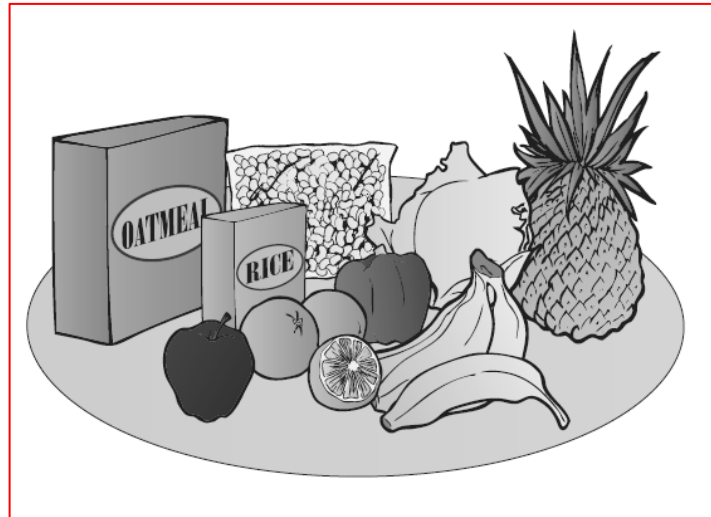


# Nutrition



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Image<sup>1</sup>

DC 12/4/2020

## Session Overview: NUTRITION

Say: Thank you for agreeing to meet with me today. If it's okay with you, I'd like to spend a few minutes sharing with you some information about nutrition that I hope you will find helpful. If at any time you have questions, please stop me and I'll do my best to answer them. Ready to get started?

# NUTRITION

## Today's Topics:

- ✓ Energy In vs. Energy Out
- ✓ Plate Method for Portion Control
- ✓ Understanding a Nutrition Facts Label
- ✓ Avoiding Fat, Cholesterol, & Sodium
- ✓ Barriers to Healthy Eating
- ✓ Making Healthy Choices when Eating Out
- ✓ Shopping on a Budget
- ✓ Health Food Shopping in the Neighborhood

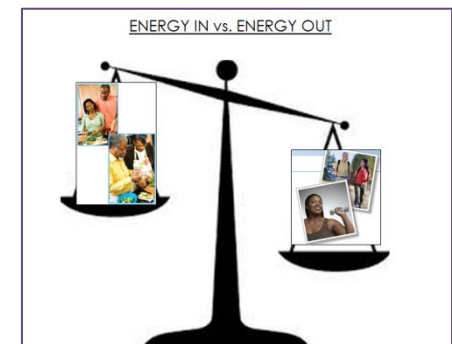
# Calories 101

Ask: Before we start talking about nutrition, I want to start with a basic question - does what we eat have an impact on our weight? [ensure response is YES]. If so, how does this occur?

Say: The answer is that the number of calories we eat and drink each day must equal the number of calories we are burning by being physically active. If the number of calories we eat and drink is more than the number of calories we are exerting during the day, this could result in weight gain. The opposite is also true; if the number of calories we eat and drink is less than the number of calories we are burning each day, this could result in weight loss. This can be achieved over time by eating and/or drinking fewer calories, being more physically active or best of all, a combination of the two.

