



Seniors Taking Charge of Your Health!

Lesson 10: Weight Management – Eat Healthy and Avoid Fads

Getting Ready

1. Review the lesson plan and read the educator resources before each session.
2. Prepare to do chair exercises. Choose Modules C and D with balls (found elsewhere in this document) or Tufts/CDC Growing Stronger, Part III (a separate booklet or online at: http://www.cdc.gov/nccdphp/dnpa/physical/growing_stronger/growing_stronger.pdf).
3. Make copies of chair exercise guide for participants to take home (if not done so already).
4. Copy and staple the handouts that best meet the needs of your audience (one set for each participant).
5. Copy the “*Plan My Plate*” onto cardstock and laminate if desired.
6. Gather supplies needed for lesson, recipe, and activities.

General Supplies

1. Handouts for participants.
2. Pens or pencils for participants to write on the handouts.
3. Assorted food models or other representations for each food group on the plate.
4. Plastic plate with three sections, cereal bowl, 8-ounce glass, and food models to demonstrate the plate method of meal planning.
5. Balls for chair exercises (foam will not bounce as much as air-filled, so foam balls may be a better choice). Optional: step counters to replace those that are lost or broken.

Supplies When Preparing a Recipe for Participants (Strongly Recommended)

1. Ingredients to prepare the recipe provided or another healthy recipe.
2. Supplies for tasting recipe, such as plates, forks or spoons, and napkins.

Beginning the Session

1. Introduce yourself by name and the organization that you represent. Take attendance.
2. Summarize the lesson by going over the objectives. Let the group know that the session will be informal and that questions can be asked at any time.

Objectives for Participants

1. Learn about body weight and BMI in older people.
2. Learn about reliable resources for diet information and ways to identify diet misinformation.
3. Learn easy ways to control portion sizes to promote weight management.
4. Do chair exercises, complete physical activity charts, and set new physical activity goals.

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Educator Resources

Food models are available from NASCO, www.nascofa.com, 1-800-558-9595.

Before presenting the lesson, read these resources that were used to prepare this lesson:

- 2005 Dietary Guidelines for Americans, Weight Management, Chapter 3, <http://www.health.gov/dietaryguidelines/dga2005/document/html/chapter3.htm>.
- National Heart, Lung, and Blood Institute's Portion Distortion Quiz, <http://hp2010.nhlbihin.net/portion/>.
- The American Heart Association, <http://www.americanheart.org/>, <http://www.americanheart.org/downloadable/heart/1136584495498OlderAm06.pdf>.
- American Heart Association Guidelines for Selecting a Weight Loss and Maintenance Program, <http://www.americanheart.org/presenter.jhtml?identifier=2884>.
- National Institute of Diabetes and Digestive and Kidney Diseases, National Institutes of Health, Weight-loss and nutrition myths: how much do you really know, <http://win.niddk.nih.gov/publications/PDFs/Myths.pdf>.
- Nutrition fact sheet: popular diets reviewed 2006. American Dietetic Association, http://www.eatright.org/ada/files/Popular_Diets_Reviewed_2006.pdf.

The target audience for this educational program is older adults who may have low incomes, low literacy skills, and little experience with healthy meal planning. Therefore, several aspects of the plate method have been simplified, and the major focus is to help people fill their plates with foods that provide low-fat animal protein, whole grains, and other starchy foods (includes starchy vegetables), non-starchy vegetables, fruits, and low-fat milk products. People who are interested in additional meal planning information to meet their specific calorie needs can be referred to a registered dietitian for assistance.

In these meal plans, we recommend that the starchy part of the plate include breads, pastas, rice, and starchy vegetables such as peas, corn, potatoes, sweet potatoes, and legumes (cooked dry beans). Whole grain versions of bread, pasta, and rice are recommended. The menus with each lesson provide about 1,800 calories and have appropriate amounts of carbohydrates for people with diabetes in each meal and snack. Depending on calorie needs, meal plans may vary.

