

Eat Healthy ▪ Be Active Community Workshops



ODPHP

Office of Disease Prevention
and Health Promotion



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Best Practices for Implementation

Before being released, the Eat Healthy • Be Active Community Workshops were pilot tested at 10 sites across the country, including cooperative extension, worksite wellness programs, faith-based organizations, and parent groups. The workshops were designed using low-health literacy principles and were tested with participants of varying socioeconomic backgrounds and education levels. After teaching the workshops, pilot site instructors provided feedback on their experiences. These are some of the best practices they share.

FORMING THE WORKSHOP GROUP

Choose the Time of the Workshop

- Poll potential participants to determine the time of day that works best for them.
- If you are holding the workshops at a worksite, ask the supervisor if participants can bring their lunch and hold the workshops during the lunch hour.
- Keep in mind that participants may be more engaged and willing to come to the workshops during times of the year that are generally less busy. Consider starting the workshops after the holidays or after school starts.

Find Workshop Participants

- If you are teaching the workshop series more than once, ask your previous participants to share their positive experiences with friends and to suggest new participants for upcoming workshops.

PREPARING FOR THE WORKSHOPS

- Be sure to thoroughly review the workshop concepts and lesson plan prior to teaching, and use the resources in the appendix for more information.
- The workshops were designed to be used by a variety of community leaders and educators, even those without a nutrition degree.



BEST PRACTICES FOR IMPLEMENTATION

ADDING ADDITIONAL MATERIALS TO THE WORKSHOPS

- The Community Workshops are based on the Dietary Guidelines for Americans (<https://health.gov/dietaryguidelines/>) and the Physical Activity Guidelines for Americans (<http://www.health.gov/paguidelines/>). The focus of the workshops is to give individuals tips and tools to eat healthy and be physically active to promote good health and reduce the risk of chronic diseases.
 - Depending on the particular needs of your participants, you may find you want to focus more attention on one area, such as setting goals to reach a healthy weight.
 - You can use the Web links in the appendix of the Community Workshops materials to find additional handouts, tools, and resources that meet the needs of your participants.
- Example:** if you have PowerPoint access, you may want to show the Portion Distortion Quiz (<https://www.nhlbi.nih.gov/health/educational/wecan/eat-right/portion-distortion.htm>) as a visual presentation on how food portions have changed.
- The Presidential Active Lifestyle Award (PALA+) is an 8-week program that can be added to the workshop series. PALA+ empowers participants to select physical activity and healthy eating goals each week, and those who complete the challenge can earn a certificate of achievement from the President's Council on Fitness, Sports & Nutrition (www.fitness.gov).



BEST PRACTICES FOR IMPLEMENTATION

MOTIVATING PARTICIPANTS TO ATTEND WORKSHOP SESSIONS

Give Workshop Reminders

- Collect email addresses or phone numbers either before or at the first workshop to provide reminders of upcoming workshops.
- Consider creating an online calendar to notify participants of upcoming workshops.

Offer Workshop Incentives

- If you are able, offer participants an incentive to come to each workshop, or the entire series of six.
- Provide items that help participants apply workshop concepts such as pedometers, reusable water bottles, or stretch bands for muscle strengthening activities.
- If you have larger items such as a cookbook, a gift certificate to a grocery store, or a kitchen tool, consider holding a raffle at the end of the workshop series. For each workshop participants attend, they receive a raffle ticket, and the more raffle tickets they have at the end of the series, the more likely they are to win the prize!

Take Steps to Motivate Participants

- If participants already know one another, suggest that they “buddy up” to help motivate one another to try the tips at the end of each workshop and to remind one another of upcoming workshop sessions.
- To excite participants about the next workshop, at the end of each class, give participants a few highlights about what will be discussed and remind them of the “Things to try at home” listed at the end of each workshop.

OVERALL TIMING AND ANSWERING QUESTIONS

- Each workshop was designed to be completed in approximately 60 minutes, including time for a few questions and answers during or at the end of the workshop.
- If you are teaching a larger group with many questions, you may find you need more than 60 minutes to complete the workshop.

Limit the Time You Spend Answering Questions

- Answer a few questions during the class but bring index cards for people to write down any questions that you don't have time to address. Then, spend a few extra minutes during the beginning of the next workshop to answer these questions. This can be especially helpful if there is a question you need to look up more information to answer.
- If you have some extra time, consider staying after the class to address any lingering questions asked during the workshop.
- Change the layout of chairs so participants aren't sitting too close together. Chairs that are close together may encourage more side conversations or questions during class and you may need to spend some time keeping everyone focused.



BEST PRACTICES FOR IMPLEMENTATION

ENHANCING STRETCH BREAKS AND MUSCLE STRENGTHENING ACTIVITIES

- Consider playing music during the stretch breaks and muscle strengthening activities

Enhance the Stretch Breaks

- The stretch break will come approximately halfway through the class.
- You may find it helpful to include this as an opportunity for everyone to get up and move around.
- If there are distracted participants, this can also be an opportunity to “restart” the class after the break.

Enhance the Muscle Strengthening Activities

- If you are bringing canned soup or other canned goods for participants to use during workshop 6, give the cans to the participants to keep.
- Suggest that they keep the two cans at their desk at work or somewhere close at home as reminders to do the exercises. Suggest also that they keep a printed copy of the exercises close by.



TASTE TESTING

- Many of the workshops include taste testing to allow participants to try some new foods or foods they do not frequently eat.
- Participants at pilot testing sites really enjoyed trying new foods, so you are encouraged to include these activities when you are teaching the workshops.
- Please be mindful of participants with food allergies. If you are bringing in packaged items, be sure to bring in the container so that participants can check the ingredients list if necessary.

Taste Test the Slow Cooker Recipe

- For the slow cooker recipe, you may want to prepare it ahead of time and bring it to class to taste test.
- If you are able to, also demo the recipe in class so participants can taste the food and see exactly how it is prepared.
- Keep in mind that if you start the slow cooker to cook during the workshop, it will not be finished before the end of class.

LAST CLASS

- To show your appreciation, make the last class a celebration of the group’s participation in the Community Workshops.
- You may choose to try a new recipe or bring in a different food to taste test.
Example: One instructor made yogurt parfaits with yogurt and fruit for everyone.
- Don’t forget to award every participant with a certificate of completion.

WORKSHOP

1

Enjoy Healthy Food Choices That Taste Great



**Eat Healthy • Be Active
Community Workshops**



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WORKSHOP

1

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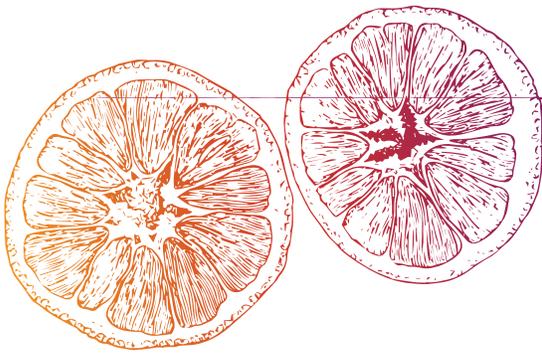


Instructor Guide

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 (1 per participant):
 1. **Enjoy Healthy Food Choices That Taste Great (2 pages)**
 2. **Find Someone Who...(1 page)**
 3. **Tips for Healthier Choices (2 pages)**
 4. **Understanding and Using the Nutrition Facts Label (1 page)**
 5. **Cut Down on Sodium (2 pages)**
 6. **Reduce Your Sodium (Salt) Intake (1 page)**
 7. **Modifying a Recipe: Lasagna, Recipe Makeover (2 pages)**
 8. **MyPlate 10 Tips to Choose MyPlate (2 pages)**
 9. **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:** List 5 small changes you can make to choose foods and beverages with healthier fats, less sodium, and less added sugars (5–10 minutes).
 - Review handout: *Enjoy Healthy Food Choices That Taste Great*
 - Video: *Healthy Can Be Tasty* (2–3 minutes)
 - Stretch Break (5 minutes)
 - Review handout: *Find Someone Who ...*
- **Objective 2:** Identify 3 spices, herbs, or salt-free seasonings that will give you new ways to eat healthfully (5–10 minutes).
 - Review handout: *Tips for Healthier Choices*
 - Review handout: *Understanding and Using the Nutrition Facts Label*
 - Review handout: *Cut Down on Sodium*
 - Review handout: *Reduce Your Sodium (Salt) Intake*
- Activity (5–10 minutes). Note: Choose ahead of time and gather supplies. If doing Activity 1, review *MyPlate 10 Tips to Choose MyPlate* during this time.
- **Objective 3:** Use recipe modifications and cooking techniques to reduce calories, saturated and *trans* fats, sodium, and added sugars (5–10 minutes).
 - Review handout: *Modifying a Recipe: Lasagna, Recipe Makeover* (at-home activity)
 - Increasing Physical Activity (1–2 minutes)
 - Review handout: *MyPlate 10 Tips to Choose MyPlate* (2 minutes)
- **Wrap-Up/Q&A** (5 minutes)
 - **Reminders** of things to try at home:
 - Modify a recipe to make it lower in saturated and *trans* fats, sodium, and/or added sugars.
 - Increase physical activity and reduce amount of time sitting/screen time.
- Ask participants to complete the **evaluation form** (5 minutes).



WORKSHOP

1

Workshop Lesson Plan

ICEBREAKER ACTIVITY

Taste Testing (5 minutes)

Spices/Herbs/Seasonings 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 both are healthy and taste great.
- This workshop is based on the Dietary Guidelines for Americans and the Physical Activity Guidelines for Americans. The Dietary Guidelines provides science-based advice for making food choices that promote good health and a healthy weight and help prevent disease. The Physical Activity Guidelines provides recommendations on the amount, types, and level of intensity of physical activity needed to achieve and maintain good health.
- The Dietary Guidelines supports these selected consumer messages. More information about the messages can be found at www.choosemyplate.gov.
 - Everything you eat and drink over time matters. The right mix can help you be healthier now and in the future. Start with small changes to make

healthier choices you can enjoy. *Find your healthy eating pattern and maintain it for a lifetime.* This means:

- Make half your plate fruits and vegetables — focus on whole fruits and vary your veggies.
- Make half your grains whole grains.
- Move to low-fat or fat-free milk or yogurt.
- Vary your protein routine.
- Drink and eat less sodium, saturated and *trans* fats, and added sugars.
- Healthy eating and physical activity are the building blocks of a healthier life. The Physical Activity Guidelines recommends 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.



WORKSHOP LESSON PLAN

TALKING POINTS

Learning Objectives (2–3 minutes)

- List 5 small changes you can make to choose foods and beverages with healthier fats, less sodium, and less added sugars.
- Identify 3 spices, herbs, or salt-free seasonings that will give you new ways to eat healthfully.
- Use recipe modifications and cooking techniques to reduce calories, saturated and *trans* fats, sodium, and added sugars.

TALKING POINTS

Handout: Enjoy Healthy Food Choices That Taste Great (5–10 minutes)

- Select lean cuts of beef or pork or lean ground beef (92% lean or higher) and skinless turkey 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 such as bacon, sausage, and hot dogs, which tend to be higher in sodium and saturated fats.
- Choose legumes like black or kidney beans or black-eyed peas or tofu as a main dish or part of a meal as protein sources.
- Try seafood instead of meat and poultry. Aim to eat about 8 ounces of seafood per week.
- Choose whole-grain cereals that don't have frosting or other 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 legumes like black or kidney beans or black-eyed peas).
 - Choose frozen vegetables without sauces and canned vegetables that are lower in sodium.
 - In addition to fresh fruits, use canned, frozen, and dried fruits. Look for the canned fruit lowest in added sugars.
- Choose water, fat-free or low-fat milk or fortified soy milk, or 100% fruit or vegetable juice as drinks rather than regular soda, sports drinks, energy drinks, fruit drinks, and other sugar-sweetened drinks.
- Instead of a big dessert like regular ice cream, cake, pie, or cookies, try a piece of fresh fruit or a frozen 100% fruit bar, or split a smaller dessert with a friend.

ENJOY HEALTHY FOOD CHOICES THAT TASTE GREAT

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

MEET THE PEREZ FAMILY
Roberto, Gloria, and their daughters, Maria and Ana, are finding that eating healthy doesn't mean being bored in their heads.

Gloria: Plus and simple—in the past, our family did not eat healthy. I read that my old recipes by using less salt and sugar and choosing healthy fats. I made small changes such as making the sauce off the chicken. These instead of deep-frying. I took it to the store with herbs and a little olive oil. Easy changes—and the results better for us!

Roberto: Gloria's cooking still tastes great. She found out that healthy eating doesn't mean being bored. We still eat chicken, chicken, rice, lots of garlic, and other spices to flavor our food.

Ana: Each week, we never eat just a new fruit or vegetable for our family. Last night we added a bean and some almonds to our salad, and it was very good!

Gloria: My advice to families wanting to eat better and feel better? Don't make too many changes. Before you know it, your family will actually prefer your new way of cooking. More ideas?

GLORIA'S QUICK AND HEALTHY TURKEY TACO SALAD
Gloria's changed to eat less meat. I use very lean ground turkey breast instead of higher ground beef and serve it as a taco salad. By choosing some healthful things, we get the most benefit for less cooking time and fat. Eat up some fresh, juicy peas for dinner. What a quick, easy, and beautiful meal. To my recipe—I hope your family enjoys it as much as we did!

For more information, visit www.choosemyplate.gov

RECIPE: TURKEY TACO SALAD
This recipe serves 4 people.

1. Cook a pan with cooking spray. Brown 1 pound of 92% fat-free ground turkey breast with half of a chopped onion.
2. Add 2 cups of no-salt-added diced, crushed, or whole tomatoes.
3. Add 1 slice of chopped garlic and 1 teaspoon each of dried oregano and cilantro.
4. Add 1 cup of chopped onion, yellow or jalapeño. If you don't like your food too spicy, use 2 teaspoons of chili powder instead.
5. Let cook in the skillet for 10 minutes.
6. Serve this taco meat on chopped taco shells 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 ground beef for cheese.



WORKSHOP LESSON PLAN



VIDEO

Healthy Can Be Tasty (2–3 minutes)



health.gov/dietaryguidelines/workshops/

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 2). 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 2 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

Find Someone Who ...			
Eating Healthy Most of the Time + Physical Activity = Good Health			
Has a home-cooked dinner on most nights	Made half their plate 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 3 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 push-ups and planks last week	Likes 100% frozen fruit bars	Regularly reads the Nutrition Facts label

WORKSHOP LESSON PLAN



TALKING POINTS

Handouts: Tips for Healthier Choices and Understanding and Using the Nutrition Facts Label (5 minutes)

The Dietary Guidelines recommends a healthy eating pattern low in sodium, saturated and *trans* fats, and added sugars.

- Reduce daily **sodium** intake to less than 2,300 mg/day. (Adults with prehypertension or hypertension would benefit from further reducing sodium intake to less than 1,500 mg/day.)
 - **HERE'S HOW:** Read Nutrition Facts labels and choose the option lower in sodium.
 - Choose fresh, frozen (no sauce or seasoning), or no-salt-added canned vegetables, and fresh poultry, seafood, pork, and lean meat, rather than processed meat and poultry.
 - Eat at home more often. Cook foods from scratch to control the sodium content of dishes—limiting sauces, mixes, and “instant” products like flavored rice, instant noodles, and ready-made pasta. Flavor foods with herbs and spices instead of salt.
- Consume less than 10% of calories from **saturated fats**.
 - **HERE'S HOW:** Read Nutrition Facts labels and choose the option lower in saturated fats and higher in unsaturated fats (polyunsaturated and monounsaturated fats).
 - Choose lean meats and poultry and fat-free or low-fat dairy products instead of fatty meats and poultry and whole or 2% dairy products.

- For entrees like sandwiches, stir-fries, and rice bowls opt for more veggies and less meat and choose little or no regular cheese and other toppings with saturated fats.
- Keep **trans fats** consumption as low as possible.
 - **HERE'S HOW:** Limit foods with partially hydrogenated oils or that list on the Nutrition Facts label that they contain *trans* fats.
- Consume less than 10% of calories from **added sugars**.
 - **HERE'S HOW:** Drink water instead of sugar-sweetened beverages like regular soda, sports drinks, and juice drinks.
 - Limit portion size and eat few snacks and sweets with added sugars like cakes, cookies, pie, and ice cream.
 - Choose unsweetened or no-sugar-added versions of canned fruit, fruit sauces (e.g., applesauce), and yogurt.

Tips for Healthier Choices

These alternatives provide new ideas for old favorites. Don't forget to check food labels to compare calories, saturated and trans fats, sodium, and added sugars in products.

If you usually buy:	Try these:
Meats, Fish, and Poultry	
Cold cuts or lunch meats (Bologna, salami, hamstead, etc.)	Low-fat/low-sodium cold cuts (turk)
Bacon or sausage	Canadian bacon or lean ham
Regular ground beef	Lean ground beef (at least 90% lean/10% fat) or lean ground turkey
Beef chuck, ribs, brisket	Beef round or loin (trimmed of external fat)
Fresh breaded fish or fried fish (homemade or commercial)	Fish or shellfish, unbreaded (fresh, frozen, or canned in water)
Chorizo sausage	Turkey sausage or vegetarian sausage
Cereals, Grains, and Pastas	
Pasta with meat sauce (bologna)	Whole grain pasta with red sauce (lean)
Pasta with cheese sauce	Whole grain pasta with vegetable (lean)
White rice or pasta	Brown rice or whole grain pasta
Baked Goods	
Croissants or biscuits	Whole grain rolls
Doughnuts, sweet rolls, muffins, scones, or pastries	Whole grain English muffins or mini-doughnuts
Fatty crackers	Whole grain crackers (choose lower in sodium) or air-popped popcorn
Frosted cake or pound cake	Fruit—fresh, frozen, or canned without added sugar

Understanding and Using the Nutrition Facts Label

The U.S. Food and Drug Administration has updated the Nutrition Facts label for packaged foods and beverages that will make it easier for you to make healthier food choices that support a healthy diet. Explore it today and discover the wealth of information it contains!

Servings Per Container
Get the number of servings in the entire food package or container. One package of food may contain more than one serving. Some containers may have more than one serving. Check the number of servings and portions in one serving and the entire package.

Serving Size
Serving sizes are based on the amount of food that is normally eaten at one time. The number of servings in the food package, some containers may also have information regarding per package. When comparing calories and nutrients in different foods, check the serving size in order to make an accurate comparison.

Calories
Calories are based on the total number of calories, or “energy,” measured in kilocalories (kcal). They represent the energy that will be available to you from the food. To get more information on how to use this information, visit www.fda.gov/food/calories.

Percent Daily Value
Percent Daily Values are shown as percentages on the label and tell you how much a nutrient in a serving of food contributes to a total daily diet. Use the %DV to determine if a serving of food is high or low in an individual nutrient and to compare food products (based on what the serving size is for each).

% Daily Value
100% DV of a nutrient per serving is a good goal.
5% DV or less of a nutrient per serving is low.
15% DV or more of a nutrient per serving is high.

Nutrients
The Nutrition Facts label also tells you how much and compares the sodium content of many foods in your diet. Use it to choose products that are lower in sodium, you want to get less of higher in nutrients you want to get more of.

Ingredients to look for: High fructose corn syrup, fructose, dextrose, sucrose, and other sugars. Check your ingredients list for these and other high-calorie, high-fat ingredients. **Get less than 100% DV of these each day.**

Ingredients to look for: Sodium, trans fats, saturated fats, and cholesterol. Most Americans do not get the recommended amount of these nutrients, and they get too many calories. **Get 100% DV of these on most days.**

Nutrition Facts
Serving size 1/2 cup (120ml)
Calories 240
Total Fat 10g
Sodium 100mg
Total Carbohydrate 40g
Protein 8g

TALKING POINTS

Handouts: Cut Down on Sodium and Reduce Your Sodium (Salt) Intake (5 minutes)

- Too much sodium can be bad for your health because it can increase your blood pressure.
- The majority of sodium we consume is in processed and restaurant foods.
- The average sodium intake for Americans ages 2 years and older is approximately **3,400 mg** per day.
- The Dietary Guidelines recommends reducing sodium intake to less than **2,300 mg** per day for adults ages 14 years and older. Children younger than 14 years need less sodium depending on their age.

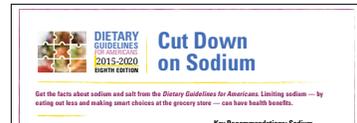
ACTIVITY

Choose one ahead of time (5–10 minutes)

1. **“MyPlate” Drawing:** Discuss the *MyPlate 10 Tips Choose MyPlate* handout just before starting this activity. 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, protein foods, and low-fat dairy products. Ask each participant to show his or her plate and describe his or her proposed meal to the group.

Note: You can include examples that may not be on a plate like rice bowls or soups.

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



What is sodium?
Sodium is a mineral, and most of it comes from salt. We all need a little sodium to stay healthy. Eating too much sodium can lead to high blood pressure, which can increase your risk of a heart attack or stroke.

What foods are high in sodium?
Wherever you eat will be your first clue. But the Dietary Guidelines shows that salt mostly comes from our salt shakers, manufacturers and others who prepare and sell food. Many common meals, such as fast-food meals, contain a lot of sodium. Dishes with many ingredients — like tacos and sandwiches — tend to have a lot of sodium. When making these dishes, often high in sodium:

- Processed meats, poultry, and seafood (sausages, pepperoni, and anchovies)
- Sauces, dressings, and condiments
- Instant products like boxed rice or ready-made pasta

Keep in mind that even foods that don't add sodium to your diet, especially examples, the sodium found in foods like cheese, and condiments can add up.

Reduce Your Sodium (Salt) Intake

- Read the Nutrition Facts labels to choose foods that are lower in sodium.
- Consume more fresh food and low processed foods that are higher 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.
- 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 food.
- Gradually reduce the amount of sodium in your foods. Your taste for salt will change over time.
- 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)	
Basil	Use in pasta, soups, salads, vegetables, fish, and meats.
Chili Powder	Use in soups, stews, salads, vegetables, and fish.
Cinnamon	Use in salads, vegetables, breads, and snacks.
Cloves	Use in soups, salads, and vegetables.
Dill Weed and Dill Seed	Use in fish, soups, salads, and vegetables.
Garlic	Use in soups, vegetables, meats, chicken, and stir-fries.
Ginger	Use in soups, salads, vegetables, meats, and stir-fries.
Marjoram	Use in soups, salads, vegetables, beef, fish, and chicken.
Nutmeg	Use in vegetables, meats, and snacks and in breads in place of sugar.
Oregano	Use in pasta, soups, salads, vegetables, fish, and chicken.
Parsley	Use in pasta, salads, vegetables, fish, and meats.
Rosemary	Use in pasta, salads, vegetables, fish, and meats.
Sage	Use in soups, salads, vegetables, meats, and chicken.
Thyme	Use in salads, vegetables, fish, and chicken.

Note: To taste, use small amounts of these herbs and spices to see whether you like them.
Source: <http://www.choosemyplate.gov/healthy-eating-tips>

2. **Demonstration: How much sugar is in a soda?**

Ask participants to guess how many teaspoons of sugar 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 1 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. One way to help manage your weight is to make small shifts in your diet to reduce calorie intake. For example, choosing water instead of a sugary drink can help you reduce calorie intake over time, which can have an impact on weight.

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

WORKSHOP LESSON PLAN

TALKING POINTS

Handout: Modifying a Recipe: Lasagna, Recipe Makeover (5–10 minutes)

There are simple changes you can make when cooking to reduce calories, saturated and *trans* fats, 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, steaming, or microwaving, rather than frying.
- Season foods with herbs, spices, lime or lemon juice, and vinegar rather than salt.
- Use a little oil or spray oils instead of butter and stick margarine.
- Increase the amount of vegetables and/or fruits 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 to reduce the amount of saturated fats.

The handout is titled "Modifying a Recipe: Lasagna, Recipe Makeover". It is divided into two main sections: "INGREDIENTS" and "DIRECTIONS".

INGREDIENTS:

- 1 box lasagna noodles
INSTEAD: 1 box whole-wheat lasagna noodles
- 1 pound ground beef
INSTEAD: 1 pound lean ground beef or lean ground turkey
- ½ cup chopped onion
- 8 ounces sliced mushrooms, optional
INSTEAD: ½ ounce dried mushrooms, optional
- 1 jar (about 16 ounces) spaghetti sauce
- 1 teaspoon garlic powder
- ½ teaspoon salt
INSTEAD: ½ teaspoon salt
- 1 teaspoon dried leaf oregano, crumbled
- ½ teaspoon dried leaf basil, crumbled
- ½ cups ricotta cheese
INSTEAD: ½ cups part-skim ricotta cheese
- 2 cups shredded Monterey Jack cheese
INSTEAD: 1 cup reduced-fat shredded Monterey Jack cheese
- ¼ cup grated Parmesan cheese
INSTEAD: ¼ cup reduced-fat grated Parmesan cheese

DIRECTIONS:

1. Cook lasagna noodles according to package directions; drain and set aside.
2. In a large skillet, brown beef, onion, and mushrooms. **Note:** Don't forget to drain the fat from the meat.
3. Stir in oregano, and basil.
4. In a 2-quart saucepan, combine spaghetti sauce, ricotta cheese, and salt.
5. Repeat heat.
6. Sprinkle Parmesan.
7. Bake lasagna thoroughly for preferred time.
8. Let stand for 10 minutes and serving.

Recipe Makeover Form:

Recipe makeover for: _____

Recipe ingredients:	Substitutions I can make:

Cooking instructions: _____

New cooking instructions (if needed): _____

TIP: Look for sources with a lower sodium content. Compare it with a lower sodium source.

Source: © 2011 The Center for Family Health & Safety, <http://www.cfhhs.org/health/healthycooking/recipeoverhaul.cfm>



TIP: Reduce the amount of sugar in a recipe by $\frac{1}{4}$ to $\frac{1}{3}$. For example, if a recipe calls for 1 cup, use $\frac{2}{3}$ cup. To enhance the flavor when sugar is reduced, add vanilla, cinnamon, or nutmeg.

WORKSHOP LESSON PLAN

TALKING POINTS

Increasing Physical Activity (1–2 minutes)

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

	Moderate Activity	Vigorous Activity
Type 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

Source: 2008 Physical Activity Guidelines for Americans

- 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 using 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.
- Keep track of your physical activity and nutrition goals!
 - Track your physical activity and take small steps to improve your eating habits. You can keep track with a journal or notebook, a website, or a mobile app.
- Presidential Active Lifestyle Award (PALA+): An awards program of the President's Council on Fitness, Sports & Nutrition that promotes physical activity and good nutrition. The 8-week program can help you maintain or improve your health, and is a great way to help manage and reach your health goals.
 - For more information about PALA+, visit www.fitness.gov/participate-in-programs/pala/
 - See the Appendix for a PALA+ log that you can print.

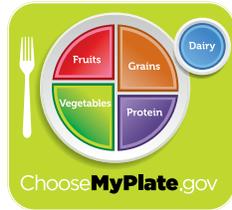
TIP: You can combine moderate and vigorous activities. In general, 1 minute of vigorous activity is equal to 2 minutes of moderate activity.





TALKING POINTS

Handouts: MyPlate and 10 Tips (2 minutes)



MyPlate, MyWins

Healthy Eating Solutions for Everyday Life

Choose **MyPlate.gov/MyWins**

TALKING POINTS

Wrap-Up/Q&A (5 minutes)

Things to Try at Home

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

COMPLETE EVALUATION FORM

(5 minutes)

Fill out the form and give to instructor.

WORKSHOP 1 Evaluation TODAY'S DATE _____

1 = Strongly Disagree 2 = Disagree 3 = Neither Disagree nor 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 try a recipe makeover this week. 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.					

- 1. Enjoy Healthy Food Choices That Taste Great**
- 2. Find Someone Who...**
- 3. Tips for Healthier Choices**
- 4. Understanding and Using the Nutrition Facts Label**
- 5. Cut Down on Sodium**
- 6. Reduce Your Sodium (Salt) Intake**
- 7. Modifying a Recipe: Lasagna, Recipe Makeover**
- 8. MyPlate 10 Tips to Choose MyPlate**
- 9. Evaluation**

EAT HEALTHY YOUR WAY

Enjoy Healthy Food Choices That Taste Great

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



MEET THE PÉREZ FAMILY

Roberto, Gloria, with son, Juan, 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 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.

Juan: 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—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.

EAT HEALTHY YOUR WAY

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	
Instead of ...	✓ 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 lean cuts of ground meat, at least 92% lean/8% fat. Try lean cuts of meat like sirloin, tenderloin, round steaks, and roasts. Look for 99% fat-free ground turkey breast or ground chicken breast.
Lower Salt, Not Taste!	
Instead of ...	✓ I will ...
Buying already prepared meals and processed meats (such as cold cuts, hot dogs, and sausages)	<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"/> Choose canned vegetables that are labeled “no salt added.” <input type="checkbox"/> Buy fresh veggies or frozen vegetables without sauces. Use herbs to add flavor. <input type="checkbox"/> Look at the Nutrition Facts label and choose the can lower/lowest in sodium.
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 ...	✓ 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 fruits without added sugars. <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 plate 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 3 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 push-ups and planks last week	Likes 100% frozen fruit 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, saturated and *trans* fats, sodium, and added sugars in products.

	If you usually buy:	Try these:
	Meats, Fish, and Poultry	
	Cold cuts or lunch meats (bologna, salami, liverwurst, etc.)	Low-fat/reduced sodium cold cuts (turkey, chicken)
	Bacon or sausage	Canadian bacon or lean ham
	Regular ground beef	Lean ground beef (at least 92% lean/8% fat) or lean ground turkey
	Beef chuck, rib, brisket	Beef round or loin (trimmed of external fat)
	Frozen breaded fish or fried fish (homemade or commercial)	Fish or shellfish, unbreaded (fresh, frozen, or canned in water)
Chorizo sausage	Turkey sausage or vegetarian sausage (made with tofu)	
	Cereals, Grains, and Pastas	
	Pasta with white sauce (Alfredo)	Whole grain pasta with red sauce (marinara)
	Pasta with cheese sauce	Whole grain pasta with vegetables (primavera)
White rice or pasta	Brown rice or whole grain pasta	
	Baked Goods	
	Croissants or brioches	Whole grain rolls
	Doughnuts, sweet rolls, muffins, scones, or pastries	Whole grain English muffins or mini-bagels
	Party crackers	Whole grain crackers (choose lower in sodium) or air-popped popcorn
Frosted cake or pound cake	Fruit—fresh, frozen, or canned without added sugars	

Tips for Healthier Choices (continued)

	If you usually buy:	Try these:
Dairy Products		
Whole milk (regular, evaporated, or sweetened condensed)	Fat-free (skim) milk, low-fat (1%) milk, evaporated milk, or a fortified soymilk*	
Ice cream	Low-fat or fat-free and no-sugar-added versions of ice cream or frozen yogurt	
Sour cream	Plain fat-free or low-fat Greek yogurt or fat-free sour cream	
Cream cheese	Neufchatel “light” cream cheese or fat-free cream cheese	
Cheese (cheddar, Swiss, Monterey Jack, American, mozzarella, etc.)	Reduced-calorie or fat-free cheese, part-skim cheese, low-calorie processed cheese, etc.	
Regular (4%) cottage cheese	Fat-free or low-fat (1%) cottage cheese	
Whole-milk ricotta cheese	Part-skim milk ricotta cheese	
Coffee cream (half and half) or nondairy creamer	Low-fat (1%) or fat-free milk or nonfat dry milk powder	
Fats, Oils, and Salad Dressings		
	Stick margarine or butter	Olive oil or tub margarine with no <i>trans</i> fat
Regular mayonnaise	Mustard or fat-free or light mayonnaise	
Cream-based salad dressing	Oil-based salad dressings, such as vinaigrette, lemon juice, or wine vinegar	
Shortening or lard for pan cooking	Small amount of oil or nonstick cooking spray for stir-frying or sautéing	
Miscellaneous		
	Canned cream soups	Canned broth-based soups (low sodium)
Gravy (homemade with fat and/or milk)	Gravy mixes made with water or homemade with the fat skimmed off and fat-free milk	
Salted/flavored nuts and seeds	Unsalted, plain nuts and seeds	

* Other products sold as “milks” but made from plants (e.g., almond, rice, coconut, and hemp “milks”) may contain calcium and be consumed as a source of calcium, but they are not included as part of the dairy group because their overall nutritional content is not similar to dairy milk and fortified soy beverages (soymilk).



Understanding and Using the Nutrition Facts Label

The U.S. Food and Drug Administration has finalized a new Nutrition Facts label for packaged foods and beverages that will make it easier for you to make informed food choices that support a healthy diet.

Explore it today and discover the wealth of information it contains!



Servings Per Container

Servings per container shows the **total number of servings** in the entire food package or container. One package of food may contain more than one serving. Some containers may also have a dual column label, which shows the amount of calories and nutrients in one serving and the entire package.

Serving Size

Serving size is based on the **amount of food that is customarily eaten** at one time. The nutrition information listed on the Nutrition Facts label is *usually based on one serving* of the food; however, some containers may also have information displayed per package. When comparing calories and nutrients in different foods, check the serving size in order to make an accurate comparison.

Calories

Calories refers to the **total number of calories**, or “energy,” supplied from all sources (fat, carbohydrate, protein, and alcohol) in one serving of the food. To achieve or maintain a healthy weight, balance the number of calories you consume with the number of calories your body uses. 2,000 calories a day is used for general nutrition advice. However, your calorie needs may be higher or lower and vary according to age, gender, height, weight, and physical activity level. Check your calorie needs at <http://www.choosemyplate.gov>.

As a general rule:

100 calories per serving is **moderate**
400 calories per serving is **high**

Percent Daily Value

The percent Daily Value (%DV) shows **how much a nutrient in one serving of the food contributes to a total daily diet**. Use the %DV to determine if a serving of the food is high or low in an individual nutrient and to compare food products (*check to make sure the serving size is the same*).

As a general rule:

5% DV or less of a nutrient per serving is **low**
20% DV or more of a nutrient per serving is **high**

Nutrients

The Nutrition Facts label can help you learn about and compare the nutrient content of many foods in your diet. Use it to choose products that are lower in nutrients you want to get less of and higher in nutrients you want to get more of.

Nutrients to get less of: saturated fat, *trans* fat, sodium, and added sugars. Diets higher in these nutrients can increase the risk of developing high blood pressure and/or cardiovascular disease. **Get less than 100% DV of these each day.** (Note: *trans* fat has no %DV, so use the amount of grams as a guide)

Nutrients to get more of: dietary fiber, vitamin D, calcium, iron, and potassium. Most Americans do not get the recommended amount of these nutrients, and diets higher in these nutrients can decrease the risk of developing diseases, such as high blood pressure, cardiovascular disease, osteoporosis, and anemia. **Get 100% DV of these on most days.**

Nutrition Facts	
2 servings per container	
Serving size 1 1/2 cup (208g)	
Amount per serving	
Calories	240
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 1.5g	8%
<i>Trans</i> Fat 0g	
Cholesterol 5mg	2%
Sodium 430mg	19%
Total Carbohydrate 46g	17%
Dietary Fiber 7g	25%
Total Sugars 4g	
Includes 2g Added Sugars	4%
Protein 11g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 6mg	35%
Potassium 240mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



<http://www.fda.gov/nutritioneducation>

December 2016



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

Cut Down on Sodium

Get the facts about sodium and salt from the *Dietary Guidelines for Americans*. Limiting sodium — by eating out less and making smart choices at the grocery store — can have health benefits.

What is sodium?

Sodium is a mineral, and most of the sodium in our foods comes from salt. We all need a little sodium to stay healthy.

Eating too much sodium can lead to high blood pressure (hypertension). High blood pressure can raise your risk of having a heart attack or stroke.

The good news is that cutting down on sodium can help lower your blood pressure or keep it at a healthy level.

What foods are high in sodium?

Whenever you add salt to your food, you're adding sodium. But the *Dietary Guidelines* shows that most of the sodium we eat doesn't come from our saltshakers. Sodium is used by food manufacturers and others who prepare foods as a preservative and to add flavor, cure meat, thicken sauces, and keep some foods moist. That's why sodium is found in almost all of the processed and prepared foods we buy.

Dishes with many ingredients — like pizza, casseroles, burgers, tacos, and sandwiches — tend to have ingredients that are high in sodium. When making these dishes, limit ingredients that are often high in sodium:

- Processed meats, poultry, and seafood — like deli meats, sausages, pepperoni, and sardines
- Sauces, dressings, and condiments
- Instant products like flavored rice, instant noodles, and ready-made pasta

Keep in mind that even foods that don't taste salty may still be adding sodium to your diet, especially if you eat them often. For example, the sodium found in foods like breads and tortillas, cheese, and condiments can add up.

Key Recommendations: Sodium

Age range	Amount of sodium
Adults* and children 14 years and older	Less than 2,300 mg a day
Children ages 9 to 13	Less than 2,200 mg a day
Children ages 4 to 8	Less than 1,900 mg a day
Children ages 2 to 3	Less than 1,500 mg a day

*Adults without hypertension or prehypertension

Adults with hypertension or prehypertension can lower their blood pressure even more by limiting sodium intake to 1,500 mg a day.

Sodium and salt — what's the difference?

Since most sodium in our foods comes from salt, people use the 2 words as if they're the same thing. They're actually a little different. Sodium is a mineral that's **in** salt. Salt is also known as *sodium chloride*.



How can I cut down on sodium?

Pay close attention to the foods you choose when you're grocery shopping and eating out. Try making these 5 small changes.

- 1. Check the Nutrition Facts label.** Before you buy a food or drink, look for the amount of sodium on the Nutrition Facts label. Compare different options and choose the one with the lowest amount.

You can also look out for foods that are labeled low-sodium, reduced sodium, or no-salt-added. But keep in mind that sometimes foods without these labels are still lower in sodium — so it's always a good idea to check the Nutrition Facts label.

Nutrition Facts	
8 servings per container	
Serving size 20 cup (55g)	
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 5g	10%
Saturated Fat 1g	2%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 100mg	2%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	8%
Total Sugars 12g	24%
Includes 10g Added Sugars	20%
Protein 3g	6%
Vitamin D 20mcg	40%
Calcium 200mg	20%
Iron 6mg	10%
Potassium 200mg	40%

Two slices of thick-crust pizza with pepperoni add up to about 2,270 mg of sodium — almost the daily recommended sodium limit for adults and children 14 years and up!



- 2. Find out which foods you eat have the most sodium.** You can check out the top 10 sources of sodium (www.cdc.gov/salt/sources.htm) to get an idea. For dishes higher in sodium, consider eating smaller portions or eating them less often.

- 3. Make healthy shifts.** Replace higher-sodium foods or ingredients with healthier options. You can:



Snack on unsalted nuts instead of snacks like salted pretzels



Choose fresh skinless chicken and turkey, lean meats, and seafood instead of processed deli meats or sausages



Go for fresh, frozen vegetables without sauce, and canned vegetables with the least amount of sodium

When eating out, you can:

- Ask for the written nutrition information and look for items that are lower in sodium
- Get dressings and sauces on the side — and add only the amount you need to your meal
- Ask to have no salt added to your food

- 4. Cook more at home.** Making your own meals — instead of eating at restaurants or buying packaged foods — is a great way to eat less sodium because you're in control. To add flavor, use spices instead of salt or packaged sauces and mixes.

- 5. Consider the Dietary Approaches to Stop Hypertension (DASH) eating plan.** Based on scientific evidence, the DASH plan helps limit sodium and unhealthy fats. Think about following the DASH eating plan at the lower-sodium option of 1,500 mg per day if you have hypertension or prehypertension. Learn more about it at <http://www.nhlbi.nih.gov/health-topics/dash-eating-plan>.

There are lots of different types of salt: table salt, kosher salt, sea salt, Himalayan salt, and more. To lower the sodium in your diet, you need to cut down on **all** types of salt, including salt already in foods.

Want to learn more about sodium and how to find a healthy eating pattern that works for you or your family? Check out DietaryGuidelines.gov for more information on the *Dietary Guidelines* and ChooseMyPlate.gov for online tools, recipes, and more.



ODPHP

Office of Disease Prevention and Health Promotion

Reduce Your Sodium (Salt) Intake

- Read the Nutrition Facts labels to choose foods that are 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 higher 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)



Basil	Use in pastas, soups, salads, vegetables, fish, and meats.
Chili Powder	Use in soups, stews, salads, vegetables, and fish.
Cinnamon	Use in salads, vegetables, breads, and snacks.
Cloves	Use in soups, salads, and vegetables.
Dill Weed and Dill Seed	Use in fish, soups, salads, and vegetables.
Garlic	Use in soups, vegetables, meats, chicken, and stir-fries.
Ginger	Use in soups, salads, vegetables, meats, and stir-fries.
Marjoram	Use in soups, salads, vegetables, beef, fish, and chicken.
Nutmeg	Use in vegetables, meats, and snacks and in breads in place of sugar.
Oregano	Use in pastas, soups, salads, vegetables, meats, and chicken.
Parsley	Use in pastas, salads, vegetables, fish, and meats.
Rosemary	Use in pastas, salads, vegetables, fish, and meats.
Sage	Use in soups, salads, vegetables, meats, and chicken.
Thyme	Use in salads, vegetables, fish, and chicken.

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

Resource: <http://www.choosemyplate.gov/healthy-eating-style>

Modifying a Recipe: Lasagna, Recipe Makeover

INGREDIENTS

- 1 box lasagna noodles
INSTEAD 1 box whole-wheat lasagna noodles
- 1 pound ground beef
INSTEAD 1 pound lean ground beef or lean ground turkey
- ½ cup chopped onion
- 8 ounces sliced mushrooms, optional
INSTEAD 12 ounces sliced mushrooms, optional
- 1 jar (about 16 ounces) spaghetti sauce
- 1 teaspoon garlic powder
- ½ teaspoon salt
INSTEAD Omit salt
- 1 teaspoon dried leaf oregano, crumbled
- ½ teaspoon dried leaf basil, crumbled
- 1½ cups ricotta cheese
INSTEAD 1½ cups part-skim ricotta cheese
- 2 cups shredded Monterey Jack cheese
INSTEAD 1 cup reduced-fat shredded Monterey Jack cheese
- ¾ cup grated Parmesan cheese
INSTEAD ½ cup reduced-fat grated Parmesan cheese

DIRECTIONS

1. Cook lasagna noodles according to package directions; drain and set aside.
2. In a large skillet, brown beef, onion, and mushrooms. **Note:** Don't forget to drain the fat from the meat after you brown it.
3. Stir in spaghetti sauce, garlic powder, salt, oregano, and basil.
4. In a 2-quart baking dish (about 11×7×2 inches) sprayed with cooking spray, layer 1/3 of the lasagna noodles, 1/3 of the sauce, and 1/3 of the ricotta cheese and Monterey Jack cheese.
5. Repeat layers twice.
6. Sprinkle Parmesan cheese on top.
7. Bake lasagna for 30 minutes or until thoroughly heated and bubbly in a preheated 350°F oven.
8. Let stand for 8 to 10 minutes before cutting and serving.



TIP: Look for vegetable-based sauces without added cheese or meat. Compare brands and choose a sauce with a lower sodium content.

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 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.

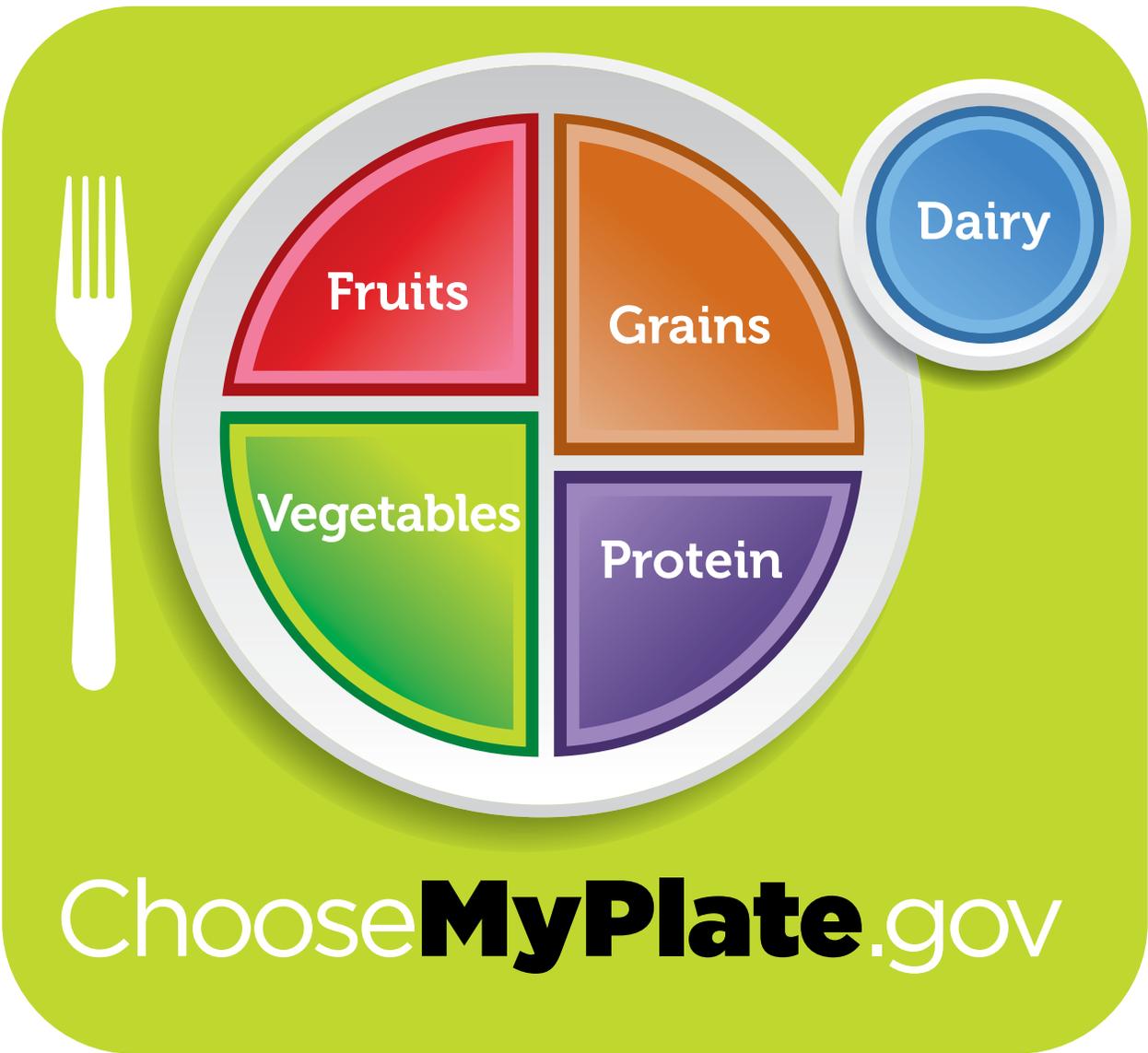
Recipe makeover for:

Recipe ingredients:

Substitutions I can make:

Cooking instructions:

New cooking instructions (if needed):



Choose **MyPlate**.gov

MyPlate, MyWins

Healthy Eating Solutions for Everyday Life



United States Department of Agriculture

10 tips
Nutrition
Education Series



MyPlate
MyWins

Based on the
Dietary
Guidelines
for Americans

Choose MyPlate

Use MyPlate to build your healthy eating style and maintain it for a lifetime. Choose foods and beverages from each MyPlate food group. Make sure your choices are limited in sodium, saturated fat, and added sugars. Start with small changes to make healthier choices you can enjoy.

1 Find your healthy eating style
Creating a healthy style means regularly eating a variety of foods to get the nutrients and calories you need. MyPlate's tips help you create your own healthy eating solutions—"MyWins."

2 Make half your plate fruits and vegetables
Eating colorful fruits and vegetables is important because they provide vitamins and minerals and most are low in calories.

3 Focus on whole fruits
Choose whole fruits—fresh, frozen, dried, or canned in 100% juice. Enjoy fruit with meals, as snacks, or as a dessert.



4 Vary your veggies
Try adding fresh, frozen, or canned vegetables to salads, sides, and main dishes. Choose a variety of colorful vegetables prepared in healthful ways: steamed, sauteed, roasted, or raw.



5 Make half your grains whole grains
Look for whole grains listed first or second on the ingredients list—try oatmeal, popcorn, whole-grain bread, and brown rice. Limit grain-based desserts and snacks, such as cakes, cookies, and pastries.



6 Move to low-fat or fat-free milk or yogurt
Choose low-fat or fat-free milk, yogurt, and soy beverages (soymilk) to cut back on saturated fat. Replace sour cream, cream, and regular cheese with low-fat yogurt, milk, and cheese.



7 Vary your protein routine
Mix up your protein foods to include seafood, beans and peas, unsalted nuts and seeds, soy products, eggs, and lean meats and poultry. Try main dishes made with beans or seafood like tuna salad or bean chili.



8 Drink and eat beverages and food with less sodium, saturated fat, and added sugars
Use the Nutrition Facts label and ingredients list to limit items high in sodium, saturated fat, and added sugars. Choose vegetable oils instead of butter, and oil-based sauces and dips instead of ones with butter, cream, or cheese.



9 Drink water instead of sugary drinks
Water is calorie-free. Non-diet soda, energy or sports drinks, and other sugar-sweetened drinks contain a lot of calories from added sugars and have few nutrients.

10 Everything you eat and drink matters
The right mix of foods can help you be healthier now and into the future. Turn small changes into your "MyPlate, MyWins."

Center for Nutrition Policy and Promotion
USDA is an equal opportunity provider, employer, and lender.

Go to **ChooseMyPlate.gov**
for more information.

DG TipSheet No. 1
June 2011
Revised October 2016

Evaluation

1 = Strongly Disagree 2 = Disagree 3 = Neither Disagree nor 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 try a recipe makeover this week. 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.

WORKSHOP

2

Quick, Healthy Meals and Snacks



**Eat Healthy • Be Active
Community Workshops**



ODPHP

Office of Disease Prevention
and Health Promotion

WORKSHOP

2

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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, 2 cloves of minced garlic, 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. (It will take several hours to cook the meal in the slow cooker.) 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 (1 per participant):
 1. **Quick, Healthy Meals and Snacks (2 pages)**
 2. **My Shopping List (1 page)**
 3. **Tips for Eating Out (1 page)**
 4. **Food Facts: Calorie Labeling on Restaurant Menus and Vending Machines (4 pages)**
 5. **Slow Cooker Tips and Recipes (2 pages)**
 6. **MyPlate, MyWins Tips: Hacking Your Snacks (1 page)**
 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:** Identify 3 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:** Identify 5 tips to make healthy selections when eating out (5–10 minutes)
 - Review handout: *Tips for Eating Out*
 - Review handout: *Food Facts: Calorie Labeling on Restaurant Menus and Vending Machines*
 - Activity (5–10 minutes). **Note:** If doing Activity 1, do it at the beginning of class as the icebreaker, so that the food cooks during the class
- **Objective 3:** Describe 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, MyWins Tips: Hacking Your Snacks* (2 minutes)
- **Wrap-up/Q&A** (5 minutes)
 - **Reminders** of things to try at home:
 - Calorie labeling on restaurant menus can help you make informed decisions when eating out. (For more information on calorie labeling, visit www.fda.gov/Food/IngredientsPackagingLabeling/LabelingNutrition/ucm436722.)
 - Next time you go to a restaurant, order a healthier dish using the tips for choosing items lower in calories, saturated and *trans* fat, added sugars, and sodium.
 - Increase the total amount of time you spend doing physical activity and reduce the amount of time you spend sitting.
- 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 deserve a star. If you answered “sometimes” or “almost never,” don’t give up! This workshop can provide some ideas to help you make meals easy and healthy.