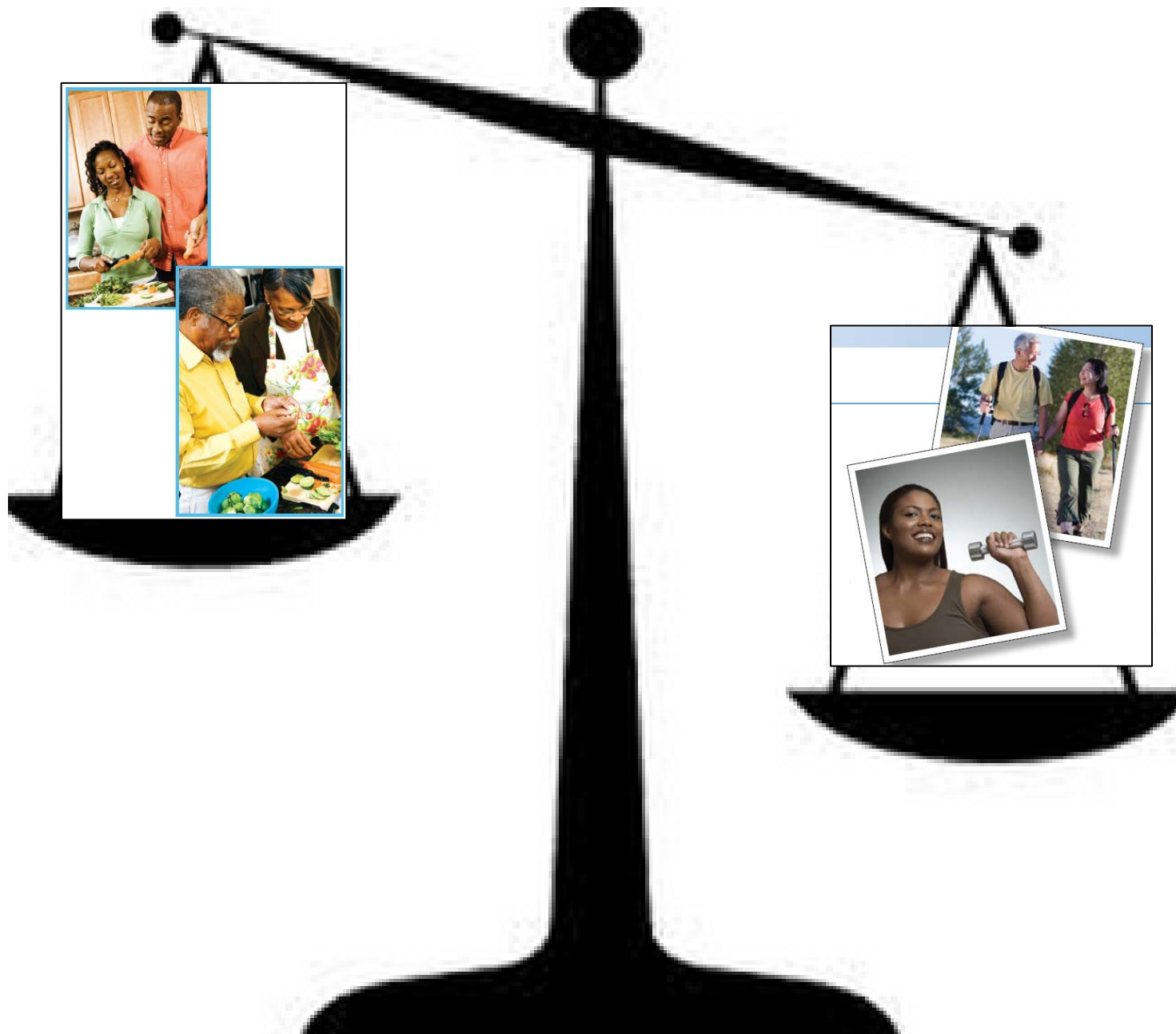
The number of calories that an adult should consume varies based on their gender and their level of physical activity. For someone like you, you should be consuming approximately \_\_\_\_\_ calories per day in order to avoid weight gain [consult caloric intake table for reference].<sup>1</sup>

