



MEALTIME



IN THIS LAST SECTION, WE WILL DISCUSS WAYS TO MAINTAIN A BALANCED DIET THROUGH PORTION SIZE, BEING ABLE TO GUESS SERVING SIZES EASILY, AND HAVING A NUTRITIONALLY BALANCED PLATE.

IN ADDITION, WE WILL DISCUSS WAYS TO MAINTAIN A BALANCED DIET WHEN EATING OUT.



PORTION SIZE

LET'S START BY DISCUSSING **PORTION SIZE**. WE WANT TO HAVE SOME FUN WITH THIS BY INTRODUCING A VERY BRIEF SCENE FROM A **FOTONOVELA** CALLED "AN OUNCE OF PREVENTION - A GUIDE TO HEART HEALTH". IN THIS PARTICULAR SCENE TITLED "I DON'T LIKE THAT BOY AT ALL - WATCH YOUR WEIGHT", THE FOTONOVELA DEPICTS A FAMILY DISCUSSION ABOUT THE IMPORTANCE OF PORTION SIZES IN THE CONTEXT OF HEART DISEASE.

WE'D LIKE TO ASK FOR VOLUNTEERS FROM THIS AUDIENCE WHO WILL "ACT" OUT THE SCENE. PLEASE PARTICIPATE!

WE NEED FIVE VOLUNTEERS.

Q: WHO'D LIKE TO BE THE GRANDMOTHER? THE MOTHER? FATHER? SISTER? BROTHER?

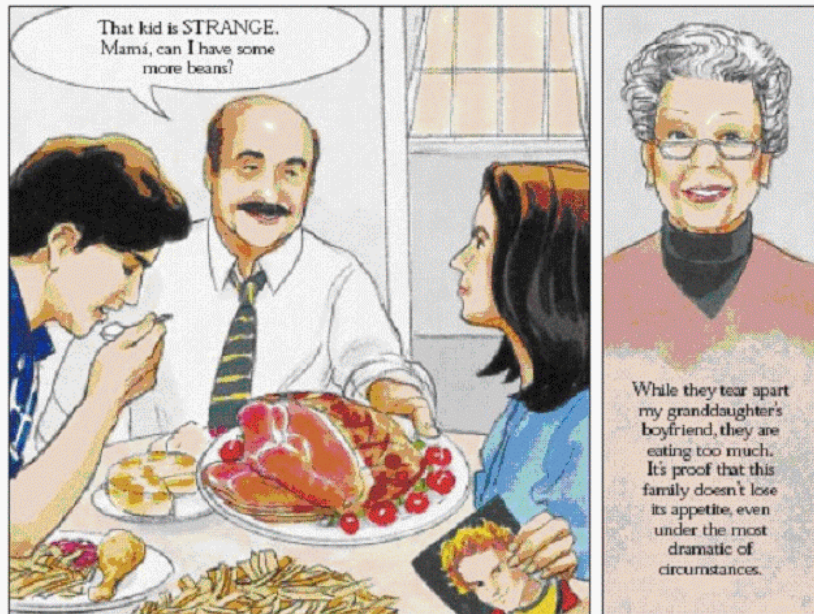
WE HAVE A SIMPLE PROP FOR THE GRANDMOTHER TO HELP YOU **ALL** FEEL LIKE YOU ARE REALLY GETTING INTO CHARACTER!

 **GIVE GLASSES TO "GRANDMOTHER".**

 **BE SURE EVERYONE IN THE AUDIENCE (AND THE VOLUNTEERS!) IS OPEN TO THE FOTONOVELA PAGE BEFORE PROCEEDING.**



I Don't Like That Boy At All: Watch Your Weight



The National Heart, Lung, and Blood Institute. (1999). *An Ounce of Prevention: A Guide to Heart Health* (NIH Publication No. 99-3646). Bethesda, MD: U.S. Department of Health and Human Services.



