

2022 ANNUAL LESSON SERIES

More Plants on the Plate – *Donna Krug, Extension District Director*
revision of Donna's 2011 lesson

This lesson is designed to help participants improve health by finding ways to put more plants on the plate.

Research supports eating a variety of plant-based foods to promote health, but most people do not get enough of these nutrient-dense foods. Most plant-based foods are naturally low in calories and fat but have high amounts of antioxidants and other healthful phytochemicals, as well as fiber.

Make a Med DASH to a Healthy Heart! – *Sandy Procter, Assistant Professor/State Extension Specialist; Sharolyn Jackson, Regional Specialist*

This lesson will provide a basic overview of heart disease and its known causes and lifestyle factors including nutrition and physical activity which play a major role in its prevention and management.

Participants will learn why medical experts consistently recommend the Mediterranean Eating Style and the DASH (Dietary Approaches to Stop Hypertension) Diet – which are both delicious and heart healthy!

Lower Your Risk of Breast Cancer – *Deb Andres, Extension Agent; Sandy Procter, Assistant Professor/State Extension Specialist*

This lesson is designed to increase awareness of the prevalence of breast cancer in women and men in the United States.

Participants will learn how to identify risk factors, be given examples of lifestyle choices that reduce the risk, and gain an understanding of the importance of breast cancer screening and early detection along with self-examination.