

OFFICE OF PREVENTION, EDUCATION, AND CONTROL

*your*  
*your*

HEART  
LIFE



A LAY HEALTH  
EDUCATOR'S  
MANUAL

NATIONAL INSTITUTES OF HEALTH  
NATIONAL HEART, LUNG, AND BLOOD INSTITUTE





# You Are Unique In This World

---

Dedicated to Lay Health Educators

Almost prancing, joyful and dancing  
You walk our streets observing, yearning to know, eager to share.  
Dreaming to see in the light of the dawn, your dream come true:  
Our world better off.  
You are unique in this world, and you don't even know it.

To the neighborhood and family you surrender your heart.  
No one at all is beyond the reach of your hands.  
With heartfelt voice proclaiming, you offer hope, courage, and health.  
You are unique in this world, and you don't even know it.

Heart health is the key, and you now know it well.  
Let's better your health! Is your battle cry.  
You are our hero, our neighborhood inspiration.  
You are unique in this world, and you don't even know it.

You know how hard it is to change your ways.  
The way we used to sit around. The use of too much salt and lard.  
Those now belong to days gone by.  
You are our leader, your family and neighborhood salute you.  
You are unique in this world, and you don't even know it.

You are a great listener.  
You are the one who knows how we feel and understands our pain.  
You are the one who has courage to challenge for change in our world.  
Today is the day! I'm telling you now!  
You are unique in this world, and I want you to know it.

Gloria Ortiz

English translation by Ariela C. Rodriguez, Ph.D., A.C.S.W.

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## **Organizations**

The following organizations support and recommend the use of this manual:

American Public Health Association Latino Caucus

Community Health Education Center in Boston

Interamerican College of Physicians and Surgeons

Lay Health Workers/Promotores National Network, Inc.

National Council of la Raza

National Federation of Hispanic Owned Newspapers

National Hispanic Medical Association

United States Mexico Border Health Association

University of Arizona Rural Health Office and the Border Vision Fronteriza Initiative

**Dear Lay Health Educator:**

Cardiovascular disease (CVD), like heart disease and stroke, is the number one killer of all Americans, including Latinos. The factors that increase a person's risk of CVD (such as high blood pressure, high blood cholesterol, obesity, smoking, physical inactivity, and diabetes) can be reduced by making some lifestyle changes. The good news is that with a little information, a few skills, and a bit of motivation, these changes can be made.

*Your Heart, Your Life* is a user-friendly program for lay health educators like you, developed especially for Latino communities. The manual provides the “how to” for leading group sessions. It offers “hands-on” activities that help people build the skills they need to make simple, practical, and lasting changes to help them fight heart disease. You can use this program to teach community groups ways to promote heart health for themselves and their families. This manual also can be used to train lay health educators or as the basis for other community activities.

*Your Heart, Your Life* is dedicated to you and other lay health educators throughout the country. You devote your time and energy to help others improve their health and live longer. Please use this program to lead others to a healthier life. You can make a positive difference in your community.

Much success,

Claude Lenfant, M.D.



Director

National Heart, Lung, and Blood Institute

## A c k n o w l e d g m e n t s

The development of the *Your Heart, Your Life* Program involved the dedication of many individuals, groups, and organizations who are committed to help Latino communities live healthier. The National Heart, Lung, and Blood Institute (NHLBI) gratefully acknowledges the following:

The Latino Community Alliance Working for Heart Health, for their insight and contributions throughout the development of this manual.

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Amanda Aguirre, M.A., R.D., executive director, Western Arizona Area Health Education Center, Inc., Tuly Medina, conference coordinator, and Lay Health Workers National Network, for the opportunity to use the manual to train 100 health educators at their first two National Lay Health Workers/Promotores Conferences in Arizona. Their guidance, support, and input helped refine the manual.

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## *About Your Heart, Your Life*

This manual is one part of the *Your Heart, Your Life* program. The program includes:



- *Your Heart, Your Life* manual and picture cards
- *Más Vale Prevenir Que Lamentar: Una guía para la salud del corazón*, a cartoon story and guide book in Spanish only
- a video tape of a series of 60-second heart health dramas in Spanish only (telenovelas)

*Your Heart, Your Life* gives Latinos the knowledge, skills, and motivation to help them take action against heart disease.

*Your Heart, Your Life* is part of the *Salud para su Corazón* initiative sponsored by the National Heart, Lung, and Blood Institute and the Office of Research on Minority Health at the National Institutes of Health. *Salud para su Corazón* provides the tools and strategies to promote heart health to Latino individuals, family, and communities.

Other *Salud para su Corazón* materials include:

- *Bringing Heart Health to Latinos: A Guide for Building Community Programs*. A guide for health planners and community-based programs to establish a successful heart health promotion program for a Latino community. NIH Pub. No. 99-3796
- *Delicious Heart-Healthy Latino Recipes*. A bilingual cookbook that gives heart-healthy versions of traditional Latino dishes. NIH Pub. No. 96-4049
- Eight easy-to-read bilingual booklets on preventing heart disease. #55-745
- *From Heart to Heart: A Bilingual Group Discussion Guide*. A how-to guide for conducting discussion groups (charlas) on heart health at churches, community centers, and other sites. The guide comes with a video of two educational programs in Spanish (“Por amor al corazón [For the Love of Your Heart]” and “Cocinar con su corazón en mente [Cooking With Your Heart in Mind]”). NIH Pub. No. 97-4050

Ordering information for these materials are found on the back cover.

## **The Role of the Lay Health Educator**

The sessions in *Your Heart, Your Life* are led by a lay health educator (promotores de salud). Lay health educators play a key role in bringing better health to Latino communities. They help people learn about health issues and show them ways to live

healthier lives. Without them, many Latinos might not receive such vital information.

Successful lay health educators have special qualities. They know their communities well. They are dedicated to improving the health of their community. They enjoy teaching others, feel comfortable in front of a group, and know how to work with a group. They are also:

- Good listeners
- Caring
- Patient
- Fair
- Helpful
- Willing to try ways to improve their own health
- Not judgmental
- Pleasant
- Approachable
- Open-minded
- Confident

We thank you for your interest and your willingness to help Latinos protect the health of their hearts. We also welcome your feedback on what worked and didn't work in this program. Please send your comments and experiences to:

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## How To Use This Manual

### **Lay Health Educators**

This manual is for you! The *Your Heart, Your Life* manual includes the information



you need to teach nine fun and educational sessions. These sessions help group members learn about what they can do to prevent heart disease. The manual provides worksheets and handouts for group members to take home to read again and share with family and friends. It also includes teaching tips and how to start a program in your community.

## Lay Health Educator Trainers

This manual is also for you! The *Your Heart, Your Life* manual can be used to train lay health educators. Conduct your training as if you were teaching the program to community group members. Also review the structure of the manual and include the special training activities in Sessions 1, 7, and 9. These activities are described in the Appendix beginning on page 211.

## About the Sessions

Each session covers a different topic on heart health (see box).

- The manual includes extra information in the session to help you answer questions.
- A separate packet of picture cards with teaching notes helps you present the information for each session.

You may want to take your group on a grocery store tour between Sessions 8 and 9. Call your local clinic, medical center, or the American Heart Association. Ask if they have a registered dietitian or nutritionist who conducts tours on shopping for a healthy diet. Check with the manager at a local grocery or call their offices to see if they have dietitians on staff who offer store tours.

### *Your Heart, Your Life* Sessions

1. Are You at Risk for Heart Disease?  
(covers ways to prevent heart disease)
2. Be More Physically Active
3. What You Need To Know About High Blood Pressure, Salt, and Sodium
4. Eat Less Fat, Saturated Fat, and Cholesterol
5. Maintain a Healthy Weight
6. Make Heart-Healthy Eating a Family Affair
7. Eat in a Heart-Healthy Way — Even When Time or Money Is Tight
8. Enjoy Living Smoke Free
9. Review and Graduation

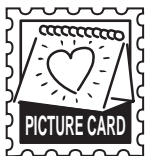
## Symbols

These symbols are used throughout the manual. They let you know quickly what comes next.

Do an activity.



Use a picture card.



Give out a handout.



Help group members create a pledge for heart health.



Give out a recipe.



Do a training activity.



## Session Length

Most sessions last about 2 hours. The first session (Are You at Risk for Heart Disease?) may not last that long. Session 4 (Eat Less Fat, Saturated Fat, and Cholesterol) could last a little longer.

## Session Outline

Sessions 2 through 8 follow the same structure. Each session of the manual begins with a summary page that explains:

- What you want group members to do or learn
- Materials and supplies that you will need
- Worksheets and materials that you will hand out
- The session outline

Each session includes five major parts:

### **PART 1 — Introducing the Session**

- Welcome the group.
- Spend a few minutes reviewing the information from the last session (Sessions 2 through 9).
  - Ask the group to talk about their pledges. (See Weekly Pledge—Part 3.)
    - Praise group members who did well with their pledges.
    - Encourage members who have a hard time with their pledges.
    - Ask members to share what worked and what did not work in meeting their pledges.
    - Try to make sure all members have a chance to share. Sharing helps the members keep their pledges.
- Explain what you will talk about in today’s session.

### **PART 2 — Conducting the Session**

- Present new information.
- Lead the group in fun and educational activities.
- Ask the group members questions.
- Let the group members ask questions about what they have heard.

### **PART 3 — Weekly Pledge**

- Help group members come up with a pledge that is specific and focuses on one

action.

– “I will eat no fat” is too general. A specific pledge that a member can easily do is “I will take the skin off my chicken and not eat it.”

■ Give at least one example before you ask members to make their pledges.

Here are some examples:

- I will remove my salt shaker from the table.
- I will take a 20-minute walk after dinner three nights a week.

## **PART 4 — Review of the Key Points**

■ Ask questions to help the group members review what they just learned.

■ Repeat the important points.

## **PART 5 — Closing**

■ Tell the group that you enjoyed holding the session and wish them luck in meeting their pledges.

■ Thank the group for their helpful comments and ask them what they thought of the session.

■ Tell the group if there is anything they should do before the next session.

## **A Few More Things**

### **Breaks**

You should take a short break at the middle of each session. You may want to use the time to do some easy stretches (see page 39).

### **Refreshments**

You may want to have a small, heart-healthy snack and beverage at the break. Some ideas are salsa with baked unsalted tortilla chips, fruit or vegetables with lowfat dip, juices, and water. Or you can make one of the recipes from this manual and have group members taste it.

## **Getting Started**

## **At Least 6 Weeks in Advance:**

1. Find a place to teach *Your Heart, Your Life* in your area that people can get to easily. Call local clinics, schools, churches, and community centers. Reserve a room at a time when community members can attend.
2. Let community leaders and others know that you are offering the program. Ask clinic personnel, clergy, and case workers to recommend the program.  
**Say:**
  - The program can help participants and their families lead healthier lives.
  - Participants will learn about healthy, low-cost cooking, how to become more physically active, how to quit smoking, and ways to prevent heart disease.
  - This program is not for people who already have heart disease. Any person with heart disease needs to be under the care of a doctor.
3. Post flyers at health fairs and in community sites, like clinics, grocery stores, churches, and other places in your community. (See sample flyer on page 9.)

**Note:** A small group (about 10 to 12 people) is best. Try to get about 15 people to sign up. Several people will not show up or will drop out.



## **Before You Start Session 1:**

1. Read through the entire manual at least once. As you go along, find the symbols that let you know quickly what comes next.
2. Begin to call clinics or hospitals to make a list of where people can get their blood pressure, blood sugar (test for diabetes), or cholesterol checked.

## **At Least 1 Week Before Each Session:**

1. Read through the session two or three times along with the picture cards and handouts.
2. Carefully read the information that you will present to the group members. Practice what you will say in front of a mirror or to a friend or family member. Be sure to use the picture cards. Also practice making a few changes in your own life.
3. Review the instructions for each activity. Make a list of things you need to do



before the session, like displaying items on a table or getting a VCR and TV monitor.

4. Pay attention to the “More Information” boxes. This extra information helps you answer questions from the group.
5. Ask a health educator, dietitian, nurse, or doctor to explain any information you do not understand. Contact them at your local hospital or neighborhood clinic.
6. Review the list of handouts, materials, and supplies you will need for each session. These are described at the beginning of each session.
  - Make enough copies of the handouts for all group members.
  - Gather all the materials and supplies needed to conduct the session.

### **The Day of the Session:**

1. Review the list of materials, supplies, and handouts. Make sure that you have everything.
2. Arrive at the site ahead of time so that you can set up the room. Test the VCR and TV monitor. Allow 30 minutes to an hour to set up.

## **Working With Your Group**

### **Leading the Group**

- Get to know the members of your group. They may have different backgrounds, interests, and needs.
- Use words and terms that are familiar to the people in your group. A banana is known as a “plátano” to some and as a “guineo” to others. Oranges may be called “naranjas” or “chinas.”
- Encourage the group to ask questions to:
  - Help them see how the information applies to their lives.
  - Help them remember what they learn.
- Keep the sessions flowing smoothly so everyone is interested and involved.

- Be ready to deal with people who talk too much. Thank the person for sharing his or her opinion. Then quickly ask if anyone else has something to share.
  - Help members who do not read or write well in a way that will not bring attention to them.
    - Offer help. Do not force anyone to accept help.
    - Change the activity to a group discussion.
  - Watch for clues from members who do not understand, like:
    - Puzzled looks
    - Wrinkled foreheads
    - Looking away from you
- Try to give the information in a different way if you see these signs.

## Motivating Group Members

- Praise or reward members' efforts to keep them motivated.
  - Give praise when it is deserved. This gives it more meaning.
  - Praise people in front of others. This can help them stay committed.
- Encourage the group members to share their opinions.
  - Show interest in the members and what they have to say.
  - Be patient. Some people may not speak because they have never been asked to share their opinions in a group setting.
  - Try to involve everyone in the discussion and activities. But do not force anyone to speak. People will speak up when they become used to the group.

## Taking Small Steps Toward Change

- People are more likely to develop new habits if you promote small changes, slowly. This brings more success.

## Getting People To Come

- Remind the group members that it is important to come to all the sessions. Tell them that they will:
  - Learn something new at each session
  - Help family members
  - Socialize and meet people
- Ask people to team up and call one another as a reminder to attend the session. This encourages people to come.

## **Answering Hard Questions**

Remember that it's okay not to know all the answers! Say that you will have the correct answer by the next session. Call a local health educator, nutritionist, or nurse to find an answer.

## **Keeping People on Track**

Give the group the correct information when a group member gives incorrect or incomplete information. Give the person credit for any part of his or her answer that is correct. Say that people often hear incorrect information and believe it to be fact. Tell the group that this is one important reason why they are in the program — to get correct information.

## **And Finally . . .**

Have a good time. You are doing an important service for your community.  
Thank you!

# **Are You at Risk for Heart Disease?**



# Join the *Your Heart, Your Life* Community Program



## Did You Know...

Nearly one out of four Latinos dies of heart disease.  
But you can do something about it!

### **In the program, you will:**

- ✓ Learn how to keep your heart and your family's hearts healthy.
- ✓ Find ways to increase activity, eat in a heart-healthy way, keep a healthy weight, and not smoke.
- ✓ Enjoy videos, games, role-playing, and other activities that make learning fun.
- ✓ Get take-home materials you can share with others.

**The program is free.**



**Everyone who completes the program will receive a certificate.**

*Your Heart, Your Life* classes meet once a week for 9 weeks.

Sponsored by: \_\_\_\_\_

Location: \_\_\_\_\_

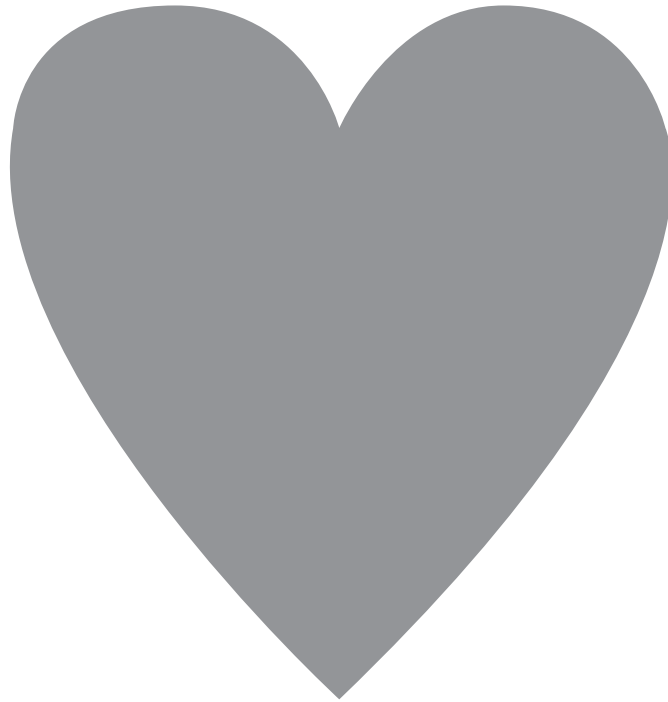
Day/time: \_\_\_\_\_

Classes begin on: \_\_\_\_\_

For more information or to register, contact: \_\_\_\_\_

## **An Ounce of Prevention Is Worth a Pound of Cure!**

National Heart, Lung, and Blood Institute • NATIONAL INSTITUTES OF HEALTH



Use this shape to cut out the heart (see page 11).

# s e s s i o n

# 1

## Objectives

**By the end of this session, group members will:**

- Know about the *Salud para su Corazón* program.
- Know that heart disease can be prevented.
- Be able to name six risk factors for heart disease that can be prevented.
- Know other group members.

---

## Materials and Supplies

**To conduct this session you will need:**

- *Your Heart, Your Life* manual and packet of picture cards
- Name tags
- Hearts cut from red felt (try to get the kind that has a sticky backing) or red construction paper (Use the shape on page 10 to cut the heart.)
- Safety pins if not using felt with sticky backing
- Blackboard and chalk or several large pieces of paper, a marker, and tape
- Clear container with 4 cups of water

**Give group members these handouts during the session:**

- Are You at Risk for Heart Disease? (page 22)

---

## **Session Outline**

### **Introducing the Session**

1. Welcome
2. Program Overview
3. Program Rules

### **Conducting the Session**

1. Getting to Know Each Other
2. Getting To Know the Secrets of the Heart
  - A. The Heart and Its Structure
  - B. How the Heart Works
3. Facts About Heart Disease
4. Risk Factor Activity

### **Weekly Pledge**

### **Review of Key Points**

### **Closing**

**Note:** Read the chart on page 19 to be ready to answer questions from the group members.



# Introducing the Session

---

## 1. Welcome

- **Introduce** yourself as people walk in.
- **Ask** each person his or her name. **Write** it on a name tag. **Give** each person a name tag and a felt or paper heart.
- **Ask** group members to wear the name tags on their shirt. **Ask** them to place the heart where their own heart is found.
- **Welcome** the group members to the session. **Tell** them that you are very happy to see them.

## 2. Program Overview

- **Say:**  
Heart disease is the number one reason why people die in this country. The National Heart, Lung, and Blood Institute, part of the National Institutes of Health, created the program *Salud para su Corazón* to help Latinos prevent developing heart disease.
- **Say:**  
Together we will learn about the risk factors for heart disease. We will also learn things you and your family can do to have a healthy heart.
- **Say:**  
This program from *Salud para su Corazón* is called *Your Heart, Your Life*. It has nine sessions and an optional grocery store tour. The sessions cover these topics. (Show the names of the sessions on the blackboard or a large piece of paper.)
  1. Are You at Risk for Heart Disease? (covers basic information on heart disease prevention)
  2. Be More Physically Active
  3. What You Need To Know About High Blood Pressure, Salt, and Sodium
  4. Eat Less Fat, Saturated Fat, and Cholesterol



5. Maintain a Healthy Weight
6. Make Heart-Healthy Eating a Family Affair
7. Eat Healthier—Even When Time or Money Is Tight
8. Enjoy Living Smoke Free
9. Review and Graduation

■ **Say:**

Please come to all of the sessions. I will lead the sessions, but I need each of you to participate. This will help you learn the information and enjoy the sessions more. Please feel free to ask questions. Your questions also help others to learn.

### 3. Program Rules



**Note:** This section will help members feel like a team. It will also make it easier for you to teach.

■ **Say:**

Everyone will feel more at ease if they know what to expect from this program. Before we begin, let's talk about the best way to run the sessions. Let's agree as a group on a few basic rules.

■ **Say:**

This program takes effort and time from each group member. It is important for you to attend each session and to arrive on time. The sessions are about 2 hours long.

---

**Optional** (If you are able to make changes.)

■ **Ask:**

1. How often do you want to meet? (Once a week, two times a week, etc.)
2. Is this a good time to meet? (If not, set a meeting time that is best for everyone.)

3. Is this a good place to meet? (If not, decide on a location that is best for everyone.)



**Note:** Give group members 2 to 3 minutes to answer each question. Help them choose one answer that most people like. Go on to the next question.

---

■ **Say:**

Here are some things that you can do to help you learn the most from the sessions.

1. Feel free to ask questions.
2. Please tell about your personal experiences. This will make the program mean more to all of us.
3. Try to stay on the subject. We have a lot of information to talk about in a short time.

---

**Optional—**

4. Call me at (give your telephone number) if you have questions or concerns about this program. I am here to help you in any way that I can.
- 

■ **Say:**

Because you will share your experiences and opinions, we need to agree on a few things.

■ **Ask:**

1. Do you agree to keep other members' comments to yourself?
2. Do you agree not to judge others?

■ **Ask:**

1. Do you have other rules that you would like to talk about?
2. Do you agree to try to come to all of the sessions?

# Conducting the Session

---

## 1. Getting To Know Each Other

### ■ Say:

We'll begin today's session by introducing ourselves and getting to know each other a little better.

### ■ Ask the group members

- to give their name and tell one or two things about themselves.
- to tell why they came to this program and what they hope to learn.



**Note:** Start this activity by going first. Tell the group why you are interested in heart health. Be honest and talk about yourself. Give the group members about 5 minutes to answer.

- ### ■ Say:
- You can help your family and friends by giving them information and encouraging them to live healthier lives. Thank you for making this effort.

## 2. Getting To Know the Secrets of the Heart

### ■ Say:

Now we know a little bit about each other. Let's get to know a few facts about the heart.

### A. The Heart and Its Structure

### ■ Say:

The heart is an amazing part of the body. It can pump approximately 5 liters of blood every minute. It beats about 100,000 times a day.



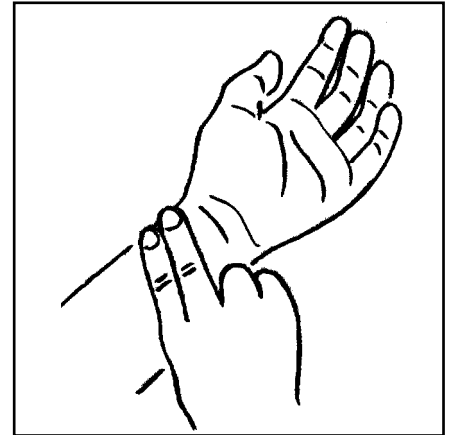
**Note:** Hold up a clear container that has 1 liter (about 4 cups) of water in it. Remind the group that the heart pumps five times this amount of blood each minute.

■ **Say:**

The heart sends blood to the lungs to pick up oxygen. Then it delivers oxygen to all the cells in the body.

■ **Say:**

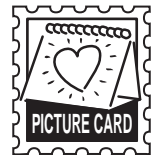
You can feel the beat of your heart by taking your pulse. To find your pulse, gently place the index and middle finger of one hand on the inside wrist of your other hand. Slide your two fingers toward the thumb side of your wrist until you feel a slight beating. (Show the group how to do this.)



**B. How the Heart Works**

■ **Show picture card 1-1. Say:**

- The heart is a hollow, muscular, cone-shaped organ, about the size of a fist. (Hold up your fist for the group members to see.)

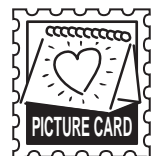


■ **Point out each part of the heart. Say:**

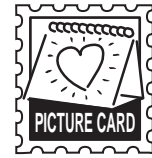
- The heart has two upper chambers and two lower chambers.
- The upper chambers (right atrium and left atrium) receive blood.
- The lower chambers (right ventricle and left ventricle) pump blood.

■ **Show picture card 1-2. Say:**

- The heart is located in the middle of the chest. (Did you place your felt or paper heart in the correct spot?)
- The heart is part of the circulatory system.
- The circulatory system is made of all the vessels that carry the blood throughout the body.
- Vessels are long, hollow tubes of tissue, much like drinking straws.
- Vessels carry blood to and from the heart.



■ **Show picture card 1-3. Say:**



- Blood (with little oxygen) enters the right top chamber of the heart.
  - Blood then flows down to the right lower chamber so it can be pumped out to the lungs.
  - In the lungs, waste is taken from the blood (carbon dioxide). The blood then gathers more oxygen.
  - The blood, rich with oxygen, returns to the heart and enters the upper left chamber.
  - The blood then flows down to the lower left chamber and is pumped to all of the body organs and tissues.
- **Say:**  
Since the heart is such an important pump, you want to keep it free from heart disease such as a heart attack, a stroke (brain attack), or angina (chest pain). When the heart stops, life stops. So when you take care of your heart, you take care of your life.

### 3. Facts About Heart Disease



**Note:** Before the session, read the chart on page 19. This chart lists the risk factors for heart disease that you can do something about. It gives you steps you can take to prevent those risk factors.

■ **Say:**

Now that we know how important the heart is, let's talk about heart disease and what we can do to protect our hearts.

■ **Ask:**

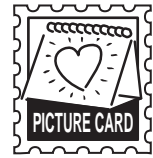
Do you know someone who has heart disease? Give members about 5 minutes to answer.

## More Information

### Heart Disease Risk Factors You Can Do Something About

RISK FACTORS	FACTS YOU NEED TO KNOW	TAKE THESE STEPS TO PREVENT HEART DISEASE
<p><b>High blood pressure</b> High blood pressure is called the silent killer.</p>	<p>When your blood pressure is high, your heart works harder than it should to move blood to all parts of the body. If not treated, high blood pressure can lead to stroke (brain attack), heart attack, eye and kidney problems, and death.</p> <p>Check your readings: Less than 120/80 mm Hg is best. High blood pressure is 140/90 mm Hg or more (based on readings at two different visits).</p>	<ul style="list-style-type: none"> <li>• Check your blood pressure once a year. Check it more often if you have high blood pressure.</li> <li>• Aim for a healthy weight.</li> <li>• Be active every day.</li> <li>• Use less salt and sodium.</li> <li>• Eat more fruits, vegetables, and lowfat dairy products.</li> <li>• Cut back on alcohol.</li> </ul>
<p><b>High blood cholesterol</b> Cholesterol in your arteries is like rust in a pipe. When there is too much cholesterol in the blood, the arteries become clogged, which leads to heart disease.</p>	<p>Total cholesterol: Desirable: less than 200 mg/dL Borderline-high: 200-239 mg/dL High: 240 mg/dL or more</p> <p>If you are age 20 or older, have your blood cholesterol checked every 5 years, or more often if it is high. If it is high, ask your doctor how you can lower it.</p>	<ul style="list-style-type: none"> <li>• Get your blood cholesterol level checked.</li> <li>• Learn what your number means.</li> <li>• Eat fewer foods high in saturated fat and cholesterol.</li> <li>• Eat more fruits, vegetables, and grains.</li> <li>• Stay physically active.</li> <li>• Aim for a healthy weight.</li> </ul>
<p><b>Smoking</b> You put your health and your family's health at risk when you smoke.</p>	<p>Cigarette smoking is addictive. It harms your heart and lungs. It can raise your blood pressure and blood cholesterol and those of others around the smoker.</p>	<ul style="list-style-type: none"> <li>• Stop smoking now or cut back gradually.</li> <li>• If you can't quit the first time, keep trying.</li> <li>• If you don't smoke, don't start.</li> </ul>
<p><b>Overweight</b> Overweight occurs when extra fat is stored in your body.</p>	<p>Being overweight increases your risk of developing high blood pressure, high blood cholesterol, and diabetes.</p>	<ul style="list-style-type: none"> <li>• Keep a healthy weight. Try not to gain extra weight.</li> <li>• If you are overweight, try to lose weight slowly. Lose 1/2 to 1 pound a week.</li> </ul>
<p><b>Diabetes</b> When the sugar in the blood is high, your body cannot use the food you eat for energy.</p>	<p>Diabetes is serious; you may not know you have it. It can lead to heart attacks, blindness, amputations, and kidney disease.</p> <p>Nearly one out of every 10 (1.3 million) adult Latinos have diabetes.</p>	<ul style="list-style-type: none"> <li>• Find out if you have diabetes. Get your blood sugar level checked.</li> </ul>
<p><b>Physical inactivity</b> Physical inactivity can double your chances of heart disease and take away years from your life.</p>	<p>Physical inactivity increases your risk of high blood pressure, high blood cholesterol, and diabetes.</p> <p>Children and adults should do 30 minutes or more of moderate physical activity each day.</p>	<ul style="list-style-type: none"> <li>• Stay active. You can build up to 30 minutes each day by being active for 10 minutes three times a day.</li> <li>• Try walking, dancing, and playing soccer.</li> <li>• Use the stairs instead of the elevator.</li> </ul>

■ **Show picture card 1-4. Say:**



- Heart disease is a serious health problem for Latinos.
  - It is the number one cause of death for Latinos in this country. One out of four Latinos dies each year of heart disease.
  - Many Latinos believe that a heart attack or stroke happens suddenly because of a scary experience, getting bad news, or having strong feelings, like anger.
  - A heart attack or stroke may seem sudden. But the truth is that heart disease happens over many years. Often it starts when you are very young.
  - Taking steps to prevent heart disease at any age is important.
  - This program will show you ways you and your family can have a healthier heart.
- In every session, you will hear about something called “risk factors.” This is a term for the traits or habits that make a person more likely to get heart disease. Some of these, like age, family history, and being a man or woman, are things you cannot change. But the good news is that there are some risk factors that you can do something about. They are:
  - High blood pressure
  - High blood cholesterol
  - Cigarette smoking
  - Diabetes
  - Overweight
  - Physical inactivity



## 4. Risk Factor Activity

- **Give each group member** a copy of the handout on page 22. **Read** aloud each risk factor. As you read each one, ask members, “Are You at Risk for Heart Disease?”



■ **Say:**

The more risk factors you have checked, the greater your risk for heart disease and stroke. Talk to your doctor about your risk.

■ **Say:**

This program will explain how these risk factors affect the health of the heart. It will also teach you ways that you and your family can prevent or control them, like:

- Being physically active
- Eating in a heart-healthy way
- Keeping a healthy weight
- Quitting smoking

■ **Say:**

It can be hard to change old unhealthy habits and learn new healthy ones. This program will teach you what you need to know and how to make these changes slowly. Seeing you make healthy changes may make others want to make these changes, too.

## Closing

■ **Ask:**

Do you have any questions about the program?

■ **Ask:** (*optional*)

How many of you want to go on a grocery store tour. During week eight or nine we can be led through the store by a nutritionist who will help us learn how to shop for our hearts. (If enough group members are interested, call the grocery store or clinic in your area. See page 1.)

■ **Thank the group members for coming.**

Tell them that you are looking forward to seeing them at the next session.

■ **Say:**

Please wear comfortable walking shoes and clothing to the next session. The next session is about being physically active.



**Note:** Think about today's session. What worked and what didn't? Have you made any changes in your own life that were covered in today's session?



# Are You at Risk for Heart Disease?

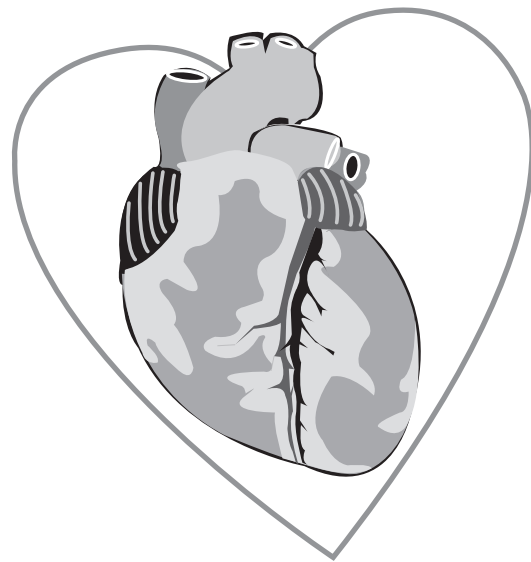
Name: \_\_\_\_\_

Risk factors are traits or habits that make a person more likely to develop heart disease. Read this list of risk factors for heart disease. Check the ones you have. Think about the risk factors for your family members too.

## Heart disease risk factors you can do something about:

Check the ones you have.

- Cigarette smoking
- High blood pressure       Not sure
- High blood cholesterol       Not sure
- Diabetes       Not sure
- Being overweight       Not sure
- Not being physically active



## Heart disease risk factors you cannot control:

- Age (45 years or older for men and 55 years or older for women)
- People in your family having early heart disease (before age 45 in men or before age 55 in women).

**The more risk factors you have checked, the greater your risk for heart disease. Talk to your doctor about your risk.**

# Be More Physically Active

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## Objectives

**By the end of this session, group members will learn that:**

- Physical activity is good for the heart and overall health.
  - People should be physically active for a total of 30 minutes every day.
  - Brisk walking is a simple activity almost everyone can do.
  - There are ways to fit more activity into a busy schedule.
- 

## Materials and Supplies

**To conduct this session you will need:**

- *Your Heart, Your Life* manual and packet of picture cards
- Blackboard and chalk or several large pieces of paper, a marker, and tape
- Cool drinking water and cups
- (Optional) VCR and TV monitor
- (Optional) “La nueva maquina de la salud: Haga ejercicio” Telenovela or fotonovela in the guide *Más Vale Prevenir Que Lamentar* (pages 12 and 13)
- (Optional) Music for walking activity and tape or compact disk player

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## Handouts

### Give group members these handouts during this session:

- Take Heart. Say Yes to Physical Activity, pages 37 and 38
- Stretching Exercises, page 39
- How To Exercise, page 40
- Make Physical Activity a Habit — My Personal Record, page 41
- Sample Walking Program, page 42

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## Session Outline

### Introducing the Session

1. Welcome
2. Review of Last Week's Session
3. About This Session

### Conducting the Session

1. Facts About Physical Activity
2. “La nueva maquina de la salud: Haga ejercicio” Telenovela or fotonovela in the guide *Más Vale Prevenir Que Lamentar* on pages 12 and 13 (optional)
3. Benefits of Physical Activity
4. Types of Physical Activity
5. Getting Started: Important Things To Know
6. Finding Time To Be Physically Active

## 7. Walking: An Activity for Almost Everyone

A. Discussion

B. Walking Activity

### **Weekly Pledge**

### **Review of Today's Key Points**

### **Closing**



**Note:** If you have time, include a 30-minute activity (like the walking activity in this session) at the beginning or at the end of each of the rest of the sessions.

# Introducing the Session

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## 1. Welcome

- Welcome the group members to the session.

## 2. Review of Last Week's Session

- **Ask:**

At the last session we talked about the risk factors for heart disease. Who remembers the risk factors that we can prevent or control?

**Note:** Allow about 3 minutes for their responses. Answers are:

- high blood pressure
- high blood cholesterol
- smoking
- diabetes
- overweight
- being inactive

## 3. About This Session

- **Say:**

Today's session discusses physical activity and how important it is to your heart health. When the session ends, you will know:

- How physical activity can help you and your family
- What kind of activities are good for you and for your heart
- How much activity you should do
- How you can find time to be active

# Conducting the Session

---

## 1. Facts About Physical Activity

### ■ Say:

Not getting enough physical activity is a major health risk for people today.

