

healthworks

Mission: Nutrition Program Guide

updated Spring 2015

Facilitator Bag Contents

Brown file folder

- 4 laminated lime green sheets for fruit/veggie graffiti activity
- 4 paper plates and 4 bags of food models
- one laminated MyPlate poster
- Laminated white sheets for “Fooled by Fast Food” activity
- Campus Walking Maps
- Pre-tests
- Post-tests

Other

- Pens/pencils *****make sure the bag is stocked with these!!!**
- 4 dry erase markers
- Paper towels and spray cleaner for cleaning laminated graffiti sheets
- Napkins and snack samples
- Healthy Penn State goody bag items (bring separately)
 - Healthy Eating with HealthWorks potholder
 - Healthy Penn State magnet
 - Mission: Nutrition resource quarter-sheets
- 1 "medium" cup from Taco Bell, McDonald's, Burger King, Chick-Fil-A, Wendy's
 - have number of ounces written in Sharpie on each cup
 - cover each cup with removable un-labeled construction paper or cover
 - Stand-up paper name labels with hand-written or typed names of one restaurant on each label
- 1-quart clear container
- 1 bag sugar
- 1 ziploc bag with 106g of sugar in it

Pre-Program Instructions

- Arrive **15-20 minutes before the program** to greet the host and set up
- Set materials out on table
 - Graffiti sheets and dry erase markers
 - Pre-tests/Post-tests and pens/pencils
 - Paper plate activity bags
 - Card sets for "Fooled by Fast Food"
 - Napkins and snack samples
- Write "Mission Nutrition with HealthWorks" in large print on board

Introduction

Introduce facilitators "Hi my name is..."

Introduce HealthWorks

- Peer education and outreach group within University Health Services
- Aims to promote health among Penn State students
- We provide educational workshops about alcohol, safer sex practices, stress-reducing strategies, and many other topics around campus, but today we are here to talk to you about nutrition!

Introduce program

- By participating in this program, we hope you:
 - Increase your awareness of appropriate portion sizes of food and beverages
 - Give you strategies for choosing nutritious foods when eating at restaurants
 - Give you strategies for finding variety in healthy snacking
 - Increase knowledge necessary to create balanced meals
 - Both at home AND when eating out or in the dining commons

We make NO ASSUMPTIONS about your current knowledge of nutrition, so feel free to stop us at any time during the program and ask us to clarify any information we discuss or ask us any questions that you may have!

The information we'll present here is very general. Individual nutrition needs can vary according to each person's body type and level of activity. If you are inspired by this workshop to improve your eating habits, we encourage you to make an appointment with a Dietitian in UHS. We will tell you more about the Nutrition Clinic at the end and we will give you an info card.

Pre-test

One facilitator hands out pre-tests and pens/pencils while the other introduces the pre-test

- Please take a few minutes to complete this pre-test. This will help us evaluate the effectiveness of our program because at the end we'll give you a post-test with the same questions. We really appreciate you doing this; however, you may opt out of the survey if you wish to.

Collect pre-tests but have audience keep pens/pencils for the rest of the program

Now we can go ahead and get started. Before we begin, we just want to say that this is an interactive program and we encourage your participation! The more you put into shouting out answers and helping us out, the more you'll get out of Mission Nutrition. We want this to be a great experience for you, so we will do our best to facilitate a great learning environment. Let's get started with an icebreaker!

Icebreaker – Vegetable/Fruit Letter Graffiti

Materials: four graffiti sheets and four markers

Introduce activity: Divide into four distinct groups and give each group a graffiti sheet and dry-erase marker. Play the game like Scattegories.

- The purpose of this activity is to get everyone thinking about different fruit and vegetable options.
- We will give you a letter of the alphabet. Your task is to write down as many vegetables and fruits that start with that letter as possible. You will have 30 seconds.
- How many different options did each group come up with? Discuss & give snacks to the group with the most.
- Repeat 4 times using each letter. Don't use the letters in order.

