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Every Little Step Counts Diabetes Prevention Program (ELSC-DPP) was developed through a partnership between Arizona State University (ASU), St. Vincent De Paul Virginia G. Piper Medical and Dental Clinic, and the Lincoln Family Downtown YMCA. The project was funded by the ASU Southwest Interdisciplinary Research Center through a grant from the National Institutes of Health, National Center on Minority Health and Health Disparities (P20MD002316). For more information, contact Elva Hooker, RDN, CSCES (ehooker@svdpaz.org).

These materials are a part of the Compendium of Culturally and Linguistically Tailored Resources for Type 2 Diabetes Prevention, assembled by NORC at the University of Chicago under contract with the Centers for Medicare & Medicaid Services Office of Minority Health.

Assessment/Evaluación

How ready are you to make changes? Circle from 1-10

Qué tan listo está para hacer cambios? Ponga un círculo del 1-10

1 2 3 4 5 6 7 8 9 10

Not ready.....Somewhat ready.....Very ready

No estoy listo.....Estoy un poco listo.....Estoy muy listo

Name/Nombre _____ Date/Fecha _____

Child/Niño (a) Mom/Mamá Dad/Papá Other/Otro _____

Assessment/Evaluación

How ready are you to make changes? Circle from 1-10

Qué tan listo está para hacer cambios? Ponga un círculo del 1-10

1 2 3 4 5 6 7 8 9 10

Not ready.....Somewhat ready.....Very ready

No estoy listo.....Estoy un poco listo.....Estoy muy listo

Name/Nombre _____ Date/Fecha _____

Child/Niño (a) Mom/Mamá Dad/Papá Other/Otro _____

Agreement/Contrato

- **I will attend all classes and health evaluations**

Asistiré a todas las clases y evaluaciones de salud

- **I will have fun! Ask Questions! Participate!**

¡Divertirme, hacer preguntas y participar!

- **I will complete take home assignments and bring my folder everyday**

Completare mis tareas en casa y traer mi folder a cada clase

- **I will eat well every day, including breakfast every morning**

Comeré saludable todos los días, incluyendo el desayuno diariamente

- **I will be physically active every day**

Seré físicamente activo(a) todos los días

- **If I cannot attend a class or health evaluation, I will call to cancel**

Si no puedo asistir a clase o a una evaluación de salud llamaré a la clínica para cancelar

Child Signature/
Firma del Niño

Printed Name/Nombre

Date/Fecha

Parental Signature/
Firma del Padre

Printed Name/Nombre

Date/Fecha

Health Educator Signature/
Firma de Promotor(a)

Printed Name/Nombre

Date/Fecha

Personal Goal(s): Check 2-3 things you want to work on weekly until Class 6

By Class 6, I will feel better about myself because I:

- ___ Eat 3 meals a day at least ___ times per week
- ___ Eat vegetable and fruits ___ times per day
- ___ Choose healthy snacks ___ times per week
- ___ Each time I have negative thoughts and feelings, I will think and speak positive thoughts about myself ___ times per day
- ___ Limit the use of TV/Cell/Comp to ___ hrs. per day
- ___ Help family with cooking or shopping ___ times per week
- ___ Increase exercise time to ___ hrs. per day
- ___ I will sleep ___ hrs. per day
- ___ I will limit junk food (soda, chips, candy) to ___ times per week

Other:

___ I will _____ times per week or day

___ I will _____ hrs. per day or ₂₃ week

Classes

- Class No. 1: Getting Started
- Class No. 2: Health Awareness
- Class No. 3: Roles and Responsibilities
- Class No. 4: Keep it Moving
- Class No. 5: How Sweet are You?
- Class No. 6: Champions in Eating
- Class No. 7: Slim the Fat
- Class No. 8: Fast Food
- Class No. 9: Snack Attack
- Class No. 10: Stay Strong
- Class No. 11: Self-Esteem
- Class No. 12: Balancing Act
- Lab Exams

Every Little Step Counts

Schedule for Classes/Horario de Clases

ELSC - C.H.I.L.D.

Name/Nombre: _____

Class 1, date: ___/___/___

(Clase) (Fecha)

Class 2, date: ___/___/___

(Clase) (Fecha)

Class 3, date: ___/___/___

(Clase) (Fecha)

Class 4, date: ___/___/___

(Clase) (Fecha)

Class 5, date: ___/___/___

(Clase) (Fecha)

Class 6, date: ___/___/___

(Clase) (Fecha)

Class 7, date: ___/___/___

(Clase) (Fecha)

Class 8, date: ___/___/___

(Clase) (Fecha)

Class 9, date: ___/___/___

(Clase) (Fecha)

Class 10, date: ___/___/___

(Clase) (Fecha)

Class 11, date: ___/___/___

(Clase) (Fecha)

Class 12, date: ___/___/___

(Clase) (Fecha)

Lab Exams: ___/___/___

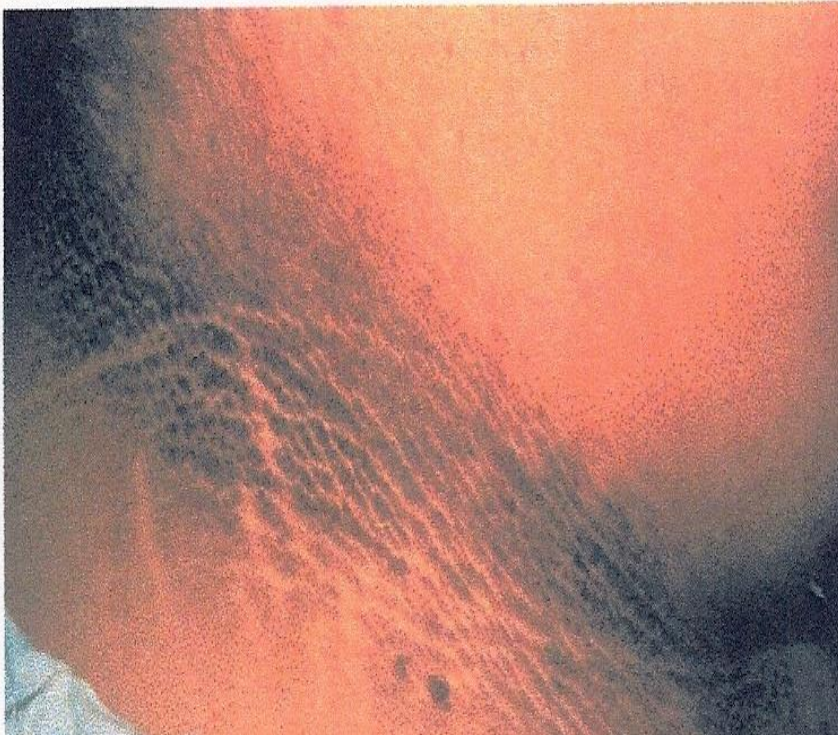
Evaluación de salud

Follow-Up: ___/___/___

Cita de seguimiento

Acanthosis Nigricans - Neck

Texas-Mexico Border Diabetes Registry Project from Edinburg, TX



BMI Growth Chart (Handout 2)

HeartPrint™

HSK

DOB: 2/14/1995

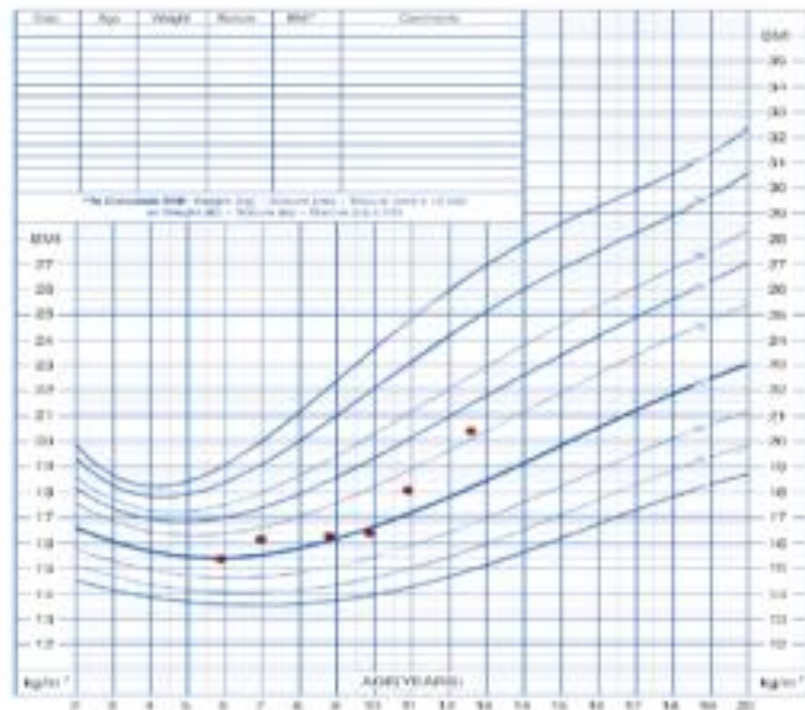
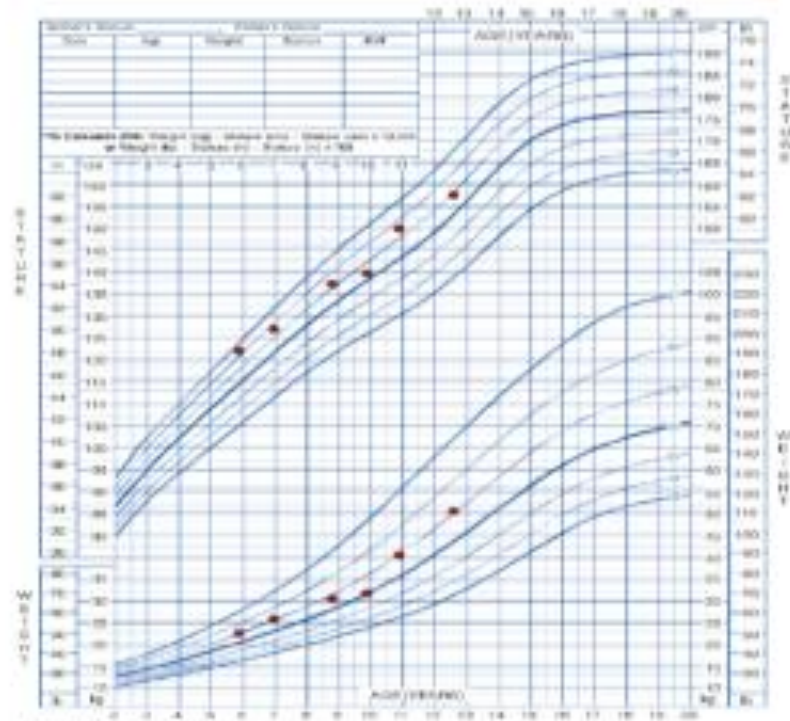
Initials: TMC

