

Speak Up to Save Lives. A Go Red For Women Discussion Guide



Companion to "Go Red For Women Presents – Speak Up To Save Lives"
television special airing on NBC beginning September 18, 2010.

nationally sponsored by



Real Women. Real Stories.



Heart disease, the No. 1 killer of women, does not discriminate; it affects women from all age groups, ethnicities, family histories and walks of life. In February 2010 *Go Red For Women* hosted open casting calls to select women to represent the many faces of heart disease. The 15 women here were chosen to represent *Go Red For Women* by sharing their stories and speaking up about heart disease in women.

These women are mothers, sisters, daughters and friends – united to raise awareness and take action against heart disease. *Go Red For Women* hopes that, by seeing the many faces of heart disease, women can connect with each other and educate and empower themselves to make choices to reduce their personal risk.

Three of these women, Renee, Migdalia and Pam, are featured in a 30-minute television special on NBC beginning September 18, 2010. "***Go Red For Women Presents — Speak Up To Save Lives***" tells the inspirational stories of these women living with heart disease – the No. 1 killer of women. The special also features actress Jennie Garth and is hosted by the TODAY Show's Hoda Kotb. The show will continue to air on NBC local stations through February 2011.

To learn more about "***Go Red For Women Presents — Speak Up To Save Lives***" and when it will be airing in your market, visit our website at GoRedForWomen.org/WatchOurShow.

For more information about *Go Red For Women* or to read the stories at the heart of *Go Red*, please visit GoRedForWomen.org.

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Dear Supporter

As the No. 1 killer of women, heart disease claims the life of nearly one woman every minute. But it doesn't have to. **Go Red For Women** knows that with awareness and action we can keep thousands of women from dying each year — by speaking up for themselves and for others.

Speak Up to Save Lives: A Go Red For Women Discussion Guide has useful tools and fun tips to help you start a conversation about our No. 1 killer. The guide features stories from real women — women like us — who have spoken up for themselves and their loved ones. It also offers practical tips on nutrition and exercise, and tools to help you reduce your personal risk. Best of all, the guide will help you plan a **Go Red For Women** event to talk up the topic with friends, family and coworkers.

Heart disease doesn't have to be women's No. 1 killer. We can beat heart disease by simply starting a conversation together. Visit **GoRedForWomen.org** and Speak Up! Make it a priority. Those you love are counting on you.

Best wishes for a long and heart-healthy life.

The American Heart Association

A Message to the Hostess or Activity Planner

Thank you for your interest in Go Red For Women and the fight against our No. 1 killer — heart disease.

This guide provides everything you need to plan and host a discussion event including:

- An event planning checklist.
- Stories from real women about how they've spoken up for themselves and others.
- Heart-health posters and fliers to share at your event.
- Tips on fundraising and post-event activities.

Speak Up to Save Lives

SPEAK UP. Too many women die each year because they are unaware that heart disease is their No. 1 killer. One in three women dies of this preventable disease — that's almost one woman every minute.

Together, we can bring a voice to this silent killer to help save lives. We can listen to what our hearts are telling us, wear red on National Wear Red Day and spread the word to our friends and community about making the right choices and taking action. Save lives with the power of your very own voice.

Start the conversation by choosing to Speak Up about heart disease.

Speak Up to Save Lives at GoRedForWomen.org.



Get Started

1. Sign up for the Cause. Research shows that women who sign up for Go Red For Women make choices to improve their heart health and fight heart disease. They also influence other women by talking about heart health.

Make the choice to get involved and inspire other women to keep their hearts healthy. It takes just a few moments to sign up at GoRedForWomen.org.

2. Choose a theme. Be sure to choose an event or activity you feel comfortable with.

Depending on your audience and venue, some fun themes for your gathering include:

- Use the heart-healthy recipes in this guide, or make your occasion a potluck where everyone shares a favorite healthy dish.
- Invite a local chef or nutritionist for a talk and food demo. You can use the recipes in this guide, or find many more in one of our Go Red For Women cookbooks at ShopGoRed.com.
- Host a red fashion show that includes red dresses, workout gear, swimwear, etc. Or ask attendees to wear their favorite red outfit and/or accessories.
- Designate your **Go Red For Women** fundraising event a car wash, yard sale or community talent show. Track donations online at GoRedForWomen.org/Fundraiser.

