



Seniors Taking Charge of Your Health!

Lesson 1: Be Physically Active Everyday

Getting Ready

1. Review lesson plan before each session.
2. This lesson is longer than most, because physical activity recommendations and safety are reviewed. So be sure to schedule plenty of time.
3. Review the handouts carefully and pick the ones you need. Copy and staple the handouts that best meet the needs of your audience (one set for each participant).
4. Gather supplies needed for lesson, recipe, and activities.
5. Cut out the game cards for the physical activity Charades activity. Laminate the game cards if desired or copy onto cardstock.
6. Copy a set of physical activity calendars (located at the back of this lesson with handouts) for each participant.

General Supplies

1. Handouts for participants.
2. Pens or pencils for participants to write on the handouts.
3. Step counters (optional).
4. Game cards for Charades activity.

Supplies When Preparing a Recipe for Participants (if time permits)

1. Ingredients to prepare the recipe provided or another healthy recipe.
2. Supplies for tasting the recipe, such as plates, forks or spoons, and napkins.

Beginning the Lesson

1. Introduce yourself by name and the organization that you represent. Take attendance.
2. Summarize the lesson by giving the objectives. Let the group know that the lesson will be informal and that they can ask questions at any time.

Objectives for Participants

1. Learn the benefits of physical activity, different types of physical activity, and how to overcome common barriers to staying active.
2. Set goals to be physically active.

Author

Mindy Bell, Graduate Assistant, Department of Foods and Nutrition, The University of Georgia, Athens, GA 30602, 706-542-4869.

Menus and Physical Activity Programs

Mindy Bell, Graduate Assistant, Department of Foods and Nutrition, The University of Georgia, Athens, GA 30602, 706-542-4869.

NOTES to Educator

These resources were helpful in preparing this lesson:

- 2005 Dietary Guidelines for Americans, Chapter 4, Physical Activity,
- <http://www.health.gov/dietaryguidelines/dga2005/document/html/chapter4.htm>.
- Behavioral Risk Factor Surveillance System, Prevalence Data for Physical Activity in Older Adults,
- <http://apps.nccd.cdc.gov/brfss/age.asp?cat=PA&yr=2005&qkey=4418&state=GA>.
- Exercise: A Guide from The National Institute on Aging, <http://www.nia.nih.gov/HealthInformation/Publications/ExerciseGuide/>.
- Centers for Disease Control and Prevention, Physical Activity for Everyone,
- http://www.cdc.gov/nccdphp/dnpa/physical/recommendations/older_adults.htm.
- Nelson, M.E., Rejeski, W.J., Blair, S.N., Duncan, P.W., Judge, J.O., King, S.C., Macera, C.A., Castaneda-Sceppa, C. Physical activity and public health in older adults: Recommendation from the American College of Sports Medicine and the American Heart Association. *Circulation* 2007;116:1094-1105.
- American Geriatrics Society Panel on Exercise and Osteoarthritis. Exercise prescription for older adults with osteoarthritis pain: Consensus practice recommendations. *Journal of the American Geriatric Society* 2001;49:808-823.
- National Osteoporosis Foundation, Prevention, Exercise for Healthy Bones, <http://www.nof.org/prevention/exercise.htm>.

Script

*Give participants their handouts.
Remember to take attendance.*

Introduction

It's great to see everyone here today! Today we're starting a series of fun lessons about how to improve and maintain our health. Some of the important things we'll be talking about the next few weeks are getting checked and talking with your doctor about any health conditions you have. We'll also talk about how we can be physically active and how to eat healthy by getting the recommended servings of fruits, vegetables, whole grain foods, and low-fat milk products

daily. We'll also discuss using low-salt and low-fat versions of our favorite foods, and how to prevent foodborne illness.

Let's look at our handout called "*Seniors Taking Charge of Your Health!*" and talk briefly about the things you do to stay healthy. Try to think of some of the healthy foods that you eat to stay healthy. *Invite participants to share what foods they eat for good health.* Hopefully you are aiming for 7 to 10 servings of fruits and vegetables daily, at least three servings of whole grain foods, and three servings of low-fat milk products. Next, think about the activities you do to stay physically and mentally active and things that you do to stay positive and help cheer yourself up. *Invite participants to share how they stay positive and active.* Super! Now what are some check-ups that we need? Right! You can check your feet daily, which is especially important for those with diabetes. Ask your doctor how often you should have your blood pressure, blood cholesterol, blood sugar, and body weight checked. You may need these checked more often if you have high blood pressure, high blood cholesterol, or diabetes. Regular vision and hearing check-ups are also important. Ask your doctor or pharmacist to review your medications to help avoid medication problems. Another important part of good health is washing your hands for at least 20 seconds before preparing foods and after using the bathroom. Proper hand-washing helps decrease the risk of foodborne illness, colds, and the flu, especially in the winter.