Gender	Age (years)	Physical Activity Level <sup>b</sup>		
		Sedentary	Moderately Active	Active
<b>Child (female and male)</b>	2-3	1,000-1,200 <sup>c</sup>	1,000-1,400 <sup>c</sup>	1,000-1,400 <sup>c</sup>
<b>Female<sup>d</sup></b>	4-8	1,200-1,400	1,400-1,600	1,400-1,800
	9-13	1,400-1,600	1,600-2,000	1,800-2,200
	14-18	1,800	2,000	2,400
	19-30	1,800-2,000	2,000-2,200	2,400
	31-50	1,800	2,000	2,200
	51+	1,600	1,800	2,000-2,200
<b>Male</b>	4-8	1,200-1,400	1,400-1,600	1,600-2,000
	9-13	1,600-2,000	1,800-2,200	2,000-2,600
	14-18	2,000-2,400	2,400-2,800	2,800-3,200
	19-30	2,400-2,600	2,600-2,800	3,000
	31-50	2,200-2,400	2,400-2,600	2,800-3,000
	51+	2,000-2,200	2,200-2,400	2,400-2,800



Images<sup>2,3,4</sup>

# ENERGY IN vs. ENERGY OUT



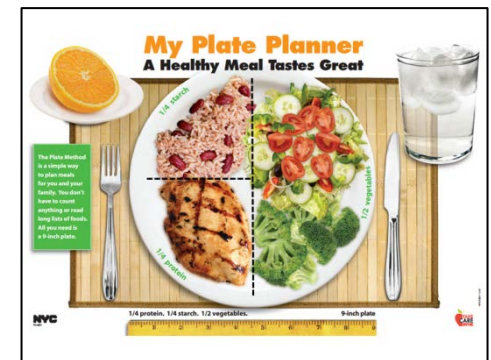
# Portion Control

Say: One way to ensure that the number of calories you eat and drink does not exceed the number that you are burning throughout the day is to limit the amount of food you are eating at one time, and/or limiting the amount of food you are eating throughout the day. This method is called portion control, and a simple and easy guide to maintaining portion control is using the plate method.

Show: [point to participant flipchart] Using this picture as a guide, you'll see that the plate has been divided into three sections -- vegetables, protein, and starch / grains. Each section is divided according to how much you should be consuming of each food group. For instance, you'll notice that the protein and starch sections are smaller than the vegetables section.

Say: Another way to control portion sizes is to use a smaller plate at meal times. The plate method is based on a 9" plate, but many people use 12" plates. This seems like a silly difference, but by using a larger plate, you are accidentally consuming more calories than you would be by using a smaller plate.<sup>2</sup>

Ask: Do these suggested portion sizes surprise you at all?  
What is usually on your plate? Do you use a 9" or 12" plate?



