



## Changing Behavior Requires Action

Changing behavior to eat right and exercise more is not easy. The best plan to make a change like losing weight or walking more is to take small steps.

Even those small actions will not work if we are not specific. Participants need specific actions to change. As a Chef Charles leader, challenge participants to plan actions that lead to behavior changes. Each leader's guide will include sample actions, but the best actions are those that are created by the participants.

**Make sure that participants leave Chef Charles class with at least one personal action for the coming week.**

### Instructions

The March articles focus on snacking. Snacks should be planned and provide nutrition, just like a meal. Learning why and what you eat for a snack can be revealing. You will need to use a chalk board or newsprint for the activity.

## Make the Most of Snacking

### Presentation

Imagine this—you sit down to watch the 'Dr. Oz' show one afternoon. You have not eaten since lunch and you are thinking of a snack. What snack would you choose?

*Ask participants to name the snack. On a chalk board or newsprint list the snacks in one of two columns—healthy and less healthy. Use your common sense to determine which column the snack should be listed. For instance, an apple would go in the healthy column while apple pie would go in the less healthy. It is important to emphasize that no snack is bad but some snacks are better choices.*

It is a given that most of us will have a snack daily. The important point is that we are in control of our snacking. What can we do to overcome impulse snacking? The newsletter has four suggestions. Let's look at the first page.

### Snack when you are hungry.

What triggers you to have a snack? (Example: boredom, availability of food, habits like I always eat a snack while I watch a movie) The best reason is hunger. To monitor your hunger, try the 1-10 scale suggested in the newsletter. Would someone give an example of how the 1-10 scale would work?

### Snack for nutrition.

If you choose a snack, make it count. Foods with fiber and protein are going to help you feel full. On page two are some suggested snacks that are good sources of protein or fiber. Do any sound good to you for a snack? Let's look at our list of less healthy foods. What healthy snacks could you substitute for the items on the list? The answers will depend on the list. Remember that the snack needs to provide nutrition so consider fruits, vegetables, whole grains, fiber and protein as good substitutes.



### Snack with a plate not the wrapper.

We can trick our minds with little things like a small plate. Putting your snack on a small plate lets you see the total amount of food you plan to eat. After eating the snack the empty plate may suggest a sense of fullness. The clean plate can be more satisfying than an empty food wrapper. AND a small plate encourages you to eat smaller amounts.

### Snack without distraction.

Back to the Dr. Oz show. Have you ever heard of 'mindless eating'? The basic concept is that if you couple eating with another activity, like watching TV, you may not be aware of how much you eat, and eat too much. So, if you want a snack while you are doing other activities like watching TV, make sure you are hungry.

## Directions

Action Desired: Participants will evaluate their snacking habits and plan to take control of snacks.

### Sample Actions for Participants:

1. Each time I choose to snack at home this next week, I will place the snack on a small plate. Using a plate or saucer smaller than 6" in diameter is recommended.
2. For the next three days when I eat a snack, I will record: 1) snack, 2) time and 3) why I chose to snack. I will evaluate by reviewing snacking patterns and substitute healthier choices.
3. My "less healthy snack" was \_\_\_\_\_. This week my healthier substitute will be \_\_\_\_\_.
4. Before eating a snack this week, I will determine how hungry I am by using the 1-10 scale. I will only choose a snack if I am at a 7 or 8.

## Snack Demonstration

### Bean Dip

- 2 tablespoons oil
- 1/2 small onion, chopped finely
- 1 15-ounce can pinto beans
- 2 tablespoons salsa

Heat oil in a pan. Add onion. Cook until tender. Add beans. Heat for a couple of minutes. Add selected seasonings to taste and stir. Add salsa. Mash slightly with a fork. Cook on low for 20 minutes, stirring often.

Makes 1 cup. Each 2 tablespoon serving contains: 79 calories; 9g carbohydrates; 3g protein; 3g fiber; 177mg sodium; 172mg potassium; 14mcg folate



### Teaching Points

- The bean dip is a good source of protein and fiber. Add a whole grain cracker and you will have even more fiber. Rye crackers have 3 grams of dietary fiber in 2 crackers.
- Raw vegetables are also good when used with the bean dip.
- To keep the dip safe, refrigerate after it is assembled.
- Pinto beans are traditionally used in a bean dip, but other beans can be used. For example, black (turtle) beans.
- When you add spices or herbs to a dip, choose the powder form and not salt form. Example-use garlic powder not garlic salt. This will help limit the amount of salt you consume.
- The February Chef Charles newsletter provided information on soluble fiber and belly fat. Both pinto (1.4 gm) and black beans (2.4 gm) are sources of soluble fiber. Remind the participants of this connection.

### To add flavor

Try adding 1/2 to 1 teaspoon of any of the following:

- |               |              |
|---------------|--------------|
| Chili powder  | Cumin powder |
| Garlic powder | Dry parsley  |
| Tabasco sauce |              |



**Chef Charles  
Says...**

# Leader's Guide

## Newsletter Order Form

**March 2013**

Please read the newsletter and leader's guide to answer the following questions. Then submit your order.

1. When snacking what two nutrients help you to feel full?

\_\_\_\_\_ and \_\_\_\_\_.

2. Name one less healthy snack and what you would substitute as a healthy snack.

Less healthy \_\_\_\_\_ Healthy \_\_\_\_\_.

3. When adding herbs and spices to a recipe, which form is best to choose? \_\_\_\_\_

### Order Your Materials (provided to Iowa Nutrition Network Partners Only)

Contact Name \_\_\_\_\_

Congregate Meal Site (Please list all the sites for which you are ordering the newsletter.)

\_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

Phone Number \_\_\_\_\_

Number of Congregate Meal Site Participants

\_\_\_\_\_

The incentive for January-March is a jar opener with the MYPlate logo. Please indicate how many are needed.

\_\_\_\_\_

**Return to:** Marilyn Jones,  
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321 E. 12th Street,  
Des Moines, IA 50319

or by FAX 515-281-4913.

**For questions, call Marilyn at 800-532-1579 or 515-281-6047.**

#### **Answers**

1. Protein & Fiber
2. Various Answers
3. Powder