

Healthy Eating & Bone Health Basics

GOAL: Participants will gain an understanding of the principles of MyPlate, including the importance of exercise. Each participant will be able to define “healthy eating”, identify foods from the different food groups, and understand the basics of bone health.

POWER POINT PRESENTATION:

Healthy Eating & Bone Health Basics

ESTIMATED TIME:

60 minutes

MATERIALS NEEDED:

PowerPoint presentation

HANDOUTS NEEDED:

Healthy Eating: A Guide for Teens

Backpack Snacks: A Guide for Teens

Calcium & Teens: How to Prevent Osteoporosis

Vitamin D: A Guide for Teens

GAMES & ACTIVITIES:

Sketch It

Don't Say It

Remember Where

Vending Machine Wisdom

PREPARATION:

Choose an icebreaker and 1-2 games.

Copy all necessary handouts for participants.

DIRECTIONS FOR FACILITATOR

1. Explain to the participants that they will be learning about MyPlate and the five food groups that are represented within it.
2. Have participants introduce themselves.
3. Ask the group if they are familiar with MyPlate.
4. Start the PowerPoint presentation.
5. Refer to the “Talking Points” to narrate the presentation.
6. At the end of the presentation, discuss it with the group and ask if there are any questions.
7. Read “Bone Health Basics” aloud to the group.
8. Start the game(s) and/or activities you have selected.
9. When the game(s)/activities have ended, pass out the evaluation forms, and collect them when participants have finished filling them out.

Welcome to the Center for Young Women's Health Project Healthy Lifestyle

Module 1: Healthy eating and
bone health basics



SLIDE 1

Healthy Eating is not...

- A strict diet plan
- Skipping meals
- Avoiding snacks and treats completely
- A fat-free diet
- A low-carb diet
- An extremely high-protein diet
- About counting calories all the time



SLIDE 4

We will be talking about:

- What healthy eating is
- Why you should eat a healthy diet
- How to fuel your body



SLIDE 2

Healthy eating is important because...

- A healthy diet provides the vitamins, minerals, and energy your body needs to perform its best.
- A healthy diet can help lower your risk for diseases such as cancer, diabetes, and heart disease.



SLIDE 5

Healthy Eating is...

- Eating a variety of nutritious foods from the five groups on the food plate.
- Eating well-balanced meals with healthy snacks everyday and occasional treats.
- Listening to your body- eating when you're hungry, stopping when you're full.



SLIDE 3

Use MyPlate as a guide

- The five food groups shown in MyPlate are the building blocks for a healthy diet.
- Each food group provides your body with the nutrients it needs



SLIDE 6

Grains

- **Why do you need grains?**
Grains provide energy for your muscles and brain. Grains include fiber, iron, and the B vitamins.
- Aim to make at least half of your grains whole grains
- Whole grains are healthier since they are less processed and have more fiber



SLIDE 7

Fruits and Vegetables

- **How much do you need?**
Vary your veggies: about 2½ cups/day
 - Try different colors: eggplant, green beans, carrots, tomatoes, squash, spinach, mushroomsFocus on fruits: about 2 cups/day
 - Eat the rainbow: blueberries, peaches, kiwi, bananas, strawberries, mango, apple, pears



SLIDE 10

Grains

- **What counts as a serving of grain?**
 - 1 slice of whole grain bread
 - ½ whole grain bagel
 - ½ cup cooked brown rice or whole wheat pasta
 - 1 cup whole grain cereal
 - 3 cups popcorn



SLIDE 8

Fruits and Vegetables

- **What counts as a serving?**
 - 1 piece of fruit (apples, pears, bananas, and oranges)
 - 1 cup fresh, frozen, or canned fruit
 - ½ cup dried fruit (such as raisins)
 - 1 cup fruit or vegetable juice
 - 2 cups raw leafy vegetables (such as lettuce or spinach)
 - 1 cup cooked, canned, or fresh vegetables



SLIDE 11

Fruits and Vegetables

- **Why do you need them?**
This group provides you with vitamins A and C, the B vitamins, fiber, calcium, and iron.
Getting enough fiber (about 26 grams per day) helps with digestion and can keep you feeling full between meals.
This group is loaded with nutrients! The vitamins in this group give you healthy skin, eyes, and gums.



SLIDE 9

Dairy

- **Why do you need it?**
The dairy group provides your body with protein, calcium, and vitamin D for strong bones, teeth, and muscles.



SLIDE 12

Dairy

- **How much do you need?**
- You need about 3-4 cups of fat-free or low-fat (1%) milk, or an equivalent amount of yogurt or cheese per day to get your 1300 mg.
- Don't forget to include other calcium-rich foods to meet your body's calcium needs.



SLIDE 13

Protein

- **What foods are included in this group?**
- | | |
|----------------|-------------------|
| Steak | Hamburgers |
| Nuts | Eggs |
| Poultry | Tofu |
| Peanut Butter | Fish |
| Veggie burgers | Beans and lentils |
| Pork | Seeds |



SLIDE 16

Dairy

- **What counts as a serving?**
- 1 glass of milk, soy milk, or almond milk (8oz = 1cup)
 - 1 cup yogurt
 - 1½ ounces of cheese
 - 2 cups cottage cheese



SLIDE 14

Protein

- **What counts as a serving?**
- 3 ounces of cooked lean meat, poultry, or fish
 - ¼ cup of cooked beans
 - 1 egg
 - 1 tbsp peanut butter
 - ½ oz nuts or seeds



SLIDE 17

Protein

- **Why do you need it?**
- This group provides you with many nutrients, such as iron, B vitamins and vitamin E.
- These nutrients help to build strong muscles and healthy blood.



SLIDE 15

Oils and Dietary Fats

- **Why do we need them?**
- A small amount of oil and fat are important to have at every meal because they help to absorb certain vitamins, make your food taste good, and fill you up.



SLIDE 18

Oils and Dietary Fats

- **What foods are included in this group?**

Naturally Occurring

Eggs
Meat
Dairy
Salmon
Avocado
Nuts
Seeds
Oils
Tofu

Added Fats

Pastries
Chips
Fried foods
Salad dressing
Mayonnaise
Butter
Margarine



SLIDE 19

Fluids

- Along with healthy eating, you should drink plenty of fluid to prevent dehydration.

- Dehydration is when your body doesn't have enough fluid.
- Thirst often means that your body is already dehydrated. You should drink fluids regularly so that you don't become dehydrated.
- Drinking water is the best way to hydrate your body throughout the day



SLIDE 22

Oils and Dietary Fats

- **Which fats are healthier?**

Polyunsaturated fats or Omega-3's: vegetable oils, salmon, fish oils, nuts, flaxseeds

Monounsaturated fats: canola oil, olive oil, avocado, nuts



SLIDE 20

Fluids

- **How much do you need?**

- You should drink at least 64 ounces, or 8 glasses of fluids every day.
- Drink water or milk with all meals
- You'll need more if you're playing sports, exercising, or if it's hot outside.



SLIDE 23

Oils and Dietary Fats

- **Limit:**

Saturated fats: butter, whole milk, fatty meat, ice cream

- **Avoid:**

Trans fat: fried foods such as french fries or donuts, some bakery products, margarine



SLIDE 21

Fluids

- **What counts as a fluid?**

- Water, milk, juice, and popsicles. Sports drinks also count, but only have them if you're sweating a lot.
- Drinking water is the best way to hydrate your body throughout the day.
- Avoid sugary drinks.



SLIDE 24

What about Snacks?

- Snacking between meals can be a great way to keep up your energy level.
- Snacks such as fruit, baby carrots, yogurt, string cheese, pretzels, cheese and crackers, peanut butter and celery, energy bars, popcorn, granola bars, trail mix, or cereal are healthy choices.
- Pack healthy snacks to have during the day.



SLIDE 25

Breakfast Ideas

- Cereal with milk and a piece of fruit
- Whole grain bagel with peanut butter and a glass of milk
- Eggs, whole grain toast, and a glass of milk
- Yogurt with granola and raisins mixed in



SLIDE 28

What about Treats?

- Everyone has a favorite treat... Some popular treats include ice cream, frozen yogurt, cookies, cake, chips, chocolate, and french fries.
- If you're having a food craving... Don't deprive yourself! Treats are something that you should have every once in a while for dessert or as a snack.



SLIDE 26

Lunch Ideas

- Sandwich made with lean deli meat (turkey/chicken), tuna, or egg salad, and a piece of fruit
- Salad with grilled chicken and a yogurt
- Peanut butter and jelly on a whole grain bagel with milk
- Hamburger, veggie burger, or grilled cheese on a whole grain bun or bread, with lettuce and tomato



SLIDE 29

Tips for a Healthier You:

- Aim for 3 meals per day.
- Eat when you're hungry, stop when you're full.
- Choose a variety of foods; don't eat the same thing every day.
- Select fruits and vegetables that are from different colors of the rainbow.
- Aim to eat all recommended groups shown in MyPlate.



SLIDE 27

Dinner Ideas

- Whole wheat pasta with meat sauce and a salad
- Grilled chicken with a baked potato and veggies
- Tofu and veggie stir fry with brown rice



SLIDE 30

Remember, it's all about balance!

- **Balance** is the key to healthy nutrition
- **Balance** a variety of foods from all of the food groups throughout the day
- **Balance** healthy meals and snacks with occasional treats
- **Balance** nutrition with fun physical activity



PowerPoint Talking Points

SLIDE 1: TITLE PAGE

Show the slide, and introduce yourselves.

Tell the group that you will be giving a presentation about healthy eating and bone health basics.

SLIDE 2: WE WILL BE TALKING ABOUT

Show the slide, and read the bullet points aloud.

SLIDE 3: HEALTHY EATING IS

Before showing the slide, **ask the group what they think healthy eating means.**

Show the slide and offer positive feedback for correct responses.

Ex: *“You’re right–healthy eating is about variety, balance, and listening to your body.”*

SLIDE 4: HEALTHY EATING IS NOT

Before showing the slide, **ask the group: “What is unhealthy eating?”**

Show the slide and offer positive feedback for correct responses.

Ex: *You’re right–healthy eating is not about dieting, skipping meals, or avoiding treats.”*

SLIDE 5: IMPORTANCE OF HEALTHY EATING

Before showing the slide, **ask the group why they think it’s important to eat healthy.**

Show the slide and acknowledge that nutritious foods keep our bodies healthy, and lower the risk of diseases such as cancer, diabetes, and heart disease.

SLIDE 6: MYPLATE

Ask the group what they notice about MyPlate. One correct answer may be: “The plate is divided by food groups.”

Tell the group that each food section provides your body with important nutrients.

SLIDE 7: GRAINS

Ask the group what their favorite foods from the grain group are.

Before showing the slide and **ask, “Why do you need grains?”**

Show the slide and explain that GRAINS provide energy for your muscles and brain. Grains include fiber, iron, and the B vitamins.

SLIDE 8: GRAINS

Explain that the grain group includes bread, bagels, pasta, cereal, crackers, rice, english muffins, granola bars, pancakes, waffles, and more. This group provides energy to the brain and muscles, and is therefore referred to as the “energy group”.

The exact number of grain servings you need depends on your age, gender, and activity level.

SLIDE 9: FRUITS & VEGETABLES

Ask: “Why do we need to eat fruits and vegetables?”

Show the slide, and explain that fruits have vitamins and fiber, which keep our immune system, digestive system, blood, eyes, skin, and body healthy.

SLIDE 10: FRUITS & VEGETABLES

Ask: “How many fruit and veggies do you think you need to eat every day?”

Show the slide, and explain that the fruit and vegetable groups include all fruits and vegetables; canned, fresh, frozen, or dried. Explain that it is important to eat a variety of veggies and fruits - “think colors of the rainbow.”

SLIDE 11: FRUITS & VEGETABLES

Review examples of serving sizes on slide.

SLIDE 12: DAIRY

Ask: “Why do we need it?”

Show the slide and stress that the DAIRY group provides calcium for healthy bones and teeth and protein for strong muscles.

SLIDE 13: DAIRY

Ask: How much do you need?

Tell the group that teenage girls need 1300 mg of calcium every day. This is equal to about 3-4 cups of fat-free, or low-fat (1%) milk, or an equivalent.

Explain that a diet that is low in calcium can put you at risk for osteoporosis.

(Osteoporosis is a disease that causes your bones to weaken and break easily.)

SLIDE 14: DAIRY

Ask: “What counts as a serving?”

Show the slide.

Explain that the dairy group also includes yogurt smoothies, cheese, cottage cheese, ice cream, frozen yogurt, and soy/rice milk. Calcium is found in all of these foods as well as some other foods that say “calcium-fortified”.

Discuss what “fortified” means.

“Fortified” means that a nutrient such as a mineral (*calcium*) or vitamin (*vit. D*) that isn’t naturally found in the food is added to a food to make it more nutritious.

Ex: Calcium is not found naturally in orange juice but many brands are fortified with calcium. The label will say “calcium-fortified orange juice”.

SLIDE 15: PROTEIN

Ask: “Why do you need protein?”

Show the slide.

Explain that this group provides protein for muscles and minerals for healthy blood.

Encourage eating plant based or “lean” protein such as white meat and fish, instead of dark meat or fatty cuts of red meat.

SLIDE 16: PROTEIN

Before showing the slide ask: “What foods do you think are included in this group?”

Show the slide.

Explain that this food group includes meat, pork, chicken, turkey, fish, veggie burgers, tofu, beans, nuts, seeds, and peanut butter.

Ask: “What are your favorite foods from this group?”

Acknowledge responses.

SLIDE 17: PROTEIN

Ask: “What counts as a serving?”

Show the slide.

It is common to eat more than one ounce at a meal or snack. For example, your palm is about the size of a 3 ounce serving of meat, chicken, or fish.

SLIDE 18: OILS AND DIETARY FATS

Ask: “Why do we need oils and dietary fats in our diet?”

Show the slide.

Explain to the group that you need a small amount of oil and dietary fat at every meal to help your body absorb certain vitamins, make your food taste good, and help you feel full.

SLIDE 19: OILS AND DIETARY FATS

Ask: “What foods are included in this group?”

Show the slide.

Explain that oils and dietary fats are naturally found in foods from all food groups. Fats can also be added to foods during preparation and cooking.

Ask the group to give examples of a food they may have eaten that day that contained oil or dietary fat.

SLIDE 20: OILS AND DIETARY FATS

Ask: “What fats do you think are healthier?”

Polyunsaturated fats or Omega-3s: vegetable oils, salmon, fish oils, nuts, flaxseeds

Monosaturated fats: canola oil, olive oil, avocado, nuts

SLIDE 21: OILS AND DIETARY FATS

Ask: “Should you limit or avoid some oils or dietary fats?”

Acknowledge - “Yes.”

Show the slide.

You should limit saturated fats: butter, whole milk, fatty meat, and ice cream.

You should avoid (not eat) trans fat: fried food (french fries, donuts), some bakery items, and margarine.

SLIDE 22: FLUIDS

Ask: “Does anybody know the definition of dehydration?”

Show the slide.

Explain that you need to drink enough fluid each day to prevent dehydration, and then ask: “What is a sign that you might be dehydrated?”

Explain that when your urine is dark in color (concentrated), it may mean that you are dehydrated. When urine is very light and almost clear in color, it means that you are well hydrated.

SLIDE 23: FLUIDS

Ask: “How much fluid do you think we need every day?”

Explain that we need at least 64 ounces or 8 glasses of fluid every day.

SLIDE 24: FLUIDS

Show the slide, then ask: “What counts as a fluid?”

Review the slide.

Stress the importance of drinking water instead of sugary drinks or sports drinks.

Remind the group that water is the best way to keep their body hydrated throughout the day.

Explain that many people think they need a sports drink if they are fairly active, but this is **not true**. Water is the best way to replace fluids. Sports drinks may be needed only if someone is doing very vigorous activity for a long period of time (*an hour or more*) and sweating a lot.

SLIDE 25: SNACKS

Ask: “Do you think eating snacks is okay?”

Show the slide and respond with, “Yes, healthy snacks in between meals is a way to keep your energy up.” Then ask the group to give you examples of healthy snacks they enjoy.

Acknowledge the healthy snacks.

Ask the group to give you examples of the types of snacks that are portable (*you can pack them in your backpack or school bag*).

Refer to handout: Backpack Snacks:

A Guide for Teens.

SLIDE 26: TREATS

Ask the group to give an example of their favorite treat.

Explain that it's okay to enjoy treats

(such as a piece of birthday cake) once in a while. Healthy eating doesn't mean depriving yourself.

Healthy eating is all about moderation. For example, explain they could choose to have a bite-size candy instead of a whole candy bar or a small size fry instead of a super big size.

Ask the group to give you other ideas on how to enjoy treats once in a while without going overboard.

SLIDE 27: TIPS FOR A HEALTHIER YOU

Explain to the group that healthy eating does not need to be complicated. It's about listening to your hunger cues and including a variety of foods *(from at least 3 food groups)* at every meal.

Review the slide.

Ask the group to challenge themselves by trying a new food this week from one of the food groups. Remind them to think of variety and balance at meals and snack time.

SLIDE 28: BREAKFAST IDEAS

Show slide.

Ask for 1-2 volunteers to share what they had for breakfast today. Suggest that each participant try something new for breakfast this week.

SLIDE 29: LUNCH IDEAS

Show examples of healthy lunch ideas.

Ask for 1-2 volunteers to share what they had, or what they plan on having for lunch today. Suggest that each participant try something new for lunch this week. The goal should be to include foods from 3 or more food groups.

SLIDE 30: DINNER IDEAS

Ask the group for examples of healthy dinner ideas.

Show slide.

Explain to the group that their dinner plate should look like MyPlate. Half of the plate should contain fruits/vegetables, one quarter should contain lean protein, and one quarter should contain grains.

Ask for 1-2 volunteers to share what they are planning to have for dinner tonight. Suggest that each participant try something new for dinner each week.

The goal should be to include foods from 3 or more food groups.

SLIDE 31: BALANCE

Review the final slide, stressing balance, variety, healthy meals and snacks, occasional treats, and daily physical activity.

Stop for a moment to ask the participants if they understood the information presented. Then summarize by reminding participants that it's all about "balance," eating a variety of foods (*not the same foods everyday*) and balancing meals with healthy snacks and occasional treats.

People who skip meals or have unbalanced meals often experience energy highs and lows during the day, which can get in the way of performing well in school and in sports.

Balance healthy meals and snacks with fun physical activity.

Thank the group for paying attention and for participating in the discussion.

Ask if the group has any questions.

Pass out the guides:

Healthy Eating

Backpack Snacks

Calcium

Vitamin D