

Workshop 1

Enjoy Healthy Food That Tastes Great

Eat Healthy ● Be Active
Community Workshops



Instructor Guide

Before Workshop Begins

- Thoroughly read entire workshop and become familiar with the lesson plan.
- Choose an activity to do, and gather materials needed for the icebreaker and the chosen activity.
 - *Icebreaker*: large and small disposable plates, salt-free pretzels, olive oil, a selection of spices (hint: consider buying spices from a food co-op where you can buy small amounts for less money), and a plate/tray for the spices
 - *Activity 1*: paper plates, crayons/markers/etc. for each person
 - *Activity 2*: sugar, can of soda, plate, teaspoon
- Photocopy handouts (one per participant):
 1. Enjoy Healthy Food That Tastes Great (2 pages)
 2. Find Someone Who... (1 page)
 3. Tips for Healthier Choices (2 pages)
 4. Reduce Your Sodium (Salt) Intake (1 page)
 5. Modifying a Recipe/Recipe Makeover (2 pages)
 6. MyPlate/10 Tips to a Great Plate (2 pages)
 7. Workshop Evaluation (1 page)

Workshop Outline

The workshop should last ~1 hour, including activities.

- Icebreaker activity (5 minutes)—do this while people are coming into the workshop
- Introduction (5 minutes)
 - Explain the purpose of the workshop
 - Review the Learning Objectives
- **Objective 1**: Learn about small changes you can make to choose healthier fats, less salt, and less added sugars (5–10 minutes)
 - Review handout: *Enjoy Healthy Food That Tastes Great*
- Video: *Healthy Can Be Tasty* (2–3 minutes)

- Stretch Break (5 minutes)
 - Review handout: *Find Someone Who. . .*
- **Objective 2:** Learn about food substitutions and using spices, herbs, and salt-free seasonings that will give you new ways to eat healthfully (5–10 minutes)
 - Review handout: *Tips for Healthier Choices*
 - Review handout: *Reduce Your Sodium (Salt) Intake*
- Activity (5–10 minutes). *Note:* Choose ahead of time and gather supplies. If doing Activity 1, review *10 Tips to a Great Plate* during this time
- **Objective 3:** Learn ideas for recipe modifications and cooking techniques to reduce calories, solid fats (saturated and *trans* fat), sodium, or added sugars (5–10 minutes)
 - Review handout: *Modifying a Recipe/Recipe Makeover* (at-home activity)
- Increasing Physical Activity (1–2 minutes)
- Review handout *MyPlate* and how to use *10 Tips to a Great Plate* (2 minutes)
- Wrap-up/Q&A (5 minutes)
 - Reminders of things to try at home:
 - Modify a recipe to make it lower in solid fats (saturated and *trans* fat), sodium, or added sugars
 - Reduce amount of screen time and increase physical activity
- Ask participants to complete the evaluation form (5 minutes)

Workshop Lesson Plan

Icebreaker Activity—Taste Testing (5 minutes)

Spices/Herbs/Seasoning Taste Test: Select 2–3 spices, such as thyme, basil, oregano, rosemary, garlic powder, onion powder, chili powder, low-sodium taco seasoning, cumin, curry, coriander, salt-free seasoning mixes, etc. As people come into the workshop, offer them a salt-free pretzel to dip in a small amount of olive oil and then in a spice. See how they like the taste and whether they can name the spice/seasoning.

Supplies necessary: Large and small disposable plates, salt-free pretzels, olive oil, a selection of spices (hint: consider buying spices from a food co-op where you can buy small amounts for less money), and a plate/tray for the spices.

Talking Points—Purpose of the Workshop (2–3 minutes)

- Today’s workshop and handouts will give you tips for making meals that are both healthy and taste great.
- This workshop is based on the *Dietary Guidelines for Americans, 2010* and the *2008 Physical Activity Guidelines for Americans*. The Dietary Guidelines provide science-based advice for making food choices that promote good health and a healthy weight and help prevent disease. The Physical Activity Guidelines provide recommendations on the amount, types, and level of intensity of physical activity needed to achieve and maintain good health.
- The Dietary Guidelines provide these selected consumer messages. More information about the messages can be found at <http://www.ChooseMyPlate.gov/>.
 - *Balancing Calories*
 - ✓ Enjoy your food, but eat less.
 - ✓ Avoid oversized portions.
 - *Foods to Increase*
 - ✓ Make half your plate fruits and vegetables.
 - ✓ Make at least half your grains whole grains.
 - ✓ Switch to fat-free or low-fat (1%) milk.

- *Foods to Decrease*
 - ✓ Compare sodium in foods like soup, bread, and frozen meals—and choose foods with lower numbers.
 - ✓ Drink water instead of sugary drinks.
- Healthy eating and physical activity work hand in hand to help us live healthier lives. The Physical Activity Guidelines recommend that adults be physically active for at least 2 hours and 30 minutes each week—children need 60 minutes each day.
 - ✓ You can stay physically active by doing activities such as walking, dancing, bicycling, or gardening and by reducing the amount of time you spend sitting.

Talking Points—Learning Objectives (2–3 minutes)

1. Learn about small changes you can make to choose healthier fats, less salt, and less added sugars.
2. Learn about food substitutions and using spices, herbs, and salt-free seasonings that will give you new ways to eat healthfully.
3. Learn ideas for recipe modifications and cooking techniques to reduce calories, solid fats (saturated and *trans* fat), sodium, or added sugars.

Talking Points—Handout: Enjoy Healthy Food That Tastes Great (5–10 minutes)

Small Changes Can Make a Large Difference

- Select leaner cuts of ground beef (90% lean or higher), turkey breast, or chicken breast.
- Compare sodium in foods like soup, bread, and frozen meals—and choose foods with lower numbers.
- Limit your purchase of processed meats, which tend to be high in sodium.
- Try seafood instead of meat and poultry. You should aim to eat 8 ounces of seafood per week. See Appendix 11 in the *Dietary Guidelines for Americans* for information on mercury content of fish.
- Choose whole-grain cereals that don't have frosting or added sugars; add flavor to hot whole-grain cereals with raisins, vanilla, and/or cinnamon.



- Make half your plate fruits and vegetables (especially nutrient-packed ones that are red, orange, and green, as well as beans and peas).
 - Choose frozen vegetables without sauces and canned vegetables that are labeled as reduced sodium or no-salt-added.
 - In addition to fresh fruits, use canned, frozen, and dried fruits. Look for unsweetened fruit or fruit canned in 100% juice.
- Choose water, fat-free or low-fat milk, 100% fruit juice, or unsweetened tea or coffee as drinks rather than regular soda, sports drinks, energy drinks, fruit drinks, and other sugar-sweetened drinks.
- Instead of a big dessert, try a piece of fresh fruit or a frozen fruit bar, or split a smaller dessert with a friend.

Video: Healthy Can Be Tasty (2–3 minutes)

Stretch Break—Handout: Find Someone Who . . . (5 minutes)

“Find Someone Who . . .”: This bingo-like game reinforces the winning combination of a healthy diet and physical activity, and allows participants to get to know one another. Pass out the game sheet and ask participants to walk around the room and talk to one another to learn which healthy lifestyle activities each person enjoys. Participants then sign their names in the boxes for the activities they do. Depending on the size of the group, set a limit on how many boxes the same person can sign on a participant’s game sheet (usually just two). Award a healthy prize (fruit, water bottle, jump rope, etc.) to the first person to get a complete row signed. To keep the game going, ask participants to try and complete two rows, a “T” pattern, or even the whole grid. It’s helpful to have several prizes on hand to reward winners.

Find Someone Who . . .			
Eating Healthy Most of the Time + Physical Activity = Good Health			
Has a brown salad about once a week	Has had other people eat and vegetables today	Has talked with her boss or a grandchild	Has had her blood after
Chooses healthy options for milk and other products	Doesn't drink soda	Chooses whole grains, protein, and vegetables	Engages in activities that make her feel good
Exercises after work	Works in the garden	Asks only fresh fruits and vegetables at her shop	Takes a break walk on most days
Avoids processed products	Did someone else probably eat with her	Likes 100% frozen juice bars	Regularly reads the Nutrition Facts Label

Supplies necessary: *Find Someone Who . . .* handout for each participant, healthy prize items

- The Dietary Guidelines recommend reducing sodium intake to less than **2,300 mg** of sodium per day.
- *Note:* Children and those in the following population groups should reduce intake to **1,500 mg** of sodium per day:
 - Those who are 51 years of age or older.
 - Those who are African American.
 - Those who have high blood pressure.
 - Those who have diabetes.
 - Those who have chronic kidney disease.

Activity—Choose One Ahead of Time (5–10 minutes)

1. **“MyPlate” Drawing:** Give each participant a paper plate and ask the group to draw pictures of foods that make up a healthy plate. Remind them to design a plate that is half fruits and vegetables and features whole grains, lean protein, low-fat dairy products, and foods that are low in sodium. *Cover the 10 Tips to a Great Plate handout immediately prior to this activity instead of waiting to the end of the workshop.* Ask each participant to show his or her plate and describe his or her proposed meal to the group.

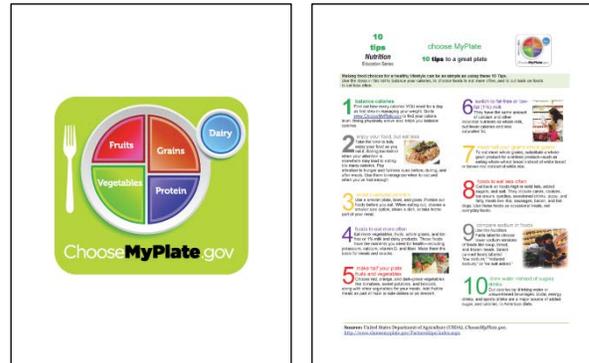
Supplies necessary: paper plates, crayons/markers/etc. for each person

2. **Demonstration: How much sugar is in a soda?** Ask participants to guess how many teaspoons are in a can of soda before you start this activity. Ask for a volunteer to help you with this demonstration. Ask the volunteer to spoon out 10 teaspoons of sugar onto a plate in front of a can of regular soda. Then tell participants that this is about the amount of sugar in one can of soda. Ask participants: If you drank a 12-ounce regular soda every day for a year, how much sugar would that be? The answer is 30 pounds of sugar! Let them know that a person could lose up to 15 pounds in a year by switching from 1 can of regular soda per day (150 calories) to water or another calorie-free drink.

Supplies necessary: sugar, can of soda, plate, teaspoon

- **TODAY'S TIP:** Limit screen time.
 - ✓ Limit the amount of time you spend watching TV or other media such as video games. This is especially important for children and adolescents.
 - ✓ Use the time you watch TV to be physically active in front of the TV.
- Consider signing up for the Presidential Active Lifestyle Award (PALA+) to help you track your physical activity and take small steps to improve your eating habits.
- If you are active for 30 minutes a day, 5 days a week for 6 out of 8 weeks, and choose one healthy eating goal each week to work toward, you'll be awarded the PALA+ and receive Presidential recognition! (See <http://www.presidentschallenge.org>). See handout in Appendix for more information.

Talking Points—Handouts: MyPlate and 10 Tips (2 minutes)



Talking Points—Wrap-up/Q&A (5 minutes)

Things to Try at Home

- Modify a recipe to make it lower in solid fats (saturated and *trans* fat), sodium, or added sugars.
- Reduce amount of screen time and increase physical activity.

Complete Evaluation Form (5 minutes)

Today's Date: _____

Enjoy Healthy Food That Tastes Great Evaluation

1-Disagree	2-Disagree	3-Disagree/Disagree or Agree	4-Agree	5-Strongly Agree
1. The workshop covered useful information. Comments: _____				
2. The workshop activities were helpful. Comments: _____				
3. I plan to try a recipe I learned this week. Comments: _____				
4. I plan to change my eating habits based on the information I learned today. Comments: _____				
5. I plan to discuss what I learned based on the information I learned today. Comments: _____				
6. The instructor provided the information in a helpful way. Comments: _____				
7. Overall, I found the workshop to be very helpful. Comments: _____				
8. Please list an email address you had used today. Comments: _____				



Workshop 1 ● Handouts



Eat Healthy Your Way

Enjoy healthy food that tastes great



Read this handout to learn how you can eat tasty foods while lowering salt and sugar and switching to healthier fats.

Meet the Pérez family

Roberto, Gloria, and their daughters Marta and Ana are finding that eating healthy doesn't mean losing flavor in their foods.

Gloria: Plain and simple—in the past, our family did not eat healthy. I modified my old recipes by using less salt and sugar and choosing healthy fats. I made small changes such as taking the skin off my chicken. Then, instead of deep-frying, I bake it real crispy in the oven with herbs and a little olive oil. Easy changes—yet so much better for us!

Roberto: Gloria's cooking still tastes great. We found out that healthy eating doesn't mean bland. We still use chiles, cilantro, lime, lots of garlic, and other spices to flavor our food.

Marta: Each week, my mom and I pick a new fruit or vegetable for our family to try. Last night we added a kiwi and some almonds to our salad, and it was very good.

Gloria: My advice to families wanting to eat better and feel better? Slowly make a few changes. Before you know it, your family will actually prefer your new way of cooking. Mine does!

Gloria's quick and healthy turkey taco salad

Gloria: I changed my old taco recipe. I use very lean ground turkey breast instead of fattier ground beef and serve it as a taco salad. By crushing some baked tortilla chips, we get the crunch without the fat from crispy taco shells. I cut up some fresh, juicy pears for dessert. What a quick, easy, and flavorful meal. Try my recipe below—I hope your family enjoys it as much as we do!

Recipe: Turkey Taco Salad

This recipe serves 4 people.

1. Coat a pan with cooking spray. Brown 1 pound of 99% fat-free ground turkey breast with half of a chopped onion.
2. Add 2 cans of no-salt-added diced, crushed, or whole tomatoes.
3. Add 1 clove of chopped garlic and 1 teaspoon each of dried oregano and cilantro.
4. Add 1 or 2 chopped ancho chiles or jalapenos. If you don't like your food that spicy, use 2 teaspoons of chili powder instead.
5. Let cook on the stove for 10 minutes.
6. Serve the taco meat on chopped raw spinach or other greens. Break up a handful of baked tortilla chips and sprinkle them on. Top with chopped tomatoes, chopped onions, fresh cilantro, and lime. You can also add 1 teaspoon of grated low-fat cheese.

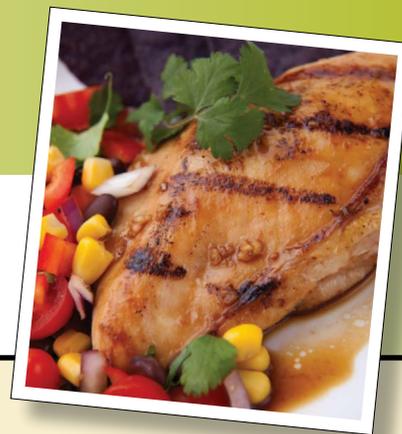
For more information, visit www.healthfinder.gov

(turn over please)

Small changes can make a large difference

All the flavor—with healthy fats, less salt, and less sugar!

Check off the tips you will try.



Pick healthy fats and still keep the flavor	
Let go of the old ways. Instead of ...	Try the new way of eating healthy. ✓ I will ...
Frying in butter, stick margarine, lard, or shortenings	<input type="checkbox"/> Bake, broil, grill, or boil. <input type="checkbox"/> Stir-fry or sauté with cooking spray in a nonstick pan. Or use vegetable oils like canola, corn, olive, peanut, or soybean.
Choosing whole milk, full-fat cream cheese, or full-fat hard cheeses	<input type="checkbox"/> Drink fat-free or 1% milk. <input type="checkbox"/> Choose fat-free or low-fat cream cheese and low-fat or reduced-fat hard cheeses.
Choosing full-fat sour cream or full-fat cottage cheese	<input type="checkbox"/> Choose fat-free or reduced-fat sour cream or fat-free plain yogurt. <input type="checkbox"/> Eat fat-free or low-fat (1%) cottage cheese.
Choosing fattier cuts of meat	<input type="checkbox"/> Take the skin off chicken and turkey pieces before cooking them. <input type="checkbox"/> Eat leaner cuts of ground meat. Look for 99% fat-free ground turkey breast or ground chicken breast.
Lower salt, not taste!	
Instead of ...	Try the new way of eating healthy. ✓ I will ...
Buying already prepared meals and processed meats (such as cold cuts, hot dogs, and rotisserie chicken)	<input type="checkbox"/> Make more meals using fresh, lean meats and fresh, frozen, or low-sodium canned vegetables.
Eating frozen or delivery pizza	<input type="checkbox"/> Make veggie pizza at home using fresh vegetables, a small amount of cheese, and no-salt added tomato sauce.
Choosing regular canned vegetables	<input type="checkbox"/> Buy fresh veggies or frozen vegetables without sauces. Use herbs to add flavor. <input type="checkbox"/> Choose canned vegetables that are labeled “no salt added.”
Adding salt to foods for flavor	<input type="checkbox"/> Season foods with herbs, spices, chiles, lime or lemon juice, and vinegar.
Lower sugar, and still satisfy your sweet tooth!	
Instead of ...	Try the new way of eating healthy. ✓ I will ...
Choosing sweet breakfast cereals	<input type="checkbox"/> Choose whole-grain cereals that don't have frosting or added sugars. <input type="checkbox"/> Choose fat-free yogurt or fat-free cottage cheese. Add fresh fruit and a few almonds for extra flavor and crunch.
Drinking sugary soft drinks and juice drinks	<input type="checkbox"/> Drink water or unsweetened iced tea with lemon juice.
Eating big portions of sweet desserts	<input type="checkbox"/> Eat a piece of fresh fruit—yummy! <input type="checkbox"/> Split a small dessert with a friend.
Choosing canned fruit packed in syrup	<input type="checkbox"/> Choose canned fruit labeled “packed in natural juice.” <input type="checkbox"/> Choose fresh or frozen fruit.

Find Someone Who . . .

Eating Healthy Most of the Time + Physical Activity = Good Health

Has a home-cooked dinner on most nights	Made half their plates fruit and vegetables today	Plays outside with their kids or grandchildren	Has fruit for dessert often
Chooses fat-free or low-fat milk and dairy products	Doesn't drink soda	Chooses whole-grain products when available	Engaged in aerobic exercise three times last week
Feels good after exercising	Works in the garden	Avoids salty foods like lunch meats or hot dogs	Takes a brisk walk on most days
Avoids oversized portions	Did exercises like pushups and situps last week	Likes 100% frozen juice bars	Regularly reads the Nutrition Facts Label



Tips for Healthier Choices

These alternatives provide new ideas for old favorites. Don't forget to check food labels to compare calories, solid fats (saturated and *trans* fat), and sodium in products.

If you usually buy:	Try these:
Milk and Milk Products	
<ul style="list-style-type: none"> Whole milk (regular, evaporated, or sweetened condensed) 	<ul style="list-style-type: none"> Fat-free (skim), low-fat (1%) milk, evaporated milk, or sweetened condensed milk
<ul style="list-style-type: none"> Ice cream 	<ul style="list-style-type: none"> Sorbet and ices, sherbet, or low-fat or fat-free frozen yogurt
<ul style="list-style-type: none"> Sour cream 	<ul style="list-style-type: none"> Plain fat-free or low-fat Greek yogurt or fat-free sour cream
<ul style="list-style-type: none"> Cream cheese 	<ul style="list-style-type: none"> Neufchatel "light" cream cheese or fat-free cream cheese
<ul style="list-style-type: none"> Cheese (cheddar, Swiss, Monterey Jack, American, mozzarella, etc.) 	<ul style="list-style-type: none"> Reduced-calorie or fat-free cheese, part-skim, low-calorie processed cheeses, etc.
<ul style="list-style-type: none"> Regular (4%) cottage cheese 	<ul style="list-style-type: none"> Fat-free or low-fat (1%) cottage cheese
<ul style="list-style-type: none"> Whole-milk ricotta cheese 	<ul style="list-style-type: none"> Part-skim milk ricotta cheese
<ul style="list-style-type: none"> Coffee cream (½ and ½) or nondairy creamer 	<ul style="list-style-type: none"> Low-fat (1%) or nonfat dry milk powder
Cereals, Grains, and Pastas	
<ul style="list-style-type: none"> Pasta with white sauce (Alfredo) 	<ul style="list-style-type: none"> Whole grain pasta with red sauce (marinara)
<ul style="list-style-type: none"> Pasta with cheese sauce 	<ul style="list-style-type: none"> Whole grain pasta with vegetables (primavera)
<ul style="list-style-type: none"> White rice or pasta 	<ul style="list-style-type: none"> Brown rice or whole grain pasta
Meats, Fish, and Poultry	
<ul style="list-style-type: none"> Cold cuts or lunch meats (bologna, salami, liverwurst, etc.) 	<ul style="list-style-type: none"> Low-fat/reduced sodium cold cuts (turkey, chicken)
<ul style="list-style-type: none"> Bacon or sausage 	<ul style="list-style-type: none"> Canadian bacon or lean ham
<ul style="list-style-type: none"> Regular ground beef 	<ul style="list-style-type: none"> Extra-lean ground beef or lean ground turkey
<ul style="list-style-type: none"> Beef chuck, rib, brisket 	<ul style="list-style-type: none"> Beef round or loin (trimmed of external fat)
<ul style="list-style-type: none"> Frozen breaded fish or fried fish (homemade or commercial) 	<ul style="list-style-type: none"> Fish or shellfish, unbreaded (fresh, frozen, or canned in water)
<ul style="list-style-type: none"> Chorizo sausage 	<ul style="list-style-type: none"> Turkey sausage or vegetarian sausage (made with tofu)