Patient ID: 1387

10/20/2007 12:6PM

Age: 12 Years, 8 Months
Height: 62in/157cm (68%)
Weight: 111 lbs/50...kg (75%)
BMI: 20.3 (76%)
Weight for BMIS: 117 lbs/
53...kg
BP: 110/80
BP for 90%: 123/77

Family History: 1
Smoking: No
Sedentary: 1
Activity: 3 hour(s)
Breakfast: 6/week
Beverages: 12oz
Milk: 3 cups (1%)
Eats Out: 3/week
Junk Snacks: 2/day
Fruits/Vegetables: 4times



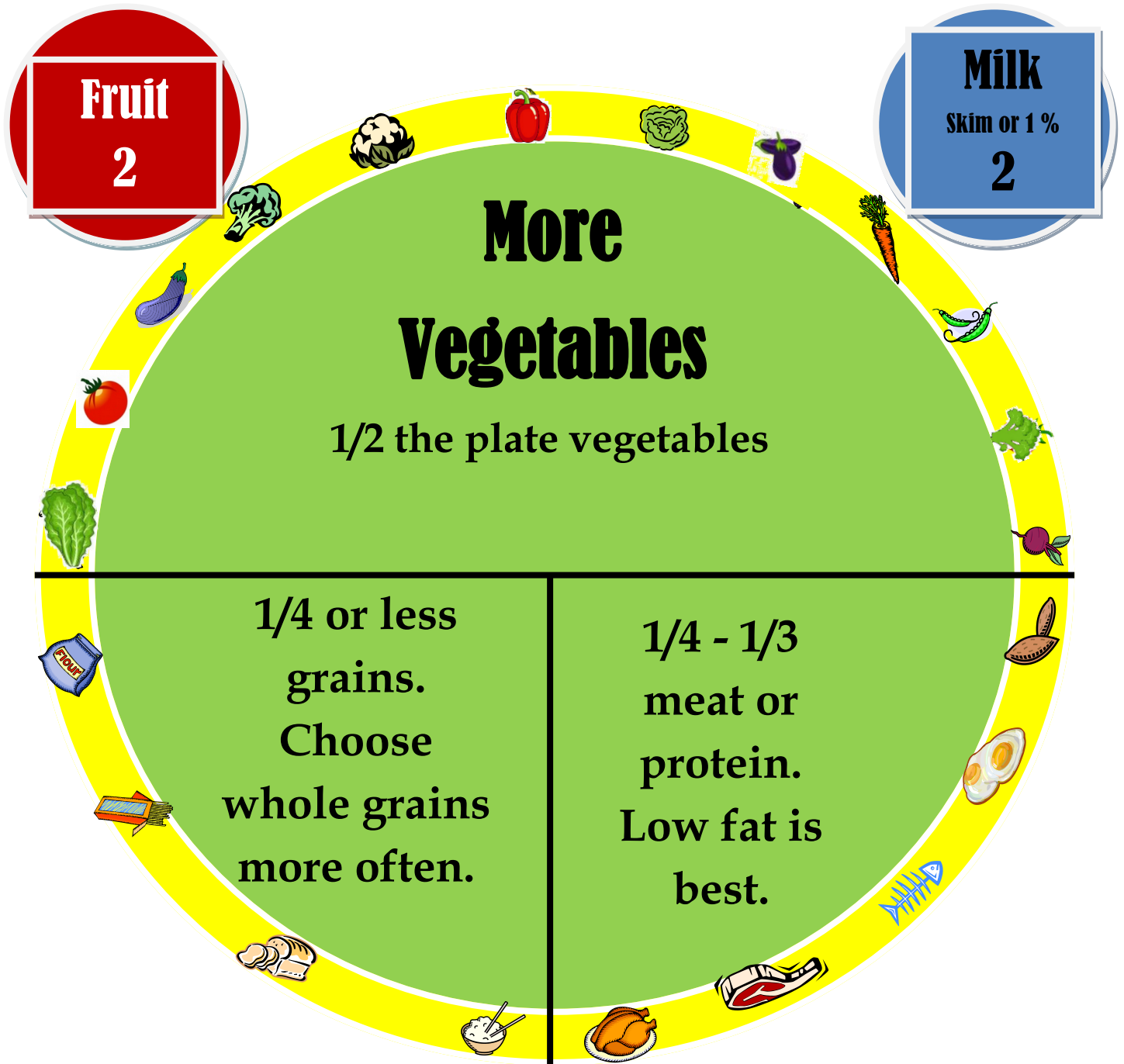
Lab Evaluation

Labs	Target Values	My Labs
Total Cholesterol	< 170	
HDL Cholesterol	> 45	
LDL Cholesterol	< 110	
Triglycerides	< 90	
Fasting Glucose (Blood Sugar)	< 100	
2 Hr OGTT Glucose	< 140	

Evaluación de Resultados

Laboratorios	Mis Objetivos	Mis Niveles
Colesterol total	< 170	
Colesterol HDL	> 45	
Colesterol LDL	< 110	
Triglicéridos	< 90	
Glucosa en Ayunas (Azucar en la sangre)	< 100	
Prueba de Tolerancia a la glucosa oral	< 140	

Steps to Starting a Healthy Diet.



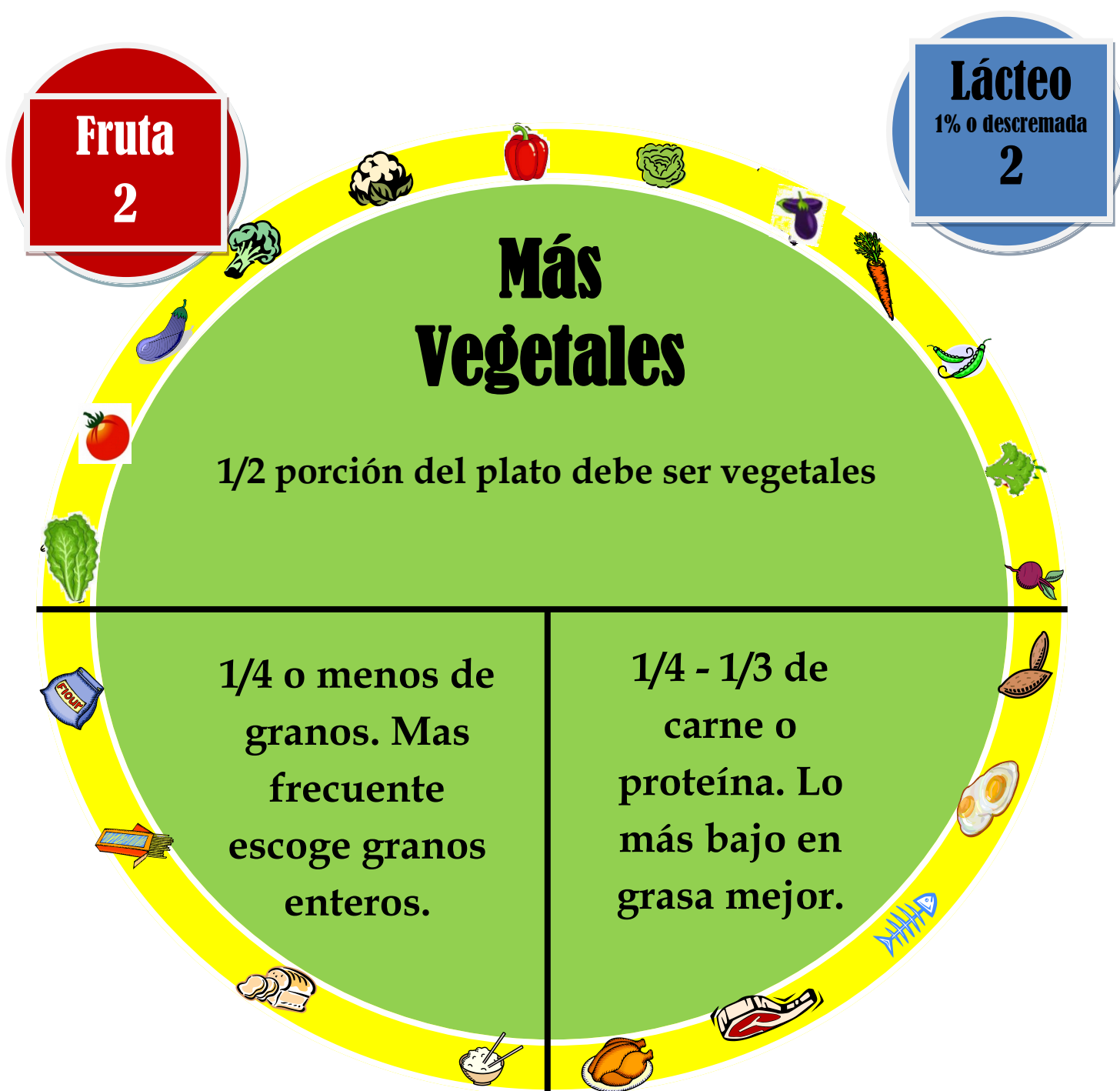
Now you can build your plate!!! Try these four simple steps to get started:

1. Fill the largest section with **whole vegetables and some fruits 1-2 times per day** such as:
 1. Green leafy vegetables like spinach, romaine lettuce, greens, cabbage
 2. green beans, broccoli, cauliflower, tomatoes, carrots, cucumber, beets
 3. oranges, apples, bananas, strawberries, pears
 4. papaya, guava, kiwi, mangos
2. Add in your **meat and protein**, use less fried and fatty foods by baking, broiling, and grilling instead:
 1. chicken or turkey without the skin
 2. fish such as tuna, salmon, cod, or catfish
 3. other seafood such as shrimp, clams, oysters, crab, or mussels
 4. lean cuts of beef and pork such as sirloin or pork loin
 5. eggs and low-fat cheese
3. Use less **grains and starchy foods** and small amounts such as:
 1. whole grain breads, high-fiber cereal or oatmeal
 2. rice, pasta, tortillas
 3. cooked beans and peas
 4. potatoes, corn, sweet potatoes
 5. low-fat crackers and air popped popcorn (fat-free)
4. During lunch or dinner, add an 8 oz glass of **non-fat or low-fat milk**. If you don't drink milk, you can add another small serving of low fat cheese.
 1. And a piece of fruit or a 1/2 cup fruit salad and you have your meal planned. Examples are fresh, frozen, or canned in water or frozen in light syrup or fresh fruit.