The primary protein sources in the menus are meat, poultry, and fish, so they are not appropriate for vegetarians. Vegetarians can choose meat substitutes such as eggs, peanut butter, tofu, or cottage cheese as protein sources. Good resources for meal planning for vegetarians can be found at the American Diabetes Association website (<http://www.diabetes.org>). Those who are vegetarian and have diabetes should consult with a registered dietitian to be sure that their carbohydrate intake is not too high or too low.

Script

Give participants their handouts.

Remember to take attendance.

Introduction

It's good to see everyone here today! During the past few weeks, we've talked about many ways to stay healthy. To review, how many minutes of moderate physical activity should we do each day? *Wait for responses.* Yes; 30 minutes daily. How many servings of fruits and vegetables should we eat each day? *Wait for responses.* Yes; 7 to 10 servings daily. What are some whole grain foods that are quick and easy to eat? *Wait for responses.* Yes; three servings of whole grains can easily come from cereal for breakfast and a sandwich with two slices of whole grain bread. How many servings of milk products do we need each day? *Wait for responses.* Yes; three servings of low-fat milk products daily. Low-salt and low-fat versions of our favorite foods are also recommended. And, to prevent foodborne illness and the spread of the flu, colds and other germs – how long should we wash our hands? Yes; 20 seconds!

Let's look at the handout called "*Seniors Taking Charge of Your Health!*" Think of some of the healthy foods you eat to stay healthy. *Invite participants to share what foods they eat for good health.* Hopefully you aim for 7 to 10 servings of fruits and vegetables daily, at least three servings of whole grain foods, and three servings of low-fat milk products. Next, think about the activities you do to stay physically and mentally active and things that you do to stay positive and help cheer yourself up. *Invite participants to share how they stay positive and active.* Super! Next, what are some check-ups that we need? Yes! You can check your feet daily, which is especially important for those with diabetes. Ask your doctor how often you should have your blood pressure, blood cholesterol, blood sugar, and body weight checked. You may need these checked more often if you have high blood pressure, high blood cholesterol, or diabetes. Regular vision and hearing check-ups are also important. Ask your doctor or pharmacist to review your medications to help avoid medication problems. And be sure to always carry your list of medications with you in your purse or wallet.

Today we are going to discuss body weight and weight management, which is important for all of us.

Body weight is very popular with the media. Does anyone watch *Oprah*? If you do, then you may have noticed that Oprah's weight has changed over time. Oprah often has doctors or other health professionals on her show to discuss the latest diets and exercise trends. Has anyone seen

commercials on television or ads in the newspaper for products that promote weight loss or gain? *Wait for participants to respond.* Do the ads generally promote weight loss products or weight gain products? *Wait for participants to respond.* Yes, there may be somewhat more products for weight loss, but people should be concerned about being underweight or overweight, especially as they age.

Body Weight in Older People

Let's look at the handout called "*Body Mass Index Chart*" that lists the BMI for various heights and body weights. BMI is an indicator of body fatness that can be used to screen for weight categories that may lead to health problems. Find your height on the chart and follow across the row to locate your weight. If your weight is not listed, find the two weights surrounding your actual weight. Next, determine if your BMI is in the normal, overweight, or obese category. If your weight is below the first weight listed next to your height, then your BMI may be less than 18.5, which is considered underweight. A BMI of 19 to 24.9 is considered normal; a BMI of 25 to 29.9 is considered overweight; and a BMI of 30 or more is considered obese. *Give participants time to determine their BMI and if they are underweight, normal, overweight or obese.* If your weight is not in the normal category or you have other worries about your weight, then talk with your doctor about your concerns. We'll talk more about these various weight and BMI categories.

