

Steps Forward

A curriculum dedicated to the prevention of diabetes, heart disease and other chronic diseases and the promotion of physical activity

Handouts and Forms

Steps Forward Sessions

Date/Time



1 Are you at risk for heart disease?



2 Be more physically active



3 Are you at risk for diabetes?



4 What you need to know about high blood pressure, salt and sodium



5 Eat less fat, saturated fat, and cholesterol



6 Maintain a healthy weight



7 Is our community healthy?



8 Glucose and sugar



9 Make healthy eating a family affair



10 Eat healthier—even when time or money is tight



11 Enjoy living smoke-free



12 Review



Graduation

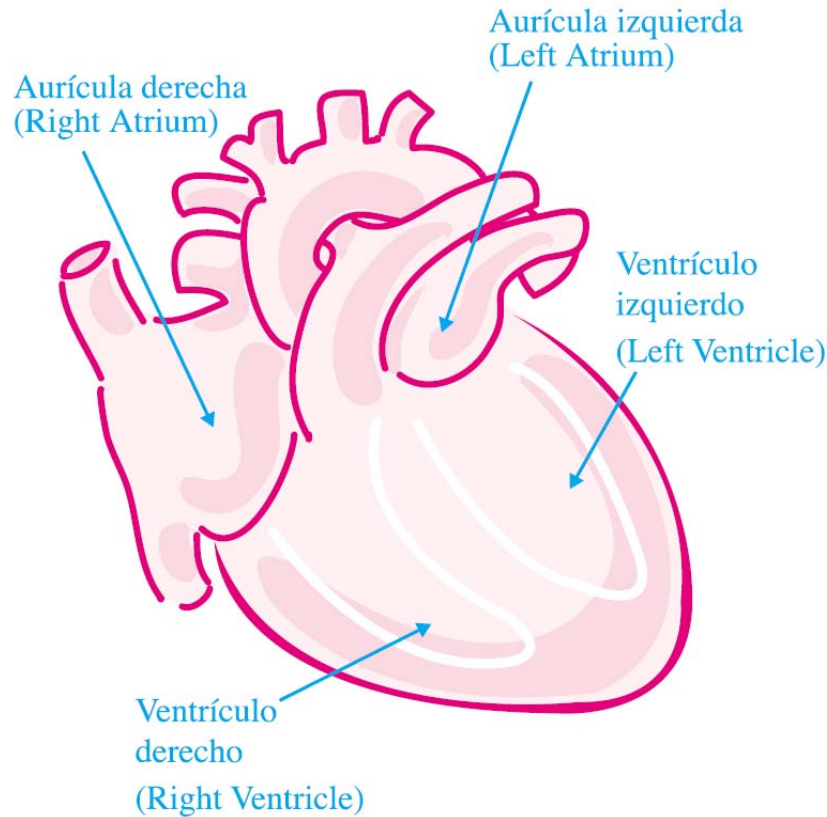


Date/Time of the Walking Clubs

No classes the following weeks

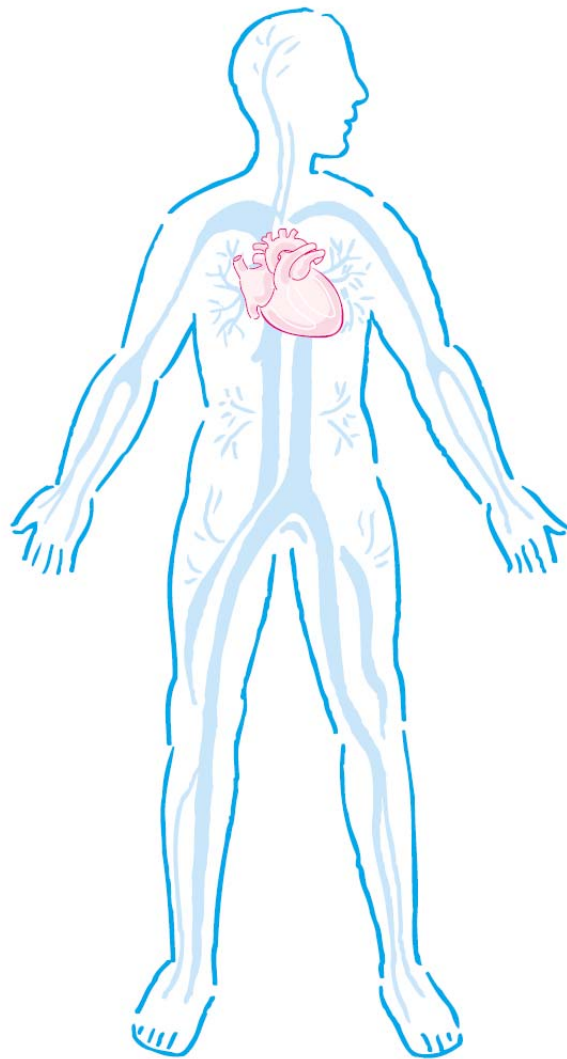


How the Heart Works



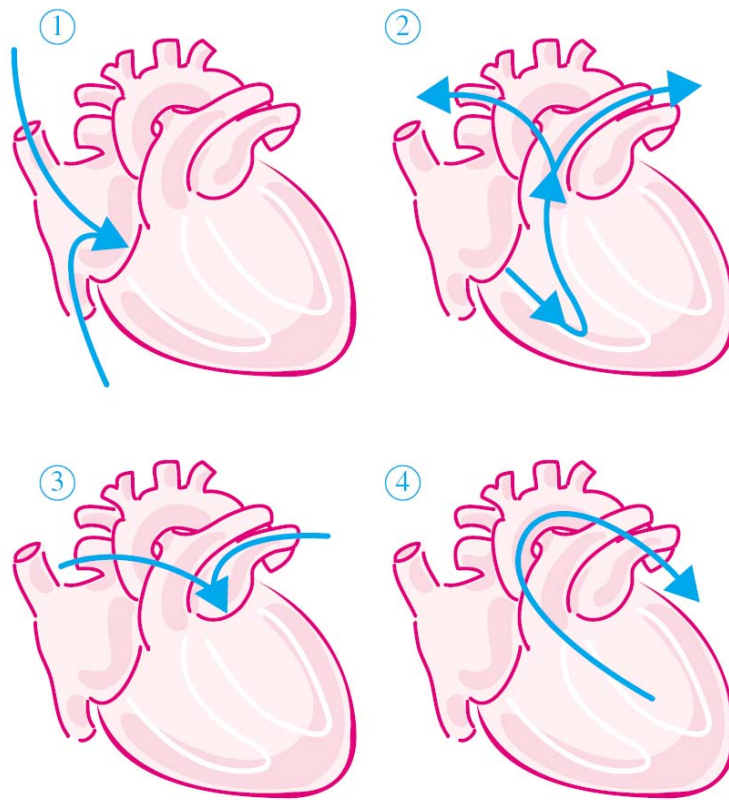
1. The heart is an amazing part of the body. It can pump approximately 5 liters of blood every minute. It beats about 100,000 times a day.
2. The heart sends blood to the lungs to pick up oxygen. Then it delivers oxygen to all the cells in the body.
3. The heart is a hollow, muscular, cone-shaped organ, about the size of a fist.
4. The heart has two upper chambers and two lower chambers.
5. The upper chambers (right atrium and left atrium) receive blood.
6. The lower chambers (right ventricle and left ventricle) pump blood.





1. The heart is located in the middle of the chest.
2. The heart is part of the circulatory system.
3. The circulatory system is made of all the vessels that carry the blood throughout the body.
4. Vessels are long, hollow tubes of tissue, much like drinking straws.
5. Vessels carry blood to and from the heart.

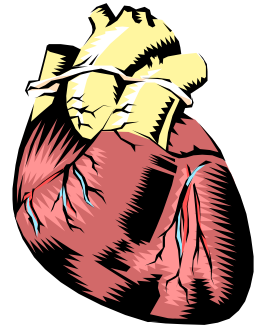




1. Blood (with little oxygen) enters the right top chamber of the heart.
2. Blood then flows down to the right lower chamber so it can be pumped out to the lungs. In the lungs, waste is taken from the blood (carbon dioxide). The blood then gathers more oxygen.
3. The blood, rich with oxygen, returns to the heart and enters the upper left chamber.
4. The blood flows down to the lower left chamber and is pumped to all of the body organs and tissues.



Are You At Risk For Heart Disease?



Name: _____

Risk Factors are traits or habits that make a person more likely to develop heart disease. Read this list of risk factors for heart disease. Check the ones you have. Think about the risk factors for your family, too.

Heart disease risk factors you can do something about

Check the ones you have:

- | | |
|---|-----------------------------------|
| <input type="checkbox"/> Cigarette smoking | |
| <input type="checkbox"/> High blood pressure | <input type="checkbox"/> Not Sure |
| <input type="checkbox"/> High blood cholesterol | <input type="checkbox"/> Not Sure |
| <input type="checkbox"/> Diabetes | <input type="checkbox"/> Not Sure |
| <input type="checkbox"/> Being overweight | <input type="checkbox"/> Not Sure |
| <input type="checkbox"/> Physical inactivity | |
| <input type="checkbox"/> Stress | |

Heart disease risk factors you cannot control

- ☐ Age (45 years or older for men and 55 years or older for women).
- ☐ People in your family having early heart disease (before age 45 in men or before age 55 in women).

The more risk factors that you have checked, the greater your risk for heart disease. Talk to your doctor about risk.



18 Ways of Coping with Stress



1. Exercise



... is an effective way to cope with stress. It allows you to release built-up tensions and causes your body to produce endorphins (an opiate-like substance which promotes a sense of well-being). This chemical also enhances the effectiveness of your body's immune response that can help prevent disease.

- ☛ You can join a group in your community to

Dance Walk Hike Jog Run Walk the Dog Play Soccer Garden



2. Diet and Nutrition



Emotional stress can deplete the body of certain nutrients. A balanced diet helps to prevent nutrient deficiencies and to keep the body in good condition. Note: If you drink alcohol or coffee, or if you smoke to cope with stress, you only worsen your health and your stress.

- ☛ Take a class to learn how to cook and bake healthy.
- ☛ When you order at a restaurant, ask for low fat, low sugar and low salt foods.





3. Awareness: Listen to your body

Pay attention to your body signals. For example, a knot in your stomach, headaches, insomnia or high blood pressure can be indicators of stress.



4. Alone Time/Meditation/Prayer

Take time to be alone with yourself to reach higher consciousness, to rest, to be at peace.

- ☉ Practice daily prayer.
- ☉ Take a class to learn how to meditate.
- ☉ Find a quiet spot in your community to be alone, to rest, or to be at peace.



5. Relaxation Technique

There are many ways to reduce stress, including meditation, prayer, progressive muscle relaxation, guided-imagery, music, etc. You can experiment to find out what works best for you. Choose the techniques that you feel most comfortable with and that you can practice regularly.

- ☉ Take a class to learn new relaxation techniques.





6. Know What's Really Important to You

When you know what you want in life and what steps to take to get there, you will get a sense of purpose and direction.

- ☉ What are your community values? Do you share them?
Is your cultural heritage important to you?



7. Time Management

Learn to use time wisely. Prioritize what you need to accomplish. Spend time on top priorities.



8. Social Support

Have friends and family to whom you can turn in times of need. They help to buffer the impact of stress.

- ☉ Join a club to meet other people and make friends. Learn something about a culture you always wanted to know more about.





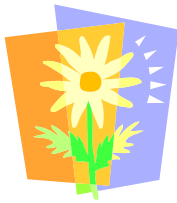
9. Recreation

Do at least one thing every day that brings you joy, something that you love to do and that leaves you energized and refreshed. Your own special way to escape for a while.

- ☉ **Schedule breaks, or take short vacations.**
- ☉ **Give yourself some time for your hobbies.**
- ☉ **Beautify your house and your community to enjoy “being” there.**

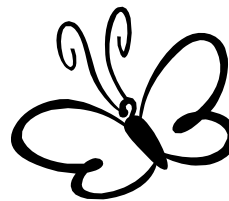
10. Say “No”

... when asked to do something you really don’t want to do.



11. Practice Stress Reducing Communication

Clarify what you hear by paraphrasing (i.e. “I understand you saying...,” and practice active listening).



12. Positive Attitude and Lifestyle

When you learn to think positively, exercise, eat well and rest regularly, you’ll be taking care of the most important person you know: YOU. Then you’ll be able to take better care of others.

- ☉ **Help people to think and live positively. Offer examples. Be an example!**





13. Take Risks/View Stressors in a Positive Light

Deal with stressors quickly and appropriately. Welcome change as an opportunity and challenge to learn and grow.



14. Monitor the Intake

... of sugar, fat, carbohydrates, salt, alcohol, and caffeine.



15. Organize Yourself

Create a pleasant environment; make your surroundings pleasant and comfortable.



16. Be Creative and Enjoy Laughing

Go easy on yourself. Don't take yourself too seriously.



17. Do Something



... for others.



18. Touch



Having some physical contact, a minimum of three hugs a day, a massage, a pat on the back, etc.



Before starting a physical activity regime, there are a few things you should know



The majority of people do not need to see a doctor before starting a low impact physical activity program. However, you need to talk to your doctor if:

- You have any heart problems or if you have had a heart attack.
- You take medicine for high blood pressure or any other heart disease.
- If you are male and older than 40 or if you are female and over 50 and want to participate in more intense physical activities like running.
- You have more than one risk factor for heart disease like: high blood pressure, high blood cholesterol, diabetes, you are overweight, or if you smoke.
- You have a family history of heart disease at an early age (before the age of 45 for men and 55 for women).

Start Slow and increase your activity little by little by time and intensity. You should not feel tired the day after.

Drink Water both before and after exercise, even if you are not thirsty.

Use **comfortable clothing and shoes**. Use **exercise shoes and socks** that will give good support. Don't forget a **hat** and **sun block**.

Never cover-up or wrap your body with plastic or use heavy clothing. This will NOT help you lose fat but may cause **damage to your organs, raise your heart rate, make you feel sick to your stomach, or raise your body temperature**. Furthermore, you run the risk of **dehydration**.



Weekly Promise



Name: _____ Date ____/____/____



After Session 1

Are you at risk for heart disease?

Write down the goals you want to reach or habits you want to change to be healthier.

This week I will:

Nutritionally: _____

Physical Activity: _____

Could you reach your goal?

Yes _____ **How?** _____

No _____ **Why?** _____



Take Heart. Say Yes to Physical Activity.

Regular physical activity can help your heart and lungs work better, lower your blood pressure and blood cholesterol, lower your blood sugar, and help you control your appetite and weight. What's more, it can help you relax

and feel less tense and sleep better,

as well as feel more energetic and good about yourself.



Make staying active a lifelong habit.

Doña Fela has learned that the more physical activity you do, the easier it gets.

I do not wait until the end of the day. I am active throughout the day. I take the stairs instead of the elevators and walk everywhere I can. Now I am up to walking 30 minutes a day with Leticia, my neighbor. It helps to like what you do and to do it with someone else. We are so busy talking we walk even longer.



Keep moving. Start slowly and work your way up!

Strive to do 30 minutes of activity every day. If you're short on time, try three 10-minute periods.

A good place to start



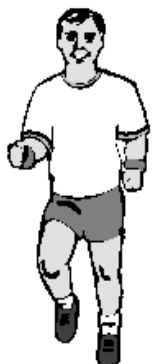
- Use the stairs instead of the elevator.
- Get off the bus one or two stops early and walk.

Move to these activities

- Walk
- Rake leaves
- Dance
- Jump rope
- Garden
- Ride a stationary bike



Increase to this higher level



- Run
- Do aerobics
- Swim
- Do floor exercises or jumping jacks
- Play soccer
- Bicycle

Other things to do to help you and your family get started:

- Leave a pair of walking shoes in your car.
- Set a date and time with a coworker to begin walking.



Carmencita, Virginia, and Néstor have all increased their physical activity. They now dance and use their exercise machine almost every day. And Mariano also jogs in place each day.

Make your personal pledge to exercise like the Ramírez family does!

Look at these examples:

Morning

Park the car a few blocks away and walk for 10 minutes.

Noon

During lunch, walk with a friend for 10 minutes.

Evening

After dinner, ride a stationary bike for 10 minutes while watching television.

Write the changes you will try to make this week:

**Your health and your family's health is priceless.
Make an investment in it!**



Stretching Exercises

Do these stretches gently and slowly. Do not bounce.



1. Deep breathing

Arms up, breathe in, arms down, breathe out. Two times each.



2. Neck Stretching

Side to side, front to back. Two times in each direction.



3. Shoulder Stretches

Up and down five times on each side.



4. Side Stretches

Up and down five times in each direction.



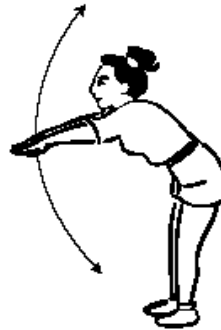
5. Waist Stretches

Side to side three times in each direction.



6. Twists

Side to side three times in each direction.



7. Back and Leg Stretches

Down and up five times.



8. Back Stretch

Arms through legs six times.



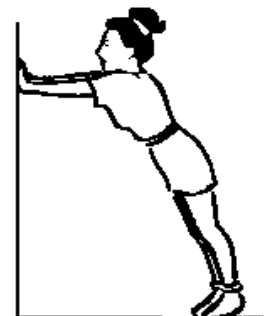
9. Leg Stretch (1)

Hold on to ankle, four times on each side.



10. Leg Stretch (2)

Down and up five times.



