## *Is there very much fat in my family's food?*

To get an idea of how much fat is in your food, answer these questions.

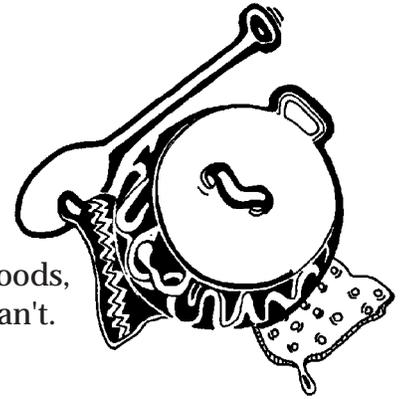


	<b>Seldom or never</b>	<b>1-2 times a week</b>	<b>3-5 times a week</b>	<b>Almost every day</b>
<b>How often do you and your family eat:</b>				
	(Check one)			
French fries, fried potatoes, other fried food?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hot dogs, sausage, lunch meat, bacon?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Beef or pork: regular ground meat, steak, roast, chop?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Whole milk, cheese, ice cream?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Donuts, cake, pie, cookies?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Regular salad dressing or mayonnaise?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Butter, margarine, oil, lard, bacon fat or other meat fat added to food?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

The more times you checked "3-5 times a week" or "almost every day," the more likely it is that your family gets a lot of fat in their food.

## Let's look at fat in food

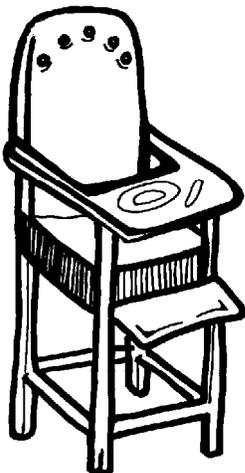
Fat is a natural part of many foods. Fat is added to many foods, too. Sometimes we can see the fat in food, sometimes we can't. Whether we can see it or not, fat gives us calories.



### More fat means more calories

Food	Teaspoons of fat	Calories
1 chicken drumstick, stewed		
<i>with skin</i>	1 1/2	115
<i>without skin</i>	1/2	75
<hr/>		
1 cup milk		
<i>whole</i>	2	150
<i>low fat (1%)</i>	1/2	100
<hr/>		
3 ounces regular ground beef, browned		
<i>fat not drained</i>	4 1/2	260
<i>fat drained</i>	3	200

Fat gives us more than calories. It often improves the flavor and texture of food and helps us feel satisfied. We need *some* fat in our food, but we often get too much.



## Babies need more fat in their food

Babies are growing and developing quickly, so they need more fat in their food than older children do. The amount of fat in a child's food should not be limited before the child is two years old. After they turn two, children can enjoy lower-fat food with the rest of the family.

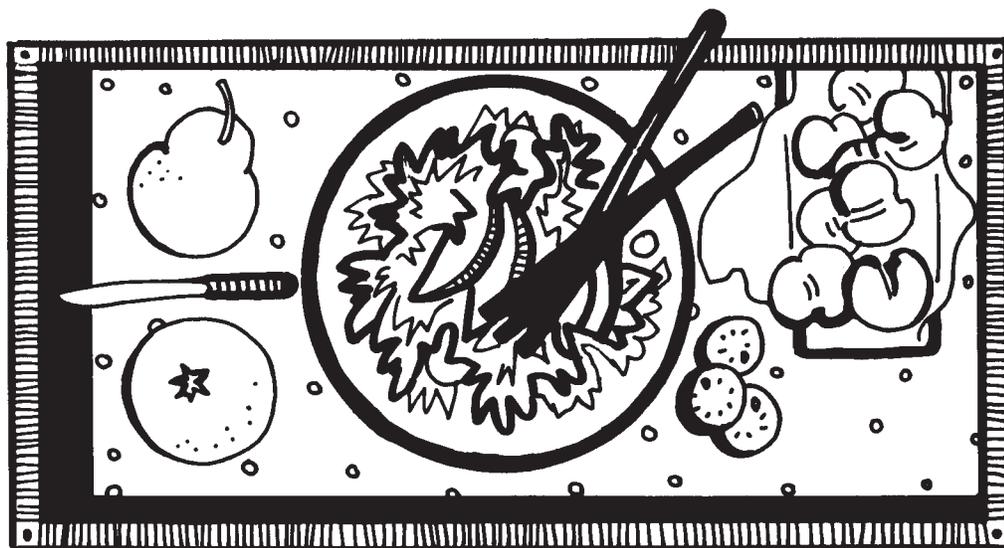
## ***How can eating food with less fat be a pleasure?***

You can buy and fix food  
with less fat and *still* . . .

- . . . enjoy your favorite foods.
- . . . buy foods that fit your budget.
- . . . fix meals that are quick and easy.
- . . . serve meals that your family likes.

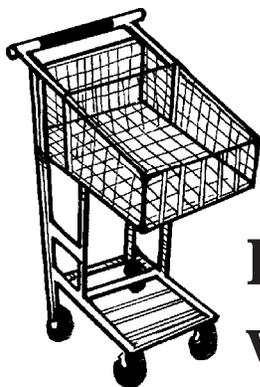
Food with less fat sometimes tastes different, but different can be good!

***Many times people say "It doesn't taste good," but they haven't even tasted it. — Dolores***



***A lot of times when you eat, you feel really full and heavy. With foods that are lighter you still have energy to move around and do things. — Betty***

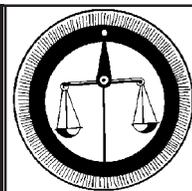
Start with changes that are easy for you and your family.  
Try one new change every week or two.



## Buy good food with less fat

Shopping for food with less fat doesn't mean giving up the foods you and your family like. It simply means. . .

. . . choose *more* of foods with *less fat*  
*and*  
. . . choose *less* of foods with *more fat*



### *How do I buy food with less fat?*

Many food labels tell what's in the food, so it's easy to see if one food has less fat than another. Here's how to do it, in three steps.

