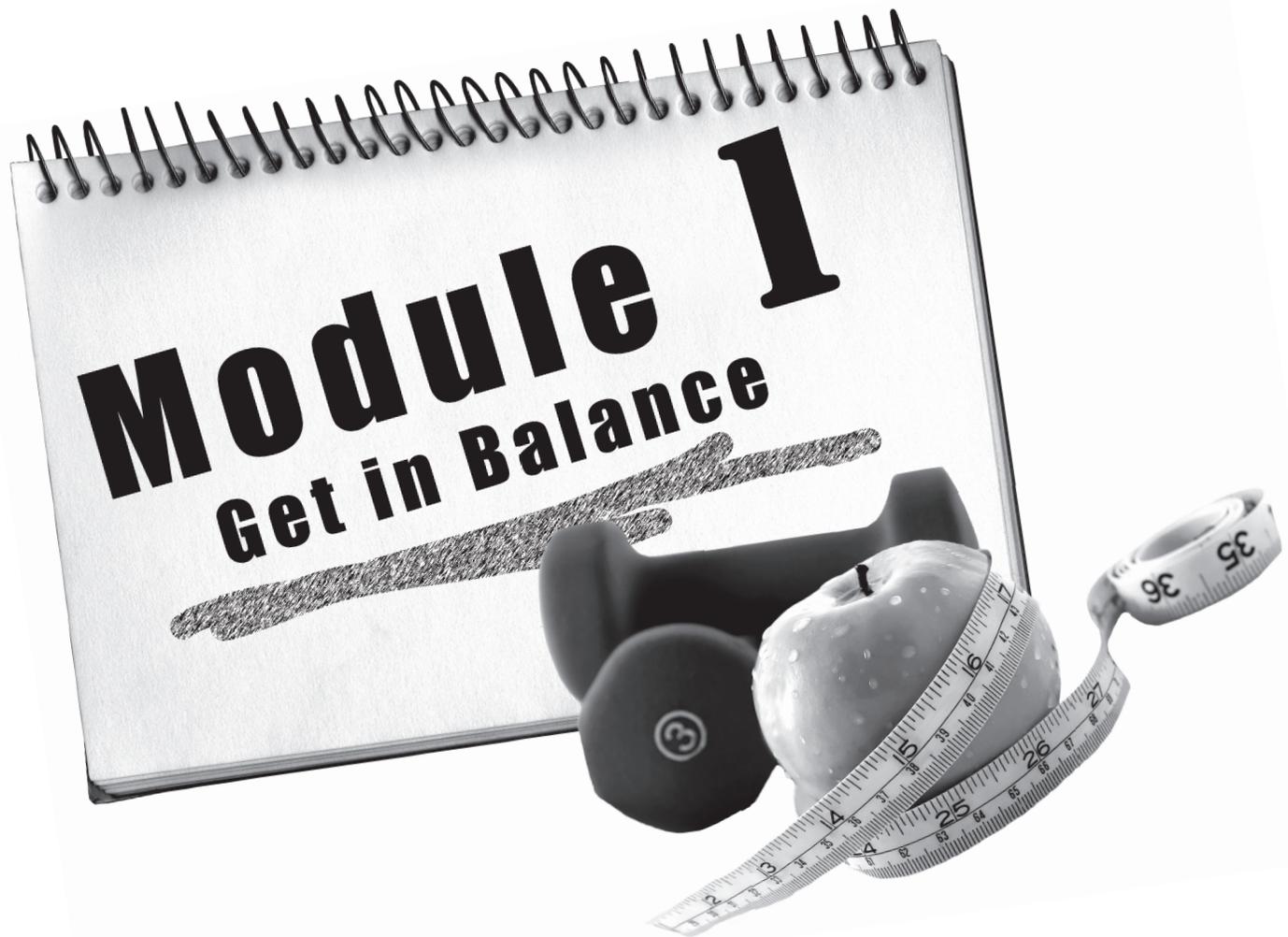


# Healthy Lifestyles Training

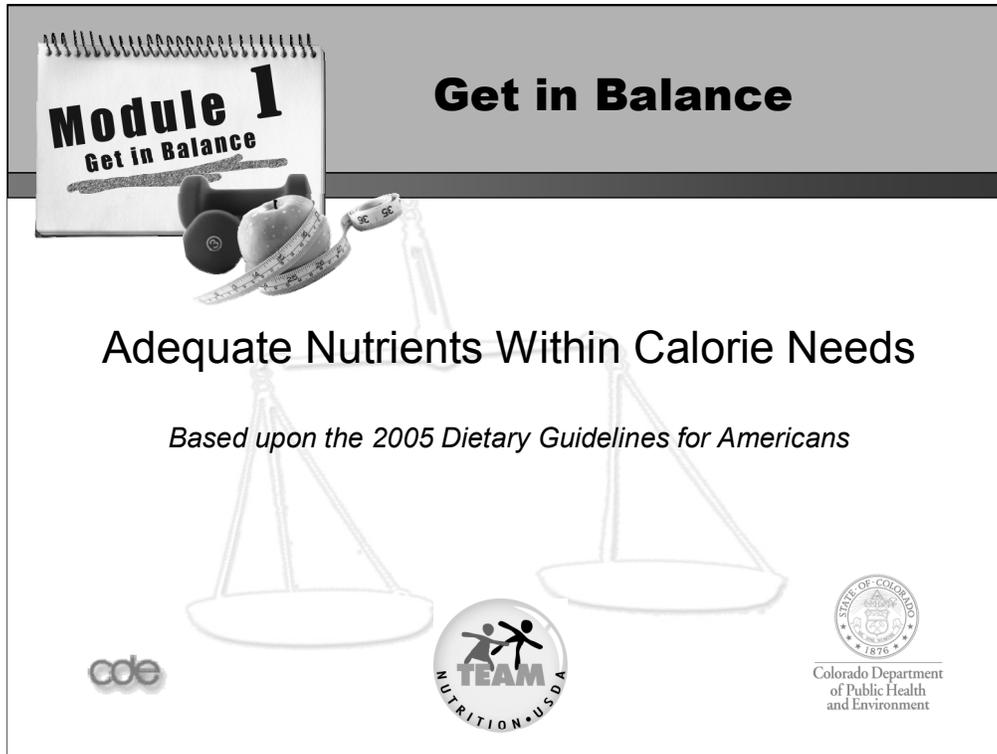
MODULE 1



Presentation Script

**Adequate Nutrients within  
Calorie Needs**



The slide features a grey header with the title "Get in Balance" in bold black text. Below the header, there is a collage of images: a spiral notebook with "Module 1 Get in Balance" written on it, a measuring tape, an apple, and a banana. The main title "Adequate Nutrients Within Calorie Needs" is centered in a large, black, sans-serif font. Below it, the subtitle "Based upon the 2005 Dietary Guidelines for Americans" is written in a smaller, italicized font. At the bottom, there are three logos: the "cde" logo on the left, the "TEAM NUTRITION • USDA" logo in the center, and the Colorado Department of Public Health and Environment logo on the right. The background of the slide is white with a faint, large-scale image of a balance scale.

**SAY:**

Welcome to this training on the 2005 Dietary Guidelines for Americans.

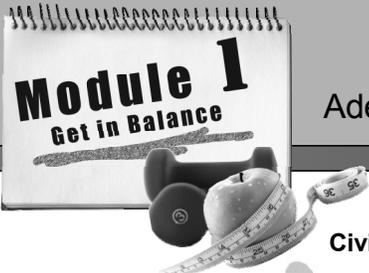
How many of you have the desire to get a little more balance put back into your life?

*Give participants a moment to reflect or answer.*

**Then SAY:**

Do you struggle with figuring out ways to do that in the areas of eating and physical activity?

If so—this is the training for you!



**Module 1**  
**Get in Balance**

## **Get in Balance**

### **Adequate Nutrients Within Calorie Needs**

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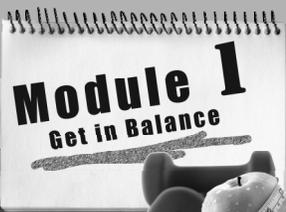
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## **Get in Balance**

Adequate Nutrients Within Calorie Needs

### **Team Nutrition Statement**

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## Get In Balance

- Look at your eating habits.
- Make healthful choices that are tailored to your environment.
- Set smart, reasonable personal eating and activity goals.
- Practice using tools to make wise food choices and to balance them with physical activity.

**SAY:**

The purpose of this training is:

- 1) To enable you to examine your eating habits and your history with food.
- 2) To help you learn how to make healthful choices that are tailored to your personal environment.
- 3) To teach you how to set smart, reasonable personal eating and activity goals.
- 4) And to practice using tools to make wise personal food choices and to balance physical activity and eating.

## 3 Keys to a Healthier You

- Variety
- Making Smart Choices
- Choosing Health



### SAY:

What are the Keys to Healthy Eating?

You know when your grandmother said, “variety is the spice of life?” Well it may not have sounded all that spicy to you then, but your Grandma really had something!

The first “key” to healthy eating is to consume a variety of foods.

There are many different nutrients and they come from different foods and food groups. If you eat the same foods day in and day out—if you are stuck in a “food rut”—then you are far less likely to be getting the nutrients that you need to be your healthiest.

Choosing to eat a wide variety of foods, particularly of fruits, vegetables, whole grains, and low fat dairy products helps to ensure that you get the most nutrition out of your calories.

During this training, we’ll talk about some ways to increase variety, have a little more fun and adventure in your eating, and to learn how to make **smart** food choices.

The second “key” is about balancing what you eat with your physical activity level.

Most people know that physical activity helps you build muscle and bones. Here is the bigger news: it can help you feel strong and feel less stressed—and *that* is a big part of being healthy.

We will examine some of our values about physical activity, some of the barriers to each of us being more active and we’ll give you an opportunity to think about your ideal for activity and how you could move closer to that.

The third “key” to changing our habits for the better is to actively **CHOOSE IT**.

All of the knowledge we gain through reading, listening to the news and through attending trainings like these will not be effective unless we decide to put it into action. The simple truth is that you have to care enough about yourself to decide to take on being healthy.

Why should we? Because you are in charge of your health, you are the best advocate for your health, and no one will be more successful in helping you be healthier than you. You deserve it.

The first step is to care whether you are healthy or not.

# Key #1: More Variety = Better Nutrition

- Being smart by consuming a variety of foods, helps you get the nutrients you need.
- Eating a variety of foods from each of the food groups is excellent health insurance.

*Did you know...*



## **SAY:**

*Did you know that* increases in dietary variety result in better nutrient profiles for your diet? What this means is choosing to eat a greater variety of foods and different kinds of foods is the first step to better nutrition.

As we mentioned before, there are many different nutrients and they come from different foods and food groups.

Now, think about a typical day and what you might eat in that day. How many of you meet the **5-9 a Day** recommendations by the National Cancer Institute and the Produce for Better Health Foundation? That is, how many of you consume a minimum of 2 ½ cups of fruits and 2 ½ cups of vegetables each day?

If you meet this, how about sharing why you choose to do this?

For those of you who don't, why do you think you don't always meet this recommendation?

When we ask individuals who have successfully increased the number of fruits and vegetables they eat each day, here is what they tell us:

It takes a while to get used to the idea, but once you do, you miss eating this way if you have a day or two where you can't or don't.

After a while, you get to like eating this way better. You enjoy the crunchiness, the taste, and you feel better after you eat it—you have more energy and feel lighter.

An added bonus is that you feel less tempted to overeat the high calorie, low nutrient foods that typically come at the end of a meal or between meals because you get to eat more food when you eat fruits and vegetables—sometimes twice as much volume for the same number of calories.

And last, it turns out that the “comfort food” that we eat when we feel stressed out or unhappy really isn't much comfort in the long run. BUT when eating well and exercising regularly we feel better about ourselves. We see the progress we are making, we are more confident and know we will feel better if we make smart eating choices.

Making smart choices adds to our confidence and that's a better place to live than feeling unsuccessful or frustrated.

The following will not be read but will serve as reference material:

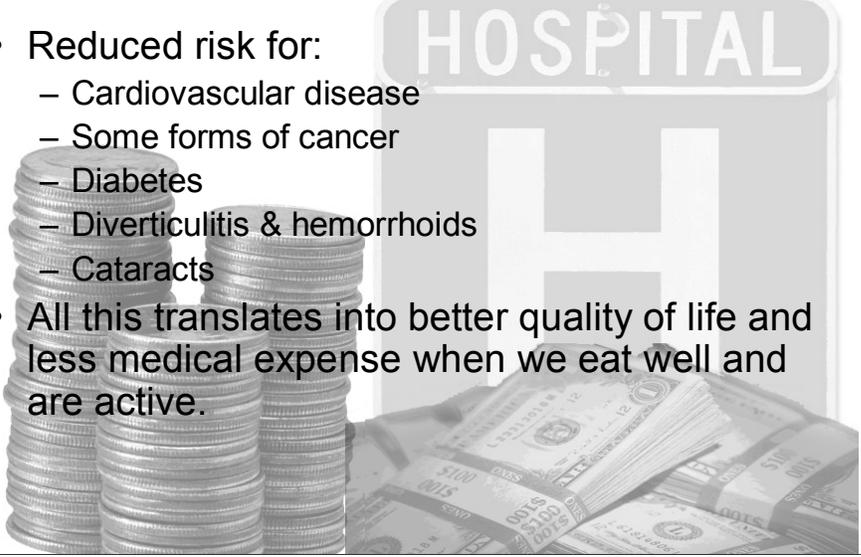
For resources related to 5-9 a day look at <http://www.5aday.org/index.htm> and <http://www.fruitsandveggiesmatter.gov/>

Elmadfa I, Freisling H. Fat intake, diet variety and health promotion. *Forum Nutr.* 2005;57:1-10. Different epidemiological studies indicated that the optimization of diet and nutrition combined with healthy life style can decrease the risk and even lead to amelioration of various noncommunicable diseases. Promising food-based dietary guidelines have been recommended in order to improve the nutritional and health status. One of the most popular recommendations is related to the amount (less fat and fat-rich foods) and type of the dietary fat component (less saturated, more polyunsaturated fatty acids, lower n-6:n-3 ratio). An overview on the nutrient intake among different age groups in Austria shows that the general consumption of some food groups--especially those rich in carbohydrates--is too low and that the intake of fat is far beyond the recommended amount of 30% of total energy (E%). The results of the 24-hour recall made among Austrian adults (n = 2,585) showed that about 18% of this population group had a fat intake of 30-35 E%, whereas 60% had an intake higher than 35 E%. Only 24% of the female and male adults had a fat intake lower than 30 E%. A result of this high proportion of fat--in the form of foods rich in fat--in the average total energy consumption is a too low intake of carbohydrates, and foods rich in carbohydrates, respectively. An increasing fat intake is associated with an increasing intake of some nutrients such as vitamin A, E, calcium and zinc, but a decreasing intake of other nutrients like vitamin C, folate, carotenoids and others. The diversity of foods consumed during a day increases with decreasing amount of fat in the diet of adults. People with a high amount of fat in their daily diet show a lower intake of vegetables and fruit, cereal products, carotenoids, folates and dietary fibers, but a higher intake of meat and meat products, milk and milk products, sweets and flummeries as well as saturated fatty acids (SFA) and cholesterol. Of course, a higher variety of food items in the daily diet should not be associated with a higher energy intake. Thus, foods with a high nutrient density (vegetables, fruits, low-fat milk products, whole grain cereals, legumes etc.) are recommended. Finally, it has to be annotated that a high diversity in the daily diet with reduced fat and SFA intake allows a sufficient nutrient intake and is an important approach for health promotion.

Bernstein MA, Tucker KL, Ryan ND, O'Neill EF, Clements KM, Nelson ME, Evans WJ, Fiatarone Singh MA. Higher dietary variety is associated with better nutritional status in frail elderly people. *J Am Diet Assoc.* 2002;102(8):1096-1104.

OBJECTIVE: A narrow range of food choices may lead to dietary inadequacies, a particular concern in elderly people. We hypothesized that consumption of a more diverse diet would predict better nutritional status in frail elderly persons. SUBJECTS: Subjects included 98 frail nursing home residents (36 men, 62 women), mean age 87.1+/-5.5 (72 to 98) years. METHODS: 3-day dietary variety scores ranging from 23 to 48 and fruit and vegetable variety scores ranging from 5 to 20 were calculated from weighed 3-day food records as the number of different food or fruit and vegetable choices consumed. A higher score indicates a more varied diet. Nutritional status was assessed by weight, height, body mass index (BMI), skinfold thickness, circumference measures, calculated mean arm muscle area, total body water, computerized tomography of the thigh, and total body potassium, as well as nutritional analysis, biochemical measures, and subject medical history. STATISTICAL METHODS: Univariate regression analyses were performed to investigate the relationship between clinical and nutrition variables. Multiple linear regressions were used to develop models relating dietary variety scores to possible etiologic factors as well as indicators of nutritional status. Models were controlled for age, BMI, and energy intake when appropriate. RESULTS: Mean dietary variety score was 35.2+/-4.5, and mean fruit and vegetable variety score was 11.3+/-3.0. Higher dietary variety score was associated with higher energy intake (beta = 20.5, P < .001) and both high dietary variety score and fruit and vegetable variety score were positively associated with intake for many nutrients (P < or = .05). High dietary variety score was related to high fruit and vegetable variety score and total intake of fruits and vegetables. In men, higher dietary variety score and fruit and vegetable variety score were associated with higher high-density lipoprotein (beta = 1.02), lower very-low-density lipoprotein (beta = -3.58) and triglycerol (beta = -3.51), and higher blood folate (beta = 4.72) concentrations in women (P < or = .05). In women, high dietary variety score was associated with higher BMI (beta = 0.34, P < .001) and higher total body potassium (beta = 1.30, P = .02); high fruit and vegetable variety score was associated with higher BMI (beta = 0.41), mid-arm circumference (beta = 0.34), and mid-arm muscle area (beta = 2.94) (P < or = .03). Dietary variety score was higher (mean 37.6+/-5.38 vs 34.6+/-4.14) in those who received assistance with feeding (beta = 2.67, P = .01). History of cancer (beta = -2.04) and gastrointestinal cancer (beta = -3.54) were associated with low dietary variety score (P < or = .05). CONCLUSIONS: The results of this study suggest that a highly varied diet in elderly nursing home residents is associated with better nutritional status as assessed by nutrient intake, biochemical measures, and body composition measures. Dietary variety score is a straightforward tool for screening and identifying people at nutritional risk, as well as a mechanism for monitoring response to nutritional, medical, and environmental interventions. Preventive measures to improve dietary variety, as measured by the dietary variety score, should be evaluated and introduced before nutrition and health complications arise.

# Is It Worth the Effort?

- 
- Reduced risk for:
    - Cardiovascular disease
    - Some forms of cancer
    - Diabetes
    - Diverticulitis & hemorrhoids
    - Cataracts
  - All this translates into better quality of life and less medical expense when we eat well and are active.

## **SAY:**

We've talked about the carrot—feeling better physically and feeling less stressed. Now let's talk about what you can avoid by making smart lifestyle choices.

Choosing to eat more healthfully helps to reduce our risk for certain diseases.

Cardiovascular disease includes events like heart attacks and strokes. Research suggests that people who eat fewer fruits, vegetables and whole grains have a 5-11% greater risk of stroke and up to a 15% increase in risk for all cause cardiovascular disease.

Lung, breast, mouth & throat, stomach, colorectal, cervical and ovarian cancers are also likely to be related to low fruit and vegetable consumption.

Diabetes, which is the fastest growing disease of our times, can be managed in part by decreasing calorie intake, increasing fiber consumption from fruits, vegetables and grains, reducing intake of foods with added sugars and by increasing activity levels by as little as 30 minutes a day. Women who consume 5 servings or more of fruits and vegetables per day have been associated with a 39% reduced risk of diabetes.

Diverticulitis is an inflammation of the large intestine (colon) that is partly related to a person's genes but is also related to their eating habits; specifically it's related to low fiber consumption. Increasing fruit, vegetable and whole grain consumption is part of the management of diverticulitis and high fiber diets are known to provide the best defense against the development of diverticulitis.

Overall bowel health is also improved by consumption of fruit, vegetables, whole grains and fermented low fat dairy products like yogurt and kefir. One of the most common problems for children is constipation and this is often caused by low fiber intake. The same can be said for adults.

Cataracts are one of the world's leading causes of blindness and are most common in the elderly. 5% of individuals in the US older than 65 years will have cataracts and 40% of those older than 75 years will have cataracts. A great deal of evidence suggests that consuming a diet high in antioxidants that come from fruits and vegetables can delay the development of cataracts. It's suggested that over half of the medical costs associated with cataracts would be eliminated if we could delay the onset of cataracts for 10 years.

So, why change our eating habits to be healthier? You can choose the carrot—feeling better, and being healthier—or you can pay attention to the stick—all of those negative consequences of eating less healthfully.

The point is to choose to make a change.

And how do we get better nutrition and eat the amount of calories that is best for us?

We've talked about how increasing the variety of foods that we eat can have a positive impact on our overall nutrition and health. We must be careful though, because it's not just any kind of variety that makes the difference. Research also shows that the more variety people consume the more calories they tend to consume.

It turns out that "smart" variety is what counts.

*The following will not be read but will serve as reference material:*

Dauchet L, Amouyel P, Dallongeville J. Fruit and vegetable consumption and risk of stroke. A meta-analysis of cohort studies. *Neurology*. 2005;65:1193-1197.

Background: Fruit and vegetable consumption is associated with lower rates of coronary heart disease. Results from observational studies suggest a similar association with stroke.

Objective: To assess the evidence from prospective observational studies on fruit and vegetable intake and risk of stroke.

Methods: A meta-analysis of prospective studies was conducted to examine the association between fruit and vegetable intake and stroke. Studies were selected if they reported relative risk (RR) and 95% CI for any type of stroke and used a validated questionnaire for food intake assessment. Pooled RR were calculated and linearity of the associations was examined.

Results: Seven studies were eligible for the meta-analysis, including 90,513 men, 141,536 women, and 2,955 strokes. The risk of stroke was decreased by 11% (RR 95% CI: 0.89 [0.85 to 0.93]) for each additional portion per day of fruit, by 5% (RR: 0.95 [0.92 to 0.97]) for fruit and vegetables, and by 3% (RR: 0.97 [0.92 to 1.02]; NS) for vegetables. The association between fruit or fruit and vegetables and stroke was linear, suggesting a dose-response relationship.

Conclusions: This meta-analysis of cohort studies suggests that fruit and fruit and vegetable consumption decreases the risk of stroke.

Cardiovascular benefits of long-term fruit and vegetable consumption

Bazzano, L. Fruit and vegetable intake and risk of cardiovascular disease in US adults: the first National Health and Nutrition Examination Survey Epidemiologic Follow-up Study. *Am J Clin Nutr* 2002;76:93-9.

Rimm, Eric B. Fruit and vegetables--building a solid foundation. *Am J Clin Nutr*. 2002;76:1-2.

Consumption of nutrients that are abundant in fruits and vegetables--such as antioxidants and folic acid--has been linked to a lower incidence of cardiovascular disease (CVD). However, long-term studies focusing on whole-food consumption, as opposed to single micronutrients, are useful because they demonstrate the prolonged and cumulative benefits of a healthy diet. Publishing in the *American Journal of Clinical Nutrition*, Bazzano et al. examined the relationship between fruit and vegetable consumption and the risk of CVD and stroke in a large group of subjects over a period of roughly 2 decades. They found that stroke incidence and mortality, as well as mortality from ischemic heart disease and CVD, were all significantly reduced in those who consumed at least 3 servings of fruits and vegetables per day. The research, part of the first National Health and Nutrition Examination Survey (NHANES I), involved prolonged follow-up of 9608 adults ages 25-74 who were randomly distributed by sex, race, and sociological group. All subjects were free of CVD at the study's inception between 1971-1975, and follow-up data on dietary intake, disease and mortality were collected in 1982-84, 1986, 1987, and 1992. In determining average daily servings of fruit and vegetables, the researchers used both a 3-month food frequency questionnaire detailing the subjects' usual consumption and a 24-hour dietary recall record. Those who had consumed at least 3 servings per day of fruits and vegetables had a 27% lower incidence of stroke and 42% lower stroke mortality rate among all subjects, and risk of death from ischemic heart disease and CVD was reduced by 24% and 27%, respectively. Men appeared to benefit more than women and whites more than nonwhites from frequent fruit and vegetable consumption with a few exceptions, such as a 53% reduction in stroke mortality for women versus a 23% reduction for men. A 15% reduction in risk from death for all causes was related to the frequent association of fruit and vegetable consumption with other healthy habits such as regular exercise, refraining from smoking, and having a low dietary intake of cholesterol and saturated fat.

An accompanying editorial by Rimm emphasizes that the true benefits of fruit and vegetable consumption may be even higher than those found in the NHANES I Study, which designated only "low" (<1 serving/day) or "moderate" (at least 3 servings/day) intake of fruits and vegetables. Recent advances in the development of eating pattern scores may translate more readily into complete dietary guidelines for the public that could maximize the CVD-preventative potential of a healthy diet.

More fruit could mean less asthma in adults

By Stephen Daniells

News Archives

17/05/2006 - People with an antioxidant-rich diet could reduce their risk of developing asthma in adulthood, say Cambridge researchers - adding to a growing body of science on the subject. Patel BD, Welch AA, Bingham SA, Luben RN, Day NE, Khaw K-T, Lomas DA, Wareham NJ. Dietary antioxidants and asthma in adults. *Thorax*. 2006;61:388-393.

*"We have found symptomatic asthma in adults to be associated with a low intake of the dietary antioxidants vitamin C and manganese. The low intake of vitamin C appears to be primarily associated with a diet deficient in fruit,"* wrote corresponding author Dr. Nick Wareham.

This study appears to support a growing body of science that has linked antioxidant intake, particularly vitamins C and E, to the incidence of asthma, a condition on the rise in the Western world and the most common long-term condition in the UK today. And, according to the charity Asthma UK, it affects over four million adults and over a million children.

According to the European Federation of Allergy and Airway Diseases Patients Association (EFA), over 30m Europeans suffer from asthma, costing Europe €17.7bn every year. The cost due to lost productivity is estimated to be around €9.8bn.

The new study, published in the journal *Thorax* (Vol. 61, pp. 388-393), used a nested case-control design to investigate a potential relationship between fruit and vegetable intake, and corresponding antioxidant intake, and the incidence of both diagnosed and symptomatic asthma for 515 cases and 515 controls with average age 32.

The researchers used registrants in the European Prospective Investigation of Cancer (EPIC)-Norfolk cohort and assigned them as either cases or controls depending on results from a health and lifestyle questionnaire (HLQ). Dietary data was obtained using seven day food diaries.

Dr. Wareham and his colleagues found that dietary intake of vitamin C and manganese were inversely and independently linked to symptomatic asthma, with a 12 per cent reduction in incidence with increasing vitamin C intake, and a 15 per cent reduction in incidence with increasing manganese intake. The researchers divided intakes into five groups (quintiles) ranging from low to high intake, but no quantification of each cut-off point is made.

For diagnosed asthma, only manganese has an effect on the incidence of the condition. Increasing intake of manganese, as a per quintile measure, was associated with a 14 per cent reduction in the risk of diagnosed asthma.

When the researchers looked at the incidence and associated risks of both symptomatic and diagnosed asthma in terms of fruit and vegetable consumption, and particular types of each, it was reported that moderate consumption (between 0.7 and 46.2 grams per day) of citrus fruits decreased the risk of asthma by 12 per cent. High consumption (46.3 grams per day or more) decreased the risk by 41 per cent.

Apples consumption also reported a significant effect on the risk of asthma, both symptomatic and diagnosed, with high consumption (48.1 grams per day or more) associated with a 32 per cent reduction in risk.

*"Our observations are consistent with previous reports of an inverse association between dietary fruit and dietary vitamin C and respiratory symptoms,"* said the researchers.

The mechanism behind the protective effects of vitamin C and manganese appears to be due to their antioxidant nature, with manganese in particular playing a key role in the enzyme superoxide dismutase. Reduced levels of this enzyme have been reported in the lungs and blood of asthma sufferers.

A major strength of this study, argue the researchers, is the comprehensive nature of the dietary data, allowing them to confidently make the link between manganese and vitamin C intake and reduced risk of asthma.

There are several limitations however, as there are with all observational studies. The most notable being that cases may have altered their diets because of their asthma, although possible errors from this are reduced by the fact that only 22 cases reported such a change. There also exists the possibility that other, unaccountable confounders, may have affected the results.

The study does appear to add to a growing body of evidence linking increased antioxidant intake to a reduced risk of asthma. Indeed, a spokesperson for British charity Asthma UK told [NutraIngredients.com](http://www.NutraIngredients.com): *"Fresh fruit and vegetables are a good source of anti-oxidants and the results of several studies suggest that a diet high in anti-oxidants may protect against asthma and some other lung diseases."*

*This research has looked at whether people with a low intake of fruit and antioxidants such as vitamin C have a higher risk of asthma. Further research is necessary before the link between diet and asthma is fully understood.*

*Hyson, D. Fruits and vegetables: A scientific overview for health professionals. Available at: [http://www.5aday.org/pdfs/research/health\\_benefits.pdf](http://www.5aday.org/pdfs/research/health_benefits.pdf). Accessed February 5, 2008.*

# Go For Color

- The larger the number of colors of fruits and vegetables that you eat, the better the nutrient profile of what you are consuming.



## **SAY:**

One of the easiest ways to think about increasing the variety of your diet is to “Go for Color.” What will color on your plate or in your cup do for you?

•Color makes food look more appealing. Part of how restaurants and great chefs think about food, and the presentation, of food is according to the color on the plate. If food is more visually appealing, it adds to the pleasure of eating.

•Color tastes great! Think about oranges and green beans; broccoli and tomatoes; strawberries and mangos.

## Go Green and Orange!

- Consuming more dark green and orange vegetables helps you to meet your dietary needs for:
  - Vitamins and minerals
  - Fiber



**SAY:**

Here is something that you may not realize—more color means better and smarter nutrition. Colorful eating is a way to get the most nutrition out of your calories.

# Go Yellow and Red!

Many beautiful and nutritious fruits and vegetables are yellow and red



...and purple and even blue!

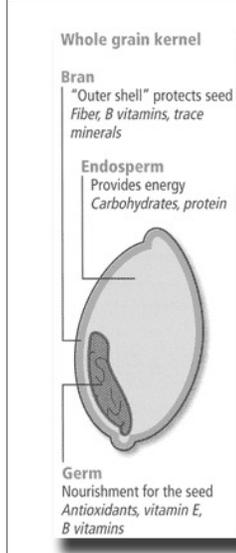


**SAY:**

Break out of your food rut and try something new!

Ultimately, colorful eating lends itself to better health.

# Make ½ Your Grains Whole!



- What counts?
  - oatmeal, popcorn, brown rice, whole wheat flour, sprouted grains and whole wheat bread
- The benefits:
  - fiber
  - vitamins
  - calorie control

## SAY:

Whole grains are one of the new messages and a focus of the 2005 Dietary Guidelines.

**Whole grains** are cereal grains which retain the bran and germ as well as the endosperm, in contrast to refined grains which retain only the endosperm. **Whole meal** products are made from whole grain flour.

Common whole grain products include oatmeal, popcorn, brown rice, whole wheat flour, sprouted grains and whole wheat bread. Common refined grain products include white rice, white bread, hominy and pasta (although whole-grain varieties of pasta are available in natural-food sections of stores).

## Identifying Whole Grains Products

Whole grain products can be identified by the ingredient list. Typically if the ingredient lists "whole wheat", "rolled oats", or "whole corn" as the first ingredient, the product is a whole grain food item.

"Wheat flour" is **not** a whole grain, and therefore does not indicate a whole grain product. Many breads are colored brown and made to look like whole grain, but are not. Some food manufacturers make foods with whole grain ingredients, but because whole grain ingredients are not the dominant ingredient, they are not whole grain products.

The **benefits** of consuming whole grains include increasing our fiber and vitamin intakes without adding any calories—and sometimes, our calorie intake even goes down by increasing our whole grain consumption. This is another smart way to meet our nutrient needs within our calorie limits.

Experts suggest that up to 6 *servings* of grains be consumed each day with a minimum of 3 servings coming from whole grains. This can mean having a whole grain cereal like oatmeal for breakfast; choosing whole grain bread over more processed bread or white bread; and having brown or wild rice or corn tortillas instead of white rice or flour tortillas

Choosing whole grains can mean adding good taste, variety and a little adventure to our diets. Different cultures consume different kinds of whole grains. Here are some you may or may not be familiar with:

- Wild rice (native to Asia and Africa)
- Buckwheat (first cultivated in southwest Asia and spread to Europe and then to the Americas),
- Couscous (African & Middle Eastern),
- Millet (Asia),
- Oat groats (Europe & Asia),
- Quinoa (Americas),
- Posole (Mexico), and
- Barley (Middle East).

