



DREAM INITIATIVE

SESSION 2:

NUTRITION

Eating healthier

A healthy diet is important to prevent or manage diabetes.

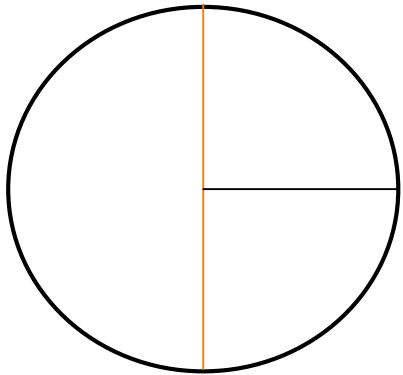
- Lowers blood sugar
- Lowers blood pressure
- Controls weight



My Plate

Build a healthy plate.

- $\frac{1}{2}$ vegetables
- $\frac{1}{4}$ protein (non-fatty meats, seafood, or vegetarian options like beans, eggs, or tofu)
- $\frac{1}{4}$ whole grains and starches



বিল্ডিং এ হেলদি প্লেট

সঠিক মাপের প্লেট বা পাত্র দিয়ে শুরু করুন। একজন প্রাপ্তবয়স্কের প্লেট মোটামুটি ৭ ইঞ্চির হওয়া দরকার এবং একটি শিশুর প্লেট মোটামুটি ৭ ইঞ্চির হতে হবে।



অর্ধেক প্লেট সব্জি



চার ভাগের এক ভাগ প্রোটিন

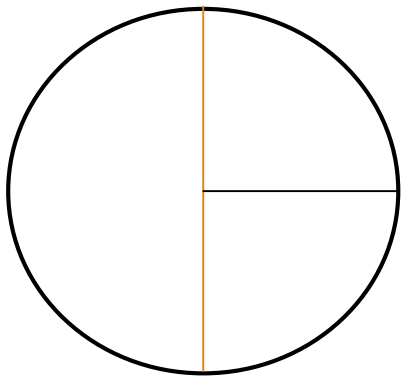
চার ভাগের এক ভাগ শ্বেতসার



My Plate

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ਸਿਹਤਮੰਦ ਪਲੇਟ ਬਣਾਓ

ਸਹੀ ਆਕਾਰ ਦੀ ਪਲੇਟ ਜਾਂ ਡੋੱਗੇ ਨਾਲ ਸ਼ੁਰੂ ਕਰੋ। ਇੱਕ ਬਾਲਗ ਦੀ ਪਲੇਟ 9 ਇੰਚ ਅਤੇ ਇੱਕ ਬੱਚੇ ਦੀ ਪਲੇਟ 7 ਇੰਚ ਦੀ ਹੋਣੀ ਚਾਹੀਦੀ ਹੈ।

1/4 ਸਾਬਤ ਅਨਾਜ ਜਾਂ ਸਟਾਰਚ

1/4 ਘੱਟ-ਫੈਟ ਵਾਲਾ (ਲੀਨ) ਪ੍ਰੋਟੀਨ

1/2 ਸਬਜ਼ੀਆਂ ਅਤੇ ਫਲ

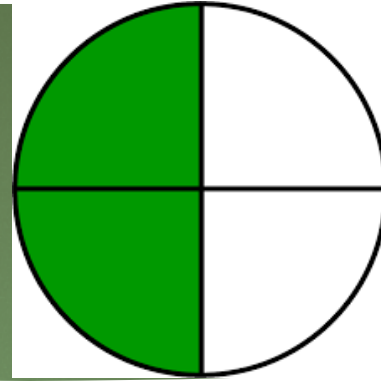
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NYC Health

HEALTHY HEART
HEALTHY COMMUNITY

Eat More Vegetables

Vegetables should make up $\frac{1}{2}$ of your plate!



- ▶ Vegetables contain fiber, which can help you feel more full and improve digestion.
- ▶ A healthy diet includes eating vegetables every day.
- ▶ **Eat the rainbow!** Eating a variety of colorful vegetables will provide your body with a variety of vitamins and minerals!

