

# Feed Your Potential

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- How to use these slides – “read the notes in quotation marks,” **the notes in bold are actions facilitators should take**, and *italicized notes are suggestions to make your session as accessible and inclusive as possible!*
- “Discover how healthy food can help you reach your goals and improve overall health. Through hands-on activities, including cooking an easy and nutritious snack, you will expand your knowledge and learn how different foods can directly impact your energy and focus. Get inspired to make healthy eating a part of your everyday life.”
- *Supplemental resource: Daily Tips to Help Your Family Eat Better*
  - <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics/daily-tips-to-help-your-family-eat-better>

**These slides were created by the  
Kentucky Inclusive Health Collaborative at the  
University of Kentucky Human Development  
Institute in collaboration with Aramark and the  
American Heart Association as part of the  
Healthy for Life® Initiative.**



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## Agenda

- Introduction
- What is a Serving
- Apple Nacho Recipe
- Goal Setting



- **Welcome participants and allow all facilitators to introduce themselves. You should also take care of any housekeeping items (closest bathroom, water fountain, etc.) at this time. Give a brief description of today's educational experience (objectives on next slide)**
- *To go above and beyond, you can create a schedule breakdown with time stamps and pictures. It is helpful to hang copies of the schedule in the learning space. This helps you keep on track and helps participants know what to expect. For example:*
  - *1:00-1:10 Introduction*
  - *1:10-1:20 Demonstrate Content (i.e., Serving Sizes)*
  - *1:20-1:40 Activity (i.e., Apple Nachos)*
  - *1:40-1:50 Recap/ Handout Review*
    - *If needed, 1:40-1:45 Break*
  - *1:50-2:10 Goal Setting*

## Learning Objectives

- Learn about the role of food in your overall health and well-being.
- List two tips for eating more tasty and nutritious foods.
- Describe serving sizes for the major food groups.



- **Explain the expected outcomes**

# Ice Breaker

- **Engage in an icebreaker to gauge topic knowledge from the bank of options provided in the Welcome Toolkit or choose your own!**
  - <https://www.heart.org/-/media/files/healthy-living/company-collaboration/welcome-toolkit.pdf>
- *When choosing an ice breaker, the activity should allow multiple ways to participate and be included.*
- *Allow individuals to write/draw/verbally communicate their responses.*
- *For example, an activity that requires lots of physical movement might not be inclusive for people with physical disabilities.*



- **Play video for Feed Your Potential (1:50)**
  - <https://www.youtube.com/watch?v=BzCLP-BH7cw>
  - *Ensure that closed captioning is on for the video as it plays.*
- The video will show you what foods can fuel their potential and the AHA's recommended servings for each of these food groups: grains, fruits, vegetables, dairy products, meats, and nuts. It will also discuss foods to eat less of and tips for eating nutritious and tasty foods.



- **Play video for What Is A Serving (1:36)**
  - <https://www.youtube.com/watch?v=oDGluHonCbM>
  - *Ensure that closed captioning is on for the video as it plays.*
- The video will guide you through what a serving looks like for grains, vegetables, fruits, protein, and dairy.

## Dietary Recommendations

- Fruits
- Vegetables
- Whole grains
- Beans and legumes
- Skinless poultry and fish
- Nuts
- Fat-free and 1% low-fat dairy
- Limit sodium, saturated and trans fats, fatty or processed meats and added sugars



- “The American Heart Association recommends a healthy dietary pattern that promotes fruits, vegetables, whole grains, beans, legumes, fish, skinless poultry, nuts, and fat-free and (1%) low-fat dairy products, while limiting sodium, saturated and trans fats, fatty or processed meats and added sugars.
- There is a right number of calories for you, depending on your age, level of physical activity and weight goals (whether you are trying to lose, gain or maintain your weight).“



# Recommended Daily Servings

- “I will go through the recommended daily servings (based on a 2,000-calorie diet) for each of the major food groups and describe what a serving looks like.”

