

# NUTRITION EDUCATION CURRICULUM

## Overview

PCRM's nutrition education curriculum is designed for use in medical offices, worksites, and anywhere people will benefit from learning about the lifesaving effects of healthful eating. This approach has been tested in a multicenter study with GEICO—the well-known insurance company—and in the medical office setting. Similar curricula have been used in thousands of classes in the United States and abroad.

In the medical office setting, a great way to introduce the program is to invite people with diabetes, weight problems, cholesterol issues, or any other condition where nutrition plays a role to come to the office for a group session at a convenient time, say, early evening. Hopefully, you'll have 15 to 20 people there. At the session, you can play a DVD that describes why a diet change is powerful. For example, Dr. Barnard's PBS program *Tackling Diabetes* is a good starter. If you prefer, you can do a talk yourself instead of using a DVD. Once people are engaged, you can then invite them to a series of classes. All you need is an empty waiting room and a DVD player.

In the work setting, you can use a similar format. Start with an invitation to attend a group lecture, with no demand that anyone commit to more than that. Hopefully, the initial program will whet everyone's appetite for more.

This curriculum may include more sessions than you need. Feel free to pick and choose, and to change the order.

Most sessions include a brief DVD segment. The DVDs are available through PCRM. The class listing indicates which DVD to have available. If you prefer, you can deliver this content yourself, without using a DVD.

The final session is a cooking class. This is often a big hit, but it is considered optional because not all meeting areas have adequate space and ventilation. Sometimes, it pays to prepare recipes that require no heat (e.g., a bean salad).

The optimal group size is 15 to 20 people. If you have more than that, some people will be left out of the discussion. If you have fewer, some people may feel they are under too much scrutiny. But you will be able to make do with whatever group size you have.

Thank you for putting this program to work. Please let us know of anything we can do to improve it.

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## Basic Principles for All Classes

### Best Practices

- Make a “Thank You Sandwich.” That is, thank participants before each session and again after each session.
- Remain positive and gentle.
- Always respect confidentiality.
- Set aside blame.
- Turn questions to the group whenever possible.
- Keep the focus on participants, not on your personal story or outside life.
- Never make reference to religion or politics or poke fun at a participant, even jokingly.

### Typical Sequence for Class Sessions

Participants will appreciate starting on time and cannot exceed the allotted time.

- Have an attendance sheet ready for participants to allow them to sign in as they arrive.
- Keep a scale in a private area of the office and encourage participants to weigh themselves before each session, if possible. A staffer may need to assist, and should remain encouraging regarding the results.
- Welcome the participants and thank them for participating.
- Invite participants, one by one, to describe their experiences during the previous week, with group problem-solving.
- Lecture/video
- Promote discussion and more group problem-solving.
- Thank participants for coming.

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## Encouraging Discussion

In most sessions, you will want to devote some time to encouraging participants to describe their successes and challenges. A good way to do that is to go one by one, asking them to describe what went well or not so well in the past week. As this proceeds, you will discover that you can be less and less active as the group takes on the task of discussion. For example, you'll find that you do not always need to call on the next person—they will start “passing the baton” automatically.

Many people will ask you questions. In general, it's good to turn questions back to the group as much as possible so they get used to problem-solving, although often you will have to provide answers.

This curriculum helps participants adopt a plant-based diet, reduce their overall fat intake, and, for people with diabetes, use the glycemic index to choose healthful carbohydrate sources. Don't feel a need to set dietary “rules” about things that are beyond the scope of this curriculum (e.g., salt, sugar, artificial sweeteners). If a question comes up in one of these areas you can say, “There may well be issues about salt or sugar, but for this program, we're really focusing on avoiding animal products and keeping oils to a minimum. Salt and sugar are not restricted, although you may well want to limit them, and that's certainly sensible.”

The discussion is very important. But sometimes one or more people will take too much time. In a rare case, you can move it along by saying, “I want to make sure we have time for everyone.”

If someone describes having had a deviation from the diet, you might say with a bit of humor, “This sounds like a cry for help! What can we do to help John?” The group will jump in. Avoid being judgmental. Simply ask the group to reassert the dietary rules, and they will work as a team.

Someone will ask whether honey is vegan. It is not, of course, but we also risk sounding a bit odd if we let this minor issue assume any importance. A good answer is to simply say, “It's made by an animal, so it's not actually vegan. But from a nutritional standpoint, it's basically just sugar.”

If weights are not taken before class, encourage participants to weigh themselves at home on a weekly basis, sometime before the group session, so they can report on whether they are making progress. Any weight loss, no matter how small, is good. If anyone is stalled for more than a week, it helps to have them record a day's worth of meals, so you can check for any deviations.

Many people are sensitive about their health histories, so be cautious about asking group members about their medical histories during the group.

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## Session 1. Diabetes

**Aim:** To equip participants with knowledge on how a vegan diet helps manage diabetes and lowers insulin dose.

### Tools:

- Attendance sheet
- *A New Approach to Nutrition for Diabetes* DVD
- AV equipment to show DVD
- Extension cord
- Large writing surface and writing tool
- Paper/pens for group members

### Welcome and Introductions:

- Pass around attendance sheet.
- Ask participants (one by one) to discuss their successes and challenges of the past week.

**DVD (22:55):** “A New Approach to Diabetes and Stories of Success” from *A New Approach to Nutrition for Diabetes*: Section A, Segment 3

The DVD covers:

- What is diabetes?
- What is meant by type 1, type 2, and gestational diabetes?
- Why carbohydrate-rich foods are not the cause of diabetes.
- How fat builds up in muscle cells to cause insulin resistance.

For more information, you may wish to review *Dr. Neal Barnard’s Program for Reversing Diabetes*.

### Lecture and Discussion (15 minutes):

- If I have diabetes, can I eat rice and fruits like bananas, mangoes, and grapes? (Yes. Although they have natural sugar, their glycemic index is surprisingly low.)
- If my meal contains a mixture of low-GI and high-GI foods, how do they affect my blood sugar? (The GI of a meal is actually the average of the foods that go into it.)
- How about fruit juices? (Although most fruit juices are missing the fiber that was in the whole fruit, their GI is often surprisingly low. So juices are not forbidden.)

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## Session 2. Overview of the Vegan Diet

**Aim:** To familiarize participants with the vegan diet and to help them plan their meals.

### Tools:

- Attendance sheet
- *The Power of Food* DVD
- AV equipment to show DVD
- Extension cord
- Large writing surface and writing tool
- Paper/pens for group members

### Welcome and Introductions (10 minutes):

- Thank participants for coming.
- Introduce instructors.
- Invite participants to introduce themselves (by their first names) and briefly mention what they hope to get from the program.
- Distribute participant binders

**DVD (15:55):** “The Power of Your Plate” from *The Power of Food: Session 1*

The DVD covers:

- Benefits of the diet and success stories
- Calories in fatty foods versus carbohydrates (with participant interaction!)
- Initial ideas for menu planning

### Lecture and Discussion (20 minutes):

- Ask participants to open their binders to the Menu Planning Form.
- Ask them to think about ideas for breakfasts, lunches, and dinners that omit animal products and are reasonably low in oil. These should be meals they would like to test out this coming week.
- For ideas, check Appendix 2.

**Home Activities (2 minutes):** Test out meals, aiming to find at least one breakfast, one lunch, and one dinner that meets the guidelines and that you really like.

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## Session 3. Vegan Diet Planning

**Aim:** To enable participants to plan vegan meals well enough to begin the diet this coming week, and to learn about substitutes for meat and dairy products.

**Tools:**

- Attendance sheet
- *The Power of Food* DVD
- AV equipment to show DVD
- Extension cord
- Large writing surface and writing tool
- Paper/pens for group members

**Welcome and Introductions (5 minutes):** Thank participants for coming and pass around attendance sheet.

**DVD (9:37):** “Let’s Go!” from *The Power of Food*: Session 2. The DVD covers:

- Keys to weight loss
- Label-reading
- Tips for reducing fat
- Complete nutrition
- Special notes for people with diabetes

**Lecture and Discussion (30 minutes):** Ask participants (one by one) to discuss their successes and challenges of the past week and what they will eat this coming week. Allow plenty of time for this important activity. Encourage group members discuss a plan for how they will begin to the diet, and have them be as specific as possible (e.g., go food shopping for diet-friendly foods on certain day, recruit family and friends, be each other’s support outside the weekly sessions, etc.) They may wish to fill out a new Menu Planning Form.

**Extra practicum, if you have time (10 minutes):**

- Discuss Appendix 3. Note that dairy products are excluded. Sugars are not excluded, although they are not necessarily healthful.
- Brainstorm fat-free food preparation techniques (braising, fat-free dressing). Recommend limiting fat to 2-3 grams of per serving and 20-30 grams per day. Distribute handout with a sample day’s menu containing 20-30 grams of fat.

**Home Activities (1 minute):** Stock up on healthy foods, get rid of temptation and unhealthy foods, and begin the diet 100 percent.

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## Session 4. Replacing Meat

**Aim:** To increase awareness of foods that replace meat.

**Tools:**

- Attendance sheet
- *Eating Right for Cancer Survival* DVD (Disc 1)
- AV equipment to show DVD
- Extension cord
- Large writing surface and writing tool
- Paper/pens for group members

**Welcome and Introductions:**

- Pass around attendance sheet.
- Ask participants (one by one) to discuss their successes and challenges of the past week.

**DVD (10:04):** “Replacing Meat” from *Eating Right for Cancer Survival*: Disc 1, Show 5

**Lecture and Discussion (20 minutes):** Discuss vegan meat alternatives. You may wish to refer to Appendix 5, which briefly lists replacements for meat, dairy products, eggs, and oils. If there is extra time, you can show a short cooking demonstration segment from the DVD (10 minutes).

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## Session 5. Dairy Alternatives

**Aim:** To increase awareness of alternatives to dairy products.

**Tools:**

- Attendance sheet
- *Eating Right for Cancer Survival* DVD (Disc 1)
- AV equipment to show DVD
- Extension cord
- Large writing surface and writing tool
- Paper/pens for group members

**Welcome and Introductions:**

- Pass around attendance sheet.
- Ask participants (one by one) to discuss their successes and challenges of the past week.

**DVD (11:25):** “Discovering Dairy Alternatives” from *Eating Right for Cancer Survival*: Disc 1, Show 4

**Lecture and Discussion (20 minutes):** Discuss dairy alternatives. You may wish to refer to Appendix 5, which briefly lists replacements for meat, dairy products, eggs, and oils. If there is extra time, you can show a short cooking demonstration segment from the DVD (10 minutes).



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## Session 6. Dining Out

**Aim:** To help participants to select healthful choices at restaurants.

### Tools:

- Attendance sheet
- *The Power of Food* DVD
- AV equipment to show DVD
- Extension cord
- Large writing surface and writing tool
- Paper/pens for group members

### Welcome and Introductions:

- Pass around attendance sheet.
- Ask participants (one by one) to discuss their successes and challenges of the past week.

**DVD (4:27):** “Getting in Gear” from *The Power of Food*: Session 3

**Lecture and Discussion (15 minutes):** You may wish to use Appendix 4 on healthy dining out tips and discuss which items would be good choices and why. Which items could be modified to fit the guidelines?

- Give examples of low-fat vegan choices.
- Ask server that oil be minimized, and sauces served on the side.
- Don’t be shy about asking for things that aren’t listed on the menu (e.g., oatmeal, spaghetti)
- Anticipate what you will face. You can call ahead or check menus online.

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## Session 7. Weight Loss

**Aim:** To equip participants with the skills to choose the vegan foods that promote weight loss.

**Tools:**

- Attendance sheet
- *A New Approach to Nutrition for Diabetes* DVD
- AV equipment to show DVD
- Extension cord
- Large writing surface and writing tool
- Paper/pens for group members

**Welcome and Introductions:**

- Pass around attendance sheet.
- Ask participants (one by one) to discuss their successes and challenges of the past week.

**DVD (9:43):** “Designing a Diet for Maximum Weight Control” from *A New Approach to Nutrition for Diabetes*: Section A, Segment 3

**Lecture and Discussion (15 minutes):**

- Compare calorie content per gram of fat (9 calories) and carbohydrate (4 calories).
- Explain the benefits of a high-fiber diet. Fiber satisfies the appetite, so you stop eating earlier. Every 14 grams of fiber cuts 10 percent off calorie intake.
- Importance of eating breakfast for promoting weight loss. (e.g., helps prevent binging later in the day)
- Give examples of low-fat, vegan diet-friendly breakfast choices.

**Practicum (15 minutes):** Ask participants to complete Quick Fiber Check (Appendix 6) and discuss the results.

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## Session 8. Addictive Foods

**Aim:** To help participants understand how certain foods can get them “hooked,” and ways to break free from unhealthful habits.

### Tools:

- Attendance sheet
- *The Power of Food* DVD
- AV equipment to show DVD
- Extension cord
- Large writing surface and writing tool
- Paper/pens for group members

### Welcome and Introductions:

- Pass around sign in attendance sheet.
- Ask participants (one by one) to discuss their successes and challenges of the past week.

**DVD (14:54):** “Breaking the Food Seduction” from *The Power of Food: Session 4*

The DVD covers:

- Sugar, chocolate, and meat trigger the release of opiates within the brain.
- Researchers have proven that foods have opiate effects by using an opiate-blocking medicine called naloxone.
- Cheese produces mild opiates called casomorphins, as it digests.
- These drug-like effects of foods help explain why we get “hooked” on some foods and not others.
- Certain good habits help us reduce the lure of “addicting” foods. Having a healthy breakfast, getting plenty of sleep, physical exercise, and other steps can really help.

### Lecture and Discussion (15 minutes):

- Discuss if participants crave certain foods. Which foods? When do cravings hit hardest (e.g., when tired, after missing a meal, etc.)?
- What have you found that helps you beat cravings?
- *Note:* Some participants may describe “cravings” for healthful foods and may feel guilty about eating them. For example, some may feel bad about eating rice or bread. It is helpful to turn this to the group: “John feels funny about wanting rice. But what do you think? Is rice okay?”
- *Note:* For more information on this topic, please see *Breaking the Food Seduction* by Neal Barnard, M.D.

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## Session 9. Healthy Heart

**Aim:** To help participants understand how food choices influence heart health.

### Tools:

- Attendance sheet
- *A New Approach to Nutrition for Diabetes* DVD
- AV equipment to show DVD
- Extension cord
- Large writing surface and writing tool
- Paper/pens for group members

### Welcome and Introductions:

- Pass around attendance sheet.
- Ask participants (one by one) to discuss their successes and challenges of the past week.

**DVD (11:51):** “Keeping a Healthy Heart” from *A New Approach to Nutrition for Diabetes*: Section A, Segment 5

The DVD covers:

- Dean Ornish’s study using vegetarian foods and other lifestyle factors to reverse heart disease
- LDL, HDL, and triglycerides, and how foods affect them

### Lecture and Discussion (15 minutes):

- Discuss some foods that support heart health (beans and other legumes, and oatmeal for example).
- Discuss how fiber helps the body eliminate cholesterol.

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## Session 10. Glycemic Index

**Aim:** To help participants use the Glycemic Index (GI) and understand its role.

### Tools:

- Attendance sheet
- *A New Approach to Nutrition for Diabetes* DVD
- AV equipment to show DVD
- Extension cord
- Large writing surface and writing tool
- Paper/pens for group members

### Welcome and Introductions

- Pass around attendance sheet.
- Ask participants (one by one) to discuss their successes and challenges of the past week.

**DVD (11:14):** “Using the Glycemic Index” from *A New Approach to Nutrition for Diabetes*: Section A, Segment 4.

The DVD covers:

- The GI is a way to rate a food’s effect on blood sugar.
- It is good to keep the GI “rules” very simple, focusing on just a few common foods. For example, white and wheat bread can be replaced by rye and pumpernickel bread, and white potatoes can be replaced by yams and sweet potatoes. Sugary cold cereals can be replaced by oatmeal or bran cereal.
- The GI is less important than the guidelines to avoid animal products and to minimize oils.

**Note:** Some people get confused about terms. How does the Glycemic Index relate to simple versus complex carbohydrate, or unrefined versus refined foods? The answer is that these are completely separate topics. Here’s what you’ll want to know:

- Simple versus complex: Simple sugars are small molecules that taste sweet—like fruit sugar or table sugar. Complex carbohydrates long molecules that taste starchy (e.g., potatoes or bread).
- Unrefined versus refined foods: Grains that retain their outer fiber coat (e.g., brown rice) are unrefined. Grains that have had their fiber removed (e.g., white rice) are called “refined.” Unrefined foods are higher in fiber.
- The glycemic index just indicates a food’s effect on blood sugar. Although brown rice is healthier than white rice (it is unrefined and so it is higher in fiber), white and brown rice have more or

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less the same effect on blood sugar. White spaghetti is refined, but has a low GI, surprisingly enough.

Participants do not necessarily need to know all this. They just need to (1) avoid animal products and (2) keep oils to a minimum. If they also favor low-GI foods, they'll get an extra benefit.

For more information, you may wish to review page 56 in *Dr. Neal Barnard's Program for Reversing Diabetes*.

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## Session 11. Healthy Eating During Work and Travel

**Aim:** To help participants select healthy vegan foods while at work or traveling.

### Tools:

- Attendance sheet
- *A New Approach to Nutrition for Diabetes* DVD
- AV equipment to show DVD
- Extension cord
- Large writing surface and writing tool
- Paper/pens for group members

### Welcome and Introductions:

- Pass around attendance sheet.
- Ask participants (one by one) to discuss their successes and challenges of the past week.

**DVD (11:12):** “Healthy Eating During Work, Travel, and Holidays” from *A New Approach to Nutrition for Diabetes*: Section A, Segment 6

The DVD covers:

- The key to healthy eating is to plan ahead. This merits repeating!
- “International” restaurants (e.g., Italian, Chinese, Mexican, Japanese) often have low-fat vegan choices.
- Fast-food vegan choices will be found at Subway, Taco Bell, and other restaurants.
- Hotels can provide microwaves and refrigerators.
- Some healthy foods go great at work.

**Lecture and Discussion:** What challenges do you see coming up? How can we solve them?

**Practicum, if you have time (10 minutes):** Make and/or bring in to show participants some simple foods and snacks that participants can keep with them at their desks at work or while traveling.

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## Session 12. Virtual Grocery Store Tour

**Aim:** To help participants learn to choose vegan options while grocery shopping.

**Tools:**

- Attendance sheet
- Instructor's Vegan-Friendly Grocery Store Tour Guide (along with one food example from each category)
- *A New Approach to Nutrition for Diabetes* DVD
- AV equipment to show DVD
- Extension cord
- Large writing surface and writing tool
- Paper/pens for group members

**Welcome and Introductions:**

- Pass around attendance sheet.
- Ask participants (one by one) to discuss their successes and challenges of the past week.

**DVD (45:48):** "Touring the Grocery Store" from *A New Approach to Nutrition for Diabetes*: Section C, Segments 1 & 2



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## Session 13. Breast Cancer

**Aim:** To help participants understand how foods influence the risk of developing breast cancer and how diet can help after diagnosis.

### Tools:

- Attendance sheet
- *Eating Right for Cancer Survival* DVD (Disc 2)
- AV equipment to show DVD
- Extension cord
- Large writing surface and writing tool
- Paper/pens for group members

### Welcome and Introductions:

- Pass around attendance sheet.
- Ask participants (one by one) to discuss their successes and challenges of the past week.

**DVD (13:38):** “Foods and Breast Cancer Survival” from *Eating Right for Cancer Survival: Disc 2, Show 8*

**Lecture and Discussion (15 minutes):** Which foods help fight cancer?

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## Session 14. Prostate Cancer

**Aim:** To help participants understand how foods influence the risk of developing prostate cancer and how diet can help after diagnosis.

### Tools:

- Attendance sheet
- *Eating Right for Cancer Survival* DVD (Disc 2)
- AV equipment to show DVD
- Extension cord
- Large writing surface and writing tool
- Paper/pens for group members

### Welcome and Introductions:

- Pass around attendance sheet.
- Ask participants (one by one) to discuss their successes and challenges of the past week.

**DVD (8:50):** Foods and Prostate Cancer Survival” from *Eating Right for Cancer Survival: Disc 2, Show 9*

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## Session 15. Favoring Fiber

**Aim:** To help participants to select healthy fiber-rich foods.

### Tools:

- Attendance sheet
- *Eating Right for Cancer Survival* DVD
- AV equipment to show DVD
- Extension cord
- Large writing surface and writing tool
- Paper/pens for group members
- Quick Fiber Check handout (Note: This was used in an earlier session, but it bears repeating.)

### Welcome and Introductions:

- As participants arrive, ask them to fill out a Quick Fiber Check.
- Pass around attendance sheet.
- Ask participants (one by one) to discuss their successes and challenges of the past week.

**DVD (10:07):** “Favoring Fiber” from *Eating Right for Cancer Survival*: Disc 1, Show 3

The DVD covers:

- The main sources of fiber are beans, vegetables, fruits, and whole grains.
- Fiber is filling, with almost no calories.
- Every 14 grams of fiber you add to your diet cuts your calorie intake by 10 percent (because you fill up sooner).
- Aim for 40 grams per day, about 3 grams per serving of food.
- Fiber (soluble fiber that is) also lowers cholesterol.
- If beans cause gassiness, have smaller portions, and cook them until very soft.

### Lecture and Discussion:

- Discuss why fiber rich foods are healthy.
- Give examples of high-fiber foods.

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## Session 16. Digestive Health

**Aim:** To help participants to understand how smart food choices maintain digestive health.

### Tools:

- Attendance sheet
- *The Power of Food* DVD
- AV equipment to show DVD
- Extension cord
- Large writing surface and writing tool
- Paper/pens for group members

### Welcome and Introductions:

- Pass around attendance sheet.
- Ask participants (one by one) to discuss their successes and challenges of the past week.

**DVD (09:54):** “Digestive Health” from *The Power of Food*: Session 6

The DVD covers:

- Gastroesophageal reflux disease
- Irritable bowel syndrome
- Lactose intolerance
- Crohn’s disease
- Gall stones
- Colon cancer
- Constipation

### Lecture and Discussion:

- If gas is a problem, the culprit is often beans or other legumes. The solution is to: (1) start with small servings and (2) cook beans thoroughly.
- Is fiber from whole grains, fruits, and vegetables good for the digestive tract?

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## Session 17. Hypertension

**Aim:** To equip participants with knowledge on how foods affect blood pressure.

### Tools:

- Attendance sheet
- *The Power of Food* DVD
- AV equipment to show DVD
- Extension cord
- Large writing surface and writing tool
- Paper/pens for group members

### Welcome and Introductions:

- Pass around attendance sheet.
- Ask participants (one by one) to discuss their successes and challenges of the past week.

**DVD (5:09):** “Healthy Blood Pressure” from *The Power of Food: Session 7*

The DVD covers:

- Systolic and diastolic blood pressure
- Goals (normal range)
- Managing hypertension
  - Sodium and potassium
  - Fat
  - The benefits of vegetables and fruits
  - Vegetarian diets
- DASH diet

**Note:** For more information, you may wish to read pages 163-166 of *Dr. Neal Barnard’s Program for Reversing Diabetes*.

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## Session 18. Cooking Demonstration (Optional)

**Aim:** To enable participants to prepare healthful and appealing low-fat, vegan foods.

### Tools:

- Attendance sheet
- Foods and equipment for cooking and food demonstration
  - Copies of the recipe(s)
  - Apron
  - Knives and other cutlery, as appropriate
  - Large bowls
  - Electric skillet, grill, hot plate, or other portable cooking utensil
  - Extension cord
  - Serving spoons
  - Cutting board(s)
  - Table cloths
  - Trays for samples
  - Tongs
  - Trash bags
  - Paper towels
  - Individual serving cups or plates
  - Disposable forks/spoons or toothpicks
  - Paper napkins
  - Ingredients required for the recipe to be demonstrated

### Welcome and Introductions:

- Pass around attendance sheet.
- Ask participants (one by one) to discuss their successes and challenges of the past week.

### Cooking Demonstration (35 minutes):

- Share the recipe with the participants and do step-by-step cooking demonstration.
- If a recipe requires substantial cooking time, you may wish to start your cooking demonstration at the beginning of the class, and then have group discussion while the recipe cooks. You can then resume the cooking demonstration later.

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## Appendix 2: Five-Day Menu Plan (Vegan and Low-Fat Menu)

	Day 1	Day 2	Day 3	Day 4	Day 5
<b>Breakfast</b>	Oatmeal with cinnamon and raisins Soy/rice milk Pumpernickel toast with jam Grapefruit	Whole-grain bagel with apple butter Veggie bacon Cantaloupe	Oatmeal pancakes with applesauce topping Sliced bananas Soy sausage	Tofu scramble with added vegetables (e.g., tomatoes, zucchini) Pumpernickel toast with jam Orange	Oatmeal with berries, soymilk, and cinnamon Banana
<b>Lunch</b>	Whole-wheat pita stuffed with hummus, sliced tomatoes, and lettuce Carrot sticks	Canned lentil soup Spinach salad Orange Whole-wheat bread	Bean burritos: black beans in corn tortillas, chopped lettuce, tomatoes, and salsa Spinach salad with low-fat dressing	Veggie burger on a whole-wheat bun with veggies Bean salad Apple slices	Leftover chili Baked corn tortilla chips Baby carrots Orange
<b>Dinner</b>	Baked beans Baked sweet potato Steamed collard greens with lemon juice Baked apple	Whole-wheat pasta with marinara sauce Side salad with low-fat dressing	Chinese stir-fry over brown rice: tofu, broccoli, pea pods, water chestnuts, bok choy Cantaloupe chunks drizzled with fresh lime juice	Homemade chili with black and kidney beans Baked corn tortillas	Vegetable fajitas: peppers, carrots, broccoli, plantains Whole-wheat tortillas Spinach salad with mangoes
<b>Snacks</b>	Dried figs	Smoothie: banana, soymilk, frozen berries, vanilla	Whole-wheat pita chips with hummus	Mixed fruit salad Baked corn tortillas with salsa	Hummus with carrots and cucumbers Carrots and raisins

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## Appendix 3: How to Read Nutrition Labels

Nutrition labels can help you make wise food choices. Most packaged foods in the grocery store list nutrition information on the package in a section called the Nutrition Facts. Foods that are exempt from the label include foods in very small packages, foods prepared in the store, and foods made by small manufacturers.

The Nutrition Facts tell you the serving size and the amount of various nutrients, such as total fat, saturated fat, cholesterol, sodium, and fiber per serving.

- **Serving size:** This reflects the amount that an average person eats at one helping.
- **Servings per package:** The next line tells you how many servings the package contains. Multiply this number by the serving size and it should equal, or come close to, the total volume of the package.
- **Total fat:** This line tells you how many grams of fat are in one serving. If a product is labeled low-fat, it will have 3 grams or less per serving. Aim for 2-3 grams per serving, or 20-30 grams of fat per day.
- **Cholesterol:** Only animal products have cholesterol. If there is any cholesterol (anything other than 0 grams) you can assume the food has some sort of animal product in it.
- **Fiber:** Look for minimally processed, high-fiber foods. Aim for 40+ grams of fiber per day.
- **Sugar:** Look for foods that have 6 grams of sugar or less.
- **Ingredients:** Ingredients are listed in order, starting with those found in the largest amounts, by weight, and progressing to those present in the smallest amounts. Here you can find out if a food contains eggs, milk, sugar, oils, or whatever else you want to avoid eating.
  - **Important:**
    - Casein, caseinate, lactalbumin, whey or whey solids, milk solids or low-fat milk solids are all derived from cow's milk.
    - Albumin comes from eggs.
    - Corn syrup, high-fructose corn syrup, fruit juice concentrate, maltose, dextrose, sucrose, honey, brown sugar, maple syrup, cane juice, and evaporated cane juice, are all forms of sugar.



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## Appendix 4: Healthy Dining-Out Tips

Vegan meals are everywhere. From cultural restaurants to your parents’ favorite American chain restaurant, a few simple tips will help you find tasty vegan vittles.

### Expand your Horizons: Cultural Dining

Cultural restaurants are chock-full of vegan options, and chances are, there are restaurants down the street from you that you have never noticed before. So the next time you’re meeting friends for dinner, suggest a cultural restaurant. Check out just a few of the typical meals you’ll find.

Restaurant	Staples	Sample Dishes
<b>Italian</b>	Pasta (wheat) Vegetables <ul style="list-style-type: none"> <li>• Tomatoes</li> <li>• Eggplant</li> <li>• Mushrooms</li> <li>• Onion</li> </ul> Soups	Pasta primavera Grilled eggplant with marinara sauce Minestrone (with white beans and pasta)
<b>Mexican</b>	Beans Rice Tomatoes Corn Tortillas Salsa	Rice and beans burrito Soft tacos with beans and vegetables Taco salad with beans and rice and all the vegetables Vegetarian fajita
<b>Chinese/ Vietnamese</b>	Fresh vegetables Tofu Rice Noodles	Mixed vegetables in garlic sauce over brown rice. Tofu and broccoli in black bean sauce Sweet and sour soup with tofu (ask for low oil)
<b>Middle Eastern</b>	Whole grains <ul style="list-style-type: none"> <li>• Couscous</li> <li>• Bulgur</li> <li>• Pita bread</li> </ul>	Hummus with whole wheat pita bread Falafel Tabouleh Filfil Rumi Mahshi (stuffed green peppers) Mujadarra (lentils and rice)

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	<ul style="list-style-type: none"> <li>• Rice</li> </ul> <p>Vegetables</p> <ul style="list-style-type: none"> <li>• Eggplant</li> <li>• Zucchini</li> <li>• Peppers</li> <li>• Tomatoes</li> </ul> <p>Lentils Chickpeas</p>	Dolmas (grape leaves stuffed with bulgur)
<b>Thai</b>	<p>Fresh vegetables Tofu Rice Rice noodles Spring rolls Soups</p>	<p>Vegetarian pad thai Fresh spring rolls Lemongrass soup (ask for low oil)</p>
<b>Japanese</b>	<p>Vegetable sushi Udon and soba noodles Seaweed Tofu and miso</p>	<p>Cucumber, asparagus or gourd rolls Miso soup Seaweed salad Edamame (whole soy beans) Sesame soba noodles</p>
<b>Ethiopian</b>	<p>Lentils Vegetables</p> <ul style="list-style-type: none"> <li>• Potatoes</li> <li>• Cabbage</li> <li>• Collards</li> <li>• Tomatoes</li> </ul> <p>Injera (flatbread)</p>	<p>Yemiser W'et (spicy lentil stew) Yatkilt Alitcha (cabbage, potatoes, carrots and onions) Timatim Fitfit (fresh salad of chopped tomatoes and onion) Yeabesha Gommen (yummy collard greens)</p>

## Dining Vegan: American Style

While cultural options are likely the easiest, a few simple tips can help you to enjoy vegan food in your favorite American-style restaurants.

### 1. Look for vegan options.

- Salads
- Vegetable soups

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- Pasta with marinara sauce
- Steamed vegetable side dishes

**2. “Veganize” menu items.** Many items on the menu are already vegetarian and can be made vegan by simply leaving off eggs, cheese, or other dairy products.

- Bean burrito: Hold the cheese and sour cream, and add extra rice, beans, or salsa.
- Bean chili: Hold the cheese.
- Pizza or calzone: Hold the cheese and pile on extra veggies.
- Salads: Ask for without cheese and substitute Italian dressing or balsamic vinegar for creamy dressings.

**3. Help, I’m stuck at a steakhouse!** If you find yourself at a restaurant where no vegan options already exist, simply talk to your server and ask the chef to create something for you. Most restaurants will have the basic staples on hand to make you a tasty, healthful meal. You can also call ahead of time if you know where you’ll be heading. Items that can easily be created include:

- Green salad with beans and vegetables
- Beans and rice
- “Potato scramble” with cubes of potato and vegetables instead of a scrambled egg or omelets
- Steamed vegetable platter
- Veggie fajitas
- Cucumber, lettuce, tomato, and sprout sandwich
- Mushroom “burger” with a Portobello mushroom (or regular mushrooms), lettuce, tomato and onions

**4. Order ahead for special occasions.** At some point we all face the work-function buffet or catered conference event. In most instances, simply calling ahead will provide the caterers ample time to prepare something to your liking. If ALL else fails and they cannot take special requests, eat a little ahead of time, or smuggle a few portable items into the event. You will likely still find fresh veggies, bread or salad to much on and remain social.

## The All-American Chain Restaurant

The tips above should help you order at any chain restaurant, however, here are a few we’ve already checked out.

- **The Wrap:** Teriyaki tofu wrap/bowl, beans and rice burrito (hold the cheese)
- **Chili’s:** Ask them to make you fajitas with grilled vegetables and rice with a side of beans. Other options include a dinner salad and the Guiltless Tomato Basil Pasta.
- **Papa John’s:** Veggie pizza (hold the cheese)
- **California Pizza Kitchen:** Veggie calzone (hold the cheese)
- **Houston Steak House:** Amazing veggie burger (hold the cheese)
- **Ruby Tuesdays:** Huge salad bar loaded with fruits and vegetables. They also have a veggie burger (hold the cheese).

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- **Fuddruckers:** Veggie burger (hold the cheese)
- **Johnny Rockets:** Steamliner Veggie Burger (hold the cheese)
- **Don Pablo's:** Portabella Mushroom and Vegetable Fajitas
- **Baja Fresh:** Vegetarian Bare Burrito or Grilled Veggie Tacos (hold cheese on both)

## Fast Food

While fast food is not the healthiest option, sometimes it's just inevitable. If you're stuck on a long road trip or caught with only five minutes to spare before your meeting, there are vegan options available at many of the fast food joints.

- **Burger King:** Veggie burger (hold the cheese, hold the mayo)
- **Taco Bell:** Bean burrito (hold the cheese and sour cream)
- **Chipotle:** Beans and rice burrito (hold the guacamole, hold the cheese and sour cream)
- **Subway:** Veggie Delite sub (hold the cheese, hold the mayo, light on the oil). OR Veggie Delite salad.
- **Blimpie:** VegiMax, (hold the cheese and mayo, hold the oil)

## Find a Vegetarian Restaurant Anywhere!

Traveling? Check out these websites to help locate vegetarian restaurants near you, or worldwide!

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## Appendix 5: Cooking without ...

**Eggs:** If a recipe calls for just one or two eggs, you can often skip them. Add a couple of extra tablespoons of water for each egg eliminated to balance out the moisture content of the product. Use tofu to make scrambled eggs.

1 egg equals:

- 1/2 mashed banana
- 1/4 cup blended Silken tofu or 1 ounce of mashed low-fat tofu
- 1 teaspoon flax plus 1/4 cup water, well blended
- Ener-G Egg Replacer: Egg replacers are egg-free and are usually in powdered form. Make sure not to confuse egg replacers with Egg Beaters—Egg Beaters contain egg.
- 1 tablespoon soy flour or cornstarch plus 2 tablespoons water to replace each egg in a baked product.

**Meat:** There are lots of options for plant protein sources. Some tried-and-true, some new!

- Beans
- Tofu
- Tempeh
- Seitan
- Meat analogues such as Gardenburgers, Gimme Lean sausage, tofu dogs, etc.

**Milk:** Use nondairy alternatives in a one-to-one ratio just as you would use milk. All brands and types have different flavors, so experiment to find the ones you enjoy the most. Make sure you use plain milks for soups and savory dishes.

- Soymilk, rice milk, almond milk, and oat milk
- Water, in baking recipes, provides a calorie free moistener.

**Cheese:** A solution is to just leave it out.

- Put more vegetables in your dish or add some beans or baked tofu instead of cheese.
- Nondairy cheese: Some nondairy cheeses contain dairy ingredients such as whey and casein. Make sure to avoid these.
- Instead of parmesan, sprinkle nutritional yeast on popcorn, salads, or pasta for a cheesy flavor.

**Oil:** The extra fat is not necessary for great taste.

- Applesauce in a one-to-one ratio for any oil used in baking.
- For sautéing, use water or vegetable broth.
- Spray oils help limit the fat while providing a nonstick surface.

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## Quick Fiber Check

The Quick Fiber Check is a handy little tool. Using its simple scoring concept, which takes only a minute or two to learn, you'll automatically be able to estimate the fiber content of virtually everything in the grocery store.

To check your own meals, write down everything you ate or drank for one full day on this form. Now, next to each food, jot in its fiber score, using the following guide:

**Beans:** For each serving of beans or lentils (one serving = one half cup) or any food that includes about this amount of beans or lentils as an ingredient, mark 7. One cup of soy milk or one-half cup of tofu rates 3.

**Vegetables:** For each serving of vegetables (one serving = one cup), mark 4. An exception is lettuce, for which one cup scores 2. A potato with skin scores 4; without the skin, it scores 2.

**Fruit:** For each medium piece of fruit (e.g., apple, orange, banana, one cup of apple sauce, a banana smoothie), mark 3. For one cup of juice, mark 1.

**Grains:** For each piece of white bread, bagel, or equivalent, score 1. Whole grain breads score 2. One cup of cooked pasta scores 2. One cup of rice scores 1 for white and 3 for brown. One cup of cooked oatmeal scores 4. Score 3 for typical ready-to-eat cereals, 1 for highly processed and colored cereals, and 8 for bran, or check package information.

**Meat, poultry, or fish:** Score 0. Animal products do not contain fiber.

**Eggs or dairy products:** Score 0.

**Sodas, water:** Score 0.

## Interpreting Your Quick Fiber Check Score

**Less than 20:** You need more fiber in your diet. As it is, your appetite will be hard to control, and you may have occasional constipation. Boosting fiber will help tame your appetite and can cut your risk of many health problems.

**20-39:** You are doing better than most people in Western countries, but as you bring more fiber into your diet, you will find that it makes foods more satisfying and cuts your calorie intake a bit.

**40 or more:** Congratulations. You have plenty of healthy fiber in your diet. It tames your appetite and helps keep you healthy. Fiber also reduces your risk of cancer, heart disease, diabetes, and digestive problems.



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## Menu Planning Form

**Breakfast:**

**Lunch:**

**Snack:**

**Dinner:**

**Other:**



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## Vegan-Friendly Grocery Store Tour

### *Focusing on Fiber: Aim for 40 Grams of Fiber Per Day*

**Produce:** Choose whole fruits and vegetables. Wash well and eat the skin.

**Vegetables.** Many vegetables are a wonderful source of fiber with 1 serving of vegetables having approximately 4 grams of fiber. A serving is either 1 cup cooked and raw vegetables or 2 cups raw leafy greens. Have at least 3 servings a day.

- Artichokes, 1 medium, raw 7 grams
- Broccoli, 3 medium spears, raw 3 grams
- Carrots, 1 medium, raw 2 grams
- Corn, sweet, 1 large ear, raw 4 grams
- Cucumber, 1 medium, raw 3 grams
- Green beans, 1 cup, chopped 4 grams
- Pumpkin, 1 cup, mashed 3 grams
- Zucchini, 1 large, raw 4 grams

**Fruit.** Remember that you get less fiber from orange juice than from an orange. In general, less processing equals more fiber. One serving of fruit generally has 3-4 grams of fiber with 1 serving being 1 piece of medium-sized fruit, 1 cup, or 1/2 cup dried fruit. Have 2 or more servings a day.

- Apple, 1 medium 5 grams
- Banana, 1 medium 4 grams
- Blackberries, 1/2 cup, raw 4 grams
- Grapefruit, 1/2 medium 6 grams
- Orange, 1 medium 3 grams
- Pear, 1 medium 4 grams
- Raspberries, 1/2 cup fresh 4 grams
- Try dried fruits like apricots, dates, dried plums, raisins, and cranberries. They have just as much fiber as their fresh counterparts. Remember though that these often have a higher glycemic index.

Try some fruits and veggies you've never tried before:

- Roma tomatoes
- Clementines
- Baby carrots
- Portobello mushrooms
- Spring mix in a bag
- Radicchio
- Fresh herbs like dill, watercress, cilantro

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- Endive
- Collard greens

**Eating the Rainbow.** The bright colors you see in the produce aisle represent the different phytochemicals (plant chemicals) that provide unique benefits to your health.

**Cruciferous vegetables.** These are cancer-fighting veggies:

- Broccoli
- Cabbage
- Cauliflower
- Brussels sprouts

## Peppers

- High in vitamin C
- Spicy ones are high in capsaicin, a phytochemical that gives peppers spice. It also may work as a painkiller and an immune booster.
- Red bell peppers are just ripe green peppers and contain 2 times the amount of vitamin C of a green pepper.
- To make delicious fajitas, stir-fry sliced green and red peppers with sliced onions in vegetable broth. Season with fajita seasoning, and wrap in a tortilla.

## Greens

- Eat your greens! The darker the better.
- Most dark leafy greens contain close to 100 micrograms of folic acid in just one cup raw (the daily recommendation is 400 micrograms).
- Add fresh spinach to pastas and soups or as a lettuce replacement in salads and sandwiches.

## Fruits

- Grapes
- Plums
- Strawberries
- Kiwis
- Apples
- Dates
- Figs
- Prunes

## Questions

1. What fresh herbs are available?
2. Identify 2 fruits and 2 vegetables that you have never tried.
3. Is there an acceptable nondairy cheese?

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4. Does this store carry any meat analogues?
  5. Which ones are best for a low-fat, vegan diet?
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## **Bakery:**

- Choose pumpernickel or rye bread.
- Try corn and flour tortillas. Bake these for homemade, fat-free tortilla chips. Use baked chips with dips or as a snack.
- Use whole-wheat pita bread.
- Use baked tortilla chips with dips or as a snack.

## **Questions**

1. Are the rye and pumpernickel breads vegan and low-fat?
  2. How about the tortillas (flour and corn)?
- 

## **Canned Goods**

Good choices include:

- Canned black, red, or white kidney, garbanzo and navy beans and split peas.
- Soups containing legumes or a variety of vegetables—look for low-sodium versions.
- Canned vegetables—look for low-sodium versions.
- Read the ingredients carefully watching for animal additives like chicken broth or milk.

## **Questions**

1. Find 2 salad dressings with less than 2 grams of fat per serving.
  2. Find 2 jars of tomato sauce with the ideal ingredients.
  3. Check the labels of the soups to see the variety available.
  4. Check the labels of canned beans for salt.
  5. Can you find vegan refried beans and vegan baked beans?
- 

## **Dried Goods**

- Experiment with dried beans and peas, such as pinto beans and lentils.
- Try whole-wheat or brown rice mixes or dried soup mixes with vegetables, lentils, dried beans, or herbs.
- Quinoa, bulgur, cracked wheat, barley, oat, wheat berry, and other whole-grain mixes are also available in the bulk section.
- Brown or wild instant rice may also be available.

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- Look for whole-wheat, spinach, red pepper, flax, and/or buckwheat-based pastas.
- Cereals
  - Know which cold cereals have low-GI, e.g., All-Bran and low-fat muesli varieties. There aren't many!
  - Oatmeal is always a good bet. Use slow-cooking, Irish, or steel-cut oats.

## Refrigerated Case

- Hummus, tabbouleh, and other bean and lentil-based salads and dips are generally available in the refrigerated case. Watch for the fat content of these foods. Sometimes buying the ingredients and making your own with very little oil can be the safest (and cheapest) route.
- Tofu, tempeh, and meat alternatives are usually available in the dairy case—these items have more fiber than their nonvegetarian counterparts. Look for products with lower sodium and choose low-fat.
- Soymilk and rice milk have small amounts of fiber, but more than cow's milk, and have none of the cholesterol found in all animal milks. Choose low fat and low added sugar.

## Questions

1. What types of nondairy milks does this store have available?
  2. Which aisles can you find these dairy alternatives?
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## Frozen Foods

- Look for frozen fruits and berries to add to cereals, desserts, and sauces. This can be a convenient and cheaper way to have access to bright, antioxidant-rich berries all year round.
- Vegetables and vegetable mixes are another easy way to add fiber to your day.
- This may be a good place to find whole-wheat pitas and tortilla breads.
- Frozen single or family-sized vegetarian meals are convenient and fiber-rich. Label reading comes in handy with these choices.
- A wide variety of veggie burgers are available and provide anywhere from 2-8 grams of fiber per patty. Again, check the label for hidden animal ingredients like egg whites and cheese (often used as binders).

## Questions

1. Are there any frozen vegan meals?
  2. Which brands look best?
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## Salad Bar

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## Questions

1. What looks best at the salad bar?
2. What would you avoid?