

Making Healthy Lifestyle Choices: MyPlate the Kentucky Way: Tools for Building a Healthy Plate

Facilitators Guide

Description of Program and Background Information

The dietary guidelines provide advice for making food choices that promote good health, a healthy weight and ways to help prevent disease. These guidelines are for individuals 2 years of age and older. The advice is based on scientific evidence and is used to communicate healthy eating and physical activity messages and programs to the public.

The two main concepts of the dietary guidelines are:

- Maintain caloric balance over time to achieve and sustain a healthy weight
- Focus on nutrient dense foods and beverages

We currently consume too much sodium and too many calories from solid fats, added sugars and refined grains. These replace nutrient dense foods and beverages and make it difficult for people to achieve recommended nutrient intake while controlling calorie and sodium intake. A healthy eating pattern limits the intake of sodium, solid fats, added sugars and refined grains, and emphasizes nutrient dense foods and beverages — vegetables, fruits, whole grains, fat-free or low-fat milk and milk products, seafood, lean meats and poultry, eggs, beans and peas, and nuts and seeds (2010 Dietary Guidelines for Americans).

This program uses a **critical thinking approach** to help individuals think about their behavior and provides tools of empowerment, problems solving, goal setting and reflection to encourage behavior change (Adams, 2010).

Welcome to the Making Healthy Food Choices session. In this session you will learn about building a healthy plate – the Kentucky way. That means you will use foods you like and use every day, to build a healthy plate.

These sessions are meant to be interactive and fun, and allow you to think about your food choices. The overall goal is to improve your health, well-being and quality of life.

PAC CODE: 210 - Making Beneficial Lifestyle Choices

Priority Indicators:

- Number of individuals who experience a change in knowledge, opinions, skills or aspirations regarding lifestyle changes (diet, exercise, etc.) that improve personal health.
- Number of individuals who make lifestyle changes (diet, exercise, etc.) for the purpose of improving their health.
- Of the (insert number) of individuals/families/caregivers reached, (insert number) gained knowledge about eating more healthy foods.
- Of the (insert number) of individuals/families/caregivers reached, (insert number) reported eating more healthy foods.

Estimated Time: 1 hour

Target Audience: Young adults, adults

Group Size: 8 to 15

Materials and Equipment

- Pens or pencils, markers, crayons, pictures of food and/or food models
- Flip chart, chalkboard with chalk
- Name tags
- Prizes or incentives
- Paper plates
- Styrofoam cups

Handouts

- MyPlate the Kentucky Way: Tools for Building a Healthy Plate, FCS 562
<http://www.ca.uky.edu/agc/pubs/FCS3/FCS3562/FCS3562.pdf>
- Step Back – Step Forward activity
- Food Record activity
- Recipe Resources
- FN-SSB.064 – Great Grains
- FN-SSB.104 – The Healthful Soybeans
- FN-SSB.142 – Kentucky Favorites: The low fat way
- 10 Tips Nutrition Education Series- Choose any of the fact sheets from the 10 Tips Nutrition Education Series.
<http://www.choosemyplate.gov/healthy-eating-tips/ten-tips.html>
- MyPlate Checklist
- My Plate Evaluation

Preparation

- Read through the session materials and review the PowerPoint presentation
- Print handouts
- Decide on a menu. See Resources for Recipes handout
- Purchase and prepare items for meal
- Set up a MyPlate display based on the foods you purchased

Session Overview

- What does building a healthy plate mean?
- Benefits of eating healthy
- Choosing foods according to MyPlate
- Keep record of food intake

Session Introduction

Welcome participants and have them introduce themselves.

Share:

- Ice-breaker: Step Back – Step Forward
- Activity: Food Record Activity

STIMULUS

Ask:

Do you know what the body needs daily?

Allow time for participants to share their thoughts.

Share:

The 2010 Dietary Guidelines for Americans provides information to help us choose a nutritious diet within our caloric needs. MyPlate is the new national standard for building a healthy diet. It focuses on building each meal in a healthy way, based on the portions you put on your plate.

At the end of today's session you should be able to:

- *State the different foods that should be included on a healthy plate*
- *Explain the benefits of healthy eating*
- *Reflect on the types of food you eat daily*
- *Be empowered to make smarter food choices*
- *Set goals for healthy eating*
- *Choose foods according to the MyPlate pattern each day*

Ask:

What does building a healthy plate mean?

