

WORKSHOP

1

# Enjoy Healthy Food Choices That Taste Great



**Eat Healthy • Be Active  
Community Workshops**



**ODPHP**

Office of Disease Prevention  
and Health Promotion



WORKSHOP

1

# Table of Contents

Instructor Guide .....	5
Workshop Lesson Plan .....	7
Handouts .....	15







# Instructor Guide

## BEFORE WORKSHOP BEGINS

- Thoroughly read entire workshop and become familiar with the lesson plan.
- Choose an activity to do, and gather materials needed for the icebreaker and the chosen activity.
  - **Icebreaker:** large and small disposable plates, salt-free pretzels, olive oil, a selection of spices (hint: consider buying spices from a food co-op where you can buy small amounts for less money), and a plate/tray for the spices
  - **Activity 1:** paper plates, crayons/markers/etc. for each person
  - **Activity 2:** sugar, can of soda, plate, teaspoon
- Photocopy handouts (1 per participant):
  1. **Enjoy Healthy Food Choices That Taste Great (2 pages)**
  2. **Find Someone Who...(1 page)**
  3. **Tips for Healthier Choices (2 pages)**
  4. **Understanding and Using the Nutrition Facts Label (1 page)**
  5. **Cut Down on Sodium (2 pages)**
  6. **Reduce Your Sodium (Salt) Intake (1 page)**
  7. **Modifying a Recipe: Lasagna, Recipe Makeover (2 pages)**
  8. **MyPlate 10 Tips to Choose MyPlate (2 pages)**
  9. **Workshop Evaluation (1 page)**





## WORKSHOP OUTLINE

The workshop should last ~1 hour, including activities.

- **Icebreaker activity** (5 minutes)—do this while people are coming into the workshop.
- **Introduction** (5 minutes)
  - Explain the purpose of the workshop.
  - Review the Learning Objectives.
- **Objective 1:** List 5 small changes you can make to choose foods and beverages with healthier fats, less sodium, and less added sugars (5–10 minutes).
  - Review handout: *Enjoy Healthy Food Choices That Taste Great*
  - Video: *Healthy Can Be Tasty* (2–3 minutes)
  - Stretch Break (5 minutes)
  - Review handout: *Find Someone Who...*
- **Objective 2:** Identify 3 spices, herbs, or salt-free seasonings that will give you new ways to eat healthfully (5–10 minutes).
  - Review handout: *Tips for Healthier Choices*
  - Review handout: *Understanding and Using the Nutrition Facts Label*
  - Review handout: *Cut Down on Sodium*
  - Review handout: *Reduce Your Sodium (Salt) Intake*
- Activity (5–10 minutes). Note: Choose ahead of time and gather supplies. If doing Activity 1, review *MyPlate 10 Tips to Choose MyPlate* during this time.
- **Objective 3:** Use recipe modifications and cooking techniques to reduce calories, saturated and *trans* fats, sodium, and added sugars (5–10 minutes).
  - Review handout: *Modifying a Recipe: Lasagna, Recipe Makeover* (at-home activity)
  - Increasing Physical Activity (1–2 minutes)
  - Review handout: *MyPlate 10 Tips to Choose MyPlate* (2 minutes)
- **Wrap-Up/Q&A** (5 minutes)
  - **Reminders** of things to try at home:
    - Modify a recipe to make it lower in saturated and *trans* fats, sodium, and/or added sugars.
    - Increase physical activity and reduce amount of time sitting/screen time.
- Ask participants to complete the **evaluation form** (5 minutes).



## WORKSHOP

# 1

# Workshop Lesson Plan

## ICEBREAKER ACTIVITY

### Taste Testing (5 minutes)

**Spices/Herbs/Seasonings Taste Test:** Select 2–3 spices, such as thyme, basil, oregano, rosemary, garlic powder, onion powder, chili powder, low-sodium taco seasoning, cumin, curry, coriander, salt-free seasoning mixes, etc. As people come into the workshop, offer them a salt-free pretzel to dip in a small amount of olive oil and then in a spice. See how they like the taste and whether they can name the spice/seasoning.

**Supplies necessary:** Large and small disposable plates, salt-free pretzels, olive oil, a selection of spices (hint: consider buying spices from a food co-op where you can buy small amounts for less money), and a plate/tray for the spices



## TALKING POINTS

### Purpose of the Workshop (2–3 minutes)

- Today's workshop and handouts will give you tips for making meals that both are healthy and taste great.
- This workshop is based on the Dietary Guidelines for Americans and the Physical Activity Guidelines for Americans. The Dietary Guidelines provides science-based advice for making food choices that promote good health and a healthy weight and help prevent disease. The Physical Activity Guidelines provides recommendations on the amount, types, and level of intensity of physical activity needed to achieve and maintain good health.
- The Dietary Guidelines supports these selected consumer messages. More information about the messages can be found at [www.choosemyplate.gov](http://www.choosemyplate.gov).
  - Everything you eat and drink over time matters. The right mix can help you be healthier now and in the future. Start with small changes to make

healthier choices you can enjoy. *Find your healthy eating pattern and maintain it for a lifetime.* This means:

- Make half your plate fruits and vegetables — focus on whole fruits and vary your veggies.
- Make half your grains whole grains.
- Move to low-fat or fat-free milk or yogurt.
- Vary your protein routine.
- Drink and eat less sodium, saturated and *trans* fats, and added sugars.
- Healthy eating and physical activity are the building blocks of a healthier life. The Physical Activity Guidelines recommends that adults be physically active for at least 2 hours and 30 minutes each week — children need 60 minutes each day.
- You can stay physically active by doing activities such as walking, dancing, bicycling, or gardening and by reducing the amount of time you spend sitting.



## WORKSHOP LESSON PLAN

### TALKING POINTS

#### Learning Objectives (2–3 minutes)

- List 5 small changes you can make to choose foods and beverages with healthier fats, less sodium, and less added sugars.
- Identify 3 spices, herbs, or salt-free seasonings that will give you new ways to eat healthfully.
- Use recipe modifications and cooking techniques to reduce calories, saturated and *trans* fats, sodium, and added sugars.

### TALKING POINTS

#### Handout: Enjoy Healthy Food Choices That Taste Great (5–10 minutes)

- Select lean cuts of beef or pork or lean ground beef (92% lean or higher) and skinless turkey or chicken breast.
- Compare sodium in foods like soup, bread, and frozen meals—and choose foods with lower numbers.
- Limit your purchase of processed meats such as bacon, sausage, and hot dogs, which tend to be higher in sodium and saturated fats.
- Choose legumes like black or kidney beans or black-eyed peas or tofu as a main dish or part of a meal as protein sources.
- Try seafood instead of meat and poultry. Aim to eat about 8 ounces of seafood per week.
- Choose whole-grain cereals that don't have frosting or other added sugars; add flavor to hot whole-grain cereals with raisins, vanilla, and/or cinnamon.
- Make half your plate fruits and vegetables (especially nutrient-packed ones that are red, orange, and green, as well as legumes like black or kidney beans or black-eyed peas).
  - Choose frozen vegetables without sauces and canned vegetables that are lower in sodium.
  - In addition to fresh fruits, use canned, frozen, and dried fruits. Look for the canned fruit lowest in added sugars.
- Choose water, fat-free or low-fat milk or fortified soymilk, or 100% fruit or vegetable juice as drinks rather than regular soda, sports drinks, energy drinks, fruit drinks, and other sugar-sweetened drinks.
- Instead of a big dessert like regular ice cream, cake, pie, or cookies, try a piece of fresh fruit or a frozen 100% fruit bar, or split a smaller dessert with a friend.

**EAT HEALTHY YOUR WAY**  
**Enjoy Healthy Food Choices That Taste Great**

Read this handout to learn how you can eat tasty foods while lowering sodium and sugar and switching to healthier fats.

