

Practical Nutrition for Homeless Youth

A curriculum guide through a harm reduction lens

Created by Margot Nitschke, Emerson Hunger Fellow



Contents

Introduction

Introduction	3
Intended audience	3
Population served	3
Workshop structure	4
Workshop development	4
Using and developing this workshop guide	4

Harm Reduction Lens	5
---------------------	---

Lessons Learned	7
-----------------	---

Workshop Guides

● CAN You Salsa!?	8
A guide to leading a canned-vegetable salsa nutrition workshop	
● Zip It Up	10
A workshop guide about satiety and shelf stable snacks	
● Harm Reduction Fast Food	12
A workshop guide on eating fast food AND thinking about health goals	
● Worth the Wait - Marinate!	14
A workshop guide on baked recipe alternatives to frying	
● Portion Distortion:	16
A guide to leading a nutrition workshop on portion size and portion self-control	

Expand Your Knowledge	19
-----------------------	----

A list of further nutrition resources

Sources	20
---------	----

Introduction

Many youth experiencing homelessness have faced barriers of trauma, poverty and loss which have affected their ability to develop and maintain healthy nutrition habits. This workshop series was designed in consideration of these barriers and aims to help clients further develop their nutrition skills. The workshops identify practical strategies youth can use to combat the food access and nutrition barriers they may face in everyday life. By centering each workshop on a specific client-identified barrier, the curriculum works to empower clients to recognise and act on the changes they can make in their own lives.

Intended Audience

This workshop guide provides guidance for nutrition educators in facilitating nutrition workshops for homeless youth or groups with similar barriers to achieving nutrition goals. It can also be used as a model for creating new workshops with similar structures and frameworks.

Population Served

La Casa Norte serves youth and families confronting homelessness. This series of nutrition workshops was run with LCN's Casa Corazon and Solid Ground programs as a part of their structured skill development times. Initiated in 2009, Casa Corazon is LCN's unaccompanied homeless youth outreach and engagement initiative, with 2 youth drop-in centers, 45 emergency overnight beds for youth ages 18-24 and 5 beds reserved for pregnant/parenting females. LCN's Solid Ground, founded in 2006, is Chicago's premier bilingual, male-intentional supportive housing program for youth ages 16 to 21, and the program served 32 youth in 2016.

Casa Corazon serves a transient client population. Those who receive most of their meals at shelters or from community hot meal programs have limited choices around the types and portions of food they are served. Many clients sleep at overnight emergency shelters that do not have daytime storage space. This makes buying groceries, especially food that requires refrigeration, impractical. Due to food service regulations at emergency shelters, many clients do not have access to a kitchen to prepare their own food. Clients also often spend large amounts of time traveling on public transportation to receive services across the city and have limited or no financial resources to stave off hunger. In addition to these barriers, a large barrier is a general lack of access to cheap nutrient dense food that doesn't require preparation.

Solid Ground clients have more stability. This population has access to a kitchen and food storage space, which creates more opportunity for skill development around nutrition. Solid Ground clients still often have limited financial resources to purchase

their own food and often rely on food donations provided by La Casa Norte. This means they still experience large barriers to consuming healthy food.

Clients in both programs may not have had the opportunity to develop skills around nutrition and food preparation. Many are chronically homeless which means they have been unstably housed for several years. Because of the previously mentioned nutrition barriers, and the many other stressors clients may face in finding housing and employment, they may not be at a place where a traditional nutrition curriculum would feel relevant. This workshop series was implemented in the form of 10 workshops with a total attendance of 88 participants and an unduplicated participant total of 45.

Workshop Structure

These workshops were designed not just in consideration of, but centered around access barriers in order to provide participants with practical and relevant skills and information. The key workshop components were 1) a specific barrier with a practical solution and 2) accompanying nutrition information linked to health risks and benefits. It was also important for the workshops to stand alone, in case participants were not able to attend consecutive workshops. If participants attended more than one workshop the concepts reinforced each other. Through trial and error I found interspersing nutrition information into a demonstration and frequently switching topics or demonstrations to be most engaging.

