Spring 2017

Wellness Wednesday: Community Nutrition Education

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Honors Research Project

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Wellness Wednesday Curriculum Outline

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- Facilitator notes
- "Heart Healthy Eating" handout
- Activity: Spotting the AHA symbol
- Shopping and Materials list
- Black Bean Salsa recipe
- Additional resources
- Evaluations

Lesson 2: Mindful Eating

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- Activity: Mindful Chocolate Eating
- Shopping and Materials list
- Fruit and Yogurt Parfait recipe
- Additional resources
- Evaluations

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- Shopping and Materials list
- Homemade Strawberry Vinaigrette Dressing recipe
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- Evaluations

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- "Small Changes for Healthy Lives" handout
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Lesson 5: Sodium

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- Additional resources
- Evaluations

Lesson 1:

Heart Healthy Eating

Objectives:

1. Participants will be able to recall one method to seasoning foods without salt with a 75% accuracy.

2. Participants with be able to identify the 'American Heart Association Certified' Symbol on food packages with a 75% accuracy.

Heart Healthy Eating
Facilitator Notes

Introduction:

- Introduce self and state monthly topic: Heart Healthy Eating
- How many people in the room know someone who is affected by a cardiovascular (or heart) condition of some type?
- Probably everyone in the room knows at least one person with a heart condition
- Heart disease is the leading cause of death in the United States[1]
- Over 600,000 Americans die each year due to heart disease[1]
- Things like smoking, not exercising, and a poor diet can increase your risk of getting heart diseaese[1]
- There *are* ways to prevent heart disease – one of them is eating a heart healthy diet
- Today, we will discuss ways you can practice heart healthy eating

*Body: *Use "Heart Healthy Eating" Handout as guide*

- There are certain types of foods that we can increase in the diet to promote heart health:
    - Omega-3 fats: found in fish, walnuts, and canola oil
    - Fiber: found in fruits, vegetables, whole grains, and beans
- Other types of foods do damage to our hearts over time, so aim for less of these in the diet:
    - Saturated and Trans fats: found in whole milk, butter, and fatty types of meat
    - Cholesterol: found in cheese and egg yolks
    - Sodium (or salt): found in packaged foods, deli meats, and condiments
- Consuming too much sodium can raise blood pressure and contribute to heart disease
- The American Heart Association recommends no more than 2,400 mg of sodium per day, or 1,500 mg if you already have a heart condition[2]
- There are many ways to season our foods without using salt. Some ideas include:
    - Lemon juice, lime juice, or vinegar
    - Fresh herbs and spices such as onions and garlic
    - Hot sauce
    - Mrs. Dash products
- Can anyone else think of creative ways to season foods without salt?
- Lastly, there are simple swaps you can make at the grocery store that will promote a more heart healthy diet:
    - Choose frozen or canned vegetables without added salt. If you are buying canned goods, rinsing them off before eating can help to reduce the sodium
    - Choose margarine with "0 grams of trans fat" rather than butter
    - Select cuts of meat that are "lean" and "round" – as these cuts contain less fat
    - Cook with oils that are low in saturated fat. These include: canola, olive, corn, and sunflower

- When you are at the grocery store, you can also look for the 'American Heart Association Certified' symbol (reference top of handout for example)
- To wrap up today, we will do an activity to see if everyone can spot the AHA symbol on some common foods
- Complete activity per instructions

Closing:

- Ask for questions
- Introduce recipe: Black Bean Salsa
- Thank you!

Sources:

1. Heart Disease Facts. Center for Disease Control and Prevention Web site. https://www.cdc.gov/heartdisease/facts.htm. Updated August 10, 2015. Accessed March 29, 2017.

2. The American Heart Association's Diet and Lifestyle Recommendations. American Heart Association Web site. http://www.heart.org/HEARTORG/HealthyLiving/HealthyEating/Nutrition/The-American-Heart-Associations-Diet-and-Lifestyle-Recommendations_UCM_305855_Article.jsp#.WNvrkneZP-Y. Updated August 2015. Accessed March 29, 2017.

Heart Healthy Eating

Look for this symbol at the grocery store!

American Heart Association CERTIFIED Meets Criteria For Heart-Healthy Food

MORE

Omega-3 Fats from: fish, walnuts, and canola oil

Fiber from: fruits, vegetables, whole grains, and beans

LESS

Saturated & Trans Fats from: whole milk, butter, and fatty meats

Cholesterol from: cheese and egg yolks

Sodium from: packaged foods, deli meat, and condiments

Season Without Salt:

- ♥ Lemon juice, lime juice, or vinegar
- ♥ Fresh herbs and spices such as onions and garlic
- ♥ Hot sauce
- ♥ Mrs. Dash products

Shopping Tips:

- ♥ Choose frozen or canned vegetables without added sugar or salt
- ♥ Look for margarine with "0g of trans fat" rather than butter
- ♥ Select cuts of meat labeled "loin" or "round" for lower fat options
- ♥ Choose oils low in saturated fat and cholesterol such as canola, olive, corn, sunflower oil

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Heart Healthy Eating
Activity: Spotting the AHA Symbol

Materials:

- 3 Example food packages *with* the American Heart Association Symbol
- Possible examples:
  - Canned tuna/chicken
  - Walnuts
  - Oatmeal
- 3 Example food packages *without* the American Heart Association Symbol
- Possible examples:
  - Canned Soup
  - Crackers/pretzels
  - Canned vegetables

Instructions:

1. Distribute food packages/labels to participants (pass around room)
2. Encourage participants to look critically at the food label in front of them
3. Ask each participant if they can identify a heart healthy food, as indicated by the AHA symbol
4. Encourage participants to look at other parts of the food label as well, such as: saturated fat, unsaturated fat, and trans fat
5. Ask for questions

Heart Healthy Eating
Black Bean Salsa Food Demo Shopping & Materials List

Shopping List:

- 1 can low-sodium black beans
- 1 can low-sodium corn
- 1 bell pepper
- 1 red onion
- Minced garlic
- Fresh cilantro
- Cider vinegar
- Olive oil
- Lime (or lime juice)
- Whole wheat crackers

Materials List:

- Large serving bowl
- Serving spoon
- Can opener
- Small cutting board
- Knife
- Measuring cups
  - ½ cup
- Measuring spoons
  - 1 Tablespoon
  - 1 teaspoon
- Paper bowls
- Plastic spoons
- Napkins
- Bottled water

Black Bean Salsa

Serve this black bean salsa chilled as a great side salad to a meal or warm in the microwave and use as a filling for tacos or topping for chicken!

Ingredients:

- 1 15.5- oz. canned, no-salt-added or low-sodium black beans, drained
- 1 15- oz. canned, no-salt-added or low-sodium kernel corn
- 1 medium diced bell pepper
- 1/2 cup red onion, diced
- 1 tsp. minced garlic from jar
- 2 Tbsp. chopped cilantro
- 2 Tbsp. cider vinegar
- 3 Tbsp. extra virgin olive oil
- 1 juice of lime

Directions:

- Toss all ingredients together in a large mixing bowl.
- Chill for at least 1 hour, then serve with whole wheat crackers, on top of chicken, or as a side dish

Adapted from the American Heart Association

Heart Healthy Eating
Additional Resources

1. Heart Disease Facts. Center for Disease Control and Prevention Web site. https://www.cdc.gov/heartdisease/facts.htm. Updated August 10, 2015. Accessed March 29, 2017.