- Being physically inactive puts you at risk for heart disease. The good news is that you can do something about this risk factor.
- Unfortunately, physical inactivity is rising among Latinos, especially Latino women and children.
- As a person gets older, having little or no physical activity can lead to health problems.

## 2. “La nueva maquina de la salud: Haga ejercicio”

*(optional)*

- **If you choose, show** the telenovela on physical activity, “La nueva maquina de la salud: Haga ejercicio,” or have volunteers read the story on pages 12 and 13 in the guide *Más Vale Prevenir Que Lamentar*.

## 3. Benefits of Physical Activity

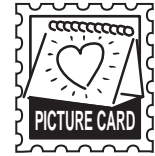
### ■ Ask:

How do you think physical activity can help you?



**Note:** Give the group about 5 minutes to answer. Write their answers on the blackboard or a large piece of paper taped to the wall.

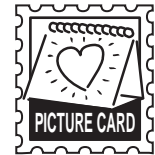
- **Show picture cards 2-1 and 2-2. Add any of these reasons if they are not said. Say: Physical activity can:**



- Strengthen your heart and lungs
- Give you more energy
- Help you feel better about yourself
- Help lower your blood pressure
- Lower your stress
- Help lower your blood cholesterol
- Help you sleep better
- Help lower your chance for diabetes

- **Show picture card 2-3. Say:**

People feel better when they are active. Physical activity may help you lose excess weight and control your appetite.



## 4. Types of Physical Activity

- **Ask:**

What do you do to be physically active?



**Note:** Give the group about 5 minutes to answer. Write their answers on the blackboard or a large piece of paper taped to the wall.

- **Say:**

There are different types of physical activity. Physical activity includes some of the things that you probably do each day, like walking, climbing stairs, or doing household chores.

- **Show picture card 2-4. Say:**

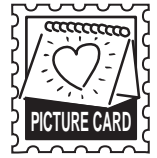
You may want to start with activities like these:

- Walking
- Vacuuming
- Climbing stairs
- Gardening
- Dancing
- Bowling
- Raking leaves



■ **Show picture card 2-5. Say:**

After a while, you will be able to do even more. Activities that you might enjoy include:



- Playing soccer, basketball, baseball
- Running or jogging
- Doing aerobics or floor exercises (calisthenics)
- Swimming
- Bicycling
- Jumping rope
- Skating

■ **Say:**

All types of physical activity help the heart. Start slowly. Then move on to higher level activities. For example, when you are comfortable walking, gradually begin to jog and you'll feel great!

■ **Say:**

You don't have to be an athlete to become fit. Just get moving! Find something you like to do and that you have time for.

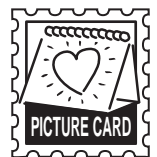
■ **Ask:**

How much physical activity do you think you need each day to improve your health?

*Answer:* Both children and adults should be physically active for at least 30 minutes or more every day.

■ **Show picture card 2-6. Say:**

If you can't set aside 30 minutes at one time to be active, you can break your activity into shorter periods of 10 minutes or more. Just make sure it adds up to at least 30 minutes each day.



■ **Say:**

Here's an example:

- Use your stationary bike for 10 minutes before you go to work..... 10
- Take a 10-minute walk with your kids after work..... 10
- Do aerobic exercises for 10 more minutes later in the day. .... +10

30



## 5. Getting Started: Important Things To Know



**Note:** This session gives information for people who are just starting to be active. It also helps people add more activity to what they already do.

### ■ Say:

There are a few things that you should know before starting to be physically active:

1. Most people do not need to see a doctor before they start a slow, sensible program of physical activity. You should talk with your doctor if you:
  - Have heart trouble or have had a heart attack.
  - Take medicine for high blood pressure or a heart condition.
  - Are over 40 years old if you are a man, or over 50 if you are a woman, and you want to do a harder activity, like jogging.
  - Have more than one risk factor, like high blood pressure, high blood cholesterol, diabetes, overweight, or smoking.
  - Have a family history of heart disease at an early age (before the age of 45 for men and 55 for women).
2. Start slowly. Build up the time and effort that you put into any activity. You should not be tired the next day.
3. Drink plenty of fluids before and after exercising, even if you are not thirsty. Drink water. Special sports drinks are not needed.
4. Wear comfortable clothing. Wear shoes and socks that give your feet support. You do not need to buy fancy outfits.
5. **Never** wrap your body in plastic or wear clothing that is too heavy. This will not help you lose fat, but it can:
  - Make you sweat too much
  - Make your body temperature rise
  - Make your heart beat too fast

- Make you sick to your stomach
- Cause you to pass out
- Cause damage to your organs

■ **Ask:**

Does anyone have any questions? Give the group 2 to 3 minutes to ask questions.

## 6. Finding Time To Be Physically Active

■ **Say:**

I know that all of you have busy lives. You may be wondering how you will ever find time to be active. Let's look at some ways.

- **Give each member a copy of the “Take Heart. Say Yes to Physical Activity” handout on pages 37 and 38. Let's see how to add movement to what you do every day. (Read the suggestions aloud.)**



- Take a walk
- Get off the bus one or two stops early and walk
- Use the stairs instead of the elevator or escalator
- Dance to your favorite music

■ **Ask:**

What are some other ways to become more active even when you don't have time?

**Note:** Give the group about 5 minutes to answer. Write their answers on the blackboard or a large piece of paper taped to the wall. Add these ways if group members do not say them.



- Take a 15- to 20-minute walk during your meal break at work or at the end of your work day.
- Jump rope a few minutes each day. Work up to jumping for 10 minutes.

## 7. Walking: An Activity for Almost Everyone

## A. Discussion



### Tips for Preparing for the Walking Activity

#### Before the start of this session:

**Review** the “Stretching Exercises” handout (page 39). Practice until you know each part well enough to teach them to the group members.

**Practice** a brisk walk. Take long strides and swing your arms.



#### When leading this activity, remember:

Music can get people in the mood for being active. Use a lively song for the warm-up exercises, a faster beat for the walking, and a relaxing song for the cool-down period.

Be enthusiastic. Group members will pick up on your enthusiasm and feel good about exercising.

Lead the walk in a circle if you have to do the walking indoors or if space is limited.

It is important to have plenty of cool drinking water available before and after the activity.

#### ■ Say:

Brisk walking is an excellent form of physical activity. It’s easy to do, and you do not need special equipment. All you need are shoes for support and socks for cushioning.

#### ■ Say:

Walking can be done outdoors or indoors. If you do not feel safe walking in your neighborhood, a school or church yard may be a safer place to walk. Many shopping malls let people walk inside the mall before the stores open. Some malls even have walking clubs that meet every day.

#### ■ Say:

It’s important to spend time warming up and cooling down each time you exercise. Although the risk of injury from walking is low, the warm-up gets

your leg muscles ready for the activity. The cool-down lets your heartbeat slowly return to normal. This keeps your leg muscles from getting stiff.

## **B. Walking Activity**

- **Ask the group members** to stand up and spread out, leaving at least 3 feet between them and the next group member.
- Turn on the music.
- **Say:**  
First, I am going to show you some stretching exercises. Watch me and then try doing them yourselves. Some are easier to do than others. With time and practice, you will be able to do them all. If you have a bit of trouble at first, just do your best. You will get a handout that tells you how to do these stretching exercises. Use the handout to help you do them at home.
- After the stretching exercises, **lead the group members** on a 15- to 20-minute walk. Walk slowly for the first 5 minutes. Then show them how to do a brisk walk for 5-10 minutes.
- During the last 5 minutes, slow your pace.
- **Say:**  
We are slowing down now so that our bodies can gradually relax. This is called the cool-down period. It is an important part. It's usually recommended that you gradually slow your pace during the last 5 minutes of an activity. Doing a few stretching exercises to loosen the muscles should also be a part of your cool-down.
- **Say:**  
For instance, runners or joggers may cool down by walking for a few minutes and then stretching their leg muscles before they stop entirely.
- **Ask:**  
How do you feel? Do you think you could continue to walk like this? Why or why not?

**Note:** Give the group about 3 to 5 minutes to answer.

**Say:**

If you already walk three or more times a week, add other activities to become more fit. Try running, jumping rope, or doing aerobics.

**■ Tell the group:**

One of the hardest parts of being more active is staying motivated. Many people find that having a partner helps them stay active because:

- You motivate each other. You can set goals together and help each other meet them.
- It makes the time go by faster. You will focus on talking rather than on the activity.
- A partner can be a family member, neighbor, or friend.

**■ Ask:**

What are other ways to help you stay motivated to continue being physically active?

Where are some safe places in your neighborhood to be active?

**Note:** Give the group about 3 minutes to answer. Write their answers on the blackboard or on a large piece of paper taped to the wall.



**Give each group member** a copy of the handouts “Stretching Exercises,” “How to Exercise,” the “Make Physical Activity a Habit — My Personal Record,” and the “Sample Walking Program” (see pages 39-42).

**■ Say:**

Use the “Make Physical Activity a Habit — My Personal Record” handout to track your daily progress.



## Weekly Pledge

■ **Say:**

Pledge one thing you will do to be more active during the coming week. Start by sharing your own pledge. You can write your pledges on the “Take Heart: Say Yes to Physical Activity” handout.



**Note:** Make sure each member gives details about what he or she plans to do. For example, instead of saying “I am going to walk,” have them say “I am going to walk three times a week for 30 minutes.”



## **Review of Today’s Key Points**

■ **Say:**

Let’s review what we have learned today.

■ **Ask:**

Q: What are some of the benefits of regular physical activity?

- A:
- Strengthen your heart and lungs
  - Help you lose excess weight and control your appetite
  - Lower blood cholesterol and blood pressure
  - Help you sleep better, reduces stress, increases energy
  - Lower your chance for diabetes

Q: What is an activity that just about everyone can do?

A: Brisk walking.

Q: What are simple ways to become more active throughout the day?

- A:
- Get off the bus early and walk
  - Park further away and walk
  - Use stairs instead of the elevator or escalator
  - Dance to your favorite music

Q: What is the minimum amount of activity recommended for you to do every day?

A: A total of 30 minutes

## Closing

### ■ Say:

Thank you for coming today. What did you think of today's session? I am looking forward to seeing you at the next session. The next session will be about how to cut back on salt and sodium to prevent high blood pressure.

**Note:** Think about today's class. What worked and didn't work? Have you made any changes in your own life that were covered in today's session?



# Take Heart. Say Yes to Physical Activity.

Regular physical activity can help your heart and lungs work better, lower your blood pressure and blood cholesterol, lower your blood sugar, and help you control your appetite and weight. What's more, it can help you relax

and feel less tense and sleep better,

as well as feel more energetic and good about yourself.



**Make staying active a lifelong habit.**

**Doña Fela has learned that the more physical activity you do, the easier it gets.**

I do not wait until the end of the day. I am active throughout the day. I take the stairs instead of the elevators and walk everywhere I can. Now I am up to walking 30 minutes a day with Leticia, my neighbor. It helps to like what you do and to do it with someone else. We are so busy talking we walk even longer.





# Keep moving. Start slowly and work your way up!

Strive to do 30 minutes of activity every day. If you're short on time, try three 10-minute periods.

## A good place to start



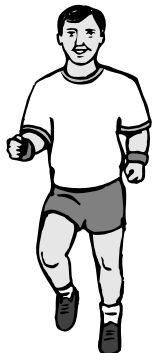
- Use the stairs instead of the elevator.
- Get off the bus one or two stops early and walk.

## Move to these activities

- Walk
- Rake leaves
- Dance
- Jump rope
- Garden
- Ride a stationary bike



## Increase to this higher level



- Run
- Do aerobics
- Swim
- Do floor exercises or jumping jacks
- Play soccer
- Bicycle

# Other things to do to help you and your family get started:

- Leave a pair of walking shoes in your car.
- Set a date and time with a coworker to begin walking.



Carmencita, Virginia, and Néstor have all increased their physical activity. They now dance and use their exercise machine almost every day. And Mariano also jogs in place each day.

# Make your personal pledge to exercise like the Ramírez family does!

## Look at these examples:

### Morning

Park the car a few blocks away and walk for 10 minutes.

### Noon

During lunch, walk with a friend for 10 minutes.

### Evening

After dinner, ride a stationary bike for 10 minutes while watching television.

## Write the changes you will try to make this week:

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**Your health and your family's health is priceless.  
Make an investment in it!**

# Stretching Exercises

Do these stretches gently and slowly. Do not bounce.



## 1. Deep breathing

Arms up, breathe in, arms down, breathe out. Two times each.



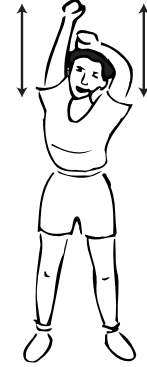
## 2. Neck Stretching

Side to side, front to back. Two times in each direction.



## 3. Shoulder Stretches

Up and down five times on each side.



## 4. Side Stretches

Up and down five times in each direction.



## 5. Waist Stretches

Side to side three times in each direction.



## 6. Twists

Side to side three times in each direction.



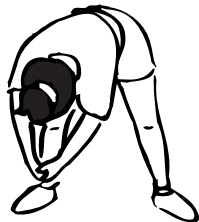
## 7. Back and Leg Stretches

Down and up five times.



## 8. Back Stretch

Arms through legs six times.



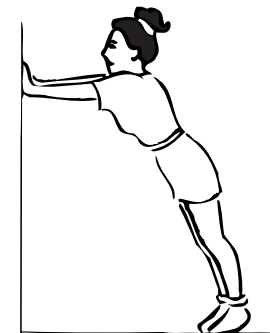
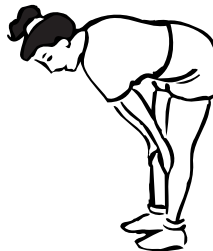
## 9. Leg Stretch (1)

Hold on to ankle, four times on each side.



## 10. Leg Stretch (2)

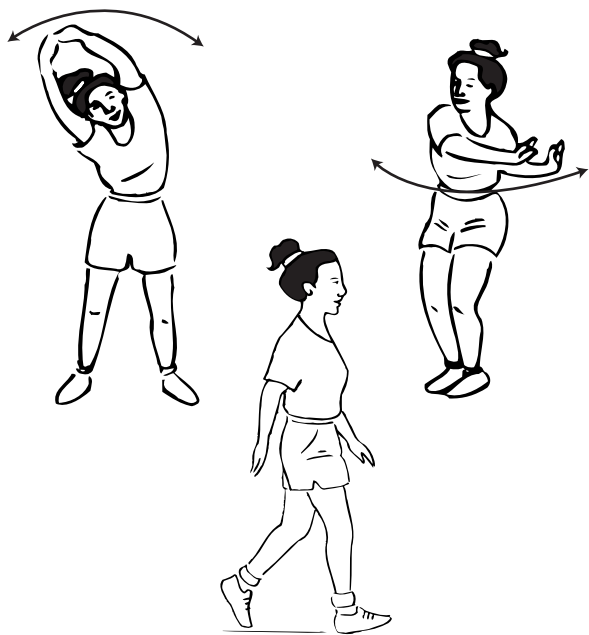
Down and up five times.



## 11. Leg Stretch (3)

Move heels up and down six times.

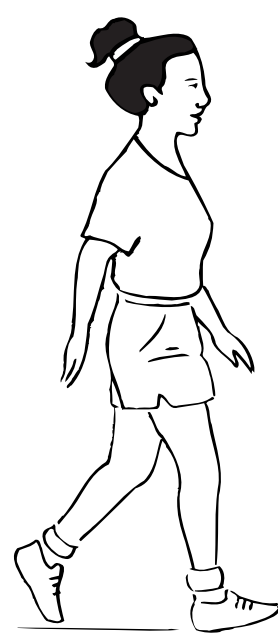
# How To Exercise



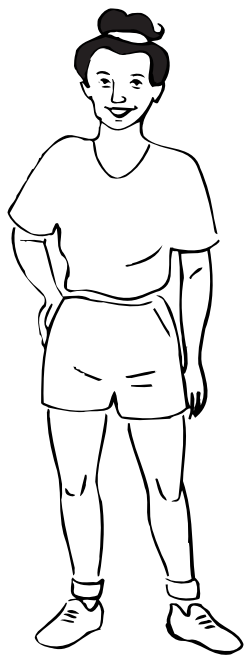
**1.** Do stretching exercises. (See handout on stretching exercises.) Then walk slowly for 5 minutes.



**2.** Walk briskly for 20 minutes.



**3.** Walk slowly for 5 minutes.



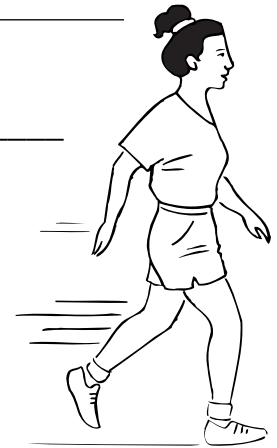
**4.** Relax!

# Make Physical Activity a Habit

## My Personal Record



Name \_\_\_\_\_






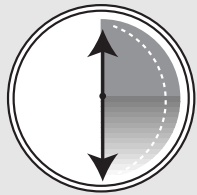
**Track your progress every day.  
Start out slowly.**

**Aim to reach 30 minutes or more a day!**

**Write in the log the number of minutes you are active each day:**

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Example Week 1</b>	5 min	5	10	10	15	15	15
<b>Week 1</b>							
<b>Week 2</b>							
<b>Week 3</b>							
<b>Week 4</b>							
<b>Week 5</b>							
<b>Week 6</b>							
<b>Week 7</b>							
<b>Week 8</b>							

# Sample Walking Program

	 <b>Warm Up</b>	 <b>Walk</b>	 <b>Cool Down</b>	 <b>Total Time</b>
<b>Week 1*</b>	Walk slowly 5 minutes	Walk briskly 5 minutes	Walk slowly 5 minutes	15 minutes
<b>Week 2*</b>	Walk slowly 5 minutes	Walk briskly 7 minutes	Walk slowly 5 minutes	17 minutes
<b>Week 3*</b>	Walk slowly 5 minutes	Walk briskly 9 minutes	Walk slowly 5 minutes	19 minutes
<b>Week 4*</b>	Walk slowly 5 minutes	Walk briskly 11 minutes	Walk slowly 5 minutes	21 minutes
<b>Week 5*</b>	Walk slowly 5 minutes	Walk briskly 13 minutes	Walk slowly 5 minutes	23 minutes
<b>Week 6*</b>	Walk slowly 5 minutes	Walk briskly 15 minutes	Walk slowly 5 minutes	25 minutes
<b>Week 7*</b>	Walk slowly 5 minutes	Walk briskly 18 minutes	Walk slowly 5 minutes	28 minutes
<b>Week 8*</b>	Walk slowly 5 minutes	Walk briskly 20 minutes	Walk slowly 5 minutes	30 minutes

\*Do every day of the week

# What You Need To Know About High Blood Pressure, Salt, and Sodium

---

## Objectives

By the end of this session, the group members will learn that:

- It is best to have a blood pressure of less than 120/80 mm Hg.
  - A blood pressure of 140/90 mm Hg or more is high.
  - Eating less salt and sodium can lower the risk of developing high blood pressure.
  - There are steps to take to lower the amount of salt and sodium in the diet.
- 

## Materials and Supplies

To conduct this session you will need:

- *Your Heart, Your Life* manual and packet of picture cards
- Blackboard and chalk or several large pieces of paper, a marker, and tape
- Measuring spoons (1 teaspoon, 1/4 teaspoon)
- Small amount of salt
- Doña Fela's seasoning mixture (see page 65)  
Prepare enough to give a small sample to each group member.

- (Optional) “Los dos o ninguno” and “Una mala sorpresa: Cuídese la presión arterial” telenovelas. The “Una mala sorpresa: Cuídese la presión” fotonovela can be found in the guide *Más Vale Prevenir Que Lamentar* (pages 8 and 9)
- (Optional) VCR and TV monitor



**Note:** (Optional) Arrange for a health professional to come to the session to take blood pressure readings.

---

## Handouts

**Give these handouts to each group member during this session:**

- *Salud para su Corazón* wallet card (page 58)
- “Take Steps—Prevent High Blood Pressure” (page 59).
- Read the Food Label for Sodium (page 60)
- Mariano’s Food Choices (pages 61-63)
- Sodium in Foods (page 64)
- “Keep Your Heart in Mind. Eat Less Salt and Sodium” (pages 65-66).
- Tips To Eat Less Salt and Sodium (page 67)
- Use Herbs and Spices Instead of Salt (page 68)
- Caribbean Pink Beans Recipe (page 69)
- List of places where members can get their blood pressure checked.\*

\* Prepare this list before the session. You may find information at your local health department, a hospital, or clinic.

---

## **Session Outline**

### **Introducing the Session**

1. Welcome
2. Review of Last Week’s Session
3. About This Session

### **Conducting the Session**

1. The Facts Don’t Lie
2. “Una mala sorpresa: Cuídese la presión arterial” Telenovela or Fotonovela (*optional*)
3. Facts About Blood Pressure
4. Preventing High Blood Pressure
5. “Los dos a ninguno” Telenovela (*optional*)
6. Salt and Sodium—How Much Do We Need?
7. About the Food Label
8. Cut Down on Salt and Sodium
9. Caribbean Pink Beans Recipe

### **Weekly Pledge**

### **Review of Today’s Key Points**

### **Blood Pressure Check (*optional*)**

### **Closing**



# Introducing the Session

---

## 1. Welcome

- Welcome the group members to the session.

## 2. Review of Last Week's Session

- **Say:**

Last week we talked about why you should be physically active. What do you remember about the benefits of being physically active?



**Note:** Give the group about 3 minutes to answer. Write their responses on the blackboard or a large piece of paper taped to the wall.

- **Add** these benefits if they are not said:

- Strengthens your heart and lungs
- Helps you lose weight and control your appetite
- Helps you lower your blood pressure
- Helps you lower your blood cholesterol
- Helps you sleep better
- Helps you reduce stress
- Helps you have more energy
- Helps lower your chances of developing diabetes (high blood sugar)

- **Say:**

At the end of the session, everyone made a pledge to be more active. Share with the group what you did? What problems did you face (like not having time or not getting family support)? How did you solve them? Give the group 5 minutes to answer.

### 3. About the Session

■ **Say:**

Today’s session is about blood pressure and the steps we can take to prevent high blood pressure or lower your blood pressure.

## Conducting the Session

---

### 1. The Facts Don’t Lie

■ **Say:**

Nearly 50 million people in the United States have high blood pressure, and about one-half of them are women.

- Latinos who have high blood pressure are less likely to be treated for it.
- High blood pressure — also called hypertension — can lead to stroke, heart attack, kidney failure, and blindness.

### 2. “Una mala sorpresa” Telenovela or Fotonovela

(optional)

- **Show** the telenovela “Una mala sorpresa: Cuídese la presión arterial,” or have volunteers read the story from the *Más Vale Prevenir Que Lamentar* guide (pages 8 and 9).

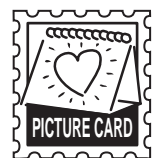
### 3. Facts About Blood Pressure

■ **Show picture card 3-1. Say:**

Blood pressure is the force of the blood against the walls of your arteries. Blood pressure is needed to move the blood through your body.

■ **Say:**

Measuring blood pressure is easy and does not hurt.

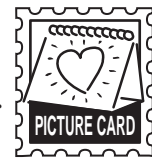


■ **Say:**

Your blood pressure reading has two parts—for example, 120 over 80. Both numbers are important.

■ **Show picture card 3-2. Say:**

The first number (120) is the pressure of the blood when the heart beats, and the second number (80) is the pressure when the heart rests. It is written like this (120/80).



■ **Say:**

It is important to know and remember your blood pressure numbers—just like you know your shoe size.

■ **Ask:**

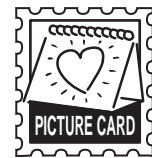
Do you know your blood pressure reading? Give the group about 2 minutes for their comments.

■ **Say:**

It is best to have a blood pressure less than 120/80 mm Hg. Blood pressure is considered high when it is 140/90 or higher when taken at two separate times.

■ **Show picture card 3-3. Say:**

If you have high blood pressure, it means that your heart has to pump harder than it should to get blood to all parts of your body. High blood pressure raises your chances for a stroke and heart attack, kidney problems, and blindness.

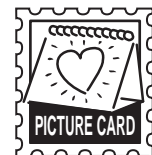


■ **Say:**

High blood pressure is also known as the ‘silent killer’ because it may cause no symptoms. You can have it without feeling sick.

■ **Show picture card 3-4. Say:**

The best way to find out if you have high blood pressure is to have it checked at least once a year. Check it more often if you have high blood pressure.



■ **Give group members:**

- a list of clinics and hospitals where they can get their blood pressure checked.
- a copy of the *Salud para su Corazón* wallet card (see page 58).



■ **Say:**

Be sure to ask what your blood pressure reading is each time you have it checked. Also keep a record of each reading on this card.

**More Information**

**What your blood pressure numbers mean (adults ages 18 and older)\***

<b>First Number</b>	<b>Second Number</b>	<b>Results</b>
less than 120	less than 80	Good for you!
less than 130	less than 85	Keep an eye on it.
130-139	85-89	Your blood pressure could be a problem. It is time to make changes in what you eat and drink, your activity, weight, and smoking habits. See the doctor if you have diabetes.
140 or more	90 or more	You have high blood pressure. Ask your doctor or nurse how to lower it.

\* These readings are for people who do not take blood pressure medicine and do not have short-term illness.

## 4. Preventing High Blood Pressure

■ **Ask the group members** to raise their hand if someone in their family has high blood pressure.

■ **Say:**

If a member of your family has high blood pressure, you are at greater risk of getting it, too. Even if you do not have high blood pressure now, because a family member has it, you are still at a greater risk.

■ **Say:**

The good news is that you can prevent high blood pressure. Let's find out how.

■ **Give each member** a copy of the handout "Take Steps—Prevent High Blood Pressure" (page 59). **Read aloud** the steps to prevent or lower high blood pressure.



## 5. “Los dos a ninguno” Telenovela

*(optional)*

■ **Say:**

Let’s see what the Ramírez family has to say about eating less salt and sodium.

■ **Show the telenovela** “Los dos a ninguno.”

## 6. Salt and Sodium—How Much Do We Need?



**Note:** For this discussion, you will need a  $\frac{1}{4}$ -teaspoon measuring spoon, a teaspoon measuring spoon, and some salt.

■ **Say:**

Eating less salt and sodium can help you prevent or lower high blood pressure. You probably know what salt is, but you may wonder what sodium is. Sodium is a part of salt. Also, it is part of mixtures used to flavor and preserve foods.

■ **Say:**

Now let’s look at how much sodium we really need. The body only needs about 500 milligrams of sodium each day. That’s about a quarter of a teaspoon of salt. *(Use a measuring spoon to show  $\frac{1}{4}$  teaspoon of salt.)* Most people are eating much more than 500 milligrams of sodium every day.

■ **Say:**

You should cut back the amount of sodium you get from all foods and beverages to less than 2,400 milligrams of sodium per day or about 1 teaspoon of salt. *(Now show 1 teaspoon of salt.)* This is the same amount as listed on the bottom of the Nutrition Facts label.

■ **Say:**

Most people in the United States eat about 4,000 to 6,000 milligrams of sodium each day. *(Now show  $2\frac{1}{2}$  teaspoons of salt.)* This is about 8 to 12 times more sodium than what the body needs. Eating this much salt and sodium may lead to high blood pressure.

■ **Show picture card 3-5. Say:**

Let's talk about where sodium is found in foods.

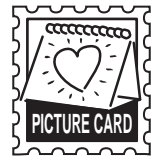
- Most of the sodium that we eat comes from packaged foods. Examples are regular canned soups and vegetables, frozen dinners, salty chips, and cured meats like hot dogs.
- Some sodium comes from salt added during cooking or at the table.
- The rest is found naturally in many foods.



## 7. About the Food Label

### ■ Show picture card 3-6. Say:

The food label found on packaged foods is one of the best tools we have for choosing foods for a healthy diet. In this session, we will talk about what you can find on the food label. We will also learn how to use the food label to choose foods that are lower in sodium.



### ■ Give each group member a copy of the “Read the Food Label for Sodium” handout (page 60).

### ■ Say:

The food label gives serving size and number of servings in the container. It also gives the amount of calories, fat, saturated fat, cholesterol, and sodium in one serving of the food. We will talk about fat, saturated fat, cholesterol, and calories in the next two sessions.



## Sodium Food Label Activity

### ■ Point out where the Percent Daily Value is located on the food label.

### ■ Say:

The Percent Daily Value will help you compare products. It quickly tells you if a food is high or low in the nutrient. Remember—it is easy to take in more than 2,400 milligrams of sodium. Choose foods with a lower Percent Daily Value for sodium. Once you get into the habit of looking at food labels, it will be easy.



### ■ Say:

Let's take a close look at the nutrition facts on an actual label to see where the amount of sodium is found. Let's go back to the "Read the Food Label for Sodium" handout.

■ **Point to picture card 3-6. Say:** The percent Daily Value for sodium for frozen peas that is circled on the food label.

■ **Say:**

The sodium content of the same food can vary depending on how it is packaged or what brand it is. Compare food labels to choose foods that are lower in sodium.

■ **Say:**

Look at the bottom of the handout. Look at the Percent Daily Value for frozen peas and canned peas. Which peas are lower in sodium?

Answer: Frozen peas are lower in sodium. One serving of frozen peas has only 5 percent of the Daily Value for sodium. One serving of canned peas has 15 percent of the Daily Value for sodium (3 times more than frozen peas).

■ **Say:**

Choosing foods that are lower in salt and sodium may help prevent and lower high blood pressure. Eating more fruits and vegetables, whole wheat breads and cereals, and lowfat dairy foods may also help lower blood pressure.

■ **Say:**

Let's try an activity that will help us choose foods that are low in salt and sodium. First, I am going to describe a situation that may apply to you or to a member of your family. Then, using food labels, we are going to learn how to choose lower sodium foods.

■ **Give each group member** copies of the "Mariano's Food Choices" found on

## More Information

The latest research shows that potassium is important in protecting against high blood pressure. Calcium and magnesium may help, too. Eat foods that are rich in these nutrients:

- **Potassium:** bananas, plantains, oranges, prunes, broccoli, and beans
- **Calcium:** fat free or lowfat milk, cheese, and yogurt
- **Magnesium:** whole wheat breads and cereals, beans, nuts and seeds, plantains, broccoli, okra, and spinach

pages 61 to 63. Read, or ask a volunteer to read, the story below.



Mariano's blood pressure was slightly *higher* the last time he visited his doctor. The doctor told him to cut back on the amount of sodium he eats. Use the food labels to help Mariano's wife, Virginia, choose foods that will help Mariano follow his doctor's advice.

### ■ Say:

Let's go over some questions. Use the food labels to choose the right answers.

### ■ Ask these questions. After group members guess, give them the correct answer.

## 8. Cut Down on Salt and Sodium

### Questions

### Correct Answers

When buying juice, should Virginia choose tomato juice or orange juice?

**Orange juice**

Should she buy frozen peas or canned peas?

**Frozen peas**

Should she serve corn tortillas or flour tortillas?

**Corn tortillas**

Is there less sodium in canned chicken or roasted chicken?

**Roasted chicken**

If you are trying to cut back on sodium, is it better to eat thin pretzels or baked tortilla chips?

**Baked tortilla chips**



- **Give each group member** a copy of the “Sodium in Foods” handout (page 64).

- **Ask:**

Does anyone see a food on the right side of the page that you eat often? Ask the person to name a lower sodium food on the left side that he or she could eat instead.



- **Say:**

Let’s now review some practical tips that will help you cut back on salt and sodium.

- **Give each group member** a copy of the “Keep Your Heart in Mind. Eat Less Salt and Sodium” (pages 65 and 66) and “Tips To Eat Less Salt and Sodium” (page 67) handouts. **Go over** the tips shown on both handouts on how to cut back on salt and sodium when you shop, when you cook, and when you are at the table.



- **Say:**

Here is a sample of Doña Fela’s secret recipe from the bottom of the page of the “Keep Heart in Mind” handout. Fill an empty salt shaker with it and put it on your table. Tell your family to try this instead of salt. **Give each group member** a sample of Doña Fela’s seasoning mixture.

- **Ask:**

Why is it hard for you to cut back on salt and sodium?

**Note:** Write their responses on a blackboard or large piece of paper taped to the wall. Then write down some possible solutions.

## **Caribbean Pink Beans Recipe**

- **Give the group members** a copy of the “Caribbean Pink Beans” recipe (page

## Examples

### Problems You May Encounter

### Solutions

**No flavor in food.**

Use spices or herbs to add flavor to foods. (See the “Use Herbs and Spices Instead of Salt” handout on page 68.)

**Family member(s) will get upset.**

Cut back on salt slowly, using less salt each time you cook so family members can get used to the taste.

**Adding salt is a habit that is hard to break.**

Give yourself time to get used to using less salt. Cut back on salt slowly. Choose brands that are lower in salt. Take the salt shaker off the table.

69). **Ask** them to prepare it during the coming week. **Tell them** that using this recipe will give them a chance to practice some of the ideas from the session.



- **Give the group members** the handout “Use Herbs and Spices Instead of Salt” found on page 68. **Ask** them to use some of the herbs and spices in place of salt when they cook this week.



## Weekly Pledge

- **Say:** Pledge one thing that you will do to eat less salt and sodium this week. Write down your pledge on the “Keep Your Heart in Mind. Eat Less

Salt and Sodium” handout (pages 65 and 66).



**Note:** Make your own pledge first. Encourage each member to give details about what he or she plans to do. Think about these:

- I will use food labels to help me choose canned soups that are lower in sodium.
- I will choose unsalted tortilla chips for a snack instead of regular chips.
- I will remove the salt shaker from the table.

**Say:**

We will talk about how you did with your pledge at the next session. Remember to keep working on your pledge to be more active.

## Review of Today's Key Points

■ **Say:**

Let's review what we learned today.

■ **Ask these questions:**

**Q: What is blood pressure?**

A: Blood pressure is the force of the blood against the walls of your arteries. Blood pressure is needed for the blood to move through your body.

**Q: What is the best blood pressure reading to have?**

A: It is best to have a blood pressure reading less than 120/80 mm Hg.

**Q: What is high blood pressure?**

A: High blood pressure is 140/90 mm Hg or greater. Have your blood pressure checked.

**Q: Why is high blood pressure dangerous?**

A: High blood pressure can lead to heart attacks, stroke, kidney problems, eye problems, and death.

**Q: Why should you cut back on salt and sodium in your food?**

A: You should cut back on salt and sodium to help prevent or lower high blood pressure.

**Q: What are some ways to cut back on salt and sodium?**

A: Use herbs and spices to season foods.

Check the food label to choose foods lower in sodium.

Eat more fruits and vegetables for snacks instead of salty snacks like nuts, pretzels, or chips.

## **Blood Pressure Check**

*(Optional—if you could get a health professional to come to your session.)*

- **Tell the group members** that a health professional will now check their blood pressure.
- **Ask** the group members to write their blood pressure on the wallet card.

## **Closing**

- **Say:** Thank you for for coming today. What did you think of today’s session? I am looking forward to seeing you at the next session. The next session will be about blood cholesterol and fat, saturated fat, and cholesterol in our food.

**Note:** Think about today’s session. What worked and didn’t work? Have you made any changes in your own life that were covered in today’s session?



