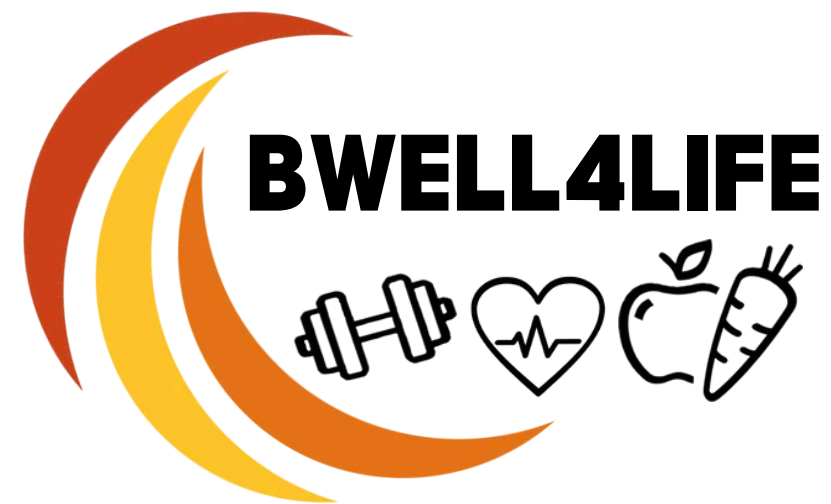


SESSION 3

Nutrition, Part II



Your Community Health Educator

◆ XXXXXX@XXXX.XXX

◆ XXX-XXX-XXXX



Ice Breaker: Reflection

Take a moment to think about and answer this question:

How do the foods I consume impact my physical health, energy levels, and overall well-being?



Review of Learning Objectives

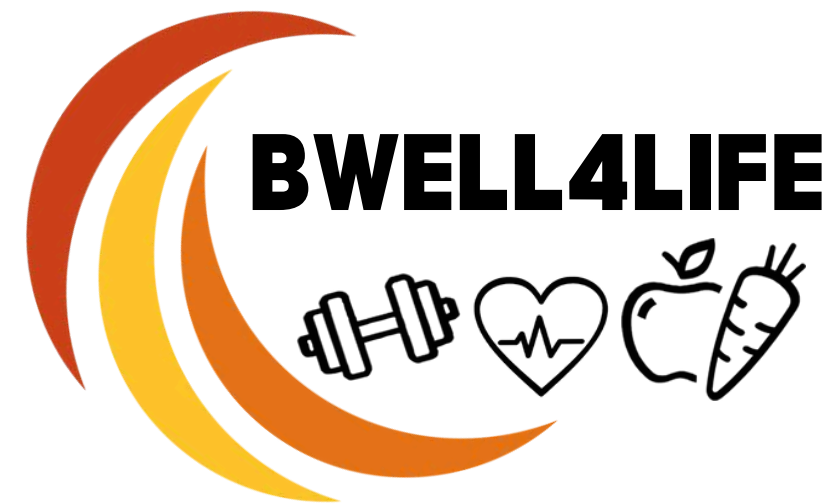
By the end of the session, participants will:

- ✓ Discuss key concepts from the pre-work for Session 3
- ✓ Building a foundation for healthy choices
- ✓ Identify barriers to healthy eating, strategize solutions, and set SMART goals
- ✓ Engage in a stretch class and meditation session



REVIEW

Prep Work for Session 3



Summary of Prep-Work for Session 3

1. Understanding Calories and Healthy Eating
2. Reading a Nutrition Label
3. Healthy Food Swaps
4. Healthy Cooking Methods
5. The DASH Diet for Healthy Blood Pressure
6. A Heart-Healthy Diet: Mediterranean Diet
7. DASH Diet vs Mediterranean Diet



**TIME FOR
REVIEW!**

Understanding Calories and Healthy Eating

We need energy to survive and obtain our energy from food.
Everything we eat has a calorie count.

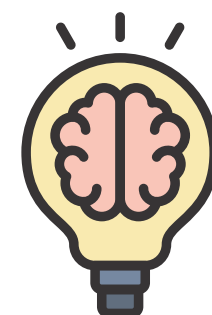
What is a Calorie?

A measurement of how much energy an item stores. This energy is released during digestion (the breaking down of food in the body) and stored in other parts of the body, where it can be broken down to provide energy when the body needs it.

10% ENABLES DIGESTION

20% FUELS PHYSICAL ACTIVITY

70% SUPPORTS BASIC FUNCTION OF ORGANS AND TISSUES



Remember:

It's not just about the number of calories;
it's about the **quality** of those calories.

Caloric Intake and Weight Management

How do calories relate to weight?

If you eat *more* calories than your body needs, you'll store the extra energy as fat, which can lead to **weight gain**.



CALORIE DEFICIT

ENERGY USED IS GREATER THAN ENERGY INTAKE

- A decrease in calorie intake
- Body will burn stored fat for energy resulting in weight loss over time

CALORIE SURPLUS

ENERGY INTAKE IS GREATER THAN ENERGY USED

- An increase in calorie intake
- Results in weight-gain over time

MAINTENANCE CALORIES

ENERGY INTAKE EQUALS ENERGY USED

- Results in maintenance of body weight
- Changes in your body's shape and makeup can still happen.

Reading an Ingredient Label



- 1 Start with the ingredients list.
- 2 Watch out for hidden sugars.
- 3 Look at the serving size.
- 4 Be mindful of misleading claims.
- 5 Check for unhealthy additives. Ignore claims on the front of the packaging.

Nutrition Facts

1 servings per container
Serving size 1.6 oz (45g)

Amount Per Serving
Calories 230

% Daily Value*

Total Fat 19g 24%
 Saturated Fat 14.7g **74%**

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 35mg 2%

Total Carbohydrate 17g 6%

Dietary Fiber 1g **4%**

Sugars 10g

Includes 9g Added Sugars **19%**

Protein 4g

Vitamin D 0mcg 0%

Calcium 65mg 4%

Iron 1.44mg 8%

Potassium 235mg 4%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: Shredded Coconut, Blended Almonds, Coconut Palm Nectar, Dark Chocolate Chips (Cocoa Beans, Evaporated Coconut Palm Nectar, Cocoa Butter, Sunflower Lecithin), Espresso, Coconut Oil, Ground Vanilla Beans.

CONTAINS: Coconut, Almonds

Serving size

The amount of food eaten at one time. NOT a recommendation of how much to eat or drink

Trans Fat

Will list 0% if it has less than 0.5g per serving!
 Always check ingredients

Ingredients

The ingredients of the product are listed by quantity - from highest to lowest

Calories

The amount of energy a serving of food or beverage provides to the body

Added Sugars

Sugar *added* to a product. Shows how much sugar is naturally in the ingredients versus added

Daily Values (DV)

The percentage of each nutrient in one serving based on how much you should have in a day

