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DATE: August 12, 2004 L16

Clarksburg WV

WEEKLY MEETING:

FIRST BAPTIST CHURCH NUTTER FORT
219 Maryland Avenue

AGENDA – THURSDAY Aug 12, 2004

1. **5:00 Exercise**
2. **6:00 Stress Management**
3. **7:00 Group**
4. **7:30 Dinner Runway Grill**

EDITORIAL: 2004 Nutrition Guidelines Update.

2004 Updated “Fat Free” Food Guideline:

All fat free foods (food with 0 grams of fat per serving) that list Acceptable fats or oils can now be included in the reversal eating style in moderation, regardless of where the added fats or oils fall in the ingredients list. Servings of any foods with trace amounts of added oils are still limited to 0-3 servings per day. By following this serving limit, you will continue to maintain an eating style that is 10% fat. **2004 updated fat free dairy guideline:** All “fat free” dairy products are now acceptable, regardless of the type of fat added. All fat free dairy products are still limited to no more than 2 servings per day, overall fat consumption is minimal and still falls within the reversal nutrition guidelines.

2004 Updated Caffeine Guideline: Any caffeine free product is now acceptable, not just naturally caffeine free products. Examples include products such as caffeine free Diet Coke and caffeine free Diet Pepsi. Decaffeinated coffees and teas continue to be excluded, including beverages that have been naturally decaffeinated. From the Ornish Nutrition Team. February 18, 2004

SDC: Our Annual SDC meeting will be scheduled for Saturday, October 16, 2004.

Please email me any suggestions for the meeting.

Adherence results from last week:

MODALITY	RESULTS
Exercise	81.3
Diet	83.4
Stress Management	64.6
Group Support	84.4
Out side of group support	81.3
Not attending a group	6
Number of inputs	20

RECIPES: Couscous Cakes with Tomato Relish

From The Kitchen of Erin Hunt

$\frac{3}{4}$ cup couscous, cooked (2 $\frac{1}{2}$ cups cooked)

$\frac{1}{2}$ cup shredded zucchini

$\frac{1}{2}$ cup shredded carrot

$\frac{1}{3}$ cup sliced green onions

2 cloves, garlic, minced

$\frac{1}{2}$ cup crushed Grape-Nuts

1 tablespoon grated soy Parmesan cheese.

1 teaspoon dried Italian seasoning.

$\frac{1}{2}$ cup Egg Beaters. 2 cups chopped tomatoes

2 tablespoons bottled fat-free Italian salad

dressing. 1 tablespoon chopped fresh oregano

In a large bowl, combine cooked couscous, zucchini, carrot, onion, garlic, Grape Nuts, cheese, Italian seasoning and egg substitute. Shape mixture into 12 patties, using firmly packed $\frac{1}{4}$ cup for each; set aside.

In a medium bowl, combine tomato, salad dressing and oregano. Refrigerate until serving time.

In a large nonstick skillet, over medium heat, cook 4 patties at a time in nonstick pan spray for 3 minutes on each side or until golden. Serve warm with prepared tomato relish.