Image<sup>5</sup>

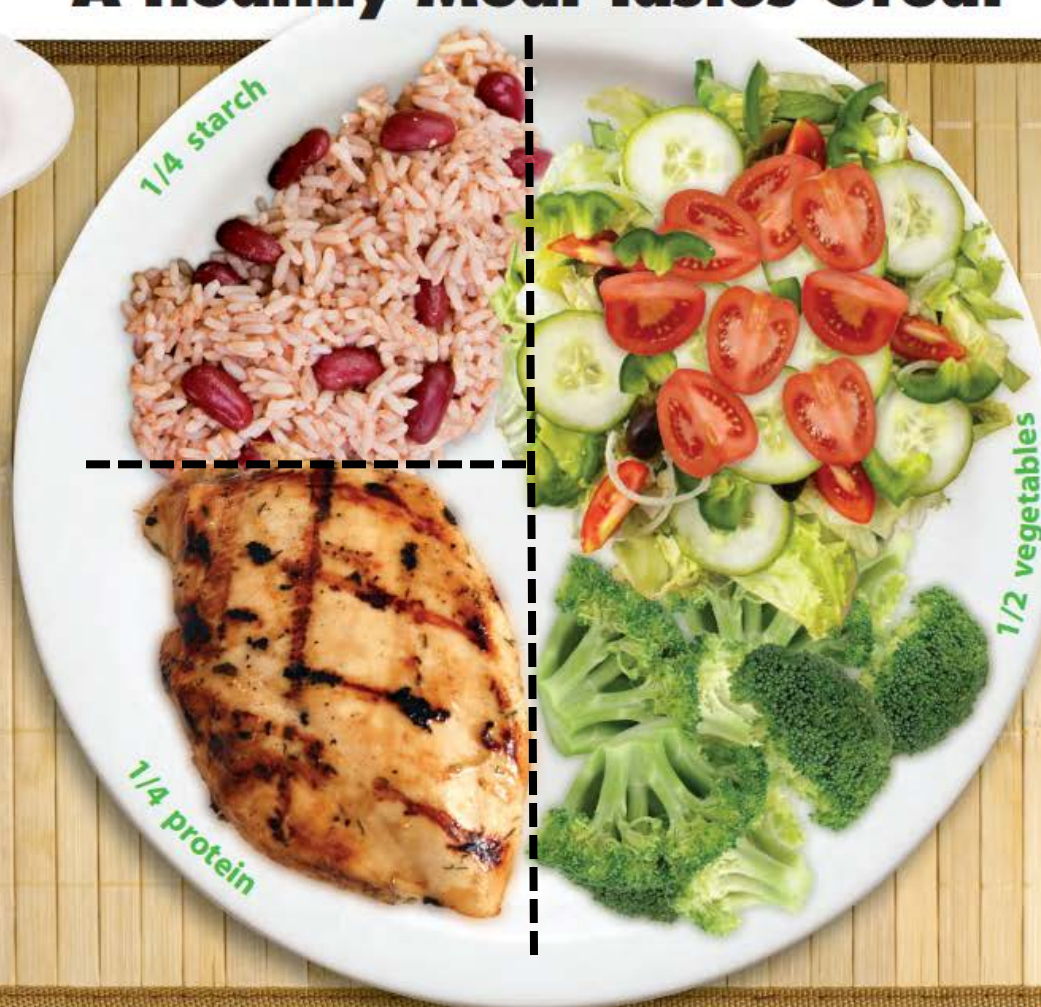


# My Plate Planner

## A Healthy Meal Tastes Great

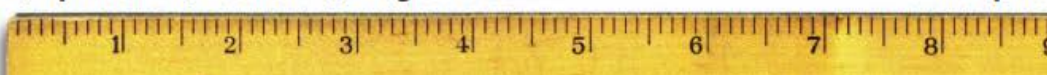


The Plate Method is a simple way to plan meals for you and your family. You don't have to count anything or read long lists of foods. All you need is a 9-inch plate.



1/4 protein. 1/4 starch. 1/2 vegetables.

9-inch plate



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# Understanding the Nutrition Facts Label

Say: Another important way to control the amount of calories you are consuming is to read the nutritional labels before purchasing or cooking with certain foods and beverages.

Ask: Do you look at nutritional labels? If so, what do you look for on the label?  
[ensure participant understands the following components of a nutrition label]

## **1 - Start with the serving information at the top of the label.**

This will tell you the size of a single serving and the total number of servings per container (package).

## **2 - Next, check total calories per serving.**

Pay attention to the calories per serving and how many servings you're really consuming if you eat the whole package. If you double the servings you eat, you double the calories and nutrients.

## **3 - Limit these nutrients.**

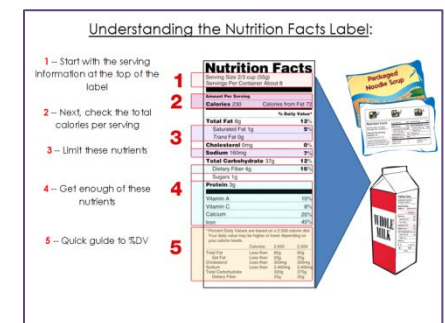
Based on a 2,000 calorie diet, you should limit these to: 16 grams of saturated fat, as little *trans*-fat as possible, and no more than 2,300 mg of sodium. We will talk more about these in a minute.

