### Eight Week Overview

Every week you will need: Attendance Sheets, pencils, towels for dishwashing, one recipe for every person, one lesson packet for every person, and your leader notes.

<table>
<thead>
<tr>
<th>Week</th>
<th>Topic</th>
<th>Nutrition Lesson</th>
<th>Strength &amp; Stretch</th>
<th>STRENGTH Spotlight</th>
<th>Recommended Leader Materials</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Simple Eating Guidelines</td>
<td>MyPlate</td>
<td>Relaxation</td>
<td>Calories Goal Setting Portion Control</td>
<td>Equipment tub MyPyramid color Calorie Level Sheets MyPlate poster Participant Contracts Portion control kit and/or poster CD Player + music (optional) MyPlate laminated color sheets Class Rules/Guidelines</td>
</tr>
<tr>
<td>2</td>
<td>Tips for a Safe Kitchen</td>
<td>Home Food Safety</td>
<td>Neck</td>
<td>Dented Cans</td>
<td>Glo Germ Kit with lotion Dented and good cans Food Safety Scenarios and prizes Extra Calorie sheets, goal sheets, contracts, and rules/guidelines</td>
</tr>
<tr>
<td>3</td>
<td>Reading Labels &amp; Smart Shopping</td>
<td>Smart Shopping Label Reading</td>
<td>Legs</td>
<td>Fruits &amp; Vegetables</td>
<td>Nutrition Facts Food Labels Extra resources: Food Preservation info Community gardens brochures Rainbow of Colors poster</td>
</tr>
<tr>
<td>4</td>
<td>Eating for Prevention</td>
<td>Eating for Prevention</td>
<td>Shoulders</td>
<td>Grains Sugar</td>
<td>Disease related brochures Grain food labels for “Yay or Nay” game Sugar Models Protein sample (optional) Posterboard (optional)</td>
</tr>
<tr>
<td>5</td>
<td>Nutrition Messages</td>
<td>Healthy Eating Messages</td>
<td>Core</td>
<td>Protein</td>
<td>Media Advertisements with healthful and harmful messages Magazines</td>
</tr>
<tr>
<td>6</td>
<td>Good Nutrition Away from Home</td>
<td>Eating Out</td>
<td>Backside</td>
<td>Fat Salt</td>
<td>Fast Food Restaurant Menus Salt and Fat Test Tubes Serving Size Kit</td>
</tr>
<tr>
<td>7</td>
<td>Training Your Body</td>
<td>Get Moving!</td>
<td>Arms</td>
<td>Beverages</td>
<td>Activity Cards Coordinator Evaluation</td>
</tr>
<tr>
<td>8</td>
<td>Home Cooking</td>
<td>Preparing Meals at Home</td>
<td>Review</td>
<td>Dairy</td>
<td>Table settings, flowers, music, candles, tablecloth, etc. Prizes Cookbooks CD Player Sample Recipes Certificate of Completion Post test Non-dairy taste test (optional)</td>
</tr>
</tbody>
</table>
Simple Eating Guidelines

Eating healthful does not have to be difficult. Follow MyPlate’s simple suggestions to ensure a nutritious diet and a healthful lifestyle.

INSIDE WEEK ONE

THOUGHT FOR THE DAY
Simple Eating Guidelines Page 1

NUTRITION LESSON
MyPlate Page 3

STRENGTHEN & STRETCH
Relax Page 5

STRENGTH SPOTLIGHT
Calories Page 7-8
Estimating Portions Page 9
Setting SMART Goals Page 10

MY EATING GOAL: ____________________________________________

MY ACTIVITY GOAL: __________________________________________
Dear Me,

I signed up to attend this program because:

_________________________________________________________________________________________
_________________________________________________________________________________________

I hope to learn:

_________________________________________________________________________________________
_________________________________________________________________________________________
_________________________________________________________________________________________
_________________________________________________________________________________________

I hope to change:

_________________________________________________________________________________________
_________________________________________________________________________________________
_________________________________________________________________________________________
_________________________________________________________________________________________
What changes do you see?

__________________________________________________________________________________
__________________________________________________________________________________
__________________________________________________________________________________
Key Messages

1. Make Half Your Plate Fruits and Vegetables
   __________________________
   __________________________
   __________________________

2. Switch to Skim or 1% Dairy
   __________________________
   __________________________
   __________________________

3. Make at least Half Your Grains Whole
   __________________________
   __________________________
   __________________________

4. Be Physically Active Your Way
   __________________________
   __________________________
   __________________________

5. Eat the right amount of calories for you
   __________________________
   __________________________
   __________________________

6. Vary Your Protein Food Choices
   __________________________
   __________________________
   __________________________

7. Cut Back on foods high in solid fats, added sugars, and salt
   __________________________
   __________________________
   __________________________
Make half your plate fruits and vegetables

- Choose fresh, frozen, canned, or dried fruits and vegetables.
- Eat red, orange, and dark-green vegetables, such as tomatoes, sweet potatoes, and broccoli, in main and side dishes.
- Use fruits as snacks, salads, or desserts.
- Keep raw, cut-up vegetables handy for quick snacks.
- Choose whole or cut-up fruits more often than fruit juice.

ChooseMyPlate.gov

Switch to skim or 1% milk
- They have the same amount of calcium and other essential nutrients as whole milk, but less fat and calories.

Make at least half your grains whole
- Choose 100% whole-grain cereals, breads, crackers, rice, and pasta.
- Check the ingredients list on food packages to find whole-grain foods.

Vary your protein food choices
- Choose a variety of foods including seafood, beans and peas, nuts, lean meats, poultry, and eggs.
- Keep meat and poultry portions small and lean.
- Try grilling, broiling, poaching, or roasting. These methods do not add extra fat.

Cut back on foods high in solid fats, added sugars, and salt
- Choose foods and drinks with little or no added sugars.
- Look out for salt (sodium) in foods you buy.
- Eat fewer foods that are high in solid fats.

Eat the right amount of calories for you
- Enjoy your food, but eat less.
- Cook more often at home, where you are in control of what's in your food.
- When eating out, choose lower calorie menu options.

Get your personal daily calorie limit at www.ChooseMyPlate.gov and keep that number in mind when deciding what to eat.

Be physically active your way
Pick activities that you like and start by doing what you can, at least 10 minutes at a time. Every bit adds up, and the health benefits increase as you spend more time being active.
Guided Muscle Relaxation can be used to calm your body during stressful times. Here is an example of this technique that you can read by yourself or have a friend read to you in a calm and relaxing voice.

• Take a slow, deep breath . . . and relax. Let your worries and thoughts drift away. Breathe slowly in . . . and out . . . Relax.

• Gently begin to pay attention to your left foot. . . . Slowly tighten all the muscles in your left foot . . . and hold it . . . and relax them. Feel the tension melt away. . . . Feel your foot relaxed, and heavy, and warm . . .

• Breathe in deeply . . . and relax . . .

• Now begin to pay attention to your right foot. . . . Slowly tighten all the muscles in your right foot . . . and hold it . . . and relax them. Feel the tension drift away. . . . Feel your foot relaxed, and heavy, and warm . . .

• Breathe deeply in . . . and relax . . .

• Take a slow, deep breath . . . and relax. Let your worries and thoughts drift away. Breathe slowly in . . . and out . . . Relax.

• Gently begin to pay attention to your left arm. . . . Slowly tighten all the muscles in your left arm . . . and hold it . . . and relax them. Feel the tension melt away. . . . Feel your arm relaxed, and heavy, and warm . . .

• Breathe in deeply . . . and relax . . .

• Now begin to pay attention to your right arm. . . . Slowly tighten all the muscles in your right arm . . . and hold it . . . and relax them. Feel the tension drift away. . . . Feel your arm relaxed, and heavy, and warm . . .

• Breathe deeply in . . . and relax . . .

(Continue following the pattern above, substituting different areas of your body for the italicized terms: left leg, right leg, hips and buttocks, stomach and chest, back, left hand, right hand, neck and shoulders.)

• Enjoy this calm, peaceful sensation of deep relaxation . . . as you breathe in . . . and out . . . Feel how soft and relaxed your muscles are. . . . Enjoy this calm sensation. . . .

• Breathe deeply . . . and relax . . . Your body feels refreshed and energized. . . . Take one more deep breath in . . . and relax . . . You feel refreshed and ready . . . ready to bring this relaxed, energized feeling back with you into your day . . .

• One deep breath and you're ready . . . Open your eyes gently, and stretch . . . Exhale one last deep breath.
**STRENGTH SPOTLIGHT: Calories**

**Calories = Energy**

<table>
<thead>
<tr>
<th>Activity Level</th>
<th>Mildly Active: less than 30 min/day of physical activity on top of daily activities</th>
<th>Mod. Active: at least 30-60 min/day of physical activity on top of daily activities</th>
<th>Active: 60 or more minutes of physical activity on top of daily activities</th>
</tr>
</thead>
<tbody>
<tr>
<td>AGE</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>18</td>
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<tr>
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<td>2400</td>
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<tr>
<td>21-25</td>
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<td>2200</td>
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<td>26-30</td>
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<td>66-70</td>
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</tr>
<tr>
<td>71-75</td>
<td>1600</td>
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<td>2000</td>
</tr>
<tr>
<td>76 or older</td>
<td>1600</td>
<td>1800</td>
<td>2000</td>
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</table>
## STRENGTH SPOTLIGHT: Calories

**Calories = Energy**

<table>
<thead>
<tr>
<th>Age (Years)</th>
<th>Males (kcal/day)</th>
<th>Moderate Activity (kcal/day)</th>
<th>Active (kcal/day)</th>
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<tbody>
<tr>
<td>18</td>
<td>2400</td>
<td>2800</td>
<td>3200</td>
</tr>
<tr>
<td>19-20</td>
<td>2600</td>
<td>2800</td>
<td>3000</td>
</tr>
<tr>
<td>21-25</td>
<td>2400</td>
<td>2800</td>
<td>3000</td>
</tr>
<tr>
<td>26-30</td>
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<tr>
<td>31-35</td>
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<tr>
<td>36-40</td>
<td>2400</td>
<td>2600</td>
<td>2800</td>
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<tr>
<td>41-45</td>
<td>2200</td>
<td>2600</td>
<td>2800</td>
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<tr>
<td>46-50</td>
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<tr>
<td>76 or older</td>
<td>2000</td>
<td>2200</td>
<td>2400</td>
</tr>
</tbody>
</table>
Estimating Portions

One of the easiest ways to visualize portion sizes is to use an everyday item that you carry around with you all the time: your hand.

1 ounce of cheese is about the size of your thumb or 3 dice.

A teaspoon of fat/oil is about the size of your thumb tip.

1 oz nuts or small candies is about one handful.

2 oz chips or pretzels is about two handfuls.

A ½ cup of cut fruit, cooked vegetables, pasta, or rice is about the size of a large rounded handful.

1 cup of liquid is about the size of a man's fist (such as milk or yogurt).

1 cup of chopped fresh greens is about the size of a small hand holding a tennis ball.

3 ounces of meat, poultry, or fish are about the size of a women's palm or a deck of cards.
SETTING SMART GOALS

Goal setting will play a role in every Project STRENGTH class. We do this in class because it is easy to forget to set goals, to follow up, and to celebrate once a goal has been reached. Setting a written goal is a great way to hold yourself accountable to something.

Specific:
✓ If your goal is too general, you allow yourself an easy way out.
✓ For example, if your goal is simply “to be healthier” you can justify any behavior as an equal achievement, even when it might not be getting you any closer to the end goal. “Even though I ate the whole pizza, it did have vegetables on it.”
✓ Maybe try a specific food group to work on, or a specific activity to include.

Measurable:
✓ To use the same example as above, if your goal is “to be healthier” how will you measure this?
✓ If you add on “to be healthier so that I can walk a mile without stopping 3 times every week,” then you have a measurable goal.
✓ Your goal should be able to be answered with “Yes, I did it” or “No, I did not.”
✓ The words “more” or “less” do not mean anything, so do not use them – say how much and how often you plan to do your goal. For example: 5 minutes a day 5 times a week.

Attainable:
✓ If you set goals that are too far out of your reach, you will be less likely to follow through.
✓ A goal needs to challenge you slightly. Your goals should require a real commitment.
✓ Set the bar higher than what you are currently doing – if you are currently walking, try to bump it up a little more.

Realistic:
✓ This does not mean easy. It means do-able.
✓ If you have big goals, break them down into smaller ones.
✓ Remember to set the bar high enough for a satisfying achievement.
✓ Do not set a goal of eating fresh fruit every day if you cannot go to the store this week.

Timeframe:
✓ Set a timeline for your goal — next week, next month or next year — to give yourself a clear target. (The goals we set in class are for one week at a time.)
✓ Without a time limit, there is no urgency to take action now.
✓ “By next week, I will walk 5 times for 20 minutes.”
Each week you attend a Project STRENGTH class, write one eating and one activity goal you hope to achieve in the next week.

<table>
<thead>
<tr>
<th>EATING GOALS</th>
<th>✓</th>
<th>ACTIVITY GOALS</th>
<th>✓</th>
</tr>
</thead>
<tbody>
<tr>
<td>Week 1</td>
<td></td>
<td>Week 1</td>
<td></td>
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<tr>
<td>Week 2</td>
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<td>Week 2</td>
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<tr>
<td>Week 7</td>
<td></td>
<td>Week 7</td>
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</tr>
</tbody>
</table>
SETTNG SMART GOALS

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Specific:
✓ If your goal is too general, you allow yourself an easy way out.
✓ For example, if your goal is simply “to be healthier” you can justify any behavior as an equal achievement, even when it might not be getting you any closer to the end goal. “Even though I ate the whole pizza, it did have vegetables on it.”
✓ Maybe try a specific food group to work on, or a specific activity to include.

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✓ Set a timeline for your goal — next week, next month or next year — to give yourself a clear target. (The goals we set in class are for one week at a time.)
✓ Without a time limit, there is no urgency to take action now.
✓ “By next week, I will walk 5 times for 20 minutes.”
Tips for a Safe Kitchen

Follow a few easy guidelines to make sure your food, your kitchen and, most importantly, your family stay safe!

