ACKNOWLEDGEMENTS

Purpose: The purpose of this manual is to provide nutrition and food preparation information to those interested in helping friends, family, and neighbors adopt a healthy lifestyle by becoming a Community Health Advisor.

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# Session 1 – Focus on Lowering Weight

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This program, called “Flying Sparks,” is part of a project of the Center for Health Promotion designed to train Community Health Advisors. Just as a spark can start a huge fire, we are hoping the sparks of health research we have done for the last 10 years will spread the benefits of Community Health Advisors across the state and nation. To get the most out of CHA training, we suggest you do the General Training before the three special trainings: Physical Activity, Smoking Cessation, and Nutrition. If you would like more information on the programs offered in Flying Sparks, call the Center for Health Promotion at the number on the back cover of this manual.

This manual will train you on nutrition. As a Nutrition Community Health Advisor (CHA), you will learn to promote good nutrition in your community. This is important since poor nutrition can raise a person’s risk for heart disease, diabetes, and some types of cancer in a number of ways. Being overweight or obese, having high blood cholesterol, and having high blood pressure are all serious risk factors for heart disease, diabetes, and some types of cancer. They are all related to what we eat. A healthy diet can improve these health problems. People can lose weight, lower their blood cholesterol, and lower their blood pressure by having healthier eating habits. You can encourage members of your community to change what and how much they eat to make a huge impact on their future health and happiness.

At a glance: Each session will state the Goals for the session, outline Information that will be discussed, and give a Tie It Together summary. We are glad you are interested in the CHA Nutrition Training and hope you enjoy this program!

Note: Please remember to remind members of your community to discuss good nutrition with their doctor.
Session 1:
A Healthy You Starts With
a Healthy Weight
Goals:
During this session you will:
1. Introduce each other
2. Review training location, day, and time
3. Learn the roles of a CHA
4. Complete a brief survey
5. Learn why most people are overweight
6. Learn why you should encourage people to get to and stay at a healthy weight
7. Learn where calories come from
8. Learn what foods have the most calories
9. Learn what size food servings help you get to and stay at a healthy weight

All recipes in this manual can be found in the Healthy Home Cooking Cookbook.
1. Introduce Each Other.

List the names of other members on your team

____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________

2. Training Location, Day, and Time

Location:____________________

Day:____________________

Time:_________ to _________
Community Health Advisors (CHAs) are natural helpers in their community—people who others can turn to for advice, assistance, or referrals to appropriate resources. Being a CHA includes 3 roles:

1. Providing Advice
2. Offering Assistance
3. Making Action Plans

**Advice** (to educate, counsel, and inform) is helping people with new health information or community information, either by answering a question, telling them something, or helping them figure something out themselves. For example: giving someone information about diabetes and their risk for becoming diabetic or telling someone about a community healthy eating program.

**Assistance** (to help by doing something) is providing a needed service or referring someone to a person or organization who can provide the service. For example: carrying someone to the doctor or handing out educational materials about different health issues.

**Action Planning** (planning to do something as a group) is working with others to build a lasting solution to a community problem or need. For example: starting a weekly cooking club to learn new healthy recipes.

For more information on the roles of a CHA, please see the General CHA Training Manual. At the end of this session an activity is available to help you start practicing the 3 roles of a CHA.
Before training starts, we would like for you to fill out this survey so that you can come back at the end of training to see how much you have learned. Please answer each item “True” or “False”. Do not worry if you do not know the correct answer. We will cover all this information during the training.

<p>| | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>True</strong></td>
<td><strong>False</strong></td>
<td><strong>1.</strong> Weight is the result of the balance between the calories we consume in food and beverages and the calories we burn in physical activity.</td>
</tr>
<tr>
<td><strong>True</strong></td>
<td><strong>False</strong></td>
<td><strong>2.</strong> A major source of calories in the American diet is <em>FAT</em>.</td>
</tr>
<tr>
<td><strong>True</strong></td>
<td><strong>False</strong></td>
<td><strong>3.</strong> A major source of saturated fat is <em>meat</em>.</td>
</tr>
<tr>
<td><strong>True</strong></td>
<td><strong>False</strong></td>
<td><strong>4.</strong> Frying does NOT add many extra calories to foods.</td>
</tr>
<tr>
<td><strong>True</strong></td>
<td><strong>False</strong></td>
<td><strong>5.</strong> Alcohol is NOT a source of calories.</td>
</tr>
<tr>
<td><strong>True</strong></td>
<td><strong>False</strong></td>
<td><strong>6.</strong> Food labels tell you how many calories are in a specific size serving of a food. This serving size is given on the label.</td>
</tr>
<tr>
<td><strong>True</strong></td>
<td><strong>False</strong></td>
<td><strong>7.</strong> One half of a dinner plate should be <em>non starchy vegetables</em> and only 1/4 of a plate should be <em>meat</em>.</td>
</tr>
<tr>
<td><strong>True</strong></td>
<td><strong>False</strong></td>
<td><strong>8.</strong> People should use either whole milk or 2% milk and NOT <em>skim</em> or 1%.</td>
</tr>
<tr>
<td><strong>True</strong></td>
<td><strong>False</strong></td>
<td><strong>9.</strong> Hypertension can be helped by the DASH diet and reducing sodium/salt in the diet.</td>
</tr>
<tr>
<td><strong>True</strong></td>
<td><strong>False</strong></td>
<td><strong>10.</strong> To lose weight you have to consume fewer calories and do more physical activity.</td>
</tr>
</tbody>
</table>
A Healthier You
A serious risk factor for heart disease, diabetes, and some types of cancer is being overweight. Being overweight (or obese) is very common among Americans of all races, sexes, and ages. In Alabama almost two-thirds of adults are overweight or obese. For some people, family history may affect their weight. For many, it is simply a matter of eating and drinking too much (poor nutrition) and not being active. This session will teach you about nutrition and weight. It covers where calories come from in foods and beverages and healthy amounts to eat and drink.

Calories- Where Do They Come From?
Not everybody can or should look like a movie star, but everyone can try to reach a healthy weight. Your weight is simply a result of the balance between how many calories you take in as you eat and drink and how active you are. If you eat more calories than you burn up in physical activity, you gain weight. That is what most Americans have been doing for a long time. Calories are a measure of the “energy value” of foods. This energy can be used during physical activity or stored in your body as fat. To lose weight, most people need to eat fewer calories by changing the types of foods they eat, eating less, and being physically active.

Food is made up of nutrients: proteins, carbohydrates, and fats. These all have calories, but fat has the most. In fact, a major source of calories in the American diet is fat. Foods that have a lot of fat in them are high in calories and need to be avoided.

Protein is found mainly in meats, fish, and poultry. Some of these have a lot of fat in them; you can see it in the marbling or under the skin.
Carbohydrates are found in breads, cereals, pastas, fruits, and vegetables. They are naturally low in fat, but fat can be added by frying or adding sauces.

Dairy foods contain a mixture of protein, carbohydrate, and fat. Lowfat milk and other lowfat dairy products are best to use. Butter, margarine, and oils are pure fat and add many calories when they are added to foods.

There is one other source of calories - alcohol. It is not considered a nutrient but it is found in many drinks (beer, wine, mixed drinks) and has many calories.

**Serving Sizes- How Many Calories in One Serving?**

Food labels tell you a lot of things about a food, especially calories. Look at the *Nutrition Facts* chart on the food label. Look for the *Serving Size*. Everything listed on the label is based on the serving size. So, the number of calories listed is for that serving size. For an example of how to read food labels, see page 13- READ IT before you EAT IT! Look at the serving size, servings per container, calories, fat, cholesterol, fiber, etc.

On some food labels you may see words like, “low calorie,” “calorie free,” “lowfat,” “fat free,” “low cholesterol,” “cholesterol free,” “low sodium,” or “sodium free.” Foods with these labels are probably fine to eat (based on the serving size) as part of a healthy diet. Watch for the word “reduced.” Foods that say reduced may not be wise to use. For example, a food labeled “reduced fat,” may not be low in fat at all. It may just have a little less fat than the regular version of the food.

Eating the right serving size is important in order to reach a healthy weight and stay there. Eating too much of even a healthy food adds calories.
We have become used to large servings of food. Even our dinner plates are larger than ever! See What size is your serving? on page 14 for examples of serving sizes that can be used as guides for meal planning. Some easy examples are:

### Serving Sizes

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>Guide</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 oz piece of meat, fish, poultry</td>
<td>The size of a deck of cards</td>
</tr>
<tr>
<td></td>
<td>The palm of a women’s hand</td>
</tr>
<tr>
<td>1 medium piece of fruit</td>
<td>The size of a baseball</td>
</tr>
<tr>
<td>½ cup of peas or other vegetable</td>
<td>The size of a scoop of ice cream</td>
</tr>
<tr>
<td>½ cup of cooked pasta, rice, grits</td>
<td>The size of ½ a baseball</td>
</tr>
<tr>
<td>1 cup of raw vegetables</td>
<td>The size of a baseball</td>
</tr>
<tr>
<td>1 cup of dry cereal</td>
<td>The size of a baseball</td>
</tr>
<tr>
<td>2 tablespoons of peanut butter</td>
<td>The size of a roll of film</td>
</tr>
<tr>
<td>1 ounce of cheese</td>
<td>The size of a pair of dice</td>
</tr>
</tbody>
</table>
# Nutrition Facts

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>1 cup (228g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Servings Per Container</td>
<td>2</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>250</td>
</tr>
<tr>
<td>Calories from Fat</td>
<td>110</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
</tr>
<tr>
<td>Saturated Fat</td>
</tr>
<tr>
<td>Cholesterol</td>
</tr>
<tr>
<td>Sodium</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
</tr>
<tr>
<td>Dietary Fiber</td>
</tr>
<tr>
<td>Sugars</td>
</tr>
<tr>
<td>Protein</td>
</tr>
<tr>
<td>Vitamin A</td>
</tr>
<tr>
<td>Vitamin C</td>
</tr>
<tr>
<td>Calcium</td>
</tr>
<tr>
<td>Iron</td>
</tr>
</tbody>
</table>

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

<table>
<thead>
<tr>
<th>Calories</th>
<th>2,000</th>
<th>2,500</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>Less than 65g</td>
<td>80g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>Less than 20g</td>
<td>25g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>Less than 300mg</td>
<td>380mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>Less than 2,400mg</td>
<td>2,400mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>300g</td>
<td>375g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>25g</td>
<td>30g</td>
</tr>
</tbody>
</table>

What food would have this Nutrition Facts label? Answer below.