2. The American Heart Association's Diet and Lifestyle Recommendations. American Heart Association Web site. http://www.heart.org/HEARTORG/HealthyLiving/HealthyEating/Nutrition/The-American-Heart-Associations-Diet-and-Lifestyle-Recommendations_UCM_305855_Article.jsp#.WNvrkneZP-Y. Updated August 2015. Accessed March 29, 2017.

3. How to Eat Healthy without "Dieting." American Heart Association Web site. https://healthyforgood.heart.org/eat-smart/articles/how-to-eat-healthy-without-dieting. Updated January 10, 2017. Accessed March 29, 2017.

4. Heart Health. United States Department of Agriculture Web site. https://www.nal.usda.gov/fnic/heart-health-0. Accessed March 29, 2017.

5. Millen BE, Wolongevicz DM, de Jesus JM, et al. 2013 American Heart Association/American College of Cardiology guideline on lifestyle management to reduce cardiovascular risk: practice opportunities for Registered Dietitian Nutritionists. *JAND.* 2014;114(11):1723-1729.

6. Johnson RK, Lichtenstein AH, Kris-Etherton PM, et al. Enhanced and updated American Heart Association heart-check front-of-package symbol: efforts to help consumers identify healthier food choices. *JAND.* 2015;115(6):876-884.

Wellness Wednesday Participant Evaluations: Heart Healthy Eating					Total: 24
Questions	**Strongly Agree**	**Agree**	**Disagree**	**Strongly Disagree**	**N/A**
1. Today's topic was interesting to me	17	7	0	0	0
2. I plan on using something that I learned today to improve my health and/or wellness	15	9	0	0	0
3. I learned something new about today's topic	17	7	0	0	0
4. The presenters were knowledgeable about their topic	20	4	0	0	0
5. I liked the way the presenters spoke about their topic and the handouts they use	17	6	0	0	1
6. The presenters were respectful and acted like they wanted to be here	19	4	0	0	1
7. I am happy I came to today's meeting	20	3	0	0	1
Comments:					
"I loved the topic"					
"Keep giving health tips"					
"Trying to eat better AGAIN"					
"Come back again with literature on food and what it contains"					

Lesson 2:

Mindful Eating

Objectives:

1. Participants will be able to recall one benefit to mindful eating when verbally quizzed with a 50% accuracy.

2. Participants with be able to identify one portion of the "Mindful Eating Cycle" with a 50% accuracy.

Mindful Eating
Facilitator Notes

Introduction:

- Introduce self and state monthly topic: Mindful Eating
- Has anyone ever heard of the concept "mindful eating"?
- What does the word "mindfulness" mean to you?
- Are there any ways that you currently practice mindfulness in your everyday life?
- Today, we will talk about what mindfulness truly means and how it can help you

*Body: *Use "Love Your Body Through Mindful Eating" Handout as guide*

- Mindfulness means paying attention to thoughts, emotions, and physical feelings in the present moment[1]
- Involves listening to hunger, fullness, and satiety cues[1]
- How, when, why, and where you are can be just as important as what you eat
- Can be used by anyone – no matter your age, lifestyle, or health status
- Why do you think this could be beneficial to us?
    - Stops over eating, could help with weight loss, could help to manage health conditions such as Type II Diabetes[2]
    - What else can you think of?
- Mindful eating break down
    1. Slow down
        a. Take breaks between bites
        b. Chew more slowly
    2. Eat away from distractions such as the television, cell phone, or in the car
    3. Listen to the body's hunger and fullness cues
    4. Focus on food's texture, flavor, and quality
- Does anyone think that they could see themselves practicing some of these techniques?
- Let's try it together
- Complete activity per instructions

Closing:

- Ask for questions
- Introduce recipe: Yogurt Parfaits
- Thank you!

Sources:

1. Mathieu J. What should you know about mindful and intuitive eating? *J Am Diet Assoc.* 2009;109(12):1982-1987.
2. Intuitive Eating. Nutrition 411 Web site. http://www.consultant360.com/n411/content/intuitive-eating. Updated January 12, 2017. Accessed March 29, 2017

Love Your Body Through Mindful Eating!

Mindfulness = paying attention to thoughts, emotions, and physical feelings in the present moment

What is Mindful Eating?

- Listening and responding to the body's feelings
- Noticing **how**, **when**, **why**, and **where** you eat
- Can be used by anyone – no matter your age, lifestyle, or health status

How to Eat Mindfully

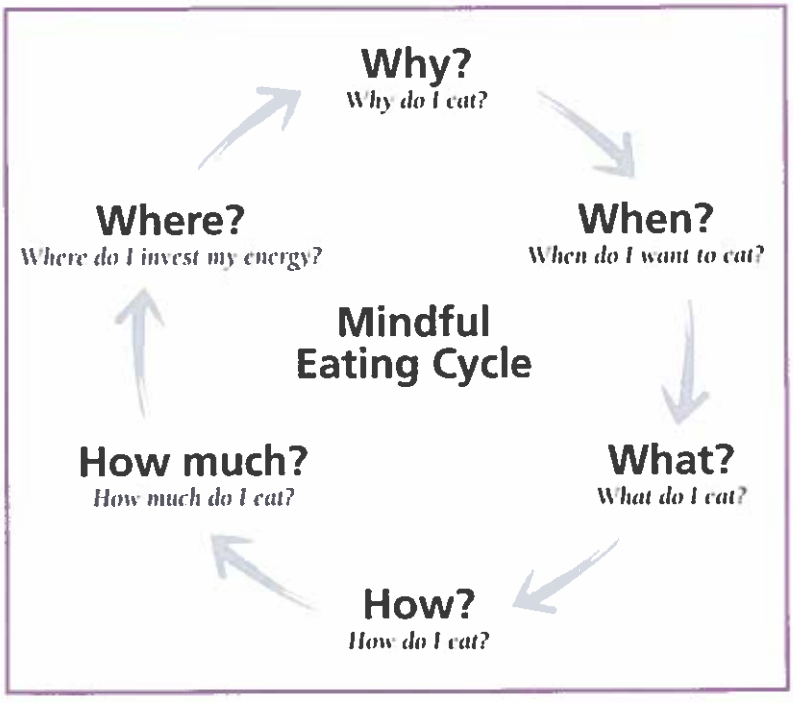
1. Slow down
    - Take breaks between bites
    - Chew more slowly
2. Eat away from distractions such as the television or cell phone
3. Listen to the body's hunger and fullness cues
4. Focus on food's texture, flavor, and quality

Benefits

Stops overeating

Promotes weight loss

Helps to manage Type 2 Diabetes



Mindful Eating
Activity: Mindful Chocolate Eating

Materials:

- 1 bag of dark chocolates
- Guided script (see below)

Instructions:

1. Distribute one chocolate to each participate – instruct them not to eat immediately
2. Tell the audience that they will be led through a short, guided mindfulness practice while eating the chocolate
3. Follow the script below and read aloud to audience:

- ***Holding:*** "First, take the piece of chocolate and hold it in the palm of your hand. Focus on this single piece"
- ***Seeing:*** "Take time to really see your piece of chocolate and give it your full attention"
- ***Touching:*** "Notice how the piece of chocolate feels in your hands. The texture of the wrapper. At this time, you may unwrap your piece of chocolate."
- ***Smelling:*** "Close your eyes and bring the chocolate up to your nose and with each inhalation, notice any aroma that may arise. Notice anything that may be happening to your mouth or stomach when you do so."
- ***Placing:*** "Now slowly bring the chocolate to your lips, noticing how your hand and arm know exactly where to position it even with eyes closed. Gently place the piece of chocolate in your mouth, without chewing yet. Spend a few moments exploring the sensation of the chocolate on your tongue."
- ***Tasting:*** "Allow the chocolate to melt slowly in your mouth. If you wish, you may consciously take one or two bites of the chocolate and notice what happens in the aftermath, experiencing any waves of taste. Again, take time to pay attention to the texture and the sensation of the chocolate"
- ***Swallowing:*** "When you are ready, you may swallow the chocolate. See if you can feel what is left of the chocolate moving down your throat and into the stomach. Before opening your eyes, take a brief moment to sense how the body is feeling as a whole after completing this exercise in mindful eating"

This mindful eating exercise was adapted from West Virginia University's "Eating One Raisin: A First Taste of Mindfulness" and The Mindful Way through Depression: Freeing Yourself from Chronic Unhappiness

Mindful Eating
Fruit and Yogurt Parfaits Food Demo Shopping & Materials List

Shopping List:

- 1 Container plain nonfat Greek yogurt
- Honey
- Almonds
- 1 Carton blueberries
- 1 Carton raspberries

Materials List:

- Large mixing bowl
- Mixing spoon
- Measuring cups
    - 1 cup
- Measuring spoons
    - 1 teaspoon
- Knife (to chop nuts)
- Small cutting board
- Parfait cups
- Napkins
- Plastic spoons
- Bottled water

Fruit and Yogurt Parfaits

Ingredients:

- 1 Cup Nonfat Greek Yogurt
- 4 Teaspoons Honey
- 4 Teaspoons Chopped Nuts
- ½ Cup Mixed Berries

Directions:

1. In a small bowl, combine the vanilla yogurt with the honey
2. Spoon the yogurt into 4 small glasses or bowls
3. Add 1 teaspoon of chopped nuts and a handful of berries to each glass
4. Serve immediately or chill

Enjoy as a great alternative to ice cream!

Adapted from the Academy of Nutrition and Dietetics

Mindful Eating
Additional Resources

1. Mathieu J. What should you know about mindful and intuitive eating? *J Am Diet Assoc.* 2009;109(12):1982-1987.

2. Intuitive Eating. Nutrition 411 Web site. http://www.consultant360.com/n411/content/intuitive-eating. Updated January 12, 2017. Accessed March 29, 2017.

3. The Principles of Mindful Eating. The Center for Mindful Eating Web site. http://thecenterformindfuleating.org/Principles-Mindful-Eating. Accessed March 29, 2017.

4. 8 Steps to Mindful Eating. Harvard Health Publications Web site. http://www.health.harvard.edu/staying-healthy/8-steps-to-mindful-eating. Published January 2016. Accessed March 29, 2017.

5. Hinzey, EM. Mindful Eating Log. Nutrition 411 Web site. http://www.consultant360.com/n411/content/mindful-eating-log. Updated January 11, 2017. Accessed March 29, 2017.

6. Eating One Raisin: A First Taste of Mindfulness. West Virginia University Extension Services Web Site. http://hfhc.ext.wvu.edu/r/download/114469. Accessed March 29, 2017.

7. Williams M, Teasdale J, Segal Z, et al. *The Mindful Way through Depression: Freeing Yourself from Chronic Unhappiness.* New York, NY: The Guilford Press; 2012.

Wellness Wednesday Participant Evaluations: Mindful Eating					Total: 16
Questions	**Strongly Agree**	**Agree**	**Disagree**	**Strongly Disagree**	**N/A**
1. Today's topic was interesting to me	10	6	0	0	0
2. I plan on using something that I learned today to improve my health and/or wellness	9	5	0	0	2
3. I learned something new about today's topic	5	8	1	0	2
4. The presenters were knowledgeable about their topic	12	4	0	0	0
5. I liked the way the presenters spoke about their topic and the handouts they use	11	5	0	0	0
6. The presenters were respectful and acted like they wanted to be here	13	3	0	0	0
7. I am happy I came to today's meeting	13	3	0	0	0
Comments:					
"I want to be more positive with my body as a whole"					
"I do like being here (free food!)"					
"Newly joined I am satisfied with the materials"					
"Great group of girls, great topics"					
"Very good food"					

Lesson 3:

Nutrition Label Reading

Objectives:

1. When asked verbally, the audience will be able to describe the purpose of nutrition labels with 75% accuracy.

2. When verbally quizzed during the group practice activity, participants will be able to differentiate components of a food package (nutrition facts, ingredients list, etc.) with 75% accuracy.

Nutrition Label Reading
Facilitator Notes

Introduction:

- Introduce self and state monthly topic: Nutrition Label Reading
- Has everyone seen nutrition labels on food packages before?
- How many of you have ever been confused about what they read on the label or what some of it means?
- It can definitely be confusing to interpret all of that information – so today my goal is to clarify what the information on nutrition labels mean and help you to use them in the future to make healthy food choices

*Body: *Use "Nutrition Label Reading Guide" Handout as guide*

- Food labels were created for consumers to make better informed choices about what goes into their food[1]
- It is also an incentive for food manufacturers to improve the quality of their products[1]
- The elements of a food label include:
    1. Identity of product
    2. Ingredients
    3. Amount
    4. Name/place of business
    5. Nutrition information *Our main focus for today
- Breaking down the label
    a. Serving Size (Green)
        i. Tells how many servings are in one package and how big one portion is (measured in cups, pieces, etc.)
        ii. All of the nutrition information below is based on one serving of the food
        iii. This is extremely important to note
            - Ex: If the nutrition label has the information for one serving of 10 chips, but you eat 30 chips, there will be a huge difference!
        iv. Always start here!
    b. Calories (Grey)
        i. This will list the amount of calories in one serving of the food – so again it is really important to note how much you are actually eating
        ii. Also lists the calories from fat, which will give you a good idea if the food is high in fat or not
        iii. In general: 40 calories is low, 100 calories is moderate, and 400 calories is high
    c. Limited Nutrients (Yellow)
        i. The next section of information lists nutrients that we want to limit in the daily diet to promote health → fat, cholesterol, and sodium

ii. We know in particular that you want to limit saturated fat foods to reduce risk of heart disease and limit sodium to reduce high blood pressure

d. Encouraged Nutrients (Red)
   i. These are nutrients that we want to consume a lot of to promote health → fiber, vitamins, and minerals
e. Percent Daily Value (Purple)
   i. Column of percentages explains how each nutrient contributes to your total daily consumption
   ii. <5% = low and >20% = high
   iii. Rule applies to both the limited and encouraged nutrients
   iv. Based on a 2,000 calorie diet
f. Footnote with DV (Blue)
   i. Provides a basis to show total daily amounts
   ii. This one shows both a 2,000 calorie and 2,500 calorie example

- Please, hang this chart on your refrigerator to use as a reference!
- Ingredients List
  - Know that the ingredients are always listed in descending order – so whatever is highest in content will be listed at the top
  - Many things you see here will be long confusing names of preservatives

