

Elder
Lesson
Plan
Handouts

MoOove to Low Fat Dairy



Finding Your Way to a Healthier You

Based on the Dietary Guidelines for Americans
U.S. Department of Health and Human Services
U.S. Department of Agriculture
www.healthierus.gov/dietaryguidelines

Feel better today. Stay healthy for tomorrow.

Here's how: The food and physical activity choices you make every day affect your health—how you feel today, tomorrow, and in the future.

The science-based advice of the Dietary Guidelines for Americans, 2005 in this booklet highlights how to:

- Make smart choices from every food group.
- Find your balance between food and physical activity.
- Get the most nutrition out of your calories.

You may be eating plenty of food, but not eating the right foods that give your body the nutrients you need to be healthy. You may not be getting enough physical activity to stay fit and burn those extra calories. This booklet is a starting point for finding your way to a healthier you.

Eating right and being physically active aren't just a "diet" or a "program"—they are keys to a healthy lifestyle. With healthful habits, you may reduce your risk of many chronic diseases such as heart disease, diabetes, osteoporosis, and certain cancers, and increase your chances for a longer life.

Make smart choices from every food group

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The best way to give your body the balanced nutrition it needs is by eating a variety of nutrient-packed foods every day. Just be sure to stay within your daily calorie needs. A healthy eating plan is one that emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products that includes lean meats, poultry, fish, beans, eggs, and nuts is low in saturated fats, trans fats, cholesterol, salt (sodium), and added sugars.

Don't give in when you eat out.

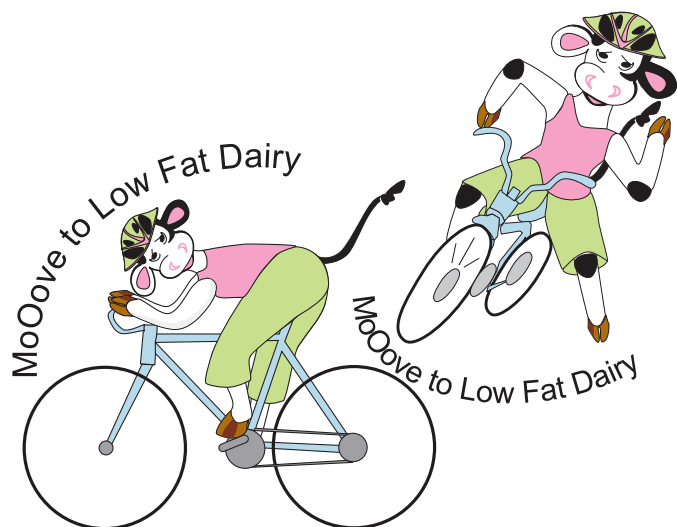
It's important to make smart food choices and watch portion sizes wherever you are—at the grocery store, at work, in your favorite restaurant, or running errands. Try these tips:

- At the store, plan ahead by buying a variety of nutrient-rich foods for meals and snacks throughout the week.
- When grabbing lunch, have a sandwich on whole grain bread and choose low-fat/fat-free milk, water, or other drinks without added sugars.
- In a restaurant, opt for steamed, grilled, or broiled dishes instead of those that are fried or sautéed.

- On a long commute or shopping trip, pack some fresh fruit, cut-up vegetables, string cheese sticks, or a handful of unsalted nuts to help you avoid impulsive, less healthful snack choices.

Mix up your choices within each food group.

- Focus on fruits. Eat a variety of fruits, fresh, frozen, canned, or dried—rather than fruit juice for most of your fruit choices. For a 2,000-calorie diet, you will need 2 cups of fruit each day (for example, 1 small banana, 1 large orange, and 1/4 cup of dried apricots or peaches).
- Vary your veggies. Eat more dark green veggies, such as broccoli, kale, and other dark leafy greens; orange veggies, such as carrots, sweet potatoes, pumpkin, and winter squash; and beans and peas, such as pinto beans, kidney beans, black beans, garbanzo beans, split peas, and lentils.
- Get your calcium-rich foods. Get 3 cups of low fat or fat-free milk—or an equivalent amount of low-fat yogurt and/or low-fat cheese (1½ ounces of cheese equals 1 cup of milk)—every day. For kids aged 2 to 8, its 2 cups of milk. If you don't or can't consume milk, choose lactose-free milk products and/or calcium-fortified foods and beverages.
- Make half your grains whole. Eat at least 3 ounces of whole-grain cereals, breads, crackers, rice, or pasta every day. One ounce is about 1 slice of bread, 1 cup of breakfast cereal, or ½ cup of cooked rice or pasta. Look to see that grains such as wheat, rice, oats, or corn are referred to as "whole" in the list of ingredients.
- Go lean with protein. Choose lean meats and poultry. Bake it, broil it, or grill it. And vary your protein choices—with more fish, beans, peas, nuts, and seeds.
- Know the limits on fats, salt, and sugars. Read the Nutrition Facts label on foods. Look for foods low in saturated fats and Trans fats. Choose and prepare foods and beverages with little salt (sodium) and/or added sugars (caloric sweeteners).