Workshop Development

These workshops have built upon the [Homeless Nutrition Education Toolkit](#), developed by Sabrina Hamm, a former Hunger Fellow. A bottom up approach was used in order to address specific client needs. Relationship building with clients and staff was an important part of curriculum development. I spent time asking clients and staff about client goals, barriers and experiences with food to help direct the content and subject area.

Using and Adapting this Workshop Guide

These lessons were specifically designed for the barriers that La Casa Norte youth clients face. If you are adapting these workshops to fit your clients, you may find that they struggle with a whole different set of nutrition barriers. You may find it useful, however, to design your own lessons by borrowing the workshop structure and harm reduction lens.

Harm Reduction Lens

Harm Reduction is a central framework to La Casa Norte's Philosophy of Care. In La Casa Norte's employee handbook, the agency's approach to Harm Reduction is described as the following:

“Our goals with every client are “any positive change” for increased health and safety. Harm reduction has traditionally been an intervention style applied to work with substance users, but we hold it as a guiding principle in all our work with all our clients. We do not hold any particular change as the only appropriate positive goal and we work with clients to identify the goals they value and are ready to consider.”

The suggestions of a traditional nutrition curriculum might not feel relevant to the clients served by Casa Corazon and Solid Ground clients because of the many barriers they face in accessing nutritious food. By using a harm reduction lens, the curriculum of these workshops can **meet clients where they are**, provide **information** that can inform their decisions and **highlight the choices in** their lives.

Meeting clients where they are was an important part of making the workshops client centered and therefore most relevant. In practice, I did this by asking lots of questions and avoiding assumptions. I started the curriculum development process by asking clients and staff for suggestions of barriers to food access and areas of potential growth. Whenever possible I tried to ask clients their favorite foods and ideas for what recipes or snacks I should bring in for future workshops. This helped get participant buy-in to the workshops. It also ensured I wasn't imposing my own biases of what is healthy or what I expected participants would like. I made sure to approach the instruction of the workshops with the same mentality. There was a wide range in previous knowledge and interest around nutrition. Asking questions like “does anyone know what happens when you eat a lot of sodium?” before explaining, helped to acknowledge the knowledge some participants already had. It also helped me to learn what concepts to start with.

The decision to provide **information** but not suggestions was directed by the harm reduction tenant of “not holding any particular goal as the only positive goal”. Clients could pick and choose the information they found useful and put into practice whenever it became a possibility. I specifically avoided calling food “good” or “bad” in an effort to not shame any client's food choices and allow space for each participant to make their own decisions. Each workshop paired practical strategies with nutrition information so that participants could envision how these strategies would be

implemented in their daily lives. The use of these strategies in clients' everyday lives was self directed.

Lastly, **highlighting client choices** aimed to empower participants. As identified above, many clients face difficult barriers in accessing healthy food. By centering each workshop around a specific client or staff identified barrier the workshops aim to highlight the choices that clients can make within the constraints of that barrier. This uses a strengths based perspective to empower clients to make changes in their own lives.

Example of harm reduction practiced in a nutrition context:

While some traditional nutritionists might say:

"Eat less pizza – it is bad for you and greasy"

Nutrition through harm reduction might sound like:

Pizza has calcium in the cheese and some vitamin A and C in the sauce. The cheese does however have high levels of saturated fat that are linked to heart disease. Pizza can also have high sodium levels that are also linked to high blood pressure. Does anyone have any ideas of how we could add more fiber to pizza? How does eating a lot of pizza make you feel?"

Talking about pizza from a harm reduction perspective would provide health risks and benefits. It would also consider making changes to pizza instead of simply denouncing it. The first example simply labels something as bad, when it may not be in the client's power to choose a different option. The harm reduction example offers strategies that makes sense within the context of clients lives.

Lessons learned:

Start with participants' knowledge

Participants responded enthusiastically when I asked them questions before giving them the information. Then I could explain further or fill in any gaps in their explanation if needed.

We are all experts on how food makes us feel

This means that everyone has something valuable to contribute. Talking about how food makes us feel in addition to health risks and benefits helped to make the lessons more tangible.

Talk about my favorite (not always “healthy”) foods

By entering a space to talk about nutrition, the assumption might be that I don't eat unhealthy food. I wanted participants to know that I was not an authority on nutrition and I was not there to tell them what to eat or what not to eat. By talking about my own favorite foods, both the traditionally healthy and traditionally unhealthy, I aimed to be more grounded as an instructor.

Food is personal

Nutrition and food are deeply personal things rooted in our sense of self, community and culture. I found that speaking in “I statements” and connecting food to memories and feelings helped to acknowledge that sensitivity. I also felt it was valuable to be mindful of my own identity and how that intersected with my role as an instructor.

Bring Food to Share!

Sharing a snack as a part of the demonstration was helpful in keeping participants engaged and making the workshop relevant.

Let Nutrition Facts work for you

When using canned or prepackaged food, let the Nutrition facts on the back guide the workshop. This way you can avoid extensive research and it can help you practice reading labels as a group.

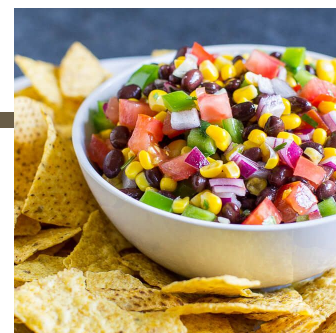
Use sensitivity

I found it important to relay health risks and benefits with sensitivity. Some of the health risks are serious but inciting fear in clients would not have been helpful.

Page left intentionally blank for formatting

CAN You Salsa?!

A guide to leading a canned-vegetable salsa nutrition workshop



Barrier:

Many of our youth have limited access to vegetables and foods that carry fiber and nutrients. Even if they can access these foods from emergency food pantries, they may not have a kitchen space to cook and prepare food.

Goals:

- Learn how to make a vegetable, fiber and nutrient rich salsa out of foods that can be found in most food pantries and requires little kitchen equipment
- Practice reading nutrition fact labels
- Share knowledge around sodium, how to reduce sodium and the health effects of a high sodium diet

Workshop Time: 30 minute **Prep Time:** 15 min

Materials:

- Large bowl, spoon, can opener & knife
- Chips or vegetable slices
- 1 can of black beans (low or no sodium preferred)
- 1 can of pinto beans (low or no sodium preferred)
- 1 can of corn (low or no sodium preferred)
- 1 can diced tomatoes (low or no sodium preferred)
- 1 Lemon (or juice)
- 1 Onion (diced)

Optional

- 1 or 2 Avocados (cubed)
- Chopped Cilantro
- Swap canned corn and tomatoes for fresh if available

Instructions

1) Start with a thought provoking discussion question. Ex: What is your favorite food and why? What would you like to change about food in your community?

2) As you do the demonstration discuss *Practical Tips* and links to *Health Risks and Benefits* that relate to each step or ingredient. Some examples of this are listed after the instructions.

3) Drain and rinse the cans of beans and corn and empty them into bowl. This is a good time to talk about sodium and practice reading nutrition labels as a group.

- 4) Mix in any optional ingredients and share their nutrition facts.
- 5) Squeeze the juice of one lemon into the bowl, stir and share with participants.
- 6) Ask participants how they like it and if this is something they would do on their own. Why or why not?

Practical Tips

- You can find most of the ingredients to this recipe at a food pantry and it requires minimal kitchen appliances
- Rinsing canned food helps to reduce added sodium and sugar contents
- Wipe off the lid of cans before opening as a food safety best practice
- A good visual for the amount of sodium in food is: 2000 mg of sodium is 1 teaspoon of table salt¹. 4 grams of sugar = 1 teaspoon of sugar²
- Lemons are a natural form of citric acid. Adding lemon juice acts as a natural preservative