3. Make a List. Any successful effort starts with a good plan. Our Event Checklist on Page 3 of this guide will help you organize and personalize your Go Red event.

4. Speak Up By Fundraising. You may choose to make your event a fundraising opportunity for Go Red For Women.

Revenues from local and national Go Red For Women activities are used to support awareness, education and community programs to help women learn about and lower their risk of heart disease. We also fund research that impacts women, including studies on heart disease in women, and we create materials that healthcare providers can use when they treat women. If your event is a fundraiser, there are two ways you can submit your donations:

- **Use the Go Red For Women Fundraising Tool at GoRedForWomen.org/Fundraiser.** This easy-to-use tool will track your donations and your progress toward your goal. Donors will get a tax receipt for credit card donations via e-mail.
- **To mail in the donations you receive, use the Fundraising Log and Donation Delivery Instructions on pages 7 and 8 of this guide.** All checks should be made out to the American Heart Association. Provide donors with a downloadable tax receipt available at GoRedForWomen.org/GetOthersInvolved.





Our checklist will help you organize and personalize your Go Red discussion.

Event Checklist

Pre-Event



- Review free downloadable resources at GoRedForWomen.org/GetOthersInvolved.
- Plan how you will use the downloadable resources at your event.
- Select a date for your event. Begin early to build anticipation for your event or gathering.
- Select a venue (your home, your church, a room at your community center, etc.).
- If you are planning a fundraiser, review the information at GoRedForWomen.org/Fundraiser.
- Plan an event budget.
- Identify potential partners including individuals who will donate time, materials or money to your event.
- Choose a theme and decorations. Decorate with red to highlight the cause. Use red napkins, serving plates and utensils, a tablecloth — even a bouquet of your favorite red flowers.
- Plan your menu. Serve heart-healthy foods to support the message of the gathering. This guide includes four tasty recipes to get you started. More recipes are available at GoRedForWomen.org/Recipes or in one of our many cookbooks at ShopGoRed.com.
- Plan your invitation list. Remind everyone to wear red! Send an invitation (paper or electronic) and speak to them personally to confirm their attendance. Remember, people respond more positively to a personal invitation.
- Consider inviting women to participate who have been affected by heart disease. Ask them to share their stories at the event.
- Create a list of duties and recruit volunteers/staff to help. Create a resource list of all equipment and materials needed for your event.
- Visit ShopGoRed.com to find **Go Red For Women** items to enhance your program. Purchase and give attendees a **Go Red For Women** red dress lapel pin. The red dress pin is the No. 1 way to show support for **Go Red For Women**.
- Ask those who can't attend to consider making a donation on behalf of your event, or on behalf of someone they know with heart disease.
- Ask all invitees to sign up at GoRedForWomen.org to hear from other women and to learn more about how they can speak up for themselves and others.
- If "**Go Red For Women Presents — Speak Up To Save Lives**" is not airing in your market, or if it has already aired, purchase the DVD to view at your event at ShopGoRed.com.

At Your Event



- Make your gathering more personal by sharing your connection to heart disease and explain why the topic has an impact on your guests.
- Use the free downloadable resources at GoRedForWomen.org/GetOthersInvolved to educate attendees about heart disease in women. Encourage them to share the information with their friends and family.
- Print extra copies of the appendix sheets in this guide as handouts for your participants to help get them moving toward a heart-healthy lifestyle.
- Encourage each attendee to commit to making one change in her life that will benefit her heart health (e.g., take a 30-minute walk five times a week).
- Recommend that attendees share the choices they've made online at GoRedForWomen.org/SpeakUp.
- If your event is a fundraiser, have a computer and Internet access available so women can make their donations online at GoRedForWomen.org/Fundraiser. Or encourage each woman who attends to register and donate online when she returns home.
- Before they leave, provide attendees with a downloadable Participant Certificate available at GoRedForWomen.org/GetOthersInvolved. Certificates will be a daily reminder of the message of **Go Red For Women** and living a heart-healthy life.