INSIDE WEEK TWO

THOUGHT FOR THE DAY
Tips for a Safe Kitchen

NUTRITION LESSON
Food Safety & Foodborne Illness
Proper Temperatures

STRENGTHEN & STRETCH
Neck

STRENGTH SPOTLIGHT
Dented Cans

MY EATING GOAL: ____________________________

MY ACTIVITY GOAL: _____________________________
Food Safety & Foodborne Illnesses

Why Is Food Safety Important?

- 48 million cases of foodborne illness each year
- 180,000 are hospitalized annually
- 3,000 deaths each year
- 3 billion dollars spent on foodborne illness related hospitalizations each year

Who is at Risk?...Everyone!

Those with an undeveloped or impaired immune system or a chronic disease are at a greater risk for contracting foodborne illness.

Foodborne Illness

Some bacteria can be washed off or cooked out of food. Other foods may be contaminated and able to make us sick no matter how well we handle our food.

It is important to handle food safely at all times to ensure you reduce the risk of contracting a preventable foodborne illness.

Symptoms of foodborne illness typically include stomach pain or cramps, gas, nausea, vomiting and/or diarrhea. Some illnesses may also cause fever, chills, headaches or vision trouble.

Symptoms may occur as early as 1 hour after eating. In other cases, the illness may not present itself until 3 weeks after eating the contaminated food.

<table>
<thead>
<tr>
<th>Bacteria</th>
<th>Potential Sources</th>
</tr>
</thead>
<tbody>
<tr>
<td><em>Listeria</em></td>
<td>Ready to eat deli meats or hot dogs, fresh soft cheeses, unpasteurized milk</td>
</tr>
<tr>
<td><em>Clostridium botulinum</em></td>
<td>Home-canned foods, improperly canned commercial foods, untreated herb-infused oils, potatoes baked in aluminum foil, bottled garlic</td>
</tr>
<tr>
<td><em>Salmonella</em></td>
<td>Eggs, poultry, cheese, raw produce, juice or unpasteurized milk</td>
</tr>
<tr>
<td><em>E.coli 0157:H7</em></td>
<td>Undercooked beef, unpasteurized milk or juice, raw produce, salami, contaminated water</td>
</tr>
<tr>
<td><em>Vibrio</em></td>
<td>Undercooked or raw seafood</td>
</tr>
<tr>
<td><em>Shigella</em></td>
<td>Poor personal hygiene</td>
</tr>
<tr>
<td><em>Staphylococcus aureus</em></td>
<td>Poor personal hygiene</td>
</tr>
<tr>
<td><em>Campylobacter jejuni</em></td>
<td>Contaminated water, raw milk, raw or undercooked meat, poultry or shellfish</td>
</tr>
<tr>
<td><em>Clostridium perfringens</em></td>
<td>Food left out of refrigeration too long</td>
</tr>
</tbody>
</table>
Avoid Foodborne Illness
HANDWASHING IS THE #1 WAY TO PREVENT DISEASE

Five Steps to Proper Handwashing:

1. 

2. 

3. 

4. 

5. 

Sanitizing hands is not a substitute for hand washing.

PREVENT CROSS CONTAMINATION

• Store raw meat on the bottom shelf of the refrigerator.
• Wash all produce, even pre-packaged/pre-washed produce.
• Stored washed produce in clean containers.
• Use one utensil to taste and another to stir food.
• Use clean scissors for kitchen tasks.
• Wear disposable gloves if you have a cut or sore.
• Use two different cutting boards: one for raw meat and one for ready-to-eat foods.
PREVENT CROSS CONTAMINATION

What have they done correct in this picture to prevent cross contamination? What have they done wrong?
Avoid Foodborne Illness

KEEP KITCHEN SURFACES AND TOOLS CLEAN
• Always clean kitchen surfaces, appliances, and tools with hot soapy water.
• Frequently wash dishcloths and towels in the washing machine hot cycle.
• While sponges are not ideal, sanitize them in a bleach solution of 1 tablespoon bleach to 1 quart of water at least weekly.
• Replace sponges frequently.
• Keep separate towels for drying hands, wiping counters and drying dishes.

REFRIGERATE FOOD PROMPTLY TO BELOW 40°
• Food can only be unrefrigerated two hours or one hour in hot weather (80°F or above) cumulative.
• There are four safe thawing methods and one unsanitary way.
• Store food in shallow containers to ensure even cooling.
• Add ice to thick items, like soup, chili, or sauces, to speed up the cooling process.
• Use a refrigerator thermometer to set the refrigerator below 40°F.
• Don’t overload the refrigerator — air must circulate freely to cool all foods evenly.

There are 4 safe methods of thawing meat: in the fridge, microwave, while cooking, and under cool running water.
Cook to Proper Temperatures

Harmful bacteria are destroyed when food is cooked to proper temperatures. The only reliable way to determine doneness is with a food thermometer. Wash the thermometer in hot soapy water after each use.

<table>
<thead>
<tr>
<th>Food</th>
<th>Temperature</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ground Meat &amp; Meat Mixtures</td>
<td></td>
</tr>
<tr>
<td>Beef, Pork, Veal, Lamb</td>
<td>160°F</td>
</tr>
<tr>
<td>Turkey, Chicken</td>
<td>165°F</td>
</tr>
<tr>
<td>Fresh Beef, Veal, Lamb</td>
<td></td>
</tr>
<tr>
<td>Medium Rare</td>
<td>145°F</td>
</tr>
<tr>
<td>Medium</td>
<td>160°F</td>
</tr>
<tr>
<td>Well Done</td>
<td>170°F</td>
</tr>
<tr>
<td>Poultry</td>
<td></td>
</tr>
<tr>
<td>Chicken, Turkey, Duck &amp; Goose</td>
<td></td>
</tr>
<tr>
<td>(whole, breasts, thighs, wings)</td>
<td>165°F</td>
</tr>
<tr>
<td>Stuffing (cooked alone or in bird)</td>
<td>165°F</td>
</tr>
<tr>
<td>Fresh Pork</td>
<td></td>
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<tr>
<td>Medium</td>
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<tr>
<td>Well Done</td>
<td>170°F</td>
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<tr>
<td>Ham</td>
<td></td>
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<tr>
<td>Fresh (raw)</td>
<td>160°F</td>
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<tr>
<td>Pre-cooked (to reheat)</td>
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<td>Seafood</td>
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<tr>
<td>Fish</td>
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<tr>
<td>Stuffed Fish or Fish in Stuffing</td>
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<tr>
<td>Ground or Chopped</td>
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<tr>
<td>Egg &amp; Egg Dishes</td>
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</tr>
<tr>
<td>Leftovers</td>
<td>165°F</td>
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</tbody>
</table>

HOW TO CHECK FOR TEMPERATURES:
Red meat, roast, steak, chops, poultry pieces: insert into thickest part of meat, away from bone, fat and gristle.
Whole-bird poultry: insert into inner thigh area, near breast, not touching bone.
Ground meat, poultry: insert into thickest area of meatloaf or patty, reaching the very center with the stem. For thin patties, insert sideways to the center.
Egg dishes, casseroles: insert into center of thickest area of the dish.
Understanding Food Dates

A date on a food product does not mean the food has to be thrown out.

Four different types of dates you may see:

- **Sell-by date:** this date printed by the food manufacturer to tell stores how long they should sell the product.
- **Best if Used By date:** this date is recommended for best flavor or quality.
- **Use By date:** the last date recommended for use of the product while at its peak quality.
- **Expiration date:** This is the last date the product should be eaten. It might read, "Do not use after March, 2005." Always discard food that has passed the expiration date.

Many foods will likely remain safe after the date if they have been properly stored and handled. How long they remain safe is dependent upon the type of product.

<table>
<thead>
<tr>
<th>PRODUCT</th>
<th>REFRIGERATOR</th>
<th>FREEZER</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>MEAT AND FISH</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fish / shellfish</td>
<td>1-2 days</td>
<td>2-3 months</td>
</tr>
<tr>
<td>Smoked fish</td>
<td>3-4 days</td>
<td>2 months</td>
</tr>
<tr>
<td>Cooked fish / shellfish</td>
<td>3-4 days</td>
<td>1-2 months</td>
</tr>
<tr>
<td>Meat, fresh</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ground meat</td>
<td>1-2 days</td>
<td>3-4 months</td>
</tr>
<tr>
<td>Steaks, roasts, chops</td>
<td>3-5 days</td>
<td>4-12 months</td>
</tr>
<tr>
<td>Variety meats (liver etc.)</td>
<td>1-2 days</td>
<td>3-4 months</td>
</tr>
<tr>
<td>Cooked meats</td>
<td>3-4 days</td>
<td>2-3 months</td>
</tr>
<tr>
<td>Meat, processed or smoked</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bacon</td>
<td>1 week</td>
<td>1 month</td>
</tr>
<tr>
<td>Corned beef</td>
<td>5-7 days</td>
<td>1 month</td>
</tr>
<tr>
<td>Ham</td>
<td>3-4 days</td>
<td>1-2 months</td>
</tr>
<tr>
<td>Hot dogs, unopened</td>
<td>2 weeks</td>
<td>1-2 months</td>
</tr>
<tr>
<td>Hot dogs, opened</td>
<td>1 week</td>
<td>1-2 months</td>
</tr>
<tr>
<td>Lunch meats, unopened</td>
<td>2 weeks</td>
<td>1-2 months</td>
</tr>
<tr>
<td>Lunch meats, opened</td>
<td>3-5 days</td>
<td>1-2 months</td>
</tr>
<tr>
<td>Sausage, raw bulk</td>
<td>1-2 days</td>
<td>1-2 months</td>
</tr>
<tr>
<td>Sausage links or patties</td>
<td>1 week</td>
<td>1-2 months</td>
</tr>
<tr>
<td>Sausage, hard or dry</td>
<td>2-3 weeks</td>
<td>1-2 months</td>
</tr>
<tr>
<td>Poultry, fresh (all cuts)</td>
<td>1-2 days</td>
<td>3-6 months</td>
</tr>
<tr>
<td>Poultry, cooked</td>
<td>3-4 days</td>
<td>4-6 months</td>
</tr>
<tr>
<td>PRODUCT</td>
<td>REFRIGERATOR</td>
<td>FREEZER</td>
</tr>
<tr>
<td>-------------------------------------</td>
<td>-------------------------------</td>
<td>------------------------------</td>
</tr>
<tr>
<td><strong>DAIRY</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Butter</td>
<td>1-3 months</td>
<td>6-9 months</td>
</tr>
<tr>
<td>Cheese, hard block</td>
<td>6 months unopened</td>
<td>6 months</td>
</tr>
<tr>
<td></td>
<td>3-4 weeks opened</td>
<td></td>
</tr>
<tr>
<td>Shredded</td>
<td>1 month</td>
<td>3-4 months</td>
</tr>
<tr>
<td>Processed slices</td>
<td>1-2 months</td>
<td>Doesn’t freeze well</td>
</tr>
<tr>
<td>Cottage cheese, ricotta</td>
<td>1 week</td>
<td>Doesn’t freeze well</td>
</tr>
<tr>
<td>Cream cheese</td>
<td>2 weeks</td>
<td>Doesn’t freeze well</td>
</tr>
<tr>
<td>Cheese, half-and-half</td>
<td>3-4 days</td>
<td>Doesn’t freeze well</td>
</tr>
<tr>
<td>Dips, Sour Cream based</td>
<td>2 weeks</td>
<td>Do not freeze</td>
</tr>
<tr>
<td>Egg substitutes, liquid</td>
<td>3 days</td>
<td>Do not freeze</td>
</tr>
<tr>
<td>Eggs, in shell</td>
<td>3-5 weeks</td>
<td>Do not freeze</td>
</tr>
<tr>
<td></td>
<td>2-4 days</td>
<td>12 months</td>
</tr>
<tr>
<td></td>
<td>1 week</td>
<td>Doesn’t freeze well</td>
</tr>
<tr>
<td>Juice in cartons, fruit drinks,</td>
<td>3 weeks, unopened</td>
<td>8-12 months</td>
</tr>
<tr>
<td>punch</td>
<td>7-10 days opened</td>
<td></td>
</tr>
<tr>
<td>Margarine</td>
<td>6 months</td>
<td>12 months</td>
</tr>
<tr>
<td>Milk, plain or flavored</td>
<td>1 week</td>
<td>3 months</td>
</tr>
<tr>
<td>Miso (fermented soy product)</td>
<td>3 months</td>
<td>Do not freeze</td>
</tr>
<tr>
<td>Pudding</td>
<td>2 days</td>
<td>Do not freeze</td>
</tr>
<tr>
<td>Soy or rice beverage, refrigerated</td>
<td>7-10 days</td>
<td>Do not freeze</td>
</tr>
<tr>
<td>Sour cream</td>
<td>1-3 weeks</td>
<td>Doesn’t freeze well</td>
</tr>
<tr>
<td>Tofu</td>
<td>1 week</td>
<td>5 months</td>
</tr>
<tr>
<td>Yogurt</td>
<td>1-2 weeks</td>
<td>1-2 months</td>
</tr>
</tbody>
</table>
**STRENGTH: WEEK TWO**

*Many fruits and vegetables can be left out of refrigeration a few days or until ripe.*

