

**DIETARY  
GUIDELINES  
FOR AMERICANS  
2015-2020  
EIGHTH EDITION**

# Cut Down on Added Sugars

**Learn how to limit calories from added sugars—and still enjoy the foods and drinks that you love. Choosing a healthy eating pattern low in added sugars can have important health benefits.**

The *2015-2020 Dietary Guidelines for Americans* recommends limiting calories from added sugars to no more than 10% each day. That's 200 calories, or about 12 teaspoons, for a 2,000 calorie diet.

## What Are Added Sugars?

Just like it sounds, added sugars aren't in foods naturally—they're added. They include:

- Sugars and syrups that food manufacturers add to products like sodas, yogurt, candies, cereals, and cookies
- Sugar you add yourself—like the teaspoon of sugar in your coffee

Some foods have sugar naturally—like fruits, vegetables, and milk. The sugars in these foods are not added sugars.

The average American gets 270 calories of added sugars each day. **That's about 17 teaspoons of sugar!**



## What's the Problem with Added Sugars?

Eating and drinking too many foods and beverages with added sugars makes it difficult to achieve a healthy eating pattern without taking in too many calories. **Added sugars contribute calories, but no essential nutrients.**

Almost half of the added sugars in our diets come from drinks—like sodas, fruit drinks, and other sweetened beverages.

## What Foods Have Added Sugars?

Lots of them. Some include:

- Regular sodas, energy drinks, and sports drinks
- Candy
- Fruit drinks, such as fruitades and fruit punch
- Cakes, cookies, and brownies
- Pies and cobblers
- Sweet rolls, pastries, and doughnuts
- Dairy desserts, such as ice cream

## How Can I Cut Down on Added Sugars?

You don't have to give up the foods you love completely. Instead, you can limit added sugars by making some smart, small changes to how you eat. Here are 3 things you can do:

### 1. Find Out How Many Calories You're Getting from Added Sugars Now.

You can use the USDA's [Supertracker.usda.gov/](https://supertracker.usda.gov/) to get an idea. Once you know, you can make changes.

## 2. Make Some Healthy Shifts.

Replace foods and drinks high in added sugars with healthier options. You could:

- Eat fruit for dessert instead of cookies or cakes
- Swap sugary cereals for unsweetened cereal with fruit
- Drink water or low-fat milk with meals instead of sodas

You can still have foods and drinks with added sugars—just choose smaller portions or have them less often.

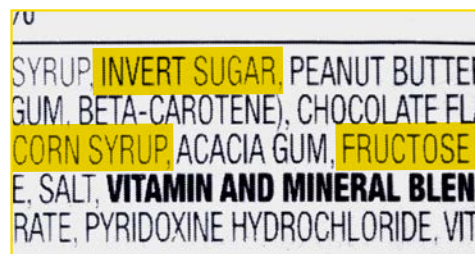
- If you choose to have a soda, select a smaller size
- Add 1 teaspoon of sugar to your tea or coffee instead of 2

## 3. Check the Ingredients.

Look for added sugars in the ingredients list. The higher up added sugars are on the list, the more added sugar is in the product.

Added sugars go by a lot of different names like: brown sugar, corn sweetener, corn syrup, dextrose, fructose, glucose, high-fructose corn syrup, honey, invert sugar, lactose, malt syrup, maltose, molasses, raw sugar, sucrose, trehalose, and turbinado sugar.

Added sugars hide in foods that you might not expect. They're common in foods like pasta sauces, crackers, pizzas, and more.



### Added Sugars Add Up:



1 Tablespoon of Tomato Ketchup =  
**12 Calories** of Added Sugars



1 Bottle of Sports Drink  
(20 Ounces) =  
**122 Calories** of Added Sugars



1 Cup of Flavored Cereal =  
**48 Calories** of Added Sugars



1 Can of Regular Soda  
(12 Fluid Ounces) =  
**126 Calories** of Added Sugars



1 Serving of Flavored Yogurt  
(6 Ounces) =  
**72 Calories** of Added Sugars



1 Piece of Chocolate Cake =  
**196 Calories** of Added Sugars



1 Chocolate Bar (1.6 Ounces) =  
**74 Calories** of Added Sugars

### What About Artificial Sweeteners?

Artificial sweeteners—like saccharin, aspartame, acesulfame potassium (Ace-K), and sucralose—can help you cut down on calories. But they may not be a good way to manage your weight in the long run.