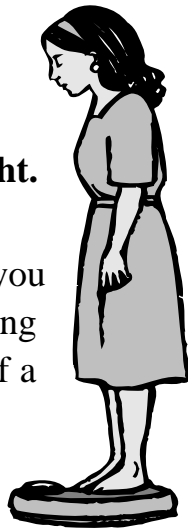


# Take Steps — Prevent High Blood Pressure!

## To prevent high blood pressure:

### 1. Aim for a healthy weight.

Try not to gain extra weight. Lose weight if you are overweight. Try losing weight slowly, about half a pound to 1 pound each week until you reach a healthy weight.

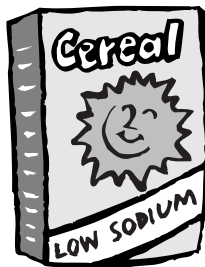


### 2. Be active every day.

You can walk, dance, use the stairs, play sports, or do any activity you enjoy.

### 3. Use less salt and sodium in cooking.

Buy foods marked “sodium free,” “low sodium,” or “reduced sodium.” Take the salt shaker off the table.



### 4. Eat more fruits and vegetables, whole grain breads and cereals, and lowfat dairy products.

### 5. Cut back on alcohol.

Men who drink should have no more than one or two drinks each day. Women who drink should have no more than one drink a day. Pregnant women should not drink any alcohol.

## To lower your high blood pressure:

### 1. Practice these steps:

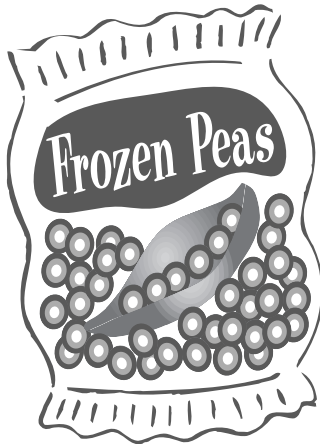
- maintain a healthy weight.
- be active every day.
- eat fewer foods high in salt and sodium.
- eat more fruits and vegetables, whole grain breads and cereals, and lowfat dairy products.
- cut back on alcoholic beverages.

### 2. Take your medicine the way your doctor tells you.

### 3. Have your blood pressure checked often.



# Read the Food Label for Sodium!



Food labels tell you what you need to know about choosing foods that are lower in sodium. Here's a food label for frozen peas. The label tells you:

## Frozen Peas

Nutrition Facts	
Serving Size 1/2 cup	
Servings Per Container about 3	
Amount Per Serving	
Calories 60	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
<b>Sodium 125mg</b>	<b>5%</b>
Total Carbohydrate 11g	4%
Dietary Fiber 6g	22%
Sugars 5g	
<b>Protein 5g</b>	
Vitamin A 15%	Vitamin C 30%
Calcium 0%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet.	

### Number of servings.

The serving size is 1/2 cup. There are about three servings in the package.

### Amount Per Serving

The nutrient amounts are for one serving. So, if you eat more or less than a serving, you need to add or subtract nutrient amounts. For example, if you eat 1 cup of peas, you are eating two servings.

### Percent Daily Value

The Percent Daily Value helps you compare products and quickly tells you if the food is high or low in sodium. Choose products with the lowest Percent Daily Value for sodium.

### Nutrients

Listed are the amounts of sodium in one serving. These amounts are given in milligrams.

## The Choice is Yours—Compare!

### Which one would you choose?

#### Frozen peas are lower in sodium.

Read the food labels and choose foods that are lower in sodium to help keep your heart strong.

Calories 60	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
<b>Sodium 125mg</b>	<b>5%</b>

Calories 60	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
<b>Sodium 380mg</b>	<b>16%</b>

### Frozen Peas

One serving (1/2 cup) of frozen peas has only 5 percent of the Daily Value for sodium.

### Canned Peas

One serving (1/2 cup) of canned peas has 15 percent of the Daily Value for sodium. That is more than three times the sodium found in a serving of frozen peas.

# Mariano's Food Choices



Mariano's blood pressure was slightly higher the last time he visited his doctor. The doctor told him to cut back on the amount of sodium he eats. Use the food labels to help Mariano's wife, Virginia, choose foods that will help Mariano follow his doctor's advice. Mark the number of your choice for each pair in the space to the right.

## 1 – Tomato Juice

Nutrition Facts	
Serving Size 8 fl. oz. (240 ml)	
Servings Per Container 4	
Amount Per Serving	
Calories 50	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 860mg	36%
Total Carbohydrate 0g	3%
Dietary Fiber 1g	4%
Sugars 7g	
Protein 2g	
Vitamin A 20%	• Vitamin C 40%
Calcium 2%	• Iron 8%

## 2 – Orange Juice

Nutrition Facts	
Serving Size 8 fl. oz. (240 ml)	
Servings Per Container 8	
Amount Per Serving	
Calories 110	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 26g	9%
Dietary Fiber 0g	0%
Sugars 22g	
Protein less than 1g	
Vitamin A**	• Vitamin C 100%
Calcium 2%	• Iron**

Lower  
Sodium  
Choice

\*\*Not a significant source of these nutrients.

## 3 – Frozen Peas

Nutrition Facts	
Serving Size 1/2 cup (121g)	
Servings Per Container about 3	
Amount Per Serving	
Calories 60	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 125mg	5%
Total Carbohydrate 11g	4%
Dietary Fiber 6g	22%
Sugars 5g	
Protein 5g	
Vitamin A 15%	• Vitamin C 30%
Calcium 0%	• Iron 6%

## 4 – Canned Peas

Nutrition Facts	
Serving Size 1/2 cup (121g)	
Servings Per Container about 3	
Amount Per Serving	
Calories 60	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 380mg	16%
Total Carbohydrate 12g	4%
Dietary Fiber 3g	14%
Sugars 4g	
Protein 4g	
Vitamin A 6%	• Vitamin C 10%
Calcium 2%	• Iron 8%

Lower  
Sodium  
Choice

\*Percent Daily Values are based on a 2,000 calorie diet.



# Mariano's Food Choices

## 5 – Corn Tortillas

Nutrition Facts	
Serving Size 2 tortillas Servings Per Container 5	
Amount Per Serving	
Calories 130	Calories from Fat 15
% Daily Value *	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 90mg	4%
Total Carbohydrate 26g	9%
Dietary Fiber 2g	8%
Sugars 0g	
Protein 2g	
Vitamin A 2%	• Vitamin C 0%
Calcium 8%	• Iron 4%

## 6 – Flour Tortillas

Nutrition Facts	
Serving Size 2 tortillas Servings Per Container 5	
Amount Per Serving	
Calories 160	Calories from Fat 30
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0.5g	3%
Cholesterol 0mg	0%
Sodium 290mg	12%
Total Carbohydrate 27g	9%
Dietary Fiber 3g	12%
Sugars 1g	
Protein 4g	
Vitamin A**	• Vitamin C**
Calcium**	• Iron 8%

Lower  
Sodium  
Choice

\*\*Not a significant source of these nutrients.

## 7 – Canned Chicken

Nutrition Facts	
Serving Size 3 oz Servings Per Container about 2 1/2	
Amount Per Serving	
Calories 90	Calories from Fat 15
% Daily Value *	
Total Fat 1.5g	3%
Saturated Fat 1g	5%
Cholesterol 40mg	12%
Sodium 345mg	15%
Total Carbohydrate less than 1g	0%
Dietary Fiber less than 1g	
Sugars 0g	
Protein 17g	
Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• Iron 0%

## 8 – Roasted Chicken (boneless skinned breasts)

Nutrition Facts	
Serving Size 3 oz Servings Per Container 4	
Amount Per Serving	
Calories 110	Calories from Fat 10
% Daily Value *	
Total Fat 1g	2%
Saturated Fat 0g	0%
Cholesterol 75mg	23%
Sodium 30mg	1%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	
Sugars 0g	
Protein 25g	
Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• Iron 4%

Lower  
Sodium  
Choice

# Mariano's Food Choices

## 9 – Pretzels (thin)

<b>Nutrition Facts</b>	
Serving Size 1 oz (28g/about 10 pretzels)	
Servings Per Container 16	
Amount Per Serving	
Calories 100	Calories from Fat 0
% Daily Value *	
<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 480mg	20%
<b>Total Carbohydrate</b> 22g	7%
Dietary Fiber 1g	4%
Sugars 1g	
<b>Protein</b> 2g	
Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• Iron 2%

## 10 – Tortilla Chips (baked)

<b>Nutrition Facts</b>	
Serving Size 1 oz (28g/about 8 chips)	
Servings Per Container 8	
Amount Per Serving	
Calories 120	Calories from Fat 15
% Daily Value *	
<b>Total Fat</b> 1.5g	2%
Saturated Fat 0g	0%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 170mg	7%
<b>Total Carbohydrate</b> 23g	8%
Dietary Fiber 1g	4%
Sugars 0g	
<b>Protein</b> 2g	
Vitamin A 0%	• Vitamin C 0%
Calcium 4%	• Iron 4%


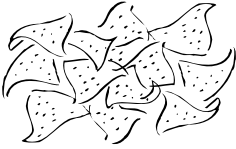

Lower  
Sodium  
Choice

\*Percent Daily Values are based on a 2,000 calorie diet.

# Sodium in Foods

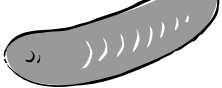


## Choose **MORE** Often

### (Foods **LOWER** in Sodium)

- Chicken and turkey (with skin removed)
- Fresh fish 
- Low sodium or reduced sodium cheeses
- Low salt or salt free chips, nuts, pretzels 
- Plain rice, noodles, or pasta
- Some cold, ready-to-eat cereals lowest in sodium
- Low sodium or reduced sodium soups
- Fresh, frozen, or no salt added canned vegetables
- Spices, herbs, and flavorings such as cilantro, parsley, garlic powder, onion powder, vinegar 

## Choose **LESS** Often

### (Foods **HIGHER** in Sodium)

- Smoked and cured meats such as bacon, ham, sausage, hot dogs, bologna 
- Canned fish such as tuna and sardines, salted/dried cod fish (bacalao seco)
- Most cheeses 
- Salty chips, crackers, nuts, pretzels
- Quick-cooking rice, boxed mixes of rice, potatoes, or noodles
- Some cold, ready-to-eat cereals highest in sodium
- Regular canned soups, instant soups
- Regular canned vegetables, pickles, olives, pickled vegetables 
- Condiments and seasonings, such as soy sauce, ketchup, garlic salt, seasoning salt, bouillon cubes, meat tenderizer, adobo, capers, monosodium glutamate (MSG)

# Keep Your Heart in Mind.

Eating less salt and sodium can help prevent and lower your high blood pressure, and it sets a good example for your children.

## Do you know your blood pressure reading?

It is best to have a blood pressure less than **120/80**.

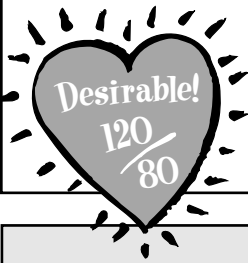
If your blood pressure is **140/90** or higher, you have high blood pressure.

High blood pressure does not go away by itself.

Ask your doctor for help in lowering it.

If you don't know your blood pressure reading, ask your doctor about it.

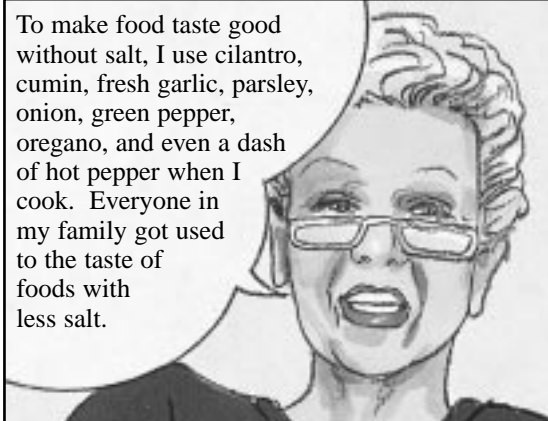
Write down your blood pressure reading here:



## SPICE IT UP!

Discover how much flavor you can add by using spices and herbs.

Doña Fela has learned that it's not hard to get your family to eat less salt and sodium.



To make food taste good without salt, I use cilantro, cumin, fresh garlic, parsley, onion, green pepper, oregano, and even a dash of hot pepper when I cook. Everyone in my family got used to the taste of foods with less salt.


To break your family's habit of using the salt shaker at the table, try Doña Fela's secret recipe!

**Fill the salt shaker with this combination of herbs and spices and use it, instead of salt, to flavor foods:**


- ¼ cup chili powder
- 2 tablespoons paprika
- 2 teaspoons oregano
- ½ teaspoon dry mustard
- 1 teaspoon garlic powder
- 1 teaspoon black pepper
- ½ teaspoon red pepper

## Take the lead and try these simple changes:


### When Shopping

1. Buy fresh plain, frozen, or no salt added canned vegetables.
2. Buy fresh garlic or garlic powder instead of garlic salt. 
3. Choose foods labeled “low sodium,” “sodium free,” or “no salt added.”

### When Cooking

1. Use half the amount of salt you normally use.
2. Add little or no salt to the water when cooking beans, rice, pasta, and vegetables. 
3. Cut back on smoked, cured, and processed beef, pork, and poultry like bologna, ham, and sausage.

### When Eating

1. Fill the salt shaker with a mixture of herbs and spices. 
2. Use small amounts of margarine instead of butter.
3. Choose fruits and vegetables instead of salty snacks like chips, fries, and pork rinds.



Mariano has learned to control his high blood pressure: He takes his blood pressure pills with breakfast every morning to make sure that he doesn't forget to take them. He has stopped smoking and walks daily. And he's found that food can still taste good with less salt and sodium.

## Make your personal pledge to do what Mariano has done! Look at these examples:

### Breakfast

Cook oatmeal with lowfat (1%) milk, raisins, cinnamon, and no salt.

### Lunch

Use leftover roasted chicken to make a sandwich instead of using luncheon meats.



### Dinner

Make your own soup with vegetables and half the amount of salt.



### Snack

Eat an orange without salt instead of salty chips. 

## Write the changes you will try to make this week:

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**Your health and your family's health is priceless.  
Make an investment in it!**

# Tips To Eat Less Salt and Sodium

1. Read the food label to choose foods lower in sodium.
2. Eat fewer canned and processed foods that are high in sodium (e.g., bologna, crisp pork rinds, sausage, pepperoni, salami, hot dogs, regular canned and instant soups, cheese, and chips).

3. Eat fresh fruits and vegetables instead of salty snacks.



4. Eat fewer salted crackers and nuts. Try unsalted nuts and unsalted or low sodium crackers.

5. Eat fewer olives and pickles.

6. Use half the amount of salt you normally use when cooking, if any.

7. Season food with herbs and spices instead of salt.

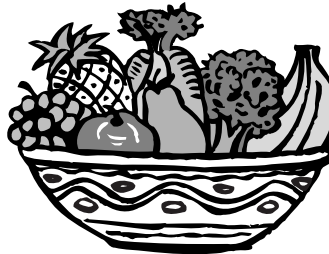
8. Use less bouillon, adobo, capers, and soy sauce. If you use these condiments, do not add salt to your food.



9. Use garlic **powder** and onion **powder** instead of garlic **salt** or onion **salt**.

10. Take the salt shaker off the table.

11. Eat fruits without adding salt.



12. When eating out, ask that salt **not be** added to your portion, especially with french fries.

# Use Herbs and Spices Instead of Salt

---

**Basil:** Use in soups, salads, vegetables, fish, and meats.

**Cinnamon:** Use in salads, vegetables, breads, and snacks.

**Chili Powder:** Use in soups, salads, vegetables, and fish.

**Cloves:** Use in soups, salads, and vegetables.

**Dill Weed and Dill Seed:** Use in fish, soups, salads, and vegetables.

**Ginger:** Use in soups, salads, vegetables, and meats.



**Marjoram:** Use in soups, salads, vegetables, beef, fish, and chicken.

**Nutmeg:** Use in vegetables, meats, and snacks.

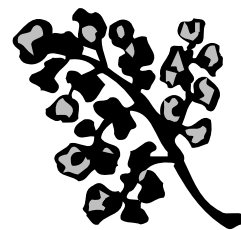
**Oregano:** Use in soups, salads, vegetables, meats, and chicken.

**Parsley:** Use in salads, vegetables, fish, and meats.

**Rosemary:** Use in salads, vegetables, fish, and meats.

**Sage:** Use in soups, salads, vegetables, meats, and chicken.

**Thyme:** Use in salads, vegetables, fish, and chicken.



**Note:** To start, use small amounts of these herbs and spices to see if you like them.

# Caribbean Pink Beans

**This is a delicious low cost recipe. Beans are naturally low in sodium. Keep this recipe lower in fat by not adding lard or other fat. Serve with rice cooked without salt.**

1 pound	pink beans
10 cups	water
2 medium	plantains, finely chopped
1 large	tomato, finely chopped
1 small	red pepper, finely chopped
3 cloves	garlic, finely chopped
1 medium	white onion, finely chopped
1½ teaspoons	salt

1. Rinse and pick through the beans to remove rocks or dirt. Put the beans in a large pot and add 10 cups of water. Place the pot in the refrigerator and allow the beans to soak overnight.
2. Cook the beans until they are soft. Add more water as needed while the beans are cooking.
3. Add the plantains, tomato, pepper, garlic, onion, and salt. Continue cooking over low heat until the plantains are soft.

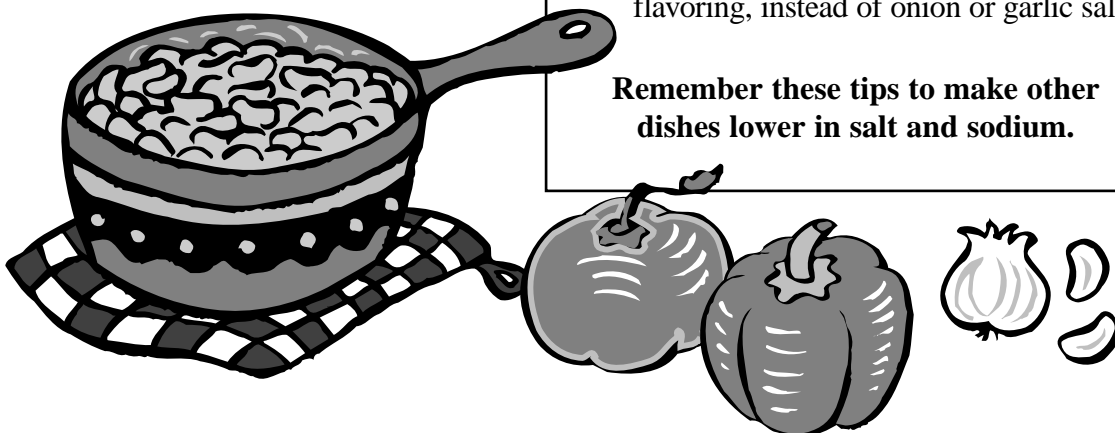
Yield: 16 servings  
Serving size: 1/2 cup  
Each serving provides:  
Calories: 133  
Total fat: Less than 1 g  
Saturated fat: Less than 1g  
Cholesterol: 0 mg  
Sodium: 205 mg  
Calcium: 39 mg  
Iron: 2 mg

## Quick Tips

**This recipe is lower in salt and sodium than most bean dishes. It uses:**

- plain dry beans instead of regular canned beans
- only 1½ teaspoons of salt for a whole pot of beans
- fresh instead of regular canned tomatoes
- fresh peppers, garlic, and onions for flavoring, instead of onion or garlic salt

**Remember these tips to make other dishes lower in salt and sodium.**







# Eat Less Fat, Saturated Fat, and Cholesterol

## Objectives

By the end of this session, group members will:

- Know what cholesterol is and how it affects the body.
- Know that a blood cholesterol level of less than 200 mg/dL is best.
- Learn the steps they can take to lower their blood cholesterol levels.

## Materials and Supplies

To conduct this session you will need:

- |   |                             |
|---|-----------------------------|
| ■ <i>Your Heart, Your Life</i> manual and packet of picture cards                           | ■ A set of measuring spoons |
| ■ Blackboard and chalk or several large pieces of paper, markers, and tape                  | ■ Can of shortening or lard |
| ■ “An Artery Model” (instructions for making this teaching tool are found on page 89)       | ■ Bottle of vegetable oil*  |
| ■ (Optional) VCR and TV monitor   | ■ Boiled beans (canned)*    |
| ■ (Optional) “Crucigrama de la Salud: Baje su nivel de colesterol” telenovela or fotonovela | ■ Beef hot dog*             |
| ■ Seven paper plates  | ■ Orange*                   |
|   | ■ Sour cream*               |
|   | ■ Cheddar cheese*           |
|   | ■ (Fried) Tortilla chips*   |

*\*You can use a picture of this food.*

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## Handouts

### Give each group member these handouts during this session:

- List of places where members can get their cholesterol levels checked\*
- “Be Good to Your Heart. Eat Less Fat, Saturated Fat, and Cholesterol.” (pages 91 and 92).
- Fats and Oils To Choose (page 93)
- Read the Food Label To Choose Foods Lower in Fat, Saturated Fat, and Cholesterol (page 94)
- Virginia’s Breakfast Choices (pages 95-98)
- Guess the Fat Activity Sheet (page 99)
- Cooking With Less Fat (pages 100 and 101)
- Chicken Stew Recipe (page 102)

\* *Prepare this list before the session. You may find information at your local health department, a hospital, or clinic.*

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## Session Outline

### Introducing the Session

1. Welcome
2. Review of Last Week’s Session
3. About This Session

### Conducting the Session

1. Facts About Blood Cholesterol
2. “Crucigrama de la Salud: Baje su nivel de colesterol” Telenovela or Fotonovela (optional)

3. Cholesterol and Heart Disease
4. Healthy Arteries Activity
5. Facts About Fat and Saturated Fat
6. Food Label Activity
7. Guess the Amount of Fat Activity
8. Cooking With Less Fat Activity
9. Reduced Fat Chicken Stew Activity

## **Weekly Pledge**

## **Review of Today's Key Points**

## **Closing**

# Introducing the Session

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## 1. Welcome

- Welcome group members to the session.

## 2. Review of Last Week's Session

- **Say:**

Last week we talked about salt and sodium. **Ask:** (Give the correct answer if group members do not.)

Q: Who remembers why you should try to limit the amount of salt and sodium in your diet?

A: You should cut back on salt and sodium to help prevent or lower high blood pressure.

Q: Does anyone remember some ways to reduce the amount of salt that you eat?

A: To cut back on salt and sodium you can:

- Check the food label to choose foods lower in sodium.
- Use herbs and spices instead of salt to season foods.
- Eat more fruits, vegetables, and lowfat dairy products for snacks instead of salty foods such as nuts, pretzels, or chips.

- **Say:**

At the end of last session, you made a pledge to choose foods lower in salt and sodium. Share with the group what you did. What problems did you have? How did you solve them? Give the group 5 minutes to answer.

## 3. About This Session

- **Say:**

Today we are going to talk about high blood cholesterol as a risk factor for heart disease. We will learn what we can do to keep our blood cholesterol low. We will also do some group activities that show how much fat some foods have and teach us how to cook with less fat.

# Conducting the Session

---

## 1. Facts About Blood Cholesterol

### ■ Say:

If a person's blood cholesterol level is too high, he or she is more likely to get heart disease. Here are some facts about blood cholesterol:

- About 52 million adults in the United States have high blood cholesterol. This increases their risk of heart disease.
- About half of Latinos have had their blood cholesterol checked.
- About half of Latinos who have had their blood cholesterol checked have levels that are too high.

## 2. “Crucigrama de la Salud” Telenovela or Fotonovela

*(optional)*

- **Show** the telenovela “Crucigrama de la Salud: Baje su nivel de colesterol” or have volunteers read the story from the *Más Vale Prevenir Que Lamentar* guide on pages 4 and 5.

## 3. Cholesterol and Heart Disease



**Note:** This section explains what cholesterol is, why the body needs cholesterol, how much cholesterol the body needs, and where cholesterol comes from.

### ■ Say:

Cholesterol is a soft waxy substance. It comes from two sources: your body and the foods you eat. The cholesterol that travels in your bloodstream is called blood cholesterol. It is made by your liver. The cholesterol that comes from foods that you eat is called dietary cholesterol.

### ■ Say:

Your body needs cholesterol to produce hormones, vitamin D, and bile acids, which help absorb fat. The body can make all of the cholesterol it needs.

■ **Say:**

If your blood cholesterol level is too high, you are at increased risk for heart disease, stroke, and several other health problems.

■ **Ask:**

Do any of you know someone who has high blood cholesterol? Give the group about 3 minutes to answer.

■ **Say:**

A person's blood cholesterol level is affected by several things. Some of these you cannot change, such as your age, whether you are a man or a woman, or having family members with high blood cholesterol. You can change the types of food you eat, the amount of physical activity you do, and your weight.

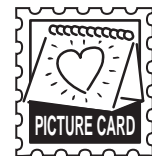
■ **Say:**

You can help prevent or lower high blood cholesterol by:

- Eating a heart-healthy diet
- Being active every day
- Maintaining a healthy weight

■ **Explain the types of cholesterol. Show picture card 4-1. Say:**

Cholesterol travels through the bloodstream in different types of packages called lipoproteins (fat plus protein).



- Low-density lipoproteins, or LDL, carry the cholesterol to your blood vessels, clogging them like rust in a pipe. This is why LDL-cholesterol is often called “bad” cholesterol.
- Cholesterol also travels in the blood in high-density lipoproteins, or HDL. HDLs help to remove cholesterol from your body. This is why HDL cholesterol is often called the “good” cholesterol. Let's try to picture it this way.

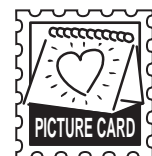
The LDL car (bad cholesterol) throws fat and cholesterol onto the street (like your blood vessels).

The HDL person (good cholesterol) cleans up fat and cholesterol deposited by the LDL and gets rid of it. (Your liver gets rid of it from your body.)

■ **Show picture card 4-2. Ask:**

How do you find out if you have high blood cholesterol?

**Answer:** A person's cholesterol is measured with a blood test that can be done at a doctor's office or at a cholesterol screening site.



## More Information

**Here is what your HDL and LDL cholesterol numbers mean.**

**HDL (good) cholesterol: Keep it high!**

**35 or higher** Good! Being active every day can help you raise your HDL.

**LDL (bad) cholesterol: Keep it low!**

**less than 130** Good! Keep up your good work.

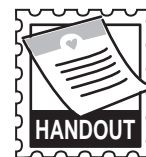
**130-159** Alert! Your level needs attention. It is time to make changes in what you eat, your activity, and your weight.

**160 or more** You are at risk for clogged arteries. See your doctor.

### ■ Ask:

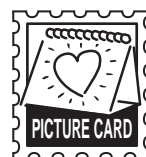
Have you ever had your blood cholesterol checked? If you have, do you remember your level?

- **Give and review** the cholesterol levels that are found on the “Be Good to Your Heart. Eat Less Fat, Saturated Fat, and Cholesterol” handout (pages 91 and 92). **Show picture card 4-3.**



Here is what the total cholesterol number means:

- **Less than 200** Good for you! Keep up the good work!
- **200-239** Your cholesterol level needs attention. It may be time to make changes in what you eat, your activity, and your weight.
- **240 or more** You are at risk for clogged arteries and a heart attack. See your doctor.



### ■ Say:

If you know your cholesterol level, check with your doctor to see if you need followup care. Doing this can help you prevent serious health problems.

- **Encourage the group members** to make an appointment to have their cholesterol checked and to be sure to ask for the results and write them down on their wallet cards. **Give group members** a list of clinics and hospitals where they can get low-cost or free blood cholesterol testing.



## 4. Healthy Arteries Activity

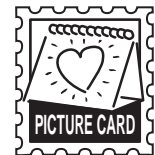


**Note:** This section uses the picture cards and an artery model to show how cholesterol can collect on the walls of the arteries and slow down and block the flow of blood. Blocked arteries can cause a heart attack or stroke.

### ■ Show picture card 4-4.

**Say:**

Blood flows freely to all cells of the body when arteries are healthy.



### ■ Say:

When your LDL-cholesterol is too high, cholesterol may become trapped in the walls of the arteries, causing them to harden. The opening of the arteries can become clogged and narrowed.

### ■ Show the artery model.

(See page 90 to help you explain the artery model.) Pass the artery model around so that group members can look at it closely.

## 5. Facts About Fat and Saturated Fat

### ■ Say:

Today we will talk about the different types of fat and how they affect heart health.

- There are two main types of fat—saturated fat and unsaturated fat. Most foods contain some of both types. The total fat found in food is its saturated fat plus its unsaturated fat.
- Eating too much saturated fat will raise your blood cholesterol level more than anything else you eat. This will raise your chances of developing heart disease.

■ **Explain to the group members:** It is important to limit the fat you eat, but you need some dietary fat to be healthy. Fats are necessary because they are used by the body to:

- Produce hormones
- Store and provide energy
- Promote healthy skin and hair
- Help carry vitamins A, D, E, and K throughout the body

■ **Ask:**

What types of fat do you use to cook your food?



**Note:** Allow about 3 minutes for their responses. Write responses on a blackboard or large piece of paper taped to the wall.

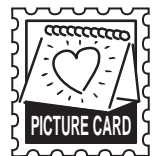
■ **Show the group members** a stick of butter (or a can of lard). **Say:**

- Butter (or lard) is an example of a food high in saturated fat.
- Saturated fat is usually solid at room temperature.
- Saturated fat is usually found in foods from animals.

■ **Show picture card 4-5.** **Say:**

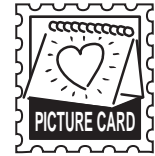
Here are foods that are higher in saturated fat:

- Fatty cuts of meat, such as chuck, regular ground beef, ribs, bacon, and sausage
- Whole milk and products made from whole milk (regular cheeses)
- Poultry with skin
- Butter
- Lard
- Shortening
- Ice cream sundae with whipped cream and toppings
- Doughnuts and pastries



■ **Show picture card 4-6. Say:**

Here are foods that are lower in saturated fat:



- Lean meat, like round, extra lean ground beef
- Fish
- Poultry without the skin
- Beans
- Rice
- Tub margarine
- Fat free and lowfat milk, cheese, and yogurt
- Vegetable oil
- Corn tortillas and bread
- Fruits and vegetables

■ **Say:**

You want to limit the amount of saturated fat in your diet.

■ **Say:**

Three oils (palm, palm kernel, and coconut oil) are also high in saturated fat. These are often found in baked goods you buy at the store.

■ **Show** the group members a bottle of vegetable oil.

■ **Say:**

Unsaturated fats are usually liquid at room temperature.

■ **Say:**

Types of unsaturated fats are polyunsaturated and monounsaturated.

Polyunsaturated fat is found in:	Monounsaturated fat is found in:
<ul style="list-style-type: none"> <li>■ Vegetable oils                             <ul style="list-style-type: none"> <li>• safflower oil</li> <li>• corn oil</li> <li>• sunflower oil</li> <li>• soybean oil</li> </ul> </li> <li>■ Some types of fish</li> </ul>	<ul style="list-style-type: none"> <li>■ Vegetable oils                             <ul style="list-style-type: none"> <li>• canola oil</li> <li>• olive oil</li> <li>• peanut oil</li> </ul> </li> <li>■ Avocados</li> <li>■ Nuts</li> </ul>

■ **Give** the group members the “Fats and Oils To Choose” handout (page 93).



■ **Say:**

The graph will quickly show you which products have the least amount of saturated fat. **Ask:** What three oils have the least amount of saturated fat? (**Answer:** canola oil, safflower oil, sunflower oil).

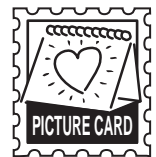
■ **Say:**

Although polyunsaturated and monounsaturated fats are better for our health than saturated fat, we need to eat less of all types of fat. Fats are high in calories and all fats have the same number of calories. Cutting back on calories helps us lose weight. We will talk about this at the next session.

■ **Show picture card 4-7. Say:**

Foods high in cholesterol can also raise your blood cholesterol and increase your risk of heart disease. Dietary cholesterol is found in food that comes from animals. Foods that are highest in cholesterol are:

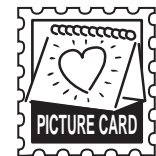
- Egg yolks
- Organ meats such as liver, kidneys, brains, tripe, heart, and tongue



■ **Show picture card 4-8. Say:**

Foods that come from plants do not contain cholesterol. Foods that do not contain cholesterol include:

- Fruits
- Beans
- Grains
- Vegetables
- Rice
- Cereals



■ **Say:**

Plant foods that are prepared with an animal product (for example, flour tortillas made with lard) have cholesterol.

## 6. Food Label Activity

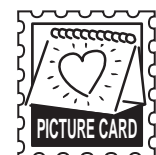
- **Give each group member** the “Read the Food Label To Choose Foods Lower in Fat, Saturated Fat, and Cholesterol” and “Virginia’s Breakfast Choices” handouts (pages 94-98).



- **Point out** on the food label where to find total fat, saturated fat, and cholesterol.

■ **Show picture card 4-9. Say:**

For heart health, choose foods with a lower Percent Daily Value for total fat, saturated fat, and cholesterol. **Show the group** where the Percent Daily Value is found on the food label.



■ **Say:**

Look at the bottom of the handout. Look at the Percent Daily Value for whole milk and fat free milk. Which is lower in saturated fat?

■ **Answer:**

Fat free milk is lower in saturated fat. One cup of fat free milk has 0 percent of the Daily Value of saturated fat. One cup of whole milk has 25 percent of  $\frac{1}{4}$  of the Daily Value of saturated fat.

■ **Say:**

Now look at “Virginia’s Breakfast Choices.” We are going to practice choosing foods that are lower in fat by using the food label. First, I am going to tell you about a problem for many busy people. Then we will use food labels to find some solutions.

Virginia has little time in the morning to prepare breakfast. She often has a cinnamon roll and a cup of coffee with  $\frac{1}{4}$  cup of whole milk and 2 teaspoons of sugar. Look at the food labels. Help her select some breakfast foods that are lower in fat and saturated fat than her choices.

*Note: The correct answer is underlined.*

- A cinnamon roll or a plain bagel?
- Coffee with whole milk or coffee with lowfat milk?
- A doughnut or an English muffin?
- Fruit danish or a banana?
- Toast with butter or toast with diet margarine?
- Flour tortilla or corn tortilla?
- Refried beans or boiled beans?
- Lowfat cheddar cheese or regular cheddar cheese?

■ **Ask** a volunteer to describe:

- What he or she usually eats for breakfast?
- Which foods are higher in fat?
- What lower fat foods can you choose to replace them?



**Note:** Write the answers on the blackboard or a large piece of paper taped to the wall. Help the volunteer select some substitutes, if needed.

## 7. Guess the Amount of Fat Activity



### Before the session

- Buy a can of shortening. Also buy three foods (or use pictures of them) from this list.
  - 2 ounces cheddar cheese (about the size of a 9-volt battery)
  - 2 tablespoons sour cream
  - 1 ounce tortilla chips (about 15 chips)
  - 1 beef hot dog
  - 1 cup boiled beans (canned)
  - 1 orange
  - 7 paper plates
- Write the name of each food you bought on a separate plate.
- Label another plate “amount of fat per day.”
- Look at the chart below. Find the amount of fat for each food you bought.

<b>Foods</b>	<b>Teaspoons of Fat (Grams of Fat)</b>
<b>2 ounces cheddar cheese</b> (about the size of a 9-volt battery)	about 5 teaspoons (20 grams)
<b>2 tablespoons sour cream</b> (about the size of a ping-pong ball)	about 1 <sup>1</sup> / <sub>4</sub> teaspoons (5 grams)
<b>1 ounce (about 15) fried tortilla chips</b>	about 7 <sup>1</sup> / <sub>2</sub> teaspoons (28 grams)
<b>1 beef hot dog</b>	about 4 teaspoons (16 grams)
<b>1 cup boiled beans (canned)</b>	about 1/4 teaspoon (1 gram)
<b>1 orange</b>	none
<b>Amount of fat per day</b>	<b>about 5<sup>1</sup>/<sub>2</sub> tablespoons (65 grams)</b>

5. Using the can of shortening, spoon the amount of fat listed in the chart onto the plate labeled for that food.
6. Spoon out 5<sup>1</sup>/<sub>2</sub> tablespoons of shortening. Place it on the plate labeled “amount of fat per day.”
7. Put all the plates away until you are ready to do the activity.
8. Take the three remaining plates and place each food item (or a picture of the foods) on the three separate plates.