Post-Event



- Send thank-you letters to your attendees, your sponsors and special guests using the Go Red Note Cards available at ShopGoRed.com.
- Share photos of your event on the **Go Red For Women** Flickr group site at flickr.com/groups/gored/. We may highlight you and your event on GoRedForWomen.org or in a future **Go Red For Women** newsletter issue.
- To return all donations/money raised, follow the instructions on page 8 of this Guide under Donation Delivery Instructions.
- Remember— contact the women who couldn't attend and ask for their support by visiting GoRedForWomen.org to register and donate online.

Speak Up With Your Healthcare Providers

Renee – 39, Austin, TX

When Renee woke one morning nauseous and sweaty, she assumed she had the flu. When her symptoms escalated she called 911. EMS told Renee it was just anxiety, but after a visit to the doctor later that day, tests confirmed her suspicion: Renee had experienced a heart attack.

En route to another hospital, Renee passed out. After six separate defibrillations, she was finally revived and woke up in the intensive care unit. Realizing the gravity of her situation, she asked the nurse, "Am I out of the woods?" The nurse's face said it all.

Renee's condition finally stabilized, but her recovery was slow and challenging. Nevertheless, Renee is thankful for her experience. "I got a wake-up call in my 30s that most people don't get until their 60s."



Like most women, before her heart attack, finding balance had eluded her. As a new mom, Renee put the needs of her family before her own. Career and housework came next, and at the end of the day there was simply not enough time for herself or her health.

Today Renee is moving forward and taking care of herself. She regularly exercises and eats a

heart-healthy diet. When she looks back on her heart attack, she feels intense gratitude that she listened to her body and fought to make her heart heard.

"The best thing you can do is follow your intuition. If you're tired or don't feel well, go to your doctor and be adamant that you know your body and that something is not right."

Renee's story has inspired women to prioritize their health first. As a result, many friends and family have visited their own doctors and gotten their cholesterol and blood pressure checked. Nothing warms Renee's heart more than that.

"I Go Red for all the women out there trying to find balance in their life."

Beating Heart Disease is a Lifelong Choice

You may look and feel healthy. But do you know your risk for developing heart disease in the next 10 years? The Go Red Heart CheckUp only takes a few minutes to complete and will assess your main cardiovascular health risk factors. It helps you evaluate your lifestyle and heart health as it is today and helps determine what threats you have that can increase your chances of getting heart disease in the next 10 years.

Visit GoRedForWomen.org and take the Go Red Heart CheckUp.

Five Questions to Ask Your Doctor

1. **What is my total cholesterol level and what is my goal?**
2. **What BMI range is healthy for me?**
3. **What is diabetes and how may it affect my heart health?**
4. **What is my blood pressure?**
5. **Does my family history put me at risk for heart disease or stroke?**



Put Your Health First and Bring Your Family Along

Migdalia – 39, New York, NY

Migdalia, a single mother of two, has used her own family experience with heart disease to reach out to other women via the blogosphere to empower them with messages of well-being for the modern woman.

As a busy working mom and the sole provider of her two teenage sons, Migdalia takes great pride in providing for

them as much as possible and being a part of their different activities. However, with two jobs and four to five hours of sleep a night, she began to notice that her health was lagging. The biggest shock was when she and her teenage son were diagnosed with high cholesterol.

Migdalia was shocked to learn that heart disease ran in her

family, and that 10 family members had undergone open heart surgeries. She began to make small changes for herself, but most importantly for her children.

"We no longer use food as a reward," said Migdalia. "I've learned to make healthier choices; we now bake most of our meals instead of frying, and have incorporated more fruits and vegetables."

By beginning to make these changes together, her family has gotten healthier — and closer. Migdalia left one of her two jobs so that she could focus more on her family and her health.

As a Latina, she also feels that she lives in two worlds — her American life combined with Latin flavor. With this, she also knows that the foods from her homeland Puerto Rico are not always the healthiest. Sharing her story is part of her mission to educate other Latina women like herself all over the nation about the benefits of a healthy lifestyle.

"It's been said that it takes a community to raise a child; I want to take it a step further and say it takes a community to get healthy."