Share:

- *Building a healthy plate is very much like building a house; you must begin with a good foundation. A healthy eating foundation means eating: more fruit and vegetables, whole grains, fat-free or low-fat milk and milk products and a variety of protein foods.*
- *Choosing foods that you like and that fit into your cultural, ethnic and traditional food choices. It does not mean choosing foods that you do not like or never trying new foods. Of course as you build your healthy plate you would want to try new foods so that you can experience new flavors and new dishes while adding variety and fun to your diet.*
- *Having a healthy plate means using foods that are both available and affordable and putting them on your plate so that you can get the nutrients your body needs without overeating.*

Share:

Eating healthy has many benefits

- *Provides your body with the vitamins and minerals and other nutrients it needs so that you have the energy needed to work, play and handle the challenges of life.*
- *Prevents and controls chronic disease related to diet. Chronic diseases, such as heart disease, cancer and diabetes, are responsible for seven out of every 10 deaths in the United States each year.*
- *Lowers risk for heart disease, stroke, some cancers, type 2 diabetes and osteoporosis, since you are getting the vitamins and minerals your body needs.*
- *Improves quality of life. Eating healthy may not only allow you to live longer, but you will also feel more energetic and able to do the things you enjoy.*

Reflection

Ask:

How could making healthy food choices benefit you?

EMPOWERMENT

Ask:

*Ask participants to look at the foods they drew on the paper plate in the Food Record activity. Ask participants to identify some healthy choices they made. You have the ability to make healthy food choices. **Healthy eating starts with learning new ways to eat**, such as adding more fresh fruits, vegetables and whole grains and cutting back on foods that have a lot of fat, salt and sugar.*

CRITICAL RESPONSE

Share:

Steps to building a healthy plate

Share:

Step 1: Fill half your plate with vegetables and fruit

This is filling your plate. You need to start by putting the vegetables and fruits that you like on your plate.

Ask:

What are some vegetables and fruit that you may be able to put on your plate?

Share:

Some people do not like to mix their fruit with the other items on their plate. If you are one of those persons, you should fill your plate with vegetables and place your fruit in a small plate on the side.

- *Vegetables provide potassium, dietary fiber, folate, vitamin A and vitamin C, as well as other plant chemicals called phytochemicals. Research shows that these substances protect the body from diseases.*
- *The vitamins and minerals and other substances in vegetables keep the body healthy and prevent diseases. Eating a diet rich in vegetables may reduce the risk for heart disease, type 2 diabetes and certain types of cancers.*
- *Vegetables such as spinach, beets, winter squash and greens, are rich in potassium and may help lower blood pressure, reduce the risk of developing kidney stones and help prevent bone loss.*
- *In addition, vegetables are low in calories and are high in fiber. They help a person feel full without adding too many calories and as a result help manage weight.*

Fruit

Share:

Fruits like vegetables provide vitamin C, dietary fiber, folate and potassium that help control blood pressure. Fruits rich in potassium include bananas, prunes, dried peaches and, cantaloupe, honeydew melon and oranges.

Fruits contain soluble fiber that help reduce blood cholesterol levels and may lower the risk of heart disease. People who eat a diet high in fruits (about five servings per day) were less likely to have chronic diseases such as cardiovascular disease and certain cancers.

It is important to purchase fruits and have them in the home so that they are easily accessible. Note that some people may not like to place fruits on their plate where they come in contact with meat and other starchy foods. If this is the case, you should fill half you plate with vegetables and serve the fruit in a small plate.

Ask:

What barriers do you experience in filling half your plate with vegetables and fruit?

How can you overcome these barriers?

Have participants work in groups to come up with ways they can overcome these barriers. Allow time for sharing.

Share:

Answers and tips:

- *Filling half your plate with vegetables means making sure you purchase, prepare and serve vegetables at every meal. You may want to begin by buying vegetables when they are in season, when they are fresh and cost less. Plan your meals around a certain vegetable and add other food to go along with the vegetable. Make sure you reap the benefits of vegetables.*

Vegetable tips:

- *Have vegetables in the home at all times*
- *Remember, the darker the lettuce, the more nutrients it contains*
- *Serve vegetable at every meal*
- *Add vegetables to soups, stews, casseroles, pizzas, rice and pasta dishes*
- *Keep a bowl of cut-up vegetables in the refrigerator and use as a snack during the day*
- *Make vegetables more appetizing by adding a low-fat dip or dressing*

Fruit tips:

- *Keep a bowl of whole fruit on the table, counter or in the refrigerator*
- *Add berries, bananas or peaches to your cereal*
- *Add fruit to tossed salad. Try adding strawberries and raisins for a nice spring salad, or add apples and blueberries for something a little different*
- *Use fruits like apples, bananas or strawberries as snacks*
- *Use fruit topped with low-fat yogurt or some cinnamon for dessert, baked apples are an excellent example of this*

