Workshop 1

Enjoy Healthy Food That Tastes Great

Eat Healthy  •  Be Active
Community Workshops
The Dietary Guidelines recommend eating less of several foods and food components. By cutting back on these foods, you can reduce your intake of sodium, cholesterol, solid fats (saturated and trans fat), added sugars, and refined grains.

- **Reduce daily sodium intake to less than 2,300 mg/day** (see note below for special populations to reduce to less than 1,500 mg/day).
  - **Here’s how:** Choose low-sodium or no-salt-added canned goods.
- **Consume less than 300 mg per day of dietary cholesterol.**
  - **Here’s how:** Try using egg substitutes for whole eggs.
- **Consume less than 10% of calories from saturated fats.**
  - **Here’s how:** Choose lean meats and fat-free or low-fat dairy products instead of whole or 2% dairy foods.
- **Keep trans fatty acid consumption as low as possible.**
  - **Here’s how:** Limit foods with partially hydrogenated oils (check the label – avoid foods with any trans fat and check the ingredient list of foods with 0 grams).
- **Reduce the intake of calories from added sugars.**
  - **Here’s how:** Choose foods prepared with little or no added sugars.
- **Limit refined grains.**
  - **Here’s how:** Choose whole-grain bread, brown rice, whole-wheat flour, or whole-grain pasta.

**Talking Points—Handout: Reduce Your Sodium (Salt) Intake (5 minutes)**

- Too much sodium can be bad for your health. It can increase your blood pressure and your risk for a heart attack and stroke.
- The majority of sodium we consume is in processed and restaurant foods.
- The average sodium intake for Americans over age 2 is approximately **3,400 mg** per day.
• 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