---

## What’s the Best Choice for You?

*Use the 5%-20% Guide to Daily Values to choose foods.*

---

Source: U.S. Department of Agriculture, 2005
## What size is your serving?

Compare the Pyramid Servings with what you eat in a day.

<table>
<thead>
<tr>
<th>How Many Each Day?</th>
<th>What Counts as a Serving</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>2 to 3 Servings</strong></td>
<td>8 oz. glass of milk = cup of fruit juice</td>
</tr>
<tr>
<td><strong>Milk Group</strong></td>
<td></td>
</tr>
<tr>
<td></td>
<td>1 1/2 oz. of natural cheese = cup of low-fat yogurt</td>
</tr>
<tr>
<td></td>
<td>8 oz. cup of yogurt = size of a baseball</td>
</tr>
<tr>
<td><strong>Meat &amp; Beans Group</strong></td>
<td>2 oz. of meat, poultry, or fish = size of a deck of cards</td>
</tr>
<tr>
<td></td>
<td>2 tablespoons of peanut butter or meats on 1 oz. = size of a notecard</td>
</tr>
<tr>
<td></td>
<td>1 cup of beans = size of a baseball</td>
</tr>
<tr>
<td><strong>3 to 5 Servings</strong></td>
<td>1 cup of raw, leafy vegetables = size of a baseball</td>
</tr>
<tr>
<td><strong>Vegetable Group</strong></td>
<td>10 french fries = size of a deck of cards</td>
</tr>
<tr>
<td></td>
<td>1/2 cup of beans or other legumes = size of a small can of soup</td>
</tr>
<tr>
<td><strong>2 to 4 Servings</strong></td>
<td>3/4 cup of fruit juice = size of a deck of cards</td>
</tr>
<tr>
<td><strong>Fruit Group</strong></td>
<td></td>
</tr>
<tr>
<td></td>
<td>1/2 cup of dried fruit = size of a notecard</td>
</tr>
<tr>
<td></td>
<td>1 medium fruit = size of a baseball</td>
</tr>
<tr>
<td><strong>6 to 11 Servings</strong></td>
<td>1 slice of bread = size of a hotdog</td>
</tr>
<tr>
<td><strong>Grains Group</strong></td>
<td></td>
</tr>
<tr>
<td></td>
<td>1 cup of dry cereal = size of a baseball</td>
</tr>
<tr>
<td></td>
<td>1/2 cup of peas = size of a small can of soup</td>
</tr>
</tbody>
</table>

Source: U.S. Department of Agriculture, 2005
ADVISE: Educate, Counsel, and Inform

ASSIST: Help by doing something
(ex. Make a phone call, sit with someone, give a ride)

ACTION PLAN: As a group, plan to do something
(ex. Plan an event, agree in a group that everyone will do something)

SITUATION:
You have a neighbor who has started eating healthier but still is not losing much weight. How can you help your neighbor?

Advice You Could Give
1. Explain that weight loss is a balance between nutrition and physical activity. Advise her to add activity before cutting a lot of calories.
2. Make sure her diet is really a “healthy” diet that includes plenty of fruits, vegetables, and low fat meats like skinless chicken.

Assistance You Could Give
1. Give her various educational materials and pamphlets on nutrition.
2. Give her a copy of “Healthy Home Cooking.”
3. Offer to walk with her to get her used to physical activity.

Action Plans that Could Be Developed
1. Start a walking club.
2. Complete the Flying Sparks Physical Activity Training in your community to learn about promoting physical activity.
Advise: Educate, Counsel, and Inform

Assist: Help by doing something
(ex. Make a phone call, sit with someone, give a ride)

Action Plan: As a group, plan to do something
(ex. Plan an event, agree in a group that everyone will do something)

Situation:
You have a friend who was told by her doctor that she was overweight and needed to lose 25 pounds. She told you that she does not think she is overweight at all. Also, she said her husband likes the way she looks now.

Why should she do what the doctor is suggesting?

Advice You Could Give

Assistance You Could Give

Action Plans that Could Be Developed
Ingredients
- 2 cups orange juice
- 3 tablespoons lemon juice (juice of one lemon) – optional
- 6 ounces unsweetened pineapple juice
- 1 cup unsweetened apple juice
- 12 ounces lemon or lime sparkling mineral water

Directions
In a large pitcher, combine the fruit juices and sparkling water. Pour over ice.

One 10 ounce serving has:
- Calories .......................... 111
- Total Fat .......................... 0
- Cholesterol ........................ 0
- Sodium .......................... 9 milligrams

(Serves 4)
In Session 1:

1. You have been introduced to the team. You will be working closely with one another. Your talents are needed!

2. You have been given the location, day, and time for the meetings. Please, let your team leader know if you will not be able to attend one of the training sessions.

3. You have learned the 3 roles of a CHA: providing advise, offering assistance, and making action plans. You will use these roles over the course of the CHA Nutrition Training.

4. You have learned that most people are overweight because they eat more calories than they burn up in physical activity.

5. You have learned calories come from protein, carbohydrate, and fat but fat has the most calories by far.

6. You have learned what size food servings help you get to and stay at a healthy weight by reading food labels.
Session 2:
Focus on Balance
Goals:
During this session you will learn:
1. How to eat a balanced diet
2. How MyPyramid helps you plan a balanced diet
3. What is the daily recommended amount of food from each food group at different calorie levels
4. How the plate planner helps you plan a healthy plate
Most people agree that a balanced diet is important. But, few people know what a balanced diet is. Eating a balanced diet is one of the first steps you can take for a healthy diet, so it is important to understand what it is. This session will explain what a balanced diet means and show you how to use two simple tools to make sure your diet is balanced. Also, you will learn how to be sure your balanced diet has the right number of calories so you can have a healthy weight, or lose weight if you need to.

What is a Balanced Diet?
A balanced diet is one that has the right amounts of foods from the basic food groups. It does not have too much of any food group or too little of any food group. This is important because we know that in order for your body to get all the nutrients, vitamins, and minerals it needs, you must eat from each food group everyday. MyPyramid on the next page shows how much you should have each day from each food group: grains, vegetables, fruits, oils, milk, and meat & beans.

Also, to lose weight or keep a healthy weight, make wise choices from the food groups. Foods within each group that have a lot of fat or sugar will have more calories and should be avoided. Here are some examples:

<table>
<thead>
<tr>
<th>Wise Choices</th>
<th>Not So Wise Choices</th>
</tr>
</thead>
<tbody>
<tr>
<td>Baked chicken</td>
<td>Fried chicken</td>
</tr>
<tr>
<td>Broiled fish</td>
<td>Fried fish</td>
</tr>
<tr>
<td>Steamed okra</td>
<td>Fried okra</td>
</tr>
<tr>
<td>Fruit canned in juice</td>
<td>Fruit canned in syrup</td>
</tr>
<tr>
<td>Whole wheat bread</td>
<td>Biscuits</td>
</tr>
<tr>
<td>Bagels, English muffins</td>
<td>Pancakes, waffles</td>
</tr>
<tr>
<td>Lowfat milk</td>
<td>Whole milk</td>
</tr>
</tbody>
</table>
The USDA MyPyramid is designed to remind people to make healthy food choices and be active everyday. If you have access to the internet please visit www.mypyramid.gov and build your own personal calorie plan by entering your age, gender, and how much physical activity you do everyday. If you do not visit the website, the Calorie Plans on the next page may work for you.

Source: U.S. Department of Agriculture/U.S. Department of Health and Human Services, 2005
MyPyramid shows which food groups to choose from daily for a healthy diet. If you want to lose weight and need a specific plan, one of the following plans may work for you.

