TAKE-HOME HANDOUTS FOR PARTICIPANTS

FACILITATOR GUIDE


Handout 1

USDA
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, sautéed, 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."

Center for Nutrition Policy and Promotion
USDA is an equal opportunity provider, employer, and lender.

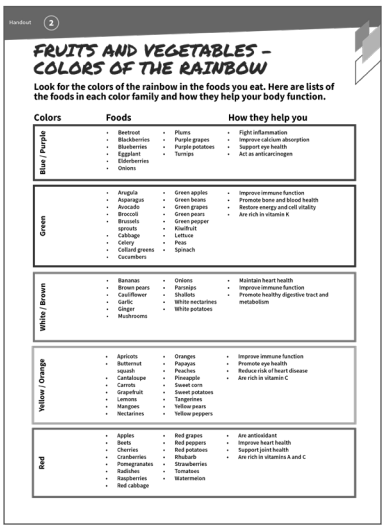
Go to ChooseMyPlate.gov for more information.

DG TipSheet No. 1
June 2011
Revised October 2016

Handout 1

"Choose MyPlate" accompanies slide 4 of the PowerPoint.

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


Handout 2

FRUITS AND VEGETABLES – COLORS OF THE RAINBOW

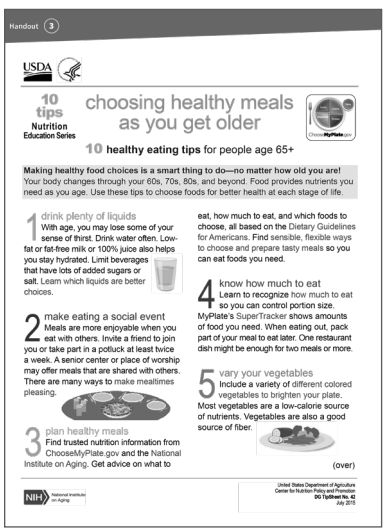
Look for the colors of the rainbow in the foods you eat. Here are lists of the foods in each color family and how they help your body function.

Colors	Foods		How they help you
Blue / Purple	• Beetroot • Blackberries • Blueberries • Eggplant • Elderberries • Onions	• Plums • Purple grapes • Purple potatoes • Turnips	• 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	• Improve immune function • Promote bone and blood health • Restore energy and cell vitality • Are rich in vitamin K
White / Brown	• Bananas • Brown pears • Cauliflower • Garlic • Ginger • Mushrooms	• Onions • Parsnips • Shallots • White nectarines • White potatoes	• 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	• 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	• Are antioxidant • Improve heart health • Support joint health • Are rich in vitamins A and C

Handout 2

"Fruits and Vegetables – Colors of the rainbow" also accompanies slide 4 of the PowerPoint.

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


Handout 3

USDA

10 tips Nutrition Education Series

choosing healthy meals as you get older

10 healthy eating tips for people age 65+

Making healthy food choices is a smart thing to do—no matter how old you are! Your body changes through your 60s, 70s, 80s, and beyond. Food provides nutrients you need as you age. Use these tips to choose foods for better health at each stage of life.

1 drink plenty of liquids
With age, you may lose some of your sense of thirst. Drink water often. Low-fat or fat-free milk or 100% juice also helps you stay hydrated. Limit beverages that have lots of added sugars or salt. Learn which liquids are better choices.

2 make eating a social event
Meals are more enjoyable when you eat with others. Invite a friend to join you or take part in a potluck at least twice a week. A senior center or place of worship may offer meals that are shared with others. There are many ways to make mealtimes pleasing.

3 plan healthy meals
Find trusted nutrition information from ChooseMyPlate.gov and the National Institute on Aging. Get advice on what to eat, how much to eat, and which foods to choose, all based on the Dietary Guidelines for Americans. Find sensible, flexible ways to choose and prepare tasty meals so you can eat foods you need.

4 know how much to eat
Learn to recognize how much to eat so you can control portion size. MyPlate's SuperTracker shows amounts of food you need. When eating out, pack part of your meal to eat later. One restaurant dish might be enough for two meals or more.

5 vary your vegetables
Include a variety of different colored vegetables to brighten your plate. Most vegetables are a low-calorie source of nutrients. Vegetables are also a good source of fiber.

