



# Learning Lab: Healthy Families Staying Active

*Understanding the  
importance of  
eating healthy and  
staying active!*



# What is Healthy Families Staying Active About?

- Healthy families start with healthy caregivers... healthy caregivers start with good eating and staying active.
- Knowing what your body needs to properly fuel it (input) is important; along with knowing how to use that fuel (output).
- Today we will give you some tips and trick for eating healthy and staying active as a family.

*So...how do we do that?*



# How do we do that?

- First we will discuss what good nutrition is and why it's important.
- Next we will show you what the proper portions of some common foods look like.
- Then we will discuss the importance of staying active and some way to help keep you active.
- Finally you will be able use the information we have given you and apply it to planning a healthy menu for your family.

# Good Nutrition

- Good nutrition is about balancing the right kinds of foods with the right amounts of foods and calories.
- Eat small, frequent meals
- Before you eat, think about what goes on your plate, in your bowl and in your cup.



# Five Food Groups



- Fruits
- Vegetables
- Dairy
- Grains
- Protein

• Don't forget the Oils



# Daily Intake Recommendations

		Fruits	Vegetables	Dairy	Grains	Protein	Oils	Calories
Children	2-3yrs	1c	1c	2c	3oz	2oz	3tsp	1000
	4-8yrs	1-1½ c	1½ c	2½ c	5oz	4oz	4tsp	1300
Girls	9-13yrs	1½ c	2c	3c	5oz	5oz	5tsp	1600
	14-18yrs	1½ c	2½ c	3c	6oz	5oz	5tsp	1800
Boys	9-13yrs	1½ c	2½ c	3c	6oz	5oz	5tsp	1800
	14-18yrs	2c	3c	3c	8oz	6½oz	6tsp	2200
Women	19-30yrs	2c	2½ c	3c	6oz	5½oz	6tsp	2000
	31-50yrs	1½ c	2½ c	3c	6oz	5oz	5tsp	2400
	50+yrs	1½ c	2c	3c	5oz	5oz	5tsp	1800
Men	19-30yrs	2c	3c	3c	8oz	6½oz	7tsp	2200
	31-50yrs	2c	3c	3c	7oz	6oz	6tsp	1600
	51+yrs	2c	2½ c	3c	6oz	5½oz	6tsp	2000

# Answer Key

## Serving Sizes

Grain	Vegetable	Fruit	Dairy	Protein	Fats & oils
					
Cassette Tape	Fist	Tennis ball	½ baseball	Deck of playing cards	Quarter

## Portion Distortion

	Today	Can you guess the calorie difference?
Muffin	<u>500</u> calories	290
Chicken Caesar Salad	<u>790</u> calories	400
Chocolate Chip Cookie	<u>275</u> calories	220
Bagel	<u>350</u> calories	210
Coffee	<u>350</u> calories	305
Spaghetti and Meatballs	<u>1,025</u> calories	525
Soda	<u>250</u> calories	165

Information provided by U.S. Department of Health and Human Services; National Heart, Lung and Blood Institute. [www.nhlbi.nih.gov](http://www.nhlbi.nih.gov)

5/18/2016

Partners Resource Network



# Fruits

Fruit	Counts as 1 cup	Other amounts (count as ½ cup unless noted)
Apple	½ large (3.25") or 1 small (2.5")	
Banana	1 large (8-9" long)	1 small (less than 6" long)
Grapes	32 seedless	16 seedless
Grapefruit	1 medium (4")	
Orange	1 large (3")	1 small (2-3/8")
Peach	1 large (2¾")	1 small (2") 1 snack cup (4oz), drained=3/8 c
Pear	1 medium (2.5 per lb)	1 snack cup (4oz), drained=3/8 c
Plum	3 medium or 2 large	1 large
Strawberries	8 large berries	
Watermelon	1 small wedge (1" thick)	6 melon balls
Dried Fruit (raisins, prunes, etc.)	½ cup dried fruit=1 cup of fruit	¼ cup dried fruit=½ cup fruit 1 small box (1.5oz)
100% fruit juice (apple, grape, etc.)	1 cup	½ cup

