

## Section 4: Preparing for the Program

This section contains guidelines that will help ensure the success of your program.

### PREPARING FOR THE PRESENTATION

The presentation scripts have been thoughtfully written by nutrition experts at Kansas State University. The scripts are intended to be read aloud exactly as they are, in a conversational tone. While you may feel that this will dull the material or bore the audience, be assured that it will not. The scripts were read during the pilot testing of the program and the audience did not find it to be distracting. It is important to speak loudly and slowly, fluctuate your voice, emphasize important points, and make frequent eye contact with the audience. We all have our own style of delivery, but we encourage you to follow the scripts as closely as possible.

Each person has a preferred way of getting ready to do a program. This is the method we suggest:

1. Read through the entire presentation. It should take you approximately 30 minutes to do so.
2. Read through the presentation again. This time observe what points are included on the slides.
3. Read the presentation out loud one or two times. It might be helpful to look into a mirror or have someone listen to you.
4. If you plan to use the PowerPoint slides, practice the presentation using your computer or other device, and projector.

### PREPARING THE MATERIALS

Several materials are needed for this program. A sample hardcopy of each has been provided.

- Take-home booklet materials. The take-home booklet materials are informational resources that

expand on topics covered during the presentation. The take-home materials should be stapled together into one booklet. You can make photocopies of the sample hardcopy materials or print copies from the files on the diskette or CD.

- *Cover page for Eat Smart! Be Smart!*
  - *Dietary Guidelines for Americans, 2010*
  - *MyPyramid for Older Adults*
  - *Drink Fluids Often*
  - *Healthful Whole Grains*
  - *Eat Plenty of Fruits and Vegetables*
  - *Choose a Variety of Fruits and Vegetables Daily*
  - *Omega-3s: Fats You Should and Can Eat*
  - *A Healthy Lifestyle Promotes Mental and Emotional Well-being*
- Participant Survey. This survey is an evaluation tool designed to gather feedback about each member of the audience and their response to the program. You can make photocopies of the hardcopy survey or print copies from the file on the diskette or CD.
- Pens or pencils. Take pens or pencils so that each member of the audience can fill out the survey forms.

#### Optional

- Refreshments. We suggest clear cool water, 100% fruit or vegetable juices, fresh fruits, fresh vegetables, whole grain bagels/muffins/dry cereal squares, and/or unsalted nuts.

It is important to know how many people are expected to attend the program in order to have enough copies of the materials and, if you opt, refreshments. Ask the contact person of the organization for whom the program will be given to estimate how many people will attend. We suggest you make extra copies of the materials beyond the estimated needs.

# Program Materials

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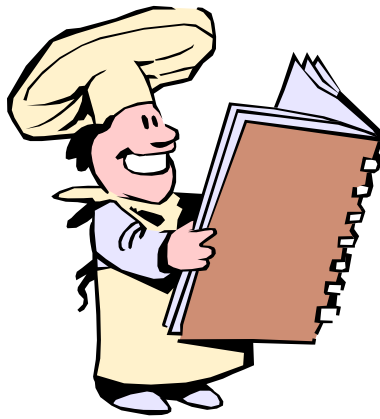
## Take-home Booklet Materials

- ❑ *Cover page for Eat Smart! Be Smart!*
- ❑ *Dietary Guidelines for Americans 2010: Selected Messages*
- ❑ *MyPyramid for Older Adults*
- ❑ *A Health-Full Plate*
- ❑ *Drink Fluids Often*
- ❑ *Choose a Variety of Fruits and Vegetables Daily*
- ❑ *Eat Plenty of Fruits and Vegetables*
- ❑ *Healthful Whole Grains*
- ❑ *Omega-3s: Fats You Should and Can Eat*
- ❑ *Vitamin B12: Mental and Emotional Vitality*
- ❑ *A Healthy Lifestyle Promotes Mental and Emotional Well-being*



# ***Eat Smart! Be Smart!***

## ***A “Recipe” for Keeping Your Brain in Shape***



### **A take-home booklet of information including:**

- **Dietary Guidelines for Americans 2010: Selected Messages**
- **MyPyramid for Older Adults**
- **A Health-Full Plate**
- **Drink Fluids Often**
- **Choose a Variety of Fruits and Vegetables Daily**
- **Eat Plenty of Fruits and Vegetables**
- **Healthful Whole Grains**
- **Omega-3s: Fats You Should and Can Eat**
- **Vitamin B12: Mental and Emotional Vitality**
- **A Healthy Lifestyle Promotes Mental and Emotional Well-being**

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**The Food Assistance Program can help people of all ages with low income buy nutritious foods for a better diet. To find out more, call 1-888-369-4777.**





## **Dietary Guidelines 2010 Selected Messages for Consumers**

Take action on the Dietary Guidelines by making changes in these three areas.

Choose steps that work for you and start today.

### ***Balancing Calories***

- Enjoy your food, but eat less.
- Avoid oversized portions.

### ***Foods to Increase***

- Make half your plate fruits and vegetables.
- Switch to fat-free or low-fat (1%) milk.