Quick Tips

One of the most important steps that you can take to protect you and your family's heart health is to eat healthy:

- Eat balanced meals and smaller portions several times a day, and combine with frequent exercise to keep your weight under control.
- Substitute sugary foods with fruits to maintain healthy blood sugar levels and lower your risk for developing diabetes.
- Avoid fried foods, select fat-free or low-fat products and eat fish to maintain healthy blood cholesterol levels.
- Avoid salty foods and include high-fiber whole grains that can help to prevent and manage high blood pressure.

Choose to Be a BetterU

Go Red BetterU is a free, 12-week online makeover that can help save your life. Powered by the science of the American Heart Association, BetterU provides guidance to help you transform your health by making small, simple choices.

The BetterU is not about fad diets and new exercise trends, but rather a program that focuses on skills and information that help today's busy women lead their own lives, only better.

What are you waiting for? Become a BetterU today at GoRedForWomen.org.

As a Latina, Migdalia knows she has a higher risk of heart disease than non-Hispanic white women. **Go Red Por Tu Corazón** is a bilingual movement that is raising awareness of heart disease among Hispanic women, and helping them make healthy eating choices for themselves and those they love. To Learn more visit GoRedCorazon.org or call 1-888-474-VIVE.

Those Who Can, Teach

Pam – 44, Whitehouse Station, NJ

Pam never thought she would be able to become a mother. She had already survived two heart surgeries to repair a congenital heart defect, but she never imagined that her desire to have a child would nearly take her life.

At age 30 she underwent extensive testing and her doctors cleared her to carry children. But just eight weeks into

her pregnancy, she started experiencing problems and was placed on bed rest for the duration of the pregnancy.

When the big day came, it was a day of worry, not of joy. Pam was in heart failure and her doctors had found a clot, putting her at severe risk for stroke. Experts were called in to plan a complex series of surgeries to deliver her baby

and save her life. After an emergency c-section, the baby had survived, but Pam found herself back in surgery 24 hours later to replace her aortic valve. After 10 days, she finally got to meet her son.

These days, Pam lives an active lifestyle and works her schedule around her exercise regime. But healthy lifestyle doesn't stop with Pam. She teaches all she knows to her son and the women in her life. Pam is a proud survivor and has these inspiring words to say to all women... "you CAN live a normal life with heart disease."

Pam received and gave the gift of life and now she is teaching women everywhere to cherish their own.

"I Go Red for the chance to save one life, for the chance to give someone hope."



How Can You Speak Up?

There are so many ways you can become an advocate of women's heart health. Taking care of you is the first priority. Spread the word to those you love – your neighbor, your friend, your mother or sister. When you speak up, you help save lives.

Here are other ways you can make a difference.

Share Your Story

One in three women has some form of cardiovascular disease. Sharing your personal health choices, successes and struggles can help other women live longer, stronger lives. Unique stories like yours are at the heart of Go Red For Women. So please pass yours on. Connect with women who share a passion for women's heart health. Every time your story is heard you've helped a heart.

Volunteer

You can make a difference – and have fun doing it! While Go Red For Women is a national organization, it's also a powerful grassroots organization, uniting women in diverse neighborhoods from coast to coast. Get involved with friends, neighbors, family, coworkers and church members and speak up about the Go Red For Women movement to stop heart disease.

Advocate for Women's Heart Health

Right now, advocates across the country are working to advance public policy on a number of issues that will improve the cardiovascular health of all women. You can help by learning about the issues the American Heart Association advocates for and taking action on the ones that matter most to you and your loved ones.

Find more ways you can make a real difference at GoRedForWomen.org/SpeakUp.

Donate To Save Lives

Go Red For Women is the American Heart Association's nationwide movement that celebrates the energy, passion and power of women to band together and wipe out heart disease.

Revenues from local and national Go Red For Women activities are used to support awareness, education and community programs to help women learn about and lower their risk of heart disease. We also fund research that impacts women, including studies on heart disease in women, and we create materials that healthcare providers can use when they treat women.

Go Red For Women funds allow us to offer educational programs and advance women's understanding of their risk for heart disease. These funds also provide tools and motivation to help women reduce their risk.