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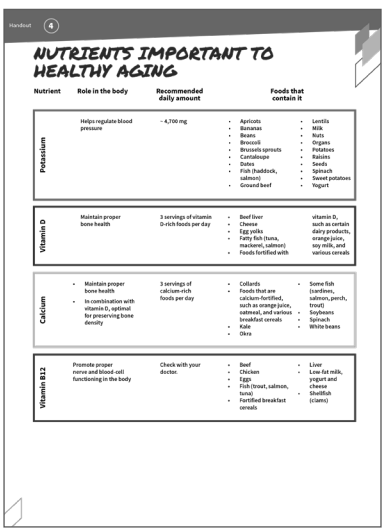
NIH National Institute on Aging

United States Department of Agriculture
Center for Nutrition Policy and Promotion
DG TipSheet No. 42
July 2016

Handout 3

"Choosing healthy meals as you get older" accompanies slide 6 of the PowerPoint.

This sheet tells you how to choose healthier meals.


Handout 4

NUTRIENTS IMPORTANT TO HEALTHY AGING

Nutrient	Role in the body	Recommended daily amount	Foods that contain it
Potassium	Helps regulate blood pressure	~ 4,700 mg	• Apricots • Bananas • Beans • Broccoli • Brussels sprouts • Cantaloupe • Dates • Fish (haddock, salmon) • Ground beef • Lentils • Milk • Nuts • Organs • Potatoes • Raisins • Seeds • Spinach • Sweet potatoes • Yogurt
Vitamin D	Maintain proper bone health	3 servings of vitamin D-rich foods per day	• Beef liver • Cheese • Egg yolks • Fatty fish (tuna, mackerel, salmon) • Foods fortified with vitamin D, such as certain dairy products, orange juice, soy milk, and various cereals
Calcium	• Maintain proper bone health • In combination with vitamin D, optimal for preserving bone density	3 servings of calcium-rich foods per day	• Collards • Foods that are calcium-fortified, such as orange juice, oatmeal, and various breakfast cereals • Kale • Okra • Some fish (sardines, salmon, perch, trout) • Soybeans • Spinach • White beans
Vitamin B12	Promote proper nerve and blood cell functioning in the body	Check with your doctor.	• Beef • Chicken • Eggs • Fish (trout, salmon, tuna) • Fortified breakfast cereals • Liver • Low-fat milk, yogurt and cheese • Shellfish (clams)

Handout 4

"Nutrients important to healthy aging" accompanies slide 9 of the PowerPoint.

This sheet shows the roles of these four nutrients, the recommended daily amounts, and foods that are good sources for each nutrient.

USDA
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10 tips
Nutrition Education Series

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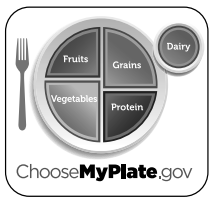
USDA

10 tips
Nutrition Education Series

choosing healthy meals as you get older



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NIH National Institute on Aging

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DG TipSheet No. 42
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6 eat for your teeth and gums

Many people find that their teeth and gums change as they age. People with dental problems sometimes find it hard to chew fruits, vegetables, or meats. Don't miss out on needed nutrients! Eating softer foods can help. Try cooked or canned foods like unsweetened fruit, low-sodium soups, or canned tuna.

7 use herbs and spices

Foods may seem to lose their flavor as you age. If favorite dishes taste different, it may not be the cook! Maybe your sense of smell, sense of taste, or both have changed. Medicines may also change how foods taste. Add flavor to your meals with herbs and spices.

8 keep food safe

Don't take a chance with your health. A food-related illness can be life threatening for an older person. Throw out food that might not be safe. Avoid certain foods that are always risky for an older person, such as unpasteurized dairy foods. Other foods can be harmful to you when they are raw or undercooked, such as eggs, sprouts, fish, shellfish, meat, or poultry.

9 read the Nutrition Facts label

Make the right choices when buying food. Pay attention to important nutrients to know as well as calories, fats, sodium, and the rest of the Nutrition Facts label. Ask your doctor if there are ingredients and nutrients you might need to limit or to increase.

Nutrition Facts

Serving Size 2/3 cup (55g)
Servings Per Container About 8

Amount Per Serving

Calories 230	Calories from Fat 40
	% Daily Value*
Total Fat 8g	**12%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 160mg	**7%**
Total Carbohydrate 37g	**12%**
Dietary Fiber 4g	**16%**
Sugars 1g	
Protein 3g	
Vitamin A	10%
Vitamin C	8%
Calcium	20%
Iron	45%

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

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

10 ask your doctor about vitamins or supplements

Food is the best way to get nutrients you need. Should you take vitamins or other pills or powders with herbs and minerals? These are called dietary supplements. Your doctor will know if you need them. More may not be better. Some can interfere with your medicines or affect your medical conditions.

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