

Meatless Monday, a national health campaign, believes that Americans can help prevent heart disease, stroke, diabetes, and cancer by eating less meat and other high-fat foods. Here is an easy and tasty meat-free recipe to help you get started:

Easy Veggie Chili (Serves 4-6)

1-15.5 oz. can each of dark kidney beans, white kidney beans, and garbanzo beans
1-16 oz. bag mixed vegetables
3 garlic cloves
1 small chopped onion
1 package (any) medium chili powder mix
1-16 oz. can of crushed tomatoes
1 cup of spicy V-8 juice
1/4 cup 100% pineapple juice
Hot sauce, to taste



Directions

Toss all ingredients in large pot and heat for 20 minutes or until hot. Stir as needed.

Nutrition Information per Serving

Calories 400, Total Fat 3g, Saturated Fat 0g, Cholesterol 0mg, Sodium 1230mg, Carbohydrate 74g, Fiber 17g, Protein 22g

Bronx Health REACH works with the Bronx faith-based community to improve health and get access to better health care. If you have any questions about Bronx Health REACH, contact Bethany Gotkin at 212-633-0800 ext. 328.



MARCH IS NATIONAL NUTRITION MONTH

Calories — The Real Story



"That's loaded with calories!" "Are you counting your calories?" When people talk about the calories in food, what do they mean?

A calorie is a unit of energy. When you hear that something contains 100 calories, it's a way of describing how much energy your body could get from eating or drinking it.

Everyone can benefit from having a healthy, balanced eating plan that includes the right number of calories - not too many, not too few. But how do you know how many calories you need?

Read this insert to find out how many calories you should be eating per day in order to stay healthy and fit.

"Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your body." 1Cor. 6:19-20

What is Your Daily Calorie Level?

Each person's daily calorie level depends on their sex, age and activity level. The charts below shows calorie levels for females and males by age and activity levels, which are explained in the following way:

SEDENTARY: *Less than 30* minutes a day of physical activity

MODERATE: *At least 30* minutes a day of physical activity

ACTIVE: *60 or more* minutes a day of physical activity

Female

Age	Sedentary	Moderate	Active
19-25	2000	2200	2400
26-30	1800	2200	2400
31-50	1800	2000	2200
51-60	1600	1800	2200
61 +	1600	1800	2000

Male

Age	Sedentary	Moderate	Active
21-25	2400	2800	3000
26-40	2400	2600	3000
41-45	2200	2600	2800
46-60	2200	2400	2800
61-65	2000	2400	2600
66 +	2000	2200	2600

Read next week's insert to see how many servings of each food group you should eat daily, based on your calorie level.

Tips for Healthy Eating

You can lower the number of calories that you eat each day by making small changes in your eating habits:

- * Instead of whole milk or cream, use 1% or skim milk, powdered non-fat milk, or evaporated skim milk
- * When having cheese, use half the usual amount, or use part-skim or lower-fat cheese (2-6 grams of fat per ounce).
- * When cooking, instead of butter, lard or shortening, try liquid vegetable oil or non-stick cooking spray.
- * Instead of regular salad dressing, use low-fat or non-fat dressing, or even just a little oil and vinegar. Cut down on the oil part even more by using some water, mustard or lemon juice instead.
- * Use 2 egg whites, or 1/4 cup of egg alternative (like Egg Beaters) instead of 1 egg yolk when making scrambled eggs and baked goods.
- * When eating dessert, try fruit salad without syrup, low-fat or non-fat frozen yogurt, and angel food cake or other reduced-fat cake and cookies.
- * Snacks can also be lower in fat when you choose pretzels, fresh or dried fruit, plain popcorn, rice cakes, or low-fat or non-fat chips and salsa.

