

New Food Label Pages

Chronic Disease Self-Management Program *Leader's Manual*

The FDA has released a new food label, so we have adjusted Session 5 and provided a handout of the new label. Participants use the handout instead of looking at the label in the book during this activity.

If your manual was printed before December 2018, you should check to see if the pages and handout match these, replace those in Session 5 and add the handout to the end of Appendix I in the Leader's Manuals if needed.



Revised December 2018

REMEMBER, DO NOT SPEND A LOT OF TIME ON ANY ONE PERSON. AFTER THREE "YES BUTS," GO ON TO THE NEXT PERSON.

Activity 2

20 minutes

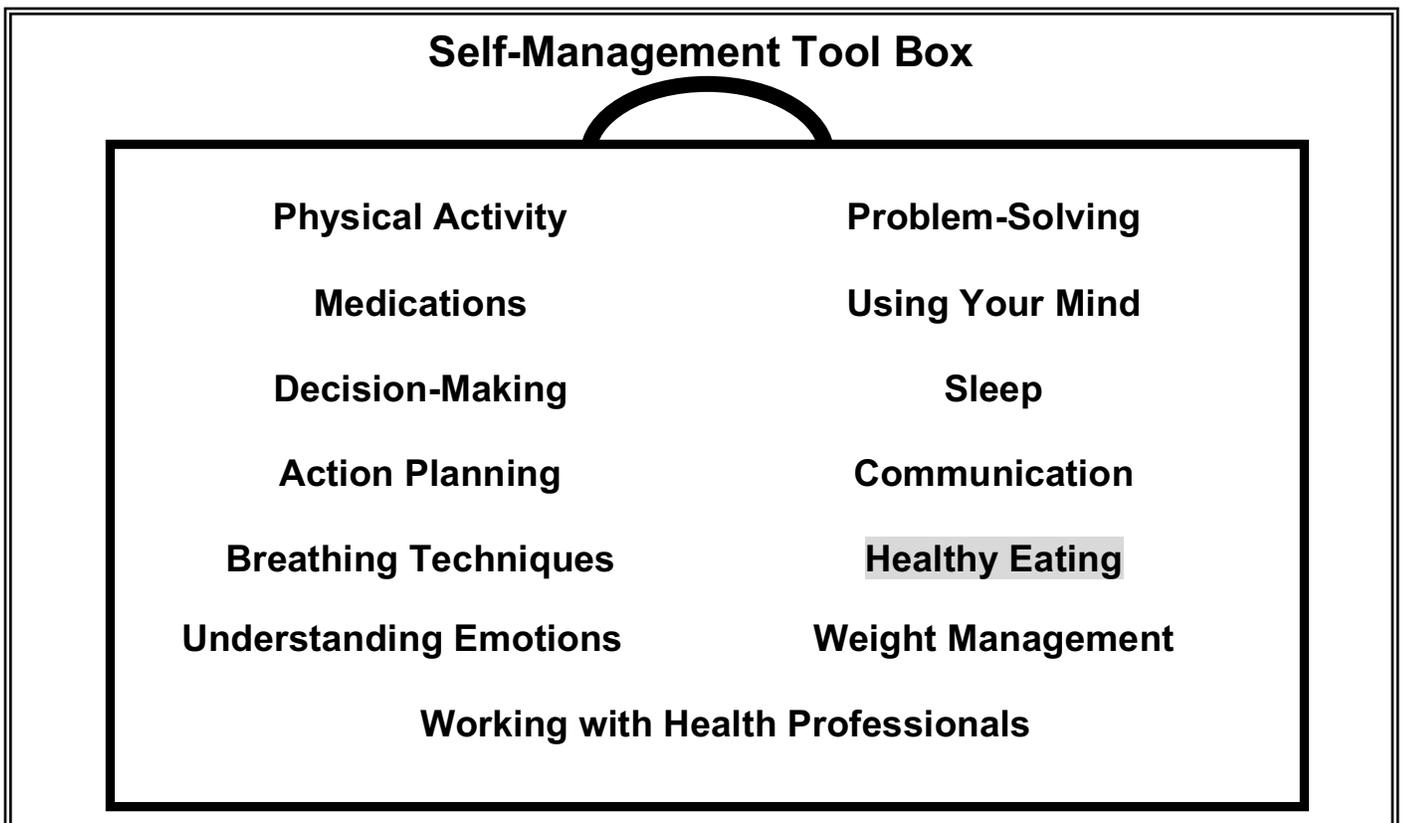
MAKING HEALTHY FOOD CHOICES

Materials

- Chart 2, "Self-Management Tool Box"
- Chart 19, "Healthy Eating Guidelines"
- Food label handout from Appendix I
- 10-15 food labels

1. **Say in your own words, pointing to Healthy Eating on Chart 2:** We are now going to discuss some guidelines for healthy eating. Remember that you may not be able to eat perfectly all the time but most of us can take small steps as we choose what we eat.

Chart 2



2. **Say in your own words:** Here are some basic guidelines to help us make better choices.