Notes

This is a simple and effective method. Creating your plate lets you still choose the foods you want, but changes the portion sizes so you are getting larger portions of non-starchy vegetables and a smaller portion of starchy foods. When you are ready, you can try new foods within each food category.

Pasos para empezar una alimentación saludable



¡¡¡Ahora puede construir su plato!!! Trate de usar los siguientes cuatro pasos para empezar:

1. Llene la porción más grande de su plato con **vegetales enteros y con algunas frutas** 1-2 veces al día, como:
 1. Vegetales verdes de hoja como espinacas, lechuga romana, o repollo
 2. Judías verdes, brócoli, coliflor, tomates, zanahorias, pepino, betabel
 3. Naranjas, manzanas, plátanos, fresas, peras
 4. Papaya, guayaba, kiwi, mangos
2. Añade **carne o proteína**, evite comida freída y grasosa al hornear o asar a la parrilla:
 1. Pollo o pavo sin piel
 2. Pescado como atún, salmón, cod, o catfish
 3. Otros mariscos como camarones, almejas, ostiones, cangrejo o mejillones
 4. Cortes de carne de res o puerco que son bajos en grasa
 5. Huevos o queso bajo en grasa
3. Use menos **granos o almidón** en porciones más pequeñas como:
 1. Pan de trigo entero, cereales altos en fibra, o avena
 2. Arroz, pasta, tortillas
 3. Frijoles o chicharos
 4. Papas, maíz, abas, camote
 5. Galletas o palomitas bajas en grasa y azúcar
4. Durante el almuerzo o la cena, añade una taza de 8 onzas de leche descremada o 1%. Si no bebe leche, puede añadir otra porción pequeña de queso bajo en grasa.
 1. Agregue un pedazo de fruta o ½ taza de ensalada de fruta y su plato está completo. Ejemplos: Fruta fresca, congelada, o enlatada en agua o poca miel.

Notas

Este método es una forma simple y efectiva, al crear su plato tiene la libertad de escoger las comidas que usted quiere, pero cambia los tamaños de las porciones que consume. Así come porciones más grandes de vegetales y porciones más pequeñas de almidón. Cuando esté listo puede tratar de integrar nuevas comidas en cada categoría.

Healthy on a Budget *Saludable en su Presupuesto*

What are we cooking?
¿Qué vamos a preparar?

What do we need? Assume that you have all the spices and seasonings
¿Qué necesitamos? Suponga que tienen las especias necesarias

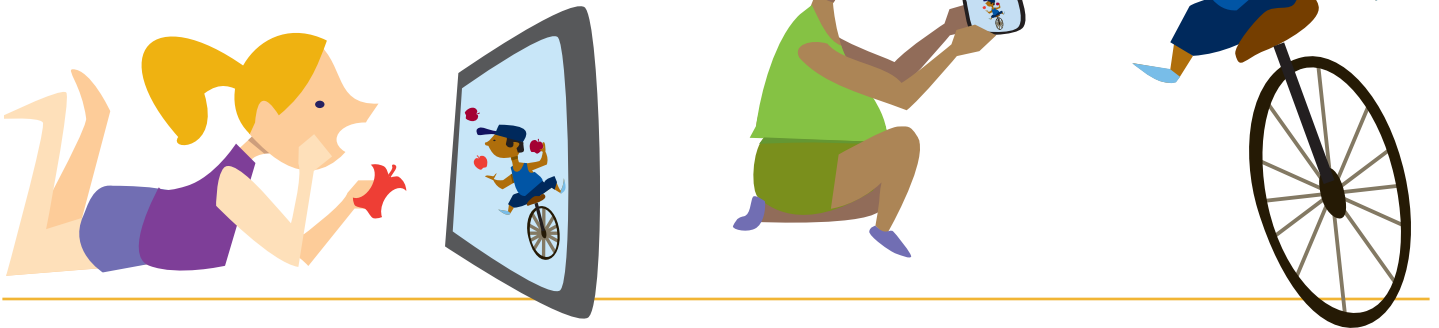
Food Item <i>Alimento</i>	How many? <i>¿Cuánto necesito?</i>	Price <i>Precio</i>
Example: <i>Ejemplo</i>	I need: <i>Necesito</i>	Calculate the cost: <i>Calcula el costo</i>
Tortillas 8ct Mission Flour Tortillas 2/\$5	4 tortillas	Total: \$1.24 \$5.00/2 packs = \$2.50 per pack \$2.50/8 count = \$.31 per tortilla 4 tortillas x \$.31 = \$1.24
Add up the total: <i>Suma el total:</i>		\$

****Conversions: 1lb = 16oz**

parent tips

Calories Needed Each Day

It's important to know the number of calories you need to eat to stay healthy. Do you know how many calories you and your family need each day?



How many calories you need each day—ENERGY IN—depends on a few things:

- Your age
- Whether you are male or female
- How active you are

The tables on the next pages show the calories needed each day for boys and men, and for girls and women. They are split by age and three levels of activity.

Not Active—Not much ENERGY OUT. Does only light activity needed for daily life. For instance, cooking or walking to the mailbox.

Somewhat Active—Some ENERGY OUT. Does physical activity equal to walking quickly for 1 ½ to 3 miles (about 30–40 minutes) each day. Plus, does light activity needed for daily life.

Very Active—A lot of ENERGY OUT. Does physical activity equal to walking quickly for more than 3 miles each day (more than 40 minutes). Plus, does light activity needed for daily life.

**not
active**



**somewhat
active**



**very
active**



These tables give you an idea of how much ENERGY IN your family members need.

The amount of calories needed differs by age based on the level of regular physical activity. That's why the tables give a range of calories for some age groups.

- For children, more calories are needed at older ages.
- For adults, fewer calories are needed at older ages.

Calories Needed Each Day for Boys and Men

Age	Not Active	Somewhat Active	Very Active
2–3 years	1,000–1,200 calories	1,000–1,400 calories	1,000–1,400 calories
4–8 years	1,200–1,400 calories	1,400–1,600 calories	1,600–2,000 calories
9–13 years	1,600–2,000 calories	1,800–2,200 calories	2,000–2,600 calories
14–18 years	2,000–2,400 calories	2,400–2,800 calories	2,800–3,200 calories
19–30 years	2,400–2,600 calories	2,600–2,800 calories	3,000 calories
31–50 years	2,200–2,400 calories	2,400–2,600 calories	2,800–3,000 calories
51 years and older	2,000–2,200 calories	2,200–2,400 calories	2,400–2,800 calories

Calories Needed Each Day for Girls and Women

Age	Not Active	Somewhat Active	Very Active
2–3 years	1,000 calories	1,000–1,200 calories	1,000–1,400 calories
4–8 years	1,200–1,400 calories	1,400–1,600 calories	1,400–1,800 calories
9–13 years	1,400–1,600 calories	1,600–2,000 calories	1,800–2,200 calories
14–18 years	1,800 calories	2,000 calories	2,400 calories
19–30 years	1,800–2,000 calories	2,000–2,200 calories	2,400 calories
31–50 years	1,800 calories	2,000 calories	2,200 calories
51 years and older	1,600 calories	1,800 calories	2,000–2,200 calories

Source: HHS/USDA Dietary Guidelines for Americans, 2010

We Can! is a program from the National Institutes of Health that offers resources for parents, caregivers and communities to help children 8-13 years old stay at a healthy weight through eating right, increasing physical activity, and reducing screen time.

To learn more, go to <http://wecan.nhlbi.nih.gov> or call 1-866-35-WE CAN.

We Can! Ways to Enhance Children's Activity & Nutrition, **We Can!**, and the **We Can!** logos are registered trademarks of the U.S. Department of Health & Human Services (DHHS).



parent tips

Energy Balance: ENERGY IN & ENERGY OUT

It's important to know the number of calories you need to eat to stay healthy. Do you know how many calories you and your family need each day?



How to do the worksheet

Look at the meals on the next page.

- For each meal, find the ENERGY IN. Those are the calories you get from eating the meal.
- Look at the ENERGY OUT Table. It lists physical activities and the calories burned for each.
- Choose an activity for each meal. Write it in the blank.
- Figure out how long you need to do the activity to burn the calories from the meal. Write that in the blank.

Here's an example:

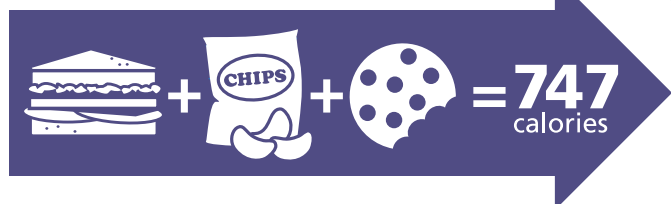
Let's say you have a **turkey sub meal** and you choose the **jump rope** activity.

To balance ENERGY IN and ENERGY OUT, you need to burn about 750 calories.

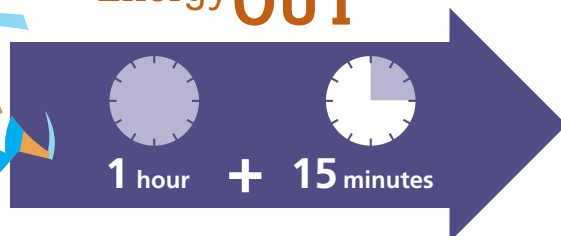
The ENERGY OUT Table says jumping rope for 15 minutes burns 150 calories.

To burn about 750 calories, you would need to jump rope for 15 minutes, 5 times—for a total of 1 hour and 15 minutes.

Energy In



Energy OUT

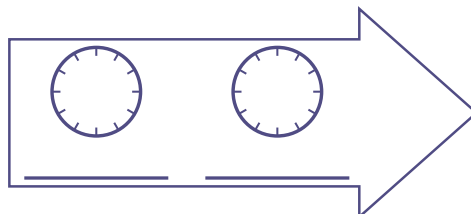


Energy In Meals

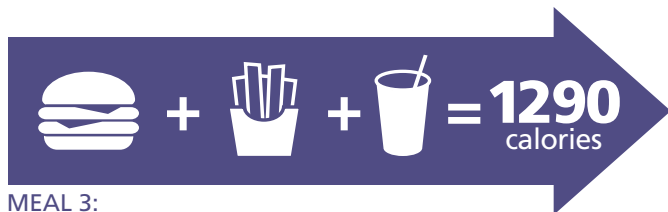
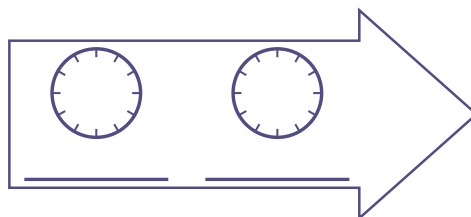
Now it's your turn. Balance the ENERGY IN and ENERGY OUT for these meals.



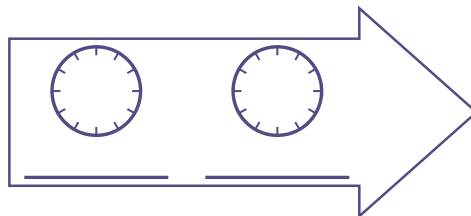
activity:



activity:



activity:



Energy Out Physical Activity

These activities all burn about 150 calories. Activities that take more effort take less time to burn 150 calories. Easier activities take longer to burn 150 calories.

less effort
more time



more effort
less time

Wash and wax car
for 45–60 minutes

Push a stroller 1½ miles
in 30 minutes

Rake leaves
for 30 minutes

Shovel snow
for 15 minutes

NEIGHBORHOOD ACTIVITIES

Shoot baskets
for 30 minutes

Walk 1¾ miles
in 35 minutes

Play touch football
for 30 minutes

Jump rope
for 15 minutes

SPORTS ACTIVITIES

Note: Calories burned are for a healthy 150-pound person. Lighter people burn fewer calories than heavier people doing the same activity.
Source: http://www.surgeongeneral.gov/topics/obesity/calltoaction/fact_whatcanyoudo.html

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The Many Names of Sugar

- 
- Brown Sugar
 - Powdered Sugar
 - Corn Syrup
 - Dextrose
 - Fructose
 - Glucose
 - Fruit Juice Concentrates
 - Maple Syrup
 - Raw Sugar
 - High Fructose Corn Syrup
 - Honey
 - Invert Sugar
 - Lactose
 - Maltose
 - Malt Syrup
 - Molasses

Los Varios Nombres del Azúcar

- Azúcar Morena
- Azúcar en Polvo (Glas)
- Jarabe de Maíz
- Dextrosa
- Fructosa
- Glucosa
- Concentrado de Jugo de Fruta
- Miel de Maple
- Azúcar Cruda
- Jarabe de Maíz de Alta Fructosa
- Miel
- Azúcar Invertida
- Lactosa
- Maltosa
- Jarabe de Malta
- Melaza

ACTIVITY 4: Amount of Sugar

Food

Teaspoons?

20 oz. Soda

2 Chocolate Chip Cookies

Ice Cream Bar

Ice Cream 1/2 cup

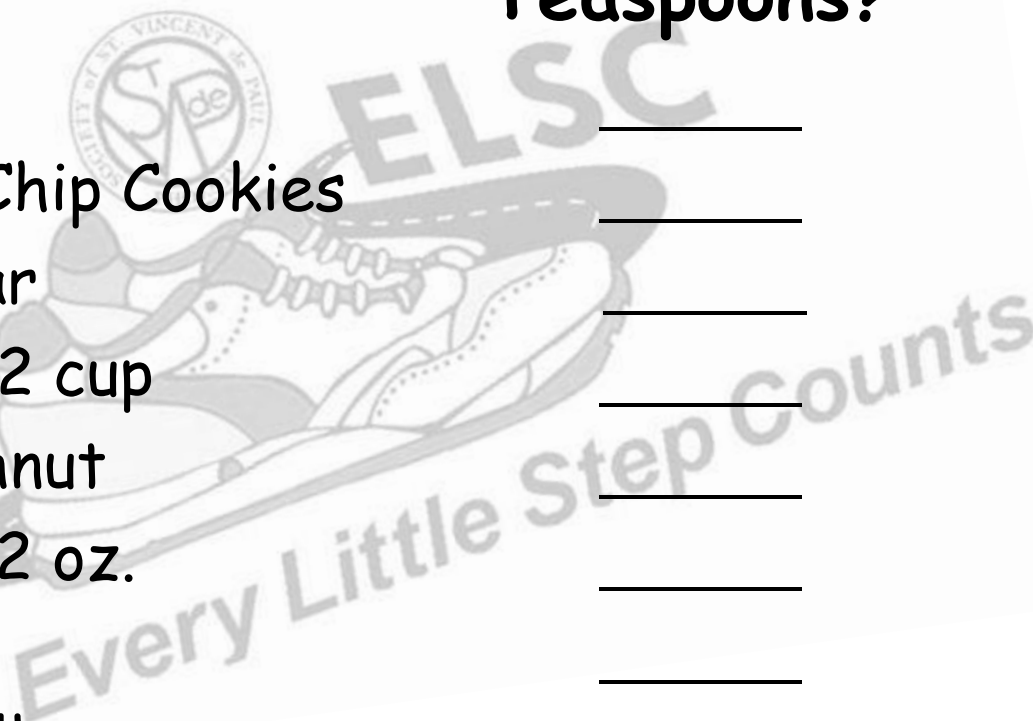
Glazed Doughnut

Fruit Punch 12 oz.

Apple Pie

Chocolate Milk

$\frac{1}{2}$ Cup of Gelatin (Jell-O)



ACTIVITY 4: Amount of Sugar

Food		Teaspoons of Sugar
20 oz. Soda	☐	<u>17</u>
2 Chocolate Chip Cookies	☐	<u>18</u>
Ice Cream Bar	☐	<u>15</u>
Ice Cream 1/2 cup	☐	<u>6</u>
Glazed Doughnut	☐	<u>6</u>
Fruit Punch 12 oz.	☐	<u>11</u>
Apple Pie	☐	<u>12</u>
Chocolate Milk	☐	<u>15</u>
$\frac{1}{2}$ Cup of Gelatin (Jell-O)	☐	<u>4</u>

parent tips

How to Use the Nutrition Facts Label

Most packaged foods have a Nutrition Facts label. This tip sheet shows you how to use the label to make healthy food choices.



Check serving sizes.

- Many times, a single portion can have more than one serving.
- Make sure your portions match the serving size listed on the label so you're not eating too many calories, fat, and sugars.

Look at the % Daily Value.

The Daily Value is how much of a specific nutrient you need to eat in a day. Percent (%) Daily Value tells you how much of a nutrient is in one serving of food—compared to the amount you need each day.

If a food has a Daily Value of 20% for calcium, it has 20% of the calcium you need in one day.

Compare the % Daily Value for similar foods, and choose foods that are

Lower in:	Higher in:
• Saturated fats • Trans fats • Cholesterol • Sodium (salt)	• Potassium • Fiber • Vitamins A and C • Calcium • Iron
For these nutrients, try to choose foods with 5% Daily Value or less.	For these nutrients, try to choose foods with 20% Daily Value or more.

Make your calories count.

Choose the most healthful foods you can—those packed with vitamins, minerals, fiber, and other nutrients (in blue) but lower in calories.

Start with Serving Size

Limit These Nutrients

Get Enough of These Nutrients

Nutrition Facts

Serving Size: 1 cup (228g)

Serving Per Container: 2

Amount Per Serving

Calories: 250 Calories from Fat: 110

% Daily Value*

Total Fat 12g **18 %**

Saturated Fat 3g **15 %**

Trans Fat 3g

Cholesterol 30mg **10 %**

Sodium 470mg **20 %**

Potassium 700mg **20 %**

Total Carbohydrate 31g **10 %**

Sugars 5g

Dietary Fiber 0g **0%**

Protein 5g

Vitamin A 4% • **Vitamin C** 2%

Calcium 20% • **Iron** 4%

*Percent Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

		Calories	2,000	2,500
Total Fat	Less Than	65g	80g	
Sat Fat	Less Than	20g	25g	
Cholesterol	Less Than	300mg	300mg	
Sodium	Less Than	2,400mg	2,400mg	
Total Carb		300g	375g	
Dietary Fiber		25g	30g	

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consejos para padres

Utilice los datos de la etiqueta de nutrición

La información en la etiqueta de nutrición le ayudará a tomar la mejor decisión para que sus niños tengan una dieta saludable y balanceada.



Casi todos los alimentos empaquetados tienen una etiqueta de nutrición. Para tener buena salud, utilice la etiqueta para seleccionar los mejores alimentos de una manera sencilla y rápida.

Revise las porciones y las calorías

Revise el tamaño de la porción y cuántas porciones contiene el paquete. Si duplica la porción que come, también duplica la cantidad de calorías y nutrientes, incluyendo el porcentaje del valor diario (%DV).

Haga que sus calorías cuenten

Vea las calorías en la etiqueta y compárelas con los nutrientes que está escogiendo para decidir si vale la pena comer ese alimento.

No le ponga azúcar

Como el azúcar contiene calorías y poco o nada de nutrientes, busque comidas y bebidas bajas en azúcar agregada. Lea la lista de ingredientes y asegúrese de que el azúcar agregada no sea uno de los primeros ingredientes. Algunos nombres para referirse al azúcar agregada (edulcorantes calóricos) incluyen sacarosa, glucosa, jarabe de maíz, jarabe de arce y fructosa.

Conozca las grasas

Busque comidas bajas en grasas saturadas, grasas trans y colesterol para ayudar a reducir el riesgo de enfermedades del corazón (5% DV o menos es bajo, 20% o más es alto). La mayoría de las grasas que consuma deberían ser grasas poliinsaturadas y monoinsaturadas. Mantenga el total de grasas que ingiera entre 20% a 35% de calorías.