**MEET THE PÉREZ FAMILY**  
Roberto, Gloria, and their daughters, Maria and Ana, are finding that eating healthy doesn't mean losing flavor in their foods.

**Gloria:** Plain and simple—in the past, our family did not eat healthy. I modified my old recipes by using less salt and sugar and choosing healthy fats. I made small changes such as making the olive oil healthier. These instead of deep-frying. I took it in the oven with herbs and a little olive oil. Easy changes—yet the results better for us!

**Roberto:** Gloria's cooking will taste great. We found out that healthy eating doesn't mean bland. We still use olive oil, chicken, fish, lots of garlic, and other spices to flavor our food.

**Ana:** Each week, we now eat a new fruit or vegetable for our family to try. Last night we added a bean and some almonds to our salad, and it was very good.

**Gloria:** My advice to families wanting to eat better and feel better? Don't make a new change. Before you know it, your family will actually prefer your new way of cooking. More food!

**GLORIA'S QUICK AND HEALTHY TURKEY TACO SALAD**  
Gloria changed her old recipe. Now she has ground turkey instead of beef ground beef and serves it as a taco salad. By making some healthy changes, she got the recipe without feeling like she was giving up. She added lots of extra fresh, juicy peaches for dessert. What a quick, easy, and beautiful meal. Try this recipe—your family will enjoy it as much as we do!

**For more information, visit**  
[www.choosemyplate.gov](http://www.choosemyplate.gov)

**RECIPE**  
**TURKEY TACO SALAD**  
This recipe serves 8 people.

1. Cook a 1/2 pound cooking spray. Brown 1 pound of 92% fat-free ground turkey breast with half a chopped onion.
2. Add 2 cups of red onion, diced, crushed, or whole tomatoes.
3. Add 1 cup of chopped garlic and 1 teaspoon each of dried oregano and cilantro.
4. Add 1 cup of 2 tablespoons of olive oil or vegetable oil. If you don't like your food that spicy, use 2 teaspoons of olive oil instead.
5. Let cook on the stove for 10 minutes.
6. Serve the taco meat on chopped raw spinach or other greens. Break up a handful of baked tortilla chips and sprinkle them on. Top with chopped tomatoes, chopped onions, fresh cilantro, and lime. You can also add 1 teaspoon of ground beef for cheese.

Small Changes Can  
Make a Large  
Difference





## WORKSHOP LESSON PLAN



### VIDEO

#### Healthy Can Be Tasty (2–3 minutes)



[health.gov/dietaryguidelines/workshops/](https://health.gov/dietaryguidelines/workshops/)

### STRETCH BREAK

#### Handout: Find Someone Who ... (5 minutes)

**“Find Someone Who ...”:** This bingo-like game reinforces the winning combination of a healthy diet and physical activity, and allows participants to get to know one another. Pass out the game sheet and ask participants to walk around the room and talk to one another to learn which healthy lifestyle activities each person enjoys. Participants then sign their names in the boxes for the activities they do. Depending on the size of the group, set a limit on how many boxes the same person can sign on a participant’s game sheet (usually just 2). Award a healthy prize (fruit, water bottle, jump rope, etc.) to the first person to get a complete row signed. To keep the game going, ask participants to try and complete 2 rows, a “T” pattern, or even the whole grid. It’s helpful to have several prizes on hand to reward winners.

#### Supplies necessary:

*Find Someone Who ...* handout for each participant, healthy prize items

Find Someone Who ...			
Eating Healthy Most of the Time + Physical Activity = Good Health			
			
Has a home-cooked dinner on most nights	Made half their plate fruit and vegetables today	Plays outside with their kids or grandchildren	Has fruit for dessert often
Chooses fat-free or low-fat milk and dairy products	Doesn't drink soda	Chooses whole-grain products when available	Engaged in aerobic exercise 3 times last week
Feels good after exercising	Works in the garden	Avoids salty foods like lunch meats or hot dogs	Takes a brisk walk on most days
Avoids oversized portions	Did exercises like push-ups and planks last week	Likes 100% frozen fruit bars	Regularly reads the Nutrition Facts label

# WORKSHOP LESSON PLAN

## TALKING POINTS

### Handouts: Tips for Healthier Choices and Understanding and Using the Nutrition Facts Label (5 minutes)

The Dietary Guidelines recommends a healthy eating pattern low in sodium, saturated and *trans* fats, and added sugars.

- Reduce daily **sodium** intake to less than 2,300 mg/day. (Adults with prehypertension or hypertension would benefit from further reducing sodium intake to less than 1,500 mg/day.)
  - **HERE'S HOW:** Read Nutrition Facts labels and choose the option lower in sodium.
  - Choose fresh, frozen (no sauce or seasoning), or no-salt-added canned vegetables, and fresh poultry, seafood, pork, and lean meat, rather than processed meat and poultry.
  - Eat at home more often. Cook foods from scratch to control the sodium content of dishes—limiting sauces, mixes, and “instant” products like flavored rice, instant noodles, and ready-made pasta. Flavor foods with herbs and spices instead of salt.
- Consume less than 10% of calories from **saturated fats**.
  - **HERE'S HOW:** Read Nutrition Facts labels and choose the option lower in saturated fats and higher in unsaturated fats (polyunsaturated and monounsaturated fats).
  - Choose lean meats and poultry and fat-free or low-fat dairy products instead of fatty meats and poultry and whole or 2% dairy products.



- For entrees like sandwiches, stir-fries, and rice bowls opt for more veggies and less meat and choose little or no regular cheese and other toppings with saturated fats.
- Keep **trans fats** consumption as low as possible.
  - **HERE'S HOW:** Limit foods with partially hydrogenated oils or that list on the Nutrition Facts label that they contain *trans* fats.
- Consume less than 10% of calories from **added sugars**.
  - **HERE'S HOW:** Drink water instead of sugar-sweetened beverages like regular soda, sports drinks, and juice drinks.
  - Limit portion size and eat few snacks and sweets with added sugars like cakes, cookies, pie, and ice cream.
  - Choose unsweetened or no-sugar-added versions of canned fruit, fruit sauces (e.g., applesauce), and yogurt.

#### Tips for Healthier Choices

These alternatives provide new ideas for old favorites. Don't forget to check food labels to compare calories, saturated and trans fats, sodium, and added sugars in products.

If you usually buy:	Try these:
<b>Meats, Fish, and Poultry</b>	
Cold cuts or lunch meats (bologna, salami, ham, etc.)	Low fat/reduced sodium cold cuts (turkey, salami, ham, etc.)
Bacon or sausage	Canadian bacon or lean ham
Regular ground beef	Lean ground beef (at least 92% lean/8% fat) or lean ground turkey
Beef chuck, ribs, brisket	Beef round or loin (trimmed of external fat)
Frozen breaded fish or fried fish (homemade or commercial)	Fish or shellfish, unbreaded (fresh, frozen, or canned in water)
Cheddar sausage	Turkey sausage or vegetarian sausage
<b>Cereals, Grains, and Pastas</b>	
Pasta with cheese sauce ( Alfredo)	Whole grain pasta with red sauce (tomato)
Pasta with cheese sauce	Whole grain pasta with vegetable (spinach) sauce
White rice or pasta	Brown rice or whole grain pasta
<b>Baked Goods</b>	
Cookies or biscuits	Whole grain rolls
Doughnuts, sweet rolls, muffins, scones, or pastries	Whole grain English muffins or mini-buns
Party crackers	Whole grain crackers (choose lower in sodium or air-popped popcorn)
Frosted cake or pound cake	Fruit—fresh, frozen, or canned without added sugar

#### Understanding and Using the Nutrition Facts Label

The U.S. Food and Drug Administration has updated the Nutrition Facts label for packaged foods and beverages that will make a meal for you. Explore it today and discover the wealth of information it contains!