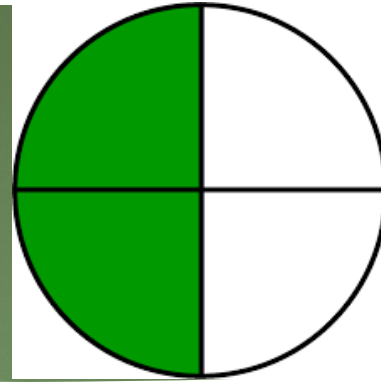
- Spinach
- Carrots
- Peas
- Okra
- Bell Peppers

- Tomatoes
- Cauliflower
- Broccoli
- Leafy greens
- Eggplant



Eat More Vegetables

Vegetables should make up $\frac{1}{2}$ of your plate!



- ▶ Vegetables are naturally low in fat and calories, and do not have cholesterol.
- ▶ **Eat the rainbow!** Vegetables are an important source of potassium, folic acid, Vitamin A, Vitamin C, and Vitamin E.





Discussion:

How can you add more vegetables
to your daily meals?

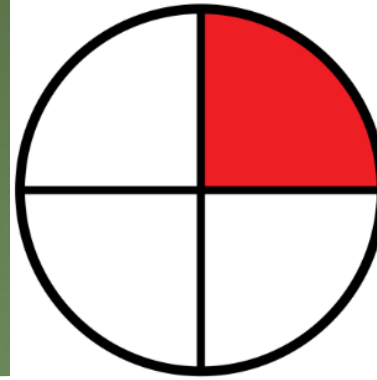
Some suggestions:

- ▶ Add a few different kinds of vegetables into your sabji or curry
- ▶ Add in spinach to your dal/lentil curry
- ▶ Include a cucumber, tomato, and onion salad with your lunch or dinner



Proteins: What to Choose

Non-fatty proteins should make up $\frac{1}{4}$ of your plate.



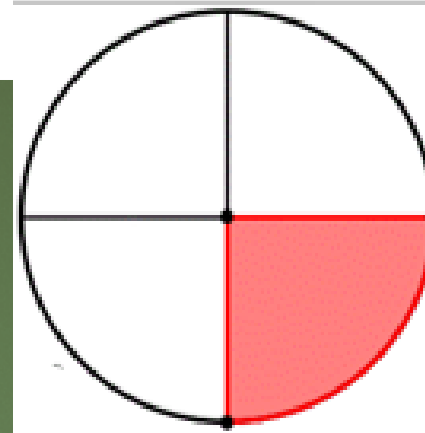
Foods high in proteins provide nutrients and can help keep you full.

- ▶ Seafood
- ▶ Chicken breasts without the skin, or non-fatty cuts of red meat (goat, lamb, beef)
- ▶ Dried beans, lentils, unsalted nuts and seeds, and soy products like tofu
- ▶ Eggs
- ▶ Low-fat plain, unsweetened yogurt



Carbohydrates

Whole grains and starches should make up $\frac{1}{4}$ of your plate.



Carbohydrates provide your body with energy.

Carbohydrate foods contain sugar, and can increase your blood sugar levels.

These foods are higher in carbohydrates:

- Roti, rice, potatoes, beans and lentils
- Sugary fruits
- Sweets and sugary drinks



Eating Carbohydrates: Choose Whole Grains

These do not cause your blood sugar to rise as quickly.



Look for 100% whole wheat!



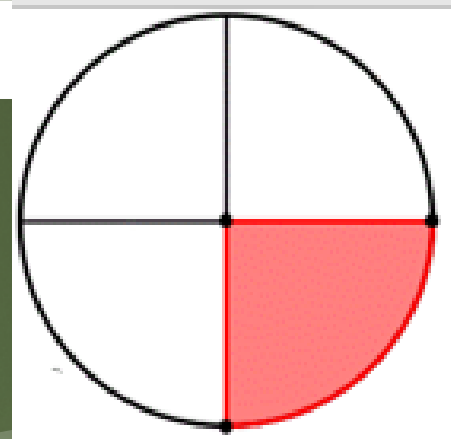
Avoid added sugar!



Choose brown rice instead of white rice!

Eating Carbohydrates: Choose Whole Grains

Whole grains and starches should make up $\frac{1}{4}$ of your plate.



Choose whole grains, such as brown rice and whole wheat roti.