## Group activity



### ■ Say:

We are going to play a guessing game that will help you learn about the fat content of several foods. Learning foods that are higher in fat and how to replace them with foods that contain less fat will help you have a healthier heart.

### ■ Give each member a “Guess the Fat Activity” handout on page 99.



### ■ Show the group members the three plates of foods you prepared ahead of time (or pictures of the foods).

### ■ Say:

Guess the number of teaspoons of fat that are found in one serving of each of these foods. Write your guess on the “Guess the Fat Activity Sheet” handout.

### ■ Ask the group members to tell you the amount of fat they guessed for the first food item. After the members have shared the amount they guessed, tell them the actual number of teaspoons of fat the food contains. Tell them to write this amount on their activity sheet, too. Bring out the plate of fat you made ahead of time for that food to show them how much it is. Then do this for the other two foods.

### ■ Say:

Children, teenage girls, active women, and men who do not get much physical activity should eat about 2,000 calories each day. No more than 30 percent (or about <sup>1</sup>/<sub>3</sub>) of those calories should come from fat. That is about 5<sup>1</sup>/<sub>2</sub> tablespoons of fat from all the food you eat during the day.

- **Show the group members** the plate labeled “amount of fat per day.”

**Say:**

This plate represents the most fat that people should eat each day.

Compare the “amount of fat per day” with the amount of fat in these foods.

- **Say:**

As you can see, it is easy to go over the limit for fat when we eat foods higher in fat like fried foods, some fast foods, hot dogs, chips, and ice cream. To make it easier to cut back on fat, eat more foods that are lower in fat, like fruits, vegetables, rice, cereals and breads, beans, and fat free or lowfat dairy products.

- **Ask:**

How do you feel about the amount of fat in the foods you guessed and the true amounts?



**Note:** Give the group 3 to 5 minutes to talk about their reactions.

- **Say:**

There are lower fat substitutes for some of the higher fat foods we often eat.

**Go over** the list below.

<b>Foods</b>	<b>Lower Fat Substitutions</b>
<b>Cheese</b>	Fat free or lowfat cheese
<b>Whole milk</b>	Lowfat or fat free (skim) milk
<b>Sour cream</b>	Lowfat sour cream, lowfat or fat free plain yogurt
<b>Tortilla chips</b>	Baked tortilla chips
<b>Beef hot dog</b>	Lowfat hot dog

- **Say:**

Also you can reduce the amount of fat that you eat by simply eating foods higher in fat less often or in smaller amounts.



## 8. Cooking With Less Fat Activity



**Note:** This section gives the group members information they need to cut back on the amount of fat in their diets. This activity will help members understand that they can cut back on the fat in their diet without giving up their traditional foods.

### ■ Ask:

Before we do the next activity, can you tell me what you can do to cook with less fat?



**Note:** Give them about 3 minutes to answer. Write their answers on the blackboard or a large piece of paper taped to the wall.

### ■ Say:

The next activity shows how to prepare foods with less fat, saturated fat, and cholesterol.

- **Give group members** a copy of the “Cooking with Less Fat” handout (pages 100 and 101). **Go over** each of the dishes listed. Have volunteers read each recipe out loud.



- **Ask** why the recipes on the handout are lower in fat.

### (Correct Answers)

- Beans are naturally low in fat, and no fat (lard, shortening, or oil) is added.
- Boiled rice is naturally low in fat, and no fat is added.
- The potatoes are baked, not fried.
- The Mexican quesadillas are made with corn tortillas, no fat is added. Lowfat cheese is used instead of whole milk cheese.
- The fat is drained from the cooked ground beef.
- The fruit shake is made with fat free milk instead of whole milk.

## 9. Reduced Fat Chicken Stew Activity



- Give the group members a copy of the “Chicken Stew” recipe (page 102).

- Ask: How has fat been reduced in this recipe?  
Add any answers below that are not said.



- It is made with skinless chicken.
- No fat is added.
  - flavored with vegetables and seasonings instead of fat.
  - cooked slowly in water (moist heat) instead of fat.

- Remind group members:

Foods lower in fat still contain calories. Check the portion size. If you eat these foods in large quantities, you may gain weight.

- Ask if there are any questions. Encourage group members to try this recipe at home during this week.

## Weekly Pledge



- Say:

Pledge to do one thing that you will do to eat less fat, saturated fat, and cholesterol during this week.

You can write your pledge on the “Be Good to Your Heart. Eat Less Fat, Saturated Fat, and Cholesterol” handout.

**Note:** Tell the group members to give details about what they plan to do. If someone says they will use less oil in cooking, ask them to give you an example.

- I will take the skin off chicken and not eat it.
- I will eat boiled beans instead of refried beans.
- I will try lowfat (1%) milk.

- Say:

We will discuss results of your pledge during the next session. Remember to continue to work on your pledge to be physically active and to reduce sodium in your diet.



## Review of Today's Key Points

■ **Say to the group:** Let's review what we learned today.

**Q: What may cause your arteries to become clogged?**

A: Cholesterol buildup will clog the arteries.

**Q: What is considered a desirable blood cholesterol level?**

A: Less than 200 mg/dL.

**Q: What steps can you take to keep your cholesterol level low?**

- A: • Eat foods lower in fat, saturated fat, and cholesterol  
• Maintain a healthy weight  
• Stay physically active

**Q: Can you name three foods that are high in saturated fat?**

A: Lard, shortening, butter, fatty meat, poultry with skin, whole milk

**Q: What are some things that a person can do to make foods lower in fat?**

- A: • Trim the fat from meat before cooking  
• Take the skin off poultry  
• Bake, boil, broil, or grill food instead of frying it  
• Skim the fat off soups before serving

## Closing

■ **Say:**

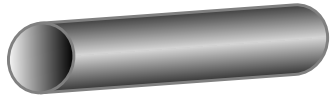
Thank you for coming today. What did you think of today's session? I am looking forward to seeing you at the next session. The next session will be about maintaining a healthy weight.



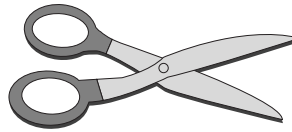
Note: Think about today's session. What worked and didn't work? Have you made any changes in your own life that were covered in today's session?

# How to make an artery model

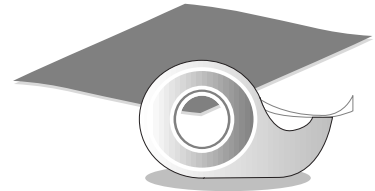
## What you will need:



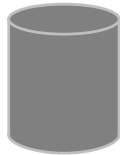
one empty paper towel roll



scissors



red construction paper and tape  
or red felt with a sticky backing



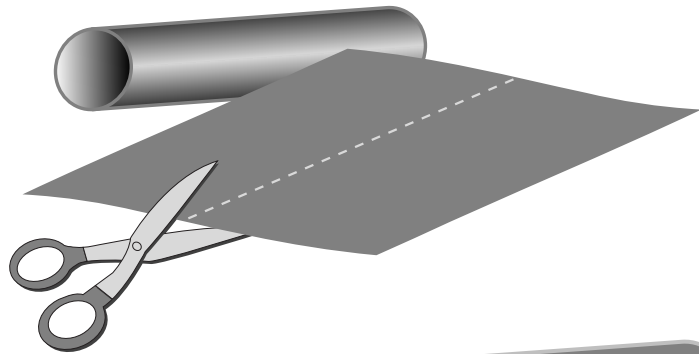
red modeling clay



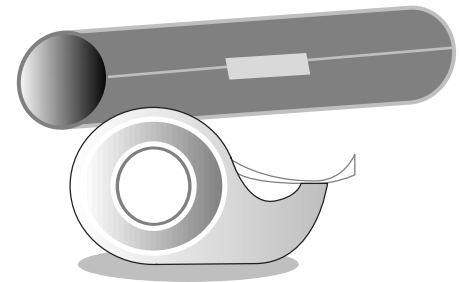
yellow modeling clay

## What you need to do:

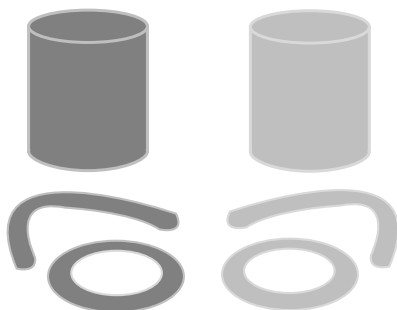
1. Cut construction paper or felt to fit around the outside of the roll.



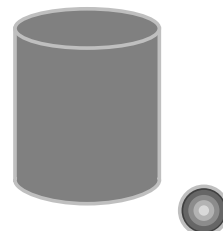
2. Tape construction paper or stick felt around the outside of the roll.



3. Roll out a thin piece of yellow and red



4. Make one small round ball of the red clay.

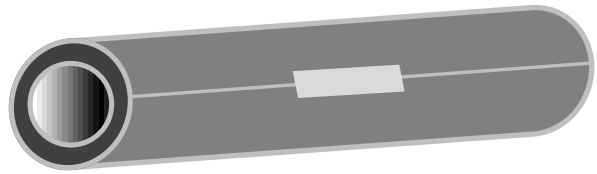


clay into donut-shaped figures.

## How To Explain the Artery Model

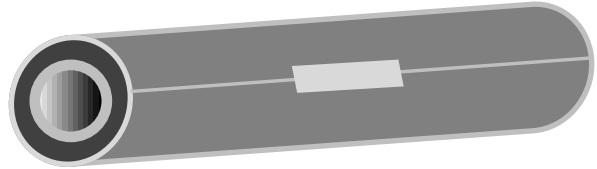
1. Place the red pieces of clay on the outside edge of both ends of the roll.

**Say:** This is a healthy artery. The blood can flow through the opening easily.



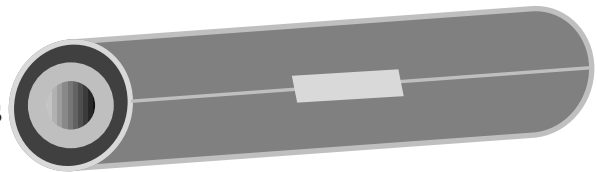
2. Add pieces of the yellow clay to the inside edge of the red clay on one end of the roll.

**Say:** This is the beginning of a clogged artery. Cholesterol is starting to build up.



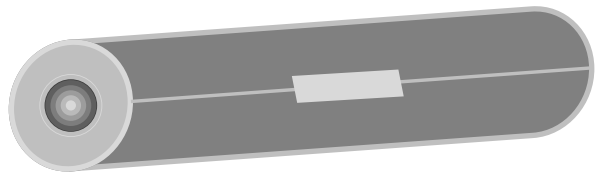
3. Continue to add pieces of yellow clay to this end of the roll almost to fill in the opening completely.

**Say:** The opening of the clogged artery is getting smaller. Blood cannot flow through easily.



4. Put a red ball in the small opening that is left at the end of the roll.

**Say:** When the inside of an artery becomes narrowed, a blood clot may block an artery going to the heart. This may cause a heart attack. If the blood clot blocks an artery going to the brain, it may cause a stroke, or “brain attack.” Other problems caused by narrowed arteries are angina (chest pain) and poor blood circulation.



# Be good to your heart. Eat less fat, saturated fat, and cholesterol.

Eating lower fat and cholesterol foods can help you reduce your blood cholesterol level and your weight and prevent heart disease. It also sets a good example for your children.

## Do you know your cholesterol number?

### Here is what your cholesterol number means:

- |               |  |
|---------------|--|
| Less than 200 | Good for you! Keep up the good work!   |
| 200-239       | Your cholesterol could be a problem. It may be time to make changes in what you eat, your activity, and your weight. |
| 240 or higher | You are at risk for clogged arteries and a heart attack. See your doctor.  |

### Write your blood cholesterol number here:



## Make the switch to heart-healthy eating today!

Doña Fela has learned that it's not difficult to get your family to eat lower fat and cholesterol foods.

### How I switched my family from whole to fat free milk.

To switch my family from drinking whole milk to fat free milk, I served them whole milk mixed with reduced fat milk for a month. During the next month, I served them reduced fat milk mixed with lowfat milk, then lowfat milk mixed with fat free milk, until they were drinking only fat free milk. Soon they couldn't even taste the difference.



## Try some of these simple changes:

### When Shopping

1. Buy lowfat (1%) or fat free (skim) milk and lowfat or fat free cheese.
2. Buy nonstick cooking oil spray. Spray it on baking pans and skillets instead of using a lot of fat for greasing pans.
3. Use the food label to help you choose foods lower in fat, saturated fat, and cholesterol.

### When Cooking

1. Trim the fat from meat and the skin and fat from chicken and turkey before cooking.
2. Cook ground meat and drain the fat.
3. Cool soups and remove the layer of fat that rises to the top.

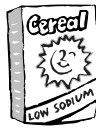
### When Eating

1. Use fat free or lowfat salad dressing, mayonnaise, or sour cream.
2. Use small amounts of margarine instead of butter.
3. Choose fruits and vegetables instead of high fat foods like chips or fries.



Virginia has learned that eating foods high in saturated fat can raise her blood cholesterol level. So she's modified her favorite pie recipe by using margarine, fat free milk, and lowfat cream cheese. Now the pie is lower in fat, saturated fat, and cholesterol, and it still tastes great.

## Make your personal pledge to do what Virginia has done! Look at these examples:



### Breakfast

---

Use lowfat milk in coffee or cereal.

### Lunch

---

Use leftover roasted turkey to make a sandwich. Eat it with some raw carrots and a banana for dessert.



### Dinner

---

Bake chicken with lime juice, cilantro, and tomatoes. Take the skin off and throw it away before cooking.



### Snack

---

Eat an apple instead of fatty tortilla chips.



## Write the changes you will try to make this week:

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**Your health and your family's health is priceless. Make an investment in it!**

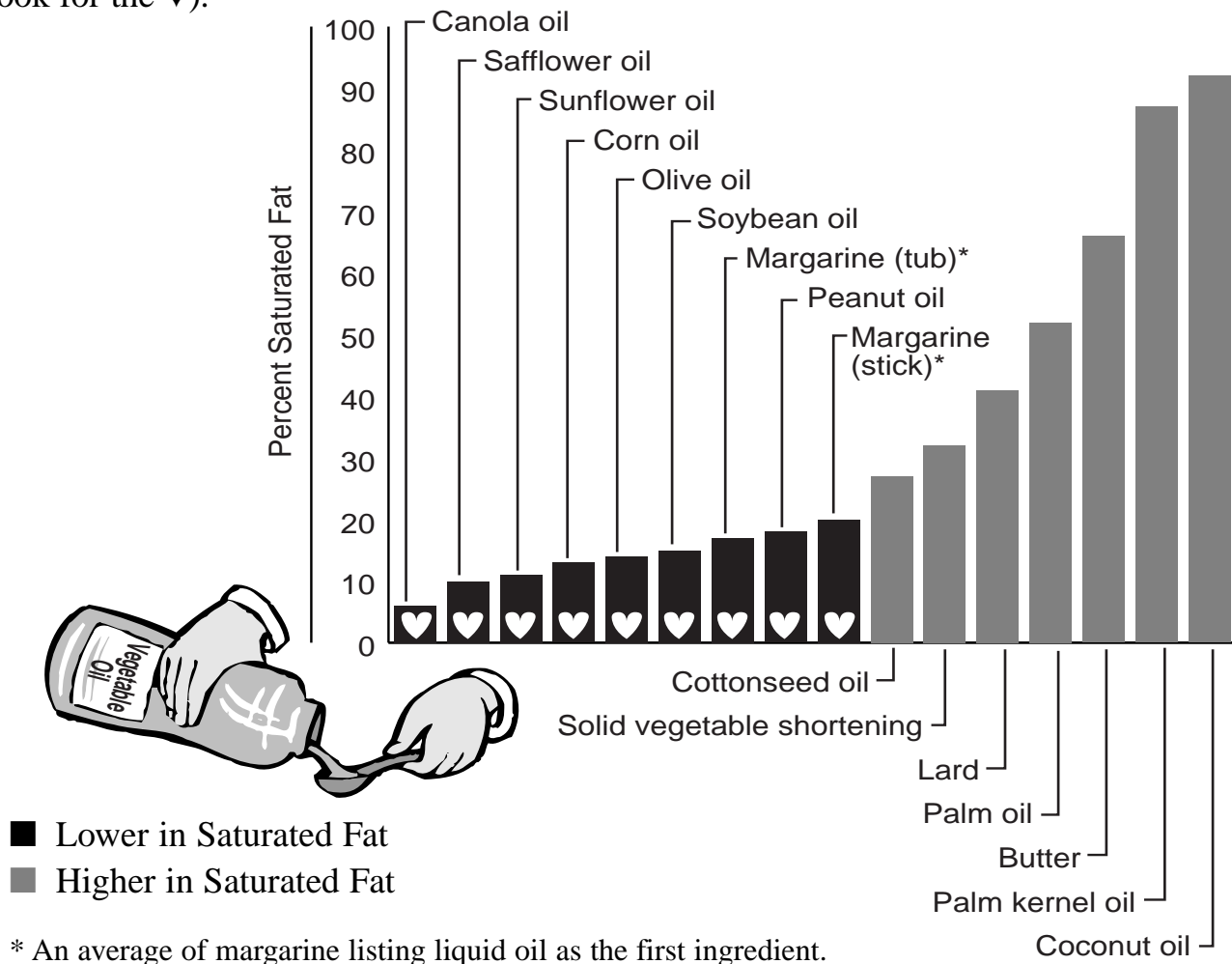
# Fats and Oils To Choose

**Eat less of all fats and oils.**

**When you do use fats and oils, choose those with less saturated fat.**

Choose <u>More</u> Often ( <u>Less</u> Saturated)	Choose <u>Less</u> Often ( <u>More</u> Saturated)
♥ Canola, olive, safflower, soybean, and sunflower oils	♥ Butter
♥ Margarine (especially light margarine)	♥ Solid shortening
	♥ Lard
	♥ Fatback

Use this handy graph to help you choose products with the least amount of saturated fat (look for the ♥).



Source: *Let's Eat!* Division of Health Education, Memorial Hospital of Rhode Island, Pawtucket, RI



# Read the Food Label To Choose Foods Lower in Fat, Saturated Fat and Cholesterol!



Food labels tell you what you need to know about choosing foods that are lower in saturated fat, total fat, and cholesterol. Here's a food label for a carton of whole milk. The label tells you:

- Amount Per Serving**  
 The nutrient amounts are for one serving. So, if you eat more or less than one serving, you need to add or subtract nutrient amounts. For example, if you drink 2 cups of whole milk, you are eating two servings. So you need to double the amount of total fat, saturated fat, and cholesterol.
- Nutrients**  
 Here are the amounts of total fat, saturated fat, and cholesterol in one serving. These amounts are given in grams (g) or milligrams (mg).

**Whole Milk**

<b>Nutrition Facts</b>	
Serving Size 8 fl oz (240mL)	
Servings Per Container 4	
<hr/>	
<b>Amount Per Serving</b>	
<b>Calories</b> 150	Calories from Fat 70
<hr/>	
	<b>% Daily Value*</b>
<b>Total Fat</b> 8g	12%
Saturated Fat 5g	25%
<b>Cholesterol</b> 35mg	12%
<b>Sodium</b> 125mg	5%
<b>Total Carbohydrate</b> 12g	4%
Dietary Fiber 0g	0%
<hr/>	
Sugars 11g	
<hr/>	
Protein 8g	
<hr/>	
Vitamin A 6%	Vitamin C 4%
Calcium 30%	Iron 4% • Vitamin D 25%
*Percent Daily Values are based on a 2,000 calorie diet.	

- Serving size and number of servings**  
 The serving size is 8 fl. oz. (1 cup). There are four servings in the carton.
- Percent Daily Value**  
 The Percent Daily Value helps you compare products and quickly tells you if the food is high or low in these nutrients. Choose products with the lowest Percent Daily Value for total fat, saturated fat, and cholesterol.

## The Choice is Yours—Compare!

### Which one would you choose?

Except for fat and saturated fat, fat free milk has all the nutrients of whole milk including the calcium. That makes fat free milk a better choice! Read food labels and choose products to keep your heart strong.

<b>Calories</b> 150	Calories from Fat 70
<hr/>	
	<b>% Daily Value*</b>
<b>Total Fat</b> 8g	12%
Saturated Fat 5g	25%
<b>Cholesterol</b> 35mg	12%
<b>Sodium</b> 125mg	5%

### Whole Milk

One cup of whole milk has 25 percent or 1/4 of the Daily Value of saturated fat you should limit yourself to in 1 day. That's a lot.

<b>Calories</b> 90	Calories from Fat 0
<hr/>	
	<b>% Daily Value*</b>
<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
<b>Cholesterol</b> 5mg	1%
<b>Sodium</b> 135mg	6%

### Fat Free (Skim) Milk

One cup of fat free milk has 0 percent of the Daily Value of saturated fat.



Virginia has little time in the morning to prepare breakfast. She often has a cinnamon roll and a cup of coffee with  $\frac{1}{4}$  cup of whole milk and 2 teaspoons of sugar. Look at the food labels. Help her select some breakfast foods that are lower in fat and saturated fat than her choices. Which should she choose? Mark the number of your choice for each pair in the “Lower Fat Choice” space to the right.

### 1 – Cinnamon Roll

Nutrition Facts	
Serving Size 1 roll (85g) Servings Per Container 15	
Amount Per Serving	
Calories 270	Calories from Fat 50
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 1g	5%
Cholesterol 10mg	3%
Sodium 340mg	14%
Total Carbohydrate 52g	17%
Dietary Fiber 3g	12%
Sugars 25g	
Protein 5g	
Vitamin A 0%	• Vitamin C 2%
Calcium 8%	• Iron 15%

### 2 – Plain Bagel

Nutrition Facts	
Serving Size 1 bagel (75g) Servings Per Container 6	
Amount Per Serving	
Calories 210	Calories from Fat 5
% Daily Value*	
Total Fat 1g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 390mg	16%
Total Carbohydrate 43g	14%
Dietary Fiber 2g	8%
Sugars 2g	
Protein 8g	
Vitamin A 0%	• Vitamin C 0%
Calcium 6%	• Iron 15%

Lower  
Fat  
Choice

### 3 – Whole Milk

Nutrition Facts	
Serving Size 8 fl. oz. (236 ml) Servings Per Container 8	
Amount Per Serving	
Calories 150	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 5g	25%
Cholesterol 35mg	12%
Sodium 125mg	5%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Sugars 11g	
Protein 8g	
Vitamin A 6%	• Vitamin C 4% • Vitamin D 25%
Calcium 30%	• Iron 0%

### 4 – Lowfat (1%) Milk

Nutrition Facts	
Serving Size 8 fl. oz. (236 ml) Servings Per Container 8	
Amount Per Serving	
Calories 100	Calories from Fat 20
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 1.5g	8%
Cholesterol 10mg	3%
Sodium 130mg	5%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Sugars 11g	
Protein 8g	
Vitamin A 10%	• Vitamin C 4% • Vitamin D 25%
Calcium 30%	• Iron 0%

Lower  
Fat  
Choice

\*Percent Daily Values are based on a 2,000 calorie diet.

# Virginia's Breakfast Choices

## 5 – Regular Donut

Nutrition Facts	
Serving Size 1 donut (80g)	
Servings Per Container 6	
Amount Per Serving	
Calories 330	Calories from Fat 170
% Daily Value*	
<b>Total Fat</b> 18g	28%
Saturated Fat 4.5g	23%
<b>Cholesterol</b> 10mg	3%
<b>Sodium</b> 220mg	9%
<b>Total Carbohydrate</b> 39g	13%
Dietary Fiber Less than 1g	3%
Sugars 23g	
<b>Protein</b> 3g	
Vitamin A 0%	• Vitamin C 0%
Calcium 10%	• Iron 6%

## 6 – English Muffin

Nutrition Facts	
Serving Size 1 muffin (57g)	
Servings Per Container 4	
Amount Per Serving	
Calories 120	Calories from Fat 10
% Daily Value*	
<b>Total Fat</b> 1g	2%
Saturated Fat 0g	0%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 200mg	8%
<b>Total Carbohydrate</b> 25g	8%
Dietary Fiber 1g	4%
Sugars 1g	
<b>Protein</b> 1g	
Vitamin A 0%	• Vitamin C 0%
Calcium 8%	• Iron 8%

Lower  
Fat  
Choice

## 7 – Fruit Danish

Nutrition Facts	
Serving Size 1/8 (57g)	
Servings Per Container 8	
Amount Per Serving	
Calories 160	Calories from Fat 7
% Daily Value*	
<b>Total Fat</b> 8g	12%
Saturated Fat 1.5g	8%
<b>Cholesterol</b> 5mg	2%
<b>Sodium</b> 210mg	9%
<b>Total Carbohydrate</b> 24g	8%
Dietary Fiber 0g	0%
Sugars 13g	
<b>Protein</b> 2g	
Vitamin A 0%	• Vitamin C 4%
Calcium 10%	• Iron 2%

## 8 – Banana

Nutrition Facts	
Serving Size 1 medium (126g)	
Servings Per Container 1	
Amount Per Serving	
Calories 110	Calories from Fat 0
% Daily Value*	
<b>Total Fat</b> 0.5mg	1%
Saturated Fat 0g	0%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 0mg	0%
<b>Total Carbohydrate</b> 29g	10%
Dietary Fiber 1g	4%
Sugars 21g	
<b>Protein</b> 1g	
Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• Iron 0%

Lower  
Fat  
Choice

\*Percent Daily Values are based on a 2,000 calorie diet.

# Virginia's Breakfast Choices

## 9 – Butter

Nutrition Facts	
Serving Size 1 Tbsp	
Servings Per Container 32	
Amount Per Serving	
Calories 100	Calories from Fat 100
% Daily Value *	
Total Fat 11g	17%
Saturated Fat 8g	38%
Cholesterol 30mg	10%
Sodium 85mg	4%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars *	
Protein 0g	
Vitamin A 8%	• Vitamin C**
Calcium**	• Iron**

\*\*Not a significant source of these nutrients.

## 10 – Diet Margarine

Nutrition Facts	
Serving Size 1 Tbsp	
Servings Per Container 80	
Amount Per Serving	
Calories 50	Calories from Fat 50
% Daily Value *	
Total Fat 6g	9%
Saturated Fat 1.5g	8%
Cholesterol 0mg	0%
Sodium 55mg	2%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 0g	
Vitamin A 10%	• Vitamin E 8% • Vitamin C*
Calcium*	• Iron**

\*\*Not a significant source of these nutrients.

Lower  
Fat  
Choice

## 11 – Flour Tortillas

Nutrition Facts	
Serving Size 2 tortillas	
Servings Per Container 5	
Amount Per Serving	
Calories 160	Calories from Fat 30
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0.5g	3%
Cholesterol 0mg	0%
Sodium 290mg	12%
Total Carbohydrate 27g	9%
Dietary Fiber 3g	12%
Sugars 1g	
Protein 4g	
Vitamin A**	• Vitamin C**
Calcium**	• Iron 8%

\*\*Not a significant source of these nutrients.

\*Percent Daily Values are based on a 2,000 calorie diet.

## 12 – Corn Tortillas

Nutrition Facts	
Serving Size 2 tortillas	
Servings Per Container 5	
Amount Per Serving	
Calories 130	Calories from Fat 15
% Daily Value *	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 90mg	4%
Total Carbohydrate 26g	9%
Dietary Fiber 2g	8%
Sugars 0g	
Protein 2g	
Vitamin A 2%	• Vitamin C 0%
Calcium 8%	• Iron 4%

Lower  
Fat  
Choice

# Virginia's Breakfast Choices

## 13 – Refried Beans

<b>Nutrition Facts</b>	
Serving Size 1/2 cup	
Servings Per Container 3.5	
Amount Per Serving	
Calories 200	Calories from Fat 100
% Daily Value *	
<b>Total Fat</b> 11g	17%
Saturated Fat 3g	14%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 760mg	32%
<b>Total Carbohydrate</b> 20g	7%
Dietary Fiber 10g	0%
Sugars 1g	
<b>Protein</b> 6g	
Vitamin A 0%	• Vitamin C 2%
Calcium 6%	• Iron 10%

## 14 – Boiled Beans

<b>Nutrition Facts</b>	
Serving Size 1/2 cup	
Servings Per Container 3	
Amount Per Serving	
Calories 90	Calories from Fat 5
% Daily Value *	
<b>Total Fat</b> 0.5g	0%
Saturated Fat 0g	0%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 460mg	19%
<b>Total Carbohydrate</b> 19g	6%
Dietary Fiber 6g	24%
Sugars less than 1g	
<b>Protein</b> 7g	
Vitamin A 0%	• Vitamin C 0%
Calcium 4%	• Iron 10%

Lower  
Fat  
Choice

## 15 – Lowfat Cheddar Cheese

<b>Nutrition Facts</b>	
Serving Size 1 oz	
Servings Per Container 8	
Amount Per Serving	
Calories 50	Calories from Fat 15
% Daily Value *	
<b>Total Fat</b> 1.5g	2%
Saturated Fat 1g	5%
<b>Cholesterol</b> less than 5mg	0%
<b>Sodium</b> 220mg	9%
<b>Total Carbohydrate</b> 1g	0%
Dietary Fiber less than 1g	0%
Sugars 0g	
<b>Protein</b> 8g	
Vitamin A 4%	• Vitamin C 0%
Calcium 10%	• Iron 0%

## 16 – Cheddar Cheese

<b>Nutrition Facts</b>	
Serving Size 1 oz	
Servings Per Container 7	
Amount Per Serving	
Calories 120	Calories from Fat 90
% Daily Value *	
<b>Total Fat</b> 10g	15%
Saturated Fat 7g	35%
<b>Cholesterol</b> 30mg	10%
<b>Sodium</b> 180mg	8%
<b>Total Carbohydrate</b> less than 1g	0%
Dietary Fiber 0g	0%
Sugars 0g	
<b>Protein</b> 6g	
Vitamin A 6%	• Vitamin C 0%
Calcium 20%	• Iron 0%

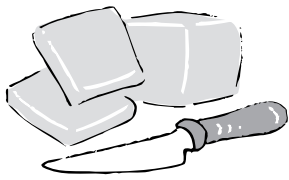

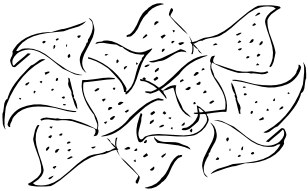
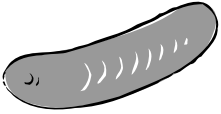

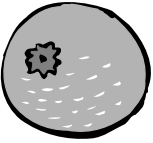
Lower  
Fat  
Choice

\*Percent Daily Values are based on a 2,000 calorie diet.

# Guess the Fat Activity Sheet

Try to guess the amount of fat (in teaspoons) that is found in each food.

Write your answers on the "My Guess" line.

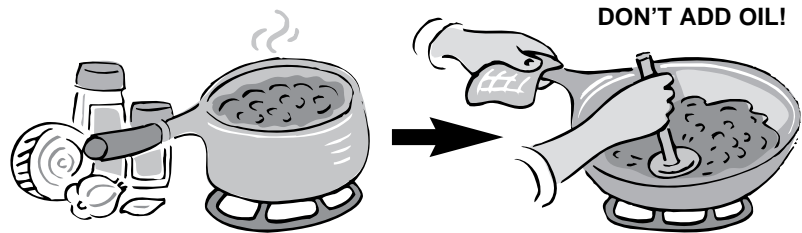
		Teaspoons of Fat	
Food		My Guess	True Amount
	2 ounces cheddar cheese	_____	_____
	2 tablespoons sour cream	_____	_____
	1 ounce (fried) tortilla chips (about 15 chips)	_____	_____
	1 beef hot dog	_____	_____
	1 cup boiled beans (canned)	_____	_____
	1 orange	_____	_____

# Cooking With Less Fat

## Beans

Cook beans in water until tender.

Season with onion, garlic, cumin, oregano, and if you wish, 1/4 teaspoon of salt.

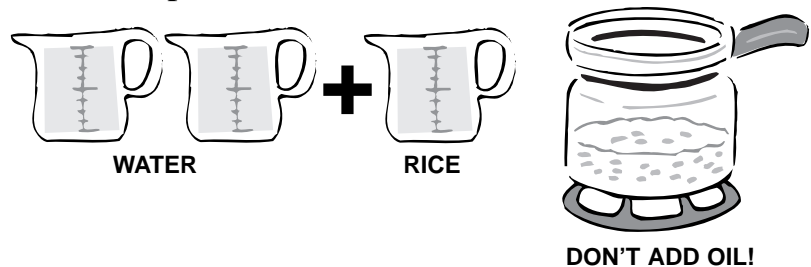


To thicken beans, mash and refry in skillet with a little water (without adding lard or vegetable shortening).

## Boiled Rice

Bring 2 cups of water to a boil and add 1 cup of rice.

Cover well and cook over low heat for 20 minutes.

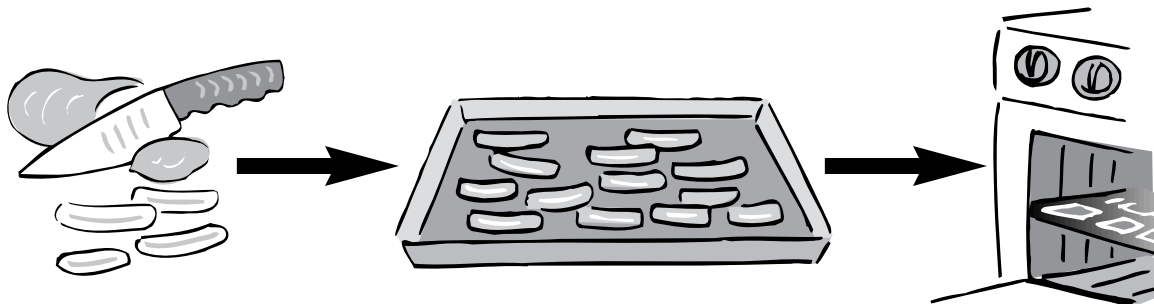


## Oven Fried Potatoes

Cut potatoes in the shape of thick french fries.

Leave peel on. Arrange on a baking sheet that has been lightly sprayed with nonstick cooking spray.

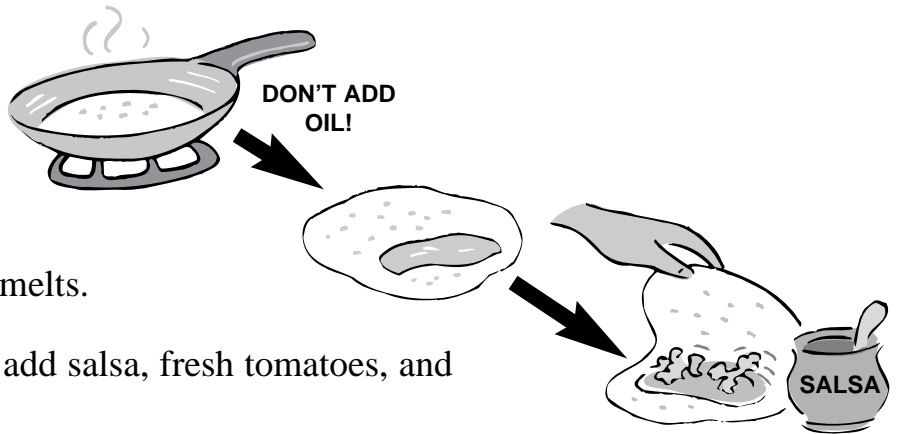
Bake at 350° for 1 hour.



