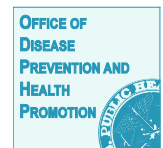


## Workshop 5

# Making Healthy Eating Part of Your Total Lifestyle

*Eat Healthy ● Be Active  
Community Workshops*





# Instructor Guide

## Before Workshop Begins

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

## Workshop Outline

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

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

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

## Workshop Lesson Plan

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

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

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

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

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

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

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

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

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

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

### *Add More Fruits and Vegetables*

#### *Vegetables*

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



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

### *Fruits*

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

### *Bring on the Whole Grains*

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

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

### *Cut Back on Sodium and Salt*

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

### *Putting It All Together*

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

## Stretch Break (5 minutes)

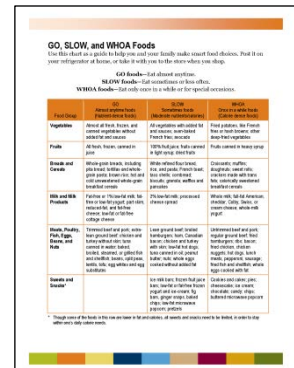
### “Fruit Basket”—a nutrition-themed version of musical chairs

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



## Talking Points—Handout: GO, SLOW, and WHOA Foods (5 minutes)

- GO** foods contain a low amount of fat and added sugar. They are rich in nutrients and relatively low in calories. Examples of **GO** foods include fruits and vegetables, whole-grain foods without added fats, fat-free or low-fat (1%) milk and milk products, and lean cuts of meat. Enjoy **GO** foods almost any time.
- SLOW** foods are higher in fat and added sugar than **GO** foods. Examples of **SLOW** foods include vegetables prepared with added fat (such as butter) and sauces, French toast, fruit canned in syrup, and 2% low-fat milk. Have **SLOW** foods sometimes or less often.
- WHOA** foods are the highest in fat and added sugar of the three groups. **WHOA** foods have the most calories, and many are low in nutrients. Examples of **WHOA** foods include fried foods; baked goods such as croissants, doughnuts, cakes, and pies; whole milk; candy; regular soda; and chips. Have **WHOA** foods only once in a while or on special occasions.



## Activity—Using a Nutrition Facts Label (5–10 minutes)

**Nutrition Facts Label:** Pass out handout *Tips for Reading 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.

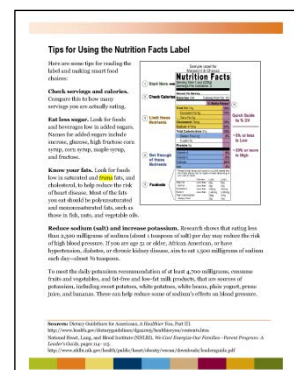
**Supplies necessary:** A variety of nutrition facts labels from food containers.

## Talking Points—Handout: Tips for Using the Nutrition Facts Label (5 minutes)

- Look at the serving size and determine how many servings you are actually eating.

  - If you eat two servings of a food, you will consume double the calories.
- Choose foods with less sugar.

  - Foods with added sugars (names include sucrose, glucose, high fructose corn syrup, corn syrup, maple syrup, and fructose) provide calories with few nutrients. Make sure that added sugars are not one of the first few ingredients.



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

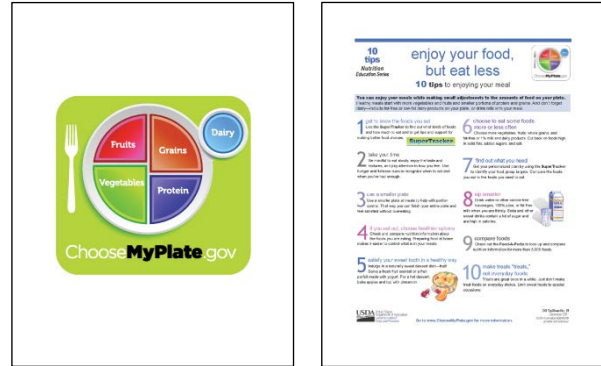
### Talking Points—Increasing Physical Activity (1–2 minutes)

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

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

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

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



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

### Things to Try at Home

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

## Complete Evaluation Form (5 minutes)

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

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

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





# Workshop 5 ● Handouts





## Eat Healthy Your Way

# Making healthy eating part of your total lifestyle



### See how it worked for Dwayne Davis

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

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

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

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

*Dwayne*



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

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

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

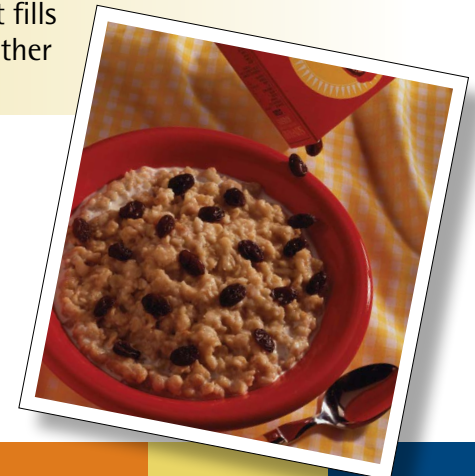
Go for the red and orange (sweet potatoes, carrots) and green (broccoli, spinach) kinds to get the most nutrients.

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

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

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

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



(turn over please)

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

# Small changes can make a large difference

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

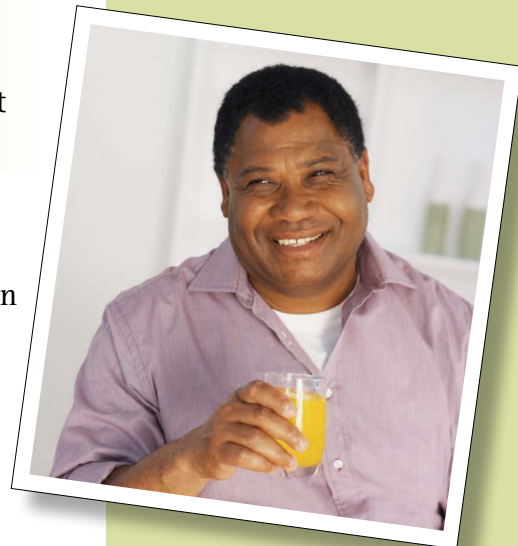
"Once I started reading labels, I was surprised at how much sodium is in packaged foods. High blood pressure runs in my family and cutting back on salt makes a lot of sense health-wise. And sugar? I stopped drinking my daily super-sized 64-ounce soft drink. Turned out the drink had 800 calories—about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

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

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

### Eat fewer sweets.

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



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

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

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

### The bottom line?

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

### Include these foods in your food plan:

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

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

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





# GO, SLOW, and WHOA Foods

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

**GO foods**—Eat almost anytime.

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

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

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

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

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

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

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

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

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

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

## Tips for Using the Nutrition Facts Label

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

### Check servings and calories.

Compare this to how many servings you are actually eating.