### ***Foods to Reduce***

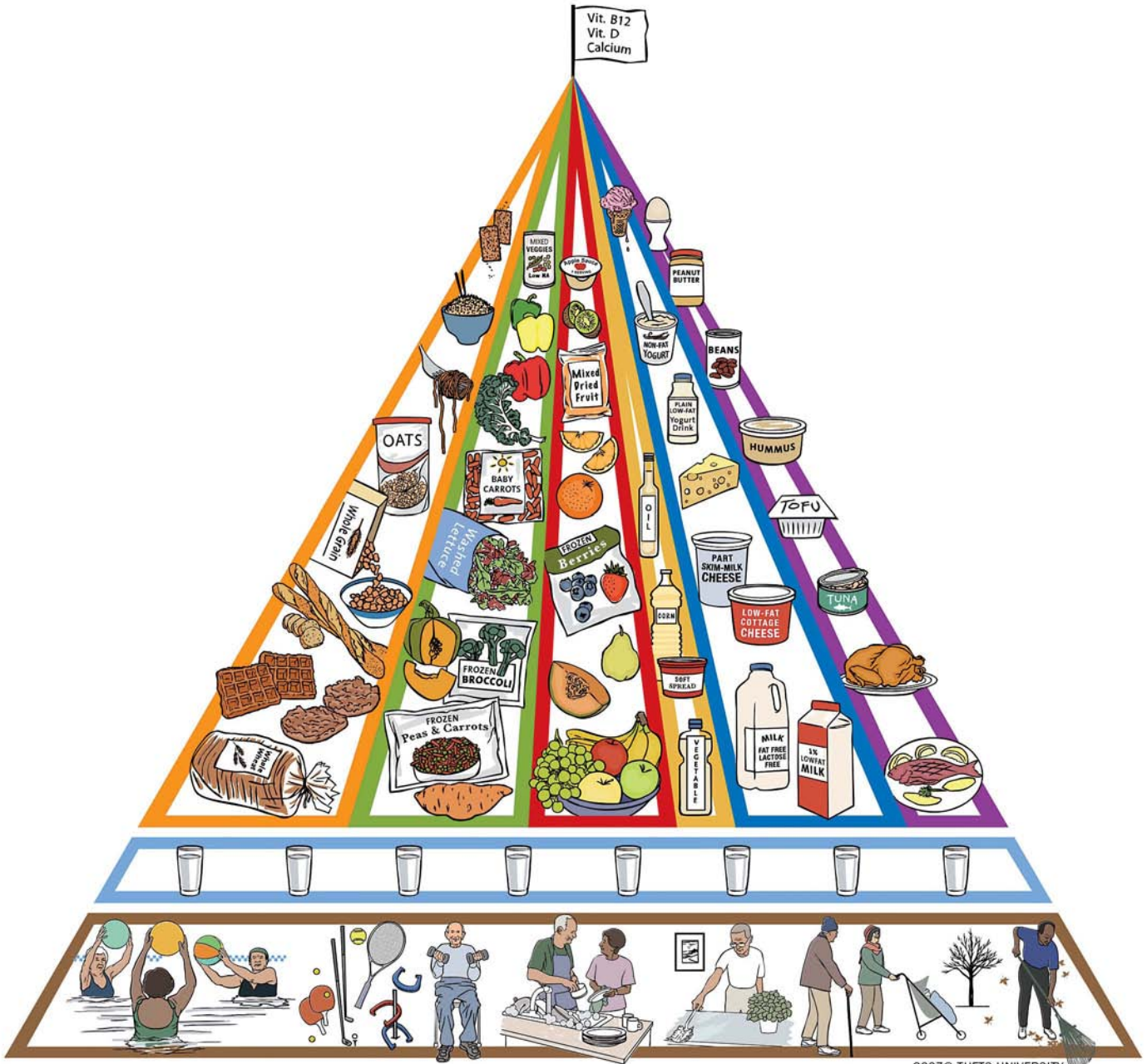
- Compare sodium in foods like soup, bread, and frozen meals—and choose the foods with lower numbers.
- Drink water instead of sugary drinks.







# Modified MyPyramid for Older Adults



## A Description of the Modified MyPyramid for Older Adults

The Modified MyPyramid for Older Adults, designed by the USDA Human Nutrition Research Center on Aging at Tufts University in 2007, is a little different than USDA's regular 2005 MyPyramid since it has:

- ◆ More pictures of foods throughout the pyramid (which highlight good choices within each food group, from left to right: Grains, Vegetables, Fruits, Milk, and Meat and Beans).
- ◆ A foundation below the pyramid showing a row of water glasses and a row of sample physical activities (which emphasize the increased importance of both fluid intake and regular physical activity in older adults).
- ◆ A flag on the top (which suggests that some, but not all, older adults need supplemental vitamins B-12 and D, and calcium, from fortified food products or a nutrient supplement).