## **4 - Get enough of these nutrients.**

Make sure you get enough of beneficial nutrients such as: dietary fiber, protein, calcium, iron, vitamins and other nutrients you need every day.

## **5 - Quick guide to % Daily Value.**

The % Daily Value (DV) tells you the percentage of each nutrient in a single serving, in terms of the daily recommended amount. As a guide, if you want to consume less of a nutrient (such as saturated fat or sodium), choose foods with a lower % DV — 5 percent or less. If you want to consume more of a nutrient (such as fiber), seek foods with a higher % DV — 20 percent or more.<sup>3</sup>



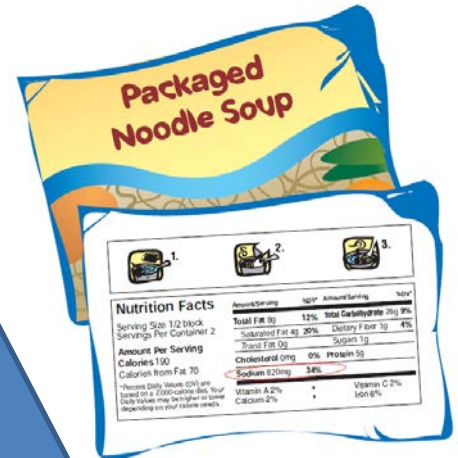
Image<sup>1,6</sup>



# Understanding the Nutrition Facts Label:

- 1 -- Start with the serving information at the top of the label
- 2 -- Next, check the total calories per serving
- 3 -- Limit these nutrients
- 4 -- Get enough of these nutrients
- 5 -- Quick guide to %DV

Nutrition Facts	
Serving Size 2/3 cup (55g) Servings Per Container About 8	
Amount Per Serving	
<b>Calories 230</b>	Calories from Fat 72
% Daily Value*	
<b>Total Fat 8g</b>	<b>12%</b>
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 160mg</b>	<b>7%</b>
<b>Total Carbohydrate 37g</b>	<b>12%</b>
Dietary Fiber 4g	16%
Sugars 1g	
<b>Protein 3g</b>	
Vitamin A	10%
Vitamin C	8%
Calcium	20%
Iron	45%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g



# Avoiding Fat, Cholesterol, and Sodium

Say:           Going back to the middle of the nutrition label, I mentioned briefly that you want to limit saturated fat, trans-fat, cholesterol, and sodium. Avoiding these three things will help you maintain a diet that is healthy for your heart and for your overall body.

The first is to avoid foods that are high in saturated fat. Examples include whole milk, fatty cuts of meat (such as steak, ground beef, ribs, pork chops), skin of chicken, turkey, and pig, foods fried in grease, shortening and lard, doughnuts, pastries, cakes, and cookies. Foods that are lower in saturated fat include lean meats, fish/seafood, turkey and poultry without the skin, fat-free and low-fat milk, vegetable oil, fruits and vegetables.

The next step is to avoid foods high in trans-fat, as these increase LDL (bad) cholesterol and lower HDL (good) cholesterol. Examples include margarine, shortening, cake mixes and frostings, and flavored non-dairy creamers.

Lastly, it is very important to limit sodium to less than 2,300 mg per day (unless you are on a special diet given to you by a nutritionist). Most of the sodium in our diet comes from packaged foods, restaurants, and fast foods. Examples include canned soups, frozen dinners, chips, lunch meats, hot dogs, and bacon. For packaged foods, you can find out how much sodium is in the product on the label [reference previous page of participant flipchart. Look for low-sodium packaged foods and be sure to rinse canned beans and veggies before eating. For restaurant and fast foods, it is usually very hard to find sodium information, so you should try and stick to heart healthy menu items like lean proteins, whole grains, and/or vegetables if available.<sup>4</sup>

Ask:           What are your food weaknesses? What do you eat frequently that might not be considered heart healthy? [use opportunity to strategize about healthier alternatives]