Moderate Physical Activity

Today's lesson is all about physical activity and how we can stay active to feel our best! How many of you like to be physically active? *Gather responses.* Excellent! It looks like many of you enjoy being active. Take a minute to think to yourself about how active you've been today. Think about the activities you've done so far, from the time you got up this morning up until now. Did most of your activities involve sitting? Were you standing a lot of the time? How about walking or some other form of movement? Do you normally plan physical activity into your day?

It may seem surprising that about 2/3 (67%) of older adults in Georgia don't meet the recommendations for physical activity. Does anyone know how much physical activity we should aim for everyday? *Gather responses.* Right! At least 30 minutes of moderate physical activity, on most, and preferably all, days of the week is recommended for older people. This amount is needed to help protect us from or manage chronic diseases and to support overall good health. Being active for longer time periods or at higher intensities can provide even greater health benefits, however, if you haven't been active regularly, starting out gradually is a good idea. Thirty minutes of activity can be accumulated through ten-minute "mini bouts" throughout the day. Examples of moderate physical activities are brisk walking, dancing, biking, and light yardwork or gardening. Moderate activities should increase your heart and breathing rate enough that you can still say short sentences when talking, but not so hard that you have trouble breathing or feel winded. It should feel "somewhat hard." How hard an activity seems will vary from person to person, depending on your fitness level, so become more active gradually.

Today, we'll focus on ways that we can reach the goal of being physically active everyday.

Physical Activity to Improve Health and Physical Function

Think about a time when you exercised or were physically active for at least ten to 30 minutes at a time. Maybe you went for a walk or played catch with your grandchildren. Maybe you went to a water aerobics class at the local YMCA or did some gardening in your own backyard. How did you feel afterwards? *Gather responses.* It sounds like most of us had a good feeling after we were done. That's because physical activity and exercise can help us to feel great mentally and physically. What are some of the benefits of physical activity that give us that great feeling? *Gather responses.* Right! Regular physical activity has countless benefits, such as:

- It can reduce the risk for and help to treat chronic diseases, such as high blood pressure, arthritis pain, heart disease, osteoporosis, stroke, and diabetes.
- Helps to maintain a healthy body weight and gives us energy.
- Helps reduce mild depression, boosts mood, and gives us a sense of control over our health.
- Keeps bones and muscles strong, which could help to prevent falls and fractures.
- Can help us to remain independent by improving and maintaining functional abilities.
- Makes daily tasks easier, such as walking up steps, getting out of a chair, or housecleaning.

Setting Goals

If there were something you could do to make activities such as lifting grocery bags, playing with grandchildren, doing routine housecleaning, carrying laundry, or other activities easier, would you do it? Of course and it is physical activity! Sometimes, however, there are things that may keep us from being as physically active as we should be. Can you think of anything that keeps you from being physically active? *Gather responses.* What could you do to overcome those barriers? *Discuss ways that participants can overcome barriers. For example, if participants have a fear of injury, a helpful suggestion might be to start with activities that feel comfortable and pose little risk of injury, such as walking. If participants do not enjoy being physically active, a suggestion may be to find a group, class, or friend to be active with, or to try activities during the times of day that they feel most alert. If participants have a condition or illness that limits activity, then a suggestion may be to talk with their doctor to find activities that are appropriate for their specific situation.*

Types of Physical Activity

To get all the benefits of physical activity, it's important to do a variety of activities. Just as we know that it's important to eat a variety of foods as part of a well-balanced diet to get all the different nutrients we need, different types of physical activity are needed, too. Let's talk about the various types we can do:

1. The first is endurance (aerobic) activities. They help to keep our hearts strong, and can reduce the risk for chronic diseases. These activities make our hearts beat faster and make us breathe harder. Can you think of some examples of endurance activities?

Gather responses. Right! Brisk walking, biking, and swimming are good examples. Aim to do moderate endurance activity on most days of the week.

