

Living Better

A Wellness Program for Individuals
with Mental Health Concerns



Facilitator's Manual



Winnipeg Regional
Health Authority
Caring for Health

Office régional de la
santé de Winnipeg
À l'écoute de notre santé

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Living Better

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Living Better • At a Glance

What is Living Better?

Living Better is a community program designed to bring awareness about general nutrition and physical activity information to individuals with mental health concerns. The program is broken down into five sessions and focuses on healthy eating, physical well-being and social interaction.

This Winnipeg Regional Health Authority community program was developed by public health dietitians and pilot tested three times in the Winnipeg area. This program is based on the seniors' wellness program Livin' it Up! run by the Transcona Council for Seniors. In 2021, the Living Better manual was updated, based on the 2019 Canada's Food Guide.

Why Living Better?

The body of evidence linking diet with mental health is growing at a rapid pace. What people eat plays an important contributing role in the development, management and prevention of specific mental health problems such as depression, schizophrenia, attention deficit hyperactivity disorder and Alzheimer's disease.

In addition, many people being treated for mental health conditions are prescribed medications which can have side effects like dry mouth, weight gain or weight loss, constipation and nausea. A healthy diet can help with many of these symptoms.

Living Better was created to provide individuals with mental health concerns with a wellness program that encourages a healthy lifestyle. Living alone, weakening health, depression or anxiety and a limited income are barriers to physical and emotional well-being. Living Better provides easy-to-understand nutrition information and simple, economical, healthy recipes for individuals to try at home. Living Better gives individuals a chance to meet and interact with new people and learn simple physical activities.

Living Better • Essentials

Facilitators

Living Better requires community organization staff or volunteers with good facilitation skills. Examples of volunteers are nutrition or nursing students, retired health professionals and peer leaders. A Registered Dietitian can be a great resource to the program.

Funding

Living Better should be affordable for everyone. Running this program may require funding. Forming a partnership with a nearby community agency, cooking school, regional health authority or government organization is a priority. Not only can they provide the additional funds for food and supplies, they can provide expertise and give your program more validity.

A sample budget outlining the costs for Living Better is included in Appendix E.

Space Required

The space required will depend on the number of participants that you will have in your program. This area should have enough chairs and adequate table space for each participant. There should be enough open space for the participants to move around and participate in the activities suggested in this manual. The area should be a quiet, low-traffic area free from distractions. A kitchen area is required, with basic amenities to prepare the food and a refrigerator to store foods.

Session Timing

Each session is approximately two to three hours in length. The program is usually offered once or twice a week for five weeks. Some facilitators may think that two to three hours a week is too long for some groups. If this is the case, stretch out the program to eight or 10 weeks.

Tip: Be flexible. Not all activities included have to be completed in each session. Customize this program to fit your group's needs.

Advertising Your Living Better Program

The success of the program depends on effective advertising to reach a large number of individuals in the community. Appendix D contains a sample poster. Make adjustments based on the needs of your program, including the date, location, time and activities.

Sign-up for Participants

Set a limit to the number of participants you will accept in the program. This program was designed for 12 participants but your limit may differ depending on the size of your space and the number of volunteers.

The facilitator(s) should phone each participant two or three days prior to the start of the program to remind them the program is about to begin. Advance registration allows you to determine the number of participants, the quantity of supplies needed and if there are any food allergies. This is also a chance to make a positive first impression on the participant and answer any questions or concerns they may have.

Disclaimer

Living Better is a community program designed to teach general nutrition and physical activity information to individuals with mental health concerns. It is important to communicate to the group that the purpose of Living Better is to guide participants into making small lifestyle changes to enhance their mental health and well-being, not to focus on specific disease. Participants are encouraged to ask questions. However, specific disease-related or medication questions should be directed to their doctor, pharmacist or primary care dietitian. If participants have been inactive for a long period of time, they should consult their doctor before participating in the activity portion of Living Better.

Session Format

Each session follows a similar format and contains these basic elements:

- Session Theme and Introductions
- Introductions/Ball Toss
- Get Active (10 minutes of activity/exercise)
- Theme Discussion
- Game or Activity
- Food Demonstration
- Mystery Food
- Positive Action Plan
- Key Messages
- Next Time...

Recipes

The recipes for this program are located in Appendix B. Each session includes at least three recipes: a primary recipe that is used in the food demonstration, a recipe that shows participants how to use the mystery food and a few extra recipes to be provided to the participants as handouts. These recipes use inexpensive foods which are often available at food banks. Be sure to make enough of the recipe so each participant gets a sample to taste and make sure you have enough copies of handouts.

Equipment and Supplies

All equipment and supplies needed to run Living Better are listed at the beginning of this manual. The specific supplies needed for each session are listed at the beginning of each session.

Get Active

Ten minutes of physical activity are to be included in each session. Appendix A contains resource options for the Get Active sections. Select a ten-minute option for each session.

Positive Action Plan

Each week, participants will be asked to make a specific, measurable, action-oriented and realistic plan that can lead to making a positive behaviour change. This will be discussed in further detail in Session 1. A handout titled *Positive Action Plan* will be used.

Resources and Handouts

Resources are given to the participants in each session as handouts. Some resources should be ordered a few weeks prior to the start of the program to allow enough time for delivery. Appendix A and Appendix C contain the resource-ordering information. Photocopied handouts are needed for each session. Recipes, activities, forms and resources are distributed to the participants at each session. All photocopies required are listed at the beginning of each session.

Formalities

Appendix E contains facilitator paperwork, including a registration form, a facilitator-evaluation form, a sample attendance sheet, a Living Better certificate, and a participant-evaluation form. **The registration form should be started before the first session to determine if the participants have any food allergies or medical conditions that may affect their involvement in the program.** The form should be completed during the first session as the new participants arrive. The facilitator evaluation form can be completed after each session to determine what went well, identify any challenges, and discuss how the participants responded to the session. Evaluations are important to improve the program and tailor the program to fit the needs of your participants. You may want to take attendance at each session to help evaluate the success of the program. The Living Better certificate is to be given to each participant at the last session to recognize their completion of the program. Finally, the Living Better participant evaluation form is to be given to the group on the last session to get feedback.

Allergy Note

It is important to find out if there are any food allergies before the program begins to avoid any reactions. Advance warning allows you to change the session recipe to accommodate the needs of your group. Include an area to indicate allergies on your program's sign-up sheet. See the registration form in Appendix E.

Role of the Facilitator

Living Better is an interactive program that engages individuals rather than lectures at them. The goal is to involve the participants and extract their knowledge and experiences. Make the sessions relaxed, personal and, most importantly, have fun! Here are some tips for facilitating Living Better:

- Use stories and analogies to enhance the material. For example: “I prepared this recipe for my family. I used more spice and they loved it.”
- Ask the participants to share their experiences with food, recipes, cooking tips and activity ideas.
- Use props – you can use pictures from grocery store flyers, food models, food packaging or measuring cups to show the participants what you’re talking about.

Symbols are included in the manual to guide the facilitator:



Facilitator Tip: includes hints for the facilitator.



See: directs you to an Appendix or the session’s resource section.



Distribute: tells you when to give the participants handouts.

Master List of Equipment and Supplies

Equipment

- Plates, bowls*
- Knives, spoons, forks*
- Glasses/cups* for beverages
- Water jugs
- Measuring cups and spoons
- Sharp cutting knives
- Cutting board
- Strainer
- Large mixing spoons
- Large, medium and small mixing bowls
- Can opener
- Potato masher
- Blender/food processor
- Refrigerator
- Oven/stovetop
- Microwave
- Toaster
- Napkins
- Cleaning supplies**
- Dishcloths and drying cloths
- Apron

* Think of the environment! It is best to have re-usable dishes and cutlery. If you must use disposables, remember to include the cost in your budget.

** Bleach solution for cleaning and sanitizing: 1 tablespoon of bleach to 4 L of water. Put in a spray bottle for easy clean up.

Other supplies

- Folders
- Name tags
- Black marker
- Poster (or chalkboard/whiteboard) – optional
- Pens (for each participant)
- Mystery Food box
- Food Cards (See Appendix C for ordering information)
- Food packaging and labels for various activities
- Hand sanitizer

- Masking tape
- Inflatable ball for Ball Toss activity

Activities

These activities need to be prepared before the session. See the session's resource section for instructions and supplies.

- Vegetables and Fruit Grab Bag (p. 28)
- Name that Whole Grain (p. 44)
- The Fibre Challenge (p. 53)
- Skeleton Game (p. 75)
- Fat Wise (p. 96)
- How Sweet it is! Sugar Activity (p. 100)
- Caffeine in Everyday Foods (p. 101)
- More than Food Questionnaire (p. 116)
- Food Jeopardy (p. 117)

Master Food List and Food Demonstration Supplies

Session 1 – Broccoli Salad (p. 128)

- Broccoli
- Red onion
- Sunflower seeds
- Raisins
- Mozzarella cheese
- Plain yogurt
- Sugar
- Lemon
- Pepper

Session 2 – Apple Peanut Butter Wraps (p. 131)

- Whole wheat tortillas
- Peanut butter (or a soy-based product like WOWBUTTER™)
- Apples

Session 3 – Black Bean and Corn Salad (p. 134)

- Black beans
- Canned corn
- Tomatoes
- Carrots
- Red onion
- Parsley
- Garlic
- Canola oil
- Vinegar
- Lemon juice
- Sugar
- Cumin
- Salt and pepper to taste

Session 4 – Mini Pizzas (p. 138)

- Whole wheat English muffins
- Salsa
- Mozzarella cheese
- 12 mushrooms
- 1 -2 green peppers

Session 5 – Easy Falafel with Lemon Yogurt Sauce (p. 142)

- Plain yogurt
- Lemon juice
- Garlic
- Salt
- Canned chickpeas
- Oil
- Cumin
- Paprika
- Chili flakes or cayenne
- Arugula or spinach
- Black pepper
- Whole wheat pitas
- Cucumbers
- Tomatoes

Mystery Food

Session 1 – Yam or sweet potato

Session 2 – Natural bran (1 small bag)

Session 3 – Extra firm tofu (1 block)

Session 4 – Canned salmon with bones (1 can)

Session 5 – Sardines, flavoured (1 tin)

Session 1

Feeling Good with Vegetables and Fruit



Session 1 • Supplies

Cooking Equipment for the Broccoli Salad:

- | | |
|--|--|
| <input type="checkbox"/> Plates | <input type="checkbox"/> Forks |
| <input type="checkbox"/> Cups | <input type="checkbox"/> Measuring cups and spoons |
| <input type="checkbox"/> Sharp cutting knife | <input type="checkbox"/> Cutting board |
| <input type="checkbox"/> Large mixing spoon | <input type="checkbox"/> Large mixing bowl |

Food List for 12 people:

- | | |
|---|--|
| <input type="checkbox"/> Broccoli – 2 bunches ~6 cups or 1.5 L | <input type="checkbox"/> Red onion – 1 small |
| <input type="checkbox"/> Sunflower seeds – 1/2 cup or 125 ml | <input type="checkbox"/> Raisins – 1/2 cup or 125 ml |
| <input type="checkbox"/> Partly skimmed mozzarella, cubed 1 cup or 250 ml | <input type="checkbox"/> Plain yogurt – 1 cup or 250 ml |
| <input type="checkbox"/> Granulated sugar – 1 tbsp or 15 ml | <input type="checkbox"/> Lemon – 1 |
| <input type="checkbox"/> Pepper – pinch | <input type="checkbox"/> Mystery Food: Sweet potato/Yam – 1 |

Handouts (photocopy for participants, see Session 1 Resources and Appendix B):

- | | |
|--|--|
| <input type="checkbox"/> Broccoli Salad Recipe | <input type="checkbox"/> Baked Sweet Potato or Yam Wedges Recipe |
| <input type="checkbox"/> Banana-Berry Wake-Up Shake Recipe | <input type="checkbox"/> Medication Side Effects |
| <input type="checkbox"/> Positive Action Plan – Feeling Good with Vegetables and Fruit – Sample Form | <input type="checkbox"/> Positive Action Plan – Feeling Good with Vegetables and Fruit |

Nutrition Education Resources (see Appendix C):

- | | |
|---|---|
| <input type="checkbox"/> Canada's Food Guide Snapshot | <input type="checkbox"/> Canadian Physical Activity Guidelines (For Adults 18-64 years) |
| <input type="checkbox"/> Mental Health for Life | <input type="checkbox"/> Dial-a-Dietitian (pamphlet, magnet or telephone number) |
| <input type="checkbox"/> Just the Basics | |

Get Active Resources (see Appendix A):

Review a Get Active option from Appendix A. Select and obtain a resource for Session 1.

Activity Supplies:

- | | |
|--|--|
| <input type="checkbox"/> Folders | <input type="checkbox"/> Name tags |
| <input type="checkbox"/> Black marker | <input type="checkbox"/> Registration form |
| <input type="checkbox"/> Pens (for each participant) | <input type="checkbox"/> Inflatable ball |
| <input type="checkbox"/> Flip chart | <input type="checkbox"/> Mystery food box |
| <input type="checkbox"/> Vegetables and Fruit Grab Bag | |

Session 1 • Feeling Good with Vegetables and Fruit

In this session we are introducing the participants to Canada's Food Guide. We will explore the Vegetables and Fruit food group and its many health benefits.

Session 1 will cover several topics:

- Registration
- A Big Welcome
- Introductions/Ball Toss
- Get Active
- Vegetables and Fruit
- Vegetables and Fruit Grab Bag
- Vegetables and Fruit Healthy Eating Tips
- Eat Well Plate
- Food Demonstration
- Mystery Food
- Medication Side Effects
- Positive Action Plan
- Key Messages
- Next Time...

Greetings

First impressions are everlasting! Start off the program on the right foot by welcoming every participant with a friendly greeting. One of the facilitators should be stationed at the entrance to welcome people as they enter the room and to direct them to the registration table.



Facilitator Tip: Prepare your food supplies and activities early for the first session. The participants often show up early to register and chat.

Registration

Before beginning the first session, all participants register for the program by completing the registration form found in **Appendix E**. The purpose of the form is to determine whether they have any food allergies or medical concerns that could affect their involvement. One of the facilitators should sit at the registration table to create name tags and help participants fill out the registration form. Have name tags for participants, staff and volunteers. Provide each participant with a folder to hold the recipes and handouts that will be distributed throughout the program.



See Appendix E for the Living Better Registration Form.

A Big Welcome

Welcome your group and let the participants know that Living Better is a community wellness program designed to give general nutrition and physical activity information to individuals with mental health concerns. Give a quick overview of the five sessions.



Facilitator Tip: At this point it is very important to tell the participants that the purpose of the program is to guide participants into making small lifestyle changes to enhance their mental health and well-being, not focus on specific disease. Encourage the group to ask questions throughout the sessions. Some participants may have questions but do not want to be too outspoken in the group. Encourage an **Anonymous Questions Bag** so that participants can write down their questions on a sheet of paper to be answered the following session. If there are individual medical or disease-related questions, direct the participants to ask their doctor.

Introductions / Ball Toss

Have everyone sit in a circle. Begin the session with personal introductions. Let the group know what activities you have planned for the session at hand. To prompt discussion, play Ball Toss.

Ball Toss: Ask participants, “What is your name and your favourite fruit?” Throw the ball to someone in the circle. The person who receives the ball must answer the question or say pass and then continue to throw the ball to another participant.



Facilitator Tip: Demonstrate the ball toss activity. Begin the introductions by introducing yourself and answering the ball toss question. Every session has a different question related to the theme.

Get Active

Begin discussing the importance of physical activity with a brief introduction to the Canadian Physical Activity Guidelines. These guidelines are relevant to all healthy adults aged 18-64 years, irrespective of gender, race, ethnicity or socio-economic status. Adults are encouraged to participate in a variety of physical activities that are enjoyable and safe.



Distribute Canadian Physical Activity Guidelines for Adults 18-64 years (see Appendix C).

Ask, why is physical activity important for our health?

- It builds stronger bones
- It builds stronger muscles
- It increases balance
- It relieves stress
- It helps to maintain a healthy weight
- It releases hormones that make us feel happy
- It gives us the energy and strength needed to do our daily tasks
- It's fun!

Generate discussion by asking the participants if they are aware that being active can help reduce the risk of:

- Premature death
- Heart disease
- Stroke
- High blood pressure
- Certain types of cancer
- Type 2 diabetes
- Osteoporosis
- Overweight and obesity

And can lead to improvements in:

- Mental health (increase self-esteem, reduce stress and anxiety)
- Fitness and strength
- Quality of life and overall functioning

Activity Tips & Ideas

Activities are always more fun with a friend. Find a friend who has the same interests as you and get active together. Try a new activity together through the Winnipeg Leisure Guide, fitness centre or local community centre.

Ask, how do you stay active? Here are some inexpensive and practical ideas:

- Gardening or yard work
- Walking to the grocery store, park or library
- Lifting weights, jugs or cans or stretching while you watch TV
- Biking to visit friends or to do errands
- YouTube videos for yoga or Zumba
- Swimming at a community centre or in a lake
- Tai Chi in the park
- Casual or pick-up sports like soccer, cricket, basketball
- Skating at the Forks or outdoor rinks
- Cross-country skiing or snowshoeing
- Tobogganing
- Running
- Bowling or lawn bowling or disc golf
- Pickle ball or tennis on community courts

Ask, what are some everyday activities that we could try to do for 10 minutes at a time?

Here are some ideas:

- Stretching while sitting
- Housework like vacuuming or washing windows
- Dancing to your favourite songs for 10 minutes
- Lifting weights, milk jugs filled with water or cans while you watch TV
- Standing on one foot while brushing your teeth
- Engage your core by sucking in your stomach while sitting in a waiting room or looking at your cell phone
- Parking far away from your destination or getting off the bus a few stops earlier
- Take the stairs instead of the elevator
- Leg lifts while lying on your bed
- Walk over to talk to your neighbour instead of phoning
- Kegel exercises when sitting in a car or bus at a traffic light

Ask, how often should we exercise?

- There are many benefits to being active every day – more physical activity provides greater health benefits.
- Canada's Physical Activity Guidelines recommend that adults try to get at least 150 minutes of moderate to vigorous-intensity aerobic physical activity per week, in bouts of 10 minutes or more.

- It is also beneficial to add muscle and bone strengthening activities using major muscle groups, at least two days per week.

The best way to begin exercising is to start slowly and build up the length of time and intensity of your workout. The more exercise you do, the easier it will become. Adding a few 10-minute activities into your day will increase your daily physical activity and will have a positive effect on your health.

The potential benefits far exceed the potential risks associated with physical activity.

At least 10 minutes of each session is devoted to physical activity. The participants should not feel intimidated by these movements.



See Appendix A for Get Active options. For example: <https://www.youtube.com/watch?v=ZA7dwfHfE9Q>

Canada's Food Guide

Begin discussing today's topic with a brief introduction to Canada's Food Guide. This guide helps Canadians make wise food choices and eat a variety of healthy foods each day. Today, the focus will be on vegetables and fruits.



Facilitator Tip: Remember, the facilitator's role is not to be a teacher. Your role is to guide and focus the discussion and to get your audience to share their knowledge and experiences.

Generate discussion by asking the participants if they are familiar with Canada's Food Guide and if they use it regularly. Using the Food Guide Snapshot, introduce participants to nutritious foods that are the foundation for healthy eating: vegetables, fruits, whole grains, and protein foods.



Distribute Canada's Food Guide Snapshot to the participants (see Appendix C).

Sample questions:

- How many of you are aware of the 2019 Canada's Food Guide?
- How many of you use the food guide?
- Looking at protein foods, does anyone try to eat plant-based proteins more often?

Vegetables and Fruit

Begin discussing today's topic with an introduction to the Vegetables & Fruit group.

Sample questions:

- Do you think that you include enough vegetables and fruits on your plate every meal?
- How do you prepare your vegetables? Raw, cooked, etc.
- What are some of your favourite ways to eat fruits or vegetables?

According to Canada's Food Guide:

- Vegetables and fruits are an important part of healthy eating. Try making half your plate vegetables and fruits.
- They come in many forms, such as fresh, frozen and canned.
- Opt for different textures, colours and shapes to fit your taste. Try a wide variety!

Did you know that the vitamins and minerals in fruit and vegetables can help with anxiety, depression, poor memory, irritability and stress?

Discuss the health benefits of fruits and vegetables. They are an important part of our diet because they:

- Supply vitamins and minerals
- Supply fibre helpful for proper digestion and bowel movements
- Reduce the risk of heart disease and some types of cancer
- Supply antioxidants

Ask, what are antioxidants?

- Antioxidants are naturally found in food. They protect our bodies from the free radicals that cause disease, like cancer.
- Think about a cut-up apple and how it turns brown when you expose it to the air (oxygen). If you add lemon juice to an apple, it does not turn brown. The air or oxygen in this case is a free radical or cancer-causing agent. The lemon juice is the antioxidant (vitamin C) preventing the apple from going brown (like cell damage).
- Vitamins A (Beta Carotene), C and E are antioxidants that are found in vegetables and fruit.

Vegetables and Fruit Grab Bag (Optional)



See Session 1 Resources for Vegetables & Fruit Grab Bag instructions (p. 28).



Facilitator Tip: Focus on the food product and description, not on the Nutrition Facts table. We will discuss label reading in the last session.

Vegetables and Fruit Healthy Eating Tips

Ask the participants what they look for when they are shopping for vegetables and fruit.

Here are some ideas:

- Eat vegetables and fruits of different colours and you will get the vitamins and minerals you need. The rule of thumb when it comes to fruits and vegetables is to have lots of different colours and textures to maximize your intake of vitamins, minerals and fibre.
- Generally, the more vivid fruits and vegetables contain more nutrients. For example, choose dark leafy greens as opposed to iceberg lettuce. Mix it up and be sure to eat lots of fruits and vegetables.
- Instead of drinking 100% fruit juice, eat the whole fruit to increase your fibre. Fruit juice and fruit concentrates are high in sugars and can also be replaced with water.
- Choose low-sodium vegetable juice and low-sodium canned items, to reduce your salt intake.
- Try not to overcook vegetables. Overcooking vegetables will destroy the vitamins in the vegetables. Vegetables taste best and have the most vitamins when they are steamed, lightly cooked or eaten raw.

Eat Well Plate

Begin a discussion about how participants can incorporate more fruits and vegetables into each day.

Ask, how can we fill half of our plates with fruits and vegetables? Here are some ideas:

- Keep vegetables and fruits where you will see them, and you will be more likely to eat them.
- When you buy fruits and vegetables at the store, wash and cut some up right away. Put them in the fridge for easy access.
- Keep a supply of dried, canned or frozen fruits and vegetables in your freezer or cupboard.
- Add chopped vegetables to your favourite recipes like soups, omelettes, stews and casseroles.
- Add fresh or dried fruit to cereals.
- Have a green salad at lunch or dinner.
- Carry dried fruit or fresh fruit as a snack when you are away from home.
- Use a baked potato as the basis for a quick and easy meal.
- Eat fresh or unsweetened canned fruit for a dessert or snack.
- Purchase fruits and vegetables in season.

- Canned or frozen fruits and vegetables are a great option when you can't purchase fresh produce.
 - Canned vegetables are often inexpensive. However, many contain high amounts of salt and therefore need to be rinsed well. Choose fruit that is canned in water or in its own juice.
 - Frozen vegetables are a great alternative to fresh. All of the nutrients have been "locked in" during the freezing process. Frozen vegetables and fruits will keep for a long time and people often find the taste is closer to the fresh item.
- Grow a garden, participate in a community garden or plant vegetables in a pot. Not only will you get some fresh produce, but there is evidence that gardening benefits mental health by reducing stress and anxiety.

Food Demonstration

Recipe: Broccoli Salad

To save time during the demonstration, cut up the broccoli, onion and cheese in advance. Pre-measure the remaining ingredients. Assemble the ingredients with the help of a volunteer from the audience. Talk about the benefits of the recipe. You can use any type of dried fruit, cheese or seed in this recipe.

Here are some benefits of the recipe:

- Easy to prepare
- Great lunch idea
- Good source of calcium and folic acid, vitamin C, vitamin A and protein
- Has lots of antioxidants
- Source of fibre
- Includes vegetables and protein foods

Mystery Food

Yam/Sweet Potato

The mystery food is designed to showcase theme-related foods. Conceal the mystery food in a box or paper bag. Begin to read out clues and allow time for guessing between each clue. The first person to guess the mystery food wins it as a prize.

Clues:

1. Is a vegetable
2. Good source of antioxidants vitamin A and C and folic acid
3. Good source of fibre
4. Can be boiled, baked and used in soups and stews
5. Is orange
6. Vegetable eaten often with turkey

Medication Side Effects

Some medicines prescribed by your doctor can cause certain side effects. Your food choices could help with some of them. See Session 1 Resources.



Distribute Medication Side Effects

Positive Action Plan

At the end of each session, distribute the positive action plan handout, which is located in the resource section. Here participants can be given the opportunity to plan for a positive health behaviour change. Plans need to be very specific, measurable, action-oriented and realistic. Participants need to feel confident and motivated to make a change. Allow some group or one-to-one time to complete this task and review it weekly. See the Sample Form on the next page.



Distribute Positive Action Plan – Feeling Good with Vegetables and Fruit from Session 1 Resources.

Key Messages

- Vegetables and fruits are an important part of a healthy eating pattern.
- Aim to fill half your plate with vegetables and fruits every meal.
- Eat a variety of colourful fruits and vegetables.
- Canned, frozen and fresh are all good choices.



Distribute recipes and nutrition education resources (See Appendix B and C).

- Broccoli Salad
- Baked Sweet Potato or Yam Wedges
- Banana-Berry Wake-Up Shake
- Mental Health for Life
- Just the Basics

Positive Action Plan – Feeling Good with Vegetables and Fruit

Sample Form

Has this session motivated you to make a positive behaviour change? If so, pick a behaviour that you want to change that is simple and realistic. Ask yourself the question: “How confident am I in making this behaviour change?” If your confidence is high, you are more likely to succeed and make this new behaviour a habit. Remember success doesn’t happen overnight – it could take a year.

BEHAVIOUR: I will eat more veggies

WHEN? With supper every night

I WILL DO THIS FIRST Think of different vegetables I like and make a list

Roadblocks that can get in the way	Solutions
Fresh veggies are expensive	Buy frozen and canned vegetables to have on hand, check flyers for sales.
I don’t know how to cook veggies	Look for easy recipes from Peak of the Market or online. Ask facilitators.
I never think about veggies – sometimes they rot in my fridge	Put veggies in a more visible area in my fridge.

I WILL DO THIS TO MAKE MY SUCCESS MORE LIKELY. I will tell my friends and family of my plan so they can help remind me. I will always have vegetables on my grocery list.

HOW CAN YOU HELP ME? I would like more cooking and recipe ideas.

WHAT WILL MY REWARD BE? Get a new book from the library to read.

REWARDS: Rewards often reinforce positive behaviour. Pick a reward that is not food related.

- Get your favourite movie, magazine, book
- Have a relaxing bath, play a board game, do a crossword, go to the movies, update a photo album
- Buy a new piece of clothing, flowers, bath product
- Plan an outing, trip
- Go walking, bike riding, bowling or do some gardening

Next Time...

Let your participants know what to expect next time, including the topic and the recipe:

- Session 2: Energize with Whole Grains
- Recipe: Apple Peanut Butter Wraps

Session 1 • Resources

Feeling Good with Vegetables and Fruit



Vegetables and Fruit Grab Bag

You will need:

- A large bag or box
- Enough vegetable and fruit food packages or pictures for each participant

Instructions:

Place the food products or pictures in the bag/box and have each participant grab an item. Have each participant describe their product to the group and discuss the advantages and disadvantages of the product.

Discussion/Comments:

The purpose of the Vegetables and Fruit Grab Bag is to generate discussion. The participants are able to see a variety of products and make better choices in the grocery store. A photo of whole fruits or vegetables could serve as an example of a better choice when compared to 100% fruit juice or punch. Dried or frozen fruit products can be used to show the various ways fruits and vegetables can be packaged for purchase at a grocery store. Use these ideas to reinforce how you can increase fruits and vegetables in the diet.



Facilitator Tip: The Grab Bag activity works best if the participants are seated in a circle so that everyone can see the different products and hear each other.

Focus on the food product and description, not on the Nutrition Facts table. We will discuss label reading in the last session.

Suggested items:

- Canned veggies and fruit
- Frozen veggies
- Frozen fruit (with syrup or sugar and without)
- Pictures of salads
- Fresh fruit or veggie (include uncommon foods)
- Pre-packaged washed veggies
- Picture of stir-fry or omelette for meal ideas
- Dried fruit (unsweetened)
- Picture of farmers' market
- 100% juice
- Sugar added juice (e.g. fruit punch, fruit drink)
- Tomato soup
- Dark leafy green veggie
- Pasta sauce
- V8 juice/Tomato juice
- Jam

Medication Side Effects

Some medicines prescribed by your doctor can cause side effects. Your food choices could help with some of them.

Dry mouth – to help keep your mouth moist try these ideas:

- sip water regularly
- suck on popsicles made from juice
- eat a variety of ripe, juicy fruit
- eat foods that need lots of chewing like apples, carrots, celery, meats and crusty breads and rolls
- chewing sugarless gum or sucking on the rind of a lemon or lime can help stimulate saliva flow

Constipation – to help stimulate regular bowel movements:

- eat high-fibre cereals and grain products like whole wheat breads, crackers, pastas and brown rice
- sprinkle one teaspoon of ground flaxseed over any meal
- eat lots of fruits and vegetables
- eat dried fruits like apricots, prunes and figs
- include pulses in your diet such as peas, lentils and beans
- drink water regularly and avoid too much coffee and pop
- be physically active

Nausea or upset stomach

- nibble on some dry toast or a few crackers
- eat a few ginger snap cookies or try a piece of crystallized ginger
- cut up lemon and place around the kitchen
- drink a cup of peppermint tea or ginger tea
- eat often but small amounts
- eat slowly
- avoid greasy foods

Weight gain

- eat small, regular meals
- use Canada's Food Guide to follow a well-balanced diet
- avoid fast foods and restaurant foods
- avoid high-calorie drinks like pop, juice, slushies, smoothies (unless you make your own), fancy coffees and teas, sports drinks
- only eat if you feel hungry and stop eating when you feel full
- be active every day

Remember! *If any of these symptoms persist or if you experience other side effects, you MUST speak with your health care provider.*

Positive Action Plan – Feeling Good with Vegetables and Fruit

Sample Form

Has this session motivated you to make a positive behaviour change? If so, pick a behaviour that you want to change that is simple and realistic. Ask yourself the question: “How confident am I in making this behaviour change?” If your confidence is high, you are more likely to succeed and make this new behaviour a habit. Remember success doesn’t happen overnight – it could take a year.

BEHAVIOUR: I will eat more veggies

WHEN? With supper every night

I WILL DO THIS FIRST Think of different vegetables I like and make a list

Roadblocks that can get in the way	Solutions
Fresh veggies are expensive	Buy frozen and canned vegetables to have on hand, check flyers for sales
I don’t know how to cook veggies	Look for easy recipes from Peak of the Market or online. Ask facilitators
I never think about veggies – sometimes they rot in my fridge	Put veggies in a more visible area in my fridge.

I WILL DO THIS TO MAKE MY SUCCESS MORE LIKELY. I will tell my friends and family of my plan so they can help remind me. I will always have vegetables on my grocery list.

HOW CAN YOU HELP ME? I would like more cooking and recipe ideas.

WHAT WILL MY REWARD BE? Get a book from the library to read

REWARDS: Rewards often reinforce positive behaviour. Pick a reward that is not food related.

- Get your favourite movie, magazine, book
- Have a relaxing bath, play a board game, do a crossword, go to the movies, update a photo album
- Buy a new piece of clothing, flowers, bath product
- Plan an outing, trip
- Go walking, bike riding, bowling or do some gardening

Positive Action Plan – Feeling Good with Vegetables and Fruit

Has this session motivated you to make a positive behaviour change? If so, pick a behaviour that you want to change that is simple and realistic. Ask yourself the question: “How confident am I in making this behaviour change?” If your confidence is high, you are more likely to succeed and make this new behaviour a habit. Remember success doesn’t happen overnight – it could take a year.

BEHAVIOUR: I will

WHEN?

I WILL DO THIS FIRST

Roadblocks that can get in the way	Solutions

I WILL DO THIS TO MAKE MY SUCCESS MORE LIKELY.

HOW CAN YOU HELP ME?

WHAT WILL MY REWARD BE?

REWARDS: Rewards often reinforce positive behaviour. Pick a reward that is not food related

- Getting your favourite movie, magazine, book
- Have a relaxing bath, play a board game, do a crossword, go to the movies, update a photo album
- Buy a new piece of clothing, flowers, bath product
- Plan an outing, trip
- Go walking, bike riding, bowling or do some gardening

Session 2

Energize with Whole Grains



Session 2 • Supplies

Cooking Equipment for the Apple Peanut Butter Wraps:

- | | |
|--|--|
| <input type="checkbox"/> Plates | <input type="checkbox"/> Knives |
| <input type="checkbox"/> Spoons | <input type="checkbox"/> Bowls |
| <input type="checkbox"/> Sharp cutting knife | <input type="checkbox"/> Cutting board |

Food List for 12 people:

- | | |
|--|--|
| <input type="checkbox"/> Peanut butter ~ 1 cup or 250 ml | <input type="checkbox"/> Small (6") whole wheat tortillas – 12 |
| <input type="checkbox"/> Apples – 6 | <input type="checkbox"/> Mystery Food: Natural Bran |

Handouts (photocopy for participants, see Session 2 Resources and Appendix B):

- | | |
|---|---|
| <input type="checkbox"/> Whole Grain Picture | <input type="checkbox"/> Name that Grain (optional) |
| <input type="checkbox"/> Whole Grain for Your Brain:
How to Cook | <input type="checkbox"/> Fibre Quiz |
| <input type="checkbox"/> Apple Peanut Butter Wrap Recipe | <input type="checkbox"/> Bran Muffin Recipe |
| <input type="checkbox"/> Banana Oat Pancakes Recipe | <input type="checkbox"/> Positive Action Plan – Energize with
Whole Grains |

Nutrition Education Resources (see Appendix C):

- | | |
|-------------------------------------|---|
| <input type="checkbox"/> Food Cards | <input type="checkbox"/> Check on Fibre (Self-assessment
for fibre intake) |
|-------------------------------------|---|

Get Active Resources (see Appendix A):

- ☐ Review a Get Active option from Appendix A. Select and obtain a resource for Session 2.

Activity Supplies:

- | | |
|--|--|
| <input type="checkbox"/> Folders | <input type="checkbox"/> Name tags |
| <input type="checkbox"/> Black marker | <input type="checkbox"/> Registration form |
| <input type="checkbox"/> Pens (for each participant) | <input type="checkbox"/> Flip chart |
| <input type="checkbox"/> Inflatable ball | <input type="checkbox"/> Food Cards |
| <input type="checkbox"/> The Fibre Challenge game | <input type="checkbox"/> Mystery Food box |

Session 2 • Energize with Whole Grains

In this session we continue our discussion of Canada's Food Guide. We will focus on whole grain foods as well as the health benefits of getting enough fibre.

Session 2 will cover several topics:

- Introductions/Ball Toss
- Get Active
- Whole Grain Foods
- Name that Grain
- What is Fibre?
- The Fibre Challenge
- The Fibre Formula
- Water
- Food Demonstration
- Mystery Food
- Positive Action Plan
- Key Messages
- Next Time...

Introductions

Introductions / Ball Toss

Have everyone sit in a circle. Begin the session with personal introductions. Let the group know what activities you have planned for the session at hand. To prompt discussion, play Ball Toss.

Ball Toss: Ask participants, "What is your name and your favourite cereal?" Throw the ball to someone in the circle. The person who receives the ball must answer the question or say pass and then continue to throw the ball to another participant.

Get Active

At least 10 minutes of each session is devoted to physical activity.



See Appendix A for Get Active options.

Whole Grain Foods

We will now focus on whole grain foods from Canada's Food Guide. Begin the discussion by showing pictures of different grain products (use food cards, food labels or food flyers) or purchase small amounts of each grain. Play "Name that Whole Grain" as a fun way to give more information on many different grains.



Facilitator Tip: Purchase small amounts of lesser-known grains like bulgur, millet and quinoa, and place into small plastic bags.

Play Name that Whole Grain!



See Session 2 Resources for Name that Whole Grain!

Canada's Food Guide recommends:

1. Whole grain foods should be consumed regularly.
2. Choose grain products that are lower in fat, sugar or salt.

Ask, what's the difference between whole grains and refined grains?

Whole grains: contain all three layers of the grain seed or kernel: outer bran layer, the endosperm, and the germ. Whole grains are rich in vitamins, minerals and fibre.

Refined grains: the bran and germ layers are removed; vitamins and fibre are lost. Refined flour has vitamins and minerals like folate and iron added so that it is "enriched."



See Session 2 Resources for a Picture of a Whole Grain.



Distribute Picture of Whole Grain.

Ask the participants about the health benefits of grain products:

- Low in fat
- Supply fibre
- Supply energy in the form of carbohydrates (fuel for mind and body)
- Good source of vitamins and minerals (B vitamins, iron, zinc, magnesium)

Did you know that whole grain foods are great for your mental health?

The food you eat can have a major impact on your mood and how you feel. The brain, like the rest of the body, depends on energy and nutrients to work. Hunger and lack of proper energy and nutrients can influence a wide range of mental functions, such as sleep patterns, memory, problem-solving ability, emotions and thinking.

Talk about food proportions when filling our plates:

- Using the list of whole grain foods the group brainstormed earlier in the session, talk about filling $\frac{1}{4}$ of your plate with these grains based on Canada's Food Guide.
- Use props to create a demonstration, using food cards or "real" foods, such as cooked whole grain pasta in a bowl, a large muffin or bagel.



See Session 2 Resources for "Whole Grains for Your Brain: How to Cook" handout.



Distribute "Whole Grains for Your Brain: How to Cook" handout.



Facilitator Tip: For recipe ideas on how to use a variety of whole grains (and other foods in your pantry and fridge), direct participants to: www.supercook.com. This is a free website and app that you can use to search for recipes based on ingredients you already have in your home!

What is Fibre?

Fibre is a carbohydrate found only in plants. It is the only part of the plant that cannot be digested by the human body. Fibre is an essential nutrient for the normal functioning of the gut.

Begin a discussion with the participants about good sources of fibre in their diet. What foods do they eat to make sure they get enough fibre?

Here are some good high-fibre foods to use as examples:

- Broccoli, sweet potatoes, greens and carrots
- Apples, bananas, prunes, oranges, pears and raisins
- Oatmeal, barley, breads, whole grain muffins and cereals



Facilitator Tip: Don't forget to mention legumes, beans, split peas, lentils and chickpeas as excellent sources of fibre. Legumes will be discussed in Session 3: Feel the Power with Protein.

Play the Fibre Challenge



See Session 2 Resources for “The Fibre Challenge”.



Facilitator Tip: Create The Fibre Challenge game before the session, as you will need time to prepare food cards.

After playing The Fibre Challenge, the participants have learned about the fibre content of some common foods. Ask, what are the benefits of fibre?

- Keeps you fuller, longer.
- Lowers blood cholesterol.
- Lowers blood pressure.
- Prevents constipation. (Some medications can cause constipation.)
- Makes stools softer and easier to pass.
- Prevents colon cancer.
- Controls blood sugar levels.

Ask participants if they are aware that consuming fibre regularly can help reduce the risk of:

- Cardiovascular disease
- Diabetes
- Colorectal cancer

What is the relationship between fibre and water?

Water and fibre go hand in hand. It is important to drink enough water when eating a high fibre diet. Fibre is like a **sponge** that retains water and is always pulling water from our digestive tract as it passes through our system. Drinking a lot of water helps the fibre pass. Fibre can also slow down the release of sugars from the foods we eat as well as bind cholesterol in the small intestines and take it out of the body.

Let’s test the participants’ knowledge about fibre.



See Session 2 Resources for the Fibre Quiz (optional).

To conclude the fibre talk, ask for ideas to increase fibre in your diet.

- Start your day with oatmeal, high-fibre cereals alone or mixed with other cereals (*be aware of sugar content – check the label).
- Choose whole grain bread and pasta and brown rice.
- Bake with whole wheat flour.
- Try something new! Ideas: bulgur, pot barley, quinoa.
- Read food labels to learn the fibre content in your favourite foods.
- Eat lots of fruits and vegetables, especially the skins, which contain a lot of fibre.
- Be creative! Try adding bran-type cereals to yogurt for extra crunch and fibre.
- Add flax, hemp or chia seed to smoothies, cereal or yogurt (out of the three, flax is the cheapest)

Water

Canada's Food Guide recommends making water your drink of choice, because water:

- Controls body temperature.
- Protects and cushions your organs.
- Helps us recover from exercise.
- Helps the body take in nutrients.
- Helps with constipation.
- Helps change food into energy.
- Helps prevent dry skin.
- Helps prevent heat stroke and heat exhaustion.

How much water should we be consuming each day? Aim for six to eight cups, or approximately 1.5 to two litres!

What are some tips to help us drink more water?

- Take water breaks throughout your day.
- Always have a water glass or reusable bottle at your table or work station.
- Add flavour to your water with fresh herbs (mint), fruit (lemon) or herbal teas (peach ginger tea).
- Take water with you in the car/bus on short or long trips.

Food Demonstration

Recipe: Apple Peanut Butter Wraps

Lay out the ingredients in the middle of the table. Direct the participants to a designated hand-washing area before they prepare their wraps. Get the participants involved by asking for volunteers to help cut up the apples. Each participant can make his/her own wrap. The facilitator should demonstrate the recipe first while talking about the recipe's benefits.



Facilitator Tip: You may substitute peanut butter with a soybean substitute like WOWBUTTER™. You can substitute bananas for apples.

Here are some benefits of the recipe:

- High fibre
- Easy to prepare
- Provides vegetables, fruit, whole grains and protein foods
- Economical

Mystery Food

Wheat Bran

The mystery food is designed to showcase theme-related foods. Conceal the mystery food in a box or paper bag. Begin to read out clues and allow time for guessing between each clue. The first person to guess the mystery food wins it as a prize.

Clues:

1. It is a whole grain food
2. Very high in fibre
3. Can be added to many foods such as muffins, cookies, casseroles and cereals
4. Very affordable
5. Very little taste
6. Looks like sawdust
7. Makes your bowels happy



Facilitator Tip: Encourage the group to add small amounts (one tablespoon) to their favourite recipes or sprinkle it on their cereal or oatmeal for extra fibre.

Positive Action Plan

At the end of each session, distribute the positive action plan handout located in the resource section. Here participants can be given the opportunity to plan for a positive health behaviour change. Plans need to be very specific, measurable, action-oriented and realistic. Participants need to feel confident and motivated to make a change. Allow some group or one-to-one time to complete this task and review it weekly.



Distribute Positive Action Plan – Energize with Whole Grains.

Key Messages

- Eat whole grain foods regularly (~1/4 of our plate based on Canada's Food Guide).
- Fibre helps us feel satisfied and keeps our digestive system healthy.
- Make water your drink of choice.



Distribute recipes and nutrition education resources (See Appendix B and C).

- Apple Peanut Butter Wraps
- Bran Muffins
- Banana Oat Pancakes
- Check on Fibre (Self-assessment for fibre intake)
- Whole Grains for Your Brain – How to Cook

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Next Time...

Let your participants know what to expect next time, including the topic and the recipe:

- Session 3: Feel the Power with Protein
- Recipe: Black Bean and Corn Salad

Session 2 • Resources

Energize with Whole Grains



Name that Whole Grain!

Brown Rice:

- I am a staple food in Asia.
- I am small in size, oval in shape and light brown in colour.
- I have not been polished.
- I am high in fibre, and provide a good source of iron and B vitamins. I am gluten free.
- When I am cooked I have a chewy texture and nutty flavour.

Wild Rice:

- I am a grain related to the grass family and am produced in Manitoba.
- I am an aquatic grass, less commonly known as a “water oat.”
- I am long in shape and dark purple in colour.
- I am high in protein, fibre, niacin and low in fat. I am gluten free.

Oats:

- I am a grain that is usually used to feed horses.
- I am available in many different forms: steel cut, groats, flakes or instant.
- I am an excellent source of soluble fibre, which helps keep you full and lowers your cholesterol.

Extra Information about Oats:

- Oats come in many different forms such as oat groats, steel cut, instant, flaked, etc.
 - **Oat Groats:** Minimally processed oats; only the hull has been removed; need to be soaked before cooking.
 - **Steel Cut Oats:** Unrolled oats that have been cut into small pieces; coarse texture.
 - **Flaked/Rolled Oats:** These oats have been steamed, pressed and rolled into flakes; requires about five minutes to cook.
 - **Instant Oats:** Made from oat groats that have been cooked, dried and rolled. They are very thin and only require the addition of hot water. (Many are sold with added sugar. Try to choose one that is low in sugar.)
 - Cost of instant oats versus rolled oats is more than double the price.
 - Rolled oats are very easy to prepare and can be topped with many different items, such as fresh or frozen fruit, dried fruit, nuts or seeds, yogurt. It can be toasted in the oven and made into granola.

Pot Barley:

- I am oval in shape and light brown in colour.
- I look like I am polished but I still have my outer coat.
- I am high in protein and am a good source of minerals such as selenium, phosphorus, copper and manganese.
- I am a great source of soluble fibre. I help lower blood cholesterol and control blood glucose levels.

Buckwheat:

- I am not a grain, but am related to the fruit, rhubarb.
- I can be purchased as groats, kasha (toasted groats), dark milled flour or light milled flour. I am gluten free.
- I provide a good source of B vitamin and minerals such as copper and zinc.
- I am also a source of antioxidants (protects against disease).

Bulgur:

- I am originally from the Middle East.
- Like all wheat products, I contain gluten.
- I am high in fibre and protein, and low in fat.
- I am a good source of the mineral magnesium.
- When cooked I have a light, nutty flavour.

Popcorn:

- I come from the kernels of a vegetable that can be yellow, white or purple in colour.
- When heated, the high pressure causes me to pop and become white and foamy.
- I am high in fibre, low in calories, sodium and sugar, but many people eat me with added fat, salt or sugar.
- I am usually eaten as a snack when watching a movie.

Whole Wheat Couscous:

- I am made from whole wheat and shaped into tiny balls.
- I am actually pasta.
- I am a good source of folate, vitamin E and minerals such as selenium, potassium and magnesium.
- I am low in saturated fat, cholesterol and sodium.

Quinoa (pronounced Kee-nwa):

- I am originally produced in South America.
- I am not a true grain and am related to the family of green, leafy vegetables like spinach. I am gluten free.
- I am a good source of digestible proteins, fibre, iron, magnesium and phosphorus.
- I must be rinsed before cooking to remove my bitter taste.

Millet:

- I am an ancient grain originally produced in Africa and Asia.
- I am a very sustainable and easy to cultivate. I have a short growing season and can thrive in high temperatures with little water.
- I am a good source of B vitamins and minerals such as calcium, iron, potassium, magnesium and zinc.
- I am often used as a primary ingredient in bird seed.
- I can be eaten by people with gluten allergies.

Whole Wheat Pasta:

- I am light brown in colour and made from the bran, germ and endosperm of a grain.
- I am a good source of fibre and protein.
- I am commonly eaten in Italian restaurants.

Whole Grain Cereal:

- I am usually eaten at breakfast with milk. Check my box to make sure there hasn't been too much sugar added!
- I come in eight or 12 grain varieties.
- I am high in fibre, and provide a good source of B vitamins, vitamin E, iron and magnesium.

Whole Grain Labels

Bulgur

Brown Rice

Wild Rice

Pot Barley

Buckwheat

Oats

Millet

Quinoa

Popcorn

Whole Wheat Pasta

Whole Wheat Couscous

Whole Grain Cereal

Whole Grain Picture

Whole grains: contain all three layers of the grain seed or kernel: outer bran layer, the endosperm, and the germ. Whole grains are rich in vitamins, minerals, and fibre.

Refined grains: the bran and germ layers are removed; vitamins and fibre are lost. Refined flour has vitamins and minerals like folate and iron added so that it is “enriched.”

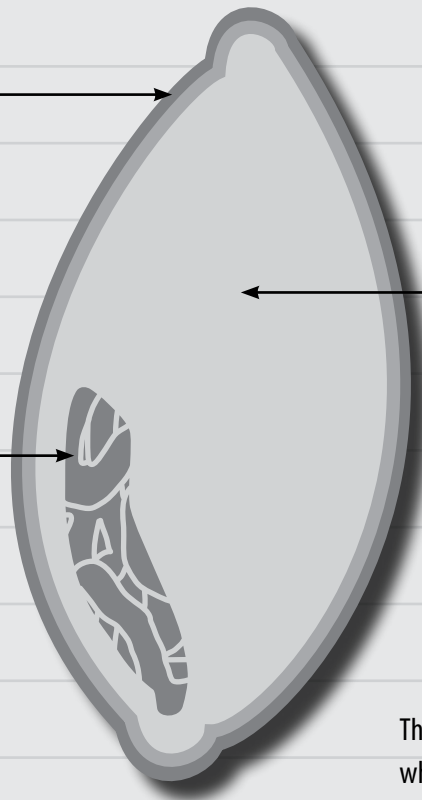
Anatomy of a grain

Bran: protects the seed

- Fibre
- B vitamins
- Minerals

Germ: nourishment for the seed

- B vitamins
- Vitamin E
- Minerals
- Phytochemicals



Endosperm: energy for the seed

- Carbohydrates
- Some protein
- Some B vitamins

The bran and germ are removed when wholegrains are refined.

<http://ialrdietitian.wordpress.com/2012/06/22/the-whole-story-about-whole-grains/>

Whole Grains for Your Brain: How to Cook...

Brown Rice:

1. Soak 1 cup of rice in water for 30 minutes, then drain the water.
2. In a large pot, add 2½ cups of water and the rice. Cover the pot with a lid and bring to a boil.
3. After the water boils, reduce the heat to low and simmer for 50 minutes.
4. Fluff with a fork before serving.

Makes: 3-4 cups

➤ *Important Ratio: 2½ cups water for 1 cup brown rice*

Wild Rice:

1. Rinse 1 cup of rice with water.
2. In a large pot, add 3 cups of water and the rice. Cover the pot with a lid and bring to a boil.
3. After the water boils, reduce the heat to low and simmer for 50 minutes.
4. Fluff with a fork before serving.

Makes: 4 cups

➤ *Important Ratio: 3 cups water for 1 cup wild rice*

Pot Barley:

1. Rinse barley with a strainer.
2. When ready to cook, boil 4 cups of water.
3. After boiling, add 1 cup of barley and stir well.
4. Cover the pot and reduce the heat to simmer for 45-50 minutes. Let it stand covered for 5 minutes before serving.

Makes: 3½-4 cups

➤ *Important Ratio: 4 cups water for 1 cup pot barley*

Oatmeal:

1. Add 1 cup of quick rolled oats to 2¼ cups of water in a small saucepan.
 2. Bring to a boil, then reduce the heat to medium for 5 minutes and stir constantly until thickened.
- Milk, a source of calcium and vitamins A and D, can be used instead of water

Makes: 2-2½ cups

➤ *Important Ratio: 2¼ cups water for 1 cup oats*

Bulgur:

1. Bring 3 cups of water to a boil and add 1 cup of bulgur.
2. Turn off the heat and cover the pot until all the water is absorbed (about 30 minutes).

Makes: 3-4 cups cooked

➤ *Important Ratio: 3 cups water for 1 cup bulgur*

Buckwheat:

1. Bring 2 cups of water to a boil, then add 1 cup of buckwheat.
2. Reduce the heat to simmer for 10 minutes.

Makes: 3-4 cups

➤ *Important Ratio: 2 cups water for 1 cup buckwheat*

(Whole Wheat) Couscous:

1. Bring 2 cups of water or broth to a boil and add 1 cup of couscous.
2. Cover the pot and remove from the heat. Let it stand for 5 minutes.
3. Fluff with a fork before serving.

Makes: 2 cups

➤ *Important Ratio: 2 cups water for 1 cup couscous*

Millet:

1. Add 2½ cups of water and 1 cup of millet to a pot of water and bring to a boil.
2. After the water has boiled, reduce the heat and simmer for 25-30 minutes.

Makes: 3½-4 cups

➤ *Important Ratio: 2½ cups water to 1 cup millet*

Quinoa:

1. Rinse quinoa thoroughly with water and drain (to remove the bitter coating).
2. Add 2 cups of water and 1 cup of quinoa to a small pot and bring to a boil.
Stir occasionally.
3. Reduce the heat, cover and simmer for 15 minutes.

Makes: 3-4 cups

➤ *Important Ratio: 2 cups water to 1 cup quinoa*

Popcorn:

1. Place a large pot on the stove and turn the heat to high/medium high.
2. Add 2-3 tablespoons (30-45 ml) of oil to evenly coat the entire surface of the pot.
3. Add 1 kernel into the pot. When the oil begins to smoke or the kernel has popped, then the pot is ready.
4. Add 3 tablespoons of kernels into the pot and gently shake them to evenly coat the surface and cover with the lid.
5. Continue to shake the pot as the kernels are popping. Do NOT stop shaking as the popcorn will burn.
6. When popping has slowed down or lid is rising, remove from the heat and enjoy.

Makes: 4 cups

Other cooking options:

- A. Use an air popper
- B. Use a brown paper bag and your microwave
 - Add ½ cup of popcorn kernels to a brown paper bag.
 - Fold the top of the bag down twice.
 - Place it in the microwave and cook on high for 3 minutes.
 - Stop microwaving when the popping slows to 1 to 2 pops per second.

The Fibre Challenge

You will need:

- ☐ Bran cereal (All-Bran™, All-Bran Buds™)
- ☐ Plastic baggies
- ☐ Permanent marker
- ☐ Food cards and/or food packaging

Instructions:

To create The Fibre Challenge, use bran cereal to display the amount of fibre in each food. Prepare 10 small plastic bags with the amount of bran cereal listed below. Label each one with permanent marker.

Amount of Bran Cereal	How much fibre it represents
2.5 tsp or 12.5 ml	1 g
5 tsp or 25 ml	2 g
7.5 tsp or 37.5 ml	3 g
10 tsp or 50 ml	4 g
12.5 tsp or 62.5 ml	5 g
15 tsp or 75 ml	6 g
17.5 tsp or 87.5 ml	7 g
20 tsp or 100 ml	8 g
22.5 tsp or 112.5 ml	9 g
25 tsp or 125 ml	10 g

To play The Fibre Challenge, compare three items using food cards. Ask the participants which food has the most fibre. When the participants have guessed which foods have the most fibre, reveal the fibre content of each food using the baggies.

Tip: Use index cards to create the food cards. On the front of the card, write the name of the food and include photos if desired. If possible, write the fibre content of the food on the back of the food card.

Metric and Imperial Conversion Chart:

Cups	Volume (ml) Equivalent
$\frac{1}{4}$	50
$\frac{1}{2}$	125
1	250
$1\frac{1}{2}$	375
2	500
$2\frac{1}{2}$	625
3	750
$3\frac{1}{2}$	875
4	1000 (1 L)

Discussion/Comments:

The purpose of the game is to compare the fibre content of some common foods. The Fibre Challenge teaches participants that there are many good sources of fibre outside of whole grain food products and to make participants aware of the fibre content in food products, allowing them to make better food choices when shopping. Note the amount in bran does not reflect the actual amount of fibre. It only serves as a percentage visual for participants!

Suggested food card items and their fibre content:

Group 1:

- ☐ Baked beans – ½ cup has 10.5 g fibre
- ☐ Peach slices – ½ cup has 1.3 g fibre
- ☐ Egg – 1 egg has no fibre

Group 2:

- ☐ Oatmeal – ¾ cup has 2.7 g fibre
- ☐ Grapes – 10 grapes have 0.6 g fibre
- ☐ Chicken breast – 1 breast has no fibre

Group 3:

- ☐ Corn on the cob – 1 ear of corn has 4.5 g fibre
- ☐ Peanut butter – 1 tbsp has 1 g fibre
- ☐ Cereal – 1 cup of corn flakes has 0.7 g fibre

Group 4:

- ☐ Whole wheat bread – 1 slice has 2 g fibre
- ☐ Strawberries – 5 medium strawberries have 1.3 g fibre
- ☐ White rice – ½ cup has 0.5 g fibre

Group 5:

- ☐ Apple – 1 apple has 2.6 g fibre
- ☐ Carrots – 1 medium has 2 g fibre
- ☐ Milk – 1 cup has no fibre

Group 6:

- ☐ Broccoli – 3 spears have 2.2 g fibre
- ☐ Potato chips – 10 chips have 0.8 g fibre
- ☐ Soda crackers – 4 crackers have 0.3 g fibre

Group 7:

- ☐ Spaghetti – 1 cup of enriched spaghetti in tomato sauce has 8 g fibre
- ☐ Cantaloupe – ½ cantaloupe has 2 g fibre
- ☐ Butter – 1 tsp has no fibre

Other suggested items:

- ☐ Baked potato – 1 medium-sized potato has 5 g fibre
- ☐ Asparagus – 5 spears have 1 g fibre
- ☐ All-Bran Buds – $\frac{1}{3}$ cup has 12 g fibre
- ☐ Dried figs – 5 figs have 8.5 g fibre
- ☐ Sweet potato – 1 medium sweet potato has 3.5 g fibre
- ☐ Flaxseed – $\frac{1}{4}$ cup has 6 g fibre
- ☐ Pear – 1 pear has 5 g fibre
- ☐ Lentils – $\frac{1}{2}$ cup lentils have 4.5 g fibre
- ☐ Almonds – $\frac{1}{4}$ cup has 4 g fibre
- ☐ Cooked oat bran – $\frac{3}{4}$ cup has 3.5 g fibre
- ☐ Prunes – 5 prunes have 3 g fibre
- ☐ Orange juice – 1 cup has less than 1 g fibre
- ☐ Cooked spinach – $\frac{1}{2}$ cup has 3 g fibre
- ☐ Frozen peas – $\frac{1}{2}$ cup has 6 g fibre

Fibre Quiz

Complete the Fibre Quiz orally to test your participants' knowledge.

TRUE or FALSE:

Switching from a low-fibre to a high-fibre diet is easily done within a few days and will provide immediate benefit. **FALSE**

Explanation: Add high-fibre foods to your diet gradually. Adding large amounts of fibre too quickly can cause bloating, gas, discomfort or more serious problems. And if you are adding lots of bran and other fibres, drink plenty of fluids. Otherwise, the bran can absorb most of the water in your intestines and cause an obstruction.