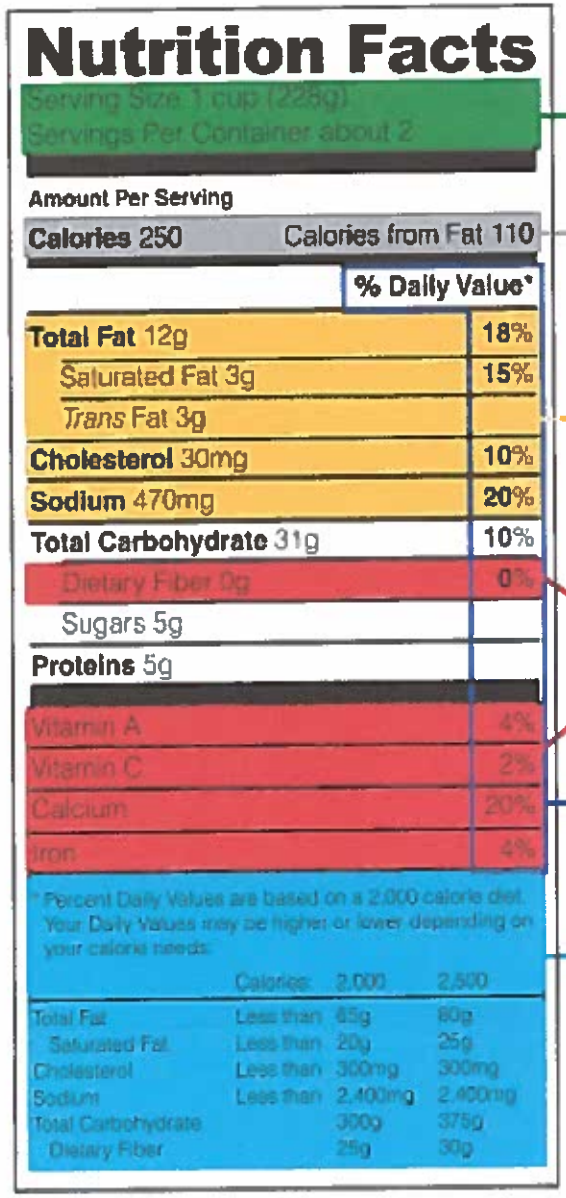
Closing:

- I hope I cleared up some of the confusion around nutrition label reading
- Ask for questions
- Introduce recipe: Strawberry Vinaigrette
- Thank you!

Sources:

1. How to Understand and Use the Nutrition Facts Label. U.S. Food and Drug Administration Web site. https://www.fda.gov/Food/IngredientsPackagingLabeling/LabelingNutrition/ucm274593.htm. Updated November 2004. Accessed March 29, 2017.

Nutrition Label Reading Guide



1 **Serving Size** → Describes how big one serving size is (measured in cups, ounces, pieces). Also describes how many servings are in one container.

2 **Amount of Calories** → Shows the amount of calories and calories from fat in one serving of the food item.

3 **Limit these Nutrients** → Limit this group of nutrients (fat, cholesterol, and sodium) to decrease risk of chronic diseases.

4 **Get Enough of these Nutrients** → These nutrients (fiber, vitamins, calcium and iron) promote good health.

5 **Percent (%) Daily Value** → This column explains how each nutrient contributes to your daily needs, based on a 2,000 calorie diet (5% or less = low and 20% or more = high).

6 **Footnote with Daily Values (DVs)** → This is a guide to help show what your general daily intake should look like.

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Nutrition Label Reading
Activity: Label Reading Practice

Materials:

- 10-15 example food labels from a variety of foods (cereal, rice, crackers, soup, granola bars, brownies, bread, etc.)

Instructions:

1. Distribute food labels to participants. Ensure that each participant has at least one food label in front of him or her
2. Encourage participants to reference their "Nutrition Label Reading Guide" handout during this activity
3. Going around the room, ask each participant to locate a component of the food label (nutrition facts, ingredients list, manufacturer, etc.) and show it to the rest of the group
4. Ask participants to identify the amount of **calories** in their food product and read aloud to the group – ensure that the participants account for portion sizes
5. Repeat step 5 for **fat, sodium, carbohydrates,** or other desired nutrients
6. Encourage participants to share thoughts and think critically about the label they have in front of them. Use prompts:
    a. Were you surprised by the amount of calories in one serving?
    b. Would you consider the food in front of you a healthy option?
    c. How do you think some of your other favorite foods compare?
7. Ask for questions

Nutrition Label Reading
Strawberry Vinaigrette Food Demo Shopping & Materials List

Shopping List:

- Rice vinegar
- Lemon juice
- Garlic
- Fresh chives
- Fresh basil
- Fresh parsley
- Strawberries
- Mixed salad greens

Materials List:

- Blender
- Measuring spoons
    - Tablespoon, teaspoon
- Knife
- Cutting board
- Large mixing bowl
- Spoon/spatula
- Serving bowls
- Forks
- Napkins
- Bottled water

Homemade Strawberry Vinaigrette Dressing

Ingredients:

- 2 Tbsp. Rice Wine Vinegar
- 2 Tbsp. Lemon Juice
- 1 Garlic Clove, peeled
- 1 Tablespoon Fresh Chives
- 4 tsp. Fresh Basil Leaves
- 4 tsp. Italian Parsley Leaves
- ½ tsp. Salt
- 1 tsp. Black Pepper
- 1 Pound Strawberries

Directions:

1. Chop all fresh herbs.
2. Place all ingredients into a blender and blend at a high speed for 30 to 40 seconds, or until smooth.
3. Serve with salad greens.

Compare the ingredients in this homemade salad dressing to the ingredients in a store-bought dressing!

Adapted from Vitamix's Strawberry Vinaigrette

Nutrition Label Reading
Additional Resources

1. How to Understand and Use the Nutrition Facts Label. U.S. Food and Drug Administration Web site. https://www.fda.gov/Food/IngredientsPackagingLabeling/LabelingNutrition/ucm274593.htm. Updated November 2004. Accessed March 29, 2017.

2. U.S Food and Drug Administration. *Using the Nutrition Facts Label: A How-To Guide for Older Adults.* 2015.

3. U.S Department of Health and Human Service and U.S Department of Agriculture. *Eating Healthier and Feeling Better Using the Nutrition Facts Label.* 2006.

Wellness Wednesday Participant Evaluations: Nutrition Label Reading					Total: 11
Questions	**Strongly Agree**	**Agree**	**Disagree**	**Strongly Disagree**	**N/A**
1. Today's topic was interesting to me	6	5	0	0	0
2. I plan on using something that I learned today to improve my health and/or wellness	5	5	0	1	0
3. I learned something new about today's topic	6	5	0	0	0
4. The presenters were knowledgeable about their topic	7	3	0	1	0
5. I liked the way the presenters spoke about their topic and the handouts they use	7	3	0	1	0
6. The presenters were respectful and acted like they wanted to be here	6	3	0	1	1
7. I am happy I came to today's meeting	8	2	0	1	0
Comments:					
"I want to eat healthier and know what is going into my body"					
"The dressing was delicious"					

Lesson 4:

Small Changes for Healthy Lives

Objectives:

1. Participants will be able to recall one possible lifestyle change discussed during the program with a 75% accuracy.

2. Participants with be able to apply one of the suggested lifestyle changes through verbal examples with 50% accuracy.

Small Changes for Healthy Lives
Facilitator Notes

Introduction:

- Introduce self and state monthly topic: Small changes for healthy lives
- The theme for this month and something we will carry on for the rest of the semester is all about goal setting
- We have all set some type of goal before in our lives, for example my current goal is to graduate from college. Would anyone like to share on of his or her goals?
- Now what about pertaining to health – does anyone have goals surrounding that?
- Many of our goals are "big picture" such as lose 10 pounds, or eat healthier, or exercise more. Those are all awesome goals! But let's begin to think about the smaller steps that you can take to achieve those goals...
    - What will you actually do to lose 10 pounds?
    - What does "healthy eating" mean to you?
    - How often are you going to exercise and what type will you do?
- These are all questions to take into consideration when setting big goals
- Today, let's talk about some small, realistic changes we can make to help you reach your big picture goals

*Body: *Use "Small Changes for Healthy Lives" Handout as guide*

- Many of us have the goal to "eat healthier" – so let's talk about specific and realistic ways we can actually do that
- Recently, our government released new guidelines for healthy eating called the "Dietary Guidelines" – has anyone heard any news about these?
- They say that about half of all American adults have one or more preventable, **diet-related** chronic diseases, including cardiovascular disease, type 2 diabetes, and overweight and obesity[1]
- Fortunately though, science shows that "healthy eating patterns and regular physical activity can help people achieve and maintain good health and reduce the risk of chronic disease throughout all stages of the lifespan"[1]
- All of the small tips and changes that we will discuss today go along with the recommendations made by the 2015-2020 Dietary Guidelines
- So let's begin!
    1. Choose whole grain breads and pastas – these provide more fiber in the diet than refined grains do. The goal is to make half of your grains whole. Does anyone know how to tell if a product is whole grain by looking at it?
    2. Vary your veggies: choose red, green, yellow, and orange vegetables – we often get stuck in a rut of eating the same vegetables over and over again, but try to mix it up from week to week to make sure that you are getting a wide variety of vitamins and minerals from the vegetables.
    3. Focus on whole fruits rather than fruit juices – fruit juice can still provide some benefits such as vitamin C; however, during the juicing process, most of the fiber

found in fruit is removed, and sometimes extra sugar is added. When you have the option, choose the whole piece of fruit

4. Switch to low fat and fat free dairy – this is a very small change that can make a big difference in the amount of calories and fat you are eating in a day. If you have trouble adjusting to the taste, try mixing at first and "weaning" yourself off. For example, if you normally drink whole milk and wish to switch to 2%, mix the two together for a while and adjust to that taste. Then you can slowly add less and less of the whole milk until you are used to 2%.
5. Mix up protein to include eggs, beans, seafood, nuts, and seeds – one of the key things to remember here is to incorporate lean sources of protein. Can we name some examples of lean proteins and more fatty proteins?
6. Begin to notice the sodium, fat, and sugars found in your food - we can do this simply by paying more attention to the nutrition labels on food packages. Looking at the amount of sodium, fat, and sugar and the percent daily values may get you thinking about the foods you are choosing!

Closing:

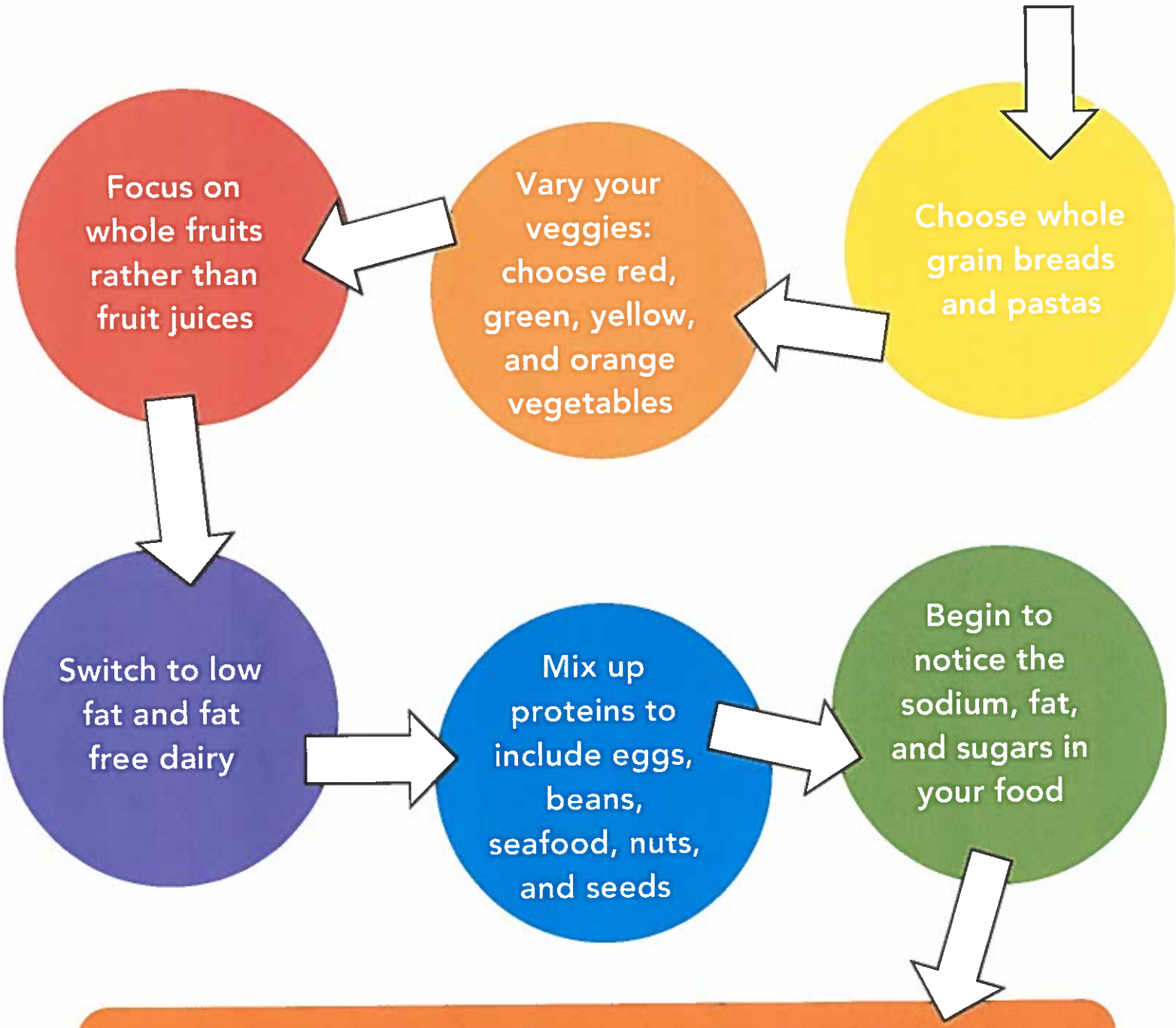
- In all, trying some of these simple changes could make a big difference in your life
- Making the changes now can help you to improve your future health
- Ask for questions
- Introduce recipe: Frozen Yogurt
- Thank you!

Sources:

1. 2015-2020 Dietary Guidelines Executive Summary. Office of Disease Prevention and Health Promotion Web site. https://health.gov/dietaryguidelines/2015/guidelines/executive-summary/. Accessed April 9, 2017.

Small Changes for Healthy Lives!

Use these small steps to achieve your bigger health goals



Improve your future health!

Small Changes for Healthy Lives
Activity: Dietary Guidelines True/False

Materials:

- True/False question set and answers (below)

Instructions:

1. Inform participants that they will hear a series of statements regarding the new Dietary Guidelines. These statements will be either be true or false.
2. If in an appropriate setting, encourage participants to discuss answers with their peers and come to a group consensus before revealing the final answer

True or False:

- "Our daily consumption of cholesterol should be 300 mg or less"
  Answer: False
  While this was a recommendation from the old version of the Dietary Guidelines, the new recommendations actually do not suggest that dietary cholesterol needs to be limited. Instead, we should focus on limiting unhealthy fats such as saturated and trans fat to upkeep healthy heart function.
- "10% or less of calories per day should come from added sugars"
  Answer: True
  Paying attention to the nutrition labels can help you to determine how much sugar is in a food product.
- "If alcohol is consumed, it should be in moderation – up to one drink per day for women and two drinks per day for men"
  Answer: True
  Like many other aspects of the diet, moderation is important for alcohol consumption.
- "Trans Fats are found naturally in foods such as steak, pork, and tuna"
  Answer: False
  For the most part, trans fats are created in an industrial process for foods such as biscuits, pizza dough, pie crust, margarines, and cookies. Our Dietary Guidelines recommend keeping trans fat intake as low as possible.
- "Three to five cups of coffee per day (8 oz. each) can be incorporated into healthy eating patterns"
  Answer: True
  Up to 400 mg of caffeine per day, which is usually three to five cups can be part of a healthy diet. Everyone responds differently to caffeine, so be aware of the effects it has on your body.

Small Changes for Healthy Lives
Strawberry Frozen Yogurt

Shopping List:

- Frozen Strawberries
- Plain, nonfat yogurt
- Honey
- Lemon Juice

Materials List:

- Blender
- Spoon/Rubber scraper
- Measuring cups
  - 1 Cup, ½ Cup
- Measuring spoons
  - 1 Tablespoon
- Serving bowls
- Serving spoons
- Napkins
- Bottled Water

Healthy Strawberry Frozen Yogurt

Ingredients:

- 4 Cups Frozen Strawberries
- ½ Cup Plain, Non-fat Yogurt
- 3 Tablespoons Honey
- 1 Tablespoon Lemon Juice

Directions:

1. Add all ingredients to a blender or food processor.
2. Blend until creamy – about 5 minutes.
3. Serve yogurt immediately or store in freezer for up to 1 month.

Makes 4 Servings

Small Changes for Healthy Lives
Additional Resources

1. 2015-2020 Dietary Guidelines Executive Summary. Office of Disease Prevention and Health Promotion Web site. https://health.gov/dietaryguidelines/2015/guidelines/executive-summary/. Accessed April 9, 2017.

2. Start With Small Changes. USDA Web Site. https://www.choosemyplate.gov/start-small-changes. Updated January 3, 2017. Accessed April 9, 2017.

3. Then and Now: How the Dietary Guidelines for Americans Changed form 2010 to 2015. Academy of Nutrition and Dietetics Web site. http://www.eatrightpro.org/resource/news-center/in-practice/research-reports-and-studies/dgas-then-and-now. Published January 14, 2016. Accessed April 9, 2017.

Wellness Wednesday Participant Evaluations: Small Changes for Healthier Lives					Total: 23
Questions	**Strongly Agree**	**Agree**	**Disagree**	**Strongly Disagree**	**N/A**
1. Today's topic was interesting to me	13	10	0	0	0
2. I plan on using something that I learned today to improve my health and/or wellness	17	6	0	0	0
3. I learned something new about today's topic	11	11	0	0	1
4. The presenters were knowledgeable about their topic	15	8	0	0	0
5. I liked the way the presenters spoke about their topic and the handouts they use	17	5	0	0	1
6. The presenters were respectful and acted like they wanted to be here	19	3	0	0	1
7. I am happy I came to today's meeting	18	4	0	0	1
Comments:					
"Loved the frozen yogurt"					
"Like the strawberry yogurt"					
"I want to work on my weight"					

Lesson 5:

Sodium

Objectives:

1. Participants will be able to name one of the three suggested "Tips to Lower Sodium" points when quizzed verbally with a 50% accuracy.

2. Participants with be able to identify 3 of the 6 "Salty Six" foods discussed during the program with a 50% accuracy.

Sodium
Facilitator Notes

Introduction:

- Introduce self and state monthly topic: Sodium and blood pressure
- This month's Wellness Wednesday theme is all about "knowing your numbers" – Body Mass Index, cholesterol, blood pressure and more
- Blood pressure is a very important health indicator to be aware of and it has a lot to do with nutrition as well
- What do we currently know about the relationship between sodium and heart health?
- Today, we will explore that relationship in depth

*Body: *Use "Know Your Numbers! Sodium and Blood Pressure" Handout and guide*

- Let's begin by discussing how sodium works in the body
- Has anyone ever experienced that puffy, bloated feeling when they eat a lot of salty foods?
- That happens when sodium causes the body to hold on to extra fluid, which increases blood pressure and adds an extra burden to the heart
- High blood pressure then puts you at risk for many other health conditions such as stroke, heart failure, kidney disease, and more
- So how much salt should we be eating in a day?
- The American Heart Association recommends no more than 2,300 milligrams of sodium per day – but an ideal limit would be 1,500 milligrams[1]
- The 1,500 milligram recommendation is also better for people who may have an existing heart condition
- Just to provide some perspective, 2,300 milligrams is equal to about 1 teaspoon of salt[1]
- Who thinks that they eat more salt than that in a day?
- Probably a lot of us! On average, Americans eat about 3,400 milligrams of sodium per day[1]
- So where is all of this sodium coming from? Most (about 75%) of the sodium that Americans eat comes from processed, prepackaged and restaurant foods – not from the salt shaker[1]
- The American Heart Association has also identified some of the most popular high sodium foods in American diet – some of these you may not be surprised to see, but others are sneaky sources.
    - Bread, lunch meat, pizza, poultry, canned soup, sandwiches
    - Which of these foods surprises you?
- So now that we have talked about what sodium does in the body and where it comes from, let's now shift gears and focus on what we can do to lower our sodium intake
    1. Choose fresh foods over ready-to-eat options (examples)
    2. Use herbs, spices, vinegar, and lemon juice to season foods instead of reaching for the salt shaker

3. Limit the use of condiments like ketchup and soy sauce. Or, try buying low sodium options

- As always, check your nutrition facts label to keep an eye on the sodium in your foods

Closing:

- Ask for questions
- Introduce recipe: No Salt Guacamole
- Thank you!

Sources:

1. How Much Sodium Should I Eat Per Day? The American Heart Association Web site. https://sodiumbreakup.heart.org/how_much_sodium_should_i_eat?utm_source=SRI&utm_medium=HeartOrg&utm_term=Website&utm_content=SodiumAndSalt&utm_campaign=SodiumBreakup. Accessed April 9, 2017.

Know Your Numbers!
Sodium and Blood Pressure

Sodium causes the body to hold extra fluid. This increases blood pressure and adds an extra burden to the heart.

High blood pressure can put you at risk for stroke, heart failure, kidney disease, and more.

1500

milligrams of sodium per day is the American Heart Association recommendation

Beware of the "Salty Six"

The most popular high sodium foods in American diets!

Bread

Lunch Meat

Pizza

Poultry

Canned Soup

Sandwiches

Tips to Limit Sodium

- Choose fresh foods over ready-to-eat options
- Use herbs, spices, vinegar, and lemon juice to season food instead of salt
- Limit the use of condiments like ketchup and soy sauce – or buy low sodium versions!

Sodium
Activity: Salty Six Matching Game

Materials:

- Food picture cards (1 slice white bread, 2 oz. turkey lunch meat, 1 grilled chicken breast, 1 cup chicken noodle soup, 6 inch subway sandwich, 1 slice pepperoni pizza)
- Sodium level cards (135 mg, 480 mg, 730 mg, 340 mg, 790 mg, 1000 mg)
- 6 Student volunteer (card holders)

Instructions:

1. Distribute one food card to each of the student volunteers and instruct them to line up in front of the audience, so that all participants have a clear view of the food cards
2. Inform participants that the facilitator will display a different sodium amount one by one, and their task is to match the sodium card with the correct food item
3. Encourage the audience to discuss answers among the group
4. Once all sodium cards have been matched to a food item, reveal the correct answers:
    - 1 slice white bread: 135 mg
    - 2 oz. turkey lunch meat: 480 mg
    - 1 grilled chicken breast: 340 mg
    - 1 cup chicken noodle soup: 790 mg
    - 6 inch subway sandwich: 1000 mg
    - 1 slice pepperoni pizza: 730 mg

See food picture and sodium cards in following pages

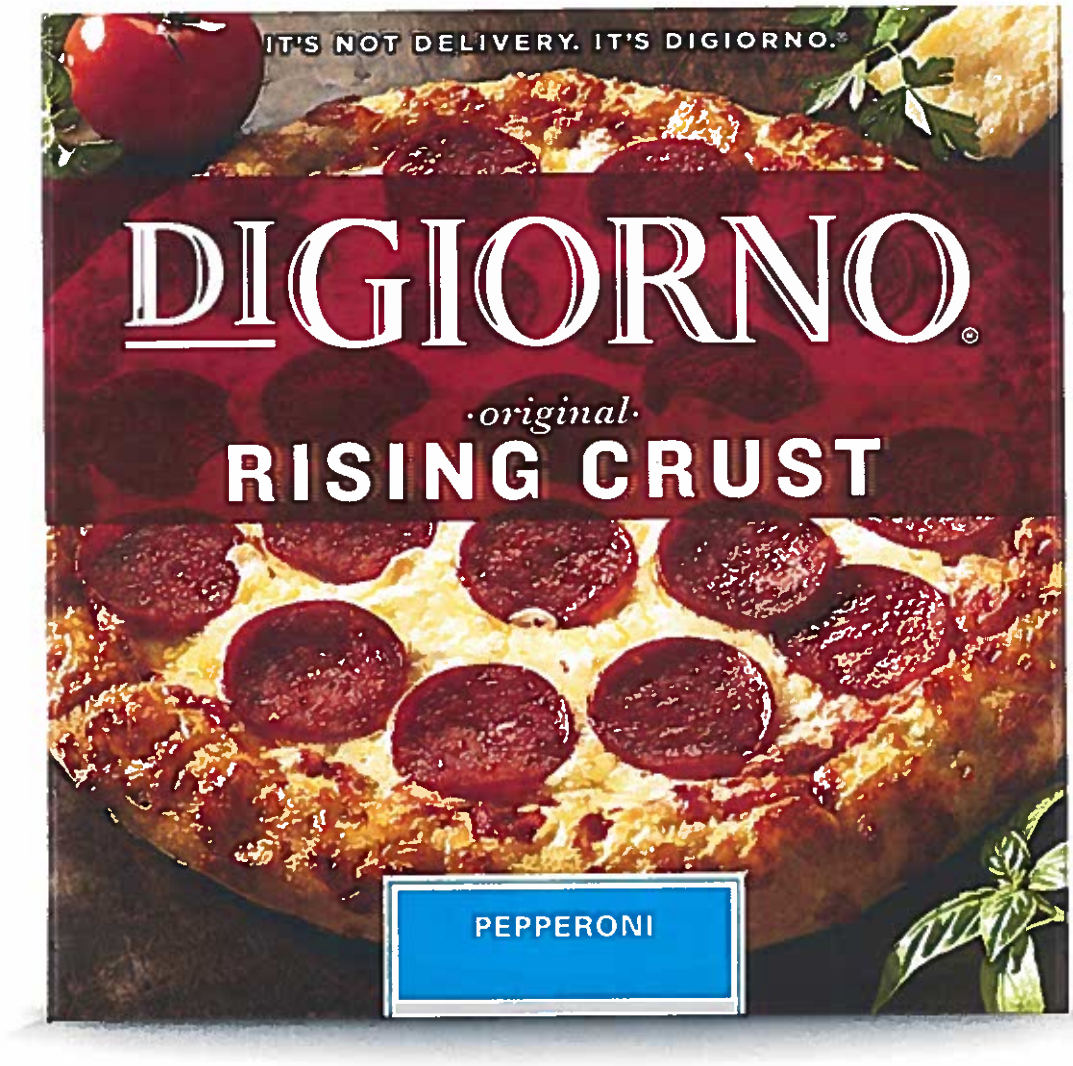
1 Slice White Bread

2 oz. Turkey Lunch Meat

1 Grilled Chicken Breast

1 Cup Chicken Noodle Soup

6" Subway Sandwich



1 Slice Pepperoni Pizza

135 mg	480 mg
730 mg	340 mg
790 mg	1000 mg

Sodium
No Salt Guacamole Food Demo Shopping & Materials List

Shopping List:

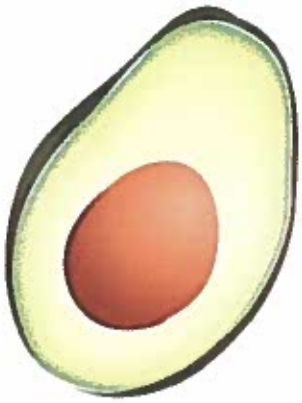
- 2 small, ripe avocados
- Onion powder
- 1 Romano tomato
- Plain, non-fat Greek yogurt
- Lemon Juice
- Tabasco Sauce
- Whole wheat tortilla chips

Materials List:

- Small cutting board
- Knives
- Mixing bowl
- Fork
- Measuring spoons
- Mixing spoon
- Paper serving bowls
- Plastic spoons
- Napkins
- Handouts
- Gloves
- Bottled water

No Salt Guacamole

Ingredients:



- 4 Small Avocados, peeled and sliced
- 1 ½ teaspoons Onion Powder
- 1 Romano Tomato, chopped
- 4 Tablespoons Plain Greek Yogurt
- 1 ½ teaspoons Lemon Juice
- 1 Drop Tabasco Sauce

Directions:

1. Placed peeled avocado slices on flat cutting board and mash with fork.
2. Fold in 1/2 t of Lemon Juice.
3. Fold in 1-1/2 t onion powder.
4. Place mashed avocado mixture into a bowl and fold in 4 T of Greek yogurt, 1/2 t Lemon Juice, 1 drop of Tabasco.
5. Finely chop tomato and fold into the avocado & Greek yogurt mixture.
6. Add the final 1/2 t lemon juice.
7. Chill for 1-1/2 hours then serve.

Adapted from: DakotaJo Montana

Sodium
Additional Resources

1. How Much Sodium Should I Eat Per Day? The American Heart Association Web site. https://sodiumbreakup.heart.org/how_much_sodium_should_i_eat?utm_source=SRI&utm_medium=HeartOrg&utm_term=Website&utm_content=SodiumAndSalt&utm_campaign=SodiumBreakup. Accessed April 9, 2017.

2. AHA Sodium Reduction Initiative Team. The Salty Six – Surprising Foods That Add the Most Sodium to Our Diets. The American Heart Association Web site. https://sodiumbreakup.heart.org/salty-six-surprising-foods-add-sodium-diets?utm_source=HL&utm_medium=HeartOrg&utm_term=SodiumScience&utm_content=SodiumAndSalt&utm_campaign=SodiumBreakup. Published December 14, 2016. Accessed April 9, 2017.

3. Davy BM, Halliday TM, Davy P. Sodium intake and blood pressure: New controversies, new labels...new guidelines? *JAND.* 2015;115(2):200-204.

4. Kohn, J. The Facts on Sodium and High Blood Pressure. Academy of Nutrition and Dietetics Web site. http://www.eatright.org/resource/health/wellness/heart-and-cardiovascular-health/the-facts-on-sodium-and-high-blood-pressure. Published March 10, 2015. Accessed April 9, 2017.

Wellness Wednesday Participant Evaluations: Sodium					Total: 24
Questions	**Strongly Agree**	**Agree**	**Disagree**	**Strongly Disagree**	**N/A**
1. Today's topic was interesting to me	15	8	0	0	1
2. I plan on using something that I learned today to improve my health and/or wellness	12	12	0	0	0
3. I learned something new about today's topic	13	11	0	0	0
4. The presenters were knowledgeable about their topic	16	8	0	0	0
5. I liked the way the presenters spoke about their topic and the handouts they use	16	8	0	0	0
6. The presenters were respectful and acted like they wanted to be here	18	6	0	0	0
7. I am happy I came to today's meeting	16	8	0	0	0
Comments:					
"Keep up the good work!"					
"Eye opening about salt"					

Lesson 6:

Fiber

Objectives:

1. Participants will be able to identify the two types of fiber when ask verbally with a 50% accuracy.

2. Participants with be able to name one benefit of fiber when asked verbally with a 75% accuracy.

Fiber
Facilitator Notes

Introduction:

- Introduce self and state monthly topic: Fiber
- What do we currently know about fiber in the diet?
- Do you think you are able to identify some foods that contain fiber?
- Before we begin today's discussion on fiber, we are going to try a "pre-test"
  **Use "Find the Fiber" activity*

*Body: *Use "Fiber 411" Handout as guide*

- Two different types of fiber exist: soluble and insoluble
  - **Insoluble fiber** does not dissolve in water, so it helps with digestion. Find it in: plants, nuts, and wheat.
  - **Soluble fiber** does dissolve in water and helps with lowering cholesterol. Find it in: lentils, barley, oats, and beans.
- There are many health benefits to eating fiber. Some include: lowering cholesterol, helping with digestion, controlling blood sugars, and maintaining weight[1]
- Did you know that fiber did so many different things?
- Typically, the recommendation for fiber is 25 grams per day for women and 38 grams per day for men[1]
- I like to remember this by using the saying "Strive for 25!"
- As we get older, you might require less fiber. For adults over the age of 50, requirements are closer to 21 grams per day for women and 30 grams per day for men
- It is also important to note that certain medical conditions having to do with the digestive system may not follow these guidelines, so be sure to ask your doctor before making any significant changes to your diet.
- Finally, if you are trying to incorporate more fiber into your diet, be sure to drink plenty of fluids as well to avoid constipation

Closing:

- Ask for questions
- Introduce recipe: Overnight Oats
- Thank you!

Sources:

1. What is Fiber? Academy of Nutrition and Dietetics Web site. http://www.eatright.org/resource/food/vitamins-and-supplements/nutrient-rich-foods/fiber. Published January 30, 2014. Accessed April 9, 2017

Fiber 411

How Can Fiber Help?

- Lowers cholesterol
- Aids in digestion
- Helps to control blood sugars
- Helps to control weight

2 Types of Fiber:

- **Insoluble fiber** does not dissolve in water, so it helps with digestion. Find it in: plants, nuts, and wheat.
- **Soluble fiber** does dissolve in water and helps with lowering cholesterol. Find it in: lentils, barley, oats, and beans.

Women should aim for 25 grams of fiber per day

Men should aim for 38 grams of fiber per day

Fiber
Activity: Find the Fiber

Materials:

- "Find the Fiber" handouts

Instructions:

1. Prior to the fiber discussion and handout of "Fiber 411," distribute the "Find the Fiber" quizzes to participants
2. Instruct participants to circle all foods on the worksheet that they believe are good sources of fiber
3. Once all participants have finished, discuss correct answers out loud. Explain why or why not these foods are good sources of fiber.
    - Black beans: Good source (29 grams per 1 cup)
    - Fruit juice: Not a good source (0.5 grams per 1 cup)
    - Green peas: Good source (7 grams per 1 cup)
    - Milk: Not a good source (0 grams per 1 cup)
    - Raspberries: Good source (8 grams per 1 cup)
    - Pretzels: Not a good source (0.9 grams in 1 oz)

Find the Fiber!

Circle the foods below that are good sources of fiber

BLACK BEANS

FRUIT JUICE

GREEN PEAS

MILK

RASPBERRIES

PRETZELS

Fiber
Overnight Oats Food Demo Shopping & Materials List

Shopping List:

- 5 Cups Rolled oats
- 3 ½ Cups Yogurt
- 6 cups Milk
- Vanilla extract
- Honey/maple syrup
- Mix ins
    - Bananas, berries

Materials List:

- Oats – prepared and refrigerated ahead of time
- Fruit mix ins
- Serving spoons
- Plastic bowls
- Plastic Spoons
- Ingredients for display
- Napkins
- Bottled Water

Overnight Oats

An easy, nutritious breakfast with no cooking required!

Ingredients:

- ⅓ cup yogurt
- ⅔ cup milk
- 1 tablespoon chia seeds (optional)
- ½ teaspoon vanilla extract
- 1-2 tablespoons honey or maple syrup
- Fruit or nuts for toppings

Directions:

1. Whisk together all ingredients in a medium-sized mixing bowl. Spoon into a jar with a tight-fitting lid.
2. Close and refrigerate for at least 4 hours, but preferably overnight.
3. Top with fruit or nuts in the morning

Fiber
Additional Resources

1. What is Fiber? Academy of Nutrition and Dietetics Web site. http://www.eatright.org/resource/food/vitamins-and-supplements/nutrient-rich-foods/fiber. Published January 30, 2014. Accessed April 9, 2017

2. Dahl WJ, Stewart ML. Position of the Academy of Nutrition and Dietetics: Health implications of dietary fiber. *JAND*. 2015;115(11):1861-1870.

3. Kohn, BJ. Is dietary fiber considered an essential nutrient? *JAND*. 2016;116(2):360.

4. Healthier Older Adults. USDA Web site. https://health.gov/dietaryguidelines/dga2005/healthieryou/html/chapter11.html. Accessed April 9, 2017.

Wellness Wednesday Participant Evaluations: Fiber					Total: 23
Questions	**Strongly Agree**	**Agree**	**Disagree**	**Strongly Disagree**	**N/A**
1. Today's topic was interesting to me	17	6	0	0	0
2. I plan on using something that I learned today to improve my health and/or wellness	15	8	0	0	0
3. I learned something new about today's topic	19	4	0	0	0
4. The presenters were knowledgeable about their topic	17	5	0	0	1
5. I liked the way the presenters spoke about their topic and the handouts they use	18	5	0	0	0
6. The presenters were respectful and acted like they wanted to be here	18	4	0	0	1
7. I am happy I came to today's meeting	18	4	0	0	1
Comments:					
"Keep up the good work"					
"I learned that juice has no fiber"					
"[Learned something on] controlling cholesterol"					