Have each group present their words. Below are some added suggestions:

A	B	C	P
<ul style="list-style-type: none"> • Asparagus • Avocado • Artichoke • Arugula • Apple • Apricot • Acai berry • Acorn squash 	<ul style="list-style-type: none"> • Bean • Broccoli • Brussels sprouts • Beets • Bok choy (Chinese cabbage) • Broccoli (asparagus/broccoli hybrid) • Black currant (a berry) • Boysenberry • Banana • Blackberry • Blueberry • Bitter melon • Bell Pepper 	<ul style="list-style-type: none"> • Cabbage • Carrot • Cauliflower • Celery • Corn • Cucumber • Collard greens • Cassava (nutty root) • Chard (leafy green) • Caper • Chive • Clementine • Coconut • Crabapple • Cherry • Cranberry • Cantaloupe 	<ul style="list-style-type: none"> • Pea • Pumpkin • Pickle • Pepper • Potato • Parsnip • Pluot (plum/apricot hybrid) • Pear • Peach • Pineapple • Plum • Pomegranate • Plantain • Papaya • Prune • Passion fruit • Persimmon (tomato-like)

Close activity

- This goes to show you that eating fruits and vegetables doesn't have to be boring! From this quick list we came up with in two minutes alone, you would have different produce to choose from every day for over 7 weeks. Variety is key!
- Right here at school, you can purchase fresh fruits and vegetables at the Downtown State College Farmer's Market. From May-November the Farmer's Market is located on Locust Lane off of College Ave. and is open Tuesdays and Fridays 11:30-5:30. This is inexpensive AND convenient!

- During the winter there is an indoor market on Fridays from 11:30-5:30 in the State College Municipal Building on Allen St.
- Lion's Pantry provides lots of delicious foods for students who are experiencing food insecurity. Find out more at: <http://sites.psu.edu/lionspantrypsu/>

Background Information

Let's continue with some statistics to keep the ball rolling! These will get you thinking about the prevalence of health in terms of obesity on college campuses today. How much do you know?

Overweight/Obesity

- Being overweight or obese is a growing health concern today. Does anyone know what percentage of **undergraduate students** are overweight or obese?
 - 34.6%¹ That equals one in three students!

About 2/3 of American adults today are overweight or obese.² This problem doesn't go away after we graduate. If we meet the guidelines for daily physical activity³ and make healthy and nutritious choices now, we have a better chance of lowering that statistic in the future.

Fruit and Vegetable Consumption

- Can anyone guess what percentage of Penn State college students eat 5 or more servings of fruits and vegetables a day?
 - Only 6.2%¹

IN A GROUP OF 25: Only **1-2** of you in this room are meeting your daily fruit/vegetable requirement

IN A GROUP OF 50: Only **3** of you in this room are meeting your daily fruit/vegetable requirement

IN A GROUP OF 75: Only **4-5** of you in this room are meeting your daily fruit/vegetable requirement

IN A GROUP OF 100: Only **6** of you in this room are meeting your daily fruit/vegetable requirement

Breakfast Consumption

- *Can anyone guess what percentage of Penn State students eat breakfast 5+ days a week?*
 - 56%⁴ *That's over half of students. However, that means 44% of students are skipping breakfast 3+ days a week.*

Breakfast provides nutrients and energy for better concentration in class. It can help maintain a healthy body weight and decreases the likelihood of snacking on high sugar and high fat food mid-morning.⁵

Close section

- We know that eating a healthy diet is sometimes challenging.

¹ American College Health Association National College Health Assessment, Spring 2014

² <http://www.cdc.gov/nchs/fastats/obesity-overweight.htm>

³ <http://www.cdc.gov/physicalactivity/everyone/guidelines/adults.html>

⁴ American College Health Association National College Health Assessment, Spring 2012

⁵ http://www.jhsph.edu/offices-and-services/student-affairs/_documents/breakfast

- However, we hope you'll be able to use the knowledge and strategies you gain today to take some steps towards achieving and maintaining good nutrition and wellness.

