"A Contextual Overview of Health Promotion and Heart Health Interventions"

May 20, 2009
Asian American Health Conference 2009
A Time for Change: Transforming Opportunities into Action

Henrietta Ho-Asjoe, MPS
Administrator and Director of Community Development
Overview

- Overview of Health Promotion
- Heart Health interventions
What is health promotion?

Health promotion is a strategy that aimed at informing, influencing and assisting both individuals and organizations:

- To live a healthy life style
- To take action to improve one’s health
- To assist in making health choices
What is health promotion?

Clarifications:

Health Education
Some form of communication designed to improve health knowledge and development of life skills.

Health Promotion
Some form of development of the individual to promote advocacy and social mobilization.
What is health promotion?

- Health education
- Development of personal skills
- Strengthen community actions
- Reorient health services
- Build public policies
- Create a supportive environment
Health education

TANGT HEART:
PREVENTION, EDUCATION
& ACTION

In recognition of National Heart Month, the Chinese American
Healthcare Services Foundation presents a program on 'Developing
community awareness of cardiovascular disease & interventions

Friday, February 17, 2006
8:00am-1:00pm

NYU School of Medicine
Schwartz Lecture Hall E
550 First Avenue
New York, NY 10016

Registration at NYU. Space is limited. 
Free continental breakfast. Call 212-430-2897.
Capacity building

Project CHARGE (Coalition for Health Access to Reach Greater Equality)
Community action
Delivery of health services
Public policy
Supportive environment
Heart Health Interventions
Chinese American Healthy Heart Coalition

- Established in 2000.
- Community based partnership to address the underlying causes of heart disease.
- Improve the community’s knowledge and awareness of early detection and prevention of heart disease.
- Promote healthy eating and physical activity.
Healthy Heart Coalition Structure
Social campaigns and interventions
Nutrition and Physical Activity
Healthy Heart Community Forum

Time: 12/5/04 (Thursday) 12:30pm
Language: Cantonese

Speakers:
- Warren W. Chin MD, FACC Cardiologist
- Wai Wah Chung, RN, NYU Downtown Hospital
- Sally Wong, MS, RD, Beth Israel Medical Center

Venue:
The First Presbyterian Church
61 Henry Street

You Are What You Eat
Bristol-Myers Squibb Foundation, Charles B. Wang Community Health Center, & Chinese American Healthy Heart Coalition
Nutrition & Physical Fitness Intervention for High-Risk Seniors

- A six-session workshop series was conducted at each of the senior centers with a total of 70 recruited participants.
- A physical fitness curriculum was implemented.
- Four senior centers collaborated in the intervention.
A physical fitness curriculum
CPR for Family and Friends Training
Promoting a Healthy Eating Campaign in the Chinese Community
You Are What You Eat

適飲適食，運動積極，身心受益

Bristol-Myers Squibb Foundation
Charles B. Wang Community Health Center
Chinese American Healthy Heart Coalition
王嘉廉社區醫療中心及健心聯盟
You Are What You Eat
10 Healthy Cooking Tips for Restaurants
By Sally Wong, MS, RD, CDN

Ingredients

Oil Matters
The type of oil used in cooking/baking makes a difference. Try to avoid animal fats (such as lard, butter, creams) and trans fat (such as margarine). These fats are high in saturated fat which can lead to an increase in total cholesterol in the body. Some vegetable cooking oils such as corn, coconut, and soybean oil are also high in saturated fat. As an alternative, try using canola or peanut oil. They are lower in saturated fat & high in mono-saturated fat (a heart-healthy fat). Note: Fats and oils should be used sparingly.

Sweets
Instead of using traditional granulated sugar as a sweetening agent in beverages and desserts, try offering sugar substitutes as an alternative. Note: Sugars and sweets should be used sparingly.

Meat
Minimize the amount of high-fat meats in your food items. High-fat meats are rich in saturated fat, which can lead to an increase in LDL (the bad cholesterol in the body). High-fat meat choices include marbled steaks, fatty cuts of pork or beef, chicken wings, and sausages.

Fruits and Vegetables
Try to incorporate fruits and vegetables as key ingredients in appetizers, soups, entrees, and desserts. Fruits and vegetables are a good source of dietary fiber as well as of many vitamins and minerals.

Whole Grains
Offer whole grain products as an alternative to regular grain products. Examples include whole-wheat bread, brown rice, brown rice cakes, and bran wheat noodles.