##### Servings Per Container

Get the number of servings in the entire food package or container. One package of food may contain more than one serving. Some containers may have a different size, which differs from the amount of calories and nutrients in one serving and the entire package.

##### Serving Size

Get the number of servings in the amount of food that is **usually eaten** at one time. This number represents the amount of food that is usually eaten at one time. The number of servings in the amount of food that is usually eaten at one time is used to calculate the number of servings in the amount of food that is usually eaten at one time. The number of servings in the amount of food that is usually eaten at one time is used to calculate the number of servings in the amount of food that is usually eaten at one time.

##### Calories

Calories are the energy that food provides. The number of calories in a serving of food is the number of calories that food provides. The number of calories in a serving of food is the number of calories that food provides. The number of calories in a serving of food is the number of calories that food provides.

##### Percent Daily Value

The Percent Daily Value shows how much a nutrient in a serving of food contributes to a total daily diet. Use the % Daily Value to determine if a serving of food is high or low in a nutrient. The % Daily Value is based on the diet of a healthy person. The % Daily Value is based on the diet of a healthy person. The % Daily Value is based on the diet of a healthy person.

# WORKSHOP LESSON PLAN

## TALKING POINTS

### Handouts: Cut Down on Sodium and Reduce Your Sodium (Salt) Intake (5 minutes)

- Too much sodium can be bad for your health because it can increase your blood pressure.
- The majority of sodium we consume is in processed and restaurant foods.
- The average sodium intake for Americans ages 2 years and older is approximately **3,400 mg** per day.
- The Dietary Guidelines recommends reducing sodium intake to less than **2,300 mg** per day for adults ages 14 years and older. Children younger than 14 years need less sodium depending on their age.

### Cut Down on Sodium

Get the facts about sodium and salt from the Dietary Guidelines for Americans. Limiting sodium — by eating out less and making smart choices at the grocery store — can have health benefits.

**What is sodium?**  
Sodium is a mineral, and most of the sodium we eat comes from salt. We all need a little sodium to stay healthy. Eating too much sodium can lead to high blood pressure, which can increase your risk of a heart attack or stroke.

**What foods are high in sodium?**  
The good news is that cutting down on your sodium intake can help lower your blood pressure or keep it at a healthy level.

Wherever you eat will be your best bet. But the Dietary Guidelines shows that sodium doesn't come from our saltshakers, manufacturers and others who prepare and sell food. It comes from the salt that's already in many of the foods we eat. Sodium is found in all prepared foods, but it's especially high in:

- Processed meats, poultry, and seafood
- Soups, dressings, and condiments
- Instant products like boxed soups, ready-made pasta

Keep in mind that even foods that don't have sodium in your diet, especially if they're processed, can have sodium added to them. For example, the sodium found in foods like cheese, and condiments can add up.

### Reduce Your Sodium (Salt) Intake

- Read the Nutrition Facts labels to choose foods that are lower in sodium.
- When purchasing canned foods, select those labeled as "reduced sodium," "low sodium," or "no salt added." Rinse regular canned foods to remove some sodium.
- Gradually reduce the amount of sodium in your foods. Your taste for salt will change over time.

- Consume more fresh food and few processed foods that are higher in sodium.
- Eat more home prepared foods, where you have more control over sodium, and use little or no salt or salt-containing seasonings when cooking or serving food.
- When eating at restaurants, ask that salt not be added to your food or order lower sodium options, if available.

### Tips for Using Herbs and Spices (Instead of Salt)

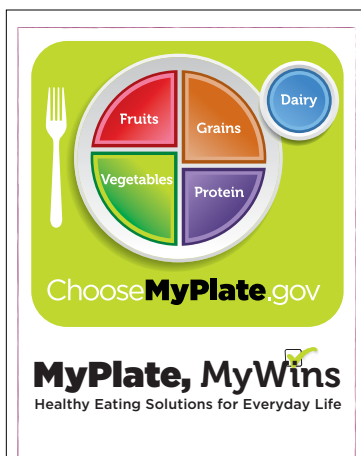
Basil	Use in pastas, soups, salads, vegetables, fish, and meats.
Chili Powder	Use in soups, stews, salads, vegetables, fish, and meats.
Cumin	Use in salads, vegetables, breads, and snacks.
Onions	Use in soups, salads, and vegetables.
Onion Powder	Use in soups, salads, and vegetables.
Garlic	Use in soups, vegetables, meats, chicken, and stir-fries.
Ginger	Use in soups, salads, vegetables, fish, and meats.
Marjoram	Use in soups, salads, vegetables, fish, and meats.
Nutmeg	Use in vegetables, meats, and snacks and in breads in place of sugar.
Oregano	Use in pastas, soups, salads, vegetables, fish, and meats.
Parsley	Use in pastas, salads, vegetables, fish, and meats.
Rosemary	Use in pastas, salads, vegetables, fish, and meats.
Sage	Use in soups, salads, vegetables, fish, and meats.
Thyme	Use in salads, vegetables, fish, and chicken.

Note: To use, use small amounts of these herbs and spices to see whether you like them.  
Source: <http://www.choosemyplate.gov/healthy-eating-tips>

## ACTIVITY

### Choose one ahead of time (5–10 minutes)

1. **"MyPlate" Drawing:** Discuss the *MyPlate 10 Tips Choose MyPlate* handout just before starting this activity. Give each participant a paper plate and ask the group to draw pictures of foods that make up a healthy plate. Remind them to design a plate that is half fruits and vegetables and features whole grains, protein foods, and low-fat dairy products. Ask each participant to show his or her plate and describe his or her proposed meal to the group.
2. **Demonstration: How much sugar is in a soda?** Ask participants to guess how many teaspoons of sugar are in a can of soda before you start this activity. Ask for a volunteer to help you with this demonstration. Ask the volunteer to spoon out 10 teaspoons of sugar onto a plate in front of a can of regular soda. Then tell participants that this is about the amount of sugar in 1 can of soda. Ask participants: If you drank a 12-ounce regular soda every day for a year, how much sugar would that be? The answer is 30 pounds of sugar! Let them know that a person could lose up to 15 pounds in a year by switching from 1 can of regular soda per day (150 calories) to water or another calorie-free drink. One way to help manage your weight is to make small shifts in your diet to reduce calorie intake. For example, choosing water instead of a sugary drink can help you reduce calorie intake over time, which can have an impact on weight.



**Note:** You can include examples that may not be on a plate like rice bowls or soups.

**Supplies necessary:** paper plates, crayons/markers/etc. for each person

## WORKSHOP LESSON PLAN

### TALKING POINTS

#### Handout: Modifying a Recipe: Lasagna, Recipe Makeover (5–10 minutes)

There are simple changes you can make when cooking to reduce calories, saturated and *trans* fats, sodium (salt), or added sugars. Here are some general tips to make your meals healthier.

- Cook with low-fat methods such as baking, broiling, boiling, steaming, or microwaving, rather than frying.
- Season foods with herbs, spices, lime or lemon juice, and vinegar rather than salt.
- Use a little oil or spray oils instead of butter and stick margarine.
- Increase the amount of vegetables and/or fruits in a recipe—remember, you want to fill half of your plate with vegetables or fruits.
- Take the skin off chicken and turkey pieces before cooking them to reduce the amount of saturated fats.