Image<sup>1,7,8</sup>

# Avoid the middle of the label!

**HIGH IN SATURATED FAT?  
TRY THESE INSTEAD!**



**CONTAINS TRANS-FAT?  
SKIP IT!**



**HIGH IN SODIUM?  
PASS ON THE SALT!**



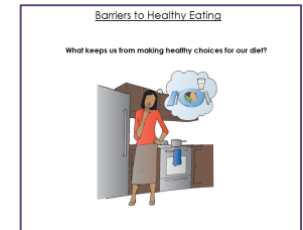
# Addressing Barriers to Healthy Eating

Say: So now we've talked about how to control our calorie intake and what to limit in our diet, but sometimes things happen in our daily lives that make it difficult for us to stick to our food goals. It is very important to plan ahead for the kinds of situations that may get in the way of your nutrition goals.

Ask: When do you find it difficult to make healthy food choices?

Say: [address barriers relevant to participant]

1. **It is difficult for me to choose a healthy snack.** Try to pack your lunch and keep healthy options in your refrigerator to snack on at home or bring with you (e.g. fruits, cut vegetables, one handful of almonds or other nuts).
2. **I do not have the time to prepare healthier foods.** Plan your meals and make a shopping list to ensure you have the ingredients in your kitchen to pull together meals quickly (e.g. frozen vegetables or bagged salad greens).
3. **It is too expensive to buy healthy foods.** Buy vegetables and fruit fresh when they are in season and freeze extras. Choose frozen vegetables and fruit. Skip the cookies, baked goods, chips, soft drinks and other high calorie beverages.
4. **It is difficult for me to eat healthy food on holidays or special occasions.** Before leaving for a party, eat a light snack like raw vegetables or a piece of fruit to curb your appetite. Include vegetables and fruits to keep your plate balanced. Eat until you are satisfied, not stuffed. Savor your favorite holiday treats while eating small portions.
5. **It is uncomfortable for me refuse unhealthy foods when they are offered to me in social situations.** Bring something from home for yourself and others. Bring a box of fruits instead of cake/pastries to a social gathering.
6. **I eat out a lot.** Some restaurants provide nutrition information about their food choices that you can check to find healthier choices. Order small or appetizer portions or share a meal with a friend when eating out. Choose water instead of juice or soda.
7. **I do not like how healthier foods taste.** Give it time. Food preferences are slow to change, but they can change. Making a new behavior a habit usually takes 3 months or more. Make your changes small, and give yourself time to adjust.
8. **My family doesn't like to eat healthier foods.** Request their support and help in assisting you to reach your own health goals, which is also beneficial to their own health and wellness!
9. **I overeat or eat unhealthy foods when I'm unhappy or anxious.** Call on your exercise buddy to get active when you feel unhappy or anxious, instead of eating when you are emotional.
10. **It's too hard / I am not good at making changes.** Make small and measurable changes. It won't happen right away, but if you continue to take small steps and work on your food goals each week, you will see that it gets easier!<sup>5</sup>



Image<sup>1</sup>

# Barriers to Healthy Eating

What keeps us from making healthy choices for our diet?

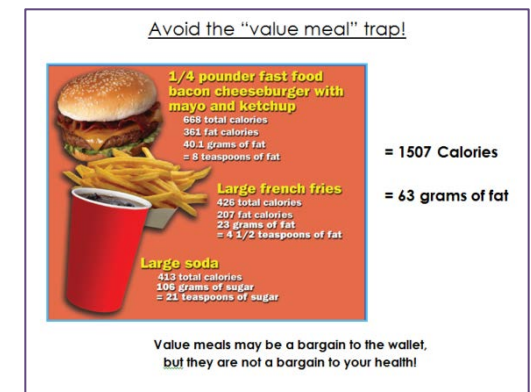


# Making Healthy Choices when Eating Out

Say: We already talked earlier about some of the barriers to healthy eating, one of which is making smart choices when eating outside the home. Though there are many fast food restaurants that advertise “value meals,” consider the “value” of consuming over 1,500 calories and 63 grams of fat in one meal! Though it may be cheaper to eat this way in the moment, consider the cost down the road of medications, doctor appointments, and other healthcare costs that are associated with heart disease, hypertension, and diabetes.

