

# Facilitation Guide

## Healthy Eating

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### Lifestyle Coach Brief

#### Learning objectives

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At the close of this session, the participants will be able to –

- Explain the health benefits of eating less fat and fewer calories.
- Describe the MyPlate food guide and its recommendations, including how to reduce fat and calories in our diet.
- Compare and contrast MyPlate guidelines with participants' eating habits.
- List ways to replace high-fat and high-calorie foods with low-fat and low-calorie foods.
- Explain the importance of eating plenty of whole grains, vegetables, and fruits, while staying within fat gram goals.
- Explain the importance of eating foods from all groups of MyPlate and of eating a variety of foods from within each group.
- Explain why a balanced diet is beneficial to health.
- Explain why eating the same foods over and over is not the best strategy for long-term success.

## Session overview

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This session introduces the MyPlate food guide and why following the MyPlate guide is a way of eating healthy. This session will be interactive: participants will compare what they eat with foods recommended by MyPlate. They will also share ideas about how to bring their eating habits more in line with the MyPlate guidelines.

### Part 1: Healthy Ways To Eat

Healthy eating involves not only *what* people eat, but also *how* they eat. In the early part of the session you will discuss ways to make healthier food choices.

### Part 2: MyPlate

MyPlate will be introduced, followed by a discussion about the major food groups: how much of each group should be eaten daily as part of a healthy diet and how to select low-fat alternatives within each group.

You may choose to show actual food items in appropriate measurements (e.g., a cup of fruit, three ounces of meat). Participants will also discuss which high-fat and high-calorie foods fall into each category as a means of recognizing foods they should limit.

Participants will practice comparing what they eat with the recommended MyPlate foods. This activity will show participants how well (or not-so-well) what they eat matches the recommendations in the guidelines.

### Part 3: Taking it One Meal at a Time

Skipping meals can actually work against a participant's weight loss goals. This section explores strategies for thinking ahead and planning healthy meals and snacks that have less fat and fewer calories.

### Key messages

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Here are the key messages for this session. They should be reinforced to participants throughout the program.

- Healthy eating is determined both by *what* we eat and *how* we eat.
- MyPlate recommends how much people should eat, depending on their sex, age, and level of physical activity.
- Replace high-fat or high-calorie foods with healthier foods that include grains, vegetables, and fruits.
- Avoid the common tendency to eat the same foods over and over as a means of simplifying keeping track of what we eat. This system may work, but it often leads to trouble when we deviate out of boredom with our usual menu. In addition, we do not learn to calculate fat grams and portion sizes so that we can deal with unfamiliar foods when we need to.

Skipping meals can lead to extreme hunger and uncontrolled eating, resulting in an intake of more fat and calories than a regular meal.

The best approach to meals is to eat four or five smaller meals (breakfast, lunch, dinner, and one or two snacks) throughout the day that include a variety of nutritious, low-fat, and low-calorie foods.

**Presenter:** Today we will –

- Discuss why healthy eating relates not only to *what* we eat, but also to *how* we eat.
- Take a look at MyPlate and its recommendations, including how to reduce the fat and calories we eat.
- Compare the MyPlate guidelines with your own eating habits.

## Healthy Eating

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- Find ways to replace high-fat and high-calorie foods with low-fat and low-calorie foods.
- Discuss the importance of eating plenty of whole grains, vegetables, and fruits, while staying within our fat gram goal.

# Healthy Eating

## Healthy Ways to Eat

Estimated time: 10 minutes

### Introduction

**Present:** We have talked about eating less fat and fewer calories. Eating less fat and fewer calories is essential to losing weight. It is also one important part of healthy eating in general.

Now we are going to talk about some other components of healthy eating. We will look at our overall eating pattern to see how healthy it is and how we might improve it.

### Notes

### The Way We Eat

**Present:** Healthy eating is determined both by *what* we eat and *how* we eat.

**Ask:** In what ways do you think health eating relates to *the way* we eat?

**Open responses.**



**Refer** participants to the “Ways to Eat Healthy” handout.

### Notes

## Healthy Eating

**Present:** Eating healthy is not always easy. This handout has some tips (or tricks!) we can use to help us eat healthy.

