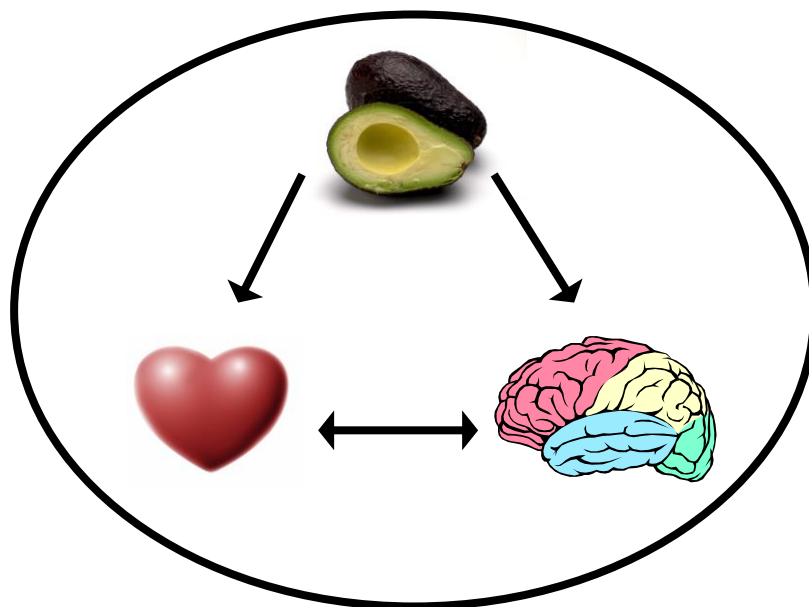


GOOD EATING HABITS FOR GOOD HEALTH

INTERVENTION MANUAL

FACILITATOR GUIDE



Poorni Otilingam, Ph.D.

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LEGEND

One or more of these symbols appear on the following pages:



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Lecture topic



=

Class activity



=

Action item for facilitators

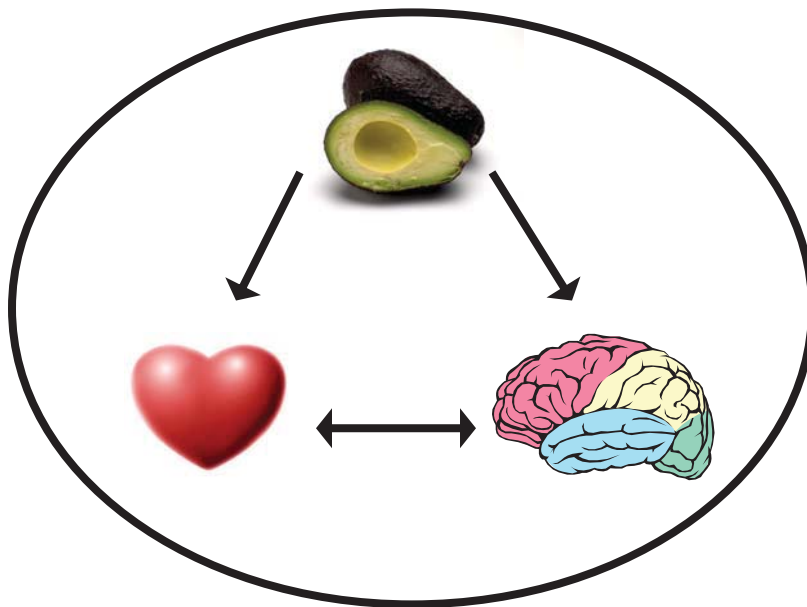


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Handout included in participants' packets

GOOD EATING HABITS FOR GOOD HEALTH

WORKSHOP I





WE WOULD LIKE TO WELCOME YOU TO USC'S GOOD EATING HABITS FOR GOOD HEALTH NUTRITION EDUCATION PROGRAM, OR BUENOS HABITOS ALIMENTICIOS PARA UNA BUENA SALUD. YOU SHOULD HAVE SIGNED IN, PICKED UP A NAMETAG AND HAVE AN INFORMATION PACKET. IS ANYONE MISSING ANY OF THESE THINGS?

IF YOU HAVE ANY QUESTIONS DURING THE PROGRAM, PLEASE ASK US. WE'LL BE YOUR FACILITATORS FOR TODAY'S WORKSHOP. OUR NAMES ARE _____ AND _____. (SAY AS NEEDED: YOU ALREADY MET _____, WHO WILL BE PROVIDING BABYSITTING SERVICES HERE IN THE CLINIC WHILE YOU ARE IN THE WORKSHOP TODAY).



MAKE ADDITIONAL STAFF INTRODUCTIONS AS NECESSARY.

AS YOU MAY KNOW, THIS IS A HEALTHY NUTRITION PROGRAM FOR LATINAS ENROLLED IN USC'S LOS ANGELES LATINO EYE STUDY. IT IS A TWO-PART PROGRAM. TODAY'S WORKSHOP WILL LAST TWO HOURS. AT THE END OF THE WORKSHOP, WE'LL ASK THAT YOU SIGN UP FOR THE SECOND PART. THE SECOND WORKSHOP WILL COVER NEW INFORMATION, AND WILL LAST THREE HOURS. THE PRIMARY FOCUS OF THE PROGRAM IS ON THE IMPORTANCE OF CONSIDERING DIFFERENT TYPES OF FATS IN OUR DIETS. EATING LOTS OF CERTAIN TYPES OF FATS IS ASSOCIATED WITH INCREASED RISK FOR HEART DISEASE AND RELATED DISEASES. IN THIS PROGRAM, WE WANT TO SHOW HOW YOU CAN MODIFY FATS IN YOUR FOODS, AND STILL EAT HEALTHY AND TASTY DISHES.

TO LET YOU KNOW, THERE ARE HEALTHY DRINKS AND SNACKS HERE (POINT) FOR YOU. PLEASE HELP YOURSELVES. ALSO, RESTROOMS ARE LOCATED JUST AROUND THE CORNER IN THE CLINIC.



 **HOLD UP THE HANDOUT SHOWN ON THE NEXT PAGE**

AS YOU CAN SEE ON THIS HANDOUT, BY THE END OF THIS PROGRAM, YOU WILL BE ABLE TO HELP IMPROVE YOUR AND YOUR FAMILY'S HEALTH BY TEACHING YOUR FAMILY ABOUT THE IMPORTANCE OF USING CERTAIN FATS, KNOWING HOW TO SELECT HEALTHIER FOODS AT THE MARKET, PREPARING DELICIOUS, LATINO LOW-FAT MEALS, AND MOST IMPORTANTLY, ENJOYING TASTY AND HEALTHY MEALS WITH YOUR FAMILY. IN A FEW MINUTES, WE WILL BEGIN THE WORKSHOP. HALF THE WORKSHOP WILL BE COVERED IN THIS CLASS; THE OTHER HALF OF THE WORKSHOP WILL BE COVERED IN THE NEXT CLASS. ANY QUESTIONS SO FAR?

WE WANT TO MAKE THIS CLASS AS SUPPORTIVE AS POSSIBLE. WE REALLY LIKED THE IDEA OF A **GROUP-BASED CLASS** BECAUSE WE CAN ALL LEARN FROM EACH OTHER. THEREFORE, PLEASE PARTICIPATE AS MUCH AS YOU FEEL COMFORTABLE, AND PLEASE SUPPORT YOUR CLASSMATES THAT DO.

ALSO, WE WANT TO EMPHASIZE MAKING NUTRITION CHANGES IN **SMALL, GRADUAL STEPS**. AS WE CONTINUE ON, WE'LL PRESENT LOTS OF SMALLER STEPS THAT YOU CAN CONSIDER TAKING TO MODIFY FAT IN YOUR DIETS. AS WE PROCEED, WE WANT TO ENCOURAGE YOU TO THINK ABOUT THREE SMALL STEPS THAT YOU'D LIKE TO FOCUS ON BEFORE THE NEXT WORKSHOP. WE'LL DISCUSS THE THREE STEPS THAT YOU'VE CHOSEN AT THE END OF TODAY'S WORKSHOP.

BEFORE WE GO ON, WE'D LIKE TO KNOW A **LITTLE ABOUT YOU**. WE'D LIKE TO ASK EACH OF YOU TO VERY BRIEFLY TELL US YOUR NAME, WHAT YOU HOPE TO GET OUT OF THIS CLASS, AND YOUR FAVORITE DISH. WHO'D LIKE TO BEGIN?

 **PROCEED AFTER ALL PARTICIPANTS HAVE INTRODUCED THEMSELVES.**

WELCOME



AGAIN, OUR NAMES ARE _____ AND _____. NOW THAT EVERYONE'S INTRODUCED THEMSELVES, LET'S CONTINUE.



BY THE END OF THE TWO-WORKSHOP PROGRAM, YOU WILL BE ABLE TO HELP YOUR AND YOUR FAMILY'S HEALTH BY KNOWING MORE ABOUT HOW TO:

- USE CERTAIN FATS OVER OTHER TYPES OF FATS
- SELECT HEALTHIER FOODS AT THE MARKET
- PREPARE DELICIOUS, LATINO LOW-FAT MEALS
- ENJOY TASTY AND HEALTHY MEALS WITH YOUR FAMILY





LEARNING ABOUT FATS



NOW, WE WILL FIRST DISCUSS AND LEARN ABOUT FAT. HERE, WE WILL DISCUSS TWO MAIN TOPICS: ONE, WHAT IS A FAT AND TWO, WHY DO FATS MATTER.



ACTIVITY: FAT VERSUS MUSCLE

LET'S BEGIN. WHO CAN TELL US WHAT THIS IS?

 *HOLD UP THE FIVE POUND REPLICA OF FAT. DEPENDING ON THE RESPONSES, CUE FOR "FAT"*

NOW, WHO CAN TELL US WHAT THIS IS?

 *HOLD UP THE FIVE POUND REPLICA OF MUSCLE. DEPENDING ON THE RESPONSES, CUE FOR "MUSCLE"*

AS WE PASS THESE TWO REPLICAS AROUND TO YOU, CONSIDER THAT BOTH THE FAT AND THE MUSCLE EACH WEIGH THE SAME AMOUNT, FIVE POUNDS. HOWEVER, THERE'S ONE DIFFERENCE BETWEEN THE TWO. WHAT DO YOU THINK IS THAT DIFFERENCE?

 *PAUSE FOR RESPONSES.*

YOU MIGHT HAVE ALREADY GUESSED THIS, BUT THERE IS A DIFFERENCE IN SIZE BETWEEN THE TWO. ALSO, COMPARED TO THE FAT REPLICA, THE MUSCLE FEELS LIKE IT WEIGHS MORE BECAUSE IT IS LEAN WEIGHT - IT'S DENSER BECAUSE THERE'S NO FAT ON IT. HOWEVER, IF YOU HAVE MORE MUSCLE ON YOUR BODY, YOU WILL NOT LOOK HEAVIER! INSTEAD, YOU WILL LOOK LEANER BECAUSE MUSCLE TAKES UP LESS *SPACE* COMPARED TO FAT. MORE MUSCLE IS SIGNIFICANTLY HEALTHIER THAN FAT. LET'S TALK ABOUT THIS IN THE CONTEXT OF OUR BODIES. WHICH ONE WOULD YOU LIKE TO HAVE MORE OF, FAT OR MUSCLE? WHY?

 *PAUSE FOR RESPONSES.*



ACTIVITY: BENEFITS & BARRIERS

MOVING ON, LET'S CONSIDER THIS PICTURE OF A STOPLIGHT.

 **DISPLAY STOPLIGHT POSTER.**

AS YOU CAN SEE, THE WORDS "STOP, WAIT, AND GO" ARE WRITTEN NEXT TO THE COLORS RED, YELLOW, AND GREEN, RESPECTIVELY.

LET'S PRETEND THAT THE BENEFITS TO HAVING MORE MUSCLE ARE SYMBOLIZED AS A "GREEN" LIGHT. THERE ARE MANY BENEFITS TO HAVING MORE MUSCLE, AND CONSEQUENTLY DECREASING FAT IN OUR BODIES. FOR EXAMPLE, SOME LATINAS IN THE COMMUNITY TOLD US THAT ONE OF THE BENEFITS TO BUILDING MUSCLE INCLUDES HAVING MORE ENERGY, BEING HEALTHIER AND FEELING STRONGER. ANOTHER BENEFIT WAS THAT THEIR CLOTHES FIT BETTER AND THEY LOOKED LEANER.

MANY PEOPLE ARE MOTIVATED BY DIFFERENT FACTORS THAT DRIVE THEM FORWARD TO BUILD MUSCLE. FOR EXAMPLE, SOME LATINAS IN THE COMMUNITY TOLD US THAT A MOTIVATIONAL FACTOR FOR THEM IS WHETHER THEIR CLOTHES ARE BECOMING TOO TIGHT. WHEN THEIR CLOTHES STARTED GETTING TIGHTER, THEY WERE HIGHLY MOTIVATED TO START LOSING WEIGHT. **WHAT MOTIVATES YOU TO BUILD MUSCLE?**

 **PAUSE FOR RESPONSES**

LET'S GO ON. LET'S PRETEND THAT THE BARRIERS TO HAVING MORE MUSCLE ARE SYMBOLIZED AS A "RED" LIGHT -MANY FACTORS IN OUR EVERYDAY LIFE PREVENT US, OR GET IN THE WAY, OF LOWERING THE FAT IN OUR BODY.

FOR EXAMPLE, SOME LATINAS IN THE COMMUNITY TOLD US THAT THEY CONTINUE USING LOTS OF FAT IN THEIR COOKING BECAUSE



ACTIVITY: BENEFITS & BARRIERS

THEIR HUSBANDS WON'T EAT THE FOOD IF IT DOESN'T TASTE THE SAME AS THE FULL FAT VERSION. ARE THERE SUCH FACTORS FOR YOU AND YOUR FAMILY THAT PREVENT YOU FROM ADOPTING FOODS LOWER IN FAT?



VALIDATE RESPONSES

THESE ARE ALL VERY VALID REASONS THAT YOU'VE SHARED WITH US TODAY. IN TODAY'S WORKSHOP AND THE ONE TO FOLLOW IN TWO WEEKS, WE HOPE TO SHARE MANY IDEAS WITH YOU THAT CAN HELP YOU AND YOUR FAMILY ADOPT A HEALTHIER NUTRITIONAL LIFESTYLE. WE WANT TO BE SURE THAT YOUR GREEN LIGHT IS ALWAYS SHINING BRIGHT, LETTING YOU MOVE FORWARD WITH YOUR GOALS TO REDUCE FAT IN YOUR FAMILY'S NUTRITION, AND WE WANT TO HELP YOU GET RID OF THE RED LIGHT AS MUCH AS POSSIBLE.

ARE THERE ANY QUESTIONS SO FAR?

OK, LET'S CONTINUE.



ACTIVITY: THE CHAIN GAME

LET'S CONSIDER THE AMOUNT OF FAT THAT THERE MIGHT BE IN A TYPICAL MEAL. WE HAVE TWO MEALS SHOWN HERE ON THE POSTERS: MEAL A AND MEAL B. BOTH OF THEM CONSIST OF A TAMALES, REFRIED BEANS, AND RICE.

 UNVEIL THE PHOTOGRAPH POSTER OF MEAL A AND MEAL B.

DO THE PLATES OF FOOD LOOK VERY SIMILAR TO YOU?

EXACTLY! THEY'RE SUPPOSED TO BE VERY SIMILAR IN APPEARANCE.

LET'S START BY DIVIDING THE CLASS IN TWO. GROUP A IS OVER HERE, AND GROUP B IS OVER HERE. GROUP A WILL DO SOMETHING WITH MEAL A, AND GROUP B WILL DO SOMETHING WITH MEAL B. READY?

EACH GROUP WILL HAVE A BUNCH OF THESE BIG METAL CLIPS. WE WANT YOU TO LINK THESE METAL CLIPS TOGETHER (*FACILITATOR: SHOW HOW TO DO THIS WITH 2-3 CLIPS*) INTO A CHAIN TO DEPICT TO THE CLASS HOW MUCH FAT IS IN EACH MEAL. **EACH METAL CLIP WILL REPRESENT ONE GRAM OF FAT.** IN EACH BAG YOU WILL FIND A PAPER WITH THE AMOUNT OF FAT THAT IS IN EACH MEAL. PLEASE WORK QUICKLY AS A GROUP TO LINK THE CLIPS TOGETHER, AND PLEASE DO NOT SHOW THE OTHER GROUP THE PIECE OF PAPER.

 **FACILITATORS: TELL GROUP A = 6 GRAMS. TELL GROUP B = 60 GRAMS. PAUSE FOR PARTICIPANTS TO WORK TOGETHER.**

OKAY, WHAT DO YOU SEE? (*PAUSE FOR RESPONSES*) ISN'T THERE A VERY LARGE DIFFERENCE IN THE SIZE OF THESE TWO CHAINS? DOES IT SURPRISE YOU THAT EVEN THOUGH THESE TWO PLATES LOOK IDENTICAL PLATE A HAS MUCH LESS FAT THAN PLATE B?



ACTIVITY: TYPES OF FATS

AS YOU CAN SEE, BOTH PLATES LOOK ALIKE. BUT THE WAY IN WHICH THEY WERE COOKED MAKES THEM DIFFERENT. ONE HAS MORE FAT THAN THE OTHER. FOR INSTANCE, ONE USED LARD TO PREPARE THE DOUGH FOR THE TAMALES AND TO FRY THE BEANS, WHILE THE OTHER PLATE USED VEGETABLE OIL, AN OPTION THAT'S MUCH HEALTHIER.

WE WILL BE TEACHING YOU OTHER SIMILAR WAYS TO GIVE LOTS OF FLAVOR TO YOUR FOODS, WHILE LOWERING THE FAT.

WE'VE TALKED A LOT ABOUT FAT IN GENERAL. HOWEVER, THERE ARE DIFFERENT TYPES OF FATS, AND THE DISTINCTION IS SO IMPORTANT WE WANT TO TAKE A MOMENT TO HIGHLIGHT THE DIFFERENCES.

FIRST, THOUGH, WE WANT TO LEARN WHAT YOU ALREADY KNOW. THIS IS NOT A QUIZ, SO PLEASE ANSWER FREELY. WE ARE ALL HERE TO LEARN!

 *FACILITATORS: LISTEN CAREFULLY TO PARTICIPANT'S RESPONSES AND SUPPLEMENT WITH THE PROVIDED INFORMATION BELOW AS NEEDED.*

Q: NOT ALL FATS ARE BAD FOR YOU. CAN ANYONE TELL US MORE ABOUT WHAT IS CONSIDERED TO BE A "GOOD" FAT? DON'T WORRY THIS IS NOT AN EXAM. WE ARE ALL HERE TO LEARN.

A: GOOD FATS ARE UNSATURATED FATS AND USUALLY COME FROM PLANT SOURCES.

Q: CAN ANYONE TELL US MORE ABOUT WHAT IS CONSIDERED TO BE A "BAD" FAT?



ACTIVITY: TYPES OF FATS

A: BAD FATS ARE SATURATED FATS AND USUALLY COME FROM ANIMAL SOURCES.

Q: HAVE YOU HEARD OF TRANS FATS?

A: TRANS FATS ARE FATS THAT START OFF BEING GOOD AND TURN INTO BAD FATS.

WE'VE NOW COVERED THE THREE MAIN TYPES OF FATS. THE GOOD FATS ARE CALLED UNSATURATED FATS. THE BAD FATS ARE CALLED SATURATED FATS. AND THE TRANS FATS ARE IN A SPECIAL CATEGORY THAT WE'LL TALK MORE ABOUT IN A MOMENT.

LET'S TALK FIRST ABOUT IDENTIFYING DIFFERENT TYPES OF FATS. HERE'S A VERY HELPFUL TIP; THE EASIEST WAY TO IDENTIFY THE GOOD FATS, ALSO CALLED THE UNSATURATED FATS, IS TO KNOW THAT THEY MOSTLY COME FROM PLANT SOURCES AND THEY ARE USUALLY LIQUID AT ROOM TEMPERATURE.

THE EASIEST WAY TO IDENTIFY THE BAD FATS, ALSO CALLED THE SATURATED FATS, IS TO KNOW THAT THEY MOSTLY COME FROM ANIMAL SOURCES, AND ARE USUALLY SOLID AT ROOM TEMPERATURE. YOU CAN SEE THIS DRAWN OUT ON THIS SHEET.

👉 UNVEIL THE POSTER WITH CAPTIONS DEPICTING PLANT ("UNSATURATED") VERSUS AN ANIMAL ("SATURATED") FATS.

HERE'S ANOTHER VERY EASY TIP THAT CAN REALLY HELP WHEN YOU'RE IN THE FAT/OIL AISLE AT THE MARKET: IF THE FAT IS FROM A SOURCE THAT HAS EYES, THEN IT'S SATURATED. IF IT COMES FROM A PLANT SOURCE, THEN IT'S UNSATURATED. HOWEVER, THERE ARE SOME EXCEPTIONS (POINT TO FISH, COCONUT, AND PALM TREE). FISH IS GENERALLY GOOD FOR YOU, EVEN THOUGH IT HAS BOTH KINDS OF FATS. ALSO, COCONUT OIL AND PALM OIL HAVE LOTS OF



ACTIVITY: TYPES OF FATS

SATURATED FAT, EVEN THOUGH THEY COME FROM PLANT SOURCES.

LET'S TAKE AN EXAMPLE, LARD. DOES IT COME FROM A SOURCE THAT HAS EYES? (PAUSE) DOES THAT MEAN IT'S SATURATED OR UNSATURATED? (PAUSE) IS IT A GOOD OR BAD FAT?

OK, LET'S PLAY A GAME! HOW MANY OF YOU HAVE HEARD OF OR SEEN THE GAME SHOW "¿QUÉ DICE LA GENTE?" ON UNIVISION? WELL, WE'RE GOING TO PLAY OUR OWN MINI VERSION OF IT NOW. WE KNOW NEITHER OF US LOOK VERY MUCH LIKE MARCOS ANTONIO REGIL, BUT LET'S JUST PRETEND!

 *DISPLAY ALL EMPTY PRODUCT CONTAINERS (E.G. BUTTER, MARGARINE)*

WE HAVE SEVERAL FOOD BOXES, CONTAINERS, ETC THAT REPRESENT COMMONLY SEEN FOODS. WE WILL HOLD UP TWO ITEMS AT A TIME.

WE WANT YOU TO TELL US WHICH ITEM CONTAINS MORE SATURATED FAT, WHICH IS BAD FAT. THE FIRST PERSON THAT RAISES THEIR HAND AND RESPONDS CORRECTLY GETS A POINT. IN THE END, THE PERSON WITH THE MOST POINTS WILL WIN A PRIZE. BEFORE WE BEGIN, WHO CAN TELL US THE EASIEST WAY TO TELL THE DIFFERENCE BETWEEN A SATURATED FAT AND AN UNSATURATED FAT?

 *PAUSE FOR RESPONSES*

GOOD! ARE THERE ANY QUESTIONS BEFORE WE PLAY THE GAME? OKAY, LET'S START.