**Note:** Discuss the following Calorie Plans with a doctor or nutritionist.

### Daily Amount of Food from Each Food Group

<table>
<thead>
<tr>
<th>Calorie Level</th>
<th>1200</th>
<th>1600</th>
<th>2000</th>
<th>2200</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grains</td>
<td>4 oz</td>
<td>5 oz</td>
<td>6 oz</td>
<td>6 oz</td>
</tr>
<tr>
<td>Vegetables</td>
<td>1.5 cups</td>
<td>2 cups</td>
<td>2.5 cups</td>
<td>3 cups</td>
</tr>
<tr>
<td>Fruits</td>
<td>1 cup</td>
<td>1.5 cups</td>
<td>2 cups</td>
<td>2 cups</td>
</tr>
<tr>
<td>Oils</td>
<td>4 tsp</td>
<td>4 tsp</td>
<td>6 tsp</td>
<td>6 tsp</td>
</tr>
<tr>
<td>Milk</td>
<td>2 cups</td>
<td>3 cups</td>
<td>3 cups</td>
<td>3 cups</td>
</tr>
<tr>
<td>Meat &amp; Beans</td>
<td>3 oz</td>
<td>5 oz</td>
<td>5.5 oz</td>
<td>6 oz</td>
</tr>
</tbody>
</table>

Source: U.S. Department of Agriculture/U.S. Department of Health and Human Services, 2005
The Plate Planner shows you how to balance your foods for one meal. It is simple to use. Divide a 10 inch dinner plate like this: ½ of the plate can be filled with non starchy vegetables, ¼ of the plate with meat/poultry/fish, and ¼ of the plate with starchy foods. Add a serving from the milk group and a serving from the fruit group for dessert. Use very little butter, salad dressings, and oils. **Do not let your foods touch on the plate. If they do, your servings are too big and you will get too many calories!**
| **Grain Group** | 1 slice of bread  
1 tortilla  
½ cup cooked cereal, rice, or pasta  
1 ounce ready to eat cereal  
½ hamburger or hotdog bun, bagel, or English muffin  
3 to 4 plain crackers (small)  
2 graham crackers (2 inch square each) |
|-----------------|---------------------------------------------------------------|
| **Vegetable Group** | ½ cup chopped, raw, or cooked vegetables  
1 cup raw leafy vegetables  
¾ cup vegetable juice  
½ cup potatoes |
| **Fruit Group** | ¾ cup fruit juice  
½ cup raw or canned fruit  
1 medium apple, banana, orange, or other piece of fresh fruit  
15 grapes |
| **Milk Group** | 1 cup skim or lowfat milk  
1 cup nonfat buttermilk  
1 ½ ounces of cheese  
1 cup frozen lowfat yogurt |
| **Meat and Beans Group** | 2 to 3 ounces cooked lean meat, poultry, or fish  
½ cup cooked dry beans  
⅓ cup of nuts  
Limit eggs to 3 a week |
| **Fats, Oils, Sweets** | 1 tsp. of regular margarine or oil counts as a serving  
1 Tbsp. of salad dressing count as a serving  
Use sweets sparingly! |
ADVISE: Educate, Counsel, and Inform

ASSIST: Help by doing something
(ex. Make a phone call, sit with someone, give a ride)

ACTION PLAN: As a group, plan to do something
(ex. Plan an event, agree in a group that everyone will do something)

SITUATION:
You have a neighbor who wants to lose weight. She told you she has started a new eating program. She asks you for help planning a good diet.

Advice You Could Give

Assistance You Could Give

Action Plans that Could Be Developed
GARDEN PASTA SALAD

Ingredients
- 2 cups canned mixed fruit
- ¼ cup white vinegar
- 1 package (8 oz.) spiral pasta
- 2 tsp. cornstarch
- 1 Tbsp. basil
- 2 cloves garlic, minced
- 1 cup cherry tomatoes, halved
- 1 cup celery, sliced
- ¼ green onion, thinly sliced
- Lettuce leaves

Directions
1. Drain fruit, saving remaining liquid.
2. Pour vinegar over fruit and set aside.
3. Cook pasta in boiling water until tender; drain and cool slightly.
4. In small saucepan, whisk together remaining fruit liquid, cornstarch, basil, and garlic.
5. Stir over medium heat until mixture thickens and boils.
6. Remove from heat; stir in mixed fruit and vinegar.
7. Toss pasta with tomatoes, celery, and green onion.
8. Combine with fruit and sauce; chill.
9. Spoon onto lettuce leaves to serve.

A one cup serving size has:
- Calories .................................................. 197
- Fat .................................................... 2 grams
- Cholesterol .............................................. 0
- Sodium .................................................. 34 milligrams

(Serves 6)
In Session 2:

1. You have learned a balanced diet means eating the right amounts of foods from the basic food groups. You have also learned some wise and unwise food choices to maintain a balanced diet.

2. You have learned how to use MyPyramid to help you plan a balanced diet according to different calorie levels.

3. You have learned how to plan a healthy plate to balance your foods at one meal by using ½ the plate for non starchy vegetables, ¼ the plate with meat/poultry/fish, and ¼ the plate for starchy foods.

4. You have learned what counts as a serving from the different food groups.
Session 3: Focus on Fats
Goals:
During this session you will learn:
1. What foods have cholesterol, saturated fat, hydrogenated fat, and trans fat
2. What foods have monounsaturated fat and polyunsaturated fat
3. Which fats are better for you to eat
4. How to have less fat in your diet
Eating too much fat can put you at a higher risk for heart disease, diabetes, and some types of cancer. It can make you gain weight that will put more stress on your heart. Extra weight can make your blood pressure go up, which can cause a heart attack or stroke. Also, eating too much fat can make your blood cholesterol go up. This can lead to fat building up in your arteries and causing atherosclerosis or “hardening of the arteries.”

There are different types of fat in our diets, and some are better to eat than others because of the way they affect blood cholesterol levels. Reading food labels will tell you what types of fat are in different foods. However, no matter what kind of fat you use, you will gain weight if you eat a lot of it. All fat has a lot of calories.

Fats that May Raise Blood Cholesterol

Cholesterol is only found in foods from animals such as meat and dairy products. Foods from plants, such as fruits and vegetables, do not have cholesterol.

Saturated fats are found in foods from animals, like the fat in beef, pork, lamb, and poultry. Think about the fat around a piece of raw meat, in a slice of bacon, or the marbling in a steak. This is all saturated fat. Another source of saturated fat is dairy foods. Cream, whole milk, 2% fat milk, butter, and cheese have saturated fat in them. Finally, some plant oils commonly used in commercially baked goods and other foods are saturated fat. Coconut, palm, and palm kernel oils are examples.
Hydrogenated fats are made when some oils are processed. The process changes liquid oil to a more solid form. Many commercial products such as solid margarines and shortenings contain hydrogenated or partially hydrogenated vegetable oils.

Trans fats result from food processing. In the future, trans fats will be printed on the food label. Until then, if you see the words, “hydrogenated” or “partially hydrogenated vegetable oils,” you can assume that trans fats are present. Trans fats are found in many processed chips and baked goods, such as cookies, crackers, and snack cakes.

Fats that May Lower Blood Cholesterol

Polyunsaturated fats and monounsaturated fats may lower blood cholesterol when you use them instead of saturated fat. Most plant oils are high in polyunsaturated and monounsaturated fat. They are normally liquid at room temperature. Examples of polyunsaturated fat are safflower, sunflower, soybean, and corn oils. Examples of monounsaturated fats are canola, olive, and peanut oils. Use these oils and soft margarines made from these oils in cooking and at the table. When used in small amounts and in place of cholesterol, saturated fat, hydrogenated fat, and trans fats will help lower your cholesterol. See the ABC’s of Fats and Oils on page 35 for a summary of this information.
Fats in Cooking
When cooking, fats should be kept to a minimum. Avoid frying foods, especially deep-fat frying, because it adds a lot of calories. If a food is batter dipped or covered in flour or cornmeal, it absorbs even more fat and has more calories. The fat most often used in frying is saturated fat, the kind that raises blood cholesterol levels.

You can have less fat in cooking by doing the following:

1. Use only lean cuts of meat.
2. Trim all the visible fat off meat before cooking it.
3. Take the skin off poultry and remove all visible fat before cooking it.
4. Always drain the fat that comes from cooking ground meat. If you will be adding other ingredients, such as vegetables to a stew or tomatoes to a sauce, be sure to drain the grease before you add them.
5. Put cooked stews, sauces, and soups in the refrigerator to let the fat harden and rise to the top. Take the hard fat off and throw it away.
6. Bake, broil, grill, or steam food. Use a non-stick spray and pan.

Other Ways You Can Have Less Fat in Your Diet
1. Drink skim or lowfat milk instead of whole (sweet) milk or 2% milk.
2. Eat cheeses labeled “lowfat.”
3. Avoid processed meats like bacon, hot dogs, and bologna. You can use those labeled “lowfat.”
4. Do not choose processed meats just because the label says they are made from turkey. They still may be high in fat. Make sure the label says “lowfat.”
5. Limit eggs to 3 a week.
6. Organ meats are high in cholesterol. Since liver is rich in iron and vitamins, it is okay to eat about once a month. Avoid other organ meats such as chitterlings.
7. Limit the amount of salad dressing you use. Try salad dressings labeled “lowfat.”

See handout on page 36 for more ideas on lowering the fat in your diet
Watch Your Serving Sizes!
Because all types of fats have a lot of calories and some of them raise blood cholesterol, it is very important to use fats in small amounts. Be sure to do the following:

- Measure margarine added to vegetables and breads. A serving size is a teaspoon.
- Measure salad dressings. A serving size is a tablespoon. Often you are served more than a tablespoon when you eat out (such as the plate in the picture below).
- Measure mayonnaise added to sandwiches. A serving size is a teaspoon.
Fats play an important role in nutrition. They provide energy, help us absorb some vitamins, and add flavor to foods. However, too much of a good thing...can be bad! Fats have a lot of calories. Foods with a lot of fat in them will have a lot of calories and make you gain weight easily.

The different types of fat are listed below. No matter what kind it is, they all have the same number of calories. So, even though some are better than others to use to avoid heart disease, diabetes, and some types of cancer, too much of any fat will add unnecessary calories.

<table>
<thead>
<tr>
<th>Type</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cholesterol</td>
<td>This is fat found in foods from animals such as egg yolks, fatty beef and pork, organ meats, and full fat dairy products. Too much cholesterol can make blood cholesterol go up in some people.</td>
</tr>
<tr>
<td>Saturated fats</td>
<td>These are mainly found in animal foods such as meat and poultry, whole or reduced fat milk, and butter. Some vegetable oils like coconut, palm, and palm kernel oil are saturated. Saturated fats are usually solid at room temperature. Saturated fats can raise blood cholesterol levels.</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>This type of fat is formed when vegetable oils are made into margarine or shortening. Snack foods and baked goods made with “partially hydrogenated vegetable oil” or “vegetable shortening” have trans fat. Trans fats are harmful to your health.</td>
</tr>
<tr>
<td>Polyunsaturated fats</td>
<td>These are found mainly in vegetable oils such as safflower, sunflower, corn, and soybean oils. They are the main fats found in seafood. They are liquid or soft at room temperature. They may be good for your blood cholesterol.</td>
</tr>
<tr>
<td>Monounsaturated fats</td>
<td>These are found mainly in vegetable oils such as canola, olive, and peanut oils. They are liquid at room temperature. They may be good for your blood cholesterol.</td>
</tr>
</tbody>
</table>
1. Read the *Nutrition Facts* food label and choose foods with less cholesterol, saturated fat, hydrogenated fat, and trans fat.

