

(Note to the presenter: Comments in parentheses are instructions to follow while giving the presentation. Do not read these comments to participants. This convention will be followed throughout the notes in this slide show.)

(Number slips of paper from 1 through 8. Give each participant a piece of paper with one number on it as they enter the room. Have participants form a group with others who have the same number. For example, all the people with number 5 on their slip of paper will all sit at the same table.)

(Also give each participant a copy of this presentation, obtained by printing the PDF version of these slides in the Training 1 folder on this Web Resource, and a copy of the Principles of Healthy Living from the Additional Resources folder on this Web Resource.)

Welcome to the third *Eat Well & Keep Moving* training session. Today's session centers on the *Eat Well & Keep Moving* Principles of Healthy Living, the guidelines for healthy eating and physical activity that form the core of the *Eat Well & Keep Moving* program. These guidelines build on the latest diet and activity recommendations of the *Dietary Guidelines for Americans 2015*.

(Introduce yourself. If the session is small enough, have participants introduce themselves.)

Agenda

- Food and physical activity facts
- Health promotion and disease prevention
- Energy from food, nutrients, and national nutrition guidelines
- *Eat Well & Keep Moving* Principles of Healthy Living
- Group discussion

(Briefly go over today's agenda.)

*Let's start thinking about food
and physical activity . . .*

(Distribute the handout Four Food and Physical Activity Facts from the Additional Resources folder on this Web Resource, and ask participants to follow the directions and complete the form.)

(This activity is designed to get participants thinking about physical activity and the foods they eat.)

Health Promotion and Disease Prevention

The *Dietary Guidelines for Americans* advises healthy Americans over the age of 2 about food and physical activity choices that promote health and prevent disease.

We are all individuals with different genetic, environmental, behavioral, and cultural backgrounds that can affect our health. Food choices and physical activity choices can also affect our health.

Healthful Diets and Positive Food Choices

- **Help children grow, develop, and do well in school**
- **Help people work productively and feel their best**
- **Reduce the risk of chronic diseases such as obesity, diabetes, heart disease, stroke, certain cancers, and osteoporosis**

(Read slide heading and bullets.)

Major risk factors for chronic diseases, such as obesity, diabetes, high blood pressure, and high blood cholesterol, can be reduced by eating a healthful diet and participating in regular physical activity. It is especially important to instill good eating and physical activity habits in children, as these habits will carry on through their adult life and lower their risk of developing serious, chronic diseases. Offering healthful food choices to students in the cafeteria is an important way to do this, as is giving them opportunities for physical activity during the school day.

Energy

- **Three food components provide the body with energy**
- **Carbohydrate = 4 calories per gram**
 - Healthy carbohydrate sources: whole grains, beans, fruit, some vegetables
- **Protein = 4 calories per gram**
 - Healthy protein sources: nuts, seeds, beans, eggs, poultry, and fish
- **Fat = 9 calories per gram**
 - Healthy fat sources: olive oil, canola oil, vegetable oil

Carbohydrate, protein, and fat are the food components that provide the body with energy, which is measured in calories.

Examples of foods rich in healthy carbohydrate are whole-grain bread, whole-grain cereal, brown rice, fruits, and some vegetables; examples of foods that contain less healthy carbohydrate are drinks and foods with added sugar, such as soda, and foods that contain refined grains, such as white bread and white rice.

Examples of healthy sources of protein are nuts, seeds, beans, eggs, poultry, and fish.

Examples of healthy fat are olive oil, canola oil, and vegetable oil.

Carbohydrate and protein provide 4 calories per gram. Fat provides 9 calories per gram. Alcohol, which is not a nutrient, provides energy as well, at the rate of 7 calories per gram.

Nutrients

- **Carbohydrate**
- **Protein**
- **Fat**
- **Vitamins**
- **Minerals**
- **Water**

Carbohydrate, protein, fat, vitamins, minerals, and water are nutrients. The human body uses these nutrients in their smallest forms—carbohydrate as glucose, protein as amino acids, and fat as fatty acids. Some nutrients are called *essential nutrients*, as they cannot be produced by the body and must be acquired by eating a food.

Water, Water Everywhere

Choose water to
quench your thirst!



An important and essential nutrient, water is required for the millions of biological reactions our bodies go through each day. We can get water from beverages and from many foods such as fruit and soup, but water alone is the best choice to quench your thirst!

Dietary Guidelines for Americans

- **Guidance on healthy eating and physical activity**
- **Basis of school meals and the National School Lunch Program**
- **Helps Americans make healthy food choices *over time***

Now that we have had a basic overview of essential nutrients, let's talk about how to translate nutrition science into healthy eating.

The *Dietary Guidelines for Americans* offers guidance on healthy eating and physical activity for Americans aged 2 and up. These guidelines serve as the basis of school meal programs.

