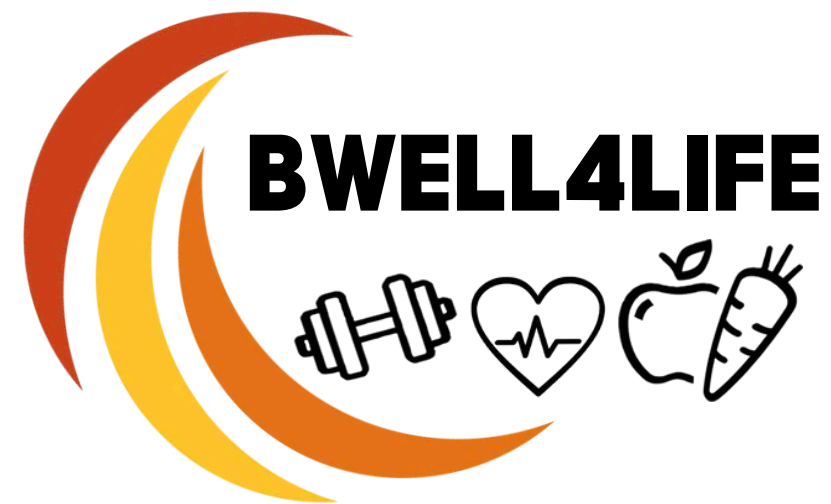


SESSION 2

Nutrition I



Your Community Health Educator

◆ XXXXXX@XXXX.XXX

◆ XXX-XXX-XXXX



Ice Breaker: Reflection

Take a moment to think about and answer this question:

What does it mean to nourish my body?
How do I feel when I eat foods that are nourishing?



Review of Learning Objectives

By the end of the session, participants will:

- ✓ Discuss key concepts from the pre-work for Session 2
- ✓ Understand the basics of balanced nutrition
- ✓ Engage in a stretch class and meditation session
- ✓ Identify barriers to healthy eating, strategize solutions, and set SMART goals



REVIEW

Prep Work for Session 2



Summary of Prep-Work for Session 2

1. Five Food Groups
2. What is Fiber?
3. Types of Fats & Their Effects
4. Effects of Excessive Sugar Consumption
5. Foods to Limit and Choose
6. Mediterranean Diet
7. Building a Balanced Plate with MyPlate



**TIME FOR
REVIEW!**

Simple Changes Can Make A Difference

We can boost our health and energy through a balanced nutrition. There are **five food groups** that have essential functions in our bodies.



Fruits



Vegetables



Grains



Proteins



Dairy

Fruits



Fruits are nutrient-rich foods that provide vitamins, minerals, antioxidants, and fiber. They support heart health, aid digestion, help regulate blood sugar, and promote hydration.

E.g., Vitamin C from oranges helps boost our immune system.

Vegetables



Vegetables provide dietary fiber for healthy digestion, are low in calories for weight management, and help reduce the risk of chronic diseases. Consuming a variety of vegetables can promote regular bowel movements and help prevent constipation.

E.g., Iron from spinach helps carry oxygen in our blood.

Grains



Grains are a source of essential nutrients like thiamin, riboflavin, niacin, folate, iron, magnesium, and selenium. These nutrients support key functions, including cell formation, oxygen transport, thyroid regulation, and immune system health.

E.g., Oats are high in fiber and can help support heart health and digestion.