Paper Plate Activity⁶

Materials: 4 paper plates and 4 bags of food models

One facilitator hands out materials (1 plate and 1 bag per group) while the other introduces the activity

- Let's start with an activity that will help you understand the types and portions of food you should have on your plate for a well-balanced meal.
- Each group has a paper plate in front of them, along with different food items. Please keep the food models in their plastic baggies. If you are unsure of what an item is, the food name should be labeled on the bottom.
- If you are unsure what food group an item belongs in, just ask us!
- **Two groups:** Take a few minutes to create a plate that you think is typical of what a student chooses to eat in the dining commons or apartment, or what restaurants give you as a main meal.
- **The other two groups:** take a few minutes to create a plate that you think represents a well-balanced meal for an adult.

Give the groups 2-3 minutes to arrange the food on the plate

- Now we are going to discuss each group's plate as you present how you arranged your plate. First, let's start with the typical student plate. (dining commons & apt/restaurant plates)
 - These plates are often not representative of a nutritious plate. (ex. They contain too much sodium, not enough variety, or maybe are too high in saturated fat.)
 - Are there any suggestions for what we could do to improve these plates? (i.e. substitute baked sweet potato fries for mashed potatoes, substitute brown rice for white pasta, increase vegetables)
- Now let's move on to the plates representative of a well-balanced meal.
 - What makes these plates more nutritious than the typical foods most college students choose??

Hold up the MyPlate poster. Explain portions.

Proteins

- **One quarter** of plate should be protein - meat, poultry, seafood, beans and peas, eggs, soy products, nuts, and seeds.
- Emphasize that there is a large misconception in American culture that we need tons and tons of protein.
- While protein is important, most of us eat too much...our body can only metabolize so much protein, so the majority of extra protein is excreted through the urea cycle and is not utilized.
 - 3oz is the recommended serving of meat per meal. (Compare that to the 12-oz porterhouse steaks you get at restaurants- 4x one serving!)

⁶ <http://www.cnpp.usda.gov/DGAs2010-PolicyDocument.htm>

- Choose lean protein sources (ex. boneless, skinless chicken breast, fish, beans, peas, or loin cut red meats) when possible to cut down on fat.
- Examples of protein to avoid most often are fried chicken or fish, red meat with lots of white marbling which is fat, and sausage.

Grains

- **One quarter** of your plate should be grains.
- Tip = make HALF your grains WHOLE (ex. brown rice, oatmeal, whole wheat bread or pasta)
 - They provide more nutrients and fiber than refined grains such as white bread or white rice because all 3 components of the grain are still intact.
 - Beware of "multigrain" ...sounds healthy, but just means more than one type of grain was used in making the product. Best bet = "100% whole wheat"

Fruits and Vegetables

- **Half** of your plate should be fruits and vegetables
- Eating a diet rich in fruits and vegetables provides your body with vitamins, minerals, and fiber, and can help protect against heart disease and certain cancers.
 - More color = more nutrients....variety is key!! (reference icebreaker activity)
 - Today's society often focuses too much on what we *shouldn't* be eating rather than what we *should*...at your next meal think about *adding* a vegetable or two!
 - Fresh and frozen are your best bet: beware of cans and juices with added salt or sugar!

Calcium-rich foods (not just dairy!)

- Calcium-rich foods are important for health benefits such as bone strength
Examples: leafy greens like spinach, collards or bok choy, fortified soy milk, certain beans and nuts, and of course fat-free or low-fat dairy products.

Fats

- *25-30% of your calories should come from fats, majority from healthy fats*
 - *Healthy sources: avocado, flaxseed, olive oil, canola oil, nuts, salmon*
 - *Unhealthy fats: trans-fats, animal fats*
- *Fats can be incorporated into meals: ex. Use olive oil to sauté chicken or vegetables, put avocado on a sandwich, eat nuts or nut butter with fruit for a snack.*
- *Your body needs fats for your heart and brain to function well.*

Close activity

- Good job everyone! Eating the correct portions of different types of foods is a way to ensure your body is getting all of the nutrients it needs to function and can help you avoid overeating.

Dining Out^{7,8}

Introduce section

- We now want to provide you with some tips for dining out or eating in the HUB or Dining Halls.
- Dining out can be problematic for lots of reasons. For example, restaurant food is often higher in calories, sodium, added sugars, and added fats.
- What problems have you experienced that make it difficult to eat healthy meals when dining out?

