**Classic Macaroni and Cheese**

Classic Macaroni and Cheese:

**Serving size:** ⅛ cup

- **Carbohydrates:** 29 g
- **Total fiber:** 1 g
- **Cholesterol:** 34 mg
- **Total fat:** 4 g

Each serving provides:

- **Sodium:** 117 mg
- **Protein:** 2 g
- **Sodium:** 133 mg
- **Protein:** 3 g

**Yield:** 8 servings

**Side Dishes**

- **Spicy Okra**
- **Summer Breeze Smoothie**

**Spicy Okra**

This pungent okra dish is packed with flavor, but low in saturated fat and sodium, made with low-sodium tomatoes and gently simmered instead of fried.

1. Rinse okra in a colander under hot water.
2. In a large saucepan, add 2 Tbsp vegetable oil. Over medium-high heat, add onion and sauté for about 3 minutes. Stir in ground black pepper and salt.
3. Add tomatoes (including juice) and jalapeño pepper, and bring to a boil. Stir the mixture for 8 minutes.
4. Add sliced peaches to mixture. Reduce heat and simmer for 5–10 minutes.
5. In another bowl, combine pancake mix, flour, and dry spices for flavor. As an added bonus, these dishes have fewer calories than those higher in fat.

**Summer Breeze Smoothie**

Here’s a perfect low-fat thirst quencher.

1. ½ cup nonfat plain yogurt
2. 2 medium strawberries
3. ½ peach, peeled, pitted, and cut into ½-inch chunks
4. 4 ice cubes

**DESSERTS**

Here’s a perfect low-fat breakfast.

1. ½ cup low-fat yogurt
2. 2 medium strawberries
3. ½ peach, peeled, pitted, and cut into ½-inch chunks
4. 4 ice cubes

**1–2–3 Peach Cobbler**

What could be better than peach cobbler straight from the oven? A heart healthy dessert that follows the same sweet, frosty公式.

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The Heart Truth® program was created by the NHLBI and introduced as the national symbol for women and heart disease awareness in 2002. The Red Dress® is a powerful red alert that inspires women to learn more about their personal risk for heart disease and take action to protect their heart health.

When You Dine Out

- Reduce portion sizes by ordering appetizers as plates or sides. If you order a large dinner, pack up half of it for tomorrow’s lunch.
- Select foods cooked by low-fat methods such as sautéed, baked instead of fried, and broiled instead of sautéed.
- Limit foods high in calories and saturated fat, such as those described as fried, crispy, creamy, escalloped, casserole, and in pastry.

The Heart Truth® (www.hearttruth.gov), sponsored by the National Heart, Lung, and Blood Institute (NHLBI), is a national education program focused on raising awareness about heart disease and its risk factors and educates and motivates them to take action to prevent the disease. The centerpiece of The Heart Truth is the Red Dress®, which was created by the NHLBI and introduced as the national symbol for women and heart disease awareness in 2002. The Red Dress® is a powerful red alert that inspires women to learn more about their personal risk for heart disease and take action to protect their heart health.

When You Buy Prepared Foods

- Check nutrition labels to choose dinners and pizzas that are lowest in saturated and trans fats and sodium. Make sure the dinners include vegetables, fruits, and grains—as well as protein. Look for meals prepared with minimal sauces, cheeses, and breadcrumbs.
- Choose store-prepared foods that are baked, broiled, roasted, or poached and that are prepared with minimal sauces, cheeses, and breading.

In the Heart of Your Kitchen

- Use a small amount of vegetable oil, instead of lard, butter, or other fats that are hard at room temperature.
- Remove fat from homemade broths, soups, and sauces to reduce the saturated fat and calories. Add vinegar, and half the oil.
- Use cooking oil spray to lower fat and calories.
- Flavor foods with herbs, spices, lemon, lime, and vinegar, and half the oil.
- Cook with low-fat or fat-free regular, dry, or salt-free seasoning blends, instead of salt.
- Flavor foods with herbs, spices, lemon, lime, and vinegar.
- Use cooking oil spray to lower fat and calories.