

(Note to the presenter: Comments in parentheses are instructions to follow while giving the presentation. Do not read these comments to participants. This convention will be followed throughout the notes in this slide show.)

(Give each participant a piece of paper in one of six colors as they enter the room. Have participants form a group with others who have the same item. For example, all the people with red slips of paper will all sit at the same table.)

(Also give each participant a copy of this presentation, obtained by printing the PDF version of these slides in the Training 1 folder on this CD-ROM, and a copy of the Principles of Healthy Living from the Additional Resources folder on this CD-ROM.)

Welcome to the third *Eat Well & Keep Moving* training session. Today's session centers on the *Eat Well & Keep Moving* Principles of Healthy Living, the guidelines for healthy eating and physical activity that form the core of the *Eat Well & Keep Moving* program. These guidelines build on the latest diet and activity recommendations of the *Dietary Guidelines for Americans 2005*.

(Introduce yourself. If the session is small enough, have participants introduce themselves.)

Agenda

- **Food and physical activity facts**
- **Health promotion and disease prevention**
- **Energy from food, nutrients, and national nutrition guidelines**
- ***Eat Well & Keep Moving* Principles of Healthy Living**
- **Group discussion**

(Briefly go over today's agenda.)



Let's start thinking about food
and physical activity . . .

(Distribute the handout Four Food and Physical Activity Facts from the Additional Resources folder on this CD-ROM, and ask participants to follow the directions and complete the form.)

(This activity is designed to get participants thinking about physical activity and the foods they eat.)

Health Promotion and Disease Prevention

The *Dietary Guidelines for Americans* advises healthy Americans over the age of 2 about food and physical activity choices that promote health and prevent disease.

We are all individuals with different genetic, environmental, behavioral, and cultural backgrounds that can affect our health. Food choices and physical activity choices can also affect our health.

Healthful Diets and Positive Food Choices

- **Help children grow, develop, and do well in school**
- **Help people work productively and feel their best**
- **Reduce the risk of chronic diseases such as heart disease, stroke, certain cancers, and osteoporosis**

(Read slide heading and bullets.)

Major risk factors for chronic diseases, such as obesity, high blood pressure, and high blood cholesterol, can be reduced by eating a healthful diet and participating in regular physical activity. It is especially important to instill good eating and physical activity habits in children, as these habits will carry on through their adult life and lower their risk of developing serious, chronic diseases. Offering healthful food choices to students in the cafeteria is an important way to do this, as is giving them opportunities for physical activity during the school day.

Energy

- **Three food components provide the body with energy**
- **Carbohydrate = 4 calories per gram**
- **Healthy carbohydrate sources: whole grains, beans, fruit, some vegetables**
- **Protein = 4 calories per gram**
- **Healthy protein sources: lean meats, poultry, fish, eggs, beans, and nuts**
- **Fat = 9 calories per gram**
- **Healthy fat sources: olive oil, canola oil, vegetable oil**

Carbohydrate, protein, and fat are the food components that provide the body with energy, which is measured in calories.

Examples of foods rich in healthy carbohydrate are whole-grain bread, whole-grain cereal, brown rice, fruits, and some vegetables; examples of foods that contain less healthy carbohydrate are drinks and foods with added sugar, such as soft drinks, and foods that contain refined grains, such as white bread and white rice.

Examples of healthy sources of protein are lean meat, poultry, fish, eggs, beans, and nuts.

Examples of healthy fat are olive oil, canola oil, and vegetable oil; examples of unhealthy fat are butter, hard stick margarine, shortening, and lard.

Carbohydrate and protein provide 4 calories per gram. Fat provides 9 calories per gram. Alcohol, which is not a nutrient, provides energy as well, at the rate of 7 calories per gram.

Nutrients

- **Carbohydrate**
- **Protein**
- **Fat**
- **Vitamins**
- **Minerals**
- **Water**

Carbohydrate, protein, fat, vitamins, minerals, and water are nutrients. The human body uses these nutrients in their smallest forms—carbohydrate as glucose, protein as amino acids, and fat as fatty acids. Some nutrients are called *essential nutrients*, as they cannot be produced by the body and must be acquired by eating a food.

Water, Water Everywhere

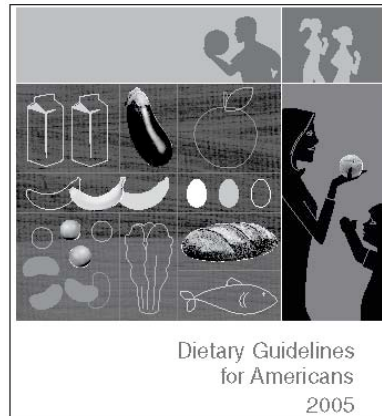
Choose water to
quench your thirst!