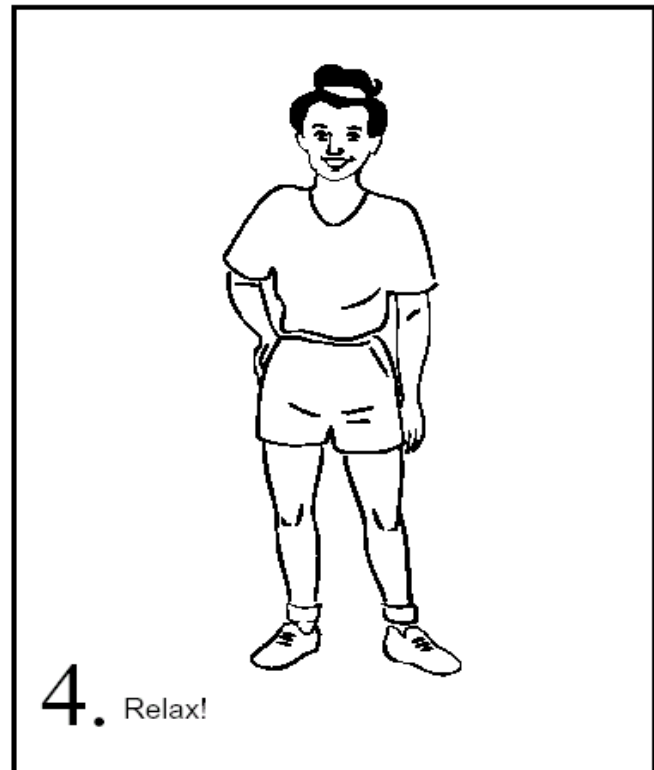
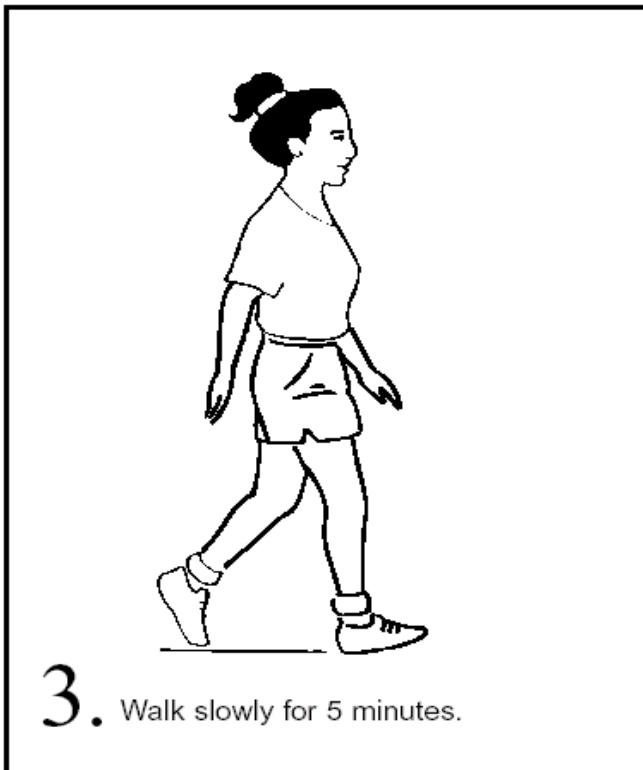
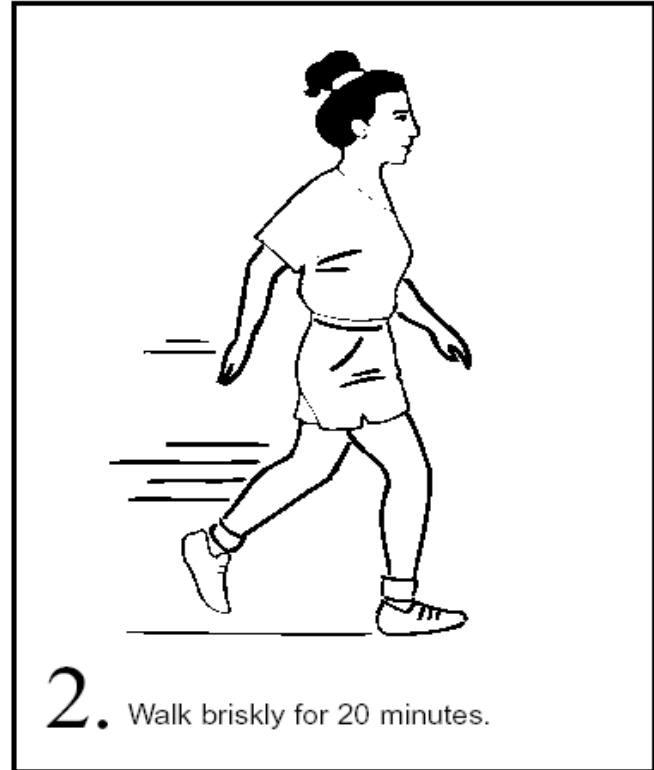
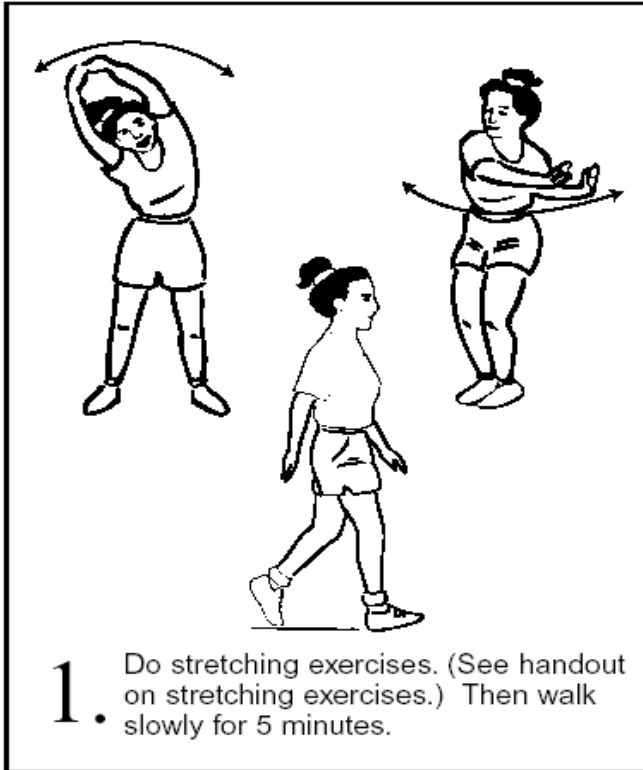
11. Leg Stretch (3)

Move heels up and down six times.

Developed by the California Diabetes Control Program, Department of Health Services, State of California.



How To Exercise



Developed by the California Diabetes Control Program, Department of Health Services, State of California.



Make Physical Activity a Habit

My Personal Record



Name _____

**Track your progress every day.
Start out slowly.**

Aim to reach 30 minutes or more a day!




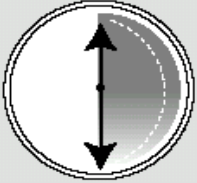


Write in the log the number of minutes you are active each day:

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Example Week 1	5 min	5	10	10	15	15	15
Week 1							
Week 2							
Week 3							
Week 4							
Week 5							
Week 6							
Week 7							
Week 8							



Sample Walking Program

	 Warm Up	 Walk	 Cool Down	 Total Time
Week 1*	Walk slowly 5 minutes	Walk briskly 5 minutes	Walk slowly 5 minutes	15 minutes
Week 2*	Walk slowly 5 minutes	Walk briskly 7 minutes	Walk slowly 5 minutes	17 minutes
Week 3*	Walk slowly 5 minutes	Walk briskly 9 minutes	Walk slowly 5 minutes	19 minutes
Week 4*	Walk slowly 5 minutes	Walk briskly 11 minutes	Walk slowly 5 minutes	21 minutes
Week 5*	Walk slowly 5 minutes	Walk briskly 13 minutes	Walk slowly 5 minutes	23 minutes
Week 6*	Walk slowly 5 minutes	Walk briskly 15 minutes	Walk slowly 5 minutes	25 minutes
Week 7*	Walk slowly 5 minutes	Walk briskly 18 minutes	Walk slowly 5 minutes	28 minutes
Week 8*	Walk slowly 5 minutes	Walk briskly 20 minutes	Walk slowly 5 minutes	30 minutes

*Do every day of the week



Weekly Promise



Name: _____ Date ____/____/____



After Session 2 Be More Physically Active

Write down the goals you want to reach or habits you want to change to be healthier.

This week I will:

Nutritionally: _____

Physical Activity: _____

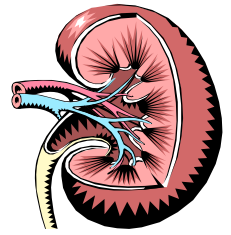
Could you reach your goal?

Yes _____ **How?** _____

No _____ **Why?** _____



What is Diabetes?



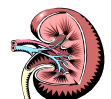
The body produces a hormone called insulin. Insulin helps the body use the sugar in the blood (glucose) to produce energy. For some people, insulin does not function as it should, and for some others, the body doesn't make enough insulin. When either happens, it can cause high blood sugar levels.

Diabetes means that a person has high blood sugar levels. This happens when the body cannot use the blood sugar properly. Blood sugar comes from the foods you eat. There are two types of diabetes.

Type 1: This type of diabetes is more common in young people. Here the body does not produce insulin at all, or it doesn't produce enough insulin to control blood sugar levels. Insulin injections are required to control this type of diabetes.

Type 2: This type of diabetes is more common in adults. Here the body doesn't produce enough insulin **or** the body cannot effectively use insulin. This type of diabetes can be controlled with changes in eating habits and with physical activity. Sometimes, however, insulin pills and/or injections are needed to help control blood sugar levels.

Gestational Diabetes is a special kind of diabetes within the type 2 diabetes category that occurs more frequently in women of Hispanic/Latino, African, American Indian, and Asian descent. Obese women and women who have a family history of the diabetes are also at higher risk. Gestational diabetes usually disappears after the pregnancy. However, 5% to 10% of women who had gestational diabetes will remain diabetic after the pregnancy. Women who had gestational diabetes have a much higher risk of developing type 2 diabetes later in life. Approximately 40% of women who had gestational diabetes develop type 2 diabetes within 5 to 10 years of the pregnancy.



Diabetes Symptoms



Hunger all the time



Sudden loss of weight



Often thirsty



Having to urinate frequently



Tired



Blurred
Vision



Irritable

Session 3: Are you at risk for diabetes?

Pictures adapted from: Novo Nordisk Pharmaceuticals 1996 and Integrated Therapeutics Group, Inc., 1998 *How to live with diabetes*



Diabetes Complications



Cloudy vision, blindness



Amputation



Fatigue



Foot and Leg Sores



Heart Attack



Burning sensations in the feet, legs, and arms



Yeast Infections



Impotence

And:
Stroke

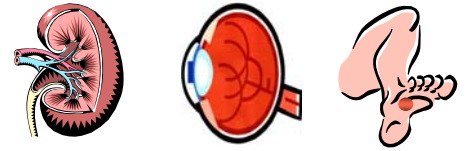
Kidney damage

Digestive problems

Depression

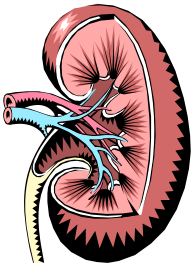


Diabetes and the Kidneys, Eyes and Feet



Diabetes can cause kidney damage

The kidneys are the organs that clean the blood. They process about 200 quarts of blood everyday and remove waste along with extra water from the body. The waste combined with water is called urine.

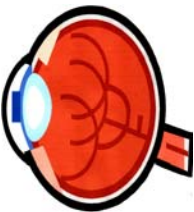


The kidneys and blood vessels inside the kidneys are very delicate. With diabetes, the excess sugar in the blood damages the blood vessels inside the kidneys. Sugar, which isn't normally filtered out of the body by the kidneys, begins to leave the blood along with the waste and appears in the urine. This is why urine is sometimes tested for sugar to see if you have diabetes.

If the blood vessels become damaged, many other important things in the blood, like protein, may also leave in urine. With time, more and more damage occurs. So much damage can occur that, at some point, the waste removal process cannot function properly. The waste is no longer removed from the blood. This build-up of waste in the blood poisons the body.

Diabetes can cause eye damage

Diabetes can affect vision. When blood sugar levels vary, the eye liquids may increase and cause high pressure in the eye. If there is too much liquid in the eye, the eye will swell resulting in blurry vision.



Common vision problems include: cataracts, glaucoma, and diabetic retinopathy.

Cataracts form when the crystalline parts of the eye cloud over. Cataracts can grow over time and damage the ability to see.

Glaucoma is caused by continual high pressure inside the eye. This high pressure can damage the optic nerve and cause blindness if not treated.



Diabetic retinopathy is the worst eye problem that diabetes can cause. Changes in blood sugar over time damage the delicate blood vessels in the retina (the membrane at the back of the eye). If these blood vessels break, the center of the eye will fill with blood and block light from passing through to the retina. This causes vision loss or blindness.

Diabetes can hurt your feet



Diabetes can hurt your feet. Diabetes causes you to slowly lose sensitivity in your toes, feet, and legs. Because you cannot feel your feet or legs very well, you do not know when your feet are hurt or infected. A bad infection may lead to the amputation of a foot or leg.

It is important to:

Keep your feet clean

Keep your feet dry

Keep your feet soft

Keep your feet protected





WHAT ARE THE SIGNS OF DEPRESSION TO LOOK FOR?

PHYSICAL	
Change in sleep habits	Trouble falling asleep, wake up often during the night, want to sleep more than usual, also during the day.
Change in eating habits	Reduced appetite and weight loss, or increased appetite and weight gain.
Loss of energy, fatigue	Feeling tired all the time.
Feelings of restlessness	Always feel anxious and cannot sit still.
Decreased libido	Loss of interest in sex or intimacy.
Persistent physical symptoms	Includes headaches, chronic pain, constipation or other digestive disorders that don't respond to treatment.
Frequent accidents	Unintentional injuries, bruises.
PSYCHOLOGICAL	
Loss of interest in usual activities	No longer take interest in doing things that used to be enjoyable.
Depressed mood	Persistently sad, anxious, irritable, or "empty" moods.
Pessimism, hopelessness	Feeling that nothing will be right
Isolation or withdrawal	
Guilt, worthlessness	Feeling of never doing anything right, inappropriate guilt.
Morning sadness	Feel worse in the morning than the rest of the day.
Increased anger	Frequent arguments or loss of temper.
Loss of interest in personal care or appearance	
THINKING	
Decreased concentration and attention span	Cannot watch TV or read because other thoughts or feelings get in the way.
Confusion, poor memory	Less able to remember things as usual.
Slowed thought process	Difficulty making decisions.
Suicidal thoughts	Wants to die or is thinking of ways to hurt oneself.





WHAT IS DEPRESSION?

While depression is very common among people of all ages and ethnic groups, there are certain groups that are affected more:

- ✓ Depression is twice as common among women as among men.
- ✓ Hispanics have higher rates of depression than non-Hispanic Whites.
- ✓ Depression occurs more often among adults between the ages of 25 and 44, according to studies based on the population of the U.S.

Depression is a mood disorder that often coexists with other mental/emotional or physical disorders such as anxiety and diabetes respectively. The suffering that results from major depression affects not only the individual but also family members and friends.

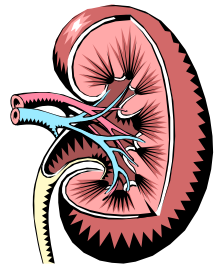
Depression is defined as an emotional state marked by profound sadness, feelings of worthlessness, guilt and anxiety. Almost all adults will experience such emotions with the loss of a loved one, loss of employment or other tragic events.

Major depression differs from these normal negative emotions both in duration and intensity. Major depression is not a passing “blue” mood, nor a sign of personal weakness. People with major depression need help to get better.

While symptoms can last for weeks, months, or years without treatment, persons with depression can recover with appropriate treatment.



Are You at Risk for Diabetes?



Name: _____

Risk factors are traits or habits that make a person more likely to develop diabetes. Check the ones you have. Think about the risk factors you have. Think about the risk factors for your family members, too.

Diabetes risk factors that we can do something about

Check the ones you have:

- ☐ Being Overweight
- ☐ Physical Inactivity
- ☐ Cigarette Smoking

Diabetes risk factors we cannot change or control

- ☐ Age (45 years or older, risk increases after 65 years of age)
- ☐ Women who gave birth to a child that weighed over 9 pounds (4 kilograms)
- ☐ Brother or sister with diabetes
- ☐ A parent with diabetes
- ☐ Hispano/Latino, Native American, African American, or Asian ethnicity

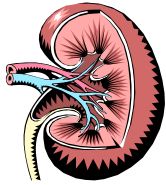
The more risk factors you have checked, the greater your risk for heart disease. Talk to your doctor about your risk.



Weekly Promise



Name: _____ Date ____/____/____



After Session 3

Are you at risk for developing diabetes?

Write down your goals or habits you want to change to have better health.

This week I will:

Nutritionally: _____

In physical activity: _____

Were you able to reach your goal?

Yes _____ **How?** _____





No _____ **Why?** _____



Salud para su Corazón Wallet Card

Cut along dotted lines, paste back to back, and fold in half to make your own personal wallet card.

Try these tips for a healthy heart!

- More  + fruits, vegetables, and lowfat dairy products
+ physical activity
- Less  - fat, cholesterol, and sodium
- overweight 
- None  0 cigarettes
- Health for the Heart



For more information, call (301) 592-8573
NATIONAL INSTITUTES OF HEALTH
National Heart, Lung, and Blood Institute



Health for Your Heart

Prevent heart disease.
Get your blood pressure
and blood cholesterol
checked.

Name _____

(fold)

Know Your Number! It may save your life.

Blood Pressure	Blood Cholesterol
It is best to have a reading less than 120/80. A reading of 140/90 or more is high blood pressure.	It is best to have a level less than 200. A level of 240 or higher may lead to a heart attack.
If your blood pressure and blood cholesterol levels are at a desirable level, check your blood pressure once a year and your blood cholesterol once every 5 years.	

YOUR PERSONAL RECORD FOR BLOOD PRESSURE AND CHOLESTEROL

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Take Steps — Prevent High Blood Pressure!

To prevent high blood pressure:

1. Aim for a healthy weight.

Try not to gain extra weight. Lose weight if you are overweight. Try losing weight slowly, about half a pound to 1 pound each week until you reach a healthy weight.



2. Be active every day.

You can walk, dance, use the stairs, play sports, or do any activity you enjoy.

3. Use less salt and sodium in cooking.

Buy foods marked “sodium free,” “low sodium,” or “reduced sodium.” Take the salt shaker off the table.



4. Eat more fruits and vegetables, whole grain breads and cereals, and lowfat dairy products.

5. Cut back on alcohol.

Men who drink should have no more than one or two drinks each day. Women who drink should have no more than one drink a day. Pregnant women should not drink any alcohol.

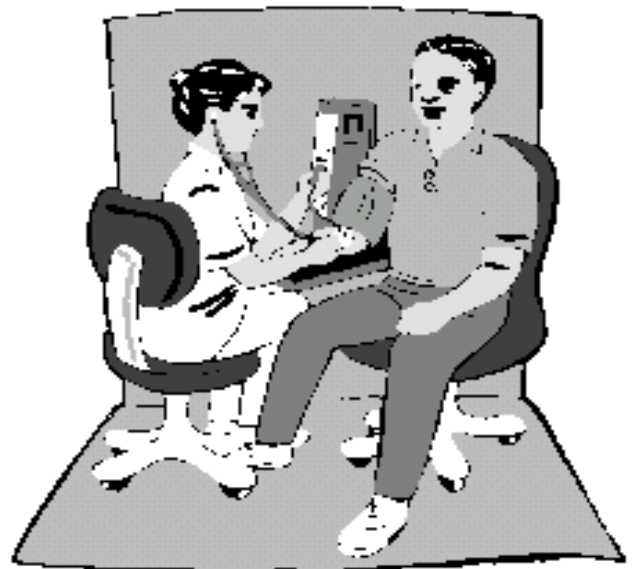
To lower your high blood pressure:

1. Practice these steps:

- maintain a healthy weight.
- be active every day.
- eat fewer foods high in salt and sodium.
- eat more fruits and vegetables, whole grain breads and cereals, and lowfat dairy products.
- cut back on alcoholic beverages.

2. Take your medicine the way your doctor tells you.

3. Have your blood pressure checked often.



Read the Food Label for Sodium!



Food labels tell you what you need to know about choosing foods that are lower in sodium. Here's a food label for frozen peas. The label tells you:

Frozen Peas

Nutrition Facts	
Serving Size 1/2 cup	
Servings Per Container about 3	
Amount Per Serving	
Calories 60	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 125mg	5%
Total Carbohydrate 11g	4%
Dietary Fiber 6g	22%
Sugars 5g	
Protein 5g	
Vitamin A 15%	Vitamin C 30%
Calcium 0%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet.	

Number of servings.

The serving size is 1/2 cup. There are about three servings in the package.

Amount Per Serving

The nutrient amounts are for one serving. So, if you eat more or less than a serving, you need to add or subtract nutrient amounts. For example, if you eat 1 cup of peas, you are eating two servings.

Percent Daily Value

The Percent Daily Value helps you compare products and quickly tells you if the food is high or low in sodium. Choose products with the lowest Percent Daily Value for sodium.

Nutrients

Listed are the amounts of sodium in one serving. These amounts are given in milligrams.

The Choice is Yours—Compare!

Which one would you choose?

Frozen peas are lower in sodium. Read the food labels and choose foods that are lower in sodium to help keep your heart strong.

Calories 60	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 125mg	5%

Calories 60	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 380mg	16%

Frozen Peas

One serving (1/2 cup) of frozen peas has only 5 percent of the Daily Value for sodium.

Canned Peas

One serving (1/2 cup) of canned peas has 15 percent of the Daily Value for sodium. That is more than three times the sodium found in a serving of frozen peas.



Mariano's Food Choices



Mariano's blood pressure was slightly higher the last time he visited his doctor. The doctor told him to cut back on the amount of sodium he eats. Use the food labels to help Mariano's wife, Virginia, choose foods that will help Mariano follow his doctor's advice. Mark the number of your choice for each pair in the space to the right.

1 – Tomato Juice

Nutrition Facts	
Serving Size 8 fl. oz. (240 ml)	
Servings Per Container 4	
Amount Per Serving	
Calories 50	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 860mg	36%
Total Carbohydrate 0g	3%
Dietary Fiber 1g	4%
Sugars 7g	
Protein 2g	
Vitamin A 20%	Vitamin C 40%
Calcium 2%	Iron 8%

2 – Orange Juice

Nutrition Facts	
Serving Size 8 fl. oz. (240 ml)	
Servings Per Container 8	
Amount Per Serving	
Calories 110	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 26g	9%
Dietary Fiber 0g	0%
Sugars 22g	
Protein less than 1g	
Vitamin A**	Vitamin C 100%
Calcium 2%	Iron**

Lower
Sodium
Choice

**Not a significant source of these nutrients.

3 – Frozen Peas

Nutrition Facts	
Serving Size 1/2 cup (121g)	
Servings Per Container about 3	
Amount Per Serving	
Calories 60	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 125mg	5%
Total Carbohydrate 11g	4%
Dietary Fiber 6g	22%
Sugars 5g	
Protein 5g	
Vitamin A 15%	Vitamin C 30%
Calcium 0%	Iron 6%

4 – Canned Peas

Nutrition Facts	
Serving Size 1/2 cup (121g)	
Servings Per Container about 3	
Amount Per Serving	
Calories 60	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 380mg	16%
Total Carbohydrate 12g	4%
Dietary Fiber 3g	14%
Sugars 4g	
Protein 4g	
Vitamin A 6%	Vitamin C 10%
Calcium 2%	Iron 8%

Lower
Sodium
Choice

*Percent Daily Values are based on a 2,000 calorie diet.