If the restaurant offers calorie labeling, make choices based on that information that will limit your calorie intake for the day. Many restaurants now offer low-fat choices, such as grilled chicken and/or salads. You may also request fruit or yogurt in place of French fries or salty side dishes. Try drinking seltzer water in place of soda.<sup>6</sup>

Ask: How often do you eat fast food? What is one thing you can do or order when you eat fast food to limit your calories, fat, and sugar intake?



Image<sup>3</sup>



## Avoid the "value meal" trap!



= 1507 Calories

= 63 grams of fat

Value meals may be a bargain to the wallet,  
but they are not a bargain to your health!

# Shopping on a budget

Say: Many people have trouble stretching a limited food budget until the next paycheck or until the end of the month, so the first step to healthy eating with limited food dollars is to make a monthly food budget. Once you have an idea of what your budget for the month is, you can use some of the following strategies to help save money and plan healthy meals for your (and your family).

Ask: What are some of the ways you save money while shopping on a budget?  
responses include below]



Image<sup>1,9</sup>

## 1) Before going to the store

- Plan weekly meals. Your family can help you plan the menu.
- Make a shopping list based on your meal plan. [provide Supplemental handout - "Shopping List Guide"]
- Check the food sale ads.
- Use coupons. Check the Sunday newspaper, and clip coupons for foods you normally buy or need. Ask your children or another family member to help you.
- Make fresh foods at home instead of using prepared items such as frozen entrees, bakery cakes, or salads.

## 2) Choosing a store

- Shop at the store that has the lowest prices for the items you need. Remember that convenience stores have higher prices and less variety than supermarkets.

## 3) At the store

- Buy what is on your list. You are more likely to buy too much or buy items that you do not need without a list.
- Convenience can cost more. Some examples include: Canned beans, Boneless chicken breasts, etc.
- Buy fruits and vegetables that are in season.
- Shop alone when possible. Family members or friends may try to get you to buy items you do not need.
- Do not shop when you are hungry.
- Watch for errors at the cash register. Sometimes sale items do not ring up on sale.
- Look for store brands of products; they usually are just as nutritious as more expensive name brands.<sup>4</sup>

# Shopping on a Budget

1 **Make a monthly budget**

2 **Plan weekly meals**

3 **Make a shopping list  
and stick to it!**



# Healthy Food Shopping in the Neighborhood

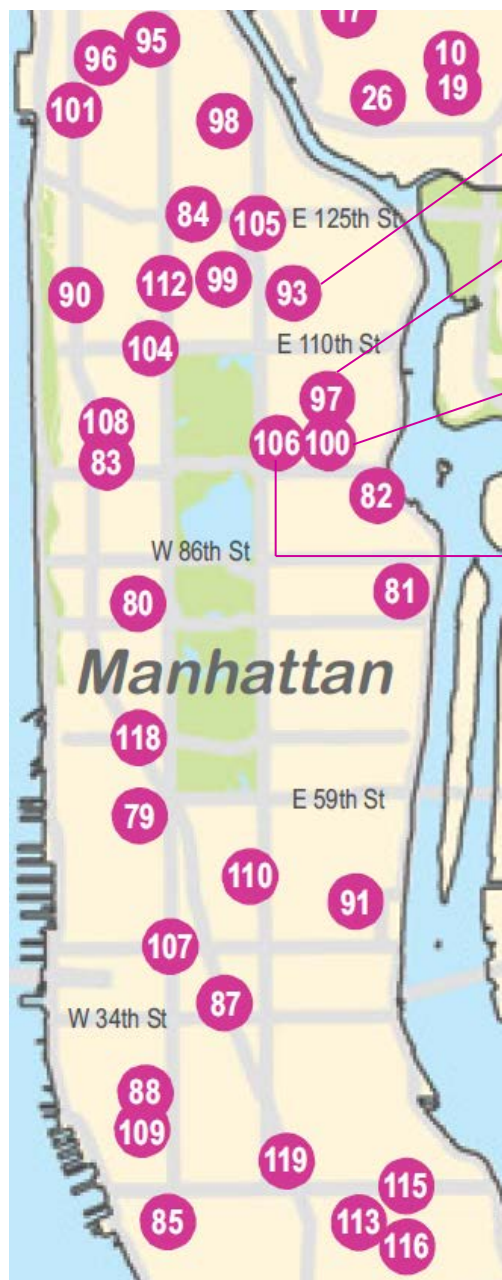
Ask: Where do you like to shop for food in the neighborhood? What issues do you have when shopping for fresh fruits and vegetables?

