

Week 2

Basics of Healthy Eating





Week 2- Basics of Healthy Eating

Spiritual Component

- Begin the session by offering a prayer.

Physical Activity Component

- Include 10 minutes of physical activity before beginning the session.
- Finish the session with another 10 minutes of physical activity.

Participant Handouts

- *"Introduction to the Food Guide Pyramid"*
- *"Guide to Serving Sizes and Modifying Recipes"*
- *"Reading Food Labels"*

Learning Objectives

- To learn the importance and benefits of the Food Guide Pyramid
- To identify the five food groups and recommended daily servings on the pyramid
- To compare the food categories and recommended servings on the Food Guide Pyramid with those in the participants' daily diet
- To explore different ways to incorporate low-fat ingredients in recipes
- To understand the recommended serving sizes

☞ Physical Activity Component ☞

Start with 10 minutes of physical activity (PA). Get moving and have fun!

Teaching Content

Begin the session by encouraging participants to share their thoughts, feelings and opinions throughout the session.

☞ Scripture ☞

"And God said: Behold, I give you every seed-bearing plant on the face of the whole earth and every tree that has fruit with seed in it. They will be yours for food." *Genesis 1:29*

Offer this scripture to the participants, and ask how they think it relates to physical activity and healthy eating.

🌀 Food Guide Pyramid 🌀

Plan to spend 10-15 minutes on this section. Begin the session by introducing the Food Guide Pyramid.

Here are some suggestions for questions that may help to generate group discussion:

- "What is the Food Guide Pyramid?"
- "What is the importance of the Food Guide Pyramid?"

The Food Guide Pyramid is a guide for making healthy food choices. It calls for eating a variety of foods to get the right nutrients and the appropriate number of calories that you need to maintain a healthy body and weight. Following the Food Guide Pyramid can help reduce your risk of getting certain diseases and help you maintain a healthy weight.

The pyramid is an outline of what you should eat each day. This is only a general guide that will assist you in choosing a healthy diet that is right for you. **Persons who are diabetic or who have impaired glucose levels may need to alter their diets to eat fewer carbohydrates (e.g., breads, rice, grains).**

To help participants understand the Food Guide Pyramid, the following handout is provided:

- *"Introduction to the Food Guide Pyramid"* (Source: USDA)
 - Review the Food Guide Pyramid with participants by going through each of the food groups.
 - Have participants discuss the Food Guide Pyramid. Here are some suggestions for questions that may help generate discussion:
 - "What are some examples of foods in the X group?"
 - "What do you think is a serving size of X?"
 - "What types of nutrients are provided from each food group?"

☞ Planning Healthy Meals ☞

Plan to spend 10-15 minutes on this section. This exercise is designed to help participants increase their understanding of the Food Guide Pyramid and distinguish between healthy foods and less healthy foods.

Divide the participants into three groups. Have each group plan a different meal (group #1 - breakfast, group #2 - lunch, group #3 - supper) using the Food Guide Pyramid. It emphasizes consumption of whole grains and vegetables. It also emphasizes that we tend to use too much fats and sugars to improve the taste of our foods.

- Have a spokesperson from each group talk about the meal they planned, by stating what group each food belongs in, what the serving size is, and what types of nutrients are being provided at the meal.
- Compare the meals to the Food Guide Pyramid. Tell the participants it is important to eat foods from each of the five food groups in order to have a healthy diet.
- If you have more than nine participants, have extra groups plan healthy, between meal snacks.

Please note that a "Soul Food Guide Pyramid" created by Hebni Nutrition Consultants has been created to reflect traditional African American food preferences. This is available online at www.soulfoodpyramid.org. There is also a food guide for older adults available online from Tufts University at <http://nutrition.tufts.edu/consumer/pyramid.html>.

☞ Serving Sizes ☞

Plan to spend 5 minutes on this section. This section is designed to help participants understand serving sizes. The following handout is provided:

- *"Guide to Serving Sizes and Modifying Recipes"*
 - Have participants discuss ways to determine the appropriate serving sizes to help control portions.

❧ Modifying Recipes ❧

Plan to spend 10 minutes on this section. This section is designed to help participants modify their recipes using low-fat ways to make delicious, healthy meals. You can use some of the recipes you have at home to cook low-fat, healthy meals by modifying some of your favorite recipes. (Note: A Health-e-AME low-fat cookbook is available online; www.health-e-ame.com.) Recipes can be modified to reduce the amount of calories, saturated fat, total fat, and sodium.