## Grains

- Make half your grains **whole** grains
- Aim for **6 servings** a day
- 1 Serving = A baseball



Brown Rice



Oatmeal and  
Whole Grain Oats



Whole Wheat Pasta

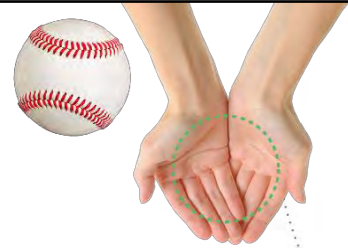


- **Hold up demo products to show sizes where appropriate.**
- “We will start with grains. It’s important to have at least half of your servings of grain be whole-grain! Aim for 6 servings per day. A serving could be a slice of bread or ½ cup of cooked rice, pasta or cereal which is about the size of a baseball.
- Whole grains contain the entire grain. Examples include rolled oats, rye, barley, corn, popcorn, brown rice, wild rice, and bulgur (cracked wheat).”

## Fruits and Vegetables

- Make **half your plate** fruits & vegetables
- Aim for **4-5 servings of each** a day
- 1 Serving = small fist or baseball

- Apple
- Banana
- Carrot
- Spinach
- Cucumber



- “Now, moving to fruits and vegetables – try to eat a variety of colors and types. Aim for 4-5 servings per day of each. Fruits may be fresh, canned, frozen, or dried, and may be whole, cut-up, or pureed. Vegetables may be raw or cooked; fresh, frozen, or canned; and may be whole, cut-up, or mashed. A serving of raw leafy vegetables looks like a small fist (or two hands cupped together). You can eat ½ cup of raw or cooked veggies or drink ½ cup of 100% vegetable juice with no added sodium. For fruits, aim for 1 medium-size fruit (about the size of a baseball), ¼ cup dried fruit or ½ cup fresh, frozen or canned fruit or 100% fruit juice. Look for fruit that’s canned in water or its own juice.”

## 4 Tips To Eat More Fruits and Vegetables

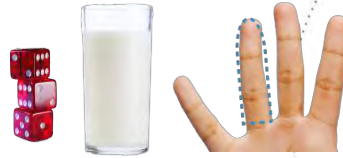
1. Snack smart
2. Offer at every meal
3. Get everyone involved
4. Try something new



- “Snack smart. Stock your fridge with bite-size pieces of raw fruits and veggies or put out a plate of them when you or family members are hungry.
- Offer at every meal. Try to offer at least one vegetable or fruit at every meal or snack. Some people including kids may need to see an item on their plates many times before they decide to eat it. You can be creative and add berries to cereal or top banana slices with a dollop of peanut butter. Add fresh, no-salt-added canned or frozen veggies to soups.
- Get everyone involved. If everyone is involved in every step of preparing food including planning and shopping, they are more likely to eat and enjoy it. Let them help choose or find the fruits and veggies at the store.
- Try something new. There’s no better way to teach others to eat healthy foods than doing it yourself. Or, look for times when they may be open to trying new foods, such as on the way home from school or work.”

## Dairy\*

- Choose **Fat-Free** or **Low-Fat**
- Aim for **2-3 servings** a day
- 1 Serving = 1 cup or 3 stacked dice



Low- Fat Milk



Cottage Cheese



### Non-Dairy Options:

- Almond Milk
- Soy Milk



Yogurt



Cheese

\* Calcium



- “For dairy, choose 3 servings of fat-free or low-fat products per day for adults. Children (1-8) should have at least two servings and older children (9-18) should have three servings.
- A serving is equal to 1 cup fat-free/ low-fat milk, yogurt, or soymilk (soy beverage). You can also eat 1½ ounces of fat-free/low-fat cheese (about the size of 3 stacked dice).”