Snacking on raw vegetables instead of chips or crackers is a good way to increase your daily fibre intake. **TRUE**

Explanation: Raw vegetables are naturally high in fibre and are low in fat. Chips and crackers are generally high in fat and are made from refined flours that do not provide a lot of fibre.

Fibre decreases our blood cholesterol. **TRUE**

Explanation: Fibre decreases the risk of heart disease and stroke because it lowers your blood cholesterol.

Fibre helps us maintain a healthy body weight because it makes us feel full, without being fattening. **TRUE**

Explanation: Fibre increases the feeling of fullness by adding bulk to foods without additional calories.

Positive Action Plan – Energize with Grain Products

Has this session motivated you to make a positive behaviour change? If so, pick a behaviour that you want to change that is simple and realistic. Ask yourself: “How confident am I in making this behaviour change?” If your confidence is high, you are more likely to succeed and make this new behaviour a habit. Remember success doesn’t happen overnight – it could take a year.

BEHAVIOUR: I will

WHEN?

I WILL DO THIS FIRST:

Roadblocks that can get in the way	Solutions

I WILL DO THIS TO MAKE MY SUCCESS MORE LIKELY.

HOW CAN YOU HELP ME?

WHAT WILL MY REWARD BE?

Rewards: Rewards often reinforce positive behaviour. Pick a reward that is not food related.

- Get your favourite movie, magazine, book
- Have a relaxing bath, play a board game, do a crossword, go to the movies, update a photo album
- Buy a new piece of clothing, flowers, bath product
- Plan an outing, trip
- Go walking, bike riding, bowling or do some gardening

Session 3

Feel the Power with Protein



Session 3 • Supplies

Cooking Equipment for the Black Bean and Corn Salad:

- | | |
|--|--|
| <input type="checkbox"/> Plates or bowls | <input type="checkbox"/> Large mixing bowl |
| <input type="checkbox"/> Forks | <input type="checkbox"/> Large mixing spoon |
| <input type="checkbox"/> Cups | <input type="checkbox"/> Sharp cutting knife |
| <input type="checkbox"/> Can opener | <input type="checkbox"/> Cutting board |
| <input type="checkbox"/> Strainer | <input type="checkbox"/> Grater |
| <input type="checkbox"/> Measuring spoons and cups | |

Food List for 12 people:

- | | |
|--|---|
| <input type="checkbox"/> Black beans – 2x540 ml cans | <input type="checkbox"/> Canola oil – 2 tbsp (25 ml) |
| <input type="checkbox"/> Canned corn – 2x341 ml cans | <input type="checkbox"/> Vinegar – 2 tbsp (25 ml) |
| <input type="checkbox"/> Tomatoes, 4 | <input type="checkbox"/> Lemon juice – 1 tsp (5 ml) |
| <input type="checkbox"/> Carrots, 1-2 large | <input type="checkbox"/> Sugar – 1 tbsp (15 ml) |
| <input type="checkbox"/> Red onion – 1 small | <input type="checkbox"/> Cumin – 1 tsp (5 ml) |
| <input type="checkbox"/> Parsley – small bunch | <input type="checkbox"/> Salt and pepper to taste |
| <input type="checkbox"/> Garlic – 2 cloves | <input type="checkbox"/> Mystery Food: Extra firm tofu – 1 block |

Handouts (photocopy for participants, see Session 3 Resources and Appendix B):

- | | |
|---|---|
| <input type="checkbox"/> Dried Pulses: How to Cook... | <input type="checkbox"/> Crustless Vegetable Quiche |
| <input type="checkbox"/> Black Bean and Corn Salad Recipe | <input type="checkbox"/> Yogurt Parfait |
| <input type="checkbox"/> Tofu Stir-fry Recipe | <input type="checkbox"/> Positive Action Plan – Feel the Power with Protein |

Nutrition Education Resources (see Appendix C):

- | | |
|---|--|
| <input type="checkbox"/> Calcium Calculator | <input type="checkbox"/> Cooking with Pulses: Beans, peas, lentils and chickpeas |
| <input type="checkbox"/> Milk and Lactose Intolerance | <input type="checkbox"/> Eggs 101 |
| <input type="checkbox"/> Powdered Milk | |

Get Active Resources (see Appendix A):

Review a Get Active option from Appendix A. Select and obtain a resource for Session 3.

Activity Supplies:

- | | |
|---------------------------------------|---|
| <input type="checkbox"/> Name tags | <input type="checkbox"/> Mystery Food box |
| <input type="checkbox"/> Black marker | <input type="checkbox"/> Food cards/food pictures |
| <input type="checkbox"/> Pens | <input type="checkbox"/> Inflatable ball |

Session 3 • Feel the Power of Protein

This session will focus on the importance of eating protein foods regularly. Among protein foods, we are encouraging the consumption of plant-based sources more often. This session is quite long – you might want to break it up into two 1.5-hour sessions.

Session 3 will cover several topics:

- Introductions/Ball Toss
- Get Active
- Protein Foods
- Food Demonstration
- Pulses – Truth or Myth Game
- Dried Pulses – How to Cook...
- Add Calcium and Vitamin D to your Diet: It's Easy as 1,2,3!
- Calcium Calculator
- The Skeleton Game
- Black Bean and Corn Salad Sampling
- Mystery Food
- Key Messages
- Positive Action Plan
- Next Time...

Introductions / Ball Toss

Have everyone sit in a circle. Begin the session with personal introductions. Let the group know what activities you have planned for the session at hand. To prompt discussion, play Ball Toss.

Ball Toss: Ask participants, “What is your name and your favourite type of meat or plant-based alternative?” Throw the ball to someone in the circle. The person who receives the ball must answer the question or say pass and then continue to throw the ball to another participant.

Get Active

At least 10 minutes of each session is devoted to physical activity.



See Appendix A for Get Active options.

Protein Foods

Ask, “what are the two different sources of protein foods?”

- Animal-based protein foods
- Plant-based protein foods

Ask, “what kinds of foods are considered to be animal-based proteins?”

- Lean red meat (including wild game)
- Poultry
- Fish and shellfish
- Foods produced by animals such as eggs and dairy products like milk, cheese, yogurt and kefir

Can anyone give me an example of a plant-based protein? *Use props*

How many of you eat plant-based proteins regularly?

- Soy products such as tofu, tempeh, edamame, textured vegetable protein
- Legumes (lentils, beans, split peas, chickpeas)
- Nuts and nut butters
- Seeds
- Fortified soy beverage (other fortified plant-based beverages, such as almond, cashew, rice, flax, oat and hemp do not have enough protein to be considered a protein food – see comparison chart in resources p.74)

Did you know that certain legumes like lentils, dry beans, split peas and chickpeas, are also known as pulses?

Canada’s Food Guide recommends:

- Protein foods should be consumed regularly. Among protein foods, consume plant-based more often.
- Based on the Food Guide plate, we should aim for ~ ¼ of our plates to be protein foods at every meal.

Why is protein important?

- Builds muscle
- Maintains and repairs body tissues



Facilitator Tip: We cannot forget the importance of exercise to the health of muscles and bones. Regular exercise, like our 10 minutes each session, will help improve the strength of muscles and bones.

Did you know that protein has an effect on the brain that influences your mood?

Include protein foods like meat, fish, eggs, milk, cheese, nuts, beans, tofu, tempeh, edamame or textured vegetable protein at each meal.

What essential vitamins and minerals do protein foods provide?

- Meat is rich in iron. Iron helps deliver oxygen to our muscles.
- It is also rich in vitamin B12, which is not naturally found in plants. Vitamin B12 is only naturally found in animal-based proteins. It plays a vital role in helping your body produce red blood cells. Vitamin B12 can help with confusion and poor memory.
- Zinc is a mineral that is found in meat, fish and seafood. Zinc can help improve appetite, decrease depression and confusion, and improve motivation.
- Dairy products such as milk, yogurt, and cheese contain calcium, as well as vitamin A. Milk and some yogurts are fortified with vitamin D.

Did you know that Vitamin B12 can be added to fortified vegetarian products like soy and that nutritional yeast is a good source of Vitamin B12?

Food Demonstration

Recipe: Black Bean and Corn Salad

Prepare the recipe at this time to allow 10 minutes of refrigeration prior to serving. To save time during the demonstration, pre-rinse your beans, chop the onion, tomato and parsley, shred carrots, mince garlic and measure your ingredients. Assemble the ingredients with the help of a volunteer from the audience. Talk about the benefits of the recipe.

Here are some benefits of the recipe:

- Easy to prepare
- Excellent source of fibre
- All ingredients are low cost
- Black beans are a source of plant-based protein
- Contains healthy fats from the canola oil

Pulses – True or False Game



See Session 3 Resources for the “Pulses – True or False Game”.

Dried Pulses – How to Cook...



See Session 3 Resources for the handout “Dried Pulses: How to Cook...”.

Add Calcium and Vitamin D to Your Diet: It's Easy as 1,2,3!



Facilitator Tip: Bring a multivitamin or vitamin D supplement bottle to show participants how to look for the vitamin D content.

- Ask, does anyone know which vitamin is called the sunshine vitamin? Vitamin D is known as the sunshine vitamin because your body can make its own vitamin D when your skin is exposed to sunlight.
- Vitamin D boosts the amount of calcium that can enter the body. Milk and fortified plant-based beverages are a great source of both vitamin D and calcium.
- Vitamin D and calcium are important for bone strength and to reduce the risk of osteoporosis and fractures in older adults.
- Where do we get vitamin D? Food sources include milk, fortified plant-based beverages, fortified yogurt, fish (salmon, mackerel, sardines, canned tuna, herring, trout and catfish), egg yolk and fortified margarines.
- A supplement is usually recommended. Ask your doctor.

Ask your audience if they can think of ways to get more calcium and vitamin D in their diet. Here are some ideas!

- Buy plain yogurt and add your own fresh or frozen fruit.
- Use grated cheese on salads, casseroles or soup.
- Add milk instead of water to canned soup.
- Make oatmeal with milk instead of water.
- Mix calcium-rich orange juice with fortified soy beverage as a refreshing drink.
- Add skim milk powder to sauces, casseroles and omelettes.
- Melt cheese on toast.
- Try pudding, custard or yogurt for dessert.
- Make a “café au lait” by mixing half a cup of coffee with half a cup of warmed milk or fortified plant-based beverage.
- Have salmon with bones or sardine sandwiches or add fish to salads.
- Add a can of beans or lentils to soups and dishes.
- Sprinkle almonds on salads, casseroles and puddings.
- Use milk or evaporated milk in coffee and tea instead of cream.
- Blend fruit and milk or fortified plant-based beverage for a great shake or smoothie.

- Add skim milk powder to regular milk to get a calcium boost and use it in sauces, puddings, baked goods or scrambled eggs or drink it as a beverage.
- Milk products often have soft textures and are food choices that provide higher amounts of calcium for those with chewing difficulties and dentures.

What about lactose intolerance? Some people have difficulty digesting the natural sugars in milk. Here are some useful tips:

- Drink lactose-reduced milk or use Lact-aid™ pills (talk to your pharmacist about generic brands).
- Eat yogurt or cheese (with active bacterial cultures), where the lactose is almost completely broken down and easier for your stomach to digest.
- Drink smaller amounts of milk at a time.
- Eat other calcium-rich foods (vegetables, fish and calcium-fortified products) that do not contain lactose.
- Try fortified soy beverages or another fortified plant-based beverage.



Distribute Milk and Lactose Intolerance brochures to interested participants (see Appendix C).

Calcium Calculator

Provide the Calcium Calculator pamphlet and a pen to each participant and complete each step as a group. The activity gives participants the chance to estimate their calcium intake from the previous day and teaches them about different food sources of calcium.



Facilitator Tip: Allow enough time to complete this activity. Help the participants finish the Calcium Calculator; they may need help with the calculations. Remember, the goal is to reach 1000 mg or 1200 mg of calcium a day depending on your age.



Distribute the Calcium Calculator and Powdered Milk handouts (see Appendix C).

The Skeleton Game



See Session 3 Resources for instructions on how to play The Skeleton Game.

Black Bean and Corn Salad Sampling

Now that the Black Bean and Corn Salad has been refrigerated for at least 10 minutes, provide a sample to the participants.

Mystery Food

Tofu

The mystery food is designed to showcase theme-related foods. Conceal the mystery food in a box or paper bag. Begin to read out clues and allow time for guessing between each clue. The first person to guess the mystery food wins it as a prize.

Clues:

1. Good source of protein
2. Will help you consume plant-based protein more often
3. Can be used in desserts, smoothies or in your main meals
4. Can be different textures

Has anyone ever tried tofu? Cooked with tofu?

Key Messages

- You can eat a variety of protein foods as part of a healthy eating pattern.
- Choose protein foods that come from plants more often. Plant-based proteins can provide more fibre and less saturated fat than other types of protein foods (like meats and dairy products).
- Calcium and vitamin D are important for strong bones and the prevention of osteoporosis.
- Choose lean cuts of meat prepared with little or no added sodium or saturated fat.
- Choose unsweetened, lower-fat dairy products.
- Dairy products and fortified soy beverages contain calcium, protein and vitamin D, whereas other fortified plant-based beverages only contain calcium and vitamin D.



Distribute recipes and Nutrition Education Resources (see Appendix B and C).

- Black Bean and Corn Salad recipe
- Tofu Stir-fry recipe
- Crustless Vegetable Quiche
- Yogurt Parfait – Make this recipe if you are dividing this section into two 1.5-hour sessions
- Cooking with Pulses: Beans, peas, lentils and chickpeas
- Eggs 101

Positive Action Plan

At the end of each session, distribute the positive action plan handout, which is located in the resource section. Here participants can be given the opportunity to plan for a positive health behaviour change. Plans need to be very specific, measurable, action-oriented and realistic. Participants need to feel confident and motivated to make a change. Allow some group or one-to-one time to complete this task and review it weekly.



Distribute Positive Action Plan – Feel the Power with Protein.

Next Time...

Let your participants know what to expect next time, including the topic and the recipe:

- Session 4: Foods that Undermine Healthy Eating (focus on saturated fat, salt and sugar)
- Recipe: Mini Pizzas

Session 3 • Resources

Feel the Power with Protein



Pulses – True or False Game

1. **Dried pulses can be kept in an airtight container and stored in a cool, dry place for a maximum of six months.**

False: Dried pulses stored under these conditions can be kept for a maximum of one year. Pulses that are stored longer become drier and require a longer cooking time.

2. **All pulses and legumes provide an excellent source of dietary fibre, are a good source of protein and B vitamins and are low in fat.**

True: Pulses are very nutritious.

3. **In Canada's Food Guide, pulses are considered part of the "Vegetables and Fruit" food group.**

False: Since pulses provide a good source of plant-based protein, they belong to the protein food group. Canada's Food Guide recommends choosing protein foods that come from plants more often.

4. **Lentils and chickpeas are only produced in the Middle East.**

False: Lentils and chickpeas originate from the Middle East yet are not only produced there. Lentils are grown in Alberta, Saskatchewan and Manitoba and chickpeas are grown in Alberta and Saskatchewan. Beans and peas are also grown in Canada.

5. **Growing legumes and pulses helps the soil in our environment to grow plants better.**

True: All plants need nitrogen to grow. Legumes add nitrogen from the air into the soil, while vegetables remove it. If nitrogen is not added back to the soil, the soil becomes less productive.

6. **When cooking pulses, you will need a large pot as the pulses will double or triple in size.**

True: Since pulses are dried, they have lost all their water content. Cooking allows the pulses to soak up the water, causing them to double or triple in size. For example, one cup of raw beans makes 2.5 cups of cooked beans.

7. **Chickpeas, which are a source of antioxidants such as vitamin C, vitamin E, phenolic acids and flavonoids, increase the risk of heart disease.**

False: Eating foods high in antioxidants prevent cells from being damaged by free radicals or unstable molecules. When there is less damage to a cell, there is a decreased risk of heart disease.

8. Eating beans and chickpeas causes gas and bloating to develop.

True: Beans and chickpeas have an outer layer of carbohydrates and sugars that our bodies cannot digest. Soaking the beans and chickpeas before cooking removes these indigestible carbohydrates.

9. It is not necessary to wash peas and lentils.

False: Split peas and lentils do not need to be soaked before cooking but still do require a rinse. Rinsing them will remove any dirt, pebbles or twigs that may be present. Whole peas must be soaked as their skins do not readily absorb water.

10. Raw beans contain a naturally occurring toxin called phytohemagglutinin (a type of lectin), which cannot be destroyed.

False: Phytohemagglutinin is a protein-based toxin. Heat destroys the structure of a protein, making it lose its function. Therefore, cooking at a higher temperature (boiling) will destroy this toxin.

11. Babies can eat beans and lentils at six months.

True: Beans and lentils provide an excellent source of iron and can be given to babies at six months (which is usually when their iron stores begin to decrease).

12. Canned beans and lentils are the cheapest way to eat pulses.

False: Although canned beans and lentils are inexpensive, dried beans and lentils are cheaper.

13. You can purchase no salt added canned chickpeas or beans.

True: Yes, many canned products now come in a no salt version, but it is still a good idea to rinse canned pulses before using.

14. Canned pulses have less nutrients compared to home-cooked pulses.

False: Canning requires the use of high heat and/or long cooking times. Canned pulses have the same amount of nutrients as home-cooked pulses, as both the processes (of canning and cooking at home) require long cooking times and/or higher temperatures.

15. The iron in pulses cannot be absorbed by our bodies.

True: Pulses contain a form of iron that is less easily absorbed in the body compared to the iron found in meats. Eating pulses with a source of vitamin C allows the body to absorb more iron.

Dried Pulses: How to Cook...

Lentils

► *Important Ratio: 3 cups of water for 1 cup of lentils*

1. Spread lentils on a flat surface. Remove the broken ones and pebbles.
2. Rinse lentils under cool, running water (lentils do not need to be soaked).
3. Boil 3 cups of water in a large pot and add 1 cup of lentils. Reduce heat to low. Green lentils take about 30 minutes, while red lentils take about 15-20 minutes to cook.

Makes: 2½ cups

Whole Peas

► *Important Ratio: 2½-3 cups of water for 1 cup of whole peas*

1. Spread whole peas on a flat surface. Remove the broken ones and pebbles.
2. Soak peas overnight (12 hours) in water.
3. Drain soaking water from whole peas (to remove indigestible carbohydrates and sugars, which cause gas). Rinse peas under cool, running water.
4. Bring 3 cups of water to a boil in a large pot, then add 1 cup of whole peas. Reduce heat to low. Cook for 1 to 1½ hours.

TIP: To prevent foaming, add 1 teaspoon (5 ml) of oil to the cooking water.

Makes: 2½ cups

Split Peas

► *Important Ratio: 2 cups of water for 1 cup of split peas*

1. Spread split peas on a flat surface. Remove the broken ones and pebbles.
2. Rinse split peas under cool, running water.
3. Bring 2 cups of water to a boil in a large pot, then add 1 cup of split peas. Reduce heat to low. Cook for 45 minutes (since they are split, they require half the cooking time of whole peas).

TIP: To prevent foaming, add 1 teaspoon (5 ml) of oil to the cooking water.

Makes: 2 cups

Chickpeas

➤ *Important Ratio: 3 cups of water for 1 cup of chickpeas*

1. Spread chickpeas on a flat surface. Remove the broken ones and pebbles.
2. Soak chickpeas overnight (12 hours) in water to remove indigestible carbohydrates and sugars, which cause gas.
3. Drain soaking water from chickpeas and rinse under cool, running water.
4. Bring 3 cups of water to a boil in a large pot, then add 1 cup of chickpeas. Reduce heat to low. Cook for 1½ to 2 hours.

Makes: 2½ cup cooked

Note:

- Canned chickpeas do not require additional cooking. Simply drain the excess water from the can (which may contain high amounts of sodium), thoroughly rinse under cool, running water and they are ready to serve!

Beans

➤ *Important Ratio: 3 cups of water for 1 cup of beans*

1. Spread beans on a flat surface. Remove the broken ones and pebbles.
2. Soak beans overnight (12 hours) in water to remove indigestible carbohydrates and sugars, which cause gas.
3. Drain soaking water from beans and rinse under cool, running water.
4. Bring 3 cups of water to a boil in a large pot, then add 1 cup of beans. Reduce heat to low. Cook for 1 to 1½ hours.

Makes: 2½ cup cooked

Nutrient comparison of fortified plant-based beverages and cow's milk

Nutrients	Calories (kcal)	Protein (g)	Calcium (mg)	Vitamin D (IU)
Type of Beverage				
Cow's Milk	90 – 160	8	300	100
Soy*	80 – 110	7 – 8	300	100
Almond*	30 – 60	1	300	80 – 100
Rice*	110 – 130	2	300	100
Coconut*	50 – 80	0.2 – 0.3	300	100
Oat*	60 – 100	1 – 2	300	80
Cashew*	25 – 60	1	300	100
Hemp*	50 – 80	2	300	80

*Fortified unflavoured plant-based beverages

How to Play the Skeleton Game

You will need:

- Poster board/cork board
- Thumbtacks/pins/tape
- Small bag
- Skeleton Game questions
- Skeleton

Instructions:

The Skeleton Game questions and skeleton follows this instructional page. Before playing the game, cut out the game questions and place them in a bag. It is recommended that you laminate the game questions. Each team needs a skeleton. Cut out the skeleton into six components: the torso, head, two arms and two legs. The goal is to re-assemble the skeleton by answering the questions correctly.

Split the participants into two teams and have them come up with team names. The first team may pick a question from the bag. Each time they answer the question correctly, they may pin or tape a piece of their skeleton to the board. The first team to completely re-assemble their skeleton wins!



Facilitator Tip: Enlarge the paper skeleton on a photocopier and laminate it. Cut into six components.

Discussion/Comments:

When selecting a team name, ask participants to select a name that is associated with a calcium-rich diet such as “The Broccolis” or “The Yogurts.”

Encourage teams to discuss their ideas before they come up with a final answer. This will prevent the more “outgoing” participants from controlling the game and allow the quieter individuals a chance to participate.

The Skeleton Game Questions

Cut out the questions and laminate if possible.

Name two vegetables that are good sources of calcium:

Possible answers: **Artichokes, beans, beet greens, broccoli, Brussels sprouts, cabbage, collard greens, kale, Swiss chard, bok choy.**

Tip: Calcium can enter the body more easily when broccoli is cooked rather than raw.

Spinach is high in calcium but is not considered a “good source” because the calcium binds to a substance called oxalates which is also high in spinach.

True or False:

Light or low-fat cheeses have the same amount of protein as their full-fat version.

Answer: **True**

Low-fat or partially skim cheeses basically have the same amount of protein as their full fat counterpart. The difference between these cheeses is the amount of saturated fat. Choose a cheese that best suits your recipe and your needs.

Give one example of a food or beverage that can block calcium from entering our bodies.

Possible answers: **Coffee, tea, colas, alcohol, salt.**

Coffee, tea, and many sodas contain caffeine. Having too much caffeine, alcohol, or salt can block calcium from entering the body. Aim for no more than 400–450 mg caffeine a day (three cups of coffee). Drink coffee with milk in it, as it decreases the blocking effect.

Everyone over 50 years old needs at least _____ of calcium per day.

- a) 300 mg
- b) 500 mg
- c) 1200 mg

Answer: **1200 mg.**

It is important for older adults to get enough calcium to prevent bone loss.

True or False:

Cheeses like aged cheddar, Swiss and mozzarella can help prevent tooth decay and cavities when eaten alone, at the end of a meal or as part of a snack.

Answer: **True.**

Cheese can help protect teeth by neutralizing acids that attack teeth, stimulating saliva flow to clear food particles from teeth, and by promoting re-mineralization of tooth enamel.

Osteoporosis is often called the:

- a) Silent thief
- b) Disease of 1,000 faces
- c) Kissing disease

Answer: *It is often called the “**silent thief**” because it may go unrecognized for many years until a fracture occurs.*

There are many fortified plant-based beverages (soy, almond, cashew, rice, hemp, oat, flax). Which statement about fortified plant-based beverages is the most accurate?

- a) Only soy beverage is comparable to milk in regards to protein and calcium.
- b) Fortified almond, cashew, rice, oat, hemp and flax beverages have the same amount of calcium as milk but not the same amount of protein.
- c) a and b
- d) None of the above

Answer: **a and b.**

Fortified plant-based beverages all have the same amount of calcium as milk (remember to shake the carton), but only soy beverage and milk can be considered a protein source.

What vitamin helps our bodies take in calcium?

Answer: **Vitamin D.**

Vitamin D, also called the sunshine vitamin, helps calcium enter our bodies. Vitamin D and calcium are important for bone strength and to reduce the risk of osteoporosis and fractures in older adults.

Can you name three food sources of vitamin D?

Possible answers: **milk, fortified plant-based beverages, fortified yogurt, fortified margarine, egg yolk and fish (salmon, mackerel, sardines, tuna, char, herring, trout, catfish.)**

Which food has the most calcium?

- a) One cup cooked broccoli
- b) One can of salmon with bones
- c) One cup milk

Answer: **One can of salmon with bones.**

As you can see, there are many different sources of calcium in both vegetables and fruits and protein foods. You can meet your daily calcium intake requirements by consuming a variety of foods other than dairy products!

Which milk has the most calcium per cup?

- a) Whole milk
- b) Skim milk
- c) Chocolate milk
- d) All of the above

Answer: **All three have approximately the same amount of calcium.**

They contain around 300 mg calcium each per cup. However, skim milk will have less milk fat than whole milk and less sugar than chocolate milk.

True or False:

Calcium supplements can take the place of calcium-rich foods.

Answer: **False.**

Calcium-rich foods provide other nutrients, like protein, energy, carbohydrates, vitamins and minerals. Calcium supplements can boost the calcium in your diet, but try to get your calcium from the food you eat.

If you don't get enough calcium in your diet, your body will take it from your:

- a) Muscle
- b) Bones
- c) Liver

Answer: **Bones**. *Over time, a diet low in calcium can cause our bones to lose calcium. This leads to brittle bones and osteoporosis.*

True or False:

Exercise does not affect our bone health.

Answer: **False**.

Exercise is very important for bone health. Regular exercise, even 10 minutes at a time, will help strengthen bones and reduce the chance of fractures. Try walking and weight-bearing exercises like aerobics, skipping rope and lifting weights.

True or False:

About one third of bone is made up of protein.

Answer: **True**.

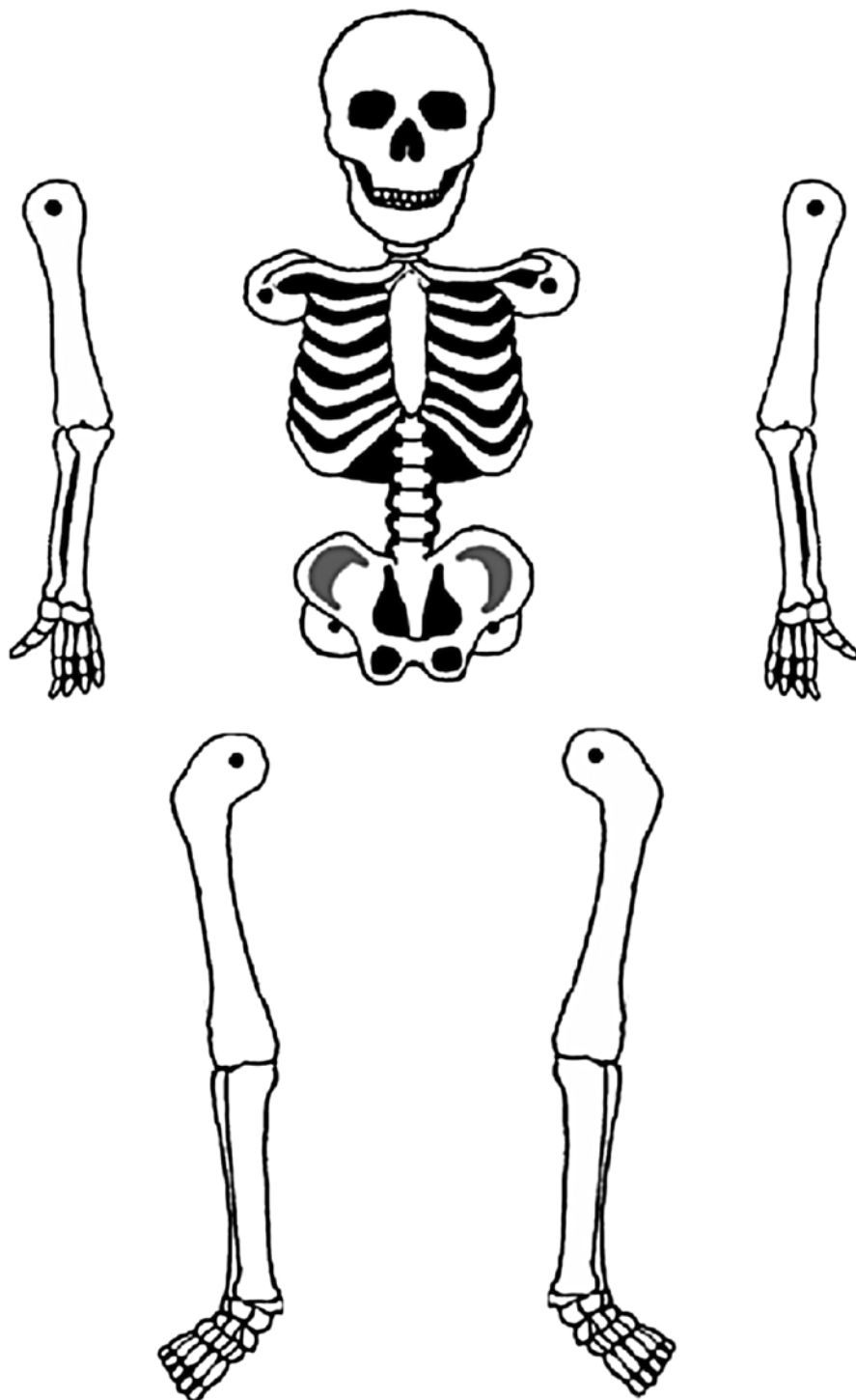
Eating enough protein every day is important to help keep bones healthy. Protein works with calcium and vitamin D to build and maintain bone. Canada's Food Guide recommends including a protein-containing food at each meal.

Name two sources of calcium from the Protein food group, other than dairy products (Hint: think about the different foods from the Calcium Calculator activity).

Possible answers: ***Canned salmon with bones and canned sardines with bones are both excellent sources of calcium.*** Other sources include: kidney beans, lima beans, lentils, chickpeas, almonds, soybeans, white beans, fortified soy beverage and tofu made with calcium.

The Skeleton

Make two copies and cut out the skeletons. Enlarge them using a photocopier and laminate them if possible.



Positive Action Plan – Feel the Power with Protein

Has this session motivated you to make a positive behaviour change? If so, pick a behaviour that you want to change that is simple and realistic. Ask yourself, “How confident am I in making this behaviour change?” If your confidence is high, you are more likely to succeed and make this new behaviour a habit. Remember, success doesn’t happen overnight – it could take a year.

BEHAVIOUR: I will

WHEN?

I WILL DO THIS FIRST:

Roadblocks that can get in the way	Solutions

I WILL DO THIS TO MAKE MY SUCCESS MORE LIKELY.

HOW CAN YOU HELP ME?

WHAT WILL MY REWARD BE?

REWARDS: Rewards often reinforce positive behaviour. Pick a reward that is not food related.

- Get your favourite movie, magazine, book
- Have a relaxing bath, play a board game, do a crossword, go to the movies, update a photo album
- Buy a new piece of clothing, flowers, bath product
- Plan an outing, trip
- Go walking, bike riding, bowling or do some gardening

Session 4

Foods that Undermine Healthy Eating



Session 4 • Supplies

Cooking Equipment for the Mini Pizza:

- | | |
|--|--|
| <input type="checkbox"/> Toaster or oven | <input type="checkbox"/> Bowls |
| <input type="checkbox"/> Knife | <input type="checkbox"/> Cutting board |
| <input type="checkbox"/> Spoons | <input type="checkbox"/> Grater |

Food List for 12 people:

- | | |
|---|--|
| <input type="checkbox"/> 12 whole wheat English muffins | <input type="checkbox"/> 1-2 green peppers |
| <input type="checkbox"/> 1 small jar of salsa – 750 ml | <input type="checkbox"/> 12 mushrooms |
| <input type="checkbox"/> 450 g of mozzarella cheese | <input type="checkbox"/> Mystery Food: 1 can of salmon with bones |

Handouts (photocopy for participants, see Session 4 Resources and Appendix B):

- | | |
|--|---|
| <input type="checkbox"/> Caffeine in Everyday Foods | <input type="checkbox"/> Shell Pasta Salad with Salmon Recipe |
| <input type="checkbox"/> Mini Pizza Recipe | <input type="checkbox"/> Ranch-Seasoned Popcorn Recipe |
| <input type="checkbox"/> Homemade Hummus with Veggies Recipe | <input type="checkbox"/> Positive Action Plan – Foods that Undermine Healthy Eating |

Get Active Resources (see Appendix A):

Review a Get Active option from Appendix A. Select and obtain a resource for Session 4.

Activity Supplies:

- | | |
|---|---|
| <input type="checkbox"/> Name tags | <input type="checkbox"/> Mystery Food box |
| <input type="checkbox"/> Black marker | <input type="checkbox"/> Props for Unhealthy Fats and Healthy Fats activity |
| <input type="checkbox"/> Pens | <input type="checkbox"/> Inflatable ball |
| <input type="checkbox"/> Fat Wise Game | <input type="checkbox"/> Marbles |
| <input type="checkbox"/> How Sweet it is! Guessing Game | <input type="checkbox"/> Glasses or cups |
| <input type="checkbox"/> Caffeine in Everyday Foods | |

Session 4 • Foods that Undermine Healthy Eating

This session will focus on foods and behaviours that might undermine healthy eating.

Session 4 will cover several topics:

- Introductions/Ball Toss
- Get Active
- The Three S's (Sugar, Salt & Saturated Fat)
- A Matter of Fat
- Fat Wise Game
- Sodium Savvy
- How Sweet It Is! Guessing Game
- Sugar-Sweetened Beverages and Caffeine
- Mood Food
- Food Demonstration
- Mystery Food
- Key Messages
- Positive Action Plan
- Next Time...

Introductions / Ball Toss

Have everyone sit in a circle. Begin the session with personal introductions. Let the group know what activities you have planned for the session at hand. To prompt discussion, play Ball Toss.

Ball Toss: Ask participants, "What is your name and your favourite dessert?"

Throw the ball to someone in the circle. The person who receives the ball must answer the question or say pass and then continue to throw the ball to another participant.

Get Active

At least 10 minutes of each session is devoted to physical activity.



See Appendix A for Get Active options.

The Three S's (Saturated Fat, Salt & Sugar)

We will now focus today's discussion on ultra-processed foods and beverages that contribute to excess saturated fat, sodium and added sugars in the diet.

Ask, "who knows what the Three S's are?" Why do we want to reduce our intake and be aware of these components in processed foods?

- Canada's Food Guide states that the Three S's undermine healthy eating and should not be consumed regularly.

A Matter of Fat

Ask, "what happens when we eat too many calories everyday?"

- When we eat too many calories, the excess is stored as fat.

Can someone tell me what the role of fat is in our diets?

Our bodies need some fat, because fat:

- Insulates our organs.
- Regulates our body temperature.
- Stores fat-soluble vitamins A, D, E and K.
- Is the basis for our bodies' hormones.

Can fat be good for you?

- Yes, it can! Remember, fat should be consumed in moderation, but some fats are essential. Our bodies cannot make essential fats. We need to get essential fats from food to survive.
- Fats provide and help us absorb vitamins A, D, E and K.
- Fat provides energy and vitamins that are necessary for maintaining our vision and healthy skin.

Does anyone know the difference between unhealthy fats and healthy fats?



Facilitator Tip: Involve your audience by asking questions. Use food cards and props to give examples of a healthy fat and an unhealthy fat.

Unhealthy Fats

Saturated Fats

Use food card props (Examples: bacon, chocolate bar, butter, ice cream, cheese, sour cream, beef, chicken wings, hot dog, coconut oil)

- Saturated fats are unhealthy fats.
- Ask, “where do they come from?” Usually from animal sources, like meats, cheese, butter and lard.
- Here’s a quick trick to know if a fat is saturated: It is solid at room temperature (example of butter and lard).
- There are a couple of exceptions! A few tropical oils, such as coconut oil, palm kernel oil, and palms oils, are also high in saturated fats. Limit these!
- Too much saturated fat can lead to heart disease.
- Have participants list other examples.

Trans Fats

Use props (Example: picture/food packaging of hard margarine or food label that says “non-hydrogenated”)

- Trans fats are another type of unhealthy fat because they can raise “bad” cholesterol levels, which is a risk factor for heart disease. They are naturally present in small amounts in foods such as dairy, beef and lamb. They were also produced in industry during the processing of vegetable oils as partially hydrogenated oils (PHOs).

Good News! *Partially hydrogenated oils (PHOs) have been banned in Canada since 2018. Manufacturers used to be able to add these oils (a type of trans fat) into foods sold in Canada to add taste or texture and extend shelf life of foods. (Examples: cookies, crackers, cakes)*

Healthy Fats

Unsaturated Fats

Use food card props (Examples: olive oil, canola oil, vegetable oils, nuts, seeds, avocado, nut and peanut butters and fish)

- Unsaturated fats are the “good” heart-healthy fats.
- Quick trick to know if a fat is unsaturated: liquid at room temperature.
- Can someone give me an example of an unsaturated fat? Examples: olive oil, canola oil, avocados, nuts and cold-water fatty fish like salmon, char, herring, mackerel, sardines, and trout.
- Has anyone ever heard about omega 3 fatty acids on TV or in the news? Omega 3 fatty acids are a type of unsaturated fat, a heart- healthy fat found in those fish.

Did you know that omega 3 fatty acids can help with depression?

Canada’s Food Guide recommends:

- Choose foods that contain mostly healthy fats instead of foods that contain mostly saturated fat, as this can help lower your risk of heart disease. Swap butter or cream cheese on toast with peanut butter or avocado.

Fat Wise Game



See Session 4 Resources for Fat Wise Game.

Sodium Savvy

Excess dietary sodium increases blood pressure, and therefore increases the risk of heart disease and stroke.

Salt is made up of two elements: sodium and chloride. As far as our health is concerned, we're worried about the sodium content in food. That's why food labels say sodium instead of salt.

How much sodium should I be having each day?

- Adults should have less than 2,300 mg of sodium a day. This can be challenging, so let's talk about what foods are high in sodium.

What are some foods that are really high in sodium?

- Salt of course! One teaspoon of salt has 2,300 mg of sodium, that's already your total amount for the day!
- 75-80 percent of total sodium intake comes from processed foods, such as canned goods, processed meats (including hot dogs, salami and bacon), and pre-prepared meals (like frozen dinners).
- Some examples include pickles, mustard, ketchup, olives, salad dressing and sauces.