# Cooking With Less Fat (continued)

## Mexican Quesadillas

For each quesadilla, place a corn tortilla on a dry griddle over medium heat. When soft, put a small slice of lowfat cheese on half of the tortilla and fold. Heat until the cheese melts.



Remove from skillet, open, and add salsa, fresh tomatoes, and cilantro. Refold before eating.

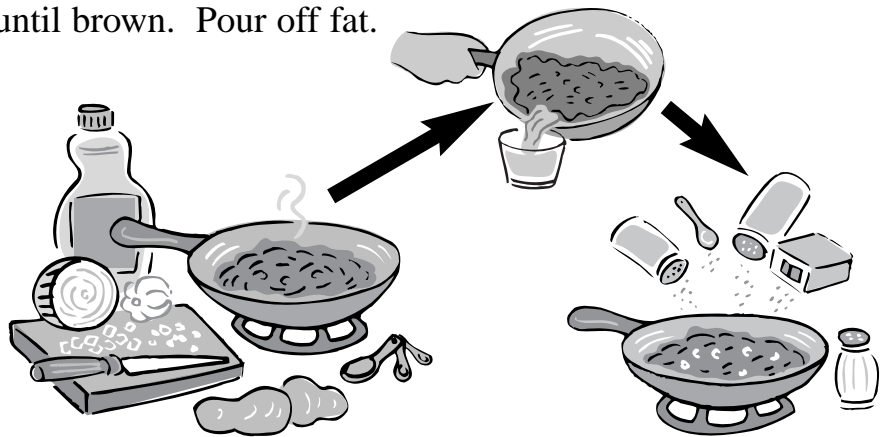
## Ground Beef with Potatoes

In a hot skillet, sauté garlic and chopped onions in 1 teaspoon of vegetable oil. Add extra lean ground beef and cook until brown. Pour off fat.

Dice unpeeled potatoes and add to ground beef.

Season with small amount of oregano, powdered cumin, black pepper, and 1/4 teaspoon salt.

Cook until potatoes are tender.



## Fruit Shake



Cut your favorite fruit into chunks.

Place in a blender along with fat free (skim) milk, vanilla, and ice.

Blend until it is smooth.

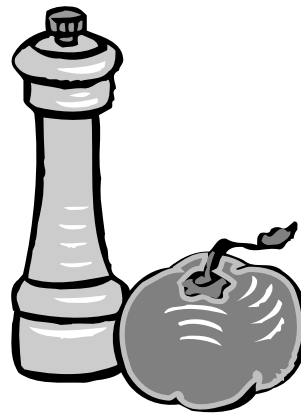


# Chicken Stew

8 pieces	chicken (breasts or legs)
1 cup	water
2 small	garlic cloves, minced
1 small	onion, chopped
1½ teaspoons	salt
½ teaspoon	ground black pepper
3 medium	tomatoes, chopped
1 teaspoon	parsley, chopped
¼ cup	celery, finely chopped
2 medium	potatoes, peeled and chopped
2 small	carrots, chopped
2	bay leaves

1. Remove the skin from the chicken and any extra fat. In a large skillet, combine chicken, water, garlic, onion, salt (as little as possible), pepper, tomatoes, and parsley. Tightly cover and cook over low heat for 25 minutes.
2. Add celery, potatoes, carrots, and bay leaves and continue to cook for 15 more minutes or until chicken and vegetables are tender. Remove bay leaves before serving.

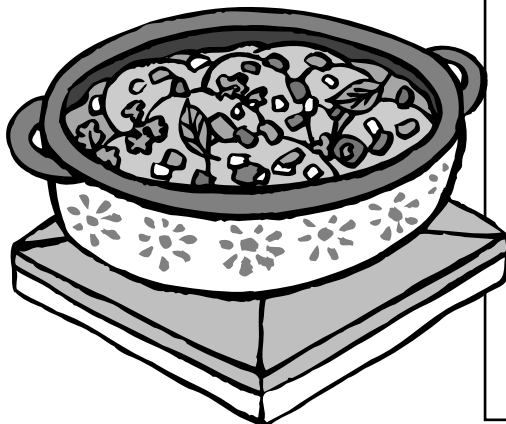
Yield: 8 servings  
Serving size: 1 piece of chicken  
Each serving provides:  
Calories: 206  
Total fat: 6 g  
Saturated fat: 2 g  
Cholesterol: 75 mg  
Sodium: 489 mg  
Calcium: 32 mg  
Iron: 2 mg



## Quick Tips

**This recipe is lower in saturated fat and cholesterol because:**

- It is made with chicken without the skin and any extra fat is taken off.
- No fat is added.
  - It is flavored with vegetables and seasonings.
  - It is cooked slowly in water (moist heat).



# Maintain a Healthy Weight

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## Objectives

By the end of this session, group members will learn that:

- Being overweight is a risk factor for high blood cholesterol, high blood pressure, diabetes, and heart disease.
- Healthy weights are given in ranges.
- Losing weight or keeping a healthy weight means making lifelong changes.
- Fad diets usually do not work and can be harmful.

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## Materials and Supplies

To conduct this session you will need:

- *Your Heart, Your Life* manual and packet of picture cards
- Blackboard and chalk or several large pieces of paper, a marker, and tape
- Two bathroom scales
- A tape measure you can attach to the wall (to measure height)
- A cloth tape measure (to measure the waist)
- Food label (from a can or package)
- *(Optional)* “Ese niño no me gusta nada. Cuide su peso” Telenovela or Fotonovela
- *(Optional)* VCR and TV monitor

- 10 serving dishes
  - 4 measuring cups
  - 5 spoons
  - 1 knife
  - Food:
    - 1 16-ounce box of cereal
    - 1 15-ounce can of fruit or vegetables
    - 1 block of cheddar cheese (about 1/2 pound)
    - 3 cups cooked rice
    - 1 15-ounce can of beans
- 

## **Handouts**

**Give each group member these handouts during this session:**

- “Protect Your Heart. Watch Your Weight” (pages 118 and 119)
- Virginia’s Habits and Her Weight (page 120)
- Tips To Help You Lose Weight (page 121)
- Serving Sizes (page 122)
- Read the Food Label for Calories (page 123)
- Virginia’s Snack Choices (pages 124-126)
- Fresh Cabbage and Tomato Salad Recipe (page 127)

## **Session Outline**

### **Introducing the Session**

1. Welcome
2. Review of Last Week's Session
3. About This Session

### **Conducting the Session**

1. Facts About Overweight
2. “Ese niño no me gusta nada: Cuide su peso” Telenovela or Fotonovela  
(*Optional*)
3. Your Weight and Your Health
4. What Is a Healthy Weight Activity?
5. The Healthy Way To Lose Weight
6. Beat Weight-Loss Barriers
7. How Much Is a Serving?
  - A. Serving Size Activity
  - B. Food Label for Calories Activity
8. Fresh Cabbage and Tomato Salad Recipe

### **Weekly Pledge**

### **Review of Today's Key Points**

### **Closing**

# Introducing the Session

## 1. Welcome

- Welcome the group members to the session.

## 2. Review of Last Week's Session

- **Say:**

Last week we talked about why it is important to cut back on fat, saturated fat, and cholesterol in our diet. Can you list three things you can do to make food lower in fat?



**Note:** Here are some possible answers:

- Trim the fat from meat before cooking
- Take the skin off poultry before cooking
- Bake, boil, broil, or barbecue food instead of frying it

- **Ask:**

What did you do to meet your pledge to eat less fat, saturated fat, and cholesterol? What went well? Did you have any problems?

## 3. About This Session

- **Say:**

Today we will discuss why keeping a healthy weight is important to heart health. When the session ends, you will know that:

- Being overweight is a risk factor for high blood cholesterol, high blood pressure, diabetes, heart disease, and stroke.
- Healthy weights are given in ranges.
- To lose weight:
  - Cut down on the calories you eat
  - Eat smaller portions
  - Eat a variety of foods, especially those lower in calories and fat
  - Be physically active
- Fad diets usually do not work and can be harmful to you.

# Conducting the Session

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## 1. Facts About Overweight

- Overweight increases the risk of heart disease and stroke. Even losing 10 pounds can make a difference.
- About four of every 10 Latino women are overweight.
- About one of every four Latino men is overweight.
- About one of every four Latino children is overweight.

## 2. “Ese niño no me gusta nada. Cuide su peso” Telenovela or Fotonovela *(optional)*

- **Show** the telenovela, “Ese niño no me gusta: Cuide su peso,” or have volunteers read the story from the guide *Más Vale Prevenir Que Lamentar* on pages 16 and 17.

## 3. Your Weight and Your Health

- **Say:**  
Being overweight increases your risk of heart disease and stroke. It can also raise your chances of developing high blood cholesterol, high blood pressure, and diabetes. These can also lead to heart disease.
- **Say:**  
Besides heart disease, overweight can make other health problems worse, such as arthritis and sleep disorders. It also increases your risk of developing prostate, breast, and colon cancer.
- **Say:**  
Even losing a small amount of weight can improve many health problems that come with being overweight.

## 4. What is a Healthy Weight Activity



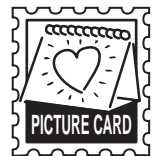
**Note:** Before this activity begins, place the scale where the group members can weigh themselves in private.

- **Give each group member** a copy of the “Protect Your Heart. Watch Your Weight” handout (pages 118 and 119).



- **Show picture card 5-1. Say:**

Look at the handout about Mariano and Virginia. Together, we are going to find if Mariano and Virginia are at a healthy weight.



- **Say:**

Mariano weighs 175 pounds, and he is 5 feet and 6 inches tall (1.68 meters). His wife, Virginia, weighs 125 pounds, and she is 5 feet (1.52 meters) tall. Let’s look at the weight chart on your handout to find out if Mariano and Virginia are within the healthy weight range.

**Answer:** Mariano is moderately overweight, and Virginia is at a healthy weight.

- **Say:**

Now let’s find out how much we weigh and look at our weight range. If you do not know what you weigh, use the scales to get an approximate weight. Scales made for home use are usually not as accurate as the scales in the doctor’s office. Clothing weighs about 2 to 3 pounds. If you do not know your height, use the wall measure.

- **Help the group members** find their weight range using the chart. They do not need to share their results with others.

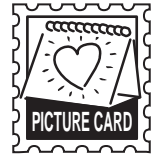
- **Say:**

Healthy weights are usually given in ranges. The higher weights in the healthy range are for people who have more muscle and bone.

- **Say:**

If you are in the healthy range, do not gain any weight, even if the extra weight still keeps you in the healthy range.

- **Show picture card 5-2. Have group members** measure their waist using the cloth tape.



- **Say:**

A waist measurement of more than 35 inches for women and more than 40 inches for men is high. A high measurement increases your risk for heart disease. Think back to Session 1. How many risk factors for heart disease did you have?



**Note:** Use the Risk Factor Review box to remind group members of these risk factors.

<b>Risk Factors Review</b>	
<p><b>Heart disease risk factors you <u>cannot</u> change:</b></p> <ul style="list-style-type: none"> <li>• Age (45 for men; 55 for women)</li> <li>• Family history of heart disease</li> </ul>	<p><b>Risk factors you <u>can do</u> something about include:</b></p> <ul style="list-style-type: none"> <li>• High blood pressure</li> <li>• High blood cholesterol</li> <li>• Cigarette smoking</li> <li>• Diabetes</li> <li>• Overweight</li> <li>• Physical inactivity</li> </ul>

- **Say:**

Look at the section “What Does Your Weight Range Mean?” at the bottom of the “Protect Your Heart” handout. Let’s review the information on the handout.

## **What does your weight range mean?**

- |                            |  |
|----------------------------|--|
| <b>Healthy Weight</b>      | Good for you! Try not to gain any weight.  |
| <b>Moderate Overweight</b> | <p>Try not to gain any weight.</p> <p>You need to lose weight if you have two or more risk factors and:</p> <ul style="list-style-type: none"> <li>• are overweight, or</li> <li>• have a high waist measurement</li> </ul> <p>Ask your doctor or nutritionist for help.</p> |
| <b>Severe Overweight</b>   | You need to lose weight. Lose weight slowly — about 1/2 to 1 pound a week. Ask your doctor or nutritionist for help.   |



## 5. The Healthy Way To Lose Weight

■ **Say:**

We will talk about the healthy way to lose weight.

■ **Say:**

The measure of energy that the body gets from food is called calories. People gain weight when they eat more calories than their body uses for energy.

■ **Say:**

If you need to lose weight, you must choose foods with fewer calories or become more physically active. It's best to do both.

■ **Say:**

To lose 1 pound, you must burn 3,500 calories more than you eat. The number of calories that you burn depends on how active you are and your size.

■ **Say:**

Later in today's session, we will learn how to use food labels to cut back on calories. When cutting calories, it is important to eat a variety of foods from all of the food groups to be sure you get the vitamins and minerals you need. At the next session, we will talk about how to eat in a heart-healthy way.

■ **Say:**

A pregnant woman should not try to lose weight unless her doctor tells her to do so.

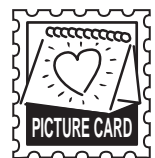
- **Give the group members** the handout “Virginia’s Habits and Her Weight” on page 120. This handout is about how adding small amounts of daily activity can lead to weight loss over time.



- **Ask** volunteers to read each scene.

■ **Show picture card 5-3. Say:**

Like Virginia in scene three, if you eat smaller portions; eat a variety of lower fat, lower calorie foods; and increase your activity level, you can lose weight in a healthy way.



■ **Say:**

Most people who lose weight and keep it off, lose the weight slowly. They learn to make lasting changes. You should try to lose 1/2 to 1 pound each week until you reach a healthy weight.

- **Give each group member** a copy of the “Tips To Help You Lose Weight” on page 121. **Review** the tips for losing weight.



## 6. Beat Weight-Loss Barriers

■ **Ask:**

Have any of you ever tried to lose weight? Ask people to share their experience with the group. Ask them to tell what kept them motivated to lose weight.

■ **Ask:**

Why do you think it is difficult for some people to lose weight or keep off the weight they lose?



**Note:** Write their answers on the blackboard or on a large piece of paper taped to the wall.

**Possible answers:**

Some people have a hard time losing weight because:

- They lack support from family members.
- They think that being heavy means that a person is healthy.
- Friends give the wrong messages. For example, “You’re better off with some extra weight.”
- Family and friends may make it hard for them to lose weight because they may encourage them to go to places that focus on food.
- Their family may refuse to eat lower fat, lower calorie foods. It is hard for them to cook two separate meals.

■ **Ask:**

Have you found ways to solve these or other barriers?



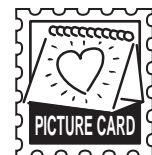
**Note:** Give the members 3 to 5 minutes to answer. Write their answers on the blackboard or a piece of large paper taped to the wall.

**Possible answers:**

- Find another person who also wants to lose weight. You can talk to this person to stay motivated.
- Walk or plan other activities with another person. This makes it more fun and the time will pass quickly.
- Find activities that the whole family can enjoy to help others control their weight, too.
- Share cooking chores with a friend. (For example, if family members will not eat lower calorie dishes, make a dish and share it with a friend. Your friend can make a dish and share it with you.)
- Ask your doctor, a registered dietitian, or a qualified nutritionist to help you develop a plan if you have a lot of weight to lose.

■ **Show picture card 5-4. Say:**

Losing weight has become a money-making business. You hear about miracle diets that claim to help you lose weight fast and easily. These products make only one thing lighter—and that’s your pocket. Be careful about diets and exercise products that use personal testimonies in their ads.



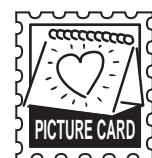
■ **Say:**

Diets that promise quick weight loss rarely work over time. Many of these diets include only a few foods. People get bored with them quickly. These diets do not give you all the nutrients and energy your body needs. They are not healthy.

## 7. How Much Is a Serving?

■ **Show picture card 5-5. Say:**

A key to choosing a healthy diet and losing weight is to know what to eat and how much. Let’s look at how big a serving is according to the Food Guide Pyramid. In the next session, we will look at how much you should eat.



## A. Serving Size Activity



### Before the session:

1. Buy or prepare the foods listed on page 104.
2. Prepare 3 cups of cooked rice.

### When setting up for the session:

1. Check the “Serving Sizes” handout on page 122 for serving size of each food. Measure one serving of each food and put each in a separate dish or other container.
2. Place the dishes with these premeasured foods out of sight.
3. Place the box of dry cereal, a large bowl of cooked rice, a can of fruit or vegetables, a block of cheddar cheese, and a can of beans on a table with five dishes, four serving spoons, and a knife.

■ **Ask five volunteers to come to the table.** Ask each volunteer to do one of the following:

1. Spoon out a serving of cereal and put it into a dish.
2. Spoon out a serving of cooked rice and put it into a dish.
3. Cut a serving of cheese and put it on a dish.
4. Spoon out a serving of the canned fruit or vegetable and put it into a dish.
5. Spoon out a serving of beans and put it into a dish.

■ **Bring out the foods you measured before the session.**

Compare the volunteers’ serving sizes with the true amounts.

■ **Give each group member** a copy of the “Serving Sizes” handout found on page 122. **Ask** volunteers to read aloud the serving sizes for each. **Tell** them to keep this handout and use it at home.



## B. Food Label for Calories Activity



**Note:** This activity will help group members choose foods that are lower in calories.

### ■ Say:

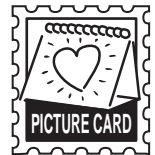
We have learned that to lose weight, a person must eat fewer calories than the body burns for energy. In the last session, you learned how to use the food label to choose foods that are lower in total fat, saturated fat, and cholesterol. Today, we are going to learn how to use the food label to choose foods that are lower in calories.



**Give** each member a copy of the “Read the Food Label for Calories” handout (page 123).

### ■ Show picture card 5-6. Say:

Here’s where you can look to find the number of calories in one serving on the food label.



Look at the bottom of the handout. Look at the Percent Daily Value for canned peaches (in fruit juice) and canned peaches (in syrup). Which canned peaches have less calories?

**Answer:** Canned peaches (in fruit juice) have less calories. One serving of peaches canned in fruit juice has 50 calories. Peaches canned in syrup have 100 calories in one serving (two times more calories than canned peaches in fruit juices).

### ■ Say:

Let’s try another group activity. I will tell you about a common problem for families today. Then we will learn how to use food labels to help solve the problem.

### ■ Give each group member a copy of “Virginia’s Snack Choices” (pages 124-126). Read Virginia’s problem on page 115 and the questions at the end.



**Note:** The correct answers to the questions are underlined. The number of calories saved by making the right choice is given below the choices.

## Virginia's Problem

Virginia and her family like to have snacks when they watch television. Recently she has noticed that her family has gained a little too much weight. Use the food labels to choose some tasty snacks that are lower in calories. What should Virginia serve? Mark the number of your choice for each pair on the right. Then mark the number of calories saved by this choice. Correct answers are underlined, and calories saved are listed below.

### **Potato chips or air-popped popcorn?**

Choosing popcorn saves 135 calories.

### **Apple or shortbread cookies?**

Choosing an apple saves 70 calories.

### **A cup of whole milk or a cup of fat free (skim) milk?**

Choosing the fat free (skim) milk saves 60 calories.

### **Chocolate swirl ice cream or a popsicle?**

Choosing the popsicle saves 95 calories.

### **Peaches canned in fruit juice or peaches canned in syrup?**

Choosing the peaches canned in fruit juice saves 50 calories.

### **Salsa or jalapeño cheese dip?**

Choosing the salsa saves 25 calories.

### ■ Ask:

1. What is one example of a snack that is higher in calories that your family eats?
2. What is one example of a snack that is lower in calories that your family would enjoy?

## 8. Fresh Cabbage and Tomato Salad Recipe



- Give each group member a copy of the “Fresh Cabbage and Tomato Salad” recipe on page 127.

- **Say:**

This salad is easy to make. It has only 41 calories and 1 gram of fat per serving. It is also low in sodium. Try the salad recipe at home during the upcoming week.

## Weekly Pledge



- **Say:**

Pledge one thing you will do to help achieve or maintain a healthy weight. You can write this pledge on the “Protect Your Heart. Watch Your Weight” worksheet.



**Note:** Tell the group members to be very specific about what they plan to do. (For example, if they say they will eat fewer calories, ask them to name some ways they can do this.)

- **Say:**

We will discuss the results of your pledges during the next session.

- **Say:**

Don't forget to continue to work on your pledges to cut back on saturated fat, cholesterol, and sodium in your diet and do more physical activity.

## Review of Today's Key Points

■ **Say:**

Let's review what we learned today.

**Q: Why is it important to maintain a healthy weight?**

A: Being overweight may increase your risk of heart disease, high blood pressure, high blood cholesterol, and some forms of cancer and diabetes.

**Q: What is the healthiest way to lose weight?**

A: Eat smaller portions of a variety of lower fat, lower calorie foods and increase your physical activity.

**Q: How can the food label help you if you need to lose weight?**

A: The food label tells you the serving size and the number of calories per serving. You can compare calories on different packages to choose the ones that are lower in calories.

## **Closing**

■ **Say:**

Thank you for coming today. What did you think of today's session? I am looking forward to seeing you at the next session. The next session will be about how to make heart-healthy eating a family affair.

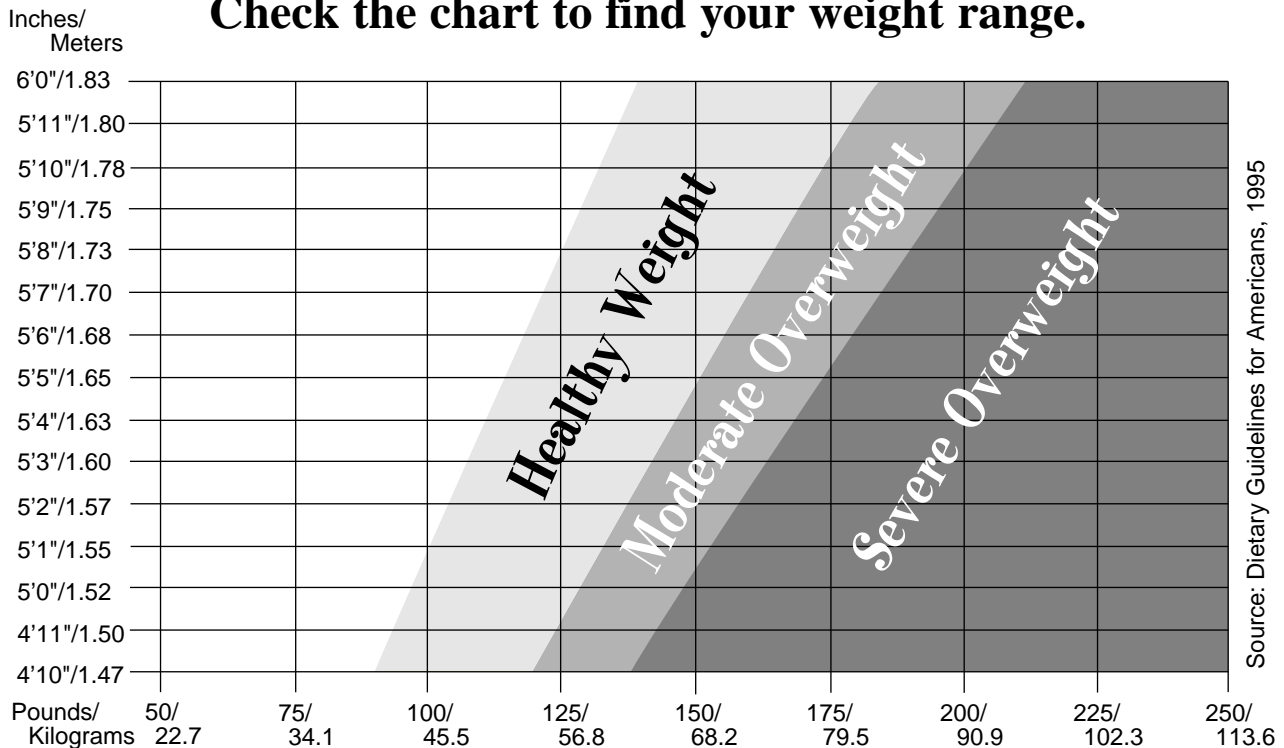
**Note:** Think about today's session. What worked and didn't work? Have you made any changes in your own life that were covered in today's session?





# Protect your heart. Watch your weight.

Check the chart to find your weight range.



**My weight:**  

**My weight range:**  

A waist measurement of more than 35 inches for women and more than 40 inches for men is high. A high waist measurement increases your risk for heart disease.

**My waist measurement:**  

## What does your weight range mean?

**Healthy weight**..... Good for you! Try not to gain weight.

**Moderate overweight** .... Try not to gain weight.  
You need to lose weight if you have two or more risk factors and:

- are overweight, or
- have a high waist measurement

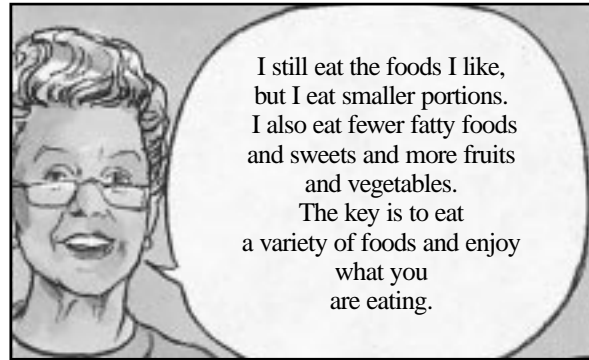
Ask your doctor or nutritionist for help.

**Severe overweight**..... You need to lose weight. Lose weight slowly — about 1/2 to 1 pound a week. Ask your doctor or nutritionist for help.



# Losing weight means making long-term changes.

Here's how Doña Fela found success.



## Try these tips to get started.

- ♥ Eat fewer foods high in fat — like fried chicken, pork rinds, and sausage.
- ♥ Cut down on cakes, pastries, candy, and soft drinks.
- ♥ Eat more fruits, vegetables, and grains.
- ♥ Make stews with lean meat and vegetables.
- ♥ Serve small portions and do not go for seconds. Don't skip meals.
- ♥ Aim for 30 minutes of physical activity each day.



**Make your personal pledge to do what the Ramírez family is doing! Look at these examples:**

### When shopping

Read labels to choose foods lower in calories.

### When cooking

Bake fish instead of frying it. Use nonstick cooking oil spray instead of greasing the pan with oil.



### When eating

Have green beans and rice with one piece of chicken instead of three pieces of chicken alone.

### Get active

Walk for 10 minutes, three times a day.



**Write the changes you will try to make this week.**

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**Your health and your family's health is priceless. Make an investment in it!**

# Virginia's Habits and Her Weight



Eat big portions



Active every day



Maintain weight



Eat big portions



Inactive



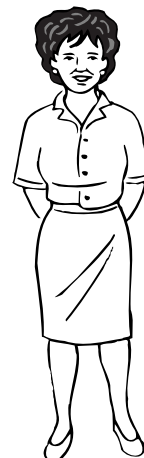
Gain weight



Eat small portions



Active every day



Lose weight

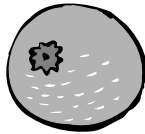
# Tips To Help You Lose Weight

## 1. Choose foods low in fat and low in calories. Try:

♥ Fat free (skim) milk or lowfat (1%) milk

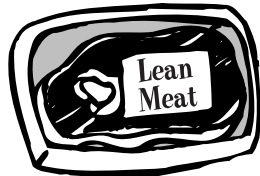
♥ Cheeses marked “lowfat” or “fat free” on the package

♥ Fruits and vegetables without butter or sauce



♥ Rice, beans, cereals, corn tortillas, and pasta

♥ Lean cuts of meat, fish, and skinless turkey and chicken



## 2. Make foods the healthy way.

♥ Bake, broil, or boil foods instead of frying.

♥ Cook beans and rice without lard, bacon, or fatty meats.

♥ Use less high-fat cheeses, cream, and butter when cooking.

♥ Use cooking oil spray or a little bit of vegetable oil or margarine when cooking.

♥ Garnish salads with low fat or fat free mayonnaise and salad dressings.



## 3. Limit your portion size.

♥ Serve smaller portions—do not go back for seconds.

♥ Eat smaller meals and snacks throughout the day instead of one big meal.



## 4. Get active!

### Don't make excuses!

♥ Do your favorite physical activity for at least 30 minutes each day. You can do 10 minutes of activity three times a day.

**Try this:** If you are pressed for time, walk for 10 minutes three times a day.

## 5. Aim for a healthy weight.

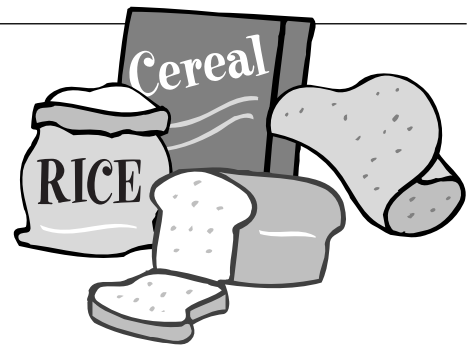
♥ Try not to gain extra weight. If you are overweight, try to lose weight slowly. Lose about 1/2 to 1 pound a week. Even losing 10 pounds can help reduce your chances of developing heart disease.



# Serving Sizes \*

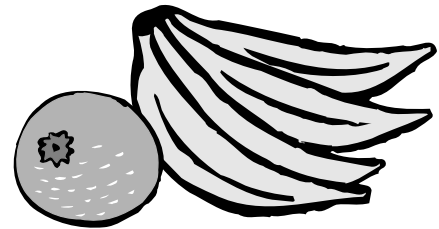
## Breads, Cereals, Rice, and Pasta

- ♥ 1 slice of bread
- ♥ 1 ounce of ready-to-eat cereal
- ♥ 1/2 cup of cooked cereal, rice, or pasta



## Fruit

- ♥ 1 medium apple, banana, or orange
- ♥ 1/2 cup of chopped, raw, cooked, or canned fruit
- ♥ 3/4 cup of fruit juice



## Vegetables

- ♥ 1 cup of raw leafy vegetables
- ♥ 1/2 cup of other vegetables, cooked or chopped raw
- ♥ 3/4 cup of vegetable juice



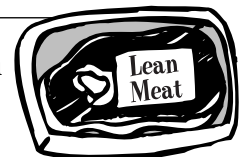
## Milk, Yogurt, and Cheese

- ♥ 1 cup of fat free (skim) or lowfat milk or yogurt
- ♥ 1 1/2 ounces of natural cheese
- ♥ 2 ounces of processed cheese



## Lean Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts

- ♥ 2 to 3 ounces of cooked lean meat, poultry without the skin, or fish
- ♥ 1/2 cup of cooked dry beans or 1 egg = 1 ounce of lean meat\*\*
- ♥ 2 tablespoons of peanut butter or 1/3 cup of nuts = 1 ounce of meat, not lean



\* These serving sizes may differ from those found on a food label.

\*\* Limit the number of egg yolks to four a week.

# Read the Food Label for Calories!

Food labels tell you what you need to know about choosing foods that are lower in calories. Here's a food label for peaches canned in fruit juice. The label tells you:

■ **Amount Per Serving**

The nutrient amounts are for one serving. So, if you eat more or less than a serving, you need to add or subtract nutrient amounts. For example, if you eat 1 cup of peaches, you are eating two servings. You need to double the amount of calories on the label.

■ **Calories**

The amount of calories in one serving is given here.

## Canned Peaches (in fruit juice)

Nutrition Facts	
Serving Size 1/2 cup	
Servings Per Container 3.5	
Amount Per Serving	
Calories 50	Calories from Fat 0
% Daily Value *	
<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 25mg	1%
<b>Total Carbohydrate</b> 13g	4%
Dietary Fiber less than 1g	0%
Sugars 9g	
<b>Protein</b> less than 1g	
Vitamin A 8%	• Vitamin C 2%
Calcium 10%	• Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet.	

■ **Serving size and number of servings.**

The serving size is 1/2 cup. There are three and a half servings in the can.



## The Choice is Yours— Compare!

### Which one would you choose?

Canned fruits packed in syrup have added calories. Read the food label to choose fruits packed in fruit juice for a lower calorie snack or dessert.

Calories 50	Calories from Fat 0
% Daily Value*	
<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 25mg	1%

### Canned Peaches (in fruit juice)

Peaches canned in fruit juice have 50 calories in a 1/2-cup serving.

Calories 100	Calories from Fat 0
% Daily Value*	
<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 10mg	0%

### Canned Peaches (in syrup)

Peaches canned in syrup have 100 calories in a 1/2-cup serving — twice the calories found in a 1/2-cup serving of peaches canned in fruit juice. This is an important difference when trying to lose weight or to maintain a healthy weight.

# Virginia's Snack Choices

Virginia and her family like to have snacks when they watch television. Recently she has noticed that her family has gained a little too much weight. Use the food labels to choose some tasty snacks that are lower in calories. What should Virginia serve? Mark the number of your choice for each pair on the right. Then mark the number of calories saved by this choice.

## 1 – Potato Chips

Nutrition Facts	
Serving Size 1 oz (28g/about 20 chips)	
Servings Per Container 9	
Amount Per Serving	
Calories 150	Calories from Fat 80
% Daily Value *	
Total Fat 9g	14%
Saturated Fat 2g	10%
Cholesterol 0mg	0%
Sodium 95mg	4%
Total Carbohydrate 14g	5%
Dietary Fiber 1g	4%
Sugars less than 1g	
Protein 2g	4%
Vitamin A* *	• Vitamin C 10%
Calcium* *	• Iron 2%

\*\*Less than 2%

## 2 – Popcorn (air-popped)

Nutrition Facts	
Serving Size 1 cup	
Servings Per Container 4	
Amount Per Serving	
Calories 15	Calories from Fat 0
% Daily Value *	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 3g	1%
Dietary Fiber 20g	4%
Sugars*	
Protein 3g	
Vitamin A **	• Vitamin C* *
Calcium* *	• Iron* *

\*\*Not a significant source of these nutrients

Lower  
Calorie  
Choice

Number of  
Calories  
Saved

## 3 – Apple

Nutrition Facts	
Serving Size 1 medium (154g)	
Servings Per Container 1	
Amount Per Serving	
Calories 80	Calories from Fat 5
% Daily Value *	
Total Fat 0.5g	2%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 24g	8%
Dietary Fiber 4g	16%
Sugars 20g	
Protein 0g	
Vitamin A 0%	• Vitamin C 6%
Calcium 0%	• Iron 0%

## 4 – Shortbread Cookies

Nutrition Facts	
Serving Size 4 cookies (29g)	
Servings Per Container 10	
Amount Per Serving	
Calories 150	Calories from Fat 60
% Daily Value *	
Total Fat 7g	10%
Saturated Fat 1.5g	7%
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 20g	7%
Dietary Fiber less than 1g	6%
Sugars 6g	
Protein 1g	
Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• Iron 2%

Lower  
Calorie  
Choice

Number of  
Calories  
Saved

\*Percent Daily Values are based on a 2,000 calorie diet.

