

Health for Hearts United

Leadership Institute

*A Church-Based Project in Gadsden and Leon Counties
Funded by the National Institute on Minority Health & Health Disparities*

Cohort 4 Training Session on Eating Better Make-up Assignment

1. Please review the overview slides presented by **Dr. Catherine Coccia** and answer the following questions.
 - a. What are the **three key points** to “Eat Better”:
 - i. _____
 - ii. _____
 - iii. _____
 - b. How **many servings of fruits and vegetables** are recommended on a daily basis?

 - c. What are **two reasons** to include fruits and vegetables in your diet?
 - i. _____
 - ii. _____
 - d. Indicate below **two dairy** and **two non-dairy** foods that are high in calcium:
 - i. **Dairy foods** high in calcium:
 1. _____
 2. _____
 - ii. **Non-dairy foods** high in calcium:
 1. _____
 2. _____

e. What is the **daily Recommended Dietary Allowance (RDA)** for calcium for adults 51+?

f. What are **two reasons** to include calcium in your diet?

i. _____

ii. _____

g. What are **three ways** to decrease sodium, fat and sugar in your diet?

i. _____

ii. _____

iii. _____

g. In relationship to reducing cardiovascular risk, please identify **a major reason** for reducing each of the following in your diet:

Reason to reduce sodium: _____

Reason to reduce fat: _____

Reason to reduce sugar: _____

2. Please review the handout for Ms. Dykibra Gaskin and answer the following questions:

a. In reading food labels, which **four nutrients** should you limit?

i. _____

ii. _____

iii. _____

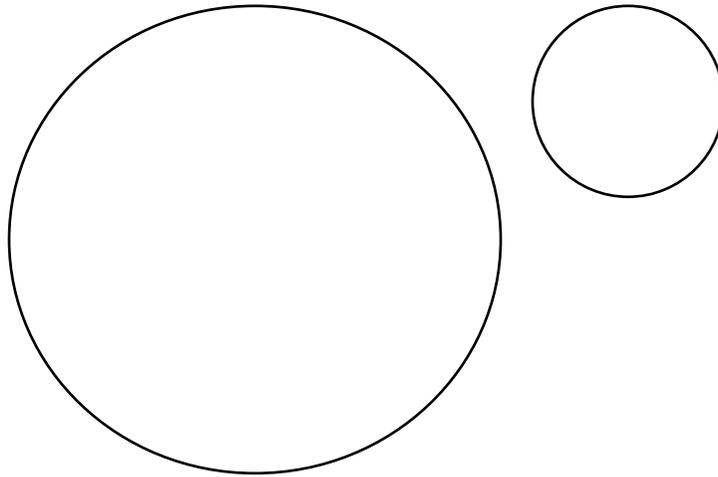
iv. _____

b. What are the **two types** of fats to limit in your diet?

i. _____

ii. _____

- c. In the circles below, **draw the portion of your plate** that should be used for fruits, vegetables, grains, protein and dairy.



- d. In general, **a serving size** would be equivalent to what part of your hand (circle one answer)?
- i. Finger
 - ii. Thumb
 - iii. Palm
 - iv. Fist

3. Please review the handout for **Ms. Gwen McDaniel** and answer the following questions:

- a. In the recipe for Ratatouille, identify **two herbs** serve as a salt substitute.

i. _____

ii. _____

- b. In the recipe for Ratatouille, identify **two ingredients** that substitute for meat protein:

i. _____

ii. _____

4. Please review the handout for **Dr. Jackie Robinson** and answer the following questions:

a. Identify **at least two circumstances** when we are likely to engage in emotional eating:

i. _____

ii. _____

b. What **stress hormone** triggers a desire for high fat, sweet and salty foods?

c. What is **mindful eating**? _____

d. What are **two ways** to de-stress/relax every day?

i. _____

ii. _____