If these aren't familiar to you, take a trip down your grocery aisle and see if you can find them. Add a little adventure to your diet!

## Low Fat Dairy Products are Smart Choices

- Choose low fat dairy products for bone and heart health.
- Consuming low fat dairy aids weight loss.



**SAY:** Choosing low fat dairy products as a part of our everyday diet also improves our health. Getting adequate amounts of calcium by consuming dairy products protects bones and also is linked to decreases in blood pressure for those who have high blood pressure as revealed by the DASH diet studies, or the Diet Approaches to Stop Hypertension trials.

To meet recommendations for adequate calcium intake, it's best to consume 2-3 oz low fat milk (1% or skim) or yogurt, 3-5 oz of low fat cheese, or some combination of the 2. Calcium can also be found in some vegetables, but it is good to realize that calcium from fruits and vegetables is not digested and absorbed as well as that from dairy products. Can you get calcium from fruits and vegetables? Sure. It does take quite a bit more of it than from dairy.

Be advised that the higher the fat content of the dairy product, the bigger the tradeoff in consuming it. In order to meet your needs within your calorie limits, it's easier and smarter to choose low fat dairy products. If you consume low fat dairy, the latest research suggests that it can assist you in weight loss.

*The following will not be read but will serve as reference material:*

National Dairy Council. Dairy and Weight Management: A Look at the Science page. Pintable version available at: <http://www.nationaldairycouncil.org/nationaldairycouncil/healthyweight/science>. Accessed January 12, 2008.

## Vegetable Sources of Calcium?

- 1 cup broccoli has 41 mg calcium.
- The requirement for a 45-year-old female is 1000 mg.
- This means more than 24 cups of broccoli in one day to meet the requirement (*this would be 732 calories*).



**SAY:**

You can see from this slide that broccoli has calcium but it would be hard to eat enough broccoli to meet our calcium needs.

An 8 oz glass of lowfat milk has 290 mg of calcium and only about 100 calories.

## Almonds Anyone?

- At 350 mg calcium per cup, almonds provide some calcium.
- Almonds have 815 calories PER CUP!
- To get adequate nutrients within calorie needs would be challenging if you depended solely on nuts for calcium.



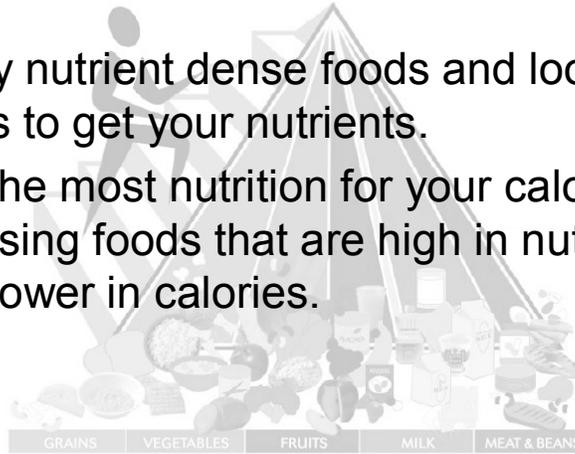
**SAY:**

Nuts are another source of calcium BUT they contain a good deal of fat and are therefore high in calories.

Does this make nuts a poor choice? No, in moderation they can contribute to calcium consumption, and they contain fiber and other nutrients. As the only source of calcium, they are a poor choice.

## Key #2: Make Smart Choices

- Enjoy nutrient dense foods and look to foods to get your nutrients.
- Get the most nutrition for your calories by choosing foods that are high in nutrients and lower in calories.



### SAY:

A food is “nutrient dense” if it provides many nutrients—vitamins, minerals and fiber—for the number of calories that it contributes to your daily energy intake. When you eat a wide variety of fruits, vegetables, whole grains and dairy products you will have less need to consume dietary supplements and your diet will tend to be lower in fats, sugars and calories.

The newest research demonstrates that by choosing to increase fruit and vegetable consumption, even as the only change you make in your diet, that you can decrease daily energy intake and loose modest amounts of weight and some body fat.

*The following will not be read but will serve as reference material:*

Darmon N, Darmon M, Maillot M, Drewnowski A. A nutrient density standard for vegetables and fruits: nutrients per calorie and nutrients per unit cost. *J Am Diet Assoc.* 2005;105(12):1881-1887. OBJECTIVES: The Dietary Guidelines for Americans 2005 recommended that consumers give priority to nutrient-dense foods, those that contain substantial amounts of key nutrients in relation to the dietary energy they provide. This study developed a scoring system to estimate the nutritional adequacy of vegetables and fruits, on a per weight, per calorie, and per unit cost basis. DATA: We used a French national food composition database for 637 foods, including 129 vegetables and fruits. Mean national retail prices were obtained for each food. METHODS: The nutrient adequacy score was defined as the mean of percent daily values for 16 nutrients, based on 100 g of food. The nutrient density score and the nutrient-to-price ratio were the mean of percent daily values for 16 nutrients, expressed per 100 kcal and per 1 euro of food, respectively. Relationships between energy density of vegetables and fruits, nutrient adequacy score, nutrient density score, and nutrient-to-price ratio were tested using linear regression. RESULTS: Energy density and nutrient density score were negatively correlated, confirming the widely accepted notion that energy-dense foods tend to be nutrient-poor. As expected, fruits and vegetables had the highest nutrient density score because they were nutrient-rich in relation to their low energy content. They also had a relatively high nutrient-to-price ratio, showing that they provided nutrients at a reasonable cost when compared with other foods. CONCLUSIONS: Foods ranked differently when nutritional adequacy was calculated per weight (nutrient adequacy score), per calorie (nutrient density score), or per unit cost (nutrient-to-price ratio). The present results showed that although fruits and vegetables are an expensive source of dietary energy, they provide key nutrients at a reasonable cost.

Tanumihardjo SA, Whigham L, Atkinson D. Promotion of high vegetable consumption as a weight-loss strategy and general well-being: Presented at: The USDA National Research Initiative Meeting; May 2006.

**OBJECTIVES:** to increase vegetables in the diets of Americans and to perform a clinical trial with vegetables as an intervention while at the same time promoting vegetables at the local and state level. **METHOD:** A 12 week weight-loss intervention study was orchestrated by feeding two groups of obese individuals (n=30/group) a diet rich in vegetables (intervention) or a 500 calorie reduction, low-fat diet (control). Feasibility of a high vegetable intervention (4 c per day) and its maintenance were examined. Serum concentrations of carotenoids as biomarkers of vegetable consumption were tested to measure compliance. **RESULTS:** Introduction of high amounts of vegetables into the diet resulted in significant weight and fat loss (1.4 kg & 1.9 kg, respectively). However, the control group lost significantly more weight than the intervention group (4.9 kg). **CONCLUSIONS:** Vegetable consumption is an important part of a weight loss plan, however total calories consumed must also be taken into account.

## Get the Most Nutrition Out of Calories

- |                                                                                                                                                                                                                      |           |                                                                                                                                                                                                                                       |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"><li>• Flour tortilla</li><li>• Carnitas</li><li>• Cheese</li><li>• Green chile</li><li>• Tomatoes</li><li>• Iceberg lettuce</li><li>• Refried beans</li><li>• White rice</li></ul> | <b>vs</b> | <ul style="list-style-type: none"><li>• Corn tortilla</li><li>• Chicken</li><li>• Cheese (lite)</li><li>• Salsa</li><li>• Tomatoes</li><li>• Romaine lettuce</li><li>• Black beans</li><li>• Brown rice</li><li>• Guacamole</li></ul> |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

**SAY:**

Let's compare these two meals.

Which one is more like what you might choose?

What are the differences in taste?