Allow participants to share their ideas. Below are some added suggestions:

1. Overly hungry before ordering
 2. Not wanting to waste food
 - ❖ Not wanting to take leftovers home, so eat more at restaurant
 3. Difficulty getting others to share an entrée or dessert
 4. Eating out when not hungry for social reasons/to please others
 5. American cultural standards that men must eat heartily- salads aren't "masculine"
 6. Salads aren't necessarily healthy (ex. heavy dressings, bacon, fried chicken strips)^{iv}
- What are some strategies you've used to eat healthy when dining out?

Allow participants to share their ideas. Below are some added suggestions:

1. Have a low-calorie snack before going out, or drink a full glass of water (our bodies can mistake thirst for hunger).
2. Share appetizers and/or meals to save money and prevent overeating.
3. Ask for a box when your meal comes to package half up right away (prevents overeating)
4. Eat a salad for a main course.
 - ❖ To make it a hearty, filling meal, add beans, chicken, nuts, fruits.
 - ❖ Minimize less-healthy add-ons such as croutons, cheese, and bacon bits.
 - ❖ Order dressing on the side.
5. Choose healthier side dishes when possible (ex. applesauce, a side salad, or steamed veggies instead of fries or sides high in fat/sodium/sugar). --usually comes at no extra cost!
6. Eat slowly (make first helping last ~15 min) to allow your brain and stomach to communicate. It takes anywhere from 15 to 20 minutes for your stomach to signal your brain that you're satisfied and should stop eating. Pause throughout the meal to assess hunger/fullness.⁹
7. Keep in mind that when you eat at a buffet or the dining commons, you don't need to put every side on your tray. Start by taking 1 or 2 sides. If you are still hungry, you can always go back for more. This will help keep you from overeating and wasting food.

⁷Timmerman, G.M., & Earvolino-Ramirez, M. (2010). Strategies for and barriers to managing weight when eating at restaurants. *Preventing Chronic Disease*, 7(3), 1-12.

⁸ <http://healthed.uoregon.edu/10tips.htm>

⁹ http://www.youngmenshealthsite.org/mindful_eating.html

- ❖ A great tip for dining commons: Instead of grabbing a tray, just fill one PLATE of food...you'll end up consuming and wasting way less! We don't use food trays at home or in restaurants, so why make a habit of it in the dining hall?
- 8. Asking for meat to be prepared differently (i.e. asked for grilled instead of breaded or fried)
- 9. Avoid lingering too long in a restaurant or the dining commons after you've finished eating as this can be a cue or trigger to go back for more when you may be full.
- 10. Order water with lemon or lime instead of lemonade, soda, milkshakes, or other sugar-laden drinks.

Close activity

- Good job everyone! Eating out can still be fun AND healthy. You just have to be mindful of your decisions. This leads into our next section...

“Rethink Your Drink”

Materials: 5 fast food cups with labels covering their size, paper restaurant labels, clear 1-quart container, bag of sugar, dry erase marker, ziploc bag filled with pre-measured sugar

Introduce activity

- Going off of what we just talked about, let's discuss the size discrepancy of drinks at fast food restaurants.
- Most of us by this age know that soda contains lots of calories and little nutrients. . What many of us do not know is that fast food places are fooling us without our knowledge--there is no standard size!
- Picture this: You swing through the drive-thru at your favorite place, and you order a burger and a medium soda. From Wendy's to Burger King, do you know how much sugar you're actually consuming?

Begin activity:

- *One facilitator places the bag of sugar, 1-quart container and 5 fast food cups with labels covering their size on table.*
- *One facilitator asks for one volunteer to place cups in order from smallest to largest based on the number of ounces. Then ask the student to place restaurant name labels in front of each cup (it will be a guess for them because labels are covering names).*

Once finished, take off the label covers and reveal which cup is which size.

