

Illinois WIC Talk Choose MyPlate

Cover Page

Topic

- Participants will become familiar with MyPlate and learn how to build healthy meals that include a lot of fruits, vegetables, low-fat dairy, whole grains, and a variety of protein sources.

Target Audience

- Parents and caregivers of children and postpartum moms.

Key Messages

- Make healthy food choices.
 - Fill half of your plate with fruits and vegetables
 - Make at least half your grains whole grains
 - Eat low fat or fat free dairy products
 - Vary your protein food choices

Tip: Focus on number of tips based on size of class and learners' interest.

Handouts / Materials

1. Attachment 1: Self – Study Module
2. Attachment 2: MyPlate placemat
3. Attachment 3: What's on your plate? (also available in Spanish)
4. Paper food models, magazines with pictures of food, washable markers/crayons/pencils
5. Optional Handouts: 10 Tips fact sheets are available in English and Spanish
 - Choose MyPlate <http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet1ChooseMyPlate.pdf>
 - Add more Fruits and Vegetables <http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet2AddMoreVegetables.pdf>
 - Focus on Fruits <http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet3FocusOnFruits.pdf>
 - Make Half Your Grains Whole <http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet4MakeHalfYourGrainsWhole.pdf>
 - Got Your Dairy Today? <http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet5GotYourDairyToday.pdf>
 - With Protein Foods, Variety is Key <http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet6ProteinFoods.pdf>

References / Presenter Resources

1. <http://www.choosemyplate.gov>
 - MyPlate handouts, posters and other printable materials
2. Empty WIC Food containers emphasizing healthy food choices

Evaluation

- What can you do to make your plate look more like MyPlate?
- What WIC foods will you buy to fill your plate?

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1) Group Education

Lesson Plan Overview

OPEN:

Activity: Have participants and children use the placemat (attachment 1) with an outline of “MyPlate” and fill in using paper food models, pictures of food or by drawing foods that reflect what a typical meal may look like for them.

Offer participants the handout “What’s on your plate?” Review the 4 tips on page one.

- **What does your plate have in common with these recommendations?**
- **How is your plate different?**
- **What surprises you about these recommendations?**
- **What could you do to make your plate more like “MyPlate”?**

DIG: *Refer to the handout “What’s on your plate”.*

Ask participants to pick one Tip they are interested in.

- **Why is that important to you?**
- **How do you feel about that tip?**

Other questions to ask to get the learners to share their memories and experiences:

- **How do you encourage your family to eat a variety of foods at mealtime?**
- **What are some typical meals that you cook your family throughout the week?**
- **What are some ways you add more {insert fruits, vegetables, low fat dairy, whole grains, variety of protein} to your family’s meals?**
- **What types of {insert healthy food here} does your family like to eat?**
 - Review fruits, vegetables, whole grains, low fat dairy foods, protein foods (beans, eggs) WIC provides – use sample food containers if possible.
 - Offer the “Optional handouts” listed on cover page as appropriate.

CONNECT:

Use several of the following questions to reflect on personal needs and wants.

- **How do you think your child would react if their dinner plate looked like MyPlate?**
- **How would you feel if your child’s/your plate looked like the MyPlate recommendations?**

ACT:

- **Which one of these tips would you like to work on to be a healthier family?**
- **How will your family’s meals look different?**
- **What steps can you take to meet that goal?**

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Methods

OPEN: Emotion-based counseling starts with provocative questions, activities or stories that lead to emotion-based conversations, not to an immediate transfer of knowledge.

- Introduce yourself, credentials, and briefly introduce the topic
 - State how long the session will be (should be less than 30 minutes)
- Have participant introduce themselves, their child(ren), and reflect on their favorite meal (current or from childhood).

Activity

Have participants and children use the placemat (attachment 2) with an outline of "MyPlate" and fill in using paper food models, pictures of food or by drawing foods that reflect what a typical meal may look like for them.

- **Today we are going to talk about MyPlate, which gives ideas for how to build healthy meals that include a lot of fruits, vegetables, low-fat dairy, whole grains, and a variety of protein sources.**

Idea: Ask participants to write, draw or share what they would like to learn related to today's topic.

Offer participants the handout "What's on your plate" (Attachment 3) and/or show them the MyPlate poster.