Health Risks and Benefits

- A high sodium diet is linked to high blood pressure, coronary disease, heart attack, heart failure, stroke, kidney disease, osteoporosis, stomach cancer and headaches³
- Ideal sodium intake is less than 1,500 mg a day⁴
- 75% of sodium in the American diet comes from pre-prepared and processed foods⁵
- Sodium's impact on the body's: salt draws more water into the blood vessels increasing the volume like increasing water in a hose. This is more work for the heart and over time may overstretch or injure the blood vessel walls⁶
- Fats are needed to support the growth of cells and give you energy⁷
- Fiber helps to regulate digestion and keep you feeling full⁸
- A diet high in fiber can lower the risk of diabetes and heart disease⁹
- Avocados are a good source of fat and fiber
- Beans are a great source of fiber and non meat protein
- Lemons have a lot of calcium
- Tomatoes are a great source of vitamin A
- The high water content in tomatoes keeps you feeling full for longer¹⁰

This workshop builds off of Sabrina Hamm's Nutrition Fact Label Reading lesson from the [Homeless Nutrition Education Toolkit](#)

Zip it up!

A workshop guide about satiety and shelf stable snacks

Barrier:

One of La Casa Norte's Youth Employment Specialists relayed that our youth often spend long amounts of time traveling to receive services or skip meals when they are not available through hot meal programs. This means that when they finally do get a meal it may not be enough food for them, or they may overeat (a behavior linked to higher obesity rates). In a similar situation when choosing a food to buy, they may not be equipped with the knowledge to pick the food at the cross-section of the most filling and most cost effective.



Goals:

- Make trail mix that participants can eat or take with them
- Learn about what makes food filling, discuss how we feel after eating different foods
- Brainstorm some high protein/high fiber snacks that are available at gas stations and dollar stores

Workshop time: 20-30 minutes

General Nutrition Takeaways:

Food items that are ranked with the most long term satisfaction are high in fiber, protein and water content¹¹.

Materials:

Some of the following purchased from your local dollar store or gas station. Focus on making it as affordable as possible. Check nutrition labels and choose things that are generally lower in fat, sugar and sodium and high in fiber. Don't rule out things that have moderate amounts fat, sugar and sodium. Having a variety of nutrient profiles can make for educational comparisons.

- Resealable Sandwich bags
- Peanuts
- Mixed Nuts
- Spicy Nuts
- Almonds
- Raisins
- Craisins
- Cereal
- Pretzels
- M&Ms
- Dried Bananas
- Dried Mango
- Dried Pineapple
- Dried Prunes

Instructions

- 1) Start with a discussion question. Ex: What is your go-to snack? If food were free what would you eat?
- 2) Unpack the scenario and relevance. Perhaps talk about a time when you over ate because you were REALLY hungry, or when you bought some food to tide you over but it wasn't filling.
- 3) Discuss satiety - the principle of satiety will guide the workshop:
 - Satiety is the measure of how satisfying food is. Foods that are most satisfying and relieve hunger for the longest are high in fiber, protein and water content.⁷
- 4) Distribute the trail mix components one by one and encourage participants to take a portion. For each ingredient you distribute, discuss the serving size, and a few key nutrition facts. Be sure to compare nutrition facts of similar components (ex: roasted peanuts and spicy peanuts).
- 5) As a group brainstorm other snacks available at dollar stores or gas stations that are high in fiber and protein. Some others might be: hard boiled eggs, tuna, hummus, cheese, dried fruit.

Practical Tips

- Trail mix is a great option because it can be high in fiber and protein and it is shelf stable

Health Risks and Benefits

- Trail mix is satisfying but can also be very calorie dense. This isn't necessarily bad, but is helpful to be aware of
- Fiber helps to regulate digestion and keep you feeling full¹²
- A diet high in fiber can lower the risk of diabetes and heart disease¹³
- Dried fruit is a great source of fiber
- Nuts are a great source of non meat protein and fat
- Cereal is often fortified with vitamins fiber and protein

Optional: Depending on resources you could make some ingredients to go in the trail mix with the group. These could include dried bananas, dried apples, roasted chickpeas, etc.

