

10

Food Groups to Encourage: What Do the Guidelines Say?

(A Dietary Guidelines for Americans Focus Area)

Facilitator Notes

Main Learning Points and Review of Healthy Steps from Last Session: *Adequate Nutrients within Calorie Needs (A DGA Focus Area)*

1. Nutrients give us strength and energy and keep us healthy.
2. Many people eat more calories than they need without getting enough nutrients.
3. A healthy diet includes a variety of foods from the five basic food groups.

Review Healthy Steps from last session.

Note



This session could be used for family/friend groups or sessions. It offers an opportunity for the participant and family to practice skill-building together.

Materials Needed to Accompany Participant Handout:

MyPyramid mini-poster (upper and bottom-half)

Tips for this Session

1. If you use the Suggestion for Topic Introduction today, distribute a paper plate to participants as they come in to the room. Also ensure they have the bottom-half of the MyPyramid mini-posters. Other materials you will need are colored markers, pencils or crayons.
2. This session covers the DGA five food groups in MyPyramid. You may want to cover the materials in two sessions.

General Tip

All people learn in their own way. Try to use a combination of learning modalities as you facilitate the session to accommodate the variety of diverse learners. If you say something out loud, try also to write it on a flip chart; if you use a hand gesture to demonstrate a concept, also speak the words describing the gesture.

Also, you may have heard the saying, “A picture can speak a thousand words.” Many of us retain information better if provided with a visual example. For example, consider using a measuring cup to illustrate a serving size of cereal. Others may learn better by reading information. Learning is generally enhanced when we apply more than one modality (e.g. reading a food label and using a measuring cup to determine a serving size). Additionally, many of us learn best when we apply the information to our everyday lives. For instance, measuring out and seeing how many servings of cereal or pasta we generally eat at one meal. Encouraging participants to choose a *Small Healthy Step* to practice between sessions can assist people to translate new information and skills into their own environment.

Suggestion for Topic Introduction and Relevance to Participants

“Each of you has a paper plate, some crayons and the bottom portion of the MyPyramid chart. Let’s start today with a brief activity.”

“On your plate, draw a typical dinner that you often eat. It can be anything you like to eat. Show about how much you eat at a meal.”

(Give them a couple of minutes to draw their typical meals.)

“Using the guidelines on the MyPyramid chart, look at the food you drew. Write down which food group your food choices fall under. For instance, green beans would be a vegetable, right? Take a couple of minutes to identify your foods.”

“Who has a good variety of foods on their plate? Did anyone have more than one or two food groups?”

“Today we’re going to talk about the five different food groups and how to get a good variety of foods.”

Topic Assessment

1. B 2. C 3. B 4. D

T – topic introduction
R – relevance to participant
I – identify objectives
M – materials for session
M – motivate to use

Review of Session 9: Adequate Nutrients Within Calorie Needs (A DGA Focus Area): What do the Guidelines Say?



Main Learning Points of Session 9

What were the main learning points of Session 9? If you did not attend the last session, you may guess, and also write the answers as people say them:

1. Nutrients give us strength and e_____y and keep us healthy.
2. Many people eat more calories than they need, without getting enough n_____s.
3. A h_____y diet includes a variety of foods from the five basic food groups.

Take a Small Healthy Step Review:

What small healthy step did you choose to work on between sessions?

Did you complete your healthy step yet?

1. **Yes.** How did it go? _____

2. **No.** What got in the way of completing your practice?

If you still plan to complete your practice, when will you do it?

3. **I didn't choose a small healthy step.**

Topic Assessment



Mark one: Pre Post

Your Score:
+ ____ out of 4

Directions:

1. Read each question carefully.
2. Read every answer before marking one.
3. Mark only one answer to each question.

Name: _____

Date: _____

1. If a piece of bread is light brown and grainy looking, it is definitely a good source of whole-grains.

- A. True B. False

2. According to the Dietary Guidelines for Americans, how many servings of calcium-rich foods (for example, milk, yogurt, and other milk-products) should adults get each day?

