

Chicago, Illinois – The Filipino American Community Health Initiative of Chicago (FACHIC) presented a heart healthy cooking demonstration of *Low Fat Leche Flan*, a traditional Filipino dessert, to over 50 attendees at the St. John's United Methodist Church (UMC) in Oak Park, Illinois on Sunday, May 18, 2014.

The congregation at St. John's UMC is 97% Filipino and FACHIC was invited to conduct the cooking demonstration by Reverend Reuel Talapian and Roselin Romualdo, Evangelism and Witness Ministry at St. John's UMC.

FACHIC board members, Dr. Yasmin Sacro and John Paul Jael, conducted an interactive cooking demonstration of *Low Fat Leche Flan*, incorporating tips and suggestions for heart healthy alternatives in traditional Filipino cooking. The question and answer session focused on topics such as governmental regulation on trans fats, the role of genetics in cardiovascular health and the importance of motivation to exercise. Samples of low fat leche

flan and copies of the American Heart Association's

*Mula sa Pusong*

recipe booklet including the featured heart healthy

*Low Fat Leche Flan*

recipe and Filipino specific health education were distributed to participants.

Roselin Romualdo thanks "FACHIC for sharing with us heart healthy tips on cooking Filipino dishes and for demonstrating a low-fat leche flan dish. It was delicious and light, so you don't feel guilty at all eating that dessert! The recipe book will inspire us to prepare healthy dishes in our homes and church for our fellowship lunches. We can promote healthy heart with healthy soul!"

This cooking demonstration of *Low Fat Leche Flan* is the final of three demonstrations part of FACHIC's

*Filipino Community*

received a 2013-2014 Community Action Grant from the American Heart Association. A copy of

*Low Fat Leche Flan* is

available online for download at

<http://www.fachic.org/lecheflan>

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For more information about the *Low Fat Leche Flan* cooking demonstration and future community partnership opportunities, contact FACHIC at (312) 962-7748 or [info@fachic.org](mailto:info@fachic.org)

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The Filipino American Community Health Initiative of Chicago (FACHIC) is a collaborative of community, health professional, and academic leaders united to address Filipino health issues in the Chicago area. The mission of FACHIC is to increase awareness of Filipino health disparities and to implement health interventions and educational programming to improve the health status of the Filipino community. FACHIC is a 501(c)(3) Illinois nonprofit organization. All programs and services are free and available to all. For more information, visit [www.fachic.org](http://www.fachic.org)

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