

General Health Education

The University of North Carolina at Chapel Hill
School of Nursing



After this lesson you will have a better understanding of:

- Obesity
- Blood Pressure
- Cholesterol
- Blood Sugar Lab Values



OBESITY

- What is it?
 - Obesity is having an **excess of body fat**.
- Causes:
 - Eating more food than your body needs
 - Consuming alcohol in excess
 - Not getting enough exercise



OBESITY

- **BODY MASS INDEX**

- A calculation involving a person's weight and height
 - FORMULA = $(\text{Weight(kg)}) / (\text{height(m)})^2$
- This calculation is a reliable value related to the amount of fat on a person.

BMI Category	BMI Value
Underweight	<18.5
Healthy Weight	18.5- 24.9
Overweight	25.0-29.9
Obese	>30

Weight in Pounds

	100	110	120	130	140	150	160	170	180	190	200	210	220	230	240	250
4'	30.5	33.6	36.6	39.7	42.7	45.8	48.8	51.9	54.9	58.0	61.0	64.1	67.1	70.2	73.2	76.3
4'2"	28.1	30.9	33.7	36.6	39.4	42.2	45.0	47.8	50.6	53.4	56.2	59.1	61.9	64.7	67.5	70.3
4'4"	26.0	28.6	31.2	33.8	36.4	39.0	41.6	44.2	46.8	49.4	52.0	54.6	57.2	59.8	62.4	65.0
4'6"	24.1	26.5	28.9	31.3	33.8	36.2	38.6	41.0	43.4	45.8	48.2	50.6	53.0	55.4	57.9	60.3
4'8"	22.4	24.7	26.9	29.1	31.4	33.6	35.9	38.1	40.4	42.6	44.8	47.1	49.3	51.6	53.8	56.0
4'10"	20.9	23.0	25.1	27.2	29.3	31.3	33.4	35.5	37.6	39.7	41.8	43.9	46.0	48.1	50.2	52.2
5'	19.5	21.5	23.4	25.4	27.3	29.3	31.2	33.2	35.2	37.1	39.1	41.0	43.0	44.9	46.9	48.8
5'2"	18.3	20.1	21.9	23.8	25.6	27.4	29.3	31.1	32.9	34.7	36.6	38.4	40.2	42.1	43.9	45.7
5'4"	17.2	18.9	20.6	22.3	24.0	25.7	27.5	29.2	30.9	32.6	34.3	36.0	37.8	39.5	41.2	42.9
5'6"	16.1	17.8	19.4	21.0	22.6	24.2	25.8	27.4	29.0	30.7	32.3	33.9	35.5	37.1	38.7	40.3
5'8"	15.2	16.7	18.2	19.8	21.3	22.8	24.3	25.8	27.4	28.9	30.4	31.9	33.4	35.0	36.5	38.0
5'10"	14.3	15.8	17.2	18.7	20.1	21.5	23.0	24.4	25.8	27.3	28.7	30.1	31.6	33.0	34.4	35.9
6'	13.6	14.9	16.3	17.6	19.0	20.3	21.7	23.1	24.4	25.8	27.1	28.5	29.8	31.2	32.5	33.9
6'2"	12.8	14.1	15.4	16.7	18.0	19.3	20.5	21.8	23.1	24.4	25.7	27.0	28.2	29.5	30.8	32.1
6'4"	12.2	13.4	14.6	15.8	17.0	18.3	19.5	20.7	21.9	23.1	24.3	25.6	26.8	28.0	29.2	30.4
6'6"	11.6	12.7	13.9	15.0	16.2	17.3	18.5	19.6	20.8	22.0	23.1	24.3	25.4	26.6	27.7	28.9
6'8"	11.0	12.1	13.2	14.3	15.4	16.5	17.6	18.7	19.8	20.9	22.0	23.1	24.2	25.3	26.4	27.5
6'10"	10.5	11.5	12.5	13.6	14.6	15.7	16.7	17.8	18.8	19.9	20.9	22.0	23.0	24.0	25.1	26.1
7'	10.0	11.0	12.0	13.0	13.9	14.9	15.9	16.9	17.9	18.9	19.9	20.9	21.9	22.9	23.9	24.9

<http://www.freebmicalculator.net>

Underweight
 Nomal
 Overweight
 Obesity

BMI Chart – Find your BMI!

OBESITY

- Being obese could lead to:
 - Hypertension (high blood pressure)
 - Dyslipidemia (poor cholesterol levels)
 - Type 2 Diabetes Mellitus
 - Stroke
 - Coronary Artery Disease
 - Cancers:
 - colon, breast, endometrial
 - Respiratory issues
 - Osteoarthritis



BLOOD PRESSURE

- Blood pressure is the force exerted on the walls of an artery by the pulsing blood under the pressure of the heart.
 - Systolic Pressure– the peak pressure when blood is being ejected from the heart during a contraction.
 - Diastolic Pressure– the pressure exerted while the ventricles of the heart are relaxed
 - **Blood pressure = Systolic/Diastolic**



Blood Pressure

- **Factors influencing blood pressure**

- **Age-** Blood pressure rises with advancing age.
- **Stress** – Stress will stimulate the sympathetic response which increases heart rate and blood pressure.
- **Ethnicity-** High blood pressure is more common in the African American population.
- **Medications** – Anti-hypertensive and cardiac medications lower blood pressure.
- **Activity** – After exercise, blood pressure will remain reduced for several hours.
- **Weight** – Obesity is a factor in developing hypertension; lack of exercise can contribute to weight gain as well.
- **Smoking** – Smoking causes blood vessels to constrict which raises blood pressure for 15 minutes after smoking a cigarette.

Blood Pressure Classifications

Category	Systolic	Diastolic
Normal	<120	<80
Pre-hypertension	120-139	80-89
Stage 1 hypertension	140-159	90-99
Stage 2 hypertension	>160	>100

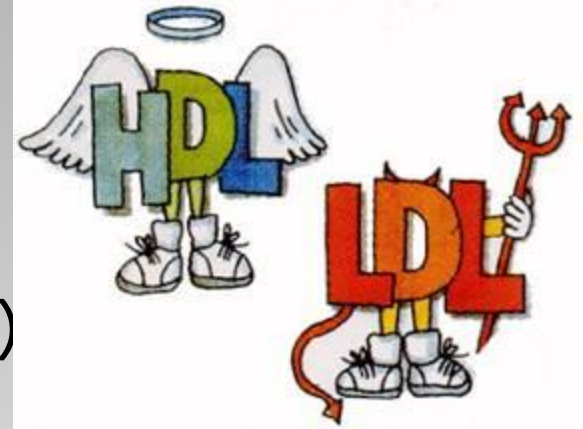
- Hypertension looks like thickened arterial walls.
- The heart has to pump harder to push blood through the thickened arteries.
- Hypertension can be treated with medications and lifestyle changes such as:
 - smoking cessation, exercise, losing weight, decrease salt intake, and decreased alcohol consumption.