2. Choose foods that are labeled “lowfat.”

3. Trim all meat and throw away the fat before it is cooked.

4. When browning meat, drain the fat off and throw it away!

5. Take the skin off poultry.

6. Buy mostly fat free or lowfat milk, yogurt, and lowfat cheese.

7. Use vegetable oil, but only in small amounts.

8. Use very little solid fat, such as hard margarine, butter, and lard.

9. Do not cook with added fat.

10. Use a nonstick skillet and spray all pans with non-stick cooking spray.

11. Boil, broil, roast, microwave, or grill – do not fry!

12. Limit creamy sauces and salad dressings.

13. Make grains, vegetables, and fruits part of meals and snacks.

SITUATION:
The husband of a neighbor was told by his doctor that he has high blood cholesterol. This will increase his risk for heart disease. The neighbor asks you how she can change her cooking habits to help lower her husband’s cholesterol level.

Advice You Could Give

Assistance You Could Give

Action Plans that Could Be Developed
**Ingredients**
- ½ pound lean ground beef
- 1 cup onion, chopped
- 1 cup celery, chopped
- 1 cup green pepper, cubed
- 3 ½ cups canned tomatoes, diced
- ¼ teaspoon salt
- ½ teaspoon black pepper
- ¼ teaspoon paprika
- 1 cup frozen peas
- 2 small carrots, diced
- 1 cup uncooked rice
- 1 ½ cups water

**Directions**
1. In a skillet brown the ground beef and drain off the fat.
2. Add the rest of the ingredients. Mix well. Cover skillet and cook over medium heat until boiling. Reduce to low heat and simmer for 35 minutes.

**A 1 ⅓ cup serving has:**
- Calories: 184
- Total Fat: 3 grams
- Saturated Fat: 1 gram
- Cholesterol: 15 milligrams
- Sodium: 344 milligrams

(Serves 8)
In Session 3:

1. You have learned what foods have cholesterol, saturated fat, hydrogenated fat, and trans fat. These are the fats to avoid.

2. You have learned what foods have polyunsaturated fats and monounsaturated fats. These fats may be good for your blood cholesterol.

3. You have learned safflower, sunflower, soybean, corn, canola, olive, and peanut oils are the better oils to use when cooking.

4. You have learned how you can reduce fat in cooking by things such as choosing items labeled lowfat and trimming the fat off meat and chicken before cooking.
Session 4:
Focus on Meats, Poultry, and Fish
Goals:
During this session you will learn:
1. Why eating too much meat, poultry, and fish can be unhealthy
2. What are some examples of lean cuts of beef and pork
3. What are some examples of fatty cuts of beef and pork
4. Why it is important to take the skin off poultry
5. What are some quick tips for cooking meat, poultry, and fish in a healthy way
Americans eat a lot of meat. In fact, most Americans eat more meat than they need. Meat, poultry, and fish have healthy nutrients like protein, iron, phosphorous, zinc, and several B vitamins. Unfortunately, these foods can have a lot of saturated fat and cholesterol too. Unless you choose meats, poultry, and fish that are naturally low in fat and prepare them without fat or with just a small amount of fat, they can add a lot of calories, saturated fat, and cholesterol to your diet. This can lead to weight gain and high blood cholesterol levels.

**Beef and Pork**

Beef and pork tend to have more calories, saturated fat, and cholesterol than fish and poultry. It is very important to choose lean cuts. The table below lists some of the leanest and fattiest cuts of beef and pork.

<table>
<thead>
<tr>
<th>Lean Cuts Examples</th>
<th>Fatty Cuts Examples</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Beef Cuts</strong></td>
<td>Ground beef, ribs, t-bone steak, rib-eye steak</td>
</tr>
<tr>
<td>Round, sirloin, loin, chuck, lean or extra lean ground beef, flank steak, tenderloin, veal,</td>
<td><strong>Pork Cuts</strong></td>
</tr>
<tr>
<td>Tenderloin and loin chops, lean ham*, Canadian bacon,<em>, Luncheon meats labeled 95% fat free or lowfat</em></td>
<td>Spareribs, bacon*, sausage*, ground pork, Boston butt</td>
</tr>
</tbody>
</table>

*High in salt and sodium
Poultry: Chicken and Turkey
Choose chicken, hen, and turkey. It is true that white meat has less fat than dark meat, but, dark meat is higher in some nutrients than white meat. Use either. The important thing with poultry is not to fry it and not to eat the skin! Certain parts of poultry, like the skin, should be avoided because they have more fat or cholesterol. Do not eat or season your vegetables with backs, chitterlings, liver, or gizzards.

Fish and Shellfish
Fish and Shellfish usually have less saturated fat and cholesterol than meat and poultry, but only if they are prepared without a lot of fat. They need to be baked, broiled, or grilled – not fried. You may have heard that some kinds of fish have more fat in them, like salmon and mackerel. It is fine to eat these fish, because the type of fat they contain is not harmful. Shellfish such as shrimp, crab, and lobster are okay to use, although some are a little higher in cholesterol. They are very low in saturated fat. Try to eat fish more often for a healthy heart.

Be Portion Wise
Eating the right amount of meat, poultry, and fish is important! This is because of the calories, saturated fat, and cholesterol. If servings are too big, you may get too much saturated fat and cholesterol – both of these can raise your blood cholesterol level.

Everyone should eat no more than 6 ounces of meat, poultry, and fish a day. For most people, that means no meat at breakfast and about three ounce servings at lunch and dinner. A three ounce serving is about the size of a deck of cards.
Tips for Cooking Meats, Poultry, and Fish the Healthy Way:

1. Trim all visible fat from meat and poultry before and after it is cooked. Use kitchen scissors to make it easy.
2. Drain cooked meat on paper towels or in a colander.
3. Use non-stick pans and non-stick cooking sprays.
4. Baste often with low calorie marinades or unsweetened fruit juices to keep meat moist.
5. Stretch meat portions by making stews and adding lots of vegetables.
6. Make gravy from meat drippings that have had the fat removed. You can do this by chilling drippings and throwing away the hard fat that rises to the top.
7. Remove the fat that comes with browning or roasting meat. There are several ways to do this:
   - Remove the fat with a spoon or baster.
   - Place the meat in a colander; let the fat drain out.
   - Place the meat in a container in the refrigerator. The fat will rise to the top and harden. Remove it and throw it away.
   - Use a gravy separator. You can buy these in discount and specialty stores. It looks like a measuring cup with the spout at the bottom. Pour all the “juices” or “drippings” in. The fat will rise to the top and you pour from the bottom.
   - Pat the meat with a paper towel to soak up the fat.

*Be smart for your health. Keep meat serving sizes to about the size of a deck of cards (3 ounces, cooked)!*
SITUATION:
The husband of a friend is a real "meat and potatoes" man. The wife is afraid he is eating too much meat and it may be causing him to gain weight. What should she do?

**Advice You Could Give**

**Assistance You Could Give**

**Action Plans that Could Be Developed**
Ingredients
• 1 whole chicken, cut-up
• 1 ½ cup flour
• 2 teaspoons salt
• 1 teaspoon pepper
• 1 teaspoon paprika
• Non-stick cooking spray

Directions
1. Preheat oven to 350 degrees.
2. Spray pan with non-stick cooking spray.
3. Wash chicken parts and remove all visible fat with scissors.
4. Mix flour and seasonings.
5. Coat chicken pieces with flour mixture.
6. Place chicken pieces in covered pan/skillet and bake for 45-60 minutes or until internal temperature reaches 185 degrees.
7. Turn once for even browning.
8. Remove cover for last 15 minutes of cooking.

One chicken breast has:
Calories ..........................................................220
Total Fat ..................................................9 grams
Saturated Fat ............................................2 grams
Cholesterol .............................................87 milligrams
Sodium ..................................................350 milligrams

(Serves 8)
In Session 4:

1. You have learned how to choose meats, poultry, and fish that are naturally low in fat and how to prepare them with less fat.

2. You have learned the different types of lean and fatty beef and pork.

3. You have learned it is important to take the skin off poultry because the skin has a lot of fat.

4. You have learned some healthy tips for cooking meats, poultry, and fish such as trimming the skin/fat off and using non-stick cooking sprays.
Session 5:
Focus on Fruits and Vegetables
Goals:
During this session you will learn:
1. Why fruits and vegetables are good for you
2. Why you should eat brightly colored fruits and vegetables
3. How you can eat the right number of fruits and vegetables each day and reach a healthy weight
Fruits and vegetables give you vitamins, minerals, fiber, and other nutrients that your body needs. They have fewer calories than most foods, are low in fat, and have no cholesterol. Also, they are high in fiber and water, so they can fill you up with fewer calories. It is recommended that you eat 2 ½ to 5 cups of fruits and vegetables a day (see page 23).

It is important to get a colorful variety of fruits and vegetables everyday. Brightly colored fruits and vegetables have many nutrients your body uses for energy to help stay at a healthy weight, protect against the effects of aging, and reduce your chances of getting cancer and heart disease.

**A Color Way to a Healthy Day**

<table>
<thead>
<tr>
<th>Color</th>
<th>Types of Fruits and Vegetables</th>
<th>Helps you with:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Green</td>
<td>Green apples, Green grapes, Green olives, Broccoli</td>
<td>Vision health, A lower risk of some cancers, Strong bones and teeth</td>
</tr>
<tr>
<td></td>
<td>Green peppers, Green beans, Green cabbage, Greens</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Okra, Peas, Spinach, Lettuce</td>
<td></td>
</tr>
<tr>
<td>Yellow/Orange</td>
<td>Yellow apples, Sweet potatoes, Grapefruit, Nectarines</td>
<td>Vision health, Lower risk of some cancers, Heart health, A healthy immune system</td>
</tr>
<tr>
<td></td>
<td>Yellow corn, Apricots, Pineapple, Oranges</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Peaches, Squash, Carrots</td>
<td></td>
</tr>
<tr>
<td>Red</td>
<td>Red apples, Raspberries, Cranberries, Red onion</td>
<td>A lower risk of some cancers, Heart Health, Memory Function, Urinary Tract Health</td>
</tr>
<tr>
<td></td>
<td>Strawberries, Watermelon, Red peppers, Red grapes</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Cherries, Tomatoes, Beets, Pink grapefruit</td>
<td></td>
</tr>
<tr>
<td>White</td>
<td>Bananas, Potatoes, Cauliflower, Garlic</td>
<td>A lower risk of some cancers, Heart health, Cholesterol levels that are already healthy</td>
</tr>
<tr>
<td></td>
<td>Mushrooms, White corn, Turnips</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Onions, Dates, Ginger</td>
<td></td>
</tr>
<tr>
<td>Blue/Purple</td>
<td>Blueberries, Blackberries, Black olives</td>
<td>A lower risk of some cancers, Urinary tract health, Memory function, Healthy aging</td>
</tr>
<tr>
<td></td>
<td>Purple cabbage, Purple peppers, Purple grapes</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Plums, Eggplant, Raisins</td>
<td></td>
</tr>
</tbody>
</table>
Check Fruits and Vegetables.
Size Counts!
As you count your fruits and vegetables, keep in mind how many cups are recommended under the MyPyramid calorie plan that is best for you. Look at the table on page 23 to determine your best calorie plan.

Tips for Buying and Preparing Fruits and Vegetables:

• Steam, microwave, stir-fry, or cook vegetables in a small amount of water to preserve nutrients
• Do not fry vegetables because this adds a lot of calories and fat
• Do not add pork fat or “streak o lean” to vegetables because this adds a lot of calories and saturated fat
• Use a very small amount of salt or no salt when cooking vegetables
• Use herbs and spices to season instead of fat and salt
• Rinse canned vegetables and heat them in fresh water to get rid of some of the salt that is added during the canning process
• Buy fruits canned in juice, not in syrup, to avoid extra sugar that adds calories
• Buy 100% fruit juices to get the most vitamins, minerals, and other health benefits. Juice drinks and punches are mostly sugar
CHA ROLES SESSION 5

ADVISE: Educate, Counsel, and Inform

ASSIST: Help by doing something
(ex. Make a phone call, sit with someone, give a ride)

ACTION PLAN: As a group, plan to do something
(ex. Plan an event, agree in a group that everyone will do something)

SITUATION:
Youth in the community say they do not like very many fruits and vegetables. They would much rather have chips and soft drinks at snack time. What are some ways you could help them try healthier snacks at school?

Advice You Could Give

Assistance You Could Give

Action Plans that Could Be Developed
**Ingredients**
- 2 cups of self-rising cornmeal
- 1 tablespoon self-rising flour
- 1 ½ cups skim milk
- 1 egg
- 1 tablespoon margarine
- Non-stick cooking spray

**Directions**
1. Preheat oven to 400 degrees.
2. Combine cornmeal and flour.
3. Add egg and milk.
4. Stir until well blended.
5. Stir in margarine.
6. Pour into an 8 inch square pan sprayed with non-stick cooking spray.
7. Bake at 400 degrees about 25 minutes or until golden brown.

**A two-inch square has:**
- Calories: 155
- Total Fat: 3 grams
- Saturated Fat: 1 gram
- Cholesterol: 23 milligrams
- Sodium: 120 milligrams

(Serves 8)
Ingredients

- 1 pound dried peas or beans
- 1 smoked turkey wing
- 2 (14-ounce) cans fat free, low sodium chicken broth
- 1 bay leaf
- Black pepper to taste

Directions

1. Sort and wash peas or beans.
2. Place turkey wing and peas or beans into a heavy pot.
3. Add broth and bay leaf.
4. Cook on low heat until done.
5. Add black pepper as desired.

A ½ cup serving has:

<table>
<thead>
<tr>
<th></th>
<th>Calories</th>
<th>Total Fat</th>
<th>Cholesterol</th>
<th>Sodium</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>165</td>
<td>1 gram</td>
<td>10 milligrams</td>
<td>379 milligrams</td>
</tr>
</tbody>
</table>

(Serves 4-6)
Ingredients
• 1 smoked turkey neck
• 2 bunches of collard greens
• 1 teaspoon sugar

Directions
1. Fill a stock pot with 3 to 4 inches of water. Add meat.
2. Cook on medium heat until done.
3. Add greens to pot.
4. Sprinkle sugar on greens and stir. Add more water as needed.
5. Cover pot. Simmer until desired tenderness

A ½ cup serving has:
Calories................................................... .65
Total Fat .............................................. 1 gram
Saturated Fat.......................................trace
Cholesterol ................................. 19 milligrams
Sodium ................................. 200 milligrams

(Serves 8)
In Session 5:

1. You have learned fruits and vegetables are good for you because they give you vitamins, minerals, fiber, and other nutrients that your body needs. Also, they have less calories, are low in fat, and have no cholesterol.

2. You have learned colorful fruits and vegetables have many nutrients that your body uses for energy, to stay at a healthy weight, to protect against the effects of aging, and to reduce your chances of getting some types of cancer and heart disease.

3. You have learned that it is important to eat between 2 1/2 to 5 cups of fruits and vegetables a day depending on your calorie plan.

4. You have learned various tips for buying and preparing fruits and vegetables.
Session 6:
Focus on Salt, Sodium, and Hypertension
Goals:
During this session you will:
1. Learn why it is important to control high blood pressure (hypertension)
2. Learn what you can eat to help control high blood pressure
3. Learn what foods are high in sodium
4. Receive your certificates for completing the CHA Nutrition Training
This session focuses on high blood pressure and ways of eating that will reduce it. Why? Because many people have high blood pressure, and it is a major risk factor for heart disease and diabetes. One in three African Americans has high blood pressure. About one in two African Americans over age 65 has high blood pressure. So, chances are high that you are preparing meals for someone with high blood pressure. The longer high blood pressure goes uncontrolled, the more serious the health effects can be. It can lead to stroke, heart attack, kidney disease, and death.

Ways of eating that have been proven to help reduce high blood pressure:
   (1) Eating less salt in the diet
   (2) Following the DASH eating plan
   (3) Losing weight if you are overweight
   (4) Drinking less alcohol

We will look at these one at a time.

**Eating Less Salt**
Sodium in salt is what raises your blood pressure. Sodium is also part of food additives and preservatives. Most Americans eat way too much sodium. To lower the salt and sodium in your diet:

1. Stop salting food at the table
2. Do not add salt during cooking
If you must add salt in cooking, *add just a little*. Food labels tell you how much sodium is in a serving of a food. Most sodium in our diet, in fact, comes from processed foods. The foods listed on page 66 are the foods that are low in sodium. If you want to keep track of the sodium you take in each day, read labels and stay under 2400 milligrams per day if you *do not* have high blood pressure and 1500 milligrams per day if you *do* have high blood pressure.

As you cut back on sodium and salt, it is important to remember one thing: the taste for salt is something you get used to. The more you use, the more you want. So, try cutting back on salt slowly. In about two months you will be amazed at how much less salt you will think your food needs.

**The DASH Eating Plan**

The DASH Eating Plan (Dietary Approach to Stopping Hypertension) has been proven to help reduce high blood pressure, especially when salt and sodium are also limited. This eating plan has lots of fruit and vegetables, a moderate amount of lean meat, and two to three servings of lowfat dairy foods every day. The DASH Eating Plan on page 64 gives the foods, number of servings, and serving sizes for someone on a 1600 or 2000 calorie diet. A sample 1600 Calorie DASH meal plan is available on page 65.
Weight Reduction
Losing weight is very important for lowering high blood pressure. Blood pressure rises as body weight goes up. The good news is that losing even a little weight can help. If you are overweight and have high blood pressure, losing 10 pounds can reduce your blood pressure. If you want to lose weight, you may want to follow the DASH 1600 calorie plan.

The key to weight loss is eating fewer calories and being more physically active. How many calories you use daily depends on how physically active you are. Add steps to your day any way you can: take the stairs instead of the elevator, park farther from a store, walk to nearby errands, and walk around your workplace when on a break.

