


Spring Session - Year 2: Balancing Your Food Choices



In this session, the participant will:

1. Compare current meals and snacks to the WHI study goals.
2. Practice modifying meals and snacks to meet WHI goals.
3. Identify ways to maintain healthy eating pattern changes.

	Checklist of Materials Needed
Supporting Materials	<ul style="list-style-type: none"> <input type="checkbox"/> Fat Scans <input type="checkbox"/> Flip chart or blackboard <p><u>Supplies Required for Each Workstation (set up 2-3 stations):</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Paper plates (15-20) <input type="checkbox"/> Ziploc bags with Dairy Council paper food models for sample meals. (Labels for bags available on page 21.) <input type="checkbox"/> 1 copy of appropriate sample menu (pgs. 16-19) <input type="checkbox"/> 1 copy of handout--<i>What Is a Serving?</i> (pg. 20) <input type="checkbox"/> 1 copy Participant Worksheets Spring-2 and Spring-3 <input type="checkbox"/> Ziploc bags containing extra Dairy Council paper food models. (Consider sorting models and placing in bags by type of food: dairy, fruit/vegetable, grain, meat mixed dish, fat, etc.) <input type="checkbox"/> Copy of a Fat Counter
Food & Paper Supplies	<ul style="list-style-type: none"> <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"/> <u>Food Tasting</u>: Recipe suggestion: Ratatouille (hot) served with steamed rice, or cold served with crackers. (Recipe provided in Participant session material). <p><i>Note:</i> If you choose different foods for the Food Tasting, use a recipe or commercial food that emphasizes changes in cuisine--using vegetables and grains to reduce servings of meat, poultry or fish in main dishes.</p>

Participant Manual		
Worksheets	Worksheet	Page(s) #
	Spring-1	9
	Spring-2	10
	Spring-3	11
	Spring-4	12-15
Resource Section	Additional materials available in Participant Manual	
	Resource	Page(s) #
	Resource Spring-1—Sample Meal Pattern	21
	<p><i>Group Nutritionist Note:</i> If you are unfamiliar with brainstorming as a group discussion technique, refer to page 2-13 in your Group Nutritionist Manual, Vol. 4, Section 2.3.7 for guidelines.</p> <p>Group Nutritionists can find reference information for sample menus on pages 22-24.</p>	

Spring Session Outline—Key Activities

Activity Type (Time)	Activity
Large Group Discussion (25 minutes)	<p style="text-align: center;">Review of Progress</p> <ul style="list-style-type: none"> ◆ Discuss experiences of past three months without the group support (focus on maintenance and motivation). <ul style="list-style-type: none"> • Have participants use Fat Scan to compare current eating patterns (fat grams, fruit/vegetable and grain goals) to WHI nutrition goals. <p>Q/A:</p> <ul style="list-style-type: none"> - What progress have you made over the past three months? - What strategies and skills are you currently using to maintain your progress? - What situations or foods are still challenging for you?
 <i>Notes</i>	
Large Group Discussion (10 minutes)	<p style="text-align: center;">New Material</p> <ul style="list-style-type: none"> ◆ Summarize review discussion: <ul style="list-style-type: none"> • WHI nutrition goals being reached. • Foods and/or situations that remain challenging. ◆ Introduce idea of healthy balance in food choices. ◆ Key point—participants identify how well they currently meet and maintain WHI nutrition goals.
	

Small Group
Activity
(20 minutes)





- ◆ Use **Worksheet Spring-1**.
 - Participants identify an eating pattern similar to some of their current food choices.
- ◆ Form 2-3 small groups. Use **Worksheets Spring-2** and **Spring-3**.
 - Provide each group with suggested supplies.
 - Participants identify ways to modify sample meals to:
 - meet WHI nutrition goals, and
 - improve variety and healthy food choices
- ◆ Key point—participants identify ways to maintain WHI nutrition goals and improve personal eating patterns.


Large Group
Discussion
(15 minutes)



- ◆ Small groups share with larger group. **Worksheet Spring-2** responses.
 - Menu changes (foods added or removed).
 - Menu changes they find easy to make or maintain.
 - Ongoing challenges or menu changes that are more difficult.
- ◆ Brainstorm ideas on ways to handle ongoing challenges. Use **Worksheet Spring-4** for ideas, if needed.
- ◆ Key point—participants identify personal eating pattern challenges and ways to cope.

<p>Large Group Discussion (10 minutes)</p> 	<p style="text-align: center;">Summary</p> <p>Discuss the issues and identify participants who need more help.</p> <ul style="list-style-type: none"> ◆ Focus on the strategies participants plan to use to maintain their WHI or handle remaining challenges. <p>Q/A:</p> <ul style="list-style-type: none"> - What ideas would work the best for you to make or maintain the changes needed to meet your WHI nutrition goals? - Which of these ideas have worked for you before? - If your strategies did not work before, what are you going to change to make them more helpful this time?
<p>Large Group Discussion (8 minutes)</p> 	<p style="text-align: center;">Home Activity</p> <ul style="list-style-type: none"> ◆ Assign three Fat Scans (or other self-monitoring method). ◆ Suggest activities to work on during next 3 months. Answer questions.
<p>Large Group Discussion (15 minutes)</p>	<p style="text-align: center;">Food Tasting</p> <ul style="list-style-type: none"> ◆ Emphasize cuisine changes: dishes using more fruits, vegetables and grains, meatless dishes and/or dishes using less meat. ◆ Encourage discussion of food/recipe acceptability.
<p>Total Time: 103 minutes</p>	

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Activity Type (Time)	Activity
Pair or Large Group Discussion (25 minutes) 	REVIEW OF PROGRESS
	<ul style="list-style-type: none"> ◆ Discuss experiences of past three months without the group support (focus on maintenance and motivation). <ul style="list-style-type: none"> • Have participants use Fat Scan to compare current eating patterns (fat grams, fruit/vegetable and grain goals) to WHI nutrition goals. <p>Q/A:</p> <ul style="list-style-type: none"> - What progress have you made over the past three months? - What strategies and skills are you currently using to maintain your progress? - What situations or foods are still challenging for you?
	<p style="text-align: center;">OVERVIEW OF SESSION</p> <ul style="list-style-type: none"> • Today's session focuses on how well your current meals and snacks meet your WHI nutrition goals and ways to improve your personal eating patterns and interest to your meals. We'll begin by asking you to identify some of the changes you've made to lower your fat grams and increase your servings of fruits, vegetables and grains. You'll have an opportunity to look at some common eating patterns and practice ways to make them healthier and meet your WHI nutrition goals. Finally, you'll have a chance to share ideas on ways to handle ongoing challenges. • Some of the earlier worksheets you could use are: <ul style="list-style-type: none"> ➤ Session 2, Worksheet 2-1 Tips to reduce added fats. ➤ Session 3, Worksheet 3-1 Tips to reduce fat from dairy foods. ➤ Session 5, Worksheet 5-6 Tips to reduce fat from main dishes. ➤ Session 6, Worksheet 6-3 Tips to reduce fat in restaurants. ➤ Session 7, Worksheet 7-9 Low-fat snack ideas. ➤ Session 8, Worksheet 8-1 Tips for low-fat desserts. ➤ Session 11, Worksheet 11-6 Low-fat lunch ideas