Additional Activities for Clinic or Classroom

1. Importance of Calcium

This experiment helps clients learn why calcium is such an important nutrient for keeping bones strong and healthy over a lifetime. Smaller bones work better than larger bones for this experiment. The results of this experiment could be shown in a group class or could be displayed in visible areas such as the WIC issuance area.

What you need:

- 2 cooked chicken bones with the meat removed
- 2 small glass jars with lids
- 1 cup water
- 1 cup vinegar

What you do:

- Put one bone in each jar.
- Fill one jar with water and the other with vinegar. Put on lids.
- Set aside for at least two weeks.

What you will see:

In the jar filled with vinegar, you will see calcium crystals. Why? The calcium is pulled from the chicken bone, causing it to weaken and bend.

After you take the bones out of the water and vinegar, leave them out to dry for a few weeks. Break each dry bone to compare which is stronger. The bone with less calcium will be brittle and break more easily.

Source: © 2006 National Dairy Council ® www.nutritionexplorations.org

2. Milk Mustache

This is an activity to do during the month(s) the campaign runs. Blend three parts ice cream with one part milk until the desired consistency is reached. Give each person some milk mustache mixture in a small cup. Have them hold the cup up to their mouths and tip their cups back while keeping their head still. Make sure they keep their mouths closed as they “drink on their mustaches”. Take Polaroid or digital pictures of the clients with their milk mustaches. Post the pictures on a bulletin board or send the picture home with the client.

Source: © 2006 National Dairy Council ® www.nutritionexplorations.org

Or, take pictures of staff members with a milk mustache. Make into posters and display in waiting room during the campaign.

3. Fat in Milk Display

*Make a visual display of the amount of fat in each type of milk. Obtain four clear plastic cups (8 oz. or larger). Label one cup with: **Amount of fat in ½ gallon whole milk**. Label the second cup with: **Amount of fat in ½ gallon reduced fat (2%) milk**. Label the third cup with: **Amount of fat in ½ gallon low fat (1%) milk**. Label the last cup: **Amount of fat in ½ gallon fat-free milk**. Melt about ten tablespoons butter-flavored Crisco. Pour 5 tablespoons into the first cup, three tablespoons into the second cup, and 1½ tablespoons into the third cup and leave the fourth cup empty. Let harden. This display would be good to use at the issuance windows or in a group class.*

4. Kids Art Contest

Provide a *Mooove to Low Fat* coloring page to all age-appropriate children (a coloring page can be found in the *Preschool Lesson Plan* section of the manual). Have them color their page, then post it (if they are willing) on a central bulletin board for all to see and admire.

5. Recipe Contest

This is a recipe contest for clients' favorite recipes using low fat or fat-free dairy products. Clients could be asked to submit recipes and staff could compile recipes into a booklet that could be given out to all clients.

6. Door Prize Contest

Give each client a notice to bring in **low fat** or **fat-free** milk jug caps. Mark the client's name on each cap brought in (no limit) with a permanent marker. Put the caps in a large bowl or container. Choose a winning cap out of the bowl each week or at end of the time period. Contact winning person. Give the winners a prize (to be obtained locally).

7. "Fill the Glass" Measuring the Clients' Progress

Make a large glass of milk or a milk carton out of white paper. Write ***I've Moooved to Low Fat or Fat-free Milk*** at the top of the glass or carton. When clients, who have participated in a *mooove* lesson plan or activity, come back to the clinic, ask them if they have *moooved* to low fat or fat-free milk. If they say yes, give them a marker to write their first name in the paper milk glass (and the names of any family members who have *moooved*). The goal is to "fill up" the glass or carton with names. This can be a visual representation to all clients who have *moooved* to low fat or fat-free milk. This activity can also be done with other dairy products.