- A. 1 Cup
B. 2 Cups
C. 3 Cups
D. 4 Cups

3. To get your daily recommended servings of fruit, you must eat fresh fruit, no juice.

- A. True B. False

4. All of these food groups are listed in the Dietary Guidelines for Americans EXCEPT:

- A. Grains
B. Fruits
C. Meat
D. Desserts

Topic Assessment



5. I am confident that I know and will eat foods from the five food groups.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Strongly Disagree	Disagree	Neither Agree Nor Disagree	Agree	Strongly Agree	Unsure

6. This information is important for me to know.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Strongly Disagree	Disagree	Neither Agree Nor Disagree	Agree	Strongly Agree

At the end of the session, answer these questions before turning in this paper:

7. This session helped me.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Strongly Disagree	Disagree	Neither Agree Nor Disagree	Agree	Strongly Agree

8. What I liked about this session: _____

9. How this session could have been better for me: _____

Food Groups to Encourage: What Do the Guidelines Say?

Objectives for this Session

1. Understand how to use MyPyramid as a guide to healthier eating.
2. Identify the recommended daily intake of 1 of the 5 food groups.
3. Identify 2 of the 5 food groups.

While you may have heard that some “fad diets,” such as diets high in protein and fat, can help people lose weight, many people eventually gain the weight back. These kinds of diets may not be healthy.

In 2005, the United States Department of Agriculture published an updated Dietary Guidelines for Americans, or DGA.

One of the nine areas the DGA focuses on is *Food Groups to Encourage*. This area teaches us that most Americans can be healthier by eating more fruits, vegetables, whole grains and fat-free or low-fat milk products. In fact, people who eat plenty of fruits and vegetables are less likely to have constipation and other long-term diseases such as stroke, heart disease, diabetes and certain types of cancer.

Main Learning Point #1

Foods like fruits, vegetables and whole grains are good for your overall health.

To learn about *Food Groups to Encourage*, let’s look at the MyPyramid mini-poster. As we talk about each food group, think about what you eat from each group. The information in the MyPyramid mini-poster is based on a 2000 calorie eating plan. Different people have different calorie needs, however, and your calorie needs depend on your gender, age and activity level.

The Five Food Groups

1. Grains: Whole Grains are Great. Eat 6 ounces of grains every day. At least 3 ounces should be from whole-grain cereals, breads, crackers, rice or pasta every day. The rest of the grains can be enriched or whole-grain products. One ounce of grain is about 1 slice of bread, 1 cup of breakfast cereal, or ½ cup of cooked rice or pasta. This means that six slices of bread a day is the recommended total you need each day.



The color of a food does not determine if it is whole grain. Read the ingredients section on the food package. For many whole-grain products, the words “whole” or “whole grain” will appear as one of the first ingredients on the ingredients list. Whole wheat, whole oats or oatmeal, whole-grain corn, whole rye, popcorn, brown rice and wild rice are all good examples of whole grain products.



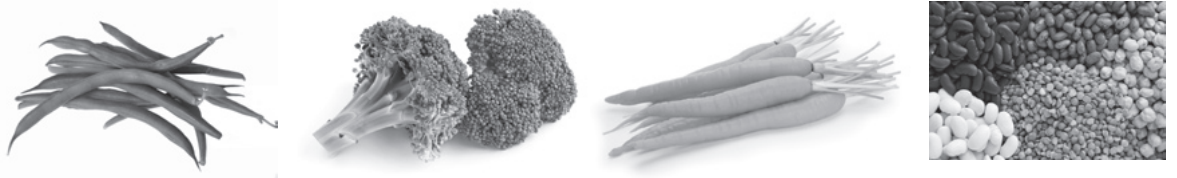
Quick Tip for Success: Eat less white bread and/or foods like bagels, white rice and pasta (these contain more calories and are less nutritious than whole grain foods).

I read the list of ingredients on the food package to see if the grains that I am eating are whole-grains. Yes No

I eat enough grains to meet the DGA recommendations.

