

Ohio SNAP-Ed Adult & Teen Programs Go “Nuts” for Nuts – and Seeds!

Task Topic: Protein Foods

Task Title: Go “Nuts” for Nuts – and Seeds!

Teaching Message(s): ☒ Eat plant-based protein foods like beans, lentils, soy, or nuts.
☒ Use MyPlate to make healthy food choices with a limited budget.

Resources: Adapted from ChooseMyPlate.gov, *Dietary Guidelines*, USDA Food and Nutrient Database, USDA Economic Research Service

Objectives for the Task:

1. Name two health benefits associated with regularly eating nuts or seeds.
2. List at least one way to include nuts and seeds in the diet.

Materials needed for the Task (including Handouts):

- Fact Sheet – Nut and Seed Nutrition
- Recipe Cards – Sweet and Salty Trail Mix, Fruit and Peanut Butter Dip

Food and Equipment for Demonstration and Sampling:

- Small-size bags of the following nuts & seeds (for sampling):
 - Raw pumpkin seeds (green)
 - Sunflower seeds (shelled)
 - Sesame seeds (whole)
 - Cashews (unsalted)
 - Brazil nuts (shelled)
 - Almonds (raw)
- Paper bowls and disposable spoons
- Blank pieces of paper for the nut & seed sampling activity (write the name of one nut or seed type at the top of each page)

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



THE OHIO STATE UNIVERSITY

OHIO SNAP-Ed PROGRAM

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Preparation:

- Set up a demonstration table for the Apply activity. Pour each type of nut or seed for sampling into its own bowl; set a spoon next to the bowl. Label each nut or seed sample. Next to each nut or seed, have a blank piece of paper with the nut or seed name written at the top and a pen for participants to write down their ideas for recipes.

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 nutrient-rich, plant-based protein foods: nuts and seeds! Many of you are familiar with peanuts, but nuts and seeds include so many more flavorful, nutritious varieties. Many can be made into butters or added to recipes with minor modifications – simply chop them up, crush them, or use ground versions.

Nuts and seeds are nutrition-packed but they also contain a moderate amount of calories. If you are going to add nuts to your diet, it's important to maintain energy balance by being physically active. What are some ways you like to be active? What can you do to be active every day of the week?

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

What kinds of nuts or seeds do you eat?

How often do you eat them?

How do you serve them?

If you don't eat nuts or seeds, what are your reasons for not eating them?



Add

Nuts and seeds have been part of our diet for centuries. In the US, the most common nut choices are peanuts, peanut butter, almonds, and mixed nuts, while flaxseed and sunflower seeds are popular seed choices. Numerous research studies have found links between nut and seed consumption and improvement in symptoms of metabolic syndrome, a reduction in the risk of cardiovascular disease, and a reduction in the risk of developing some types of cancers.

Nuts and seeds are rich in several important nutrients, such as polyunsaturated fatty acids, fiber, and magnesium. Other nutrients found in these plant-based protein foods include folate, niacin, Vitamin E, and several types of phytochemicals (chemicals in plants that have anti-inflammatory properties in the body). Nuts and seeds are also good sources of dietary fiber, magnesium, and polyunsaturated fats. Walnuts and pecans, especially, are high in antioxidants, which can possibly reduce the risk of cancer.

The *Dietary Guidelines for Americans* recommend that people eat 5 ounces of nuts per week if following a 2,000 calorie level healthy eating pattern. A 1-ounce serving of nuts has between 140-200 calories, depending on the type. Research has shown that regularly consuming nuts can help with weight control. However, to keep calories in check, be mindful of how much you eat by sticking to that 1-ounce serving. This is equal to a small handful.

There are many types of nuts and seeds to choose from. They can be eaten alone or as an ingredient in a variety of dishes. If eaten alone, you can coat them with seasoning and roast them, or eat them raw by the handful. To cook with them, you use chopped or ground nuts and seeds as a meat, poultry, or fish coating; as an ingredient in rice, quinoa, or other grain-based side dishes; added to salads or roasted with vegetables; or ground up and used in soups, smoothies, or sauces.

Apply

Invite participants to gather around the table you have set up that contains the various nuts and seeds for them to sample.

Here at this table I have set up some different types of nuts and seeds. You are welcome to sample whichever ones you are interested in tasting. Think about how you might use each type of nut or seed in a recipe or dish you make at home. You can share your ideas by writing them down on the paper provided at each station if you'd like to. Discuss your ideas with someone standing nearby.

Allow 10 minutes for participants to evaluate each type of nut and seed. Answer any questions they might have about how they might have to prepare the nut or seed in order to use it effectively in a recipe (e.g., grinding flax seed to put it into pancake batter).

Who would like to share a recipe idea for a nut or seed that they tried?

Pass out a copy of the "Sweet and Salty Trail Mix" and "Fruit and Peanut Butter Dip" recipe cards to each participant.



Here are a couple of recipes you can make at home. One is for a simple trail mix, and the other is for a creamy dip you can serve with fresh fruit. The great thing about each of these recipes is that you can customize them to your preferences. If you want to use another type of nut besides almonds in the trail mix, go for it! For the peanut butter dip, experiment with different kinds of seasonal fruits. You can even serve it with carrot or celery sticks.

Away

Pass out a copy of the fact sheet “Nutrition of Nuts and Seeds” to each participant.

This fact sheet lists common nuts and seeds, important nutrients in each type, and ideas for how to include them in your diet. Circle a recipe idea that you might be willing to try over the 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?

Citations:

1. Dennett, C. (2016). The Wonders of Nuts and Seeds. *Today’s Dietitian*, 18(3), 22.
2. Tulipani, S., Llorach, R., Jauregui, O., Lopez-Uriarte, P., Garcia-Aloy, M., Bullo, M., . . . Andres-Lacueva, C. (2011). Metabolomics Unveils Urinary Changes in Subjects with Metabolic Syndrome following 12-Week Nut Consumption. *Journal of Proteome Research*, 10(11), 5047-5058. doi:10.1021/PR200514H
3. Bao, Y., Hu, FB, Giovannucci, EL, Wolpin, BM, Stampfer, MJ, Willet, WC, and Fuchs, CS. (2013). Nut Consumption and Risk of Pancreatic Cancer in Women. *British Journal of Cancer*, 109, 2911-2916. doi:10.1038/bjc.2013.665
4. Ros, E. (2010). Health Benefits of Nut Consumption. *Nutrients*, 2(7), 652-682. doi:[10.3390/nu2070652](https://doi.org/10.3390/nu2070652)