ACTIVITY: TYPES OF FATS

 HOLD UP ITEMS LABELED A1 AND A2.

Q: WHICH ONE HAS MORE SATURATED FAT?

 ANSWER FOR A1/A2: SOUR CREAM

 REPEAT PROCESS FOR ITEMS B THROUGH F.

 ANSWER FOR B1/B2: LARD

 ANSWER FOR C1/C2: POPCORN

 ANSWER FOR D1/D2: BUTTER

 ANSWER FOR E1/E2: CUP OF NOODLES

 ANSWER FOR F1/F2: HOT DOGS/WEINERS

DO WE HAVE A WINNER? CONGRATULATIONS TO SEÑORA _____!

 REMEMBER TO HAND OUT PRIZE (COLANDER)

LET'S MOVE ON AND DISCUSS **TRANS FATS** FOR A MINUTE. THE REASON THAT TRANS FATS ARE IN A CATEGORY OF THEIR OWN IS BECAUSE THEY ARE SPECIAL. AND WHEN WE SAY SPECIAL, IT'S NOT IN A GOOD WAY!

WE CALL TRANS FATS THE TRICKY FATS BECAUSE TRANS FATS BEGIN THEIR LIFE FROM A PLANT. THIS MEANS THAT THEY ARE A GOOD FAT, UNSATURATED, RIGHT?

NOT EXACTLY! **THIS NEXT STEP IS WHERE THEY EARN THEIR NICKNAME AS THE TRICKY FATS, SO PLEASE LISTEN CAREFULLY.**



ACTIVITY: TYPES OF FATS

ALTHOUGH TRANS FATS START OFF AS A GOOD FAT, THEY ARE CHEMICALLY ALTERED BY SCIENTISTS TO BECOME A BAD FAT. THAT'S RIGHT, ALTHOUGH THEY START OFF AS AN UNSATURATED FAT, THEY BECOME A SATURATED FAT AT THE END OF THE CHEMICAL ALTERATION.

TRANS FATS HELP THE FOOD INDUSTRY IN A VERY BIG WAY. THEY HELP FOODS LAST LONGER IN PACKAGING ON THE SHELF BECAUSE OF THE CHEMICAL REACTION.

DO YOU EVER WONDER HOW FOODS IN THE MIDDLE OF THE GROCERY STORE (THAT IS, NOT THE FOODS IN THE DAIRY CASE, OR IN THE PRODUCE SECTION, OR IN THE MEAT/POULTRY/FISH SECTIONS), STAY PRESERVED SO WELL FOR SUCH A LONG PERIOD OF TIME? IT'S OFTEN BECAUSE THEY USE THESE TRANS FATS TO EXTEND THE SHELF LIFE OF THE PRODUCTS.

MOST OF THE TASTY SNACKS WE LIKE ARE FOUND IN THE MIDDLE OF THE STORE AND CONTAIN TRANS FATS, LIKE CHIPS AND COOKIES. CAN YOU THINK OF ANY FOODS THAT DON'T CONTAIN TRANSFATS?

👉 PAUSE TO LET THE CLASS RESPOND TO THE QUESTION AND THEN GIVE EXAMPLES OF FOODS THAT DON'T CONTAIN TRANS FATS—e.g., FRUITS, VEGETABLES, MILK, MEAT, EGGS, POULTRY, etc.



ACTIVITY: THE COLORS OF MILK

WE'VE TALKED ABOUT THE DIFFERENT TYPES OF FATS. LET'S TAKE A MOMENT NOW AND TALK SPECIFICALLY ABOUT **MILK**. MANY PEOPLE BELIEVE THAT WHOLE MILK CONTAINS MORE NUTRITION THAN 2%, 1%, OR NONFAT MILK. IT DOESN'T CONTAIN MORE NUTRITION, IT CONTAINS MORE SATURATED FAT. REMEMBER WHAT WE JUST DISCUSSED, THAT ANYTHING WITH EYES HAS SATURATED FAT? WELL, BECAUSE MILK COMES FROM COWS, ALL MILK CONTAINS SOME SATURATED FAT.

THE LESS TOTAL FAT THERE IS IN MILK MEANS THAT THERE WILL BE LESS SATURATED FAT. SO, PRODUCTS LIKE 2%, 1%, OR NONFAT MILK ARE MUCH HEALTHIER FOR YOU AND YOUR FAMILY THAN WHOLE MILK, CREAM, AND HALF-AND-HALF. IT IS IMPORTANT TO REMEMBER THAT CHILDREN 2 YEARS OF AGE OR OLDER CAN START DRINKING LOWFAT AND REDUCED FAT MILK. MILK PROVIDES CALCIUM FOR STRONG BONES FOR YOU AND YOUR LOVED ONES, PARTICULARLY YOUR CHILDREN'S AND GRANDCHILDREN'S HEALTH AND GROWTH.

WE'D LIKE TO RECOMMEND THAT YOU TRY THE FOLLOWING EXERCISE AT HOME. A LOCAL PROMOTORA DE SALUD GAVE US THIS GREAT IDEA. SHE TOLD US THAT HER STUDENTS REPORTED BACK TO HER THAT IT WORKED SO WELL, THAT SHE NOW RECOMMENDS IT TO ALL OF HER CLIENTS.

MANY PEOPLE BUY MILK IN THE PLASTIC JUGS. HOW MANY OF YOU BUY MILK IN JUGS THAT LOOK LIKE THIS? WHAT COLOR OR PERCENT MILK DO YOU BUY?



HOLD UP EMPTY JUG AND SHOW CAP SWITCHING

BEFORE THE NEXT WORKSHOP, WE WOULD LIKE YOU TO TRY AN EASY TRICK AT HOME. OUR PROMOTORAS TOLD US THAT MANY FAMILIES IDENTIFY THE MILK



ACTIVITY: THE COLORS OF MILK

ONLY BY THE COLOR OF THE CAP. THEREFORE, WE WOULD LIKE FOR YOU TO KEEP THE CAP ONCE THE MILK YOU CURRENTLY HAVE IS FINISHED, BUY ANOTHER JUG OF MILK THAT IS ONE LEVEL LOWER IN FAT THAN YOU ARE CURRENTLY BUYING, AND THEN REPLACE THE NEW CAP WITH THE OLD CAP.

FOR EXAMPLE, IF YOU USUALLY BUY WHOLE MILK, WE WANT YOU TO BUY 2% MILK, BUT REMOVE THE 2% MILK CAP AFTER YOU BUY IT AND REPLACE IT AT HOME WITH THE WHOLE MILK CAP. THEN, AFTER THE 2% MILK IS FINISHED, YOU WOULD BUY 1% MILK, AND REPLACE IT WITH THE 2% CAP. YOU CAN CONTINUE DOING THIS UNTIL YOUR FAMILY REACHES A TASTE LEVEL WITH WHICH THEY ARE COMFORTABLE. IT WILL BE SUCH A GRADUAL CHANGE THAT YOUR FAMILY WILL BARELY NOTICE THE DIFFERENCE IN TASTE. DON'T TELL YOUR FAMILY MEMBERS THAT YOU ARE SWITCHING THE CAPS. SO, IT'D BE YOUR LITTLE SECRET...AND A HEALTHY SECRET AT THAT! DO YOU HAVE ANY QUESTIONS?

WOULD YOU BE WILLING TO TRY THIS? WE WOULD LIKE FOR YOU ALL TO REPORT BACK NEXT TIME AS TO WHAT HAPPENS WHEN YOU TRY THIS WITH YOUR FAMILY. IF YOU'RE HESITANT TO TRY THIS, CONSIDER COMBINING HALF OF THE HIGHER FAT MILK WITH HALF OF THE LOWER FAT MILK OF YOUR CHOICE.

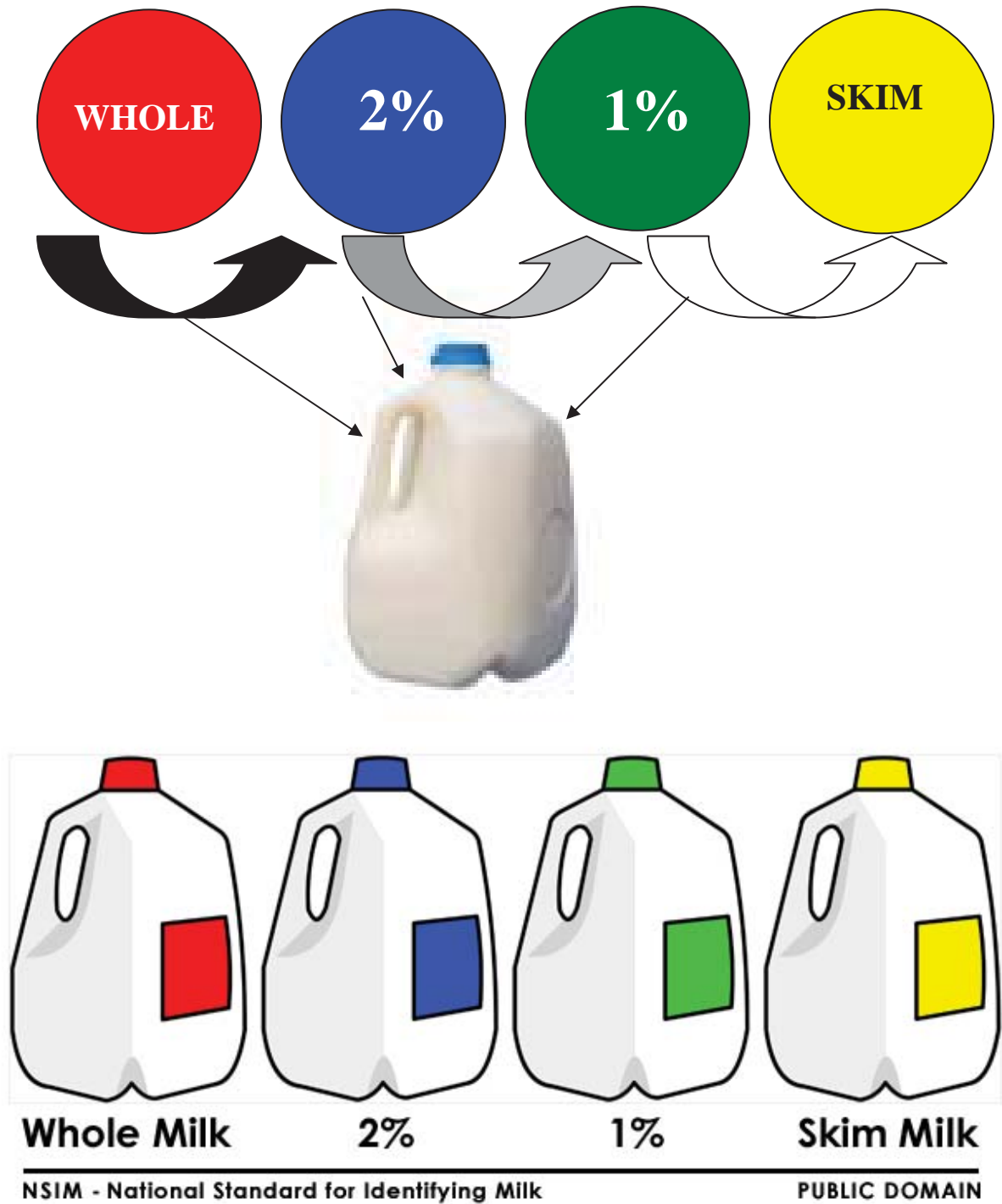
WE'VE INCLUDED THIS SHEET IN YOUR HOME PACKETS TO HELP REMIND YOU OF THIS ACTIVITY.



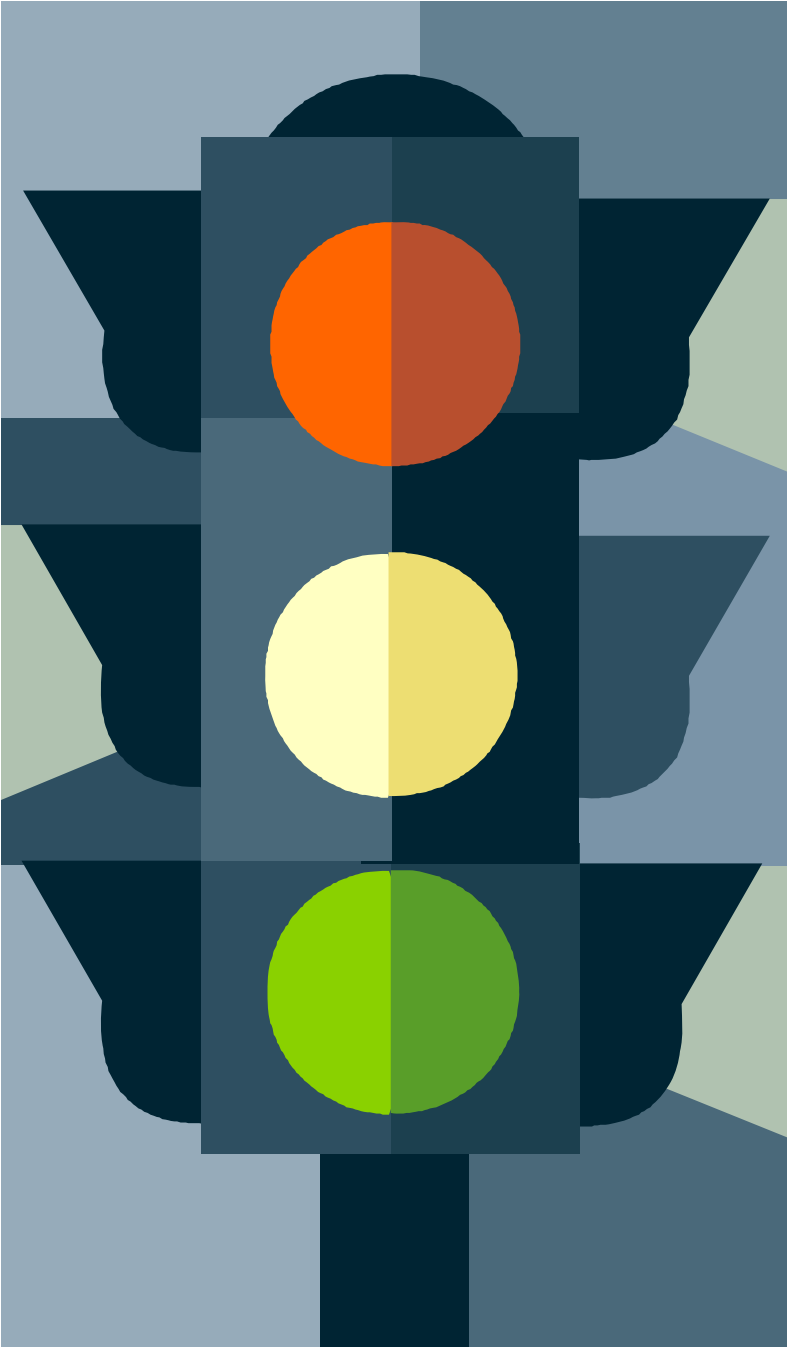
HOLD UP THE BOTTLE CAP HOME ACTIVITY SHEET



THE BOTTLE CAP HOME ACTIVITY



Semáforo/Stoplight



← ALTO/
STOP

← ESPERA/
WAIT

← ADELANTE/
GO

Comida A

Meal A



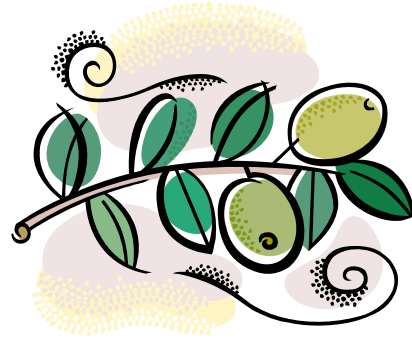
Comida B

Meal B



Plantas

Plants



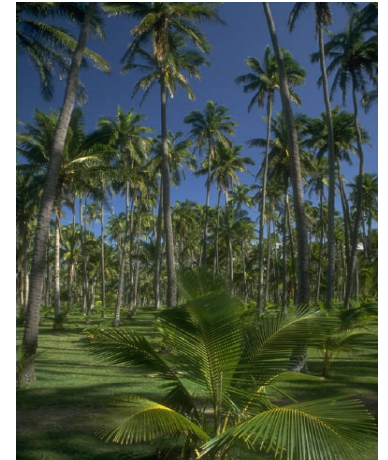
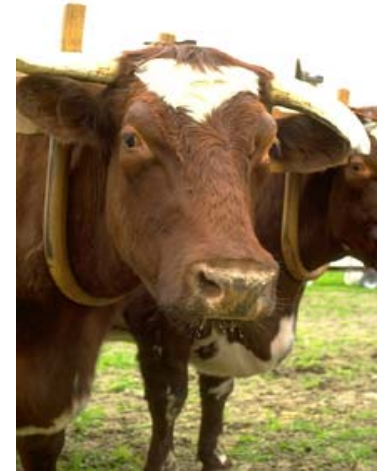
Excepción/
Exception

Unsaturado

Unsaturated

Animales

Animals



Excepción/
Exception

Excepción/
Exception

Saturado

Saturated

Q: WHICH ONE HAS MORE SATURATED FAT?

YOGURT OR SOUR CREAM?

VEGETABLE OIL OR LARD?

PEANUTS OR POPCORN?

BUTTER OR MARGARINE?

CUP OF NOODLES OR SPAGHETTI NOODLES?

HOT DOGS OR HAM?

WHY DO FATS MATTER



OK, NOW LET'S CONTINUE. WE PROMISED A FEW MINUTES AGO THAT WE'D DISCUSS WHY UNSATURATED FATS WERE CONSIDERED GOOD AND WHY SATURATED AND TRANS FATS WERE CONSIDERED BAD. IN SAYING THIS, IT IS IMPORTANT TO NOTE THAT FAT IS A NECESSARY NUTRIENT FOR THE HEALTHY FUNCTIONING OF OUR BODIES. THAT SAID SOME FATS ARE BETTER THAN OTHERS.



DISEASE DISCUSSION

RESEARCH SHOWS THAT A DIET HIGH IN SATURATED FAT (HIGH IN FATS OBTAINED FROM ANIMAL SOURCES) SUBSTANTIALLY INCREASES THE RISK FOR HEART DISEASE. WE UNDERSTAND THAT HEART DISEASE IS COMMON IN THE LATINO COMMUNITY. THINK ABOUT WHETHER YOU KNOW ANYONE WITH HEART DISEASE. WOULD YOU BE WILLING TO SHARE A LITTLE BIT ABOUT HOW THEY ATE BEFORE AND AFTER THEY LEARNED THEY HAD THE DISEASE?

👉 PAUSE FOR EXPERIENCE SHARING.

IT'S SAD TO HEAR THESE STORIES. UNFORTUNATELY, DISEASES THAT INCREASE THE RISK FOR HEART DISEASE, SUCH AS OBESITY AND DIABETES, ARE VERY COMMON IN THE LATINO COMMUNITY THESE DAYS.

THE GOOD NEWS IS THAT THERE ARE SEVERAL VERY IMPORTANT THINGS THAT YOU CAN DO TO LOWER BOTH YOUR FAMILY'S AND YOUR OWN CHANCES OF BEING AFFECTED BY HEART DISEASE. THIS INCLUDES FINDING WAYS TO EAT HEALTHIER, EXERCISING REGULARLY, LIKE TAKING DAILY WALKS, AND COOKING TASTY DISHES YOUR FAMILY WILL LIKE.

THE MOST FUNDAMENTAL POINT THAT WE WANT TO EMPHASIZE IS THAT BY DECREASING THE SATURATED OR TRANS FATS, ALSO KNOWN AS THE BAD FATS, AND BY INCREASING THE UNSATURATED OR GOOD FATS, YOU ARE HELPING YOUR BODY FIGHT THE TOXINS THAT LEAD TO HEART DISEASE.

INCREASING THE GOOD FATS IS PARTICULARLY HELPFUL TO WOMEN. THERE IS RESEARCH SHOWING THAT THE GOOD FATS MAY HELP TO IMPROVE FEMALE HEARTS A LITTLE BIT MORE THAN MALE HEARTS, BUT WHETHER YOU ARE A WOMAN OR A MAN, THE GOOD FATS CAN REALLY HELP REDUCE YOUR RISK OF HEART DISEASE.



DISEASE DISCUSSION

LET'S NOW TALK ABOUT HOW THIS PROCESS WORKS SO THAT WE MAY UNDERSTAND HOW SATURATED AND UNSATURATED FATS AFFECT THE BODY.

 UNVEIL DIAGRAM OF ARTERIES AND HANDOUT.

THIS IS AN ARTERY. AS YOU MAY KNOW, ARTERIES ARE THE PIPES IN OUR BODY THAT CARRY BLOOD AND OTHER NUTRIENTS FROM OUR HEART AND THAT SUPPLY OXYGEN TO OUR BODY.

WHEN OUR ARTERIES ARE HEALTHY, THEY LOOK LIKE THIS (POINT TO TOP PORTION OF DIAGRAM). NOTICE THAT THE ARTERY IS COMPLETELY EMPTY - NOTHING IS BLOCKING IT.

WHEN OUR ARTERIES ARE NOT SO HEALTHY, HEART DISEASE CAN BEGIN TO DEVELOP.

SIMPLY STATED, WHEN THE WALL OF THE ARTERY BEGINS TO THICKEN, DUE TO FAT BUILD UP, IT MAKES IT VERY DIFFICULT FOR BLOOD AND OTHER NUTRIENTS TO FLOW THROUGH THE ARTERY. THIS LEADS TO HEART DISEASE.

THE MOST COMMON TYPE OF A HEART ATTACK IS WHEN THE ARTERY BECOMES BLOCKED, AND NO MORE BLOOD CAN PASS THROUGH, CAUSING THE TISSUE AROUND THE HEART TO DIE, AND SUBSEQUENTLY, STOPPING OUR ABILITY TO BREATHE.

TO BETTER EXPLAIN THIS, WE ARE GOING TO DO A DEMONSTRATION. WE CAN DRAW A COMPARISON BETWEEN A PIPE AND AN ARTERY.

 SHOW PIPE.



DISEASE DISCUSSION

HERE'S A PIPE, SIMILAR TO PIPES FOUND IN YOUR HOME. WE WANT YOU TO IMAGINE THAT THIS PIPE IS LIKE AN ARTERY IN YOUR BODY. A HEALTHY ARTERY IS LIKE A CLEAN PIPE. EVERYTHING FLOWS THROUGH IT AS IT SHOULD. HOWEVER, SOMETIMES THERE'S A CLOG IN OUR ARTERIES, SIMILAR TO HAIR CLOGGING AND BLOCKING A PIPE LIKE THIS. WE CAN DEMONSTRATE THIS WITH HAIR, REPRESENTED BY THIS BALL OF YARN:

 **JAM PIPE WITH BLACK YARN BALL.**

SO, AN UNHEALTHY ARTERY IS LIKE A BLOCKED PIPE. YOU KNOW WHEN YOU WASH YOUR HANDS IN THE SINK AND THE WATER TAKES A LONG TIME TO GO DOWN THE DRAIN? WELL, WHEN HAIR ACCUMULATES, WATER CAN'T PASS THROUGH THE PIPE. THIS IS WHAT BAD FATS DO TO OUR ARTERIES AS THEY CREATE A BLOCKAGE IN BLOOD FLOW. THE BLOOD JUST DOESN'T FLOW AS WELL AS IT COULD.

