

# **A**dvocates for **B**etter **C**hildren's **D**iets

## ***Healthy Body, Healthy Spirit Pilot Program***

*The Healthy Body, Healthy Spirit* pilot program develops a model for a wellness program/ministry with a healthy eating and physical activity emphasis and a trained Health Coordinator to empower the congregation. Health Coordinators are a trusted leader within the congregation, appointed by senior faith organization leadership, and a staff member or a volunteer with a health background. ABCD will train a Health Coordinator and, where possible, the Children/Youth Leaders in each of the five congregations on the importance of healthy eating habits, preparing healthy meals and easy, daily physical activity. In turn, each Health Coordinator will focus efforts on educating 40 families with children over nine month period on making healthy food choices, tracking consumption patterns, improving cooking skills, food shopping practices, and increasing physical activity. The *Healthy Body, Healthy Spirit* project, adapts an approach developed by the Leadership Council on Healthy Communities that utilizes "Health Coordinators from the congregation" to reach African-American women with messages for prevention and treatment HIV/AIDS through targeted DC faith-based organizations.

### **Target Population and Neighborhoods**

ABCD will engage five faith-based organizations from Wards 5, 7 and 8 where the residents have the highest rates of adult obesity from poor eating habits and inactivity. Obesity translates to high incidence of diet-related chronic diseases, diabetes, hypertension, and cardiovascular disease, all which are manifesting at younger ages in DC residents. The faith organizations in this pilot project represent the Baptist, Evangelical, Catholic, African Methodist Episcopal and Islamic faiths.

### **Project Goal**

Empower the faith community to adopt healthy eating and physical activity practices, through wellness ministries at the place of worship and in homes of the congregation and community.

### **Process Goals and Objectives, and Strategies**

- 1. An active Wellness Program with trained Health Coordinators that promotes healthy eating and physical activity for the congregation will be established in 5 diverse DC faith based organizations and can be replicated in others.**
- 2. At least 200 families with children will receive self-management education on healthier shopping, cooking, and eating practices and physical activity by trained Health Coordinators or nutrition and physical activity experts (when available)**
- 3. At least 125 families with children will increase fruit and vegetable consumption by 1/4 serving daily, increase water consumption in place of sugar sweetened beverages, and decrease sodium and/or fat intake.**
- 4. At least 100 families with children will increase frequency and/or intensity of weekly physical activity.**

# Healthy Body, Healthy Spirit

## **Program Overview**

*The Healthy Body, Healthy Spirit* pilot program will develop a model for a wellness program/ministry with a healthy eating and physical activity emphasis. Health Coordinators are trusted leaders within the congregation and will be trained to empower and encourage the congregation to adopt healthier behaviors and habits. ABCD LCHC and other DC community partners will train a Health Coordinator and, in each of the five congregations on the importance of healthy eating habits, preparing easy, affordable healthful meals and daily physical activity.

In turn, each Health Coordinator will focus efforts on educating 40 families/adults over a 9- month period on making healthy food choices, tracking consumption patterns, improving cooking skills, food shopping practices, and increasing physical activity.

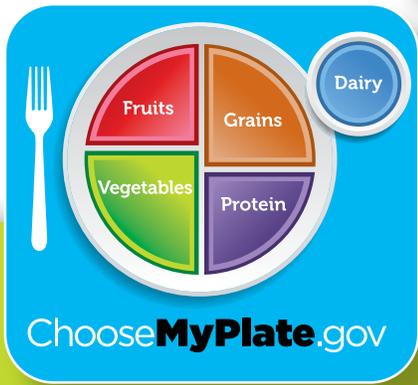
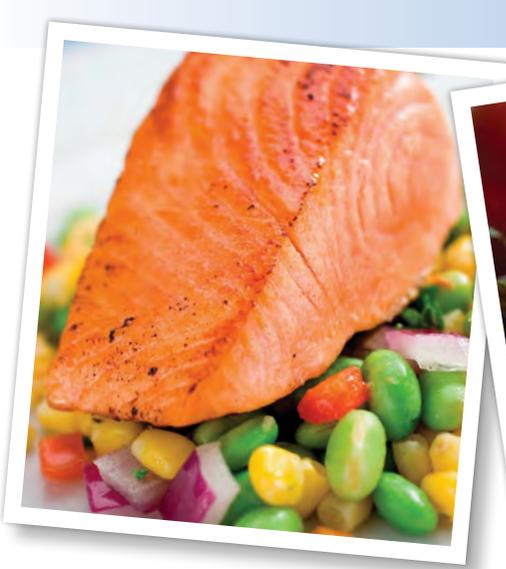
## **Role of Health Coordinators**

1. Serve as the Healthy Body, Healthy Spirit lead for their faith institution
  - a. Encourage positive behavior change
  - b. Motivate the congregation
2. Attend all Healthy Body, Healthy Spirit training sessions
3. Hold or facilitate monthly activity, workshop, or event focused on healthy eating and physical activity that provide effective education and hands-on learning opportunities.
4. Effectively record Healthy Body, Healthy Spirit activities and participants involved
  - a. Specific food intake, physical activity, and weight measures are required.
5. Lead the adoption and implementation of five healthy eating and fitness policies outlined in the *Wellness Guidance for Policies and Programs for the Faith Based Community*.

# Healthy Body, Healthy Spirit

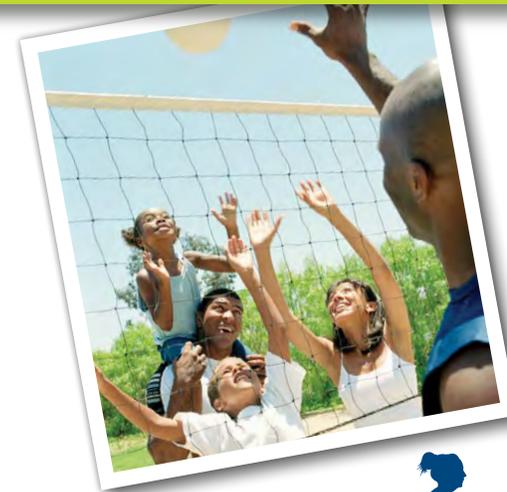
## Goals and Strategies

- 1. An active Wellness Program with trained Health Coordinators will be established in 5 diverse DC faith based organizations and can be replicated in others.**
  - a. Healthy eating and physical activity topics will include basic information on: calorie balance, smart snacking, best beverages, breakfast of champions, portion distortion, cooking healthy meals for your family, healthy eating away from home, physical activity every day in many ways.
  - b. Information about healthy eating and physical activity will be presented at each monthly activity the families have with Health Coordinators.
  - c. All faith-based organizations will adopt and implement 5 healthy eating and fitness policies
  - d. All faith-based communities will receive monthly support from ABCD throughout their initiatives to educate, encourage, and sustain a healthier congregation.
  
- 2. At least 200 families/adults will receive self-management education on healthier shopping, cooking, and eating practices and physical activity by trained Health Coordinators or nutrition and physical activity experts**
  - a. Families in participating congregations will have received effective education and hands-on training on healthy eating and physical activity.
  
- 3. At least 125 families with children will increase fruit and vegetable consumption by 1/4 serving daily, increase water consumption in place of sugar sweetened beverages, and decrease sodium and/or fat intake.**
  - a. Families participating in the educational and hands-on activities will periodically track food intake, and understand how to use the USDA SuperTracker.
  - b. Participants will learn how to apply knowledge on healthier eating to the foods they cook and prepare at home.
  
- 4. At least 100 families with children will increase frequency and/or intensity of weekly physical activity.**
  - a. Families participating in the educational and hands-on activities will periodically track physical activity, and understand how to use SuperTracker to record physical activity habits.
  - b. At least 100 families with children participating in the hands-on activities through the wellness programs will experience 3% weight loss for adults and healthy weight achievement or maintenance for children based on CDC growth charts.



# Eat Healthy • Be Active Community Workshops

Based on the *Dietary Guidelines for Americans 2010*  
and *2008 Physical Activity Guidelines for Americans*



Be Active, Healthy, and Happy!



# Eat Healthy ● Be Active Community Workshop Series

## Contents

Introduction to the Dietary Guidelines and Physical Activity Guidelines .....	1
Community Leader’s Role in Promoting Recommendations From the Guidelines and Implementing the Workshop Series .....	2
Tips for Workshop Facilitators .....	4
List of Supplies That May Be Needed .....	5
Nonfood items.....	5
Food items.....	6
Workshop 1: Enjoy Healthy Food That Tastes Great .....	1-1
Workshop 2: Quick, Healthy Meals and Snacks.....	2-1
Workshop 3: Eating Healthy on a Budget .....	3-1
Workshop 4: Tips for Losing Weight and Keeping It Off.....	4-1
Workshop 5: Making Healthy Eating Part of Your Total Lifestyle.....	5-1
Workshop 6: Physical Activity Is Key to Living Well .....	6-1
Appendix: Additional Resources.....	A-1
Certificate of Completion	
Presidential Active Lifestyle Award (PALA+)	
Food Safety	
Additional Resources .....	A-9
Helpful Materials .....	A-9
Helpful Resources .....	A-10
Federal Guidelines .....	A-10
Nutrition.....	A-11
Physical Activity .....	A-12
Answering Questions About the Guidelines.....	A-13
<i>Dietary Guidelines for Americans, 2010</i> .....	A-13
<i>2008 Physical Activity Guidelines for Americans</i> .....	A-13
Answering Questions About MyPlate .....	A-15

## Introduction to the Dietary Guidelines and Physical Activity Guidelines

Eating and physical activity patterns that are focused on consuming fewer calories, making informed food choices, and being physically active can help people attain and maintain a healthy weight, reduce their risk of chronic disease, and promote overall health.

—*Dietary Guidelines for Americans, 2010, Executive Summary*

The *Dietary Guidelines for Americans, 2010* and the *2008 Physical Activity Guidelines for Americans* provide science-based advice to promote health and reduce obesity and risk for major chronic diseases. Together, these two important publications provide guidance on the importance of being physically active and selecting nutritious foods for living a long and healthy life.

The *Dietary Guidelines for Americans* provide advice for making food choices that promote good health and a healthy weight and help prevent disease. The two main themes of these guidelines are balancing calories to manage body weight and focusing on foods and beverages that are high in nutrients (while controlling calorie and sodium intake). They encourage Americans to eat more healthy foods like vegetables, fruits, whole grains, fat-free and low-fat dairy products, and seafood and to consume less sodium, saturated and *trans* fats, added sugars, and refined grains. The guidelines also emphasize a flexible approach to eating patterns where individual tastes and food preferences are considered. There is also a stronger emphasis on balancing calorie intake with physical activity.

The *Physical Activity Guidelines for Americans* provide recommendations on the amount, types, and level of intensity of physical activity needed to achieve and maintain good health. These guidelines stress the importance of creating a physical activity plan that includes moderate- and/or vigorous-intensity aerobic activities and muscle-strengthening activities that are tailored to a person's specific interests, lifestyle, and goals.

The two guidelines go hand-in-hand and together provide important information for developing and maintaining a healthy lifestyle. They are the basis for the **Eat Healthy • Be Active Community Workshops**.

## Community Leader's Role in Promoting Recommendations From the Guidelines and Implementing the Workshop Series

You play an active and important role in helping people attain and maintain a healthy weight, reduce their risk of chronic disease, and live a healthy lifestyle.

The Dietary Guidelines provide these selected consumer messages. More information about the messages can be found at <http://www.ChooseMyPlate.gov>.

### *Balancing Calories*

- ✓ Enjoy your food, but eat less.
- ✓ Avoid oversized portions.

### *Foods to Increase*

- ✓ Make half your plate fruits and vegetables.
- ✓ Make at least half your grains whole grains.
- ✓ Switch to fat-free or low-fat (1%) milk.

### *Foods to Decrease*

- ✓ Compare sodium in foods like soup, bread, and frozen meals—and choose foods with lower numbers.
- ✓ Drink water instead of sugary drinks.

Healthy eating and physical activity work hand in hand to help us live healthier lives. The Physical Activity Guidelines recommend that adults be physically active for at least 2 hours and 30 minutes each week—children need 60 minutes each day.

- ✓ You can stay physically active by doing activities such as walking, dancing, bicycling, or gardening and by reducing the amount of time you spend sitting.

**The Eat Healthy • Be Active Community Workshop Series builds on these concepts by providing detailed tips for how to put these recommended behaviors into practice. The workshops are designed to move participants from the “thinking” phase to taking desired health actions.**

The workshops and corresponding materials are suitable for all groups of adults, including busy people with limited time and those with low health literacy. Health literacy is the degree to which people have the capacity to find, understand, and use basic health information. The U.S. Department of Health and Human Services (HHS) is committed to making the information from the Dietary Guidelines and Physical Activity Guidelines accessible to the majority of the U.S. adult population. The corresponding *Eat Healthy Your Way* handouts, included in the workshop series, were specifically developed and tested to provide information to help people of varying literacy levels make appropriate health and food selection decisions. In addition, the workshop series includes other handouts suitable for broader audiences, video vignettes, live demonstrations, and a list of helpful resources.

This information is packaged in six easy to conduct, interactive workshops. Each workshop contains learning objectives, icebreaker activities, talking points, instructions for stretch breaks, and hands-on learning activities, and provides opportunities to implement new practices that will lead to lasting lifestyle changes. The series includes:

- 1 Enjoy Healthy Food That Tastes Great**
- 2 Quick, Healthy Meals and Snacks**
- 3 Eating Healthy on a Budget**
- 4 Tips for Losing Weight and Keeping It Off**
- 5 Making Healthy Eating Part of Your Total Lifestyle**
- 6 Physical Activity Is Key to Living Well**

Optimally, the workshops can be offered in full as a series of six, or you can select the particular workshop(s) that would best fit the needs of your audience. For example, consider sharing “Tips for Losing Weight and Keeping It Off” with a group fitness class or offering “Enjoy Healthy Food That Tastes Great” to an existing community cooking class.

Your help is needed to find the best places in which to present the workshops to adults in your community who could benefit the most from learning more about eating healthfully and becoming more physically active. In addition to offering these

workshops to community members, continue to assess the environment where you work and live to make sure that healthy lifestyle choices are easy, accessible, and desirable for all.

Please consider:

- Providing workshops to community groups with whom you are already working.
- Offering workshops to other groups within the community that would benefit from diet and physical activity recommendations, such as senior centers, PTAs, places of worship, exercise and recreation classes, etc.
- Helping to promote quarterly consumer messages.  
(<http://www.ChooseMyPlate.gov/Partnerships/index.aspx>)
- Planning events in your community that encourage physical activity and good health, such as fun runs, walks, contests, and challenges.
- Serving nutritious and healthy foods when refreshments are offered at events and programs.
- Incorporating stretch and movement breaks during events and programs.
- Recommending that local employers provide a work environment that encourages employees to be active and eat well.
- Modeling behaviors consistent with the recommendations for diet and physical activity.

## Tips for Workshop Facilitators

- Prior to the workshop, make sure you have read and reviewed the entire workshop (until you are comfortable talking about the material) and gathered the materials that you will need (copies of handouts, healthy prizes, food ingredients, etc.). If you are teaching all of the workshops, see the suggested list of supplies (on the next page) so you can pull together everything you will need all at once. You may want to arrive 30 minutes ahead of time to prepare and make sure you have everything in place.
- When using talking points, be prepared to expand on the recommendations, give examples, and answer questions as they come up.
- A stretch break related to nutrition and physical activity (and included to promote a less sedentary way of living) is a component of each workshop. For Workshop 6, which includes a longer period of demonstration and physical activity, you may want

to suggest to participants that they wear comfortable clothing. Workshop activities include games, demonstrations, and exercises designed to give participants a chance for hands-on learning.

- A workshop evaluation is provided for participants to complete at the end of each workshop. This information may be useful to share with local organization leaders/potential partners why it is important to provide support for the workshops.
- A reproducible *Certificate of Completion* has been included in the Appendix. This can be used to acknowledge participants for successful completion of the workshop series.

## List of Supplies That May Be Needed

### *Nonfood items*

- Crayons
- Markers
- Toothpicks
- Measuring cup
- Serving plate/tray
- Tablespoon and teaspoon (measuring spoons)
- Vegetable peeler
- Knife
- Cutting board
- Slow cooker
- Large serving bowl
- Can opener
- Disposable small and large plates, bowls, and spoons (for participants)
- Napkins
- Sales circulars from local grocery stores (one for every 2–3 participants)
- Nutrition facts labels from a variety of packaged foods (one for every 2–3 participants)
- Menus from local restaurants (American, Mexican, Chinese, Italian, deli, etc.)
- Healthy prizes: fruit, water bottle, jump rope, etc.
- Resistance bands of modest tension (or the soup cans listed below are fine)—you will need 1 band or 2 soup cans for each person

## *Food items*

- 1 cup sugar
- 12-ounce can of sugar-sweetened soda
- Approximately 1 tablespoon each of a few of the following: thyme, basil, oregano, rosemary, garlic powder, onion powder, chili powder, cumin, low-sodium taco seasoning, low-sodium Italian seasoning, etc.
- 1 cup olive oil
- Salt-free pretzels (enough to serve each participant 3–4)
- Store-brand canned fruit in unsweetened juice (enough for each participant to have a few bites of the fruit)
- Name-brand canned fruit in unsweetened juice (enough for each participant to have a few bites of the fruit)
- Large pepper (green, red, or yellow)
- Large onion
- Large zucchini
- 2 large carrots
- 2 cloves garlic
- 1½ teaspoons oregano
- 1 pound boneless/skinless chicken breasts (approximately 4) or lean ground beef or ground turkey
- 14½-ounce can of no-salt-added tomatoes
- Assorted fruits and vegetables (including some that may be unfamiliar to the population you are teaching), cut up for tasting
- 2 soup cans for each workshop participant (unless you have resistance bands)
- Assorted whole grain products (may need to be cut up or cooked prior to tasting, depending on foods selected)

# Workshop 1

# Enjoy Healthy Food That Tastes Great

*Eat Healthy ● Be Active*  
*Community Workshops*



# Instructor Guide

## Before Workshop Begins

- Thoroughly read entire workshop and become familiar with the lesson plan.
- Choose an activity to do, and gather materials needed for the icebreaker and the chosen activity.
  - *Icebreaker*: large and small disposable plates, salt-free pretzels, olive oil, a selection of spices (hint: consider buying spices from a food co-op where you can buy small amounts for less money), and a plate/tray for the spices
  - *Activity 1*: paper plates, crayons/markers/etc. for each person
  - *Activity 2*: sugar, can of soda, plate, teaspoon
- Photocopy handouts (one per participant):
  1. Enjoy Healthy Food That Tastes Great (2 pages)
  2. Find Someone Who... (1 page)
  3. Tips for Healthier Choices (2 pages)
  4. Reduce Your Sodium (Salt) Intake (1 page)
  5. Modifying a Recipe/Recipe Makeover (2 pages)
  6. MyPlate/10 Tips to a Great Plate (2 pages)
  7. Workshop Evaluation (1 page)

## Workshop Outline

*The workshop should last ~1 hour, including activities.*

- Icebreaker activity (5 minutes)—do this while people are coming into the workshop
- Introduction (5 minutes)
  - Explain the purpose of the workshop
  - Review the Learning Objectives
- **Objective 1**: Learn about small changes you can make to choose healthier fats, less salt, and less added sugars (5–10 minutes)
  - Review handout: *Enjoy Healthy Food That Tastes Great*
- Video: *Healthy Can Be Tasty* (2–3 minutes)

- Stretch Break (5 minutes)
  - Review handout: *Find Someone Who. . .*
- **Objective 2:** Learn about food substitutions and using spices, herbs, and salt-free seasonings that will give you new ways to eat healthfully (5–10 minutes)
  - Review handout: *Tips for Healthier Choices*
  - Review handout: *Reduce Your Sodium (Salt) Intake*
- Activity (5–10 minutes). *Note:* Choose ahead of time and gather supplies. If doing Activity 1, review *10 Tips to a Great Plate* during this time
- **Objective 3:** Learn ideas for recipe modifications and cooking techniques to reduce calories, solid fats (saturated and *trans* fat), sodium, or added sugars (5–10 minutes)
  - Review handout: *Modifying a Recipe/Recipe Makeover* (at-home activity)
- Increasing Physical Activity (1–2 minutes)
- Review handout *MyPlate* and how to use *10 Tips to a Great Plate* (2 minutes)
- Wrap-up/Q&A (5 minutes)
  - Reminders of things to try at home:
    - Modify a recipe to make it lower in solid fats (saturated and *trans* fat), sodium, or added sugars
    - Reduce amount of screen time and increase physical activity
- Ask participants to complete the evaluation form (5 minutes)

## Workshop Lesson Plan

### Icebreaker Activity—Taste Testing (5 minutes)

**Spices/Herbs/Seasoning Taste Test:** Select 2–3 spices, such as thyme, basil, oregano, rosemary, garlic powder, onion powder, chili powder, low-sodium taco seasoning, cumin, curry, coriander, salt-free seasoning mixes, etc. As people come into the workshop, offer them a salt-free pretzel to dip in a small amount of olive oil and then in a spice. See how they like the taste and whether they can name the spice/seasoning.

**Supplies necessary:** Large and small disposable plates, salt-free pretzels, olive oil, a selection of spices (hint: consider buying spices from a food co-op where you can buy small amounts for less money), and a plate/tray for the spices.

### Talking Points—Purpose of the Workshop (2–3 minutes)

- Today’s workshop and handouts will give you tips for making meals that are both healthy and taste great.
- This workshop is based on the *Dietary Guidelines for Americans, 2010* and the *2008 Physical Activity Guidelines for Americans*. The Dietary Guidelines provide science-based advice for making food choices that promote good health and a healthy weight and help prevent disease. The Physical Activity Guidelines provide recommendations on the amount, types, and level of intensity of physical activity needed to achieve and maintain good health.
- The Dietary Guidelines provide these selected consumer messages. More information about the messages can be found at <http://www.ChooseMyPlate.gov/>.
  - *Balancing Calories*
    - ✓ Enjoy your food, but eat less.
    - ✓ Avoid oversized portions.
  - *Foods to Increase*
    - ✓ Make half your plate fruits and vegetables.
    - ✓ Make at least half your grains whole grains.
    - ✓ Switch to fat-free or low-fat (1%) milk.

- *Foods to Decrease*
  - ✓ Compare sodium in foods like soup, bread, and frozen meals—and choose foods with lower numbers.
  - ✓ Drink water instead of sugary drinks.
- Healthy eating and physical activity work hand in hand to help us live healthier lives. The Physical Activity Guidelines recommend that adults be physically active for at least 2 hours and 30 minutes each week—children need 60 minutes each day.
  - ✓ You can stay physically active by doing activities such as walking, dancing, bicycling, or gardening and by reducing the amount of time you spend sitting.

## Talking Points—Learning Objectives (2–3 minutes)

1. Learn about small changes you can make to choose healthier fats, less salt, and less added sugars.
2. Learn about food substitutions and using spices, herbs, and salt-free seasonings that will give you new ways to eat healthfully.
3. Learn ideas for recipe modifications and cooking techniques to reduce calories, solid fats (saturated and *trans* fat), sodium, or added sugars.

## Talking Points—Handout: Enjoy Healthy Food That Tastes Great (5–10 minutes)

### *Small Changes Can Make a Large Difference*

- Select leaner cuts of ground beef (90% lean or higher), turkey breast, or chicken breast.
- Compare sodium in foods like soup, bread, and frozen meals—and choose foods with lower numbers.
- Limit your purchase of processed meats, which tend to be high in sodium.
- Try seafood instead of meat and poultry. You should aim to eat 8 ounces of seafood per week. See Appendix 11 in the *Dietary Guidelines for Americans* for information on mercury content of fish.
- Choose whole-grain cereals that don't have frosting or added sugars; add flavor to hot whole-grain cereals with raisins, vanilla, and/or cinnamon.



- Make half your plate fruits and vegetables (especially nutrient-packed ones that are red, orange, and green, as well as beans and peas).
  - Choose frozen vegetables without sauces and canned vegetables that are labeled as reduced sodium or no-salt-added.
  - In addition to fresh fruits, use canned, frozen, and dried fruits. Look for unsweetened fruit or fruit canned in 100% juice.
- Choose water, fat-free or low-fat milk, 100% fruit juice, or unsweetened tea or coffee as drinks rather than regular soda, sports drinks, energy drinks, fruit drinks, and other sugar-sweetened drinks.
- Instead of a big dessert, try a piece of fresh fruit or a frozen fruit bar, or split a smaller dessert with a friend.

## Video: Healthy Can Be Tasty (2–3 minutes)

## Stretch Break—Handout: Find Someone Who . . . (5 minutes)

**“Find Someone Who . . .”:** This bingo-like game reinforces the winning combination of a healthy diet and physical activity, and allows participants to get to know one another. Pass out the game sheet and ask participants to walk around the room and talk to one another to learn which healthy lifestyle activities each person enjoys. Participants then sign their names in the boxes for the activities they do. Depending on the size of the group, set a limit on how many boxes the same person can sign on a participant’s game sheet (usually just two). Award a healthy prize (fruit, water bottle, jump rope, etc.) to the first person to get a complete row signed. To keep the game going, ask participants to try and complete two rows, a “T” pattern, or even the whole grid. It’s helpful to have several prizes on hand to reward winners.

Find Someone Who . . .			
Getting Healthy Most of the Time + Physical Activity = Good Health			
Does not smoke or drink alcohol	Eats at least 5 servings of fruits and vegetables daily	Does not drink too much alcohol	Has had his/her eyes checked
Does not have diabetes	Does not drink soda	Chose to get a flu shot	Has had his/her teeth checked
Exercises 30 minutes or more 5 days a week	Has a garden	Has had his/her blood pressure checked	Has had his/her cholesterol checked
Has a pet	Has a car	Has a 100% fruit juice	Has had his/her blood pressure checked

**Supplies necessary:** *Find Someone Who . . .* handout for each participant, healthy prize items



- The Dietary Guidelines recommend reducing sodium intake to less than **2,300 mg** of sodium per day.
- *Note:* Children and those in the following population groups should reduce intake to **1,500 mg** of sodium per day:
  - Those who are 51 years of age or older.
  - Those who are African American.
  - Those who have high blood pressure.
  - Those who have diabetes.
  - Those who have chronic kidney disease.

### Activity—Choose One Ahead of Time (5–10 minutes)

1. **“MyPlate” Drawing:** Give each participant a paper plate and ask the group to draw pictures of foods that make up a healthy plate. Remind them to design a plate that is half fruits and vegetables and features whole grains, lean protein, low-fat dairy products, and foods that are low in sodium. *Cover the 10 Tips to a Great Plate handout immediately prior to this activity instead of waiting to the end of the workshop.* Ask each participant to show his or her plate and describe his or her proposed meal to the group.

**Supplies necessary:** paper plates, crayons/markers/etc. for each person

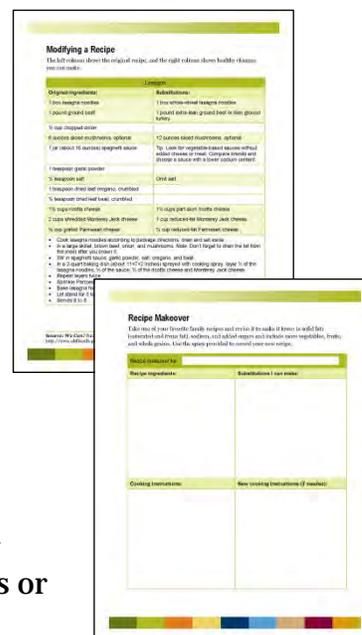
2. **Demonstration: How much sugar is in a soda?** Ask participants to guess how many teaspoons are in a can of soda before you start this activity. Ask for a volunteer to help you with this demonstration. Ask the volunteer to spoon out 10 teaspoons of sugar onto a plate in front of a can of regular soda. Then tell participants that this is about the amount of sugar in one can of soda. Ask participants: If you drank a 12-ounce regular soda every day for a year, how much sugar would that be? The answer is 30 pounds of sugar! Let them know that a person could lose up to 15 pounds in a year by switching from 1 can of regular soda per day (150 calories) to water or another calorie-free drink.

**Supplies necessary:** sugar, can of soda, plate, teaspoon

## Talking Points—Handout: Modifying a Recipe/Recipe Makeover (5–10 minutes)

There are simple changes you can make when cooking to reduce calories, solid fats (saturated and *trans* fat), sodium (salt), or added sugars. Here are some general tips to make your meals healthier.

- Cook with low-fat methods such as baking, broiling, boiling, or microwaving, rather than frying.
- Season foods with herbs, spices, lime or lemon juice, and vinegar rather than salt.
- Use oils and spray oils instead of solid fats like butter and margarine.
- Increase the amount of vegetables and/or fruit in a recipe—remember, you want to fill half of your plate with vegetables or fruits.
- Take the skin off chicken and turkey pieces before cooking them.
- Reduce the amount of sugar by one-quarter to one-third. For example, if a recipe calls for 1 cup, use 2/3 cup. To enhance the flavor when sugar is reduced, add vanilla, cinnamon, or nutmeg.



## Talking Points—Increasing Physical Activity (1-2 minutes)

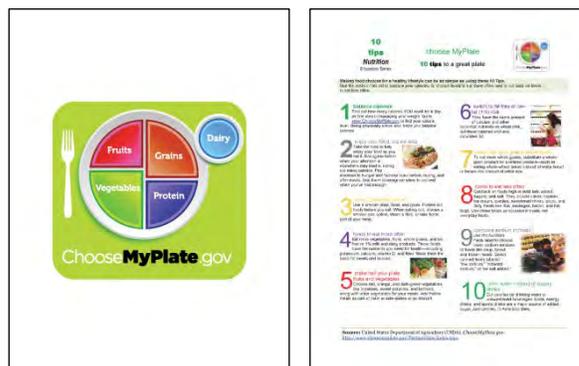
- The *Physical Activity Guidelines for Americans* recommend that everyone engage in regular physical activity for health benefits.
- Here are the recommendations for adults:

	Moderate Activity	Vigorous Activity
Types of Activity	Walking briskly, biking on flat ground, line dancing, gardening	Jumping rope, basketball, soccer, swimming laps, aerobic dance
Amount	If you choose activities at a moderate level, do at least 2 hours and 30 minutes a week	If you choose activities at a vigorous level, do at least 1 hour and 15 minutes a week

- You can combine moderate and vigorous activities. In general, 1 minute of vigorous activity is equal to 2 minutes of moderate activity.
- Children need **60 minutes of physical activity each day**.

- **TODAY'S TIP:** Limit screen time.
  - ✓ Limit the amount of time you spend watching TV or other media such as video games. This is especially important for children and adolescents.
  - ✓ Use the time you watch TV to be physically active in front of the TV.
- Consider signing up for the Presidential Active Lifestyle Award (PALA+) to help you track your physical activity and take small steps to improve your eating habits.
- If you are active for 30 minutes a day, 5 days a week for 6 out of 8 weeks, and choose one healthy eating goal each week to work toward, you'll be awarded the PALA+ and receive Presidential recognition! (See <http://www.presidentschallenge.org>). See handout in Appendix for more information.

### Talking Points—Handouts: MyPlate and 10 Tips (2 minutes)



### Talking Points—Wrap-up/Q&A (5 minutes)

#### Things to Try at Home

- Modify a recipe to make it lower in solid fats (saturated and *trans* fat), sodium, or added sugars.
- Reduce amount of screen time and increase physical activity.

### Complete Evaluation Form (5 minutes)

The form is titled 'Enjoy Healthy Food That Tastes Great Evaluation'. It has a Likert scale from 1 (Strongly Disagree) to 5 (Strongly Agree) and a checkbox for 'I would like to try this again'. There are eight numbered items to be evaluated:

- The workshop covered useful information.
- The workshop activities were helpful.
- I plan to try a recipe mentioned in the workshop.
- I plan to change my eating habits based on the information I learned today.
- I plan to discuss what I learned based on the information I learned today.
- The instructor presented the information in a helpful way.
- I would like to try the workshop in the city tonight.
- Please list an email address you have used recently.





# Workshop 1 ● Handouts





Eat Healthy Your Way

# Enjoy healthy food that tastes great



Read this handout to learn how you can eat tasty foods while lowering salt and sugar and switching to healthier fats.

## Meet the Pérez family

Roberto, Gloria, and their daughters Marta and Ana are finding that eating healthy doesn't mean losing flavor in their foods.

**Gloria:** Plain and simple—in the past, our family did not eat healthy. I modified my old recipes by using less salt and sugar and choosing healthy fats. I made small changes such as taking the skin off my chicken. Then, instead of deep-frying, I bake it real crispy in the oven with herbs and a little olive oil. Easy changes—yet so much better for us!

**Roberto:** Gloria's cooking still tastes great. We found out that healthy eating doesn't mean bland. We still use chiles, cilantro, lime, lots of garlic, and other spices to flavor our food.

**Marta:** Each week, my mom and I pick a new fruit or vegetable for our family to try. Last night we added a kiwi and some almonds to our salad, and it was very good.

**Gloria:** My advice to families wanting to eat better and feel better? Slowly make a few changes. Before you know it, your family will actually prefer your new way of cooking. Mine does!

## Gloria's quick and healthy turkey taco salad

**Gloria:** I changed my old taco recipe. I use very lean ground turkey breast instead of fattier ground beef and serve it as a taco salad. By crushing some baked tortilla chips, we get the crunch without the fat from crispy taco shells. I cut up some fresh, juicy pears for dessert. What a quick, easy, and flavorful meal. Try my recipe below—I hope your family enjoys it as much as we do!

### Recipe: Turkey Taco Salad

This recipe serves 4 people.

1. Coat a pan with cooking spray. Brown 1 pound of 99% fat-free ground turkey breast with half of a chopped onion.
2. Add 2 cans of no-salt-added diced, crushed, or whole tomatoes.
3. Add 1 clove of chopped garlic and 1 teaspoon each of dried oregano and cilantro.
4. Add 1 or 2 chopped ancho chiles or jalapenos. If you don't like your food that spicy, use 2 teaspoons of chili powder instead.
5. Let cook on the stove for 10 minutes.
6. Serve the taco meat on chopped raw spinach or other greens. Break up a handful of baked tortilla chips and sprinkle them on. Top with chopped tomatoes, chopped onions, fresh cilantro, and lime. You can also add 1 teaspoon of grated low-fat cheese.

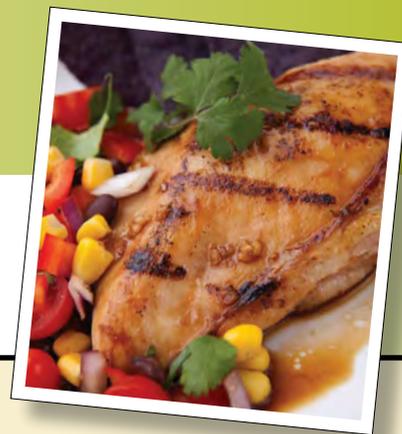
For more information, visit [www.healthfinder.gov](http://www.healthfinder.gov)

(turn over please)

# Small changes can make a large difference

All the flavor—with healthy fats, less salt, and less sugar!

Check off the tips you will try.



Pick healthy fats and still keep the flavor	
Let go of the old ways. Instead of ...	Try the new way of eating healthy. ✓ I will ...
Frying in butter, stick margarine, lard, or shortenings	<input type="checkbox"/> Bake, broil, grill, or boil. <input type="checkbox"/> Stir-fry or sauté with cooking spray in a nonstick pan. Or use vegetable oils like canola, corn, olive, peanut, or soybean.
Choosing whole milk, full-fat cream cheese, or full-fat hard cheeses	<input type="checkbox"/> Drink fat-free or 1% milk. <input type="checkbox"/> Choose fat-free or low-fat cream cheese and low-fat or reduced-fat hard cheeses.
Choosing full-fat sour cream or full-fat cottage cheese	<input type="checkbox"/> Choose fat-free or reduced-fat sour cream or fat-free plain yogurt. <input type="checkbox"/> Eat fat-free or low-fat (1%) cottage cheese.
Choosing fattier cuts of meat	<input type="checkbox"/> Take the skin off chicken and turkey pieces before cooking them. <input type="checkbox"/> Eat leaner cuts of ground meat. Look for 99% fat-free ground turkey breast or ground chicken breast.
Lower salt, not taste!	
Instead of ...	Try the new way of eating healthy. ✓ I will ...
Buying already prepared meals and processed meats (such as cold cuts, hot dogs, and rotisserie chicken)	<input type="checkbox"/> Make more meals using fresh, lean meats and fresh, frozen, or low-sodium canned vegetables.
Eating frozen or delivery pizza	<input type="checkbox"/> Make veggie pizza at home using fresh vegetables, a small amount of cheese, and no-salt added tomato sauce.
Choosing regular canned vegetables	<input type="checkbox"/> Buy fresh veggies or frozen vegetables without sauces. Use herbs to add flavor. <input type="checkbox"/> Choose canned vegetables that are labeled “no salt added.”
Adding salt to foods for flavor	<input type="checkbox"/> Season foods with herbs, spices, chiles, lime or lemon juice, and vinegar.
Lower sugar, and still satisfy your sweet tooth!	
Instead of ...	Try the new way of eating healthy. ✓ I will ...
Choosing sweet breakfast cereals	<input type="checkbox"/> Choose whole-grain cereals that don't have frosting or added sugars. <input type="checkbox"/> Choose fat-free yogurt or fat-free cottage cheese. Add fresh fruit and a few almonds for extra flavor and crunch.
Drinking sugary soft drinks and juice drinks	<input type="checkbox"/> Drink water or unsweetened iced tea with lemon juice.
Eating big portions of sweet desserts	<input type="checkbox"/> Eat a piece of fresh fruit—yummy! <input type="checkbox"/> Split a small dessert with a friend.
Choosing canned fruit packed in syrup	<input type="checkbox"/> Choose canned fruit labeled “packed in natural juice.” <input type="checkbox"/> Choose fresh or frozen fruit.

## Find Someone Who . . .

### Eating Healthy Most of the Time + Physical Activity = Good Health

Has a home-cooked dinner on most nights	Made half their plates fruit and vegetables today	Plays outside with their kids or grandchildren	Has fruit for dessert often
Chooses fat-free or low-fat milk and dairy products	Doesn't drink soda	Chooses whole-grain products when available	Engaged in aerobic exercise three times last week
Feels good after exercising	Works in the garden	Avoids salty foods like lunch meats or hot dogs	Takes a brisk walk on most days
Avoids oversized portions	Did exercises like pushups and situps last week	Likes 100% frozen juice bars	Regularly reads the Nutrition Facts Label





## Tips for Healthier Choices

These alternatives provide new ideas for old favorites. Don't forget to check food labels to compare calories, solid fats (saturated and *trans* fat), and sodium in products.

If you usually buy:	Try these:
<b>Milk and Milk Products</b>	
<ul style="list-style-type: none"> <li>Whole milk (regular, evaporated, or sweetened condensed)</li> </ul>	<ul style="list-style-type: none"> <li>Fat-free (skim), low-fat (1%) milk, evaporated milk, or sweetened condensed milk</li> </ul>
<ul style="list-style-type: none"> <li>Ice cream</li> </ul>	<ul style="list-style-type: none"> <li>Sorbet and ices, sherbet, or low-fat or fat-free frozen yogurt</li> </ul>
<ul style="list-style-type: none"> <li>Sour cream</li> </ul>	<ul style="list-style-type: none"> <li>Plain fat-free or low-fat Greek yogurt or fat-free sour cream</li> </ul>
<ul style="list-style-type: none"> <li>Cream cheese</li> </ul>	<ul style="list-style-type: none"> <li>Neufchatel "light" cream cheese or fat-free cream cheese</li> </ul>
<ul style="list-style-type: none"> <li>Cheese (cheddar, Swiss, Monterey Jack, American, mozzarella, etc.)</li> </ul>	<ul style="list-style-type: none"> <li>Reduced-calorie or fat-free cheese, part-skim, low-calorie processed cheeses, etc.</li> </ul>
<ul style="list-style-type: none"> <li>Regular (4%) cottage cheese</li> </ul>	<ul style="list-style-type: none"> <li>Fat-free or low-fat (1%) cottage cheese</li> </ul>
<ul style="list-style-type: none"> <li>Whole-milk ricotta cheese</li> </ul>	<ul style="list-style-type: none"> <li>Part-skim milk ricotta cheese</li> </ul>
<ul style="list-style-type: none"> <li>Coffee cream (½ and ½) or nondairy creamer</li> </ul>	<ul style="list-style-type: none"> <li>Low-fat (1%) or nonfat dry milk powder</li> </ul>
<b>Cereals, Grains, and Pastas</b>	
<ul style="list-style-type: none"> <li>Pasta with white sauce (Alfredo)</li> </ul>	<ul style="list-style-type: none"> <li>Whole grain pasta with red sauce (marinara)</li> </ul>
<ul style="list-style-type: none"> <li>Pasta with cheese sauce</li> </ul>	<ul style="list-style-type: none"> <li>Whole grain pasta with vegetables (primavera)</li> </ul>
<ul style="list-style-type: none"> <li>White rice or pasta</li> </ul>	<ul style="list-style-type: none"> <li>Brown rice or whole grain pasta</li> </ul>
<b>Meats, Fish, and Poultry</b>	
<ul style="list-style-type: none"> <li>Cold cuts or lunch meats (bologna, salami, liverwurst, etc.)</li> </ul>	<ul style="list-style-type: none"> <li>Low-fat/reduced sodium cold cuts (turkey, chicken)</li> </ul>
<ul style="list-style-type: none"> <li>Bacon or sausage</li> </ul>	<ul style="list-style-type: none"> <li>Canadian bacon or lean ham</li> </ul>
<ul style="list-style-type: none"> <li>Regular ground beef</li> </ul>	<ul style="list-style-type: none"> <li>Extra-lean ground beef or lean ground turkey</li> </ul>
<ul style="list-style-type: none"> <li>Beef chuck, rib, brisket</li> </ul>	<ul style="list-style-type: none"> <li>Beef round or loin (trimmed of external fat)</li> </ul>
<ul style="list-style-type: none"> <li>Frozen breaded fish or fried fish (homemade or commercial)</li> </ul>	<ul style="list-style-type: none"> <li>Fish or shellfish, unbreaded (fresh, frozen, or canned in water)</li> </ul>
<ul style="list-style-type: none"> <li>Chorizo sausage</li> </ul>	<ul style="list-style-type: none"> <li>Turkey sausage or vegetarian sausage (made with tofu)</li> </ul>

If you usually buy:	Try these:
<b>Baked Goods</b>	
<ul style="list-style-type: none"> <li>• Croissants or brioches</li> </ul>	<ul style="list-style-type: none"> <li>• Whole grain rolls</li> </ul>
<ul style="list-style-type: none"> <li>• Doughnuts, sweet rolls, muffins, scones, or pastries</li> </ul>	<ul style="list-style-type: none"> <li>• Whole grain English muffins, bagels, reduced-fat or fat-free muffins or scones</li> </ul>
<ul style="list-style-type: none"> <li>• Party crackers or cookies</li> </ul>	<ul style="list-style-type: none"> <li>• Saltine or soda crackers, pretzels, whole grain crackers (choose lower in sodium), graham crackers, ginger snaps, or fig bars</li> </ul>
<ul style="list-style-type: none"> <li>• Frosted cake or pound cake</li> </ul>	<ul style="list-style-type: none"> <li>• Angel food cake or gingerbread</li> </ul>
<b>Fats, Oils, and Salad Dressings</b>	
<ul style="list-style-type: none"> <li>• Regular margarine or butter</li> </ul>	<ul style="list-style-type: none"> <li>• Light margarines or olive oil</li> </ul>
<ul style="list-style-type: none"> <li>• Regular mayonnaise</li> </ul>	<ul style="list-style-type: none"> <li>• Mustard or fat-free or reduced-fat mayonnaise</li> </ul>
<ul style="list-style-type: none"> <li>• Regular salad dressing</li> </ul>	<ul style="list-style-type: none"> <li>• Fat-free or reduced-fat salad dressings, lemon juice, or wine vinegar</li> </ul>
<ul style="list-style-type: none"> <li>• Oils, shortening, or lard for pan cooking</li> </ul>	<ul style="list-style-type: none"> <li>• Nonstick cooking spray for stir-frying or sautéing</li> </ul>
<b>Miscellaneous</b>	
<ul style="list-style-type: none"> <li>• Canned cream soups</li> </ul>	<ul style="list-style-type: none"> <li>• Canned broth-based soups (low sodium)</li> </ul>
<ul style="list-style-type: none"> <li>• Gravy (homemade with fat and/or milk)</li> </ul>	<ul style="list-style-type: none"> <li>• Gravy mixes made with water or homemade with the fat skimmed off and fat-free milk</li> </ul>



## Reduce Your Sodium (Salt) Intake

- Read the Nutrition Facts Labels to choose foods lower in sodium.
- When purchasing canned foods, select those labeled as “reduced sodium,” “low sodium,” or “no salt added.” Rinse regular canned foods to remove some sodium.
- Gradually reduce the amount of sodium in your foods. Your taste for salt will change over time.
- Consume more fresh food and few processed foods that are high in sodium.
- Eat more home-prepared foods, where you have more control over sodium, and use little or no salt or salt-containing seasonings when cooking or eating foods.
- When eating at restaurants, ask that salt not be added to your food or order lower sodium options, if available.

Tips for Using Herbs and Spices (Instead of Salt)	
<b>Basil:</b>	Use in soups, salads, vegetables, fish, and meats.
<b>Cinnamon:</b>	Use in salads, vegetables, breads, and snacks.
<b>Chili Powder:</b>	Use in soups, salads, vegetables, and fish.
<b>Cloves:</b>	Use in soups, salads, and vegetables.
<b>Dill Weed and Dill Seed:</b>	Use in fish, soups, salads, and vegetables.
<b>Ginger:</b>	Use in soups, salads, vegetables, and meats.
<b>Garlic:</b>	Use in soups, vegetables, meats, and chicken.
<b>Marjoram:</b>	Use in soups, salads, vegetables, beef, fish, and chicken.
<b>Nutmeg:</b>	Use in vegetables, meats, and snacks.
<b>Oregano:</b>	Use in soups, salads, vegetables, meats, and chicken.
<b>Parsley:</b>	Use in salads, vegetables, fish, and meats.
<b>Rosemary:</b>	Use in salads, vegetables, fish, and meats.
<b>Sage:</b>	Use in soups, salads, vegetables, meats, and chicken.
<b>Thyme:</b>	Use in salads, vegetables, fish, and chicken.

**Note:** To start, use small amounts of these herbs and spices to see whether you like them.

**Source:** Dietary Guidelines for Americans, *A Healthier You, Part III*.  
<http://www.health.gov/dietaryguidelines/dga2005/healthieryou/contents.htm>

## Modifying a Recipe

The left column shows the original recipe, and the right column shows healthy changes you can make.

Lasagna	
Original Ingredients:	Substitutions:
1 box lasagna noodles	1 box whole-wheat lasagna noodles
1 pound ground beef	1 pound extra-lean ground beef or lean ground turkey
½ cup chopped onion	
8 ounces sliced mushrooms, optional	12 ounces sliced mushrooms, optional
1 jar (about 16 ounces) spaghetti sauce	Tip: Look for vegetable-based sauces without added cheese or meat. Compare brands and choose a sauce with a lower sodium content.
1 teaspoon garlic powder	
½ teaspoon salt	Omit salt
1 teaspoon dried leaf oregano, crumbled	
½ teaspoon dried leaf basil, crumbled	
1½ cups ricotta cheese	1½ cups part-skim ricotta cheese
2 cups shredded Monterey Jack cheese	1 cup reduced-fat Monterey Jack cheese
¾ cup grated Parmesan cheese	½ cup reduced-fat Parmesan cheese
<ul style="list-style-type: none"> <li>• Cook lasagna noodles according to package directions; drain and set aside.</li> <li>• In a large skillet, brown beef, onion, and mushrooms. <i>Note:</i> Don't forget to drain the fat from the meat after you brown it.</li> <li>• Stir in spaghetti sauce, garlic powder, salt, oregano, and basil.</li> <li>• In a 2-quart baking dish (about 11×7×2 inches) sprayed with cooking spray, layer ⅓ of the lasagna noodles, ⅓ of the sauce, ⅓ of the ricotta cheese and Monterey Jack cheese.</li> <li>• Repeat layers twice.</li> <li>• Sprinkle Parmesan cheese on top.</li> <li>• Bake lasagna for 30 minutes or until thoroughly heated and bubbly in a 350°F oven.</li> <li>• Let stand for 8 to 10 minutes before cutting and serving.</li> <li>• Serves 6 to 8.</li> </ul>	

**Source:** *We Can!* Fun Family Recipes & Tips

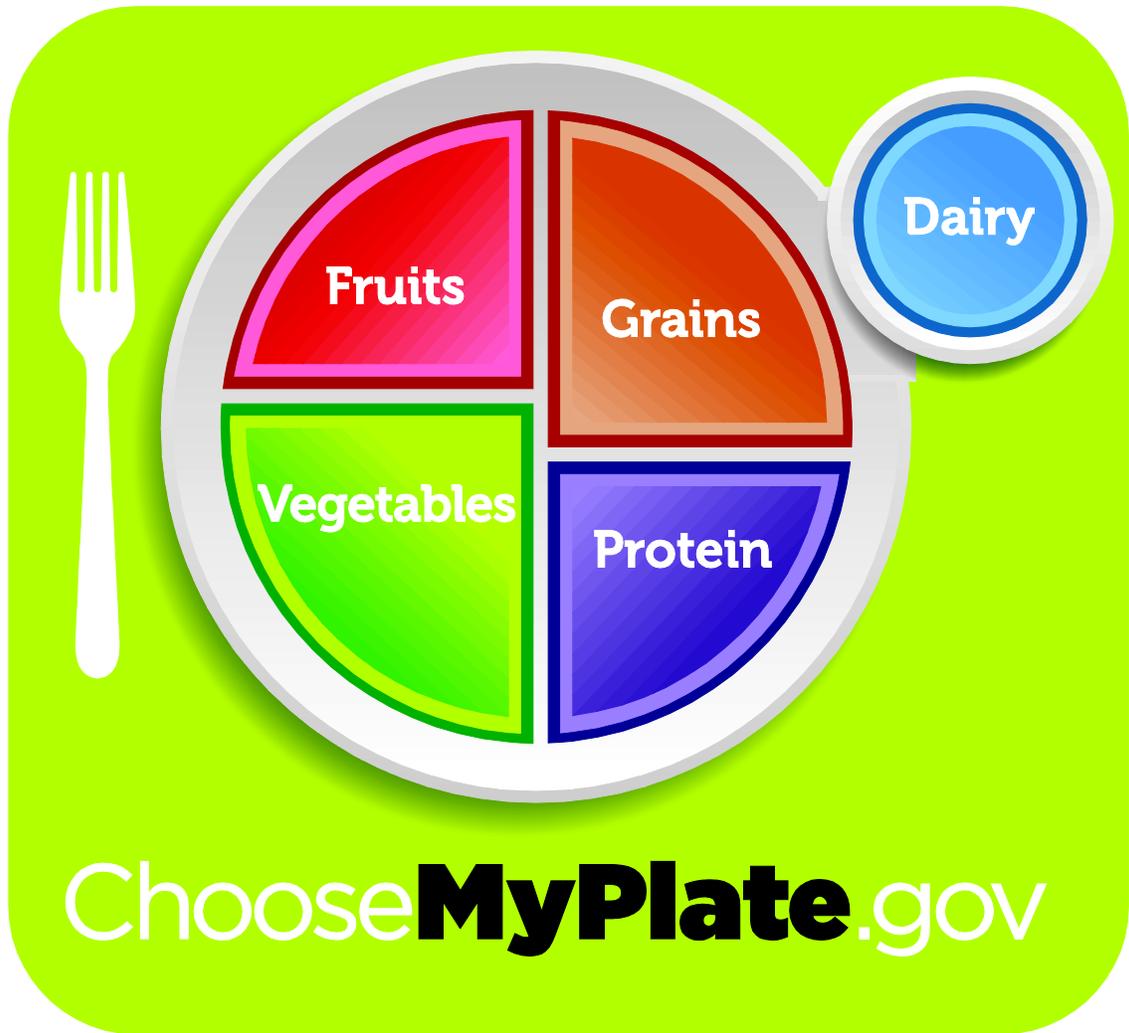
<http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/eat-right/fun-family-recipes.htm>

# Recipe Makeover

Take one of your favorite family recipes and revise it to make it lower in solid fats (saturated and *trans* fat), sodium, and added sugars and include more vegetables, fruits, and whole grains. Use the space provided to record your new recipe.

Recipe makeover for <input type="text"/>	
Recipe ingredients:	Substitutions I can make:
Cooking instructions:	New cooking instructions (if needed):





Choose **MyPlate**.gov

10  
tips

Nutrition  
Education Series

# choose MyPlate

10 tips to a great plate



Making food choices for a healthy lifestyle can be as simple as using these 10 Tips. Use the ideas in this list to *balance your calories*, to choose foods to *eat more often*, and to cut back on foods to *eat less often*.

## 1 balance calories

Find out how many calories YOU need for a day as a first step in managing your weight. Go to [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov) to find your calorie level. Being physically active also helps you balance calories.

## 2 enjoy your food, but eat less

Take the time to fully enjoy your food as you eat it. Eating too fast or when your attention is elsewhere may lead to eating too many calories. Pay attention to hunger and fullness cues before, during, and after meals. Use them to recognize when to eat and when you've had enough.



## 3 avoid oversized portions

Use a smaller plate, bowl, and glass. Portion out foods before you eat. When eating out, choose a smaller size option, share a dish, or take home part of your meal.

## 4 foods to eat more often

Eat more vegetables, fruits, whole grains, and fat-free or 1% milk and dairy products. These foods have the nutrients you need for health—including potassium, calcium, vitamin D, and fiber. Make them the basis for meals and snacks.



## 5 make half your plate fruits and vegetables

Choose red, orange, and dark-green vegetables like tomatoes, sweet potatoes, and broccoli, along with other vegetables for your meals. Add fruit to meals as part of main or side dishes or as dessert.

## 6 switch to fat-free or low-fat (1%) milk

They have the same amount of calcium and other essential nutrients as whole milk, but fewer calories and less saturated fat.



## 7 make half your grains whole grains

To eat more whole grains, substitute a whole-grain product for a refined product—such as eating whole-wheat bread instead of white bread or brown rice instead of white rice.

## 8 foods to eat less often

Cut back on foods high in solid fats, added sugars, and salt. They include cakes, cookies, ice cream, candies, sweetened drinks, pizza, and fatty meats like ribs, sausages, bacon, and hot dogs. Use these foods as occasional treats, not everyday foods.

## 9 compare sodium in foods

Use the Nutrition Facts label to choose lower sodium versions of foods like soup, bread, and frozen meals. Select canned foods labeled “low sodium,” “reduced sodium,” or “no salt added.”



## 10 drink water instead of sugary drinks

Cut calories by drinking water or unsweetened beverages. Soda, energy drinks, and sports drinks are a major source of added sugar, and calories, in American diets.

Today's Date: \_\_\_\_\_

## Enjoy Healthy Food That Tastes Great Evaluation

1=Strongly Disagree      2=Disagree      3=Neither Disagree or Agree      4=Agree      5=Strongly Agree

1. The workshop covered useful information.      1      2      3      4      5  
Comments:

2. The workshop activities were helpful.      1      2      3      4      5  
Comments:

3. I plan to try a recipe makeover this week.      1      2      3      4      5  
Comments:

4. I plan to change my eating habits based on the information I learned today.      1      2      3      4      5  
Comments:

5. I plan to become more active based on the information I learned today.      1      2      3      4      5  
Comments:

6. The instructor presented the information in a helpful way.      1      2      3      4      5  
Comments:

7. Overall, I found the workshop to be very helpful.      1      2      3      4      5  
Comments:

8. Please tell us which materials you found most useful.  
Comments:



## Workshop 2

# Quick, Healthy Meals and Snacks

*Eat Healthy ● Be Active*  
*Community Workshops*



# Instructor Guide

## Before Workshop Begins

- Thoroughly read the entire workshop and become familiar with the lesson plan.
- Choose an activity to do, and gather materials needed for the icebreaker and the chosen activity.
  - *Icebreaker*: no supplies necessary
  - *Activity 1*: slow cooker, chopped green, red, or yellow peppers, onion, zucchini, carrots, 1 pound skinless chicken breasts or lean beef, 14½-oz can of no-salt-added diced tomatoes, 1½ teaspoons oregano, two cloves of garlic, minced, can opener
  - *Activity 2*: menus from local restaurants (including a range of ethnically diverse dishes), highlighters or pens to highlight or circle healthy options

**Note about Activity 1:** If you would like to serve the slow cooker meal at the workshop, you will need to cook the meal prior to class (the slow cooker will take several hours to complete). Or, you can demonstrate putting the ingredients into the slow cooker early in class and turn the slow cooker on high so that participants will be able to smell the food cooking. If demonstrating the slow cooker during class, you will need to chop the vegetables ahead of time (before class). Also, if you will be presenting the workshop in a location without a sink to wash your hands after placing the meat in the slow cooker, you can put the chicken/beef into a sealed plastic bag and then empty the bag into the slow cooker without touching the meat. See Appendix for additional information on food safety, as well as additional recipes.

- Photocopy handouts (one per participant):
  1. Quick, Healthy Meals and Snacks (2 pages)
  2. My Shopping List (1 page)
  3. Tips for Eating Out (1 page)
  4. Tips for Choosing Healthier Foods at Restaurants (2 pages)
  5. Slow Cooker Tips and Recipes (2 pages)
  6. MyPlate/10 Tips to Build a Healthy Meal (2 pages)
  7. Workshop Evaluation (1 page)

## Workshop Outline

*The workshop should last ~1 hour, including activities.*

- Icebreaker activity (5 minutes)
- Introduction (5 minutes)
  - Explain the purpose of the workshop
  - Review the Learning Objectives
- **Objective 1:** Learn tips for preparing meals quickly and how to stock your pantry (5–10 minutes)
  - Review handout: *Quick, Healthy Meals and Snacks*
  - Review handout: *My Shopping List*
- Video: *Make It Fast, Make It Good* (2–3 minutes)
- Stretch Break (5 minutes)
- **Objective 2:** Learn how to make healthy selections when eating out (5–10 minutes)
  - Review handout: *Tips for Eating Out*
  - Review handout: *Tips for Choosing Healthier Foods at Restaurants*
- Activity (5–10 minutes). *Note:* If doing Activity 1, recommend doing it at the beginning of class as the icebreaker, so that the food cooks during the class
- **Objective 3:** Learn how to use a slow cooker to prepare easy, healthy meals (5–10 minutes)
  - Review handout: *Slow Cooker Tips and Recipes*
- Increasing Physical Activity (1–2 minutes)
- Review handout *MyPlate* and how to use *10 Tips to Build a Healthy Meal* (2 minutes)
- Wrap-up/Q&A (5 minutes)
  - Reminders of things to try at home:
    - Next time you go to a restaurant, order a healthy dish using the tips for choosing items lower in calories, solid fats (saturated and *trans* fat), and sodium
    - Increase the total amount of time you spend doing physical activity
- Ask participants to complete the evaluation form (5 minutes)

## Workshop Lesson Plan

### Icebreaker Activity (5 minutes)

Read the following questions out loud to participants. Ask them to raise their hands to indicate “frequently,” “sometimes,” or “almost never” in response to each question.

### Are You an Effective Kitchen Manager?

	Frequently	Sometimes	Almost Never
How often do you plan meals in advance?			
How often do you prepare portions of a meal in advance?			
How often do you spend 30 minutes or less preparing a meal?			
How often do you use leftovers as the basis for another meal?			
If there are others in your household, how often do they help fix meals and clean up?			

After completing the questions, relay this information to participants: If you answered “frequently” to the questions, you probably manage your time very well. If you answered with “sometimes” or “almost never,” don’t throw in the dish towel! This workshop can provide some ideas to help you make meals easy and healthy.

**Source:** North Dakota State University Extension Service, *Good Nutrition for Busy Families*. <http://www.ag.ndsu.edu/pubs/yf/foods/fn1432.pdf>

### Talking Points—Purpose of the Workshop (2–3 minutes)

- Today’s workshop and handouts will give you tips for making meals and snacks that are both healthy and can be prepared quickly.
- This workshop is based on the *Dietary Guidelines for Americans, 2010* and the *2008 Physical Activity Guidelines for Americans*. The Dietary Guidelines provide science-based advice for making food choices that promote good health and a healthy weight and help prevent disease. The Physical Activity Guidelines provide recommendations on the amount, types, and level of intensity of physical activity needed to achieve and maintain good health.

- The Dietary Guidelines provide these selected consumer messages. More information about the messages can be found at <http://www.ChooseMyPlate.gov>.
  - *Balancing Calories*
    - ✓ Enjoy your food, but eat less.
    - ✓ Avoid oversized portions.
  - *Foods to Increase*
    - ✓ Make half your plate fruits and vegetables.
    - ✓ Make at least half your grains whole grains.
    - ✓ Switch to fat-free or low-fat (1%) milk.
  - *Foods to Decrease*
    - ✓ Compare sodium in foods like soup, bread, and frozen meals—and choose foods with lower numbers.
    - ✓ Drink water instead of sugary drinks.
  - Healthy eating and physical activity work hand in hand to help us live healthier lives. The Physical Activity Guidelines recommend that adults be physically active for at least 2 hours and 30 minutes each week—children need 60 minutes each day.
    - ✓ You can stay physically active by doing activities such as walking, dancing, bicycling, or gardening and by reducing the amount of time you spend sitting.

## Talking Points—Learning Objectives (2–3 minutes)

1. Learn tips for preparing meals quickly and how to stock your pantry.
2. Learn how to make healthy selections when eating out.
3. Learn how to use a slow cooker to prepare easy, healthy meals.

## Talking Points—Handout: Quick, Healthy Meals and Snacks (5 minutes)

### Eating at Home Tips

- Stock your pantry or freezer with whole-wheat pasta or rice, cans of no-salt-added crushed tomatoes, spices, garlic, frozen chicken breasts, canned fish, and frozen vegetables.



- Plan to use leftovers from one meal, such as cooked vegetables and meats, in a new and easy recipe for the next night, such as burritos or an omelet.
- Save time in the kitchen by using a slow cooker to make two or three healthy suppers at once.

## Talking Points—Handout: My Shopping List (5 minutes)

- It is easy to put together a quick meal if you have food already in your pantry. Look to buy nonperishable items on sale, such as low-sodium canned goods.
- Keep a note on the refrigerator to list items as you need them. You also may want to arrange your shopping list and coupons to fit the layout of the grocery store for a faster shopping trip.



**Healthy, Quick Meal Ideas**—Remind participants to use MyPlate for balanced meals.

- Serve pre-cut vegetables and low-fat ranch dressing, canned peaches in 100% juice or fresh fruit, and low-fat milk.
- Serve breakfast for dinner—omelet with vegetables (try mushrooms, red pepper, onions, spinach, tomatoes, etc.), fat-free or low-fat milk, and fruit.
- Serve low-sodium canned soup, a side salad with low-fat or fat-free dressing, and low-fat yogurt.

**Healthy Snack Ideas**—You may choose to discuss these before or after the stretch break. If before the stretch break, challenge the group to come up with other ideas.