Ask, "what are some ways to cut down on sodium?" Here are some ideas:

- Use less salt in cooking.
- Use less pre-packaged food. The rule of thumb: fresh ingredients are best.
- Avoid salted snacks, processed foods and processed meat.
- Eat fast food in moderation.
- Remove the saltshaker from the table.
- Buy no-added-salt canned products like tomatoes and beans. These are becoming more available in stores.
- Rinse regular canned products like beans and vegetables.
- Use low-sodium or no-salt products like low-sodium soy sauce, low sodium bouillon cubes and low-sodium soups. Remember, these are still high in sodium!
- Add spices and herbs for flavour instead of salt.

For those of you who are "hooked" on salt: allow your taste buds to adapt to less salt in your diet by slowly decreasing the amount you add in your cooking and at the table. Food can taste great without lots of salt!

What are some other seasonings or herbs you can try instead of salt? Here are some ideas:

- Vinegars
- Hot sauce
- Garlic
- Garlic powder (not garlic salt)
- Onions
- Red pepper
- Black pepper
- Herbs
- Lemon and lime

How Sweet It Is! Guessing Game

Before playing the How Sweet It Is! Guessing Game, discuss with participants how eating and drinking a lot of foods and drinks with added or free sugars has been linked to an increased risk of:

- Overweight and obesity
- Type 2 diabetes
- Cavities or tooth decay

What are free sugars? Free sugars are sugars added to foods and beverages and sugars naturally present in honey, syrups, fruit juices and fruit juice concentrates. Free sugars do not include the naturally occurring sources of sugars found in whole or cut fruit and vegetables and (unsweetened) milk.

Did you know that the World Health Organisation recommends no more than 10 teaspoons of added sugar per day for an adult?



See Session 4 Resources for instructions for How Sweet it is! Guessing Game.

Sugar-Sweetened Beverages and Caffeine

What is Caffeine?

A natural ingredient found in the leaves, seeds or fruit of many different plants, including coffee, tea leaves, cocoa, kola, guarana and yerba mate.

- Guarana – grown in Brazil. The seeds produced contain twice as much caffeine as coffee beans (4 percent caffeine).
- Yerba Mate – shrub/small tree-like plant grown in South America. The leaves are used for herbal remedies, and caffeine content varies from 1-2 percent of dried leaves.

Ask, where does most of our caffeine intake come from? Examples include coffee, tea, energy drinks, pop, chocolate and over-the-counter pain relievers.

- Discuss how caffeine is often found in foods and beverages that contain high amounts of added sugars.
- Frequently drinking sugary beverages is associated with weight gain, type 2 diabetes, heart disease, non-alcoholic liver disease, tooth decay and arthritis.

Did you know that when you have too much caffeine, it may cause headaches, irritability, nervousness, dehydration and insomnia and block calcium from entering our body? It can also increase anxiety and depression.

Health Canada recommends no more than 400 mg caffeine a day. One cup of coffee ~ 150 mg, one cup tea ~ 45 mg, 10 oz can cola ~ 40 mg

Did you know that high caffeine consumption may cause negative reproductive effects in women of child-bearing age? During pregnancy, it has been linked with a higher risk of miscarriage and low-birth-weight babies.

A Note on Energy Drinks

Energy drinks are meant for mental and physical stimulation for a short period of time for adults. Ingredients commonly found in energy drinks include:

Caffeine, taurine (an amino acid, one of the building blocks of protein, for alertness), vitamins and sugars (for energy).

- These drinks should be consumed in moderation! **Never** drink to replace food or on an empty stomach.
- Energy drinks are not recommended for consumption by children and pregnant or breastfeeding women.



See Session 4 Resources for instructions on how to play “Caffeine in Everyday Foods”.



Distribute “Caffeine in Everyday Foods” Handout.

Mood Food

We have been talking about food in all our sessions!

Let’s talk about what foods can boost our mood or harm our mood.

Foods that boost mood

- Fish – because of the omega 3 (salmon, sardines, mackerel, herring, trout)
- Nuts, such as walnuts, almonds, cashews and peanuts
- Avocados
- Flaxseed
- Leafy greens
- Fresh fruits like berries
- Whole grains

One way to be in a better mood is to eat regularly because that helps our brain functions.

Foods that harm our mood

- Caffeine
- Alcohol
- Ultra-processed foods
- Sugary snacks
- Simple carbohydrates like white rice, white bread, sugary cereal
- Fried food

Food Demonstration

Recipe: Mini Pizzas

To save time during the demonstration, slice mushrooms and chop green pepper, grate cheese and lightly toast English muffins in advance. Toasting English muffins in advance prevents a soggy product. Discuss other toppings, ham and pineapple, black bean and cheddar. Discuss other types of breads besides English muffins like pita, bun, tortilla or toast.

Here are some benefits of the recipe:

- Easy to prepare.
- Salsa provides extra vegetables and is a great substitute for pizza sauce.
- Use any bread-like product that is going stale.
- Mushrooms and peppers have lots of potassium, which is good for people with high blood pressure.
- Good source of vitamins A and C, calcium, fibre.

Mystery Food

Canned salmon with bones

The mystery food is designed to showcase theme-related foods. Conceal the mystery food in a box or paper bag. Begin to read out clues and allow time for guessing between each clue. The first person to guess the mystery food wins it as a prize.

Clues:

1. This food boosts mood
2. Good source of vitamin D and calcium
3. Can be purchased fresh, frozen or canned
4. Is high in healthy unsaturated fats (omega 3)
5. Can be found wild
6. It's pink
7. It swims

Positive Action Plan

At the end of each session, distribute the positive action plan handout, which is located in the resource section. Here participants can be given the opportunity to plan for a positive health behaviour change. Plans need to be very specific, measurable, action-oriented and realistic. Participants need to feel confident and motivated to make a change. Allow some group or one-to-one time to complete this task and review it weekly.



Distribute Positive Action Plan – Foods that Undermine Healthy Eating.

Key Messages

- Highly processed foods and drinks add excess sodium, sugars and saturated fat to the diets of Canadians, and should be limited.
- Choose foods that contain mostly healthy fats instead of foods that contain mostly saturated fat.
- Enjoy mealtime.



Distribute recipes (see Appendix B)

- Mini Pizzas
- Homemade Hummus with Veggies
- Shell Pasta Salad with Salmon recipe
- Ranch Seasoned Popcorn

Next Time...

Let your participants know what to expect next time, including the topic and the recipe:

- Session 5: Foods Skills 101
- Ask the participants to bring in a food label from home
- Recipe: Easy Falafel with Lemon Yogurt Sauce

Session 4 • Resources

Foods that Undermine Healthy Eating



Fat Wise Game

You will need:

- Marbles, glasses or cups, index cards, labels of foods listed below, glue or food cards or pictures of fast food.

Instructions:

- Print out labels of foods and glue onto index cards (you may use food cards or pictures of fast food instead).
- Have participants measure out in a cup or glass the number of marbles (grams of fat) of a certain food in Table 1 and Table 2.

Note: One marble equals one gram of fat (this is only a visual).

Discussion/Comments:

The purpose of the Fat Wise game is to create discussion and get the participants thinking about how much fat can be hidden in certain fast foods and that it is better to cook healthier choices than to eat fast food.

Examples

Food (Table 1)	Fat Grams	Food (Table 2)	Fat Grams
KFC Chicken wings, 4	44	Roasted chicken leg	6
Burger King Whopper	36	Hamburger, lean, broiled 3 oz (85 g)	12
McDonald's Big Mac	33	Lean steak, grilled 3 oz (85 g)	7
McDonald's small fries	12	Baked potato	0
Donut, plain, small	11	Frozen yogurt (½ cup)	4
Bologna, 1 oz (25 g)	5	Turkey, deli, 1 oz (25 g)	1
Whole milk, 3.25%, 1 cup (250 ml)	9	Milk, 1%, 1 cup (250 ml)	3
Mayonnaise, 1 tbsp (15 ml)	11	Low-fat mayo, 1 tbsp (15 ml)	5
Salad dressing, 1 tbsp (15 ml)	10	Low-fat salad dressing, 1 tbsp (15 ml)	3
Hot dog	15	Tuna, ½ cup (125 ml)	1

KFC Chicken wings, 4

Burger King Whopper

McDonald's Big Mac

McDonald's small fries

Donut, plain, small

Bologna, 1 oz (25 g)

**Whole milk (3.25%),
1 cup (250 ml)**

Mayonnaise, 1 tbsp (15 ml)

Salad dressing, 1 tbsp (15 ml)

Hot dog

Roasted chicken leg

**Hamburger, lean,
broiled 3 oz (85 g)**

Lean steak, grilled 3 oz (85 g)

Baked potato

Frozen yogurt (½ cup)

Turkey, deli, 1 oz (25 g)

Milk, 1%, 1 cup (250 ml)

Low-fat mayo, 1 tbsp (15 ml)

**Low-fat salad dressing,
1 tbsp (15 ml)**

Tuna, ½ cup (125 ml)

How Sweet it is! Guessing Game

You will need:

- Sugar cubes
- Plastic baggies
- Permanent marker
- A variety of food packaging/labels

Instructions:

To create the How Sweet it is! game, use sugar cubes to display the amount of sugar in each food product. One sugar cube equals one teaspoon or four grams. Allow the participants to guess the number of teaspoons/sugar cubes in each food product. To calculate the number of sugar cubes in each food product, divide the number of grams by four. Place the sugar cubes in a clear baggie for each food product and label the baggie with a marker.

Example:

20 g sugar in a chocolate bar \div 4 g sugar/teaspoon = 5 teaspoons or 5 sugar cubes

Discussion/Comments:

The purpose of How Sweet it is! is to make participants aware of the sugar content in food products and familiarize them with label reading, allowing them to make better food choices when shopping.

Suggested items:

Item and Serving size	Grams of Sugar	Tsp of Sugar
Tim Horton double-double (large)	24 g	6 tsp
Cola can (355 ml)	44 g	11 tsp
Lucky Charms (1 cup)	13 g	3 tsp
Bran flakes (1 cup)	4 g	1 tsp
7-Eleven slurpee (44 oz)	96 g	24 tsp
Reese's Peanut Butter Cups (1 pack)	27 g	7 tsp
Snickers Bar	36 g	9 tsp
Gatorade Lemon-lime (32 oz or 1 L)	56 g	14 tsp

Caffeine in Everyday Foods

Provide the Caffeine in Everyday Foods handout and a pen to each participant. The activity gives participants the chance to estimate their caffeine intake from the previous day and teaches them about different sources of caffeine.



Facilitator Tip: Allow enough time to complete this activity. Help the participants finish the Caffeine in Everyday Foods activity as the math might be tricky.

Caffeine in Everyday Foods

Item	Serving Size	Caffeine Content (mg)	Reference
Coffee			
Starbucks, Brewed Coffee (Tall)	12 oz / 355 ml	240	Starbucks
Starbucks, Latte (Tall)	12 oz / 355 ml	75	Starbucks
Coffee, Medium	12 oz / 355 ml	100	Tim Hortons
Coffee, Large	14 oz / 414 ml	140	Tim Hortons
Instant Coffee	8 oz / 237 ml	76-106	Health Canada
Instant, Decaffeinated	8 oz / 237 ml	5	Health Canada
Tea			
Black Tea	8 oz / 237 ml	50	Health Canada
Green Tea	8 oz / 237 ml	30	Center for Science in the Public Interest (CSPI)
White Tea	8 oz / 237 ml	20	CSPI
Decaffeinated Tea*	8 oz / 237 ml	0-4	Health Canada
Snapple, Lemon	12 oz / 355 ml	42	CSPI
Other Beverages			
Double Big Gulp (7-11), Coke	64 oz / 1.89 L	About 220	
Coke, Regular	12 oz / 355 ml	36-46	Health Canada
Coke, Diet	12 oz / 355 ml	39-50	Health Canada
Pepsi	12 oz / 355 ml	38	Label
Pepsi, Diet	12 oz / 355 ml	36	Label
Pepsi Max, Diet	12 oz / 355 ml	69	Label
Chocolate Milk	8 oz / 237 ml	8	Health Canada
1 packet Hot Chocolate Mix	8 oz / 237 ml	5	Health Canada

Item	Serving Size	Caffeine Content (mg)	Reference
Energy Drinks			
Monster	16 oz	164	Label
Rockstar	16 oz	164	Label
Red Bull	8.3 oz	80	Label
Food Items			
Hershey's Dark Chocolate Bar	1.45 oz	31	CSPI
Hershey's Kisses	9 pieces (41 g)	9	CSPI
Medication			
Excedrin (Extra Strength)	2 Tablets	130	CSPI

*Depending on the type of tea (black, green, white)

Positive Action Plan – Foods that Undermine Healthy Eating

Has this session motivated you to make a positive behaviour change? If so, pick a behaviour that you want to change that is simple and realistic. Ask yourself, “How confident am I in making this behaviour change?” If your confidence is high, you are more likely to succeed and make this new behaviour a habit. Remember success doesn’t happen overnight – it could take a year.

BEHAVIOUR: I will

WHEN?

I WILL DO THIS FIRST:

Roadblocks that can get in the way	Solutions

I WILL DO THIS TO MAKE MY SUCCESS MORE LIKELY.

HOW CAN YOU HELP ME?

WHAT WILL MY REWARD BE?

REWARDS: Rewards often reinforce positive behaviour. Pick a reward that is not food related.

- Get your favourite movie, magazine, book
- Have a relaxing bath, play a board game, do a crossword, go to the movies, update a photo album
- Buy a new piece of clothing, flowers, bath product
- Plan an outing, trip
- Go walking, bike riding, bowling or do some gardening

Session 5

Food Skills 101



Session 5 • Supplies

Cooking Equipment for Easy Falafel with Lemon Yogurt Sauce:

- | | |
|---|---|
| <input type="checkbox"/> Stove Top | <input type="checkbox"/> Cutting board |
| <input type="checkbox"/> Bowls (large and medium) | <input type="checkbox"/> Can opener |
| <input type="checkbox"/> Frying pan | <input type="checkbox"/> Strainer |
| <input type="checkbox"/> Slotted spoon | <input type="checkbox"/> Paper towels |
| <input type="checkbox"/> Measuring cups | <input type="checkbox"/> Mystery Food: sardines, flavoured – 1 tin |
| <input type="checkbox"/> Sharp cutting knife | |

Food List for 12 people:

- | | |
|---|---|
| <input type="checkbox"/> Chickpeas – 3 X 19 oz (540 ml) cans | <input type="checkbox"/> Tomatoes – 4 |
| <input type="checkbox"/> Plain yogurt – 750 ml | <input type="checkbox"/> Oil – ¼ cup, 50 ml |
| <input type="checkbox"/> Arugula or spinach or combination of both – 10 oz or 2 x 142 g | <input type="checkbox"/> Cumin – 4 tsp, 20 ml |
| <input type="checkbox"/> Whole wheat pita, 6 inch – 12 | <input type="checkbox"/> Paprika – 4 tsp, 20 ml |
| <input type="checkbox"/> Garlic – 4 cloves | <input type="checkbox"/> Salt – 1/2 tsp, 2 ml |
| <input type="checkbox"/> Lemons – 2 | <input type="checkbox"/> Pepper, to taste |
| <input type="checkbox"/> Cucumber – 1 | <input type="checkbox"/> Chili flakes or cayenne pepper |

Handouts: (photocopy for participants from Appendix B, Appendix E and Session 5 Resources)

- | | |
|---|---|
| <input type="checkbox"/> Easy Falafel with Lemon Yogurt Sauce | <input type="checkbox"/> Positive Action Plan – Food Skills 101 |
| <input type="checkbox"/> Sardine Dip | <input type="checkbox"/> Living Better Certificate |
| <input type="checkbox"/> Lentil Chili Recipe | <input type="checkbox"/> Living Better Evaluation Survey |
| <input type="checkbox"/> More than Food Questionnaire | |

Nutrition Education Resources (see Appendix C):

- | | |
|---|--|
| <input type="checkbox"/> 10 Tips for Planning Meals on a Budget | <input type="checkbox"/> 20 Ways to Save Money on Your Groceries |
| <input type="checkbox"/> Best Buys at the Grocery Store | |

Get Active Resources (see Appendix A):

Review a Get Active option from Appendix A. Select and obtain a resource for Session 5.

Activity Supplies:

- | | |
|--|---|
| <input type="checkbox"/> Name tags | <input type="checkbox"/> Mystery Food box |
| <input type="checkbox"/> Black marker | <input type="checkbox"/> Jeopardy Game |
| <input type="checkbox"/> Pens | <input type="checkbox"/> Inflatable ball |
| <input type="checkbox"/> Various food packages and labels for label-reading activity | |

Session 5 • Food Skills 101

In this session we will focus on label reading and foods from Canada's Food Guide plate.

Session 5 will cover several topics:

- Introductions/Ball Toss
- Get Active
- More Than Food
- Label Reading
- Shop 'til You Drop!
- Menu Planning
- Food Jeopardy
- Food Demonstration
- Mystery Food
- Positive Action Plan
- Living Better Certificate
- Living Better Participant Evaluation
- Farewell

Introductions / Ball Toss

Have everyone sit in a circle. Begin the session with personal introductions. Let the group know what activities you have planned for the session at hand. To prompt discussion, play Ball Toss.

Ball Toss: Ask participants, "What is your name and your favourite traditional recipe or dish?" Throw the ball to someone in the circle. The person who receives the ball must answer the question or say pass and then continue to throw the ball to another participant.

Get Active

At least 10 minutes of each session is devoted to physical activity.



See Appendix A for Get Active options.

More than Food

Today's discussion will focus on healthy eating habits.



Facilitator Tip: Use the backside of Canada's Food Guide Snapshot to facilitate discussion. Today, we want participants to understand how "healthy eating is more than the foods we eat."

Ask, “what does enjoying food mean to you?”

- Spending quality time with family and friends.
- Exploring new healthy foods that you might not normally try.
- Growing or harvesting your own food.
- Sharing food traditions, across generations and cultures.

Discuss how including cultures and food traditions as an important part of healthy eating can help participants:

- Choose foods they enjoy
- Grow their skills and knowledge
- Create a sense of community and foster connections
- Keep cultural roots and food traditions alive by sharing them across generations and with others

Ask, “why is it important to cook more often?”

- Learn new skills
- Rely less on highly processed foods
- Save money by avoiding extra money spent on meals eaten out
- Make foods that you and your family will like and will eat
- Choose healthy ingredients and control the amount of sauces and seasonings

Ask, “how can we eat with others more often?”

- Have lunch with a co-worker or friend at school.
- Plan a weekly dinner with extended family members.
- Participate in community celebrations and feasts.
- Start a dinner party or potluck among your friends, where everyone takes a turn hosting.
- As a parent or caregiver who can be a positive role model, include kids in meal preparation and cooking.

Ask, “how can we be mindful of our eating habits?”

- Being mindful of your eating habits means being aware of how, why, what, when, where and how much you eat.
- Pay attention to the aromas, textures, flavours and taste of food. Pay attention to your likes and dislikes. This will help you connect with your eating experience. Ask participants if they eat slowly and really enjoy each mouthful of food or eat quickly and realize their meal is gone so fast that they are eating a second portion.

Ask, “how can I make healthier choices?”

- Focus your attention on eating and your eating environment. Try to make changes to your surroundings so that the healthy choice is the easy choice. (For example, ask participants if they eat in front of the television, where they may become distracted and not aware of how much they are eating.)

Ask, “why are healthy snacks important?” Healthy snacking can:

- keep you energized
- help support good health
- provide important nutrients
- be an important part of daily eating habits
- help satisfy your hunger between mealtimes

Tips for snacking:

- Eat snacks when you are hungry.
- Eat your snacks mindfully.
- Eat your snacks slowly and without distractions, such as checking social media or watching TV.
- Choose small portions. Serve a small amount for your snack and try not to eat directly from large containers.