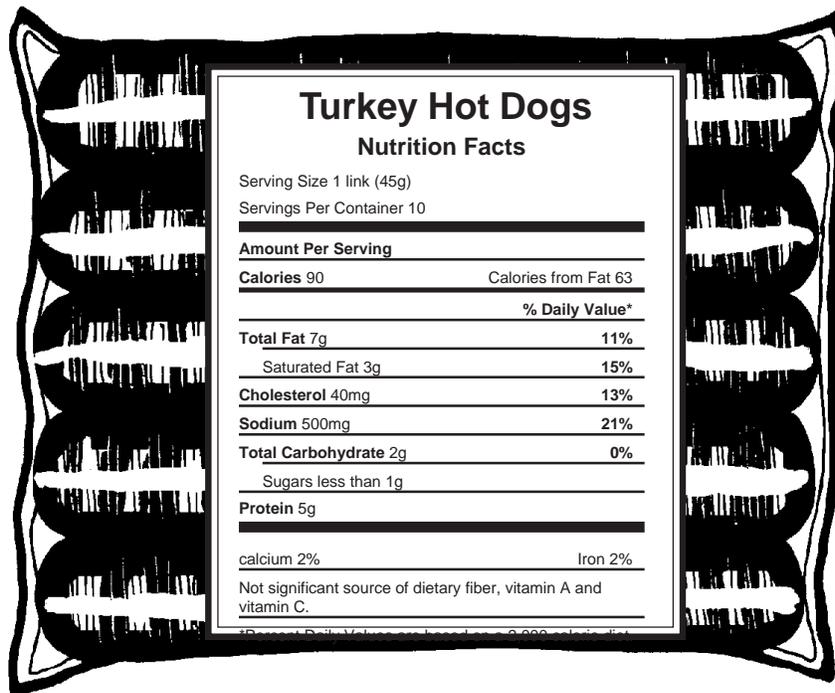
- ① Choose the two products that you want to compare. Find the "Nutrition Facts" on each label.
- ② Check the serving size to see if it is the amount you usually eat.
- ③ Compare the % of the Daily Value for fat a serving of each product.

Which product is the lower-fat choice?

*I've tried the low-fat. I've gotten used to drinking 1% milk. It was something I had to gradually get into because I was so used to whole milk.*

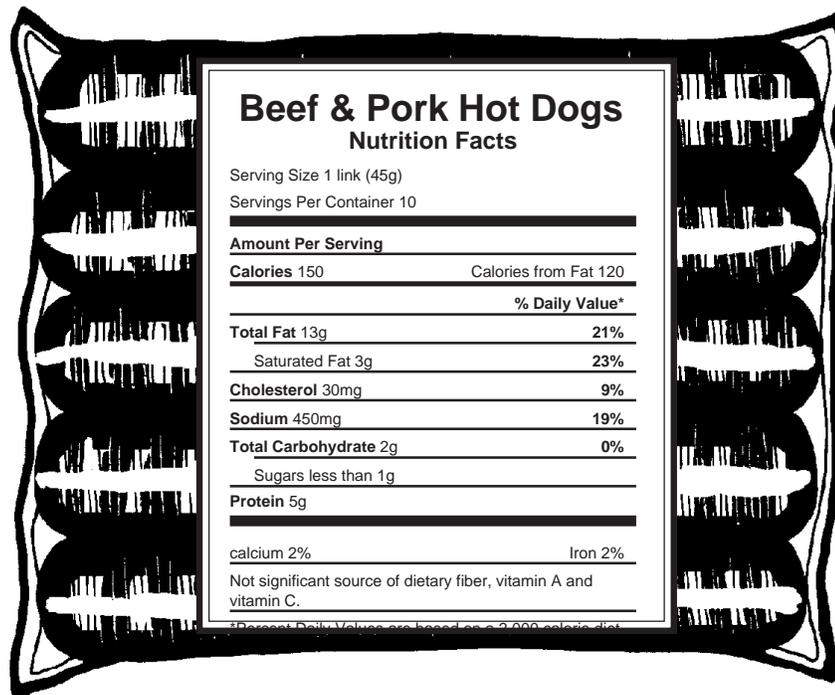
— Annie

Let's compare the fat content of two hot dogs.



Serving size  
equals  
1 hot dog

11% of the  
Daily Value  
for fat in a  
serving



Serving size  
equals  
1 hot dog

21% of the  
Daily Value  
for fat in a  
serving

***If a food has more fat,  
does that mean I shouldn't buy it?***

There are no forbidden foods when we're eating for pleasure and health. If you prefer a food that has more fat, just use less of it or use it less often.

**Buy good food with less fat**

Compare the fat content of these two cheeses.  
Which one is the lower-fat choice?

Cheddar Cheese	
Nutrition Facts	
Serving Size 1 oz. (28g/about 1 inch cube)	
Servings Per Container 8	
Amount Per Serving	
<b>Calories</b> 110	Calories from Fat 80
% Daily Value*	
<b>Total Fat</b> 9g	14%
Saturated Fat 5g	27%
<b>Cholesterol</b> 30mg	9%
<b>Sodium</b> 180mg	8%
<b>Total Carbohydrate</b> 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
<b>Protein</b> 7g	

Mozzarella Cheese	
Nutrition Facts	
Serving Size 1 oz. (28g/about 1 inch cube)	
Servings Per Container 8	
Amount Per Serving	
<b>Calories</b> 80	Calories from Fat 45
% Daily Value*	
<b>Total Fat</b> 5g	8%
Saturated Fat 3g	15%
<b>Cholesterol</b> 15mg	5%
<b>Sodium</b> 170mg	7%
<b>Total Carbohydrate</b> 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
<b>Protein</b> 8g	

**What about foods that are labeled "light" or "Lowfat"?**



For foods that are usually high in fat, like mayonnaise, a "light" or "lite" food will have less fat than the regular form of the food.



"Lowfat" foods cannot have more than 3 grams of fat in a serving.

You can believe the claims on a package of food. Reading labels can help you make good choices when eating for pleasure and health.

# Poultry, fish and meat



## Choose more

Chicken or turkey  
eaten without skin

Unbreaded chicken or fish

Fish canned in water

Lean ground beef  
or ground turkey

**Beef** (fat trimmed away)  
*Chuck* arm pot roast  
or steak, stew meat  
*Flank* steak  
*Loin* tenderloin, top loin steak  
*Round* all cuts  
*Sirloin* wedge-bone steak, tip roast

**Pork** (fat trimmed away)  
*Loin* center loin, loin chop,  
tenderloin

Lean ham, Canadian bacon\*

Lean or reduced-fat  
lunch meat or hot dogs\*

**Variety Meats**  
heart, kidney, liver, neck bones,  
beef tripe

Lean venison, rabbit

## Choose less

Chicken or turkey  
eaten with skin,  
duck, goose

Breaded or batter-fried  
chicken or fish

Fish canned in oil

Regular ground beef  
or ground pork

**Beef**  
*Brisket*  
*Chuck* blade roast  
or steak  
*Loin* porterhouse,  
T-bone steak  
*Rib* all cuts

**Pork**  
*Loin* blade, center rib,  
rib chop, sirloin, top loin  
*Shoulder* arm picnic,  
Boston blade  
*Rib, Rump, Shank* all cuts

Regular ham, bacon,  
sausage, salt pork, hocks

Regular lunch meat or  
hot dogs

**Variety Meats**  
brain, chitterlings, pigs'  
feet, hog jowl, hog maw,  
hog snout, tongue

*I buy lowfat meats  
— turkey, chicken,  
fish — and instead  
of getting regular  
ground beef I get  
the lean because  
there's less fat.*  
— Debbie



A lower-fat meat  
my family already  
enjoys is

\_\_\_\_\_

In addition, I would  
like to try

\_\_\_\_\_

instead of

*I want to be healthy  
and I want to lose  
weight. I used to  
buy bologna with  
less fat and I think  
I'm going to start  
buying it again.*  
— Ruth

\* These meats have less fat, but they usually have a lot of sodium.  
Too much sodium can promote high blood pressure.

**Buy good food with less fat**

**Milk and foods  
made from milk**



<i>Choose more</i>	<i>Choose less</i>
Low fat (1%), reduced fat (2%) or fat free (skim) milk, buttermilk	Whole milk
Low fat or reduced-fat cheese (cottage, farmer's, part-skim mozzarella, part-skim ricotta, etc.)	Whole-milk cheese (American, cheddar, Swiss, etc.), pasteurized process cheese spread, cream cheese
Low fat yogurt or nonfat yogurt	Sour cream, sour half & half
Evaporated skimmed milk, nonfat dry milk	Regular evaporated milk, half & half, cream
Sherbet, low fat frozen yogurt, ice milk	Ice cream, frozen custard
	Butter

***I buy 2% milk and lowfat cottage cheese.***  
— Rosa

***I always buy the yogurt that's lowest in fat because my kids like it. That's one place where you can't taste the difference between whole milk and skim milk.***  
— Tammy

Start with changes that are easy. Try one new change every week or two.

## Fatty extras



### *Choose more*

Reduced-calorie\*  
margarine  
(vegetable oil spread)

Reduced calorie\*  
mayonnaise, salad dressing

Lowfat or reduced-calorie\*  
salad dressing

\* Instead of a "reduced calorie" or "light" product, you can use half as much of a regular product.

### *Choose less*

Butter, margarine,  
vegetable shortening,  
vegetable oil, lard

Regular mayonnaise,  
salad dressing

Regular salad dressing

*I like to get a light  
salad dressing  
because we eat a lot  
of salad and we like  
dressing.*

— Theresa

*I buy a light vegetable oil spread instead  
of regular margarine. It's something I put  
on bread and potatoes every day.*

— Tammy

## Breads, baked goods and snacks



### *Choose more*

Bread, rolls, English muffins,  
pancakes, tortillas (not fried),  
lower-fat cornbread, muffins,  
quick bread, waffles

Popcorn (popped with little  
or no oil), lower-fat crackers,  
pretzels, cereal

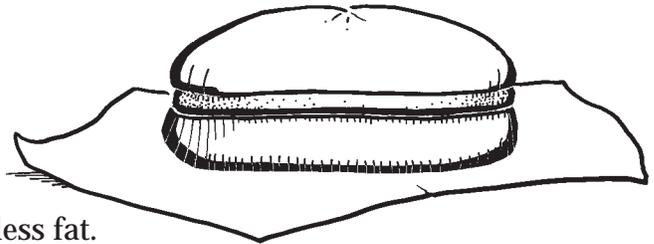
### *Choose less*

Biscuits, croissants,  
fried tortillas, fry bread,  
donuts, sweet rolls, pie  
brownies, cake, cookies

Corn chips, potato chips,  
tortilla chips, other fried  
snacks, nuts

**Buy good food with less fat**

**Fast food**



Enjoy fast food meals or snacks with less fat. Remember, you can order it your way. Ask them to hold the mayonnaise, tartar sauce, bacon or cheese — or you can remove some of it.

**How much fat is in fast food sandwiches?**

	Teaspoons of fat
Bean burrito	2
Beef <i>or</i> bean taco (regular)	3
Hamburger <i>or</i> Broiled or grilled chicken filet	4
Cheeseburger <i>or</i> Beef burrito	5
Fried chicken filet	6
Fried fish filet <i>or</i> Beef <i>or</i> bean taco (large)	7
Quarter pound <i>or</i> double hamburger	8
Quarter pound <i>or</i> double cheeseburger	9
Specialty burger with sauce & cheese	10
Double specialty burger with sauce & cheese	12

# Fast food



## Choose more

Grilled or broiled meat, chicken, fish; beans, refried beans

Lean ham, Canadian bacon\*

Bun, English muffin, tortilla (not fried), bagel

Baked potato, mashed potato

Salad greens, vegetables, fruit, cottage cheese

Lowfat or skim milk

### Extras

Ketchup, mustard, barbecue sauce, hot sauce, salsa, lowfat dressing

### Sweets

Milkshake, soft-serve cone, frozen yogurt

## Choose less

Fried or breaded and deep-fried meat, chicken, fish

Bacon, sausage

Croissant, biscuit, fried tortilla

French fries, hash browns, onion rings

Creamy coleslaw, potato salad, macaroni salad

Whole milk

### Extras

Mayonnaise or creamy sauce, sour cream, fatty or oily dressing, cheese

### Sweets

Pie, sweet roll, donut, cookies

\* These meats have less fat, but they usually have a lot of sodium. Too much sodium can promote high blood pressure.

*I went to a frozen yogurt place. I thought it was all just yogurt diet stuff, but when I got one and tasted it, it tasted like regular ice cream.*

— Deborah

Fast food with less fat

I already enjoy is \_\_\_\_\_

In addition,  
I would like to try \_\_\_\_\_

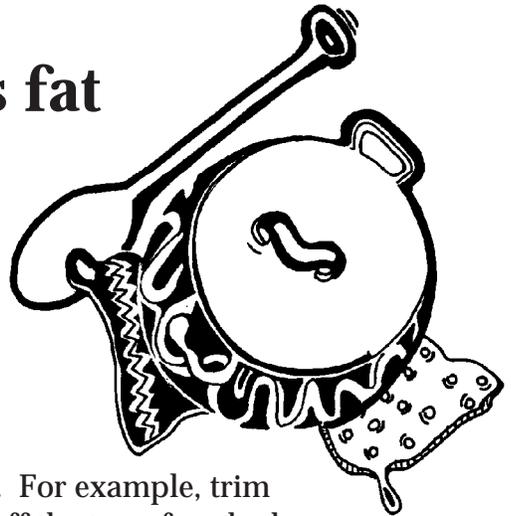
instead of \_\_\_\_\_



If you prefer a food that has more fat, just have less of it or have it less often.

## Fix good food with less fat

If we're eating for pleasure and health,  
*how* we fix food is as important as *what* we fix.



## Cook with less fat

Fix food in ways that take away some of the fat. For example, trim skin from chicken and fat from meat. Take fat off the top of cooked food.

### Cooking with less fat

Broil	Grill
Steam	Braise
Bake, roast	Boil, stew
Microwave	Simmer, poach
Saute, stir-fry using very little fat	
Fry with vegetable oil spray or with very little fat	

### Fatty cooking

Deep-fat frying
Pan frying
Basting with fat
Cooking in fatty sauce or gravy

*I don't fry a lot of foods, and if I do  
I fry them in very little oil.*

— Tammy

## Add less fat to food

Even small amounts of these fatty extras can add a lot of fat.

### Fatty extras

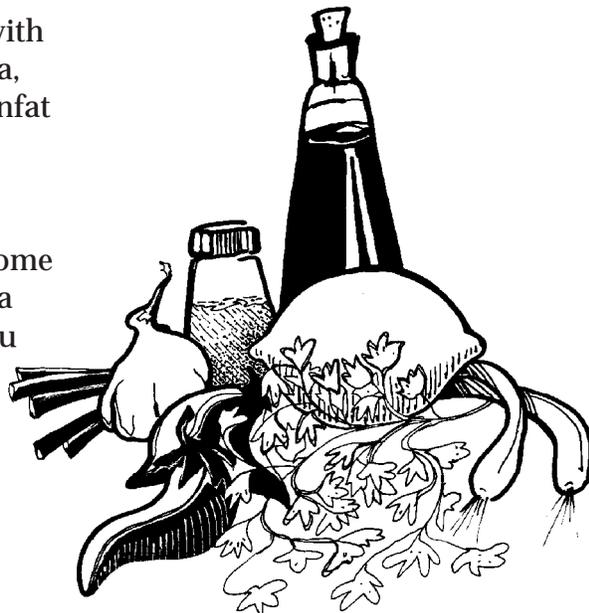
Margarine	Mayonnaise	Half & half
Butter	Salad dressing	Cream
Vegetable oil	Tartar sauce	Cream cheese
Shortening	Sour cream	Nondairy creamer
<b>Meat fat</b>		
Bacon grease, lard, salt pork, etc.		

*I wouldn't take away the gravy or the butter, I would cut it down. If you take it away it throws the whole taste off. — Annie*

Use less than the recipe says. It's easy to cut the fat in many recipes by one-fourth to one-third without much change in taste. Or use a "light," reduced-calorie or lowfat product.

For good taste with less fat, season food with onion, garlic, spices, herbs, hot sauce, salsa, lemon juice, vinegar or other lowfat or nonfat seasonings.

If margarine, butter, bacon drippings or some other fatty extra is needed for flavor, add a small amount of it just before serving. You will get the most flavor with the least fat.

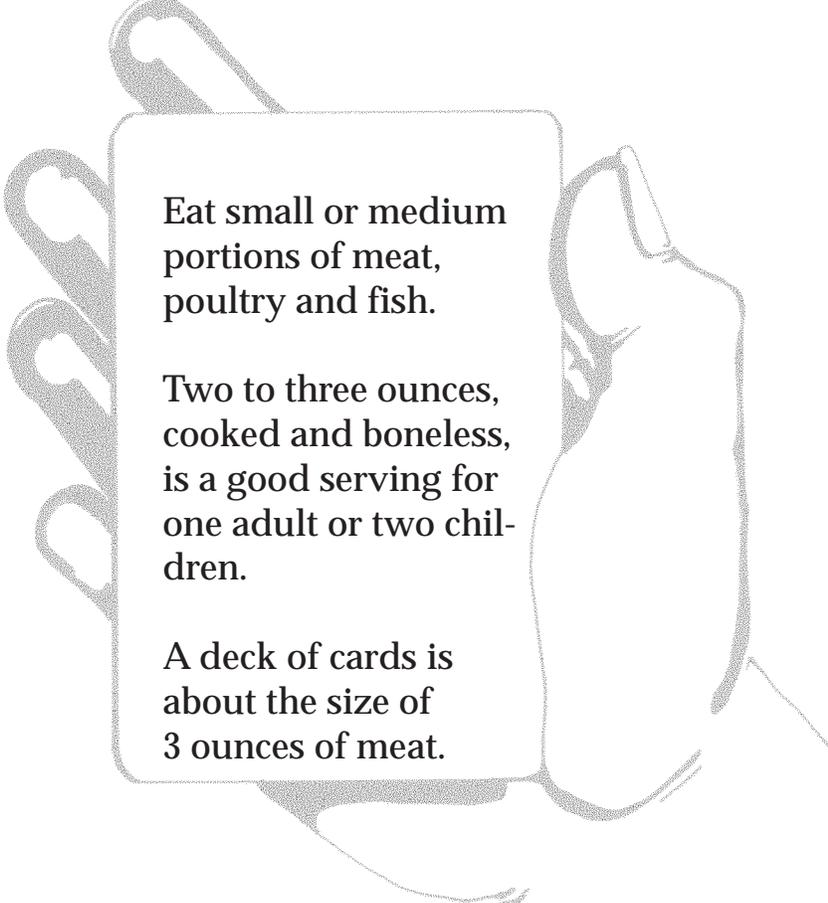


## Make one change at a time

There are many ways to fix food with less fat. Only you can decide what's right for you and your family.

