

## BROCCOLI-CAULIFLOWER SALAD

**3 cups broccoli florets**  
**3 cups cauliflower florets**

1 bunch green onions  
 3/4 cup fat-free mayonnaise  
 1/4 cup sugar

**1/4 cup canola oil**

1/3 cup vinegar  
 1/2 teaspoon salt  
 1/4 teaspoon pepper  
 1/2 cup raisins, seedless

**1/4 cup English walnut pieces**

Thoroughly wash onions, broccoli, and cauliflower. Cut cauliflower and broccoli into small florets. Place in large bowl. Dice green onions and add to bowl. Add mayonnaise to the vegetables. In a microwave-safe bowl, combine sugar, canola oil, vinegar, salt, and pepper. Microwave for 1 minute. Let stand until cool. Add this mixture to the large bowl. Mix together. Stir in raisins and walnuts. Cool.

Serves 8, 1/2 cup servings

(see nutritional information on back panel)



More recipes are available at  
[www.oznet.ksu.edu/humannutrition/omega3.html](http://www.oznet.ksu.edu/humannutrition/omega3.html)

### Nutrition Facts

Serving Size 1/2 cup (131g)  
 Servings Per Container 8

#### Amount Per Serving

Calories 170      Calories from Fat 90

#### % Daily Value \*

**Total Fat** 10g      **16%**

Saturated Fat 1g      **4%**

**Omega-3** 1.04g

**Cholesterol** 0mg      **0%**

**Sodium** 350mg      **14%**

**Total Carbohydrate** 21g      **7%**

Dietary Fiber 3g      **12%**

Sugars 15g

**Protein** 2g

Vitamin A 10%      •      Vitamin C 70%

Calcium 0%      •      Iron 2%

\*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

Calories per gram:  
 Fat 9 • Carbohydrate 4 • Protein 4

#### Information Sources:

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International Food Information Council Foundation, 2001. Omega 3 Fatty Acids and Health.

<http://www.ific.org/proactive/newsroom/release.vtml?id=19502>

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## MATTERS OF THE HEART

**Cardiovascular Disease** is the leading cause of death in the United States for both men and women, regardless of race and ethnicity. Approximately one out of four Americans has some form of cardiovascular disease. Stroke and heart attack, two forms of cardiovascular disease, result when an abnormal function in the heart, arteries, or veins, interferes with oxygen flow to the brain or heart. Some risk factors that increase the chance of developing cardiovascular disease are smoking, high blood pressure, and high serum levels of LDL cholesterol.

**Some Dietary Behaviors** may decrease the risk of cardiovascular disease. Including foods that are rich or fortified with omega-3 fatty acids is one dietary intervention shown to lower the risk of cardiovascular disease.

## JUST THE ESSENTIAL FACTS

**Omega-3 Fatty Acids** are an essential fat that may protect the body from heart disease in at least two ways.

- 1) They may stop blood clotting by preventing the platelets (cells responsible for clotting the blood) from sticking together.
- 2) Some studies have found that a diet rich in omega-3 fatty acids reduces the “bad” cholesterol (LDL; low-density lipoproteins) and increases the “good” cholesterol (HDL; high-density lipoproteins), thus decreasing the risk of atherosclerosis (plaque build up on artery walls).

### SAFETY TIP

Foods with omega-3 fatty acids can decrease blood clotting. If you are taking a blood thinning medication or dietary supplement consult your physician before increasing your intake of omega-3 rich foods or omega-3 supplements.

## TEST YOUR KNOWLEDGE

*What is an Omega-3 Fatty Acid?*

- \* An unsaturated fat that can reduce clot formation and lower LDL cholesterol.

*Can you be healthy without Omega-3 Fatty Acids?*

- \* Not likely. All cells are dependent upon them for normal growth and functioning.

*What do fish, nuts, canola oil, broccoli, and spinach have in common?*

- \* All have omega-3 fatty acids and can be obtained from the diet.

*What are other sources?*

- \* Omega-3 fatty acids are found in wheat germ, canola oil, walnuts, cauliflower, green vegetables (spinach, broccoli, and leafy greens), and marine foods (salmon, trout, tuna, herring, and sardines).