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Dietary Guidelines for Americans Facilitator Notes

Main Learning Points and Review of Healthy Steps from Last Session: *Get the Facts: Nutrition Knowledge is Power*

1. Nutrition Facts labels give you helpful information.
2. How many servings you eat determines how many calories you consume.
3. The percent daily value on a label shows how much of a nutrient is in a food or drink.

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.

Remember

You can refer to the two-sided laminated “*Facilitator’s Delivery Checklist*” when using Team Solutions materials as a reminder of important facilitator tips.

Materials Needed to Accompany Participant Handout:

MyPyramid mini-poster (upper-half)

Tips for this Session:

1. If you use the Suggestion for Topic Introduction, you may want to write out the words, Dietary Guidelines for Americans (DGA) on the board or flip chart. You may also ask participants to write it out at the top of their handouts. This will provide two modalities of learning, both visual and written, which may enhance learning for some people.
2. Different ethnic or racial groups and different age groups have different dietary needs. This session points out that the MyPyramid has 12 different versions to accommodate the varying dietary needs of our population. You may want to ensure you have the version that best suits the participants’ needs and encourages them to discuss with their treatment team which version is best for them.

Suggestion for Topic Introduction and Relevance to Participants

“The more we know about our food and drink choices, the healthier decisions we can make. Many resources and tools are available to help us with these decisions. Can anyone think of resources we have already used in this program?”

(Encourage and react to responses. Someone may mention the food tracker or another resource you’ve introduced.)

“Today we’re going to look at a resource many people use. The Dietary Guidelines for Americans, or DGA’s, are an important tool. They can help us reach our goals to live a healthier lifestyle.”

“The 2005 Dietary Guidelines encourage most Americans to:

- a. Make healthier food choices*
- b. Eat fewer calories*
- c. Be more active”*

“Let’s take a look at the Dietary Guidelines for Americans and see how they can help you.”

Topic Assessment

1. B 2. A 3. A 4. B

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

Review of Session 7: Get the Facts: Nutrition Knowledge is Power



Main Learning Points of Session 7

What were the main learning points of Session 7? If you did not attend the last session, you may guess, and also write the answers as people say them:

1. N_____n Facts labels give you helpful information.
2. How many s_____s you eat determines how many calories you consume.
3. The percent daily value on a l_____l shows how much of a nutrient is in a food or drink.

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. The new food pyramid (MyPyramid) includes how many food groups?

- A. Four
- B. Five
- C. Six
- D. Seven

2. The 2005 Dietary Guidelines for Americans encourage most Americans to:

- A. Make healthier food choices
- B. Eat more beef, pork, and bread
- C. Be less active
- D. Eat more oil, fat, and butter

3. It takes about 21 days to change a habit.

- A. True
- B. False

4. The MyPyramid food pyramid shows there are two dietary guidelines, one for men and one for women.

- A. True
- B. False

5. I am confident that I know how to eat according to MyPyramid.

- | | | | | | |
|--------------------------|--------------------------|----------------------------|--------------------------|--------------------------|--------------------------|
| <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 |

Topic Assessment



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: _____

Dietary Guidelines for Americans

Objectives for this Session

1. Identify at least 1 way the Dietary Guidelines for Americans (DGAs) can help you.
2. Identify at least 1 difference between the old Food Pyramid and the new MyPyramid.
3. Recognize 1 way that MyPyramid can help you to make healthier food and activity choices.

In 2005, the United States Department of Agriculture published updated Dietary Guidelines for Americans, or DGA. These guidelines include important information to help Americans make good choices about daily food and activity. The guidelines identify nine integrated focus areas. Each area focuses on a specific nutritional topic. However, these focus areas also are important as a group. Together, the nine focus areas offer a plan for overall healthy eating and physical activity.

The nine integrated DGA focus areas encourage most Americans to:

- Make healthier food choices
- Eat fewer calories
- Be more active

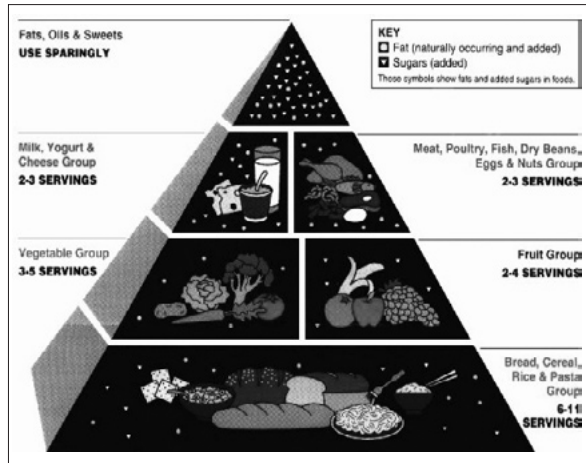
Main Learning Point #1

The DGA guidelines can help me make healthier lifestyle choices.