An important and essential nutrient, water is required for the millions of biological reactions our bodies go through each day. We can get water from beverages and from many foods such as fruit and soup. Water is the best choice to quench your thirst.

Dietary Guidelines for Americans 2005

- **Guidance on healthy eating and physical activity**
- **Basis of school meals and the National School Lunch Program**
- **Helps Americans make healthy food choices *over time***



Now that we have had a basic overview of essential nutrients, let's talk about how to translate nutrition science into healthy eating.

The *Dietary Guidelines for Americans 2005* offers guidance on healthy eating and physical activity for Americans aged 2 and up. These guidelines serve as the basis of school meal programs.

The purpose of the *Dietary Guidelines for Americans 2005* is to help us make healthy food choices. The guidelines apply primarily to diets consumed over several days or over the course of the week; they are not about individual foods or single meals.

Benefits of Regular Physical Activity

- **Helps you build healthy bones and muscles**
- **Helps you maintain a healthy weight or lose weight if you are overweight**
- **Gives you more energy**
- **Improves your mood and reduces your anxiety and stress**
- **Improves your blood pressure and cholesterol levels**

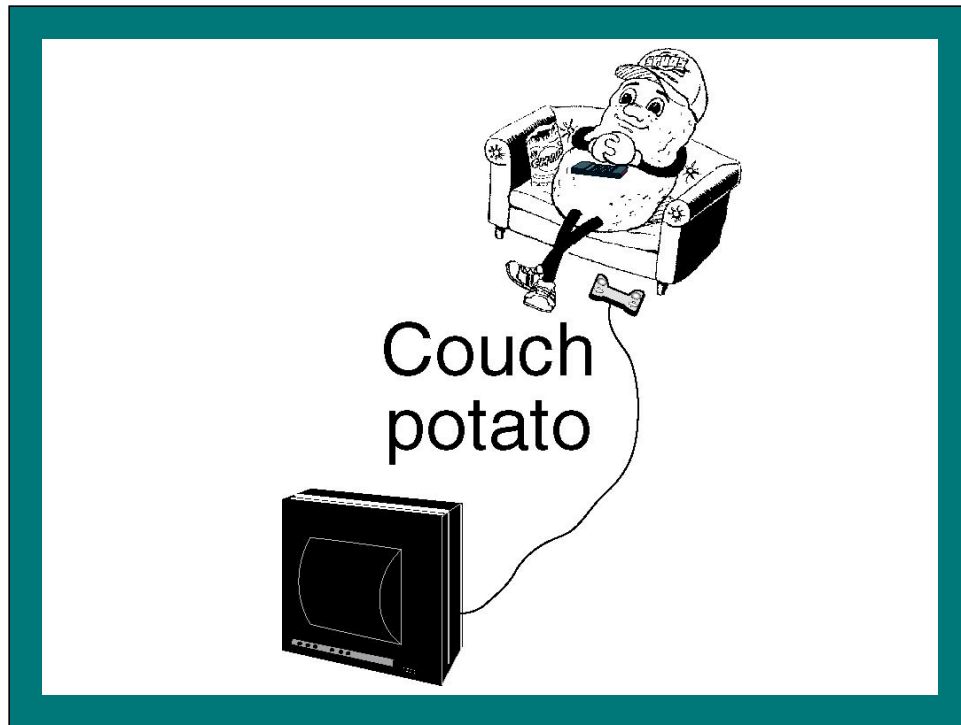
The *Dietary Guidelines for Americans 2005* also addresses physical activity.

A low-activity or inactive lifestyle is unhealthy. Increasing activity burns more calories. Burning more calories helps us maintain our health and makes room for a more balanced and nutritious diet.

According to the U.S. Surgeon General, regular physical activity improves your chances of living longer and living healthier; helps protect you from developing heart disease or its precursors high blood pressure and high unhealthy blood cholesterol; helps protect you from developing certain cancers, including colon and breast cancer; helps prevent or control type 2 diabetes; helps prevent arthritis and may help relieve pain and stiffness in people who have arthritis; helps prevent osteoporosis; reduces the risk of falling among older adults; relieves symptoms of depression and anxiety and improves mood; and controls weight.

It is best to lose weight by eating less food and increasing activity. Food choices should include nutrient-dense foods (a turkey sandwich instead of a doughnut) to ensure that dietary needs are met.

Caloric (food) needs decrease with age. This may in part be due to the decrease in activity that occurs with aging. Younger people are often more active, but all people, no matter what age, should be active.