Want to learn more about added sugars and how to find a healthy eating pattern that works for your family?  
Check out [ChooseMyPlate.gov](https://www.choosemyplate.gov), which has more information from the *Dietary Guidelines*, online tools, recipes, and more.



# Life is Sweet... with these Easy Sugar Swaps!

If you're cutting back on added sugars or calories, try these swaps to get the sweet taste you love:

## Baking and Cooking

Unsweetened applesauce can substitute for some of the sugar in a recipe. You may need less oil, too—adjust the recipe as needed to get the taste and texture you like. Or try using a no-calorie sweetener suitable for cooking and baking.



## Dressings and Sauces

Swap store-bought bottled salad dressings, ketchup, tomato sauce and barbeque sauce — which can have a lot of added sugars — for homemade versions so you can control the amount of sugar added to them.



## Soda/Soft Drinks

Swap sugar-sweetened beverages for plain or sparkling water flavored with mint, citrus, cucumber or a splash of 100% fruit juice.



Get recipes and more tips at  
**HEART.ORG/RECIPES**

## Desserts and Sweets

Instead of indulging in a traditional sugar-based dessert, enjoy the natural sweetness of fruit. Fresh, frozen and canned (in its own juice or water) are all good choices. Try them baked, grilled, stewed or poached.



## Snack Mix and Granola

Make your own, without all the added sugars.

Combine your favorite nuts and seeds (unsalted or very lightly salted), raisins and dried fruits (unsweetened), rolled oats and whole-grain cereal (non-sugared/non-frosted) — and skip the candy!



## Tea and Coffee

Swap sugars (including honey and agave syrup) for a no-calorie sweetener. One packet adds about the same sweetness as two teaspoons of sugar — and typically saves you more than 25 calories.

NO-CALORIE  
SWEETENER



The American Heart Association recommends cutting back on added sugars. Using low- and no-calorie sweeteners is one option that may help in an overall healthy diet. Foods and beverages containing low- and no-calorie sweeteners can be included in a healthy eating plan, as long as the calories they save are not added back as a reward or compensation. The FDA has determined that certain low- and no-calorie sweeteners, such as sucralose, are safe.

It's important to eat an overall healthy dietary pattern that **includes** a variety of fruits and vegetables, whole grains, beans and legumes, fish, skinless poultry, nuts and seeds, and fat-free/low-fat dairy products; and **limits** sodium, saturated fat, red meat and added sugars.



# CUT OUT ~~ADDED SUGARS~~

Added sugars are sugars added to foods and beverages when they're processed or prepared. Consuming too much may make you sick and may even shorten your life.

## THE AMERICAN HEART ASSOCIATION RECOMMENDED DAILY LIMIT FOR ADDED SUGARS:

### WOMEN

**6**  
TEASPOONS  
**100**  
CALORIES  
**OR LESS**

### MEN

**9**  
TEASPOONS  
**150**  
CALORIES  
**OR LESS**



## WHERE DO ADDED SUGARS COME FROM?



### DECEPTIVE DRINKS

Flavored Milk  
Sports & Energy Drinks  
Sugary Soda & Tea  
Sweetened Juice



### UNBALANCED BREAKFASTS

Breakfast & Energy Bars  
Granola  
Sugary Cereal  
Sweetened Oatmeal



### SWEET, SWEET SYRUPS

Coffee Flavors  
Drink Mixers  
Jellies & Jams  
Pancake Syrup



### ICE-COLD CANDY

Ice Cream & Gelato  
Frozen Yogurt  
Fruit-Flavored Popsicles  
Sherbet & Sorbet



### BEWITCHING BAKED GOODS

Bread & Pastries  
Cakes, Cookies & Pies  
Donuts  
Flavored Bagels

## EASY WAYS TO AVOID THEM:

Check nutrition facts label and ingredients

Choose simple foods over heavily processed ones

Limit sweets and sugary beverages

Rinse canned fruits if they are canned in syrup



# SIP SMARTER

Replace sweetened drinks to cut back on added sugars and empty calories.