PORTION SIZE



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SERVING SIZE

WE HAVE SOME GREAT ACTRESSES, DON'T WE?! OKAY, SO NOW WE'VE DISCUSSED BEING CAREFUL ABOUT EATING TOO MUCH FOOD. HOWEVER, WHAT'S A GOOD PORTION TO EAT? HOW MUCH RICE SHOULD YOU SERVE YOURSELF ON THE PLATE? BEANS? FRUITS? VEGETABLES?

THESE QUESTIONS CAN BE ANSWERED VERY EASILY. THE ANSWERS ARE ALL IN YOUR HANDS. YES, BELIEVE US, IN YOUR HANDS. YOU'RE PROBABLY THINKING WHAT DO WE MEAN BY THIS. YOU'LL SEE.

SHOW HANDOUT, AND DEMONSTRATE WITH YOUR HANDS.

ON THIS HANDOUT, THERE ARE PHOTOS OF HANDS - HANDS CUPPED TOGETHER, A HAND HOLDING A TENNIS BALL, A HAND HOLDING A DECK OF CARDS, A HAND IN A FIST, AND A 'THUMBS UP' DEPICTION.

AS WE LOOK AT THIS HANDOUT, PLEASE KEEP IN MIND THAT THE PORTION SIZES SHOWN ARE THE SERVING SIZE EQUIVALENTS FOR A MIDDLE-AGE FEMALE ADULT. ALSO REMEMBER THAT PORTION SIZES WILL BE DIFFERENT FOR ADULT MEN AND CHILDREN. FOR ADULT MEN, PORTION SIZES WILL BE LARGER, AS MEN'S HANDS TEND TO BE LARGER. AND FOR CHILDREN, PORTION SIZES WILL BE SMALLER, GIVEN THAT CHILDREN'S HANDS TEND TO BE SMALLER.

REVIEW "IT'S ALL IN YOUR HANDS" HANDOUT BEFORE PROCEEDING.



SERVING SIZE

ONE SERVING: IT'S ALL IN YOUR HANDS



= 1 CUP OF SALAD



= 1 CUP OF MILK OR 1 SERVING OF FRUITS/VEGETABLES



= 3 OZ. MEAT, FISH, POULTRY, BEANS



= 1 CUP OF RICE, PASTA, OR CEREAL



= TOP JOINT OF THUMB OR 2 STACKED NICKELS = 1 TEASPOON OF FAT (FOR EXAMPLE OIL, DRESSING)



BALANCED PLATE

NOW THAT WE KNOW A FEW THINGS ABOUT MANAGING PORTIONS AND SERVING SIZES, WE KNOW WHAT OUR PLATES SHOULD LOOK LIKE AFTER THEY'RE FILLED WITH FOOD.

MAYBE YOU'VE HEARD OF PEOPLE TALKING ABOUT A "BALANCED DIET" OR A "BALANCED MEAL". IT'S VERY IMPORTANT TO EAT A BALANCED DIET TO BE HEALTHY.

TO GET MORE FAMILIAR WITH PORTION SIZES, WE HAVE THE SAME MEAL DEPICTED HERE ON THIS HANDOUT.

 *DISPLAY PORTIONED MEALS HANDOUT*

THE FOODS THAT APPEAR ON EACH BOARD ARE THE SAME. THE PLATE SIZES ARE ALL THE SAME. THE ONLY DIFFERENCE BETWEEN EACH OF THE BOARDS IS THE PORTION OF EACH TYPE OF FOOD PER PLATE. FOR INSTANCE, THE SALAD ON EACH OF THESE PLATES TAKES UP ANYWHERE FROM ONE EIGHTH OF THE PLATE TO TAKING UP THREE QUARTERS OF THE PLATE.

LET'S WORK AS A CLASS TO FIGURE OUT WHAT WE BELIEVE IS THE RIGHT AMOUNT OF EACH TYPE OF FOOD ON THE PLATE.

Q&A IS IT CHOICE A, B, OR C?

Q&A: WHY DO YOU BELIEVE THIS? DOES EVERYONE AGREE?