Protein

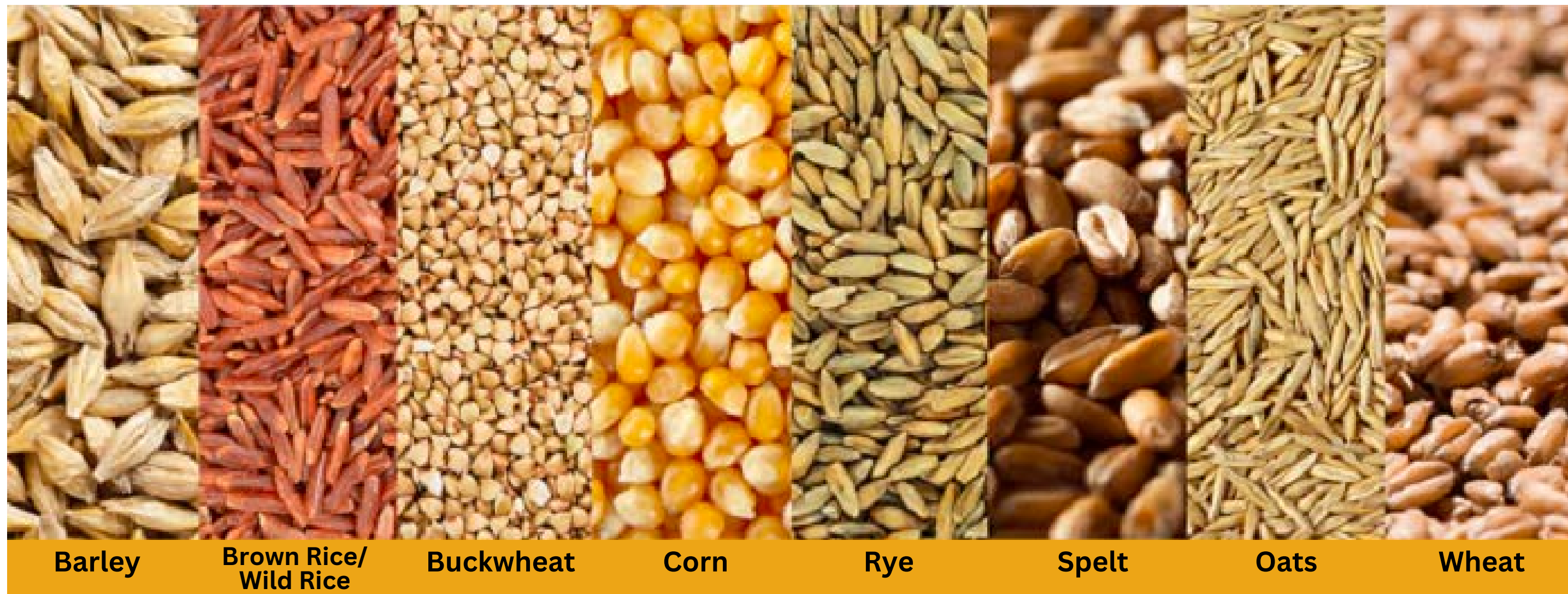


Protein is vital for muscle repair, appetite control, metabolism boost, hormone regulation, immune support, and healthy skin, hair, and nails.

E.g., Chicken breast is low in fat and provides a high amount of protein, making it excellent for muscle growth and repair.

Whole Grains

Common Types:



Whole Grain Stamp label:
Look for this stamp when
shopping to identify products
that contain whole grains



Plant-Based Protein Sources

TOFU



EDAMAME



ALMONDS



OATS



PISTACHIOS



BROCOLLI



LENTILS



CHICKPEAS



PEAS



AVOCADO



BLACK BEANS



PUMPKIN SEEDS



WALNUTS



QUINOA



ASPARAGUS



PLANT BASED PROTEIN POWDER



CASHEWS



KALE



CHIA SEEDS



SPINACH



Protein Sources

CHICKEN BREAST



EGG



COTTAGE CHEESE



PORK CHOP



GREEK YOGURT



BLACK BEANS



LENTILS



CHICKPEAS



PEAS



PUMPKIN SEEDS



LEAN BEEF



SALMON



CHICKEN DRUMSTICK



CHICKEN THIGH



AHI TUNA



TOFU



SHRIMP



BISON



NY STRIP



RIB EYE



What is Fiber?

Fiber is a part of plants that helps them stay strong. When we eat fiber, our bodies can't break it down, so it passes through us. Even though it doesn't give us energy, it feeds the good bacteria in our gut, which helps keep us healthy. Experts say adults should eat about 25-35 grams of fiber a day, but most people only get about half that amount.

Two Types of Fiber:

Soluble Fiber

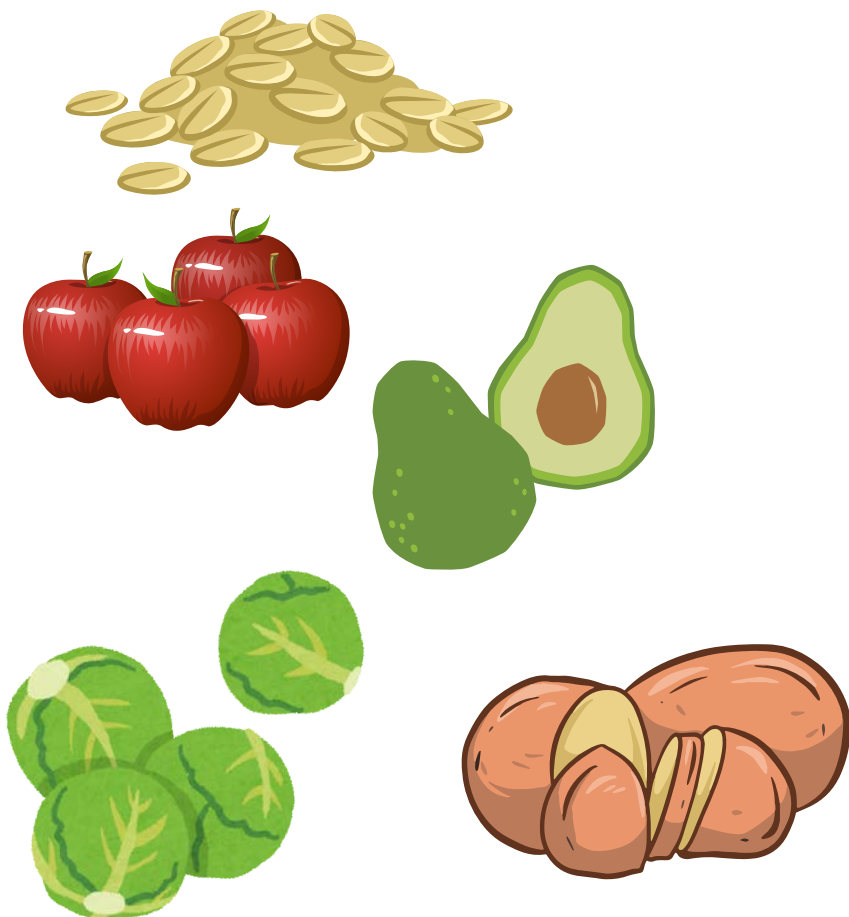
Benefits:

- Lowers cholesterol
- Regulates blood sugar
- Helps maintain healthy weight
- Supports gut flora

Insoluble Fiber

Benefits:

- Prevents constipation
- Promotes gut health



33

BEST HIGH FIBER FOODS



Lentils



Pears



Avocados



Coconuts



Artichoke



Raspberries



Edamame



Split Peas



Brussels Sprouts



Almonds



Beets



Whole Grain Pasta



Oats



Quinoa



Popcorn



Dark Chocolate



Banana



Kidney Beans



Strawberries



Black Beans



Sweet Potatoes



Apples



Okra



Broccoli



Lima Beans



Flaxseeds



Carrots



Pearled Barley



Millet



Chia Seeds



Figs



Kale



Chickpeas



Health Effects of Saturated Foods and Trans Fats



Unhealthy fats, such as **saturated fats** found in red meat, and cheese, and **trans fats** present in many processed foods, can significantly impact your health.

