



TRIPLE P COMMUNICATION STATION

Volume 1, Issue 3

PATIENT PHYSICIAN PARTNERSHIP

THANK YOU!!!

Thank you for being a part of our new program. We are excited about giving you very interesting and important information. In this month's newsletter, you'll get a delicious recipe, and learn some great information on fats in your diet. Enjoy!

Guess What?!

1. When frying foods, it is better for your health to use:
A. Butter
B. Olive or canola oil
2. Which type of fat is worse for your heart and blood vessels?
A. fats usually found in animal foods like beef and pork and in tropical oils like coconut and palm oil
B. fats usually found in fish and in vegetable foods like canola oil and guacamole
3. True or false: All kinds of fats have the same amount of calories and should be limited in your diet
4. Which type of food has the most calories?
A. Carbohydrates (breads, crackers, etc.)
B. Protein (beans, turkey, etc.)
C. Fats (oils, nuts, etc.)

* answers on next page

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Center

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Health Center

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Medical Center

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Maryland

HEALTHY RECIPE

Spiced Apple Muffins

1 cup flour
 3 tablespoons sugar
 2 teaspoons baking powder
 1/2 cup chopped apple
 1/2 teaspoon cinnamon
 1/2 teaspoon salt
 1/8 teaspoon nutmeg
 Combine all of the above ingredients in bowl: then add
 1 egg, slightly beaten
 2 tablespoons margarine
 1/3 cup milk



Stir all ingredients only until moistened. Fill 8 well-greased muffins cups 2/3 full.
 Bake at 400 degrees for 25 minutes.

DID YOU KNOW?!

Your body needs fats to keep nerves and organs safe and to move vitamins. Too much fat, though, can help cause weight gain, high blood pressure, heart disease, cancer, and other things that are bad for your health.

What are the kinds of fat?

There are two kinds of fats. One is called “saturated” and the other is called “unsaturated.” Saturated fat can get into and stick in tiny spaces like your blood vessels. This kind of fat is usually found in animal foods like pork, beef, butter and milk. Unsaturated fat does not stick in small spaces as much and is usually found in vegetables, fish, olive oil and canola oil. If you are going to eat fat, it is better to eat the kind that is unsaturated.

I can cook at home with less fat and more healthy fat. But what can I do when I eat at a restaurant or fast-food place?

- Do not choose fried foods. Choose foods that are broiled, roasted, baked, steamed or stir-fried
- Ask for low-fat milk in your coffee or tea
- Order foods without butter, gravy, cheese, or sour cream
- If you have to have things like butter or gravy, ask the restaurant to put them “on the side” so you can add a small amount on your own
- Ask for salad dressing “on the side”
- Order fish (NOT fried!) instead of other meats
- Order lower fat fruit deserts instead of cakes and cookies
- Ask for mustard, salsa, or low-fat yogurt instead of mayo, butter, or sour cream



Answers: 1. B, 2. B, 3. True, 4. C

2004

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PATIENT-PHYSICIAN PARTNERSHIP STUDY

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*Do you have a funny story, or a
tasteful recipe?
Send it to us!!!*

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**COMMIT TO TREATMENT AND CONTROL YOUR BLOOD PRESSURE
THE FIRST STEP TO HEALTHY LIVING AND A LONGER LIFE SPAN.**

- B - Be mindful of all doctors appointments**
- L - Learn to eat healthy**
- O - Only take your prescribed medicine**
- O - Observe your blood pressure numbers**
- D - Decrease your salt**