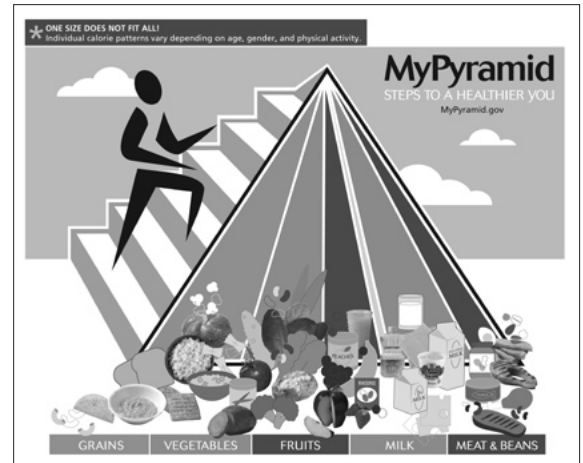
The DGA is updated every five years as needed.

We learn a lot about healthy eating and activity through science and research. Obesity (being very overweight) is a serious problem in the United States. The old food guidance system, the “Food Pyramid,” was updated in 2005 and is now called “MyPyramid.” Take a look at the old and the new pyramids on the next page and see what differences you notice:

Dietary Guidelines for Americans (continued)



Old Food Pyramid



New MyPyramid



What is one difference that you notice between the two food pyramids?

Dietary Guidelines for Americans

(continued)

Unlike the old Food Pyramid, the new MyPyramid highlights several key points. Let's study MyPyramid more closely by looking at the MyPyramid mini-poster. Every part of the new pyramid has a specific message for you. These key messages are:



- Be Physically Active Every Day.** The person climbing the stairs reminds you to be physically active every day.
- Choose Healthier Foods from Each Food Group.** Each food group is shown at the bottom of the pyramid (i.e. grains, vegetables, fruits, milk, meat and beans). You can see which foods you should eat more of than others. For example, you should eat more fruits rather than drink fruit juices (for example, choose an apple instead of apple juice).
- Eat More from Some Food Groups than Others.** Some of the color strips are wider than others. The different widths of the food bands tell us to choose more foods from these food groups than others (for example, eat more vegetables and fruits than meats and milk).
- Every Color Every Day.** Each food group (plus oils) has a different color band on the pyramid (for example, the grain group is orange). Eat from all 5 food groups (plus “healthful” oils) every day, but stay within your calorie needs.

Main Learning Point #2

MyPyramid has 5 food groups.

Dietary Guidelines for Americans

(continued)

Quick Tips for Success:

Take a look at what you eat and drink at meals! Think about last night's dinner. How did your plate of food and beverage choices compare to the five food groups in MyPyramid? From which food group did you eat or drink the most? From which food group did you eat or drink the least? How can MyPyramid help you?

- 1. Take One Step at a Time.** Remember that small steps add up to big changes. Change doesn't happen overnight. It takes about 21 days to create new habits or behaviors. Start with one small healthy step and practice it for one week (such as adding one more fruit or vegetable or using the stairs instead of the elevator).

Main Learning Point #3

It takes about 21 days to create a new habit.

- 2. Make Choices that Are Right for You.** MyPyramid has 12

different versions (worksheets or "Eating Patterns"). They are based on age, gender (whether you are a man or a woman) and physical activity level. The version of the worksheet that is used in the Solutions for Wellness workbook is based upon a 2,000-calorie per day eating plan. Depending on your age and your activity level, you may need to change the amount of calories that is right for you. For example, if you are trying to lose weight, and you are not very active, you probably need to eat fewer calories and be more active. You may want to talk with your healthcare provider about the number of calories you will need to help you meet your goals.

Note: At the end of this session, if you have access to a computer, you may want to use the MyPyramid website on the Internet to find the guidelines based on your age, gender and activity level. You also can find suggestions for using MyPyramid to address different eating patterns and ethnic diets.

Main Learning Point #4

MyPyramid has 12 different versions based upon a person's age, gender, and physical activity level.

Review & Moving Forward



The *main learning points* of this session are:

1. _____
2. _____
3. _____
4. _____

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 healthy step from the list below:

- 1. STUDY.** I am going to reread my handout at least once.
- 2. SHARE.** I will share my handout with someone in my support system. I will ask _____ to read it and talk with me about MyPyramid.
- 3. COMPARE.** I will study my plate of food and my drinks at one meal daily and see how my plate of food and my drink compares to the five food groups in MyPyramid.
- 4. OTHER** (Choose Your Own Healthy Step):

Take An “Extra Small Healthy Step” (optional)

- 5. RESEARCH.** Go to www.mypyramid.gov and click on “MyPyramid Plan.” Enter your age, gender, and physical activity (height and weight are optional) to find out which of the 12 MyPyramid Eating Patterns fits you and your lifestyle.

Motivation to Practice. How will practicing help you?