- **What does your plate have in common with these recommendations?**
- **How is your plate different?**
- **What surprises you about these recommendations?**

DIG: During the "dig" step, the facilitator asks questions to get the learners to open up and share their memories and experiences and get closer to the topic.

Refer to the handout "What's on your plate" (Attachment 3)

Ask participants to pick one Tip they are interested in.

- **Why is that important to you?**
- **How do you feel about that tip?**

Other questions to ask to get the learners to share their memories and experiences:

- **How do you encourage your family to eat a variety of foods at mealtime?**
- **What are some typical meals that you cook your family throughout the week?**
- **What types of {insert healthy food here} does your family like to eat?**

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- **What are some ways you add more {insert fruits, vegetables, low fat dairy, whole grains, variety of protein} to your family's meals?**

Sample Responses:

- Keep a bowl of fruits and vegetables visible- have them washed, cut and ready!
- Offer a salad with every meal.
- Always have a bag of frozen vegetables on hand to make with meals.
- Offer healthy foods as snacks- cut up fruits, vegetables, smoothie, string cheese, yogurt, popcorn, whole-wheat crackers, whole grain bread and peanut butter.
- Top off your meals with low fat milk (cereal, oatmeal) or yogurt (fruit salad, baked potato).
- Eat whole grain bread instead of white bread or brown rice instead of white.
- Make dinner with beans or peas at least once a week.
- Have an egg a day.
- Be a good role model.

- Use handouts under "Optional handouts" listed on cover page for more ideas. Offer to learners as appropriate.

- Review fruits, vegetables, whole grains, low fat dairy foods, protein foods (beans, eggs) WIC provides – use sample food containers if possible.

CONNECT: During the "connect" step, parents connect the conversation topic with their values, attitudes, beliefs and feelings. The facilitator helps parents reflect on their personal needs and wants and connects them to the health-related behaviors being suggested.

- **How do you think your child would react if their dinner plate looked like MyPlate?**
- **How would you feel if your child's/your plate looked like the MyPlate recommendations?**

Sample Responses:

- *Some kids may act:* surprised, excited
- *Some moms say they would feel:* proud, that they are doing a good job, that they are being a good parent, they are a good role model

ACT: During this "step" the facilitator helps the participants identify specific action steps and build confidence to help them be the parent they want to be.

- **Which one of these tips would you like to work on to be a healthier family?**
- **How will your family's meals look different?**
- **What steps can you take to meet that goal?**

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2) Individual Education

The following are examples of open ended questions that can be used to emphasize the key messages listed on the Cover Page.

OPEN:

Have participant and her children use the placemat (Attachment 2) with an outline of “MyPlate” and fill in using paper food models, pictures of food or by drawing foods that reflect what a typical meal may look like for them.

Offer participant the handout “What’s on your plate?” (Attachment 3) Review the 4 tips on page one.

- **What does your plate have in common with these recommendations?**
- **How is your plate different?**
- **What surprises you about these recommendations?**
- **What could you do to make your plate more like “MyPlate”?**

DIG:

Refer to the handout “What’s on your plate” (Attachment 3).

Ask participant to pick one Tip they are interested in.

- **Why is that important to you?**
- **How do you feel about that tip?**

Other questions to ask to get the learner to share her memories and experiences:

- **How do you encourage your family to eat a variety of foods at mealtime?**
- **What are some typical meals that you cook your family throughout the week?**
- **What types of {insert healthy food here} does your family like to eat?**
- **What are some ways you add more {insert fruits, vegetables, low fat dairy, whole grains, variety of protein} to your family’s meals?**

- Review fruits, vegetables, whole grains, low fat dairy foods, protein foods (beans, eggs) WIC provides – use sample food containers if possible.

- Offer the “Optional handouts” listed on cover page as appropriate.

CONNECT:

Use several of the following questions to reflect on personal needs and wants.

- **How do you think your child would react if his/her dinner plate looked like MyPlate?**
- **How would you feel if your child’s/your plate looked like the MyPlate recommendations?**

ACT:

- **Which one of these tips would you like to work on to be a healthier family?**
- **How will your family’s meals look different?**
- **What steps can you take to meet that goal?**

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3) Self-Study Module (SSM)

Procedures

Agencies must follow WIC policies for using SSM (see WIC PPM Nutrition Education for details)

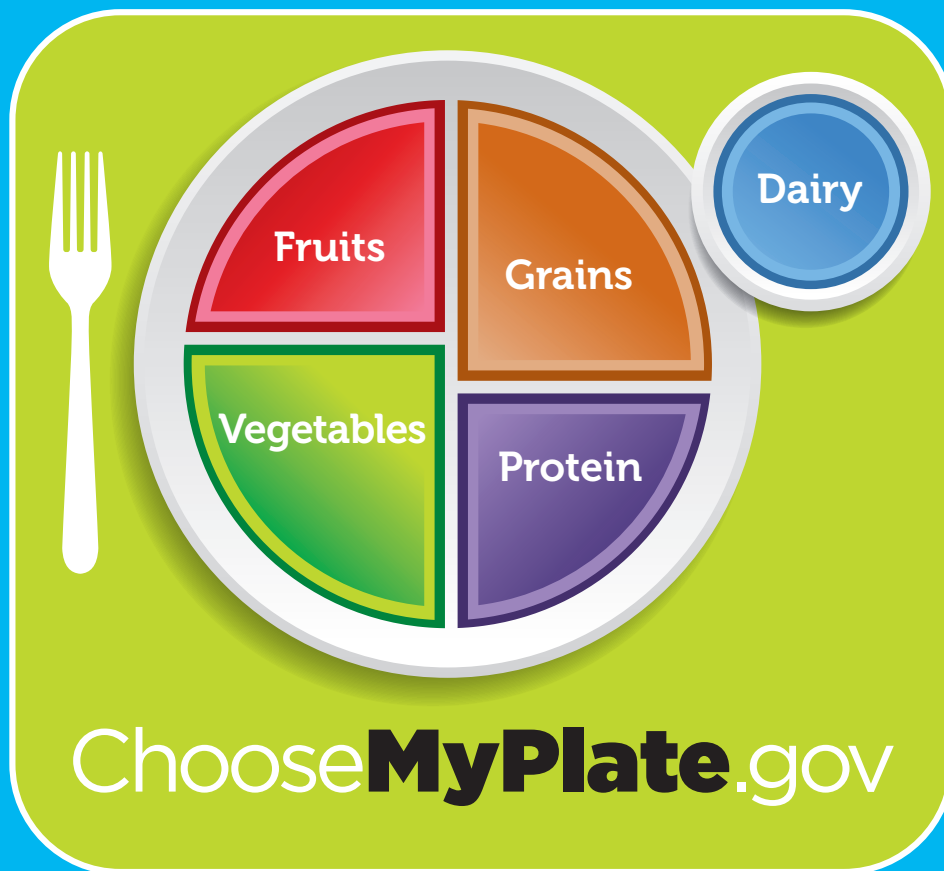
Methods

1. Give participant the handout "What's on your plate?" and the Self-Study Module "Choose My Plate."
2. Have participant complete section 1
 - Encourage participant to draw foods on the plate that reflect what a typical meal may look like for her.
3. Ask participant to review section 2
 - Have participant compare her plate to the recommendations
4. Have participant set a goal and steps to be a healthier family in section 3
5. Ask participant if she would like to talk with a CHP about the information or if she has any questions.

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Choose MyPlate**



What's on your plate?



Before you eat, think about what and how much food goes on your plate or in your cup or bowl. Over the day, include foods from all food groups: vegetables, fruits, whole grains, low-fat dairy products, and lean protein foods.



Make half your plate fruits and vegetables.



Make at least half your grains whole.



Switch to skim or 1% milk.



Vary your protein food choices.

Vegetables	Fruits	Grains	Dairy	Protein Foods
<p>Eat more red, orange, and dark-green veggies like tomatoes, sweet potatoes, and broccoli in main dishes.</p> <p>Add beans or peas to salads (kidney or chickpeas), soups (split peas or lentils), and side dishes (pinto or baked beans), or serve as a main dish.</p> <p>Fresh, frozen, and canned vegetables all count. Choose “reduced sodium” or “no-salt-added” canned veggies.</p>	<p>Use fruits as snacks, salads, and desserts. At breakfast, top your cereal with bananas or strawberries; add blueberries to pancakes.</p> <p>Buy fruits that are dried, frozen, and canned (in water or 100% juice), as well as fresh fruits.</p> <p>Select 100% fruit juice when choosing juices.</p>	<p>Substitute whole-grain choices for refined-grain breads, bagels, rolls, breakfast cereals, crackers, rice, and pasta.</p> <p>Check the ingredients list on product labels for the words “whole” or “whole grain” before the grain ingredient name.</p> <p>Choose products that name a whole grain first on the ingredients list.</p>	<p>Choose skim (fat-free) or 1% (low-fat) milk. They have the same amount of calcium and other essential nutrients as whole milk, but less fat and calories.</p> <p>Top fruit salads and baked potatoes with low-fat yogurt.</p> <p>If you are lactose intolerant, try lactose-free milk or fortified soymilk (soy beverage).</p>	<p>Eat a variety of foods from the protein food group each week, such as seafood, beans and peas, and nuts as well as lean meats, poultry, and eggs.</p> <p>Twice a week, make seafood the protein on your plate.</p> <p>Choose lean meats and ground beef that are at least 90% lean.</p> <p>Trim or drain fat from meat and remove skin from poultry to cut fat and calories.</p>

For a 2,000-calorie daily food plan, you need the amounts below from each food group.
To find amounts personalized for you, go to ChooseMyPlate.gov.

<p>Eat 2½ cups every day</p> <p>What counts as a cup? 1 cup of raw or cooked vegetables or vegetable juice; 2 cups of leafy salad greens</p>	<p>Eat 2 cups every day</p> <p>What counts as a cup? 1 cup of raw or cooked fruit or 100% fruit juice; ½ cup dried fruit</p>	<p>Eat 6 ounces every day</p> <p>What counts as an ounce? 1 slice of bread; ½ cup of cooked rice, cereal, or pasta; 1 ounce of ready-to-eat cereal</p>	<p>Get 3 cups every day</p> <p>What counts as a cup? 1 cup of milk, yogurt, or fortified soymilk; 1½ ounces natural or 2 ounces processed cheese</p>	<p>Eat 5½ ounces every day</p> <p>What counts as an ounce? 1 ounce of lean meat, poultry, or fish; 1 egg; 1 Tbsp peanut butter; ½ ounce nuts or seeds; ¼ cup beans or peas</p>
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Cut back on sodium and empty calories from solid fats and added sugars



Look out for salt (sodium) in foods you buy. Compare sodium in foods and choose those with a lower number.

Drink water instead of sugary drinks. Eat sugary desserts less often.

Make foods that are high in solid fats—such as cakes, cookies, ice cream, pizza, cheese, sausages, and hot dogs—occasional choices, not every day foods.

Limit empty calories to less than 260 per day, based on a 2,000 calorie diet.

Be physically active your way

Pick activities you like and do each for at least 10 minutes at a time. Every bit adds up, and health benefits increase as you spend more time being active.

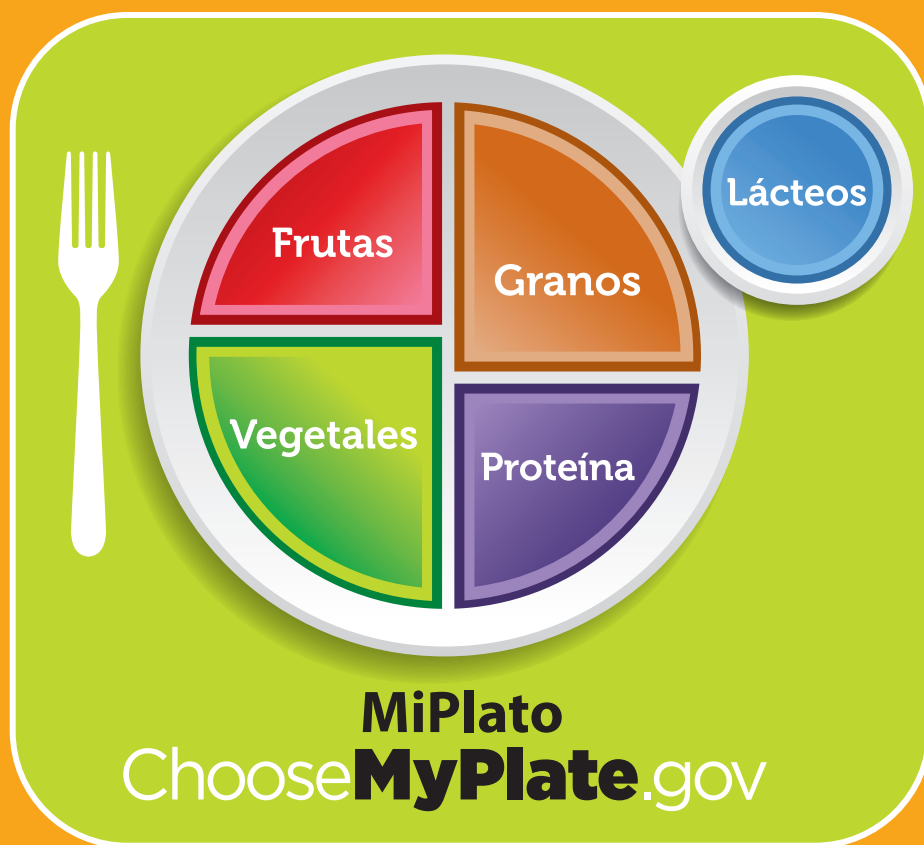
Children and adolescents: get 60 minutes or more a day.

Adults: get 2 hours and 30 minutes or more a week of activity that requires moderate effort, such as brisk walking.



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¿Qué hay en su plato?



Antes de comer, piense qué y cuánto va a servir en el plato, tazón o vaso. Durante el transcurso del día, incluya alimentos de todos los grupos: vegetales, frutas, granos integrales, lácteos bajos en grasa y alimentos que contengan proteína y sean bajos grasas.



Haga que la mitad de su plato contenga frutas y vegetales.



Asegúrese de que por lo menos la mitad de los granos consumidos sean integrales.



Cambie a leche descremada o con 1% de grasa.



Varíe sus fuentes de proteína.

Vegetales	Frutas	Granos	Lácteos	Proteínas
<p>Coma más vegetales rojos, anaranjados y verde oscuro como tomates, camotes (batatas) y brócoli como parte de los platos principales.</p> <p>Agregue legumbres a las ensaladas (frijoles o garbanzos), sopas (guisantes o lentejas) y a los platos de acompañamiento (frijoles pintos o cocidos en salsa dulce), o sívalos como plato principal.</p> <p>Considere todo tipo de vegetales: frescos, congelados y enlatados. Elija vegetales enlatados con “sodio reducido” o “sin sal agregada” (“reduced sodium” o “without added salt”).</p>	<p>Use frutas como bocadillos, en ensaladas y postres. En el desayuno agregue bananas o fresas a su cereal; agregue arándanos a sus panqueques.</p> <p>Compre frutas secas, congeladas o enlatadas (en agua o 100% jugo), así como frutas frescas.</p> <p>Al seleccionar jugos, elija jugos 100% de fruta.</p>	<p>Elija opciones de panes, roscas de pan, panecillos, cereales para el desayuno, galletas, arroz, y fideos y tallarines hechos de granos integrales en lugar de granos refinados.</p> <p>Busque en la lista de ingredientes de las etiquetas de los productos por las palabras “integral” o “grano integral” (“whole grain”) antes del nombre del ingrediente.</p> <p>Elija productos que incluyan algún grano integral como el primer ingrediente de la lista.</p>	<p>Beba leche descremada (sin grasa) o de 1% de grasa (baja en grasa). Esta contiene la misma cantidad de calcio y otros nutrientes esenciales que la leche entera, pero con menos grasa y calorías.</p> <p>Use yogur bajo en grasa como aderezo para ensaladas de fruta y papas.</p> <p>Si no tolera la lactosa, pruebe leche sin lactosa o leche de soja enriquecida (bebida de soja).</p>	<p>Coma variedad de alimentos del grupo de la proteína cada semana, como: pescado, mariscos, legumbres y nueces; así como carnes magras de res y ave, y huevos.</p> <p>Haga que la proteína en su plato provenga de pescado y mariscos, dos veces por semana.</p> <p>Elija carnes magras y carne molida que sea por lo menos 90% magra.</p> <p>Recorte o escurra la grasa de las carnes y quíteles el pellejo a las carnes de ave para reducir la grasa y las calorías.</p>

Para llevar un plan de alimentación de 2,000 calorías al día, usted necesita las cantidades indicadas de los siguientes grupos de alimentos.
 Para encontrar las cantidades indicadas para usted, visite ChooseMyPlate.gov.

Consuma 2½ tazas al día	Consuma 2 tazas al día	Consuma 6 onzas al día	Consuma 3 tazas al día	Consuma 5½ onzas al día
<p>¿Cómo se calcula una taza? 1 taza de vegetales crudos o cocidos, o de jugo de vegetales; 2 tazas de vegetales de hoja crudas</p>	<p>¿Cómo se calcula una taza? 1 taza de frutas crudas o cocidas, o de jugo 100% de fruta; ½ taza de frutas secas</p>	<p>¿Cómo se calcula una onza? 1 rebanada de pan; ½ taza de arroz, cereal, o fideos o tallarines cocidos; 1 onza de cereal listo para comer</p>	<p>¿Cómo se calcula una taza? 1 taza de leche, yogur, o leche de soja fortificada; 1½ onzas de queso natural; 2 onzas de queso procesado</p>	<p>¿Cómo se calcula una onza? 1 onza de carne de res o ave magra, pescado o mariscos; 1 huevo; 1 cucharada de mantequilla de cacahuate (mani); ½ onza de nueces o semillas; ¼ de taza de legumbres</p>

Reduzca el sodio y las calorías sin valor nutritivo provenientes de las grasas sólidas y los azúcares agregados



Vea cuánta sal (sodio) contienen los alimentos que compra. Compare el sodio en los alimentos y elija los que tengan menos.

Beba agua en lugar de bebidas con azúcar. Coma alimentos azucarados con menos frecuencia.

Haga que las comidas con grandes cantidades de grasas saturadas, como pasteles, galletas dulces, helado, pizza, queso, chorizo y salchichas, sean opciones ocasionales y no comidas diarias.

Limite las calorías sin valor nutritivo a menos de 260 al día, para una dieta de 2,000 calorías al día.

Esté físicamente activo a su manera

Elija actividades que le gusten y haga cada una de ellas por lo menos durante 10 minutos por vez. Todo ello se acumula y los beneficios de salud aumentan a medida que dedica más tiempo a estar activo.

Niños y adolescentes: 60 minutos o más al día.

Adultos: 2 horas y 30 minutos o más por semana de una actividad que requiera esfuerzo moderado, como caminar a paso rápido.





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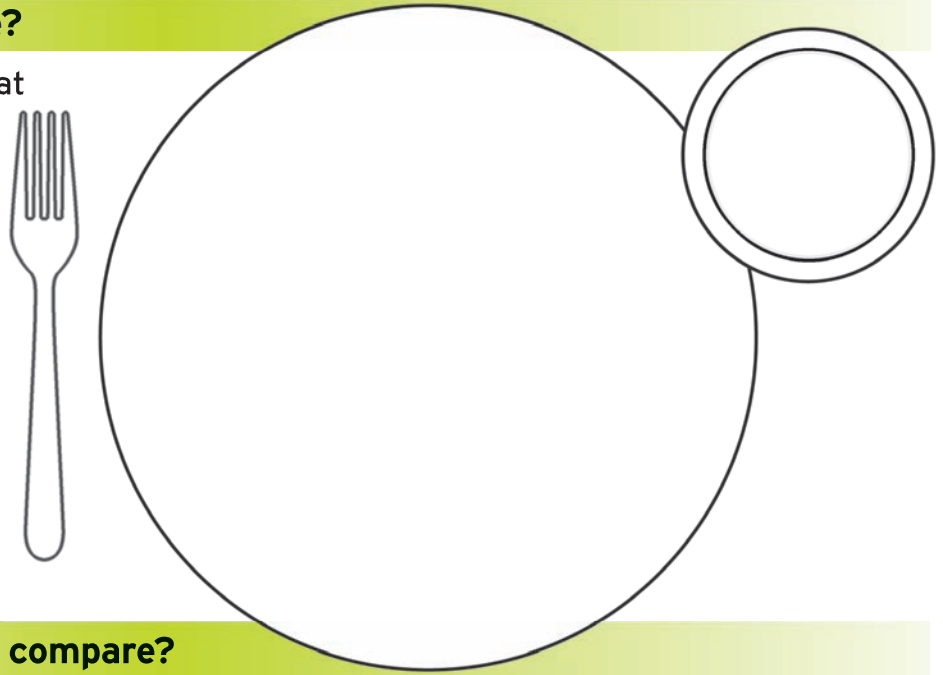
Choose MyPlate

Self - Study Module (SSM)

Name _____ Date _____

ACTIVITY 1: What's on your plate?

Draw foods on the plate that reflect what a typical meal may look like for you.



ACTIVITY 2: How does your plate compare?

Compare your plate to the handout "What's on your plate", what does your plate have in common? Check the boxes that apply.

- Half my plate is fruits and vegetables
- At least half my grains are whole
- Includes skim or low fat milk products
- Made up of a variety of protein sources (like seafood, beans, peas, nuts and lean meats, poultry and eggs)
- Usually contains a red, orange, or dark-green vegetables like tomatoes, sweet potatoes, and broccoli
- I drink 100% fruit juice
- Has very little sodium (salt)
- Limited "empty calories" (like cakes, cookies, ice cream)
- Other foods my plate includes: _____

What is your goal?

Which one of these tips would you like to work on to be a healthier family? Write your goal.

I would like to:

Steps I will take:



Charla con Illinois WIC

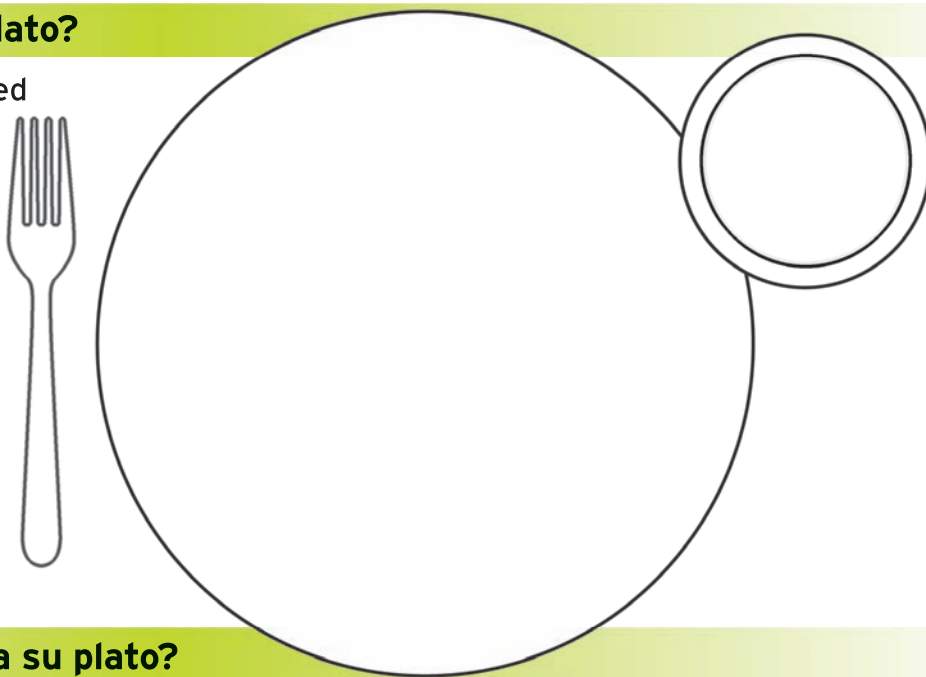
Selecciono MiPlato

Módulo de Estudio Por Sí Mismo (SSM)

Nombre _____ Fecha _____

ACTIVIDAD 1: ¿Qué tiene en su plato?

Dibuje en el plato los alimentos que usted seleccionaría en una comida típica.



ACTIVIDAD 2: ¿Cómo se compara su plato?

Compare el plato que dibujó con el plato de la hoja suelta "¿Qué tiene su plato?"
¿Qué es lo que estos platos tienen en común? Marque los encasillados que aplican.

- La mitad de mi plato tiene frutas y verduras o vegetales
- Por lo menos, mis granos (trigo o cereales) son integrales
- Incluye productos de leche desnatada o sin grasas
- Tiene variedad de proteínas (tales como pescado, frijoles, chícharos, nueces y carnes magras, aves y huevos)
- Usualmente tiene verduras o vegetales de color rojo, naranja o verde oscuro tales como los tomates, camotes o batatas dulces y brócoli
- Yo tomo jugos de frutas 100%
- Tiene muy poco sodio (sal)
- Límite "las calorías sin valor alimenticio" (tales como los bizcochitos, galletas, helados)
- Otros alimentos en mi plato incluyen: _____

¿Cuál es su meta?

¿En cuál de estas sugerencias le gustaría trabajar para tener una familia más saludable?
Escriba su meta.

Me gustaría:

Pasos que daré: