

## Ohio SNAP-Ed Adult & Teen Programs Foods to Increase

**Task Topic:** MyPlate

**Task Title:** Foods to Increase

**Teaching Message(s):**

- ☒ Eat at least one kind of vegetable daily.
- ☒ Eat at least one kind of fruit daily.
- ☒ Eat plant-based protein foods like beans, lentils, soy, or nuts.
- ☒ When consuming dairy products like milk, cheese, yogurt, etc., choose low fat or fat free dairy products.
- ☒ When consuming grain products like bread, pasta, rice, cereal, etc., choose whole grain products.
- ☒ When consuming meat like beef, pork, chicken, or seafood, choose lean or low fat meat products.

**Resources:** Adapted from *ChooseMyPlate.gov*, *Dietary Guidelines*

### Objectives for the Task:

1. Explain why it is important to eat foods from all five MyPlate food groups.
2. Identify healthier options for foods in each of the food groups.
3. Identify strategies for increasing consumption of better-for-you foods.

### Materials needed for the Task (including Handouts):

- MyPlate poster
- Food models from National Dairy Council (or 3-D food models from Nasco)
- Worksheet – Foods to Increase

### General Materials List:

- Flip chart paper
- Post-it notes
- Index cards
- Thought box
- Markers
- Pens
- Highlighters
- Masking tape
- Name tags
- VOICE principles
- Participant evaluation forms

### Preparation:

- Place some food models on a table in the front of the room for participants to use during the Apply activity if they need suggestions

### Key Points to Review:

- Introduce yourself. Give brief description of the program (program name, length of sessions, duration of program).



- Include your purpose as the facilitator (i.e. to introduce ideas that are supported by research, to give them the tools to make informed decisions about areas that affect their health & nutritional needs, and to identify topics that might be covered based on the curricula used in the program).
- Review the V.O.I.C.E. Principles.
- Ask participants to sign in on the SNAP-Ed sign-in sheet.
- Remember to pass out the appropriate participant evaluation form at the end of the session, making sure to read the questions out loud to the participants.

### Transition:

Last time we met, we discussed.... We also .... Who would like to share an example of ...?

Today, we will talk about foods and food groups to include every day. These foods are nutrient-dense, meaning they provide a lot of vitamins and minerals for the calories. As we've been doing in all of our sessions, let's begin with some mild stretching. Doing stretches every day helps with circulation and keeps you flexible, which keeps you moving longer and more pain-free.

*Physical activity guidelines can be found at the following websites:*

- Office of Disease Prevention and Health Promotion: [www.health.gov/paguidelines/](http://www.health.gov/paguidelines/)
- CDC: <http://www.cdc.gov/physicalactivity/everyone/guidelines/index.html>
- President's Council on Fitness, Sports, and Nutrition: [www.fitness.gov/be-active/physical-activity-guidelines-for-Americans/](http://www.fitness.gov/be-active/physical-activity-guidelines-for-Americans/)

### Anchor

When you think of foods you should eat more often, what comes to mind? What are your opinions of these foods? Are they foods you and your family eat every day? Why or why not? *Allow for a brief group discussion.*

### Add

Let's look at this poster of MyPlate. There are five food groups: Vegetables, Fruit, Grains, Dairy, and Protein. By including foods from every food group in our daily diets, we can be assured we are getting a wide variety of many important vitamins and minerals, plus fiber, protein, complex carbohydrates, and healthy fats.

We are encouraged to make half our plates consist of foods in the **Vegetables and Fruits** groups. This is important because eating a diet high in vegetables and fruit is associated with a lower risk of diseases such as heart disease and diabetes, but most Americans don't eat enough of either. The good news is that we can meet this need with fresh, canned, or frozen produce. Just be sure to check the label on canned or frozen vegetables and fruit for added salt or sugar.

Most Americans don't have trouble eating enough foods from the **Grains** group. When choosing Grains, go for whole grain options. The *Dietary Guidelines* recommend that half of the grain foods we choose should be whole grain foods, such as whole wheat bread, oats,



brown rice, or quinoa. The ingredients list of the food label is the easiest place to spot whole grains. To tell if a product is made from whole grains, look for the word “whole” in front of the first ingredient. This means that the grain was left intact and still has all the good-for-you nutrients. The package may also have the Whole Grain stamp on it.

A glass of low-fat milk with meals will help meet the recommendations for the **Dairy** group, as will a cup of yogurt or a slice of cheese. Dairy products provide calcium, phosphorus, and potassium, which serve a variety of important functions in our bodies. It is a good idea to choose dairy products that are fat-free or low-fat, which are healthier for your heart and will help you maintain a healthy body weight. Fat-free (also called skim) and 1% milk have the same vitamins and minerals as whole and 2% milk do, but they have fewer calories and less fat. It is easy to spot the fat content of milk and yogurt, because it is printed right on the front of the label.

Foods belonging in the **Protein** group include beef, chicken, pork, fish and seafood, and eggs. However, many plant foods also pack a good protein punch: beans, legumes (lentils), soy products like tofu, and nuts all deliver protein. Americans typically eat enough Protein foods to meet their body’s needs, but as with Dairy and Grains, there are healthier options to choose. Examples include chicken or turkey with the skin taken off, lean cuts of beef or pork (like tenderloin), or fish. Grilling or baking are healthier methods of cooking these foods than frying. The *Dietary Guidelines* recommend eating fish and plant-based proteins more often as part of a healthy diet – a few times a week is a reasonable goal to aim for.

What questions do you have about the foods we want to eat more often?

### Apply

*Pass out a copy of the Worksheet – Foods to Increase to each participant.*

Separate into small groups. On the worksheet I passed out, there are three parts. For the first part, discuss foods you eat now that you would be willing to eat less often to meet MyPlate guidelines and write them down in this space. Feel free to use the food models I brought if you need some ideas. In the second part, think of a few foods you can eat instead that are good examples of foods to eat more often, based on our discussion from earlier. In the last part, write down some ideas about how you will include these foods in your diet or how will you prepare them.

For example, you may eat a ham sandwich on white bread with American cheese most days for lunch. You could try substituting whole wheat bread for the white bread and topping it with tomatoes and lettuce. In this example you may want to think about making the sandwich the night before, or at least chopping the veggies ahead of time.

*Allow 10 minutes of discussion in groups, answering questions as necessary. Bring group back together and have a few participants share their ideas as time allows.*



Away

Write down one food that you will try to eat more often this week. Will you add it to what you're already eating, or will you replace a food with this one? You don't have to share your food choices with anyone. We will share our experiences next week.

**Facilitator's Notes:****Facilitator's Checklist:**

- ☐ Have I gathered all of the pertinent materials needed for the lesson?
- ☐ Did I spend the requisite amount of time covering each targeted message?
- ☐ Did I apply the principles of adult learning to my program?
- ☐ Did I create a comfortable and functional learning atmosphere?
- ☐ Did I fill out a Program Log with the necessary program information?
- ☐ Did I ensure that all participants signed the sign-in sheet?
- ☐ Did I read the survey instrument out loud to the participants?
- ☐ Did I collect all requisite survey instruments needed for today's lesson?