**Briefly discuss.**

**Ask:** Do you have other tips you would like to share?

**Open responses.**

**Present:** For more on healthy eating, use tools such as MyPlate to help you choose healthier foods in portions appropriate for you.

### The Type of Food We Eat

### Notes

**Present:** Another aspect to healthy eating is the type of food we eat.

The MyPlate food guide will help you think through what types of food you should eat and in what quantities. MyPlate was developed by the U.S. Department of Agriculture (USDA) to replace the MyPyramid food guide. MyPlate illustrates the five food groups using a familiar mealtime visual, a place setting.



**Refer** to the “MyPlate” handout.

**Ask:** How many of you have seen this before?

**Open responses.**

**Ask:** Have anyone of you used the MyPlate food guide to decide what kinds of foods you should eat? If so, tell us what you learned?

**Open responses.**

## MyPlate

Estimated time: 30 minutes

### MyPlate

### Notes

**Present:** MyPlate is a general guide to healthy eating. It is based on the latest findings about nutrition and health.

The plate image is used because it shows us the relative portion size of each food group we should be eating at our meals.

In addition, MyPlate's daily recommended amounts of each type of food are –

- Tailored to individual sex, age, and level of physical activity.
- Given in ounces (for grains and protein foods) or cups (for vegetables, fruits, and dairy).

**Present:** Let's take a look at what food groups are included in MyPlate.



**Refer** to "MyPlate" handout. Discuss each food category.

- **Grains:** These include all foods made from wheat, rice, oats, cornmeal, barley, or another cereal grain. Examples of such foods are bread, pasta, oatmeal, breakfast cereals, tortillas, and grits.
- **Vegetables:** These include all fresh, frozen, canned, or dried vegetables and vegetable juices.
- **Fruits:** These include all fresh, frozen, canned, or dried fruits and fruit juices.
- **Dairy:** Dairy includes all fluid milk products, yogurts, and cheeses.
- **Protein Foods:** These include meat, poultry, fish, eggs, nuts, peanut butter, beans, and seeds.

## The Purpose of MyPlate

## Notes

**Present:** MyPlate is designed to show several healthy eating habits that we should cultivate:

### Balance the calories in our meals

- Enjoy our food, but eat less.
- Avoid oversized portions.

### Foods to increase

- Fruits and vegetables: these should be half the food on your plate.
- Grains: make at least half your grains whole grains.
- Fat-free or low-fat (1%) milk: switch from regular or 2% milk.

### Foods to reduce

- Foods with a lot of salt: look at nutrition labels of various products. Compare the amount of sodium in foods such as soup, bread, and frozen meals. Choose the foods with low amounts of sodium.
- Drink water instead of sugary drinks.

MyPlate recommends how much people should eat, depending on their sex, age, and level of physical activity.

For our purposes, we will use the following ranges, but remember that these are general recommendations. What you should do may be different.



### Note to Lifestyle Coach

To save time, have examples of various foods measured and set out on a table before the demonstration. Cover them until it's time for the discussion.

## Healthy Eating

**Demonstrate:** Show the foods you measured and set out on a table before class began:

- Grains: 4 to 6 oz.
- Vegetables: 1 ½ to 2 ½ cups
- Fruit: 1 or 2 cups
- Milk: 2 or 3 cups
- Protein foods: 3 to 6 oz.

**Present:** MyPlate recommends the number of servings per day of each food group. The number depends on your sex, age, and physical activity level. To learn more, visit the website: [www.choosemyplate.gov](http://www.choosemyplate.gov)

### MyPlate: Grains

### Notes

**Present:** Grains are divided into two subgroups: whole grains and refined grains.

**Whole grains** contain the entire grain kernel (the bran, germ, and endosperm). These are examples:

- Whole-wheat flour
- Bulgur (cracked wheat)
- Oatmeal
- Whole cornmeal
- Brown rice

**Refined grains** are milled, a process that removes the bran and germ. These are examples:

- White flour
- Degermed cornmeal
- White bread
- White rice

**MyPlate** recommends that at least half our grains be whole grains.

**Ask:** What low-fat foods fit into the grains group?

### Open responses.



**Write** examples of each food group on a flip chart or white board.



### Activity

- Refer participants to the “MyPlate: Low-Fat and Low-Calorie Choices” handout in the Participant Notebook.
- Have participants write down several kinds of low-fat or low-calorie grains on the handout.
- Ask for volunteers to share what they wrote.