## REPLACE SUGARY BEVERAGES...

- full-calorie soft drinks
- energy/sports drinks
- sweetened “enhanced water” drinks
- sweet tea
- sweetened coffee drinks

## WITH BETTER CHOICES!

- The best thing you can drink is water! Try it plain, sparkling or naturally flavored with fruit or herbs.
- Drink coffee and tea without added sugars for a healthier energy boost.
- For adults, diet drinks may help replace high-calorie sodas and other sugary drinks.

## THE FACTS MAY SURPRISE YOU.

Most Americans consume nearly  
**20 TEASPOONS**  
of added sugars **EACH DAY.**

That’s more than **TRIPLE** the  
recommended daily limit for women  
and **DOUBLE** for men!

Sugar-sweetened beverages  
like soda and energy/sports  
drinks are the

**#1 SOURCE OF  
ADDED SUGARS  
IN OUR DIET.**

A can (12 FL OZ) of  
regular soda has about  
**150 CALORIES AND  
10 TEASPOONS**  
of added sugar.

## TRY THESE TIPS TO QUENCH YOUR THIRST WITH LESS ADDED SUGARS



### START CUTTING BACK.

Take steps to reduce or replace sugary drinks in your diet:

**REPLACE** most of your drinks with water.

**REDUCE** the amount of sugar in your coffee or tea gradually until your taste adjusts to less sweetness.

**ADD** plain or sparkling water to drinks to keep some of the flavor with less added sugars per servings.



### CHOOSE WATER.

Make water the easy, more appealing go-to choice:

**CARRY** a refillable water bottle.

**ADD** a splash of 100% fruit juice or slices of citrus, berries and even cucumbers for a boost of flavor.

**TRY** seltzer, club soda or sparkling water if you crave the fizz.



### MAKE IT AT HOME.

Family favorites like hot chocolate, lemonade, smoothies, fruit punch, chocolate milk and coffee drinks easily can be made at home with less added sugars.

**START WITH UNSWEETENED** beverages, then flavor to taste with additions like fruit, low-fat or fat-free milk, and herbs and spices.

Get great recipes for beverages and more at [HEART.ORG/RECIPES](https://www.heart.org/recipes).



## READ THE LABEL, AND CHOOSE WISELY.

Some drinks that appear to be healthy may be high in calories and added sugars. Check servings per container and ingredients list.

Added sugars go by many names, including sucrose, glucose, maltose, dextrose, high fructose corn syrup, cane syrup, concentrated fruit juice, agave nectar and honey.

**EAT SMART** **ADD COLOR** **MOVE MORE** **BE WELL**

FOR MORE TIPS ON HEALTHY EATING, COOKING AND RECIPES: [HEART.ORG/EATSMART](https://www.heart.org/eatsmart)

## Nutrition Facts

Serving Size 1 package (272g)

Servings Per Container 1

### Amount Per Serving

Calories 300      Calories from Fat 45

### % Daily Value\*

**Total Fat** 5g      **8%**

**Saturated Fat** 1.5g      **8%**

*Trans Fat* 0g

**Cholesterol** 30mg      **10%**

**Sodium** 430mg      **18%**

**Total Carbohydrate** 55g      **18%**

Dietary Fiber 6g      **24%**

Sugars 23g

**Protein** 14g

Vitamin A      80%

Vitamin C      35%

Calcium      6%

Iron      15%

\* Percent Daily Values are based on a 2,000 calorie diet.  
Your Daily Values may be higher or lower depending on  
your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Saturated fat can increase the risk of developing cardiovascular disease.

**Saturated fat is a  
nutrient to get less of.**

# Saturated Fat

## What It Is

Saturated fat is found in higher proportions in **animal products** and is usually **solid at room temperature**. The exceptions are seafood (which is low in saturated fat) and certain tropical plant oils, such as coconut oil, palm oil, and palm kernel oil (which are high in saturated fat).