Healthy Food Swaps

● Sweeten with cinnamon
not sugar

● Choose fresh fruits over
dried ones

● Sip carbonated water not
soda

● Swap white pasta for whole
wheat pasta

● Choose brown rice or
bulgur over white rice



Healthy Food Swaps

● Eat greek yogurt instead of low fat yogurt

● Make noodles rather than processed noodles/pasta

● Boil or poach eggs instead of frying them

● Eat whole fruits instead of drinking fruit juice

● Spread mashed berries and not regular jams on bread



Healthy Cooking Methods

INSTEAD OF DEEP/PAN FRYING



TRY

BLANCHING/POACHING



Heating food by use of hot water

BAKING

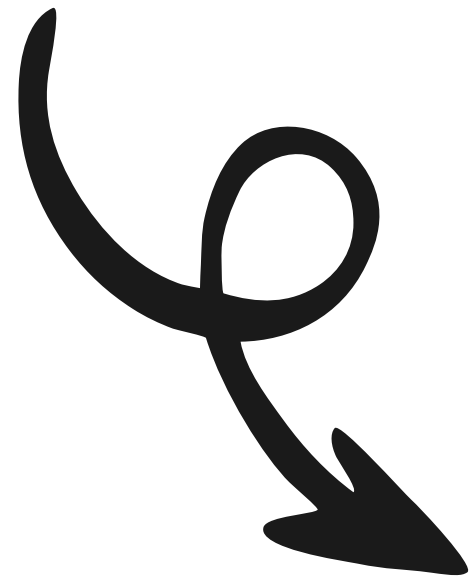


Oven cooked

STEAMING



Cooking food using steam from boiling water



Healthy Cooking Methods

INSTEAD OF DEEP/PAN FRYING



TRY

GRILLING



Cooking over flame on a metal grate

SAUTEING



Quick fry with oil

ROASTING



Cooking using dry heat and hot air to surround and cook food evenly



The DASH Diet for Healthy Blood Pressure

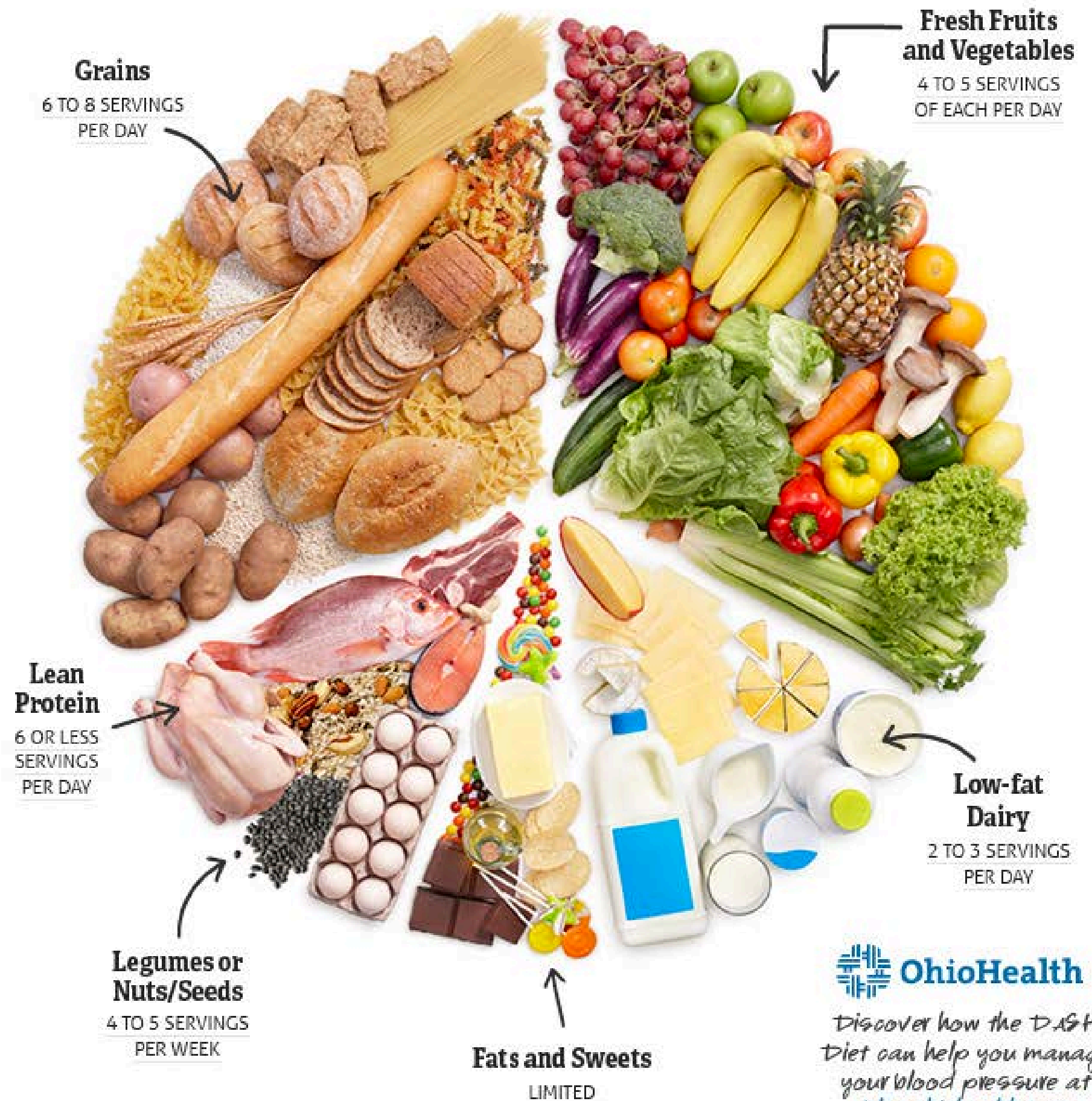
DIETARY

APPROACHES TO

STOP

HYPERTENSION

By following a DASH diet, individuals may reduce their blood pressure and establish heart-healthy eating habits for life.



A Heart-Healthy Diet: Mediterranean Diet



DASH Diet

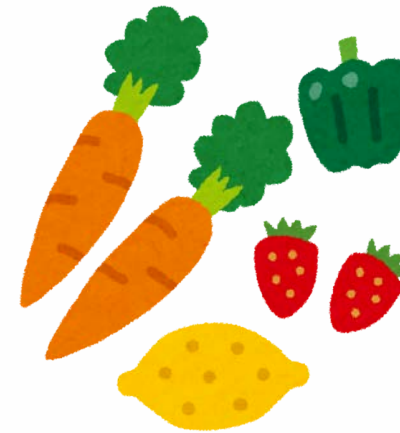
V
S

Mediterranean Diet

Focuses on reducing blood pressure.

Limits salt (sodium) intake.

Has specific daily and weekly serving goals based on calorie needs.



Focuses on overall health and longevity.

Does not specifically restrict salt intake.

Structure is more flexible but includes more healthy fats from nuts, seeds, and olive oils.

SIMILARITIES

- Both diets are healthy eating plans.
- High in fruits and vegetables.
- Low in cholesterol, sweets, and processed foods.
- Both are associated with lower blood pressure and reduced risk for heart disease and cancer.

Workshop Activity

Understanding Nutrition Labels





Understanding Nutrition Labels

- Percent Daily Values (%DV)
- Nutritional content
- Comparing nutrition labels
- Common misleading claims

Nutrition Facts

90 Servings per container
Serving size 1 tbsp (14g)

Amount per serving
Calories 35

% Daily Value

Total Fat	4g	5%
Saturated Fat	1g	5%
Polysaturated Fat	2g	
Monounsaturated Fat	1g	
Sodium	85mg	4%
Total Carbohydrate	0g	0%
Protein	0g	
Vitamin A		15%

Not a significant source of trans fat, cholesterol, dietary fiber, total sugars, added sugars, vitamin D, calcium, iron and potassium.

I can't believe it's not Butter!

- ✓ A GOOD SOURCE OF OMEGA 3-ALA*
- ✓ 0g TRANS FAT PER SERVING AND NO PARTIALLY HYDROGENATED OILS
- ✓ 60% FEWER CALORIES THAN BUTTER
- ✓ 80% LESS SATURATED FAT THAN BUTTER*

*CONTAINS 190mg OF OMEGA-3 ALA PER SERVING (11% OF THE 1.6g DAILY VALUE)
*TOTAL FAT IS 4g PER SERVING.

INGREDIENTS: PURIFIED WATER, SOYBEAN OIL, PALM KERNEL AND PALM OIL, SALT, LECITHIN (SOY), MONO AND DIGLYCERIDES, VINEGAR, NATURAL FLAVORS, VITAMIN A PALMITATE, BETA CAROTENE (COLOR).



Hassan Diop
Community Health Educator

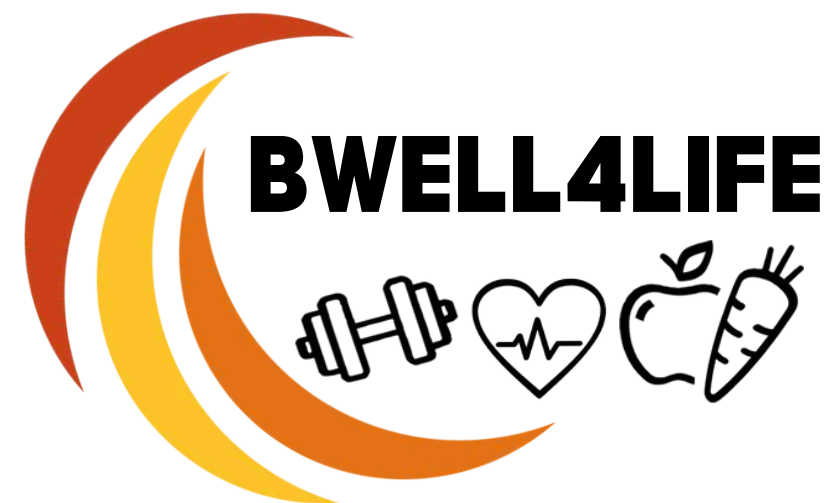
Q&A

Please ask any questions you have



BREAK TIME

10 minutes



Workshop Activity

Sugar Content Challenge: Beverage Edition



Sugar Content Challenge: Beverage Edition

- Determine sugar content in various drinks
- Compare sugar content of different drinks to each other
- Compare the sugar content of drinks to the recommended daily sugar intake



Added Sugar Guidelines for Adults

Dietary Guidelines for Americans:
Less than 10 percent of daily calories from added sugars

Adults should have less than 10 teaspoons of added sugar a day, and children should have less than 6 teaspoons.



GUESS HOW MUCH ADDED SUGAR IS IN...

Cola



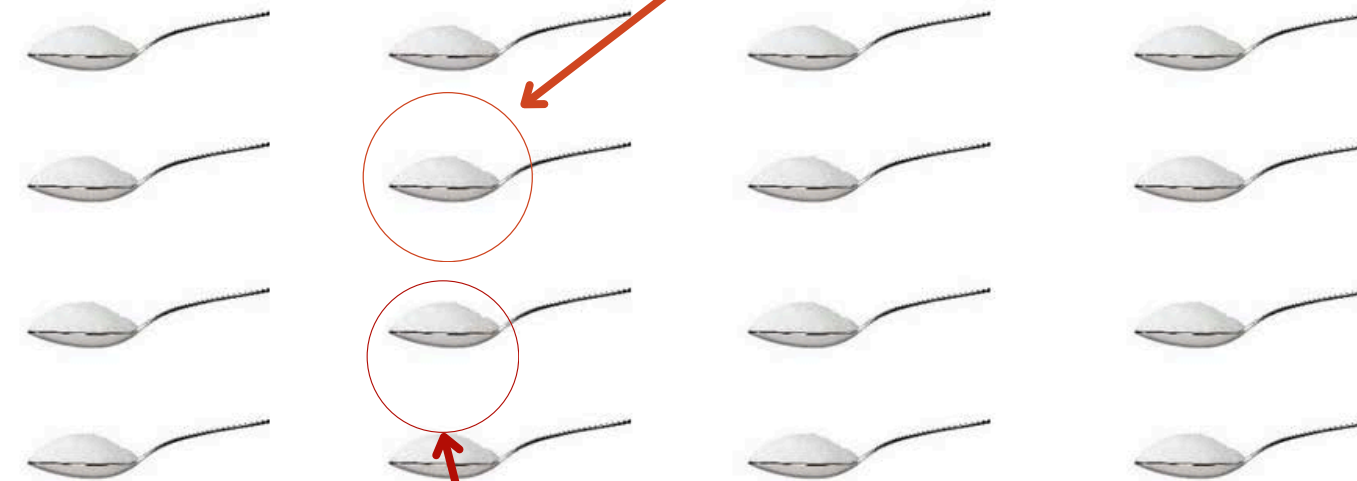
GUESS HOW MUCH ADDED SUGAR IS IN...

Cola



20-ounce bottle

➔ 16 teaspoons



Daily limit
for average
child is 6
teaspoons

Daily limit
for average
adult is 10
teaspoons

GUESS HOW MUCH ADDED SUGAR IS IN...

Ginger Ale

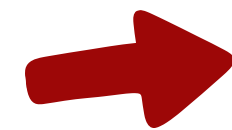


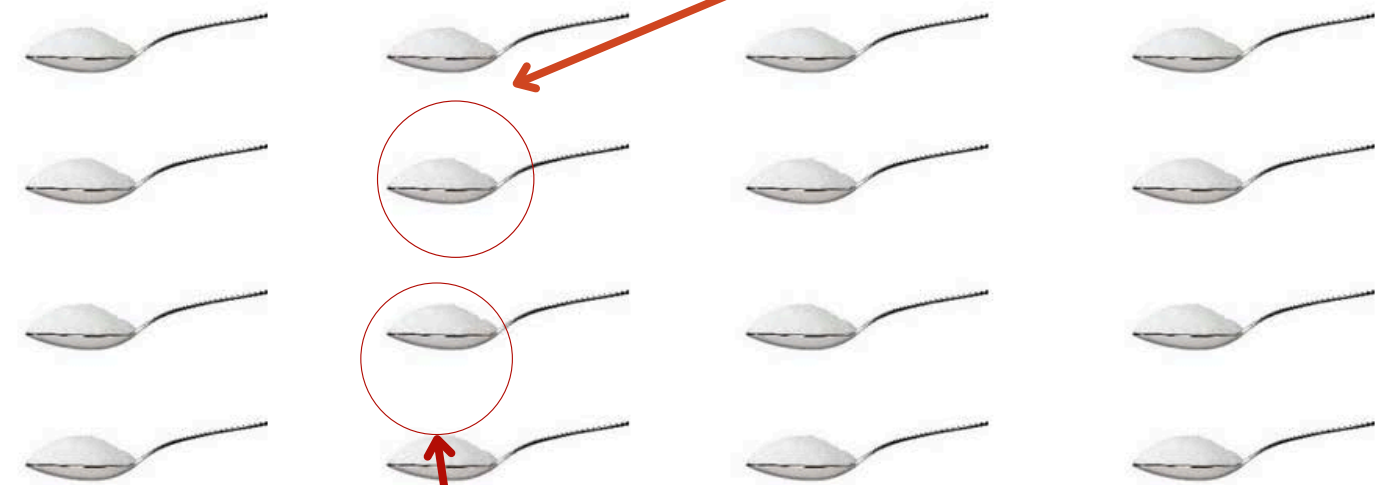
GUESS HOW MUCH ADDED SUGAR IS IN...

Ginger Ale



20-ounce bottle

 16 teaspoons



Daily limit
for average
child is 6
teaspoons

Daily limit
for average
adult is 10
teaspoons

GUESS HOW MUCH ADDED SUGAR IS IN...

Sweetend tea



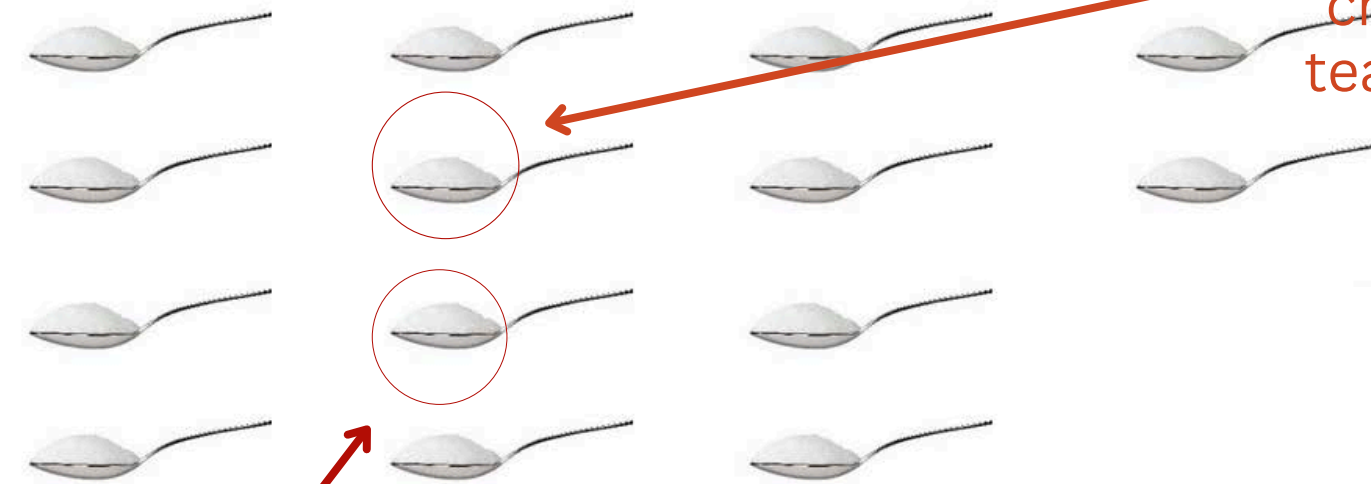
GUESS HOW MUCH ADDED SUGAR IS IN...

Sweetend tea



20-ounce bottle

➔ 14 teaspoons



Daily limit
for average
adult is 10
teaspoons

Daily limit
for average
child is 6
teaspoons

GUESS HOW MUCH ADDED SUGAR IS IN...

Sports drink



GUESS HOW MUCH ADDED SUGAR IS IN...

Sports drink



20-ounce bottle

➔ 9 teaspoons



Daily limit for average child is 6 teaspoons

Daily limit for average adult is 10 teaspoons

WHAT ABOUT THIS BEVERAGE WITH NO ADDED SUGAR? IS IT HEALTHY?



How much sugar does this have?



WHAT ABOUT THIS BEVERAGE WITH NO ADDED SUGAR? IS IT HEALTHY?

NUTRITION FACTS

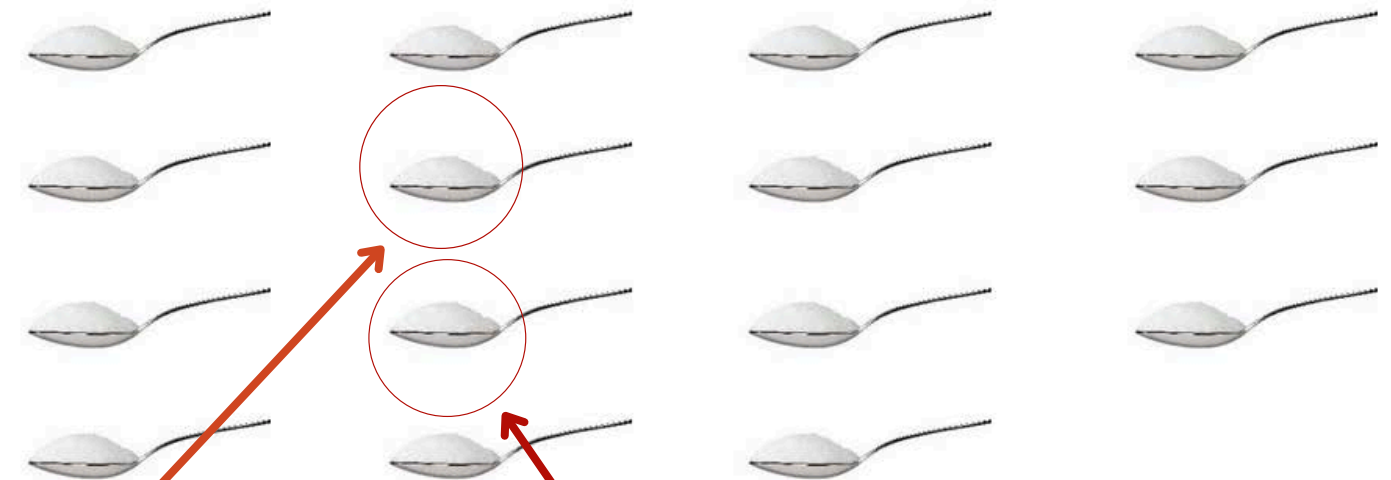


100% JUICE	
Amount Per Serving (15.2 FL OZ)	
Calories	270
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 25mg	1%
Total Carbohydrate 63g	23%
Dietary Fiber 0g	0%
Total Sugars 53g	
Includes 0g Added Sugars	0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 40mg	4%
Iron 1.4mg	8%
Potassium 760mg	15%
Vitamin A 230mcg	25%
Vitamin C 42mg	50%
Riboflavin 0.3mg	25%
Vitamin B6 0.4mg	25%
Magnesium 40mg	10%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

20-ounce bottle

➔ 15 teaspoons



Daily limit
for average
child is 6
teaspoons

Daily limit
for average
adult is 10
teaspoons

Total Sugar vs. Added Sugar

Sample Label

What's the bottom line?

With beverages like juice:

- Choose 100% fruit juice with 0g of added sugar.
- Consume no more than 8oz of juice per day

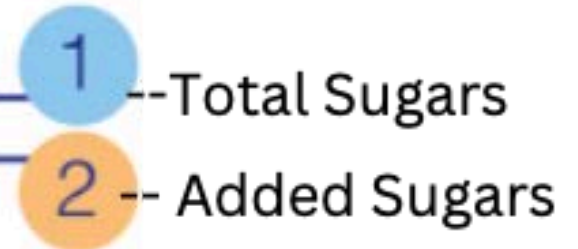
Why is it important?

Drinking sugary beverages, even all natural fruit juice, can raise our blood sugar.

Balance is key: limit sugary beverages and choose water to stay hydrated.

U.S. Food and Drug Administration (March 5, 2024). Added Sugars on the Nutrition Facts Label. Accessed via web at <https://www.fda.gov/food/nutrition-facts-label/added-sugars-nutrition-facts-label#:~:text=The%20Dietary%20Guidelines%20for%20Americans,of%20added%20sugars%20per%20day>.

Nutrition Facts	
8 servings per container	
Serving size	8 fl oz (240mL)
Amount per serving	
Calories	110
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 27g	10%
Dietary Fiber 0g	0%
Total Sugars 25g	
Includes 23g Added Sugars	46%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 40mg	0%
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	



Alternative Sweeteners

What about drinks with alternative sweeteners?

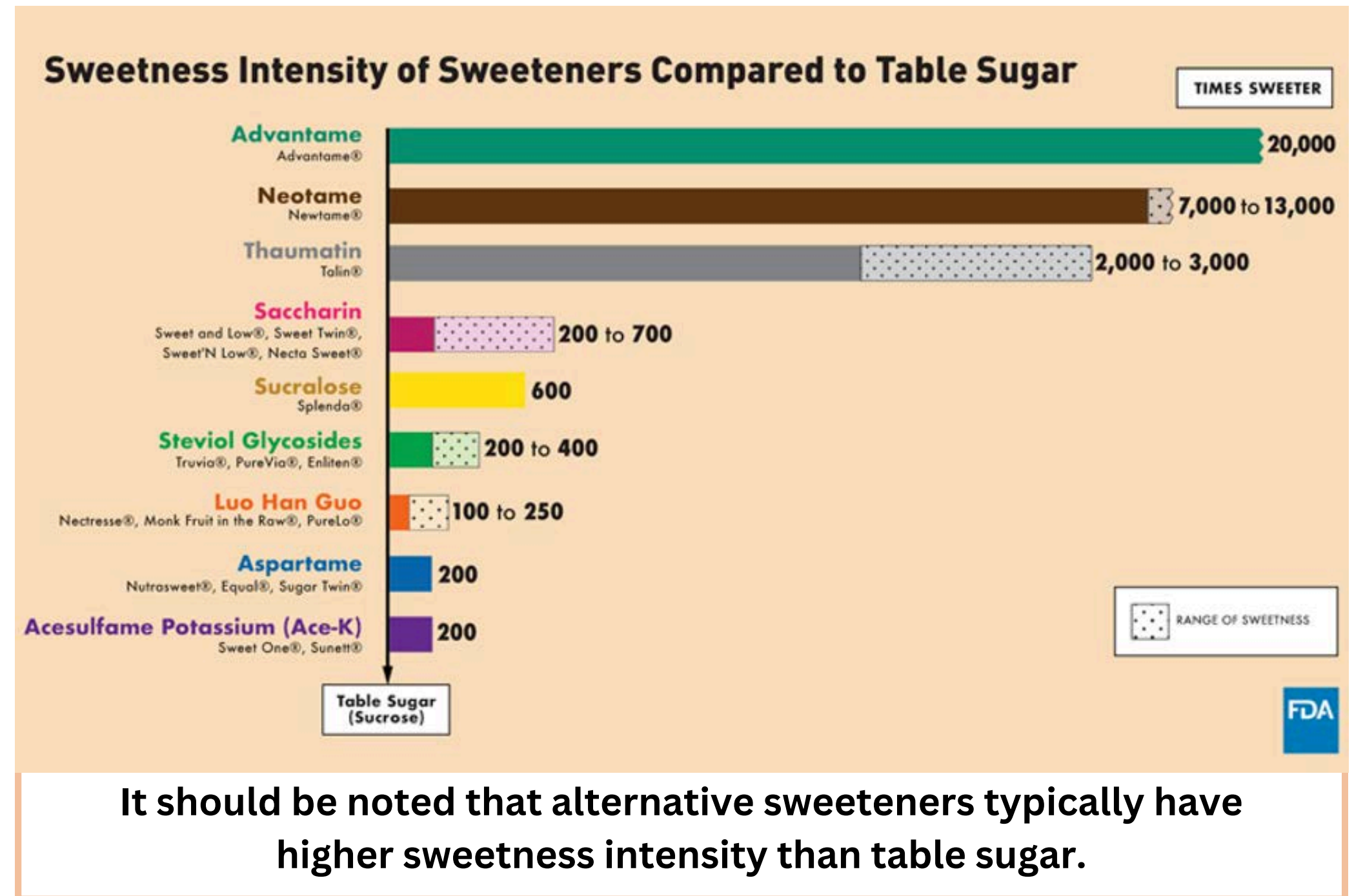
Currently, aspartame, sucralose, and stevia are among the sweeteners that are Generally Recognized as Safe (GRAS) by the U.S. Food and Drug Administration (FDA).