<table>
<thead>
<tr>
<th>PRODUCT</th>
<th>REFRIGERATOR</th>
<th>FREEZER</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>VEGETABLES</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Artichokes, whole*</td>
<td>1-2 weeks</td>
<td>Do not freeze</td>
</tr>
<tr>
<td>Asparagus</td>
<td>3-4 days</td>
<td>8 months</td>
</tr>
<tr>
<td>Beans, green or wax</td>
<td>3-4 days</td>
<td>8 months</td>
</tr>
<tr>
<td>Beets</td>
<td>7-10 days</td>
<td>6-8 months</td>
</tr>
<tr>
<td>Bok Choy</td>
<td>2-3 days</td>
<td>10-12 months</td>
</tr>
<tr>
<td>Broccoli, raab, rapini</td>
<td>3-5 days</td>
<td>10-12 months</td>
</tr>
<tr>
<td>Brussels sprouts</td>
<td>3-5 days</td>
<td>10-12 months</td>
</tr>
<tr>
<td>Cauliflower</td>
<td>3-5 days</td>
<td>10-12 months</td>
</tr>
<tr>
<td>Cabbage</td>
<td>1-2 weeks</td>
<td>10-12 months</td>
</tr>
<tr>
<td>Carrots, parsnips</td>
<td>3 weeks</td>
<td>10-12 months</td>
</tr>
<tr>
<td>Celery</td>
<td>1-2 weeks</td>
<td>10-12 months</td>
</tr>
<tr>
<td>Corn on the cob</td>
<td>1-2 days</td>
<td>8 months</td>
</tr>
<tr>
<td>Cucumbers</td>
<td>4-5 days</td>
<td>Do not freeze</td>
</tr>
<tr>
<td>Eggplant*</td>
<td>3-4 days</td>
<td>6-8 months</td>
</tr>
<tr>
<td>Garlic*</td>
<td>1-2 weeks</td>
<td>1 month</td>
</tr>
<tr>
<td>Ginger Root*</td>
<td>1-2 weeks</td>
<td>1 month</td>
</tr>
<tr>
<td>Greens</td>
<td>1-2 days</td>
<td>10-12 months</td>
</tr>
<tr>
<td>Herbs, fresh</td>
<td>7-10 days</td>
<td>1-2 months</td>
</tr>
<tr>
<td>Leeks</td>
<td>1-2 weeks</td>
<td>10-12 months</td>
</tr>
<tr>
<td>Lettuce, iceberg</td>
<td>1-2 weeks</td>
<td>Do not freeze</td>
</tr>
<tr>
<td>Lettuce, leaf</td>
<td>3-7 days</td>
<td>Do not freeze</td>
</tr>
<tr>
<td>Mushrooms</td>
<td>2-3 days</td>
<td>10-12 months</td>
</tr>
<tr>
<td>Okra</td>
<td>2-3 days</td>
<td>10-12 months</td>
</tr>
<tr>
<td>Onions, dry</td>
<td>2 months</td>
<td>10-12 months</td>
</tr>
<tr>
<td>Spring or green</td>
<td>1-2 weeks</td>
<td>10-12 months</td>
</tr>
</tbody>
</table>

*Many fruits and vegetables can be left out of refrigeration a few days or until ripe.*
Many fruits and vegetables can be left out of refrigeration a few days or until ripe.

<table>
<thead>
<tr>
<th>PRODUCT</th>
<th>REFRIGERATOR</th>
<th>FREEZER</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>FRUIT</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Apples*</td>
<td>3 weeks</td>
<td>Cooked, 8 months</td>
</tr>
<tr>
<td>Apricots*</td>
<td>2-3 days</td>
<td>Do not freeze</td>
</tr>
<tr>
<td>Avocados*</td>
<td>3-4 days</td>
<td>Do not freeze</td>
</tr>
<tr>
<td>Bananas*</td>
<td>2 days, skin will blacken</td>
<td>Whole peeled, 1 month</td>
</tr>
<tr>
<td>Berries, cherries</td>
<td>1-2 days</td>
<td>4 months</td>
</tr>
<tr>
<td>Citrus fruit*</td>
<td>1-2 weeks</td>
<td>Do not freeze</td>
</tr>
<tr>
<td>Grapes*</td>
<td>1 week</td>
<td>Whole, 1 month</td>
</tr>
<tr>
<td>Kiwi fruit*</td>
<td>3-4 days</td>
<td>Do not freeze</td>
</tr>
<tr>
<td>Melons*</td>
<td>3-4 days</td>
<td>Balls, 1 month</td>
</tr>
<tr>
<td>Papaya, mango*</td>
<td>1 week</td>
<td>Do not freeze</td>
</tr>
<tr>
<td>Peaches, nectarines*</td>
<td>3-4 days</td>
<td>Sliced, 2 months</td>
</tr>
<tr>
<td>Pears, plums*</td>
<td>3-4 days</td>
<td>Do not freeze</td>
</tr>
</tbody>
</table>
Strengthen & Stretch: Neck

Each stretch should be done SLOWLY and held for 15 seconds. It is best if you do each stretch twice.

**Head Tilt side to side**
Inhale and slowly tilt your head toward your left shoulder; exhale holding that stretch. Repeat this movement, tilting toward the right shoulder.

**Look Both Ways**
Pretend as if you are about to cross the street and before you do you need to look both ways. Look to the right and hold; look to the left and hold.

**Neck Rolls**
Start with your head straight and your gaze forward. Very gently tip your head to your left. Next, roll your head back so your eyes are facing the ceiling. With your head back, very gently roll your head to your right. Finish the movement by rolling your head down again, and bringing it back up to the start position. Repeat, rolling in the opposite direction.
Make half your plate fruits and vegetables

- Choose fresh, frozen, canned, or dried fruits and vegetables.
- Eat red, orange, and dark-green vegetables, such as tomatoes, sweet potatoes, and broccoli, in main and side dishes.
- Use fruits as snacks, salads, or desserts.
- Keep raw, cut-up vegetables handy for quick snacks.
- Choose whole or cut-up fruits more often than fruit juice.

Switch to skim or 1% milk
- They have the same amount of calcium and other essential nutrients as whole milk, but less fat and calories.

Make at least half your grains whole
- Choose 100% whole-grain cereals, breads, crackers, rice, and pasta.
- Check the ingredients list on food packages to find whole-grain foods.

Vary your protein food choices
- Choose a variety of foods including seafood, beans and peas, nuts, lean meats, poultry, and eggs.
- Keep meat and poultry portions small and lean.
- Try grilling, broiling, poaching, or roasting. These methods do not add extra fat.

ChooseMyPlate.gov

Cut back on foods high in solid fats, added sugars, and salt
- Choose foods and drinks with little or no added sugars.
- Look out for salt (sodium) in foods you buy.
- Eat fewer foods that are high in solid fats.

Eat the right amount of calories for you
- Enjoy your food, but eat less.
- Cook more often at home, where you are in control of what’s in your food.
- When eating out, choose lower calorie menu options.

Get your personal daily calorie limit at www.ChooseMyPlate.gov and keep that number in mind when deciding what to eat.

Be physically active your way
Pick activities that you like and start by doing what you can, at least 10 minutes at a time. Every bit adds up, and the health benefits increase as you spend more time being active.
STRENGTH SPOTLIGHT: Dented Cans

May Still Contain Safe Food!

When a can is dented near a seam or junction, it makes it possible for air to enter the can. A sharp dent can cause a pinhole in the can which could allow air to enter. The air, combined with moisture in the can, allows the growth of microorganisms. These microorganisms cannot be killed by cooking and consumption of this food could potentially result in botulism.

DISCARD cans with:

• Dents on the seam
• Swelling or bulging on the top or bottom
• Rust that does not wipe off
• Sharp dents that come to a point
• Dents where the side and the end meet

SAFE dents are:

• Smooth dents
• Dents that are not on the seam
• Dents that do not compromise can junctures

WHEN IN DOUBT, THROW IT OUT!

Be sure to wash all cans. Remember to wash your can openers from time to time! Do not leave open cans in the fridge.
Reading Food Labels and Smart Shopping

Read labels and shop smart to fill your cart with food that will benefit your brain, body and budget.

INSIDE WEEK THREE

THOUGHT FOR THE DAY
Reading Food Labels and Smart Shopping       Page 1

NUTRITION LESSON
Label Lingo                                      Page 2
Smart Shopping                                  Page 5

STRENGTHEN & STRETCH
Legs                                             Page 7

STRENGTH SPOTLIGHT
Fruits and Vegetables                           Page 9

MY EATING GOAL: ________________________________

MY ACTIVITY GOAL: ______________________________

Harvesters-The Community Food Network
3801 Topping Kansas City, MO 64129
Why read food labels?

- ________________________________
- ________________________________
- ________________________________

Label Lingo

1. Find Servings: The first place to start when you look at the nutrition label is the serving size and the number of servings per container. Pay attention to the serving size, especially how many servings are in the package. If you eat one serving, the rest of the label will match what you consumed. This will help you figure out how many servings you are eating. Servings does not mean the recommended amount, it is just what the manufacturer decides.

2. Check Calories: Calories provide a measure of how much energy you get from a serving of food. Eating too many calories is connected to being overweight and obese. On the other hand, not getting enough calories is not healthy either. The number of servings you eat determines the number of Calories you actually eat.

3. Limit These Nutrients: Most people usually get enough or even excessive amounts of Fat, Cholesterol and Sodium. Try to limit these by reading the label.

4. Get enough of These Nutrients: Most Americans don’t get enough of the vitamins and nutrients that they need. Eating enough of these can improve your health and help reduce the risk of some diseases.

5. Know the ingredients: The ingredients aren’t always listed below the nutrition label so you may have to look elsewhere on the product. Ingredients are listed in order from the largest amount found in the product to the smallest. Read the ingredients to find out what is in the food and to compare products. Allergens are listed here.

6. Review % DV (Daily Value): The % DV (Daily Values) are based on the Daily Value recommendations for key nutrients for a 2,000 calorie diet. The %DV helps you determine if a serving of food is high or low in a nutrient. 5% or less is low and 20% or more is high.
# Macaroni and Cheese Food Label

## Nutrition Facts

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>260</th>
<th>Calories from Fat 25</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>260</td>
<td>% Daily Value*</td>
</tr>
<tr>
<td>Total Fat</td>
<td>1.5g</td>
<td>4%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>1.5g</td>
<td>8%</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>10mg</td>
<td>3%</td>
</tr>
<tr>
<td>Sodium</td>
<td>600mg</td>
<td>25%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>48g</td>
<td>16%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>1g</td>
<td>4%</td>
</tr>
<tr>
<td>Sugars</td>
<td>7g</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>9g</td>
<td></td>
</tr>
</tbody>
</table>

### Vitamin and Minerals

<table>
<thead>
<tr>
<th>Vitamin  A</th>
<th>0%</th>
<th>Calcium</th>
<th>20%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamin C</td>
<td>0%</td>
<td>Iron</td>
<td>10%</td>
</tr>
</tbody>
</table>

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

<table>
<thead>
<tr>
<th>Calories</th>
<th>2000</th>
<th>2500</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>Less than 65g</td>
<td>80g</td>
</tr>
<tr>
<td>Sat Fat</td>
<td>Less than 20g</td>
<td>25g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>Less than 300mg</td>
<td>300mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>Less than 1,600mg</td>
<td>1,600mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>300g</td>
<td>375g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>25g</td>
<td>30g</td>
</tr>
</tbody>
</table>

## Ingredients

Ingredients: White Flour, Salt, Glycerol Monostearate, Ferrous Sulfate, Whey, Malto Dextrin, Hydrogenated Fat, Milk, Cheese, Culture, More Salt, Enzymes, Corn Starch, Powdered Cellulose, Corn Syrup

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**Project Strength: Week Three**

Harvesters-The Community Food Network
3801 Topping Kansas City, MO 64129
Label Lingo Quiz

1. You and your daughter plan to split this 3 oz. bag of ramen noodles. How many total sodium milligrams will you each eat?

2. If you wanted to serve this bag of ramen noodles to your three children, how many ounces would they each eat?

3. How many total fat grams are in this bag of ramen noodles?

4. Approximately how much of a person’s daily iron needs would be consumed if one serving of this product was eaten?

Nutrition Facts

Serving Size ½ package (1.5 oz)
Servings Per Container about 2

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories 190</th>
<th>Calories from Fat 60</th>
</tr>
</thead>
<tbody>
<tr>
<td>% Daily Value*</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total Fat</td>
<td>7g</td>
<td>11%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>4g</td>
<td>20%</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium</td>
<td>900mg</td>
<td>38%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>27g</td>
<td>9%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>1g</td>
<td>4%</td>
</tr>
<tr>
<td>Sugars</td>
<td>less than 2g</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>4g</td>
<td></td>
</tr>
</tbody>
</table>

Vitamin A 0% Calcium 0%

Vitamin C 0% Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

<table>
<thead>
<tr>
<th>Calories</th>
<th>Total Fat</th>
<th>Sat Fat</th>
<th>Cholesterol</th>
<th>Sodium</th>
<th>Total Carbohydrate</th>
<th>Dietary Fiber</th>
</tr>
</thead>
<tbody>
<tr>
<td>2000</td>
<td>Less than 65g</td>
<td>Less than 20g</td>
<td>Less than 300mg</td>
<td>Less than 1,600mg</td>
<td>300g</td>
<td>25g</td>
</tr>
<tr>
<td>2500</td>
<td>Less than 80g</td>
<td>Less than 25g</td>
<td>Less than 300mg</td>
<td>Less than 2,400mg</td>
<td>375g</td>
<td>30g</td>
</tr>
</tbody>
</table>

Ingredients: Ramen Noodles - Enriched flour, (Wheat Flour, Niacin, Reduced iron, Thiamine mononitrate, Riboflavin, Folic Acid), Partially hydrogenated vegetable oil (Contains one or more of the following: Canola oil, Cottonseed oil, Palm oil), Contains less than 2% of Salt, Sodium tripolyphosphate, Potassium carbonate, Sodium carbonate, Sodium tocopherols.

Seasoning Mix - Salt, Monosodium glutamate, Soy sauce powder (Maltodextrin, Salt, Soybeans, Wheat), Sugar, Garlic powder, Sesame seeds, Dehydrated onions, Chicken powder, Natural flavors, Spices, Hydrolyzed soy, Corn and Wheat protein, Turmeric color, Dehydrated parsley, Disodium guanylate, Disodium inosinate.,

Sesame Oil Seasoning – Sesame oil, Canola oil, Annatto and Paprika color, Natural flavors
Smart Shopping

1. **Shop once a week or less.** The less you go, the less you spend.

2. **Write a weekly menu.** Use your recipe collection or cookbooks and magazines to give you ideas.
   Determine what is in your pantry or refrigerator and try to find three to five recipes to use what is already on hand so you aren’t buying things you already have.

3. **Always make a list and stick to it.** Use your menus to form a list and add in other staples you need.
   Organize the list to match your store’s layout and avoid aisles where you don’t need anything.

4. **Eat before you go so you do not shop hungry.** Keep in mind planning menus though *when* hungry can be a good thing.