### Modifying a Recipe: Lasagna, Recipe Makeover

**INGREDIENTS**

- 1 box lasagna noodles  
**INSTEAD:** 1 box whole-wheat lasagna noodles
- 1 pound ground beef  
**INSTEAD:** 1 pound lean ground beef or lean ground turkey
- ½ cup chopped onion  
• 8 ounces sliced mushrooms, optional  
**INSTEAD:** 12 ounces sliced mushrooms, optional
- 1 jar (about 16 ounces) spaghetti sauce  
• 1 teaspoon garlic powder  
• ½ teaspoon salt  
**INSTEAD:** ½ teaspoon salt
- 1 teaspoon dried leaf oregano, crumbled  
• ½ teaspoon dried leaf basil, crumbled  
• 1½ cups ricotta cheese  
**INSTEAD:** 1½ cups part-skim ricotta cheese
- 2 cups shredded Monterey Jack cheese  
**INSTEAD:** 1 cup reduced-fat shredded Monterey Jack cheese
- ¼ cup grated Parmesan cheese  
**INSTEAD:** ¼ cup reduced-fat grated Parmesan cheese

**DIRECTIONS**

1. Cook lasagna noodles according to package directions; drain and set aside.
2. In a large skillet, brown beef, onion, and mushrooms. **Note:** Don't forget to drain the fat from the meat.
3. Stir in spaghetti sauce, onion, and mushrooms.
4. In a 2-quart pot, spread with lasagna sauce, ricotta cheese.
5. Repeat layers.
6. Sprinkle Parm.
7. Bake lasagna thoroughly in preheated 350°F oven for 30 minutes.
8. Let stand for 10 minutes before serving.

**TIP:** Look for recipes with a lower sodium or fat content.

### Recipe Makeover

Recipe makeover for:

Recipe ingredients:	Substitutions I can make:

Cooking instructions:	New cooking instructions (if needed):



**TIP:** Reduce the amount of sugar in a recipe by  $\frac{1}{4}$  to  $\frac{1}{3}$ . For example, if a recipe calls for 1 cup, use  $\frac{2}{3}$  cup. To enhance the flavor when sugar is reduced, add vanilla, cinnamon, or nutmeg.

## WORKSHOP LESSON PLAN

### TALKING POINTS

#### Increasing Physical Activity (1–2 minutes)

- The Physical Activity Guidelines for Americans recommends that everyone engage in regular physical activity for health benefits.
- Here are the recommendations for adults:

	Moderate Activity	Vigorous Activity
Type of Activity	Walking briskly, biking on flat ground, line dancing, gardening	Jumping rope, basketball, soccer, swimming laps, aerobic dance
Amount	If you choose activities at a <b>moderate</b> level, do at least <b>2 hours and 30 minutes a week</b>	If you choose activities at a <b>vigorous</b> level, do at least <b>1 hour and 15 minutes a week</b>

Source: 2008 Physical Activity Guidelines for Americans

- Children need **60 minutes of physical activity each day**.
- **TODAY'S TIP:** Limit screen time.
  - Limit the amount of time you spend watching TV or using other media such as video games. This is especially important for children and adolescents.
  - Use the time you watch TV to be physically active in front of the TV.
- Keep track of your physical activity and nutrition goals!
  - Track your physical activity and take small steps to improve your eating habits. You can keep track with a journal or notebook, a website, or a mobile app.
- Presidential Active Lifestyle Award (PALA+): An awards program of the President's Council on Fitness, Sports & Nutrition that promotes physical activity and good nutrition. The 8-week program can help you maintain or improve your health, and is a great way to help manage and reach your health goals.
  - For more information about PALA+, visit [www.fitness.gov/participate-in-programs/pala/](http://www.fitness.gov/participate-in-programs/pala/)
  - See the Appendix for a PALA+ log that you can print.

**TIP:** You can combine moderate and vigorous activities. In general, 1 minute of vigorous activity is equal to 2 minutes of moderate activity.







## TALKING POINTS

### Handouts: MyPlate and 10 Tips (2 minutes)



# MyPlate, MyWins

## Healthy Eating Solutions for Everyday Life

Choose **MyPlate.gov/MyWins**

## TALKING POINTS

### Wrap-Up/Q&A (5 minutes)

#### Things to Try at Home

- Modify a recipe to make it lower in saturated and *trans* fats, sodium, or added sugars.
- Reduce amount of screen time and increase physical activity.





**10 tips**  
Nutrition Education Series

**Choose MyPlate**

Use MyPlate to build your healthy eating style and maintain it for a lifetime. Choose foods and beverages from each MyPlate food group. Make sure your choices are limited in sodium, saturated fat, and added sugars. Start with small changes to make healthier choices you can enjoy.

- Find your healthy eating style**  
Choosing a healthy eating style means regularly eating a variety of foods to get the nutrients and calories you need. MyPlate is here to help you create your own healthy eating solutions—MyWins.
- Make half your plate fruits and vegetables**  
Eating colored fruits and vegetables is important because they provide vitamins and minerals and are low in calories.
- Focus on whole fruits**  
Choose whole fruits—fresh, frozen, dried, or canned in 100% juice. Enjoy fruit with meals, as snacks, or as a dessert.
- Vary your veggies**  
Try eating fresh, frozen, or canned vegetables in salads, soups, and casseroles. Choose a variety of colorful vegetables and prepare in healthy ways: steamed, roasted, sautéed, or raw.
- Make half your grains whole grains**  
Look for whole grains listed first or second on the ingredients list—rye, oatmeal, popcorn, whole grain bread, and brown rice. Limit grain-based desserts and snacks, such as cookies, cereals, and pastries.
- Move to low-fat or fat-free milk or yogurt**  
Choose low-fat or fat-free milk, yogurt, and ice cream. Switch to low-fat or fat-free cheese. Replace meat, poultry, seafood, and eggs with beans, lentils, tofu, and eggs.
- Vary your protein routine**  
Mix up your protein foods to include and gradually increase your intake of beans, lentils, and tofu. Try meat, poultry, seafood, and eggs. Use lean meats and poultry. Try meat dishes made with beans or seafood. Use low-fat or fat-free dairy.
- Drink and eat beverages and food with less sodium, saturated fat, and added sugars**  
Limit the sodium in your diet and vegetables. Eat to limit items high in sodium, saturated fat, and added sugars. Choose vegetables and instead of butter, use oil-based sauces and dips instead of those with butter, cream, or cheese.
- Drink water instead of sugary drinks**  
Water is calorie-free. Non-diet soda, energy or sports drinks, and other sugar-sweetened drinks contain a lot of calories from added sugars and have few nutrients.
- Everything you eat and drink matters**  
Make every food choice count. Turn small changes into your MyWins. MyPlate.

Order or Request Policy and Program: 1-800-456-7890 or visit us online at [www.choosemyplate.gov](http://www.choosemyplate.gov) for more information.

Go to [ChooseMyPlate.gov](http://ChooseMyPlate.gov) for more information.

DS TipSheet No. 1  
June 2015  
Revised October 2016

## COMPLETE EVALUATION FORM

### (5 minutes)

Fill out the form and give to instructor.

**WORKSHOP 1**

### Evaluation

TODAY'S DATE: \_\_\_\_\_

	1 - Strongly Disagree	2 - Disagree	3 - Neither Disagree nor Agree	4 - Agree	5 - Strongly Agree
1. The workshop covered useful information. <small>Comments:</small>	1	2	3	4	5
2. The workshop activities were helpful. <small>Comments:</small>	1	2	3	4	5
3. I plan to try a recipe makeover this week. <small>Comments:</small>	1	2	3	4	5
4. I plan to change my eating habits based on the information I learned today. <small>Comments:</small>	1	2	3	4	5
5. I plan to become more active based on the information I learned today. <small>Comments:</small>	1	2	3	4	5
6. The instructor presented the information in a helpful way. <small>Comments:</small>	1	2	3	4	5
7. Overall, I found the workshop to be very helpful. <small>Comments:</small>	1	2	3	4	5
8. Please tell us which materials you found most useful.					

- 1. Enjoy Healthy Food Choices That Taste Great**
- 2. Find Someone Who...**
- 3. Tips for Healthier Choices**
- 4. Understanding and Using the Nutrition Facts Label**
- 5. Cut Down on Sodium**
- 6. Reduce Your Sodium (Salt) Intake**
- 7. Modifying a Recipe: Lasagna, Recipe Makeover**
- 8. MyPlate 10 Tips to Choose MyPlate**
- 9. Evaluation**



## EAT HEALTHY YOUR WAY

# Enjoy Healthy Food Choices That Taste Great

Read this handout to learn how you can eat tasty foods while lowering sodium and sugar and switching to healthier fats.



## MEET THE PÉREZ FAMILY

Roberto, Gloria, with son, Juan, are finding that eating healthy doesn't mean losing flavor in their foods.

**Gloria:** Plain and simple—in the past, our family did not eat healthy.

I modified my old recipes by using less salt and sugar and choosing healthy fats. I made small changes such as taking the skin off my chicken. Then, instead of deep-frying, I bake it in the oven with herbs and a little olive oil. Easy changes—yet so much better for us!

**Roberto:** Gloria's cooking still tastes great. We found out that healthy eating doesn't mean bland. We still use chiles, cilantro, lime, lots of garlic, and other spices to flavor our food.

**Juan:** Each week, my mom and I pick a new fruit or vegetable for our family to try. Last night we added a kiwi and some almonds to our salad, and it was very good.

**Gloria:** My advice to families wanting to eat better and feel better? Slowly make a few changes. Before you know it, your family will actually prefer your new way of cooking. Mine does!

## GLORIA'S QUICK AND HEALTHY TURKEY TACO SALAD

**Gloria:** I changed my old taco recipe. I use very lean ground turkey breast instead of fattier ground beef and serve it as a taco salad. By crushing some baked tortilla chips, we get the crunch without the fat from crispy taco shells. I cut up some fresh, juicy pears for dessert. What a quick, easy, and flavorful meal. Try my recipe—I hope your family enjoys it as much as we do!

## RECIPE

### TURKEY TACO SALAD

This recipe serves 4 people.

1. Coat a pan with cooking spray. Brown 1 pound of 99% fat-free ground turkey breast with half of a chopped onion.
2. Add 2 cans of no-salt-added diced, crushed, or whole tomatoes.
3. Add 1 clove of chopped garlic and 1 teaspoon each of dried oregano and cilantro.
4. Add 1 or 2 chopped ancho chiles or jalapeños. If you don't like your food that spicy, use 2 teaspoons of chili powder instead.
5. Let cook on the stove for 10 minutes.
6. Serve the taco meat on chopped raw spinach or other greens. Break up a handful of baked tortilla chips and sprinkle them on. Top with chopped tomatoes, chopped onions, fresh cilantro, and lime. You can also add 1 teaspoon of grated low-fat cheese.

For more  
information, visit  
[www.healthfinder.gov](http://www.healthfinder.gov).

## EAT HEALTHY YOUR WAY

All the flavor—with healthy fats, less salt, and less sugar! Check off the tips you will try.

Pick Healthy Fats and Still Keep the Flavor	
Instead of ...	✓ I will ...
 Frying in butter, stick margarine, lard, or shortenings	<input type="checkbox"/> Bake, broil, grill, or boil. <input type="checkbox"/> Stir-fry or sauté with cooking spray in a nonstick pan. Or use vegetable oils like canola, corn, olive, peanut, or soybean.
Choosing whole milk, full-fat cream cheese, or full-fat hard cheeses	<input type="checkbox"/> Drink fat-free or 1% milk. <input type="checkbox"/> Choose fat-free or low-fat cream cheese and low-fat or reduced-fat hard cheeses.
Choosing full-fat sour cream or full-fat cottage cheese	<input type="checkbox"/> Choose fat-free or reduced-fat sour cream or fat-free plain yogurt. <input type="checkbox"/> Eat fat-free or low-fat (1%) cottage cheese.
Choosing fattier cuts of meat	<input type="checkbox"/> Take the skin off chicken and turkey pieces before cooking them. <input type="checkbox"/> Eat lean cuts of ground meat, at least 92% lean/8% fat. Try lean cuts of meat like sirloin, tenderloin, round steaks, and roasts. Look for 99% fat-free ground turkey breast or ground chicken breast.
Lower Salt, Not Taste!	
Instead of ...	✓ I will ...
 Buying already prepared meals and processed meats (such as cold cuts, hot dogs, and sausages)	<input type="checkbox"/> Make more meals using fresh, lean meats and fresh, frozen, or low-sodium canned vegetables.
Eating frozen or delivery pizza	<input type="checkbox"/> Make veggie pizza at home using fresh vegetables, a small amount of cheese, and no-salt-added tomato sauce.
Choosing regular canned vegetables	<input type="checkbox"/> Choose canned vegetables that are labeled “no salt added.” <input type="checkbox"/> Buy fresh veggies or frozen vegetables without sauces. Use herbs to add flavor. <input type="checkbox"/> Look at the Nutrition Facts label and choose the can lower/lowest in sodium.
Adding salt to foods for flavor	<input type="checkbox"/> Season foods with herbs, spices, chiles, lime or lemon juice, and vinegar.
Lower Sugar, and Still Satisfy Your Sweet Tooth!	
Instead of ...	✓ I will ...
 Choosing sweet breakfast cereals	<input type="checkbox"/> Choose whole-grain cereals that don't have frosting or added sugars. <input type="checkbox"/> Choose fat-free yogurt or fat-free cottage cheese. Add fresh fruit and a few almonds for extra flavor and crunch.
Drinking sugary soft drinks and juice drinks	<input type="checkbox"/> Drink water or unsweetened iced tea with lemon juice.
Eating big portions of sweet desserts	<input type="checkbox"/> Eat a piece of fresh fruit—yummy! <input type="checkbox"/> Split a small dessert with a friend.
Choosing canned fruit packed in syrup	<input type="checkbox"/> Choose canned fruits without added sugars. <input type="checkbox"/> Choose fresh or frozen fruit.



## Find Someone Who ...

Eating Healthy Most of the Time + Physical Activity = Good Health



Has a home-cooked dinner on most nights

Made half their plate fruit and vegetables today

Plays outside with their kids or grandchildren

Has fruit for dessert often

Chooses fat-free or low-fat milk and dairy products

Doesn't drink soda

Chooses whole-grain products when available

Engaged in aerobic exercise 3 times last week

Feels good after exercising

Works in the garden

Avoids salty foods like lunch meats or hot dogs

Takes a brisk walk on most days

Avoids oversized portions

Did exercises like push-ups and planks last week



Likes 100% frozen fruit bars

Regularly reads the Nutrition Facts label



# Tips for Healthier Choices

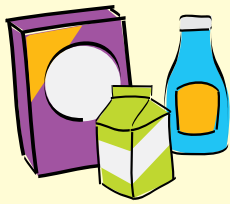
These alternatives provide new ideas for old favorites. Don't forget to check food labels to compare calories, saturated and *trans* fats, sodium, and added sugars in products.