If you usually buy:	Try these:
Baked Goods	
<ul style="list-style-type: none"> • Croissants or brioches 	<ul style="list-style-type: none"> • Whole grain rolls
<ul style="list-style-type: none"> • Doughnuts, sweet rolls, muffins, scones, or pastries 	<ul style="list-style-type: none"> • Whole grain English muffins, bagels, reduced-fat or fat-free muffins or scones
<ul style="list-style-type: none"> • Party crackers or cookies 	<ul style="list-style-type: none"> • Saltine or soda crackers, pretzels, whole grain crackers (choose lower in sodium), graham crackers, ginger snaps, or fig bars
<ul style="list-style-type: none"> • Frosted cake or pound cake 	<ul style="list-style-type: none"> • Angel food cake or gingerbread
Fats, Oils, and Salad Dressings	
<ul style="list-style-type: none"> • Regular margarine or butter 	<ul style="list-style-type: none"> • Light margarines or olive oil
<ul style="list-style-type: none"> • Regular mayonnaise 	<ul style="list-style-type: none"> • Mustard or fat-free or reduced-fat mayonnaise
<ul style="list-style-type: none"> • Regular salad dressing 	<ul style="list-style-type: none"> • Fat-free or reduced-fat salad dressings, lemon juice, or wine vinegar
<ul style="list-style-type: none"> • Oils, shortening, or lard for pan cooking 	<ul style="list-style-type: none"> • Nonstick cooking spray for stir-frying or sautéing
Miscellaneous	
<ul style="list-style-type: none"> • Canned cream soups 	<ul style="list-style-type: none"> • Canned broth-based soups (low sodium)
<ul style="list-style-type: none"> • Gravy (homemade with fat and/or milk) 	<ul style="list-style-type: none"> • Gravy mixes made with water or homemade with the fat skimmed off and fat-free milk



Reduce Your Sodium (Salt) Intake

- Read the Nutrition Facts Labels to choose foods lower in sodium.
- When purchasing canned foods, select those labeled as “reduced sodium,” “low sodium,” or “no salt added.” Rinse regular canned foods to remove some sodium.
- Gradually reduce the amount of sodium in your foods. Your taste for salt will change over time.
- Consume more fresh food and few processed foods that are high in sodium.
- Eat more home-prepared foods, where you have more control over sodium, and use little or no salt or salt-containing seasonings when cooking or eating foods.
- When eating at restaurants, ask that salt not be added to your food or order lower sodium options, if available.

Tips for Using 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.
Garlic:	Use in soups, vegetables, meats, and chicken.
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 whether you like them.

Source: Dietary Guidelines for Americans, *A Healthier You, Part III*.
<http://www.health.gov/dietaryguidelines/dga2005/healthieryou/contents.htm>

Modifying a Recipe

The left column shows the original recipe, and the right column shows healthy changes you can make.

Lasagna	
Original Ingredients:	Substitutions:
1 box lasagna noodles	1 box whole-wheat lasagna noodles
1 pound ground beef	1 pound extra-lean ground beef or lean ground turkey
½ cup chopped onion	
8 ounces sliced mushrooms, optional	12 ounces sliced mushrooms, optional
1 jar (about 16 ounces) spaghetti sauce	Tip: Look for vegetable-based sauces without added cheese or meat. Compare brands and choose a sauce with a lower sodium content.
1 teaspoon garlic powder	
½ teaspoon salt	Omit salt
1 teaspoon dried leaf oregano, crumbled	
½ teaspoon dried leaf basil, crumbled	
1½ cups ricotta cheese	1½ cups part-skim ricotta cheese
2 cups shredded Monterey Jack cheese	1 cup reduced-fat Monterey Jack cheese
¾ cup grated Parmesan cheese	½ cup reduced-fat Parmesan cheese
<ul style="list-style-type: none"> • Cook lasagna noodles according to package directions; drain and set aside. • In a large skillet, brown beef, onion, and mushrooms. <i>Note:</i> Don't forget to drain the fat from the meat after you brown it. • Stir in spaghetti sauce, garlic powder, salt, oregano, and basil. • In a 2-quart baking dish (about 11×7×2 inches) sprayed with cooking spray, layer ⅓ of the lasagna noodles, ⅓ of the sauce, ⅓ of the ricotta cheese and Monterey Jack cheese. • Repeat layers twice. • Sprinkle Parmesan cheese on top. • Bake lasagna for 30 minutes or until thoroughly heated and bubbly in a 350°F oven. • Let stand for 8 to 10 minutes before cutting and serving. • Serves 6 to 8. 	

Source: **We Can!** Fun Family Recipes & Tips

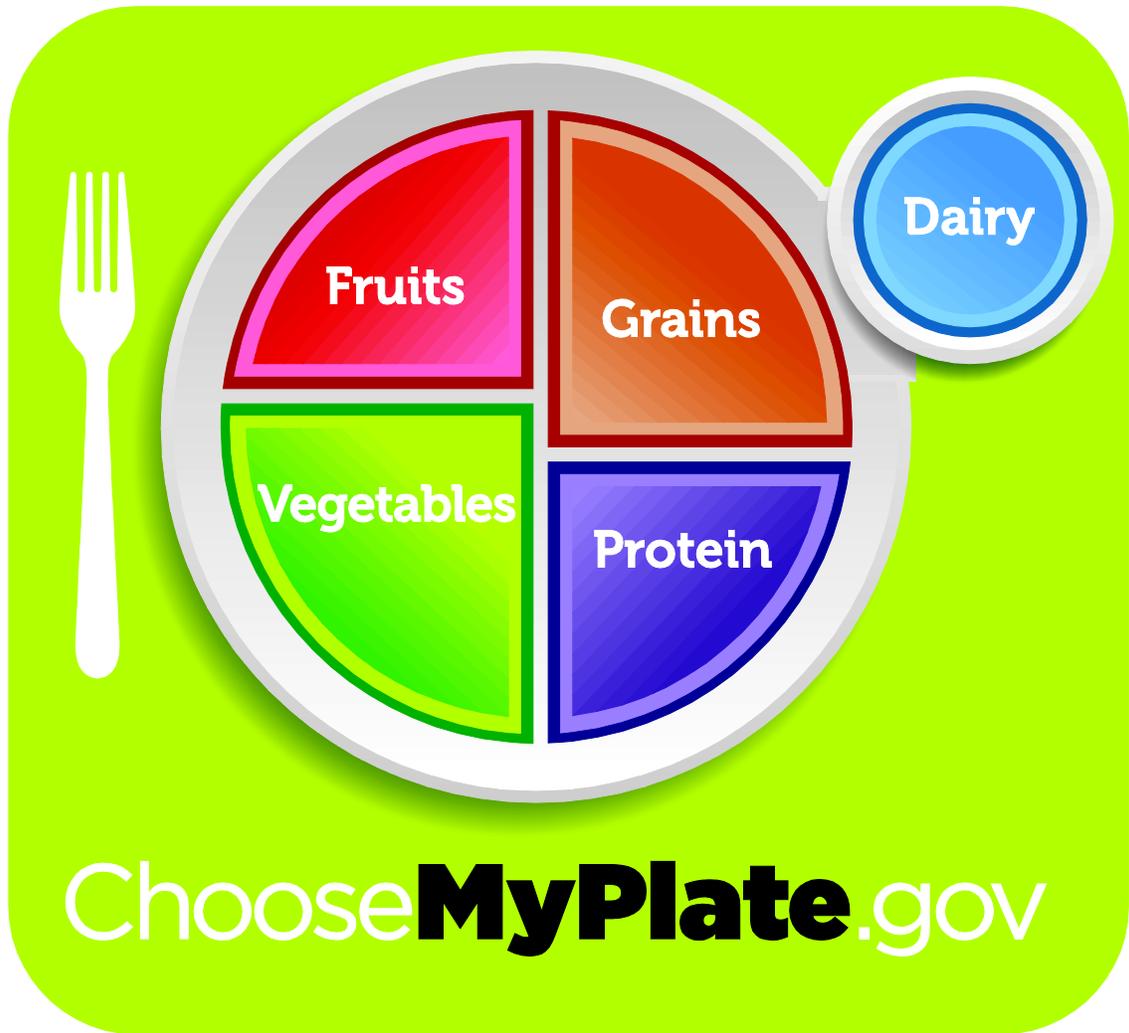
<http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/eat-right/fun-family-recipes.htm>

