PRODUCE-ING HEALTH

Eat Better – Increase the Amount and Variety of Fruits and Vegetables You Consume

PREP NOTE: Ask the facilitator to provide a brief, written introduction to share with the program participants. Also prepare your opening remarks. For example, you may want to select an inspiring quote or reading.

• Kick off your program with a warm welcome and your opening remarks.
• Introduce the facilitator to your fellow community members. Or, if you are the facilitator, share with the group why this topic is important to you and your reason for offering to host this lesson.
Produce-ing Health
Lesson Overview

Welcome
  • EmPowered To Serve and the ETS Health Check
  • Program Topic and Urgent Community Need

Produce-ing Health
  • Call to Action: Eat Better-Increase the Amount and Variety of Fruits and Vegetables You Consume

Closing Thoughts

• Get everyone “on topic” by reading through the lesson overview.
• Let participants know that the lesson takes about 1 – 1 ½ hours to complete.
What is ETS?
EmPowered To Serve

EmPowered To Serve is a movement sweeping our nation to improve the health of multicultural communities

• We unite as the ETS megacommunity to make healthy change happen in diverse communities across the country.
• Learn More at EmPoweredToServe.org.

• Read the introduction to EmPowered To Serve.
• Share why you joined the ETS movement.
• Encourage anyone who has not yet joined the ETS megacommunity to go online after the program and sign up for this national movement.
• Note that ETS is a movement of the American Heart Association/American Stroke Association in partnership with community organizations across the country.
• Highlight the American Heart Association’s 2020 commitment to the country.
ETS Health Check

Blood pressure and weight check
• Starting point for you
• Optional and anonymous, no name

Why check blood pressure?
High blood pressure (HBP) is a risk factor for heart disease, the No. 1 killer worldwide.
HBP is also a risk factor for stroke, the No. 2 killer worldwide.

Why worry about being overweight?
Nearly 70 percent of adults are either overweight or obese.
Being obese puts you at a higher risk for heart disease, stroke, HBP, diabetes and more.

• Explain that the EmPowered To Serve Health Check is a way for community members learn about their blood pressure and current weight.
  • Review the information on why to check blood pressure.
  • Highlight the reasons for worrying about being overweight.
• This optional health screening gives information needed to complete the My Life Check personal health assessment.
• If you have not already done so, please complete the My Life Check assessment using your unique URL. It only takes a few minutes to complete. Our goal is for 15 percent of our group to complete this simple health assessment.
• Did you already complete the My Life Check assessment?
  • Have you been working on making healthier choices?
  • You may want to go online and take the assessment again.
  • Check your score. See how you are doing!
Program Objectives

Your mom was right—eat your fruits and vegetables.

At the end of this program, you’ll be able to make your mother smile as you:

- Talk about how fruits and vegetables contribute to overall good health.
- Know how to select and store fruits and veggies.
- Embrace ways to get more produce into your daily meals.
- Share that today’s program is about fruits and vegetables.
- The EmPowered To Serve movement embraces Life’s Simple 7, which are seven simple steps that we can take for ideal heart health. And, one of those steps is to eat better.
  - Do you recall we talked about the My Life Check personal health assessment?
  - My Life Check helps you learn where you stand with Life’s Simple 7.
- Back to our lesson—we are going to talk about fruits and vegetables!
Point #1

Fruits and Vegetables are Key to Good Health

Eating a variety of fruits and vegetables may help:

• Manage your weight.
• Control blood pressure.
• Reduce risk of some cancers, e.g. colon cancer.
• Reduce risk for chronic health problems like diabetes.

Add color, crunch and flavor—YUM!

- Review the information on the slide.
- Share with the group:
  - Fruits and vegetables contain nutrients, and many of us don’t get as much of them as our body needs.
  - For example, they contain vitamins A, C and K, as well as folate, magnesium and potassium.
  - Fruits and vegetables are also a great source of dietary fiber, which has been found to reduce risk for colon cancer.
  - Fruits and veggies are also naturally low in saturated fat and calories. This means they are also a “heart-friendly” food choice.
PREP NOTE: Before the program, review the resource list for this lesson. Check the URL for the “Kidz Explain: Why do we need to eat vegetables?” video. If you are not going to have a live Internet connection, download the YouTube video ahead of time to your computer. Or, skip this slide.

- Play short YouTube video.
  https://www.youtube.com/watch?v=2XRliZ4pJDQ
Many Don’t Get Enough

Most of us don’t eat enough to meet our body’s needs:

• Some of us only eat fruit about once a day.
• About a third of adults and adolescents eat fruits and veggies less than once a day.

Eating a variety of fruits and vegetables EACH day reduces your risk for heart disease and stroke.

• Review the information on the slide.
• Ask the group:
  • How many servings of fruits of vegetables do you eat each day—more than four? More than three? More than two? One serving or less?
  • Does 4 to 5 servings of BOTH fruits and vegetables per day seem like a lot to you? Just right?
• Share that at the end of the program, there are tips of easy ways to increase your fruit and vegetable intake.
PREP NOTE: Consider bringing a ½ cup measure, 1 cup measure, computer mouse, baseball (not softball), and golf ball to help the group visualize one serving of fruits and vegetables. Also, bring a baseball to show the size of a medium piece of fresh fruit.

• Use visual aids to help the group see that one serving size is much smaller than most people think. One serving of cooked vegetables or chopped fruit, for example, is ½ cup.
• Review the information on the slide about other ways to visualize one serving size.
Point #2
Eat an Overall Healthy Diet which Includes a Variety of Fruits and Vegetables Each Day

Enjoy fruit desserts:
• Fresh or canned fruit in its own juice or light syrup.
• Natural fruit juice.
• Gelatin containing fruit and dried fruit.

Munch on veggies:
• Make kale chips.
• Zap frozen vegetables for a quick side.
• Add dried veggies to a casserole.

Tell the group:
• All produce counts.
• Fresh, frozen, dried, juiced, canned

Review the information on the slide.

Ask the group:
• What are some of your favorite fruit and vegetable recipes?
- Review the information on the slide. Emphasize the importance of eating different color groups each day.
- Remind the group that, when you watched the Kidz Explain video, they wisely encouraged you to eat a variety of fruits and vegetables.
- Ask the group:
  - Are there fruits of certain colors that you find harder to include in your diet?
- Mention Simple Cooking with Heart has free recipes. (If time permits and you have an Internet connection, consider doing a 5-minute tour of the Simple Cooking with Heart site.)
Point #3
Eat Fruits and Vegetables at Every Meal

Breakfast
• Bananas, raisins or berries with cereal
• Chopped vegetables with eggs or potatoes

Lunch
• Piece of fruit or raw veggie sticks instead of chips
• Put vegetables in your sandwich

Dinner
• Toss chopped fruit into your dinner salad
• Add frozen peas to mac ‘n cheese

• Ask for three volunteers to read the information on the slide.

After the breakfast section, comment:
• You might try adding onions, celery, green or red bell peppers, or spinach to eggs or potatoes.

• Ask the group:
  • Does anyone have a favorite breakfast meal that includes fruits or vegetables?

After the lunch section, note:
• Say that cucumber, sprouts, tomato, lettuce or avocado are all good options for adding to your sandwich.
• And, a piece of fruit or raw veggie sticks instead of chips gives a great burst of nutrition.

• Ask the group:
  • What’s your favorite lunch that includes fruits and vegetables?

After the dinner section, add:
• There’s so much more. You can also add veggies on top of pizza, add a side of steamed or microwaved vegetables – frozen veggies are fine – and have a fruit or vegetable salad with dinner.

• Ask the group:
  • What’s your all-time favorite dinner that is loaded with vegetables and fruits?
Dip ‘em, Sip ‘em, Lick ‘em

Dip ‘em
• Chop raw veggies into bite-sized pieces and dip in low-fat or fat-free dressings.

Sip ‘em
• Drink smoothies and increase the amount of fruit and veggies you eat.

Lick ‘em
• Put 100 percent fruit juice in an ice cube tray, freeze overnight and eat as popsicles.

• Review the information on the slide.
• Suggest that for dips folks try bell peppers, carrots, cucumbers, broccoli, cauliflower and celery.
• Note the importance of reading the food label of sauces and dressings to make sure they are not overloaded with saturated fat and salt.
• Ask the group:
  • What’s your favorite vegetable to dip?
• Share a basic smoothie recipes:
  • Frozen fruit, some low-fat or non-fat milk and/or yogurt processed together in a blender until smooth.
Healthy Cooking Methods

Use healthy cooking methods:

• Steam, grill, sauté, roast, bake and microwave vegetables.
• Reduce saturated and trans fats.

Roast away:

• Heat causes many fruits and vegetables to caramelize.
• Enhances their natural sweetness and reduces bitterness.

• Review the information on the slide.
• Ask the group:
  • Who has roasted fruits or vegetables?
  • Any tips for the group based on your experience?
Shop Using Your Senses

Look
• Choose leafy greens that are vibrant, with no hints of yellowing or wilting.
• Pick fruit that is plump and wrinkle-free.

Feel
• Pick root vegetables (carrots, turnips, beets) that are hard.
• Buy citrus fruits that feel heavy.

Smell
• Select a pineapple with a strong, sweet smell at its base.
• Go for the cantaloupe or honeydew that has a sweet smell at its base and is slightly soft.

• Explain to the group:
  • Buy fresh fruits and vegetables when they’re in season.
  • They taste best when they are fresh.
  • Also, the price is typically the lowest.

• Review the information on the slide.

• Ask the group:
  • Does anyone have any more tips for buying fruits and vegetables?
  • What are some tips for getting the most of your grocery budget when buying fruits and vegetables?
  • Has anyone gone to a “pick your own” farm or the farmer’s market?
  • How did the fruits and vegetables compare with those bought at the grocery store?
Watch Out for Sneaky Salt

PREP NOTE: Before the program, review the resource list for this lesson. Check the URL for this video. If you are not going to have a live Internet connection, download the YouTube video ahead of time to your computer. Or, skip this slide.

• Play the short video called “Sneaky Salt.”
  https://player.vimeo.com/video/136855225
Did You Say Salt?

Sodium is also often added to canned or frozen vegetables.

- Eat less products with sauces—those can be a source of added salt.
- Compare labels of similar products and choose the product with the lowest amount of sodium.

Limiting sodium can help reduce the risk for high blood pressure.

- Review the information on the slide.
### Read the Food Label

**Look for Added Salt**

- Sodium is also often added to canned or frozen vegetables.
- Compare labels of similar products.
- Choose the product with the lowest amount of sodium.

### Explain to the group:

- Sodium is also often added to canned or frozen vegetables.
- Eat less of products with sauces—those can be a source of added salt.
- Choose the product with the least amount of sodium.
- Limiting sodium can help you reduce the risk for high blood pressure, a leading risk factor for heart disease and stroke.

### Ask the group:

- Show of hands, how many read the food label before you select a canned or packaged vegetable?

### Compare food labels—look for code words and symbols for sodium on the label:

- Soda
- Sodium
- Na
Fruits Have Natural Sugars

- Additional sugars are often added to packaged or prepared fruit.
- When choosing canned fruit, choose fruit packed in water, its own juice or light syrup (avoid heavy syrup).
- Select frozen fruit that has no added sugar.
- Limiting intake of added sugars may help control weight gain and blood sugar.

• Review the information on the slide. Note that even fresh foods have natural sugars.
• Explain to the group:
  • All fruits—including fresh—have natural sugars. But, additional sugars are often added to packaged or prepared fruit:
  • When choosing canned fruit, choose fruit packed in fruit juice or light syrup.
  • Select frozen fruit that is 100 percent fruit with no added sugar.
  • Limiting intake of added sugars may help control weight gain and blood pressure.

• Ask the group:
  • How many currently read the food labels on bottled and canned juices?
  • How many read the labels on canned, bagged or packaged fruits?

• Tell the group:
  • Let's take a minute to learn how to find the added sugar on a food label.
  • Sugar may be disguised as many different names on the list of ingredients.
  • Review the information on the slide.
Prep Step: Go to the resource list for this lesson. Find the URL for the Get Fresh with Fruits and Vegetables infographic. Download the infographic and make copies for each participant.

- Ask for volunteers to take turns reading sections of the infographic.
- Ask the group:
  - Are you surprised about how to store specific fruits and vegetables? Which ones?
Call to Action – Eat Better-Increase the Amount and Variety of Fruits and Vegetables You Consume

• Share what you learned with 5 friends. Ask them to join you in eating a variety of fruits and veggies every day.

• Review the call to action on the slide.

• Ask the group:
  • How many servings per day are the goal?
  • Which option is best with regards to nutrition: fresh, frozen, dried, juiced, canned?

• Remind the group, Fresh is best, but all produce counts.
Create a Culture of Health

Commit to take action:

• Go to EmPoweredToServe.org.
• Use My Life Check® to check your progress.

Join Us for more ETS Programs.

• Encourage everyone to be active in the EmPowered To Serve movement.
• Share how being part of the ETS megacommunity helps you embrace a lifestyle of health.
• Encourage everyone to come to a future ETS health lesson.
Wrap-Up

We appreciate your thoughts!

- Post what you liked best online at:
  http://community.empoweredtoserve.org/home

- Thank everyone for coming.
- Thank the facilitator and all of the volunteers who help coordinate the program.
- Take a moment to share an inspirational reading or ask the group to join you in an uplifting song.
- **Reminder!** Once your participants have left, be sure to complete the Ambassador Questionnaire. For details, see your Ambassador Guide, page 11.
EmPoweredToServe.org

Help create a sustainable culture of health:

- Unite with others to drive lasting (sustainable) positive change.
- Learn ways to improve community beliefs and behaviors (culture) about health.
- Share best practices and develop strategies that promote sound body, mind, and spirit (health).

• Put this slide up as your closing slide and leave it up until all of the participants leave the room.
We are EmPowered To Serve
...Serve our health, serve our community

The American Heart Association requests that this document be cited as follows:
American Heart Association EmPOWERED To Serve Health Lessons. empoweredtoserve.org
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