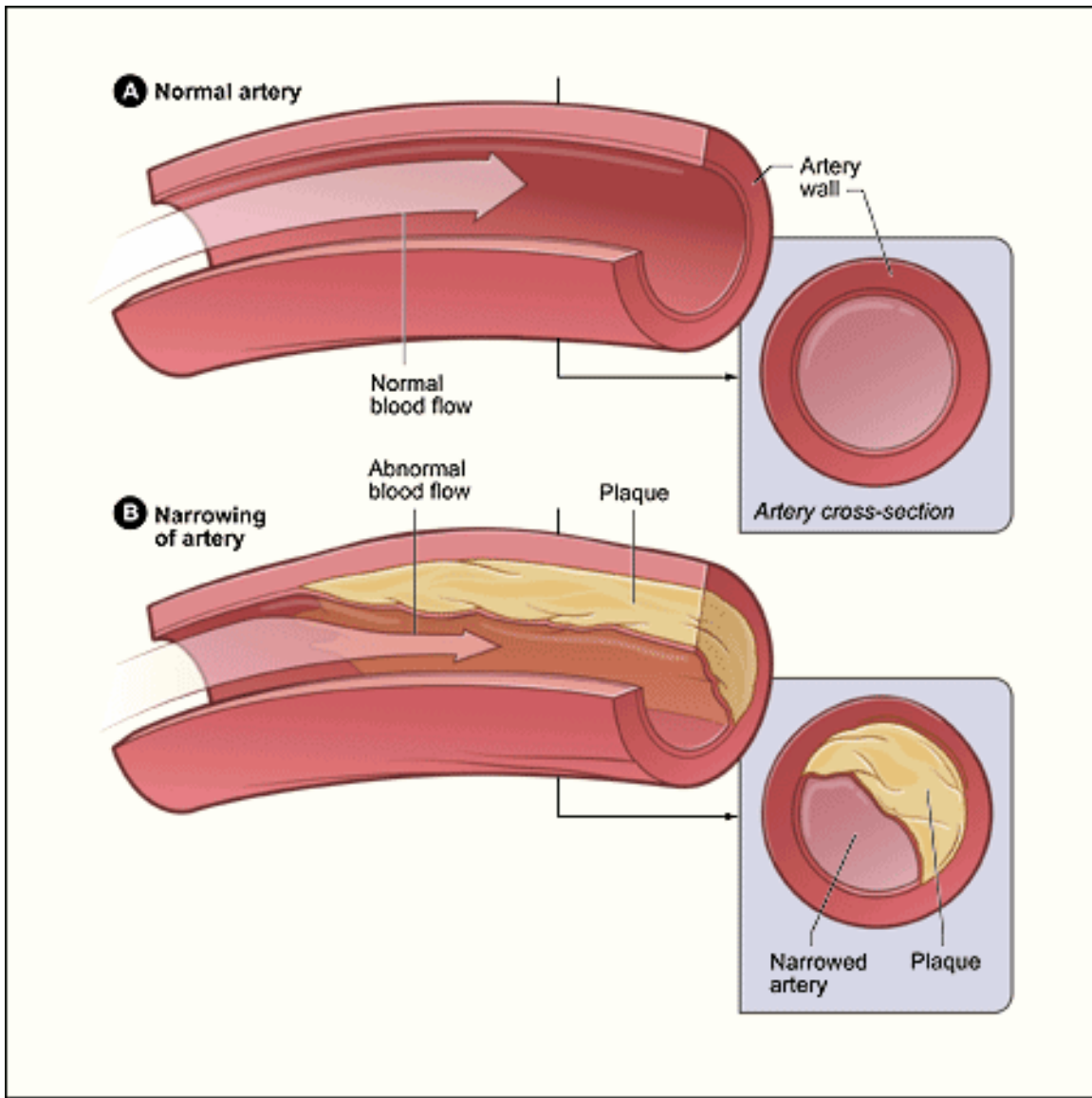
RESEARCH INDICATES THAT THE BAD FATS CONTRIBUTE MOST SIGNIFICANTLY TO THE BUILD UP OF THIS BLOCKAGE.

 **RETURN TO ARTERY DIAGRAM.**

SO, WHO CAN TELL US THE DIFFERENCE BETWEEN THE TOP ARTERY AND THE BOTTOM ARTERY?



DISEASE DISCUSSION



Picture courtesy of the National Heart Lung and Blood Institute.



DISEASE DISCUSSION

LET'S TAKE A MOMENT AND THINK ABOUT WHAT INCREASES THE RISK FOR HEART DISEASE.

👉 UNVEIL LIST OF RISK FACTORS FOR HEART DISEASE AND HANDOUT.

AS SEEN ON THIS BOARD, MAJOR RISK FACTORS OF HEART DISEASE THAT YOU CAN CONTROL INCLUDE SMOKING, HIGH BLOOD PRESSURE, HIGH BLOOD CHOLESTEROL, BEING OVERWEIGHT, PHYSICAL INACTIVITY, AND DIABETES, OR HIGH BLOOD SUGAR PROBLEMS.

HERE'S SOME VERY GOOD NEWS: A COMMON FACTOR THAT IS SHARED BY MANY OF THESE RISK FACTORS IS RELATED TO FOOD. BY CHANGING YOUR EATING HABITS, INCREASING THE GOOD FATS IN YOUR DIET AND DECREASING THE BAD FATS, YOU WILL HELP TO REDUCE THE RISK OF HEART DISEASE IN YOUR SELF AND IN YOUR FAMILY.

FORTUNATELY, THE GOOD FATS OR THE UNSATURATED FATS ACTUALLY HELP TO LOWER THE BUILD UP OF THE BAD FATS IN THE ARTERIES. LET'S GO BACK TO THE PIPE EXAMPLE. JUST LIKE EXISTING HAIR CLOGS CAN BE DECREASED BY THE USE OF A CLEANING AND DISSOLVING PRODUCT LIKE "LIQUID PLUMBER", THE BUILD UP OF BAD FATS IN OUR ARTERIES CAN BE REDUCED BY EATING GOOD FATS. SO, GOOD FATS LIKE UNSATURATED FATS ARE THE LIQUID PLUMBERS OF OUR HEARTS. SO IT IS IMPORTANT TO INCREASE THE AMOUNT OF GOOD FATS AND DECREASE THE AMOUNT OF BAD FATS THAT YOU CONSUME.



DISEASE DISCUSSION



**Major Risk Factors
Of Heart Disease
That You Can Control:**

- Smoking
- High Blood Pressure
- High Cholesterol
- Being Overweight
- Not Exercising
- Diabetes



Source: National Heart Lung and Blood Institute



DISEASE DISCUSSION

SO HOW CAN WE TAKE CHARGE OF WHAT WE EAT? THE BUENOS HABITOS ALIMENTICIOS PARA UNA BUENA SALUD, OR GOOD EATING HABITS FOR GOOD HEALTH PROJECT HAS BEEN CREATED TO TEACH STRATEGIES TO LATINAS TO IMPROVE THEIR OWN HEALTH, AS WELL AS THE HEALTH OF THEIR FAMILIES.

WE ARE INTERESTED IN LATINAS BECAUSE WE KNOW THAT IN THE LATINO CULTURE, YOU ARE OFTEN THE CRITICAL FAMILY CAREGIVERS FOR YOUR FAMILY. WE ALSO KNOW THAT YOU ARE THE ONES MOST OFTEN SHOPPING, PREPARING, COOKING, AND SERVING THE MEALS AT HOME.

WE TRULY RECOGNIZE THE IMPORTANCE OF YOUR ROLE IN YOUR FAMILY AND IN YOUR COMMUNITY!!!

WE ALSO RECOGNIZE THAT CHANGING THE EATING PATTERNS OF YOUR FAMILY WILL NOT HAPPEN OVERNIGHT. INSTEAD, THIS WILL BE A GRADUAL CHANGE. YOU WILL EMPOWER YOUR FAMILY TO LIVE AND EAT HEALTHY!

NOW WE WILL HAVE A 5 MINUTE BREAK TO HAVE A SNACK, GO TO THE RESTROOM OR CHECK ON YOUR CHILDREN. PLEASE COME BACK ON TIME!



THE BRAIN CONNECTION

WE'VE TALKED A LOT ABOUT THE CONNECTION BETWEEN DIET AND THE HEART. WHAT AFFECTS YOUR HEART CAN ALSO AFFECT YOUR BRAIN.

NEW RESEARCH SUGGESTS A STRONG ASSOCIATION BETWEEN RISK FOR HEART DISEASE AND RISK FOR MEMORY PROBLEMS. SAID ANOTHER WAY, HIGH BLOOD PRESSURE, CHOLESTEROL, AND OBESITY CAN LEAD TO HEART DISEASE. THEY CAN ALSO INCREASE YOUR CHANCES FOR DISEASES LIKE ALZHEIMER'S DISEASE AND STROKE, BOTH OF WHICH CAN CAUSE MEMORY PROBLEMS.

 *DISPLAY POSTER OF LADY.*

WE USE THE WORD "DEMENTIA" TO MEAN SEVERE MEMORY LOSS THAT INTERFERES WITH BEING ABLE TO TAKE CARE OF YOUR OWN LIFE. LET'S PUT A SOMBRERO ON THIS LADY. DOESN'T SHE LOOK PRETTY?

LET'S CALL THE SOMBRERO "DEMENTIA". DEMENTIA HAS MANY CAUSES. JUST LIKE A SOMBRERO IS WOVEN FROM MANY DIFFERENT STRAWS, DEMENTIA IS A DISORDER CAUSED BY MANY OTHER DISEASES LIKE HEART DISEASE, STROKE, AND ALZHEIMER'S DISEASE. LET ME SHOW YOU A PICTURE OF WHAT THE BRAIN LOOKS LIKE WHEN IT HAS DEMENTIA.

 *HOLD UP BRAIN COMPARISONS SHEET.*

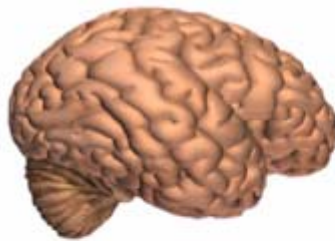
AS YOU CAN SEE, DEMENTIA LEADS TO MANY CONNECTIONS DYING THROUGHOUT YOUR BRAIN. OVER TIME, THE BRAIN SHRINKS DRAMATICALLY, AFFECTING NEARLY ALL ITS FUNCTIONS.

LET'S LOOK MORE AT THE DIFFERENCES IN THE SIZE OF THE BRAIN. PLEASE FOLLOW ALONG WITH THIS HANDOUT.



A brain without the disease

A brain with advanced dementia



How the two brains compare

© 2007 Alzheimer's Association.




THE BRAIN CONNECTION

 *HOLD UP BRAIN CROSS-SECTION SHEET.*

THIS SHOWS ANOTHER VIEW OF HOW MANY CONNECTIONS DIE THROUGHOUT THE WHOLE BRAIN IN ADVANCED DEMENTIA. THIS CHANGE IS A RESULT OF DEMENTIA CAUSED BY ALZHEIMER'S DISEASE. HOWEVER, A NUMBER OF FACTORS CAN CAUSE DEMENTIA THAT ULTIMATELY MAKES CONNECTIONS DIE IN THE BRAIN. IN THE LATINO POPULATION, DEMENTIA CAUSED BY HEART DISEASE AND STROKE IS MORE COMMON THAN DEMENTIA CAUSED BY ALZHEIMER'S DISEASE.

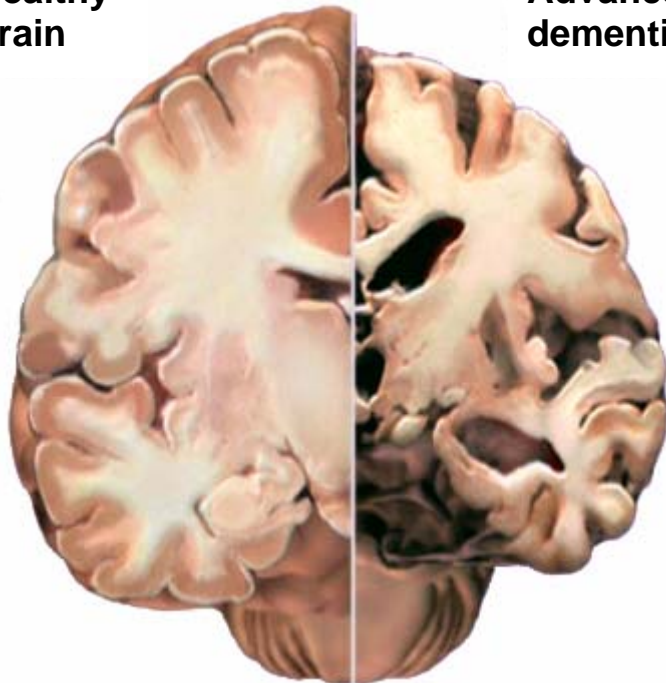
WHAT DO YOU NOTICE ABOUT THIS PICTURE?

 *AFTER THE CLASS RESPONDS TO THE QUESTION, WE MAKE SURE THAT THE DIFFERENCE IS STATED IF IT'S NOT ALREADY GIVEN.*

EXACTLY! ONE SIDE IS SMALLER THAN THE OTHER. HERE'S WHAT THAT MEANS IN TERMS OF OUR BRAIN FUNCTIONING. DEMENTIA PERMANENTLY SHRIVELS AND DAMAGES AREAS INVOLVED IN THINKING, PLANNING, AND REMEMBERING.



**Healthy
brain**



**Advanced
dementia**



THE BRAIN CONNECTION

THERE ARE MANY CAUSES OF MEMORY PROBLEMS. LET'S TAKE ANOTHER LOOK AT THIS POSTER.

 BE SURE POSTER OF THE LADY IS ON DISPLAY.

ALL OF THESE DISEASES (*VELCRO THESE DISEASES ONE AT A TIME*)—HEART DISEASE, STROKE, AND ALZHEIMER'S DISEASE ARE ALL RELATED TO NUTRITION. REMEMBER, WE WANT YOUR LIGHT TO SHINE GREEN BY EATING UNSATURATED FATS LIKE AVOCADOS AND TO DIM YOUR RED LIGHT BY LOWERING SATURATED FATS IN YOUR DIET LIKE MANTECA THAT AFFECT BOTH YOUR HEART AND BRAIN.

THE REASON WE ARE DOING THE BUENOS HABITOS PROGRAM IS BECAUSE WE NOT ONLY CARE ABOUT YOUR HEART, BUT WE ALSO REALLY CARE ABOUT YOUR BRAIN. NUTRITION IS CONNECTED TO YOUR HEART AND BRAIN. SO, WE REALLY WANT YOU TO MAINTAIN A LIFESTYLE WITH A HEALTHY BRAIN AND A HEALTHY HEART.

PRETEND THIS IS YOU. WE EACH HAVE A HEART AND A BRAIN (*VELCRO HEART AND BRAIN*). WHEN YOU EAT HEALTHIER FOODS LIKE UNSATURATED FATS, SUCH AS AVOCADOS (*VELCRO AVOCADOS*) IT'S NOT ONLY GOOD FOR YOUR HEART, BUT IT'S ALSO GOOD FOR YOUR BRAIN (*VELCRO GREEN ARROWS*).

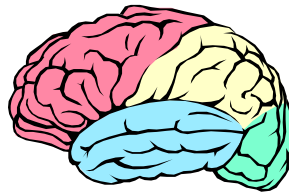
WHEN YOU EAT SATURATED FATS, SUCH AS MANTECA (*VELCRO MANTECA*), IT'S BAD FOR YOUR HEART AND ALSO FOR YOUR BRAIN (*VELCRO RED ARROWS*).

LET'S LOOK AT THIS HANDOUT IN YOUR PACKET TO GET A BETTER UNDERSTANDING ABOUT DEMENTIA.

 SHOW THE DEMENTIA INFORMATION SHEET



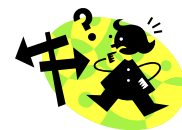
DEMENTIA INFORMATION SHEET



THERE ARE MANY FORMS OF DEMENTIA THAT HAVE SIMILAR SYMPTOMS. ONE TYPE OF DEMENTIA IS ALZHEIMER'S DISEASE.

BELOW ARE SOME OF THE MOST COMMON DEMENTIA SYMPTOMS. HOWEVER, HAVING ONE OF THESE SYMPTOMS DOESN'T NECESSARILY MEAN YOU HAVE DEMENTIA.

- MEMORY LOSS
- PERSONALITY CHANGES
- PROBLEMS WITH LANGUAGE
- DIFFICULTY PERFORMING FAMILIAR TASKS
- POOR JUDGMENT
- CHANGES IN MOOD
- PROBLEMS WITH ABSTRACT THINKING





THE BRAIN CONNECTION

AS YOU CAN SEE FROM THIS HANDOUT, DEMENTIA IS LIKE A SOMBRERO—IT'S A GENERAL WORD FOR A GROUP OF DISEASES AFFECTING THE BRAIN. DEPENDING ON THE TYPE OF DEMENTIA, PEOPLE MAY NOT BE ABLE TO REMEMBER, THEY MAY HAVE CHANGES TO THEIR PERSONALITY, THEY MAY HAVE PROBLEMS COMMUNICATING, AND THEY ALSO MAY HAVE A DIFFICULT TIME DOING REGULAR ACTIVITIES, LIKE GETTING DRESSED OR EATING. ALSO, THEY MAY LOSE THEIR ABILITY TO SOLVE PROBLEMS OR CONTROL THEIR EMOTIONS AND THEY MAY BECOME AGITATED OR SEE THINGS THAT ARE NOT THERE.

MEMORY LOSS IS A COMMON SYMPTOM OF DEMENTIA. DO NOT BE ALARMED. MEMORY LOSS BY ITSELF DOES NOT MEAN YOU HAVE DEMENTIA. PEOPLE WITH DEMENTIA HAVE SERIOUS PROBLEMS WITH TWO OR MORE BRAIN FUNCTIONS, SUCH AS MEMORY AND LANGUAGE. ALSO, IT IS IMPORTANT TO REMEMBER THAT ALTHOUGH A PERSON WITH DEMENTIA CANNOT RECOVER OR BE CURED, THERE ARE REVERSIBLE CAUSES FOR MEMORY PROBLEMS. THIS IS WHY IT IS VERY IMPORTANT TO SEEK A MEDICAL ASSESSMENT.

TO REVIEW, HAVING A HEALTHIER DIET CAN NOT ONLY KEEP YOUR HEART HEALTHIER, IT CAN ALSO KEEP YOUR BRAIN HEALTHIER.

LITTLE BY LITTLE, DEMENTIA AFFECTS YOUR BRAIN IN YOUR DAILY ACTIVITIES AND YOUR BRAIN CELLS DO NOT RECOVER!



THE BRAIN CONNECTION

DEMENTIA MAY SEEM LIKE A FAR OFF IDEA, BUT UNFORTUNATELY, BRAIN HEALTH DISEASE IS BECOMING MORE COMMON IN THE LATINO POPULATION. STUDIES INDICATE THAT UP TO 40% OF THE CASES OF DEMENTIA FOUND IN THE LATINO POPULATIONS ACROSS THE WEST COAST COULD POTENTIALLY BE RELATED TO HEART PROBLEMS.

WAYS TO EAT HEALTHY INCLUDE:

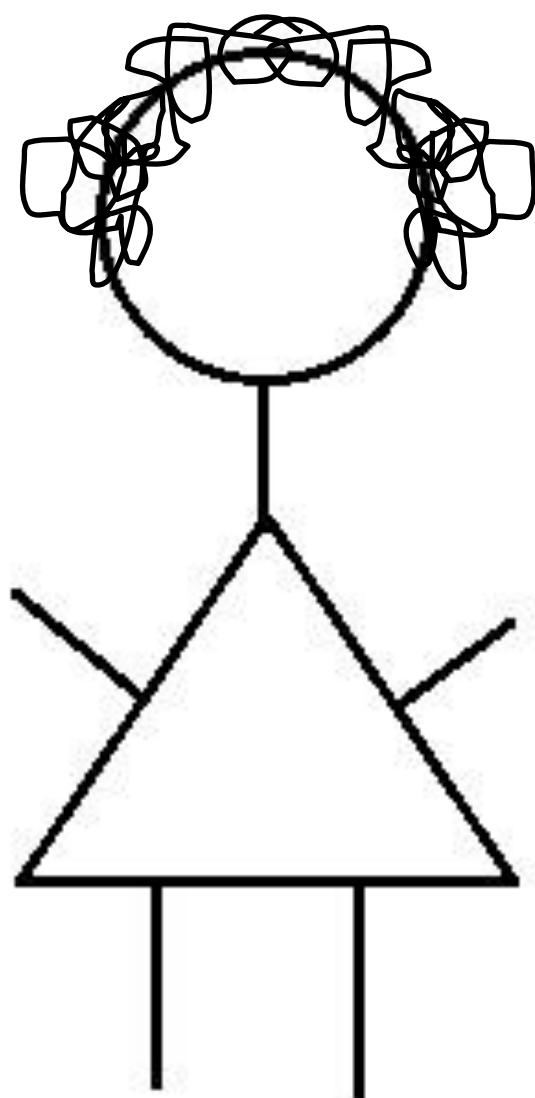
- BAKING OR GRILLING YOUR FOODS INSTEAD OF FRYING THEM,
- AND EATING FOODS RICH IN ANTIOXIDANTS SUCH AS COLORFUL FRUITS AND VEGETABLES, WHICH MAY HELP PROTECT BRAIN CELLS. ANTIOXIDANTS ARE SUBSTANCES THAT PREVENT BAD CHEMICALS FROM HARMING OUR BODIES.