# Vegetables

Vegetable	Counts as 1 cup	Count as ½ cup (unless noted)
Greens (collard, turnip, mustard)	1 cup cooked or 2 cups raw	1 cup raw = ½ cup
Leafy Greens (spinach, kale, lettuce)		
Carrots	2 medium or 12 baby carrots	6 baby carrots
Bell Peppers	1 large (3-3¼" long)	1 small pepper
Tomatoes; raw	1 large, whole (3")	1 small, whole (2¼")
Sweet potatoes	1 large, baked (2¼")	
Corn (white or yellow)	1 large ear (8-9" long)	1 small ear (6" long)
White potatoes	Boiled/baked: 1 medium (2-3½") French Fried: 20 strips (2½-4" long)	
Celery	2 large stalks (11-12" long)	

*Measurements refer to diameter, unless otherwise noted.*

# Dairy

Dairy Product	Counts as 1 cup	Other amounts (count as ½ cup unless noted)
Milk	1 half-pint container	
	½ cup evaporated milk	
Yogurt	1 regular container (8oz)	1 small container (6oz) = ¾ cup 1 snack size container (4oz)
Cheese	1½ oz hard cheese (cheddar, mozzarella, Swiss, & Parmesan)	1 slice of hard cheese
	2 cups cottage cheese	½ cup = ¼ cup milk
	1/3 cup shredded	
	2 oz processed (American)	
	½ cup ricotta	
Milk Based Desserts	1 cup pudding made with milk	
	1 cup frozen yogurt	
	1½ cups ice cream	1 scoop of ice cream = 1/3 cup
Soy Milk/Plant Based Milk	1 cup calcium-fortified soymilk	
	1 half-pint container	



# Grains

Grain	Whole Grain/Refined Grain	Counts as 1oz	Common portions
Biscuits	RG	1 small (2")	1 large (3") = 2oz
Breads	WG: 100% whole wheat	1 slice or 1 small slice French	2 regular slices = 2oz
	RG: white, wheat, French, etc.		
Crackers	WG: 100% whole wheat, rye	5 whole wheat 2 rye crispbreads	
	RG: Saltines, snack crackers	7 squares/rounds	
Oatmeal	WG	½ c cooked 1 packet instant 1oz (1/3 cup) dry	
Pancakes	WG: whole wheat, buckwheat	1 pancake (4½")	3 pancakes (4½") = 3oz
	RG: buttermilk, plain	2 small (3")	
Popcorn	WG	3 cups, popped	1 mini microwave bag = 2oz
Breakfast Cereal	WG: toasted oats, whole wheat flakes	1 cup flakes	
	RG: corn flakes, puffed rice	1¼ cups puffed	
Rice	WG: brown, wild	½ cup cooked	
	RG: enriched, white, polished	1oz dry	
Pasta	WG: whole wheat	½ cup cooked	
	RG: enriched, durum	1oz dry	
Tortillas	WG: whole wheat, whole grain corn	1 small flour (6")	1 large (12") = 4oz
	RG: flour, corn,	1 corn (6")	

# Protein

Proteins	Counts as 1oz equivalent	Common portions & ounce equivalents
Meats	1oz cooked lean beef 1oz cooked lean pork/ham	1 small steak = 3½-4oz 1 small lean hamburger = 2-3oz
Poultry	1oz cooked chicken/turkey (w/o skin) 1 sandwich slice of turkey (4½ x 2½ x 1/8")	1 small chicken breast half = 3oz ½ Cornish game hen = 4oz
Seafood	1oz cooked fish/shellfish	1 can of tuna, drained = 3-4oz 1 salmon steak = 4-6oz 1 small trout = 3oz
Eggs	1 egg	3 egg whites = 2oz 3 egg yolks = 1oz
Nuts & Seeds	½oz nuts (12 almonds, 24 pistachios, 7 walnut halves) ½oz seeds (pumpkin, sunflower) 1 Tablespoon peanut/almond butter	1oz nuts/seeds = 2oz
Beans & Peas	¼ cup cooked beans (black, kidney, pinto, etc.) ½ cup cooked peas (chickpeas, lentils, split peas, etc.) ¼ cup (2oz) Tofu ¼ cup soybeans and 1 falafel patty (2¼", 4oz) 2 Tablespoons hummus	1 cup split pea/lentil/bean soup = 2oz 1 soy/bean burger patty = 2oz

