

GROCERY STORE TOUR

TAKE-HOME HANDOUTS FOR PARTICIPANTS FACILITATOR GUIDE

Handout 1

10 Tips Nutrition Education Series

Choose MyPlate

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

- 1 Find your healthy eating style**
Creating a healthy eating style means regularly eating a variety of foods to get the nutrients and calories you need. MyPlate's 10 tips help you create your own healthy eating solutions—“MyTins.”
- 2 Make half your plate fruits and vegetables**
Eating colorful fruits and vegetables is important because they provide vitamins and minerals and most are low in calories.
- 3 Focus on whole fruits**
Choose whole fruits—fresh, frozen, dried, or canned in 100% juice. Enjoy that with meals, as snacks, or as a dessert.
- 4 Vary your veggies**
Try eating fresh, frozen, or canned vegetables in salads, sides, and main dishes. Choose a variety of colorful vegetables prepared in healthy ways: steamed, sautéed, roasted, or raw.
- 5 Make half your grains whole grains**
Look for whole grains listed first or second on the ingredients list—rye, oatmeal, popcorn, whole grain bread, and brown rice. Limit grain-based desserts and snacks, such as cereals, cookies, and pastries.
- 6 Move to low-fat or fat-free milk or yogurt**
Choose low fat or fat free milk, yogurt, and soy beverages (options) to cut back on saturated fat. Reserve your cream, cream, and regular cheese with low fat yogurt, milk, and cheese.
- 7 Vary your protein routine**
Mix up your protein foods to include seafood, beans and peas, unsalted nuts and seeds, soy products, eggs, and lean meats and poultry. Try main dishes made with beans or seafood like salsa added to bean chili.
- 8 Drink and eat beverages and food with less sodium, saturated fat, and added sugars**
Use the Nutrition Facts sheet and ingredients list to limit items high in sodium, saturated fat, and added sugars. Choose vegetable oils instead of butter, and oil-based sauces and dips instead of ones with butter, cream, or cheese.
- 9 Drink water instead of sugary drinks**
Water is calorie free, low in sodium, energy or sports drinks, and other sugar-sweetened drinks contain a lot of calories from added sugars and have few nutrients.
- 10 Everything you eat and drink matters**
The right mix of foods can help you feel healthier now and into the future. Turn small changes into your “MyPlate.” MyTins™.

Center for Nutrition Policy and Promotion
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Go to ChooseMyPlate.gov for more information.

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Handout 1

“Choose MyPlate”

The “Choose MyPlate” sheet gives you 10 tips for how to choose the right foods.

Handout 2

FRUITS AND VEGETABLES - COLORS OF THE RAINBOW

Look for the colors of the rainbow in the foods you eat. Here are lists of the foods in each color family and how they help your body function.

Colors	Foods	How they help you
Blue / Purple	Beetroot, Blackberries, Blueberries, Eggplant, Elderberries, Onions, Plums, Purple grapes, Purple potatoes, Turnips	<ul style="list-style-type: none"> Fight inflammation Improve calcium absorption Support eye health Act as anticarcinogen
Green	Asparagus, Artichoke, Broccoli, Brussels sprouts, Cabbage, Celery, Collard greens, Cucumbers, Green apples, Green beans, Green grapes, Green peas, Green pepper, Kale, Lettuce, Parsi, Spinach, Zucchini	<ul style="list-style-type: none"> Improve immune function Promote bone and blood health Restore energy and cell vitality Rich in vitamin K

Handout 2

“Fruits and Vegetables – Colors of the Rainbow”

This colorful handout illustrates the nutrients and functions of different foods.

Handout 3

PROTEIN SOURCES

What are the different sources of protein found in a grocery store? Let's find out.

In the meat section

- Beef
- Chicken
- Crab
- Fish
- Frozen meats and fish
- Shrimp
- Tuna
- Turkey

In non-meat sections

- Beans
- Dairy products like cottage cheese, Greek yogurt, milk
- Eggs
- Legumes
- Lentils
- Nuts
- Quinoa
- Seeds
- Tofu

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Handout 3

“Protein Sources”

This sheet tells you the different sources of protein found in a grocery store.

Handout 4

NUTRITION FACTS LABELS

How to read and understand labels

- Servings per container and serving size (in this example, 1 cup equals a serving size)
- Calories per serving
- % Daily value—Notice the * copy at the bottom of the label: 2,000 calories a day is used for general nutrition advice. You may not need that many calories.
- Total fat, with saturated fat and trans fat broken down
- Sodium
- Total carbohydrate, accounting for fiber and total sugars (also shows how much is added sugars)
- Protein
- Vitamins and minerals

Nutrition Facts

8 servings per container
Serving size 1 cup (160g)
Calories 370

Total Fat 1g	2%
Saturated Fat 1g	2%
Total Fat 1g	2%
Cholesterol 0mg	0%
Sodium 100mg	2%
Total Carbohydrate 10g	20%
Dietary Fiber 1g	2%
Total Sugars 10g	20%
Includes 10g Added Sugars	20%
Protein 10g	20%
% Daily Value	Calcium 200mg 20%
20% Daily Value	Iron 100mg 20%

1. **Check this first:** Compare the serving size to how much you will eat or drink. If the serving size is one cup and you eat two cups, you're getting twice the calories, fat and other nutrients listed on the label.

2. **Calories per serving:** Getting more calories than you use leads to weight gain. Eating fewer calories than you use leads to weight loss.

3. **% Daily value:** This shows the % that the product contains compared with what the average American needs each day. 5% or less is "low," 20% or more is "high."

4/5. **Eat less of these:** Too much saturated fat, trans fat and sodium are unhealthy and can lead to heart, high blood pressure, heart disease and other chronic diseases.