Mariano's Food Choices

5 – Corn Tortillas

Nutrition Facts	
Serving Size 2 tortillas	
Servings Per Container 5	
Amount Per Serving	
Calories 130	Calories from Fat 15
% Daily Value *	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 90mg	4%
Total Carbohydrate 26g	9%
Dietary Fiber 2g	8%
Sugars 0g	
Protein 2g	
Vitamin A 2%	• Vitamin C 0%
Calcium 8%	• Iron 4%

6 – Flour Tortillas

Nutrition Facts	
Serving Size 2 tortillas	
Servings Per Container 5	
Amount Per Serving	
Calories 160	Calories from Fat 30
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0.5g	3%
Cholesterol 0mg	0%
Sodium 290mg	12%
Total Carbohydrate 27g	9%
Dietary Fiber 3g	12%
Sugars 1g	
Protein 4g	
Vitamin A**	• Vitamin C*
Calcium**	• Iron 8%

Lower
Sodium
Choice

**Not a significant source of these nutrients.

7 – Canned Chicken

Nutrition Facts	
Serving Size 3 oz	
Servings Per Container about 2 1/2	
Amount Per Serving	
Calories 90	Calories from Fat 15
% Daily Value *	
Total Fat 1.5g	3%
Saturated Fat 1g	5%
Cholesterol 40mg	12%
Sodium 345mg	15%
Total Carbohydrate less than 1g	0%
Dietary Fiber less than 1g	
Sugars 0g	
Protein 17g	
Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• Iron 0%

8 – Roasted Chicken (boneless skinned breasts)

Nutrition Facts	
Serving Size 3 oz	
Servings Per Container 4	
Amount Per Serving	
Calories 110	Calories from Fat 10
% Daily Value *	
Total Fat 1g	2%
Saturated Fat 0g	0%
Cholesterol 75mg	23%
Sodium 30mg	1%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	
Sugars 0g	
Protein 25g	
Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• Iron 4%

Lower
Sodium
Choice

*Percent Daily Values are based on a 2,000 calorie diet.



Mariano's Food Choices

9 – Pretzels (thin)

Nutrition Facts	
Serving Size 1 oz (28g/about 10 pretzels)	
Servings Per Container 16	
Amount Per Serving	
Calories 100	Calories from Fat 0
% Daily Value *	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 480mg	20%
Total Carbohydrate 22g	7%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 2g	
Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• Iron 2%

10 – Tortilla Chips (baked)

Nutrition Facts	
Serving Size 1 oz (28g/about 8 chips)	
Servings Per Container 8	
Amount Per Serving	
Calories 120	Calories from Fat 15
% Daily Value *	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 23g	8%
Dietary Fiber 1g	4%
Sugars 0g	
Protein 2g	
Vitamin A 0%	• Vitamin C 0%
Calcium 4%	• Iron 4%

Lower
Sodium
Choice




*Percent Daily Values are based on a 2,000 calorie diet.



Sodium in Foods




Choose MORE Often

(Foods LOWER in Sodium)

- Chicken and turkey (with skin removed)
- Fresh fish 
- Low sodium or reduced sodium cheeses
- Low salt or salt free chips, nuts, pretzels 
- Plain rice, noodles, or pasta
- Some cold, ready-to-eat cereals lowest in sodium
- Low sodium or reduced sodium soups
- Fresh, frozen, or no salt added canned vegetables
- Spices, herbs, and flavorings such as cilantro, parsley, garlic powder, onion powder, vinegar 

Choose LESS Often

(Foods HIGHER in Sodium)

- Smoked and cured meats such as bacon, ham, sausage, hot dogs, bologna 
- Canned fish such as tuna and sardines, salted/dried cod fish (bacalao seco)
- Most cheeses 
- Salty chips, crackers, nuts, pretzels
- Quick-cooking rice, boxed mixes of rice, potatoes, or noodles
- Some cold, ready-to-eat cereals highest in sodium
- Regular canned soups, instant soups
- Regular canned vegetables, pickles, olives, pickled vegetables 
- Condiments and seasonings, such as soy sauce, ketchup, garlic salt, seasoning salt, bouillon cubes, meat tenderizer, adobo, capers, monosodium glutamate (MSG)



Keep Your Heart in Mind.

Eat Less Salt and Sodium.

Eating less salt and sodium can help prevent and lower your high blood pressure, and it sets a good example for your children.

Do you know your blood pressure reading?

It is best to have a blood pressure less than **120/80**.

If your blood pressure is **140/90** or higher, you have high blood pressure.

High blood pressure does not go away by itself.

Ask your doctor for help in lowering it.

If you don't know your blood pressure reading, ask your doctor about it.

Write down your blood pressure reading here:



SPICE IT UP!

Discover how much flavor you can add by using spices and herbs.

Doña Fela has learned that it's not hard to get your family to eat less salt and sodium.

To make food taste good without salt, I use cilantro, cumin, fresh garlic, parsley, onion, green pepper, oregano, and even a dash of hot pepper when I cook. Everyone in my family got used to the taste of foods with less salt.



To break your family's habit of using the salt shaker at the table, try Doña Fela's secret recipe!


Fill the salt shaker with this combination of herbs and spices and use it, instead of salt, to flavor foods:

- $\frac{1}{4}$ cup chili powder
- 2 tablespoons paprika
- 2 teaspoons oregano
- $\frac{1}{2}$ teaspoon dry mustard
- 1 teaspoon garlic powder
- 1 teaspoon black pepper
- $\frac{1}{2}$ teaspoon red pepper



Take the lead and try these simple changes:

When Shopping

1. Buy fresh plain, frozen, or no salt added canned vegetables.
2. Buy fresh garlic or garlic powder instead of garlic salt. 
3. Choose foods labeled "low sodium," "sodium free," or "no salt added."



When Cooking

1. Use half the amount of salt you normally use.
2. Add little or no salt to the water when cooking beans, rice, pasta, and vegetables.
3. Cut back on smoked, cured, and processed beef, pork, and poultry like bologna, ham, and sausage.



When Eating

1. Fill the salt shaker with a mixture of herbs and spices.
2. Use small amounts of margarine instead of butter.
3. Choose fruits and vegetables instead of salty snacks like chips, fries, and pork rinds.



Mariano has learned to control his high blood pressure: He takes his blood pressure pills with breakfast every morning to make sure that he doesn't forget to take them. He has stopped smoking and walks daily. And he's found that food can still taste good with less salt and sodium.

Make your personal pledge to do what Mariano has done! Look at these examples:

Breakfast

Cook oatmeal with lowfat (1%) milk, raisins, cinnamon, and no salt.

Lunch

Use leftover roasted chicken to make a sandwich instead of using luncheon meats.



Dinner

Make your own soup with vegetables and half the amount of salt.



Snack

Eat an orange without salt instead of salty chips.



Write the changes you will try to make this week:

[illegible]

**Your health and your family's health is priceless.
Make an investment in it!**



Tips To Eat Less Salt and Sodium

1. Read the food label to choose foods lower in sodium.
2. Eat fewer canned and processed foods that are high in sodium (e.g., bologna, crisp pork rinds, sausage, pepperoni, salami, hot dogs, regular canned and instant soups, cheese, and chips).

3. Eat fresh fruits and vegetables instead of salty snacks.



4. Eat fewer salted crackers and nuts. Try unsalted nuts and unsalted or low sodium crackers.

5. Eat fewer olives and pickles.

6. Use half the amount of salt you normally use when cooking, if any.

7. Season food with herbs and spices instead of salt.

8. Use less bouillon, adobo, capers, and soy sauce. If you use these condiments, do not add salt to your food.



9. Use garlic **powder** and onion **powder** instead of garlic **salt** or onion **salt**.

10. Take the salt shaker off the table.

11. Eat fruits without adding salt.



12. When eating out, ask that salt **not** be added to your portion, especially with french fries.



Use Herbs and Spices Instead of Salt

Basil: Use in soups, salads, vegetables, fish, and meats.

Cinnamon: Use in salads, vegetables, breads, and snacks.

Chili Powder: Use in soups, salads, vegetables, and fish.

Cloves: Use in soups, salads, and vegetables.

Dill Weed and Dill Seed: Use in fish, soups, salads, and vegetables.

Ginger: Use in soups, salads, vegetables, and meats.



Marjoram: Use in soups, salads, vegetables, beef, fish, and chicken.

Nutmeg: Use in vegetables, meats, and snacks.

Oregano: Use in soups, salads, vegetables, meats, and chicken.

Parsley: Use in salads, vegetables, fish, and meats.

Rosemary: Use in salads, vegetables, fish, and meats.

Sage: Use in soups, salads, vegetables, meats, and chicken.

Thyme: Use in salads, vegetables, fish, and chicken.



Note: To start, use small amounts of these herbs and spices to see if you like them.



Caribbean Pink Beans

This is a delicious low cost recipe. Beans are naturally low in sodium. Keep this recipe lower in fat by not adding lard or other fat. Serve with rice cooked without salt.

1 pound	pink beans
10 cups	water
2 medium	plantains, finely chopped
1 large	tomato, finely chopped
1 small	red pepper, finely chopped
3 cloves	garlic, finely chopped
1 medium	white onion, finely chopped
1 1/2 teaspoons	salt

1. Rinse and pick through the beans to remove rocks or dirt. Put the beans in a large pot and add 10 cups of water. Place the pot in the refrigerator and allow the beans to soak overnight.
2. Cook the beans until they are soft. Add more water as needed while the beans are cooking.
3. Add the plantains, tomato, pepper, garlic, onion, and salt. Continue cooking over low heat until the plantains are soft.

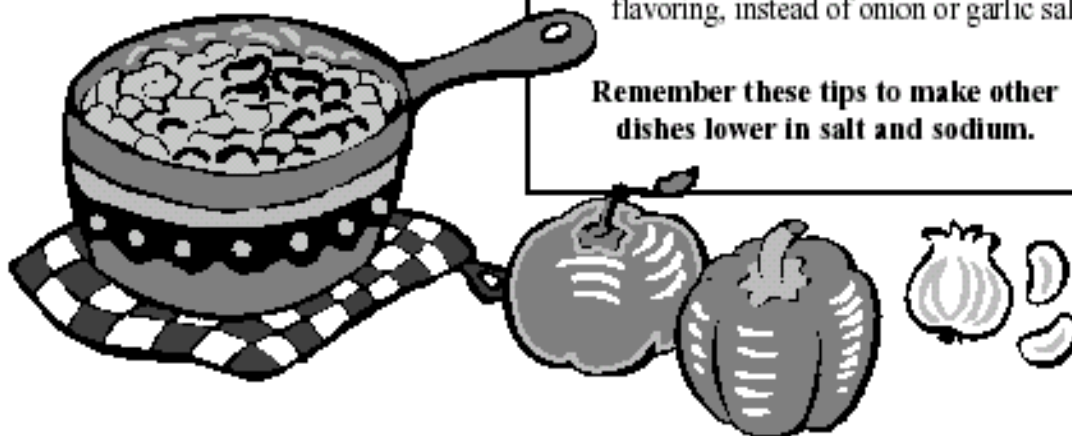
Yield: 16 servings
Serving size: 1/2 cup
Each serving provides:
Calories: 133
Total fat: Less than 1 g
Saturated fat: Less than 1g
Cholesterol: 0 mg
Sodium: 205 mg
Calcium: 39 mg
Iron: 2 mg

Quick Tips

This recipe is lower in salt and sodium than most bean dishes. It uses:

- plain dry beans instead of regular canned beans
- only 1 1/2 teaspoons of salt for a whole pot of beans
- fresh instead of regular canned tomatoes
- fresh peppers, garlic, and onions for flavoring, instead of onion or garlic salt

Remember these tips to make other dishes lower in salt and sodium.



Weekly Promise



Name: _____ Date ____/____/____



After Session 4

What you need to know about high blood pressure, salt, and sodium

Write down the goals you would like to reach or habits you would like to change for better health.

This week I will:

In Nutrition: _____

In Physical Activity: _____

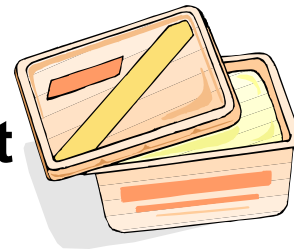
Did you reach your goal?

Yes _____ **How?** _____

No _____ **Why?** _____



The Truth about Cholesterol and Fat



What is cholesterol?

Cholesterol is a soft, waxy substance. It comes from two sources: your body and the foods you eat. The cholesterol that travels in your blood stream is called blood cholesterol. It is made by the liver. The cholesterol that comes from the foods you eat is called dietary cholesterol.

Your body needs cholesterol to produce hormones, vitamin D, and bile acids, which help absorb fat. The body can make all the cholesterol it needs.

If your blood cholesterol level is too high, you are at increased risk for heart disease, stroke, and several other health problems.

A good cholesterol level:	Borderline cholesterol level:	High cholesterol level:
Less than 200 mg/dl	200 to 239 mg/dl	240 mg/dl and higher



Note: these categories apply to anyone who is 20 years and older.

LDL vs. HDL – Cholesterol

Low-density lipoproteins, or LDL, carry the cholesterol to your blood vessels. When your LDL-cholesterol is too high, cholesterol may become trapped in the walls of the arteries, causing them to harden. The opening of the arteries can become clogged and narrowed. This is why LDL-cholesterol is often called “bad” cholesterol.

Cholesterol also travels in the blood in high-density lipoproteins, or HDL. HDL’s can help to remove cholesterol from your body. This is why HDL cholesterol is often called the “good” cholesterol.



Be good to your heart. Eat less fat, saturated fat, and cholesterol.

Eating lower fat and cholesterol foods can help you reduce your blood cholesterol level and your weight and prevent heart disease. It also sets a good example for your children.

Do you know your cholesterol number?

Here is what your cholesterol number means:

Less than 200	Good for you! Keep up the good work!
200-239	Your cholesterol could be a problem. It may be time to make changes in what you eat, your activity, and your weight.
240 or higher	You are at risk for clogged arteries and a heart attack. See your doctor.

Write your blood cholesterol number here:



Make the switch to heart-healthy eating today!

Doña Fela has learned that it's not difficult
to get your family to eat lower fat and cholesterol foods.

How I switched my family from whole to fat free milk.

To switch my family from drinking whole milk to fat free milk, I served them whole milk mixed with reduced fat milk for a month. During the next month, I served them reduced fat milk mixed with lowfat milk, then lowfat milk mixed with fat free milk, until they were drinking only fat free milk. Soon they couldn't even taste the difference.



Try some of these simple changes:

When Shopping

1. Buy lowfat (1%) or fat free (skim) milk and lowfat or fat free cheese.
2. Buy nonstick cooking oil spray. Spray it on baking pans and skillets instead of using a lot of fat for greasing pans.
3. Use the food label to help you choose foods lower in fat, saturated fat, and cholesterol.

When Cooking

1. Trim the fat from meat and the skin and fat from chicken and turkey before cooking.
2. Cook ground meat and drain the fat.
3. Cool soups and remove the layer of fat that rises to the top.

When Eating

1. Use fat free or lowfat salad dressing, mayonnaise, or sour cream.
2. Use small amounts of margarine instead of butter.
3. Choose fruits and vegetables instead of high fat foods like chips or fries.



Virginia has learned that eating foods high in saturated fat can raise her blood cholesterol level. So she's modified her favorite pie recipe by using margarine, fat free milk, and lowfat cream cheese. Now the pie is lower in fat, saturated fat, and cholesterol, and it still tastes great.

Make your personal pledge to do what Virginia has done! Look at these examples:



Breakfast

Use lowfat milk in coffee or cereal.

Lunch

Use leftover roasted turkey to make a sandwich. Eat it with some raw carrots and a banana for dessert.



Dinner

Bake chicken with lime juice, cilantro, and tomatoes. Take the skin off and throw it away before cooking.



Snack

Eat an apple instead of fatty tortilla chips.



Write the changes you will try to make this week:

Your health and your family's health is priceless. Make an investment in it!



Here is what your HDL and LDL cholesterol numbers mean

Cholesterol HDL (good): Keep it high!

60 mg/dL or more	Great!
35 to 59 mg/dL	The higher your HDL level the better. Being active everyday and losing weight if you are overweight can help you raise your HDL .
Less than 35 mg/dL	You are at a higher risk of having a heart attack. To increase HDL levels try and become more active and lose weight if you are overweight.

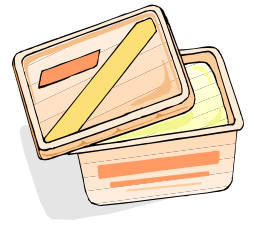
Cholesterol LDL (bad): Keep it low!

Less than 130 mg/dL	Good!
130 to 159 mg/dL	Alert! Your level needs attention. It is time to make changes in what you eat, your activity, and your weight. If you have 2 or more risk factors, see your doctor so he or she can help you lower your LDL level.
160 mg/dL or more	Danger! You are at risk for clogged arteries. See your doctor.

If your total cholesterol is 200 mg/dL or more and your HDL level is less than 35 mg/dL, your doctor can do a blood test to measure your LDL cholesterol levels.



Triglycerides



Many times when blood cholesterol is measured, triglycerides are measured as well. Triglycerides are the most common type of fat found in the body and are associated with blood cholesterol.

The body converts the food we consume into energy (sugar) and the energy (sugar) that is not used is converted into triglycerides. The body then transports the triglycerides to the cells for storage. The body releases the triglycerides from the cells when it needs more energy.

High blood triglyceride levels are related to heart disease. Diabetics often have high blood cholesterol levels because of the nature of the disease.

State	Triglyceride Level
Normal	Less than 150 mg/dL
Medium High	150 to 199 mg/dL
High	200 to 499 mg/dL
Very High	500 mg/dL or more

These measurements are based on fasting triglyceride levels.



What is Fat?

There are two types of fat—saturated fat and unsaturated fat. Most foods contain some of both types. The total fat found in food is its saturated fat plus its unsaturated fat.

Eating too much saturated fat will raise your blood cholesterol level more than anything else you eat. This will raise your chances of developing heart disease. Some examples are:

- Butter (or lard) is an example of a food high in saturated fat.
- Saturated fat is usually solid at room temperature.

How to Reduce Your Consumption of Fat, Saturated Fat, and Cholesterol*

To reduce your consumption of saturated fat and cholesterol make the following changes:

- **Limit your consumption of meat, seafood, and poultry to no more than 5 to 7 ounces (cooked) daily. Eat poultry without skin or fish more frequently than red meat. When you do eat red meat, it should be a lean cut with all visible fat cut off.**
- **Choose low fat or fat free milk products, for example skim or 1% milk, and low fat yogurt and cheese.**
- **Don't eat more than three egg yolks a week, including those that have been used in cooking.**
- **Limit your consumption of shrimp, lobster, sardines, and viscera.**
- **Use unsaturated margarine and vegetable oil, like canola oil or olive oil instead of butter, shortening, or lard and other saturated fats. Choose products that show they contain more unsaturated fat than saturated fat on the label.**
- **Limit your overall consumption of fat.**
- **Bake or roast foods instead of frying them.**
- **Avoid processed meats like sausages, hot dogs, bologna, and other sandwich meats.**
- **Cut out commercially prepared and processed foods made with fat, especially saturated fat. Read food labels to choose foods that are low in saturated fat. Saturated fat is usually found in foods from animals.**

* Adapted from: Service Master Food Management Services SM#5001, 1991.



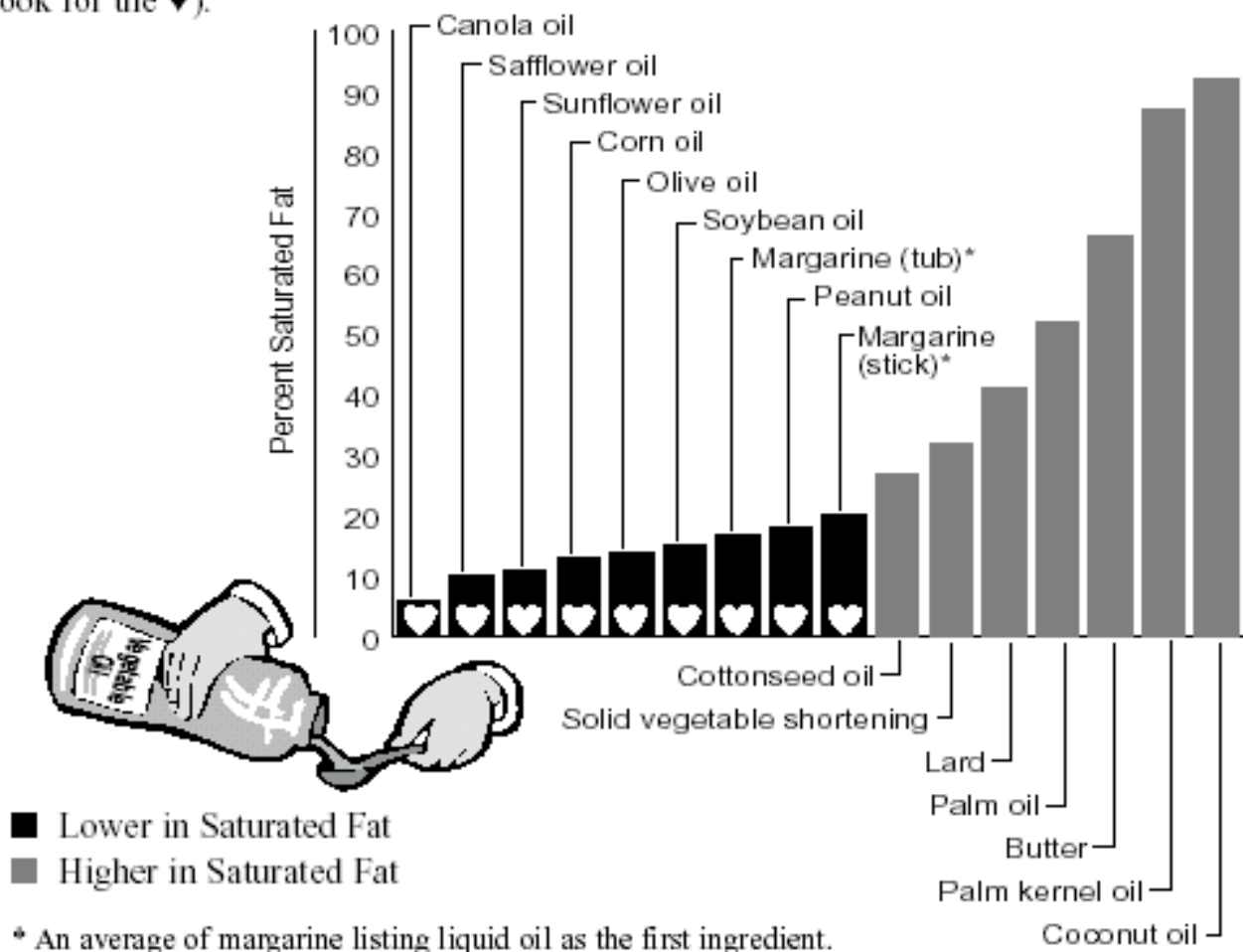
Fats and Oils To Choose

Eat less of all fats and oils.

When you do use fats and oils, choose those with less saturated fat.

Choose <u>More</u> Often (<u>Less</u> Saturated)	Choose <u>Less</u> Often (<u>More</u> Saturated)
♥ Canola, olive, safflower, soybean, and sunflower oils	♥ Butter
♥ Margarine (especially light margarine)	♥ Solid shortening
	♥ Lard
	♥ Fatback

Use this handy graph to help you choose products with the least amount of saturated fat (look for the ♥).



Source: *Let's Eat!* Division of Health Education, Memorial Hospital of Rhode Island, Pawtucket, RI



Read the Food Label To Choose Foods Lower in Fat, Saturated Fat and Cholesterol!



Food labels tell you what you need to know about choosing foods that are lower in saturated fat, total fat, and cholesterol. Here's a food label for a carton of whole milk. The label tells you:

■ Amount Per Serving

The nutrient amounts are for one serving. So, if you eat more or less than one serving, you need to add or subtract nutrient amounts. For example, if you drink 2 cups of whole milk, you are eating two servings. So you need to double the amount of total fat, saturated fat, and cholesterol.

■ Nutrients

Here are the amounts of total fat, saturated fat, and cholesterol in one serving. These amounts are given in grams (g) or milligrams (mg).

Whole Milk

Nutrition Facts

Serving size 8 fl. oz. (240 mL)
Servings Per Container 4

Amount Per Serving

Calories 150 Calories from Fat 70

	% Daily Value*
Total Fat 8g	12%
Saturated Fat 5g	25%
Cholesterol 35mg	12%
Sodium 125mg	6%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Sugars 11g	
Protein 8g	

Vitamin A 6% • Vitamin C 4%
Calcium 30% • Iron 4% • Vitamin D 25%

*Percent Daily Values are based on a 2,000 calorie diet.

■ Serving size and number of servings

The serving size is 8 fl. oz. (1 cup). There are four servings in the carton.

■ Percent Daily Value

The Percent Daily Value helps you compare products and quickly tells you if the food is high or low in these nutrients. Choose products with the lowest Percent Daily Value for total fat, saturated fat, and cholesterol.

The Choice is Yours—Compare!

Which one would you choose?

Except for fat and saturated fat, fat free milk has all the nutrients of whole milk including the calcium. That makes fat free milk a better choice! Read food labels and choose products to keep your heart strong.

Calories 150 Calories from Fat 70

% Daily Value*

Total Fat 8g	12%
Saturated Fat 5g	25%
Cholesterol 35mg	12%
Sodium 125mg	6%

Whole Milk

One cup of whole milk has 25 percent or 1/4 of the Daily Value of saturated fat you should limit yourself to in 1 day. That's a lot.

Calories 90 Calories from Fat 0

% Daily Value*

Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 135mg	6%

Fat Free (Skim) Milk

One cup of fat free milk has 0 percent of the Daily Value of saturated fat.



Virginia's Breakfast Choices



Virginia has little time in the morning to prepare breakfast. She often has a cinnamon roll and a cup of coffee with $\frac{1}{4}$ cup of whole milk and 2 teaspoons of sugar. Look at the food labels. Help her select some breakfast foods that are lower in fat and saturated fat than her choices. Which should she choose? Mark the number of your choice for each pair in the "Lower Fat Choice" space to the right.

1 – Cinnamon Roll

Nutrition Facts	
Serving Size 1 roll (85g)	
Servings Per Container 15	
Amount Per Serving	
Calories 270	Calories from Fat 50
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 1g	5%
Cholesterol 10mg	3%
Sodium 340mg	14%
Total Carbohydrate 52g	17%
Dietary Fiber 3g	12%
Sugars 25g	
Protein 5g	
Vitamin A 0%	Vitamin C 2%
Calcium 8%	Iron 15%

2 – Plain Bagel

Nutrition Facts	
Serving Size 1 bagel (75g)	
Servings Per Container 6	
Amount Per Serving	
Calories 210	Calories from Fat 5
% Daily Value*	
Total Fat 1g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 390mg	16%
Total Carbohydrate 43g	14%
Dietary Fiber 2g	8%
Sugars 2g	
Protein 8g	
Vitamin A 0%	Vitamin C 0%
Calcium 6%	Iron 15%

Lower
Fat
Choice

3 – Whole Milk

Nutrition Facts	
Serving Size 8 fl. oz. (236 ml)	
Servings Per Container 8	
Amount Per Serving	
Calories 150	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 5g	25%
Cholesterol 35mg	12%
Sodium 125mg	5%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Sugars 11g	
Protein 8g	
Vitamin A 6%	Vitamin C 4% • Vitamin D 25%
Calcium 30%	Iron 0%

4 – Lowfat (1%) Milk

Nutrition Facts	
Serving Size 8 fl. oz. (236 ml)	
Servings Per Container 8	
Amount Per Serving	
Calories 100	Calories from Fat 20
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 1.5g	8%
Cholesterol 10mg	3%
Sodium 130mg	5%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Sugars 11g	
Protein 8g	
Vitamin A 10%	Vitamin C 4% • Vitamin D 25%
Calcium 30%	Iron 0%

Lower
Fat
Choice

*Percent Daily Values are based on a 2,000 calorie diet.



Virginia's Breakfast Choices

5 – Regular Donut

Nutrition Facts	
Serving Size 1 donut (80g)	
Servings Per Container 6	
Amount Per Serving	
Calories 330	Calories from Fat 170
% Daily Value *	
Total Fat 18g	28%
Saturated Fat 4.5g	23%
Cholesterol 10mg	3%
Sodium 220mg	9%
Total Carbohydrate 39g	13%
Dietary Fiber Less than 1g	3%
Sugars 23g	
Protein 3g	
Vitamin A 0%	• Vitamin C 0%
Calcium 10%	• Iron 6%

6 – English Muffin

Nutrition Facts	
Serving Size 1 muffin (57g)	
Servings Per Container 4	
Amount Per Serving	
Calories 120	Calories from Fat 10
% Daily Value *	
Total Fat 1g	2%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 200mg	8%
Total Carbohydrate 25g	8%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 1g	
Vitamin A 0%	• Vitamin C 0%
Calcium 8%	• Iron 8%

Lower
Fat
Choice

7 – Fruit Danish

Nutrition Facts	
Serving Size 1/8 (57g)	
Servings Per Container 8	
Amount Per Serving	
Calories 160	Calories from Fat 7
% Daily Value *	
Total Fat 8g	12%
Saturated Fat 1.5g	8%
Cholesterol 5mg	2%
Sodium 210mg	9%
Total Carbohydrate 24g	8%
Dietary Fiber 0g	0%
Sugars 13g	
Protein 2g	
Vitamin A 0%	• Vitamin C 4%
Calcium 10%	• Iron 2%

8 – Banana

Nutrition Facts	
Serving Size 1 medium (126g)	
Servings Per Container 1	
Amount Per Serving	
Calories 110	Calories from Fat 0
% Daily Value *	
Total Fat 0.5mg	1%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 29g	10%
Dietary Fiber 1g	4%
Sugars 21g	
Protein 1g	
Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• Iron 0%

Lower
Fat
Choice

*Percent Daily Values are based on a 2,000 calorie diet.



Virginia's Breakfast Choices

9 – Butter

Nutrition Facts	
Serving Size 1 Tbsp	
Servings Per Container 32	
Amount Per Serving	
Calories 100	Calories from Fat 100
% Daily Value *	
Total Fat 11g	17%
Saturated Fat 8g	38%
Cholesterol 30mg	10%
Sodium 85mg	4%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars *	
Protein 0g	
Vitamin A 8%	• Vitamin C**
Calcium**	• Iron**

**Not a significant source of these nutrients.

10 – Diet Margarine

Nutrition Facts	
Serving Size 1 Tbsp	
Servings Per Container 80	
Amount Per Serving	
Calories 50	Calories from Fat 50
% Daily Value *	
Total Fat 6g	9%
Saturated Fat 1.5g	8%
Cholesterol 0mg	0%
Sodium 55mg	2%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 0g	
Vitamin A 10% • Vitamin E 8% • Vitamin C*	
Calcium* • Iron**	

**Not a significant source of these nutrients.

Lower
Fat
Choice

11 – Flour Tortillas

Nutrition Facts	
Serving Size 2 tortillas	
Servings Per Container 5	
Amount Per Serving	
Calories 160	Calories from Fat 30
% Daily Value *	
Total Fat 3g	5%
Saturated Fat 0.5g	3%
Cholesterol 0mg	0%
Sodium 290mg	12%
Total Carbohydrate 27g	9%
Dietary Fiber 3g	12%
Sugars 1g	
Protein 4g	
Vitamin A**	• Vitamin C**
Calcium**	• Iron 8%

**Not a significant source of these nutrients.

*Percent Daily Values are based on a 2,000 calorie diet.

12 – Corn Tortillas

Nutrition Facts	
Serving Size 2 tortillas	
Servings Per Container 5	
Amount Per Serving	
Calories 130	Calories from Fat 15
% Daily Value *	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 90mg	4%
Total Carbohydrate 26g	9%
Dietary Fiber 2g	8%
Sugars 0g	
Protein 2g	
Vitamin A 2% • Vitamin C 0%	
Calcium 8% • Iron 4%	

Lower
Fat
Choice



Virginia's Breakfast Choices

13 – Refried Beans

Nutrition Facts	
Serving Size 1/2 cup Servings Per Container 3.5	
Amount Per Serving	
Calories 200	Calories from Fat 100
% Daily Value *	
Total Fat 11g	17%
Saturated Fat 3g	14%
Cholesterol 0mg	0%
Sodium 760mg	32%
Total Carbohydrate 20g	7%
Dietary Fiber 10g	0%
Sugars 1g	
Protein 6g	
Vitamin A 0%	• Vitamin C 2%
Calcium 6%	• Iron 10%

14 – Boiled Beans

Nutrition Facts	
Serving Size 1/2 cup Servings Per Container 3	
Amount Per Serving	
Calories 90	Calories from Fat 5
% Daily Value *	
Total Fat 0.5g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 460mg	19%
Total Carbohydrate 19g	6%
Dietary Fiber 6g	24%
Sugars less than 1g	
Protein 7g	
Vitamin A 0%	• Vitamin C 0%
Calcium 4%	• Iron 10%

Lower
Fat
Choice

15 – Lowfat Cheddar Cheese

Nutrition Facts	
Serving Size 1 oz Servings Per Container 8	
Amount Per Serving	
Calories 50	Calories from Fat 15
% Daily Value *	
Total Fat 1.5g	2%
Saturated Fat 1g	5%
Cholesterol less than 5mg	0%
Sodium 220mg	9%
Total Carbohydrate 1g	0%
Dietary Fiber less than 1g	0%
Sugars 0g	
Protein 8g	
Vitamin A 4%	• Vitamin C 0%
Calcium 10%	• Iron 0%

16 – Cheddar Cheese

Nutrition Facts	
Serving Size 1 oz Servings Per Container 7	
Amount Per Serving	
Calories 120	Calories from Fat 90
% Daily Value *	
Total Fat 10g	15%
Saturated Fat 7g	35%
Cholesterol 30mg	10%
Sodium 180mg	8%
Total Carbohydrate less than 1g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 6g	
Vitamin A 6%	• Vitamin C 0%
Calcium 20%	• Iron 0%

Lower
Fat
Choice







*Percent Daily Values are based on a 2,000 calorie diet.



Guess the Fat Activity Sheet

Try to guess the amount of fat (in teaspoons) that is found in each food.

Write your answers on the "My Guess" line.

		Teaspoons of Fat	
		My Guess	True Amount
	Food 2 ounces cheddar cheese	_____	_____
	2 tablespoons sour cream	_____	_____
	1 ounce (fried) tortilla chips (about 15 chips)	_____	_____
	1 beef hot dog	_____	_____
	1 cup boiled beans (canned)	_____	_____
	1 orange	_____	_____



Cooking With Less Fat

Beans

Cook beans in water until tender.

Season with onion, garlic, cumin, oregano, and if you wish, 1/4 teaspoon of salt.

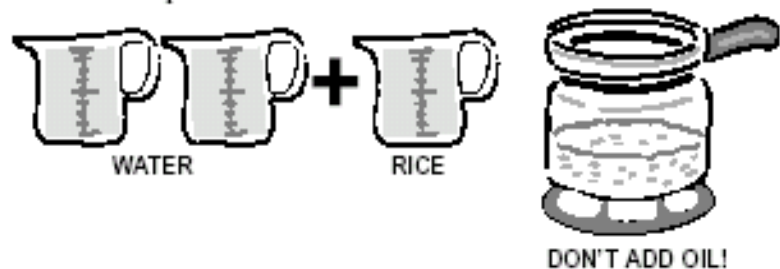


To thicken beans, mash and refry in skillet with a little water (without adding lard or vegetable shortening).

Boiled Rice

Bring 2 cups of water to a boil and add 1 cup of rice.

Cover well and cook over low heat for 20 minutes.

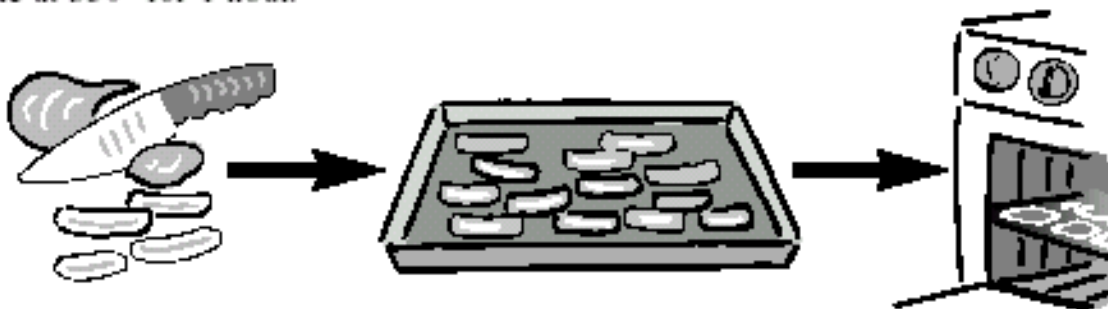


Oven Fried Potatoes

Cut potatoes in the shape of thick french fries.

Leave peel on. Arrange on a baking sheet that has been lightly sprayed with nonstick cooking spray.

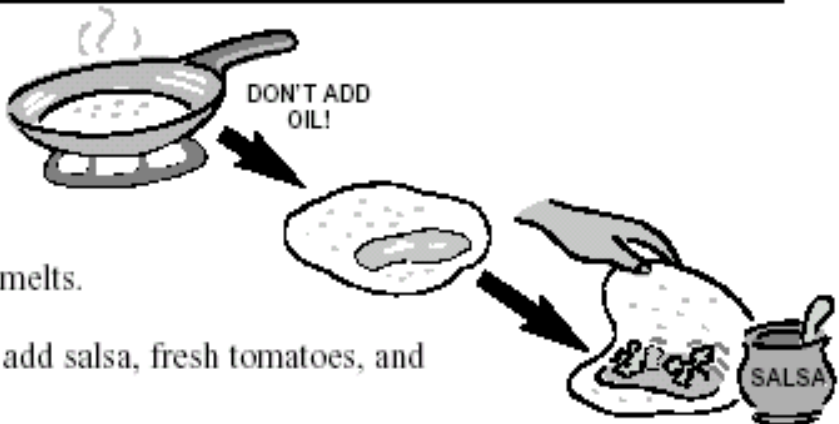
Bake at 350° for 1 hour.



Cooking With Less Fat

Mexican Quesadillas

For each quesadilla, place a corn tortilla on a dry griddle over medium heat. When soft, put a small slice of lowfat cheese on half of the tortilla and fold. Heat until the cheese melts.



Remove from skillet, open, and add salsa, fresh tomatoes, and cilantro. Refold before eating.

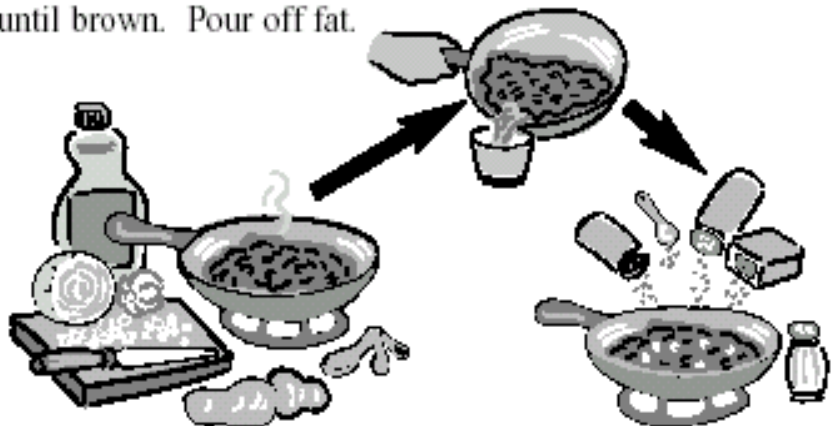
Ground Beef with Potatoes

In a hot skillet, sauté garlic and chopped onions in 1 teaspoon of vegetable oil. Add extra lean ground beef and cook until brown. Pour off fat.

Dice unpeeled potatoes and add to ground beef.

Season with small amount of oregano, powdered cumin, black pepper, and 1/4 teaspoon salt.