Share:

Step 2: Fill a quarter of your plate with grains

In one quarter of your plate add a whole grain; this can be anything from whole grain toast, to a whole grain pasta or casserole. Grits is also an excellent source of whole grain. Any food made from wheat, rice, oats, cornmeal, barley or another cereal grain is a grain product. Bread, pasta, rice, tortillas, roti, and grits are examples of grain products. Cereals such as oatmeal and breakfast cereals are also included in this group. Grains are divided into two groups:

- *Whole grains contain the bran, germ and endosperm of the grain. Examples include whole wheat flour, oatmeal, bulgur, whole cornmeal and brown rice.*
- *Refined grains have had the bran and germ removed from the grain during milling. The grain has a finer texture but contains fewer nutrients because dietary fiber, B vitamins*

and iron are removed. Many of the nutrients removed are added back to the refined grain but fiber is not added back.

- When you fill your plate with grains, try to include whole grain instead of refined grain.

Research shows that eating three or more servings of whole grain a day may lower the risk of cancer by 20 percent. Whole grains help reduce cholesterol and may lower your risk for heart disease, obesity and type 2 diabetes. It also helps the bowel to function properly by reducing constipation and a disease called diverticulosis.

Ask:

What barriers do you experience filling one-quarter of your plate with grains? How can you overcome these barriers?

Have participants work in groups to come up with ways they can overcome these barriers. Allow time for sharing. Ask participants to suggest tips for eating more whole grains.

Share:

Step 3: Fill a quarter of your plate with lean protein.

Now that we know what fruits, vegetables and grains we have on our plate, we need to decide what protein will complement the food and would really help to pull the meal together. Here are some things you should know:

- Protein foods include meat, poultry, seafood, beans, peas, eggs, processed soy products, nuts and seeds.
- Beans and peas are a part of this group and should be included in meals or used to replace protein foods.
- One serving of protein is a 4 ounce steak; a 3 ounce chicken breast; one can tuna, drained; a 4 ounce salmon steak; 1 cup split peas, lentils or bean soup; or one soy bean burger patty. Manage your portion size. We often eat too large a portion of meat and poultry.
- Include at least 8 ounces of cooked seafood per week for adults. If you are unfamiliar with cooking seafood ask for a good tuna casserole or tuna salad recipe. Vegetarian options in the protein foods group include beans and peas, processed soy products and nuts and seeds.

What should you do?

- Select a variety of protein foods to improve nutrient intake and health benefits. There are many different kinds of protein that help your body in different ways. Eating both plant and animal proteins can help to ensure that your body gets the protein it needs throughout the day.
- Limit the intake of processed meats such as hot dogs, sausages, pepperoni and precooked canned meats.
- Try to plan meals around the vegetables rather than the meat. If you want to have sweet potatoes for dinner think of a meat that will go well with the sweet potatoes, like turkey and gravy, not the other way around.

Ask:

What barriers filling one-quarter of your plate with lean protein do you experience? How can you overcome these barriers?

Have participants work in groups to come up with ways they can overcome the barriers. Allow time for sharing.

Share:**Step 4: Include some foods from the dairy group.**

Try to include a dairy product such as cheese, yogurt or milk on the side.

Foods in this group provide calcium, potassium, vitamin D and protein that improve bone health and may prevent the risk of osteoporosis. Dairy products may also reduce the risk of cardiovascular disease, type 2 diabetes and high blood pressure.

Having three servings of milk per day helps improve bone health. Choose fat-free or low-fat product as they are low in saturated fats and cholesterol, which can increase the risk for heart disease.

Older children, teens and adults need 3 cups of dairy a day, while children 4 to 8 years old need 2½ cups and children 2 to 3 years old need 2 cups.

All fluid milk products and many foods made from milk are considered part of this food group. Most dairy group choices should be fat-free or low-fat. Foods made from milk that retain their calcium content are part of the group. Foods made from milk that have little to no calcium, such as cream cheese, cream and butter are not. Calcium-fortified soymilk, also called soy beverage is also part of the dairy group.

What should you do?

- *Include fat-free or low-fat milk or calcium-fortified soy milk with meals*
- *Have fat-free or low-fat yogurt or cheese as a snack*
- *Add fat-free or low-fat dairy to breakfast cereals and desserts*
- *Add yogurt to fruit smoothies*
- *Top a baked potato with fat-free or low-fat plain yogurt*
- *If you do not drink milk, use soy, almond or other vegetable forms of milk. Check the Nutrient Facts panel.*
- *Add low fat cheeses to casseroles*
- *Use skim milk instead of water in recipes for certain baked goods*

Ask:

What barriers including dairy with your meal do you experience? How can you overcome these barriers?

Have participants to work in groups to come up with ways they can overcome the barriers. Allow time for sharing.

Ask:

Can desserts and sweets be part of a healthy plate?

Share:

There is still room for a treat such as a slice of cake, a couple of cookies or a scoop of ice cream. Filling half your plate with fruit and vegetables and the other half of the plate with lean protein and some grains or starchy food allows you to fill your plate the healthy way. Building a healthy plate allows room for some dessert or a sweet treat on the side. If you make healthy food choices and you are meeting your nutritional needs it is okay to enjoy desserts in moderation.

Share:***Eating Breakfast***

It is very common to skip breakfast due to time constraints or just not being hungry in the morning. Remember that breakfast is one of the most important meals of the day. Studies show that eating breakfast can reduce hunger throughout the morning and prevent overeating

at lunchtime. It also provides the energy to stay focused in the morning. You may have some difficulty getting all of the food groups in at breakfast, but here are some healthy ways to include more breakfast foods.

- Add granola and fruit to a yogurt. This will include dairy, grains, and fruit in a very simple breakfast
- Have a bowl of unsweetened cereal with milk and added fruit. This is also a quick way to get dairy, grains and fruit in one quick sitting
- Another great go-to option is to make an egg sandwich by cooking eggs anyway you like, putting them on whole grain toast and adding tomato. If you are still hungry you can grab a banana to go. This will give you protein, grains, vegetables and fruit.
- Another way to ensure you have time for breakfast is to prepare what you can the night before, so that you can wake up, grab your breakfast and be out the door. A great example of this is to have a fruit smoothie made with yogurt ready to take along in case you do not have time to sit down and eat. This will give you both fruit and dairy in the morning, you may even like to have some granola with your smoothie to add grains.

Share:

Stay active

Getting all of the nutrients you need isn't the only thing necessary for good health.

Guidelines for good health recommend being physically active for at least 30 minutes most days of the week. This can include anything from walking at work to working in a garden or going for a swim. Physical activity does not always mean going to the gym or running a mile, it can also be enjoying some playtime with your kids, cleaning house or going for a walk with some friends. Some tips for staying physically active include:

- *Find something that you enjoy; if you like to garden, plant some vegetables or herbs*
- *Plan the time. Many people have very busy lives, but if you set aside the time to be physically active, you are much less likely to skip it.*
- *Have partners, if you like to walk, turn your walk into time with family or friends. Being committed to this time with someone else will give you more incentive to get out and do it*
- *Find people to support you. If you know there are people behind you rooting for you to work physical activity into your schedule, it will give you encouragement along the way*
- *Set manageable goals. Making goals to celebrate along the way, will make exercise more fun and rewarding*

Remember: *If you eat 100 more food calories a day than you burn, you will gain about 1 pound in a month. That's about 10 pounds in a year.*

ACTION:

Set a goal

Set *SMART* goals for yourself. That is, your goals should be **S**pecific, **M**easurable, **A**ction oriented, and **R**ealistic, and they should have a **T**ime frame.

Attribute	Example
Specific	No: I will eat healthy each day. Yes: I will choose one nutrient dense food at every meal each day.
Measurable	No: I will eat healthy each day. Yes: I will eat whole wheat bread instead of white bread.
Action oriented	If your goal is to eat vegetables twice a day, you may want to take the following action: I will purchase vegetables. I will cut up vegetables and store them in a container in the refrigerator.
Realistic	Choose a goal you are 70 percent sure you can achieve.
Time frame	I will eat fruits for breakfast and for one snack each day.

EVALUATION –

Pass out the MyPlate Checklist and Evaluation

Impact statement based on the state indicator:

A healthy eating pattern promotes health and decreases the risk of chronic disease. In _(insert name of county)_ County, _(insert number)_ individuals experienced a change in knowledge, opinions, skills or aspirations regarding filling half their plate with vegetables and fruit. _(insert number)_ individuals made lifestyle changes related to eating more vegetables, fruit, whole grains, lean protein, and low fat dairy for the purpose of improving their health. _(insert number)_ percent (number of individuals) made progress toward a personal goal to make healthier food choices and _____ percent (number of individuals) achieved their personal goals.

Share success stories of participants.

Ingrid Adams, Ph.D., R.D., L.D.

Extension Specialist for Nutrition and Weight Management

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