WORKSHOP LESSON PLAN

TALKING POINTS

Purpose of the Workshop (2–3 minutes)

- Today's workshop and handouts will give you tips for making meals and snacks that both are healthy and can be prepared quickly.
- This workshop is based on the Dietary Guidelines for Americans and the Physical Activity Guidelines for Americans. The Dietary Guidelines provides science-based advice for making food choices that promote good health and a healthy weight and help prevent disease. The Physical Activity Guidelines provides recommendations on the amount, types, and level of intensity of physical activity needed to achieve and maintain good health.
- These selected consumer messages are based on the Dietary Guidelines. More information about the messages can be found at www.choosemyplate.gov.

Everything you eat and drink over time matters. The right mix can help you be healthier now and in the future. Start with small changes to make healthier choices you can enjoy. *Find your healthy eating pattern and maintain it for a lifetime.* This means:

- Make half your plate fruits and vegetables—focus on whole fruits and vary your veggies
- Make half your grains whole grains
- Move to low-fat or fat-free milk or yogurt
- Vary your protein routine
- Drink and eat less sodium, saturated fat and *trans* fats, and added sugars

Healthy eating and physical activity are the building blocks of a healthier life. The Physical Activity Guidelines recommends 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)

- Identify 3 tips for preparing meals quickly and how to stock your pantry.
- Identify 5 ways to make healthy selections when eating out.
- Describe 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 with whole-wheat pasta or brown rice, cans of no-salt-added vegetables like crushed tomatoes and fruits packed without added sugars, and fresh or dried spices like garlic.
- Stock your freezer with lean protein foods like frozen chicken breasts, fish, or shellfish and frozen vegetables or fruits without sauces. Cook whole grains like quinoa or brown rice in a large batch and make freezer bags for quick meals.
- Plan to use leftovers from one meal, such as cooked vegetables and meats, in a new and easy recipe for the next day, such as burritos or an omelet.
- Save time in the kitchen by using a slow cooker to make 2 or 3 healthy meals at once.

EAT HEALTHY YOUR WAY
Quick, Healthy Snacks and Meals
 Short on time? Try these tips for making healthier meals...fast!

Speedy suppers
Frozen pizza

Tip One thing you'll always find in my pantry is a couple of boxes of no-salt-added pizza and a can of no-salt-added tomatoes. Sprinkle all the added sugars and salt on some of the pizza's tomato sauce, and make up my own sauce. Add dried oregano, basil, crushed garlic, and lots of garlic to the tomatoes. I'll serve this in a bag of frozen crushed tomato and frozen apples or whatever vegetables from the night before. My sauce is healthier and has less fat, salt, and added sugar.

Tip Make a quick, nutritious meal with frozen meat, whole grains, lean meats, and frozen or frozen vegetables.

Fish in a flash

Tip Add a can of no-salt-added tomatoes, some onions, and 2 cloves of garlic to the other fat-free instead of cooking for hours. And, see, you can get 3 tasty, healthy suppers in less time than it used to take me to cook a meal!

Slow cooker to the rescue

Tip Cook once by using a big slow cooker. Get 2 or 3 healthy suppers without spending lots of time in the kitchen.

So what are you doing for dinner tonight?
 Why not try what works for Ding, Helen, and Ariel?



For more information, visit www.eatthis.com



WORKSHOP LESSON PLAN

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 canned goods. Read the Nutrition Facts label and choose those lowest in sodium, saturated and *trans* fats, and added sugars.
- 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.

- Be mindful of calories from added sugars and saturated fats and limit sodium.
- Serve breakfast for dinner—omelets with vegetables (try mushrooms, red peppers, onions, spinach, tomatoes, etc.), fat-free or low-fat milk, and fruit.
- Make quesadillas (lean protein like grilled chicken or beans and fat-free or low-fat cheese on a whole-wheat tortilla).
- Serve soup (a lower-sodium variety) and salad with vinaigrette dressing. Dress one or both with a little low-fat shredded cheese.

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.



Healthier 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.

- Aim to include at least 2 food groups in your snacks. Include vegetables, fruits, whole grains, low-fat and fat-free dairy, and protein foods.
 - “Ants on a log” (celery with peanut butter and raisins)
 - Fresh, dried, or canned fruit (canned or dried without added sugars) with fat-free or low-fat yogurt
 - Pre-cut vegetables and hummus and low-fat milk
 - Whole-grain (lower-sodium) crackers with fat-free or low-fat cheese
 - Whole-wheat bread or apple slices with peanut butter
 - Unsalted whole-grain pretzels or air-popped popcorn
 - Whole-wheat pita bread filled with shredded vegetables
 - Canned peaches without added sugars and fat-free or lowfat milk



WORKSHOP LESSON PLAN

VIDEO

Make It Fast, Make It Good (2–3 minutes)



health.gov/dietaryguidelines/workshops/

STRETCH BREAK

“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 Food Facts: Calorie Labeling on Restaurant Menus and Vending Machines (5–10 minutes)

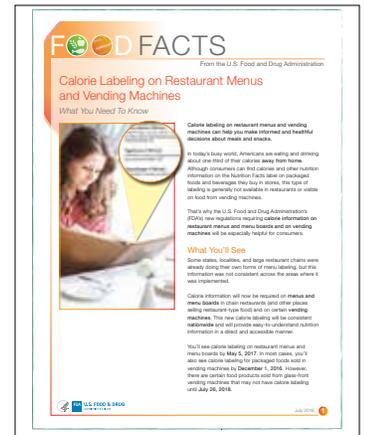
Tips for Reducing Portions

- 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

In restaurants, look for calorie information on the menu and also consider these tips.

- For a beverage, ask for water or order fat-free or low-fat milk or other drinks without added sugars.
- Skip the free chips and salsa or bread that comes to the table.
- 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.
- Load sandwiches/subs/pizza with veggies rather than cheese and processed meats like pepperoni or sausage.
- Ask for entrees to be made without sauces or butter on the bread.



WORKSHOP LESSON PLAN

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, and 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, 2 cloves of minced garlic, can opener.

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 *Food Facts: Calorie Labeling on Restaurant Menus and Vending Machines* handouts. Then, distribute menus from local restaurants. 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 (some with calorie labeling) 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 it:

- 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 1-step meal preparation and easy clean up.



WORKSHOP LESSON PLAN

TALKING POINTS

Increasing Physical Activity (1–2 minutes)

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

	Moderate Activity	Vigorous Activity
Type 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

Source: 2008 Physical Activity Guidelines for Americans

- 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.
- Keep track of your physical activity and nutrition goals!
 - Track your physical activity and take small steps to improve your eating habits. You can keep track with a journal or notebook, a website, or a mobile app.
- Presidential Active Lifestyle Award (PALA+): An awards program of the President's Council on Fitness, Sports & Nutrition that promotes physical activity and good nutrition. The 8-week program can help you maintain or improve your health, and is a great way to help manage and reach your health goals.
 - For more information about PALA+, visit www.fitness.gov/participate-in-programs/pala/
 - See the Appendix for a PALA+ log that you can print.

TIP: You can combine moderate and vigorous activities. In general, 1 minute of vigorous activity is equal to 2 minutes of moderate activity.





TALKING POINTS

Handouts: MyPlate, My Wins Tips: Hacking Your Snacks (2 minutes)

MyPlate, MyWins
Healthy Eating Solutions for Everyday Life
Choose **MyPlate.gov/MyWins**

MyPlate MyWins Hacking your snacks
Planning for healthy snacks can help satisfy hunger in between meals and keep you moving towards your food group goals.

- Build your own:** Make your own trail mix with unsalted nuts and add-ins such as seeds, dried fruit, popcorn, or a sprinkle of chocolate chips.
- Prep ahead:** Portion snack foods into baggies or containers when you get home from the store so they're ready to grab-go when you need them.
- Make it a combo:** Combine food groups for a satisfying snack—yogurt and berries, apple with peanut butter, whole-grain crackers with turkey and avocado.
- Eat vibrant veggies:** Spice up raw vegetables with dips. Try dipping bell peppers, carrots, or cucumbers in hummus, tahini, guacamole, or salsa picante.
- Snack on the go:** Bring ready-to-eat snacks when you're out. A banana, yogurt (in a cooler), or baby carrots are easy to bring along and healthy options.
- List more tips:** _____

USDA United States Department of Agriculture
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Based on the Dietary Guidelines for Americans, 2010
Go to www.choosemyplate.gov for more information.
HWY-1048-10-13
Produced by
Center for Nutrition Policy and Promotion
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TALKING POINTS

Wrap-Up/Q&A (5 minutes)

Things to Try at Home

- Next time you go to a restaurant, make healthy choices using the tips for choosing items lower in calories, saturated and *trans* fat, sodium, and added sugars.
- Increase the total amount of time you spend doing physical activity.

COMPLETE EVALUATION FORM

(5 minutes)

Fill out the form and give to Instructor.

WORKSHOP 2 Evaluation		TODAY'S DATE _____				
		1 = Strongly Disagree 2 = Disagree 3 = Neither Disagree nor 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.						

Handouts

1. **Quick, Healthy Snacks and Meals**
2. **My Shopping List**
3. **Tips for Eating Out**
4. **Food Facts: Calorie Labeling on Restaurant Menus and Vending Machines**
5. **Slow Cooker Tips and Recipes**
6. **MyPlate, MyWins Tips: Hacking Your Snacks**
7. **Evaluation**

EAT HEALTHY YOUR WAY

Quick, Healthy Snacks and Meals

Short on time? Try these tips for making healthier meals...fast!



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.

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.

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 2 cloves of garlic. I do other fun things instead of cooking for hours. And, we can get 3 tasty, healthy suppers in less time than it used to take me to cook 1 meal!

So what are you doing for dinner tonight?

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

TIP

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



TIP

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



TIP

Save time by using a big slow cooker. Get 2–3 healthy suppers without spending lots of time in the kitchen.



For more information, visit www.healthfinder.gov.

SMALL CHANGES CAN MAKE A BIG DIFFERENCE



Hearty, healthy lunches in a snap

- **Sandwich lover?** Choose lean protein fillings like grilled chicken or those with healthy fat like tuna. Make sandwiches with other fillings such as peanut butter, low-fat cheese, or sliced hard-boiled eggs.
- **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 bread or buns.
- **Green salads, anyone?** Add lean meats or seafood along with fruits, beans, and nuts to your green salads. Try dried cranberries, cut-up fruits, 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 how you will try to cut 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 oil-based dressing or vinaigrette instead of fries. Or share an order of small fries with a friend.
- Use mustard, lower calorie mayo, or less regular mayo.
- Choose the vegetable medley as your side. 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 1 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 plain yogurt
- Eggs/egg substitute
- _____

Breads, Muffins, and Rolls

- Whole-grain bread
- Whole-grain bagels and English muffins
- Whole-grain tortillas
- Whole-grain pita bread and naan bread
- _____

Cereals, Crackers, Rice, Noodles, and Pasta

- Unsweetened whole-grain cereal, hot or cold
- Rice (brown)
- Quinoa, couscous
- Whole-wheat pasta (noodles, spaghetti)
- _____

Seafood, Meats, and Poultry

- White-meat chicken and turkey (skin off)
- Fish and shellfish (not battered)
- Lean ground (92% lean/8% fat) beef or turkey
- 95% fat-free sliced whole pork or ham
- _____

Fruits (Fresh, Canned, Frozen, and Dried)

Fresh Fruits:

- _____
- _____
- _____

Canned Fruits (without added sugars):

- _____
- _____
- _____

Frozen Fruits (without added sugars):

- _____
- _____
- _____

Dried Fruits (with limited added sugars for tart fruits):

- _____
- _____

Vegetables (Fresh, Canned, and Frozen)

Fresh Vegetables:

- _____
- _____
- _____

Canned Vegetables (low sodium or no salt added):

- _____
- _____
- _____

Frozen Vegetables (without sauces):

- _____
- _____

Nuts, Seeds, and Soy

- Unsalted whole nuts or seeds
- Nut butters (peanut, almond, etc.)
- Tofu
- _____
- _____

Baking Items

- Nonstick cooking spray
- Canned evaporated milk—fat free (skim) or low fat (1%)
- Nonfat dry milk powder
- Whole-wheat flour
- Vegetable oil
- _____

Condiments, Sauces, Seasonings, and Spreads

- Oil-based dressings, reduced-calorie salad dressings
- Salt-free spices and spice blends
- Flavored vinegars
- Salsa or picante sauce
- Soy sauce (low sodium)
- Bouillon cubes/granules (low sodium)
- _____

Beverages

- No-calorie drinks or mixes
- 100% fruit and vegetable juices (not "juice drinks")
- _____

Fats and Oils

- Oils (olive, canola, corn, soybean, sunflower, peanut)
- Tub margarine (with no *trans* fat)
- _____



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 saturated and *trans* fat, sodium (salt), and added sugars.



Reading the Menu

Look for terms such as:

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



Watch out for terms such as:

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

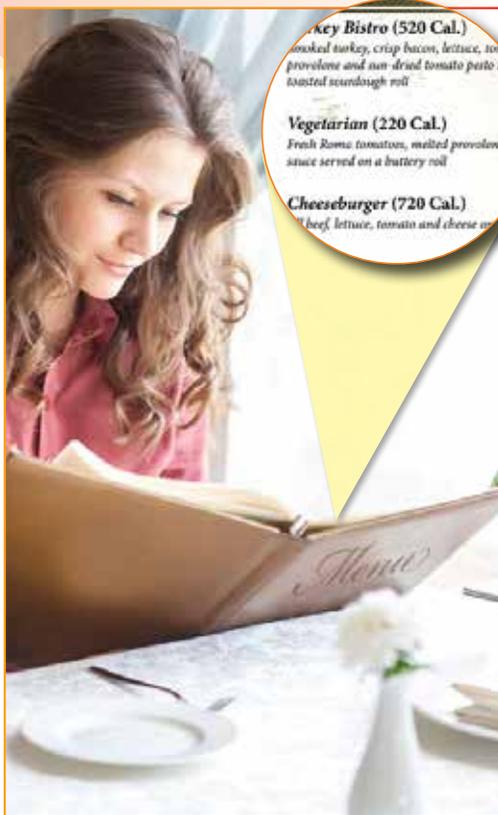
Source: Adapted from National Heart, Lung, and Blood Institute (NHLBI), *Aim for a Healthy Weight: Maintaining a Healthy Weight On the Go—A Pocket Guide*, page 12.
www.nhlbi.nih.gov/files/docs/public/heart/AIM_Pocket_Guide_tagged.pdf

FOOD FACTS

From the U.S. Food and Drug Administration

Calorie Labeling on Restaurant Menus and Vending Machines

What You Need To Know



Calorie labeling on restaurant menus and vending machines can help you make informed and healthful decisions about meals and snacks.

In today's busy world, Americans are eating and drinking about one-third of their calories **away from home**. Although consumers can find calories and other nutrition information on the Nutrition Facts label on packaged foods and beverages they buy in stores, this type of labeling is generally not available in restaurants or visible on food from vending machines.

That's why the U.S. Food and Drug Administration's (FDA's) new regulations requiring **calorie information on restaurant menus and menu boards and on vending machines** will be especially helpful for consumers.

What You'll See

Some states, localities, and large restaurant chains were already doing their own forms of menu labeling, but this information was not consistent across the areas where it was implemented.

Calorie information will now be required on **menus and menu boards** in chain restaurants (and other places selling restaurant-type food) and on certain **vending machines**. This new calorie labeling will be consistent **nationwide** and will provide easy-to-understand nutrition information in a direct and accessible manner.

You'll see calorie labeling on restaurant menus and menu boards by **May 5, 2017**. In most cases, you'll also see calorie labeling for packaged foods sold in vending machines by **December 1, 2016**. However, there are certain food products sold from glass-front vending machines that may not have calorie labeling until **July 26, 2018**.

FOOD FACTS

Where You'll Find It

At Restaurants:

Calorie labeling is required for restaurants and similar retail food establishments that are part of a chain of 20 or more locations.

For standard menu items, calories will be listed clearly and prominently on menus and menu boards, next to the name or price of the food or beverage. For self-service foods, such as served from buffets and salad bars, calories will be shown on signs that are near the foods. Calories are *not* required to be listed for condiments, daily specials, custom orders, or temporary/seasonal menu items.



menus



menu boards

Did You Know?

In addition to calorie information, restaurants are also required to provide written nutrition information on their menu items, including total fat, calories from fat, saturated fat, trans fat, cholesterol, sodium, total carbohydrates, dietary fiber, sugars, and protein. You may see this information on posters, tray liners, signs, counter cards, handouts, booklets, computers, or kiosks. So, when eating out, don't hesitate to ask for nutrition information!



self-service foods

display case



On Vending Machines:

Calorie labeling is required for vending machine operators who own or operate 20 or more vending machines.

Calories will be shown on a sign (such as on a small placard, sticker, or poster) or on electronic or digital displays near the food item or selection button on vending machines and "bulk" vending machines (for example, gumball machines and mixed nut machines), unless calories are already visible on the actual food packages before purchase.

FOOD FACTS

Calories on the Menu: A Closer look

Calorie Information: Check the Menu!

It Will Be On ...

- Meals or snacks from sit-down and fast-food restaurants, bakeries, coffee shops, and ice cream stores
- Foods purchased at drive-through windows
- Take-out and delivery foods, such as pizza
- Foods, such as sandwiches, ordered from a menu or menu board at a grocery/convenience store or delicatessen
- Foods that you serve yourself from a salad or hot-food bar at a restaurant or grocery store
- Foods, such as popcorn, purchased at a movie theater or amusement park
- Alcoholic drinks, such as cocktails, when they are listed on menus

It Won't Be On ...

- Foods sold at deli counters and typically intended for more than one person
- Foods purchased in bulk in grocery stores, such as loaves of bread from the bakery section
- Bottles of liquor displayed behind a bar
- Food in transportation vehicles, such as food trucks, airplanes, and trains
- Food on menus in elementary, middle, and high schools that are part of U.S. Department of Agriculture's National School Lunch Program (although vending machines in these locations are covered)

Understanding Multiple Options

For menu items that are offered in *different flavors or varieties* (such as ice cream or doughnuts), here's how calories will be listed:

- If there are only **two choices** available (for example, vanilla and chocolate ice cream), both calorie amounts will be listed and separated by a slash (such as 150/300 calories).
- If there are **more than two choices** (for example, vanilla, chocolate, and strawberry ice cream), the different calorie amounts will be presented in a range (such as 150-300 calories).

For *combination meals*, which have more than one food item, here's how calories will be listed:

- If there are only **two choices** available (for example, a sandwich with chips or a side salad), both calorie amounts will be listed and separated by a slash (such as 350/450 calories).
- If there are **three or more choices** (for example, a sandwich with chips, a side salad, or fruit), the calories will be presented in a range (such as 450-700 calories).

This image is meant to serve as an illustration of how nutrition labeling may be presented under the new rules.

SOUTHWESTERN PASTRY AND GRILL
A taste of Mexico from Mexico

TACOS		
Beef Tacos (Soft or Hard Shell)	6.50	Cal. 580 / 620
Chicken Tacos (Soft or Hard Shell)	7.00	Cal. 730 / 770
Fried Fish Tacos (Soft or Hard Shell)	7.00	Cal. 620 / 660
Shrimp Tacos (Soft or Hard Shell)	9.00	Cal. 680 / 720

ENCHILADAS		
Platters have 2 enchiladas and served with your choice of 2 sides		
Chesse Enchilada	6.50	Cal. 640 - 1000
Chicken Enchilada	7.95	Cal. 600 - 960
Beef Enchilada	7.95	Cal. 700 - 1060
Beef and Chicken Enchilada	7.95	Cal. 650 - 1010

SIDES		
Black Beans	1.99	Cal. 120
Refried Beans	1.99	Cal. 200
Mexican Rice	1.99	Cal. 180
Guacamole	1.99	Cal. 80
Sweet Corn Cobs	1.00	Cal. 240
Side Salad or Dressing	2.99	Cal. 150 - 200

DRINKS		
Try one of our Fresh Homemade Margaritas		
Homoe Style Margarita	3.99	Cal. 400
Citrus Margarita	3.00	Cal. 250

*20% gratuity is added for general admission tables. Tax rates apply.
Additional menu items and prices available upon request.

Cal. 580 / 620
Cal. 730 / 770
Cal. 620 / 660
Cal. 680 / 720

Cal. 640 - 1000
Cal. 600 - 960
Cal. 700 - 1060
Cal. 650 - 1010

FOOD FACTS

Putting Calories “In Context”

To help consumers better understand the new calorie listings in the context of a **total daily diet**, FDA is also requiring restaurants to include a statement on menus and menu boards reminding consumers that “2,000 calories a day is used for general nutrition advice, but calorie needs vary.”

For menus and menu boards targeted to **children**, FDA is also permitting the statement “1,200 to 1,400 calories a day is used for general nutrition advice for children ages 4 to 8 years and 1,400 to 2,000 calories a day for children ages 9 to 13 years, but calorie needs vary.”

As you may know, the **Nutrition Facts label** on packaged foods and beverages uses 2,000 calories as a reference amount for some daily values. However, not *everyone* should consume 2,000 calories per day. In fact, your calorie needs may be higher or lower and will depend on your age, gender, height, weight, and physical activity level. To determine your personal calorie needs, visit www.choosemyplate.gov.

Why Are Calories Important?

Calories are important in managing your weight. To achieve or maintain a healthy body weight, balance the number of calories you *eat and drink* with the number of calories you *burn* during physical activity and through your body’s metabolic processes. Consuming too many calories can contribute to a variety of health issues, such as cardiovascular disease, type 2 diabetes, and obesity.

Follow this simple tip to size up calories when comparing and choosing individual menu and vending machine items:

- 100 calories per serving is MODERATE
- 400 calories per serving is HIGH

Calorie Conscious?

Tips For Using the New Information

- **Know your calorie needs.** Visit www.choosemyplate.gov to determine your personal daily calorie needs.
- **Compare foods.** Check posted calorie counts or check calorie counts online *before* you eat at a restaurant and choose lower calorie options.
- **Choose smaller portions.** When possible, pick a smaller portion size, such as small French fries instead of large, or an appetizer instead of a full-sized entrée.
- **Manage larger portions.** Split an entrée with a friend or take home part of your meal.
- **Limit add-ons.** Ask for syrups, dressings, and sauces to be served “on the side,” then use less.
- **Choose healthy options.** Pick dishes that include more fruits, vegetables, and whole grains and limit foods described with words like creamy, fried, breaded, battered, or buttered (these are typically higher in calories).
- **Watch beverages.** Whenever possible, choose water, fat-free (skim) or low-fat (1%) milk, 100% fruit or vegetable juice, or *unsweetened* tea or coffee instead of sugar-sweetened beverages such as energy drinks, flavored waters, fruit drinks, soft drinks, and sports drinks.

July 2016

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For more information, contact the U.S. Food and Drug Administration, Center for Food Safety and Applied Nutrition’s Food and Cosmetic Information Center at **1-888-SAFEFOOD** (toll free), Monday through Friday 10 AM to 4 PM ET (except Thursdays from 12:30 PM to 1:30 PM ET and Federal holidays). Or, visit the FDA website at <http://www.fda.gov/educationresource/library>

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, then (2) add the meat, and (3) top with liquid (broth, water, sauce).
- Fill the slow cooker between halfway and 2/3 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 1/3 to 1/2 (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 www.ag.ndsu.edu/publications/food-nutrition/now-serving-slow-cooker-meals.



SLOW COOKER RECIPES

RECIPE

“REFRIED” BEANS

1 onion, peeled and halved	2 tablespoons minced garlic
3 cups dry pinto beans, rinsed	1¼ teaspoons fresh ground black pepper
½ fresh jalapeno pepper, seeded and chopped	1/8 teaspoon ground cumin, optional
	9 cups water

1. Place the onion, rinsed beans, jalapeno, garlic, pepper, and cumin into a slow cooker.
2. Pour in the water and stir to combine.
3. 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.
4. Once the beans have cooked, strain them, and reserve the liquid.
5. Mash the beans with a potato masher, adding the reserved water as needed to attain desired consistency.

TIP

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



RECIPE

TURKEY CHILI

1¼ pounds lean ground turkey	1 (15-oz.) can black beans, rinsed and drained
1 large onion, chopped	1 (8-oz.) can tomato sauce
1 garlic clove, minced	1 (1.25-oz.) package chili seasoning mix
1½ cups frozen corn kernels	½ teaspoon salt
1 red bell pepper, chopped	Toppings: fat-free or reduced fat shredded cheese, finely chopped red onion
1 green bell pepper, chopped	
1 (28-oz.) can crushed tomatoes	

1. Cook first 3 ingredients in a large skillet over medium-high heat, stirring until turkey crumbles and is no longer pink; drain.
2. Spoon mixture into a slow cooker; stir in corn and next 7 ingredients until well blended.
3. Cook at HIGH 4 to 5 hours or at LOW 6 to 8 hours.
4. Serve with desired toppings.

TIP

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

- Fill a few bell peppers with the chili and bake, in order to make easy stuffed peppers.
- 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.



TIP: Read the Nutrition Facts label to look for crushed tomatoes and chili seasoning mixes that are lower in sodium.

Source: Tips adapted from USDA Slow Cookers and Food Safety, www.fsis.usda.gov/shared/PDF/Slow_Cookers_and_Food_Safety.pdf.



Hacking your snacks

Planning for healthy snacks can help satisfy hunger in between meals and keep you moving towards your food group goals.



Build your own

Make your own trail mix with unsalted nuts and add-ins such as seeds, dried fruit, popcorn, or a sprinkle of chocolate chips.



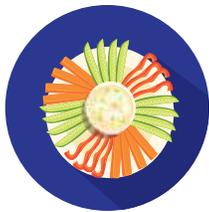
Prep ahead

Portion snack foods into baggies or containers when you get home from the store so they're ready to grab-n-go when you need them.



Make it a combo

Combine food groups for a satisfying snack—yogurt and berries, apple with peanut butter, whole-grain crackers with turkey and avocado.



Eat vibrant veggies

Spice up raw vegetables with dips. Try dipping bell peppers, carrots, or cucumbers in hummus, tzatziki, guacamole, or baba ganoush.



Snack on the go

Bring ready-to-eat snacks when you're out. A banana, yogurt (in a cooler), or baby carrots are easy to bring along and healthy options.



List more tips

Based on the Dietary Guidelines for Americans
Go to ChooseMyPlate.gov for more information.

MPMW Tipsheet No. 11
March 2017
Center for Nutrition Policy and Promotion
USDA is an equal opportunity provider, employer, and lender.

Source: choosemyplate-prod.azureedge.net/sites/default/files/tentips/MPMW_tipsheet_11_Hackingyoursnacks.pdf

Evaluation

1 = Strongly Disagree 2 = Disagree 3 = Neither Disagree nor Agree 4 = Agree 5 = Strongly Agree

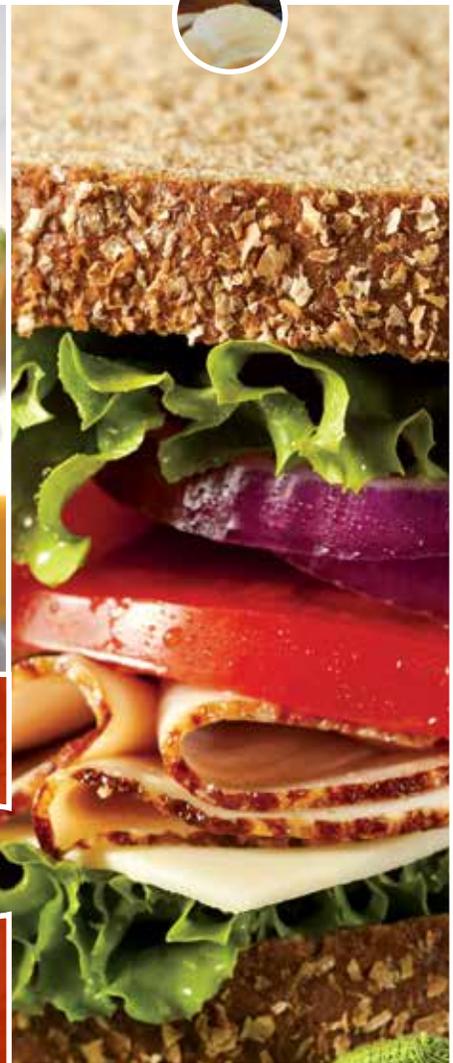
1. The workshop covered useful information. Comments:	1	2	3	4	5
2. The workshop activities were helpful. Comments:	1	2	3	4	5
3. I plan to order healthier foods the next time I eat at a restaurant or order take-out. Comments:	1	2	3	4	5
4. I plan to change my eating habits based on the information I learned 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.

WORKSHOP

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Eating Healthy on a Budget



**Eat Healthy • Be Active
Community Workshops**



ODPHP

Office of Disease Prevention
and Health Promotion

WORKSHOP

3

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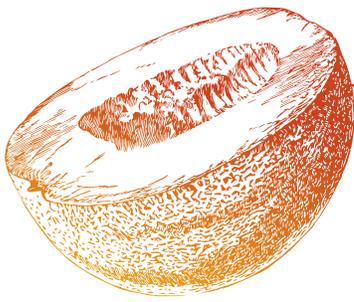


Instructor Guide

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 without added sugars, name-brand canned fruit without added sugars, can opener, disposable bowls and spoons
 - **Activity:** Sales circulars from several local grocery stores, pens, copies of *Grocery List* handout
- Photocopy handouts (1 per participant):
 1. **Eating Healthy on a Budget (2 pages)**
 2. **Fruits and Vegetables Lower in Cost Year-Round (1 page)**
 3. **Weekly Meal Planner and Weekly Calendar (2 pages)**
 4. **Create a Grocery Game Plan: Grocery List (1 page)**
 5. **MyPlate 10 Tips to Eating Better on a Budget (2 pages)**
 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:** Identify the 3 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:** Identify 3 skills 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 Eating 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 without added sugars with name-brand canned fruit without added sugars.

Supplies necessary: Store-brand canned fruit without added sugars, name-brand canned fruit without added sugars, 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 both are healthy choices and allow you to stay within your budget.
- This workshop is based on the Dietary Guidelines for Americans and the Physical Activity Guidelines for Americans. The Dietary Guidelines provides science-based advice for making food choices that promote good health and a healthy weight and help prevent disease. The Physical Activity Guidelines provides recommendations on the amount, types, and level of intensity of physical activity needed to achieve and maintain good health.
- The Dietary Guidelines provides these selected consumer messages. More information about the messages can be found at www.choosemyplate.gov.

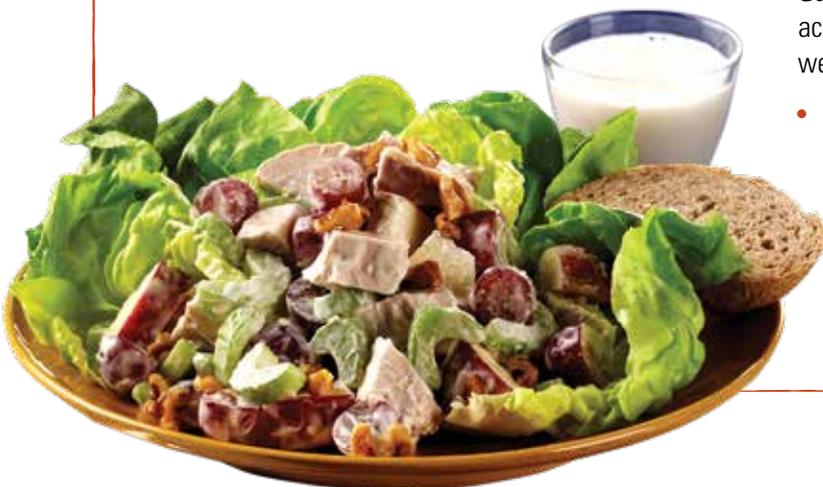
Everything you eat and drink over time matters. The right mix can help you be healthier now and in the future. Start with small changes to make healthier choices you can enjoy.

Find your healthy eating pattern and maintain it for a lifetime. This means:

- Make half your plate fruits and vegetables — focus on whole fruits and vary your veggies
- Make half your grains whole grains
- Move to low-fat or fat-free milk or yogurt
- Vary your protein routine
- Drink and eat less sodium, saturated fats, *trans* fats, and added sugars

Healthy eating and physical activity are the building blocks of a healthier life. The Physical Activity Guidelines recommends 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.



WORKSHOP LESSON PLAN

TALKING POINTS

Learning Objectives (2–3 minutes)

- Identify the 3 steps for healthy eating on a budget—planning, purchasing, and preparing.
- Identify 3 skills to plan meals and snacks ahead of time.



TALKING POINTS

Handout: Eating Healthy on a Budget and Fruits and Vegetables Lower in Cost Year-Round (10–15 minutes)

Step 1. Plan ahead before you shop.

- Plan meals and snacks for the week according to a budget.
- Find quick and easy recipes online.
- Include meals that will “stretch” expensive food items (stews, casseroles, stir-fries).
- Make a grocery list.
- Check for sales and coupons in the local paper or online and consider discount stores.
- Ask about a loyalty card at your grocery store.
- In addition to regular grocery stores, you can find great deals at ethnic markets, dollar stores, retail supercenters, wholesale clubs, and farmer’s markets.

EAT HEALTHY YOUR WAY
Eating Healthy on a Budget

Take these 3 easy steps to pick and prepare healthy foods while saving your wallet! Check off the tips you will try.

Step 1: Plan ahead before you shop
Rule #1: I plan what I'm going to make for dinner for the whole week. Then I make out my grocery list and make it as simple as I can. This saves time for the list and also helps me know when to shop. Check to see all the ingredients for my meals. I'm not tempted to add a pizza or run out for fast food. Eating at home saves me a budget, and I am eating better too!

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

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

Step with a list.

- Make a shopping list before you go to the store so 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
Rule #2: Buy fresh fruits and vegetables in season and save money this way. If frozen berries are selling 1 lb for the same price as 2 lbs, I will buy 2 lbs. I also look for chicken breasts or turkey breasts on sale. I buy several packs and freeze any extras to use later.

Buy sale items and generics or store brands.

- Buy items featured in store promotions and coupons in the newspaper or online ads. Some stores have their own brands to help you find great budget purchases. Buy store or generic brands, as they often cost less than name brands.

Cheese items

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

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

- Make a big box of whole-grain cereal with raisins and a dash of cinnamon. Put in small bags for on-the-go snacking!

For more information, visit www.eatright.org

Fruits and Vegetables Lower in Cost Year-Round

Note: Foods are fresh versions unless otherwise noted below.

Fruits	Starchy vegetables
• Apples	• Corn, frozen or canned
• Bananas	• Green peas, frozen or canned
• Raisins	• Potatoes
• Fruit cocktail, without added sugars	• Green lima beans, frozen or canned
• Frozen concentrated 100% orange juice	
Dark green vegetables	Other vegetables
• Broccoli, fresh	• Baby carrots
• Spinach, frozen	• Cauliflower florets
• Broccoli, frozen	• Cucumber
Red and orange vegetables	• Green beans, frozen or canned
• Baby carrots	• Onions, fresh or frozen
• Whole carrots	• Celery
• Red bell pepper, fresh or frozen	• Green bell pepper, fresh or frozen
• Sweet potato	
• Tomatoes, canned	Legumes (beans and peas)

WORKSHOP LESSON PLAN

Step 2. Shop to get the most value out of your budget.

- Buy groceries when you are not feeling hungry and when you are not too rushed.
- Remember to purchase refrigerated and freezer food items last and store them promptly when you get home. Proper refrigeration will help food last longer.
- Stick to the grocery list, and stay out of the aisles that don't contain things on your list.
- Cut coupons from newspaper circulars or online and bring them to the store with you. Try to combine coupons with items on sale for more savings!
- Find and compare unit prices listed on shelves to get the best price. Stores typically stock shelves from back to front, placing the newest items behind the older ones. Reach in the back for the freshest items, especially in the produce, dairy, and meat aisles.
- Buy store brands if cheaper.
- Choose fresh fruits and vegetables in season; buy canned vegetables with less sodium and canned fruits without added sugars.
- Precut fruits and vegetables usually cost more than washing and cutting produce yourself.
- Purchase some items in bulk or in family packs, which usually cost less.
- Single-serving packaged products typically cost more than larger sizes. Buy the larger size and just prepare what you need or portion it into snack bags or small storage containers for on the go.
- Look for weekly sales and promotions.

- Low-cost items available year round include:
 - Protein foods—legumes (garbanzo, black, kidney, northern, pinto, or lima beans; black-eyed peas)
 - Vegetables—carrots, greens, potatoes, onions, canned or frozen corn, peas, green beans, and other vegetables
 - Fruits—apples, bananas, frozen 100% orange juice, and canned fruits without added sugars like mandarin oranges, peaches, and other fruits
 - 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 meals that feature legumes like black or kidney beans or black-eyed peas, or try “no-cook” meals like salads.
- Incorporate leftovers into a meal later in the week.
- Source: www.choosemyplate.gov/budget-save-more



WORKSHOP LESSON PLAN

VIDEO

Budget-Stretching Healthy Meals (2–3 minutes)



health.gov/dietaryguidelines/workshops/

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

TALKING POINTS—STRETCH BREAK

- Dry legumes (beans and peas) will be less expensive than canned versions. Remember to rinse canned legumes to reduce the sodium.
- Kidney, lima, garbanzo, and northern beans are examples of some inexpensive legumes.



WORKSHOP LESSON PLAN

TALKING POINTS

Increasing Physical Activity (1–2 minutes)

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

	Moderate Activity	Vigorous Activity
Type 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

Source: 2008 Physical Activity Guidelines for Americans

- 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**.





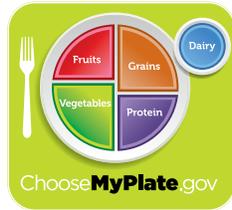
WORKSHOP LESSON PLAN

- **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, push-ups, and planks.
 - 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.
- Keep track of your physical activity and nutrition goals!
 - Track your physical activity and take small steps to improve your eating habits. You can keep track with a journal or notebook, a website, or a mobile app.
 - Presidential Active Lifestyle Award (PALA+): An awards program of the President's Council on Fitness, Sports & Nutrition that promotes physical activity and good nutrition. The 8-week program can help you maintain or improve your health, and is a great way to help manage and reach your health goals.
 - For more information about PALA+, visit www.fitness.gov/participate-in-programs/pala/
 - See the Appendix for a PALA+ log that you can print.



TALKING POINTS

Handouts: MyPlate and 10 Tips (2 minutes)



MyPlate, MyWins

Healthy Eating Solutions for Everyday Life

Choose **MyPlate.gov/MyWins**

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.
- Make a grocery list and stick to it.
- Choose moderate- or vigorous-intensity physical activities.

10 tips Nutrition Education Series

MyPlate MyWins Official of the Dietary Guidelines for Americans

Eating better on a budget

Get the most for your 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 dollar.

- Plan, plan, plan!** Before you head to the grocery store, plan your meals for the week. Include meals like soups, casseroles, or soups, 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.
- Get the best price** Check the local newspaper, online, and at the store to see 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.
- Compare and contrast!** Compare 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 the best buy.
- Buy in bulk** An 8-oz jar is often cheaper to buy foods in bulk. Small choices on single containers of low-fat yogurt and large bags of frozen vegetables. Before you shop, remember to check if you have enough freezer space.
- Buy in season** Buying fruits and vegetables in season can lower the cost and add to the freshness! If you are not going to eat them all right away, buy some that will need time to ripen.
- Convenience costs... go back to the basics** Convenience foods like frozen dinners, pre-cut fruits and vegetables, and take-out meals can often cost more than if you were to make them at home. Take the time to prepare your own—and save!
- Easy on your wallet** Convenience items are typically low-cost calories all year round. Try items for a less expensive version based on vegetables, low-calorie cereal portions, or the whole cereal.
- Cook once... eat all week!** Prepare a large batch of frozen recipes on your day off, or at the end of the week. Freeze in individual portions. Use them throughout the week and you won't have to spend money on take-out meals.
- Get creative with leftovers** Stretch up your leftovers—use them in new ways. For example, try leftover chicken in a salad, over a pasta salad, or in chili. Repurpose, reheat, reuse food as creatively as you can!
- Eating out** Restaurants can be expensive. Save money by getting the most for your money: going out for lunch instead of dinner, or looking for "2 for 1" deals. Ask for water instead of costly other beverages, which add to the bill.

Center for Nutrition Policy and Promotion | Go to ChooseMyPlate.gov for more information. | **US TipSheet No. 16** | Updated 2011 | Revised 02/2012/2015

COMPLETE EVALUATION FORM

(5 minutes)

Fill out the form and give to instructor.

WORKSHOP 3 Evaluation TODAY'S DATE _____

1 = Strongly Disagree 2 = Disagree 3 = Neutral/Disagree not 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 plan meals for the week ahead of time this week. 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
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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.					

Handouts

- 1. Eating Healthy on a Budget**
- 2. Fruits and Vegetables Lower in Cost Year-Round**
- 3. Weekly Meal Planner and Weekly Calendar**
- 4. Create a Grocery Game Plan: Grocery List**
- 5. MyPlate 10 Tips to Eating Better on a Budget**
- 6. Evaluation**

EAT HEALTHY YOUR WAY

Eating Healthy on a Budget

Take these 3 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 store promotions and coupons in the newspaper or online ads. Some stores have their own apps to help you find and plan budget purchases. 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.

SMALL CHANGES CAN MAKE A BIG 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, 2 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. Or add leftover veggies to whole-wheat pasta and water-packed tuna for a healthy, low-cost meal.
- Mix leftover fresh or canned fruit (without added sugars) with low-fat plain yogurt or low-fat cottage cheese. Or put the fruit in oatmeal for a "good-for-you" breakfast.

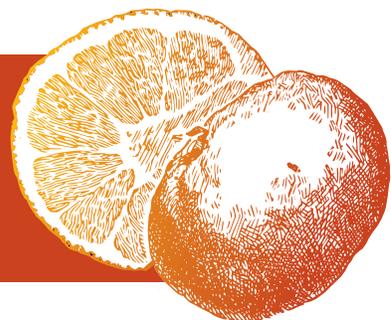
Go meatless 1 or more days a week.

- 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 whatscooking.fns.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.



Fruits and Vegetables Lower in Cost Year-Round

Note: Foods are fresh versions unless otherwise noted below.

Fruits

- Apples
- Bananas
- Raisins
- Fruit cocktail, without added sugars
- Frozen concentrated 100% orange juice

Dark green vegetables

- Romaine, fresh
- Spinach, frozen
- Broccoli, frozen

Red and orange vegetables

- Baby carrots
- Whole carrots
- Red bell pepper, fresh or frozen
- Sweet potato
- Tomatoes, canned

Starchy vegetables

- Corn, frozen or canned
- Green peas, frozen or canned
- Potatoes
- Green lima beans, frozen or canned

Other vegetables

- Iceberg lettuce
- Cauliflower florets
- Cucumber
- Green beans, frozen or canned
- Onions, fresh or frozen
- Celery
- Green bell pepper, fresh or frozen

Legumes (beans and peas)

- Pinto beans, canned or dried and cooked
- Black-eyed peas, canned or dried and cooked
- Red kidney beans, canned or dried and cooked
- White beans, canned or dried and cooked
- Mixed beans, canned or dried and cooked



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 1 dinner that uses leftovers from the night before and one that features legumes (like black or kidney beans or black-eyed peas). Once you have the meals planned, write out your grocery list.



Ideas for Healthy Breakfasts

- 1 cup whole-grain cold or ½ cup whole-grain hot cereal, ½ cup fat-free or low-fat milk, and ½ 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 ½ cup 100% juice
- 2 scrambled eggs, 1 slice whole-grain toast, 1 cup fat-free or low-fat milk, and ½ cup sliced strawberries
- 2-egg omelet with 1 cup spinach, ½ cup mushrooms, ¼ cup onion, and 1.5 ounces low-fat cheese, with 1 slice whole-grain toast, and 1 small orange



Ideas for Healthy Lunches

- 1 cup garden salad with 1 tablespoon oil-based dressing and ½ turkey sandwich on whole-wheat bread with lettuce, tomato, and mustard
- 1 cup broth or tomato-based soup and ½ 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 oil-based dressing
- 2 tablespoons of hummus, 1.5 ounces of low-fat cheese, spinach, tomato, and carrot on a whole-wheat wrap, with 1 medium apple, and a small garden salad with 1 tablespoon oil-based dressing



Ideas for Healthy Dinners

- 3 ounces grilled honey-mustard chicken, 1 cup steamed green beans, and ½ 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 ½ cup tomato sauce, ½ cup steamed broccoli, 1 slice whole-grain bread, and ½ cup pineapple slices
- 3 ounces low-sodium seasoned tofu, 1 baked sweet potato, 1 cup steamed asparagus



CREATE A GROCERY GAME PLAN

WEEKLY CALENDAR

	SUN	MON	TUE	WED	THU	FRI	SAT
BREAKFAST							
LUNCH							
DINNER							
SNACKS							

NOTES:



CREATE A GROCERY GAME PLAN

GROCERY LIST

FRUITS

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

GRAINS

(BREADS, PASTAS, RICE, CEREALS)

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

DAIRY

(MILK, YOGURT, CHEESE)

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

VEGETABLES

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

PROTEIN FOODS

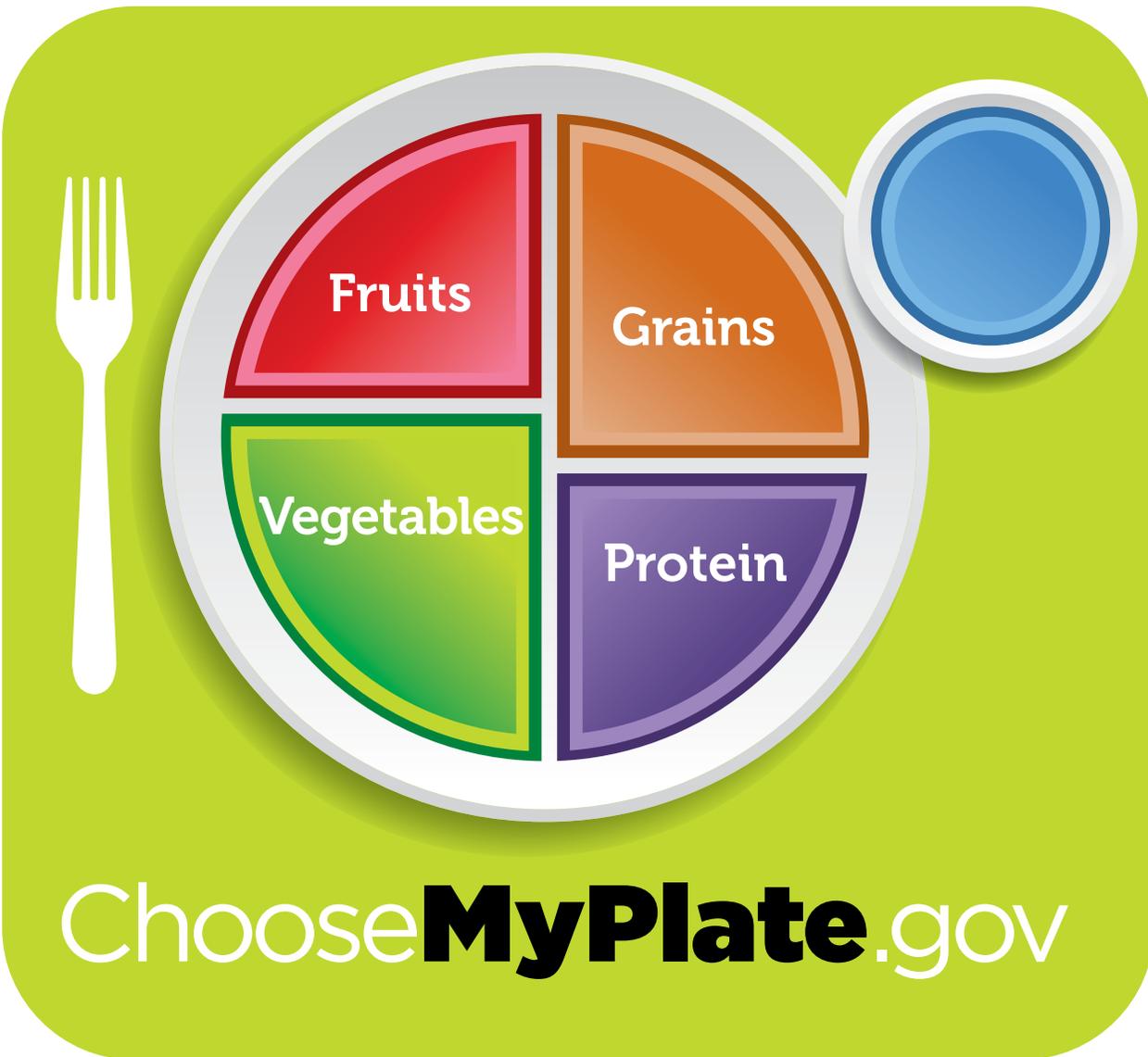
(MEAT, SEAFOOD, BEANS & PEAS, NUTS, EGGS)

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

OTHER

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

NOTES:



Choose **MyPlate**.gov

MyPlate, MyWins

Healthy Eating Solutions for Everyday Life



United States Department of Agriculture

10 tips
Nutrition
Education Series



MyPlate
MyWins

Based on the
Dietary
Guidelines
for Americans

Eating better on a budget

Get the most for your 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 soups, 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 the best buy.

4 Buy in bulk

It is almost always cheaper to buy foods in bulk. Smart choices are large containers of low-fat yogurt and large bags of 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 fruits and vegetables, and take-out meals can often cost more than if you were to make them at home. 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 cabbage, sweet potatoes, or low-sodium canned tomatoes. 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 creative with leftovers

Spice up your leftovers—use them in new ways. For example, try leftover chicken in a stir-fry, over a garden salad, or in 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. Ask for water instead of ordering other beverages, which add to the bill.

Center for Nutrition Policy and Promotion
USDA is an equal opportunity provider, employer, and lender.

Go to **ChooseMyPlate.gov**
for more information.