Go Red funds support scientific discoveries about women's heart health and turns them into materials and tools that healthcare providers can use to help women.

For as little as \$25, you can make a difference. Give in honor or in memory of a woman you know who has been touched by heart disease. Give for all women. Give for yourself. Visit GoRedForWomen.org/Donate to learn more about how your dollars will help fight heart disease.

Fundraising Log

Thank you for your efforts to help raise funds for Go Red For Women. Our goal is to fight heart disease, the No. 1 killer of women, by raising funds for vital research and educational programs. Go Red For Women urges women to know their risk and make healthy choices to maintain and improve their heart health. Use the Donation Delivery Instructions on the following page to send in your donations.

Name	E-mail	Donation

Donation Delivery Instructions

Thank you for your efforts to help raise funds for the American Heart Association's Go Red For Women movement. Our mission is to build healthier lives free of cardiovascular diseases and stroke. Your gift will help fight our nation's No. 1 and No. 3 killers, heart disease and stroke, by funding research, educational programs and advocacy efforts in your community. You are a big part of our success in achieving our goals.

Please print and complete this form. Then mail it with your check and/or the checks you have collected from donors to your local affiliate office as shown below. All checks should be made out to the American Heart Association.

I have enclosed a gift of \$ _____ .

Your donation is tax deductible to the extent the law allows and is credited to your local American Heart Association office.

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Thank you for donating to
the American Heart Association and
Go Red For Women®.

**If you have any questions, please visit
GoRedForWomen.org/ContactUs or call
1-800-AHA-USA1 (1-800-242-8721).**

This seal signifies that the American Heart Association meets the BBB Wise Giving Alliance's Standards for Charity Accountability.



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Lemon Green Beans with Parsley and Almonds

The lively taste of lemon and the wonderful crunch of dry-roasted almonds add the perfect accents to fresh green beans.

Serves 4; ½ cup per serving

- 8 ounces fresh green beans, trimmed, cut into 1½- to 2-inch pieces (about 2 cups)**
- 2 tablespoons sliced almonds, dry-roasted**
- 1 tablespoon finely snipped fresh parsley**
- ½ teaspoon grated lemon zest**
- 1 teaspoon fresh lemon juice**
- ⅛ teaspoon pepper**

In a large saucepan, steam the beans for 10 minutes, or until tender-crisp. Transfer to a serving bowl. Sprinkle with the remaining ingredients. Stir gently to coat. Serve immediately for the best texture.

Cook's Tip: Dry-roasting nuts brings out their flavor. Put the nuts in a single layer in an ungreased skillet. Dry-roast over medium heat for about four minutes, or until just fragrant, stirring frequently and watching carefully so they don't burn. Remove the skillet from the burner so the nuts don't continue to cook.

NUTRITION ANALYSIS (per serving)

Calories.....	35
Total Fat.....	1.5 g
Saturated Fat.....	0.0 g
Trans Fat.....	0.0 g
Polyunsaturated Fat.....	0.5 g
Monounsaturated Fat.....	1.0 g
Cholesterol.....	0 mg
Sodium.....	4 mg
Carbohydrates.....	5 g
Fiber.....	2 g
Sugars.....	1 g
Protein.....	2 g

Dietary Exchanges:

1 vegetable
½ fat

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Four-Onion Dip

Four sources of onion team up to create a robust dip reminiscent of the traditional onion soup party dip, but with much less sodium. Serve with colorful raw vegetables for dippers.

Serves 8; 2 tablespoons per serving
Start to finish: 22 minutes

- 2 tablespoons dehydrated minced onion**
- 2 tablespoons water**
- ½ cup fat-free sour cream**
- ¼ cup fat-free plain yogurt**
- 1 medium green onion (green and white parts), chopped**
- 2 tablespoons grated sweet onion, such as Vidalia, OsoSweet, Maui, Walla Walla, or Texas 1015**
- 2 tablespoons shredded carrot**

- 2 tablespoons light mayonnaise**
- 1 tablespoon salt-free onion-and-herb seasoning blend**
- ½ teaspoon sugar**
- ¼ to ½ teaspoon red hot pepper sauce**
- ⅛ teaspoon garlic powder**
- ⅛ teaspoon salt**

In a small bowl, stir together the dehydrated onion and water. Let stand for five minutes.