A diet high in saturated fat can contribute to **atherosclerosis**, or hardening of the arteries



A diet high in unhealthy fats can contribute to **weight gain** and **obesity**, which are risk factors for various chronic diseases, including **Type 2 diabetes**.

Trans fats, in particular, are harmful as they promote inflammation in the body, leading to conditions like **arthritis**.



These fats raise **LDL (bad) cholesterol** levels, increasing the risk of heart disease and stroke.



Healthy Fats

WALNUTS



ALMONDS



AVOCADO



PEANUT BUTTER



ALMOND BUTTER



SALMON



HUMMUS



PUMPKIN SEEDS



DARK CHOCOLATE



SARDINES



OLIVE OIL



PEANUTS



GRASS FED BUTTER



CHIA SEEDS



EGG YOLKS



OLIVES



SUNFLOWER SEEDS



CHEDDAR CHEESE



PARMESAN CHEESE



TOFU



Healthy Fats

CASHEWS



COCONUT OIL



MACADAMIA NUTS



PECAN



FLAX SEEDS



TURKEY BACON



GHEE



BRAZIL NUTS



CHICKEN THIGH



MACKEREL



SOYBEANS



OYSTERS



WHOLE MILK



BEEF RIB



BACON



TROUT



EDAMAME



MCT OIL



COD



Effects of Excessive Sugar Consumption



Sugar is a significant factor in dental problems, contributing to tooth decay and cavities.



Increases risk of heart disease by raising blood pressure and cholesterol levels



Excessive sugar consumption can lead to pre-diabetes and then diabetes



High sugar intake, particularly from fructose, can also lead to fat buildup in the liver



REDUCE YOUR SUGAR INTAKE:

TIPS THAT HELP CUT SUGAR EFFECTIVELY

Read Labels Carefully



Ingredients to look out for on labels:

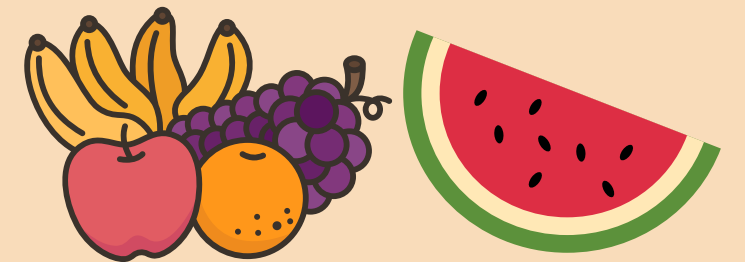
- Brown rice syrup
- High Fructose corn syrup
- Glucose
- Fructose
- Dextrose



Don't Drink Your Calories



Avoid Relying On "Healthy Sweeteners" Too Much



Eat More Protein



Eat More Healthy Fats



Remove Temptations



Eat More Whole Foods



Foods to Limit



Sweet Foods

- Ice cream
- Doughnuts
- Cookies
- Cakes
- Pies



High-Fat Foods

- Fried foods (French fries)
- Processed meats (bacon, sausage)
- Creamy salad dressing
- Butter



Processed Foods

- Chips
- Crackers
- Frozen pizza
- Pre-packaged meals
- Breakfast cereals
- White bread



Foods to Choose



Fruits

- Apples
- Blueberries
- Grapes
- Mango
- Oranges
- Strawberries



Non-Starchy Vegetables

- Asparagus
- Broccoli
- Cucumbers
- Tomatoes
- Leafy greens
- Bell peppers



Grains and Starchy Foods

- Corn tortillas
- Oatmeal
- Whole grain bread
- Yuca
- Plantains
- Brown rice



Proteins

- Eggs
- Fish and seafood
- Lean cuts of meat
- Meat alternatives (tofu, tempeh)
- Beans, peas and lentils



BLUE & PURPLE

blackberries
blueberries
black currants
dates
eggplants
grapes

plums
prunes
purple figs
raisins

RED & PINK

beets
cherries
cranberries
pink grapefruit

pomegranates
radicchio
red radishes
red apples
red grapes
red peppers
red potatoes
rhubarb
strawberries
tomatoes
watermelons



EAT MORE COLOR

The best way to get all of the vitamins, minerals and nutrients you need is to eat a variety of colorful fruits and veggies. Add color to your plate each day with the five main color groups.

GREEN

artichokes
asparagus
avocados
bok choy
broccoli
Brussels sprouts
celery
collard greens
cucumbers
green beans
green cabbage
green grapes
green onions
green peppers
kale

kiwis
leeks
limes
mustard greens
okra
pears
peas
romaine lettuce
snow peas
spinach
sugar snap peas
watercress
zucchini

ORANGE & YELLOW

acorn squash
butternut squash
apricots
cantaloupes
carrots
corn
grapefruit
lemons
mangoes
nectarines
oranges