5. **Shop alone when possible.** Buddies and children may encourage you to buy more.

6. **Stick to the perimeter.** This is where most “whole foods” like produce, dairy and meats are found. Go to the middle aisles only for needed items like pasta or beans.

7. **Buy in-season fruits and vegetables.** They have more flavor and are cheaper. Farmers markets in the spring, summer, and fall are often cheaper than the store. Try growing something on your own! We will talk about in-season fruits and vegetables later on.

8. **Cut back on convenience foods and stores.** You are paying someone else to do work you could do, and you have no control over ingredients. Pre-packaged foods, frozen dinners, pre-made deli food, and boxed meals are more costly and often less nutritious than if you prepare them yourself.
   Convenience stores are usually a more expensive place to buy groceries.

9. **Avoid marketing traps and be wary of coupons.** Examples of marketing traps include: aisle end sales, samples, placing the most expensive brands at eye level, and “Buy 2, get 1 free” specials. Do you really need 3? Only use coupons if you really need the item and the price is less than another brand. Coupons are often for high calorie snack foods and sugary cereals.

10. **Comparison shop.** Compare different brand names for price. At times, the store brand is not always the best value. Read weekly ads of several local stores to find out which one has the most sale items you could use.

11. **Bulk Buy.** Purchase things you really need. If you do not have storage space or a large family, try splitting with another family. Paper products, baby products, and meat are often good buys. Split meat into reasonable servings for you or your family and freeze the rest.

**Circle the tip that you are going to use the next time you are going grocery shopping.**
### Smart Shopping

*Circle the three items that would be the healthiest options in each category.*

<table>
<thead>
<tr>
<th><strong>Fruits &amp; Vegetables</strong></th>
<th><strong>Pasta &amp; Grains</strong></th>
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<tbody>
<tr>
<td>Canned mandarin oranges in juice</td>
<td>Canned fruit cocktail in heavy syrup</td>
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<tr>
<td>Fresh pear</td>
<td>Orange Juice Drink</td>
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<tr>
<td>Frozen peas</td>
<td>Peach pie</td>
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<tr>
<td>White rice</td>
<td>Whole-wheat pasta</td>
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<tr>
<td>Barley</td>
<td>Brown rice</td>
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<tr>
<td>White spaghetti mix</td>
<td>Packaged fettuccine mix</td>
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<thead>
<tr>
<th><strong>Dairy</strong></th>
<th><strong>Meat &amp; Poultry</strong></th>
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<tr>
<td>Nonfat yogurt</td>
<td>Ground chuck</td>
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<tr>
<td>Low-fat cottage cheese</td>
<td>Skinless chicken breast</td>
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<td>Butter</td>
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<td>Lean deli ham</td>
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<td>Pork sausage</td>
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<td>Ice cream</td>
<td>Skim Milk</td>
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<td>Vitamin D milk</td>
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<th><strong>Cereal</strong></th>
<th><strong>Beverages</strong></th>
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<tr>
<td>Oatmeal</td>
<td>Regular soda</td>
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<tr>
<td>Shredded wheat</td>
<td>100% fruit juice</td>
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<tr>
<td>Cocoa Puffs</td>
<td>Water</td>
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<td>Bran Cereal</td>
<td>Fruit punch</td>
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<tr>
<td>Cheerios</td>
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<td>Cream of Wheat cereal</td>
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<tr>
<th><strong>Breads</strong></th>
<th><strong>Seafood</strong></th>
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<td>Whole-wheat bread</td>
<td>Frozen fish sticks</td>
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<tr>
<td>Multi-grain bread</td>
<td>Canned tuna in water</td>
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<tr>
<td>White sandwich bread</td>
<td>Fresh White Fish</td>
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<td>Breaded fish fillets</td>
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<td>Fried shrimp</td>
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<td>Frozen salmon</td>
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Strengthen & Stretch: Legs

Each stretch should be done SLOWLY and held for 15 seconds. It is best if you do each stretch twice.

**Sit and Reach**
Sitting at the edge of your chair, extend legs in front of you with your heels on the floor and toes pointing up. Put your left heel on your right toe and stretch forward from the waist. Try not to round your back. Release to starting position, then switch feet and repeat.

**Gas Pedal**
Sitting at the edge of your chair, extend your left leg straight out in front of you. Take your leg off the ground and point toes up and hold for a moment, then extend your toes away from you and hold. Then do ankle circles with that leg in both directions. Switch legs and repeat.

**Standing Calf**
Stand behind your chair. Keeping your heel on the ground, slide your right leg as far back as you can, bending your left knee until you feel the stretch in the lower part of your leg. Hold there for a moment before returning to start. Switch legs and repeat.
WHY THE FRUIT AND VEGETABLE GROUPS ARE IMPORTANT: The fruit and vegetable groups are the major source of several vitamins and minerals, as well as fiber and other phytonutrients that promote health.

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<tr>
<th>Key Nutrient</th>
<th>Nutrient Benefits</th>
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<td>Vitamin A</td>
<td>Normal vision, growth of body cells &amp; tissues, skin health, immunity, reduces risk of certain types of cancer and other diseases of aging</td>
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<tr>
<td>Vitamin C</td>
<td>Collagen production (collagen holds together muscles, bones, &amp; tissues), protection from bruising, aids in iron and folate absorption, healthy gums, wound or cut healing, protection from infection</td>
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<tr>
<td>Folate</td>
<td>Makes new body cells, may protect against heart disease, decreases risk of birth defects such as spina bifida</td>
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<tr>
<td>Potassium</td>
<td>Maintains normal blood pressure, helps muscles contract, maintains fluid and mineral balance in body, transmits nerve impulses</td>
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<tr>
<td>Fiber</td>
<td>Aids in digestion, promotes health, offers disease protection</td>
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HOW MUCH: Most people need about 2 cups of fruit and 2 to 2 ½ cups of vegetables per day. Refer to your calorie sheet from Week 1.

½ cup fruit or vegetables = ½ cup cooked or raw vegetables; 1 cup fresh leafy greens; ½ cup fruit or vegetable juice; ½ cup cut-up or canned fruit; 1 small orange, peach, or banana; ½ grapefruit or ½ small apple; ¼ cup dried fruit.

STRENGTH SPOTLIGHT: Fruits and Vegetables

Should I Eat Organic?

Many people buy organic foods because they are grown with lower levels of pesticides. However, no scientific evidence has shown that these foods are healthier than conventionally grown foods.

If you do choose to purchase organic, look for the USDA seal that guarantees at least 95% of the product is organic.

If you want to purchase organic fruits and vegetables, start with the ones where you eat the peel, such as berries, potatoes, or apples. If you’re going to peel it anyway, save money and purchase conventional.

HEALTHFUL HINTS:

• Make half your plate fruit and vegetables.
• Choose a variety of fruits and vegetables.
• Choose whole fruit, rather than juice, most of the time.
• Select dark, rich colored fruits and vegetables, such as dark green and orange, which are often the most nutrient rich.
• Choose fresh and frozen more often.
• Dried fruits and vegetables are a great on-the-go snack but be cautious of added sugar and sodium.
• Canned fruits and vegetables can contain added sodium and sugar. Make sure to drain and rinse your canned fruits and vegetables.
• Keep the skin on fruits and vegetables whenever possible because that is where a lot of the nutrition is found.
Your friend Picky Patty needs help eating more fruits and vegetables. Can you help her?

How could Picky Patty eat more fruits and vegetables during Breakfast?
Add sliced bananas to her morning oatmeal

• _____________________________________________________________________
• _____________________________________________________________________

What about during Lunch and Dinner?
Soup is a great hiding place for nutritious vegetables. Try tomato, vegetable, or minestrone or just add extras to your favorite soups.

• _____________________________________________________________________
• _____________________________________________________________________

What about for Desserts and Snacks?
Keep a bowl of fruit on your desk or counter.

• _____________________________________________________________________
• _____________________________________________________________________

What could you do to eat more fruits and vegetables?

• _____________________________________________________________________
• _____________________________________________________________________

Try to add fruits and vegetables into your meals instead of eating them separately.
Shop in Season

MISSOURI SEASONAL FOOD CHART | BUY LOCAL EAT LOCAL ENJOY LOCAL

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<td>TOMATOES</td>
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<tr>
<td>TURNIPS</td>
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</tbody>
</table>
Eating for Prevention

Make choices and develop behaviors that will lead to a long, happy and healthy life.

INSIDE WEEK FOUR

THOUGHT FOR THE DAY
Eating for Prevention Page 1

NUTRITION LESSON
Overweight and Obesity Page 2

STRENGTHEN & STRETCH
Shoulders Page 10

STRENGTH SPOTLIGHT
Grains Page 12
Sugar Page 14

MY EATING GOAL: _______________________________________________________________________

MY ACTIVITY GOAL: _____________________________________________________________________
Overweight & Obesity

Overweight is defined as a body mass index of 25 – 29 and having excess body weight that includes fat, bone and muscle.

Obesity is defined as a body mass index of 30 or greater, which is a sign of excess body fat.

During the past 20 years there has been a dramatic increase in obesity in the United States. It is estimated that 34% of adult Americans are overweight and an additional 34% are obese. (which means 68% are not at a healthy weight) In 2009, the State of Missouri had 30% of it’s adult population categorized as obese. And the state of Kansas had 28.1% of it’s adult population considered to be obese.

What are the causes of obesity?

- 
- 
- 
- 
- 

What are the hazards of obesity?

- 
- 
- 
- 
- 

Body mass index or BMI is a number based on body weight in relation to your height. It is used to determine obesity and your risk for other weight-related health problems. BMI is calculated using a mathematical equation, but you can also use the chart on page five. *For more information talk to your health care provider
Figure 2. Trends in overweight, obesity, and extreme obesity, ages 20-74 years.
### Body Mass Index Table

<table>
<thead>
<tr>
<th>BMI</th>
<th>Normal</th>
<th>Overweight</th>
<th>Obese</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>19 20 21 22 23 24</td>
<td>25 26 27 28 29 30 31 32 33 34</td>
<td></td>
</tr>
<tr>
<td>4'10</td>
<td>91 96 100 105 110 115</td>
<td>119 124 129 134 138</td>
<td>143 148 153 158 162</td>
</tr>
<tr>
<td>4'11</td>
<td>94 99 104 109 114 119</td>
<td>124 128 133 138 143</td>
<td>148 153 158 163 168</td>
</tr>
<tr>
<td>5'</td>
<td>97 102 107 112 118 123</td>
<td>128 133 138 143 148</td>
<td>153 158 163 168 174</td>
</tr>
<tr>
<td>5'1</td>
<td>100 106 111 116 122 127</td>
<td>132 137 143 148 153</td>
<td>158 164 169 174 180</td>
</tr>
<tr>
<td>5'2</td>
<td>104 109 115 120 126 131</td>
<td>136 142 147 153 158</td>
<td>164 169 175 180 186</td>
</tr>
<tr>
<td>5'3</td>
<td>107 113 118 124 130 135</td>
<td>141 146 153 158 163</td>
<td>169 175 180 186 191</td>
</tr>
<tr>
<td>5'4</td>
<td>110 116 122 128 134 140</td>
<td>145 151 157 163 169</td>
<td>174 180 186 192 197</td>
</tr>
<tr>
<td>5'5</td>
<td>114 120 126 132 138 144</td>
<td>150 156 162 168 174</td>
<td>180 186 192 198 204</td>
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<td>5'6</td>
<td>118 124 130 136 142 148</td>
<td>155 161 167 173 179</td>
<td>186 192 198 204 210</td>
</tr>
<tr>
<td>5'7</td>
<td>121 127 134 140 146 153</td>
<td>159 166 172 178 185</td>
<td>191 198 204 211 217</td>
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<td>5'8</td>
<td>125 131 138 144 151 158</td>
<td>164 171 177 184 190</td>
<td>197 203 210 216 223</td>
</tr>
<tr>
<td>5'9</td>
<td>128 135 142 149 155 162</td>
<td>169 176 182 189 196</td>
<td>203 209 216 223 236</td>
</tr>
<tr>
<td>5'10</td>
<td>132 139 146 153 160 167</td>
<td>174 181 188 195 202</td>
<td>209 216 222 229 236</td>
</tr>
<tr>
<td>5'11</td>
<td>136 143 150 157 165 172</td>
<td>179 186 193 200 208</td>
<td>215 222 229 229 236</td>
</tr>
<tr>
<td>6'</td>
<td>140 147 154 162 169 177</td>
<td>184 191 199 206 213</td>
<td>221 228 235 242 250</td>
</tr>
<tr>
<td>6'1</td>
<td>144 151 159 166 174 182</td>
<td>189 197 204 212 219</td>
<td>227 235 242 250 257</td>
</tr>
<tr>
<td>6'2</td>
<td>148 155 163 171 179 186</td>
<td>194 202 210 218 225</td>
<td>233 241 249 256 272</td>
</tr>
<tr>
<td>6'3</td>
<td>152 160 168 176 184 192</td>
<td>200 208 216 224 232</td>
<td>240 248 256 264 272</td>
</tr>
<tr>
<td>6'4</td>
<td>156 164 172 180 189 197</td>
<td>205 213 221 230 238</td>
<td>246 254 263 271 279</td>
</tr>
</tbody>
</table>
Who is affected by diabetes?...

Chances are you know someone who is at risk for developing diabetes or already has diabetes.

**Diabetes affects about 24 million Americans.** Without drastic changes it is expected that the number of people with diabetes will double in the next 25 years.

If diabetes is not managed properly, it can have serious, life threatening effects like blindness, kidney failure, and foot or leg amputations. Diabetes also increases the risk of developing heart disease and stroke.

**What is diabetes and what causes it?**

- Diabetes is a condition that affects the way our body uses energy from sugar, starch and other foods.

  1. Carbohydrates like sugar and starch do not cause diabetes, but should be eaten in ways to best control blood sugar levels and minimize the risk and complications of diabetes.

  2. Diabetes is actually caused when insulin, a hormone made in the pancreas that helps convert food into energy, does not work properly.

- There is no single cause for insulin not working properly but several factors, like increased weight or inactivity, can put you at a greater risk.