- “Ants on a log” (celery with peanut butter and raisins)
- Fresh or canned fruit (in 100% juice, not syrup) with fat-free or low-fat vanilla yogurt
- Whole-grain crackers with fat-free or low-fat cheese
- Whole-wheat bread or apple slices with peanut butter
- Quesadillas (fat-free or low-fat cheese on a whole-wheat tortilla)
- Unsalted pretzels or air-popped popcorn
- Baked tortilla chips and salsa
- Whole-wheat pita bread or cut up vegetables (peppers, carrots, etc.) with hummus
- Fat-free or low-fat milk or water instead of sugary fruit drinks and soda

**TIP:** Put fresh fruit in a bowl at eye level in the refrigerator or on the kitchen counter. It will be easier to see and grab for a quick snack.

## Video: Make It Fast, Make It Good (2–3 minutes)

## Stretch Break (5 minutes)

### “Name Your Favorite Healthy Snacks”

Ask participants to find a partner and walk around the room, with one partner sharing the name of his or her favorite healthy snack and how to prepare it. After 30 seconds, ask partners to switch roles, so that the other partners can share. After each partner has shared, ask them to find a new partner and repeat the exercise—this time sharing a different healthy snack idea. Be sure that participants keep moving/walking the entire time. Ask participants to share their creative ideas with the group.

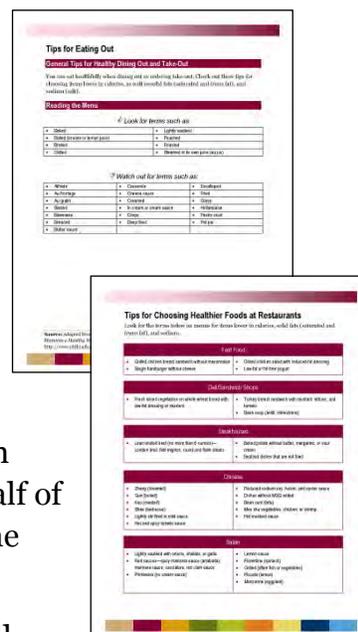
## Talking Points—Handouts: Tips for Eating Out and Tips for Choosing Healthier Foods at Restaurants (5–10 minutes)

### Tips for Reducing Portions

- Choose “child’s size” portions if possible or choose the smallest size available.
- Eat half of your meal at the restaurant and save the other half for tomorrow’s lunch.
- Order an appetizer-sized portion or a side dish instead of an entrée.
- Share a main dish with a friend.
- Resign from the “clean your plate club”—when you’ve eaten enough, leave the rest. Or, ask your server to package up half of your meal when it arrives so you won’t be tempted to eat the entire portion.
- Order an item from the menu instead of heading for the “all-you-can-eat” buffet.

### Tips for Reducing Calories

- For a beverage, ask for water or order fat-free or low-fat milk, unsweetened tea, or other drinks without added sugars.
- Load sandwiches/subs/pizza with veggies rather than cheese.



- Ask for whole-wheat bread for sandwiches, and ask that it not be buttered.
- In a restaurant, start your meal with a salad packed with veggies, to help control hunger and feel satisfied sooner.
- Ask for salad dressing to be served on the side. Then use only as much as you need.

### Activity—Choose One Ahead of Time (5–10 minutes)

- 1. Slow Cooking:** Demonstrate how to use a slow cooker and the amount of time it can save in preparing a healthy meal. Put chopped vegetables on the bottom of the slow cooker bowl, then place skinless chicken breasts or lean beef on top, add a can of no-salt-added diced tomatoes, oregano, and garlic. Turn the slow cooker on and let it cook during the workshop.

**Supplies necessary:** slow cooker, chopped green, red, or yellow peppers, onion, zucchini, carrots, 1 pound of skinless chicken breasts or lean beef, 14½-oz can of no-salt-added diced tomatoes, 1½ teaspoons oregano, two cloves of minced garlic, can opener. See Note in Lesson Plan about suggested timing for completing this activity.

**Note:** You will need to chop the vegetables ahead of time (before class). Also, if you will be presenting the workshop in a location without a sink to wash your hands after placing the meat in the slow cooker, you can put the chicken/beef into a sealed plastic bag and then empty the bag into the slow cooker without touching the meat. See Appendix for additional information on food safety and recipes.

- 2. Tips for Eating Out:** Go over the *Tips for Eating Out* and *Tips for Choosing Healthier Foods at Restaurants* handouts, reviewing the tips for the types of restaurants located near where participants live. Then, distribute menus from local restaurants that serve some of these kinds of food. Assign participants to small groups, give each group a menu, and ask them to circle/highlight the healthiest selections.

**Supplies necessary:** variety of ethnically diverse menus from local restaurants, highlighters or pens to highlight or circle healthy options

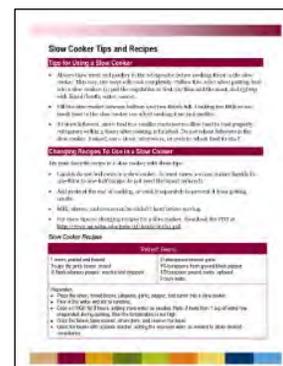
## Talking Points—Handout: Slow Cooker Tips and Recipes (5–10 minutes)

Not sure what to make for dinner? In a rush when you get home at the end of the day? Try a slow cooker! A few minutes of prep in the morning is all you need for a simple meal for dinner. Try these recipes for “Refried” Beans and Turkey Chili made in a slow cooker.

### Why Use a Slow Cooker?

Using a slow cooker can be a quick, simple, and inexpensive way to prepare meals for your family, plus:

- Saves electricity! A slow cooker uses less electricity than an oven and doesn’t overheat your kitchen.
- Saves money! You can use less-expensive cuts of meat because the slow cooker makes them tender.
- Saves time! Slow cookers usually allow one-step meal preparation and easy clean-up.



## Talking Points—Increasing Physical Activity (1–2 minutes)

- The *Physical Activity Guidelines for Americans* recommend that everyone engage in regular physical activity for health benefits.
- Here are the recommendations for adults:

	Moderate Activity	Vigorous Activity
Types of Activity	Walking briskly, biking on flat ground, line dancing, gardening	Jumping rope, basketball, soccer, swimming laps, aerobic dance
Amount	If you choose activities at a moderate level, do at least <b>2 hours and 30 minutes</b> a week	If you choose activities at a vigorous level, do at least <b>1 hour and 15 minutes</b> a week

- You can combine moderate and vigorous activities. In general, 1 minute of vigorous activity is equal to 2 minutes of moderate activity.
- Children need **60 minutes of physical activity each day**.
- **TODAY’S TIP:** Increase physical activity by adding a new activity or spending more time doing an activity you already enjoy.
  - ✓ Pick activities that you like to do and that fit into your life.
  - ✓ Keep track of your physical activity and gradually increase it to meet the recommendations.

- Consider signing up for the Presidential Active Lifestyle Award (PALA+) to help you track your physical activity and take small steps to improve your eating habits.
- If you are active for 30 minutes a day, 5 days a week for 6 out of 8 weeks, and choose one healthy eating goal each week to work toward, you'll be awarded the PALA+ and receive Presidential recognition! (See <http://www.presidentschallenge.org>). See handout in Appendix for more information.

**Talking Points—Handouts: MyPlate and 10 Tips (2 minutes)**



**Talking Points—Wrap-Up/Q&A (5 minutes)**

**Things to Try at Home**

- Next time you go to a restaurant, order a healthy dish using the tips for choosing items lower in calories, solid fats (saturated and trans fat), and sodium.
- Increase the total amount of time you spend doing physical activity.

**Complete Evaluation Form (5 minutes)**

Today's Name: \_\_\_\_\_

**Quick, Healthy Meals and Snacks Evaluation**

	1-Strongly Disagree	2-Disagree	3-Neutral/Disagree or Agree	4-Agree	5-Strongly Agree
1. The workshop provided useful information.	1	2	3	4	5
2. The workshop activities were helpful.	1	2	3	4	5
3. I plan to make healthier foods the next time I eat at a restaurant or order take-out.	1	2	3	4	5
4. I plan to change my eating habits based on the information I learned today.	1	2	3	4	5
5. I plan to become more active based on the information I learned today.	1	2	3	4	5
6. The workshop presented the information in a helpful way.	1	2	3	4	5
7. Overall, I found the workshop to be very helpful.	1	2	3	4	5
8. Please list 3 or more materials you found most useful.	Comments:				





# Workshop 2 ● Handouts



# Quick, healthy meals and snacks



Short on time? Try these tips for making good foods . . . fast!

### Tip:

Make a quick, nutritious meal with whole-wheat pasta, lean meats, and frozen or leftover vegetables.

### Speedy suppers

#### Pasta plus . . .

**Greg:** One thing you'll always find in my pantry is a couple of boxes of whole-wheat pasta and cans of no-salt crushed tomatoes. I don't like all the added sugars and salt in some of the store's pasta sauces, so I make up my own sauce. I add dried oregano, basil, chopped onion, and lots of garlic to the tomatoes. I'll even toss in a bag of cooked chicken breast and frozen veggies or leftover vegetables from the night before. My sauce is nutritious and low in fat, salt, and added sugars.

Add a salad, and we have a good meal in less time than it takes to get the kids ready to go to a drive-through. And . . . my sons love this meal.

### Tip:

Keep canned fish on hand for quick meals using healthy fats.

#### Fish in a flash . . .

**Aponi:** Here's my motto about food—"Make it simple, make it right, and make it quick." I keep cans of salmon and tuna in my cupboard because they have healthy fats. It takes less than 15 minutes to make up salmon or tuna cakes. Just add chopped onion, some whole-wheat bread crumbs, one beaten egg, and some celery seed. Form the patties, and cook in a pan with cooking spray. Cook until the patties are brown and crispy on both sides.

### Tip:

Save time by using a big slow cooker. Get two or three healthy suppers without spending lots of time in the kitchen.

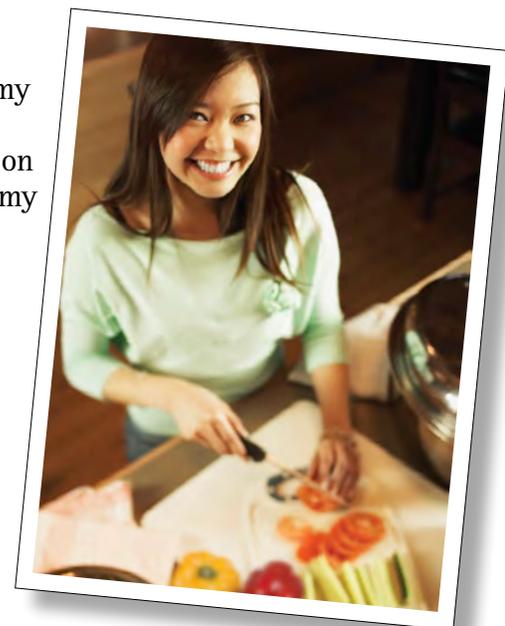
#### Slow cooker to the rescue . . .

**Anh:** Once a week I make big batches of food in my slow cooker. I chop up lots of vegetables—carrots, onions, squash, sweet peppers—anything we have on hand. I put the veggies on the bottom, then place my skinless chicken breasts or lean beef on top.

Then, I add a can of no-salt-added tomatoes, some oregano, and two cloves of garlic. I do other fun things instead of cooking for hours. And, we can get three tasty, healthy suppers in less time than it used to take me to cook one meal!

#### So what are you doing for dinner tonight?

Why not try what works for Greg, Aponi, and Anh?



For more information, visit [www.healthfinder.gov](http://www.healthfinder.gov)

# Small changes can make a large difference

## Hearty, healthy lunches in a snap

- Sandwich lover?** Choose lean protein fillings, such as grilled chicken or tuna. Make nonmeat sandwiches with peanut butter, low-fat cheese, sliced hard-boiled eggs, or fat-free refried beans.
- Load your sandwich with veggies.** Along with the standard greens and tomatoes . . . try sliced cucumbers, green peppers, or zucchini strips for added crunch.
- Pick whole grains!** Try whole-grain or 100% whole-wheat breads, tortilla wraps, English muffins, and pita pockets instead of white breads or buns.
- Green salads, anyone?** Add lean meats along with fruits, beans, and nuts to your green salads. Try dried cranberries, cut-up fruit, kidney beans, walnuts, and almonds.

## On the run? Healthier fast food or drive-through choices

### Skip the meal deals and size upgrades

Calories can really add up when you get the larger size sandwiches, fried foods, and soft drinks.

### Check off what you will try to cut the calories when eating out:

- Get the regular or child-sized hamburger and load it with lettuce, tomato, and onions.
- Cut a larger burger or sandwich in half. Eat half now, and refrigerate half for tomorrow's lunch.
- Get the small size turkey or grilled chicken sub instead of the large one. Load it with veggies—spinach, tomatoes, cucumbers, and onions.
- Drink water, or low-fat or fat-free milk, instead of whole milk, fruit drinks, or a soft drink.

### Go healthier

- Order a side salad with low-fat or fat-free dressing instead of fries. Or share an order of small fries with a friend.
- Use mustard, or low-fat or fat-free mayo, instead of regular mayo.
- Choose the green beans or raw carrots instead of coleslaw. Order a small baked potato with salsa instead of mashed potatoes and gravy.
- Order a thin-crust vegetable pizza with a side salad instead of a deep-dish meat or double cheese pizza.
- Save foods like cakes, pies, and brownies as an occasional treat. Order fruit instead. Or share one dessert.



# My Shopping List

These are good items to have on hand to make healthy meals and snacks.

## Dairy and Eggs

- Fat-free (skim) or low-fat (1%) milk
- Fat-free, low-fat, or reduced-fat cottage cheese
- Low-fat or reduced-fat cheeses
- Fat-free or low-fat yogurt
- Eggs/egg substitute
- \_\_\_\_\_

## Breads, Muffins, and Rolls

- Whole-wheat bread, bagels, English muffins, tortillas, pita bread
- \_\_\_\_\_
- \_\_\_\_\_

## Cereals, Crackers, Rice, Noodles, and Pasta

- Unsweetened cereal, hot or cold
- Rice (brown)
- Pasta (noodles, spaghetti)
- \_\_\_\_\_

## Meat

- White meat chicken and turkey (skin off)
- Fish (not battered)
- Extra-lean ground beef or turkey
- 95% fat-free lunch meats or low-fat deli meats
- \_\_\_\_\_

## Meat Equivalents

- Tofu (or bean curd)
- Beans (see bean list)
- Eggs/egg substitute (see dairy and eggs list)
- \_\_\_\_\_

## Fruit (Fresh, Canned, Frozen, and Dried)

### Fresh Fruit:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Canned Fruit (in juice or water):

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Frozen Fruit:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Dried Fruit:

- \_\_\_\_\_
- \_\_\_\_\_

## Vegetables (Fresh, Canned, and Frozen)

### Fresh Vegetables:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Canned Vegetables (low-sodium or no-salt-added):

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Frozen Vegetables (without sauce):

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Beans and Legumes (If Canned, No Salt Added)

- Dried beans, peas, and lentils (without flavoring packets)

### Canned beans:

- \_\_\_\_\_
- \_\_\_\_\_

## Baking Items

- Nonstick cooking spray
- Canned evaporated milk—fat-free (skim) or reduced-fat (2%)
- Nonfat dry milk powder
- Gelatin, any flavor (reduced calorie)
- Pudding mixes (reduced calorie)
- \_\_\_\_\_

## Condiments, Sauces, Seasonings, and Spreads

- Fat-free or low-fat salad dressings
- Spices
- Flavored vinegars
- Salsa or picante sauce
- Soy sauce (low-sodium)
- Bouillon cubes/granules (low-sodium)
- \_\_\_\_\_

## Beverages

- No-calorie drink mixes
- Reduced-calorie juices
- Unsweetened iced tea
- \_\_\_\_\_

## Nuts and Seeds (Unsalted)

- \_\_\_\_\_
- \_\_\_\_\_

## Fats and Oils

- Light margarine
- Mayonnaise, low-fat
- Olive oil
- Canola oil
- \_\_\_\_\_

**Source:** Dietary Guidelines for Americans, *A Healthier You*.  
<http://www.health.gov/dietaryguidelines/dga2005/healthieryou/contents.htm>

# Tips for Eating Out

## General Tips for Healthy Dining Out and Take-Out

You can eat healthfully when dining out or ordering take-out. Check out these tips for choosing items lower in calories, as well as solid fats (saturated and *trans* fat), and sodium (salt).

## Reading the Menu

 *Look for terms such as:*

• Baked	• Lightly sautéed
• Boiled (in wine or lemon juice)	• Poached
• Broiled	• Roasted
• Grilled	• Steamed in its own juice (au jus)

 *Watch out for terms such as:*

• Alfredo	• Casserole	• Escalloped
• Au fromage	• Cheese sauce	• Fried
• Au gratin	• Creamed	• Gravy
• Basted	• In cream or cream sauce	• Hollandaise
• Béarnaise	• Crispy	• Pastry crust
• Breaded	• Deep fried	• Pot pie
• Butter sauce		

**Source:** Adapted from National Heart, Lung, and Blood Institute (NHLBI), *Aim for a Healthy Weight: Maintaining a Healthy Weight On the Go—A Pocket Guide*, page 12.

[http://www.nhlbi.nih.gov/health/public/heart/obesity/AIM\\_Pocket\\_Guide\\_tagged.pdf](http://www.nhlbi.nih.gov/health/public/heart/obesity/AIM_Pocket_Guide_tagged.pdf)

# Tips for Choosing Healthier Foods at Restaurants

Look for the terms below on menus for items lower in calories, solid fats (saturated and *trans* fat), and sodium.

## Fast Food

- |  |  |
|--|--|
| <ul style="list-style-type: none"><li>• Grilled chicken breast sandwich without mayonnaise</li><li>• Single hamburger without cheese</li></ul> | <ul style="list-style-type: none"><li>• Grilled chicken salad with reduced-fat dressing</li><li>• Low-fat or fat-free yogurt</li></ul> |
|--|--|

## Deli/Sandwich Shops

- |   |   |
|---|---|
| <ul style="list-style-type: none"><li>• Fresh sliced vegetables on whole-wheat bread with low-fat dressing or mustard</li></ul> | <ul style="list-style-type: none"><li>• Turkey breast sandwich with mustard, lettuce, and tomato</li><li>• Bean soup (lentil, minestrone)</li></ul> |
|---|---|

## Steakhouses

- |  |   |
|--|---|
| <ul style="list-style-type: none"><li>• Lean broiled beef (no more than 6 ounces)—London broil, filet mignon, round and flank steaks</li></ul> | <ul style="list-style-type: none"><li>• Baked potato without butter, margarine, or sour cream</li><li>• Seafood dishes that are not fried</li></ul> |
|--|---|

## Chinese

- |  |   |
|--|---|
| <ul style="list-style-type: none"><li>• Zheng (steamed)</li><li>• Gun (boiled)</li><li>• Kao (roasted)</li><li>• Shao (barbecue)</li><li>• Lightly stir-fried in mild sauce</li><li>• Hot and spicy tomato sauce</li></ul> | <ul style="list-style-type: none"><li>• Reduced-sodium soy, hoisin, and oyster sauce</li><li>• Dishes without MSG added</li><li>• Bean curd (tofu)</li><li>• Moo shu vegetables, chicken, or shrimp</li><li>• Hot mustard sauce</li></ul> |
|--|---|

## Italian

- |   |   |
|---|---|
| <ul style="list-style-type: none"><li>• Lightly sautéed with onions, shallots, or garlic</li><li>• Red sauces—spicy marinara sauce (arrabiata), marinara sauce, cacciatore, red clam sauce</li><li>• Primavera (no cream sauce)</li></ul> | <ul style="list-style-type: none"><li>• Lemon sauce</li><li>• Florentine (spinach)</li><li>• Grilled (often fish or vegetables)</li><li>• Piccata (lemon)</li><li>• Manzanne (eggplant)</li></ul> |
|---|---|

### Middle Eastern

- |  |   |
|--|---|
| <ul style="list-style-type: none"><li>• Fava beans or chickpeas</li><li>• Basted with tomato sauce</li></ul> | <ul style="list-style-type: none"><li>• Couscous (grain)</li><li>• Rice or bulgur (cracked wheat)</li></ul> |
|--|---|

### Japanese

- |   |   |
|---|---|
| <ul style="list-style-type: none"><li>• House salad with fresh ginger and cellophane (clear rice) noodles</li><li>• Chicken, fish, or shrimp teriyaki, broiled in sauce</li></ul> | <ul style="list-style-type: none"><li>• Soba noodles, often used in soups</li><li>• Yakimono (broiled)</li><li>• Tofu (or bean curd)</li><li>• Nabemono (soup/stew)</li></ul> |
|---|---|

### Indian

- |   |  |
|---|--|
| <ul style="list-style-type: none"><li>• Tikka (pan roasted)</li><li>• Cooked with or marinated in yogurt</li><li>• Saag (with spinach)</li><li>• Masala (mixture of spices)</li></ul> | <ul style="list-style-type: none"><li>• Tandoori (chicken marinated in yogurt with spices)</li><li>• Pullao (Basmati rice)</li></ul> |
|---|--|

### Thai

- |  |   |
|--|---|
| <ul style="list-style-type: none"><li>• Fish sauce</li></ul> | <ul style="list-style-type: none"><li>• Hot sauce</li></ul> |
|--|---|

**Source:** Adapted from National Heart, Lung, and Blood Institute (NHLBI), *Aim for a Healthy Weight: Maintaining a Healthy Weight On the Go—A Pocket Guide*, pages 14–18.

[http://www.nhlbi.nih.gov/health/public/heart/obesity/AIM\\_Pocket\\_Guide\\_tagged.pdf](http://www.nhlbi.nih.gov/health/public/heart/obesity/AIM_Pocket_Guide_tagged.pdf)

# Slow Cooker Tips and Recipes

## Tips for Using a Slow Cooker

- Always thaw meat and poultry in the refrigerator before cooking them in the slow cooker. This way, the meat will cook completely. Follow this order when putting food into a slow cooker: (1) put the vegetables in first, (2) then add the meat, and (3) top with liquid (broth, water, sauce).
- Fill the slow cooker between halfway and two-thirds full. Cooking too little or too much food in the slow cooker can affect cooking time and quality.
- To store leftovers, move food to a smaller container to allow food to cool properly; refrigerate within 2 hours after cooking is finished. Do not reheat leftovers in the slow cooker. Instead, use a stove, microwave, or oven to reheat food to 165°F.

## Changing Recipes To Use in a Slow Cooker

Try your favorite recipe in a slow cooker with these tips:

- Liquids do not boil away in a slow cooker. In most cases, you can reduce liquids by one-third to one-half (soups do not need the liquid reduced).
- Add pasta at the end of cooking, or cook it separately to prevent it from getting mushy.
- Milk, cheese, and cream can be added 1 hour before serving.
- For more tips on changing recipes for a slow cooker, download the PDF at <http://www.ag.ndsu.edu/pubs/yf/foods/fn1511.pdf>.

### Slow Cooker Recipes

#### "Refried" Beans

1 onion, peeled and halved  
3 cups dry pinto beans, rinsed  
½ fresh jalapeno pepper, seeded and chopped

2 tablespoons minced garlic  
1¾ teaspoons fresh ground black pepper  
1/8 teaspoon ground cumin, optional  
9 cups water

#### Preparation:

- Place the onion, rinsed beans, jalapeno, garlic, pepper, and cumin into a slow cooker.
- Pour in the water and stir to combine.
- Cook on HIGH for 8 hours, adding more water as needed. Note: if more than 1 cup of water has evaporated during cooking, then the temperature is too high.
- Once the beans have cooked, strain them, and reserve the liquid.
- Mash the beans with a potato masher, adding the reserved water as needed to attain desired consistency.

## Quick Tip—"Refried" Beans

- Try these beans in tacos and burritos. Or, use as a dip for your favorite veggies!
- You also could use it as a spread on your favorite sandwich.

Turkey Chili	
1¼ pounds lean ground turkey 1 large onion, chopped 1 garlic clove, minced 1½ cups frozen corn kernels 1 red bell pepper, chopped 1 green bell pepper, chopped 1 (28-oz.) can crushed tomatoes	1 (15-oz.) can black beans, rinsed and drained 1 (8-oz.) can tomato sauce 1 (1.25-oz.) package chili seasoning mix ½ teaspoon salt  Toppings: fat-free or reduced fat shredded cheese, finely chopped red onion
Preparation: <ul style="list-style-type: none"><li>• Cook first three ingredients in a large skillet over medium-high heat, stirring until turkey crumbles and is no longer pink; drain.</li><li>• Spoon mixture into a slow cooker; stir in corn and next seven ingredients until well blended.</li><li>• Cook at HIGH 4 to 5 hours or at LOW 6 to 8 hours.</li><li>• Serve with desired toppings.</li></ul>	

## Quick Tip—Turkey Chili

Make extra chili for another meal. Use the rest to:

- Top baked potatoes.
- Make an easy casserole by combining cooked whole wheat pasta shells with chili.
- Make a quick and easy taco salad by topping lettuce with chili, diced tomatoes and shredded cheese

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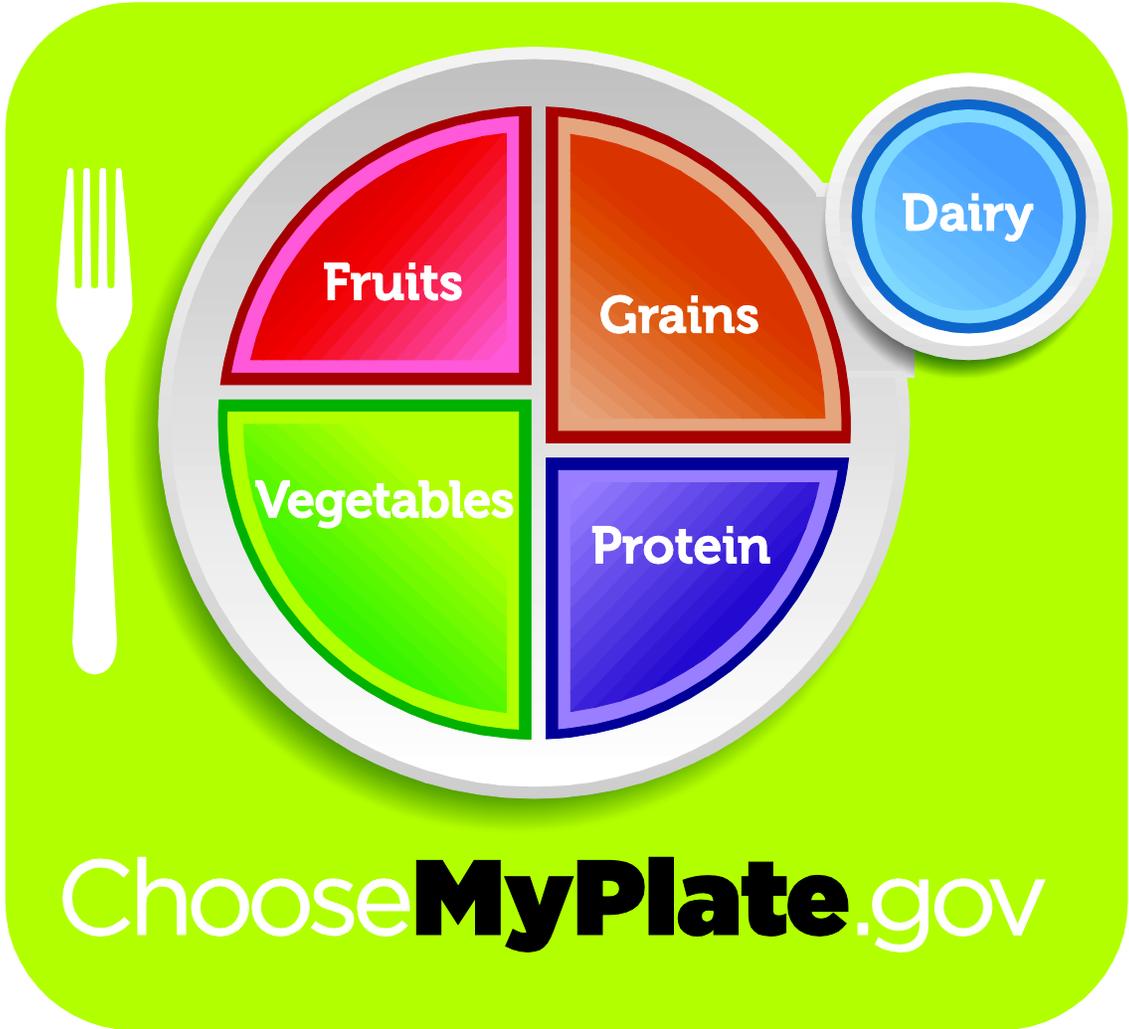
**Source:** Tips adapted from USDA's Slow Cookers and Food Safety

[http://www.fsis.usda.gov/Fact\\_Sheets/Focus\\_On\\_Slow\\_Cooker\\_Safety/index.asp](http://www.fsis.usda.gov/Fact_Sheets/Focus_On_Slow_Cooker_Safety/index.asp)

Recipes: <http://allrecipes.com/recipe/refried-beans-without-the-refry/detail.aspx> and

<http://www.myrecipes.com/recipe/slow-cooker-turkey-chili-10000001176221/>





Choose **MyPlate**.gov

# 10 tips

Nutrition  
Education Series

# build a healthy meal

## 10 tips for healthy meals



A healthy meal starts with more vegetables and fruits and smaller portions of protein and grains. Think about how you can adjust the portions on your plate to get more of what you need without too many calories. And don't forget dairy—make it the beverage with your meal or add fat-free or low-fat dairy products to your plate.

### 1 make half your plate veggies and fruits

Vegetables and fruits are full of nutrients and may help to promote good health. Choose red, orange, and dark-green vegetables such as tomatoes, sweet potatoes, and broccoli.



### 2 add lean protein

Choose protein foods, such as lean beef and pork, or chicken, turkey, beans, or tofu. Twice a week, make seafood the protein on your plate.

### 3 include whole grains

Aim to make at least half your grains whole grains. Look for the words “100% whole grain” or “100% whole wheat” on the food label. Whole grains provide more nutrients, like fiber, than refined grains.

### 4 don't forget the dairy

Pair your meal with a cup of fat-free or low-fat milk. They provide the same amount of calcium and other essential nutrients as whole milk, but less fat and calories. Don't drink milk? Try soy milk (soy beverage) as your beverage or include fat-free or low-fat yogurt in your meal.



### 5 avoid extra fat

Using heavy gravies or sauces will add fat and calories to otherwise healthy choices. For example, steamed broccoli is great, but avoid topping it with cheese sauce. Try other options, like a sprinkling of low-fat parmesan cheese or a squeeze of lemon.

### 6 take your time

Savor your food. Eat slowly, enjoy the taste and textures, and pay attention to how you feel. Be mindful. Eating very quickly may cause you to eat too much.

### 7 use a smaller plate

Use a smaller plate at meals to help with portion control. That way you can finish your entire plate and feel satisfied without overeating.

### 8 take control of your food

Eat at home more often so you know exactly what you are eating. If you eat out, check and compare the nutrition information. Choose healthier options such as baked instead of fried.

### 9 try new foods

Keep it interesting by picking out new foods you've never tried before, like mango, lentils, or kale. You may find a new favorite! Trade fun and tasty recipes with friends or find them online.



### 10 satisfy your sweet tooth in a healthy way

Indulge in a naturally sweet dessert dish—fruit! Serve a fresh fruit cocktail or a fruit parfait made with yogurt. For a hot dessert, bake apples and top with cinnamon.

Today's Date: \_\_\_\_\_

## Quick, Healthy Meals and Snacks Evaluation

1=Strongly Disagree	2=Disagree	3=Neither Disagree or Agree	4=Agree	5=Strongly Agree	
1. The workshop covered useful information. Comments:	1	2	3	4	5
2. The workshop activities were helpful. Comments:	1	2	3	4	5
3. I plan to order healthier foods the next time I eat at a restaurant or order take-out. Comments:	1	2	3	4	5
4. I plan to change my eating habits based on the information I learned today. Comments:	1	2	3	4	5
5. I plan to become more active based on the information I learned today. Comments:	1	2	3	4	5
6. The instructor presented the information in a helpful way. Comments:	1	2	3	4	5
7. Overall, I found the workshop to be very helpful. Comments:	1	2	3	4	5
8. Please tell us which materials you found most useful. Comments:					



## Workshop 3

# Eating Healthy on a Budget

*Eat Healthy ● Be Active*  
*Community Workshops*



# Instructor Guide

## Before Workshop Begins

- Thoroughly read entire workshop and become familiar with the lesson plan.
- Gather materials needed for the icebreaker and activity.
  - *Icebreaker*: Store-brand canned fruit in unsweetened fruit juice, name-brand canned fruit in unsweetened fruit juice, can opener, disposable bowls and spoons
  - *Activity*: Sales circulars from several local grocery stores, pens, copies of *Grocery List* handout
- Photocopy handouts (one per participant):
  1. Eating Healthy on a Budget (2 pages)
  2. Weekly Meal Planner (2 pages)
  3. Grocery List (1 page)
  4. MyPlate/10 Tips to Eat Better on a Budget (2 pages)
  5. Workshop Evaluation (1 page)

## Workshop Outline

*The workshop should last ~1 hour, including activities.*

- Icebreaker activity (5 minutes)—do this while people are coming into the workshop
- Introduction (5 minutes)
  - Explain the purpose of the workshop
  - Review the Learning Objectives
- **Objective 1:** Learn the three steps for healthy eating on a budget—planning, purchasing, and preparing (10–15 minutes)
  - Review handout: *Healthy Eating on a Budget*
- Video: *Budget Stretching Healthy Meals* (2–3 minutes)
- Stretch Break (5 minutes)

- **Objective 2:** Learn how to plan meals and snacks ahead of time (10–15 minutes)
  - Review handout: *Weekly Meal Planner*
- Activity (5–10 minutes)
  - Review handout: *Grocery List*
- Increasing Physical Activity (1–2 minutes)
- Review handout *MyPlate* and how to use *10 Tips to Eat Better on a Budget* (2 minutes)
- Wrap-up/Q&A (5 minutes)
  - Reminders of things to try at home:
    - Plan meals for the week using sale items from the store circular
    - Choose moderate- or vigorous-intensity physical activity
- Ask participants to complete the evaluation form (5 minutes)

**Additional Activity**—*Note:* This would need to be planned ahead of time and scheduled for a time after the workshop:

**Grocery Store Field Trip:** Your local supermarket may be able to arrange a store tour for your group with its registered dietitian (RD). More information about this service may be available on the store's Web site or by contacting the store manager or RD. Also, the community outreach department of your local hospital may be able to arrange for an RD to provide this service. While at the store, have participants use their shopping lists; you can help them locate the healthy sale items and search the aisles for other healthy foods.

## Workshop Lesson Plan

### Icebreaker Activity—Taste Testing (5 minutes)

**Generic vs. Brand Taste Test:** Compare store-brand canned fruit in unsweetened fruit juice with name-brand canned fruit in unsweetened fruit juice.

**Supplies necessary:** Store-brand canned fruit in unsweetened fruit juice, name-brand canned fruit in unsweetened fruit juice, can opener, disposable bowls and spoons

### Talking Points—Purpose of the Workshop (2–3 minutes)

- Today’s workshop and handouts will give you tips for making meals and snacks that are both healthy and allow you to stay within your budget.
- This workshop is based on the *Dietary Guidelines for Americans, 2010* and the *2008 Physical Activity Guidelines for Americans*. The Dietary Guidelines provide science-based advice for making food choices that promote good health and a healthy weight and help prevent disease. The Physical Activity Guidelines provide recommendations on the amount, types, and level of intensity of physical activity needed to achieve and maintain good health.
- The Dietary Guidelines provide these selected consumer messages. More information about the messages can be found at <http://www.ChooseMyPlate.gov>.
  - *Balancing Calories*
    - ✓ Enjoy your food, but eat less.
    - ✓ Avoid oversized portions.
  - *Foods to Increase*
    - ✓ Make half your plate fruits and vegetables.
    - ✓ Make at least half your grains whole grains.
    - ✓ Switch to fat-free or low-fat (1%) milk.
  - *Foods to Decrease*
    - ✓ Compare sodium in foods like soup, bread, and frozen meals—and choose foods with lower numbers.
    - ✓ Drink water instead of sugary drinks.
  - Healthy eating and physical activity work hand in hand to help us live healthier lives. The Physical Activity Guidelines recommend that adults be physically active



- Choose fresh fruits and vegetables in season; buy canned vegetables with less salt.
- Precut fruits and vegetables, individual cups of yogurt, and instant rice and hot cereal are convenient, but usually cost more.
- Good low-cost items year-round include:
  - Protein—beans (garbanzo, black, kidney, northern, lima)
  - Vegetables—carrots, greens, potatoes
  - Fruit—apples, bananas, 100% frozen orange juice
  - Grains—brown rice, oats
  - Dairy—fat-free or low-fat (1%) milk

### *Step 3. Make cost-cutting meals.*

- Some meal items can be prepared in advance; precook on days when you have time.
- Double or triple up on recipes and freeze meal-sized containers of soups and casseroles or divide into individual portions and freeze.
- Try a few meatless meals by featuring beans and peas, or try “no-cook” meals like salads.
- Incorporate leftovers into a meal later in the week.

### **Video: Budget Stretching Healthy Meals (2–3 minutes)**

### **Stretch Break (5 minutes)**

#### **“Beans” (celebrating beans because they are inexpensive and packed with nutrients)**

Have participants stand up and spread out to allow space for them to move. The facilitator calls out names of beans, and the participants do set actions to each.

- Baked beans—make a small shape with your body
- Broad beans—make a wide, stretched-out shape
- String beans—make a tall, string-like shape
- Jumping beans—jump up and down (say “small jumping beans” for small jumps and “big jumping beans” for the opposite)
- Chili beans—shiver and shake as if it were cold
- French beans—do the *can-can*, with high kicks



	Moderate Activity	Vigorous Activity
Types of Activity	Walking briskly, biking on flat ground, line dancing, gardening	Jumping rope, basketball, soccer, swimming laps, aerobic dance
Amount	If you choose activities at a moderate level, do at least 2 hours and 30 minutes a week	If you choose activities at a vigorous level, do at least 1 hour and 15 minutes a week

- You can combine moderate and vigorous activities. In general, 1 minute of vigorous activity is equal to 2 minutes of moderate activity.
- Children need **60 minutes of physical activity each day**.
- **TODAY'S TIP:** Choose moderate-or vigorous-intensity physical activities.
  - ✓ **Moderate-intensity activities** include walking briskly, biking, dancing, general gardening, water aerobics, and canoeing.
  - ✓ **Vigorous-intensity activities** include aerobic dance, jumping rope, race walking, jogging, running, soccer, swimming fast or swimming laps, and riding a bike on hills or riding fast.
    - You can replace some or all of your moderate-intensity activity with vigorous activity.
    - With vigorous activities, you get similar health benefits in half the time it takes you with moderate ones.
  - ✓ Adults should include muscle-strengthening activities at least 2 days a week.
  - ✓ **Muscle-strengthening activities** include lifting weights, pushups, and sit-ups.
    - Choose activities that work all the different parts of the body—the legs, hips, back, chest, stomach, shoulders, and arms.
  - ✓ Encourage children to do muscle-strengthening activities, such as climbing, at least 3 days a week and bone-strengthening activities, such as jumping, at least 3 days a week.
- Consider signing up for the Presidential Active Lifestyle Award (PALA+) to help you track your physical activity and take small steps to improve your eating habits.
- If you are active for 30 minutes a day, 5 days a week for 6 out of 8 weeks, and choose one healthy eating goal each week to work toward, you'll be awarded the PALA+ and receive Presidential recognition! (See <http://www.presidentschallenge.org>) See handout in Appendix for more information.

## Talking Points—Handouts: MyPlate and 10 Tips (2 minutes)



## Talking Points—Wrap-up/Q&A (5 minutes)

### Things to Try at Home

- Plan meals for the week using sale items from the store circular.
- Choose moderate- or vigorous-intensity physical activities.

## Complete Evaluation Form (5 minutes)

Individual's Name: \_\_\_\_\_

### Eating Healthy on a Budget Evaluation

Healthy Diets	2 Healthy	3-4 Healthy Diets or More	4-6 Healthy	7-8 Healthy	9 Healthy
1. This individual used all information:	1	2	3	4	5
Comments:					
2. This individual avoided easy meals:	1	2	3	4	5
Comments:					
3. I plan to buy foods for the week ahead at the store:	1	2	3	4	5
Comments:					
4. I plan to change my eating habits based on the information I received:	1	2	3	4	5
Comments:					
5. I plan to become more active based on the information I received:	1	2	3	4	5
Comments:					
6. This individual provided the information in a helpful way:	1	2	3	4	5
Comments:					
7. Overall, I would be willing to see this again:	1	2	3	4	5
Comments:					
8. Please tell us which website you found most useful:					
Comments:					



# Workshop 3 ● Handouts



# Eat Healthy Your Way

## Eating healthy on a budget



Take these three easy steps to pick and prepare healthy foods while minding your wallet! Check off the tips you will try.

### Step 1: Plan ahead before you shop

**Rodney:** I plan what I'm going to make for dinner for the whole week. Then I make out my grocery list and never shop hungry. This way I stick to my list and don't buy pricey items on a whim. Since I have all the ingredients for my meals, I'm not tempted to order a pizza or run out for fast food. Eating at home keeps me on budget, and I am eating better too.

#### Read the store flier to find out what is on special for the week.

- Plan your meals around the sale items. Look for lean meats, fat-free and low-fat dairy items, and fresh or frozen fruits and vegetables featured that week.

#### Shop with a list.

- Make a shopping list **before** you go to the store as you plan what meals you'd like to make for the week. Stick to a list and avoid buying items on impulse . . . and off your budget.

### Step 2: Shop to get the most value for your money

**Carla:** I buy fresh fruits and vegetables in season and save money this way. If I want berries in winter, I buy the frozen kind. Or, when I see chicken breasts or turkey breasts on sale, I buy several packs and freeze any extras to use later.

#### Buy sale items and generic or store brands.

- Buy items featured in the store flier. Buy store or generic brands, as they often cost less than name brands.

#### Choose frozen.

- Buy frozen vegetables without added sauces or butter. They are as good for you as fresh and can cost far less.

#### Buy in bulk, then make your own single-serving packs at home.

- Mix a big box of whole-grain cereal with raisins and a dash of cinnamon. Put in small baggies for on-the-go snacking.
- Peel and cut up a big bag of carrots. Put in small baggies for lunches or an anytime healthy snack.



For more information, visit [www.healthfinder.gov](http://www.healthfinder.gov)

(turn over please)

# Small changes can make a large difference

## Step 3: Make cost-cutting meals

**Padma:** Stretch your food dollars by making a second meal from leftovers—just add items you already have in your pantry. I took last night’s leftover baked chicken and cut it into small pieces. Then I added a can of black beans, a chopped onion, two cloves of garlic, spices, and some chopped tomatoes. I made a low-cost, tasty meal in 15 minutes! And my family got a healthy dinner.

### ❑ Make a second meal or a side dish from leftovers.

Stretch your dollars by adding items you already have on hand to make a second meal or tasty side dish.

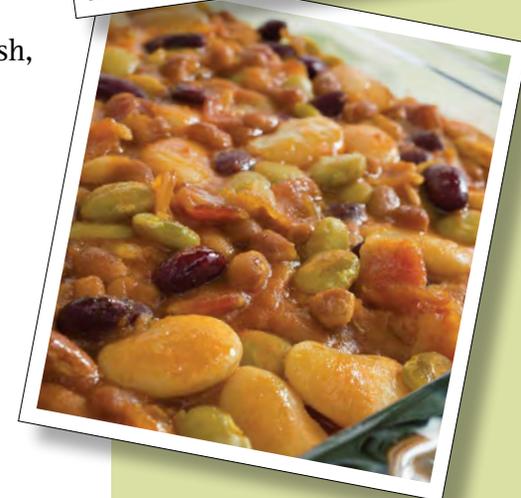
- Use leftover chicken or turkey in casseroles, soups, chili, stir-fries, or tacos.
- Use leftover brown rice in soups and casseroles. For a great side dish, cook brown rice with vegetables and a beaten egg in a pan coated with cooking spray.
- Add leftover cooked or raw vegetables to salads, omelets, or casseroles. Add the leftover veggies to whole-wheat pasta and water-packed tuna for a healthy, low-cost meal.
- Mix leftover fresh or canned fruit (packed in fruit juice) with low-fat plain yogurt or low-fat cottage cheese. Or put the fruit in oatmeal for a “good-for-you” breakfast.

### ❑ Go meatless one or more days a week.

- Replace meat with beans for a less costly way to get lean protein. Beans and brown rice are a nutritious way to stretch a dollar. Add lentils to soups. They are delicious, cook up quickly, and are packed with protein and fiber.
- Make breakfast for dinner! Prepare a vegetable omelet with eggs, spinach, tomatoes, mushrooms, and reduced-fat cheese. Serve with fruit and whole-wheat toast. Your kids will love the “upside-down day” that is budget-friendly for you!

### ❑ Visit the Internet for recipe ideas.

- Look on the Internet for many healthy recipes. Just type the words “healthy meals on a budget” in the search engine. Or visit <http://recipefinder.nal.usda.gov> to get recipe ideas that are easy on the wallet and good for your body.



We hope these budget-stretching ideas will help you as you take steps to eat healthy.

# Weekly Meal Planner

Use this tool to help plan healthier meals for your family. Below are ideas for healthier breakfasts, lunches, and dinners. Use the chart to plan meals for a week. Try to plan one dinner that uses leftovers from the night before and one that is meatless. Once you have the meals planned, write out your grocery list.

## Ideas for Healthy Breakfasts

- 1 cup whole-grain cold or  $\frac{1}{2}$  cup whole-grain hot cereal,  $\frac{1}{2}$  cup fat-free or low-fat milk, and  $\frac{1}{2}$  cup fresh or frozen fruit, such as blueberries, sliced strawberries, or bananas.
- 2 slices whole-grain toast with 2 tablespoons peanut butter, 1 cup low-fat or fat-free yogurt, and  $\frac{1}{2}$  cup 100% juice.
- 2 scrambled eggs, 1 slice whole-grain toast, 1 cup fat-free or low-fat milk, and  $\frac{1}{2}$  cup sliced strawberries.

## Ideas for Healthy Lunches

- 1 cup garden salad with 1 tablespoon fat-free or low-fat dressing and  $\frac{1}{2}$  turkey sandwich on whole-wheat bread with lettuce, tomato, and mustard.
- 1 cup broth or tomato-based soup and  $\frac{1}{2}$  lean roast beef sandwich on whole-wheat bread with lettuce, tomato, and mustard.
- 1 slice cheese or vegetable pizza made with low-fat cheese and small garden salad with 1 tablespoon fat-free or low-fat dressing.

## Ideas for Healthy Dinners

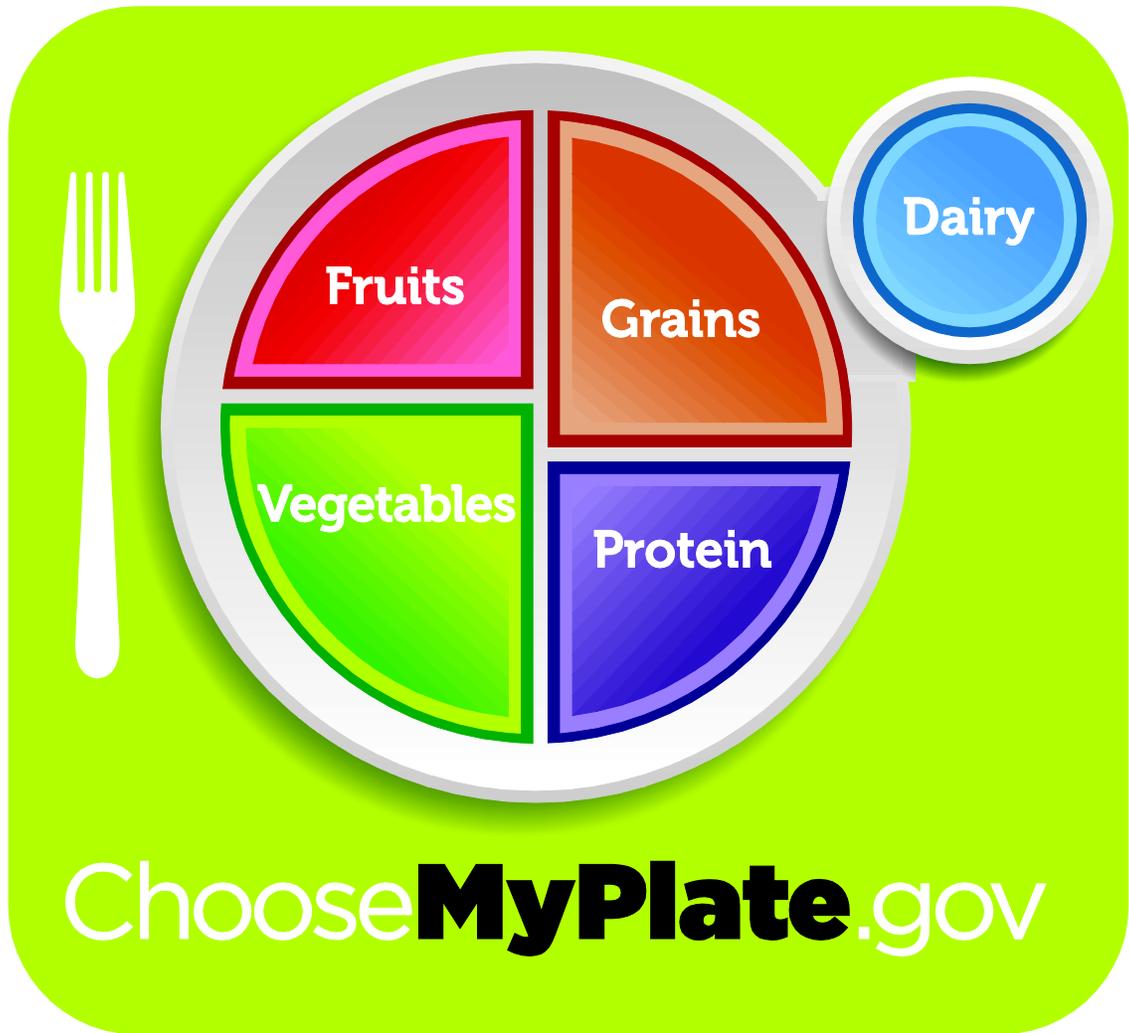
- 3 ounces grilled honey mustard chicken, 1 cup green beans, and  $\frac{1}{2}$  cup wild rice.
- 3 ounces baked fish with lemon dill dressing, 1 cup herbed pasta, and 1 cup steamed frozen vegetables (such as mixed vegetables).
- 1 cup whole-wheat pasta with  $\frac{1}{2}$  cup tomato sauce,  $\frac{1}{2}$  cup steamed broccoli, 1 slice whole-grain bread, and  $\frac{1}{2}$  cup pineapple slices.



Day	Breakfast	Lunch	Dinner
Sunday			
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			







Choose **MyPlate**.gov

# eating better on a budget



## 10 tips to help you stretch your food dollars

Get the most for your food budget! There are many ways to save money on the foods that you eat. The three main steps are planning before you shop, purchasing the items at the best price, and preparing meals that stretch your food dollars.

### 1 plan, plan, plan!

Before you head to the grocery store, plan your meals for the week. Include meals like stews, casseroles, or stir-fries, which “stretch” expensive items into more portions. Check to see what foods you already have and make a list for what you need to buy.



### 2 get the best price

Check the local newspaper, online, and at the store for sales and coupons. Ask about a loyalty card for extra savings at stores where you shop. Look for specials or sales on meat and seafood—often the most expensive items on your list.

### 3 compare and contrast

Locate the “Unit Price” on the shelf directly below the product. Use it to compare different brands and different sizes of the same brand to determine which is more economical.

### 4 buy in bulk

It is almost always cheaper to buy foods in bulk. Smart choices are family packs of chicken, steak, or fish and larger bags of potatoes and frozen vegetables. Before you shop, remember to check if you have enough freezer space.

### 5 buy in season

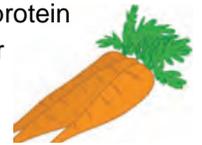
Buying fruits and vegetables in season can lower the cost and add to the freshness! If you are not going to use them all right away, buy some that still need time to ripen.

### 6 convenience costs... go back to the basics

Convenience foods like frozen dinners, pre-cut vegetables, and instant rice, oatmeal, or grits will cost you more than if you were to make them from scratch. Take the time to prepare your own—and save!

### 7 easy on your wallet

Certain foods are typically low-cost options all year round. Try beans for a less expensive protein food. For vegetables, buy carrots, greens, or potatoes. As for fruits, apples and bananas are good choices.



### 8 cook once...eat all week!

Prepare a large batch of favorite recipes on your day off (double or triple the recipe). Freeze in individual containers. Use them throughout the week and you won't have to spend money on take-out meals.

### 9 get your creative juices flowing

Spice up your leftovers—use them in new ways. For example, try leftover chicken in a stir-fry or over a garden salad, or to make chicken chili. Remember, throwing away food is throwing away your money!

### 10 eating out

Restaurants can be expensive. Save money by getting the early bird special, going out for lunch instead of dinner, or looking for “2 for 1” deals. Stick to water instead of ordering other beverages, which add to the bill.

Today's Date: \_\_\_\_\_

## Eating Healthy on a Budget Evaluation

1=Strongly Disagree      2=Disagree      3=Neither Disagree or Agree      4=Agree      5=Strongly Agree

1. The workshop covered useful information.      1      2      3      4      5  
Comments:

2. The workshop activities were helpful.      1      2      3      4      5  
Comments:

3. I plan to plan meals for the week ahead of time this week.      1      2      3      4      5  
Comments:

4. I plan to change my eating habits based on the information I learned today.      1      2      3      4      5  
Comments:

5. I plan to become more active based on the information I learned today.      1      2      3      4      5  
Comments:

6. The instructor presented the information in a helpful way.      1      2      3      4      5  
Comments:

7. Overall, I found the workshop to be very helpful.      1      2      3      4      5  
Comments:

8. Please tell us which materials you found most useful.  
Comments:



## Workshop 4

# Tips for Losing Weight and Keeping It Off

*Eat Healthy ● Be Active*  
*Community Workshops*



# Instructor Guide

## Before Workshop Begins

- Thoroughly read entire workshop and become familiar with the lesson plan.
- Gather materials needed for the icebreaker and activity.
  - *Icebreaker:* Various vegetables and fruits, cutting board, knife, plate/serving tray for vegetables/fruits, toothpicks. You also can make signs that list the name of each vegetable/fruit and what types of dishes you could make with it.  
*Note:* Wash and cut up the fruits/vegetables into bite-sized portions prior to class and put toothpicks in each for easy tasting.
  - *Activity:* Copies of *Rethink Your Drink* handout, pens/pencils
- Photocopy handouts (one per participant):
  1. Your Healthy Weight (1 page)
  2. Daily Calorie Needs (1 page)
  3. Top 4 Tips for Losing Weight and Keeping It Off (2 pages)
  4. “Rethink Your Drink” Matching Game (1 page)
  5. Calorie Log (3 pages)
  6. MyPlate/10 Tips to Use SuperTracker Your Way (2 pages)
  7. Workshop Evaluation (1 page)

## Workshop Outline

*The workshop should last ~1 hour, including activities.*

- Icebreaker activity (5 minutes)—do this while people are coming into the workshop
- Introduction (5 minutes)
  - Explain the purpose of the workshop
  - Review the Learning Objectives

- **Objective 1:** Learn how to determine your body mass index (BMI) (5 minutes)
  - Review handout: *Your Healthy Weight* (help participants figure out their own BMI)
- **Objective 2:** Learn about the amount of calories you need each day (5 minutes)
  - Review handout: *Daily Calorie Needs*
- Stretch Break (5 minutes)
- **Objective 3:** Learn tips for losing weight and keeping it off (10–15 minutes)
  - Review handout: *Top 4 Tips for Losing Weight and Keeping It Off*
  - Review handout: *Calorie Log*
- Activity: Rethink Your Drink (5–10 minutes), using handout
- Review handout *MyPlate* and how to use *10 Tips to Use SuperTracker Your Way* (2 minutes)
- Wrap-up/Q&A (5–10 minutes)
  - Reminders of things to try at home:
    - Keep track of everything you eat and drink for 3 days this week
    - Slowly build up the amount of physical activity you do this week
- Ask participants to complete the evaluation form (5 minutes)

## Workshop Lesson Plan

### Icebreaker Activity—Taste Testing (5 minutes)

**Fruits and Vegetables Tasting:** Gather a variety of different fruits and vegetables (try items that may be unfamiliar to your population such as kiwi, jicama, papaya, passion fruit, okra, pomegranate, parsnip, etc.), and have participants taste a few as they come into the workshop.

Check out the Centers for Disease Control and Prevention's Fruit and Vegetable of the Month Web site for creative ideas of foods try: <http://www.fruitsandveggiesmatter.gov/month/index.html>

*Note:* Wash and cut up the fruits/vegetables into bite-sized portions prior to class and put toothpicks in each for easy tasting.

**Supplies necessary:** Various vegetables and fruits, cutting board, knife, plate/serving tray for vegetables/fruits, toothpicks. You also can make signs that list the name of each vegetable/fruit and what types of dishes you could make with it.

### Talking Points—Purpose of the Workshop (2–3 minutes)

- Today's workshop and handouts will give you tips for losing weight and maintaining a healthy weight.
- This workshop is based on the *Dietary Guidelines for Americans, 2010* and the *2008 Physical Activity Guidelines for Americans*. The Dietary Guidelines provide science-based advice for making food choices that promote good health and a healthy weight and help prevent disease. The Physical Activity Guidelines provide recommendations on the amount, types, and level of intensity of physical activity needed to achieve and maintain good health.
- The Dietary Guidelines provide these selected consumer messages. More information about the messages can be found at <http://www.ChooseMyPlate.gov>.
  - *Balancing Calories*
    - ✓ Enjoy your food, but eat less.
    - ✓ Avoid oversized portions.
  - *Foods to Increase*
    - ✓ Make half your plate fruits and vegetables.

- ✓ Make at least half your grains whole grains.
- ✓ Switch to fat-free or low-fat (1%) milk.
- *Foods to Decrease*
  - ✓ Compare sodium in foods like soup, bread, and frozen meals—and choose foods with lower numbers.
  - ✓ Drink water instead of sugary drinks.
- Healthy eating and physical activity work hand in hand to help us live healthier lives. The Physical Activity Guidelines recommend that adults be physically active for at least 2 hours and 30 minutes each week—children need 60 minutes each day.
  - ✓ You can stay physically active by doing activities such as walking, dancing, bicycling, or gardening and by reducing the amount of time you spend sitting.

### Talking Points—Learning Objectives (2–3 minutes)

1. Learn how to determine your body mass index (BMI).
2. Learn about the amount of calories you need each day.
3. Learn tips for losing weight and keeping it off.

### Talking Points—Handout: Your Healthy Weight (5 minutes)

- BMI is a measure of your weight compared to your height. BMI can help adults determine whether they are at a healthy weight.
- BMI calculations don't work as well for people who are extremely muscular, very tall, or very short.
- Overall, BMI is a good indication of healthy weight for the majority of the adult population.
- BMI does not measure body fat. BMI is a quick and easy measure that can give you an idea of your weight status. Research has shown that BMI is often similar to body fat levels.
- Overweight or obese individuals are at increased risk for many diseases, such as: heart disease, high blood pressure, high cholesterol, type-2 diabetes, and some types of cancer.

**Your Healthy Weight**  
 To see the healthy weight (BMI) that's right for you, enter your height in the left-hand column and your current weight in the top row. Find the intersection of the weight up to the top row that fits the BMI.

BMI Category	BMI Range		Weight Status	
	Underweight	Overweight	Underweight	Overweight
Underweight	< 18.5	18.5 - 24.9	Underweight	Overweight
Healthy weight	18.5 - 24.9	25.0 - 29.9	Healthy weight	Overweight
Overweight	25.0 - 29.9	30.0 - 34.9	Overweight	Obese
Obese	30.0 - 34.9	35.0 - 49.9	Obese	Obese

\*BMI is a body weight measure based on the square of the height in meters (kg/m<sup>2</sup>).

**Adult BMI Chart**

Height	Healthy Weight or possible overweight (BMI 18.5-24.9)				Overweight (BMI 25.0-29.9)				Obese (BMI 30.0-49.9)			
	150 cm	155 cm	160 cm	165 cm	170 cm	175 cm	180 cm	185 cm	190 cm	195 cm	200 cm	205 cm
150 cm	56.7	62.0	67.3	72.6	77.9	83.2	88.5	93.8	99.1	104.4	109.7	115.0
155 cm	62.0	67.3	72.6	77.9	83.2	88.5	93.8	99.1	104.4	109.7	115.0	120.3
160 cm	67.3	72.6	77.9	83.2	88.5	93.8	99.1	104.4	109.7	115.0	120.3	125.6
165 cm	72.6	77.9	83.2	88.5	93.8	99.1	104.4	109.7	115.0	120.3	125.6	130.9
170 cm	77.9	83.2	88.5	93.8	99.1	104.4	109.7	115.0	120.3	125.6	130.9	136.2
175 cm	83.2	88.5	93.8	99.1	104.4	109.7	115.0	120.3	125.6	130.9	136.2	141.5
180 cm	88.5	93.8	99.1	104.4	109.7	115.0	120.3	125.6	130.9	136.2	141.5	146.8
185 cm	93.8	99.1	104.4	109.7	115.0	120.3	125.6	130.9	136.2	141.5	146.8	152.1
190 cm	99.1	104.4	109.7	115.0	120.3	125.6	130.9	136.2	141.5	146.8	152.1	157.4
195 cm	104.4	109.7	115.0	120.3	125.6	130.9	136.2	141.5	146.8	152.1	157.4	162.7
200 cm	109.7	115.0	120.3	125.6	130.9	136.2	141.5	146.8	152.1	157.4	162.7	168.0
205 cm	115.0	120.3	125.6	130.9	136.2	141.5	146.8	152.1	157.4	162.7	168.0	173.3

- Additional information on BMI can be found here:  
[http://www.cdc.gov/healthyweight/assessing/bmi/adult\\_bmi/index.html](http://www.cdc.gov/healthyweight/assessing/bmi/adult_bmi/index.html)

**Quick Activity: Determine Your BMI:** Using the chart, help participants find the BMI for a man who weighs 218 pounds and is 5 feet 9 inches tall (answer: his BMI is 32, which is considered obese). Ask participants to determine their own BMI and what weight category they are in. *Note:* BMI can be a sensitive subject for participants and this is not something they need to share with the group.

### Talking Points—Handout: Daily Calorie Needs (5 minutes)

- This chart shows how many calories are recommended for males and females in all age groups.
- You may need more or fewer calories depending on how active you are.
- If you want to lose weight, you will need to decrease the number of calories you eat each day and/or increase the amount of physical activity you do.