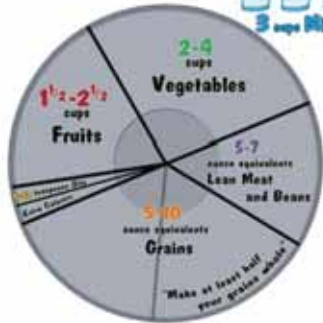
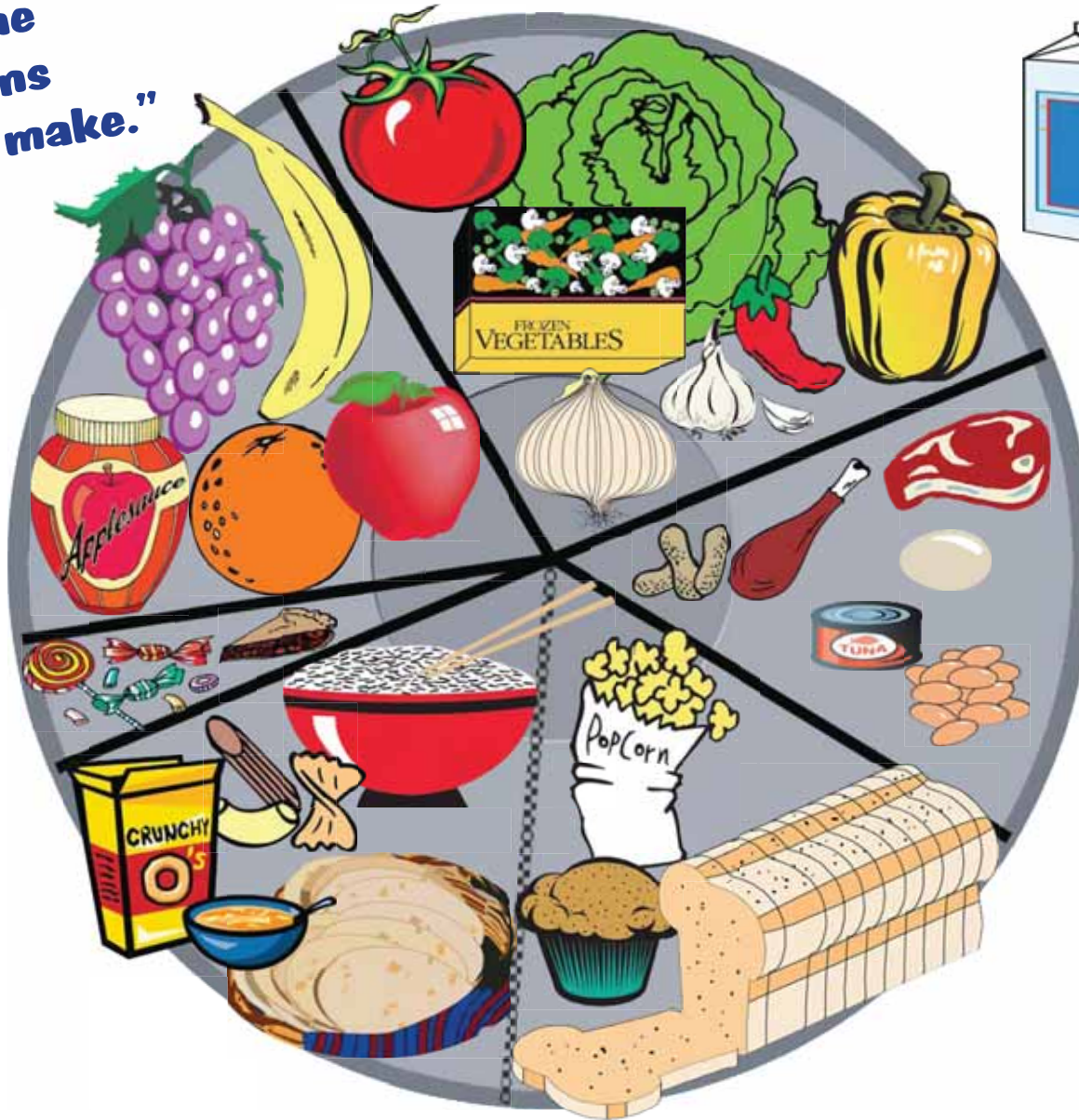
Eating should remain an enjoyable experience throughout life. To help meet their unique nutrient needs, older adults should emphasize:

- ◆ Fiber-rich choices within each food group.
- ◆ Whole grains and variety within the grains group.
- ◆ Nutrient-rich choices and variety within the vegetables and fruits groups.
- ◆ Choices from the milk group that are fat-free, 1% fat, or low-fat, including reduced lactose products.
- ◆ Eating small amounts of oils and fats, and choosing those low in saturated fat and in trans fat.
- ◆ Animal and vegetable choices from the meat and beans group that are low in saturated fat.
- ◆ Getting plenty of fluids by drinking water and other beverages, and by eating foods that contain water.

For more information about healthy eating, contact your local extension office, or visit [www.mypyramid.gov](http://www.mypyramid.gov)

# A Health-Full Plate

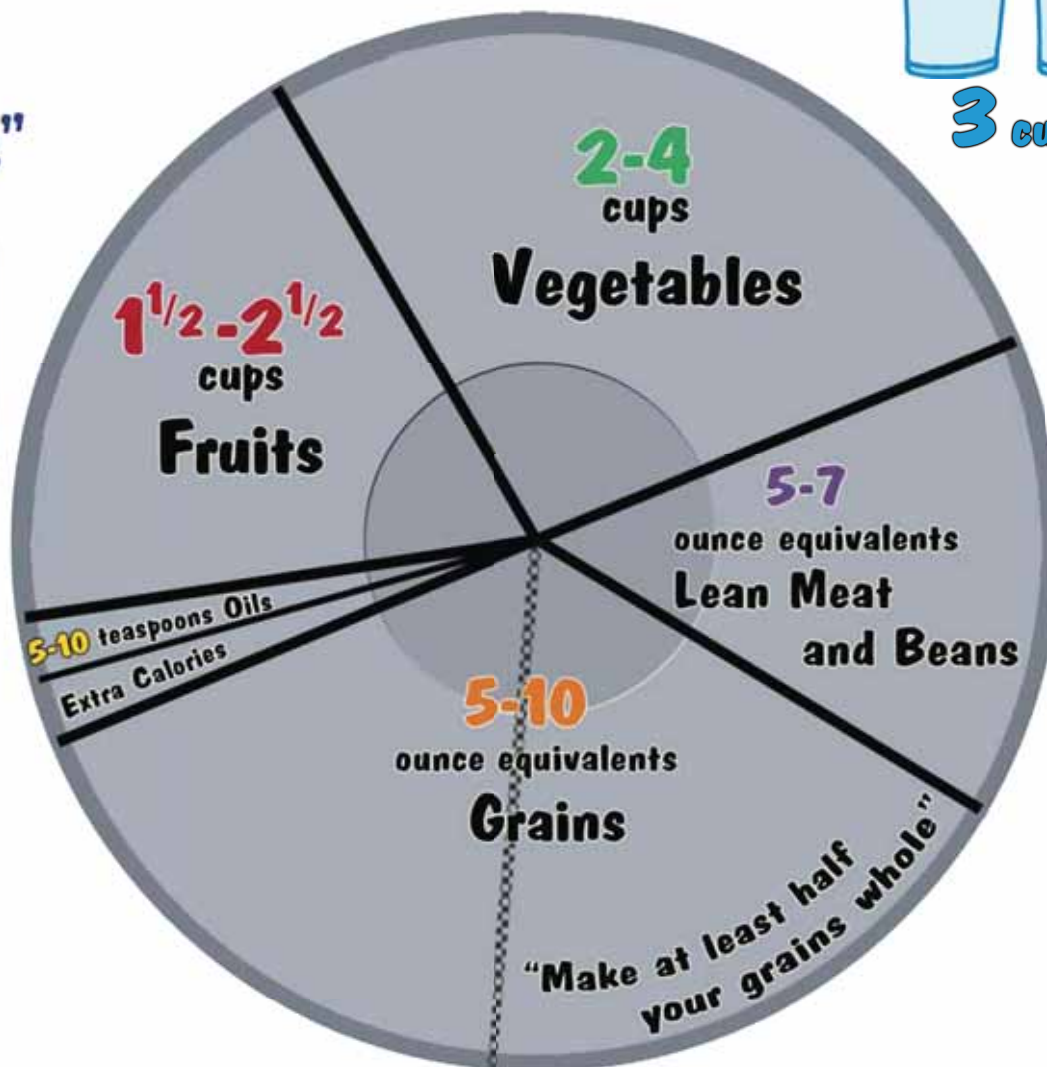
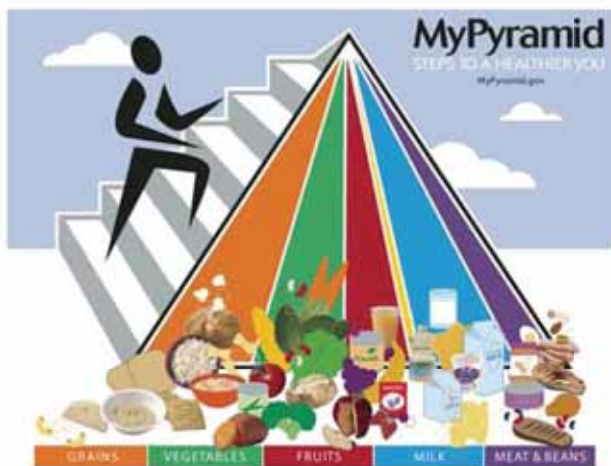
*“The plate shows the types and proportions of food choices to make.”*



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# A Health-Full Plate

**“Let MyPyramid  
guide your food choices”**



**For people who need 1,600-3,000 calories per day**

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# Drink Fluids Often!

Do you take care to drink enough fluids every day? You need fluids for good health each day, but it's best not to wait until you're thirsty. People often become slightly dehydrated before they get thirsty. If you provide care to someone else, offer fluids often. Hold a glass of water or other nourishing liquid up to them when offering a drink. Drinking plenty of liquids can make a big difference in how you feel.

## How much fluid is enough?

- Urine should appear pale yellow in color. If it is dark yellow or appears concentrated, you need more fluids.
- Healthy adults should drink 8 cups, or more, of liquids each day. Large adults need more fluid than smaller people do.

## Enjoy more fluids if:

- You have a burn, a fever or diarrhea, or vomit or lose blood.
- The weather is very hot, very cold, or very dry, or your environmental air is heated or recirculated.
- You do a lot of physical activity and you lose sweat.

## Enjoy nutritious fluids often

- Water
- Milk and milkshakes
- Nutritional supplement drinks
- Low sodium vegetable juices
- Low sodium soup broth
- 100% fruit juices

## Why is it important to get plenty of fluids?

- The body's vital organs are composed mostly of water.
- Your body needs fluids to carry oxygen, nutrients and medicines to cells; to cushion organs, tissue, bones and joints; and to remove wastes.
- Constipation is a problem for some. Drinking plenty of liquids helps make bowel movements soft, so they pass more easily.
- If you don't drink enough fluids, you will become dehydrated.
- Dehydration makes your kidneys work too hard and decreases the amount of saliva you make. It can make your skin feel flushed. You may get a headache, or feel tired or dizzy. Your pulse rate may increase. Heat exhaustion and heat stroke may result. Hospitalization and/or death can follow.

## **Can you "eat" your liquids?**

Sure! Solid foods contribute fluids to your diet, especially:

- Fruits, such as oranges, apples, grapes and watermelon
- Juicy or leafy vegetables such as spinach, tomatoes and celery
- Ice, ice cream, gelatins, yogurt, popsicles, and puddings
- Soft, blenderized, and pureed foods
- Try to drink 8 cups of liquid in addition to the foods you eat. If you find that you are not that hungry for foods when you drink a beverage with your meal, try waiting about an hour after meals and then drink a glass or two of water, milk or juice. Drink in the morning, afternoon, and evenings!

## **Be cautious about drinking certain fluids**

- Beverages with alcohol or with caffeine, such as coffee, tea, cocoa and some soft drinks, act as mild diuretics. (A diuretic speeds fluid loss by making you have to urinate more often.) Your body adjusts to this over time, so if you regularly drink these kinds of beverages, you may count them as helping you meet your fluid intake goal.
- Sweetened beverages add many "empty" calories to your diet.
- Sports drinks contain quite a bit of sugar, sodium (salt), and other minerals.

## **What can you do? Tips to increase your fluid intake**

- Older people cannot rely on a sense of thirst to drink enough fluids, because the ability to sense thirst declines over the years. So drink plenty of beverages throughout the day even if you are not particularly thirsty.
- Some people forget to drink plenty of liquids. If this describes you, try this: Measure eight cups of fluids, such as milk, juice and water, at the start of each day into separate beverage bottles. Store them in the refrigerator and drink all of the liquids from these beverage bottles throughout the day.
- Sometimes, people restrict their fluid intake so that they don't have to go to the bathroom as often. If you have excessive thirst or very frequent urination, confide in your health care professional. You may have a condition that needs medical attention.
- Keep lightweight water bottles close by your favorite chairs so that you can sip on them all day long. Fill them throughout the day.

## Choose a Variety of Fruits and Vegetables Daily

Enjoy 1 1/2 to 2 1/2 cups of fruits and 2 to 4 cups of vegetables each day. Here is a list of many fruits and vegetables to help get you started.

| Fruits       |             | Vegetables       |                  |                |
|--------------|-------------|------------------|------------------|----------------|
| Apples       | Grapes      | Artichokes       | Cooked peas      | Mushrooms      |
| Apricots     | Grapefruit  | Asparagus        | Black-eyed Split | Onions         |
| Bananas      | Honeydew    | Avocado          | Corn             | Potatoes       |
| Berries      | Kiwi fruit  | Beets            | Cucumbers        | Pumpkin        |
| Blackberries | Lemons      | Bell peppers     | Eggplant         | Radishes       |
| Blueberries  | Mangos      | Green            | Garlic           | Rutabaga       |
| Cranberries  | Nectarines  | Red              | Greens           | Salad greens   |
| Elderberries | Oranges     | Yellow           | Beet             | Arugula        |
| Gooseberries | Papaya      | Bok choy         | Collards         | Belgian Endive |
| Loganberries | Peaches     | Broccoli         | Dandelion        | Chicory        |
| Mulberries   | Pears       | Brussels sprouts | Kale             | Escarole       |
| Raspberries  | Pineapples  | Cabbage          | Mustard          | Radicchio      |
| Strawberries | Plums       | Carrots          | Purslane         | Spinach        |
| Cantaloupe   | Pomegranate | Cauliflower      | Swiss chard      | Sprouts        |
| Cherries     | Prunes      | Celery           | Turnip           | Alfalfa        |
| Currants     | Raisins     | Cooked beans     | Watercress       | Bean           |
|              | Rhubarb     | Black            | Green beans      | Squash         |
|              | Watermelon  | Broad            | Green peas       | Acorn          |
|              |             | Butter           | Jicama           | Butternut      |
|              |             | Garbanzo         | Kohlrabi         | Hubbard        |
|              |             | Kidney           | Lentils          | Yellow         |
|              |             | Lima             | Leeks            | Zucchini       |
|              |             | Navy             | Lettuce          | Sweet potatoes |
|              |             | Northern         | Iceberg          | Tomatoes       |
|              |             | Pinto            | Leaf             | Turnips        |
|              |             | Red              | Romaine          |                |

Original written by Jodi Stotts, MS; Mary Meck Higgins, PhD, RD, LD; & Valentina Remig, PhD, RD, LD, FADA. Department of Human Nutrition. Revised March 2011 by M.M. Higgins. Kansas State University Agricultural Experiment Station and Cooperative Extension Service, Manhattan, Kansas. Kansas State University is an equal opportunity provider and employer. Kansas State University, County Extension Councils, Extension Districts, and the U.S. Department of Agriculture cooperating.





# Eat Plenty of Fruits and Vegetables

Fruits and vegetables provide many unique health benefits. Plus, you get to enjoy their wonderful tastes, textures and colors. Choose brightly colored fruits and vegetables, including dark green, red, orange, yellow, blue and purple ones, often in order to get many nutrients.

Eat a variety. Enjoy them fresh, dried, frozen or canned most of the time.

Drink only modest portions of 100% juices. Avoid eating raw sprouts. Use only pasteurized juices and cider.

## Good Nutrition Value

Most fruits and vegetables are naturally low in calories and fat, and are good sources of carbohydrates. Because they are plant foods, they contain no cholesterol. Many are good sources of soluble and insoluble fiber.

Fruits and vegetables have many healthful vitamins and minerals. Naturally-occurring chemicals that are in plants promote health and decrease the risk of many diseases. The term given to these compounds is phytochemicals (phyto means plant). Phytochemicals differ from vitamins or minerals, since a lack of them does not cause a deficiency disease.

## Health Benefits

Eating fruits and vegetables helps decrease the risk of having poor health and of getting cancer, heart disease, high blood pressure, lung diseases, stroke, cataracts, age-related macular degeneration of the eye, constipation and diverticulosis.

Eating fruits and vegetables may help people live longer, because the antioxidants these foods provide help slow down the aging process. Antioxidant-rich fruits and vegetables help protect cells from damage. Eating fruits and vegetables also helps protect mental capacity in older adults.

Fruits and vegetables with high levels of antioxidants include those with deep colors, including: prunes, raisins, blueberries, blackberries, garlic, kale, strawberries, spinach, raspberries, Brussels sprouts, plums, broccoli florets, beets, oranges, red grapes, red bell peppers, cherries, kiwi fruit, pink grapefruit, white grapes, onion, corn, eggplant, cauliflower and peas.

## Fill Half of Your Plate with Fruits and Vegetables at Meals and Snacks

- Most adults would benefit from eating more fruits and vegetables. Each day, try to have 1 1/2 to 2 1/2 cups of fruits and 2 to 4 cups of vegetables.

- One cup is equivalent to a medium piece of fruit; 1/2 cup of dried fruit; or 2 cups of raw leafy vegetables.
- Try choosing a vitamin C-rich and a high-fiber fruit or vegetable each day; a vitamin A-rich serving every other day; and several servings of cruciferous vegetables (such as cabbage, broccoli, cauliflower, bok choy, Brussels sprouts, turnips, collards or kale) each week.
- Even when eating a meal away from home, order fruits and vegetables.
- When cooking vegetables, remove them from heat when they are just tender enough to chew. You will retain more nutrients if you do not overcook them. If you have trouble chewing, try chopping or shredding your vegetables.
- The sodium content of most canned vegetables is high. Buy "no added salt" varieties to reduce your sodium intake.
- The fiber content of fruits and vegetables changes depending on how they are prepared. For example: a piece of fresh fruit with skin has more fiber than the same fruit without skin, the same kind of fruit that is cooked or canned has less fiber, and its juice would have the least fiber.

### **Reduce Waste and Expense**

- Buy fresh fruits and vegetables in season, in the amount you will use in 3 to 6 days. Buy both ripe and not-so-ripe ones, so you can enjoy freshness longer.
- Compare prices. Buy the cheapest brand.
- Buy canned, frozen or dried fruits and vegetables, and 100% juices, for later use, after you've eaten the fresh ones.

### **Handle Fresh Fruits and Vegetables Safely**

- Avoid eating fruits and vegetables that look brownish, slimy or dried out.
- Protect fruits and vegetables that you will eat raw from coming into contact with uncooked seafood, meats and poultry, and with unwashed utensils, cutting boards and counter tops.
- Wash your hands with warm water and soap for at least 20 seconds before and after handling fresh fruits or vegetables.
- Rinse fresh fruits and vegetables under cool running water. Do not use soap.
- Scrub firm produce (such as cucumbers and melons) with a clean dish brush.
- Throw away the outer leaves of leafy vegetables, such as lettuce.
- Store cut, peeled fruits and vegetables in a refrigerator, preferably on a shelf where you will see them often and remember to eat them.

# Healthful Whole Grains

Have you been looking for lowfat, nutritious foods that satisfy your hunger? Whole grain foods are a great choice. Would you be willing to eat more whole grain foods if they would help reduce your risk for heart disease and cancer? If you are like most people in a recent survey, you would.

**Delicious, easy to prepare and affordable:** Whole grain products can readily be included in your daily diet. Whole grains have a subtle taste that is often described as “nutty.” You have many options for adding a delicious whole grain food to each meal without spending a lot of time or money to do so. Whole grain yeast breads, ready-to-eat breakfast cereals, cooked oatmeal, popcorn and whole grain crackers are the most common whole grain foods.

## **Ways to add whole grains to your daily diet:**

- Choose a quick and easy ready-to-eat or ready-to-cook whole grain cereal.
- Pour some dry, bite-size cereals into a bag or grab a whole grain cereal bar to take along with you as a snack during your busy day.
- Choose whole grain breads, tortillas, bagels, pita pockets and rolls.
- Enjoy popcorn, lowfat whole grain crackers, baked tortilla chips or a brown rice cake as a snack.
- Try substituting whole grain flour for one-fourth to one-half of the white flour called for in recipes.
- Choose whole grain pasta (macaroni, spaghetti, noodles), pancakes or waffles for a change of pace.
- Try a hot or cold whole grain side dish using brown rice, bulgur or quinoa.

## **Serving sizes of common whole grain foods:**

Whole grain cereals: 1/2 cup cooked or 1 ounce of ready-to-eat

Whole grain breads: 1 slice or 1 ounce

Whole grain tortillas, muffins, waffles, pancakes: 1 small

Popcorn: 3 cups popped

Whole grain crackers: 5 to 7 small crackers or 1 ounce

Whole grain bagel, pita bread: 1/2 or 1 ounce

Brown rice, whole grain pasta: 1/2 cup cooked

## **Tips to help identify whole grain foods when you are shopping:**

- Look for the words “**100% WHOLE GRAIN**” in large letters on the package.
- Look for a whole grain health claim on the package. Products that contain 51 percent or more of whole grain ingredients by weight may make the following FDA-approved health claim: “*Diets rich in whole grain foods and other plant*”

*foods, and low in total fat, saturated fat and cholesterol, may reduce the risk of heart disease and some cancers.”*

- On the list of ingredients shown on the package, the first ingredient listed is present in the highest quantity, by weight. Look for the word “*whole*” in front of a grain to be named first on the label’s ingredient list, such as “*whole wheat*,” if you want to get a food that is high in whole grains.
- A food’s color is not helpful in identifying whether it contains whole grain ingredients. Dark or brown bread is often a whole grain food, but it may just have molasses or caramel food coloring added. Alternatively, whole grain foods may be light in color, such as those made from oats or white wheat.

**Dietary recommendations: Make half of your grains whole.** The 2010 Dietary Guidelines for Americans advise us to eat “at least half of all grains as whole grains” and to replace refined grains with whole grains. We should especially limit foods made with refined grains, solid fat, added sugar or sodium. (Refined grains are grains and grain products that are missing the bran, germ or endosperm, while whole grains still have all three of these parts.) Adults who need 1,600 calories a day should eat five ounces, or the equivalent, of all kinds of grain foods a day. Most Americans should eat three to five daily servings of whole grain foods (such as whole wheat bread or pasta, or oatmeal) in place of foods made with enriched refined grains (such as white breads or pastas, or grain-based desserts such as cakes and donuts).

**Health benefits of eating whole grains:** You can enjoy the great taste of whole grains, and satisfy your hunger too. You can also influence your wellness level by eating a more healthful diet. By choosing a variety of whole grain products each day, you will reap many natural health benefits now, plus reduce your risk for many major chronic diseases in the future. Choose plenty of healthful whole grains if you want to reduce your risk for:

- Bowel disorders
- Cancer
- Heart disease
- High cholesterol
- Stroke
- High blood pressure
- Obesity
- Type 2 diabetes

**Eating a variety of whole grains each day will help ensure that you get the nutrients needed to stay healthy:** Whole grains provide many of the nutrients that are low in the U.S. diet, including fiber, B vitamins, vitamin E, and the minerals selenium, zinc, copper, and magnesium. They are high in complex carbohydrates, phytonutrients, antioxidants, resistant starch and many other healthful substances, yet are low in fat.

# Omega-3s: Fats You Should and Can Eat

**Omega-3 fats are a type of fat that you can easily add to your diet to improve your health.**

After years of being told to cut back the fat in your diet, one group of fats needs to be included more often: omega-3s. Studies have suggested these fats may be helpful for health problems including high triglycerides, heart disease, high blood pressure, rheumatoid arthritis, menstrual pain, attention deficit hyperactivity disorder, osteoporosis, kidney diseases, bipolar disorder, depression, age-related macular degeneration, psoriasis and asthma.

Only a few foods are rich in omega-3s, but you can learn to include them as part of a balanced diet to benefit your health. Increase omega-3 fats eaten, and eat less total fat and saturated fat.

**Omega-3s are a special type of fat.** Three kinds are found in common foods: eicosapentaenoic acid (EPA); docosahexaenic acid (DHA); and alpha linolenic acid (ALA).

| <u>Foods High in Omega-3s</u>   |  | <u>Foods That Can Be Modified to Have More Omega-3s</u>   |
|---|--|---|
| <u>Grain</u><br>Ground flaxseed meal<br>Oat germ<br>Wheat germ<br>Cereals<br>Uncle Sam's<br>Red River<br>Cereal<br>Hodgson Mill<br>Multigrain | <u>Seafood/Fish</u><br>Herring<br>Sardines<br>Salmon<br>Rainbow trout<br>Halibut<br>Mackerel (jack, Atlantic and Pacific)<br>Flounder/Sole<br>Pollock<br>Oysters<br>Tuna<br>Crab | Eggs<br>Milk<br>Meat from animals fed a diet rich in omega-3s<br>Soft or liquid margarine<br>Salad dressing made with some canola oil |
| <u>Nuts</u><br>Walnuts<br>Butternuts<br>Pine nuts<br><br><u>Oil</u><br>Canola   | <u>Vegetables</u><br>Purslane<br>Leeks<br>Spinach<br>Cauliflower<br>Broccoli<br>Leafy greens   | <u>Supplements</u><br>Concentrated, deodorized fish oils<br>Algae supplements<br>Microencapsulated powders                            |

Continued

**Here are three easy ways to increase your omega-3 fats:**

- Eat foods high in omega-3s. Include 8 to 12 ounces of fresh, frozen or canned fish per week from a variety of seafood types. Canning fish does not destroy omega-3 fats.
- Use foods that have been processed or changed to include more omega-3s.
- Take omega-3 supplements.

**Safety issues**

- Cod liver oil should not be used as an omega-3 supplement. The high vitamin A levels can be toxic.
- Limit white (albacore) tuna to 6 ounces per week and do not eat the following four types of fish: tilefish, shark, swordfish and king mackerel. These fish are high in methyl mercury.
- Excessive omega-3 supplements may increase risk of bleeding. Check with your doctor if you use aspirin or medication to reduce blood clotting.

**Omega-3 foods are easy to purchase**

**Fresh fish** should be sold on crushed ice; cubes damage the flesh. Ask when the fish was delivered, then judge the freshness. Look for:

- Fresh, clean “sea” aroma – not a strong odor.
- Slick, moist skin; firmly attached scales; flexible, moist, full fins.
- Firm, elastic flesh; no fingerprint indentations.
- Clear and full eyes.
- Gills red or maroon in color.
- Unswollen belly with no gas.

Eat fresh fish the day it is purchased. Store between two bags of crushed ice in the coldest part of your refrigerator.

**Frozen fish** must be free of white patches and firmly frozen. Select a package buried deep in the freezer. If you plan to use it later, keep it frozen.

**Flaxseed and flaxseed meal** are best stored in the refrigerator and used within two to three months. Flaxseed oil spoils easily, so refrigerate and buy only a three-month supply.

**Buy canola oil** that is cold-pressed or unrefined: It will contain more antioxidants. Canola oil advertised as better for high-heat cooking or longer shelf life has fewer omega-3s. Avoid a canola/corn oil blend: It is lower in omega-3s.

***Want more information?*** Visit our website:

[www.ksre.ksu.edu/humannutrition/DesktopDefault.aspx?tabid=84](http://www.ksre.ksu.edu/humannutrition/DesktopDefault.aspx?tabid=84)

# Vitamin B12: Mental and Emotional Vitality

## ***Why is vitamin B12 important for health?***

- Vitamin B12 is required for proper nerve function, including the nerve cells in the brain needed for memory.
- Vitamin B12 helps another B vitamin, folate, in its role in making new cells.
- Vitamin B12, folate and vitamin B6 help maintain normal levels of homocysteine. Large amounts of homocysteine may increase the risk for Alzheimer's disease and diseases that result in a loss of mental function.

## ***Should I take a vitamin B12 supplement?***

- Check with your doctor before taking a supplement. Follow the label about when to take it and how many tablets to take at a time.
- Eating foods fortified with vitamin B12 or taking a vitamin B12 supplement is recommended for pregnant women, vegetarians and older adults. Older adults who can not absorb natural vitamin B12 well (because of reduced stomach acidity) are able to absorb it from fortified foods and supplements.
- Choose a generic supplement brand because it will cost less.

## ***Why should I be concerned about vitamin B12 as I get older?***

- The level of acid in the stomach decreases with age. Low levels of stomach acid result in less absorption of food-bound vitamin B12.
- Adults older than age 50 years are advised to meet their need for this vitamin mainly by consuming foods fortified with vitamin B12 or a B12 supplement.

## ***What foods contain vitamin B12?***

- Vitamin B12 is found in animal products.
- Good sources of vitamin B12 include meat, fish, poultry, eggs and dairy products.



(continued)

## ***How much vitamin B12 do I need?***

2.4 micrograms is recommended for adults of all ages, which can be obtained by following dietary recommendations from MyPyramid, in particular for animal products:

- Consume 2-3 dairy servings each day. A serving of dairy includes 1 cup of milk or yogurt, 1 1/2 ounces of natural cheese or 2 ounces processed cheese.
- Consume 2-3 servings of meat, poultry, eggs or fish each day. A serving includes 2-3 ounces of lean cooked meat, poultry or fish, or two eggs.

## ***If I don't eat animal products, will I get enough vitamin B12?***

People who do not eat animal products will be able to obtain their daily dose of vitamin B12 only if they take a vitamin B12 supplement or if they eat a vitamin B12-fortified cereal product. Check the labels of foods to see if they contain vitamin B12. Also, ask your doctor.



## ***What other ways can I get more vitamin B12?***

Some people get monthly vitamin B12 shots to treat a diagnosed vitamin B12 deficiency.



# A Healthy Lifestyle Promotes Mental and Emotional Well-Being

Fear of losing our mental and emotional stability as we age is universal. However, many people manage to maintain their ability to think clearly and their cognitive vitality until the end of life. What is their secret? The blessing of good genes is partly the reason, but a healthy lifestyle is also extremely important. There are many lifestyle choices that each of us can make to help ensure a long-lasting high quality of life.

Making these lifestyle choices promotes strong mental and emotional health:

***Eat a well-balanced diet***  
***Stay physically active***  
***Be a lifelong learner***  
***Be socially engaged***  
***Use medicines safely***  
***Seek treatment for your pain***  
***Manage health conditions***  
***Strive for satisfying sleep***  
***Relieve stress***  
***Seek professional help, when needed***

Lifestyle choices do affect your mental and emotional vitality. So live smart and be healthy – physically, mentally and emotionally!

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# **Program Materials**

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## **Participant Survey**

for completion after the presentation

**\*Be sure to take pens and pencils\***



# ***Eat Smart! Be Smart!***

## ***Participant Survey***

Date: \_\_\_\_\_

Are you: Male \_\_\_ Female \_\_\_

Your county: \_\_\_\_\_

Your state: \_\_\_\_\_

Your age category: 20-40 yrs. \_\_\_ 41-60 yrs. \_\_\_ 61-75 yrs. \_\_\_ 76 yrs. and older \_\_\_

Please help us by answering the following questions. First think about what you will do from now on and then think back to what you did before. *Circle the best answer for each.*

|  |           |              |                   |
|--|-----------|--------------|-------------------|
| <b>After today's talk</b> , do you think that food can affect mental health? | <i>No</i> | <i>Maybe</i> | <i>Definitely</i> |
| <b>Before today</b> , did you think that food could affect mental health?    | <i>No</i> | <i>Maybe</i> | <i>Definitely</i> |

|   |              |                  |              |
|---|--------------|------------------|--------------|
| <b>After today</b> , how often will you eat a variety of fruits, vegetables and whole grains? | <i>Never</i> | <i>Sometimes</i> | <i>Often</i> |
| <b>Before today</b> , how often did you eat a variety of fruits, vegetables and whole grains? | <i>Never</i> | <i>Sometimes</i> | <i>Often</i> |

|  |              |                  |              |
|--|--------------|------------------|--------------|
| <b>After today</b> , how often will you drink more than 6 glasses of water, milk, juice, or other fluids each day? | <i>Never</i> | <i>Sometimes</i> | <i>Often</i> |
| <b>Before today</b> , how often did you drink more than 6 glasses of water, milk, juice, or other fluids each day? | <i>Never</i> | <i>Sometimes</i> | <i>Often</i> |

**GO TO NEXT PAGE**

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*Note to presenter: Please return surveys to Dr. Mary Meck Higgins, Department of Human Nutrition, 202 Justin Hall, Manhattan, KS 66506*

|   |              |                  |              |
|---|--------------|------------------|--------------|
| <b>After today</b> , how often will you reduce calories from saturated fats? (as discussed in today's talk) | <i>Never</i> | <i>Sometimes</i> | <i>Often</i> |
| <b>Before today</b> , how often did you reduce calories from saturated fats? (as discussed in today's talk) | <i>Never</i> | <i>Sometimes</i> | <i>Often</i> |

|   |           |              |                   |
|---|-----------|--------------|-------------------|
| <b>After today</b> , will you discuss with your doctor taking a vitamin B <sub>12</sub> supplement? | <i>No</i> | <i>Maybe</i> | <i>Definitely</i> |
| <b>Before today</b> , did you discuss with your doctor taking a vitamin B <sub>12</sub> supplement? | <i>No</i> | <i>Maybe</i> | <i>Definitely</i> |

|   |                 |              |               |                   |
|---|-----------------|--------------|---------------|-------------------|
| <b>How likely will you be to use the information from today's presentation?</b> |                 |              |               |                   |
| <i>Very unlikely</i>  | <i>Unlikely</i> | <i>Maybe</i> | <i>Likely</i> | <i>Definitely</i> |

|  |                 |              |               |                   |
|--|-----------------|--------------|---------------|-------------------|
| <b>How likely will you be to use the handouts from today's presentation?</b> |                 |              |               |                   |
| <i>Very unlikely</i>   | <i>Unlikely</i> | <i>Maybe</i> | <i>Likely</i> | <i>Definitely</i> |

|   |
|---|
| <p><b>Which of these food programs do you think you will use in the next 12 months?</b><br/> <i>(Circle all that apply)</i></p> <ol style="list-style-type: none"> <li>1) WIC</li> <li>2) Food Stamps</li> <li>3) School Breakfast</li> <li>4) School Lunch</li> <li>5) TEFAP (Temporary Emergency Food Assistance Program)</li> <li>6) Summer Child Feeding Program</li> </ol> <p><b>Which of these food programs did you use in the last 12 months?</b><br/> <i>(Circle all that apply)</i></p> <ol style="list-style-type: none"> <li>1) WIC</li> <li>2) Food Stamps</li> <li>3) School Breakfast</li> <li>4) School Lunch</li> <li>5) TEFAP (Temporary Emergency Food Assistance Program)</li> <li>6) Summer Child Feeding Program</li> </ol> |
|---|

**Thank you for your time and opinion! Please return this form to today's speaker.**