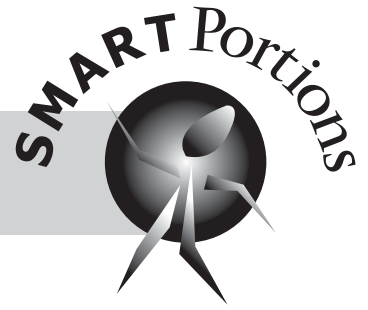


A Healthy Weight PROGRAM



Lesson Plan VIII (Optional): Smart Portions for Life

Key concepts:

- Good health greatly depends on your eating and lifestyle habits.
- Review health risks of excessive weight.
- Portions provides tools that may help you achieve and maintain a healthy weight.
- Complete required post questionnaire.

Eye-opening activity:

Pass around a gift-wrapped box that contains a large mirror. Ask each participant to look inside to find the key to achieving healthy eating, activity and lifestyle habits. Of course, the key is the person.

Suggested learning activities:

Have participants prepare food items from recipes in the Portions curriculum or their favorites which have been modified to be lower in fat, sugar and calories. Share success stories of goals achieved during participation in Portions.

Invite a guest speaker to address any of the Portions topics, including motivation and behavior change.

Have a style show.

Invite a makeup artist, hair stylist, fashion consultant, etc. to make presentations or do demonstrations.

Fact Sheets for Discussion:

AgCenter fact sheet: 10 Tips for Healthy Eating

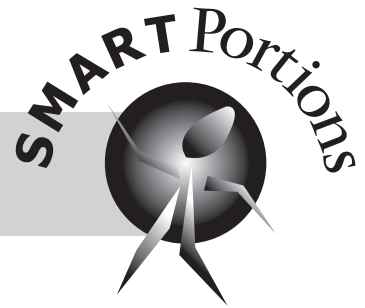
Support Materials:

Previous lesson materials.

Louisiana State University Agricultural Center, William B. Richardson, Chancellor
Louisiana Agricultural Experiment Station, David Boethel, Vice Chancellor and Director
Louisiana Cooperative Extension Service, Paul D. Coreil, Vice Chancellor and Director

Issued in furtherance of Cooperative Extension work, Acts of Congress of May 8 and June 30, 1914, in cooperation with the United States Department of Agriculture. The Louisiana Cooperative Extension Service provides equal opportunities in programs and employment.

A Healthy Weight PROGRAM



Ten Tips for Healthy Eating

1. Eat more vegetables and fruit.

Most people don't eat enough vegetables, especially the leafy-green and deep-orange ones. On average, Americans eat the equivalent of only about one-quarter of a serving a day. About half eat no fruit at all on some days. Vitamin pills can't replace the vitamins, minerals and other nutrients in produce. Include fruits and vegetables in meals and snacks — raw, cooked, fresh, frozen, canned or dried.

2. Eat at least 3 ounces of whole grains each day.

Only 20% of the bread sold in the United States is whole-grain. That's too bad, because you get more fiber, vitamin E, vitamin B6, magnesium, zinc, copper, manganese and potassium in whole-wheat bread than in white. These nutrients help protect against heart disease, diverticulosis, cancer and diabetes. The fiber difference between a single slice of whole-wheat bread and one of white is 2 grams. Twenty to 35 grams of fiber a day are recommended.

3. Eat more beans, lentils, or peas.

Like most vegetables, beans, lentils and peas are good sources of fiber and phytochemicals (plant nutrients) that help cut the risk of cancer, heart disease and diabetes. But unlike other vegetables, they have enough protein to substitute for a serving of meat, poultry or fish.

4. Eat 3 meals and 2 or 3 small snacks a day.

You generally need to eat every 3 to 4 hours. Research has shown that people who snack are often less likely to overeat than those who restrict their eating. The body is better able to absorb and use the nutrients in a meal than it can when presented with the feast-or-famine scenario.

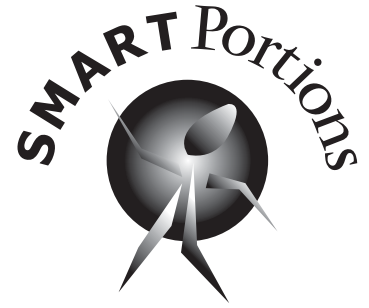
5. Eat breakfast.

Missing this meal is a big mistake. After an overnight fast, your body needs fuel to move. Otherwise metabolism slows, which reduces how many calories you burn. Children and adults who skip breakfast have difficulty concentrating during the day.

6. Limit salty foods.

Processed and prepared foods- not the saltshaker- are the greatest source of salt and sodium in our diets. High-sodium diets in women are associated with increased risk of osteoporosis, a potentially harmful situation for dieters whose calcium levels tend to be below recommended levels. Eating lots of salt doesn't make you gain weight or keep you from losing it, but it does cause water retention.

To keep your body running smoothly, you need only about 500 milligrams of sodium a day (that's about the amount in 1/4 teaspoon of salt). Eating a diet with so little sodium probably wouldn't taste very good, but try keeping your sodium intake to the advised level of 2,300 milligrams or less per day. Your preference for salt can be unlearned. It takes only about two weeks to prefer unsalted foods.



7. Limit the amount of saturated fat you eat.

Saturated fat is not simple a calorie-counter's concern: It contains the same number of calories as other kinds of fat, but it raises your blood cholesterol level and increases your risk of heart disease. Animal products and tropical oils (palm kernel, palm and coconut, for example) contain mainly saturated fat. As a general guideline, saturated fat is solid at room temperature. Examples include butter, stick margarine and the fat in meat and cheese.

8. Limit soft drinks.

Sure, you may prefer swigging soft drinks to water, juice or milk. But cola-type soft drinks (as well as many citrus-flavored sodas) pack a dose of caffeine with lots of sugar and calories without contributing nutrients, except perhaps water. Sugar-free versions don't add empty calories, at least, but when soft drinks replace fat-free milk in your diet, you're missing out on one of the best sources of calcium you can get.

9. Drink water.

Humans are 55% to 75%, or 10 to 12 gallons, water. How much water your body contains depends on your age, sex and lean body mass. The leaner you are, the more water you have, because muscle holds larger amounts of water than fat. Therefore, men have more water than women. And the younger you are, the higher your percentage of water.

Studies show that when you think you're hungry, often you're actually thirsty. The rule is 1 liter (about 4 cups) per 1,000 calories. That translates to about eight 8-ounce glasses a day for people who eat about 2,000 calories.

The average adult loses about 2- 1/2 quarts if water a day: 4 to 6 cups in the urine, 2 to 4 cups as perspiration, 1- 1/2 cups cups through breathing and about 2/3 cup in the feces. Roughly 3 ro 4- 1/2 cups of your daiy water comes from solid food.

10. Get 30 minutes of exercise.

Get at least 30 minutes of moderate activity most days of the week. This will help you maintain a healthy weight and feel and look better, too!