

Ohio SNAP-Ed Adult & Teen Programs

Foods to Decrease

Task Topic:	MyPlate
Task Title:	Foods to Decrease
Teaching Message(s):	<input checked="" type="checkbox"/> Use MyPlate to make food choices for a healthy lifestyle. <input checked="" type="checkbox"/> Use food labels to make better choices. <input checked="" type="checkbox"/> Use a smaller plate at mealtime to help with portion control. <input checked="" type="checkbox"/> Drink water instead of sugary drinks.
Resources:	Adapted from ChooseMyPlate.gov (USDA), Make your Calories Count (FDA), <i>Dietary Guidelines</i>

Objectives for the Task:

1. Explain why foods with sodium and added sugars should be decreased in one's diet.
2. Name at least one source of excess sodium or added sugar.
3. Identify strategies for decreasing consumption of foods high in sodium and added sugars.

Materials Needed for the Task (including Handouts):

- MyPlate Poster
- Handout – Sample Soup Labels
- Fact Sheet – 25 Healthy Snacks for Kids

Food and Equipment for Demonstration and Sampling:

- Raisins or dried cranberries
- Unsweetened Chex-type cereal
- Unsalted nuts – any variety (check for nut allergies before serving)
- Plastic or paper bowls
- Plastic utensils for serving
- Napkins

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:

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

Preparation:

- Hang up the MyPlate poster in a visible spot in the room
- Assemble samples in bowls (cereal may be left in box to pour)
- Place serving bowls, utensils, and napkins at end of table

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 learned the importance of Who would like to share an example of ...?

Today, we will be talking about which foods to eat less often and why we should limit these foods in our diets. As we've been doing in all of our sessions, let's begin with a discussion of physical activity. Weight-bearing activity is special kind of physical activity that forces your muscles to become stronger by moving against the resistance of an object you pick up, or even the weight of your own body. Weight-bearing activity strengthens your bones and helps keep your muscles strong so you can continue to do daily activities. Lifting weights is one type of this activity, but so is gardening and walking briskly.

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/active/physical-activity-guidelines-for-Americans/

Anchor

We can be healthy and still eat all the foods we love, but to be our healthiest, we should eat more of some foods and less of others. When you think about foods that you should eat "less



often,” what comes to mind?

Write answers on flip chart paper.

Add

Pass out one copy of the Handout – Sample Soup Labels to each participant.

There are several foods and food components that we should try to eat less of to be healthier. According to the Dietary Guidelines, overconsumption of salt and added sugars can contribute to chronic diseases such as high blood pressure or diabetes. Today, we will focus specifically on reducing the amount of added sugars and salt we eat. Sugars and salt are added to many snacks, restaurant meals, and other packaged foods Americans eat.

We can use food labels to find sugar, sodium, and other nutrients in food. Not all foods are created equal, so looking at the Nutrition Facts and ingredients list on the label can help us decide whether a food product is right for us. Who can recall some of the names sugar may appear as on the ingredient list?

Sugar is added to a variety of different foods, and not all of them taste sweet! An example of this is jarred spaghetti sauces. Almost half of the added sugars Americans eat come from our beverages, including soda, sports drinks, energy drinks, and sweetened fruit drinks like fruit punch or fruit cocktail drinks. The easiest fix for reducing how much sugar we drink is to switch sugary beverages with water as often as possible.

Now let’s turn our attention to sodium. Foods that contain a lot of salt include chicken and chicken dishes, pizza, processed meats like cold cuts and hot dogs, and sauces and condiments. Even foods we don’t think of as salty – an example being bakery breads or cakes – are usually loaded with sodium.

If you are curious about whether a food has a lot of salt, look for the %DV, or percent daily value. A %DV of 20 or more means it is high in sodium, and should be eaten less often. Each of you has a copy of two labels from different brands of chicken noodle soup. Compare the amount of sodium in each brand of soup. Who would like to share their thoughts about the information on these two soup labels?

Some ways we might reduce the amount of sodium in our diets include buying “whole” foods instead of packaged foods, or looking for lower-sodium versions of canned and frozen foods.

As we have discussed in previous lessons, it is important to watch your portion size to help maintain a healthy body weight. This is especially true with snack foods and restaurant meals because they are more likely to contain a lot of salt, sugar, and calories, but not a lot of nutrients that we need to fuel our bodies.

In addition to limiting portion sizes, eating foods that are high in sugar and sodium less often means that we can replace them with foods high in nutrients. For example, instead of having



cookies every day after dinner, we could choose to eat them only once or twice a week and eat fruit or yogurt the other days.

What questions do you have about foods we should eat less often?

Apply

We can replace foods to eat less often with other foods that contain more nutrients. Since we eat a lot of our excess salt and sugar during snack time, let's work to come up with a few snack ideas that are healthier options, whether you are a lover of sweet desserts or salty chips. On a note card, jot down two or three snacks you like to eat that are high in sugar, salt, or overall calories. With the person beside you, discuss some snack ideas that would be better options for the ones on your lists. A good tip: make your snack include foods from at least 2 food groups. You can look at the MyPlate poster to remind yourself of the five food groups. Remember, snacks don't have to come out of a bag. Just about anything can be a snack when you eat very small portions.

Who would like to share their ideas for healthy snacks? How many food groups were incorporated into your snack idea?

Ask participants to gather around a table set up with trail mixes for sampling.

A great example of a simple, healthy snack idea is a homemade trail mix. Trail mix can be taken just about anywhere and is made with a few simple ingredients, like cereal, nuts, and dried fruit. You can experiment with different ingredients until you find the perfect combination for you and your family. I'd like to invite you to try some of the trail mixes we have here today. I also have a handout listing some other healthy snack ideas.

Pass out a copy of the Fact Sheet – 25 Healthy Snacks for Kids to each participant to read at home.

Away

How could you use these snacks, or something similar, to replace sugary or salty snacks in your home?

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?