Harm Reduction Fast Food

A workshop guide on eating fast food AND thinking about health goals

Barrier:

La Casa Norte clients have identified that fast food is often the most accessible cheap food source, especially without access to a kitchen. Restaurants also provide a warm hang-out spot. We can use harm reduction methodology to give our clients information. This will help them choose foods with less risk of chronic disease when they choose fast food.



Goals:

- Make a baked alternative of fried french fries and sweet potato fries
- Discuss levels of fat, sodium and sugar in fast food items and how they compare to recommended daily values
- Brainstorm action steps for client identified changes that would make a meal with less risk of obesity and cardiac disease.

Workshop time: 1 hour **Prep time:** 30 minutes

Materials:

- Oven and baking sheets
- Russet potatoes
- Sweet Potatoes
- Olive oil
- Spices (paprika, chilli powder, cumin, onion powder)
- Nutrition Fact sheets from clients favorite fast food restaurants

Discussion Prep: Before the workshop get one copy for each participant of the nutrition facts from a fast food chain popular with clients. These are often on the flip side of the tray liner or available online. Mark up the nutrition fact sheets with these questions in mind.

- How does the calorie, fat, sugar, and sodium in items compare to recommended daily values?
- What are similar items that could be exchanged to decrease the fat, sugar and salt and by how much?
- What are items that could be skipped to reduce the fat sugar and salt in the meal (sauces, extra cheese, extra salt)?

Demonstration Instructions:

The fries will take 30 minutes to cook so start with the cooking demo. This recipe was inspired by [“Crispy Baked Garlic Matchstick Fries” from Minimalist Baker](#)

- 1) Preheat oven to 450 degrees.
- 2) Chop potatoes into matchsticks by quartering then cutting into strips.
- 3) Line baking sheets with foil and generously spray with nonstick spray.
- 4) Add fries plus a generous drizzle of oil and sea salt, pepper and garlic powder or cumin, paprika and chili powder. Toss to coat.
- 5) Arrange fries a single layer making sure they aren't touching too much. This will help them crisp up and cook evenly.
- 6) Bake for 25-35 minutes, tossing/flipping at least once to ensure even baking. Let cool and enjoy!

Discussion Instructions:

While the fries are baking start a discussion around around Fast Food. This discussion should not shame fast food habits.

- Start by telling participants YOUR favorite fast food order, how it makes you feel, and ask about theirs.
- Pass out the nutrition facts sheets you have prepared. Point out some of the specifics you noticed and translate these into general trends that apply to most restaurants. Ask about what they notice.
- Ask a participant to give you their go-to order and tally up the calories or fat. Then brainstorm some swaps and how that would change the nutrition profile.

General Nutrition Takeaways:

Small changes to a fast food meal can still help reduce the risk of heart disease often linked to the high salt fat and sugar contents found in fast food. Some of these changes might include: choosing a grilled option over a fried option, electing for fewer sauces, asking for extra vegetables, choosing water over a sweetened drink and being mindful of portions.

Health Risks and Benefits

- Fiber helps to regulate digestion and keep you feeling full¹⁴
- A diet high in fiber can lower the risk of diabetes and heart disease¹⁵
- Diets high in added sugar are linked to obesity, diabetes and tooth decay¹⁶
- Your body needs fat, but too much fat, especially saturated fat that increases your LDL , can increase your risk of heart disease¹⁷
- A high sodium diet is linked to high blood pressure, coronary disease,heart attack, heart failure, stroke, kidney disease, osteoporosis and stomach cancer ¹⁸
- Ideal sodium intake is less than 1,500 mg a day¹⁹
- 75% of sodium in the American diet comes from pre-prepared and processed foods²⁰

Worth the Wait - Marinate!

A workshop guide on 3 baked recipe alternatives to frying meat

Barrier:

This workshop was requested by the empowerment specialists that work with clients in our Solid Ground program. They identified that frying was client's go-to method of cooking meat.