**Present:** Many people think bread and other starchy foods are high in fat and calories. Actually the fat is added to them during cooking or at the table.

- Bread: butter is added at the table.
- Pasta: cheese sauce is added just before it's served.

**Offer** these other examples of low-fat grains: one slice of whole wheat bread, one 6” whole wheat tortilla, one serving of low-fat crackers, one serving of dry whole wheat cereal, half bagel, one serving of oatmeal.

**Ask:** Can you think of any high-fat or high-calorie foods in the grains group?

### Open responses.

**Offer** these examples of high-fat or high-calorie grains: Croissants, doughnuts, tortilla chips, high-fat and high-calorie crackers, muffins, granola, sugar-coated cereal.

**Ask:** Why do you think that tortilla chips are high in fat? They are just corn, right?

### Open responses.

## Healthy Eating

**Present:** Tortilla chips are usually cooked in fat. We need to limit all foods cooked in fat.

### MyPlate: Vegetables

### Notes

**Ask:** What about vegetables? How can you prepare and serve vegetables without adding any (or not much) fat?

**Offer** these examples: green salad with low-fat dressing; steamed, roasted, or grilled vegetables; raw vegetables with a low-fat dipping sauce.

**Ask:** What kinds of vegetables should we limit?

**Offer** these examples: fried vegetables or vegetables with butter, margarine, cream sauce, or cheese sauce (e.g., baked potatoes with all the toppings).

**Present:** Again, vegetables are not usually high in fat or calories, but people often add fat during cooking or at the table.

### MyPlate: Fruit

### Notes

**Ask:** What about fruit? What are low-fat and low-calorie ways to eat fruit?

**Offer** these examples: whole fresh fruits are best. Canned fruit without syrup and unsweetened fruit juice are also good.

**Ask:** What kind of fruit foods should we limit?

**Offer** these examples: coconuts, fruits in pastry (as in pies), juices or drinks sweetened with sugar, fruit canned in heavy syrup.

### MyPlate: Dairy

### Notes

**Ask:** How about the dairy group? What are low-fat and low-calorie options here?

## Healthy Eating

### Open responses.

**Present:** Some people have trouble drinking milk because it gives them gas, bloating, or diarrhea. If that is a problem for you, milk products that are lactose-free may help. Examples of low-fat dairy products are skim or 1% milk, low-fat or nonfat yogurt, low-fat or nonfat cheese.

Using soy milk is another alternative.

**Ask:** What kinds of milk products are high in fat?

**Offer** these examples: 2% or whole milk, regular cheese, cottage cheese made with whole milk.

### MyPlate: Proteins

### Notes

**Ask:** What about low-fat and low-calorie proteins?

### Open responses.

**Present:** People in the United States tend to eat too much meat. Many meats are high in fat. We must choose leaner cuts, trim all visible fat, and use low-fat cooking methods.

Nuts are included in the protein group. Although nuts are high in fat, many nuts contain healthy fat. Just be careful with the serving size.

This group also includes beans, which are not high in fat unless you cook or serve them with added fat.

**Offer** these examples of lean meats: beef (round steaks and roasts, top loin, top sirloin, chuck shoulder), pork (loin, tenderloin, center loin, ham), extra lean ground beef, skinless chicken, lean lunch meat, fish, and eggs.

## Healthy Eating



### Note to Facilitator

For questions related to meats or any other foods discussed here, consult the “Fat and Calorie Counter.”

**Ask:** What are some other high-fat and high-calorie items that we should limit?

**Offer** these examples: bacon, sausage, beans cooked in lard or salt pork, high-fat lunchmeats, chicken with skin, meat or fish that is deep-fried.

### How Have You Been Eating?

### Notes

**Present:** Include items from all groups of MyPlate in your healthy diet in order to get all the nutrients your body needs.

Let’s see how what you eat compares with MyPlate guidelines.