The human body *makes* more saturated fat than it needs — so it is not necessary to get saturated fat from food.

## Where It Is Found

Saturated fat is found in a variety of foods, including:

- Beef fat (tallow and suet), chicken fat, and pork fat (lard)
- Cream and milk (whole and 2% milk)
- Dairy products (such as butter and regular/full-fat cheese, cream cheese, and ice cream)
- Dairy desserts (such as ice cream, other frozen desserts, and puddings)
- Grain-based desserts (such as brownies, cakes, cookies, doughnuts, pastries, pies, and sweet rolls)
- Fast food
- Meats and poultry
- Nuts
- Processed meat and poultry products (such as bacon, hot dogs, jerky, luncheon meats, and sausages)
- Tropical plant oils (such as coconut, palm, and palm kernel oils)
- Savory snacks (such as chips, crackers, and microwave popcorn)
- Sweets (such as chocolate candies)
- Vegetable shortening and stick margarine

## What It Does

Like all dietary fats, saturated fat provides calories and helps the body absorb certain vitamins, cushions and insulates the body, and supports many body processes.



## Health Facts

- Most Americans exceed the recommended limits for saturated fat in the diet.
- Saturated fat can raise the levels of total cholesterol and low-density lipoprotein (LDL or “bad”) cholesterol in the blood — which, in turn, can **increase the risk of developing cardiovascular disease**. Cardiovascular disease is the leading cause of death in both men and women in the U.S.
- The *Dietary Guidelines for Americans* recommends consuming **less than 10% of calories per day from saturated fat** by *replacing* saturated fat with monounsaturated and polyunsaturated fats while staying within recommended limits for calories and total dietary fat.

## Action Steps

### For Reducing Saturated Fat in Your Diet

Use the **Nutrition Facts Label** as your tool for reducing consumption of saturated fat. The Nutrition Facts Label on food and beverage packages shows the amount in grams (g) and the Percent Daily Value (%DV) of saturated fat in **one serving** of the food.

The Daily Value for saturated fat is **less than 20 g per day**. This is based on a 2,000 calorie diet — your Daily Value may be higher or lower depending on your calorie needs.

- ☐ When comparing foods, choose foods with a lower %DV of saturated fat. The goal is to get less than 100% of the Daily Value for saturated fat each day. And remember:
  - 5% DV or less of saturated fat per serving is low
  - 20% DV or more of saturated fat per serving is high
- ☐ Look for sources of saturated fat on the ingredient list on a food package. Some examples of ingredients that contain saturated fat are: beef fat (tallow and suet), butter, chicken fat, cream, pork fat (lard), shortening, and tropical plant oils (such as coconut oil, palm oil, and palm kernel oil).

**Tip:** Ingredients are listed in descending order by weight — the closer an ingredient is to the beginning of the list, the more of that ingredient is in the food.
- ☐ Choose lean cuts of meats and poultry. Trim or drain fat from meats before or after cooking and remove poultry skin before cooking or eating.
- ☐ Try seafood and plant sources of protein (such as beans and peas, soy products, and unsalted nuts and seeds) in place of some meats and poultry.
- ☐ Substitute fat-free (skim) or low-fat (1%) dairy products (such as cheese, milk, and yogurt), or fortified soy beverages for regular/full-fat (whole) dairy products.
- ☐ Switch from stick margarine to soft margarine (liquid, spray, or tub).
- ☐ Cook and bake with liquid oils (such as canola and olive oil) instead of solid fats (such as butter, lard, and shortening).
- ☐ Try baking, broiling, grilling, or steaming. These cooking methods do not add extra fat.
- ☐ Instead of using creamy salad dressings, make your own flavorful dressings with vinegar and oil (such as flaxseed, olive, or sesame oils).
- ☐ Limit dairy and grain-based desserts, savory snacks, and sweets (such as cakes, chips, chocolate candies, cookies, crackers, ice cream, and puddings).
- ☐ Consume smaller portions of foods and beverages that are higher in saturated fat or consume them less often.
- ☐ When eating out, ask which fats are being used to prepare your meal. You can also request to see nutrition information (available in many chain restaurants), and then choose options that are lower in saturated fat.