Goals:

- Teach participants 3 relatively quick alternatives to frying meat
- Discuss some of the health concerns commonly linked to fried food
- Discuss ways to add flavor to food while adding limited calories, sugar, fat or salt

Workshop time: 1 hr (including 30-40 minute bake time)

Materials: Oven, foiled and lightly oiled baking tray, chicken breasts (# depending on # of participants and capacity)

Lemon Garlic Marinade:

- 3 garlic cloves
- 1 lemon
- Olive oil

Dry Spice Rub

- Salt (for brine)
- Paprika
- Onion Powder

- Chilli powder

Teriyaki Marinade

- Teriyaki sauce

Instructions:

As you prep the chicken, ask participants to help. Talk about the *Practical Tips and Health Risks and Benefits*

Dry Rub Chicken: Preheat oven to 450°. Rinse all chicken pieces under cold water. Fill bowl with 1 quart of warm water and stir in 3 tablespoons of salt. Place chicken in solution to brine for 15 minutes. If chicken comes packaged in a sodium solution, skip brining. Mix equal parts of spices. Pat chicken breasts dry and rub with spices. Place evenly distributed on foiled and lightly oiled tray. Cook for 20-30 minutes or until chicken is golden brown and juices run clear when chicken is cut into.

This recipe was adapted from [Gimme Some Oven's "Baked Chicken Breast" Recipe](#).

Lemon Garlic Chicken: Preheat oven to 400°. Rinse all chicken pieces under cold water. Mince 3 cloves of garlic, combine with the juice from 1lemon and olive oil in a bowl or plastic bag. Add chicken and let marinade for 15min- 12 hours. Place evenly distributed on foiled and lightly oiled baking tray. If marinade time is limited, pile some of marinade on chicken breasts for extra flavor. Cook for 20-30 minutes or until chicken is golden brown and juices run clear when chicken is cut into.

This recipe was adapted from [Sarah's Cucina Bella "Lemon Garlic Marinade: My Go-To 30-Minute Marinade Recipe"](#)

Teriyaki Chicken: Preheat oven to 400°. Rinse all chicken pieces under cold water. Place chicken in a plastic bag or bowl, coat with marinade and let marinade for 15min to an hour (the longer the more flavorful). Place evenly distributed on foiled and lightly oiled tray. Cook for 20-30 minutes or until chicken is golden brown and juices run clear when chicken is cut into.

Optional: taste marinade before putting in contact with raw chicken. Getting a sense of the flavor, sweetness and saltiness can help you decide how long to marinade for.

Health Risks and Benefits:

Baking uses little or no oil and is cooked with the hot air in the oven. Deep frying, and to a lesser extent pan frying, adds fat and calories as the oil absorbs into the chicken. While fat in moderation is an important part of a healthy diet, oils used for frying often have high amounts of saturated fat²¹. A diet high in saturated fat is linked to heart disease and stroke²².

Practical Tips:

- Adding spices and lemon juice is a great way to add flavor by adding little or no calories, salt and fat
- Brining meat uses salt to pull moisture into the meat. This adds some sodium but keeps the cutlet moist. Keep the brine time short as a compromise.
- Cooking at a high temperature sears the outside, locks in moisture and shortens cooking time
- Marinating for longer amounts of time will infuse meat with more flavor

Portion Distortion

A guide to leading a nutrition workshop on portion size and portion self-control

Barrier: Some youth have expressed weight gain as a concern. Weight gain is caused by consuming more calories than you expend²³ but youth who eat most meals at shelters often do not have control over the portion served to them. It has been suggested by the CDC that the packaging food comes in, the portion of you are given, and even the size of your plate has a large impact on how much you eat²⁴. This workshop discusses portion mindfulness, even when someone else is serving you.