- **What are the different types of diabetes?**

  **Type 1 Diabetes:** The pancreas does not make any insulin at all. It often develops in childhood or young adult years.

  Insulin must be injected into the body and this, along with careful eating, exercise and monitoring of blood sugar levels, can manage Type 1 Diabetes.

  **Type 2 Diabetes:** (The most common type) The pancreas does not produce enough insulin or the body does not respond to the insulin the way it normally does. This type accounts for 90-95% of diabetes cases. Blood sugar levels can be controlled in Type 2 Diabetes through food choices, weight control and physical activity. Oral medicines and insulin injections may also be used in some cases. Blood sugar levels must be closely monitored.

  **Gestational Diabetes:** Occurs in pregnant women due to changes in their hormone levels. The risk is highest for obese and older pregnant women. It usually disappears after pregnancy, but this may put a woman at greater risk for developing Type 2 Diabetes later in life.
What are the signs of diabetes?
Having high blood sugars for extended periods of time puts the body at great risk for damage, so recognizing the signs of diabetes is important.
• Frequent urination
• Unusual thirst
• Extreme hunger
• Unusual weight loss
• Extreme fatigue
• Irritability
• Frequent infections
• Cuts and bruises that heal slowly
• Blurred vision
• Numb or tingling hands or feet
• Recurring skin, gum, or bladder infections

Are You At Risk For Diabetes?
Circle the points next to each statement that is true for you. If the statement is not true, leave it blank. Then add your total score by adding any numbers that are circled.
I am overweight 5
I am physically inactive 5
I am between 45-65 years of age 5
I am 65 years or older 9
I have had a baby weighing more than 9 pounds or have had gestational diabetes 1
I have a brother or sister with diabetes 1
I have a parent with diabetes 1

YOUR TOTAL ............ ______

IF YOU SCORED 3-9 POINTS:
You are probably at a low risk of developing diabetes now, but don’t forget about it. You may be at higher risk in the future, especially if you are Hispanic, African American, Native American, Asian American, or Pacific Islander.

IF YOU SCORED 10 OR MORE POINTS:
You are at high risk for developing diabetes. Only a doctor can diagnose, so follow up with your doctor to find out for sure.

What numbers should I know?
Anyone over the age of 45 should have their blood glucose (or blood sugar) tested every 3 years.
• Normal blood glucose is less than 100 mg/dL
• Blood glucose between 100-125 mg/dL indicates pre-diabetes
• Two fasting (at least 8 hours before test) blood glucose greater than 126 mg/dL are criteria for a diabetes diagnosis
Heart Disease

Heart disease describes several health problems that relate to the heart and blood vessels, including heart attack, stroke, high blood pressure, angina (chest pain), poor circulation and abnormal heartbeats.

Are you at risk?

Risk Factors for Heart Disease

• Family history of early heart disease
• Men over age 45 or women over age 55
• Cigarette or pipe smoking, secondhand smoke
• High blood pressure (140/90)
• HDL lower than 40 for men or less than 50 for women
• Lack of physical activity
• Overweight or obese
• Diabetes, even if well managed
• Excessive alcohol intake
• Taking birth controls pills (in combination with other risk factors)
• Stress

What is Cholesterol?

Cholesterol is a soft, fatty substance found in blood and every body cell. It is required by your body for normal function and is made by your liver daily, in addition to being taken in from food. When bad cholesterol numbers are too high, plaque collects on blood vessel walls, making it harder for blood to flow to the heart (heart attack) or to the brain (stroke).

What is Blood Pressure?

Blood pressure is the force created when your heart pumps blood and oxygen and moves it to different parts of your body. Blood pressure is a threat when it is too high, which means that your heart is working harder than it should.

Know Your Numbers

<table>
<thead>
<tr>
<th></th>
<th>Optimal</th>
<th>Border-line</th>
<th>At Risk</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total blood cholesterol</td>
<td>&lt;200</td>
<td>200-239</td>
<td>240 or above</td>
</tr>
<tr>
<td>LDL cholesterol</td>
<td>&lt;100</td>
<td>130-159</td>
<td>160-189</td>
</tr>
<tr>
<td>HDL cholesterol</td>
<td>&gt;59</td>
<td>59-40</td>
<td>&lt;40 (men)</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>&lt;50 (women)</td>
</tr>
<tr>
<td>Triglycerides</td>
<td>&lt;150</td>
<td>150-199</td>
<td>200-499</td>
</tr>
<tr>
<td>Blood Pressure</td>
<td>&lt;120/80</td>
<td>120-139/80</td>
<td>140/90 or above</td>
</tr>
</tbody>
</table>

What are triglycerides?

Triglycerides are the main form of fat in food. Excess calories from any source change to triglycerides and are stored as body fat.

Managing Heart Disease through Diet

• Limit saturated and total fat intake
• Do not eat a lot of foods high in cholesterol
• Limit salt intake
• Increase fiber intake
• Do not overeat
• Go easy on sugary foods
• Eat fatty fish
• Eat plenty of fruits and vegetables
Eating for Disease Prevention

While some diseases have specific prevention or management guidelines, there are several eating strategies that will help to prevent and/or manage disease across the board. Fill in these guidelines with choices from the word bank.

<table>
<thead>
<tr>
<th>food</th>
<th>trans</th>
<th>healthful</th>
<th>sugar</th>
</tr>
</thead>
<tbody>
<tr>
<td>meal</td>
<td>fiber</td>
<td>easy</td>
<td>salt</td>
</tr>
<tr>
<td>labels</td>
<td></td>
<td>activity</td>
<td></td>
</tr>
</tbody>
</table>

Eat a balanced diet with a variety of __ __ __ __.

Follow a consistent eating plan and __ __ __ __ schedule.

Choose __ __ __ __ __ __ __ __ unsaturated fats.

Limit saturated and __ __ __ __ fat.

Cut back on __ __ __ __ intake.

Increase __ __ __ __ __ __ level.

Eat 25-35 grams of __ __ __ __.

Use __ __ __ __ in moderation.

Go __ __ __ __ on alcohol.

Read food __ __ __ __.
Strengthen & Stretch: Shoulders

Each stretch should be done SLOWLY and held for 15 seconds. It is best if you do each stretch twice.

Shoulder Rolls
Roll your shoulders forward, trying to touch them together in the front, then up and back opening your chest.

Apple Pickers
Start with your hands on your shoulders, elbows to the sides. Reach your right hand to the sky as high as comfortable. Return your right hand, and reach up with your left hand. Repeat.

Picture Frame
Clasp your hands on opposite elbows and slowly lift your arms as high as you feel comfortable. You are now in a picture frame. Smile!
Make half your plate fruits and vegetables

» Choose fresh, frozen, canned, or dried fruits and vegetables.
» Eat red, orange, and dark-green vegetables, such as tomatoes, sweet potatoes, and broccoli, in main and side dishes.
» Use fruit as snacks, salads, or desserts.
» Keep raw, cut-up vegetables handy for quick snacks.
» Choose whole or cut-up fruits more often than fruit juice.

ChooseMyPlate.gov

Cut back on foods high in solid fats, added sugars, and salt
• Choose foods and drinks with little or no added sugars.
• Look out for salt (sodium) in foods you buy.
• Eat fewer foods that are high in solid fats.

Eat the right amount of calories for you
• Enjoy your food, but eat less.
• Cook more often at home, where you are in control of what's in your food.
• When eating out, choose lower calorie menu options.

Be physically active your way
Pick activities that you like and start by doing what you can, at least 10 minutes at a time. Every bit adds up, and the health benefits increase as you spend more time being active.

Switch to skim or 1% milk
» They have the same amount of calcium and other essential nutrients as whole milk, but less fat and calories.

Make at least half your grains whole
» Choose 100% whole-grain cereals, breads, crackers, rice, and pasta.
» Check the ingredients list on food packages to find whole-grain foods.

Vary your protein food choices
» Choose a variety of foods including seafood, beans and peas, nuts, lean meats, poultry, and eggs.
» Keep meat and poultry portions small and lean.
» Try grilling, broiling, poaching, or roasting. These methods do not add extra fat.
STRENGTH SPOTLIGHT: Grains

WHY THE GRAIN GROUP IS IMPORTANT: Carbohydrates in any form provide the body with its primary source of energy. They give power to your brain and muscles. They also aid with digestion.

SOURCES: bread, pasta, rice, crackers, cereal, popcorn, and other grains such as barley or quinoa

HOW MUCH: Most people need around 5-7 ounces per day. At least half should be from whole grains. Refer to your calorie sheet from Week 1.

1 OUNCE = 1 regular slice of bread; 1 cup of ready-to-eat cereal; ½ cup cooked rice, pasta, or cereal; 1 (1-ounce) small bagel; ½ English muffin; 1 small (2-inch diameter) biscuit; 1 small (2 ½ inch diameter) muffin; 5 whole-wheat crackers; 2 rye crispbreads; 7 square or round crackers; 1 (6-inch) flour tortilla; 3 cups popped popcorn; 1 (4 ½ inch diameter) pancake

HEALTHFUL HINTS: Most people eat grains, but few eat enough whole grains. Whole grains contain vitamins, minerals, fiber, antioxidants, and phytochemicals (substances in plants that may help prevent disease). These nutrients are not found in the same quantities in refined grains, like white bread or pasta, because they have been stripped away.

Examples of whole grains include whole-grain breads, brown rice, whole-wheat pasta, whole-wheat tortillas, oatmeal, quinoa, barley, whole-grain crackers and even popcorn.

If a product is a whole grain, “whole” will be listed as part of the very first ingredient on a food label’s ingredient list. It’s always a good idea to check the ingredient label. Some words often mistaken for whole grains are: stone-ground, bran, multi-grain, 100% wheat, pumpernickel or cracked wheat.

### Key Nutrient

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Nutrient Benefits</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fiber</td>
<td>Aids in digestion, promotes health, offers disease protection</td>
</tr>
<tr>
<td>B Vitamins</td>
<td>Help body produce energy</td>
</tr>
<tr>
<td>Vitamin E</td>
<td>May lower risk of heart disease, stroke and some types of cancers</td>
</tr>
<tr>
<td>Iron</td>
<td>Brain development, immunity, part of hemoglobin (which carries oxygen in the blood)</td>
</tr>
<tr>
<td>Magnesium</td>
<td>Maintains nerve &amp; muscle cells, makes up part of our bones and our enzymes (which are chemicals that regulate body function)</td>
</tr>
<tr>
<td>Selenium</td>
<td>May protect from heart disease and certain types of cancer, cell growth, boosts immune function</td>
</tr>
</tbody>
</table>

**Baking With Whole Grains**

- Store whole grain flours in the freezer for maximum freshness.
- Try substituting half of your white flour for whole wheat flour in baked goods.
- Experiment with adding whole oats to recipes.
- Try whole wheat pastry flour for a lighter result.
Choosing Whole Grains

Yay or Nay?

Using the product labels, circle the products that are whole grains like the example

<table>
<thead>
<tr>
<th>Whole Grains</th>
<th>Not Whole Grains</th>
</tr>
</thead>
<tbody>
<tr>
<td>Quaker Quick Barley</td>
<td>Kraft Mac &amp; Cheese</td>
</tr>
<tr>
<td>Snyder’s Nibblers Pretzels</td>
<td>Oroweat bread</td>
</tr>
<tr>
<td>Eggo Waffles</td>
<td>Heartland Rotini pasta</td>
</tr>
<tr>
<td>Kix cereal</td>
<td>Honey Bunches of Oats</td>
</tr>
<tr>
<td>Quaker Simple Harvest oatmeal</td>
<td>Honey Nut Chex</td>
</tr>
<tr>
<td>Ronzoni Healthy Harvest pasta</td>
<td></td>
</tr>
</tbody>
</table>

GRAINS: Tricky Terms

100% Whole Grain or Wheat: No refined flour, only wheat – the good stuff.

Whole Grain: Most contain little or no refined white flour.

12 Grain or Multigrain: If they’re not whole, who cares?

Made with Whole Grain: Just means that there is some, Contain a lot of refined grains and little whole grains.
Sugars

Did you know the average person consumes 158 pounds of sugar in a year's time?

Did you know the average 12 oz can of cola contains about 9 teaspoons of sugar?

The Many Names for Sugar

Limit foods high in sugar by reading ingredient labels and recognizing the many names for sugar. See if you can recognize the many names for sugar in the word search to the right.

<table>
<thead>
<tr>
<th>Sugar</th>
<th>Lactose</th>
</tr>
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<tbody>
<tr>
<td>Sucrose</td>
<td>Mannitol</td>
</tr>
<tr>
<td>Glucose</td>
<td>Honey</td>
</tr>
<tr>
<td>Dextrose</td>
<td>Corn Syrup</td>
</tr>
<tr>
<td>Sorbitol</td>
<td>High-Fructose Corn Syrup*</td>
</tr>
<tr>
<td>Fructose</td>
<td>Molasses</td>
</tr>
<tr>
<td>Maltose</td>
<td>Maple Syrup</td>
</tr>
</tbody>
</table>

*MHigh-Fructose Corn Syrup is not found in the puzzle*
Nutrition Messages

Learn to tell the difference between a healthful message you should follow and others made just to sell a product.

INSIDE WEEK FIVE

THOUGHT FOR THE DAY
Nutrition Messages Page 1

NUTRITION LESSON
Media Messages Page 2

STRENGTHEN & STRETCH
Core Page 4

STRENGTH SPOTLIGHT
Protein Page 6

"Your fat free bit, is right there, in the middle!"

MY EATING GOAL: ____________________________________________________________

MY ACTIVITY GOAL: _________________________________________________________
Media Messages

Often times, there is a difference between the claims made in the advertisement and the actual product. The nutrition label is the only reliable source of information about a product.

What is an advertisement?

_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________

How are products advertised?

_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________

List some common food, beverage or health-related advertisements.

_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________

Harmful Media Messages: promote incorrect nutrition information that can have damaging effects on our health and finances. Examples:

1. Diet Pills

2.

3.

4.

Healthful Media Messages: promote scientifically sound nutrition information. Examples:

1. 5 A Day fruit and vegetable ads

2.

3.

4.
THREE FLAGS THAT SIGNAL BAD HEALTH ADVICE

Manufacturers will sometimes exaggerate the health or nutritional benefits of their products. Do your research and know how to spot these three flags that signal bad health advice.

Anything that promises a quick fix or sounds too good to be true.

Anything that eliminates an entire food group.

Far-fetched statements that are not supported by reputable scientific organizations.

---

**Tricky terms found on the front of a package:**

**“Natural”:** Many assume this means the product is pretty much as Mother Nature grew it, but this is seldom the case. Lard is natural, but that doesn’t mean it’s good for you.

**“Made from”:** This simply means the food started with this product (e.g. 100% corn oil). The product may have been altered or diluted along the way (e.g. made into hydrogenated oil).

**“Made with real fruit”:** The law does not require the label to say how much real fruit is in the product. This boast is particularly prevalent in snacks for children, which may contain a grape or two in a snack that is otherwise mostly sugar. The same goes for “Made with whole grains” or “Made with vegetables”: it says nothing about the amount or the nutrition contained in the product.
Strengthen & Stretch: Core

Each stretch should be done SLOWLY and held for 15 seconds. It is best if you do each stretch twice. Engage your core when doing the exercises.

**Side Bends**

Start with your arms at your sides. Inhale and raise your right arm straight up in the air. Exhale, slowly lean slightly to the left and hold. Be careful not to stretch too far. Inhale and release. Repeat the stretch on your left side. Slowly release to center.

**The Twist**

Start with your arms crossed in front of your chest. Inhale. Exhale and gently twist to the right side and hold. Inhale and release back to center. Repeat this stretch on your left side.

**Long Body Stretch**

Inhale and slowly reach your arms in front of you and above your head, hands facing forward. Stretch and lengthen your whole body. Exhale and release to starting position. Repeat.
STRENGTH SPOTLIGHT: Protein

**WHY THE PROTEIN GROUP IS IMPORTANT:** High protein foods decrease hunger and help us feel full. They also make up part of every tissue (including our bones, skin, hair, muscles and organs) and cells in our body.

**SOURCES:** All foods made from meat, poultry, seafood, beans and peas, eggs, processed soy products, nuts, and seeds are considered part of the Protein Foods Group.

**HOW MUCH:** Most people need about 5-6 ounces per day. Refer to your calorie sheet from Week 1.

---

**Omega-3 Fatty Acids**

- Omega-3 fatty acids are a type of polyunsaturated fat that, when combined with an overall healthful diet, may help prevent heart disease.
- They’re found in large quantities in fatty fishes, such as:
  - salmon, herring, anchovies, trout and mackerel.
- They’re also found in smaller quantities in:
  - tuna, halibut, flounder, shrimp, catfish and cod.
- Non seafood sources include:
  - Ground flaxseed
  - Walnuts
  - Canola oil
  - Soy nuts
  - Omega-3 eggs
- Try to eat fatty fish two times per week to receive its health benefits.

---

**Key Nutrient** | **Nutrient Benefits**
--- | ---
Iron | Brain development, immunity, part of hemoglobin, which carries oxygen in the blood
Zinc | Growth, helps body use protein, fat and carbohydrate
Magnesium | Maintains nerve & muscle cells, makes up part of our bones and our enzymes (chemicals that regulate body function)
B Vitamins | Help body produce energy
Vitamin E | May lower risk of heart disease, stroke and some types of cancer

**HEALTHFUL HINTS:**

- Select a variety of protein foods, including at least 8 ounces of cooked seafood per week
- When choosing beef or pork, look for the words “loin” or “round” to ensure a lean cut.
- Look for cuts with minimal visible fat (the white part) and cut off any remaining before you cook it.
- For poultry, white meat is always leaner than dark and you should always remove the skin.
- Fish is the one protein where “the fattier, the better” applies.
The Vegetarian Way

According to the Vegetarian Times, 3.2%, or 7.8 million people, of the U.S. population follow a vegetarian based diet. Most in this category still eat dairy products and eggs. Vegans avoid all animal products. While most vegetarians do tend to be leaner than meat eaters, obesity does still occur among this population.

Vegetarian diets can meet all the recommendations for nutrients. The key is to consume a variety of foods and the right amount of foods to meet your calorie needs. Nutrients that vegetarians may need to focus on include protein, iron, calcium, zinc, and vitamin B₁₂.

- **Protein** has many important functions in the body and is essential for growth and maintenance. Protein needs can easily be met by eating a variety of plant-based foods. Sources of protein for vegetarians include beans, nuts, nut butters, peas, and soy products (tofu, tempeh, veggie burgers). Milk products and eggs are also good protein sources.

- **Iron** functions primarily as a carrier of oxygen in the blood. Iron sources for vegetarians include iron-fortified breakfast cereals, spinach, kidney beans, black-eyed peas, lentils, turnip greens, molasses, whole wheat breads, peas, and some dried fruits (dried apricots, prunes, raisins).

- **Calcium** is used for building bones and teeth and in maintaining bone strength. Sources of calcium for vegetarians include calcium-fortified soymilk, calcium-fortified breakfast cereals and orange juice, tofu made with calcium sulfate, and some dark-green leafy vegetables (collard greens, turnip greens, bok choy, mustard greens). Consuming enough plant foods to meet calcium needs may be unrealistic for many. Milk products are excellent calcium sources.

- **Zinc** is necessary for the immune system to function properly. Sources of zinc for vegetarians include many types of beans, zinc-fortified breakfast cereals, wheat germ, and pumpkin seeds.

- **Vitamin B₁₂** is found in animal products and some fortified foods. Sources of vitamin B₁₂ for vegetarians include milk products, eggs, and foods that have been fortified with vitamin B₁₂. These include breakfast cereals, soymilk, veggie burgers, and nutritional yeast.
Good Nutrition Away from Home

Eat well at home, at work and when dining out.

INSIDE WEEK SIX

THOUGHT FOR THE DAY
Good Nutrition Away from Home Page 1

NUTRITION LESSON
Eating Out Page 2

STRENGTHEN & STRETCH
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STRENGTH SPOTLIGHT
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MY EATING GOAL: _____________________________________________

MY ACTIVITY GOAL: ___________________________________________
Eating out is a part of our everyday lifestyle. The typical American age 8 and older consumes an average of more than four commercially prepared meals per week, according to Meal Consumption Behavior — 2000, a recent report by the National Restaurant Association.

The problem: restaurant meals are often served on platters, “super-size” is a part of most young children’s vocabularies, and fat, sugar, salt and calories are often prevalent in favorite restaurant dishes.

<table>
<thead>
<tr>
<th>Restaurant Item</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sonic Route 44 Cherry Limeade</td>
<td>460</td>
</tr>
<tr>
<td>Dunkin’ Donuts Chocolate Chip Muffin</td>
<td>590</td>
</tr>
<tr>
<td>McDonalds Crispy Chicken Club Sandwich</td>
<td>680</td>
</tr>
<tr>
<td>Hardee’s Monster Biscuit</td>
<td>710</td>
</tr>
<tr>
<td>Blimpie Veggie Supreme (12”)</td>
<td>1106</td>
</tr>
<tr>
<td>McDonalds Large Chocolate Milk Shake</td>
<td>1,160</td>
</tr>
<tr>
<td>Burger King Triple Whopper w/ Cheese</td>
<td>1,230</td>
</tr>
<tr>
<td>Bob Evans Stacked and Stuffed Caramel Banana Pecan Hotcakes</td>
<td>1543</td>
</tr>
<tr>
<td>Baskin Robbins Large Chocolate Oreo Shake</td>
<td>1600</td>
</tr>
</tbody>
</table>

The average person needs about 2,000 calories a day.

The BIG 3 Questions You Should Always Ask When Eating Out

1. What is in it?
2. How is it prepared?
3. How much?
What is in it?
Ask what is in it and how it fits into MyPlate...

Grains: Whole?
Vegetables: Any? Fresh? Skins?
Fruits: Any? Fresh? Skins?
Dairy: Low-fat? Cheese?
Protein: Lean Meats?
Others: Added Salt, Sugar and Fat? Healthy Oils/Fats? Served with Dips/Sauces/Dressings?

• Plan ahead. Nutrition information can be found online or in brochures available at restaurants, so choose the healthiest options before you arrive.

• Skip or limit the fatty toppings, like bacon, cheese, and croutons, on otherwise healthful salads. Ask for dressing on the side.

• Limit mayonnaise, ketchup, gravy, Caesar or ranch dressing, sour cream, and other special sauces.

• Focus on the leaner meats like roast beef, turkey, or chicken instead of ham, bacon, meatballs, and tuna or chicken salad.

• If it is an option, order whole-wheat bread; it will help you stay full and provide you with vitamins, minerals and antioxidants.

• Don’t drink all your calories. Large sodas with refills can have more calories than your meal, so stick with water or unsweetened tea.
How is it Prepared?

The way your food is cooked can affect the nutrition of the food.

➢ Ask how your food is prepared.

➢ Modify the menu. For example, don't be afraid to ask for something to be grilled in stead of fried or cooked without salt.

➢ The occasional dessert could be eaten at home. The very same item is often healthier when homemade.

Menu Reading

It can feel like you need to know a foreign language to read a menu these days. See if you can decipher which words indicate a healthful menu item and which indicate it should be a special treat.

<table>
<thead>
<tr>
<th>Au gratin</th>
<th>Poached</th>
<th>Creamed</th>
</tr>
</thead>
<tbody>
<tr>
<td>Baked</td>
<td>Pan fried</td>
<td>Double crust</td>
</tr>
<tr>
<td>Roasted</td>
<td>With gravy</td>
<td>Boiled</td>
</tr>
<tr>
<td>Crispy</td>
<td>Grilled</td>
<td>French-fried</td>
</tr>
<tr>
<td>Scalloped</td>
<td>Stir-fried</td>
<td>Broiled</td>
</tr>
<tr>
<td>Cooked in it own juices</td>
<td>Steamed</td>
<td>Buttered</td>
</tr>
<tr>
<td>Breaded</td>
<td>Rich</td>
<td></td>
</tr>
</tbody>
</table>
How much?

Now that you know what is in it and how it is prepared, consider how much you are eating.

- Have a small, healthful snack a few hours before a meal so you don’t fill up on unhealthful items like French fries or cheese sticks.

- Try a kids meal. They’re often the appropriate size for adults!

- Do you really need all the extras, like rice and beans that may come with combo meals?

- Share order of French fries or substitute them for fruit or a small side salad.

- Drop out of the clean plate club. Most meals serve at least 2 people. Share with someone else or plan to take half of the meal home.

- Eat slowly and stop when satisfied.

---

**Portion Distortion**

Restaurant Cheeseburger

20 years ago: 333 calories  
Today: 620 calories
Pick your favorite fast food restaurant. List the Calories, Fat, and Sodium for your favorite menu items. Include all sauces, beverages, and sizes.

Add them together.

<table>
<thead>
<tr>
<th>Item</th>
<th>Calories</th>
<th>Fat</th>
<th>Sodium</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Total:</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Strengthen & Stretch: Backside

Each stretch should be done SLOWLY and held for 15 seconds. It is best if you do each stretch twice.

Roll into a Ball

Using caution, slowly fold your chest towards your legs as far as you are comfortable. Clasp your hands beneath your legs. Stay here and feel the stretch in your low back.

Leg Fold

Bring your left ankle over onto your right knee. From the hips, stretch your chest toward your legs. Repeat, bringing your right ankle over your left knee.

Chair Sits

Working your buns is as simple as standing and sitting in your chair. Make sure that your knees never go beyond your toes, keep them straight above your ankles. Keep your weight in your heels, not your toes!
STRENGTH: WEEK SIX

Project STRENGTH

Harvesters-The Community Food Network
3801 Topping Kansas City, MO 64129
**STRENGTH SPOTLIGHT: Fat**

**IS FAT IMPORTANT?** Oils are fats that are liquid at room temperature. Oils are important because they contain monounsaturated and polyunsaturated fats which are important for the body. Solid fats contain more **saturated fats** and/or **trans fats** than oils. Saturated fats, trans fats, and cholesterol tend to raise “bad” (LDL) cholesterol levels in the blood, which in turn increases the risk for heart disease.

**HOW MUCH:**
Some Americans consume enough oil in the foods they eat. Others could easily consume the recommended allowance by substituting oils for some solid fats they eat. (For example, dip your bread in oil instead of butter)
Work to cut back or eliminate foods containing saturated fats, trans fats, and cholesterol.

**SOURCES:** Good sources of oil include nuts, fish, avocados, seeds, cooking oil and oil based salad dressings.

1 Tablespoon any oil = ~120 calories

**HEALTHFUL HINTS:**
- Use canola or olive oil.
- Choose lean meats, like loin and round cuts, or those with “good” fat like fish.
- Choose mostly low-fat or fat-free dairy products.
- Drain and rinse ground meat.
- Bake, broil, grill, steam, microwave or boil instead of frying.
- Limit intake of high-fat sauces, such as gravy, cheese or Alfredo sauces.
- Top sandwiches with avocado instead of cheese for similar texture.

<table>
<thead>
<tr>
<th>Type</th>
<th>Effects</th>
<th>Sources</th>
</tr>
</thead>
<tbody>
<tr>
<td>Saturated Fat</td>
<td>Raises cholesterol levels, increases risk of heart disease</td>
<td>Butter, dairy products, red meats, coconut</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>Increases risk of heart disease, has harmful effects on cholesterol levels</td>
<td>Hydrogenated and partially hydrogenated vegetable oils and shortenings (check the ingredient list), snack crackers, cookies, some margarines, some packaged foods</td>
</tr>
<tr>
<td>Polyunsaturated Fat</td>
<td>Helps lower total cholesterol</td>
<td>Vegetable oils such as corn, safflower, and soybean oils. Fatty fish, walnuts, and flaxseed have a special type of polyunsaturated fat called omega 3-fat.</td>
</tr>
<tr>
<td>Monounsaturated Fat</td>
<td>Improves heart health, helps normalize cholesterol numbers</td>
<td>Avocados, olive oil, canola oil, most nuts</td>
</tr>
</tbody>
</table>
STRENGTH SPOTLIGHT: Salt

IS SALT IMPORTANT? Salt is required in small amounts by our body to function.

HOW MUCH: The guidelines for salt intake are generous in that they recommend getting around 1600mg a day. This is less than 1 teaspoon of salt. Most Americans get double this or more in their daily intake.

SOURCES: Even if you do not regularly add salt to your food, you may be eating more than your body needs. Most foods contain sodium naturally. We get into trouble when we eat a lot of processed or prepared foods that have salt added to flavor or preserve. Many processed meats, canned foods, restaurant foods, condiments and seasoning mixes are high in salt.

HEALTHFUL HINTS:
• Use little to no salt at the table or in cooking.
• Use herbs, spices, vinegars, and lemon juice in the place of salt.
• Limit salty seasoning mixtures.
• Limit intake of high sodium foods.
• Drain and rinse canned vegetables to reduce sodium by 40%.
• Look for “No Salt Added” varieties of canned foods and snack foods.
• Ask restaurants to leave salt off food.
• Read labels carefully.
• Always check with your doctor before using a salt substitute like potassium chloride, which is a low-sodium food additive that tastes like salt.

HOMEMADE SEASONING MIXES

Make these mixes instead of using salty seasoning packages. Combine all seasonings together and store in an airtight container until ready to use. Each recipe will last for more than one use.

Salt-Free Seasoning
1 Tbsp. garlic powder
2 tsp. dried thyme leaves
2 tsp. onion powder
2 tsp. paprika
2 tsp. celery seed
1-1/2 tsp. ground pepper
1 Tbsp. dry mustard powder
1 tsp. pepper

Taco Seasoning
6 teaspoons chili powder
5 teaspoons paprika
4 ½ teaspoons cumin
2 ½ teaspoons onion powder
1/8 teaspoon cayenne pepper

Chili Seasoning
3/4 cup chili powder
2 tablespoons ground cumin
2 tablespoons dried oregano
2 tablespoons dried minced onion
1 tablespoons sugar
2 teaspoons dried minced garlic

Don’t be afraid to make substitutions and experiment with different mixes
Training Your Body

Training your body for fitness must go hand in hand with healthy eating to ensure overall wellness.

INSIDE WEEK SEVEN

THOUGHT FOR THE DAY
Training Your Body \hspace{1cm} \text{Page 1}

NUTRITION LESSON
Get Moving! \hspace{1cm} \text{Page 2}

STRENGTHEN & STRETCH
Arms \hspace{1cm} \text{Page 5}

STRENGTH SPOTLIGHT
Rethink your Drink \hspace{1cm} \text{Page 7}

MY EATING GOAL: ________________________________________

MY ACTIVITY GOAL: ________________________________________
Get Moving!

*Nutrition and physical activity must go together to achieve good health. As we age, our metabolism (or calorie burning) slows down, so we have to eat less and move more to avoid weight gain.*

*Why should I get moving?*

1. Relieves stress
2. Improves self-esteem
3. 
4. 
5. 
6. 
7. 
8. 
9. 
10. 

*What type is best for me?*

What activities did I enjoy when I was a child?

Do I prefer to exercise alone or in a group?

What time of day do I have the most energy?
What is Physical Activity?

Physical activity is simply moving your body. You don’t need any special equipment. Several different types of physical activity are beneficial for your body:

• Most adults do not need to get a doctor’s permission to begin exercise unless beginning a new vigorous program. If you are over the age of 40 (men) or 50 (women), have a chronic health problem, or are at high risk for heart disease, consult your doctor before beginning the new program.

• The latest exercise recommendations are much greater than what most of us do daily.
  – 30 minutes of exercise most days of the week to reduce the risk of chronic disease
  – 60 minutes of exercise most days of the week to manage body weight and prevent unhealthy weight gain
  – 60-90 minutes of exercise most days of the week for weight loss to occur

• WOW! This can be overwhelming if you’re currently getting little to no exercise.

• Here’s the GOOD news:
  – If you’re doing nothing now, you will reap benefits if you add just five minutes today.
  – Five minutes means increased calorie burn, and calories burned is what prevents weight gain and allows for weight loss.
  – A lot more counts as “exercise” than what we may really think.

Aerobic Exercise speeds up heart and breathing, improves heart and lung fitness. Examples include walking, jogging, swimming, hiking, aerobics, golf, bicycling, yard work, basketball, soccer, baseball, climbing stairs, jumping rope, vacuuming, and karate.

Resistance or Strength Training works and maintains your bones and muscles. Examples include carrying a child, lifting weights, toe raises, crunches, pilates, and arm circles.

Balance or Stretching Activities enhance physical stability and reduce your risk for injury. Examples include yoga, martial arts, Tai Chi, and stretching.
Fitting in Physical Activity

“Given what we know about the health benefits of physical activity, it should be mandatory to get a doctor’s permission not to exercise.” –Dr. P.O. Astrand

• Schedule daily exercise, just like any other appointment.

• Build up slowly if you haven’t exercised in a long time.

• Select activities that you enjoy or you’ll be less likely to stick with it.

• Change up exercise routines frequently so you do not get bored.

• Find ways to exercise at work, at home and at play.

• Two or three 10-minute sessions is just as effective as one 30-minute session.

• Try exercising with household items, such as lifting phonebooks, filled water jugs and cans.

Help the Next Generation!

• Encourage children to be active by jumping rope, playing tag, riding a bike or dancing.

• Set a good example! Arrange friend and family time that includes activity and make sure you participate.

• Volunteer at a child’s sporting event or activity classes to show your support.

• Limit inactivity by insisting television and computer games be alternated with physical activity.

Generally, to maintain your weight, the amount of calories you take in should equal the amount you burn. If your goal is to lose weight, insure your goal is realistic, and you are not aiming to lose too much, too quickly.

To lose one pound (.454 kg), you must burn 3,500 more calories than you take in as food.

Estimated Calories Burned

<table>
<thead>
<tr>
<th>Daily Activity</th>
<th>Calories/ 1 hr</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sitting/ resting</td>
<td>72</td>
</tr>
<tr>
<td>Playing cards</td>
<td>108</td>
</tr>
<tr>
<td>Shopping</td>
<td>162</td>
</tr>
<tr>
<td>Cooking</td>
<td>180</td>
</tr>
<tr>
<td>Frisbee</td>
<td>207</td>
</tr>
<tr>
<td>Ballroom dancing</td>
<td>207</td>
</tr>
<tr>
<td>Stretching</td>
<td>270</td>
</tr>
<tr>
<td>Walking, 3 mph</td>
<td>297</td>
</tr>
<tr>
<td>Aerobics, low impact</td>
<td>414</td>
</tr>
<tr>
<td>Stationary bike, moderate</td>
<td>477</td>
</tr>
<tr>
<td>Jogging</td>
<td>477</td>
</tr>
</tbody>
</table>

*Based on 150 lb person via healthstatus.com

Generally, to maintain your weight, the amount of calories you take in should equal the amount you burn. If your goal is to lose weight, insure your goal is realistic, and you are not aiming to lose too much, too quickly.

To lose one pound (.454 kg), you must burn 3,500 more calories than you take in as food.
Strengthen & Stretch: Arms

Each stretch should be done SLOWLY and held for 15 seconds. It is best if you do each stretch twice.

Raise The Roof!

Start with your palms facing the ceiling and your elbows up and facing forward. Inhale and slowly extend your arms up to the roof and above your head. Release, and lower your hands back towards your shoulders and repeat.

Golf Swing

Start with your hands in front of you and fingers interlaced. Raise your arms slowly to a comfortable height and up to the right like a golf swing. Release and lower your arms to slowly follow through and over to the left. Switch sides and repeat.

Arm Twist

Start with your hands behind you and bring your shoulder blades together. Twist your thumbs out as you slowly bring both arms back until mild tension is felt.

Open Door

Start with your elbow squeezed into your side, and your arm at a 90 degree angle. Your thumb is pointed up. Keep your elbow close to your body, and rotate your forearm out to side, then back toward your body.

Chicken Wings

Start with your hands on your shoulders and elbows pointed forward. Touch your elbows in front of your body, then bring them out to the side, squeezing your shoulder blades together.
STRENGTH SPOTLIGHT: Rethink your Drink

**WATER** helps nearly every part of the human body function efficiently. Considering that our bodies are almost two-thirds water, it is important to understand water's role in healthy lifestyles.

**HOW MUCH:** Most people need around 8 to 10 8-ounce glasses a day as a general rule, but exactly how much you need depends upon your age, gender, and activity level. Increase water intake before and after activity.

75% of Americans are chronically dehydrated. We become thirsty when we have lost about 1% of our water volume.

Plain water is the most important drink for good health.

**Other Common Beverages:**

- **Soda** adds many calories and sugar without any nutritional value. Work to cut back and eventually cut it out completely.
- **Diet sodas and sugar-free drinks and mixes** cut the calories, however still do not provide nutritional value.
- **Alcohol** may provide some health benefits when consumed in moderation. However, these only apply in *moderation*, which is defined as: 1 drink per day for women, and 1-2 drinks per day for men.
- If you do not currently drink alcohol, do not start. If you are a child, adolescent, woman who could become pregnant or is currently pregnant or lactating, taking medications that may interact with alcohol or a person who cannot control their drinking, you should always avoid all alcohol.
- **Energy drinks** provide a jolt from ingredients such as caffeine, herbal extracts, B vitamins, amino acids and sugar. They contain lots of calories! They should only be consumed with caution.

**HEALTHFUL HINTS:**

- If you are at home most of the day, fill a container each morning with all the water you need in one day.
- If you are away from home most of the day, fill three or four 16-24 ounce bottles with water and keep them with you.
- Aim to get at least one full glass in the morning and with every meal or snack.
- To help the rest of the family, place a pitcher of water on the table at each meal.
- Measure the ounces your water bottle or drinking glass holds; most hold more than 8 ounces.

**Good Second Choices After Water**

- Low-fat or Non-fat Milk (about 24 ounces a day)
- 100% fruit juice (no more than 8 ounces a day)
- Tea (unsweetened)*

*Thanks to their caffeine content, tea and coffee are diuretics - that is, they cause the body to lose water. And you do need the water - when you don't get enough, your cells start to draw water from the bloodstream. Blood gets sluggish, your heart must work harder, and your body starts to redirect blood away from less vital areas.

Andrew Weil, M.D.
Choose a beverage: Draw a line to match the beverage to the correct nutrition label. Now, choose if this is a beverage to consume more often or less often.

**Skim Milk**
- **Ingredients:** Skim milk, vitamin A palmitate, vitamin D3 added
- **Nutrition Label:**
  - Calories: 110
  - Total Fat: 0g
  - Sodium: 15mg
  - Potassium: 450mg
  - Total Carbs: 27g
  - Sugars: 24g
  - Protein: 2g
  - Vitamin C: 90%
  - Folate: 15%
  - Thiamin: 10%
- **More often**

**Regular Cola**
- **Ingredients:** Carbonated water, high fructose corn syrup, caramel color, phosphoric acid, natural flavors, caffeine
- **Nutrition Label:**
  - Calories: 140
  - Total Fat: 0g
  - Sodium: 45mg
  - Total Carbs: 39g
  - Sugars: 39g
  - Protein: 0g
  - Not a significant source of dietary fiber, vitamin A, vitamin C, calcium, and iron.
- **Less often**

**100% Orange Juice**
- **Ingredients:** Pure filtered water, concentrated orange juice
- **Nutrition Label:**
  - Calories: 120
  - Total Fat: 0g
  - Sodium: 15mg
  - Total Carbs: 30g
  - Sugars: 28g
  - Protein: 0g
  - Not a significant source of dietary fiber, vitamin A, vitamin C, calcium, and iron.
- **Less often**

**Lemonade**
- **Ingredients:** Pure filtered water, natural sugar, lemon juice, natural flavors
- **Nutrition Label:**
  - Calories: 120
  - Total Fat: 0g
  - Sodium: 15mg
  - Total Carbs: 30g
  - Sugars: 28g
  - Protein: 0g
  - Not a significant source of dietary fiber, vitamin A, vitamin C, calcium, and iron.
- **Less often**

**Regular Cola**
- **Ingredients:** Pure filtered water, natural sugar, lemon juice, natural flavors
- **Nutrition Label:**
  - Calories: 86
  - Total Fat: 0g
  - Sodium: 127mg
  - Potassium: 382mg
  - Total Carbs: 12g
  - Dietary Fiber: 0g
  - Sugars: 12g
  - Protein: 8g
  - Calcium: 30%
  - Vitamin D: 25%
  - Riboflavin: 20%
- **More often**
PARTICIPANT FINAL EVALUATION

Overall, what part of the Project STRENGTH program did you enjoy the most?
_________________________________________________________________________________________
_________________________________________________________________________________________

If you could change one thing about the program, what would you change?
_________________________________________________________________________________________
_________________________________________________________________________________________

What is the most valuable information that you will take away from Project STRENGTH?
_________________________________________________________________________________________
_________________________________________________________________________________________

What Project STRENGTH lesson(s) have you found most useful? (circle all that apply)
1) Simple Eating Guidelines
2) Tips for a Safe Kitchen
3) Reading food Labels and Smart Shopping
4) Eating for Prevention
5) Nutrition Messages
6) Good Nutrition Away from Home
7) Training Your Body

How have Project STRENGTH classes improved your life?
_________________________________________________________________________________________
_________________________________________________________________________________________

What eating or activity goals have you accomplished since starting the Project STRENGTH class?
_________________________________________________________________________________________
_________________________________________________________________________________________

What was your favorite recipe from Project STRENGTH?
_________________________________________________________________________________________

If you would like to receive healthy lifestyle tips, current health news and recipes from Harvesters please provide us with your email address here _______________________________________________.

Name: ___________________________
Home Cooking

Learn to cook healthy at home to provide tasty and satisfying meals.

INSIDE WEEK EIGHT

THOUGHT FOR THE DAY
Home Cooking  Page 1

NUTRITION LESSON
Maximizing Nutrition  Page 2

STRENGTHEN & STRETCH
Review  Page 8

STRENGTH SPOTLIGHT
Dairy  Page 10

A GOAL THAT I ACCOMPLISHED: ______________________________________________________
________________________________________________________________________________________
Food is a central part of our culture. We plan celebrations, holidays, social events, meetings and so much more around eating.

Eat Foods you Love

When you were a child, what was your favorite food to eat?

Who made it for you or with you?

What role did this recipe play in your family?

What food traditions does your family have at celebrations, holidays, or during mourning?

What are your comfort foods?

Eating is not merely a material pleasure. Eating well gives a spectacular joy to life and contributes immensely to goodwill and happy companionship. It is of great importance to the morale. ~ Elsa Schiaparelli

We should look for someone to eat and drink with before looking for something to eat and drink. ~ Epicurus

Food is so primal, so essential a part of our lives, often the mere sharing of recipes with strangers turns them into good friends. That’s why I love this community ~ Jasmine Heiler

List some benefits of and ideas for sharing meals with other people
HOME COOKING: MAXIMIZING NUTRITION

What is the goal for healthy cooking? To maximize the nutrition (vitamins, minerals and fiber) in a meal and to minimize the fat, salt and cholesterol content.

Conserve nutrition while cooking.
• Cook foods for the shortest amount of time needed to achieve the desired result.
• Use as little water as possible in cooking.
• Add leftover vegetable cooking water to stews or soups.
• Boil or steam vegetables whole or in large pieces.
• Only reheat canned vegetables; they are already cooked.
• Leave edible skins on fruits and vegetables when cooking or eating raw.
• Cover pans for faster cooking time.
• Cook foods right before serving time.
• Stir-fry, rather than deep-fat fry, to conserve vitamins and reduce fat.
• Enjoy fruits and vegetables raw.

Seasoning with herbs and spices is healthy and flavorful!

<table>
<thead>
<tr>
<th>Herbs</th>
<th>Uses</th>
</tr>
</thead>
<tbody>
<tr>
<td>Basil</td>
<td>Tomato and egg dishes, stews, soups, salads, pizzas</td>
</tr>
<tr>
<td>Bay leaves</td>
<td>Tomato dishes, fish, and meat dishes, soups, stews</td>
</tr>
<tr>
<td>Oregano</td>
<td>Chili, Italian dishes, omelets, beef stew, meat loaf, pork and vegetables like broccoli or stewed tomatoes</td>
</tr>
<tr>
<td>Parsley</td>
<td>Meat, soup, or vegetable dishes or salads</td>
</tr>
<tr>
<td>Rosemary</td>
<td>Egg dishes, meats, fish, soups and stews, vegetables</td>
</tr>
<tr>
<td>Thyme</td>
<td>Fish, poultry or meats, soups or stews</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Spice</th>
<th>Uses</th>
</tr>
</thead>
<tbody>
<tr>
<td>Allspice</td>
<td>Apple dishes, sweet potatoes, salads, squash, breads and sausages-tastes like cloves, cinnamon, and nutmeg</td>
</tr>
<tr>
<td>Chili Powder</td>
<td>Chili, bean and rice dishes, Mexican food</td>
</tr>
<tr>
<td>Cinnamon</td>
<td>French toast, fruit and fruit salads, sweet potatoes, winter squash, puddings, apple dishes, ham, pork chops, and many desserts</td>
</tr>
<tr>
<td>Cloves</td>
<td>Whole cloves on ham or pork roasts. Ground cloves to season pear or apple desserts, beets, beans, tomatoes, squash, and sweet potatoes</td>
</tr>
<tr>
<td>Cumin</td>
<td>Mexican bean and rice dishes, enchiladas, baked items, eggs, marinades, chili and tomato sauces</td>
</tr>
<tr>
<td>Italian seasoning</td>
<td>Italian dishes-a mixture of oregano, marjoram, basil and rosemary</td>
</tr>
<tr>
<td>Nutmeg</td>
<td>Cooked fruits, pies, desserts, baked items, spinach, eggnog, French toast</td>
</tr>
<tr>
<td>Paprika</td>
<td>Stew, chicken, fish, potatoes, rice, and eggs. Adds red color.</td>
</tr>
</tbody>
</table>

COOKING METHODS FOR VEGETABLES

Circle the 4 foods below that are prepared in ways that conserve nutrition.

- Boiled diced carrots
- Micro waved whole green beans
- Steamed cauliflower
- Stir-fried broccoli
- Baked potatoes
- French fried potatoes
- French fried potatoes
- Baked potatoes
- French fried potatoes
- Baked potatoes
What changes could you make in the recipe to:

1. make the recipe healthier?
2. use less expensive ingredients?
3. use what you have on hand?

**Changes you could make:**

What type of **PROTEIN** is in your recipe? Could you use a leaner meat or a non-meat protein? If there isn’t any protein, could you add a healthy protein?

What type of **GRAIN** is in your recipe? Could you substitute or add a whole grain? What type of whole grain would be good?

Are there any **DAIRY** products in the recipe? Could you switch to a lower-fat version without altering the outcome of the recipe?

What **VEGETABLES** or **FRUITS** are in the recipe? Could you add additional vegetables or fruits? What types would you add?

What type of **FAT** or **OIL** is in your recipe? Could you decrease the amount of solid fat and increase the amount of healthier fat?

Are there any ingredients you could omit entirely without harming the recipe?

**TIP:** When making substitutions, only alter one ingredient at a time to avoid disasters!
Cooking styles change as we move through life. You may start out cooking for one, grow to cooking for a large family and eventually return to cooking for one or two. The key to cooking homemade at all life stages is planning.

Cooking for One or Two

- Team up with friends or family to share a meal together.
- Take advantage of your freezer and frozen items.
- Use leftovers wisely in your next meal.
- Prepare one pot meals.
- Look for cookbooks with recipes serving one or two.
- Cook with equipment made for small servings, like George Foreman-style grills or toaster ovens.
- Choose produce that keeps well, like those pictured below:

  - Cabbage
  - Onions
  - Potatoes
  - Apples
  - Celery
  - Oranges
  - Winter Squash
  - Kale
  - Parsnips
  - Grapefruit

Cooking for a Family

Make family meals a priority. Families who eat together can model nutritious diets and healthy eating habits for children. Family interaction at meal times can help promote better self-esteem in children, positive social behaviors and increase learning achievement levels. Help children try new foods. Adults have the power and responsibility to put healthy choices on the table.

<table>
<thead>
<tr>
<th>Children decide:</th>
<th>Adults decide:</th>
</tr>
</thead>
<tbody>
<tr>
<td>How much food to eat.</td>
<td>What food is served</td>
</tr>
<tr>
<td>Whether or not to eat.</td>
<td>When the food is served.</td>
</tr>
</tbody>
</table>

Did you know it takes 10-15 times of trying a food before you are used to it and like it? Keep trying!
Braise: to brown meat in a small amount of fat, then cook slowly in a covered container with a small amount of liquid.

Blanch: to plunge foods into boiling water for a few seconds or a few minutes, then remove and place in ice water to halt cooking.

Broil: to cook under direct heat (usually under the broiler in the oven).

Cream: to mix one or more foods until soft and well combined, a method used in baking.

Cut: to blend a solid fat into a dry ingredient until the mixture is in the form of small particles. This can be done with two knives, an electric blender, or manual pastry blender.

Dice: foods that are cut into cubes about 1/8 to 1/4 inch wide to ensure even appearance and cooking time.

Fold: to combine by slicing through the mixture, then sliding the spatula across the bottom of the bowl to turn the mixture over.

Grate: to rub a solid food repeatedly over the holes of a perforated kitchen utensil until it is reduced to fine or course shreds, powder, or very fine fragments.

Knead: to mix dough by folding, pressing together, and stretching.

Marinate: to steep meat or game in a marinade (oil and acid mixture) for a certain length of time to tenderize and flavor the product.

Mince: to cut or chop into very small pieces.

Parboil: to boil until partially cooked.

Poach: gently simmering a delicate food, such as eggs, poultry, fish and fruit in liquid.

Roast: uses dry heat, whether an open flame, oven, or other heat source.

Sauté: to cook quickly in a small amount of fat, over medium heat.

Simmer: to cook in liquid below the boiling point. A liquid is simmering when bubbles form slowly and break just below the surface, at about 185°.

Steam: to cook foods in a steamer or on a rack over boiling water.

Stir: to mix in a circular motion.

Stir-fry: to cook over high heat in a small amount of fat while stirring food rapidly.

Whip: to beat rapidly to add air for more volume or size.
Across
2. gently simmering a delicate food, such as eggs, poultry, fish and fruit in liquid
4. to mix one or more foods until soft and well combined, a method used in baking
9. to cook foods in a steamer or on a rack over boiling water
11. to combine by slicing through the mixture, then sliding the spatula across the bottom of the bowl to turn mixture over
12. to blend a solid fat into a dry ingredient until the mixture is in the form of small particles
13. to brown meat in a small amount of fat, then cook slowly in a covered container with a small amount of liquid
14. uses dry heat, whether an open flame, oven, or other heat source
15. foods that are cut into cubes about 1/8 to 1/4 inch wide to ensure even appearance and cooking time
16. to cook in liquid below the boiling point, at about 185 degrees
17. to rub a solid food repeatedly over the holes of a perforated kitchen utensil until it is reduced to fine or course shreds, powder, or very fine fragments

Down
1. to steep meat or game in a marinade (oil and acid mixture) for a certain length of time to tenderize and flavor the product
3. to cook under direct heat (usually under the broiler in the oven)
5. to cut or chop into very small pieces
6. to boil until partially cooked
7. to cook over high heat in a small amount of fat while stirring food rapidly
8. to mix dough by folding, pressing together and stretching
9. to cook quickly in a small amount of fat, over medium heat
10. to beat rapidly to add air for more volume or size
16. to mix in a circular motion
Strengthen & Stretch: Review

Each Stretch should be done SLOWLY and hold for 15 seconds.
It is best if each stretch is done twice.

What were your favorite exercises we did during class?

______________________________________________________________________________________
______________________________________________________________________________________

What other exercises do you do at home that you enjoy?

______________________________________________________________________________________
______________________________________________________________________________________

Which exercises would you like to continue doing on your own after class is over?

______________________________________________________________________________________
______________________________________________________________________________________
STRENGTH SPOTLIGHT: Dairy

WHY DAIRY IS IMPORTANT: The dairy group is our main source of calcium. Calcium rich foods have many health benefits, including bone health. Unfortunately, many people do not get enough servings from the dairy group.

SOURCES: milk, cheese, yogurt

HOW MUCH: Guidelines recommend 3 cups of low-fat or fat-free milk (or its equivalent in low-fat yogurt or cheese) every day. Refer to your calorie sheet from Week 1.

1 CUP = 1 cup milk; 1 cup (8 oz) yogurt; ½ cup evaporated milk; 1 ½ ounces hard cheese (Cheddar, Mozzarella, Parmesan, Swiss); ½ cup shredded cheese; 2 ounces processed cheese (American); ½ cup ricotta cheese; 1 cup pudding made with milk; 1 cup frozen yogurt; ½ cup ice cream.

Living with Lactose Intolerance

Drink lactose-free milk, which offers all the nutrients of regular milk but is easier to digest.

Aged cheeses like Cheddar and Swiss are naturally low in lactose.

Introduce milk and other dairy foods into your diet slowly. Start with small portions and gradually work up to three servings a day.

Remember there are various products, like digestive enzymes, you can take with your first bite of dairy to help break down lactose so you can enjoy dairy foods.

Yogurt is good because it contains friendly bacteria that help digest lactose.

HEALTHFUL HINTS:

• Snack on calcium rich foods such as yogurt, cheese cubes, string cheese or single serving puddings.
• For dessert, choose low-fat frozen yogurt or ice cream.
• Add low-fat milk to cereal, coffee drinks, or try flavored milks for variety.
• Substitute evaporated skim milk in recipes calling for cream.
• Make oatmeal and hot chocolate with milk rather than water.
• If you avoid dairy, look for calcium-fortified foods and beverages.

Key Nutrient | Nutrient Benefits
--- | ---
Calcium | Builds bones and teeth, contracts muscles, plays a role in nerve function, clots blood when bleeding
Potassium | Maintains normal blood pressure, contracts muscles, maintains fluid and mineral balance in body, transmits nerve impulses
Magnesium | Maintains nerve and muscle cells, makes up part of our bones and our enzymes (chemicals that regulate body function)
Vitamin A | Normal vision, growth of body cells and tissues, skin health, immunity, reduces risk of certain types of cancer and other diseases of aging
Phosphorous | Generates energy, regulates metabolism, makes up bones and teeth, role in cell repair and growth
Vitamin D | Promotes phosphorus and calcium absorption, cell growth, immunity
B Vitamins | Help body produce energy
Project STRENGTH Post-Test

Name: _____________________________    Site: ______________________________    Date: ________________

1. To identify a whole grain bread, read the ingredient list and look for _____ to be part of the very first ingredient in the list.
   a. Enriched    b. Whole    c. Wheat    d. Stone-ground

2. About how many total cups of fruits and vegetables should we eat daily?
   a. ½    b. 1    c. 4    d. 8

3. Which is not considered a healthy fat?
   a. Butter    b. Avocado    c. Canola Oil    d. Fatty fish

4. How many cups of dairy (milk, cheese or yogurt) do most of us need every day?
   a. 1    b. 2    c. 3    d. 4

5. How many days of the week should we exercise according to current recommendations?
   a. Not at all    b. 1-2 days    c. Most days    d. On good days

6. Which healthy behavior lowers our chances of developing disease like diabetes and heart disease?
   a. Exercise    b. Smoking    c. Overeating    d. None of the above

7. Which of the following should you eat more often in the Protein group?
   a. Steak    b. Bacon    c. Sausage    d. Fatty fish

8. Which cooking method is not the healthiest option:
   a. Bake    b. Fry    c. Steam    d. Grill

9. Fruits and vegetables play a role in disease prevention because they contain:
   a. Fiber    b. Vitamins    c. Minerals    d. All of the above

10. I have achieved an eating or activity goal(s) in the last 8 weeks that has lead to a healthier lifestyle.
    True _______    False _______    If true, please list the goal(s) achieved:

____________________________________________________________________________________________________
____________________________________________________________________________________________________
____________________________________________________________________________________________________
____________________________________________________________________________________________________
____________________________________________________________________________________________________