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*Trans* fat can increase the risk of developing cardiovascular disease.

***Trans* fat is a nutrient to get less of.**

### Update on *Trans* Fat

On June 16, 2015, the U.S. Food and Drug Administration (FDA) took action that will significantly reduce the use of partially hydrogenated oils, the major source of artificial *trans* fats in the food supply. This action is expected to reduce cardiovascular disease and prevent thousands of fatal heart attacks each year in the U.S.

FDA is providing companies three years to either reformulate products without partially hydrogenated oils and/or petition FDA to permit specific uses. Food companies have already been working to remove partially hydrogenated oils from processed foods and FDA anticipates that many may eliminate them ahead of the three-year compliance date.

It's important to note that *trans* fat will not be completely gone from foods because it occurs *naturally* in small amounts in meat and dairy products, and is present at very low levels in other edible oils.

# Trans Fat

## What It Is

*Trans* fat is an unsaturated fat, but it is structurally different than unsaturated fat that occurs naturally in plant foods. *Trans* fat has **detrimental health effects** and is not essential in the diet.

There are **two sources** of *trans* fat:

- ***Trans* fat formed naturally** – this type of *trans* fat is produced in the gut of some grazing animals (such as cattle and sheep).
- ***Trans* fat formed artificially during food processing** – this type of *trans* fat is created during a process called “partial hydrogenation” in which hydrogen is added to liquid vegetable oil to make it more solid, and therefore more resistant to becoming spoiled or rancid. The process generally does not make the oil completely solid, resulting in “partially” hydrogenated oils.

## Where It Is Found

***Trans* fat formed naturally** is found in small amounts in some animal products, such as meats and dairy products.

***Trans* fat formed artificially during food processing** is found in partially hydrogenated oils used in a variety of foods, including:

- Coffee creamer
- Fast food
- Frozen pizza
- Grain-based desserts (such as cakes, cookies, and frozen pies)
- Ready-to-use frostings
- Refrigerated dough products (such as biscuits and cinnamon rolls)
- Savory snacks (such as crackers and microwave popcorn)
- Vegetable shortening and stick margarine

## What It Does

**Partially hydrogenated oils** are used by food manufacturers to improve the texture, shelf life, and flavor stability of foods. Partially hydrogenated oils should not be confused with “fully hydrogenated oils,” which are solid fats that contain very low levels of *trans* fat.





## Health Facts

- About half of the *trans* fat Americans consume is from partially hydrogenated oils.
- *Trans* fat increases the level of low-density lipoprotein (LDL or “bad”) cholesterol and decreases the level of high-density lipoprotein (HDL or “good”) cholesterol in the blood — which, in turn, can **increase the risk of developing cardiovascular disease**. Cardiovascular disease is the leading cause of death in both men and women in the U.S.
- The *Dietary Guidelines for Americans* recommends keeping the intake of *trans* fat **as low as possible** by limiting foods containing **partially hydrogenated oils** (a source of artificial *trans* fat). Eating foods with even small amounts of *trans* fat can add up to a significant intake over time.

## ✓ Action Steps

### For Reducing *Trans* Fat in Your Diet

Use the **Nutrition Facts Label** as your tool for reducing consumption of *trans* fat formed during food processing. The Nutrition Facts Label on food and beverage packages shows the amount in grams (g) of *trans* fat in one serving of the food.

*Trans* fat has no Percent Daily Value (%DV), so use the amount of grams (g) as a guide.

- ☐ Look for partially hydrogenated oils on the ingredient list on a food package.  
**NOTE:** The Nutrition Facts Label can state 0 g of *trans* fat if the food product contains less than 0.5 g of *trans* fat per serving. Thus, if a product contains partially hydrogenated oils, then it might contain small amounts of *trans* fat even if the label says 0 g of *trans* fat.
- ☐ Switch from stick margarine to soft margarine (liquid, spray, or tub).
- ☐ Cook and bake with liquid oils (such as canola and olive oil) instead of solid fats (such as butter, lard, and shortening).
- ☐ Try baking, broiling, grilling, or steaming. These cooking methods do not add extra fat.
- ☐ Limit grain-based desserts and savory snacks (such as cakes, cookies, crackers, and microwave popcorn).
- ☐ Choose lean cuts of meats and skinless poultry.
- ☐ Substitute fat-free (skim) or low-fat (1%) dairy products (such as cheese, milk, and yogurt) or fortified soy beverages for regular/full-fat (whole) dairy products.
- ☐ When eating out, ask which fats are being used to prepare your meal. You can also request to see nutrition information, which is available in many chain restaurants.