# Oils

Oils & Foods	Amount of Food	Amount of Oil	Calories from Oil	Total Calories
Vegetable/Nut Oils	1T	3tsp/14g	120	120
Margarine, soft ( <i>trans</i> fat free)	1T	2½tsp/11g	100	100
Mayonnaise	1T	2½tsp/11g	100	100
Mayonnaise-type salad dressing	1T	1tsp/5g	45	55
Italian Dressing	2T	2tsp/8g	75	85
Thousand Island Dressing	2T	2½tsp/11g	100	120
Olives; ripe, canned	4 large	½tsp/2g	15	20
Avocados	½ medium	3tsp/15g	130	160
Peanut Butter	2T	4tsp/16g	140	190
Peanuts; dry roasted	1oz	3tsp/14g	120	165
Mixed nuts and Almonds; dry roasted	1oz	3tsp/15g	130	170
Cashews; dry roasted	1oz	3tsp/13g	115	165
Hazelnuts	1oz	4tsp/18g	160	185
Sunflower seeds	1oz	3tsp/14g	120	165



# Make it a Family Event

- Growing your own food
- Don't be a "short-order cook"
- Everyone helps and has a job
- Plan meals together
- Choose new things to try
- Everyone tries "it"
- Meal time is FAMILY time!

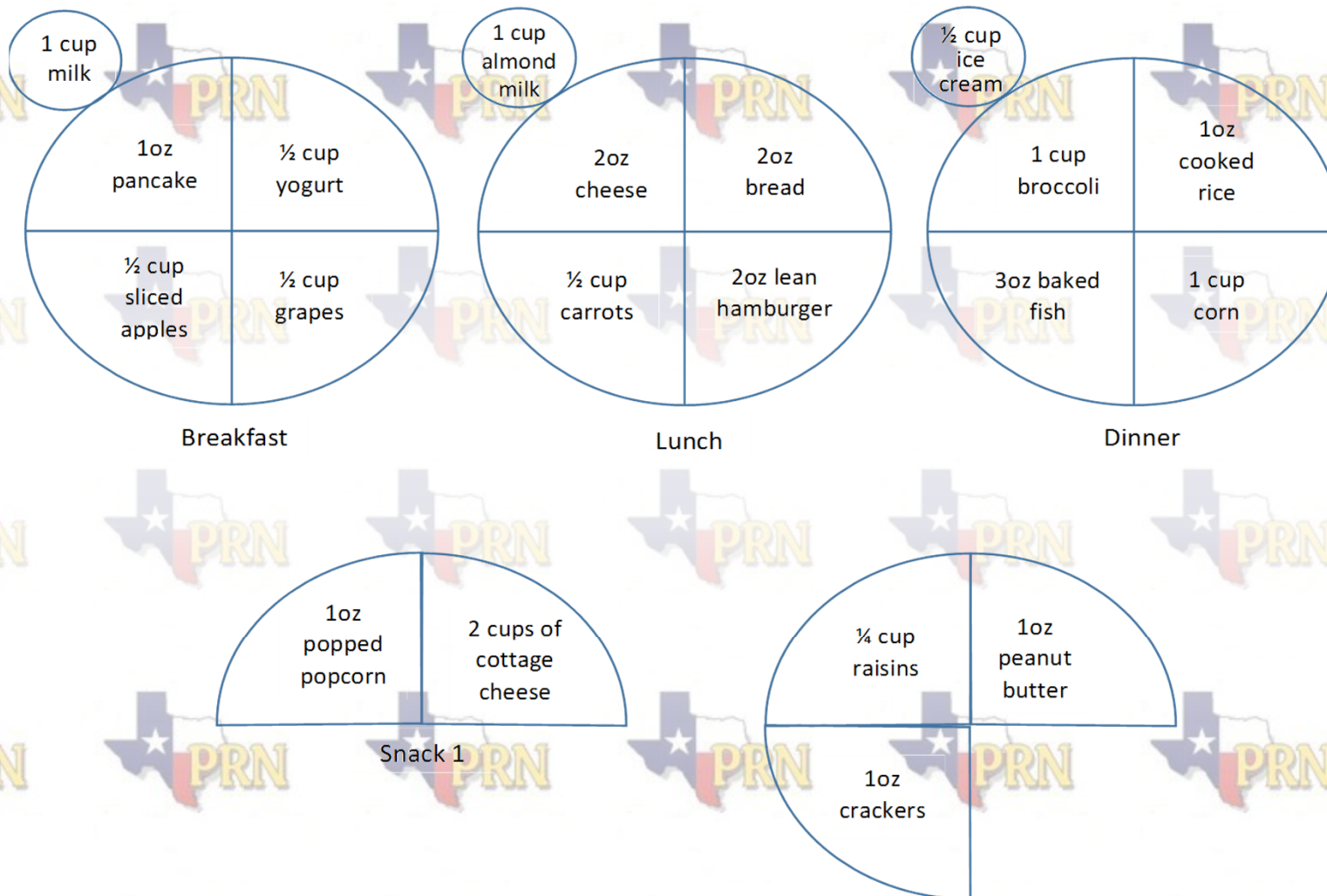


# Make it Exciting

- Cut food into fun and easy shapes with cookie cutters
- Encourage children to eat fruits and vegetables by making it a treat
- Name foods your child helps make ("Jake's Sweet Potatoes")
- Encourage your child to invent new snacks
- Make your own trail mixes