Cooking & Serving Methods

Alternative Seasonings
Inform the kitchen staff about the crucial need to have a uniform way of cooking/baking, especially when you are offering low-fat and/or low-salt food options. Cutting MSG (monosodium glutamate) and preservatives from your dishes can also lower the amount of salt from the dishes. You want to ensure the quality of these dishes so consumers can trust that these foods are indeed healthier options.

Portion Size
Although customers generally like to get a bigger portion for their money's worth, it is important to specify the number of suggested servings in a dish so that consumers can opt to eat in moderation. Consider offering smaller portion sizes to encourage customers to eat in moderation.

Cooking Methods
Offer low-cholesterol or low-fat cooking methods. Meal preparation techniques such as steaming, poaching, roasting, braising, boiling, baking, grilling, or broiling are low-fat alternatives; instead of deep frying or sautéing foods in fat.

Flexibility
Allow customers to adjust the menu items to meet their specific health needs. Many people suffer from chronic conditions such as cardiovascular disease, hypertension, and diabetes and must restrict their intake of salt, fat, cholesterol, and sugars. Healthy people also should reduce their intake of these items to help prevent these chronic conditions.

Cut the Condiments
Food condiments – such as sauces, gravy, and butter – should be offered to the customers on the side. Condiments generally are high in salt, fat, cholesterol, and sugar. Rather than combining the food with condiments, customers can opt to skip the condiments.
Oil Matters
The type of oil used in cooking/baking makes a difference. Try to avoid animal fats (such as lard, butter, creams) and trans fat (such as margarine). These fats are high in saturated fat, which can lead to an increase in total cholesterol in the body. Some vegetable cooking oils such as corn, coconut, and soybean oil are also high in saturated fat. As an alternative, try using canola or peanut oil. They are lower in saturated fat & high in mono- saturated fat (a heart-healthy fat). **Note: Fats and oils should be used sparingly.**

High-Fat Items
Numerous baked goods call for whip cream, mayo, and cheese. As an alternative, try using fat-free whip cream, fat-free mayo and fat-free cheese. These can tremendously lower the calories and saturated fat content in a recipe.

Sweets
Instead of using traditional granulated sugar as a sweetening agent in beverages and baked products, try using sugar substitutes. **Note: Sugars and sweets should be used sparingly.**

Meat
Sandwiches are an option for people on the go, but they often contain processed meat such as sausage and ham which are both high in salt, cholesterol, and saturated fat. Try using white meat such as turkey or chicken breast. They are great protein alternatives.

Eggs
Eggs are extremely essential to a good baking recipe. Although egg yolks generate a rich aroma in baked goods, they are considerably high in cholesterol. Try to substitute egg yolks with egg-beater or egg whites in the recipe for a lighter texture.

Try Dry Fruits
In addition to the traditional baking recipes, try adding dry fruits like raisins, craisins (dried cranberries), dried apricots, and prunes to make innovative new products. These dried fruits are high in vitamins and fiber, which can contribute to good cardiovascular health.

Whole Grains
Offer whole grain baked goods as an alternative to regular grain products. Examples of high fiber ingredients include whole-wheat flour, oatmeal, and bran products.

Coffee and Tea
A delicious, fresh coffee and/or tea can be hidden with a lot of fat and cholesterol. When adding dairy milk products to these beverages, try to avoid condensed milk, evaporated milk, heavy cream, light cream, and half-and-half. Try offering skim milk, skim plus milk, 1% milk, or 2% milk as an alternative.

Portion Size
Although customers generally like to get a bigger portion for their money's worth, it is important to specify the number of suggested servings in an order so that consumers can opt to eat in moderation. Consider offering smaller portion sizes to encourage customers to eat in moderation.

Flexibility of Your Business
Allow customers to adjust the menu items to meet their specific health needs. Many people suffer from chronic conditions such as cardiovascular disease, hypertension, and diabetes and must restrict their intake of salt, fat, cholesterol, and sugars. Healthy people also should reduce their intake of these items to help prevent these chronic conditions.
Our House Special Heart Healthy Menu

Grouper, Fungi, and Pumpkin Soup

Steamed Grouper Slices with Asparagus and Bean Curd

Sautéed Shredded Chicken with Mushroom and Chive

Sautéed Sliced Pork, Jujube, Lotus Seed, & Baby Bok Choy

Blanched Snow Pea Leaves & Golden Mushroom with Egg White Sauce

Chicken and Asparagus with Sliced Almond

Low-Fat Ginger-Flavored Egg-White Custard

Steamed Brown Rice

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You Are What You Eat
Nutritional content recommended by:
Warren W. Chin, MD, FACC, Cardiologist
Sally Wong, MS, R.D., CDN, Nutritionist
and the Charles B. Wang Community Health Center