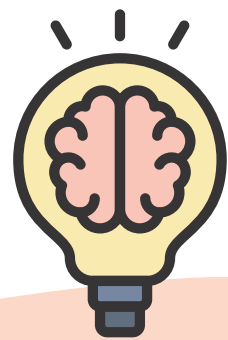
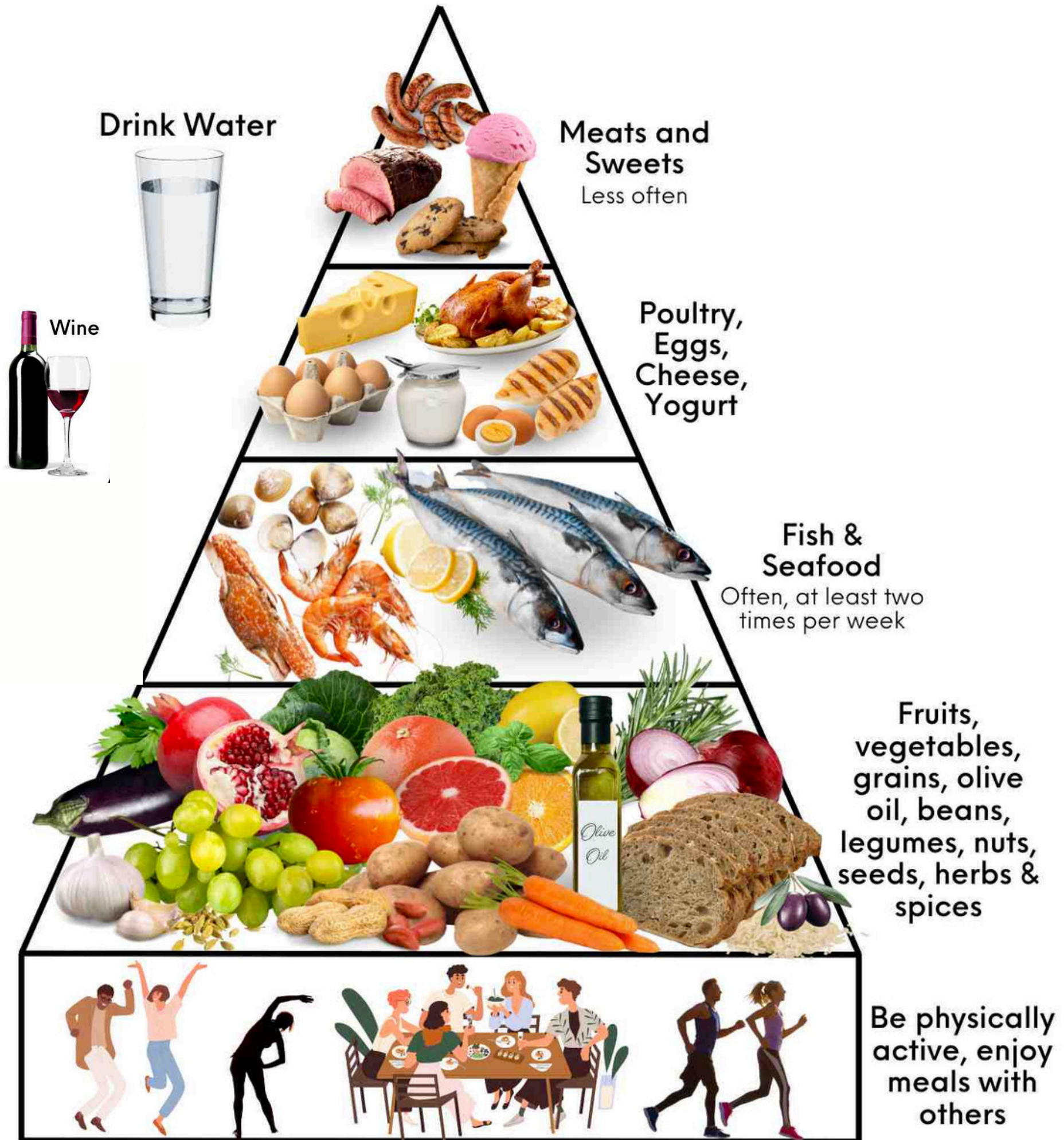
orange peppers
papayas
peaches
pineapples
pumpkins
summer squash
sweet potatoes
tangerines
yams
yellow apples
yellow peppers
yellow squash

WHITE

bananas
cauliflower
garlic
Jerusalem artichokes

mushrooms
onions
potatoes
parsnips
shallots

A Heart-Healthy Diet: Mediterranean Diet



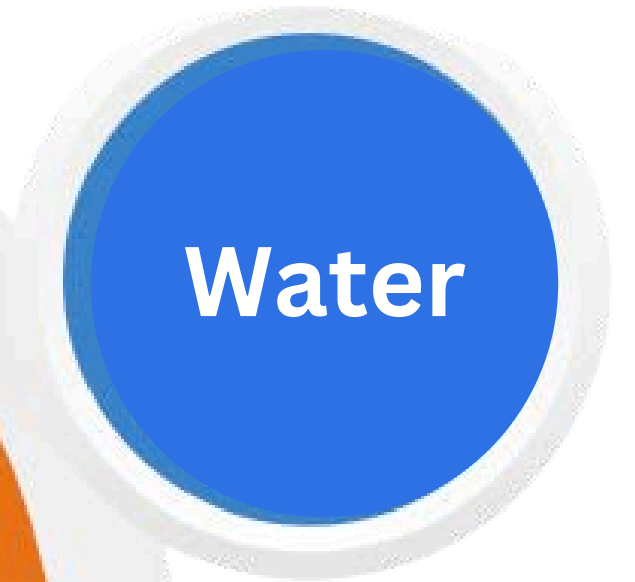
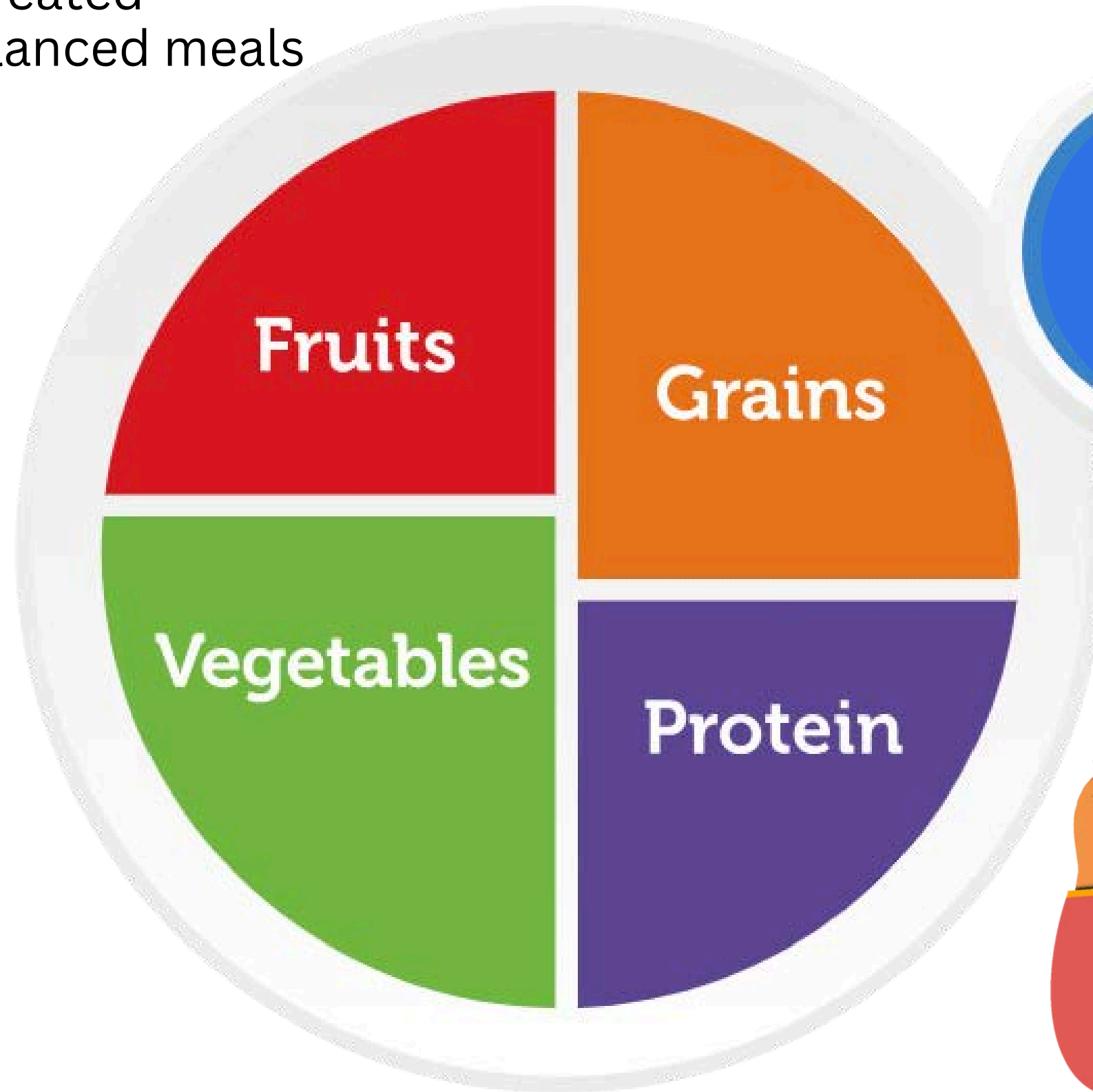
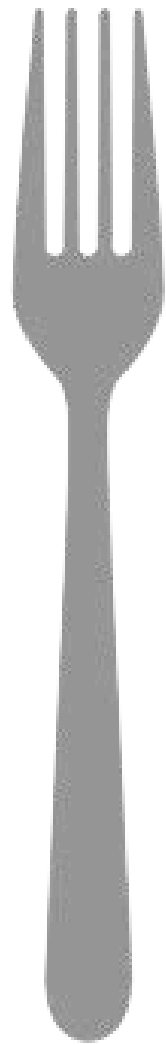
Recognized as one of the world's healthiest diets

How to Build A Healthy Meal

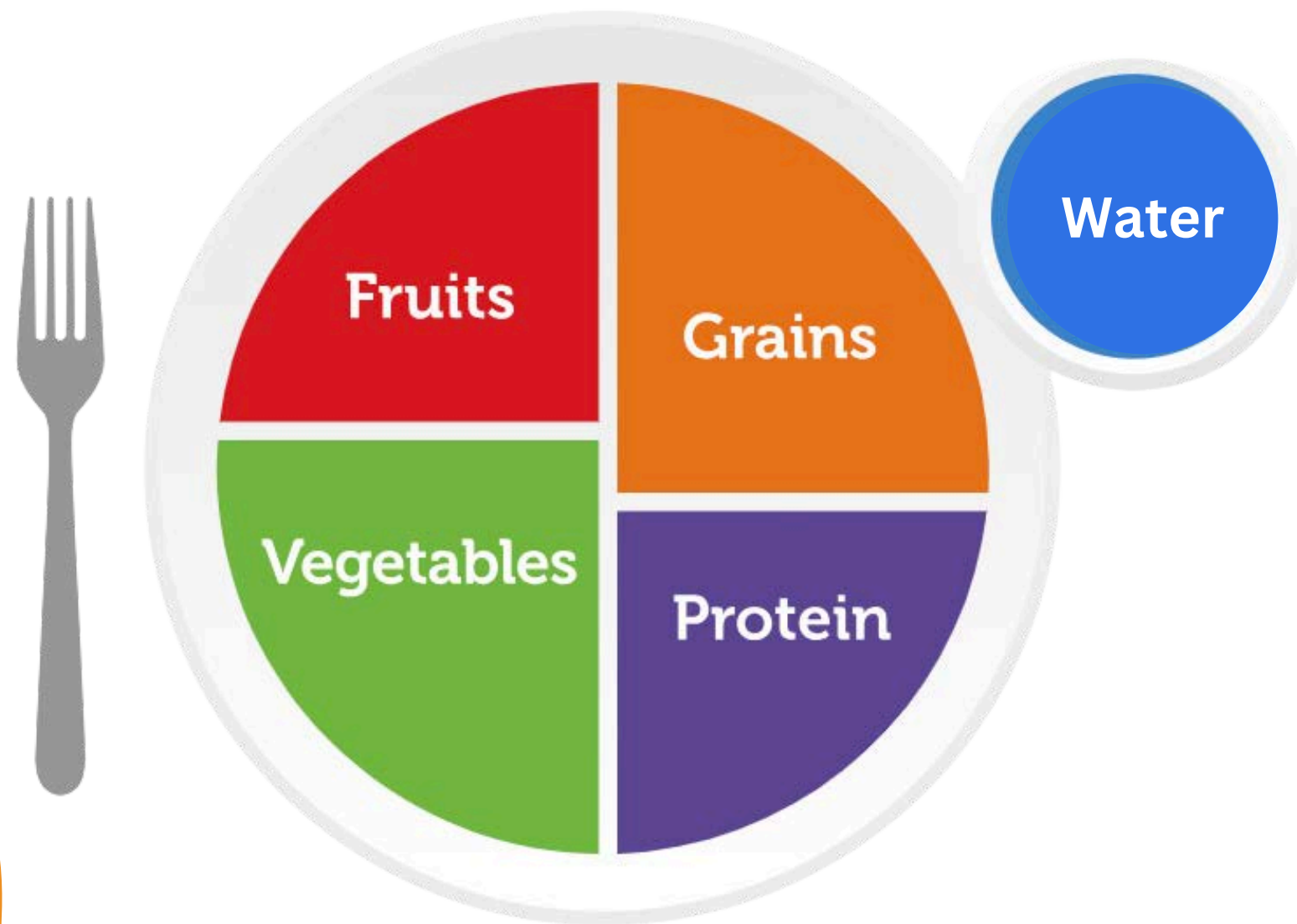
The U.S. Department of Agriculture (USDA) created MyPlate, a visual guide to help you create balanced meals using the different food groups.

Key Points:

- Make half of your plate fruit and non-starchy vegetables.
- Make a quarter of your plate grains and starchy foods.
- Make another quarter of your plate protein foods.
- Drink water instead of sugar-sweetened beverages.



MyPlate Activity: Building a Balanced Plate



Learn how to create balanced meals from the MyPlate model.



Write down 5 examples for each food group, focusing on healthy options you enjoy.

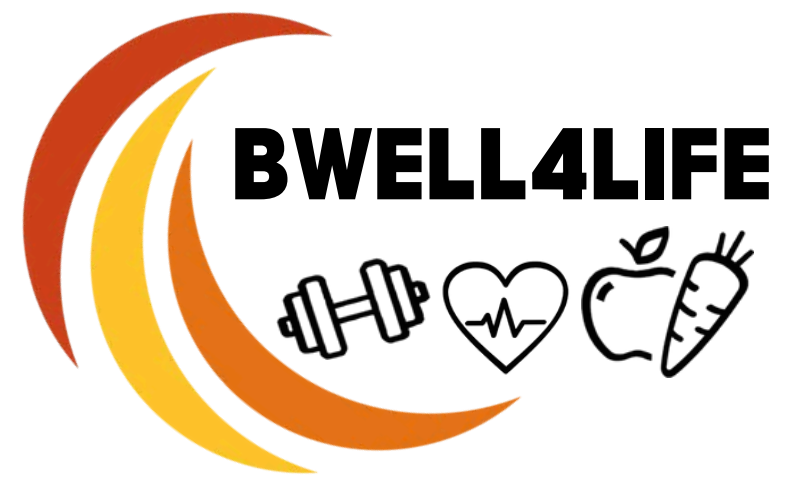


Use this list to help create a grocery list for the week!



Q&A

Please ask any questions you have



Salad & Dressing Workshop



Dress to Impress: Salad Edition

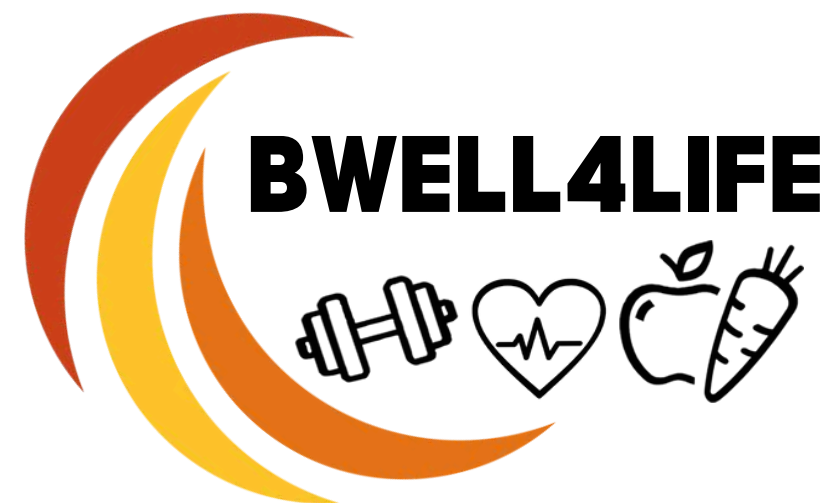
- Salad Building Basics
- Create Your Own Salad
- Healthy Dressing Demo



Hassan Diop
Community Health Educator

BREAK TIME

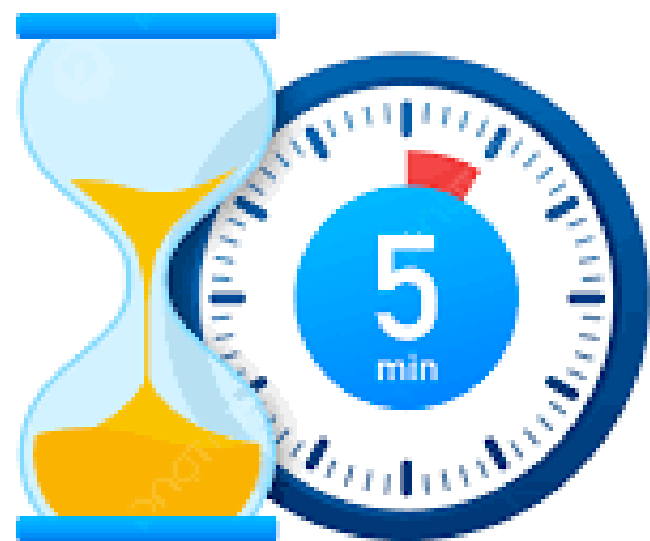
10 minutes



BRIEF STRETCHING SESSION



Quick Stretch!



SMALL GROUP DISCUSSION: STRATEGY SESSION



Small Group Discussion: Strategy Session

- Divide into groups of four.
- In your group, discuss the following questions.



Small Group Discussion: Healthy Eating Habits

Success Stories: What has worked well for you in maintaining healthy eating habits?

Challenges: What difficulties have you encountered in making healthier choices?

Overcoming Barriers:

- a. How do you think you can overcome these challenges.
- b. Share advice with each other on how to overcome barriers

Remember:

Your Participant Manual has resources to help you stay on track with your goals!

Eat Healthy on a Budget

You don't have to spend a ton of money to eat well.



Scan the QR code to watch the video “Budget-Stretching Healthy Meals”



Tips:

1

Stick to Your Grocery List

2

Buy in Bulk

3

Buy Frozen and Canned Veggies and Fruits

4

Eat What's in Season

5

Use Coupons and Sales

6

Meal Prep

Small Group Discussion: Healthy Eating Habits

Creating Your SMART Goals

For the Coming Week:

1. Create Nutrition Goals
2. Modify Physical Activity Goals
3. Modify Hydration Goals (*Are you drinking enough water?*)

Tips:

- Make goals you can stick to over the next week.
- Feel free to share your goals with the group for support and accountability.

When setting goals, make them **SMART**:
Specific, **M**easurable, **A**ttainable, **R**elevant and **T**ime-bound.



NEXT STEPS



Review: Session 2 Key Points

1. Summary of Prep-work for Session 2
2. Workshop: Making Creative Salads & Healthy Dressings
3. Overcoming Barriers to Healthy Eating Habits



Checklist (Complete before Session 3)

Complete the Prep Work for Session 3:

- Watch pre-recorded presentation
- Nutrition, Part II
- Quiz on the recorded presentation
- Optional: Activity on the recorded presentation
- Evaluation of recorded presentation



FitBit Community Group: Weekly Challenge

Half-Your-Plate Plants

Fill half your plate with fruits and veggies at least once a day for a week.



Share a post or photo of how you added plants to your plate this week!



BWell4Life Healthy Habits:
Adults should eat 3½ to 6½ cups of fruits (1½-2 cups) and vegetables (2-3 cups) every day for good health.



See you next time!

Session 3: Nutrition, Part 2

- **Date:**
- **Time:**
- **Location:**

Reminders

- Please fill out the Attendance Sheet with your name and information.
- Complete the checklist before Session 3.



Zen Session: Meditation and Mindful Breathing



REDUCE YOUR SUGAR INTAKE: TIPS THAT HELP CUT SUGAR EFFECTIVELY

Read Labels Carefully

The first ingredient is the one that is used in the most quantity. The last one is used in the least quantity. Look for the most common words for sugar.



Ingredients to look out for on labels:

- Syrup
- Malt syrup
- Brown rice syrup
- High Fructose corn syrup
- Words ending with -ose
- Glucose
- Fructose
- Dextrose

Try to avoid foods that have a lot of sugars in them.

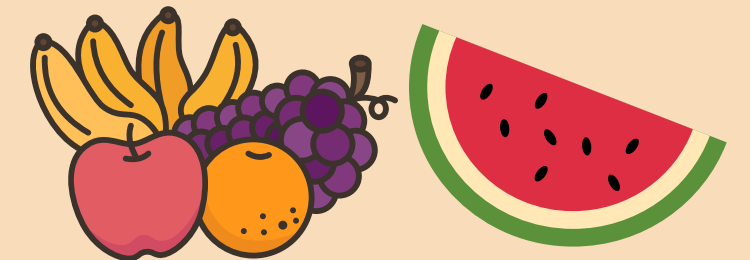
Don't Drink Your Calories

Ask for unsweetened beverages at a cafe (Ex. Unsweetened Iced Tea, Unsweetened Iced Coffee). If you are buying a bottled beverage, always read the label.



Avoid Relying On "Healthy Sweeteners" Too Much

Have natural fresh fruit instead of cocunut sugar and maple syrup.