Gender	Age Group	Activity Level	Calories
Children	2-3	Sedentary	1,000-1,400
		Active	1,200-1,600
	4-5	Sedentary	1,200-1,600
		Active	1,400-1,800
	6-11	Sedentary	1,400-1,800
		Active	1,600-2,000
Adolescents	12-13	Sedentary	1,800-2,200
		Active	2,000-2,400
	14-15	Sedentary	2,000-2,400
		Active	2,200-2,600
	16-17	Sedentary	2,200-2,600
		Active	2,400-2,800
Adults	18-24	Sedentary	2,200-2,600
		Active	2,400-2,800
	25-34	Sedentary	2,000-2,400
		Active	2,200-2,600
	35-44	Sedentary	1,800-2,200
		Active	2,000-2,400
45-54	Sedentary	1,600-2,000	
	Active	1,800-2,200	

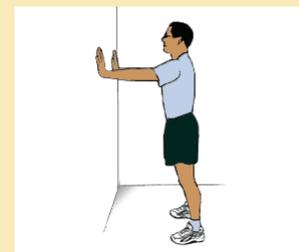
### Stretch Break (5 minutes)

Muscle-strengthening activities provide additional benefits not found with aerobic activity. The benefits of muscle-strengthening activity include increased bone strength and muscular fitness. Muscle-strengthening activities also can help maintain muscle mass during a program of weight loss. Activities count as muscle-strengthening if they involve a moderate to high level of intensity or effort and work the major muscle groups of the body: the legs, hips, back, chest, abdomen, shoulders, and arms. Muscle-strengthening activities for all the major muscle groups should be done at least 2 days a week.

Ask each participant to do 5 repetitions of each exercise. You can repeat these two exercises 2 or 3 times, depending on time.

**Standing Pushups** (ask participants to spread out so each is facing a wall).  
Instructions: To begin, start standing up facing a wall. Place the palms of your hands on the wall at shoulder width apart with your arms fully extended. Press your body toward the wall so that your chest comes toward the wall and your elbows bend out to your sides (don't move your feet). Slowly press your body back to the starting position.

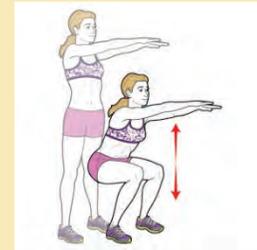
*Modification:* Stand closer to the wall so that your arms are not fully extended when you are doing the pushups.



**Standing Squats** (ask participants to stand up, with their feet shoulder width apart).

Instructions: Extend arms in front of your body. Keeping your weight on your heels, bend your knees and lower your hips down as if you were sitting in an imaginary "chair." Keep a neutral back and do not let your knees go past your toes.

*Modification:* Start sitting in a chair. Slowly stand up. Try not to use your arms and then slowly sit back in the chair (again, try not to use your arms).



## Talking Points—Handout: Top 4 Tips for Losing Weight and Keeping It Off (5–10 minutes)

- Reaching and maintaining a healthy weight is important for your overall health and well-being.
- If you are significantly overweight, you have a greater risk of developing many diseases or conditions, including high blood pressure, type-2 diabetes, stroke, and some forms of cancer.
- For obese adults, even losing a few pounds (such as 5-10% of your body weight) or preventing further weight gain has health benefits.
- Consuming fewer calories than expended will result in weight loss. This can be achieved over time by eating fewer calories, being more physically active, or, best of all, a combination of the two.



### Learn Your BMI and Set a Weight Goal

- You just learned how to determine your BMI and your weight status category.
- A weight goal needs to be reasonable. If you want to lose weight, start with a goal of 5–10% of your current weight. For example, if you weigh 150 pounds, that would mean losing about 7–15 pounds. Make sure to talk to your doctor as well.

## Eat Less

- Calorie balance over time is the key to weight management.
- Eat smaller portions. Try using smaller plates for dinner.
- Choose low-calorie snacks. Try foods such as fruits, vegetables, air-popped popcorn, fat-free yogurt, hummus, and almonds.
- Watch your intake of sugary and high-fat desserts—they can add a lot of extra calories and fats.
- Limit foods high in solid fats, such as butter/stick margarine, regular cheese, fatty meats, and French fries fried in oil.
- Drink more water and fat-free or low-fat (1%) milk and less regular soda, sports drinks, energy drinks, and fruit drinks.

## Keep Track of What You Are Eating

- Keep track of what you eat for 3 or more days (using the *Calorie Log* handout or online at <http://www.ChooseMyPlate.gov/supertracker>) to get an idea of how many calories you are eating and drinking each day.
- The amount of calories you need varies depending on how active you are. See the *Daily Calorie Needs* handout to learn about your body's estimated calorie requirements.
- Weighing yourself regularly can help you determine whether you are eating the amount of calories that your body needs. If your weight is going up, cutting back on the amount of calories you are eating each day can help you lose weight.

Food	Amount	Calories
<b>Breakfast</b>		
Whole Milk 1 cup	100	150
Instant oatmeal 1 cup	100	110
Instant noodle	100	100
Crack 1/2 cup (hard-boiled) 1 cup	100	100
<b>Full Breakfast Calories: 360</b>		
<b>Lunch</b>		
Whole wheat sandwich (2 slices)	100	200
Whole wheat bread 2 slices	100	100
Whole wheat bread 1 slice	100	50
Whole wheat bread 1 slice	100	50
Apple 1 medium	100	50
Orange 1 medium	100	50
<b>Total Lunch Calories: 500</b>		
<b>Dinner</b>		
Spaghetti 1/2 plate	100	100
Tomato sauce 1/2 cup	100	50
Ground beef 1/2 cup	100	200
Garlic bread 1 slice	100	50
Ice cream 1/2 cup	100	100
<b>Total Dinner Calories: 500</b>		
<b>Snacks</b>		
Apple 1 medium	100	50
Orange 1 medium	100	50
Whole wheat bread 1 slice	100	50
Whole wheat bread 1 slice	100	50
<b>Total Snacks Calories: 200</b>		
<b>Total Daily Calories</b>		<b>1,560</b>

## Add Activity Every Day

- The *Physical Activity Guidelines for Americans* recommend that everyone engage in regular physical activity for health benefits.

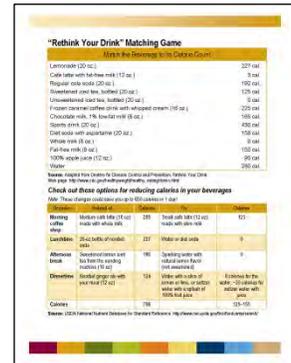
- Here are the recommendations for adults:

	Moderate Activity	Vigorous Activity
Types of Activity	Walking briskly, biking on flat ground, line dancing, gardening	Jumping rope, basketball, soccer, swimming laps, aerobic dance
Amount	If you choose activities at a moderate level, do at least 2 hours and 30 minutes a week	If you choose activities at a vigorous level, do at least 1 hour and 15 minutes a week

- You can combine moderate and vigorous activities. In general, 1 minute of vigorous activity is equal to 2 minutes of moderate activity.
- Children need **60 minutes of physical activity each day**.
- **TODAY'S TIP:** Avoid inactivity.
  - ✓ Every bit counts, and doing something is better than doing nothing!
  - ✓ Start with a 10-minute chunk of physical activity a couple of days a week.
  - ✓ Do a little more each time. Once you feel comfortable, do it more often. Then you can trade activities at a moderate level for vigorous ones that take more effort. You can do moderate and vigorous activities in the same week.
  - ✓ Walking is one way to add physical activity to your life.
    - Build up to walking longer and more often.
    - Pick up the pace as you go.
- Consider signing up for the Presidential Active Lifestyle Award (PALA+) to help you track your physical activity and take small steps to improve your eating habits.
- If you are active for 30 minutes a day, 5 days a week for 6 out of 8 weeks, and choose one healthy eating goal each week to work toward, you'll be awarded the PALA+ and receive Presidential recognition! (See <http://www.presidentschallenge.org>) See handout in Appendix for more information.

## Activity—Handout: “Rethink Your Drink” Matching Game (5–10 minutes)

**“Rethink Your Drink” Matching Game:** Ask participants to work with a partner and, using the worksheet, match the beverage with the number of calories. Using the answer key, go over answers with the group and discuss the better choices.



**Supplies necessary:** Copies of *Rethink Your Drink* handout, pens/pencils

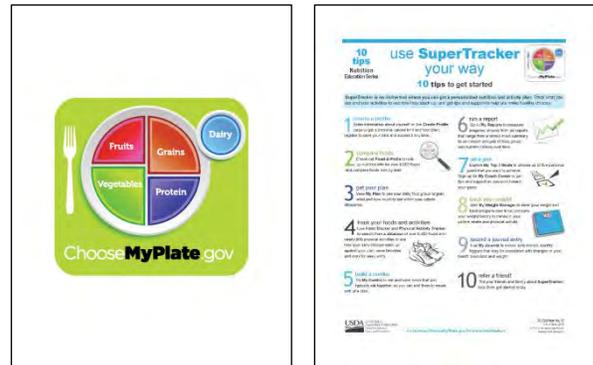
## Talking Points—Activity: “Rethink Your Drink” Matching Game

- 100 calories can make a BIG difference. If you eat 100 calories less each day, over the course of 1 year, you could lose up to 10 pounds.  $100 \text{ calories} \times 365 \text{ days} = 365,000 \text{ calories}$  /  $3,500$  (number of calories in a pound) = approximately 10 lbs.
- An easy way to cut calories is from snacks and beverages. This activity shows how some beverages can be very high in calories.
- Instead of filling up on high-calorie beverages, think of your snacks as ways to get in more fruits and vegetables. Foods with fiber (whole-grain foods) and protein can help fill you up.

### Answer Key for Activity

Beverage Calorie Count			
Lemonade (20 oz.)	280 cal.	Sports drink (20 oz.)	165 cal.
Café latte with fat-free milk (12 oz.)	125 cal.	Diet soda with aspartame (20 oz.)	0 cal.
Regular cola soda (20 oz.)	227 cal.	Whole milk (8 oz.)	150 cal.
Sweetened iced tea, bottled (20 oz.)	225 cal.	Fat-free milk (8 oz.)	90 cal.
Unsweetened iced tea, bottled (20 oz.)	3 cal.	100% apple juice (12 oz.)	192 cal.
Frozen caramel coffee drink with whipped cream (16 oz.)	430 cal.	Water	0 cal.
Chocolate milk, 1% low-fat milk (8 oz.)	158 cal.		

## Talking Points—Handouts: MyPlate and 10 Tips (2 minutes)



## Talking Points—Wrap-up/Q&A (5 minutes)

### Things to Try at Home

- Keep track of everything you eat and drink for 3 days this week.
- Continue to build up the amount of physical activity you choose to do.

## Complete Evaluation Form (5 minutes)

Tips for Losing Weight and Keeping it Off Evaluation

1-Strongly Disagree	2-Disagree	3-Neutral/Disagree or Agree	4-Disagree	5-Strongly Agree
1. The workshop provided useful information.				
2. The workshop activities were helpful.				
3. I plan to keep track of what I eat for at least the next week.				
4. I plan to change my eating habits based on the information presented.				
5. I plan to become more active based on the information presented.				
6. The information presented in the workshop is a helpful tool.				
7. Overall, I found the workshop to be very helpful.				
8. Please list any other feedback you found most useful.				



# Workshop 4 ● Handouts



# Your Healthy Weight

To use the body mass index (BMI) chart below: Locate your height in the left-most column, and read across the row from your height to find your weight. Follow the column of the weight up to the top row that lists the BMI.

BMI (in kg/m <sup>2</sup> )*	Weight Status
Less than 19	Underweight
19–24.9	Healthy weight
25–29.9	Overweight
Greater than 30	Obese

\* BMI is the body weight in kilograms divided by the square of the height in meters (kg/m<sup>2</sup>).

## Adult BMI Chart

Height	Healthy Weight (in pounds) (BMI is 19 to 24)						Overweight (in pounds) (BMI is 25 to 29)					Obese (in pounds) (BMI is 30 to 35)					
	BMI 19	BMI 20	BMI 21	BMI 22	BMI 23	BMI 24	BMI 25	BMI 26	BMI 27	BMI 28	BMI 29	BMI 30	BMI 31	BMI 32	BMI 33	BMI 34	BMI 35
4'10"	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167
4'11"	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173
5'	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179
5'1"	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185
5'2"	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191
5'3"	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197
5'4"	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204
5'5"	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210
5'6"	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216
5'7"	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223
5'8"	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230
5'9"	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236
5'10"	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243
5'11"	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250
6'	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	298
6'1"	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265
6'2"	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272
6'3"	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279

# Daily Calorie Needs

## Estimated Calorie Requirements<sup>a</sup>

This chart shows how many calories are recommended for males and females in all age groups. You may need more or less calories depending on how active you are.

Gender	Age (years)	Sedentary <sup>b</sup>	Moderately Active <sup>c</sup>	Active <sup>d</sup>
Child	2–3	1,000–1,200	1,000–1,400 <sup>e</sup>	1,000–1,400 <sup>e</sup>
Female <sup>f</sup>	4–8	1,200–1,400	1,400–1,600	1,400–1,800
	9–13	1,400–1,600	1,600–2,000	1,800–2,200
	14–18	1,800	2,000	2,400
	19–30	1,800–2,000	2,000–2,200	2,400
	31–50	1,800	2,000	2,200
	51+	1,600	1,800	2,000–2,200
	Male	4–8	1,200–1,400	1,400–1,600
9–13		1,600–2,000	1,800–2,200	2,000–2,600
14–18		2,000–2,400	2,400–2,800	2,800–3,200
19–30		2,400–2,600	2,600–2,800	3,000
31–50		2,200–2,400	2,400–2,600	2,800–3,000
51+		2,000–2,200	2,200–2,400	2,400–2,800

<sup>a</sup> These levels are based on Estimated Energy Requirements (EER) from the Institute of Medicine (IOM) Dietary Reference Intakes macronutrients report, 2002, calculated by gender, age, and activity level for reference-sized individuals. "Reference size," as determined by IOM, is based on median height and weight for ages up to age 18 years of age and median height and weight for that height to give a body mass index (BMI) of 21.5 for adult females and 22.5 for adult males.

<sup>b</sup> **Sedentary** means a lifestyle that includes only the light physical activity associated with typical day-to-day life.

<sup>c</sup> **Moderately active** means a lifestyle that includes physical activity equivalent to walking about 1.5 to 3 miles per day at 3 to 4 miles per hour, in addition to the light physical activity associated with typical day-to-day life.

<sup>d</sup> **Active** means a lifestyle that includes physical activity equivalent to walking more than 3 miles per day at 3 to 4 miles per hour, in addition to the light physical activity associated with typical day-to-day life.

<sup>e</sup> The calorie ranges shown are to accommodate the needs of different ages within the group. For children and adolescents, more calories are needed at older ages. For adults, fewer calories are needed at older ages.

<sup>f</sup> Estimates for females do not include women who are pregnant or breastfeeding.

**Source:** U.S. Department of Agriculture and U.S. Department of Health and Human Services. *Dietary Guidelines for Americans, 2010*, page 14. <http://www.cnpp.usda.gov/dietaryguidelines.htm>

# Top 4 tips for losing weight and keeping it off



You've decided that you're ready to get to a healthy weight. Good for you! Did you know that this can lower your chance of heart disease, diabetes, and certain cancers? And staying at a healthy weight can make you feel better. Now, that's something to look forward to! Losing weight and keeping it off takes dedication. Yet, you can do this.

**We wrote this handout to help you get started.**

### Tip 1: Set a weight goal and learn your BMI

Talk to your doctor and set a weight goal together.

Write how much you would like to weigh here: \_\_\_\_\_

Write your reasons for wanting to reach (and stay at) a healthy weight:

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---

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### Tip 2: Eat less—you decide how!

You know you need to eat less to lose weight. Some people give up sugary desserts to help lower calories. Others find measuring their foods and watching portions is the key. Often, making just a few changes can help with weight loss.

**How will you choose to eat less each day?**

**Tips to eating fewer calories:**

- Limit high-calorie snacks.** Instead, choose lower calorie, healthy snacks, such as a carrot with a low-fat dip or a few whole-wheat crackers with a teaspoon of peanut butter.
- Skip or share sugary and high-fat desserts.** Instead, eat a piece of fresh fruit. Or add cut up fruit to low-fat plain yogurt.
- Cut back on high-calorie beverages.** If you drink alcohol, limit the amount you drink. Drink water instead of soft drinks. Instead of drinking a jumbo-sized juice, drink a small glass of 100% fruit juice or eat a piece of fresh fruit.
- Eat smaller portions.** Use a measuring cup to get a true view of how much you are eating. Many people are surprised to learn they are eating much more than they think until they measure their food!



#### What's the right weight for my height?

Check your body mass index, or BMI for short. BMI is a measure of an adult's body fat based on height and weight.

To learn more and get your measurement today, visit [www.nhlbisupport.com/bmi](http://www.nhlbisupport.com/bmi)

Write your BMI here:

\_\_\_\_\_



For more information, visit [www.healthfinder.gov](http://www.healthfinder.gov)

# Small changes can make a large difference

## Tip 3: Keep track of what you are eating

Studies show that tracking all your meals, snacks, and drinks can help weight loss. Keeping track will give you an idea of your eating patterns. It also can help you see areas where you are doing well and areas where you could improve. For example, are you snacking too much in the evening?

### 3 ways to track:

- Write down everything you eat and drink in a notebook.
- Track online at **www.choosemyplate.gov**. Click “Assess Your Food Intake” to log what you eat and find out how well you’re doing.
- Take a photo of the food with your cell phone to remind you of what you ate.

## Tip 4: Add activity! It burns calories

Staying physically active can help you arrive and stay at a healthy weight. It makes sense—staying active helps you burn up some of the calories from foods. Most of us don’t get enough activity to make up for what we eat.

Go to **www.choosemyplate.gov** to get tips on how you can stay active. You can also find out more about the types and amount of activity you need to get the most health benefits.

And remember, some physical activity is better than none!

### Check off ways you can add activity into your day. Think of other things that you could do!

- Take the stairs
- Walk at lunch
- Hike with your kids
- Ride a bike
- Take up a sport
- Jog in place while watching TV
- Other ways to add activity to my day: \_\_\_\_\_

**The key to staying at a healthy weight?  
Stay motivated!**

Keep this sheet in a handy place to pull out to read now and again. Continue with your healthy eating and your physical activity habits. And bounce back if you get off your plan.



## “Rethink Your Drink” Matching Game

### Match the Beverage to Its Calorie Count

Lemonade (20 oz.)	227 cal.
Café latte with fat-free milk (12 oz.)	3 cal.
Regular cola soda (20 oz.)	192 cal.
Sweetened iced tea, bottled (20 oz.)	125 cal.
Unsweetened iced tea, bottled (20 oz.)	0 cal.
Frozen caramel coffee drink with whipped cream (16 oz.)	225 cal.
Chocolate milk, 1% low-fat milk (8 oz.)	165 cal.
Sports drink (20 oz.)	430 cal.
Diet soda with aspartame (20 oz.)	158 cal.
Whole milk (8 oz.)	0 cal.
Fat-free milk (8 oz.)	150 cal.
100% apple juice (12 oz.)	90 cal.
Water	280 cal.

Source: Adapted from Centers for Disease Control and Prevention, Rethink Your Drink  
 Web page. [http://www.cdc.gov/healthyweight/healthy\\_eating/drinks.html](http://www.cdc.gov/healthyweight/healthy_eating/drinks.html)

### *Check out these options for reducing calories in your beverages*

Note: These changes could save you up to 650 calories in 1 day!

Occasion	Instead of . . .	Calories	Try . . .	Calories
<b>Morning coffee shop</b>	Medium café latte (16 oz) made with whole milk	265	Small café latte (12 oz) made with skim milk	125
<b>Lunchtime</b>	20-oz bottle of nondiet soda	227	Water or diet soda	0
<b>Afternoon break</b>	Sweetened lemon iced tea from the vending machine (16 oz)	180	Sparkling water with natural lemon flavor (not sweetened)	0
<b>Dinnertime</b>	Nondiet ginger ale with your meal (12 oz)	124	Water with a slice of lemon or lime, or seltzer water with a splash of 100% fruit juice	0 calories for the water, ~30 calories for seltzer water with juice
<b>Calories</b>		796		125–155

Source: USDA National Nutrient Database for Standard Reference. <http://www.nal.usda.gov/fnic/foodcomp/search/>



# Calorie Log

It can be hard to keep track of everything you eat in a day. Often, we eat more than we realize! This log will help you track the foods and beverages that you consume.

You can also track what you eat (and your physical activity) at [www.choosemyplate.gov/supertracker](http://www.choosemyplate.gov/supertracker). You can then compare the calories you ate to the recommended calories for you based on the *Daily Calorie Needs* handout.

Meal	Food	Calories
Breakfast	[At home] Skim milk, 1 cup	83
	[At home] Toasted oat cereal, 1 cup	111
	[At home] Banana, medium	105
	[At home] Coffee, 8 ounces 1% low-fat milk, ½ cup	61
<b>Total Breakfast Calories</b>		<b>360</b>
Lunch	[Office cafeteria] Turkey sandwich: deli turkey (2 ounces)	59
	[Office cafeteria] whole-wheat bread, Swiss cheese (1 slice)	130
	[Office cafeteria] 2 slices lettuce, tomato, mustard	114
	[Office cafeteria] Coleslaw, ½ cup	134
	[Office cafeteria] Apple, 1 medium	72
	[Office cafeteria] Diet soda, 12 ounces	0
<b>Total Lunch Calories</b>		<b>509</b>
Dinner	[Restaurant] Pepperoni pizza, 2 slices	416
	[Restaurant] Parmesan breadsticks, 2	82
	[Restaurant] Caesar salad, 1½ cups	253
	[Restaurant] Iced tea, unsweetened, 16 ounces	5
	[Restaurant] Low-fat vanilla frozen yogurt, 1 cup	241
<b>Total Dinner Calories</b>		<b>997</b>
Snacks	[Home, office] Fruit yogurt, nonfat, 8 ounces	87
	[Home, office] Pretzels, 1 ounce	107
	[Home, office] Whole-wheat crackers, 12	114
	[Home, office] Cheddar cheese, 1 ounce	114
<b>Total Snacks Calories</b>		<b>422</b>
<b>Total Daily Calories</b>		<b>2,261</b>



## Day 1

Meal	Food	Calories
Breakfast		
Total Breakfast Calories		
Lunch		
Total Lunch Calories		
Dinner		
Total Dinner Calories		
Snacks		
Total Snacks Calories		
Total Daily Calories		

## Day 2

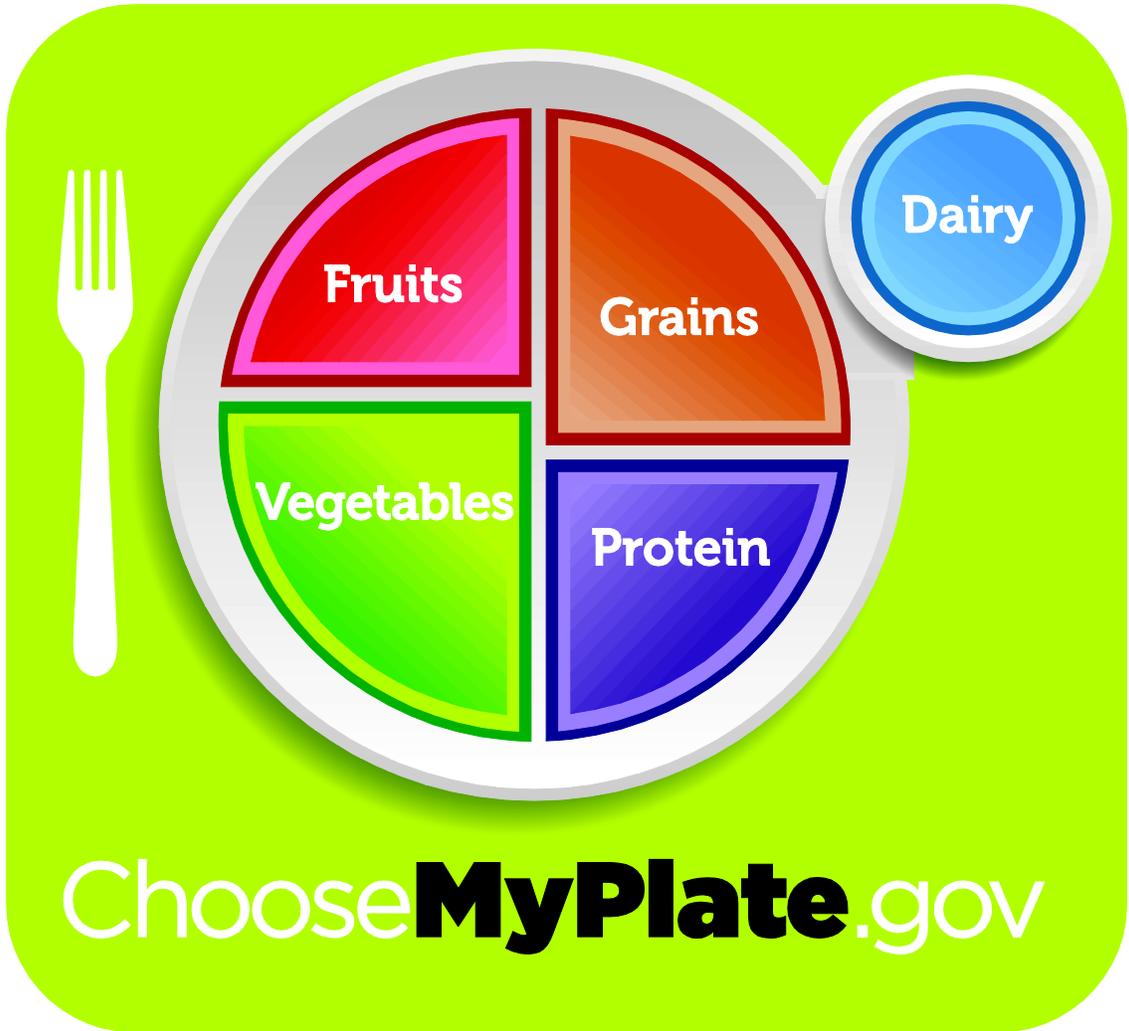
Meal	Food	Calories
Breakfast		
Total Breakfast Calories		
Lunch		
Total Lunch Calories		
Dinner		
Total Dinner Calories		
Snacks		
Total Snacks Calories		
Total Daily Calories		



### Day 3

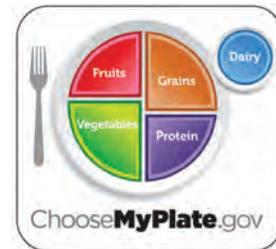
Meal	Food	Calories
Breakfast		
Total Breakfast Calories		
Lunch		
Total Lunch Calories		
Dinner		
Total Dinner Calories		
Snacks		
Total Snacks Calories		
Total Daily Calories		





Choose **MyPlate**.gov

# use SuperTracker your way



## 10 tips to get started

**SuperTracker is an online tool where you can get a personalized nutrition and activity plan. Track what you eat and your activities to see how they stack up, and get tips and support to help you make healthy choices.**

### 1 create a profile

Enter information about yourself on the **Create Profile** page to get a personal calorie limit and food plan; register to save your data and access it any time.



### 2 compare foods

Check out **Food-A-Pedia** to look up nutrition info for over 8,000 foods and compare foods side by side.

### 3 get your plan

View **My Plan** to see your daily food group targets—what and how much to eat within your calorie allowance.

### 4 track your foods and activities

Use **Food Tracker** and **Physical Activity Tracker** to search from a database of over 8,000 foods and nearly 800 physical activities to see how your daily choices stack up against your plan; save favorites and copy for easy entry.



### 5 build a combo

Try **My Combo** to link and save foods that you typically eat together, so you can add them to meals with one click.

### 6 run a report

Go to **My Reports** to measure progress; choose from six reports that range from a simple meal summary to an in-depth analysis of food group and nutrient intakes over time.



### 7 set a goal

Explore **My Top 5 Goals** to choose up to five personal goals that you want to achieve. Sign up for **My Coach Center** to get tips and support as you work toward your goals.



### 8 track your weight

Visit **My Weight Manager** to enter your weight and track progress over time; compare your weight history to trends in your calorie intake and physical activity.



### 9 record a journal entry

Use **My Journal** to record daily events; identify triggers that may be associated with changes in your health behaviors and weight.

### 10 refer a friend!

Tell your friends and family about **SuperTracker**; help them get started today.

Today's Date: \_\_\_\_\_

## Tips for Losing Weight and Keeping It Off Evaluation

1=Strongly Disagree      2=Disagree      3=Neither Disagree or Agree      4=Agree      5=Strongly Agree

1. The workshop covered useful information.      1      2      3      4      5  
Comments:

2. The workshop activities were helpful.      1      2      3      4      5  
Comments:

3. I plan to keep track of what I eat for 3 days this week.      1      2      3      4      5  
Comments:

4. I plan to change my eating habits based on the information I learned today.      1      2      3      4      5  
Comments:

5. I plan to become more active based on the information I learned today.      1      2      3      4      5  
Comments:

6. The instructor presented the information in a helpful way.      1      2      3      4      5  
Comments:

7. Overall, I found the workshop to be very helpful.      1      2      3      4      5  
Comments:

8. Please tell us which materials you found most useful.  
Comments:



## Workshop 5

# Making Healthy Eating Part of Your Total Lifestyle

*Eat Healthy ● Be Active  
Community Workshops*



## Instructor Guide

### Before Workshop Begins

- Thoroughly read entire workshop and become familiar with the lesson plan.
- Gather materials needed for the icebreaker and activity.
  - *Icebreaker*: A variety of whole grain foods, such as whole wheat pasta (cooked prior to class), brown rice (cooked prior to class), whole wheat bread (cut into portions to try), whole grain crackers, whole grain cereal, etc., serving plates and utensils for participants to try foods offered.
  - *Activity*: No supplies necessary
- Photocopy handouts (one per participant):
  1. Making Healthy Eating Part of Your Total Lifestyle (2 pages)
  2. GO, SLOW, and WHOA Foods (2 pages)
  3. Tips for Using the Nutrition Facts Label (1 page)
  4. MyPlate/10 Tips to Enjoy Your Food, But Eat Less (2 pages)
  5. Workshop Evaluation (1 page)

### Workshop Outline

*The workshop should last ~1 hour, including activities.*

- Icebreaker activity (5 minutes)—do this while people are coming into the workshop
- Introduction (5 minutes)
  - Explain the purpose of the workshop
  - Review the Learning Objectives
- **Objective 1**: Learn the concepts of a healthy lifestyle (10 minutes)
  - Review handout: *Making Healthy Eating Part of Your Total Lifestyle*
- Stretch Break (5 minutes)
- **Objective 2**: Learn about foods that should be eaten regularly and those that should be eaten only occasionally (5 minutes)
  - Review handout: *GO, SLOW, and WHOA Foods*

- **Objective 3:** Learn how to read and understand the Nutrition Facts Label (5 minutes)
- Activity (5–10 minutes)
  - Review handout: *Tips for Using the Nutrition Facts Label*
- Increasing Physical Activity (1–2 minutes)
- Review handout *MyPlate* and how to use *10 Tips to Enjoy Your Food, But Eat Less* (2 minutes)
- Wrap-up/Q&A (5 minutes)
  - Reminders of things to try at home:
    - Read the Nutrition Facts Labels to compare food at the grocery store
    - Continue to build up the amount of physical activity you do each day
- Ask participants to complete the evaluation form (5 minutes)

## Workshop Lesson Plan

### Icebreaker Activity—Taste Testing (5 minutes)

**Whole Grain Tasting:** Gather a variety of different whole grain foods (try items such as pasta, rice, cereal, crackers, bread, etc.) and have participants taste a few as they come into the workshop.

**Supplies necessary:** A variety of whole grain foods, such as whole wheat pasta (cooked prior to class), brown rice (cooked prior to class), whole wheat bread (cut into portions to try), whole grain crackers, whole grain cereal, etc., serving plates and utensils for participants to try foods selected.

### Talking Points—Purpose of the Workshop (2–3 minutes)

- Today’s workshop and handouts will give you tips for incorporating a healthy diet and regular physical activity into your lifestyle.
- This workshop is based on the *Dietary Guidelines for Americans, 2010* and the *2008 Physical Activity Guidelines for Americans*. The Dietary Guidelines provide science-based advice for making food choices that promote good health and a healthy weight and help prevent disease. The Physical Activity Guidelines provide recommendations on the amount, types, and level of intensity of physical activity needed to achieve and maintain good health.
- The Dietary Guidelines provide these selected consumer messages. More information about the messages can be found at <http://www.ChooseMyPlate.gov>.
  - *Balancing Calories*
    - ✓ Enjoy your food, but eat less.
    - ✓ Avoid oversized portions.
  - *Foods to Increase*
    - ✓ Make half your plate fruits and vegetables.
    - ✓ Make at least half your grains whole grains.
    - ✓ Switch to fat-free or low-fat (1%) milk.
  - *Foods to Decrease*
    - ✓ Compare sodium in foods like soup, bread, and frozen meals—and choose foods with lower numbers.
    - ✓ Drink water instead of sugary drinks.

- Healthy eating and physical activity work hand in hand to help us live healthier lives. The Physical Activity Guidelines recommend that adults be physically active for at least 2 hours and 30 minutes each week—children need 60 minutes each day.
  - ✓ You can stay physically active by doing activities such as walking, dancing, bicycling, or gardening and by reducing the amount of time you spend sitting.

### Talking Points—Learning Objectives (2–3 minutes)

1. Learn the concepts of a healthy lifestyle.
2. Learn about foods that should be eaten regularly and those that should be eaten only occasionally.
3. Learn how to read and understand the Nutrition Facts Label.

### Talking Points—Handout: Making Healthy Eating Part of Your Total Lifestyle (10 minutes)

**Note:** These talking points cover all of the key consumer behaviors and potential strategies for professionals in the Dietary Guidelines. Depending on time/participant questions, you may choose to cover just a few bullets under each heading.

#### *Add More Fruits and Vegetables*

##### *Vegetables*

- Make half your plate vegetables and fruits, especially nutrient-packed ones that are red, orange, and green.
- Include vegetables in meals and in snacks. Fresh, frozen, and canned vegetables all count. When eating canned vegetables, choose those labeled as reduced sodium or no-salt-added.
- Add dark green, red, and orange vegetables to soups, stews, casseroles, stir-fries, and other main and side dishes. Use dark leafy greens, such as romaine lettuce and spinach, to make salads.
- Focus on dietary fiber—beans and peas are a great source. Add beans or peas to salads (e.g., kidney or garbanzo beans), soups (e.g., split peas or lentils), and side dishes (e.g., baked beans or pinto beans), or serve as a main dish.



- Keep raw, cut-up vegetables handy for quick snacks. If serving with a dip, choose lower calorie options, such as yogurt-based dressings or hummus, instead of sour cream or cream cheese-based dips.
- When eating out, choose a vegetable as a side dish. With cooked vegetables, request that they be prepared with little or no fat and salt. With salads, ask for the dressing on the side so you can decide how much you use.
- When adding sauces, condiments, or dressings to vegetables, use small amounts and look for lower calorie options (e.g., reduced-fat cheese sauce or fat-free dressing). Sauces can make vegetables more appealing, but often add extra calories.

### *Fruits*

- Use fruit as snacks, salads, or desserts.
- Instead of sugars, syrups, or other sweet toppings, use fruit to top foods such as cereal and pancakes.
- Enjoy a wide variety of fruits, and maximize taste and freshness by adapting your choices to what is in season.
- Keep rinsed and cut-up fruit handy for quick snacks.
- Use canned, frozen, and dried fruits, as well as fresh fruits. Unsweetened fruit or fruit canned in 100% juice is the better choice because light or heavy syrup adds sugar and calories.
- Select 100% fruit juice when choosing juices.

### *Bring on the Whole Grains*

- Substitute whole-grain choices for refined grains in breakfast cereals, breads, crackers, rice, and pasta.
- For example, choose 100% whole-grain breads; whole-grain cereals such as oatmeal; whole-grain crackers and pasta; and brown rice. Check the ingredients list on product labels for the words “whole” or “whole-grain” before the grain ingredient’s name.
- Note that foods labeled with the words “multi-grain,” “stone-ground,” “100% wheat,” “cracked wheat,” “seven-grain,” or “bran” are usually not 100% whole-grain products, and may not contain any whole grains.
- Use the Nutrition Facts Label and the ingredients list to choose whole grains that are a good or excellent source of dietary fiber.

- Good sources of fiber contain 10–19% of the Daily Value per serving, and excellent sources of dietary fiber contain 20% or more.

### *Cut Back on Sodium and Salt*

- Use the Nutrition Facts Label to choose foods lower in sodium.
- When purchasing canned foods, select those labeled as “reduced sodium,” “low sodium” or “no salt added.” Rinse regular canned foods to remove some sodium. Many packaged foods contain more sodium than their made-from-fresh counterparts.
- Use little or no salt when cooking or eating. Trade in your salt shaker for a pepper shaker. Spices, herbs, and lemon juice can be used as alternatives to salt to season foods with a variety of flavors.
- Gradually reduce the amount of sodium in your foods. Your taste for salt will change over time.
- Get more potassium in your diet. Food sources of potassium include potatoes, cantaloupe, bananas, beans, and yogurt.

### *Putting It All Together*

- Start by making small changes and eating a variety of foods that your body needs for good health.

## Stretch Break (5 minutes)

### “Fruit Basket”—a nutrition-themed version of musical chairs

This is a simple game that's best for a group of at least eight players. Set up a circle with enough chairs for all of your players minus one. Next, you'll need to assign each player a fruit, labeling players as *strawberry*, *orange*, *banana*, etc. Two players should be assigned to each fruit. One person should remain standing, and everyone else should sit in the chairs. The standing person will call out a fruit name, and any player sitting in the circle assigned to that fruit then has to jump up and try to find a new seat. The caller also should try as fast as possible to sit in one of the open seats. In the end, a player will be left without a seat. That player (left standing) will then call out another fruit, and the game continues. For fun, try calling out more than one fruit at a time. The caller also has the option of calling out “fruit basket!” When that happens, *all* players get up from their chairs and find a new one. It gets a little crazy as everyone tries to get a seat. If needed, you can set a rule that a player getting up from a chair must find a new one at least two seats away (to encourage players to get up and run around).



- Look for foods low in solid fats (saturated and *trans* fat) and cholesterol to help reduce the risk of heart disease. Choose healthier fats, such as polyunsaturated and monounsaturated fats, found in fish, nuts, and vegetable oils.
- Compare sodium in products. Most sodium comes from processed foods.
  - A diet rich in potassium can help reverse some of the effects of sodium on blood pressure.

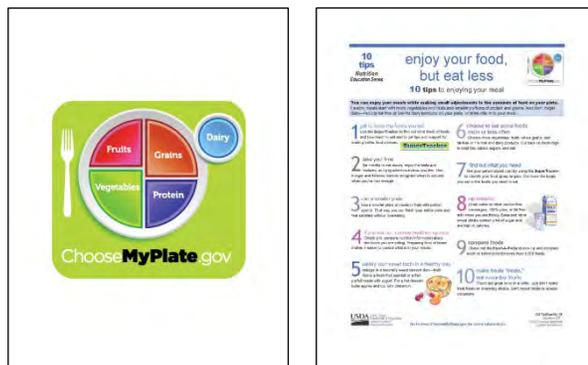
### Talking Points—Increasing Physical Activity (1–2 minutes)

- The *Physical Activity Guidelines for Americans* recommend that everyone engage in regular physical activity for health benefits.
- Here are the recommendations for adults:

	Moderate Activity	Vigorous Activity
Types of Activity	Walking briskly, biking on flat ground, line dancing, gardening	Jumping rope, basketball, soccer, swimming laps, aerobic dance
Amount	If you choose activities at a moderate level, do at least <b>2 hours and 30 minutes</b> a week	If you choose activities at a vigorous level, do at least <b>1 hour and 15 minutes</b> a week

- You can combine moderate and vigorous activities. In general, 1 minute of vigorous activity is equal to 2 minutes of moderate activity.
- Children need **60 minutes of physical activity each day**.
- **TODAY'S TIP:** Slowly build up the amount of physical activity you choose.
  - ✓ Start with 10 minutes of activity, and then add time so you are being active for longer each time.
  - ✓ As you feel more comfortable, do more by being active more often and increasing the pace of your activity.
- Consider signing up for the Presidential Active Lifestyle Award (PALA+) to help you track your physical activity and take small steps to improve your eating habits.
- If you are active for 30 minutes a day, 5 days a week for 6 out of 8 weeks, and choose one nutrition goal each week to work toward, you'll be awarded the PALA+ and receive Presidential recognition! (See <http://www.presidentschallenge.org>) See handout in Appendix for more information.

## Talking Points—Handouts: MyPlate and 10 Tips (2 minutes)



## Talking Points—Wrap-up/Q&A (5 minutes)

### Things to Try at Home

- Read the Nutrition Facts Labels to compare food at the grocery store.
- Slowly build up the amount of physical activity you do each day.

## Complete Evaluation Form (5 minutes)

Today's Date: \_\_\_\_\_

### Making Healthy Eating Part of Your Total Lifestyle Evaluation

1-Strongly Disagree	2-Disagree	3-Neither Disagree or Agree	4-Agree	5-Strongly Agree
1. The workshop presented useful information.				
Comments: _____				
2. The workshop included useful topics.				
Comments: _____				
3. I will use all the Nutrition Facts Label when food shopping in the future.				
Comments: _____				
4. I plan to change my eating habits based on the information I learned today.				
Comments: _____				
5. I plan to become more active based on the information I learned today.				
Comments: _____				
6. The instructor presented the information in a helpful way.				
Comments: _____				
7. Overall, I found the workshop to be very helpful.				
Comments: _____				
8. Please tell us what materials you found most useful.				
Comments: _____				



# Workshop 5 ● Handouts



## Eat Healthy Your Way

# Making healthy eating part of your total lifestyle



### See how it worked for Dwayne Davis

"My doctor said I needed to eat better to help me stay healthier longer. But I wasn't sure where to start after years of eating whatever I wanted. Then she suggested I try something called 'total diet.' It really isn't a diet at all—but a way of life. The bottom line about total diet is to eat **healthy most of the time**.

"I stopped thinking of foods as either 'all good' or 'all bad.' First I started eating more healthy foods that were loaded with vitamins, minerals, and fiber. And I ate junk food less often and in smaller amounts."

#### **I challenged myself!**

"I've done lots of tough things before. So I challenged myself to see whether I could stick to eating healthy for a month. If I could do that, then I knew I was on my way to following a good eating plan for life."

*Dwayne*



### Dwayne's Week 1: Add more fruits and vegetables

"Adding vegetables was easier than I thought. I found I like broccoli, spinach, and cauliflower. Half of a sweet potato cooked in the microwave makes a sweet and healthy snack. I replaced my usual cookies at lunch with a piece of fresh fruit. The fruit costs less than a candy bar and is loaded with fiber and vitamins."

#### **Ready to try more vegetables?**

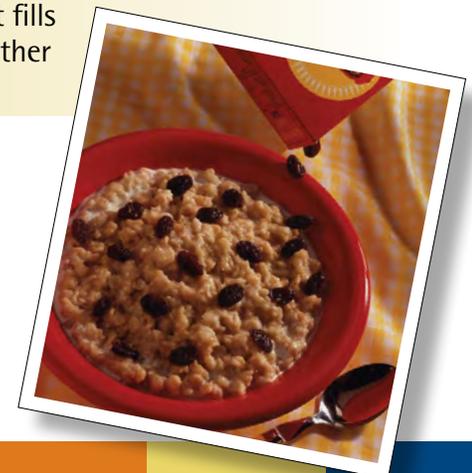
Go for the red and orange (sweet potatoes, carrots) and green (broccoli, spinach) kinds to get the most nutrients.

### Dwayne's Week 2: Bring on the whole grains!

"Eating 100% whole-wheat bread took some getting used to. But now I really like the taste. And it has fiber that fills me up for longer than white bread. I even prefer other whole grains like brown rice over white rice."

#### **Want to eat whole grains too?**

Good choices include 100% whole-wheat pasta, breads, and tortillas. Try rolled oats and brown rice too. Read labels. Look for the words "100% whole wheat" or "whole grain" on the package.



▼  
For more information, visit  
[www.healthfinder.gov](http://www.healthfinder.gov)

(turn over please)

# Small changes can make a large difference

## Dwayne's Week 3: Cut back on salt (sodium) and sugar

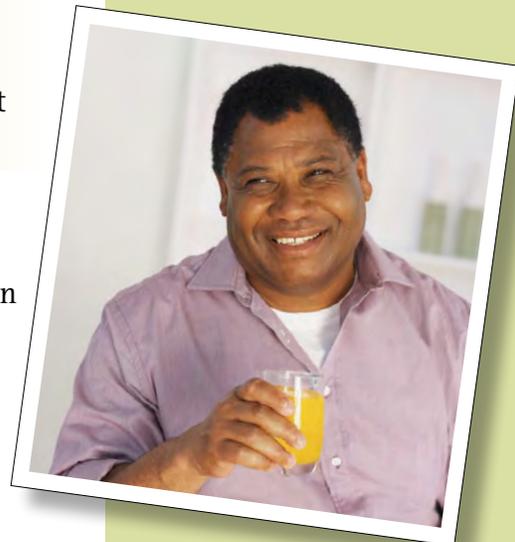
"Once I started reading labels, I was surprised at how much sodium is in packaged foods. High blood pressure runs in my family and cutting back on salt makes a lot of sense health-wise. And sugar? I stopped drinking my daily super-sized 64-ounce soft drink. Turned out the drink had 800 calories—about half of what many people need for the whole day!"

### Limit how often and how much salt you eat.

Eat less of these salty foods: pickles, soy sauce, hot dogs, lunch meats, chips, and pretzels. Look for the words "low sodium" or "no salt added" on **canned** vegetables, vegetable juices, and soups.

### Eat fewer sweets.

Cut back on empty calories that offer you no nutrients. Eat fruit instead of desserts. Drink fat-free milk, water, or a small glass of 100% juice instead of sugary soft drinks.



## From Week 4 on: Put it all together for a successful healthy eating plan

"By making small changes over time I was beginning to follow a healthy food plan I knew I could stick to. And you know what? I felt better and I also lost weight."

Food experts suggest eating a variety of foods that give you what your body needs for good health. No food is forbidden—the key is to eat far more of the foods that are good for you and less of the foods that aren't.

### The bottom line?

Watch how much you eat of each food. For more about portion and serving sizes, visit [www.win.niddk.nih.gov/publications/just\\_enough.htm](http://www.win.niddk.nih.gov/publications/just_enough.htm).

### Include these foods in your food plan:

- Fruits and vegetables.
- Whole grains, such as brown rice, oats, whole-wheat pasta, and whole-grain breads.
- Foods with a lot of calcium, such as fat-free milk and milk products like low-fat yogurt and reduced-fat cheese. Spinach, collard greens, and kale are a source of calcium.
- Lean meats, light meat chicken and turkey, fish, eggs, and beans.
- Healthy fats, such as olive oil, canola oil, and nuts. Just watch your portions.

### Now that you've read Dwayne's story . . .

What tips will you try as you follow a healthy total diet?



# GO, SLOW, and WHOA Foods

Use this chart as a guide to help you and your family make smart food choices. Post it on your refrigerator at home, or take it with you to the store when you shop.

**GO foods**—Eat almost anytime.

**SLOW foods**—Eat sometimes or less often.

**WHOA foods**—Eat only once in a while or for special occasions.

Food Group	GO Almost anytime foods (Nutrient-dense foods)	SLOW Sometimes foods (Moderate nutrients/calories)	WHOA Once in a while foods (Calorie dense foods)
Vegetables	Almost all fresh, frozen, and canned vegetables without added fat and sauces	All vegetables with added fat and sauces; oven-baked French fries; avocado	Fried potatoes, like French fries or hash browns; other deep-fried vegetables
Fruits	All fresh, frozen, canned in juice	100% fruit juice; fruits canned in light syrup; dried fruits	Fruits canned in heavy syrup
Breads and Cereals	Whole-grain breads, including pita bread; tortillas and whole-grain pasta; brown rice; hot and cold unsweetened whole-grain breakfast cereals	White refined flour bread, rice, and pasta; French toast; taco shells; cornbread; biscuits; granola; waffles and pancakes	Croissants; muffins; doughnuts; sweet rolls; crackers made with trans fats; calorically sweetened breakfast cereals
Milk and Milk Products	Fat-free or 1% low-fat milk; fat-free or low-fat yogurt; part skim, reduced-fat, and fat-free cheese; low-fat or fat-free cottage cheese	2% low-fat milk; processed cheese spread	Whole milk; full-fat American, cheddar, Colby, Swiss, or cream cheese; whole-milk yogurt
Meats, Poultry, Fish, Eggs, Beans, and Nuts	Trimmed beef and pork; extra-lean ground beef; chicken and turkey without skin; tuna canned in water; baked, broiled, steamed, or grilled fish and shellfish; beans, split peas, lentils, tofu; egg whites and egg substitutes	Lean ground beef; broiled hamburgers; ham, Canadian bacon; chicken and turkey with skin; low-fat hot dogs; tuna canned in oil; peanut butter; nuts; whole eggs cooked without added fat	Untrimmed beef and pork; regular ground beef; fried hamburgers; ribs; bacon; fried chicken, chicken nuggets; hot dogs, lunch meats, pepperoni, sausage; fried fish and shellfish; whole eggs cooked with fat
Sweets and Snacks*		Ice milk bars; frozen fruit juice bars; low-fat or fat-free frozen yogurt and ice-cream; fig bars, ginger snaps, baked chips; low-fat microwave popcorn; pretzels	Cookies and cakes; pies; cheesecake; ice cream; chocolate; candy; chips; buttered microwave popcorn

\* Though some of the foods in this row are lower in fat and calories, all sweets and snacks need to be limited, in order to stay within one's daily calorie needs.

Food Group	GO Almost anytime foods (Nutrient-dense foods)	SLOW Sometimes foods (Moderate nutrients/calories)	WHOA Once in a while foods (Calorie dense foods)
Fats/ Condiments	Vinegar; ketchup; mustard; fat-free creamy salad dressing; fat-free mayonnaise; fat-free sour cream	Vegetable oil,** olive oil, and oil-based salad dressing; soft margarine; low-fat creamy salad dressing; low-fat mayonnaise; low-fat sour cream	Butter, stick margarine; lard; salt pork; gravy; regular creamy salad dressing; mayonnaise; tartar sauce; sour cream; cheese sauce; cream sauce; cream cheese dips
Beverages	Water, fat-free milk or 1% low-fat milk; diet soda; unsweetened iced tea or diet iced tea and lemonade	2% low-fat milk; 100% fruit juice; sports drinks	Whole milk; regular soda; calorically sweetened iced teas and lemonade; fruit drinks with less than 100% fruit juice

\*\* Vegetable and olive oils contain no saturated or *trans* fats and can be consumed daily, but in limited portions to meet daily calorie needs.

**How you choose to prepare or order your food when eating out can quickly turn a less healthy food into a healthier option. Choosing baked, broiled, steamed, grilled, and microwaved foods saves you from extra fat and calories. See the examples below on how similar foods can go from a GO to a SLOW or a WHOA food.**

	GO (eat almost anytime)	Calories	SLOW (eat sometimes or less often)	Calories	WHOA (eat once in a while)	Calories
Fruit	Apple, 1 medium	72	Baked apple, 1 cup slices, with 1 Tbsp. butter	193	Apple pie, 1/8 of 9-inch pie	296
Bread	1/2 whole-wheat bagel (3 1/2 inch)	91	1/2 plain bagel (3 1/2 inch) with 1 Tbsp. jelly	147	1/2 plain bagel (3 1/2 inch) with 1 Tbsp. butter and jelly	249
Meat	Roasted chicken breast without skin, 1/2 breast	142	Roasted chicken breast with skin, 1/2 breast	193	Fried chicken, 2 drumsticks	386

**Source:** Adapted from National Heart, Lung, and Blood Institute (NHLBI), *We Can! Energize Our Families—Parent Program: A Leader's Guide*, pages 116–117.

<http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/downloads/leadersguide.pdf>

# Tips for Using the Nutrition Facts Label

Here are some tips for reading the label and making smart food choices:

## Check servings and calories.

Compare this to how many servings you are actually eating.

**Eat less sugar.** Look for foods and beverages low in added sugars. Names for added sugars include sucrose, glucose, high fructose corn syrup, corn syrup, maple syrup, and fructose.

**Know your fats.** Look for foods low in saturated and *trans* fats, and cholesterol, to help reduce the risk of heart disease. Most of the fats you eat should be polyunsaturated and monounsaturated fats, such as those in fish, nuts, and vegetable oils.

**Reduce sodium (salt) and increase potassium.** Research shows that eating less than 2,300 milligrams of sodium (about 1 teaspoon of salt) per day may reduce the risk of high blood pressure. If you are age 51 or older, African American, or have hypertension, diabetes, or chronic kidney disease, aim to eat 1,500 milligrams of sodium each day—about  $\frac{3}{4}$  teaspoon.

To meet the daily potassium recommendation of at least 4,700 milligrams, consume fruits and vegetables, and fat-free and low-fat milk products, that are sources of potassium, including sweet potatoes, white potatoes, white beans, plain yogurt, prune juice, and bananas. These can help reduce some of sodium's effects on blood pressure.

Sample label for Macaroni & Cheese

Nutrition Facts	
Serving Size 1 cup (228g) Servings Per Container 2	
Amount Per Serving	
<b>Calories</b> 250	Calories from Fat 110
% Daily Value*	
<b>Total Fat</b> 12g	18%
Saturated Fat 3g	15%
<i>Trans</i> Fat 3g	
<b>Cholesterol</b> 30mg	10%
<b>Sodium</b> 470mg	20%
<b>Total Carbohydrate</b> 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
<b>Protein</b> 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

\* 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
Sat 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

① **Start Here** →

② **Check Calories**

③ **Limit these Nutrients**

④ **Get Enough of these Nutrients**

⑤ **Footnote**

⑥ **Quick Guide to % DV**

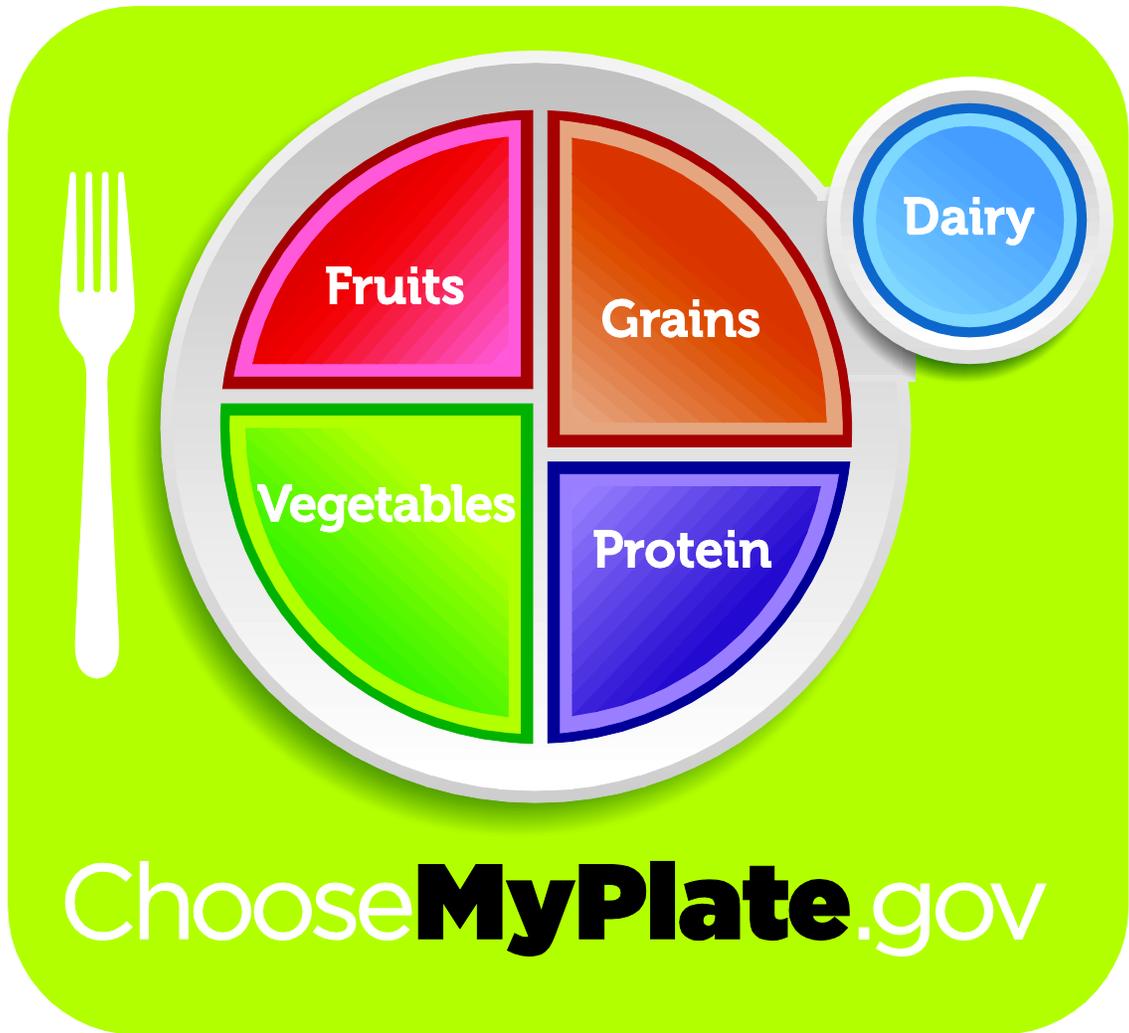
- 5% or less is Low
- 20% or more is High

**Sources:** Dietary Guidelines for Americans, *A Healthier You*, Part III.

<http://www.health.gov/dietaryguidelines/dga2005/healthiyou/contents.htm>

National Heart, Lung, and Blood Institute (NHLBI), **We Can! Energize Our Families—Parent Program: A Leader's Guide**, pages 114–115.

<http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/downloads/leadersguide.pdf>



Choose **MyPlate**.gov

# enjoy your food, but eat less



## 10 tips to enjoying your meal

You can enjoy your meals while making small adjustments to the amounts of food on your plate. Healthy meals start with more vegetables and fruits and smaller portions of protein and grains. And don't forget dairy—include fat-free or low-fat dairy products on your plate, or drink milk with your meal.

### 1 get to know the foods you eat

Use the **SuperTracker** to find out what kinds of foods and how much to eat and to get tips and support for making better food choices.

**SuperTracker**

### 2 take your time

Be mindful to eat slowly, enjoy the taste and textures, and pay attention to how you feel. Use hunger and fullness cues to recognize when to eat and when you've had enough.

### 3 use a smaller plate

Use a smaller plate at meals to help with portion control. That way you can finish your entire plate and feel satisfied without overeating.

### 4 if you eat out, choose healthier options

Check and compare nutrition information about the foods you are eating. Preparing food at home makes it easier to control what is in your meals.

### 5 satisfy your sweet tooth in a healthy way

Indulge in a naturally sweet dessert dish—fruit! Serve a fresh fruit cocktail or a fruit parfait made with yogurt. For a hot dessert, bake apples and top with cinnamon.



### 6 choose to eat some foods more or less often

Choose more vegetables, fruits, whole grains, and fat-free or 1% milk and dairy products. Cut back on foods high in solid fats, added sugars, and salt.

### 7 find out what you need

Get your personalized plan by using the **SuperTracker** to identify your food group targets. Compare the foods you eat to the foods you need to eat.

### 8 sip smarter

Drink water or other calorie-free beverages, 100% juice, or fat-free milk when you are thirsty. Soda and other sweet drinks contain a lot of sugar and are high in calories.



### 9 compare foods

Check out the **Food-A-Pedia** to look up and compare nutrition information for more than 8,000 foods.

### 10 make treats “treats,” not everyday foods

Treats are great once in a while. Just don't make treat foods an everyday choice. Limit sweet treats to special occasions.

Today's Date: \_\_\_\_\_

## Making Healthy Eating Part of Your Total Lifestyle Evaluation

1=Strongly Disagree      2=Disagree      3=Neither Disagree or Agree      4=Agree      5=Strongly Agree

1. The workshop covered useful information.      1      2      3      4      5  
Comments:

2. The workshop activities were helpful.      1      2      3      4      5  
Comments:

3. I will look at the Nutrition Facts Label when food shopping this week.      1      2      3      4      5  
Comments:

4. I plan to change my eating habits based on the information I learned today.      1      2      3      4      5  
Comments:

5. I plan to become more active based on the information learned today.      1      2      3      4      5  
Comments:

6. The instructor presented the information in a helpful way.      1      2      3      4      5  
Comments:

7. Overall, I found the workshop to be very helpful.      1      2      3      4      5  
Comments:

8. Please tell us which materials you found most useful.  
Comments:



## Workshop 6

# Physical Activity Is Key to Living Well

*Eat Healthy ● Be Active*  
*Community Workshops*



# Instructor Guide

## Before Workshop Begins

- Thoroughly read entire workshop and become familiar with the lesson plan.
- Choose an activity to do, and gather materials needed for the icebreaker and the chosen activity.
  - *Icebreaker: Find Someone Who . . .* handout for each participant, healthy prize items
  - *Activity 1:* Two soup cans or resistance bands of modest tension for each participant
  - *Activity 2 (Group Walk):* Comfortable shoes to walk in
- *Note:* It would be a good idea to let participants know you will be doing some light exercising during this workshop and they may want to wear comfortable clothing and shoes.
- Photocopy handouts (one per participant):
  1. Be Active Your Way: A Fact Sheet for Adults (2 pages)
  2. Find Someone Who . . . (1 page)
  3. Muscle-Strengthening Exercises (6 pages)
  4. My Aerobic and Strengthening Activities Log (1 page)
  5. How Many Calories Does Physical Activity Use? (1 page)
  6. Workshop Evaluation (1 page)

## Workshop Outline

*The workshop should last ~1 hour, including activities.*

- Icebreaker activity (5 minutes)—do this while people are coming into the workshop
- Introduction (5 minutes)
  - Explain the purpose of the workshop
  - Review the Learning Objectives

- **Objective 1:** Learn the benefits of physical activity and the specific recommendations for aerobic and strengthening activities (5–10 minutes)
  - Review handout: *Be Active Your Way: A Fact Sheet for Adults*
- **Objective 2:** Learn how to do strength-training activities (5 minutes)
  - Activity (10–15 minutes) Note: Choose ahead of time and gather supplies as needed
  - Review handout: *Muscle-Strengthening Exercises* (do activity with this)
- **Objective 3:** Learn how to develop and maintain a successful plan for physical activity. (5–10 minutes)
  - Review handout: *My Aerobic and Strengthening Activities Log*
- Wrap-up/Q&A (5 minutes)
  - Reminders of things to try at home:
    - Work on increasing the amount of time you do physical activity each day
    - Make a plan for physical activity (aerobic and strength training) and keep track of your progress
- Ask participants to complete the evaluation form (5 minutes)

## Workshop Lesson Plan

### Icebreaker Activity (5 minutes)

**“Find Someone Who”:** This bingo-like game shows participants the many ways to stay active while letting them get to know one another. Pass out the game sheet and ask participants to walk around the room and talk to one another to learn which physical activities each likes to do. Participants then sign their names in the boxes for the activities they do. Depending on the size of the group, set a limit on how many boxes the same person can sign on a participant’s game sheet (usually just two). Award a healthy prize (fruit, water bottle, jump rope, etc.) to the first person to get a complete row signed. To keep the game going, ask participants to try and complete two rows, a “T” pattern, or even the whole grid. It’s helpful to have several prizes on hand to reward winners.