以上食品由：陳建榮心臟科醫生，黃淑敏註冊營養師及王嘉廉社區醫療中心推薦
### NUTRITION FACTS 食物標籤

#### Grouper, Fungi, and Pumpkin Soup (4 servings)
雪耳魚茸南瓜湯 (4 人份)

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount</th>
<th>% Daily Value</th>
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<tbody>
<tr>
<td>Calories</td>
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<tr>
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<td>(24%)</td>
</tr>
<tr>
<td>Carbohydrate</td>
<td>6.8g</td>
<td>(3%)</td>
</tr>
<tr>
<td>Dietary fiber</td>
<td>0.8g</td>
<td>(3.2%)</td>
</tr>
<tr>
<td>Sugar</td>
<td>2g</td>
<td>(6.4%)</td>
</tr>
<tr>
<td>Total fat</td>
<td>2.0g</td>
<td>(2.7%)</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>16.2mg</td>
<td>(8%)</td>
</tr>
<tr>
<td>Sodium</td>
<td>259mg</td>
<td>(11%)</td>
</tr>
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#### Steamed Sliced Grouper with Asparagus and Bean Curd (4 servings)
玉露魚片蒸豆腐 (4 人份)

<table>
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<tr>
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<th>Amount</th>
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</thead>
<tbody>
<tr>
<td>Calories</td>
<td>160</td>
<td>(24%)</td>
</tr>
<tr>
<td>Protein</td>
<td>18.1g</td>
<td>(3%)</td>
</tr>
<tr>
<td>Carbohydrate</td>
<td>8.5g</td>
<td>(4%)</td>
</tr>
<tr>
<td>Dietary fiber</td>
<td>1.6g</td>
<td>(6.4%)</td>
</tr>
<tr>
<td>Sugar</td>
<td>2.6g</td>
<td>(8%)</td>
</tr>
<tr>
<td>Total fat</td>
<td>1.8g</td>
<td>(1.1%)</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>20mg</td>
<td>(8%)</td>
</tr>
<tr>
<td>Sodium</td>
<td>194mg</td>
<td>(11%)</td>
</tr>
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#### Sautéed Shredded Chicken with Mushroom and Chive (4 servings)
韭菜冬菇炒雞絲 (4 人份)

<table>
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<td>(24.7%)</td>
</tr>
<tr>
<td>Protein</td>
<td>18.5g</td>
<td>(4%)</td>
</tr>
<tr>
<td>Carbohydrate</td>
<td>6.3g</td>
<td>(3.2%)</td>
</tr>
<tr>
<td>Dietary fiber</td>
<td>1.3g</td>
<td>(5.2%)</td>
</tr>
<tr>
<td>Sugar</td>
<td>2.3g</td>
<td>(6%)</td>
</tr>
<tr>
<td>Total fat</td>
<td>3.4g</td>
<td>(6.8%)</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>48mg</td>
<td>(19%)</td>
</tr>
<tr>
<td>Sodium</td>
<td>290mg</td>
<td>(12.1%)</td>
</tr>
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#### Sautéed Sliced Pork, Jujube, Lotus Seed, & Baby Bok Choy (4 servings)
紅棗、蓮子、肉片炒白菜苗 (4 人份)

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount</th>
<th>% Daily Value</th>
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<tbody>
<tr>
<td>Calories</td>
<td>188</td>
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<tr>
<td>Protein</td>
<td>13.7g</td>
<td>(4%)</td>
</tr>
<tr>
<td>Carbohydrate</td>
<td>11g</td>
<td>(6%)</td>
</tr>
<tr>
<td>Dietary fiber</td>
<td>1.5g</td>
<td>(5.4%)</td>
</tr>
<tr>
<td>Sugar</td>
<td>2.4g</td>
<td>(6.7%)</td>
</tr>
<tr>
<td>Total fat</td>
<td>4.6g</td>
<td>(1.9%)</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>36.7mg</td>
<td>(14.7%)</td>
</tr>
<tr>
<td>Sodium</td>
<td>389mg</td>
<td>(16.2%)</td>
</tr>
</tbody>
</table>