Now look at the handout titled "*Body Weight in Older People.*" Find your weight category listed in the left column of the table. Follow this row to the far right column. What is the title of the far right column? *Wait for participants to respond.* Yes, it is "talk with your doctor" and this is very important! While BMI can help screen for weight categories that may lead to health problems, only your doctor or other health care professional should advise you to gain or lose weight. We are all different, and only a doctor or other qualified health care professionals has the knowledge and skills to tell you if you need to change your weight and how to do so.

To review, whom should you ask for advice about your weight? *Wait for participants to respond.* Yes; your doctor, a registered dietitian, or a nutritionist at the public health department are the best people to talk to about your weight.

Overweight and Obesity

Overweight and obesity are very common in people of all ages, including older adults. More than 21% of older adults in Georgia are obese. More than 40% of older adults at Georgia senior centers are obese. Overweight and obesity are risk factors for many conditions, including heart disease, high blood pressure, stroke, and diabetes. So it is very important for people who are overweight or obese to see their doctor and get checked for their blood pressure and for diabetes through blood sugar tests.

Obesity-attributable medical costs are about 5% to 7% of annual health care costs. Only your doctor can tell you whether or not you should lose weight, so discuss your concerns with your doctor. For some people, even losing 5% to 10% of their body weight can improve their health.

Eating healthier and being more physically active can improve overall health for people of any weight.

Underweight and Weight Loss

Advancing age and illnesses can sometimes lead to weight loss and becoming underweight. Problems with teeth, gums, and swallowing that may interfere with normal eating patterns are common in older adults and can contribute to weight loss. Serious illnesses, surgery, cancer, dementia, and residing in nursing homes can be associated with weight loss and becoming underweight. Underweight increases the risks of having weak muscles, infections, osteoporosis, hip fractures, and even possibly death.

So for some people, gaining weight can be desirable. Discuss any concerns with underweight and weight loss with your doctor.

Changes in taste and smell, illness, side effects of medications, and advancing age may decrease appetite and cause weight loss in older adults. Using stronger flavorings and seasonings in foods may help to increase appetite and make up for changes in taste and smell. Try adding herbs and spices to meats, meat substitutes, vegetables, and grains. If illness affects the mouth or swallowing, changing the texture of foods so they are easier to chew and swallow may help increase food intake. Try chopping foods in a food processor to make them easier to chew. Adding water or other liquids to foods can help make them easier to swallow. Sauces and gravies can add flavor to food and make them easier to swallow. Talk to your doctor, registered dietitian, or a nutritionist in the public health department for more ideas to help increase your appetite and food intake.

Sources of Diet-Related Information and Cues for Recognizing Misinformation

Regular physical activity and consuming a well balanced diet that focuses on portion control can help maintain a healthy weight – and are good for you no matter what your body weight! Many times, television commercials, books, magazines, news programs, and talk shows discuss methods for weight management. Some of this information can be misleading. Following advice from sources like these can sometimes be harmful to your health. For example, diets that delete certain food groups can cause problems with blood cholesterol and blood sugar levels, as well as kidney, heart, and breathing problems, and may miss key nutrients.

Some medications are affected by foods or nutrients. When a diet deletes certain food groups or suggests eating large amounts of a specific food, food groups, or supplements, problems with medications may occur.

The American Dietetic Association is a credible source for diet-related information. This professional organization recommends ways to recognize food and nutrition misinformation. You can learn to recognize these warning signs, and then avoid sources of information or products that contain these warning signs.

Let's look at the handout "*Steer Clear of Bad Information.*" *Review handout with participants.* These cues can help you protect yourself from bad information and products that can harm you. Always consult your doctor or health care professional for information and advice about diet, exercise, and weight management.

Plan my Plate

An important part of having a healthy weight and being healthy in general is to be physically active everyday and to eat healthy. But, it is important to control the portion sizes of even the healthy foods. We're going to review the plate-method for portion control. Portion control helps us to eat balanced meals that have a variety of food groups, which is important for weight management. Also, planning your plate this way can help you reach the recommended 7 to 10 servings of fruits and vegetables daily.