Meanwhile, in a medium bowl, stir together the remaining ingredients. Stir in the rehydrated onion. Let stand for 10 minutes. Serve at room temperature or cover and refrigerate for up to two days. The dip will thicken during the refrigeration time.

NUTRITION ANALYSIS (per serving)

Calories.....	39
Total Fat.....	1.0 g
Saturated Fat.....	0.5 g
Trans Fat.....	0.0 g
Polyunsaturated Fat.....	0.5 g
Monounsaturated Fat.....	0.5 g
Cholesterol.....	4 mg
Sodium.....	87 mg
Carbohydrates.....	5 g
Fiber.....	0 g
Sugars.....	3 g
Protein.....	2 g

Dietary Exchanges:

½ carbohydrate

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Salmon with Cilantro Pesto

Vibrant orange salmon fillets get a double dose of crunchy almonds, one in the pesto and one in the topping. The lovely green pesto is easy to make and gets a delightful flavor boost – without salt – from the garlic-herb seasoning blend. For a quick and pretty dish, scatter the almonds over the surface, as instructed below. If you prefer a fancier presentation, after spreading the pesto over the salmon, slightly overlap the almonds on the fillets to resemble fish scales, then bake as directed.

Serves 4; 3 ounces fish and 1 tablespoon pesto per serving

Cooking spray (optional)

Cilantro Pesto

- ½ cup loosely packed fresh cilantro
- 3 tablespoons fat-free, low-sodium chicken broth
- 2 tablespoons sliced almonds

- 2 tablespoons shredded or grated Parmesan cheese

- 1 teaspoon salt-free garlic herb seasoning blend

Salmon Fillets

- 4 salmon fillets (about 4 ounces each), rinsed and patted dry
- ¼ cup sliced almonds

Preheat the oven to 400°F. Line a baking sheet with aluminum foil or lightly spray with cooking spray.

In a food processor or blender, process the pesto ingredients for 15 to 20 seconds, or until slightly chunky.

Place the fillets about two inches apart on the baking sheet. Spread the pesto evenly over the top of the fillets. Sprinkle with ¼ cup almonds.

Bake for 10 to 12 minutes, or until the fish flakes easily when tested with a fork.

NUTRITION ANALYSIS (per serving)

Calories.....	206
Total Fat.....	9.5 g
Saturated Fat.....	1.5 g
Trans Fat.....	0.0 g
Polyunsaturated Fat.....	3.0 g
Monounsaturated Fat.....	4.0 g
Cholesterol.....	66 mg
Sodium.....	129 mg
Carbohydrates.....	2 g
Fiber.....	1 g
Sugars.....	0 g
Protein.....	28 g

Dietary Exchanges:

3½ lean meat

Tropical Fruit Dippers

Feel free to substitute your favorite seasonal fruits for the pineapple and mango dippers. Some good ones to try include berries, pears and apples.

Serves 4; ½ cup fruit and 2 tablespoons fruit dip per serving

Fruit Dip

- 2 tablespoons all-fruit apricot spread
- 1 cup fat-free whipped topping, thawed in refrigerator
- ½ teaspoon vanilla extract
- ¼ teaspoon ground cinnamon
- 1 cup pineapple chunks
- 1 cup cubed mango

In a small microwavable bowl, heat the fruit spread on 100 percent power (high) for 20 seconds, or until slightly melted.

Add the whipped topping, vanilla and cinnamon, stirring briskly until smooth. (The volume of the whipped topping will decrease.) Serve with the pineapple and mango for dipping or cover with plastic wrap and refrigerate for up to two days before serving.

NUTRITION ANALYSIS (per serving)

Calories.....	98
Total Fat.....	0.0 g
Saturated Fat.....	0.0 g
Trans Fat.....	0.0 g
Polyunsaturated Fat.....	0.0 g
Monounsaturated Fat.....	0.0 g
Cholesterol.....	0 mg
Sodium.....	11 mg
Carbohydrates.....	23 g
Fiber.....	1 g
Sugars.....	16 g
Protein.....	0 g

Dietary Exchanges:

1½ fruit