The purpose of the *Dietary Guidelines for Americans* is to help us make healthy food choices. The guidelines apply primarily to diets consumed over several days or over the course of the week; they are not about individual foods or single meals.

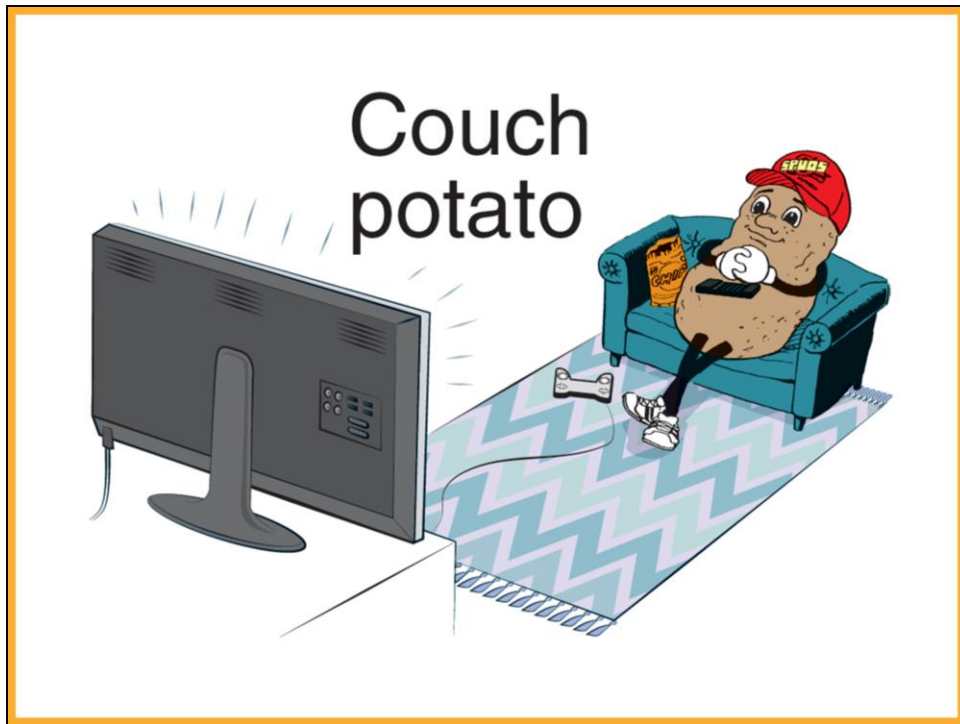
Benefits of Regular Physical Activity

- **Helps you build healthy bones and muscles**
- **Helps you maintain a healthy weight or lose weight if you are overweight**
- **Gives you more energy**
- **Improves your mood and reduces your anxiety and stress**
- **Improves your blood pressure and cholesterol levels**

The *Dietary Guidelines for Americans* also addresses physical activity.

A low-activity or inactive lifestyle is unhealthy. Increasing activity burns more calories. Burning more calories helps us maintain our health and makes room for a more balanced and nutritious diet.

According to the U.S. Surgeon General, regular physical activity improves your chances of living longer and living healthier; helps protect you from developing heart disease or its precursors high blood pressure and high unhealthy blood cholesterol; helps protect you from developing certain cancers, including colon and breast cancer; helps prevent or control type 2 diabetes; helps prevent arthritis and may help relieve pain and stiffness in people who have arthritis; helps prevent osteoporosis; reduces the risk of falling among older adults; relieves symptoms of depression and anxiety and improves mood; and controls weight.



In addition to increasing activity, you should reduce sedentary pastimes, such as television viewing. The more television you watch, the less time you have to engage in physical activity or other healthy pursuits; the same goes for spending time online, text messaging, and playing video games. More media means seeing more advertisements for unhealthy foods, and evidence suggests that this leads to consuming more calories. Such sedentary behavior combined with poor diet can lead to unhealthy weight gain.

Try to limit TV time to 1 to 2 hours per day. Limit total recreational screen time, including watching television, playing computer games, watching movies, and spending time online, to no more than 2 hours each day.

The Principles of Healthy Living

- Make the switch from sugary drinks to water.
- Choose colorful fruits and vegetables instead of junk food.
- Choose whole-grain foods and limit foods with added sugar.
- Choose foods with healthy fat, limit foods high in saturated fat, and avoid foods with trans fat.
- Eat a nutritious breakfast every morning.
- Be physically active every day for at least an hour.
- Limit TV and other recreational screen time to 2 hours or less per day.
- Get enough sleep to give the brain and body the rest they need.