	If you usually buy:	Try these:
	<b>Meats, Fish, and Poultry</b>	
	Cold cuts or lunch meats (bologna, salami, liverwurst, etc.)	Low-fat/reduced sodium cold cuts (turkey, chicken)
	Bacon or sausage	Canadian bacon or lean ham
	Regular ground beef	Lean ground beef (at least 92% lean/8% fat) or lean ground turkey
	Beef chuck, rib, brisket	Beef round or loin (trimmed of external fat)
	Frozen breaded fish or fried fish (homemade or commercial)	Fish or shellfish, unbreaded (fresh, frozen, or canned in water)
	Chorizo sausage	Turkey sausage or vegetarian sausage (made with tofu)
	<b>Cereals, Grains, and Pastas</b>	
	Pasta with white sauce (Alfredo)	Whole grain pasta with red sauce (marinara)
	Pasta with cheese sauce	Whole grain pasta with vegetables (primavera)
	White rice or pasta	Brown rice or whole grain pasta
	<b>Baked Goods</b>	
	Croissants or brioches	Whole grain rolls
	Doughnuts, sweet rolls, muffins, scones, or pastries	Whole grain English muffins or mini-bagels
	Party crackers	Whole grain crackers (choose lower in sodium) or air-popped popcorn
	Frosted cake or pound cake	Fruit—fresh, frozen, or canned without added sugars

## Tips for Healthier Choices (continued)

	If you usually buy:	Try these:
	<b>Dairy Products</b>	
	Whole milk (regular, evaporated, or sweetened condensed)	Fat-free (skim) milk, low-fat (1%) milk, evaporated milk, or a fortified soymilk*
	Ice cream	Low-fat or fat-free and no-sugar-added versions of ice cream or frozen yogurt
	Sour cream	Plain fat-free or low-fat Greek yogurt or fat-free sour cream
	Cream cheese	Neufchatel “light” cream cheese or fat-free cream cheese
	Cheese (cheddar, Swiss, Monterey Jack, American, mozzarella, etc.)	Reduced-calorie or fat-free cheese, part-skim cheese, low-calorie processed cheese, etc.
	Regular (4%) cottage cheese	Fat-free or low-fat (1%) cottage cheese
	Whole-milk ricotta cheese	Part-skim milk ricotta cheese
	Coffee cream (half and half) or nondairy creamer	Low-fat (1%) or fat-free milk or nonfat dry milk powder
	<b>Fats, Oils, and Salad Dressings</b>	
	Stick margarine or butter	Olive oil or tub margarine with no <i>trans</i> fat
	Regular mayonnaise	Mustard or fat-free or light mayonnaise
	Cream-based salad dressing	Oil-based salad dressings, such as vinaigrette, lemon juice, or wine vinegar
	<b>Miscellaneous</b>	
	Canned cream soups	Canned broth-based soups (low sodium)
	Gravy (homemade with fat and/or milk)	Gravy mixes made with water or homemade with the fat skimmed off and fat-free milk
	Salted/flavored nuts and seeds	Unsalted, plain nuts and seeds

\* Other products sold as “milks” but made from plants (e.g., almond, rice, coconut, and hemp “milks”) may contain calcium and be consumed as a source of calcium, but they are not included as part of the dairy group because their overall nutritional content is not similar to dairy milk and fortified soy beverages (soymilk).



## Understanding and Using the Nutrition Facts Label

The U.S. Food and Drug Administration has finalized a new Nutrition Facts label for packaged foods and beverages that will make it easier for you to make informed food choices that support a healthy diet.

Explore it today and discover the wealth of information it contains!



### Servings Per Container

Servings per container shows the **total number of servings** in the entire food package or container. One package of food may contain more than one serving. Some containers may also have a dual column label, which shows the amount of calories and nutrients in one serving and the entire package.

### Serving Size

Serving size is based on the **amount of food that is customarily eaten** at one time. The nutrition information listed on the Nutrition Facts label is *usually based on one serving* of the food; however, some containers may also have information displayed per package. When comparing calories and nutrients in different foods, check the serving size in order to make an accurate comparison.

### Calories

Calories refers to the **total number of calories**, or “energy,” supplied from all sources (fat, carbohydrate, protein, and alcohol) in one serving of the food. To achieve or maintain a healthy weight, balance the number of calories you consume with the number of calories your body uses. 2,000 calories a day is used for general nutrition advice. However, your calorie needs may be higher or lower and vary according to age, gender, height, weight, and physical activity level. Check your calorie needs at <http://www.choosemyplate.gov>.

As a general rule:

**100 calories** per serving is **moderate**  
**400 calories** per serving is **high**

### Percent Daily Value

The percent Daily Value (%DV) shows **how much a nutrient in one serving of the food contributes to a total daily diet**. Use the %DV to determine if a serving of the food is high or low in an individual nutrient and to compare food products (*check to make sure the serving size is the same*).

As a general rule:

**5% DV** or less of a nutrient per serving is **low**  
**20% DV** or more of a nutrient per serving is **high**

### Nutrients

The Nutrition Facts label can help you learn about and compare the nutrient content of many foods in your diet. Use it to choose products that are lower in nutrients you want to get less of and higher in nutrients you want to get more of.

**Nutrients to get less of:** saturated fat, *trans* fat, sodium, and added sugars. Diets higher in these nutrients can increase the risk of developing high blood pressure and/or cardiovascular disease. **Get less than 100% DV of these each day.** (Note: *trans* fat has no %DV, so use the amount of grams as a guide)

**Nutrients to get more of:** dietary fiber, vitamin D, calcium, iron, and potassium. Most Americans do not get the recommended amount of these nutrients, and diets higher in these nutrients can decrease the risk of developing diseases, such as high blood pressure, cardiovascular disease, osteoporosis, and anemia. **Get 100% DV of these on most days.**

Nutrition Facts	
2 servings per container	
Serving size 1 1/2 cup (208g)	
Amount per serving	
<b>Calories</b>	<b>240</b>
% Daily Value*	
<b>Total Fat</b> 4g	<b>5%</b>
Saturated Fat 1.5g	<b>8%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 430mg	<b>19%</b>
<b>Total Carbohydrate</b> 46g	<b>17%</b>
Dietary Fiber 7g	<b>25%</b>
Total Sugars 4g	
Includes 2g Added Sugars	<b>4%</b>
<b>Protein</b> 11g	
Vitamin D 2mcg	<b>10%</b>
Calcium 260mg	<b>20%</b>
Iron 6mg	<b>35%</b>
Potassium 240mg	<b>6%</b>
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



<http://www.fda.gov/nutritioneducation>

December 2016







**DIETARY  
GUIDELINES  
FOR AMERICANS  
2015-2020  
EIGHTH EDITION**

# Cut Down on Sodium

Get the facts about sodium and salt from the *Dietary Guidelines for Americans*. Limiting sodium — by eating out less and making smart choices at the grocery store — can have health benefits.

## What is sodium?

Sodium is a mineral, and most of the sodium in our foods comes from salt. We all need a little sodium to stay healthy.

Eating too much sodium can lead to high blood pressure (hypertension). High blood pressure can raise your risk of having a heart attack or stroke.

The good news is that cutting down on sodium can help lower your blood pressure or keep it at a healthy level.

## What foods are high in sodium?

Whenever you add salt to your food, you're adding sodium. But the *Dietary Guidelines* shows that most of the sodium we eat doesn't come from our saltshakers. Sodium is used by food manufacturers and others who prepare foods as a preservative and to add flavor, cure meat, thicken sauces, and keep some foods moist. That's why sodium is found in almost all of the processed and prepared foods we buy.

Dishes with many ingredients — like pizza, casseroles, burgers, tacos, and sandwiches — tend to have ingredients that are high in sodium. When making these dishes, limit ingredients that are often high in sodium:

- Processed meats, poultry, and seafood — like deli meats, sausages, pepperoni, and sardines
- Sauces, dressings, and condiments
- Instant products like flavored rice, instant noodles, and ready-made pasta

Keep in mind that even foods that don't taste salty may still be adding sodium to your diet, especially if you eat them often. For example, the sodium found in foods like breads and tortillas, cheese, and condiments can add up.

## Key Recommendations: Sodium

Age range	Amount of sodium
Adults* and children 14 years and older	Less than 2,300 mg a day
Children ages 9 to 13	Less than 2,200 mg a day
Children ages 4 to 8	Less than 1,900 mg a day
Children ages 2 to 3	Less than 1,500 mg a day

\*Adults without hypertension or prehypertension

Adults with hypertension or prehypertension can lower their blood pressure even more by limiting sodium intake to 1,500 mg a day.

## Sodium and salt — what's the difference?

Since most sodium in our foods comes from salt, people use the 2 words as if they're the same thing. They're actually a little different. Sodium is a mineral that's **in** salt. Salt is also known as *sodium chloride*.



## How can I cut down on sodium?

Pay close attention to the foods you choose when you're grocery shopping and eating out. Try making these 5 small changes.

- 1. Check the Nutrition Facts label.** Before you buy a food or drink, look for the amount of sodium on the Nutrition Facts label. Compare different options and choose the one with the lowest amount.

You can also look out for foods that are labeled low-sodium, reduced sodium, or no-salt-added. But keep in mind that sometimes foods without these labels are still lower in sodium — so it's always a good idea to check the Nutrition Facts label.

Nutrition Facts	
8 servings per container	
Serving size 20 cup (55g)	
Amount per serving	
<b>Calories 230</b>	
% Daily Value*	
Total Fat 1g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
<b>Sodium 10mg</b>	<b>2%</b>
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 20mg	10%
Calcium 200mg	20%
Iron 4mg	40%
Potassium 200mg	40%

Two slices of thick-crust pizza with pepperoni add up to about 2,270 mg of sodium — almost the daily recommended sodium limit for adults and children 14 years and up!



- 2. Find out which foods you eat have the most sodium.** You can check out the top 10 sources of sodium ([www.cdc.gov/salt/sources.htm](http://www.cdc.gov/salt/sources.htm)) to get an idea. For dishes higher in sodium, consider eating smaller portions or eating them less often.

- 3. Make healthy shifts.** Replace higher-sodium foods or ingredients with healthier options. You can:



**Snack on unsalted nuts instead of snacks like salted pretzels**



**Choose fresh skinless chicken and turkey, lean meats, and seafood instead of processed deli meats or sausages**



**Go for fresh, frozen vegetables without sauce, and canned vegetables with the least amount of sodium**

When eating out, you can:

- Ask for the written nutrition information and look for items that are lower in sodium
- Get dressings and sauces on the side — and add only the amount you need to your meal
- Ask to have no salt added to your food

- 4. Cook more at home.** Making your own meals — instead of eating at restaurants or buying packaged foods — is a great way to eat less sodium because you're in control. To add flavor, use spices instead of salt or packaged sauces and mixes.

- 5. Consider the Dietary Approaches to Stop Hypertension (DASH) eating plan.** Based on scientific evidence, the DASH plan helps limit sodium and unhealthy fats. Think about following the DASH eating plan at the lower-sodium option of 1,500 mg per day if you have hypertension or prehypertension. Learn more about it at <http://www.nhlbi.nih.gov/health-topics/dash-eating-plan>.

There are lots of different types of salt: table salt, kosher salt, sea salt, Himalayan salt, and more. To lower the sodium in your diet, you need to cut down on **all** types of salt, including salt already in foods.

Want to learn more about sodium and how to find a healthy eating pattern that works for you or your family? Check out [DietaryGuidelines.gov](http://DietaryGuidelines.gov) for more information on the *Dietary Guidelines* and [ChooseMyPlate.gov](http://ChooseMyPlate.gov) for online tools, recipes, and more.



ODPHP

Office of Disease Prevention and Health Promotion

2015–2020 Dietary Guidelines for Americans — Cut Down on Added Sodium — Page 2  
December, 2016

# Reduce Your Sodium (Salt) Intake

- Read the Nutrition Facts labels to choose foods that are lower in sodium.
- When purchasing canned foods, select those labeled as “reduced sodium,” “low sodium,” or “no salt added.” Rinse regular canned foods to remove some sodium.
- Gradually reduce the amount of sodium in your foods. Your taste for salt will change over time.
- Consume more fresh food and few processed foods that are higher in sodium.
- Eat more home-prepared foods, where you have more control over sodium, and use little or no salt or salt-containing seasonings when cooking or eating foods.
- When eating at restaurants, ask that salt not be added to your food or order lower-sodium options, if available.

Tips for Using Herbs and Spices (Instead of Salt)	
Basil	Use in pastas, soups, salads, vegetables, fish, and meats.
Chili Powder	Use in soups, stews, salads, vegetables, and fish.
Cinnamon	Use in salads, vegetables, breads, and snacks.
Cloves	Use in soups, salads, and vegetables.
Dill Weed and Dill Seed	Use in fish, soups, salads, and vegetables.
Garlic	Use in soups, vegetables, meats, chicken, and stir-fries.
Ginger	Use in soups, salads, vegetables, meats, and stir-fries.
Marjoram	Use in soups, salads, vegetables, beef, fish, and chicken.
Nutmeg	Use in vegetables, meats, and snacks and in breads in place of sugar.
Oregano	Use in pastas, soups, salads, vegetables, meats, and chicken.
Parsley	Use in pastas, salads, vegetables, fish, and meats.
Rosemary	Use in pastas, salads, vegetables, fish, and meats.
Sage	Use in soups, salads, vegetables, meats, and chicken.
Thyme	Use in salads, vegetables, fish, and chicken.

**Note:** To start, use small amounts of these herbs and spices to see whether you like them.

**Resource:** <http://www.choosemyplate.gov/healthy-eating-style>





# Modifying a Recipe: Lasagna, Recipe Makeover

## INGREDIENTS

- 1 box lasagna noodles  
**INSTEAD 1 box whole-wheat lasagna noodles**
- 1 pound ground beef  
**INSTEAD 1 pound lean ground beef or lean ground turkey**
- ½ cup chopped onion
- 8 ounces sliced mushrooms, optional  
**INSTEAD 12 ounces sliced mushrooms, optional**
- 1 jar (about 16 ounces) spaghetti sauce
- 1 teaspoon garlic powder
- ½ teaspoon salt  
**INSTEAD Omit salt**
- 1 teaspoon dried leaf oregano, crumbled
- ½ teaspoon dried leaf basil, crumbled
- 1½ cups ricotta cheese  
**INSTEAD 1½ cups part-skim ricotta cheese**
- 2 cups shredded Monterey Jack cheese  
**INSTEAD 1 cup reduced-fat shredded Monterey Jack cheese**
- ¾ cup grated Parmesan cheese  
**INSTEAD ½ cup reduced-fat grated Parmesan cheese**

## DIRECTIONS

1. Cook lasagna noodles according to package directions; drain and set aside.
2. In a large skillet, brown beef, onion, and mushrooms. **Note:** Don't forget to drain the fat from the meat after you brown it.
3. Stir in spaghetti sauce, garlic powder, salt, oregano, and basil.
4. In a 2-quart baking dish (about 11×7×2 inches) sprayed with cooking spray, layer 1/3 of the lasagna noodles, 1/3 of the sauce, and 1/3 of the ricotta cheese and Monterey Jack cheese.
5. Repeat layers twice.
6. Sprinkle Parmesan cheese on top.
7. Bake lasagna for 30 minutes or until thoroughly heated and bubbly in a preheated 350°F oven.
8. Let stand for 8 to 10 minutes before cutting and serving.



**TIP:** Look for vegetable-based sauces without added cheese or meat. Compare brands and choose a sauce with a lower sodium content.

**Source:** We Can! Fun Family Recipes & Tips,  
<http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/eat-right/fun-family-recipes.htm>

# Recipe Makeover

Take one of your favorite family recipes and revise it to make it lower in saturated and *trans* fat, sodium, and added sugars and include more vegetables, fruits, and whole grains. Use the space provided to record your new recipe.