TACO BELL MEDIUM = 20oz

MCDONALD'S MEDIUM = 21oz (1.5 pints)

BURGER KING MEDIUM = 30oz

*WENDY'S MEDIUM = **32oz (1 quart)***

CHICK-FIL-A MEDIUM = 16oz (1 pint)

- As you can see, a Wendy's "medium" is slightly more than 2.5 cans of soda and double the size of a medium drink at Chick-Fil-A.
- A Wendy's "medium" is equivalent to 1 QUART...that's the size of a container of ice cream!

- We know everyone at Penn State loves to drink Pepsi *pause for laughter*, but because they sell Coke, let's discuss how much sugar there is in one medium "Coke" at Wendy's.

Ask volunteer to fill the clear 1-quart container with the amount of sugar he/she believes to be in one medium Wendy's coke.

Mark with a dry-erase marker where the sugar line is on the container.

Pour correct amount of sugar (from pre-measured amount in ziploc bag) and discuss the difference.

- **106 g sugar!!!! (~26 teaspoons = over 1/2 cup!)** 4gm = 1tsp & 3tsp = 1TBL & 4 TBL = ¼ cup
- WHO (World Health Organization) recommends 25g sugar per DAY, so you are getting 4 day's worth of sugar in one drink! (This recommended sugar amount does not include sugar from fruit or the lactose in milk and yogurt.¹⁰
- Other drinks to watch out for that often contain added sugar are: coffee/frappucinos, smoothies and juice-based drinks.
- Though diet sodas do not contain sugar it is best to avoid them because of the artificial sweeteners and other additives. Water is you best choice!

Close activity

- Keep in mind that sugar that is not utilized in the body gets stored as fat.
- The purpose of this activity was to keep you thinking about the size of your drink as you go to different restaurants. Do not be afraid to ask for a smaller cup size!

"Fooled by Fast Food"¹¹

Materials: laminated Fooled by Fast Food sheets

Introduce activity

- Now we're going to play a game that is designed to help you make informed decisions when eating fast food. (one focused on SODIUM and one focused on FAT)
- In this activity, we will talk about why a diet high in sodium, sugar, and fat can be detrimental to your health.

Have 4 student volunteers come up to hold the cards for each set (keep same 4 volunteers for entire activity)

- Here are various food items from popular fast food restaurants including places found in the HUB.
- We want you to guess which food item has the highest or lowest level of sodium and fat.

¹⁰ <http://www.who.int/mediacentre/news/releases/2015/sugar-guideline/en/>

¹¹ Nutrition info from:

<http://www.nutritionix.com/mcalisters-deli/nutrition-calculator/premium>

<https://www.pandaexpress.com/Menu/Category/beef-entrees#>

http://cwtagency.com/sbarro/wp/wp-content/uploads/2015/05/Sbarro_Nutritional_Information.pdf

<http://www.chick-fil-a.com/Food/Meal>

<https://www.dunkindonuts.com/aboutus/nutrition/nutrition.pdf>

<http://www.sheetz.com/nutrition/nutrition.jsp>

<http://www.starbucks.com/menu/catalog/nutrition?drink=all>

<https://www.bk.com/pdfs/nutrition.pdf>

- We will then flip the cards over and reveal the amounts in each food item

Ask the following question "Which of the following food items has the most/least _____ (Sodium, fat)?"

Have the group put volunteers in order from least to most sodium/fat, then reveal true order.

STATE CATEGORY OF FOODS WHEN PASSING OUT THE SET OF CARDS

Category: MAIN ENTREES in the HUB - **SODIUM**

	McAllister's Italian Chopped Salad	Panda Express Kung Pao Chicken	Sbarro Pepperoni Pizza Pan style	Chick-fil-A Chargrilled Chicken Cool Wrap
Sodium	2190 mg (1 tsp)	970mg (1/2tsp)	1520 mg (3/4tsp)	1290mg (2/3 tsp)
HEALTHIER ALTERNATIVES to mention:				
	McAllister's Savannah Chopped Salad	Panda Express Beef & Broccoli	Sbarro Spinach and Mushroom Pizza New York style	Chick-fil-A Chargrilled Chicken Sandwich
Sodium	820mg (<1/2 tsp)	520mg (1/4 tsp)	750mg (<1/2 tsp)	800mg (<1/2 tsp)

(only allowed 2300mg sodium a day)

Category: DRINKS - **FAT (often we don't realize drinks contain fat...think again!)**

	Dunkin Donuts medium (16 oz) Cookie Dough Swirl Iced Latte (whole milk)	Sheetz medium (16 oz) Hot Chocolate 2% milk	Starbucks Grande (16 oz) White Chocolate Mocha (2% milk, no whipped cream)	Burger King's medium (16 oz) Strawberry Shake
Fat	9g fat (340 kcal)	10g fat (360 kcal)	11g fat (400 kcal)	20g fat (660 kcal)

It's recommended 20-35% of our daily calories come from fat...for a 2000-calorie diet, that is 44 to 78 grams.

* conversions:

1 tsp. salt = ~2,000 mg sodium

1 tsp granulated sugar = ~4g sugar

1 tsp oil/butter = ~5g fat

%DV based on 2,000 calorie diet for adults and children over 4 yrs

Sat Fat 20g

Carbohydrate (total) 300g

Sodium 2300mg

- The point of this activity is to show you that something that may *sound* healthy, like a strawberry-flavored drink, has more grams of fat than something that sounds less healthy, like a cookie dough-flavored drink.
- The key message is that these types of beverages should be consumed in moderation.

Close activity

- We researched nutrition information for privately owned restaurants like Wings Over Happy Valley©, Gumby's©, Canyon Pizza©, R U Hungry©, and College Pizza©, but it was not available on site or on their website. All of these foods can be consumed in moderation in a healthy diet.
- TOO MUCH SODIUM: can lead to high blood pressure, osteoporosis, kidney disease, stroke¹²
- TOO MUCH FAT: can lead to diabetes, heart disease, fatty liver disease, cancer, and even blindness or limb amputations.¹³
- That's why it is so important to start making healthy food choices now as a college student. Developing and keeping healthy habits will improve your health over the lifespan.

Snacking⁷

Introduce section

- What we choose to eat between meals is just as important. We now want to share some helpful tips about snacking. Most traditional snack food is low in nutrients but high in calories. Our tips will give you ideas for healthy ways to fulfill your snack cravings.

Tips for snacking

- Keep healthful snacks on hand at late night study sessions and during the day to resist the temptation of going to vending machines.
- Stick to snacks with recognizable ingredients (or better yet, foods with no ingredient lists- ex. fruits/veggies)
- Make snacks more filling by pairing protein with carbohydrates:
 - Celery + peanut butter
 - Apples + Cottage Cheese
 - Raw vegetables + Hummus
 - Banana + peanut butter
 - Whole grain crackers + low-fat cheese
 - Low-fat yogurt + granola
 - An individual cup of Greek yogurt contains almost the same amount of protein as a 3 oz. chicken breast

Nutrition Fact or Fiction¹⁴

Introduce activity

- Now that everyone has a general understanding of portion sizes and some tips for dining out and snacking, we will learn a little bit about lifestyle and nutrition.

Have students raise their hand after each question whether they think it is True (raise hands) or False (raise hands)

- **True or False: If you eat a big breakfast, you won't have to eat anything until dinnertime.**
 - **FALSE:** your body needs energy all day, so small meals or snacks every 5 hours will keep your metabolism going.

¹² <http://www.mayoclinic.com/health/sodium/NU00284>

¹³ http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/Nutrition-Center_UCM_001188_SubHomePage.jsp

¹⁴ <http://wellness.buffalo.edu/wes/latenight.php>

- Make sure if you are snacking while studying, you bring a light snack such as a piece of fruit, plain popcorn, or some of the other items we just mentioned.
- **True or False: Portion size and serving size are the same thing.**
 - FALSE: A serving size is how much you are supposed to consume following the nutrition facts label. A portion size is how much you decide to put on your plate and actually consume. Consuming large portions can lead to overeating and weight gain.
- **True or False: Eating too much saturated fat may increase your LDL cholesterol, the bad cholesterol.**
 - TRUE, a diet high in saturated and trans fat may increase your risk of heart disease.
 - Saturated fats raise cholesterol.¹⁵
 - Saturated fat are found naturally in animal products such as meat and whole-milk dairy. Also, they are usually solid at room temperature (for instance a stick of butter contains a higher amount of saturated fats than liquid olive oil—which consists of mostly unsaturated fats).
 - You want to keep your LDL cholesterol low to keep your heart healthy.
- **True or False: Companies can label products with "no trans fat" even if the product contains traces of trans fat in it.**
 - TRUE. Companies can list a product as having "No trans fat," when in fact it may actually contain up to .5 grams of trans fat per serving! This is important to understand because if you are eating several servings of a product, the .5 grams of trans fat can easily add up.
 - Most trans fats are not natural- they are created by solidifying liquid oils. While trans fats are inexpensive and can improve the shelf life of food, they increase risk of heart disease.
 - FDA took action June 2015 that will require all trans-fat to be eliminated from our food supply in the next three years.¹⁶
- **True or False: Fresh vegetables and fruit have more nutrients than canned or frozen.**
 - FALSE. The nutrient value is the same whether the product is frozen or canned. Frozen produce may even have more nutrients because they are flash frozen right when they are picked, whereas fresh fruit may lose nutrients when it sits.
 - For canned fruits/vegetables, check to see if they contain added sugar/syrup or sodium if so, avoid purchasing those products.
- **True or False: Alcoholic beverages contain calories.¹⁷**
 - TRUE: alcoholic beverages contain calories but few nutrients. There are approximately 150 calories in a regular beer, 100 calories in a light beer, 125 calories in wine, and 100 calories in a 1.5oz shot of 80-proof liquor. So if you have 5 shots, you are consuming about 500 calories or 1/4th of your daily caloric intake if eating 2,000 calories a day.

¹⁵ http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/HealthyEating/Fats-101_UCM_304494_Article.jsp

¹⁶ <http://www.fda.gov/ForConsumers/ConsumerUpdates/ucm372915.htm>

¹⁷ <http://rethinkingdrinking.niaaa.nih.gov/tools/calculators/calorie-calculator.aspx>

- **True or False: Not all fat is bad!**
 - **TRUE:** Fat is a major energy source and helps your body absorb vitamins A, D, E, and K.
 - "Good" cholesterol, aka HDL cholesterol, does exist and in the form of unsaturated fat. HDL cholesterol moves around the body to fat deposited by the "bad" cholesterol, LDL, and removes it
 - Good sources of monounsaturated and polyunsaturated fats are found in vegetable oils, fish, lean meats, nuts, and nut butters.

Conclusion

Introduce section

- We'd like to conclude with a few take home messages:
 - A food you like may still be a part of a healthy diet if eaten in moderation and balanced by healthier choices.
 - Nutritional needs vary from person to person depending on age, gender, level of activity, and health or dietary concerns.
 - If you are interested in discussing your individual nutrition needs, you can make an appointment to see a dietitian at the UHS Nutrition Clinic. Initial appointments are \$28 and follow-up appointments are \$14. You can schedule an appointment on the UHS website and can take a Nutrition Clinic card with you when you leave.

One facilitator hands out post-tests while the other facilitator talks

- Please take a few minutes to complete this post-test.
- Thank you for having us here today. We hope you found the program useful. Please pick up a snack and a goody bag on your way out.
- If you have any questions, we will be happy to answer them as we are cleaning up.

Facilitators collect all completed post-tests and pencils, clean up materials, and return supplies to bag.

Return bag to 201 Student Health Center as soon as possible the next day.

Additional Resources

- Portion sizes and food group information
 - Choosemyplate.gov
- UHS Nutrition Clinic
 - Individual counseling and nutrition assessment
 - \$28 for the first visit, \$14 for the subsequent visits
 - <http://studentaffairs.psu.edu/health/wellness/nutritionClinic.shtml>
- Healthy Penn State website
 - Healthy cooking tutorial videos
 - Nutrition Quiz to test your IQ
 - www.healthypennstate.psu.edu/nutrition
- Food Services-Residential Dining Program
 - Nutrition Information
 - www.foodservices.psu.edu/nutrition