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. Dykobra 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.

![Diagram of plate]  

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. ________________________________