Reducing Alcohol
Drinking too much alcohol raises blood pressure. Women should not have more than one alcoholic drink a day. Men should not have more than two drinks a day. One drink is 1 fluid ounce of liquor, such as whiskey, bourbon, vodka, gin, etc. One drink is also equal to 12 fluid ounces of beer and 4 fluid ounces of wine.
<table>
<thead>
<tr>
<th>Food Group</th>
<th>Daily Servings (1600 calorie plan)</th>
<th>Daily Servings (2000 calorie plan)</th>
<th>Serving Sizes</th>
<th>Examples</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Grains</strong></td>
<td>6</td>
<td>7-8</td>
<td>1 slice bread, 1 oz. dry cereal, ½ cup cooked rice, pasta, or cereal</td>
<td>Whole wheat bread, noodles, grits, oatmeal, popcorn, pretzels</td>
</tr>
<tr>
<td><strong>Vegetables</strong></td>
<td>3-4</td>
<td>4-5</td>
<td>1 cup raw leafy vegetable, ½ cup cooked vegetable, 6 oz. vegetable juice</td>
<td>Tomatoes, greens, potatoes, carrots, squash, broccoli, green beans, etc.</td>
</tr>
<tr>
<td><strong>Fruits</strong></td>
<td>4</td>
<td>4-5</td>
<td>6 oz. fruit juice, 1 medium fruit, ¼ cup dried fruit, ½ cup fresh, frozen, or canned fruit</td>
<td>Bananas, apples, peaches, oranges, strawberries, melons, etc.</td>
</tr>
<tr>
<td><strong>Lowfat dairy</strong></td>
<td>2-3</td>
<td>2-3</td>
<td>8 oz. milk, 1 cup yogurt, 1 ½ oz. cheese</td>
<td>Fat fee or skim milk, lowfat yogurt, lowfat cheese</td>
</tr>
<tr>
<td><strong>Meats, poultry, fish</strong></td>
<td>1-2</td>
<td>2 or less</td>
<td>3 oz. cooked meats, poultry, or fish</td>
<td>Select only lean; trim away fat; broil, roast, boil, instead of frying</td>
</tr>
<tr>
<td><strong>Nuts, seeds, dry beans</strong></td>
<td>3 per week</td>
<td>4-5 per week</td>
<td>½ cup or 1 ½ oz. nuts, 2 Tbsp. seeds, ½ cup cooked dry peas/beans</td>
<td>Almonds, peanuts, sunflower seeds, pinto, northern, kidney, lima beans</td>
</tr>
<tr>
<td><strong>Fats and oils</strong></td>
<td>2</td>
<td>2-3</td>
<td>1 tsp. soft margarine, 1 Tbsp. lowfat mayonnaise, 2 Tbsp. light salad dressing, 1 tsp. vegetable oil</td>
<td>Soft margarine, lowfat mayonnaise, light salad dressing, canola, olive, corn or safflower oils.</td>
</tr>
<tr>
<td><strong>Sweets</strong></td>
<td>0</td>
<td>5 per week</td>
<td>1 Tbsp. sugar, jam, or jelly, 8 oz. lemonade</td>
<td>Syrup, sugar (white/brown), hard candy, fruit flavored gelatin, lemonade and fruit punches</td>
</tr>
</tbody>
</table>
1600 Calorie Plan
SAMPLE

**Breakfast**
½ cup grits
1 slice whole wheat bread
½ cup orange juice
1 cup fat free milk
1 tsp. margarine

**Lunch**
2 slices whole wheat bread
1 ounce turkey
1 tsp. mayonnaise
½ cup sliced tomato
1 cup lettuce
2 Tbsp. light salad dressing
½ cup fruit cocktail, juice pack

**Dinner**
3 ounces beef, eye of round
1 small baked potato
2 Tbsp. grated cheddar cheese, natural, reduced fat
1 cup green beans cooked
1 tsp. margarine
1 small apple
1 cup fat free milk

**Snack**
½ cup almonds, unsalted (no more than 3 servings of nuts per week)
¼ cup raisins
½ cup apple juice
<table>
<thead>
<tr>
<th>Food Group</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meat and Beans Group</td>
<td>All fresh or frozen lean meats, poultry, fish, shellfish, unsalted lean pork, water packed tuna, canned salmon without added salt, unsalted nuts or seeds, low sodium peanut butter, dried peas and beans</td>
</tr>
<tr>
<td>Main-Dish Items</td>
<td>Homemade dishes, stews, and soups made without salt or made with canned vegetables labeled “No salt added”, unsalted fat-free broth, low sodium bouillon, low sodium canned soups</td>
</tr>
<tr>
<td>Milk Group</td>
<td>Fat free or lowfat milk, low sodium, lowfat cheese, lowfat yogurt</td>
</tr>
<tr>
<td>Fruit Group</td>
<td>All</td>
</tr>
<tr>
<td>Vegetable Group</td>
<td>Fresh, frozen, or low sodium canned vegetables, low sodium tomato juice</td>
</tr>
<tr>
<td>Grain Group</td>
<td>Whole grains or enriched breads and cereals, unsalted crackers, popcorn, pretzels, breadsticks</td>
</tr>
<tr>
<td>Other</td>
<td>Pepper, spices, flavorings, vinegar, lemon juice, hot pepper sauce, garlic and onion powders, regular margarines, oils, homemade salad dressings with out added salt, commercially prepared condiments labeled low sodium (ex. Low sodium catsup, low sodium barbeque sauce, low sodium pickles)</td>
</tr>
</tbody>
</table>
Action Planning is working with others to build a lasting solution to a community problem or concern.

Discuss the different concerns of your community and, as a group, write an action plan below to address those concerns.

**Goal:**
To start a healthy cooking class that meets once a month where different recipes can be tried and learned together.

**Who might help us?**
Local churches or community centers with kitchen space. Grocery stores might help donate some food items for use.

**What is the timeline for this project?**
After CHA Nutrition Training is completed, we will start meeting once a month until we feel we have covered enough recipes.

**List specific tasks and who is responsible:**
1. Ask a local church or community center for use of kitchen (Ethel)
2. Ask local grocery stores for donations (Ada)
3. Pick up items needed for cooking (food, spices, etc). (Pam and Carol)
4. Come in early to clean the facility and get ready (Marsha and Doris)
5. Make sure everything is clean after we finish (Eugenia)
Action Planning is working with others to build a lasting solution to a community problem or concern.

Action Plan Examples:
1. Cook a low fat church dinner
2. Cook one low fat Thanksgiving dinner for your family
3. Place a recipe in the church bulletin or leave copies of recipes around the church
4. Share a low fat recipe with a group of which you are a member

Discuss the different concerns of your community as it related to nutrition and, as a group, write an action plan below to address those concerns.

Goal:

Who might help us?

What is the timeline for this project?

List specific tasks and who is responsible:
The following survey is meant to help you see how much you have learned over the course of Nutrition Training. Please answer each item “True” or “False”.

<table>
<thead>
<tr>
<th></th>
<th></th>
<th>1. Weight is the result of the balance between the calories we consume in food and beverages and the calories we burn in physical activity.</th>
</tr>
</thead>
<tbody>
<tr>
<td>True</td>
<td>False</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th></th>
<th>2. A major source of calories in the American diet is FAT.</th>
</tr>
</thead>
<tbody>
<tr>
<td>True</td>
<td>False</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th></th>
<th>3. A major source of saturated fat is meat.</th>
</tr>
</thead>
<tbody>
<tr>
<td>True</td>
<td>False</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th></th>
<th>4. Frying does NOT add many extra calories to foods.</th>
</tr>
</thead>
<tbody>
<tr>
<td>True</td>
<td>False</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th></th>
<th>5. Alcohol is NOT a source of calories.</th>
</tr>
</thead>
<tbody>
<tr>
<td>True</td>
<td>False</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th></th>
<th>6. Food labels tell you how many calories are in a specific size serving of a food. This serving size is given on the label.</th>
</tr>
</thead>
<tbody>
<tr>
<td>True</td>
<td>False</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th></th>
<th>7. One half of a dinner plate should be non starchy vegetables and only 1/4 of a plate should be meat.</th>
</tr>
</thead>
<tbody>
<tr>
<td>True</td>
<td>False</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th></th>
<th>8. People should use either whole milk or 2% milk and NOT skim or 1%.</th>
</tr>
</thead>
<tbody>
<tr>
<td>True</td>
<td>False</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th></th>
<th>9. Hypertension can be helped by the DASH diet and reducing sodium/salt in the diet.</th>
</tr>
</thead>
<tbody>
<tr>
<td>True</td>
<td>False</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th></th>
<th>10. To lose weight you have to consume fewer calories and do more physical activity.</th>
</tr>
</thead>
<tbody>
<tr>
<td>True</td>
<td>False</td>
<td></td>
</tr>
</tbody>
</table>
Ingredients
- 1 pound fish fillets, such as orange roughy, perch, or crappie
- 1 teaspoon dried tarragon, crumbled
- 4 lemon wedges (optional)
- Non-stick cooking spray
- ½ teaspoon pepper
- ½ cup skim milk
- 4 drops red hot pepper sauce
- ½ cup cornmeal
- ¼ cup minced fresh parsley

Directions
1. Preheat oven to 450 degrees.
2. Lightly spray a 13x9x2-inch baking dish with non-stick cooking spray.
3. Sprinkle fish with black pepper. In a shallow bowl, combine milk and hot pepper sauce.
4. In a separate shallow bowl, combine remaining ingredients except lemon wedges.
5. Dip fish in milk mixture and then roll in cornmeal mixture.
6. Place in baking dish.
7. Bake 15 to 17 minutes or until fish flakes easily when tested with a fork.
8. Serve with lemon wedges.

One serving (one fillet) has:
Calories ..................................................156
Total Fat ..............................................1 gram
Saturated Fat ........................................0
Cholesterol.................................23 milligrams
Sodium.................................91 milligrams

(Serves 4)
How helpful were the following in helping you understand more about nutrition? (please circle your response)

1. Presentations and discussions:
   4  3  2  1  0
   very helpful  helpful  not helpful

2. Nutrition Training manual:
   4  3  2  1  0
   very helpful  helpful  not helpful

3. Participating in Nutrition Training Classes:
   4  3  2  1  0
   very helpful  helpful  not helpful

4. How confident do you feel in your ability to promote nutrition in your community?
   4  3  2  1  0
   very confident  confident  not confident

5. What did you like best about the training?
   ________________________________________________________________
   ________________________________________________________________

6. What did you like least about the training?
   ________________________________________________________________
   ________________________________________________________________

7. How would you rate the overall Nutrition Training sessions?
   4  3  2  1  0
   excellent  good  poor

8. What other training would be useful to you in promoting nutrition in your community?
   ________________________________________________________________
   ________________________________________________________________

If you have any additional comments, please use the back of this sheet.
In Session 6:

1. You have learned it is important to control high blood pressure because it is a major risk factor for heart disease, diabetes, and some types of cancer and is very common in the African American population.