Ask, “are you an emotional eater?” Do you eat when you are lonely, sad, depressed, worried or anxious? Signs of an emotional eater are the following:

- You often eat to feel better in response to negative emotions.
- You eat food to a point that makes you feel physically uncomfortable.
- You feel out of control when you are eating and often binge eat.

Emotional eating is a coping strategy for many dealing with negative emotions. The concern with emotional eating is not what foods you eat but how you feel after you eat these foods.

Food Cravings

Food cravings don’t need to be denied, they need to be investigated and then honoured. Think of listening to your cravings as one way of building trust with your body. Explore satisfying your craving. Honouring your cravings actually may help you to lead a more balanced lifestyle. Instead of craving a cookie and saying no to yourself all week until you break down and eat a whole package, you could have satisfied that craving on the first day you had it, eaten a cookie, and moved on. More than likely you wouldn’t have thought about the cookie every day like you did when you were ignoring the craving.



Distribute **More than Food** Questionnaire (see Session 5 Resources).

Label Reading Activity

This section teaches the participants how to read labels on food products. Last session we asked that the participants bring a food label from home, but in case they forget, bring a variety of food products and make sure there are enough sample food labels for each participant. Cereal boxes and canned goods work well. Discuss the main features on the label by asking questions and finding out how much the participants already know about label reading.



Facilitator Tip: As you discuss the main features of the food product, have the participants identify the feature's location on the packaging. Have the participants compare their food products. Let them tell you what kind of food product they have and allow them to point out the first ingredient on the ingredient list and the Nutrition Facts table, as well as any health claims.

- **Serving size:** Serving size is a very important component of the label. Serving size determines how much of that food product you need to eat to get the nutrients on the label. Always compare the serving size on the label to the amount you actually eat.
- **Calories:** This feature lets the shopper know how much energy is supplied by one serving of the food product. The number of calories you need in a day greatly varies depending on your sex, size and activity level.
- **Fat:** This feature lists the total fat and is sub-divided into saturated and trans fats. Some labels will list the unsaturated fat content (which is divided into mono- and polyunsaturated fats, both heart healthy fats.)
- **Sodium:** Sodium is another way of saying salt. Some people with high blood pressure are very sensitive to salt and need to watch their intake. Most people should be getting between 1,500-2,300 mg of sodium per day. Canned foods are especially high in sodium, some containing 700-1000 mg in just one serving!
- **Fibre:** Choose products that are a good source of fibre, at least 2 g of fibre per serving. Aim for 25-35 g of fibre a day.
- **Vitamin and Minerals:** This section lists the vitamins and minerals found in one serving. Look for calcium, iron and potassium.
- **Ingredients:** Ingredients are listed in order from most to least. If sugar is the first or second ingredient, you know that there is a lot of sugar in that product.
- **Percentage of daily value:** This value rates the nutrients on a scale from 0% to 100%. The value tells you if there is a little or a lot of that nutrient in a food. Aim for products with a low percentage ($\leq 5\%$) of daily value of fat, sodium and sugar. Choose products that have a high percentage ($\geq 15\%$) of daily value of fibre, calcium, iron and potassium.

Shop 'til You Drop!

Ask, what are some tips we can try **before** going grocery shopping to eat healthy and save money?

- Plan an entire week's menu at once. See section on Menu Planning.
- Cook from scratch whenever possible. It's usually cheaper than buying prepared products.
- Try to eat meatless two times a week using inexpensive, yet filling, foods such as tofu, beans, lentils, pasta or rice.
- Plan to use leftovers.
- Plan ahead, make a shopping list and stick to it.
- Check grocery store flyers for sale items.
- Set food money aside and try not to spend more.
- Try to shop only once a week.
- Eat before you shop because hungry shoppers buy more than necessary.
- Bring a calculator when you shop to determine the best value among package sizes.

What are some money-saving tips we can try **while** grocery shopping?

- Check the upper and lower store shelves for store brands and low-cost alternatives (the priciest items are kept at eye level).
- Buy in bulk, but be aware of shelf life and only buy as much as you need.
- Buy less expensive cuts of meat for stews.
- For items that can't be frozen, buy only what you can use.
- Buy fresh fruits and vegetables only when they're in season; otherwise, buy frozen or canned products.
- For a change try meat alternatives like beans and lentils as they are less expensive than meat.
- When buying bread, purchase freshly made high-fibre, low-fat bread from grocery store bakeries. Grocery store bakery breads are less expensive than pre-packaged bread.
- Instead of buying expensive instant oatmeal, cook plain oats and add fruit.

Menu Planning

Menu planning will help you save time and money, reduce food waste and cut down on impulse buying. Get family members to help. Here are four steps that will help you.

See what you have and what is on sale:

- Scan grocery flyers for healthy foods on sale.
- Check your fridge, freezer and cupboards for foods you have.
- Look to see what foods need to be used up before they go to waste.

Get recipe ideas from:

- Websites
- Cookbooks
- Magazines
- Friends and family
- See: Supercook.com

Write down your meal and snacks ideas.

Make your grocery list:

- Organize your grocery list by headings
- Go shopping
- Stick to your list



Distribute 10 Tips for Planning Meals on a Budget and 20 Ways to Save Money on Your Groceries (see Appendix C). If time allows, review this handout and plan a week's menu.

https://www.unlockfood.ca/EatRightOntario/media/ERO_PDF/en/Budget/ERO_PlanningMeals.pdf

Food Jeopardy



See Session 5 Resources for instructions for Food Jeopardy.

Food Demonstration

Recipe: Easy Falafel with Lemon Yogurt Sauce

To save time during the demonstration, pre-measure the ingredients. Wash and prepare all vegetables, open, drain and rinse chickpeas.

The facilitator should first demonstrate how to make the Lemon Yogurt Sauce. Afterwards the facilitator can sauté the chickpeas with spices, combine with arugula or spinach and then demonstrate how to fill a pita. Participants can line up and make their own after the demo. Talk about the benefits of the recipe.

Here are some benefits of the recipe:

- Chickpeas are a good source of fibre and protein.
- Arugula is like a peppery spinach that is high in vitamin C, folate and Vitamin K.
- Yogurt sauces are tasty on both vegetarian and meat dishes.
- This recipe gives the same flavour as a falafel, but is a lot easier.

Mystery Food

Flavoured Sardines (example Thai chili sardines)

The mystery food is designed to showcase theme-related foods. Conceal the mystery food in a box or paper bag. Begin to read out clues and allow time for guessing between each clue. The first person to guess the mystery food wins it as a prize.

Clues:

1. Is an animal-based protein.
2. Excellent source of unsaturated omega 3 fatty acids.
3. Excellent source of vitamin D.
4. Good source of calcium, protein, potassium and iron.
5. Can be made into sandwiches or dips.
6. Found in small ready-to-use tins.



Distribute recipes (see Appendix B)

- Easy Falafel with Lemon Yogurt Sauce
- Sardine Dip Recipe
- Lentil Chili Recipe

Positive Action Plan

At the end of each session, distribute the positive action plan handout, which is located in the resource section. Here participants can be given the opportunity to plan for a positive health behaviour change. Plans need to be very specific, measurable, action-oriented and realistic. Participants need to feel confident and motivated to make a change. Allow some group or one-to-one time to complete this task and review it weekly.



Distribute Positive Action Plan – Food Skills 101.

Living Better Certificate



Fill out and distribute the Living Better Certificate.

Living Better Participant Evaluation

Once the participants are finished playing Food Jeopardy, give them a chance to ask final questions or make comments. **Leave 10–15 minutes at the end of the session for the participant evaluation.** Have the participants fill out the evaluation and collect them in an envelope when they are finished.

Farewell

Thank the participants for attending! We hope everyone had fun!

Session 5 • Resources

Food Skills 101



More than Food Questionnaire

Last meal or snack you had	Describe your feelings, emotions, thoughts or behaviours
Did you eat slowly?	
Were you distracted?	
Did you eat with others?	
Were you hungry?	
Was it offered to you?	
What did you have to eat or drink?	
How much did you eat and drink?	
What time was it that you ate?	
How long had it been since the last time you ate?	
Were you in a space meant for eating?	

Being able to recall and describe answers to these questions means you were likely being mindful.

Food Jeopardy

You will need:

- Food Jeopardy Game Questions
- Food Jeopardy Game Answers

Instructions:

To play Food Jeopardy, divide the participants into two teams. Ask teams to pick a team name. The members of each team must work together to choose a category and question and decide on an answer to the question. The questions and answers are provided on the next page. On the question sheet, “T or F:” stands for True or False. The answer sheet provides several correct answers that can be discussed with participants after they’ve answered the question.

There are five categories and five questions in each category. Each question is worth points, ranging from 100 to 500 points. The teams collect points for each question they answer correctly. Use a blackboard or poster to display the categories and question point values. Cross off the questions as they are asked and keep track of the points won by each team on the blackboard. The team with the most points in the end wins!

Discussion/Comments:

The purpose of Food Jeopardy is to create discussion and have the participants review and demonstrate what they’ve learned.

Food Jeopardy Game Board

Build Your Bones	Canada's Food Guide	A Matter of Fat	A B Cs of Vitamins	Potpourri
100	100	100	100	100
200	200	200	200	200
300	300	300	300	300
400	400	400	400	400
500	500	500	500	500

Food Jeopardy Game Questions

Build Your Bones

Besides diet, what lifestyle factor is important for strong bones?

What vitamin helps your body absorb calcium?

T or F: Powdered milk is less nutritious than regular milk.

How much calcium does someone over 50 years old need?

T or F: One can of salmon with bones has more calcium than 1 cup of milk.

Canada's Food Guide

List the 3 main areas of nutritious foods based on Canada's Food Guide plate.

T or F: Healthy food choices and eating habits can vary widely around the world and between and within cultures.

List 1 benefit of making water your drink of choice.

Which is the best to do while snacking?

- a) Watch your favourite TV show
- b) Work on a project for work – it's best to be productive!
- c) Nothing! Focus on the food you're eating
- d) Check your Facebook newsfeed

List 2 tips for healthy eating on a budget.

Matter of Fat

This type of fat helps with depression:

- a) omega 3 fatty acids
- b) saturated fat
- c) trans fat

Fat-free foods are always:

- a) low in fat
- b) low in calories

How do you know if a fat is saturated or unsaturated?

T or F: We need some fat in our diets.

Name three sources of healthy fat.

A B C's of Vitamins
T or F: The vitamins and minerals in Vegetables and Fruit help with anxiety, depression, poor memory, irritability and stress.
T or F: Meat is an important source of iron and vitamin B12.
T or F: Chocolate milk has less calcium than white milk.
T or F: ¼ of your plate should be vegetables and fruit.
Carrots are rich in what vitamin?

Potpourri
Name one thing you can do to decrease the amount of salt in canned products.
Can whole grains help your emotions, sleep patterns, memory and thinking?
List 3 beverages that are high in both caffeine and free sugars.
How do whole grains help keep our bowels healthy?
Name two ways to prevent heart disease.

Food Jeopardy Game Answers

Build Your Bones
Exercise like walking and weight bearing exercises.
Vitamin D. Some sources include milk, fortified plant-based beverage, fish and sunshine.
False. Powdered milk has all the same nutrients as regular milk – only the water has been removed! It is an inexpensive way to boost protein and calcium content in foods.
1200 mg per day to maintain bone density.
True. One can of salmon with bones has ~500 mg, while 1 cup of milk has ~300 mg.

Canada's Food Guide
Vegetables and fruits, protein and whole grain foods.
True. Healthy eating can be adaptable and reflect various cultures and food traditions, while playing a big part in connecting us to others.
Water is lower in calories, sodium, sugars and saturated fat than other drink choices. Water is important for your health, a great way to stay hydrated and a great way to quench your thirst.
c) Nothing! Focus on the food you're eating. It's best to avoid distractions while snacking, like TV, computer or phone screens, work or driving. This is an important way to eat mindfully.
Examples: stick to a grocery list, shop for sales using flyers, coupons and mobile apps, compare the unit price, stock up on shelf- stable foods when they are on sale, consider the season (fruits & veggies), choose plant-based meals and limit expensive highly processed foods.

A Matter of Fat
a) Omega 3 fatty acids found in fish, flax and canola oil can help with depression. Saturated fat and trans fat raise blood cholesterol and can lead to heart disease.
a) Low in fat. Foods labelled “fat-free” have < 1 g of fat/serving. They may have more calories from added sugar.
Saturated fat is usually hard at room temperature like butter, lard and coconut oil, while unsaturated fat is liquid at room temperature like olive and canola oil.
True. Fat provides energy and the essential vitamins A, D, E and K.
Fish, avocados, nuts, seeds, peanut butter and oils such as canola, olive, peanut, soy, flax.

A B C's of Vitamins
True. Fruits and vegetables have a lot of vitamins and minerals as well as antioxidants that all benefit mental health. (Antioxidants, like vitamins A, C and E are parts of food that protect our bodies from harmful agents like cancer.)
True. There is a lot of iron and vitamin B12 in meat and eggs, which is needed to carry oxygen to the blood. Iron can be found in plant sources as well, but B12 is more difficult to find. Vitamin B12 can be found in milk and cheese, but if you are a vegan or vegetarian you still may want to have your iron and B12 levels checked.
False. Chocolate and white milk have approximately the same amount of calcium.
False. Try to aim for ½ your plate to be made up of vegetables and fruit. But ¼ is a great start.
Vitamin A (also known as beta-carotene). Also in: sweet potatoes, winter squash, apricot, cantaloupe, mango, nectarine, papaya, peach and tomatoes.

Potpourri
Rinse the food in water, buy low-sodium products.
True. The brain depends on energy and nutrients to work. Whole grains can improve sleep patterns, memory, problem solving abilities, emotions and thinking.
Sweetened coffee beverages, cola beverages and energy drinks contain high amounts of caffeine and sugar.
Whole grains provide fibre. Vegetables, fruit and legumes are also excellent sources of fibre.
Reduce the amount of total fat in your diet, reduce the amount of saturated fat in your diet, increase your fibre intake and exercise regularly.

Positive Action Plan – Food Skills 101

Has this session motivated you to make a positive behaviour change? If so, pick a behaviour that you want to change that is simple and realistic. Ask yourself, "How confident am I in making this behaviour change?" If your confidence is high, you are more likely to succeed and make this new behaviour a habit. Remember success doesn't happen overnight – it could take a year.

BEHAVIOUR: I will

WHEN?

I WILL DO THIS FIRST:

Roadblocks that can get in the way	Solutions

I WILL DO THIS TO MAKE MY SUCCESS MORE LIKELY.

HOW CAN YOU HELP ME?

WHAT WILL MY REWARD BE?

REWARDS: Rewards often reinforce positive behaviour. Pick a reward that is not food related.

- Get your favourite DVD, magazine, book
- Have a relaxing bath, play a board game, do a crossword, go to the movies, update a photo album
- Buy a new piece of clothing, flowers, bath product
- Plan an outing, trip
- Go walking, bike riding, bowling or do some gardening

Appendix A

Get Active



Get Active

It is important to incorporate at least 10 minutes of physical activity in each session of Living Better. Below are some places you can look for physical activity ideas to include in your program.

Resource 1: Winnipeg in motion

Visit <https://www.winnipeginmotion.ca/resources.php>

- Energizers – A Guide for “in motion” Breaks at <https://www.youtube.com/playlist?list=PLwuUKfQXoM2cdHObl9FHZtIwcBKHCvHno>.
- **Winnipeg in motion** Chair or Older Adult Exercise <https://www.youtube.com/watch?v=ZA7dwfHfE9Q&t=195s>

Resource 2: Alberta Centre for Active Living

- Provides a collection of resources related to physical activity and sedentary behaviour, including research findings, program information, articles, websites and fact sheets.
Visit <https://www.centre4activeliving.ca/>
- Physical Activity Counselling Toolkit available for download at <https://www.centre4activeliving.ca/our-work/physical-activity-counselling-toolkit/>

Resource 3: Public Health Agency of Canada

- **Physical Activity** Tips for all ages can be found online at www.phac-aspc.gc.ca/pau-uap/fitness/order.html.

Resource 4: Canadian Society for Exercise Physiology (CSEP)

Canada's Physical Activity Guidelines for all ages

- Guidelines for each age group are available for download or can be ordered online at www.csep.ca/english/view.asp?x=804 or call 1-877-651-3755 ex. 226.

Resource 5: The Arthritis Society

- **Top Ten Exercises – Keeping Things Simple**

These exercises focus on joint health.

Print copies can be ordered by phone 1-800-321-1433 or access it online at

https://arthritis.ca/getmedia/fc75858d-28e0-4fdc-a915-43db64f82dda/EN_Top_10_Exercises_small.pdf

Appendix B

Recipes



Session 1: Feeling Good with Vegetables and Fruit

- Food Demonstration: Broccoli Salad
- Mystery Food Recipe: Sweet Potato or Yam Wedges
- Extra Recipes:
 - Banana-Berry Wake-Up Shake

Session 2: Energize with Whole Grains

- Food Demonstration: Apple Peanut Butter Wraps
- Mystery Food Recipe: Bran Muffins
- Extra Recipes:
 - Banana Oat Pancakes

Session 3: Feel the Power with Protein

- Food Demonstration: Corn and Black Bean Salad
- Mystery Food Recipe: Tofu Stir-fry
- Extra Recipes:
 - Crustless Vegetable Quiche
 - Yogurt Parfait

Session 4: Foods that Undermine Healthy Eating

- Food Demonstration: Mini Pizzas
- Mystery Food Recipe: Pasta Salad with Salmon
- Extra Recipes:
 - Ranch-Seasoned Popcorn
 - Homemade Hummus and Veggies

Session 5: Food Skills 101

- Food Demonstration: Easy Falafel with Lemon Yogurt Sauce
- Mystery Food Recipe: Sardine Dip
- Extra Recipes:
 - Lentil Chilli

Broccoli Salad

3 cups (750 ml) broccoli florets (about 1 bunch)

¼ cup (50 ml) red onion, chopped

¼ cup (50 ml) sunflower seeds

½ cup (125 ml) raisins

½ cup (125 ml) partly skimmed mozzarella cheese, cubed

Dressing:

½ cup (125 ml) plain low-fat yogurt

1 ½ tsp (7 ml) granulated sugar

1 tsp (5 ml) lemon juice

dash of pepper

1. Combine broccoli, onion, sunflower seeds, raisins and cheese into a salad bowl.
2. Mix together yogurt, sugar and lemon juice and pepper into a smaller bowl.
3. Pour dressing over salad and toss to mix.
4. Cover and refrigerate for 2 hours or up to 2 days.

Makes 6 servings

Baked Sweet Potato or Yam Wedges

2 tsp (10 ml) canola oil

1 large yam or sweet potato

1 tsp (5 ml) paprika

1. Preheat oven to 450°F (230°F).
2. Wash and scrub yam or sweet potato. Peel and cut into wedges.
3. In a large bowl, place yam or sweet potato and add oil. Toss to coat evenly.
4. Add paprika and toss again.
5. On a greased baking sheet, place wedges in a single layer (may need to bake in batches).
6. Bake for 10 minutes, and then flip wedges over with a spatula. Bake for another 10 minutes.

Makes 4 servings

Banana-Berry Wake-Up Shake

1 banana, ripe

1 cup (250 ml) berries (fresh or frozen)

1½ cup (375 ml) milk or fortified soy beverage

¾ cup (175 ml) low fat yogurt, vanilla

1. In a blender, blend fruit with a small amount of the milk.
2. Add remaining milk and yogurt; blend until smooth.
3. If shake is too thick, add extra milk or soy beverage to achieve desired consistency.