2. Strength activities are also important to help keep our bones and muscles strong. They can contribute to greater mobility and can make everyday tasks easier. Muscles also increase metabolism, which is good news when you're trying to reach or maintain a healthy body weight. Can you think of some examples of strength activities? *Gather responses.* Yes - lifting weights and using resistance bands are all good ways to challenge our muscles. Aim to do strength activities at least twice a week.
3. Flexibility activities are another important type of physical activity. They help to fight stiffness and can make everyday activities easier, like bending over to pick something up off the floor. Stretching after aerobic or strength activities when your muscles are warm and pliable is a good way to improve your flexibility.
4. Finally, balance exercises can be helpful in preventing falls and fractures. Many of you may know someone who has fallen and broken their hip, or had some other injury from falling. That's why balance exercises can be helpful for maintaining health. Aim to do balance exercises a few times per week.

Stay Safe with Physical Activity

Many older adults have chronic medical conditions, such as heart disease and high blood pressure, diabetes, osteoporosis, and arthritis. Physical activity is often a large part of treating and preventing these conditions. However, it is important that older people talk with their doctor before starting regular physical activity. What may be good for one individual may not always be recommended or physically possible for someone else. If you have a chronic condition or are at risk, your doctor can help you to plan out what activities would be safe and effective for you.

For example, for people who currently have diabetes (and especially those with complications), some exercises, such as heavy weight lifting, have the potential to make eye problems worse by increasing pressure in the blood vessels of the eyes. Also, some people with diabetes who have nerve damage and numbness in the feet may want to choose activities such as swimming and stationary biking rather than walking to prevent irritation of sores on the feet. Also, because physical activity can lower (or potentially raise) blood sugar levels, it's important to check it before and after exercise to see how activity will affect you if you have diabetes.

For people who currently have heart disease or who have many risk factors for heart disease, you should talk with your doctor before beginning a moderate physical activity program also. For most people, moderate physical activity is safe and the benefits and improvements in heart health far outweigh the risks. The real danger to our health often comes from NOT being active.

If you have osteoporosis, certain activities are often encouraged to improve bone health. Weight-bearing exercise such as walking, and strength exercises can help to keep muscles and bones strong, while balance exercises can help to prevent falls and fractures. Specific

movements, however, such as bends, twists, and high-impact exercise, may put excessive stress on the spine, which is why your doctor can be an important part of coming up with a physical activity plan based on your current medical condition.

If you have osteoarthritis, self-monitoring of joint pain and inflammation, and making modifications to activity as recommended, is often part of the physical activity plan. Specific strengthening and stretching exercises and techniques may also be used to protect joints and treat arthritis pain. Physical activity can be an important part of pain management and maintaining strength for people with arthritis.

In general, physical activity is encouraged for everyone and is an important part of prevention and treatment of chronic diseases. Depending on the chronic condition(s) or medical history that you have, certain activities may be encouraged or need to be avoided, so your doctor can tell what is appropriate for you. If you haven't been active in awhile, you should start out gradually. You may want to break up your activity into ten-minute bouts, and work your way up to longer time periods or higher intensities as you become stronger and more comfortable. We'll go over some other specific safety tips when we begin our chair exercises together in sessions to come.

Activity: Charades

Play charades by cutting out the cards with physical activities on them; place the cards into a paper bag or hat. Have participants take turns pulling a card and acting out the activity shown on the card without speaking. The rest of the group should try to guess the activity, based on the actions of the demonstrator. You can assign participants to two teams if you'd like to make it a contest to see which team can guess the most activities correctly. Make it harder by using a stopwatch to time the teams to see how long it takes them to guess the correct answers. Add up all the seconds at the end to see which team cumulatively guessed the answers the fastest.

Menu and Recipe

Another fun part of today's lesson is a sample menu and healthy recipe for us to try. Remember that we need to eat a variety of nutritious foods and be physically active to stay healthy. Our sample menu and recipe helps us see what a day of healthy and tasty eating might look like. These menus are based on an 1,800 calorie per day plan, although many older people may need more or less than this to stay at a healthy body weight, depending on how active you are. Turn to the handout called "*Sample Menu #1.*" One important thing about our menu is that it contains at least seven servings of fruits and vegetables, beginning with breakfast. Most older adults should aim for 7 to 10 servings per day of fruits and vegetables combined. Can you pick them out? *Wait for responses.* Did you notice all the different colors from the fruits and vegetables that you named? *Ask participants to name some of the colors that they noticed and emphasize colors such as dark green and orange fruits and vegetables.* Eating many brightly colored fruits and vegetables helps us to get all the different nutrients we need and adds variety. Fresh, frozen, canned, and dried fruits and vegetables all count toward our 7 to 10 a day goal.