In addition to increasing activity, you should reduce sedentary pastimes, such as television viewing. The more television you watch, the less time you have to engage in physical activity or other healthy pursuits; the same goes for surfing the Web, instant messaging (or text messaging), and playing video games. Watching more television means watching more advertisements for unhealthy foods, and evidence suggests that this leads to eating extra calories. Such sedentary behavior combined with poor diet can lead to excess weight gain.

Try to limit TV time to 1 to 2 hours per day. Limit total screen time, including watching television, playing computer games, watching DVDs, and surfing the Web, to no more than 2 hours each day.

Principles of Healthy Living

- **Eat 5 or more servings of fruits and vegetables each day.**
- **Choose whole-grain foods and limit foods and beverages with added sugar.**
- **Choose healthy fat, limit saturated fat, and avoid trans fat.**
- **Eat a nutritious breakfast every morning.**
- **Be physically active every day for at least an hour per day.**
- **Limit TV and other screen time to no more than 2 hours per day.**

As we have seen, eating a nutritious and balanced diet and participating in regular physical activity are the cornerstones of a healthy lifestyle. Eating the right foods provides us with the energy and nutrients our bodies need to stay healthy and fight infection and disease. Similarly, regular physical activity helps prevent heart disease, diabetes, some cancers, osteoporosis, and a host of other disorders. What we eat and how much activity we get not only affect how our bodies perform and feel today but also affect our health for the next 10, 20, and 30 years and beyond.

The *Eat Well & Keep Moving* program has developed six Principles of Healthy Living. Informed by the latest scientific research and the *Dietary Guidelines for Americans 2005*, these guidelines can help you eat well and keep you moving toward a lifetime of healthy living.

(Read the principles from the slide. For each, read the accompanying student message:)

1. Eat 5 or more servings of fruits and vegetables each day.
Student message: Go for 5+ fruits and veggies—more is better!
2. Choose whole-grain foods and limit foods and beverages with added sugar.
Student message: Get whole grains and sack the sugar!
3. Choose healthy fat, limit saturated fat, and avoid trans fat.
Student message: Keep the fat healthy!
4. Eat a nutritious breakfast every morning.
Student message: Start smart with breakfast!
5. Be physically active every day for at least an hour per day.
Student message: Keep moving!
6. Limit TV and other screen time to no more than 2 hours per day.
Student message: Freeze the screen!

Group Discussion on the Principles of Healthy Living

(Ask the person at each table whose birthday is closest to today to stand. Give the standing people a favor, if desired. Ask them to be their group's leader and to pick a person from their group to record their group's discussion during the next activity.)

(Give each of the six groups one of the guidelines from the Principles of Healthy Living. Give the group members 10 minutes to discuss their guideline among themselves. Have them discuss why this guideline is important. The group recorder will write down the responses.)

(At the end of 10 minutes, ask the groups to report. Begin with the first guideline: Eat 5 or more servings of fruits and vegetables each day. Use the next six overheads to complete any unanswered information.)

Eat 5 or More Servings of Fruits and Vegetables Each Day

- **Fruits and vegetables are packed with vitamins, minerals, antioxidants, and fiber.**
- **Getting at least 5 each day can reduce the risk of diabetes, heart disease, obesity, and possibly some cancers.**
- **Choose fruits and vegetables in a rainbow of colors (choose especially dark-green and orange vegetables).**

(Let the group report out from its discussion of this guideline. Supplement the discussion by reading or reinforcing information on the slide.)

(Make this additional point:)

Fruits and vegetables provide healthy carbohydrate that gives us energy.

Choose Whole-Grain Foods

- **Whole grains contain fiber, vitamins, and minerals; refining strips away these nutrients.**
- **Refined grains get digested and absorbed quickly, which can cause sugar levels in the blood to spike and then drop a bit too low.**
- **Choose whole grains whenever possible; make at least half of the grain servings you consume each day whole grains.**

(Let the group report out from its discussion of this guideline. Supplement the discussion by reading or reinforcing information on the slide.)

(Make these additional points:)

- Some refined grains are fortified with vitamins and minerals, but fortification does not replace all of the nutrients lost during the refining process.
- Refined grains get digested and absorbed very quickly, which can cause sugar levels in the blood to spike. In response, the body quickly takes up sugar from the blood and puts it into storage to bring sugar levels down to normal. Working so quickly, though, the body may overshoot things a bit, making blood sugar levels a bit low; this can cause feelings of false hunger (even after a big meal) and tiredness.

