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Measuring Nutrition Literacy Among Participants Enrolled in a Weight Management and Chronic Disease Prevention Program

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Title: Measuring Nutrition Literacy Among Participants Enrolled in a Weight Management and Chronic Disease Prevention Program

Purpose: Type II diabetes, hypertension, and overweight/obesity are three of the most common diet-related health conditions and are closely linked to negative health outcomes. Limited nutrition knowledge is associated with inadequate preventative care and poor diet quality, which may exacerbate the development of these conditions. Research suggests that targeted nutrition education increases nutrition literacy and thus is an important component of diet-related chronic disease prevention programs. Despite its importance, nutrition literacy tools are not widely available and/or routinely used in practice. **Program/Participants:** A total of seven 15-20-minute focused nutrition classes were incorporated into an existing wellness program offered through the Summa Health Equity Center. Pre and post-program measures of nutrition literacy were conducted using the Nutrition Literacy Assessment Instrument, a newly developed tool, to assess feasibility of use and changes in nutrition knowledge. **Evaluation:** Participants started with a high nutrition literacy score (88%), which changed little over the course of programming. Through incorporating this tool, a number of limitations were noted that suggest this tool may not be appropriate for this population. Additional research would be beneficial to further refine the tool and to develop methods of assessing nutrition literacy for use among audiences of varying pre-existing knowledge.

The University of Akron
College of Health Professions
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Measuring Nutrition Literacy Among Participants Enrolled in a Weight Management and Chronic Disease Prevention Program

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INTRODUCTION

Type II diabetes, hypertension, and overweight/obesity are three of the most common diet-related health conditions and are closely linked to negative health outcomes.[1] Limited nutrition knowledge is associated with inadequate preventative care and poor diet quality, which may exacerbate the development of these conditions.[2] Research suggests that targeted nutrition education increases nutrition literacy and thus is an important component of diet-related chronic disease prevention programs.[2] Despite its importance, nutrition literacy tools are not widely available and/or routinely used in practice.

PURPOSE OF INTERVENTION

- Determine the effects of targeted nutrition education classes on nutrition literacy among individuals at risk for diet-related chronic diseases
- Further validate the Nutrition Literacy Assessment Instrument as a method of accurately measuring nutrition literacy

NUTRITION LITERACY ASSESSMENT INSTRUMENT

- Newly developed (2012)[3]
- 48 multiple-choice questions on nutrition and health, energy sources in food, household food measurement, food label and numeracy, food groups, and consumer skills[3]
- Written at a 9th-grade reading level[3]
- Limited research exists on the validity of this tool
- One of the only nutrition literacy assessment tools available

PROGRAM/PARTICIPANTS

- A total of seven 15-20-minute focused nutrition classes were incorporated into an existing wellness program offered through the Summa Health Equity Center
- The goal of this program was to help participants maintain a healthy weight and prevent diabetes and hypertension through behavior modification
- Participants had a wide variety of pre-existing knowledge about nutrition
- Each class had a unique theme and included verbal education, handouts, and activities
- Pre and post-program measures of nutrition literacy were then assessed for changes in nutrition knowledge
- Class topics included:
  - Planning a Healthy Meal (MyPlate)
  - Portion Control
  - Nutrition Fact Label Reading
  - Nutritious Snacking
  - Dining Out Healthfully
  - Fad Diets

QUANTITATIVE FINDINGS

13 participants completed both pre and post-assessments

Average pre-programing scores

- 88.14%
- Scores ranged from 69% to 98%
- Higher than expected, suggesting that this tool may be too basic for this population to accurately assess a change in nutrition knowledge

Average post-programming scores

- 88.78%
- Scores ranged from 75% to 96%
- Many of the wrong answers were for questions that participants had initially marked correctly
- These findings were unexpected

QUALITATIVE FINDINGS

Participants responded positively to the nutrition classes:

"This class made me think – I used to just eat boxed macaroni and cheese or ramen noodles without a thought, but now I'm choosing healthier options like salad or black beans."

"Loved the class! MyPlate was helpful, I liked seeing the food portions."

"The information that I received was very helpful to start a healthy lifestyle."

"I would recommend this class to peers."

These findings suggest that classes did increase nutrition awareness, which was not captured through the nutrition literacy assessment tool.

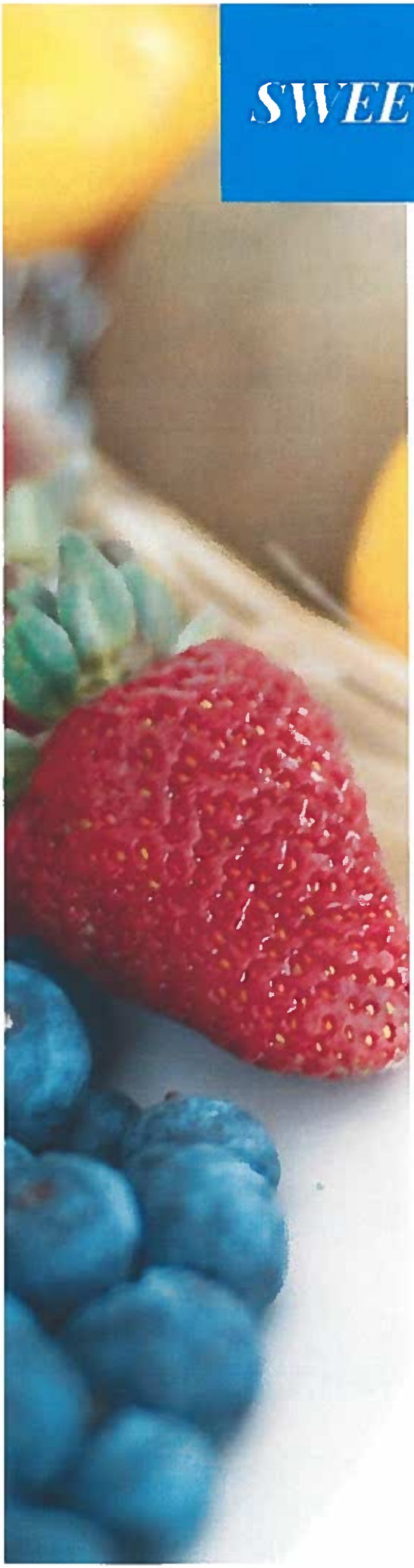
Conclusion

Nutrition education plays a key role in increasing nutrition literacy and thus decreasing the risk of developing a diet-related chronic health condition. However, it is difficult to measure nutrition literacy across a broad audience using a single assessment tool. The Nutrition Literacy Assessment Instrument may not be appropriate for all populations, so additional research would be beneficial to further refine this tool and develop methods for assessing nutrition literacy for use among audiences of varying pre-existing knowledge.