CHOLESTEROL

- Cholesterol is a fatty, waxy-like substance found in your body and many foods.
- Your body needs cholesterol to work, BUT if you consume more cholesterol than your body can break down it will start to accumulate.
 - Extra cholesterol can accumulate in arteries creating plaques.
 - Plaques narrow the arteries and eventually can occlude arteries completely.
 - A heart attack occurs when an artery of the heart becomes completely occluded with plaques.

Types of Cholesterol

- HDL- (high-density lipoproteins)
 - “Good” cholesterol
 - HDL helps carry the bad cholesterol to the liver to be excreted.
- LDL- (low-density lipoproteins)
 - “Bad” cholesterol
 - Excess levels of LDL will start creating plaques in arteries.



Bad vs. Good Cholesterol



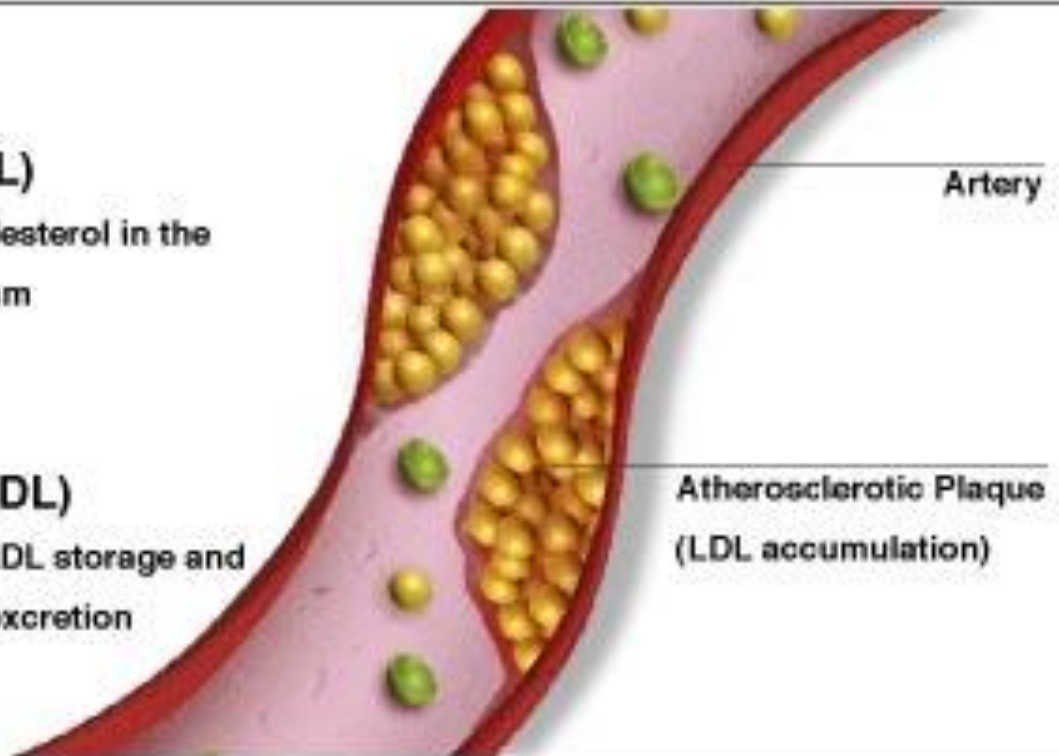
Bad (LDL)

stores cholesterol in the
blood stream



Good (HDL)

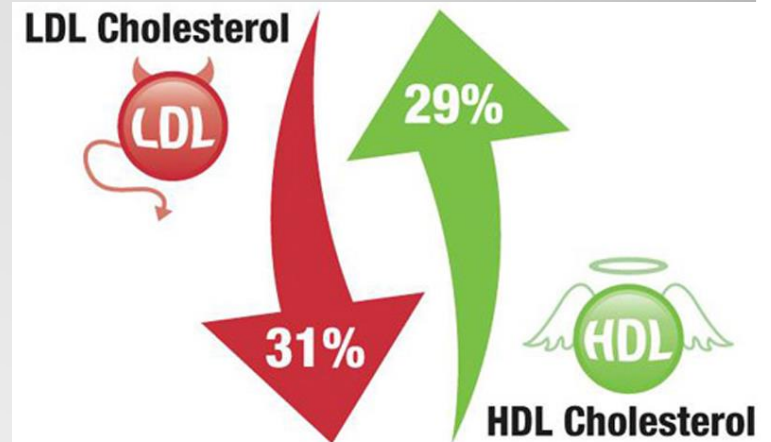
regulates LDL storage and
promotes excretion



HDL vs. LDL

How to LOWER your cholesterol

- Eat a healthy diet
- Maintain a healthy weight
- Exercise regularly
- Don't smoke
- Treat high cholesterol



Blood sugar lab studies

Type of Test	What is it?	Normal Range of blood sugar	Diabetic Range
Fasting blood glucose	Circulating glucose is measured when a person has fasted for 4-8 hours.	70-99mg/dl	Not used for diabetes diagnosis.
Oral glucose tolerance test	<p>Patient drinks 75g of glucose.</p> <p>Samples of blood are drawn at baseline, 30min, 60min, and 120 min.</p>	<p>Baseline: <100mg/dl</p> <p>30min: <200mg/dl</p> <p>60min: <200mg/dl</p> <p>120min: <140mg/dl</p>	Values >200mg/dl at 120 min can be considered diagnostic for diabetes.

A1C Levels

- A blood test for A1C levels shows how well a person's blood sugars have been controlled over the last 3 months.
- This test shows how much glucose has been sticking to your red blood cells.

Category	A1C Values
Normal	< 5.7%
Pre-diabetic	5.7%-6.4%
Diabetic	>6.4%

What are possible consequences of being obese?

- a. Developing certain types of cancer
- b. Increased risk for respiratory issues
- c. Higher chance of stroke
- d. All of the above

WHAT DID YOU LEARN?

- What type of cholesterol is the “good” cholesterol that helps get rid of the bad cholesterol?
 - a. Blood sugar
 - b. HDL
 - c. LDL
 - d. protein

What did you learn?

- What factors effect your blood pressures readings?
 - a. Stress
 - b. Exercise
 - c. Weight
 - d. All of the above

What did you learn?