Start with changes that are easy for you. Give yourself and your family time to get used to the changes, one by one.

## **Eat less meat**



Eat small or medium portions of meat, poultry and fish.

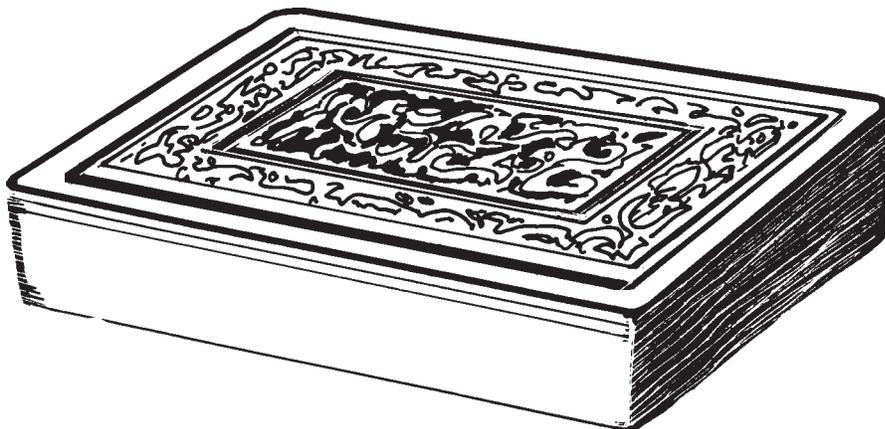
Two to three ounces, cooked and boneless, is a good serving for one adult or two children.

A deck of cards is about the size of 3 ounces of meat.

***I like meat boiled, not fried. I don't like the idea of eating all that fat. I use just a little water. It's quick and I think it's healthier. — Iana***

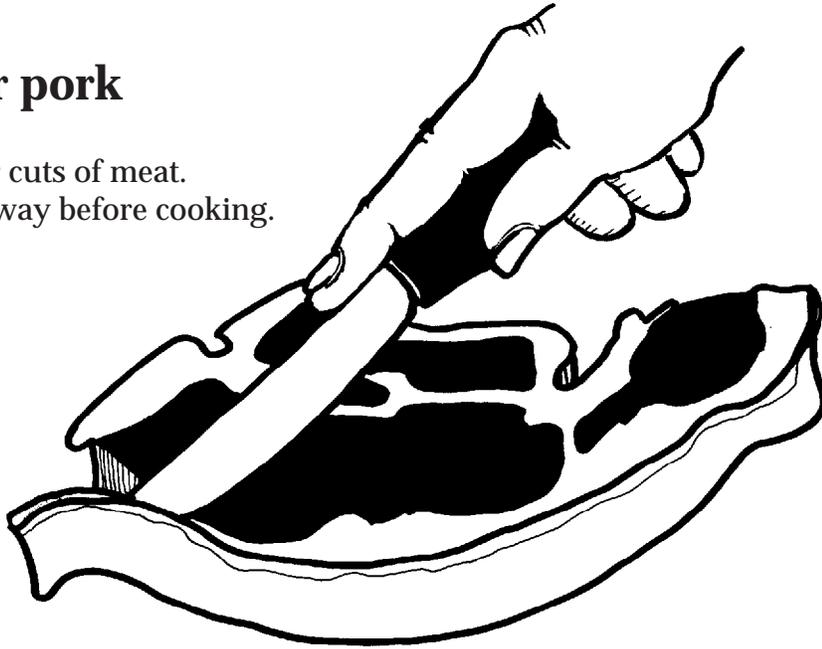
When you enjoy smaller portions of meat, fill the rest of your plate with vegetables, beans, rice, noodles or bread.

Stretch smaller portions of meat and make them more interesting by cooking them with vegetables in soups, stews, casseroles and stir-fries.



## Beef or pork

Use leaner cuts of meat.  
Trim fat away before cooking.

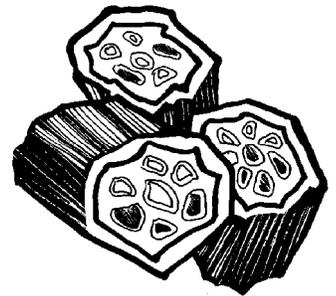


Take away the fat that cooks out — or set meat on a rack in the cooking pan so it doesn't sit in the fat that cooks out. Baste with water, broth or tomato juice instead of fatty drippings.

*Besides less fat, baking pork chops would be less work for me than frying. Just put it in the oven instead of battering it and putting it in the grease and turning it. — Sherry*

### How to tenderize lean meat

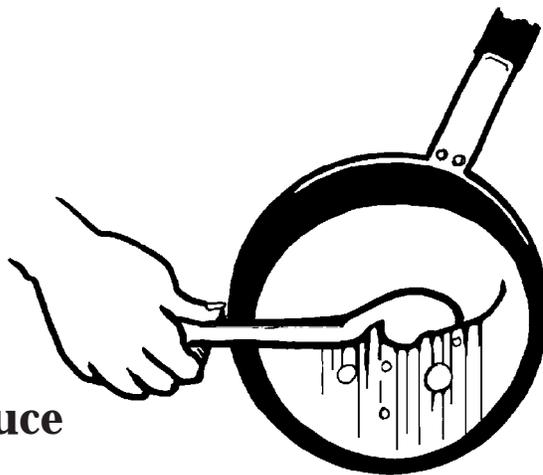
- Grind, pound or slice it thinly across the grain.
- Marinate it in a mixture of acid (like vinegar or wine), oil and seasonings (like garlic, onion, herbs and spices).
- Cook it slowly with a cover to keep in the juices. Simmer, stew, braise or pot-roast, for example.



*Instead of frying okra, I would boil it. Instead of frying steak, I'd bake it with green peppers, onions and mushrooms. — Annie*

## Gravy or sauce

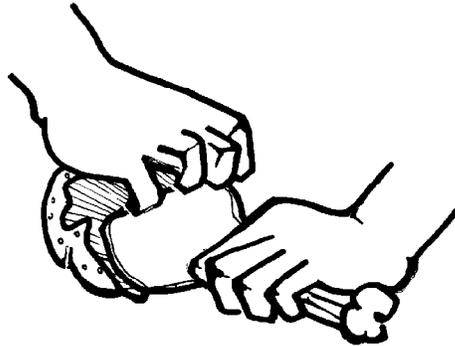
If broth or meat drippings are used, spoon fat from the top or refrigerate and lift off the solid fat.



## Chicken, turkey or fish

Take away the fat that cooks out — or set meat on a rack in the cooking pan so it doesn't sit in the fat that cooks out. Baste with water or broth instead of fatty drippings.

If the skin is not taken off before cooking, take it off before eating or eat less of it.



If chicken or fish will be fried in fat, coat it lightly with flour or meal. The lighter the coating, the less fat it soaks up.

## Combination dish

Use leaner, trimmed meats, skinned poultry and fish.

Brown meat and drain off the fat that cooks out before adding other ingredients.

Spoon fat from the top of soup or stew, or refrigerate and lift off the solid fat.

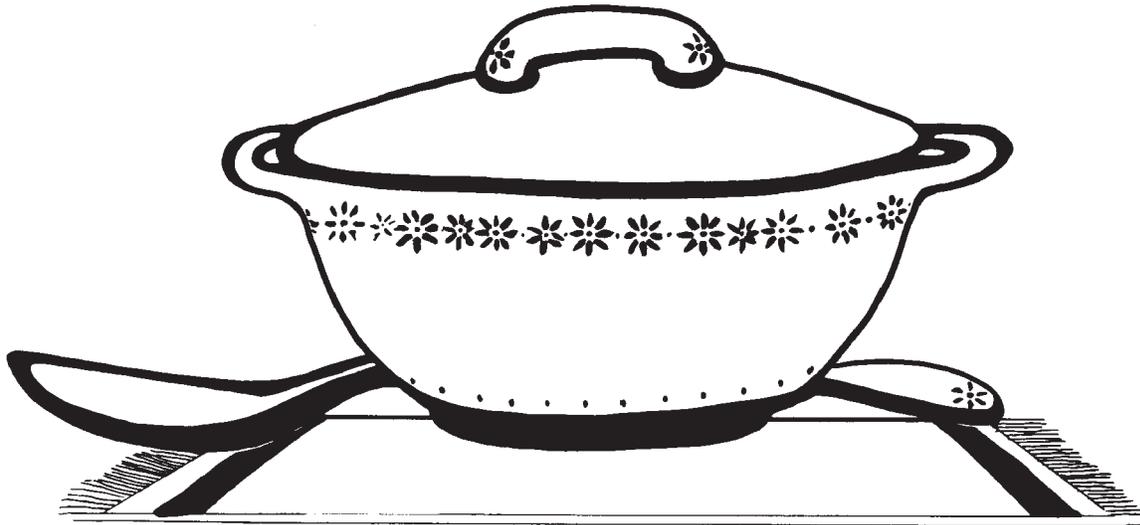
Use more dried beans and peas, vegetables, rice and noodles. Dried beans and peas (pinto beans, black-eyed peas, navy beans, etc.) have a lot of protein with very little fat — unless fatty extras are added.

Use a smaller amount of sharp or aged cheese, like parmesan or sharp cheddar, to get plenty of taste with less fat. Or use a lower-fat cheese, like part-skim mozzarella or farmer's.

***I like chicken just boiled. It's easy and if you decide to use it in a salad it's already cooked.***  
— Annie

***I could bake chicken instead of fry it, and use less bacon drippings in my greens.*** — Anna





Let's change this combination dish recipe so that it makes food with less fat.

**Pork & Noodle Dinner**

Makes 6 servings

- 1 pound ground pork
- 2 tablespoons margarine
- 4 stalks celery
- 4 large onions, chopped
- 2 green bell peppers, chopped
- 3 1/2 cups canned tomatoes
- 1 8-ounce package noodles, cooked
- 1 1/2 cups shredded cheddar cheese

Use lean ground pork (or beef or turkey)

Leave margarine out. Not needed to brown meat.

Use one cup sharp cheese

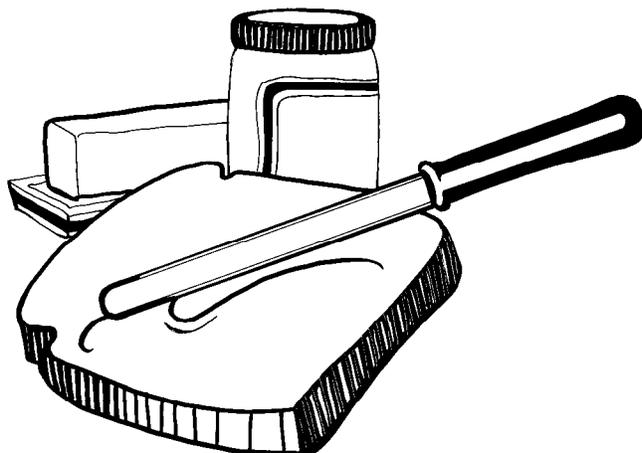
Drain fat from meat after browning

Spoon fat off top of mixture

1. Brown meat in margarine.
2. Add celery, onion, green pepper.
3. Add tomatoes. Salt and pepper to taste.
4. Bring to boil, then lower heat and simmer about 1 hour.
5. Mix with cooked noodles in casserole dish.
6. Top with cheese and place in microwave or 350° oven until cheese is bubbly.

Try some garlic powder too.

## Fix good food with less fat



### Sandwich

Use less of fatty extras, like salad dressing, mayonnaise, margarine and butter.

Use more chicken, turkey, tuna, and lean beef or ham. Use less bologna, hot dogs, sausage, bacon and other fatty meats.



*I used to cook fattening foods but now I've learned to cook differently.*  
— Theresa

### Baked goods

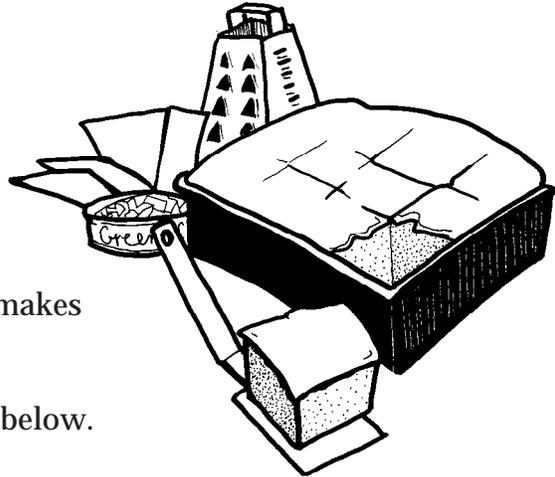
Many cakes, cookies, muffins and quick breads can be made with less fat than the recipe says — without losing the good taste!

Cut down the fat in a favorite recipe by one tablespoon each time you make it. This will let you decide how much fat is needed for good taste.

If you don't want to change a recipe, compare the fatty extra content of several recipes and make one that has less fat.

One way I already fix food with less fat is \_\_\_\_\_

A new change I will try is \_\_\_\_\_



How would *you* change this recipe so that it makes food with less fat?

Compare your changes with the suggestions below.

### **Cheddar Cornbread**

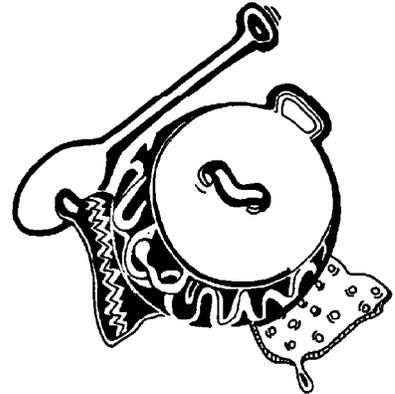
Makes 6-8 servings

2 eggs  
1/2 cup vegetable oil  
4-ounce can diced green chiles (optional)  
9-ounce can cream-style corn  
1/2 cup sour cream  
1 cup yellow cornmeal  
1/2 teaspoon salt  
2 teaspoons baking powder  
2 cups shredded cheddar cheese

1. Preheat oven to 350° and lightly grease an 8- or 9-inch baking pan.
2. Beat eggs and oil until well blended.
3. Add chiles (if desired), corn, sour cream, cornmeal, salt, baking powder and 1 1/2 cups of the cheese. Stir until well blended.
4. Pour batter into greased baking pan and sprinkle with remaining 1/2 cup cheese.
5. Bake about 1 hour, until a toothpick inserted in center comes out clean and top is lightly browned.

#### **Suggestions:**

- Reduce oil to 1/3 or 1/4 cup.
- Use 1/2 cup plain lowfat yogurt instead of sour cream.
- Reduce shredded cheddar cheese to 1 or 1 1/2 cups. Use sharp cheddar to get more flavor with less cheese.



## ***Where do I start?***

With so many different ways to buy and fix good food, what should you start with?

Only you can decide what's right for you and your family. Here are some things to keep in mind.

- Start with changes that are easy for you and your family.
- Make small changes and try one new change every week or two. This will give you and your family time to get used to the changes, one by one.
- If you find that you prefer a food with more fat, just use less of it or use it less often. There are no forbidden foods when we're eating for pleasure and health!

# Acknowledgments

## Developed and produced by:

Bill Fellows, Associate Researcher, Nutritional Sciences, University of Wisconsin - Madison  
Jane Voichick, Professor, Nutritional Sciences, University of Wisconsin - Madison

## Reviewed by:

Sharis Bailey, EFNEP Staff Assistant  
Carol Bell, Kenosha County EFNEP Program Assistant  
Patricia Boelkow, Waukesha County EFNEP Program Assistant  
Julie Chauncey, Rock County EFNEP Program Assistant  
Ann Crosby, Rock County EFNEP Program Assistant  
Susan Decker, Kenosha County EFNEP Program Assistant  
Joan Eckliff, Rock County EFNEP Program Assistant  
Sharon Elam, Milwaukee County EFNEP Program Assistant  
Gloria Green, Associate Researcher, Nutritional Sciences, University of Wisconsin - Madison  
Diane Helgeson, Graduate Student, Nutritional Sciences, University of Wisconsin - Madison  
Anna Hill, EFNEP Staff Assistant  
Mary Hilliker, Oneida County WIC Nutritionist  
Barbara Love, Milwaukee County EFNEP Program Assistant  
Jean Love, Rock County EFNEP Program Assistant  
Patricia Ludeman, Dane County EFNEP  
Mary Mennes, Professor, Food Science, University of Wisconsin - Madison  
Cheryl Moza, Milwaukee County EFNEP Program Assistant  
Mary Mueller, Southeast District EFNEP Coordinator  
Leticia Neeley, Waukesha County EFNEP Program Assistant  
Susan Nitzke, Associate Professor, Nutritional Sciences, University of Wisconsin - Madison  
Therese Nowak, Milwaukee County EFNEP Program Assistant  
Beverly Phillips, Associate Outreach Specialist, Nutritional Sciences,  
University of Wisconsin - Madison  
Angela Ramirez, Milwaukee County EFNEP Program Assistant  
Barbara Roder, Fond du Lac County EFNEP Home Economist  
Katherine Rodgers, Milwaukee County EFNEP Program Assistant  
Ana Maria Rodriguez, Milwaukee County EFNEP Program Assistant  
Patti Severson, LaCrosse County WIC Nutritionist  
Willa Shelby, Minority Cancer Education Program, Cincinnati, Ohio  
Jane Spriggs, former Wisconsin EFNEP Coordinator  
June Strickland, Cancer Information Service, Seattle, Washington  
Peg Thomas, Dane County Extension Home Economist  
Sandra Underwood, Assistant Professor, School of Nursing, University of Wisconsin - Milwaukee  
Debbie Wilson, Kenosha County EFNEP Program Assistant  
Muriel Wohlfert, Rock County EFNEP Program Assistant  
Cheryl Yarrington, Eau Claire City/County WIC Nutritionist  
Gail Yest, Waupaca County WIC Nutritionist

## Evaluation assisted by:

Mary Andrews, Dane County EFNEP Program Assistant  
Marah Bolden, EFNEP Staff Assistant  
Lois Buckley, Dane County EFNEP Program Assistant  
Ginger Campbell, Racine County EFNEP Program Assistant  
Mercedes Hall, Racine County EFNEP Program Assistant  
Mary Ellen Hintz, Racine County EFNEP Program Assistant  
Geraldine Jackson, Dane County EFNEP Program Assistant  
Sharon Kennedy, Racine, Wisconsin  
Betty Jo Ramsey, Racine County EFNEP Program Assistant  
Martha Schelling, EFNEP Staff Assistant

*Development and production of this material was supported, in part, by the Wisconsin Governor's Cancer Initiative and by the UW-Madison Nutrition Education Program, a project of the W.K. Kellogg Foundation.*

## Illustration:

Valerie Hodgson

## Acknowledgments

Development and production of this material was supported in part by the Wisconsin Governor's Cancer Initiative and the University of Wisconsin-Madison Nutrition Education Program, a project of the W.K. Kellogg Foundation.

---

© 2000 by the Board of Regents of the University of Wisconsin System doing business as the division of Cooperative Extension of the University of Wisconsin-Extension. Send inquiries about copyright permission to: Director, Cooperative Extension Publications, 201 Hiram Smith Hall, 1545 Observatory Dr., Madison, WI 53706.

## Wisconsin Nutrition Education Program

### Developed and produced by:

Bill Fellows, associate researcher, Nutritional Sciences, UW-Madison

Jane Voichick, professor, Nutritional Sciences, UW-Madison and UW-Extension

Illustration: Valerie Hodgson

### Reviewers:

Sharis Bailey, staff assistant, Rock County

Carol Bell, program assistant, Kenosha County

Pat Boelkow, program assistant, Waukesha County

Julie Chauncey, program assistant, Rock County

Ann Crosby, program assistant, Rock County

Susan Decker, program assistant, Kenosha County

Joan Eckliff, program assistant, Rock County

Sharon Elam, program assistant, Milwaukee County

Gloria Green, associate researcher, Nutritional Sciences, UW-Madison

Diane Helgeson, graduate student, Nutritional Sciences, UW-Madison

Anna Hill, staff assistant, Milwaukee County

Mary Hilliker, WIC nutritionist, Oneida County

Jean Love, program assistant, Rock County

Pat Ludeman, Nutrition Education Program coordinator, Dane County

Mary Mennes, professor, Food Science, UW-Madison and UW-Extension (retired)

Cheryl Moza, program assistant, Milwaukee County

Mary Mueller, lecturer, Southeast District, UW-Extension

Leticia Neeley, program assistant, Waukesha County

Susan Nitzke, professor, Nutritional Sciences, UW-Madison and UW-Extension

Therese Nowak, program assistant, Milwaukee County

Beverly Phillips, outreach specialist, Nutritional Sciences, UW-Madison

Angela Ramirez, program assistant, Milwaukee County

Barbara Roder, Nutrition Education Program coordinator, Fond du Lac County

Katherine Rodgers, program assistant, Milwaukee County

Patti Severson, WIC nutritionist, LaCrosse County

Willa Shelby, Minority Cancer Education Program, Cincinnati, Ohio

Jane Spriggs, former Wisconsin EFNEP coordinator

June Strickland, Cancer Information Service, Seattle, Washington

Peg Thomas, family living agent, Dane County

Sandra Underwood, assistant professor, School of Nursing, UW-Milwaukee

Debbie Wilson, program assistant, Kenosha County

Muriel Wohlfert, program assistant, Rock County

Cheryl Yarrington, WIC nutritionist, Eau Claire City/County

Gail Yest, WIC nutritionist, Waupaca County

### Evaluation assisted by:

Mary Andrews, program assistant, Dane County

Marah Bolden, staff assistant, Dane County

Lois Buckley, program assistant (retired), Dane County

Ginger Campbell, program assistant, Racine County

Mercedes Hall, program assistant, Racine County

Mary Ellen Hintz, program assistant, Racine County

Geraldine Jackson, program assistant, Dane County

Sharon Kennedy, Racine, Wisconsin

Betty Jo Ramsey, program assistant, Racine County

Martha Schelling, staff assistant (retired), Racine and Kenosha counties



---

**University of Wisconsin-Extension, Cooperative Extension**, in cooperation with the U.S.-Department of Agriculture and Wisconsin counties, publishes this information to further the purpose of the May 8 and June 30, 1914, Acts of Congress. UW-Extension provides equal opportunities and affirmative action in employment and programming, including Title IX and ADA requirements. If you need this material in an alternative format, contact Cooperative Extension Publications at (608)262-2655 (Voice & TDD), or the UW-Extension Office of Equal Opportunity and Diversity Programs. *Before publicizing, please check this publication's availability.*

**This publication is available** in English or Spanish — *Comiendo por Placer y Salud* B3538S — from your Wisconsin county UW-Extension office, or:

Cooperative Extension Publications

630 W. Mifflin St., Room 170, Madison, WI 53703

Toll-free: (877) 947-7827 (877-WIS-PUBS)

In Madison: 262-3346; Fax (608) 265-8052

Internet: <http://www.uwex.edu/ces/pubs>

**B3538 Eating for Pleasure and Health (1993)**

SR-2-2000-10.5M-150