Tip: Frozen sliced bananas work well in these shakes and help make them creamy. When bananas start to get brown, pop them in the freezer and use as needed.

Makes 4 servings

Apple Peanut Butter Wraps

1 whole wheat tortilla, small, or ½ a large

1 tbsp (15 ml) peanut butter*

1 tbsp (15 ml) raisins

½ apple, sliced

*You may substitute WOWBUTTER™ (peanut-free and tree-nut-free alternative to peanut butter).

1. Spread peanut butter on tortilla.
2. Sprinkle with raisins and apple slices.
3. Roll or fold and enjoy.

Fun Ideas:

- Spice up this recipe with a sprinkle of cinnamon.
- Substitute the apple with a chopped banana.

Makes 1 serving

Bran Muffins

1 cup (250 ml) wheat bran
1¼ cups (300 ml) whole wheat flour
1 tsp (5 ml) baking powder
1 tsp (5 ml) baking soda
½ cup (125 ml) raisins
¾ cup (175 ml) 1% milk
⅓ cup (75 ml) sugar
¼ cup (50 ml) vegetable or canola oil
1 egg, beaten
¼ cup (50 ml) walnuts, chopped (optional)

1. Preheat oven to 400°F (200°C).
2. Stir together the bran, flour, baking soda and baking powder.
3. Stir in raisins and walnuts and set aside.
4. Blend milk, sugar, oil and egg.
5. Add to dry ingredients and mix just until moistened.
6. Spoon into 12 greased muffin tins.
7. Bake for 15 minutes or until muffins pull away from sides of cups.

Makes 12 muffins

Banana Oat Pancakes

Pancakes:

1 ½ cups (375 ml) rolled oats
¾ cups (175 ml) milk or any fortified milk substitute
1 banana, ripe and mashed
1 egg
1 tsp (5 ml) vanilla
1 ½ tsp (7 ml) baking powder
pinch of salt
oil

Toppings for pancakes

1. Peanut butter, warmed in microwave and sprinkled with cinnamon
 2. Yogurt and fresh fruit
-
1. Using a blender or with a whisk, process all pancake ingredients together until completely smooth.
 2. Spread oil onto a large pan or griddle over medium heat.
 3. Gently pour approximately ¼ cup of batter per pancake and cook until the edges are golden brown and bubbles form (~2-3 minutes).
 4. Flip pancakes and cook another 2-3 minutes, then transfer to a plate.

Makes 4-5 pancakes

Black Bean and Corn Salad

Salad:

2 x 19 oz can (540 ml) black beans, drained and rinsed

2 x 11.5 oz can (341 ml) canned corn, drained

4 tomatoes, chopped

1 – 2 carrots, large, grated

1 red onion, small, chopped

¼ cup (50 ml) parsley, chopped

Dressing:

2 cloves garlic, minced

2 tbsp (25 ml) canola oil

2 tbsp (25 ml) vinegar

1 tbsp (15 ml) sugar

1 tsp (5 ml) oregano

Salt and pepper to taste

1. Add beans and corn into a salad bowl.
2. Add tomatoes, carrots, onion and parsley.
3. Mix oil, vinegar, sugar, oregano and garlic together and pour over bean and corn mixture. Combine. Add salt and pepper to taste.
4. Refrigerate for 10 minutes before serving.

Makes 12 servings

Tip: You can substitute the beans for chickpeas or lentils.

Did you know?

Low-sodium or no-added-salt canned products are available for canned beans. Choosing this option will significantly lower the sodium content of this recipe.

Got Leftovers? Do not worry, this salad can stay refrigerated for a few days and makes a great packed lunch.

Tofu Stir-fry

1 – 12 oz block (340 g) extra-firm tofu

1 tbsp (15 ml) oil

1 clove garlic, minced

¼ tsp (1 ml) ginger

4 cups (1 L) frozen vegetables

1 tsp (5 ml) sugar

soy sauce to taste

2 cups (500 ml) brown rice, cooked

1. Drain tofu and chop into small cubes.
2. Heat oil in a frying pan over medium heat.
3. Add garlic and ginger. Stir for about 30 seconds.
4. Add tofu and fry until mostly browned.
5. Toss in the veggies. Flavour with sugar and soy sauce.
6. Cook for about 10 minutes. Serve on brown rice.

Makes 4 servings

Crustless Vegetable Quiche

6 eggs

1 ½ cups (375 ml) milk

4 slices whole wheat bread, crusts removed, cubed

3 cups (1 L) frozen vegetables

1 cup (250 ml) cheddar cheese, shredded

1. Preheat oven to 350°F (180°C).
2. Beat eggs and milk with whisk until well blended. Add bread; mix lightly.
3. Stir in remaining ingredients until well blended.
4. Pour into 9-inch baking dish.
5. Bake 45 minutes or until centre is set and crust is lightly browned.
6. Let stand 10 minutes before cutting to serve.

Makes 4 servings

Yogurt Parfait

⅓ banana, sliced

⅓ cup (75 ml) peaches, canned, sliced

½ cup (125 ml) low fat yogurt, vanilla

2 tbsp (25 ml) All-Bran Buds™

1. Slice banana into a bowl.
2. Add ¼ cup of yogurt on top of banana slices.
3. Add peaches on top of yogurt.
4. Top with remaining yogurt. Sprinkle with All-Bran Buds™.

Tip: Use any type of fruit (fresh, canned or frozen) and any flavour of yogurt to make your favourite parfait.

Makes 1 serving

Mini Pizzas

- 1 whole wheat English muffin, toasted
- 2 tbsp (25 ml) salsa
- 2 tbsp (25 ml) partly skimmed mozzarella cheese, shredded
- 2 tbsp (25 ml) green peppers, chopped
- 1 mushroom, sliced

Tip: Preheat oven to 400° F (200° C). Toast English muffin lightly in toaster or oven before you add topping. This will prevent your English muffin from being soggy.

1. Spread salsa as desired on English muffin.
2. Add vegetables and top with shredded mozzarella cheese.
3. Place mini pizza on pan and bake in the oven for 7 to 10 minutes or until cheese has melted.

Serves 1

How to make your own frozen pizzas

1. Toast your English muffin halves as directed and top as desired.
2. Lay cooled mini pizzas topping side up on a baking sheet and place in freezer for 2 hours.
3. Once completely frozen place each pizza in a freezer safe container, separating layers of mini pizza with parchment paper.
4. To reheat: Preheat oven to 375°F (190°C). Lay frozen mini pizza on a baking sheet and place in oven for 13 to 15 minutes.

Homemade Hummus with Veggies

Hummus:

1 – 19 oz can (540 ml) chickpeas, drained and rinsed
1 tbsp (15 ml) lemon juice
1 clove of garlic, minced
½ cup (75 ml) of plain yogurt
1 tsp (5 ml) cumin powder
2 tbsp (25 ml) water (optional)
Pinch of salt
Pinch of paprika

Veggies:

3 large carrots, sliced into sticks
2 red bell peppers, sliced

1. Add all hummus ingredients into a blender or food processor and process until smooth and creamy. If needed, add optional water if the hummus is too thick.
2. Prepare the vegetables – peel and slice the carrots into sticks, and slice the pepper into thick strips.
3. Plate up the vegetables and hummus. If you have extra, the hummus can be stored in the fridge in an airtight container for 4-6 days.

Tip: Swap out the carrots and peppers for any type of readily available vegetable. Have fun and create a colourful platter of veggies for dipping!

Makes 6 servings

Pasta Salad with Salmon

½ lb (250 g) macaroni
2 cup (500 ml) green beans, frozen
½ cup (125 ml) cottage cheese
1 tbsp (15 ml) lemon juice
1 tsp (5 ml) dried dill
1 can (213 g) salmon, drained
Dash ground pepper

1. In a large pot of boiling water, cook macaroni until tender but firm. Drain and set aside.
2. Cook frozen beans until tender but firm, drain and set aside.
3. In a bowl, combine pasta, green beans, cottage cheese, lemon juice and dill.
4. Break salmon into chunks and add to salad.
5. Stir gently to mix. Add pepper to taste.

Makes 4 servings

Paper Bag Ranch-Seasoned Popcorn

¼ cup (50 ml) popcorn kernels

1 tbsp (15 ml) margarine or oil

½ tsp (2 ml) onion powder

1 tsp (5 ml) dill, dried

½ tsp (2 ml) garlic powder

1. Place kernels into a paper bag and fold the top over twice so it is closed and secure.
2. Place bag with kernels in microwave on high for 1 minute 45 seconds to 2 minutes.
The popcorn will be done when popping slows to more than a second between pops.
3. Remove bag from microwave and open carefully (hot air will escape from bag).
4. Place popcorn in a large bowl and pour melted margarine or oil over it and toss.
5. In a small bowl, mix together onion powder, dried dill and garlic powder.
6. Sprinkle seasonings lightly over popcorn, stir and enjoy!

Fun Tip: Try adding chili flakes to spice up this recipe!

Makes 4 servings

Easy Falafel with Lemon Yogurt Sauce

Lemon Yogurt Sauce

3 cup (750 ml) plain yogurt, Greek preferred
2 tbsp (25 ml) lemon juice
4 cloves garlic, minced
½ tsp (2 ml) salt

1. Mix yogurt, lemon, garlic and salt together, set aside.

Easy Falafel

3 – 19 oz cans (540 ml) chickpeas, rinsed and drained
3 tbsp (45 ml) oil
1 tbsp (15 ml) cumin
1 tbsp (15 ml) paprika
¼ tsp (1 ml) chili flakes or cayenne (optional)
5 oz (142 g) arugula or spinach
3 tbsp (45 ml) lemon juice
½ tsp (1 ml) black pepper
12 small pitas or 6 large (halved), whole wheat
2 cucumbers, washed and sliced
3 tomatoes, washed and sliced

1. Pat dry chickpeas.
2. Heat a large skillet with 3 tbsp (45 ml) oil.
3. Sauté chickpeas on medium heat until crispy. Remove from heat. Add cumin, paprika, salt and cayenne and stir.
4. In a large bowl combine spinach or arugula with lemon juice and black pepper. Add chickpea mixture and toss.
5. Fill each pita or pita half with chickpea mixture, add lemon yogurt sauce and cucumber and tomatoes slices.

Makes 12 servings

Tip: Smash chickpeas with a potato masher once they are crispy, they will stay in the pita better.

Sardine Dip

2 – 3.5-oz (105 g) cans of sardines, flavoured

200 g cream cheese, softened

½ small red onion, finely chopped

⅓ cup (75 ml) lemon juice

Salt and pepper to taste

¼ cup (50 ml) chopped parsley to decorate (optional)

Carrot and celery sticks

1. Mix the sardines and the cream cheese together in a bowl.
2. Add onion, lemon juice, salt and pepper. Decorate with chopped parsley.
3. Serve with vegetables.

Makes 4 – 6 servings

Tip: Choose sardines that are flavoured such as Thai chili, tomato basil, mustard dill, jalapeno or lemon.

Lentil Chili

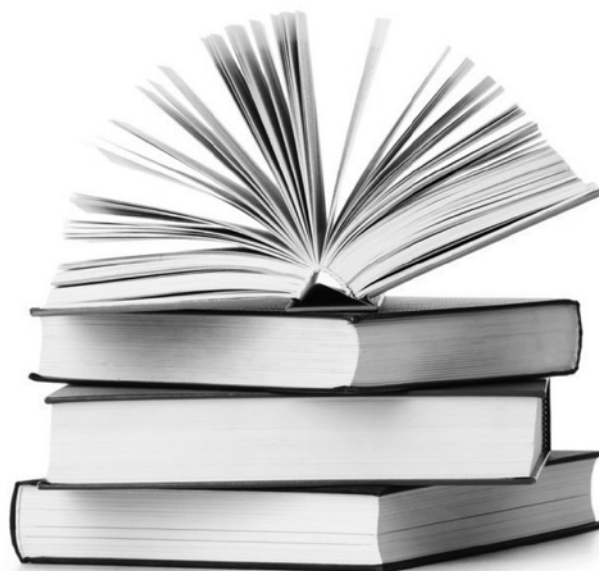
1 tsp (5 ml) oil
1 onion, diced
2 stalks celery, diced
½ green pepper, diced
2 carrots, diced
1 clove garlic, minced
1 tbsp (15 ml) chilli powder
2 tsp (10 ml) cumin
1 tsp (5 ml) dried oregano
¼ tsp (1 ml) ground cinnamon
1 – 28 oz can (798 ml) diced tomatoes
1 – 19 oz can (540 ml) lentils drained and rinsed
1 cup (250 ml) tomato sauce
½ cup (125 ml) unsweetened pineapple juice
1 tbsp (15 ml) brown sugar

1. Heat oil in large pot over medium heat.
2. Add onions, celery, green pepper, carrots, and garlic. Cook and stir for 5 minutes, until vegetables soften.
3. Add chili powder, cumin, oregano and cinnamon. Cook and stir for one more minute.
4. Add all remaining ingredients. Bring to a boil. Reduce heat to medium low. Cover and simmer for 15 minutes, stirring occasionally.

Makes 6 servings

Appendix C

Resource Ordering Information



Resource Ordering Information

Food Cards

Nüton – Dairy Farmers of Manitoba

4055 Portage Avenue, Winnipeg, MB, R3K 2E8

Order online at <https://nuton.ca/program/health-professionals/>
(look under the heading “Teaching Material”)

Canada’s Dietary Guidelines

Health Canada

A PDF version can be downloaded at <https://food-guide.canada.ca/en/guidelines/>

Session 1: Feeling Good with Vegetables and Fruit

Canada’s Food Guide – Snapshot

Health Canada

A print copy of this tool can be ordered on Health Canada’s website:

<https://www.hc-publication-sc.hc-sc.gc.ca/paccb-dgapcc/cmcd-dcmc/webpubs.nsf/7?ReadForm&cat=00030&lang=eng>

The PDF version can be downloaded at
<https://food-guide.canada.ca/en/food-guide-snapshot/>

Canadian Physical Activity Guidelines (For Adults 18-64 years)

Canadian Society for Exercise Physiology

Order online at

<https://www.participation.com/en-ca/benefits-and-guidelines/adults-18-to-64>

Dial-a-Dietitian Manitoba (Personal, Professional and Free Nutrition Information)

Call and speak to a Registered Dietitian and get answers about food and nutrition.

Toll free, call 1-877-830-2893

In Winnipeg, call 204-788-8248

Promotional materials are available by calling the above Dial-a-Dietitian numbers.

Mental Health for Life (optional)

Canadian Mental Health Association

This resource can be downloaded at
<https://cmha.ca/documents/mental-health-for-life>

Just the Basics (optional)

Diabetes Canada

This resource can be downloaded online at
<http://guidelines.diabetes.ca/docs/patient-resources/just-the-basics-EN.pdf>

Session 2: Energize with Grain Products

Check on Fibre-Self-assessment for fibre intake (optional)

Nüton – Dairy Farmers of Manitoba

This resource can be downloaded online at <https://nuton.ca/program/health-professionals/>
(look under heading “Free Resources”)

SuperCook: Recipe search with ingredients you have at home. Download app or go to
<https://www.supercook.com/#/recipes>

Session 3: Feel the Power of Protein

Nüton – Dairy Farmers of Manitoba (optional)

- Calcium Calculator
- Milk and Lactose Intolerance
- Powdered Milk

These resources can be downloaded online at
<https://nuton.ca/program/health-professionals/> (look under heading “Free Resources”)

Cooking with Pulses: Beans, peas, lentils and chickpeas

Pulse Canada

These recipe booklets can be ordered for free at 204-925-4455 or
email mdesautels@pulsecanada.com

A PDF version can be downloaded online at <http://www.pulsecanada.com/resources/>

Eggs 101

Manitoba Egg Farmers

Booklets can be ordered online at <https://www.eggs.mb.ca/about-eggs/resources>

Session 4: Foods that Undermine Healthy Eating

No extra resources needed.

Session 5: Food Skills 101

UnlockFood.ca

Budget – Learn more about the benefits of healthy eating on a budget

- 10 Tips for Planning Meals on a Budget
- 20 Ways to Save Money on Your Groceries
- Best Buys at the Grocery Store

Resources available at <https://www.unlockfood.ca/en/Articles/Budget/>

Community and Food Resources in Winnipeg

211 Manitoba – Find programs and services in your community

- Call 211 or go online at <https://mb.211.ca/>

How to Find a Dietitian

Go to the College of Dietitians of Manitoba

<https://www.collegeofdietitiansmb.ca/find-a-dietitian/private-practice/>

Appendix D

Promotional Materials



Example

Living Better

A Wellness Program for Individuals with Mental Health Concerns

You can look forward to:

- Tasty food samples
- Cooking demonstrations
- Games and activities
- Exciting new recipes
- Helpful and basic nutrition and exercise information
- Meeting new people

A XX-week program, starting
XXXX – XXXX.

Sessions run every XXXX from X to X pm
at the XXXXXX.

Questions?

Call ###-###-####.

Appendix E

Formalities



Sample Budget

Use this sample budget as a guideline. Adjust according to the needs of your program.

Revenue	Total fees charged per person
Expenses (example)	
Food costs	\$100 – 125
Nutrition education resources	\$20 – 50
Prizes for mystery foods	\$20
Facilitator position costs*	Variable

Expenses will vary depending on the facility. Additional costs may include: photocopies, disposables, cooking equipment, space and travel expenses for the program.

*Facilitator costs

This program runs on the premise that agencies facilitate it. These agencies may use volunteers to help run the program, such as nutrition or nursing students, retired health professionals, and peer leaders. It is recommended that an honorarium be provided for volunteers.

A Registered Dietitian can be a great resource for the program. If you choose to have a Registered Dietitian facilitate the program, an adjustment must be made to the budget to account for this additional cost.

Living Better Registration Form

[illegible]

Living Better Facilitator Evaluation Form

Session: _____

Facilitators: _____

Attendance: _____

Recipe: _____

Games: _____

Did the group enjoy the nutrition topics and discussion? What went well? _____

Did the group enjoy the food demonstration and recipe? What went well? _____

Challenges: _____

For next time: _____

Attendance Sheet

[illegible]

This Is To Certify That

Has Participated In

LIVING BETTER

Date: _____



Sample Living Better Evaluation Survey

1. Out of all the sessions, how many did you attend? _____

2. Did this program provide practical information that you can use in everyday life?
Please check (✓) a box.

☐ Yes

☐ No

☐ Somewhat

How? Please provide an example: _____

3. What activities did you like the most? Please place a checkmark (✓) beside your favourite activities.

☐ Stretches /exercises

☐ Mystery Food

☐ Games

☐ Recipes

☐ Nutrition information

☐ Educational handouts

☐ Food demonstrations

4. Did you fill out your positive action plan? _____ Did you find it a helpful tool for making changes in health behaviour? Please explain _____

5. Of the following featured recipes, which ones did you try at home? Please place a checkmark (✓) beside those recipes.

☐ Broccoli Salad

☐ Mini Pizzas

☐ Apple Peanut Butter Wrap

☐ Easy Falafel with Lemon Yogurt Sauce

☐ Black Bean and Corn Salad

6. Did you try any other recipes from the program at home? If so, which ones? _____

7. Which nutrition topic was the most important to you? Please check (✓) a box.

☐ Vegetables and Fruit

☐ Foods that Undermine Healthy Eating

☐ Whole Grains

☐ Food Skills

☐ Protein Foods

Why? Please provide an example: _____

8. Would you recommend this program to others?

☐ Yes

☐ No

9. a) If you had the opportunity, would you attend other wellness programs similar to this one?

☐ Yes

☐ No

b) Is the _____ a good location for this program?

☐ Yes

☐ No

If no, what location would you prefer? _____

10. Do you have any comments or suggestions that would help make this program even better?

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