#### Blancheted Snow Pea Leaves & Golden Mushroom with Egg White Sauce (4 servings)
雪菜鮮金針菇炒蛋 (4 人份)

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
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<tr>
<td>Protein</td>
<td>2.4g</td>
<td>(2%)</td>
</tr>
<tr>
<td>Carbohydrate</td>
<td>4.3g</td>
<td>(14%)</td>
</tr>
<tr>
<td>Dietary fiber</td>
<td>3.5g</td>
<td>(5.0%)</td>
</tr>
<tr>
<td>Sugar</td>
<td>0.5g</td>
<td>(1%)</td>
</tr>
<tr>
<td>Total fat</td>
<td>3.4g</td>
<td>(1%)</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg</td>
<td>(0%)</td>
</tr>
<tr>
<td>Sodium</td>
<td>450mg</td>
<td>(18%)</td>
</tr>
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#### Chicken and Asparagus with Sliced Almond (4 servings)
西芹蘆筍炒雞片 (4 人份)

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>189</td>
<td>(26.8%)</td>
</tr>
<tr>
<td>Protein</td>
<td>20.1g</td>
<td>(12.8%)</td>
</tr>
<tr>
<td>Carbohydrate</td>
<td>9.6g</td>
<td>(7.6%)</td>
</tr>
<tr>
<td>Dietary fiber</td>
<td>1.9g</td>
<td>(6.7%)</td>
</tr>
<tr>
<td>Sugar</td>
<td>2.1g</td>
<td>(5.9%)</td>
</tr>
<tr>
<td>Total fat</td>
<td>5.9g</td>
<td>(1.9%)</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>48.2mg</td>
<td>(19%)</td>
</tr>
<tr>
<td>Sodium</td>
<td>212mg</td>
<td>(8.8%)</td>
</tr>
</tbody>
</table>

#### Low-Fat Ginger-Flavored Egg-White Custard (2 servings)
薑汁嫩高蛋白布丁 (2 人份)

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount</th>
<th>% Daily Value</th>
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</thead>
<tbody>
<tr>
<td>Calories</td>
<td>92</td>
<td>(10.4%)</td>
</tr>
<tr>
<td>Protein</td>
<td>7.8g</td>
<td>(6%)</td>
</tr>
<tr>
<td>Carbohydrate</td>
<td>12.5g</td>
<td>(4.5%)</td>
</tr>
<tr>
<td>Dietary fiber</td>
<td>0g</td>
<td>(0%)</td>
</tr>
<tr>
<td>Sugar</td>
<td>0.9g</td>
<td>(2%)</td>
</tr>
<tr>
<td>Total fat</td>
<td>1.25g</td>
<td>(2.0%)</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>5 mg</td>
<td>(3.5%)</td>
</tr>
<tr>
<td>Sodium</td>
<td>119mg</td>
<td>(5%)</td>
</tr>
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</table>

#### Steamed Brown Rice (1 serving)
絲苗糖詩米 (1 人份)

<table>
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<tr>
<th>Nutrient</th>
<th>Amount</th>
<th>% Daily Value</th>
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</thead>
<tbody>
<tr>
<td>Calories</td>
<td>218</td>
<td>(6%)</td>
</tr>
<tr>
<td>Protein</td>
<td>4.5g</td>
<td>(6%)</td>
</tr>
<tr>
<td>Carbohydrate</td>
<td>45.8g</td>
<td>(16.7%)</td>
</tr>
<tr>
<td>Dietary fiber</td>
<td>3.5g</td>
<td>(14%)</td>
</tr>
<tr>
<td>Sugar</td>
<td>0.32g</td>
<td>(2.4%)</td>
</tr>
<tr>
<td>Total fat</td>
<td>0mg</td>
<td>(1.4%)</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg</td>
<td>(0%)</td>
</tr>
<tr>
<td>Sodium</td>
<td>2mg</td>
<td>(0%)</td>
</tr>
</tbody>
</table>

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Percent Daily Values (per serving) based on 2000 calorie diet

每日(1人份)量值百分比是以 2000 卡路里為基礎
Golden Carriage Bakery

New Heart Healthy Options! 有益心臟健康的食品！

- Low Fat Sponge Cake 低脂紙漿蛋糕
- Healthy Whole Wheat Turkey Sandwich 高纖低脂火雞
- High Fiber Whole Wheat Bread 高纖麥包
- Low Fat Oatmeal Raisin Cookies 低脂桂子麥餅

You Are What You Eat
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以上食品由：陳建章心臟專科醫生，黃淑敏註冊營養師及王嘉琳社區醫療中心推薦
Nutrition Labels