EVERYONE DID SUCH A GREAT JOB DISCUSSING THEIR CHOICES. TO REVIEW, THE CORRECT ANSWER IS B. HERE'S WHY. THE RECOMMENDATION IS TO EAT PLENTY OF FRUITS AND VEGETABLES AT EACH MEAL. THE REST OF YOUR PLATE SHOULD BE DIVIDED BETWEEN A QUARTER OF IT CONTAINING GRAINS AND STARCHES AND ANOTHER QUARTER CONTAINING PROTEINS SUCH AS BEANS, POULTRY, FISH, MEATS, OR NUTS.

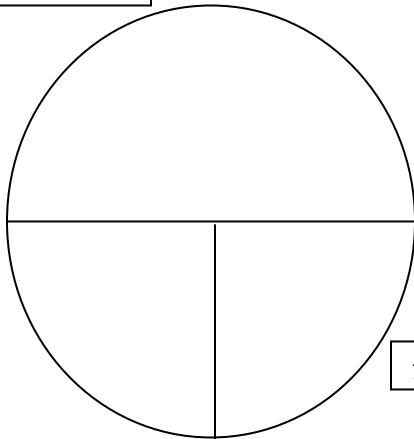


BALANCED PLATE

PORTIONED MEALS

PLATE A

$\frac{1}{2}$ PROTEIN

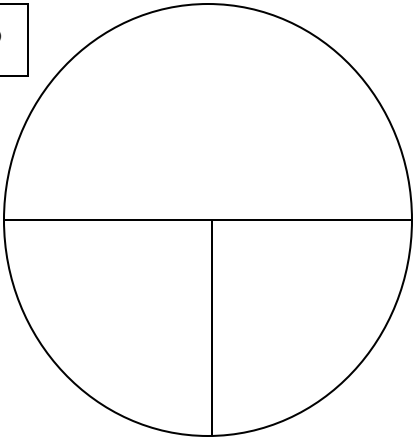


$\frac{1}{4}$ GRAIN

$\frac{1}{4}$ SALAD

PLATE B

$\frac{1}{2}$ SALAD

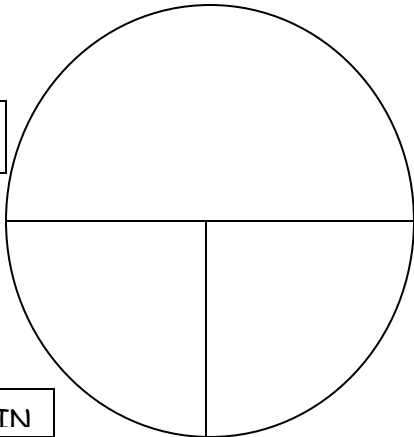


$\frac{1}{4}$ GRAIN

$\frac{1}{4}$ PROTEIN

PLATE C

$\frac{1}{2}$ GRAIN



$\frac{1}{4}$ PROTEIN

$\frac{1}{4}$ SALAD



BALANCED PLATE

DISTRIBUTE "BALANCED PLATE" HANDOUT TO ALL PARTICIPANTS.

WE'RE PASSING OUT THIS HANDOUT FOR YOU TO USE AS A GUIDE FOR BALANCED PLATES.



BALANCED PLATE

3. PLATO BALANCEADO BALANCED PLATE

Para ser saludable, balanceamos el plato con estas proporciones y con porciones moderadas.
Let's balance our plate with these proportions and let's pay attention to portion size.



for more information and recipes: www.latinonutrition.org

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EATING DURING HOLIDAYS & CELEBRATIONS

THIS LAST SECTION FOCUSES ON **EATING OUTSIDE THE HOME**. WHETHER IT'S EATING AT RESTAURANTS, AT FAMILY GATHERINGS, OR DURING HOLIDAY CELEBRATIONS, WE WANT TO BE SURE THAT YOU ARE ARMED WITH TECHNIQUES TO CHOOSE HEALTHY AND TASTY OPTIONS NO MATTER WHERE YOU ARE.

WHEN YOU ARE IN THESE SITUATIONS, DO YOU HAVE ANY TECHNIQUES THAT YOU USE TO EAT HEALTHY? LET'S START WITH HOLIDAY EVENTS, FAMILY GATHERINGS AND CELEBRATIONS. WE KNOW THAT FOOD IS SUCH AN INTEGRAL PART OF THESE CELEBRATIONS.

Q&A WHAT ARE SOME WAYS OF EATING MORE HEALTHY FOODS WHILE ATTENDING THESE FUNCTIONS?

☞ AFTER PARTICIPANTS HAVE A CHANCE TO RESPOND, ASK THEM TO FOLLOW ALONG ON THE HANDOUT TITLED "HEALTHY EATING TIPS FOR WHEN YOU AND YOUR FAMILY ATTEND HOLIDAY EVENTS, CELEBRATIONS AND FAMILY GATHERINGS"



EATING DURING HOLIDAYS AND CELEBRATIONS

HEALTHY EATING TIPS FOR WHEN YOU AND YOUR FAMILY ATTEND HOLIDAY EVENTS, CELEBRATIONS AND FAMILY GATHERINGS

- Eat a snack or a small meal before going to the function. This will help curb your hunger before entering the event.



- Remember to maintain a balanced plate.



- If certain delicacies are your favorites, allow yourself to have a few bites. A few bites will not hurt you - it's when those few bites turn to a full plate of riches (or more), that the trouble begins.



- Focus more on the function or the family, and less on the food!



- If there's a certain dish that you just can't resist eating a full plate of, eat a little bit of it, and promise yourself that you'll find a lower fat version of the recipe upon returning home.



- Eat slowly. When eating, try not to be distracted. This will allow you to really focus on your food.



- Pace yourself when eating. It's okay to not feel overstuffed at a party. Remember you're there to see people, not necessarily to see the food.





EATING OUT

LET'S MOVE ON TO EATING AT RESTAURANTS.

Q&A WHAT ARE SOME WAYS OF EATING MORE HEALTHY FOODS THERE?

👉 DEPENDING ON THE INFORMATION SHARED BY PARTICIPANTS, MENTION OTHER TIPS AND TECHNIQUES TO EATING HEALTHY WHEN DINING OUT SUCH AS:

- *Grilled chicken or fish sandwiches*
- *Whole wheat rolls whenever possible*
- *Fruit or fruit and yogurt*
- *Baked potato (with vegetables instead of cheese, butter or sour cream)*
- *Salad with dressing on the side or fat free salad dressing*
- *If you're craving meat, go for a single hamburger (regular or children's size)*
- *Low fat deli sandwiches on wheat bread or on pita bread*
- *Wraps on whole wheat tortillas (without dressing)*
- *Fat free/low fat milk or water versus soda*

TO EMPHASIZE THIS POINT FURTHER, RESEARCH SHOWS THAT MEALS PURCHASED AWAY FROM HOME USUALLY CONTAIN MUCH MORE FAT, A VERY HIGH NUMBER OF CALORIES AND MUCH LARGER PORTION SIZES THAN WHAT YOU'D SERVE AT HOME. IN ADDITION, THE EFFECTS OF EATING OUTSIDE, ESPECIALLY EATING FAST FOODS, IS RELATED TO OBESITY AND RELATED ILLNESSES. SO IT REALLY BENEFITS YOU AND YOUR FAMILY'S HEALTH TO EAT HEALTHY IN *AND* OUT OF THE HOME!

WE HAVE CREATED SOME HANDY GUIDES TO EATING OUT AT SOME POPULAR FAST FOOD RESTAURANTS.

👉 HOLD UP EATING OUT SHEETS AND DISCUSS WITH PARTICIPANTS.

WE HOPE YOU WILL HOLD ON TO THIS SHEETS AND USE THEM THE NEXT TIME YOU ARE EATING OUT! WE'VE FOUND THAT IT'S EASY TO REMEMBER

MEALTIME



EATING OUT

THESE TIPS IF YOU PLACE THESE CARDS IN AN EASY-TO-REMEMBER PLACE LIKE YOUR CAR, OR IN YOUR PURSE.