Cook until potatoes are tender.



Fruit Shake



Cut your favorite fruit into chunks.

Place in a blender along with fat free (skim) milk, vanilla, and ice.

Blend until it is smooth.

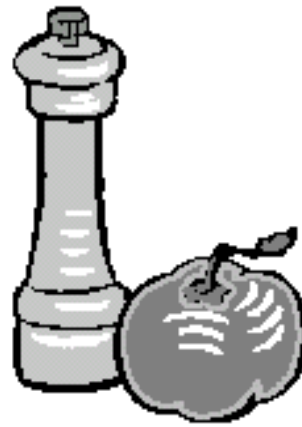


Chicken Stew

8 pieces	chicken (breasts or legs)
1 cup	water
2 small	garlic cloves, minced
1 small	onion, chopped
1 1/2 teaspoons	salt
1/2 teaspoon	ground black pepper
3 medium	tomatoes, chopped
1 teaspoon	parsley, chopped
1/4 cup	celery, finely chopped
2 medium	potatoes, peeled and chopped
2 small	carrots, chopped
2	bay leaves

1. Remove the skin from the chicken and any extra fat. In a large skillet, combine chicken, water, garlic, onion, salt (as little as possible), pepper, tomatoes, and parsley. Tightly cover and cook over low heat for 25 minutes.
2. Add celery, potatoes, carrots, and bay leaves and continue to cook for 15 more minutes or until chicken and vegetables are tender. Remove bay leaves before serving.

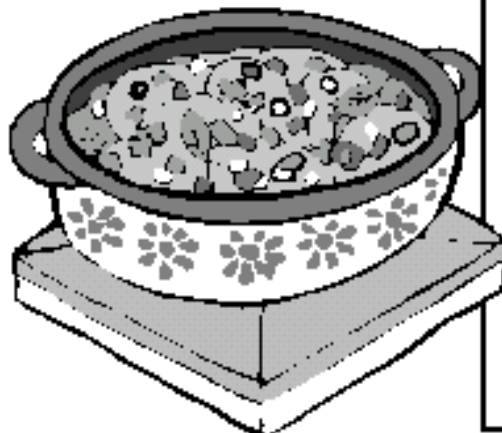
Yield: 8 servings
Serving size: 1 piece of chicken
Each serving provides:
Calories: 206
Total fat: 6 g
Saturated fat: 2 g
Cholesterol: 75 mg
Sodium: 489 mg
Calcium: 32 mg
Iron: 2 mg



Quick Tips

This recipe is lower in saturated fat and cholesterol because:

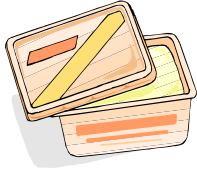
- It is made with chicken without the skin and any extra fat is taken off.
- No fat is added.
 - It is flavored with vegetables and seasonings.
 - It is cooked slowly in water (moist heat).



Weekly Promise



Name: _____ Date ____/____/____



After Session 5

Eat Less Fat, Saturated Fat, and Cholesterol

Write down the goals you would like to reach or habits you would like to change for better health.

This week I will:

In Nutrition: _____

In Physical Activity: _____

Did you reach your goal?


Yes _____ **How?** _____

No _____ **Why?** _____



Check the chart to find your weight range.

The chart is a grid with height on the vertical axis and weight on the horizontal axis. The vertical axis is labeled 'Inches/ Meters' and ranges from 4'10\"/>

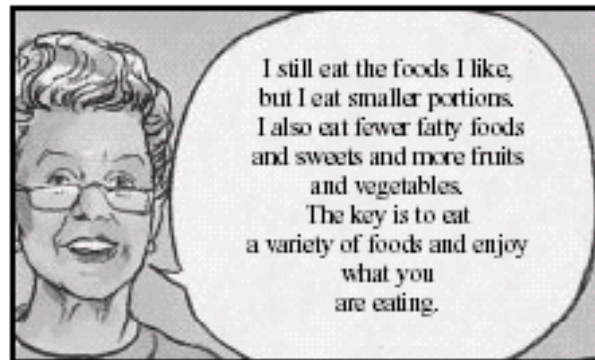
My weight range: 

My waist measurement: 



Losing weight means making long-term changes.

Here's how Doña Fela found success.



Try these tips to get started.

- ♥ Eat fewer foods high in fat — like fried chicken, pork rinds, and sausage.
- ♥ Cut down on cakes, pastries, candy, and soft drinks.
- ♥ Eat more fruits, vegetables, and grains.
- ♥ Make stews with lean meat and vegetables.
- ♥ Serve small portions and do not go for seconds. Don't skip meals.
- ♥ Aim for 30 minutes of physical activity each day.



Make your personal pledge to do what the Ramírez family is doing! Look at these examples:

When shopping

Read labels to choose foods lower in calories.

When cooking

Bake fish instead of frying it.
Use nonstick cooking oil spray instead of greasing the pan with oil.



When eating

Have green beans and rice with one piece of chicken instead of three pieces of chicken alone.

Get active

Walk for 10 minutes, three times a day.



Write the changes you will try to make this week.

Your health and your family's health is priceless. Make an investment in it!



Virginia's Habits and Her Weight



Eat big portions



Active every day



Maintain weight



Eat big portions



Inactive



Gain weight



Eat small portions



Active every day





Lose weight




Tips To Help You Lose Weight

1. Choose foods low in fat and low in calories. Try:

- ♥ Fat free (skim) milk or lowfat (1%) milk
- ♥ Cheeses marked “lowfat” or “fat free” on the package
- ♥ Fruits and vegetables without butter or sauce 
- ♥ Rice, beans, cereals, corn tortillas, and pasta
- ♥ Lean cuts of meat, fish, and skinless turkey and chicken 

2. Make foods the healthy way.

- ♥ Bake, broil, or boil foods instead of frying.
- ♥ Cook beans and rice without lard, bacon, or fatty meats.
- ♥ Use less high-fat cheeses, cream, and butter when cooking.
- ♥ Use cooking oil spray or a little bit of vegetable oil or margarine when cooking.
- ♥ Garnish salads with low fat or fat free mayonnaise and salad dressings. 

3. Limit your portion size.

- ♥ Serve smaller portions—do not go back for seconds.
- ♥ Eat smaller meals and snacks throughout the day instead of one big meal.



4. Get active!

Don't make excuses!

- ♥ Do your favorite physical activity for at least 30 minutes each day. You can do 10 minutes of activity three times a day.

Try this: If you are pressed for time, walk for 10 minutes three times a day.

5. Aim for a healthy weight.

- ♥ Try not to gain extra weight. If you are overweight, try to lose weight slowly. Lose about 1/2 to 1 pound a week. Even losing 10 pounds can help reduce your chances of developing heart disease.



Fad Diets



There are many “fad diets” advertised in the newspapers, on TV, in magazines that promise dramatic weight loss. However there are NO quick fixes to lose weight.

A Fad Diet is anything that:

- Doesn't promote healthy eating habits
- Claims you can trick the metabolism into wasting calories or energy
- Makes dramatic claims of fast and easy weight loss
- Says no exercise is needed or doesn't mention exercise at all
- Keeps calorie consumption to 1,200 calories a day
- Completely eliminates certain food groups
- Promises loss of more than 2 pounds a week

Fad Diets may take weight off, but they do not teach how to keep it off.

Maintaining a healthy weight is about the way you live, not just a series of diets.



Serving Sizes *

Breads, Cereals, Rice, and Pasta

- ♥ 1 slice of bread
- ♥ 1 ounce of ready-to-eat cereal
- ♥ 1/2 cup of cooked cereal, rice, or pasta



Fruit

- ♥ 1 medium apple, banana, or orange
- ♥ 1/2 cup of chopped, raw, cooked, or canned fruit
- ♥ 3/4 cup of fruit juice



Vegetables

- ♥ 1 cup of raw leafy vegetables
- ♥ 1/2 cup of other vegetables, cooked or chopped raw
- ♥ 3/4 cup of vegetable juice



Milk, Yogurt, and Cheese

- ♥ 1 cup of fat free (skim) or lowfat milk or yogurt
- ♥ 1 1/2 ounces of natural cheese
- ♥ 2 ounces of processed cheese



Lean Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts

- ♥ 2 to 3 ounces of cooked lean meat, poultry without the skin, or fish
- ♥ 1/2 cup of cooked dry beans or 1 egg = 1 ounce of lean meat**
- ♥ 2 tablespoons of peanut butter or 1/3 cup of nuts = 1 ounce of meat, not lean



* These serving sizes may differ from those found on a food label.

** Limit the number of egg yolks to four a week.



Read the Food Label for Calories!

Food labels tell you what you need to know about choosing foods that are lower in calories. Here's a food label for peaches canned in fruit juice. The label tells you:


■ Amount Per Serving
The nutrient amounts are for one serving. So, if you eat more or less than a serving, you need to add or subtract nutrient amounts. For example, if you eat 1 cup of peaches, you are eating two servings. You need to double the amount of calories on the label.

■ Calories
The amount of calories in one serving is given here.

Canned Peaches (in fruit juice)

Nutrition Facts	
Serving Size 1/2 cup	
Servings Per Container 3.5	
Amount Per Serving	
Calories 50	Calories from Fat 0
% Daily Value *	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 25mg	1%
Total Carbohydrate 13g	4%
Dietary Fiber less than 1g	0%
Sugars 9g	
Protein less than 1g	
Vitamin A 8%	Vitamin C 2%
Calcium 10%	Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet.	

■ Serving size and number of servings.
The serving size is 1/2 cup. There are three and a half servings in the can.



The Choice is Yours—Compare!

Which one would you choose?

Canned fruits packed in syrup have added calories. Read the food label to choose fruits packed in fruit juice for a lower calorie snack or dessert.

Calories 50	Calories from Fat 0
% Daily Value *	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 25mg	1%

Canned Peaches (in fruit juice)

Peaches canned in fruit juice have 50 calories in a 1/2-cup serving.

Calories 100	Calories from Fat 0
% Daily Value *	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 10mg	0%

Canned Peaches (in syrup)

Peaches canned in syrup have 100 calories in a 1/2-cup serving — twice the calories found in a 1/2-cup serving of peaches canned in fruit juice. This is an important difference when trying to lose weight or to maintain a healthy weight.



Virginia's Snack Choices

Virginia and her family like to have snacks when they watch television. Recently she has noticed that her family has gained a little too much weight. Use the food labels to choose some tasty snacks that are lower in calories. What should Virginia serve? Mark the number of your choice for each pair on the right. Then mark the number of calories saved by this choice.

1 – Potato Chips

Nutrition Facts	
Serving Size 1 oz (28g/about 20 chips)	
Servings Per Container 9	
Amount Per Serving	
Calories 150	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 2g	10%
Cholesterol 0mg	0%
Sodium 95mg	4%
Total Carbohydrate 14g	5%
Dietary Fiber 1g	4%
Sugars less than 1g	
Protein 2g	4%
Vitamin A* *	Vitamin C 10%
Calcium* *	Iron 2%

*Less than 2%

2 – Popcorn (air-popped)

Nutrition Facts	
Serving Size 1 cup	
Servings Per Container 4	
Amount Per Serving	
Calories 15	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 3g	1%
Dietary Fiber 20g	4%
Sugars*	
Protein 3g	
Vitamin A **	Vitamin C* *
Calcium* *	Iron* *

**Not a significant source of these nutrients

Lower
Calorie
Choice

Number of
Calories
Saved

3 – Apple

Nutrition Facts	
Serving Size 1 medium (154g)	
Servings Per Container 1	
Amount Per Serving	
Calories 80	Calories from Fat 5
% Daily Value*	
Total Fat 0.5g	2%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 24g	8%
Dietary Fiber 4g	16%
Sugars 20g	
Protein 0g	
Vitamin A 0%	Vitamin C 6%
Calcium 0%	Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet.

4 – Shortbread Cookies

Nutrition Facts	
Serving Size 4 cookies (29g)	
Servings Per Container 10	
Amount Per Serving	
Calories 150	Calories from Fat 60
% Daily Value*	
Total Fat 7g	10%
Saturated Fat 1.5g	7%
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 20g	7%
Dietary Fiber less than 1g	6%
Sugars 6g	
Protein 1g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 2%

Lower
Calorie
Choice

Number of
Calories
Saved



Virginia's Snack Choices

5 – Whole Milk

Nutrition Facts	
Serving Size 8 fl. oz. (236 ml)	
Servings Per Container 8	
Amount Per Serving	
Calories 150	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 5g	25%
Cholesterol 35mg	12%
Sodium 125mg	5%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Sugars 11g	
Protein 8g	
Vitamin A 6% • Vitamin C 4% • Vitamin D 25%	
Calcium 30% • Iron 0%	

6 – Fat Free (skim) Milk

Nutrition Facts	
Serving Size 1 cup	
Servings Per Container 8	
Amount Per Serving	
Calories 90	Calories from Fat 0
% Daily Value *	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol less than 5 mg	0%
Sodium 125mg	5%
Total Carbohydrate 13g	4%
Dietary Fiber 0g	0%
Sugars 12g	
Protein 9g	
Vitamin A 10% • Vitamin C 0% • Vitamin D 25%	
Calcium 30% • Iron 0%	

Lower
Calorie
Choice

Number of
Calories
Saved

7 – Chocolate Swirl Ice Cream

Nutrition Facts	
Serving Size 1/2 cup (68g)	
Servings Per Container 16	
Amount Per Serving	
Calories 140	Calories from Fat 60
% Daily Value *	
Total Fat 6g	10%
Saturated Fat 4g	20%
Cholesterol 25mg	8%
Sodium 45mg	2%
Total Carbohydrate 20g	7%
Dietary Fiber 0g	0%
Sugars 20g	
Protein 0g	
Vitamin A 4% • Vitamin C **	
Calcium 6% • Iron **	

8 – Popsicle

Nutrition Facts	
Serving Size 1 piece (52ml)	
Servings Per Container 12	
Amount Per Serving	
Calories 45	Calories from Fat 0
% Daily Value *	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 11g	4%
Dietary Fiber 0g	0%
Sugars 11g	
Protein 0g	
Vitamin A 0% • Vitamin C 0%	
Calcium 0% • Iron 0%	

Lower
Calorie
Choice

Number of
Calories
Saved

** Not a significant source of these nutrients.

* Percent Daily Values are based on a 2,000 calorie diet.



Virginia's Snack Choices

9 – Peaches (canned in fruit juice)

Nutrition Facts	
Serving Size 1/2 cup	
Servings Per Container 3.5	
Amount Per Serving	
Calories 50	Calories from Fat 0
% Daily Value *	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 25mg	1%
Total Carbohydrate 13g	4%
Dietary Fiber less than 1g	0%
Sugars 9g	
Protein less than 1g	
Vitamin A 8%	• Vitamin C 2%
Calcium 10%	• Iron 8%

10 – Peaches (canned in syrup)

Nutrition Facts	
Serving Size 1/2 cup	
Servings Per Container 3.5	
Amount Per Serving	
Calories 100	Calories from Fat 0
% Daily Value *	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 24g	8%
Dietary Fiber 1g	4%
Sugars 23g	
Protein 0g	
Vitamin A 2%	• Vitamin C 2%
Calcium 0%	• Iron 0%

Lower
Calorie
Choice

Number of
Calories
Saved

11 – Salsa

Nutrition Facts	
Serving Size 2 tbsp	
Servings Per Container about 28	
Amount Per Serving	
Calories 15	Calories from Fat 0
% Daily Value *	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 230mg	10%
Total Carbohydrate 3g	1%
Dietary Fiber less than 1g	2%
Sugars 2g	
Protein 1g	
Vitamin A 2%	• Vitamin C 0%
Calcium 0%	• Iron 0%

12 – Jalapeño Cheese Dip

Nutrition Facts	
Serving Size 2 tbsp	
Servings Per Container 15	
Amount Per Serving	
Calories 40	Calories from Fat 25
% Daily Value *	
Total Fat 3g	5%
Saturated Fat 1g	5%
Cholesterol less than 5mg	1%
Sodium 300mg	13%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Sugars 0g	
Protein less than 1g	
Vitamin A 0%	• Vitamin C 0%
Calcium 2%	• Iron 0%

Lower
Calorie
Choice

Number of
Calories
Saved

*Percent Daily Values are based on a 2,000 calorie diet.



Fresh Cabbage and Tomato Salad

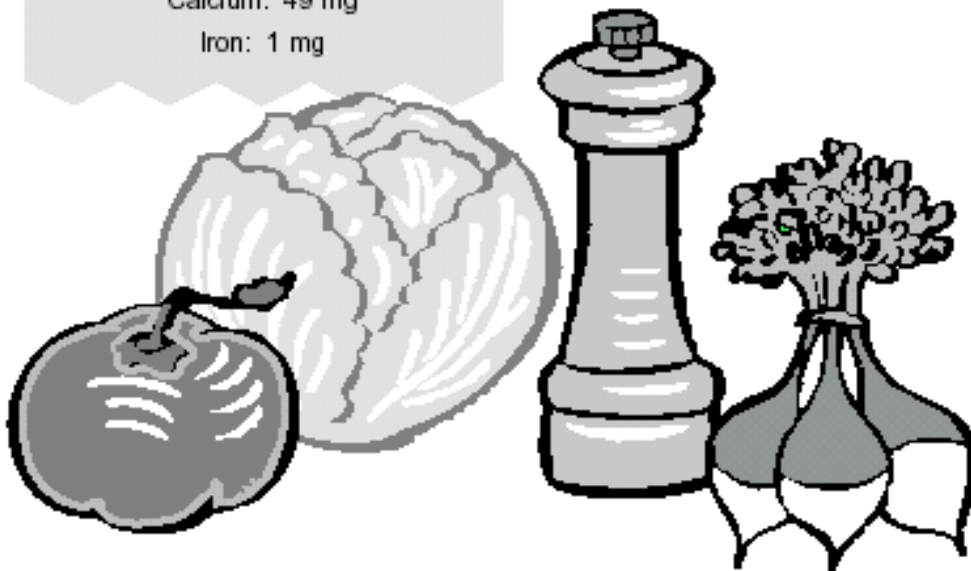
1 small head	cabbage, sliced thinly
2 medium	tomatoes, cut in cubes
1 cup	sliced radishes
1/4 teaspoon	salt
2 teaspoons	olive oil
2 tablespoons	rice vinegar (or lemon juice)
1/2 teaspoon	black pepper
1/2 teaspoon	red pepper
2 tablespoons	fresh cilantro, chopped

1. In a large bowl, mix together the cabbage, tomatoes, and radishes.
2. In another bowl, mix together the rest of the ingredients and pour over the vegetables.

Quick Tip

Your family will love this tasty salad. The small amount of olive oil, rice vinegar, fresh herbs, and spices adds flavor, but few calories.

Yield: 8 servings
Serving size: 1 cup
Each serving provides:
Calories: 41
Total fat: 1 g
Saturated fat: Less than 1 g
Cholesterol: 0 mg
Sodium: 88 mg
Calcium: 49 mg
Iron: 1 mg



Weekly Promise



Name: _____ Date ____/____/____



After Session 6 Maintain a Healthy Weight

Write down the goals you would like to reach or habits you would like to change for better health.

This week I will:

In Nutrition: _____

In Physical Activity: _____

Did you reach your goal?

Yes _____ **How?** _____

No _____ **Why?** _____





Community Problem Solving

What can you do?

Problem 1:

You like to walk in the local park. However, at the time you can walk, the sprinkler system is on, making it a bit slippery and difficult to walk without getting wet.

What can you do? Write down some ideas below.

Problem 2:

You and your friend like to walk around the neighborhood. However, you feel a bit intimidated by mean-looking dogs running loose and don't like to walk because of it. What can you do?

Problem 3:

The best time for you to walk is in the early morning or evening. However, lighting is poor, and there are no sidewalks. You do not feel safe walking in the dark and would feel better not walking on the road. What can you do?





Walkable America Checklist

How Walkable Is Your Community?

Take a walk with a child and decide for yourselves.

Everyone benefits from walking. But walking needs to be safe and easy. Print out this checklist, take a walk with your child, and use it to decide if your neighborhood is a friendly place to walk. Take heart if you find problems; there are ways you can make things better.

Getting started

Pick a place to walk, like the route to school, a friend's house or just somewhere fun to go. Read over the checklist before you go, and as you walk note the locations of things you would like to change. At the end of your walk, give an overall rating to each question. Then add up the numbers to see how you rated your walk.

Rating scale

- 1 = awful
- 2 = quite a few problems
- 3 = some problems
- 4 = good
- 5 = very good
- 6 = excellent

Location of your walk:

From: _____

To/Around: _____

1. Did you have room to walk?

- ☐ **Yes** ☐ **Some problems (see below)**
- ☐ Sidewalks started and stopped
- ☐ Sidewalks were broken or cracked
- ☐ Sidewalks were blocked with poles, signs, shrubbery, dumpsters, etc.
- ☐ No sidewalks, paths, or shoulders
- ☐ Too much traffic?

Something else? _____

Rating: 1 2 3 4 5 6 _____

Locations of the problems: _____



2. Was it easy to cross streets?

- ☐ **Yes** ☐ **Some problems (see below)**
- ☐ Road was too wide
- ☐ Traffic signals made us wait too long or did not give us enough time to cross
- ☐ Need striped crosswalks or traffic signals
- ☐ Parked cars or trees blocked our view of traffic

Something else? _____

Rating: 1 2 3 4 5 6 _____

Locations of the problems: _____

3. Did drivers behave well?

- ☐ **Good** ☐ **Some problems (see below)**
- ☐ Backed out of driveways without looking
- ☐ Did not yield to people crossing the street
- ☐ Turned into people crossing the street
- ☐ Sped up to make it through traffic lights or drove through red lights

Something else? _____

Rating: 1 2 3 4 5 6 _____

Locations of the problems: _____

4. Was it easy to follow safety rules?

Could you and your family...

- | | | |
|--|------------------------------|-----------------------------|
| Cross at crosswalks or where you could see and be seen? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Stop and look left, right and then left again before crossing? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Cross when the stoplight was green? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Walk on sidewalks or shoulders facing traffic? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |

Something else? _____

Rating: 1 2 3 4 5 6 _____

Locations of the problems: _____



5. Was your walk pleasant?

- ☐ Nice ☐ Some unpleasant things (see below)
- ☐ Needed more grass, flowers, or trees
- ☐ Scary dogs
- ☐ Scary people
- ☐ Not well lighted
- ☐ Dirty, lots of litter or trash

Something else? _____

Rating: 1 2 3 4 5 6 _____

Locations of the problems: _____

How does your neighborhood stack up?

Add up your ratings

Question (1) _____ + (2) _____ + (3) _____ + (4) _____ + (5) _____

TOTAL _____

Score

26-30: Celebrate! You have a great neighborhood for walking.

21-25: Your neighborhood is pretty good for walking.

16-20: Okay, but it needs work.

11-15: Your community needs a lot of work.

5-10: Your community needs help immediately.

Found something that needs changing? Continue through the checklist below to learn how you can begin making neighborhoods better places for walking that match up with the problems you identified.

Adapted from: Partnership for a Walkable America Checklist. <http://www.nsc.org/walk/wkcheck.htm>



Improving Your Community's Score

	What you and your child can do IMMEDIATELY	What you and your community can do with more time:
1. Did you have room to walk? <ul style="list-style-type: none"> • Sidewalks or paths started and stopped • Sidewalks broken or cracked • Sidewalks blocked • No sidewalks, paths, or shoulders • Too much traffic 	<ul style="list-style-type: none"> • Pick another route for now • Tell local traffic engineering or public works department about specific problems and provide a copy of the checklist 	<ul style="list-style-type: none"> • Speak up at board/development meetings • Write or petition city for walkways • Gather neighborhood signatures • Make media aware of problem
2. Was it easy to cross streets? <ul style="list-style-type: none"> • Road too wide • Traffic signals made us wait too long or did not give us enough time to cross • Crosswalks/traffic signals needed • View of traffic blocked by parked cars, trees, or plants 	<ul style="list-style-type: none"> • Pick another route for now • Share problems and checklist with local traffic engineering or public works department • Trim your trees or bushes that block the street and ask your neighbors to do the same • Leave nice notes on problem cars asking owners not to park there 	<ul style="list-style-type: none"> • Push for crosswalks/signals/parking changes/curb ramps at city meetings • Report to traffic engineer where parked cars are safety hazards • Report illegally parked cars to the police • Request that the public works department trim trees or plants • Make media aware of problem
3. Did drivers behave well? <ul style="list-style-type: none"> • Backed out without looking • Did not yield • Turned into walkers • Drove too fast • Sped up to make traffic lights or drove through red lights 	<ul style="list-style-type: none"> • Pick another route for now • Set an example: slow down and be considerate of others • Encourage your neighbors to do the same • Report unsafe driving to police 	<ul style="list-style-type: none"> • Petition for more enforcement of the law • Ask city planners and traffic engineers for traffic calming ideas • Ask schools about getting crossing guards at key locations • Organize a neighborhood speed watch program
4. Could you follow safety rules? <ul style="list-style-type: none"> • Cross at crosswalks or where you could see and be seen • Stop and look left, right, left before crossing • Walk on sidewalks or shoulders facing traffic • Cross with the light 	<ul style="list-style-type: none"> • Educate yourself and your family about safe walking • Organize parents in your neighborhood to walk children to school 	<ul style="list-style-type: none"> • Encourage schools to teach walking safety • Help schools start safe walking programs • Encourage corporate support for flex schedules so parents can walk children to school



<p>5. Was your walk pleasant?</p> <ul style="list-style-type: none"> • Needs grass, flowers, trees • Scary dogs • Scary people • Not well lit • Dirty, litter 	<ul style="list-style-type: none"> • Point out areas to avoid to your child; agree on safe routes • Ask neighbors to keep dogs leashed or fenced • Report scary dogs to the Animal Control Department • Report scary people to the police • Take a walk with a trash bag • Plant trees, flowers, and bushes in your yard 	<ul style="list-style-type: none"> • Request increased police enforcement • Start a crime watch program in your neighborhood • Organize a community clean-up day • Sponsor a neighborhood beautification or tree-planting day
<p>A quick health check</p> <ul style="list-style-type: none"> • Could not go as far or as fast as we wanted • Were tired, short of breath, or had sore feet or muscles 	<ul style="list-style-type: none"> • Start with short walks and work up to 30 minutes of walking most days • Invite a friend or child along • Replace some driving trips with walking trips 	<ul style="list-style-type: none"> • Get media to do a story about the health benefits of walking • Call Parks and Recreation Department about community walks • Encourage corporate support for employee walking programs

Adapted from: Partnership for a Walkable America Checklist. <http://www.nsc.org/walk/wkcheck.htm>.



Weekly Promise



Name: _____ Date ____/____/____



After Session 7

Is our community healthy?

Write down the goals you would like to reach or habits you would like to change for better health.

This week I will:

In Nutrition: _____

In Physical Activity: _____

Did you reach your goal?

Yes _____ **How?** _____

No _____ **Why?** _____



What is Glucose?



There are millions of cells in the human body. The cells produce the energy the body needs in order to function. We can say that the cells are like the body's motor. Glucose (sugar) is like the gas for the motor. The blood is what brings the glucose to the cells.

Our cells, like a car motor, need a key to start. In our bodies, the key is the insulin. It is the insulin that allows the glucose to enter the cells. However, if the body doesn't produce enough insulin or if the cells do not recognize the insulin, then the glucose cannot enter the cells and remains in the blood. This causes the blood sugar level to rise above normal.

Diabetes Type I : This type of diabetes is more common in young people. Here the body does not produce insulin at all, or it doesn't produce enough insulin to control blood sugar levels. Insulin injections are required to control this type of diabetes.

Diabetes Type II : This type of diabetes is more common in adults. Here the body cannot effectively use insulin. This type of diabetes can be controlled with changes in eating habits and with physical activity. Sometime, however, insulin pills and/or injections are needed to help control blood sugar levels.

Normal blood sugar levels:

Fasting—Those without diabetes	70 to 100 mg/dL
Fasting—Those with diabetes	90 to 130 mg/dL
1 to 2 hours after eating	Less than 180 mg/dL

Date:_____/_____/_____ Result:_____

This measurement is for your personal information. If your result is outside the normal ranges given, you should consult with your doctor about diabetes and further testing.













HYPOGLYCEMIA

(Low Blood Glucose)

Causes: Too little food or skip a meal; too much insulin or diabetes pills; more active than usual.

Onset: Often sudden; may pass out if untreated.

SYMPTOMS:

		 <p>SHAKY</p>	 <p>FAST HEARTBEAT</p>
 <p>SWEATING</p>	 <p>DIZZY</p>	 <p>ANXIOUS</p>	 <p>HUNGRY</p>
 <p>BLURRY VISION</p>	 <p>WEAKNESS OR FATIGUE</p>	 <p>HEADACHE</p>	 <p>IRRITABLE</p>

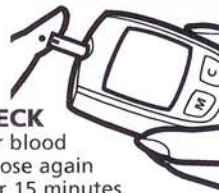
WHAT CAN YOU DO?



CHECK
your blood glucose, right away. If you can't check, treat anyway.

TREAT

by eating 3 to 4 glucose tablets or 3 to 5 hard candies you can chew quickly (such as peppermints), or by drinking 4-ounces of fruit juice, or 1/2 can of regular soda pop.



CHECK

your blood glucose again after 15 minutes. If it is still low, treat again. If symptoms don't stop, call your healthcare provider.

Concept developed by Rhoda Rogers, RN, BSN, CDE.

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HYPERGLYCEMIA

(High Blood Glucose)

Causes: Too much food, too little insulin or diabetes pills, illness, or stress.

Onset: Often starts slowly. May lead to a medical emergency if not treated.



EXTREME THIRST

SYMPTOMS:



NEED TO URINATE OFTEN



DRY SKIN



HUNGRY



BLURRY VISION



DROWSY



SLOW-HEALING WOUNDS

WHAT CAN YOU DO?



CHECK BLOOD GLUCOSE

If your blood glucose levels are higher than your goal for 3 days and you don't know why,

CALL YOUR HEALTHCARE PROVIDER



Concept developed by Rhoda Rogers, RN, BSN, CDE.

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Think Before You Drink!



BEVERAGE	TEASPOONS OF SUGAR in 12 ounces
Punch	17
Prune Juice	17 plus vitamins C and A
Cranberry Apple Cocktail	16
Grape Juice (pure)	15 plus vitamin C
Orange Crush	13
Cranberry Juice Cocktail	13 plus vitamin C
Hi-C	12 plus vitamin C
Minute Maid Fruit Punch	12
Grapefruit Cocktail	11 plus vitamin C
Capri Sun Juice Drink	11
Hawaiian Punch	11
Gingerale	10
COKE	10
PEPSI	10
Apple Juice (pure)	10
7-UP	10
Pineapple Juice (pure)	10 plus vitamin C
Sunny Delight	9 plus vitamins C and A
Snapple Lemonade	9
Orange Juice (pure)	9 plus vitamin C
Grapefruit Juice (pure)	9 plus vitamin C
Kool-Aid	9
Apricot Nectar	8 plus vitamins C and A
Yoo-Hoo	8 plus vitamins C and A and calcium
Ice Tea Mix	8
Gatorade	5 plus sodium
V8	3 plus vitamin A
Diet Nestea	0
Kool-Aid without Sugar	0
Cristal Light	0
Diet Soda	0
Water	0



Weekly Promise



Name: _____ Date ____/____/____



After Session 8 Glucose and sugar

Write down the goals you would like to reach or habits you would like to change for better health.

This week I will:

In Nutrition: _____

In Physical Activity: _____

Did you reach your goal?

Yes _____ How? _____

No _____ Why? _____



Choose a Variety of Heart-Healthy Foods

Breads, Cereal, Rice, and Pasta Group

(6 to 11 servings*)



- ♥ Plain corn or fat free whole wheat tortillas, plain popcorn
- ♥ Sliced bread (like wheat, rye, or white), sandwich buns, dinner rolls, pita bread, English muffins, bagels
- ♥ Unsalted lowfat crackers (like graham crackers) and unsalted pretzels
- ♥ Cooked hot cereals (not instant)
- ♥ Pasta (like plain noodles, spaghetti, macaroni)

Fruit Group

(2 to 4 servings*)

- ♥ Fresh, frozen, or canned fruit juices
- ♥ Fresh, frozen, canned, or dried fruits (like oranges, papaya, grapefruit, bananas, apples, mangoes, pineapples, watermelons, peaches, fruit cocktail)

Vegetable Group (without added fat)

(3 to 5 servings*)

- ♥ Fresh, frozen, or no salt added canned vegetables (like corn, green beans, carrots, cabbage, tomatoes, yucca, squash, broccoli)
- ♥ Cooked dry beans, peas, and lentils**

Milk, Yogurt, and Cheese Group

(Choose low fat more often)
(2 to 3 servings*)

- ♥ Fat free (skim) and lowfat (1%) milk
- ♥ Lowfat or fat free yogurt
- ♥ Cheeses lower in fat and sodium



Lean Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts Group

(2 to 3 servings*)



- ♥ Chicken or turkey without the skin
- ♥ Fish
- ♥ Lean cuts of meat
Beef: round, sirloin, chuck, loin, extra lean ground beef
Pork: leg, shoulder, tenderloin, lean ham
- ♥ Dry beans and peas (like black beans, pink beans, kidney beans, navy beans, chick peas, lentils, and split peas)*
- ♥ Eggs (no more than four yolks a week)
- ♥ Nuts

Fats

(Use only in small amounts.*)

- ♥ Margarine (liquid, tub, stick, or diet)
- ♥ Oils (like canola, corn, safflower, olive, peanut, or sesame oil)

Sweets

(Don't choose these too often if you are watching your weight. Some may be high in calories.)

- ♥ Frozen treats (frozen juice pops, frozen lowfat yogurt, sherbet)
- ♥ Cake and cookies (angel food cake, fig bar cookies, gingersnaps, animal crackers, vanilla wafers)
- ♥ Candies (jelly beans, hard candy)

* The number of servings that are right for you depends on how many calories you need. This is based on your age, sex, size, and how active you are. Almost everyone should have at least the lowest number of servings.

** Cooked dry beans, peas, and lentils can be counted as a serving in either the meat and beans group or in the vegetable group, but not in both.



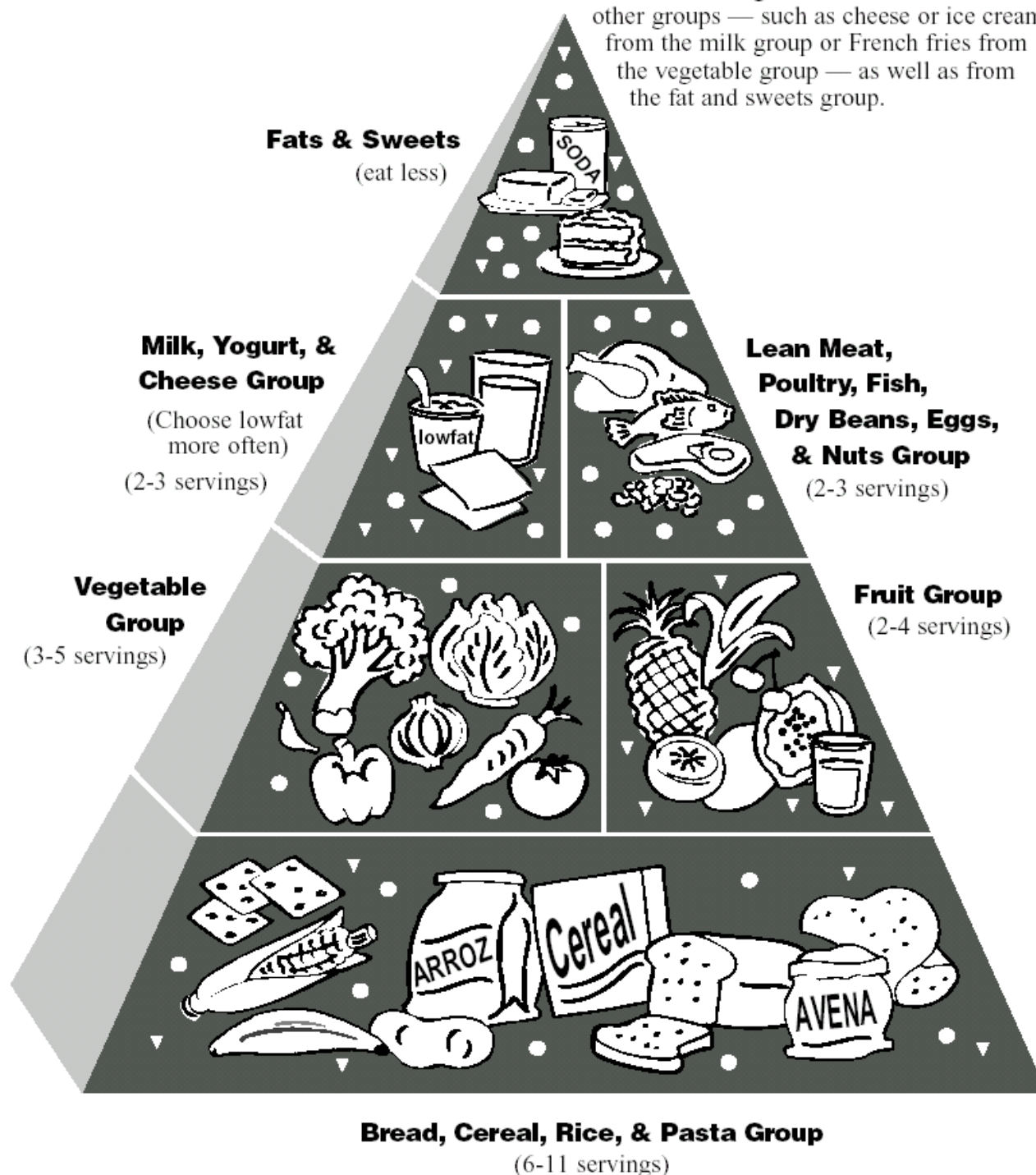
The Latino Food Guide Pyramid

Key

● Fat (naturally occurring and added)

▼ Sugars (added)

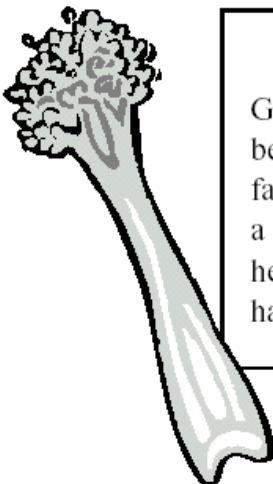
Fat and added sugars in foods come from other groups — such as cheese or ice cream from the milk group or French fries from the vegetable group — as well as from the fat and sweets group.



Meatball Soup

10 cups	water
1 tablespoon	annato (achiote)
1	bay leaf
1 small	onion, chopped
1/2 cup	green pepper, chopped
1 teaspoon	mint (yerbabuena)
1/2 pound	ground chicken
1/2 pound	lean ground beef
2 small	tomatoes, chopped
1/2 teaspoon	oregano
4 tablespoons	instant corn flour (masa harina)
1/2 teaspoon	black pepper
2 cloves	garlic, minced
1/2 teaspoon	salt
2 medium	carrots, chopped
1 medium	chayote (christophine), chopped
2 cups	cabbage, chopped
2	celery stalks, chopped
1 10-ounce	package frozen corn
2 medium	zucchini, chopped
1/2 cup	cilantro, minced

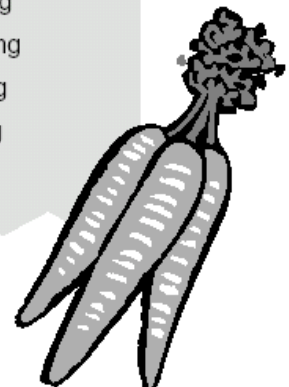
1. In a large pot, combine water, annato, bay leaf, half of the onion, green pepper, and 1/2 teaspoon of mint. Bring to a boil.
2. In a bowl, combine chicken and beef, the other half of the onion, tomato, oregano, corn flour, pepper, garlic, and salt. Mix well. Form 1-inch meatballs. Place meatballs in boiling water and lower heat. Cook over low heat for 30 to 45 minutes.
3. Add carrots, chayote, cabbage, and celery. Cook over low heat for 25 minutes. Add corn and zucchini and cook for another 5 minutes. Remove bay leaf. Garnish with cilantro and the rest of the mint.



Quick Tips

Ground chicken and lean ground beef help reduce the amount of fat in this soup. It also contains a variety of vegetables. It uses herbs and spices for flavor. It has only a small amount of salt.