Never Sometimes Always

2. Vegetables: Vary Your Veggies. Eat 2 ½ cups of vegetables every day. Eat dark green veggies, such as green beans, broccoli, spinach and other dark leafy greens. Orange veggies include carrots, sweet potatoes, pumpkin and winter squash. Beans and peas, such as pinto beans, kidney beans, black beans, garbanzo beans, split peas and lentils, are excellent vegetables. Remember that different vegetables have different nutrients.



The Five Food Groups

(continued)



Quick Tip for Success: Vary your veggies by eating from all five vegetable subgroups (dark green, orange, legumes (dry beans), starchy (potatoes) and other vegetables) every week.

About how many cup(s) of vegetables do you eat per day? _____

Does my daily intake of vegetables usually meet the DGA recommendations? Yes No Unsure

3. Fruits: Focus on Fruits. Eat 2 cups of fruit every day. Eat a variety of whole fruits (fresh, frozen, canned or dried) rather than fruit juice for most of your fruit choices. For a 2,000-calorie meal plan, you will need 2 cups of fruit each day (for example, 1 small banana, 2/3 cup canned pears and a medium apple).



Quick Tip for Success: Go easy on fruit juices. Juice does not have much fiber and can be source of “hidden” sugar and extra calories. Watch out for canned fruit that is packed in syrup. The syrup adds sugar and calories you do not need.

How many servings of whole fruit do you usually eat each day? _____

How many servings of fruit juice do you usually drink each day? _____

Does your daily intake of vegetables usually meet the DGA recommendations? Yes No Unsure

4. Calcium-rich Foods. Get 3 cups of calcium-rich food every day (for adults). Choose low-fat or fat-free milk, yogurt and other milk products like cheese. Milk and milk products have a lot of calcium, which is very important for good bone health. If you do not or cannot drink milk, choose lactose-free milk products and/or other calcium-fortified foods (for example, cereals and breads) and drinks (for example, orange juice).



What type of milk do you usually drink: (check one)

whole milk 2% 1% skim (fat free)

How many cups per day do you get? _____

Does your intake of milk/milk products usually meet the DGA recommendations? Yes No Unsure

The Five Food Groups

(continued)

5. Meats and Beans. Have 5.5 ounces of meats and beans every day. While protein is important to good health, the DGA tells us that most Americans are already getting their recommended 10% to 35% of daily calories from protein. However, certain people, such as older adults, may not get enough protein.



Quick Tip for Success: Go Lean with Protein! Choose lean cuts of meat that are baked, broiled, or grilled (avoid fried). Beans and peanut butter are also a good source of protein, especially if you are on a limited budget.



Main Learning Point #2

The five food groups are:

Grains

Vegetables

Fruits

Milk Products

Meats and Beans



Review: Fill in the correct recommended daily serving for each of these food groups:

1. Grains: _____
2. Vegetables: _____
3. Fruits: _____
4. Milk Products: _____

Review & Moving Forward



The *main learning points* of this session are:

1. _____
2. _____

Take A “Small Healthy Step” to Ensure Your Success!

It’s important to practice new knowledge and skills. What will you do between now and the next session? Please choose one option from the list below:

- 1. STUDY.** I am going to reread my handout at least once.
- 2. SHARE.** I will share my handout and/or the MyPyramid with someone in my support system. I will ask _____ to read it and talk with me about it.
- 3. TRACK FOOD GROUPS.** At least one day this week, I will track what I eat to learn which food groups I eat the most or the least. Use the *Daily Food and Beverage Tracker* handout.
- 4. OTHER** (Choose Your Own Healthy Step):

Take An “Extra Small Healthy Step” (optional)

- 5. DECIDE.** Given what I have learned today, this week I will improve my intake of one of the following food groups:
 grains vegetables fruits milk meats & beans

Using the MyPyramid mini-poster (bottom-half), I will circle my chosen food group and write down one small step I will take to improve my eating in this food group. For example, if I choose to focus on fruits, my food goal may be to eat an extra piece of fruit each day. If I select grains, I may want to read ingredients on various food packages and look for whole grains. The step I take will be my food goal for the week.

Motivation to Practice. How will practicing help you?