# Virginia's Snack Choices

## 5 – Whole Milk

Nutrition Facts	
Serving Size 8 fl. oz. (236 ml)	
Servings Per Container 8	
Amount Per Serving	
Calories 150	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 5g	25%
Cholesterol 35mg	12%
Sodium 125mg	5%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Sugars 11g	
Protein 8g	
Vitamin A 6% • Vitamin C 4% • Vitamin D 25%	
Calcium 30% • Iron 0%	

## 6 – Fat Free (skim) Milk

Nutrition Facts	
Serving Size 1 cup	
Servings Per Container 8	
Amount Per Serving	
Calories 90	Calories from Fat 0
% Daily Value *	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol less than 5 mg	0%
Sodium 125mg	5%
Total Carbohydrate 13g	4%
Dietary Fiber 0g	0%
Sugars 12g	
Protein 9g	
Vitamin A 10% • Vitamin C 0% • Vitamin D 25%	
Calcium 30% • Iron 0%	

Lower  
Calorie  
Choice

Number of  
Calories  
Saved

## 7 – Chocolate Swirl Ice Cream

Nutrition Facts	
Serving Size 1/2 cup (68g)	
Servings Per Container 16	
Amount Per Serving	
Calories 140	Calories from Fat 60
% Daily Value *	
Total Fat 6g	10%
Saturated Fat 4g	20%
Cholesterol 25mg	8%
Sodium 45mg	2%
Total Carbohydrate 20g	7%
Dietary Fiber 0g	0%
Sugars 20g	
Protein 0g	
Vitamin A 4% • Vitamin C **	
Calcium 6% • Iron **	

## 8 – Popsicle

Nutrition Facts	
Serving Size 1 piece (52ml)	
Servings Per Container 12	
Amount Per Serving	
Calories 45	Calories from Fat 0
% Daily Value *	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 11g	4%
Dietary Fiber 0g	0%
Sugars 11g	
Protein 0g	
Vitamin A 0% • Vitamin C 0%	
Calcium 0% • Iron 0%	

Lower  
Calorie  
Choice

Number of  
Calories  
Saved

\*\* Not a significant source of these nutrients.

\* Percent Daily Values are based on a 2,000 calorie diet.



# Virginia's Snack Choices

## 9 – Peaches (canned in fruit juice)

Nutrition Facts	
Serving Size 1/2 cup	
Servings Per Container 3.5	
Amount Per Serving	
Calories 50	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 25mg	1%
Total Carbohydrate 13g	4%
Dietary Fiber less than 1g	0%
Sugars 9g	
Protein less than 1g	
Vitamin A 8%	• Vitamin C 2%
Calcium 10%	• Iron 8%

## 10 – Peaches (canned in syrup)

Nutrition Facts	
Serving Size 1/2 cup	
Servings Per Container 3.5	
Amount Per Serving	
Calories 100	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 24g	8%
Dietary Fiber 1g	4%
Sugars 23g	
Protein 0g	
Vitamin A 2%	• Vitamin C 2%
Calcium 0%	• Iron 0%

Lower  
Calorie  
Choice

Number of  
Calories  
Saved

## 11 – Salsa

Nutrition Facts	
Serving Size 2 tbsp	
Servings Per Container about 28	
Amount Per Serving	
Calories 15	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 230mg	10%
Total Carbohydrate 3g	1%
Dietary Fiber less than 1g	2%
Sugars 2g	
Protein 1g	
Vitamin A 2%	• Vitamin C 0%
Calcium 0%	• Iron 0%

## 12 – Jalapeño Cheese Dip

Nutrition Facts	
Serving Size 2 tbsp	
Servings Per Container 15	
Amount Per Serving	
Calories 40	Calories from Fat 25
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 1g	5%
Cholesterol less than 5mg	1%
Sodium 300mg	13%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Sugars 0g	
Protein less than 1g	
Vitamin A 0%	• Vitamin C 0%
Calcium 2%	• Iron 0%

Lower  
Calorie  
Choice

Number of  
Calories  
Saved

\*Percent Daily Values are based on a 2,000 calorie diet.

# Fresh Cabbage and Tomato Salad

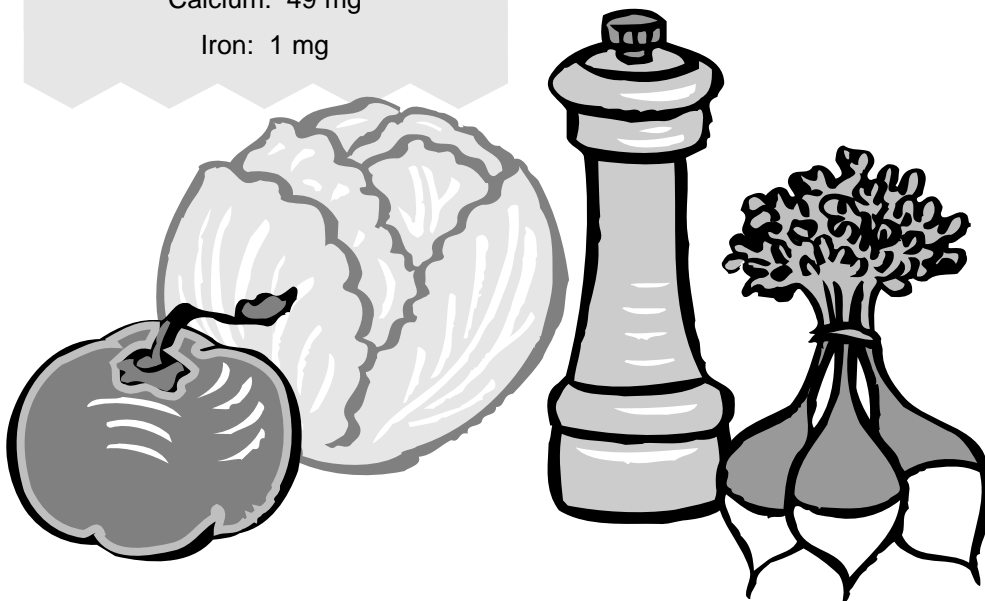
1 small head	cabbage, sliced thinly
2 medium	tomatoes, cut in cubes
1 cup	sliced radishes
1/4 teaspoon	salt
2 teaspoons	olive oil
2 tablespoons	rice vinegar (or lemon juice)
1/2 teaspoon	black pepper
1/2 teaspoon	red pepper
2 tablespoons	fresh cilantro, chopped

1. In a large bowl, mix together the cabbage, tomatoes, and radishes.
2. In another bowl, mix together the rest of the ingredients and pour over the vegetables.

## Quick Tip

Your family will love this tasty salad. The small amount of olive oil, rice vinegar, fresh herbs, and spices adds flavor, but few calories.

Yield: 8 servings  
Serving size: 1 cup  
Each serving provides:  
Calories: 41  
Total fat: 1 g  
Saturated fat: Less than 1 g  
Cholesterol: 0 mg  
Sodium: 88 mg  
Calcium: 49 mg  
Iron: 1 mg





# Make Heart-Healthy Eating a Family Affair

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## Objectives

By the end of this session, group members will learn how to:

- Plan and prepare traditional Latino meals in a heart-healthy way.
- Choose foods for a heart-healthy diet using the Latino Food Guide Pyramid.

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## Materials and Supplies

To conduct this session you will need:

- *Your Heart, Your Life* manual and packet of picture cards
- Set of measuring cups (1 cup, 1/2 cup, 1/4 cup)
- Blackboard and chalk or several large pieces of paper, a marker, and tape

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## Handouts

Give each group member these handouts during this session:

- Choose a Variety of Heart-Healthy Foods (page 140)
- Serving Sizes (from session 5 — optional) (page 122)
- The Latino Food Guide Pyramid (page 141)
- Meatball Soup Recipe (page 142)

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## **Session Outline**

### **Introducing the Session**

1. Welcome
2. Review of Last Week's Session
3. About This Session

### **Conducting the Session**

1. Eat a Variety of Heart-Healthy Foods
2. The Latino Diet
3. The Latino Food Guide Pyramid
4. Eat in a Heart-Healthy Way With the Latino Food Guide Pyramid
5. Meatball Soup Recipe

### **Weekly Pledge**

### **Review of Today's Key Points**

### **Closing**

# Introducing the Session

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## 1. Welcome

- Welcome the group members to the session.

## 2. Review of Last Week's Session

- **Say:**

At the last session we talked about aiming for a healthy weight.

- **Ask these questions:**

**Q: Does anyone remember why it is important to lose weight or keep a healthy weight?**

A: Being overweight raises your risk of heart disease, stroke, high blood pressure, high blood cholesterol, and some cancers.

**Q: What is the healthiest way to lose weight?**

A: The healthiest way to lose weight is to eat smaller portions of a variety of lower fat, lower calorie foods. You also need to do more physical activity.

**Q: How does the food label help people who are trying to lose weight?**

A: The food label tells you the serving size and the number of calories in a serving.

- **Say:**

At the end of last session, you made a pledge to do something to help you keep or reach a healthy weight. What went well? How did you deal with any problem?

### 3. About the Session

■ **Say:**

Today's session is about eating a variety of heart-healthy foods. During the session you will learn to:

- Choose a variety of foods for heart health.
- Identify the number of servings you should eat from each food group.

## Conducting the Session

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### 1. Eat a Variety of Heart-Healthy Foods

■ **Ask:**

Why is it important to eat a variety of heart-healthy foods?



**Note:** Give them about 5 minutes to answer. Write their answers on a blackboard or a large piece of paper taped to the wall. Add the answers below if the group members do not say them.

- Eat a variety of foods that are lower in fat, saturated fat, cholesterol, salt and sodium, and calories to help you have a healthy heart.
- No one food can give all the nutrients in the amounts your body needs.

### 2. The Latino Diet

#### More Information

Nutrients provided  
by the foods we eat include:

Carbohydrates

Protein

Fats

Vitamins

Minerals

**Note:** This session will get group members to think about the foods they eat. Some of their favorite traditional Latino foods are very nutritious. Other dishes can be prepared in more heart-healthy ways.



**Ask:**

What are some traditional Latino foods?

**Note:** Give the group members about 5 minutes to answer. Write their answers on a blackboard or a large piece of paper taped to the wall.



**Say:**

The traditional Latino diet has a variety of foods that are nutritious for you. These are:

- Bread
- Corn tortillas
- Beans
- Rice
- Vegetables
- Fruits
- Meat and poultry
- Milk
- Cheese

■ **Say:**

Beans are a very important part of the Latino diet. Together beans with rice or corn tortillas are a good source of protein. They are as good a source of protein as meat, poultry, or fish. Beans cost less than meat. But we need to be careful about the way we prepare them. When beans are cooked or refried with lard, bacon, or fatty meats, they become higher in calories, saturated fat, and cholesterol.

■ **Say:**

Some Latinos have adopted cooking and eating habits that can lead to health problems such as heart disease. What are some examples of these habits.



**Note:** Give the volunteers about 3 minutes to answer. Add these habits if they do not say them.

- Cooking foods with too much fat like lard and shortening.
- Eating fried foods often, like refried beans, fried chicken, fried tacos, and fried cheese.
- Eating higher fat foods such as french fries, fatty meats, high fat cheeses and creams, flour tortillas, and chips.
- Eating foods that are higher in calories, such as regular soft drinks, pastries, candies, and chocolate.
- Eating fewer fruits, vegetables, corn tortillas, and beans.

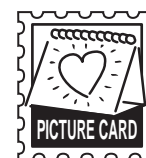
## The Latino Food Guide Pyramid

### Say:

We can take steps to improve the way we eat and still enjoy our traditional foods. The first step is to learn which foods we should eat more often. The second step is to learn the amount of these foods that we should eat each day.

- **Show picture card 6.1.** (Keep it in view throughout this activity.) **Say:** The Latino Food Guide Pyramid is a helpful tool. It shows both the types and amounts of foods we should eat.

- **Give each group member** a copy of the “Latino Food Guide Pyramid” (page 141) and the “Choose a Variety of Heart-Healthy Foods” (page 140) handouts. Review the groups, the number of servings, and the types of foods in each group. **Point to** each food group on picture card 6.1 as you talk about it.



- **Ask** these questions: (Hold up the right measuring cup for each answer.)



**Q: What is one serving of a cooked vegetable?**

**A:** 1/2 cup

**Q: How much milk or yogurt is considered one serving?**

A: 1 cup

**Q: Can you give an example of one serving from the largest group found on the Latino Food Guide Pyramid?**

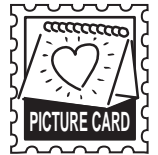
A: The largest group is the breads, cereals, and pasta group. One slice of bread, 1 ounce of cereal, or 1/2 cup of rice or pasta

**Q: What makes up a fruit serving?**

A: One medium apple, banana, or orange; or 1/2 cup of raw or canned fruit; or 3/4 cup of fruit juice.

■ **Show picture card 6-10.** Point to each food group as you talk about it. **Say:**

- Eat more servings of the foods toward the bottom of the pyramid. Use them as the center of your meals. Breads, cereal, rice, pasta, fruits, and vegetables are lower in fat, saturated fat, and cholesterol.
- Eat less servings of the foods toward the top of the pyramid. Choose lowfat or fat free varieties such as fat free (skim) milk or lowfat (1%) milk; lowfat or fat free yogurt and cheeses; lean cuts of meat, fish, poultry without the skin, dry beans, eggs; and nuts.
- Egg yolks are high in cholesterol. Egg whites have no cholesterol. Eat no more than four egg yolks a week. Use egg whites or egg substitute for cooking or baking. For example, two egg whites equal one whole egg.
- Use fats only in small amounts. Eat fewer sweets. Foods in this group are higher in fat, saturated fat, and calories. Try lowfat and fat free salad dressings and mayonnaise.
- The circles stand for the fats found naturally in and added to foods (like fried foods). The triangles stand for the sugars added to foods.



## **4. Eat in a Heart-Healthy Way With the Latino Food Guide Pyramid**

■ **Say:**

The purpose of this activity is to learn how to use the Latino Food Guide Pyramid to plan heart-healthy meals.

**Note:** Write Virginia’s breakfast on the blackboard or on a large sheet of paper taped to the wall.

■ **Ask:**



What food group does each food belong in? What changes would make Virginia’s breakfast more heart-healthy? Write their suggestions on the board or paper beside the foods they are replacing.

■ **Say:**

To eat less fat, saturated fat, cholesterol, sodium, and calories, you should:

- Choose most of your foods from food groups towards the bottom of the pyramid.

**Example Meal**

Virginia’s Breakfast	Food Group	Portion size	Better Choices
Fried egg	Lean Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts Group	1 egg	Boiled or poached egg or 1/4 cup egg substitute (scramble with no fat)
Bacon	Lean Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts Group	3 strips	Turkey bacon
White toast	Bread, Cereal, Rice, and Pasta Group	1 slice	Whole wheat toast
Butter	Fats and Sweets Group	1 teaspoon	Small amount of margarine or jelly
Orange juice	Fruit Group	3/4 cup	This is an excellent choice!
Coffee with whole milk	Milk, Yogurt, and Cheese Group	1 cup	Coffee with fat free milk

- Cut back on fats, oils, and sweets.
- Choose lowfat or fat free dairy products, salad dressings, and mayonnaise.
- Choose lean cuts of meat. Trim away extra fat.
- Remove skin from poultry, and do not eat it.
- Eat no more than four egg yolks each week.
- Use food labels to choose foods lower in fat, saturated fat, cholesterol, sodium, and calories.

■ **Say:**

Put the pyramid on your refrigerator to help you eat in a heart-healthy way.

## 5. Meatball Soup Recipe

**Note:** This activity will give group members a chance to try a heart-healthy recipe at home.

- **Give the group members** a copy of the “Meatball Soup” recipe found on page 142.



■ **Say:**

This dish contains lean meats and a variety of vegetables. It also is seasoned with lots of herbs and spices and just a little salt. Try to prepare it at home this week.



## Weekly Pledge

■ **Say:**

Pledge one thing you will do to eat a greater variety of heart-healthy foods this week. (Tell group members your own pledge.)



**Note:** Ask the group members to tell in detail what they plan to do. For example, if members say that they are going to eat more vegetables, ask them to tell you how they plan to do this. Think about these examples:

- I will take carrot and celery sticks as a snack to eat at work.



- I will add raisins and bananas to my cereal.

**Say:**

We will talk about the results of your pledge at the next session. Don't forget to work on your pledges to do more physical activity; cut back on saturated fat, cholesterol, and sodium in your diet; and keep a healthy weight.

## **Review of Today's Key Points**

■ **Say:** Let's review what we learned today.

■ **Ask:**

**Q: What is heart healthy about the traditional Latino diet?**

A: The traditional Latino diet provides a variety of foods that are lower in fat and sodium like bread, corn tortillas, beans, rice, vegetables, fruits, poultry, fish, and dairy products.

**Q: What are some foods that we should eat less of?**

- A: • High fat foods like refried beans or fried chicken, fatty meats, high fat cheeses
- Salty foods like potato and taco chips
  - High fat and high sugar foods like pastries, cookies, and chocolate
  - Sugary foods like candy and soft drinks

**Q: How can the Latino Food Guide Pyramid be used to plan heart-healthy meals?**

A: Use the Latino Food Guide Pyramid to choose foods that are lower in fat, saturated fat, cholesterol, and sodium from each of the five major food groups. The Latino Food Guide Pyramid also gives the amount of food that you need from each group, each day.

**Q: Why is it helpful to know the number of servings you should eat from each major food group?**

A: It helps you know the amount of food you need to eat every day. It helps

to control the amount of calories you eat.

## Closing

■ **Say:**

Thank you for coming today. What did you think of today's session? I am looking forward to seeing you again at the next session. The next session will be about eating in a heart-healthy way—even when time or money is tight.

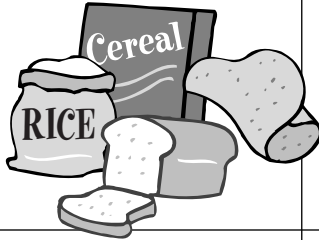
**Note:** Think about today's session. What worked and didn't work? Have you made any changes in your own life that were covered in today's session?



# Choose a Variety of Heart-Healthy Foods

## Breads, Cereal, Rice, and Pasta Group

(6 to 11 servings\*)



- ♥ Plain corn or fat free whole wheat tortillas, plain popcorn
- ♥ Sliced bread (like wheat, rye, or white), sandwich buns, dinner rolls, pita bread, English muffins, bagels
- ♥ Unsalted lowfat crackers (like graham crackers) and unsalted pretzels
- ♥ Cooked hot cereals (not instant)
- ♥ Pasta (like plain noodles, spaghetti, macaroni)

## Fruit Group

(2 to 4 servings\*)

- ♥ Fresh, frozen, or canned fruit juices
- ♥ Fresh, frozen, canned, or dried fruits (like oranges, papaya, grapefruit, bananas, apples, mangoes, pineapples, watermelons, peaches, fruit cocktail)

## Vegetable Group (without added fat)

(3 to 5 servings\*)

- ♥ Fresh, frozen, or no salt added canned vegetables (like corn, green beans, carrots, cabbage, tomatoes, yucca, squash, broccoli)
- ♥ Cooked dry beans, peas, and lentils\*\*

## Milk, Yogurt, and Cheese Group

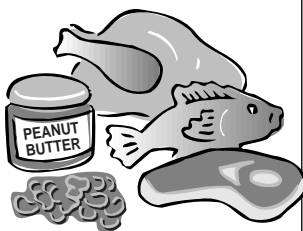
(Choose low fat more often)  
(2 to 3 servings\*)



- ♥ Fat free (skim) and lowfat (1%) milk
- ♥ Lowfat or fat free yogurt
- ♥ Cheeses lower in fat and sodium

## Lean Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts Group

(2 to 3 servings\*)



- ♥ Chicken or turkey without the skin
- ♥ Fish
- ♥ Lean cuts of meat  
Beef: round, sirloin, chuck, loin, extra lean ground beef  
Pork: leg, shoulder, tenderloin, lean ham
- ♥ Dry beans and peas (like black beans, pink beans, kidney beans, navy beans, chick peas, lentils, and split peas)\*
- ♥ Eggs (no more than four yolks a week)
- ♥ Nuts

## Fats

(Use only in small amounts.\*)

- ♥ Margarine (liquid, tub, stick, or diet)
- ♥ Oils (like canola, corn, safflower, olive, peanut, or sesame oil)

## Sweets

(Don't choose these too often if you are watching your weight. Some may be high in calories.)

- ♥ Frozen treats (frozen juice pops, frozen lowfat yogurt, sherbet)
- ♥ Cake and cookies (angel food cake, fig bar cookies, gingersnaps, animal crackers, vanilla wafers)
- ♥ Candies (jelly beans, hard candy)

\* The number of servings that are right for you depends on how many calories you need. This is based on your age, sex, size, and how active you are. Almost everyone should have at least the lowest number of servings.

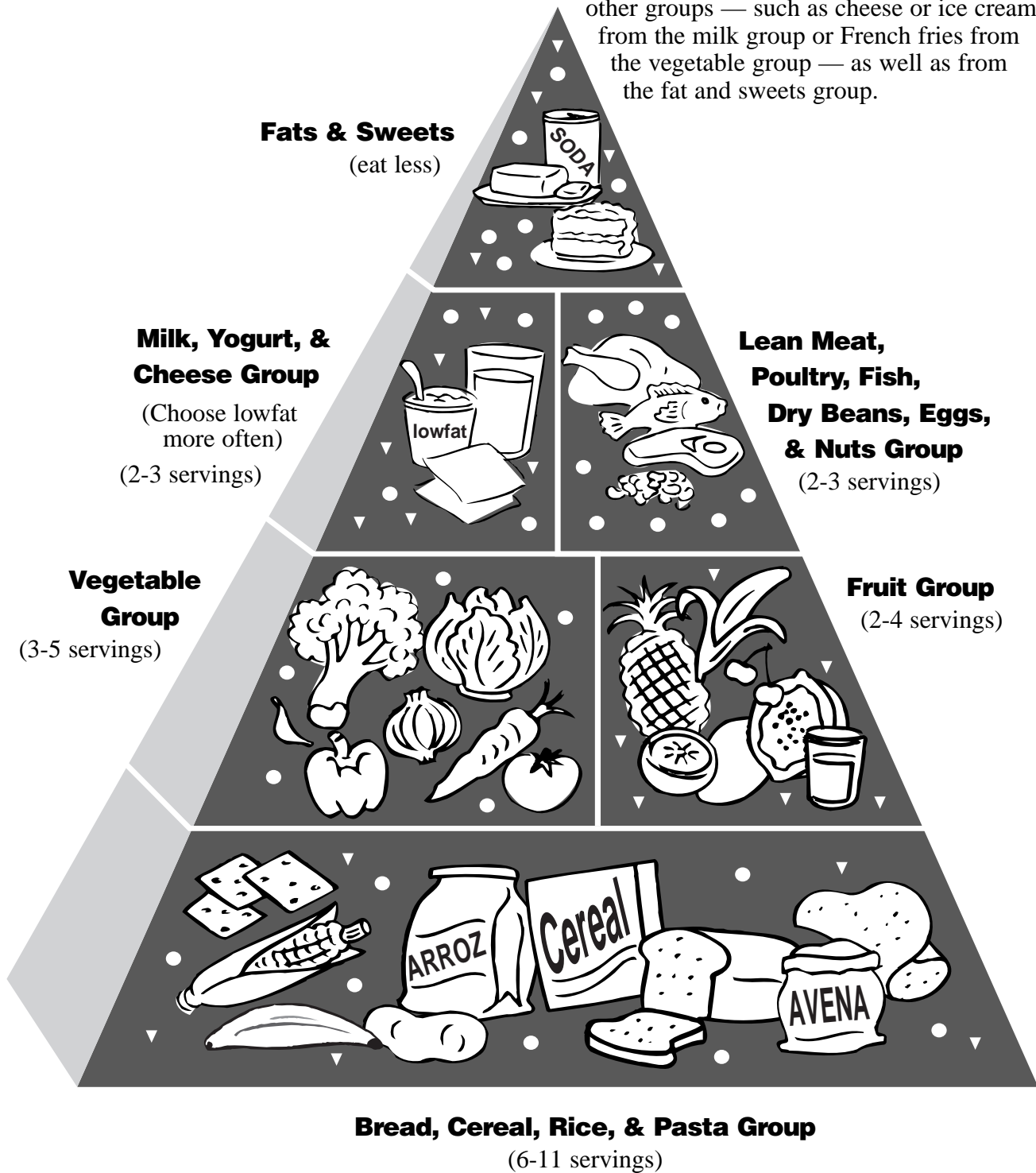
\*\* Cooked dry beans, peas, and lentils can be counted as a serving in either the meat and beans group or in the vegetable group, but not in both.

# The Latino Food Guide Pyramid

## Key

- Fat (naturally occurring and added)
- ▼ Sugars (added)

Fat and added sugars in foods come from other groups — such as cheese or ice cream from the milk group or French fries from the vegetable group — as well as from the fat and sweets group.





# Meatball Soup

10 cups	water
1 tablespoon	annato (achiote)
1	bay leaf
1 small	onion, chopped
1/2 cup	green pepper, chopped
1 teaspoon	mint (yerbabuena)
1/2 pound	ground chicken
1/2 pound	lean ground beef
2 small	tomatoes, chopped
1/2 teaspoon	oregano
4 tablespoons	instant corn flour (masa harina)
1/2 teaspoon	black pepper
2 cloves	garlic, minced
1/2 teaspoon	salt
2 medium	carrots, chopped
1 medium	chayote (christophine), chopped
2 cups	cabbage, chopped
2	celery stalks, chopped
1 10-ounce	package frozen corn
2 medium	zucchini, chopped
1/2 cup	cilantro, minced

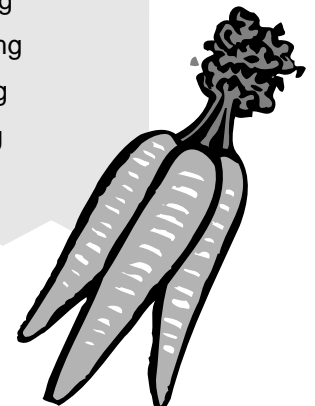
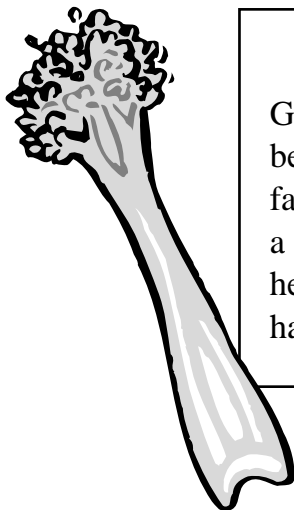
1. In a large pot, combine water, annato, bay leaf, half of the onion, green pepper, and 1/2 teaspoon of mint. Bring to a boil.
2. In a bowl, combine chicken and beef, the other half of the onion, tomato, oregano, corn flour, pepper, garlic, and salt. Mix well. Form 1-inch meatballs. Place meatballs in boiling water and lower heat. Cook over low heat for 30 to 45 minutes.
3. Add carrots, chayote, cabbage, and celery. Cook over low heat for 25 minutes. Add corn and zucchini and cook for another 5 minutes. Remove bay leaf. Garnish with cilantro and the rest of the mint.



## Quick Tips

Ground chicken and lean ground beef help reduce the amount of fat in this soup. It also contains a variety of vegetables. It uses herbs and spices for flavor. It has only a small amount of salt.

Yield: 8 servings  
Serving size: 1 1/4 cups  
Each serving provides:  
Calories: 161  
Total fat: 4 g  
Saturated fat: 1 g  
Cholesterol: 31 mg  
Sodium: 193 mg  
Calcium: 47 mg  
Iron: 2 mg



# Eat in a Heart-Healthy Way— Even When Time or Money Is Tight

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## Objectives

By the end of this session, the group members will learn:

- Quick and easy food preparation and mealtime tips.
- How to eat out in a heart-healthy way.
- How to save money on their food bill.

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## Materials and Supplies

To conduct this session you will need:

- *Your Heart, Your Life* manual and packet of picture cards
- (Optional) Examples of advertisements from magazines
- Blackboard and chalk or several large pieces of paper, markers, and tape
- Pencils

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## Handouts

Give each group member these handouts during this session:

- Tips for Busy Families, page 156
- Rosa's Dilemma: A Real-Life Story, page 157

- Tips for Eating Out the Heart-Healthy Way, page 158
  - Money-Saving Tips, page 159
  - Shopping List, page 160
  - Quick Beef Casserole Recipe, page 161
- 

## **Session Outline**

### **Introducing the Session**

1. Welcome
2. Review of Last Week's Session
3. About This Session

### **Conducting the Session**

1. Eat in a Heart-Healthy Way When There Is Little Time
  - A. Busy Times
  - B. Quick and Easy Meal Tips
  - C. Eating Out
2. Save Money on Your Food Bill
  - A. Money-Saving Tips
  - B. Food Advertising
  - C. Quick Beef Casserole Recipe

### **Weekly Pledge**

### **Review of Today's Key Points**

### **Closing**

# Introducing the Session

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## 1. Welcome

- Welcome the group members to the session.

## 2. Review of Last Week's Session

- **Ask:**

How are you doing on the pledges to include a variety of heart-healthy foods in your diet? What went well? What kind of problems did you have (like family not liking the change or lack of interest)? What did you do to solve these problems?



**Note:** Give the group members about 4 minutes for their comments.

## 3. About This Session

- **Say:**

Today you will learn how to eat in a heart-healthy way—even when you have very little time and are on a tight budget. During this session you will learn:

- Quick and easy ways to fix heart-healthy meals.
- How to eat right when eating out.
- How to make smart food-buying choices that meet your family's needs and budget.
- How advertising can change our buying habits to things that cost more or that we don't need.

# Conducting the Session

## 1. Eat in a Heart-Healthy Way When There is Little Time

### A. Busy Times



**Note:** Many people have little time to shop, prepare food, and clean up after meals. This session will help group members eat in a heart-healthy way, even when they are in a rush.

#### ■ Say:

Many people are very busy and think they don't have time to eat in a heart-healthy way. These people may:

- Skip breakfast and lunch and eat one big meal in the evening.
- Eat out several times per week.
- Buy boxed or instant foods, or foods that are already prepared.
- Buy food from vending machines.

#### ■ Ask:

What foods do you eat when you don't have time to cook?



**Note:** Give the group about 5 minutes to answer. Write their answers on the blackboard or a large piece of paper taped to the wall.

#### ■ Say:

Eating on the run often means that we are eating foods that are higher in fat, sodium, and calories. For example, we eat snacks and candies from a vending machine or high-fat hot dogs and French fries from a restaurant.

■ **Say:**

People often eat these foods because they are easy to buy or quick to fix. Taste may not be as important when they are in a rush. These foods can be higher in fat, sodium, and calories.

■ **Say:**

They may also eat bigger portions of foods that are higher in fat and calories when there is no time to prepare side dishes like salad, vegetables, or rice.

## **B. Quick and Easy Meal Tips**



**Note:** This part of the session will help members to think about ways to fix meals in less time.

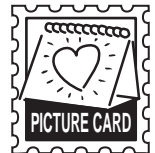
■ **Say:**

People often find that they are too tired to fix the kinds of meals they would like their families to eat. We need to learn some shortcuts.

- **Give each group member** a copy of the “Tips for Busy Families” handout on page 156.



**Note:** Show **picture card 7-1** while you review the “Plan Your Meals” and “Use a Shopping List” sections. Show **picture card 7-2** when you review the “Cook in Advance.” Ask volunteers to read the tips out loud, one at a time. Let members comment as the tips are read.



■ **Ask:**

Would you find any of these tips difficult to do?



**Note:** Give the group members 3 to 5 minutes to answer.

## Group Activity



**Note:** This group activity will help group members think about creative ways a family can enjoy heart-healthy meals when time is limited.

- **Divide the members into smaller groups** with about three to four people in each group. **Distribute** the “Rosa’s Dilemma: A Real-Life Story” handout on page 157.



- **Say:**

I am going to read a real-life situation. You can follow the story on the handout. Think about ways Rosa could solve her problem.

### Rosa’s Dilemma

Rosa is married and has two sons, ages 7 and 10. Her husband Tomás works for a construction company Monday through Friday. He leaves for work at 6:30 a.m. and gets home at 4:00 p.m. Rosa also works Monday through Friday at a restaurant. She leaves home at 10:00 a.m. and gets home around 7:00 p.m.

She prepares the family’s dinner after she comes home from work every night. Many times, she is too tired to cook, so she often picks up a pepperoni pizza, burgers and fries, or fried chicken on her way home.

Rosa sees that the whole family is gaining weight. Tomás wants her to make traditional Latino dinners. Rosa tries to get her husband to help her with dinner, but he is also very tired. Besides, he thinks that cooking is the woman’s job.

- **Ask each small group to discuss** ways that Rosa can make sure that her family eats in a heart-healthy way.



**Note:** Give the group about 5 minutes to come up with their suggestions.

- **Ask one person from each group** to present their group’s suggestions to the others.

Add these ideas if they are not said:

- Rosa could cook 2 or 3 meals over the weekend and store them in the freezer.
- Her husband could help her by putting casseroles from the freezer or made the night before into the oven.
- Several families could get together and share meals.
- Her children could help her by setting the table and doing the dishes.
- Once in a while, Rosa could buy roasted chicken instead of fried chicken or burgers and fries, or she could buy a vegetarian pizza instead of a meat pizza.

## C. Eating Out



**Note:** This activity will teach the group members how to make heart-healthy choices at fast-food restaurants.

### ■ Ask:

Where do you eat when you eat out?



**Note:** Give the members about 3 minutes to answer. Write their answers on the blackboard or on a large piece of paper taped to the wall.

### ■ Say:

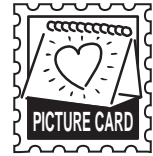
Many people eat at fast-food restaurants because:

- The food is served quickly.
- The food tastes good.
- The food is less expensive than food at sit down restaurants.
- Special food and toys appeal to children.
- There may be a playground for children.



■ **Say:**

Fast foods can be higher in fat, sodium, and calories, but you can choose lower fat, lower sodium, and lower calorie foods from the menu. **Show picture card 7-3** and keep it on display while you review the handout.



■ **Give each group member** a copy of the “Tips for Eating Out the Heart-Healthy Way” handout on page 158.



■ **Ask volunteers** to read the suggestions on the handout out loud.

■ **Say:**

Do you have other ideas for making heart-healthy choices at restaurants?



**Note:** Give the members 2 or 3 minutes to answer. Write their answers on the blackboard or a large piece of paper.

## 2. Save Money on Your Food Bill

### A. Money-Saving Tips

■ **Ask:**

What do you do to save money on food?



**Note:** Give the group members about 5 minutes to answer. Write their answers on the blackboard or on a large piece of paper taped to the wall.

■ **Give each group member** a copy of the “Money-Saving Tips” handout on page 159. **Ask** volunteers to read the tips out loud.



■ **Give each group member** a copy of the “Shopping List” handout on page 160. **Say:** You can use this shopping list when you go to the store. Just check off or write on the blank lines what you want to buy.



## B. Food Advertising



**Note:** This section will help make the group members more aware of how advertising plays into their food-buying decisions.

### ■ Say:

Food advertising is big business.

- Advertisements try to get people to buy a certain product.
- Advertising costs money. Billions of dollars are spent on food advertising. The people buying the food—the consumers—pay for this.
- Nationally advertised items usually cost more than store brands and brands that are not nationally advertised.
- Most people are more likely to buy fancy and eye-catching packaging.
- People, especially Latinos, are very brand loyal and will often buy a product even if it costs more.

### ■ Ask the group members to describe advertisements that have prompted them to buy a certain product.



**Note:** Give them about 5 minutes to answer.

### ■ Go over different advertising themes that are used to get people to buy food products. (Show or describe an example of the following advertising themes.)

*(Optional)* Show examples of advertising themes from magazines.

#### Popular advertising themes include:

##### • Family

Advertisers try to get you to use their product based on your love for your family. This works well with Latinos because the family plays an important role in our lives. Family theme ads often target Latino women because of their role as family caregiver.

##### • Health

This theme focuses on the positive health effects of using certain products. This works because people care about their health.

- **Sex appeal**  
Sex appeal sells a product. Many people want to believe that they too will be beautiful and sexy if they use the product.
- **Humor**  
A funny situation often helps people remember the product.
- **Appearance**  
Food advertisers show food that may look better than the real thing. This makes people want to try the product.
- **Famous People**  
Famous people are used to sell a product. They also can have a celebrity use a product in a television show or movie.

■ **Say:**

Advertising can be helpful because it tells people about different products they can buy. But ads also can get people to buy products that they do not need, cannot afford, or think are better than they really are.

■ **Ask:**

What can you ask yourself when you are trying to decide what brand to buy?  
Allow 4-5 minutes for responses.

**Add these questions if they are not said.**

1. Is there a less expensive product that serves the same purpose?
2. Have I compared the products' nutrition label with an item that costs less?
3. Am I buying it because it comes in a nice package?
4. Am I buying it because the product says it will make me look better or help me lose weight?
5. Am I buying it because I have a coupon or because it's on sale?
6. Do I really need it?
7. Can I afford it, even with a coupon?
8. Can I wait until it goes on sale?

■ **Say:**

Even if you want to buy name brands, you can still save money by buying the products when they are on sale.

## C. Quick Beef Casserole Recipe



- **Give group members** a copy of the “Quick Beef Casserole” recipe on page 161. **Ask** them to try this dish sometime this week.

■ **Ask:**

How can this dish help us eat in a heart-healthy way when we have little time?

**Add these if they are not said.**

- Can be made ahead and frozen to save time
- Includes a lot of vegetables
- Is lower in fat because the meat is drained after cooking and no fat is added while cooking

## Weekly Pledge



■ **Say:**

Pledge one thing that you will do to choose foods for a heart-healthy diet when you are eating out or when eating on the run during the next week. List one thing you will do to save money on their food bill.

**Note:** **Ask** them to give details about what they plan to do. For example, if they tell you they will choose certain foods less often when they eat out, ask what they will substitute. If they say they will save money when they buy groceries, ask them to tell you exactly how they plan to do so. Consider these examples:

- I will use mustard instead of mayonnaise on my sandwiches.
- I will try a store-brand product to see if my family likes it.

■ **Say:**

Remember to continue using the skills you learned in other sessions and keep working on your pledges to:

- Do more physical activity
- Cut back on saturated fat, cholesterol, and salt and sodium in your diet
- Keep a healthy weight

■ **Ask:**

Do you need help keeping any of your pledges?

## **Review of Today's Key Points**

■ **Say to the group:**

Let's review what we learned today.

**Q: What can you do to save time in meal preparation?**

- A: • Get help from your spouse.
- Cook several dishes at one time and freeze part of them.
  - Make larger quantities and use the leftovers.
  - Pack lunches the night before.
  - Learn simple, fast recipes.

**Q: What can you do to eat healthier when eating out?**

- A: • Order sandwiches without (or with lowfat) mayonnaise or sauces.
- Order small, plain hamburgers or lean roast beef or turkey sandwiches instead of deluxe sandwiches.
  - Ask for lowfat salad dressing or bring your own.
  - Choose water, fruit juice, or lowfat (1%) or fat free (skim) milk instead of soda or a milk shake.

- Order smaller sizes.
- Choose baked or grilled foods instead of fried foods.
- Remove the skin from chicken, and do not eat it.
- Choose vegetarian pizza and ask for less cheese.

**Q: What can you do to save money when shopping?**

- A:
- Plan weekly meals and shop with a list.
  - Use a list and don't go to the store too often.
  - Check the food sale ads.
  - Choose pre-prepared foods less often.
  - Buy only the amount of food the family needs.
  - Shop alone and make sure you're not hungry.
  - Check your receipt for errors.
  - Try not to shop at convenience stores.
  - Try store brands and use them as often as possible.

## Closing

■ **Say:**

Thank you for coming today. What did you think of today's session? I am looking forward to seeing you at the next session. The next session will be on living smoke-free.



**Note:** Think about today's session. What worked and didn't work? Have you made any changes in your own life that were covered in today's session?

# Tips for Busy Families



## Plan Your Meals

- ♥ Plan weekly meals based on your family's schedule.

## Use A Shopping List

- ♥ Save money and time by making only one trip to the store. Make and use a shopping list.



## Share Meal Preparation Tasks

- ♥ Teach your family how to grocery shop.
- ♥ Include your spouse and children in preparing meals and cleaning up.
- ♥ Clean up as you cook—you will have less cleanup after you finish cooking.
- ♥ Share cooking duties with other family members or neighbors. For example, your family can cook enough to share with another family.

## Cook in Advance

- ♥ Prepare some foods in advance (like spaghetti sauce). Use them for quick meals. You can add chicken or beef to the sauce and serve it over spaghetti or rice.
- ♥ Prepare parts of a meal the night before (such as: marinate chicken in the refrigerator overnight).
- ♥ Pack your lunch the night before.
- ♥ Make enough salad for 2 days. Do not add dressing.
- ♥ Cook 2 or 3 dishes on your day off and freeze part of them. Use the frozen dishes on the days when you don't have time to cook.

## Cook Simply

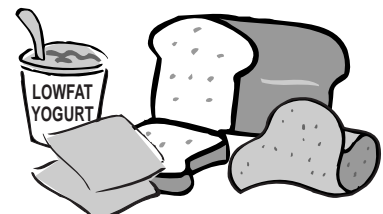
- ♥ Steam vegetables and broil meats.
- ♥ Use frozen vegetables without sauces.
- ♥ Make one-pot meals, like stews and casseroles.
- ♥ Use frozen chopped vegetables (such as green beans and carrots).
- ♥ Use the microwave for cooking or defrosting.
- ♥ Learn simple recipes that can be made in less than 30 minutes.

## Use Herbs & Spices

- ♥ Chop fresh herbs and place in ice cube trays. Fill trays with water and freeze. Store the frozen cubes in a plastic bag. Use when you need fresh herbs.
- ♥ Grow cilantro, basil, or thyme on a sunny window sill.
- ♥ Keep dried herbs on hand. One teaspoon of dried herbs is equal to 3 teaspoons of fresh herbs.

## Keep Quick Snacks on Hand

- ♥ Try these healthy snacks:
  - Fat free and lowfat yogurt
  - Fat free and lowfat cheese
  - Baked corn tortilla chips
  - Whole grain breads







# Tips for Eating Out the Heart-Healthy Way

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**You don't have to give up eating fast foods to eat right.**

**Here are some tips on how to make heart-healthy choices at fast-food restaurants.**

## Sandwiches

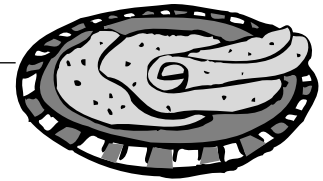
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- ♥ Order sandwiches without mayonnaise, tartar sauce, or special sauces. Try mustard or lowfat mayonnaise.
- ♥ Order small, plain hamburgers instead of deluxe sandwiches.
- ♥ Order sandwiches made with lean roast beef or turkey. Chicken salad and tuna salad made with regular mayonnaise are high in fat.
- ♥ Choose grilled chicken sandwiches instead of breaded chicken sandwiches.

## Main dishes

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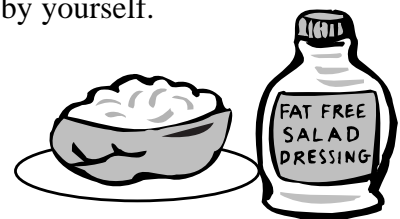
- ♥ Choose soft tacos or corn tortillas filled with chicken or lean beef, vegetables, and salsa.
  - Ask for lowfat cheese and lowfat sour cream.
  - Ask for cheese and sour cream to be served on the side. And use only a small amount.
- ♥ Choose rotisserie-style chicken rather than fried chicken. Always remove the skin.
- ♥ Order pizza with vegetable toppings like peppers, mushrooms, or onions. Ask for half the usual amount of cheese.



## Side dishes

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- ♥ Share a small order of french fries instead of eating a large order by yourself.
- ♥ Ask that no salt be added to your serving.
- ♥ Order a baked potato instead of fries.
  - Try salsa or vegetables as a potato topping.
  - Ask that high fat toppings be served on the side, and use less.
- ♥ Use low calorie/lowfat salad dressing when eating a salad. Bring your own if the restaurant does not offer a lowfat version. You can buy packets at some stores. Ask that dressings be served on the side and use less.



## Beverages

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- ♥ Choose water, fruit juice, or lowfat (1%) or fat free (skim) milk rather than a soda or a milk shake.
- ♥ Order a small soda, if that is what you want to drink.



## Desserts

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- ♥ Buy the smallest size nonfat frozen yogurt instead of cookies or pies.

# Money-Saving Tips

**You can save money on groceries. Follow these simple suggestions.**

## Before Going to the Store

- ♥ Plan weekly meals.
- ♥ Make a shopping list based on your meal plan.
- ♥ Check the food sale ads.
- ♥ Use coupons. Check the Sunday newspaper and clip coupons for foods you normally buy or need. Remember—coupons do not save you money if you buy products that you don't need. Always compare the price of the item with the coupon with other items on the shelf.
- ♥ Make fresh foods at home instead of using prepared items such as frozen entrees, bakery cakes, or salads.



## Choosing a Store

- ♥ Shop at the store that has the lowest prices for the items you need. That may be a different store every week.
- ♥ Remember that convenience stores usually have higher prices and less variety than supermarkets.

## At the Store

- ♥ Buy what is on your list. You are more likely to buy too much or buy items that you do not need when you do not use a list.
- ♥ Convenience can cost more. Some examples include:
  - canned beans
  - boneless chicken breasts
  - precut vegetables
- ♥ Buy fruits and vegetables that are in season.
- ♥ Buy only the amount of food the family can use even if a large size costs less.
- ♥ Shop alone when possible. Family members or friends may try to get you to buy items you do not need.
- ♥ Do not shop when you are hungry.
- ♥ Watch for errors at the cash register. Some stores will give a customer free items if you are charged the wrong amount.



# Shopping List

**Make a shopping list. Include the items you need for your menus and any basics you need to restock in your kitchen.**

## Produce

- Fresh fruits (mangos, apples, oranges, pineapple)
- Fresh vegetables (cabbage, lettuce, onions, tomatoes, squash, sweet potatoes, cactus, okra, yucca, plantains)

## Breads, Muffins, Rolls

- Bread, bagels, pita bread
- English muffins
- Corn tortillas
- Lowfat wheat tortillas

## Cereals, Rice, Crackers, Pasta, and Noodles

- \*Cereal, dry or cooked
- Pasta (noodles, spaghetti)
- Other \_\_\_\_\_
- \*Saltines, soda crackers
- Graham crackers
- \*Other crackers



## Dairy Case

- Fat free (skim) or lowfat (1%) milk
- Fat free or lowfat (1%) cottage cheese
- Fat free or lowfat cheeses
- Fat free or lowfat yogurt
- Light or diet margarine
- Fat free sour cream
- Fat free cream cheese
- Eggs



## Meats

- Chicken
- Turkey
- Fish
- Beef (round or sirloin)
- Extra lean ground beef
- Pork tenderloin, leg, shoulder
- \*Lower fat lunch meats like ham and bologna
- Dry beans and peas



## Baking Items

- Flour
- Sugar
- Nonstick cooking spray
- Fat free (skim) canned evaporated milk
- Nonfat dry milk powder
- Unsweetened cocoa powder
- Baking powder



## Canned Fruits, Vegetables, Beans, and Soups

- Canned fruits in light syrup or juice
- Canned fruit
- Applesauce
- Canned tomatoes (no salt added)
- Low sodium tomato sauce or paste
- Other canned vegetables (no salt added)

- Canned broth (fat free, low sodium)\*
- Other canned soups\*

- Canned beans (no salt or seasoning added)

## Fats and Oils

- \*Margarine (liquid, tub, stick, diet)
- Vegetable oil

## Frozen

- Fat free or lowfat yogurt and desserts\*
- Frozen vegetables without sauces
- Frozen fruit juices

## Other

- Herbs and spices (oregano, cumin, red pepper, cilantro, parsley)



\*Use the nutrition label to choose foods lowest in fat, saturated fat, cholesterol, sodium, and calories.

# Quick Beef Casserole

1/2 pound	lean ground beef
1 cup	onion, chopped
1 cup	celery, chopped
1 cup	green pepper, cubed
3 1/2 cups	tomatoes, diced
1/4 teaspoon	salt
1/2 teaspoon	black pepper
1/4 teaspoon	paprika
1 cup	frozen peas
2 small	carrots, diced
1 cup	uncooked rice
1 1/2 cups	water

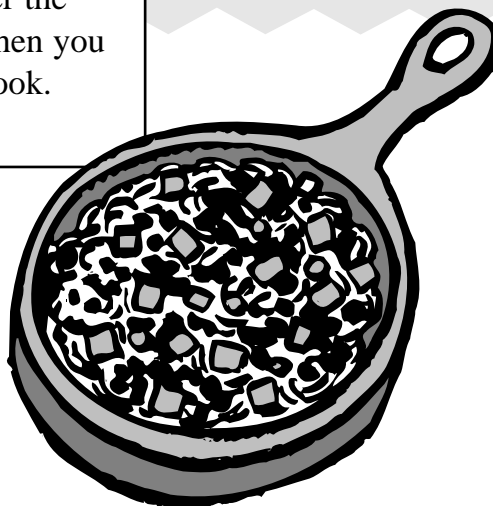
1. In a skillet, brown the ground beef and drain off the fat.
2. Add the rest of the ingredients. Mix well. Cook over medium heat and cover skillet until boiling. Reduce to low heat and simmer for 35 minutes.

Serve hot.

Yield: 8 servings  
Serving size: 1 1/3 cups  
Each serving provides:  
Calories: 184  
Total fat: 3 g  
Saturated fat: 1g  
Cholesterol: 15 mg  
Sodium: 125 mg  
Calcium: 33 mg  
Iron: 2 mg

## Quick Tips

- Drain the meat after cooking to lower the amount of fat and calories.
- This one-dish meal can be made and frozen over the weekend. Reheat when you don't have time to cook.





# Enjoy Living Smoke Free

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## Objectives

By the end of this session, the group members will learn:

- How cigarette smoking harms the smoker.
  - How secondhand smoke harms people who are near people who smoke.
  - Tips that can help a smoker who wants to quit.
  - Ways to ask people not to smoke when they are nearby.
- 

## Materials and Supplies

To conduct this session you will need:

- *Your Heart, Your Life* manual and packet of picture cards
  - Blackboard and chalk or several large sheets of paper, a marker, and tape
  - (Optional) VCR and TV monitor
  - (Optional) “El gran partido” telenovela or fotonovela
- 

## Handouts

Give each group member these handouts during this session:

- How Smoking Can Harm You (page 177)
- How Smoking Harms Infants and Children (page 178)

- The Cost of Smoking (page 179)
- Smoke-Free Family Signs (page 180)
- List of local smoking cessation programs\*
- Kick the Smoking Habit! (page 181)
- Help Your Heart. Stop Smoking (pages 182-183). (Also find it in the guide *Más Vale Prevenir Que Lamentar*, pages 22 and 23)

\* Prepare this list ahead of time. Information may be available from your local health department, local hospital, or your local chapter of the American Lung Association (call 1-800-445-6016 to learn the number of the chapter closest to you).



**Note:** Posters can be ordered from the American Lung Association and the National Cancer Institute (call 1-800-4-CANCER) for this session.

## Session Outline

### Introducing the Session

1. Welcome
2. Review of Last Week's Session
3. About This Session

### Conducting the Session

1. "El gran partido: Rompa el habito de fumar" Telenovela or Fotonovela from *Más Vale Prevenir Que Lamentar*, pages 20 and 21 (*optional*)
2. Facts About Smoking
3. How Smoking Harms Infants and Children
4. Youths and Smoking

5. Smoking and Your Pocketbook

6. Secondhand Smoke

A. How Secondhand Smoke Can Harm You or Those Around You

B. Secondhand Smoke Role-Playing Activity

7. Quitting Smoking

## **Weekly Pledge**

## **Review of Today's Key Points**

## **Closing**



# Introducing the Session

---

## 1. Welcome

- Welcome the group members to the session.

## 2. Review of Last Week's Session

### ■ Say:

At the last session, we talked about ways to save money on our food bills. Who can name some of them? (List ideas on board or paper as members name them.)

### Add these ideas if they are not said:

- Plan weekly meals and shop with a list
- Check the food sale ads
- Use fewer pre-prepared foods
- Buy only the amount of food the family needs
- Shop alone. Make sure you're not hungry
- Watch for errors at the register
- Clip coupons for products you use
- Shop at convenience stores less often

### ■ Ask:

How are you doing with your pledge to eat in a heart-healthy way even when time or money is tight. What went well? Did you have problems? If so, what did you do to solve them?



**Note:** Give the members 5 to 8 minutes to answer.

### 3. About This Session

■ **Say:**

This session is about not starting to smoke and stopping smoking. During this session you will learn:

- How cigarette smoking harms the smoker.
- How secondhand smoke hurts people who are near people who smoke.
- Ways to ask people not to smoke when they are nearby.
- Helpful ways to stop smoking for you and others

■ **Ask:**

How many of you smoke or live with a smoker?

■ **Say:**

Tobacco is used in a variety of ways—cigarettes, cigars, pipes, chewing tobacco, snuff, and dip. This session focuses on cigarette smoking because it is the most common way people use tobacco.

## Conducting the Session

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### 1. “El gran partido” Telenovela or Fotonovela

- **Show** the telenovela “El gran partido,” or ask volunteers to read the story from the guide *Más Vale Prevenir Que Lamentar* guide (pages 20 and 21).

### 2. Facts About Smoking

■ **Say:**

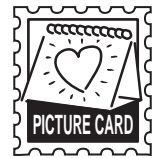
There are many reasons why you should not start smoking, or why you should stop smoking. Let’s go over these reasons.

- In the United States, about 400,000 (four-hundred thousand) people die each year from diseases related to smoking. This is more than 1,000 people each day. Smoking causes about one in every five deaths.

- Health care due to smoking costs about \$50 billion each year.
- More than one out of every four Latino men smokes (about 28 percent). Fewer Latino women smoke (1 in 6 or about 17 percent), but this number is increasing.
- No matter why or when people begin to smoke, they continue to smoke because of the effects of a powerful drug called nicotine. Nicotine is found in all tobacco products. People continue to smoke because they become addicted to nicotine. Smoking also becomes a habit. People will smoke certain times, like after meals or when with friends.
- It can harm those around you!

■ **Show picture card 8-1. Say:**

Today we are going to talk about what can happen when you smoke. We also are going to talk about ways to stop smoking or support a friend or family member who wants to quit.



■ **Give each group member** a copy of the handout “How Smoking Can Harm You” on page 177 and **review** the information.



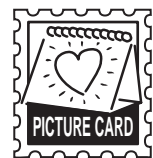
**Note:** Ask volunteers to read each tip out loud. Keep the picture card on display while you review this handout.

### 3. How Smoking Harms Infants and Children

■ **Show picture card 8-2. Ask:**

Do you think pregnant women should smoke?

A: Pregnant women should not smoke because it will affect their baby’s health and well-being. They also should stay away from others who smoke because of the harm that secondhand smoke causes.



■ **Say:**

Many people have heard that it is not good for pregnant women to smoke or be around others who smoke. Do you know why? Let’s go over some problems that can happen.

- Give participants the handout on “How Smoking Can Harm Infants and Children” on page 178.

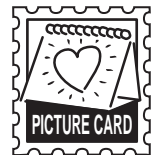


**Note:** Ask volunteers to read it out loud, or you can cut out each fact on the dotted lines and put them in a box. Let the members draw a slip of paper and read the facts aloud. Keep the picture card on display while you review the handout.

## 4. Youths and Smoking

- Show picture card 8-3. Ask:

Why do you think many people begin smoking as teenagers? Review picture card 8-3 to show the reasons for teenage smoking.



Also, add these reasons if they are not said.

- Teens want to be like their friends.
  - Young people smoke to try to look older.
  - They want to be like celebrities who smoke in movies or on television.
  - Teens are influenced by advertisements that make smoking look “cool” or glamorous.
  - They may want to be like parents or other family members who smoke.
  - Some teens will smoke just to do something their parents don’t want them to do.
  - Young people downplay the harm smoking can do or think they will not get sick.
  - Teens may like the jackets, hats, and other prizes tobacco companies offer.
- Say:  
Let’s look at some of the facts about young people and smoking.
  - Cigarette smoking among young people in the United States is rising.
  - People who start smoking at a young age are likely to smoke all their lives.

- The longer a person smokes, the more likely he or she will develop the problems caused by smoking.
- Young people who smoke cigarettes are also more likely to try other drugs, especially marijuana.

■ **Say:**

If you smoke, try not to smoke in front of your children. Never ask your children to bring you cigarettes or light a cigarette. Asking them to do those things can send the message that smoking is okay for them to do.

## 5. Smoking and Your Pocketbook

■ **Say:**

Smoking costs a lot in other ways. Let's look at some things a smoker could buy with the money that he or she uses for cigarettes.

- **Give out and review** the “The Cost of Smoking” handout on page 179.



## 6. Secondhand Smoke

### A. How Secondhand Smoke Can Harm You or Those Around You

■ **Ask:**

What have you heard about secondhand smoke?



**Note:** Give the group members 3 to 5 minutes to answer.

■ **Say:**

Secondhand smoke is the smoke that you breathe in from someone else's cigarette. Even nonsmokers can be harmed if they are near secondhand smoke.

■ **Say:**

Let's take a look at some facts about secondhand smoke.

- Secondhand smoke contains poisons such as arsenic, cyanide, ammonia, and formaldehyde.

- It also has higher levels of tar, carbon monoxide, and nicotine than the smoke that the smoker breathes in.
- Breathing secondhand smoke causes eye irritation, nose and throat discomfort, headaches, and coughing.
- Up to 5,000 (five thousand) nonsmokers die from lung cancer caused by secondhand smoke each year.
- Nonsmokers who live with someone who smokes are twice as likely to have respiratory illness, bronchitis, and pneumonia as are nonsmokers who do not live with someone who smokes.
- Secondhand smoke can bring on an asthma attack.

## B. Secondhand Smoke Role-Playing Activity



### ■ Say:

Let's try role-playing. Some people have a hard time telling smokers not to smoke around them or around their children. This activity will let you practice what you say when someone smokes around you or your family.

- **Divide the members into groups of three.** Give each group a scene from page 172 to act out. **Ask** them to act out a solution to the problem, too.



**Note:** Read the scenes one at a time or hand out copies to each group. Give one group about 5 minutes to role-play a solution.

- **Ask the group members** if they have any comments or questions about the role-playing.

### ■ Say:

One thing we all can do in our homes to prevent these situations is to post a sign that says “Thank You for Not Smoking” or “This Is a Smoke-Free Home.” This lets guests know your house is smoke free.

- **Give** participants a copy of the “Smoke-Free Family Sign” on page 180. **Say:**

This can be used on a tabletop or taped to the wall or refrigerator.



## Scenes for Role-Playing Activity

### What Can You Do?

#### ■ Scene 1:

Your in-laws are at your house visiting your family. Your spouse is at the store buying a few things. The rest of the family is sitting in the living room and talking. Your father-in-law asks you for an ashtray as he lights a cigarette. You don't want him to smoke inside the house around the children. What can you do?

#### **Solutions:**

- Tell him this is a smoke-free house.
- Tell him that smoke bothers you and the children.
- Ask him if he would please go outside to smoke.

#### ■ Scene 2:

You and your family go to a friend's house to celebrate her son's birthday. There are many adults and children inside the house. A few of the guests are smoking, which is making the house very smoky. The smoke is hurting your throat. It also is hurting your daughter's eyes. You promised your friend you would help her, so you don't want to leave. What can you do?

#### **Solutions:**

- Tell your friend that you are very sorry but you cannot help her. You must leave because the smoke is bothering you and the children.

#### ■ Scene 3:

You go out to eat with a friend to celebrate a special occasion. You ask to sit in the no-smoking section of the restaurant. The no-smoking area is in a corner of the restaurant. There are no walls separating the smoking section from the nonsmoking section. As you order your meal, four people sit down about three tables away from you in the smoking section. They begin to smoke one cigarette after another. After a minute or two, you begin to smell their smoke at your table. You tell the waiter the smoke is bothering you. He says he can't ask them to stop because they are in the smoking section. What do you do?

#### **Solutions:**

- Ask to be moved to another table further from the smokers.
- Ask the waiter to wrap up your food and leave. Tell the manager that you are upset and will not come back to his restaurant.

## 7. Quitting Smoking

### ■ Say:

Nicotine withdrawal is very hard to go through. It is very easy to give in to the desire to smoke. People who want to stop must be willing to do whatever it takes. Many people find it hard to resist the urge to smoke in times of stress or when they are around friends who smoke. To quit, people must be ready for these stressful times.

### ■ Ask if anyone in the group used to smoke and quit. If so, ask them to say how they quit.

### ■ Say:

Some people can quit “cold turkey” and other people use one or more aids to help them. Here are some ways to quit:

- Use nicotine patches, nicotine gum, and nicotine nasal spray. These products can help lower the urge to smoke. They let the smoker cut back slowly on the amount of nicotine he or she gets each day. The nicotine in these products pass into the body through the skin on your arms or inside your mouth and nose. Follow the directions when using these products.
- Find other ways to relieve stress. Try going for a walk, listening to music, talking with a friend, or doing something you enjoy like shopping or working in your yard. **Ask:** What do you do to relax when you are under stress?
- Join a smoking cessation program. These programs provide support from the leader and other people who also want to quit.



**Note:** Give each member a copy of the list of smoking cessation programs in your area. Be sure to note if any are available in Spanish.

### ■ Give each member a copy of the “Kick the Smoking Habit!” handout on page 181. Ask volunteers to read the tips aloud.



### ■ Say:

These tips have helped other people. If you are a smoker, they can help you quit. If you are not a smoker, share the tips with a family member who would like to quit.



■ **Say:**

Nagging people about their smoking can make them become angry or defensive. Try these positive ways to help people you know who want to quit:

- Say things, like “It’s hard, but I know you can do it.”
- Help them stay away from smokers in the early days.
- Suggest other activities that will help them get through the urges. For example, ask them to go to a movie with you.

■ **Ask:**

Do you have any questions about the information we covered today?



**Note:** The details provided in the “More Information” box below may help you answer these questions.

### More Information

Tobacco companies spend billions of dollars advertising their products to get people to smoke. They do this through advertising in magazines and on billboards and posters.

Tobacco ads usually show happy, attractive people enjoying life while they smoke cigarettes. Many want to be like these people and start smoking.

Tobacco companies also advertise their products by supporting special events such as tennis tournaments and car racing events. They go to community events, dances, and festivals to promote their products by giving away free merchandise and cigarettes.

Tobacco companies pay movie companies to have stars smoke on screen. This allows them to get around the law that bans cigarette advertising on television or in the movies.

Tobacco companies recruit new smokers to make up for the thousands of people who die each day of diseases related to cigarette smoking. They target young people because young smokers are likely to be lifelong smokers. Teenage smokers are important for the tobacco companies because teens will continue to buy cigarettes for many years.

Young people are influenced by the marketing programs. The number of youths who began smoking increased when tobacco companies introduced cartoon-like characters to sell cigarettes. Tobacco companies also give away gifts that appeal to youths to get them to smoke a certain brand.

## Weekly Pledge



### ■ Say:

Pledge one thing that you will do to prevent or stop smoking or cut back on how much secondhand smoke is inhaled.

**Note:** Ask each member to give details about what he or she plans to do. Here are some examples:

- I will smoke half the cigarettes I usually smoke each day.
- I will ask my children to make a sign to let people know our home is smoke-free.

- ### ■ Give each group member the “Help Your Heart. Stop Smoking” handout on pages 182 and 183. Say:
- Write your pledges on this handout.



### ■ Say:

We will talk about how you do with your smoking pledge at the next session. Keep working on the pledges you made during earlier sessions, including last week’s pledge to eat in a heart-healthy way, even when you’re rushed or trying to stick to a budget.

## Review of Today’s Key Points

### ■ Say:

Let’s review what we learned today.

### ■ Ask these questions:

**Q: When people smoke, they are likely to develop which diseases?**

A: Smoking contributes to heart disease, cancer, stroke, and emphysema.

**Q: Should a pregnant woman smoke? Why or why not?**

A: Pregnant women should not smoke. Smoking reduces the oxygen the baby receives, causes lower birth weight, and increases the chance of a stillbirth.

**Q: What is secondhand smoke?**

A: Secondhand smoke is smoke that you breathe in from someone else's cigarette.

**Q: What can you do if someone is smoking around you and you don't like it?**

A: Ask the person not to smoke inside or leave the area yourself. Post a sign that says "Thank You for Not Smoking" or "This Is a Smoke-Free Home."

## **Closing**

■ **Say:**

Thank you for coming today. What did you think of today's session? I am looking forward to seeing you next week. The next session will be a review and graduation celebration.

- **Ask members** if they want a potluck dinner at the final session. Ask for volunteers to bring heart-healthy dishes. Don't forget nonfood items such as paper plates, plastic forks, and spoons.



**Note:** Think about today's session. What worked and didn't work? Have you made any changes in your own life that were covered in today's session?

# How Smoking Can Harm You

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## ♥ Smoking can cause:

- **Heart Attack and Stroke**

- About 80 to 90 percent of heart attacks and strokes are related to smoking.
- One year after a person stops smoking, the risk of having a heart attack or stroke will drop by more than half.

- **Cancer**

- Smoking increases your risk of developing cancer of the bladder, stomach, uterus, and lung.
- About 80 to 90 percent of lung cancer is caused by smoking.
- The cancer death rate for men who smoke cigarettes is more than double that of nonsmokers.
- Men who smoke are 22 times more likely to develop lung cancer than men who do not smoke; women are 12 times more likely.

## ♥ Smoking and secondhand smoke can cause:

- Serious respiratory diseases such as emphysema and chronic bronchitis
- More colds, sore throats, and respiratory infections
- Asthma attacks

## ♥ Unpleasant effects include:

- Yellow stains on teeth and fingers
- Bad breath
- Gum disease
- Early wrinkling of the skin





# How Smoking Harms Infants and Children

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Each time a pregnant woman smokes, her baby's heart rate increases.

When a pregnant woman smokes, her baby gets less oxygen.

The birth weight for babies born to smokers is less than for babies born to nonsmokers.

Smoking increases the chance of a stillbirth.

Babies whose mothers smoke have a greater risk of dying from SIDS (sudden infant death syndrome).

Harmful chemicals pass through the placenta and directly into the baby's blood.

If the mother continues to smoke after the baby is born, the baby can get more chest colds, ear infections, bronchitis, pneumonia, and asthma.

Babies who are exposed to smoke cry, sneeze, and cough more than do babies who are not.

Children who grow up in a home with smokers are more likely to become smokers.

# The Cost of Smoking

**1 pack a day\* for . . .**

1 Week	=	\$17.50	=		Compact Disk
1 Month	=	\$75	=		Movie and Dinner for the Family
6 Months	=	\$450	=		Color T.V.
1 Year	=	\$900	=		Video Camera
2 Years	=	\$1,800	=		Computer
3 Years	=	\$2,700	=		Dream Vacation for the Family
4 Years	=	\$3,600	=		Car Down Payment

\* Based on a pack of cigarettes that costs \$2.50.

# Smoke-Free Family Signs

We're a  
Smoke-Free Family.  
Thank You  
for Not Smoking.

We're a  
Smoke-Free Family.  
Thank You  
for Not Smoking.



# Kick the Smoking Habit!

## Stop smoking for the health and well-being of you and your family.

The smoke from a cigarette gives off more than 4,000 harmful substances into the air. You put your health and your family's health at risk when you smoke. Smoking increases your risk of heart attack, lung diseases, stroke, and cancer.



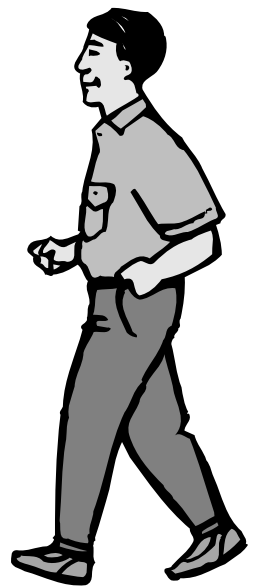
## Tips to quit smoking

1. Pick a day to stop smoking.
2. Keep reminding yourself why you want to quit.
3. Throw away your cigarettes, lighters, and ashtrays.
4. Drink water or suck on ice instead of smoking.
5. Chew sugarless gum or eat a piece of fruit instead of smoking.
6. Get moving. Whenever you have the urge to smoke, take a walk. Soon the urge will pass.



## Make a plan to stay off cigarettes.

- ♥ At first, avoid places that make you want to smoke.
- ♥ Ask your family and friends not to smoke around you.
- ♥ At parties, try to be around friends who do not smoke.
- ♥ When someone offers you a cigarette, say, "No, thank you. I don't smoke." You will soon see yourself as a nonsmoker.
- ♥ Be kind to yourself. If you smoke a cigarette, don't give up. Remind yourself of the reasons you want to quit. Try again.





# Help your heart. Stop smoking.



Quitting smoking will lower your risk of heart attack, stroke, and lung disease and help you breathe more easily and feel less tired. What's more, your clothes, hair, and breath will smell fresher, and you will save money by not buying cigarettes. Most important, when you quit smoking, your children won't be exposed to your secondhand smoke. They will have your good example to follow.

Even if you do not smoke, it is important that you learn about the best ways to quit. Help those around you and keep your children smoke-free.



## Quit smoking and add years to your life!



Mariano and Néstor decided to quit smoking. Néstor made a firm pledge one morning, threw away his cigarettes, and quit for good. Mariano used the following three tips and quit too.

**1.**  
Use the nicotine patch or gum.

"The doctor at the clinic suggested that I use the patch. The patch helped me slow down the urge to smoke."

**2.**  
Get support.

"I also attended a quit-smoking program in the clinic every Thursday night. And I got a lot of support from

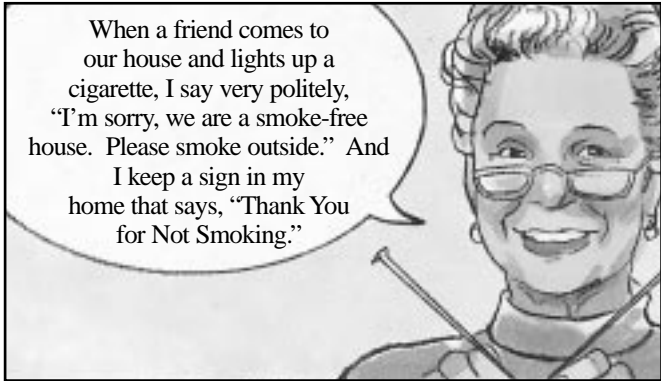
**3.**  
Learn how to handle urges to smoke.

"Every time I felt under stress, I wanted to smoke. Instead of smoking, I went to play soccer or talked to a friend."



# Break free from the smoking habit

Doña Fela says it's not hard to make your home smoke-free.



When a friend comes to our house and lights up a cigarette, I say very politely, "I'm sorry, we are a smoke-free house. Please smoke outside." And I keep a sign in my home that says, "Thank You for Not Smoking."

## Protect your children!

Talk to your children about the harm that smoking will do to their health. Practice with them saying, "No, thanks. I don't smoke."