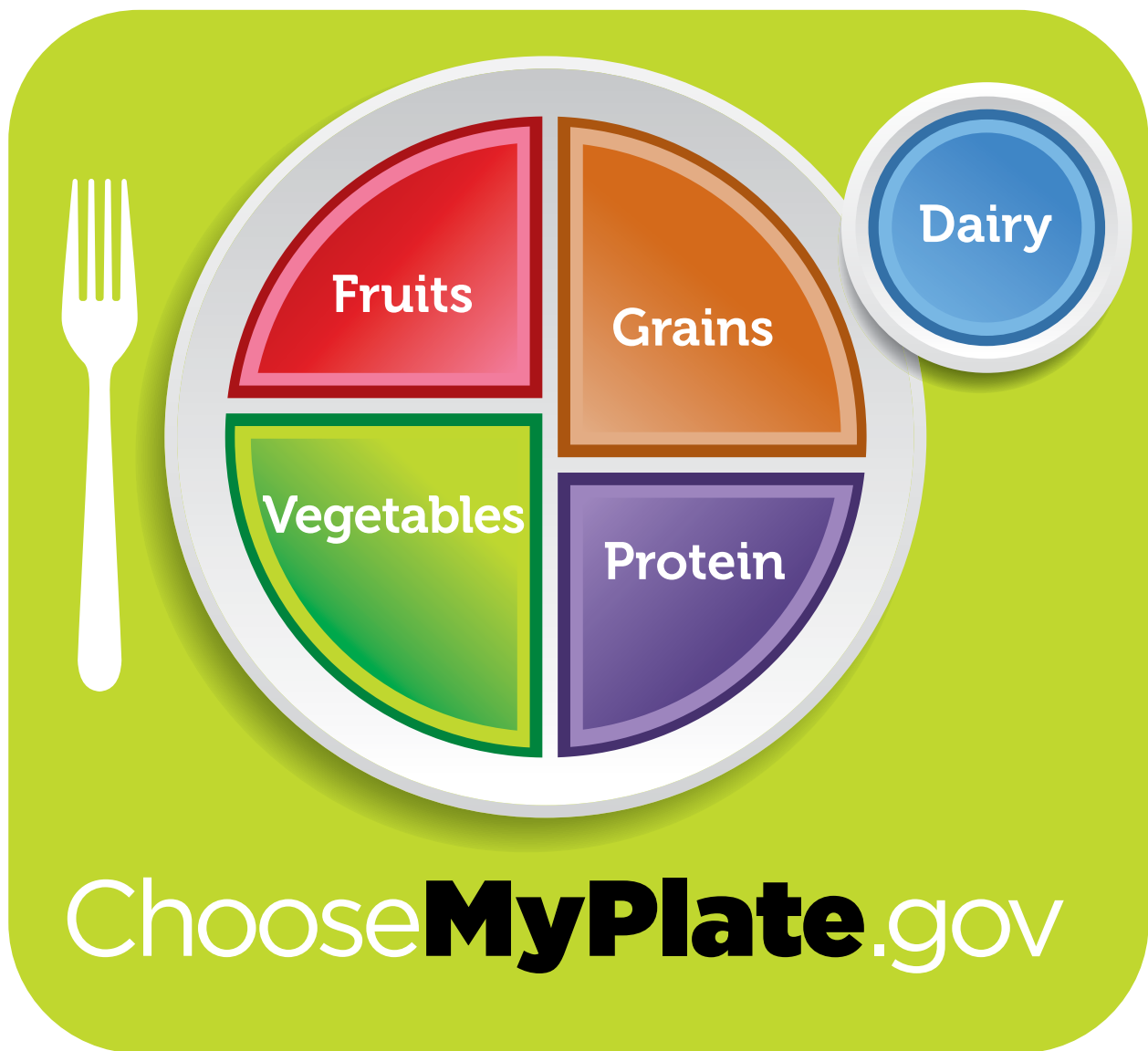
Recipe makeover for:

**Recipe ingredients:**

**Substitutions I can make:**

**Cooking instructions:**

**New cooking instructions (if needed):**



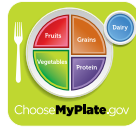
# **MyPlate, MyWins**

Healthy Eating Solutions for Everyday Life



United States Department of Agriculture

**10  
tips**  
Nutrition  
Education Series



**MyPlate**  
**MyWins**

Based on the  
**Dietary  
Guidelines**  
for Americans

## Choose MyPlate

**Use MyPlate to build your healthy eating style and maintain it for a lifetime.** Choose foods and beverages from each MyPlate food group. Make sure your choices are limited in sodium, saturated fat, and added sugars. Start with small changes to make healthier choices you can enjoy.

### 1 Find your healthy eating style

Creating a healthy style means regularly eating a variety of foods to get the nutrients and calories you need. MyPlate's tips help you create your own healthy eating solutions—"MyWins."

### 2 Make half your plate fruits and vegetables

Eating colorful fruits and vegetables is important because they provide vitamins and minerals and most are low in calories.

### 3 Focus on whole fruits

Choose whole fruits—fresh, frozen, dried, or canned in 100% juice. Enjoy fruit with meals, as snacks, or as a dessert.



### 4 Vary your veggies

Try adding fresh, frozen, or canned vegetables to salads, sides, and main dishes. Choose a variety of colorful vegetables prepared in healthful ways: steamed, sautéed, roasted, or raw.



### 5 Make half your grains whole grains

Look for whole grains listed first or second on the ingredients list—try oatmeal, popcorn, whole-grain bread, and brown rice. Limit grain-based desserts and snacks, such as cakes, cookies, and pastries.



### 6 Move to low-fat or fat-free milk or yogurt

Choose low-fat or fat-free milk, yogurt, and soy beverages (soymilk) to cut back on saturated fat. Replace sour cream, cream, and regular cheese with low-fat yogurt, milk, and cheese.



### 7 Vary your protein routine

Mix up your protein foods to include seafood, beans and peas, unsalted nuts and seeds, soy products, eggs, and lean meats and poultry. Try main dishes made with beans or seafood like tuna salad or bean chili.



### 8 Drink and eat beverages and food with less sodium, saturated fat, and added sugars

Use the Nutrition Facts label and ingredients list to limit items high in sodium, saturated fat, and added sugars. Choose vegetable oils instead of butter, and oil-based sauces and dips instead of ones with butter, cream, or cheese.



### 9 Drink water instead of sugary drinks

Water is calorie-free. Non-diet soda, energy or sports drinks, and other sugar-sweetened drinks contain a lot of calories from added sugars and have few nutrients.

### 10 Everything you eat and drink matters

The right mix of foods can help you be healthier now and into the future. Turn small changes into your "MyPlate, MyWins."

Center for Nutrition Policy and Promotion  
USDA is an equal opportunity provider, employer, and lender.

Go to **ChooseMyPlate.gov**  
for more information.

**DG TipSheet No. 1**  
June 2011  
Revised October 2016

# Evaluation

TODAY'S DATE \_\_\_\_\_

1 = Strongly Disagree 2 = Disagree 3 = Neither Disagree nor Agree 4 = Agree 5 = Strongly Agree

1. The workshop covered useful information. Comments:	1	2	3	4	5
2. The workshop activities were helpful. Comments:	1	2	3	4	5
3. I plan to try a recipe makeover this week. Comments:	1	2	3	4	5
4. I plan to change my eating habits based on the information I learned today. Comments:	1	2	3	4	5
5. I plan to become more active based on the information I learned today. Comments:	1	2	3	4	5
6. The instructor presented the information in a helpful way. Comments:	1	2	3	4	5
7. Overall, I found the workshop to be very helpful. Comments:	1	2	3	4	5
8. Please tell us which materials you found most useful.					