Yield: 8 servings
 Serving size: 1 1/4 cups
 Each serving provides:
 Calories: 161
 Total fat: 4 g
 Saturated fat: 1 g
 Cholesterol: 31 mg
 Sodium: 193 mg
 Calcium: 47 mg
 Iron: 2 mg



Weekly Promise



Name: _____ Date ____/____/____



After Session 9

Make healthy eating a family affair

Write down the goals you would like to reach or habits you would like to change for better health.

This week I will:

In Nutrition: _____

In Physical Activity: _____

Did you reach your goal?

Yes _____ **How?** _____

No _____ **Why?** _____



Tips for Busy Families



Plan Your Meals

- ♥ Plan weekly meals based on your family's schedule.

Use A Shopping List

- ♥ Save money and time by making only one trip to the store. Make and use a shopping list.



Share Meal Preparation Tasks

- ♥ Teach your family how to grocery shop.
- ♥ Include your spouse and children in preparing meals and cleaning up.
- ♥ Clean up as you cook—you will have less cleanup after you finish cooking.
- ♥ Share cooking duties with other family members or neighbors. For example, your family can cook enough to share with another family.

Cook in Advance

- ♥ Prepare some foods in advance (like spaghetti sauce). Use them for quick meals. You can add chicken or beef to the sauce and serve it over spaghetti or rice.
- ♥ Prepare parts of a meal the night before (such as: marinate chicken in the refrigerator overnight).
- ♥ Pack your lunch the night before.
- ♥ Make enough salad for 2 days. Do not add dressing.
- ♥ Cook 2 or 3 dishes on your day off and freeze part of them. Use the frozen dishes on the days when you don't have time to cook.

Cook Simply

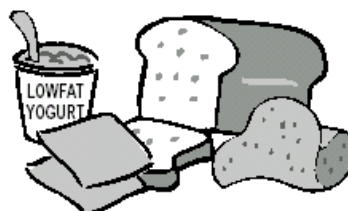
- ♥ Steam vegetables and broil meats.
- ♥ Use frozen vegetables without sauces.
- ♥ Make one-pot meals, like stews and casseroles.
- ♥ Use frozen chopped vegetables (such as green beans and carrots).
- ♥ Use the microwave for cooking or defrosting.
- ♥ Learn simple recipes that can be made in less than 30 minutes.

Use Herbs & Spices

- ♥ Chop fresh herbs and place in ice cube trays. Fill trays with water and freeze. Store the frozen cubes in a plastic bag. Use when you need fresh herbs.
- ♥ Grow cilantro, basil, or thyme on a sunny window sill.
- ♥ Keep dried herbs on hand. One teaspoon of dried herbs is equal to 3 teaspoons of fresh herbs.

Keep Quick Snacks on Hand

- ♥ Try these healthy snacks:
 - Fat free and lowfat yogurt
 - Fat free and lowfat cheese
 - Baked corn tortilla chips
 - Whole grain breads



Rosa's Dilemma: A Real-Life Story

Rosa is married and has two sons, ages 7 and 10. Her husband Tomás works for a construction company Monday through Friday. He leaves for work at 6:30 a.m. and gets home at 4:00 p.m. Rosa works Monday through Friday at a restaurant. She leaves home at 10:00 a.m. and gets back around 7:00 p.m.

Rosa prepares the family's dinner after she comes home from work every night. Many times, she is too tired to cook, so she often picks up a pepperoni pizza, burgers and fries, or fried chicken on her way home.

Rosa sees that the whole family is gaining weight. Tomás wants her to make traditional Latino dinners. Rosa has tried to get her husband to help her with dinner, but he is also very tired. Besides, he thinks that cooking is the woman's job.



What can Rosa do?

Write down some ideas for Rosa to try:

Tips for Eating Out the Heart-Healthy Way

You don't have to give up eating fast foods to eat right.

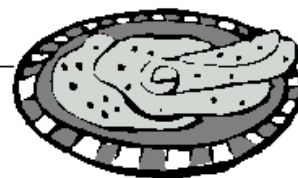
Here are some tips on how to make heart-healthy choices at fast-food restaurants.

Sandwiches

- ♥ Order sandwiches without mayonnaise, tartar sauce, or special sauces. Try mustard or lowfat mayonnaise.
- ♥ Order small, plain hamburgers instead of deluxe sandwiches.
- ♥ Order sandwiches made with lean roast beef or turkey. Chicken salad and tuna salad made with regular mayonnaise are high in fat.
- ♥ Choose grilled chicken sandwiches instead of breaded chicken sandwiches.

Main dishes

- ♥ Choose soft tacos or corn tortillas filled with chicken or lean beef, vegetables, and salsa.
 - Ask for lowfat cheese and lowfat sour cream.
 - Ask for cheese and sour cream to be served on the side. And use only a small amount.
- ♥ Choose rotisserie-style chicken rather than fried chicken. Always remove the skin.
- ♥ Order pizza with vegetable toppings like peppers, mushrooms, or onions. Ask for half the usual amount of cheese.



Side dishes

- ♥ Share a small order of french fries instead of eating a large order by yourself.
- ♥ Ask that no salt be added to your serving.
- ♥ Order a baked potato instead of fries.
 - Try salsa or vegetables as a potato topping.
 - Ask that high fat toppings be served on the side, and use less.
- ♥ Use low calorie/lowfat salad dressing when eating a salad. Bring your own if the restaurant does not offer a lowfat version. You can buy packets at some stores. Ask that dressings be served on the side and use less.



Beverages

- ♥ Choose water, fruit juice, or lowfat (1%) or fat free (skim) milk rather than a soda or a milk shake.
- ♥ Order a small soda, if that is what you want to drink.



Desserts

- ♥ Buy the smallest size nonfat frozen yogurt instead of cookies or pies.

Money-Saving Tips

You can save money on groceries. Follow these simple suggestions.

Before Going to the Store

- ♥ Plan weekly meals.
- ♥ Make a shopping list based on your meal plan.
- ♥ Check the food sale ads.
- ♥ Use coupons. Check the Sunday newspaper and clip coupons for foods you normally buy or need. Remember—coupons do not save you money if you buy products that you don't need. Always compare the price of the item with the coupon with other items on the shelf.
- ♥ Make fresh foods at home instead of using prepared items such as frozen entrees, bakery cakes, or salads.



Choosing a Store

- ♥ Shop at the store that has the lowest prices for the items you need. That may be a different store every week.
- ♥ Remember that convenience stores usually have higher prices and less variety than supermarkets.

At the Store

- ♥ Buy what is on your list. You are more likely to buy too much or buy items that you do not need when you do not use a list.
- ♥ Convenience can cost more. Some examples include:
 - canned beans
 - boneless chicken breasts
 - precut vegetables
- ♥ Buy fruits and vegetables that are in season.
- ♥ Buy only the amount of food the family can use even if a large size costs less.
- ♥ Shop alone when possible. Family members or friends may try to get you to buy items you do not need.
- ♥ Do not shop when you are hungry.
- ♥ Watch for errors at the cash register. Some stores will give a customer free items if you are charged the wrong amount.



Shopping List

Make a shopping list. Include the items you need for your menus and any basics you need to restock in your kitchen.

Produce

- ___ Fresh fruits (mangos, apples, oranges, pineapple)
- ___ Fresh vegetables (cabbage, lettuce, onions, tomatoes, squash, sweet potatoes, cactus, okra, yucca, plantains)

Breads, Muffins, Rolls

- ___ Bread, bagels, pita bread
- ___ English muffins
- ___ Corn tortillas
- ___ Lowfat wheat tortillas

Cereals, Rice, Crackers, Pasta, and Noodles

- ___ *Cereal, dry or cooked
- ___ Pasta (noodles, spaghetti)
- ___ Other
- ___ *Saltines, soda crackers
- ___ Graham crackers
- ___ *Other crackers



Dairy Case

- ___ Fat free (skim) or lowfat (1%) milk
- ___ Fat free or lowfat (1%) cottage cheese
- ___ Fat free or lowfat cheeses
- ___ Fat free or lowfat yogurt
- ___ Light or diet margarine
- ___ Fat free sour cream
- ___ Fat free cream cheese
- ___ Eggs



Meats

- ___ Chicken
- ___ Turkey
- ___ Fish
- ___ Beef (round or sirloin)
- ___ Extra lean ground beef
- ___ Pork tenderloin, leg, shoulder



- ___ *Lower fat lunch meats like ham and bologna
- ___ Dry beans and peas

Baking Items

- ___ Flour
- ___ Sugar
- ___ Nonstick cooking spray
- ___ Fat free(skim) canned evaporated milk
- ___ Nonfat dry milk powder
- ___ Unsweetened cocoa powder
- ___ Baking powder



Canned Fruits, Vegetables, Beans, and Soups

- ___ Canned fruits in light syrup or juice
- ___ Canned fruit
- ___ Applesauce
- ___ Canned tomatoes (no salt added)
- ___ Low sodium tomato sauce or paste
- ___ Other canned vegetables (no salt added)

- ___ Canned broth (fat free, low sodium)*
- ___ Other canned soups*

- ___ Canned beans (no salt or seasoning added)

Fats and Oils

- ___ *Margarine (liquid, tub, stick, diet)
- ___ Vegetable oil

Frozen

- ___ Fat free or lowfat yogurt and desserts*
- ___ Frozen vegetables without sauces
- ___ Frozen fruit juices

Other

- ___ Herbs and spices (oregano, cumin, red pepper, cilantro, parsley)



*Use the nutrition label to choose foods lowest in fat, saturated fat, cholesterol, sodium, and calories.



Quick Beef Casserole

1/2 pound	lean ground beef
1 cup	onion, chopped
1 cup	celery, chopped
1 cup	green pepper, cubed
3 1/2 cups	tomatoes, diced
1/4 teaspoon	salt
1/2 teaspoon	black pepper
1/4 teaspoon	paprika
1 cup	frozen peas
2 small	carrots, diced
1 cup	uncooked rice
1 1/2 cups	water

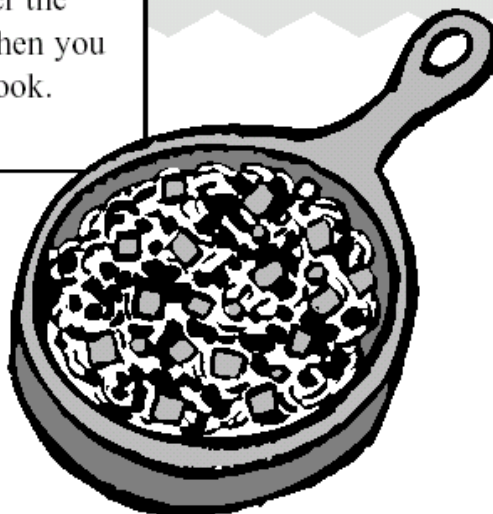
1. In a skillet, brown the ground beef and drain off the fat.
2. Add the rest of the ingredients. Mix well. Cook over medium heat and cover skillet until boiling. Reduce to low heat and simmer for 35 minutes.

Serve hot.

Quick Tips

- Drain the meat after cooking to lower the amount of fat and calories.
- This one-dish meal can be made and frozen over the weekend. Reheat when you don't have time to cook.

Yield: 8 servings
Serving size: 1 1/3 cups
Each serving provides:
Calories: 184
Total fat: 3 g
Saturated fat: 1g
Cholesterol: 15 mg
Sodium: 125 mg
Calcium: 33 mg
Iron: 2 mg



Weekly Promise



Name: _____ Date ____/____/____



After Session 10

Eat in a healthy way—even when time or money is tight

Write down the goals you would like to reach or habits you would like to change for better health.

This week I will:

In Nutrition: _____

In Physical Activity: _____

Did you reach your goal?

Yes _____ **How?** _____

No _____ **Why?** _____



How Smoking Can Harm You

♥ Smoking can cause:

- **Heart Attack and Stroke**

- About 80 to 90 percent of heart attacks and strokes are related to smoking.
- One year after a person stops smoking, the risk of having a heart attack or stroke will drop by more than half.

- **Cancer**

- Smoking increases your risk of developing cancer of the bladder, stomach, uterus, and lung.
- About 80 to 90 percent of lung cancer is caused by smoking.
- The cancer death rate for men who smoke cigarettes is more than double that of nonsmokers.
- Men who smoke are 22 times more likely to develop lung cancer than men who do not smoke; women are 12 times more likely.

♥ Smoking and secondhand smoke can cause:

- Serious respiratory diseases such as emphysema and chronic bronchitis
- More colds, sore throats, and respiratory infections
- Asthma attacks

♥ Unpleasant effects include:

- Yellow stains on teeth and fingers
- Bad breath
- Gum disease
- Early wrinkling of the skin



How Smoking Harms Infants and Children



Each time a pregnant woman smokes, her baby's heart rate increases.

When a pregnant woman smokes, her baby gets less oxygen.

The birth weight for babies born to smokers is less than for babies born to nonsmokers.

Smoking increases the chance of a stillbirth.

Babies whose mothers smoke have a greater risk of dying from SIDS (sudden infant death syndrome).

Harmful chemicals pass through the placenta and directly into the baby's blood.

If the mother continues to smoke after the baby is born, the baby can get more chest colds, ear infections, bronchitis, pneumonia, and asthma.


Babies who are exposed to smoke cry, sneeze, and cough more than do babies who are not.

Children who grow up in a home with smokers are more likely to become smokers.





The Cost of Smoking


1 pack a day* for . . .

1 Week = \$17.50 =  Compact Disk


1 Month = \$75 =  Movie and Dinner
for the Family

6 Months = \$450 =  Color T.V.

1 Year = \$900 =  Video Camera

2 Years = \$1,800 =  Computer

3 Years = \$2,700 =  Dream Vacation
for the Family

4 Years = \$3,600 =  Car Down
Payment

* Based on a pack of cigarettes that costs \$2.50.



Smoke-Free Family Signs



Kick the Smoking Habit!

Stop smoking for the health and well-being of you and your family.

The smoke from a cigarette gives off more than 4,000 harmful substances into the air. You put your health and your family's health at risk when you smoke. Smoking increases your risk of heart attack, lung diseases, stroke, and cancer.



Tips to quit smoking

1. Pick a day to stop smoking.
2. Keep reminding yourself why you want to quit.
3. Throw away your cigarettes, lighters, and ashtrays.
4. Drink water or suck on ice instead of smoking.
5. Chew sugarless gum or eat a piece of fruit instead of smoking.
6. Get moving. Whenever you have the urge to smoke, take a walk. Soon the urge will pass.



Make a plan to stay off cigarettes.

- ♥ At first, avoid places that make you want to smoke.
- ♥ Ask your family and friends not to smoke around you.
- ♥ At parties, try to be around friends who do not smoke.
- ♥ When someone offers you a cigarette, say, "No, thank you. I don't smoke." You will soon see yourself as a nonsmoker.
- ♥ Be kind to yourself. If you smoke a cigarette, don't give up. Remind yourself of the reasons you want to quit. Try again.



Help your heart. Stop smoking.



Quitting smoking will lower your risk of heart attack, stroke, and lung disease and help you breathe more easily and feel less tired. What's more, your clothes, hair, and breath will smell fresher, and you will save money by not buying cigarettes. Most important, when you quit smoking, your children won't be exposed to your secondhand smoke. They will have your good example to follow.

Even if you do not smoke, it is important that you learn about the best ways to quit.

Help those around you and keep your children smoke-free.



Quit smoking and add years to your life!



Mariano and Néstor decided to quit smoking. Néstor made a firm pledge one morning, threw away his cigarettes, and quit for good. Mariano used the following three tips and quit too.

1.
Use the nicotine patch or gum.

"The doctor at the clinic suggested that I use the patch. The patch helped me slow down the urge to smoke."

2.
Get support.

"I also attended a quit-smoking program in the clinic every Thursday night. And I got a lot of support from

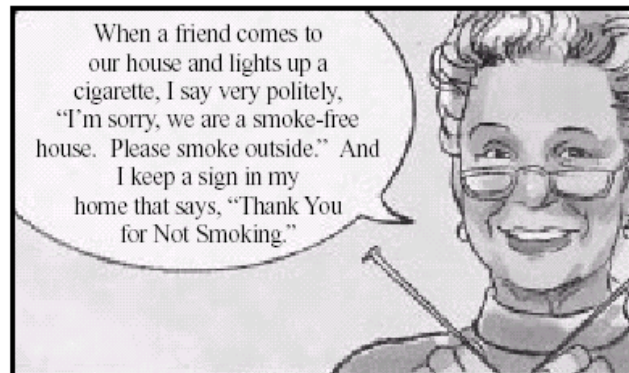
3.
Learn how to handle urges to smoke.

"Every time I felt under stress, I wanted to smoke. Instead of smoking, I went to play soccer or talked to a friend."



Break free from the smoking habit

Doña Fela says it's not hard to make your home smoke-free.



Protect your children!

Talk to your children about the harm that smoking will do to their health. Practice with them saying, "No, thanks. I don't smoke."



Make your personal pledge to do what the Ramírez family has done to protect your family from cigarette smoke. Look at the examples:

If you smoke

I will set a quit date today.



To protect your family from a smoker

I will put a "Thank You for Not Smoking" sign in my house.



To help your child stay smoke free

I will practice with my child saying "NO" to cigarette smoking.

Write the changes you will try to make this week.

**Your health and your family's health is priceless.
Make an investment in it!**



Weekly Promise



Name: _____ Date ____/____/____



After Session 11

Enjoy living smoke free

Write down the goals you would like to reach or habits you would like to change for better health.

This week I will:

In Nutrition: _____

In Physical Activity: _____

Did you reach your goal?

Yes _____ **How?** _____

No _____ **Why?** _____



Sample

A Letter to Myself

I have learned that there are many things that I can do to improve my health and lower my chances of developing heart disease. I can help family members make healthy choices, too. During the next 3 months, I will try to do these things to protect my heart:

1. At work, I will use the stairs instead of taking the elevator.
2. I will eat two to three servings of fruit every day.
3. When eating out, I will choose foods that are baked, broiled, or grilled.
4. I will switch to reduced fat (2%) milk for 1 month, then to lowfat (1%) milk for 1 month, and to fat free (skim) milk in 3 months.
5. I will have my blood pressure checked at the local clinic.

Signed Roberto García

Date 3/18/2000



A Letter to Myself

I have learned that there are many things that I can do to improve my health and lower my chances of developing heart disease. I can help family members make healthy choices, too. During the next 3 months, I will try to do these things to protect my heart:

1. _____

2. _____

3. _____

4. _____

5. _____

Signed _____

Date _____



Bingo Facts

(Photocopy and cut)

Protect your heart. When the heart stops, life stops.	Brisk walking is an activity almost everyone can do.
Physical activity makes your heart and lungs stronger.	Do 30 minutes of physical activity each day.
Stay active. Walk with your family or a friend.	It is best to have a blood pressure reading less than 120/80.
A blood pressure reading of 140/90 or greater is high.	Eat less salt and sodium to help prevent high blood pressure.
Hypertension is another term for high blood pressure.	Regular canned and instant soups contain a lot of sodium.
Use herbs and spices instead of salt.	You can have high blood pressure and not know it.
Being overweight increases your risk of heart disease.	Being overweight increases your risk of high blood pressure.
Being overweight increases your risk of high blood cholesterol.	Being overweight increases your risk of diabetes.
To lose weight, cut down on portion size and be more active.	The food label gives serving size and the number of calories in a serving.
A serving of cooked vegetables is 1/2 cup.	Eat more fruit each day. Have a banana with your cereal for breakfast.



Bingo Facts

(Photocopy and cut)

Eat more vegetables each day. Have a salad for lunch.	Order baked or grilled foods to cut down on fat and calories.
To save food dollars, plan weekly menus. Shop with a list!	Try fruit and nonfat yogurt for snacks.
Smoking causes serious health problems such as heart disease and lung cancer.	Pregnant women should not smoke.
Children of smokers are more likely to become smokers.	A desirable blood cholesterol level is less than 200.
A high blood cholesterol level is 240 or higher.	Cholesterol can clog your arteries and cause a heart attack or stroke.
To keep a desirable cholesterol level, eat in a heart-healthy way, be active, and keep a healthy weight.	Trim visible fat from meat before cooking.
Use the food label to choose foods lower in fat and saturated fat	Saturated fat is solid at room temperature.
High blood pressure makes your heart work harder.	Cook more food than you need and freeze part to use when you don't have a lot of time to cook.
Beans, rice, fruits, and other favorite Latino foods are naturally low in fat.	Drain meat after it is cooked to get rid of some of the fat.
Too much cholesterol in your blood can clog your arteries.	Lard is high in saturated fat.