2. You have learned high blood pressure can be controlled by eating a diet with less salt, following the DASH eating plan, losing weight if you are overweight, and drinking less alcohol.

3. You have learned to eat less salt by not salting food at the table, not adding salt when cooking, and not eating as many processed foods that are high in sodium.

4. You have learned about the DASH Eating Plan and how you can use it to maintain or lose weight.

5. You have learned how to write an action plan for the community.

6. Follow-up meetings will be held for the next_______months. Each meeting will be held on the ________ of the months ______________ from __________ to _____________.

7. Receive your certificates.
ORGANIZATIONS TO CONTACT FOR MORE INFORMATION

American Heart Association
Tel: 1-800-242-8721
www.americanheart.org

American Diabetes Association
Tel: 1-800-DIABETES (1-800-342-2383)
www.diabetes.org

American Dietetic Association
Tel: 1-800-877-1600
www.eatright.org

American Cancer Society
Tel: 1-800-ACS-2345 or 1-800-227-2345
www.cancer.org

CDC Division of Nutrition and Physical Activity
Tel: 1-888-CDC-4NRG or 1-888-232-4674
www.cdc.gov/nccdphp/dnpa

Alabama Cooperative Extension System
Tel: (334) 567-6301
www.aces.edu
Facilitator’s Manual
One of the key components of a CHA program is to identify people in your community who are “natural helpers” and invite them to go through CHA Training. A “natural helper” is a trusted neighbor, friend, or relative who others in your community go to for help and advice. It may take several months to recruit a group of people interested in becoming CHAs.

You can start by working with the Advisory Council to identify one or two people in your community who are well respected and trusted. Ask each person identified to name two other “natural helpers” in the community who have similar interests and characteristics. It is a good idea to keep a list of people who are identified as potential CHAs (see the next page for the Potential CHA List form). This list will be helpful when you need to make follow-up and reminder calls. Remember, your local Advisory Council should also help to identify people in the community who may want to participate in CHA Training.

When the group has identified 15 – 25 names (depending on the size of your community), you are ready to begin preparations for CHA Training!

For more information on the Advisory Council, see the General CHA Facilitator Training Manual.
Please fill in the names and phone numbers of members of your community who may be interested in being a CHA or serving on the Advisory Council.

<table>
<thead>
<tr>
<th>Name</th>
<th>Telephone Number</th>
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CONGRATULATIONS on volunteering to start a Community Health Advisor (CHA) Program for your community.!
The following hints may help you to prepare for CHA Training:

1. You have probably invited people who may not know each other. Be sure to greet each person as he or she arrives to make them feel welcome and comfortable. This will set a friendly tone for the meeting.

2. Be aware of the nonverbal and the verbal communication of participants in the group and guide the group accordingly.

3. Keep in mind that some people are reluctant to speak out in a group. Be sensitive when you ask people to speak out on an issue or to tell about themselves. One of the goals of the meetings is for the members to bond to the point where all will be comfortable enough to talk in the group.

4. Some people have trouble reading. It is a good idea to read the forms out loud to help anyone who may have trouble. Observe carefully when forms are to be filled out so that you may offer assistance without drawing attention. If you have an assistant who is working with you, this is a good task for him or her.

5. Acknowledge everything people say. Every response is important no matter how “off topic” it may seem—it is important to that person or he or she would not have said it.

6. Remember that each group has dominant members—those who speak out freely and often. Guard against them taking over and “shutting down” others from talking. Their leadership skills may be needed in the later sessions of CHA Training, particularly during Community Action Planning.
The following materials are needed to conduct the CHA Nutrition Training sessions. If you do not have any of these materials or they are not included in the toolbox, please call the Center for Health Promotion for more information on what materials are available for your use.

- CHA Nutrition Training manuals for each CHA
- Nametags
- Copies of the Sign-In Sheet for each training session (pg. 93)
- Healthy Home Cooking
- Flip Chart
- Markers
- Food Labels
- Measuring Cups and Spoons
- 6 oz. Juice Glass
- Food Supplies
- Colander
- Pots
- Pans
- Oils
- Spices
- DASH Booklet
- Certificates for completion of program (pg. 92)
Each person has a different style of teaching. The following outlines are meant only as a general guide. Please feel free to change the information covered to better fit with your teaching style. If detailed descriptions are not given of what information to cover, choose what you feel will work best for your group.

See page 97 for a list of which forms to save through the course of the training sessions to return to the Center for Health Promotion.

Be sure to do the recipes at the end of each session so the CHAs can learn hands-on ways to cook healthy food. If you are going to combine sessions, be sure to decide ahead of time which recipe demonstration you will do. This also means making sure you have all the supplies you will need to conduct the recipe demonstration.

Also, if time is available, have the CHAs practice what they have learned in each session by pairing off and practicing the “CHA Roles” situations.

Before you go into the community and share recipes, you may find it helpful to get together as a group and practice some of the recipes.

Do not forget to read over each session before your group meets. This will help you make sure you have all the materials needed to conduct the training session.

If you need more information, please call the Center for Health Promotion.
I. Welcome participants

II. Have each CHA sign the Sign-In Sheet (pg. 93) and also put on a nametag if they do not know each other already

III. Introduce each other (pg. 7)
   a. As CHAs are introduced, have them fill in their other team members’ names in their manual
   b. Have CHAs discuss their interest in Nutrition Training

IV. Give a brief overview of the CHA Nutrition Training (see Introduction on page 4)

V. Introduce Session 1 by giving the title
   a. Goals (pg. 6)
      i. Open the manual to the goals for this session
      ii. Read the goals out loud to the group
   b. Information
      i. Review training location, day, and time (pg. 7)
         1. Ask everyone to fill in the day in their manuals
         2. Ask if anyone knows a date that they have a conflict
         3. Ask everyone to call you if they can not attend a session
      ii. Discuss the 3 roles of a CHA (pg 8): to provide advice, offer assistance, and make an action plan. Discuss examples of each role.
      iii. Ask each CHA to complete the Nutrition Survey (pg 9). Explain that this information will be covered during the training and the CHAs will complete the survey again at the end of training to see how much they have learned from the program. Answers are given on page 95. If the group has questions about the survey, use the answer sheet.
      iv. A Healthier You (pg. 10)
         1. Discuss the various health conditions that are affected by what you eat
2. **Explain how your weight is a balance** of how much you eat and how physically active you are.

v. **Calories- Where Do They Come From?** (pg. 10)

1. **Explain that calories come from protein, carbohydrate, fat, and alcohol.**

2. **Emphasize that fat** has the most calories.

vi. **Serving Sizes- How Many Calories in One Serving?** (pg11)

1. When discussing food labels, **pass around an assortment of food labels. Ask CHAs to share information** on the labels, especially about serving size, servings per container, calories, fat, fiber, and sodium. **Ask CHAs to look at READ IT before you EAT IT!** on page 13 for more information.

2. While discussing healthy serving sizes, **show sets of measuring cups/spoons and a 6 ounce juice glass** to demonstrate these. **Ask CHAs to look at What Size Is Your Serving?** on page 14 for more information.

vii. **Let everyone sample** a healthy pre-prepared snack food.

   Suggestions: Rice Krispy Treats (original flavor only), Teddy Grahams, graham crackers

viii. **Discuss the Sample CHA Roles** on page 15. See page 8.

ix. **Divide CHAs into pairs** to practice the CHA Roles activity on page 16. **Discuss the situation** as a group after CHAs have time to practice in pairs.

x. Recommended recipe demonstration for this session: **Sparkling Punch** (pg. 17)

c. **Tie it together** (pg. 18)

   i. **Review what the CHAs have learned** in this section.

   ii. **Ask for any questions.**

   iii. **Remind everyone to sign the Sign-In Sheet.**

   iv. **Ask if anyone has any community announcements** they wish to make to the group (e.g. events taking place in other groups with which they are involved).
I. Welcome participants
II. Make sure each CHA signed the Sign-In Sheet (pg. 93)
III. Introduce Session 2 by giving the title.
   a. Goals (pg. 20)
      i. Open the manual to the goals for this session
      ii. Read the goals out loud to the group
   b. Information
      i. What is a Balanced Diet? (pg. 21)
         1. Discuss how a balanced diet means eating the right amount from each food group everyday
         2. Discuss the wise and unwise choices on page 21 and have participants give other examples of choices
      ii. My Pyramid (pg. 22). If internet access is available in your community tell the CHAs to visit www.mypyramid.gov to do a personalized calorie plan.
      iii. Daily Calorie Plans (pg. 23). Have participants look at the different amounts of foods from each food group in the 1200, 1600, 2000, and 2200 calorie plans
      iv. The Plate Planner (pg. 24)
         1. Discuss the different amounts of each food that are supposed to be on the plate
         2. Let the participants discuss The Plate Planner, including how “typical” American food plates compare to the recommended!
      v. What Counts as a Serving? (pg. 25). Use measuring cups and spoons to demonstrate serving sizes. Try to relate this back to the calorie levels on page 23
      vi. Divide CHAs into pairs to practice the CHA Roles activity on page 26. Discuss the situation as a group after CHAs have time to practice in pairs.
      vii. Recommended recipe demonstration for this session: Garden Pasta Salad (pg. 27)
   c. Tie it together (pg. 28)
i. **Review what the CHAs have learned** in this session
ii. **Ask for any questions.**
iii. **Remind everyone to sign the Sign-In Sheet.**
iv. **Ask for announcements** (e.g. any community events taking place in other groups with which they are involved).
SESSION 3- FOCUS ON FATS