As we have seen, eating a nutritious and balanced diet and participating in regular physical activity are the cornerstones of a healthy lifestyle. Eating the right foods provides us with the energy and nutrients our bodies need to stay healthy and fight infection and disease. Similarly, regular physical activity helps prevent heart disease, diabetes, some cancers, osteoporosis, and a host of other disorders. What we eat and how much activity we get not only affect how our bodies perform and feel today but also affect our health for the next 10, 20, and 30 years and beyond.

The *Eat Well & Keep Moving* program has developed eight Principles of Healthy Living. Informed by the latest scientific research and the *Dietary Guidelines for Americans 2015*, these principles can help you eat well and keep you moving toward a lifetime of healthy living.

(Read the principles from the slide. For each, read the accompanying student message:)

1. Make the switch from sugary drinks to water.

Student message: Drink water!

2. Choose colorful fruits and vegetables instead of junk food.

Student message: Choose fruits and vegetables instead of junk food—go for color!

3. Choose whole-grain foods and limit foods with added sugar.

Student message: Get whole grains and sack the sugar!

4. Choose foods with healthy fat, limit foods high in saturated fat, and avoid foods with trans fat.

Student message: Keep the fat healthy!

5. Eat a nutritious breakfast every morning.

Student message: Start smart with breakfast!

6. Be physically active every day for at least an hour.

Student message: Keep moving!

7. Limit TV and other recreational screen time to 2 hours or less per day.

Student message: Freeze the screen!

8. Get enough sleep to give the brain and body the rest they need.

Student message: Sleep well!

Group Discussion on the Principles of Healthy Living

(Ask the person at each table whose birthday is closest to today to stand. Give the standing people a favor, if desired. Ask them to be their group's leader and to pick a person from their group to record their group's discussion during the next activity.)

(Give each of the eight groups one of the guidelines from the Principles of Healthy Living. Give the group members 10 minutes to discuss their guideline among themselves. Have them discuss why this guideline is important. The group recorder will write down the responses.)

(At the end of 10 minutes, ask the groups to report. Begin with the first guideline: Make the switch from sugary drinks to water. Use the next eight slides to complete any unanswered information.)

Make the Switch From Sugary Drinks to Water

- **Water is essential to human survival, optimal functioning, and health.**
- **Sugary beverages such as soda, sports drinks, energy drinks, and fruit drinks are filled with empty calories, meaning they provide many calories but almost none of the nutrients the body needs to stay healthy and grow strong.**



(Let the group report out from its discussion of this guideline. Supplement the discussion by reading or reinforcing information on the slide.)

(Make this additional point:)

Water is the best way to hydrate our bodies. It is calorie and sugar-free, it tastes clean and fresh, and is just about cost-free when taken from the tap.

Choose Colorful Fruits and Vegetables Instead of Junk Food

- Fruits and vegetables are packed with vitamins, minerals, antioxidants, and fiber.
- Choose fruits and vegetables in a rainbow of colors (choose especially dark-green and orange vegetables).
- Getting 5 or more servings each day can reduce the risk of diabetes, heart disease, obesity, and possibly some cancers.



(Let the group report out from its discussion of this guideline. Supplement the discussion by reading or reinforcing information on the slide.)

(Make this additional point:)

Fruits and vegetables provide healthy carbohydrate that gives us energy.

Choose Whole Grain Foods and Limit Foods With Added Sugar

- **Whole grains contain fiber, vitamins, and minerals; refining strips away these nutrients.**
- **Refined grains get digested and absorbed quickly, which can cause sugar levels in the blood to spike and then drop a bit too low.**
- **Choose whole grains whenever possible, making sure to check the nutrition facts label and ingredient list for added sugar.**



(Let the group report out from its discussion of this guideline. Supplement the discussion by reading or reinforcing information on the slide.)

(Make these additional points:)

- Some refined grains are fortified with vitamins and minerals, but fortification does not replace all of the nutrients lost during the refining process.
- Refined grains get absorbed by the body very quickly, which can cause blood sugar levels to spike. In response, the body quickly takes up sugar from the blood to bring sugar levels down to normal. Working so quickly may cause the body to overshoot things however, making blood sugar levels a bit lower than they should be. This can cause feelings of false hunger even after a big meal, and tiredness.

Choose Foods With Healthy Fat, Limit Foods High in Saturated Fat, and Avoid Foods With Trans Fat

- **Healthy fat can help lower the risk of heart disease and stroke.**
- **Unhealthy fat—including saturated fat and especially trans fat—increases the risk of heart disease and stroke.**
- **Avoid trans fat, since it raises the risk for heart disease in many ways and may increase the risk for diabetes.**



(Let the group report out from its discussion of this guideline. Supplement the discussion by reading or reinforcing information on the slide.)

