

Class 1: My Plate

Trainers' Guide



Learning Objectives:

At the end of the session, participants will be able to:

1. Name three key areas of the diet where change is recommended by ChooseMyPlate.gov;
2. Discuss at least three ways they could increase the amount of whole grains in their diet;
3. Name at least three strategies for increasing fruit and vegetables in their diet;
4. Demonstrate at least four ways to estimate and control portion sizes; and
5. Discuss at least three options for increasing their physical activity.

Supplies Needed:

1. **Go to choosemyplate.gov and familiarize yourself with the resources available there. You will also need the “live” website while you teach this class.**
2. **Grain food labels: white bread, whole wheat bread, white pasta, whole grain pasta, etc.**
3. **Fruit labels:** 100% juice, fresh fruit, frozen unsweetened fruit, dried fruit, and canned fruit packed in heavy syrup, light syrup and juice
4. **Milk product labels:** regular ice cream, low-fat ice cream, sweetened yogurt with fruit, artificially sweetened vanilla yogurt, whole milk, 2% milk, 1 % milk, and skim milk
5. **Meat portions:** boneless chicken breast, chicken thigh, hamburger
6. **Fats labels:** regular, low fat and fat free Ranch salad dressings, regular, low fat and fat-free mayonnaise, dry roasted and regular peanuts
7. **Soft Drink, Fruit and Energy drinks labels**
8. **Print 2 portions handouts** – Using Non-Food Items to Estimate Portions and Using Your Hands to Estimate Portions

Topic: What is My Plate and where did it come from?

Talking Points:

1. My Plate - One size doesn't fit all. choosemyplate.gov

A. My Plate helps you:

- a. Make smart food choices from every food group
- i. Find your balance between food and physical activity
 - ii. Get the most nutrition out of your calories
 - iii. Stay within your daily calorie needs
- b. My Plate is based on the latest research on food and Nutrition and the 2010 US Dietary Guidelines for Americans.
- c. Know how many calories you need:
 - i. **Go to choosemyplate.gov**
 - ii. Enter your age, height, weight, & activity level in the *Daily Food Plan* entry box
 - iii. If you are not within your healthy weight range pick the “move toward a healthier weight” option
 - iv. Receive a meal plan that offers 200-400 calories less per day than your average calorie needs to maintain your current weight

B. Discretionary Calories

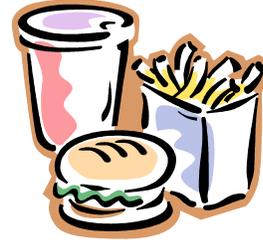
1. Activity: Group reads labels on soft drinks and compares calories found in 3 soft drinks to other foods they could eat with the same calories

2. You need a certain number of calories to keep your body functioning and provide energy for physical activities.
3. Think of the calories you need for energy like money you have to spend.
4. Each person has a total calorie “budget.”



5. This budget can be divided into “essentials” and “extras.”
6. With a financial budget,
 - a. The essentials are items like rent and food.
 - b. The extras are things like movies and vacations.

7. In a calorie budget,
 - a. The “essentials” are the minimum calories required to meet your nutrient needs.
 - b. The extras are things like high fat foods, such as fried foods, and foods with added sugars,



- such as soft drinks.
 - c. By selecting the lowest fat and no-sugar-added forms of foods in each food group you would make the best nutrient “buys.”
8. By choosing low sugar, low fat, nutrient-rich foods, you may be able to spend your extra calories on occasional luxuries like solid fats, added sugars, and alcohol, or on more food from any food group. They are your “discretionary calories.”
- v. Each person has an allowance for some discretionary calories.
 1. Many people use up their discretionary calorie allowance before lunch-time by making poor food choices
 2. Most discretionary calorie allowances are very small, between 100 and 300 calories/day, especially for those who are not physically active.
 3. For many people, the discretionary calorie allowance is totally used by the foods they choose in each food group, such as higher fat meats, cheeses, whole milk, or sweetened bakery products.
 4. You can use your discretionary calorie allowance to:
 - a. Eat more foods from any food group than the food guide recommends.
 - b. Eat higher calorie forms of foods—those that contain solid fats or added sugars. Examples are whole milk, cheese, sausage, biscuits, sweetened cereal, and sweetened yogurt.

