
HEALTHY EATING and STAYING ACTIVE AS WE AGE

Teacher's Guide

A Food, Nutrition, and Activity
Curriculum for Adults 45 Years
and Older

Department of Human Nutrition, Foods, and Exercise
Virginia Tech
and
Virginia Cooperative Extension

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Eat Smart • Move More

Virginia Cooperative Extension • Family Nutrition Program

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HEALTHY EATING AND STAYING ACTIVE AS WE AGE

LESSON 1: MYPLATE FOR OLDER ADULTS

GOALS:

At

the end of the lesson, participants will be able to:

- Apply MyPlate to planning a healthy meal
- Plan ahead before shopping
- Identify opportunities to eat more healthfully and move more

MATERIALS NEEDED:

- ✓ And Justice for All Poster (blue one)
- ✓ SNAP-Ed Enrollment Forms: Entry Form, Group Enrollment Form, Lesson Log
- ✓ MyPlate poster
- ✓ Flip chart
- ✓ Blank MyPlate handout
- ✓ MyPlate worksheet
- ✓ Grocery store flyers
- ✓ Cardboard food models
- ✓ Pencils or pens, markers, or scissors and glue

PREPARING THE ROOM:

Assemble: MyPlate poster; food models (cardboard, rubber, empty packaging, large photos) for all food groups; MyPlate worksheet; grocery store flyers

SUGGESTED RECIPES:

- Snack: Garden Vegetable Wrap
- Side: Apple Salsa
- Fragrant: Fried Rice

SUGGESTED PHYSICAL ACTIVITIES:

- Walking in place
- Knee raises

REINFORCEMENTS:

- Grocery store pad and Choose MyPlate magnet

NOTE: THIS IS A CORE LESSON AND SHOULD BE OFFERED FIRST IN THE SERIES

LESSON OVERVIEW

Section	Description	Worksheets Recipe Preparation Reinforcements	Flip Chart Pages	Time Required
Welcome	<ul style="list-style-type: none"> Introduce program, educator, and participants. 		1-0	5
SNAP-Ed Enrollment Forms	<ul style="list-style-type: none"> Explain reasons for asking questions and help those who have low reading levels or poor hearing or eyesight. 	SNAP-Ed entry form	1-0	10

Section	Description	Worksheets Recipe Preparation Reinforcements	Flip Chart Pages	Time Required
MyPlate	Anchor <ul style="list-style-type: none"> Name some of your favorite foods. How do you feel about planning meals? What is the hardest thing about it? How important is eating healthy meals to you? Which food groups do you get too much of and which ones do you have a hard time getting into your diet? 	MyPlate worksheet	1-1	1-5
	Add <ul style="list-style-type: none"> Discuss benefits of eating a healthy diet. Explain how to use MyPlate for meal planning. Give examples of foods in each food group, especially about eggs, butter and fruit flavored sugar sweetened beverages and snacks, which many people put in the wrong food groups. MyPlate is divided into five food groups: <ul style="list-style-type: none"> <u>Grains</u> – Any food made from wheat, rice, oats, cornmeal, barley or another cereal grain is a grain product. Bread, pasta, oatmeal, breakfast cereals, tortillas, and grits are examples of grain products. Grains are divided into 2 subgroups, Whole Grains and Refined Grains. Whole grains contain the entire grain kernel - the bran, germ, and endosperm. Examples of whole grains include whole-wheat flour, bulgur (cracked wheat), oatmeal, whole cornmeal, and brown rice. Refined grains have been milled, a process that removes the bran and germ. This is done to give grains a finer texture and improve their shelf life, but it also removes dietary fiber, iron, and many B vitamins. Some examples of refined grain products are white flour, de-germed cornmeal, white bread, and white rice. <u>Fruit</u> - Any fruit or 100% fruit juice counts as part of the Fruit Group. Fruits may be fresh, canned, frozen, or dried, and may be whole, cut-up, or pureed 	Choose MyPlate magnet	1-1	10

Section	Description	Worksheets Recipe Preparation Reinforcements	Flip Chart Pages	Time Required
MyPlate	<ul style="list-style-type: none"> • <u>Vegetables</u> - Any vegetable or 100% vegetable juice counts as a member of the Vegetable Group. Vegetables may be raw or cooked; fresh, frozen, canned, or dried/dehydrated; and may be whole, cut-up, or mashed. <ul style="list-style-type: none"> - Based on their nutrient content, vegetables are organized into 5 subgroups: dark-green vegetables, starchy vegetables, red and orange vegetables, beans and peas, and other vegetables. Aim for dark-green and red and orange vegetables each day. You may also substitute beans and peas for protein foods. • <u>Protein Foods</u> - All foods made from meat, poultry, seafood, beans and peas, eggs, processed soy products, nuts, and seeds are considered part of the Protein Foods Group. Choose lean or low-fat meat and poultry if possible. If not, be sure to drain the fat before serving or eating it. Select some seafood that is rich in omega-3 fatty acids, such as salmon, trout, sardines, anchovies, herring, Pacific oysters, and Atlantic and Pacific mackerel. <ul style="list-style-type: none"> - Processed meats such as ham, sausage, frankfurters, and luncheon or deli meats have added sodium. Check the Nutrition Facts label to help limit sodium intake. - Choose unsalted nuts and seeds to keep sodium intake low. • <u>Dairy</u> - All fluid milk products and many foods made from milk are considered part of this food group. Most Dairy Group choices should be fat-free or low-fat. Foods made from milk that retain their calcium content are part of the group. Foods made from milk that have little to no calcium, such as cream cheese, cream, and butter, are not. Calcium-fortified soymilk (soy beverage) is also part of the Dairy Group. • Added sugars and sodium should be limited across all food and beverage choices. • You can learn more about all of these food groups and topics by attending additional lessons. 		1-1	
	Apply	<ul style="list-style-type: none"> • MyPlate Meal Planning: <ul style="list-style-type: none"> • Ask participants to plan a meal using the foods in front of them and fill all the areas of MyPlate. • After the activity, ask participants to share some of their meals. • Help participants discover ways to add food groups that are hard to incorporate into the meals. 	MyPlate handout and food models	1-1

Section		Description	Worksheets Recipe Preparation Reinforcements	Flip Chart Pages	Time Required
Plan and Save	Anchor	<ul style="list-style-type: none"> How expensive is it to eat healthy? How can you save money at the grocery store? 	MyPlate worksheet	1-2	1-5
	Add	<ul style="list-style-type: none"> Making a grocery list is the best way to save money. Use sales flyers to plan your trip. Keep track of your food bill for a few weeks, and look for ways to save money. 	Distribute grocery pad and grocery flyers	1-2	5
	Apply	<ul style="list-style-type: none"> Decide on a budget that you can stick to. Look at your grocery list and look for ways to save money by shopping sales, buying less expensive items, or not buying items at all. 		1-2	1

Section		Description	Worksheets Recipe Preparation Reinforcements	Flip Chart Pages	Time Required
Physical Activity	Anchor	<ul style="list-style-type: none"> Ask participants: If there was a pill that you could take that would help you feel better, have more energy, lose weight, sleep better, be happy, what would you do? 		1-3	1-5
	Add	<ul style="list-style-type: none"> Physical activity can help achieve many benefits. Physical activity is anything that gets your heart beating faster, you breathing heavier, and maybe sweating. All older adults should avoid inactivity. Ideally older adults should aim to do at least 150 minutes of moderate intensity activity each week. If this is not possible, then any activity is better than none. Let's take 5 deep breaths right now - in through your nose and out through your mouth. It is important to keep breathing deeply while you move and exercise. Walking in place - <ol style="list-style-type: none"> Stand up and walk in place for a few minutes while breathing deeply Raise your knees as high as possible and continue for 2 minutes Knee raises - <ol style="list-style-type: none"> Sit in a chair with your back straight and lift one knee as high as possible Switch and lift the other knee, repeat 		1-3, 1-4	5

Section		Description	Worksheets Recipe Preparation Reinforcements	Flip Chart Pages	Time Required
Physical Activity	Apply	<ul style="list-style-type: none"> Share ideas of physical activity you feel comfortable and safe doing. What ways could you increase the amount of physical activity you do each week. 		1-4	15

Section		Description	Worksheets Recipe Preparation Reinforcements	Flip Chart Pages	Time Required
Food Safety	Add	<ul style="list-style-type: none"> Just one food safety tip for the day: Wash your hands with warm water and soap for at least 20 seconds before and after handling food, after using the bathroom, or touching pets. This is a great way to prevent infection and stay healthy. 			1

Section		Description	Worksheets Recipe Preparation Reinforcements	Flip Chart Pages	Time Required
Food Prep	Apply	<ul style="list-style-type: none"> Food tasting experience Ask participants if they liked the recipe and if they think they could make it at home 	Garden Vegetable Wrap, Apple Salsa, or Fried Rice		

Section		Description	Worksheets Recipe Preparation Reinforcements	Flip Chart Pages	Time Required
Goal Setting	Away	<ul style="list-style-type: none"> Ask your participants about changes they plan to make in the week ahead for: <ul style="list-style-type: none"> MyPlate Planning ahead Physical activity They do not need to make changes in all of these areas. Make one change at a time to make it a habit. Be sure to come back to our next class on [insert date and time] to learn to <i>eat smart and move more</i>. 	Distribute MyPlate magnets	1-5	5

TOTAL TIME

90 minutes

Background Information

MYPLATE

- MyPlate was developed to help visualize a healthy meal. The MyPlate image shows the five different food groups (vegetables, fruits, grains, proteins, and dairy), and how much of your plate should be filled with each. You can compare what you eat and drink to the MyPlate image to see what you are doing well and what you could improve. MyPlate encourages the following:
 - Make half of your plate fruits and vegetables. Focus on whole fruits and vary your veggies.
 - Make half of your grains whole grains.
 - Vary your protein routine.
 - Move to low-fat or fat-free dairy milk or yogurt (or lactose free dairy or fortified soy versions).
 - Choose foods and beverages with less added sugars, saturated fat, and sodium.
- A healthy eating routine is important at every stage of life. It is never too late to make improvements. Choose foods and beverages that are full of nutrients. Meeting nutrient needs and following a healthy dietary pattern can help with achieving a healthy body weight and reduce the risk of chronic disease. The benefits of healthy eating add up over time, bite by bite. Make every bite count!
- There are 4 key ways to make every bite count:
 1. Follow a healthy dietary pattern at every life stage.
 2. Customize and enjoy nutrient-dense foods and beverage choices to reflect personal preferences, cultural traditions, and budgetary considerations.
 3. Focus on meeting food group needs with nutrient-dense foods and beverages, and stay within calorie limits. A healthy dietary pattern includes vegetables of all types, fruits (especially whole fruits), grains (at least half of which are whole grain) low-fat or non-fat dairy or fortified soy alternatives, lean protein foods, and oils (vegetable oils and oils found in seafood and nuts).
 4. Limit foods and beverages higher in added sugars, saturated fat, and sodium, and limit alcoholic beverages.
- As a general rule, food is the best way to get the nutrients you need. Ask your doctor if you need to take vitamins or other dietary supplements. Sometimes medicine can inhibit the absorption of certain nutrients or even affect your desire to eat, so it's important to consult your doctor to see what is best for you.

PHYSICAL ACTIVITY

- It is never too late to start being physically active. Physical activity improves balance, bone strength, and cognition in older adults and makes it easier to perform daily activities.

- Older adults should aim to do 150-300 minutes of moderate intensity activity a week. This is the same as 30-60 minutes a day, 5 days a week or 2.5-5 hours a week. Moderate intensity activity can include walking, dancing, swimming, and lifting light weights. On a scale of 0 to 10, where sitting is 0 and the greatest effort possible is 10, moderate-intensity activity is a 5 or 6 and produces noticeable increases in breathing rate and heart rate.
- Older adults also need muscle-strengthening activity at least 2 days per week. Overall, older adults should have a multicomponent approach to physical activity that includes aerobic activities, muscle strengthening, and balance training.
- When older adults cannot do 150 minutes of moderate-intensity aerobic activity a week because of chronic conditions, they should be as physically active as their abilities and conditions allow.
- Older adults should do exercises that maintain or improve balance if they are at risk of falling.
- Older adults with chronic conditions should understand whether and how their conditions affect their ability to do regular physical activity safely.

Physical activity offers many benefits, including:

- Helps with balance to help prevent falls
- Improves heart and cardiovascular health
- Builds stronger muscles
- Slows bone density loss associated with age
- Improves quality of life
- Helps to maintain and sharpen thinking, judgement, and learning skills
- Aids in digestion
- Helps with better sleep

References:

Choose MyPlate, <https://www.myplate.gov/>

Physical Activity Guidelines, <https://health.gov/paguidelines/guidelines/chapter5.aspx>

Dietary Guidelines for Americans, 2020-2025, <https://www.dietaryguidelines.gov/>



HEALTHY EATING AND STAYING ACTIVE AS WE AGE

LESSON 2: GET MORE WHOLE GRAINS & FIBER

GOALS:

At the end of the lesson, participants will be able to:

- Identify whole grains
- Identify fiber sources
- Explain the current recommendations for daily fiber intake
- Describe the health benefits of consuming whole grains

MATERIALS NEEDED:

- ✓ And Justice For All Poster (blue one)
- ✓ Flip chart
- ✓ Laminated food labels of grains and cereals - whole and refined
- ✓ Whole grain containers, grain food models, or pictures of whole grains
- ✓ Product with the whole grain stamp
- ✓ Whole Grain worksheet
- ✓ Pens/pencils for participants

SUGGESTED RECIPES:

- Hummus
- Baked Apples and Sweet Potatoes
- Italian Bean Soup
- Yogurt Fruit Crunch

SUGGESTED PHYSICAL ACTIVITIES:

- Stand up and sit down
- Hamstring/thigh stretch
- Stand on one foot
- Back stretch in chair

REINFORCEMENTS:

- Insulated lunch bag
- Measuring cups or measuring spoons

LESSON OVERVIEW

Section	Description	Worksheets Recipe Preparation Reinforcements	Flip Chart Pages	Time Required
Welcome	<ul style="list-style-type: none"> Welcome participants back. Check-in about progress from last week (Choose MyPlate, meal planning, and being more active). Introduce the topic for the day - whole grains. 	Distribute the Whole Grain worksheet	2-0	5
Anchor	<ul style="list-style-type: none"> Think about and name some whole grain foods. What do you think of the taste of whole grain foods? 		2-0	

Section	Description	Worksheets Recipe Preparation Reinforcements	Flip Chart Pages	Time Required
Whole Grain Foods	Add		2-1, 2-2	10
	<ul style="list-style-type: none"> Why is it important to eat whole grain foods? <ul style="list-style-type: none"> Whole grains (e.g., brown rice, quinoa, and oats) contain the entire kernel, including the endosperm, bran, and germ. Refined grains differ from whole grains in that the grains have been processed to remove the bran and germ, which removes dietary fiber, iron, and other nutrients, like B vitamins and vitamin E. Fiber helps you feel full longer and helps you keep regular. Depending on your age and gender, you should get at least 22 to 30 grams of fiber each day. The best way to know how much fiber is in a product is to read the food label. A food with a daily value percentage of 5% is considered “low” in fiber and 20% is considered “high.” Whole grains are a good source of fiber and can help with your health and digestion. Half of your grains each day should be whole grains. You can find whole grain labels on some, not all, food products. What are the benefits of eating whole grains? <ul style="list-style-type: none"> Feeling full longer. Fiber for regular elimination. Decreased cholesterol in the blood. moderates blood sugar level. 			

Whole Grain Foods	Add	<ul style="list-style-type: none"> Where do you find whole grains information on a nutrition facts label or on the food packaging? <ul style="list-style-type: none"> Besides reading the food label, you can also look for the whole grain stamps although they are not on all products. The 100% Stamp tells you that a food contains a full serving or more of whole grain in each labeled serving and that ALL the grain is whole grain. The 50%+ Stamp means that the product has at least half a serving of whole grain per labeled serving. The basic stamp means it has less than 50% of whole grains, but still a significant amount (8 grams per serving). The grams listed on the whole grain stamp show the amount of whole grain in that product – NOT fiber. So the amount can change. The best way is to choose the 100% option, followed by the 50% option. 		2-1, 2-2	10
	Apply	<ul style="list-style-type: none"> Ask participants to work with one or two people around them, and review the labels and/or whole-grain containers that are sitting on the table. What do you notice about the different types of grains shown here in the containers? Ask them to look for the following information on the labels: <ul style="list-style-type: none"> Whole grain label (if available) Ingredient list Fiber content: anything with 20% of daily value is considered a high source of fiber Ask groups to name the things they found. Did they find any surprises? How do you know if a food is a whole grain? Read the ingredients list and choose products that name a whole-grain ingredient first on the list. Look for “brown rice,” “oats,” “whole wheat pasta,” “whole wheat bread,” “bran cereal,” “quinoa,” “whole-grain cornmeal,” and “whole rye.” Does it have a 100% or 50% whole grain stamp? The color of a food (brown) is not an indication that it is a whole-grain food. Then ask the group where they can find other sources of fiber (fruit, vegetables, nuts). 	Whole-grain containers, grain food models, or pictures of whole grains Laminated nutrition labels of whole-grain foods, including cereals, pasta, and breads	2-2, 2-3, 2-4	15

Section	Description	Worksheets Recipe Preparation Reinforcements	Flip Chart Pages	Time Required
Physical Activity	Anchor <ul style="list-style-type: none"> • How physically active are you? • What kinds of activities do you like to do? • What are some fun ways you get more physical activity into your day? 		2-5	1
	Add <ul style="list-style-type: none"> • These are some exercises designed to improve balance and increase flexibility. These should be done every day in addition to moderate intensity activities. ** See background Information under Physical Activity for benefits of flexibility and balance for older adults.) • Stand up and sit down - <ul style="list-style-type: none"> a. Start in a seated position with arms crossed b. Stand up, trying not to use arms c. Sit down, trying not to use arms d. Repeat 10 times • Stand on one foot - <ul style="list-style-type: none"> a. Start in a standing position behind a chair b. Rest one hand on back of the chair c. Raise one foot and balance for 30 seconds d. Repeat 10 times e. Switch leg and then repeat • Hamstring/thigh stretch - <ul style="list-style-type: none"> a. Start in a standing position behind a chair b. Rest one hand on back of the chair c. Bend one leg back and grab your foot with your hand d. Gently pull your leg until you feel a stretch in your thigh e. Hold position for 10-30 seconds g. Repeat at least 3-5 with each leg • Back stretch in chair - <ul style="list-style-type: none"> a. Start sitting in a chair with back as straight as possible b. Slowly twist to the left from your waist without moving your hips c. Hold the position for 10-30 seconds d. Repeat on each side 3-5 times 		2-5	5
	Apply <ul style="list-style-type: none"> • From the discussion, how can you make sure you are more active each day? 		2-5	1

Section		Description	Worksheets Recipe Preparation Reinforcements	Flip Chart Pages	Time Required
Food Safety	Anchor	<ul style="list-style-type: none"> Has anyone ever had food poisoning? How did you know it was not a stomach virus? 			1
	Add	<ul style="list-style-type: none"> 76,000 cases of food poisoning are reported every year; there may be even more that are not reported. USDA developed Fight Bac to help people remember to be careful with foods. As we age, our immune systems don't fight off germs and infections like it used to, so being careful is important. Clean, Separate, Cook, Chill are the four core practices. 			1
	Add	<ul style="list-style-type: none"> Tell participants that germs double their number every 20 minutes. Keeping things at the right temperature is extremely important. There is bacteria on everything but fresh food only has a few bacteria. If foods are not kept at the right temperature, below 41 degrees, or above 140, then germs can grow. Food is dangerous if it is not chilled within two hours of preparing. 			1
	Apply	<ul style="list-style-type: none"> For each of the core practices, let's add a few things we should do related to meal preparation: <ul style="list-style-type: none"> Clean all surfaces Cook foods thoroughly Chill foods within two hours of cooking. Keep foods chilled while thawing. Separate foods to prevent cross contamination 			1

Section		Description	Worksheets Recipe Preparation Reinforcements	Flip Chart Pages	Time Required
Food Prep	Apply	<ul style="list-style-type: none"> Food tasting experience Ask participants if they liked the recipe and if they think they could make it at home 	Hummus, Baked Apples and Sweet Potatoes, Italian Bean Soup, Yogurt Fruit Crunch		5

Section		Description	Worksheets Recipe Preparation Reinforcements	Flip Chart Pages	Time Required
Goal Setting	Away	<ul style="list-style-type: none"> Ask your participants about changes they plan to make in the week ahead for: <ul style="list-style-type: none"> Whole grains Physical activity You do not need to make changes in all of these areas. Make one change at a time to make it a habit. Be sure to come back to our next class on [insert date and time] to learn to <i>eat smart and move more</i>. 	Distribute the insulated lunch bag	2-6	4

TOTAL TIME	50 minutes
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Background Information

WHOLE GRAIN FOODS

- Whole grains have many benefits. They contain important B vitamins and minerals, such as iron.
- Whole grains also contain dietary fiber.
- Fiber, which is found in whole grains, helps with gastrointestinal health, such as elimination and constipation. It also helps you feel full longer.
- Fiber in whole grains may help lower blood pressure and cholesterol and prevent heart disease, and certain other cancers like colon cancer.
- Older adults should get the following fiber each day:
 - Females 31-50: 25g
 - Males 31-50: 31g
 - Females 51+: 22g
 - Males 51+: 28g
- Any food with 20% or more of daily value of fiber is a high source of fiber. 5% of daily value (DV) is considered low.
- Good sources of dietary fiber include: cooked dry beans and ready-to-eat bran cereal or shredded wheat; pears and berries; dried prunes, figs, and dates; and cooked green peas, Brussels sprouts, sweet potatoes, spinach, apples, cucumbers, and other fruits and vegetables (do not peel to get more fiber).

- Learning to read the nutrition facts label is the best way to know if a food is a whole grain or a processed grain. The label also tells you how much dietary fiber is in the product.
- A nutrient of concern for older adults is vitamin B₁₂. With age, the ability to absorb this nutrient can decrease (and certain medications can also decrease absorption). Protein foods are a common source of vitamin B₁₂, but this important nutrient can also be found in fortified breakfast cereals. Look for whole grain cereal options that are fortified with vitamin B₁₂.

PHYSICAL ACTIVITY

Flexibility is the ability of the muscles and tendons to lengthen and stretch in response to movement and allow a joint to move through its range of motion. Stretches for the neck, arms, back, hips, and legs will help maintain flexibility as the years pass by, keeping one limber. Stretching allows for greater movement in joints and improves posture. It also helps to release muscle tension and soreness, and reduces the risk of injury. Lastly, it may also help increase circulation, muscle control, and improve balance and coordination.

- Adults need at least 150-300 minutes of moderate-intensity activity per week (or 30-60 minutes a day for most days).
- Physical activity is anything that gets your heart pumping, you breathing harder and maybe even sweat.
- Physical activity doesn't have to be done all at the same time, and it doesn't have to be traditional, like jogging. It could be gardening and swimming.
- The best exercise is the one that you will do!
- Make everyday activities more active, look for ways to move more!
- Track your progress; reward yourself when you meet your goals!
- Make exercise more fun, adding music or walking with a friend.
- When the weather is bad, have a plan B in place for doing physical activity indoors.
- Having good balance helps prevent injuries.
 - o Older individuals are especially at risk for accidents involving slips and falls, so it's necessary to keep your balance well trained as you get older.
 - o The goal of balance exercises is to improve stability and coordination throughout your body.
 - o Balance helps you stay upright as you do activities like walking, biking, climbing stairs, or dancing.
 - o It's important to do exercises that improve balance, even as you get older.
 - o Research has shown the significant role that balance exercises play in an older person's quality of life.

HEALTHY EATING AND STAYING ACTIVE AS WE AGE

LESSON 3: MAKE A CHANGE— REDUCE ADDED SUGARS AND SODIUM

GOALS:

At the end of the lesson, participants will be able to:

- List healthy beverage choices
- Identify reasons to drink plenty of water each day
- Choose hydrating beverages that are low in added sugars
- Identify and choose low sodium/salt foods

MATERIALS NEEDED:

- ✓ And Justice For All Poster (blue one)
- ✓ Flip chart
- ✓ Laminated labels of beverages and other foods that contain high amounts of added sugars and foods with high amounts of sodium.
- ✓ Bottles filled with sugar to represent the amount of added sugar in beverages, labeled with grams and teaspoons
- ✓ Test tubes filled with salt for amounts of sodium to represent 1200 mg, 1500 mg and 2300 mg of sodium
- ✓ Added Sugars and Sodium worksheet

SUGGESTED RECIPES:

- Broccoli Salad
- Turkey Lentil Chili
- Smoothies
- Infused Water

SUGGESTED PHYSICAL ACTIVITIES:

- Neck rolls
- Wrist rotations
- Shoulder rolls
- Ankle rotations

REINFORCEMENTS:

- Water bottle

LESSON OVERVIEW

Section	Description	Worksheets Recipe Preparation Reinforcements	Flip Chart Pages	Time Required
Welcome	<ul style="list-style-type: none"> Welcome everyone back, and review information about MyPlate, meal planning, whole grains and physical activity. Ask for success stories. 	Distribute the Added Sugars and Sodium worksheet	3-0	1
Anchor	<ul style="list-style-type: none"> What does dehydration feel like? If you feel thirsty, then you are already dehydrated. It is important to prevent that from happening. How often do you drink fluids each day? How hard is it to drink enough fluids? What are some of your favorite fluids/beverages? How do you know if you are drinking enough fluids? What are some ways to get fluids into your body every day? What are healthy beverages? Which ones are the most hydrating? 		3-0	5

Section	Description	Worksheets Recipe Preparation Reinforcements	Flip Chart Pages	Time Required
Fluids Add	<ul style="list-style-type: none"> Water is essential for life. As we age, we become less thirsty and drink less fluid than younger individuals. By the time you actually feel thirsty, your essential fluids could be low. Drinking plenty of fluids, especially water, is important to stay hydrated. Alcohol and caffeine are considered diuretics and are not as optimal for hydration. 		3-1	2

Section		Description	Worksheets Recipe Preparation Reinforcements	Flip Chart Pages	Time Required
Fluids	Apply	<ul style="list-style-type: none"> • How do you know if you are properly hydrated? • What are ways you can make sure you get enough fluids each day? <ul style="list-style-type: none"> • If you don't like water by itself, try flavored sparkling water (no added sugar or artificial sweetener) or water flavored or infused with fresh fruit, like lemon, orange, peaches, watermelon pieces, vegetables like (peeled) cucumbers, and herbs, like mint. • Ginger ale can help if you have an upset stomach. Try lowering the sugar content by mixing with sparkling water. • If you like the flavor of coffee, try decaffeinated. Just limit how much sugar you add and try fat-free milk in place of creamer. • What are some ways to remind you to drink more fluids? • What are some foods that are high in water content? 		3-1	7

Section		Description	Worksheets Recipe Preparation Reinforcements	Flip Chart Pages	Time Required
Food Safety	Add	<ul style="list-style-type: none"> • You can make your own infused water, but follow these tips to make sure it is safe: <ul style="list-style-type: none"> • Wash the fruit thoroughly before placing in clean water. • Store the infused water in a clean and sealed container. • Date the container and refrigerate within 2 hours. • Don't use after 3-4 days. 	Infused Water		5

Section		Description	Worksheets Recipe Preparation Reinforcements	Flip Chart Pages	Time Required
	Anchor	<ul style="list-style-type: none"> Thinking about a typical day, how often to you add sugar to your beverages? 			
Added Sugars	Add	<ul style="list-style-type: none"> Some beverages contain a lot of added sugars. Added sugars are simply sugars that are not naturally occurring, but “added” for sweetness. Natural sugars are found in fruit and milk, which also have vitamins and minerals. Sugary drinks are not as hydrating. They may also fill you up, so that you don't eat as much food that contains important nutrients. Reading the label is important to know how much sugar is in different drinks. You may be surprised! Added sugars can be found on many nutrition labels - and will be found on updated nutrition labels in the future. The <i>2020-2025 Dietary Guidelines for Americans</i> recommends limiting added sugars to less than 10% of calories per day. This can range from 45g-50g of added sugars per day for older adults (for a 1800-2000 calorie diet, respectively). To convert grams to teaspoons, divide the grams by 4. 	Sugar sweetened beverage labels	3-2	5
	Apply	<ul style="list-style-type: none"> Ask participants to get into groups of two or three and share three or four labels of beverages and other foods high in added sugars with them. Ask them to find the amount of sugars in those foods, and share the ones that have the highest amount of sugar in them. Calculate the amount of sugar in teaspoons per serving, by dividing the number of grams of sugar in a food by 4. Share some of the amounts of sugar in those foods. Ask them what they learned. 		3-3	5

Section	Description	Worksheets Recipe Preparation Reinforcements	Flip Chart Pages	Time Required	
Sodium/Salt	Anchor	<ul style="list-style-type: none"> Ask them to name foods that are high in sodium or salt. Ask participants how they feel when they have consumed too much sodium or salt. 		3-4	2
	Add	<ul style="list-style-type: none"> Salt or sodium is another food additive that we can't normally detect in foods, but is added to many foods for taste and preservation. You may not even realize how much sodium is in your foods. You should consume less than 2,300 milligrams (mg) of sodium per day. Showing the three tubes of salt, remind participants of the amounts of sodium they should consume every day. <ul style="list-style-type: none"> 2300 is a little less than 1 teaspoon, 1500 is about $\frac{2}{3}$, and 1200 mg is about $\frac{1}{2}$ teaspoon. Most of the sodium in our diets is from processed foods we purchase, not the salt we add at home. Ask participants to work in groups again. <ul style="list-style-type: none"> Look at the labels in front of them again, but this time, look for sodium. Sodium can be harder to detect, but the word sodium is always in the ingredient list, and is a mineral listed on the nutrition facts label. Salt is what you add at the table or buy at the store; it contains sodium. Share labels of foods that are highly processed, or contain high levels of sodium. Ask participants to find the foods with the highest amounts of sodium, and compare that to the serving size. What did you learn? What surprised you? 	Salt Tubes	3-4, 3-5	5
	Apply	<ul style="list-style-type: none"> Ask participants to look at their food labels again and find the foods with the highest amounts of sodium, and share with the group. Ask for food types they see with high amounts of sodium, and if there are any surprises. Remind them to consult a physician or healthcare provider if they suffer from hypertension/high blood pressure. 	Food labels	3-5	5

Section		Description	Worksheets Recipe Preparation Reinforcements	Flip Chart Pages	Time Required
Physical Activities	Add	<ul style="list-style-type: none"> Flexibility decreases with age because of a decrease in tendon strength, and it can become more difficult to move. These exercises are designed to increase flexibility. You can do them seated or standing up. Improved flexibility decreases the risk of injuries such as fractures and muscle strains. Improves balance which also decreases the risk of falling and injury. 		3-6	
	Apply	<ul style="list-style-type: none"> Neck rolls - <ol style="list-style-type: none"> Sit or stand with straight posture Roll head towards right shoulder Roll head towards back Roll head towards left shoulder Roll head towards chest Do these motions fluidly, 10 times in one direction Repeat 10 times in the other direction Shoulder rolls - <ol style="list-style-type: none"> Sit or stand with straight posture Roll shoulders forward and repeat 10 times Roll shoulders backward and repeat 10 times Wrist rotations - <ol style="list-style-type: none"> Sit or stand with straight posture Hold both hands in front of body, arms out-stretched Rotate wrists in a circle in one direction 10 times Switch directions and repeat 10 times Ankle rotations - <ol style="list-style-type: none"> Sit or stand with straight posture If sitting, lift both feet off the floor If standing, hold back of chair and lift one foot off the floor Rotate ankle in a circle in one direction and repeat 10 times Rotate ankle in a circle in the other direction and repeat 10 times 		3-6	5
	Apply	<ul style="list-style-type: none"> Ask participants if they would be willing to do these at home. 		3-6	3

Section		Description	Worksheets Recipe Preparation Reinforcements	Flip Chart Pages	Time Required
Food Prep	Apply	<ul style="list-style-type: none"> • Food tasting experience • Ask participants if they liked the recipe and if they think they could make it at home. 	Broccoli Salad, Turkey Lentil Chili, Smoothies, Infused Water		5

Section		Description	Worksheets Recipe Preparation Reinforcements	Flip Chart Pages	Time Required
Goal Setting	Away	<ul style="list-style-type: none"> • Discuss changes participants are willing to make. Ask participants to set goals to consume more fluids, choose the healthiest beverages, and also move more. 	Distribute the water bottles	3-7	5

TOTAL TIME	60 minutes
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Background Information

DEHYDRATION

- Many older adults do not drink enough fluids to stay hydrated. With age, the sensation of thirst tends to decline. Some older adults may also avoid drinking enough fluids because of bladder control or mobility issues. It can be easy to become dehydrated without realizing it.
- Things that can cause us to become dehydrated are physical activity or work, climate, medications, illness, caffeine, salty foods and sugary beverages.
- Symptoms of dehydration are confusion, drowsiness, labored speech, dry mouth, and sunken eyeballs
- Ways to make sure you are getting enough fluids during the day.
 - Keeping a bottle of water with you.
 - Drinking water at every meal and snack.
 - Choose unsweetened beverage options such as 100% fruit or vegetable juice, low-fat or fat-free milk, or fortified soy beverages.
 - Eat foods that have a high water content, like melons, cucumbers, celery.
 - Limit foods and beverages that are dehydrating.

- Benefits of drinking water:
 - Muscles stay hydrated and work better.
 - Aids in the digestion of food and the absorption of nutrients.
 - Skin is less wrinkly.
 - Kidneys work better. If your urine is dark and has an odor, you are not hydrated.
 - Water helps maintain weight. Often when you think you are hungry, you are really thirsty.

ADDED SUGARS

- Some beverages we like to drink contain many added sugars. There are several concerns with added sugars. They can:
 - Help lead to dehydration, especially if the beverages contain alcohol or caffeine.
 - Lead to tooth decay
 - Contribute to excess weight gain
- Older adults should limit their intake of added sugars to less than 10% of their daily calories.
- To convert grams to teaspoons, divide the grams by 4
- There are lots of words for added sugars, including:
 - High fructose corn syrup
 - Words that end in -ose, like dextrose, fructose, glucose, lactose, maltose, sucrose
 - Brown rice syrup
 - Brown sugar
 - Honey
- Beverages with high amounts of added sugars include:
 - Regular soft drinks/soda
 - Fruit drinks (fruitades and fruit punch)
 - Coffee drinks
- Foods with high levels of sugar are:
 - Candy
 - Cakes
 - Cookies
 - Pies
 - Dairy desserts (ice cream, frozen yogurt)

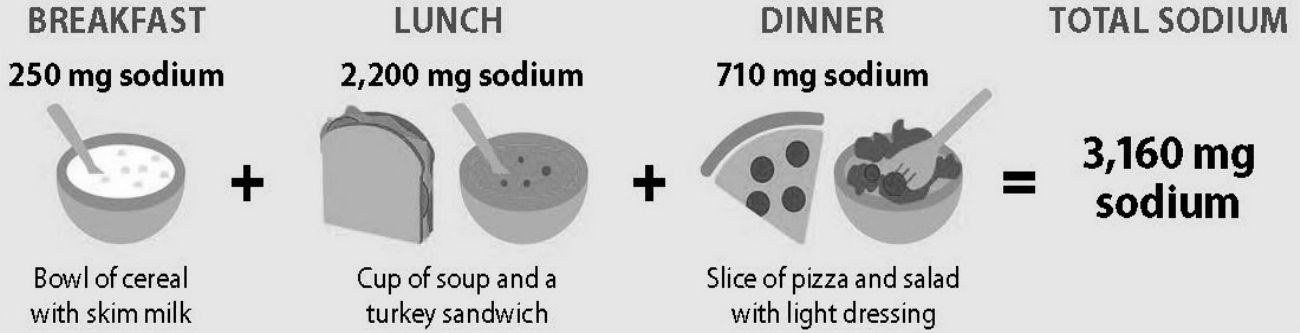
SODIUM

Eating too much sodium puts Americans at risk for developing serious medical conditions, like high blood pressure, heart disease, and stroke.

- Sodium is another hidden ingredient in foods, and it is something you may not recognize the taste as salty. Sodium chloride is the chemical name for table salt, and it is the sodium side of the chemical that affects the body. That's why 2300 mg is considered a teaspoon.
- The *2020-2025 Dietary Guidelines for Americans* recommends limiting sodium intake to less than 2,300 mg per day.
- Most of the sodium we consume is hidden, not from table salt, usually convenience foods or highly processed foods, but cheese, dill pickles, and processed meats are also high. A rule of thumb is to consume individual foods with no more than 485 mg of sodium each, or no more than 2300 in a day. If you eat something that is high in sodium, then you would not eat other foods also high in sodium.
- Sodium causes your body to store extra water, water retention, which causes swelling in the extremities. The extra stored water raises your blood pressure and puts strain on your kidneys, arteries, heart and brain. This can lead to heart attacks, high blood pressure and stroke. It can make you dehydrated as well.
- The salt you use at the dinner table is not the biggest sodium contributor in the American diet.
- The majority of the sodium Americans consume—more than 70%—is found in processed food and restaurant meals.
- And don't let your taste buds fool you. Foods like grains, baked goods, and meats may not taste salty, but they add up to major sources of daily sodium because they are eaten so often.
- The top sources of sodium in the U.S. population are sandwiches; rice, pasta, and other grain-based mixed dishes; pizza; meat, poultry, and seafood dishes; and soups.
- Depending on your food choices, it doesn't take much to consume more sodium than recommended.
 - One slice of bread can contain anywhere from 80 to 230 mg of sodium, and a slice of frozen pizza can contain between 370 and 730 mg.
 - Some breakfast cereals contain 150 to 300 mg of sodium before milk is added.
- Not all foods are high in sodium. But when you combine foods with varying levels as part of your daily diet, sodium can add up quickly.

SODIUM ADDS UP QUICKLY

Not all foods are high in sodium. But when you combine foods with varying levels as part of your daily diet, sodium can add up quickly.



National Center for Chronic Disease Prevention and Health Promotion
 Division for Heart Disease and Stroke Prevention



Source: Centers for Disease Control, Get the Facts: Sodium and the Dietary Guidelines, 2018, https://www.cdc.gov/salt/pdfs/sodium_dietary_guidelines.pdf

HEALTHY EATING AND STAYING ACTIVE AS WE AGE

LESSON 4: EAT MORE FRUITS AND VEGETABLES

GOALS:

At the end of the lesson, participants will be able to:

- Recognize the benefits to eating enough fruits and vegetables.
- Develop strategies for getting enough fruits and vegetables in the diet
- Address barriers to not eating enough fruits and vegetables
- Describe ways to reduce foodborne illness

MATERIALS NEEDED:

- ✓ And Justice for All Poster (blue one)
- ✓ Flip chart
- ✓ Germ activity supplies, six sandwich bags:
Prepare six different sandwich bags with beans, label 1-6. Fill the first bag with 8 beans, the next bag with 16, the next bag with 32, the next bag with 64, the next bag with 128, the next bag with 256.
- ✓ Fruit and Vegetables worksheet
- ✓ Pens/pencils

SUGGESTED RECIPES:

- Apple Lime Salad
- Corn and Black Bean Salsa
- Simple Summer Squash

SUGGESTED PHYSICAL ACTIVITIES:

- Heel-to-toe walk
- Side arm raise
- Overhead arm raise

REINFORCEMENTS:

- Vegetable brush
- Thermometer

LESSON OVERVIEW

Section	Description	Worksheets Recipe Preparation Reinforcements	Flip Chart Pages	Time Required
Welcome	<ul style="list-style-type: none"> Welcome everyone back, and review information from the previous session. Ask participants to share their successful goals from last session. 	Distribute the Fruits and Vegetables worksheet	4-0	5
Anchor	<ul style="list-style-type: none"> Name some of your favorite fruits. Name some of your favorite vegetables. What are some ways to get more fruits and vegetables in your diet? What are some things that keep you from eating more fruits and vegetables? 		4-0	5

Section	Description	Worksheets Recipe Preparation Reinforcements	Flip Chart Pages	Time Required
Fruits and Vegetables	Add <ul style="list-style-type: none"> Fruits and vegetables have nutrients that no other foods supply. Fresh fruits and vegetables are important sources of many nutrients, including dietary fiber, potassium, and vitamin C. Fruits and vegetables are associated with a reduced risk of many chronic diseases, including heart disease, and may be protective against certain types of cancers. Fill half your plate with fruits and vegetables, ounce for ounce, much cheaper than most protein foods, junk foods, and candy. Fresh is best, then frozen, then canned. You can rinse canned vegetables and fruits to reduce sodium and sugar content. Eat foods like potatoes, cucumbers, apples and tomatoes with the skin on to get the most nutrients. The highest concentration of nutrients is near the skin, so leave skin on fruits and vegetables for the most nutrients. When selecting canned fruit, choose options that are lowest in added sugars. Cook vegetables in healthy ways, such as fresh, steaming, broiling, boiling, grilling, not frying or adding butter. 		4-1, 4-2	10
	Apply <ul style="list-style-type: none"> Think about different strategies to increase fruit and vegetable intakes. For example, add vegetables to soups and sauces, keep as snacks within easy reach, make smoothies, 		4-2	5

Section		Description	Worksheets Recipe Preparation Reinforcements	Flip Chart Pages	Time Re- quired
Food Safety	Anchor	<ul style="list-style-type: none"> When was the last time you noticed food spoilage? What caused the spoilage? 			
	Apply	<ul style="list-style-type: none"> Distribute refrigerator thermometers and explain how to use. Where to place in refrigerator. 			
	Add	<ul style="list-style-type: none"> Today's food safety tip is to remind you to refrigerate foods quickly because cold temperatures slow the growth of harmful bacteria. After you shop, be sure to place all of the foods in the freezer and refrigerator right away. After a meal, refrigerate any leftovers immediately too. Do not store any leftovers or cooked foods at room temperature. 		4-3	1

Section		Description	Worksheets Recipe Preparation Reinforcements	Flip Chart Pages	Time Re- quired
Physical Activities	Anchor	<ul style="list-style-type: none"> What does it mean to "age in place" and what are some ways to help people do that? What are some things you do now that make you realize that you are not as flexible as you used to be? 			
	Add	<ul style="list-style-type: none"> Balance and strength exercises can help you remain independent and healthy. 		4-4	2
	Apply	<ul style="list-style-type: none"> Here are some examples of flexible activities: Overhead arm raise - <ol style="list-style-type: none"> You can do this exercise while standing or sitting in a sturdy chair Hold weights at your sides at shoulder height with palms facing forward. Slowly breathe out as you raise both arms up over your head keeping your elbows slightly bent. Breathe in as you slowly lower your arms. Repeat 10-15 time. Side arm raise - <ol style="list-style-type: none"> Sit in a sturdy chair holding weights with arms down at your sides Keeping arms straight, breathe out as you raise both arms out to the side to shoulder height (palms down) Breathe in as you slowly lower arms and repeat 10-15 times 		4-4	5

Physical Activities		<ul style="list-style-type: none"> • Heel-to-toe walk <ol style="list-style-type: none"> a. Position the heel of one foot just in front of the toes of the other foot. Your heel and toes should touch or almost touch b. Choose a spot ahead of you and focus on it to keep you steady as you walk c. Take a step. Put your heel just in front of the toe of your other foot d. Repeat for 20 steps 			

Section		Description	Worksheets Recipe Preparation Reinforcements	Flip Chart Pages	Time Required
Food Prep	Apply	<ul style="list-style-type: none"> • Food tasting experience • Ask participants if they liked the recipe and if they think they could make it at home. 	Apple Lime Salad, Corn and Black Bean Salsa, Simple Summer Squash		5

Section		Description	Worksheets Recipe Preparation Reinforcements	Flip Chart Pages	Time Required
Goal Setting	Away	<ul style="list-style-type: none"> • What things can you do to increase the amount of fruit and vegetables you eat? • How will you practice food safety daily? • What can you do to increase your flexibility? 	Distribute vegetable brush or thermometers	4-5	3

TOTAL TIME	40 minutes
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Background Information

FRUITS AND VEGETABLES

Most older adults do not meet the recommended intakes for fruits or vegetables. The vegetables food group is divided into five different subgroups that all provide important nutrients: dark-green; red and orange; beans, peas, and lentils; starchy; and other. Older adults do not meet the recommended intakes for these subgroups (except for the other category), and are especially low in their intake of red and orange vegetables. Making fruits and vegetables half your plate can be challenging. Here are some ways you can try to make eating fruits and vegetables every day a habit:

- Leave fresh fruits and vegetables clean and cut, ready to eat in the refrigerator or on the counter for an easy to reach snack.

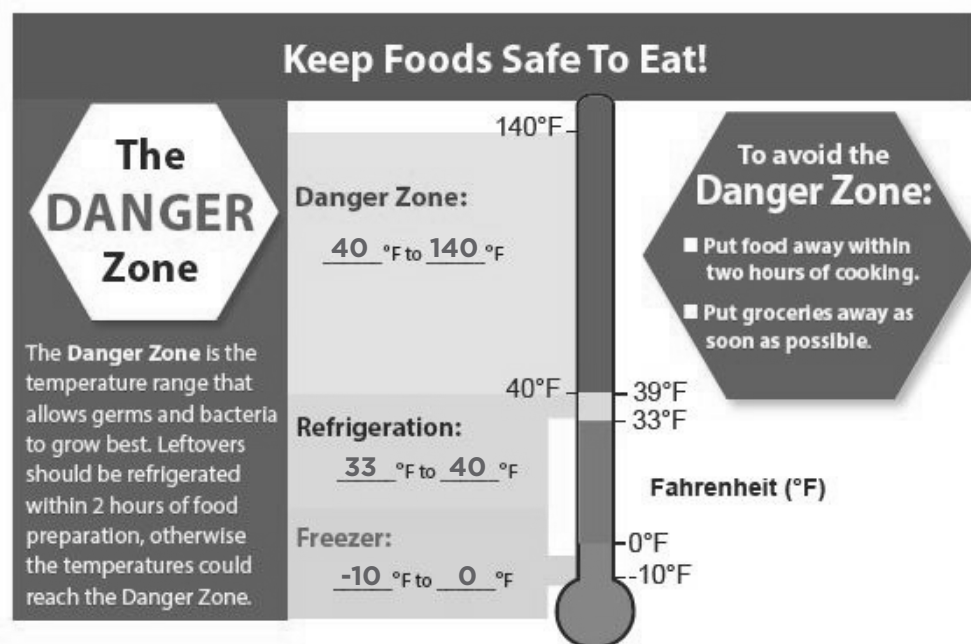
- Make side dishes the center of your meal!
- Look for healthy ways to prepare your favorites!
- Buy produce when it is in season
- Shop at the farmers market
- Plan meals so you always have what you want on hand
- Produce will always be cheaper than meats!
- Buy frozen for the freshest taste, and canned to keep for weeks.

FOOD SAFETY

Food safety is critical for health, but something we take for granted. Learn the rules.

- Start with making sure you wash your hands before handling foods, long enough to sing happy birthday!
- Make sure your refrigerator and freezer are working properly and test with thermometers
- Always clean counters, and cutting boards after each dish is prepared.
- Never thaw meats at room temperature. The outside of the food could be at 50 degrees before the center ever is thawed.
- Make sure foods are cooked to the proper temperature (see below), and know how to take their temperature.
- Keep foods from cross contaminating each other.

SAFE COOKING GUIDELINES



HEALTHY EATING AND STAYING ACTIVE AS WE AGE

LESSON 5: MAKE A CHANGE – EAT LEAN PROTEIN, LOW-FAT DAIRY AND HEALTHIER OILS

GOALS:

At the end of the lesson, participants will be able to:

- Define healthy fats and determine which foods are considered good sources
- Identify unhealthy fats
- Choose lean proteins and lower fat dairy products

MATERIALS NEEDED:

- ✓ And Justice for All poster (blue one)
- ✓ Flip chart
- ✓ Food labels of foods and beverages high in saturated fats, including meat and dairy products, such as bacon, sausage, butter, milk, and other highly processed foods
- ✓ Lean Protein and Low-Fat Dairy worksheet
- ✓ Pens/pencils

SUGGESTED RECIPES:

- Yogurt Peanut Butter Dip
- 3 Bean Salad
- Apple Fruit Salad

SUGGESTED PHYSICAL ACTIVITIES:

- Wall push-up
- Toe stand
- Side leg raises

REINFORCEMENTS:

- Rubber spatula

LESSON OVERVIEW

Section	Description	Worksheets Recipe Preparation Reinforcements	Flip Chart Pages	Time Required
Welcome	<ul style="list-style-type: none"> Welcome participants back and ask what things they tried from last week. 	Distribute the Lean Protein and Low-Fat Dairy worksheet	5-0	5
Anchor	<ul style="list-style-type: none"> Let's talk about some of the fats you hear about in the media and from your friends and other sources. Have participants name them, without making judgements about them. 		5-0	5

Section	Description	Worksheets Recipe Preparation Reinforcements	Flip Chart Pages	Time Required
Saturated Fats, Lean Proteins, and Low Fat Dairy	<p>Add</p> <ul style="list-style-type: none"> You need fat in your diet to help digest and use vitamins and minerals. There are different types of fats: <ul style="list-style-type: none"> <u>Saturated fats</u> come from animals and can be found in butter, cheese, sour cream, whole milk, bacon, and sausage. Foods high in saturated fat should be limited. Diets high in saturated fat are linked to higher rates of heart disease and certain types of cancer. Saturated fat consumption should be limited to less than 10% of your daily calorie intake, or less than 20 grams per day. <u>Monounsaturated fats</u> come from plants such as canola, olive, safflower, sesame, or sunflower. Avocados, legumes (beans and peas), and seeds also contain these fats. These are the best oils to eat. <u>Polyunsaturated fats</u> are found in vegetable oils like corn, sunflower, and safflower oil. They are in soybeans, legumes, grains, and nuts. Several seeds, like sesame and sunflower, also contain these fats. Omega-3 fatty acids are a type of poly-unsaturated fats usually found in seafood, like wild salmon, tuna, and anchovies. These help in lowering cholesterol. Flaxseeds, flaxseed oil, and walnuts also contain omega-3s, but not the kind that is beneficial for heart health. Partially <u>Hydrogenated fats</u> - also called trans fats - can be found in vegetable shortenings, some margarines, crackers, cookies, snack foods, and other foods made with or fried in partially hydrogenated oils. They were created to increase shelf life to foods, but behave like saturated fat and are linked to increased heart disease and certain types of cancer. 		5-1	10

Saturated Fats, Lean Proteins, and Low Fat Dairy		<ul style="list-style-type: none"> To limit intake of saturated fats, it's important to choose low-fat or fat-free dairy options. This includes milk, yogurt, cheese, and fortified soy alternatives. Low-fat and non-fat dairy products still provide important nutrients that older adults need such as calcium, vitamin D, protein, and vitamin B12. Choosing lean proteins is also important. Examples of lean proteins include pork loin, top sirloin, salmon, eggs, turkey breast, chicken breast, and nuts, seeds, and beans. 			
	Apply	<ul style="list-style-type: none"> List the different types of fats and ask the group: Is this a healthy fat? Ask the group to put their thumbs up for 'true' or 'yes' and down for 'false' or 'no'. Refer to first page of worksheet. Distribute labels to groups of two or three. <p>What are some easy ways to make substitutions for fats for a lower fat diet?</p> <ul style="list-style-type: none"> Choose oils in place of saturated fats Choose lean meats. Limit your intake of meats that are high in saturated fat, such as sausages, hot dogs, bacon, deli meats, and fatty cuts of beef, pork, and lamb. Consider low-cost seafood options that are high in omega-3 fatty acids and low in saturated fats. They can help prevent heart disease. Substitute meat/animal proteins with peanuts and certain tree nuts (i.e., walnuts, almonds, and pistachios). Nuts and seeds may reduce the risk of heart disease. Choose fat-free and low-fat milk and cheese. 	Variety of food labels with a variety of fats, put participants in groups and ask them to search the labels for foods high in fats	5-1, 5-2	15

Section		Description	Worksheets Recipe Preparation Reinforcements	Flip Chart Pages	Time Required
Meeting Protein Needs	Add	<ul style="list-style-type: none"> Remember that protein and dairy foods are important as you age. Research shows that dietary protein and calcium (found in dairy) intakes decrease with advancing age, which can impact muscle and bone strength. Older adults often experience health conditions related to changes in bone and muscle mass, such as osteoporosis and sarcopenia. Loss of muscle mass and bone density with age is normal, but may be slowed down or prevented with enough protein and dairy intake. Most adults eat enough meat, poultry, and eggs, but not enough seafood, beans, peas, and lentils. Seafood provides vitamins D and B12, calcium, and healthy fats. Beans, peas, and lentils have fiber. Absorption of vitamin B12, which keeps blood and nerve cells healthy, decreases with age. Meeting protein needs can help older adults get enough of this vitamin. Vitamin B12 is naturally found in fish, meat, poultry, eggs, and dairy products. Fortified breakfast cereals also have vitamin B12. 		5-3	5

Section		Description	Worksheets Recipe Preparation Reinforcements	Flip Chart Pages	Time Required
Food Safety	Anchor	<ul style="list-style-type: none"> Do you know of any dangers to be aware of when handling raw protein foods? 			
	Add	<ul style="list-style-type: none"> Protein foods and dairy products can be high risk for foodborne illness. Be sure to follow these tips: <ul style="list-style-type: none"> Refrigerate or freeze meat, poultry, eggs and other perishables as soon as you get them home from the store. Never let raw meat, poultry, eggs, or cooked food sit at room temperature more than two hours before putting them in the refrigerator or freezer (one hour when the temperature is above 90°F). Never defrost food at room temperature. Food must be kept at a safe temperature during thawing. There are three safe ways to defrost food: in the refrigerator, in cold water, and in the microwave. Food thawed in cold water or in the microwave should be cooked immediately. Always marinate food in the refrigerator. 			5

Section		Description	Worksheets Recipe Preparation Reinforcements	Flip Chart Pages	Time Required
Physical Activities	Anchor	<ul style="list-style-type: none"> Why do you think strength training is important for older adults? 			
	Add	<ul style="list-style-type: none"> Strength becomes important with age as the body loses muscle mass. Stronger muscles help with every day activities and with balance. You need to lift or push weight to strengthen your muscles. These exercises will help to maintain and build strength. 		5-4	
	Apply	<ul style="list-style-type: none"> Wall push-ups - <ol style="list-style-type: none"> Stand facing the wall with arms extended and palms flat on the wall Keeping body straight, lean towards the wall bringing face close to wall Push against the wall to return to a straight, standing position Repeat 10 times 		5-4	5
	Apply	<ul style="list-style-type: none"> Toe stand - <ol style="list-style-type: none"> Stand behind a sturdy chair and hold on for balance Breathe out and slowly stand on tiptoes Breathe in as you slowly lower heels to the floor Repeat 10-15 times Side leg raises - <ol style="list-style-type: none"> Stand behind a chair holding on for balance Breathe out slowly and lift one leg out to the side. The leg you are standing on should be slightly bent Breathe in as you slowly lower your leg Repeat 10-15 times with each leg 		5-4	

Section		Description	Worksheets Recipe Preparation Reinforcements	Flip Chart Pages	Time Required
Food Prep	Apply	<ul style="list-style-type: none"> Food tasting experience Ask participants if they liked the recipe and if they think they could make it at home. 	Yogurt Peanut Butter Dip, Squash and Pepper Skillet, Oven Roasted Vegetables		5

Section		Description	Worksheets Recipe Preparation Reinforcements	Flip Chart Pages	Time Required
Goal Setting	Away	<ul style="list-style-type: none"> Decide on one change that you will make this week to lower saturated fat in your diet and ways to improve your balance. 	Distribute the spatulas	5-5	5

TOTAL TIME	60 minutes
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Background Information

HEALTHIER OILS

- Our bodies need fats in our foods to stay healthy. Vitamins A, D, E and K are fat-soluble and stored in fats in our bodies
- 20-35% of daily calories should come from fats. Most Americans get more than this.
- Polyunsaturated fatty acids (polyunsaturated fats) are found in greatest amounts in sunflower, corn, soybean, and cottonseed oils; walnuts; pine nuts; and sesame, sunflower, pumpkin, and flax seeds. Only small amounts of polyunsaturated fats are found in most animal fats. Omega-3 (n-3) fatty acids are a type of poly-unsaturated fats found in seafood, such as salmon, trout, herring, tuna, and mackerel. These are the healthiest fats to consume.
- Monounsaturated fatty acids (monounsaturated fats) are found in greatest amounts in olive, canola, peanut, sunflower, and safflower oils, and in avocados, peanut butter, and most nuts. Monounsaturated fats also are part of most animal fats such as fats from chicken, pork, beef, and wild game.
- Saturated fatty acids (saturated fats) are commonly found in high-fat meat, full-fat dairy products (whole milk, ice cream, cheese), butter, coconut oil, palm kernel oil, and palm oil. The main sources of saturated fat in the U.S. diet are sandwiches (burgers, tacos, burritos); desserts and sweet snacks; and rice, pasta, and other grain-based mixed dishes. These should be limited.
- Trans fatty acids (trans fats) are unsaturated fats found primarily in partially hydrogenated vegetable oils and foods containing these oils and in ruminant (animal) fats. They are structurally different from the un-saturated fatty acids that occur naturally in plant foods and differ in their health effects. Research shows that consuming large amounts of these types of fats may lead to heart disease.

The amount of fatty acids in a particular fat determine the physical form of the fat:

- Fats with a higher amount of polyunsaturated and monounsaturated fatty acids are usually liquid at room temperature and are referred to as “oils.”
- Fats with a higher amount of saturated fatty acids are usually solid at room temperature and are referred to as “solid fats.” Fats containing trans fatty acids are also classified as solid fats, although they may or may not be solid at room temperature.
- Fats are in lots of foods that we eat. Reading the nutrition facts label, understanding what the numbers mean, and recognizing the names of the fats are important to healthy living and eating. Remember to look at the serving size.
- Strategies to reducing saturated fat intake include: eating smaller portion sizes of foods high in saturated fats and eating them less often; choosing lower fat forms of foods and beverages (fat-free or low-fat milk instead of 2% or whole milk); selecting lean cuts of meat and lower fat cheese in place of high-fat meats and regular cheese; and cooking with oils higher in polyunsaturated and monounsaturated fats instead of butter, shortening, or coconut or palm oils.

PROTEIN

- Protein intake is especially important among older adults to prevent the loss of muscle mass that occurs with age. About 50 percent of women and 30 percent of men 71 and older fall short of protein food recommendations.

- Protein foods include seafood, meat, poultry, eggs, nuts, seeds, soy products, and the vegetable subgroup of beans, peas, and lentils. Protein is also found in the dairy and fortified soy foods subgroup. Most older adults meet the recommendations of the meats, poultry, and eggs subgroup, but do not eat enough seafood, dairy and fortified soy, beans, peas, or lentils. These particular foods are important because of the nutrients they provide. Calcium, vitamin D, and vitamin B₁₂ are found in the dairy food group; beans, peas, and lentils contain dietary fiber; and vitamins D, B₁₂, calcium, and healthy fats are found in seafood.
- Protein foods are also a common source of vitamin B₁₂, another nutrient of concern for older adults. The ability to absorb this nutrient decreases with age so it's important for older adults to meet the recommendation for protein foods to help make sure they get enough vitamin B₁₂.
- Making the shift to lean protein sources is important to avoid eating high amounts of saturated fat and sodium. Eating a variety of protein foods from the different subgroups is also important to ensure different nutrients are being consumed.
- Older adults should focus on eating lean forms of meat and poultry from fresh, canned, and frozen sources such as chicken breast or ground turkey, rather than from processed forms like deli meats, sausages, and hot dogs.
- Selecting foods from the seafood and beans, peas, and lentils subgroup more often and in place of high-fat meats could help meet nutrient recommendations, lower the intake of saturated fat and sodium, and still ensure enough protein consumption.

DAIRY

- The dairy food group includes milk, yogurt, cheese, and fortified soy alternatives. Products that are sold as “milks” but made from plants (such as almond, rice, coconut, oat, and hemp milks) are not considered part of the dairy group because their nutrient content is not similar to dairy milk.
- Older adults are well below the recommended intake ranges for dairy, and would benefit from increasing intake of dairy in fat-free or low-fat forms.
- Ways to increase dairy consumption include drinking fat-free or low-fat milk or fortified soy milk with meals, or eating unsweetened fat-free or low-fat yogurt with breakfast or as a snack.
- The dairy food group is especially important for older adults because it provides nutrients that are of concern such as calcium, vitamin D, and vitamin B₁₂. Dairy foods also contain protein, another important nutrient for older adults.

HEALTHY EATING AND STAYING ACTIVE AS WE AGE

LESSON 6: COOKING FOR 1 OR 2

GOALS:

At the end of the lesson, participants will be able to:

- Plan a healthy, no-cook meal based on MyPlate
- Identify strategies to enjoy eating alone or with family and friends

MATERIALS NEEDED:

- ✓ And Justice for All poster (blue one)
- ✓ SNAP-Ed exit forms
- ✓ Flip chart
- ✓ Recipe
- ✓ Cooking for 1 or 2 worksheet
- ✓ Pens/pencils

SUGGESTED RECIPES:

- Orange Banana Frosty
- Oven Baked Sweet Potato Fries
- Lentil Soup

SUGGESTED PHYSICAL ACTIVITIES:

- Dancing
- Walking in place

REINFORCEMENTS:

- Cutting mat

LESSON OVERVIEW

Section	Description	Worksheets Recipe Preparation Reinforcements	Flip Chart Pages	Time Required
Welcome	<ul style="list-style-type: none"> Ask participants how they feel about cooking and the changes that they have seen in their eating and cooking habits compared to 10-15 years ago. 	Distribute the Cooking for 1 or 2 worksheet	6-0	5
Anchor	<ul style="list-style-type: none"> Ask how their taste in foods has changed? And any other changes that have taken place that influence what and how they eat. What kitchen equipment do you have that helps you prepare food easier? 		6-0	

Section	Description	Worksheets Recipe Preparation Reinforcements	Flip Chart Pages	Time Required
Cooking for 1 or 2	Add <ul style="list-style-type: none"> There are many changes that take place with age. This may influence your nutrition status - and your health. It is important as you age to make sure you get the nutrients from foods that you need to age healthfully. <ul style="list-style-type: none"> MyPlate is a guide to healthy eating. There are also different things you can do to address them: <ul style="list-style-type: none"> Tastes and smells decline - add herbs and spices to your foods for a stronger flavor Weakened gums or tooth loss - choose softer foods Constipation - make half your grains whole, eat more fruits and vegetables, and drink enough water Weight gain - watch saturated fat and added sugars 		6-1	5
	Apply <ul style="list-style-type: none"> Brainstorm ways to make cooking and eating for one or two easier and healthier, following MyPlate while limiting saturated fat, added sugars, and sodium. Ask participants to share their experiences and tips. 			5
	Add <p>Reasons why older adults may take meals alone and the risks involved.</p> <p>Many people don't like cooking for one or two with comments like:</p> <ul style="list-style-type: none"> "It's depressing" It's easier to eat out or buy pre-packaged foods It takes a lot of time and effort 		6-2	5

Cooking for 1 or 2		<ul style="list-style-type: none"> • What we do know is that people who prepare their own food eat better. If they are preparing food for a spouse or partner or someone else, that person also eats better. Meals also are usually healthier. Plus you get to prepare exactly what YOU want. So let's think of some ways to make cooking easier. • Cooking equipment • Having certain foods on hand to make an easy and fast meal or snack • Storing leftovers and foods for later use • Planning ahead and using a shopping list 			
	Apply	<ul style="list-style-type: none"> • Brainstorm strategies to make meals more enjoyable 	Reduce your Recipe	6-2	5

Section		Description	Worksheets Recipe Preparation Reinforcements	Flip Chart Pages	Time Re- quired
Food Budgeting	Anchor	<ul style="list-style-type: none"> • What are some ways that you save money at the grocery store? 		6-3	5
	Add	<ul style="list-style-type: none"> • Planning meals ahead • Making a grocery list • Using coupons if you are already going to buy that item or a similar item • Going on special discount days • Buying in bulk - and storing the rest by freezing • What are your favorite tips? • Does anyone know how to apply for SNAP? • Have you tried food pantries or distributions to save money? • Tell us places where you can get foods for free. • Places to find food for free: (search out sources in your community and share with your group) 			3
	Apply	<ul style="list-style-type: none"> • What things do you think you will try to stretch your food budget? • Distribute grocery pads and instruct participants to create a shopping list. 	Grocery pads		5

Section		Description	Worksheets Recipe Preparation Reinforcements	Flip Chart Pages	Time Re- quired
Food Safety	Anchor	<ul style="list-style-type: none"> How do you feel about leftovers? What are some ways to make sure that your leftovers are safe? 			
	Add	<p>When planning leftovers for later be sure to consider these food safety tips:</p> <ul style="list-style-type: none"> Once the food you have prepared has cooled (no longer than 2 hours at room temperature), put it in the refrigerator or freezer (one hour when the temperature is above 90°F). When you defrost your frozen leftovers, never defrost food at room temperature. Food must be kept at a safe temperature during thawing. There are three safe ways to defrost food: in the refrigerator, in cold water, and in the microwave. Food thawed in cold water or in the microwave should be cooked immediately. Put leftovers in shallow containers for quicker cooling in the refrigerator. 			5

Section		Description	Worksheets Recipe Preparation Reinforcements	Flip Chart Pages	Time Required
Physical Activities	Anchor	<ul style="list-style-type: none"> What physical activities have you done more of since we started this series of classes? What are your favorites? 		6-4	2
	Apply	<ul style="list-style-type: none"> Cardio activities improve the health of your lungs, circulatory system, and heart by increasing your heart-rate and getting you to breathe harder. Walking in Place Dancing 		6-4	5

Section		Description	Worksheets Recipe Preparation Reinforcements	Flip Chart Pages	Time Required
Food Prep	Apply	<ul style="list-style-type: none"> Food tasting experience Ask participants if they liked the recipe and if they think they could make it at home. 	Orange Banana Frosty, Oven Baked Sweet Potato Fries, Lentil Soup		5

Section		Description	Worksheets Recipe Preparation Reinforcements	Flip Chart Pages	Time Required
Goal Setting	Apply	<ul style="list-style-type: none"> Ask about what they plan to do as a result of this program. Refer to the participant worksheet page 3 “Dancing and Walking in Place” - Let’s get moving. 	Distribute the cutting mats		5
	Away	<ul style="list-style-type: none"> Ask your participants about changes they plan to make in the week ahead for: <ul style="list-style-type: none"> Cooking for 1 or 2 Physical activity 		6-5	5

TOTAL TIME	60 minutes
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Background Information

CHANGES AS WE AGE

Many changes take place in your body and your life as you age.

- Your food preferences may change and the way food tastes may change. You may need to use more spices to get the same enjoyment out of the foods.
- Try different herbs and spices to change the flavor of your foods. Popular ones are basil, cinnamon, cumin, oregano, garlic, ginger and vinegar. Start with a little, and add more for stronger flavors, you can add more but you cannot take it away!
- You may experience some physical changes, like losing some teeth or not having as strong of gums. Softer foods may help you eat better in these cases.
- Health changes such as high blood pressure, diabetes and heart disease mean you need to eat differently - and consult with a healthcare provider about your eating pattern and any medications you are taking.
- Your body needs more water to prevent dehydration and more fiber to prevent constipation.

- Focus on eating more whole foods, less processed foods, more healthy fats, more vegetables.
- A fixed income may limit what you can afford. Try to minimize food waste and carefully plan your food resources as much as you can.

EATING AND COOKING ALONE

- You may find yourself eating by yourself for a number of reasons. That may mean you lose motivation to cook for yourself or even eat.
- Pre-packaged foods are a convenient option – but they can cost more and also contain more saturated fat, added sugars, and sodium.
- Look for ways to cook several meals at once, either by cook and freeze, or by cook then change.
- Make a list of all the foods you love.
- Find friends to share meals with or cook with. Plan a potluck dinner so you can try different recipes.
- Make the mid-day meal the biggest meal, so you have less cleaning at night. It may also help with digestion.
- Make a meal plan and grocery list every week to get the most bang for your buck.
- Invest in food storage containers, plastic is lighter and glass is more durable, to be able to freeze foods. Make sure glass or ceramic containers are freezer to oven safe.
- Look for combination foods and recipes to maximize your cooking time, like soups, chili, and casseroles. Look for recipes that are soft and moist because of dental or swallowing problems.
- Look for ways to make your favorite foods healthier. Use healthy fats, whole grains, and beans.
- Choose healthy sweets, like fruits and vegetables, including smoothies for snacks. They can help you get more nutrients, taste great, provide hydration and be easy to swallow. Add a protein powder to get even more nutrients!
- If you can afford it, invest in a microwave, non-stick skillet, slow cooker and food processor; they make preparing foods really fast and easy!

GOOD FOODS TO KEEP ON HAND

- Eggs
- Individual packets of tuna
- Frozen fruits and vegetables
- Low-fat or fat-free yogurt (good for your gut health)
- Whole grain crackers and low-fat cheese (you can also freeze grated cheese for later use)

FREEZING FOODS TIPS

- Use containers made for freezing; avoid glass as it may crack when food expands.
- Avoid freezing foods with high water content, like eggs, cream sauces, peppers, celery or fresh green salads, they will be mushy when thawed.

- If foods are on sale, freeze leftovers.
- Be sure to label with name and date.
- Soups, sauces and casseroles freeze very well.
- Be sure to use foods as quickly as possible after frozen so they taste better.
- Purchase, re-package and freeze chicken, lean pork, and low-fat hamburgers in individual servings
- If a whole loaf of whole grain bread is too much to eat before it molds, freeze what you won't eat. The bread thaws fast in a toaster.
- Cook a whole chicken or roast and use leftovers for several meals. Freeze the remaining portions for later.

HEALTHY EATING AND STAYING ACTIVE AS WE AGE

LESSON 7: MAINTAINING A HEALTHY WEIGHT

GOALS:

At the end of the lesson, participants will be able to:

- Understand how to listen to body to know when hungry and when full
- Recognize the difference between super-sized and appropriate portion sizes
- Understand the importance of muscle-strengthening exercises

MATERIALS NEEDED:

- ✓ And Justice for All poster (blue one)
- ✓ Pens/pencils
- ✓ Flip chart
- ✓ Healthy Weight worksheet
- ✓ Large cereal bowl and pom-poms to fill it, plate and Play-Doh for meat serving, pom-poms for fruit and vegetables

SUGGESTED RECIPES:

- Crustless Pumpkin Pie
- Cheesy Kale Rice
- Chicken Quesadillas

SUGGESTED PHYSICAL ACTIVITIES:

- 4 strength-focused exercises

REINFORCEMENTS:

- Stretch band

LESSON OVERVIEW

Section	Description	Worksheets Recipe Preparation Reinforcements	Flip Chart Pages	Time Required
Welcome	<ul style="list-style-type: none"> Welcome participants back. Check-in about progress from last week. Introduce the topic for the day - maintaining a healthy weight as we age. 	Distribute the Healthy Weight worksheet	7-0	5
Anchor	<ul style="list-style-type: none"> How do you know if you are eating the right amount of food? What weight related concerns do you have? Being underweight? Being overweight? 			

Section	Description	Worksheets Recipe Preparation Reinforcements	Flip Chart Pages	Time Required
Listening to Your Body	Anchor <ul style="list-style-type: none"> How do you know when you are hungry? How do you know when you are full? List some examples of signals you think your body sends to you to help you know when to start and stop eating. 		7-1	
	Add <ul style="list-style-type: none"> Listen to your body to help you figure out how much you should eat. Eat only when you are hungry, and stop eating when you feel full. Be aware of the hunger and fullness cues your body gives you. Hunger cues may include stomach grumbling, tiredness, irritability, or a feeling of emptiness. Cues of fullness may include the disappearance of the above hunger cues, feeling satisfied, and experiencing increased energy levels. Everyone's cues are different, and it's important to identify and become accustomed to what your body is specifically telling you. A hunger scale from 1 (beyond hungry) to 10 (beyond full) can be used to help you know when to start and stop eating: <ol style="list-style-type: none"> Beyond hungry. You feel tired and unable to focus. Feeling irritable, tired, and possibly nauseous. Stomach feels empty and you have a strong urge to eat. You are thinking about food and begin to eat. Stomach is starting to feel satisfied. Stomach is completely satisfied and full. 		7-1	10

Listening to Your Body	<ul style="list-style-type: none"> 7. You continue to eat even though you are beyond satisfied. 8. Stomach begins to ache. 9. Body feels uncomfortable, heavy, tired, and bloated. 10. Beyond full. You do not want to move and can't stand the idea of food. <ul style="list-style-type: none"> • Levels 3 through 6 on the scale are considered the optimal range for eating food. 			
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Section		Description	Worksheets Recipe Preparation Reinforcements	Flip Chart Pages	Time Required
Portion Sizes	Anchor	<ul style="list-style-type: none"> • How much food is enough? Share with your neighbor your favorite foods to eat out, and where you dine. 		7-2	
	Add	<ul style="list-style-type: none"> • Activity 1: Display bowls and plates, along with pom-poms, play-doh and yarn and ask a group of people to use these materials to lay out on a plate what they consider to be a normal serving of cereal, meat, mashed potatoes, biscuit, and spaghetti. 		7-2	5
	Apply	<ul style="list-style-type: none"> • What are some ways you can make sure you get how much you need without over-eating? Or how much you need without filling up on 'unhealthy' foods and drinks? • There are many ways to help control how much food you consume, such as avoiding eating while watching TV, refrigerating leftovers, focusing on what you are eating, buying smaller boxes of food, sharing meals with others, ordering appetizers instead of full-sized meals, choosing small-sized drinks, and avoiding all-you-can-eat buffets. 		7-2	

Section		Description	Worksheets Recipe Preparation Reinforcements	Flip Chart Pages	Time Required
Weight	Add	<ul style="list-style-type: none"> Eating too little or too much can affect your weight. What are the benefits of maintaining a healthy weight? How do you feel if you are at the right weight? Being overweight can increase your risk for heart disease, high blood pressure, type 2 diabetes, and bone issues. Becoming underweight as you age is often a sign of not getting enough food or enough nutrients you need. This can increase your risk of falls, make you more vulnerable to infection, and cause a loss of energy. Eating healthfully and exercising regularly can help to maintain a healthy weight and strength as you age Healthy weight maintenance occurs when energy (food) intake = energy expenditure (through physical activity and natural processes) Limiting added sugars (from sugar-sweetened beverages, desserts, etc.) and saturated fats (foods with butter or other fats that are solid at room temperature), and refined grains (such as white bread, pasta, or rice) can provide more room in your diet for “nutrient-dense” foods to help you achieve whatever weight goal you have. 			5
	Apply	<ul style="list-style-type: none"> Activity 2: Ask participants to complete the Maintaining a Healthy Weight Word Search Puzzle 			10

Section		Description	Worksheets Recipe Preparation Reinforcements	Flip Chart Pages	Time Required
Physical Activity	Anchor	<ul style="list-style-type: none"> When you hear the word STRENGTH - what comes to mind? 			
	Add	<ul style="list-style-type: none"> Everyone, and especially older adults can benefit from muscle-strengthening activities. Stronger muscles help reduce the risk of falling and improve one's ability to perform the routine tasks of daily life. It's a fact that the loss of strength and stamina attributed to aging is in part caused by reduced physical activity. 			
	Apply	<ul style="list-style-type: none"> To strengthen muscles, older adults need to lift or push weight. Strength exercises will not only help with muscle mass maintenance, but will also improve balance which is key to fall prevention. Front Arm Raise - <ol style="list-style-type: none"> Stand with your feet shoulder-width apart Hold weights straight down at your side, palms facing backward Keeping arms straight, breathe out as you raise both arms in front of you to shoulder height Breathe in as you slowly lower arms Repeat 10-15 times Seated Row with Resistance Band - <ol style="list-style-type: none"> Sit in a sturdy, armless chair with your feet flat on the floor, shoulder-width apart Place the center of the resistance band under both feet. Hold each end of the band with palms facing inward. Relax your shoulders and extend your arms beside your legs. Breathe in slowly Breathe out slowly and pull both elbows back until your hands are at your hips Breathe in as you slowly return your hands to the starting position Repeat 10-15 times Toe stand (see page 36 for instructions) Side leg Raise (see page 36 for instructions) 	Handout and/or review the PA worksheet/handout Select one or more physical activities	7-3	5

Section		Description	Worksheets Recipe Preparation Reinforcements	Flip Chart Pages	Time Required
Food Prep	Apply	<ul style="list-style-type: none"> • Food tasting Experience • Ask participants if they liked the recipe and if they think they could make it at home. 	Crustless Pumpkin Pie, Cheesy Kale Rice, Chicken Quesadillas		5

Section		Description	Worksheets Recipe Preparation Reinforcements	Flip Chart Pages	Time Required
Goal Setting	Away	<ul style="list-style-type: none"> • Ask your participants about changes they plan to make in the week ahead for: <ul style="list-style-type: none"> • Portion Sizes • Physical activity • You do not need to make changes in all of these areas. Make one change at a time to make it a habit. • Be sure to come back to our next class on [insert date and time] to learn to eat smart and move more. 	Distribute the insulated lunch bag	7-4	10

TOTAL TIME	60 minutes
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Background Information

LISTENING TO YOUR BODY

Listen to your body to help you figure out how much you should eat. Eat only when you are hungry, and stop eating when you feel full.

Be aware of the hunger and fullness cues your body gives you. Hunger cues may include stomach grumbling, tiredness, irritability, or a feeling of emptiness. Cues of fullness may include the disappearance of the above hunger cues, feeling satisfied, and experiencing increased energy levels. Everyone’s cues are different, and it’s important to identify and become accustomed to what your body is specifically telling you.

A hunger scale from 1 (beyond hungry) to 10 (beyond full) can be used to help you know when to start and stop eating:

1. Beyond hungry. You feel tired and unable to focus.
2. Feeling irritable, tired, and possibly nauseous.
3. Stomach feels empty and you have a strong urge to eat.
4. You are thinking about food and begin to eat.

5. Stomach is starting to feel satisfied.
6. Stomach is completely satisfied and full.
7. You continue to eat even though you are beyond satisfied.
8. Stomach begins to ache.
9. Body feels uncomfortable, heavy, tired, and bloated.
10. Beyond full. You do not want to move and can't stand the idea of food.

Levels 3 through 6 on the scale are considered the optimal range for eating food.

Typically, people tend to feel hungry every 3-5 hours after eating a meal, which naturally aligns with level 3 on the scale. When eating a meal, it is a good idea to stop eating halfway through and to evaluate your feeling of fullness by using the hunger scale. You should stop eating when you are around a 5 or 6 on the scale.

Using the hunger scale daily can help older adults become familiar with their body's hunger and fullness cues, ultimately helping to prevent over or under-eating.

MAINTAINING A HEALTHY WEIGHT

Maintaining a healthy weight is important for overall health and well-being. As you grow older, if you continue to eat the same types and amounts of food but don't become more active, you'll probably gain weight. That's because metabolism (how you burn the calories you eat) can slow down with age. In addition to a slower metabolism, calorie needs for older adults in general are lower due to less physical activity and age-related loss in bone and muscle mass.

The secret to maintaining a healthy weight is to balance "energy in" and "energy out." Energy in means the calories you get from the food and beverages you consume. Energy out means the calories you burn for basic body functions and during physical activity.

- How active should you be to keep a healthy weight?
- The answer is different for each person, but generally:
 - To keep your weight the same, you eat/drink the amount your body needs.
 - To lose weight, you need to cut down how much you eat or how much you eat of certain foods. You can also be more active in place of eating less.
 - To gain weight, you need to eat more.
 - Other ways to maintain a healthy weight?
 - Limit portion size to control calorie intake.
 - Add healthy snacks during the day if you want to gain weight.
 - Be as physically active as you can be.
 - Talk to your doctor about your weight if you think that you weigh too much or too little.

PORTION DISTORTION

- Portion sizes have become very distorted over the last 30 years; generally because restaurants and food manufacturers want you to feel like you are getting a good value for your money.
- Knowing how big a serving is supposed to be helps you fit in all the food groups into your diet every day.

MyPlate and this curriculum support weight maintenance with these basic principles:

- Eat three meals a day, or six small ones (don't skip breakfast)
- Plan meals: failing to plan, means planning to fail
- Choose nutrient dense foods
- Be active at least 150 minutes a week
- Plan healthy meals from all the food groups
- Eat whole grains
- Drink plenty of water and fluids each day (unsweetened choices such as fat-free or low-fat milk or 100% fruit juice)
- Reduce saturated and trans fats, added sugars and sodium
- Choose one habit or goal at a time to work on or change

HEALTHY EATING AND STAYING ACTIVE AS WE AGE

LESSON 8: STAYING ACTIVE AS WE AGE

GOALS:

At the end of the lesson, participants will be able to:

- Understand the difference between physical activity and exercise.
- Recognize the benefits of regular physical activity.
- Understand the link between maintaining a healthy weight and regular physical activity

MATERIALS NEEDED:

- ✓ And Justice for All poster (blue one)
- ✓ Pens/pencils
- ✓ Flip chart
- ✓ Physical Activity worksheet

SUGGESTED RECIPES:

- Flavored Waters
- Trail Mix
- Quick and Yummy Omelets

SUGGESTED PHYSICAL ACTIVITIES:

- 1 dynamic/cardio activity
- 1 strength activity
- 1 balance activity
- 1 flexibility activity

REINFORCEMENTS:

- Stretch band
- *Eating Smart, Moving More* DVD

LESSON OVERVIEW

Section	Description	Worksheets Recipe Preparation Reinforcements	Flip Chart Pages	Time Required
Welcome	<ul style="list-style-type: none"> Welcome participants back Check-in about progress from last week Introduce the topic for the day – staying active as we age 	Distribute Physical Activity and Water worksheet	8-0	5
Anchor	<ul style="list-style-type: none"> How do you know if you are getting enough physical activity? What types of different exercises do you like to do? 			

Section	Description	Worksheets Recipe Preparation Reinforcements	Flip Chart Pages	Time Required
Being Active	Add <ul style="list-style-type: none"> No matter what your age, it is never too late to start being active. You and I have been doing physical activities these few weeks. Share with your neighbors how you have added physical activities to your daily life. What is the difference between physical activity and exercise? <ul style="list-style-type: none"> Physical activity is any activity that involves moving your body. This includes housework, climbing the stairs, gardening, grocery shopping, etc. Exercise is a type of physical activity that is planned, structured, and focused on fitness. Examples are swimming, walking, bicycling. It is recommended that older adults try to meet these guidelines every week: 150-300 minutes of moderate intensity aerobic activity, 2 days of full body strength-training, and balance activities throughout the week. Physical activity can improve health and quality of life. Physical activity can reduce the risk of moderate or severe mobility issues in older adults. Physical activity reduces the risk of premature death and supports positive mental health and healthy aging. Physical inactivity increases healthcare costs. 	Worksheet includes an illustrated checklist: <ul style="list-style-type: none"> Consult a physician before beginning a new physical activity program 	8-1	5
				8-2

Section	Description	Worksheets Recipe Preparation Reinforcements	Flip Chart Pages	Time Required
	<ul style="list-style-type: none"> • Four in five of the most costly chronic conditions among adults 45 years or older can be prevented or managed with physical activity. • Being physically active and eating a healthy diet are keys to a healthy lifestyle. <ul style="list-style-type: none"> • More health benefits with greater amounts of physical activity – duration, intensity, frequency. • Begin with short 5-10 minute intervals; gradually build up to desired amount. • Muscle strengthening activities build stronger muscles and help lessen the risk of falling and improves the ability to perform the routine tasks of daily life. 	<ul style="list-style-type: none"> • Physical exertion chart 	8-2	
Physical Activity	<p>Apply</p> <ul style="list-style-type: none"> • ACTIVITY: Let’s think of some physical activities you currently do or would like to try. From this list, select one or two and write on your worksheet how and when you will do them. Then chat with your neighbor about how you might move forward. • A list of physical activities: <ul style="list-style-type: none"> • Gardening • Vacuuming • Walking • Bicycling • Dancing • Pushing a stroller, grocery cart • Water aerobics • Stair walking • Jogging • Yoga • Swimming <p>Anything that makes your heart beat faster, you breathe harder and makes you sweat is physical activity. Chat with a neighbor about which physical activities you do.</p>	Worksheet activity	8-2	5-10

Section		Description	Worksheets Recipe Preparation Reinforcements	Flip Chart Pages	Time Required
Physical Activity	Add	<p>Recommended for being more physically active:</p> <ul style="list-style-type: none"> Ideally, older adults should work up to 30 minutes of aerobic/cardio activity at least 5 days a week, and muscle strengthening and balance training for 10 minutes at least 2 days a week. It may take months to reach these goals! The most important goal is to avoid inactivity. 		8-3	5
	Apply	<ul style="list-style-type: none"> Bicep Curls - <ol style="list-style-type: none"> Stand or sit with feet shoulder-width apart Hold weights straight down at your side, palms facing forward Breathe out as you slowly bend your elbows and lift weights toward chest. Keep elbows at your sides Breathe in as you slowly lower your arms Repeat 10-15 times Walking in place Ankle rotations Stand up and down with arms crossed 	<ul style="list-style-type: none"> Handout and/or review the PA worksheet/handout Select one or more physical activities 	8-3	5-10

Section		Description	Worksheets Recipe Preparation Reinforcements	Flip Chart Pages	Time Required
Hydration	Anchor	<ul style="list-style-type: none"> How do you know if you are consuming enough water, and what are some ways to get more water. 			
	Add	<ul style="list-style-type: none"> When was the last time you felt thirsty? If you said rarely, you're not alone! As we age, that sense of thirst diminishes. So even when your body needs to be replenished with water, you might not realize it. Because of that, many older adults don't drink enough liquids. It's not known exactly what causes this reduction in thirst, but the consequences of it are well known: Dehydration is a common cause of hospitalization among older people. Senior citizens, especially, are at higher risk for dehydration. This naturally occurs with changes in body composition. Seniors need to drink more than their younger counterparts. Water is necessary for nearly every bodily function, from lubricating joints to regulating body temperature and pumping blood to the muscles. So not getting enough of it can have serious health consequences. More water is needed as it gets hotter outside. 			

Section		Description	Worksheets Recipe Preparation Reinforcements	Flip Chart Pages	Time Required
Food Prep	Apply	<ul style="list-style-type: none"> Prepare a food tasting experience Ask participants if they liked the recipe and if they think they could make it at home. Staying hydrated - having plenty of water throughout the day and especially with heat or at times of physical activity is important. 	Flavored water, Trail Mix, Quick and Yummy Omelets		5

Section		Description	Worksheets Recipe Preparation Reinforcements	Flip Chart Pages	Time Required
Goal Setting	Away	<p>Ask your participants about changes they plan to make in the week ahead for:</p> <ul style="list-style-type: none"> Physical activity Water <p>Be sure to come back to our next class on [insert date and time] to learn to eat smart and move more.</p>	<p>Worksheet with goal setting section</p> <p>Distribute the stretch band and DVD</p>	8-4	5

TOTAL TIME	55 minutes
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Background Information

PHYSICAL ACTIVITY VS EXERCISE

- Physical activity & exercise fall into four basic categories—endurance, strength, balance, and flexibility. Most people tend to focus on one activity or type of exercise and think they're doing enough. Each type is different, though. Doing them all will give you more benefits. Mixing it up also helps to reduce boredom and cut your risk of injury. You avoid injury by not overworking a particular body part, strengthening and lengthening muscle groups, and focusing on balance for fall risk reduction.
- Physical activity is any activity that involves moving your body. This includes housework, climbing the stairs, gardening, etc.
- Exercise is a type of physical activity that is planned, structured, and focused on attaining physical fitness. Some examples are: swimming, walking, or lifting weights.
- Though we've described each type separately, some activities fit into more than one category. For example, many endurance activities also build strength. Strength exercises also help improve balance. And, when you do aerobic/cardio activities, you improve the ability for your muscles to work in strengthening poses. Taken together, find the type and intensity of activities you like and keep moving.

ENDURANCE

Aerobic or cardio activities increase your breathing and heart rate. They keep your heart, lungs, and circulatory system healthy and improve your overall fitness. Building your endurance makes it easier to carry out many of your everyday activities.

- Brisk walking or jogging
- Yard work (mowing, raking, digging)
- Dancing

STRENGTH

Strength exercises make your muscles stronger. They may help you stay independent and carry out everyday activities, such as climbing stairs and carrying groceries. These exercises also are called “strength training” or “resistance training.”

- Lifting weights
- Using a resistance band
- Using the force of your own body weight such as wall push ups or sitting in an out of a chair repetitively (like a squat)
- Yoga

BALANCE

Balance exercises increase stability and your awareness of where your body is in space (called proprioception). These exercises can prevent falls, a common problem in older adults. Many lower-body

strength exercises also will improve your balance.

- Standing on one foot
- Heel-to-toe walk
- Tai Chi

FLEXIBILITY

Flexibility exercises increase your range of motion and can help your body stay limber. Being flexible gives you more freedom of movement for other exercises as well as for your everyday activities. Flexibility is not just about stretching your muscles, flexibility is also about your joints and your ability to do movements of daily life such as getting out of bed or sitting on a toilet or tying your shoes.

- Shoulder and upper arm stretch
- Calf stretch
- Yoga

No matter what your age, it's never too late to start being physically active—or to get back into being active. Being active is one of the best things you can do to maintain or improve your health. Activity helps you to stay strong physically, helps prevent falls, and helps you maintain your independence for as long as possible. Moderate amounts of aerobic/cardio physical activity (the kind that makes you breathe faster) can reduce your risk of functional decline by as much as 30%, allowing you to continue with basic activities of daily living.

When we talk about maintaining your independence, we are talking about all kinds of activities and tasks. For example, aging adults who exercise are able to drive longer: They have better response times, stronger hand grip, and more flexibility in the neck to look for hazards. Being active is never just about how you look.

The health benefits of physical activity are independent of risk factors. For example, smokers who increase their physical activity will experience health benefits, even if they continue to smoke. Likewise, overweight or obese adults benefit from physical activity, even if they do not lose weight.

What are the benefits of regular physical activity? Getting regular physical activity on most days of the week improves health in the following ways. All of these benefits can increase your quality of life.

- Promotes mental and cognitive health. Physical activity can help reduce feelings of depression and anxiety. Exercise triggers the release of “feel-good” brain chemicals, which can lift your spirits and ease depression. You may also find that being active optimizes your cognitive function—helps keep your mind sharp.
- Increases physical strength. Older adults who are physically active build and maintain healthy bones, muscles, and joints. They may be more secure on their feet and better able to move about without falling, which decreases the likelihood and severity of falls. Simple strength and balance training exercises can reduce your risk of falls by 40%.
- Helps maintain a healthy weight. Increased weight can be a factor in a number of health

problems. Physical activity can help keep your weight at a healthy level. If you lose weight by diet alone, you may lose not only fat mass, but also muscle mass and bone mass. Physical activity, particularly muscle-strengthening activity, can preserve bone and muscle mass.

- Restores restful sleep. When you are physically active regularly, you'll enjoy a better quality of sleep. Being active also decreases your feelings of tiredness and fatigue. Aerobic/cardio activity in the early evening can improve sleep quality, but be aware that exercise later in the evening can be too stimulating and make it difficult to get restful sleep.
- Reduces arthritic disability. Studies have shown that older adults with osteoarthritis had less pain and more flexibility after 16 weeks of strengthening exercises.
- Maintains or improves heart health. Simply put, physical activity helps your heart work more efficiently. Aerobic/cardio activity (the kind that makes you breathe faster) can improve the fitness of your heart in as little as 6 weeks after beginning an exercise program.
- Improves blood sugar control. Better control of your sugar levels means you may need less medication for your diabetes. Lower sugar can also decrease your risk of the long-term problems associated with diabetes.
- Keeps bones strong. After menopause, women can lose 1 to 2% of their bone mass every year. The good news is that doing strength-training exercises can increase bone density and reduce an older woman's risk for bone fractures. Starting an exercise program even late in life can help to preserve bone density.

Risks of Being Sedentary (Inactive)

Given the numerous health benefits of physical activity, the risks of being inactive are clear. Physical inactivity is a serious problem in the US. Inactivity can lead to unnecessary illness and loss of your ability to handle daily tasks as well as your independence. Physical inactivity is also associated with higher mortality rates.

What is a moderate amount of physical activity?

- A moderate level of physical activity—which is also what we define as exercise—is walking 100 steps in a minute. Other examples are listed below. Select activities that you enjoy and that fit into your daily life.

Examples of moderate level physical activity include:

- Gardening
- Wheeling yourself in a wheelchair
- Walking
- Bicycling
- Dancing fast
- Pushing a stroller
- Raking leaves
- Water aerobics
- Swimming laps

- Wheelchair basketball
- Jumping rope
- Shoveling snow
- Stair walking

How often should you be physically active, and for how long?

- Ideally, older adults should do at least 30-60 minutes of aerobic/cardio activity at least 5 days each week, and muscle-strengthening and balance training at least 2 days each week. It may take months to reach these goals. But the most important goal is to avoid inactivity. You should do the amount that is possible according to your ability, and work toward increasing that amount gradually.

Precautions for a Healthy Start:

- To avoid soreness and injury, you should start out slowly and gradually build up to the desired amount of exercise to give your body time to adjust. Don't get discouraged – reaching your target level of physical activity can take months.

STAYING HYDRATED

When was the last time you felt thirsty? If you said “I can't recall,” you're not alone! As we age, that sense of thirst diminishes. So even when your body needs to be replenished with water, you might not realize it.

Because of that, many older adults don't drink enough liquids. It's not known exactly what causes this reduction in thirst, but the consequences of it are well known: Dehydration is a common cause of hospitalization among older people.

Senior citizens especially, are also at greater risk for dehydration because of how body composition changes with age. Older adults have less water in their bodies to start with than younger adults or children.

Water is necessary for nearly every bodily function, from lubricating joints to regulating body temperature and pumping blood to the muscles. So not getting enough of it can have serious health consequences.

Some early warning signs of dehydration are dry mouth, fatigue, dizziness and muscle cramps, though they can be attributed to other medical conditions, medications or natural effects of aging.

Persistent dehydration that causes difficulty walking, confusion, rapid heart rate or other more severe symptoms can land one in the hospital.

The best way to prevent this is as obvious as it seems – good hydration. Drinking water is best, but we all know that drinking water all day every day can get boring. So try adding some fruit or flavoring in your glass of water.

Caffeinated beverages like tea and coffee will have a slight diuretic effect, so while it's OK to have them in moderation, they shouldn't be counted toward a daily fluid intake goal. Source: <https://health.clevelandclinic.org>

Sources:

- Go4Life website <https://go4life.nia.nih.gov/>
- HealthinAging.org, created by the American Geriatrics Society's Health in Aging Foundation, to provide consumers and caregivers with up-to-date information on health and aging.
- Physical Activity and Health: A Report of the Surgeon General, <https://www.cdc.gov/nccdphp/sgr/index.htm>
- Samantha Harden, PhD, Exercise Specialist of Virginia Cooperative Extension

HEALTHY EATING AND STAYING ACTIVE AS WE AGE

LESSON 9: FLAVORFUL FOODS

GOALS:

At the end of the lesson, participants will be able to:

- Identify common spices and herbs that are used in cooking
- Match spices and herbs with foods that complement them
- Identify common condiments that also add flavor without sodium, and less calories

MATERIALS NEEDED:

- ✓ And Justice for All poster (blue one)
- ✓ Pens/pencils
- ✓ Flip chart
- ✓ Flavorful Foods worksheet
- ✓ Variety of herbs and spice blends (fresh or dried) to smell and match with foods that they would complement and enhance.
- ✓ Ingredients to make spice blends to share (optional)
- ✓ Small containers for spice blends (optional)

SUGGESTED RECIPES:

- Herbed Popcorn & Pretzel Mix
- Fiesta Chicken Soup (Tex-Mex spice blend)
- Whole Roasted Chicken (Curry spice blend)
- Home Run Hummus Wrap (Mediterranean spice blend)
- Vegetable Pasta Salad (Ranch spice blend)

SUGGESTED PHYSICAL ACTIVITIES:

- 1 strength/balance activity
- 1 flexibility activity

REINFORCEMENTS:

- Cookbook (if last session)
- Spice Blends (optional)

LESSON OVERVIEW

Section	Description	Worksheets Recipe Preparation Reinforcements	Flip Chart Pages	Time Required
Welcome	<ul style="list-style-type: none"> Welcome participants back Check-in about progress from last week Introduce the topic for the day – flavorful foods 	Distribute Flavorful Foods worksheet	9-0	5
Anchor	<ul style="list-style-type: none"> Can you recall some of your favorite meals growing up? Do you remember the flavors? What made you smile and ask for more? Share with your neighbors. Ask participants to name reasons why it is better to cook with herbs and spices than with fats, sugars and sodium for flavoring. How do you know if a food contains a lot of salt? Can you name some foods that contain a high amount of sodium? 			

Section	Description	Worksheets Recipe Preparation Reinforcements	Flip Chart Pages	Time Required
Herbs and Spices	Add <ul style="list-style-type: none"> Did you know many adults, their spouse or friends have hypertension (high blood pressure), or are at risk for it? In fact, the older we get, the greater the risk for hypertension. Keeping dietary sodium in check is encouraged, to help with blood pressure control. Herbs and spices add flavor and color that can enhance foods and health; often without adding calories, fats, sodium or sugar. <ul style="list-style-type: none"> Be careful when purchasing commercially prepared spice blends. Often times, these blends can be high in sodium and contain added sugars. Always read the ingredients list to see if sodium or sugar have been added. Herbs and spices can be used as substitutes for fats, salts, and sugars to improve their nutritional quality. Herbs can be the leaves, flowers, berries, stems, roots or seeds of plants. What fresh herb did you buy recently? 	Distribute list of Herbs and Spices worksheet/handout	9-1	5
	Apply <ul style="list-style-type: none"> You will notice a difference when you first start cooking with less sodium. Fortunately, your sense of taste will change. After a period of adjustment, most people stop missing salt and start enjoying the other flavors of food. Ask participants to share names of herbs and spices that they use regularly. Ask what foods they use with them. 		9-2	5

Section	Description	Worksheets Recipe Preparation Reinforcements	Flip Chart Pages	Time Required
Herbs and Spices	<p>Try these flavors to liven up your meals without salt. Herbs and spices on vegetables:</p> <ul style="list-style-type: none"> • Carrots -- Cinnamon, cloves, dill, ginger, marjoram, nutmeg, rosemary, sage • Corn -- Cumin, curry powder, paprika, parsley • Green beans -- Dill, lemon juice, marjoram, oregano, tarragon, thyme • Tomatoes -- Basil, bay leaf, dill, marjoram, onion, oregano, parsley, pepper <p>Herbs and spices on meat:</p> <ul style="list-style-type: none"> • Fish -- Curry powder, dill, dry mustard, lemon juice, paprika, pepper • Chicken -- Poultry seasoning, rosemary, sage, tarragon, thyme • Pork -- Garlic, onion, sage, pepper, oregano • Beef -- Marjoram, nutmeg, sage, thyme • There are many ways to add flavor to foods without using salt - mustard, vinegar, lime juice, avocado, low-sodium soy sauce, hummus, lemon juice, and hot sauce. 		9-3	
	<p>Add</p> <ul style="list-style-type: none"> • Share containers of herbs and spices or plants so that participants can smell a variety of flavors. Fresh and dried. <p>Tips on using Herbs:</p> <ul style="list-style-type: none"> • Use 3 times as much fresh as you would a dried herb. Select tender stems, with bright leaves, that are washed, remove leaves; chop finely to release their aroma. • Herbs are best added the last few minutes of cooking to keep their flavors. • For cold foods, such as salads, mix fresh or dried herbs and spices a few hours before serving, to give the flavors time to blend. • Store your spices and dried herbs away from heat. Keep them cool and tightly covered to retain their aromas. 	Dried, fresh herbs and spices on hand	9-3	10

Section		Description	Worksheets Recipe Preparation Reinforcements	Flip Chart Pages	Time Required
Flavor Without the Sodium	Add	<p>Adding low-sodium/salt-free condiments and foods to meals can be a good way to increase flavor without eating too much sodium.</p> <ul style="list-style-type: none"> Help participants name low-sodium or salt-free condiments and foods they could add to meals. Mention vinegar, mustard, hot sauce lemon juice, lime juice, low-sodium soy sauce, hummus, avocado, and Worcestershire sauce. 			5
	Apply	<ul style="list-style-type: none"> Name foods that you can add these low calorie/no calorie flavors to save calories. Explain that one can make their own herb and spice blends - refer to handout (see below this chart). 	Worksheet/handout -Participants can list foods that will enhance meals		5

Section		Description	Worksheets Recipe Preparation Reinforcements	Flip Chart Pages	Time Required
Physical Activity	Anchor	<ul style="list-style-type: none"> Can you recall when you last did sit-ups or crunches? How'd you feel the next day? 			
	Add	<ul style="list-style-type: none"> The abdominal muscles support the trunk, allow movement and hold organs in place by regulating internal abdominal pressure. The deep abdominal muscles, together with muscles in the back, make up your "core" muscles and help keep your body stable and balanced, and protects your spine. As people age, they lose strength and muscle throughout the body. They also tend to sit more and not use the important muscles in the core as often. Throughout life, and as we age, core strength is critical for posture, injury prevention, and longevity. The core muscles support your whole body and are used in all your daily activities. Lifting, walking, and stair climbing all require the use of your core. It's what stabilizes and drives your limb movement. Keeping your core strong is one of the best things you can do for your health. 			
	Apply	<ul style="list-style-type: none"> Strength, balance, and flexibility are critical to fall prevention and the ability to carry out every day activities. Abdominal crunches help with balance by strengthening the core. <ol style="list-style-type: none"> Sit in a chair with your arms crossed over your chest Slowly bend forward with back straight, contracting abdominal muscles 	Worksheet with suggested activity	9-4	5

Physical Activity		<ul style="list-style-type: none"> c. Straighten up slowly all the way to the starting position d. Repeat 3-5 times • Wrist rotations help improve flexibility in the wrists. 			
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Section		Description	Worksheets Recipe Preparation Reinforcements	Flip Chart Pages	Time Required
Food Prep	Apply	<ul style="list-style-type: none"> • Distribute spice blends to participants. Ask participants to smell blends, and taste them. • Food Tasting Experience • Herbs & Spices Word Search Activity • Ask participants if they liked the recipe and if they think they could make it at home. Ask participants to share what other recipes they might use the spice blends with. 	Refer to Lesson 9 worksheet, pages 3-4 Prepare recipe with participants While cooking, others can do the word search found on the handout/ worksheet		10-15

Section		Description	Worksheets Recipe Preparation Reinforcements	Flip Chart Pages	Time Required
Goal Setting	Away	<ul style="list-style-type: none"> • Discuss changes participants are willing to make. • Discuss food prep 	Goal-setting section of the handout/ worksheet	9-5	5

TOTAL TIME	60 minutes
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MAKING SPICE BLENDS TO SHARE:

For this lesson only, you may give each participant one or two spice blends. The blends are sodium-free. Blends should be created and packaged for distribution prior to the lesson wearing foodservice grade gloves. In the future (post COVID-19), making the blends with the group will be permissible, though time consuming.

Purchase and prepare the spice blends **ONLY** if you intend to teach Lesson 9.

There are four spice blends to choose from:

- **Tex-Mex Blend**
- **Curry Blend**
- **Mediterranean Blend**
- **Ranch Blend**

Each spice blend yields batches of different sizes. For example, one batch of the Ranch recipe yields about 9 tablespoons (T) of blend. This would make about 3 servings (**1 serving = 3T**). If you wanted to make the Ranch recipe for 15 participants, you'd have to make five times the recipe to yield enough for the group. Glass or plastic containers with lids that can be labeled are preferred. Over time, spice blends will lose their potency if kept in plastic bags.

Quantity Guide: Use these numbers to help prepare enough spice blend to share with your participants.

Tex-Mex Blend-

1 x recipe = 3 tablespoons of blend = 1 serving
15 x recipe = 45 tablespoons of blend = 15 servings

Curry Blend-

1 x recipe = 6 tablespoons of blend = 2 servings
8 x recipe = 48 tablespoons = 16 servings

Ranch Blend-

1 x recipe = 9 tablespoons of blend = 3 servings
5 x recipe = 45 tablespoons of blend = 15 servings

Mediterranean Blend-

1 x recipe = 7 tablespoons of blend = 2 servings
7 x recipe = 49 tablespoons of blend = 16 servings

How much should I buy of each herb and spice?

Each spice and herb are sold in differing quantities. Determine how many classes and the size of each class you will be teaching in the next few months. First, check your pantry supplies to see what you already have on hand, and use those first. Name brand spices will cost you the most. Consider buying most of the spices and herbs at the “dollar” store.

Make one of the highlighted recipes in the handout, or choose a recipe from our website that will pair well with a selected spice blend. Participants can then smell and taste the blend and be motivated to try it at home.

Discuss with participants how they might use the blend(s). Encourage idea sharing.

All spices and herb seasonings must be included on your food purchase request. Small plastic, lidded containers (10/package) are available from most dollar stores. You can write the blend name using a permanent marker, or create labels.

SPICE BLEND MEASUREMENTS FOR SHARING WITH PARTICIPANTS:

Please use these measurements as a guide to help you measure out spice quantities to make each blend for 15-16 participants.

TEX-MEX

Spice	Recipe X 15	Tablespoon Equivalent (T)	Cup Equivalent
1 ½ teaspoons parsley, dried	= 22.5 teaspoons	= 7.5T	= ½ cup
½ teaspoon garlic powder	= 7.5 teaspoons	= 2.5T	—
½ teaspoon onion powder	= 7.5 teaspoons	= 2.5T	—
1 teaspoon oregano	= 15 teaspoons	= 5T	= ⅓ cup
1 teaspoon black pepper	= 15 teaspoons	= 5T	= ⅓ cup
1 tablespoon chili powder	= 15T	—	= 1 cup
1 teaspoon paprika	= 15 teaspoons	= 5T	= ⅓ cup
1 ½ teaspoon cumin	= 22.5 teaspoons	= 7.5T	= ½ cup

CURRY

Spice	Recipe X 8	Tablespoon Equivalent (T)	Cup Equivalent
2 tablespoons turmeric	= 16T	—	= 1 cup
1 tablespoon coriander	= 8T	—	= ½ cup
1 tablespoon cumin	= 8T	—	= ½ cup
1 ½ teaspoons ground mustard	= 12 teaspoons	= 4T	= ¼ cup
1 teaspoon ground cardamom	= 8 teaspoons	= 2T + 2 tsp.	—
1 ¼ teaspoons ground clove	= 10 teaspoons	= 3T + 1 tsp.	—
1 teaspoon nutmeg	= 8 teaspoons	= 2T + 2 tsp.	—
¾ teaspoon cayenne pepper (adjust to taste)	= 6 teaspoons	= 2T	—

RANCH

Spice	Recipe X 5	Tablespoon Equivalent (T)	Cup Equivalent
2 tablespoons onion powder	= 10T	—	= ½ cup + 2T
2 tablespoons onion flakes	= 10T	—	= ½ cup + 2T
2 tablespoons parsley, dried	= 10T	—	= ½ cup + 2T
1 tablespoon garlic powder	= 5T	—	= ⅓ cup
1 tablespoon dill weed, dried	= 5T	—	= ⅓ cup
¼ teaspoon thyme, dried	= 1 ¼ teaspoons	—	—
2 teaspoons pepper	= 10 teaspoons	= 3T + 1 tsp.	= ¼ cup

MEDITERRANEAN BLEND

Spice	Recipe X 7	Tablespoon Equivalent (T)	Cup Equivalent
2 tablespoons basil, dried	= 14T	—	= ¾ cup + 2T
2 tablespoons oregano, dried	= 14T	—	= ¾ cup + 2T
1 tablespoon thyme, dried	= 7T	—	= ¼ cup + 3T
1 tablespoon rosemary, dried	= 7T	—	= ¼ cup + 3T
1 tablespoon garlic powder	= 7T	—	= ¼ cup + 3T
¼ teaspoon onion powder	= 1 ¾ teaspoons	—	—

Background Information

Learning how to add flavor to foods without the extra calories or sodium can help with achieving a healthy weight and with following a healthy eating pattern.

Although spices and herbs have been used since ancient times, they are playing a new and important role in modern food preparation. They not only add unique flavors to our food, but contribute color and variety as well. Certain spices and herbs used alone, or in blends, can replace or reduce salt and sugar in foods.

WHAT ARE SPICES AND HERBS?

Many people use the terms interchangeably to mean any product of plant origin used primarily for seasoning food. Technically, herbs come from aromatic plants grown in the temperate zone, while spices are products of tropical plants. Usually, the leaves of herbs are used; whereas, spices may come from the bark, berries, flower buds, roots, or seeds.

DO HERBS AND SPICES ADD NUTRITIVE VALUE TO FOODS?

Herbs and spices add very little if any nutritive value to foods – they are used only for flavoring or coloring foods. In general, they are low in calories, sodium, fat and have no cholesterol, although some of the oil-rich seeds, such as poppy and sesame, contain a moderate amount of calories. Also, some seasonings, such as celery or parsley flakes, contain enough sodium to be counted. However, these ingredients are used in such small quantities that they are not a problem unless a recipe calls for an unusually large amount, or unless someone has been prescribed a severe sodium restriction.

USING HERBS AND SPICES

The advice frequently offered today is simply, “In place of salt, use herbs and spices for flavor.” This leaves one wondering: Which spice with what food? How much? In what combination? Here are some starting points:

- Because herbs and spices can be expensive, start with some of the basic herbs and spices. Americans particularly like pepper, basil, oregano and cinnamon.
- To become familiar with the flavor of a specific herb, put it on a plate and use a salt-free pretzel to dip into it.

Each spice or herb has a distinctive flavor, but certain spices and herbs can be grouped together.

- Strong or dominant flavor – Includes bay leaf, cardamom, curry (actually a blend of spices), ginger, pepper, mustard, rosemary, sage.
- Medium flavors – Use in moderate amounts (1 to 2 teaspoons for 6 servings). Includes basil, celery seeds and leaves, cumin, dill, fennel, French tarragon, garlic, marjoram, mint, oregano, savory, thyme, turmeric.
- Delicate flavors – Includes chervil, chives, parsley. May be used in large quantities and combined with most other herbs and spices.
- Sweet flavor (combined in sweet dishes may let you reduce sugar) – Includes cinnamon, cloves, allspice, ginger, cardamom, anise, fennel, mint.

- Savory flavor – Oregano, tarragon, chives, dill.
 - Peppery flavor – Red pepper, mustard, black pepper, paprika. Use with care since their flavors stand out (approximately 1 teaspoon for 6 servings).
- Consider the flavor of the main ingredient in the recipe. In general, the weaker the flavor of the food, the less seasoning needed to give a satisfactory balanced note in the final product.
 - Consider the form that will be used. Dried herbs are stronger than fresh herbs because the chemicals that produce the characteristic flavor are more concentrated. Powdered spices are stronger than crumbled spices since the flavoring chemicals can mix with the food easier. A useful guide is: 1/4 teaspoon powdered = 3/4 to 1 teaspoon dried crumbled = 2 to 3 teaspoons fresh.
 - When using fresh herbs, chop the leaves very fine. The more cut surface exposed, the more flavor will be released. Kitchen shears are ideal for cutting fresh herbs, but a knife can also be used.
 - Use whole spices in recipes that require lengthy cooking because there is plenty of time for the flavor to be extracted and spread throughout the food. The flavor of herbs is lost however, by extended cooking, so add them during the last 45 minutes if the recipe calls for long simmering.
 - Another technique is to use part of the herb at the beginning and the remainder later in cooking.
 - In quick- or medium-cooking dishes, crush dried herbs first to release some of the oils. Use a mortar and pestle or a rolling pin.
 - Add herbs several hours or overnight to cold foods such as dips, cheese, vegetables and dressings. This allows the flavors to blend.
 - Be conservative in the amount of an herb used until you are familiar with the strength of it. Start with a pinch. You can always add more, but you can't remove it. The flavor can be extremely objectionable if too much is used.
 - To test herb or spice combinations in soups or stews, remove 1/2 cup of food from the pan. Add a large pinch (1/8 teaspoon) of each and stir. Allow to stand at room temperature approximately 10 minutes. Taste. If acceptable, add the combination to the remainder of the recipe.
 - For salt reduction, choose the savory or biting spices and herbs, blends and vegetable seasonings. Good choices include black pepper, garlic powder or granules, curry powder, cumin, dill seeds, basil, ginger, coriander, onion, tarragon and oregano.
 - When reducing sugar, use the sweet spices. They are appealing in sweet dishes, and the amount of sugar may be reduced because they give the impression of greater sweetness.
 - When using more than one herb or spice, do not mix two very strong flavored herbs together. Rather, combine one strong flavored with one or more milder flavored herbs to complement both the stronger herb and the food.

STORING HERBS AND SPICES

Keep herbs and spices in a cool, dry place (not over the range!) and in air-tight containers. Store dried herbs in plastic bags, glass jars or stainless steel containers rather than in cardboard. Keep containers out of direct sunlight, which fades the color of the herb and reduces the strength.

Your recipes won't taste as good if the spice or herb has lost its flavor. Simply adding more than the recipe calls for won't solve the problem. Check whole spices for freshness once a year by crushing a small amount and sniffing it. The aroma should be fresh and pungent. Use the same method to check ground spices every six months and dried herbs 2 to 3 times a year.

Because some spices and herbs can be expensive, refrigerating or freezing in air-tight containers lengthens their life. The flavor and color will last longer, and refrigeration will reduce the chance of insect infestation. Some spices such as paprika, chili powder and red pepper attract insects.

PHYSICAL ACTIVITY

The abdominal muscles support the trunk, allow movement and hold organs in place by regulating internal abdominal pressure. The deep abdominal muscles, together with muscles in the back, make up your "core" muscles and help keep your body stable and balanced, and protects your spine.

As people age, they lose strength and muscle throughout the body. They also tend to sit more and not use the important muscles in the core as often.

Throughout life, and as we age, core strength is critical for posture, injury prevention, and longevity. The core muscles support your whole body and are used in all your daily activities. Lifting, walking, and stair climbing all require the use of your core. It's what stabilizes and drives your limb movement. Keeping your core strong is one of the best things you can do for your health.

Source for Background Information:

Cooperative Extension Education in Agriculture and Home Economics, University of Delaware State University and the United States Department of Agriculture Cooperative Services.

Eat Smart • Move More

Virginia Cooperative Extension • Family Nutrition Program

For more low-cost, healthy recipes visit
The Family Nutrition Program at
www.eatsmartmovemoreva.org/recipes/

www.eatsmartmovemoreva.org

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