- Make you feel full for longer
- Lower your risk of diabetes and heart disease

Limit starches, such as:

- white rice, white flour naan, palau, fried rice, potatoes, puffed rice, chanchur, white flour, rice flour

Limit the amount of carbohydrates you eat:

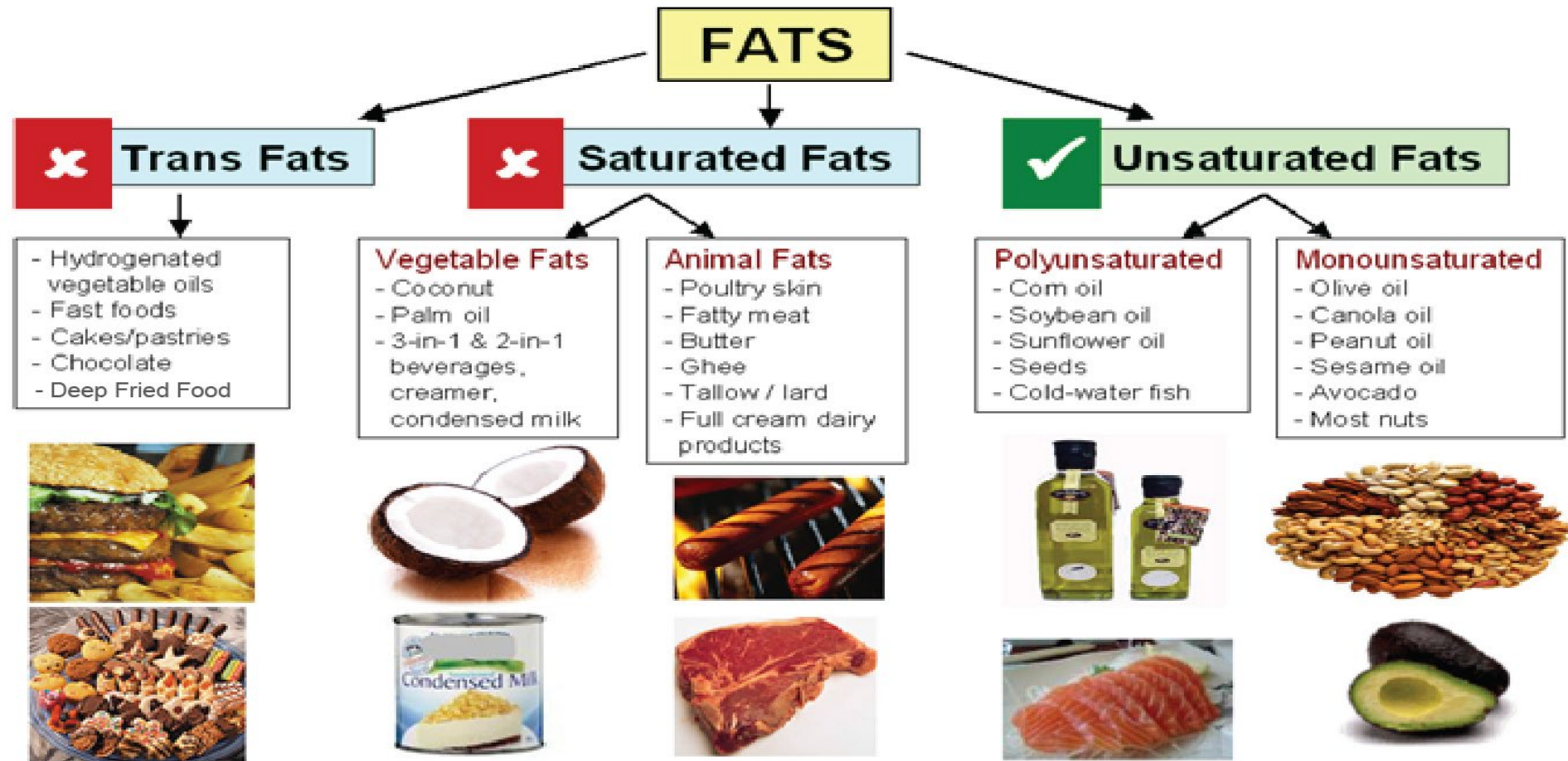
- Keep to $\frac{1}{4}$ of your plate
- Don't have rotis and rice in the same meal.

Avoid sweets and sugary drinks.

- These contain lots of sugar, and are not part of a healthy plate.

Fats and Oils

- ▶ Fats help absorb essential vitamins and helps your body's immune system. But too much fat increases risk of heart disease, diabetes and obesity.
- ▶ Ideal fat content in everyday diet should not exceed 50-80 grams.



Cholesterol

- ▶ Good cholesterol: a hormone produced by the liver to help the body metabolize nutrients.
- ▶ The excess cholesterol remains in the blood arteries, which prevents the blood from flowing normally.
- ▶ High cholesterol: a factor for increased health problems including hypertension, diabetes, and heart disease.
- ▶ Sometimes it can clump together to form a clot that can cause a heart attack or stroke.



Question:

- ▶ Is it okay for people with high blood sugar to eat as much fruit as they want?

Answer:

- ▶ Fruit is healthy.
- ▶ But fruits contain sugar, which can raise your blood sugar.
- ▶ Some fruits have a lot of sugar, and people with higher than normal blood sugar should limit these fruits, such as:
 - Dates, mangoes, bananas, pineapples, melons, and sweetened dried fruit.
 - Our culture/religion values eating dates. Eat in moderation.

Learn to Read Food Labels - Soda

2 liter bottle

nutrition ingredients varieties

VERY LOW SODIUM

Nutrition Facts

Serving Size 8 fl oz (240 mL)
Servings Per Container 8

Amount Per Serving
Calories 100

	% Daily Value*
Total Fat 0g	0%
Sodium 30mg	1%
Total Carbohydrate 27g	9%
Sugars 27g	
Protein 0g	

Not a significant source of calories from fat, saturated fat, trans fat, cholesterol, dietary fiber, vitamin A, vitamin C, calcium and iron.

*Percent Daily Values are based on a 2,000 calorie diet.

Make Sense of the food Label

- 1 serving of coca cola is 8 ounces (small cup).
- 8 ounces of coca cola has 27 grams of sugar
- 27 grams of sugar is 6.75 teaspoons, which is **9%** of your daily recommended calorie intake
- If you have 2 glasses of coca cola, that means you had $9\% \times 2 = \mathbf{18\%}$ of your daily recommended calorie intake



Sugar Demonstration

Read Shezan Mango Juice Food Label

- How much sugar is in one serving?

33 grams

(~about 8 teaspoons of sugar)



Stay hydrated

- ▶ The American Diabetes Association recommends zero-calorie or low-calorie drinks allowing you to:
 - ▶ Manage your symptoms and control your weight.
- ▶ Options:
 1. Water, flavored water, infused water
 2. Unsweetened/reduced tea
 3. Unsweetened/reduced coffee
 4. Tomato juice or another type of vegetable juice (watch the sodium though!)
 5. Smoothies



High Sodium/Salty Foods

- ▶ Limit foods high in sodium (salt):
 - achar/pickles
 - chanachur
 - packaged or processed foods
 - restaurant or fast foods



How Much Sodium Should I Consume?

- ▶ Eat less salt
- ▶ Reduce your sodium to 2300 mg (1 teaspoon) per day
 - ▶ 1500 mg per day for people with high blood pressure



Salt Activity

- ▶ How much salt is 2300 mg?

Learn to Read Food Labels - Achar



Make sense of the food label

- 1 serving of achar is 2 tablespoons.
- 2 tablespoons of achar has 560 mg of sodium.
- 560 mg of sodium is 23% of your daily recommended sodium.
- If you have 2 tablespoons at lunch + 2 tablespoons at dinner, that means you had 46% (almost half!) of your daily recommended sodium

Healthy Snacks

- ▶ Before you eat a snack, make sure you are really hungry instead of thirsty or bored.
- ▶ What to choose
 - ▶ Plain yogurt with fresh fruit
 - ▶ Apple or banana slices or berries
 - ▶ Unsalted nuts- limit nuts to a small handful
 - ▶ Cut-up vegetables, or cucumber/tomato mix



Healthy Cooking Tips

- ▶ Avoid overcooking vegetables. The longer you cook your vegetables, the more nutrition you lose.
- ▶ Use healthy oils: Choose canola oil instead of ghee and butter.
- ▶ Use low-fat milk products like lowfat yogurt and lowfat milk. Avoid using heavy cream or coconut milk.
- ▶ Use less salt: Use other spices such as black pepper and lemon juice instead.
- ▶ Sautee, grill, steam or bake foods instead of frying or deep-frying.

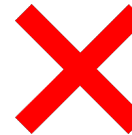


Eat Right When Eating Out

Instead of fried vegetables,
choose raw or steamed
vegetables



Instead of several naans,
choose only one naan



Instead of sweets,
choose chai with no sugar



Creating Healthy Habits

Barrier: It's hard to serve healthy food when my family or guests don't like it.

Remember that changing food habits takes time. Start by slowly introducing changes.

- ▶ If trying to switch to eating brown rice, try by making a dish of half white rice, and half brown rice. Gradually increase the amount of brown rice.
- ▶ Serve fresh fruit after a special meal or when hosting guests for dinner, instead of sweets high in fat and sugar like mattai and chai.

Creating Healthy Habits

Barrier: When I'm unhappy or stressed...

- ▶ I eat too many unhealthy foods
- ▶ I smoke cigarettes or chew paan

Instead, when you're unhealthy or stressed, try exercising!

Exercising is one way to improve mood and reduce stress!

Call on your exercise buddy to get active.

Share with your family that you are trying to be healthier and ask them to help you keep on track.

Some tips

- Bring fruits instead of sweets to a party.
- Be honest with your host about your healthy lifestyle changes.
- Follow the Plate Method.
- Don't go back for a second plate.
- Encourage your host/s to take a walk after the meal.

Quiz: Question 1

Q 1) In your Healthy Plate, whole grains such as brown rice or whole wheat roti should be:

- a) $\frac{1}{2}$ of the plate
- b) $\frac{3}{4}$ of the plate
- c) Full plate
- d) $\frac{1}{4}$ of the plate

Answer

Q 1) In your Healthy Plate, whole grains such as brown rice or whole wheat roti should be:

- a) $\frac{1}{2}$ of the plate
- b) $\frac{3}{4}$ of the plate
- c) Full plate
- d) $\frac{1}{4}$ of the plate**

Quiz: Question 2

Q 2) When you buy packaged, bottled, or canned food/drink from outside, you should always check (choose all that apply):

- a) How colorful the container is
- b) Serving size
- c) No need to check anything
- d) Number of servings in the container

Answer

Q 2) When you buy packaged, bottled, or canned food/drink from outside, you should always check (choose all that apply):

a) How colorful the container is

b) Serving size

c) No need to check anything

d) Number of servings in the container

Setting Healthy Eating Goals

- ▶ Goal setting: One thing I will do to eat healthier before my next session is:

- I will call you to check in and see how you are doing.
- I will work with you to help you meet your goals.



Tips:

- ✓ Try to track your food each day
- ✓ Track more over time. Start by tracking what and when you eat. When you get comfortable with this, you can start tracking how much you eat then calories.

Physical Activity!

Lets move!
I will lead you in a 10 minute activity!

Deep Breathing

- Be sure you are sitting down in a comfortable position (at home, try to find a quiet place).
- Uncross your arms and legs and rest your feet gently on the floor.
- Take a slow, deep breath.
- Hold your breath for about 4 seconds.
- Exhale slowly, pushing out as much air as you can.
- Repeat these steps 5 times.

Exercises - Stretching

Neck Exercise: improves flexibility and relieves tension in neck. (3 reps)

1. Sit in your chair with your back firmly against it.
2. Slowly, turn your head from left to right and hold the position for 10 seconds.
3. Take deep, slow breaths while doing this exercise.



Exercise - Stretching

Chest Stretch: stretches the chest muscles, and is good for posture.

1. You can do this stretch while standing or sitting in a sturdy, armless chair.
2. Keep your feet flat on the floor, shoulder-width apart.
3. Hold arms to your sides at shoulder height, with palms facing forward.
4. Slowly move your arms back, while squeezing your shoulder blades together. Stop when you feel a stretch or slight discomfort.
5. Hold the position for 10-30 seconds.

Repeat 3 times



Exercise - Stretching

Upper Back Exercise: improves flexibility and helps with your shoulder and upper back muscles.

1. Please remain seated and place your feet firmly on the ground.
2. Hold arms in front of you at shoulder height with palms facing outward.
3. Relax your shoulders and reach forward with your hands.
4. Hold position for 10 seconds.
5. Be sure to take slow, deep breaths.

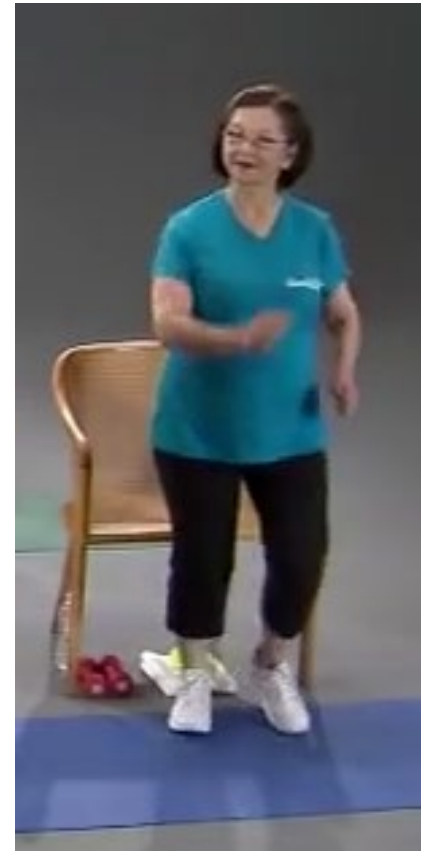
Repeat 3 times



Exercise – Warm Up

Walking in Place

1. Breathe deeply as you walk in place at an easy pace, swinging your arms naturally, for two minutes to warm up your muscles.



Exercise – Strengthening

Stand to Sit: Strengthens your abdomen and thighs, will make it easier to get in and out of a chair

1. Sit toward the front of a sturdy, armless chair with knees bent and feet flat on floor, shoulder-width apart.
2. Lean back with your hands crossed over your chest. Keep your back and shoulders straight throughout exercise. Breathe in slowly.
3. Breathe out and bring your upper body forward until sitting upright.



Exercise – Strengthening Continued

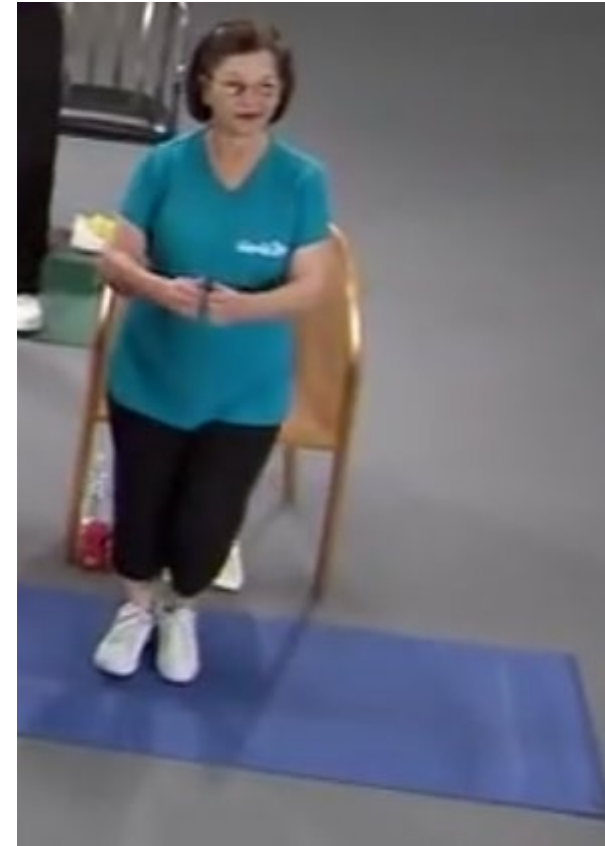
4. Extend your arms so they are parallel to the floor and slowly stand up.
5. Breathe in as you slowly sit down.
6. Rest; then repeat 10-15 more times.



Exercise - Cardio

Walking Side to Side: This exercise will slowly increase your heart rate

1. Stand with your feet together
2. Step side to side at an easy pace
3. Remember to keep your stomach tucked in
4. Continue to step side to side for 1 minute



Next session: Physical Activity

- Reminder: I will follow-up with you over the phone to set some **specific goals to help you eat healthier.**
- Next session: Learn some exercises and how to incorporate more physical activity into your daily life!