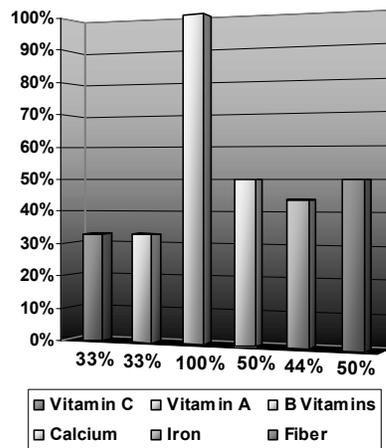
What are the positive aspects of the meals on the left? Of the meal on the right?

Which one do you think provides more nutrients? More nutrients *for the calories*?

# The “Regular” Way

Calories 1125      Fat 55 g

- Flour tortilla (1 large)
- Carnitas (4 oz)
- Cheese (2 oz)
- Green chile (1/2 c)
- Tomatoes
- Iceberg lettuce
- Refried beans (1/2 c)
- White rice (1/2 c)



Analyzed for a 45-year-old, 160 lb female who exercises 30-60 min/day

## SAY:

As you can see, some of our favorite ways of eating things really pack a punch in terms of calories. Let's look at the dietary analysis for this meal.

What is the good news about this meal?

The good news is that it provides a lot of nutrients that we want to consume—Vitamins C, A & B vitamins. It is also quite high in minerals and fiber.

However, there is a problem here. Can anyone identify it?

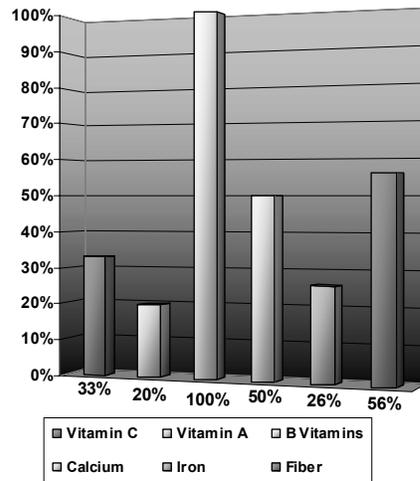
The issue with this meal is that, while it provides good quality nutrition, it does so at a high calorie cost. It provides 60% of this individual's calories in one meal! It does so by being quite high in fat, AND that fat is highly saturated because it's coming from animal sources. Fat coming from animal sources means it also has more cholesterol in it.

# Look What a Few Changes Can Do!

Calories 800

Fat 36 g

- Corn tortilla (3 small)
- Chicken (3 oz)
- Cheese (lite) (2 oz)
- Salsa (1/2 c)
- Tomatoes
- Romaine lettuce
- Black beans (1/2 c)
- Brown rice (1/2 c)
- Guacamole (1/4 c)



Analyzed for a 45-year-old, 160 lb female who exercises 30-60 min/day

## SAY:

Now let's compare this meal to the previous one. You can see that there is a nearly 30% reduction in calories without giving up a lot of nutrients. Most of the reduction is from saturated fat. And we even added in guacamole to this meal!

The "tricks" are that we reduced the portions of high calories items by about 25%. We see a small reductions in some nutrients but when you consider that this is only one meal, this is a healthy, interesting, and generous meal for fewer calories. Add a piece of fruit if you like and what you get is a great example of getting the most nutrition for your calories.

Now, do we mean that you shouldn't ever eat the "Regular Way" shown in the previous slide? NO—all foods fit into a healthy diet. What we mean is that if you can make some of these changes some of the time, your overall diet will improve. Maybe you can make similar changes 3 times in a week? Maybe some of you can do more and others will choose to start more slowly.

Remember, every positive step is a step in the right direction!

## Key #2: Make Smart Choices

- Consume fewer refined grains, total fats, and added sugars to save yourself some calories.
- Be mindful of calories from alcohol.



*Did you know...*

### **SAY:**

“Refined” grains are found in foods like cakes, cookies, white breads and tortillas, pastas, and processed cereals that are low in fiber and often high in fats and added sugars. These foods tend to be quite high in calories but may be low in nutrients. While these foods are not “bad” foods, they aren’t as smart a choice as foods that are made with whole grains and that are lower in fat and sugar. The reason is that the more processed the food, the more likely it is to be high in energy, added sugars and sodium.

You simply aren’t getting as much nutrition for the amount of energy you are eating when you consume foods that are more processed. And this makes it harder to get the nutrients you need within the number of calories that meet your energy needs. When eating processed foods, it’s easier to eat too many calories and gain weight.

What’s an “added sugar”? Any sugar that does not naturally occur in a food, beverage or syrup.

Why does eliminating fat and alcohol matter? Did you know that fat and alcohol have more calories per unit volume than carbohydrate does?

### **Did you know...**

- Fat has 9 calories per gram and does provide some vitamins. Saturated fats, trans fats and poly- and mono-unsaturated fats all have the same number of calories. How these fats differ is in their effects on our cholesterol levels. Poly- and mono-unsaturated fats have more positive effects on our blood cholesterol levels.
- Alcohol has 7 calories per gram and doesn’t provide other nutrients. In fact, alcohol can cause negative effects on some nutrients like calcium, magnesium, iron & zinc; Vitamins A, D, E, & K, Vitamin C & the B Vitamins. You can see that alcohol has bigger effects than just the calories.
- Carbohydrate, on the other hand, only 4 calories per gram.

Fat does have other nutrients that it brings with it (some vitamins—A,D, E & K) and there are some fats, like fish oils, mono- & polyunsaturated fats, that are better for you than others. You need some fat and selecting fats that are polyunsaturated (from vegetables and fish) are better, smarter choices.

# Tips For Keeping Things in Balance

Nutrition Facts	
Serving Size 1 cup	
Servings Per Container 9	
Amount Per Serving	
Calories 110	Calories from Fat 15
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Polysaturated Fat 0.5g	
Monounsaturated Fat 0.5g	
Cholesterol 0 mg	0%
Potassium 95mg	3%
Sodium 280 mg	12%
Total Carbohydrate 22g	7%
Dietary Fiber 3g	11%
Soluble Fiber 1g	
Insoluble Fiber 2g	
Sugars 1g	
Protein 3g	
Vitamin A 10%	Vitamin C 10%
Calcium 4%	Iron 45%
* Percent Daily Values are based on a 2,000 calorie diet. Your values may be higher or lower, depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4

- Be aware of calories in foods and read labels.
- BUT, you don't have to count calories all the time.
- Balance the energy you consume with activity as many days as you can.

**SAY:** One way to learn what you need to know to make smart choices is to read the food labels. On each food label you will find 6 key pieces of information:

- The serving size
- The number of calories per serving
- The number of servings in a package
- The amount of fat in a serving
- The amount of sugars in a serving
- The amount of fiber in a serving

You can also find the information for some vitamins and minerals. Once you become aware of this information, you can gauge whether the food is giving you the most nutrition for the calories. A good way to evaluate foods is with the **5/20 rule**. The rule of thumb is that if a food supplies less than 5% of a nutrient in one serving, it is low in that nutrient. On the other hand, if it supplies >20% of that nutrient in one serving, it is considered high in that nutrient. This holds true for nutrients that you want to get a lot of (like vitamins and minerals) and those you might want to limit (like fat and calories). You don't have to count calories, but knowing them by reading the label can help you make smart choices.

Lots of products now come packaged in calorie-controlled packages: cookies, crackers, chips and other foods that we often need help with on portion control. The up side is that the hard work is done for you: deciding how much to eat and putting it in a package that works for lunches and snacks. The down side is the cost: they are twice as expensive as their full package counterparts and they aren't particularly environmentally friendly. Bottom line: will they help everyone? Probably not. Will they help out those of us who need assistance on portion control? They are definitely a step in the right direction. You might still consider applying the 5/20 rule and see what a portion of chips vs. the same amount of calories from fruits and vegetables will do for your nutrient intake.

Bottom line: will they help everyone? Probably not. Will they help out those of us who need assistance on portion control? They are definitely a step in the right direction. You might still consider applying the 5/20 rule and see what 100 calories of chips vs. 100 calories of fruits and vegetables will do for your nutrient intake.

**Try to be active on most days.** Being active can be accomplished in many different ways.

Traditionally we think of going to the gym or to a class to get more activity in our lives—and many of us groan (at least mentally) when we think of this. However, there are many ways to increase your physical activity level without joining a gym. The newest research reveals that there are many health benefits to be gained from “lifestyle” physical activities.

### **What are “lifestyle” activities?**

Lifestyle activities include small changes in the ways we live each day. They can include going for a 15 minute walk after a meal, taking the stairs instead of escalators and elevators, parking a little farther away from the store or riding your bike to work or the store some days of the week. Really, anything that helps you be a little more active is a lifestyle activity.

*The following will not be read but will serve as reference material:*

Marrero DG. Changing patient behavior. *Endocr Pract.* 2006 Jan-Feb;12 Suppl 1:118-20.  
OBJECTIVE: To discuss barriers and strategies relevant to initiating lifestyle modifications for the prevention and treatment of type 2 diabetes. METHODS: Findings from previously published studies are reviewed. In light of reported successful changes in patient behavior and resultant improved outcomes pertinent to reduction or control of diabetes, methods to achieve optimal results are outlined. RESULTS: Both the Diabetes Prevention Program and the Finnish Diabetes Prevention Study demonstrated that intensive lifestyle interventions, such as weight loss as a result of physical activity, can delay and prevent the development of type 2 diabetes. Key barriers to initiating behavioral modifications in patients include the following: (1) health-care provider experience, (2) patient experience and beliefs, (3) lack of health-care system support, and (4) minimal availability of community support. These barriers can be overcome through use of proven strategies—promoting patient awareness of health risks, selecting patients who are willing to participate in a behavioral modification program, defining realistic goals, establishing patient accountability, and maintaining regular follow-up for review of progress, providing assistance with problem solving, and reinforcement of efforts and successes. CONCLUSION: The feasibility of initiating successful lifestyle interventions has been shown in numerous studies. The effective implementation of these interventions in clinical practice will necessitate fundamental changes in the health-care system and society in general.

Sevick MA, Dunn AL, Morrow MS, Marcus BH, Chen GJ, Blair SN. Cost-effectiveness of lifestyle and structured exercise interventions in sedentary adults: results of project ACTIVE. *Am J Prev Med.* 2000 Jul;19(1):1-8.

BACKGROUND: Project ACTIVE was a randomized clinical trial comparing two physical activity interventions, lifestyle and traditional structured exercise. The two interventions were evaluated and compared in terms of cost effectiveness and ability to enhance physical activity among sedentary adults. DESIGN: This was a randomized clinical trial. Setting/ Participants: The study included 235 sedentary but healthy community-dwelling adults. Intervention: A center-based lifestyle intervention that consisted of behavioral skills training was compared to a structured exercise intervention that included supervised, center-based exercise. MAIN OUTCOME MEASURES: The main outcome measures of interest included cost, cardiorespiratory fitness, and physical activity. RESULTS: Both interventions were effective in increasing physical activity and fitness. At 6 months, the costs of the lifestyle and structured interventions were, respectively, \$46.53 and \$190.24 per participant per month. At 24 months these costs were \$17.15 and \$49.31 per participant per month. At both 6 months and 24 months, the lifestyle intervention was more cost-effective than the structured intervention for most outcomes measures. CONCLUSIONS: A behaviorally-based lifestyle intervention approach in which participants are taught behavioral skills to increase their physical activity by integrating moderate-intensity physical activity into their daily lives is more cost-effective than a structured exercise program in improving physical activity and cardiorespiratory health. This study represents one of the first attempts to compare the efficiency of intervention alternatives for improving physical activity among healthy, sedentary adults.

## Key #2: Make Smart Choices

- Drink beverages that provide nutrients.
- Focus on fruits & vegetables at meals & snacks.
- Snacks “count” in smart nutrition.
- Large portions can cost you.
- Fit in 30 min of moderate activity/day—any way you can.

### SAY:

Think of balance in eating like you would balancing a checkbook, having a food or entertainment budget, or the amount of gas in your car. You can only spend so much before you go into debt or run out of gas. The same is true of consuming too many calories, drinking too much soda or juices (more than 8 oz a day), or eating too large a portion of your favorite entrée in a restaurant: Eventually we overspend the budget. It makes sense to think and plan ahead about our food choices. Choosing strategies to help us deal with challenging situations like restaurants and parties will help keep us in balance long term.

Many people drink calories but don't get much in the way of nutrients for those calories. When you choose sodas, pops, teas that are sweetened, or juices that are not 100% fruit juice, you end up consuming many calories that are “empty” of vitamins and minerals. The same can be said of coffee drinks made with high fat dairy and lots of added sugar. Again, the 5/20 rule applies.

Try choosing beverages with low fat dairy and with little in the way of added sugars or even plain water. Limit juices to 1 serving a day of 100% fruit juice—that way you'll get your vitamin requirements but miss the extra calories. Choose water or other low calorie beverages for in between meals.

If you are concerned about getting enough vitamins and minerals, the best sources are from fruits and vegetables. As we mentioned earlier, increasing the fruit and vegetable content of your diet helps with calorie control, getting enough fiber and helps reduce your risk for a number of chronic diseases like cancer, diabetes and diverticulitis.

**For the trainer:** *Link to the activity “Rate Your Plate”*

Some people do not realize how much snacks “count” for their nutrition. Sometimes it’s the calories from snacks that are really adding up and many times those snacks don’t have much in the way of nutrients. Snacks tend to be fast, convenient, pleasure-filled AND high in calories, fat and added sugars. One strategy is to start buying the new portion controlled snacks that are becoming popular for cookies, crackers and other snacks. These are for days when the focus is on convenience and pleasure. Alternate those days with more nutrient-filled snacks like fruit, vegetables and low fat dairy (yogurt, cheese, milk) and get the most nutrition out of your snacks.

In our world today, a smart consumer always thinks about cost, convenience and taste—that’s why supersizing and large portions in restaurants were born; to speak to our need for the “great deal.” However, there is more than one way to think about the cost of large portion sizes. When we are served large portions, our tendency is to eat more. Research shows that this is true even for children as young as 3 years of age! So, even if large portions cost us less in terms of dollars and cents, they may not end up costing us less in terms of how much they cost to work them off.

Tips for handling large portions include:

- Share large portions (like Biggie or large items) with someone else.
- Take part of a large portion home for another meal.
- When offered large portions of calorie dense foods like fries, ask for a salad or some other kind of vegetable. Just because it’s not on the menu doesn’t mean that the restaurant doesn’t have it.
- Restaurants want to please us so never be afraid to ask them to make a change—different foods; wrapping up half of your meal at the start and asking for “lite” versions of old standards. They should be thrilled to give you what you want. If they aren’t, find a new favorite restaurant!
- Choose lower calorie beverages when drinking large sizes.
- Think ahead; consider choosing smaller portions or go into the meal realizing that you don’t have to consume everything on your plate. You can always take it home and save yourself the trouble of fixing a lunch for tomorrow!
- Now, the last tip. Staying in balance is partly about food and partly about what you burn. To Get In Balance, you have to think about the energy you eat and the energy you burn. Here is a bonus of physical activity that we don’t often hear about:

“The more physically active you are willing to be, the less you will need to restrict your food selection to maintain a healthy weight.”

Building a minimum of 30 minutes of physical activity into your day reduces your risk for disease. So 30 minutes each day is the MINIMUM that you deserve to give to yourself. Now think about it, don’t you deserve just 30 minutes each day to have your best health now and later?

# Finding Your Balance With Activity

- Don't you deserve 30 minutes for yourself?
- Small changes do count.
- Start with 10 or 15 minute bouts of activity.



**Feel more balanced and less stressed.**

## SAY:

**How much activity is enough to find your balance?** That depends, of course, on your eating. Here is what the experts say:

To improve your quality of life and reduce your risk of disease, 30 minutes most every day will do it. On the other hand, 60 minutes on most days will help you maintain your weight.

Now, for those of you who want to lose weight, to do it with activity, it's going to take about 90 minutes most every day.

Not many people have the perspective that they have 90 minutes in their day where they aren't doing something. Don't be discouraged! Make goals that are doable for YOU, not for the guideline. Small changes can make a big impact on your health. Start with 10 – 15 minute time periods and build from there. Think of yourself as *deserving* this time for yourself.

This doesn't mean that if you walk around the block that you don't have to worry about portion control or eating lots of high pleasure/low nutrient foods and beverages. What it does mean is that being more active allows you to keep eating a little more pleasurably. And isn't that what most of us want? Health *AND* Satisfaction.

Taking 30 minutes a day to be active can help you feel stronger and less stressed. Just think, feeling better and stronger in 2 bouts of 15 minutes each.

Here are some ideas for ways that you can squeeze in 30 minutes of activity:

- 15 minutes in the morning
- 15 minutes before or after lunch
- 15 minutes right after work
- 15 minutes before or after dinner

For the leader: Here are some examples of exercises and how many calories individuals may burn in 30 minutes.

<b>EXERCISE TYPE</b>	<b>TIME</b>	<b>CALORIES</b>
walk, 15 minutes/mile	30 minutes	200
golf, walking	30 minutes	65
Jogging 10 minutes/mile	30 minutes	330
Skiing, alpine	30 minutes	150
Skiing, x-country	30 minutes	210
tennis, singles	30 minutes	210
Basketball	30 minutes	270
Rowing	30 minutes	350
weight lifting	30 minutes	175
stair climber	30 minutes	300
chopping wood	45 minutes	220
raking leaves	30 minutes	100
snow shoveling	30 minutes	350

# Balancing Tools

- DASH into balance.
  - Focus on fruits, vegetables, low-fat dairy, grains, nuts & seeds, lean cuts of protein, heart-healthy fats & oils and snacks.
  - Your Guide to Lowering Your Blood Pressure with DASH available at <http://www.nhlbi.nih.gov/health/public/heart/hbp/dash/index.htm>
  - [http://www.oregondairycouncil.org/dash\\_site/cookbook/index.html](http://www.oregondairycouncil.org/dash_site/cookbook/index.html)



- Find your personal balance at [www.MyPyramid.gov](http://www.MyPyramid.gov).

## SAY:

Here are two plans, based upon research and underwritten by the government, to help us get balance back into our lives.

**The Dash Plan**, or the Dietary Approaches to Stop Hypertension, has 20 years of research behind it that has resulted in a book, complete with tips and recipes, to help you put it into action. The book can be bought from [www.amazon.com](http://www.amazon.com) or from the publisher, Transitions Nutrition Consulting, The DASH Diet Action Plan. Or you can download a free 56 page guide on the DASH diet from the National Heart, Lung, and Blood Institute at <http://www.nhlbi.nih.gov/health/public/heart/hbp/dash/index.htm>

Check out [http://www.oregondairycouncil.org/dash\\_site/cookbook/index.html](http://www.oregondairycouncil.org/dash_site/cookbook/index.html) for recipes that were specifically created to put the DASH plan into action.

To implement the DASH Plan you must think about food in groups: fruits, vegetables, low fat dairy, grains, nuts and seeds, lean cuts of meat & poultry, fats and oils, and snacks.

What do you notice about these? Many are the same groups that we have already highlighted: fruits & vegetables, grains, and low fat dairy.

Another tool, **MyPyramid**, is based upon the premise that one size does **not** fit all. The MyPyramid Plan can help you choose the foods and amounts that are right for you. On the website they provide an opportunity to estimate what and how much you need to eat, based upon your age, sex, and activity level in the MyPyramid Plan box. However, unique to MyPyramid is the opportunity to perform a detailed, personal assessment of your physical activity level on MyPyramid Tracker.

It all depends upon your desires—start with a basic plan like DASH and put it to work for you or put in a little more time and effort and get your own personal plan from [www.MyPyramid.gov](http://www.MyPyramid.gov).

# Balance Basics

- **2½ c fruit**
- **2½ c vegetables**
- **7- 8 oz equivalents grains**
- **6 oz meat or beans or nuts**
- **2-3 c low fat dairy foods**
- **2-3 tsp oils**
- **2 tsp solid fats OR**
- **5 T added sugars per WEEK**

These amounts are based upon a 2000 calorie diet. Fine tune this for your calorie level. Your intake will vary from day to day. These represent averages to shoot for.

## **SAY:**

Whether you choose DASH or MyPyramid, there are basics that align with some of the principles we have already talked about.

What both of these plans have in common is the following food groups:

- fruits
- vegetables
- grains
- and low fat dairy

What you see on the slide are the recommended amounts of each of the food groups that the plans suggest consuming each day.

Now, what “counts” for fruits and vegetables? The answer is good news: fresh, frozen, canned or dried all count for fruit and vegetables.

•The rule for fruits and vegetables is that ½ c is equal to ½ c fresh, ¼ c dried, ¾ c juice. And for leafy greens like lettuce, 1 c lettuce is the equivalent of ½ c of other vegetables.

•For the grain group, 1 slice of bread, 1 c of dry cereal, ½ c cooked grains is equivalent to 1 oz equivalent.

•And, for low fat dairy, 1 c of low fat (1%) milk or yogurt; 1 ½ oz low fat cheese, 2 oz low fat processed cheese (2 slices) are all equivalent to one serving of dairy.

Additional information is contained on your handout but be sure to take a look at the information on this slide about added sugars. Note that the suggested intake of added sugars is 5 tablespoons per WEEK.

How do you find out how much sugar is in a serving of a food? It's on the label of the container. There are 5 g of sugar in 1 teaspoon so that makes 15 g in 1T. Now, for some information about sugars in foods and beverages:

- 1 T added sugar = 1 T jelly, ½ oz jelly beans, or 8 oz of lemonade.
- There are 9 tsp of sugar in 1, 12 oz pop. That means, 3 T in one can of pop.
- A hard candy sucker probably has one to two teaspoons of sugar (four to eight grams) in each piece, depending on the size.
- Hershey candy 1 bar                      7 tsp sugar
- Chocolate milk 1 glass                  6 tsp added sugar
- Fruit yogurt                                9 tsp
- Ice cream                                    3 tsp

So, you can see how foods we think of as being every day foods definitely fall into the category of "sometimes" foods and snacks.

## Key #3: Choosing Health

- You are in charge.
- Remember—take small steps; avoid radical changes.
- Choosing health decreases stress.
- You deserve time to be healthy.



### **SAY:**

You now know the principles of healthy eating and physical activity. You've learned a lot of the common pitfalls. The last key to healthy living is CHOOSING IT.

Here are the facts:

You are in charge of your health. Ultimately, no one else can be healthy for you. It really is up to you.

The thing to remember is that small changes are far less overwhelming and more likely to be sustained than radical ones. Small steps in eating and physical activity are steps in the right direction to healthier lives.

Choosing to be healthy by eating better and being more active impacts your physical being but is also extremely important for your mental well being. An active body is a less stressed body.

The bottom line? You deserve to be healthy and choosing health is the necessary first step in leading a healthier life.

# Smart Rules to Live by:

- Go for color & variety
- Learn your labels
- Beverages count
- Make  $\frac{1}{2}$  your grains whole
- Include low fat dairy
- Get the most out of snacks
- Get active & get in balance

GRAINS    VEGETABLES    FRUITS    MILK    MEAT & BEANS

## SAY:

To summarize, here are smart rules to live by when choosing healthy lifestyles:

- **Get healthy AND satisfied:** choose variety and color. The more color in your fruits and vegetables the more nutrients they contain. Trying new foods and getting out of eating ruts leads to learning, discovery, better nutrition and enjoyment. If you are eating 1-2 vegetables each day, start by adding one more at dinner or lunch. If you want to eat more fruit, add a piece in at breakfast or for a snack.
- By **reading the labels** you can watch out for added sugars. If they contain sugar, corn syrup, molasses and other sweeteners at the front of the ingredient list, think about choosing another food or watching your portion.
- **Calories from beverages add up**—add up yours and see how much you get from drinks. Juice drinks, carbonated beverages, sport drinks, alcoholic beverages, and “entertainment drinks” (like those found in coffee houses) all add extra calories without adding much in the way of nutrients.
- **Whole grains are those which contain all parts of the grain.** They are higher in fiber and are therefore more filling both at meals and at snacks.
- **Change how you think about snacks.** Many new products make it easy and convenient to munch on fruit and vegetables for snacks. Grab a healthy snack pack. Fill in the gaps in your pyramid with vegetables, fruit and lower fat protein snacks. They will give you more nutrition for the calories. Think of high energy, low nutrition snacks as “sometimes snacks” instead of “everyday snacks.”
- Start thinking about **physical activity as something you do in 10-15 minutes** at a time. Research demonstrates that 2 bouts of activity for 15 minutes each is just as effective in improving your risk profile as one 30 minute bout.
- **Enjoy all foods—just not all the time.** There is a time and a place for most every food. Make your choices with balance in mind so that good nutrition, fun and satisfaction are all a part of your eating habits.