

Speak to Your Health! Healthy Eating in Genesee County

Healthy eating is important for your mind and body. Eating healthy foods means eating fruits and vegetables every day and not eating too many foods that are high in fat.¹ Healthy eating also means adding more whole grains and lean meat to your diet.²



Chicken Gumbo

Serves 4; 1 cup per serving

- 2 tablespoons canola or corn oil
- 2 tablespoons all-purpose flour
- 1 14.5-ounce can no-salt-added stewed tomatoes, undrained
- 1 cup fat-free, low-sodium chicken broth or water
- 8 ounces boneless, skinless chicken breasts (all visible fat discarded), cut into bite-size pieces
- 1 cup frozen cut okra, thawed
- 1 medium onion, chopped
- 1 medium green bell pepper, chopped
- 2 medium dried bay leaves
- 1 teaspoon Worcestershire sauce (lowest sodium available)
- 1/2 teaspoon dried thyme, crumbled
- 1/4 teaspoon salt
- 1 teaspoon Louisiana hot sauce or red hot-pepper sauce

In a large nonstick skillet, heat the oil over medium-high heat, swirling to coat the bottom. Stir in the flour. Cook for 3 minutes, or until dark brown, stirring constantly. Stir in the tomatoes with liquid, broth, chicken, okra, onion, bell pepper, bay leaves, Worcestershire sauce, and thyme. Bring to a simmer. Reduce the heat and simmer, covered, for about 45 minutes, or until the okra is very tender, stirring occasionally. Stir in the salt.

Discard the bay leaves. Spoon the gumbo into bowls. Sprinkle each serving with the hot sauce. **Cook's Tip:** If possible, make the gumbo the day before you plan to eat it so the flavors have more time to blend.

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DID YOU KNOW?

The *Speak to Your Health! Community Survey* is a resource that provides information about healthy eating in Genesee County. The results of the 2009 survey found that people in Genesee County have a lot of good eating habits, but were you aware that:

- Almost 10% of Genesee County residents have difficulty accessing a store that has a good variety of fresh fruits and vegetables.
- On average, Genesee County residents eat salad *only* 3 times per week and fruit 7 times a week.
- While 45% of 18-24 year olds living in Genesee County eat fruits and vegetables five times a day, only about 30% of people ages 25 and older do the same.

WHAT CAN YOU DO?

Eat more fruits and vegetables. Fruits and vegetables are high in vitamins and nutrients.

Switch to fat free or 1% milk. Lower fat milk will cut calories and fat.

Reduce portion sizes. Listen to what your body is telling you and stop eating when full.

Limit high fat foods. High fat foods are also high in calories and often low in nutrients.

Drink plenty of water. If you're dehydrated, you may feel hungry when you're actually thirsty.

Participate in a community garden. Grow your own food.

WHERE CAN YOU GET LOCAL INFORMATION?

- **Flint Farmers' Market** (810) 232-1399
<http://flintfarmersmarket.com/>
- **Double Up Food Bucks**
<http://www.doubleupfoodbucks.org/>
- **Project Fresh** (517) 432-3243;
<http://www.projectfresh.msu.edu>
- **Mr. Rogers Garden Program** (810) 232-9950, ext. 379
<http://catholiccharitiesflint.org/mrrogersprogram.aspx>
- **Clean and Green Program/Genesee County LandBank** (810) 257-3088; <http://www.thelandbank.org>
- **Keep Genesee County Beautiful** (810) 767-9696
<http://www.keepgeneseecountybeautiful.org>

Please take time to Speak to Your Health!

Visit www.gchd.us/survey to complete the 2011 survey

The Speak to Your Health! Community Survey is funded by CDC grants to the Prevention Research Center of Michigan (PRC/MI) and Michigan Youth Violence Prevention Center (MI-YVPC) and by the Crim Fitness Foundation. For more information about the Survey, visit: <http://www.sph.umich.edu/prc/>

¹Centers for Disease Control and Prevention, (n.d.). *Healthy weight - it's not a diet, it's a lifestyle!* Retrieved from website: http://www.cdc.gov/healthyweight/healthy_eating/

²U.S. Department of Agriculture, (2011). *USDA's My Plate*. Retrieved from website: <http://www.choosemyplate.gov/>