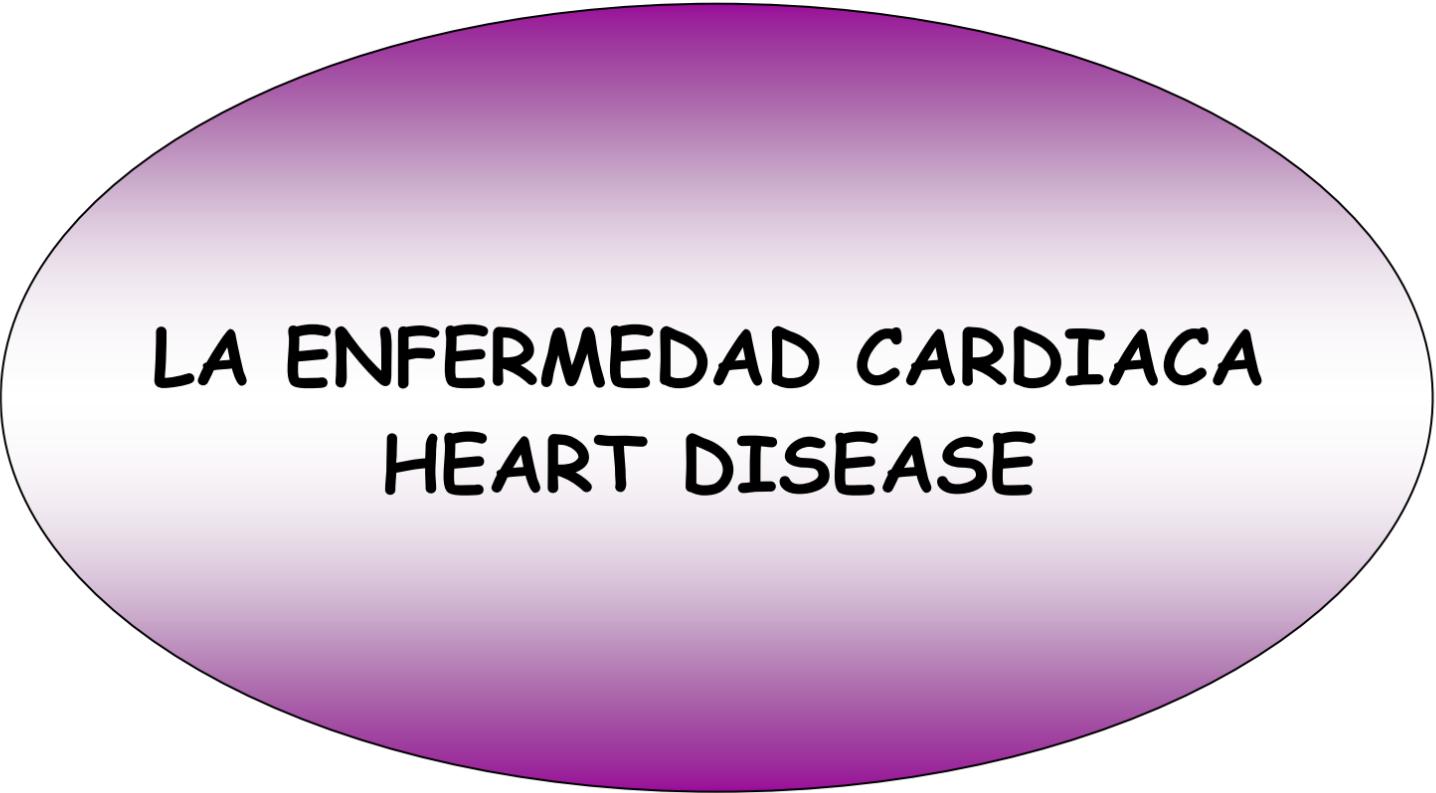
RESEARCH ALSO SUGGESTS THAT HIGH CHOLESTEROL MAY CONTRIBUTE TO STROKE AND BRAIN CELL DAMAGE. A LOW FAT, LOW CHOLESTEROL FOOD LIFESTYLE IS ADVISABLE.

THE IDEA IS TO LOWER OUR OVERALL FAT INTAKE. BUT, WHEN YOU DO CONSUME OIL - AND WE ALL NEED TO IN ORDER FOR OUR BODIES TO BE HEALTHY - WE CAN TRY TO EAT ONLY THE GOOD FATS. OUR BODIES NEED FAT FOR ENERGY TO DO DAILY ACTIVITIES AND PERFORM OTHER FUNCTIONS. ANY QUESTIONS?

 PAUSE FOR AUDIENCE RESPONSE

NOW AS WE MOVE FORWARD, LET'S REALLY TRY OUR BEST TO REMEMBER THAT EATING HEALTHY IS IMPORTANT TO TWO VERY IMPORTANT PARTS OF OUR BODY: OUR BRAIN AND OUR HEART!





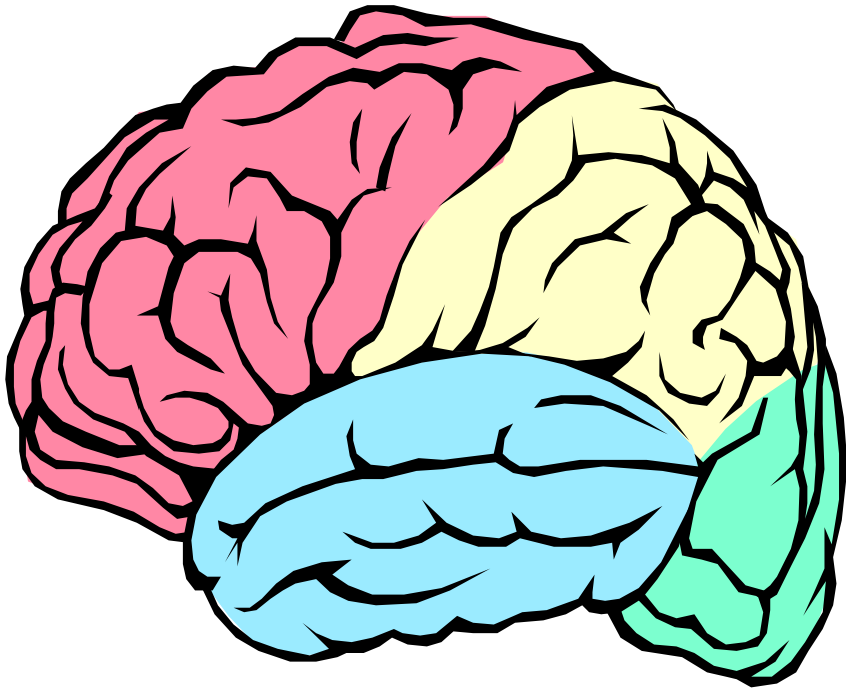
LA ENFERMEDAD CARDIACA
HEART DISEASE

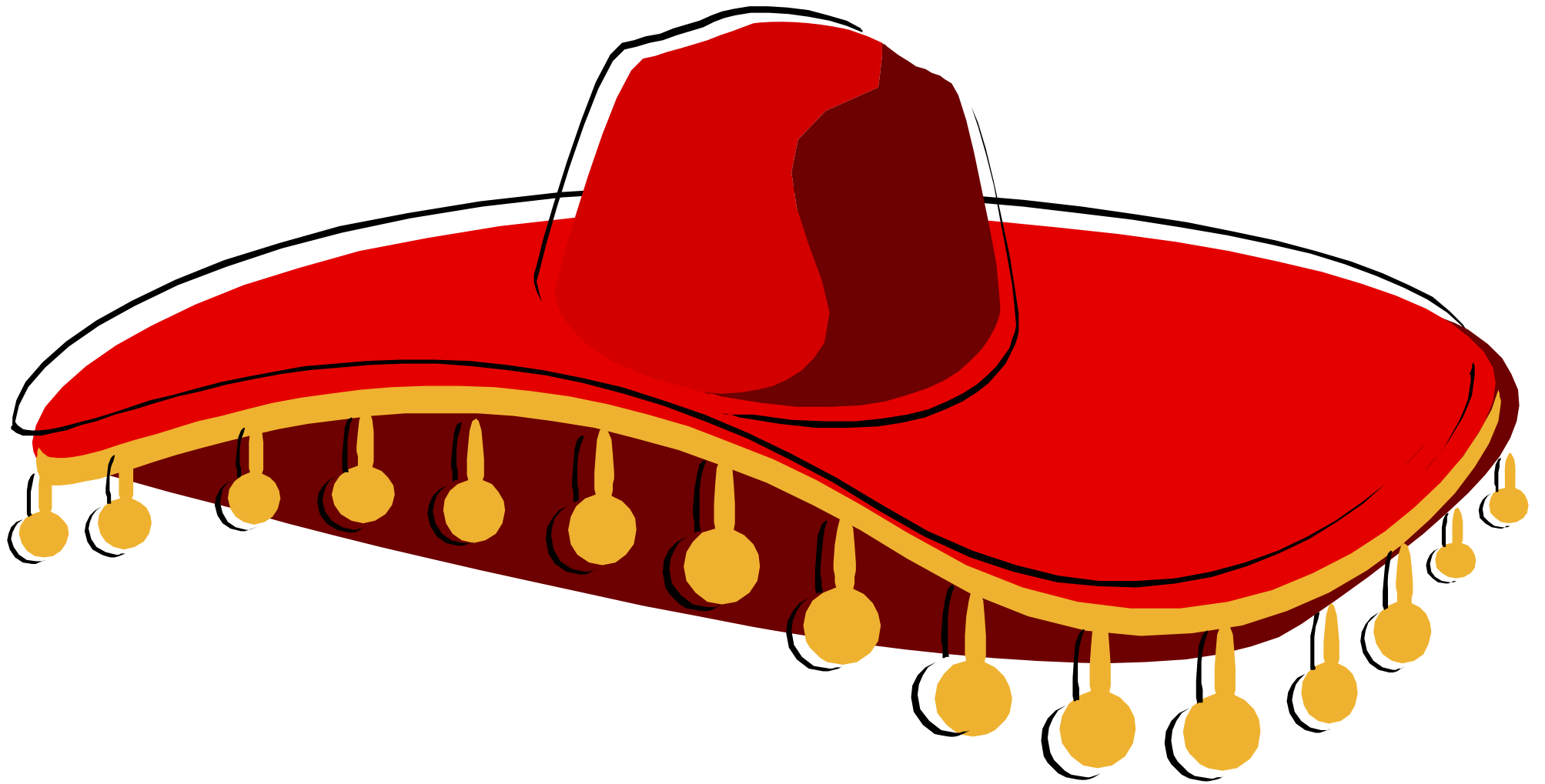


**INFARTOS
STROKE**



LA ENFERMEDAD DE ALZHEIMER'S
ALZHEIMER'S DISEASE







TAKING SMALL STEPS



WE HAVE ONE LAST BRIEF TOPIC TO COVER BEFORE WE ARE DONE. WE HAVE PRESENTED YOU A LOT OF INFORMATION TODAY. HOWEVER, OUR GOAL IS NOT TO OVERWHELM YOU! INSTEAD, IN THIS NEXT PART WE WANT TO BE SURE THAT YOU CAN TAKE HOME SOME OF THESE IDEAS AND LEARN HOW TO EASILY TAKE SMALL STEPS TO MAKE HEALTHY CHANGES FOR YOU AND YOUR FAMILY.

WE STRONGLY BELIEVE THAT EACH OF YOU IS FULLY ABLE TO MAKE THE CHANGES THAT WE HAVE TALKED ABOUT TODAY! WE IMAGINE THAT IT'S A BIG RESPONSIBILITY TO BE THE FAMILY CAREGIVER, AND WE WANT TO HELP YOU MAKE THESE CHANGES FOR YOURSELF AND FOR YOUR FAMILY. WE KNOW THAT YOU LOVE YOUR FAMILY, AND THAT YOU WANT TO MAKE THE CHANGE TOWARDS HEALTHIER EATING HABITS. HOWEVER, WE ALSO KNOW THAT YOUR FAMILY MAY BE RELUCTANT TO ACCEPT ALL OF THESE CHANGES AT FIRST. THAT'S WHY WE WANT TO MAKE SURE THAT YOU START BY TAKING A FEW SMALL STEPS TO CHANGE YOUR FAMILY'S DIET. MAKING ALL THE CHANGES AT ONCE IS IMPOSSIBLE! INSTEAD, IT IS BETTER TO CONCENTRATE ON A FEW THINGS ABOUT YOUR FAMILY'S NUTRITION THAT YOU WANT TO FOCUS ON. THEN, YOU CAN MAKE THOSE



CHANGES, SEE HOW THEY WORK, ADJUST THEM AS NECESSARY AND CONTINUE TO MAKE MORE CHANGES.

FOR EXAMPLE, IF YOU LIKE TO MAKE REFRIED BEANS WITH MANTECA (LARD), INSTEAD OF USING THE LARD, TRY VEGETABLE OIL. THE GOAL IS TO GRADUALLY MAKE SMALL CHANGES. IT MAY TASTE A LITTLE DIFFERENT BUT THIS WILL HELP LESS SATURATED FAT LIKE LARD FROM GETTING INTO YOUR ARTERIES. REMEMBER THE CLOGGED PIPE? SMALL CHANGES LIKE THIS WILL PREVENT THAT FROM HAPPENING TO YOU AND YOUR FAMILY.

LET'S TAKE A LOOK AT THIS HANDOUT FOR SOME IDEAS ON A FEW SMALL STEPS WE CAN TAKE TO REDUCE FAT.



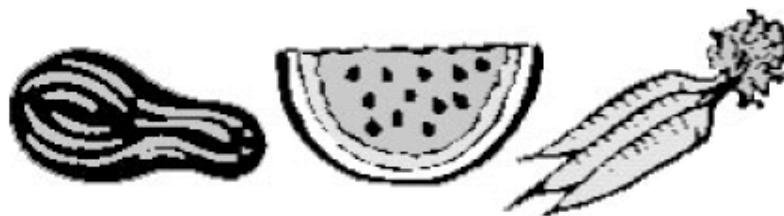
HOLD UP HANDOUT SHOWN ON THE NEXT PAGE



**You can make changes
little by little.**

**Check how you will try to eat
less fat.**

- ☐ Eat fruit instead of fatty desserts such as
flan, ice cream, or cakes.
- ☐ Drink skim or 1% milk.
- ☐ Buy cheeses marked "low fat" or "fat free."
- ☐ Bake, broil, or boil chicken instead of
frying it.
- ☐ Remove the skin from chicken.



7

National Heart Blood and Lung Institute (1996). *Cut down on fat - not on taste!* (NIH Publication No. 96-4045). Bethesda, MD: U.S. Department of Health and Human Services.



WE KNOW THAT EACH FAMILY'S HABITS ARE DIFFERENT. SO, SOME STEPS WILL BE EASIER TO PUT INTO PRACTICE, WHILE OTHER STEPS MIGHT BE HARDER BECAUSE YOUR FAMILY MIGHT NOT WANT TO SEE THEM HAPPEN. BECAUSE TASTE AND FLAVOR ARE SO IMPORTANT IN FOODS, WE WANT TO SHOW YOU SOME MORE IDEAS ON EASY WAYS TO KEEP THE FLAVOR AND TASTE OF FOODS, WHILE CHANGING THE FATS IN YOUR FAMILY'S DIET. LET'S TAKE A LOOK AT THIS HANDOUT AND LET'S ALL FOLLOW ALONG.

 *HOLD UP SUBSTITUTION HANDOUT SHOWN ON THE NEXT PAGE*



FOODS/BEVERAGES

Full Fat Food



Flour tortillas



Creamy salad dressings like blue cheese or thousand island



Mayonnaise



Whole milk, nondairy creamers, half-and-half



Hard full-fat cheeses



Ice cream



A whole egg



Lower Fat Food Substitution



Corn tortillas



Oil and vinegar, lemon juice, or reduced-calorie dressings



Plain nonfat or low-fat yogurt or nonfat sour cream



Skim or 1 percent milk



Part-skim ricotta, low-fat and cream cheese, queso fresco, cottage cheese



Nonfat or low-fat frozen yogurt, ice milk, fruit ices, or sherbet



Two egg whites or $\frac{1}{4}$ cup egg substitute





YOU KNOW YOUR FAMILY THE BEST, SO WE'D LIKE TO GIVE YOU A CHANCE NOW TO COME UP WITH A FEW EASY STEPS TAILORED SPECIFICALLY TO YOUR FAMILY. LET'S DO AN ACTIVITY. EVERYONE PLEASE TAKE OUT THIS SHEET FROM THEIR PACKET.

 *HOLD UP THE LADDER HANDOUT, AND PROCEED TO THE SCRIPT FOR THE ACTIVITY PAGE.*




ACTIVITY: ACHIEVE YOUR GOALS BY TAKING SMALL STEPS

DOES EVERYONE HAVE THIS HANDOUT?

 *HOLD UP THE HANDOUT SHOWN ON NEXT PAGE*

FOR THIS ACTIVITY, **IMAGINE A LADDER** AND THAT YOU ARE STEPPING UP OR DOWN THE LADDER. WOULD YOU TAKE BIG, QUICK STEPS OR SMALL, GRADUAL STEPS UP THE LADDER?


 *IF FOR SOME REASON THE AUDIENCE DOESN'T SAY SMALL STEPS, ASK THEM WHY THEY ARE RESPONDING WITH 'BIG STEPS'. THEN, COACH THEM THROUGH THE RESPONSE (E.G., YOU WANT TO MOVE CAREFULLY, NOT USE UP ALL YOUR ENERGY TOO QUICKLY, ETC.) UNTIL THEY RESPOND WITH 'SMALL STEPS'.*

EXACTLY! IN THE SAME WAY, YOU WANT TO TAKE SMALL STEPS TO GRADUALLY MAKE THE CHANGE FROM A HIGHER FAT DIET TO A LOWER FAT DIET.

FOR THE NEXT MINUTE, THINK OF **3 STEPS** THAT YOU WANT TO TAKE TO IMPROVE YOUR DIET AND THE DIET OF YOUR FAMILY. THESE SHOULD BE STEPS RELATED TO FAT INTAKE THAT YOU BELIEVE YOU CAN MAKE IN THE NEXT 1-2 WEEKS. THESE STEPS SHOULD ALSO FOCUS ON THE THINGS RELATED TO FAT THAT WE TALKED ABOUT TODAY.

 *GIVE THE PARTICIPANTS TIME TO FILL OUT THEIR STEPS.*

WHO WOULD LIKE TO SHARE THE 3 STEPS THEY'VE CHOSEN TO WORK ON FOR THE NEXT 1-2 WEEKS?

 *MOTIVATE PARTICIPANTS WITH AFFIRMATIONS LIKE "GOOD JOB", "THAT SOUNDS GREAT", ETC. IF ANYBODY'S GOAL SOUNDS TOO BIG, COACH THEM ON WAYS THEY CAN MAKE THEIR GOAL MORE MANAGEABLE...REMEMBER, IT'S ALL ABOUT SMALL STEPS!*

WHO ELSE WOULD LIKE TO SHARE?



ACTIVITY: ACHIEVE YOUR GOALS BY TAKING SMALL STEPS

👉 ENSURE THAT ALL PARTICIPANTS WHO WANT TO SHARE HAVE HAD A CHANCE.

PLEASE KEEP THIS LIST SOMEWHERE WHERE YOU WILL BE ABLE TO SEE IT REGULARLY SO THAT YOU CAN REMEMBER TO WORK ON YOUR GOALS! ALSO, PLEASE BRING THIS SHEET WITH YOU WHEN YOU COME TO THE NEXT WORKSHOP.



ACTIVITY: ACHIEVE YOUR GOALS BY TAKING SMALL STEPS



I, _____, WILL TRY MY ABSOLUTE BEST TO MAKE MY EATING HABITS AND MY FAMILY'S EATING HABITS HEALTHIER BY MODIFYING FAT IN THREE SMALL WAYS IN THE NEXT ONE TO TWO WEEKS:

(1) _____

(2) _____

(3) _____



AT THE MARKET (PART I)



NOW, WE WILL DISCUSS AND LEARN ABOUT HOW TO CHOOSE MARKETS AND OTHER RESOURCES THAT STOCK FRESH AND HEALTHY FOODS, HOW TO BUY HEALTHY FOODS ON A BUDGET, HOW TO MANEUVER THROUGH A TYPICAL GROCERY STORE, HOW TO FOLLOW THE FOOD PYRAMID, AND HOW TO READ A FOOD LABEL.



LOCAL FOOD DIRECTORY FOR LA PUENTE, CA

CALIFORNIA LATINOS REPORT EATING AN AVERAGE OF ONLY 4.1 DAILY SERVINGS OF FRUITS AND VEGETABLES WHICH IS WELL BELOW THE 7 TO 13 DAILY SERVINGS ($3 \frac{1}{2}$ TO $6 \frac{1}{2}$ CUPS) THAT ARE RECOMMENDED FOR GOOD HEALTH. IN FACT, MORE THAN ONE THIRD EAT JUST TWO OR FEWER SERVINGS DAILY. SOME BARRIERS TO GOOD NUTRITION INCLUDE AVAILABILITY OF NUTRITIOUS FOODS AND THE COST OF FRESH FOODS.

LET'S FIRST TALK ABOUT THE STORES IN WHICH WE BUY OUR FOODS. WE KNOW THAT PURCHASING FOOD DEPENDS ON THE COMMUNITY THAT WE LIVE IN. WE KNOW THAT IN MANY COMMUNITIES, IT'S DIFFICULT TO FIND STORES SELLING HEALTHY FOODS. INSTEAD, OTHER FOOD OPTIONS MAY EXIST SUCH AS FAST FOOD RESTAURANTS, CONVENIENCE MARKETS, AND SO FORTH.

Q & A: WOULD YOU PLEASE SHARE WITH THE GROUP IN WHAT TYPE OF MARKET YOU SHOP IN? IS IT FOR GOOD PRICES? THE GOOD SELECTION?

 **PAUSE FOR RESPONSE**

THE CONVENIENCE OF LOCATION CAN ALSO BE A REASON WHY PEOPLE IN THE COMMUNITY SHOP AT SPECIFIC STORES AND MARKETS. WE'VE CREATED THE FOLLOWING LOCAL FOOD DIRECTORY WHICH CAN BE FOUND IN YOUR PACKET. THIS DIRECTORY LISTS PLACES LOCATED WITHIN A 25 MILE RADIUS OF LA PUENTE WHERE FRESH FOOD IS AVAILABLE.

 **HOLD UP THE LOCAL FOOD DIRECTORY**

FEEL FREE TO LOOK THROUGH THIS DIRECTORY AS WE SPEAK. THESE PLACES STOCK LOTS OF FOODS, INCLUDING FRESH FRUITS AND VEGETABLES. SEVERAL OF THESE PLACES ALSO PROVIDE FOOD AT



LOCAL FOOD DIRECTORY FOR LA PUENTE, CA

LOW-COST OR NO-COST FOR THOSE THAT QUALIFY. WE'VE ALSO INCLUDED INFORMATION ON WHETHER THESE PLACES ARE ACCESSIBLE BY PUBLIC TRANSPORTATION. WE RECOMMEND THAT YOU CALL TO MAKE SURE THAT THEY ARE OPEN BEFORE YOU GO.



BUYING HEALTHY FOODS ON A BUDGET

NOW THAT WE'VE DISCUSSED MARKETS IN THE AREA, THE SECOND ISSUE IS THE **COST OF FOOD**. MOST PEOPLE BELIEVE THAT BUYING HEALTHY FOODS SUCH AS FRESH PRODUCE IS TOO EXPENSIVE. FOR EXAMPLE, IN A 2003 SURVEY, 41% OF CALIFORNIA LATINOS BELIEVED THAT FRUITS AND VEGETABLES ARE TOO EXPENSIVE.

Q & A: DO ANY OF YOU FIND FRUITS AND VEGETABLES TO BE EXPENSIVE?

 *PAUSE FOR RESPONSE*

ALTHOUGH FAST FOODS ARE OFTEN HEAVILY ADVERTISED AS CHEAP AND CONVENIENT, BUYING FOOD AT THE GROCERY STORE CAN BE MUCH LESS EXPENSIVE THAN IT ACTUALLY SEEMS. IN ADDITION, PREPARING YOUR OWN FOOD AT HOME CAN ALSO BE MUCH MORE HEALTHY FOR YOU AND YOUR FAMILY THAN FAST FOODS AND OTHER CONVENIENCE FOODS AND THEY ARE MUCH CHEAPER.

Q & A: CAN YOU THINK OF THE BENEFITS OF PREPARING YOUR OWN MEALS INSTEAD OF EATING AT RESTAURANTS?

 *PUT BULLET POINTS OF THE EASEL PAD AS THEY RESPOND*

LET'S DO SOME MATH TOGETHER TO FIGURE OUT WHAT'S FACT, AND WHAT'S FICTION. PLEASE TAKE THIS HANDOUT FROM THE PACKET AND FOLLOW ALONG.

 *SHOW GROCERY LIST VS. FAST FOOD LIST HANDOUT*

ON THE LEFT COLUMN IS A GROCERY LIST THAT WILL PROVIDE FOOD FOR A FAMILY OF 4-6 FOR AT LEAST ONE WEEK. FOOD PRICES WERE OBTAINED FROM VON'S.



 BUYING HEALTHY FOODS ON A BUDGET

For a family of 4-6 people...

List A: Grocery Store	List B: Eating Out
Wheat Bread.....\$3.69	<u>Monday</u>
8 Bananas.....\$2.64	Breakfast at McDonalds.....\$30
4 Apples.....\$3.20	Lunch at Taco Bell.....\$25
3 Avocados.....\$4.50	Dinner at Acapulco.....\$55
Salt (26 oz).....\$0.89	<u>Tuesday</u>
2 Milk Gallons (1%).....\$7.98	Breakfast at IHOP.....\$45
A Dozen Eggs.....\$3.99	Lunch at King Taco.....\$30
Seasonings.....\$2.79	Dinner at Pizza Hut.....\$19.99
Sour Cream (48oz).....\$6.29	<u>Wednesday</u>
Rice (48oz).....\$3.65	Breakfast at Burger King.....\$30
Pinto Beans (4lb).....\$5.29	Lunch at Taco Bell.....\$25
Cereal.....\$3.00	Dinner at El Pollo Loco.....\$20
6 Cup of Noodles.....\$2.50	<u>Thursday</u>
Mustard (20 oz).....\$2.99	Breakfast at McDonalds.....\$30
Ketchup (20 oz).....\$2.19	Lunch at KFC.....\$19.99
Mayonnaise (30 fl. oz).....\$2.99	Dinner at Denny's.....\$50
Ham (16 oz).....\$4.69	<u>Friday</u>
Chicken Leg Quarters (4.5 lb).....\$4.37	Breakfast at Burger King.....\$30
2 lbs Ground Beef.....\$9.38	Lunch at Yoshinoya.....\$26
2 White Onions.....\$1.48	Dinner at Subway.....\$25
5 Tomatoes.....\$2.50	<u>Saturday</u>
Lettuce.....\$1.79	Breakfast at Burger King.....\$30
A Can of Corn.....\$1.29	Lunch at El Pollo Loco.....\$20
24 Pack of Water.....\$4.50	Dinner at Little Caesars.....\$10
Orange Juice.....\$3.00	<u>Sunday</u>
Corn oil (48 fl. Oz).....\$5.09	Breakfast at McDonalds.....\$30
	Lunch at Taco Bell.....\$25
	Dinner at KFC.....\$19.99
TOTAL = \$96.67	TOTAL = \$595.97



BUYING HEALTHY FOODS ON A BUDGET

ON THE RIGHT COLUMN IS A PRICE LIST OF HOW MUCH FOOD WOULD COST IF YOU WERE TO BUY BREAKFAST, LUNCHES, AND DINNERS AT FAST FOOD AND OTHER RESTAURANTS FOR ONE WEEK. FOOD PRICES WERE OBTAINED FROM THE RESPECTIVE STORES AND MARKETS.

Q & A: WHAT ARE YOUR THOUGHTS AFTER LOOKING AT THESE TWO LISTS?

 *PAUSE FOR RESPONSE*

Q & A: CAN ANYONE SHARE WITH THE GROUP HOW YOU SAVE MONEY AT THE MARKET?

 *PAUSE FOR RESPONSE*

YOU CAN ALSO LOOK AT THIS HANDOUT PROVIDED IN YOUR PACKET THAT LISTS OTHER WAYS OF SAVING MONEY AT THE GROCERY STORE.

 *HOLD UP THE HAND OUT*



BUYING HEALTHY FOODS ON A BUDGET

ADDITIONAL WAYS OF SAVING MONEY AT THE GROCERY STORE

- SET A BUDGET BEFORE YOU GO TO THE STORE.
- MAKE A LIST BASED ON INGREDIENTS NEEDED FOR A WHOLE WEEK'S MENU, AND STICK TO THE LIST.
- BUY FROZEN AND/OR CANNED FRUITS AND VEGGIES WHEN FRESH PRODUCE IS EXPENSIVE. MAKE SURE CANNED FRUIT IS IN WATER (NOT SYRUP). MAKE SURE CANNED VEGGIES ARE LOW IN SODIUM.
- BUY ITEMS IN BULK, AND STORE OR FREEZE THE REST OF IT FOR LATER USE - YOU CAN SAVE TIME AND MONEY AT ONCE.
- BUY HEALTHY SNACKS IN LARGE QUANTITIES, AND DIVIDE THEM UP RIGHT WHEN YOU GET HOME INTO LITTLE ZIPLOC BAGS. THESE CAN BE USED BY THE ENTIRE FAMILY.
- GO TO THE GROCERY STORE AFTER YOU EAT (AT LEAST HAVE A LIGHT SNACK). IF YOU GO WHEN YOU'RE HUNGRY, YOU'RE MORE LIKELY TO BUY STUFF YOU DON'T WANT LATER.
- TRY THE STORE OR GENERIC BRANDS. THEY'RE CONSIDERABLY CHEAPER THAN BRAND NAMES, AND THEY TASTE THE SAME.
- TAKE A CALCULATOR AND ADD UP THE COST AS YOU PLACE ITEMS INTO YOUR CART. THIS WILL PREVENT OVERSPENDING.
- LOOK AT THE STORE ADS FOR WEEKLY SALES ITEMS. PURCHASE PRODUCE THAT IS IN SEASON.
- COMPARE PRICES.
- FARMER'S MARKETS, BODEGAS, AND OTHER SIMILAR PLACES WILL OFTEN GIVE YOU EXTRA PRODUCE OR GIVE YOU A CHEAPER PRICE ON ITEMS THAT MAY NOT BE FRESH ENOUGH TO BE SOLD THE NEXT DAY.



SUPERMARKET MAP

ANOTHER WAY TO SAVE MONEY IS TO **STICK TO THE EDGE OF THE GROCERY STORE**. FRESH FRUITS AND VEGETABLES, MEAT, SEAFOOD, BREADS, AND DAIRY ARE OFTEN FOUND ON THE OUTSIDE AISLES. BY ONLY OCCASIONALLY SHOPPING IN THE INNER AISLES, YOU'LL BE LESS LIKELY TO BUY EXPENSIVE (AND ALSO LESS HEALTHY) FOODS. THIS MAP WAS PRODUCED BY THE LATINO NUTRITION COALITION, AND HIGHLIGHTS FOODS COMMON IN LATINO CUISINES.

 **HOLD UP SUPERMARKET MAP**

LET'S TURN OUR ATTENTION TO THIS MAP OF A SUPERMARKET.

Q & A: WHILE SHOPPING, WHAT ARE SOME OF THE REASONS THAT YOU MIGHT PURCHASE LESS HEALTHY FOODS? FOR INSTANCE, DO YOU PURCHASE SOME FOODS THAT AREN'T SO HEALTHY BECAUSE YOU KNOW YOUR LOVED ONES WILL WANT THEM?

 **PAUSE FOR RESPONSES.**

Q & A: DO ANY OF YOU HAVE SOLUTIONS TO THESE DILEMMAS?

 **PAUSE FOR RESPONSES.**

THESE ARE GREAT SUGGESTIONS. LET'S CONTINUE.

AT THE MARKET



SUPERMARKET MAP

Mapa del Mercado

SUPERMARKET MAP

for more information and recipes: www.latinnutrition.org © 2007 Oldways Preservation & Exchange Trust
 Advertencia: Los productos de aseo del hogar y personal no se han incluido en este mapa porque no tienen relevancia con la misión del LNC.
 Disclaimer: Cleaning and beauty products were not included in this map because they are not pertinent to Latino Nutrition Coalition.

<p>Comidas Preparadas <i>Prepared Foods</i></p> <p>Tortilla <i>Tortilla</i></p> <p>Wisconsin Cheese</p> <p>Quesos Jugos Huevos <i>Cheese Juice Eggs</i></p> <p>Leche Yogurt <i>Milk Yogurt</i></p>	<p>Verduras Congeladas <i>Frozen Vegetables</i></p> <p>Comidas Congeladas <i>Frozen Foods</i></p>	<p>Bebidas <i>Beverages</i></p> <p>Agua <i>Water</i></p> <p>Chips <i>Chips</i></p> <p>Galletas <i>Cookies</i></p> <p>Dulces <i>Candy</i></p>	<p>Condimentos <i>Condiments</i></p> <p>Aderezos para Ensalada <i>Salad dressing</i></p> <p>Aceites <i>Oils</i></p> <p>Espices <i>Spices</i></p>	<p>Carnes Fías <i>Cold Cuts</i></p> <p>Carnes <i>Meat</i></p> <p>Salsas <i>Sauces</i></p> <p>Pasta <i>Pasta</i></p> <p>Rice <i>Rice</i></p> <p>Arroz <i>Rice</i></p> <p>Fríjoles <i>Beans</i></p>	<p>Aves <i>Poultry</i></p> <p>Pescado <i>Seafood</i></p> <p>Comidas Enlatadas <i>Canned foods</i></p> <p>Sopas <i>Soups</i></p> <p>Bouillons <i>Caldos</i></p>	<p>Panadería y Repostería <i>Bakery</i></p> <p>Harina <i>Flour</i></p> <p>Azúcar <i>Sugar</i></p> <p>Ingredientes para hornear <i>Baking needs</i></p> <p>Mermeladas <i>Jellies</i></p> <p>Nueces <i>Nuts</i></p> <p>Peanuts</p>	<p>Cereales para el desayuno <i>Breakfast cereal</i></p> <p>Barras nutritivas <i>Snack bars</i></p> <p>Frutas <i>Fruits</i></p> <p>Verduras <i>Vegetables</i></p>
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Savita's secrets

Planeo mi lista de compras de acuerdo a la organización de mi supermercado; generalmente los alimentos que están en el borde son frescos y perecederos; los alimentos que están en las islas del medio duran por mucho tiempo.

I always make my shopping list following my store's order. Generally, the foods that are fresh are on the border of the store and the foods that last for a long time are in the middle.

Latino Nutrition Coalition. (2007). *Camino Mágico*. Boston, MA: Oldways Preservation Trust.



BUY FOR TASTE, NOT FOR FAT

THE EDGES OF THE MARKET CAN BE OVERWHELMING BECAUSE THERE ARE SO MANY OPTIONS. IF WE HAD TO SELECT JUST FOUR PROVEN TECHNIQUES TO CHOOSING HEALTHIER YET STILL TASTY OPTIONS JUST AROUND THE EDGE OF THE STORE, THEY WOULD BE THE ONES LISTED ON THIS SHEET.



HOLD UP THE SHEET.

ALL FOUR OF THESE POINTS FOLLOW THE SAME PRINCIPLE: **BUY LOWER FAT FOODS.**

HERE ARE FOUR WAYS TO DO THIS.

ONE: BUY LOWER FAT MILK, SUCH AS SKIM OR 1% MILK.

TWO: BUY LOWER FAT OR FAT FREE CHEESE, SOUR CREAM, SALAD DRESSING, AND MAYONNAISE.

THREE: BUY FISH AND CHICKEN WITHOUT THE SKIN (THE EXCEPTION IS SALMON). BUY LEAN CUTS OF MEAT INSTEAD OF FATTY MEATS. FOR EXAMPLE, BUY GROUND SIRLOIN WHICH IS A MUCH MORE LEAN MEAT TO MAKE HAMBURGERS INSTEAD OF PURCHASING FROZEN HAMBURGERS WHICH CONTAIN MUCH MORE FAT. OTHER EXAMPLES WOULD BE TO BUY LOIN PORK CHOPS WHICH ARE LEANER THAN PORK SPARE RIBS, OR TO BUY HAM RATHER THAN BUYING HOT DOGS OR WEENIES, WHICH ARE OFTEN VERY HIGH IN FAT.

FOUR: BUY LOTS OF FRUITS, VEGETABLES, AND GRAINS LIKE BEANS, RICE, CORN TORTILLAS (UNFRIED, NOT TOSTADAS), AND PASTA.



BUY FOR TASTE, NOT FOR FAT

**Protect your family's heart health
by serving foods low in fat and
saturated fat.**

Latino foods such as beans, vegetables, fruits, rice, and corn tortillas are all part of a healthy diet. Prepare them in a heart-healthy way for you and your family. Help your family to eat less fat and saturated fat.

Buy lower fat foods.

- ▶ Skim or 1% milk.
- ▶ Low fat or fat free cheeses, sour cream, salad dressing, and mayonnaise.
- ▶ Fish and chicken or turkey without the skin. Lean cuts of meat instead of fatty meats.
- ▶ Fruits, vegetables, and grains like beans, rice, corn tortillas, and pasta.



National Heart Blood and Lung Institute (1996). *Cut down on fat - not on taste!* (NIH Publication No. 96-4045). Bethesda, MD: U.S. Department of Health and Human Services.




BUYING SNACKS

OKAY, NOW THAT WE'VE COVERED THE EDGES OF THE GROCERY STORE, YOU MAY BE WONDERING HOW TO MAKE HEALTHIER SELECTIONS IN THE MIDDLE OF THE STORE. FOR EXAMPLE, CERTAIN ITEMS WILL ONLY BE AVAILABLE IN THE CENTER OF THE STORE, LIKE OILS, SNACKS, ETC. WE COVERED OILS IN THE FIRST CLASS. LET'S TURN OUR ATTENTION TO JUNK FOOD, WHICH IS COMMON IN THE CENTER AISLES.

WE WANT TO EMPHASIZE THAT ALL FOODS CAN BE CONSUMED IN MODERATION. WE DON'T WANT YOU TO AVOID MUCH. INSTEAD, THINGS LIKE SNACKS ARE OKAY, AS LONG AS THEY ARE EATEN IN MODERATION. IF YOU ARE EATING A LOT OF SNACKS, THAT PROBABLY MEANS YOU'RE HUNGRY! EVEN IF SNACKS ARE FORTIFIED WITH VITAMINS, MINERALS, AND WHOLE GRAINS, THEY SHOULD NOT BE SUBSTITUTED FOR A MEAL.

BUT EVERY NOW AND THEN WE ALL LIKE TO HAVE A SNACK. SO, WE'D LIKE TO NOW PLAY A QUICK GAME WHERE WE WILL LEARN ABOUT HEALTHIER OPTIONS FOR THE FOODS YOU USUALLY FIND IN THE MIDDLE OF THE STORE.

 *PROP UP THE SNACK ATTACK POSTER.*

 *VELCRO THE UNHEALTHY CHOICES TO THE CIRCLE IN THE MIDDLE OF THE POSTER. THEN, LAY OUT THE HEALTHY CHOICES ON THE TABLE IN FRONT OF THE PARTICIPANTS.*

FOR EACH JUNK FOOD MENTIONED, NAME THE FOOD OR DRINK APPEARING ON THIS BOARD THAT CAN SERVE AS A HEALTHIER OPTION. THERE MAY BE MORE THAN ONE RIGHT ANSWER. TRY TO FIND THE ANSWER THAT IMITATES THE TEXTURE OR TASTE OF THE FOOD ITEM.

LET'S START!



BUYING SNACKS

Q & A: WHAT'S A BETTER OPTION FOR HOT CHEETOS?

ANSWER: CARROT STICKS, BAKED LAY'S, JICAMA

👉 IF PROMPTING IS NEEDED, CAN SAY "GOOD" AND/OR "THERE'S ONE MORE ANSWER", "GREAT"

Q & A: WHAT'S A BETTER OPTION FOR MICROWAVEABLE BUTTERED POPCORN?

ANSWER: PEANUTS, UNBUTTERED POPCORN, PRETZELS

👉 IF PROMPTING IS NEEDED, CAN SAY "GOOD" AND/OR "THERE'S ONE MORE ANSWER", "GREAT"

Q & A: WHAT'S A BETTER OPTION FOR CUP OF NOODLES?

ANSWER: CHICKEN NOODLE SOUP OR LOW SODIUM SOUPS

👉 IF PROMPTING IS NEEDED, CAN SAY "GOOD" AND/OR "THERE'S ONE MORE ANSWER", "GREAT"

Q & A: WHAT'S A BETTER OPTION FOR TOSTADAS?

ANSWER: CORN TORTILLAS, FLOUR TORTILLAS

👉 IF PROMPTING IS NEEDED, CAN SAY "GOOD" AND/OR "THERE'S ONE MORE ANSWER", "GREAT"

Q & A: WHAT'S A BETTER OPTION FOR FROZEN FRENCH FRIES?

ANSWER: BAKED POTATO, BAKED POTATO WEDGES

👉 IF PROMPTING IS NEEDED, CAN SAY "GOOD" AND/OR "THERE'S ONE MORE ANSWER", "GREAT"

CONGRATULATIONS! YOU DID A GREAT JOB WITH THAT GAME. LET'S MOVE ON.



IN THE NEXT WORKSHOP, WE WILL CONTINUE TO LEARN MORE WAYS OF SHOPPING FOR HEALTHY FOODS AT THE MARKET. WE WILL ALSO LEARN HOW TO READ NUTRITION FOOD LABELS. ADDITIONALLY, WE WILL LEARN HOW TO COOK HEALTHY FOODS AT HOME. IN FACT, WE WILL HAVE A COOKING DEMONSTRATION! FINALLY WE WILL TALK ABOUT PORTION SIZES AND HOW TO CONTINUE EATING HEALTHILY, WHEN ATTENDING HOLIDAY EVENTS, CELEBRATIONS AND FAMILY GATHERINGS.

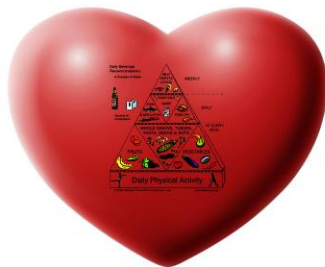
NOW, BEFORE WE WRAP UP FOR TODAY, WE'D LIKE TO MAKE SURE THAT EVERYONE HAS SIGNED UP FOR THEIR 2ND WORKSHOP. WE ARE PASSING AROUND A SIGN UP SHEET, SO PLEASE BE SURE TO SIGN UP BEFORE YOU LEAVE THE WORKSHOP TODAY. AT THE END OF THE SECOND WORKSHOP IN ONE TO TWO WEEKS, YOU WILL RECEIVE A SET OF MOVIE TICKETS. THEN, ONE MONTH AFTER THE END OF THE 2ND WORKSHOP, YOU WILL BE ASKED TO COMPLETE ANOTHER INTERVIEW. AT THE COMPLETION OF THAT INTERVIEW, YOU WILL BE GIVEN A \$25 TARGET GIFT CARD AS OUR WAY OF SAYING THANK YOU FOR YOUR TIME.

FACILITATORS: BE SURE THAT EVERY PARTICIPANT HAS SIGNED UP FOR THE SECOND WORKSHOP.

THANK YOU VERY MUCH FOR PARTICIPATING TODAY. IF YOU NEED TO CONTACT US BEFORE THE NEXT WORKSHOP, PLEASE CALL US. THE PHONE NUMBER IS IN YOUR INFORMATION PACKET. JUST IN CASE, HERE'S OUR PHONE NUMBER AGAIN: (213) 740 - 0864. IN THE NEXT CLASS, WE'LL LEARN ABOUT HEALTHY WAYS TO PREPARE, COOK, AND EAT TASTY MEALS FOR YOURSELF AND YOUR FAMILIES. THANK YOU ONCE AGAIN FOR YOUR PARTICIPATION. WE LOOK FORWARD TO SEEING ALL OF YOU IN ONE TO TWO WEEKS!



FOOD RESOURCE DIRECTORY
FOR LA PUENTE, CA AND SURROUNDING AREAS
2007



NAME	TYPE	ADDRESS	PHONE NUMBER	MILES *	ANONY- MOUS?	BUS
FARMERS MARKETS						
La Tiendita Produce Market	Farmers Market	18163 Valley Blvd La Puente, CA 91744	(626) 810-4108	3.3	Yes	Metro Bus 14, 484 Foothill Transit 486
Green Produce Market	Farmers Market	10101 Valley Blvd El Monte, CA 91731	(626) 575-3006	8.1	Yes	Metro Bus 14, 484 Foothill Transit 486
La Bodega Produce Market	Farmers Market	281 E Newburgh St- Azusa, CA 91702	(626) 969-2029	8.6	Yes	Metro Bus 14, Foothill Transit 280, 492
Azteca Produce Market	Farmers Market	4988 Santa Anita Ave Temple City, CA 91780	(626) 579-1042	10.2	Yes	N/A
Salgado Produce Market	Farmers Market	5061 Alhambra Ave Los Angeles, CA 90032	(323) 227-5126	18.5	Yes	Metro Bus 14, 76
El Ruisenor de Mexico Incorporated	Farmers Market	1119 E 8 th St Los Angeles, CA 900021	(213) 629-5236	19	Yes	Metro Bus, 14, 76, 484, 111
Tropicana Produce Market & Company	Farmers Market	1406 Huntington Dr. Duarte, CA 91010	(626) 357-4589	21.7	Yes	N/A
Aladdin Nut House	Farmers Market	1647 E Washington Blvd Pasadena, CA 91104	(626) 794-7533	21.74	Yes	N/A
Compton Nut Company	Farmers Market	711 W. Rosecrans Ave. Compton, CA 90222	(323) 636-3029	25	Yes	Metro Bus 14, 125, 205, 305, 124, 550 Metrorail blue line, green line
MARKETS						
99 Cent Store	Discount market with fresh produce, dairy, eggs	1617 Hacienda Blvd La Puente CA 91744	(626) 918-6699	0	Yes	Metro Bus 14, 484 Foothill Transit 486, 274
7 Eleven	Market with limited fresh produce and dairy	16020 Main St La Puente, CA 91744	(626) 333-5415	.02	Yes	Metro Bus 14, 484 Foothill Transit 486
Mary's Botica	Market/ Bodega	15805 Main St La Puente, CA 91744	(626) 968-7351	1.4	Yes	Metro Bus 14, Foothill Transit 486
La Rioja Ranch Market	Market	1433 Valinda Ave La Puente, CA 91744	(626) 919-2900	2	Yes	Metro Bus 14, 484 Foothill Transit 486
Suva Market	Market	15717 Amar Rd La Puente, CA 91744	(626) 330-3355	2.1	Yes	Metro Bus 14, 484 Foothill Transit 486, 274

Botanica Maya	Market/ Bodega	1604 N Hacienda Blvd La Puente, CA 91744	(626) 917-4147	2.3	Yes	Metro Bus 14, 484 Foothill Transit 486, 274
Fresh and Green	Market	1625 N Hacienda Blvd La Puente, CA 91744	(626) 917-6189	2.3	Yes	Metro Bus 14, 484 Foothill Transit 486, 274
La Ranchera Market	Market	15330 Amar Rd, La Puente, CA 91744	(626) 336-7047	2.3	Yes	Metro Bus 14, 484
Ensenada Market	Market	16047 Amar Rd La Puente, CA 91744	n/a	2.4	Yes	Metro Bus 14, 484 Foothill Transit 486, 274
Gaytan Foods Incorporated	Market	16101 Old Valley Blvd La Puente, CA 91744	(626) 330-4553	2.7	Yes	Metro Bus 14, 484 Foothill Transit 486
A Market	Market	14286 Amar Rd La Puente, CA 91746	(626) 918-2161	2.8	Yes	Metro Bus 14, Foothill Transit 178
Mikey's Market	Market	13512 Valley Blvd La Puente, CA 91746	(626) 333-7855	2.9	Yes	Metro Bus 14, 484 Foothill Transit 486
El Gallo Market	Market	308 N Sunset Ave La Puente, CA 91744	n/a	3.0	Yes	Metro Bus 14 Metro Transit 484
99 Cent Store	Discount market with fresh produce, dairy, eggs	1120 Hacienda Blvd Hacienda Heights CA US 91745	(626) 855-1699	3	Yes	Metro Bus 14 Foothill Transit 185, 486
Guadalajara Market	Market/ Bodega	619 Glendora Ave La Puente, CA 91744	(626) 855-0254	3.1	Yes	Metro Bus 14, 484 Foothill Transit Silver Streak
7 Eleven	Market with limited fresh produce and dairy	14656 Francisquito Ave La Puente, CA 91746	(626) 962-0519	3.2	Yes	Metro Bus 14, Foothill Transit 280, 492
Dominguez Market	Market	13825 Amar Rd Ste E La Puente, CA 91746	(626) 814-1545	3.3	Yes	Metro Bus 14, 484 Foothill Transit 486, 274
La Tiendita Produce Market	Market	18163 Valley Blvd La Puente, CA 91744	(626) 810-4108	3.3	Yes	Metro Bus 14, Foothill Transit 280, 492
Quik Mart	Market	13757 Amar Rd La Puente, CA 91746	(626) 960-9439	3.4	Yes	Metro Bus 14, 484 Foothill Transit 486, 274

El Barrio Mercado	Market/ Bodega	13732 Amar Rd La Puente, CA 91746	(626) 916-0303	3.5	Yes	Metro Bus 14, 484 Foothill Transit 486, 274
99 Cent Store	Discount market with fresh produce, dairy, eggs	19033 E. Colima Rd Rowland Heights, CA 91748	(626) 839-0499	4	Yes	Metro Bus 14, Foothill Transit 490
99 Cent Store	Discount market with fresh produce, dairy, eggs	14151 Ramona Blvd Baldwin Park, CA 91706	(626) 962-4299	4	Yes	Metro Bus 14, 490
99 Cent Store	Discount market with fresh produce, dairy, eggs	321 N. Vincent Ave Covina, CA 91722	(626) 962-5699	5	Yes	Metro Bus 14, 490
99 Cent Store	Discount market with fresh produce, dairy, eggs	15345 Whittier Blvd Whittier, CA 90603	(562) 947-9759	6	Yes	Bus 14, 111 Rapid 754
99 Cent Store	Discount market with fresh produce, dairy, eggs	1611 Whittier Blvd La Habra, CA 90631	(562) 694-4059	7	Yes	Bus 115 Rapid 754 Metrorail Greenline
99 Cent Store	Discount market with fresh produce, dairy, eggs	11114 Ramona El Monte, CA 91731	(626) 279-7999	7	Yes	Metro Bus, 14, 484, 490, 76
99 Cent Store	Discount market with fresh produce, dairy, eggs	307 N. Citrus Azusa, CA 91702	(626) 633-0990	7	Yes	Metro Bus 14, Foothill Transit 280, 492
La Bodega Produce Market	Bodega	281 E Newburgh St Azusa, CA 91702	(626) 969-2029	7.3	Yes	Metro Bus 14, Foothill Transit 280, 492
99 Cent Store	Discount market with fresh produce, dairy, eggs	1261 W. Central Ave. Brea, CA 92821	(562) 690-3992	8	Yes	N/A
99 Cent Store	Discount market with fresh produce, dairy, eggs	9565 Las Tunas Temple City, CA 91780	(626) 285-6888	9	Yes	Metro Bus 14, 78
99 Cent Store	Discount market with fresh	140 E. Duarte Rd Arcadia, CA 91006	(626) 294-1999	9	Yes	Metro Bus, 14, 287, 484, 290 Foothill Transit

	produce, dairy, eggs					Silver Streak
99 Cent Store	Discount market with fresh produce, dairy, eggs	9535 Whittier Blvd Pico Rivera, CA 90660	(562) 692-9992	9	Yes	Metro Bus 14, 40 10 Metro Rapid 754, 720
99 Cent Store	Discount market with fresh produce, dairy, eggs	14540 E. Leffingwell La Mirada, CA 90638	(562) 946-2918	9	Yes	N/A
99 Cent Store	Discount market with fresh produce, dairy, eggs	1521 Beverly Blvd Montebello, CA 90640	(323) 724-9900	10	Yes	N/A
99 Cent Store	Discount market with fresh produce, dairy, eggs	2450 E. Chapman Ave. Fullerton, CA 92831	(714) 525-9992	10	Yes	N/A
99 Cent Store	Discount market with fresh produce, dairy, eggs	14029 Pioneer Blvd Norwalk, CA 90650	(562) 929-9984	12	Yes	Metro Bus 14, 460

FOOD BANKS/PANTRIES

Azusa Community Food Bank	Food Bank	501 E Foothill Blvd Azusa, CA 91702	(626) 969-2397	7.5	Yes	Metro Bus 14 Transit 280, 185
Neighbors Helping Neighbors	Food Bank/ Soup Kitchen	13513 Telegraph Rd Ste B Whittier, CA 90605	(562) 777-2475	8.4	Yes	Metro Bus 14, 111, 115 Rapid 754 Metrarail Green Line
SOVA Food Pantry	Food Pantry	16439 Vanowen St. Van Nuys, CA 91406	(818) 988-7682	12.2	No	N/A
Coastal Pacific Food Distributors	Food Pantry	1520 E Mission Blvd Ontario, CA 91761	(909) 947-2066	19.1	Yes	N/A
GAP Food Ministries	Food Bank	8768 Helms Ave Rancho Cucamonga, CA 91730	(909) 945-1020	20.6	Unknown	Metro Bus 14, Omnitrans Bus 68
The Food Bank of Southern California	Food Bank	1444 San Francisco Ave Long Beach, CA 90813	(562) 435-3577	22.4	Yes	N/A

SOUP KITCHENS

Maria's Mexican Kitchen	"Soup Kitchen" → Mexican food	18015 Valley Blvd La Puente, CA 91744	(626) 965-1673	1	Yes	Metro Bus 14, Omnitrans Bus 68
La Puente Church of the Nazarene	Church sponsored soup kitchen	15766 E. Fairgrove La Puente, CA 91744	n/a	2	Yes	Metro Bus 14, 484 Foothill Transit

						486
Azuza Church of the Nazarene	Church sponsored soup kitchen	430 N. Angeleno Ave Azusa, CA 91702 (Sunday evenings only)	(626) 969-2204	9.3	Yes	Metro Bus, 14 Transit 280, 185
Meals on Wheels	Food bank/soup kitchen/food delivery	832 Ashcomb Dr La Puente, CA 91744	(626) 333-4570	11.5	No	Metro Bus 14, Foothill Transit 178
Catholic Worker Community	Soup kitchen	632 Britannia St Los Angeles, CA 90033	(323) 267-8789	14.9	Yes	Metro Bus 14, 330, 68, 204, 485, 490 Metro Rapid, 754
Hawaiian Gardens Food	Food bank/ Soup kitchen	21411 Norwalk Blvd, Hawaiian Gardens, CA 90716	(562) 860-9097	15.3	Yes	Metro Bus 484, 577 Express, Long Beach 173
Alhambra Church of the Nazarene	Church sponsored soup kitchen	119 N. Curtis Ave Alhambra, CA 91801	n/a	15.7	Yes	Metro Bus 14, 78
Church of Religious Science Costa Mesa	Soup Kitchen	2850 Mesa Verde Dr Costa Mesa, CA 92626	(714) 754-7399	24.5	Yes	2850 Mesa Verde Dr- Costa Mesa, CA 92626
FOOD DELIVERY						
Project Angel Food	Food delivery for sick and invalid	n/a	(323) 845-1800	n/a	No	N/A

*Approximate number of miles from the center of La Puente.



Golosinas No Tan
Saludables/
Unhealthy Snacks



1. _____

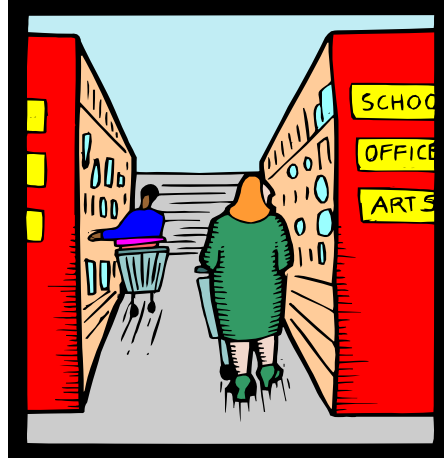
2. _____

3. _____

4. _____

5. _____

Ataque de Golosinas Snack Attack



Middle Aisle
Snacks



Golosinas Más
Saludables/
Healthier Snacks



1. _____

2. _____

3. _____

4. _____

5. _____

PIECES TO VELCRO TO SNACK ATTACK POSTER. THE UNHEALTHY CHOICES ARE THE TOP BOTTOM OPTION(S) ON EACH PAGE.















GOOD EATING HABITS FOR GOOD HEALTH

WORKSHOP II



WELCOME TO THE FINAL PART OF USC'S GOOD EATING HABITS FOR GOOD HEALTH NUTRITION EDUCATION PROGRAM, OR BUENOS HABITOS ALIMENTICIOS PARA UNA BUENA SALUD. BY NOW, YOU SHOULD HAVE SIGNED IN, PICKED UP A NAMETAG AND HAVE AN INFORMATION PACKET.

Q: IS ANYONE MISSING ANY OF THESE THINGS?

IF YOU HAVE ANY QUESTIONS DURING THE PROGRAM, PLEASE ASK US. WE'LL BE YOUR FACILITATORS FOR TODAY'S WORKSHOP. OUR NAMES ARE _____ AND _____.



MAKE ADDITIONAL STAFF INTRODUCTIONS AS NECESSARY.

AS YOU MAY REMEMBER, THIS IS A HEALTHY NUTRITION PROGRAM FOR LATINAS ENROLLED IN USC'S LATINO LOS ANGELES LATINO EYE STUDY. IT IS A TWO-PART PROGRAM. TODAY'S WORKSHOP IS THE LAST OF THE WORKSHOPS, AND IT WILL LAST THREE HOURS.

THERE ARE HEALTHY DRINKS AND SNACKS HERE (*POINT*) FOR YOU. PLEASE HELP YOURSELVES. IF YOU NEED TO USE THE RESTROOM, IT IS LOCATED AROUND THE CORNER IN THE CLINIC.

AS YOU MAY REMEMBER, THE PRIMARY FOCUS OF THE PROGRAM IS ON THE IMPORTANCE OF CONSIDERING DIFFERENT TYPES OF FATS IN OUR DIETS. EATING LOTS OF CERTAIN TYPES OF FATS IS ASSOCIATED WITH INCREASED RISK FOR HEART DISEASE AND RELATED DISEASES. IN THIS PROGRAM, WE WANT TO SHOW HOW YOU CAN MODIFY FATS IN YOUR FOODS, AND STILL EAT HEALTHY AND TASTY DISHES.

BY THE END OF THIS PROGRAM, YOU WILL BE ABLE TO HELP IMPROVE YOUR AND YOUR FAMILY'S HEALTH BY TEACHING YOUR FAMILY WHY IT IS IMPORTANT TO USE CERTAIN FATS, KNOWING HOW TO SELECT HEALTHIER FOODS AT THE MARKET, AND PREPARING DELICIOUS,



TRADITIONAL LOW-FAT MEALS. MOST IMPORTANTLY, YOU WILL BE ABLE TO ENJOY TASTY AND HEALTHY MEALS WITH YOUR FAMILY.

IN A FEW MINUTES, WE WILL BEGIN THE WORKSHOP. BEFORE THE END OF TODAY'S WORKSHOP, WE WILL ASK EACH OF YOU TO COMPLETE A 30 MINUTE INTERVIEW. AFTER YOU DO THIS INTERVIEW, YOU WILL RECEIVE MOVIE TICKETS AS A THANK YOU GIFT FOR YOUR PARTICIPATION. THEN, WE'LL HAVE GRADUATION AND CONCLUDE THE PROGRAM.

Q: ANY QUESTIONS SO FAR?

WE WANT TO MAKE THIS CLASS AS SUPPORTIVE AS POSSIBLE. WE REALLY LIKED THE IDEA OF A **GROUP-BASED CLASS** BECAUSE WE CAN ALL LEARN FROM EACH OTHER IN THIS ROOM TODAY. THEREFORE, PLEASE PARTICIPATE AS MUCH AS YOU FEEL COMFORTABLE, AND PLEASE SUPPORT YOUR CLASSMATES THAT DO.

BEFORE WE GO ON, WE'D LIKE TO KNOW A **LITTLE ABOUT YOU** ONCE AGAIN. WE'D LIKE TO ASK EACH OF YOU TO BRIEFLY TELL US YOUR NAME, WHY YOU WERE INTERESTED IN THIS CLASS, WHAT YOU HOPE TO GET OUT OF THIS CLASS, AND YOUR FAVORITE DISH.

Q: WHO'D LIKE TO BEGIN?

 **PROCEED AFTER ALL PARTICIPANTS HAVE INTRODUCED THEMSELVES.**

AGAIN, OUR NAMES ARE _____ AND _____. NOW THAT EVERYONE'S INTRODUCED THEMSELVES, LET'S CONTINUE.



LET'S BEGIN BY REVIEWING YOUR GOALS FROM THE PREVIOUS WORKSHOP. OUR GOAL IS TO EMPHASIZE MAKING NUTRITION CHANGES IN SMALL, GRADUAL STEPS.

Q: DO YOU REMEMBER THE HANDOUT WITH THE LADY CLIMBING THE LADDER?

AT THE END OF THE PREVIOUS WORKSHOP, YOU LISTED THREE GOALS THAT YOU WANTED TO WORK ON IN THE LAST ONE TO TWO WEEKS. WE WANT TO HEAR ABOUT YOUR SUCCESSES, BUT WE ALSO WOULD LIKE TO HEAR ABOUT THE CHALLENGES YOU MAY HAVE HAD IN REACHING YOUR GOALS. THEN, AS A CLASS, WE CAN HELP EACH OTHER BY GIVING YOUR OWN SOLUTIONS AND/OR TRYING TO HELP PROBLEM-SOLVE IN OTHER WAYS. PLEASE REMEMBER, THERE'S NO PRESSURE TO PARTICIPATE, BUT WE WELCOME PARTICIPATION. EVEN IF YOU DON'T WANT TO SHARE, AS WE MENTIONED LAST TIME, WE APPRECIATE YOU SUPPORTING ONE ANOTHER IN DISCUSSIONS.

Q: WHO'D LIKE TO START? ANY VOLUNTEERS?

ENCOURAGE PARTICIPANTS TO SHARE THEIR SUCCESSES, AS WELL AS THEIR CHALLENGES. GUIDE THE GROUP TO HELP TROUBLESHOOT ANY CHALLENGES THAT ARE DISCUSSED.

 *PROCEED AFTER ALL PARTICIPANTS WHO ARE INTERESTED IN SHARING HAVE DONE SO.*

THERE'S ONE MORE ACTIVITY TO REVIEW BEFORE WE MOVE ON TO TODAY'S TOPICS. IN THE PREVIOUS WORKSHOP, WE DISCUSSED SWITCHING THE CAPS FROM YOUR FAMILY'S MILK JUGS TO HELP DECREASE THE FAT IN YOUR FAMILY'S DIET.

Q: DID ANYONE HAVE A CHANCE TO TRY THIS TECHNIQUE? HOW WAS IT FOR YOU?



THANKS FOR SHARING YOUR EXPERIENCE.

Q: WHAT WORKED FOR YOU IN TRYING THIS TECHNIQUE? WHAT DIDN'T WORK?

Q: WOULD ANYONE ELSE LIKE TO SHARE?

ENCOURAGE PARTICIPANTS TO SHARE THEIR SUCCESSES, AS WELL AS THEIR CHALLENGES. GUIDE THE GROUP TO HELP TROUBLESHOOT ANY CHALLENGES THAT ARE DISCUSSED.

 *PROCEED AFTER ALL PARTICIPANTS WHO ARE INTERESTED IN SHARING HAVE DONE SO.*



AT THE MARKET (PART II)



AS YOU MAY REMEMBER, WE ENDED THE LAST WORKSHOP BY DISCUSSING HEALTHY SHOPPING TIPS. NOW WE'RE GOING TO HAVE A BIT OF FUN WHILE DISCUSSING THE FOOD PYRAMID. THE FOOD PYRAMID WILL HELP GUIDE YOU WHEN YOU'RE BUYING FOODS AT THE MARKET.



ACTIVITY: FOOD PYRAMID LOTERÍA

Q & A: HOW MANY OF YOU HAVE SEEN THE FOOD PYRAMID? DID YOU KNOW THAT THERE'S A PYRAMID CREATED ESPECIALLY FOR THE LATIN AMERICAN DIET?



PAUSE FOR RESPONSE

THERE'S A SHEET IN YOUR PACKET THAT SHOWS THE PYRAMID. PLEASE TAKE THAT OUT NOW, AND FOLLOW ALONG.



HOLD UP THE PYRAMID SHEET.

AS YOU CAN SEE, THE FOOD PYRAMID IS IN THE SHAPE OF A TRIANGLE. THE TRIANGLE HAS A VERY WIDE BASE, A LARGE FOUNDATION, A SMALLER MIDDLE, AND A VERY SMALL POINT. AS YOU CAN SEE, THERE ARE FOUR LAYERS IN TOTAL.

PICTURED AT THE VERY BOTTOM OF THE BASE ARE **PHYSICAL ACTIVITIES**. IT IS RECOMMENDED THAT YOU GET AT LEAST 30 MINUTES OF PHYSICAL ACTIVITY PER DAY. THIS COULD BE ANY PHYSICAL ACTIVITY SUCH AS TAKING A WALK AROUND THE BLOCK WITH YOUR FAMILY. YOU DON'T HAVE TO GO TO THE GYM TO GET YOUR EXERCISE.

THE NEXT THREE LAYERS CONSIST OF FOODS. THE SIZE OF THE LAYER IS TO SHOW HOW MUCH YOU SHOULD CONSUME OF THE FOODS IN THAT LAYER.

THE LARGER THE LAYER, THE MORE YOU SHOULD CONSUME OF THAT FOOD. FOR EXAMPLE, FOODS CLOSER TO THE BOTTOM OF THE TRIANGLE - FRUIT, VEGETABLES, MAIZE, POTATOES, GRAINS, GRAIN PRODUCTS LIKE TORTILLAS, BEANS, AND NUTS - ARE FOODS THAT SHOULD BE CONSUMED FREQUENTLY, LIKE AT EVERY MEAL.



ACTIVITY: FOOD PYRAMID LOTERÍA

THE FOODS IN THE MIDDLE - FISH, SHELLFISH, PLANT OILS, DAIRY, AND POULTRY - SHOULD BE CONSUMED MODERATELY, SAY ON A DAILY BASIS. AND THE **FOODS AT THE VERY TOP** - RED MEAT, DESSERTS, SWEETS, AND EGGS - SHOULD BE CONSUMED OCCASIONALLY, LIKE **ONCE A WEEK**.

SO, IN CONSIDERING YOUR AND YOUR FAMILY'S MEALS, BUY AND ENJOYS FOODS AT THE PYRAMID'S BOTTOM FOR MOST MEALS, AND LIMIT THE FOODS AT THE TOP.

IF YOU DON'T ALREADY USE THE PYRAMID AS A GUIDE FOR YOUR FAMILY'S DIETS, HERE ARE SOME TIPS ON HOW TO USE IT IN AN EASY WAY:



BULLET THESE POINTS ON THE EASEL PAD.

- | | |
|-----------|---|
| ONE: | CHOOSE A VARIETY FROM EACH GROUP. |
| TWO: | ADAPT A PLAN TO YOUR AND YOUR FAMILY'S SPECIFIC TASTES. |
| THREE: | COMBINE FOODS FROM DIFFERENT GROUPS. |
| AND FOUR: | SELECT MEALS AND SNACKS WISELY. |

WE'RE NOW GOING TO GET SOME PRACTICE USING THE FOOD PYRAMID BY PLAYING **LOTERÍA, KNOWN IN ENGLISH AS BINGO!**

Q & A: DOES EVERYONE KNOW HOW TO PLAY LOTERÍA?



PAUSE FOR RESPONSE

IF YOU DON'T KNOW HOW TO PLAY, NO WORRIES. TO REVIEW, THE RULES ARE VERY EASY. EACH PERSON WILL RECEIVE A ZIPLOC BAG WITH 20 GAME PIECES. EACH PIECE WILL CONTAIN A PICTURE OF A FOOD OR A PERSON DOING A PHYSICAL EXERCISE. ONCE YOU GET YOUR GAME PIECES, BE SURE TO SPREAD THEM ALL OUT IN FRONT OF YOU. EACH GAME PIECE WILL CORRESPOND TO THE COLORS OF THE



ACTIVITY: FOOD PYRAMID LOTERÍA

GAME BOARD SHOWN ON THIS HANDOUT AVAILABLE IN YOUR PACKET. LET'S BE SURE EVERYONE HAS THIS SHEET IN THEIR PACKETS. THIS WILL BE YOUR PERSONAL GAME BOARD.

 **HOLD UP THE LOTERÍA PLAY BOARD SHEET & DISTRIBUTE ZIPLOC BAGS WITH GAME PIECES TO EVERY PARTICIPANT.**

TO PLAY, WE WILL SHAKE THIS CONTAINER THAT HOLDS THE MATCHING PIECES. WE WILL SELECT AND READ THE NAME OF ONE FOOD AT A TIME. IF YOU HAVE THAT FOOD, PLACE YOUR GAME PIECE IN THE LEVEL THAT MATCHES THE FOOD TYPE.

AS YOU CAN SEE FROM THIS PYRAMID, BLUE REPRESENTS PHYSICAL ACTIVITY, GREEN REPRESENTS FRUITS, VEGETABLES, WHOLE GRAINS, BEANS AND PASTA, YELLOW REPRESENTS FISH, SHELLFISH, DAIRY, PLANT OILS, OR POULTRY, AND FINALLY RED REPRESENTS MEATS, EGGS, AND SWEETS.

FOR EXAMPLE, IF WE SAID "PAPAYA", AND YOU HAD A GAME PIECE WITH A PICTURE OF A PAPAYA, YOU WOULD PLACE THE GAME PIECE IN THE "FRUITS" SECTION. IF YOU DIDN'T HAVE A PAPAYA GAME PIECE, YOU WOULDN'T DO ANYTHING, AND WOULD JUST WAIT FOR THE NEXT PIECE TO BE CALLED OUT. **IF YOU HAVE MORE THAN ONE OF THE SAME PIECE THEN PUT BOTH BECAUSE BOTH PIECES WILL COUNT. PLEASE BE SURE THAT THE FOOD PICTURE BEING SHOWN EXACTLY MATCHES YOUR FOOD PICTURE!**

THE GOAL IS TO FILL UP YOUR FOOD PYRAMID WITH FOUR BLUE PIECES AT THE BOTTOM, 3 IN THE NEXT GREEN LEVEL, 2 PIECES IN THE YELLOW LEVEL, AND 1 PIECE AT THE RED LEVEL.

REMEMBER TO LET US KNOW WHEN YOU FILL UP YOUR BOARD BY CALLING OUT "LOTERÍA"! THE FIRST PERSON WHO HAS A COMPLETE BOARD WILL WIN A PRIZE!



ACTIVITY: FOOD PYRAMID LOTERÍA

Q: DOES EVERYONE UNDERSTAND? ARE THERE ANY QUESTIONS?

 *PAUSE FOR QUESTIONS AND RESPONSES*

OKAY, LET'S PLAY!

 *REMEMBER TO HAND OUT PRIZE (CUTTING BOARD)*



ACTIVITY: FOOD PYRAMID

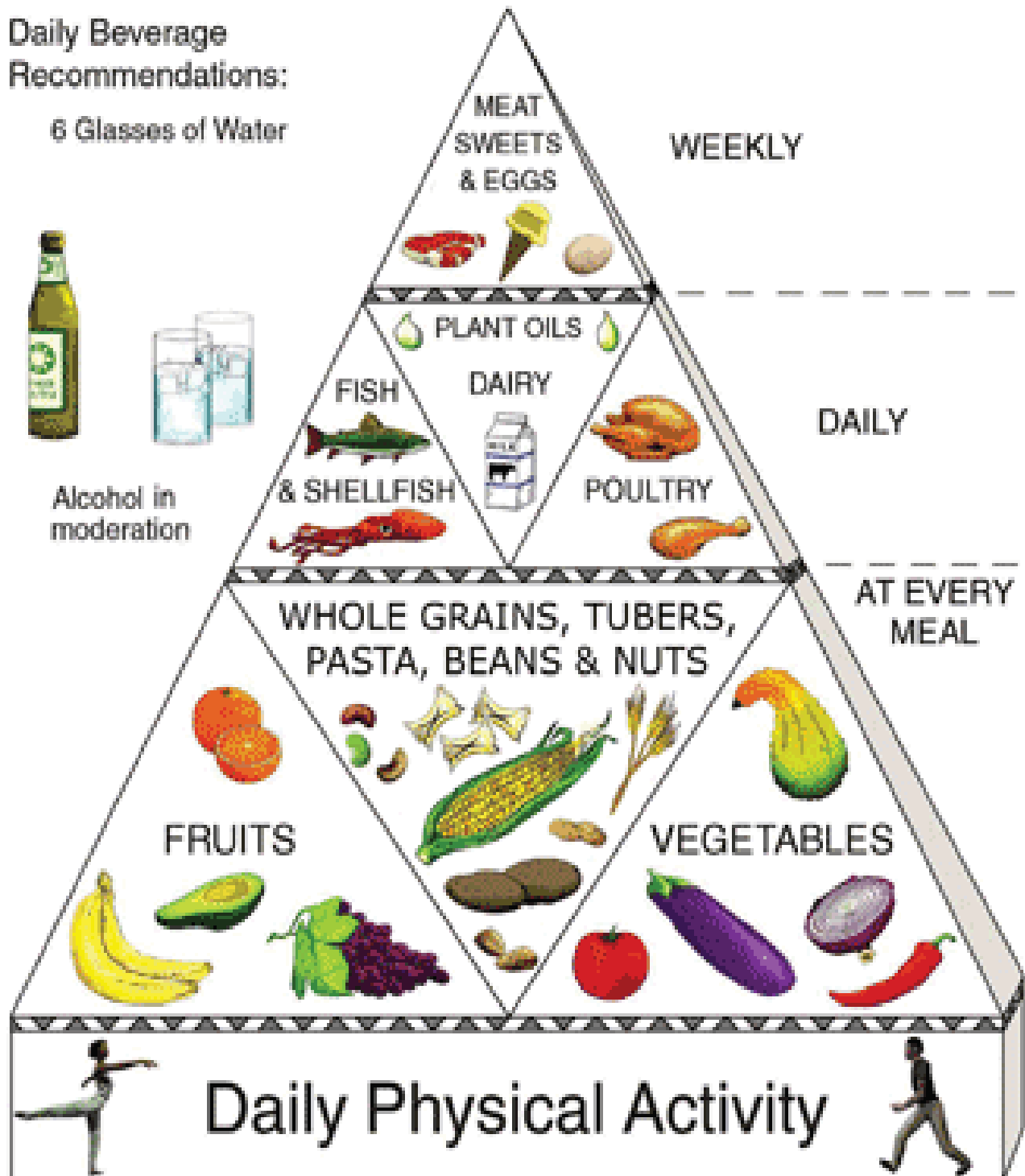
The Traditional Healthy Latin American Diet
Pyramid

Daily Beverage
Recommendations:

6 Glasses of Water

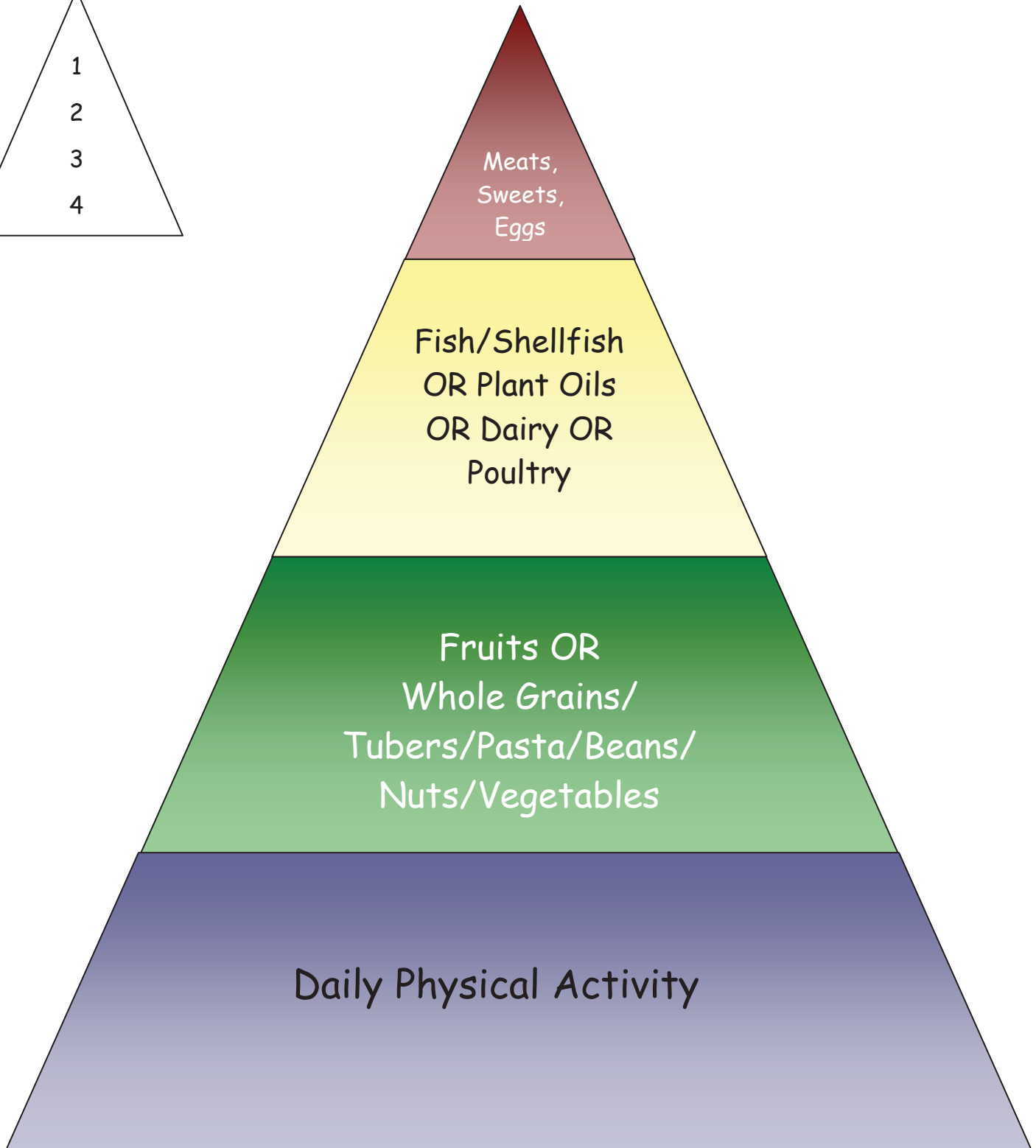
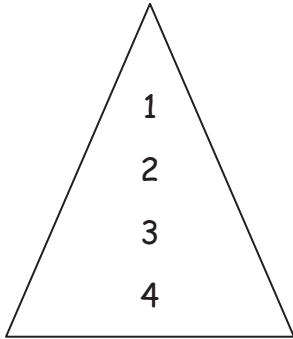


Alcohol in
moderation





ACTIVITY: FOOD PYRAMID LOTERÍA





ACTIVITY: READING FOOD LABELS

Q & A: HOW MANY OF YOU HAVE SEEN A NUTRITION FACT LABEL BEFORE?

 *PAUSE FOR RESPONSE*

Q & A: WHO CAN TELL ME WHAT A NUTRITION FACT LABEL CAN TELL A CONSUMER?

 *PAUSE FOR RESPONSE*

SOME MAY CONSIDER THE LABEL TO BE A BIG MYSTERY. WE HOPE TO SHOW YOU TODAY THAT IT'S ACTUALLY A VERY EASY AND HELPFUL SOURCE OF INFORMATION. CONSIDER IT TO BE THE WINDOW THROUGH WHICH YOU CAN SEE WHAT YOU'RE PUTTING INTO YOUR AND YOUR FAMILY'S BODIES.

THE AMOUNT OF FAT THAT WE EACH CONSUME WILL VARY AMONG YOU AND YOUR FAMILY MEMBERS AND WILL DEPEND ON FACTORS LIKE AGE, HEIGHT, GENDER, AND BODY TYPE. LET'S BEGIN TO LEARN HOW TO READ A LABEL BY LOOKING AT THIS HANDOUT.

 *HOLD UP THE NUTRITION FACTS "HOW TO READ LABEL" SHEET.*

HERE WE HAVE A NUTRITION LABEL. THIS IS WHAT CAN BE FOUND ON THE BACK OF MOST FOODS PURCHASED IN THE U.S. THERE ARE SEVERAL THINGS WE CAN LOOK AT. WE'D LIKE TO BRING YOUR ATTENTION TO A FEW ITEMS ON THE LABEL.

Q & A: THE FIRST THING YOU WANT TO LOOK FOR IS WHAT THE SERVING SIZE IN THE ITEM IS. WHAT IS THE SERVING SIZE IN THIS FOOD?

 *MAKE SURE SOMEONE SAYS "ONE CUP" BEFORE PROCEEDING.*



ACTIVITY: READING FOOD LABELS

Q & A: SECOND, YOU WANT TO CHECK THE SERVINGS PER CONTAINER. WHO CAN TELL US THE NUMBER OF SERVINGS PER CONTAINER?

 *MAKE SURE SOMEONE SAYS "TWO" BEFORE PROCEEDING.*

Q & A: THIRD, CHECK THE NUMBER OF CALORIES PER SERVING. WHO WANTS TO TELL US THE NUMBER OF CALORIES PER SERVING?

 *MAKE SURE SOMEONE SAYS "'250 CALORIES" BEFORE PROCEEDING.*

Q & A: SO, HOW MANY TOTAL CALORIES ARE THERE FOR THE ENTIRE ITEM? HOW DID YOU COME UP WITH THAT ANSWER?

 *MAKE SURE SOMEONE SAYS "500 CALORIES" BEFORE PROCEEDING. ILLUSTRATE HOW YOU CALCULATED 500 CALORIES; 2 SERVINGS MULTIPLIED BY 250 CALORIES PER SERVING EQUALS 500 CALORIES.*

Q & A: FOURTH, BECAUSE WE'RE MOST INTERESTED IN FAT, LET'S MOVE ON TO FIGURING OUT THE FAT CONTENT IN THIS PRODUCT. HOW MANY TOTAL FAT GRAMS ARE THERE PER SERVING?

 *MAKE SURE SOMEONE SAYS "12 GRAMS" BEFORE PROCEEDING.*

Q & A: AND FIFTH, HOW MANY SATURATED AND TRANS FAT GRAMS EXIST PER SERVING?

 *MAKE SURE SOMEONE SAYS "THREE SATURATED GRAMS" AND "THREE TRANS FAT GRAMS" BEFORE PROCEEDING.*



ACTIVITY: READING FOOD LABELS

1. →
2. →
3. →
4. →
5. →

¿Cómo Leer una Etiqueta **HOW TO READ A LABEL**

Nutrition Facts

Service Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving

Calories 250 Calories from Fat 110

	% Daily Value*
Total Fat 12g	10%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Emplea aquí:
Número de porciones
*Start here:
Number of servings*

Chequea las calorías
Check calories

Límita las grasas,
el colesterol y el sodio
*Limit fats, cholesterol
and sodium*

% Valor Diario:
menos de 5% es bajo
más de 20% es alto
*% Daily Value:
less than 5% is low
more than 20% is high*

Consume suficiente
fibra, vitaminas,
calcio y hierro
*Get enough fiber,
vitamins, calcium
and iron*

Cantidades Diarias
Sugeridas
*Recommended Daily
Values*

For more information and recipes: www.latinonutrition.org © 2007 Oldways Preservation & Exchange Trust



ACTIVITY: READING FOOD LABELS

OKAY, LET'S HAVE SOME FUN! NEXT, WE HAVE TWO MYSTERY LABELS PRINTED ON THIS LARGE POSTER BOARD.

 SET UP POSTER BOARDS FOR DISPLAY

THESE LABELS ARE UNIDENTIFIED, BUT WE THINK THAT YOU'LL BE ABLE TO GUESS WHAT THESE PRODUCTS ARE. WE'LL START READING CLUES ABOUT BOTH LABELS. ONE IS LABELED "A" AND ONE IS LABELED "B".

ONCE YOU KNOW BOTH OF THE ANSWERS, PLEASE RAISE YOUR HAND AND TELL US YOUR GUESSES. YOU CAN GUESS ONLY ONCE, SO BE SURE TO WAIT UNTIL YOU HAVE A GOOD IDEA ABOUT YOUR GUESSES.

Q & A: ARE THERE ANY QUESTIONS BEFORE WE BEGIN?

 PAUSE FOR RESPONSE

OKAY, LET'S BEGIN. HERE ARE SOME FACTS ABOUT LABEL "A" AND LABEL "B".

- FOOD PRODUCT REPRESENTED BY LABEL "A" IS EATEN REGULARLY BY MANY LATINO FAMILIES. EVEN IN VERY SMALL AMOUNTS, IT CAN INCREASE YOUR RISK FOR THE DISEASES WE HAVE DISCUSSED. FOOD PRODUCT REPRESENTED BY LABEL "B" HAS BEEN RECOMMENDED AS A FAT THAT CAN HELP REDUCE THE RISKS ASSOCIATED WITH THESE DISEASES.
- "A" IS OFTEN FOUND IN A RED BOX, WHILE "B" IS FOUND WITH A RED TOP.



ACTIVITY: READING FOOD LABELS

- 1 SERVING OF "A" CONTAINS ALMOST THE SAME NUMBER OF CALORIES AS A GLASS OF 1% MILK, WHEREAS 1 SERVING OF "B" CONTAINS THE SAME NUMBER OF CALORIES AS HALF OF A JELLYBEAN.
- "B" IS MADE FROM VEGETABLE FAT, WHEREAS "A" IS MADE FROM ANIMAL FAT.

THIS IS THE CONCLUSION OF THE CLUES FOR OUR MYSTERY PRODUCTS. DOES ANYONE HAVE A GUESS FOR WHAT FOOD PRODUCT EACH LABEL REPRESENTS?

 IF NO ONE IS ABLE TO GUESS, TELL PARTICIPANTS THAT "A" IS LARD AND "B" IS A SPRAY FROM A PAM CANISTER.



ACTIVITY: READING FOOD LABELS

A

Nutrition Facts			
Serving Size 1 tbsp 13g (12 g)			
Amount Per Serving			
Calories 115		Calories from Fat 115	
		% Daily Value*	
Total Fat 13g		20%	
Saturated Fat 5g		25%	
Trans Fat			
Cholesterol 12mg		4%	
Sodium 0mg		0%	
Total Carbohydrate 0g		0%	
Dietary Fiber 0g		0%	
Sugars 0g			
Protein 0g			
Vitamin A		0% • Vitamin C	0%
Calcium		0% • Iron	0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
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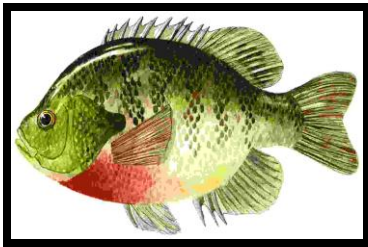
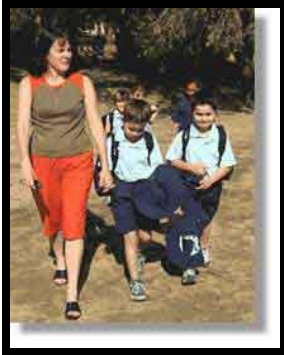
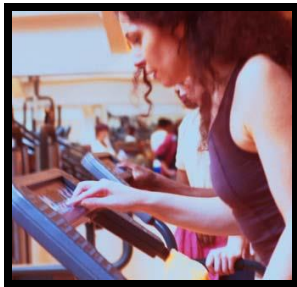
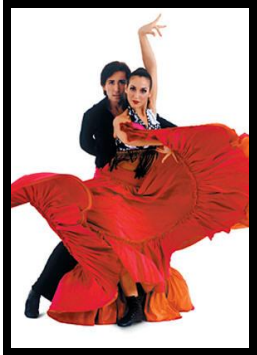
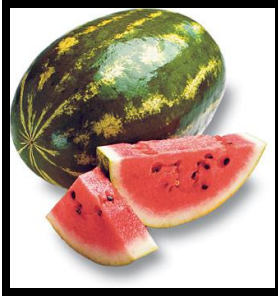
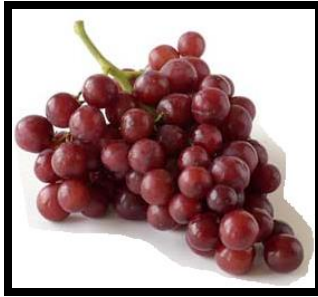
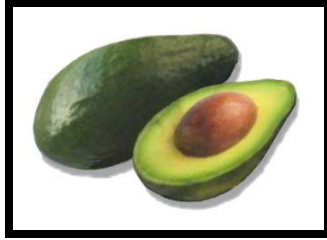
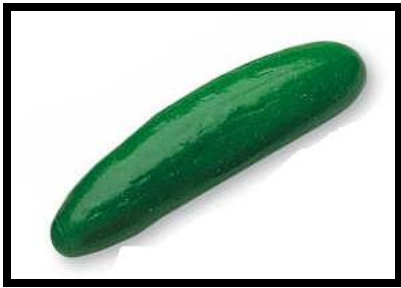
ACTIVITY: READING FOOD LABELS

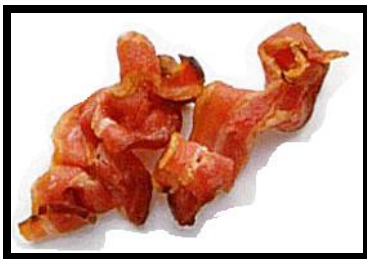
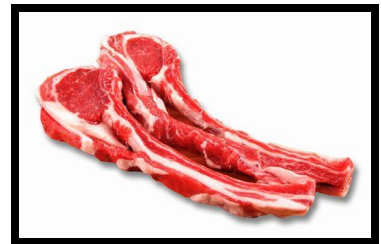
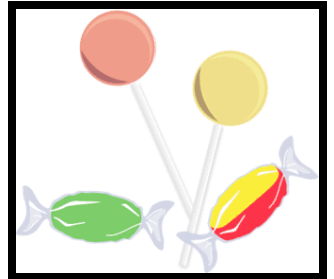
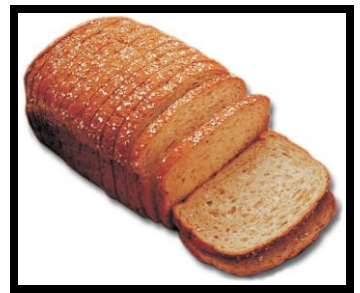
B

Nutrition Facts			
Serving Size 1 spray , about 1/3 second 1			
NLEA serving 0g (0 g)			
Amount Per Serving			
Calories 2		Calories from Fat 2	
% Daily Value*			
Total Fat 0g		0%	
Saturated Fat 0g		0%	
Trans Fat 0g			
Cholesterol 0mg		0%	
Sodium 0mg		0%	
Total Carbohydrate 0g		0%	
Dietary Fiber 0g		0%	
Sugars 0g			
Protein 0g			
Vitamin A		0% • Vitamin C	0%
Calcium		0% • Iron	0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
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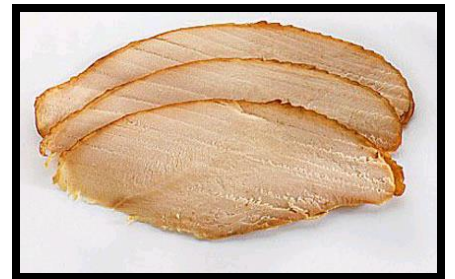
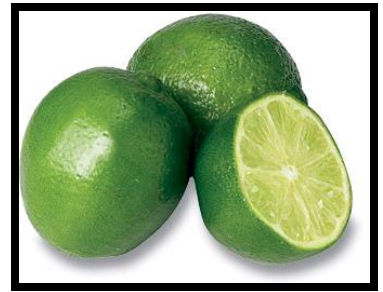
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IN THE KITCHEN



IN THIS SECTION, WE WILL IMAGINE STEPPING INTO THE KITCHEN TO LEARN HOW TO SELECT THE FATS FOR COOKING AND EATING THAT ARE GOOD FOR YOU. WE WILL TALK ABOUT HOW TO COOK HEALTHY, TASTY, FLAVORFUL MEALS. BY MAKING SOME CHANGES, THE FOODS YOU EAT MAY NOT TASTE EXACTLY THE SAME. BUT, PEOPLE OFTEN TELL US THE FOODS TASTE BETTER WITH THE USE OF FRESH HERBS, SPICES, TASTY BROTHS, AND SO FORTH. WE WILL ALSO HAVE A CHANCE TO MAKE OURSELVES A COUPLE OF TASTY TREATS AT THE END!



COOK WITH LESS FAT

IN THE PREVIOUS WORKSHOP, WE TALKED A LOT ABOUT DIFFERENT TYPES OF FATS - WE DISCUSSED THE UNSATURATED FATS, THE FATS THAT ARE LIQUIDS AT ROOM TEMPERATURE. THESE ARE THE FATS THAT ARE GOOD FOR YOU. WE ALSO TALKED ABOUT SATURATED FATS, THE FATS "WITH EYES" THAT ARE SOLID AT ROOM TEMPERATURE. THESE ARE THE FATS THAT ARE NOT GOOD FOR YOU. WHAT WE WANT TO COVER NOW IS HOW TO INTEGRATE THE USE OF HEALTHY FATS INTO YOUR FAMILY'S DAILY MEALS.

LET'S ALL FOLLOW ALONG WITH THIS HANDOUT.

 *HOLD UP THE "COOK WITH LESS FAT" HANDOUT.*

 *READ THE SUGGESTIONS OUT LOUD.*

Q: ARE THERE OTHER WAYS THAT YOU CUT THE FAT WHILE COOKING FOR YOUR FAMILY?



COOK WITH LESS FAT

Cook with less fat.

- ▶ Bake, broil, or boil instead of frying.
- ▶ Use a nonstick pan with cooking oil spray.
- ▶ Use only a little bit of vegetable oil or margarine instead of lard, shortening, or butter.
- ▶ Cook beans and rice without lard, bacon, or other fatty meats.
Season the beans with green pepper, onion, garlic, oregano, or cilantro.



Throw the fat away.

- ▶ Cut the fat off beef and pork before you cook.
- ▶ Remove the skin from the chicken and turkey before you eat.
- ▶ Drain the fat from meats after you cook.
- ▶ Cool soups and gravies and skim the fat off with a spoon before you reheat them.





COOK WITH LESS FAT

WE WANT TO ENSURE THAT YOU LEAVE THE WORKSHOP TODAY FEELING THAT YOU HAVE PLENTY OF IDEAS ON HOW TO SHOP, PREPARE, AND EAT DELICIOUS AND NUTRITIOUS FOODS. WE DON'T WANT TO LEAVE YOU FEELING DEPRIVED! THEREFORE, LET'S TAKE A MINUTE AND TALK ABOUT HOW YOU CAN MAKE HEALTHY SUBSTITUTIONS WHEN COOKING AND BAKING.

Q: DOES EVERYONE HAVE THIS SHEET? LET'S FOLLOW ALONG.

 *HOLD UP THE "COOKING/BAKING SUBSTITUTION" HANDOUT.*

 *READ THE SUGGESTIONS OUT LOUD: WHEN YOU'RE COOKING, CONSIDER SUBSTITUTING _____ FOR _____.*



COOKING/BAKING

Full Fat Food



Hard shortening, lard, bacon grease



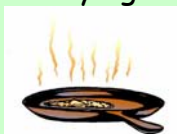
Fats or oils for frying or sautéing



Added fat, like oil, butter or gravy



Frying



Fat in baking recipes



Whipping or heavy cream



Lower Fat Food Substitution



Olive, corn, sunflower, canola, soybean oil



Nonstick cooking spray



Herbs and spices, onion, garlic, low-fat broth, or wine



Bake or roast on a rack, broil, grill, steam, microwave



Equal amount fruit puree like applesauce



Evaporated skim milk or one part skim milk and one part cream





COOK WITH LESS FAT

LET'S TALK A MINUTE ABOUT SUBSTITUTING FATS WITH HERBS AND SPICES. THIS IS A GREAT WAY TO PUT A LOT OF FLAVOR INTO YOUR FAMILY'S FOODS WITHOUT ANY ADDITIONAL FAT OR EVEN ANY SALT.

👉 *HOLD UP THE "BOOST THE FLAVOR, NOT THE SALT OR FAT" SHEET.*

ON THIS SHEET, WE SUGGEST A FEW HERBS AND SPICES THAT OUR PROMOTORAS TELL US ARE VERY POPULAR WITH THEIR CLIENTS.



COOK WITH LESS FAT

BOOST THE FLAVOR, NOT THE SALT OR FAT!

INSTEAD OF...		
 <p>Salt</p>	OR	 <p>Oil</p>
	OR	 <p>Lard</p>
...USE THESE HERBS AND SPICES TO FLAVOR YOUR FOODS INSTEAD		
<p>Hierba buena</p> 		<p>Epazote</p> 
<p>Cilantro</p> 		<p>Oregano</p> 
<p>Hierba santa/Acucho</p> 		<p>Chilis</p> 
<p>Thyme</p> 		<p>Marjoram</p> 
<p>Garlic</p> 		<p>Onion</p> 



ACTIVITY: COOKING CLASS

 AS ONE FACILITATOR INTRODUCES THIS ACTIVITY, THE OTHER FACILITATOR CAN SET UP THE COOKING DEMONSTRATION STATIONS.

WE HOPE YOU'RE HUNGRY BECAUSE IT'S TIME TO MAKE A COUPLE OF TASTY TREATS! WE'LL BE MAKING TWO HEALTHY ITEMS TODAY: A CORN AND GREEN CHILI SALAD, ALONG WITH A STRAWBERRY SHAKE.

 HOLD UP COOKBOOK. PASS OUT COOKBOOKS TO PARTICIPANTS.

THE RECIPES FOR THESE DELICACIES, ALONG WITH MANY MORE TASTY LATINO-INSPIRED DISHES, ARE INCLUDED IN THIS COOKBOOK. WE'D LIKE TO GIVE EACH OF YOU A COOKBOOK, ALONG WITH SOME OTHER GOODIES IN THESE GIFT BAGS, TO TAKE HOME AND TRY SOME OF THE RECIPES.

THE CULINARY TRADITIONS IN OUR LATINO HERITAGE OFFERS SEVERAL BENEFITS FOR OUR HEALTH. TRADITIONAL FOODS, WHEN PREPARED IN A HEALTHY BUT STILL TASTY WAY, CAN PROVIDE US WITH VERY GOOD HEALTH. AS WE DISCUSSED EARLIER, RESEARCH SHOWS OUR FOODS SUCH AS BEANS, RICE, LOTS OF FRUITS AND VEGETABLES AND SO FORTH OFFER HEALTHY NUTRITION AT A FRACTION OF THE COST COMPARED TO PREPARED AND CONVENIENCE TYPE FOODS. WITH A LITTLE PREPARATION AND PLANNING, YOU CAN MAKE THESE TASTY AND HEALTHY DISHES FOR YOUR FAMILY WHILE SAVING LOTS OF MONEY.

OK, LET'S BEGIN. PLEASE SANITIZE YOUR HANDS AND PUT ON A PAIR OF GLOVES BEFORE GETTING STARTED.

 FACILITATORS: PLEASE BE SURE TO SANITIZE YOUR HANDS AND PUT ON A PAIR OF GLOVES BEFORE PROCEEDING (DISTRIBUTE HAND SANITIZER AND GLOVES TO PARTICIPANTS).

LET'S FIRST MAKE THE CORN SALAD, AND WHILE YOU'RE ENJOYING THE SALAD, WE'LL SHOW YOU HOW TO EASILY MAKE THE STRAWBERRY SHAKE.



ACTIVITY: COOKING CLASS

LET'S GET STARTED WITH THE SALAD. THERE ARE SEVERAL COPIES OF THE SALAD RECIPE HERE, SO YOU CAN FOLLOW ALONG WHILE MAKING IT.

Q: ARE THERE ANY QUESTIONS SO FAR?



ACTIVITY: COOKING CLASS

CORN AND GREEN CHILI SALAD RECIPE



Corn and Green Chili Salad

This salad is easy to prepare. Add some diced cooked chicken to make this side dish a meal, or sprinkle over salad greens.

Makes 4 servings. $\frac{3}{4}$ cup per serving.

Prep time: 10 minutes

Nutrition information per serving

Calories 96, Carbohydrate 20 g, Protein 3 g,
Total Fat 2 g, Saturated Fat 0 g, Cholesterol 0 mg,
Sodium 117 mg, Dietary Fiber 3 g

Ingredients

- 2 cups frozen corn, thawed
- 1 (10-ounce) can diced tomatoes with green chilies
- $\frac{1}{2}$ tablespoon vegetable oil
- 1 tablespoon lime juice
- $\frac{1}{8}$ cup sliced green onions
- 2 tablespoons chopped fresh cilantro

Preparation

1. Combine all ingredients in a medium bowl; mix well.



California Department of Health Services Chronic Disease and Injury Control/Cancer Prevention and Nutrition Section. (2004). *Healthy Latino Recipes - Made with Love*. Sacramento, CA.



ACTIVITY: COOKING CLASS

 PROCEED AFTER PARTICIPANTS HAVE FINISHED MAKING THE SALAD.

Q: HOW DOES EVERYONE LIKE THE SALAD? DO YOU LIKE HOW FRESH TASTING IT IS? IS THIS SOMETHING THAT YOU THINK YOU'LL MAKE AT HOME?

GOOD! NOW THAT EVERYONE'S ENJOYING THE SALAD, _____ AND I WILL MAKE THE STRAWBERRY SHAKE FOR ALL OF YOU. IT'S A VERY EASY RECIPE. LET'S START. IN A BLENDER, PLACE ONE AND A HALF CUPS STRAWBERRIES (WE'RE USING FROZEN STRAWBERRIES BUT YOU CAN USE FRESH ALSO), TWO CUPS 1% LOWFAT MILK, AND TWO TABLESPOONS SUGAR. BLEND UNTIL IT'S VERY SMOOTH. THAT'S IT! LET'S SERVE THIS UP. DOES EVERYONE LIKE THE SHAKE? IS THIS SOMETHING THAT YOU THINK YOU'LL MAKE AT HOME?

ALRIGHT, NOW THAT WE'VE HAD A CHANCE TO HAVE A LITTLE BITE TO EAT, LET'S TALK MORE ABOUT OUR FOOD CHOICES.



STRAWBERRY SHAKE RECIPE



Strawberry Shake

For a frothy shake, use frozen strawberries.

Ingredients

- 1½ cups strawberries, stemmed
- 2 cups 1% lowfat milk
- 2 tablespoons sugar

Preparation

1. Place all ingredients in a blender container.
2. Blend until smooth.

Makes 2 servings.

1½ cups per serving.

Prep time: 10 minutes

Nutrition Information per serving

Calories 184, Carbohydrate 32 g,
Protein 9 g, Total Fat 3 g, Saturated Fat 2 g,
Cholesterol 10 mg, Sodium 124 mg,
Dietary Fiber 3 g



California Department of Health Services Chronic Disease and Injury Control/Cancer Prevention and Nutrition Section. (2004). *Healthy Latino Recipes - Made with Love*. Sacramento, CA.



WHAT TO COOK?

WE'VE ALL HAD DAYS WHEN WE DIDN'T KNOW WHAT TO COOK BECAUSE YOU HAD A REALLY LONG DAY OR WERE JUST TOO TIRED TO EVEN THINK ABOUT COOKING.

Q: WHAT ARE SOME IDEAS THAT YOU CAN ALL SHARE WITH EACH OTHER ABOUT COOKING QUICK, HEALTHY MEALS AT HOME?

👉 PROCEED AFTER ALL PARTICIPANTS WHO ARE INTERESTED IN SHARING HAVE DONE SO.



MEAL TIME



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

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



PORTION SIZE

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

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

WE NEED FIVE VOLUNTEERS.

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

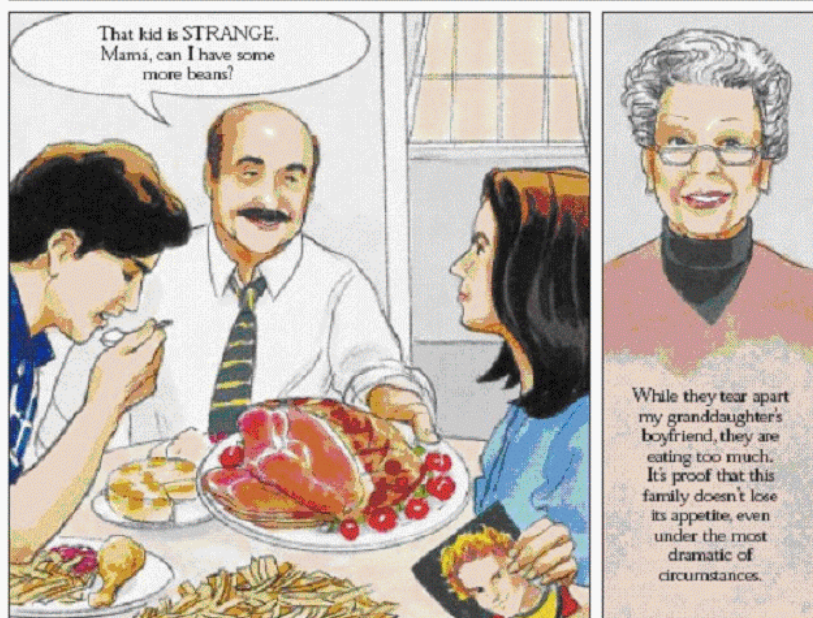
WE HAVE A SIMPLE PROP FOR THE GRANDMOTHER TO HELP YOU **ALL** FEEL LIKE YOU ARE REALLY GETTING INTO CHARACTER!

 **GIVE GLASSES TO "GRANDMOTHER".**

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



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



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



PORTION SIZE



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



SERVING SIZE

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

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



SHOW HANDOUT, AND DEMONSTRATE WITH YOUR HANDS.

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

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



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



SERVING SIZE

ONE SERVING: IT'S ALL IN YOUR HANDS



= 1 CUP OF SALAD



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



= 3 OZ. MEAT, FISH,
POULTRY, BEANS



= 1 CUP OF RICE, PASTA, OR
CEREAL



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



BALANCED PLATE

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

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

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

 *DISPLAY PORTIONED MEALS HANDOUT*

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

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

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

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

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

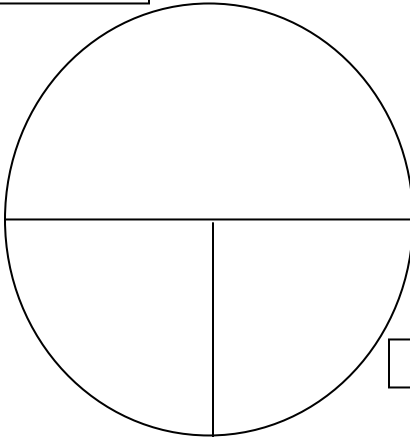


BALANCED PLATE

PORTIONED MEALS

PLATE A

$\frac{1}{2}$ PROTEIN

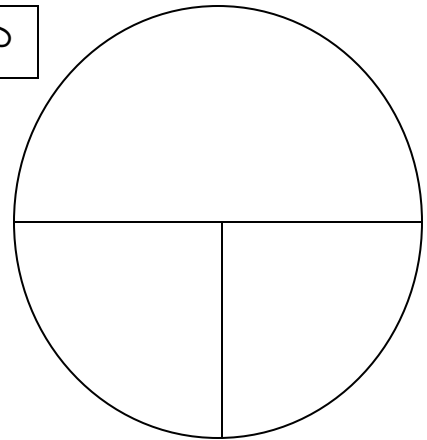


$\frac{1}{4}$ GRATN

$\frac{1}{4}$ SALAD

PLATE B

$\frac{1}{2}$ SALAD

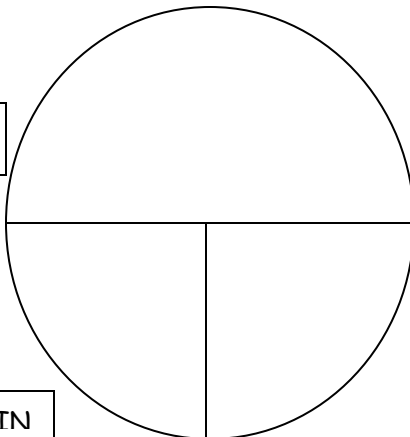


$\frac{1}{4}$ GRAIN

$\frac{1}{4}$ PROTFTN

PLATE C

$\frac{1}{2}$ GRAIN



$\frac{1}{4}$ PROTFTN

$\frac{1}{4}$ SALAD



BALANCED PLATE

 *DISTRIBUTE "BALANCED PLATE" HANDOUT TO ALL PARTICIPANTS.*

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



BALANCED PLATE

3. PLATO BALANCEADO BALANCED PLATE

Para ser saludable, balanceamos el plato con estas proporciones y con porciones moderadas.

Let's balance our plate with these proportions and let's pay attention to portion size.



for more information and recipes: www.latinonutritiva.org

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EATING DURING HOLIDAYS & CELEBRATIONS

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

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

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

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



EATING DURING HOLIDAYS AND CELEBRATIONS

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

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



- Remember to maintain a balanced plate.



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



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



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



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



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





EATING OUT

LET'S MOVE ON TO EATING AT RESTAURANTS.

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

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

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

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

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

 *HOLD UP EATING OUT SHEETS AND DISCUSS WITH PARTICIPANTS.*

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



EATING OUT

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



EATING OUT - FAST FOOD TIP SHEETS



"6 GRAMS OF FAT OR LESS" MENU



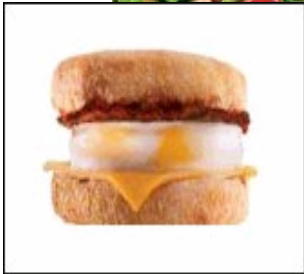

- ☺ 6" Ham
- ☺ 6" Oven Roasted Chicken Breast
- ☺ 6" Roast Beef
- ☺ 6" Subway Club®
- ☺ 6" Sweet Onion Chicken Teriyaki
- ☺ 6" Turkey Breast
- ☺ 6" Turkey Breast & Ham
- ☺ 6" Veggie Delite®
- ☺ Veggie Delite® Wrap
- ☺ Ham Salad
- ☺ Oven Roasted Chicken Salad
- ☺ Roast Beef Salad
- ☺ Subway Club® Salad
- ☺ Turkey Breast Salad
- ☺ Turkey Breast & Ham Salad
- ☺ Veggie Delite® Salad
- ☺ "Hold the mayonnaise and oil" to reduce fat and calories
- ☺ Choose the fat-free salad dressing



- ☺ Side Garden Salad
- ☺ Side Caesar Salad (skip the croutons)
- ☺ Ultimate Chicken Grill Sandwich ("hold the mayo")
- ☺ Sour Cream & Chives Potato
- ☺ Small Chili
- ☺ Choose the Fat Free French dressing



EATING OUT - FAST FOOD TIP SHEETS

	
  	<ul style="list-style-type: none"> ☺ Grilled Chicken Caesar Salad ☺ Fruit & Yogurt Parfait ☺ Plain hotcakes with syrup (skip the butter and sausage) ☺ Egg McMuffin (skip the cheese) ☺ Choose one of the Fat Free or reduced fat dressings

	
<p>Chicken Whopper</p>   	<ul style="list-style-type: none"> ☺ Chicken Whopper Jr. ("hold the mayo") ☺ Whopper Jr. ("hold the mayo and cheese") ☺ Fire Grill Chicken Caesar Salad (no croutons) ☺ Side Garden Salad ☺ Choose one of the Fat Free or reduced fat dressings



EATING OUT - FAST FOOD TIP SHEETS



Fresco Style = A tasty fiesta salsa made of diced tomatoes, onions, and cilantro replaces the cheese and/or sauce in the dish

15 Fresco Style Items with under 10 grams fat

- ☺ Crunchy Taco
- ☺ Crunchy Taco Supreme
- ☺ Soft Taco - Beef
- ☺ Soft Taco Supreme - Beef
- ☺ Ranchero Chicken Soft Taco
- ☺ Grilled Steak Soft Taco
- ☺ Bean Burrito
- ☺ 7-Layer Burrito
- ☺ Chili Cheese Burrito
- ☺ ½ lb Cheesy Bean & Rice Burrito
- ☺ Enchirito - Beef
- ☺ Meximelt
- ☺ Steak Grilled Taquitos
- ☺ Mexican Rice
- ☺ Pintos 'n Cheese



- ☺ Choose sautéed dishes, not fried dishes
- ☺ Choose dishes with veggies

- ☺ Eggplant and Tofu in Garlic Sauce
- ☺ Mushroom Chicken
- ☺ Broccoli Beef
- ☺ Tangy Shrimp
- ☺ Hot & Sour Soup/ Egg Flower Soup
- ☹ Chow Mein
- ☹ Orange Chicken
- ☹ Kung Pao Chicken
- ☹ Mongolian Beef



WE HAVE TWO FINAL THINGS TO DO BEFORE WE CONCLUDE THE WORKSHOP TODAY.

AS YOU KNOW, AFTER EACH INTERVIEW YOU COMPLETE, YOU WILL RECEIVE A THANK YOU GIFT FOR HELPING US WITH THIS PROJECT. AS YOU MAY REMEMBER, WE HAVE ANOTHER THANK YOU GIFT FOR YOU TODAY. WHEN YOU COMPLETE TODAY'S INTERVIEW, YOU WILL RECEIVE TWO MOVIE TICKETS. WE WILL THEN CALL YOU A MONTH FROM TODAY AND AT THAT TIME, IF YOU COMPLETE THE FINAL INTERVIEW, YOU WILL RECEIVE A \$25 TARGET GIFT CARD.

Q&A: ARE THERE ANY QUESTIONS?

OKAY, WE HAVE SEVERAL FACILITATORS HERE TODAY TO HELP MAKE SURE THAT WE GET THE INTERVIEWS DONE AS QUICKLY AS POSSIBLE SO THAT YOU CAN FINISH THE PROGRAM AS SOON AS POSSIBLE AND START YOUR PLANS TOWARD EATING HEALTHY.

 **ADMINISTER POSTTEST INTERVIEWS. IF A PARTICIPANT REALLY NEEDS TO LEAVE, THEN SCHEDULE AN APPOINTMENT SO THAT SHE CAN COMPLETE THE POSTTEST INTERVIEW IN THE NEAR FUTURE.**

THANK YOU VERY MUCH FOR YOUR PARTICIPATION! WE LOOK FORWARD TO BEING IN TOUCH WITH YOU SOON. IN A MONTH, WE WILL BE INVITING YOU TO PARTICIPATE IN ANOTHER INTERVIEW. AT THE END OF THAT INTERVIEW, YOU WILL BE GIVEN A CERTIFICATE OF COMPLETION FOR YOUR PARTICIPATION IN THE GOOD EATING HABITS FOR GOOD HEALTH STUDY.

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