DG TipSheet No. 16
November 2011
Revised October 2016

Evaluation

1 = Strongly Disagree 2 = Disagree 3 = Neither Disagree nor Agree 4 = Agree 5 = Strongly Agree

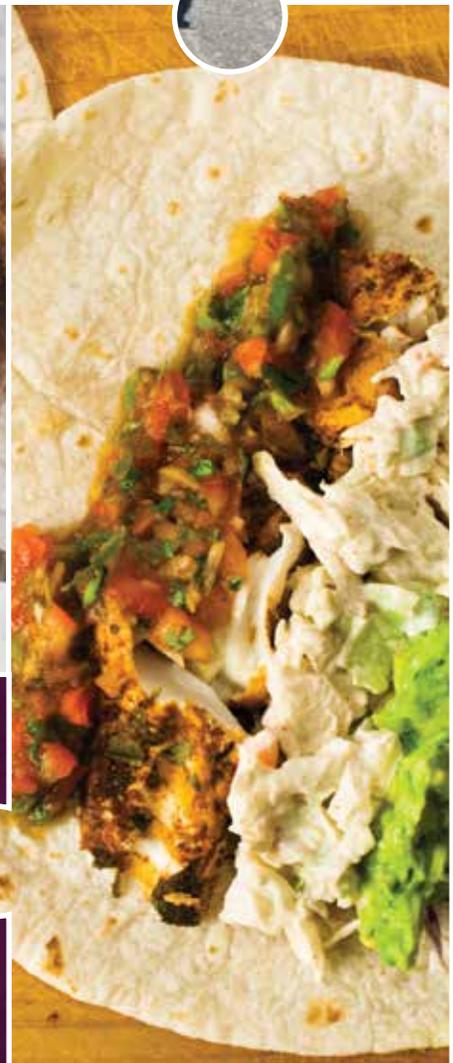
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WORKSHOP

4

Tips for Losing Weight and Keeping It Off



**Eat Healthy • Be Active
Community Workshops**



ODPHP

Office of Disease Prevention
and Health Promotion

WORKSHOP

4

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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:** Various vegetables and fruits, cutting board, knife, plate/serving tray for vegetables/fruits, toothpicks. You can also 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*," pens/pencils
- Photocopy handouts (1 per participant):
 1. **Your Healthy Weight (1 page)**
 2. **Daily Calorie Needs (2 pages)**
 3. **Top 4 Tips for Losing Weight and Keeping It Off (2 pages)**
 4. **Food Tracking (2 pages)**
 5. **"Rethink Your Drink" Matching Game (2 pages)**
 6. **MyPlate 10 Tips to Make Better Beverage Choices (1 page)**
 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:** Determine your body mass index (BMI) (5 minutes)
 - Review handout: *Your Healthy Weight* (help participants figure out their own BMI)
- **Objective 2:** Find out the amount of calories you need each day (5 minutes)
 - Review handout: *Daily Calorie Needs, Estimated Calorie Needs per Day by Age, Sex, and Physical Activity Level*
- Stretch Break (5 minutes)
- **Objective 3:** Name 3 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: *Food Tracking*
- Activity: “Rethink Your Drink” (5–10 minutes), using handout
- **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, or parsnip), and have participants taste a few as they come into the workshop.

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.

Check out Fruits & Veggies—More Matters® (a collaboration with the Centers for Disease Control and Prevention) to find more information about fruits and vegetables, meal planning, recipes, and more: www.fruitsandveggiesmorematters.org.

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 and the Physical Activity Guidelines for Americans. The Dietary Guidelines provides science-based advice for making food choices that promote good health and a healthy weight and help prevent disease. The Physical Activity Guidelines provides recommendations on the amount, types, and level of intensity of physical activity needed to achieve and maintain good health.
- The Dietary Guidelines provides these selected consumer messages. More information about the messages can be found at www.ChooseMyPlate.gov.

Everything you eat and drink over time matters. The right mix can help you be healthier now and in the future. Start with small changes to make healthier choices you can enjoy.

Find your healthy eating pattern and maintain it for a lifetime. This means:

- Make half your plate fruits and vegetables—focus on whole fruits and vary your veggies
- Make half your grains whole grains
- Move to low-fat or fat-free milk or yogurt
- Vary your protein routine
- Drink and eat less sodium, saturated and *trans* fats, and added sugars

Healthy eating and physical activity are the building blocks of a healthier life. The Physical Activity Guidelines recommends 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.

WORKSHOP LESSON PLAN

TALKING POINTS

Learning Objectives (2–3 minutes)

- Calculate your body mass index (BMI).
- Estimate the amount of calories you need each day.
- Identify 3 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 use the body mass index (BMI) chart below: Locate your height in the far left 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 ²)	Weight Status	
	Less than 18.5	Underweight
18.5–24.9	Healthy weight	
25–29.9	Overweight	
Greater than 30	Obese	



*BMI is the most accurate measure of body fat for most of the height/weight range.

Height	Healthy Weight (in pounds) (BMI is 18–24)					Overweight (in pounds) (BMI is 25–29)					Obese (in pounds) (BMI is 30–39)						
	10	11	12	13	14	150	160	170	180	190	200	210	220	230	240		
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	118	123	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	152	158	164	169	175	180	186	191
5'3"	107	113	119	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	185	192	198	204	210	216
5'7"	121	127	134	140	146	152	159	165	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	229
5'9"	128	135	142	149	156	162	169	176	182	189	196	203	209	216	223	229	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	207	214	221	228	235	242	249
6'	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	256
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

- Additional information on BMI can be found at: www.cdc.gov/healthyweight/assessing/bmi/adult_bmi/index.html.
 - A Body Weight Planner is available at: www.niddk.nih.gov/health-information/health-topics/weight-control/body-weight-planner/Pages/bwp.aspx.

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.



WORKSHOP LESSON PLAN

TALKING POINTS

Handout: Daily Calorie Needs, Estimated Calorie Needs per Day by Age, Sex, and Physical Activity Level (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.
- In general, 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.

Daily Calorie Needs

Estimated Calorie Needs per Day, by Age, Sex, & Physical Activity Level

MALE			Age	FEMALE		
Sedentary	Moderately Active	Active		Sedentary	Moderately Active	Active
1,800	1,800	1,800	2	1,800	1,800	1,800
1,800	1,800	1,800	3	1,800	1,800	1,800
1,200	1,400	1,600	4	1,200	1,400	1,600
1,200	1,400	1,600	5	1,200	1,400	1,600
1,400	1,600	1,800	6	1,200	1,400	1,600
1,400	1,600	1,800	7	1,200	1,400	1,600
1,600	1,800	2,000	8	1,400	1,600	1,800
1,600	1,800	2,000	9	1,400	1,600	1,800
1,800	1,800	2,200	10	1,400	1,600	2,000
1,800	2,000	2,200	11	1,600	1,800	2,000
1,800	2,200	2,400	12	1,600	1,800	2,200
2,000	2,200	2,400	13	1,600	2,000	2,200
2,000	2,400	2,600	14	1,800	2,000	2,400
2,200	2,400	2,600	15	1,800	2,000	2,400
2,400	2,600	2,800	16	1,800	2,000	2,400
2,400	2,600	2,800	17	1,800	2,000	2,400
2,600	2,800	3,000	18	1,800	2,000	2,400
2,600	2,800	3,000	19-20	2,000	2,200	2,400
2,400	2,600	2,800	21-25	2,000	2,200	2,400
2,400	2,600	3,000	26-30	1,800	2,000	2,400
2,400	2,600	3,000	31-35	1,800	2,000	2,200
2,400	2,600	2,800	36-40	1,800	2,000	2,200
2,200	2,400	2,600	41-45	1,800	2,000	2,200
2,200	2,400	2,600	46-50	1,800	2,000	2,200
2,200	2,400	2,600	51-55	1,800	1,800	2,000
2,200	2,400	2,600	56-60	1,800	1,800	2,000
2,000	2,400	2,600	61-65	1,800	1,800	2,000
2,000	2,200	2,400	66-70	1,800	1,800	2,000
2,000	2,200	2,400	71-75	1,800	1,800	2,000
2,000	2,200	2,400	76-80	1,800	1,800	2,000

Sedentary means a lifestyle that includes only the physical activity of sleeping.
Moderately Active means a lifestyle that includes physical activity equivalent to walking about 3.5 to 5 miles per day at 3.5 mph pace.
Active means a lifestyle that includes physical activity equivalent to walking more than 5 miles per day at 3.5 mph pace or the equivalent in the structure of independent living.
Source: Institute of Medicine. Dietary Reference Intakes for Energy, Carbohydrate, Fiber, Fat, Fatty Acids, Cholesterol, Protein, and Alcohol. Washington (DC): The National Academies Press; 2002.

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 can also 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, including 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 how much time you have.

Standing Pushups

Note: 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 (do not 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

Note: 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).



WORKSHOP LESSON PLAN

TALKING POINTS

Handouts: Top 4 Tips for Losing Weight and Keeping It Off and Food Tracking (5–10 minutes)

- Along with eating a healthy diet and being physically active, reaching and maintaining a healthy weight is important for your overall health and well-being.
- 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 2. 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.

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.
- A Body Weight Planner is available at: www.niddk.nih.gov/health-information/health-topics/weight-control/body-weight-planner/Pages/bwp.aspx.

EAT HEALTHY YOUR WAY

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: _____

Tip 2: Eat less—you decide how!
You know you need to eat less to lose weight. Some people give up regular dinners to help lower calories. Others choose that means eating their foods and snacking 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 low-sodium, no-salt-added can of chickpeas.
- **Cut back on high-calorie beverages.** Don't consume alcoholic beverages. Drink water instead of sugary drinks. If you drink coffee or tea, switch to decaf and skip cream and added sugars.
- **Stop or slow sipping and high-fat desserts.** Instead, eat a piece of fresh fruit. Or add up fruit to lower-plain yogurt.
- **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 way?
Check your BMI using a scale. BMI is a good estimate of whether you're healthy.
To learn more and get a scale, visit www.niddk.nih.gov.
Write your BMI here: _____



Food Tracking

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!) using a website or a mobile app. Compare the calories you ate to the recommended calories for you based on the Daily Calorie Needs handout.

Food	Calories	Food	Calories
Breakfast			
Dinner			
Skim milk, 1 cup	83	Pepperoni pizza, 2 slices	416
Roasted oat cereal, 1 cup	113	Farmhouse breadsticks, 2	62
Banana, medium	105	Casser salad, 1½ cups	253
Coffee, 8 ounces 1% low-fat milk, 1½ cup	91	Roast beef, unseasoned, 16 ounces	5
Total Breakfast Calories	393	Low-fat vanilla frozen yogurt, 1 cup	241
		Total Dinner Calories	597
Lunch			
Snacks			
Turkey sandwich: turkey, 2 ounces	59	Fruit yogurt, non-fat, 8 ounces	87
Whole-wheat bread, 2 slices	108	Peanut butter, 1 tbsp	96
Swiss cheese, 1 slice	108	White-wheat crackers, 12	114
2 slices lettuce, tomato, mustard	8	Cheddar cheese, 1 ounce	114
Coleslaw, 1 cup	124		
Apple, 1 medium	72	Total Snacks Calories	411
Wheat, 12 ounces	9		
Total Lunch Calories	583	Total Daily Calories	2,277

DAY 1	Meal	Food	Calories
	Breakfast		
		TOTAL BREAKFAST CALORIES	
	Lunch		
		TOTAL LUNCH CALORIES	
	Dinner		
		TOTAL DINNER CALORIES	
	Snacks		
		TOTAL SNACKS CALORIES	
		TOTAL DAILY CALORIES	

Eat Less

- Focus on consuming a healthy eating pattern over time. A pattern represents the totality of all foods and beverages consumed.
- All foods and beverages consumed as part of a healthy eating pattern should fit together like a puzzle to meet nutritional needs without exceeding limits.
- Eat smaller portions. Try using smaller plates for dinner.
- Choose lower-calorie snacks. Try foods such as fruits, vegetables, air-popped popcorn, and fat-free plain yogurt.
- Watch your intake of sugary and high-fat desserts—they can add a lot of extra calories from added sugars and saturated fats.
- Limit foods high in saturated fats, such as butter or stick margarine, regular cheese, meats higher in fats (e.g., beef ribs, bacon, sausage, or hot dogs), and cakes, cookies, and some snack foods.
- Drink more water and fat-free or low-fat (1%) milk rather than soda, sports drinks, energy drinks, and fruit drinks.

WORKSHOP LESSON PLAN

Keep Track of What You Eat

- Keep track of what you eat for 3 or more days. Use the Food Tracking handout, a website, or a mobile app. This will give you an idea of your eating patterns and how many calories you are eating and drinking each day.
- The amount of calories you need varies depending on your age, sex, height, weight, and how active you are. See the *Daily Calorie Needs, Estimated Calorie Needs per Day by Age, Sex, and Physical Activity Level* handout to learn about your body's estimated calorie requirements.
- Weighing yourself regularly can help you determine whether you are eating the number of calories that your body needs. If your weight is going up, cutting back on the number of calories you are eating each day can help you lose weight.
- In general, for a weight loss of 1–1½ pounds per week, daily intake should be reduced by 500–750 calories.

Add Activity Every Day

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

	Moderate Activity	Vigorous Activity
Type 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

Source: 2008 Physical Activity Guidelines for Americans

- 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**.



WORKSHOP LESSON PLAN

- **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 activities at a vigorous level that take more effort. You can do moderate and vigorous activities in the same week.
 - Walking is 1 way to add physical activity to your life.
 - Build up to walking longer and more often.
 - Pick up the pace as you go.
- Track your physical activity and take small steps to improve your eating habits. You can keep track with a journal or notebook, a website, or a mobile app.
- Presidential Active Lifestyle Award (PALA+): An awards program of the President's Council on Fitness, Sports & Nutrition that promotes physical activity and good nutrition. The 8-week program can help you maintain or improve your health, and is a great way to help manage and reach your health goals.
 - For more information about PALA+, visit www.fitness.gov/participate-in-programs/pala/
 - See the Appendix for a PALA+ log that you can print.



WORKSHOP LESSON PLAN

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 fewer calories each day, over the course of 1 year, you could lose up to 10 pounds: 100 calories × 365 days = 365,000 calories/3,500 (number of calories in 1 pound) = approximately 10 pounds.
- An easy way to cut calories is from beverages. This activity shows how some beverages can be very high in calories.
- Instead of drinking high-calorie beverages, have no-calorie beverages—and have snacks instead that will fill you up while fitting in the food groups: fruits, vegetables, grains, dairy, and protein foods. The fiber in fruits, vegetables, and whole grains—and the protein in dairy and protein foods—can help you feel full longer.

Answer Key: Beverage Calorie Count

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



TALKING POINTS

Handouts: MyPlate and 10 Tips Make Better Beverage Choices (2 minutes)



MyPlate, MyWins

Healthy Eating Solutions for Everyday Life

Choose **MyPlate.gov**/MyWins

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.



10 tips make better beverage choices

10 tips to get started

- 1 drink water** Drink water instead of sugary drinks.
- 2 limit sugary drinks** Limit sugary drinks, including sodas, sports drinks, and other sweet drinks. Usually, these drinks contain a lot of added sugars, which prevent them from being healthy.
- 3 choose water over sugary drinks** Let your thirst be your guide. Water is an important choice for all ages. For children, needs are different. Most of us get enough water from the foods we eat and the beverages we drink. A healthy thirst and healthy water needs throughout the day. Drink plenty of water if you are very active, live in a hot location, or are an older adult.
- 4 manage your calories** Drink water instead of beverages that have a lot of calories. Drinking water can help you manage your calories.
- 5 kid-friendly drink zones** Make water, flavored water, or 100% juice an easy option in your home. Have ready-to-go containers that will allow you to take them to school. Place them in lunch boxes or backpacks for easy access when you are away from home. Depending on age, children can drink 1 to 1 1/2 cups, and adults can drink up to 1 cup of 100% fruit or vegetable juice each day.
- 6 don't forget your dairy** When you choose milk or fortified alternatives, select 100% fat or low-fat milk or fortified alternatives. Each type of milk offers the same key nutrients such as calcium, vitamin D, and potassium. But the number of calories are very different. Older children, teens, and adults need 2 cups of milk per day, while children 4 to 8 years old need 2 1/2 cups and children 2 to 3 years old need 2 cups.
- 7 enjoy your beverage** Choose water just with low-sodium beverages of your choice, but just on back. Remember to check the serving size and number of servings in the can, bottle, or container to stay within calorie needs. Select smaller cans, packs, or glasses instead of large or supersized portions.
- 8 water on the go** When at work, school, or in a car, use reusable water bottles and keep a 16-oz cup of water with you. Reusable water bottles are also easy on the environment.
- 9 check the facts** Use the nutrient facts panel to choose beverages at the grocery store. The food label and ingredients list can help you understand the ingredients and calories. Use the website www.ChooseMyPlate.gov for more information.
- 10 compare what you drink** FoodA-Profile, an online feature available at www.ChooseMyPlate.gov, can help you compare calories, added sugars, and fats in your favorite beverages.

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COMPLETE EVALUATION FORM

(5 minutes)

Fill out the form and give to instructor.

TODAY'S DATE: _____

4 Evaluation

1 - Strongly Disagree 2 - Disagree 3 - Neither Disagree nor 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 keep track of what I eat for 3 days this week. 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.					

Handouts

1. **Your Healthy Weight**
2. **Daily Calorie Needs**
3. **Top 4 Tips for Losing Weight and Keeping it Off**
4. **Food Tracking**
5. **“Rethink Your Drink” Matching Game**
6. **MyPlate 10 Tips to Make Better Beverage Choices**
7. **Evaluation**

Your Healthy Weight

To use the body mass index (BMI) chart below: Locate your height in the far-left 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 ²)*	Weight Status
Less than 18.5	Underweight
18.5–24.9	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/m²).



Height	Healthy Weight (in pounds) (BMI is 19–24)						Overweight (in pounds) (BMI is 25–29)					Obese (in pounds) (BMI is 30–35)					
	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
5'0"	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
6'0"	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 Needs per Day, by Age, Sex, & Physical Activity Level

MALE			Age	FEMALE		
Sedentary ^a	Moderately Active ^b	Active ^c		Sedentary ^a	Moderately Active ^b	Active ^c
1,000	1,000	1,000	2	1,000	1,000	1,000
1,000	1,400	1,400	3	1,000	1,200	1,400
1,200	1,400	1,600	4	1,200	1,400	1,400
1,200	1,400	1,600	5	1,200	1,400	1,600
1,400	1,600	1,800	6	1,200	1,400	1,600
1,400	1,600	1,800	7	1,200	1,600	1,800
1,400	1,600	2,000	8	1,400	1,600	1,800
1,600	1,800	2,000	9	1,400	1,600	1,800
1,600	1,800	2,200	10	1,400	1,800	2,000
1,800	2,000	2,200	11	1,600	1,800	2,000
1,800	2,200	2,400	12	1,600	2,000	2,200
2,000	2,200	2,600	13	1,600	2,000	2,200
2,000	2,400	2,800	14	1,800	2,000	2,400
2,200	2,600	3,000	15	1,800	2,000	2,400
2,400	2,800	3,200	16	1,800	2,000	2,400
2,400	2,800	3,200	17	1,800	2,000	2,400
2,400	2,800	3,200	18	1,800	2,000	2,400
2,600	2,800	3,000	19-20	2,000	2,200	2,400
2,400	2,800	3,000	21-25	2,000	2,200	2,400
2,400	2,600	3,000	26-30	1,800	2,000	2,400
2,400	2,600	3,000	31-35	1,800	2,000	2,200
2,400	2,600	2,800	36-40	1,800	2,000	2,200
2,200	2,600	2,800	41-45	1,800	2,000	2,200
2,200	2,400	2,800	46-50	1,800	2,000	2,200
2,200	2,400	2,800	51-55	1,600	1,800	2,200
2,200	2,400	2,600	56-60	1,600	1,800	2,200
2,000	2,400	2,600	61-65	1,600	1,800	2,000
2,000	2,200	2,600	66-70	1,600	1,800	2,000
2,000	2,200	2,600	71-75	1,600	1,800	2,000
2,000	2,200	2,400	76 & Up	1,600	1,800	2,000

^a **Sedentary** means a lifestyle that includes only the physical activity of independent living.

^b **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 activities of independent living.

^c **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 activities of independent living.

^d Estimates for females do not include women who are pregnant or breastfeeding.

Source: Institute of Medicine. Dietary Reference Intakes for Energy, Carbohydrate, Fiber, Fat, Fatty Acids, Cholesterol, Protein, and Amino Acids. Washington (DC): The National Academies Press; 2002.

EAT HEALTHY YOUR WAY

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:

What's the right weight for my height?

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

To learn more and get your measurement today, visit https://www.nhlbi.nih.gov/health/educational/lose_wt/BMI/bmicalc.htm

Write your BMI here: _____

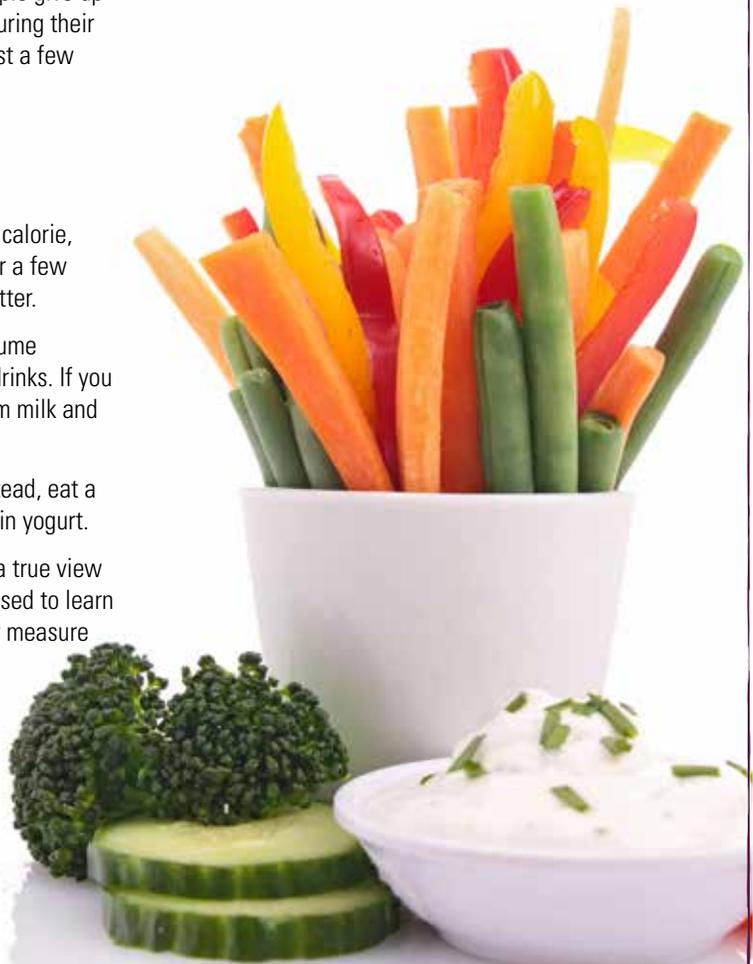
Tip 2: Eat less — you decide how!

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.
- **Cut back on high-calorie beverages.** Don't consume alcoholic beverages. Drink water instead of sugary drinks. If you drink coffee or tea, switch to choices made with skim milk and no added sugars.
- **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.
- **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!



For more information, visit healthfinder.gov.

SMALL CHANGES CAN MAKE A BIG DIFFERENCE



Tip 3: Keep track of what you eat

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 can also 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 using a website or a mobile app. There are many options to choose from.
- 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.

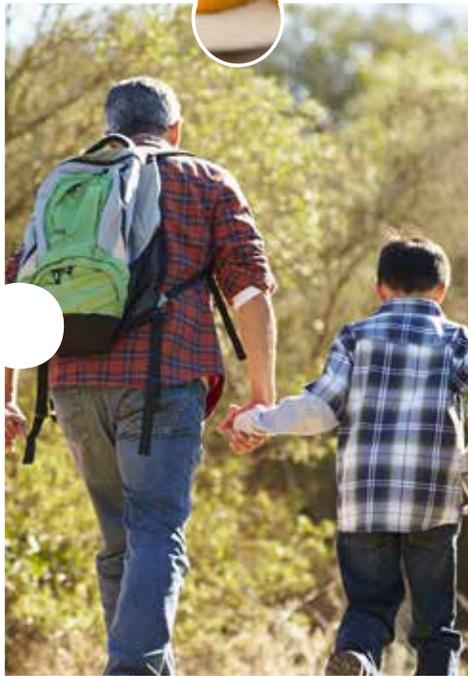
Go to healthfinder.gov and click on Get Active to get tips on how you can stay active.

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!**

- | | |
|--|---|
| <input type="checkbox"/> Take the stairs | <input type="checkbox"/> Walk at lunch |
| <input type="checkbox"/> Hike with my kids | <input type="checkbox"/> Ride a bike |
| <input type="checkbox"/> Take up a sport | <input type="checkbox"/> 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.

Food Tracking

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) using a website or a mobile app. Compare the calories you ate to the recommended calories for you based on the Daily Calorie Needs handout.