**Supplies necessary:** *Find Someone Who* . . . handout for each participant, healthy prize items.

### Talking Points—Purpose of the Workshop (2–3 minutes)

- Today’s workshop and handouts will give you tips on the amount of physical activity you need each day and ways to include physical activity as part of your daily routine.
- This workshop is based on the *Dietary Guidelines for Americans, 2010* and the *2008 Physical Activity Guidelines for Americans*. The Dietary Guidelines provide science-based advice for making food choices that promote good health and a healthy weight and help prevent disease. The Physical Activity Guidelines provide recommendations on the amount, types, and level of intensity of physical activity needed to achieve and maintain good health.
- The Dietary Guidelines provide these selected consumer messages. More information about the messages can be found at <http://www.ChooseMyPlate.gov>.
  - *Balancing Calories*
    - ✓ Enjoy your food, but eat less.
    - ✓ Avoid oversized portions.
  - *Foods to Increase*
    - ✓ Make half your plate fruits and vegetables.
    - ✓ Make at least half your grains whole grains.

- ✓ Switch to fat-free or low-fat (1%) milk.
- *Foods to Decrease*
  - ✓ Compare sodium in foods like soup, bread, and frozen meals—and choose foods with lower numbers.
  - ✓ Drink water instead of sugary drinks.
- Healthy eating and physical activity work hand in hand to help us live healthier lives. The Physical Activity Guidelines recommend that adults be physically active for at least 2 hours and 30 minutes each week—children need 60 minutes each day.
  - ✓ You can stay physically active by doing activities such as walking, dancing, bicycling, or gardening and by reducing the amount of time you spend sitting.

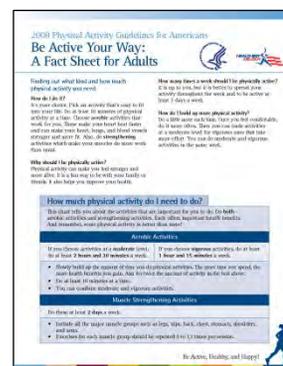
## Talking Points—Learning Objectives (2–3 minutes)

1. Learn the benefits of physical activity and the specific recommendations for aerobic and strengthening activities.
2. Learn how to do strength-training activities.
3. Learn how to develop and maintain a successful plan for physical activity.

## Talking Points—Handout: Be Active Your Way Fact Sheet (5–10 minutes)

### Getting Started

- Learn the benefits of physical activity.
  - Increase your chances for living longer.
  - Decrease risk of heart disease, type-2 diabetes, high blood pressure, high cholesterol, stroke, and some types of cancer (breast and colon).
  - Sleep better.
  - Fight depression.
  - Build strength.
  - Maintain a healthy weight.
  - Have fun!



## How Much Physical Activity Do I Need?

### *Aerobic Activity*

- Adults should get at least **2 hours and 30 minutes** each week of aerobic physical activity that requires moderate effort or **1 hour and 15 minutes** each week of aerobic physical activity that requires vigorous effort.
  - Adults need to do aerobic activity for at least 10 minutes at a time for health benefits.
  - Adults can do a combination of moderate and vigorous activities each week. In general, 1 minute of vigorous activity is equal to 2 minutes of moderate activity.
- Examples of moderate aerobic activity include walking briskly, biking slowly, canoeing, ballroom and line dancing, general gardening, doubles tennis, using a manual wheelchair, etc.
- Examples of vigorous aerobic activity include race walking, jogging, or running, biking fast, aerobic or fast dancing, heavy gardening (digging, hoeing), singles tennis, etc.

### *Muscle Strengthening Activity*

- Adults also should do strengthening activities at least **2 days a week**.
- Examples of strengthening activities include pushups, situps, lifting weights, working with resistance bands, and heavy gardening.
  - Choose activities that work all the different parts of the body (legs, hips, back, chest, stomach, shoulders, and arms).
  - Exercises for each muscle group should be repeated 8 to 12 times per session.

## Activity—Choose One Ahead of Time (10–15 minutes)

- 1. Strengthening Exercises:** Using resistance bands (if you have them or can get them) or soup cans, demonstrate sample strengthening exercises from the National Institute on Aging. Select the exercises that work best given your physical space and type of chairs. Before working with participants, make sure that you have reviewed the exercises and tips. The arm raises, arm curls, and leg raises may be good ones for participants to try during the workshop.

**Supplies necessary:** Two soup cans or resistance bands of modest tension for each participant

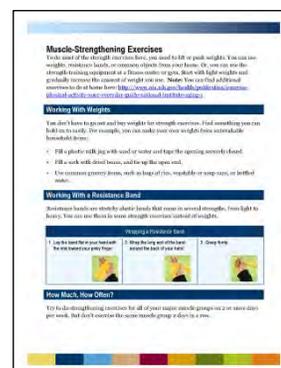
- 2. Group Walk:** If you are unable to do a strengthening workout during the workshop, take participants on a 10–15 minute walk instead. Plan your route ahead of time and make sure it is safe and free of potholes and other things that could cause missteps or accidents.

**Supplies necessary:** Comfortable shoes to walk in

**Note:** It would be a good idea to let participants know you will be doing some light exercising during this workshop and they may want to wear comfortable clothing and shoes.

## Talking Points—Handout: Muscle-Strengthening Exercises (5 minutes)

- Demonstrate that a repetition, or rep, is one complete movement of an exercise, and that a set is one group of reps—about 8–12 repetitions. Start out using light weights, such as 1- or 2-pound weights (a soup can usually weighs either 1 or 2 pounds). For those new to strength training, it's perfectly okay to start with no weights at all. Starting out with weights that are too heavy can cause injuries.
- Don't jerk or thrust weights into position. Use smooth, steady movements.
- Avoid locking your arm and leg joints in a tightly straightened position.
- Don't hold your breath. Breathe regularly.
- Muscle soreness lasting a few days and slight fatigue are normal after muscle-building exercises, at least at first.
- If you feel sick or have pain during or after exercise, you're doing too much.
- Over time, gradually increase the amount of weight used to build strength.



Refer participants to the *Muscle-Strengthening Exercises* handout and encourage them to try these exercises at home. More sample exercises can be found at <http://www.nia.nih.gov/health/publication/exercise-physical-activity-your-everyday-guide-national-institute-aging-1>.

## Talking Points—Handout: My Aerobic and Strengthening Activities Log (5–10 minutes)

### Getting Started

- Think about reasons why you have not been physically active. **Note:** You may want to have the participants share some of their reasons.
- Pick a physical activity that you like and one that fits into your life.
- Find the time that works best for you. Before work? After the kids go to bed? You decide!
- Be active with friends and family who can help you keep up with your physical activity plan.
- Consider using a pedometer to track your walking. Set goals to increase your number of steps every day or each week.
- There are health benefits of doing at least 10 minutes of physical activity at a time.
- Avoid sitting still—take advantage of all opportunities during the day to move!
  - Take the stairs instead of the elevator.
  - Park farther away in the parking lot.
  - Walk over to a coworker’s desk instead of sending an e-mail.

**My Aerobic and Strengthening Activities Log**  
 Purpose: Use this log to track your physical activity at <https://www.health.gov.au/health-conditions>  
 My goal is to do aerobic activities for a total of  hours and  minutes this week.  
 This is the total number of hours or minutes I do these activities this week:  hours and  minutes  
 My goal is to do strengthening activities for a total of  hours this week.  
 This is the total number of hours I do these activities this week:  hours  
 Sources: World Health Organization (2018). *Physical Activity Guidelines for Adults*. <http://health.gov/physical-activity-guidelines/>

### Making Exercise Work for You

- Plan your activity for the week ahead of time.
  - Aim for at least 2 hours and 30 minutes of moderate physical activity each week.
    - It’s best to spread aerobic activity out over at least 3 days a week.
  - Include strengthening activities 2 days a week to keep your muscles strong.
- Track your time and progress.
- Looking to add to your physical activity?
  - Work toward doubling your weekly activity time to 5 hours per week.
  - Replace some of your moderate-level aerobic activities with vigorous aerobic activities that make your heart beat even faster. In general, 15 minutes of vigorous activity provides the same benefits as 30 minutes of moderate activity.

- Vigorous activities include playing basketball, jogging/running, riding a bike faster or up hills, swimming laps, jumping rope, aerobic dance, etc.
- Add an extra day to your 2 days of strengthening activities.
- **Mix it up:** You can do all moderate activities, all vigorous activities, or some of each. Don't forget activities for stronger muscles.
- **Avoid injury.** You can do this by:
  - Start slowly and build up to more activity.
  - Choose activities that are appropriate for your level of fitness.
  - Use the right safety gear and sports equipment.
  - Choose a safe place to do your activity.
- **Sign Up:** Keep track of your physical activity (and nutrition goals!) by signing up for the Presidential Active Lifestyle Award (PALA+). You also can take small steps to improve your eating habits.
  - ✓ If you are active for 30 minutes a day, 5 days a week for 6 out of 8 weeks, and choose one nutrition goal each week to work toward, you'll be awarded the PALA+ and receive Presidential recognition! (See <http://www.presidentschallenge.org>) See handout in Appendix for more information.

## Talking Points—Wrap-up/Q&A (5 minutes)

### Things to Try at Home

- Work on increasing the amount of time you do physical activity each day
- Make a plan for physical activity (aerobic and strength training) and keep track of your progress.

## Complete Evaluation Form (5 minutes)

Today's Date: \_\_\_\_\_

**Physical Activity is Key to Living Well Evaluation**

1-Strongly Disagree	2-Disagree	3-Neutral/Depends on Age	4-Disagree	5-Strongly Agree
1. The evaluation measures useful information.				
Comments: _____				
2. The evaluation activities were helpful.				
Comments: _____				
3. I plan to increase my physical activity and record on this log.				
Comments: _____				
4. I plan to change my eating habits based on the information.				
Comments: _____				
5. I plan to increase fiber intake based on the information.				
Comments: _____				
6. The instructor provided clear information on a healthy diet.				
Comments: _____				
7. Overall, I found the evaluation to be very helpful.				
Comments: _____				
8. Please tell us what materials you found most useful.				
Comments: _____				



# Workshop 6 ● Handouts



# 2008 Physical Activity Guidelines for Americans

## Be Active Your Way: A Fact Sheet for Adults



### Finding out what kind and how much physical activity you need

#### How do I do it?

It's your choice. Pick an activity that's easy to fit into your life. Do at least 10 minutes of physical activity at a time. Choose **aerobic** activities that work for you. These make your heart beat faster and can make your heart, lungs, and blood vessels stronger and more fit. Also, do **strengthening** activities which make your muscles do more work than usual.

#### Why should I be physically active?

Physical activity can make you feel stronger and more alive. It is a fun way to be with your family or friends. It also helps you improve your health.

### How many times a week should I be physically active?

It is up to you, but it is better to spread your activity throughout the week and to be active at least 3 days a week.

### How do I build up more physical activity?

Do a little more each time. Once you feel comfortable, do it more often. Then you can trade activities at a moderate level for vigorous ones that take more effort. You can do moderate and vigorous activities in the same week.

## How much physical activity do I need to do?

This chart tells you about the activities that are important for you to do. Do **both** aerobic activities and strengthening activities. Each offers important health benefits. And remember, some physical activity is better than none!

### Aerobic Activities

If you choose activities at a **moderate** level, do at least **2 hours and 30 minutes** a week.

If you choose **vigorous** activities, do at least **1 hour and 15 minutes** a week.

- Slowly build up the amount of time you do physical activities. The more time you spend, the more health benefits you gain. Aim for twice the amount of activity in the box above.
- Do at least 10 minutes at a time.
- You can combine moderate and vigorous activities.

### Muscle Strengthening Activities

Do these at least **2 days** a week.

- Include all the major muscle groups such as legs, hips, back, chest, stomach, shoulders, and arms.
- Exercises for each muscle group should be repeated 8 to 12 times per session.

Be Active, Healthy, and Happy!



## How can I tell an activity at a moderate level from a vigorous one?

Vigorous activities take more effort than moderate ones. Here are just a few moderate and vigorous aerobic physical activities. Do these for **10 minutes or more** at a time.

### Moderate Activities

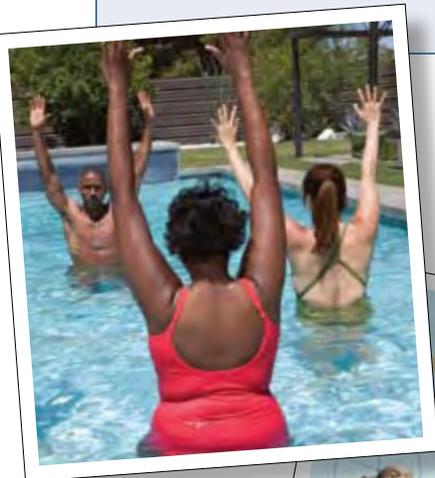
(I can talk while I do them, but I can't sing.)

- Ballroom and line dancing
- Biking on level ground or with few hills
- Canoeing
- General gardening (raking, trimming shrubs)
- Sports where you catch and throw (baseball, softball, volleyball)
- Tennis (doubles)
- Using your manual wheelchair
- Using hand cyclers—also called ergometers
- Walking briskly
- Water aerobics

### Vigorous Activities

(I can only say a few words without stopping to catch my breath.)

- Aerobic dance
- Biking faster than 10 miles per hour
- Fast dancing
- Heavy gardening (digging, hoeing)
- Hiking uphill
- Jumping rope
- Martial arts (such as karate)
- Race walking, jogging, or running
- Sports with a lot of running (basketball, hockey, soccer)
- Swimming fast or swimming laps
- Tennis (singles)



For more information, visit [www.healthfinder.gov/getactive](http://www.healthfinder.gov/getactive)

Be active your way by choosing activities you enjoy!

# Find Someone Who . . .

## How Do You Stay Active?

Went for a bike ride this week	Likes to swim	Has run in a race before	Goes for a brisk walk on most days
Likes to play tennis	Has jumped rope as an adult	Plays on a sports team	Engaged in aerobic exercise three times last week
Feels good after exercising	Has used a pedometer before	Enjoys canoeing or kayaking	Works in the garden
Prefers to exercise in the morning	Has weights at home	Has tried yoga or Pilates	Prefers to exercise in the evening



## Muscle-Strengthening Exercises

To do most of the strength exercises here, you need to lift or push weights. You can use weights, resistance bands, or common objects from your home. Or, you can use the strength-training equipment at a fitness center or gym. Start with light weights and gradually increase the amount of weight you use. **Note:** You can find additional exercises to do at home here: <http://www.nia.nih.gov/health/publication/exercise-physical-activity-your-everyday-guide-national-institute-aging-1>

### Working With Weights

You don't have to go out and buy weights for strength exercises. Find something you can hold on to easily. For example, you can make your own weights from unbreakable household items:

- Fill a plastic milk jug with sand or water and tape the opening securely closed.
- Fill a sock with dried beans, and tie up the open end.
- Use common grocery items, such as bags of rice, vegetable or soup cans, or bottled water.

### Working With a Resistance Band

Resistance bands are stretchy elastic bands that come in several strengths, from light to heavy. You can use them in some strength exercises instead of weights.

Wrapping a Resistance Band		
1. Lay the band flat in your hand with the end toward your pinky finger.	2. Wrap the long end of the band around the back of your hand.	3. Grasp firmly.
		

### How Much, How Often?

Try to do strengthening exercises for all of your major muscle groups on 2 or more days per week. But don't exercise the same muscle group 2 days in a row.

- If you have not done strength training before, you might need to start out using 1- or 2-pound weights (or no weights at all). Your body needs to get used to strength exercises. Starting out with weights that are too heavy can cause injuries.
- It should feel somewhere between hard and very hard for you to lift the weight. It shouldn't feel very, very hard. If you can't lift a weight 8 times in a row, it's too heavy for you. Reduce the amount of weight.
- Take 3 seconds to lift or push a weight into place, hold the position for 1 second, and take another 3 seconds to return to your starting position. Don't let the weight drop; returning it slowly is very important. This is one complete movement of an exercise, or a repetition.
- Start by lifting 8 times, working up to 8–12 repetitions for each exercise. If you can't do that many at first, do as many as you can. You may be able to build up to this goal over time.
- When you can do two sets of 8–12 repetitions easily, increase the amount of weight at the next session. Keep repeating until you can reach your goal, and then maintain that level as long as you can.

## Safety

- Talk with your doctor if you are unsure about doing a particular exercise. For example, if you've had hip or back surgery, talk about which exercises might be best for you.
- Don't hold your breath during strength exercises. Holding your breath while straining can cause changes in blood pressure. This is especially true for people with heart disease. Breathe regularly.
- Proper form and safety go hand-in-hand. For some exercises, you may want to start by alternating arms and work your way up to using both arms at the same time. If it is difficult for you to hold hand weights, try using wrist weights.
- To prevent injury, don't jerk or thrust weights into position. Use smooth, steady movements.
- Avoid "locking" your arm and leg joints in a tightly straightened position. To straighten your knees, tighten your thigh muscles. This will lift your kneecaps and protect them.

- For many of the sample exercises in this guide, you will need to use a chair. Choose a sturdy chair that is stable enough to support your weight when seated or when holding on during the exercise.
- Muscle soreness lasting a few days and slight fatigue are normal after muscle-building exercises, at least at first. After doing these exercises for a few weeks, you will probably not be sore after your workout.

### Overhead Arm Raise

**This exercise will strengthen your shoulders and arms. It should make swimming and other activities such as lifting and carrying heavy items easier.**

1. You can do this exercise while standing or sitting in a sturdy, armless chair. Hold weight with palm facing upward.
2. Keep your feet flat on the floor, shoulder-width apart.
3. Hold weights at your sides at shoulder height with palms facing forward. Breathe in slowly.
4. Slowly breathe out as you raise both arms up over your head, keeping your elbows slightly bent.
5. Hold the position for 1 second.
6. Breathe in as you slowly lower your arms.
7. Repeat 8–12 times.
8. Rest; then repeat 8–12 more times.
9. As you progress, use a heavier weight and alternate arms until you can lift the weight comfortably with both arms.



### Front Arm Raise

**This exercise will strengthen your shoulders and make lifting groceries easier.**

1. Stand with your feet shoulder-width apart. Keep your feet flat on the floor during the exercise.
2. Hold weights straight down at your sides, with palms facing backward.
3. Keeping them straight, breathe out as you raise both arms in front of you to shoulder height.
4. Hold the position for 1 second.
5. Breathe in as you slowly lower your arms.
6. Repeat 8–12 times.
7. Rest; then repeat 8–12 more times.
8. As you progress, use a heavier weight and alternate arms until you can lift the weight comfortably with both arms.



## Side Arm Raise

**This exercise for your shoulders can help you put things up on a shelf or take them down more easily.**

1. You can do this exercise while standing or sitting in a sturdy, armless chair.
2. Keep your feet flat on the floor, shoulder-width apart.
3. Hold hand weights straight down at your sides with palms facing inward. Breathe in slowly.
4. Slowly breathe out as you raise both arms to the side, to shoulder height.
5. Hold the position for 1 second.
6. Breathe in as you slowly lower your arms.
7. Repeat 8–12 times.
8. Rest; then repeat 8–12 more times.
9. As you progress, use a heavier weight and alternate arms until you can lift the weight comfortably with both arms.



## Arm Curl

**After a few weeks of doing this exercise for your upper arm muscles, lifting that gallon of milk will be much easier.**

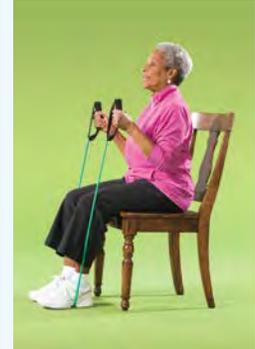
1. Stand with your feet shoulder-width apart.
2. Hold weights straight down at your sides, palms facing forward. Breathe in slowly.
3. Breathe out as you slowly bend your elbows and lift weights toward chest. Keep elbows at your sides.
4. Hold the position for 1 second.
5. Breathe in as you slowly lower your arms.
6. Repeat 8–12 times.
7. Rest; then repeat 8–12 more times.
8. As you progress, use a heavier weight and alternate arms until you can lift the weight comfortably with both arms.



## Arm Curl With Resistance Band

**This variation of the Arm Curl uses a resistance band instead of weights.**

1. Sit in a sturdy, armless chair with your feet flat on the floor, shoulder-width apart.
2. Place the center of the resistance band under both feet. Hold each end of the band with palms facing inward. Keep elbows at your sides. Breathe in slowly.
3. Keep wrists straight and slowly breathe out as you bend your elbows and bring your hands toward your shoulders.
4. Hold the position for 1 second.
5. Breathe in as you slowly lower your arms.
6. Repeat 8–12 times.
7. Rest; then repeat 8–12 more times.
8. As you progress, use a heavier strength band.



## Back Leg Raise

**This exercise strengthens your buttocks and lower back. For an added challenge, you can modify the exercise to improve your balance.**

1. Stand behind a sturdy chair, holding on for balance. Breathe in slowly.
2. Breathe out and slowly lift one leg straight back without bending your knee or pointing your toes. Try not to lean forward. The leg you are standing on should be slightly bent.
3. Hold position for 1 second.
4. Breathe in as you slowly lower your leg.
5. Repeat 8–12 times.
6. Repeat 8–12 times with other leg.
7. Repeat 8–12 more times with each leg.
8. As you progress, you may want to add ankle weights.



## Side Leg Raise

**This exercise strengthens hips, thighs, and buttocks. For an added challenge, you can modify the exercise to improve your balance.**

1. Stand behind a sturdy chair with feet slightly apart, holding on for balance. Breathe in slowly.
2. Breathe out and slowly lift one leg out to the side. Keep your back straight and your toes facing forward. The leg you are standing on should be slightly bent.
3. Hold position for 1 second.
4. Breathe in as you slowly lower your leg.
5. Repeat 8–12 times.
6. Repeat 8–12 times with other leg.
7. Repeat 8–12 more times with each leg.
8. As you progress, you may want to add ankle weights.



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**Source:** National Institute on Aging, *Exercise and Physical Activity: Your Everyday Guide*.

<http://www.nia.nih.gov/health/publication/exercise-physical-activity-your-everyday-guide-national-institute-aging-1>

# My Aerobic and Strengthening Activities Log

**Note:** You can also track your physical activity at:

<https://www.choosemyplate.gov/SuperTracker>

My goal is to do **aerobic activities** for a total of 2 hours and 30 minutes this week.

What I did	Effort	When I did it and for how long							Total hours or minutes
		Mon	Tue	Wed	Thu	Fri	Sat	Sun	
This is the total number of hours or minutes I did these activities this week:									__ <i>hours and</i> __ <i>min</i>

My goal is to do strengthening activities for a total of 2 days this week.

What I did	When I did it							Total days
	Mon	Tue	Wed	Thu	Fri	Sat	Sun	
This is the total days I did these activities this week:								__ <i>days</i>

**Source:** 2008 Physical Activity Guidelines for Americans, Be Active Your Way: A Guide for Adults.

<http://health.gov/paguidelines/pdf/adultguide.pdf>



# How Many Calories Does Physical Activity Use?

The number of calories varies depending on many factors including weight, age, and environmental conditions. This chart provides an estimate for the number of calories males and females may burn doing various activities for 10 minutes at a time.

Physical Activity Level	Approximate Calories Burned in 10 minutes	
	Men (175–250 lbs)	Women (140–200 lbs)
<b>Moderate Physical Activity</b>		
Ballroom and line dancing	50–80	40–60
Bicycling on level ground or with a few hills		
General gardening (raking, trimming shrubs)		
Sports where you catch and throw (baseball, softball, volleyball)		
Tennis (doubles)		
Using your manual wheelchair		
Walking briskly		
Water aerobics		
<b>Vigorous Physical Activity</b>		
Aerobic dance or fast dance	120–150	100–120
Biking faster than 10 miles per hour		
Heavy gardening (digging, hoeing)		
Hiking uphill		
Jumping rope		
Martial arts (such as karate)		
Race walking, jogging, running		
Sports with a lot of running (basketball, hockey, soccer, singles tennis)		
Swimming fast or swimming laps		

**Source:** Adapted from Move Virginia, Calories Burned During Physical Activities.

[http://www.move.va.gov/download/NewHandouts/PhysicalActivity/P03\\_CaloriesBurnedDuringPhysicalActivities.pdf](http://www.move.va.gov/download/NewHandouts/PhysicalActivity/P03_CaloriesBurnedDuringPhysicalActivities.pdf)



Today's Date: \_\_\_\_\_

## Physical Activity Is Key to Living Well Evaluation

1=Strongly Disagree      2=Disagree      3=Neither Disagree or Agree      4=Agree      5=Strongly Agree

1. The workshop covered useful information.      1      2      3      4      5

Comments:

2. The workshop activities were helpful.      1      2      3      4      5

Comments:

3. I plan to increase my physical activity and record it on the log this week.      1      2      3      4      5

Comments:

4. I plan to change my eating habits based on the information I learned today.      1      2      3      4      5

Comments:

5. I plan to become more active based on the information I learned today.      1      2      3      4      5

Comments:

6. The instructor presented the information in a helpful way.      1      2      3      4      5

Comments:

7. Overall, I found the workshop to be very helpful.      1      2      3      4      5

Comments:

8. Please tell us which materials you found most useful.

Comments:





# Appendix ● Additional Resources



[Insert your  
Organization  
Logo here.  
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# *Certificate of Completion*

*presented to*

## **Insert Name of Recipient**

For participating in the

# **Eat Healthy • Be Active**

Community Workshops

based on the *Dietary Guidelines for Americans 2010* and  
*2008 Physical Activity Guidelines for Americans*

[Insert MM/DD/YEAR]

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[Insert Name, Title]





### Presidential Active Lifestyle Award: Activity + Nutrition (PALA+)

PALA+ promotes physical activity AND good nutrition, because it takes both to lead a healthy lifestyle. Sign up for the six-week program to help you maintain or improve your health. Anyone age 6 and older can earn their PALA+ today – sign up at [www.presidentschallenge.org](http://www.presidentschallenge.org) or use the log on the reverse side.

**PHYSICAL ACTIVITY** A healthy life is an active life. Youth (6-17 years old) need to be active at least 60 minutes a day (or 11,000 steps for girls and 13,000 steps for boys). Adults (18 and older), 30 minutes (or 8500 steps). So, take a walk with friends, bike ride after dinner, garden, or play a game of basketball at the park. Get your heart pumping and your muscles moving. When you've logged six weeks of physical activity, congratulations. You've started a regular routine for a more active lifestyle.

#### GOOD NUTRITION

Start eating healthy. It's easier than you think! Take it one step at a time. Commit to one new healthy eating goal this week, and circle it on your weekly PALA+ log. The following week add a different goal – but make sure you continue to maintain your healthy eating goal(s) from the week(s) before. Focus on your healthy eating goals every week and remember, the more often you incorporate them into your lifestyle, the better you will feel. When you've achieved six different healthy eating goals, congratulations. You've started a routine for a healthier lifestyle.

#### Tips for Healthy Eating:

##### Make half your plate fruit and vegetables.



Keep it simple by filling half your plate with fruits and vegetables at meal time. The more colorful you make your plate; the more likely you are to get the vitamins, minerals, and fiber your body needs to be healthy. Remember that all forms count – fresh, frozen, canned (fruit in water or 100% juice), dried, or 100% juice.

##### Make half the grains you eat whole grains.



An easy way to eat more whole grains is to switch from a refined grain food to a whole-grain food. For example, eat whole-wheat bread instead of white bread, brown rice instead of white rice, and low-fat popcorn instead of snack chips. Read the ingredients list and choose products that list a whole-grain ingredient first. Look for things like: "whole wheat," "brown rice," "bulgur," "buckwheat," "oatmeal," "rolled oats," "quinoa," or "wild rice."

##### Choose fat-free or low-fat (1%) milk, yogurt, or cheese.



To help build your bones and keep them strong, dairy products should be a key part of your diet because they provide calcium, vitamin D, and many other nutrients your bones need.

##### Drink water instead of sugary drinks.



Regular soda and other sweet drinks such as fruit drinks and energy drinks are high in calories because they have a lot of added sugar. Instead, reach for a tall glass of water. Try adding a slice of lemon, lime or watermelon or a splash of 100% juice to your glass of water if you want some flavor.

##### Choose lean sources of protein.



Meat, poultry, seafood, dry beans or peas, eggs, nuts, and seeds are considered part of the protein foods group. Select leaner cuts of ground beef (label says 90% lean or higher), turkey breast, or chicken breast. Grill, roast, poach, or boil meat, poultry, or seafood instead of frying. Include beans or peas in main dishes such as chili, stews, casseroles, salads, tacos, enchiladas, and burritos.

##### Compare sodium in foods like soup and frozen meals and choose foods with less sodium.



Read the Nutrition Facts label to compare sodium in foods like soup, bread, canned vegetables, and frozen meals – and choose the foods with lower amounts. Look for "low sodium," "reduced sodium," and "no salt added" on food packages.

##### Eat some seafood.



Seafood includes fish (such as salmon, tuna, and trout) and shellfish (such as crab, mussels, and oysters). Seafood has protein, minerals, and omega-3 fatty acids (heart healthy fat). Adults should try to eat at least 8 ounces a week of a variety of seafood. Children can eat smaller amounts of seafood too.

##### Pay attention to portion size.



Check to see what the recommended portion sizes of foods you eat look like in the bowls, plates, and glasses you use at home. For example – check 3/4 cup cereal, 3 ounces cooked chicken, 1 cup milk, 1/2 cup of juice. When dining out avoid "supersizing" your meal or buying "combo" meal deals that often include large size menu items. Choose small size items instead or ask for a "take home" bag and wrap up half of your meal to take home before you even start to eat.



Participant Name \_\_\_\_\_ Age \_\_\_\_\_ Date Started \_\_\_\_\_

Group ID (if applicable) \_\_\_\_\_ Date Completed \_\_\_\_\_

Week 1	Day	Physical Activities	# of Minutes or Pedometer Steps
	Mon		
	Tues		
	Wed		
	Thurs		
	Fri		
	Sat		
	Sun		
Healthy Eating—Select a goal for this week.			
       			

Week 2	Day	Physical Activities	# of Minutes or Pedometer Steps
	Mon		
	Tues		
	Wed		
	Thurs		
	Fri		
	Sat		
	Sun		
Healthy Eating—Circle and continue with last week's goal, and add a new goal.			
       			

Week 3	Day	Physical Activities	# of Minutes or Pedometer Steps
	Mon		
	Tues		
	Wed		
	Thurs		
	Fri		
	Sat		
	Sun		
Healthy Eating—Circle and continue with previous goals, and add a new goal.			
       			

Week 4	Day	Physical Activities	# of Minutes or Pedometer Steps
	Mon		
	Tues		
	Wed		
	Thurs		
	Fri		
	Sat		
	Sun		
Healthy Eating—Circle and continue with previous goals, and add a new goal.			
       			

Week 5	Day	Physical Activities	# of Minutes or Pedometer Steps
	Mon		
	Tues		
	Wed		
	Thurs		
	Fri		
	Sat		
	Sun		
Healthy Eating—Circle and continue with previous goals, and add a new goal.			
       			

Week 6	Day	Physical Activities	# of Minutes or Pedometer Steps
	Mon		
	Tues		
	Wed		
	Thurs		
	Fri		
	Sat		
	Sun		
Healthy Eating—Circle and continue with previous goals, and add a new goal.			
       			

### Healthy Eating Goals

-  I made half my plate fruits and vegetables
-  I drank water instead of sugary drinks
-  I ate seafood
-  At least half of the grains that I ate were whole grains
-  I chose lean sources of protein
-  I ate smaller portions
-  I chose fat-free or low fat (1%) milk, yogurt, or cheese
-  I compared sodium in foods like soup and frozen meals and chose foods with less sodium

**INSTRUCTIONS:** **Online:** Create an online account at [www.presidentschallenge.org](http://www.presidentschallenge.org). Participate as an individual or join a group (ID at the top of page if applicable). Once you achieve PALA, you're eligible to receive a certificate! **Paper:** Use this hard copy log to track your progress. Once completed, report your accomplishment and receive your certificate at [www.presidentschallenge.org](http://www.presidentschallenge.org)! Or, if part of a group, make sure to return it to your group administrator to get recognized.

## CLEAN

- Washing hands with soap and warm water before and after handling raw food is the best way to reduce the spread of germs and prevent food poisoning.
- Thoroughly wash utensils, cutting boards, and countertops with soap and hot water. Rinse. They may be sanitized by applying a solution of 1 tablespoon of unscented, liquid chlorine bleach per gallon of water. Air-dry.
- Wash fruits and vegetables thoroughly under running water just before eating, cutting, or cooking. Washing fruits and vegetables with soap or detergent or using commercial produce washes is not recommended.

1 in 6 Americans will get sick from food poisoning this year.  
3,000 Americans will die.  
Keep your family food safer.

Raw milk and products made from raw milk (including certain cheeses, ice cream, and yogurt) are foods that can pose severe health risks. Raw milk and products made from raw milk can carry harmful bacteria and other germs that can make you very sick or kill you. At the grocery store, look for milk and milk products that are labeled

## SEPARATE

- Keep raw meat, poultry, eggs, and seafood and their juices away from ready-to-eat food.
- Separate raw meat, poultry, and seafood from produce in your shopping cart. Place food in plastic bags to prevent their juices, which may contain harmful bacteria, from dripping onto other food.
- At home, put raw meat, poultry, and seafood in containers, on plates, or in sealed plastic bags in the refrigerator to prevent their juices from dripping onto other food.
- Use a separate cutting board for raw meat, poultry, and seafood.
- Sauce that is used to marinate raw meat, poultry, or seafood should not be used on cooked food, unless the sauce is boiled first.
- Never place cooked food back on the same plate that previously held raw food unless the plate has first been washed in hot, soapy water.

“pasteurized” (which means the milk has been heated briefly to kill disease-causing germs). If you do not see the word “pasteurized” on the product label, the product may contain raw milk. Pasteurized milk and milk products are safer than raw milk and products made from raw milk.

## COOK

- Color and texture are unreliable indicators of safety. Using a food thermometer is the only way to ensure the safety of meat, poultry, seafood, and egg products. These foods must be cooked to a safe minimum internal temperature to destroy any harmful bacteria.
- The food thermometer should be placed in the thickest part of the food, away from bone, fat, or gristle.

### Safe Minimum Internal Temperatures

*As measured with a food thermometer*

Beef, pork, veal and lamb (roast, steaks and chops)	145 °F with a 3-minute “rest time” after removal from the heat source.
Ground Meats	160 °F
Poultry (whole, parts or ground)	165 °F
Eggs and egg dishes	160 °F Cook eggs until both the yolk and the white are firm. Scrambled eggs should not be runny.
Leftovers	165 °F
Fin Fish	145 °F

### Safe Cooking Guidelines

Shrimp, Lobster, Crabs	Flesh pearly and opaque
Clams, Oysters and Mussels	Shells open during cooking
Scallops	Milky white, opaque and firm

## CHILL

- The temperature in a refrigerator should be 40 °F or below, and the freezer 0 °F or below.
- Perishable food should be thawed in the refrigerator, in the microwave, or in cold water. They should never be thawed on the counter or in hot water. Do not leave food at room temperature for more than two hours (one hour when the temperature is above 90 °F).
- Meat and poultry defrosted in the refrigerator may be refrozen before or after cooking. If thawed in the microwave or cold water, cook before refreezing.
- Divide large pots of food, like soup or stew, into shallow containers. Cut cooked meat or poultry into smaller portions or slices. Place in shallow containers, cover, and refrigerate.
- Only buy eggs from a refrigerator or refrigerated case. Store eggs in the refrigerator in their original carton and use within 3-5 weeks.
- When selecting pre-cut produce choose only those items that are refrigerated or surrounded by ice and keep refrigerated at home to maintain both quality and safety.

### KEEP YOUR FAMILY SAFER FROM FOOD POISONING



Check your steps at [FoodSafety.gov](http://FoodSafety.gov)

## Additional Resources

There are many more resources and materials to help you promote healthy eating and physical activity in your community. The following sections include the titles of materials available from the U.S. Department of Agriculture (USDA), additional helpful recipes and menus, more information about the Dietary Guidelines and Physical Activity Guidelines, and a list of Federal resources related to nutrition and physical activity.

## Helpful Materials

The USDA has produced many helpful materials—“Let’s Eat for the Health of It” (<http://www.choosemyplate.gov/food-groups/downloads/MyPlate/DG2010Brochure.pdf>) offers a wide range of practical tips and appealing photos that reflect key recommendations from the guidelines.

The USDA’s 10 Tips Nutrition Education Series (<http://www.choosemyplate.gov/healthy-eating-tips/ten-tips.html>) provides consumers and professionals with high-quality, easy-to-follow tips in a convenient, printable format. These are perfect for posting on a refrigerator. A different *Ten Tips* handout has been included in each of the six workshops. There are many other helpful tip sheets in the series, with more being added:

- Choose MyPlate: <http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet1ChooseMyPlate.pdf>
- Add More Vegetables to Your Day: <http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet2AddMoreVegetables.pdf>
- Focus on Fruits: <http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet3FocusOnFruits.pdf>
- Make Half Your Grains Whole: <http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet4MakeHalfYourGrainsWhole.pdf>
- Got Your Dairy Today?: <http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet5GotYourDairyToday.pdf>
- Build a Healthy Meal: <http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet7BuildAHealthyMeal.pdf>
- Healthy Eating for Vegetarians: <http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet8HealthyEatingForVegetarians.pdf>

- Smart Shopping for Veggies and Fruits: <http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet9SmartShopping.pdf>
- Liven up Your Meals With Vegetables and Fruits: <http://www.choosemyplate.gov/foodgroups/downloads/TenTips/DGTipsheet10LivenUpYourMeals.pdf>
- Kid-Friendly Veggies and Fruits: <http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet11KidFriendlyVeggiesAndFruits.pdf>
- Be a Healthy Role Model for Children: <http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet12BeAHealthyRoleModel.pdf>
- Cut Back on Your Kid's Sweet Treats: <http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet13CutBackOnSweetTreats.pdf>
- Salt and Sodium: <http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet14SaltAndSodium.pdf>
- Eat Seafood Twice a Week: <http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet15EatSeafood.pdf>
- Eating Better on a Budget: <http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet16EatingBetterOnABudget.pdf>
- Use SuperTracker Your Way: <http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet17SuperTracker.pdf>
- Enjoy Your Food, But Eat Less: <http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet18EnjoyYourFood.pdf>

## Helpful Resources

The following Federal Government resources provide reliable, science-based information on nutrition and physical activity, as well as an evolving array of tools to facilitate Americans' adoption of healthy choices.

### *Federal Guidelines*

- *Dietary Guidelines for Americans, 2010:*  
<http://www.health.gov/dietaryguidelines>
- *2008 Physical Activity Guidelines for Americans:*  
<http://www.health.gov/paguidelines>

## Nutrition

- U.S. Department of Health and Human Services
  - Health.gov: <http://health.gov>
  - Healthfinder.gov: <http://www.healthfinder.gov>
  - Healthy People: <http://www.healthypeople.gov>
  - Office of Disease Prevention and Health Promotion: <http://odphp.hhs.gov>
  - Office of the Surgeon General—Childhood Overweight and Obesity Prevention Initiative: <http://www.surgeongeneral.gov/obesityprevention/index.html>
  - Centers for Disease Control and Prevention: <http://www.cdc.gov>
  - Food and Drug Administration: <http://www.fda.gov>
  - National Institutes of Health—**We Can!** (Ways to Enhance Children’s Activity and Nutrition): <http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/>
  - *Let’s Move!*: <http://www.letsmove.gov> (Nutrition and physical activity information)
- U.S. Department of Agriculture
  - ChooseMyPlate: <http://www.choosemyplate.gov/>
  - Nutrition.gov: <http://www.nutrition.gov>
  - Center for Nutrition Policy and Promotion: <http://www.cnpp.usda.gov>
  - Food and Nutrition Service: <http://www.fns.usda.gov>
  - Team Nutrition: <http://www.fns.usda.gov/tn>
  - Food and Nutrition Information Center: <http://fnic.nal.usda.gov>
  - National Institute of Food and Agriculture: <http://www.nifa.usda.gov>
- Recipes and Menus
  - <http://www.choosemyplate.gov/healthy-eating-tips/sample-menus-recipes.html>
  - <http://healthymeals.nal.usda.gov/schoolmeals/Recipes/recipefinder.php>
  - [http://www.nhlbi.nih.gov/health/public/heart/other/ktb\\_recipebk/famrec.htm](http://www.nhlbi.nih.gov/health/public/heart/other/ktb_recipebk/famrec.htm)
- Food Safety
  - Food Safety Basics: <http://www.foodsafety.gov/keep/basics/>

- Educational Materials and Campaigns:  
[http://www.fsis.usda.gov/Food\\_Safety\\_Education/Available\\_Downloads/index.asp](http://www.fsis.usda.gov/Food_Safety_Education/Available_Downloads/index.asp)
- Safe Food Handling:  
[http://www.fsis.usda.gov/Fact\\_Sheets/7\\_Steps\\_Community\\_Meals/index.asp](http://www.fsis.usda.gov/Fact_Sheets/7_Steps_Community_Meals/index.asp)
- CDC Vital Signs, Making Food Safer to Eat:  
<http://www.cdc.gov/vitalsigns/FoodSafety/index.html>
- Nutrition Facts Label
  - <http://www.fda.gov/Food/ResourcesForYou/Consumers/NFLPM/default.htm>
- Portion Sizes
  - Portion Distortion Quiz from NHLBI: <http://hp2010.nhlbihin.net/portion/>
  - How Many Fruits and Vegetables Do You Need?:  
<http://www.fruitsandveggiesmatter.gov/>
  - Just Enough for You:  
[http://www.win.niddk.nih.gov/publications/just\\_enough.htm](http://www.win.niddk.nih.gov/publications/just_enough.htm)
- Body Mass Index (BMI)
  - <http://www.cdc.gov/healthyweight/assessing/bmi/>
  - <http://www.nhlbisupport.com/bmi/>

### *Physical Activity*

- President’s Council on Fitness, Sports, and Nutrition:  
<http://www.presidentschallenge.org>  
<http://www.fitness.gov>
- Centers for Disease Control and Prevention: <http://www.cdc.gov>
  - Division of Adolescent and School Health:  
<http://www.cdc.gov/HealthyYouth/physicalactivity>
  - Division of Nutrition, Physical Activity, and Obesity:  
<http://www.cdc.gov/nccdphp/dnpa/physical/index.htm>
  - Healthier Worksite Initiative:  
<http://www.cdc.gov/nccdphp/dnpa/hwi/index.htm>
- National Physical Activity Plan: <http://www.physicalactivityplan.org/>

- Sample Exercises and Information on Physical Activity  
<http://www.nia.nih.gov/health/publication/exercise-physical-activity-your-everyday-guide-national-institute-aging-1>

## Answering Questions About the Guidelines

The following information has been extracted from frequently asked questions for each set of guidelines (posted on their respective Web sites). A complete set of questions and answers can be found at <http://www.health.gov/dietaryguidelines/faq.asp> and <http://www.health.gov/paguidelines/faqs.aspx>.

### *Dietary Guidelines for Americans, 2010*

#### **What are the Dietary Guidelines?**

The Dietary Guidelines provide advice for making food choices that promote good health and a healthy weight and help prevent disease for healthy Americans aged 2 years and older. The advice is based on a rigorous review of the scientific evidence through a transparent, unbiased process. The Dietary Guidelines are congressionally mandated under the 1990 National Nutrition Monitoring and Related Research Act (Public Law 101-445, Section 301 [7 U.S.C. 5341], Title III). The guidelines are released by the Secretaries of the USDA and Health and Human Services (HHS) every 5 years.

#### **Why are the Dietary Guidelines important?**

They form the basis of Federal nutrition policy, education, outreach, and food assistance programs used by consumers, industry, nutrition educators, and health professionals. All Federal dietary guidance for the public is required to be consistent with the Dietary Guidelines. The guidelines provide the scientific basis for the Government to speak in a consistent and uniform manner. They are used in the development of materials, messages, tools, and programs to communicate healthy eating and physical activity to the public.

### *2008 Physical Activity Guidelines for Americans*

#### **Why should people be more physically active?**

HHS published physical activity guidelines for the first time because being physically active is one of the most important steps that Americans of all ages can take to improve their health. The *2008 Physical Activity Guidelines for Americans* provide science-based guidance to help Americans aged 6 years and older improve their health through

appropriate physical activity. These guidelines are necessary because of the importance of physical activity to the health of Americans, whose current inactivity puts them at unnecessary risk. Unfortunately, the latest data show that inactivity among American adults and youth remains relatively high and little progress has been made in increasing the level of physical activity in the population.

### **What are the Physical Activity Guidelines for adults?**

Adults should do a minimum of 2 hours and 30 minutes of moderate-intensity aerobic activity a week by doing activities like brisk walking, ballroom dancing, or general gardening. Or adults can choose 1 hour and 15 minutes (75 minutes) a week of vigorous-intensity aerobic physical activity by doing activities like jogging, aerobic dancing, and jumping rope. Adults also may choose combinations of moderate- and vigorous-intensity aerobic activity. In general, 1 minute of vigorous activity is equal to 2 minutes of moderate activity.

Aerobic activity should be performed in episodes of at least 10 minutes, preferably spread throughout the week. For additional and more extensive health benefits, adults should increase their aerobic physical activity to 5 hours (300 minutes) a week of moderate-intensity, 2 hours and 30 minutes a week of vigorous-intensity, or an equivalent combination of moderate- and vigorous-intensity aerobic physical activity. Additional health benefits are gained by engaging in physical activity beyond this amount. Adults also should do muscle-strengthening activities on 2 or more days a week to achieve the unique benefits of strengthening activities.

### **What are the Physical Activity Guidelines for children and adolescents?**

Children and adolescents aged 6–17 years should accumulate 1 hour or more of physical activity daily. The 1 hour of activity should be mostly aerobic but also should include muscle-strengthening and bone-strengthening activities. Youth should include vigorous-intensity activity in this 1 hour on at least 3 days a week. They also should do muscle-strengthening activities on at least 3 days and bone-strengthening activities on at least 3 days a week. It is important to encourage young people to participate in physical activities that are appropriate for their age, enjoyable, and offer variety. The guidelines list a number of examples of each type of activity for children and adolescents.

## Answering Questions About MyPlate

### **What was the reasoning for developing the new MyPlate icon?**

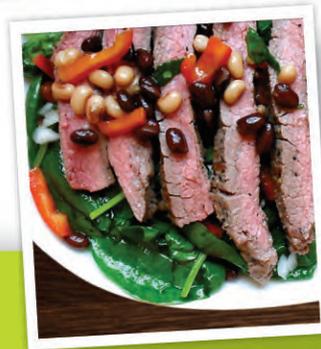
MyPlate was developed as an effort to promote healthy eating to consumers. The MyPlate icon is easy to understand and it helps promote messages based on the *Dietary Guidelines for Americans, 2010*. The new MyPlate icon builds on a familiar image—a plate—and is accompanied by messages to encourage consumers to make healthy choices.

### **Physical activity is not illustrated on the MyPlate icon. What is the rationale for the change?**

To simplify the image, the MyPlate icon includes only the five food groups to help remind consumers to eat healthfully. It does not include all of the messages of the Dietary Guidelines. Although not depicted in this icon, physical activity is still very important for an overall healthy lifestyle. Balancing healthy eating with regular physical activity is essential, and the principles found in the *2008 Physical Activity Guidelines for Americans* “Be Active Your Way” handout will be emphasized throughout this initiative. Resources will be available on the HHS Web site in addition to the USDA Center for Nutrition Policy and Promotion’s forthcoming interactive tool, allowing users to track and assess their diet and physical activity.

### **Who is the author of the ChooseMyPlate.gov material?**

Everything on the ChooseMyPlate.gov Web site (Daily Food Plan, Food Tracker, Food Planner, etc.) was developed by a team of nutritionists, dietitians, economists, and policy experts at USDA. The information is based on expert nutrition recommendations for Americans aged 2 years and older from the Dietary Guidelines.



You can find more information about eating healthy and being active at

- <http://www.health.gov/dietaryguidelines>
- <http://www.health.gov/paguidelines>
- <http://www.healthfinder.gov>
- <http://www.ChooseMyPlate.gov>





United States  
Department  
of Agriculture

# MYPLATE FOR MY FAMILY

## SNAP NUTRITION EDUCATION



EDUCATOR'S HANDBOOK

## ACKNOWLEDGMENTS

*MyPlate for My Family: SNAP Nutrition Education* is an initiative of the Food and Nutrition Service (FNS), U.S. Department of Agriculture (USDA). The educational and promotional materials are designed for Supplemental Nutrition Assistance Program (SNAP) participants and low-income individuals eligible for means-tested Federal assistance programs with children ages 2 through 18. The project also includes educational materials for persons delivering SNAP Nutrition Education (SNAP-Ed). However, these materials can be used in other settings with similar target audiences, such as the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC); the Child and Adult Care Food Program (CACFP); and National School Lunch and Breakfast Programs, to help parents and families follow the Dietary Guidelines for Americans and improve eating and physical activity behaviors.

FNS wishes to thank local, State, and Federal staff from SNAP who provided input and reviewed content on these materials. A special thank you to the following Regional Office staff who provided guidance for the successful completion of this project.

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**November 2014**

# WHAT'S IN THIS HANDBOOK?

MYPLATE FOR MY FAMILY: SNAP NUTRITION EDUCATION	4
DIETARY GUIDELINES FOR AMERICANS AND MYPLATE	6
A LOOK AT THE MATERIALS	11
ADDRESSING LOW LITERACY SKILLS	16
THE INFLUENCE OF CULTURAL NORMS ON NUTRITION HABITS	18
GETTING THE KIDS INVOLVED	19
DEVELOP PARTNERSHIPS WITH SNAP AND OTHER NUTRITION ASSISTANCE PROGRAMS	20
ADDITIONAL RESOURCES	22





## ► MYPLATE FOR MY FAMILY: SNAP NUTRITION EDUCATION

*MyPlate for My Family: SNAP Nutrition Education* provides educational and promotional materials to help nutrition educators in their work with English- and Spanish-speaking families with children ages 2 through 18. The resources offer tips and information to help families stretch their food dollars, prepare easy and healthy meals, and be more physically active.

This Educator's Handbook provides an overview of *MyPlate for My Family: SNAP Nutrition Education* and information on how to use the materials.

This Educator's Handbook serves the following functions:

- Helps nutrition educators implement *MyPlate for My Family: SNAP Nutrition Education*.
- Provides an overview of the educator and participant resources.

## ▶ SUPPORT FOR INDIVIDUALS AND FAMILIES

*MyPlate for My Family: SNAP Nutrition Education* provides SNAP participants with access to nutrition education based on the Dietary Guidelines for Americans and includes resources from ChooseMyPlate.gov. This user-friendly toolkit can support low-income individuals and families by offering tips and tools for making better food choices and being more physically active. The toolkit is designed to promote the following behaviors:

- Eat foods from all five food groups every day
- Eat less solid fats, added sugars, and sodium every day
- Be physically active

## ▶ SUPPORT FOR EDUCATORS AND PROFESSIONALS

Providing nutrition education to many different types of people who often are going through hard times can be a challenge. This toolkit offers materials especially for the SNAP-Ed audience that include the following:

- Background on audience educational needs
- Guidance for teaching relevant, understandable, and achievable behaviors
- Resources to support nutrition education efforts





## ▶ DIETARY GUIDELINES FOR AMERICANS AND MYPLATE

The Dietary Guidelines for Americans are the basis of Federal food, nutrition education, and information programs. They provide science-based advice to promote health and to reduce risk for chronic disease through diet and physical activity. The recommendations in the Dietary Guidelines are for healthy people<sup>1</sup> over 2 years of age and support the basic premise that nutrient needs should be met primarily through consuming foods.



The MyPlate symbol is a simple reminder to help people eat healthier. The symbol is supported by behavior-specific messages to help consumers make positive food and physical activity choices. Educators can find more information by visiting [ChooseMyPlate.gov](http://ChooseMyPlate.gov).

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<sup>1</sup> Individuals with a chronic health condition should talk with a health care provider to determine what dietary pattern is appropriate for them. Pregnant women should also follow the advice of their health care provider regarding food and physical activity recommendations.

## ▶ BEHAVIOR-SPECIFIC MESSAGES

- Make half your plate fruits and vegetables.
- Switch to fat-free or low-fat (1%) milk (dairy).
- Make at least half your grains whole grains.
- Compare sodium, sugars, and saturated fats in foods and choose the foods with lower numbers.
- Enjoy your food, but eat less.
- Avoid oversized portions.
- Be active your way.
- Drink water instead of sugary drinks.

## ▶ CALORIE LEVELS

Throughout this toolkit, a 2,000-calorie level is used as a reference for consistency with the Nutrition Facts label on food products. Although this calorie level is used as a reference, recommended calorie intakes will differ for individuals based on age, gender, and physical activity level. For example, the chart below shows three different calorie levels and the amount of food from each food group that might be appropriate for a young child (8 years or younger), a woman (19-50 years), and a teenage boy (14-18 years).

DAILY AMOUNT OF FOOD FROM EACH GROUP*			
Calorie Level	1,400 (young child, 8 years or younger)	2,000 (woman, 19-50 years)	2,800 (teen boy, 14-18 years)
<b>Fruits</b>	1.5 cups	2 cups	2.5 cups
<b>Vegetables</b>	1.5 cups	2.5 cups	3.5 cups
<b>Grains</b>	5 ounce-equivalents	6 ounce-equivalents	10 ounce-equivalents
<b>Protein Foods</b>	4 ounce-equivalents	5.5 ounce-equivalents	7 ounce-equivalents
<b>Dairy</b>	2.5 cups	3 cups	3 cups

*\*These are approximate amounts and may vary depending on exact age, gender, and physical activity level of each person.*



► [CHOOSEMYPLATE.GOV](https://www.choosemyplate.gov)

ChooseMyPlate.gov is a comprehensive website that offers resources and tools to help guide your nutrition education audiences. The site provides detailed information about all of the food groups including commonly eaten foods, the amount of each food group needed per day, health benefits, and tips to help participants make good choices. Information about preparing foods and an extensive number of consumer-friendly recipes are also available to help participants apply what they learn during their educational experiences. Participants can access printable resources that focus on relevant nutrition and physical activity topics throughout the lifecycle including pregnancy, breastfeeding, early childhood, school age, and various stages of adulthood.



Professionals and educators will find diet and physical activity information for each participant to help them conduct nutrition education sessions or expand information for their nutrition education programs. You are encouraged to review and become familiar with ChooseMyPlate.gov and related content.

ChooseMyPlate.gov can help participants and educators to:

- Work independently to address questions raised during nutrition education sessions.
- Obtain information for other family members.
- Select educational items and activities for children.
- Identify healthy lifestyle options for the entire family.

**ChooseMyPlate.gov offers resources for Spanish-speaking consumers. Click on the “En Español” link in the consumer section.**

For participants who don't have access to a computer or the Internet, you can help them by downloading resources and offering them as handouts. Keep in mind that some of the information may not be appropriate for all literacy levels.



## ► CHOOSEMYPLATE.GOV HIGHLIGHTS

[Dietary Guidelines 2010 Consumer Brochure](#)—*Let's Eat for the Health of It...* provides concise information about how to build a healthy plate; cut back on foods high in solid fats, added sugars, and salt; eat the right amount of calories; and be more physically active.

[Selected Consumer Messages](#)—Seven key consumer messages from the 2010 Dietary Guidelines for Americans that support the Dietary Guidelines Communications Initiative.

[10 Tips Nutrition Education Series](#)—A series of tip sheets that address simple ways to make changes to improve nutrition and physical activity behaviors.

[SuperTracker](#)—An online diet and physical activity tracking tool available through ChooseMyPlate.gov that allows participants to enter their age, gender, and activity level and generate a plan that is specific to their calorie and nutrient needs.

[Recipes, Cookbooks, and Menus](#)—Recipes from a variety of nutrition assistance program sources including the SNAP-Ed Connection to help you conduct food demonstrations, provide healthy samples for participants, or share handouts to reinforce the information provided during nutrition education sessions.

[MyPlate Community Toolkit](#)—USDA toolkit to help communities to get involved in addressing the trend of childhood obesity and creating healthier environments.

[Daily Food Plans](#)—Plans for individuals based on sex, age, height, weight, and physical activity level. All Daily Food Plans and their associated worksheets are available for download.

[MyPlate Graphics Standards](#)—A style guide that explains how to use the MyPlate icon.

[Nutrition Facts Label](#)—An important educational tool available on food packages or products.

[Healthy Eating on a Budget](#)—A resource to help families plan, purchase, and prepare meals, available at ChooseMyPlate.gov.

[MyPlate Mini-Poster](#)—Provides information about what and how much to eat from all five food groups based on a 2,000-calorie food plan.

[MyPlate Kids' Place](#)—Provides online resources and tools for children to help them make wise choices in a fun and appealing way.



## ▶ A LOOK AT THE MATERIALS

*MyPlate for My Family* includes an informational brochure, the Educator’s Guide, four Discussion Sessions, take-home handouts with recipes, and resources from ChooseMyPlate.gov. This Educator’s Guide is provided to help you understand how to deliver *MyPlate for My Family* to your audiences. The sections of the handbook called *Addressing Low Literacy Skills* (page 16) and *Cultural Considerations When Working With Spanish-Speaking Participants* (page 17), provide additional information to assist clients with limited English skills and diverse social needs. The information below details the materials available for clients and educators. Related resources from ChooseMyPlate.gov are also listed to complement your nutrition education efforts.





## ► EDUCATIONAL TOOLS

*MyPlate for My Family: SNAP Nutrition Education* brochure provides an overview of the toolkit and highlights nutrition behaviors that are important for achieving a healthier lifestyle. Based on the Dietary Guidelines for Americans, this brochure offers information to help educators facilitate nutrition education sessions. Organizations or agencies can place local contact information on the brochure to assist with program efforts. Share this brochure with clients or participants to remind them about the nutrition education opportunities and reinforce nutrition and physical activity behaviors.

The four Discussion Sessions and participant handouts include resources to help you conduct educational sessions with SNAP participants and eligible consumers. The Discussion Sessions and handouts are designed to help the adult learner use the nutrition information and offer tips to help them take action to improve eating and physical activity behaviors. The handouts also provide suggestions to help your audiences apply what they've learned at home. Handouts from ChooseMyPlate.gov are also included with the Discussion handouts to further support session topics. All of the Discussion Sessions are planned for groups of 5 to 7 participants, and each session can be completed in about 45 minutes.



The behavioral objectives for each Discussion Session are listed below.

DISCUSSION SESSION	BEHAVIORAL OBJECTIVES
 <p><b>MYPLATE FAMILY MEALS</b></p> <p><b>SESSION OVERVIEW</b></p> <p>This session is intended to help busy parents and caregivers plan, shop, and prepare healthy, low-cost meals for their families and make time for their children to eat. Participants will discuss the importance of planning, shopping, and healthy family meals and snacks. An instructor will facilitate a discussion about children's role in the kitchen and how to get them involved in the kitchen. Participants will also discuss how to make time for family meals.</p> <p><b>BEHAVIORAL OBJECTIVES:</b></p> <ul style="list-style-type: none"> <li>After the session participants will be able to: <ul style="list-style-type: none"> <li>Identify ways to save time when preparing family meals.</li> <li>Identify ways to save money when preparing family meals.</li> <li>Identify ways to involve children in the kitchen.</li> </ul> </li> </ul> <p><b>KEY MESSAGES:</b></p> <ul style="list-style-type: none"> <li>It is important to make time for family meals on a budget.</li> <li>Healthy family meals can be prepared in advance.</li> <li>Children can help with meal preparation and eating.</li> </ul>	<ul style="list-style-type: none"> <li>Identify and use at least two timesaving or low-cost ways to prepare healthy family meals each week.</li> <li>Name two tasks a child can do to help make a family meal during the week.</li> </ul>
 <p><b>HOW MUCH FOOD AND PHYSICAL ACTIVITY?</b></p> <p><b>SESSION OVERVIEW</b></p> <p>This session is intended to help busy parents and caregivers understand the importance of healthy meals and physical activity for their children. Participants will discuss the importance of healthy meals and physical activity for their children. An instructor will facilitate a discussion about healthy meals and physical activity for their children. Participants will also discuss how to make time for healthy meals and physical activity for their children.</p> <p><b>BEHAVIORAL OBJECTIVES:</b></p> <ul style="list-style-type: none"> <li>After the session participants will be able to: <ul style="list-style-type: none"> <li>Identify ways to plan and prepare healthy meals.</li> <li>Identify ways to involve children in meal preparation.</li> <li>Identify ways to involve children in physical activity.</li> </ul> </li> </ul> <p><b>KEY MESSAGES:</b></p> <ul style="list-style-type: none"> <li>It is important to plan and prepare healthy meals.</li> <li>Children can help with meal preparation and physical activity.</li> </ul>	<ul style="list-style-type: none"> <li>Identify ways to plan and prepare healthy meals.</li> <li>Identify and commit to at least one action to get the right amount of food from all five food groups.</li> <li>Identify and commit to at least one action to help family members be physically active during the week.</li> </ul>
 <p><b>VEGETABLES AND FRUITS - SIMPLE SOLUTIONS</b></p> <p><b>SESSION OVERVIEW</b></p> <p>This session is intended to help busy parents and caregivers understand the importance of vegetables and fruits for their children. Participants will discuss the importance of vegetables and fruits for their children. An instructor will facilitate a discussion about vegetables and fruits for their children. Participants will also discuss how to make time for vegetables and fruits for their children.</p> <p><b>BEHAVIORAL OBJECTIVES:</b></p> <ul style="list-style-type: none"> <li>After the session participants will be able to: <ul style="list-style-type: none"> <li>Identify at least two new vegetables and two new fruits to eat during the upcoming week.</li> <li>Identify at least one way to encourage children to eat a variety of fruits and vegetables each day.</li> </ul> </li> </ul> <p><b>KEY MESSAGES:</b></p> <ul style="list-style-type: none"> <li>It is important to eat a variety of vegetables and fruits.</li> <li>Children can help with meal preparation and eating.</li> </ul>	<ul style="list-style-type: none"> <li>Identify at least two new vegetables and two new fruits to eat during the upcoming week.</li> <li>Identify at least one way to encourage children to eat a variety of fruits and vegetables each day.</li> <li>Recognize what 1 cup of vegetables and 1 cup of fruits look like.</li> </ul>
 <p><b>FAMILY TIME ACTIVE AND FUN!</b></p> <p><b>SESSION OVERVIEW</b></p> <p>This session is intended to help busy parents, caregivers, and their children to make physically active time a priority. Participants will discuss the importance of physically active time for their children. An instructor will facilitate a discussion about physically active time for their children. Participants will also discuss how to make time for physically active time for their children.</p> <p><b>BEHAVIORAL OBJECTIVES:</b></p> <ul style="list-style-type: none"> <li>After the session participants will be able to: <ul style="list-style-type: none"> <li>Identify two ways to get at least 30 minutes of physically active time every day.</li> <li>Identify at least two ways to help their kids be physically active every day.</li> </ul> </li> </ul> <p><b>KEY MESSAGES:</b></p> <ul style="list-style-type: none"> <li>Regular physical activity is a key factor in healthy and vibrant lives.</li> <li>Parents play an important role in helping their children have an active and enjoyable life.</li> </ul>	<ul style="list-style-type: none"> <li>Identify and commit to two ways to get 2½ hours of physical activity during the week.</li> <li>Identify two ways to help their kids be physically active, every day.</li> </ul>





## ► TOOLS FOR YOUR AUDIENCE

The take-home handouts reinforce important nutrition information in a way that is appropriate for both English- and Spanish-language speakers. The handouts help participants understand relevant Dietary Guidelines recommendations for a healthier lifestyle. These handouts provide information about the amount of food to eat each day from each food group; tips on buying foods on a budget; making small, simple changes; motivating children to eat healthier foods; and being physically active every day.

Optional MyPlate take-home handouts are suggested for all of the Discussion Sessions. The handouts focus on children to help them adopt healthy eating or physical activity behaviors. The MyPlate mini-poster is also useful for most of the Discussion Sessions. Find the mini-poster and optional handouts at [www.ChooseMyPlate.gov/myplateformyfamily.html](http://www.ChooseMyPlate.gov/myplateformyfamily.html).

DISCUSSION SESSION

TAKE-HOME HANDOUT (ENGLISH AND SPANISH)

**MYPLATE FAMILY MEALS**

**SESSION OVERVIEW**

This session is intended to help busy parents and caregivers plan, shop, and prepare healthy, low-cost meals for their families and save money for their budgets. The participants will discuss the challenges of creating nutritious and healthy meals on a budget. The facilitator will provide an overview about solutions to the challenges identified by the group by sharing ideas from participants as they plan the meals for their group.

Each participant will share how the facilitator made a meal using the "Take and Store in a Jiffy" foods section from Snap or sharing the foods section from the pre-recorded lesson, share an activity. Participants will share how they plan their own meal meals and snacks, understanding an easy to prepare healthy and nutritious family meal and snack and understand what is important to make time for meal preparation. They will use the guidelines from the pre-recorded lesson. Parents and caregivers will also identify one way to include children in preparing family meals.

**BEHAVIORAL OBJECTIVES:**

- After the session participants will be able to:
  - Identify how shopping on-line can save to prepare healthy family meals and snacks.
  - Have a list of items that can be used to make a healthy meal using the same.

**KEY MESSAGES:**

- Remembering to use take-home samples make meals and snacks healthy meals on a budget.
- Children can help with grocery list and make family meals.

DISCUSSION SESSION

1. Make Easy and Healthy Family Meals
2. Make Half Your Grains Whole Grains
3. Get Your Dairy
4. Look for Lean Protein Foods

Optional MyPlate handout:  
[MyPlate Coloring Page](#)

**HOW MUCH FOOD AND PHYSICAL ACTIVITY?**

**SESSION OVERVIEW**

This session is intended to help busy parents and caregivers understand the appropriate meals and snacks for ensuring their family meet recommended physical activity goals. The participants will discuss ways to plan and prepare meals for their families. The facilitator will share information about the amount of food and physical activity that is recommended for children and adults. Participants will share how they plan their own meals and snacks, understanding an easy to prepare healthy and nutritious family meal and snack and understand what is important to make time for meal preparation. They will use the guidelines from the pre-recorded lesson. Parents and caregivers will also identify one way to include children in preparing family meals.

**BEHAVIORAL OBJECTIVES:**

- After the session participants will be able to:
  - Identify ways to plan and prepare healthy meals.
  - Identify one way to get the right amount of foods from all the food groups.
  - Identify one way to get the right amount of physical activity for their family members for preparing active living in the home.

**KEY MESSAGES:**

- Knowing the amount of food to eat and the amount of physical activity to do for energy, fuel, and fun.
- Having a list of items that can be used to make a healthy meal using the same.

DISCUSSION SESSION

1. Find and Make Healthy Foods In a Snap
2. Watch Your Solid Fats, Sugars, and Sodium
3. Food and Physical Activity Checklist

Optional MyPlate handout:  
[MyPlate Snack Tips for Kids](#)

**VEGETABLES AND FRUITS - SIMPLE SOLUTIONS**

**SESSION OVERVIEW**

This session is intended to help busy parents and caregivers include the recommended amount of fruits and vegetables in their family meals and snacks. The participants will discuss the challenges of creating nutritious and healthy meals on a budget. The facilitator will provide an overview about solutions to the challenges identified by the group by sharing ideas from participants as they plan the meals for their group.

Each participant will share how the facilitator made a meal using the "Take and Store in a Jiffy" foods section from Snap or sharing the foods section from the pre-recorded lesson, share an activity. Participants will share how they plan their own meals and snacks, understanding an easy to prepare healthy and nutritious family meal and snack and understand what is important to make time for meal preparation. They will use the guidelines from the pre-recorded lesson. Parents and caregivers will also identify one way to include children in preparing family meals.

**BEHAVIORAL OBJECTIVES:**

- After the session participants will be able to:
  - Identify one way to get the right amount of fruits and vegetables in their family meals and snacks.
  - Identify one way to get the right amount of physical activity for their family members for preparing active living in the home.

**KEY MESSAGES:**

- A family needs a variety of different colors of vegetables and fruits. This means that you should eat a variety of different colors of vegetables and fruits.
- Get fruits and vegetables at home and at school. Buy them in bulk, frozen, or dried and go easy on that juice.

DISCUSSION SESSION

1. What Counts as 1 Cup?
2. Choose Your Veggies
3. Keep Fruits Handy

Optional MyPlate handout:  
[Word Search: Have Fun With Fruits and Vegetables](#)

**FAMILY TIME ACTIVE AND FUN!**

**SESSION OVERVIEW**

This session is intended to help busy parents, caregivers, and their families to enjoy physically active time together. The participants will discuss the challenges of creating nutritious and healthy meals on a budget. The facilitator will provide an overview about solutions to the challenges identified by the group by sharing ideas from participants as they plan the meals for their group.

Each participant will share how the facilitator made a meal using the "Take and Store in a Jiffy" foods section from Snap or sharing the foods section from the pre-recorded lesson, share an activity. Participants will share how they plan their own meals and snacks, understanding an easy to prepare healthy and nutritious family meal and snack and understand what is important to make time for meal preparation. They will use the guidelines from the pre-recorded lesson. Parents and caregivers will also identify one way to include children in preparing family meals.

**BEHAVIORAL OBJECTIVES:**

- After the session participants will be able to:
  - Identify one way to get the right amount of physical activity for their family members for preparing active living in the home.

**KEY MESSAGES:**

- Regular physical activity is a key to good health and happiness for adults and children.
- Having fun is important to making physical activity enjoyable.
- Having other activities going on in the house can help make physical activity more enjoyable.

DISCUSSION SESSION

1. Be Active Today
- Optional MyPlate handout:  
[Be a Fit Kid](#)



## ▶ ADDRESSING LOW LITERACY SKILLS

People fall into a literacy continuum for different types of skills. The materials for participants within this toolkit have been developed and designed to facilitate learning for those with limited reading and literacy skills. According to the National Assessment of Adult Literacy (NAAL), released in 2006 by the U.S. Department of Education, 30 million adults struggle with basic reading tasks.

The assessment<sup>2</sup> also found that nearly 9 out of 10 adults may lack many of the skills necessary to sufficiently manage their health. Low health literacy can affect a person's ability to locate health care providers and services, fill out health forms, share personal health information with providers, manage chronic diseases, and engage in self-care. Some of the key design features to make the *MyPlate for My Family* participant materials more user-friendly include:

- Reading levels that are at or near 5th grade level.
- Full-color images to help communicate key information.
- Use of real world examples and tips to make the instructions clear.

Some individuals participating in SNAP have low literacy skills that may make it difficult for them to understand information offered during a nutrition education session. The U.S. Department of Education, Office of Vocational and Adult Education provides more insights about the needs of this audience and resources to assist educators and professionals in delivering services. The Literacy Information and Communication System (LINCS) is an initiative of the U.S. Department of Education designed to expand evidence-based practice in the field of adult literacy. LINCS features development opportunities, training, and resources that can be obtained by visiting the website, <http://lincs.ed.gov/>.

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<sup>2</sup> Kutner, M., Greenberg, E., Jin, Y., and Paulsen, C. (2006). *The Health Literacy of America's Adults: Results From the 2003 National Assessment of Adult Literacy (NCES 2006-483)*. U.S. Department of Education. Washington, DC: National Center for Education Statistics.



## ▶ CULTURAL CONSIDERATIONS WHEN WORKING WITH SPANISH-SPEAKING PARTICIPANTS

*MyPlate for My Family* provides nutrition education information to Spanish-speaking SNAP participants and eligible consumers. Culture can affect how people understand and respond to health messages. Some factors that influence nutrition education for Spanish-speaking participants are related to their values and literacy skills in both English and Spanish. Hispanics in the United States are a multicultural population, having migrated from different countries with a variety of cultural values and language needs.

While the *MyPlate for My Family* is not designed as a cultural competency training, the materials reflect messages based on findings from the SNAP research phase of the previous version of the *MyPlate for My Family* (formerly known as *Loving Your Family, Feeding Their Future*) development. To better reach Hispanic audiences, seek advice from local groups and community organizations that provide services to your audiences. If you are not fluent in Spanish, develop relationships with a qualified translator who can assist you.<sup>3</sup>

Below are several cultural considerations to help you deliver effective nutrition education to Spanish-speaking audiences.

- Help people to share and discuss personal experiences
- Encourage extended family to participate in the education (i.e., include grandparents if they provide care for a participant's child)
- Build on Hispanic cultural values and attitudes
- Support practices that promote cultural traditions
- Engage relevant community services and role models
- Use plain language that includes clear descriptions and specific terms (e.g., chicken, rather than poultry)
- Use images that are culturally relevant to the audience
- Add culturally familiar foods or activities to educational sessions

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<sup>3</sup> Simply Put: A Guide for Creating Easy-to-Understand Materials. Third Edition. (July 2010). Centers for Disease Control and Prevention; Office of the Associate Director for Communication; Division of Communication Services.



## ▶ THE INFLUENCE OF CULTURAL NORMS ON NUTRITION HABITS

Society and cultural norms influence participants' abilities to adopt healthier lifestyles. Generally, contemporary, fast-paced lifestyles and the media influence food patterns and physical activity practices.

Preparing food at home can help parents provide healthier meals and snacks for their children. Encourage parents to think about the foods they offer their children and discuss ways that busy parents can provide quick meals on hectic days. Help parents think about how food is advertised to their children and provide alternatives to inexpensive, high-calorie foods.

Many modern conveniences make it easier for families to avoid physical activity in the course of everyday lives. These conveniences include cars, elevators, television, computers, mobile devices, and fewer labor-intensive jobs. Use the resources included in this kit to help families plan physical activity with their children and find solutions to challenges presented by participants.

### Media Influences on Children

- Food advertising and promotions are prominent features of the commercial mainstream.
- Children are often the targets of food advertising that promotes high-calorie foods.

## ▶ GETTING THE KIDS INVOLVED

Children often influence which foods are purchased and how they are prepared at home. Encourage parents to engage their kids in healthy food practices and active lifestyles. Below are some suggestions to help parents and caregivers get kids involved.

- **Kids will follow a parent’s example, if it is consistent.** When parents choose healthier foods and are more physically active, their kids are more likely to do the same. Encourage parents to adopt healthier practices, so that their children can learn from them.
- **Encourage parents to have healthier foods in the house.** Discuss how SNAP benefits can empower families to purchase healthy, affordable foods. During sessions, demonstrate how to prepare meals and snacks so that parents learn how to make healthy food at home. *Additional Resources* are listed at the end of the Educator’s Handbook to assist you in conducting food demonstrations.
- **Share the benefits of family meals.** Meals are a valuable way to spend time together, break up busy days, and provide opportunities for families to “catch up on things.” Parents can also use meal times to talk about foods and plan fun active time. Parents can encourage children to discuss foods they like to eat or activities they would like to try. Family meals also provide an opportunity for adults to model good eating habits or introduce new foods.
- **Teach parents the value of being physically active with their children.** Parents can help their children to be more active by participating in activities with them and modeling fun, easy, activities every day.
- **Discuss ways that parents and caregivers can play with children and keep them active.** Offer suggestions such as outdoor games like basketball, soccer, or playing tag with friends. Provide information about free or affordable local programs that offer physical activity.

- Kids need at least 60 minutes of physical activity every day.
- Adults need at least 2½ hours of moderate-intensity physical activity during the week.
- Regular physical activity reduces the risk of chronic diseases such as heart disease and diabetes.



## ▶ DEVELOP PARTNERSHIPS WITH SNAP AND OTHER NUTRITION ASSISTANCE PROGRAMS

SNAP nutrition education is often provided at locations other than where recipients receive SNAP benefits. The result is that program participants are not aware of the relationship between SNAP benefits and available nutrition education classes. Communicate and network with the various SNAP staff members who work with participants to build a partnership that strives to achieve common goals associated with nutrition education. Reach out to SNAP offices to identify referrals for nutrition education.

SNAP participants come in contact with many organizations, institutions, and individuals that can promote nutrition education resources and services. Use this toolkit to influence and work with partners at the local, State, and national levels. Develop partnerships with other nutrition assistance programs and organizations that work with SNAP participants. These programs and organizations could serve as potential sites where nutrition education may be provided. Partners can also help improve awareness about SNAP nutrition education and support your effort to provide services in your community.



### To improve partnerships:

- Provide the informational brochure, *MyPlate for My Family*, to frame the initiative as a nutrition education offering to local SNAP offices, FNS nutrition-related programs, and other community sites.
- Meet with non-nutrition, professional, paraprofessional, and clerical staff to introduce the initiative, review the value of nutrition education, and solicit support.
- Hold in-service orientations for local staff associated with other nutrition programs, such as WIC and Child Nutrition Programs.

## ► POTENTIAL SITES FOR NUTRITION EDUCATION SESSIONS

### ADULT SETTINGS:

- Local SNAP and employment training offices
- Food banks and pantries
- Job training centers and work sites
- Housing authority locations
- Faith-based organizations
- Farmers Markets that accept Electronic Benefit Transfer (EBT)
- WIC clinics
- Grocery stores that accept EBT
- School PTAs in low-income schools
- Head Start centers
- Health clinics and public health programs

### CHILDREN'S SETTINGS:

- Low-income public schools (K through 12)
- Childcare centers
- Preschool programs
- After school programs
- Summer food programs
- Head Start centers
- Youth recreation programs

## ▶ ADDITIONAL RESOURCES

*MyPlate for My Family* offers the following additional resources to help you deliver nutrition education to SNAP audiences.

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Dietary Guidelines for Americans

<http://www.cnpp.usda.gov>

MyPlate Resources

<http://www.ChooseMyPlate.gov>

SNAP-Ed Connection

<http://snap.nal.usda.gov>

What's Cooking? USDA Mixing Bowl

<http://www.whatscooking.fns.usda.gov>

Team Nutrition

<http://www.fns.usda.gov/tn/team-nutrition>

WIC Works Resource System

<http://wicworks.nal.usda.gov>

HealthierFinder.gov

<http://www.healthfinder.gov>

Federal Resource for Nutrition Information

[Nutrition.gov](http://Nutrition.gov)

The Centers for Disease Control and Prevention (CDC)

<http://www.cdc.gov>

The U.S. Food and Drug Administration's (FDA)

<http://www.fda.gov>

The National Agricultural Library (NAL)

<http://www.nal.usda.gov>

Simply Put: A Guide to Creating Easy to Understand Materials

[http://www.cdc.gov/healthliteracy/pdf/simple\\_put.pdf](http://www.cdc.gov/healthliteracy/pdf/simple_put.pdf)

SNAP Food Demonstration Tips

<http://snap.nal.usda.gov/recipes/food-demonstration-tips>

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**Individuals who are deaf, hard of hearing, or have speech disabilities and wish to file either an EEO or program complaint please contact USDA through the Federal Relay Service at (800) 877-8339 or (800) 845-6136 (in Spanish).**

**Persons with disabilities who wish to file a program complaint, please see information above on how to contact us by mail directly or by email. If you require alternative means of communication for program information (e.g., Braille, large print, audiotape, etc.) please contact USDA's TARGET Center at (202) 720-2600 (voice and TDD).**

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# ▶ MAKE EASY AND HEALTHY FAMILY MEALS!

A few steps can help you make easy, healthy family meals on a budget. Find time to plan and prepare healthier meals each week. Use the time you save to enjoy your family.

## ▶ PLAN

Plan your family meals. Think about meals, snacks, and beverages you will serve throughout the week. Write down a list of foods you need to prepare your meals or keep the list in a wallet, purse, or on a mobile phone. Focus your budget on foods that are healthier for your family such as vegetables, fruits, whole grains, dairy, and protein foods.

- **Use a shopping list to stay on track.** Review coupons and sales to find less expensive foods. Look in newspapers or weekly store flyers to find sales and coupons for foods that you need. 💰
- **Join a store’s bonus or reward card program to receive more savings.** Visit the store’s customer service desk or website for information about how to sign up. 💰
- **Choose foods that cost less all year long.** Beans and eggs are low-cost healthy protein foods. Frozen vegetables like spinach and green beans are also low-cost options. 💰
- **Stock your kitchen.** Select foods that you can make and serve quickly on busy days, such as:
  - Canned beans and fish
  - Canned low-salt or low-sodium vegetables or soups
  - Whole-grain pasta, brown rice, and quick-cooking oats

- **Store fresh foods right away to keep them fresh longer.** Use fresh fruits, vegetables, and milk quickly to prevent them from spoiling.
- **Buy fruits and vegetables in season.** Some fruits and vegetables, such as peaches or corn, are cheaper when you buy them in season. Look for sales in the grocery store and your local farmers markets for cheaper choices. Many farmers markets accept SNAP benefits. 💰



Keep ingredients such as seasonings, flour, baking powder, herbs, and oils in your pantry to help you quickly prepare healthy meals.

💰 BUDGET-FRIENDLY TIP

HANDOUT:  
MYPLATE FAMILY MEALS

## ► PREPARE

Do some tasks in advance. Make meals on the weekends when you have more time. Prepare extra and freeze some meals to use later in the week. Find ways to save yourself time during the weekdays when everyone is busier.

- **Look for shortcuts.** Grated, chopped, or pre-washed foods cost more but often save time in the kitchen. Compare prices on these items. Look for sales on easy to prepare foods such as frozen veggies or mixed salads. 💰
- **Prepare a meal that kids and adults will enjoy.** Try not to make a separate meal for each person. If your child likes plain vegetables, meat, rice, or noodles, set some aside before you add other ingredients.
- **Serve no-cook meals.** Make simple meals like salads with canned tuna and beans or cold sandwiches with lean meats and sliced vegetables. Find information about meal planning, shopping, and creating healthy meals at [ChooseMyPlate.gov/budget/index.html](http://ChooseMyPlate.gov/budget/index.html).
- **Cook when you have more time.** On the weekends, make soups, stews, or casseroles. Cook larger amounts of lean ground beef or turkey and use some for chili or spaghetti later in the week. Freeze some of your meals for really hectic days.
- **Look for recipes with fewer ingredients.** Choose recipes with only a few ingredients that can be prepared quickly. Visit [WhatsCooking.fns.usda.gov](http://WhatsCooking.fns.usda.gov) for ideas.
- **Involve kids in family meals.** Let children help with simple tasks like washing fruits, choosing the veggies, setting the table, or measuring foods. On busy weekdays, give everyone a task to help you get dinner on the table.



Farmers markets often carry foods grown locally. Find a local market near you by visiting: [search.ams.usda.gov/farmersmarkets](http://search.ams.usda.gov/farmersmarkets)



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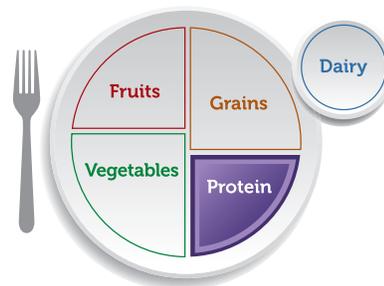
## ▶ LOOK FOR LEAN PROTEIN FOODS

Protein foods include meat, poultry, fish and other seafood, beans, eggs, nuts and seeds. Most of us eat enough protein every day. Eating both animal and plant sources offers variety and can help you stay within your budget. Adults and children who need 2,000 calories daily should eat about 5½ ounces of protein foods each day.

Include protein foods such as:

- **One whole egg** (counts as 1 ounce of protein)

- **½ cup cooked black beans** (counts as 2 ounces of protein)
- **One half of a small chicken breast** (counts as 2 to 3 ounces of protein)



## ▶ TIPS ON CHOOSING LEAN PROTEIN FOODS:

**Trim the extra.** Much of the fat in chicken and turkey is in or under the skin. Remove skin and fat for a leaner meal. Compare prices for lean meats with the fat already trimmed or poultry with the skin removed. 💰

**Add a few nuts to your meal or snack.** Nuts are a good source of protein but can be high in calories. Keep your servings small—1 ounce of almonds is about 20 to 24 nuts. Try peanut butter on apple slices, celery, or 100% whole-grain crackers.

**Fry foods less often.** Bake, broil, or microwave lean beef, pork, chicken, and turkey. You can use a lot less oil by cooking in an oven or microwave. Make protein foods with little or no added fat.

**Try eating seafood at least 2 times per week.** Buy fresh or canned fish, like tuna or salmon, when it's on sale. Canned fish usually costs less. 💰

**Buy choices that fit your budget.** Serve low-cost protein foods like beans, peas, and eggs to save money. Stock up on canned beans and peas when they are on sale. 💰

**Keep your food safe!** Wash your hands, utensils, and cutting boards before and after contact with raw meat, poultry, seafood, and eggs.

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💰 BUDGET-FRIENDLY TIP

To find the right amount of protein foods for members of your family, visit <http://choosemyplate.gov/supertracker-tools/daily-food-plans.html> or [SuperTracker.usda.gov](http://SuperTracker.usda.gov).



## ▶ MEDITERRANEAN CHICKEN AND WHITE BEAN SALAD

**TOTAL TIME:** 20 minutes

**MAKES:** 4 servings

### INGREDIENTS:

- 1 cup cooked chicken thighs, skinless, diced into ½-inch pieces
- 1 (15.5-ounce) canned white beans, low-sodium, drained
- 1 cucumber, peeled, diced into ½-inch pieces
- ¼ onion, peeled, chopped into ½-inch pieces
- 2 tablespoons vegetable oil
- ¼ cup lemon juice
- 1 tablespoon dried or fresh basil
- ¼ teaspoon salt
- ¼ teaspoon black pepper

### DIRECTIONS:

1. Put everything in the bowl and gently toss.
2. Additional vegetables can be added such as ½ cup of diced bell pepper or ½ cup of celery.
3. Serve right away or cover and refrigerate up to 2 days.



### NUTRIENTS PER SERVING:

Calories 297, Protein 20 g, Dietary Fiber 8 g, Total Fat 11 g, Saturated Fat 2 g, Cholesterol 32 mg, Sodium 546.



For more recipes visit  
[WhatsCooking.fns.usda.gov](http://WhatsCooking.fns.usda.gov).



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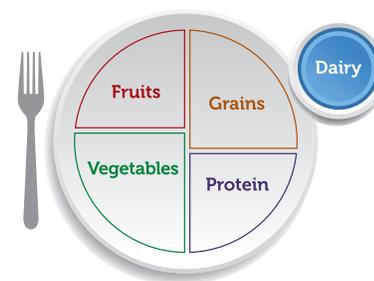
## ▶ GET YOUR DAIRY

Dairy foods offer important nutrition for you and your family. Choose low-fat or fat-free dairy foods to get the calcium and vitamin D your body needs for strong teeth and bones. If you can't drink milk, try calcium-fortified soymilk (soy beverage), low-fat yogurt, cheese, or calcium-enriched foods. Adults and children who need 2,000 calories daily should eat or drink about 3 cups of dairy each day.

Serve different types of dairy such as:

- 1 cup of low-fat milk on cereal (counts as 1 cup of dairy)

- ½ cup of calcium-fortified soymilk with your meal (counts as ½ cup of dairy)
- 1 cup of low-fat plain yogurt (counts as 1 cup of dairy)
- 1 slice (1 ounce) of low-fat cheddar cheese on a sandwich (counts as ½ cup of dairy).



## ▶ TIPS TO GET YOUR DAIRY

**Make the switch to low-fat and fat-free milk.** Some kids and adults may need to make the change from full-fat dairy slowly. First, switch from whole to 2% milk (reduced-fat). Later, change to low-fat (1%) or skim (fat-free) milk.

**Keep dairy food on your shopping list.** Keep a list of dairy foods that your family will eat such as low-fat milk or yogurt. Check online and look at your grocery receipt for coupons to help you save more on dairy foods. 💰

**Use low-fat plain yogurt for toppings and sauces.** Some foods are not part of the dairy food group, like cream, sour cream, cream cheese, and butter. They are high in solid fat and have little or no calcium. Add low-fat or fat-free milk to your coffee

or tea instead of cream. Use low-fat yogurt instead of sour cream for cooking.

**If you have trouble drinking milk, try soymilk (soy beverage).** If you don't or can't drink cow's milk, fortified soymilk is a great choice.

**Add a little cheese to meals and snacks.** Look for lower fat cheeses like part-skim mozzarella, or reduced-fat Swiss or cheddar. Serve low-fat choices with foods like sliced cucumbers, apples, or 100% whole-grain crackers.

**Show kids that dairy is important.** Make a point to eat and drink dairy foods daily. Chocolate milk, flavored yogurt, frozen yogurt, and pudding have calcium but also a lot of added sugar. Serve them on special days and less often.

### 💰 BUDGET-FRIENDLY TIP

To find the right amount of dairy foods for members of your family, visit <http://choosemyplate.gov/supertracker-tools/daily-food-plans.html> or [SuperTracker.usda.gov](http://SuperTracker.usda.gov).



## ▶ **BATIDO SMOOTHIE**

**TOTAL TIME:** 10 minutes

**MAKES:** 4 servings

**INGREDIENTS:**

- 2 cups papaya chunks, fresh or frozen\*
- 2 bananas, overripe and sliced
- 1 cup yogurt, plain low-fat\*\*
- 1 cup ice cubes

**DIRECTIONS:**

1. Put all the ingredients in the blender.
2. Put the lid on tightly. Turn the blender to a medium setting and blend about 1 minute until the ice is chopped and the mixture is smooth.
3. Serve right away, or cover and refrigerate up to 4 hours.

\*Frozen or fresh strawberries, blueberries, or raspberries can be used in addition to or instead of papaya.

\*\*Low-fat milk, soy, rice, almond, or coconut milk can be used instead of yogurt.



**NUTRIENTS PER SERVINGS:**

Calories 118, Protein 4 g, Dietary Fiber 3 g, Total Fat 1 g, Saturated Fat 1 g, Cholesterol 4 mg, Sodium 46 mg.



For more recipes visit  
[WhatsCooking.fns.usda.gov](http://WhatsCooking.fns.usda.gov).



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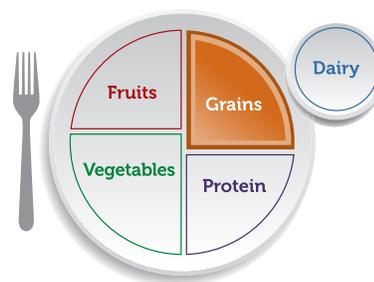
## ▶ MAKE HALF YOUR GRAINS WHOLE GRAINS

The grains group includes breads, cereals, rice, and pasta. All grains are made with some of the grain kernel but whole grains include the entire kernel. When parts of the grain are removed, it is called a refined grain. Enriched grains have nutrients added back in. Both whole grains and enriched grains provide good nutrition. Whole grains often have more fiber, which helps to keep your body regular. Adults and children who need 2,000 calories should eat about 6 ounces of grains each day. Three of those ounces should be whole-grain.

Serve a variety of grains such as:

- **1 cup of 100% whole-wheat flakes** (counts as 1 ounce of whole grains).

- **Two slices of 100% whole-wheat bread in a sandwich** (counts as 2 ounces of whole grains).
- **1 cup of cooked rice** (counts as 2 ounces of grains).
- **One medium corn tortilla** (counts as 1 ounce of grains).



## ▶ TIPS ON EATING WHOLE GRAINS

**Make at least half your grains whole grains.** Use whole-grain bread in sandwiches, mix brown rice with vegetables, and use whole-wheat pasta in dishes like spaghetti.

**Eat whole grains to keep you on track.** Many whole grains provide health benefits, like fiber, which helps to keep the body regular.

**Check the package.** Look on the package and ingredient list for the words “100% whole grain” or “100% whole wheat.” Some grains say “bran” or “100% wheat” and may not contain any whole grain. Brown or dark colors are not a sign that foods are made with whole grains.

**Try whole grains for breakfast!** Choose whole-wheat cereal, oatmeal, or whole-grain waffles.

**What about whole-grain snacks?** Try whole-grain cereals such as shredded wheat or toasted oats. Popcorn is a great snack, when made with little or no butter or salt.

**Give kids whole-grain foods without the extras.** Many grain foods such as cookies, cakes, pies, and donuts have a lot of solid fats and added sugars. Serve these foods less often.

To find the right amount of grains for members of your family, visit <http://choosemyplate.gov/supertracker-tools/daily-food-plans.html> or [SuperTracker.usda.gov](http://SuperTracker.usda.gov).



## ▶ STIR-FRIED GREEN RICE, EGGS, AND TURKEY HAM

**COOK TIME:** 1 hour and 20 minutes

**MAKES:** six 1-cup servings

### INGREDIENTS:

- 1¾ cups brown rice, long-grain, regular, dry
- ⅓ tsp salt
- ¾ cup frozen chopped spinach, thawed, drained
- 6 large whole eggs, beaten
- 1 tablespoon vegetable oil
- ½ cup extra-lean turkey ham, diced ¼" (2 ounces)
- ¼ cup fresh green onions, diced
- 1 teaspoon sesame or vegetable oil
- 1 teaspoon low-sodium soy sauce

### DIRECTIONS:

1. Combine brown rice and 4½ cups water in a large pot and bring to a boil. Turn heat down to low. Cover and cook about 30-40 minutes, until water is absorbed. Fluff with a fork. Add salt to rice. Mix well. Set aside. (A rice cooker may be used with the same quantity of brown rice and water.)
2. Drain water from spinach by squeezing thawed spinach with hands. Set aside.
3. Whisk together eggs and 1 tablespoon of water. Cook half of the eggs in a large nonstick skillet coated with nonstick cooking spray. Remove eggs from skillet to cool. Chop cooled eggs and set aside. Reserve the remaining eggs for step 5.
4. Heat vegetable oil in a wok or a large nonstick skillet over high heat. Add ham and cook for 2 minutes or until ham begins to brown.
5. Reduce heat to medium. Add brown rice and toss to mix. Add remaining eggs. Stir for 5 minutes or until egg is fully cooked. Add green onions, spinach, chopped egg, sesame oil, and soy sauce. Stir well. Cook until thoroughly heated. Serve hot.



### NUTRIENTS PER SERVING:

Calories 238, Protein 9 g, Dietary Fiber 3 g, Total Fat 7 g, Saturated Fat 1 g, Cholesterol 74 mg, Sodium 313 mg.

*(Team Nutrition, Recipe for Healthy Kids: Cookbook for Homes)*



For more recipes visit  
[WhatsCooking.fns.usda.gov](http://WhatsCooking.fns.usda.gov).



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## ▶ WATCH YOUR FATS, SUGARS, AND SODIUM

Compare the solid (saturated) fats, added sugars, and sodium (salt) in the foods you eat. Look at the Nutrition Facts label to find foods with lower numbers of each.

### SOLID FATS AND OILS

Some fats are better for you than others. Oils are often better for you than solid fats. Limit solid fats such as butter, lard, stick margarine, and fats on meats and poultry. The key is to eat the right types of fats and oils in the right amounts. Oils that are better for you include:

- Canola oil
- Olive oil
- Safflower oil
- Oils in fish
- Corn oil
- Soybean oil
- Sunflower oil
- Oils in nuts and seeds

### ADDED SUGARS

Sugars add calories and are found in both food and drinks. Foods and drinks with high amounts of added sugars also have a lot of calories but little nutrition.

### SODIUM

Most of us enjoy the taste of salt in our foods. But too much sodium (salt) can lead to health problems like high blood pressure. Look for sodium on packaged foods—many of the packaged foods we eat are high in sodium.

## ▶ TIPS TO LOWER YOUR FATS, SUGARS, AND SODIUM

**Check the Nutrition Facts label.** Look for lower numbers in the items you buy. Pay attention to the amount of fats, sugars, and sodium.

**Cook at home so you know what goes into your food.** Prepare foods with little oil, cut back on solid fats, and choose spices instead of salt. Preparing meals at home can also cost less than eating out. 💰

**Keep an eye on the sugar.** Most of the added sugars we eat come from sodas, sports drinks, cakes, cookies, ice cream, candy, and other sweets. Focus your food dollars on vegetables, fruits, whole-grain foods, low-fat or fat-free dairy, and lean protein foods. 💰

**Add sweetness with fruit.** Top whole-grain cereal with sliced bananas, peaches, raisins, or your favorite fruit.

**Add flavor with spices, herbs, vinegars, or lemon juice.** Cut back on salt in your meals by adding no-salt seasonings, garlic, basil, apple cider vinegar, or lemon juice to your salads, meats, and side dishes. Rinse canned foods like beans or corn to lower the sodium.

**Think twice about some of your favorite foods.** Eat sweets and treats less often. They add extra calories and offer little nutrition.

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💰 BUDGET-FRIENDLY TIP

**HANDOUT:**  
*HOW MUCH FOOD AND PHYSICAL ACTIVITY?*



## ▶ PAN ROASTED TILAPIA WITH TOMATILLO SALSA

**COOK TIME:** 40 minutes

**MAKES:** four 3- to 4-ounce servings

### INGREDIENTS:

- 1 pound tomatillos
- ½ cup yellow or red onion, finely chopped
- 2 Serrano or other chilies, finely chopped
- 3 garlic cloves, minced
- 3 teaspoons vegetable oil
- ¼ teaspoon salt
- 1 tablespoon fresh lime juice (about ½ lime)
- ¼ chopped fresh cilantro leaves
- 4 tilapia fillets, patted dry with a paper towel  
(any inexpensive white fish can be used)

### DIRECTIONS:

1. Preheat the oven to 450 °F.

*To make the tomatillo salsa:*

2. To prepare the tomatillos, peel back the husk from the smooth green tomatillo skin. Rinse the tomatillos with warm water and cut into quarters.
3. Place the husked tomatillos, onion, chilies, garlic, and 1 teaspoon oil in the baking pan, stir well and transfer to the oven. Roast about 20 minutes until the tomatillos are soft and dark green. Set aside to cool.
4. Transfer the mixture to the blender; add the salt, lime juice, and cilantro and puree.

*To cook the tilapia:*

5. Place a skillet on the stove over high heat and when it is hot, carefully add 2 teaspoons of oil. Put the tilapia fillets in the pan. Cook about 2–3 minutes on each side, until golden brown on both sides.
6. Transfer the tilapia to the serving plate and top with generous amounts of salsa. Serve right away.



### NUTRIENTS PER SERVING:

Calories 171, Protein 23 g, Dietary Fiber 2 g, Total Fat 6 g,  
Saturated Fat 1 g, Cholesterol 48 mg, Sodium 195 mg.



For more recipes visit  
[WhatsCooking.fns.usda.gov](http://WhatsCooking.fns.usda.gov).



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## ► FIND AND MAKE HEALTHY FOODS IN A SNAP

Finding low-cost, healthy foods is important for many families. Use your SNAP benefits to stretch your food dollars and create tasty, healthy meals for your family. When you are shopping at the grocery store, use the information on food labels to help you make choices. Make meals at home, where you can control what is in your foods.

### USE FOOD LABELS

- **Read the Nutrition Facts label.** The Nutrition Facts label has a lot of useful information and can help you get the right amount of calories. The Nutrition Facts label includes nutrition information for a 2,000-calorie diet. Some adults and older children need about 2,000 calories a day. Toddlers and young children need to eat less. Inactive adults and older adults may also need fewer calories.
- **The serving size and number of servings are important.** Calories, fat, sugar, and sodium are shown. Look for low amounts of fat, sodium, and sugar, and high amounts of vitamins, minerals, and fiber. If you eat more than the amount on the label, you get more calories, fat, sodium, and other nutrients, too.
- **Look at the ingredients, too.** The first three ingredients usually make up most of the food item. Choose items with sugar, fat, and oils listed at the end of the ingredient list.
- **Check the sodium.** Foods that don't taste salty can be very high in sodium. Watch out for high amounts of sodium in deli meats, pizza, cheese, soups, breads, hot dogs, spaghetti sauce, canned foods, chips, and crackers. Choose low-sodium, no-salt or salt-free soy sauce, salsa, and seasonings as ingredients.

## ► TIPS TO MAKE MEALS AT HOME

**Make a recipe.** Prepare food at home so that you can control what goes into the meal. To find recipes that you can make at home use the What's Cooking? USDA Mixing Bowl at [WhatsCooking.fns.usda.gov](http://WhatsCooking.fns.usda.gov).

**Include foods from each of the five food groups.** Look for recipes that have more than one food group. Adding fruits, vegetables, grains, dairy, and protein foods can help you build a healthy plate. Limit foods with high amounts of solid fats, sugars, and sodium.

**Know the amount.** Use a measuring cup or spoon to measure ingredients in the recipe or the amount of food on your plate. Use recipes that list calories, sodium, and fats.

**Bake, broil, roast, or grill your foods.** Bake meats, roast vegetables, broil fish, and grill poultry instead of frying foods. You can add a lot of flavor by seasoning your foods with your favorite spices and herbs.

If you have questions about SNAP benefits or making healthy meals, ask your nutrition educator, call 1-800-221-5689, or visit the SNAP website <http://www.fns.usda.gov/snap/nutrition-education>.

**HANDOUT:**  
*HOW MUCH FOOD AND PHYSICAL ACTIVITY?*



## ▶ SPANISH FRITTATA

**COOK TIME:** 30 minutes

**MAKES:** four 4-ounce servings

**INGREDIENTS:**

- 1½ pounds (about 2) russet potatoes, scrubbed
- 6 large eggs
- 2 teaspoons vegetable oil
- 1 medium yellow onion, peeled and chopped
- ½ teaspoon salt
- ¼ teaspoon black pepper

**DIRECTIONS:**

1. Preheat the oven to 400 °F.
2. Put the potatoes in a non-stick skillet on the stove and cover with cold water. Turn the heat to medium-high and cook until the potatoes are easily pierced with a knife, about 15 minutes.
3. Drain the potatoes well, remove from the skillet, and set aside to cool. Then peel and cut into 1-inch cubes.
4. Put the eggs, salt, and pepper in a bowl and mix well with a whisk.
5. Return the skillet on the stove and turn the heat to medium-high. Add the oil. Add onion and cook about 5 minutes until soft. Add the cubed potatoes.
6. Pour the egg mixture over the potatoes and onions. Press down with a spatula to make an even layer and shake gently to prevent sticking. Lower to medium heat and cook about 7 minutes.
7. Transfer the skillet to the oven and cook until the frittata is completely set, about 5 minutes.
8. Gently loosen frittata from the pan. Place a serving plate over the skillet and carefully flip the frittata onto the plate.
9. Slice into 4 wedges. Serve warm.



**NUTRIENTS PER SERVING:**

Calories 281, Protein 13 g, Dietary Fiber 5 g, Total Fat 10 g, Saturated Fat 3 g, Cholesterol 317 mg, Sodium 408 mg.



For more recipes visit  
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## ▶ FOOD AND PHYSICAL ACTIVITY CHECKLIST



- ❑ Eat foods from each food group each day.
- ❑ Use measuring cups to learn what 1 cup and ½ cup look like.
- ❑ Cut raw vegetables like broccoli and carrots into small sizes. Keep them in clear containers in the refrigerator for quick snacks.
- ❑ Broil, grill, roast, or microwave meat, poultry, or fish instead of frying.
- ❑ Visit a local farmers market to buy fruits and vegetables in season.
- ❑ Pick low-fat or fat-free milk or yogurt (Recommended for persons over 2 years of age).
- ❑ Choose whole-grain foods, such as whole-wheat bread, oatmeal, brown rice, and low-fat popcorn more often.
- ❑ Use the Nutrition Facts label to find healthier foods at the grocery store.

- ❑ Play active games like tag or jump rope with children.
- ❑ Walk with the kids to school each day.
- ❑ Take the stairs, not the elevator.
- ❑ Be physically active for at least 2½ hours per week. Take a walk or jog at lunchtime or in the evening.
- ❑ Help kids be physically active at least 60 minutes every day, or most days. They can walk, dance, bike, play ball—it all counts.

Write other ideas here:

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## ▶ BRAISED CHICKEN THIGHS WITH SPINACH

**COOK TIME:** 1 hour and 10 minutes

**MAKES:** four 4-ounce servings

### INGREDIENTS:

- 4 (6-ounce) chicken thighs, bone-in, skin removed
- 1 teaspoon oil
- ½ teaspoon salt
- ½ teaspoon black pepper
- 1 small onion, peeled, chopped
- 3 garlic cloves, peeled, minced
- ½ teaspoon dried thyme
- ½ teaspoon dried rosemary
- 1 cup water
- 1 10-ounce package frozen or 1 bunch fresh spinach

### DIRECTIONS:

1. Heat skillet over medium-high heat. Add 1 teaspoon oil. Add chicken, top side down. Cook about 8 minutes on each side, or until deeply browned. Remove the chicken to a dinner plate and set aside.
2. Reheat skillet over medium heat. Add the onion, garlic, thyme, and rosemary. Cook about 5 minutes, until the onion is soft and golden. Return the chicken to the pan.
3. Add the water, and cover. Continue cooking for about 30 minutes.
4. Add frozen spinach and cook for about 10 minutes. Or, add the fresh spinach and cook about 2 minutes, until it wilts. Serve right away.



### NUTRIENTS PER SERVING:

Calories 185, Protein 22 g, Dietary Fiber 2 g, Total Fat 8 g, Saturated Fat 2 g, Cholesterol 112 mg, Sodium 423 mg.



For more recipes visit  
[WhatsCooking.fns.usda.gov](http://WhatsCooking.fns.usda.gov).



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## ▶ WHAT COUNTS AS 1 CUP?

Each food shown below counts as 1 cup of fruit or vegetables.

### ▶ FRUITS

Many people need to eat 2 cups from the fruits group each day.\*



1 cup of chopped fruit like fruit cocktail counts as 1 cup



½ cup of dried fruit like raisins counts as 1 cup



1 large banana counts as 1 cup



32 red seedless grapes count as 1 cup



1 cup (8 ounces) of 100% fruit juice counts as 1 cup

### ▶ VEGETABLES

Many people need to eat 2½ cups from the vegetables group each day.\*



2 cups of leafy greens like raw spinach counts as 1 cup



1 large sweet potato counts as 1 cup



12 baby carrots count as 1 cup



1 cup of cooked black beans counts as 1 cup



1 cup of cooked vegetables like green beans counts as 1 cup

\*The amounts are for a person on a 2,000-calorie daily food plan. The amount of fruits and vegetables may vary depending on the age, gender, and physical activity level of each person.

To find the right amount of fruits and vegetables for members of your family, visit <http://choosemyplate.gov/supertracker-tools/daily-food-plans.html> or [SuperTracker.usda.gov](http://SuperTracker.usda.gov).

## ▶ CUBAN SALAD

**TOTAL TIME:** 20 minutes

**MAKES:** four 1-cup servings

### INGREDIENTS:

*For the dressing:*

- 3 tablespoons vegetable oil
- ¼ cup fresh lime juice (1 large or 2 small limes)
- 1 teaspoon of garlic, peeled and minced
- ¼ teaspoon salt
- ¼ teaspoon black pepper

*For the salad:*

- 1 head romaine lettuce, washed, patted dry with paper towels, and torn into bite-size pieces
- 2 large tomatoes, diced
- 1 red onion, finely diced
- 6–8 radishes, thinly sliced

### DIRECTIONS:

*To make the dressing:*

1. Put the oil, lime juice, garlic, salt, and pepper in the small bowl and mix well. Lemon juice can be used instead of lime juice.

*To make the salad:*

2. Put the lettuce, tomatoes, onion, and radishes in the mixing bowl and toss to combine. White onion can be used instead of red onion.
3. Pour the dressing over the lettuce mixture and toss. Serve right away.
4. For protein, add low-sodium canned tuna, sardines, or salmon on top of the salad.



### NUTRIENTS PER SERVING:

Calories 154, Protein 3 g, Dietary Fiber 7 g, Total Fat 11 g, Saturated Fat 1 g, Cholesterol 0 mg, Sodium 194 mg.



For more recipes visit  
[WhatsCooking.fns.usda.gov](http://WhatsCooking.fns.usda.gov).



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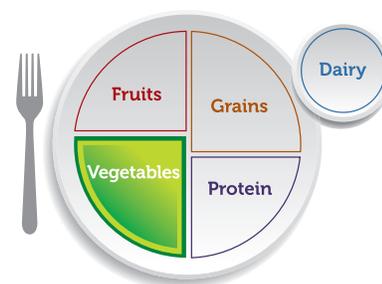
## ► CHOOSE YOUR VEGGIES

Everyone can benefit from eating more vegetables. Vegetables are full of vitamins and minerals. Find ways to add vegetables to most meals and snacks to help your family get the nutrition they need. Serve different types of vegetables like:

- Dark green—broccoli, spinach, and dark-green leafy lettuces
- Red and orange—red peppers and tomatoes; carrots and sweet potatoes
- Others—beans, peas, green beans, cauliflower, zucchini, squash, corn, and green peas

Adults and children who need 2,000 calories daily should eat about 2½ cups of vegetables each day. For 1 day, 2½ cups of vegetables might include:

- **1 cup of cooked green beans** (counts as 1 cup)
- **1 cup of raw spinach** (counts as ½ cup)
- **One medium, baked sweet potato** (counts as 1 cup)



## ► TIPS TO CHOOSE VEGGIES EVERY DAY

**Buy vegetables that can help you save money and time.** Frozen and low-sodium canned vegetables often cost less than fresh and can save time in the kitchen—no washing, slicing, or chopping. 💰

**Choose fresh vegetables when they are in season or grow your own.** When you purchase in season, vegetables are at the peak of flavor and usually cost less. You can also grow your own vegetables such as tomatoes, peas, and squash. If you receive SNAP, you can use your benefits to purchase seeds. 💰

**Set an example for your kids.** Make half your plate vegetables and fruits at meal time. Serve veggies as part of your child's meal. Offer carrot sticks or cucumber slices as a snack.

**Spice up your vegetables with herbs and seasoning.** Cook vegetables like sliced zucchini, carrots, and onions with your favorite herbs or add a store brand seasoning for flavor. Store brand herbs and spices may cost less than name brand choices. 💰

**Serve vegetables in ways that your family will enjoy.** Try a baked sweet potato or roasted squash. Mix broccoli and carrots with brown rice for a side dish. Place slices of tomato and lettuce in sandwiches. Add frozen vegetables to low-sodium soups.

**Keep sliced vegetables in the fridge.** Place sliced bell peppers, cauliflower, carrots, and celery in air-tight containers and store them in your refrigerator. For a quick meal, mix whole-wheat pasta with sliced and steamed bell peppers, carrots, and chickpeas.

💰 BUDGET-FRIENDLY TIP

To find the right amount of vegetables for members of your family, visit <http://choosemyplate.gov/supertracker-tools/daily-food-plans.html> or [SuperTracker.usda.gov](http://SuperTracker.usda.gov).



## ► FISH WITH SPINACH

**COOK TIME:** 30 minutes

**MAKES:** 4 servings

**INGREDIENTS:**

- 3 teaspoons vegetable oil
- 1 pound skinless cod fillets\*
- 1 yellow onion, peeled, chopped
- 2 garlic cloves, peeled, minced
- 2 cups canned tomatoes\*\*, diced, low-sodium
- ½ cup water
- 2 cups spinach, frozen, coarsely chopped
- ¼ cup black olives, pitted, chopped

**DIRECTIONS:**

1. Put the skillet on the stove over high heat. When it is hot, add 1½ teaspoons oil.
2. Add fish. Cook about 5 minutes per side, until deeply browned. Remove the fish to the plate and cover.
3. Reheat the skillet to medium heat. Add the remaining 1½ teaspoons oil, onion, and garlic. Cook about 7 minutes. Add tomatoes and water. Cook about 10 minutes, until the mixture thickens and turns from bright red to an orange color.
4. Return fish to skillet with the tomato mixture. Cover with spinach and sprinkle with olives. Cover skillet. Cook about 2 minutes over low heat until the spinach is steamed. Serve right away.

\*Try this recipe with another white fish, such as tilapia, haddock, or catfish.

\*\*Fresh tomatoes can be used instead of canned.



**NUTRIENTS PER SERVING:**

Calories 196, Protein 25 g, Dietary Fiber 6 g, Total Fat 6 g, Saturated Fat 1 g, Cholesterol 47 mg, Sodium 255 mg



For more recipes visit  
[WhatsCooking.fns.usda.gov](http://WhatsCooking.fns.usda.gov).



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## ▶ KEEP FRUITS HANDY

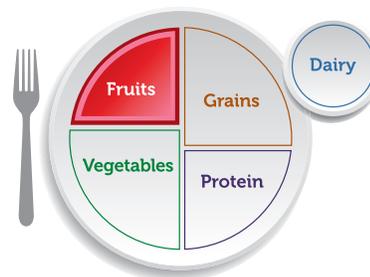
Eat a variety of fruits every day to add vitamins, minerals, and fiber to your meals and snacks. Most fruits are low in fat, sodium, and calories.

Serve different types of fruits like:

- Apples
- Bananas
- Oranges
- Canned peaches or pears packed in 100% juice
- Dried fruits such as raisins, cranberries, or prunes
- 100% orange or grapefruit juice

Adults and children who need 2,000 calories daily should eat about 2 cups of fruit each day. For 1 day, you could eat:

- **½ cup of canned peaches** (counts as ½ cup of fruit).
- **A large banana** (counts as 1 cup of fruit).
- **A small orange** (counts as ½ cup of fruit).



## ▶ TIPS TO KEEP FRUITS HANDY

### **Put different types of fruits on your shopping list.**

Look for fresh, frozen, canned, and dried fruits at the store. Purchasing canned or frozen store brand fruits can save you more. 💰

**Focus on fruit at meal time.** Slice bananas on top of 100% whole-wheat breakfast cereal, place apple slices in a peanut butter sandwich for lunch, or add canned peaches or raisins to a salad at dinner. Younger children can help you pick the fruits for family meals or snacks.

**Buy fruits in season.** While most fruits are in the grocery store all year long, some cost less when they are purchased in season. Use your SNAP benefits to buy fruits at a local farmers market. 💰

**Make fruit easy to see and eat.** Keep a bowl of fruit like apples, oranges, and bananas on the kitchen counter for quick snacks. Fill half your plate with fruits and vegetables during meals.

**Serve 100% juice.** Look at the label to check if a drink is 100% fruit juice. Offer no more than 1 cup per day to children. If kids are still thirsty, serve water or milk. Look for canned fruit packed in 100% juice such as peaches and mandarin oranges.

**Give your kids new fruits to try.** Buy cantaloupes, strawberries, watermelons, grapes, and blueberries when they are on sale. Let your child see you enjoying different kinds of fruits during meals and snacks. 💰

### 💰 BUDGET-FRIENDLY TIP

To find the right amount of fruits for members of your family, visit <http://choosemyplate.gov/supertracker-tools/daily-food-plans.html> or [www.supertracker.usda.gov](http://www.supertracker.usda.gov).



## ▶ FRUIT SALAD WITH YOGURT

**TOTAL TIME:** 25 minutes

**MAKES:** four 1 cup servings

### INGREDIENTS:

- 2 cups sliced strawberries
- 1 cup blueberries, rinsed
- 1 cup pineapple chunks, canned or fresh
- 3 tablespoons of pineapple juice\*
- 2 cups of plain, low-fat yogurt
- 2 tablespoons of sliced or slivered almonds

### DIRECTIONS:

1. Place fruit in a large bowl and mix with pineapple juice. Let stand for 15 minutes at room temperature.
2. Place 1 cup of fruit salad in a small bowl and top with  $\frac{1}{2}$  cup of yogurt.
3. Sprinkle almonds on top of each fruit salad. Serve immediately.

\*Any 100% fruit juice can be used instead of pineapple juice.



### NUTRIENTS PER SERVING:

Calories 172, Protein 8 g, Dietary Fiber 3 g, Total Fat 4 g,  
Saturated Fat 1 g, Cholesterol 7 mg, Sodium 88 mg.



For more recipes visit  
[WhatsCooking.fns.usda.gov](http://WhatsCooking.fns.usda.gov).



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## ▶ BE ACTIVE TODAY

Eating healthier foods is important, but we also need to be physically active. Adults should try to be active most days of the week. Children should try to be active every day. Think about activities you enjoy and find ways to move throughout the day. Some physical activity is better than none at all.

- Adults need to be physically active for at least 2½ hours during the week.
- Kids need at least 60 minutes of physical activity every day.
- Children 2 to 5 years old should play actively throughout the day.

Find ways to be active your way. Adults should do some type of moderate-intensity activity throughout the week. You may need more physical activity to lose or maintain a healthy weight. See below for ideas:

- Walking briskly
- Jogging
- Dancing
- Bicycling
- Gardening

## ▶ TIPS FOR BEING PHYSICALLY ACTIVE

**Start slow.** If you are just getting started, you can start slowly by doing 10 minutes of activity at a time. Add more time and intensity as you get stronger. A local library may offer free videos or you can find videos online to get you started. 💰

**Walking works.** Walk in an area that is comfortable for you like in your neighborhood, at a park, or in the mall. If your child's school is nearby, walk with him or her to school.

**Look for activities in your community.** Check a local community center or place of worship for free or low-cost exercise programs, fitness classes, and activities for you or your kids. Join a group that focuses on being active such as a walking club. 💰

**Move throughout the day.** Take the stairs instead of the elevator. Walk the dog instead of letting the dog outside. Do push-ups and sit-ups as you listen to your favorite song. Park farther away from the store, so you can add steps to your day.

**Build stronger muscles.** Yoga and lifting light weights are good ways to build your muscles. Try doing strength-building activities at least 2 days each week.

**Be active at any age.** Everyone benefits from physical activity. You can play with your toddler in the yard or walk with a grandparent to the bus. Play sports like soccer with other adults in your community or enjoy a game of tag with your kids.

---

### 💰 BUDGET-FRIENDLY TIP

Even if your family is busy, there are many ways to be active. Being more physically active can help you feel better about yourself and give you more energy. Look for friends, family, or members in your community who will support your efforts to move more.

**HANDOUT:**  
*FAMILY TIME—ACTIVE AND FUN!*



## ▶ CHIC' PENNE

**COOK TIME:** 40 minutes

**MAKES:** six 1½-cup servings

### INGREDIENTS:

- 3 cups penne pasta, whole-wheat, dry (12 ounces)
- 1 teaspoon granulated garlic
- 2 cups fresh broccoli florets
- 1 cup cooked diced chicken, ½-inch pieces (4 ounces)
- 1½ cups fat-free half-and-half
- 1 tablespoon enriched all-purpose flour
- ⅛ cup low-sodium chicken broth
- 1 teaspoon salt
- ½ teaspoon ground black pepper
- 1 cup reduced-fat cheddar cheese, shredded (2 ounces)

### DIRECTIONS:

1. Preheat oven to 350 °F.
2. In a large pot, bring 2 quarts of water to a boil. Gradually stir in pasta and return to a boil. Cook uncovered for 8-10 minutes or until tender. Do not overcook. Drain well. Toss pasta with ½ teaspoon garlic.
3. Fill a medium pot with water and bring to a boil. Add broccoli florets and cook for 5 minutes. Drain well. Sprinkle with remaining garlic.
4. Transfer pasta and broccoli to a medium casserole dish (about 8" x 11") coated with nonstick cooking spray. Add chicken. Mix well.
5. In a small mixing bowl, mix ½ cup half-and-half with flour. Whisk to remove lumps.
6. In a medium skillet, heat chicken broth, salt, pepper, and remaining half-and-half. Stir constantly. Stir in half-and-half/flour mixture. Stir constantly and bring to a boil.
7. Reduce heat to low. Stir frequently for 5 minutes. Sauce will thicken. Add cheese and stir until cheese melts. Remove from heat. Pour sauce over broccoli/pasta mixture.
8. Cover casserole dish with lid or with foil. Bake at 350 °F for 8 minutes. Remove from oven. Serve hot.



### NUTRIENTS PER SERVING:

Calories 300, Protein 19 g, Dietary Fiber 6 g, Total Fat 6 g, Saturated Fat 2 g, Cholesterol 26 mg, Sodium 418 mg

*(Team Nutrition, Recipe for Healthy Kids: Cookbook for Homes)*



For more recipes visit  
[WhatsCooking.fns.usda.gov](http://WhatsCooking.fns.usda.gov).



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# Healthy Body, Healthy Spirit

## Health Coordinator Training One - Agenda

6-8 pm

### Light and Healthy Dinner

- Sign in and mingling

### Introductions

#### Healthy Body, Healthy Spirit Project Overview

- Project Goals and objectives
- Role of Health Coordinators
  - Participant sign-ups
  - Baseline Information
  - Encouraging behavior change
  - Motivating congregation
- Support from Advocates for Better Children's Diets (ABCD)
- Support from Leadership Council for Healthy Communities (LCHC)
- Questions

### Community Conversations

- What does it mean to have a healthy body and healthy spirit?
- Health Coordinators share the needs of their communities
  - What are some barriers to healthy eating and physical activity that you think your congregation members face?
  - What do you think will motivate your congregation members to eat healthy and do physical activity?
  - What nutrition and physical activity topics do you think will be interesting and beneficial to your faith-based community?
  - What form of communication does your congregation use to share information?

### Creating an Environment that Encourages Health

- Environmental Assessment

### Wrap Up

- Reporting requirements
- Schedule next training
- Post-Test (3 questions)
- Questions

# Healthy Body, Healthy Spirit

## Workshop 1

# Enjoy Healthy Food That Tastes Great

*Eat Healthy ● Be Active*  
*Community Workshops*



# Workshop 1 Instructor Guide

## Before Workshop Begins

- Thoroughly read entire workshop and become familiar with the lesson plan.
- Set up *Taste Testing Activity*: unsalted saltines, olive oil, spices, cups, and napkins
- Pass out folders containing the following handouts:
  1. Pre-test
  2. Small changes can make a large difference
  3. Tips for Healthier Choices
  4. Reduce Your Sodium (Salt) Intake
  5. Post-test
  6. Workshop Evaluation

## Workshop Outline

*The workshop should last ~1 hour.*

- Icebreaker activity (5 minutes)—*Find Someone Who...*
- **Introduction (10 minutes)** – Explain learning objectives and give *pre-tests*
  
- **Objective 1:** Learn about small changes you can make to choose healthier fats, less salt, and less added sugars (10 minutes)
  - Review handout: *Small changes can make a large difference*
  
- Instant Recess (5 minutes)
  
- **Objective 2:** Learn about food substitutions and using spices, herbs, and salt-free seasonings that will give you new ways to eat healthfully (10 minutes)
  - Review handout: *Tips for Healthier Choices*
  - Review handout: *Reduce Your Sodium (Salt) Intake*
- *Taste Testing Activity* (5 minutes)
  
- **Wrap-up/Q&A** (10 minutes)
- Give *Post-test* and *evaluation form* (5 minutes)

# Workshop Lesson Plan

## Icebreaker—Handout: *Find Someone Who. . .* (5 minutes)

Pass out the game sheet and ask participants to talk to one another. Participants then sign their names in the boxes for the activities they do.

Depending on the size of the group, set a limit on how many boxes the same person can sign on a participant's game sheet (usually just two). To keep the game going, ask participants to try and complete two rows, a "T" pattern, or even the whole grid.

## Learning Objectives & Pre-Test (10 minutes)

Today's workshop is the first *Healthy Body, Healthy Spirit* workshop. There are two learning objectives:

1. Learn about small changes you can make to choose healthier fats, less salt, and less added sugars
2. Learn about food substitutions and using spices, herbs, and salt-free seasonings that will give you new ways to eat healthfully

\*\*Before you begin, ask participants to find their *pre-tests* in the folders. The purpose of the *pre-test* is to help improve future workshops. Ask participants to answer questions to their best ability and return their *pre-tests* to you.

## Handout: *Small Changes Can Make a Large Difference* (10 minutes)

Let's learn about how to make small changes to pick healthy fats, eat less salt and less sugar!

- Cook with healthier methods, such as baking, broiling, grilling, and boiling.
- Select leaner cuts of ground beef (90% lean or higher), turkey breast, or chicken breast.
- **Limit processed meats**, such as hot dogs and deli meat, which tend to be high in sodium.
- Choose frozen vegetables without sauces and canned vegetables that are labeled as reduced sodium or no-salt-added.
- In addition to fresh fruits, use canned, frozen, and dried fruits. Look for unsweetened fruit or fruit canned in 100% juice.
- Drink water, fat-free or low-fat milk, 100% fruit juice, or unsweetened tea or coffee. Regular soda, sports drinks, energy drinks, fruit drinks, and other sugar-sweetened drinks have added sugar.

\*\* Ask if participants have any questions.

## Instant Recess (5 minutes)

## **Handout: *Tips for Healthier Choices* (5 minutes)**

- Eat less **sodium**.  
✓ *Here's how:* Choose low-sodium or no-salt-added canned goods.
- Eat less **cholesterol**.  
✓ *Here's how:* Try using egg substitutes for whole eggs.
- Eat less **saturated fats**.  
✓ *Here's how:* Choose lean meats and fat-free or low-fat dairy products instead of whole or 2% dairy foods.
- **Reduce the intake of calories from added sugars**.  
✓ *Here's how:* Choose foods prepared with little or no added sugars, such as cereals without frostings.
- Limit **refined grains**.  
✓ *Here's how:* Choose whole-grain bread or pasta, brown rice, or whole-wheat flour.

\*\* Ask if participants have any questions.

## **Handout: *Reduce Your Sodium (Salt) Intake* (5 minutes)**

- Too much sodium can be bad for your health. It can increase your blood pressure and your risk for a heart attack and stroke.
- **The majority of sodium** we consume is in processed and restaurant foods. Some examples are breads, rolls, luncheon meats, pizza, regular canned soups, regular cheese, casseroles, pasta dishes, and snacks.
- Using herbs and spices to replace salts. Check the chart on your handout.

\*\* Ask if participants have any questions.

## **Taste Testing Activity (5 minutes)**

- Offer participants saltines to dip in a small amount of oil and different spices.

\*\* Ask them how they like the taste and whether they can name the spice/seasoning.

## **Wrap-up/Q&A (10 minutes)**

- Reminders of things to try at home:
  1. Small changes you can make to choose healthier fats, less salt, and less added sugars.
  2. Food substitutions and using spices, herbs, and salt-free seasonings that will give you new ways to eat healthfully.

## **Complete post-test and evaluation form (5 minutes)**

# Healthy Body, Healthy Spirit

## Health Coordinator Training One - Materials

6-8 pm Food and drinks

- Paper goods (plates, silverwares, napkins)
- Name tags with HC's names, reusable
- Sign-in sheet (excel document)
- Pen
- Scales
- Sanitizing wipes (to clean scales after each user)
- Dividers
- Binders (14)
- Spirals - 5

### Binders containing:

- Meeting agenda
- Post-test
  - What is the goal of *Healthy Body, Healthy Spirit*?
  - *What is your role as the Health Coordinator for Healthy Body, Healthy Spirit?*
  - *Describe one environmental change you can make to encourage healthy choices for your faith-based community?*
- Environmental assessment
- Promotion materials (fliers, sign-up sheets, and powerpoint)
- Nutrition and physical activity tracking sheets for HC themselves

# Healthy Body, Healthy Spirit

## Workshop #1 Post-Test

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Faith Institution: \_\_\_\_\_

Instructions: Please circle the option that best answers the question.

- What are some healthy ways to prepare meals for your family:
  - Bake
  - Broil
  - Grill
  - All of the above
- You are buying deli meat, cheese, and condiments to make a sandwich. Circle the healthier option.  
**Deli meat:** turkey slice or salami  
**Cheese:** reduced-fat cheese or regular cheese  
**Condiments:** regular mayonnaise or mustard
- Michael is at the grocery store, and he just picked up a half gallon of 2% milk. List one milk option with less saturated fat Michael could buy.
- Rinsing canned foods can reduce the sodium content.
  - True
  - False
- Circle three drinks that are high in added sugar and calories.  
regular soda      water      energy drinks      sports drinks      unsweetened tea
- Name two ways to add flavors to your food instead of using salt.
  - 
  -
- What should you look for when buying canned fruit?
  - "Packed in syrup"
  - "Packed in natural juice"
  - None of the above
- Circle two meats that are lower in fat.  
pork loin      80/20 ground beef      fried chicken wings      skinless chicken thigh      Italian sausage

# Healthy Body, Healthy Spirit

## Workshop #1 Pre-Test

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Faith Institution: \_\_\_\_\_

Instructions: Please circle the option that best answers the question.

- What are some healthy ways to prepare meals for your family:
  - Bake
  - Broil
  - Grill
  - All of the above
- You are buying deli meat, cheese, and condiments to make a sandwich. Circle the healthier option.  
**Deli meat:** turkey slice or salami  
**Cheese:** reduced-fat cheese or regular cheese  
**Condiments:** regular mayonnaise or mustard
- Michael is at the grocery store, and he just picked up a half gallon of 2% milk. List one milk option with less saturated fat Michael could buy.
- Rinsing canned foods can reduce the sodium content.
  - True
  - False
- Circle three drinks that are high in added sugar and calories.  
regular soda      water      energy drinks      sports drinks      unsweetened tea
- Name two ways to add flavors to your food instead of using salt.
  - 
  -
- What should you look for when buying canned fruit?
  - "Packed in syrup"
  - "Packed in natural juice"
  - None of the above
- Circle two meats that are lower in fat.  
pork loin      80/20 ground beef      fried chicken wings      skinless chicken thigh      Italian sausage

# Workshop 1

# Enjoy Healthy Food That Tastes Great

*Eat Healthy ● Be Active*  
*Community Workshops*





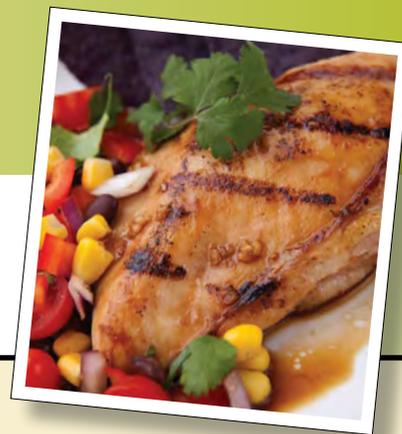
# Workshop 1 ● Handouts



# Small changes can make a large difference

All the flavor—with healthy fats, less salt, and less sugar!

Check off the tips you will try.



Pick healthy fats and still keep the flavor	
Let go of the old ways. Instead of ...	Try the new way of eating healthy. ✓ I will ...
Frying in butter, stick margarine, lard, or shortenings	<input type="checkbox"/> Bake, broil, grill, or boil. <input type="checkbox"/> Stir-fry or sauté with cooking spray in a nonstick pan. Or use vegetable oils like canola, corn, olive, peanut, or soybean.
Choosing whole milk, full-fat cream cheese, or full-fat hard cheeses	<input type="checkbox"/> Drink fat-free or 1% milk. <input type="checkbox"/> Choose fat-free or low-fat cream cheese and low-fat or reduced-fat hard cheeses.
Choosing full-fat sour cream or full-fat cottage cheese	<input type="checkbox"/> Choose fat-free or reduced-fat sour cream or fat-free plain yogurt. <input type="checkbox"/> Eat fat-free or low-fat (1%) cottage cheese.
Choosing fattier cuts of meat	<input type="checkbox"/> Take the skin off chicken and turkey pieces before cooking them. <input type="checkbox"/> Eat leaner cuts of ground meat. Look for 99% fat-free ground turkey breast or ground chicken breast.
Lower salt, not taste!	
Instead of ...	Try the new way of eating healthy. ✓ I will ...
Buying already prepared meals and processed meats (such as cold cuts, hot dogs, and rotisserie chicken)	<input type="checkbox"/> Make more meals using fresh, lean meats and fresh, frozen, or low-sodium canned vegetables.
Eating frozen or delivery pizza	<input type="checkbox"/> Make veggie pizza at home using fresh vegetables, a small amount of cheese, and no-salt added tomato sauce.
Choosing regular canned vegetables	<input type="checkbox"/> Buy fresh veggies or frozen vegetables without sauces. Use herbs to add flavor. <input type="checkbox"/> Choose canned vegetables that are labeled “no salt added.”
Adding salt to foods for flavor	<input type="checkbox"/> Season foods with herbs, spices, chiles, lime or lemon juice, and vinegar.
Lower sugar, and still satisfy your sweet tooth!	
Instead of ...	Try the new way of eating healthy. ✓ I will ...
Choosing sweet breakfast cereals	<input type="checkbox"/> Choose whole-grain cereals that don't have frosting or added sugars. <input type="checkbox"/> Choose fat-free yogurt or fat-free cottage cheese. Add fresh fruit and a few almonds for extra flavor and crunch.
Drinking sugary soft drinks and juice drinks	<input type="checkbox"/> Drink water or unsweetened iced tea with lemon juice.
Eating big portions of sweet desserts	<input type="checkbox"/> Eat a piece of fresh fruit—yummy! <input type="checkbox"/> Split a small dessert with a friend.
Choosing canned fruit packed in syrup	<input type="checkbox"/> Choose canned fruit labeled “packed in natural juice.” <input type="checkbox"/> Choose fresh or frozen fruit.

## Find Someone Who . . .

### Eating Healthy Most of the Time + Physical Activity = Good Health

Has a home-cooked dinner on most nights	Made half their plates fruit and vegetables today	Plays outside with their kids or grandchildren	Has fruit for dessert often
Chooses fat-free or low-fat milk and dairy products	Doesn't drink soda	Chooses whole-grain products when available	Engaged in aerobic exercise three times last week
Feels good after exercising	Works in the garden	Avoids salty foods like lunch meats or hot dogs	Takes a brisk walk on most days
Avoids oversized portions	Did exercises like pushups and situps last week	Likes 100% frozen juice bars	Regularly reads the Nutrition Facts Label



## Tips for Healthier Choices

These alternatives provide new ideas for old favorites. Don't forget to check food labels to compare calories, solid fats (saturated and *trans* fat), and sodium in products.

If you usually buy:	Try these:
<b>Milk and Milk Products</b>	
<ul style="list-style-type: none"> <li>Whole milk (regular, evaporated, or sweetened condensed)</li> </ul>	<ul style="list-style-type: none"> <li>Fat-free (skim), low-fat (1%) milk, evaporated milk, or sweetened condensed milk</li> </ul>
<ul style="list-style-type: none"> <li>Ice cream</li> </ul>	<ul style="list-style-type: none"> <li>Sorbet and ices, sherbet, or low-fat or fat-free frozen yogurt</li> </ul>
<ul style="list-style-type: none"> <li>Sour cream</li> </ul>	<ul style="list-style-type: none"> <li>Plain fat-free or low-fat Greek yogurt or fat-free sour cream</li> </ul>
<ul style="list-style-type: none"> <li>Cream cheese</li> </ul>	<ul style="list-style-type: none"> <li>Neufchatel "light" cream cheese or fat-free cream cheese</li> </ul>
<ul style="list-style-type: none"> <li>Cheese (cheddar, Swiss, Monterey Jack, American, mozzarella, etc.)</li> </ul>	<ul style="list-style-type: none"> <li>Reduced-calorie or fat-free cheese, part-skim, low-calorie processed cheeses, etc.</li> </ul>
<ul style="list-style-type: none"> <li>Regular (4%) cottage cheese</li> </ul>	<ul style="list-style-type: none"> <li>Fat-free or low-fat (1%) cottage cheese</li> </ul>
<ul style="list-style-type: none"> <li>Whole-milk ricotta cheese</li> </ul>	<ul style="list-style-type: none"> <li>Part-skim milk ricotta cheese</li> </ul>
<ul style="list-style-type: none"> <li>Coffee cream (½ and ½) or nondairy creamer</li> </ul>	<ul style="list-style-type: none"> <li>Low-fat (1%) or nonfat dry milk powder</li> </ul>
<b>Cereals, Grains, and Pastas</b>	
<ul style="list-style-type: none"> <li>Pasta with white sauce (Alfredo)</li> </ul>	<ul style="list-style-type: none"> <li>Whole grain pasta with red sauce (marinara)</li> </ul>
<ul style="list-style-type: none"> <li>Pasta with cheese sauce</li> </ul>	<ul style="list-style-type: none"> <li>Whole grain pasta with vegetables (primavera)</li> </ul>
<ul style="list-style-type: none"> <li>White rice or pasta</li> </ul>	<ul style="list-style-type: none"> <li>Brown rice or whole grain pasta</li> </ul>
<b>Meats, Fish, and Poultry</b>	
<ul style="list-style-type: none"> <li>Cold cuts or lunch meats (bologna, salami, liverwurst, etc.)</li> </ul>	<ul style="list-style-type: none"> <li>Low-fat/reduced sodium cold cuts (turkey, chicken)</li> </ul>
<ul style="list-style-type: none"> <li>Bacon or sausage</li> </ul>	<ul style="list-style-type: none"> <li>Canadian bacon or lean ham</li> </ul>
<ul style="list-style-type: none"> <li>Regular ground beef</li> </ul>	<ul style="list-style-type: none"> <li>Extra-lean ground beef or lean ground turkey</li> </ul>
<ul style="list-style-type: none"> <li>Beef chuck, rib, brisket</li> </ul>	<ul style="list-style-type: none"> <li>Beef round or loin (trimmed of external fat)</li> </ul>
<ul style="list-style-type: none"> <li>Frozen breaded fish or fried fish (homemade or commercial)</li> </ul>	<ul style="list-style-type: none"> <li>Fish or shellfish, unbreaded (fresh, frozen, or canned in water)</li> </ul>
<ul style="list-style-type: none"> <li>Chorizo sausage</li> </ul>	<ul style="list-style-type: none"> <li>Turkey sausage or vegetarian sausage (made with tofu)</li> </ul>

If you usually buy:	Try these:
<b>Baked Goods</b>	
<ul style="list-style-type: none"> <li>• Croissants or brioches</li> </ul>	<ul style="list-style-type: none"> <li>• Whole grain rolls</li> </ul>
<ul style="list-style-type: none"> <li>• Doughnuts, sweet rolls, muffins, scones, or pastries</li> </ul>	<ul style="list-style-type: none"> <li>• Whole grain English muffins, bagels, reduced-fat or fat-free muffins or scones</li> </ul>
<ul style="list-style-type: none"> <li>• Party crackers or cookies</li> </ul>	<ul style="list-style-type: none"> <li>• Saltine or soda crackers, pretzels, whole grain crackers (choose lower in sodium), graham crackers, ginger snaps, or fig bars</li> </ul>
<ul style="list-style-type: none"> <li>• Frosted cake or pound cake</li> </ul>	<ul style="list-style-type: none"> <li>• Angel food cake or gingerbread</li> </ul>
<b>Fats, Oils, and Salad Dressings</b>	
<ul style="list-style-type: none"> <li>• Regular margarine or butter</li> </ul>	<ul style="list-style-type: none"> <li>• Light margarines or olive oil</li> </ul>
<ul style="list-style-type: none"> <li>• Regular mayonnaise</li> </ul>	<ul style="list-style-type: none"> <li>• Mustard or fat-free or reduced-fat mayonnaise</li> </ul>
<ul style="list-style-type: none"> <li>• Regular salad dressing</li> </ul>	<ul style="list-style-type: none"> <li>• Fat-free or reduced-fat salad dressings, lemon juice, or wine vinegar</li> </ul>
<ul style="list-style-type: none"> <li>• Oils, shortening, or lard for pan cooking</li> </ul>	<ul style="list-style-type: none"> <li>• Nonstick cooking spray for stir-frying or sautéing</li> </ul>
<b>Miscellaneous</b>	
<ul style="list-style-type: none"> <li>• Canned cream soups</li> </ul>	<ul style="list-style-type: none"> <li>• Canned broth-based soups (low sodium)</li> </ul>
<ul style="list-style-type: none"> <li>• Gravy (homemade with fat and/or milk)</li> </ul>	<ul style="list-style-type: none"> <li>• Gravy mixes made with water or homemade with the fat skimmed off and fat-free milk</li> </ul>



## Reduce Your Sodium (Salt) Intake

- Read the Nutrition Facts Labels to choose foods lower in sodium.
- When purchasing canned foods, select those labeled as “reduced sodium,” “low sodium,” or “no salt added.” Rinse regular canned foods to remove some sodium.
- Gradually reduce the amount of sodium in your foods. Your taste for salt will change over time.
- Consume more fresh food and few processed foods that are high in sodium.
- Eat more home-prepared foods, where you have more control over sodium, and use little or no salt or salt-containing seasonings when cooking or eating foods.
- When eating at restaurants, ask that salt not be added to your food or order lower sodium options, if available.

Tips for Using Herbs and Spices (Instead of Salt)	
<b>Basil:</b>	Use in soups, salads, vegetables, fish, and meats.
<b>Cinnamon:</b>	Use in salads, vegetables, breads, and snacks.
<b>Chili Powder:</b>	Use in soups, salads, vegetables, and fish.
<b>Cloves:</b>	Use in soups, salads, and vegetables.
<b>Dill Weed and Dill Seed:</b>	Use in fish, soups, salads, and vegetables.
<b>Ginger:</b>	Use in soups, salads, vegetables, and meats.
<b>Garlic:</b>	Use in soups, vegetables, meats, and chicken.
<b>Marjoram:</b>	Use in soups, salads, vegetables, beef, fish, and chicken.
<b>Nutmeg:</b>	Use in vegetables, meats, and snacks.
<b>Oregano:</b>	Use in soups, salads, vegetables, meats, and chicken.
<b>Parsley:</b>	Use in salads, vegetables, fish, and meats.
<b>Rosemary:</b>	Use in salads, vegetables, fish, and meats.
<b>Sage:</b>	Use in soups, salads, vegetables, meats, and chicken.
<b>Thyme:</b>	Use in salads, vegetables, fish, and chicken.

**Note:** To start, use small amounts of these herbs and spices to see whether you like them.

**Source:** Dietary Guidelines for Americans, *A Healthier You, Part III*.  
<http://www.health.gov/dietaryguidelines/dga2005/healthieryou/contents.htm>

Today's Date: \_\_\_\_\_

## Enjoy Healthy Food That Tastes Great Evaluation

1=Strongly Disagree      2=Disagree      3=Neither Disagree or Agree      4=Agree      5=Strongly Agree

1. The workshop covered useful information.      1      2      3      4      5  
Comments:

2. The workshop activities were helpful.      1      2      3      4      5  
Comments:

3. I plan to try a recipe makeover this week.      1      2      3      4      5  
Comments:

4. I plan to change my eating habits based on the information I learned today.      1      2      3      4      5  
Comments:

5. I plan to become more active based on the information I learned today.      1      2      3      4      5  
Comments:

6. The instructor presented the information in a helpful way.      1      2      3      4      5  
Comments:

7. Overall, I found the workshop to be very helpful.      1      2      3      4      5  
Comments:

8. Please tell us which materials you found most useful.  
Comments:



# How To Be An Active Family

Physical activity is important -- for you and your family to stay healthy! Adults need 2 hours and 30 minutes a week of physical activity and children need 60 minutes a day.

How will you be active with your family?

## 10 Tips to Stay Active with Your Family

### 1. **Set a specific time to exercise every day.**

Find a time when you and your family can exercise together. Maybe it's after dinner or on the weekend. Try a family bike ride or swim at your local recreation center.

### 2. **Make chores fun together.**

Chores can be fun. Team up with a family member and race who can finish their job first. Challenge the family to see who can beat their old time.

### 3. **Turn TV commercial into exercise breaks.**

When the commercial turns on, stand up and walk in place, or better, do jumping jacks until your show is back on.

### 4. **Turn the music on and dance.**

Have the family join in on the fun—turn the music on and start dancing. Try this during chores or cooking dinner.

### 5. **Walk the dog together.**

Go on a family walk before or after dinner.

### 6. **Join charity walks or runs together.**

Have a charity you want to support? Take the whole family to a charity walk or 5k run while supporting a good cause.

### 7. **Challenge the family.**

Challenge the family who can do the longest plank or the most push-ups. Write them down and see who can beat the number next time.

### 8. **Plan a family outing over the weekend.**

Take the whole family on a short hike or walk to your favorite restaurant

### 9. **Have a family exercise calendar on your refrigerator door.**

Each member in the family can write what kind of exercise they did for the day for the whole family to see. Award the person with the most exercise for the week to choose one dinner item or grant one family member to complete one day of exercise of their choice.

### 10. **Be active as a family.**

Engaging in family activities is fun.

# Healthy Body, Healthy Spirit

## Workshop 2

# Quick Healthy Meals

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*Eat Healthy • Be Active*  
*Community Workshops*



# Workshop 2 Instructor Guide

## Before Workshop Begins

- Thoroughly read the entire workshop and become familiar with the lesson plan.
- Become familiar with the activities and gather required materials/ingredients.
  - **Activity 1 (optional):** slow cooker, chopped green, red, or yellow peppers, onion, zucchini, carrots, 1 pound skinless chicken breasts or lean beef, 14½-oz can of no-salt-added diced tomatoes, 1½ teaspoons oregano, two cloves of garlic, minced, can opener. Also, you will need a finished version of the recipe.
  - **Activity 2:** menus from local restaurants (including a range of ethnically diverse dishes), highlighters or pens to highlight or circle healthy options.
- Pass out folders containing the following handouts:
  - ✓ My Shopping List/10 Tips to Build a Healthy Meal
  - ✓ Tips for Eating Out/Small Changes Can Make a Large Difference
  - ✓ Slow Cooker Tips and Recipes
  - ✓ Physical Activity Survey
  - ✓ Workshop Evaluation/Nutrition Survey
  - ✓ Pre and Post Test

## Workshop Outline

*The workshop should last ~1 hour.*

- Introduction (5 minutes) -- Explain the purpose of the workshop and review the learning objectives. Hand out the pre-test.
- **Objective 1:** Learn healthy tips for preparing meals quickly, stocking your pantry, and eating out. (10-15 minutes).
  - Review handouts: Small Changes Make a Large Difference and My Shopping List
- Instant Recess (5 minutes)
- **Objective 2:** Learn how to use a slow cooker to prepare easy, healthy meals (15-20 minutes)
  - Review handout: Slow Cooker Tips and Recipes
- Activity 1 (optional): Slow cooker (5 minutes)

- Review handout: Tips for Eating Out
- Activity 2: Menus (10-15 minutes)
- **Objective 3:** Review physical activity recommendations and MyPlate (5-10 minutes)
  - Review handout: MyPlate and 10 Tips to Build a Healthy Meal
- Wrap-up/Q&A (5 minutes) – Reminders of things to try at home:
  - Stock your fridge and pantry with healthy items.
  - Next time you go to a restaurant, order a healthy dish using the tips for choosing items lower in calories, solid fats (saturated and *trans* fat), and sodium
  - Increase the total amount of time you spend doing physical activity
- Hand out evaluation form and Post-test (5 minutes)

## Workshop Lesson Plan

### Introduction & Pre-Test (5 minutes)

- Today's workshop is the second *Healthy Body, Healthy Spirit* workshop.

#### **Share the two learning objectives:**

1. Learn healthy tips for preparing meals quickly, stocking your pantry, and eating out.
2. Learn how to use a slow cooker to prepare easy, healthy meals.
3. Review physical activity requirements and MyPlate.

\*\*Before you begin, ask participants to find their *pre-tests*. The purpose of the *pre-test* is to help improve future workshops. Ask participants to answer questions to their best ability and return their *pre-tests* to you.

### **Objective 1: Learn healthy tips for preparing meals quickly, stocking your pantry, and eating out. (10-15 minutes).**

- Review handout: *Small changes can make a large difference (5-7 minutes)*. Share the following.
  - Stock your pantry or freezer with whole-wheat pasta or rice, cans of no-salt-added crushed tomatoes, spices, garlic, frozen chicken breasts, canned fish, and frozen vegetables.
  - Plan to use leftovers from one meal, such as cooked vegetables and meats, in a new and easy recipe for the next night, such as burritos or an omelet.
- Review handout: *My Shopping List (5-7 minutes)* Share the following.

- Keep a note on the refrigerator to list items as you need them. You also may want to arrange your shopping list and coupons to fit the layout of the grocery store for a faster shopping trip.
- Quick Healthy Meal Ideas—Ask participants what healthy, quick meals they make often. Offer some of the following ideas.
  - Serve breakfast for dinner—omelet with vegetables (try mushrooms, red pepper, onions, spinach, tomatoes, etc.), fat-free or low-fat milk, and fruit.
  - Serve low-sodium canned soup, a side salad with low-fat or fat-free dressing, and low-fat yogurt.

## Instant Recess (5 minutes)

### Objective 2: Learn how to use a slow cooker to prepare easy, healthy meals (15-20 minutes)

- Ask participants if they use a slow cooker and what they make in it. Let participants know that a slow cooker is a quick, easy, and inexpensive way to cook healthy meals.
- Review the 3 easy steps to follow: (1) Put the chopped vegetables in first, (2) then add meat, and (3) top with liquid (broth, water, sauce), and (4) set for 4-6 hours.
  - **Saves electricity!** A slow cooker uses less electricity than an oven and doesn't overheat your kitchen.
  - **Saves money!** You can use less-expensive cuts of meat because the slow cooker makes them tender.
  - **Saves time!** Slow cookers usually allow one-step meal preparation and easy clean-up.
- Review handout: Slow Cooker Tips and Recipes

### Activity 1: Slow Cooker (5 minutes)

- Supplies necessary: slow cooker, chopped green, red, or yellow peppers, onion, zucchini, carrots, 1 pound of skinless chicken breasts or lean beef, 14 ½-oz can of no-salt-added diced tomatoes, 1½ teaspoons oregano, two cloves of minced garlic, can opener. See Note in Lesson Plan about suggested timing for completing this activity.
- Demonstrate how to use a slow cooker and the amount of time it can save in preparing a healthy meal. Put chopped vegetables on the bottom of the slow cooker bowl, then place skinless chicken breasts or lean beef on top, add a can of no-salt-added diced tomatoes, oregano, and garlic. Turn the slow cooker on and let it cook.
- Pass out samples of the finished slow cooker meal and ask for feedback.

\*\*Ask if participants have any questions.

**Review handout: *Tips for Eating Out (5-7 minutes)*. Review healthy and unhealthy terms:**

Healthy Terms to Look for:	Unhealthy Terms to Avoid:
Baked	Alfredo/In Cream/Cream sauce/Creamed/Butter Sauce/Cheese Sauce
Boiled(in wine or lemon juice)	Au fromage/Au gratin
Broiled	Pastry Crust/Pot Pie
Grilled	Basted
Lightly sautéed	Béarnaise/Gravy/ Hollandaise
Poached	Breaded/Crispy/Deep Fried/Fried
Roasted	Casserole
Steamed in its own juice (au jus)	Escalloped

**Activity 2: Menus (10-15 minutes)**

- Supplies necessary: variety of ethnically diverse menus from local restaurants, highlighters or pens to highlight or circle healthy options
- Distribute menus from local restaurants. Assign participants to small groups, give each group a menu, and ask them to circle/highlight the healthiest selections as a team.
- Answer questions, and discuss why some options appear healthy (but are not), and also offer some hints on what terms to look for.
- Ask participants what terms on menus they think are healthy and which they think are unhealthy.

\*\*Ask if participants have any questions.

**Objective 3: Review physical activity and MyPlate (5-10 minutes)**

- The Physical Activity Guidelines recommend that adults be physically active for at least 30 minutes/day for 5 days/week and children need 60 minutes/day.
  - You can stay physically active by doing activities such as walking, dancing, bicycling, or gardening and by reducing the amount of time you spend sitting.
- Ask participants what their favorite physical activity is. Then, share The *Physical Activity Guidelines for Americans*:

**Types of Activity**

**MODERATE**

Walking briskly, biking on flat ground, line dancing, gardening

**VIGOROUS**

Jumping rope, basketball, soccer, swimming laps, aerobic dance

**Amount**

If you choose activities at a **moderate** level, do at least **2 hours and 30 minutes a week**

If you choose activities at a **vigorous** level, do at least **1 hour and 15 minutes a week**

Review handout: *MyPlate and 10 Tips to Build a Healthy Meal*

1. Ask participants how familiar they are with MyPlate.
2. Explain that MyPlate has replaced the Pyramid and is designed to show people how to portion their food.



- i. Tips for Reducing Portions

1. Choose “child size” portions if possible or choose the smallest size available.
    2. Eat half of your meal at the restaurant and save the other half for **tomorrow’s lunch.**
    3. Order an appetizer-sized portion or a side dish instead of an entrée.
    4. Share a main dish with a friend.
    5. **Order an item from the menu instead of heading for the “all-you-can-eat” buffet.**

- ii. Tips for Reducing Calories

1. For a beverage, ask for water or order fat-free or low-fat milk, unsweetened tea, or other drinks without added sugars.
    2. Load sandwiches/subs/pizza with veggies rather than cheese.
    3. Ask for whole-wheat bread for sandwiches, and ask that it not be buttered.
    4. In a restaurant, start your meal with a salad packed with veggies
    5. Ask for salad dressing to be served on the side.

3. Review 10 Tips handout. Ask for volunteers to read the tips in round robin.

\*\*Ask if participants have any questions.

### **Wrap-up/Q&A (5 minutes) – Reminders of things to try at home:**

- Remind participants of things they can try at home:
  1. Stock your fridge and pantry with healthy items.
  2. Next time you go to a restaurant, order a healthy dish using the tips discussed.
  3. Increase the total amount of time you spend doing physical activity.

### **Complete Evaluation Form and Post Test (5 minutes)**

# Healthy Body, Healthy Spirit

## Workshop #2 Post-Test

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Faith Institution: \_\_\_\_\_

Instructions: Please circle the option that best answers the question.

1. Circle the healthy terms to look for when eating out.

Broiled

Basted

Cream Sauce

Roasted

Poached

2. List 2 ways to reduce the size of your food portions.

- 
- 

3. Michael is very busy and needs something quick and healthy to cook for dinner. What are two lean proteins he can keep in his pantry for busy days?

- 
- 

4. Name the five food groups in MyPlate.

- 
- 
- 
- 
- 

5. How much physical activity should adults get per day, five days a week?

- 10 minutes
- 15 minutes
- 20 minutes
- 30 minutes

6. Name two benefits of using a slow cooker/crock pot.

- 
- 

7. What is the largest food group in MyPlate?

- Grains
- Protein
- Vegetable
- Fruit

8. Sharing a dish or entrée with a friend can help reduce portions.

- True
- False

# Healthy Body, Healthy Spirit

## Workshop #2 Pre-Test

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Faith Institution: \_\_\_\_\_

Instructions: Please circle the option that best answers the question.

1. Circle the healthy terms to look for when eating out.

Broiled

Basted

Cream Sauce

Roasted

Poached

2. List 2 ways to reduce the size of your food portions.

- 
- 

3. Michael is very busy and needs something quick and healthy to cook for dinner. What are two lean proteins he can keep in his pantry for busy days?

- 
- 

4. Name the five food groups in MyPlate.

- 
- 
- 
- 
- 

5. How much physical activity should adults get per day, five days a week?

- 10 minutes
- 15 minutes
- 20 minutes
- 30 minutes

6. Name two benefits of using a slow cooker/crock pot.

- 
- 

7. What is the largest food group in MyPlate?

- Grains
- Protein
- Vegetable
- Fruit

8. Sharing a dish or entrée with a friend can help reduce portions.

- True
- False

## Workshop 2

# Quick, Healthy Meals and Snacks

*Eat Healthy ● Be Active*  
*Community Workshops*





# Workshop 2 ● Handouts



# Quick, healthy meals and snacks



Short on time? Try these tips for making good foods . . . fast!

## Tip:

Make a quick, nutritious meal with whole-wheat pasta, lean meats, and frozen or leftover vegetables.

## Speedy suppers

### Pasta plus . . .

**Greg:** One thing you'll always find in my pantry is a couple of boxes of whole-wheat pasta and cans of no-salt crushed tomatoes. I don't like all the added sugars and salt in some of the store's pasta sauces, so I make up my own sauce. I add dried oregano, basil, chopped onion, and lots of garlic to the tomatoes. I'll even toss in a bag of cooked chicken breast and frozen veggies or leftover vegetables from the night before. My sauce is nutritious and low in fat, salt, and added sugars.

Add a salad, and we have a good meal in less time than it takes to get the kids ready to go to a drive-through. And . . . my sons love this meal.

## Tip:

Keep canned fish on hand for quick meals using healthy fats.

### Fish in a flash . . .

**Aponi:** Here's my motto about food—"Make it simple, make it right, and make it quick." I keep cans of salmon and tuna in my cupboard because they have healthy fats. It takes less than 15 minutes to make up salmon or tuna cakes. Just add chopped onion, some whole-wheat bread crumbs, one beaten egg, and some celery seed. Form the patties, and cook in a pan with cooking spray. Cook until the patties are brown and crispy on both sides.

## Tip:

Save time by using a big slow cooker. Get two or three healthy suppers without spending lots of time in the kitchen.

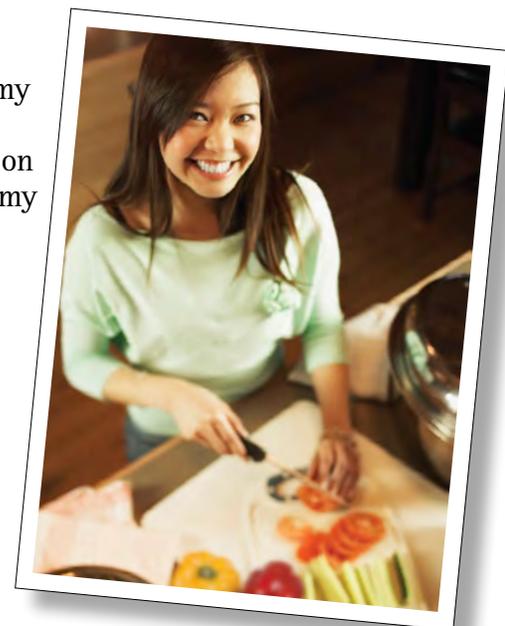
### Slow cooker to the rescue . . .

**Anh:** Once a week I make big batches of food in my slow cooker. I chop up lots of vegetables—carrots, onions, squash, sweet peppers—anything we have on hand. I put the veggies on the bottom, then place my skinless chicken breasts or lean beef on top.

Then, I add a can of no-salt-added tomatoes, some oregano, and two cloves of garlic. I do other fun things instead of cooking for hours. And, we can get three tasty, healthy suppers in less time than it used to take me to cook one meal!

## So what are you doing for dinner tonight?

Why not try what works for Greg, Aponi, and Anh?



For more information, visit [www.healthfinder.gov](http://www.healthfinder.gov)

# Small changes can make a large difference

## Hearty, healthy lunches in a snap

- Sandwich lover?** Choose lean protein fillings, such as grilled chicken or tuna. Make nonmeat sandwiches with peanut butter, low-fat cheese, sliced hard-boiled eggs, or fat-free refried beans.
- Load your sandwich with veggies.** Along with the standard greens and tomatoes . . . try sliced cucumbers, green peppers, or zucchini strips for added crunch.
- Pick whole grains!** Try whole-grain or 100% whole-wheat breads, tortilla wraps, English muffins, and pita pockets instead of white breads or buns.
- Green salads, anyone?** Add lean meats along with fruits, beans, and nuts to your green salads. Try dried cranberries, cut-up fruit, kidney beans, walnuts, and almonds.

## On the run? Healthier fast food or drive-through choices

### Skip the meal deals and size upgrades

Calories can really add up when you get the larger size sandwiches, fried foods, and soft drinks.

### Check off what you will try to cut the calories when eating out:

- Get the regular or child-sized hamburger and load it with lettuce, tomato, and onions.
- Cut a larger burger or sandwich in half. Eat half now, and refrigerate half for tomorrow's lunch.
- Get the small size turkey or grilled chicken sub instead of the large one. Load it with veggies—spinach, tomatoes, cucumbers, and onions.
- Drink water, or low-fat or fat-free milk, instead of whole milk, fruit drinks, or a soft drink.

### Go healthier

- Order a side salad with low-fat or fat-free dressing instead of fries. Or share an order of small fries with a friend.
- Use mustard, or low-fat or fat-free mayo, instead of regular mayo.
- Choose the green beans or raw carrots instead of coleslaw. Order a small baked potato with salsa instead of mashed potatoes and gravy.
- Order a thin-crust vegetable pizza with a side salad instead of a deep-dish meat or double cheese pizza.
- Save foods like cakes, pies, and brownies as an occasional treat. Order fruit instead. Or share one dessert.



# My Shopping List

These are good items to have on hand to make healthy meals and snacks.

## Dairy and Eggs

- Fat-free (skim) or low-fat (1%) milk
- Fat-free, low-fat, or reduced-fat cottage cheese
- Low-fat or reduced-fat cheeses
- Fat-free or low-fat yogurt
- Eggs/egg substitute
- \_\_\_\_\_

## Breads, Muffins, and Rolls

- Whole-wheat bread, bagels, English muffins, tortillas, pita bread
- \_\_\_\_\_
- \_\_\_\_\_

## Cereals, Crackers, Rice, Noodles, and Pasta

- Unsweetened cereal, hot or cold
- Rice (brown)
- Pasta (noodles, spaghetti)
- \_\_\_\_\_

## Meat

- White meat chicken and turkey (skin off)
- Fish (not battered)
- Extra-lean ground beef or turkey
- 95% fat-free lunch meats or low-fat deli meats
- \_\_\_\_\_

## Meat Equivalents

- Tofu (or bean curd)
- Beans (see bean list)
- Eggs/egg substitute (see dairy and eggs list)
- \_\_\_\_\_

## Fruit (Fresh, Canned, Frozen, and Dried)

### Fresh Fruit:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Canned Fruit (in juice or water):

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Frozen Fruit:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Dried Fruit:

- \_\_\_\_\_
- \_\_\_\_\_

## Vegetables (Fresh, Canned, and Frozen)

### Fresh Vegetables:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Canned Vegetables (low-sodium or no-salt-added):

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Frozen Vegetables (without sauce):

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Beans and Legumes (If Canned, No Salt Added)

- Dried beans, peas, and lentils (without flavoring packets)

### Canned beans:

- \_\_\_\_\_
- \_\_\_\_\_

## Baking Items

- Nonstick cooking spray
- Canned evaporated milk—fat-free (skim) or reduced-fat (2%)
- Nonfat dry milk powder
- Gelatin, any flavor (reduced calorie)
- Pudding mixes (reduced calorie)
- \_\_\_\_\_

## Condiments, Sauces, Seasonings, and Spreads

- Fat-free or low-fat salad dressings
- Spices
- Flavored vinegars
- Salsa or picante sauce
- Soy sauce (low-sodium)
- Bouillon cubes/granules (low-sodium)
- \_\_\_\_\_

## Beverages

- No-calorie drink mixes
- Reduced-calorie juices
- Unsweetened iced tea
- \_\_\_\_\_

## Nuts and Seeds (Unsalted)

- \_\_\_\_\_
- \_\_\_\_\_

## Fats and Oils

- Light margarine
- Mayonnaise, low-fat
- Olive oil
- Canola oil
- \_\_\_\_\_

**Source:** Dietary Guidelines for Americans, *A Healthier You*.  
<http://www.health.gov/dietaryguidelines/dga2005/healthieryou/contents.htm>

# Tips for Eating Out

## General Tips for Healthy Dining Out and Take-Out

You can eat healthfully when dining out or ordering take-out. Check out these tips for choosing items lower in calories, as well as solid fats (saturated and *trans* fat), and sodium (salt).

## Reading the Menu

 *Look for terms such as:*

• Baked	• Lightly sautéed
• Boiled (in wine or lemon juice)	• Poached
• Broiled	• Roasted
• Grilled	• Steamed in its own juice (au jus)

 *Watch out for terms such as:*

• Alfredo	• Casserole	• Escalloped
• Au fromage	• Cheese sauce	• Fried
• Au gratin	• Creamed	• Gravy
• Basted	• In cream or cream sauce	• Hollandaise
• Béarnaise	• Crispy	• Pastry crust
• Breaded	• Deep fried	• Pot pie
• Butter sauce		

**Source:** Adapted from National Heart, Lung, and Blood Institute (NHLBI), *Aim for a Healthy Weight: Maintaining a Healthy Weight On the Go—A Pocket Guide*, page 12.

[http://www.nhlbi.nih.gov/health/public/heart/obesity/AIM\\_Pocket\\_Guide\\_tagged.pdf](http://www.nhlbi.nih.gov/health/public/heart/obesity/AIM_Pocket_Guide_tagged.pdf)

# Tips for Choosing Healthier Foods at Restaurants

Look for the terms below on menus for items lower in calories, solid fats (saturated and *trans* fat), and sodium.

## Fast Food

- |  |  |
|--|--|
| <ul style="list-style-type: none"><li>• Grilled chicken breast sandwich without mayonnaise</li><li>• Single hamburger without cheese</li></ul> | <ul style="list-style-type: none"><li>• Grilled chicken salad with reduced-fat dressing</li><li>• Low-fat or fat-free yogurt</li></ul> |
|--|--|

## Deli/Sandwich Shops

- |   |   |
|---|---|
| <ul style="list-style-type: none"><li>• Fresh sliced vegetables on whole-wheat bread with low-fat dressing or mustard</li></ul> | <ul style="list-style-type: none"><li>• Turkey breast sandwich with mustard, lettuce, and tomato</li><li>• Bean soup (lentil, minestrone)</li></ul> |
|---|---|

## Steakhouses

- |  |   |
|--|---|
| <ul style="list-style-type: none"><li>• Lean broiled beef (no more than 6 ounces)—London broil, filet mignon, round and flank steaks</li></ul> | <ul style="list-style-type: none"><li>• Baked potato without butter, margarine, or sour cream</li><li>• Seafood dishes that are not fried</li></ul> |
|--|---|

## Chinese

- |  |   |
|--|---|
| <ul style="list-style-type: none"><li>• Zheng (steamed)</li><li>• Gun (boiled)</li><li>• Kao (roasted)</li><li>• Shao (barbecue)</li><li>• Lightly stir-fried in mild sauce</li><li>• Hot and spicy tomato sauce</li></ul> | <ul style="list-style-type: none"><li>• Reduced-sodium soy, hoisin, and oyster sauce</li><li>• Dishes without MSG added</li><li>• Bean curd (tofu)</li><li>• Moo shu vegetables, chicken, or shrimp</li><li>• Hot mustard sauce</li></ul> |
|--|---|

## Italian

- |   |   |
|---|---|
| <ul style="list-style-type: none"><li>• Lightly sautéed with onions, shallots, or garlic</li><li>• Red sauces—spicy marinara sauce (arrabiata), marinara sauce, cacciatore, red clam sauce</li><li>• Primavera (no cream sauce)</li></ul> | <ul style="list-style-type: none"><li>• Lemon sauce</li><li>• Florentine (spinach)</li><li>• Grilled (often fish or vegetables)</li><li>• Piccata (lemon)</li><li>• Manzanne (eggplant)</li></ul> |
|---|---|

### Middle Eastern

- |  |   |
|--|---|
| <ul style="list-style-type: none"><li>• Fava beans or chickpeas</li><li>• Basted with tomato sauce</li></ul> | <ul style="list-style-type: none"><li>• Couscous (grain)</li><li>• Rice or bulgur (cracked wheat)</li></ul> |
|--|---|

### Japanese

- |   |   |
|---|---|
| <ul style="list-style-type: none"><li>• House salad with fresh ginger and cellophane (clear rice) noodles</li><li>• Chicken, fish, or shrimp teriyaki, broiled in sauce</li></ul> | <ul style="list-style-type: none"><li>• Soba noodles, often used in soups</li><li>• Yakimono (broiled)</li><li>• Tofu (or bean curd)</li><li>• Nabemono (soup/stew)</li></ul> |
|---|---|

### Indian

- |   |  |
|---|--|
| <ul style="list-style-type: none"><li>• Tikka (pan roasted)</li><li>• Cooked with or marinated in yogurt</li><li>• Saag (with spinach)</li><li>• Masala (mixture of spices)</li></ul> | <ul style="list-style-type: none"><li>• Tandoori (chicken marinated in yogurt with spices)</li><li>• Pullao (Basmati rice)</li></ul> |
|---|--|

### Thai

- |  |   |
|--|---|
| <ul style="list-style-type: none"><li>• Fish sauce</li></ul> | <ul style="list-style-type: none"><li>• Hot sauce</li></ul> |
|--|---|

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**Source:** Adapted from National Heart, Lung, and Blood Institute (NHLBI), *Aim for a Healthy Weight: Maintaining a Healthy Weight On the Go—A Pocket Guide*, pages 14–18.  
[http://www.nhlbi.nih.gov/health/public/heart/obesity/AIM\\_Pocket\\_Guide\\_tagged.pdf](http://www.nhlbi.nih.gov/health/public/heart/obesity/AIM_Pocket_Guide_tagged.pdf)

# Slow Cooker Tips and Recipes

## Tips for Using a Slow Cooker

- Always thaw meat and poultry in the refrigerator before cooking them in the slow cooker. This way, the meat will cook completely. Follow this order when putting food into a slow cooker: (1) put the vegetables in first, (2) then add the meat, and (3) top with liquid (broth, water, sauce).
- Fill the slow cooker between halfway and two-thirds full. Cooking too little or too much food in the slow cooker can affect cooking time and quality.
- To store leftovers, move food to a smaller container to allow food to cool properly; refrigerate within 2 hours after cooking is finished. Do not reheat leftovers in the slow cooker. Instead, use a stove, microwave, or oven to reheat food to 165°F.

## Changing Recipes To Use in a Slow Cooker

Try your favorite recipe in a slow cooker with these tips:

- Liquids do not boil away in a slow cooker. In most cases, you can reduce liquids by one-third to one-half (soups do not need the liquid reduced).
- Add pasta at the end of cooking, or cook it separately to prevent it from getting mushy.
- Milk, cheese, and cream can be added 1 hour before serving.
- For more tips on changing recipes for a slow cooker, download the PDF at <http://www.ag.ndsu.edu/pubs/yf/foods/fn1511.pdf>.

### Slow Cooker Recipes

#### "Refried" Beans

1 onion, peeled and halved  
3 cups dry pinto beans, rinsed  
½ fresh jalapeno pepper, seeded and chopped

2 tablespoons minced garlic  
1¾ teaspoons fresh ground black pepper  
1/8 teaspoon ground cumin, optional  
9 cups water

#### Preparation:

- Place the onion, rinsed beans, jalapeno, garlic, pepper, and cumin into a slow cooker.
- Pour in the water and stir to combine.
- Cook on HIGH for 8 hours, adding more water as needed. Note: if more than 1 cup of water has evaporated during cooking, then the temperature is too high.
- Once the beans have cooked, strain them, and reserve the liquid.
- Mash the beans with a potato masher, adding the reserved water as needed to attain desired consistency.

## Quick Tip—"Refried" Beans

- Try these beans in tacos and burritos. Or, use as a dip for your favorite veggies!
- You also could use it as a spread on your favorite sandwich.

Turkey Chili	
1¼ pounds lean ground turkey 1 large onion, chopped 1 garlic clove, minced 1½ cups frozen corn kernels 1 red bell pepper, chopped 1 green bell pepper, chopped 1 (28-oz.) can crushed tomatoes	1 (15-oz.) can black beans, rinsed and drained 1 (8-oz.) can tomato sauce 1 (1.25-oz.) package chili seasoning mix ½ teaspoon salt  Toppings: fat-free or reduced fat shredded cheese, finely chopped red onion
Preparation: <ul style="list-style-type: none"><li>• Cook first three ingredients in a large skillet over medium-high heat, stirring until turkey crumbles and is no longer pink; drain.</li><li>• Spoon mixture into a slow cooker; stir in corn and next seven ingredients until well blended.</li><li>• Cook at HIGH 4 to 5 hours or at LOW 6 to 8 hours.</li><li>• Serve with desired toppings.</li></ul>	

## Quick Tip—Turkey Chili

Make extra chili for another meal. Use the rest to:

- Top baked potatoes.
- Make an easy casserole by combining cooked whole wheat pasta shells with chili.
- Make a quick and easy taco salad by topping lettuce with chili, diced tomatoes and shredded cheese

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**Source:** Tips adapted from USDA's Slow Cookers and Food Safety

[http://www.fsis.usda.gov/Fact\\_Sheets/Focus\\_On\\_Slow\\_Cooker\\_Safety/index.asp](http://www.fsis.usda.gov/Fact_Sheets/Focus_On_Slow_Cooker_Safety/index.asp)

Recipes: <http://allrecipes.com/recipe/refried-beans-without-the-refry/detail.aspx> and

<http://www.myrecipes.com/recipe/slow-cooker-turkey-chili-10000001176221/>



Today's Date: \_\_\_\_\_

## Quick, Healthy Meals and Snacks Evaluation

1=Strongly Disagree	2=Disagree	3=Neither Disagree or Agree	4=Agree	5=Strongly Agree	
1. The workshop covered useful information. Comments:	1	2	3	4	5
2. The workshop activities were helpful. Comments:	1	2	3	4	5
3. I plan to order healthier foods the next time I eat at a restaurant or order take-out. Comments:	1	2	3	4	5
4. I plan to change my eating habits based on the information I learned today. Comments:	1	2	3	4	5
5. I plan to become more active based on the information I learned today. Comments:	1	2	3	4	5
6. The instructor presented the information in a helpful way. Comments:	1	2	3	4	5
7. Overall, I found the workshop to be very helpful. Comments:	1	2	3	4	5
8. Please tell us which materials you found most useful. Comments:					





# VEGETABLES AND FRUITS —SIMPLE SOLUTIONS



**TARGET AUDIENCE:**  
parents with children  
2 through 18 years old



**GROUP SIZE:**  
5 to 7  
participants



**NEEDED TIME:**  
45  
minutes

## ▶ SESSION OVERVIEW

This session is intended to help busy parents and caregivers include the recommended amounts of fruits and vegetables in their daily meals and snacks and offer ways to encourage their children to eat fruits and vegetables. Participants will discuss the difficulties of including fruits and vegetables in their family's meals. Facilitate a discussion about solutions to problems identified by the group. Using sample vegetables, participants will sort vegetables into groups that include dark green, red, orange, dry beans and peas, and other vegetables. Then participants will measure 1-cup and ½-cup portions of fruits and vegetables. They will be able to visualize what 2 cups of fruits and 2½ cups of vegetables look like (the recommended amount for a 2,000-calorie diet). Participants will then brainstorm ways to encourage their children to eat fruits and vegetables followed by a discussion of which methods work best and why. Finally, participants will identify two new ways to include vegetables and fruits in their meals during the upcoming week. They will also identify at least one way to encourage their children to eat fruits and vegetables each day.

### ▶ BEHAVIORAL OBJECTIVES:

After the session participants will be able to:

- Identify at least two new vegetables and two new fruits to eat during the upcoming week.
- Identify at least one way to encourage children to eat a variety of fruits and vegetables each day.
- Recognize what 1 cup of vegetables and 1 cup of fruits look like.

### ▶ KEY MESSAGES:

- A family needs a variety of different colored vegetables and fruits each day for good health—not just one type.
- Eat fruits and vegetables at meals and snacks. Pick fresh, frozen, canned, or dried and go easy on fruit juice.

## ▶ MATERIALS NEEDED FOR SESSION:

- Markers
- Nametags
- Highlighters or pencils (one per participant)
- Flipchart
- Samples of vegetables and fruits to measure and display.
- MyPlate mini-poster—Make sure everyone has a copy.
- Handouts for parents and caregivers: *What Counts as 1 Cup?*, *Choose Your Veggies*, and *Keep Fruits Handy*
- Optional handout for kids: *Have Fun With Fruits and Vegetables Word Search*

## ▶ OUTLINE OF 45-MINUTE SESSION:

- Welcome and introduction to *Vegetables and Fruits—Simple Solutions* (5 minutes)
- Discussion group activities (35 minutes)
- Sum up and home activity (5 minutes)

Review the information in the handout *What Counts as 1 Cup*. For additional information, review the Fruits and Vegetables Food Group Sections, *What Counts as a Cup*, at [ChooseMyPlate.gov](http://ChooseMyPlate.gov). Each food group section offers detailed information about what's in the food group, how much is needed, health benefits and nutrients, and additional tips to use, as time permits.



## ▶ WELCOME TO VEGETABLES AND FRUITS—SIMPLE SOLUTIONS

Welcome participants and ask them to make their own nametag (first names only). Make sure each has handouts *What Counts as 1 Cup*, *Choose Your Veggies*, and *Keep Fruits Handy*, and a highlighter. Mention other points of interest as needed, such as the location of restrooms and water fountains.

### ▶ BEGIN:

*What is your favorite fruit?* Give participants time to call them out. Write responses on flipchart and/or tape pictures of mentioned foods to a flipchart or wall. Repeat question with vegetables.

## ► **DISCUSSION GROUP ACTIVITIES:**

Tell the parents and caregivers in the group they will be talking about:

- The types and amounts of vegetables and fruits needed each day to make meals healthier.
- Easy and low-cost fruits and vegetables to include in their daily meals.
- Ways to help children eat fruits and vegetables.

## ► **ASK:**

*How many cups of fruits and vegetables do you think each member of your family eats each day? What are some reasons your children may not eat many fruits and vegetables?*

Provide time for participants to share their responses for each question before moving to the next one. Write responses on a flipchart.

## ► **POINT OUT:**

Plan meals that include the right amount of fruits and vegetables for each member of your family.

The amount of fruits and vegetables recommended for a 2,000-calorie daily food plan are 2 cups of fruits and 2½ cups of vegetables. (Refer to the MyPlate mini-poster.)

Younger children will need less fruits and vegetables, and active teens and men may need more fruits and vegetables—choose different types of produce including fresh, frozen, canned, or dried fruits and vegetables.

Offer children no more than 1 cup of juice each day and serve water when they are thirsty instead of sugary drinks like soda, fruit drinks, or sport drinks.

Look for ways to save money on vegetables and fruits. Share flyers and circulars from local stores with produce sales and show coupon samples to help participants better understand the resources available.

## ► **HANDOUT REVIEW:**

Share low-cost ways to buy vegetables and fruits in the handouts *Choose Your Veggies* and *Keep Fruits Handy*. Review tips on serving vegetables and fruits listed in the handouts and ask participants to share their ideas.

## ► **CONTINUE:**

Let a participant measure ½ cup and 1 cup of some fruits or vegetables and put them on a plate to visualize what that amount looks like on a plate. Let another participant measure 1 cup of fruit juice into a glass. Ask if this is more or less than what they eat or drink at home.

Ask participants to share with the group how they prepare their favorite vegetable or fruit or how they use fruits and vegetables in meals for their family. Record ideas on the flipchart.

Then ask parents and caregivers if they have tried some less common fruits and vegetables such as papaya, brussel sprouts, or eggplant. Have a list of suggestions handy based on your audience. Make a list of these fruits and vegetables on the flipchart. Consider the cultural preferences when preparing your list. Ask parents and caregivers to share ways they could fix the different types of fruits or vegetables.

Encourage the parents and caregivers to try fruits and vegetables that are new to them. (Note: If you have samples of fruits and vegetables, encourage parents and caregivers to taste samples.)

## ► SUM UP:

Let one participant measure or pick 2 cups of fruits from the display and one participant measure or pick 2½ cups of vegetables from the display. Point out this is the amount a person would need for a 2,000-calorie plan. Refer to the handout for *What Counts as 1 Cup?*

Refer to the handouts for a variety of fruits and vegetables that could be used in meals and snacks. If your budget permits, prepare recipes to share from [www.whatscooking.fns.usda.gov](http://www.whatscooking.fns.usda.gov), especially ones that use dark-green, red, or orange vegetables. Select simple recipes, with 5 to 10 ingredients, that participants are likely to prepare at home.

## ► HOME ACTIVITY:

Refer to the *Choose Your Veggies* and *Keep Fruits Handy* handouts. Have each participant name at least two vegetables and two fruits on the handouts that they will try during the upcoming week. Encourage them to include at least one dark-green, red, or orange vegetable.

Close session by reinforcing ways to help children learn to eat more fruits and vegetables. Offer the optional handout *Word Search: Have Fun With Fruits and Vegetables*. Suggest that parents and caregivers use the puzzle with kids to share and reinforce what they learned during class.

For more information visit  
[www.ChooseMyPlate.gov/myplateformyfamily.html](http://www.ChooseMyPlate.gov/myplateformyfamily.html).



November 2014  
Food and Nutrition Service  
*USDA is an equal opportunity  
provider and employer.*

# Healthy Body, Healthy Spirit

## Workshop #3 Post-Test

Name: \_\_\_\_\_ Faith Institution: \_\_\_\_\_ Date: \_\_\_\_\_

Instructions: Please circle the option that best answers the question.

**1. Identify a time-saving/low-cost meal made up of most of the MyPlate food groups.**

Vegetables:	Fruits:	Grains:	Proteins:	Diary:

**2. Circle low-cost protein foods that can be found in the “protein group” instead of animal proteins.**

Egg                  Black beans                  Peanut butter                  Peas                  Chickpeas

**3. How many cups of fruit should you eat every day?**

- a. 1 cup
- b. 2 cups
- c. 2 1/2 cups
- d. 3 cups

**4. What counts as a cup of fruit? Circle the best answer.**

- a. 1 large banana                  True/False
- b. ½ cup raisins                  True/False
- c. 105 red seedless grapes                  True/False
- d. 1 cup (8 ounces) of 100% fruit juice                  True/False

**5. How many cups of vegetables should you eat every day?**

- a. 1 cup
- b. 2 cups
- c. 2 ½ cups
- d. 3 cups

**6. What counts as a cup of vegetables? Circle the best answer**

- a. 2 cups of leafy greens like raw spinach                  True/False
- b. 1 large sweet potato                  True/False
- c. 12 baby carrots                  True/False
- d. 1 cup of cooked vegetables like green beans                  True/False

**7. Circle ways you can save money and time when making easy and healthy family meals.**

Use a shopping list    Buy fruits and vegetables in season    Stock your kitchen    Join a store’s reward program

# Healthy Body, Healthy Spirit

## Workshop #3 Pre-Test

Name: \_\_\_\_\_ Faith Institution: \_\_\_\_\_ Date: \_\_\_\_\_

Instructions: Please circle the option that best answers the question.

### 1. Identify a time-saving/low-cost meal made up of most of the MyPlate food groups.

Vegetables:	Fruits:	Grains:	Proteins:	Diary:

### 2. Circle low-cost protein foods that can be found in the “protein group” instead of animal proteins.

Egg                  Black beans                  Peanut butter                  Peas                  Chickpeas

### 3. How many cups of fruit should you eat every day?

- a. 1 cup
- b. 2 cups
- c. 2 1/2 cups
- d. 3 cups

### 4. What counts as a cup of fruit? Circle the best answer.

- a. 1 large banana                  True/False
- b. 1/2 cup raisins                  True/False
- c. 105 red seedless grapes                  True/False
- d. 1 cup (8 ounces) of 100% fruit juice                  True/False

### 5. How many cups of vegetables should you eat every day?

- a. 1 cup
- b. 2 cups
- c. 2 1/2 cups
- d. 3 cups

### 6. What counts as a cup of vegetables? Circle the best answer

- a. 2 cups of leafy greens like raw spinach                  True/False
- b. 1 large sweet potato                  True/False
- c. 12 baby carrots                  True/False
- d. 1 cup of cooked vegetables like green beans                  True/False

### 7. Circle ways you can save money and time when making easy and healthy family meals.

Use a shopping list      Buy fruits and vegetables in season      Stock your kitchen      Join a store’s reward program



## ▶ WHAT COUNTS AS 1 CUP?

Each food shown below counts as 1 cup of fruit or vegetables.

### ▶ FRUITS

Many people need to eat 2 cups from the fruits group each day.\*



1 cup of chopped fruit like fruit cocktail counts as 1 cup



½ cup of dried fruit like raisins counts as 1 cup



1 large banana counts as 1 cup



32 red seedless grapes count as 1 cup



1 cup (8 ounces) of 100% fruit juice counts as 1 cup

### ▶ VEGETABLES

Many people need to eat 2½ cups from the vegetables group each day.\*



2 cups of leafy greens like raw spinach counts as 1 cup



1 large sweet potato counts as 1 cup



12 baby carrots count as 1 cup



1 cup of cooked black beans counts as 1 cup



1 cup of cooked vegetables like green beans counts as 1 cup

\*The amounts are for a person on a 2,000-calorie daily food plan. The amount of fruits and vegetables may vary depending on the age, gender, and physical activity level of each person.

To find the right amount of fruits and vegetables for members of your family, visit <http://choosemyplate.gov/supertracker-tools/daily-food-plans.html> or [SuperTracker.usda.gov](http://SuperTracker.usda.gov).

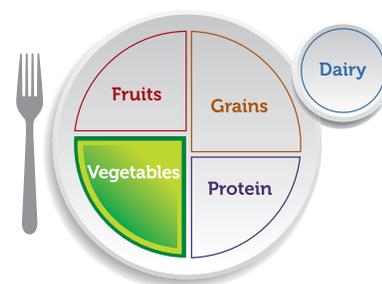
## ► CHOOSE YOUR VEGGIES

Everyone can benefit from eating more vegetables. Vegetables are full of vitamins and minerals. Find ways to add vegetables to most meals and snacks to help your family get the nutrition they need. Serve different types of vegetables like:

- Dark green—broccoli, spinach, and dark-green leafy lettuces
- Red and orange—red peppers and tomatoes; carrots and sweet potatoes
- Others—beans, peas, green beans, cauliflower, zucchini, squash, corn, and green peas

Adults and children who need 2,000 calories daily should eat about 2½ cups of vegetables each day. For 1 day, 2½ cups of vegetables might include:

- **1 cup of cooked green beans** (counts as 1 cup)
- **1 cup of raw spinach** (counts as ½ cup)
- **One medium, baked sweet potato** (counts as 1 cup)



## ► TIPS TO CHOOSE VEGGIES EVERY DAY

**Buy vegetables that can help you save money and time.** Frozen and low-sodium canned vegetables often cost less than fresh and can save time in the kitchen—no washing, slicing, or chopping. 💰

**Choose fresh vegetables when they are in season or grow your own.** When you purchase in season, vegetables are at the peak of flavor and usually cost less. You can also grow your own vegetables such as tomatoes, peas, and squash. If you receive SNAP, you can use your benefits to purchase seeds. 💰

**Set an example for your kids.** Make half your plate vegetables and fruits at meal time. Serve veggies as part of your child's meal. Offer carrot sticks or cucumber slices as a snack.

**Spice up your vegetables with herbs and seasoning.** Cook vegetables like sliced zucchini, carrots, and onions with your favorite herbs or add a store brand seasoning for flavor. Store brand herbs and spices may cost less than name brand choices. 💰

**Serve vegetables in ways that your family will enjoy.** Try a baked sweet potato or roasted squash. Mix broccoli and carrots with brown rice for a side dish. Place slices of tomato and lettuce in sandwiches. Add frozen vegetables to low-sodium soups.

**Keep sliced vegetables in the fridge.** Place sliced bell peppers, cauliflower, carrots, and celery in air-tight containers and store them in your refrigerator. For a quick meal, mix whole-wheat pasta with sliced and steamed bell peppers, carrots, and chickpeas.

💰 BUDGET-FRIENDLY TIP

To find the right amount of vegetables for members of your family, visit <http://choosemyplate.gov/supertracker-tools/daily-food-plans.html> or [SuperTracker.usda.gov](http://SuperTracker.usda.gov).

## ► KEEP FRUITS HANDY

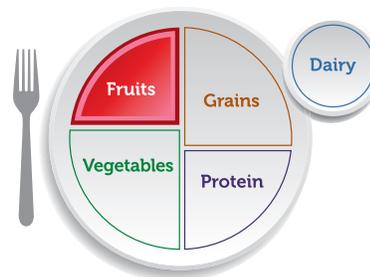
Eat a variety of fruits every day to add vitamins, minerals, and fiber to your meals and snacks. Most fruits are low in fat, sodium, and calories.

Serve different types of fruits like:

- Apples
- Bananas
- Oranges
- Canned peaches or pears packed in 100% juice
- Dried fruits such as raisins, cranberries, or prunes
- 100% orange or grapefruit juice

Adults and children who need 2,000 calories daily should eat about 2 cups of fruit each day. For 1 day, you could eat:

- **½ cup of canned peaches** (counts as ½ cup of fruit).
- **A large banana** (counts as 1 cup of fruit).
- **A small orange** (counts as ½ cup of fruit).



## ► TIPS TO KEEP FRUITS HANDY

### **Put different types of fruits on your shopping list.**

Look for fresh, frozen, canned, and dried fruits at the store. Purchasing canned or frozen store brand fruits can save you more. 💰

**Focus on fruit at meal time.** Slice bananas on top of 100% whole-wheat breakfast cereal, place apple slices in a peanut butter sandwich for lunch, or add canned peaches or raisins to a salad at dinner. Younger children can help you pick the fruits for family meals or snacks.

**Buy fruits in season.** While most fruits are in the grocery store all year long, some cost less when they are purchased in season. Use your SNAP benefits to buy fruits at a local farmers market. 💰

**Make fruit easy to see and eat.** Keep a bowl of fruit like apples, oranges, and bananas on the kitchen counter for quick snacks. Fill half your plate with fruits and vegetables during meals.

**Serve 100% juice.** Look at the label to check if a drink is 100% fruit juice. Offer no more than 1 cup per day to children. If kids are still thirsty, serve water or milk. Look for canned fruit packed in 100% juice such as peaches and mandarin oranges.