- What does an A1C value show?
 - a. How much blood sugar is currently circulating in your body
 - b. How well your sugars have been controlled for the past 3 months
 - c. How much cholesterol build up is in your arteries.
 - d. How much sugar you ate in your lunch.

What did you learn?



Class 1: **The Benefits of Exercise**

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How can exercise improve your life?

- Decreased risk for disease
- Lower blood pressure
- Lower cholesterol
- Lower blood sugar
- Decreased risk for stroke
- Decreased risk for heart disease
- Decreased risk for developing diabetes



The ways exercise can improve your lifestyle:

- Better body composition
- Improved circulation
- More energy
- Better sleep
- Longer life
- Better quality of life



Exercise Recommendations

- It is important to be physically active on a daily basis.
 - Write it in your calendar! Reserve time for exercise!
- It is recommended that a person should get 60-90 minutes of moderate activity daily.



What is exercise?

- Anything that gets you moving
- Walking, jogging, or sprinting
- Put on music and dance
- Exercise with a friend
- Try a workout video



Moderate Exercise

burns 3.5-7kcal/min

- Yoga
- Dancing
- Exercise videos
- Cleaning the house
- Playing with your kids
- Walking to and from the store
- Putting groceries away



Vigorous Activity

burns >7kcal/min

- Bicycling
- Karate
- Jump rope
- Basketball game
- Soccer
- Jumping jacks
- Running



How to make an exercise plan:

1. Make a list of physical activity that you enjoy.
2. Schedule time for exercise everyday.
3. Begin your exercise time with some stretching and a walk.
4. Get out and do it!
5. Recruit a friend to join!



- What is not a benefit of daily exercise?
 - A. Lower blood pressure
 - B. High cholesterol
 - C. Improved circulation
 - D. Decreased risk for heart disease

What did you learn?

- What is the recommended amount of time for daily moderate activity?
 - A. 30 minutes each day
 - B. 120 minutes each day
 - C. 60-90 minutes each day
 - D. 15 minutes each day

What did you learn?

- What is an example of vigorous activity?
 - A. Yoga
 - B. Running
 - C. Cleaning the house
 - D. Playing with the kids

What did you learn?

- What should be included in your exercise plan?
 - A. A list of your favorite types of exercise
 - B. Scheduled times for exercise
 - C. Include stretching and walking as part of your warm-up.
 - D. All of the above

What did you learn?

Understanding Calories, Carbohydrates, Proteins and Fats

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What is a calorie?



- A calorie is a unit of energy.
 - A number of calories is a measurement that shows how much energy a certain food or beverage contains.
 - The amount of energy in each food or beverage is based on the presence of carbohydrates, proteins, and/or fats.

How does our body use calories?

- Your body uses calories like a car uses gas.
- After all of our energy for the day is done being used, the extra calories will be stored as fat.
- When there are no extra calories in your body, your body will breakdown fat as energy.

Calories
come from
carbohydrates,
protein, and fats

Carbohydrates ("carbs")

- Carbs are broken down into simple sugars
= the body's main source of energy

★ **1 gram of carbs = 4 calories** ★



Two types of Carbohydrates:

- Simple carbs: easy for your body to quickly use as energy
 - i.e. sugar, juice, soda, cookies, and candy
 - Complex carbs: healthiest choice of carbs
 - contains vitamins, minerals, and fibers
 - ex. potatoes, rice, bread, fruit, vegetables, and beans
- ★ Foods with fiber help with digestion and reducing cholesterol.

Protein

- Important in building strong muscles and healing wounds or injuries
- Foods with protein include: fish, meat, chicken, beans, and tofu

★ **1 gram of protein = 4 calories** ★

Types of protein:

- Lean proteins:
 - Fish, turkey, soy
 - skim milk, and eggbeaters
- Fatty proteins:
 - Beef and bacon



**It is healthy to
bake, broil or grill your meat!**

Fats

- Provides energy, helps you feel full, and adds taste to food
- ex. butter, oils, margarine, and salad dressings
- It is necessary to have some fats in your diet, but eat fats in moderation

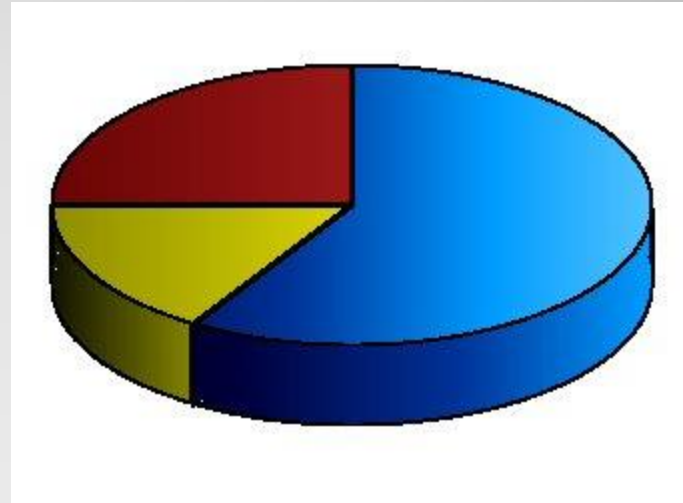
★ **1 gram of fat = 9 calories** ★

Types of fats:

- Saturated fats: solid at room temperature
 - Mostly animal fats: beef, bacon, cheese, butter, biscuits, etc
- Unsaturated fats: liquid at room temperature
 - Mostly vegetable fats: sunflower oil, olive oil, rice oil, nuts, sardines, etc

The perfect blend of energy!

- Our body needs a certain blend of all different types of energy to work properly:
 - **57% Carbohydrates**
 - **30% Fats**
 - **13% Protein**



What is on a food label?

- Serving Size
- Calories
- Total Fat
- Cholesterol
- Sodium
- Protein
- Vitamins

Nutrition Facts

Product Serving Size One Burrito (45g)
Product Servings per Container 1

Amount Per Serving

Calories 120 Calories from Fat 45
Calories from Saturated Fat 30

% Daily Value

Total Fat 5g	8%
Saturated Fat 3.5 g	18%
Trans Fatty Acids 0.5 g	
Cholesterol 15mg	5%
Sodium 135mg	6%
Potassium 20mg	0%
Total Carbohydrates 8g	3%
Dietary Fiber 0 g	0%
Sugars 4 g	
Protein 8g	

Vitamin A	0%	Vitamin C	0%
Calcium	10%	Iron	4%
Vitamin D, mcg	2%	Riboflavin	2%
Phosphorus	8%	Iodine	4%

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

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrates		300g	375g
Dietary Fiber		25g	30g

Calories per gram

Fat 9 * Carbohydrate 4 * Protein 4

What does it all mean?

Serving Size

Nutrition Facts

Product Serving Size One Burrito (45g)
Product Servings per Container 1

- All Nutrition Facts labels have information for 1 serving (not the entire box)
- The serving size will be shown in cups, number of items, or ounces based on what type of food
- It also shows how many servings are in the entire box.

How many servings did you eat?

- You sit down to eat some pretzels
- You eat twelve pretzels
- The serving size on the Nutrition Facts label says one serving is 6 pretzels
- How many servings did you eat?

2 servings!

That is double the calories listed on the label.

Calories



Nutrition Facts

Product Serving Size One Burrito (45g)

Product Servings per Container 1

Amount Per Serving

Calories 120

Calories from Fat 45

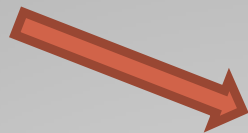
Calories from Saturated Fat 30

- Underneath serving size, you will find the *calories* per serving
- This indicates the amount of energy being consumed in one serving.
- To the right of the calories you will find *calories from fat*.
 - This shows you how many calories in this serving size are from fat
 - It is a good idea to limit foods that have a large amount of calories that are fat

Low calories, reduced calories, etc

- Calorie free: less than 5 calories per serving
- Low calorie: 40 calories or less per serving
- Reduced or fewer calories: at least 25% fewer calories per serving than the normal version of that food.

Total Fat



Amount Per Serving	
Calories 120	Calories from Fat 45
Calories from Saturated Fat 30	
% Daily Value	
Total Fat 5g	8%
Saturated Fat 3.5 g	18%
Trans Fatty Acids 0.5 g	

- Below calories, the *total fat* per serving is broken down
- Total fat is the number of fat grams per serving
 - What were the different types of fats discussed earlier?

Low fat, fat free, reduced fat

- Fat free: less than 0.5 grams of fat per serving
- Low fat: 3 grams or less per serving
- Reduced or less fat: at least 25% less per serving than the normal version

Cholesterol and Sodium

- Cholesterol and sodium are described in milligrams(mg) per serving
- People with high blood pressure or those at risk for heart disease should limit their cholesterol to <200mg per day

Nutrition Facts

Product Serving Size One Burrito (45g)

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Calories from Fat 45

Calories from Saturated Fat 30

% Daily Value

Total Fat 5g

8%

Saturated Fat 3.5g

18%

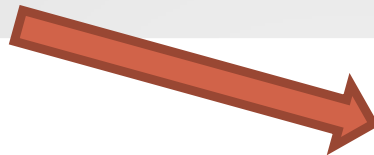
Trans Fatty Acids 0.5g

Cholesterol 15mg

5%

Sodium 135mg

6%



Cholesterol and Sodium breakdown


- Cholesterol free: less than 2 milligrams of cholesterol and 2 grams or less of saturated fat per serving
- Low cholesterol: 20 mg or less per 50 grams of the food
- Sodium Free: less than 5 mg per serving
- Low sodium: 140 mg or less per serving

Carbohydrates

Saturated Fat	3.5 g	18%
Trans Fatty Acids	0.5 g	
Cholesterol	15mg	5%
Sodium	135mg	6%
Potassium	20mg	0%
Total Carbohydrates	8g	3%
Dietary Fiber	0 g	0%
Sugars	4 g	

- Carbohydrates are broken down into grams of dietary fiber and sugars
- It is recommended that you have 25g-50g of fiber daily(American Diabetes Association)
- It is important to limit food with added sugars because it adds calories without adding nutritional value

Protein

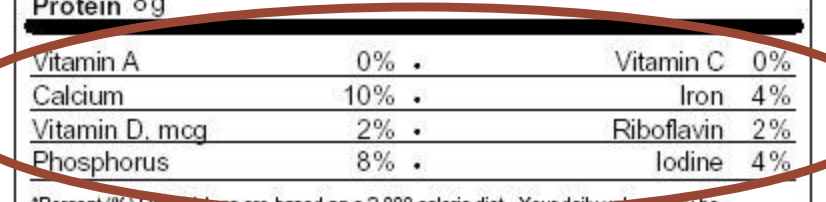


% Daily Value	
Total Fat 5g	8%
Saturated Fat 3.5 g	18%
Trans Fatty Acids 0.5 g	
Cholesterol 15mg	5%
Sodium 135mg	6%
Potassium 20mg	0%
Total Carbohydrates 8g	3%
Dietary Fiber 0 g	0%
Sugars 4 g	
Protein 8g	

- Protein per serving is shown in grams
- Strive to find protein that is fat free, low-fat or lean
- Most people do not have trouble reaching their daily amount of protein

Vitamins and Minerals

- All of these are displayed as percent of daily value (%DV)
- At the very bottom of the Nutrition Facts label there is a breakdown of various vitamins and minerals
- Most labels include at least:
 - Vitamin A
 - Calcium
 - Vitamin C
 - Iron



Protein 8g			
Vitamin A	0%	Vitamin C	0%
Calcium	10%	Iron	4%
Vitamin D, mcg	2%	Riboflavin	2%
Phosphorus	8%	Iodine	4%
*Percent (%) Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower based on your calorie needs.			
Calories:		2,000	2,500

Percent Daily Value (%DV)

- The column farthest to the right of the Nutrition Facts label displays the %DV of all the nutritious components discussed previously
- This shows that with one serving of the given food, one will be eating ____%DV of carbohydrates
- There is no %DV of trans fat or sugar because both of these should be limited in a healthy diet

Does it all make sense now?

Nutrition Facts

Product Serving Size One Burrito (45g)

Product Servings per Container 1

Amount Per Serving

Calories 120

Calories from Fat 45

Calories from Saturated Fat 30

% Daily Value

Total Fat 5g

8%

Saturated Fat 3.5g

18%

Trans Fatty Acids 0.5g

Cholesterol 15mg

5%

Sodium 135mg

6%

Potassium 20mg

0%

Total Carbohydrates 8g

3%

Dietary Fiber 0g

0%

Sugars 4g

Protein 8g

Vitamin A

0%

Vitamin C

0%

Calcium

10%

Iron

4%

Vitamin D, mcg

2%

Riboflavin

2%

Phosphorus

8%

Iodine

4%

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

	Calories:	2,000	2,500
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Dietary Fiber		25g	30g

Calories per gram

Fat 9 * Carbohydrate 4 * Protein 4

What is a calorie?

- A. 1 cup of spaghetti
- B. A unit of energy
- C. 3 cups of grapes
- D. Half of a candy bar

What did you learn?

What percentage of Fats should we have daily?

- A. 57% of our diet
- B. 13% of our diet
- C. 2% of our diet
- D. 30% of our diet

What did you learn?

How does eating protein help our body?

- A. Helps hair grow
- B. Helps muscle growth
- C. Helps heal injuries and wounds
- D. Helps digestion
- E. Both B and C

What did you learn?

The Nutrition Facts label of a box of pretzels says the calories are 120. What does this mean?

- A. There are 120 calories in the entire box
- B. There are 120 calories in one pretzel
- C. There are 120 calories in one serving
- D. There are 120 calories in fat

What did you learn?

The healthiest fat to choose, unsaturated fats, include ALL of the following foods EXCEPT:

- A. olive oil
- B. avocados
- C. Steak
- D. Nuts

What did you learn?

Which parts of the Nutrition Facts label do not receive a %DV? (Circle all that apply!)

- A. Sugars
- B. Protein
- C. Trans fat
- D. Vitamins

What did you learn?



Portion Control

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Why do we need to worry about portion control?

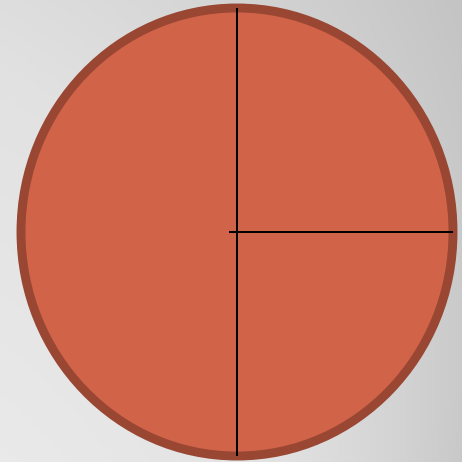
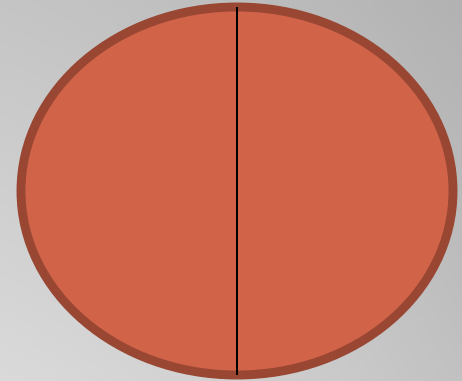
- The first important thing about understanding portion control is to relate it to calorie intake.
- Decreasing portion size is a way to help maintain a healthy weight.
- Portion control is measuring the amounts of food you are eating to recommended daily servings.

Portions and Calories

- The larger the portion means there will be more calories present
- Over the years, portions have increased in size. There are now more fast food restaurants that serve super sized portions.
- The cheaper food does not mean that it is healthier or less calories.

How to portion your plate:

1. Draw a line down the center of your plate.
2. Fill half of your plate with vegetables.
3. Divide the other half of your plate in half.
4. Fill each section with carbohydrates and meat.



Why should we divide it this way?

- Vegetables should take up half of your plate because they are full of nutrients with very few calories.
- Proteins and carbohydrates have smaller areas because they are more dense in calories.

Type of food	Recommended daily servings
Meat, Poultry, Fish, and Eggs	6 ounces
Dairy Products	2-4 servings per day: (1 serving= 1 cup of low-fat yogurt/skim milk;1.5 ounces of low-fat cheese)
Breads, Cereal, Pasta, Rice, Dried Beans, and Peas	6-11 servings per day (1 serving = 1 slice of whole grain bread; ½ cup of brown rice, pasta, legumes or cereal)
Fruit	2-4 servings per day (1 serving = 1 small plum, 1 small banana, 1 small apple)
Vegetables	3-5 servings per day (1 serving= ½ cup cooked; 1 cup raw)
Fats and oils	Limit to 3-5 teaspoons (1 serving = 1 teaspoon of oils)

Serving size vs. Portion Size

- Serving size is a measured amount of food.
- Portion size is the amount of food a person chooses to eat at one time.
- A “portion” can contain multiple servings.

How to make portion control easier:

- 3 ounces of cooked meat = a deck of cards

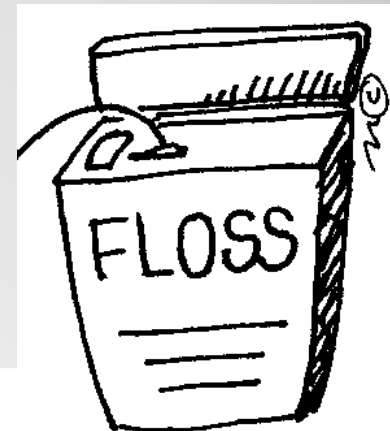


- 1 cup of cooked rice = tennis ball
- 1 ounce of cheese = 4 dice or 1 domino
- Medium piece of fruit = baseball
- 1 teaspoon of butter = 1 die



How to make portion control easier:

- 1 small baked potato = a computer mouse
- 1 cup = your fist
- 2 tablespoons = a golf ball
- 1 ounce of chocolate
- = a package of dental floss



How much should YOU eat?

- There is no magic number of calories that will get you to your healthy weight.
- There is no magic number of hours of exercise that will make you healthy.
- Every person is unique, and every person needs to monitor their own calorie intake and exercise patterns.

Each person is different...

- The number of calories needed each day depend on:
 - Age
 - Weight
 - Gender
 - Genes
 - level of physical activity

**The less exercise you do,
the fewer calories you need!**

Example:

- A 150-pound woman that exercises vigorously multiple times per week.
- A 150-pound woman that takes a short walk one time per day.

Which person should be eating more calories?

How can you control your calories?

- The more exercise = the more calories your body needs.
- If you exercise less, here are ways to limit your calories:
 - Eat fewer servings of carbohydrates
 - Eat more vegetables
 - Eat smaller portions



- What is a portion size?
 - A. A measurement of food
 - B. The amount of food a person eats at one time
 - C. 1 cup of any food
 - D. Only vegetables

What did you learn?

- How much of your plate should be fill with vegetables?
 - A. $\frac{1}{8}$ of the plate
 - B. Half of the plate
 - C. $\frac{1}{4}$ of the plate
 - D. The entire plate

What did you learn?

- What is equivalent to one serving size of meat?
 - A. A golf ball
 - B. A package of dental floss
 - C. A deck of cards
 - D. A baseball

What did you learn?

- If you do not exercise every day of the week, what are ways to limit your calorie intake?
 - A. Eat smaller portions
 - B. Limit servings of carbohydrates
 - C. Eat More vegetables
 - D. All of the above

What did you learn?

Healthy Food Substitutes

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VS.



Goals for this lesson:

- Learn how to substitute not-so healthy foods with healthier food options
- Learn how to compare different food choices based on fat and calories

Healthy tips!

1. Small changes in your food choices can go a long way.
2. Are the calories coming from nutrients and vitamins or is it mostly from fat?
3. When looking for substitutes go for low-fat, fat-free or sugar free options.
4. Check the labels on all of your foods before you buy them!

Let's play a game!

- Healthy substitutes are all about figuring out which food choice is lower in calories and fat.
- You will see two options of food.
- Pick the option that you think is healthier.
- Then click to the next slide to see if you are correct.

ROUND 1: Which one is healthier?



ROUND 1: ANSWER

- Skim milk is the healthier option.
- It also says that it is “fat-free”

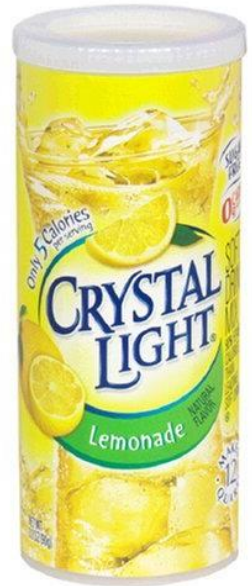


Round 2: Which one is healthier?



Round 2: ANSWER

- Hawaiian punch has a lot of added sugar which adds calories with not nutritional value.
- Crystal light can only be 5 calories per serving.



Round 3: Which one is healthier?

Pork Chop



Pork Loin



Round 3: ANSWER

- Loin cuts of meat are always a healthier option.
- Make sure to grill, broil, or bake your meats to make them healthier.
- Avoid FRYING!



Round 4: Which one is healthier?



Round 4: ANSWER



- Pasta with tomato sauce is better to choose than a cream sauce.
- Cream sauce uses butter and fatty cream to get the yummy taste. (High in fat and calories)
- It would be smart to choose whole grain pasta as well.

Round 5: Which one is healthier?



Round 5: ANSWER

- Light popcorn is the healthier choice compared to potato chips.
- Hints: “light butter” and “no trans fat”



What can we substitute in our favorite recipes?

Your favorite recipe needs...	Substitute this instead...
Butter, oil, margarine, or shortening	Applesauce; prune purees for chocolate dishes; pumpkin for cookies or muffins
Whole milk or cream	Condensed evaporated skim-milk, or fat-free half and half. Non-dairy options: almond or soy milk
Sour cream	Pureed cottage cheese or plain greek yogurt (all low-fat options)
Eggs	Use 2 egg whites or ¼ cup of egg substitute for whole eggs
Sugar	Cut the amount by ½. Add cinnamon, vanilla, or lemon zest for flavor. Honey can be used as well.
Flour	Whole wheat flour adds fiber, oat flour, or almond flour
Nuts	Use half of the amount. Toast them for added flavor.

Take it one step at a time

- Substituting one snack or one ingredient at a time will make a difference in the long run.
- You don't have to make an extreme change at one time.
- Take it one step at a time

- Healthy food substitutes are all about comparing:
 - A. how much sodium is present
 - B. the amount of fat and calories
 - C. the amount of vitamins
 - D. how much cholesterol is present

What did you learn?

- What options should you look for when picking a healthy substitute? (choose all that apply)
 - A. "fat-free"
 - B. "low-fat"
 - C. "skim"
 - D. "sugar free"

What did you learn?

- When choosing the healthiest protein option which options make the meat healthier?
 - A. bake, broil or grill
 - B. take the skin off
 - C. choose loin cuts
 - D. all of the above

What did you learn?

Choosing Healthy Foods When Eating Out

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How often do you eat out?

- Where do you go when you eat out?
- What types of food do you order?
- Do you try to choose healthy options?
- Let's see if we can make eating out a little healthier.

Things to avoid:

- Super-sized meals
- Deep fried chicken
- Chicken nuggets
- Breaded fish
- Extra dipping sauces
- Creamy salad dressings



Why should we avoid these things:

- Super sized meals are larger portions of food that add fat and calories
- Frying foods add calories and fat
- Dipping sauces are “empty” added calories



Some unhealthy fast food choices:

- Burger King:
 - Whopper with cheese: 800 calories
 - This is 2/3 of your total calories for the day!!
- Taco Bell:
 - Taco Bell Taco Salad – 840 calories and 45 grams of fat
- McDonalds:
 - Creamy Ranch sauce – 220 calories and 22 grams of fat
 - Creamy Caesar dressing – 190 calories and 18 grams of fat

What are the healthier sauces?

- McDonalds low-fat balsamic vinaigrette
 - 40 calories and 3 grams of fat
- McDonalds BBQ dipping sauce:
 - 50 calories and NO fat

Healthier choices at your favorite fast food places

- **Wendy's**

- Ultimate chicken grill sandwich with NO mayo
- Junior hamburger
- Plain baked potato
- Side salad with low-fat or fat-free dressing
- Junior Frosty

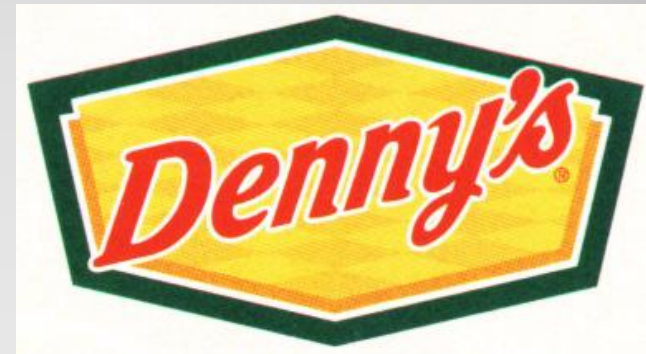


- **Dairy Queen**

- DQ homestyle burger
- small soft-serve ice cream cone
- Small strawberry sundae

- **Denny's**

- Grilled chicken dinner
- Rice pilaf



- **Hardee's**

- Charbroiled BBQ chicken sandwich with NO mayo
- Regular roast beef sandwich
- Side salad with low-fat dressing

Healthier choices at your favorite fast food places

- **Kentucky Fried Chicken**

- Chicken breast without skin or breading
- Green beans
- Corn on the cob
- KFC snacker buffalo or honey BBQ
- Tender roast sandwich with NO sauce



- **McDonald's**

- Southwest salad with grilled chicken
- Honey mustard or Chipotle BBQ snack wrap with grilled chicken
- Regular hamburger
- Egg McMuffin
- Fruit and yogurt parfait
- Apple dippers with low-fat caramel dip
- Kiddie ice cream cone

- **Subway**

- 6 inch ham, turkey, chicken, veggie, or roast beef sandwich with NO cheese or mayo
- Soups: chicken & dumpling, chicken noodle, tomato garden vegetable with rotini
- Apple slices
- Jared salads with fat-free Italian dressing



- **Taco Bell**

- Bean or chicken burrito
- Soft chicken taco



General tips to take to all restaurants:

- Instead of French fries, choose a side salad or a double order of vegetables
- Use fat-free or low-fat salad dressing, rather than the regular variety, or try some lemon juice
- Ask for salsa or pico de gallo, an uncooked salsa, with your burrito instead of cheese and sour cream
- Sandwiches: try tomato slices, ketchup, mustard or fat-free mayo

Don't forget about drinks!

- Stay away from sugary drinks: sodas and juices
- Water is always your best option!
- Choose low-calorie drinks:
 - Water
 - Unsweetened teas
 - Coffee
 - Diet soda
 - Low-fat milk



You do NOT have to cut out desserts!

- Sweets count as carbohydrates as a part of your meal plan
- Fruit is always a healthy dessert option
- Reduce your carbohydrate intake throughout the day in order to have left over carbs for dessert



**Make smart
choices, and
you will see
results!**

- What things should you avoid on a menu?
 - A. Salads with creamy dressings
 - B. Fried foods
 - C. Super-sized meals
 - D. Sugary drinks (soda and juices)
 - E. All of the above

What did you learn?

- Why is it not a good idea to super-size a meal?
 - A. The food does not taste good
 - B. It is a larger portion that adds calories and fat
 - C. It has less vegetables
 - D. It is fried

What did you learn?

- Which salad dressing below is the healthiest choice?
 - A. Creamy Ranch
 - B. Creamy Caesar
 - C. Honey mustard
 - D. Low-fat balsamic vinaigrette

What did you learn?

- When looking for a meal with meat, which would be the healthiest preparation?
 - A. Grilled chicken
 - B. Deep-fried chicken

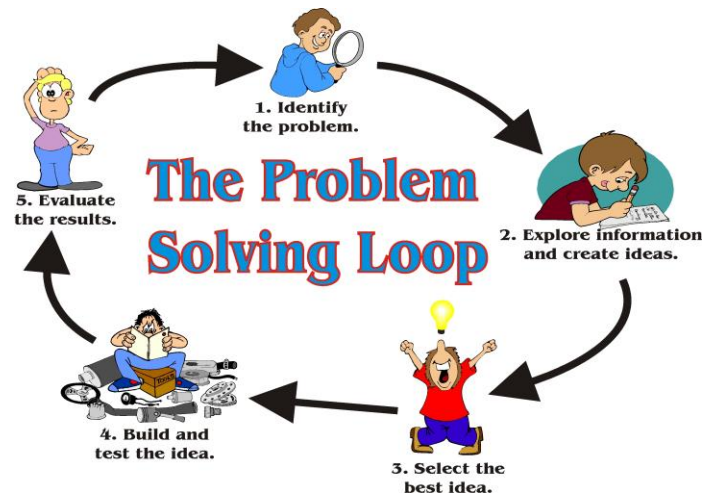
What did you learn?

- What is your best choice for drinks when eating out? (choose all that apply)
 - A. Soda
 - B. unsweetened tea
 - C. water
 - D. low-fat milk

What did you learn?

Social Problem Solving

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What we will accomplish:

- In this session, we will learn how to improve nutrition and increase exercise.
- We can accomplish these goals by learning how to understand social problem solving.

The Steps to Solving a Problem

1. Problem – what is the problem?
2. Goals – Set your goals.
3. Solutions- Think of Answers to the Problems.
4. Consequence – What will happen with each solution?
5. Which answer would be the best?
6. Evaluate the outcome – How did it work?

Improving Nutrition

- Let's solve a nutrition problem.
- What areas of your nutrition do you think can be improved?
- Solving a nutrition problem will improve your health.

Let's Solve a Nutrition Problem!

- **What is the problem?**
 - Too much bread?
 - Too many sweets?
 - What is your biggest problem?
- **Setting goals**
 - How would you like to see the problem solved?
 - Only eating dessert twice a week?
- **What are some answers to the problem?**
 - Think of all the possible ways to solve the problem.
 - Throw out sweets in the house.
 - Hide the sweets.
 - Only have one type of dessert in the house.

Let's Solve a Nutrition Problem!

- **What are the consequences?**

- What will happen with each solution?
- "Throwing out all the sweets in the house – there would be no temptation, but I may buy sweets when I go out to eat"

- **What is the best answer?**

- What solution would you pick?
- How will you go about doing this?
- What would you do with your sweets?

- **Evaluate the outcome**

- How did it work?
- Did the solution work?
- Do you feel that the issue was resolved?
- Try limiting your sweets – what did you do? Did it work?

Let's Solve an Exercise Problem!

- **What is the problem?**

- No time to exercise.
- Exercise is never fun for me.

- **Setting goals.**

- I want to exercise for 30 minutes two times a week.
- I want to learn many new ways to exercise.

- **What are some answers to the problem?**

- Join a gym – participate in exercise classes.
- Buy some workout DVDs
- Workout with a friend.

Let's Solve an Exercise Problem!

- **What are the consequences?**

- High cost for gym memberships
- At home DVDs require self-motivation daily.
- Maybe not all of your friends want to work out?

- **What is the best solution?**

- What do you think is the best solution?
- Which situation would work best for you?
- How will you be able to exercise multiple times per week?

- **Evaluate the outcome-How did it work?**

- Do it! Go exercise!
- How did you do it?
- Did it work? What could have gone better?

Don't forget the steps of problem solving!

**Take any health issue in your life,
and try to solve it step by step!**

You can do it!

Make a change!

- What is the first step to problem solving?
 - A. Figuring out the solutions
 - B. Thinking of the possible consequences
 - C. Identifying the problem
 - D. Evaluating the solution

What did you learn?

- What is the purpose of evaluating the outcome of the solution?
 - A. To see how well the problem was solved
 - B. To figure out which solution to pick
 - C. To identify the problem

What did you learn?

- When can you use these problem solving steps?
 - A. Only for exercise problems
 - B. Only for family problems
 - C. Only for nutrition problems
 - D. for any problem

What did you learn?

Increasing Exercise with Cognitive Restructuring

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You can make a change!

- During this session, we will learn how to think of healthy alternative behaviors.
- Our goal will be to learn how to replace unhealthy exercise patterns and increase motivation to exercise.
- We will practice methods of “positive self-talk”.

Setting Goals

- Have you set goals?
- Wanting to go back to school?
- Wanting to apply for a job promotion?
- Wanting to lose ten pounds?
- What goals have you made before?

Accomplishing your Goals

- Have you accomplished any of your goals?
- Was it hard to accomplish?
- How long did it take?
- What motivated you to keep going?
 - What did you tell yourself everyday.
 - Maybe “You can do it!” ?

"I think I can, I think I can"

- It is important to motivate yourself throughout the process of accomplishing a goal.
- The little engine that could is a story of motivation and accomplishment.
 - Daily motivation: "I think I can, I think I can"
 - After accomplishing it: "I knew I could, I knew I could"

Positive Self-talk

- It is important to be optimistic while changing aspects of your life.
- Providing motivation for yourself and being optimistic is “Positive Self-Talk”

I think I can!
I think I can!
I think I can!
I know I can!
I did it!

Think of examples of “Positive Self-Talk”

- 1.
- 2.
- 3.
- Would these three examples motivate you to try to accomplish goals of healthy living?

Accomplishing goals to be healthier

- Making lifestyle changes is not easy
- There will be a chance of failure, but positive self-talk will help you persevere.
- Change will not happen in a day.
- It may take weeks or months to see your desired results.

MAKE YOUR GOALS, NOW!



- What is an example of positive self-talk?
 - A. "I will probably just gain weight, I shouldn't try."
 - B. "I can do this. This will make me healthier, and I have already accomplished so much!"
 - C. "If I don't see results in the next five days – I am done"

What did you learn?

- Making lifestyle changes includes:
 - A. Goal setting
 - B. Constant motivation
 - C. The need for positive self- talk
 - D. All of the above

What did you learn?



Motivation, Relapse and Assertiveness Training

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**You can make
the change and
overcome the
obstacles!**

Our main lesson for this session:

- During this lesson, you will learn skills to help you communicate your feelings directly, honestly, appropriately, and respectfully regarding nutrition and exercise.
- You will learn how to motivate yourself and others in a positive manner.
- You will also learn positive ways to get back on track after having a relapse with your nutrition and exercise goals.

What is assertiveness training?

- It means talking to others in a nice manner by being:
 - Direct
 - Honest
 - Appropriate
 - Respectful

Have you ever?

- Have you ever felt like you were doing well with exercise and healthy eating, but then something happened and you couldn't quite get back on track?
 - What did you try to do to get back to your healthy ways?
- Have you ever felt forced to eat unhealthy foods or large amounts of food at a family party or outing with friends?
 - What did you do? Did you confront the situation?

How did you feel?

- How did those situations make you feel?
- Did you feel like you could stand up for yourself without being rude?
- Did you have the motivation to pull yourself back to your healthy ways?
- Let's learn some tips to help these situations run more smoothly.

Situation #1: Let's Solve it!

- Your family goes to a holiday dinner.
- You make a well balanced, portion controlled plate, and you feel great about your choices.
 - Great food choices and small portions!!
- The chef of the family makes a comment:
 - "Don't you like the food? You are going to get too skinny. It's the holidays – you are supposed to eat a lot!"

Situation #1

- How would you have responded to these comments by the chef of your family?
- What would be a direct yet respectful response?
- You could say, "The food was delicious, but I am full and can't eat anymore right now. Thank you so much!"
- Or you could say, "The food was great, but I can't eat another bite right now. Would it be okay for me to take home some leftovers to eat during the week?"

You can do it!

- Would you feel comfortable saying that to your family members?
- Try it next time you are stuck in a situation like that!
- Stand up for your personal choices to eat healthy.
- Your family can begin to help support you in your healthy lifestyle changes.

Situation #2

- You have been doing very well on working towards your nutrition and exercise goals.
- It is the holiday season, and you have started eating out a lot.
- You realize that you are now back to your old eating habits, drinking coke and wanting fast food everyday.

Situation #2

- How could you help yourself or a friend in this situation?
- Don't say: "Don't order that."
- You could say something like, "We have been really busy these past few weeks, but let's all try to order something healthy today."
- Would you feel comfortable in this situation?
- Include family and friends in helping you stay the healthiest person you can be.

Let's Review:

- Use assertiveness training to help yourself stay on track towards your nutrition and exercise goals.
- With respectful responses, your family and friends will learn how to respect your new healthy lifestyle choices.

- What does assertiveness training help you to accomplish?
 - A. It helps you boss people around.
 - B. It teaches you how to be quiet and not confront situations.
 - C. It teaches you how to talk to others in a direct and respectful manner.
 - D. It helps you start an argument.

What did you learn?

- Which of the following is a response that reflects assertiveness training?
 - A. "WHY DO YOU KEEP ASKING ME? I AM NOT DOING THAT!"
 - B. "That was a great piece of pie, but I am just too full to have anymore. Thank you for offering."
 - C. "Alright, well I guess I will have it. You convinced me."
 - D. "STOP TELLING ME WHAT TO DO! YOU ARE FORCING ME TO EAT THIS!"

What did you learn?



Conflict Resolution

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The goal for today:

- We will be learning how to solve arguments regarding exercise and nutrition.
- There are two ways an argument can go:
 - It can be resolved
 - OR
 - It can get worse



What is a conflict or an argument?

- It is the act of disagreeing
- Have you had an argument recently related to exercise and/or nutrition?
- Was the argument resolved or did it become worse?

Goals while solving an argument:

- Most women want to feel as if they have “won” when an argument is resolved.
- It is important that all women feel satisfied about the solution to the argument.
- **OUR GOAL:** We want both people to feel satisfied with the solution of the problem. A “win-win” situation.

Everyone argues differently

- Below are different examples of how people argue:
 - Avoid
 - Give in
 - Make the person laugh
 - Confront the person
 - Try to solve the problem

How do you handle an argument?

- Each person is unique in how they argue
- Each person argues differently based on who they are arguing with
- How do you argue?
- Do you argue differently with your siblings than your spouse? Friends? Parents?

Solving an argument:

- Even though everyone argues differently, there is always a way to solve a conflict
- It is important that both people have input while solving the argument
- **REMEMBER:** We want both people to be satisfied with the resolution, and it should be felt as a “win-win” situation

**There is always a way to solve
a problem!**



Work together!

- What is the main goal we focused on when solving a conflict/argument?
 - A. Both people having input
 - B. One person winning
 - C. Both people feeling satisfied with the outcome
 - D. Both A and C

What did you learn?

- What are the different ways to argue? (Choose all that apply.)
 - A. Running
 - B. Avoiding
 - C. Confronting the person
 - D. Eating
 - E. Trying to solve the problem

What did you learn?

- What is the definition of a conflict/argument?
 - A. Yelling at each other
 - B. Being angry
 - C. The act of disagreeing
 - D. Walking away

What did you learn?

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