**Refer** participants to the “Rate Your Plate” handout.



### Activity:

- Have participants review the “Rate Your Plate” handout. Note the following:
  - Each row is for a different food group. Each cell represents  $\frac{1}{2}$  ounce or  $\frac{1}{2}$  cup
  - The number at the top shows how many ounces or cups you ate so far.



### Note to Facilitator

Ask one participant to volunteer to tell the group what he or she ate for breakfast. Then have the group work together to rate that person's breakfast on "Rate Your Plate."

Ask another participant to volunteer what he or she ate for lunch and, again, have the group work together on rating the lunch. Continue asking for volunteers for each meal and snack, and have the group work together on "Rate Your Plate."

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**Ask:** Did the recommended number of servings of each (or any) MyPlate food group match the number you ate?

**Open responses.**

**Ask:** For which group (or groups) did you exceed the recommended number of servings?

**Open responses.**

**Ask:** For which group (or groups) did you have fewer than the recommended number of servings?

**Open responses.**



### Note to Facilitator

Some participants tend to eliminate foods from the protein group in order to save fat grams and calories. Although some people need to moderate their intake of high-fat meat, they will need to think of ways to include low-fat foods from the protein group.

### Eating More Like MyPlate

### Notes

**Ask:** What could you do to eat better overall?



**Refer** participants to “Eating As MyPlate Suggests.”

This handout gives you a place to write in the foods you eat from each MyPlate food group. Use it to create a menu for one day. If you prefer, you may work in groups. Remember, we want half our plate to be fruits and vegetables.

**Allow** participants a few minutes to create their menus; roam the room lending help where needed.

**Ask** for volunteers to share their menus.

**Provide feedback** on how they well they produced a menu using MyPlate.

**Ask:** What changes would you make to match the recommendations of MyPlate better? Which food groups need to have more items? Which food groups need fewer?

**Present:** Last week we talked about the three ways to eat less fat and fewer calories, one of which is to eat low-fat and low-calorie foods instead. MyPlate and the practice of substituting low-fat and low-calorie foods work together.



**Refer** participants to the “My Food Substitutions” handout for examples of ways they can replace high-fat and high-calorie foods with healthier foods.

## Healthy Eating

**Ask:** Can anyone suggest other ways to substitute low-fat and low-calorie foods for high-fat and high-calorie food?

**Open responses.**

**Ask:** What are some ways you can reduce fat in recipes?



### Note to Facilitator

If a participant regularly cooks from recipes, review the guidelines on the optional handout “Build a Better Recipe.” Try to focus on recipes that are relevant to the participants.

If some participants want help in lowering the fat and calories in a favorite recipe, have them bring the recipes to the next session and help them modify the recipes then.

## Wrap Up

Estimated time: 10 minutes

### Notes

**Ask** whether participants have any questions about what was covered during this session.

**Present:** MyPlate is only one model of healthy eating. The main message to you is this: include a variety of foods from all MyPlate food groups.



#### Note to Facilitator

Do not be too strict about following the MyPlate recommendations. Many people feel overwhelmed and frustrated, if they feel they have to follow rules exactly.

## Part 3: Healthy Eating – Taking it One Meal at a Time

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### Key messages to reinforce

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- Skipping meals can lead to extreme hunger and uncontrolled eating, resulting in an intake of more fat and calories than a regular meal.
- The best approach to meals is to eat four to five smaller meals (breakfast, lunch, dinner, and one or two snacks) throughout the day that include a variety of nutritious, low-fat, and low-calorie foods.
- Research shows that people who skip breakfast tend to be heavier than those who eat a proper breakfast.
- For the main meal, include low-fat protein, whole grains, and plenty of vegetables.
- To improve your snack choices, make a plan. Take steps to avoid situations or feelings that make you want to snack on unhealthy choices.



### Skipping Meals

**Present:** When trying to lose weight, it is tempting to skip meals to save calories. This often backfires, however, because the resulting hunger can lead to uncontrolled eating with an intake of larger quantities or higher fat and calorie content. Many times, the end result is that a person eats more fat and calories than they would have with regular meals.

In addition, your body needs a certain amount of calories and nutrients each day in order to work properly. Skipping meals may actually work *against* the body's normal metabolic processes and lead to weight gain.