Limit Foods and Beverages With Added Sugar

- **Sweetened drinks contain empty calories—they basically contain just sugar and water.**
- **Sugary foods and drinks are quickly absorbed and so cause blood sugar levels to spike.**
- **Research suggests that consuming sugar-sweetened beverages is associated with excess weight gain in children and adults.**

(Let the group report out from its discussion of this guideline. Supplement the discussion by reading or reinforcing information on the slide.)

(Make this additional point:)

Sweetened drinks include soft drinks, sweetened ice teas, fruit punches, sports drinks, and energy drinks.

Choose Healthy Fat, Limit Saturated Fat, Avoid Trans Fat

- **Healthy fat can help lower the risk of heart disease, stroke, and possibly diabetes.**
- **Unhealthy fat—saturated and trans fat—increases the risk of heart disease, stroke, and possibly diabetes.**
- **Limit saturated fat to no more than 10% of total calories.**
- **Avoid trans fat, since it raises the risk for heart disease in many ways and may increase the risk for diabetes.**

(Let the group report out from its discussion of this guideline. Supplement the discussion by reading or reinforcing information on the slide.)

(Make these additional points:)

- Healthy fat is found in most plant oils (e.g., olive, canola, soybean, corn, sunflower, and peanut oils), nuts, seeds, fish, and shellfish.
- Much of the fat that comes from animals, including dairy fat, the fat in meat or in poultry skin, and lard, is saturated.
- Trans fat is formed when healthy vegetable oils are partially hydrogenated (a process that makes the oil solid or semisolid and makes the fat more stable for use in packaged foods). This is the worst type of fat because it raises the risk of heart disease in a number of different ways, and it may possibly raise the risk of diabetes.

Eat a Nutritious Breakfast Every Morning

- **Breakfast gives the body the energy it needs to perform at school, work, or home.**
- **Research has shown that breakfast can improve learning, and it helps boost overall nutrition.**
- **Many common breakfast foods are rich in whole grains.**

(Let the group report out from its discussion of this guideline. Supplement the discussion by reading or reinforcing information on the slide.)

(Make this additional point:)

Breakfast is also a great time to get started toward the daily goal of consuming 5 or more servings of fruits and vegetables.

Be Physically Active Every Day for at Least an Hour per Day

- **Regular physical activity helps prevent diabetes, heart disease, and some cancers.**
- **Children and teenagers need at least 60 minutes per day.**
- **Adults need at least 30 minutes per day; 60 minutes may be needed to prevent weight gain.**
- **Physical activity can be accumulated in 10-minute bouts throughout the day.**

(Let the group report out from its discussion of this guideline. Supplement the discussion by reading or reinforcing information on the slide.)

(Make these additional points:)

- Regular physical activity can also benefit emotional well-being.
- Children and teenagers should get at least 60 minutes of physical activity every day. These 60 minutes should include moderate- and vigorous-intensity activities and can be accumulated throughout the day in sessions of 15 minutes or longer.
- For adults, increasing the intensity or the duration of physical activity can have even greater health benefits and may be needed to control body weight. About 60 minutes per day may be needed to prevent weight gain.
- Physical activity may include short bouts (e.g., 10-minute bouts) of moderate-intensity activity. The accumulated total is what is important both for health and for burning calories. Physical activity can be accumulated in 3 to 6 10-minute bouts over the course of a day.

**Adult recommendation adapted from U.S. Department of Agriculture and Department of Health and Human Services, Finding Your Way to a Healthier You: Based on the Dietary Guidelines for Americans 2005 and the Dietary Guidelines for Americans 2005.*

Limit TV and Other Screen Time to No More than 2 Hours per Day

- **The more TV you watch, the less time you have to engage in physical activity.**
- **Watching more TV means watching more advertisements for unhealthy foods, which can lead to eating extra calories.**
- **Keep TV time to no more than 1-2 hours per day.**
- **Keep total screen time, including watching TV, playing computer games, watching DVDs, and Web surfing—to no more than 2 hours per day.**

(Let the group report out from its discussion of this guideline. Supplement the discussion by reading or reinforcing information on the slide.)

(Make these additional points:)

- The more television you watch, the less time you have to engage in physical activity or other healthy pursuits; the same goes for surfing the Web, instant messaging (or text messaging), and playing video games.
- Watching more television means watching more ads for unhealthy foods, and evidence suggests that this leads to eating extra calories. Such sedentary behavior combined with poor diet can lead to excess weight gain.
- Keep TV time to no more than 1 to 2 hours each day. Keep total screen time, including watching television, playing computer games, watching DVDs, and surfing the Web, to no more than 2 hours each day.



Questions?

Any questions?

Thank you for attending. The next *Eat Well & Keep Moving* session will discuss the healthiest food choices from the five food groups and the Nutrition Facts food label.