<table>
<thead>
<tr>
<th>Heart Healthy Options: High Fiber Whole Wheat Bread</th>
</tr>
</thead>
<tbody>
<tr>
<td>♦️ 高纖維 high fiber</td>
</tr>
<tr>
<td>♦️ 低飽和脂肪 low saturated fat</td>
</tr>
<tr>
<td>♦️ 低膽固醇 low cholesterol</td>
</tr>
<tr>
<td>♦️ 低鹽 low sodium</td>
</tr>
<tr>
<td>160 Calories / 卡路里</td>
</tr>
<tr>
<td>4.8g Protein / 蛋白質</td>
</tr>
<tr>
<td>25g Carbohydrate / 糖粉質(9%)</td>
</tr>
<tr>
<td>3.8g Fiber / 纖維質(15%)</td>
</tr>
<tr>
<td>5.5g Total Fat / 脂肪(8.2%)</td>
</tr>
<tr>
<td>.6g Saturated Fat / 饱和脂肪(2.7%)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Heart Healthy Options: Healthy Whole Wheat Turkey Sandwich</th>
</tr>
</thead>
<tbody>
<tr>
<td>♦️ 高纖 high fiber</td>
</tr>
<tr>
<td>♦️ 低脂肪 low fat</td>
</tr>
<tr>
<td>260 Calories / 卡路里</td>
</tr>
<tr>
<td>21g Protein / 蛋白質</td>
</tr>
<tr>
<td>30g Carbohydrate / 糖粉質(11%)</td>
</tr>
<tr>
<td>4.1g Fiber / 纖維質(16.4%)</td>
</tr>
<tr>
<td>6.7g Total Fat / 脂肪(10%)</td>
</tr>
<tr>
<td>1g Saturated fat / 饱和脂肪(4.5%)</td>
</tr>
<tr>
<td>30mg Cholesterol / 膽固醇 (12%)</td>
</tr>
<tr>
<td>1000mg Sodium / 鹽質(40%)</td>
</tr>
</tbody>
</table>
Eat Well For Your Heart Campaign
Heart Healthy Options

Nutritional content recommended by: Warren W. Chin, MD, FACC, Cardiologist; Sally Wong, MS, RD, CDN, Nutritionist;
Chinese American Healthy Heart Coalition

陳建榮心臟專科醫生，黃淑敏註冊營養師
及健心聯盟誠意推薦

Special Stir-fried Vermicelli with Shredded Eggs and Asian Greens
桂花炒素翅
Chanoodle Restaurant
新王朝

Phoenix Dumpling
西菜鳳眼餃
Sweet & Tart Restaurant
糖潮食坊
20 Mott St., New York, NY 10013
136-11 38th Ave., Flushing, NY 11354

Mushroom & Bamboo Pith Casserole
竹笙野生菌上湯煲
Gourmand Restaurant
稻香海鲜酒家
136-14 38 Ave., Flushing, NY 11354

Turkey Egg Wheat Bun
全麥火雞蛋包
Maxin Bakery
美心西餅
136-24 40 Rd., Flushing, NY 11354

Steamed Mixed Vegetable Wheat Bun
五色素菜全麥包
Golden Carriage Bakery
金馬車餅屋
15 Catherine St., New York, NY 10038
79 Chrystie St., New York, NY 10002
162 East Broadway, New York, NY 10002
153D Centre St., New York, NY 10013

This project is supported by the USDHHS - Office of Minority Health and NYSDOH - Office of Minority Health

Charles B. Wang
Community Health Center
王嘉廉社區醫療中心
Special Stir-fried Vermicelli with Shredded Eggs and Asian Greens
桂花炒素翅

Nutrition Facts per Serving Size

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<thead>
<tr>
<th>Nutrient</th>
<th>Value</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>130</td>
<td></td>
</tr>
<tr>
<td>Calories from Fat</td>
<td>54</td>
<td>9%</td>
</tr>
<tr>
<td>Total Fat</td>
<td>6g</td>
<td>9%</td>
</tr>
<tr>
<td>Saturated Fat</td>
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<td>4%</td>
</tr>
<tr>
<td>Polyunsaturated Fat</td>
<td>2.0g</td>
<td></td>
</tr>
<tr>
<td>Monounsaturated Fat</td>
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<td></td>
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<tr>
<td>Cholesterol</td>
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</tr>
<tr>
<td>Sodium</td>
<td>240g</td>
<td>10%</td>
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<tr>
<td>Total Carbohydrate</td>
<td>15g</td>
<td>5%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>2.2g</td>
<td>8%</td>
</tr>
<tr>
<td>Protein</td>
<td>4g</td>
<td></td>
</tr>
<tr>
<td>Vitamin A</td>
<td></td>
<td>48%</td>
</tr>
<tr>
<td>Vitamin C</td>
<td></td>
<td>37%</td>
</tr>
<tr>
<td>Calcium</td>
<td></td>
<td>3%</td>
</tr>
<tr>
<td>Iron</td>
<td></td>
<td>3%</td>
</tr>
</tbody>
</table>

Percentage calculated base on a 2000 calorie diet
Multi-grain Wheat Bread
五穀麥包
$0.90

Steamed Mixed Vegetable Wheat Bun
五色蔬菜全麥包
$0.70

Special Heart Healthy Products
健心茗茶
Sponge Cake 低脂紙包蛋糕
$0.70
Raisin Whole Wheat Bun 全穀提子包
$0.70
Whole Wheat Bread 高纖麥包
$1.50
Whole Wheat Bread Turkey Sandwich 高纖低脂火雞麥包
$2.25

Turkey Egg Wheat Bun
全麥火雞蛋包
$1.00

Whole Wheat Bread 全麥方包
$1.60
Apple Carrot Juice 蘋果紅蘿卜汁
$4.00
Papaya Juice 純木瓜汁
$3.00
Watermelon Juice 純西瓜汁
$3.00

Above 3 drinks are purely made from whole fruits or vegetable.
Healthy Lunch Boxes
健康外賣便當
Tel: 212-964-0380
Fax: 212-571-7697

1. 花遠婆參雞球飯
Sautéed Chicken with Sea Cucumber Over on Brown Rice
2. 豆付露筍魚茸飯
Diced Fish with Asparagus & Bean Curd Over on Brown Rice
3. 七彩雞絲飯
Shredded Chicken with Treasures Over on Brown Rice
4. 南瓜雪耳肉片飯
Braised Pumpkin with Pork & Snow Mushroom Over on Brown Rice
5. 白菜茴三蘿飯
Sautéed Mushrooms with Baby Pak Choy over on Brown Rice
6. 勝瓜金菇雞片飯
Chicken with Okra & Golden Mushroom over on Brown Rice
7. 番茄魚片飯
Sautéed fish with Tomato over on Brown Rice
8. 露筍肉片飯
Sautéed Sliced Pork with Asparagus over Brown Rice
9. 涼瓜豆付雞片飯
Chicken with Bitter Melon & Bean Curd over on Brown Rice
10. 干扁四寶干撈麵
Home Made Lo mein
11. 七彩肉絲澆米
Shredded Pork with Assorted Vegetables Noodle in Soup
12. 北菇雪豆肉片湯麪
Sliced Pork with Mushroom & Snow Peas Noodle in Soup

$4.50 each
All food are prepared in healthier way:
ingredients are parboiled, using canola oil
low oil, low salt, low sugar, no MSG!

全用健康制法：
用料全部過滾水，用芥花子油起鍋。少油。少鹽。少糖。免味精。
健心聯盟推薦心臟健康食品

【明報紐約訊】根據美國疾病防治中心(CDC)和心臟協會的報告，從1999年開始，心臟病是亞太裔(包括華裔)的首位致死原因。為了向民衆宣傳健康的飲食對防止心臟病的重要性，健心聯盟在華裔社區開發題爲「少吃糖鹽油，健心樂悠悠」的活動，並於6月7日向民衆推薦經過註冊營養師鑑定的5種有利於心臟健康的食品。

作爲健心聯盟的主導機構，王嘉廉社區醫療中心醫學教育及事務主任曹英揚指出，糖尿病會增加患心臟病的危險。研究表明，到2050年，中國將成爲世界上糖尿病人最多的國家，而美國的華裔糖尿病患者比率比中國高5至7倍。

美洲中華醫學會心臟專科醫生陳建樂在活動中首次向民衆推薦經過註冊營養師推薦的5種健康食品。

負責鑑定這5種食品的註冊營養師黃淑敏說，鑑定嚴格按照美國農業部制定的標準，評估的5種食品均強調更多地食用天然、營養高而熱量低的水果、蔬菜、低奶製品。

經鑑定的食品包括：「新王朝」的桂花炒素翅、「金馬車餅屋」的蔬菜蒸麥包、「稻香」的竹笙野生菌上湯、「美心西餅」的全麥火雞蛋包、「糖潮食坊」的鳳凰餃子。這些食品將於6月7日推出。

May 26, 2005 – Healthy Heart Coalition Eateries (Ming Pao Daily)
Alliances with the media
【健康城】

陈健乐首谈心脏健康

健心联盟举办系列讲座

心腹疾患是现代人普遍关注的健康问题。为了提升民众对心脏病的关注和预防，“健心联盟”于3月19日举办了一场心脏病讲座，吸引了众多心脏病专家和患者参加。

陈健乐指出，美国有3000万人患有心脏病，每年有75万人死于心脏病。长期压力、肥胖、吸烟和缺乏运动是导致心脏病的主要因素。

心肌梗塞、心绞痛和心力衰竭是心脏病的三种主要类型。心肌梗塞是由于心脏血管被脂肪或胆固醇堵塞而引起的，而心绞痛则是由于心脏血管狭窄导致心脏供血不足引起的。

陈健乐强调，预防心脏病的关键是保持健康的生活方式，包括均衡饮食、定期运动和避免吸烟。他鼓励民众定期进行心脏健康检查，及时发现和治疗心脏病。

健康城记者叶永康

2006年3月20日星期一
少吃糖鹽油
健心樂悠悠

美國華裔心臟病的高發率及其不斷攀升已經引起了多方的深切關注。根據美國疾病預防控制中心（Centers for Disease Control）和美國心臟協會（American Heart Association）的報告，在1999年，心臟病是亞太裔人士（包括華裔）的首位致死原因。因糖尿病會大大增加患上心臟病的風險，該病在華裔之中也越來越受關注。研究表明，美國華裔的糖尿病患病率比中國高5至7倍。同時，隨著移民到美國已經生活方式的改變，尤其是飲食結構的改變，許多華裔也被體重過重而困擾。而超重又同其他主要健康問題交織在一起，共同增加了患心臟病的風險。

根據心臟專科醫生陳建樂解釋，導致心臟病的危險因素包括多個方面，其中有些是無法避免的，例如年齡增長、男性、和遺傳。但同時也存在許多人為可以改變的危險因素，包括抽煙、超重、缺少體力活動、高膽固醇、高血壓和糖尿病。因此，為了保持健康的心臟，我們要從可以改變的危險因素着手，培養均衡的飲食方式和保持適量的體力活動。這同時也是最新出台的“食物金字塔”所強調的兩個方面。然而，華裔中的心臟病問題卻被長期忽略。陳建樂醫生更指出，一般人認爲華裔飲食較西方人健康，其實不然。由於華人攝取醣類食物過多，容易罹患糖尿病。加上華人一般喜歡吃豬肉、牛肉、雞腿肉等紅肉，脂肪含量過高，這些都是造成心臟血管疾病的危險因素。

為引導大眾培養健康飲食習慣，美國農業部和衛生部提出了九條飲食指南：應能量的需要，在基本食物種類中，購買多種不同的食物；控制卡路里的攝取量來維持理想體重；保持每天做運動的習慣；增加食用水果、蔬菜、全穀類和脫脂或低脂牛奶和優酪乳；聰明的選擇好的脂肪；聰明的選擇好的碳水化合物；選擇低鹽的食物；飲適中的份量的酒精；小心存放食物，以確保食用安全。

註冊營養師黃淑敏指出，從心臟健康的角度而言，少吃含脂肪高的食物（尤其是飽和脂肪）非常重視要，因為含有過多脂肪的食物會增高血液中的膽固醇。而高膽固醇是導致心臟病和中風的主要危險因素。蔬菜、水果、谷類和豆

Chinese-American Healthy Heart Coalition
健心聯盟
Healthy Holiday Eating

春節美食當前 無節制損健康
健心聯盟推廣健康飲食

農曆新年將至，王嘉廉社會處醫療中心提醒市民，在享用春節美食的同時，也應注重健康，尤其是心血管疾病和糖尿病患者，節日的生活飲食則更要注意，所以該中心主辦的『健心聯盟』特別請來營養師，介紹春節的飲食心得。

註冊營養師黃淑敏表示，農曆新年年飯，親友歡聚一堂，豐盛筵席必不可少。雞鴨魚肉，是餐桌上的常備食物，當然更有各種傳統的新年小食，令人大飽口福。不過，沒有節制的飲食，難免會损害健康。所以，要特別注意節日的健康飲食事項。

黃淑敏表示，傳統的新年美食，例如薩琪、油角、笑口齋等，營養不多；其他年節食品例如糖蓮子、糖冬瓜、年糕等，亦是高熱量及高脂肪的食品，多食會令人攝取過多的熱量和脂肪，影響健康，更會令膽固醇偏高、血壓上升。所以過年時要注意適可而止，大家品嚐新年美食亦應該作節制，只宜淺嘗。

