

# Facilitator's Guide



FRESH  
CONVERSATIONS



Volume 8, Issue 6

## Paint your plate with color!

### Background Information (optional):

- [Harvard Health: Phytonutrients](#)
- [Maximizing Nutrients and Phytonutrients](#)
- [UnityPoint Make Your Plate Colorful](#)
- [Phytonutrient Graphic](#)
- [Nutrition.gov -Phytonutrients](#)
- [Fruitsandveggies.org "What are Phytonutrients?"](#)
- [What you need to know about Dietary Supplements](#)

### Behavior Goals

1. Participants will understand the link between decreased chronic disease risk and phytonutrient-rich fruit and vegetable intakes.
2. Participants will understand the importance of strength training and ways to incorporate it into their workout.
3. Participants will be able to voice two ways to increase their consumption of fruits and vegetables.

### Meeting Preparation:

1. Review the newsletter. Send questions or concerns to your coordinator.
2. Review the background resources (website links are provided above).
3. Choose one of the recipe options. Make the recipe at least once before the meeting. Write down helpful hints for the group. If virtual, have ideas on what to share about the recipe you tried.
4. Determine how to transport and taste featured food tasting.

*Continued on page 2*

The suggested wording for the presentation is in regular font and the facilitator directions are in ***bold, dark red italic.***

It's best not to read the presentation, but to use your own words, staying close to the meaning.

## Meeting Preparation:

5. If the meeting is virtual, prepare ideas for how to engage participants in the recipe making process.
  - a. Prepare a grocery list for the recipe chosen that can be sent with newsletter for participants to purchase
  - b. Demonstrate recipe on video and direct participants to the recipe in the newsletter.
  - c. If conference call: create a conversation about the recipe: serving size, freezing instructions, tips, discussion on ingredients, nutrition etc.

## Props:

1. Paper and Pen for participants
2. Picture of MyPlate
3. Optional: 1 cup serving container, fruit and vegetables to display 1 cup servings

## Conversation

Welcome to Fresh Conversations! At our last meeting, we talked about cooking for a smaller household and some of the ways to increase your efficiency in the kitchen. Did anyone find a recipe online or in your cookbook that you divided to make smaller?

***Facilitator can share an example of a recipe that you made less servings of.***

How about any planned-overs that you repurposed into a different meal?

***Facilitators allow time for participants to share any meals that they used the leftovers for a different meal. Maybe using extra taco meat for spaghetti the next day or extra spaghetti noodles for a stir fry.***

## Introduction

Today, we are going to talk about something a little more colorful - fruits and vegetables! Summer is the perfect time to focus on increasing your fruit and vegetable intake. Many different fruits and vegetables are in season during the spring/summer and can be less expensive at the grocery store. Summer is also a great time for farmers markets. What are your favorite produce items to buy at the farmers market? How about your favorite fruits or vegetables to buy in the summer at the grocery store?

***Allow time for participants to answer. Share what your favorite fruits and vegetables are in the summer.***

Most of us know that fruits and vegetables are an essential part of a healthy diet, but let's go a little deeper into that. The real key to these foods is the color. Getting a variety of different colors of fruits and vegetables can give you the most bang for your buck!

***There is a Senior Farmers Market Program that could be available in your area to participate in. Contact your local area agency on aging. Optional: Facilitators can look up where the nearest Senior Farmers Market Program is for participants.***

## Discussion

Let's start with a little trivia.

**Ask participants to hold up fingers: 1, 2, 3 or 4**

1. How long does it take for asparagus to go from a tiny black seed to a plant ready to be harvested?
  1. 2 months
  2. 1 year
  - 3. 3 years**
  4. 5 years
2. What is the edible portion of a pomegranate called?
  - 1. Arils**
  2. Cheeks
  3. Fruit
  4. Pips
3. When is the peak season for oranges and tangerines?
  1. Summer
  2. Winter
  - 3. Fall**
  4. Spring
4. What is the peak season for cauliflower?
  1. Summer
  2. Winter
  - 3. Fall**
  4. Spring
5. What state produces the most peaches in the U.S.?
  - 1. California**
  2. Georgia
  3. South Carolina
  4. Iowa
6. What fast food restaurant offered a burger in the UK that included brussels sprouts in 2010?
  1. McDonald's
  2. Wendy's
  - 3. Burger King (It was called the "Sprout Surprise Whopper")**
  4. In and Out Burger

One more piece of fun trivia for you - Did you know that you can grow a pineapple by twisting the crown off, allow it to dry for 5-7 days, and then plant it?

Now that we had a little fun with fruit and vegetable trivia, let's talk a little bit more about fruits and vegetables. Has anyone heard the phrase "eat the colors of the rainbow"? Does a candy commercial first come to mind? This phrase actually points to the benefits of a variety of colors in fruits and vegetables in your diet. Colorful fruits and vegetables contain something called phytonutrients. Phytonutrients are responsible for giving different fruits and vegetables their deep colors. So why is this important for us? Studies have linked a higher intake of these phytochemical rich fruits and vegetables to a lower risk of cancer.

Sometimes nutrition recommendations can feel negative at times, such as taking foods out of our diet. It's best to focus on foods we can add into our diet that may have beneficial effects.

When you focus on adding healthier foods to your diet, the less desirable foods take a backseat because you no longer have room for them!

So how many fruits and vegetables do we really need in our diet? According to the Dietary Guidelines for Americans 2020, the recommendation is 2-3 cups of vegetables and 1 ½ cup - 2 cups of fruits per day. These guidelines break down recommendations for how many cups of dark green vegetables and red/orange vegetables per week. Again, showing the importance of getting a variety of colors in your diet!

For most of us, hitting these targets definitely takes some strategy. Let's practice!

***With a piece of paper and referring to page 2 of the newsletter, try to plan 1 meal and 1 snack. Your goal will be to have 2-3 colors, while also getting the recommended 1.5 - 2 servings of fruits or vegetables in the 1 meal and 1 snack. Reminder that you need a total of 3 cups of veggies and 2 cups of fruit in a day. Also another reminder is that you need 2 cups of leafy salad greens to count for 1 cup of vegetables.***

***Allow time for participants to write down their 1 meal and 1 snack.***

Does anyone want to share theirs?

***If no one is interested in sharing, share your own example - Breakfast: Oatmeal with 1/2 cup blueberries, 2 eggs, 1 yogurt with ½ cup raspberries. Lunch: Deli Meat Sandwich (Whole Wheat bread, 2 oz roast beef, 1 slice cheese, ½ cup onions, ½ cup tomato, 1 cup spinach), 1 apple, ½ cup cottage cheese, 1 oz chips. Snack: 1 mozzarella string cheese, 1 cup carrots; Supper: Chicken Stir Fry (3 oz chicken, ½ cup mushrooms, ½ cup Yellow & Red Peppers, ½ cup broccoli, ½ cup brown rice), 1 egg roll, 1 glass of milk)***

Another way to visualize the recommendation is from MyPlate of ½ of your plate being fruits and vegetables.

***Show a picture of the myplate.***

Now that we know it takes some planning to get those fruits and veggies in, let's talk about some expert tips. Let's refer to page 3 with the "Tips and Tricks" article.

***Have participants volunteer to read through each bullet point or read through them yourself as the facilitator.***

***Optional: Visualize what 1 cup of a fruit and 1 cup of a vegetable looks like.***

***Show a 1 cup serving container with your produce of choice. Examples: broccoli, grapes, strawberries, or peppers. For leafy greens, you could show what 2 cups looks like. Reminder that 1 banana would equal 1 cup and a small apple would equal 1 cup.***

Although it may take some intention and strategy to eat more of a variety of colors of fruits and vegetables, try to keep it simple. When you are shopping and you have all of the same color, maybe go back around and see if you can add more color to your produce options. Don't be afraid to look in the frozen aisle either! You will be eating all of the colors of the rainbow in no time!

### Physical Activity:

Last month we talked about low-impact activities, what did everyone do?

***Facilitator be prepared to give an example of what low-impact activities you enjoyed during the last few weeks.***

A few months ago we discussed the Physical Activity Guidelines for Americans. The cardiovascular guidelines of 150 minutes a week tend to get most of the attention. But the guidelines also include recommendations for strength training. If your workout doesn't include strength training, you're missing out. Strength training helps ward off age-related muscle loss, keeps your bones strong, promotes mobility, prevents falls, and combats depression and cognitive decline.

Shout out some words that come to mind when you think of strength training.

- ***Strong***
- ***Stamina***
- ***Balance***
- ***Power***
- ***Muscles***
- ***Energy***

***Some of the participants might share things like scary, intimidating, not for me, etc. Those are okay too!***

Our muscles need to be used to keep them strong. And we need our muscles to be strong so we can retain our muscle mass and bone density which helps combat weakness, frailty and keeps our independence.

The benefits of physical activity generally outweigh the risk of adverse outcomes or injury. It is important to take things slow, and gradually increase what and how much you are doing. It is important to note that strength training on the same muscle group should not be done on consecutive days of the week. When starting small that can be mean time (10-15 minutes), lightest weight possible (or only using body weight), and most importantly listening to your body.

If you're sore afterward, wait until the soreness is gone before your next session. Take that into consideration, and adjust your session accordingly.

Unsure where or how to get started? Try basic body-weight exercises like squats, wall push-ups, and toe stands. All require just your body! A great resource for beginners is Iowa State University Extension and Outreach. Their Spend Smart, Eat Smart page has a short, online video to guide you through a beginner strength-training session. It can be found on their web site and is 18 minutes long.

[https://spendsmart.extension.iastate.edu/video/at-home-workout-beginner-strength-training/#video\\_player](https://spendsmart.extension.iastate.edu/video/at-home-workout-beginner-strength-training/#video_player)

***Facilitators can show portions of the video to participants. The video begins with a warm up, fast forward to the strength-training demonstration that begins at the 3:40 mark. Show a couple of exercises to participants.***

Ask if anyone has any reactions to the video. Does this seem reasonable to try out in the next month?

## Tasting Activities:

### 1. Cheesy Pasta with Summer Vegetables (Preferred)

- a. You can use any types of vegetables you enjoy or have extra of in the garden. If you don't have fresh, you can use thawed frozen vegetables.
- b. You can add a protein to this dish such as cooked beans, meat, or even fish such as canned tuna.
- c. If you are wanting to reduce your sodium intake, you could use garlic powder instead of garlic salt.
- d. You can use any leftover noodles you may have.
- e. Canola oil is perfect for searing, frying, browning, or roasting. It has a smoke point of 400 degrees F. Vegetable oil is the best bet for deep-frying, with a smoke point between 400 - 450 degrees F.
- f. One serving of this provides 5 g fiber!

### 2. Easy Roasted Veggies

- a. <https://spendsmart.extension.iastate.edu/recipe/easy-roasted-veggies/>
- b. This recipe is more of a side dish - using many different types of vegetables.
- c. Try using thyme, basil, or rosemary in place of dried Italian seasoning.
- d. Cook time depends on the size of the vegetable pieces. Larger pieces might take longer to cook. Line the baking sheet with foil to save on clean up time!
- e. This could be served warm or cold, whichever you prefer!

## Take Action

Pick a day and time to watch and try Iowa State University Extension and Outreach's beginner strength-training session.

Find one fruit or vegetable in the store or local farmers market that you have never tried before and try it. Try to pick from a color category that you don't eat much of.

Try to eat one additional serving of a fruit or vegetable each day.

## Trivia Sources

[Asparagus](#)

[Seasonal Produce Guide](#)

[Peaches](#)

[Burger King](#)

[Pineapple Growing](#)

[Pomegranate](#)