(Make these additional points:)

- Plant-based foods, including plant oils (such as olive, canola, soybean, corn, sunflower, and peanut oils), nuts, and seeds, are natural sources of healthy fat, as are fish and shellfish.
- Most foods that are high in saturated fat come from animals, including dairy fat, the fat in meat, and lard. However, even a few healthy plant-based foods and fish contain small amounts of saturated fat, so we can't completely eliminate it from our diet.
- The *Dietary Guidelines for Americans* recognizes the importance of reducing saturated fat intake and sets a daily limit of 10% of total daily calories from saturated fat. The American Heart Association recommends an even lower limit for saturated fat—less than 7% of total daily calories.
- Trans fat is formed when healthy vegetable oils are partially hydrogenated* (a process that makes the oil solid or semisolid and makes the fat more stable for use in packaged foods). This is the worst type of fat because it raises the risk of heart disease in a

number of different ways, and it may possibly raise the risk of diabetes. Foods with trans fat and partially hydrogenated oils should be avoided.

*(*Note that at the time of publication, the FDA banned the use of partially hydrogenated oils in food products, giving manufacturers three years to comply with the decision. This messaging on avoiding trans fat from partially hydrogenated oils remains important guidance during the transitional period.)*

Eat a Nutritious Breakfast Every Morning

- **Breakfast gives the body the energy it needs to perform at school, work, or home.**
- **Research has shown that breakfast can improve learning, and it helps boost overall nutrition.**
- **Many common breakfast foods can be rich in whole grains.**



(Let the group report out from its discussion of this guideline. Supplement the discussion by reading or reinforcing information on the slide.)

(Make this additional point:)

Breakfast is also a great time to get started toward the daily goal of consuming 5 or more servings of colorful fruits and vegetables.

Be Physically Active Every Day for at Least an Hour

- **Regular physical activity helps prevent unhealthy weight gain, obesity, and several chronic diseases.**
- **Children and teenagers need at least 60 minutes per day.**
- **Adults need at least 30 minutes per day; 60 minutes may be needed to prevent weight gain.**



(Let the group report out from its discussion of this guideline. Supplement the discussion by reading or reinforcing information on the slide.)

(Make these additional points:)

- Regular physical activity can also benefit emotional well-being.
- Children and teenagers should get at least 60 minutes of physical activity every day, which can be broken up into multiple sessions throughout the day. This can include active free play, as well as structured activities that are age-appropriate, enjoyable, and offer variety. Any episode of moderate- or vigorous-intensity physical activity, however brief, counts toward the daily goal.
- For adults, increasing the intensity or the duration of physical activity can have even greater health benefits and may be needed to control body weight. About 60 minutes per day may be needed to prevent weight gain.

**Adult recommendation adapted from U.S. Department of Agriculture and Department of Health and Human Services, Finding Your Way to a Healthier You: Based on the Dietary Guidelines for Americans 2005 and the Dietary Guidelines for Americans 2005.*

Limit TV and Other Recreational Screen Time to 2 Hours or Less per Day

- The more TV you watch, the less time you have to engage in physical activity.
- Watching more TV means watching more advertisements for unhealthy foods, which can lead to consuming more calories.
- Limit total recreational screen time to no more than 2 hours each day, whether it be a TV, computer, smartphone, or other handheld device—anything with a screen counts!



(Let the group report out from its discussion of this guideline. Supplement the discussion by reading or reinforcing information on the slide.)

(Make these additional points:)

- The more television you watch, the less time you have to engage in physical activity or other healthy pursuits; the same goes for spending time online on your computer or smartphone for fun, text messaging, and playing video games.
- Watching more television means watching more ads for unhealthy foods, and evidence suggests that this leads to consuming more calories. Such sedentary behavior combined with poor diet can lead to unhealthy weight gain.
- Limit total recreational screen time to no more than 2 hours each day, whether it be a TV, computer, smartphone, or other handheld device—anything with a screen counts.

Get Enough Sleep to Give the Brain and Body the Rest They Need

- Children who don't get enough sleep have a harder time paying attention in school, and lack of sleep is linked to unhealthy weight gain.
- Children ages 6 to 12 should be getting at least 10 hours of sleep each day.
- Set up a regular bedtime routine and provide a bedroom without a TV, and with smartphones and other screens turned off.



(Let the group report out from its discussion of this guideline. Supplement the discussion by reading or reinforcing information on the slide.)

(Make these additional points:)

- Children who don't get enough sleep have a harder time paying attention in school, and lack of sleep is linked to unhealthy weight gain.
- Children ages 6 to 12 should be getting at least 10 hours of sleep each day.
- It's important to set up a regular bedtime routine and provide a bedroom without a TV, and with smartphones and other screens turned off.

Questions?

Any questions?

Thank you for attending. The next *Eat Well & Keep Moving* session will discuss the healthiest food choices from the five food groups and the Nutrition Facts food label.