Goals:

- Learn some tips around portioning your food and recognising fullness
- Practice portioning snacks based on the serving size

Workshop Time: 20 Minutes

Materials:

- A variety of packaged snacks in larger containers, ideally not individually packaged per serving. Pick things that have surprisingly high and low portions per container.
- Food Safety Gloves
- Paper plates, napkins or condiment containers

Instructions:

- 1) Start with a discussion questions: How do you feel after a meal? How do you know when you are full?
- 2) Unpack the scenario and relevance. Perhaps talk about a time when you ate a whole bag of chips without realizing it was 5 servings or over ate because you were REALLY hungry.
- 3) Start a discussion around portion sizes. As a group brainstorm some strategies to portion your own food even when someone else serves it. Here are some ideas: Find some suggestions under the *Practical Tips*
- 4) After this discussion ask for a few volunteers. Give each volunteer an item to portion out into the recommended serving size. Have the volunteer relay the nutrition information for that serving. Ask participants how this compares to their expectations
- 5) Let volunteers distribute portions of snacks to the rest of the participants

Practical Tips:

These tips are based on the possibility that clients have access to SNAP benefits, specific La Casa Norte services or services from other community providers. In their individual context clients can choose the tips that work best for them.

- It can take up to 20 minutes for the stomach to send signals to your brain that you are full so eating more slowly can help to you avoid overeating²⁵
- Drinking a glass of water before and as you eat can help you slow down and feel more full
- Give yourself portion control – ask for dressing on the side, request your meal on a smaller plate like a salad plate or split your meal into portions on your plate before eating it
- Serving yourself can help you to customize your portions
- A healthy snack between meals can help to avoid overeating

Health risks and benefits

- Research shows that people unintentionally consume more calories when faced with larger portions²⁶
- Weight gain happens when people eat more calories than they use²⁷
- On the following page you will find some helpful visual guidelines produced by my pyramid.gov

How Much Do YOU Eat?

Use these everyday items to estimate the amount you eat.



Amounts of Foods
For 2,000 calories

<p>½ cup of fruit juice = size of a 4-oz juice box</p>	<p>1 small apple = 1 cup = size of a baseball</p>	<p>½ cup of sliced fruit = size of a small computer mouse</p>	<p>2 cups Fruit Group</p>
<p>½ cup of carrots or other vegetables = size of a small computer mouse</p>	<p>10 medium fries counts as ½ cup = size of a deck of cards</p>	<p>1 cup of raw vegetables = size of a baseball</p>	<p>2½ cups Vegetable Group</p>
<p>1 cup of milk = size of a 1-cup carton of milk</p>	<p>1 cup of yogurt = size of a baseball</p>	<p>1½ oz. of low-fat natural cheese* = size of two 9-volt batteries</p> <p><small>*Counts as one cup</small></p>	<p>3 cups or equivalent Milk Group</p>
<p>2-3 oz. of meat, poultry or fish = size of a deck of cards</p>	<p>1 tablespoon of peanut butter counts as 1 oz = size of one 9-volt battery</p>	<p>½ cup of beans counts as 2 oz = size of a small computer mouse</p>	<p>5½ ounces or equivalent Meat & Beans Group</p>
<p>½ cup of cooked pasta = 1 oz = size of a small computer mouse</p>	<p>1 cup of dry cereal = 1 oz = size of a baseball</p>	<p>1 slice of bread counts as 1 oz = size of a CD*</p> <p><small>*Above the thickness of 10 CDs (10 each)</small></p>	<p>6 ounces or equivalent Grains Group</p>

Expand your knowledge

A list of further nutrition resources

Information about Fat

http://www.heart.org/HEARTORG/HealthyLiving/HealthyEating/Nutrition/Fats-101_UCM_304494_Article.jsp#.WKcsMBA5Zho

Information about sodium

https://www.cdc.gov/salt/pdfs/Sodium_Dietary_Guidelines.pdf

Information about soft drinks and sugar

https://www.cdc.gov/nccdphp/dnpa/nutrition/pdf/r2p_sweetend_beverages.pdf

https://www.cdc.gov/nccdphp/dnpa/nutrition/pdf/rethink_your_drink.pdf

Tips on adding more vegetables

https://www.cdc.gov/obesity/downloads/fandv_2011_web_tag508.pdf

Notes

1, Sodium and Your Health, The American Heart Association, p.1

https://sodiumbreakup.heart.org/sodium_and_your_health

2, Sugar and Obesity, Action on Sugar, p.1

<http://www.actiononsugar.org/Sugar%20and%20Health/Sugar%20and%20obesity%20/151903.html>