Instructions to Leaders: The following chart has a lot of information. It may be best if one Leader stands by the chart and points to each heading while the other Leader discusses the points under each heading

Chart 19

Healthy Eating Guidelines

1. Work toward 7 servings of fruit and/or vegetables a day

- *5 a day is a recommended minimum)*
- *(These are a good source of fiber and vitamins and minerals)*
- *(They help to avoid constipation)*
- *(They have no cholesterol, are a healthy source of carbohydrates)*
- *(Depending on how they are prepared, they have little or no fat)*
- *(If 7 servings seem like a lot, then work at gradually adding a serving or two each day. This might make a good Action Plan.)*

2. Choose foods lower in fat

- *Choose leaner cuts of meat, eat more fish.)*
- *(Eat combinations of plant proteins, like rice with beans)*
- *(Use unsaturated fat. These fats are liquid at room temperature like olive oil)*
- *(Avoid saturated fats that are solid at room temperature like butter)*
- *(As you read labels, it is best to eat foods with no more than 5 grams of fat per serving.)*

(Chart 19 continued on the next page)

Chart 19, continued

- 3. Limit foods that can raise cholesterol.** *(This is important for maintaining good blood pressure and for preventing heart attacks and stroke. Two things determine our cholesterol, heredity and diet. We cannot change heredity but we can change what we eat.)*
 - *(Eat less meat and dairy products as cholesterol is only found in animal products.)*
 - *(Avoid or limit saturated and trans fats because they cause our bodies to make cholesterol. Trans fats are solid at room temperature, but do not come from animals. Solid shortening, “partially hydrogenated” ingredients are trans fats)*
- 4. If you have diabetes or pre-diabetes, watch carbohydrates**
 - *(The recommended amount of carbohydrates for most people with diabetes is 45-60 grams per meal.)*
 - *(Most of the time, choose carbohydrates that come from healthier sources such as breads, grains, pastas, vegetables and fruits, rather than sweets like pastries, candies, sugars, jellies, and so on, which also tend to be higher in fat.)*
- 5. Reduce the amount of salt or other sources of sodium** *(These can increase blood pressure, kidney and heart disease. Sodium is often hidden so be sure to read labels. Reduce the amount of salt added to food or do not add at all.)*
- 6. Maintain a healthy weight** *(We will talk more about this next week.)*

- 3. Say in your own words:** Now you have the basics. Now let's review with some questions. If you know the answers just shout it out.

Instructions to Leaders: Ask the following and be sure the group hears the correct answer. If a wrong answer is given, give the right answer and go on to the next questions.

Ask: What is the ideal number of daily servings of fruit and vegetables?

Answer: 7, starting with 5 and working up.



Ask: True or False? The best fats are those that are solid at room temperature.



Answer: False. These are the fats that cause your body to make cholesterol.

Ask: People with pre-diabetes or diabetes should have no more than how many grams of carbohydrates per meal?



Answer: 45-60 grams

4. **Instructions to Leaders:** Pass out the food label handout from Appendix I.

Last week, participants were asked to bring from home a food label of something they regularly eat. Ask the group to look at the labels they brought. If anyone forgot, loan them the labels that the Leaders have provided. Leaders should be thoroughly familiar with the material in *Living a Healthy Life*, pages 180-181.



5. **Say in your own words:** As we learned, it is important to know how much fat, salt or sodium, cholesterol and carbohydrates we are eating. In packaged foods, this is sometimes very difficult. That is why we have food labels. Please look at the food label handout we passed out.

Ask: How many total carbohydrates does this food have?

Answer: 37 grams



Ask: How much total cholesterol does the food have?

Answer: 0 milligrams



Ask: How much total fat does it have?

Answer: 8 grams



Ask: How much saturated fat?

Answer: 1 gram



6. **Say in your own words:** Now look at the label you brought from home.

Instructions to Leaders: For this part of the exercise ask for volunteers but do not choose the same person more than once. Depending on time, just let a few people report.

Ask: Can someone tell me the name of the food, what is the serving size and how much fat is there in a serving?

Ask: Will someone else name their food, the serving size and the number of carbohydrates in a serving?

Ask: Let's hear from someone else to name their food, the serving size, and how much sodium is in one serving.

Ask: Finally, will everyone look at their labels and tell us if they found any surprises?



7. **Ask:** Why is reading food labels important?

Instructions to Leaders: Allow participants to respond freely. This is not a brainstorm. Do not call for volunteers.

8. **Say in your own words:** There is a lot more information about label reading, serving size and healthy eating in Chapter 11 of your book.

Activity 3

20 minutes

MEDICATION USAGE

Materials

- Chart 2, “Self-Management Tool Box”
- Chart 20: “Purposes of Medications”
- Chart 21: “Medication Effects”
- Chart 22: “Medication Responsibilities”

1. **Say in your own words, pointing to Medications on Chart 2:** Medication can be a very important part of managing a chronic illness. While medications will not cure the disease, they can help to keep the disease under control and often will make your life more comfortable.

(Chart 2 on the next page)

Nutrition Facts

8 servings per container

Serving size 2/3 cup (55g)

Amount per serving

Calories 230

% Daily Value*

Total Fat 8g 10%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 160mg 7%

Total Carbohydrate 37g 13%

Dietary Fiber 4g 14%

Total Sugars 12g

Includes 10g Added Sugars 20%

Protein 3g

Vitamin D 2mcg 10%

Calcium 260mg 20%

Iron 8mg 45%

Potassium 240mg 6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.