

Ohio SNAP-Ed Adult & Teen Programs The Importance of Eating Lean

Task Topic: Protein Foods

Task Title: The Importance of Eating Lean

Teaching Message(s):

- ☒ When consuming meat like beef, pork, chicken, or seafood, choose lean or low fat options.
- ☒ Make meals using mostly whole ingredients like vegetables, raw meats, rice, etc.
- ☒ Eat plant-based protein foods like beans, lentils, soy, or nuts.
- ☒ Use food labels to make better choices.

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

Objectives for the Task:

1. Explain the health risks associated with animal fats (saturated fats) and how to minimize saturated fat intake when choosing protein foods.
2. Name 2 cuts of meat that are lower in saturated fat.

Materials needed for the Task (including Handouts):

- Fact Sheet – Tips for Choosing Lean Meats

Food and Equipment for Demonstration and Sampling:

- [No food needed for this task]

Some ingredients may not be available in your area. Feel free to make ingredient substitutions as necessary. If you decide to make a recipe substitution, please use a SNAP-Ed approved recipe from the What's Cooking? USDA Mixing Bowl website:

<http://www.whatscooking.fns.usda.gov/>

General Materials List:

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



Preparation:

- Sort the Dairy Council protein food models into 4 groups and place into gallon-size Ziploc bags. Each bag should contain a variety of protein foods: 2-3 processed meats, 2-3 leaner animal meats, 1-2 seafood proteins, 1 egg, 1 kind of nuts, and 1-2 food models showing tofu/soy/beans.

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 be talking about how to eliminate some of the less healthy fats from our diets by choosing leaner meats and avoiding added fat in cooking.

I'll begin today's lesson by demonstrating some simple stretches that help increase one's flexibility. Stretching can relieve tension on the neck and back, and helps to improve one's posture. *Refer to the National Institute on Aging's Exercise and Physical Activity guide, pages 71-72, for examples of stretching exercises that focus on the neck and shoulders. This resource can be found at: <https://www.nia.nih.gov/health/publication/exercise-physical-activity/introduction>.*

Physical activity guidelines can be found at the following websites:

- Office of Disease Prevention and Health Promotion: 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/behavioral-physical-activity-guidelines-for-Americans/

Anchor

What's one thing you may have heard in the news about the health risks associated with eating high-fat meat?

Add

One of the most important reasons to avoid animal fats is an increased risk of heart disease. According to the *Dietary Guidelines*, the **type** of fat we eat is more important than the **amount** of total fat in our diets. Animal fats are mostly saturated fats (solid fats) and can



increase blood cholesterol levels. Studies have shown that replacing animal fats with fat from plants and/or seafood can lower cholesterol and reduce the risk of heart disease. Animal fat is also very high in calories, which can lead to obesity.

While the thick ring of fat around a pork chop can be quickly trimmed off, the white marbled fat in a piece of beef and the fat in ground meats cannot be removed so easily. Therefore, it is important to look at the package to see how much fat is in the meat you buy before you bring it home. We have prepared a cheat sheet that you can take with you while shopping to help you make healthier choices at the store.

Pass out a copy of the Fact Sheet: Tips for Choosing Lean Meats to each participant. Invite participants to read some of the tips on this fact sheet.

Be careful when buying meat products that have been processed in any way, as they are more likely to include hidden sources of saturated fats. For example, breaded chicken tenders are typically high in saturated fat even if they are made with skinless breast meat. In fact, chicken dishes are one of the leading sources of saturated fat in the American diet, ranking only behind full-fat cheese, pizza, and desserts.

It can be hard to buy leaner cuts of meat because they tend to be expensive, but simply having smaller serving sizes of slightly fattier meats can be a good option to minimize saturated fat intake. Replacing some of the high-fat meat in a recipe with plant-based proteins like beans increases the fiber content while lowering the saturated fat content; it's also a great way to stretch your food dollars.

We are going to practice using these tips in an activity in a few minutes. Before we begin, what questions do you have about animal fats and why we should try to limit them in our diets?

Apply

Divide the participants into small groups. Pass out a Ziploc bag containing a variety of Dairy Council protein foods models to each group.

In your groups, you have a Ziploc bag containing a variety of protein foods. Some are high in fat, some are lean, and others fall somewhere in between. **Without flipping the models over**, sort the protein by their fat content. Think about what we talked about today, and use the fact sheet I passed out, to help you make your decisions. Discuss why you ordered the foods the way you did.

After you made your groups, flip the models over and look at the Nutrition Facts labels for the actual fat content of each food. Look at how the portion size the food model says is a serving. Based on this information, will you make any changes to how you grouped the foods?

What did you learn about the fat content of the various types of protein foods? How might you choose protein foods for your family's meals to reduce some of the fat?



Away

According to the *Dietary Guidelines*, almost 19% of the saturated fat that Americans eat comes from protein foods like beef, chicken, hamburgers, and sausage, hot dogs, bacon, and ribs. Think about how often your family eats these foods in a given week. How can you help your family eat lean protein foods to help reduce the amount of saturated fat they eat?

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?