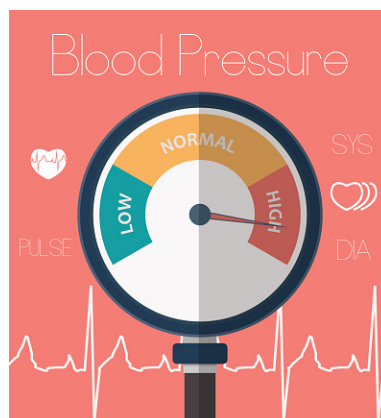
## Test Your High Blood Pressure Knowledge



1. Blood pressure is measured using two numbers: HDL and LDL.  
**True or False**
2. High blood pressure can hurt your health in many ways. Which of these organs can be affected by the condition?
  - a. **Brain**
  - b. **Kidneys**
  - c. **Heart**
  - d. **All the above**
3. You should sit quietly for at least five minutes before taking your blood pressure.  
**True or False**
4. Why is blood pressure sometimes referred to as the “silent killer”?
  - a. **High blood pressure doesn’t make any loud noises**
  - b. **High blood pressure makes it difficult to talk**
  - c. **High blood pressure usually doesn’t have any symptoms**
5. It is okay to put the blood pressure cuff on over your clothes.  
**True or False**
6. Where can you get your blood pressure measured?
  - a. **At home**
  - b. **At a local pharmacy**
  - c. **At a doctor’s office**
  - d. **All the above**
7. Your arm should be supported on a flat surface, relaxed, and at heart level when measuring blood pressure.  
**True or False**
8. Only adults and older adults can have high blood pressure.  
**True or False**
9. About 1 in 3 adults in the United States has high blood pressure, and about \_\_\_\_% of these individuals have their high blood pressure under control.
  - a. **25%**
  - b. **50%**
  - c. **70%**
  - d. **90%**
10. Room temperature, background noise, and exercise can affect blood pressure readings.  
**True or False**

## Test Your High Blood Pressure Knowledge – ANSWERS

1. **False.** The first number is called systolic blood pressure and measures the pressure in your blood vessels when your heart beats. The second number is called diastolic blood pressure and measures the pressure in your blood vessels when your heart rate rests between beats. LDL and HDL are two types of cholesterol.
2. **D. All the above.** High blood pressure affects all of these organs and can lead to heart attack, stroke, and increases risk of chronic kidney disease.
3. **True.** It is important to have at least 5 minutes of quiet rest prior to taking your blood pressure. This means sitting calmly and not talking.
4. **C. High blood pressure usually doesn't have any symptoms.** Measuring your blood pressure is the only way to know.
5. **False.** The cuff should fit snugly over your skin on your arm and should not be over clothing. A shirt sleeve can reduce the monitors ability to accurately measure blood pressure.
6. **D. All the above.**
7. **True.** Proper arm placement/positioning are important for accuracy. Your back should also be straight and supported and your legs should be uncrossed with your feet on the floor.
8. **False.** Even young adults and children are now being seen with high blood pressure.
9. **B. 50%.**
10. **True.** All of these factors can make blood pressure readings inaccurate. Also smoking, drinking alcohol, and eating before taking your blood pressure can also affect readings.