Food	Calories	Food	Calories
Breakfast		Dinner	
Skim milk, 1 cup	83	Pepperoni pizza, 2 slices	416
Toasted oat cereal, 1 cup	111	Parmesan breadsticks, 2	82
Banana, medium	105	Caesar salad, 1½ cups	253
Coffee, 8 ounces 1% low-fat milk, ½ cup	61	Iced tea, unsweetened, 16 ounces	5
Total Breakfast Calories	360	Low-fat vanilla frozen yogurt, 1 cup	241
		Total Dinner Calories	997
Lunch		Snacks	
Turkey sandwich: turkey, 2 ounces	59	Fruit yogurt, non-fat, 8 ounces	87
Whole-wheat bread, 2 slices	130	Peanut butter, 1 tbsp	96
Swiss cheese, 1 slice	108	Whole-wheat crackers, 12	114
2 slices lettuce, tomato, mustard	6	Cheddar cheese, 1 ounce	114
Coleslaw, ½ cup	134	Total Snacks Calories	411
Apple, 1 medium	72		
Water, 12 ounces	0		
Total Lunch Calories	509	Total Daily Calories	2,277

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	

“Rethink Your Drink” Matching Game

Match the Beverage to Its Calorie Count

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

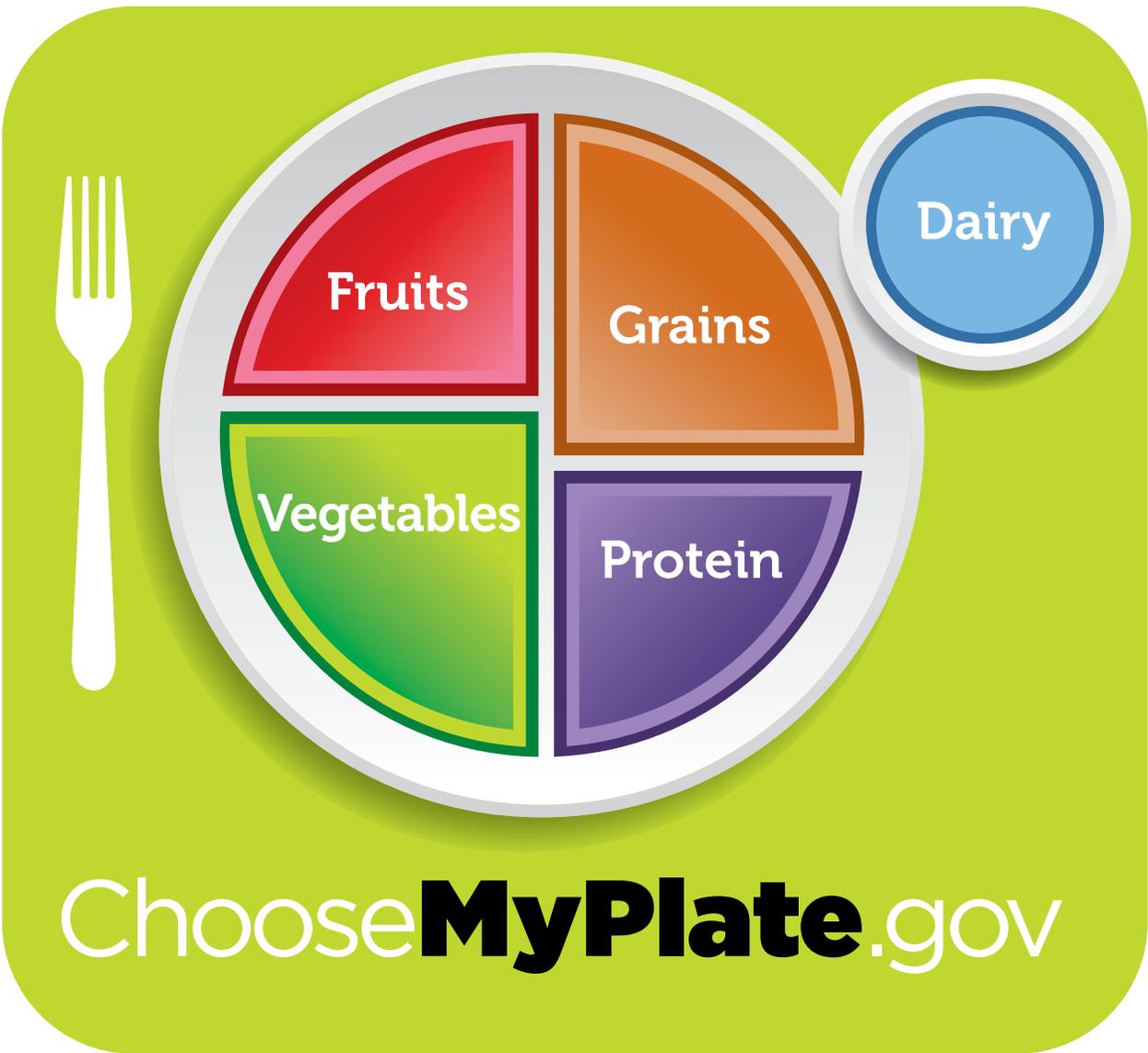
Source: Adapted from Centers for Disease Control and Prevention, Rethink Your Drink
Webpage. www.cdc.gov/healthyweight/healthy_eating/drinks.html

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
Morning coffee shop	Medium café latte (16 ounces) made with whole milk	265	Small café latte (12 ounces) made with skim milk	125
Lunch time	20-ounce bottle of non-diet soda	227	Water or no-calorie beverage	0
Afternoon break	Sweetened lemon iced tea from the vending machine (16 ounces)	180	Sparkling water with natural lemon flavor (unsweetened)	0
Dinner time	Non-diet ginger ale with your meal (12 ounces)	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
Calories		796		125–155





Choose **MyPlate**.gov

MyPlate, MyWins

Healthy Eating Solutions for Everyday Life



United States Department of Agriculture

10 tips
Nutrition
Education Series

make better beverage choices



10 tips to get started

What you drink is as important as what you eat. Many beverages contain added sugars and offer little or no nutrients, while others may provide nutrients but too much fat and too many calories. Here are some tips to help you make better beverage choices.

1 drink water

Drink water instead of sugary drinks. Regular soda, energy or sports drinks, and other sweet drinks usually contain a lot of added sugar, which provides more calories than needed.



2 how much water is enough?

Let your thirst be your guide. Water is an important nutrient for the body, but everyone's needs are different. Most of us get enough water from the foods we eat and the beverages we drink. A healthy body can balance water needs throughout the day. Drink plenty of water if you are very active, live or work in hot conditions, or are an older adult.

3 a thrifty option

Water is usually easy on the wallet. You can save money by drinking water from the tap at home or when eating out.

4 manage your calories

Drink water with and between your meals. Adults and children take in about 400 calories per day as beverages—drinking water can help you manage your calories.

5 kid-friendly drink zone

Make water, low-fat or fat-free milk, or 100% juice an easy option in your home. Have ready-to-go containers filled with water or healthy drinks available in the refrigerator. Place them in lunch boxes or backpacks for easy access when kids are away from home. Depending on age, children can drink ½ to 1 cup, and adults can drink up to 1 cup of 100% fruit or vegetable juice* each day.



*100% juice is part of the Fruit or Vegetable Group. Juice should make up half or less of total recommended fruit or vegetable intake.

6 don't forget your dairy**

When you choose milk or milk alternatives, select low-fat or fat-free milk or fortified soymilk. Each type of milk offers the same key nutrients such as calcium, vitamin D, and potassium, but the number of calories are very different. Older children, teens, and adults need 3 cups of milk per day, while children 4 to 8 years old need 2½ cups and children 2 to 3 years old need 2 cups.



7 enjoy your beverage

When water just won't do—enjoy the beverage of your choice, but just cut back. Remember to check the serving size and the number of servings in the can, bottle, or container to stay within calorie needs. Select smaller cans, cups, or glasses instead of large or supersized options.

8 water on the go

Water is always convenient. Fill a clean, reusable water bottle and toss it in your bag or briefcase to quench your thirst throughout the day. Reusable bottles are also easy on the environment.



9 check the facts

Use the Nutrition Facts label to choose beverages at the grocery store. The food label and ingredients list contain information about added sugars, saturated fat, sodium, and calories to help you make better choices.

10 compare what you drink

Food-A-Pedia, an online feature available at www.SuperTracker.usda.gov, can help you compare calories, added sugars, and fats in your favorite beverages.

** Milk is a part of the Dairy Group. A cup = 1 cup of milk or yogurt, 1½ ounces of natural cheese, or 2 ounces of processed cheese.

Center for Nutrition Policy and Promotion
USDA is an equal opportunity provider and employer.

Go to www.ChooseMyPlate.gov
for more information.

DG TipSheet No. 19
Revised January 2016

Evaluation

1 = Strongly Disagree 2 = Disagree 3 = Neither Disagree nor 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 keep track of what I eat for 3 days this week. 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.

WORKSHOP

5

Making Healthy Eating Part of Your Lifestyle



**Eat Healthy • Be Active
Community Workshops**



ODPHP

Office of Disease Prevention
and Health Promotion

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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 Lifestyle (2 pages)**
 2. **How to Build a Healthy Eating Pattern (3 pages)**
 3. **Shift to Healthier Food & Beverage Choices (2 pages)**
 4. **MyPlate Daily Checklist (2 pages)**
 5. **Understanding and Using the Nutrition Facts Label (1 page)**
 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)—do this while people are coming into the workshop
- **Introduction** (5 minutes)
 - Explain the purpose of the workshop
 - Review the Learning Objectives
- **Objective 1:** Identify 5 concepts of a healthy lifestyle (10 minutes)
 - Review handout: *Making Healthy Eating Part of Your Lifestyle and Shift to Healthier Food & Beverage Choices*
- Stretch Break (5 minutes)
- **Objective 2:** Identify the 5 food groups and a healthy choice from each (5 minutes)
 - Review handout: *MyPlate Daily Checklist*
- **Objective 3:** Identify 5 aspects of the Nutrition Facts label that make it easier for you to make informed food choices that support a healthy diet (5 minutes)
- Activity (5–10 minutes)
 - Review handout: *Understanding and Using the Nutrition Facts Label*
- Increasing Physical Activity (1–2 minutes)
 - Review handout *MyPlate 10 Tips to Build a Healthy Meal* (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)

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



Workshop Lesson Plan

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 and the Physical Activity Guidelines for Americans. The Dietary Guidelines provides science-based advice for making food choices that promote good health and a healthy weight and help prevent disease. The Physical Activity Guidelines provides recommendations on the amount, types, and level of intensity of physical activity needed to achieve and maintain good health.
- The Dietary Guidelines supports these selected consumer messages. More information about the messages can be found at www.ChooseMyPlate.gov.

Everything you eat and drink over time matters. The right mix can help you be healthier now and in the future. Start with small changes to make healthier choices you can enjoy.

Find your healthy eating pattern and maintain it for a lifetime. This means:

- Make half your plate fruits and vegetables—focus on whole fruits and vary your veggies
- Make half your grains whole grains
- Move to low-fat or fat-free milk or yogurt
- Vary your protein routine
- Drink and eat less sodium, saturated and *trans* fats, and added sugars

Healthy eating and physical activity are the building blocks of a healthier life. The Physical Activity Guidelines recommends 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)

- Identify 5 concepts of a healthy lifestyle.
- Identify the 5 food groups and a healthy choice from each.
- Identify 5 aspects of the Nutrition Facts label that make it easier for you to make informed food choices that support a healthy diet.



WORKSHOP LESSON PLAN

TALKING POINTS

Handouts: Making Healthy Eating Part of Your Lifestyle, How to Build a Healthy Eating Pattern, and Shift to Healthier Food and Beverage Choices (10 minutes)

Note: These talking points cover many 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

- Healthy eating patterns include a variety of vegetables from all 5 subgroups: dark green, red and orange, starchy, and other vegetable and legumes (beans and peas).
- Make half your plate fruits and vegetables—vary your veggies and focus on fruits.
- Choose frozen vegetables without added sauces, gravies, butter, or cream.
- Prepare vegetables in healthful ways: steamed, sautéed, roasted, or raw.
- Include vegetables in meals and snacks. Fresh, frozen, and canned vegetables all count. When eating canned vegetables, read the Nutrition Facts label and choose versions lower in sodium. Also look for options 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—legumes (beans and peas) are a great source. Add legumes like kidney or garbanzo beans to salads and split peas or lentils to soups, or serve baked beans or pinto beans as side dishes or in a main dish.

The handouts are titled 'EAT HEALTHY YOUR WAY' and 'DIETARY GUIDELINES FOR AMERICANS 2015-2020'. The first handout, 'Making Healthy Eating Part of Your Total Lifestyle', includes a quote from Dwayne Davis: 'My doctor said I needed to eat better to help me stay healthier longer. But I wasn't sure when to start after years of eating whatever I wanted. Then she told me it really isn't about going on a diet at all...it's about how you live. The bottom line is to eat healthy most of the time.' It lists tips like 'I stopped thinking of foods as either "all good" or "all bad"', 'There are many different ways to eat healthy', and 'I committed to make a change...I was ready. So I challenged myself to make small changes to what I ate and drank each week for a month. If I could do that, then I knew I was on my way to following a healthy eating pattern for life.' The second handout, 'How to Build a Healthy Eating Pattern', features a quote: 'I added more vegetables and protein! Adding vegetables was easier than I thought. I started by trying new vegetables and found that I actually like spinach, cauliflower, and split peas, which I love! I did half of a sweet potato cooked in the microwave, made a sweet and healthy snack for my friend, and replaced my usual cookies at lunch with a piece of fruit.' It lists tips like 'Eat a variety of protein-rich foods', 'Eat a variety of grains and starchy foods', and 'Eat a mix of foods within each food group'. The third handout, 'Shift to Healthier Food & Beverage Choices', includes a quote: 'Here's some good news: Eating healthier doesn't mean you have to give up all the foods you love. It doesn't have to be confusing or complicated either. The 2015-2020 Dietary Guidelines has a better approach—make small shifts in the foods you eat. Here's how to do it.' It lists tips like 'Shift from whole milk to low-fat or fat-free milk', 'Shift from soda with added sugars to water during lunch', and 'Shift from a cream-based pasta dish to one with a lighter sauce and more vegetables for dinner'. It also includes a section 'What Are Healthy Shifts?' and 'How Will Making Shifts Help?'.

- Keep raw, cut-up vegetables handy for quick snacks. If serving with a dip, choose lower-calorie options, like some yogurt-based dressings, instead of sour cream— or cream cheese—based dips. Hummus also makes a great dip while contributing to meeting vegetables, protein foods, and oils recommendations.
- 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. Sauces and dressings can make vegetables more appealing, but often add extra calories from saturated fats and added sugars.
- For more information about vegetables, visit: www.choosemyplate.gov/vegetables.

Fruits

- Focus on whole fruits, including fresh, frozen, dried, or canned without added sugars.
- When choosing juices, always select 100% fruit juice. Consume juice in moderation; at least half of fruit intake should come from whole fruits.

WORKSHOP LESSON PLAN

- Use fruits as snacks, salads, or desserts.
- Instead of sugars, syrups, or other sweet toppings, use fruits 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 fruits handy for quick snacks.
- Unsweetened fruits or fruits canned without added sugars are better choices because light or heavy syrup adds sugar and calories.
- For more information about fruits, visit: www.choosemyplate.gov/fruit.

Bring on the Whole Grains

- Make half your grains whole grains by choosing whole grain products, including whole grain breads, cereals, and pastas, and brown rice. Choose whole grains instead of refined grains and products made with refined grains. Refined grains are common in cookies, cakes, and many snack foods. White pasta, white rice, and white bread are refined grains.
- For example, choose 100% whole-grain breads; whole-grain cereals such as oatmeal; whole-grain crackers and pasta; and brown rice. Check the ingredient 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 ingredient 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.
- For more information about grains, visit: www.choosemyplate.gov/grains.



WORKSHOP LESSON PLAN

Vary Your Protein Routine

- Mix up your protein foods to include seafood, legumes (beans and peas), unsalted nuts and seeds, soy products, eggs, and lean meats and poultry.
- Aim to eat seafood twice a week. Select some seafood higher in omega-3 fatty acids, such as salmon, trout, herring, Pacific oysters, and Atlantic or Pacific mackerel.
- Choose lean or low-fat meats and poultry. Remove poultry skin and use cooking methods like grilling and baking.
- Processed meats such as ham, sausage, hot dogs, and deli meats have added sodium. Check the Nutrition Facts label to help limit sodium intake.
- Add variety by incorporating protein foods like legumes (e.g., black beans, kidney beans, black-eyed peas), soy (e.g., tofu), or unsalted nuts and seeds into dishes and as snacks. Choosing unsalted nuts and seeds helps lower sodium intake.
- For more information about protein foods, visit: www.choosemyplate.gov/protein-foods.

Move to Low-Fat or Fat-Free Dairy

- Choose fat-free or low-fat milk, yogurt, and cheese or soy beverages (soy milk). Fat-free and low-fat choices help to cut back on calories from saturated fats.
- Limit choices with added sugars like flavored milk, yogurt, drinkable yogurt, or desserts. Flavor plain yogurt with fresh fruit for breakfast, a snack, or dessert.
- For those who are lactose intolerant, smaller portions (such as 4 fluid ounces of milk) may be well tolerated. Lactose-free and lower-lactose products are available. These include lactose-reduced or lactose-free milk, yogurt, and cheese, and calcium-fortified soymilk (soy beverage).
- For more information about dairy, visit: www.choosemyplate.gov/dairy.

Putting It All Together

- Start by making small changes and eating a variety of foods that your body needs for good health.
- Swap out a food or an ingredient for a healthier option such as switching from whole milk to fat-free milk in your cereal, from a soda with added sugars to water at lunch, or from a cream-based pasta dish to one with lighter sauce and more vegetables at dinner.

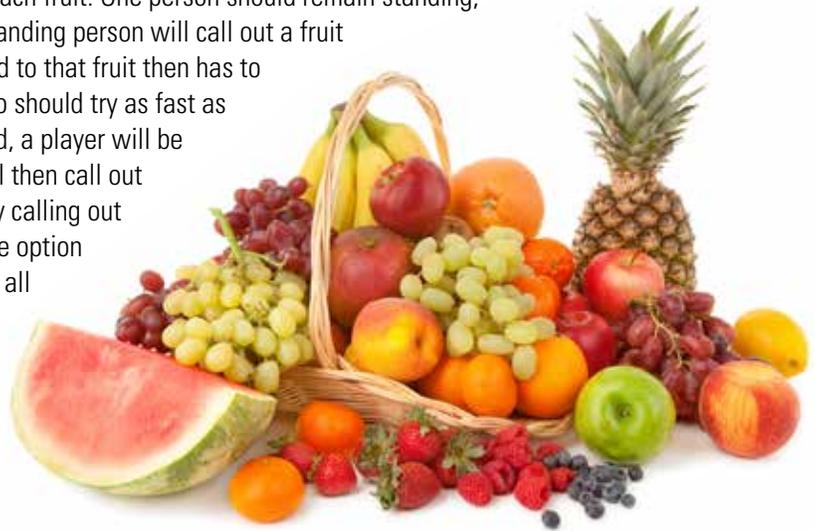


WORKSHOP LESSON PLAN

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 8 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 1 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 2 seats away (to encourage players to get up and run around).



TALKING POINTS

Handout: MyPlate Daily Checklist (5 minutes)

- Everything you eat and drink matters. Find your healthy eating style that reflects your preferences, culture, traditions, and budget—and maintain it for a lifetime! The right mix can help you be healthier now and into the future.
- The key is choosing a variety of foods and beverages from each food group—and making sure choices are limited in saturated fats, sodium, and added sugars.
- The *MyPlate Daily Checklist* shows how much to eat from the food groups for a sample 2,000 calorie eating pattern. It shows how much to eat from the 5 food groups and how to limit sodium, saturated fats, and added sugars.
- The food plan that is right for you is personalized, based on your age, sex, height, weight, and physical activity level. Use the MyPlate Daily Checklist calculator to create a personal plan at www.choosemyplate.gov/MyPlate-Daily-Checklist-input.

A screenshot of the USDA MyPlate Daily Checklist handout. The title is "MyPlate Daily Checklist Find your Healthy Eating Style". Below the title, it says "Everything you eat and drink matters. Find your healthy eating style that reflects your preferences, culture, traditions, and budget—and maintain it for a lifetime! The right mix can help you be healthier now and into the future. The key is choosing a variety of foods and beverages from each food group—and making sure that each choice is limited in saturated fat, sodium, and added sugars. Start with small changes—“MyWins”—to make healthier choices you can enjoy." Below this is a table with five columns representing food groups: Fruits (2 cups), Vegetables (2 1/2 cups), Grains (6 ounces), Protein (5 1/2 ounces), and Dairy (3 cups). Each column has a small icon and a brief description of what to eat. At the bottom, there are additional instructions: "Drink and eat less sodium, saturated fat, and added sugars. Limit: Sodium to 2,300 milligrams a day. Saturated fat to 23 grams a day. Added sugars to 50 grams a day." and "Be active your way! Children 6 to 17 years old should move 60 minutes every day. Adults should be physically active at least 2 1/2 hours per week. Use SuperTracker to create a personal plan based on your age, sex, height, weight, and physical activity level. SuperTracker.usda.gov"

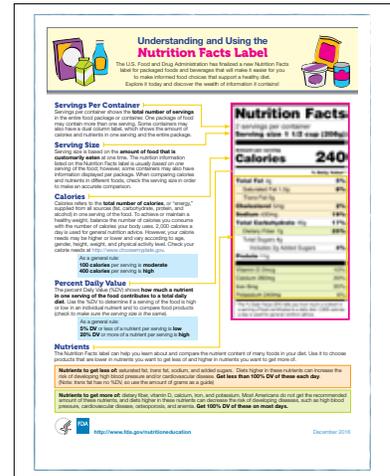
WORKSHOP LESSON PLAN

ACTIVITY

Understanding and Using a Nutrition Facts Label (5–10 minutes)

Nutrition Facts label: Pass out handout *Understanding and Using the Nutrition Facts Label* and review the talking points listed below. Depending on the size of the group, you may want to pass out a label for each group of 2–3 people to work together to identify components of the food label, such as portion size, sodium, etc.

Supplies necessary: A variety of Nutrition Facts labels from food containers



TALKING POINTS

Handout: Understanding and Using the Nutrition Facts Label (5 minutes)

- Look at the serving size and determine how many servings you are actually eating.
 - If you eat 2 servings of a food, you will consume double the calories.
- Choose foods with no added sugars or that are low in added sugars.
 - “Added sugars” is now required on the label in grams and as a percent Daily Value (%DV). Added sugars include sugars that have been added during processing or packaging.
 - Getting more than 100% of the DV for added sugars makes it difficult to meet nutrient needs without consuming too many calories.
- Look for foods low in saturated and *trans* fats.
 - Choose healthier fats, such as polyunsaturated and monounsaturated fats, found in fish, nuts, and vegetable oils. By replacing saturated fats with unsaturated fats, you may lower your risk of getting heart disease.
- Compare sodium in products and choose the option lower in sodium.
 - Most sodium comes from processed foods. By reading the Nutrition Facts label to make choices lower in sodium and preparing your own meals, you can better control and limit the amount of sodium you eat.
- Get less than 100% of the Daily Value for saturated and *trans* fats, sodium, and added sugars.



WORKSHOP LESSON PLAN

TALKING POINTS

Increasing Physical Activity (1–2 minutes)

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



	Moderate Activity	Vigorous Activity
Type 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

Source: 2008 Physical Activity Guidelines for Americans

- 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 do.
 - 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.
- Keep track of your physical activity and nutrition goals!
 - Track your physical activity and take small steps to improve your eating habits. You can keep track with a journal or notebook, a website, or a mobile app.
- Presidential Active Lifestyle Award (PALA+): An awards program of the President's Council on Fitness, Sports & Nutrition that promotes physical activity and good nutrition. The 8-week program can help you maintain or improve your health, and is a great way to help manage and reach your health goals.
 - For more information about PALA+, visit www.fitness.gov/participate-in-programs/pala/
 - See the Appendix for a PALA+ log that you can print.



TALKING POINTS

Handouts: MyPlate 10 Tips to Build a Healthy Meal (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)

Fill out the form and give to instructor.

Workshop 5 Evaluation		TODAY'S DATE: _____				
1. Strongly Disagree 2. Disagree 3. Neither Disagree nor 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 will look at the Nutrition Facts label when next shopping for food. 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.						

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Handouts

- 1. Making Healthy Eating Part of Your Lifestyle**
- 2. How to Build a Healthy Eating Pattern**
- 3. Shift to Healthier Food & Beverage Choices**
- 4. MyPlate Daily Checklist**
- 5. Understanding and Using the Nutrition Facts Label**
- 6. MyPlate 10 Tips to Build a Healthy Meal**
- 7. Evaluation**

Short on time? Try these tips for making healthier meals...fast!



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 told me how it really isn’t about going on a diet at all—but a way of life. The bottom line is **to eat healthy most of the time.**”

“I stopped thinking of foods as either ‘all good’ or ‘all bad.’ “First, I focused on all five food groups including fruits, vegetables, grains, protein foods, and dairy to get all the nutrients I need. Then, I used the food label to check that my choices aren’t too high in added sugars, sodium, or saturated fats—and chose the healthier option.”

“I didn’t eat much fast food, but when I did, I picked the smaller and lower calorie menu items.”

I committed to make a change. “I was ready. So I challenged myself to make new small changes to what I ate and drank each week for a month. If I could do that, then I knew I was on my way to following a healthy eating pattern for life.”

—Dwayne—

Dwayne’s Week 1:

Add more vegetables and fruits!

“Adding vegetables was easier than I thought. I started by trying new vegetables and found that I actually like spinach, cauliflower, and split peas, which I never thought I did! Half of a sweet potato cooked in the microwave makes a sweet and healthy snack. For dessert, I replaced my usual cookies at lunch with a piece of fresh fruit.”

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. Since most of us don’t get enough fiber, I look for breads that are higher in fiber. I even prefer other whole grains like brown rice over white rice and choose whole-grain pasta over the kind I used to use.”

For more information, visit healthfinder.gov.



Ready to try more vegetables?