3, High Sodium Foods, Ways to Reduce Sodium, The American Heart Association, p.1

<https://www.goredforwomen.org/live-healthy/heart-healthy-cooking-tips/high-sodium-foods-ways-to-reduce-sodium/>

4, Processed Foods: Where is all that salt coming from?, The American Heart Association, p.1

http://www.heart.org/HEARTORG/HealthyLiving/HealthyEating/Nutrition/Processed-Food-s-Where-is-all-that-salt-coming-from_UCM_426950_Article.jsp#.Wjzf228rLcs

5, Ibid.,

6, Sodium and Your Health, p.1

https://sodiumbreakup.heart.org/sodium_and_your_health

7, Fats 101, American Heart Association, p.1

http://www.heart.org/HEARTORG/HealthyLiving/HealthyEating/Nutrition/Fats-101_UCM_304494_Article.jsp#.WKcsMBA5Zho

8, Fullness Factor™, SELF Nutrition Data, p.1

<http://nutritiondata.self.com/topics/fullness-factor>

9 Bliss, High Fiber Equals Lower Risks, *United States Department of Agriculture Ag Research Magazine*, (2004): p.1

<https://www.ars.usda.gov/news-events/news/research-news/2004/high-fiber-equals-lower-risks/>

10, Fullness Factor™, p.1

<http://nutritiondata.self.com/topics/fullness-factor>

11, Ibid.,

12, Ibid.,

13 Bliss, High Fiber Equals Lower Risks, p.1

<https://www.ars.usda.gov/news-events/news/research-news/2004/high-fiber-equals-lower-risks/>

14, Fullness Factor™, p.1

<http://nutritiondata.self.com/topics/fullness-factor>

15 Bliss, High Fiber Equals Lower Risks, p.1

<https://www.ars.usda.gov/news-events/news/research-news/2004/high-fiber-equals-lower-risks/>

16, Sugar and Obesity, p.1

<http://www.actiononsugar.org/Sugar%20and%20Health/Sugar%20and%20obesity%20/151903.html>

17, Fats 101, American Heart Association, p.1

http://www.heart.org/HEARTORG/HealthyLiving/HealthyEating/Nutrition/Fats-101_UCM_304494_Article.jsp#.WKcsMBA5Zho

18, High Sodium Foods, Ways to Reduce Sodium, p.1

<https://www.goredforwomen.org/live-healthy/heart-healthy-cooking-tips/high-sodium-foods-ways-to-reduce-sodium/>

19, Ibid.,

20, Processed Foods: Where is all that salt coming from?, p.1

http://www.heart.org/HEARTORG/HealthyLiving/HealthyEating/Nutrition/Processed-Foods-Where-is-all-that-salt-coming-from_UCM_426950_Article.jsp#.Wjzi6W8rLct

21, How Preparation Affects Chicken Nutrition, Fit Day, p.1

<http://www.fitday.com/fitness-articles/nutrition/healthy-eating/how-preparation-affects-chicken-nutrition.html>

22, Fats 101, American Heart Association, p.1

http://www.heart.org/HEARTORG/HealthyLiving/HealthyEating/Nutrition/Fats-101_UCM_304494_Article.jsp#.WKcsMBA5Zho

23, Do Increased Portion Sizes Impact How Much We Eat?, National Center for Chronic Disease Prevention and Health Promotion Division of Nutrition and Physical Activity

Research to Practice Series, No. 2, (2006): p.1

https://www.cdc.gov/nccdphp/dnpa/nutrition/pdf/portion_size_research.pdf

24 Ibid.,

25 , Understanding satiety: feeling full after a meal, British Nutrition Foundation, p.1, 2016

<https://www.nutrition.org.uk/healthyliving/fuller/understanding-satiety-feeling-full-after-a-meal.html>

26, Do Increased Portion Sizes Impact How Much We Eat?, p.1

https://www.cdc.gov/nccdphp/dnpa/nutrition/pdf/portion_size_research.pdf

27 Ibid.,