REDUCE YOUR SUGAR INTAKE: TIPS THAT HELP CUT SUGAR EFFECTIVELY

Eat More Protein

When you don't eat enough protein with every single meal, your blood sugar tends to be a little bit erratic. To prevent sugar cravings, get at least 15-20 g* of protein per meal.



Eat More Healthy Fats

Eat more healthy fat, this is along the same lines as eat more protein. When you eat enough healthy fat with all of your meals, you're less likely to have those sugar cravings because your blood sugar levels are stable.



Remove Temptations

Eat more healthy fat, this is along the same lines as eat more protein. When you eat enough healthy fat with all of your meals, you're less likely to have those sugar cravings because your blood sugar levels are stable.



Eat More Whole Foods

Whole foods are foods that are in their natural form.

Keep Low-Sugar “Whole Food” Treats Around

Keep low sugar snacks around at home like freshly cut fruit in your fridge.



Small Group Discussion: Strategy Session

- Divide into groups of four.
- In your group, discuss the following questions.



Eat Healthy on a Budget

Introduction

You don't have to spend a ton of money to eat well. By making clever choices and using smart shopping strategies, you can make sure that healthy food is a part of your life, without breaking the bank. Here are some practical tips for eating healthy on a budget.



Scan the QR code to watch the video “Budget-Stretching Healthy Meals”



Tips

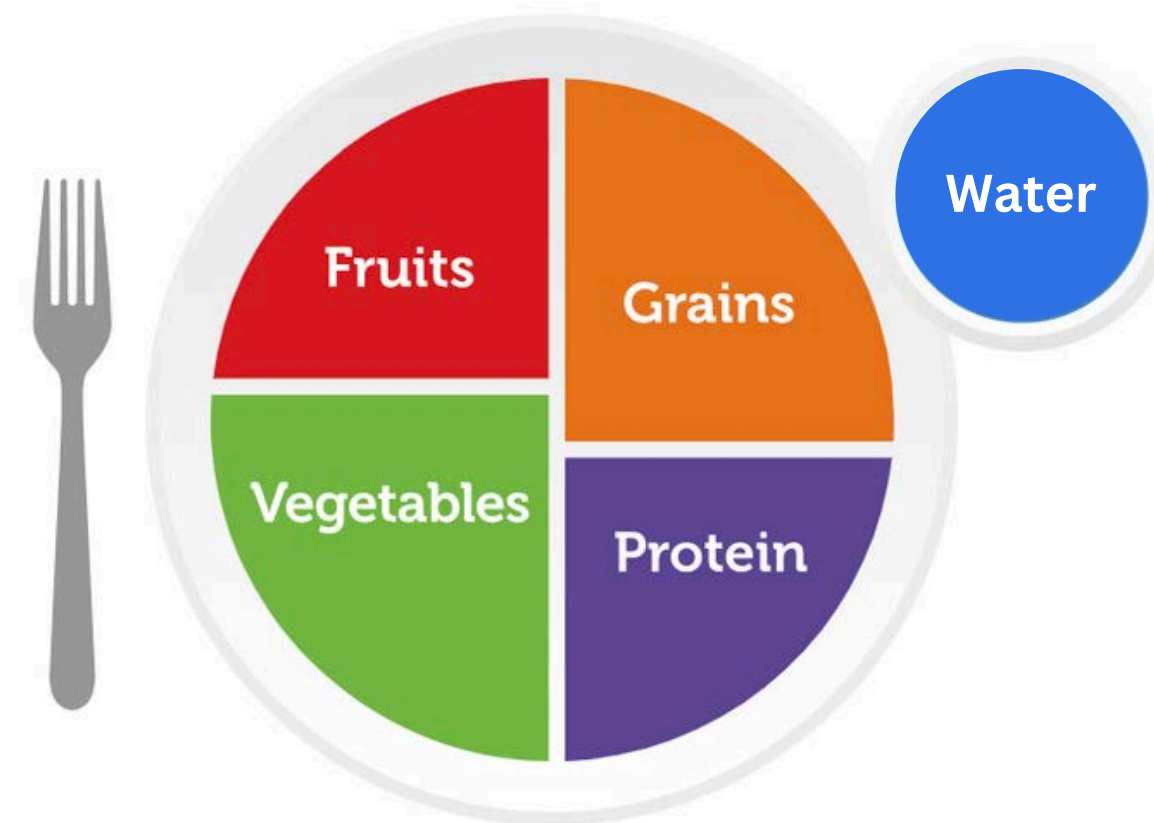
- Tip 1. Stick to Your List:** Write down what you need and only buy those things. Using the shopping list on FatSecret will be super helpful.
- Tip 2. Buy in Bulk:** Things like rice, beans, and whole grains are usually cheaper in big, “family-size” bags.
- Tip 3. Frozen and Canned Veggies and Fruits:** Choose canned fruits in 100% fruit juice and canned vegetables with “no salt added” or “low-sodium” on the label.
- Tip 4. Eat What's in Season:** Foods that grow in the current season are usually cheaper and taste better.
- Tip 5. Use Coupons and Sales:** Keep an eye out for discounts and coupons to save money. Use a store’s weekly circular to compare prices before you go.

How to Build A Healthy Meal

The U.S. Department of Agriculture (USDA) created MyPlate, a visual guide to help you create balanced meals using the different food groups.

Key Points:

- Make half of your plate fruit and non-starchy vegetables.
- Make a quarter of your plate grains and starchy foods.
- Make another quarter of your plate protein foods.
- Drink water instead of sugar-sweetened beverages.



Tips:

- Focus on whole fruits, like fresh, frozen, canned or dried.
- Eat a variety of vegetables.
- Make at least half of your grains whole grains.
- Try different types of protein, such as beans.