Walk participants through an example of how to plan a plate using food models. Then have volunteers practice planning a healthy plate with various food models from the different food groups. Discuss each plate with the group and talk about the healthy aspects of meals. Remind participants of the serving size for each type of food.

Let's review the handout titled "*Serving Size Guide*" that can help us remember what typical serving sizes look like. You may want to hang this on your refrigerator at home to help you remember the serving sizes of foods like fruits, vegetables, and grains. It can be simple to visualize serving sizes. For example, one-half cup of cut-up fruit or vegetables is about the amount that fits into a cupped hand. Or that a grain serving, such as a pancake or waffle, is about the size of a compact disk or the diameter of the bottom of a full roll of toilet paper. These are good ways to control portion sizes without having to measure food.

Menu and Recipe

Let's review a sample menu on the handout called "*Sample Menu #10.*" Remember that these menus have about 1,800 calories daily, although our needs depend on our activity level, our body size, and our body weight goals, such as trying to keep our weight stable, lose weight, or gain weight. Remember that we often eat foods as mixed dishes, so just try to consume foods from the variety of groups you see on the handout "*Plan My Plate,*" even when the foods are not in separate sections of your plate. For example, a tuna sandwich would provide a grain serving from the bread, a lean protein from tuna, and vegetables when you put lettuce, tomato, or other vegetables on your sandwich. Do you see any important foods that we should eat at our meals and snacks on our sample menu? *Encourage participants to discuss groups such as fruits, vegetables, whole grains, low-fat milk products, and lean protein sources such as those on the "Plan My Plate" handout.*

All of the foods on our menu are given in specific serving sizes to help with meal planning and portion control. You may want to measure out foods that you eat regularly until you can "eyeball" the recommended serving sizes. Once you know what a serving looks like, you won't need to measure anymore, but will still be able to control your portions. Notice that our menu contains at least seven servings of fruits and vegetables, at least three servings of whole grains,

and three servings of low-fat milk products. Also, notice that some of these healthy carbohydrate-containing foods are in each meal and snack to help us space carbohydrates throughout the day, which helps to improve the control of blood sugar for those with diabetes.

Today's recipe is an especially fun one, called Banana Pops. This is a great recipe to make with your grandchildren because it's easy and fun to make and eat. Kids and adults alike love the sweet taste of fruit. Because you use one-half of a banana for each serving, you are controlling portions, too. *If a recipe is provided for participants to try, then be sure to tell participants what is in the recipe, in case anyone is allergic to any of the ingredients.*

Be Physically Active Everyday!

Today we have talked about what body weight means in older people, how to recognize faulty health and diet information, and that regular physical activity, and a well balanced diet that focuses on portion control can help people maintain a healthy weight.

Balancing healthy eating with physical activity is very important for reaching or maintaining a healthy body weight. The 2005 Dietary Guidelines for Americans recommend at least 30 minutes of moderate physical activity on most, and preferably all, days of the week. Our bodies burn more energy when we're active, which makes it easier to control our weight. Doing activities that build our strength can also help us stay in shape and build strong muscles and bones. How physically active have you been this past week? Were you able to write down any minutes on your calendar? Hopefully you're coming close to our goal of at least 30 minutes daily. Don't forget that moderate activities can include things like brisk walking, dancing, water aerobics, or even yardwork or housecleaning. Let's put this into action!

To help us reach our goals for strength and flexibility activities, are you ready to start our chair exercises for today? *Begin the exercise session with a five to ten minute warm-up. Then, begin Exercise Module C and D (balls) or Tufts/CDC Growing Stronger, Part III.*

NOTE: *For groups using step counters:* Have you been using your step counter to increase your walking? *Wait for responses.* If so, then have you been writing down your step counts on the Physical Activity Chart? *Wait for a show of hands.* Has anyone increased their number of steps since the last time we met? *Wait for responses and invite participants to share ways they've found to increase their number of steps.* You should feel very proud of yourself! The step counter helps us to see our improvements, and it is a big accomplishment to reach a personal goal. Does anyone need help with their step counter or need a new Physical Activity Chart? *Respond as needed and tell participants that you will help them at the end of the lesson.*