References

1. Health and Economic Costs of Chronic Disease. Centers for Disease Control and Prevention Web site. https://www.cdc.gov/chronicdisease/about/costs/index.htm. Updated February 19, 2019. Accessed March 15, 2019.
2. Gibbs HD, Ellerbeck EF, Gajewski B, Zhang C, Sullivan DK. The Nutrition Literacy Assessment Instrument is a valid and reliable measure of nutrition literacy in adults with chronic disease. *J Nutr Educ Behav*. 2018;50(1):247-257.
3. Gibbs HD. Nutrition literacy: foundations and development of an instrument for assessment (dissertation). Urbana: University of Illinois; 2012.

SWEET Life Nutrition Schedule



November 27th

Back to the Basics: Building a Healthy, Balanced Meal

December 11th

Navigating the Holidays: Perfecting Portion Control

January 8th

Mindful Eating: The Secret to Enjoying What You Eat

January 22nd

Take-Out Makeover: Healthier Versions of the Foods You Love

February 5th

Salads for Supper: Building Blocks for a Healthy Salad

February 12th

Smart Snacking: Keeping Hunger at Bay the Healthy Way

February 19th

Fad Diets: Avoiding the Trap of a "Quick Fix"

Questions?

Back to the Basics

What Does a Healthy Meal Look Like?

Why does nutrition matter?

- **Good nutrition is essential for a healthy body and mind!**
- **Eating a nutritious, balanced diet will help you stay at a healthy weight and lower your risk for certain diseases such as:**
  - Diabetes
  - Heart Disease
  - Cancer
  - Osteoporosis

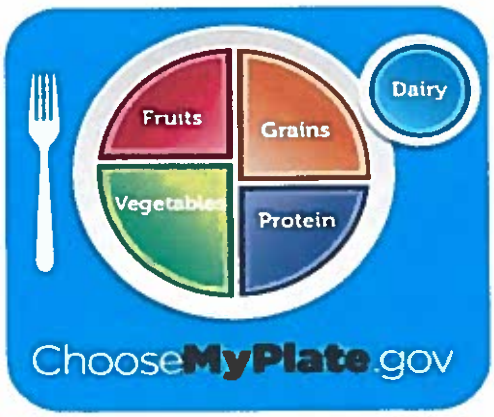
YOU CAN DO THIS!

The Basics of a healthy diet

- **The key is to eat a variety of nutritious foods from all five food groups**
  - Fruits
  - Vegetables
  - Grains
  - Protein foods
  - Dairy
- **A diet that restricts any of these food groups is not healthy and keeps you from getting all the nutrients you need**

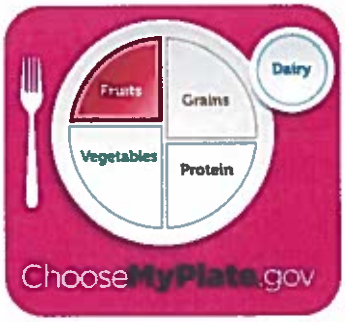
Remember this?

What we recommend now



Fruits

- Fruits are great sources of nutrients such as potassium, vitamin C, and fiber
- Fruits are naturally low in fat, sodium, and calories

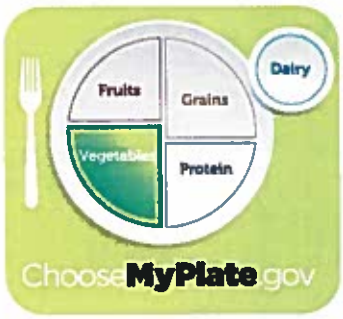


Best choices: The more colorful a fruit is, the more nutrients it has! Some great choices are berries, oranges, or apples

VEGETABLES

- Like fruits, vegetables are a great source of vitamins and fiber
- Filling up on vegetables will keep you from snacking on less healthy foods

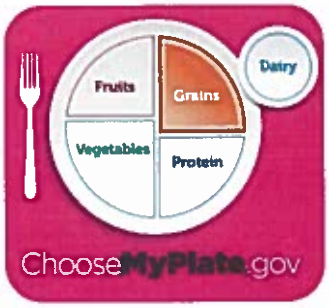
Best choices: All vegetables are great, but the brighter they are, the better!



GRAINS

- Grains (pasta, bread, rice) are made up of carbohydrates, which turn into energy when digested
- They are also good sources of vitamins/minerals and fiber (especially when whole-grain)

Best choices: 100% whole wheat bread, brown rice, whole wheat pasta, and oatmeal



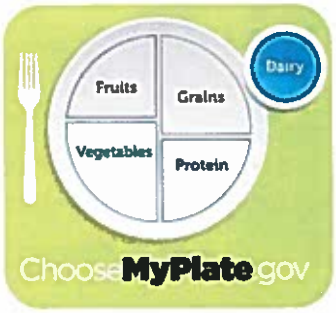
Protein

- **Protein is the building block of the body**
- **We need to eat protein so that we can repair cells and build new ones**
- **Food sources of protein**
  - Meat, poultry, seafood, dairy products, beans, eggs, nuts/seeds

Best choices: Lean meats (chicken, fish), low-fat dairy, and nuts/seeds

Dairy

- **Dairy products such as milk, cheese, and yogurt provide calcium, vitamin D, potassium, and protein**
- **Getting enough calcium and vitamin D helps decrease your risk for osteoporosis**



Best choices: Greek yogurt, low-fat milk

What about fats/oils?

- **Even though they are not represented on MyPlate, we still need some fat in our diet!**

Choose liquid oils (unsaturated fat) such as:

Olive oil

Canola oil

Limited solid fats (saturated fat) such as:

Butter

Crisco

Coconut oil

Energy-dense vs nutrient-dense...

What does this mean???

THE ANSWER….

- **Energy-dense**
  - A lot of calories per serving
  - Also called "empty calories"
  - Example: soda, potato chips, white bread, sugar
- **Nutrient-dense**
  - Low in calories but high in vitamins, minerals, fiber, and other healthy nutrients
  - Examples: Whole-grain bread, fruits, vegetables, lean meats

Eat a lot of nutrient-dense foods and limit energy-dense foods!

1575 Kcal
High Energy Density

1575 Kcal
Low Energy Density

Used with permission from Dr Barbara Rolik, Penn State University

To Recap...

- For a healthy diet, choose a variety of nutrient-dense foods
- Try to make most of your meals a MyPlate meal!
- Don't try for a "quick fix" - find a sustainable eating pattern that you can do for the rest of your life

"You don't have to eat less, you have to eat right"

Nut N' Honey Smoothie

Ingredients

- 1 tablespoon organic peanut butter
- 2 teaspoons honey
- 1/2 cup vanilla yogurt (light or Greek)
- 1 small banana, peeled and sliced
- 1 cup almond milk
- 1/2 cup ice (omit if using frozen banana)

Preparation

Add ingredients to a blender and blend on high until creamy and smooth. For a thicker smoothie, add more ice. For a thinner smoothie, add more liquid.

Makes 2 servings

Nutrition Facts Per Serving:

Calories: 177	Total Fat: 5 gm
Total Carbs: 27 gm	Protein: 8 gm
Sodium: 136 mg	Fiber: 4.4 gm

TropGREENcal Sunrise

Ingredients

- 1 large handful swiss chard or spinach, chopped
- 1/2 cucumber, sliced
- 1 small banana, sliced
- 1 cup pineapple, cubed
- 1 cup fresh orange juice
- 1 small lime, zested and juiced
- 1/2 cup ice (omit if using frozen fruit)

Preparation

Add ingredients to a blender and blend on high until creamy and smooth. For a thicker smoothie, add more ice. For a thinner smoothie, add more liquid.

Makes 2 servings

Nutrition Facts Per Serving:

Calories: 166	Total Fat: 0.2 gm
Total Carbs: 42 gm	Protein: 2.9 gm
Sodium: 14 mg	Fiber:3.5 gm

Navigating the Holidays

Healthy Eating Strategies

Why It's Important

- For most people, holidays = food
  - Christmas office parties, family get-togethers, community events, gifts
- Holiday meals often contain thousands of calories
  - Most people gain an average of five pounds between Thanksgiving, Christmas, and New Year's Day
- Often we feel guilty for "over-eating", which takes away from the joy of the holiday season

You can still eat a healthy diet that includes all your favorite foods during the holidays!!

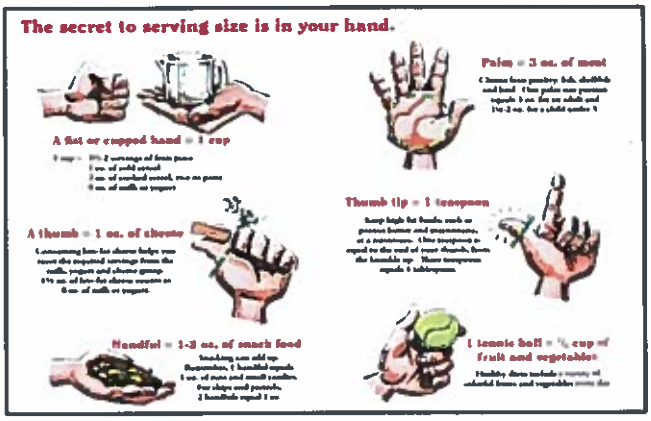
Strategy #1- Moderation

- Everything is okay in moderation!
  - The high-calorie pecan pie your grandma always makes, your classic roast turkey with gravy, Christmas cookies
- One meal or even one day's worth of meals is not going to have a big impact

Strategy #2 - Tweaking Classic Recipes

- Consider adjusting classic holiday recipes to be more nutritious
  - Load up on fruits and vegetables
  - Make it a Myplate meal
  - Use whole-wheat flour instead of regular flour
  - Use less sugar
  - Go for lean protein - chicken, turkey, fresh ham

Strategy #3 - Portion Control is Key



Other Strategies to Stay on Track

- Stay physically active
  - Helps relieve stress and boosts your metabolism
- Be picky - only eat foods that you actually enjoy
  - "Eat the best, leave the rest"
- Choose to eat mindfully
- Drink plenty of water
- Eat regular meals and snacks to prevent bingeing

"Rules" to Keep in Mind

- No matter what happens this holiday season in terms of food, you are not a failure!
- Banish negative thoughts about yourself
  - This is never helpful, and often leads to unhealthy eating behaviors
- Enjoy every bite you take!!

Cranberry Orange Sauce

Ingredients

- 1 package (12 oz.) fresh cranberries
- 1 cup honey
- 1 cup water (or fruit juice)
- 2 teaspoons orange zest
- 1-2 teaspoons of spices such as cinnamon, allspice, nutmeg, etc.
- Pecans or walnuts (optional)

Preparation

Rinse cranberries in a colander. Pick out damaged or bruised cranberries. In a medium saucepan, add cranberries and liquid and stir on high heat until it is boiling. Reduce the heat, and simmer for about 10-15 minutes until the cranberries burst. After the cranberries have burst, add zest, honey, spices, and nuts (optional). Stir, then remove from heat. Cool at room temperature or in the refrigerator. The sauce will thicken as it cools.

Makes 6 servings

Nutrition Facts Per Serving (without nuts):

Calories: 198	Total Fat: 0 gm
Total Carbs: 54 gm	Protein: 0.4 gm
Sodium: 4 mg	Fiber: 2.8 gm

Pan-Roasted Brussels Sprouts

Ingredients

- 1.5-2 lbs. Brussels sprouts
- 1-2 garlic cloves, minced
- 1/4 onion, thinly sliced
- 1/4 cup craisins
- 1/4 cup crumbled feta or goat cheese (optional)
- 2 tablespoons extra-virgin olive oil
- Salt and pepper

Preparation

Trim end of sprouts and pull off any loose leaves. Slice in half or thinly slice lengthwise. In a large bowl, add garlic, onions, and sprouts and coat with a tablespoon of EVOO. Add seasonings and mix well. In a large pan add remaining EVOO over medium high heat. Add sprouts mixture. Stir and cook until they are tender and golden brown. Remove from heat to cool. In a bowl, mix sprouts mixture with craisins and cheese.

Makes 6 servings

Nutrition Facts Per Serving:

Calories: 140	Total Fat: 7 gm
Total Carbs: 17 gm	Protein: 7 gm
Sodium: 128 mg	Fiber: 5.2 gm

Winter Root Mash

Ingredients

- 2-3 lbs. of mixed root vegetables (potatoes, carrots, yams, parsnips, turnips, celery root, beets, etc.)
- 1/2 cup unsalted broth
- 2 tablespoons butter
- Salt and pepper to taste
- Garlic salt

Preparation

Peel and cut vegetables into equal sized chunks. In a large pot, cover the vegetables in cold, salted water and bring water to a boil. Cook vegetables until they can be pierced through, roughly 15-20 minutes. Drain vegetables well and return to the pot. Mash vegetables, then add liquid, butter, and seasonings. Continue to add more seasonings and/or liquid if needed.

Makes 6 servings

Nutrition Facts Per Serving (using 1 lb. of potatoes and 1 lb. of carrots, without seasonings):

Calories: 126	Total Fat: 4 gm
Total Carbs: 21 gm	Protein: 2 gm
Sodium: 81 mg	Fiber: 3.6 gm

MINDFUL EATING

MAKING PEACE WITH FOOD

DO YOU EVER…

- Munch on pretzels or chips while watching your favorite TV show?
- Eat a meal while driving because you are too busy to eat otherwise?
- Snack on whatever food is available because you are bored?
- Keep eating even though you are full?
- Feel guilty about eating certain foods?
- Experiment with a variety of diets, trying to find the perfect plan to lose weight or feel better?

WHAT IS MINDLESS EATING?

"Mindless eating = eating foods without concentrating on what we're eating or how much we're eating."

WHAT IS MINDFUL EATING?

- Using all your senses in choosing to eat food that is both satisfying to you and nourishing to your body.
- Acknowledging responses to food (likes, dislikes, or neutral) without judgment.
- Becoming aware of physical hunger and satiety cues to guide your decisions to begin and end eating.

~ Megrette Fletcher, RD, LD

LET'S TAKE A LOOK AT OUR HANDOUT

LET'S PRACTICE!

MINDFUL EATING

SLOW DOWN

Put your fork or sandwich down between bites. This is easier when eating in a group, so encourage your family and friends to join you for meals

BE PRESENT

Minimize distractions by putting away electronic devices, not eating while driving or watching TV, and choosing a quiet, comfortable environment for meals

LISTEN TO YOUR BODY

Eat when you're comfortably hungry and stop eating when you are comfortably full - don't eat until you feel "stuffed"

DON'T LABEL

It is common to crave foods that we think we shouldn't have. To avoid this, don't label foods as "bad" or "forbidden" as you will only want them more!

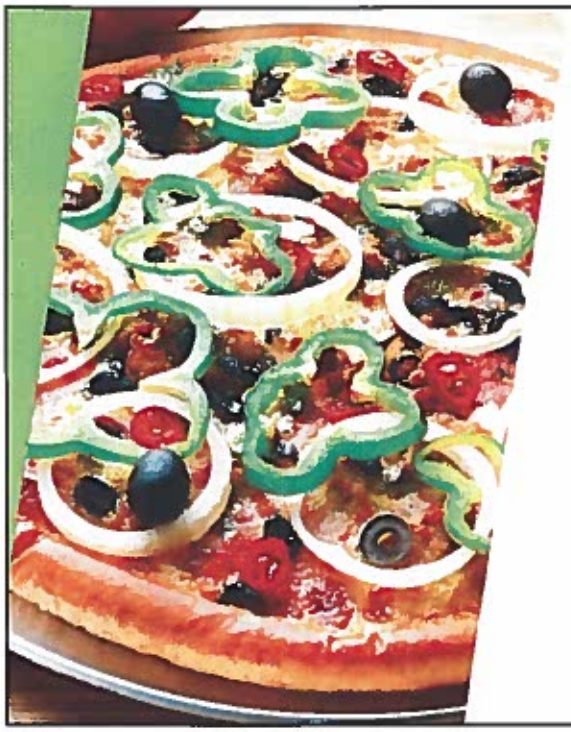
BE AWARE

Food cravings can be caused by emotions rather than hunger. If you are stressed or upset, try taking a walk or calling a friend instead of raiding the refrigerator

ENJOY WHAT YOU EAT

Food is not the enemy! Eat with enjoyment, pleasure, and gusto! And remember, all food may be eaten in moderation

*Created by Abby Perkins, Dietetic Intern/Kathy Schupp MA, RD, LD
UA Nutrition Center



Takeout Makeover

Healthier Versions of the Foods You Love

Dining out Statistics

- The average person in the United States eats a commercially prepared meal four to five times a week
  - 159 visits to fast food restaurants per year on average!
- The average U.S. household spends half of its food budget on eating out
- From 2015-2016, people in the United States spent around $55 billion at restaurants

The Truth About Eating Out

- Many menu items at restaurants contain thousands of calories and are high in saturated fat, sodium, and sugar
- When eating out regularly, people are more likely to take in more calories than they can burn
  - This can have a significant effect on our health - weight gain, high blood pressure, etc.

Example - KFC's Chicken Pot Pie

Nutrition Facts

Serving Size: 1 Chicken Pot Pie

Amount Per Serving	
Calories 720	
	% Daily Value
Total Fat 41g	**63%**
Saturated Fat 25g	125%
Trans Fat 0g	
Cholesterol 80mg	**27%**
Sodium 1750mg	**73%**
Total Carbohydrates 60g	**20%**
Dietary Fiber 7g	28%
Sugars 5g	
Protein 26g	

*Percent Daily Values are based on a 2000 calorie diet.

INGREDIENTS: Chicken Pot Pie (Chicken Pot Pie: *Processed From: Cream, Food Starch-Modified,* *Wheat* ... [View All Ingredients]

So how do we fit our favorite restaurant meals into a healthy diet?

Strategy #1 - Make Healthier Versions at Home

- **Use the same main ingredients/flavors, but put a healthier spin on it!**
  - More fruits and/or vegetables
  - Whole-wheat bread and grains
  - Lower-fat meats, cheese, and dairy products
- **Be creative - you may need to experiment several times with a recipe**
- **Look for shortcuts whenever possible**
  - Pre-cut vegetables
  - Pre-made whole wheat pizza crust

Chipotle Burrito Bowl Makeover

What you need:

- Brown rice
- Grilled chicken
- Low-sodium black or pinto beans
- Fresh tomatoes, onions, cilantro
- Frozen corn, thawed
- Shredded lettuce
- SMALL amounts of shredded mozzarella cheese, light sour cream, and/or guacamole

How is this healthier?

- Lower in sodium and calories
- A more balanced meal with additional vegetables and less rice

Strategy #2 - Choosing Wisely When Dining Out

- **If you still decide to go out to eat, choose healthier items from the menu!**
  - Check out the restaurant's menu online in advance so you know what you want to order
  - Grilled meats instead of breaded or fried
  - Start with a salad or bowl of soup
  - Sip water instead of sugary beverages
  - Request extra vegetables as a side instead of French fries
  - For dessert, try low-fat frozen yogurt with fresh fruit

Eat slowly and enjoy the experience!

Healthy Eating Doesn't Have To Be Boring!

- Choose foods that get their flavor from spices/herbs
- Fruits, vegetables, and nuts are nutritious additions that also add texture and color

And don't forget, it's totally okay to occasionally treat yourself to whatever you're craving - everything in moderation!

Healthy Highlight - Chick-fil-A

Grilled Chicken Cool Wrap

Healthy Highlight - Panera Bread

Spicy Thai Salad with Chicken

I want to hear from you!

Questions?

What have you found to be helpful when dining out?

Veggie Pizza with Cauliflower Crust

Ingredients

- 1 head cauliflower, stalk removed
- 1/2 cup shredded mozzarella cheese
- 1/3 cup grated Parmesan cheese
- 1/2 teaspoon dried oregano
- 1/2 teaspoon dried basil
- 1/2 teaspoon sea salt
- 1/4 teaspoon garlic powder
- 2 eggs, lightly beaten

Preparation

Break the cauliflower into florets and pulse in a food processor until fine. Steam in a steamer basket and drain well. Lay on a towel or cheese cloth to drain excess moisture and let cool. In a bowl, combine the cauliflower with cheeses, seasonings, and eggs. Transfer to the center of a baking sheet and spread into a circle, resembling a pizza crust. Bake at 400 degrees for 20-25 minutes. Add your favorite toppings (meats, veggies) and bake for an additional 10 minutes.

Makes 8 servings

Nutrition Facts Per Serving (without additional toppings):

Calories: 71	Total Fat: 3.7 gm
Total Carbs: 4 gm	Protein: 5.8 gm
Sodium: 277 mg	Fiber: 1.8 gm

USDA
United States Department of Agriculture

10 tips Nutrition Education Series

MyPlate MyWins

Based on the Dietary Guidelines for Americans

Vary your protein routine

Protein foods include both animal (meat, poultry, seafood, and eggs) and plant (beans, peas, soy products, nuts, and seeds) sources. We all need protein—but most Americans eat enough, and some eat more than they need. How much is enough? Most people, ages 9 and older, should eat 5 to 7 ounces* of protein foods each day depending on overall calorie needs.

1 Vary your protein food choices

Eat a variety of foods from the Protein Foods Group each week. Experiment with beans or peas, nuts, soy, and seafood as main dishes.

2 Choose seafood twice a week

Eat seafood in place of meat or poultry twice a week. Select a variety of seafood, including those that are higher in oils and low in mercury, such as salmon, trout, and herring.

3 Select lean meat and poultry

Choose lean cuts of meat like round or sirloin and ground beef that is at least 93% lean. Trim or drain fat from meat and remove poultry skin.

4 Save with eggs

Eggs can be an inexpensive protein option and part of a healthy eating style. Make eggs part of your weekly choices.

5 Eat plant protein foods more often

Try beans and peas (kidney, pinto, black, or white beans; split peas; chickpeas; hummus), soy products (tofu, tempeh, veggie burgers), nuts, and seeds. They are lower in saturated fat and some are higher in fiber.

* What counts as an ounce of protein foods? 1 ounce lean meat, poultry, or seafood; 1 egg; ¼ cup cooked beans or peas; ½ ounce nuts or seeds; or 1 tablespoon peanut butter.

