

Class 2

Height, Weight, Food Choices, The Food Spiral and Food Factor

CLASS NEEDS: WHITE BOARD/MARKERS, AV NEEDS: Internet/AV for Power Point presentation and screen

-HANDOUTS: FACTOR MENUS FOR VARIOUS LEVELS, FOOD SPIRAL, OTHER - HANDOUTS IN FOLDER

-CLASS LENGTH: APPROXIMATELY 1 HOUR

-CLASS LOCATION: CLASSROOM

Slide # 1 – The Food Spiral

Slide # 2

CLASS OBJECTIVES

We want to go over the class objectives – what we hope you will gain from this class. First, any questions from the last class?

1. We hope to show you: How to use the FFF food spiral.
2. We hope to learn the foods to use for better health.
3. We want to teach you about Food Factors and your own Food Factor.
4. And lastly, review your food factor menus and factor sheets.

Slide # 3

Each participant has a copy of the food spiral in their class handouts. Have them look at while you explain

The Spiral is a new idea, using the “Stoplight colors” to get the message across about healthy foods, and how much to eat.

Slide #4

The food spiral is colorful using green for “go foods, yellow for “caution” foods and red for “stop” foods. The dark red center shows foods very high in cal/fat/sugars. Each food group has a color stripe.

Slide #5

Each stripe is divided further into three sections: the “Go” section, the “Caution” section and the “Stop” Section. Let’s take a look at an example

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Slide #6

Let's look at the veggie group. The stripe color is light green.; at the top, are the "go" veggies – fresh veggies with no fat added; in the middle, the foods are "caution" these are the same veggies, with fats added – oil, margarine, etc. and the bottom group of the light green stripe are the "stop" foods – those veggies in casseroles, with cheese sauce, fried, etc.

Slide #7

There is one more thing to notice on the Food Spiral. In the corner of each food group, there is a number with a circle around it. This is the factor for that food. Notice on the veggies, the "go" are 0, the caution are 1 and the others are 3. The Food Factor you will get, say a 12 or 18, depending on your weight goals, can be used to determine the type of foods and the amount of foods to use each day. The food factor is based on cal/fat, fiber, and other criteria.

Slide #8

For most of us the Favorable Fitness Factor, Food Factor is for weight loss, but may be used to maintain or gain weight as well. Does anyone need their factor or a copy of their diet/menu?

Slide #9

We'll do an example to be able to demonstrate how to use the Spiral to lose weight.

Take a look at the picture and let's see, using our food spiral handout, the factor, the serving size and total food factors these foods provide?

Milk group dark yellow stripe

- a) 1 cup – Skim= 1 factor
- b) 2%= 2 factors
- c) whole= 3 factors

Starch group, light yellow stripe

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- a) Beans, dried 1 cup cooked – 1 factor
- b) Whole Grains – 1 cup cooked = 1 factor
- c) White Rice – ½ cup = 2 factors

Meat/Protein Group – light red stripe

- a) Egg – 2 factors
- b) Lean red meat – 1 oz = 2 factors
- c) Regular cheese – 1 oz = 3 factors

Fruit Group – dark green stripe

- a) Fresh fruits – 1 large or 2 small pc. = 1 factor

Vegetables – light green stripe

- a) Fresh veggies – 1 cup or more = “0” factors!

Slide #10

Let’s review the goals of FFF – More veggies, fruits, whole grains, low fat dairy, lean meats and monosaturated fats, like canola or olive oils.

Slide #11

We’ll review the food groups, looking at each one and finding the foods we use a lot and like. We’ll go through them like they are located on the Spiral.

Slide #12

Let’s look at the veggie strip – the dark green first. The “go” veggies are “0”. Point out that the other veggies found in the caution and stop sections are a “2” and a “3” factor and they are higher in fat, calories and lower in fiber as a rule.

Slide #13

Fruits give us fiber, texture, lots of vitamins: C, A, and others. The serving size is 2 pieces of fresh fruit = 1 factor.

Slide #14

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Slide #15

Dairy foods are in the yellow foods and we still need to include these foods daily for good nutrition, no matter what our ages. Let's review the go dairy: these have "1" factor per serving and they include fat free milk, yogurt and soy milk, cheeses are in the meat group on the spiral, because we use it mainly as a meat or side dish. We need 3 servings of dairy each day

Slide #16

Meat – it gives us protein and many minerals. Also you can give too much fat if we are not careful. Read the label for fresh – this will have less sodium. If you buy pre-prepared items, don't add extra salt. Get out the inside grill, or fire up the outdoor grill all year long. A great way to reduce fat added when cooking. If you do buy meats already prepared, try to remove as much fat as possible and take off the skin before eating. Try the roasted chicken in the store, homemade whole wheat French bread. Add a raw vegetable salad and fruit for dessert. That's a fast food meal!!

Slide #17

Fats – who needs them – We all need some to help us use the fat soluble vitamins like Vitamin A, E, K, D, etc. We just don't need as much as we usually use. Take for instance a possible breakfast comparison. A sausage, biscuit, coffee with ½ and ½ and jelly has a lot more fat than 1 scrambled egg, toast with jelly, and coffee with skim milk for creamer. We can reduce the fat in our diet by choosing foods with less and preparing our foods with less.

Slide #18

Help the class learn where the foods are, what a serving size is and the number of factors they have. Show them how fast the factors add up if you are choosing the caution or stop groups and the green foods really go farther!

Slide #19

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Any Questions?