Activity: "Fact or Fiction"

Give participants "Fact or Fiction" handouts and have participants form two or more teams to answer the questions. Give each group one "Fact" sign and one "Fiction" sign. Read questions aloud. Ask groups of participants to raise their "Fact" sign if they think the statement is a fact or the "Fiction" sign if they think the statement is fiction. Record the number of correct answers from each group. The group with the greatest number of correctly answered questions

wins. Ideas for prizes include magnifying glasses to read food and medication labels, measuring cups, healthy snacks, bottled water, spice blends, small packets of artificial sweetener, low-calorie pudding mix, shelf-stable milk or soy products (e.g., low-calorie milk powder, low-calorie cocoa packet, 8-ounce boxes of milk), canned or fresh fruits and vegetables, lights (e.g., night light, flashlight, key-chain light, other battery-powered lights), and small bottles of lotion or hand cream.

Answers to “Fact or Fiction” Activity:

The following table provides answers to the “Fact or Fiction” activity. If the statement is fiction, a factual statement follows. Allow participants to answer the activity. For the fictional statements, discuss with participants the corresponding factual statement to ensure participants’ understanding.

Statement	Answer (Fact or Fiction) <i>*If “Fiction”: Factual statement follows</i>
1. Overweight and obesity are not common in older adults.	FICTION: <i>More than 21% of older adults in Georgia are obese. More than 40% of older adults at Georgia senior centers are obese.</i>
2. Overweight and obesity are risk factors for many conditions including heart disease, stroke, and diabetes.	FACT
3. Underweight is not a risk factor for any other conditions.	FICTION: <i>Underweight is a risk factor for illness, infection, osteoporosis, hip fractures, and even possibly death.</i>
4. People should ask their friends and neighbors for advice about their weight.	FICTION: <i>Your doctor, registered dietitian, or public health nutritionist are the best people to talk to about your weight.</i>
5. <i>Oprah</i> and other TV shows are the best source for weight loss information.	FICTION: <i>The media can be a source of misinformation. Always consult your doctor or health care professional for information and advice about diet, exercise, and weight management.</i>
6. Being physically active everyday can help people manage their weight.	FACT
7. Portion control does not matter, as long as people eat healthy foods.	FICTION: <i>Even while eating a well-balanced diet including a variety of foods, it is important to control portion sizes.</i>
8. Diets that delete certain food groups are a healthy way to lose weight.	FICTION: <i>Diets that delete certain food groups can cause problems with blood cholesterol and blood sugar levels, as well as kidney, heart, and respiratory problems, and may miss key nutrients.</i>

Seniors Taking Charge of Your Health! (Lesson 10)

Eat Healthy

What are some foods you eat to help you stay healthy?

Today we will talk about portion control to help manage body weight.

Be Active

What are some activities you do to stay physically and mentally active?

Today we will do some chair exercises together.

Be Positive

What are some things that cheer you up and help you enjoy life?

Today we will talk about how eating healthy and being active are part of a healthy lifestyle no matter what your body weight.

Get Checked

What are some check-ups we need?

Today we will talk about consulting your doctor, registered dietitian or public health nutritionist about your body weight concerns.



Body Mass Index Chart



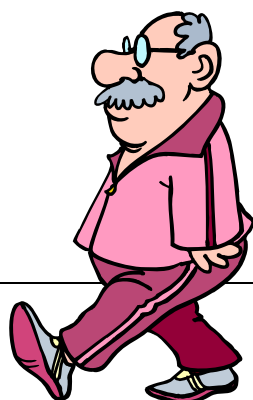
BMI (kg/m ²)	19	20	21	22	23	24	25	26	27	28	29	30	35	40
	Normal						Overweight					Obese		
Height Feet, inches	Weight (pounds)													
4 ft, 10 in	91	96	100	105	110	115	119	124	129	134	138	143	167	191
4 ft, 11 in	94	99	104	109	114	119	124	128	133	138	143	148	173	198
5 ft	97	102	107	112	118	123	128	133	138	143	148	153	179	204
5 ft, 1 in	100	106	111	116	122	127	132	137	143	148	153	158	185	211
5 ft, 2 in	104	109	115	120	126	131	136	142	147	153	158	164	191	218
5 ft, 3 in	107	113	118	124	130	135	141	146	152	158	163	169	197	225
5 ft, 4 in	110	116	122	128	134	140	145	151	157	163	169	174	204	232
5 ft, 5 in	114	120	126	132	138	144	150	156	162	168	174	180	210	240
5 ft, 6 in	118	124	130	136	142	148	155	161	167	173	179	186	216	247
5 ft, 7 in	121	127	134	140	146	153	159	166	172	178	185	191	223	255
5 ft, 8 in	125	131	138	144	151	158	164	171	177	184	190	197	230	262
5 ft, 9 in	128	135	142	149	155	162	169	176	182	189	196	203	236	270
5 ft, 10 in	132	139	146	153	160	167	174	181	188	195	202	207	243	278
5 ft, 11 in	136	143	150	157	165	172	179	186	193	200	208	215	250	286
6 ft	140	147	154	162	169	177	184	191	199	206	213	221	258	294
6 ft, 1 in	144	151	159	166	174	182	189	197	204	212	219	227	265	302
6 ft, 2 in	148	155	163	171	179	186	194	202	210	218	225	233	272	311
6 ft, 3 in	152	160	168	176	184	192	200	208	216	224	232	240	279	319
6 ft, 4 in	156	164	172	180	189	197	205	213	221	230	238	246	287	328

Body Weight in Older People

No matter what your weight, it is important to consume vegetables, fruits, whole grains, low-fat milk products, and lean meats or other proteins and to be physically active everyday. If you are underweight, then talk with your doctor about gaining weight. If you are overweight or obese, then talk with your doctor about the possible health benefits of losing weight – even losing 5% to 10% of your body weight may improve your health.



Weight Category	Body Mass Index (kg/m ²)	Talk With Your Doctor
Underweight	Less than 18.5	Underweight increases the risk of illness and death. Increasing your food intake can help you gain weight.
Normal weight	18.5 to less than 25	Keep your weight in this range by making healthy food choices and being physically active everyday.
Overweight	25 to less than 30	Weight-loss may be most beneficial to those who have diabetes, high blood pressure, high LDL cholesterol, low HDL cholesterol, metabolic syndrome, heart disease, osteoarthritis, or other health problems.
Obese	30 or more	A medically supervised weight-loss program that improves healthy food choices and promotes physical activity is important for the prevention and management of diabetes, high blood pressure, high LDL cholesterol, low HDL cholesterol, metabolic syndrome, heart disease, osteoarthritis, and other obesity-related disorders.



STEER CLEAR!! of Bad Information



If a product or information source does any of the following...***STEER CLEAR!!***

<u>CLAIM</u>	<u>TRUTH!</u>
1. Promises a “Quick Fix.”	<i>Years of research shows that weight loss or gain should be a gradual process, often requiring months or years to achieve goals.</i>
2. Makes unrealistic promises.	<i>If it sounds “too good to be true,” then it probably is not true!</i>
3. Suggests special products or requires dietary supplements.	<i>Dietary supplements or products should be approved by your doctor.</i>
4. Labels certain foods or food groups as “good” or “bad.”	<i>All foods can be incorporated into a healthy diet. Moderation is key.</i>
5. Requires that you limit or avoid food groups, even healthy foods.	<i>A healthy diet includes a variety of foods. Avoiding certain foods or food groups can be dangerous to your health.</i>
6. Uses words like “treat,” “cure,” or “prevent.”	<i>Only prescription drugs that have undergone extensive research can use these terms with confidence.</i>

From the American Dietetic Association, <http://www.eatright.org>

Plan My Plate!



PROTEIN FOODS

Meat, Fish, Poultry, Eggs,
Low-fat Cheese (2 to 3 oz)

or

Cottage Cheese (½ Cup)

NON-STARCHY VEGETABLE(S)

1 or 2 Servings

½ Cup Most

1 Cup Raw Leafy Salad

STARCHY GRAIN

1 Slice Bread or
½ Cup Pasta or
⅓ Cup Rice

STARCHY VEGETABLE












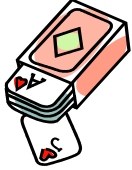


½ Cup

FRUIT
½ Cup or
Small Piece
Fresh Fruit

**Include the
fruit or milk in
your meal or as
part of your
snack.**

**MILK
PRODUCT**
Skim Milk or
1% Milk or
Yogurt (1 Cup)

Serving Size Guide

<p style="text-align: center;"><u>GRAIN PRODUCTS</u></p> <p><u>One serving looks like...</u></p> <p>1 cup of cereal flakes = fist </p> <p> ½ cup of cooked rice, pasta, or potato = 1 cupped hand</p> <p>1 pancake = diameter of the bottom of full toilet paper roll </p> <p>1 piece of cornbread = bar of soap </p>	<p style="text-align: center;"><u>VEGETABLES AND FRUIT</u></p> <p><u>One serving looks like...</u></p> <p>1 cup of salad greens or 1 medium fruit = baseball </p> <p> 1 baked potato = fist</p> <p>½ cup of fresh or cooked fruits or vegetables = 1 cupped hand </p> <p> ¼ cup of raisins = large egg</p>
<p style="text-align: center;"><u>DAIRY AND CHEESE</u></p> <p><u>One serving looks like...</u></p> <p>1½ ounces of cheese = 4 stacked dice or 2 cheese slices </p> <p>½ cup of ice cream = 1 cupped hand </p> <p style="text-align: center;"><u>FATS</u></p> <p>1 teaspoon of margarine or spreads = 1 die </p>	<p style="text-align: center;"><u>MEAT AND PROTEIN FOODS</u></p> <p><u>One serving looks like...</u></p> <p>3 ounces of meat, fish, and poultry = deck of cards </p> <p>3 ounces of grilled or baked fish = checkbook </p> <p>2 tablespoons of peanut butter = golf ball </p>

Adapted from: <http://hp2010.nhlbihin.net/portion/servingcard7.pdf>

FACT *or* FICTION?

You be the Judge!



1. Overweight and obesity are not common in older adults. _____
2. Overweight and obesity are risk factors for many conditions including heart disease, stroke, and diabetes. _____
3. Underweight is not a risk factor for any other conditions. _____
4. People should ask their friends and neighbors for advice about their weight. _____
5. *Oprah* and other TV shows are the best sources for weight loss information. _____
6. Being physically active everyday can help people manage their weight. _____
7. Portion control does not matter, as long as people eat healthy foods. _____
8. Diets that delete certain food groups are a healthy way to lose weight. _____

Sample Menu #10

Breakfast

Canadian bacon biscuit, made with 1 slice (1 ounce) Canadian bacon (low-fat, low-sodium), 1 small biscuit (lower-fat refrigerated variety if not homemade, or using the “Better-For-You Buttermilk Biscuits” recipe), 1 teaspoon soft tub margarine

Orange, 1 small

Milk, 1%, 1 cup

Snack

Pineapple tidbits, canned in water or juice, drained, ½ cup

Cottage cheese, low-fat, calcium-fortified, ½ cup

Lunch

Tuna sandwich, made with 1 slice whole wheat bread, 2 ounces canned tuna (low-sodium variety preferred), 1 teaspoon reduced-fat mayonnaise, lettuce and tomato

Roasted potato wedges, oven-baked, made with 1 small russet potato, 2 teaspoons canola oil, and salt-free seasoning (or have a baked potato, with 1 teaspoon soft tub margarine)

Banana Yogurt Pops (recipe provided)



Snack

Pita chips, made with whole wheat pita bread (½ a 6 inch diameter), drizzled with 1 teaspoon canola oil, toasted and cut into wedges (or have 5 whole wheat crackers)

Bean dip, ¼ cup

Evening meal

Spaghetti with meat sauce, made with ⅔ cup cooked spaghetti noodles, ⅓ cup tomato-vegetable sauce, 2 ounces cooked lean ground beef

Tossed salad, made with 1 cup spinach, ½ cup shredded carrots, ¼ cup canned, rinsed and drained garbanzo beans, 2 tablespoons sliced toasted almonds, 1 tablespoon reduced-fat salad dressing

Snack

Popcorn, air-popped, 3 cups

Reduced-fat shredded cheddar cheese, ¼ cup (to sprinkle on hot popcorn)

Banana Yogurt Pops

Serves 4

Ingredients:

- 2 large bananas, cut in half crosswise
- ½ cup low-calorie, low-fat strawberry or vanilla yogurt
- 4 graham cracker squares (2 full sheets), crushed
- 4 small popsicle sticks



Directions:

1. Insert a popsicle stick into the cut side of each banana until bananas are secure on the sticks.
2. Pour the yogurt and graham cracker crumbs into shallow bowls or paper plates.
3. Roll each banana in the yogurt, coating completely (use a spoon to help spread yogurt on the bananas if needed).
4. Quickly roll each banana in the cracker crumbs, sprinkling crumbs on with your fingers if needed to fully coat the banana.
5. Place the bananas on a small cookie sheet or paper plate covered with aluminum foil and place in the freezer for about 30 minutes to set the yogurt and firm up the bananas.
6. Remove from freezer and enjoy as you would an ice-cream bar or popsicle.



Try this!

This is a great snack to share with grandkids! Let them help you dunk and roll the bananas, then enjoy this tasty and healthy treat together. Also, if strawberries are in season, you could use them in this recipe by cutting off the tops, inserting a toothpick into the cut side, then roll in yogurt and graham cracker crumbs (or even cereal crumbs) as you do with the bananas, and freeze to set. Yum!

Estimated Nutrition Facts per serving:

100 calories
1 g total fat
0 g saturated fat
22 g carbohydrate
2 g protein
2 g fiber

Nutrient Analyses of Sample Menus

Day/ Nutrient	Calories	Total Fat (g)	Sat. Fat (g)	Total Carb. (g)	Protein (g)	Fiber (g)
Sample 1	1805	52	15	257	89	28
Sample 2	1751	56	17	228	95	34
Sample 3	1774	50	12	240	96	27
Sample 4	1831	60	15	240	93	34
Sample 5	1725	52	13	228	101	26
Sample 6	1773	58	15	234	88	27
Sample 7	1744	61	18	221	94	32
Sample 8	1763	53	13	235	99	30
Sample 9	1757	51	17	232	101	30
Sample 10	1768	56	15	227	101	26
Sample 11	1810	68	19	223	92	27
Sample 12	1750	50	14	242	100	31
Average	1771	56	15	235	96	29



Most of the sample menus provide nutrients in the ranges of:

- 1750 to 1850 calories
- 25% to 35% of total calories from fat
- 7% to 10% of total calories from saturated fat
- 50% to 60% of total calories from carbohydrate
- 20% to 25% of total calories from protein
- 25 to 35 grams of fiber

Nutrient analysis estimates were completed using Diet Analysis Plus, Version 6.1, from ESHA Research, 2004. Nutrient values for individual foods can vary depending on brand, type of processing, method of preparation, and other factors. Be sure to read the Nutrition Facts panel of food labels if you'd like to know exactly how much of specific nutrients are in the foods you buy.