Go for all types to get the most nutrients – dark green (broccoli, spinach, Romaine lettuce), red and orange (sweet potatoes, carrots, tomato juice), legumes (pinto, black, or kidney beans; split peas or lentils; edamame), starchy (corn, green peas, plantains), and other vegetables (onions, iceberg lettuce, green beans).



Want to eat whole grains too?

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



SMALL CHANGES CAN MAKE A BIG 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!"

Dwayne's Week 4: Put it all together for a successful healthy eating pattern

"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."

The Dietary Guidelines suggests eating a variety of foods that give you what your body needs for good health. No food is forbidden—the key is to make far more choices that support a healthy eating pattern and fewer choices that don't.

The bottom line?

Watch how much you have of each food or drink. For more about portions and serving sizes, visit www.niddk.nih.gov/health-information/health-topics/weight-control/just-enough/Pages/just-enough-for-you.aspx

Include these foods in your food plan:

- Vegetables—a variety of dark green, red and orange, legumes (beans and peas), starchy, and other vegetables
- Fruits—especially whole fruits
- Grains—at least half of which are whole grains
- Fat-free or low-fat dairy—including milk, yogurt, cheese, and/or fortified soy beverages
- Protein foods—a variety of seafood, lean meats and poultry, eggs, legumes (beans and peas), and nuts, seeds, and soy products

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

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

Check out www.choosemyplate.gov for online tools, recipes, and more.

Looking to lower your sodium?

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,



Ready to eat less added sugars?

Added sugars contribute calories, but no essential nutrients. Cut back on calories from added sugars. Look for added sugars on the Nutrition Facts label and make choices with little or no added sugars. Eat fruits instead of sugary desserts. Swap sugary cereals for unsweetened cereals and add your own fruit on top. Drink water or other drinks without added sugars instead of sugary sodas.



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.





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

How to Build a Healthy Eating Pattern

There are many different ways to eat healthy. You can eat healthy in a way that works for you and your family. Healthy eating can fit all tastes and traditions — and can be affordable, too.

The key is to build a healthy eating pattern, which means choosing a variety of nutritious foods in the right amounts for you — and making these choices part of your everyday routine.

Follow these tips — based on the *2015–2020 Dietary Guidelines for Americans* — for making choices that can help you reach or keep a healthy body weight, get the nutrients you need, and lower your risk of health problems like heart disease, type 2 diabetes, and some types of cancers.

Get a variety of nutritious foods and beverages.

Eating a variety of foods and beverages is important. It helps you get the range of nutrients you need to be healthy.

- **Eat a mix of foods across all food groups.**

Choose foods and beverages from all food groups — vegetables, fruits, grains, dairy, and proteins — not just 1 or 2 of them.



Vegetables



Fat-free and low-fat dairy, including milk, yogurt, cheese, and fortified soy beverages



Fruits, especially whole fruits



Protein foods, like seafood, lean meats and poultry, eggs, legumes (beans and peas), nuts, seeds, and soy products



Grains, especially whole grains

- **Eat a mix of foods within each food group.**

For example, each week try eating several types of vegetables, including dark green, red and orange, starchy ones, legumes, and others. Switch up the protein foods you eat, too — for example, consider fish, black beans, and peanut butter, not just lean meats and poultry.

Try to eat and drink the right amounts for you.

How many calories you need to eat depends on your age, sex, height, weight, and how active you are. Use the MyPlate Daily Checklist at www.choosemyplate.gov/calculator to find a plan that is right for you.

Limit foods and beverages higher in saturated fats, added sugars, and sodium.

Aim to get:

- **Less than 10% of calories each day from saturated fats**

Foods higher in saturated fats include butter, cheese, whole milk, meats higher in fat (like beef ribs, sausage, and some processed meats), poultry skin, and tropical oils like coconut and palm oil. Instead, go for foods with unsaturated fats — like seafood, avocados, most nuts, and canola or olive oil.

- **Less than 10% of calories each day from added sugars**

Added sugars are syrups or other sweeteners with calories that are added to foods and drinks when they're being made or prepared. Stick mostly to foods and drinks with naturally occurring sugars — like ones in unflavored milk and fruits — or no sugar at all. Choose water instead of sugary drinks and limit sweet treats like cake, cookies, brownies, and candy.

- **Less than 2,300 milligrams of sodium each day for adults and children ages 14 and up (less for younger children)**

Sodium comes from table salt — but most of the sodium we eat comes from foods that are packaged or served in restaurants. When buying foods in the store, check the Nutrition Facts label and choose the option with the lowest amount of sodium. To cut down on sodium, cook more at home or ask not to have salt added to your meal when eating out.

Small changes = big benefits

Small *shifts* in your daily eating habits can improve your health over the long run. For example, try swapping out white bread for whole-wheat bread and reach for a handful of nuts instead of potato chips.



Stick with it.

A lifetime of healthy eating can help prevent health problems like obesity, heart disease, type 2 diabetes, and some types of cancer. Think of every day and meal as an opportunity to make a healthy choice.

Want to learn more about how to find a healthy eating pattern that works for you?

Check out DietaryGuidelines.gov for more information on the *Dietary Guidelines* and find recipes for healthy meals at www.whatscooking.fns.usda.gov/.

What's in a Healthy Eating Pattern?

The 2015–2020 Dietary Guidelines has recommendations for a healthy eating pattern.

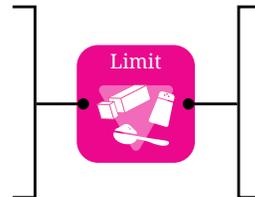
For someone who needs 2,000 calories a day, a healthy eating pattern includes:

<p>Fruits, especially whole fruits 2 cups</p>		<p>Grains, at least half of which are whole grains 6 ounces</p>	
<p>A variety of vegetables — dark green, red and orange, starchy, legumes (beans and peas), and other vegetables 2½ cups</p>		<p>A variety of protein foods, including seafood, lean meats and poultry, eggs, legumes (beans and peas), soy products, and nuts and seeds 5½ ounces</p>	
<p>Fat-free or low-fat dairy, including milk, yogurt, cheese, and/or fortified soy beverages 3 cups</p>		<p>Oils, like canola and olive oil or foods that are sources of oils, like nuts and avocados 5 teaspoons</p>	

And it has limits on:

Saturated and trans fats — limit saturated fats to less than 10% of daily calories and keep *trans* fat intake as low as possible

Added sugars — limit to less than 10% of daily calories



Sodium — limit to less than 2,300 mg a day for adults and children 14 years and up (less for younger children)

A variety of meals and snacks can fit within healthy eating patterns. Many meals have several food groups within one dish. Check out these examples.

Taco salad	Tofu-vegetable stir-fry	Tuna salad sandwich
		
<p>½ cup avocado 1 tsp lime juice</p> <p>1 cup chopped lettuce 2 Tbsp salsa</p> <p>½ ounce low-fat cheddar cheese</p>	<p>¼ cup pineapple</p> <p>½ cup chopped Chinese cabbage ¼ cup sliced bamboo shoots ¼ cup chopped sweet red and green peppers</p> <p>1 cup fortified soy beverage</p>	<p>1 medium peach</p> <p>1 Tbsp chopped celery ½ cup shredded lettuce</p> <p>1 cup fat-free milk</p>
<p> 2 ounces tortilla chips</p> <p> 2 ounces cooked turkey</p> <p> 2 tsp corn oil for cooking turkey</p>	<p> 1 cup cooked brown rice (2 ounces dry)</p> <p> 4 ounces firm tofu</p> <p> 1 Tbsp canola oil for cooking stir-fry</p>	<p> 2 slices whole-wheat bread</p> <p> 2 ounces canned tuna</p> <p> 1 Tbsp mayonnaise</p>



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

Shift to Healthier Food & Beverage Choices

Here's some good news: Eating healthier doesn't mean you have to give up all the foods you love. It doesn't have to be confusing or complicated either. **The 2015–2020 Dietary Guidelines has a better approach—make small shifts in the foods you eat. Here's how to do it.**

What Are Healthy *Shifts*?

It's simple. When you can, **swap out a food or ingredient for a healthier option.** For example, you could:



Shift from whole milk to low-fat milk in your breakfast cereal



Shift from soda with added sugars to water during lunch



Shift from a cream-based pasta dish to one with a lighter sauce and more vegetables for dinner

How Will Making *Shifts* Help?

- Healthy eating patterns can help prevent chronic diseases like obesity, heart disease, high blood pressure, and Type 2 diabetes.
- Shifting to healthier choices doesn't mean you have to change your whole eating pattern. Shifts can be easier to stick with over time—you're just making small changes to the way you're already eating.

About half of all American adults have one or more chronic diseases—and they're often related to eating a poor quality diet.

Make *Shifts* Throughout the Day

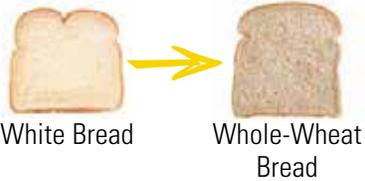
You have a chance to make a healthier choice whenever you:

- Open your fridge for a snack
- Shop in the grocery store
- Stand at a vending machine
- Pack a lunch
- Look at a menu in a restaurant
- Cook a favorite recipe

Take advantage of these everyday opportunities to make a shift. Everything you eat and drink matters. Over time, little changes in the foods and drinks you choose can have big health benefits.

Try Out These *Shifts*

The *Dietary Guidelines* has key recommendations for how we can all improve our eating patterns. The shifts below will help you stay on track.



White Bread

Whole-Wheat Bread

How to Eat More Whole Grains:

- Choose whole-wheat bread instead of white
- Have popcorn for a snack instead of potato chips (just leave out the butter)



Fatty Cut of Meat

Seafood or Beans

How to Cut Down on Saturated Fats:

- Twice a week, have seafood instead of fatty cuts of meat for dinner
- When you're making chili or stew, reduce the amount of meat and add more beans and vegetables

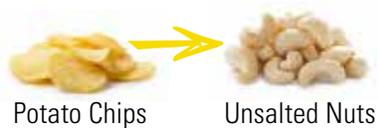


Ice Cream

Homemade Smoothie

How to Cut Down on Added Sugars:

- Give your kids 100% juice or water instead of fruit punch
- Have a homemade fruit smoothie instead of ice cream



Potato Chips

Unsalted Nuts

How to Cut Down on Sodium (Salt):

- Switch to unsalted nuts
- Shift from regular canned soups to low-sodium



Butter

Olive Oil

How to Use Oils Instead of Solid Fats:

- Dip your whole-wheat bread in olive oil instead of spreading on butter
- Choose an oil-based salad dressing instead of cream-based

What *Shift* Will You Make Today?

Want to learn more about shifts and how to find a healthy eating pattern that works for your family? Check out ChooseMyPlate.gov, which has more information from the *Dietary Guidelines*, online tools, recipes, and more.





United States Department of Agriculture



MyPlate Daily Checklist

Find your Healthy Eating Style

Everything you eat and drink matters. Find your healthy eating style that reflects your preferences, culture, traditions, and budget—and maintain it for a lifetime! The right mix can help you be healthier now and into the future. The key is choosing a variety of foods and beverages from each food group—and *making sure that each choice is limited in saturated fat, sodium, and added sugars*. Start with small changes—“MyWins”—to make healthier choices you can enjoy.

Food Group Amounts for 2,000 Calories a Day

				
2 cups	2 1/2 cups	6 ounces	5 1/2 ounces	3 cups
<p>Focus on whole fruits</p> <p>Focus on whole fruits that are fresh, frozen, canned, or dried.</p>	<p>Vary your veggies</p> <p>Choose a variety of colorful fresh, frozen, and canned vegetables—make sure to include dark green, red, and orange choices.</p>	<p>Make half your grains whole grains</p> <p>Find whole-grain foods by reading the Nutrition Facts label and ingredients list.</p>	<p>Vary your protein routine</p> <p>Mix up your protein foods to include seafood, beans and peas, unsalted nuts and seeds, soy products, eggs, and lean meats and poultry.</p>	<p>Move to low-fat or fat-free milk or yogurt</p> <p>Choose fat-free milk, yogurt, and soy beverages (soy milk) to cut back on your saturated fat.</p>



Limit Drink and eat less sodium, saturated fat, and added sugars. Limit:

- Sodium to **2,300 milligrams** a day.
- Saturated fat to **22 grams** a day.
- Added sugars to **50 grams** a day.

Be active your way: Children 6 to 17 years old should move **60 minutes** every day. Adults should be physically active at least **2 1/2 hours** per week.

Use SuperTracker to create a personal plan based on your age, sex, height, weight, and physical activity level.

SuperTracker.usda.gov

MyPlate Daily Checklist

Write down the foods you ate today and track your daily MyPlate, MyWins!

Food group targets for a 2,000 calorie* pattern are:

Write your food choices for each food group

Did you reach your target?

 <p>Fruits 2 cups 1 cup of fruits counts as</p> <ul style="list-style-type: none"> • 1 cup raw or cooked fruit; or • 1/2 cup dried fruit; or • 1 cup 100% fruit juice. 	<hr/> <hr/> <hr/> <hr/>	<input type="checkbox"/> Y <input type="checkbox"/> N	 <p>Limit:</p> <ul style="list-style-type: none"> • Sodium to 2,300 milligrams a day. • Saturated fat to 22 grams a day. • Added sugars to 50 grams a day. <p style="text-align: center;"><input type="checkbox"/> Y <input type="checkbox"/> N</p>  <p>Be active your way:</p> <p>Adults:</p> <ul style="list-style-type: none"> • Be physically active at least 2 1/2 hours per week. <p>Children 6 to 17 years old:</p> <ul style="list-style-type: none"> • Move at least 60 minutes every day. <p style="text-align: center;"><input type="checkbox"/> Y <input type="checkbox"/> N</p>
 <p>Vegetables 2 1/2 cups 1 cup vegetables counts as</p> <ul style="list-style-type: none"> • 1 cup raw or cooked vegetables; or • 2 cups leafy salad greens; or • 1 cup 100% vegetable juice. 	<hr/> <hr/> <hr/> <hr/>	<input type="checkbox"/> Y <input type="checkbox"/> N	
 <p>Grains 6 ounce equivalents 1 ounce of grains counts as</p> <ul style="list-style-type: none"> • 1 slice bread; or • 1 ounce ready-to-eat cereal; or • 1/2 cup cooked rice, pasta, or cereal. 	<hr/> <hr/> <hr/> <hr/>	<input type="checkbox"/> Y <input type="checkbox"/> N	
 <p>Protein 5 1/2 ounce equivalents 1 ounce of protein counts as</p> <ul style="list-style-type: none"> • 1 ounce lean meat, poultry, or seafood; or • 1 egg; or • 1 Tbsp peanut butter; or • 1/4 cup cooked beans or peas; or • 1/2 ounce nuts or seeds. 	<hr/> <hr/> <hr/> <hr/>	<input type="checkbox"/> Y <input type="checkbox"/> N	
 <p>Dairy 3 cups 1 cup of dairy counts as</p> <ul style="list-style-type: none"> • 1 cup milk; or • 1 cup yogurt; or • 1 cup fortified soy beverage; or • 1 1/2 ounces natural cheese or 2 ounces processed cheese. 	<hr/> <hr/> <hr/> <hr/>	<input type="checkbox"/> Y <input type="checkbox"/> N	
<p>MyWins Track your MyPlate, MyWins</p> <hr/> <hr/> <hr/>			



Understanding and Using the Nutrition Facts Label

The U.S. Food and Drug Administration has finalized a new Nutrition Facts label for packaged foods and beverages that will make it easier for you to make informed food choices that support a healthy diet.

Explore it today and discover the wealth of information it contains!



Servings Per Container

Servings per container shows the **total number of servings** in the entire food package or container. One package of food may contain more than one serving. Some containers may also have a dual column label, which shows the amount of calories and nutrients in one serving and the entire package.

Serving Size

Serving size is based on the **amount of food that is customarily eaten** at one time. The nutrition information listed on the Nutrition Facts label is *usually based on one serving* of the food; however, some containers may also have information displayed per package. When comparing calories and nutrients in different foods, check the serving size in order to make an accurate comparison.

Calories

Calories refers to the **total number of calories**, or “energy,” supplied from all sources (fat, carbohydrate, protein, and alcohol) in one serving of the food. To achieve or maintain a healthy weight, balance the number of calories you consume with the number of calories your body uses. 2,000 calories a day is used for general nutrition advice. However, your calorie needs may be higher or lower and vary according to age, gender, height, weight, and physical activity level. Check your calorie needs at <http://www.choosemyplate.gov>.

As a general rule:

100 calories per serving is **moderate**
400 calories per serving is **high**

Percent Daily Value

The percent Daily Value (%DV) shows **how much a nutrient in one serving of the food contributes to a total daily diet**. Use the %DV to determine if a serving of the food is high or low in an individual nutrient and to compare food products (*check to make sure the serving size is the same*).

As a general rule:

5% DV or less of a nutrient per serving is **low**
20% DV or more of a nutrient per serving is **high**

Nutrients

The Nutrition Facts label can help you learn about and compare the nutrient content of many foods in your diet. Use it to choose products that are lower in nutrients you want to get less of and higher in nutrients you want to get more of.

Nutrients to get less of: saturated fat, *trans* fat, sodium, and added sugars. Diets higher in these nutrients can increase the risk of developing high blood pressure and/or cardiovascular disease. **Get less than 100% DV of these each day.** (Note: *trans* fat has no %DV, so use the amount of grams as a guide)

Nutrients to get more of: dietary fiber, vitamin D, calcium, iron, and potassium. Most Americans do not get the recommended amount of these nutrients, and diets higher in these nutrients can decrease the risk of developing diseases, such as high blood pressure, cardiovascular disease, osteoporosis, and anemia. **Get 100% DV of these on most days.**

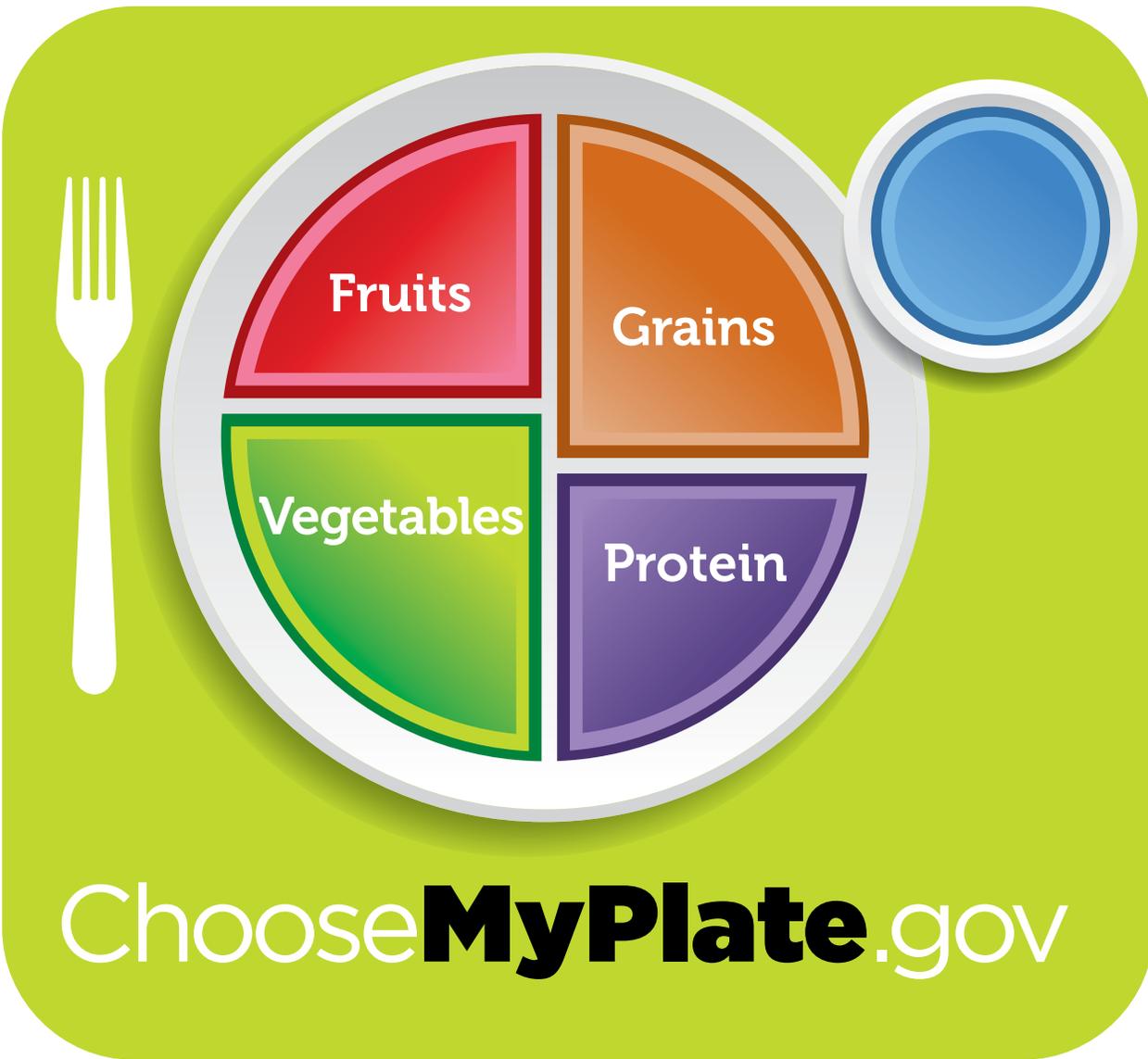
Nutrition Facts	
2 servings per container	
Serving size 1 1/2 cup (208g)	
Amount per serving	
Calories	240
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 1.5g	8%
<i>Trans</i> Fat 0g	
Cholesterol 5mg	2%
Sodium 430mg	19%
Total Carbohydrate 46g	17%
Total Sugars 4g	
Includes 2g Added Sugars	4%
Protein 11g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 6mg	35%
Potassium 240mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



<http://www.fda.gov/nutritioneducation>

December 2016



Choose **MyPlate**.gov

MyPlate, MyWins

Healthy Eating Solutions for Everyday Life



United States Department of Agriculture

10 tips
Nutrition
Education Series



MyPlate
MyWins

Based on the
**Dietary
Guidelines**
for Americans

Build a healthy meal

Each meal is a building block in your healthy eating style. Make sure to include all the food groups throughout the day. Make fruits, vegetables, grains, dairy, and protein foods part of your daily meals and snacks. Also, limit added sugars, saturated fat, and sodium. Use the [MyPlate Daily Checklist](#) and the tips below to meet your needs throughout the day.

1 Make half your plate veggies and fruits

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



2 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.



3 Don't forget the dairy

Complete your meal with a cup of fat-free or low-fat milk. You will get the same amount of calcium and other essential nutrients as whole milk but fewer calories. Don't drink milk? Try a soy beverage (soymilk) as your drink or include low-fat yogurt in your meal or snack.



4 Add lean protein

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



5 Avoid extra fat

Using heavy gravies or sauces will add fat and calories to otherwise healthy choices. Try steamed broccoli with a sprinkling of low-fat parmesan cheese or a squeeze of lemon.

6 Get creative in the kitchen

Whether you are making a sandwich, a stir-fry, or a casserole, find ways to make them healthier. Try using less meat and cheese, which can be higher in saturated fat and sodium, and adding in more veggies that add new flavors and textures to your meals.

7 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 options that are lower in calories, saturated fat, and sodium.



8 Try new foods

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

9 Satisfy your sweet tooth in a healthy way

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

10 Everything you eat and drink matters

The right mix of foods in your meals and snacks can help you be healthier now and into the future. Turn small changes in how you eat into your MyPlate, MyWins.

Center for Nutrition Policy and Promotion
USDA is an equal opportunity provider, employer, and lender.

Go to [ChooseMyPlate.gov](#)
for more information.

DG TipSheet No. 7
June 2011
Revised October 2016

Evaluation

1 = Strongly Disagree 2 = Disagree 3 = Neither Disagree nor 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 will look at the Nutrition Facts label when food shopping this week. 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.

WORKSHOP

6

Physical Activity is Key to Living Well



**Eat Healthy • Be Active
Community Workshops**



ODPHP

Office of Disease Prevention
and Health Promotion

WORKSHOP

6

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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 (1 per participant):
 1. **Find Someone Who . . . (1 page)**
 2. **Be Active Your Way: A Fact Sheet for Adults (2 pages)**
 3. **Muscle-Strengthening Exercises (3 pages)**
 4. **My Aerobic and Strengthening Activities Log (1 page)**
 5. **How Many Calories Does Physical Activity Use? (1 page)**
 6. **Be Active Your Way As You Get Older (if you have older adults in the workshop; 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:** Name 2 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:** Complete at least 2 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:** Make a plan for doing physical activity and track your activities for the next week (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

Handout: Find Someone Who . . . (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 2). 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 2 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.

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 3 times last week
			
Feels good after exercising	Tracks how many steps they take each day	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

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 and the Physical Activity Guidelines for Americans. The Dietary Guidelines provides science-based advice for making food choices that promote good health and a healthy weight and help prevent disease. The Physical Activity Guidelines provides recommendations on the amount, types, and level of intensity of physical activity needed to achieve and maintain good health.
- The Dietary Guidelines supports these selected consumer messages. More information about the messages can be found at www.choosemyplate.gov.

Everything you eat and drink over time matters. The right mix can help you be healthier now and in the future. Start with small changes to make healthier

choices you can enjoy. *Find your healthy eating pattern and maintain it for a lifetime.* This means:

- Make half your plate fruits and vegetables — focus on whole fruits and vary your veggies
- Make half your grains whole grains
- Move to low-fat or fat-free milk or yogurt
- Vary your protein routine
- Drink and eat less sodium, saturated and *trans* fat, and added sugars

Healthy eating and physical activity are the building blocks of a healthier life. The Physical Activity Guidelines recommends 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.