6 Consider nuts and seeds

Choose unsalted nuts or seeds as a snack, on salads, or in main dishes. Nuts and seeds are a concentrated source of calories, so eat small portions to keep calories in check.

7 Keep it tasty and healthy

Try grilling, broiling, roasting, or baking—they don't add extra fat. Some lean meats need slow, moist cooking to be tender—try a slow cooker for them. Avoid breading meat or poultry, which adds calories.

8 Make a healthy sandwich

Choose turkey, roast beef, canned tuna or salmon, or peanut butter for sandwiches. Many deli meats, such as regular bologna or salami, are high in fat and sodium—make them occasional treats only.

9 Think small when it comes to meat portions

Get the flavor you crave but in a smaller portion. Make or order a small turkey burger or a "petite" size steak.

10 Check the sodium

Check the Nutrition Facts label to limit sodium. Salt is added to many canned foods—including soups, vegetables, beans, and meats. Many processed meats—such as ham, sausage, and hot dogs—are high in sodium. Some fresh chicken, turkey, and pork are brined in a salt solution for flavor and tenderness.

Center for Nutrition Policy and Promotion

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

DG TipSheet No. 6
June 2011
Revised October 2016

Salad Mix & Match

Do you want to start using salads more in your diet, but don't know how to build appetizing and healthy options? Is the garden side salad getting a bit boring these days?

Try these mix and match options to add some variety! Start with unlimited vegetables and your choice of protein. Then add your fresh or dried fruits (optional) and healthy fats!

Vegetables	Protein	Fresh or Dried Fruit	Fats
			
Romaine	Chicken	Strawberries	Walnuts
Arugula	Shrimp	Mandarin oranges	Pecans
Spinach	Lean steak	Pineapple	Almonds
Kale	Ground beef	Sliced apples	Cashews
Herbs (cilantro, parsley, etc)	Baked fish	Mango	Olives
Bell peppers	Tuna	Sliced plums	Cheddar cheese
Cucumbers	Pulled pork	Sliced pears	Mozzarella cheese
Carrots	Sardines	Kiwi	Feta cheese
Tomatoes	Hard-boiled eggs	Grapes	Avocado
Roasted squash or sweet potatoes	Black beans	Raisins (regular, golden)	Oil dressings
Beets	Kidney beans	Dried cranberries	Yogurt dressings
Radishes	Chickpeas	Dried apricots	Tahini
	Lentils		Hummus

Ideas to Get You Started!

Tropical Steak Salad

Combine romaine lettuce with chopped bell peppers and thinly sliced red onion. Add chopped pineapple and mango. Top with grilled steak and a balsamic vinaigrette.

Autumn Bliss

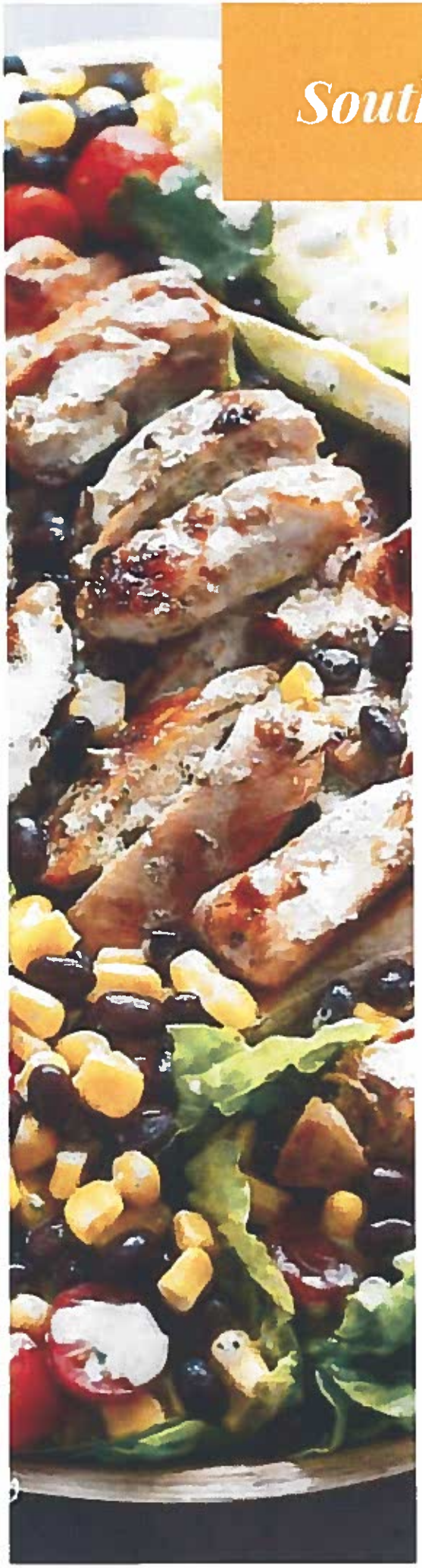
Mix baby kale and arugula, and add in some roasted sweet potatoes and butternut squash. Top with grilled chicken, sliced apple, pecans, and a dressing of your choice.

Summer Vibes

Toss spring mix with sliced strawberries and dried cranberries. Add grilled chicken, feta cheese, and a raspberry vinaigrette dressing.

Southwestern Style

Combine romaine lettuce with chopped bell peppers, tomatoes, and corn. Add in black beans and pulled pork. Top with a yogurt-based dressing that's mixed with taco seasoning.



Southwestern Chicken Salad

Ingredients

- ½ lb. chicken breast or tenders, diced
- 1 container Spring Mix salad
- 1 cup frozen corn, thawed and drained
- 1 can black beans, drained
- 1 medium tomato, diced
- 2 avocados, diced
- 1 small red onion, diced
- 1 cup shredded Mexican cheese
- 1 taco seasoning packet
- 1 tablespoon water
- 2 Tsp Ranch Dressing, light

Preparation

In a large skillet, combine 2 tablespoons of olive oil and chicken. Cook until brown on both sides with no pink in the middle, about 12-15 minutes. Add taco seasoning and water and stir. Set aside. Drain beans and place in a bowl, set aside. Cut vegetables and place in separate bowls, set aside. Add toppings to salad. Serve immediately.

Makes 4 servings

Nutrition Facts Per Serving:

Calories: 528	Total Fat: 28 gm
Total Carbs: 49 gm	Protein: 30 gm
Sodium: 1,203 mg	Fiber:14.5 gm

SMART SNACKING

BENEFITS OF HEALTHY SNACKING

- Keeps blood sugar levels steady
- Provides energy
- Prevents mood swings related to feeling hungry (that "hangry" feeling)
- Reduces over-eating at meals
- Provides opportunities to meet the recommended daily intake of fruits, vegetables, dairy products, and whole grains

The average American eats 2.2 snacks per day, which accounts for a quarter of their daily calorie intake!

DANGERS OF SNACKING

- Excess calories → weight gain
- Many people snack on foods with little nutritional value – potato chips, desserts, soda, etc.
- Snacking often becomes mindless

CHOOSING HEALTHY SNACKS

1. Watch portion size – aim for 100-200 calories per snack
2. The best snack is one that combines protein, fiber, and healthy carbohydrates
   a) Apple with peanut butter
   b) Greek yogurt with berries
   c) A low-sugar protein bar
3. Incorporate fruits and vegetables as much as possible
4. Don't forget to hydrate with water or another healthy beverage!

Hummus with Baby Carrots	Open-face Turkey Sandwich
Celery sticks with Peanut Butter	Smoothies
Trail Mix	Baked Tortilla Chips and Salsa
Whole-grain Crackers	Dried Fruit
Fruit and Nut Bars	String Cheese
Low-fat Greek or Regular Yogurt	Sliced Cucumber with Ranch
Unsalted Nuts	Hard-boiled Eggs
Popcorn (hold the butter!)	Rice Cakes with Cream Cheese

EASY SNACK IDEAS

SAVE MONEY ON SNACKS

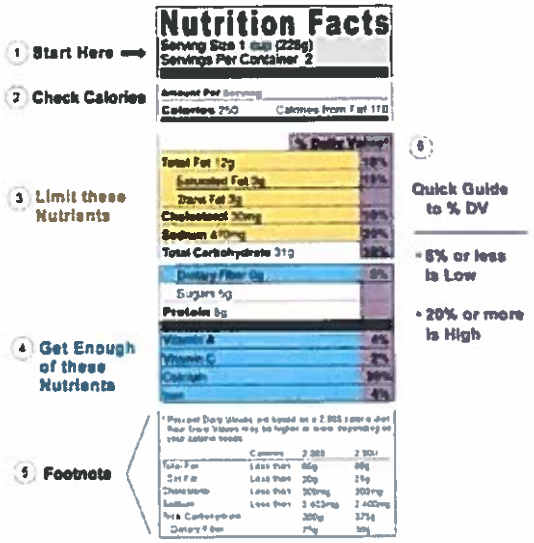
- Don't feel like you need to buy "snack packs" of your favorite foods – these are often much more expensive
- Buy snacks in regular amounts and pre-measure them into sandwich bags or containers
  - Yogurt
  - Pretzels
  - Nuts

BONUS SECTION – LABEL READING

BASICS OF THE NUTRITION FACT LABEL

- Required by the Food and Drug Administration (FDA) to be on most food packages
- Provides detailed information on a food's nutrient content, such as calories, fat, sodium, and sugar
- Lists ingredients and allergy information as well
- These labels can be extremely helpful when deciding whether a food is healthy or not

SAMPLE NUTRITION FACTS LABEL



LET'S PRACTICE

Question #1 – if you ate the whole container, how many calories would you be eating?

Question #2 – If you are trying to limit your fat intake to 60 grams per day, and you eat one serving of this food, how much fat would you have left for the rest of the day?

Question #3 – If you are trying to limit your fat intake to 60 grams per day, and you eat one serving of this food, what percentage of your day's intake of fat will you have eaten?

Nutrition Facts

Serving Size 1/2 cup (115g)
Servings Per Container About 4

Amount Per Serving	
Calories 250	Calories from Fat 130
	% Daily Value*
Total Fat 14g	22%
Saturated Fat 9g	45%
Cholesterol 55mg	18%
Sodium 75mg	3%
Total Carbohydrate 26g	9%
Dietary Fiber 0g	0%
Sugars 26g	
Protein 4g	
Vitamin A 10%	Vitamin C 0%
Calcium 10%	Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet

TIPS FOR USING THE NUTRITION FACTS LABEL

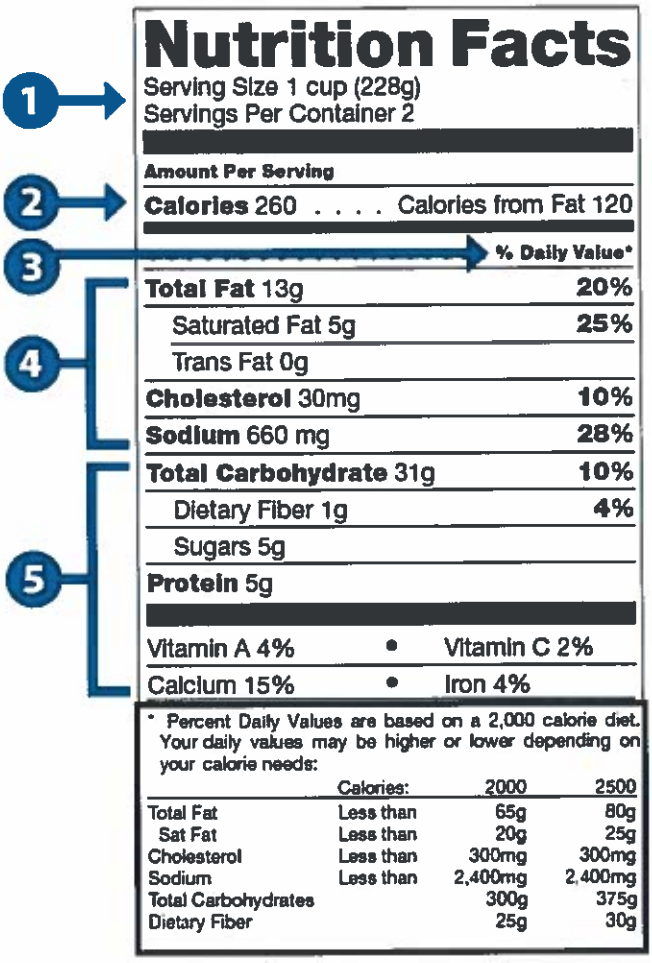
- Always, always, always check portion size first
- Don't just look at one line on the label – skim the whole label to get a general idea of the nutritional value of a product
- A product may be marketed as "healthy" or "natural," but the nutrition facts label reveals the truth!
- Remember that the Daily Value percentages are for a 2,000 calorie diet

