

9

Adequate Nutrients within Calorie Needs: What Do the Guidelines Say?

(A Dietary Guidelines for Americans Focus Area)

Facilitator Notes

Main Learning Points from last session: *Dietary Guidelines for Americans*

1. The DGA can help me make healthier lifestyle choices.
2. MyPyramid has five food groups.
3. It takes about 21 days to create a new habit.
4. MyPyramid has 12 different versions based upon a person's age, gender, and physical activity level.

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

It is important to acknowledge and discuss participants' successes, progress and challenges.

Materials Needed to Accompany Participant Handout:

1. *Sample Nutrition Facts label Handout*
2. *MyPyramid mini-poster (upper-half) for reference*

General Tips

Communicate in everyday language. Consumers may not always care about the scientific or technical language used to explain symptoms, treatment, or relay complex health information. Use everyday language that describes their real experiences. Use adult-to-adult language and tone of voice. If a complex term is used in the material, give participants an opportunity to explain it. This can empower individuals who are familiar with more complex terminology or concepts.

Suggestion for Topic Introduction and Relevance to Participants

“Today, I’d like each of you to write down two foods that you really like. Let’s choose one food or drink that is really healthy, and one food or drink that is not so healthy.”

“What are some of the healthy foods you listed?”

(Listen and respond to answers.)

“What are some of the unhealthy foods you listed?”

(Listen and respond to answers.)

“Today we’re going to talk about nutrition and nutrients. Nutrients are things like vitamins and minerals – the “nutrition” that we get from a food to give us energy and strength and good health. As you can see from our lists, some of these foods probably have good nutrients, and some don’t have very many. We’ll look at our lists again later in the session.”

Topic Assessment

1. A 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 8: Dietary Guidelines for Americans



Main Learning Points of Session 8

What were the main learning points of Session 8? If you did not attend the last session, you may guess, and also write the answers as people say them:

1. The DGA can be used to help me make healthier l_____e choices.
2. MyPyramid has five food g_____s.
3. Remember: It takes about 21 days to create a new h_____t.
4. MyPyramid has 12 d_____t versions based upon a person's age, gender, and physical activity level.

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. Which food choice below would provide the best balance of nutrients and calories that the body needs?

- A. A sweet potato
- B. French fries
- C. 12 ounces of soda
- D. A half pound bacon cheeseburger

2. Nutrients give us strength, energy, and keep us healthy.

- A. True
- B. False

3. It is possible to get more calories than we need without getting enough nutrients.

- A. True
- B. False

4. As a rule of thumb, a healthy diet includes:

- A. Drinking only fruit juice.
- B. A variety of foods from the five food groups
- C. A diet rich in protein with few carbohydrates
- D. Being a vegetarian.

5. I am confident that I know how to get the nutrition I need.

- Strongly Disagree Disagree Neither Agree Nor Disagree Agree Strongly Agree Unsure

Topic Assessment



6. This information is important for me to know.

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.

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: _____

Adequate Nutrients within Calorie Needs

(a DGA Focus Area)

Objectives for this Session

1. Define “nutrient.”
2. Choose 1 food item that is rich in nutrients.
3. Understand how to read MyPyramid.

This session covers one area of the Dietary Guidelines for Americans, *Adequate Nutrients within Calories*. In other words, “Are you feeding your body the nutrition it needs for good health without eating too many calories?”

What Exactly Are Nutrients? Most foods have nutrients that the body needs to grow, to heal, to produce energy and to control body processes. Nutrients also provide strength. No single food has all of the nutrients we need. To be well-nourished it is important to eat many different foods every day.

Many Americans get more calories (often because we are eating more food than we need) but still do not get enough nutrients. This can cause many health problems like constipation, arthritis, and weight gain.

A common meal at a fast food restaurant is a ½ pound hamburger with cheese, lettuce, tomato and bacon, large fries and a large soda. Does this meal provide a healthy balance of nutrients and calories for good health?

Main Learning Point #1

Nutrients give us strength and energy and keep us healthy.

Never Sometimes Always

Because the hamburger and fries have more protein and fats than the average person should eat in one day, the correct answer is “never.” The soda is loaded with “empty” calories, meaning it contains little or no nutrients but lots of sugar. Lettuce and tomato are healthy, but there aren’t enough to meet the recommended 2 cups of vegetables per day.



Adequate Nutrients within Calorie Needs (a DGA Focus Area)

(continued)

MyPyramid can help you make smart choices from every food group to get the nutrients your body needs and help you stay within your daily calorie needs.

Main Learning Point #2

Many people eat more calories than they need, without getting enough nutrients.

The 2005 USDA Dietary Guidelines make these suggestions:

1. Eat a variety of different foods and drinks from the five basic food groups. Nutrient-rich foods include whole grain cereals and breads, fruit and vegetables, milk and cheese, and some meats. Limit how much food you eat with added sugars, salt, trans fats (the bad fat) and alcohol. Nutrient-rich foods give your body more of what it needs than other foods. (For example, choosing a baked sweet potato will give your body more nutrients than French fries. A sweet potato has fewer calories and better nutrition as long as you don't load it with butter and brown sugar!)

Main Learning Point #3

A healthy diet includes a variety of foods from the five basic food groups.

2. Using MyPyramid recommendations can help you stay on a balanced diet. Older adults, children and other people with special considerations may need to get their nutrition from vitamin fortified foods and/or supplements. Consult your healthcare provider before taking vitamins, herbs or supplements.

How do you know if you are eating a variety of nutritious foods and drinks? In the following session, *Food Groups to Encourage*, we will talk about the five basic food groups to help you choose a balance of nutritious foods. You can use tools like the Nutrition Facts label on packaged foods to figure out the daily value of nutrients in the foods you choose. (Note: For our work together on the daily guidelines, we will look at a diet for the average American. An average diet is based on 2000 calories a day.)

Adequate Nutrients within Calorie Needs (a DGA Focus Area)

(continued)

REVIEW...Get the Facts: Nutrition Knowledge is Power

The Percent (%) Daily Value is based on the amount of nutrients you should get each day. These numbers tell you the percent (%) daily value that one serving of a food provides (based on a 2,000 calorie daily diet.) For example, if the label of a food shows that one serving provides 30% of the daily amount of fiber you need, you would want to eat other foods that day that have fiber.



Discussion

Let's look at the lists we made at the beginning of the session. Take a look at both the healthy and the unhealthy lists of food. Now that we know more about nutrition and energy, write down two foods from the list that you think are healthy choices. _____

Now let's write down two foods that you think have empty calories and few nutrients. _____

Now let's look at the handout, Nutritional Facts label, to see some of the nutrients we might find in healthy foods compared to foods with empty calories.

Small Steps for Success

Be mindful of the serving size, servings per container and calories per servings.

Review & Moving Forward



The *main learning points* of this session are:

1. _____
2. _____
3. _____

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 it.
- 3. TRACK.** At least one day this week, I will track what I am eating 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. ASSESS.** I will write down the percent daily value of two nutrients and the calories per serving using Nutrition Facts label from one of my favorite foods. I will bring it to the next session to share with the facilitator.