

Ohio SNAP-Ed Adult & Teen Programs Make the Switch to Save on Fat

Task Topic:	Dairy
Task Title:	Make the Switch to Save on Fat
Teaching Message(s):	<input checked="" type="checkbox"/> When consuming dairy products like milk, cheese, yogurt, etc., choose low fat or fat free options. <input checked="" type="checkbox"/> Use food labels to make better choices.
Resources:	Adapted from <i>ChooseMyPlate.gov</i> , <i>Dietary Guidelines</i> , American Dairy Association Mideast

Objectives for the Task:

1. Compare saturated fat content of full-fat dairy products to that of low fat or fat free options and choose lower-fat options.
2. Use Nutrition Facts labels to determine saturated fat content of different dairy products.

Materials needed for the Task (including Handouts):

- Recipe Cards – Veggie Dip
- Handout – Joan’s Story

Food and Equipment for Demonstration and Sampling:

- Veggie dip ingredients
 - 8-oz container regular sour cream
 - 8-oz container plain low fat yogurt
 - 8-oz container light sour cream (or fat-free sour cream)
 - 1 small white onion
 - Salt
 - Garlic powder
 - Parsley flakes
- Assorted fresh vegetables (cucumber, carrots, celery, bell pepper)
- Medium mixing bowl
- Measuring spoons
- Measuring cups (1-cup size)
- Small paper plates
- 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:

- Prior to the program, prepare the Veggie Dip recipe 3 ways: with regular sour cream; with fat-free sour cream; and with plain Greek yogurt. Label the bottom of each container with the type of dip it is. Wash and cut the vegetables and store in Ziploc bags in the refrigerator.
- Set out the 3 types of dip, plate of raw vegetables, small plates, and napkins.

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'll talk about how to make wise choices for dairy, including those that are low fat or fat free. Low fat and fat free versions of dairy foods still contain all the important nutrients of regular, full-fat dairy foods, but with less calories and saturated fat.

Let's start today's lesson with a brief discussion about physical activity. Who knows how many minutes of daily, moderate physical activity is recommended for optimal health? How many of us achieve this goal? What are some reasons we may not be able to get 30 minutes of daily physical activity? How can we overcome these barriers?

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



Anchor

Who would like to share some examples of low fat or fat free dairy products they have tried and liked, or eat regularly? Describe what you like about that food.

Add

According to MyPlate, most people should get about 3 servings of dairy foods each day. However, that is just the first step. We need to be mindful of the fat content of dairy foods to avoid sabotaging our diets with too much saturated fat.

There are a lot of options for reduced fat, low fat, and fat free dairy products, from milk to cheese to yogurt, as well as ice cream, sour cream, and half-and-half. Some people are concerned about taste and texture quality with the lower fat versions. By gradually switching from a high fat dairy product to a lower fat version, your taste buds can acclimate to the changes, which are not very drastic. Switching to low fat and fat free dairy products can save calories and fat. Plus, low fat and fat free dairy products are the same price as their full-fat counterparts, so there is no extra cost for reaping the health benefits of low fat and fat free dairy foods.

Invite participants to gather around a table in the front of the room. Pass out a copy of the Recipe Cards – Veggie Dip to each participant.

We are going to taste some full-fat and reduced fat dips. One dip is made from a regular sour cream base, one is made from a light sour cream, and one is made from plain low fat yogurt. Feel free to sample each dip with some fresh vegetables and discuss your thoughts. Which dip did you like the best?

The dip made with full-fat sour cream has 45 grams of fat, 26 grams of which are saturated fat. When we make the same dip with light sour cream, the amount of fat is cut in half. The fat content is reduced even further when the dip is made with plain low fat yogurt: 4 grams of fat, 2.5 grams of which are saturated fat. The dips made with the lower fat dairy foods still have a lot of flavor but much less fat – and calories – making them excellent choices for dairy foods.

Apply

Let's listen to a story about Joan. *Pass out a copy of the Handout – Joan's Story to each participant. Invite those who would like to read a paragraph to do so.*

Joan learned about the importance of getting adequate calcium each day to keep her bones strong and to ward off osteoporosis. She decided she would start eating dairy products regularly, aiming for 2-3 servings each day.

For breakfast, Joan has a bowl of Raisin Bran cereal, over which she pours a cup of whole milk. She brews a cup of coffee and adds 2 tablespoons of half and half along with a packet of sugar.



At lunch, Joan makes a grilled cheese sandwich with a slice of American cheese on buttered wheat bread and has a cup of tomato soup, which she made using a can of condensed soup to which she added a can's worth of whole milk.

For her evening snack, Joan has a large bowl of vanilla ice cream topped with berries and strawberry syrup.

Did Joan meet her goal of 2-3 servings of dairy? How many servings did she actually eat?

Joan's meal pattern for this day includes adequate calcium, but it also contains a lot of saturated fat: 26 grams, to be exact! How can we "make over" Joan's dairy choices to reduce the amount of fat she takes in? Call out your suggestions.

Refer to information in the Facilitator's Notes section for amounts of calories, fat, and saturated fat in various substitutes for Joan's diet.

If Joan substitutes nonfat milk in place of the whole milk, and uses reduced fat cheese, she can reduce her saturated fat intake by 20 grams, and still get all the benefits of the calcium, Vitamin D, and protein. What are some comments or impressions you would like to share?

Away

Write down one switch you are willing to make to lower the fat in your dairy selections. We will share next time we meet.

Facilitator's Notes:

Apply			
Breakfast	Calories	Fat	Sat. Fat
1 cup whole milk	150	8	4.5
1 cup 1% (low fat) milk	105	2.5	1.5
1 cup skim (nonfat) milk	90	0.6	0.4
2 Tablespoons half-and-half	40	3.5	2
2 T. 1% (low fat) milk	13	0.3	0.2
2 T. skim (nonfat) milk	11	0	0
Lunch			
1 slice process American cheese	100	8.5	5
1 slice reduced-fat Provolone cheese	80	7	3
1 slice reduced-fat Colby (or cheddar)	50	2	1
10 ounces (1 can's worth) whole milk	190	10	5.5
10 oz. 1% (low fat) milk	130	3	2
10 oz. skim (nonfat) milk	110	1	0.5
10 oz. water	0	0	0
Snack			
1 cup vanilla ice cream (large bowl)	280	14.5	9
1 cup vanilla frozen yogurt	230	8	5
1 cup light vanilla ice cream	220	6	4
1 cup light vanilla yogurt (not frozen)	200	3	1.5

Source: USDA Agriculture Research Service National Nutrient Database for Standard Reference, Release 25.



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?