### Planning Meals

**Present:** The best approach to meals is to eat four to five smaller meals (breakfast, lunch, dinner, and one or two snacks) throughout the day that include a variety of nutritious, low-fat, and low-calorie foods.

When planning meals, focus on reducing fats and refined sugars (like those found in sweets).

Remember that fat contains more than twice the calories as there are in the same amount of sugar, starch, or protein, and somewhat more than alcohol.

	Fat	Carbohydrates	Proteins	Alcohol
Calories/gram*	9	4	4	7

\*A gram is a unit of weight. A paper clip weighs about one gram.



### **Build a Better Breakfast**

**Present:** Research shows that people who skip breakfast tend to be heavier than those who eat a proper breakfast.

#### **Do you usually eat in the morning?**

- If yes, what do you usually eat? When? Where?
- If no, what are your reasons?

#### **How does your morning eating pattern vary on weekends?**

#### **Do you skip breakfast and overeat at night?**

- If so, what food(s) could you eat less often at night? (include calories and fat grams)
- What food(s) could you start eating in the morning? (include calories and fat grams)

#### **Did you know...?**

- Breakfast can take less than five minutes to make.
- People who eat breakfast tend to make healthier food choices during the day.
- Breakfast eaters tend to be in a better mood, have more energy, and do better on memory tasks.
- People who *don't* eat breakfast tend to overeat during the day, especially at night. So the next morning, they are less hungry and are less likely to eat breakfast. Vicious cycle!



### Planning a Morning Meal

<b>Low-fat Protein</b>	Choose skim or 1% milk or soymilk, nonfat or low-fat yogurt (either plain or sugar-free). Try nonfat or low-fat cottage cheese or an egg (hard boiled, poached, or scrambled with cooking spray) or egg substitute.
<b>Fruit</b>	Choose fresh fruit, or frozen or canned fruits packed in water or juice (not heavy syrup).
<b>Cereal</b>	Choose whole grain cereals that are low in sugar. Avoid “frosted” or sweetened cereals, granolas, and cereals with nuts.
<b>Bread or Oatmeal</b>	Try whole grain toast or an English muffin. Top with nonfat cream cheese, jam, jelly, or all-fruit spread. Make oatmeal and top with fresh fruit or nonfat yogurt. Avoid croissants, biscuits, doughnuts, and most muffins.
<b>Pancakes</b>	Top with a small amount of low-fat margarine or reduced-calorie syrup, fresh fruit, or fruit purees like applesauce.
<b>Potatoes</b>	Make your own home fries with pan spray instead of oil. Heat a leftover baked potato in the microwave. Top with nonfat sour cream.
<b>Leftovers</b>	Use the microwave to reheat leftovers from last night’s dinner. Grilled chicken, brown rice, whole wheat pasta, or lean beef can be just as delicious at breakfast.
<b>Avoid these foods, or eat in smaller quantities:</b>	
<ul style="list-style-type: none"><li>➤ Bacon</li><li>➤ Sausage</li><li>➤ Sugar, honey, regular syrup</li><li>➤ Margarine, butter</li><li>➤ Whole or 2% milk, cream, regular sweetened yogurt</li><li>➤ Pastries, coffecake, doughnuts</li></ul>	



### Build a Better Main Meal

**Present:** For the main meal, plan the food around lean protein and whole grains. Use little to no fat during the preparation. Add plenty of vegetables.

<b>Low-fat protein</b>	Include low-fat cuts of meat, poultry or fish, cooked without fat. Serve beans or soy-based products, such as tofu, more often. Make an omelet and add fresh vegetables.
<b>Pasta</b>	Top spaghetti with a low-fat meat sauce and steamed vegetables. Make lasagna with low-fat cheese and a layer of spinach or broccoli.
<b>Rice, other grains</b>	Serve brown rice with stir-fried vegetables and lean chicken, pork, or tofu. Add rice to vegetable soup or chili. Experiment with whole grains like barley, couscous, wild rice, millet, quinoa, kasha, and bulgur.
<b>Bread, tortillas</b>	Make pita bread pizzas topped with vegetables and low-fat cheese. Fill tortillas with cooked chicken, steamed vegetables, rice, and salsa. Sandwiches can be a main meal, too (e.g., grilled chicken, hot turkey). So can breakfast foods (e.g., pancakes with low-fat spread, breakfast burrito with eggs, vegetables, and low-fat cheese).
<b>Potatoes</b>	Top baked potatoes with steamed vegetables and nonfat sour cream. Make a delicious stew with lean beef and plenty of potatoes, carrots, and onions.