此外，農曆年糕類最好是自製，以便控制食材。材料宜用純粹的瘦肉、蝦米或乾蓮子，盡量少吃用醃製，減少脂肪的攝取。進食糕點時，可選用清淡的烹調方法加熱，例如：用微波爐或蒸熱。如果喜愛吃煎的，則可將糕切薄片並以少油快煎，以減低用油量。用來作食品的食油多是反覆加熱使用，不但破壞食油中含有的營養素，更含致癌物質，有損肝臟。

她還說，年糕『全盒』可換上健康小食，例如香腸魚、西梅乾、提子乾、蘋果乾、香蕉乾等天然乾果以代替糖蓮子、糖冬瓜或朱古力等糖分較高的糖果。一些傳統的低糖食品，如炒米餅、米通等亦是瘦身素客的理想小食。

至於年貨方面，最好以新鮮水果、天然乾果、茶葉、冬菇，全麥纖維替代高糖高脂肪的朱古力、牛油曲奇、蛋卷等食品。新春期間，以鮮果來招呼到訪親友，便是最健康的款客之道。
Meeting - Childhood Obesity

【華視記者黃巧玲攝影報導】全國關懷兒童健康聯盟理事長林靜美表示，兒童肥胖問題已成為全球健康的重要議題。全球約有10%的孩童面臨肥胖的問題，而肥胖問題不僅影響孩子的成長，也帶來心理健康及生活品質的問題。

林靜美指出，肥胖不僅會增加心血管疾病、糖尿病、高血壓等慢性疾病的風險，還可能影響孩子的自尊心及社交能力。因此，早期的肥胖預防與治療是非常重要的。

根據世界衛生組織的資料，全球兒童肥胖率在過去幾十年中已有顯著增加。預計到2020年，全球將有1.2億至1.4億的兒童面臨肥胖的問題。

林靜美呼籲，家長們應注意孩子的飲食習慣，避免過量的油炸食品、甜點和高熱量飲料。同時，鼓勵孩子多運動、少坐少臥，比如每天至少運動30分鐘。

此外，學校也應注重學校營養環境的改善，提供健康飲食和運動設施，以幫助學生養成良好的生活習慣。

林靜美呼籲，國人應提高對肥胖問題的認識，共同努力解決兒童肥胖問題，為下一代的健康成長鋪路。
破坏好胆固醇 心脏健康大敌
医疗界籲餐馆禁用转型脂肪

本報記者王峰紐約報道

日前紐約衛生局建議餐廳在18個月內停止使用轉型脂肪(Trans Fat)烹飪食物。昨(12日)健心聯盟註冊營養師黃淑敏特別就此問題進行專題演講，社區的醫療界別人士亦在會議上表示，醫療、健康、公共政策各方面展開討論。

據黃淑敏介紹，轉型脂肪分天然與人工兩種。天然的來自肉類而來，人體吸收的數量一般不多。人工造就的轉型脂肪必須經過氫化(Hydrogenation)過程，把更多的碳原子加入脂肪之中。使液態油變為固體油。能令食品易於保存，難於變味。

據了解，人造牛油、安達、糖、蘇打餅、甜餅、零食、香腸等食品都含有轉型脂肪。以人造牛油的轉型脂肪為例，含量為7.1-17.7% (最高達31.9%)，蔬菜油為10.3%-38.4%。健心聯盟呼籲，蔬菜油和大豆油並沒有經過氫化，不含轉型脂肪，故可以普遍應用於各種高溫或低溫烹調。另外，由於含有較低的飽和脂肪和較高的不飽和脂肪，以及維生素E(重要的抗氧化劑)，這些蔬菜油類也具有降低膽固醇的作用，適用時亦不會改變食物的味道。

目前問題是人的食物健康嗎？黃淑敏說，轉型脂肪與卡路里不同，超級市場售賣的食品一般都要標明每天可進食的卡路里總和，但轉型脂肪是越少越好。目前每天每個美國人平均攝取大約6克轉型脂肪，一份快餐含有超過10克的轉型脂肪。

西奈山醫院心臟科李蘭行醫生則指出，轉型脂肪對轉型脂肪主要是兩大原因，一是味道較香，二是存放較久，但千萬不要以它們便宜、易做，從經濟角度看，因為液態油轉為固態油要經過「氫化」過程，這個過程使轉型脂肪的成本上升，與普通的健康食油相比，成本兩者無異。

黃淑敏(左)建議大家以後多吃食物成分標籤，了解食品的轉型脂肪含量。
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(212) 263-0483

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