Sample Bingo Cards – 1

Heart Health Bingo



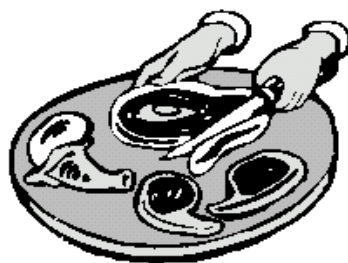
Stay active. Walk with your family or a friend.



Use herbs and spices instead of salt.



Children of smokers are more likely to become smokers.



Trim visible fat from meat before cooking.

♥
**FREE
SPACE**



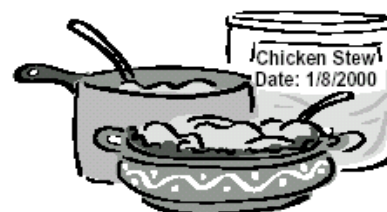
To keep a desirable cholesterol level, eat in a heart-healthy way, be active, and keep a healthy weight.

Nutrition Facts	
Serving Size 1 oz. Servings Per Container 7	
Amount Per Serving	
Calories 120	Calories from Fat 80
% Daily Value	
Total Fat 10g	15%
Saturated Fat 7g	30%
Cholesterol 30mg	10%
Sodium 100mg	8%
Total Carbohydrate less than 1g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 0g	
Vitamin A 0%	Vitamin C 0%
Calcium 20%	Iron 0%

Use the food label to choose foods lower in fat and saturated fat.



Eat more vegetables each day. Have a salad for lunch.



Cook more food than you need and freeze part to use when you don't have a lot of time to cook.



Sample Bingo Cards – 2

Heart Health Bingo



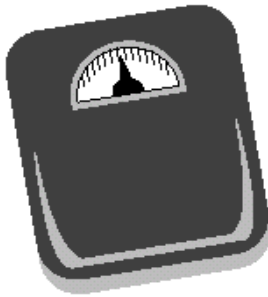
High blood pressure makes your heart work harder.



Beans, rice, fruits, and other favorite Latino foods are naturally low in fat.

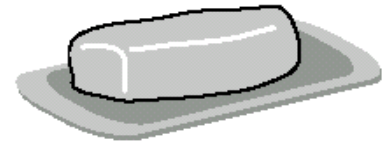
Nutrition Facts	
Serving Size 1 oz	
Servings Per Container 7	
Amount Per Serving	
Calories 120	Calories from Fat 90
% Daily Value	
Total Fat 10g	20%
Saturated Fat 7g	35%
Cholesterol 30mg	10%
Sodium 100mg	8%
Total Carbohydrate less than 1g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 0g	
Vitamin A 0%	Vitamin C 0%
Calcium 20%	Iron 0%

Use the food label to choose foods lower in fat and saturated fat.



Being overweight increases your risk of diabetes.

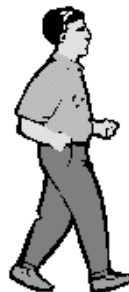
♥
**FREE
SPACE**



Saturated fat is solid at room temperature.



A blood pressure reading of 140/90 or greater is high.



Brisk walking is an activity almost everyone can do.



Pregnant women should not smoke.

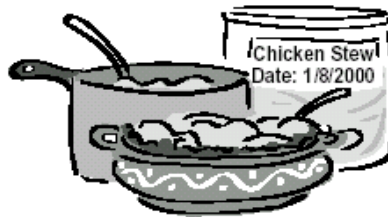


Sample Bingo Cards – 3

Heart Health Bingo



Children of smokers are more likely to become smokers.



Cook more food than you need and freeze part to use when you don't have a lot of time to cook.



Lard is high in saturated fat.



Protect your heart. When the heart stops, life stops.



Eat less salt and sodium to help prevent high blood pressure.



To lose weight, cut down on portion size and be more active.



Eat more vegetables each day. Have a salad for lunch.



A high blood cholesterol level is 240 or higher.



Sample Bingo Cards – 4

Heart Health Bingo



Cholesterol can clog your arteries and cause a heart attack or stroke.



Eat more fruit each day.
Have a banana with your cereal for breakfast.



Hypertension is another term for high blood pressure.



Smoking causes serious health problems such as heart disease and lung cancer.



Nutrition Facts	
Serving Size 1 oz Servings Per Container 7	
Amount Per Serving	
Calories 120	Calories from Fat 90
% Daily Value	
Total Fat 10g	15%
Saturated Fat 7g	25%
Cholesterol 30mg	10%
Sodium 100mg	8%
Total Carbohydrate less than 1g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 0g	
Vitamin A 45%	Vitamin C 0%
Calcium 20%	Iron 0%

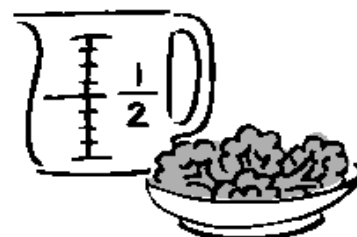
The food label gives serving size and the number of calories in a serving.



Regular canned and instant soups contain a lot of sodium.



A desirable blood cholesterol level is less than 200.



A serving of cooked vegetables is $\frac{1}{2}$ cup.

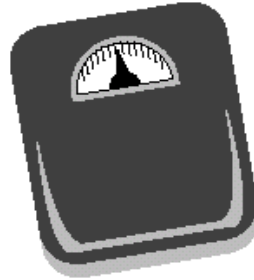


Sample Bingo Cards – 5

Heart Health Bingo



Do 30 minutes of physical activity each day.



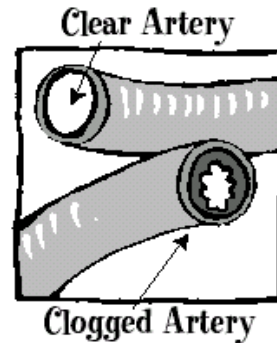
Being overweight increases your risk of heart disease.



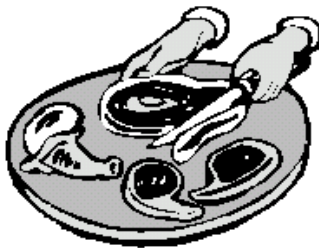
Try fruit and nonfat yogurt for snacks.



Order baked or grilled foods to cut down on fat and calories.



Too much cholesterol in your blood can clog your arteries.



Trim visible fat from meat before cooking.



You can have high blood pressure and not know it.



To save food dollars, plan weekly menus. Shop with a list!

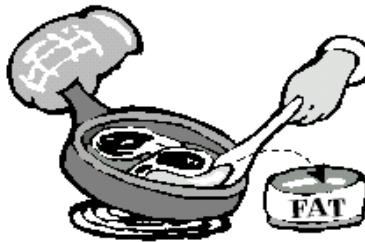


Sample Bingo Cards – 6

Heart Health Bingo



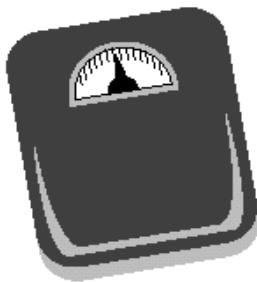
To keep a desirable cholesterol level, eat in a heart-healthy way, be active, and keep a healthy weight.



Drain meat after it is cooked to get rid of some of the fat.



It is best to have a blood pressure reading less than 120/80.



Being overweight increases your risk of high blood cholesterol.



Use herbs and spices instead of salt.



Stay active. Walk with your family or a friend.



Brisk walking is an activity almost everyone can do.



Hypertension is another term for high blood pressure.



Sample Bingo Cards – 7

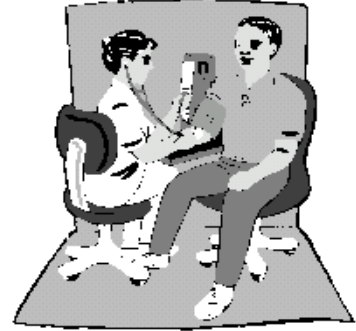
Heart Health Bingo



A desirable blood cholesterol level is less than 200.



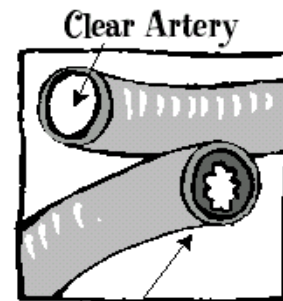
Physical activity makes your heart and lungs stronger.



Hypertension is another term for high blood pressure.



Eat more vegetables each day. Have a salad for lunch.



Too much cholesterol in your blood can clog your arteries.



Pregnant women should not smoke.



Use herbs and spices instead of salt.



A blood pressure reading of 140/90 or greater is high.



Sample Bingo Cards – 8

Heart Health Bingo



Beans, rice, fruits, and other favorite Latino foods are naturally low in fat.



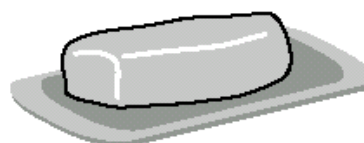
Being overweight increases your risk of high blood pressure.



Physical activity makes your heart and lungs stronger.



Smoking causes serious health problems such as heart disease and lung cancer.



Saturated fat is solid at room temperature.



A blood pressure reading of 140/90 or greater is high.



To save food dollars, plan weekly menus. Shop with a list!



To lose weight, cut down on portion size and be more active.



Sample Bingo Cards – 9

Heart Health Bingo		
 <p>Pregnant women should not smoke.</p>	 <p>Eat more vegetables each day. Have a salad for lunch.</p>	 <p>Drain meat after it is cooked to get rid of some of the fat.</p>
 <p>Cook more food than you need and freeze part to use when you don't have a lot of time to cook.</p>	 <p>FREE SPACE</p>	 <p>Stay active. Walk with your family or a friend.</p>
 <p>Being overweight increases your risk of diabetes.</p>	 <p>Order baked or grilled foods to cut down on fat and calories.</p>	 <p>Protect your heart. When the heart stops, life stops.</p>

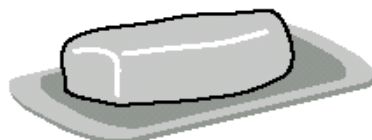


Sample Bingo Cards – 10

Heart Health Bingo



High blood pressure makes your heart work harder.



Saturated fat is solid at room temperature.



Eat less salt and sodium to help prevent high blood pressure.

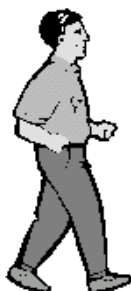


Cook more food than you need and freeze part to use when you don't have a lot of time to cook.

♥
**FREE
SPACE**



Regular canned and instant soups contain a lot of sodium.



Brisk walking is an activity almost everyone can do.



Children of smokers are more likely to become smokers.



Being overweight increases your risk of diabetes.

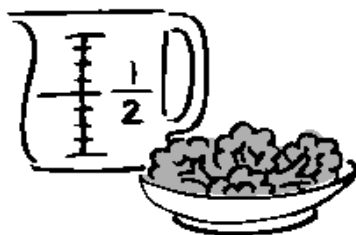


Sample Bingo Cards – 11

Heart Health Bingo



It is best to have a blood pressure reading less than 120/80.



A serving of cooked vegetables is $\frac{1}{2}$ cup.



Smoking causes serious health problems such as heart disease and lung cancer.



To save food dollars, plan weekly menus. Shop with a list!



Eat more fruit each day. Have a banana with your cereal for breakfast.



Lard is high in saturated fat.



Brisk walking is an activity almost everyone can do.



To lose weight, cut down on portion size and be more active.



Sample Bingo Cards – 12

Heart Health Bingo



Being overweight increases your risk of heart disease.



Do 30 minutes of physical activity each day.



Try fruit and nonfat yogurt for snacks.



Cholesterol can clog your arteries and cause a heart attack or stroke.

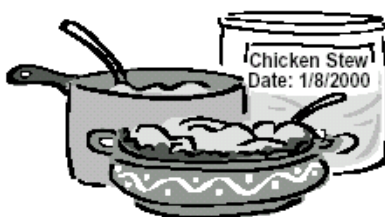
♥
**FREE
SPACE**



To lose weight, cut down on portion size and be more active.



Hypertension is another term for high blood pressure.



Cook more food than you need and freeze part to use when you don't have a lot of time to cook.



Regular canned and instant soups contain a lot of sodium.



Sample Bingo Cards – 13

Heart Health Bingo



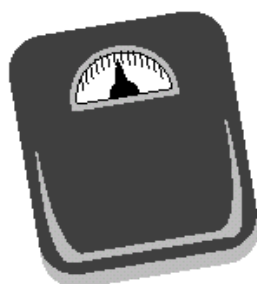
High blood pressure makes your heart work harder.



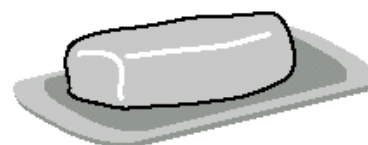
Beans, rice, fruits, and other favorite Latino foods are naturally low in fat.

Nutrition Facts	
Serving Size 1 oz. Servings Per Container 7	
Amount Per Serving	
Calories 100	Calories from Fat 90
% Daily Value	
Total Fat 10g	20%
Saturated Fat 7g	55%
Cholesterol 20mg	10%
Sodium 100mg	5%
Total Carbohydrate less than 1g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 0g	
Vitamin A 6%	Vitamin C 0%
Calcium 33%	Iron 0%

Use the food label to choose foods lower in fat and saturated fat.



Being overweight increases your risk of diabetes.



Saturated fat is solid at room temperature.



A blood pressure reading of 140/90 or greater is high.



Brisk walking is an activity almost everyone can do.



Pregnant women should not smoke.



Sample Bingo Cards – 14

Heart Health Bingo



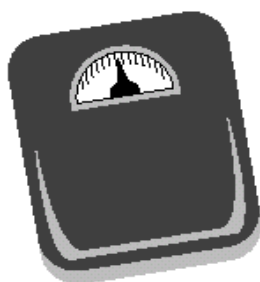
Brisk walking is an activity almost everyone can do.



You can have high blood pressure and not know it.



High blood pressure makes your heart work harder.



Being overweight increases your risk of high blood pressure.



Smoking causes serious health problems such as heart disease and lung cancer.

Nutrition Facts	
Serving Size 1 oz. Servings Per Container 7	
Amount Per Serving	
Calories 120	Calories from Fat 90
% Daily Value	
Total Fat 10g	15%
Saturated Fat 7g	35%
Cholesterol 30mg	10%
Sodium 100mg	8%
Total Carbohydrate less than 1g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 0g	
Waters A 0%	Vitamins C 0%
Calories 20%	Iron 0%

The food label gives serving size and the number of calories in a serving.



Children of smokers are more likely to become smokers.

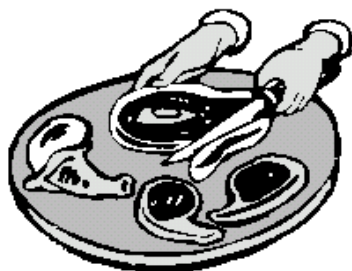


A high blood cholesterol level is 240 or higher.



Sample Bingo Cards – 15

Heart Health Bingo



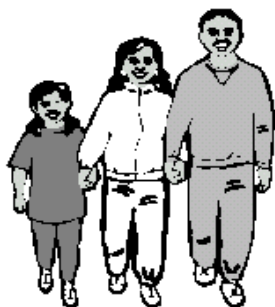
Trim visible fat from meat before cooking.



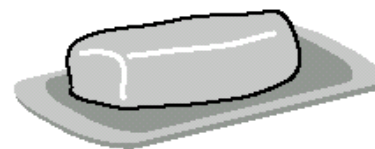
Pregnant women should not smoke.

Nutrition Facts	
Serving Size 1 oz. Servings Per Container 7	
Amount Per Serving	
Calories 120	Calories from Fat 90
<hr/>	
Total Fat 10g	15%
Saturated Fat 7g	35%
Cholesterol 35mg	10%
Sodium 160mg	8%
Total Carbohydrate less than 1g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 0g	
Vitamin A 0%	Vitamin C 0%
Calcium 20%	Iron 0%

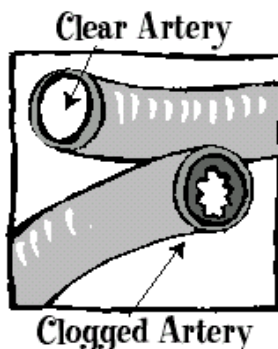
Use the food label to choose foods lower in fat and saturated fat.



Stay active. Walk with your family or a friend.



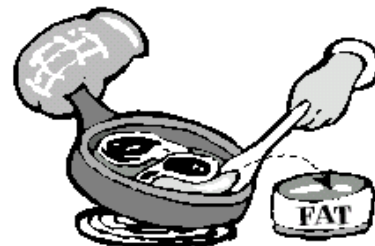
Saturated fat is solid at room temperature.



Too much cholesterol in your blood can clog your arteries.



Use herbs and spices instead of salt.



Drain meat after it is cooked to get rid of some of the fat.



Steps Forward Program

Physical Activity Risk Assessment Form



- | | | | |
|---|-----|----|----|
| 1. Do you have chest pains or pressure brought on by physical activity? | YES | NO | DK |
| 2. Have you developed chest pains or pressure in the past month? | YES | NO | DK |
| 3. Do you tend to lose consciousness or lose your balance because of dizziness? | YES | NO | DK |
| 4. Do you have diabetes? | YES | NO | DK |
| 5. Has a health care provider said that you have a heart condition? | YES | NO | DK |

If YES, please specify which:

- | | | | |
|---|-----|----|----|
| 6. Do you know of any reason why you should NOT walk daily without medical supervision? | YES | NO | DK |
|---|-----|----|----|

If YES, please specify the reason:

- | | | | |
|---|-----|----|----|
| 7. Have you had extreme shortness of breath when doing mild exercise? | YES | NO | DK |
|---|-----|----|----|

8. What is the name of your doctor?

Name: _____

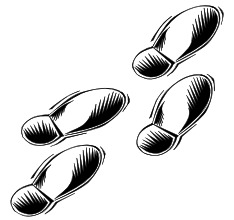
Address: _____

If you answered "YES" to any of these questions, please consult your health care provider before beginning an exercise program and sign and date below.

Signature of Participant

Date

Steps Forward Sign in Sheet



Health Educator: _____ Date: _____
Session Number: _____
Group Number: _____
Meeting Site: _____

Name (Please Print)	Phone Number
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	
11.	
12.	
13.	
14.	
15.	
16.	
17.	
18.	
19.	
20.	

An illustration of two people walking on a light green path. The person on the left is wearing a purple tank top and teal shorts, while the person on the right is wearing a yellow tank top and black pants. They are both wearing white sneakers and are walking towards the right. The background is a solid light blue color.

Time: _____

Leader: _____

[illegible]

Time: _____

Leader: _____

[illegible]

Time: _____

Leader:_____

[illegible]

Evaluation

Session _____

In order to improve the program, we would like to know your opinion. We ask that you help us by answering the following questions. Thank you.

1. What did you like most about this class?

2. What did you like least about this class?

3. What can we do to improve this class or make it more interesting?

Health Educator Session Summary Form

Session # _____ Date: _____ Day and time of Session: _____ Number of Participants: _____

Person filling out form: _____ Other Health Educators involved in Session: _____

Please consider everything that took place in your session today, and answer the following questions. Circle the appropriate number in the scales provided.

1. How many of the objectives of this session did you meet today?

None		About Half of them		All of them
1	2	3	4	5

2. How many participants had fulfilled the pledges they made during the previous session?

None		About Half of them		All of them
1	2	3	4	5

3. Please describe the participants' successes/progress which they shared with the group:

4. Please describe any barriers and obstacles to success/progress which participants shared with the group:

5. How useful were the materials in conducting this session?

Not at all		Somewhat Useful		Very Useful
1	2	3	4	5

6. Was there any additional information which you needed for this class that was not available today? ____ Yes ____ No
Please describe the information that you needed:

7. How active was participation during group discussions?

Not at all Active		Somewhat Active		Active Participation
1	2	3	4	5

8. Please rate the group dynamics during the session:

One person dominated
the session

1

2

half the participants
were vocal, the rest
were not

3

4

Equal participation
by all

5

9. How much were participants interacting with each other?

No Interaction

1

2

Some Interaction

3

4

A lot of interaction

5

10. Please give your rating of the group's satisfaction with this session's content:

Dissatisfied

1

2

Satisfied

3

4

Very Satisfied

5

11. What was the best thing about today's session? (Please describe as completely as possible)

12. What was the most difficult thing about today's session? (Please describe as completely as possible)