**Serve fruit as a side dish or for dessert.**

- Slice several kinds of fresh or canned fruit (without syrup) into an eye-catching bowl.
- As a topping, try a small amount of sherbet, sorbet, or low-fat, sugar-free yogurt.



## Planning Better Snacks

**Present:** To improve your snack choices, make a plan.

A snack you eat often	Calories/fat grams per serving	Where and when you usually eat the snack
1.		
2.		
3.		
4.		
5.		

**Ask:** Are most of your snacks planned or unplanned?

For many people, **unplanned snacks** are often triggered by one or more of the following. Check the triggers (cues) that apply to you:

- Being too hungry
- Being tired or overworked
- Feeling stressed, anxious, bored, or angry
- Seeing or smelling food, or seeing others eating
- Doing certain things or being in certain places (e.g., watching TV)
- Celebrating during holidays or at family gatherings
- Other

**Ask:** What could you do to avoid these situations/feelings or handle them differently?



## Satisfying Snacks:

### Crunchy Snacks

- 1 serving fresh fruit ( $\frac{1}{2}$  - 1 cup or 1 medium) 35-80 calories, 0 gram fat
- Raw vegetables ( $\frac{1}{2}$  - 1 cup or 1 medium) less than 50 calories, 0 gram fat
- 6 animal crackers 85 calories, 2 grams fat
- 1 sheet graham crackers 65 calories, 2 grams fat

### Salty Snacks

- 3 cups popcorn, microwave, light 60 calories, 3 grams fat
- 4 large or 8 small pretzel twists 55 calories, 0 gram fat
- 10 bite-size baked tortilla chips 55 calories,  $\frac{1}{2}$  grams fat
- 8 baked potato chips 85 calories, 1 gram fat

### Chewy Snacks

- 4 halves dried apricots 40 calories, 0 gram fat
- $\frac{1}{2}$  English muffin 68 calories, 1 gram fat
- $\frac{1}{2}$  Bagel 75 calories, 1 gram fat

### Sweet Snacks

- $\frac{1}{2}$  cup gelatin 80 calories, 0 gram fat
- $\frac{1}{2}$  cup sugar-free gelatin 8 calories, 0 gram fat
- Two 8-inch pieces licorice 80 calories, 0 gram fat
- 10 gumdrops or gummy bears 85 calories, 0 gram fat
- 5 vanilla wafers 90 calories, 5 grams fat
- 3 ginger snaps 90 calories, 3 grams fat

### Chocolate Snacks

- $\frac{1}{2}$  cup fat-free chocolate pudding 100 calories, 0 gram fat
- 1 fudge popsicle 60 calories, 1 gram fat
- $\frac{1}{2}$  cup chocolate nonfat milk 75 calories, 0 gram fat

### Smooth or Frozen Snacks

- $\frac{1}{2}$  cup applesauce, unsweetened 50 calories, 0 gram fat
- 6 oz. nonfat sugar-free yogurt 70 calories, 0 gram fat
- 1 frozen fruit juice bar 70 calories, 0 gram fat
- $\frac{1}{2}$  cup nonfat frozen yogurt 95 calories, 0 gram fat
- One 2 oz. popsicle 45 calories, 0 gram fat

**Summarize** key points:

- We reviewed some of the benefits of eating less fat and fewer calories.
- You were introduced to the MyPlate model for healthy eating.
- We compared what you are accustomed to eating with the recommendations in MyPlate.
- We listed ways to replace high-fat and high-calorie foods with low-fat and low-calorie foods. We included examples not only for dairy and protein, but also for whole grains, vegetables, and fruits.

We discussed the importance of planning healthy meals and snacks.

**Ask** participants if they have any questions before closing.