# Charles Leader's Guide Says... Leader's Guide

# Translating Research into Every Day Behaviors

The May newsletter provides information about the importance of fruits and vegetables in affecting health and disease. All of the articles come from research completed by reputable scientists and institutions. But, we need to translate the information into everyday actions.

Research results may demonstrate a relationship between a food (or nutrient) and a disease. This is a correlation. Less frequently, research may be able to provide evidence that consuming a specific food (or nutrient) actually causes a specific outcome. This is called causality and is much more difficult to prove. The key difference between correlation and causality is that a correlation does not prove causality. For example, if a study finds that pet owners have lower rates of depression than non-pet owners, it does not mean that owning pets causes lower rates of depression

or that lower rates of depression causes people to own pets. It

just means that there is a relationship between those two things.

Most of the information we provide to participants will be a correlation.

#### Instructions

Before leading this month's discussion read the May newsletter and pay attention to the recommendations on eating more fruits and vegetables. Collect the following items to support your teaching.

- Chalk board or Newsprint
- Markers or chalk
- Optional: Copies of blank chart (found at end of guide)

### **How Big is Your Group?**

Can the whole group read the chart or chalk board? Making physical adjustments for your group is important for learning.

**Small Group:** If there are fewer than 15 people participating, you will be able to complete the presentation using a chart(s) in front of the group

**Medium Group:** Using a chart in the front of the group may be possible if you adjust the chairs so they are close to the chart(s). If this is not possible, you may want to use the Big Group suggestions.

Big Group: Completing the chart(s) with a large group can be cumbersome and it is likely that the whole group will not be engaged. Probably one or two eager participants will give you all the answers. A better option is to divide the group into smaller groups (by tables or combined tables), assign them one article to read and report back to the whole group. If the chart cannot be seen by the whole group, a paper copy at each table is an option. You may want to have the large group discuss the Action column to generate more ideas.

## Chart a Course to Better Health

#### **Presentation**

Everyone knows that eating fruits and vegetables every day is beneficial for our health. Right? Would you like to know which kind of produce has been found to be most beneficial?

You will be creating a chart like the one on page 3 as you do your presentation. To complete the chart, ask the following questions to fill it in. You will be asking the five questions four times to complete the chart. Do not complete the Action column until you have completed the first four columns.

An alternative would be to use newsprint and have the chart information recorded on one page for each of the four conditions. This will provide more room for the Action column.

Cont. on page 2

#### Presentation Continued from from page 1

- 1. Looking at the article on page \_\_\_\_\_, what condition is the research referring to?
- 2. What produce is specifically mentioned in the article?
- 3. Who is the research targeting? (adults, men, women)
- 4. Is there a recommendation for the quantity you need to eat?

That is quite an impressive list. But we are not finished. We just have the information about how wonderful produce is. Now we need to think about how to include this in our diet. Let's be practical. What will help you take the action needed to change?

Let the group give suggestions and write them on the chart. There are suggestions in the column you can use to get the group started. They may want to generate ideas for the congregate meal site meals, as well.

The bottom line of our discussion today is that eating fruits and vegetables daily is important for better health. Think about how important fruits and vegetables are for better health. What is one thing you could do this week to include more fruits and vegetables in your meals?

(Please use the Sample Actions found in the Leader's Guide as examples)

## Snack Demonstration Asparagus Tortilla Rolls

- Light or fat-free cream cheese
- Red onions, chopped finely
- Mustard
- Deli slice ham or turkey
- Asparagus spears, fresh/steam cooked (do not overcook) spears should be slightly crisp
- Whole-grain tortillas (can soften or warm gently in microwave)
- Tooth picks

Mix cream cheese, chopped red onions, and mustard. Open flour tortilla and spread mixture on tortilla. Layer spinach leaves, deli meat and asparagus. Roll up tortilla. Secure with a toothpick and refrigerate overnight. The rolls can be sliced and served as appetizers.

213 calories; 7 gm fat; 30 gm carbohydrates; 11 gm protein; 759 mg sodium; 5 gm fiber; 3 mcg folate; 238 mg potassium

#### **Guideline:**

Women over the age of 65 need 2 cups of vegetables every day and 1 1/2 cups of fruit a day. Men need 2 1/2 cups of vegetables and 2 cups of fruit.

#### **Desired Action:**

Understanding the correlation of fruit and vegetable intake to better health, participants will be motivated to increase their consumption of fruits and vegetables to at least the minimum recommended intake suggested by the 2010 dietary guidelines.

#### **Sample Actions for Participants:**

- 1. Two days this week at dinner, I will have two vegetables and one will be a cruciferous vegetable.
- 2. When grocery shopping this week, I will buy extra cruciferous vegetables to cut and store for snacking while I watch (name your favorite 30-minute TV show).
- 3. I will plan my meals this week to include at least 1 1/2 cups of strawberries or blueberries.
- 4. I will review the congregate meal menus for next week to check if there are any cruciferous vegetables on the menu.

#### **Teaching Points**

- This simple, easy to assemble snack does not have an exact amount for each ingredient.
- Choose a whole wheat or corn tortilla for more fiber.
- Deli meat sodium range is 450-1050 mg. Choose the lower sodium variety.
- If cost is a factor, substitute celery for the asparagus for demonstration.
- To demonstrate, cut one tortilla into bite size pieces.
- This recipe has almost 800 mg of sodium. If you plan to eat this on a day you are eating a congregate meal, you may want to take out the deli meat to lower the sodium.
- Asparagus is 'in season' during May. Ask participants how they could add cruciferous vegetables in place of the asparagus during other times of the year.

Disease or Condition	Featured Produce	Target Group	Recommended Change	Action You Can Take
Cancer (page one, first article)	Cruciferous Vegetables	Adults	Eat more	<ul> <li>Add a second vegetable at dinner</li> <li>Clean, cut into small pieces and store vegetables for easy snacking</li> </ul>
Cancer, heart disease, macular degeneration (page one)	Salad Greens	Adults	Use a reduced fat dressing with your greens	Read nutrition labels     when shopping for     dressing and select one     with some fat
Heart Disease (page two)	Strawberries And Blueberries	Women	Eat 1 1/2 cups every week	<ul> <li>Add to morning cereal</li> <li>Keep frozen package for winter</li> <li>Add to yogurt</li> <li>Add to fresh spinach salad</li> </ul>
Prostate health (page four)	All Vegetables	Men	Eat 2-3 cups veg- etables daily	<ul> <li>Add shredded carrots to sauces or meatloaf</li> <li>Eat more vegetable soups</li> <li>Add vegetables to commercial soups</li> </ul>

Asparagus Tortilla Rolls



### **Newsletter Order Form**

#### **May 2013**

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

Name two cruciferous vegetables. (Look	for lists in newsletter on page 1 or 4)
2. How many cups of strawberries or blueb improve their heart health?	erries are recommended per week for women to
serving?	s package to know if you have to wash before
Order Your Materials (provided to low	a Nutrition Network Partners Only)
Contact Name	
Congregate Meal Site (Please list all the sites fo	
	or which you are ordering the newsletter.
Address	or which you are ordering the newsletter.
Address	or which you are ordering the newsletter.  State ZIP
Address	or which you are ordering the newsletter.  State ZIP

Return to: Marilyn Jones,

IDPH, Lucas Building, 4th Floor 321 E. 12th Street, Des Moines, IA 50319

or by FAX 515-281-4913.

#### Answers

- 1. Various Answers
- 2.1 1/2 cups
- 3. Pre-washed

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

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