6. **Total carbohydrate, accounting for fiber and total sugars:** Total sugars also shows how much is added sugars.

7. **Protein listed in grams**

8. **Eat more of these:** Dietary fiber plus protein helps keep your body working properly. Aim for higher amounts of these.

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Handout 4

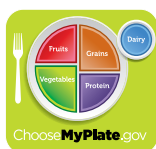
“Nutrients Facts Labels”

This sheet shows how to understand a nutrition facts label, what to look for and what to avoid avoid.



United States Department of Agriculture

**10
tips**
Nutrition
Education Series



MyPlate
MyWins

Based on the
**Dietary
Guidelines
for Americans**

Choose MyPlate

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

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

2 Make half your plate fruits and vegetables
Eating colorful fruits and vegetables is important because they provide vitamins and minerals and most are low in calories.

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



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



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



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



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



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



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

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

FRUITS AND VEGETABLES - COLORS OF THE RAINBOW



Look for the colors of the rainbow in the foods you eat. Here are lists of the foods in each color family and how they help your body function.

Colors	Foods	How they help you
Blue / Purple	Beetroot Blackberries Blueberries Eggplant Elderberries Onions Plums Purple grapes Purple potatoes Turnips	<ul style="list-style-type: none"> • Fight inflammation • Improve calcium absorption • Support eye health • Act as anticarcinogen
Green	Arugula Asparagus Avocado Broccoli Brussels sprouts Cabbage Celery Collard greens Cucumbers Green apples Green beans Green grapes Green pears Green pepper Kiwifruit Lettuce Peas Spinach Zucchini	<ul style="list-style-type: none"> • Improve immune function • Promote bone and blood health • Restore energy and cell vitality • Are rich in vitamin K

Colors	Foods	How they help you
White / Brown	Bananas Brown pears Cauliflower Garlic Ginger Mushrooms Onions Parsnips Shallots White nectarines White potatoes	<ul style="list-style-type: none"> • Maintain heart health • Improve immune function • Promote healthy digestive tract and metabolism
Yellow / Orange	Apricots Butternut squash Cantaloupe Carrots Grapefruit Lemons Mangoes Nectarines Oranges Papayas Peaches Pineapple Sweet corn Sweet potatoes Tangerines Yellow pears Yellow peppers	<ul style="list-style-type: none"> • Improve immune function • Promote eye health • Reduce risk of heart disease • Are rich in vitamin C
Red	Apples Beets Cherries Cranberries Pomegranates Radishes Raspberries Red cabbage Red grapes Red peppers Red potatoes Rhubarb Strawberries Tomatoes Watermelon	<ul style="list-style-type: none"> • Are antioxidant • Improve heart health • Support joint health • Are rich in vitamins A and C

PROTEIN SOURCES

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Let's find out.

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- Chicken
- Crab
- Fish
- Frozen meats and fish
- Shrimp
- Tuna
- Turkey



In non-meat sections

- Beans
- Dairy products like cottage cheese, Greek yogurt, milk
- Eggs
- Legumes
- Lentils
- Nuts
- Quinoa
- Seeds
- Tofu



NUTRITION FACTS LABELS

How to read and understand labels

1. Servings per container and serving size (in this example, 1 cup equals a serving size)
2. Calories per serving
3. % Daily value – Notice the * copy at the bottom of the label: 2,000 calories a day is used for general nutrition advice. You may not need that many calories.
4. Total fat, with saturated fat and trans-fat broken down
5. Sodium
6. Total carbohydrate, accounting for fiber and total sugars (also shows how much is added sugars)
7. Protein
8. Vitamins and minerals

Nutrition Facts

8 servings per container
Serving size 1 cup (68g)

Amount per serving
Calories 370

	% Daily Value*
Total Fat 5g	7%
Saturated Fat 1g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 150mg	6%
Total Carbohydrate 48g	15%
Dietary Fiber 5g	14%
Total Sugars 13g	
Includes 10g Added Sugars	20%
Protein 12g	
Vit. D 2mcg 10%	Calcium 210mg 20%
Zinc 7mg 50%	Biotin 300mcg 100%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

1

Check this first:

Compare the serving size to how much you will eat or drink. If the serving size is one cup and you eat two cups, you're getting twice the calories, fat and other nutrients listed on the label.

2

Calories per serving:

Getting more calories than you use leads to weight gain. Eating fewer calories than you use leads to weight loss.

3

% Daily value:

This shows the % that the product contains compared with what the average American needs (or their limit) each day.

5% or less is "low"
20% or more is "high"

Nutrition Facts

8 servings per container
Serving size 1 cup (68g)

Amount per serving
Calories 370

	% Daily Value*
Total Fat 5g	7%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 150mg	6%
Total Carbohydrate 48g	15%
Dietary Fiber 5g	14%
Total Sugars 13g	
Includes 10g Added Sugars	20%
Protein 12g	
Vitamin A 10mcg	20%
Vitamin C 1mg	100%
Vitamin D 1mcg	50%
Vitamin E 2mcg	100%
Riboflavin 5mcg	75%
Folic Acid 200mcg	60%
Thiamin 2mcg	35%
Vitamin B12 5mcg	100%
Zinc 7mg	50%
Biotin 300mcg	100%
Calcium 50mcg	25%
Phosphorus 90mcg	90%
Magnesium 400mcg	100%
Chromium 75mcg	80%
Potassium 5g	100%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Eat less of these:

Too much saturated fat, trans fat and sodium are unhealthy and can lead to weight gain, heart disease and other chronic diseases.

4/5

Total carbohydrate, accounting for fiber and total sugars. Total sugars also shows how much is added sugars.

6

Protein listed in grams

7

Eat more of these:

Dietary fiber plus these vitamins and minerals help keep your body working properly. Aim for higher amounts of these.

8