**Give your kids new fruits to try.** Buy cantaloupes, strawberries, watermelons, grapes, and blueberries when they are on sale. Let your child see you enjoying different kinds of fruits during meals and snacks. 💰

### 💰 BUDGET-FRIENDLY TIP

To find the right amount of fruits for members of your family, visit <http://choosemyplate.gov/supertracker-tools/daily-food-plans.html> or [www.supertracker.usda.gov](http://www.supertracker.usda.gov).



Fit kids are physically active and play for at least 1 hour every day. Look for ways to make physical activity a part of your day. Do activities that build your muscles, get your heart pumping, and make you feel good about yourself.

### 1 tie up your laces and walk

Go for a walk around your neighborhood or walk to your friend's house instead of taking the bus or asking for a ride. Forget the elevator and take the stairs every chance you get! Remember to be safe by using sidewalks and crosswalks.

### 2 turn up the music

Shake, rattle, and roll to your favorite songs. Turn on some hip hop, country, salsa, or pop music and move your body. Dancing is a great way to get some physical activity.



### 3 ride a bike

Grab your helmet and safety gear and go for a bike ride. Ride your bike to school or grab your friends and enjoy a ride in the neighborhood.

### 4 join a team

Show your team spirit and join a sport at your school or community center. There are tons of fun teams such as basketball, baseball, gymnastics, dancing, soccer, swimming, and tennis. Choose an activity that you like and have fun!

### 5 go out and play

Ditch the TV and go outside with friends, family, and even your pets! Walk your dog. Make a snowman. Fly a kite. Have a Hula-Hoop contest. Play basketball with friends. Try jumping rope. Or simply play a game of tag.



### 6 dive right in!

Go to your local indoor or outdoor pool and swim. Swim laps, play water games with friends, or have diving contests for fun.

### 7 get paid to be fit

Earn extra cash by mowing lawns, washing cars, shoveling snow, or walking dogs for your family or for your neighbors. Listen to music while you work to keep you going.

### 8 try skating or skateboarding

Grab your friends and go to a local park or indoor skating rink! It's easy to learn and a great way to be active while still having fun! Remember to wear your helmet and safety pads.



### 9 plant a garden

Plant and grow flowers, fruits, and vegetables with your family, or even with your friends! Creating a garden is tough work and a good way to keep fit. Be sure to check on your plants and water them every day!

### 10 stuck inside?

Play a game of hide-and-seek or plan a scavenger hunt in your house with friends and family. Another great way to stay active indoors is by doing crunches and jumping jacks—see how many you can complete!



# *Healthy Body, Healthy Spirit*

**Try these exercises while you wait in line**

## **Walk in Place**

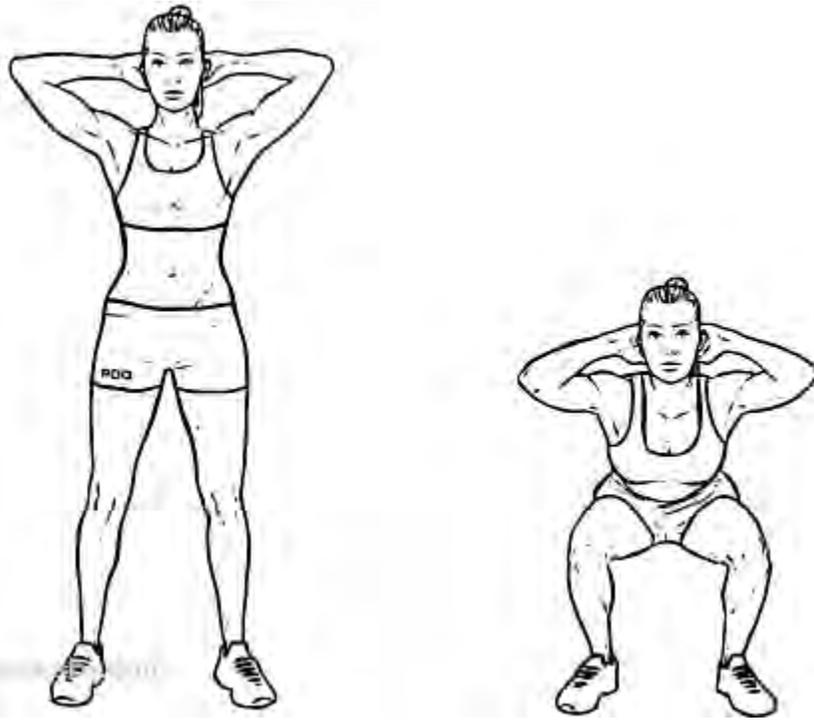


Source: [behealthy.baystatebanner.com](http://behealthy.baystatebanner.com)

**Follow these steps to perform this exercise:**

- 1. Try walking in place for 30 seconds.**
- 2. Swing your arms naturally, relax your jaw and shoulders, stand up straight, and keep your hands and elbows loose.**

# Squats

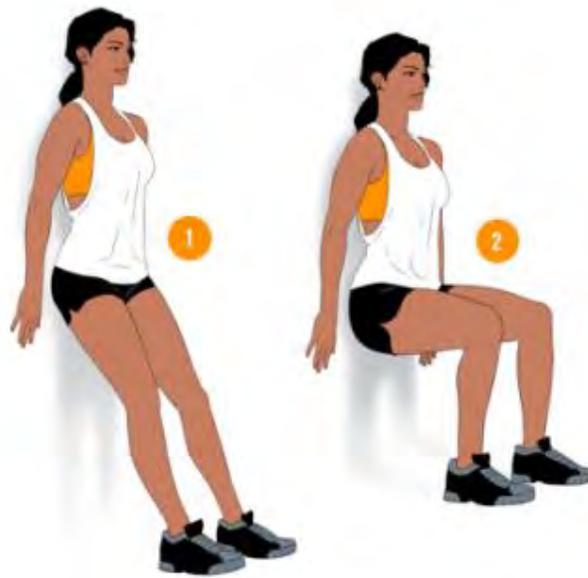


Source: workoutlabs.com

**Follow these steps to perform this exercise:**

- 1. Stand with your feet shoulder width apart.**
- 2. Point your toes slightly outwards.**
- 3. Keep your arms in front of you for balance.**
- 4. Push your hips back, bending your knees slightly to a 90 degree angle (Make sure your knees don't extend beyond the tips of your toes, unless you are very tall).**
- 5. Keep your back straight and eyes looking ahead. Keep your chest up and your eyes pointing straight ahead. Tighten your stomach.**
- 6. Slowly rise to starting position.**
- 7. Repeat 5-7 times.**

# Wall Squat



Source: [www.mondanite.net](http://www.mondanite.net)

**Follow these steps to perform this exercise:**

- 1. Stand with your head and back against a wall.**
- 2. Position your feet shoulder width apart, arms at your side.**
- 3. Slowly lower your body into a squat position until your thighs are parallel to the floor.**
- 4. Hold for 15 seconds. Rest. Repeat 2 times.**

# Lunges

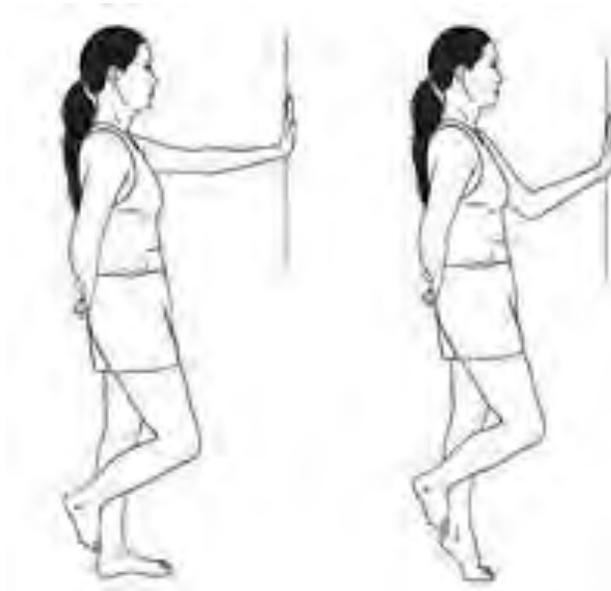


Source: Womenshealthmag.com

## Follow these steps to perform this exercise:

1. Begin in a standing position.
2. Keep your arms out in front of you or on your hips for balance.
3. Push your hips back, slowly bending your knees to a 90 degree angle (Make sure your knees don't extend beyond the tips of your toes, unless you are very tall).
4. Make sure your body weight is on your heels rather than on your toes.
5. Keep your back straight and eyes looking ahead. Keep your chest up and your eyes pointing straight ahead. Tighten your stomach.
6. Slowly rise to starting position.
7. Repeat 5 times on each side.

# Standing Calf Raises



Source: <http://www.wikihow.com/Do-Calf-Raises>

**Follow these steps to perform this exercise:**

**Step 1: Stand straight and tighten your stomach.**

**Step 2: Make sure the balls of your feet are planted on the ground.**

**Step 3: Lift your heels until you're standing on your tippy toes (Distribute most of your weight onto the balls of your feet, and keep your legs straight).**

**Step 4: Stay on your tippy toes for two seconds.**

**Step 5: Then, begin to lower your heels, and move your weight away from the balls of your feet.**

**Step 6: Lower your heels until they're below the step, or platform.**

**Step 7: Repeat 10 lifts on each side.**



# HOW MUCH FOOD AND PHYSICAL ACTIVITY?



**TARGET AUDIENCE:**  
parents with children  
2 through 18 years old



**GROUP SIZE:**  
5 to 7  
participants



**NEEDED TIME:**  
45  
minutes

## ► SESSION OVERVIEW

This session is intended to help busy parents and caregivers offer appropriate meals and snacks for everyone in their family and encourage physical activity each day. Participants will discuss ways to plan and prepare meals that provide the kinds and amounts of foods recommended for adults and children. Participants will become familiar with how to measure and visualize appropriate amounts of foods using measuring cups and images. The participants will receive three handouts to help them achieve these actions: *Find and Make Healthy Foods In a Snap*; *Watch Your Fats, Sugars, and Sodium*; and *Food and Physical Activity Checklist*. Optional handouts are also suggested to offer additional tips for caregivers and children.

### ► BEHAVIORAL OBJECTIVES:

After the session participants will be able to:

- Identify ways to plan and prepare healthier meals.
- Identify and commit to at least one action to get the right amount of foods from all five food groups.
- Identify and commit to at least one action to help family members be physically active during the week.

### ► KEY MESSAGES:

- Knowing the amount of food to eat from each food group can help you eat enough, but not too much.
- Making food at home can help you control the amount of money you spend on food and what you eat.

## ▶ MATERIALS NEEDED FOR SESSION:

- Markers / Nametags
- A food label from a package or recipe. Consider recipes with nutrition information or products with the Nutrition Facts label such as whole-grain cereal, milk, frozen vegetables, or soup.
- Measuring cups and spoons (let participants take home if funds allow)
- Foods to measure such as cooked brown rice, fat-free milk, low-fat yogurt, fruits, vegetables, nuts, vegetable oil, etc. Use food models if real foods are not available.
- A MyPlate mini-poster for each person
- Handouts for parents and caregivers: *Find and Make Healthy Foods in a Snap*; *Watch Your Fats, Sugars, and Sodium*; and *Food and Physical Activity Checklist*
- Optional handout for kids: *MyPlate Snack Tips for Kids*

## ▶ OUTLINE OF 45-MINUTE SESSION:

- Welcome and introduction to *How Much Food and Physical Activity?* (5 minutes)
- Discussion group activities (25 minutes)
- Group activity—measure and visualize various amounts of foods (10 minutes)
- Sum up and home activity (5 minutes)

Review the information on the handouts *Find and Make Healthy Foods in a Snap*; *Watch Your Fats, Sugars, and Sodium*; and *Food and Physical Activity Checklist*. For additional background information, review the “Food Groups Overview” at [ChooseMyPlate.gov](http://ChooseMyPlate.gov). Each food group section offers detailed information about what’s in the food group, how much is needed, health benefits and nutrients, and additional tips to use as time permits.

## ▶ WELCOME TO HOW MUCH FOOD AND PHYSICAL ACTIVITY?

Welcome participants and ask them to make their own nametag (first names only). Make sure each has a copy of the handouts *Find and Make Healthy Foods in a Snap*; *Watch Your Fats, Sugars, and Sodium*; and *Food and Physical Activity Checklist*, and a highlighter or pencil. Mention other points of interest as needed, such as the location of restrooms and water fountains.

### ▶ BEGIN:

*What do you enjoy about feeding your family?* Write responses on flipchart.

### ▶ DISCUSSION GROUP ACTIVITIES:

Tell the parents and caregivers in the group they will be talking about:

- The right amounts and kinds of foods you and your family need each day to be healthy.
- Tips to help you prepare healthy meals with foods from each food group for everyone in your home.
- The connection between how much you eat and physical activity—each person needs different amounts of food depending on their age, activity level, and gender.

► **ASK:**

*What can we do to eat the right amounts and types of food?*

(Allow parents and caregivers to share their responses. Offer suggestions such as measure food or track/write down what we eat.)

► **POINT OUT:**

Everyone needs to eat the right amount of food to maintain a healthy weight. Kids need to eat the right kinds of foods to grow. Adults need to eat healthier to reach or maintain a healthy weight and lower their risk of disease such as diabetes and heart disease.

The more we move our bodies, the more likely we are to stay at a healthy weight. Being physically active helps burn off some of the calories we eat. But if we eat too much food, we will gain weight or can't lose weight, even if we are physically active.

► **HANDOUT REVIEW:**

Look at the MyPlate mini-poster to find the right foods from each of the food groups, based on a 2,000-calorie daily food plan.

- Vegetables—Eat 2½ cups
- Fruits—Eat 2 cups
- Grains—Eat 6 ounces
- Dairy—Get 3 cups every day; kids 2 to 8 years old need 2 cups every day
- Protein Foods—Eat 5½ ounces every day

► **ACTIVITY:**

Invite participants to measure foods in recommended amounts for adults or children. Offer paper or plastic plates, cups, and bowls to help participants see the recommended amounts in a real place setting. Allow participants to look at sample food models, if real foods are not available. During the activity, ask participants to share how these amounts compare to the amounts they serve at home.

► **POINT OUT:**

The amount of food your family eats is important. Adults and kids who are not very physically active will need less food. Younger kids (2 to 8 years) may also need a little less food, while growing teenagers may need more food.

Practice measuring food using the measuring cups and spoons. Over time, you will recognize what 1 cup or ½ cup looks like on plates and glasses that you use at home.

► **ASK:**

*How do you choose foods for you and your family? (Summarize responses)*

► **POINT OUT:**

Taking a few minutes to plan meals that your family will enjoy can help you save time and money. Prepare a shopping list so that you know what you need at the grocery store. Plan your weekly meals based on the foods you include on your list. Focus on buying healthy choices from each food group.

Make meals at home, so that you can control what is in your food. Look for recipes that have fewer ingredients and list nutrition information. Use the Nutrition Facts label on foods or nutrition information on recipes to find choices that are low in calories, saturated fat, sugar, and sodium—choose foods with lower numbers of each. Your SNAP benefits can help to stretch your food dollars so that it's easier to provide healthy meals for your family.

## ▶ HANDOUT REVIEW:

Review the handouts *Find and Make Healthy Foods in a Snap* and *Watch Your Fats, Sugars, and Sodium* with participants and answer questions from the group.

## ▶ ASK:

*How do you and your family stay physically active?* (Summarize responses)

## ▶ POINT OUT:

Kids 6 years and older need at least 60 minutes of physical activity every day. Encourage your kids to participate in sports, outdoor activities, and games with friends such as tag. Look for ways that you can move with them by dancing, walking, or doing yard work.

Young children between 2 and 5 years old should play actively throughout the day. Play time helps young children grow and develop. Choose to let them play instead of watching television.

Adults need at least 2½ hours of moderate-intensity physical activity per week. If you are not used to being active, start slow and gradually increase time and intensity as you get stronger. Find ways to be active with your family throughout the day.

## ▶ SUM UP:

Each day, eat the recommended amounts of foods from each food group. Enjoy ways to be active with your family every day.

During this next week, what actions can you take to eat the recommended amounts of foods and be active?

Ask participants to look at the handout *Food and Physical Activity Checklist*. Read the ideas and ask participants to check the activities they would be willing to try.

## ▶ HOME ACTIVITY:

Ask participants to commit to one action to get the recommended kinds and amounts of foods during the coming week by highlighting or circling items on the *Food and Physical Activity Checklist* handout. Ask them to do the same for the list of physical activities. Encourage participants to add their own ideas.

Offer the optional handout *MyPlate Snack Tips for Kids* and encourage parents to share what they've learned with their children.

For more information visit  
[www.ChooseMyPlate.gov/myplateformyfamily.html](http://www.ChooseMyPlate.gov/myplateformyfamily.html).



November 2014  
Food and Nutrition Service  
*USDA is an equal opportunity  
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# Healthy Body, Healthy Spirit

## Workshop #4 Post-Test

Name: \_\_\_\_\_ Faith Institution: \_\_\_\_\_ Date: \_\_\_\_\_

Instructions: Please circle the option that best answers the question.

**1. List a few reasons why exercise is important for you and your family.**

\_\_\_\_\_

**2. How much exercise should adults get 5 days/week?**

- a. 20 minutes/day
- b. 30 minutes/day
- c. 60 minutes/day
- d. 70 minutes/day

**3. How much exercise should children get every day?**

- a. 30 minutes/day
- b. 40 minutes/day
- c. 50 minutes/day
- d. 60 minutes/day

**4. Circle examples of vigorous exercise (you can't talk or your talking is broken up by large breathes).**

Brisk Walking

Ballroom Dancing

Fast bicycling

Tennis

Gardening

**5. Circle the answer that best fits the question.**

- a. Exercise is safe for almost everyone. True/False
- b. Exercise can be spread throughout the day. True/False
- c. Exercise only accounts when you are at the gym. True/False

**6. In each day, fill in a moderate-vigorous exercise routine that you could incorporate into your daily routine for 30 minutes.**

Monday	Tuesday	Wednesday	Thursday	Friday

# Healthy Body, Healthy Spirit

## Workshop #4 Pre-Test

Name: \_\_\_\_\_ Faith Institution: \_\_\_\_\_ Date: \_\_\_\_\_

Instructions: Please circle the option that best answers the question.

**1. List a few reasons why exercise is important for you and your family.**

\_\_\_\_\_

**2. How much exercise should adults get 5 days/week?**

- a. 20 minutes/day
- b. 30 minutes/day
- c. 60 minutes/day
- d. 70 minutes/day

**3. How much exercise should children get every day?**

- a. 30 minutes/day
- b. 40 minutes/day
- c. 50 minutes/day
- d. 60 minutes/day

**4. Circle examples of vigorous exercise (you can't talk or your talking is broken up by large breathes).**

Brisk Walking

Ballroom Dancing

Fast bicycling

Tennis

Gardening

**5. Circle the answer that best fits the question.**

- a. Exercise is safe for almost everyone. True/False
- b. Exercise can be spread throughout the day. True/False
- c. Exercise only accounts when you are at the gym. True/False

**6. In each day, fill in a moderate-vigorous exercise routine that you could incorporate into your daily routine for 30 minutes.**

Monday	Tuesday	Wednesday	Thursday	Friday

# Get Moving!



## 1 What is the recommended amount of physical activity for adults?

Adults should get **150 minutes** of moderate physical activity per week. That's **30 minutes a day for 5 days a week** of brisk walking, swimming, tennis, mowing the lawn, or gardening. Try exercising 10 minutes in the morning, 10 minutes in the afternoon, and 10 minutes in the evening to reach your daily goal.

## 2 I don't have time to exercise before work and I am too tired after work. How can I be more active at work?

Tip 1: **Take the stairs** instead of the elevator whenever possible.

Tip 2: Get moving every hour and **take a quick walk** around your office.

Tip 3: **Stand up and stretch** at your desk!

Tip 4: Try **chair exercises** during the day.

Tip 5: **Tap or wiggle your feet** while at work.

## 3 What are the benefits of exercising?

Exercising can **help lower blood pressure and cholesterol, lower your risk for of cardiovascular disease, relieves stress, helps you sleep better, lower your risk of some cancers, burn calories to help you lose or maintain your weight, and improve your mental health and mood.**

## 4 I don't have a gym membership, where can I exercise?

Tip 1: **Run, walk, or bike** outside on a trail with family and friends.

Tip 2: Check out your local **community rec center** like YMCA for a lower membership rate.

Tip 3: Log on to YouTube for **free exercise videos**.

Tip 4: Use water bottles as arm weights to **strengthen your muscles**.

## 5 How can I stay motivated to exercise?

Tip 1: Choose exercises that you **enjoy** and **fit into your schedule**.

Tip 2: Try mixing up your exercise routine by **running or walking**, or even **exercise with a buddy**.

Tip 3: Print a **physical activity record** and track how long you worked out and barriers you've overcome.

References: [www.diabetes.org](http://www.diabetes.org)

Made possible with funding from the U.S. Department of Agriculture (USDA).

## ▶ WATCH YOUR FATS, SUGARS, AND SODIUM

Compare the solid (saturated) fats, added sugars, and sodium (salt) in the foods you eat. Look at the Nutrition Facts label to find foods with lower numbers of each.

### SOLID FATS AND OILS

Some fats are better for you than others. Oils are often better for you than solid fats. Limit solid fats such as butter, lard, stick margarine, and fats on meats and poultry. The key is to eat the right types of fats and oils in the right amounts. Oils that are better for you include:

- Canola oil
- Olive oil
- Safflower oil
- Oils in fish
- Corn oil
- Soybean oil
- Sunflower oil
- Oils in nuts and seeds

### ADDED SUGARS

Sugars add calories and are found in both food and drinks. Foods and drinks with high amounts of added sugars also have a lot of calories but little nutrition.

### SODIUM

Most of us enjoy the taste of salt in our foods. But too much sodium (salt) can lead to health problems like high blood pressure. Look for sodium on packaged foods—many of the packaged foods we eat are high in sodium.

## ▶ TIPS TO LOWER YOUR FATS, SUGARS, AND SODIUM

**Check the Nutrition Facts label.** Look for lower numbers in the items you buy. Pay attention to the amount of fats, sugars, and sodium.

**Cook at home so you know what goes into your food.** Prepare foods with little oil, cut back on solid fats, and choose spices instead of salt. Preparing meals at home can also cost less than eating out. 💰

**Keep an eye on the sugar.** Most of the added sugars we eat come from sodas, sports drinks, cakes, cookies, ice cream, candy, and other sweets. Focus your food dollars on vegetables, fruits, whole-grain foods, low-fat or fat-free dairy, and lean protein foods. 💰

**Add sweetness with fruit.** Top whole-grain cereal with sliced bananas, peaches, raisins, or your favorite fruit.

**Add flavor with spices, herbs, vinegars, or lemon juice.** Cut back on salt in your meals by adding no-salt seasonings, garlic, basil, apple cider vinegar, or lemon juice to your salads, meats, and side dishes. Rinse canned foods like beans or corn to lower the sodium.

**Think twice about some of your favorite foods.** Eat sweets and treats less often. They add extra calories and offer little nutrition.

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💰 BUDGET-FRIENDLY TIP

**HANDOUT:**  
*HOW MUCH FOOD AND PHYSICAL ACTIVITY?*

## ► FIND AND MAKE HEALTHY FOODS IN A SNAP

Finding low-cost, healthy foods is important for many families. Use your SNAP benefits to stretch your food dollars and create tasty, healthy meals for your family. When you are shopping at the grocery store, use the information on food labels to help you make choices. Make meals at home, where you can control what is in your foods.

### USE FOOD LABELS

- **Read the Nutrition Facts label.** The Nutrition Facts label has a lot of useful information and can help you get the right amount of calories. The Nutrition Facts label includes nutrition information for a 2,000-calorie diet. Some adults and older children need about 2,000 calories a day. Toddlers and young children need to eat less. Inactive adults and older adults may also need fewer calories.
- **The serving size and number of servings are important.** Calories, fat, sugar, and sodium are shown. Look for low amounts of fat, sodium, and sugar, and high amounts of vitamins, minerals, and fiber. If you eat more than the amount on the label, you get more calories, fat, sodium, and other nutrients, too.
- **Look at the ingredients, too.** The first three ingredients usually make up most of the food item. Choose items with sugar, fat, and oils listed at the end of the ingredient list.
- **Check the sodium.** Foods that don't taste salty can be very high in sodium. Watch out for high amounts of sodium in deli meats, pizza, cheese, soups, breads, hot dogs, spaghetti sauce, canned foods, chips, and crackers. Choose low-sodium, no-salt or salt-free soy sauce, salsa, and seasonings as ingredients.

## ► TIPS TO MAKE MEALS AT HOME

**Make a recipe.** Prepare food at home so that you can control what goes into the meal. To find recipes that you can make at home use the What's Cooking? USDA Mixing Bowl at [WhatsCooking.fns.usda.gov](http://WhatsCooking.fns.usda.gov).

**Include foods from each of the five food groups.** Look for recipes that have more than one food group. Adding fruits, vegetables, grains, dairy, and protein foods can help you build a healthy plate. Limit foods with high amounts of solid fats, sugars, and sodium.

**Know the amount.** Use a measuring cup or spoon to measure ingredients in the recipe or the amount of food on your plate. Use recipes that list calories, sodium, and fats.

**Bake, broil, roast, or grill your foods.** Bake meats, roast vegetables, broil fish, and grill poultry instead of frying foods. You can add a lot of flavor by seasoning your foods with your favorite spices and herbs.

If you have questions about SNAP benefits or making healthy meals, ask your nutrition educator, call 1-800-221-5689, or visit the SNAP website <http://www.fns.usda.gov/snap/nutrition-education>.

**HANDOUT:**  
*HOW MUCH FOOD AND PHYSICAL ACTIVITY?*

## ▶ FOOD AND PHYSICAL ACTIVITY CHECKLIST



- ❑ Eat foods from each food group each day.
- ❑ Use measuring cups to learn what 1 cup and ½ cup look like.
- ❑ Cut raw vegetables like broccoli and carrots into small sizes. Keep them in clear containers in the refrigerator for quick snacks.
- ❑ Broil, grill, roast, or microwave meat, poultry, or fish instead of frying.
- ❑ Visit a local farmers market to buy fruits and vegetables in season.
- ❑ Pick low-fat or fat-free milk or yogurt (Recommended for persons over 2 years of age).
- ❑ Choose whole-grain foods, such as whole-wheat bread, oatmeal, brown rice, and low-fat popcorn more often.
- ❑ Use the Nutrition Facts label to find healthier foods at the grocery store.

- ❑ Play active games like tag or jump rope with children.
- ❑ Walk with the kids to school each day.
- ❑ Take the stairs, not the elevator.
- ❑ Be physically active for at least 2½ hours per week. Take a walk or jog at lunchtime or in the evening.
- ❑ Help kids be physically active at least 60 minutes every day, or most days. They can walk, dance, bike, play ball—it all counts.

Write other ideas here:

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# Healthy Body, Healthy Spirit

## About Food Labels

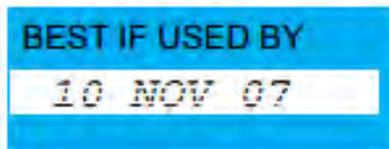
### Product Dating

The dates on labels have different meanings. Here's how to decipher them:

**"Sell By" date:** Tells the store how long to display the product for sale. You should buy the product before the date expires.



**"Best If Used By" (or Before) date:** Recommended for best flavor or quality. It is *not* a purchase or safety date.



**"Use-By" date:** The last date recommended for the use of the product while at peak quality. The date has been determined by the manufacturer of the product.

## Safe Food Is the Best Food



**"Are these leftovers still good?" Find out with *Food Keeper*.**

Food Keeper is a FREE App that can be downloaded on your iPhone or android to help you find if the foods left in your refrigerator, freezer, or pantry are safe to eat.

Use the application to:

- Find specific storage timelines for foods.
- Get cooking tips on how to properly cook meat, poultry, and seafood.
- Make notes when food items were purchased and receive a notification when it's time to throw it out.
- For additional food safety information, visit: [www.foodsafety.gov](http://www.foodsafety.gov)

# Healthy Body, Healthy Spirit

## Safe Food Is the Best Food

**DANGER ZONE**

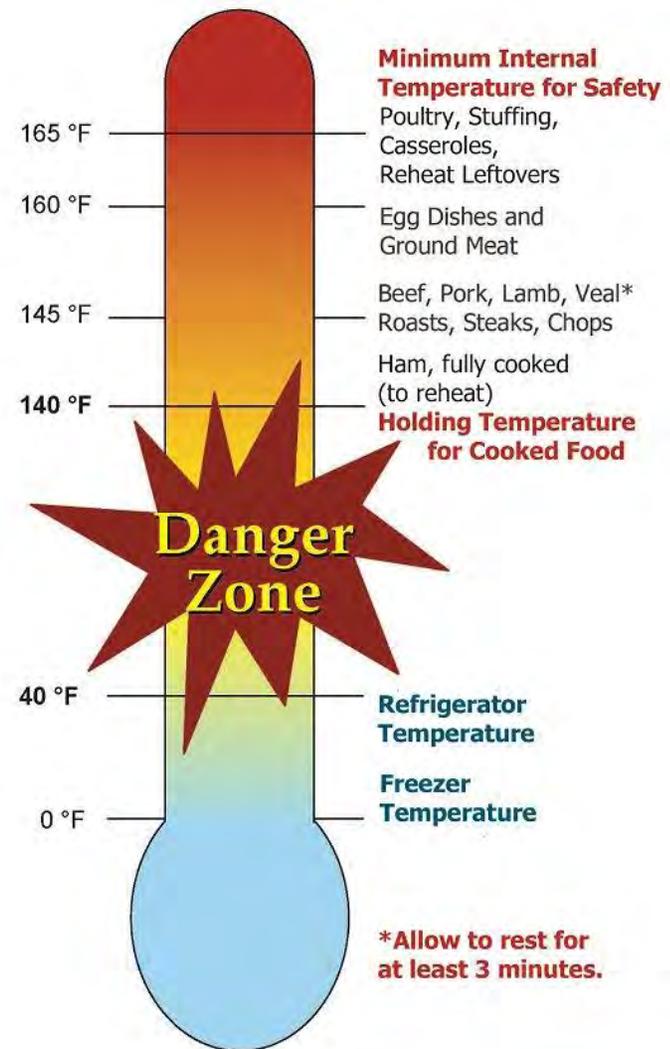
**DO NOT ENTER**

Perishable food kept in the Danger Zone (between 40 - 140 °F) for longer than 2 hours should be thrown out.

140°F + 2 hours = 40°F

**EXCEPTIONS**  
to Danger Zone include ready-to-eat items like

cookies   crackers   bread   whole fruit



For additional food safety information, visit: [www.foodsafety.gov](http://www.foodsafety.gov)

# Healthy Body, Healthy Spirit

## Workshop #5 Post-Test

Name: \_\_\_\_\_ Faith Institution: \_\_\_\_\_ Date: \_\_\_\_\_

Instructions: Please circle the option that best answers the question.

- 1. List 2 strategies that can help in preparing quick and healthy meals for you and your family.**

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- 2. What does the “Sell By Date” on a food label mean?**

- a. It tells you when bacteria starts to grow
- b. It tells the store how long they can display and sell the product
- c. It tells you when to throw it away
- d. It tells you when the food is no longer safe

- 3. What does the “Use By Date” on a food label mean?**

- a. It tells you when bacteria starts to grow and multiply
- b. It tells you when the food is no longer safe
- c. It tells you the last recommended date to consume the food, while its at peak quality
- d. Nothing, it’s just random numbers together

- 4. The ‘Danger Zone’ is a range of temperature where perishable foods should not be kept at for more than 2 hours. Bacteria multiply rapidly in this range, and could lead to foodborne illness. Circle the range of temperatures that note the ‘Danger Zone.’**

32°F – 150°F

25°F – 150°F

40°F – 175°F

40°F – 141°F

- 5. Match the foods with the internal cooking temperature that needs to be reached for safety.**

- |   |       |
|---|-------|
| a. Poultry, stuffing, casseroles,<br>Or reheating leftovers | 140°F |
| b. Egg dishes and<br>Ground meat                            | 165°F |
| c. Beef, Pork, Lamb, Veal<br>Roasts, Steak, Chops           | 145°F |

# Healthy Body, Healthy Spirit

## Workshop #5 Pre-Test

Name: \_\_\_\_\_ Faith Institution: \_\_\_\_\_ Date: \_\_\_\_\_

Instructions: Please circle the option that best answers the question.

- 1. List 2 strategies that can help in preparing quick and healthy meals for you and your family.**

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- 2. What does the “Sell By Date” on a food label mean?**

- a. It tells you when bacteria starts to grow
- b. It tells the store how long they can display and sell the product
- c. It tells you when to throw it away
- d. It tells you when the food is no longer safe

- 3. What does the “Use By Date” on a food label mean?**

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32°F – 150°F

25°F – 150°F

40°F – 175°F

40°F – 141°F

- 5. Match the foods with the internal cooking temperature that needs to be reached for safety.**

- |   |       |
|---|-------|
| a. Poultry, stuffing, casseroles,<br>Or reheating leftovers | 140°F |
| b. Egg dishes and<br>Ground meat                            | 165°F |
| c. Beef, Pork, Lamb, Veal<br>Roasts, Steak, Chops           | 145°F |



# FAMILY TIME ACTIVE AND FUN!



**TARGET AUDIENCE:**  
parents with children  
2 through 18 years old



**GROUP SIZE:**  
5 to 7  
participants



**NEEDED TIME:**  
45  
minutes

## ▶ SESSION OVERVIEW

This session is intended to help busy parents, caregivers, and their families be more physically active. Participants will discuss why being physically active is important and the challenges to being active every day. Participants will work as a group with partners to come up with solutions to becoming more physically active every day.

Using the handout *Be Active Today*, participants will discuss ways to be physically active and include children in regular physical activities. At the end of the session, participants will be reminded to make being physically active and eating healthy a part of their daily routine. Participants will identify two ways to be physically active at least 2½ hours per week. Participants will also identify two ways to get their children to be more active.

### ▶ BEHAVIORAL OBJECTIVES:

After the session participants will be able to:

- Identify two ways to get at least 2½ hours of moderate-intensity physical activity per week.
- Identify at least two ways to help their kids be physically active, every day.

### ▶ KEY MESSAGES:

- Regular physical activity is a key factor in maintaining a healthy body weight for adults and children.
- Parents play an important role in helping their children make physical activity an everyday habit.

DISCUSSION SESSION

## ▶ MATERIALS NEEDED FOR SESSION:

- Markers
- Nametags
- Highlighters or pencils (one per participant)
- Flipchart
- MyPlate mini-poster—provide a copy for each participant
- Lively and fun music
- Handout for parents and caregivers: *Be Active Today*
- Optional handout for kids: *Be a Fit Kid*

## ▶ OUTLINE OF 45-MINUTE SESSION:

- Welcome and introduction to the *Family Time—Active and Fun!* session (5 minutes)
- Discussion group activities (35 minutes)
- Sum up and home activity (5 minutes)



## ▶ WELCOME TO FAMILY TIME—ACTIVE AND FUN!

Welcome participants and ask them to make their own nametag (first names only). Make sure each has a copy of the handout *Be Active Today* and a highlighter or pencil. Mention other points of interest as needed, such as the location of restrooms and water fountains.

### ▶ BEGIN:

*What are your favorite ways to be physically active? Write responses on a flipchart.*

### ▶ DISCUSSION GROUP ACTIVITIES CONTINUE:

Tell the participants that the group will be talking about how to:

- Plan easy and low-cost ways to be physically active each day
- Include children in physical activity every day

Ask everyone to stand up and then discuss how physically active they think they are by asking the following questions.

► **ASK:**

*Do you mostly sit during the day, at work, at home, or somewhere else?*

If so, cross your arms in front of your chest.

*Do you think you move enough during the day?*

If so, shake your hands.

*Is your day full of a lot of physical activity?*

If so, wave your arms wildly.

► **SAY:**

Clap your hands if you think moving more than you do now would be good for you. Now with that “applause for being on the move,” it is time to get moving! While the participants are all still standing, have fun by being physically active together.

Lead the group and ask everyone to walk in place or dance to a lively song. Spend 2 to 3 minutes in some type of movement. As the participants move, ask them how they feel. If they feel out of breath or any pain, ask them to stop. If people are talking and enjoying themselves, encourage their efforts.

Once you have finished leading the group, explain that being physically active does not mean you have to participate in sports. Any kind of moving around is good, including walking or dancing to music.

► **ASK:**

*How did it feel to move a little in our time together today?*

(Responses might include: fun, energizing, relaxing, helps relieve stress.)

*Could you still talk while you were moving? Could you sing with the music?*

Acknowledge responses. (Encourage everyone to try it at home for at least 10 minutes and if they still felt good, to try at least 30 minutes.)

*Why is it important for you and your family to be physically active?*

Acknowledge responses.

► **POINT OUT:**

- Physical activity helps you control body weight, burn calories, and may reduce your risk of certain chronic diseases.
- It also helps you to sleep better at night, feel better about yourself, and maintain strong bones and muscles.
- Adults need at least 2½ hours of moderate-intensity physical activity per week.
- Children need at least 60 minutes every day. Children and adolescents should include muscle- and bone-strengthening activities, like climbing and jumping, at least 3 days a week.
- Young children 2 to 5 years old need to be active throughout the day. You can encourage your toddler or preschooler to do a variety of activities that help him or her grow and develop.
- Dancing, walking, riding bikes, and climbing stairs are low-cost, fun ways to be physically active with your children.

► **ASK:**

*Why it is hard to be physically active?*

Acknowledge their challenges and ask, “*What are some solutions to these challenges?*”

Let the group members share their challenges and possible solutions.

▶ **CONTINUE:**

**Challenge:** “Too tired when I get home”

**Solution:** Make your lunch or breaktime active; take a 10-minute brisk walk.

**Challenge:** “No time—too many other things to do”

**Solution:** Be more active in the everyday things you do; use the stairs instead of the elevator or park further away and walk.

**Challenge:** “Nobody to be active with”

**Solution:** Plan fun ways to be active with your family, neighbors, friends; play with your kids; or walk the dog.

▶ **HANDOUT REVIEW:**

Review the handout *Be Active Today* with participants and answer questions from the group.

▶ **SUM UP AND HOME ACTIVITY:**

Now that you know some fun and easy ways to be more physically active and eat healthy, you can take steps to make these habits part of your daily life.

Ask each participant to highlight or circle two activities on the handout *Be Active Today* that they will do to become more physically active.

Offer the optional handout *Be a Fit Kid*. Suggest that parents review the tips and use the information with their children to help them be more active.

**For more information visit**  
[www.ChooseMyPlate.gov/myplateformyfamily.html](http://www.ChooseMyPlate.gov/myplateformyfamily.html).



November 2014  
Food and Nutrition Service  
*USDA is an equal opportunity provider and employer.*

## ▶ BE ACTIVE TODAY

Eating healthier foods is important, but we also need to be physically active. Adults should try to be active most days of the week. Children should try to be active every day. Think about activities you enjoy and find ways to move throughout the day. Some physical activity is better than none at all.

- Adults need to be physically active for at least 2½ hours during the week.
- Kids need at least 60 minutes of physical activity every day.
- Children 2 to 5 years old should play actively throughout the day.

Find ways to be active your way. Adults should do some type of moderate-intensity activity throughout the week. You may need more physical activity to lose or maintain a healthy weight. See below for ideas:

- Walking briskly
- Jogging
- Dancing
- Bicycling
- Gardening

## ▶ TIPS FOR BEING PHYSICALLY ACTIVE

**Start slow.** If you are just getting started, you can start slowly by doing 10 minutes of activity at a time. Add more time and intensity as you get stronger. A local library may offer free videos or you can find videos online to get you started. 💰

**Walking works.** Walk in an area that is comfortable for you like in your neighborhood, at a park, or in the mall. If your child's school is nearby, walk with him or her to school.

**Look for activities in your community.** Check a local community center or place of worship for free or low-cost exercise programs, fitness classes, and activities for you or your kids. Join a group that focuses on being active such as a walking club. 💰

**Move throughout the day.** Take the stairs instead of the elevator. Walk the dog instead of letting the dog outside. Do push-ups and sit-ups as you listen to your favorite song. Park farther away from the store, so you can add steps to your day.

**Build stronger muscles.** Yoga and lifting light weights are good ways to build your muscles. Try doing strength-building activities at least 2 days each week.

**Be active at any age.** Everyone benefits from physical activity. You can play with your toddler in the yard or walk with a grandparent to the bus. Play sports like soccer with other adults in your community or enjoy a game of tag with your kids.

---

### 💰 BUDGET-FRIENDLY TIP

Even if your family is busy, there are many ways to be active. Being more physically active can help you feel better about yourself and give you more energy. Look for friends, family, or members in your community who will support your efforts to move more.

**HANDOUT:**  
*FAMILY TIME—ACTIVE AND FUN!*



# MYPLATE FAMILY MEALS



**TARGET AUDIENCE:**

parents with children  
2 through 18 years old



**GROUP SIZE:**

5 to 7  
participants



**NEEDED TIME:**

45  
minutes

## ▶ SESSION OVERVIEW

This session is intended to help busy parents and caregivers plan, shop, and prepare healthy, low-cost meals for their families and learn ways to let their children help. Participants will discuss the challenges of making affordable and healthy family meals and snacks. An educator will facilitate a discussion about solutions to the challenges identified by the group by sharing ideas from participants as they play the Make a MyPlate Meal game.

Each participant will share how she would make a meal using two “make and serve in a hurry” foods selected from items on display. The foods selected may be for breakfast, lunch, dinner, or snacks. Participants will share how they plan their low-cost meals and snacks, brainstorming on ways to involve children in preparation. Finally, each parent or caregiver will be challenged to select two timesaving or low-cost ideas they will use in the upcoming week. Parents and caregivers will also identify one way to include children in preparing family meals.

### ▶ BEHAVIORAL OBJECTIVES:

After the session participants will be able to:

- Identify two timesaving or low-cost ways to prepare healthy family meals each week.
- Name two tasks their child can do to help make a family meal during the week.

### ▶ KEY MESSAGES:

- Timesaving tips can help caregivers make tasty and healthy family meals on a budget.
- Children can help adults get ready for and make family meals.

**DISCUSSION SESSION**

## ▶ MATERIALS NEEDED FOR SESSION:

- Markers
- Nametags
- Highlighters or pencils (one per participant)
- Flipchart
- MyPlate mini-poster, *What's On Your Plate*—Provide a copy of the mini-poster to everyone.
- Handouts for parent and caregivers: *Make Easy and Healthy Family Meals*, *Make Half Your Grains Whole Grains*, *Get Your Dairy*, and *Look for Lean Protein Foods*.
- Optional handout for kids: *MyPlate Coloring Page*
- Samples of “make and serve in a hurry” foods. Consider the cultural preferences of your audience as you select your samples. Some suggested options include 100% whole-wheat tortilla, hummus with sliced vegetables, and low-fat yogurt; or a small fruit and vegetable plate with whole-wheat crackers and low-fat cheese placed on the side. Arrange the items on a table for everyone to see.

**TIP: USE EMPTY BOXES OR CANS FOR THE CANNED AND FROZEN ITEMS. INCLUDE EXAMPLES OF LOW-COST FOODS.**

## ▶ OUTLINE OF 45-MINUTE SESSION:

- Welcome and introduction to MyPlate Family Meals (5 minutes)
- Discussion group activities—How do you decide what to make for dinner? (10 minutes)
- Group activity—Play *Make a MyPlate Meal* game (25 minutes)
- Sum up and home activity—Identify ways to plan, shop, or cook fast and healthy meals and snacks and ways children can help (5 minutes)

The educator should review the information on the handout *Make Easy and Healthy Family Meals* and directions for playing the *Make a MyPlate Meal* game. For additional background information, review “Food Groups Overview” at [ChooseMyPlate.gov/food-groups/](http://ChooseMyPlate.gov/food-groups/). Each food group section offers detailed information about what’s in the food group, how much is needed, a description of the health benefits and nutrients, and additional tips (if time permits).

## ▶ WELCOME TO MYPLATE FAMILY MEALS

Welcome participants and ask them to make their own nametag (first names only). Make sure each has a copy of the family meals handout, session guides, and a highlighter or pencil. Mention other points of interest as needed, such as the location of restrooms and water fountains.

### ▶ INTRODUCTIONS:

Ask participants to **share the names and ages of their children**. Give participants time to share. Write down their names so that you can call on them during the discussion.

## ► DISCUSSION GROUP ACTIVITIES:

Review the session with the group. Let them know that they will be talking about ways to:

- Plan meals that are easy, tasty, healthy, fast, and affordable
- Shop for low-cost foods—look for foods in all the food groups
- Save time when cooking meals
- Involve children in making meals

## ► QUESTION:

Read the story below aloud. Encourage participants to consider how the following story compares to their day.

*“Mom, what are you making for supper?” I didn’t like to hear that question. I often didn’t have an answer. Like most moms, I wanted my family to eat healthier foods. I knew I had to take action. With help from a nutrition educator, I learned that my family needed to eat more fruits, vegetables, and whole grains. I also needed to find ways to cut back on salt and sugars—we love salty foods and everyone has a sweet tooth in my family. I needed a plan to change what we ate and how we ate. My family is so busy...work and school take up most of our time!*

Does this sound like you? Pause and let the parents and caregivers think about the question, then ask the following questions. Allow parents and caregivers to share their responses for each question before moving to the next one.

## ► ASK:

*How do you decide what to make for dinner?*

*What does a quick meal look like in your home?*

*How do you make a healthy meal?*

## ► POINT OUT:

- Build a healthy plate using simple, affordable foods from all the food groups—A low-cost food like whole-grain pasta can be made even healthier when you add frozen vegetables along with flavorful spices.
- Cook when you have more time—On the weekend, double the recipe for a casserole and freeze one casserole for the next week. Wash and slice vegetables or make fruit salad a few hours or the day before your meal.
- Offer quick meals or snacks—Microwave, broil, or stir-fry when you can. Use low-cost foods like canned tuna, chicken, or beans in a salad; prepare sandwiches; slice raw vegetables and fruits and choose plain low-fat yogurt as a dip.
- Find ways to stretch your food dollars—Use SNAP benefits, plan meals ahead of time, make a shopping list, check store sales, and buy generic or store brands to make meals on a budget.



## ▶ **PLAY THE GAME: MAKE A MYPLATE MEAL**

Have each participant pick two different foods from the “make and serve in a hurry” foods that are displayed on the table. You can also ask participants to pick a whole-grain food from the handout *Make Half Your Grains Whole Grains* and ask them how they might make a quick and easy meal. Encourage them to add familiar foods from each food group to complete the meal. Use the handouts *Get Your Dairy* and *Look for Lean Protein Foods* as needed.

After everyone has picked foods, ask a volunteer to share how he or she would use the foods to make a snack or meal (breakfast, lunch, or dinner).

Give everyone an opportunity to share their meals and snacks. Write the menus on a flipchart or blackboard if available.

## ▶ **ASK:**

*How can your children help make a meal?*

Let the group brainstorm some ideas. Write the ideas on the flipchart.

## ▶ **SUM UP:**

Review tips on the handout *Make Easy and Healthy Family Meals*.

Refer to pictures of foods on the MyPlate mini-poster for ideas about healthy choices from each of the food groups. Ask participants if they have questions about the handouts *Make Half Your Grains Whole Grains*, *Get Your Dairy*, and *Look for Lean Protein Foods*. Mention that more information and meal ideas are available at [ChooseMyPlate.gov](http://ChooseMyPlate.gov).

## ▶ **HOME ACTIVITY:**

Give each participant a highlighter or pencil. Ask them to highlight or circle two timesaving or low-cost tips on the handout *Make Easy and Healthy Family Meals* that they will try during the upcoming week.

Ask participants to highlight or circle two tasks on the handout that they will let their child do to help make a family meal during the week. Ask them to include their own ideas in the spaces provided.

Offer the optional MyPlate handout *MyPlate Coloring Page* to help participants reinforce the food groups with their children.

For more information visit  
[www.ChooseMyPlate.gov/myplateformyfamily.html](http://www.ChooseMyPlate.gov/myplateformyfamily.html).



November 2014  
Food and Nutrition Service  
*USDA is an equal opportunity provider and employer.*

# Healthy Body, Healthy Spirit

## Workshop #6 Post-Test

Name: \_\_\_\_\_ Faith Institution: \_\_\_\_\_ Date: \_\_\_\_\_

Instructions: Please circle the option that best answers the question.

1. What should you look for when buying canned fruit?
  - a. "Packed in syrup"
  - b. "Packed in natural juice"
  - c. None of the above
  
2. Name the five food groups in MyPlate.
  - 
  - 
  - 
  -
  
3. What is the largest food group in MyPlate?
  - a. Grains
  - b. Protein
  - c. Vegetable
  - d. Fruit
  
4. How many cups of fruit should you eat every day?
  - a. 1 cup
  - b. 2 cups
  - c. 2 1/2 cups
  - d. 3 cups
  
5. How much exercise should adults get 5 days/week?
  - a. 20 minutes/day
  - b. 30 minutes/day
  - c. 60 minutes/day
  - d. 70 minutes/day

# Healthy Body, Healthy Spirit

## Workshop #6 Pre-Test

Name: \_\_\_\_\_ Faith Institution: \_\_\_\_\_ Date: \_\_\_\_\_

Instructions: Please circle the option that best answers the question.

1. What should you look for when buying canned fruit?
  - a. "Packed in syrup"
  - b. "Packed in natural juice"
  - c. None of the above
  
2. Name the five food groups in MyPlate.
  - 
  - 
  - 
  -
  
3. What is the largest food group in MyPlate?
  - a. Grains
  - b. Protein
  - c. Vegetable
  - d. Fruit
  
4. How many cups of fruit should you eat every day?
  - a. 1 cup
  - b. 2 cups
  - c. 2 1/2 cups
  - d. 3 cups
  
5. How much exercise should adults get 5 days/week?
  - a. 20 minutes/day
  - b. 30 minutes/day
  - c. 60 minutes/day
  - d. 70 minutes/day
  
6. You are making a homemade hamburger. What are substitutions you can make to have a healthier recipe? Fill in the blanks below.
  - a. Beef or turkey = \_\_\_\_\_
  - b. Vegetable oil = \_\_\_\_\_
  - c. White hamburger bun = \_\_\_\_\_



## ▶ MAKE EASY AND HEALTHY FAMILY MEALS!

A few steps can help you make easy, healthy family meals on a budget. Find time to plan and prepare healthier meals each week. Use the time you save to enjoy your family.

### ▶ PLAN

Plan your family meals. Think about meals, snacks, and beverages you will serve throughout the week. Write down a list of foods you need to prepare your meals or keep the list in a wallet, purse, or on a mobile phone. Focus your budget on foods that are healthier for your family such as vegetables, fruits, whole grains, dairy, and protein foods.

- **Use a shopping list to stay on track.** Review coupons and sales to find less expensive foods. Look in newspapers or weekly store flyers to find sales and coupons for foods that you need. 💰
- **Join a store's bonus or reward card program to receive more savings.** Visit the store's customer service desk or website for information about how to sign up. 💰
- **Choose foods that cost less all year long.** Beans and eggs are low-cost healthy protein foods. Frozen vegetables like spinach and green beans are also low-cost options. 💰
- **Stock your kitchen.** Select foods that you can make and serve quickly on busy days, such as:
  - Canned beans and fish
  - Canned low-salt or low-sodium vegetables or soups
  - Whole-grain pasta, brown rice, and quick-cooking oats

- **Store fresh foods right away to keep them fresh longer.** Use fresh fruits, vegetables, and milk quickly to prevent them from spoiling.
- **Buy fruits and vegetables in season.** Some fruits and vegetables, such as peaches or corn, are cheaper when you buy them in season. Look for sales in the grocery store and your local farmers markets for cheaper choices. Many farmers markets accept SNAP benefits. 💰



Keep ingredients such as seasonings, flour, baking powder, herbs, and oils in your pantry to help you quickly prepare healthy meals.

💰 BUDGET-FRIENDLY TIP

HANDOUT:  
MYPLATE FAMILY MEALS

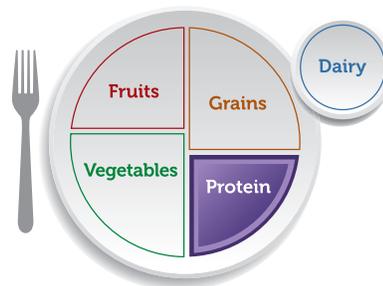
## ▶ LOOK FOR LEAN PROTEIN FOODS

Protein foods include meat, poultry, fish and other seafood, beans, eggs, nuts and seeds. Most of us eat enough protein every day. Eating both animal and plant sources offers variety and can help you stay within your budget. Adults and children who need 2,000 calories daily should eat about 5½ ounces of protein foods each day.

Include protein foods such as:

- **One whole egg** (counts as 1 ounce of protein)

- **½ cup cooked black beans** (counts as 2 ounces of protein)
- **One half of a small chicken breast** (counts as 2 to 3 ounces of protein)



## ▶ TIPS ON CHOOSING LEAN PROTEIN FOODS:

**Trim the extra.** Much of the fat in chicken and turkey is in or under the skin. Remove skin and fat for a leaner meal. Compare prices for lean meats with the fat already trimmed or poultry with the skin removed. 💰

**Add a few nuts to your meal or snack.** Nuts are a good source of protein but can be high in calories. Keep your servings small—1 ounce of almonds is about 20 to 24 nuts. Try peanut butter on apple slices, celery, or 100% whole-grain crackers.

**Fry foods less often.** Bake, broil, or microwave lean beef, pork, chicken, and turkey. You can use a lot less oil by cooking in an oven or microwave. Make protein foods with little or no added fat.

**Try eating seafood at least 2 times per week.** Buy fresh or canned fish, like tuna or salmon, when it's on sale. Canned fish usually costs less. 💰

**Buy choices that fit your budget.** Serve low-cost protein foods like beans, peas, and eggs to save money. Stock up on canned beans and peas when they are on sale. 💰

**Keep your food safe!** Wash your hands, utensils, and cutting boards before and after contact with raw meat, poultry, seafood, and eggs.

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💰 BUDGET-FRIENDLY TIP

To find the right amount of protein foods for members of your family, visit <http://choosemyplate.gov/supertracker-tools/daily-food-plans.html> or [SuperTracker.usda.gov](http://SuperTracker.usda.gov).

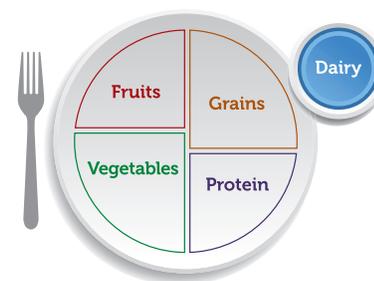
## ▶ GET YOUR DAIRY

Dairy foods offer important nutrition for you and your family. Choose low-fat or fat-free dairy foods to get the calcium and vitamin D your body needs for strong teeth and bones. If you can't drink milk, try calcium-fortified soymilk (soy beverage), low-fat yogurt, cheese, or calcium-enriched foods. Adults and children who need 2,000 calories daily should eat or drink about 3 cups of dairy each day.

Serve different types of dairy such as:

- 1 cup of low-fat milk on cereal (counts as 1 cup of dairy)

- ½ cup of calcium-fortified soymilk with your meal (counts as ½ cup of dairy)
- 1 cup of low-fat plain yogurt (counts as 1 cup of dairy)
- 1 slice (1 ounce) of low-fat cheddar cheese on a sandwich (counts as ½ cup of dairy).



## ▶ TIPS TO GET YOUR DAIRY

**Make the switch to low-fat and fat-free milk.** Some kids and adults may need to make the change from full-fat dairy slowly. First, switch from whole to 2% milk (reduced-fat). Later, change to low-fat (1%) or skim (fat-free) milk.

**Keep dairy food on your shopping list.** Keep a list of dairy foods that your family will eat such as low-fat milk or yogurt. Check online and look at your grocery receipt for coupons to help you save more on dairy foods. 💰

**Use low-fat plain yogurt for toppings and sauces.** Some foods are not part of the dairy food group, like cream, sour cream, cream cheese, and butter. They are high in solid fat and have little or no calcium. Add low-fat or fat-free milk to your coffee

or tea instead of cream. Use low-fat yogurt instead of sour cream for cooking.

**If you have trouble drinking milk, try soymilk (soy beverage).** If you don't or can't drink cow's milk, fortified soymilk is a great choice.

**Add a little cheese to meals and snacks.** Look for lower fat cheeses like part-skim mozzarella, or reduced-fat Swiss or cheddar. Serve low-fat choices with foods like sliced cucumbers, apples, or 100% whole-grain crackers.

**Show kids that dairy is important.** Make a point to eat and drink dairy foods daily. Chocolate milk, flavored yogurt, frozen yogurt, and pudding have calcium but also a lot of added sugar. Serve them on special days and less often.

### 💰 BUDGET-FRIENDLY TIP

To find the right amount of dairy foods for members of your family, visit <http://choosemyplate.gov/supertracker-tools/daily-food-plans.html> or [SuperTracker.usda.gov](http://SuperTracker.usda.gov).

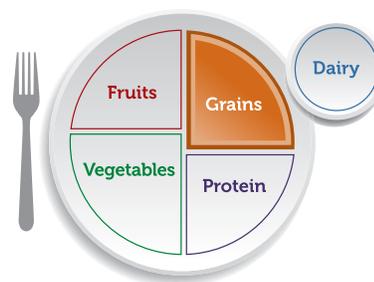
## ▶ MAKE HALF YOUR GRAINS WHOLE GRAINS

The grains group includes breads, cereals, rice, and pasta. All grains are made with some of the grain kernel but whole grains include the entire kernel. When parts of the grain are removed, it is called a refined grain. Enriched grains have nutrients added back in. Both whole grains and enriched grains provide good nutrition. Whole grains often have more fiber, which helps to keep your body regular. Adults and children who need 2,000 calories should eat about 6 ounces of grains each day. Three of those ounces should be whole-grain.

Serve a variety of grains such as:

- **1 cup of 100% whole-wheat flakes** (counts as 1 ounce of whole grains).

- **Two slices of 100% whole-wheat bread in a sandwich** (counts as 2 ounces of whole grains).
- **1 cup of cooked rice** (counts as 2 ounces of grains).
- **One medium corn tortilla** (counts as 1 ounce of grains).



## ▶ TIPS ON EATING WHOLE GRAINS

**Make at least half your grains whole grains.** Use whole-grain bread in sandwiches, mix brown rice with vegetables, and use whole-wheat pasta in dishes like spaghetti.

**Eat whole grains to keep you on track.** Many whole grains provide health benefits, like fiber, which helps to keep the body regular.

**Check the package.** Look on the package and ingredient list for the words “100% whole grain” or “100% whole wheat.” Some grains say “bran” or “100% wheat” and may not contain any whole grain. Brown or dark colors are not a sign that foods are made with whole grains.

**Try whole grains for breakfast!** Choose whole-wheat cereal, oatmeal, or whole-grain waffles.

**What about whole-grain snacks?** Try whole-grain cereals such as shredded wheat or toasted oats. Popcorn is a great snack, when made with little or no butter or salt.

**Give kids whole-grain foods without the extras.** Many grain foods such as cookies, cakes, pies, and donuts have a lot of solid fats and added sugars. Serve these foods less often.

To find the right amount of grains for members of your family, visit <http://choosemyplate.gov/supertracker-tools/daily-food-plans.html> or [SuperTracker.usda.gov](http://SuperTracker.usda.gov).

# Healthy Body, Healthy Spirit Program

Award for Excellence In:  
*Leading and Empowering the community to  
adopt healthier habits*

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*.....has gone above and beyond as the Healthy Body, Healthy Spirit Health Coordinator at St. Teresa of Avila from 2015-2016. The Healthy Body, Healthy Spirit program is a USDA-funded pilot project of ABCD that develops a model for a wellness program/ministry with a healthy eating and physical activity emphasis to empower members of the African-American faith-based community in D.C.*

Presented by.....

**A**dvocates for **B**etter **C**hildren's **D**iets

# Beef Patties (ORIGINAL RECIPE)

Makes 8 servings

## Ingredients

2 cups ground beef  
1/4 cup yellow onion, chopped or grated  
1 egg (beaten)  
1/2 teaspoon garlic powder  
1/2 teaspoon onion powder  
2 teaspoons cumin  
1 cup bread crumbs  
1/8 cup cornmeal  
2 tablespoons vegetable oil, for frying  
8 slices of cheddar cheese (optional)  
4 whole wheat hamburger buns



## Directions

1. In a large bowl, mix together ground beef, onion, egg, spices, and stir to mix evenly.
2. Stir in bread crumbs. If mixture seems too wet add more breadcrumbs, 1 tablespoon at a time until mixture resembles meatloaf.
3. Shape into patties. Roll in cornmeal.
4. Heat a large, non-stick skillet over medium heat. Heat oil and fry slowly until crusty and golden brown.

## Nutritional Analysis

1 serving = 1 patty

Total Calories: 238 calories

Protein: 18g

Carbohydrate: 15g

Dietary Fiber: 1g

Saturated Fat: 3g

## Recipe Rehab Challenge

Goal/objective: For participants to use their skills and knowledge that they learned over the past 6 months to create a healthy dish.

Task: Participants will be given a pre-determined recipe and they will need to use their knowledge to create healthy substitutions.

Each group within their faith based organization will be divided into teams.

Choose a dish—ethnic dish? American dish? Cultural dish?

Everyone makes a different dish

Each group focuses on one of the food groups

Kitchen options:

- Hattie Homes senior wellness center (Ward 4)
- Berry Farms Rec Center (Ward 8)
- UDC
- Capitol Area Food Bank
- Anthony Bowen YMCA

Schedule:

2.5 hour event held at local kitchen

9:30am-9:45am (15 min): Set up

10:00am-10:15am (15 min): Welcome/introductions, pre-test, post test

10:15am-11:30pm (15 min): Recipe Rehab, present each dish, why is it healthier, what knowledge did you learn from HBHS

11:30am-12:00pm (30 min): Food cooking, awards, participation awards for each congregation

12:00pm-12:15pm (15 min): Taste testing (1), more awards (2), present food (5 min each), post-test (?), closing remarks

12:15pm-12:30pm (15 min): Closing remarks and eat!

Saturday or Sunday morning

Awards:

1. Nominated by their health coordinator
2. Awards for each health coordinator
3. Most creative
4. Most cost effective
5. Most improved/Healthiest change

# Healthy Body, Healthy Spirit

## RECIPE REHAB SIGN-IN SHEET

Faith-Based Institution: \_\_\_\_\_

Date: \_\_\_\_\_

Name:

1. First session with us? Yes No
2. First session with us? Yes No
3. First session with us? Yes No
4. First session with us? Yes No
5. First session with us? Yes No
6. First session with us? Yes No
7. First session with us? Yes No
8. First session with us? Yes No
9. First session with us? Yes No
10. First session with us? Yes No
11. First session with us? Yes No
12. First session with us? Yes No
13. First session with us? Yes No
14. First session with us? Yes No
15. First session with us? Yes No

# Healthy Body, Healthy Spirit

16. First session with us? Yes No
17. First session with us? Yes No
18. First session with us? Yes No
19. First session with us? Yes No
20. First session with us? Yes No
21. First session with us? Yes No
22. First session with us? Yes No
23. First session with us? Yes No
24. First session with us? Yes No
25. First session with us? Yes No
26. First session with us? Yes No
27. First session with us? Yes No
28. First session with us? Yes No
29. First session with us? Yes No
30. First session with us? Yes No
31. First session with us? Yes No
32. First session with us? Yes No

*Healthy Body, Healthy Spirit*

# Healthy Body, Healthy Spirit

## Activity Planning and Reporting Form

Name of Faith Institution: \_\_\_\_\_

Name of the Health Coordinator: \_\_\_\_\_

Activity Date: \_\_\_\_\_ Activity Time: \_\_\_\_\_

Program/Activity (example: Program Kick-off, Cooking Class, Clearing a walking trail):

\_\_\_\_\_

Purpose: \_\_\_\_\_

\_\_\_\_\_

Guest Speaker/Teacher (if any, examples: Pastor or Guest Name):

\_\_\_\_\_

Outside Sponsor(s) (if any):

\_\_\_\_\_

No. of Attendees Expected \_\_\_\_\_ Attended \_\_\_\_\_ (Number from Sign In Sheet)

Comments/Suggestions for Next Program:

\_\_\_\_\_

\_\_\_\_\_

Signature: (Person Responsible for Activity)

\_\_\_\_\_

Please attach sign-in sheet.





Fit kids are physically active and play for at least 1 hour every day. Look for ways to make physical activity a part of your day. Do activities that build your muscles, get your heart pumping, and make you feel good about yourself.

### 1 tie up your laces and walk

Go for a walk around your neighborhood or walk to your friend's house instead of taking the bus or asking for a ride. Forget the elevator and take the stairs every chance you get! Remember to be safe by using sidewalks and crosswalks.



### 2 turn up the music

Shake, rattle, and roll to your favorite songs. Turn on some hip hop, country, salsa, or pop music and move your body. Dancing is a great way to get some physical activity.

### 3 ride a bike

Grab your helmet and safety gear and go for a bike ride. Ride your bike to school or grab your friends and enjoy a ride in the neighborhood.

### 4 join a team

Show your team spirit and join a sport at your school or community center. There are tons of fun teams such as basketball, baseball, gymnastics, dancing, soccer, swimming, and tennis. Choose an activity that you like and have fun!

### 5 go out and play

Ditch the TV and go outside with friends, family, and even your pets! Walk your dog. Make a snowman. Fly a kite. Have a Hula-Hoop contest. Play basketball with friends. Try jumping rope. Or simply play a game of tag.



### 6 dive right in!

Go to your local indoor or outdoor pool and swim. Swim laps, play water games with friends, or have diving contests for fun.

### 7 get paid to be fit

Earn extra cash by mowing lawns, washing cars, shoveling snow, or walking dogs for your family or for your neighbors. Listen to music while you work to keep you going.

### 8 try skating or skateboarding

Grab your friends and go to a local park or indoor skating rink! It's easy to learn and a great way to be active while still having fun! Remember to wear your helmet and safety pads.



### 9 plant a garden

Plant and grow flowers, fruits, and vegetables with your family, or even with your friends! Creating a garden is tough work and a good way to keep fit. Be sure to check on your plants and water them every day!

### 10 stuck inside?

Play a game of hide-and-seek or plan a scavenger hunt in your house with friends and family. Another great way to stay active indoors is by doing crunches and jumping jacks—see how many you can complete!



# *Healthy Body, Healthy Spirit*

**Try these exercises while you wait in line**

## **Walk in Place**

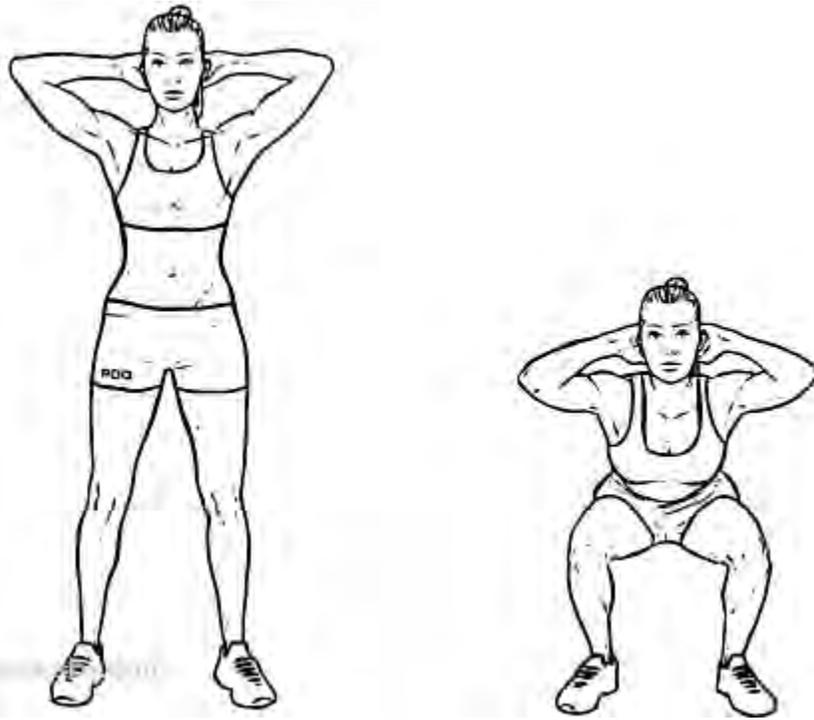


Source: [behealthy.baystatebanner.com](http://behealthy.baystatebanner.com)

**Follow these steps to perform this exercise:**

- 1. Try walking in place for 30 seconds.**
- 2. Swing your arms naturally, relax your jaw and shoulders, stand up straight, and keep your hands and elbows loose.**

# Squats

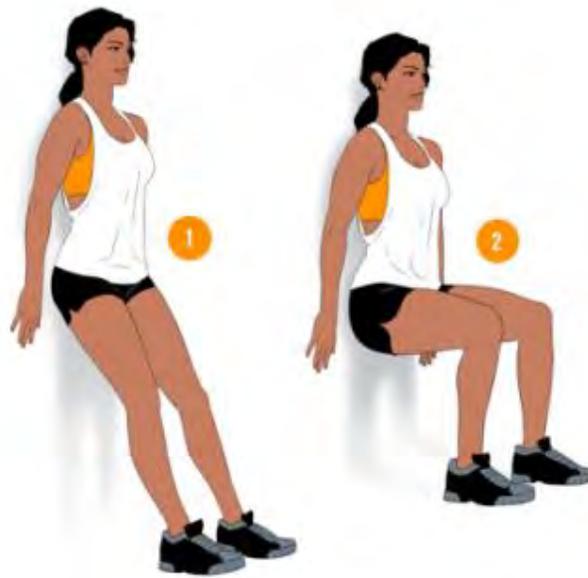


Source: [workoutlabs.com](http://workoutlabs.com)

**Follow these steps to perform this exercise:**

- 1. Stand with your feet shoulder width apart.**
- 2. Point your toes slightly outwards.**
- 3. Keep your arms in front of you for balance.**
- 4. Push your hips back, bending your knees slightly to a 90 degree angle (Make sure your knees don't extend beyond the tips of your toes, unless you are very tall).**
- 5. Keep your back straight and eyes looking ahead. Keep your chest up and your eyes pointing straight ahead. Tighten your stomach.**
- 6. Slowly rise to starting position.**
- 7. Repeat 5-7 times.**

# Wall Squat



Source: [www.mondanite.net](http://www.mondanite.net)

**Follow these steps to perform this exercise:**

- 1. Stand with your head and back against a wall.**
- 2. Position your feet shoulder width apart, arms at your side.**
- 3. Slowly lower your body into a squat position until your thighs are parallel to the floor.**
- 4. Hold for 15 seconds. Rest. Repeat 2 times.**

# Lunges

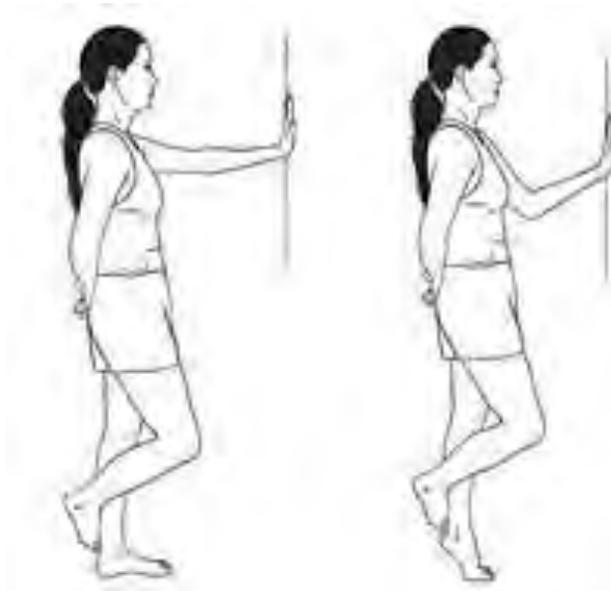


Source: Womenshealthmag.com

## Follow these steps to perform this exercise:

1. Begin in a standing position.
2. Keep your arms out in front of you or on your hips for balance.
3. Push your hips back, slowly bending your knees to a 90 degree angle (Make sure your knees don't extend beyond the tips of your toes, unless you are very tall).
4. Make sure your body weight is on your heels rather than on your toes.
5. Keep your back straight and eyes looking ahead. Keep your chest up and your eyes pointing straight ahead. Tighten your stomach.
6. Slowly rise to starting position.
7. Repeat 5 times on each side.

# Standing Calf Raises



Source: <http://www.wikihow.com/Do-Calf-Raises>

**Follow these steps to perform this exercise:**

**Step 1: Stand straight and tighten your stomach.**

**Step 2: Make sure the balls of your feet are planted on the ground.**

**Step 3: Lift your heels until you're standing on your tippy toes (Distribute most of your weight onto the balls of your feet, and keep your legs straight).**

**Step 4: Stay on your tippy toes for two seconds.**

**Step 5: Then, begin to lower your heels, and move your weight away from the balls of your feet.**

**Step 6: Lower your heels until they're below the step, or platform.**

**Step 7: Repeat 10 lifts on each side.**

# A Gluten-Free Diet

## What is gluten?

Gluten is a group of proteins, most commonly found in wheat, barley, and rye. Similar to glue, gluten also holds food together in order to maintain their shape and texture.



## Who needs a gluten-free diet?

Gluten-free diets are recommended to people who are diagnosed with celiac disease or have a severe intolerance to gluten or gluten allergies. If you are experiencing any of the following symptoms, please visit your doctor.

## Signs and symptoms of celiac disease:

Most commonly found in adults	Most commonly found in children
<ul style="list-style-type: none"> <li>• Anemia, or low blood iron</li> <li>• bone or joint pain</li> <li>• canker sores inside the mouth</li> <li>• depression or anxiety, headaches, seizures</li> <li>• itchy and blistering skin rash</li> <li>• fatigue, or feeling tired</li> </ul>	<ul style="list-style-type: none"> <li>• abdominal bloating, gas, stomach pain, diarrhea</li> <li>• constipation</li> <li>• pale, foul-smelling, or fatty stool</li> <li>• nausea</li> <li>• vomiting</li> </ul>

## Gluten FREE Grains:

<ul style="list-style-type: none"> <li>• Amaranth</li> <li>• Buckwheat</li> <li>• Corn</li> <li>• Job's Tears</li> <li>• Millet</li> </ul>	<ul style="list-style-type: none"> <li>• Montina (Indian rice grass)</li> <li>• Oats</li> <li>• Quinoa</li> <li>• Rice</li> <li>• Sorghum</li> </ul>	<ul style="list-style-type: none"> <li>• Teff</li> <li>• Wild rice</li> </ul>
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Anything else that uses "wheat flour" as an ingredient <ul style="list-style-type: none"> <li>• Pastas</li> <li>• Noodles</li> <li>• Breads and Pastries</li> <li>• Crackers</li> </ul>	<ul style="list-style-type: none"> <li>• Baked Goods</li> <li>• Cereal &amp; Granola</li> <li>• Breakfast Foods</li> <li>• Breading &amp; Coating Mixes</li> <li>• Beer</li> </ul>	<ul style="list-style-type: none"> <li>• Sauces &amp; Gravies (many use wheat flour as a thickener)</li> <li>• Flour tortillas</li> <li>• Brewer's Yeast</li> </ul>
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## Common foods that DO have gluten:

Please note, a gluten-free diet is often low in B vitamins, calcium, vitamin D, iron, zinc, magnesium, and fiber. If you follow a gluten-free diet, you may need to take a multivitamin to prevent nutritional deficiencies. Please visit your doctor or dietitian for further guidance.

For more information, check out [www.celiac.org](http://www.celiac.org)

Made possible with funding from the U.S. Department of Agriculture (USDA).

# Lean Proteins



## Why do you need protein in your diet?

Every cell in the human body contains proteins and they are essential the structure, function, and regulation of the body's muscles and organs. Proteins also help with growth and development in all stages of life and repairing damaged cells.

## What are good sources of protein?

Meat, poultry, fish, eggs, soy products, nuts, legumes and seeds are good sources of protein. However, sausage, bacon, hotdogs and other processed or fried meats are high in sodium and saturated fats and should be limited.

## Why should I eat more lean proteins?

Lean proteins are nutrient-dense and lower in saturated fat and cholesterol.

Lean meats and egg include: white meat chicken or turkey with the skin removed, beef round, extra lean ground beef, tenderloin, and boiled or poached eggs.

Seafood such as: canned or fresh tuna or salmon, mackerel, herring, and shellfish contain omega-3s that can promote heart health.

Low-fat and fat-free dairy foods like cottage cheese, yogurt, and milk also have protein.

## What are plant based proteins and why are they healthy?

Plant based proteins are nutrient-dense, significantly lower in saturated fat and have no cholesterol. They are rich in fiber, and other vitamins and minerals. Plant based proteins can help lower the risk of diabetes, high blood pressure, and heart disease.

Plant based proteins include:

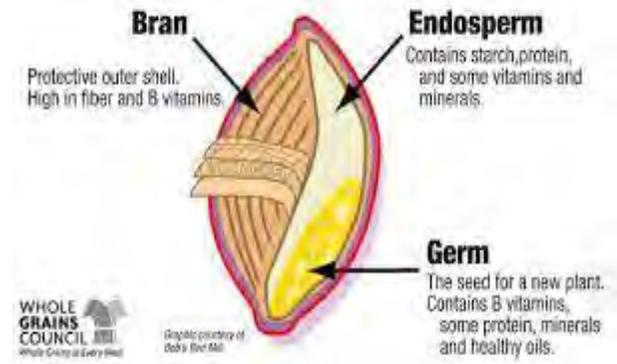
Beans: kidney beans, black beans, pinto beans, chickpeas, lentils, etc.

Soyfoods: tofu, soymilk, edamame and tempeh

Whole grains: Amaranth, barley, brown rice, millet, farro and quinoa

## Whole Grains

A whole grain is a cereal grain that is made up of 3 parts: Bran, Endosperm, and Germ. Examples of whole grains include wheat, rice, barley, quinoa and oats.



## Why Should I Eat Whole Grains?

Whole grains are rich in nutrients like B vitamins, fiber, manganese, protein and have many health benefits including promoting digestive health, and may help reduce the risk of heart disease, cancer, and diabetes.

## What Makes a Whole Grain Healthy?

The bran, endosperm, and germ together provide fiber, protein, and other vitamins and minerals. Enriched or “white” flour has the bran and germ removed, taking away much of the natural fiber, vitamins, and minerals.



There are a few ways to tell if the food product is whole grain. Look for the “Whole Grain Stamp” on food labels or the words “whole wheat” or “whole grain” as the first ingredient.

## Examples of Family-Friendly Whole Grain Ideas for Every Meal

Breakfast	Lunch	Snack	Dinner
Whole grain bagel	Stuffed whole grain pasta	Popcorn	Brown rice with a stir fry
Whole grain English muffin	Sandwich on rye bread	Whole grain crackers	Whole grain pasta with sauce
Whole grain ready-to-eat cereal	Whole grain wrap	Whole grain pretzels	Tacos in corn tortillas

Source: [www.Wholegrainscouncil.org](http://www.Wholegrainscouncil.org)

Made possible with funding from the U.S. Department of Agriculture (USDA).

# Have Fun With Fruits and Vegetables



Find the hidden fruits and vegetables in the puzzle. Words can read up, down or across, from left to right or right to left.

**Find:**

- Apple
- Banana
- Broccoli
- Carrots
- Celery
- Eggplant
- Grapes
- Kiwi
- Orange
- Papaya
- Pear
- Peas
- Squash
- Yams

B	F	S	E	A	Y	A	P	A	P
R	C	Q	L	S	R	P	E	A	R
O	H	U	P	B	A	N	A	N	A
C	P	A	P	Y	R	E	L	E	C
C	S	S	A	Y	A	M	S	T	E
O	A	H	E	G	N	A	R	O	K
L	E	C	A	R	R	O	T	S	I
I	P	G	R	A	P	E	S	K	W
B	E	G	G	P	L	A	N	T	I

## Fruit and Vegetable Goals

Name a fruit you would like to try:

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How will you eat this fruit?  
(On cereal, as a snack, for dessert, with dinner or on pancakes.)

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Name a vegetable you would like to try:

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---

How will you eat this vegetable?  
(As a snack, with dip, or for lunch.)

---



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Adapted from

Team Up At Home Team Nutrition Activity Book

# Healthy Body, Healthy Spirit



Have you thought about eating healthier and being more physically active? If so, you are not alone! Join *Healthy Body, Healthy Spirit* to make healthier changes with your family and friends in your congregation.

Jean Ellis, the Health Coordinator within your congregation, will teach you about eating healthy and moving more during your day. There will be monthly workshops and activities from August 2015 to March 2016 on healthy cooking, smart snacking, physical activity and more!

Sign up to be part of this healthier change *for free*. There will be *prizes and giveaways* periodically. Look for fliers, newsletters or announcements in your congregation to learn when the workshop is!

Join *Healthy Body, Healthy Spirit!*

Talk to Jean if you have any questions.



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# MyPlate snack tips for kids



## 10 tips for making great tasting snacks

If you're a budding chef, it's easy to create a great tasting snack!  
Below are some quick ideas that you can make on your own.

### 1 create a yogurt sundae!

Top plain, low-fat or fat-free yogurt with fresh, frozen, or canned fruit, like bananas, strawberries, or peaches. Sprinkle whole-grain cereal on top for crunch.



### 6 pack an afterschool snack

For a healthy afterschool snack, keep a fruit cup packed in 100% juice or water in your bag. Some fresh fruit, like bananas and oranges, are also easy to pack and eat any time.



### 2 make pita pockets

Stuff a small whole-wheat pita with sliced bell peppers, salsa, and a slice of low-fat cheese. Melt in the microwave for 15-20 seconds.

### 3 jazz up your favorite cereal

Make a trail mix! Stir 1/4 cup of unsalted nuts, 1/4 cup of dried raisins or cranberries, and 1/4 cup of whole-grain cereal together.



### 7 try a piece of cheesy toast!

Toast a slice of whole-wheat bread and top with a slice of your favorite low-fat cheese.

### 8 freeze your fruit

For a frozen treat on hot days, try freezing grapes or bananas! Don't forget to peel bananas and pull grapes from the stem before freezing.

### 4 make a fruit sandwich

Cut an apple into thin slices. Spread peanut butter or almond butter between two slices to create "apple sandwiches."

### 9 power up with 'roll-ups'

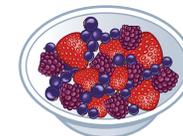
Roll a slice of low-salt deli turkey or ham around an apple wedge or around a slice of low-fat cheese.

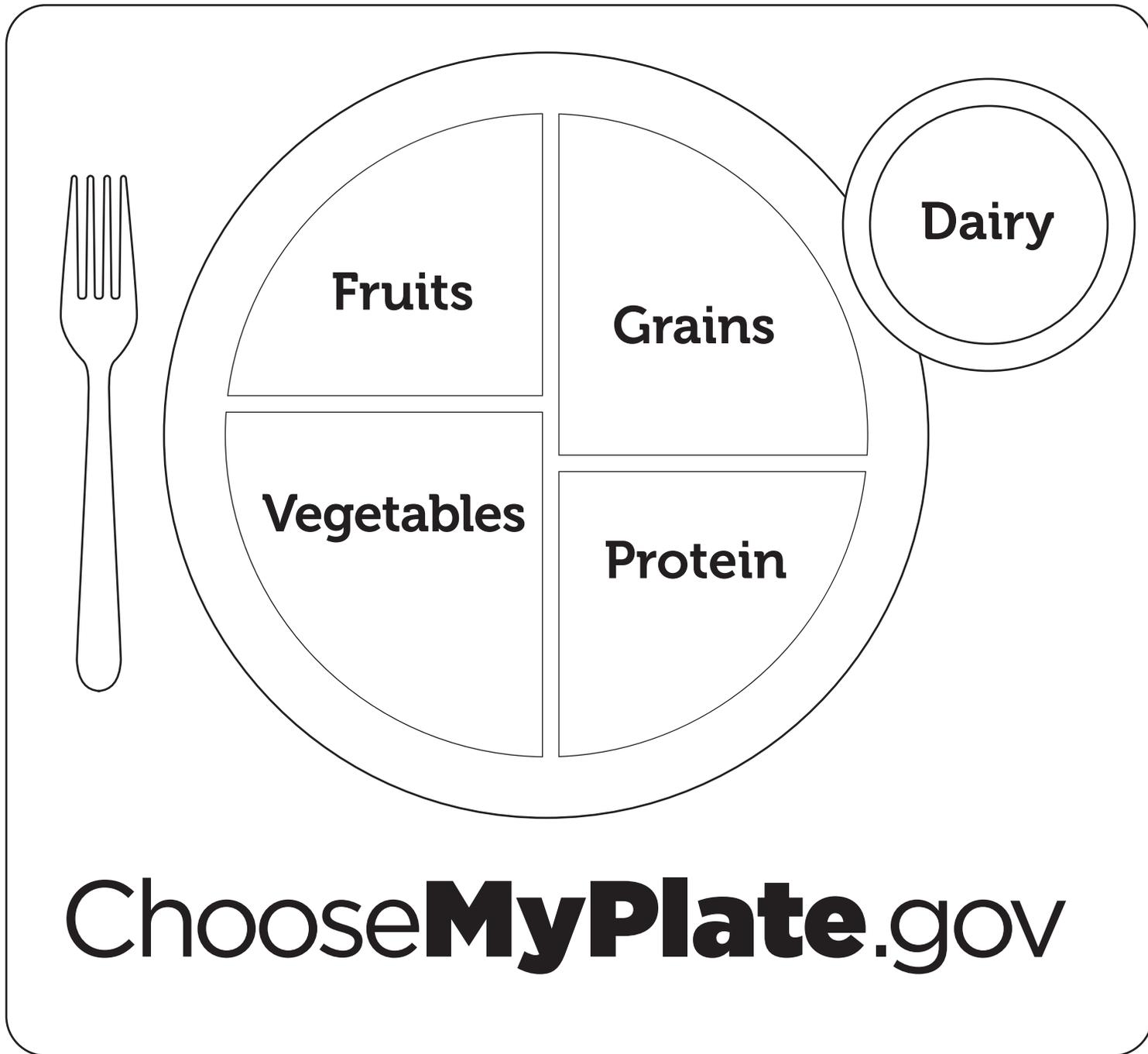
### 5 dip your veggies

Create veggie treats by dipping slices of cucumbers, peppers, and carrots in a low-fat salad dressing or hummus.

### 10 build a fruit salad

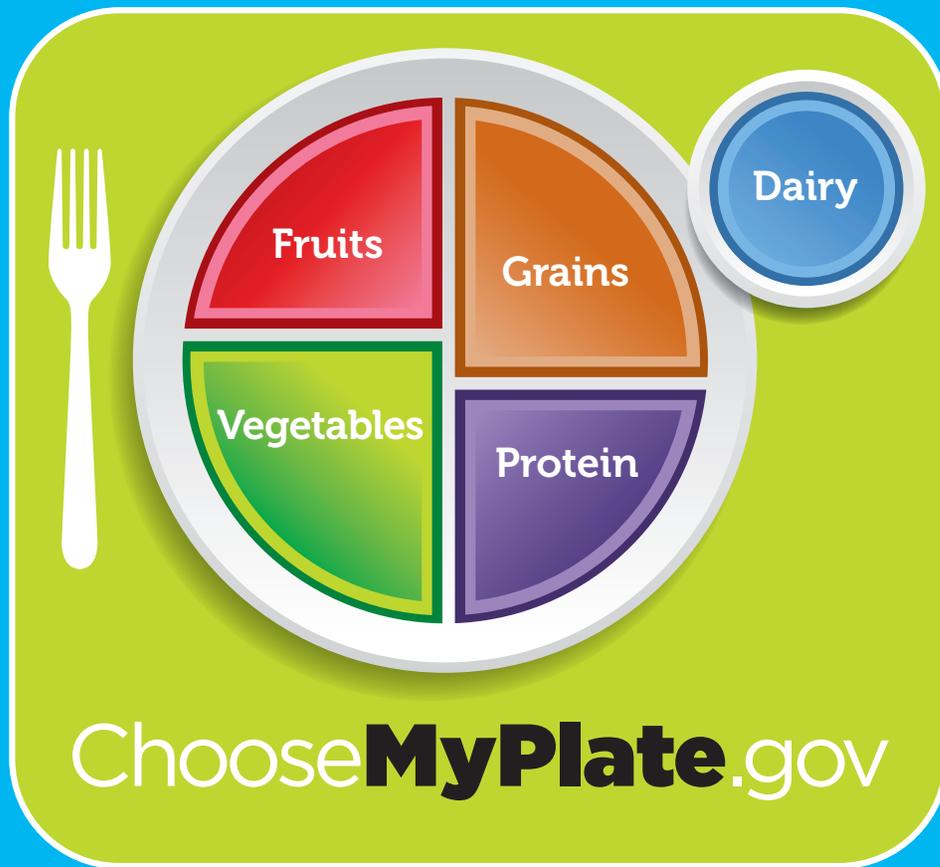
Mix your favorite sliced fruits such as pineapple, grapes, and melon.





Choose **MyPlate**.gov

# What's on your plate?



**Before you eat, think about what and how much food goes on your plate or in your cup or bowl.** Over the day, include foods from all food groups: vegetables, fruits, whole grains, low-fat dairy products, and lean protein foods.



**Make half your plate fruits and vegetables.**



**Make at least half your grains whole.**



**Switch to skim or 1% milk.**



**Vary your protein food choices.**

Vegetables	Fruits	Grains	Dairy	Protein Foods
<p>Eat more red, orange, and dark-green veggies like tomatoes, sweet potatoes, and broccoli in main dishes.</p> <p>Add beans or peas to salads (kidney or chickpeas), soups (split peas or lentils), and side dishes (pinto or baked beans), or serve as a main dish.</p> <p>Fresh, frozen, and canned vegetables all count. Choose “reduced sodium” or “no-salt-added” canned veggies.</p>	<p>Use fruits as snacks, salads, and desserts. At breakfast, top your cereal with bananas or strawberries; add blueberries to pancakes.</p> <p>Buy fruits that are dried, frozen, and canned (in water or 100% juice), as well as fresh fruits.</p> <p>Select 100% fruit juice when choosing juices.</p>	<p>Substitute whole-grain choices for refined-grain breads, bagels, rolls, breakfast cereals, crackers, rice, and pasta.</p> <p>Check the ingredients list on product labels for the words “whole” or “whole grain” before the grain ingredient name.</p> <p>Choose products that name a whole grain first on the ingredients list.</p>	<p>Choose skim (fat-free) or 1% (low-fat) milk. They have the same amount of calcium and other essential nutrients as whole milk, but less fat and calories.</p> <p>Top fruit salads and baked potatoes with low-fat yogurt.</p> <p>If you are lactose intolerant, try lactose-free milk or fortified soymilk (soy beverage).</p>	<p>Eat a variety of foods from the protein food group each week, such as seafood, beans and peas, and nuts as well as lean meats, poultry, and eggs.</p> <p>Twice a week, make seafood the protein on your plate.</p> <p>Choose lean meats and ground beef that are at least 90% lean.</p> <p>Trim or drain fat from meat and remove skin from poultry to cut fat and calories.</p>

**For a 2,000-calorie daily food plan, you need the amounts below from each food group.**  
To find amounts personalized for you, go to [ChooseMyPlate.gov](http://ChooseMyPlate.gov).

<p><b>Eat 2½ cups every day</b></p> <p><b>What counts as a cup?</b> 1 cup of raw or cooked vegetables or vegetable juice; 2 cups of leafy salad greens</p>	<p><b>Eat 2 cups every day</b></p> <p><b>What counts as a cup?</b> 1 cup of raw or cooked fruit or 100% fruit juice; ½ cup dried fruit</p>	<p><b>Eat 6 ounces every day</b></p> <p><b>What counts as an ounce?</b> 1 slice of bread; ½ cup of cooked rice, cereal, or pasta; 1 ounce of ready-to-eat cereal</p>	<p><b>Get 3 cups every day</b></p> <p><b>What counts as a cup?</b> 1 cup of milk, yogurt, or fortified soymilk; 1½ ounces natural or 2 ounces processed cheese</p>	<p><b>Eat 5½ ounces every day</b></p> <p><b>What counts as an ounce?</b> 1 ounce of lean meat, poultry, or fish; 1 egg; 1 Tbsp peanut butter; ½ ounce nuts or seeds; ¼ cup beans or peas</p>
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## Cut back on sodium and empty calories from solid fats and added sugars



Look out for salt (sodium) in foods you buy. Compare sodium in foods and choose those with a lower number.

Drink water instead of sugary drinks. Eat sugary desserts less often.

Make foods that are high in solid fats—such as cakes, cookies, ice cream, pizza, cheese, sausages, and hot dogs—occasional choices, not every day foods.

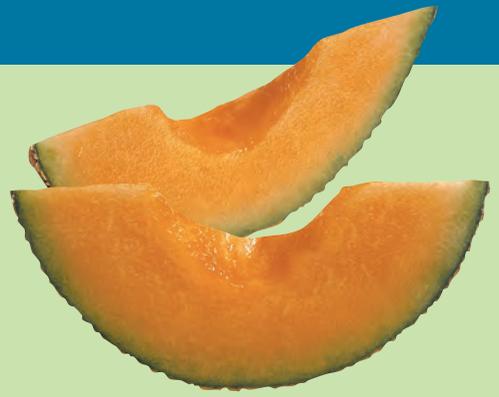
Limit empty calories to less than 260 per day, based on a 2,000 calorie diet.

## Be physically active your way

Pick activities you like and do each for at least 10 minutes at a time. Every bit adds up, and health benefits increase as you spend more time being active.

**Children and adolescents:** get 60 minutes or more a day.

**Adults:** get 2 hours and 30 minutes or more a week of activity that requires moderate effort, such as brisk walking.



**EAT  
SMART**  
**NORTH CAROLINA:**

*Snacks and Drinks*

*Simple solutions to help you and  
your family eat healthy*



# Eat Smart North Carolina: *Snacks and Drinks*

*Have you ever found yourself at a snack bar or vending machine in search of a quick bite during the day? Or have you packed snacks and drinks for yourself or your child's soccer game and wondered what are smart choices? If so, this guide is for you.*



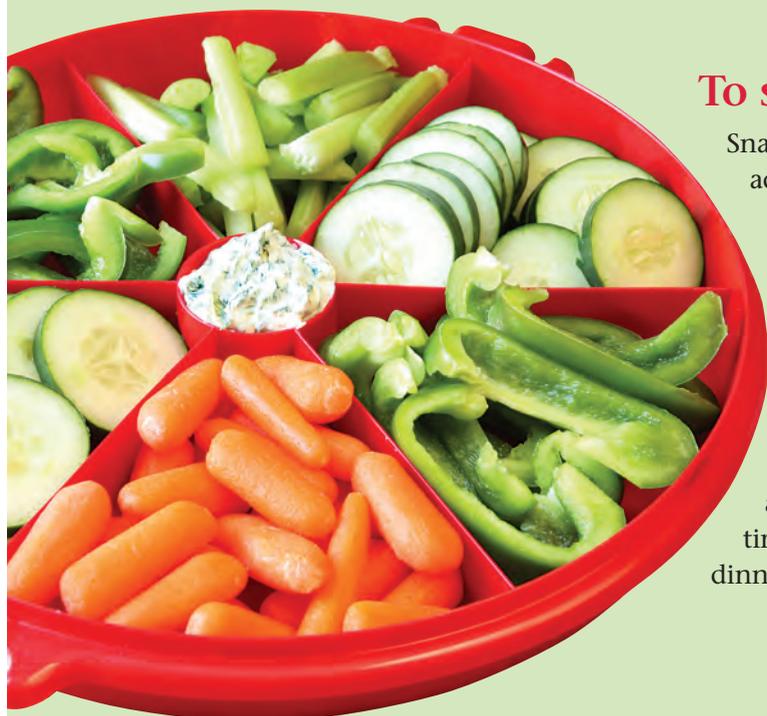
## What are snacks?

Snacks are foods and drinks we eat in between meals to satisfy hunger or boredom. For some people, a snack may be a quick meal replacer. We may also snack mindlessly while watching TV or doing some other activity.

## Why think about snacks and drinks?

It is now more common in America to be overweight than to be at a healthy weight. While weight gain can be a result of many factors, the basic reason is *calorie imbalance*. Weight gain occurs when we eat and drink more calories than we need. Americans' calorie intake has increased during the past several years and continues to rise. Most of these extra calories usually come from food purchased away from home, sweet and salty snacks, soft drinks<sup>1</sup> and large portion sizes.<sup>2</sup>

*Calories from snacks and drinks often push our daily calorie intake above what we need to achieve a healthy weight.<sup>3</sup>*



## To snack or not to snack?

Snacks are important for small children and perhaps a few adults with very high calorie needs, who don't eat enough food at meals to grow, heal or perform. But for most of us, snacks are often a source of extra calories—usually from foods that we eat too much of already.

Before you pick up a snack, ask yourself if you are really hungry. If you aren't, skip it. When you do need to eat a snack, make a smart choice. Smart snack choices can help us to eat foods that we usually don't get enough of—mostly fruits and vegetables or low-fat dairy and whole grains. Smart snacks can also help us bridge the time between meals so that we don't come to lunch or dinner overly hungry and unable to make healthy choices.

## What are healthy snacks?



Fruits and vegetables are excellent snacks for almost anyone. They are a nutritious substitute for high-calorie snack foods such as chips and cookies. Fruits and vegetables are good choices not only because they are low in calories and high in fiber, vitamins and minerals, but also because they can decrease the risk for certain cancers and heart disease.<sup>4,5</sup> Additionally, fruits and vegetables come in a variety of forms—fresh, frozen, canned and dried.

Dairy foods and whole grains can also be healthy snacks. Look for those that are low-fat and low-sugar.

*Choose fruits, vegetables, low-fat dairy, whole-grain foods or nuts in small portions for snacks.*

### Right-size your snacks

Portion control is key in ensuring that snacks don't provide too many calories. Eat snacks in small portions. Snacks are meant to hold us until our next meal and should not replace a meal. Pick up a small-size snack, share a large snack with a friend, or save some for later.

The size of the package matters. Usually, we eat more from larger packages or bowls, without realizing it.<sup>6</sup>

Try these simple tips to control portions:

- Divide the contents of one large package into several small bags or containers.
- Try single serving packs.
- Avoid eating straight from the package. Instead put a small portion into a bowl or other container.

Ultimately, the most important thing for a smart snack is calories. Think about how much you eat when you usually eat snacks.

*Plan ahead and divide up the contents of a large package into small bags or containers before you start eating.*

*The food pictures here show a 100-calorie portion for some healthy vs. traditional snack options.*

CARROTS VS. REGULAR CHIPS	
	
GRAPES VS. HONEY BUN	
	
APPLE VS. CANDY BAR	
	
MELON VS. MUFFIN	
	
CELERY VS. PRETZELS	
	



## Control mindless munching

It is easy to overeat and still not feel satisfied if we eat snacks when we are doing something else such as driving, reading, watching TV or working on the computer. We tend to eat more when we have easy access to food and are distracted. It is better to slow down and really enjoy what you are eating—you'll eat less and enjoy it more. Be aware of cues to eat. Only eat snacks when you are truly hungry. Large portions, food smells and colors can overcome our body's ability to tell us when we are full or just not hungry. If you need to snack while doing something else, portion your snack into a separate small bowl or container.

Try these simple “out of sight, out of mind” tips:

- Get rid of the candy dish or replace it with a fruit bowl.
- Move healthier options to eye level.
- Don't buy tempting snacks such as cookies, chips or ice cream. If you do buy these, place them out of sight, such as on a high shelf or at the back of the freezer.
- Store bulk purchases out of sight.

*Smart on-the-go snacks include fresh fruits and vegetables, raisins or other dried fruit, whole-grain cereal and crackers, nuts in small portions, low-fat granola bars, baked chips and rice cakes.*

## Plan your snacks

Planning ahead can help you make smart snack choices. Try these simple tips to help you plan and prepare snacks:

- Carry a snack bag with you when you leave home for the day. It is a good way to eat healthy and save money.
- Include seasonal fruits and vegetables on your shopping list. They will be less expensive and taste great.
- Find healthier options for the kinds of snacks that you usually crave—sweet, sour, salty, savory, crunchy, chewy, etc. For example, if you are looking for something sweet, eat an orange or an apple. For something salty, grab a small portion of nuts or low-fat popcorn.
- Organize a healthy snack shelf or drawer at home.
- Keep healthy snacks in small portions at work or in the car.



*Calories in all foods and drinks (no matter what, when or how much) count towards your total for the day.*

## Re-think your drink

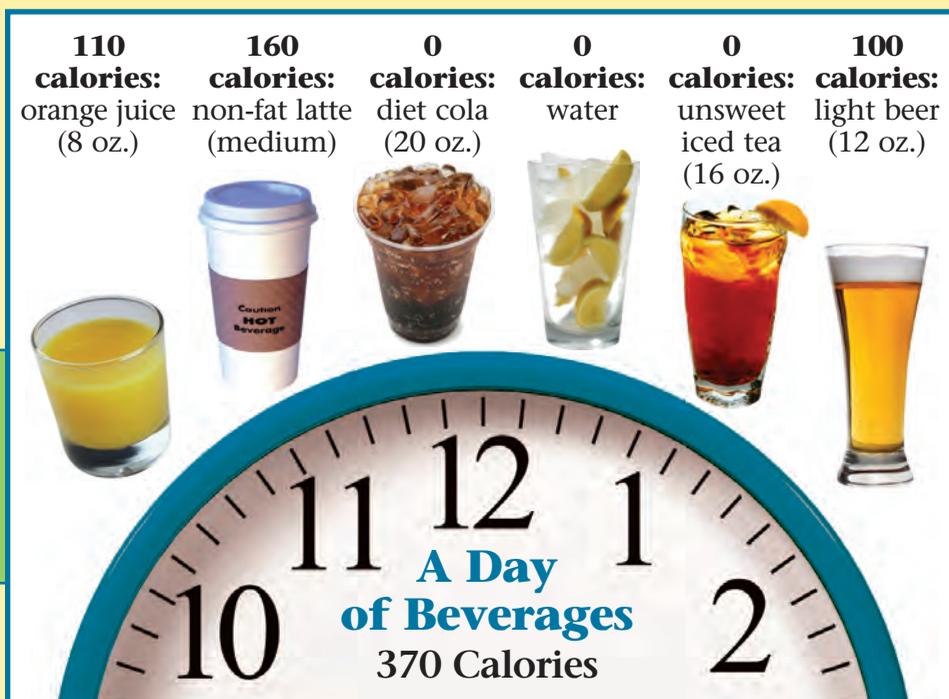
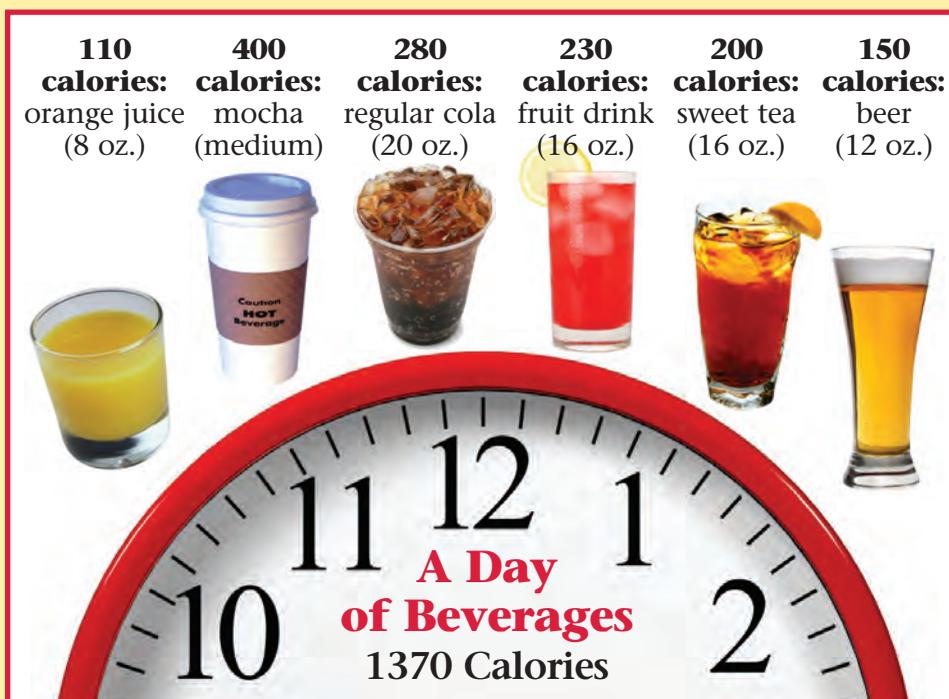
For many of us, the availability of high-calorie sodas and fruit drinks makes it easy for us to grab a drink on the go—without thinking about how many calories we’re drinking.

Studies show that we usually don’t do a good job

of reducing calories from other foods after drinking high-calorie drinks.<sup>7</sup> Since our bodies don’t register the calories from drinks, it is important that we choose our drinks very carefully. Choose water and diet drinks instead of regular sodas and fruit drinks.

### Try these simple tips to re-think your drink:

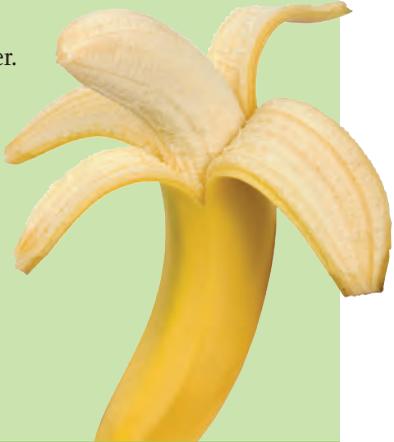
- Carry a water bottle with you throughout the day.
- Stock your refrigerator with a jug or bottles of water.
- Drink carbonated water.
- Add slices of lemon, lime, cucumber or watermelon to water.
- Choose calorie-free diet drinks.
- Add a splash of 100% fruit juice to plain sparkling water to make a low-calorie drink.
- Try hot or cold tea or herb tea (without added sugar or sweetened with calorie-free sweeteners).
- Make your coffee with calorie-free sweetener and low-fat milk, or have black coffee.



*Choose lower-calorie drinks to save you lots of calories during the day.*

*Drinking non-diet soft drinks is clearly associated with increased body weight.<sup>8</sup>*

# Eat Smart Snacks

Snack	Serving Size for 1 Unit (1 Unit = 100 calories)	Comments
<b>FRUITS</b>		
Apple	1 large	<p>Choose fruits from different color groups—red, blue/purple, orange/yellow, green and white to add taste and variety. Fruits are a good source of several vitamins, minerals and fiber.</p> 
Banana	1 medium	
Blueberries	1 cup	
Cantaloupe	1 1/2 cups cubes	
Cherries	20 pieces	
Grapefruit	1 large	
Grapes	30 small	
Oranges	1 medium	
Peaches	2 medium	
Pear	1 medium	
Strawberries	2 cups	
Watermelon	2 cups	
Fruit, canned in fruit juice	1 cup	
Raisins	3 Tbsps	
Dried fruit, no added sugar	1/4 cup	
<b>VEGETABLES</b>		
Baby carrots	<p>Vegetables are very low-calorie. You can usually enjoy a large portion without exceeding 100-calories</p> 	<p>Choose vegetables as a snack (sometimes with a low-fat or fat-free dip). Vegetables are a good source of vitamins, minerals and fiber.</p>
Broccoli florets		
Celery sticks		
Cherry tomatoes		
Cucumber slices		
Pepper slices		
<b>DAIRY</b>		
Fat-free yogurt, fruit flavored (sugar-free)	6 oz.	<p>Choose low-fat or fat-free dairy options for a protein rich snack. These choices are excellent sources of calcium.</p> 
Cottage cheese, low-fat (2%)	1/2 cup	
Cottage cheese, fat-free	1 cup	
String cheese, reduced-fat	1 stick	
<b>NUTS AND SEEDS</b>		
Almonds, roasted	13 pieces	<p>A small handful of nuts can satisfy your craving for something salty and be a source of several nutrients at the same time.</p>
Mixed nuts, roasted	1 Tbsp	
Peanuts, roasted	1 Tbsp	
Sunflower seeds, roasted	1 Tbsp	
Walnuts	8 halves	
<b>OTHERS</b>		
Cheerios, plain	1 cup	<p>Air-popped or 94% fat-free microwave</p>
Frosted Mini Wheats Bite-Size	12 biscuits	
Peanut butter	1 Tbsp	
Popcorn, no butter	3 cups	
Potato chips, baked	20 chips	
Rice Chex	1 cup	
Tortilla chips, baked	20 chips	
Whole-wheat crackers	<p>Depends on brand</p>	
Granola bars		
Trail mix		



## LOOK FOR THE FOLLOWING...

### CEREAL

- 200 or fewer calories per serving
- 6 or fewer grams of sugar per serving
- At least 3 grams dietary fiber per serving

### BAR

- 200 or fewer calories per bar
- 5 or fewer grams of sugar per 100 calories
- At least 3 grams dietary fiber per bar



## Smart Snacking at the Vending Machine or Convenience Store



There are times when we are away from home, get hungry and realize that we have forgotten to pack a healthy snack. The only options may be to visit a vending machine or stop by a convenience store.

The following are some options for a smart snack at these venues.



- Baked chips
- Low-fat microwave popcorn
- Fig bars

- Nuts in small portions
- Whole-grain crackers
- Bottled water
- Diet drinks



Make sure to look for packages that provide a single serving. Often, what seems to be a small package may provide more than one serving. Read the food label to check how many servings are in the package. If there is more than one serving in a package, share it with a friend or a co-worker.

Convenience stores usually offer more choices. Look for low-fat yogurt cups, string cheese, flavored skim milk (with no added sugar) and fresh fruit (usually near the check-out counter).

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**Suggested citation:** Aggarwal S, Beth D, Dunn C, Staveren MV, Thomas C, Vodicka ST.

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\*Denotes Writing Team

Please visit [www.MyEatSmartMoveMore.com](http://www.MyEatSmartMoveMore.com) to fill out a quick survey and let us know if this Guide was useful to you!



Division of Public Health  
 NC Department of Health  
 and Human Services



Department of 4H Youth Development  
 and Family & Consumer Sciences  
 NC State University

[www.EatSmartMoveMoreNC.com](http://www.EatSmartMoveMoreNC.com)



# Get Moving!



## 1 What is the recommended amount of physical activity for adults?

Adults should get **150 minutes** of moderate physical activity per week. That's **30 minutes a day for 5 days a week** of brisk walking, swimming, tennis, mowing the lawn, or gardening. Try exercising 10 minutes in the morning, 10 minutes in the afternoon, and 10 minutes in the evening to reach your daily goal.

## 2 I don't have time to exercise before work and I am too tired after work. How can I be more active at work?

Tip 1: **Take the stairs** instead of the elevator whenever possible.

Tip 2: Get moving every hour and **take a quick walk** around your office.

Tip 3: **Stand up and stretch** at your desk!

Tip 4: Try **chair exercises** during the day.

Tip 5: **Tap or wiggle your feet** while at work.

## 3 What are the benefits of exercising?

Exercising can **help lower blood pressure and cholesterol, lower your risk for of cardiovascular disease, relieves stress, helps you sleep better, lower your risk of some cancers, burn calories to help you lose or maintain your weight, and improve your mental health and mood.**

## 4 I don't have a gym membership, where can I exercise?

Tip 1: **Run, walk, or bike** outside on a trail with family and friends.

Tip 2: Check out your local **community rec center** like YMCA for a lower membership rate.

Tip 3: Log on to YouTube for **free exercise videos**.

Tip 4: Use water bottles as arm weights to **strengthen your muscles**.

## 5 How can I stay motivated to exercise?

Tip 1: Choose exercises that you **enjoy** and **fit into your schedule**.

Tip 2: Try mixing up your exercise routine by **running or walking**, or even **exercise with a buddy**.

Tip 3: Print a **physical activity record** and track how long you worked out and barriers you've overcome.

## HBHS 6-8 Week Program

Week 1:

Workshop #1: Enjoy Healthy Food That Tastes Great

- Pre-test
- Small changes can make a large difference handout (bring examples)
- Tips for healthier choices handout
- Reduce your sodium intake handout (see taste testing)
- Post-test

Items needed:

1. Saltine crackers
2. Olive oil
3. Variety of spices

Week 2:

Workshop #2: Quick, Healthy Meals and Snacks

- Quick, Healthy meals and snacks handout
- My shopping list
- Tips for eating out
- Slow cooker tips and recipes
- MyPlate/10 tips to build a healthy meal
- Workshop Evaluation

Items needed:

1. Restaurant menus
2. Slow cooker recipe + food to make slow cooker dish
  - a. Hot Chili dish(?)

Week 3:

Workshop #3: Physical activity

- Benefits of exercising
- Tips/tools to exercising at home or at work
- 20 minute Jane Fonda exercise video

Items needed:

1. Healthy post-exercise snacks
2. Prizes/giveaways (band, weights, etc)
3. Projector
4. Sound System

Week 4:

Workshop #4: MyPlate

Items needed:

1. Plastic plate for a visual representation
2. Frozen fruits and vegetables to demonstrate  $\frac{1}{2}$  plate

# Healthy Body, Healthy Spirit

## Post- Environmental Assessment

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Faith Institution: \_\_\_\_\_

Please answer the following questions by marking the response that best fits your organization. Please feel free to add details about any of the questions in the comments section.

### Section A: Health Promotion Activities

1. Does your faith-based organization:

- |  |                              |                             |   |
|--|------------------------------|-----------------------------|---|
| -Have a wellness ministry?   | <input type="checkbox"/> Yes | <input type="checkbox"/> No | <input type="checkbox"/> No, but interested |
| -Have wellness policies?   | <input type="checkbox"/> Yes | <input type="checkbox"/> No | <input type="checkbox"/> No, but interested |
| -Have a wellness committee responsible for carrying out activities?              | <input type="checkbox"/> Yes | <input type="checkbox"/> No | <input type="checkbox"/> No, but interested |
| -Promote wellness and fitness information on bulletin boards, fliers, newsletter | <input type="checkbox"/> Yes | <input type="checkbox"/> No | <input type="checkbox"/> No, but interested |
| -Include wellness activities in its budget?                                      | <input type="checkbox"/> Yes | <input type="checkbox"/> No | <input type="checkbox"/> No, but interested |
| -Meet with community partners to collaborate on wellness activities?             | <input type="checkbox"/> Yes | <input type="checkbox"/> No | <input type="checkbox"/> No, but interested |
| -Offer any of the following for members:   |                              |                             |   |
| a. Health fairs/screenings   | <input type="checkbox"/> Yes | <input type="checkbox"/> No | <input type="checkbox"/> No, but interested |
| b. Nursing programs  | <input type="checkbox"/> Yes | <input type="checkbox"/> No | <input type="checkbox"/> No, but interested |
| c. Visits with health coordinators   | <input type="checkbox"/> Yes | <input type="checkbox"/> No | <input type="checkbox"/> No, but interested |

Comments?

### Section B: Nutritional Activities

2. Does your faith based organization offer/have access to:

- |  |                              |                             |   |
|--|------------------------------|-----------------------------|---|
| -A kitchen for preparing meals for church events or hosting cooking classes? | <input type="checkbox"/> Yes | <input type="checkbox"/> No | <input type="checkbox"/> No, but interested |
| -An on-site garden or community garden nearby?                               | <input type="checkbox"/> Yes | <input type="checkbox"/> No | <input type="checkbox"/> No, but interested |
| -Healthy cooking classes?  | <input type="checkbox"/> Yes | <input type="checkbox"/> No | <input type="checkbox"/> No, but interested |
| -Nutrition classes/seminars on chronic diseases?                             | <input type="checkbox"/> Yes | <input type="checkbox"/> No | <input type="checkbox"/> No, but interested |
| -Water, healthy beverages and snacks from vending machine?                   | <input type="checkbox"/> Yes | <input type="checkbox"/> No | <input type="checkbox"/> No, but interested |
| -Healthy meals served for dinners, events, lunches and/or coffee hour        | <input type="checkbox"/> Yes | <input type="checkbox"/> No | <input type="checkbox"/> No, but interested |
| -Information on federally supported programs such as WIC and SNAP?           | <input type="checkbox"/> Yes | <input type="checkbox"/> No | <input type="checkbox"/> No, but interested |
| -Breastfeeding education groups?   | <input type="checkbox"/> Yes | <input type="checkbox"/> No | <input type="checkbox"/> No, but interested |
| -Breastfeeding support groups?   | <input type="checkbox"/> Yes | <input type="checkbox"/> No | <input type="checkbox"/> No, but interested |
| Healthy recipe exchange or cookbooks?  | <input type="checkbox"/> Yes | <input type="checkbox"/> No | <input type="checkbox"/> No, but interested |
| -Weight loss support groups?   | <input type="checkbox"/> Yes | <input type="checkbox"/> No | <input type="checkbox"/> No, but interested |

Comments?

3. Does your faith-based organization follow specific nutritional guidelines for food served?

Yes    No    No, but interested

Comments?

4. Does your faith-based organization:

- Encourage the consumption of fruits and vegetables?  Yes    No    No, but interested
- Encourage drinking water instead of sugar sweetened juices and sodas?  Yes    No    No, but interested
- Encourage whole grains?  Yes    No    No, but interested
- Encourage substituting spices for salt when cooking?  Yes    No    No, but interested
- Stress the importance of limiting sugary treats for children?  Yes    No    No, but interested
- Stress the importance of limiting high fat/sugary foods?  Yes    No    No, but interested
- Stress the importance of limiting fatty foods?  Yes    No    No, but interested
- Stress the importance of limiting portion sizes?  Yes    No    No, but interested
- Has removed the salt shakers from the dining areas?  Yes    No    No, but interested

Comments?

### Section C: Physical Activity

5. Does your faith based organization:

- Have a playground?  Yes    No    No, but interested
- Have a walking trail or walking club?  Yes    No    No, but interested
- Have a gym with multipurpose rooms or exercise equipment?  Yes    No    No, but interested
- Have a baseball field, soccer field, basketball court, etc.?  Yes    No    No, but interested
- Offer fitness counseling/training?  Yes    No    No, but interested
- Participate in organized sport leagues?  Yes    No    No, but interested
- Partner with fitness clubs/gyms to offer discounted rates to members?  Yes    No    No, but interested
- Encourage members to use stairs instead of elevators?  Yes    No    No, but interested

Comments?

# Healthy Body, Healthy Spirit

## Pre- Environmental Assessment

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Faith Institution: \_\_\_\_\_

Please answer the following questions by marking the response that best fits your organization. Please feel free to add details about any of the questions in the comments section.

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Comments?

### Section B: Nutritional Activities

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Comments?

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Comments?

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Comments?

### Section C: Physical Activity

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- Have a walking trail or walking club?  Yes    No    No, but interested
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- Offer fitness counseling/training?  Yes    No    No, but interested
- Participate in organized sport leagues?  Yes    No    No, but interested
- Partner with fitness clubs/gyms to offer discounted rates to members?  Yes    No    No, but interested
- Encourage members to use stairs instead of elevators?  Yes    No    No, but interested

Comments?

# Healthy Body, Healthy Spirit Final Evaluation Form

Faith Institution \_\_\_\_\_

Date \_\_\_\_\_

1. Have you been to a HBHS activity or session at your faith institution before?  Yes  No

If yes, how many activities have you attended?  1  2  3  4  5  6  7  More than 7

2. What motivated you to participate in the HBHS program? \_\_\_\_\_

\_\_\_\_\_

3. At any point of time, was it difficult to participate in the HBHS program?  Yes  No

If yes, please describe:

\_\_\_\_\_

4. What are 3 things you learned from HBHS that you can use to improve your eating and physical activity habits?

a. \_\_\_\_\_

b. \_\_\_\_\_

c. \_\_\_\_\_

5. Have you made any healthy changes for you and/or your family since starting HBHS?  Yes  No

If yes, please describe:

\_\_\_\_\_

\_\_\_\_\_

6. After completing the HBHS program, have you noticed an improvement in any of the following (check all that apply)?

a. The amount of stairs you can walk before getting out of breath.

b. The amount of time you can be active with your kids or grandkids before getting tired.

c. Using the skills you've learned to make better food choices

d. Stronger spiritual and faith connection

e. I haven't noticed anything

# Healthy Body, Healthy Spirit

## Final Health Coordinator Evaluation Form

1. I believe the HBHS pilot program was:  Excellent  Good  Fair  Poor
2. The most valuable part of the program was: \_\_\_\_\_
3. The least valuable part of the program was: \_\_\_\_\_
4. How knowledgeable was/were the instructor(s) about the topics presented at each training:  
 Not knowledgeable  Somewhat knowledgeable  Very knowledgeable
5. If you were to participate in the program again, what would you like to see done differently in the Health Coordinator training sessions? \_\_\_\_\_  
\_\_\_\_\_
6. How was the technical assistance you received from HBHS staff:  
 Not at all helpful  Somewhat helpful  Helpful  Really helpful
7. What suggestions or comments do you have to improve the technical assistance provided?  
\_\_\_\_\_
8. Indicate the most helpful communication channels HBHS staff used during the pilot (check all that apply):  
 In-person  Phone  E-mail  Postal mail  Text messages
9. How helpful was the weekly communication with HBHS staff during the pilot?  
 Not at all helpful  Somewhat helpful  Helpful  Really helpful
10. For the amount of time and effort to implement the HBHS pilot at your faith institution, compensation was:  
 Not at all adequate  Somewhat adequate  Adequate  More than adequate
11. After completing the HBHS program, have you noticed an improvement in the following (check all that apply):
  - The amount of stairs you can walk before getting out of breath.
  - The amount of time you are active with your kids or grandkids before getting tired.
  - Using the skills you've learned to make better food choices.
  - Stronger spiritual and faith connection.
  - I haven't noticed anything

# Healthy Body, Healthy Spirit

## Nutrition Survey

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Faith Institution: \_\_\_\_\_

**Please check the box that best describes your habits.**

In an average week, how often do you:

	5-7 times per week	2-4 times per week	0-1 times per week
1. Eat <u>4 or more</u> meals from sit-down or take out restaurants?			
2. Eat high sodium <u>processed foods</u> such as canned soup or pasta, frozen/package meals (TV dinners, etc.), chips?			
3. <u>Add salt</u> to foods during cooking or at the table?			
4. Eat <u>less than 2 servings</u> of fruit a day? ( <b>Serving</b> = ½ cup or 1 med. fruit or ¾ cup 100% fruit juice)			
5. Eat <u>less than 2 servings</u> of vegetables a day? ( <b>Serving</b> = ½ cup vegetables, or 1 cup leafy raw vegetables)			
6. Use regular <u>processed meats</u> (such as bologna, salami, corned beef, hotdogs, sausage or bacon) instead of low-fat processed meats (such as roast beef, turkey, lean ham)?			
7. Eat <u>fried foods</u> such as fried chicken, fried fish, French fries, fried plantains, tostones or fried yucca?			
8. Eat <u>potato chips, nacho chips, corn chips, crackers, or butter popcorn</u> instead of pretzels, low-fat chips or low-fat crackers, air-popped popcorn?			
9. <u>Add butter, margarine or oil</u> to bread, potatoes, rice or vegetables at the table?			
10. <u>Drink 16 ounces or more</u> of non-diet soda, fruit drink/punch a day? ( <b>Note:</b> 1 can of soda = 12 ounces)			

*(Adapted from the Rapid Eating Assessment for Participants – Shortened Version)*

# Healthy Body, Healthy Spirit

## Nutrition Survey

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Faith Institution: \_\_\_\_\_

**Please check the box that best describes your habits.**

In an average week, how often do you:

	5-7 times per week	2-4 times per week	0-1 times per week
1. Eat <u>4 or more</u> meals from sit-down or take out restaurants?			
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7. Eat <u>fried foods</u> such as fried chicken, fried fish, French fries, fried plantains, tostones or fried yucca?			
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9. <u>Add butter, margarine or oil</u> to bread, potatoes, rice or vegetables at the table?			
10. <u>Drink 16 ounces or more</u> of non-diet soda, fruit drink/punch a day? ( <b>Note:</b> 1 can of soda = 12 ounces)			

*(Adapted from the Rapid Eating Assessment for Participants – Shortened Version)*

# Healthy Body, Healthy Spirit

## Physical Activity Survey

Name: \_\_\_\_\_ Faith Institution: \_\_\_\_\_ Date: \_\_\_\_\_

**Vigorous activities** make you breathe much harder than normal.

You can't talk or your talking is broken up by large breaths



Fast bicycling



Aerobics

**Moderate activities**

make you breathe somewhat harder than normal.

You can talk but can't sing



Dancing



Fast walking

Think about all the **vigorous** activities which take **hard physical effort** that you did in the last 7 days. Think only about those physical activities that you did for at least 10 minutes at a time.

1. During the **last 7 days**, on how many days did you do **vigorous** physical activities?

\_\_\_\_\_ Days per week

Don't know/not sure

2. How much time did you usually spend doing **vigorous** physical activities on one of those days?

\_\_\_\_\_ Minutes per day

Don't know/not sure

Think about all the *moderate* activities which take *moderate physical effort* that you did in the last 7 days. Think only about those physical activities that you did for at least 10 minutes at a time.

3. During the **last 7 days**, on how many days did you do moderate physical activities?

\_\_\_\_\_ Days per week

Don't know/not sure

4. How much time did you usually spend doing **moderate** physical activities on one of those days?

\_\_\_\_\_ Minutes per day

Don't know/not sure

Think about the time you spent walking in the last 7 days. This includes at work and at home, walking to travel from place to place, and any other walking that you might do solely for recreation, sport, exercise, or leisure.

5. During the **last 7 days**, on how many days did you **walk** for at least 10 minutes at a time?

\_\_\_\_\_ Days per week

Don't know/not sure

6. How much time did you usually spend **walking** on one of those days?

\_\_\_\_\_ Minutes per day

Don't know/not sure

Think about the time you spent sitting on week days during the last 7 days. Include time spent at work, at home, while doing course work, and during leisure time. This may include time spent sitting at a desk, visiting friends, reading or sitting or lying down to watch television.

7. During the **last 7 days**, how much time did you usually spend **sitting** on a week day?

\_\_\_\_\_ Hours per weekday

Don't know/not sure