WHAT QUESTIONS DO YOU HAVE FOR ME?

MOVE!®

How to Read a Nutrition Facts Label

Understanding what the Nutrition Facts Label means can help you make smart food choices that are best for your health.



1 Serving Size & Servings Per Container

We're used to saying "portion" or "helping" when we talk about how much we eat. "Serving size" is the official term used on food labels. Nutrition facts given on the food label are based on one serving.

Be sure to look at the number of servings in the container. Even small containers may have more than one serving. If you eat the whole container, then you must multiply the nutrition values by the number of servings in the container.

2 Amount of Calories

The calories listed are for one serving of the food. Keep in mind your total daily calorie needs. "Calories from fat" tells how many fat calories there are in one serving. Remember, a product that is fat-free isn't necessarily calorie-free.

3 *Percent Daily Values (DV)

This section tells you how the nutrients in one serving of the food contribute to your total daily diet. Use it to choose foods that are high in the nutrients you should get more of, and low in the nutrients you should get less of. **Tip:** 5% DV or less is low, 20% or more is high. You will not find a % DV for trans fat, Sugars, or Protein (refer to the bottom box for Percent Daily Values for a 2,000 and 2,500 calorie diet).

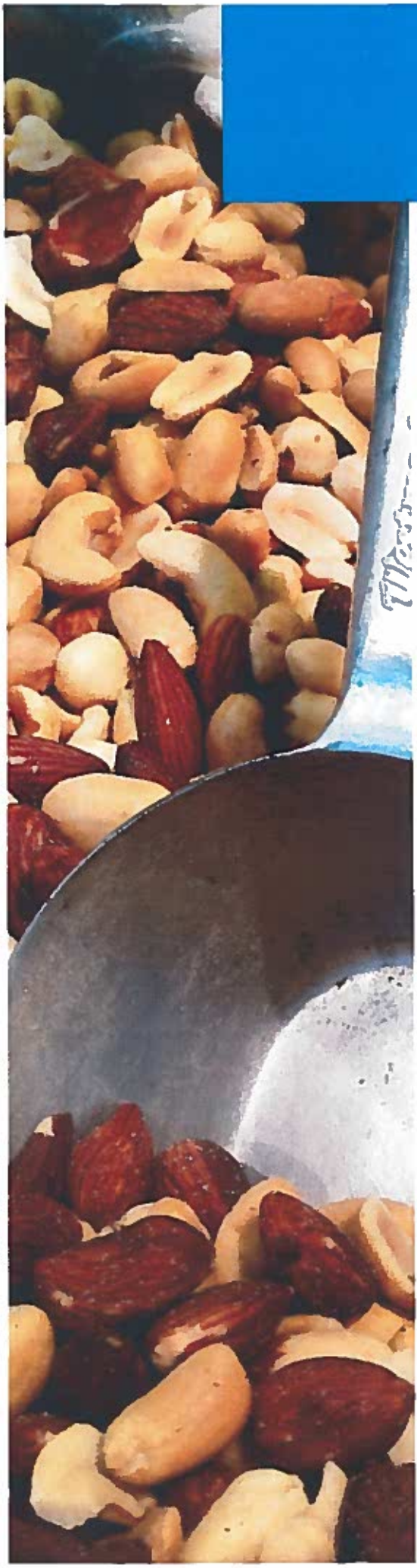
4 Limit these Nutrients

Eating too much total fat (especially saturated fat and trans fat), cholesterol, or sodium may increase your risk of certain chronic diseases, such as heart disease, some cancers, or high blood pressure. Limit these nutrients.

5 Get Enough of These Nutrients

Americans often don't get enough dietary fiber, Vitamin A, Vitamin C, Calcium, and Potassium in their diets.

- Look for choices that have at least 1 gram of fiber.
- Aim for 20–35 grams of fiber per day.
- Compare the number of grams (g) of sugars to the number given for Total Carbohydrate. Unless this food has natural sugar, like that in fruit or milk, these sugars are added.



Healthy Trail Mix

Ingredients

- 1 cup Wheat Chex cereal
- 1 cup almonds
- 1 cup cashews
- ½ cup sunflower seeds
- 1 cup raisins
- 1 cup dark chocolate chips
- ¼ tsp sea salt

Preparation

Preheat oven 350°F. Spread cereal, nuts and seeds in an even layer on a cookie sheet. Sprinkle sea salt on top. Bake for 5 to 7 minutes, until fragrant and lightly toasted. Set aside to cool. Place cool ingredients into a large bowl. Add remaining ingredients and stir gently to combine. Store in an airtight container.

Makes 10 servings

Nutrition Facts Per Serving (1/4 cup):

Calories: 342	Total Fat: 22 gm
Total Carbs: 36 gm	Protein: 8.6 gm
Sodium: 266 mg	Fiber: 5 gm

SWEET TEE KITCHEN