Check your Tastebuds

The evidence is unclear about whether this sweetness might increase sugar cravings. It's best to eat it in moderation.

Consume in moderation

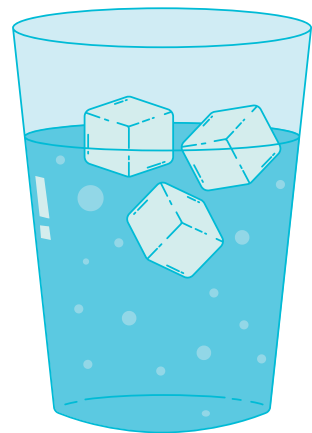
Research indicates that alternative sweeteners would have to be eaten in large amounts to be unsafe.



U.S. Food and Drug Administration (Sept 25, 2024). Aspartame and other sweeteners in food. Accessed via web at <https://www.fda.gov/food/food-additives-petitions/aspartame-and-other-sweeteners-food>

Reducing Sugary Beverage Intake

**Gradual changes can help to reduce intake of sugary beverages.
Try some steps to help you get there!**



Make it Cool

Dilute sugary beverages with ice or sparkling water to reduce overall sugar content.



Explore Homemade Flavors

Create your own flavored water by adding fresh fruit, cucumbers, and herbs like mint to make water more appealing.



Alternate with Water

If consuming sugary drinks, alternate your sips of the sugary drink with sips of water.



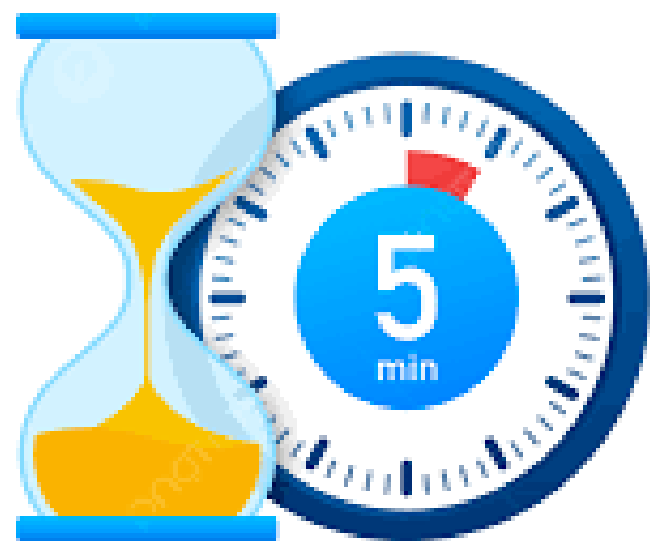
Add Some Sparkle

Try a no-sugar-added sparkling water to enjoy a crisp, refreshing fizz.

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!

Small Group Discussion: Healthy Eating Habits

Creating Your SMART Goals

For the Coming Week:

1. Create & Modify 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** measurable, **A** attainable, **R** relevant and **T** time-bound.



NEXT STEPS



Review: Session 3 Key Points

1. Summary of Prep-work for Session 3
2. Workshop: Understanding Nutrition Labels
3. Workshop: Sugar Content Challenge: Beverage Edition
4. Sugar and Alternative Sweeteners
5. Overcoming Barriers to Healthy Eating Habits



Checklist (Complete before Session 4)

Complete the Prep Work for Session 4:

- Watch pre-recorded presentation
- Quiz on the recorded presentation
- Optional: Activity on the recorded presentation
- Evaluation of recorded presentation



Fitbit Community Group: Weekly Challenge

Hydration Weekly Challenge

Drink at least half of your body weight in ounces of water each day for the next 5 days to build a consistent hydration habit.



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



See you next time!

Session 4: Health Advocacy

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

Reminders:

- Please fill out the Attendance Sheet with your name and information.
- Complete the checklist before Session 4.



Zen Session: Meditation and Mindful Breathing