Reduzca el sodio (sal) y aumente el potasio

Estudios demuestran que comer menos de 2,300 miligramos de sodio (aproximadamente, una cucharadita de sal) por día puede reducir el riesgo de tener la presión arterial alta. La mayoría del sodio que la gente consume proviene de los alimentos procesados y no del salero. Además, busque alimentos con alto contenido de potasio, el cual contrarresta algunos de los efectos del sodio en la presión arterial.

Utilice la etiqueta para seleccionar los mejores alimentos de una manera sencilla y rápida.

- Elija alimentos bajos en grasas saturadas (saturated fats), colesterol (cholesterol) y sodio (sodium).
- Consuma alimentos ricos en potasio (potassium), fibra (fiber), vitaminas A y C, calcio (calcium) y hierro (iron).
- Utilice la columna del porcentaje del valor diario (%DV): 5% o menos significa bajo contenido, 20% o más significa alto contenido.

Empiece aquí

Limite estos nutrientes

Procure ingerir suficiente cantidad de estos nutrientes

Nutrition Facts

Serving Size: 1 cup (228g)

Serving Per Container: 2

Amount Per Serving

Calories: 250 Caloriesfrom Fat: 110

% Daily Value*

Total Fat 12g18 %

Saturated Fat 3g15 %

Trans Fat 3g

Cholesterol 30mg10 %

Sodium 470mg20 %

Potassium 700mg20 %

Total Carbohydrate 31g10 %

Sugars 5g

Dietary Fiber 0g0%

Protein 5g

Vitamin A 4% • Vitamin C 2%

Calcium 20% • Iron 4%

*Percent Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carb		300g	375g
Dietary Fiber		25g	30g

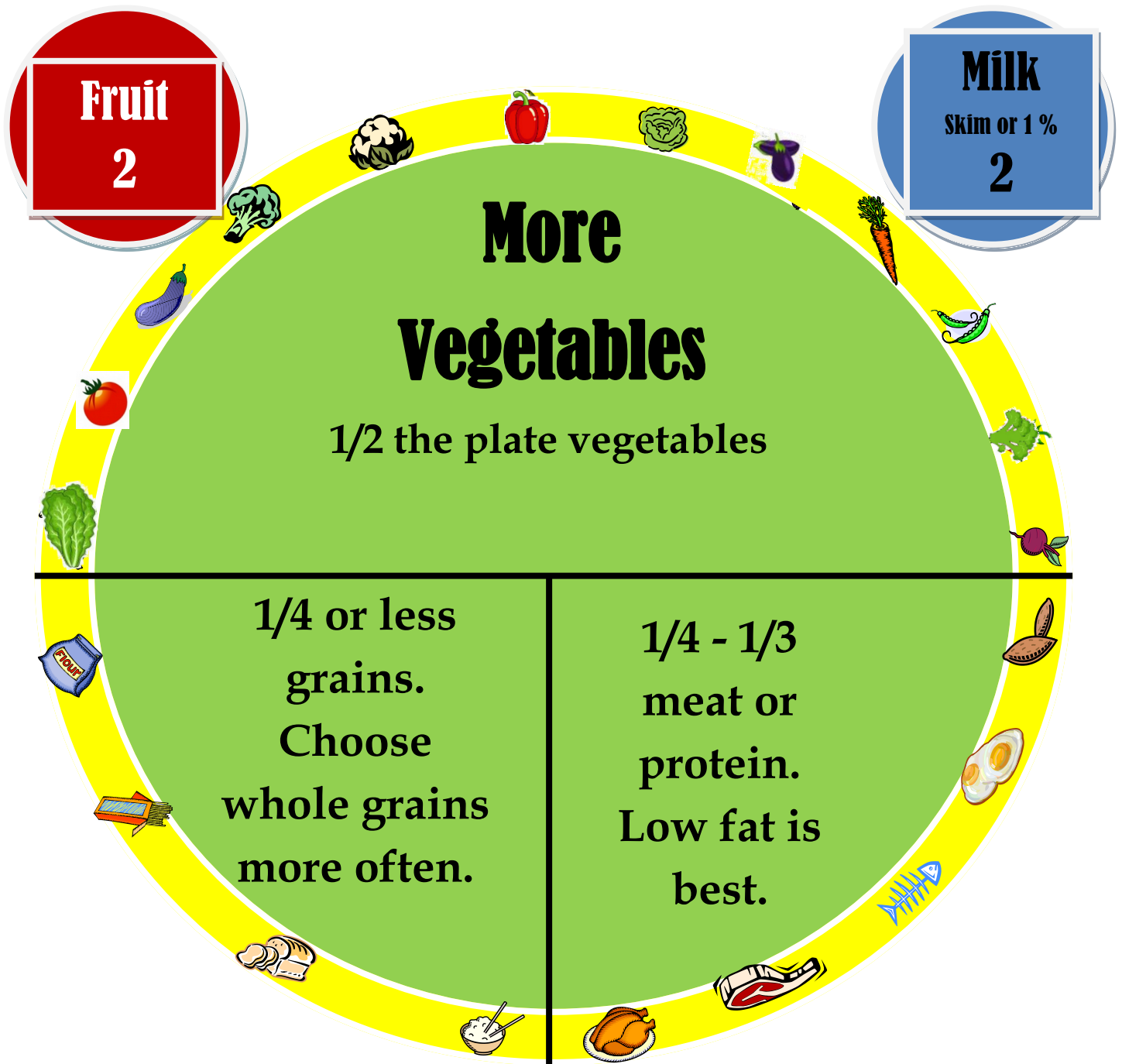
iPodemos!® es un programa desarrollado por los Institutos Nacionales de la Salud (NIH, por su siglas en inglés). **iPodemos!** ofrece instrucciones, herramientas y consejos gratuitos a los padres, personas a cargo del cuidado de niños y a las comunidades, para ayudar a los niños de 8 a 13 años a mantener un peso saludable mejorando su alimentación, aumentando su actividad física y reduciendo el tiempo que pasan delante de una pantalla.

Para obtener más información, visite <http://wecan.nhlbi.nih.gov/espanol> o llame al 1-866-359-3226.

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Steps to Starting a Healthy Diet.



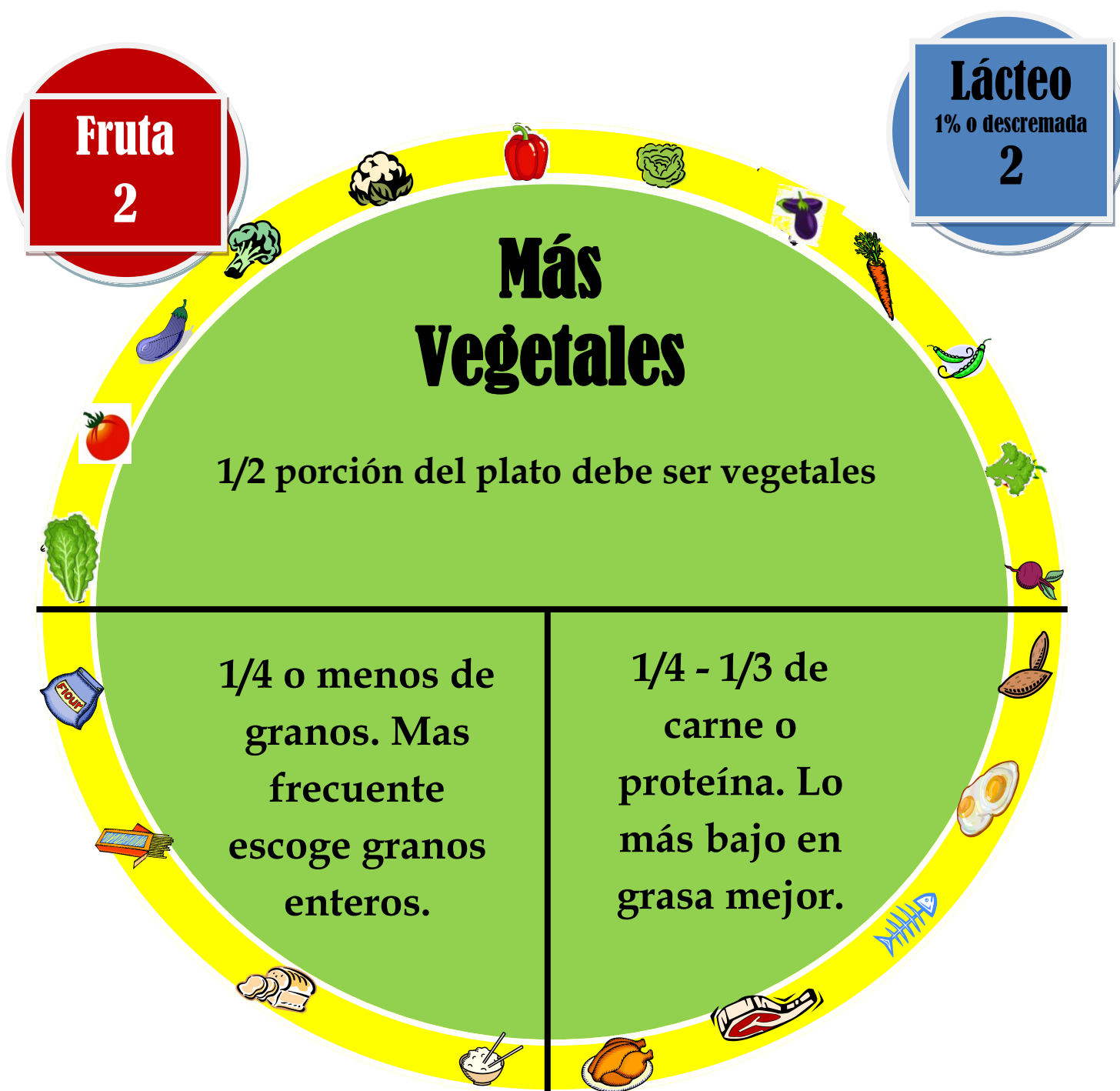
Now you can build your plate!!! Try these four simple steps to get started:

1. Fill the largest section with **whole vegetables and some fruits 1-2 times per day** such as:
 1. Green leafy vegetables like spinach, romaine lettuce, greens, cabbage
 2. green beans, broccoli, cauliflower, tomatoes, carrots, cucumber, beets
 3. oranges, apples, bananas, strawberries, pears
 4. papaya, guava, kiwi, mangos
2. Add in your **meat and protein**, use less fried and fatty foods by baking, broiling, and grilling instead:
 1. chicken or turkey without the skin
 2. fish such as tuna, salmon, cod, or catfish
 3. other seafood such as shrimp, clams, oysters, crab, or mussels
 4. lean cuts of beef and pork such as sirloin or pork loin
 5. eggs and low-fat cheese
3. Use less **grains and starchy foods** and small amounts such as:
 1. whole grain breads, high-fiber cereal or oatmeal
 2. rice, pasta, tortillas
 3. cooked beans and peas
 4. potatoes, corn, sweet potatoes
 5. low-fat crackers and air popped popcorn (fat-free)
4. During lunch or dinner, add an 8 oz glass of **non-fat or low-fat milk**. If you don't drink milk, you can add another small serving of low fat cheese.
 1. And a piece of fruit or a 1/2 cup fruit salad and you have your meal planned. Examples are fresh, frozen, or canned in water or frozen in light syrup or fresh fruit.

Notes

This is a simple and effective method. Creating your plate lets you still choose the foods you want, but changes the portion sizes so you are getting larger portions of non-starchy vegetables and a smaller portion of starchy foods. When you are ready, you can try new foods within each food category.

Pasos para empezar una alimentación saludable



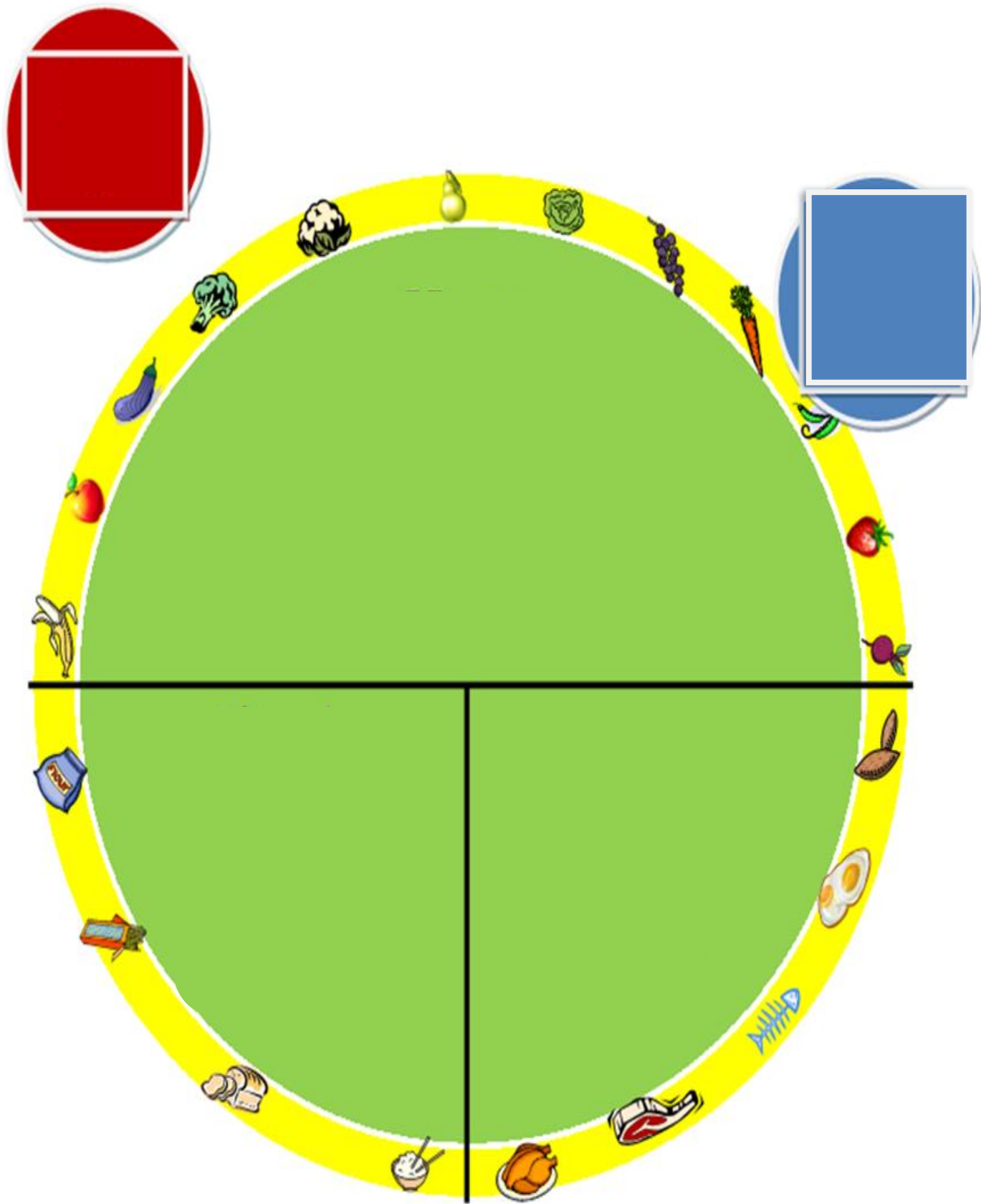
¡¡¡Ahora puede construir su plato!!! Trate de usar los siguientes cuatro pasos para empezar:

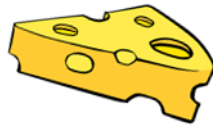
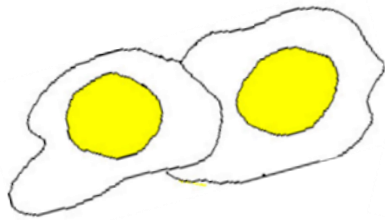
1. Llene la porción más grande de su plato con **vegetales enteros y con algunas frutas** 1-2 veces al día, como:
 1. Vegetales verdes de hoja como espinacas, lechuga romana, o repollo
 2. Judías verdes, brócoli, coliflor, tomates, zanahorias, pepino, betabel
 3. Naranjas, manzanas, plátanos, fresas, peras
 4. Papaya, guayaba, kiwi, mangos
2. Añade **carne o proteína**, evite comida freída y grasosa al hornear o asar a la parrilla:
 1. Pollo o pavo sin piel
 2. Pescado como atún, salmón, cod, o catfish
 3. Otros mariscos como camarones, almejas, ostiones, cangrejo o mejillones
 4. Cortes de carne de res o puerco que son bajos en grasa
 5. Huevos o queso bajo en grasa
3. Use menos **granos o almidón** en porciones más pequeñas como:
 1. Pan de trigo entero, cereales altos en fibra, o avena
 2. Arroz, pasta, tortillas
 3. Frijoles o chicharos
 4. Papas, maíz, abas, camote
 5. Galletas o palomitas bajas en grasa y azúcar
4. Durante el almuerzo o la cena, añade una taza de 8 onzas de leche descremada o 1%. Si no bebe leche, puede añadir otra porción pequeña de queso bajo en grasa.
 1. Agregue un pedazo de fruta o ½ taza de ensalada de fruta y su plato está completo. Ejemplos: Fruta fresca, congelada, o enlatada en agua o poca miel.

Notas

Este método es una forma simple y efectiva, al crear su plato tiene la libertad de escoger las comidas que usted quiere, pero cambia los tamaños de las porciones que consume. Así come porciones más grandes de vegetales y porciones más pequeñas de almidón. Cuando esté listo puede tratar de integrar nuevas comidas en cada categoría.

Fill in the blanks on the plate using The Plate Method





Breakfast Ideas *Ideas para el desayuno*

1. 2 eggs scrambled with mixed vegetables sprinkled with low fat cheese and 1 tortilla
(2 huevos revueltos con vegetales mixtos con un poco de queso bajo en grasa encima y 1 tortilla)
2. Beef Burrito made with ground beef (or turkey), mixed with tomatoes, onions, cilantro, cabbage and salsa
(Un burrito de carne molida de res (de pavo) con tomate, cebolla, cilantro, repollo y salsa)
3. 1 egg over easy with 1 slice of lean ham, on wheat toast, with sliced cucumbers on side
(1 huevo estrellado con una rebanada de jamón bajo en grasa sobre 1 pan integral acompañado por rodajas de pepino)
4. 1 quesadilla with low fat cheese stuffed with diced carrots & peas
(1 quesadilla hecha con queso bajo en grasa, zanahoria picada en cubitos, y chícharos)
5. 1 toasted slice of Oat bread with 1 Tbsp. of Peanut butter & Celery sticks
(1 rebanada de pan de salvado tostado acompañado por 1 cucharada de mantequilla de maní con palitos de apio)
6. Low Sugar cereal high in Fiber with milk 1%
(Cereal bajo en grasa y alto en fibra con leche de 1%)
7. Lean Ham (or turkey or chicken) Sandwich with lettuce (Dark), tomato, onion...
(1 sándwich de jamón bajo en grasa (o de pavo o pollo) con lechuga (color verde fuerte), tomate, cebolla...)
8. Chicken fajita (bell pepper & onions) Burrito
(Un burrito de fajitas de pollo, con cebolla y pimientos)
9. 1 English Muffin with 2 lean Sausages
(1 panecillo ingles con 2 salchichas bajas en grasa)
10. Lentil soup with 2 corn tortillas
(Sopa de lentejas con 2 tortillas)
11. Bean & low fat cheese burrito with baby carrots
(Un burrito de frijoles con queso bajo en grasa acompañado con zanahorias)
12. Oatmeal made with water; use ½ cup milk after cooked, add almonds, & less than ¼ cup raisins
(Avena preparada con agua, ½ taza de leche, ya que esté bien cocida añádale almendras y menos de ¼ de taza de pasas)
13. Chicken (or Beef) soup made with vegetables & 2 corn tortillas
(Cocido de res o caldo de pollo hecho con vegetales y 2 tortillas de maíz)
14. 2 Soft beef tacos with cabbage, diced tomato & onions, sprinkle with low-fat cheese
(2 tacos de carne con repollo, tomate picado, y cebolla. Póngale un poco de queso bajo en grasa encima)

Breakfast Contract

(Make sure children write these numbers in notebook,
this contract must stay in child's chart)

(Please circle the number you agree with)

This week, I will try to eat breakfast

1 2 3 4 5 6 7 times

I will try to use the plate method at least

1 2 3 times a day

Signature: _____

Activity 3: Four breakfast Ideas

(Cut these into squares and place in envelopes)

Breakfast No. 1

- ❑ Dry Cereal (whole grain, little sugar & milk)
- ❑ Banana
- ❑ 1% milk

Breakfast No. 3

- ❑ 1 boiled egg
- ❑ 1 slice of toast
- ❑ Orange
- ❑ Glass of skim milk

Breakfast No. 2

- ❑ Hot oatmeal with raisins & 2% milk
- ❑ Whole wheat toast with peanut butter
- ❑ Hot tea with honey & lemon

Breakfast No. 4

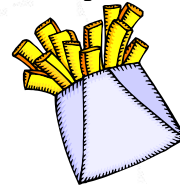
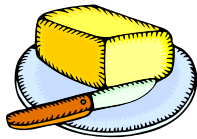
- ❑ Bean and cheese burrito on a whole wheat flour tortilla
- ❑ Banana
- ❑ Bottle of water

Fats

Trans-saturated (Trans Fat)



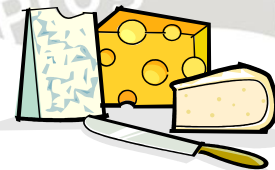
- This fat is found in a large number of foods.
- Commercially packaged meals and fruit.
 - Example: donuts, cookies, margarine, French fries, chips, Cheetos, salted crackers, etc.
- Increases “bad” cholesterol (LDL), which increases the risk of heart disease.
- This is one of the worst fats and we should avoid eating it as much as possible.



Saturated Fat



- Increases “bad” cholesterol (LDL)
- Increases the risk of heart.
- Found in animal products and anything that comes from animal products
 - Example: lard, bacon, butter, eggs (only the yolk), cream cheese, sausage, chorizo, , pork, fatty red meats, etc.
- This is one of the worst fats.



Unsaturated Fat



- Polyunsaturated
 - Better than saturated and trans fat.
 - Can be found plants, fish, almonds, nuts, peanuts, soy oil, corn oil, etc.
- Monounsaturated
 - **The best fat**
 - Can be found in foods like avocados, olives, olive oil and canola oil.
 - Protects the heart and arteries.



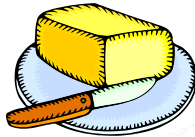
Updated May 24, 2016

Grasas

Grasa Trans-saturada (Trans Fat)



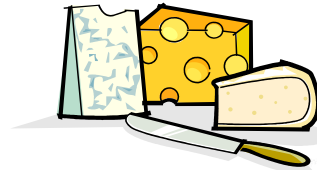
- Esta grasa se encuentra en un gran numero de comidas
- Comidas y frutas empacadas comercialmente.
 - Ejemplos: donas, galletas, margarina, papas francesas, papitas, Cheetos, galletas saladas, etc.
- Aumenta el colesterol “malo” (LDL), el cual incrementa los riesgos de enfermedades del corazón.
- Esta es una de las peores grasas y deberemos no comer ni un gramo.



Grasa Saturada (Saturated Fat)



- Aumenta el Colesterol “malo” (LDL)
- Aumenta el riesgo de enfermedades del corazón.
- Viene de productos de origen animal
 - Ejemplos: Manteca, tocino, mantequilla, huevo (solo la yema), queso crema, salchicha, chorizo, tocino, puerco, hígado, carne, etc.
- Esta es una de las peores grasas.



Grasa Insaturada (Unsaturated Fat)



- Poliinsaturada
 - Mejor que la grasa saturada
 - Derivada de plantas, pescados, almendras, nueces, cacahuete, aceite de soya, aceite de maíz, etc.
- Monoinsaturada
 - **La mejor grasa**
 - Se encuentra en comidas como aguacates, aceitunas, aceite de olivo, aceite de canola
 - Protege el corazón y arterias.



Updated May 24, 2016

Activity 4 - Fat Amount

Food	Fat Amount
❑ Skim milk, 8oz.	_____ grams
❑ Whole milk, 8 oz.	_____ grams
❑ Cheese Burger	_____ grams
❑ French Fries, Med.	_____ grams
❑ Ice Cream, 1 cup	_____ grams

Activity 4 - Fat Amount

Food	Fat Amount
❑ Skim milk, 8oz.	0 grams
❑ Whole milk, 8 oz.	4 grams
❑ Cheese Burger	21 grams
❑ French Fries, Med.	24 grams
❑ Ice Cream, 1 cup	12-16 grams

parent tips

How to Use the Nutrition Facts Label

Most packaged foods have a Nutrition Facts label. This tip sheet shows you how to use the label to make healthy food choices.



Check serving sizes.

- Many times, a single portion can have more than one serving.
- Make sure your portions match the serving size listed on the label so you're not eating too many calories, fat, and sugars.

Look at the % Daily Value.

The Daily Value is how much of a specific nutrient you need to eat in a day. Percent (%) Daily Value tells you how much of a nutrient is in one serving of food—compared to the amount you need each day.

If a food has a Daily Value of 20% for calcium, it has 20% of the calcium you need in one day.

Compare the % Daily Value for similar foods, and choose foods that are

Lower in:	Higher in:
• Saturated fats • Trans fats • Cholesterol • Sodium (salt)	• Potassium • Fiber • Vitamins A and C • Calcium • Iron
For these nutrients, try to choose foods with 5% Daily Value or less.	For these nutrients, try to choose foods with 20% Daily Value or more.

Make your calories count.

Choose the most healthful foods you can—those packed with vitamins, minerals, fiber, and other nutrients (in blue) but lower in calories.

Start with Serving Size

Limit These Nutrients

Get Enough of These Nutrients

Nutrition Facts

Serving Size: 1 cup (228g)

Serving Per Container: 2

Amount Per Serving

Calories: 250 Calories from Fat: 110

% Daily Value*

Total Fat 12g **18 %**

Saturated Fat 3g **15 %**

Trans Fat 3g

Cholesterol 30mg **10 %**

Sodium 470mg **20 %**

Potassium 700mg **20 %**

Total Carbohydrate 31g **10 %**

Sugars 5g

Dietary Fiber 0g **0%**

Protein 5g

Vitamin A 4% • **Vitamin C** 2%

Calcium 20% • **Iron** 4%

*Percent Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

		Calories	2,000	2,500
Total Fat	Less Than	65g	80g	
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Cholesterol	Less Than	300mg	300mg	
Sodium	Less Than	2,400mg	2,400mg	
Total Carb		300g	375g	
Dietary Fiber		25g	30g	

We Can! is a program from the National Institutes of Health that offers resources for parents, caregivers and communities to help children 8-13 years old stay at a healthy weight through eating right, increasing physical activity, and reducing screen time.

To learn more, go to <http://wecan.nhlbi.nih.gov> or call 1-866-35-WE CAN.

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consejos para padres

Utilice los datos de la etiqueta de nutrición

La información en la etiqueta de nutrición le ayudará a tomar la mejor decisión para que sus niños tengan una dieta saludable y balanceada.



Casi todos los alimentos empaquetados tienen una etiqueta de nutrición. Para tener buena salud, utilice la etiqueta para seleccionar los mejores alimentos de una manera sencilla y rápida.

Revise las porciones y las calorías

Revise el tamaño de la porción y cuántas porciones contiene el paquete. Si duplica la porción que come, también duplica la cantidad de calorías y nutrientes, incluyendo el porcentaje del valor diario (%DV).

Haga que sus calorías cuenten

Vea las calorías en la etiqueta y compárelas con los nutrientes que está escogiendo para decidir si vale la pena comer ese alimento.

No le ponga azúcar

Como el azúcar contiene calorías y poco o nada de nutrientes, busque comidas y bebidas bajas en azúcar agregada. Lea la lista de ingredientes y asegúrese de que el azúcar agregada no sea uno de los primeros ingredientes. Algunos nombres para referirse al azúcar agregada (edulcorantes calóricos) incluyen sacarosa, glucosa, jarabe de maíz, jarabe de arce y fructosa.

Conozca las grasas

Busque comidas bajas en grasas saturadas, grasas trans y colesterol para ayudar a reducir el riesgo de enfermedades del corazón (5% DV o menos es bajo, 20% o más es alto). La mayoría de las grasas que consuma deberían ser grasas poliinsaturadas y monoinsaturadas. Mantenga el total de grasas que ingiera entre 20% a 35% de calorías.

Reduzca el sodio (sal) y aumente el potasio

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Utilice la etiqueta para seleccionar los mejores alimentos de una manera sencilla y rápida.

- Elija alimentos bajos en grasas saturadas (saturated fats), colesterol (cholesterol) y sodio (sodium).
- Consuma alimentos ricos en potasio (potassium), fibra (fiber), vitaminas A y C, calcio (calcium) y hierro (iron).
- Utilice la columna del porcentaje del valor diario (%DV): 5% o menos significa bajo contenido, 20% o más significa alto contenido.

Empiece aquí	Nutrition Facts Serving Size: 1 cup (228g) Serving Per Container: 2 Amount Per Serving Calories: 250 Calories from Fat: 110 % Daily Value* Total Fat 12g 18 % Saturated Fat 3g 15 % Trans Fat 3g Cholesterol 30mg 10 % Sodium 470mg 20 % Potassium 700mg 20 % Total Carbohydrate 31g 10 % Sugars 5g Dietary Fiber 0g 0% Protein 5g Vitamin A 4% • Vitamin C 2% Calcium 20% • Iron 4% *Percent Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs: <table> <tr> <th></th><th></th><th>Calories</th><th>2,000</th><th>2,500</th></tr> <tr> <td>Total Fat</td><td>Less Than</td><td>65g</td><td>80g</td><td></td></tr> <tr> <td>Sat Fat</td><td>Less Than</td><td>20g</td><td>25g</td><td></td></tr> <tr> <td>Cholesterol</td><td>Less Than</td><td>300mg</td><td>300mg</td><td></td></tr> <tr> <td>Sodium</td><td>Less Than</td><td>2,400mg</td><td>2,400mg</td><td></td></tr> <tr> <td>Total Carb</td><td></td><td>300g</td><td>375g</td><td></td></tr> <tr> <td>Dietary Fiber</td><td></td><td>25g</td><td>30g</td><td></td></tr> </table>						Calories	2,000	2,500	Total Fat	Less Than	65g	80g		Sat Fat	Less Than	20g	25g		Cholesterol	Less Than	300mg	300mg		Sodium	Less Than	2,400mg	2,400mg		Total Carb		300g	375g		Dietary Fiber		25g	30g	
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At Chipotle you've ordered:

- 3 steak tacos on soft corn tortillas
 - Black beans
 - Fresh tomato salsa
 - Roasted chili corn salsa
 - Sour cream
 - Cheese
 - Guacamole
- Chips and guacamole



At Jack in the Box you've ordered:

- Jr Jack cheeseburger
 - American cheese
- Chicken sandwich
 - Ketchup
- 2 regular tacos
 - Fire roasted salsa
- Value French fries
 - Buttermilk ranch



At subway you've ordered:

- 6" tuna sandwich
 - Cucumber
 - Green peppers
 - Jalapeño peppers
 - Lettuce
 - Pickles
 - Spinach
 - Natural cheddar cheese
 - Chipotle southwest sauce
- Chocolate chunk cookie
- Dorito nacho chips
- 16oz fountain drink



At Domino's you've ordered:

- Hand tossed pizza
 - Marinara sauce
 - Extra cheesy
 - Bacon
 - Fresh green peppers
 - Jalapenos
 - Fresh mushrooms
 - Fresh onions
 - Pepperoni
 - Sausage, Italian
 - Specialty chicken
 - classic buffalo chicken wings
 - freshly baked bread
 - Cinna stix



From el Pollo Loco you've ordered:

- Avocado chicken quesadilla
 - House salsa
 - Pico de gallo
 - Sour cream
- Small chicken tortilla soup w/o tortilla chips
- Pinto beans
- Rice



From taco bell you've ordered:

- Bean burrito
- Nacho bell Grande
- Brisk mango iced tea
- Border sauce- fire



At Panda Express you've ordered:

- Chicken egg roll
 - Sweet & sour sauce
- Chow Mein
- Fortune cookies
- Orange chicken
- Broccoli beef
- Pepsi- medium



At Burger King you've ordered:

- Whopper sandwich with cheese
 - Mayonnaise
- French fries- medium, salted
 - Ketchup
 - Ranch
- Chocolate chip cookies
- Fanta orange 20oz



What did I eat today?

[illegible]

Snack Ideas

Protein

Cheese	1 slice
Sliced low fat chicken or turkey	1 sandwich slice
Peanut butter	1/2 Tbsp
Beans	1/4 cup
Eggs	1 egg
Nuts	1 ounce
Cottage cheese	1/4 cup

Vegetables

Cucumbers	1 cup
Baby carrots	6 pieces
Celery	1 cup pieces
Broccoli	1 cup chopped or florets

Fruit

Apples	1 small
	1 cup sliced
Grape	1 cup whole
Bananas	1 medium
Melon	1 cup diced

Grains & Starch

Tortilla	1 corn or 1 small flour
Wheat Bread	1 slice
Crackers	5 pieces
No butter popcorn	3 cups, popped

Drinks

1% Milk	8 oz glass
Water	unlimited
Unsweetened tea	8 oz glass

Combos

Small burrito
Fruit & cheese
Salad with meat & or cheese
½ Sandwich
PB sandwich
Apple & peanut butter

Adapted from USDA's MyPlate.gov

Ideas para bocadillos

Proteína

Queso	1 rebanada
Rodajas de pollo o pavo bajo en grasa	1 rebanada
Crema de cacahuete	1/2 cda
Frijoles	1/4 taza
Huevos	1 huevo
Nueces	1 onza
*12 almendras, 24 pistachos, 7 mitades de nuez	
Queso cottage	1/4 taza

Vegetales

Pepinos	1 taza
Zanahorias pequeñas	6 piezas
Apio	1 taza
Brócoli	1 taza picada o floretes

Frutas

Manzanas	1 chica o 1 taza picada
Uvas	1 taza
Plátanos	1 mediano
Melón	1 taza picada

Adaptado de USDA's MyPlate.gov

Granos y Almidón

Tortilla	1 de maíz o 1 harina chica
Pan de trigo	1 rebanada
Galletas	5 piezas
Palomitas sin mantequilla	3 tazas

Bebidas

Leche de 1%	8 oz, 1 taza
Agua	ilimitado
Te sin azúcar	8 oz, 1 taza

Combos

Un burrito chico
Fruta y queso
Ensalada con carne y o con queso
½ Sándwich
Pan con crema y cacahuete
Manzana y crema de cacahuete

Building Blocks



Building Block 1: Expect It

Fill in the blanks with a goal you want to achieve this week in order to have better health

I believe I can _____ by _____ for the next week.

Building Block 2: Prepare and Practice

Rewrite your stated goal

Every morning when you wake up read the above sentence to yourself and believe that YES you can make it happen
When temptation comes remember your statement and say it out loud several times

Building Block 3: Positive Choices

Make a list of choices you're going to do:

1. _____
2. _____
3. _____

Be conscious of your goal and make good choices to help you continue to achieve your goal

Building Block 4: Celebrate and Accept Changes

Rephrase your statement to:

"I believed in myself and I was able to _____ by _____ and now I
_____"

Accept your setbacks and understand that your plan might change, but do not give up. Life is made up of small wins so celebrate your small steps because they all count! Feel proud!

Build a tower of successes and challenge yourself every week!

Construyendo Bloques



Bloque 1: Suponlo

Llena los espacios en blanco con una meta que quieras cumplir esta semana para mejorar tu salud

Creo que puedo _____ al hacer _____
por la siguiente semana.

Bloque 2: Prepárate y Practica

Vuelve a escribir la meta que te pusiste

Cada mañana cuando te despiertes, lee el enunciado de arriba en voz alta y cree que SI puedes hacerlo realidad.

Cuando venga la tentación, recuerda tu meta y repítela en voz alta varias veces

Bloque 3:

Crea una lista de las decisiones que vas a tomar:

1. _____
2. _____
3. _____

Be conscious of your goal and make good choices to help you continue to achieve your goal

Bloque 4: Celebra y Acepta Cambios

Escribe tu meta de nuevo usando la frase de abajo:

“Yo creí en mi mismo y pude _____ al hacer _____ y ahora yo _____”

Acepta tus fallas y entiende que tu plan puede cambiar. Pero no te des por vencido/a. La vida esta hecha de logros pequeños. Celebra tus pasos pequeños porque todo cuenta! Sientete orgulloso/a.

Construye una torre de éxito y haz metas cada semana!

16.Chicken Salad Boats



Recipe makes 3 servings
1 serving= 2 chicken salad boats
Prep time: 15 minutes
Total time: 15 minutes

Ingredients:

- 1- 12 oz. of diced canned chicken breast
- ¼ cup of nonfat Greek yogurt
- 1/3 cup of diced celery
- 1/3 cup of diced apple
- 1/3 cup of halved grapes
- ¼ cup of slivered almonds
- Romaine lettuce hearts

Directions:

1. In a large bowl, mix diced chicken and Greek yogurt together until chicken is coated evenly
2. Add diced celery, diced apple, halved grapes, and almonds and mix together
3. Serve on top of romaine lettuce hearts
4. Enjoy

Nutrition Information:

Calories: 312

Fat: 15 grams

Carbs: 13 grams

Protein: 31 grams

Sugars: 8 grams

Sodium: 500 mg

16.Barcos de Ensalada de Pollo



Receta hace: 3 porciones
1 porción= 2 barcos de ensalada de pollo
Tiempo de preparación: 15 minutos
Tiempo total: 15 minutos

Ingredientes:

- 1 lata de 12 onzas de pechuga de pollo cortada en cubitos
- ¼ taza de yogur Griego sin grasa
- 1/3 taza de apio cortado en cubitos
- 1/3 taza de manzana cortada en cubitos
- 1/3 taza de uvas cortadas por la mitad
- ¼ taza de rebanadas de almendra
- Pedazos de lechuga romana

Direcciones:

1. En un tazón grande, mezcle el pollo cortado en cubitos y el yogur Griego juntos hasta que el pollo este cubierto completamente
2. Agregue el apio cortado en cubitos, la manzana cortada en cubitos, las uvas cortadas, y las almendras y mezcle bien
3. Sirva sobre pedazos de lechuga romana
4. Disfrute

Información Nutricional:

Calorías: 312

Grasa: 15 gramos

Carbohidratos: 13 gramos

Proteína: 31 gramos

Azúcares: 8 gramos

Sodio: 500 mg

Daily Words Your Family Needs to Hear

Words for parents to use

- ▣ I'm so lucky to have you
- ▣ You're a great helper
- ▣ I like it when you try so hard
- ▣ Let's talk about it
- ▣ I'm sorry
- ▣ You're very special to me
- ▣ Thank you for being patient
- ▣ You're a great kid
- ▣ I love you

Words for children to use

- ▣ Thank you for listening
- ▣ Thank you for the hugs & kisses
- ▣ Thank you for keeping me safe
- ▣ Thank you for keeping me healthy
- ▣ I'm sorry
- ▣ You're special to me
- ▣ Thank you for being patient
- ▣ I'm so glad you are my mom/dad
- ▣ I love you

Build a Healthy Mind:



Choose Sensibly:



Aim for Fitness:



Healthy Mind + Sensible choices + Fitness = Healthy Me

Setting Monthly Goals (Handout 2)

Check 2-3 things you will be doing routinely by the end of 3 months

By the end of 3 months of the Booster Classes I will feel better about myself because I will:

- _____ Eat 3 meals a day at least _____ times per week
- _____ Eat vegetable and fruits _____ times per day
- _____ Choose healthy snacks _____ times per week
- _____ Think and speak positive thoughts about myself _____ times per day
each time I have negative thoughts and feelings
- _____ Limit the use of TV/Cell/Comp to _____ hrs. per day
- _____ Help my family with cooking or shopping _____ times per week
- _____ Increase my exercise time to _____ hrs. per day
- _____ Limit junk food (soda, chips, candy) to _____ times per week
- _____ _____ times per week or day
- _____ _____ hrs. per day or week