Ask: Did you know that there are several farmers' markets in the area where you can purchase fresh fruits and vegetables? These markets are generally open from July through November, and carry a variety of different type of produces from local vendors. Did you know that you can also earn special coupons towards the purchase of fruits and vegetables called HealthBucks? For every \$5 you spend in SNAP/EBT benefits at these markets, you can earn a \$2 HealthBucks coupon, which means you get 40% more for your money!

[provide Supplemental handout - "Farmer's Market Info Map" and information regarding Health Bucks]



# Healthy Food Shopping in the Neighborhood



## El Barrio Youth Marqueta

Thursdays 1-6 PM, Sat & Sun 11 AM - 5 PM

## Harvest Home East Harlem

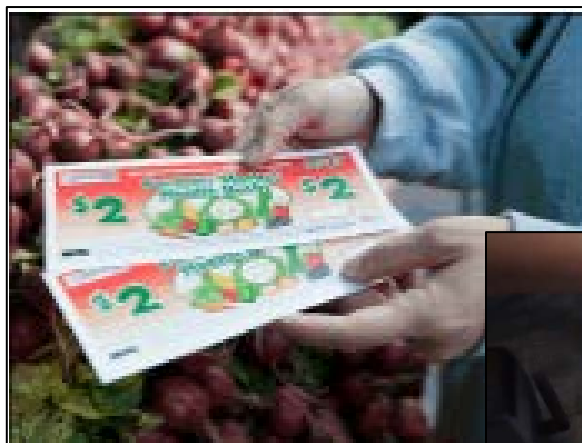
Thursdays 8 AM - 4 PM

## Harvest Home Metropolitan

Fridays 8 AM - 4 PM

## Mt. Sinai Hospital GreenMarket

Wednesdays 8 AM - 5 PM



**EARN \$2 HEALTHBUCKS  
TOWARDS FRESH PRODUCE!**



## Session Review:

Say: Great! That's all the information I have for today. Just to review, we talked about the following topics today:

- ✓ Energy In vs. Energy Out
- ✓ Plate Method for Portion Control
- ✓ Understanding a Nutrition Facts Label
- ✓ Avoiding Fat, Cholesterol, & Sodium
- ✓ Barriers to Healthy Eating
- ✓ Making Healthy Choices when Eating Out
- ✓ Shopping on a Budget

Say: Remind me, what is the plate method again? And what are the different sections of the plate? [Re-review if participant can't recall]

Say: Do you have any other questions about the information we went over? Were there things you learned or didn't know before today? Were there things I didn't talk about that you'd like to discuss at a future visit?

Ask: We have a few more minutes left, would you like to spend 10-15 minutes coming up with a few meal ideas for next week, and a shopping list for those meals? [if time doesn't allow, suggest instrumental support visit to do grocery shopping tour or connect to ongoing wellness activities related to nutrition and healthy eating]



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