**Make your personal pledge to do what the Ramírez family has done to protect your family from cigarette smoke. Look at the examples:**

### If you smoke

I will set a quit date today.



### To protect your family from a smoker

I will put a "Thank You for Not Smoking" sign in my house.



### To help your child stay smoke free

I will practice with my child saying "NO" to cigarette smoking.

## Write the changes you will try to make this week.

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**Your health and your family's health is priceless.  
Make an investment in it!**



# Review and Graduation

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## Objectives

This session is designed to:

- Review information learned in Sessions 1 through 8 using games and activities.
- Recognize the group's efforts and accomplishments.

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## Materials and Supplies

To conduct this session you will need:

- Bingo Facts
- "Heart Health Bingo" cards
- Bingo card markers (you can use pennies, dried corn, or other items)
- Pens
- Stamped envelopes
- Food (*if having a potluck*)
- (*Optional*) Small gift or certificate for each group member

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## **Handouts**

**Give group members this handout during this session.**

- Letter to Myself Sample, page 208 (*optional*)
- Letter to Myself, page 209
- Certificate, page 210

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## **Session Outline**

### **Introducing the Session**

1. Welcome
2. Review of Last Week's Session
3. About This Session

### **Conducting the Session**

1. Heart Health Bingo
2. Letter to Yourself Activity

### **Recognition for Completing Your Heart, Your Life**

### **Potluck Meal** (*Optional*)

### **Closing**

# Introducing the Session

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## 1. Welcome

- Welcome the group members to the session.

## 2. Review of Last Week's Session



**Note:** If the group went on a grocery store tour, ask them to share what they learned from the tour. If not, go to the following review of Session 8.

- **Say:**

During Session 8, we talked about how cigarette smoking can harm you. Who can name some of the ways?



**Note:** Give the group 3 to 5 minutes to answer. Write their answers on the blackboard on a large piece of paper taped to the wall. Add these reasons if the group members do not say them.

- Cigarette smoking can cause health problems, like:
  - Heart disease
  - Stroke
  - Cancer
  - Emphysema
- Cigarette smoking irritates the eyes and can trigger asthma attacks.
- Less serious but very unpleasant effects of smoking are:
  - Yellow stains on teeth and fingers
  - Early wrinkling of the face
  - Bad breath
  - Many colds and sore throats
  - Poorer sense of smell and taste

■ **Ask:**

How did you do with your pledge to do one thing to quit smoking or to protect your family from secondhand smoke? Did anything work very well? Did anything cause a problem?



**Note:** Give the group 5 to 8 minutes for their comments.

### 3. About This Session

■ **Say:**

During this session, we will go over information we learned in Sessions 1 through 8. Thank you all for taking part in the sessions. And congratulations for making the effort to learn how to lessen the chance of heart disease and stroke for you and your families.

## Conducting the Session

---

### 1. Heart Health Bingo



**Note:** Copy the bingo game facts on stiff paper and cut on the dotted lines. Place the pieces in a box and mix well. Also copy the bingo cards on stiff paper and cut them out.

■ **Give one card to each person.** Give them eight pennies, eight pieces of dried corn, or other items that can be used to mark the card.

■ **Say:**

We are going to play a bingo game to review facts about preventing heart disease. Here's how to play:

1. To start, place a marker on the free space in the center of the card.
2. Then listen as the bingo caller reads facts about heart health. These facts will be drawn from a box.

3. If the fact that is read matches a fact on your card, place a marker on it.
4. If you get three markers in a row, call out “Bingo.” The row can be up and down, across, or diagonal. (Hold up a card and show the group.)



**Note:** Play two or three games as time permits. At the end of each game, have the group members turn in their card for new ones. If you are able, you may want to award a small prize to the winners.

## 2. Letter to Yourself Activity



**Note:** Bring a stamped envelope and pen for each member. If you have members who do not write well, let them tell you the information and you can write it down for them.

- **Give each group member** a pen, the “Letter to Myself” handout on page 209, and a stamped envelope. You may want to show or read to the group members the sample “Letter to Myself” on page 208 to give them ideas.



- **Ask the group members** to use the handout to list healthy changes they will continue to work on until they become a habit.
- **Tell them** to address the envelope to themselves and place the letter inside. Collect the sealed, self-addressed envelopes.

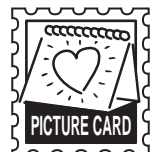
- **Say:**

I will mail your letter to you in about 3 months. Getting this letter will help remind you to keep using what you learned in these sessions to protect your heart health.

## Recognition for Completing *Your Heart, Your Health*

- **Show picture card 9-1. Say:**

Everyone gave time and effort to attend the sessions. I hope you will use the information to help improve your heart health and your family’s heart health.





■ *(Optional)*

If you choose to, provide certificates or small gifts.

- **Say:** Now, I would like to give each of you a certificate [gift] to honor your efforts and your achievements.
- **Call each group member's name** and hand the person the certificate or the small gift of recognition. (See page 210 for a sample certificate that you can copy and complete. You can also find certificates in business supply stores.)

■ **Say:**

Now you have a chance to talk about what you have found helpful. Would anyone like to share a short story about your families' reactions to your pledged activities.

## **Potluck Meal** *(Optional)*

■ **Say:**

Now is the time for the potluck meal. Place the dishes you brought on the table. We will begin the celebration.

## **Closing**

■ **Say:**

Thank you for coming and for completing the program. I wish everyone well and hope you continue your “journey toward good health and a healthy heart.”



# Bingo Facts

*(Photocopy and cut)*

Protect your heart. When the heart stops, life stops.	Brisk walking is an activity almost everyone can do.
Physical activity makes your heart and lungs stronger.	Do 30 minutes of physical activity each day.
Stay active. Walk with your family or a friend.	It is best to have a blood pressure reading less than 120/80.
A blood pressure reading of 140/90 or greater is high.	Eat less salt and sodium to help prevent high blood pressure.
Hypertension is another term for high blood pressure.	Regular canned and instant soups contain a lot of sodium.
Use herbs and spices instead of salt.	You can have high blood pressure and not know it.
Being overweight increases your risk of heart disease.	Being overweight increases your risk of high blood pressure.
Being overweight increases your risk of high blood cholesterol.	Being overweight increases your risk of diabetes.
To lose weight, cut down on portion size and be more active.	The food label gives serving size and the number of calories in a serving.
A serving of cooked vegetables is 1/2 cup.	Eat more fruit each day. Have a banana with your cereal for breakfast.



# Bingo Facts

*(Photocopy and cut)*

Eat more vegetables each day. Have a salad for lunch.	Order baked or grilled foods to cut down on fat and calories.
To save food dollars, plan weekly menus. Shop with a list!	Try fruit and nonfat yogurt for snacks.
Smoking causes serious health problems such as heart disease and lung cancer.	Pregnant women should not smoke.
Children of smokers are more likely to become smokers.	A desirable blood cholesterol level is less than 200.
A high blood cholesterol level is 240 or higher.	Cholesterol can clog your arteries and cause a heart attack or stroke.
To keep a desirable cholesterol level, eat in a heart-healthy way, be active, and keep a healthy weight.	Trim visible fat from meat before cooking.
Use the food label to choose foods lower in fat and saturated fat	Saturated fat is solid at room temperature.
High blood pressure makes your heart work harder.	Cook more food than you need and freeze part to use when you don't have a lot of time to cook.
Beans, rice, fruits, and other favorite Latino foods are naturally low in fat.	Drain meat after it is cooked to get rid of some of the fat.
Too much cholesterol in your blood can clog your arteries.	Lard is high in saturated fat.

# Sample Bingo Cards – 1

## Heart Health Bingo



Stay active. Walk with your family or a friend.



Use herbs and spices instead of salt.



Children of smokers are more likely to become smokers.



Trim visible fat from meat before cooking.

♥  
**FREE  
SPACE**



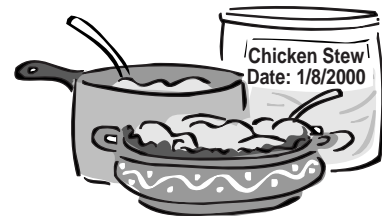
To keep a desirable cholesterol level, eat in a heart-healthy way, be active, and keep a healthy weight.

Nutrition Facts	
Serving Size 1 oz	
Servings Per Container 7	
Amount Per Serving	
Calories 120	Calories from Fat 90
% Daily Value	
Total Fat 10g	15%
Saturated Fat 7g	35%
Cholesterol 30mg	10%
Sodium 180mg	8%
Total Carbohydrate less than 1g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 6g	
Vitamin A 6%	Vitamin C 0%
Calcium 20%	Iron 0%

Use the food label to choose foods lower in fat and saturated fat.



Eat more vegetables each day. Have a salad for lunch.



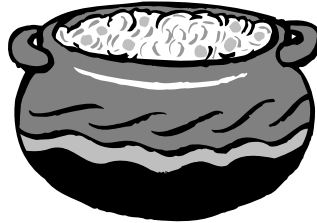
Cook more food than you need and freeze part to use when you don't have a lot of time to cook.

# Sample Bingo Cards – 2

## Heart Health Bingo



High blood pressure makes your heart work harder.



Beans, rice, fruits, and other favorite Latino foods are naturally low in fat.

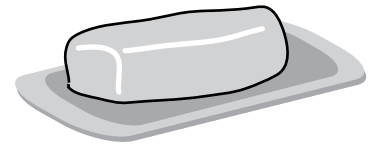
Nutrition Facts	
Serving Size 1 oz	
Servings Per Container 7	
Amount Per Serving	
Calories 120	Calories from Fat 90
% Daily Value	
Total Fat 10g	15%
Saturated Fat 7g	35%
Cholesterol 30mg	10%
Sodium 180mg	8%
Total Carbohydrate less than 1g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 6g	
Vitamin A 0%	Vitamin C 0%
Calcium 20%	Iron 0%

Use the food label to choose foods lower in fat and saturated fat.



Being overweight increases your risk of diabetes.

♥  
**FREE  
SPACE**



Saturated fat is solid at room temperature.



A blood pressure reading of 140/90 or greater is high.



Brisk walking is an activity almost everyone can do.



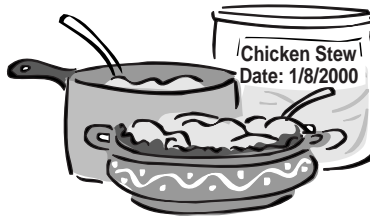
Pregnant women should not smoke.

# Sample Bingo Cards – 3

## Heart Health Bingo



Children of smokers are more likely to become smokers.



Cook more food than you need and freeze part to use when you don't have a lot of time to cook.



Lard is high in saturated fat.



Protect your heart. When the heart stops, life stops.

♥  
**FREE  
SPACE**



Eat less salt and sodium to help prevent high blood pressure.



To lose weight, cut down on portion size and be more active.



Eat more vegetables each day. Have a salad for lunch.



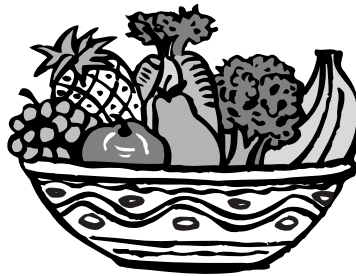
A high blood cholesterol level is 240 or higher.

# Sample Bingo Cards – 4

## Heart Health Bingo



Cholesterol can clog your arteries and cause a heart attack or stroke.



Eat more fruit each day. Have a banana with your cereal for breakfast.



Hypertension is another term for high blood pressure.



Smoking causes serious health problems such as heart disease and lung cancer.

♥  
**FREE  
SPACE**

Nutrition Facts	
Serving Size 1 oz	
Servings Per Container 7	
Amount Per Serving	
Calories 120	Calories from Fat 90
% Daily Value	
Total Fat 10g	15%
Saturated Fat 7g	35%
Cholesterol 30mg	10%
Sodium 180mg	8%
Total Carbohydrate less than 1g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 6g	
Vitamin A 8%	Vitamin C 0%
Calcium 20%	Iron 0%

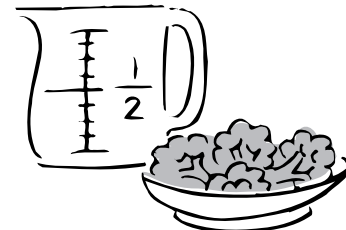
The food label gives serving size and the number of calories in a serving.



Regular canned and instant soups contain a lot of sodium.



A desirable blood cholesterol level is less than 200.



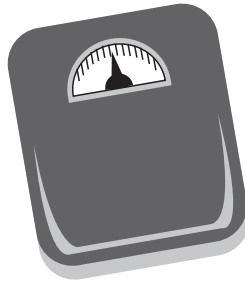
A serving of cooked vegetables is 1/2 cup.

# Sample Bingo Cards – 5

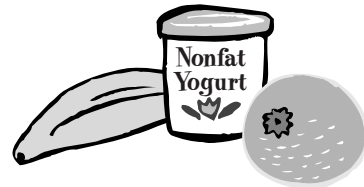
## Heart Health Bingo



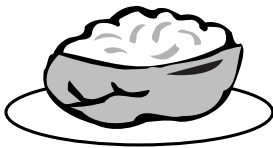
Do 30 minutes of physical activity each day.



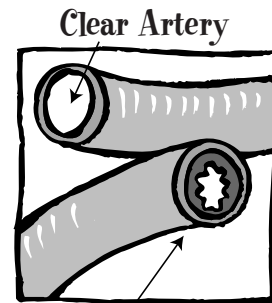
Being overweight increases your risk of heart disease.



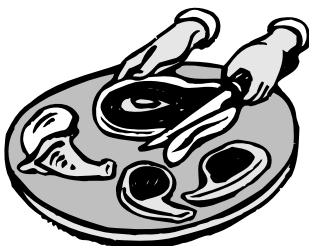
Try fruit and nonfat yogurt for snacks.



Order baked or grilled foods to cut down on fat and calories.



Too much cholesterol in your blood can clog your arteries.



Trim visible fat from meat before cooking.



You can have high blood pressure and not know it.



To save food dollars, plan weekly menus. Shop with a list!

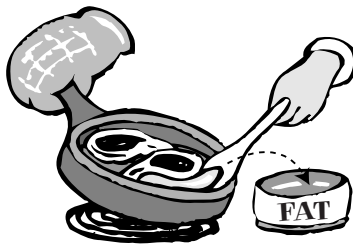


# Sample Bingo Cards – 6

## Heart Health Bingo



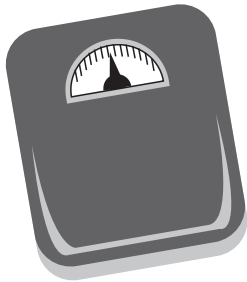
To keep a desirable cholesterol level, eat in a heart-healthy way, be active, and keep a healthy weight.



Drain meat after it is cooked to get rid of some of the fat.



It is best to have a blood pressure reading less than 120/80.



Being overweight increases your risk of high blood cholesterol.



Use herbs and spices instead of salt.



Stay active. Walk with your family or a friend.



Brisk walking is an activity almost everyone can do.



Hypertension is another term for high blood pressure.

# Sample Bingo Cards – 7

## Heart Health Bingo



A desirable blood cholesterol level is less than 200.



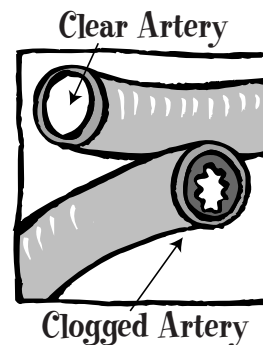
Physical activity makes your heart and lungs stronger.



Hypertension is another term for high blood pressure.



Eat more vegetables each day. Have a salad for lunch.



Too much cholesterol in your blood can clog your arteries.



Pregnant women should not smoke.



Use herbs and spices instead of salt.



A blood pressure reading of 140/90 or greater is high.

# Sample Bingo Cards – 8

## Heart Health Bingo



Beans, rice, fruits, and other favorite Latino foods are naturally low in fat.



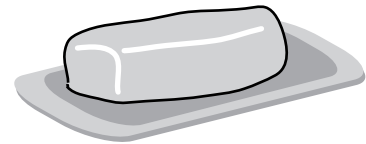
Being overweight increases your risk of high blood pressure.



Physical activity makes your heart and lungs stronger.



Smoking causes serious health problems such as heart disease and lung cancer.



Saturated fat is solid at room temperature.



A blood pressure reading of 140/90 or greater is high.



To save food dollars, plan weekly menus. Shop with a list!



To lose weight, cut down on portion size and be more active.

# Sample Bingo Cards – 9

## Heart Health Bingo



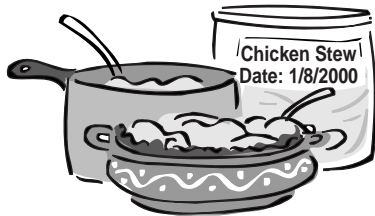
Pregnant women should not smoke.



Eat more vegetables each day. Have a salad for lunch.



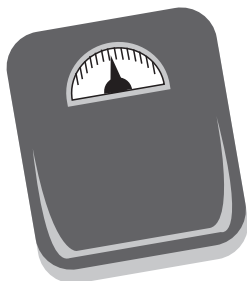
Drain meat after it is cooked to get rid of some of the fat.



Cook more food than you need and freeze part to use when you don't have a lot of time to cook.



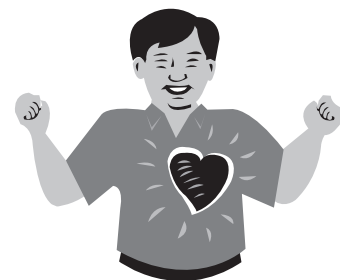
Stay active. Walk with your family or a friend.



Being overweight increases your risk of diabetes.



Order baked or grilled foods to cut down on fat and calories.



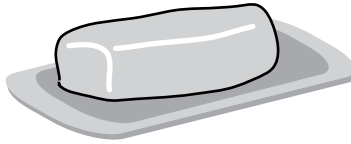
Protect your heart. When the heart stops, life stops.

# Sample Bingo Cards – 10

## Heart Health Bingo



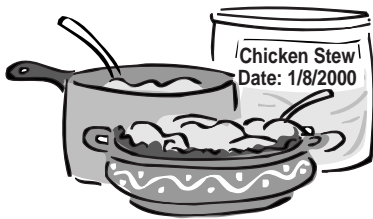
High blood pressure makes your heart work harder.



Saturated fat is solid at room temperature.



Eat less salt and sodium to help prevent high blood pressure.



Cook more food than you need and freeze part to use when you don't have a lot of time to cook.

♥  
**FREE  
SPACE**



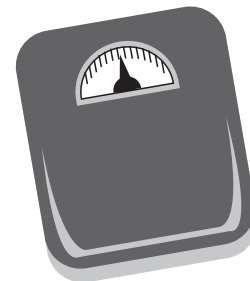
Regular canned and instant soups contain a lot of sodium.



Brisk walking is an activity almost everyone can do.



Children of smokers are more likely to become smokers.



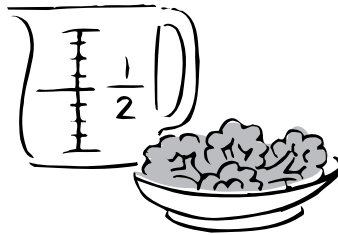
Being overweight increases your risk of diabetes.

# Sample Bingo Cards – 11

## Heart Health Bingo



It is best to have a blood pressure reading less than 120/80.



A serving of cooked vegetables is  $\frac{1}{2}$  cup.

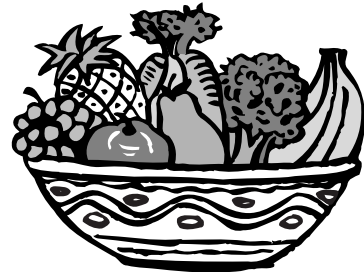


Smoking causes serious health problems such as heart disease and lung cancer.



To save food dollars, plan weekly menus. Shop with a list!

♥  
**FREE  
SPACE**



Eat more fruit each day. Have a banana with your cereal for breakfast.



Lard is high in saturated fat.



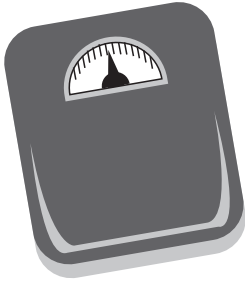
Brisk walking is an activity almost everyone can do.



To lose weight, cut down on portion size and be more active.

# Sample Bingo Cards – 12

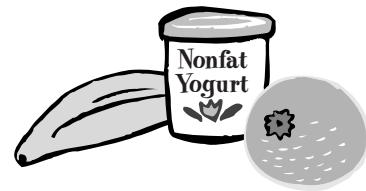
## Heart Health Bingo



Being overweight increases your risk of heart disease.



Do 30 minutes of physical activity each day.



Try fruit and nonfat yogurt for snacks.



Cholesterol can clog your arteries and cause a heart attack or stroke.

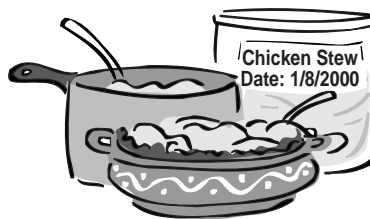
♥  
**FREE  
SPACE**



To lose weight, cut down on portion size and be more active.



Hypertension is another term for high blood pressure.



Cook more food than you need and freeze part to use when you don't have a lot of time to cook.



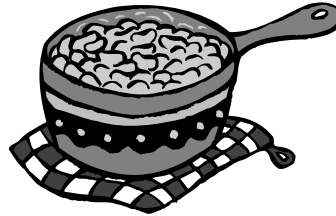
Regular canned and instant soups contain a lot of sodium.

# Sample Bingo Cards – 13

## Heart Health Bingo



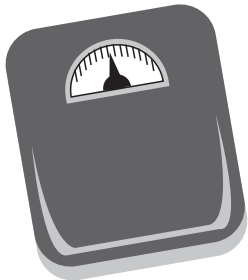
High blood pressure makes your heart work harder.



Beans, rice, fruits, and other favorite Latino foods are naturally low in fat.

Nutrition Facts	
Serving Size 1 oz	
Servings Per Container 7	
Amount Per Serving	
Calories 120	Calories from Fat 90
% Daily Value	
Total Fat 10g	15%
Saturated Fat 7g	35%
Cholesterol 30mg	10%
Sodium 180mg	8%
Total Carbohydrate less than 1g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 6g	
Vitamin A 0%	Vitamin C 0%
Calcium 20%	Iron 0%

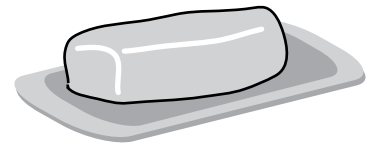
Use the food label to choose foods lower in fat and saturated fat.



Being overweight increases your risk of diabetes.



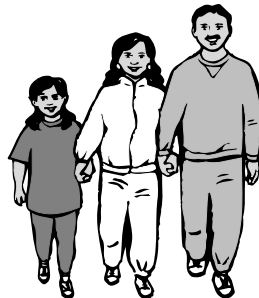
**FREE  
SPACE**



Saturated fat is solid at room temperature.



A blood pressure reading of 140/90 or greater is high.



Brisk walking is an activity almost everyone can do.

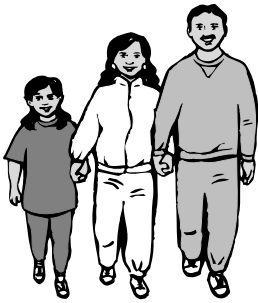


Pregnant women should not smoke.



# Sample Bingo Cards – 14

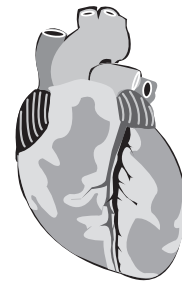
## Heart Health Bingo



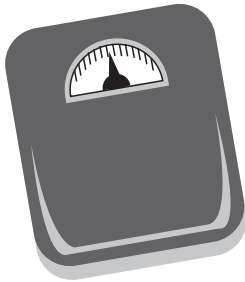
Brisk walking is an activity almost everyone can do.



You can have high blood pressure and not know it.



High blood pressure makes your heart work harder.



Being overweight increases your risk of high blood pressure.



Smoking causes serious health problems such as heart disease and lung cancer.

Nutrition Facts	
Serving Size 1 oz	
Servings Per Container 7	
Amount Per Serving	
Calories 120	Calories from Fat 90
% Daily Value	
Total Fat 10g	15%
Saturated Fat 7g	35%
Cholesterol 30mg	10%
Sodium 180mg	8%
Total Carbohydrate less than 1g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 0g	
Vitamin A 6%	Vitamin C 0%
Calcium 20%	Iron 0%

The food label gives serving size and the number of calories in a serving.



Children of smokers are more likely to become smokers.



A high blood cholesterol level is 240 or higher.

# Sample Bingo Cards – 15

## Heart Health Bingo



Trim visible fat from meat before cooking.



Pregnant women should not smoke.

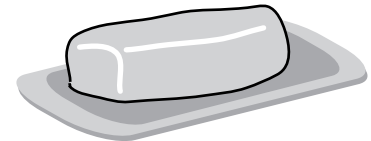
Nutrition Facts	
Serving Size 1 oz. Servings Per Container 7	
Amount Per Serving	
Calories 120	Calories from Fat 90
<i>% Daily Value</i>	
Total Fat 10g	15%
Saturated Fat 7g	35%
Cholesterol 30mg	10%
Sodium 180mg	8%
Total Carbohydrate less than 1g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 6g	
Vitamin A 0%	Vitamin C 0%
Calcium 20%	Iron 0%

Use the food label to choose foods lower in fat and saturated fat.

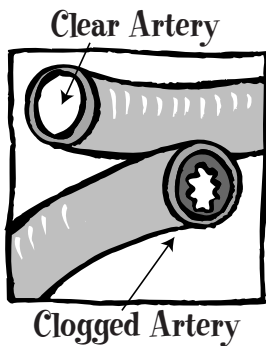


Stay active. Walk with your family or a friend.

♥  
**FREE  
SPACE**



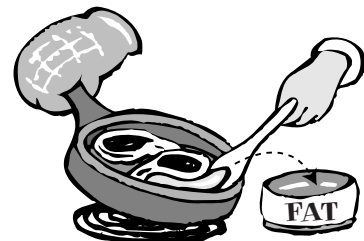
Saturated fat is solid at room temperature.



Too much cholesterol in your blood can clog your arteries.



Use herbs and spices instead of salt.



Drain meat after it is cooked to get rid of some of the fat.



Sample

# A Letter to Myself

---

I have learned that there are many things that I can do to improve my health and lower my chances of developing heart disease. I can help family members make healthy choices, too. During the next 3 months, I will try to do these things to protect my heart:

1. At work, I will use the stairs instead of taking the elevator.
2. I will eat two to three servings of fruit every day.
3. When eating out, I will choose foods that are baked, broiled, or grilled.
4. I will switch to reduced fat (2%) milk for 1 month, then to lowfat (1%) milk for 1 month, and to fat free (skim) milk in 3 months.
5. I will have my blood pressure checked at the local clinic.

Signed Roberto García

Date 3/18/2000



# A Letter to Myself

---

I have learned that there are many things that I can do to improve my health and lower my chances of developing heart disease. I can help family members make healthy choices, too. During the next 3 months, I will try to do these things to protect my heart:

1. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
4. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
5. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Signed \_\_\_\_\_

Date \_\_\_\_\_

# *Certificate of Achievement*



awarded to:

\_\_\_\_\_

For Completing the  
*Your Heart, Your Life Program*

\_\_\_\_\_

Date

\_\_\_\_\_

Lay Health Educator

# a p p e n d i x

## Activities for Training Lay Health Educators



The *Your Heart, Your Life* manual also can be used to train lay health educators. Conduct your training as if you were teaching community members. Include special activities for lay health educators in Sessions 1, 7, and 9. Instructions and handouts for these activities are included in this appendix.

Publicize your training of lay health educators using the flyer on page 217. Post the flyer in local clinics and organizations. Ask community leaders for help in finding people for your training.

### Session 1

After the Risk Factor Activity on pages 20 and 21, you will describe a presentation activity that will be included as part of Session 9. Review the “Teaching Tips” handout on page 212, and “The Seven Golden Rules for Teaching Groups” handout on page 213. Give each lay health educator a copy of the manual to use during the training.

### Preparing for a Presentation

- **Say:** When you complete the *Your Heart, Your Life* training program, you will be able to conduct your own program for groups in your community. As a lay health educator, you will not be giving medical advice. You will give information and support others to encourage them to live healthier lives and use health services that are available in their community.
- **Say:** After we have gone through all of the sessions, each of you will make a brief presentation on a topic discussed during the program. We will make the presentation as part of our graduation at Session 9. You can choose the topic you will present. You can make the presentation alone or with a partner. You will choose a topic at the end of Session 7. You will have 2 weeks to prepare. After

each presentation, the group will have a chance to give positive suggestions to the presenter.

- **Say:** Now we will review some steps that will help you prepare a more effective and interesting presentation.
- **Say:** Let's review these teaching tips and the "Seven Golden Rules for Teaching Groups" on page 213. Refer to them when you prepare your presentation and teach *Your Heart, Your Life*.

## Teaching Tips

### Before the Session

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- Review the manual carefully several times.
- Get information about your audience (level of education, how open they are to new health information, etc.).
- Practice teaching in front of family or friends using all your materials.
- Gather materials and equipment you will need (posters, music, videotapes, handouts, extension cords, monitor, VCR, flipchart, markers, measuring tape, masking tape, and food items).

### The Day of the Session

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- Arrive at least 30 minutes before the start of the session.
- Set up chairs and tables in a circle so you can get the group involved.
- Find electrical outlets and light switches.
- Set up audiovisual equipment.
- Get video tapes to the place on the tape where you need to start.
- Place posters where the audience can see them. Make sure not to damage the walls.
- Put handouts in the order that you will give them out. Make sure you have enough for everyone.
- Set up any activities or snacks that you have planned.

### After the Session

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- Make sure to leave the room clean and arranged the way you found it.

# Seven Golden Rules for Teaching Groups

1. **Maintain Eye Contact With Everyone.**
2. **Speak So That Everyone Can Hear:** Talk with a clear, strong, and kind voice.
3. **Show Your Enthusiasm:** Move around and use your hands to gesture.
4. **Keep Track of Time:** Wear a watch or have a clock in the room. Plan your presentation so that you do not have to rush. Do not let the class run too long.
5. **Show Interest in Your Audience:**
  - Greet them when they come in.
  - Tell them you value their time and attendance.
  - Listen to what people say.
  - Talk simply and to the point.
  - Help them to set goals.
  - Stay calm and use humor. Focus on the positive.
  - End with a review of the most important points. Thank them for coming.
6. **Aim to Have Everyone Participate:** People tend to learn more when they are involved. Try not to lecture.
  - Ask questions. Praise correct answers. Correct wrong information politely.
  - Answer questions. Be honest. Find answers to questions you can not answer.
7. **Pay Attention to Content:** Your presentation must provide correct information.





## Session 7

After the Review of Today's Key Points on page 154 and 155, you will ask the lay health educators to choose a topic from a list of presentation topics or suggest their own. They can also choose a partner, if they'd like.

### Selection of Group Presentation Topics

■ **Say:** As part of our graduation celebration (Session 9), each of you will make a short presentation on your own or with another group member. Each presentation will be 3 to 5 minutes and will highlight a topic we have covered. Here is a list of some topics you might want to choose. I will give you a few minutes to select your topic and choose a partner. Then we'll make a list of the topics and presenters. Don't be nervous. We are all friends here.

 **Note:** Here is a list of topics to include. List all or some of these topics on a large sheet of paper or blackboard. You or group members may add other topics.

- How the Heart Works
- Heart Disease Risk Factors You Can Prevent
- Ways To Prevent High Blood Pressure
- Ways To Prevent High Blood Cholesterol
- How To Prepare Meals Lower in Saturated Fat and Cholesterol
- How To Use the Food Label
- How To Use the Latino Food Guide Pyramid To Eat in a Heart-Healthy Way
- How Smoking Can Harm You
- How To Keep a Healthy Weight
- How to Prepare Meals Lower in Calories
- How To Increase Your Physical Activity
- Benefits of Regular Physical Activity
- Ways To Limit Salt and Sodium
- Steps You Can Take To Quit Smoking
- How To Save Money on Your Food Bill
- Ways To Plan a Heart-Healthy Meal With Little Time and Money
- Eat Right When Eating Out

- **Ask:** What topics do you want to present? Write the member's name (and the partner's name) beside the topic.



**Note:** If too many people choose the same topics, you should ask them to pick another.

- **Say:**  
Remember to use the Teaching Tips on page 212 and Seven Golden Rules on page 213.
- **Help the group members** find materials in the manual that cover the topic they have picked.

## Session 9

After the “Letter to Yourself Activity” on page 189, the lay health educators will present a 3- to 5-minute presentation on the topic they chose during Session 7. Group members will also be invited to give each other positive comments.

### Group Presentations

- **Say:** Now we will make our short presentations. Don't be nervous. This exercise will give you a chance to practice your teaching skills and get comments. Each time you present, you will become more comfortable and learn new ways to get people involved. So relax and let's have fun.

#### 1. Partner Presentations

- **Say:** First we will hear presentations from group members who are presenting as pairs. Who would like to go first?



**Note:** After each presentation, allow a couple of minutes for questions or comments from other group members. Thank both members and give positive comments. Politely correct any wrong information. Then ask another pair to present until all partner presentations are completed.

## 2. Individual Presentations

■ **Say:** Now we will hear from individual presenters.

After the last individual presenter . . .

■ **Ask:** Does anyone have any questions or final comments?

Allow a few minutes for group members to speak. Then. . .

■ **Say:** You have made great progress in the goal to help others learn about heart health. I hope you will use every opportunity to spread the word—Latinos do not have to die of heart disease. Lay health educators, like you, are key to helping our families and communities live longer, healthier lives.

## You May Want to Practice More

Here are some ideas to help your confidence and to give you more practice:

- Observe an experienced trainer or educator, while he or she teaches a session or the entire program.
- Schedule an opportunity for each educator to present a full session to other educators in the group.
- With another trainer or educator, team teach a session or the entire program to a community group. Ask the trainer to be available for support.

**One out of four Latinos dies of heart disease.**

**Learn to help others live a healthier life, feel better, and have fun!**

# Be A Lay Health Educator!

**Your Heart, Your Life** is a **FREE**, hands-on program that can help you reduce your own, your family's, and your community's risk of heart disease.



## Learn how to:

- ♥ Teach small groups in your community about the risks that increase their chances of heart disease.
- ♥ Organize fun activities to show how to change habits and lead healthier lives.
- ♥ Keep group members motivated.

## The training program includes:

- ♥ Tips on how to be a successful lay health educator
- ♥ A manual and package of picture cards with everything you need to teach *Your Heart, Your Life* to your community
- ♥ Facts to help you increase physical activity, eat in a heart-healthy way, aim for a healthy weight, and live smoke-free
- ♥ Games, role-playing, and other fun activities

**Sign up today! A FREE training will be held:**

Date: \_\_\_\_\_ Time: \_\_\_\_\_

Location: \_\_\_\_\_

For more information, contact: \_\_\_\_\_

*Upon completion of training, each participant will receive a certificate.*



National Heart, Lung, and Blood Institute  
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## **For More Information**

The NHLBI Information Center is a service of the National Heart, Lung, and Blood Institute (NHLBI) of the National Institutes of Health. The Information Center provides information to health professionals, patients, and the public about the treatment, diagnosis, and prevention of heart, lung, and blood diseases. Please contact the Information Center for prices and availability of publications.

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The NHLBI also maintains a World Wide Web site at <http://www.nhlbi.nih.gov>. Selected publications are also available on the NHLBI Web site.

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