- c. Add fats or sweeteners to foods. Examples are sauces, salad dressings, sugar, syrup, and butter.
- d. Eat or drink items that are mostly fats or caloric sweeteners.
- vi. Added sugars are sugars and syrups that are added to foods or beverages during processing or preparation.
- vii. Fats are concentrated sources of calories. Even small amounts of foods high in fat will use up the discretionary calorie allowance quickly.

d. Portion Sizes

- i. **Activity:** Using Non-Food Items to Estimate Portions and Using Your Hands to Estimate Portions (use handouts provided).
- ii. Although what we eat is important to meet our nutrient needs, the amount we eat of the foods we choose is equally important to manage the number of calories we eat.
- iii. Because Americans are eating out more often, our portions at home have grown to be as large as those we are served in restaurants.
- iv. Some fast food restaurants automatically “super-size” foods, while others encourage you to “super-size” by telling you it is the better value.



- **Food Groups**

- a. **Grains:** Make Half Your Grains Whole

- i. **Activity:** Group reads labels looking for whole grains in the ingredient list
- ii. At least 50% or half of the grain foods you choose should be made of whole grains rather than the processed, white flour.

- iii. Whole grains contain the entire grain kernel – the bran, germ and endosperm. Examples include:
 - 1. whole wheat flour
 - 2. bulgur (cracked wheat)
 - 3. oatmeal
 - 4. whole cornmeal
 - 5. brown rice
- iv. Refined grains have been milled, a process that removes the bran and germ. This is done to give grains a finer texture and improve their shelf life, but it also removes dietary fiber, iron, and many B vitamins. Some examples of refined grain products are:
 - 1. white flour
 - 2. degermed cornmeal
 - 3. white bread
 - 4. white rice
 - 5. Look to see that grains such as wheat, rice, oats, or corn are referred to as "whole" in the list of ingredients.
- v. The amount of grains you need to eat depends on your age, sex, and level of physical activity.
 - 1. Adults need a total of 5-8 ounces of grains daily.
 - 2. Include in your total grain intake at least 3-4 ounces of whole-grain cereals, breads, crackers, rice, or pasta every day.
 - 3. One ounce is about 1 slice of bread, 1 cup of breakfast cereal, or ½ cup of cooked rice or pasta.
- vi. Strategies for increasing whole grains in your diet
 - 1. Substitute a whole-grain product for a refined product – such as eating whole-wheat bread instead of white bread or brown rice instead of white rice.
 - 2. Try brown rice or whole-wheat pasta. Try brown rice stuffing in baked green peppers or tomatoes and whole-wheat macaroni in macaroni and cheese.
 - 3. Use whole grains in mixed dishes, such as barley

in vegetable soup or stews and bulgur wheat in casserole or stir-fries.

4. Create a whole grain pilaf with a mixture of barley, wild rice, brown rice, broth and spices.
5. Experiment by substituting whole wheat or oat flour for up to half of the flour in pancake, waffle, muffin or other flour-based recipes. They may need a bit more leavening.
6. Use whole-grain bread or cracker crumbs in meatloaf.
7. Try rolled oats or a crushed, unsweetened whole grain cereal as breading for baked chicken, fish, veal cutlets, or eggplant parmesan.
8. Try an unsweetened, whole grain ready-to-eat cereal as croutons in salad or in place of crackers with soup.
9. Freeze leftover cooked brown rice, bulgur, or barley. Heat and serve it later as a quick side dish.

b. Vegetables:

- i. **Activity:** 1. Group examines their logs and discusses options for increasing vegetables in their diets. 2. Group makes lists of all the vegetables they could eat.
- ii. Any vegetable or 100% vegetable juice counts as a member of the vegetable group.
- iii. Vegetables may be raw or cooked; fresh, frozen, canned, or dried/dehydrated; and may be whole, cut-up, or mashed.
- iv. The amount of vegetables you need to eat depends on your age, sex, and level of physical activity
 1. Adults need a total of 2-3 cups of vegetables daily.
 2. Eat 3 cups per week of dark green veggies, such as broccoli, kale, and other dark leafy greens;
 3. Eat 2 cups per week of the orange veggies, such as carrots, sweet potatoes, pumpkin, and winter

- squash;
4. Eat 3 cups per week of beans and peas, such as pinto beans and kidney beans.
- v. Strategies for increasing vegetables in your diet
1. Buy fresh vegetables in season. They cost less and are likely to be at their peak flavor.
 2. Stock up on frozen vegetables for quick and easy cooking in the microwave.
 3. Buy vegetables that are easy to prepare. Pick up pre-washed bags of salad greens and add baby carrots or grape tomatoes for a salad in minutes. Buy packages of veggies such as baby carrots or celery sticks for quick snacks.
 4. Use a microwave to quickly “zap” vegetables. White or sweet potatoes can be baked quickly this way.
 5. Vary your veggie choices to keep meals interesting.
 6. Try crunchy vegetables, raw or lightly steamed.

c. Fruit:

- i. **Activity:** 1. Group examines their logs and discusses options for increasing fruit in their diets. 2. Group reads labels looking for 100% juice and its calories, fresh fruit, frozen unsweetened fruit, dried, and canned fruit in heavy syrup, light syrup and juice packed to look at calories
- ii. Fruits may be fresh, canned, frozen, or dried, and may be



- iii. whole, cut-up, or pureed.
- iii. When choosing canned or frozen fruit, look for unsweetened or canned in fruit juice, not in syrup.
- iv. Eat a variety of fruits—whether fresh, frozen, canned, or dried—rather than fruit juice for most of your fruit choices.
- v. The amount of fruit you need to eat depends on your age, sex, and level of physical activity
 1. Adults need 1 ½ - 2 cups of fruit each day

2. In general, 1 cup of fruit or 100% fruit juice, or $\frac{1}{2}$ cup of dried fruit can be considered as 1 cup from the fruit group.
- vi. Strategies for increasing fruit in your diet:
1. Keep a bowl of whole fruit on the table, counter, or in the refrigerator.
 2. Refrigerate cut-up fruit to store for later.
 3. Buy fresh fruits in season when they may be less expensive and at their peak flavor.
 4. Buy fruits that are dried, frozen, and canned (in water or juice) as well as fresh, so that you always have a supply on hand.
 5. Consider convenience when shopping. Buy pre-cut packages of fruit (such as melon or pineapple chunks) for a healthy snack in seconds. Choose packaged fruits that do not have added sugars.

d. Milk

- i. **Activity:** Group reads labels of ice cream, yogurt, and milk to compare nutrients and calories.
- ii. All fluid milk products and many foods made from milk are considered part of this food group (Refer to handout for information on Milks Compared and Pros and Cons for Milk Options).
- iii. Foods made from milk that retain their calcium content are part of the group, while foods made from milk that have little to no calcium, such as cream cheese, cream, and butter, are not.
- iv. Most milk group choices should be fat-free or low-fat.
- v. The amount of food from the Milk Group you need to eat depends on age.
 1. Adults need 3 cups of milk products per day
 2. In general, 1 cup of milk or yogurt, $1\frac{1}{2}$ ounces of natural cheese, or 2 ounces of processed cheese can be considered as 1 cup from the milk group.

e. Meat & Beans:

- i. **Activity:** Group estimates portion sizes of various meat servings
- ii. All foods made from meat, poultry, fish, dry beans or peas, eggs, nuts, and seeds are considered part of this group.
- iii. Dry beans and peas are part of this group and also part of the vegetable group.
- iv. Most meat and poultry choices should be lean or low-fat.
- v. Fish, nuts, and seeds contain healthy oils, so choose these foods often instead of meat or poultry.
- vi. The amount of food from the Meat and Beans Group you need to eat depends on age, sex, and level of physical activity.
 1. Adults need a total of 5-6 ounces of meat or its equivalent each day.
 2. In general, 1 ounce of meat, poultry or fish, $\frac{1}{4}$ cup cooked dry beans, 1 egg, 1 tablespoon of peanut butter, or $\frac{1}{2}$ ounce of nuts or seeds can be considered as 1 ounce equivalent from the meat and beans group.

f. Oils

- i. **Activity:** Group reads labels on salad dressing to examine calories, fat and portion sizes
- ii. Oils are fats that are liquid at room temperature, like the vegetable oils used in cooking.
- iii. Oils come from many different plants and from fish.
- iv. Some oils are used mainly as flavorings, such as walnut oil and sesame oil.
- v. A number of foods are naturally high in oils, like: nuts, olives, some fish, and avocados
- vi. Foods that are mainly oil include mayonnaise, certain salad dressings, and margarine.
- vii. A person's allowance for oils depends on age, sex, and

level of physical activity.

1. Adults are allowed 5-6 teaspoons of fat daily.
2. Count all cooking oils, salad dressings, margarine, olives, peanut butter and nuts as part of your oil allowance.

- **Foods to Reduce**

- a. Eat foods with less sodium**

- i. **Activity:** Group reads labels comparing sodium levels in foods like soup, bread, and frozen meals
- ii. Salt plays a role in high blood pressure.
- iii. Everyone, including kids, should reduce their sodium intake to less than 2,300 milligrams of sodium a day (that is about 1 teaspoon of salt).
- iv. Individuals with risk factors listed below should further reduce their sodium intake to 1,500mg a day
 1. Adults age 51 and older
 2. African Americans of any age
 3. Individuals with high blood pressure, diabetes or chronic kidney disease
- v. Refer to handout and learn tips to cut back salt and sodium from your diet.

- b. Drink water instead of sugary drinks**

- i. **Activity:** Group reads labels comparing sugar levels in beverages like soda, fruit drinks and energy drinks
- ii. What you drink is as important as what you eat. Many beverages have little or no nutrients and contain added sugars. Others may provide nutrients but too much fat and too many calories.
- iii. Refer to handout and learn how to make better beverage choices.

- **Active Living**

Physical activity and nutrition work together for better health. It is vital to integrate physical activity into your daily routine.

- i. Physical activity simply means movement of the body that uses energy.
- ii. It can produce long term health benefits and reduce the risk for heart disease, type 2 diabetes, high blood pressure, high blood cholesterol and stroke.
- iii. For health benefits, physical activity should be moderate or vigorous intensity. Although you are moving, light intensity activities (i.e. walking at a casual pace, such as while grocery shopping and light household chores) do not increase your heart rate, so you should not count these towards meeting the physical activity recommendations.
- iv. Adults between 18- 64 years are recommended to accumulate at least 2 hours & 30 minutes each week of aerobic physical activity at a *moderate* level OR 1 hour & 15 minutes each week of aerobic physical activity at a *vigorous* level.
- v. Adults should also do strengthening activities, like push-ups, sit-ups & lifting weights, at least 2 days a week.
- vi. Moderate physical activities include:
 1. Walking briskly (about 3 ½ miles per hour)
 2. Hiking
 3. Gardening/yard work
 4. Dancing
 5. Golf (walking and carrying clubs)
 6. Bicycling (less than 10 miles per hour)
 7. Weight training (general light workout)
 8. Tennis (doubles)
- vii. Vigorous physical activities include:

1. Running/jogging (5 miles per hour)
 2. Walking very fast (4 ½ miles per hour)
 3. Bicycling (more than 10 miles per hour)
 4. Heavy yard work, such as chopping wood
 5. Swimming (freestyle laps)
 6. Aerobics
 7. Basketball (competitive)
 8. Tennis (singles)
- viii. Make an effort to incorporate physical activity into your daily routine. For example, walk don't ride, identify and recruit physical activity partners, find indoor and outdoor activities you enjoy, set goals and try new things.
- ix. You can increase your physical activity at home by joining a walking group, getting the whole family involved in an afternoon bike ride, walking up and down the soccer field sidelines while watching the kids play, walking the dog, exercise on stationary bike while watching TV, plant and care for your garden, clean the house, and wash the car.
- x. You can also use the workplace to increase your activity level. For example, get off the bus or subway one stop early and walk the rest of the way, replace coffee break with 10 minute walk, take part in exercise programs at work or join the office soft ball team or walking group.
- xi. Physical activity level can also be increased by taking part in leisure activities and sports. Example- Jogging, cycling, swimming, dancing, yoga, martial arts, basketball, canoeing