## Meat, Poultry, and Fish

- Choose low-fat protein options and add **variety**
- Aim for **8-9 servings a week**
- 1 Serving = computer mouse or checkbook

Chicken



Eggs



Beef



Salmon



- “Meat, poultry, fish, eggs and legumes are good sources of protein. You’ll want to eat 8-9 servings per week. 3 ounces of cooked meat is the size of a computer mouse and 3 ounces of grilled fish is about the size of a checkbook. For eggs, the serving sizes are 2 egg whites or 1 egg.”

## Fats and Oils

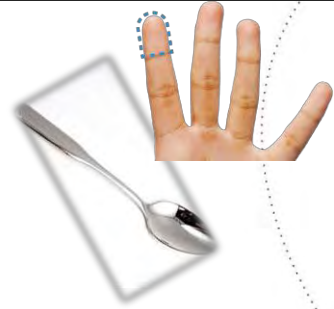
- **Small amounts** are recommended
- **Limit to 2-3 servings** a day
- 1 Serving = 1 tablespoon or fingertip



Canola Oil



Olive Oil



- “Healthy fats and oils are important and the recommendation is to limit to 2-3 servings per day. The American Heart Association recommends replacing saturated fats (hard at room temperature) with unsaturated fats (liquid at room temperature). A serving includes a tablespoon or soft margarine or 1 tablespoon of nontropical vegetables such as canola, corn or olive.”

## Nuts, Seeds, and Legumes

- Choose **different types** to add **variety**
- Aim for **5 servings a week**



Almonds



Seeds



Walnuts



Beans



Soybeans



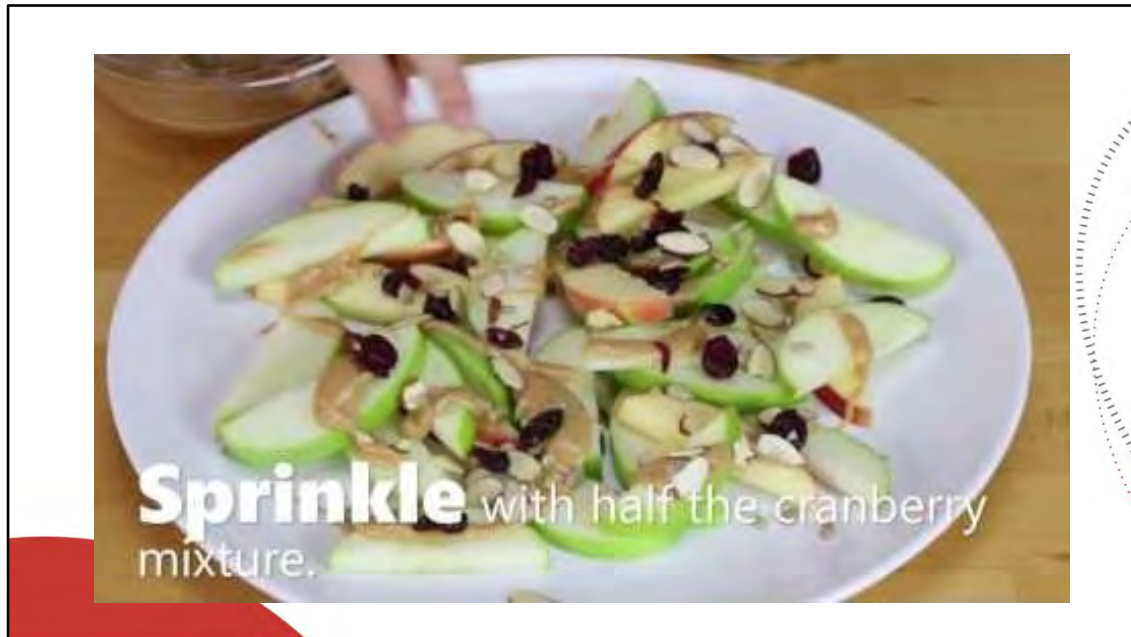
- “Nuts, seeds, and legumes are great snacks or can be added to salads and other dishes for extra flavor. Try for 5 servings per week. A serving is equal to 1/3 cup (or 1½ ounces) of nuts, 2 tablespoons of low-fat nut butter, 2 tablespoons (½ ounce) of seeds or ¼ cup of cooked beans or peas.”



# Apple Nachos



- **Divide participants into teams to practice preparing an easy and nutritious snack that includes two of the major healthy food groups.**
- **Invite group members to pick up their resources (recipe, ingredients and cooking supplies) at the demo station. (Alternatively, if you have set everything up at their stations beforehand, participants can go straight to their cooking stations.)**
- “Today, we are going to make Apple Nachos, a kid-friendly snack that uses some healthy foods we discussed, including fresh fruit, dried fruit, nuts, seeds and low-fat nut butter.
- Once everyone has finished making the snack, divide it onto plates and share with your team.”



- **Play video for Apple Nachos (0:59)**
  - <https://www.youtube.com/watch?v=HsAygjRQJQQ>
  - *Ensure that closed captioning is on for the video as it plays.*
- This video discusses how to make the apple nacho recipe.

**Apple Nachos**  
 Makes 6 servings, 1/2 cup per serving  
 Per serving: 167 Calories, 1.1 g Saturated Fat, 66 mg Sodium

**Ingredients**

- 1/2 cup dried, unsweetened raisins or cranberries
- 1/4 cup sliced almonds (unsalted)
- 2 tablespoons unsalted, shelled sunflower seeds
- 3 Red or Green Apples
- 1-2 teaspoons lemon juice (optional)
- 1/4 cup reduced-fat, smooth peanut butter
- 2 tablespoons water
- 1 tablespoon honey

**Tools Needed**

- Measuring cups & spoons
- Spoon
- Plate
- Apple slicer
- 2 Bowls
- Microwave

1. In a bowl, combine 1/2 cup of raisins, 1/4 cup of almonds and 2 tablespoons of sunflower seeds.

2. In a small bowl, warm up 2 tablespoons of water in a microwave for 15 seconds.

3. Add 1/4 cup peanut butter and 1 tablespoon honey to the warm water and stir until smooth.

4. If the apple slices will be sitting out for awhile, sprinkle 1-2 teaspoons of lemon juice over them to prevent browning.

5. Use a spoon to drizzle half of the bowl's mixture over the apple slices on the plate.

6. Sprinkle half of the raisin/nut mixture on top of your apples.

7. Drizzle with remaining peanut butter and raisin mixtures.

8. Layer the rest of the sliced apples on top.

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- This slide is meant to provide a visual cue. To review the handout with participants, open the PDF or link in a separate window and share your screen. If participants have a printed copy, have them follow along.
  - Apple Nacho: <https://www.heart.org/-/media/healthy-living-files/healthy-for-life/kentucky-inclusive-health-collaborative-pdfs/apple-nachos.pdf?la=en>
    - Recipes might need to be adapted based on ingredient availability and dietary restrictions.
  - AHA recipe hub: <https://recipes.heart.org/en/recipes/apple-nachos>


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## WHAT'S A SERVING?

**FRUITS**  
4 servings per day

ONE MEDIUM FRUIT  
 = About the size of your fist

FRESH, FROZEN OR CANNED  
 = 1/2 CUP

DRIED  
 = 1/4 CUP

FRUIT JUICE  
 = 1/4 CUP

**VEGETABLES**  
5 servings per day

RAW-LEAFY VEGETABLE  
 = 1 CUP

FRESH, FROZEN OR CANNED  
 = 1/2 CUP

VEGETABLE JUICE  
 = 1/2 CUP

\*based on a 2,000 calorie eating pattern.

The good news is eating the right amount of fruits and vegetables doesn't have to be complicated. Here are some examples of about one serving:

FRUITS	VEGETABLES
Apple, pear, orange, peach or nectarine: 1 medium	Bell pepper: Half of a large
Avocado: Half of a medium	Broccoli or cauliflower: 5 to 8 florets
Banana: 1 small (about 6" long)	Carrot: 6 baby or 1 whole medium (6 to 7" long)
Grapefruit: Half of a medium (4" across)	Corn: 1 small ear (6" long) or half of a large ear (8 to 9" long)
Grape: 16	Ladyfinger: 1 cup raw or 1/2 cup cooked (lettuce, kale, spinach, greens)
Kiwifruit: 1 medium	Potato: Half of a medium (2 1/2 to 3" across)
Mango: Half of a medium	Squash, yellow: Half of a small
Melon: Half-inch thick wedge of sliced watermelon, honeydew, cantaloupe	Sweet potato: Half of a large (2 1/4" across)
Pineapple: 1/4 of a medium	Zucchini: Half of a large (7 to 8" long)
Strawberry: 4 large	

EAT SMART **ADD COLOR** MOVE MORE BE WELL #HEALTHYFORGOOD  
LEARN MORE AT [HEART.ORG/HEALTHYFORGOOD](http://HEART.ORG/HEALTHYFORGOOD)

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- *Supplemental handout: "What's A Serving? Fruits and Vegetables Infographic" on page 6 of the Feed Your Potential lesson plan.*
  - <https://www.heart.org/en/healthy-living/healthy-eating/add-color/fruits-and-vegetables-serving-sizes>

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**BLUE & PURPLE**

- blackberries
- blueberries
- black currants
- dates
- eggplants
- grapes
- plums
- grapes
- purple figs
- rasins

**RED & PINK**

- beets
- cherries
- cranberries
- pink grapefruit
- pomegranates
- radishes
- red radishes
- red apples
- red grapes
- red peppers
- red potatoes
- shubunks
- strawberries
- tomatoes
- watermelons

**EAT MORE COLOR**

The best way to get all of the vitamins, minerals and nutrients you need is to eat a variety of colorful fruits and veggies. Add color to your plate each day with the five main color groups.

**GREEN**

- artichokes
- asparagus
- avocados
- bok choy
- broccoli
- Brussels sprouts
- celery
- collard greens
- cucumbers
- green beans
- green cabbage
- green grapes
- green onions
- green peppers
- kale
- kale
- kiwis
- leeks
- limes
- mustard greens
- okra
- peas
- peas
- romaine lettuce
- snow peas
- spinach
- sugar snap peas
- watercress
- zucchini

**ORANGE & YELLOW**

- acorn squash
- butternut squash
- spinach
- cantaloupes
- carrots
- corn
- grapefruit
- lemons
- mangoes
- nectarines
- oranges
- orange peppers
- papayas
- peaches
- pineapples
- pumpkins
- summer squash
- sweet potatoes
- tangerines
- grapes
- yellow apples
- yellow peppers
- yellow squash

**WHITE**

- bananas
- cauliflower
- garlic
- Jerusalem artichokes
- mushrooms
- onions
- potatoes
- parsnips
- shallots

EAT SMART MOVE MORE BE WELL

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- *Supplemental handout: “Eat More Color” on page 7 of Feed Your Potential lesson plan.*
  - <https://www.heart.org/en/healthy-living/healthy-eating/add-color/eat-more-color>



- *Supplemental handout: “Give Your Portion Sizes A Helping Hand”*
  - <https://www.wellness4ky.org/resource/helping-hands/>
  - *Supplemental script: “Remember that one serving size does not fit all as we are all different with respect to our bodies, activity levels, age, gender, and more. The recommendations are general and provided in an effort to empower you to make healthy choices about what you eat. Use this handout to allow participants to have a visual representation of serving sizes. The handout uses hands to allow everyone to discuss serving sizes in comparison to their palm, fist, and fingers. Demo some of the serving sizes using your palm, fist, and fingers with the class! Encourage participants to use their hands to think more about serving sizes at each meal.”*



- **Discuss what a “SMART” goal is.**
  - Specific -- clearly defined
  - Measurable -- able to be measured (numbers!)
  - Attainable -- achievable or within reach
  - Relevant -- appropriate or applicable
  - Time-Based -- given a due date
- *Supplemental video:*
  - *Achieve More by Setting SMART Goals (1:15)-*  
<https://youtu.be/yA53yhiOe04>

## SMART Goal Example

**Goal:**

I will eat healthier.

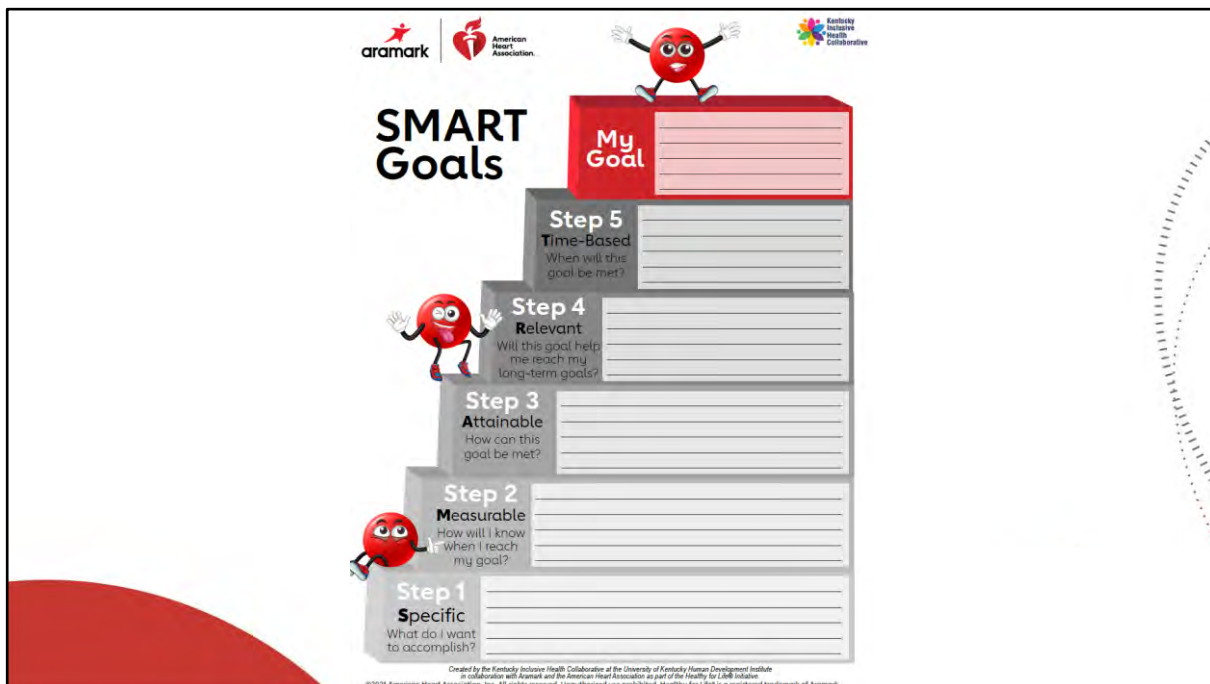
**SMART Goal:**

I will eat a fruit or vegetable at dinner Monday through Friday.



- Engage in a goal setting activity.
- Provide an example of a non-SMART goal.
- Invite the group to discuss how to make it SMART.





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- **Pass out “SMART Goal” handout to participants. If time allows, have participants fill out the handout and come up with their own SMART goal.**
  - <https://www.heart.org/-/media/healthy-living-files/healthy-for-life/kentucky-inclusive-health-collaborative-pdfs/smartgoals.pdf?la=en>



# Questions?

- **Invite participants to ask questions.**

# Thank You!



- **Thank participants**
- **If applicable, encourage them to join the next activity**
  - **Provide date/time/location if known**