Here are some suggestions for questions that may help to generate group discussion:

- "Why would you want to modify a recipe?"
- "What are some ways to modify a recipe?"
- "What are healthy ways to change your recipe?"
- "What are some tips to reduce the fat in your cooking?"
- "What would you be willing to try in the next week to reduce fat in your cooking?"

After discussing ways to modify recipes, have the participants compare their answers with the handout as follows:

- *"Guide to Serving Sizes and Modifying Recipes"*

❧ Reading Food Labels ❧

Plan to spend 10-15 minutes on this section. This section is designed to help participants understand how to read food labels. The handout, "Reading Food Labels," is provided for this section. You may also want to bring in an actual food label for the group to review.

Review the major sections of the "Reading Food Labels" handout with participants. "Nutrition Facts" is a label that should appear on all food items to provide information on the food's nutritional content. The food label helps consumers make healthy food choices. It includes information such as:

Nutrition Facts	
Serving Size ½ cup (114g)	
Servings Per Container 4	
Amount Per Serving	
Calories 90	Calories from Fat 30
	% Daily Value*
Total Fat 3g	5%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 300mg	13%
Total Carbohydrate 13g	4%
Dietary Fiber 3g	12%
Sugars 3g	
Protein 3g	
Vitamin A 80%	Vitamin C 60%
Calcium 4%	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
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

Serving Size

The "Serving Size" section of a food label tells you how big the typical portion is. This isn't always the same as a Food Guide Pyramid serving. Beware of super-sized food that may contain multiple servings! For example, if you eat a bag of chips that contains 4 servings, you need to multiple the total grams of fat by 4!

Servings Per Container

This tells you how many servings are in the container. This can be helpful when planning your meals, so you know how many containers you need to buy for the number of people you are serving.

Calories

This tells you how many calories are in ONE serving. "Calories From Fat" tells you how many of the calories in a single serving come from fat. When comparing foods, choose those with fewer calories.

Daily Value Percentages

This part of the label tells you the % of the recommended amounts that this food gives you in ONE serving. It is based on a 2,000 calories a day diet. If you eat a large candy bar that has two servings in it, you would need to multiple this % by two! Some of the items listed include total and saturated fat, cholesterol, sodium, total carbohydrates (including dietary fiber and sugars), and protein. You want to make sure the total amount of fat, saturated fat, cholesterol, and sodium that you eat in one day doesn't go over 100 percent of your Daily Value. For nutrients like fiber or vitamins and minerals, you should try to eat foods that will add up to at least 100 percent.

Total Fat

This tells you the grams of fat in ONE serving. The upper limit on the grams of fat in your diet will depend on the calories you need. Since fat provides more calories per gram than an equal amount of protein or carbohydrate, cutting back on the amount of fat in your diet can help you eat fewer calories. When comparing foods, choose those with fewer grams of fat.

Sodium

The Nutrition Facts label lists the amount of sodium in ONE serving. It is recommended that no more than 2400 mg of sodium be consumed per day.

🌀 Homework 🌀

Encourage participants to get into the habit of using the Food Guide Pyramid to help maintain healthy eating and weight management. Also, the homework assignment will help them establish a routine pattern of eating healthy while using the Food Guide Pyramid.

- Have participants plan a full-day menu for themselves, following the Food Guide Pyramid and including healthy and low-fat foods that they enjoy.
- Have participants keep track of "problems areas" in their diet, based on the Food Guide Pyramid. It could be eating too much of certain foods (e.g., desserts) or too little of other foods (e.g., fruits and vegetables).
- Have participants read food labels for all of the foods they consume and become more aware of serving sizes, fat, calories, and sodium.

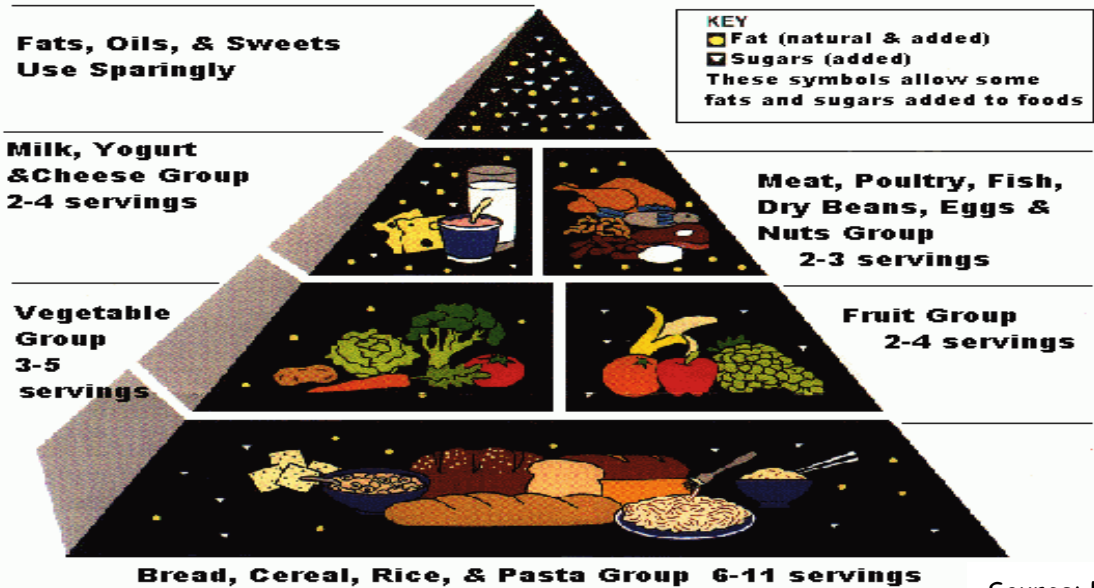
🌀 Physical Activity Component 🌀

End the session with 10 minutes of PA.



Introduction to the Food Guide Pyramid

Participant Handout



Bread, cereals, rice, & pasta: This group provides our bodies with complex carbohydrates, giving us quick energy, and also provides vitamins, minerals, and fiber. Eat 6-11 servings a day, and try to choose whole grains (e.g., wheat bread rather than white bread, wheat pasta instead of white pasta, brown rice instead of white rice).

One serving is 1 slice bread; $\frac{1}{2}$ cup oatmeal or grits; $\frac{1}{2}$ cup rice or noodles; $\frac{1}{2}$ cup beans. **Fruits and Vegetables:** They provide vitamins and minerals, are naturally low in fat, and are an excellent source of fiber. Eat a variety, since they all provide different nutrients. Aim for 3-5 servings of vegetables a day. One serving is $\frac{1}{2}$ cup cooked or 1 cup raw. Aim for 2-4 servings of fruit per day. One serving is $\frac{1}{2}$ cup juice or 1 medium piece of fruit.

Dairy: Foods from this group provide our bodies with calcium, vitamin D, and phosphorus, all of which help build strong bones (and help prevent osteoporosis). Choose low-fat dairy options whenever possible. Eat 2-4 servings a day. A serving is 1 cup milk, 1 slice of cheese.

Meat: This group includes foods such as lean beef, poultry, fish, eggs, and nuts, and provides good sources of protein, which is important to help build muscle. Eat 2-3 servings a day. Trim fat from meat and take the skin off chicken. One serving of meat, chicken, or fish is about 3 ounces, which is the size of a deck of cards; or 1 egg.

Fats, Oils, and Sweets: This category includes foods such as butter, margarine, cooking oil, candy, sugar, and sweetened beverages. These foods have little or no nutritional benefits and are high in excess calories from fat and sugar. It is recommended that these foods be "used sparingly."



Guide to Serving Sizes and Modifying Recipes

Participant Handout

Use the following images when trying to monitor your serving sizes:

- 1 cup = your fist or cupped hand
- 1 ounce of cheese = your thumb
- 1 teaspoon = your thumb tip
- 1 or 2 ounces of snack food = small handful
- 1 ounce of meat = matchbox
- 3 ounces of meat = your palm, deck of cards,
or bar of soap (this is one serving)
- 8 ounces of meat = small paperback book
- 1 serving of fruit = Tennis ball
- Medium apple or orange = tennis ball
- 1 c. of fruit = baseball
- 1 c. of lettuce = 4 green leaves
- 1 slice of bread = cassette tape



"Man does
not live by
bread
alone."
Luke 4:4

How can I modify a recipe?

- Reduce or eliminate an ingredient
- Change the way a recipe is prepared
- Substitute an ingredient

Healthy ways to change your recipes:

- Instead of 1 whole egg, try 2 egg whites or $\frac{1}{4}$ cup egg substitute
- Try replacing butter or stick margarine with soft/tub margarine
- Use $\frac{3}{4}$ cup of vegetable oil rather than 1 cup of shortening
- Switch from whole milk to skim milk, and use evaporated skim milk instead of cream
- Try replacing sour cream and mayonnaise with non-fat plain yogurt or fat-free sour cream or mayonnaise
- Substitute regular ground beef or pork with ground turkey breast or extra lean ground beef
- Use cooking spray instead of greasing pans with oil
- Try adding herbs and spices to flavor dishes instead of butter
- Instead of coating the chicken with egg and flour and then frying it, use boneless, skinless chicken breasts; coat the chicken in breadcrumbs or herbs and bake in the oven. Use barbeque or hot sauce for a spicy twist.



Reading Food Labels Participant Handout

PRODUCT:

CHECK FOR:

Nutrition Facts																						
Serving Size 1 cup (228g)	←																					
Servings Per Container 2	←																					
Amount Per Serving																						
Calories 250	Calories from Fat 110																					
% Daily Value*																						
Total Fat 12g	▲ 18%																					
Saturated Fat 3g	15%																					
Cholesterol 30mg	10%																					
Sodium 470mg	20%																					
Total Carbohydrate 31g	10%																					
Dietary Fiber 0g	0%																					
Sugars 5g																						
Protein 5g																						
Vitamin A 4% • Vitamin C 2% Calcium 20% • Iron 4%																						
<small>* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>																						
	<table border="1"> <thead> <tr> <th></th> <th>Calories: 2,000</th> <th>2,500</th> </tr> </thead> <tbody> <tr> <td>Total Fat</td> <td>Less than 65g</td> <td>80g</td> </tr> <tr> <td>Sat Fat</td> <td>Less than 20g</td> <td>25g</td> </tr> <tr> <td>Cholesterol</td> <td>Less than 300mg</td> <td>300mg</td> </tr> <tr> <td>Sodium</td> <td>Less than 2,400mg</td> <td>2,400mg</td> </tr> <tr> <td>Total Carbohydrate</td> <td>300g</td> <td>375g</td> </tr> <tr> <td>Dietary Fiber</td> <td>25g</td> <td>30g</td> </tr> </tbody> </table>		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
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<small>Calories per gram: Fat 9 • Carbohydrates 4 • Protein 4</small>																						

- Serving size
- Number of servings
- Total fat in grams
- Sodium in milligrams

Here, the food label tells you the amounts of nutrients in one serving. Use it to help you compare the amount of fat in different foods. Choose foods that have less grams of fat!

- The "% Daily Value" shows you the % of the recommended amounts that this food gives you in one serving, if you eat 2,000 calories a day. For example, one serving of this food gives you 18% of your total daily fat that is recommended.

- Here you can see the recommended daily amounts for each nutrient for a 2,000 and 2,500 calorie diet.

Calories: This tells you how many calories are in ONE serving. "Calories from Fat" tells you how many of the calories in a single serving come from fat. Choose foods that are lower in calories and fat.

% Daily Value: This part of the label tells you the % of the recommended amounts that this food gives you in one serving. It is based on a 2,000 calorie per day diet. If you eat a large candy bar that has two servings in it, you would need to multiple this % by two! How much fat, cholesterol, and sodium you eat in a day should add up to less than 100%. For nutrients like fiber or vitamins and minerals, you should try to eat foods that will add up to at least 100%.

Total Fat: This tells you how many grams of fat are in ONE serving. When comparing foods, chose those with fewer grams of fat.

Sodium: This tells you how many mg of sodium are in ONE serving. It is recommended that no more than 2400 mg of sodium be consumed per day.

Serving Size: The serving size tells you how large one serving is, although the serving size is not always the same as in the Food Guide Pyramid. Beware of super-sized food that may contain multiple servings! For example, if you eat a bag of chips that contains 4 servings, you need to multiple the total grams of fat by 4!

Servings Per Container: This tells you how many servings there are in the total container of food.