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

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

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

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

Sample label for Macaroni & Cheese

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

\* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

① **Start Here** →

② **Check Calories**

③ **Limit these Nutrients**

④ **Get Enough of these Nutrients**

⑤ **Footnote**

⑥ **Quick Guide to % DV**

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

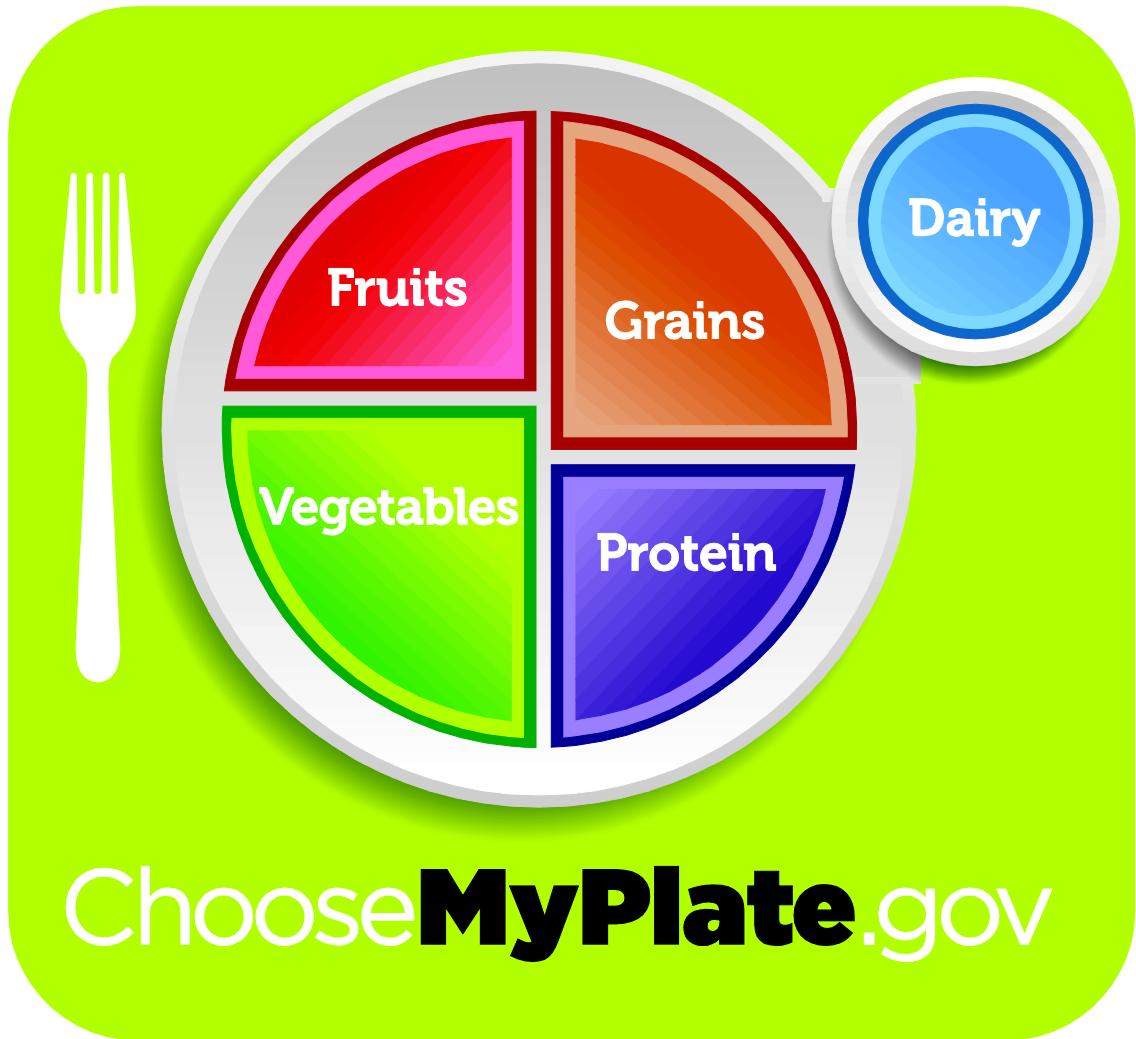
**Sources:** Dietary Guidelines for Americans, *A Healthier You*, Part III.

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

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

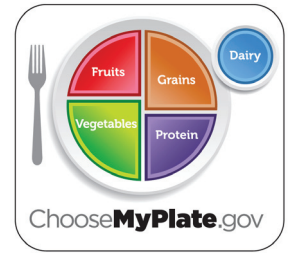
<http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/downloads/leadersguide.pdf>





Choose **MyPlate**.gov

# enjoy your food, but eat less



## 10 tips to enjoying your meal

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

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

**SuperTracker**

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

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

**4** **if you eat out, choose healthier options**  
Check and compare nutrition information about the foods you are eating. Preparing food at home makes it easier to control what is in your meals.

**5** **satisfy your sweet tooth in a healthy way**  
Indulge in a naturally sweet dessert dish—fruit! Serve a fresh fruit cocktail or a fruit parfait made with yogurt. For a hot dessert, bake apples and top with cinnamon.



**6** **choose to eat some foods more or less often**  
Choose more vegetables, fruits, whole grains, and fat-free or 1% milk and dairy products. Cut back on foods high in solid fats, added sugars, and salt.

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

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



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

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

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

## Making Healthy Eating Part of Your Total Lifestyle Evaluation

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

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

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

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

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

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

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

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

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