# National Wear Red Day®

*The First Friday in February*



*The National Heart, Lung, and Blood Institute and many groups around the country observe National Wear Red Day® each year on the first Friday in February to raise awareness about heart disease as the leading cause of death among Americans, especially women.*



#### **Risk factors for heart disease are:**

- *Smoking*
- *High blood pressure*
- *High blood cholesterol*
- *Overweight/obesity*
- *Physical inactivity*
- *Diabetes*
- *Family history of early coronary heart disease*
- *Age (for women, 55 and older)*

#### **Heart disease is largely preventable. Here's what you can do now to reduce your risk:**

- *Don't smoke*
- *Eat for heart health*
- *Aim for 30 minutes of physical activity at least 5 days a week*
- *Ask your doctor to check your blood pressure, cholesterol, and blood glucose*

## **Show your support and wear red!**



National Heart, Lung,  
and Blood Institute



A program of the National  
Institutes of Health



## **Teriyaki Tilapia with Cilantro Lime Rice**

**Prep/Cook Time:** 20 minutes **Number of Servings:** 4

### **Ingredients:**

- 1 cup brown rice, uncooked
- 4 – 6oz tilapia fillets
- 1/4 cup teriyaki sauce (or a low sodium teriyaki if available)
- ¼ teaspoon ground ginger
- 1 teaspoon fresh garlic, minced
- Small bunch of cilantro, chopped
- 3 green onions, thinly sliced
- 1 tablespoon fresh lime juice
- 1 teaspoon crushed red pepper flakes, or to taste



### **Tips**

- You can substitute cod or Swai instead of using tilapia.
- Serve with ½ cup fresh or frozen (thawed) fruit and a side salad or steamed vegetable.

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### **Teriyaki Tilapia with Cilantro Lime Rice**

1. Cook rice according to the instructions on the package.
2. Heat the oven broiler. Prepare a baking sheet with aluminum foil.
3. Place tilapia fillets on the baking sheet and lightly season with pepper. In a bowl combine the teriyaki sauce, ground ginger, and garlic, and mix well.
4. Baste the tilapia fillets with the teriyaki mixture (and do so 1-2 more times during the broiling time in the oven) .
5. Cook for approximately 8-10 minutes until the fish is no longer opaque and flakes easily.
6. Meanwhile, in a medium sized bowl combine the cooked brown rice, chopped cilantro, green onions, lime juice, red pepper flakes, and any other seasonings you like (pepper, Mrs. Dash)
7. Break the tilapia fillets into pieces and serve on top of the rice and herb mixture.

#### **Nutrition Facts (per serving):**

Calories: 282 Protein: 47gm Total Carbohydrates: 13gm  
Fiber: 1gm Total Fat: 4gm Cholesterol: 98mg Sodium: 708mg

### **Teriyaki Tilapia with Cilantro Lime Rice**

1. Cook rice according to the instructions on the package.
2. Heat the oven broiler. Prepare a baking sheet with aluminum foil.
3. Place tilapia fillets on the baking sheet and lightly season with pepper. In a bowl combine the teriyaki sauce, ground ginger, and garlic, and mix well.
4. Baste the tilapia fillets with the teriyaki mixture (and do so 1-2 more times during the broiling time in the oven) .
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## Mediterranean Tuna Chef Salad

**Preparation/Cook Time:** 15 minutes **Number of Servings:** 4

### Ingredients:

- 10oz canned tuna (drained, packed in water)
- 6 cups packed baby spinach
- 1 cup chopped tomatoes (1 large tomato)
- ½ cup chopped red onion (about ½ of a medium onion)
- 1 cup chopped, peeled cucumber
- ¼ cup crumbled, feta cheese
- 2 tablespoons cider vinegar
- 1 tablespoon lemon juice
- 2 tablespoons olive oil
- 1 teaspoon dried oregano



*Recipe courtesy of the American Heart Association*

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### Mediterranean Tuna Chef Salad

#### Directions:

1. In a large bowl, combine the tuna, spinach, tomatoes, onion, cucumber, and feta.
2. In a small bowl, whisk together the vinegar, lemon juice, oregano, and olive oil. Toss with the tuna mixture.

#### Tip:

- ✓ Instead of fresh tomatoes, you can use canned diced tomatoes (drained and rinsed well).
- ✓ Serve with whole grain crackers or whole wheat pita bread.

#### Nutrition Facts (per serving):

Calories: 180 Protein: 17gm Total Carbohydrates: 7.5gm  
Fiber: 2.3gm Total Fat: 10gm Cholesterol: 33mg Sodium: 321mg

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