Recipe Makeover

Take one of your favorite family recipes and revise it to make it lower in solid fats (saturated and *trans* fat), sodium, and added sugars and include more vegetables, fruits, and whole grains. Use the space provided to record your new recipe.

Recipe makeover for <input type="text"/>	
Recipe ingredients:	Substitutions I can make:
Cooking instructions:	New cooking instructions (if needed):





Choose **MyPlate**.gov

10 tips

Nutrition
Education Series

choose MyPlate

10 tips to a great plate



Making food choices for a healthy lifestyle can be as simple as using these 10 Tips.

Use the ideas in this list to *balance your calories*, to choose foods to *eat more often*, and to cut back on foods to *eat less often*.

1 balance calories

Find out how many calories YOU need for a day as a first step in managing your weight. Go to www.ChooseMyPlate.gov to find your calorie level. Being physically active also helps you balance calories.

2 enjoy your food, but eat less

Take the time to fully enjoy your food as you eat it. Eating too fast or when your attention is elsewhere may lead to eating too many calories. Pay attention to hunger and fullness cues before, during, and after meals. Use them to recognize when to eat and when you've had enough.



3 avoid oversized portions

Use a smaller plate, bowl, and glass. Portion out foods before you eat. When eating out, choose a smaller size option, share a dish, or take home part of your meal.

4 foods to eat more often

Eat more vegetables, fruits, whole grains, and fat-free or 1% milk and dairy products. These foods have the nutrients you need for health—including potassium, calcium, vitamin D, and fiber. Make them the basis for meals and snacks.



5 make half your plate fruits and vegetables

Choose red, orange, and dark-green vegetables like tomatoes, sweet potatoes, and broccoli, along with other vegetables for your meals. Add fruit to meals as part of main or side dishes or as dessert.

6 switch to fat-free or low-fat (1%) milk

They have the same amount of calcium and other essential nutrients as whole milk, but fewer calories and less saturated fat.



7 make half your grains whole grains

To eat more whole grains, substitute a whole-grain product for a refined product—such as eating whole-wheat bread instead of white bread or brown rice instead of white rice.

8 foods to eat less often

Cut back on foods high in solid fats, added sugars, and salt. They include cakes, cookies, ice cream, candies, sweetened drinks, pizza, and fatty meats like ribs, sausages, bacon, and hot dogs. Use these foods as occasional treats, not everyday foods.

9 compare sodium in foods

Use the Nutrition Facts label to choose lower sodium versions of foods like soup, bread, and frozen meals. Select canned foods labeled “low sodium,” “reduced sodium,” or “no salt added.”



10 drink water instead of sugary drinks

Cut calories by drinking water or unsweetened beverages. Soda, energy drinks, and sports drinks are a major source of added sugar, and calories, in American diets.

Today's Date: _____

Enjoy Healthy Food That Tastes Great Evaluation

1=Strongly Disagree 2=Disagree 3=Neither Disagree or Agree 4=Agree 5=Strongly Agree

1. The workshop covered useful information. 1 2 3 4 5
Comments:

2. The workshop activities were helpful. 1 2 3 4 5
Comments:

3. I plan to try a recipe makeover this week. 1 2 3 4 5
Comments:

4. I plan to change my eating habits based on the information I learned today. 1 2 3 4 5
Comments:

5. I plan to become more active based on the information I learned today. 1 2 3 4 5
Comments:

6. The instructor presented the information in a helpful way. 1 2 3 4 5
Comments:

7. Overall, I found the workshop to be very helpful. 1 2 3 4 5
Comments:

8. Please tell us which materials you found most useful.
Comments:



