

The Family Nutrition Program

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Kentucky River Foothills Development Council, Inc.
1623 Foxhaven Drive
P.O. Box 743
Richmond, KY 40476
(606) 624-2046

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Introduction

**The Family Nutrition
Program**

What's Inside...

Welcome
Nutrition Awareness
The Dietary Guidelines

This course is designed to improve your diet. We hope you will make wiser food choices after you have finished this workbook. We want you to be able to see your success, so please answer the following questions about your food choices. Be sure to tell us what you really do and not what you think you should do.

When you are done, put your name on the evaluation and give it to your leader. Your teacher will score it and keep it for you. You will take the same assessment when you are finished with this course. Then you will be able to compare your scores and see how much better you are eating.

Nutrition Awareness Assessment

Name: _____ Date: _____

Check the box that most closely describes your eating habits.

How often do you eat:	Seldom	1 or 2 times a week	3 or 4 times a week	Almost Daily
Fried foods	•	•	•	•
Bacon, lunch meat, sausage, hot dogs	•	•	•	•
Gravy	•	•	•	•
Mayonaise, salad dressing	•	•	•	•
Butter, margarine	•	•	•	•
Biscuits, corn bread, doughnuts	•	•	•	•
Sodas, sweetened drinks	•	•	•	•
Pie, cake, cookies, ice cream	•	•	•	•
Jam, jelly, honey, syrup, mollasses	•	•	•	•
Candy	•	•	•	•

Introduction The Family Nutrition Program

How often do you eat:	Seldom	1 or 2 times a week	3 or 4 times a week	Almost Daily
Salty snacks (chips, nuts, pretzels)	•	•	•	•
Canned soups, pastas, TV dinners	•	•	•	•
Catsup, mustard, soy sauce	•	•	•	•

The Food Guide Pyramid Assessment

Answer the following questions.

How often do you eat:	Seldom	1 to 2 times a week	3 to 4 times a week	Almost Daily
6 to 11 servings of bread, cereal, rice or pasta?	•	•	•	•
3 to 5 servings of vegetables?	•	•	•	•
2 to 4 servings of fruit?	•	•	•	•
2 to 4 servings of milk, yogurt, cheese?	•	•	•	•
2 to 4 servings of meat, dry beans, nuts or eggs?	•	•	•	•

An Important Note...

A healthy diet is very important to your health. But food alone cannot make you healthy. Good health depends on many things. Your environment, your family history and your health care are just a few. Your habits also affect your health. Do you smoke? Do you drink? Do you exercise? These things have a great impact on your health. But a diet that follows the guidelines can keep you healthy or improve your health. For good health, visit your doctor or health department regularly and follow the seven dietary guidelines as explained in this chapter.

The Dietary Guidelines for Americans

1. Eat a variety of foods.

Your body needs many different nutrients for good health. One food simply cannot supply all of the nutrients you need. The only way to get all of your nutrients is to eat a wide variety of foods including grains, vegetables and fruit.

2. Maintain a healthy weight.

It is unhealthy to be overweight. It is also unhealthy to be too skinny. There isn't a magic number for weight because each person is different. But it is important to find the right weight for you. Choosing the right foods and exercising can help you reach and keep the right weight.

3. Choose a diet low in fat, saturated fat and cholesterol.

Many people eat too much fat. A high fat diet is linked to cancer, heart disease and other illnesses. A diet low in fat makes it easier to eat the variety of foods you need to be healthy.

4. Choose a diet with plenty of vegetables, fruits and grain products.

These foods are low in fat, so plan your meals around them instead of meat. They are also rich in fiber and carbohydrates. Besides that, they taste great!

5. Use sugars only in moderation.

Many foods that are high in sugar are low in nutrients. Beware of sweetened cereals and soda pop.

6. Use salt and sodium in moderation.

Too many people use the salt shaker too often. That could be one reason that as many as one in three adults has high blood pressure.

7. Drink alcoholic beverages in moderation.

Alcoholic drinks are high in calories, but they have no nutritional value. Too much alcohol may cause cirrhosis of the liver, brain and heart damage and an increased risk of cancer. If you drink alcohol, do so in moderation. That means women should drink no more than 1 drink a day. Men should drink no more than 2 drinks a day.

A drink is defined as:

12 oz. of regular beer

5 oz. of wine

1.5 oz. of distilled spirits (80 proof)

Chapter 1

The Food Guide Pyramid

What's Inside...

The Food Guide Pyramid

Serving Sizes

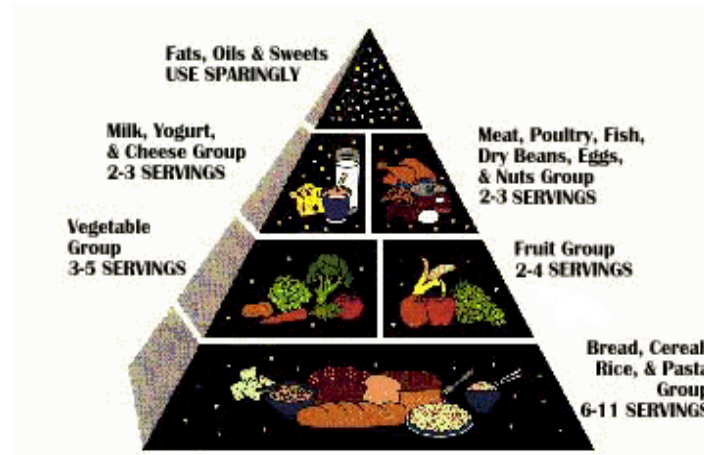
The Food Groups

A Child's Pyramid

Your Diet vs. The FGP

The Food Guide Pyramid

The Food Guide Pyramid shows six building blocks to a healthy diet. You need to eat food from each group to get the nutrients you need.



The Food Guide Pyramid

When you were in school, you probably learned about the basic four food groups. You were told to eat something from each of the groups every day to be healthy. At that time, meat, dairy, breads, fruits and vegetables all had an equal place in your diet. But in 1992, the U.S. Department of Agriculture decided to no longer teach the basic four food groups.

Instead, your children will learn about the new Food Guide Pyramid. The Food Guide Pyramid shows us what we should eat to be healthy. It promotes a variety of foods to get the nutrients we need. The pyramid also cuts down on the amount of fat, sugar and salt we should have in our diet.

The Food Guide Pyramid has six building blocks. Some are bigger than others to show us how much of each food group we should eat. For example, the bread, cereal, rice and pasta group is the biggest block of all. We should eat more foods from this group than from any other. The smallest, building block is the fats, oils and sweets. This means that fats, oils and sweets should be the smallest part of our diet. But as you know, many people eat more sweets and fats than anything else!

Serving Sizes

Serving sizes are an important part of the Food Guide Pyramid. It is easy to eat too much or too little of a certain food. Did you know that a serving of meat should not be bigger than a deck of cards? Or that a hamburger bun counts as two servings of bread?

Chapter 1 The Food Guide Pyramid

Look at the following list of serving sizes.

Vegetables

3 to 5 servings

1 cup leafy vegetables

1/2 cup cooked or cut vegetables

3/4 cup vegetable juice



Bread, cereal, rice, pasta

6 to 11 servings

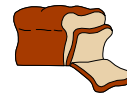
1/2 of a bun, bagel or English Muffin

1 slice of bread

1 small muffin

1/2 cup cooked cereal, rice or pasta

1/2 to 1 cup dry cereal



Fruits

2 - 4 servings

1 medium piece of fruit

1/2 cup cut or cooked fruit

3/4 cup fruit juice



Milk, Yogurt and Cheese

2 - 3 servings

1.5 - 2 oz. cheese

1 cup milk or yogurt



Meat, Poultry, Fish, Dry

Beans, Eggs and Nuts

2 - 3 servings

2 - 3 oz. of meat

1 egg (counts as 1 oz. of meat)

—no more than 3 per week

1/2 cup cooked beans

2 Tbsp. peanut butter



Fats, Oils and Sweets

Use Sparingly



The Food Groups

No one food group is more important than another. You need them all for good health. But let's look at each food group to see how they fit into a healthy diet.

The Bread, Cereal, Rice and Pasta Group

The bread, cereal, rice and pasta group is the largest building block of a healthy diet. We are supposed to eat 6 to 11 servings from this group every day. This may sound like a lot to you. But the serving sizes are small, and if we eat plenty of grain foods, we are less likely to overdo it on higher fat foods.

Foods from this group are an important source of energy. They also provide vitamins, minerals and fiber. Most Americans only get about half of the fiber they need. A sure way to boost your fiber intake is to choose at least three of your servings from wholegrain foods.

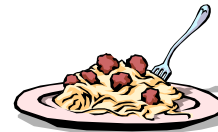
Bet you didn't know...

In Italian:

Spaghetti means "strings"

Linguine means "little tongues"

Vermicelli means "little worms"



Tufts's University. Diet & Nutrition Letter. February, 1995.

The Vegetable Group

The vegetable group is the second largest building block of a healthy diet. We are supposed to eat 3 to 5 servings from this group every day. Vegetables are so good for us because they are very low in fat. Vegetables also give our bodies vitamins, such as vitamins A and C. Vegetables are also a rich source of fiber and minerals. In fact, a diet full of vegetables will help you reduce your risk of getting cancer and other diet-related diseases.

The Fruit Group

The fruit group is the third largest building block of a healthy diet. We are supposed to eat 2 to 4 servings of fruit every day. When in season, fruit can be a very cheap snack. It is also a great source of vitamins A and C. Fruit juice counts as a serving of fruit only if it is 100 percent fruit juice. Watch out for punches and "fruit" drinks. They often have a lot of added sugars and very little fruit.

The Milk, Yogurt and Cheese Group

The milk, yogurt, and cheese group is another building block of a healthy diet. We are supposed to eat 2 to 3 servings of milk, yogurt or cheese everyday to be healthy. Milk is an important source of calcium and protein. Calcium is important to everyone for strong bones.

Adults should watch out for the fat found in many dairy products. Some children under two benefit from the fat in whole milk. But everyone else should drink skim milk or 1 percent milk.

The Meat, Poultry, Fish, Dry Beans, Eggs and Nuts Group

The meat, poultry, dry beans, eggs and nuts group is a small building block of a healthy diet. We are supposed to eat 2 to 3 servings from this group every day to be healthy. These servings should equal 6 to 9 ounces of cooked lean meat, poultry or fish a day. Meat is a good source of protein and iron, but it is also a big source of fat.

If meat is a favorite of yours, try skinless chicken or turkey. The total fat content of a roasted 3 oz. skinless piece of chicken is less than half that of beef. Better yet, try fixing beans. They are a low-fat, healthy alternative to meat.

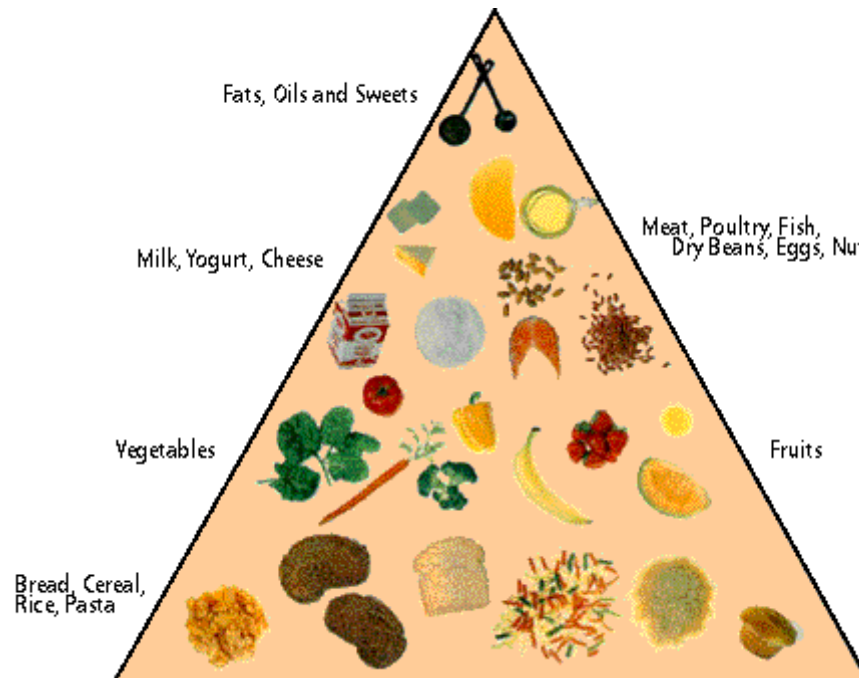
The Fats, Oils and Sweets Group

You should eat very little of the foods listed in the top of the pyramid. They are very high in sugar and/or fat. As luck would have it, many people like the taste of these foods more than the others. But as you can see in the pyramid, it is more important to eat grains, fruits and vegetables.

Especially for Children

A Child's Pyramid

A child's diet is very important. Children who eat well experience better health and better school performance. We all want our children to eat enough of the right kinds of foods. Notice that the pyramid for children is different from the pyramid for adults. This pyramid will help you plan your child's diet.



Serving Sizes

Breads, Cereals, Rice and Pasta **6 Servings per Day**

- 1/2 - 1 slice of bread
- 1/8 - 1/2 cup of cooked cereal, rice or pasta
- 1/2 - 1 ounce of dry cereal

Fruits **2 Servings per Day**

- 1/4 - 1 medium whole fruit
- 1/4 - 3/4 cup of juice
- 1/8 - 1/2 cup of canned juice

Vegetables

3 Servings per Day

1/8 - 1/2 cup of cooked vegetables

1/4 - 1 cup of tossed salad

Milk

3 Servings per Day

1 cup of milk (divide servings into 1/2 to 3/4 cup servings)

8 ounces of yogurt (divide servings into 1/2 - 3/4 cup servings)

1 to 2 ounces of cheese

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

2 Servings per Day

2 - 6 tablespoons of cooked meat, poultry or fish

1/8 - 1/2 cup of cooked beans or 1 - 2 tablespoons of peanut butter

1 egg

Fats, Oils and Sweets

Use sparingly

Your Diet vs. The Food Guide Pyramid

Do you know if you eat enough of the right kinds of food? Most of us aren't aware of what we really eat. This exercise will help you see how your diet compares with the food guide pyramid. Write down everything you ate and drank yesterday. Be sure to include your snacks. Don't worry if you think you didn't eat well. We are all here to learn to eat better.

Breakfast

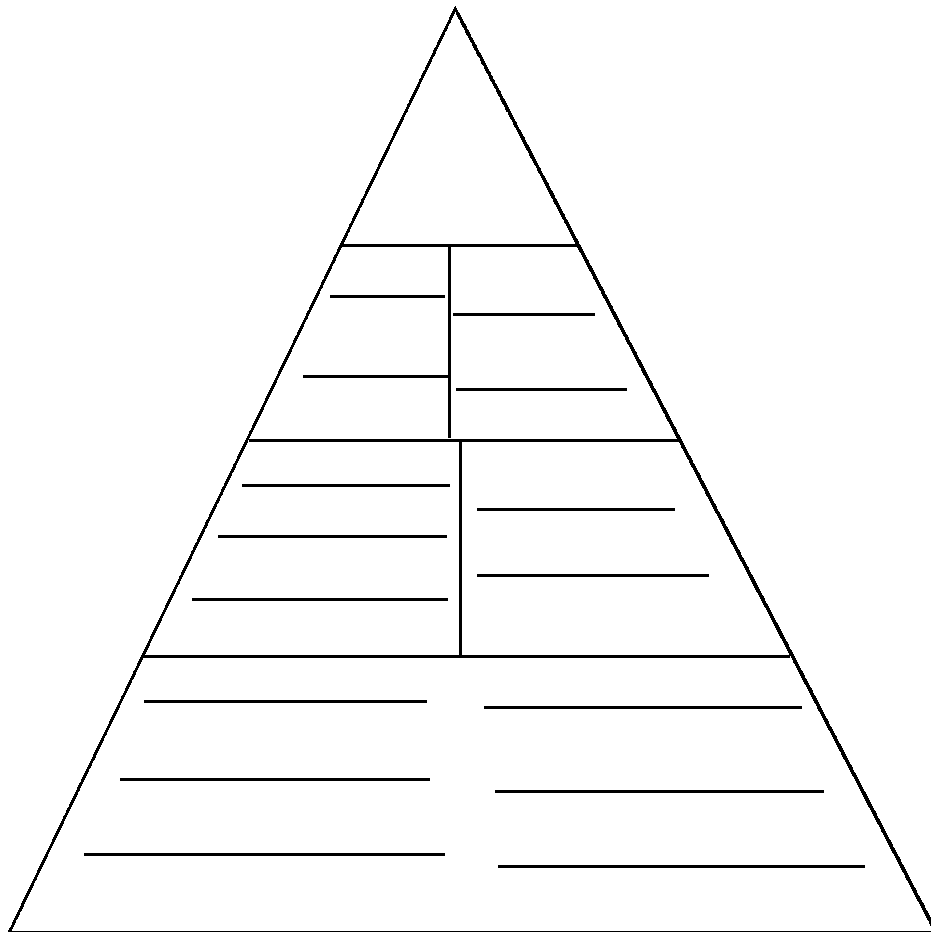
Lunch

Dinner

Snacks

Your Diet vs. The Food Guide Pyramid

Now that you have recorded everything you ate yesterday, place each food into its right place in the pyramid. For example, if you ate a piece of toast, fill in a box in the bread section. Remember your serving sizes! Some items may count as two. For example, if you had a hamburger for lunch, count the bun as two bread servings. The boxes show you the least you should eat from each group.



Did you fill in all of your lines? You should have. If you didn't fill in all of the lines, try to start eating more of a variety of foods. Be careful of eating too much from the meat and dairy groups. They are higher in fat than breads, vegetables and fruits.

Homework...

New food labels have appeared in the grocery stores in the last year. These labels are much easier to read. For next week, clip out three of the new food labels and bring them to class. Hint: The new food labels are titled "Nutrition Facts".

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Chapter 2

The New Food Label

What's Inside...

Reading Food Labels
Percent Daily Value
Is It Really Fat Free?
What Are We Feeding
Our Kids?
Which Cereal is
Healthier?
The Breakfast Count

Reading Food Labels

Food labels are starting to make sense. The old food labels had a lot of numbers that just didn't mean much to most people. But the new food label helps you see how each food fits into a healthy diet. You should aim for 100% of each item listed.

Serving Size

Is your serving the same size as the one on the label? If you eat double the serving size listed, you need to double the nutrient and calorie values. If you eat one-half the serving size shown here, cut the nutrient and calorie values in half.

Calories

Are you overweight? Cut back a little on calories! Look here to see how a serving of the food adds to your daily total. A 5'4", 138 lb. active woman needs about 2,200 calories each day. A 5'10", 174 lb. active man needs about 2,900 calories. How about you?

Total Carbohydrate

When you cut down on fat, you can eat more carbohydrates. Carbohydrates are in foods like bread, potatoes, fruits and vegetables. Choose these often! They give you nutrients and energy.

Dietary Fiber

Grandmother called it "roughage," but her advice to eat more is still up-to-date! That goes for both soluble kinds of dietary fiber. Fruits, vegetables, whole-grain foods, beans and peas are all good sources and can help reduce the risk of heart disease and cancer.

Protein

Most Americans get more protein than they need. Where there is animal protein, there is also fat and cholesterol. Eat small servings of lean meat, fish and poultry. Use skim or low-fat milk, yogurt and cheese. Try vegetable proteins like beans, grains and cereals.

Vitamins & Minerals

Your goal here is 100% of each for the day. Don't count on one food to do it all. Let a combination of foods add up to a winning score.

Source: *How to Read the New Food Label*, American Heart Association and the Food and Drug Administration.

Nutrition Facts	
Serving Size 1/2 cup (114g) Servings per Container 4	
Amount per Serving	
Calories 90 Calories from Fat 30	
	% Daily Value
Total Fat 3g	5%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 300mg	13%
Total Carbohydrate 13g	4%
Dietary Fiber 3g	12%
Sugars 3g	
Protein 3g	
Vitamin A 80% • Vitamin C 60%	
Calcium 4% • Iron 4%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Chol.	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Total Fat

Aim Low: Most people need to cut back on fat! Too much fat may contribute to heart disease and cancer. Try to limit your calories from fat. For a healthy heart, choose foods with a big difference between the total number of calories and the number of calories from fat.

Saturated Fat

A new kind of fat? No—saturated fat is part of the total fat in food. It is listed separately because it's the key player in raising blood cholesterol and your risk of heart disease. Eat less!

Cholesterol

Too much cholesterol—a second cousin to fat—can lead to heart disease. Challenge yourself to eat less than 300 mg or less each day.

Sodium

You call it "salt," the label calls it "sodium." Either way, it may add up to high blood pressure in some people. So, keep your sodium intake low—2,400 to 3,000 mg or less each day.

Daily Value

Feel like you're drowning in numbers? Let the Daily Value be your guide. Daily Values are listed for people who eat 2,000 or 2,500 calories each day. If you eat more, your personal daily value may be higher than what's listed on the label. If you eat less, your personal daily value may be lower.

For fat, saturated fat, cholesterol and sodium, choose foods with low % Daily Value. For total carbohydrate, dietary fiber, vitamins and minerals, your daily value goal is to reach 100% of each.

Percent Daily Value - What does it mean?

The Percent Daily Value column can be confusing. Let's look at a small part of a food label.

	% Daily Value
Total Fat 13g	20%

Does that mean that this food is 20 percent fat? No. The Percent Daily Value tells you how that food fits into your diet for the whole day. If you add up the Percent Daily Values for fat for all of the food you eat in a day, it should not go over 100%. If you are a woman on an 1,800 calorie a day diet, your total should not go above 90%.

The Percent Daily Value column helps you keep from eating too much fat, sodium and cholesterol. But it also helps us see if we are getting enough vitamins, protein and carbohydrates. The 100% total on each of these is the target. But if your totals for Vitamin C add up to 130%, don't worry about it. In fact, you should be proud of yourself because you are making healthy food choices.

Ingredients

The ingredients list tells you exactly what is in a food. The ingredients are listed by weight from most to least. For example, a food that has sugar first on the list means that sugar is the main ingredient. Look for foods that have the healthiest items listed first. Read the following ingredient label. What is the main ingredient in this food?

Ingredients Tomatoes, water, enriched macaroni product, high fructose corn syrup, salt, citric acid, non-fat dry milk.
--

Sugar

Sugar has a lot of names. When you read the ingredients, look for words that end in 'ose.' These are sugars too. (Example: fructose, sucrose)



Is it really fat free?

Food labels aren't allowed to be misleading anymore. Food producers have to follow strict rules when they write a label. These strict rules make it easy for us to know that we are really getting what we think we are getting. For instance, a food can't say that it is "Fat-Free" unless it has less than one half a gram of fat per serving. Read the list below to find out what other label claims mean.

Label Claim	Meaning
Calorie Free	Less than 5 calories
Low calorie	40 calories or less
Light or Lite	1/3 fewer calories or 50% less fat than regular brand
Light in Sodium	50% less sodium than regular brand
Fat Free	Less than 1/2 gram of fat
Low Fat	3 grams or less fat
Cholesterol Free	Less than 2 milligrams cholesterol and 2 grams or less saturated fat
Sodium Free	Less than 5 milligrams of sodium
Very Low Sodium	35 milligrams or less sodium
High Fiber	5 grams or more fiber

Especially for Children

What are we feeding our kids?

Have you stopped to think about what you are putting into your children? If you have, you know that highly processed meals should not be a regular part of your child's diet. We all use them from time to time. That's OK. But ready to eat foods are often very high in fat and sodium and cost. Some are better than others, so you have to read the labels.

Compare the labels below. Which food is the better choice? Which food has the most sodium? Which one has the most saturated fat? If you served one of these foods for dinner, what could you serve with it to make it a healthier meal?

**Sesame Street
Pasta Shapes in Tomato Sauce**

Nutrition Facts			
Serving Size 1 cup (256g)			
Servings per Container About 2			
Amount Per Serving			
Calories 220 Calories from Fat 20			
		% Daily Value	
Total Fat 2g			3%
Saturated Fat	0g		0%
Cholesterol 0mg			0%
Sodium 240mg			10%
Total Carbohydrates 44g			12%
Dietary Fiber	3g		12%
Sugars	6g		
Protein 6g			
Vitamin A 10%		Vitamin C 0%	
Calcium 4%		Iron 10%	
* Percent Daily Values are based on a 2,000 calorie diet.			

**Franco American
Spaghetti O's**

Nutrition Facts			
Serving Size 1 cup (256g)			
Servings per Container About 2			
Amount Per Serving			
Calories 190 Calories from Fat 20			
		% Daily Value	
Total Fat 2g			3%
Saturated Fat	0.5g		3%
Cholesterol 5mg			2%
Sodium 990mg			41%
Total Carbohydrates 36g			12%
Dietary Fiber	2g		8%
Sugars	12g		
Protein 5g			
Vitamin A 15%		Vitamin C 0%	
Calcium 4%		Iron 10%	
* Percent Daily Values are based on a 2,000 calorie diet.			

Nutrition Facts		
Serving Size 1 1/3 Cup (30g)		
Servings Per Container About 9		
Amount Per Serving	Total Corn Flakes	w/1/2 cup skim milk
Calories	110	150
Calories from Fat	5	5
% Daily Value		
Total Fat 0.5g	1%	1%
Saturated Fat 0g	0%	0%
Cholesterol 0mg	0%	1%
Sodium 210mg	9%	11%
Potassium 40mg	1%	7%
Total Carbohydrate 25g	8%	10%
Dietary Fiber <1g	2%	2%
Sugars 3g		
Other Carbohydrates 21g		
Protein 2g		
Vitamin A	100%	100%
Vitamin C	100%	100%
Calcium	20%	35%
Iron	100%	100%

Total Corn Flakes

Nutrition Facts		
Serving Size 1 1/3 Cup (30g)		
Servings Per Container About 9		
Amount Per Serving	Total Corn Flakes	w/1/2 cup skim milk
Calories	110	150
Calories from Fat	5	5
% Daily Value		
Total Fat 0.5g	1%	1%
Saturated Fat 0g	0%	0%
Cholesterol 0mg	0%	1%
Sodium 210mg	9%	11%
Potassium 40mg	1%	7%
Total Carbohydrate 25g	8%	10%
Dietary Fiber <1g	2%	2%
Sugars 3g		
Other Carbohydrates 21g		
Protein 2g		
Vitamin A	100%	100%
Vitamin C	100%	100%
Calcium	20%	35%
Iron	100%	100%

Froot Loops

Which cereal is healthier?

Compare these two popular brands of cereal and answer the questions below.

1. Which cereal has more sodium?
2. Which cereal has more sugar?
3. Which cereal is richer in vitamins?
4. Which of these two cereals do your children like the most?
5. Which cereal is better for your children?

The Breakfast Count

The breakfast menu today includes:
 1 piece of whole wheat toast
 1 tablespoon of butter
 8 oz. of orange juice
 1 cup of yogurt

Nutrition Facts	
Serving Size 1 slice (38g/1.4oz) Servings Per Container 18	
Amount Per Serving	
Calories 100 Calories from fat 10	
%Daily Value	
Total Fat 1.5g	2%
Saturated Fat	0%
Polyunsaturated Fat	0g
Monounsaturated Fat	0.5g
Cholesterol 0mg	0%
Sodium 190mg	8%
Total Carbohydrates 18g	6%
Dietary Fiber 2g	7%
Sugars 3g	
Protein 4g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 6%
Thiamin 8%	Riboflavin 4%

Nutrition Facts	
Serving Size 1 Tbsp (14g) Servings per Container 32	
Amount per Serving	
Calories 90 Calories from fat 90	
%Daily Value	
Total Fat 10g	16%
Sat Fat 2g	11%
Poly unsaturated fat	2g
Monounsaturated fat	2.5g
Cholesterol 0mg	0%
Sodium 110mg	5%
Total Carbohydrates 0g	0%
Protein 0g	

Nutrition Facts	
Serving Size 1 Container	
Amount Per Serving	
Calories 140 from Fat 30	
%Daily Value	
Total Fat 4g	6%
Sat Fat 2g	11%
Cholesterol 20mg	6%
Sodium 150mg	6%
Potassium 540mg	16%
Total Carbohydrates 16g	5%
Dietary Fiber 0g	0%
Sugars 16g	
Protein 12g	
Vitamin A 4%	Vitamin C 4%
Calcium 35%	Iron 0%

Nutrition Facts	
Serving Size	8oz. (248g)
Servings per Container	4
Amount Per Serving	
Calories 130	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Sodium 5g	0%
Total Carb. 27g	9%
Dietary Fiber 0g	
Sugars 23g	
Potassium 360mg	10%
Protein 1g	
Vitamin C	130%
Thiamin	10%
Riboflavin	2%

Read these labels and answer the following questions.

1. How much fat did you eat?
2. How much more fat can you eat today?
3. How much sodium did you eat?
4. How much more sodium can you eat today?
5. How much fiber have you eaten today?
6. How much -more fiber can you eat today?
7. How many calories have you eaten today?
8. How much vitamin C have you eaten today?

Homework...

Bring the food label from your favorite food to class next week. Be ready to talk about what surprised you. For example: I didn't know this food had so much sodium in it.

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National Food Processors Association. Using the Food Label. Daily Values and Percent Daily Values; 1993.

Chapter 3

Diet and Disease

What's Inside...

Top Ten Causes of Death in
America

Cancer

Heart Disease

Especially for Women

Especially for Men

A Look at Fat

Fat Fighters

Sodium Fighters

Good health is important. But most people take it for granted until it is gone. There are many things that affect our health. Some things like family history and environment we cannot control. But we have power over many things in our lives that might harm us. For example, we have complete control over our diets and our habits. You may not think that sounds like much, but six of the top ten reasons causes of death in America are related to diet. You see, eating healthy really is a matter of life and death.

TOP TEN CAUSES OF DEATH IN AMERICA

1. Heart Disease *
2. Cancer *
3. Stroke *
4. Accidents
5. Lung Disease
6. Influenza and Pneumonia
7. Diabetes *
8. Cirrhosis of the Liver *
9. Circulatory Disease *
10. Suicide

* Linked to diet

Cancer

What is cancer?

Cancer is hard to define. It is not just one disease but more than 100 different diseases. In each of the cancer diseases, cells grow abnormally in one area of the body. The abnormal cells can, and often do, spread to other areas of the body.

What causes cancer?

Cancer has many causes. Some people are at a higher risk of developing cancer because of certain risk factors. These risk factors include a family history of a certain kind of cancer (like breast cancer), tobacco use, alcohol use and eating habits.

Broccoli

One cup of chopped broccoli contains 90% of the percent daily value for Vitamin A and 200% of the daily value for Vitamin C. These vitamins are great cancer fighters.

What Can You Do?

You are not powerless in the fight against cancer. It's true that we cannot control everything that might harm us. But we can control what we do and what we eat. The American Cancer Society gives us eight steps we can take to reduce our risk of getting cancer.

1. Watch your weight

Eating right and regular exercise will help you maintain a healthy weight. If you are already overweight, increase your activity level and reduce the amount of fat you get in your diet. If you do not know what a healthy weight is for you, go to your doctor or health department. They will be able to tell you what your healthy weight is.

2. Cut down on total fat intake

You can cut the fat in your diet easily by following the food guide pyramid we learned about in Chapter 1. The pyramid's diet is high in grains, fruits and vegetables. These foods are all naturally low in fat.

3. Eat more high fiber foods

Fiber helps food move through your body. The longer the food stays in your body, the more time cancercausing substances have to harm you. Try to eat at least 25 grams of fiber every day. Here is a list of foods that are good sources of fiber.

Source	Grams of Fiber
Whole-wheat flour, 1 cup	11.4
Whole-wheat bread, 1 slice	2.4
Shredded Wheat, 1 cup	4.3
Corn Flakes, 1 cup	2.8
All-Bran, 1 cup	15.0
Baked Beans, 1/2 cup	7.2
Pinto, kidney beans 1/2 cup	4.0
Broccoli, 1 stalk	7.4
Cabbage, 1/2 cup	2.1
Peas, 1/2 cup	6.2
Sweet corn, 1/2 cup	3.9
Apple with skin	2.3
Banana	2.1
Orange	2.0

Tip...

Never place vegetables in cold water and then bring them to a boil. If this is done some vegetables can lose up to 10 - 12 times their vitamin C.

4. Include a variety of vegetables and fruits in your daily diet

Diets rich in vitamins A and C help reduce your risk of certain cancers. When you go to the store, choose foods from this list to increase your intake of vitamins A and C.

Vitamin A	Vitamin C
kale	oranges
collard greens	grapefruit
spinach	tomatoes
broccoli	berries
winter squash	melon
sweet potatoes	potatoes
carrots	cabbage
pumpkin	greens

5. Eat less salt-cured, smoked and nitrite-cured foods

In countries where salt-cured and smoked foods are eaten often, there is a higher rate of cancer of the stomach and esophagus. Try to avoid the following foods:

hot dogs
bacon
past rami
bologna
ham
pepper



6. Limit the amount of alcohol you drink

Heavy use of alcohol, especially when combined with tobacco use, increases risk of cancers of the mouth, larynx, throat, esophagus and liver. If you drink, do so in moderation. This means two drinks per day for men and one drink per day for women or less.

7. Quit smoking

Smoking is the main cause of lung cancer and 30 percent of all cancers. It is never too late to quit. When you quit smoking, the body starts to repair itself right away.

- Within 20 minutes of the last cigarette, your blood pressure drops to normal.
- In 8 to 24 hours, your chance of heart attack decreases.
- In 48 hours, your nerve endings start to regrow.

8. Respect the sun's rays

Too much sun causes skin cancer. Protect yourself from the sun with at least a 15 sun block.

Heart Disease

Heart attack is the leading cause of death in Kentucky and the leading cause of death among women in the United States. It's very common and very serious. Heart attacks happen when the arteries to your heart become blocked by cholesterol deposits. These deposits keep oxygen-rich blood from flowing into your heart. The heart begins to cause chest pain and the blockage damages the heart muscle.

The human heart is about the size of a fist and it only weighs 10 ounces. But the little organ pumps 1,800 gallons of blood through 60,000 miles of vessels every day. It has to work very hard to keep us alive. It is up to us to make our heart's job easier.

The bad news is there are some risk factors for heart disease that we cannot change:

- age
- sex (men are at greater risk at younger ages)
- family history
- ethnic group

But the good news is there are a lot of things you **can** do to protect your heart.

Stop smoking

One to four cigarettes a day doubles the risk of heart attack. When you quit smoking your risk drops by about half in only a few months.

Reach and keep a healthy weight

Changing your eating habits to match the food guide pyramid will help you reach and keep a healthy weight. A diet rich in grains, fruits and vegetables will benefit your waistline and your heart. It is also important to cut the amount of fat in your diet. No more than 30 percent of your calories should come from fat. No more than 10 percent of your calories should come from saturated fat.

Exercise regularly

Walking is one of the best forms of exercise. It doesn't cost you anything and it's very easy to do. Walking 20 to 30 minutes a day five times a week is very healthy for your heart. Any exercise you can get is good for you.

Eating right is one of the most important things you can do for your heart.



Diabetes

Diabetes is a disease that affects the way your body uses food. A normal body changes food into glucose. Insulin helps the glucose go into our cells. Diabetics have a problem with their insulin, so the glucose stays in their blood.

- Kentucky has a very high rate of diabetes. People at greater risk are people who are:
- overweight
- have a family history of diabetes
- over 40
- African-American
- Hispanic
- Native American

Our bodies often let us know if we have diabetes:

Warning Signs

- frequent urination
- excessive thirst and/or hunger
- sudden weight loss
- weakness or fatigue
- nausea and vomiting
- blurred vision tingling or numbness in legs, feet or fingers
- slow healing of cuts
- frequent skin infections

You should call your doctor or health department right away if you have any of these symptoms. If you already know you have diabetes, here are some simple guidelines for healthy eating.

- **Eat only the amount of calories you need to stay at a healthy weight.**
- **Eat lots of foods high in starch and fiber.**

whole wheat breads/crackers
potatoes
brown rice
vegetables/fruits
popcorn
dried beans and peas

- **Avoid foods with simple sugars.**

pies/pastries	cakes/cookies
candy	soda pop
ice cream	sherbet
molasses	honey
gum with sugar	

- **Avoid foods that are high in fat and cholesterol.**

animal fats
butter
sour cream
organ meats
whole milk
egg yolks

- **Eat regularly.**

High Blood Pressure

Blood pressure is the force of blood against the walls of the arteries. High blood pressure makes the heart and arteries work harder. It often leads to a heart attack or stroke.

What is a healthy range?

Healthiest range
below 120 over 80

Increased risk for disease
120-139, over 80-89

High Blood Pressure

140 over 90 or higher

Most people can control their blood pressure. Doctors recommend losing weight, exercising, limiting alcohol and cutting sodium. If these fail to lower your high blood pressure, the doctor can treat it with medicine.

Salt Test...

To see if you are eating too much salt, eat a piece of bacon. If it doesn't taste too salty, you are probably eating too much salt.

High Blood Cholesterol

Cholesterol is a waxy, fat-like substance that's made in our bodies. We also get cholesterol from food such as meats, dairy products, eggs and fats. Too much cholesterol in our bodies can lead to blocked arteries, stroke and heart attack.

If you do not know what your cholesterol level is, call your doctor for a test. Many local health fairs offer cholesterol tests for a very small fee.

What is a healthy range?

Healthiest range
Less than 200

Increased risk for disease
Between 200 - 240

Danger Zone
Over 240

If you do have high cholesterol, don't give up. You can lower your cholesterol levels by cutting down on fats, exercising 3 to 5 times a week, losing weight and throwing out the cigarettes.

Especially for Children

Many of our children are overweight. The average American child is heavier than the average child twenty years ago. People used to think that fat children were healthy. But many of them do not get enough of the vitamins and minerals needed to make them healthy.

Many kids eat a diet that is very high in fat and sugar. Diets high in fats and sugars are often very low in fruits, vegetables and grains.

Nor only are fat children often unhealthy, they are teased and mistreated by their peers. As we know, kids can be cruel. Their healthy and social problems go with them into adulthood. In fact, 80 percent of fat teenagers become fat adults.

Many children are fat due to overeating and/or lack of exercise. Of course, environment and family history also play a role in childhood obesity. If your child is overweight, here are a few tips to help:

Turn off the T.V.

Kids do not get exercise laying on the couch.

Encourage outdoor activities.

Kids can run, play and pretend when they are not confined to the house.

Fix healthy meals.

If our children see us eating and enjoying healthy foods, they are more likely to want to eat healthy as well.

Avoid fast food.

Kids love the food and atmosphere at fast food places. Try to limit fast food meals because they are very high in fat and sodium.

Provide healthy snacks.

Fruit-N-Nut Sandwich Filling

Ingredients:

- 1 orange
- 1 banana l
- 1/3 cup crunchy peanut butter
- 1/3 cup raisins
- 8 slices whole-grain bread

Directions:

1. Peel the orange and separate sections. Cut each section into 3 or 4 pieces to fill 1/2 cup.
2. Peel the banana and cut in half crosswise. Cut half into small cubes.
3. Mix the orange, banana, raisins and peanut butter in a bowl. Spoon the mixture on four pieces of bread. Top each with another piece of bread. Serves four.

(Source: Kitchen Fun for Kids.)

Especially for Women

Breast cancer is the most common form of cancer among women. But when it is found early, a woman has a good chance of complete recovery. You have to take responsibility for your own breasts. This means you must:

- **Get a mammogram if you are 40 or over.**

A mammogram is an x-ray of the breast that can detect a lump that is too small for you to feel it. Ask your doctor where you can go to get a mammogram. If you don't have a doctor, your health department gives mammograms on a sliding fee scale.

- **Have a doctor or a nurse check your breasts once a year.**

The doctor or nurse will look for changes in the shape, size or feel of your breasts. Your health care professional can also teach you how to feel your breasts for changes.

- **Check your breasts yourself.**

You should check your breasts every month. If you find a lump, go to your doctor or health department as soon as you can. It is very important to find lumps early.

Especially for Men

Cancer of the testicles is one of the most common cancers in young men. Like breast cancer, it can be cured if it is found early. Men, too, have to take responsibility for their health.

You can detect a problem by examining yourself. The best time is after a shower or bath. Your testicles should be firm, smooth, egg-shaped and about 1 1/2 inches long. A lump or hard area in your testicle is not normal. It also is not normal if your testicle is hard or swollen. You should also feel your groin area on both sides for lumps or swollen glands.

If you sense that something is not normal, contact your doctor or health department right away.

Prostate cancer is very common in middle-aged and older men. Men over 50 should have a doctor examine his prostate once a year.

A diet low in fat and high in grains, vegetables and fruits reduces the risk of some forms of cancer in everyone.

A Look at Fat

Most of what we read about fat is bad. But fat doesn't become a bad thing until we eat too much of it. In the right amount, fats provide us with energy, cushions vital organs and provides fatty acids for healthy skin. But too much fat in our diet can cause breast, colon and prostate cancer. It also causes heart disease.

There are different kinds of fat. Some fats are worse than others. Look at the chart below to see which fats you should avoid and which fats might be helpful to you.

Harmful Fats

Saturated Fats

These fats raise cholesterol levels and causes the plaque build up in arteries that stops the flow of blood to the heart. Avoid saturated fats as much as you can. Saturated fats can be found in:

- All fats from meats and poultry
- Palm kernel oil
- Coconut oil
- Fats from dairy products

Hydrogenated Fats

Avoid hydrogenated fats because they turn polyunsaturated fats into saturated fats. You can find hydrogenated fats in prepared foods such as:

- Baked goods
- Some cereals (read the label)
- Non-dairy creamers
- Ice cream

Helpful Fats

Polyunsaturated Fats

These fats may help to lower your cholesterol levels. Try to use them instead of saturated fats. These fats can be found in:

- sunflower, safflower and corn oils
- tuna, salmon, mackerel

Monounsaturated Fats

These fats may help lower your cholesterol level. You can find them in:

- peanut oil
- olive oil
- canola oil

Remember...

Only 30 percent of your daily calories should come from fat of any kind.

Fat Fighters

You will be surprised to see how easy it is to reduce the amount of fat in your diet. The following tips will help you reduce the amount of fat in the foods you already eat.

- Trim Excess fat from meats before cooking.
- Remove skin from poultry before cooking.
- Use water-packed tuna and salmon.
- Bake, broil or boil rather than fry.
- Use non-stick sprays and non-stick pans to replace oil for sauteing or stir frying.
- Make gravies from fat-free broth, skim milk and cornstarch.
- Season vegetables with herbs and spices rather than bacon, butter or ham hocks.
- Cut out dabs of butter in casseroles.

Baking Tips...

To Bake	Use this Much Fat
Pie Crust	1/2 cup margarine for 2 cups flour
Muffins, quick breads, biscuits	No more than 1 to 2 tablespoons of fat per cup of flour
Cakes and soft-drop cookies	No more than 2 tablespoons of fat per cup of flour

Sodium Fighters

Most of us eat too much sodium in our diets. A high sodium intake has been linked with high blood pressure, osteoporosis and stomach cancer. We have to be very careful because sodium hides in a lot of foods that don't taste salty. In fact, your breakfast cereal may have more sodium than potato chips. Be sure to read labels on all of the foods you buy.

How Much Sodium Do We Eat?

Men 4,000mg (2 tablespoons)
Women 3,000mg (1 1/2 tablespoons)
The Right Amount 1,800 to 2,400mg (1 tablespoon)

To Reduce Your Sodium

- Cut the salt added to the recipe by half or leave out all the salt.
- Get the salt shaker off the table.
- Make homemade versions of foods you usually buy as ready to eat or as mixes.
- Don't add salt to pasta, rice, cereals and vegetable cooking water.
- Make your own soup broth; avoid high salt bullion.
- Read the sodium content on food labels. Look at labels on all foods not just the ones that taste salty. Try not to exceed 100 percent of your daily value for salt.
- Buy less prepared foods. The more processed a food is the more salt it has in it.

See the Sodium Difference for Yourself

Garlic salt	1,850 mg.
<i>Garlic</i>	<i>1 mg.</i>
Cream style canned corn	671 mg.
<i>Frozen or fresh corn</i>	<i>2 mg.</i>
Frozen turkey dinner	1,830 mg.
<i>Turkey (roasted no salt)</i>	<i>75 mg.</i>
Rice-a-roni 1/2 cup	520 mg.
<i>Brown or white rice 1/2 cup</i>	<i>3 mg.</i>

Fast Food - Is It Worth It?

The average American spends \$200 a year on fast food. But, as far as our health is concerned, it costs us much more. Meals eaten at fast food restaurants often add fat, sodium and calories to our diet. Complete the following activity so you can see how much fast food really costs you.

Write down your favorite meal from McDonald's, Kentucky Fried Chicken and Taco Bell. Be sure to write down what you really eat even if you know it is bad for you.

McDonald's

Fat grams

Kentucky Fried Chicken

Fat grams

Taco Bell

Fat grams

Use the chart on the following page to see how many fat grams each of the foods you listed above has. Add up the fat grams for each meal. How does it compare with your percent daily value for fat? Remember, if you are on a 2,000 calorie diet, you should not get over 65 grams of fat a day.

McDonald's	Fat Grams
Hamburger	10
Cheeseburger	14
Quarter Pounder	21
Quarter Pounder with Cheese	32
Big Mac	32
Filet - Fish	26
McDLT	37
Chicken Mc-Nuggets (6)	16
French Fries-small	12
French Fries-medium	16
French Fries-large	22
Chunky Chicken Salad	3
Chef Salad	14
Garden Salad	7
Apple Pie	15
Vanilla Shake	1
Chocolate Shake	2
Chocolate Chip Cookies	16

Kentucky Fried Chicken	Fat Grams
<i>Original Recipe Chicken</i>	
Wing	12
Side breast	17
Center Breast	14
Drumstick	9
Thigh	19
<i>Extra Crispy Chicken</i>	
Wing	19
Side Breast	24
Center Breast	20
Drumstick	14
Thigh	30
Biscuit (1)	14
Mashed potatoes with gravy	1
Kentucky Fries	13
Cole Slaw	6
Potato Salad	9
Baked Beans	1

Taco Bell	Fat Grams		Fat Grams
Bean Burrito	11	Burrito Supreme Platter	37
Beef Burrito	17	Cinnamon Crisps	16
Double Beef Burrito Supreme	22	Ranch Dressing	25
Tostada	11	Taco Salad	62
Bell Beefer	13	Pintos & Cheese	10
Burrito Supreme	19	Nachos Bellgrande	35
Taco	11	Taco Light	29
Taco Light Platter	58	Soft Taco	12
Enchirito	20	Mexican Pizza	48
(Source: Fast Food Facts)			

Discover Your Risks

We have been reading about the connection between diet and disease. We know that diets rich in fruits, vegetables and grains help reduce the risk of certain cancers and heart disease. On the flip side, diets high in fat and saturated fat raise your chance of getting certain diseases.

We also know that people who eat too much salt and sodium have a greater chance of getting high blood pressure. Our diet is not the only important factor in our health. Our habits are very important as well.

According to the National Cancer Institute, four hours of exercise a week reduces breast cancer risk by 58 percent.

Exercise is vital to good health. In fact, an inactive lifestyle (one without exercise) has been linked to 28 percent of deaths from leading chronic diseases. Regular exercise not only strengthens your heart, it also helps reduce the chance of other diseases.

Exercise also helps us to reach and keep a healthy weight. Being overweight has been linked to heart disease and certain cancers.

Many of us know people who have died from cancer, heart disease and other diet-related diseases. But we think that it can't happen to us. But it can. This a good time to step back and look in the mirror.

Do you eat enough of the right kinds of food? Do you eat too much fat? Do you get enough exercise? Are you at a healthy weight?

The Discover Your Risks section is designed to help you answer these very important questions. Work your way through the following page. Remember to be honest with yourself. Your health really does depend on it.

Please Note...

The Discover Your Risk section is not meant to be a medical evaluation. It is important to go to your doctor or your health department for a complete check-up. The information on the following pages is designed to make you think about your eating and lifestyle habits.

Discover Your Risks

Are You At A Healthy Weight?

Look at the chart below to see if you are at a healthy weight.

Height

Weight in Pounds

	19 to 34 years	35 years and over
5'0"	97-128	108-138
5'1"	101-132	111 -143
5'2"	104-137	115-148
5'3"	107-141	119-152
5'4"	111 -146	122-157
5'5"	114-150	126-162
5'6"	118-155	130-167
5'7"	121-160	134-172
5'8"	125-164	138-178
5'9"	129-169	142-183
5'10"	132-174	146-188
5'11"	136-179	151-194
6'0"	140-184	155-199

How Much Sodium Do You Really Eat?

Many of us eat too much sodium without even knowing it. If you think you may be one of those people, answer the following questions to find out.

How often do you eat:

	Less than once a week	1 or 2 times a week	3 to 5 times a week	Almost Daily
Cured or processed meats such as ham, sausage, hot dogs or bacon?				
Canned Vegetables?				
Pickles or Olives?				
Salted nuts, corn chips, potato chips, pretzels?				
Processed Cheese of cottage cheese?				
Frozen Dinners?				
Canned Soups?				

If most of your checks are in the first two columns your sodium level is probably O.K. But if most of your checks are in the last two columns, be careful. You might be eating more sodium than you need. Also, watch out for condiments like mustard, catsup and soy sauce. They are very high in sodium.

(Source: Penn State Health)

Discover Your Risks

You know by now that eating foods high in fat increases your risk for heart disease. But do you know how many high fat foods you really eat? Answer the following questions for a clearer picture.

	Seldom	1 - 2 times a week	3 - 5 times a week	Almost or never daily
How often do you eat or drink?				
Fried or sauteed food				
Bacon, sausage, lunch				
Meat, cheese				
Whole milk				
Ice cream				
Cream sauce or gravies				
Pies, pastries, cookies or cake				
Creamy or oily salad dressing, mayonaisse				
Whipped or sour cream, or cream cheese				
Potato chips, corn chips, cheese puffs				
More than one teaspoon of margarine or butter per meal				

Discover Your Risks

	Seldom	1 - 2 times a week	3 - 5 times a week	Almost or never daily
Chocolate candy				
Donuts or croissants				
Cream-based soups				

If most of your answers are in the last two columns, you might be eating too much fat. Try to plan your meals around vegetables, fruits and grains. These foods are naturally low in fat and high in vitamins, fiber and carbohydrates. If you have to eat meat everyday, serve it as a side dish and not the main course.

The Refrigerator Test...

Place a small amount of cooking oil in a glass and place it in the refrigerator for at least an hour. The portion that turns solid represents the saturated fat in the oil. If more than one half has turned solid, you should choose another oil.

When shopping for a new cooking oil, find one that has a higher percentage of polyunsaturated fat.

Homework...

For next week's class, write down all of the money you spend on food for the next week. Items to include are groceries, snacks, fast food meals, sodas, etc.

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Chapter 4

Food Budgeting

What's Inside...

Menu Planning
One Week Menu Plan
Grocery Shopping
How Expensive is Junk Food?
Unit Pricing
How to Outsmart Your
Supermarket
Ten Ways to Save Money
Shopping for Food

Chapter 4 Food Budgeting

Meal planning is not new or hard. You do it everyday. Most people plan their meals as they look in their cabinets to see what they have to fix. That is probably not the best way to make sure your family eats healthy. Planning meals ahead saves money and ensures that your family eats healthy, well-balanced meals.

People plan meals because they want to stay within their budget, and they want to save time. It helps you stay within a budget because you will have a grocery list of specific items to buy. This will keep you from buying extra food and will make sure you buy the foods you need. Meal planning saves you time because the meals have already been decided. You will not waste time staring into your cabinet and refrigerator. Everything you need for the meal has been bought, so you won't have to waste time running out to the store either.

Let's look at what is involved in planning meals. First, you need to know what meals and snacks will be eaten at you home. Second, you need to make a chart showing the meals. Remember to plan meals using the Food Guide Pyramid. Meals that are rich in grains, fruits and vegetables are the best.

The next step is to make out your grocery list using the menu plan. Keep in mind that some items will be used for more than one meal. One loaf of bread might not be enough for the whole week. Your grocery list should be as detailed as you can make it.

After completing the grocery list, look at what you already have in your cupboards and refrigerator. You may already have syrup, peanut butter, bisquick, etc. If you do and there is enough to last for the week, take those items off your list.

You are just about finished! But you need to clip coupons before you go to the store. Don't clip coupons for items that are not on your list. This may encourage you to buy something you don't really need.

If you follow these steps, your trip to the grocery store will be much easier and less expensive. But the greatest benefit of all is that your family will have healthy, well-balanced meals. If you need menu ideas, look at the sample menu on the next page. To help you with your first menu, we have included a blank menu sheet.

One Week Menu Plan

Suggestions from: *Eat Well, Be Well Cookbook*. Simon & Schuster, Inc., New York and by

	Breakfast	Lunch	Snack	Dinner
Sunday	Pancakes and Syrup Orange Juice and Milk	Peanut Butter Sandwich, Lettuce Wedge and an Apple	Air popped Popcorn	Broiled Fish, Rice, Green Beans, Tomatoes and Dinner Roll
Monday	Cereal, Milk, Toast and Orange Juice	Tuna Salad Sandwich with Tomato Juice and Peaches	No Salt Pretzels	Ground Turkey Meatloaf, Mustard Greens, Carrots
Tuesday	Bagel with Jelly, Grapefruit and Milk	Turkey Sandwich, Carrot and Celery Sticks with an Orange	Apple	Baked Chicken, Rice, and Steamed Broccoli
Wednesday	Oatmeal, Honey Dew Melon and Milk	Chicken Salad Sandwich and Apple	No fat yogurt	Vegetable Bean Stew, Kale and Dinner Roll
Thursday	Cereal, toast, tomato juice and milk	Peanut Butter Sandwich, Broccoli Spears and Pears	Fig Bars	BBQ Chicken, Baked Potato, Salad and Hot Bread
Friday	Oatmeal, Orange Juice and Milk	Tuna Salad with Grapes	Carrot and Celery Sticks with Peanut Butter	Spaghetti with Tomato Sauce, Salad and Italian Bread
Saturday	Eggs, English Muffins, Orange Juice and Milk	Turkey Sandwich, Carrot and Celery Sticks and Peaches	Rice Krispie Treats	Baked Fish, Zucchini, Yellow Squash, sliced Cataloupe and Hot Bread

Lunne P. Hecker, CNC, Nutrition Consultant.

NOTE: We suggest no fat/no cholesterol mayonnaise and skim milk.

One Week Menu Plan

Grocery Shopping

It pays to compare grocery stores. It is great if you can find one store that provides all the food, meat and produce you need for your family. But don't be afraid to try other stores. You might find better, cheaper produce or meat some place else. Look around and find the best store for your needs. When we compared two stores this is what we found:

Item	Kroger	Save-A-Lot	Your Store
Carrots-Fresh, 3 lbs.	1.29	1.58	_____
Potatoes, 20 lbs.	2.88	5.78	_____
Canned Vegetables	.33/can	.25/can	_____
Cheerios-Store Brand, 15.5 oz.	1.99	1.39	_____
Hamburger, 1 lb.	.92	1.47	_____

Check Out Your Store


Do you think your store has the best prices? Test it. Go to your favorite store and compare some of the same items we did. To get a fair comparison, price the same size and weight of the food. For added fun, try a few comparisons of your own favorite food.

- Did your store offer cheaper brands?
- Do you think there is enough of a price difference for you to switch stores?
- If not, why?

How Expensive is Junk Food?

Have you heard that it costs more to eat healthy? It doesn't. Many of the foods that are the healthiest are also less expensive. Foods like mixes and pre-made foods are expensive. They are often high in fat, salt and sugar too. Compare the foods below. Think about how you can eat healthy and save money.

High Cost and Unhealthy	Cost per Serving	Low Cost and Healthy	Cost per Serving
Rice-A-Roni	.20	Rice	.03
Candy Bar	.50	Orange	.20
Coke	.50	Juice from Concentrate	.24
Captain Crunch	.20	Oatmeal	.10
Potato Chips	.60	Popcorn	.10
Pudding Cup	.23	Applesauce	.06
Frozen French Fries	.20	Potatoes	.05
Turkey Lunch Meat	.21	Turkey	.07
TOTAL	\$2.64	TOTAL	\$.85

Make the Choice		
<p>Ground Beef \$2.99 a pound 15 grams of fat</p>		<p>Ground Turkey \$1.69 a pound 8 grams of fat</p>

Unit Pricing Shop Smart and Save Money

Learn Unit Pricing

Unit Pricing is a way for you to save money. Looking at the price on two items will not always tell you which food is the best buy. The unit prices will help you compare different brands and sizes of the same item and pick the best buy.

Most stores post unit prices on the shelf. The sticker at your store may look different, but it will have the same information.

Look at the unit pricing sticker below and learn the parts. Take this information to your store and save money.

Item Name	Ketchup	30 oz.	Amount You Get
	\$1.20	\$.04	
	Retail Price	Unit Price	
Price You Pay			Price to Compare

Keep in Mind

- **Do not compare apples to oranges.**
Checking the label will help you make sure the items you are comparing are the same. For example, when you are buying juice you want to make sure the items are both 100% (percent) juice. The item with less than 100% juice may have a lower price but it is not a better buy.
- **If you can use it, buy the bigger size.**
The bigger size of an item usually costs more but is cheaper per serving. Make sure you can use the item before it spoils.
- **No unit prices at your store?**
If your store does not have unit prices, you can take a calculator and figure out the price yourself. For example: Divide the **amount you get** (unit size) into the **retail price** of an item to get the **unit price**. In this example, the unit price is cost per ounce.

Attention Shoppers... How To Outsmart Your Supermarket

Supermarkets research ways to get you to spend more money when grocery shopping. Shoppers who know the tricks supermarkets use can save money.

The most important thing for a shopper to avoid is impulse buying. Impulse buying is when you buy something you had not planned to purchase or may not really need.

Smart shoppers always plan ahead by making a list. Before you leave home, plan your menu and make a list. When you get to the store, only buy items on your list.

Examine specials carefully. Most stores offer some specials that are a good deal and others that are not. Compare prices of different items and make sure the special really is saving you money. A special is not a good deal if it gets you to buy an item that you do not need.

Avoid end of aisle displays and items placed by the cash register. Do not assume items on special display are on sale; often they are not. If you stick with your list, you will save money.

Save money by looking above eye level and below waist level. Often supermarkets place the highest price items between neck and waist level. Shoppers who stretch and stoop can save money.

Shopping with kids without spending a lot of money can be difficult. If you can, leave the kids at home. If you can't, involve older kids in shopping. Kids can match items to coupons or find items from your list.



11 ways to Save Money Shopping for Food

1 Plan Ahead

Plan your menu and make a list. Look in your kitchen and see what foods you need. The best way to shop on a budget is to make a list and stick to it.

2 Be Careful with Coupons

Look for coupons for items you really need. If the coupon gets you to buy an item you don't really need, it is not a good deal.

3 Pass Up the Name Brands

Often store brands are just as good and they can save you money. Check the prices!

4 Leave the Kids at Home

If you can, it is best not to bring the kids. Kids will get you to buy junk you don't need.

5 Eat Before You Shop

You will buy less junk food. Everything looks good when you're hungry. You will probably buy more than you need.

6 Look at Specials Carefully

Some specials and sales are a good deal, others are not. Only buy a special item if it is already on your list. Avoid items at the end of aisles and by the cash register. They often cost more.

7 Avoid Convenience Foods

Foods like mixes, frozen dinners and prepared foods save you time, but cost more money. Often these foods are also high in fat and salt.

8 Look at Unit Prices

Compare different brands and sizes by looking at unit prices.

9 Limit Shopping Trips

Shop once a week at the most. Plan ahead and try to avoid extra trips to the store.

10 Buy in Season

Fresh fruits and vegetables are a great buy in season. Check prices frequently and look for the best buy.

11 Federal Food Programs

Federal food programs such as food stamps, WIC, summer feeding, free and reduced price school lunches are a great way for families to save money. These programs are designed to help low income families meet their nutritional needs by providing food or vouchers for food. Read the following information on each of the programs to see if you qualify.

Women, Infants, Children (WIC) Supplemental Food Program

What is WIC?

Women, infants, and young children get vouchers to get healthy foods at the grocery store. The vouchers are for certain items like dry beans, peanut butter, juice, milk, cheese, cereal and infant formula. WIC also provides information about health and nutrition each month.

Can I get WIC?

If you or your children are in one of these groups you may qualify for WIC.

- Pregnant women
- New mothers whose babies are less than six months old
- Breast feeding mothers whose babies are less than one year old
- Infants and children up to age five

To qualify for WIC, you or your children have to be deemed nutritionally at risk by a health professional. Low iron levels, abnormal weight gain during pregnancy and child growth problems are a few signs of risk. You must also be income eligible. If you get food stamps or AFDC and are considered at nutritional risk, you will be deemed automatically eligible for WIC. Working families can also get WIC.

How do I apply for WIC?

Call or go to your health department or WIC agency. Make an appointment for a short exam and interview. If you qualify, you will receive food vouchers right away.

How will WIC help me and my family?

The WIC vouchers you get will help you buy healthy foods. These foods will help improve your health and your children's health. WIC also provides health and nutrition services that can keep you healthy.

For More information About WIC Contact:

WIC Director
KY of Dept. for Health Services
275 East Main Street
Frankfort, KY 40621
1 (800) 372-2973

Food Stamp Program

What are food stamps?

Food stamps help families buy food. Families get food stamps in the mail each month. They can spend the food stamps at the grocery store to buy food or seeds to grow food.

Can I get food stamps?

You must be low income and have less than \$2,000 in the bank to get food stamps. Many families that work qualify for food stamps. Your car must be worth under \$4,550. That means what it is worth now; not what you paid for it. Some of your expenses may be subtracted from your income: part of your wages, the cost of child care and some of your rent if you are paying more than half of your income in rent.

How do I apply for food stamps?

Go to the Department for Social Insurance (the food stamp office) to get an application. If you cannot go to the Food Stamp office, a friend or relative can go for you if you give them a letter of permission. Turn your application in as soon as possible. By law, DSI must process your application within thirty days from when it is turned in.

When you turn in your application, you will be scheduled for a certification interview. At the certification interview, the food stamp worker will ask you for:

- Your pay stubs for all income for the last 2 months
- If not homeless, proof of address
- Your driver's license or other picture I.D.
- Proof of child care expenses
- Proof of disability (if applicable)
- Recent utility bills
- Proof of savings or checking accounts
- Proof of medical expenses if over 60
- Family members' social security cards and birth dates

For More Information About Food Stamps Contact:

The local Department for Social Insurance

Kentucky Department for Social Insurance
275 East Main Street
Frankfort, KY 40621
1 (800) 372-2973

Expedited (Emergency) Food Stamps

What are expedited food stamps?

Expedited food stamps are food stamps that you can pick up or have mailed to you in five days of when you apply.

Can I get expedited food stamps?

People who meet the regular guidelines for food stamps and one of these guidelines can get expedited food stamps.

- Gross income of \$150 or less a month and less than \$100 in cash or in the bank.
- Homeless, sleeping in a temporary shelter, sleeping where people are not supposed to sleep like in a park, or not having a permanent place to sleep
- Monthly utility bills and rent or mortgage that cost more than your monthly gross income and cash combined

If you need expedited food stamps:

Go to the Food Stamp office right away and ask for expedited food stamps. The worker will decide that day if you can get emergency food stamps

The worker will ask you for:

- Your driver's license or other picture I.D.
- Proof of your income
- Proof of your address, people without a home can get food stamps too
- Other information about you and your family
- Proof of registration for work at the employment office

If you qualify for expedited food stamps you should be able to get them even if you do not have all this information right away.

For More Information About Food Stamps Contact:

The Department for Social Insurance

Kentucky Dept. for Social Insurance
275 East Main Street
Frankfort, KY 40621
1 (800) 372-2973

Free or Low Cost School Meals

What are free or low cost meals?

Meals are served at most schools. Low income children eat for free or at a reduced price. Other children buy the meals. Children all eat the same food and sit together. Other children will not know your child gets the meals for free or at low cost. Some schools serve breakfast as well.

Can my child get free or reduced priced school meals?

Your family must be low income. All families who get food stamps can get free school meals. Many families who work can get meals free or at low cost.

How do I apply?

At the start of the school year. Fill out and return the form your child brings home. The school will send you a letter telling you if the meals will be free or what you will pay. If you decide later in the year that you need this program just call the school. Your child can start getting meals any time of the year.

How will school meals help my child?

School meals will give your child healthy foods. Eating healthy foods will help your child learn more in school and be healthier.

For More Information About Free or Low Cost School Meals Contact:

Your Child's School

Or

KY Department of Education
School and Community Nutrition
Capital Plaza Tower
500 Mero Street
Frankfort, KY 40601
(502) 573-4390

Summer Food Service Program

What is the Summer Food Service Program?

The program provides free meals to children in the summer. This program is like the school lunch program, but no children pay for their meals in the summer food program.

Who can get free summer meals?

Children who are 18 years old or younger can get the free summer meals. Check the newspaper or ask the school or Food Stamp office if summer feeding will be held in your area.

How do we apply for summer meals?

Call the agency that provides the summer meals and sign up. Some programs require you to fill out a form with income and social security numbers.

How will the summer feeding program help my family?

Your children will be able to get good healthy meals like the ones they eat at school. This will help you stretch your grocery money or Food Stamps during the summer months. Some programs also offer play time or activities for the children.

For More Information About Free Summer Meals Contact:

Your Child's School

or

Ky Department of Education
School and Community Nutrition
Capital Plaza Tower
500 Mero Street
Frankfort, KY 40601
(502) 573-4390

Conclusion

**The Family Nutrition
Program**

What's Inside...

Nutrition Awareness
Program Evaluation

Way To Go!

You have finished all four lessons of The Family Nutrition Program. We have looked at the Food Guide Pyramid and the role it plays in planning our meals. The Food Guide Pyramid helps us to cut the amount of fat we eat. It also reminds us to plan our meals around grains, fruits and vegetables because they are high in nutrients and low in fat.

We also looked at the new food labels. They are important tools in planning meals as well. The percent daily value column shows us how a certain food fits into our over-all diet. Food labels also help us to compare the nutritional value of different brands of food.

We have also explored the connection between diet and disease. We have seen that healthy food choices really can help save our lives. And finally, we have learned how to get more food buying power by planning menus and outsmarting supermarkets.

Now it is time to see if all of this information has changed the way you eat. We know that eating patterns do not change overnight. But even a few small changes toward healthier eating is a good start. Answer the questions on the following pages. When you are done, the leader will score your assessment.

Here's An Idea...

To keep your pizza crust crispy, place the cheese on before the tomato sauce.

Source: 4001 Food Facts.

Nutrition Awareness Assessment

Name: _____ Date: _____

Check the box that most closely describes your eating habits.

How often do you eat:	Seldom	1 or 2 times a week	3 or 4 times a week	Almost Daily
Fried foods	•	•	•	•
Bacon, lunch meat, sausage, hot dogs	•	•	•	•
Gravy	•	•	•	•
Mayonaise, salad dressing	•	•	•	•
Butter, margarine	•	•	•	•
Biscuits, corn bread, doughnuts	•	•	•	•
Sodas, sweetened drinks	•	•	•	•
Pie, cake, cookies, ice cream	•	•	•	•
Jam, jelly, honey, syrup, mollasses	•	•	•	•
Candy	•	•	•	•
Salty snacks (chips, nuts, pretzels)	•	•	•	•
Canned soups, pastas, TV dinners	•	•	•	•
Catsup, mustard, soy sauce	•	•	•	•

The Food Guide Pyramid Assessment

Answer the following questions.

How often do you eat:	Seldom	1 to 2 times a week	3 to 4 times a week	Almost Daily
6 to 11 servings of bread, cereal, rice or pasta?	•	•	•	•
3 to 5 servings of vegetables?	•	•	•	•
2 to 4 servings of fruit?	•	•	•	•
2 to 4 servings of milk, yogurt, cheese?	•	•	•	•
2 to 4 servings of meat, dry beans, nuts or eggs?	•	•	•	•

Let's Talk About It...

- How do your scores compare?
- What foods do you now eat less often? Why?
- What foods do you now eat more often? Why?
- Are you pleased with the progress you made?
- Do you think you will stay with your new eating habits? Why?