

Session Fourteen:

What's Complex About Carbohydrates



In this session, the participant will:

1. Identify sources of complex carbohydrates.
2. Identify and describe ways to increase bean, grain, cereal and vegetable intake.
3. Discuss techniques to make meatless meals more acceptable.

Checklist of Materials Needed													
Supporting Materials	<input type="checkbox"/> Fat Scans <input type="checkbox"/> Grain and bean samples (optional)												
Food & Paper Supplies	<input type="checkbox"/> Beverages of choice (coffee, tea, juice) <input type="checkbox"/> Creamer, sugar, and coffee stir sticks, optional <input type="checkbox"/> Paper supplies: plates, napkins, cold cups, and hot cups (if needed) <input type="checkbox"/> Plastic forks or spoons <input type="checkbox"/> Serving utensils <p><u>Food Tasting:</u> Serve at least one grain and one bean dish (commercial or homemade). Consider using the recipe choices included in the Participant Manual.</p> <p>Recipe Suggestions:</p> <p style="padding-left: 40px;"><i>Bulgar Pilaf</i></p> <p style="padding-left: 40px;"><i>Acapulco Bean Casserole</i></p> <p style="padding-left: 40px;"><i>Bean Lasagna</i></p> <p><i>Note:</i> If you choose different foods for the Food Tasting, emphasize low-fat recipes or commercial products that feature beans and grains or vegetables.</p>												
Participant Manual													
Worksheets	<table> <tr> <th>Worksheet</th><th>Page(s) #</th></tr> <tr> <td>14-1</td><td>9-10</td></tr> <tr> <td>14-2</td><td>11</td></tr> <tr> <td>14-3</td><td>12-13</td></tr> <tr> <td>14-4</td><td>14</td></tr> <tr> <td>14-5</td><td>15</td></tr> </table>	Worksheet	Page(s) #	14-1	9-10	14-2	11	14-3	12-13	14-4	14	14-5	15
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14-1	9-10												
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Resource Section	Additional materials available in Participant Manual	
	Resource	Page(s) #
	Maximizing Beans	51-52
	Maximizing Grains	53-55

Session 14 Outline—Key Activities

Activity Type (Time)	Activity
Large Group Discussion (15 minutes)	<p style="text-align: center;">Review of Home Activity</p> <p>♦ Discuss experiences using time-saving ideas and increasing use of fish.</p> <p>Q/A:</p> <ul style="list-style-type: none"> - What time-saving ideas did you use? - How well did the ideas work? - What quick fish meal ideas did you try? - How successful were your fish meals?
 <i>Notes</i>	
Large Group Discussion (15 minutes)	<p style="text-align: center;">New Material</p> <p>♦ Define complex carbohydrates.</p> <ul style="list-style-type: none"> • Participant's definition. • Foods currently eaten. <p>♦ Discuss pros and cons of increasing use.</p> <p>♦ Key point—participants identify barriers to increasing use of carbohydrates.</p>
	

Large Group
Demo
(10 minutes)



- ◆ Fear of Bread Demonstration.
- ◆ Key point—participants recognize that starchy foods are not high in calories.

Large Group
Discussion
(15 minutes)



- ◆ Game—identify grains and beans (optional).
- ◆ Share ideas on ways to prepare grains and beans.
- ◆ Key point—participants identify new foods and ways to prepare them.

Large Group
Discussion
(15 minutes)



- ◆ Discuss ways to increase acceptability of grains and beans as main dishes.
 - Share experiences. Use **Worksheet 14-2** for ideas.
- ◆ Key point—participants identify ways to increase acceptability of meatless dishes.

Large Group
Discussion
(20 minutes)



- ◆ Identify ways to increase use of beans and grains.
 - Use **Worksheet 14-3** to identify ways to make new foods more acceptable.
 - Use **Worksheet 14-4** to identify sources of complex carbohydrates.
- ◆ Key point—participants identify strategies to use more beans and grains.

Large Group
Discussion
(10 minutes)



Summary

Discuss the issues and identify participants who need more help.

- ◆ Focus on ways to increase beans and grains in meals and snacks.

Q/A:

- What do you see as important reasons for you to eat more beans and grains?
- What steps can you take to make bean and grain dishes more appealing and acceptable for you and your family?

Large Group
Discussion
(8 minutes)



Home Activity

- ◆ Assign two Fat Scans.
- ◆ Ask them to complete **Worksheet 14-5** at home. Answer questions.


Food Tasting

Large Group
Discussion
(10 minutes)

- ◆ Emphasize low-fat recipes or commercial products that feature beans and grains.
- ◆ Encourage discussion of food/recipe acceptability.

Total Time:
118 minutes

Session Fourteen: What's Complex About Carbohydrates

Activity Type (Time)	Activity
Large Group Discussion (15 minutes) 	REVIEW OF HOME ACTIVITY
	<p>♦ Discuss experiences using time-saving ideas and increasing use of fish.</p> <p>Q/A:</p> <ul style="list-style-type: none"> - What time-saving ideas did you use? - How well did the ideas work? - What quick fish ideas did you try? - How successful were your fish meals?
	<p style="text-align: center;">OVERVIEW OF TODAY'S SESSION</p> <ul style="list-style-type: none"> • The focus of today's session is how to increase your intake of complex carbohydrates. This group includes beans, grains, cereals, breads, vegetables and fruits. Today, we are going to focus more on beans and grains, however we will also talk a little about vegetables. We'll begin by looking at what you are currently doing. Then we'll move on and discuss: <ul style="list-style-type: none"> ➤ Ways to increase your use of beans, grains and vegetables, ➤ Barriers that get in your way, and ➤ Ways to overcome these barriers.

NEW MATERIAL**Increasing Complex Carbohydrates****PURPOSE:** Discuss pros and cons of eating more complex carbohydrates.**Large Group
Discussion
(15 minutes)****◆ Define complex carbohydrates.**

- Participant's definition
- Foods currently eaten

◆ Discuss pros and cons of increasing use.**◆ Key point—participants identify barriers to increasing use of carbohydrates.**

- Another word used to describe complex carbohydrates is starch. Sugar is also a carbohydrate, but it is called a simple carbohydrate.



Q/A:

- What are some examples of complex carbohydrate foods you currently eat?

*Group Nutritionist Note:* List the carbohydrate foods participants mention.

- There are many benefits of eating more carbohydrates, but there are also barriers. Let's list some of the pros and cons of eating more grains, beans and vegetables. First, we'll just brainstorm some ideas. Then we'll discuss how we can overcome some of the barriers once we know the benefits.

*Group Nutritionist Note:* List pros and cons of eating more carbohydrate foods from participants' comments. Offer other suggestions and comments only after group is finished. Go back and discuss the cons most important to the group.



Group Nutritionist Note: If the cons are the same as the underlined cons below, they will be addressed in the session.

Pros

Inexpensive
Good source of protein
May help lower cholesterol
High in fiber
Prevents constipation
May prevent colon cancer
Preserves our resources
Fills you up, not out
Low fat
No cholesterol
Nutritious (high in vitamins and minerals)

Cons

Too much time to cook
Fattening
Gas/indigestion
Family won't eat
Don't know how to cook
Don't like taste
Worried about getting enough protein

**Q/A:**

- What could you do to get around these barriers to get the benefits we just discussed?
- It is usually easier to overcome a barrier if you are motivated to change. Let's review the pros to eating more complex carbohydrates. You came up with a lot of good suggestions.
- The cons you listed are often mentioned by others. We will discuss them in more detail during the rest of the class.



Group Nutritionist Note: If gas/indigestion is brought up: First allow other participants to suggest solutions. Then suggest the following points:

- Start adding the foods to your diet gradually. It takes a while for your digestive system to adjust to beans and some vegetables.
- Soak dried beans and rinse them after soaking.
- Try Beano: It's a liquid sold in drug stores which helps you digest beans better. You add a few drops to your food just before you eat it.

If worried about getting enough protein: First allow participants to suggest solutions. Then suggest the following points:

- Most Americans eat twice as much protein as they need.
- You don't need to eat meat to get protein. Beans and grains can be a good source of protein.
- You don't need to worry about making sure you combine protein sources (i.e., grains with beans).

- You've already seen that starchy foods are not fattening, it's the butter, sour cream and sauces you add. In spite of this knowledge, many of you may still have a fear of grains, such as rice, pasta, bread and starchy vegetables such as potatoes and corn.

**Large Group
Demo
(10 minutes)**

◆ **Fear of Bread Demonstration.**

- ◆ **Key point—participants recognize that starchy foods are not high in calories.**

- When you take away 3 tablespoons of fat to meet your WHI fat gram goal you reduce your calorie intake by about 350 calories. Three hundred fifty calories equals five slices of bread, or 2 cups of noodles or rice, or 1 ½ cups of cooked beans.
- In other words, when you get rid of 3 tablespoons or 39 grams of fat, you can eat four to five more servings of grains or starchy vegetables a day for the same amount of calories.
- In addition, these foods are nutritious. For example, grains are a good source of B vitamins, and dietary fiber. Butter is a source of calories, but contains very few vitamins and minerals and no fiber.

- In addition, beans, whole grain breads, cereals, fruits, and vegetables are good sources of dietary fiber. Increasing your fiber intake has many benefits—prevention of constipation, hemorrhoids, and possibly a reduced risk of colon cancer and heart problems.

**Large Group
Discussion
(15 minutes)**

How to Cook Beans and Grains

PURPOSE: Share ideas on low-fat ways to prepare beans and grains.

- ◆ **Game—identify grains and beans (optional)**
- ◆ **Share ideas on ways to prepare grains and beans.**
- ◆ **Key point—participants identify new foods and ways to prepare them.**

- Our traditional ways of cooking beans, rice, and pastas often add extra fat. You need to find new ways to prepare these foods so that they are tasty without adding fat.



Q/A:

- What are some ways you've found to cook these foods without fat?



Group Nutritionist Note: Some possible ideas include: using yogurt sauces, cottage cheese, gravies made without fat, tomato based sauces for pastas. Other suggestions are listed on page 4 of the Participant's Session 14 materials.



Group Nutritionist Note: Optional Activity—Grain Guessing Game. Have a selection of new grains and beans (in a ziploc bag, jar, bowl, etc.). Identify each with a number. Let participants write down the type of grain or bean they think it is. Discuss the correct answers and ways to prepare them. Encourage participants to share their experiences in preparing and tasting each food. If no one in the group has experience with a product, review the information listed in *Maximizing Beans* and *Maximizing Grains* on pages 43-47 in the Resource section of the Participant Manual.

- I am going to pass around samples of different grains. I'd like you to share ideas on how to prepare these different grains. I'm sure this class will have many suggestions.
- Take a look at the different types of beans and discuss different ways you could serve them. There is more detailed information about grains and beans in the Resource section of your manual. The handouts are called *Maximizing Grains* and *Maximizing Beans*.

**Large Group
Discussion
(15 minutes)**

Acceptance of Meatless Dishes

PURPOSE: Discuss techniques for introducing new foods.

- ◆ **Discuss ways to increase acceptability of grains and beans as main dishes.**
 - **Share experiences. Use Worksheet 14-2 for ideas.**
- ◆ **Key point—participant identify ways to increase acceptability of meatless dishes.**

- Think about the grain and bean dishes we talked about today. Some of these foods are already familiar to you. Some are new foods.



Q/A:

- Which dishes did you like the best?
- Which ones would you (and others in your family) find acceptable?
- How could you make it easier for you (and others) to try these new foods?

- **Worksheet 14-2** lists some more suggestions you could use for making new foods more acceptable. One suggestion I'd like to discuss a little more is how to make food look appealing.



Q/A:

- What do you think makes food look appetizing?



Group Nutritionist Note: Ideas include: variety of colors, shapes, being able to recognize food, serving containers, and garnishes.

- All of your ideas are good. Variety in color, shape, taste, etc., can make a dish more appealing. You can also create a festive atmosphere and make your meals more enjoyable. Do this by finding the time, once a week, to make eating at home a special occasion. You might even try using an ethnic theme to introduce new foods into your meals.

Large Group Discussion (20 minutes)	<p>Ways to Add More Beans and Grains</p> <p>PURPOSE: Identify ways to increase use of beans and grains in their meals.</p> <div><p>◆ Identify ways to increase use of beans and grains.</p><ul style="list-style-type: none">• Use Worksheet 14-3 to identify ways to make new foods more acceptable.• Use Worksheet 14-4 to identify sources of complex carbohydrates.<p>◆ Key point—participants identify strategies to use more beans and grains.</p></div> <p>• Worksheets 14-3 and 14-4 include suggestions for increasing complex carbohydrates. Read over the suggestions and check which ones would work for you.</p> <p>Q/A:</p> <ul style="list-style-type: none">- Which ideas on Worksheet 14-4 would work for you?- What high-fiber foods did you check?
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SUMMARY

- Increasing your use of foods such as grains and beans especially as main dishes may be a difficult change to make. However, there are many benefits to eating more of these foods. (Use the questions in the box below to encourage discussion.)

**Large Group
Discussion
(10 minutes)**

Discuss the issues and identify participants who need more help.

- ◆ **Focus on ways to increase beans and grains in meals and snacks.**

Q/A:

- **What do you see as important reasons for you to eat more beans and grains?**
- **What steps can you take to make bean and grain dishes more appealing and acceptable for you and your family?**

	HOME ACTIVITY
Large Group Discussion (8 minutes)	<ul style="list-style-type: none">◆ Assign 2 Fat Scans.◆ Ask them to complete Worksheet 14-5 at home. Answer questions. <ul style="list-style-type: none">• Let's take a few minutes and go over this month's assignment. Your goals for this month are to increase your use of grains and/or beans, and to keep two Fat Scans.• Think through what you're going to do to accomplish these goals. Think about the foods you want to try and review some of the ways to introduce new foods into your meals. Write your ideas down on your Home Activity Worksheet 14-5.
	FOOD TASTING
Large Group Discussion (10 minutes)	<ul style="list-style-type: none">◆ Emphasize low-fat recipes or commercial products that feature beans and grains.◆ Encourage discussion of food/recipe acceptability.