WORKSHOP LESSON PLAN

TALKING POINTS

Learning Objectives (2–3 minutes)

- Name 2 benefits of physical activity and the specific recommendations for aerobic and strengthening activities.
- Complete at least 2 strength-training activities.
- Make a plan for doing physical activity and track your activities for the next week.



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 push-ups, planks, 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 8–12 times per session.

WORKSHOP LESSON PLAN

ACTIVITY

(Choose one ahead of time; 5–10 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 (NIH/NIA). 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. Arm raises, arm curls, and leg raises may be good exercises 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 1 complete movement of an exercise, and that a set is 1 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 go4life.nia.nih.gov/exercises.

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: www.nia.nih.gov/exercises

WORKING WITH WEIGHTS
You don't have to go out and buy weights for strength exercises. First, something you can hold on to easily. For example, you can make your own weights from ordinary 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.

HOW MUCH, HOW OFTEN?
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 for 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 somewhat heavier than what you're used to, but not too heavy. It shouldn't feel very hard for you to lift the weight. It shouldn't feel very heavy. If you can't lift a weight 8 times in a row, it's too heavy for you. Reduce the amount of weight.
- Take 2 seconds to lift or push a weight into place, hold the position for 1 second, and take another 2 seconds to return to your starting position. Don't let the weight drop returning it slowly to your support. This is 1 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 2 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.

WORKSHOP LESSON PLAN

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 or other measuring device or app 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.

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.



My Aerobic and Strengthening Activities Log

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

When I did it and for how long:

What I did	Elliptical	Mon	Tues	Wed	Thu	Fri	Sat	Sun	Total hours or minutes

This is the total number of hours or minutes I did these activities this week: _____ hours and _____ minutes

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

When I did it:

What I did	Mon	Tues	Wed	Thu	Fri	Sat	Sun	Total days

This is the total number of hours or minutes I did these activities this week: _____ days

Source: 2008 Physical Activity Guidelines for Americans, Be Active Your Way Guide for Adults. <http://www.health.gov/physicalactivity>

WORKSHOP LESSON PLAN

- 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. To do this:
 - 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.
- Keep track of your physical activity and nutrition goals!
 - Track your physical activity and take small steps to improve your eating habits. You can keep track with a journal or notebook, a website, or a mobile app.
- Presidential Active Lifestyle Award (PALA+): An awards program of the President's Council on Fitness, Sports & Nutrition that promotes physical activity and good nutrition. The 8-week program can help you maintain or improve your health, and is a great way to help manage and reach your health goals.
 - For more information about PALA+, visit www.fitness.gov/participate-in-programs/pala/
 - See the Appendix for a PALA+ log that you can print.

TALKING POINTS

Be Active Your Way As You Get Older (1-2 minutes)

Note to instructors: If you have older adults in the workshop, use this handout to complement the Be Active Your Way: A Factsheet for Adults.

- Regular physical activity is essential for healthy aging. Adults aged 65 years and older gain substantial health benefits from regular physical activity.
- All older adults should avoid inactivity. Some physical activity is better than none, and older adults who participate in any amount of physical activity gain some health benefits.
- Being physically active can help you stay strong and independent as you grow older. It will also make it easier to enjoy other activities, such as shopping at the grocery store, going up the stairs, or playing with grandchildren.
- Older adults need the same amount of physical activity as adults and should do both aerobic and muscle-strengthening physical activity. Balance exercises can also reduce your risk for a fall.

- Review the handout for ways you can be physically active. Choose activities you enjoy and start with at least 10 minutes at a time.
- If you have a chronic condition and are just starting to be physically active, talk with your healthcare provider for guidance on getting started.





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. Find a tracking method that works for you, either by writing down your physical activity using the My Aerobic and Strengthening Activities Log, or by using a website or mobile app.

COMPLETE EVALUATION FORM

(5 minutes)

Fill out the form and give to Instructor.

WORKSHOP		TODAY'S DATE _____				
6		Evaluation				
1 - Strongly Disagree 2 - Disagree 3 - Neither Disagree nor 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 increase my physical activity and record it on the log this week. 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.						

1. **Find Someone Who...**
2. **Be Active Your Way: A Fact Sheet for Adults**
3. **Muscle-Strengthening Exercises**
4. **My Aerobic and Strengthening Activities Log**
5. **How Many Calories Does Physical Activity Use?**
6. **Be Active Your Way As You Get Older**
7. **Evaluation**

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 3 times last week
Feels good after exercising	Tracks how many steps they take each day	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

PHYSICAL ACTIVITY GUIDELINES FOR AMERICANS

Be Active Your Way: A Fact Sheet for Adults

FINDING OUT WHAT KIND OF 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 that 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 8–12 times per session.

PHYSICAL ACTIVITY GUIDELINES FOR AMERICANS

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 hand cyclers (also called ergometers)
- Using your manual wheelchair
- 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.

Be active your way by choosing activities you enjoy!

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: go4life.nia.nih.gov/exercises.



www.cdc.gov/physicalactivity/basics/videos/index.htm

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.

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

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. |
|--|--|------------------|



position. Don't let the weight drop; returning it slowly is very important. This is 1 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 2 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.

MUSCLE-STRENGTHENING EXERCISES

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.



Source: National Institute on Aging, Exercise and Physical Activity: Your Everyday Guide: go4life.nia.nih.gov/exercises.

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.



MUSCLE-STRENGTHENING EXERCISES

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 your 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 remove the chair 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 your 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 remove the chair 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 your other leg.
7. Repeat 8–12 more times with each leg.
8. As you progress, you may want to add ankle weights.



My Aerobic and Strengthening Activities Log

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

When I did it and for how long									
What I did	Effort	Mon	Tues	Wed	Thu	Fri	Sat	Sun	Total hours or minutes
This is the total number of hours or minutes I did these activities this week:									___ hours and ___ minutes

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

What I did	When I did it							
	Mon	Tues	Wed	Thu	Fri	Sat	Sun	Total days
This is the total number of hours or minutes I did these activities this week:								___ days

Source: 2008 Physical Activity Guidelines for Americans, Be Active Your Way: Guide for Adults. 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)
Moderate Physical Activity		
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		
Vigorous Physical Activity		
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 Veterans Affairs MOVE! Weight Management Program, *Calories Burned During Physical Activities*: www.move.va.gov/download/NewHandouts/PhysicalActivity/P03_CaloriesBurnedDuringPhysicalActivities.pdf.

PHYSICAL ACTIVITY GUIDELINES FOR AMERICANS

Be Active Your Way: As You Get Older

FINDING OUT WHAT KIND OF AND HOW MUCH PHYSICAL ACTIVITY YOU NEED.



WHY SHOULD I BE PHYSICALLY ACTIVE?

- Regular physical activity is essential for healthy aging. Being physically active can help you stay strong and independent as you grow older.
- It will also make it easier to enjoy other activities, such as shopping at the grocery store, going up the stairs, or playing with grandchildren.
- In addition to all of the benefits of physical activity for adults, physical activity can also improve cognitive function and functional health in older adults.

WHAT KIND OF PHYSICAL ACTIVITY DO I NEED?

- All older adults should avoid inactivity. You will have some health benefits with any amount of physical activity.
- Older adults benefit from the same amount of physical activity as adults. Check out the list below for some ways you can be physically active.
 - At least 150 minutes (2 hours and 30 minutes) of moderate-intensity physical activity each week. Being active at least 3 days a week is a good goal.
 - At least 2 days a week of muscle-strengthening activities. These are activities such as lifting weights, using resistance bands, using your body weight for resistance (push-ups or sit-ups), climbing stairs, carrying heavy loads, and heavy gardening.
- Include activities that improve balance and reduce your risk of falling. You can do things such as backward walking, sideways walking, heel walking, toe walking, and standing from a sitting position.



HOW DO I DO IT?

- Make physical activity a regular part of your day. Choose activities that you enjoy and can do regularly. Fitting activity into a daily routine can be easy — such as taking a brisk 10 minute walk. Or, join an exercise class. Keep it interesting by trying something different on alternate days. Every little bit adds up and doing something is better than doing nothing.
- Find an activity that is appropriate for your fitness level. If you are not active, start by walking or riding a stationary bike. Strive for at least 10 minutes of exercise at a time and be as active as possible.
- If you have a chronic condition, ask your health-care provider for advice on appropriate types and amounts of physical activity and ways to progress at a safe and steady pace.

PHYSICAL ACTIVITIES FOR OLDER ADULTS: EXAMPLES OF AEROBIC AND MUSCLE-STRENGTHENING.

The intensity of these activities can be either relatively moderate or relatively vigorous, depending on an older adult's level of fitness.

Aerobic	Muscle-Strengthening
<ul style="list-style-type: none">• Walking• Dancing• Swimming• Water aerobics• Jogging• Aerobic exercise classes• Bicycle riding (stationary or on a path)• Some activities of gardening, such as raking and pushing a lawn mower• Tennis• Golf (without a cart)	<ul style="list-style-type: none">• Exercises using exercise bands, weight machines, hand-held weights• Calisthenic exercises (body weight provides resistance to movement)• Digging, lifting, and carrying as part of gardening• Carrying groceries• Some yoga exercises• Some Tai chi exercises

You can meet the Guidelines by doing moderate or vigorous intensity physical activity. If you can talk, but not sing while doing the activity, you are at a moderate intensity. If you are doing a vigorous intensity activity, you can only say a few words.

RESOURCES FOR OLDER ADULTS

- Go4Life website includes resources such as exercise examples, goal setting and resources to start and stay physically active: go4life.nia.nih.gov/mygo4life
- How Much Physical Activity Do Older Adults Need? www.cdc.gov/physicalactivity/basics/older_adults/index.htm
- Benefits of Exercise: nihseniorhealth.gov/exerciseforolderadults/healthbenefits/01.html

Evaluation

1 = Strongly Disagree 2 = Disagree 3 = Neither Disagree nor 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 increase my physical activity and record it on the log this week. 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.

APPENDIX

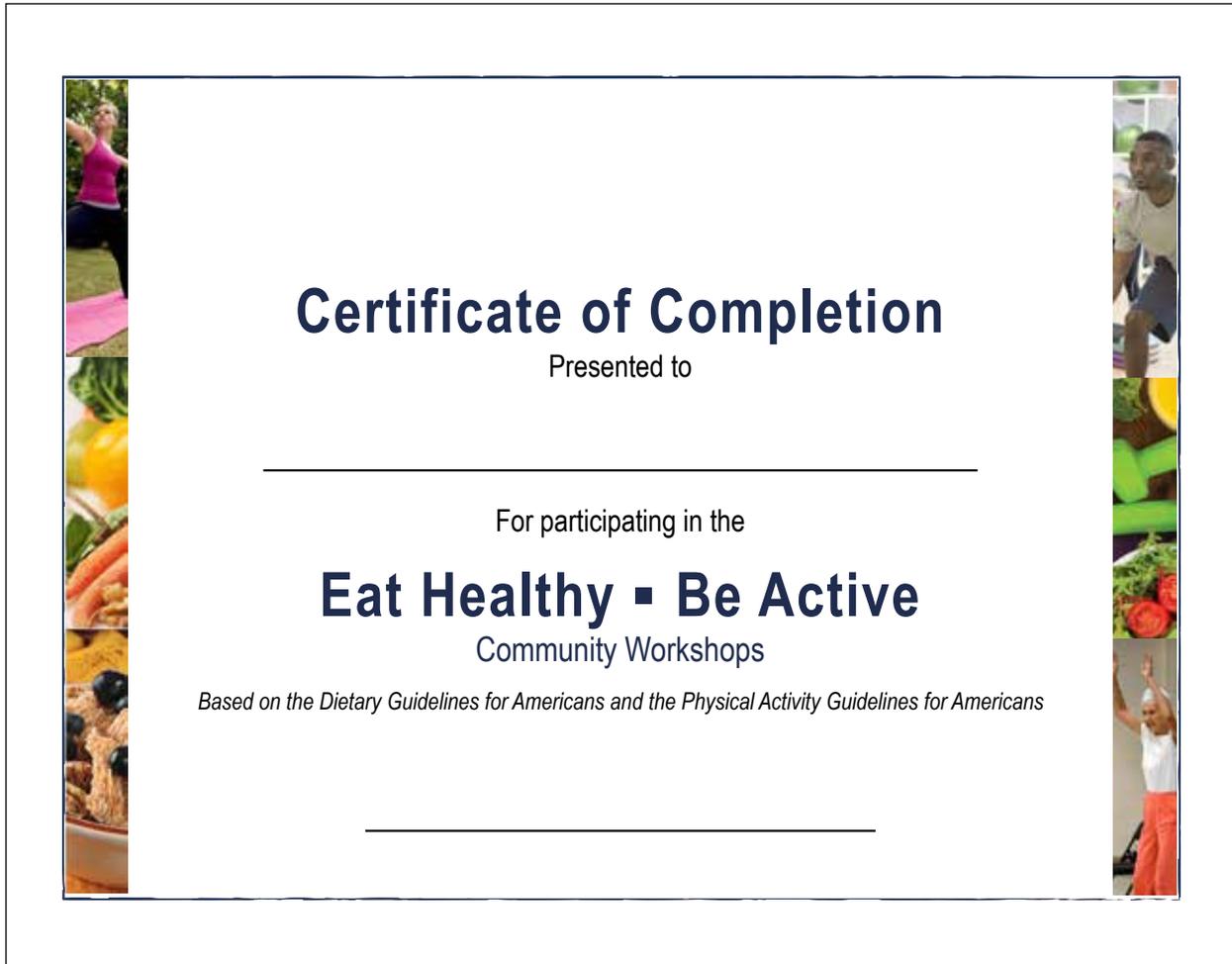
Additional Resources



ODPHP

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Link to source doc: <https://health.gov/dietaryguidelines/workshops/>

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Presidential Active Lifestyle Award (PALA+)

PALA+ is a program of the President's Council on Fitness, Sports & Nutrition that promotes physical activity and good nutrition because it takes both to lead a healthy lifestyle. Anyone age 6 and older who completes PALA+ can earn a free award in recognition of establishing healthy habits. Start a PALA+ program by using this log or online with U.S. Department of Agriculture's SuperTracker.

PALA+ is an 8-week program but can be completed in as few as 6 weeks.

- **Weeks 1-5:** In the first 5 weeks, log your food and physical activity to begin a routine and reach as many goals as you can.
- **Weeks 6-8:** Beginning in week 6, you must reach your weekly physical activity goal and at least 6 of the 9 weekly healthy eating goals, including at least 1 of the dietary limit goals, to complete the program. If you need more time to reach your goals, you can try again in weeks 7 or 8.

Physical Activity Goal

Achieve the PALA+ physical activity goal by reaching the weekly minute goal. **Youth ages 6-17** need to be active for at least 300 minutes (5 hours) per week. **Adults 18 and older** need to be active for at least 150 minutes (2 hours and 30 minutes) per week.

Healthy Eating Goals

With PALA+ you have the freedom to choose what healthy eating goals you want to work on, which allows you to tailor the program to meet your specific needs. See below for tips on how to achieve the PALA+ healthy eating goals.

Tips for the PALA+ Healthy Eating Goals



Focus on Whole Fruit: Aim to choose whole fruits over fruit juice for extra fiber. Fruits may be fresh, canned, frozen, or dried and may be whole, cut-up, or pureed.



Make More of Your Grains Whole: Read the ingredients list and choose products that list a whole-grain ingredient first, such as "whole wheat," "brown rice," or "oatmeal."



Vary Your Veggies: Select a variety of colorful vegetables to get the vitamins, minerals, and fiber your body needs to be healthy. This includes fresh, frozen, or canned varieties.



Move to Fat-Free or Low-Fat Dairy: Dairy products, as well as soy milks, offer calcium, vitamin D, and many other nutrients your body needs.



Vary Your Protein Routine: Meat, poultry, seafood, beans and peas, eggs, processed soy products, nuts, and seeds are considered part of the Protein Foods Group. Select leaner cuts of beef and pork and eat turkey and chicken without skin.



Drink Water Instead of Sugary Drinks: Regular soda and other drinks such as fruit drinks and energy drinks can have added sugars. Instead, reach for a tall glass of water.

Dietary Limit Goals



Select Food With Less Sodium: Read the Nutrition Facts label to compare sodium in packaged foods like soup, canned vegetables, and frozen meals; choose the foods with lower amounts.



Limit Added Sugars: Added sugars increase calories without contributing essential nutrients and include syrups and other caloric sweeteners.



Replace Saturated Fats With Unsaturated Fats: Most saturated fats come from animal products. Choose lower fat dairy and lean options for meat and poultry—like lean beef and grilled chicken breast without the skin.

For more information on how physical activity can help promote health and reduce the risk of chronic disease, and on healthy eating patterns and how to ensure your diet is meeting your nutritional needs, please consult the Physical Activity Guidelines for Americans and Dietary Guidelines for Americans available at health.gov.

Link to source doc: <https://www.hhs.gov/fitness/programs-and-awards/pala/index.html#paper-log>

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Participant Name _____ Age _____

Date Started _____ Date Completed _____

Paper Log Instructions:

Circle each healthy eating goal you achieve. Enter your daily physical activity in minutes and add up the total at the end of the week. Circle the total if your goal is met. Once you achieve your goals in week 6, 7, or 8, you're eligible to receive the PALA+ award certificate at www.fitness.gov!

Healthy Eating Goals (key)

- Focus on Whole Fruits
- Make More of Your Grains Whole
- Select Foods with Less Sodium
- Drink Water Instead of Sugary Drinks
- Move to Fat-Free or Low-Fat Dairy
- Vary Your Veggies
- Vary Your Protein Routine
- Limit Added Sugars
- Replace Saturated Fats with Unsaturated Fats

PARTICIPATION LOG									
WEEK	HEALTHY EATING GOALS	PHYSICAL ACTIVITY GOAL							
		Sun	Mon	Tues	Wed	Thurs	Fri	Sat	Total
1									
2									
3									
4									
5									
6									
7									
8									

Online Instructions:

The PALA+ program can also be completed online using USDA's SuperTracker! Create an account at www.supertracker.usda.gov. You can earn your PALA+ award by logging your food and physical activity to reach your goals.



Link to source doc: <https://www.hhs.gov/fitness/programs-and-awards/pala/index.html#paper-log>

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FOOD SAFETY

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 liquid chlorine bleach per gallon of water. Air-dry.
- Wash fruits and vegetables thoroughly under running water just before eating, cutting, or cooking. Do not wash fruits and vegetables with soap, detergent or commercial produce washes.

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

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 “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.

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.

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	
<i>As measured with a food thermometer</i>	
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.



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ADDITIONAL RESOURCES

There are many more resources and materials to help you promote healthy eating and physical activity in your community. Below are helpful resources for implementing the Dietary Guidelines and Physical Activity Guidelines, including recipes and menus, food labeling, and food safety.

HELPFUL MATERIALS

Dietary Guidelines

[Toolkit for Professionals](#) (from the U.S. Department of Health and Human Services, HHS)

Find tips, messages, and materials that will help you share information from the Dietary Guidelines with your patients, clients, and peers.

- <https://health.gov/dietaryguidelines/2015/resources.asp>
- [How to Build a Healthy Eating Pattern \[PDF - 520 KB\]](#) features tips for making nutritious food and beverage choices a part of your everyday routine.
 - [Spanish: Cómo crear un patrón de alimentación saludable \[PDF - 423 KB\]](#)
- [Shift to Healthier Food & Beverage Choices \[PDF - 332 KB\]](#) offers a closer look at a central Dietary Guidelines concept.
 - [Spanish: Elija alimentos y bebidas más saludables \[PDF - 763 KB\]](#)
- [Cut Down on Added Sugars \[PDF - 353 KB\]](#) offers a how-to guide for reducing added sugars.
 - [Spanish: Consuma menos azúcares agregados \[PDF - 903 KB\]](#)
- [Cut Down on Sodium \[PDF – 821 KB\]](#) offers a how-to guide for reducing sodium.
 - [Spanish: Consuma menos sodio \[PDF - 362 KB\]](#)
- [Cut Down on Saturated Fats \[PDF – 772 KB\]](#) offers a how-to guide for reducing saturated fats.
 - [Spanish: Consuma menos grasas saturadas \[PDF - 357 KB\]](#)

[MyPlate Tip Sheets](#) (from the U.S. Department of Agriculture)

USDA provides *MyPlate Tip Sheets* for consumers and professionals with high-quality, easy-to-follow tips in a convenient, printable format. These are perfect for posting on a refrigerator or wall.

A *MyPlate Tip Sheet* is included in each of the six workshops. There are many other helpful tip sheets in the series, with more being added:

- <https://www.choosemyplate.gov/ten-tips>
- <https://www.choosemyplate.gov/printable-materials>

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OTHER 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:* www.dietaryguidelines.gov
- *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 the Surgeon General:
 - Active Living: <https://www.surgeongeneral.gov/priorities/prevention/strategy/active-living.html>
 - Healthy Eating: <https://www.surgeongeneral.gov/priorities/prevention/strategy/healthy-eating.html>
- Centers for Disease Control and Prevention:
 - <http://www.cdc.gov/nutrition/index.html>
 - <http://www.cdc.gov/healthyschools/nutrition/schoolnutrition.htm>
 - <http://www.cdc.gov/workplacehealthpromotion/health-strategies/nutrition/index.html>
- Food and Drug Administration:
 - <http://www.fda.gov/Food/default.htm>
 - <https://www.fda.gov/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/LabelingNutrition/ucm385663.htm#images>
- National Institutes of Health — *We Can!* (Ways to Enhance Children's Activity and Nutrition):
 - <http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/>
 - https://ods.od.nih.gov/HealthInformation/DS_WhatYouNeedToKnow.aspx

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>

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- 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>
- <https://www.fns.usda.gov/tn/team-nutrition-recipes-and-cookbook-toolkit>
- <https://healthyeating.nhlbi.nih.gov/>
- <http://www.whatscooking.fns.usda.gov/>

Food Safety

- Your Gateway to Food Safety Information: <https://www.foodsafety.gov>
- Check Your Steps: <http://www.foodsafety.gov/keep/basics/>
- USDA Educational Materials : <http://www.fsis.usda.gov/wps/portal/fsis/topics/food-safety-education>
- Safe Food Handling: http://www.fsis.usda.gov/wps/portal/fsis/topics/food-safety-education/get-answers/food-safety-fact-sheets/safe-food-handling/basics-for-handling-food-safely/ct_index
- CDC Vital Signs, Making Food Safer to Eat: <http://www.cdc.gov/vitalsigns/FoodSafety/index.html>

Nutrition Facts Label and Programs from the FDA

- <http://www.fda.gov/Food/IngredientsPackagingLabeling/LabelingNutrition/ucm20026097.htm>
- <https://www.fda.gov/Food/ResourcesForYou/default.htm>

Portion Sizes

- Portion Distortion Quiz from NHLBI: <http://www.nhlbi.nih.gov/health/educational/wecan/eat-right/portion-distortion.htm>
- How Many Fruits and Vegetables Do You Need?: <http://www.fruitsandveggiesmorematters.org/>
- Just Enough for You: http://www.win.niddk.nih.gov/publications/just_enough.htm

Body Mass Index (BMI)

- <http://www.cdc.gov/healthyweight/assessing/bmi/>
- http://www.nhlbi.nih.gov/health/educational/lose_wt/BMI/bmicalc.htm

Physical Activity

- *Physical Activity Guidelines for Americans*: www.health.gov/paguidelines
- President's Council on Fitness, Sports & Nutrition: <http://www.fitness.gov>

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- Centers for Disease Control and Prevention
 - <http://www.cdc.gov/nccdphp/dnpa/physical/index.htm>
 - <http://www.cdc.gov/healthyschools/physicalactivity/guidelines.htm>
 - <http://www.cdc.gov/physicalactivity/worksites-pa/index.htm>
- National Physical Activity Plan: <http://www.physicalactivityplan.org>

Resources for Older Adults

- Healthy Eating As We Age: <https://www.choosemyplate.gov/older-adults>
- Choosing Healthy Meals as You Get Older: <https://www.choosemyplate.gov/ten-tips-choosing-healthy-meals-you-get-older>
- National Institute on Aging Healthy Eating: <https://www.nia.nih.gov/health/healthy-eating>
- Go4Life from the National Institute on Aging : <https://go4life.nia.nih.gov/mygo4life>
- How Much Physical Activity Do Older Adults Need?: <https://www.cdc.gov/physicalactivity/basics/older-adults/index.htm>
- Benefits of Exercise: <https://nihseniorhealth.gov/exerciseforolderadults/healthbenefits/01.html>

ANSWERING QUESTIONS ABOUT THE GUIDELINES

The following information has been extracted from frequently asked questions for each set of guidelines. A complete set of questions and answers can be found at www.DietaryGuidelines.gov and <https://health.gov/paguidelines>

Dietary Guidelines for Americans

What are the Dietary Guidelines?

The Dietary Guidelines provides advice for making food and beverage choices that promote good health and a healthy weight and help prevent disease. The advice is based on a rigorous review of the scientific evidence through a transparent and systematic 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 Dietary Guidelines are released by the Secretaries of the United States Department of Agriculture (USDA) and Health and Human Services (HHS) every 5 years.

Why are the Dietary Guidelines important?

The Dietary Guidelines provides the scientific basis for the government to speak in a consistent manner about nutrition and health. It helps inform federal nutrition policy, education, outreach, and food assistance programs used by consumers, industry, nutrition educators, and health professionals. All federal nutrition education for the public is required to be consistent with the Dietary Guidelines. As such, it is used in the development of materials, messages, tools, and programs to communicate healthy eating. For additional information, visit www.DietaryGuidelines.gov.

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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 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.



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