I. Welcome participants

II. Make sure each CHA signed the Sign-In Sheet (pg. 93)

III. Introduce Session 3 by giving the title.

   a. Goals (pg. 30)
      i. Open the manual to the goals for this session
      ii. Read the goals out loud to the group

   b. Information
      i. Begin the session by browning one pound of ground beef. Drain the fat off using a colander and measure the amount of fat to illustrate how fatty some ground beef can be. When finished, set aside to be used in the beef casserole recipe at the end
      ii. Fats that may raise blood cholesterol levels (pg. 31)
         1. Discuss Cholesterol, Saturated Fats, Hydrogenated Fats, and Trans fats
         2. Talk about the different types of foods and oils that may have these fats.
      iii. Fats that may lower blood cholesterol (pg. 32)
         1. Discuss Polyunsaturated Fats and Monounsaturated fats
         2. Discuss the different types of foods and oils that may have these fats
      iv. Fats in cooking (pg. 33)
         1. After explaining about the different types of fat in foods, pass around a collection of food labels. Ask participants to share information about the contents of cholesterol, saturated fat, hydrogenated fat, trans fat, monounsaturated fat, and polyunsaturated fat
         2. Refer to The ABC's of Fats and Oils on page 35. It summarizes the information on the different types of fat.
3. **Discuss various ways to lower fat in cooking**, for example by draining fat like you did from the ground beef earlier

4. **Refer to Lowering the Fat in your Diet** on page 36. It summarizes ways to lower fat in your diet

v. **Divide CHAs into pairs** to practice the CHA Roles activity on page 37. **Discuss the situation** as a group after CHAs have time to practice in pairs.

vi. Recommended recipe demonstration for this session: **Beef Casserole** (pg. 38)

c. **Tie it together** (pg. 39)
   i. **Review what the CHAs have learned** in this session
   ii. **Ask for any questions.**
   iii. **Remind everyone to sign the Sign-In Sheet**
   iv. **Ask for community announcements**
I. Welcome participants
II. Make sure each CHA signed the Sign-In Sheet (pg. 93)
III. Introduce Session 4 by giving the title.
    a. Goals (pg. 42)
        i. Open the manual to the goals for this session
        ii. Read the goals out loud to the group
    b. Information
        i. Meat, Poultry, and Fish (pg. 43-44)
            1. Show a healthy meat serving size- a deck of cards
               or the palm of a woman’s hand
            2. Examine and discuss the chart showing lean and
               fatty cuts of meat on page 43
            3. Explain which meats, poultry, and fish are better
               for your health
            4. Look back at The Plate Planner from Session 2 on
               page 24. Emphasize that meat should take up 1
               quarter of the plate
            5. Discuss the Tips for Cooking Meats, Poultry, and
               Fish the Healthy Way on page 45
            6. Show how to remove chicken skin and chicken fat
               using kitchen scissors or a knife as you conduct the
               recipe demonstration below
        ii. Divide CHAs into pairs to practice the CHA Roles
            activity on page 46. Discuss the situation as a group
            after CHAs have time to practice in pairs.
        iii. Recommended recipe demonstration for this session:
             Mock Fried Chicken (pg. 47)
    c. Tie it together (pg. 48)
        i. Review what the CHAs have learned in this lesson
        ii. Ask for any questions.
        iii. Remind everyone to sign the Sign-In Sheet.
        iv. Ask for community announcements
I. Welcome participants
II. Make sure each CHA signed the Sign-In Sheet (pg. 93)
III. Introduce Session 5 by giving the title.
   a. Goals (pg. 50)
      i. Open the manual to the goals for this session
      ii. Read the goals out loud to the group
   b. Information
      i. A Color Way to a Healthy Day (pg. 51)
         1. Discuss the importance of each color group for different health problems
         2. Discuss other favorite fruits and vegetables from the color groups
      ii. Check Fruits and Vegetables. Size Counts! (pg. 52). While discussing this section show sets of measuring cups/spoons and a 6 ounce juice glass to demonstrate serving sizes of fruits and vegetables as shown on page 23
      iii. Tips for Buying and Preparing Fruits and Vegetables (pg. 52). While discussing this section ask participants for their ideas on how to season vegetables without added fat, especially without added pork fat
   iv. Divide CHAs into pairs to practice the CHA Roles activity on page 53. Discuss the situation as a group after CHAs have time to practice in pairs.
   v. Recommended recipe demonstration for this session: Cornbread, Peas or Beans, and/or Collard Greens (pgs. 54-56)
   c. Tie it together (pg. 57)
      i. Review what the CHAs have learned in this session
      ii. Ask for any questions.
      iii. Remind everyone to sign the Sign-In Sheet.
      iv. Ask for community announcements
I. Welcome participants

II. Make sure each CHA signed the Sign-In Sheet (pg. 93)

III. Introduce Session 6 by giving the title.
   a. Goals (pg. 60)
      i. Open the manual to the goals for this session
      ii. Read the goals out loud to the group
   b. Information
      i. Eating Less Salt (pg. 61)
         1. Discuss why it is important to your health to limit the amount of sodium you eat
         2. Discuss the two ways to lower salt in your diet
         3. Pass around an assortment of food labels. Ask CHAs to share information on the sodium contents of the foods. Also, pass around an assortment of seasoning blends and spices. Review the sodium content. Show examples of seasonings that have a lot of salt (lemon pepper, bouillon, meat tenderizer, onion salt, garlic salt, Lite Salt) and examples of some without salt (Ms. DASH Seasoning Blends, No Salt, onion powder, garlic powder). Refer to the Foods Low in Sodium on page 66 for ideas on foods low in sodium
      ii. The DASH Eating Plan (pg. 62)
         1. Explain the purpose of the DASH Eating Plan
         2. Refer to the DASH Eating Plan on page 64 at the 1600 and 2000 calorie levels. Refer to the sample menu for ideas of 1600 Calorie Daily Meal Plan on page 65
      iii. Weight Reduction (pg. 63)
         1. Emphasize that even 10 lbs of weight loss can help blood pressure
      iv. Reducing Alcohol (pg. 63)
         1. Emphasize the role of alcohol in raising blood pressure as well as adding calories
v. **Ask the CHAs to turn to page 67** and discuss the Sample Action Plan plan with the CHAs.

vi. As a group, **complete the Let’s Make a Plan** action planning worksheet on page 68

vii. **Ask each CHA to complete the Nutrition Survey** (pg. 69). This is the same worksheet they completed in Session 1. After they have finished, **refer them to page 95 and ask them to compare their answers** from Session 1 (page 9) to Session 6 (page 69) to see how much they learned. **Ask if anyone has any questions about the surveys.**

viii. **Have CHAs complete the Evaluation of Nutrition Training** session on page 71. **Collect the forms.**

ix. **Show the CHAs the list of organizations to contact for more information on page 74.**

x. Recommended recipe demonstration for this session: **Southern Fish Fillets** (pg. 70)

c. **Tie it together** (pg. 73)
   
   i. **Review what the CHAs have learned** in this section
   
   ii. **Ask for any questions.**
   
   iii. **Remind everyone to sign the Sign-In Sheet.**
   
   iv. **Give location, date, and time for follow-up meetings**
   
   v. **Discuss future community activities**
   
   vi. **Ask for community announcements**

d. **Award Certificates** (See example on the next page).

e. Be sure to **return all forms necessary** to the Center for Health Promotion. A checklist is included on page 97 with instructions on where to send the forms and which forms to include
Certificate of Training

in

Nutrition

Awarded to:

________________________________________

For attending the Specialized Nutrition Training sessions and for demonstrating knowledge of the material covered. This training will enable you to take a leadership role in promoting a healthy lifestyle within the community.

_________________________  ______________________
Facilitator                Date
Flying Sparks Community Health Advisors (CHA)
Sign-In Sheet

Date:_________ Session(s):_____ Community:__________

NAME:__________________________________________________________

__________________________________________________________

__________________________________________________________

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## Answers to the Nutrition Survey!

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<tbody>
<tr>
<td><strong>True</strong></td>
<td><strong>False</strong></td>
<td>1. See Session 1, Page 10: “Calories- Where Do They Come From?”</td>
</tr>
<tr>
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<td>2. See Session 1, Page 10: “Calories- Where Do They Come From?”</td>
</tr>
<tr>
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<td><strong>False</strong></td>
<td>3. See Session 4, Page 43: “Information”</td>
</tr>
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<td><strong>False</strong></td>
<td>4. See Session 3, Page 33: “Fats in Cooking.”</td>
</tr>
<tr>
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<td><strong>False</strong></td>
<td>5. See Session 1, Page 10: “Calories- Where Do They Come From?”</td>
</tr>
<tr>
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<td><strong>False</strong></td>
<td>6. See Session 1, Page 11: “Serving Sizes – How Many Calories in One Serving”</td>
</tr>
<tr>
<td><strong>True</strong></td>
<td><strong>False</strong></td>
<td>7. See Session 2, Page 24: “The Plate Planner.”</td>
</tr>
<tr>
<td><strong>True</strong></td>
<td><strong>False</strong></td>
<td>8. See Session 3, Page 33: “Other Ways You Can Have Less Fat in Your Diet”</td>
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<tr>
<td><strong>True</strong></td>
<td><strong>False</strong></td>
<td>10. See Session 1, Page 10: “Calories - Where Do They Come From?” and Session 6, Page 63: “Weight Reduction.”</td>
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At the end of the training sessions, please return the following forms to the Center for Health Promotion.

<table>
<thead>
<tr>
<th>Form Name</th>
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<tbody>
<tr>
<td>□ Sign-In Sheets for all sessions</td>
</tr>
<tr>
<td>□ Training Session Evaluation Forms (One from eachCHA)</td>
</tr>
</tbody>
</table>