# Meal Planning Activity







# Staying Active

- Along with a good diet, physical activity is important for your overall health
- The recommended amounts varies between children/adolescents and adults
- Should be aerobic (vs. anaerobic)
- It is usually recommended to be of moderate-intensity or vigorous-intensity



# Answer Key

Calories to burn	Activity	How long would it take?
290	Vacuuming	90 minutes*
400	Walking the dog	80 minutes^
220	Washing the car	75 minutes*
210	Raking leaves	50 minutes*
305	Lifting weights	90 minutes*
525	Cleaning the house	155 minutes*
165	Gardening	35 minutes^

Information provided by National Heart, Lung and Blood Institute. [www.nhlbi.nih.gov](http://www.nhlbi.nih.gov)



# Activity Defined

- Moderate-intensity: ranks 5 or 6 on intensity scale. Heart rate and breathing will increase above the normal rate. Target work zone is 50-70% of maximum heart rate.
- Vigorous-intensity: ranks a 7 or 8. Heart rate and breathing will increase to much higher than normal. Target work zone is 70-85% of maximum heart rate.
- Muscle strengthening (resistance): activities where you move your body, a weight or some other resistance against gravity. *Examples: gymnastics, push-ups, sit-ups, lifting weights, heavy gardening (digging, shoveling), yoga*
- Bone strengthening (weight-bearing): activities that make you move against gravity while staying upright. *Examples: walking, dancing, jogging/running, jumping rope, stair climbing*



# How Much is Needed?



- Young Children (2-5 years): no specific recommendations for daily activity.
- Children and Adolescents (6-17 years): at least 60 minutes per day of moderate or vigorous activity; should include vigorous activity at least 3 days per week. Include both muscle and bone strengthening activities at least 3 days per week for each.
- Adults (18+ years): at least 90 minutes per week of moderate activity or 75 minutes per week of vigorous activity. It is recommended that the activity be spread out over at least 3 days during the week and each activity be for at least 10 minutes at a time. Include muscle strengthening activities at least 2 days per week.

# Calories Burned

Activities	Moderate or Vigorous	30 minutes	1 hour
Hiking	M	185	370
Stretching	M	90	180
Dancing	M	165	330
Golf (walking & carrying clubs)	M	165	330
Gardening/yard work	M: light gardening	165	330
	V: heavy (chopping wood)	220	440
Bicycling	M: less than 10 mph	145	290
	V: more than 10 mph	295	590
Walking	M: 3½ mph	140	280
	V: 4½ mph	230	460
Weight Training	M: general light workout	110	220
	V: vigorous effort	220	440
Running/Jogging (5 mph)	V	295	590
Swimming (slow freestyle laps)	V	255	510
Aerobics	V	240	480
Basketball	V	220	440



# Taking the First Step

- Be ready anytime-keep comfortable clothes and a pair of sneakers in the car and at the office
- Choose activities that you enjoy
- Replace a break with a brisk 10 minute walk
- Replace driving with an activity for errands that are close
- Park at the farthest end of parking lots and walk
- Start setting the example of staying active when kids are young



# Get Moving

- Include the whole family
  - Make it a fun family challenge
  - Plan an active family vacation
  - Have fun outside
  - Try new things together
- Explore local attractions while on a road trip
- Make it a regular part of your daily routine
- Have a buddy; or try teaming up with other parents & families







## For More Information Contact:

Partners Resource Network

1090 Longfellow Dr.

Beaumont, TX 77706

Toll Free TX Parents Only: 1.800.866.4726

Phone: 409.898.4684

FAX: 409.898.4869

Email: [partnersresource@sbcglobal.net](mailto:partnersresource@sbcglobal.net)

Website: [partnerstx.org](http://partnerstx.org)



The contents of this training were developed under a grant from the US Department of Education, H328M120025 (PEN), H328M120026 (TEAM), & H328M120027 (PATH). However, those contents do not necessarily represent the policy of the US Department of Education, and you should not assume endorsement by the Federal Government. Project Officer, Greg Knollman.

5/18/2016

Partners Resource Network

27