Our menu also contains at least three servings of whole grain foods. Can anyone give some examples of these on our menu? *Wait for responses and discuss correct answers (e.g., whole grain cereal at breakfast, whole wheat bread at lunch, brown rice at dinner).* Three servings of low-fat milk products are also included, such as 1% milk and yogurt. Fruits and vegetables, whole grain foods, and low-fat milk products all provide us with the energy, vitamins, minerals, and water that we need to stay active. Lean meats, skinless poultry, and fish are also included in our menu to give us protein for strong muscles. Our menu also contains small amounts of healthy fats from foods such as fish, nuts, and canola oil, which help to protect our heart and blood vessels.

The menu has several ideas and a recipe you can make at home. Does anyone like strawberry shortcake? *Wait for responses.* Well, today's recipe is a healthy and delicious version of this tasty treat. I hope you'll enjoy making it at home. Trying recipes can help you learn ways to prepare healthy meals and snacks. Remember to follow any specific dietary restrictions or recommendations given to you by your physician, registered dietitian, pharmacist, or other health care professional. *If a recipe is provided for participants to try, encourage them to describe the flavors and the healthy parts of the menu and recipe. Be sure to tell participants what is in the recipe, in case anyone is allergic to any of the ingredients.*

To end today's session, let's review our physical activity goals and learn important ways to track our progress.

Be Physically Active Everyday!

Hopefully you are ready to set some goals to be physically active today, and will write those down on your handout titled "*Ready, Set, Go and Be Active.*" One way to stay motivated and to track your progress toward reaching your goals is to write down how many minutes of physical activity you've accumulated throughout the day. *Give participants a set of calendars for January through April to record their physical activity.* For each day on your calendar, write down roughly how many minutes you spent being physically active. This might include going for a brisk walk, taking an exercise class at the senior center, biking, or other form of activity. You can also write in the activities that you do for strength, such as lifting weights. Physical activity should be a consistently important part of your day, just like brushing your teeth. Let your calendar be a reminder to keep an appointment with yourself for physical activity. Try to gradually increase your activity level by adding more minutes or higher intensities as you feel comfortable each week. *Encourage participants to bring their calendars and/or keep them at the senior center to share their progress with the group.*

Remember that it is important to talk to your doctor before increasing your physical activity, so everyone should have completed the form titled "*Physician's Clearance to Participate in Physical Activity and Walking.*" If you haven't completed this form or have not yet received clearance from your doctor, then please speak with me after our session so we can complete this important paperwork.

NOTE: *If your group is using step counters:* A great way to help us reach our physical activity goals is to walk a little more everyday. To help us do that, we will use step counters, also referred to as pedometers, which are a fun and easy way to track our progress. Some of you may already have a step counter and have learned how to use it. We are going to review using a step counter again to be sure everyone is comfortable with it. Let's review the handout called "*Using My Step Counter Everyday!*" This handout will show us how easy it is to use a step counter. Next, let's review the handout called "*Physical Activity Chart.*" *Show participants where to record their step counts everyday.*

Be sure to write down your steps at the end of each day, or pick another time when it is easy to remember to write down your steps. This may be right after your evening meal, when you take the last of your medications each day, or when you brush your teeth before you go to bed. You may ask your senior center director or manager if you can keep your Physical Activity Chart at the center.

Let's take a walk around the room to be sure our step counters are working. *Depending on the participants and the site, you may want to go outside for a walk.*

Physical Activity Charades – For Educator Only (Cut Out Cards)

Bowling	Bicycling	Swimming
Square dancing	Golf	Mowing the lawn
Basketball	Walking a dog	Badminton or tennis
Rowing a boat	Washing the car	Washing windows
Lifting weights	Raking leaves	Stretching

Seniors Taking Charge of Your Health! (Lesson 1)

Eat Healthy

What are some foods you eat to help you stay healthy?

Today we'll talk about eating healthy foods to fuel an active body.



Be Active

What are some activities you do to stay physically and mentally active?

Today we will set goals to be physically active.



Be Positive

What are some things that cheer you up and help you enjoy life?

Today we'll talk about how great physical activity makes us feel.



Get Checked

What are some check-ups we need?

Today we will talk about checking with our doctor if we have any conditions that may modify our physical activity plans.



Ready, Set, Go and Be Active!



Write down your goals for daily physical activity in the chart below.

My Goals	Endurance Activities (30 minutes most days)	Strength Activities (at least 2 days per week)
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		
<p>What are some other activities you enjoy?</p> <hr style="border: 0; border-top: 1px solid black; margin: 5px 0;"/>		
<p>How can you stick with your physical activity plan?</p> <hr style="border: 0; border-top: 1px solid black; margin: 5px 0;"/>		
<p style="font-size: small;">Adapted from: A Healthier You, Physical Activity Tracker, 2005 Dietary Guidelines for Americans, http://www.health.gov/dietaryguidelines/dga2005/healthieryou/contents.htm</p>		

Physician's Clearance to Participate in Physical Activity and Walking

Your patient, _____, has indicated an interest in participating in a nutrition, physical activity, and walking program offered at their local senior center. The program is designed to help older adults eat better and walk more, and was developed by the Georgia Division of Aging Services and the University of Georgia. Participants will wear step counters to monitor the number of steps they take each day. About every two weeks each participant will be given a daily step goal based on the average daily steps from the previous week. The new step goal will be about a 10% increase. Also, about every one or two weeks, there will be lessons on nutrition, physical activity, and walking at the senior centers. Along with the lessons, about five to thirty minutes of group physical activity, including chair exercises for improving flexibility, balance, and strength will be offered. When and where possible, a group walking activity will also be included.

RELEASE TO REQUEST PERMISSION FROM PHYSICIAN

I give permission to _____ to ask my physician if I may participate in the physical activity and walking program at my senior center.

I give my physician my approval to sign the form.

Participant signature: _____ Date: _____

Participant printed name: _____

PHYSICIAN SIGNATURE

My patient, _____ has medical approval to participate in the physical activity and walking program at their senior center.

___ The patient has no known contraindications to moderate physical activity.

___ The patient has conditions in which moderate physical activity is contraindicated.

Physician Signature: _____ Date: _____

Physician printed name: _____

Physician address: _____

Physician phone: _____

Physician FAX: _____

Form adapted from: Eat Better & Move Better, A Guide Book for Community Programs, National Resource Center on Nutrition, Physical Activity and Aging, Florida International University, funded by grants from the Administration on Aging, US Department of Health and Human Services.

Physical Activity Chart – JANUARY 2008

Record your steps or minutes of physical activity each day and bring to the senior center to share your progress!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Aim for 30 minutes of moderate activity daily!		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Physical Activity Chart – FEBRUARY 2008

Record your steps or minutes of physical activity each day and bring to the senior center to share your progress!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Aim for 30 minutes of moderate activity daily!					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	

Physical Activity Chart – MARCH 2008

Record your steps or minutes of physical activity each day and bring to the senior center to share your progress!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Aim for 30 minutes of moderate activity daily!						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

Physical Activity Chart – APRIL 2008

Record your steps or minutes of physical activity each day and bring to the senior center to share your progress!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Aim for 30 minutes of moderate activity daily!		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

Using My Step Counter Everyday!

1. Wear the step counter everyday, starting in the morning when I get up. Take it off in the evening before I go to bed.
2. Wear the step counter on my waist directly above the knee. Attach the safety strap to a belt loop or buttonhole or attach it with a safety pin to my clothes.
3. It won't work in my pocket! So clip it to a belt or waistband, and make sure it is close and flat against my body.
4. It is OK to safety pin the step counter to my clothes at my waist.
5. Avoid getting the step counter wet. Take it off when bathing or sleeping.
6. At the start of each day, press the "reset" button to set the counter to zero.
7. At the end of each day, write my total daily steps on my Physical Activity Chart.
8. For an average stride, 2,000 steps is one mile.

Setting Goals

During the first week, just see how many steps I usually do. Then, after each week, set a new goal to walk a few hundred more steps each day. Write my goals in the Physical Activity Chart.

For example, if the first week I walked about 1,200 steps each day, then the next week, try to walk about 1,400 to 1,500 steps each day.

Problems and Solutions

If the display is blank or has funny characters:

- Then the battery may be run down, so replace the battery.
- Or the display was broken because it may have been dropped, hit, got too hot, or got wet, so ask my instructor for a new step counter.



Be Physically Active Everyday!

Sample Menu #1

Breakfast

Whole grain, ready-to-eat, unsweetened cereal (such as wheat flakes), fortified, $\frac{3}{4}$ cup, sprinkled with 2 tablespoons sliced almonds
Raisins (for cereal), $\frac{1}{4}$ cup
Milk, 1%, 1 cup
Canadian bacon, low-fat, low-sodium, 1 slice (1 ounce)

Snack

Mandarin oranges, canned in juice or water, drained, $\frac{1}{2}$ cup
Wheat crackers (such as Wheat Thins®), low-sodium variety, 15 crackers

Lunch

Lentil soup, reduced-sodium variety preferred, 1 cup
Grilled cheese sandwich, made with 1 slice whole wheat bread, 1 slice reduced-fat cheddar cheese, 1 teaspoon soft tub margarine for grilling
Side salad, made with 1 cup romaine lettuce, $\frac{1}{2}$ cup diced tomatoes (fresh or canned, drained), 1 tablespoon vinaigrette dressing

Snack

Snappy Strawberry Shortcake Snack (recipe provided)



Evening meal

Turkey breast, skin removed, oven-roasted, 3 ounces, with salt-free seasoning to taste
Peas and carrots, frozen, steamed or boiled, $\frac{1}{2}$ cup of each, with 1 teaspoon canola oil
Brown rice, $\frac{1}{2}$ cup cooked, with 1 teaspoon soft tub margarine
Dinner roll, 1 small (1 ounce), with 1 teaspoon low-sugar fruit preserves

Snack

Granola bar, low-fat, 1 small
Milk, 1%, $\frac{1}{2}$ cup

*Remember to drink plenty of fluids throughout the day! Water, tea, coffee, small amounts of juice, and other liquids all can help to keep you hydrated.

Snappy Strawberry Shortcake Snacks

Serves 4

Ingredients:

- 2 cups fresh strawberries, cut up into small chunks (about 20 medium berries)*
- 1 tablespoon sugar-free or low-sugar strawberry preserves
- 1 (1 ounce) package sugar-free, fat-free instant vanilla pudding mix
- 2 cups low-fat or fat-free milk
- 16 vanilla wafers



*If fresh berries aren't in season, use frozen (packed without syrup). Thaw and drain berries. Each snack should use about ½ cup berries.

Directions:

1. Prepare pudding with milk according to package directions and refrigerate to set.
2. In a small bowl, gently mix together the sliced strawberries and preserves to glaze the berries; set aside.
3. Using 4 small cups or bowls, layer the ingredients in each bowl, filling first with approximately ¼ cup pudding, then 2 vanilla wafers (crumbled), and ending with about ¼ cup of the chopped strawberries on top. Repeat the layers a second time.
4. Refrigerate approximately 1 hour to soften the vanilla wafers; serve chilled.



Try this!

Use leftover preserves instead of margarine for morning toast or on an English muffin or biscuit. Slather vanilla wafers with peanut butter for a quick snack later in the week.

Estimated Nutrition Facts per serving:

175 calories
4 g total fat
1 g saturated fat
31 g carbohydrate
5 g protein
2 g fiber

Nutrient Analyses of Sample Menus

Day/ Nutrient	Calories	Total Fat (g)	Sat. Fat (g)	Total Carb. (g)	Protein (g)	Fiber (g)
Sample 1	1805	52	15	257	89	28
Sample 2	1751	56	17	228	95	34
Sample 3	1774	50	12	240	96	27
Sample 4	1831	60	15	240	93	34
Sample 5	1725	52	13	228	101	26
Sample 6	1773	58	15	234	88	27
Sample 7	1744	61	18	221	94	32
Sample 8	1763	53	13	235	99	30
Sample 9	1757	51	17	232	101	30
Sample 10	1768	56	15	227	101	26
Sample 11	1810	68	19	223	92	27
Sample 12	1750	50	14	242	100	31
Average	1771	56	15	235	96	29



Most of the sample menus provide nutrients in the ranges of:

- 1750 to 1850 calories
- 25% to 35% of total calories from fat
- 7% to 10% of total calories from saturated fat
- 50% to 60% of total calories from carbohydrate
- 20% to 25% of total calories from protein
- 25 to 35 grams of fiber

Nutrient analysis estimates were completed using Diet Analysis Plus, Version 6.1, from ESHA Research, 2004. Nutrient values for individual foods can vary depending on brand, type of processing, method of preparation, and other factors. Be sure to read the Nutrition Facts panel of food labels if you'd like to know exactly how much of specific nutrients are in the foods you buy.