

Healthy Eating Mini-Lessons

SECTION 4



MINI-LESSON 1

Introduction to Healthy Eating



OBJECTIVE

This mini-lesson is an introduction to what healthy eating is all about. It is based on *Canada's Guidelines for Healthy Eating*:

- Enjoy a VARIETY of foods
- Emphasize cereals, breads, other grain products, vegetables and fruits
- Choose lower-fat dairy products, leaner meats, and foods prepared with little or no fat
- Achieve and maintain a healthy body weight by enjoying regular physical activity and healthy eating
- Limit salt, alcohol and caffeine.

Participants will enjoy evaluating their current eating habits using the Worksheet: Healthy Eating Check-up, page 40.

MATERIALS

- ☐ Worksheet: Healthy Eating Check-up for each person, page 40
- ☐ Healthy Eating Check-Up Discussion Points for the Leader, page 46
- ☐ Pencils
- ☐ Optional Activity-Worksheet: Personal Action Plan for Healthy Eating, page 53

If literacy is an issue, you may want to use a flip chart or overhead projector to display the quiz. Using the audiovisual aid, you could read through each question for participants.

MINI-LESSON

- ❑ Begin by telling the participants that today's mini-lesson will focus on healthy eating — what it is all about.

"You are going to do a quiz that gets to the bottom of your own eating habits. Don't worry — no one is going to look at it but you. It will simply tell you where you stand as far as healthy eating goes. Let's begin."

- ❑ Distribute the Worksheet: Healthy Eating Check-Up and pencils. Allow about ten minutes to complete the activity. If you read each question aloud, allow more time.
- ❑ After everyone has completed the worksheet, go over each question, briefly explaining why some habits get top marks and others don't. Use the material, Healthy Eating Check-Up Discussion Points for the Leader, page 46, to help you review the worksheet.

EVALUATION

Distribute an evaluation (page 101) for each person to complete. The feedback you get will be useful in planning future sessions.

HANDOUT MATERIAL RECOMMENDED

To obtain the following material, see ordering information in Section 6, *Resources*, page 104.

- *Healthy Food Choices May Reduce Your Cancer Risk*
Healthy Food Choices Tent Card
From: Canadian Cancer Society
- *How Do I Choose A Healthy Diet? (Canada's Guidelines for a Healthy Diet)*
From: Heart and Stroke Foundation
- *Food Smarts*
From: Ontario Ministry of Health
- *Canada's Food Guide to Healthy Eating*
From: Public Health Units

Introduction to Healthy Eating





OTHER GREAT IDEAS

- ❑ If you are planning a series of nutrition lessons, consider using the Worksheet: Healthy Eating Check-Up as a pre-and post-test evaluation tool. Use the worksheet to establish what participants know prior to the lessons and then again at the end of the lessons to see what changes have occurred.
- ❑ After participants have completed the worksheet and you have discussed the answers with them – move on to a discussion about how to make the necessary dietary changes.

To prepare participants to use the Worksheet: Personal Action Plan For Healthy Eating – lead a discussion on how they might begin to make some changes in their diets. These are some points to make:

- For most people adopting a healthier eating pattern means making small changes in the foods bought, how the food is prepared and the amounts eaten of certain foods. It doesn't usually require a completely different eating pattern.
- Ask participants to identify aspects of their diets that need improvement. (Think about foods chosen but also how you usually prepare certain foods.)
- Which habits would be easy to change? More difficult to change?
- How could you make the change? There is no need to completely eliminate foods that are higher in fat or low in fibre. You might decide to eat higher-fat foods less often. (Example: eating fish and chips once a month instead of once a week.)
Or add extra fibre to a low-fibre food you love. (Example: adding bran to a favourite, low-fibre breakfast cereal.) Maybe you can just eat smaller portions.
Perhaps a small change in the way you prepare the food would make it healthier. (Example: using whole wheat bread instead of white bread and using a light mayonnaise instead of regular mayonnaise to make a favourite sandwich.)
- Suggest trying one or two changes for a couple of weeks; then start adding healthy eating habits.

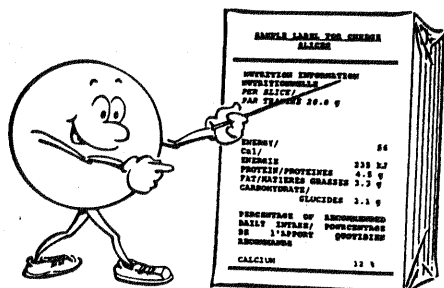
Following this discussion, review the Sample Personal Action Plan for Healthy Eating, page 52- and then give participants time to work on their own Personal Action Plan For Healthy Eating, page 53.

These 15 questions will give you a rough idea of how healthy your current eating habits are. Tick off the one answer to each question that fits you best. Mark your score for each question in the "Your Score" column. Good luck.

Worksheet: Healthy Eating Check-Up



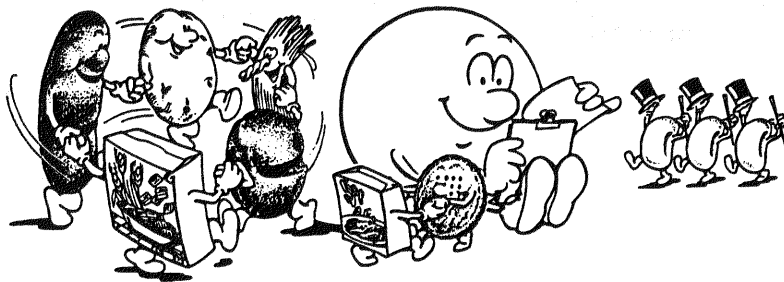
| | Your Score |
|--|------------|
| <p>1. Do you eat pretty much the same foods each week?</p> <p>() yes 0</p> <p>() mostly the same, some different 1</p> <p>() no, I eat a lot of different foods 3</p> | |
| <p>2. How often do you eat legumes? (Lima beans; chick peas; split pea, lentil, or bean soup; baked beans; bean salad)</p> <p>() never 0</p> <p>() once in a while 1</p> <p>() once a week 2</p> <p>() at least twice a week 3</p> | |
| <p>3. How many servings of fruits and vegetables do you eat each day? (One serving is a medium-size fruit or vegetable, 1/2 cup / 125 mL juice, 1/2 cup / 125 mL fruit or vegetable)</p> <p>() 1 to 2 0</p> <p>() 3 to 4 1</p> <p>() 5 or more 3</p> | |



Worksheet: Healthy Eating Check-Up



| | Your Score |
|--|------------|
| <p>4. How many servings of grain products do you eat each day? (One serving is 1 slice of bread; 1 small roll; 1/2 bagel or big bun; 4 to 6 crackers; 1/2 cup / 125 mL cooked rice, pasta; 3/4 cup / 175 mL cooked cereal; 1 oz. / 30 g ready-to-eat cereal; 1/2 cup / 125 mL legumes)</p> <p>() 1 to 2 0 () 3 to 5 1 () more than 5 3</p> | |
| <p>5. Do you eat whole grain foods rather than white bread and refined cereals? (Examples: whole wheat bread; brown rice and pasta; whole grain cereal like shredded wheat or oatmeal)</p> <p>() never 0 () occasionally 1 () most of the time 3</p> | |



| | Your Score |
|--|------------|
| <p>6. Do you always put butter or margarine on bread, toast, vegetables and potatoes?</p> <p>() yes 0</p> <p>() yes, but use "light" kind or spread lightly 1</p> <p>() sometimes, not always 2</p> <p>() never use 3</p> | |
| <p>7. What type of milk do you drink?</p> <p>() skim or 1% 3</p> <p>() 2% 2</p> <p>() whole or homo milk 1</p> <p>() don't drink milk but eat other low fat milk products 3</p> | |
| <p>8. Do you eat meat, fish or poultry without skin at dinner?</p> <p>() yes, always 1</p> <p>() yes, but I choose leaner meat, fish or poultry 3</p> <p>() no, I am vegetarian 3</p> | |

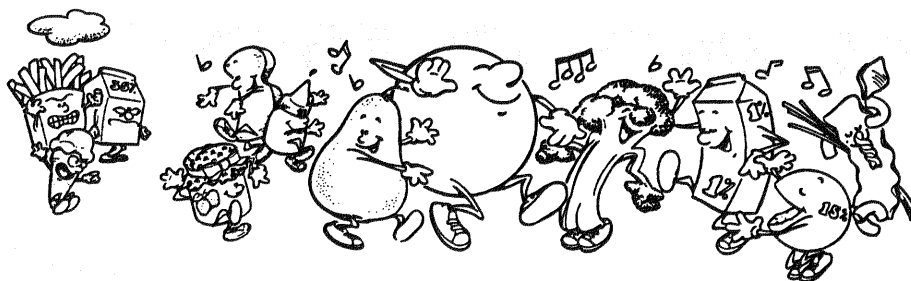
Worksheet: Healthy Eating Check-Up



Worksheet: Healthy Eating Check-Up

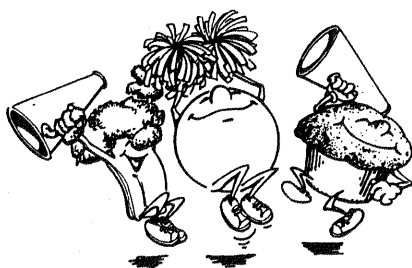


| | Your Score |
|---|------------|
| <p>9. How often do you eat fast-food meals? (Fried chicken, hamburgers, fish and chips, pizza)</p> <p>() once a week 0</p> <p>() more than once a week 0</p> <p>() once every two weeks 1</p> <p>() once a month 2</p> <p>() rarely 3</p> | |
| <p>10. How often do you eat a rich dessert? (Pie, cheesecake, ice cream, cookies like shortbread)</p> <p>() every day 0</p> <p>() 2 to 3 times a week 1</p> <p>() about once a week 2</p> <p>() rarely, on special occasions 3</p> | |
| <p>11. What kind of breakfast do you usually eat?</p> <p>() bacon, eggs, toast 1</p> <p>() no breakfast, or just coffee 0</p> <p>() cereal or grain product (e.g., rice with milk and fruit or juice 3</p> <p>() yogurt with fruit 2</p> <p>() toast or muffin with peanut butter and/or jam, and little or no butter 2</p> | |



| | Your Score |
|--|------------|
| 12. What are you most likely to snack on? <input type="checkbox"/> fruit, low-fat cheese, crackers, muffin, yogurt, milk, juice 3 <input type="checkbox"/> snacks like chips, cheesies, taco chips 0 <input type="checkbox"/> snacks like butterless popcorn, pretzels 1 <input type="checkbox"/> cookies, cake, ice cream treats 0 | |
| 13. How many <i>caffeinated</i> coffee, tea and cola drinks do you drink? <input type="checkbox"/> none 3 <input type="checkbox"/> less than 4 cups a day 2 <input type="checkbox"/> more than 4 cups a day 0 | |
| 14. Do you salt food at the table? <input type="checkbox"/> always 0 <input type="checkbox"/> usually 1 <input type="checkbox"/> occasionally 2 <input type="checkbox"/> never 3 | |
| 15. How many alcoholic drinks do you usually have in a day? <input type="checkbox"/> 1 to 2 drinks 1 <input type="checkbox"/> more than two drinks 0 <input type="checkbox"/> don't drink every day 2 | |
| Total Score | |

Worksheet: Healthy Eating Check-Up



Worksheet Healthy Eating Check-Up



Now, add up your score. What is it? _____

How healthy are your habits?

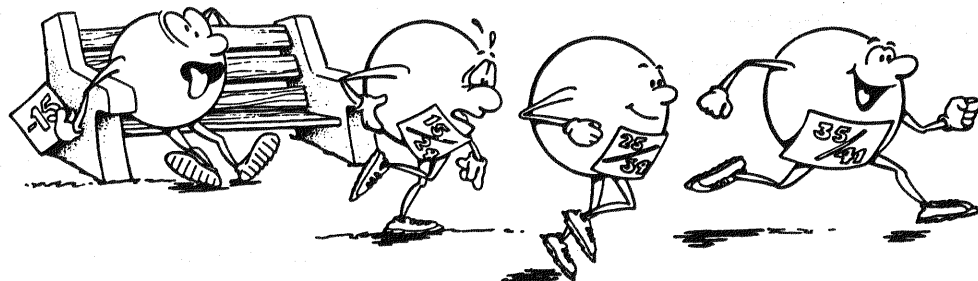
35 to 41 *Super! You are a healthy eater.*

25 to 34 *Very good. Keep up the good work.*

15 to 24 *You have some changes to make.*

Less than 15 *You have a lot of changes to make.*

DON'T DELAY — START TODAY.



Discussion Points for the Leader

Healthy Eating Check-Up

These are some of the key points to discuss with workshop participants.

1. Eating a variety of foods is very important to healthy eating. It means eating different foods from each of the food groups: Grain Products, Vegetables & Fruit, Milk Products and Meat & Alternatives (includes poultry, fish and alternatives such as eggs and legumes). It also means preparing foods in different ways so that habits like always frying fish or always using butter on toast can be avoided.

The idea behind eating a variety of foods is to increase the likelihood of getting all of the nutrients needed for good health while at the same time helping people to avoid diets that are too high in fat and salt and lack enough fibre.

2. The healthy eating trend to eat more starch or complex carbohydrate and fibre and less fat has resulted in a renewed interest in legumes. These protein-rich alternatives to meat are high in starch, very high in fibre and are very low in fat.

The fat content can increase depending on how the legumes are prepared (e.g., large amounts of oil in a bean salad or recipes that fry the legumes).

3. Canadians are being urged to eat between 5 - 10 servings of vegetables and fruits each day. These vitamin and mineral-rich foods are low in fat and good sources of dietary fibre. (The avocado is an exception.) The most nutritious fruits and vegetables are dark green and orange in colour. Although fruit and vegetable juice is nutritious, it doesn't contain the fibre of the fruit or vegetable.

4. Once thought of as fattening, grain products are now recognized for being naturally low in fat and sources of starch or complex carbohydrate. Grain products are also key sources of fibre if they are whole grain products like whole wheat bread and brown rice.

Identify how naturally low-fat grain products become higher-fat foods: when bread is buttered; when pasta is combined with cheese and cream sauces; when lots of butter or shortening is combined with flour to make croissants, cookies and pastries.

Healthy Eating Check-Up

Canadians are advised to eat between 5 - 12 servings of these foods every day. The number of servings chosen depends on the calorie needs of the person. An average woman may eat only 5 or 6 servings whereas a young, athletic man may need 10 - 12 servings.

Emphasize that a sandwich made with 2 slices of bread is 2 servings; a large plate of pasta may be 2 or 3 servings; a hamburger bun is 2 servings of grain products.

5. Whole grain foods like whole wheat bread, brown rice and cereals made with whole grains have more nutrients and fibre than grain products made with refined flours. When whole grain products aren't chosen, enriched grain products such as enriched pasta are better than unenriched products. Enriched means that iron, thiamin, riboflavin and niacin have been added.

6. Table fats like butter, margarine, salad dressing and mayonnaise are major sources of dietary fat. One of the best ways to cut back on total fat intake is to reduce and eliminate the use of these fats whenever possible.

Some tips to suggest: use jam instead of butter or margarine on toast; use syrup but no butter or margarine on pancakes; spread sandwich bread with honey-mustard or a little light mayonnaise instead of butter or margarine; use no-fat or low-fat salad dressings.

7. Lower-fat milks containing 2% or less butterfat are healthier choices. The same goes for yogurt and cottage cheese. Encourage the use of lower fat cheeses more often. Regular cheese usually contains from about 25% to 33% butter fat. Lower-fat cheese contains 20% or less butterfat. Some varieties have as little as 6% to 7% fat range. Adults should be aiming for 2 - 4 servings of milk products every day. A serving is: 1 cup/250 mL fluid milk; 3/4 cup/175 mL yogurt; 1 1/2 ounces/45 grams of cheese.
8. The Canadian diet has traditionally been meat-centred. Meals are normally planned around the meat, poultry or fish part of the meal and the ability to provide ample amounts of these expensive food items has always been a sign of prosperity. But times change and so have nutritional needs. The protein provided by these foods isn't needed by Canadians who generally get more than double the protein they need each day. And since these foods are major sources of fat, Canadians stand to cut back significantly on fat by using less

meat, poultry and fish. The emphasis these days is to eat smaller portions of meat, poultry and fish and to have more meatless meals. Meat alternatives especially legumes are recommended. People should eat no more than 2 - 3 servings of meat or meat alternatives daily. A serving of meat, poultry and fish is between 2 - 3 1/2 ounces/50 - 100 grams.

Healthy Eating Check-Up: Discussion Points

9. Most menu items at fast food restaurants are high in fat, calories and sodium and very low in fibre. However, in the last few years many fast-food restaurants have responded to consumer demand for healthier menu items by introducing leaner hamburgers, grilled chicken sandwiches, lower-fat vegetarian pizzas, lightly stir-fried Chinese vegetables, lower-fat shakes, yogurt cones and muffins. Unless people choose these healthier options, fast food eating should be kept to a minimum. If people prefer to eat the regular fare, they can make up for the extra calories, fat and salt by making wiser choices at later meals. Point out that it is the average of what people eat over time that counts, not the contents of one meal.
10. Desserts, even rich desserts – can be part of a healthy eating pattern as long as they are not eaten too often. From a healthy eating perspective, a little sweetness is okay but fat is a concern if rich desserts are eaten often. Suggest lower-fat desserts like fruit, frozen yogurt, light ice cream, light puddings, angel food cake with fresh fruit topping, lower-fat cookies like fig or raisin bars, ginger snaps or social tea biscuits.
11. Grain-based breakfasts with fruit are good choices. Breakfast cereals, low-fat milk and fruit provide a substantive meal that is very low in fat. This type of breakfast is also good for fibre particularly if a whole grain cereal is chosen or extra bran is added. Whole wheat toast, whole grain muffins or pancakes are also good choices if very little butter or margarine is used with these items. The egg and bacon breakfast is okay once in a while but not every day. This breakfast gets one point since some breakfast is better than no breakfast.
12. Snacking or nibbling throughout the day can be part of a healthy eating pattern as long as the food chosen fits with the basic principles of healthy eating. Like regular meals, snacks or small meals should emphasize grain products, vegetables and fruit and be low in fat most of the time.

Healthy Eating Check-Up

Pretzels and air-popped popcorn, or even popcorn popped in a little oil – are lower in fat and calories than snacks such as chips and cheesies. The extra salt obtained from snacks like these is nothing to worry about when eaten on an occasional basis but is not appropriate for people on salt-reduced diets.

13. A caffeine intake up to 400 - 450 milligrams a day is not considered harmful to health. The chart, *Sources of Caffeine*, on page 17 shows that this amount of caffeine is about equal to 3 to 4 cups of coffee a day – depending on the strength of the coffee and the way it's made.

Although tea can be lower in caffeine than coffee, strong tea may contain just as much caffeine. Weak tea drinkers have some leeway in the amount they can drink.

Since neither coffee or tea is an essential dietary component, full marks are given to those who drink neither of these beverages.

14. Canadians consume too much salt. For healthy people with normal blood pressure the goal is to use less salt in food preparation and at the table and to choose foods containing less salt. Those people on salt or sodium restricted diets need to be much stricter than general, healthy eaters.
15. The use of alcohol in small amounts can be in keeping with good health. No more than one to two drinks a day is advised. Alcohol like caffeine isn't necessary for good health but appears to be harmless in smaller amounts.

Answer Sheet for Participants

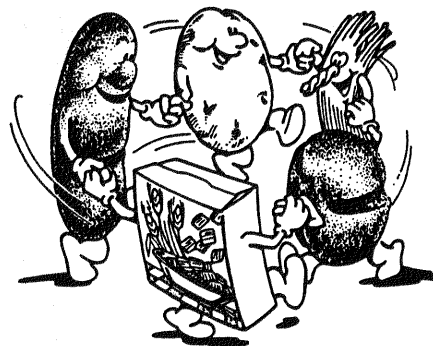
Healthy Eating Check-Up: Answer Sheet

1. Eating a wide variety of foods, prepared in different ways is very important to healthy eating. It helps you get all the nutrients you need for good health without getting too much fat and salt.
2. It's a good idea to include more legumes in your diet because they give you starch, lots of fibre and are naturally low in fat. Use them as an alternative to meat, poultry and fish more often.
3. Aim for at least five servings of fruits and vegetables daily and more if you're hungry. Fruits and vegetables are key sources of vitamins, minerals and fibre. They are low in fat too. Choose the fruit or the vegetable instead of juice most of the time because it contains more fibre.
4. Aim for at least five servings of starchy, grain products a day. Nutritionists are advising people to eat more grain products, especially whole grain products like whole wheat bread, brown rice and whole grain cereals. Grain products are not fattening as some people think. It's only when you add butter to bread, cheese sauce to pasta or shortening to oatmeal when making cookies that these naturally low-fat grain foods become higher in fat.
5. Whole grain foods are better than grain products made with white, refined flours because they contain more nutrients and dietary fibre. The next best choice is a grain product that is enriched such as enriched pasta.
6. Table fats like butter, margarine, salad dressing and mayonnaise are among the biggest sources of dietary fat. Use as little of these products as possible. Low-fat or light salad dressings, mayonnaise, butter and margarine are good choices.
7. Milk products including milk, yogurt, cottage cheese and cheese can be a high source of fat unless you choose lower-fat products. Look on the label of milk, yogurt and cottage cheese and choose the products that have 2% or less butterfat. For cheese, look for part-skimmed products that contain only 20% butterfat or less.



Healthy Eating Check-Up

8. Canadians tend to be big meat eaters. Instead of eating so much meat, poultry and fish you should eat smaller portions of these foods and use lower-fat, meat alternatives like legumes more often.
9. Many fast foods are very high in fat, calories, salt and low in fibre. Unless you choose the healthier menu items now offered by most fast-food restaurants, it's not a good idea to eat in these restaurants too often.
10. Rich desserts are usually high in calories and fat. It's okay to enjoy a rich dessert once in a while but not every day. Instead try lower-fat desserts like fruit, sherbet, yogurt and cookies like fig or raisin bars to satisfy your sweet tooth.
11. Some breakfast is better than no breakfast. Breakfasts based on grain products like cereal are a healthy choice because they are usually lower in fat and often higher in fibre. Toast, muffins and waffles are good choices if you don't add higher-fat cheese, peanut butter or butter. The egg and bacon breakfast is okay once in a while but it is too high in calories and fat to be eaten every day.
12. If you snack, choose foods that will satisfy your hunger but are also lower in calories, fat and salt and offer you a little fibre. Fresh fruit, low-fat yogurt, whole grain crackers are good snack choices.
13. Caffeine is not harmful in moderate amounts up to 400 - 450 milligrams of caffeine a day. You would get this amount of caffeine from 3 - 4 cups of coffee or strong tea.
14. Although you need some salt every day, Canadians get more than they need for good health. Avoid adding extra salt to foods when cooking or at the table.
15. Alcohol, like caffeine is not likely harmful in smaller amounts. For adults this means no more than one to two drinks a day. Pregnant women should avoid alcohol altogether.



PERSONAL ACTION PLAN FOR HEALTHY EATING

SAMPLE

*The most important change
I can make is to:*

☒ Cut back on fat

I will start to make these changes:

1. Switch from whole milk to 1%
2. Stop buttering toast and sandwiches
3. Have my regular bowl of ice cream
only three times a week
4. Start to use low-fat salad dressing

Signed: John Doe Date: 15 October 1993

PERSONAL ACTION PLAN FOR HEALTHY EATING

***The most important change
I can make is to:***



I will start to make this change:

1.

2.

3.

4.

5.

Signed: _____ **Date:** _____

MINI-LESSON 2

Healthy Eating With Less Fat

OBJECTIVE

This mini-lesson will help participants understand how the message to lower dietary fat can be achieved in a practical way. Through lifelike case studies, they will discover how fat creeps into their diets and what they can do to cut back on fat.

HOW HEALTHY EATING REDUCES FAT INTAKE

The first three guidelines of *Canada's Guidelines for Healthy Eating* are designed to help people reduce the amount of fat they eat. By eating a more varied diet that consists mostly of grains, legumes, fruits and vegetables, and includes lower-fat milk products and leaner meat products, people will bring their fat intakes down to healthier levels.

Canada's Guidelines for Healthy Eating

- Enjoy a variety of foods
- Emphasize cereals, breads, other grain products, vegetables and fruits
- Choose lower-fat dairy products, leaner meats, and foods prepared with little or no fat
- Achieve and maintain a healthy body weight by enjoying regular physical activity and healthy eating
- Limit salt, alcohol and caffeine.

MATERIALS

- ☐ Fat Scoreboard, page 68 — 1 for each person or 1 for small groups of 3 or 4 people
- ☐ Fat Finder Case Studies, page 62, scratch paper and pencils
- ☐ Three posters you will make to support the discussion on fat
- ☐ One or two food packages showing a nutrition label.
Suggestions: cereal box, outer milk bag or carton.



Healthy Eating With Less Fat



MINI-LESSON

- ❑ The introductory discussion of fat in the diet is critical to understanding this topic area and getting the most from the learning activity.

To help you lead this discussion, three posters have been developed to guide you. The poster information is provided here for you but it will be up to you to present this information in a format suitable for a group situation. You might copy it on to flip chart paper, bristol board or overhead projector transparencies.

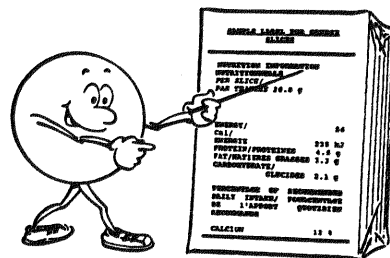
- ❑ Begin this lesson by reviewing *Canada's Guidelines for Healthy Eating*. To emphasize the importance of reducing fat intake tell participants that if they can make only one dietary change, cutting back on fat is the one to make. Diets high in dietary fat are linked to an increased risk for heart disease, some cancers and obesity.
- ❑ Proceed with the discussion on fat by reviewing and discussing the information on each poster.
- ❑ Using Poster 1, page 59, explain that the average person gets 38% of the day's calories from fat. The goal of healthy eating is to get this figure down, so that only 30% of a day's calories come from fat.

POSTER 1

Fat Facts

Today – 38% of day's calories come from fat

Goal – 30% of day's calories to come from fat



Then go on to say that the trouble with this 30% figure is that it doesn't relate to food and what we eat because the fat in food is always given in grams of fat, not a percentage of fat. Use a nutrition label on packaged food to illustrate this point. The fat is always listed in grams. The same goes for recipes that have been analyzed; the amount of fat in a serving is always given as grams of fat.

So how many grams of fat can you have if only 30% of your day's calories are to come from fat?

Move on to Poster 2.

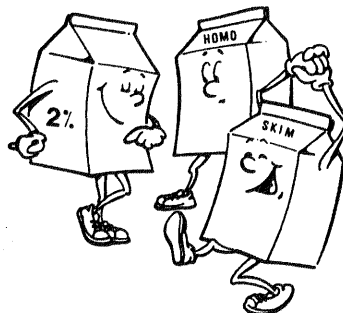
- With Poster 2, page 60, in view, explain that a healthy intake of fat for an average man is 90 grams of fat or less in a day; for a woman it is 65 grams of fat or less in a day.

POSTER 2

Healthy Fat Intakes

Average man
(age 25 - 49) 90 grams

Average woman
(age 25 - 49) 65 grams



This means the average man needs to cut out about 25 grams of fat a day; a woman should cut back by about 17 grams of fat. Tell participants that while this may not mean much to them now, once they work on the learning activity, these figures will be more meaningful.

Move on to Poster 3.

- Summarize the discussion using this last poster, page 61. End the poster discussion by asking the participants to put these figures to memory.

POSTER 3

Key Fat Facts to Remember

MAN

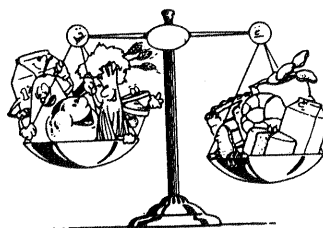
Healthy fat intake 90 grams

Reduction needed about 25 grams

WOMAN

Healthy fat intake 65 grams

Reduction needed about 17 grams



Healthy Eating With Less Fat



Healthy Eating With Less Fat



- ❑ After summarizing the key information, using Poster 3, distribute copies of the Fat Scoreboard, page 68, paper and pencils. (Don't give out the Fat Finder Case Studies just yet — you'll lose people's attention.)

Briefly, explain the Fat Scoreboard as a listing of the fat content of various foods.

Illustrate how they will use the Fat Scoreboard by asking them as a whole group:

"How many grams of fat are there in a glass of whole (homo) milk? (9 grams); how many grams of fat in a slice of bread? (almost no fat)."

- ❑ Now distribute the Case Studies, page 62. These are more fun to do as a group. Give each group 5 to 10 minutes to work on them.
- ❑ Have each group report on their work by reading out the Case Study and their findings to the whole group. Alternatively, have each Case Study reproduced on flip chart paper so that everyone can read the Case Study as it is being discussed.

Note: The case studies are usually completed within minutes. The time consuming part of this exercise is the reporting back.

In small groups, or when you have plenty of time, you may be able to do all 10 case studies. In larger groups, there may not be time to have everyone working on a different case study.

When time is limited, here are some shortcut ideas:

- ❑ *Don't use all the case studies. Choose five that you think will most appeal to your group. Have each group work on one study.*
- ❑ *Choose two to four case studies and have each group work on the same case studies; this quickens the discussion.*

EVALUATION

Use the evaluation from page 101, if desired.

HANDOUT MATERIAL RECOMMENDED

To obtain the following material, see ordering information
Section 6, *Resources*, page 104.

- *What Do Sherbet, Grilled Fish and a Whole Wheat Bun Have in Common? (Dietary Fat)*
From: Heart and Stroke Foundation

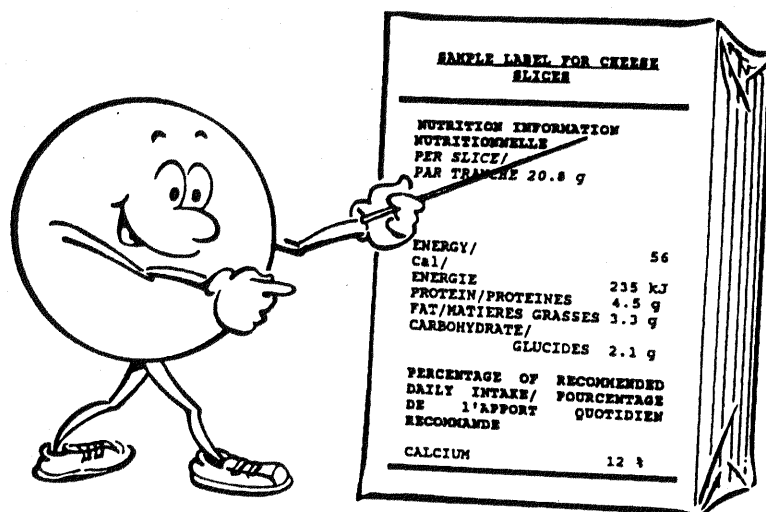
Healthy Eating With Less Fat



Fat Facts

**Today – 38% of day's calories
come from fat**

**Goal – 30% of day's calories
to come from fat**



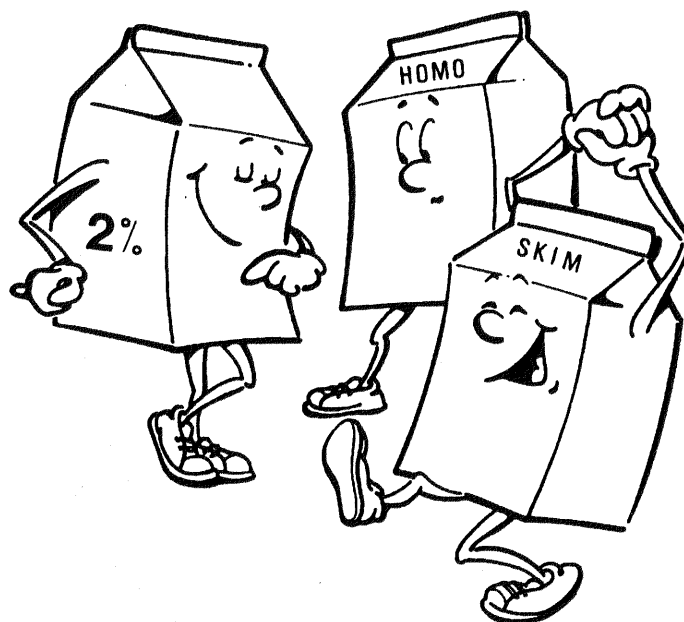
Healthy Fat Intakes

Average man
(Age 25 - 49)

90
grams

Average woman
(Age 25 - 49)

65
grams

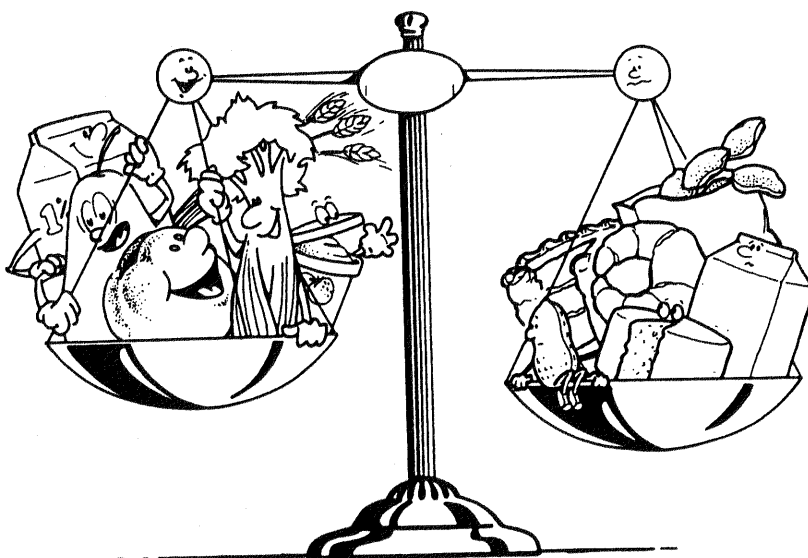


Key Fat Facts to Remember

MAN

Healthy fat intake 90 grams

Reduction needed about 25 grams



WOMAN

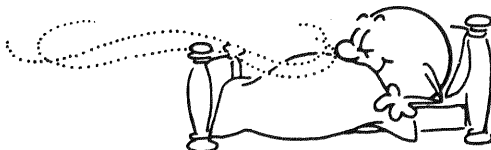
Healthy fat intake 65 grams

Reduction needed about 17 grams

Fat Finder Case Studies

FAT FINDER 1

You love bacon and
eggs for breakfast.
This morning you had:



- 2 eggs**
- 4 slices bacon, fried crisp**
- 2 slices toast, well buttered**
- 2 cups coffee, with double cream and sugar**

How much fat did you eat in this meal?

***Hint: Count butter on toast as 1 tablespoon/15 mL
Count double cream as 2 tablespoons/30 mL.***

***Note: Keep the
original case
studies in the
manual, and
make copies for
your groups to
work with.***

INSTRUCTIONS:

Copy the originals.
Cut out each one
and paste to a hard
backing such as a
4" x 6" index card.

Supply scratch
paper for figuring
on so that the case
studies are not
used for this
purpose; this way
you will be able to
use them again.

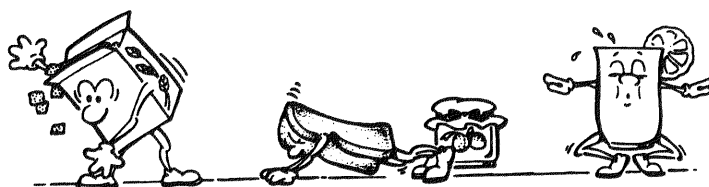
FAT FINDER 2

This is what you had for breakfast this morning:

- bowl of plain cereal**
- with scoop of raisins**
- 3/4 cup/175 mL 2% Milk**
- slice of buttered toast, with jam**
- glass of orange juice – 3/4 cup/175 mL**

How much fat did you eat?

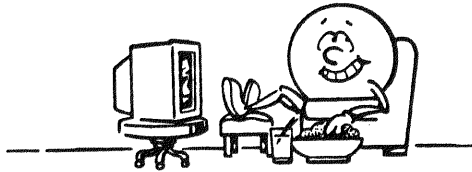
Hint: Count butter on toast as 2 teaspoons/10 mL



Fat Finder Case Studies

FAT FINDER 3

A large bag (190grams) of potato chips has this nutrition information on its label:



| <i>Fat information for</i> | <i>28g serving</i> |
|-----------------------------------|---------------------------|
| <i>Fat</i> | <i>10g</i> |
| <i>Polyunsaturates</i> | <i>0.4 g</i> |
| <i>Monounsaturates</i> | <i>2.4 g</i> |
| <i>Saturates</i> | <i>1.9 g</i> |
| <i>Cholesterol</i> | <i>0 mg</i> |

If you eat this whole bag of chips (and many people do!), how much fat are you getting?

Hint: If a serving is only 28 grams, then this bag contains almost 7 servings!

FAT FINDER 4



It is break time and you are starving.
You head for the cafeteria and choose:

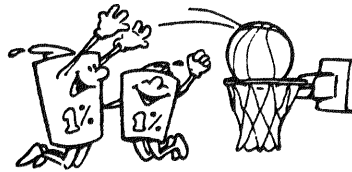
**2 packets of cheddar cheese, and
2 packets of soda crackers (8)**

How much fat are you getting in this snack?

Fat Finder Case Studies

FAT FINDER 5

You love milk. You were raised on whole (homo) milk and drink at least:



2 glasses of homo milk a day

How much fat are you getting from these 2 glasses of milk?

Now, switch to:

2 glasses of 1% a day

How many grams of fat do you cut out in just one day?

FAT FINDER 6

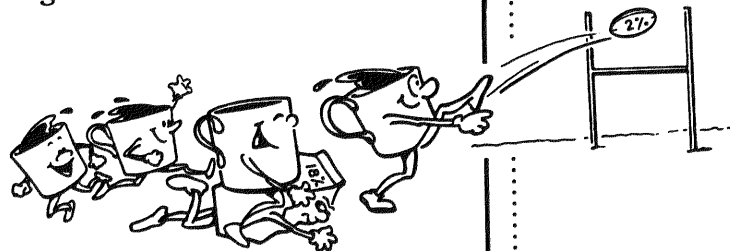
You drink:

4 cups of coffee a day with double cream and sugar

How much fat are you getting?

You switch to:

2% milk for coffee



How much fat do you save by making this switch?

***Hint: count double cream as 2 tablespoons/30 mL.
Count the milk as 1 cup/250 mL
(about 1/4 cup/60 mL per coffee).***

***Fat Finder
Case
Studies***

FAT FINDER 7

You are at the shopping mall and stop for a snack.
You get:

**1 large muffin and a coffee with cream
and sugar**

How much fat is there in your muffin and
coffee snack?

Hint: count cream in coffee as 1 tablespoon/15 mL.

FAT FINDER 8

Ahhh...a meal for a king!

**a juicy, New York sirloin steak
(8 to 10 oz./240 to 300 g) done on the barbecue
baked potato with a dollop of sour cream
a large garden greens salad with dressing
a piece of blueberry pie, coffee with cream**

How much fat are you getting, your Royal Highness?

***Hint: count dollop
of sour cream
as 2 tablespoons/ 30 mL.
Count salad dressing
for large salad
as 4 tablespoons/60 mL.
Count cream in coffee
as 1 tablespoon/15 mL.***



Fat Finder Case Studies

FAT FINDER 9

You stop in at your favourite fast-food restaurant and order:

**a deluxe burger with 2 meat patties,
cheese and special sauce, fries and a shake**

How much fat do you eat?

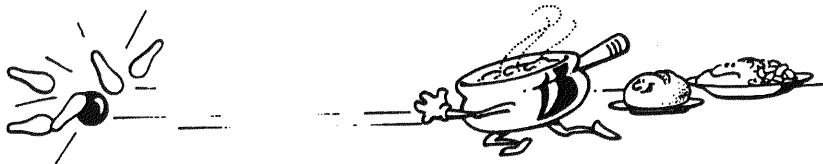


FAT FINDER 10

You have the choice between:

**a serving (1 cup/250 mL) of macaroni
and cheese or a bowl of chili
and a crusty bun, lightly buttered**

Which meal would be the lower-fat choice?



***Hint: count butter or margarine for the bun
as 1 tablespoon/5 mL.***

Fat Finder Answer Sheet

- Fat finder 1:** Total fat: 37 grams
(eggs - 10; bacon - 12;
buttered toast - 11; coffee - 4)
- Fat finder 2:** Total fat: 11 grams
(cereal - 0; raisins - 0; milk - 4;
buttered toast - 7; juice - 0)
- Fat finder 3:** Total fat: 70 grams
- Fat finder 4:** Total fat: 30 grams
(cheese - 30 grams; crackers - 0)
- Fat finder 5:** 2 glasses of whole milk - 18;
2 glasses of 1% - 5;
grams of fat saved: 13
- Fat finder 6:** 4 cups of coffee with cream - 16;
with 2% milk - 5;
grams of fat saved: 11
- Fat finder 7:** Total fat: 14 grams
(muffin - 12; coffee with cream - 2)
- Fat finder 8:** Total fat: 71 grams
(steak - 21; sour cream - 6;
salad dressing - 24;
pie - 18; coffee - 2)
- Fat finder 9:** Total fat: 67 grams
(deluxe burger - 44; fries - 12;
shake - 11)
- Fat finder 10:** Lower-fat choice is the chili and bun
at 12 grams of fat; macaroni and cheese
has 23 grams of fat.

MINI - LESSON 3 – Healthy Eating With More Fibre

OBJECTIVE

This mini-lesson focuses on dietary fibre. Using a practical meal-planning exercise, participants will learn the importance of dietary fibre to health and how to choose a diet that is high in fibre.

HOW FIBRE PROMOTES HEALTHY EATING

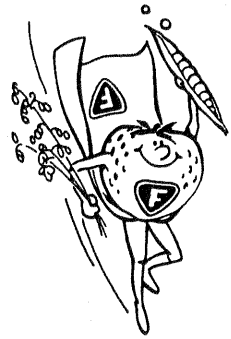
This mini-lesson focuses on increasing fibre intake. This is a very simple goal and yet its impact on healthy eating is far reaching. To get more fibre, people have to choose more whole grain foods, legumes, vegetables and fruit. As more fibre-containing foods are eaten, the intake of complex carbohydrate rises too. As you will recall from the Background Information, page 12, the goal of healthy eating is to increase the consumption of both complex carbohydrate and fibre.

In this way, fibre acts as a marker for many of the foods promoted in the second guideline of *Canada's Guidelines for Healthy Eating*:

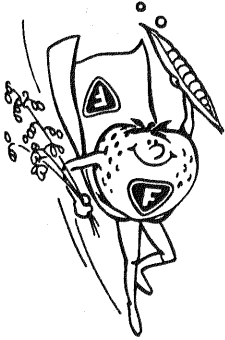
- Enjoy a variety of foods
- **Emphasize cereals, breads, other grain products, vegetables and fruits**
- Choose lower-fat dairy products, leaner meats, and foods prepared with little or no fat
- Achieve and maintain a healthy body weight by enjoying regular physical activity and healthy eating
- Limit salt, alcohol and caffeine

MATERIALS

- ☐ Fibre Scoreboard, page 78 — 1 for each person or 1 copy for small groups of 3 - 4 people
- ☐ Fibre worksheets — Breakfast, Lunch, Dinner, pages 76-78
- ☐ Pencils



Healthy Eating With More Fibre



MINI-LESSON

This learning activity is more fun done in small working groups. Form groups of at least 3 people.

- ☐ Begin this lesson by reviewing *Canada's Guidelines for Healthy Eating*. Put the importance of fibre in the context of the second healthy eating guideline as described above in the section "How Fibre Promotes Healthy Eating."
- ☐ On a positive note, tell participants that the good news about dietary fibre is that we're being advised to eat more of it, not less!
- ☐ Briefly explain why dietary fibre is so important:
 - It helps to regulate the bowel. It can prevent constipation and help firm up loose bowel movements too. Its effect on the bowel has been linked to the prevention of bowel disorders including hemorrhoids, diverticulitis and cancer.
 - It helps to lower blood cholesterol levels.
 - It helps to control blood sugar levels in people who have diabetes.
- ☐ How much fibre does a person need? While fibre experts stop short of recommending any specific amount, they generally recommend in the range of 25 to 35 grams a day for an adult.

The activity you will be working on today is based on this range of intake, between 25 and 35 grams of fibre, as a guideline.

- ☐ Distribute the Fibre Scoreboard, page 78, one to each group. Explain that the Fibre Scoreboard lists the fibre content of various foods. Illustrate its use by asking them: How many grams of fibre are there in half a grapefruit (1.6 grams)?

Point out that some foods don't have any fibre by asking them how much fibre you would get from steak (0.0 grams). Only foods of plant origin contain fibre, so you won't find fibre in meat and dairy products.

- ❑ Explain that you want them to plan a high-fibre meal, either breakfast, lunch or dinner, using the worksheets you will hand out.
- ❑ Hand out the worksheets to each group, allowing 5 to 10 minutes to plan a meal.
- ❑ Have one member of each working group report to the whole group about the meal it has planned and the number of grams of fibre it contains.
- ❑ Bring the lesson to a close by asking participants to name the key sources of fibre in their food:
 - *whole* grain foods: whole wheat bread, brown rice, barley, rye, oats, whole grain cereals like oatmeal, shredded wheat
 - grain foods with added fibre: cereals made with bran, bread with added pea husks, bran breads
 - all fruits and vegetables, including dried fruits like raisins, dates, prunes
 - legumes: split peas, beans, lentils
 - nuts and seeds, including peanut butter

Summarize by reminding participants that these are the very foods that nutritionists are recommending as key foods for healthy eating.

EVALUATION

Have the participants complete the evaluation.

Healthy Eating With More Fibre



Healthy Eating With More Fibre



OTHER GREAT IDEAS

Give participants some firsthand experience in looking for fibre in foods by basing a discussion on various food labels.

Suggested food to base discussion on:

Cereals: Cereals are among the best-labelled foods and since many are a good source of fibre, this is a good place to start. Most cereals will fall into one of four basic categories. Collect some examples from each.

1. Low in fat (less than 3 grams per serving) but also low in fibre (less than 2 grams), e.g., oat, rice, corn flakes and crispies.
 2. Low in fat but a moderate source of fibre (between 2 and 4 grams fibre), e.g., muesli-type cereals (not granola), shredded wheat.
 3. Low in fat and high in dietary fibre (6 grams or more), like pure bran cereals.
 4. High in fat and also high in fibre (6 grams or more) e.g., granola-type.
- ☐ As a point of discussion, ask participants: How can you eat your favourite low-fibre cereal but get your fibre too? The answer: Mix cereals. Put a scoop of bran on regular cereal; mix muesli-type cereal with corn flakes. Also, add fruit - fresh fruit or dried, like raisins, apricots or prunes.

Crackers and cookies: Scout out labels on cracker and cookie boxes. There is a growing trend to giving some nutrition information on these labels, although few offer fibre information. Chances are, those products that are good sources of fibre will list fibre on the label.

Bread: Look for whole grain and refined products with nutrition information on the label. Compare the differences in fibre content.

Fruits and vegetables: These fibre-filled foods rarely come labelled but there's no reason why you can't label a few just to drive the point home. Consult the Fibre Scoreboard for a few ideas on some exceptionally good sources of fibre: pears, raspberries, frozen peas, broccoli. Note the fibre content on a sticky label and label the fresh product or package.

HANDOUT MATERIAL RECOMMENDED

To obtain the following material, see ordering information in Section 6, *Resources*, page 104.

- *Become Label Literate*
From: Canadian Cancer Society
- *What Do Oatmeal, Strawberries and Peas Have in Common (Dietary Fibre)*
From: Heart and Stroke Foundation
- *What Do Food Labels Really Tell Us?*
From: Heart and Stroke Foundation
- *Using Food Labels to Choose Foods for Healthy Eating*
From: Health Canada, Health Protection Branch

Healthy Eating With More Fibre

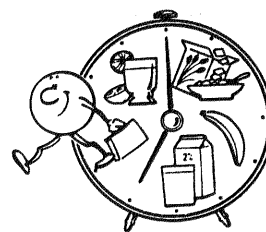
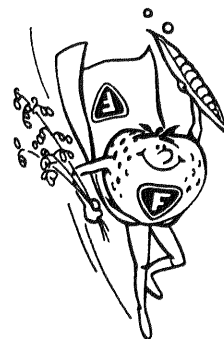


FIBRE WORKSHEET — BREAKFAST

Use the Fibre Scoreboard to plan a high-fibre breakfast containing 8 to 10 grams of fibre.

| What will you eat | Grams of fibre |
|------------------------------------|----------------|
| | |
| Total grams of fibre for this meal | |

***Healthy
Eating With
More Fibre***

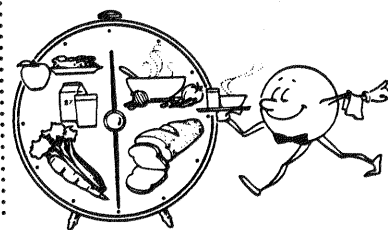


FIBRE WORKSHEET — LUNCH

Use the Fibre Scoreboard to plan a high-fibre lunch containing 8 to 10 grams of fibre.

| What you will eat | Grams of fibre |
|------------------------------------|----------------|
| | |
| Total grams of fibre for this meal | |

***Healthy
Eating With
More Fibre***

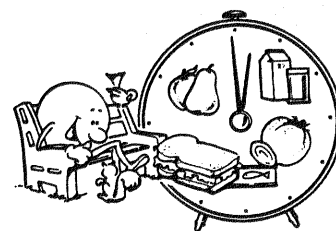
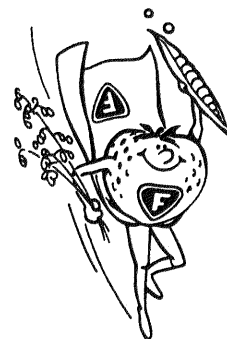


FIBRE WORKSHEET — DINNER

Use the Fibre Scorebord to plan a high-fibre dinner containing 8 to 10 grams of fibre.

| What you will eat | Grams of Fibre |
|------------------------------------|----------------|
| | |
| Total grams of fibre for this meal | |

***Healthy
Eating With
More Fibre***



FIBRE SCOREBOARD*

This *Fibre Scoreboard* lists the approximate fibre content of some common foods. You can also learn about the fibre content of various foods from the nutrition labels on some food packages.

Adults should aim for about 25 to 35 grams of fibre a day. This is about double what the average Canadian gets right now. Use these fibre facts to compare products, choose higher-fibre foods more often and to track how much fibre you are getting each day.

Approximate
Fibre in Grams

MILK PRODUCTS

| | |
|-----------|-----|
| Milk | 0.0 |
| Cheese | 0.0 |
| Ice cream | 0.0 |
| Yogurt | 0.0 |

MEAT, POULTRY AND FISH

| | |
|----------------------------|-----|
| All meat, poultry and fish | 0.0 |
|----------------------------|-----|

WHOLE GRAIN PRODUCTS

| | |
|--|--------|
| Whole wheat bread 1 slice | 2.0 |
| Rye bread 1 slice | 1.0 |
| White bread 1 slice | 0.4 |
| Brown rice | |
| cooked 1/2 cup / 125 mL | 2.4 |
| White rice | |
| cooked 1/2 cup / 125 mL | 0.3 |
| Whole wheat pasta | |
| cooked 1 cup / 250 mL | 3.9 |
| Regular pasta | |
| cooked 1 cup / 250 mL | 1.2 |
| Breakfast cereals (see package label for fibre information): | |
| Regular flakes and crispies: corn, rice, oats, and wheat | |
| 1 cup / 250 mL | traces |
| Bran flakes 3/4 cup / 200 mL | 4.8 |
| All-Bran 1/2 cup / 125 mL | 13.2 |
| Rolled oats | |
| cooked 1 cup / 250 mL | 2.8 |
| Oat bran cereal | |
| cooked 3/4 cup / 200 mL | 3.5 |
| Mixed grain | |
| cooked 3/4 cup / 200 mL | 3.0 |

Approximate
Fibre in Grams

LEGUMES

| | |
|------------------------------|-----|
| Baked beans 1/2 cup / 125 mL | 8.8 |
| Dried peas | |
| cooked 1/2 cup / 125 mL | 4.7 |
| Kidney beans | |
| cooked 1/2 cup / 125 mL | 5.8 |
| Lentils | |
| cooked 1/2 cup / 125 mL | 6.8 |

NUTS

| | |
|-----------------------------------|-----|
| Almonds, shelled 10 nuts | 1.1 |
| Peanuts, shelled 1/2 cup / 125 mL | 6.2 |
| Filberts (hazelnuts) 10 nuts, | |
| shelled | 0.8 |
| Trail mix 1/2 cup / 125 mL | 5.0 |

MISCELLANEOUS DISHES

| | |
|---------------------------------|------|
| Soups: 1 cup / 250 ml | |
| Beef barley | 5.3 |
| Split pea | 5.4 |
| Minestrone | 7.0 |
| Chili with beans 1 cup / 250 ml | 11.0 |
| Hummus (chickpea spread) | |
| 2 tbsp. / 30mL | 3.8 |
| Lentil and bean casserole | |
| 1 serving | 15.0 |

Approximate
Fibre in Grams

Approximate
Fibre in Grams

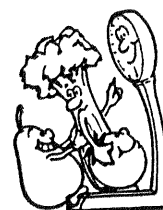
FRUITS

| | | | |
|--------------------------------|-----|-----------------------------|-----|
| Apple | | Orange 1 medium | 2.6 |
| fresh with skin 1 medium | 3.5 | Papaya 1 peeled | 2.8 |
| fresh, no skin 1 medium | 2.7 | Peach | |
| apple juice 1 cup / 250mL | 0.8 | fresh 1 with skin | 1.9 |
| applesauce 1/2 cup / 125mL | 1.8 | fresh 1 no skin | 1.9 |
| Apricots | | Pear | |
| dried 5 halves | 4.0 | fresh 1 medium with skin | 4.7 |
| fresh 3 | 1.8 | Pineapple 1/2 cup / 125mL | 1.1 |
| Banana 1 medium | 2.4 | Plums 5 damson | 1.7 |
| Blueberries 1/2 cup / 125mL | 4.0 | Prunes 3 | 4.0 |
| Cantaloupe 1/4 of whole | 1.3 | Raisins 1/4 cup / 50mL | 3.7 |
| Cherries, sweet 10 | 1.2 | Raspberries 1/2 cup / 125mL | 3.3 |
| Dates 3 | 1.9 | Strawberries 1 cup / 250mL | 3.1 |
| Grapefruit 1/2 | 1.6 | Rhubarb, | |
| Grapes with skin 1 cup / 250mL | 2.2 | cooked 1/2 cup / 125mL | 1.2 |
| Mangos 1 peeled | 2.6 | | |

VEGETABLES

| | | | |
|-------------------------------|-----|---------------------------------|-----|
| Asparagus, cooked 4 spears | 2.0 | Celery | |
| Bean sprouts, | | raw, diced 1/2 cup / 125mL | 2.0 |
| raw 1/2 cup / 125mL | 1.0 | Corn, cooked 1/2 cup / 125mL | 2.4 |
| Beans, cooked 1/2 cup / 125mL | | 1 ear | 2.2 |
| Lima | 4.7 | Onions, raw | |
| green or yellow | 1.6 | diced 1/2 cup / 125mL | 1.1 |
| Broccoli | | Parsnips | |
| cooked 1/2 cup / 125mL | 2.2 | cooked 1/2 cup / 125mL | 2.9 |
| raw 1 medium spear | 4.2 | Peas, green | |
| Brussels sprouts | | cooked 1/2 cup / 125mL | 3.8 |
| cooked 1/2 cup / 125mL | 4.0 | Potatoes 1 medium with skin | 3.5 |
| Cabbage | | Spinach, cooked 1/2 cup / 125mL | 2.2 |
| cooked 1/2 cup / 125mL | 1.8 | Squash, cooked 1/2 cup / 125mL | 1.3 |
| Carrots | | Sweet potatoes (yams), | |
| cooked 1/2 cup / 125mL | 2.3 | cooked 1/2 medium | 2.7 |
| raw 1 medium | 2.2 | Tomato, raw 1 medium | 1.8 |
| Cauliflower 1/2 cup / 125mL | 2.0 | Turnip, cooked 1/2 cup / 125mL | 2.6 |

MINI-LESSON 4 – How Healthy Is Your Weight?



OBJECTIVE

This mini-lesson will introduce participants to the “healthy weights” concept, a new way of looking at the issue of body weight. Using the worksheet: What is your BMI?, participants will assess their own weight and learn how to maintain or achieve a healthy weight.

HEALTHY EATING AND BEING ACTIVE – THE KEYS TO A HEALTHY WEIGHT

This mini-lesson addresses the fourth guideline of *Canada's Guidelines for Healthy Eating*:

- Enjoy a variety of foods
- Emphasize cereals, breads, other grain products, vegetables and fruits
- Choose lower-fat dairy products, leaner meats, and foods prepared with little or no fat
- **Achieve and maintain a healthy body weight by enjoying regular physical activity and healthy eating**
- Limit salt, alcohol and caffeine.

Calorie-restricted diets are discouraged. Instead participants are encouraged to eat healthy food as described in mini-lesson 1, page 37, and to become more physically active. Healthy eating and regular physical activity are the keys to achieving and maintaining a healthy body weight.

MATERIALS

- ☐ Worksheet: What is Your BMI? page 84
- ☐ Rate your weight, page 86
- ☐ Pencils and a straight edge (ruler, index cards, piece of heavy stock paper for each person)

How Healthy Is Your Weight?



MINI-LESSON

- ❑ Begin by explaining that the healthy weights concept was developed out of concern for the way Canadians were dealing with body weight issues. There is a strong pressure in our society to be model-thin and the relentless pursuit of this goal is taking its toll on both the emotional and physical well-being of many people.

Eating disorders such as anorexia are on the rise especially among young women.

And although billions are spent each year on weight loss programs, weight remains a problem for many people. For 90-98% of dieters, lost weight is quickly regained.

At one time it was thought that only being overweight was a risk to health. Now it's known that being underweight is also unhealthy. Even more significant, there is growing evidence that diet after diet, or a cycle of gaining and losing weight repeatedly, is in itself, a health risk.

The trend then is to shift the focus away from dieting, model-thinness and the so-called "ideal" weight to an emphasis on healthy eating, becoming more active and achieving and maintaining a healthy weight.

- ❑ Go on to describe what a healthy weight is:
 - A weight that is right for the size and the shape you were born with (body build)
 - A weight that is neither too fat nor too thin
 - A weight at which you feel healthy and energetic, and look better
 - A weight of which you reduce the risk of developing an assortment of health problems – including high blood pressure, high blood cholesterol or triglycerides, and diabetes.
- ❑ Explain that participants will have a chance to see how healthy their weight is by using a Body Mass Index, or BMI chart. Participants will plot their present weight and height to get their BMI. The BMI reveals whether their weight is under, over or in a healthy weight range.

Note: The BMI is a good tool to use with adults between the ages of 20 and 65. It is not a good measurement tool for children, pregnant women or senior adults.

Caution is also advised with muscular or athletic people. Their BMI might indicate that they are overweight when in fact they are not.

Be mindful of this when using this chart with men who perform physical jobs and may be very muscular.

- ☐ Distribute the Worksheet: What Is Your BMI? Move among the group, helping individuals who may have trouble with the plotting. (Never single out anyone to reveal their BMI; treat this as private and very personal information.)
- ☐ When all the participants have figured out their BMI, review what each BMI zone means using the Worksheet: Rate Your Weight.
- ☐ Conclude by saying that:

Being at a healthy weight is central to being healthy in general. If you found out that your weight isn't within the healthy range, focus on healthy physical activity and healthy eating as outlined in mini-lesson 1, page 37. Avoid strict diets; they don't work in the long run.

- ☐ Although there hasn't been time to discuss physical activity in any detail, do not underestimate the value of being active. Some studies have shown that the difference between overweight people and normal-weight people is not what they eat but how much physical activity they do.

Explain that being more active doesn't mean joining expensive gyms or fitness clubs. The main objective is to become more physically active every day.

Walking is one of the best activities for improving fitness – it can be done throughout the day with little difficulty and it's free!

Other suggestions for becoming more active: skate, swim, ride your bike, garden, golf, toboggan with the kids.

Encourage participants to think about how to include more physical activity into daily routines at home and work. Can they take the stairs at work? Go for a walk at break? Can they walk to the variety store instead of driving the car?

How Healthy Is Your Weight?



How Healthy Is Your Weight?



EVALUATION

Have the participants complete the evaluation, page 101.

HANDOUT MATERIAL RECOMMENDED

To obtain the following material, see ordering information in Section 6, *Resources*, page 104.

- *A Recipe for Success*
From: Canadian Cancer Society
- *Healthy Weights: A New Way of Looking at Your Weight and Health*
Food Smarts (distribute only if this wasn't given out as part of mini-lesson 1)
From: Ontario Ministry of Health
- VITALITY Self-Esteem and Body Image articles (set of 5)
Body-Image, Health and Well-Being - the Social Dynamics
Healthy Eating and Self-Esteem - The Body Image Connection
Health and Body-Image - Research Finds a Connection
Physical Activity, Self-Esteem and Health
Smoking to Stay Thin - The Body Image Connection

From: Publications Health Canada

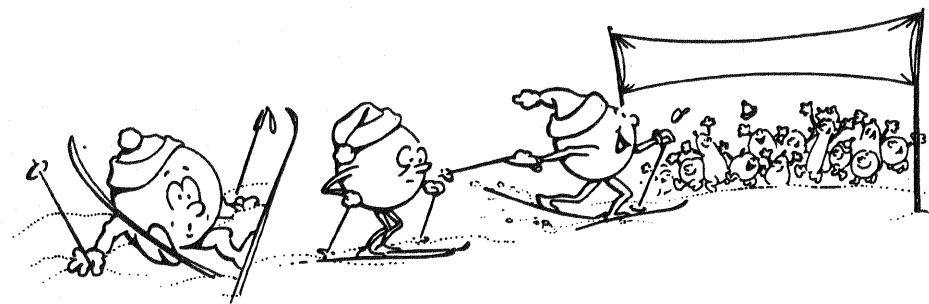
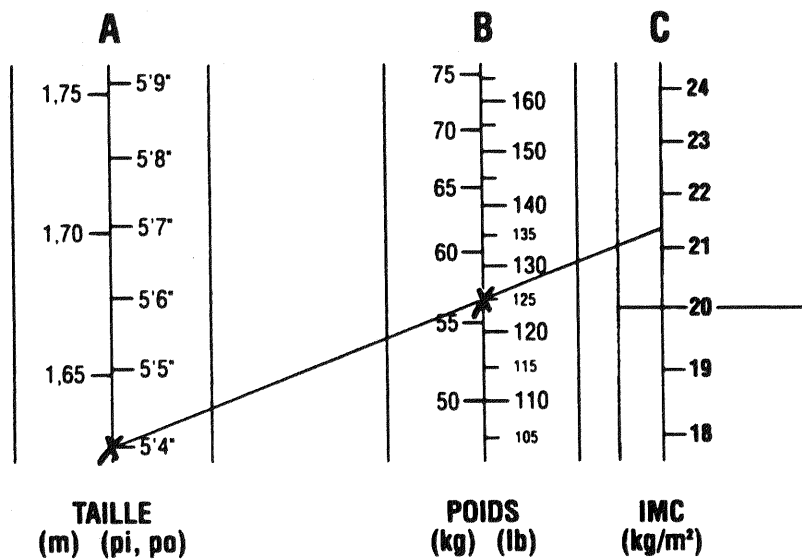
WHAT IS YOUR BMI

Health experts use a scientific measure called the Body Mass Index (BMI) to figure out whether your weight is healthy. To make it easy, here's a chart that will show your BMI in four easy steps.

- Mark an X at your height on Scale A.
- Mark an X at your weight on Scale B.
- Draw a line to join the two Xs.
- Extend this line to Scale C. Where the line meets Scale C is your BMI.

Example

Carol is 163 cm (5'4") tall and weighs 56 1/2 kg (125 lbs.). Her BMI is just over 21.

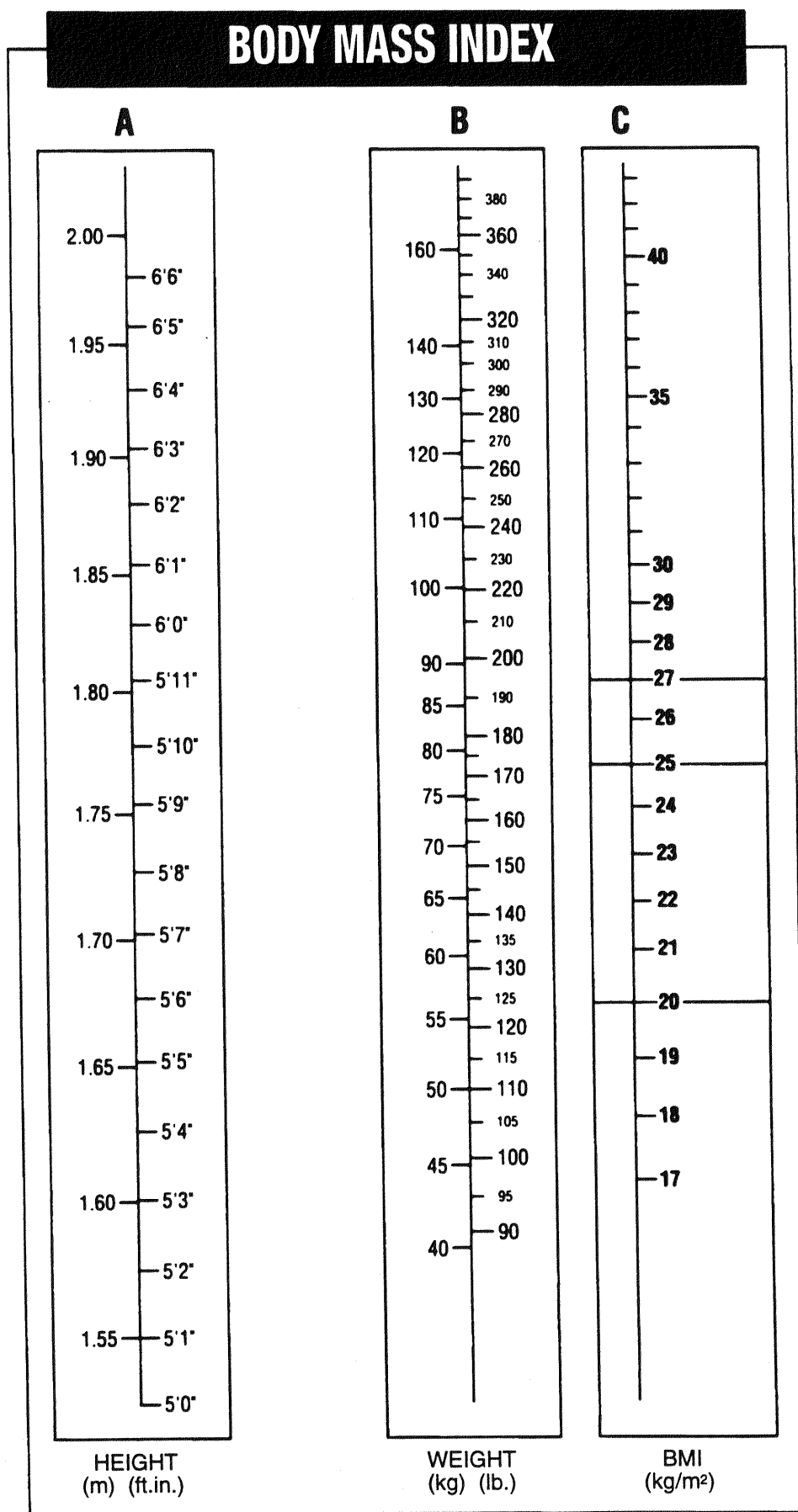


This chart has been adapted from: *Healthy Weights: A New Way of Looking at Your Weight and Health*. Ontario Ministry of Health, 1991.

How Healthy Is Your Weight?



How Healthy Is Your Weight?



This chart has been adapted from: *Healthy Weights: A New Way of Looking at Your Weight and Health*. Ontario Ministry of Health, 1991.

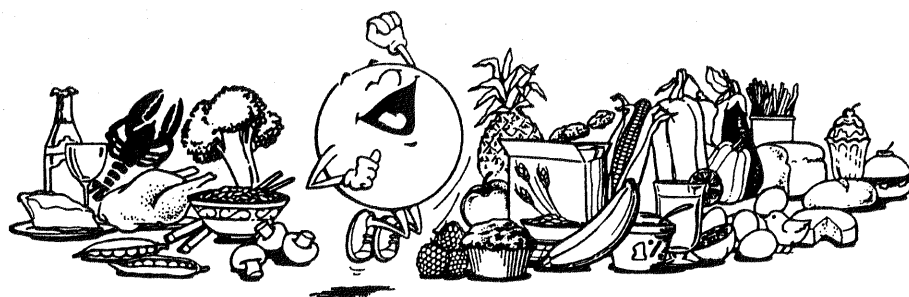
RATE YOUR WEIGHT

BMI — LESS THAN 20

A BMI of less than 20 may contribute to health problems in some people. Some of the health risks you face by being underweight are:

- ☐ heart irregularities
- ☐ depression and other emotional stress
- ☐ anemia

How Healthy Is Your Weight?

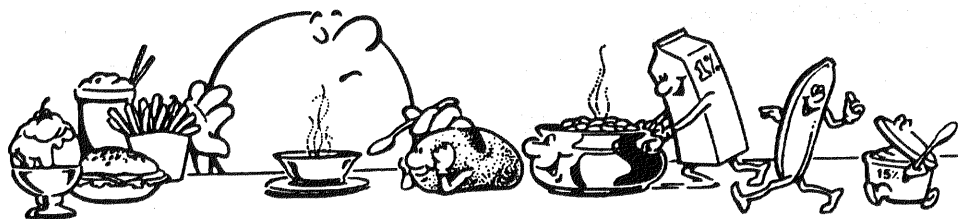
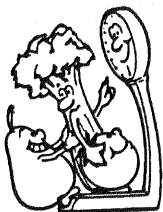


BMI — BETWEEN 20 AND 25

This is a good range for most people. If you fall within this zone and eat sensibly, your weight shouldn't cause any health problems.



How Healthy Is Your Weight?



BMI — BETWEEN 25 AND 27

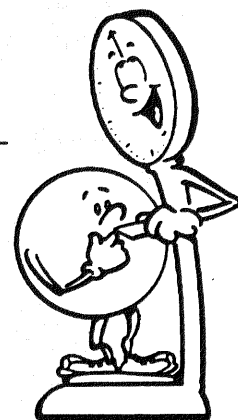
This is a caution zone; watch your weight. While still within an acceptable range, a BMI of 25 to 27 could lead to health problems for some people.



BMI — GREATER THAN 27

The higher your BMI goes above 27, the more you risk developing these health problems:

- ☐ high blood pressure
- ☐ diabetes
- ☐ heart disease
- ☐ certain cancers



MINI-LESSON 5 – Healthy Eating Out

OBJECTIVE

This mini-lesson is designed to help participants identify some of the pitfalls of eating out. While the occasional meal out is not going to influence a healthy eating pattern significantly, eating out or buying meals in cafeterias regularly will. When you do eat out regularly it's important to choose meals that are lower in fat, calories and salt and are higher in complex carbohydrates and fibre.

Through a discussion of the answers to the quiz, participants will discover how to make menu choices that are in keeping with the principles of *Canada's Guidelines for Healthy Eating*:

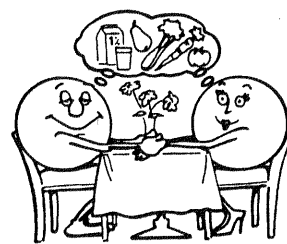
- Enjoy a variety of foods
- Emphasize cereals, breads, other grain products, vegetables and fruits
- Choose lower-fat dairy products, leaner meats, and foods prepared with little or no fat
- Achieve and maintain a healthy body weight by enjoying regular physical activity and healthy eating
- Limit salt, alcohol and caffeine

MATERIAL

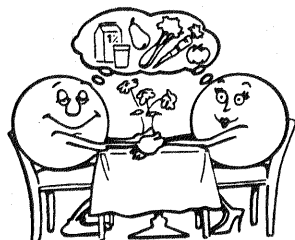
- ☐ Quiz: Test Your Know-How!, page 90
- ☐ Test Your Know How! Discussion Points For Leaders, page 93, and copy per participant
- ☐ Test Your Know How Answer Sheet
- ☐ Pencils

MINI-LESSON

- ☐ Start the lesson by reviewing the key principles of *Canada's Guidelines for Healthy Eating*: to reduce the fat intake; to eat more foods containing complex carbohydrate and dietary fibre; to limit salt intake.



Healthy Eating Out



- ☐ Put eating out in perspective by pointing out that the occasional restaurant meal neither makes nor breaks a pattern of healthy eating. However, the average Canadian eats out nearly three times a week. Clearly, eating out can be a source of extra and unwanted fat, calories and salt and may reduce fibre intake, unless menu items are chosen carefully.
- ☐ The style of cooking, the liberal use of sauces, the limited menu choices and the quantity of food offered in some restaurants, make it very difficult to control the intake of fat, calories and salt.

Sources of fibre are more available in some types of restaurants than in others. Consumers don't have to miss out on fibre if they know how to select higher-fibre menu items.

- ☐ Distribute the quiz: *Test Your Know How!*, explaining that there may be more than one answer to each question.

Ideally, the answers to the quiz should be discussed as a group. Use the resource *Test Your Know How! Discussion Points for Leaders* to help you lead the discussion. This way, you can build on the information and give extra tips and suggestions. (See background information, page 12, for tips.)

- ☐ Distribute the take-home answer sheet *Test Your Know How!* so that participants can review the information on their own as well.

EVALUATION

Have participants complete the evaluation, page 101.

HANDOUT MATERIAL RECOMMENDED

To obtain the following material, see ordering information in Section 6, *Resources*, page 104.

- ☐ *Eating Out*
From: Canadian Cancer Society
- ☐ *How Can You Eat Out and Stay Healthy? (Eating Out)*
From: Heart and Stroke Foundation

TEST YOUR KNOW-HOW!

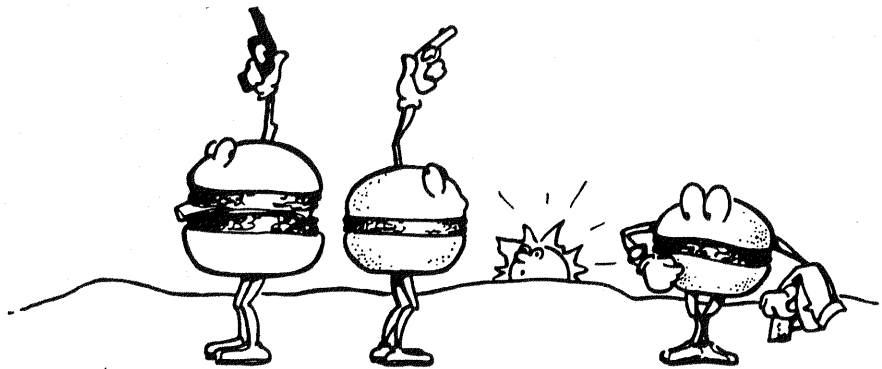
Healthy eating out can be a challenge if you are trying to avoid extra fat, calories and salt and put a little more fibre in your diet.

Take this quiz and discover some healthy eating choices that you can make when eating away from home.

1. Which hamburger meal is lower in fat ?

A ☐ 2 basic burgers

B ☐ 1 deluxe burger: two patties, cheese, special sauce



2. Which of these starchy foods is lowest in fat *and* gives you some fibre?

A ☐ french fries

B ☐ baked potato

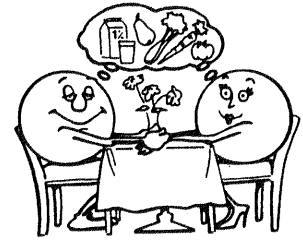
C ☐ white rice

3. The doctor has told you to cut back on fat and lose a little weight. With this in mind, which menu item is the better choice?

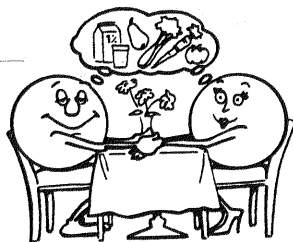
A ☐ large Caesar salad, regular dressing, bread roll, no butter

B ☐ spaghetti with 2 meatballs and tomato sauce

Healthy Eating Out

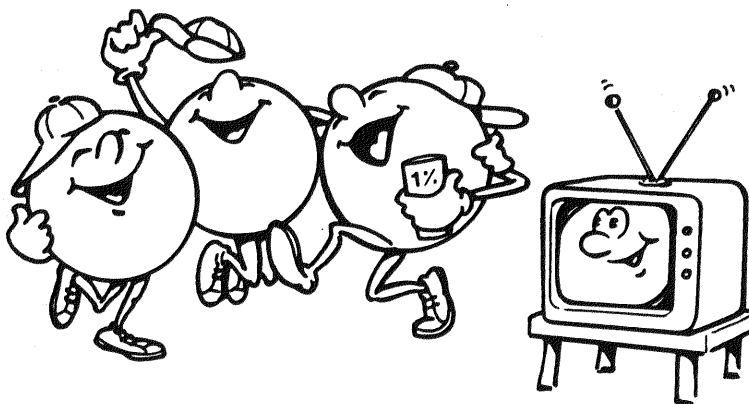


Healthy Eating Out



4. The guys are getting together to watch the game. The plan is to order some food. Which snack is lowest in fat?

A ☐ *fish and chips*
B ☐ *2 pieces of fried chicken*
C ☐ *2 slices of cheese pizza*



5. You are on the road every morning and often stop off for breakfast. Which breakfast is the better way to start your day?

A ☐ *juice, bacon or sausage, eggs, buttered toast with jam*
B ☐ *juice, pancakes with butter and syrup*
C ☐ *juice, cereal with lower-fat milk, toast with jam, no butter or margarine*

6. Your doctor has told you to lower your intake of salt but it is difficult to control salt when you eat out frequently. What type of restaurant is best for you?

A ☐ *a fast-food, take-out type*
B ☐ *a cafeteria-style*
C ☐ *order-from-the-menu*

7. Your favourite restaurant now offers a grilled chicken sandwich and one that is breaded and deep-fried. You decide to try the new sandwich. Guess how many grams of fat and calories you avoid by making this choice.

A ☐ *none — these menu items provide similar fat and calories*
B ☐ *about a quarter of the fat and calories*
C ☐ *up to half the fat and calories*
D ☐ *more than half the fat and calories*

8. Check off the menu items that are *most likely* to offer some fibre.

- A ☐ *bread basket and grain foods*
- B ☐ *soups and appetizers*
- C ☐ *meat dishes*
- D ☐ *vegetarian dishes*
- E ☐ *vegetable choices*
- F ☐ *fruit*
- G ☐ *milk and cheese dishes*
- H ☐ *all of the above*

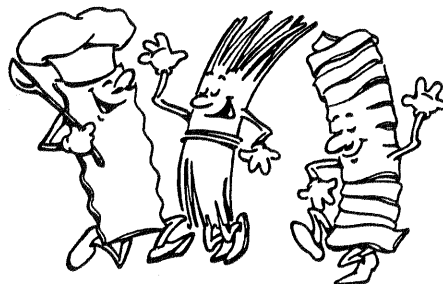


9. You enjoy taking the family out for ice cream. Which of the following choices would be better for fat and calorie watchers?

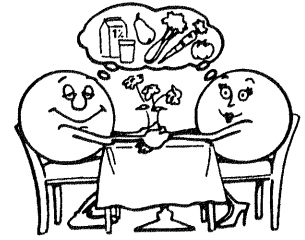
- A ☐ *frozen yogurt*
- B ☐ *sherbet or fruit ice*
- C ☐ *regular ice cream*
- D ☐ *gourmet-style ice cream*
- E ☐ *ice cream-like frozen dessert*

10. Italian food is your favourite. Which menu item would be the lowest in fat and calories?

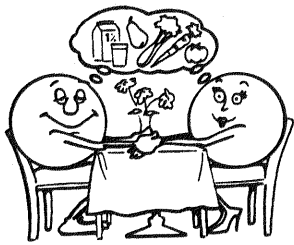
- A ☐ *lasagna*
- B ☐ *spaghetti with tomato sauce, sprinkled with Parmesan cheese*
- C ☐ *fettuccine alfredo (pasta with white cream sauce)*



Healthy Eating Out



Healthy Eating Out



TEST YOUR KNOW HOW!

DISCUSSION POINTS FOR LEADERS

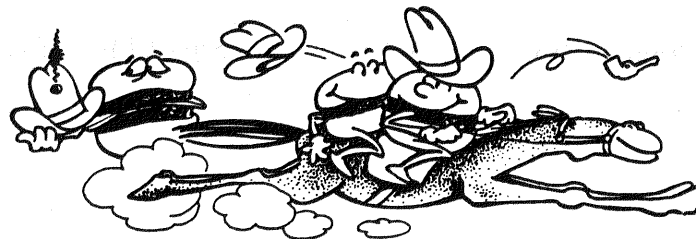
Use this information, along with the tips in background information, page 12 to take up the quiz with the group.

1. Answer: A

Extra items added to a deluxe burger such as a second meat patty, cheese and sauces add a lot of fat, calories and salt to a menu item.

Two basic burgers with mustard, ketchup and relish would provide about 500 calories and 20 grams of fat; the deluxe burger is closer to 600 calories and contributes 35 grams of fat.

Leaner burgers are now standard fare at many fast-food restaurants and would be a good lower-fat choice.



2. Answer: B

The baked potato is the best choice, but only if you can eat it without large dollops of sour cream or lots of butter. The average restaurant baked potato provides virtually no fat. If you eat the skin, you get 3.5 grams of fibre; if you don't you'll get about 1.5 grams of fibre. If you don't enjoy the potato plain, try one of the creamy, low-calorie salad dressings or a spoonful of spicy salsa sauce on it.

Plain white rice is also a good choice because, like the potato, it is low in fat. However, it contributes very little fibre. If you don't normally eat the potato skin, rice would equal the baked potato as a low-fat menu choice.

French fries do contain some fibre but at 11 to 12 grams of fat per average serving. This is a poor choice every time you eat out.

3. Answer: B

The spaghetti with meatballs (1 cup / 250mL pasta and 3 oz. / 90 - 100g meat) will provide about 400 calories but only 12 grams of fat. A large Caesar salad alone would contribute about 450 calories and as much as 40 grams of fat! Caesar salad dressing is traditionally made with an egg, oil and parmesan cheese and is high in calories and fat. With the bread roll, this meal adds up to about 500 calories and 40 grams of fat.

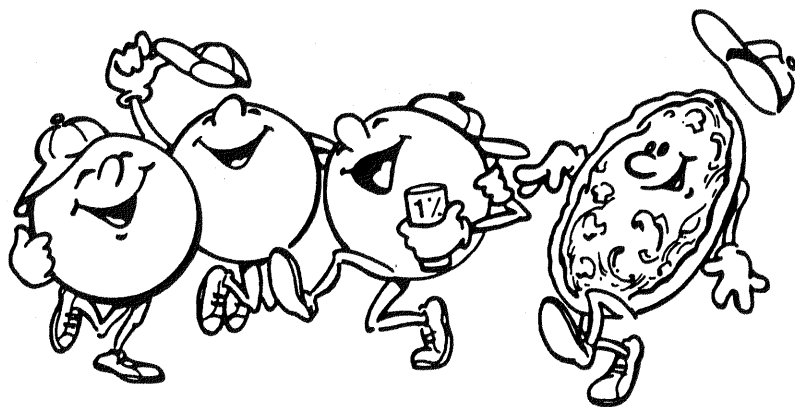
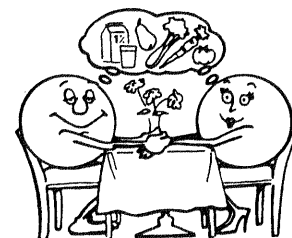
Salad greens are naturally low in calories and fat but once you add such things as bacon bits, meat, cheese, egg and *regular* salad dressing, the nutritional picture changes. Be mindful that salad bar items dripping in dressing are not usually low in fat. When you order salad, always ask for the low-calorie dressing.

4. Answer: C

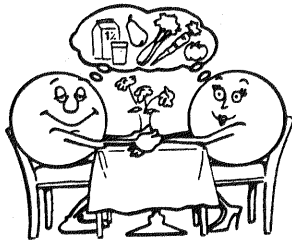
A cheese pizza with added vegetables is the best choice. Pizza is a lower-fat fast food if you ask for half the cheese (not double the cheese!) and stick to vegetable toppings, avoiding high-fat toppings like bacon and sausage.

Two slices of a medium pizza have about half the fat of 2 pieces of breaded and deep-fried chicken or fish.

Healthy Eating Out



Healthy Eating Out



5. Answer: C, closely followed by B

Go for the cereal and toast breakfast; these starchy foods are naturally low in fat. The only potential source of fat is the milk for the cereal. Choosing a lower-fat milk like 2% and using jam alone on the toast will keep this breakfast a low-fat choice.

Next best, is the pancake breakfast. If you eliminate the butter and use the syrup only, this breakfast, like the cereal breakfast, is low in fat.

The bacon-and-eggs breakfast is a high-fat meal. This type of breakfast is enjoyable once in a while but not a good choice as a regular breakfast.

6. Answer: C

It isn't easy to control salt when you eat away from home. Clearly, you will have to be selective in *all* restaurants, although some types of restaurants make it easier to get lower-salt meals.

A sit-down, order-from-the-menu type restaurant usually has more selection. The greater choice on these menus means you can put together a lower-salt meal. As well, since the food is being prepared to order, you can ask that the chef prepare your order plainly, without the use of salt, salty sauces and dressings.

Cafeterias are your next best choice. While most of the basic items are prepared in advance, there are items like bread, fruit and salads that can be chosen to meet a customer's needs.

In fast-foods restaurants the menu is very limited and most items on the menu are high in salt.

7. ANSWER: C

Chicken is naturally low in fat but when it is breaded and fried, the calories and fat content rise.

Some breaded and fried chicken sandwiches provide as much as 600 calories and 33 grams of fat. A grilled or charbroiled chicken fillet, served without mayonnaise, will be more in the range of 300 to 400 calories and provide only 5 to 15 grams of fat.



8. Answer: A, B, D, E and F

In the bread basket: look for whole grain bread; grain side dishes like kasha (cracked wheat), wild or brown rice.

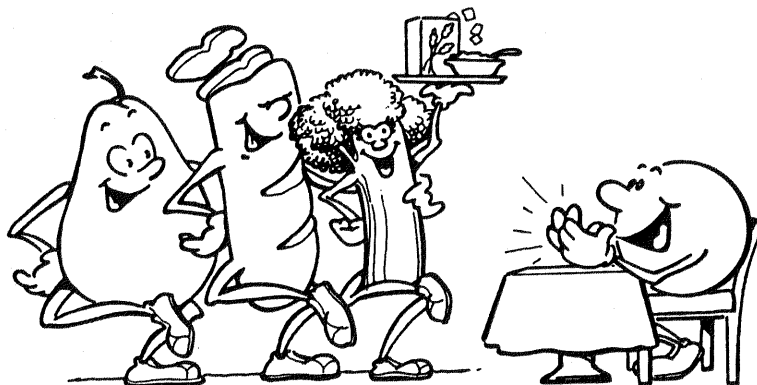
Soups: look for split pea, corn chowder, minestrone, chunky vegetable.

Appetizers: look for fresh vegetables with low-fat dip; fruit cup; bean dip with nachos.

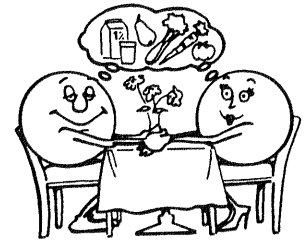
Meat on its own provides no fibre. Fibre is only found in foods of plant origin, so meat and milk or cheese-based items will not provide fibre.

Vegetarian dishes made with legumes, vegetables or whole grains may be very high in fibre.

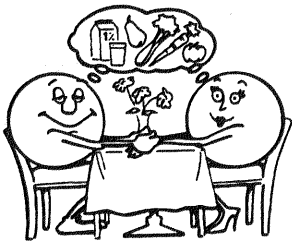
All fruits and vegetables contain fibre.



Healthy Eating Out



Healthy Eating Out



9. Answer: A, B and E

Cold treats in a cone have changed dramatically in recent years. Frozen yogurt, sherbet and fruit ices are all much lower in fat than ice cream. They are usually lower in calories too, but not by a lot, because more sugar is used to make these products. Nevertheless, they are good choices when you are reducing fat but not as concerned about calories.

Ice cream-like frozen desserts made with fat substitute ingredients are generally very low in fat and much lower in calories.

Gourmet ice creams are the highest in calories and fat because it is the higher fat content that makes these ice creams so rich and creamy.

10. Answer: B

Plain pasta and tomatoes are very low-fat foods and the sprinkle of parmesan cheese will not add a lot of extra fat, although it will add some extra calories and fat.

Pasta served in cream sauces and combined with two and three cheeses, as it is in lasagna, means that the menu item will be much higher in fat.



TEST YOUR KNOW-HOW

ANSWER SHEET

1. Answer: A

Extra items like a second patty, cheese and special sauce add a lot of extra fat, calories and salt to a menu item. The next time you eat out, try a lower-fat hamburger offered at many fast-food restaurants.

2. Answer: B

The baked potato is the best choice especially if you also eat the skin. However, it's only the best choice if you can eat it without lots of sour cream or butter. Like potato, rice is also a lower-fat choice but unless it is brown rice it doesn't contain any fibre. French fries do provide some fibre but they are a higher-fat choice than either baked potato or rice.

3. Answer: B

Pasta with tomato sauce and a small portion of meat is a lower-fat meal. All regular salad dressings are very high in fat. Caesar dressing is particularly high in fat because it's made with oil, egg and parmesan cheese. Unless you choose a low-fat dressing, salad can be a very high-fat menu item.

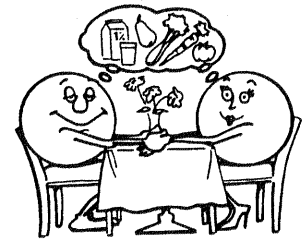
4. Answer: C

Of these order-in foods pizza with basic cheese and vegetable toppings is a lower-fat choice. Once you add toppings such as bacon, pepperoni, sausage and double cheese pizza becomes a higher-fat food.

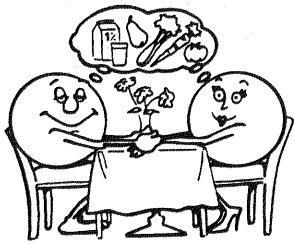
5. Answer: C is best but B can be a good breakfast too.

Grain products are naturally low in fat. So the cereal with low-fat milk and toast, eaten without butter or margarine is the best choice. If you hold off on the butter, pancakes with just syrup would be a good choice too. The eggs-and-bacon breakfast is okay once in a while but it is too high in fat to choose on a regular basis.

Healthy Eating Out



Healthy Eating Out



6. Answer: C

Sit down restaurants usually have bigger menus to choose from. Ask that the chef make your food without adding salt and salty sauces. Next best is a cafeteria where some low-salt items like plain salads, fruit and rolls can be chosen although the main entrées are likely seasoned in advance. Fast food is usually very high in salt and few lower-salt choices are offered.

7. Answer: C

Any item that is breaded and fried will be higher in fat. Grilling adds no extra fat to the chicken. Say "no thank you" to the food server when he offers to add mayonnaise or a special sauce to this low-fat sandwich.

8. Answer: A, B, D, E, F

Fibre is found only in plant foods. You could get fibre by choosing a whole grain roll from the bread basket; a bean, vegetable or split pea soup or salad for an appetizer; a vegetarian dish containing whole grains, vegetables or legumes; any vegetable or fruit dish since all fruits and vegetables contain some fibre.

9. Answer: A, B, E

Frozen yogurt, sherbet and the frozen desserts are much lower in fat than ice cream. They are usually lower in calories too although there isn't as much savings in calories as in fat because extra sugar is used to make these items with less fat.

10. Answer B

Pasta is naturally low in fat. It's what you put on the pasta that matters most. Tomato sauce is low in fat and calories but cheese, meat and cream sauces will add a lot of extra fat.

