



Health Ambassador Training

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Train the Trainer: Curriculum Overview

Modules	Activity	Recipes	Handout
1.Introduction and Course Overview. Knife Skills	Demonstrating Knife Safety and Skills	Waldorf Salad	Knife Safety and Skills Recipe
2. Food Safety & Team Building Exercise	Food Scenarios and Thermometer Sheet		Food Handling- 4 page poster
3. Introduction to Nutrition	Demonstration of various portion sizes using objects (deck of cards or hands for measurement)		Handout explaining MyPlate and food groups. Handout regarding recommended portion sizes and pictures of portion sizes used in demo. Handout showing use of seasonings and spices.
4. Explanation of Heart Disease and Expanding Diabetes.	Chronic Disease Bingo and Word Search	AHA recipes for heart health	Overview of Heart Disease and Chronic Diseases.

Curriculum Overview Continued...

Modules	Activity	Recipes	Handout
5. Explanation of Diabetes. Cooking for Diabetes.	Practice recipes to alter as diabetes friendly (recipe only no cooking) Crossword puzzle: Overview of all modules Nutrition Facts Label: Application to Diabetes	Diabetes Friendly Recipes	Provide recipes used in cooking demo Nutrition Label reading ingredient list
6. Recipe Modifications & Overview of Social Services	Recipe and modification of own recipes and cooking the modified recipes to meet diabetes criteria	Bring in own recipes, adapting as diabetes friendly and cooking meals for diabetes health	Recipes samples Overview of Social Services

Table of Contents: Modules

Module 1: Knife Skills Handout (1 page)

Module 2: Food Safety (2 handouts)

- Food Safety Handout (4 pages)
 - How to Be Safe in the Kitchen
 - Checking Internal Temperatures
 - Temperature Danger Zone
 - Hand Washing & Cross Contamination
- Food Safety Scenarios Handout (3 pages)
 - Scenarios #1-6

Module 3: Introduction to Nutrition (3 handouts)

- MyPlate Handouts (4 pages)
 - MyPlate Recommendations
 - Food Groups
 - Food Sources
 - Meeting Food Group Requirements
- Portion Sizes Handout (1 page)
- Cooking with Seasonings & Spices Handouts (6 pages)
 - Cover page
 - Overview of Spices
 - Spice and Herb Storage Tips
 - How to Enhance Flavor
 - Condiments and Flavor Enhancers
 - Types of Salt

Module 4: Explanation of Heart Disease and Expanding Diabetes (5 handouts)

- Explanation of Chronic Diseases (22 pages)
 - Cover page
 - Metabolic Syndrome Materials (addendum)
 - MetS Criteria
 - MetS Components
 - MetS Components cont.
 - MetS Components of Graphic
 - Met S Risk Factors
 - MetS Standard of Care and Lifestyle Changes
 - Hypertension: Risk Factors, Standard of Care
 - Blood Pressure Criteria
 - Stroke Risk Factors and F.A.S.T
 - 8 D's of Stroke Care
 - DASH Diet
 - Sample DASH Diet Menu
 - Tips to Reduce Salt Intake
 - Heart Disease: Risk Factors, Standard of Care, Prevention
 - Heart Disease Friendly Recipes
 - Diabetes: Criteria
 - Diabetes Plate Metho
 - Diabetes Plate Components
 - Diabetes Plate Method Meals
 - Diabetes Plate Method Snacks
 - Guide to Diabetes for Caretakers
 - Diabetes Signs and Symptoms Handout

- Heart Disease
 - Heart Disease Conditions
 - Heart Attack Signs
- Chronic Disease Bingo Activity Handout (6 pages)
 - Bingo Cards
 - Bingo Questions
- Word Search: Chronic Conditions (1 page)

Module 5: Expanding Diabetes and Cooking for Diabetes (4 handouts)

- Cooking for Chronic Conditions Handout (6 pages)
 - Cover page
 - Foods to Increase or Limit
 - Follow a Healthy Dietary Pattern
 - Nutrients: Calcium, Vitamin D, and Fiber
 - Nutrients and Chronic Disease
 - Traditional Dishes
 - Nutrition Fact Label Reading Handout
 - Nutrition Facts Label Components
 - Defining Nutrition Facts Label Components
 - Nutrients to Limit and Increase
 - % Daily Value
- Practice Recipe Modifications
 - Practice Recipe 1 & 2
- Crossword Puzzle Activity: Overview of all Modules

Module 6: Self-Assessment: Modify Recipe, Public Speaking Practice, & Social Services Information

- Blank Recipe Worksheet Handout
- Public speaking 101, guest speaker
- Social Services Flyer



Module 1

- Introduction
- Course Overview
- Knife Skills

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KNIFE SAFETY AND SKILLS

HOW TO HOLD, SHARPEN, AND CUT

Holding the Knife



1. Pick a chef knife that has an aligned blade and is sharp



2. Grip handle or the blade with thumb and side of your index



3. Use a claw grip with the other hand to avoid injuries

Sharpening the Knife



1. Sharpen your knife using even pressure throughout



2. If using a stone or honing tool use an angle of 10-30 degrees



3. Check blade is evenly sharp & wash thoroughly before use

Different Styles of Chopping



Dice
Small, medium, or large cubes



Slice
Thin cut across the grain



Mince
Cut into very small pieces



Chop
Cut into bite-size pieces



Chiffonade
Finley sliced in ribbons



Julienne
Cut into a match stick shape



Module 2

- **Food Safety**
- **Team Building**

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FOOD HANDLER SAFETY: HOW TO BE SAFE IN THE KITCHEN

PROPER HANDWASHING



Wash your hands
for at least
20 seconds

*Sing Happy Birthday or the ABC's
twice

SANITIZE SURFACES OFTEN

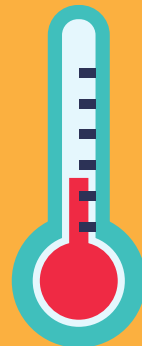
*Read product instructions
carefully



CHECKING INTERNAL TEMPERATURES



Make sure foods
are cooked
to their proper
temperatures



TEMPERATURE DANGER ZONE

Danger Zone: 40-140°F
Keep hot food hot, $\geq 140^\circ\text{F}$
Keep cold food cold, $\leq 40^\circ\text{F}$

PREVENT CROSS CONTAMINATION

- Use separate cutting boards for produce and meat
- Sanitize surfaces before and after switching tasks



MAINTAIN A CLEAN KITCHEN

- Sanitize surfaces often
- Properly wash equipment



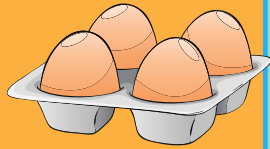
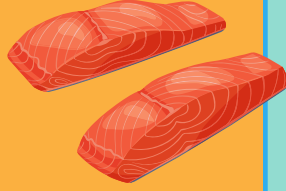

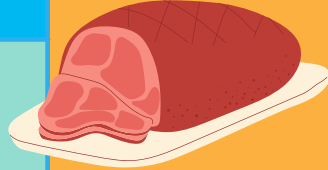
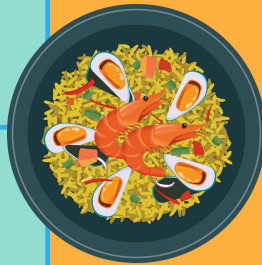






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CHECKING INTERNAL TEMPERATURES

Food Item	Internal Temperature
    	    <p>Poultry, Stuffed Foods, Previously Cooked Items, All Microwave-Cooked Foods, Leftovers and Casseroles</p> <p>165° Fahrenheit for < 1 second (instantaneous)</p> <p>Ground Meats, Game, or Seafood; Shell eggs that will be hot-held</p> <p>155° Fahrenheit for 15 seconds</p> <p>Game meats, Seafood, Shell Eggs to Serve Immediately, Steaks/Chops of Beef, Veal, Lamb, or Pork</p> <p>145° Fahrenheit for 15 seconds</p> <p>Roasts of : Beef, Pork, Veal, or Lamb</p> <p>145° Fahrenheit for 4 minutes</p>

When cooking, check the internal temperature of your food item prior to eating



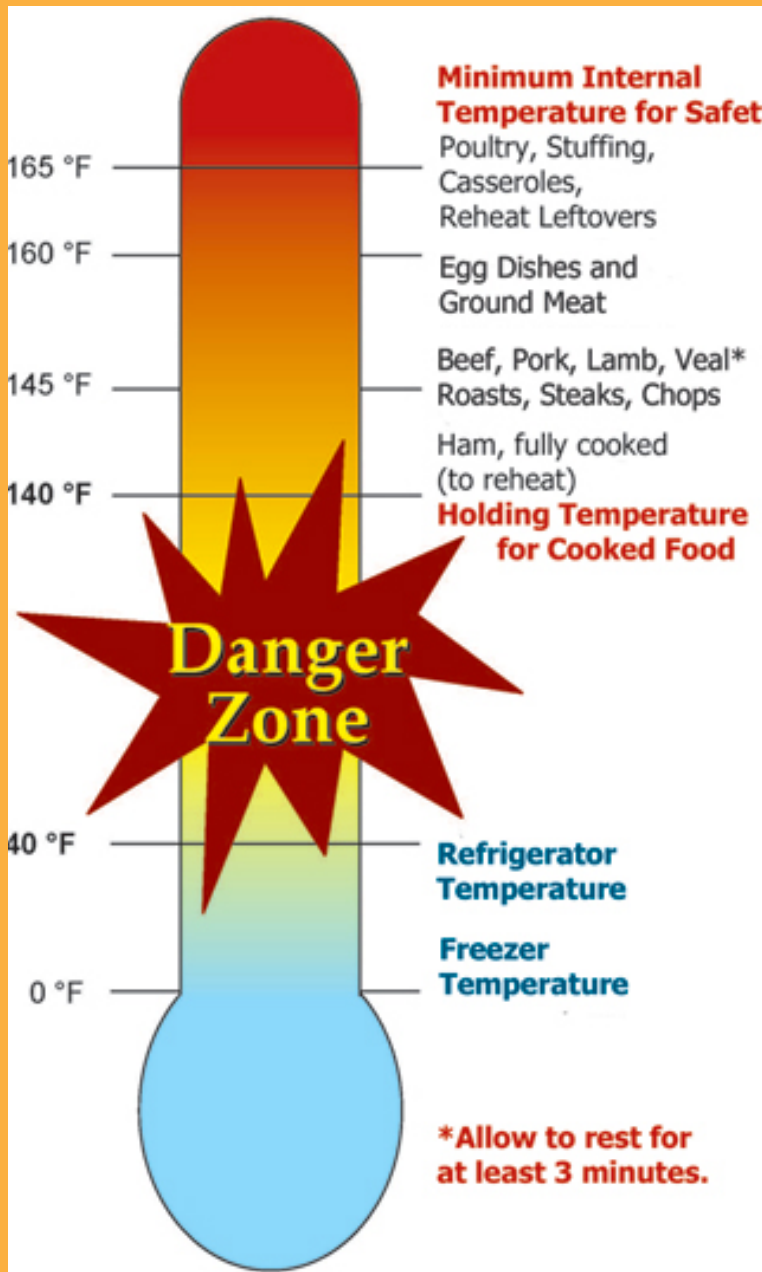


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TEMPERATURE DANGER ZONE

Danger Zone 40-140°F



Hot Food: Maintain temperature at or above 140 °F. Place cooked food in dishes that keep food hot such as warming plates or chafing dishes.



Cold Food: Maintain temperature at or below 40 °F. Place the food in coolers or on ice.

Refrigerated foods should not stay out longer than 2 hours



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HANDWASHING

*Wash your hands for 20 seconds
with soapy warm water*



Wash your Hands When:

- Switching tasks
- Handling raw meat, shellfish, poultry, eggs
- Before and after handling food
- Using the bathroom



MAINTAIN A CLEAN KITCHEN

Sanitize Common Surfaces

Sanitize = reduce pathogens to a safe level

- Wipe off commonly used surfaces
- Clean off counters when switching tasks



Cleaning Equipment

Cleaning = removing food and dirt from a surface

- Keep cutting boards clean and use separate cutting boards for produce and meat/poultry/seafood
- Clean dishes, utensils, serving ware frequently



PREVENT CROSS CONTAMINATION & CROSS CONTACT

The transfer of pathogens from one object to another

Be food allergy safe

- Practice proper hand washing
- Frequently clean surfaces and equipment between tasks
- Use separate cutting boards for raw meat and produce
- Cook to the correct temperature
- Take internal temperature of cooked foods prior to eating



- Marinate foods in the fridge and not on the counter
- Defrost frozen foods in the fridge and not the counter
- Practice proper labeling when storing food in the fridge, freezer, and dry storage
- Refrigerate food to reduce spread of bacteria

Food Safety Scenarios

Scenario #1

The kitchen staff member uses a cutting board to prepare the raw burger patties. Their next task is to cut up vegetables for the salad, and they place it on the same cutting board. What mistakes were made and what should have been done?

Scenario #2

You are at a family BBQ and everyone has brought food such as burgers, sausages, potato salad, watermelon, and salad. The gathering has lasted 4 hours. What is the red flag in this scenario?

Food Safety Scenarios

Scenario #3

It's time to prep for dinner and you plan to use the frozen meat you got at the store. How should you safely thaw or defrost the meat so that it's ready to cook for dinner in 1-2 hours?

Scenario #4

You've got leftovers for dinner! If heating up the leftovers in the microwave, what is the proper temperature to heat the food to?

Food Safety Scenarios

Scenario #5

You are cooking for a nursing home and the chef asks you to check the refrigerator and freezer. What temperatures should they it be?

Scenario #6

You bought frozen meats and fish from your grocery store and noticed there is freezer burn. What signs on your food indicates this?



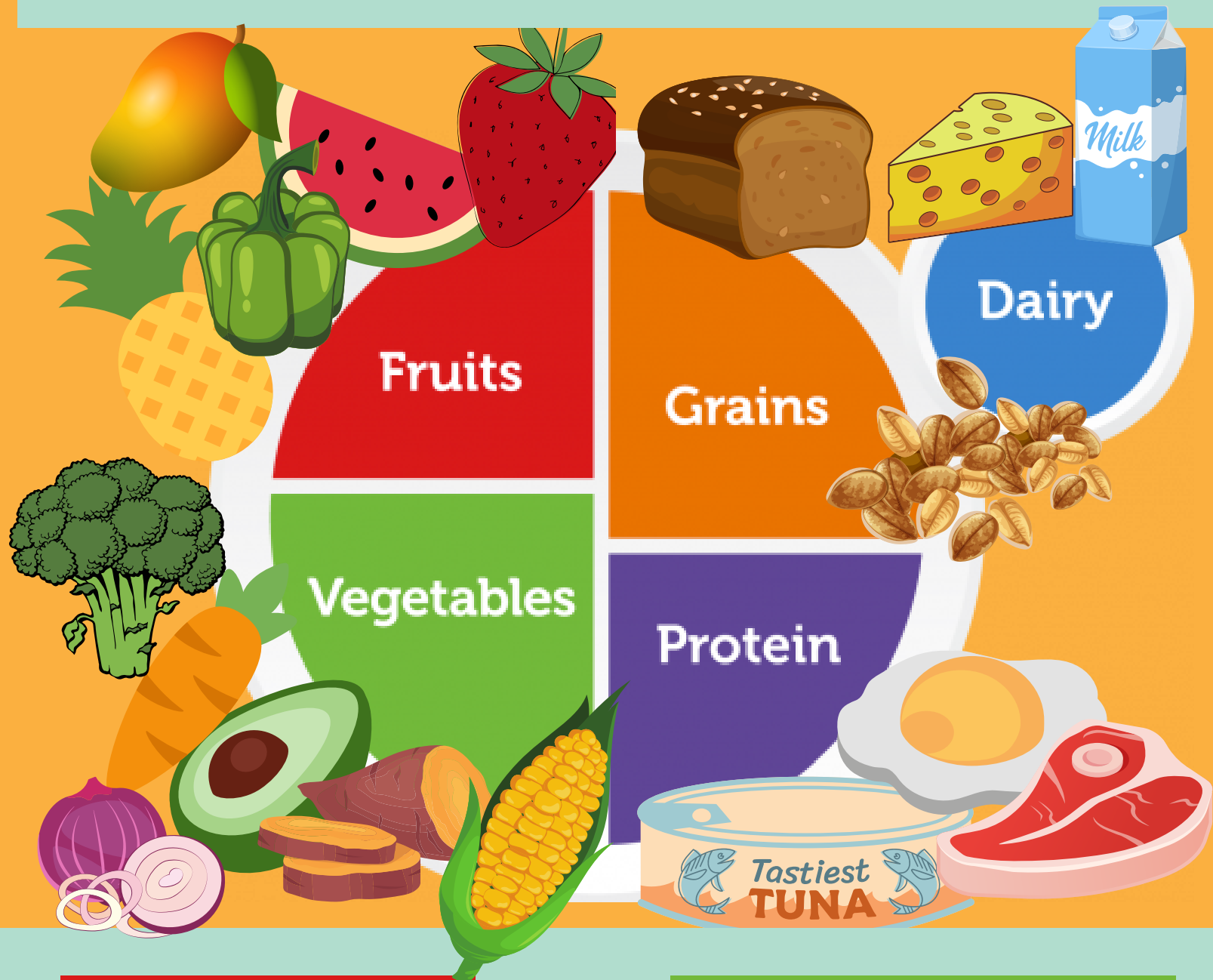


Module 3

- Introduction to Nutrition

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Fruit: 2 cups

Grain: 6 ounces

Dairy: 3 cups

Vegetable: 2.5 cups

Protein: 5.5 ounces

***Recommendations are based on a
2,000 calorie per day diet****

Food Groups

Vegetables

- Dark, leafy greens
- Red and orange
- Beans
- Peas
- Lentils
- **Starchy vegetables***
*Could also be considered grains due to carbohydrate content

Fruits

- Whole Fruits
- Citrus: limes, lemon, oranges
- Apples, pears, bananas
- Stone fruit: nectarines, plums, apricots
- Berries, melons

Whole Grains

- Oatmeal
- Whole wheat bread, pasta, or crackers
- Brown rice
- Tortillas, pitas, flatbreads

Protein

- Lean meats
- Poultry
- Eggs
- Seafood
- Beans, peas, and lentils
- Nuts and seeds & nut butters
- Soy products

Dairy

- **Fat-free or low-fat:** Milk, Yogurt, Cheese
- Lactose-free versions
- Fortified soy beverages and yogurt as alternatives
- Fortified dairy-free products

Oils

- Vegetable oil
- Canola oil
- Olive oil
- Sesame oil
- Oils found in food, such as seafood and nuts

Sources

Vegetables

- Fresh
- Frozen
- Canned, low sodium
- Cooked or raw

Fruit

- Fresh
- Frozen
- Dried
- Canned, low sodium

Whole Grains

- Whole grain products
- Whole grains used as ingredients

Refined Grains

- Refined grain sources
- Refined grains should be enriched
- Enriched = nutrients added back that were lost during processing

Dairy

- Fluid, dry, or evaporated milk
- Lactose free dairy products
- Soy based products

Protein

- Fresh or Frozen

Meet the Food Group requirements by:

- Incorporating nutrient dense foods in your diet
- Limiting sugary beverages
- Staying within calorie limits



Nutrition Facts

Serving Size 100 g

Amount Per Serving

Calories 250 Calories from fat 10

% Daily Value*

Total Fat 4% 4%

Saturated Fat 1,5% 4%

Trans Fat

Cholesterol 50mg 28%

Sodium 150mg 15%

Total Carbohydrate 10g 3%

Dietary Fiber 5g

Sugars 3g

Protein 16%

Vitamin A 1% • **Vitamin C** 3%

Calcium 2% • **Iron** 2%

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

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Estimating Portion Sizes

1 cup = a fist



**Estimate
fruits or veggies**

1 tbsp = thumb tip



Used for fats or oils

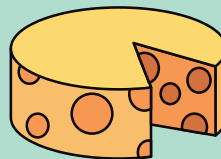
Palm = 3 oz protein



**3 oz of protein = meat,
fish, or chicken**



1 oz = whole thumb



1 oz cheese

1 cupped hand = 1/2 cup



**Estimate grains
like cereal or rice**

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Cooking with Seasoning and Spices



Enhance flavor when cooking with a variety of seasonings and spices!

Choose from a variety of spices

- Black pepper
- Cayenne pepper
- Oregano
- Cumin
- Garlic powder
- Onion powder
- Bay leaf
- Curry powder
- Italian seasoning
- Thyme
- Paprika
- Nutmeg
- Turmeric
- Clove
- Cinnamon
- Chili powder



Spice and Herb Storage Tips

- Be mindful of the expiration date on dried spices
- Take inventory of your spices
- Store spices in a dark space in airtight containers
- Keep herbs fresh by storing herbs upright in water in the fridge
- Storing whole spice and grinding them when needed gives a fresh flavor and aroma



Enhance Flavor with...

***Juice or zest citrus
to add flavor!***



Citrus

- Lemons
- Limes
- Oranges
- Grapefruit

Fresh Herbs

- Basil
- Thyme
- Rosemary
- Cilantro



Peppers

- Sweet, hot, or dried yellow, red, or green peppers
- Hot sauce



Don't forget the condiments and flavor enhancers!

- Horseradish
- Flavored
mustard
- Chutney
- Wasabi
- Bean purees
- Tapenade
- Salsa
- Soy sauce
- Chimichurri
- Gochujang
- Harissa
- Tamari Sauce



Types of Salt

Did you know that there are a variety of cooking salts?



Table Salt

The standard salt in most households. Table salt is iodized, which prevents deficiency of the mineral, iodine.

Kosher Salt

This salt does not contain any additives and clings to food better. It is often used during the cooking process.



Specialty/Seasoning Salts

These dissolve quickly, are used to garnish dishes, and are combined with other spices to create seasoning blends.

Sea Salt

Seen in the form of flakes, fine crystals, or coarse crystals; can be used as a finishing salt or as a garnish on dishes. This is not typically used as the primary way to add flavor to a dish.



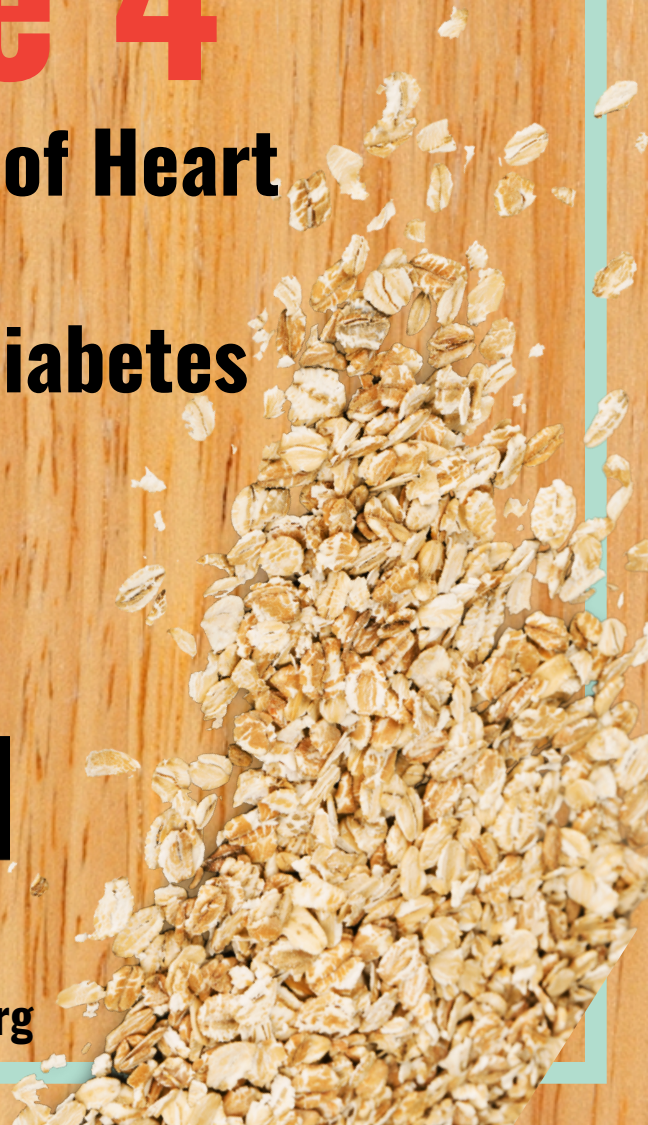


Module 4

- **Explanation of Heart Disease**
- **Expanding Diabetes**

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Explanation of Chronic Diseases



Metabolic Syndrome (MetS)

Meeting 3 out the 5 Criteria = Diagnosis of MetS

Waist Circumference	Men: >102 cm (40 in) Women >88 cm (35 in)
High-Density Lipoprotein (HDL) level	Men: <40 mg/dL Women: <50 mg/dL
Serum Glucose	100 mg/dL or higher (fasting glucose)
Serum Triglycerides	≥150 mg/dL
Blood Pressure	≥135 and/or ≥85 mm Hg

Metabolic Syndrome increases risk for chronic diseases such as heart disease, stroke, and diabetes

Components of Metabolic Syndrome

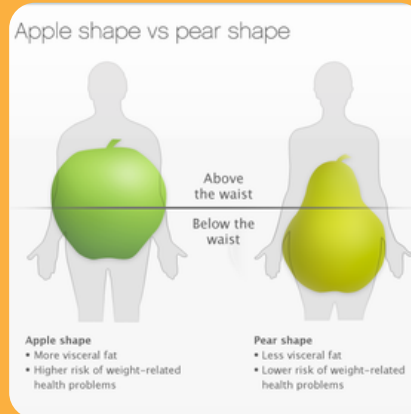
Waist Circumference Fat Distribution among Men and Women

Android Shape

- More common in males
- Excess subcutaneous truncal-abdominal fat
- Also known as "apple shape"
- Associated with insulin resistance and MetS

Gynoid Shape

- More common in women
- Excess gluteofemoral fat
- Also known as "pear shape"



Waist Circumference

Risk Factors for MetS
Men: >102 cm (40 in)
Women >88 cm (35 in)

HDL & LDL Cholesterol

- HDL Cholesterol = "good cholesterol"
 - Responsible for removing cholesterol from cells
 - Contain more protein compared to fat
- LDL Cholesterol = "bad cholesterol"

How to increase HDL and lower LDL cholesterol?

Increase HDL by....

- Consuming sources of unsaturated fat
- Choose whole grain sources

Lower LDL cholesterol by...

- Reducing consumption of saturated fats and trans fat
- Replace saturated fat sources with unsaturated fat sources

Sources of Saturated Fat?

A high intake of saturated fat raises blood cholesterol levels. Saturated fat is found in the following products:

- Animal products: liver, eggs, beef, pork, veal, poultry, shellfish
- Desserts: Cheesecake, custards, bakery items
- Dairy products made with whole milk

Know your Numbers: Cholesterol

Total Cholesterol	Interpretation
< 200 mg/dL	Desirable
200-239 mg/dL	Borderline high
≥240 mg/dL	High

HDL	
≤40 mg/dL (men) <50 mg/dL (women)	Low
≥ 60 mg/dL	Desirable

LDL	
< 100 mg/dL	Optimal
100-129 mg/dL	Near optimal/above
130-159 mg/dL	Borderline high
160-189 mg/dL	High
≥190 mg/dL	Very High

Know your Numbers: Fasting Glucose

Serum Glucose

Those at risk of Metabolic Syndrome will have a serum glucose level of:

- 100 mg/dL or higher (fasting glucose)

Do you know what **YOUR NUMBERS** mean?
Fasting Glucose Ranges



Serum Triglycerides

≥150 mg/dL level of triglycerides indicates an increased risk for Metabolic Syndrome

Know Your Numbers: Triglycerides

Triglyceride	
< 150 mg/dL	Normal
150-199 mg/dL	Borderline high
200-499 mg/dL	High
≥ 500 mg/dL	Very High

Know your Numbers: Blood Pressure

High Blood Pressure

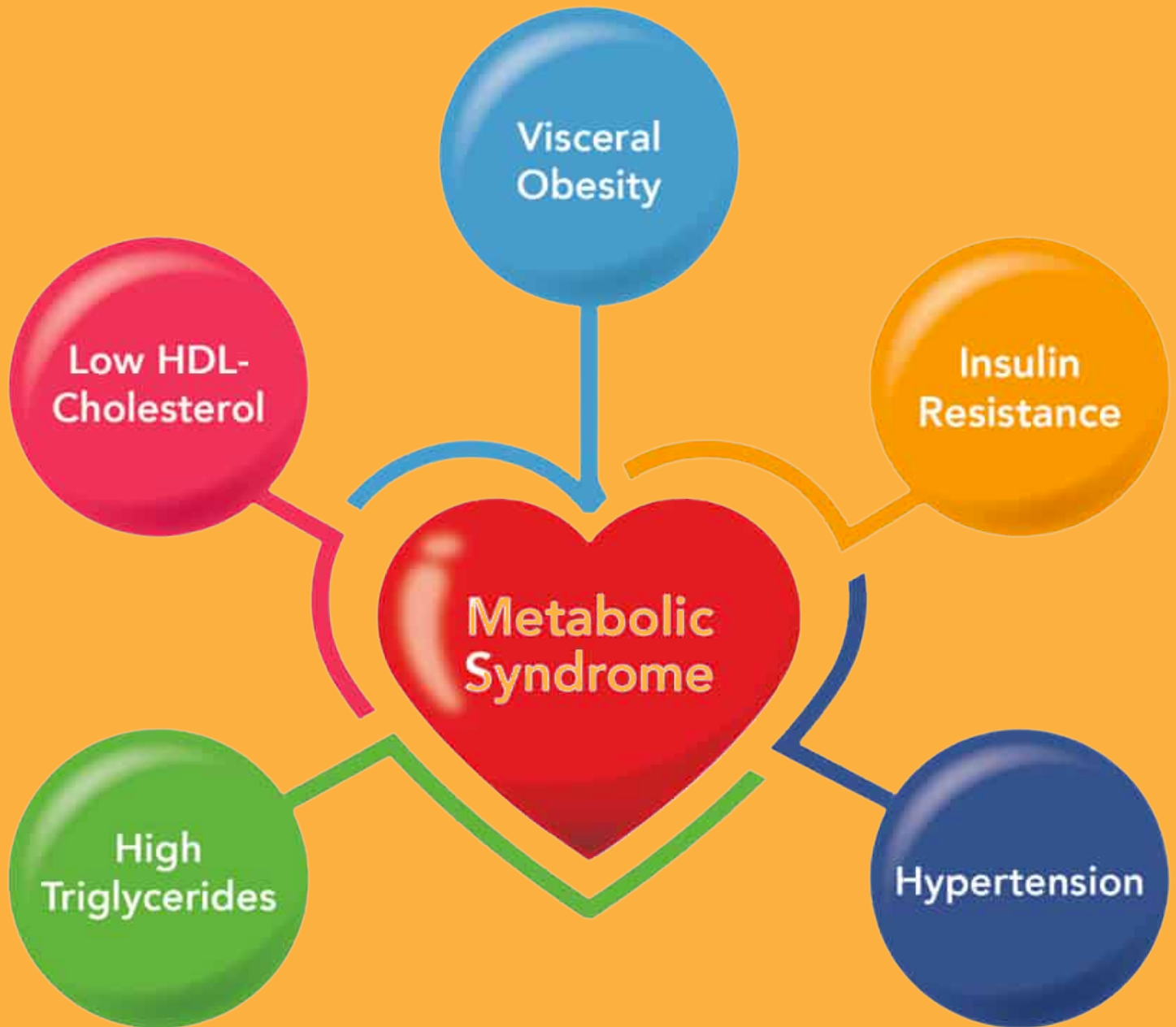
Those at risk of MetS: Blood pressure of ≥135 and/or ≥85 mm Hg

Blood Pressure Stages

Blood Pressure Category	Systolic mm Hg (upper #)		Diastolic mm Hg (lower #)
Normal	less than 120	and	less than 80
Elevated	120-129	and	less than 80
High Blood Pressure (Hypertension) Stage 1	130-139	or	80-89
High Blood Pressure (Hypertension) Stage 2	140 or higher	or	90 or higher
Hypertensive Crisis (Seek Emergency Care)	higher than 180	and/or	higher than 120

Source: American Heart Association

Metabolic Syndrome Components



Metabolic Syndrome Components

- **Visceral Obesity/Adiposity**
- **Insulin Resistance Diagnosis**
 - The body is not properly able to use insulin, creating a resistance to insulin and inability to decrease glucose and triglyceride level
- **Race and gender**
 - Black men and women have a higher risk of developing MetS
- **Increased Age**
 - Risk increases with age



Standard of Care: *Metabolic Syndrome*



Lifestyle Changes

- Dietary changes: Heart Healthy Diet
- Increase physical activity

Medications

- Monitor blood pressure, blood glucose, and blood cholesterol

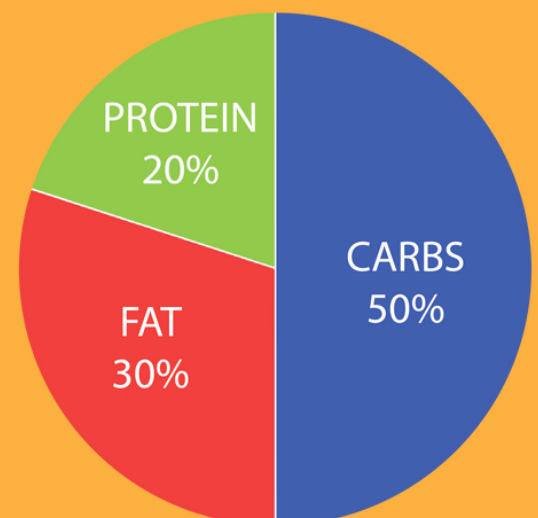
Weight Loss

Metabolic Syndrome is Reversible

Lifestyle Changes:

- Increasing physical activity levels
- Making dietary changes
 - Carbohydrates: \leq 50% of calories per day
 - Focus on whole grain intake
 - Increase dietary fiber by eating a variety of fruits and vegetables
 - Fat: 30% of calories per day
 - Consume sources of healthy fats
 - Protein: 20% of calories per day
 - Increase intake of lean meats, poultry, and fish and decrease intake of red meat
- Weight Loss: 5-10% loss of bodyweight for improved health

Incorporating lifestyle changes can lead to reversing diagnosis of MetS



Hypertension



Risk Factors

- Lack of sleep and increased stress
 - Age: Men and women are at a high risk after age 64
 - Race: Individuals of African heritage are at a higher risk
 - Family history
 - Overweight or obese
 - Lack of physical activity
 - Smoking and heavy alcohol consumption
 - Diet: High sodium intake and low potassium intake
-

Increased Risk for Developing:

- Heart disease, MetS, Stroke, Kidney disease, Diabetes
-

Standard of Care

- Lower blood pressure
- Stress management
- Weight maintenance
- Medications: Diuretics, Beta-blockers, ACE inhibitors
- Dietary Changes
 - Prescribe low-sodium diet
 - DASH diet: decrease sodium intake and increase potassium intake
- Increase physical activity levels
- Limit alcohol intake

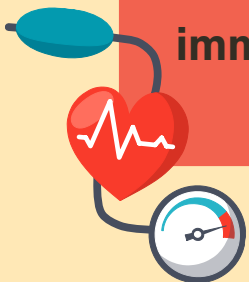




Blood Pressure Criteria



Blood Pressure Category	Systolic mm Hg (Upper Number)	and/or	Diastolic mm Hg (Lower Number)
Normal	Less than 120	and	Less than 80
Elevated	120-129	and	Less than 80
High Blood Pressure (Hypertension) Stage I	130-139	or	80-89
High Blood Pressure (Hypertension) Stage II	140 or Higher	or	90 or higher
Hypertensive Crisis *Consult your doctor immediately*	Higher than 180	and/or	Higher than 120



Stroke

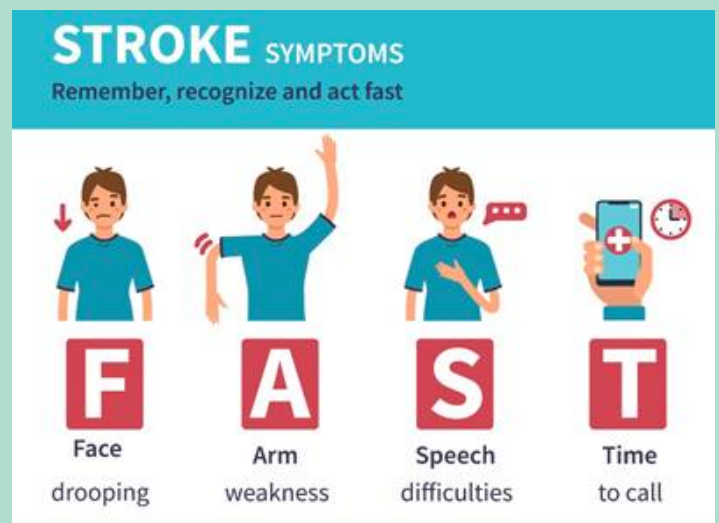
Risk Factors

- Family history
- Diabetes Mellitus
- Chronic kidney disease
- Sleep apnea
- Hypertension
- Atrial fibrillation
- Smoking
- Sickle cell disease
- Lack of physical activity
- Lack of a balanced diet



Spotting a Stroke with F.A.S.T.

- Face: Drooping on one side, uneven smile and severe headache with no known cause. May have trouble seeing in one or both eyes. Dizziness and loss of balance.
- Arms and legs: Weakness in arms or legs especially if one sided. When lifting both arms up towards the sky, one arm droops down, may also have leg weakness and trouble walking.
- Speech: Difficulty speaking, slurred speech and confusion with speech or understanding.
- Time: Immediately call 911



Stroke

8 D's of Stroke Care

1. Detection	Rapid identification of stroke symptoms
2. Dispatch	Early Activation and dispatch of EMS
3. Delivery	Rapid EMS identification, management, and transport
4. Door	Transport to Stroke Center
5. Data	Rapid triage, evaluation, and management in ED
6. Decision	Stroke expertise and therapy selection
7. Drug	Fibrinolytic therapy, intra-arterial strategies
8. Deposition	Rapid admission to the stroke unit or critical care unit

DASH Diet

"Dietary Approaches to Stop Hypertension"



What is it?

- Diet created to reduce hypertension and lower LDL cholesterol
- HIGH in potassium, calcium, magnesium, fiber, protein
- LOW in sodium, added sugar, saturated and trans fat

How much Sodium?

- Sodium is limited to 2,300 mg per day
 - 1 tsp of salt = 2,400 mg
- For those with hypertension, recommended sodium intake is 1,500 mg per day



Foods to Increase?

Fruit



Vegetables



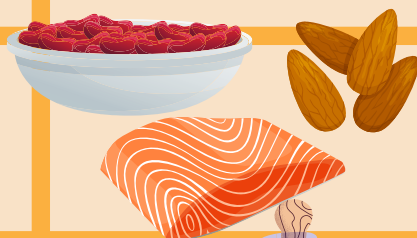
Whole Grains



Fat-free or low-fat dairy products



Protein: Fish, poultry, beans, and nuts



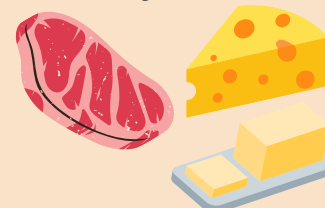
Vegetable Oils



Foods to Limit?

Foods High in Saturated Fat

Fatty Meats, Full-fat dairy, butter



High Sodium Foods



Foods High in Added Sugar





Sample DASH Diet Menu



Vegetables	<i>4 to 5 servings a day</i>	1 serving = 1 cup = leafy vegetables or 1/2 cup raw vegetables
Fruits	<i>4 to 5 servings a day</i>	1 serving = 1 medium piece of fruit or 1/2 cup of fresh, frozen, or canned fruit
Grains	<i>6-8 Servings a day</i>	1 serving = 1 slice of bread or 1/2 cup pasta
Fat-Free or Low-fat dairy products	<i>2 to 3 servings a day</i>	1 serving = 1 cup milk or yogurt
Lean meats, poultry, and fish	<i>1-3, 3-ounce servings a day</i>	3 ounce serving of fish, lean meat, poultry or 2 eggs
Nuts, seeds, legumes	<i>4 to 5 servings a week</i>	1 serving = 1/3 cup of nuts and seeds, 1/2 cup legumes, 2 tbsp peanut butter
Fats and oils	<i>2 to 3 servings a day</i>	1 serving = 1 tsp olive oil or 1 tsp butter
Sweets and added sugars	<i>5 servings or fewer a week</i>	1 serving = 1 tbsp jam or jelly

DASH recommendations are based on a 2,000-calorie-a-day diet



Tips to Reduce Salt Intake

DASH Diet includes a reduction of sodium intake.

Here are some ways to lower salt intake:

- Wait to season food until after cooking and tasting the food
- Focus on foods with little to no added salt such as fresh, frozen, or canned foods
- Compare nutrition food labels when shopping and search for options that are labeled "reduced or low sodium"
- Decrease intake of processed snack foods like chips
- In place of salt, try seasoning your food with:
 - Salt free spices such as Mrs. Dash
 - Fresh herbs
 - Citrus: oranges, limes, lemons



Heart Disease

Risk Factors

- Main risks: High cholesterol, hypertension, and smoking
- Barriers to implementing prevention
- Low health literacy
- Lack of physical activity
- Gender
- Ethnicity
- Stress
- Diabetes
- Sleep apnea
- Poor diet
- Age (men 45+, women 55+)
- Family history

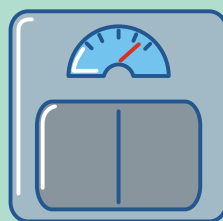
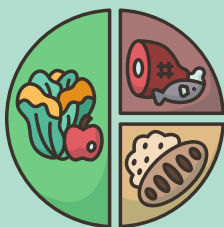
Standard of Care

- Lower blood pressure & LDL cholesterol
- Medications: Statin
- Implementing lifestyle changes



Prevention

- Adequate sleep
- Stress assessment and reduction of stress
- Exercise
 - 150 minutes moderate exercise per week
 - 75 minutes vigorous exercise per week
- Healthy and Balanced Diet
 - DASH Diet: Decrease sodium intake and increase potassium intake
- Maintain a healthy weight
- Cessation of smoking

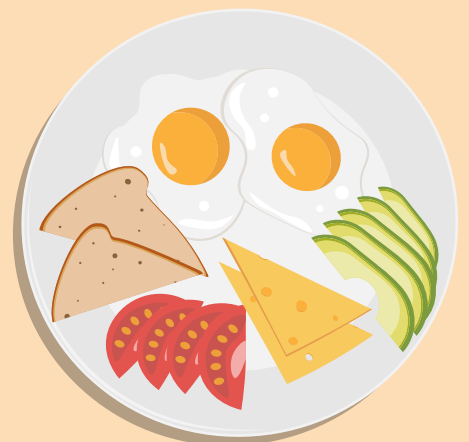
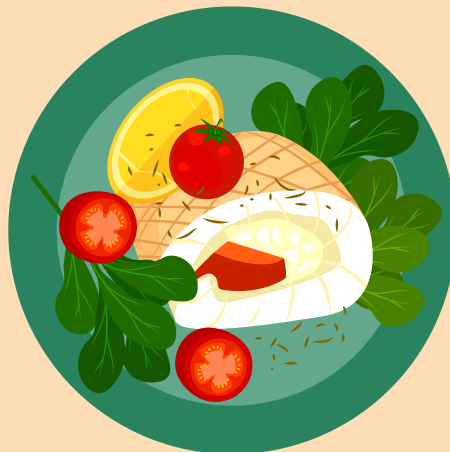
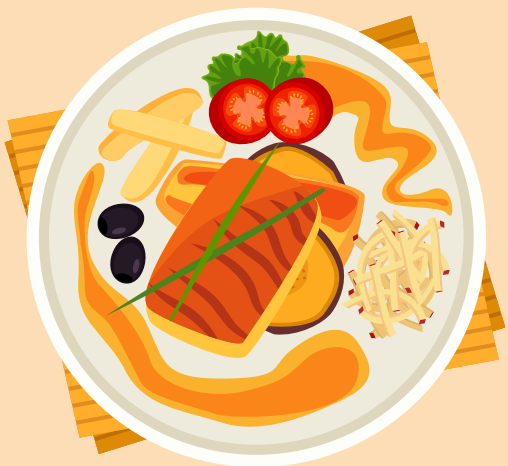


Heart Disease Friendly Recipes



Websites with Heart Friendly Recipes

- heartandstroke.ca
- heart.org
- mayoclinic.org
- heartuk.org.uk
- heartfoundation.org.nz
- millionhearts.hhs.gov



Diabetes



Criteria

Pre-diabetes:

- Impaired fasting glucose (IFG): fasting plasma glucose (FPG) above normal
- Impaired glucose tolerance (IGT): plasma glucose elevated after 75-g glucose load

Type I: Insulin Dependent Diabetes Mellitus

- Autoimmune
- Symptoms: Increased urine production, constant thirst, weight loss, dehydration, disruption of electrolytes, and ketoacidosis

Type II: Diabetes Mellitus

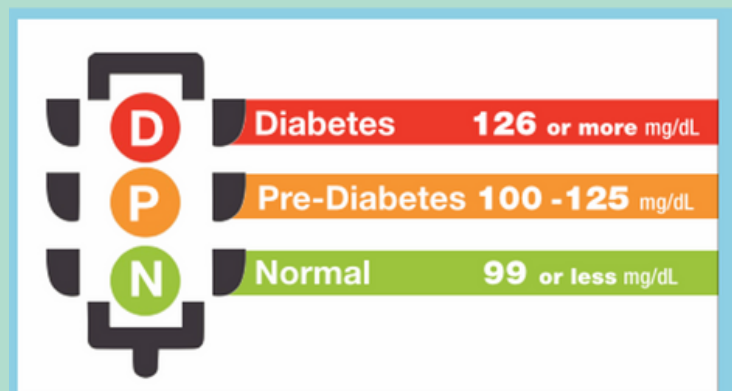
- Most common, result of lifestyle factors and cause of insulin resistance

Type II DM Risk Factors

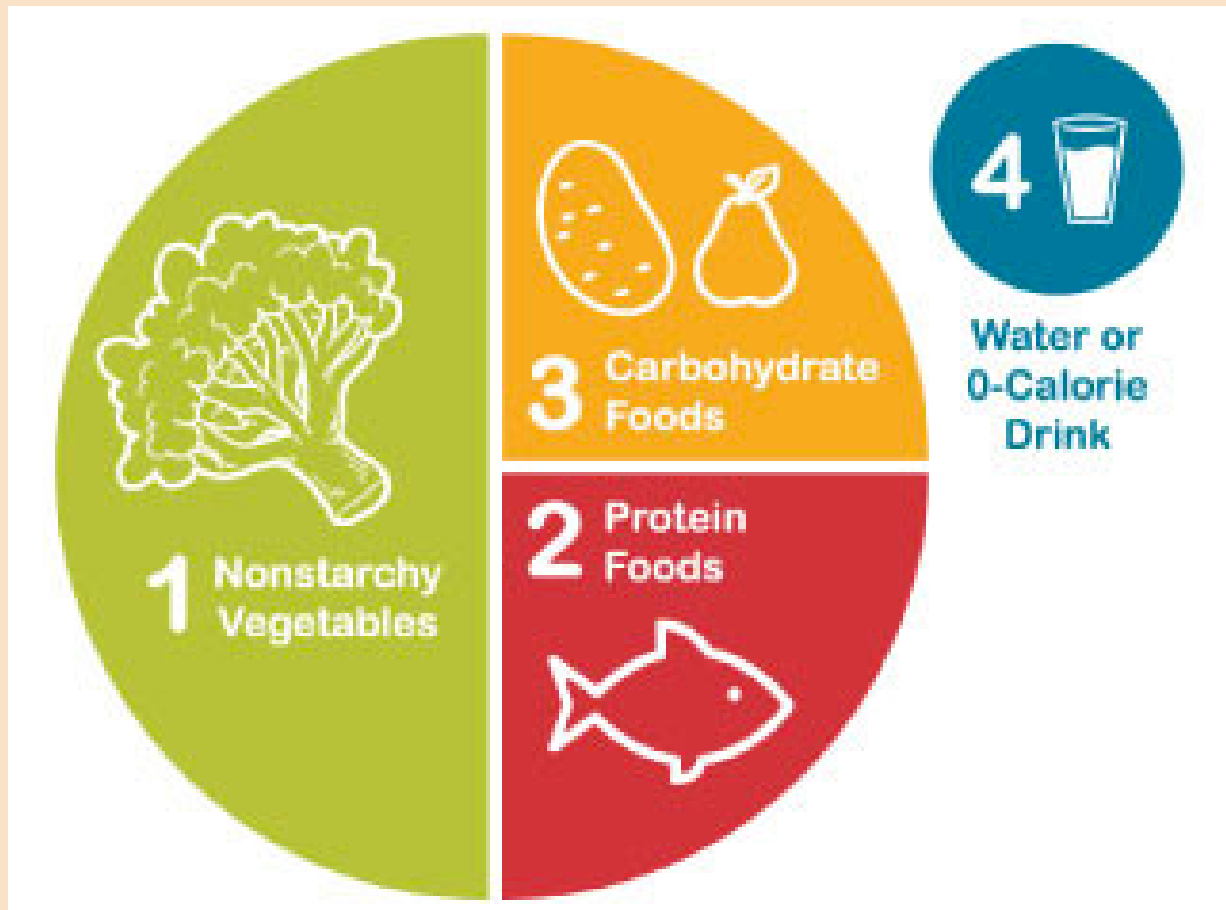
- Family history
- BMI >25
- Physical inactivity
- High-risk ethnic groups
- Hypertension: >140/90 mmHg
- HDL <35 mg/dL or triglycerides >250 mg/dL
- IGT or IFG, A1c>5.7%
- Previous delivery of baby >9 lbs. or previous history of gestational diabetes

Standard of Care

- Medications: Metformin, insulin
- Increasing/incorporating physical activity
- Attain normal blood glucose ranges
- Implementing dietary changes as a personal approach
- Weight maintenance
- Blood glucose control
- Self monitoring of blood glucose



Diabetes Plate Method



1. Nonstarchy Vegetables

2. Protein Foods

3. Carbohydrate Foods

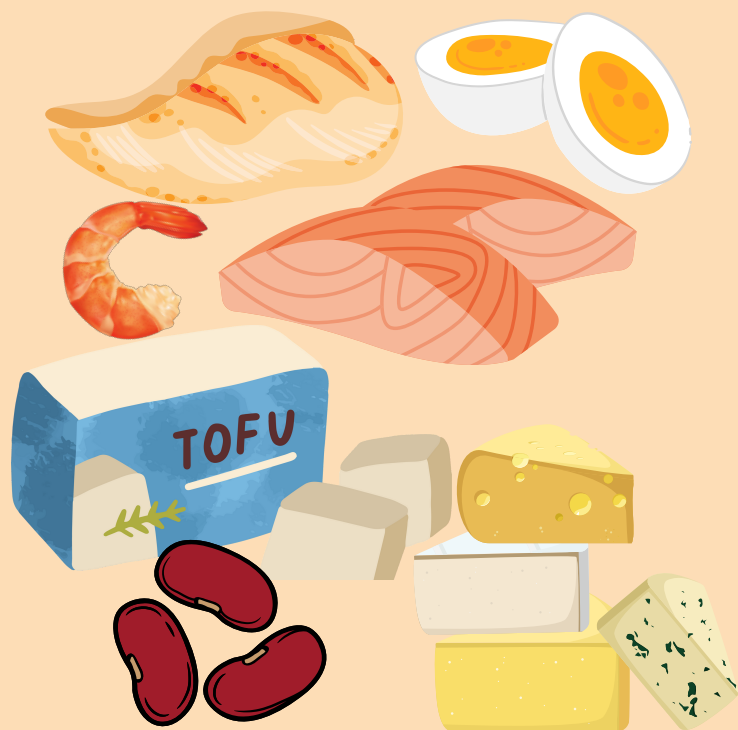
4. Water or zero calorie beverage

Diabetes Plate Method Components

Nonstarchy Vegetables



Protein Foods



Carbohydrate Foods



Water or zero/low calorie beverages



Diabetes Plate Method Meal Ideas



Protein: Chicken

Non-Starchy Vegetables: Leafy greens such as collards, yellow or zucchini squash

Carbohydrate Foods: Sweet potato



Protein: Lean ground beef, turkey, or chicken, and beans

Non-Starchy Vegetables: Kale, cabbage, tomatoes, onions and salsa

Carbohydrate Foods: Apple, beans, yogurt



Protein: Ground turkey or lean ground beef

Non-Starchy Vegetables: Leafy greens, onion, avocados, tomatoes

Carbohydrate Foods: Mashed red or sweet potatoes; orange or apple slices

Diabetes Plate Method Snack Ideas



Protein: Plain Greek yogurt and turkey bacon

Non-Starchy Vegetables: Tomatoes, avocado slices

Carbohydrate Foods: Whole wheat bread, blueberries



Protein: Mozzarella cheese

Non-Starchy Vegetables: Cherry tomatoes, cucumber

Carbohydrate Foods: Whole wheat crackers



Protein: Plain Greek yogurt

Non-Starchy Vegetables: None

Carbohydrate Foods: Plum

Guide to Diabetes for Caretakers

For individuals taking care of a loved one with diabetes

- Managing medications
- Monitoring blood glucose
- Receiving diabetes education
- Recognizing and understanding diabetes signs and symptoms
- Creating and maintaining healthy habits
 - Balanced and healthy eating
 - Regular physical activity
- Acting as a support system



Diabetes

Signs and Symptoms

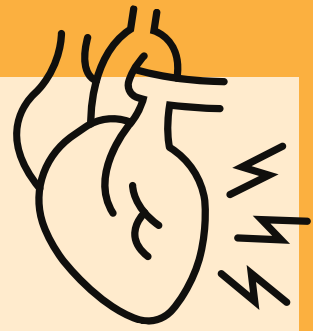
- Increased urine production
- Constant thirst
- Unexpected weight loss
- Fatigue
- Blurred vision
- Gums that are swollen and red
- Numbness and tingling in hands and feet
- Increased infections
- Slow healing wounds



Heart Disease

Heart Disease Related Conditions	Symptoms
Acute Coronary Syndrome	Experiencing unstable angina and chest pain
Angina	Chest pain occurs when there is a lack of blood flow to the heart, symptom of coronary artery disease (CAD) <u>Unstable:</u> Occurs while at rest <u>Stable:</u> Occurs during physical activity or when experiencing emotional or mental stress
Arrhythmias	Irregular or low heartbeat
Atherosclerosis	Plaque built up in the arteries that results in narrowing of the arteries
Coronary Artery Disease (CAD; AKA Coronary Heart Disease and Ischemic Heart Disease)	Heart disease most commonly seen
Heart Failure	Occurs when the heart is not able to pump adequate amounts of blood for the body to run efficiently; causes fluid to develop in lungs, liver, legs, and feet.

Heart Attack Signs



- Pain or discomfort in chest
- Feeling faint or light-headed
- Pain or discomfort in
 - One or both arms or shoulders
 - Jaw, neck or back
- Shortness of breath
- Nausea
- Unexplained tiredness
- Vomiting



Compared to men, women are more likely to experience symptoms other than chest pain/discomfort, specifically shortness of breath, nausea and vomiting, and jaw, neck, or back pain

CHRONIC DISEASES BINGO

**Get 4 in a row; across, down or diagonally to reach BINGO.
Mark off the chronic condition that is described. Only
choose one box for each statement read.**

**Metabolic
Syndrome**

Stroke

Hypertension

Diabetes

Diabetes

Hypertension

Diabetes

**Metabolic
Syndrome**

Hypertension

**Heart
Disease**

Stroke

**Heart
Disease**

**Heart
Disease**

**Metabolic
Syndrome**

Diabetes

Hypertension

CHRONIC DISEASES *BINGO*

Get 4 in a row; across, down or diagonally to reach BINGO.
Mark off the chronic condition that is described. Only
choose one box for each statement read.

Metabolic
Syndrome

Metabolic
Syndrome

Hypertension

Hypertension

Hypertension

Hypertension

Stroke

Metabolic
Syndrome

Diabetes

Heart
Disease

Diabetes

Heart
Disease

Heart
Disease

Stroke

Diabetes

Diabetes

CHRONIC DISEASES *BINGO*

Get 4 in a row; across, down or diagonally to reach BINGO.
Mark off the chronic condition that is described. Only
choose one box for each statement read.

Hypertension	Metabolic Syndrome	Hypertension	Metabolic Syndrome
Hypertension	Stroke	Hypertension	Metabolic Syndrome
Heart Disease	Heart Disease	Diabetes	Diabetes
Heart Disease	Diabetes	Stroke	Diabetes

CHRONIC DISEASES *BINGO*

Get 4 in a row; across, down or diagonally to reach BINGO.
Mark off the chronic condition that is described. Only
choose one box for each statement read.

Hypertension	Metabolic Syndrome	Stroke	Heart Disease
Diabetes	Stroke	Heart Disease	Metabolic Syndrome
Heart Disease	Hypertension	Diabetes	Hypertension
Metabolic Syndrome	Diabetes	Hypertension	Diabetes

Bingo Game Questions

Hypertension

1. Risk factor is a diet high in sodium and low in potassium
2. Standard of care includes lowering blood pressure and managing stress.
3. Diagnosis of this chronic disease increases risk for Heart disease, MetS, Stroke, Kidney disease, and Diabetes.
4. This range, 130-139 mmHg and 80-89 mmHg is considered high for this chronic disease.

Metabolic Syndrome

1. This condition has a diagnosis that includes meeting 3 out of the 5 risk factors.
2. Risk factors for this condition include waist circumference, HDL levels, glucose levels, triglyceride levels, and blood pressure.
3. Insulin resistance is a component of which chronic diseases? (Type II Diabetes and MetS)

Stroke

1. The acronym, FAST is used for which chronic condition?
2. Detection, Dispatch, Delivery, Door, Data, Decision, Drug, Deposition are the 8 D's of which Chronic condition?
3. Loss of blood flow towards the brain results in this condition.

Bingo Game Questions

Heart Disease

1. This chronic disease has many conditions related to the condition that include: acute coronary syndrome, angina, arrhythmia
2. Main risk factors associated with this condition include hypertension, high cholesterol, and smoking.
3. The DASH Diet includes a decrease in sodium intake and an increase in potassium intake and is prescribed to treat which conditions? (Hypertension and Heart Disease)

Diabetes

1. The following components: Non-starchy vegetables, Protein foods, Carbohydrate foods, Water or zero calorie beverage make up the _____ Plate Method.
2. The following symptoms are associated with which chronic disease condition? Symptoms: Increased urine production, constant thirst, weight loss, dehydration, disruption of electrolytes, and ketoacidosis. (Type I Diabetes)
3. Standard of care for this chronic disease includes self monitoring of blood glucose, attaining normal blood glucose ranges, incorporating a balanced and healthy diet and physical activity.



Module 5

- **Explanation of Diabetes**
- **Cooking for Diabetes**

**BEYOND
HUNGER**

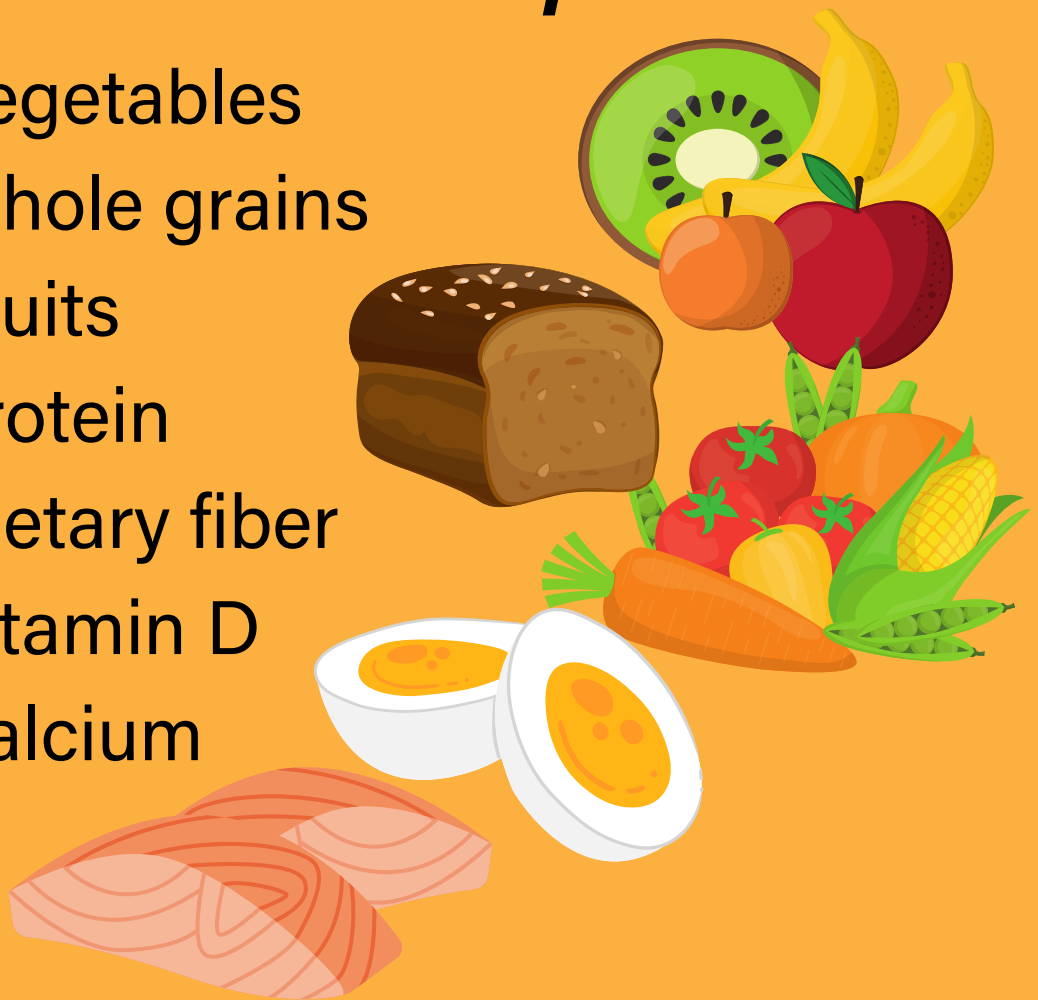
GoBeyondHunger.org

Cooking for Chronic Conditions



Increase Consumption

- Vegetables
- Whole grains
- Fruits
- Protein
- Dietary fiber
- Vitamin D
- Calcium



Limit Consumption

- Processed food/meal choices
- Saturated fat
- Sodium
- Added sugars



Follow a Healthy Dietary Pattern

Vegetables

- Dark leafy greens
- Red and orange foods
- Beans, peas, lentils
- Starchy: potatoes and non-starchy



Fruit

- Variety of colorful fruits



Whole Grains

- Oatmeal, whole wheat
- Brown rice, quinoa, bulgar, barley



Dairy

- Low- fat & fat free milk, yogurt, cheese
- Lactose free, soy based, fortified beverages



Protein

- Lean sources of meat, poultry, fish, eggs
- Beans, peas, lentils, nuts, seeds
- Soy based sources such as tofu, tempeh



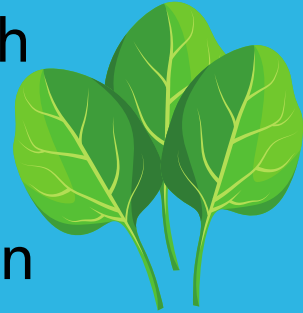
Oils

- Vegetable, nut, and seed based oils



Calcium

- Kale, Collard greens, spinach
- Tofu
- Low-fat milk and yogurt
- Canned sardines and salmon
- Tahini



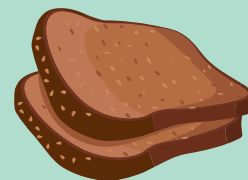
Vitamin D

- Dairy sources
- Fortified soy beverages
- Fortified soy yogurt, and some whole-grain cereals



Dietary Fiber

- Whole Grains Sources: cereal, pasta, oats, wheat, crackers, barley, bulgar
- Nuts and Seeds
- Fruits
- Vegetables
 - Red, orange, leafy greens
 - Lentils, peas, and beans
 - Starchy and non-starchy



Nutrients associated with chronic disease include:

- Added Sugars
- Sodium
- Saturated Fat

Recommendations

- Added Sugars: Less than 10% of calories per day
- Sodium: 2,300 mg per day
- Saturated Fat: Less than 7% of calories per day

Traditional Dishes

- Cooking for Chronic Diseases does not mean removing the flavor, spice, and seasonings from your favorite dishes and meals.
- Incorporate a variety of foods into traditional dishes to increase nutrient density.



Nutrition Facts Label (NFL) Reading

Serving Size

Nutrition Facts

8 servings per container

Serving size 2/3 cup (55g)

Amount per serving

Calories 230

Calories

% Daily Value*

Total Fat 8g 10%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 160mg 7%

Total Carbohydrate 37g 13%

Dietary Fiber 4g 14%

Total Sugars 12g

Includes 10g Added Sugars 20%

Protein 3g

Vitamin D 2mcg 10%

Calcium 260mg 20%

Iron 8mg 45%

Potassium 240mg 6%

% Daily Value

Nutrients

Nutrients to Increase

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Nutrition Label Components

Calories

Amount of energy in food

Serving Size

Based on typical portion size for the food product

Servings per Container

Number of servings in a single food product

Nutrients

Focus on the nutrients to limit and nutrients to increase listed below

% Daily Value

- Low: 5% DV or less of a nutrient per serving
- High: 20% DV or more of a nutrient per serving

Don't Forget the Ingredient List!

The ingredient list is usually below the NFL & lists all the ingredients used in weight order. Plus, it helps you determine if a food contain whole grains.

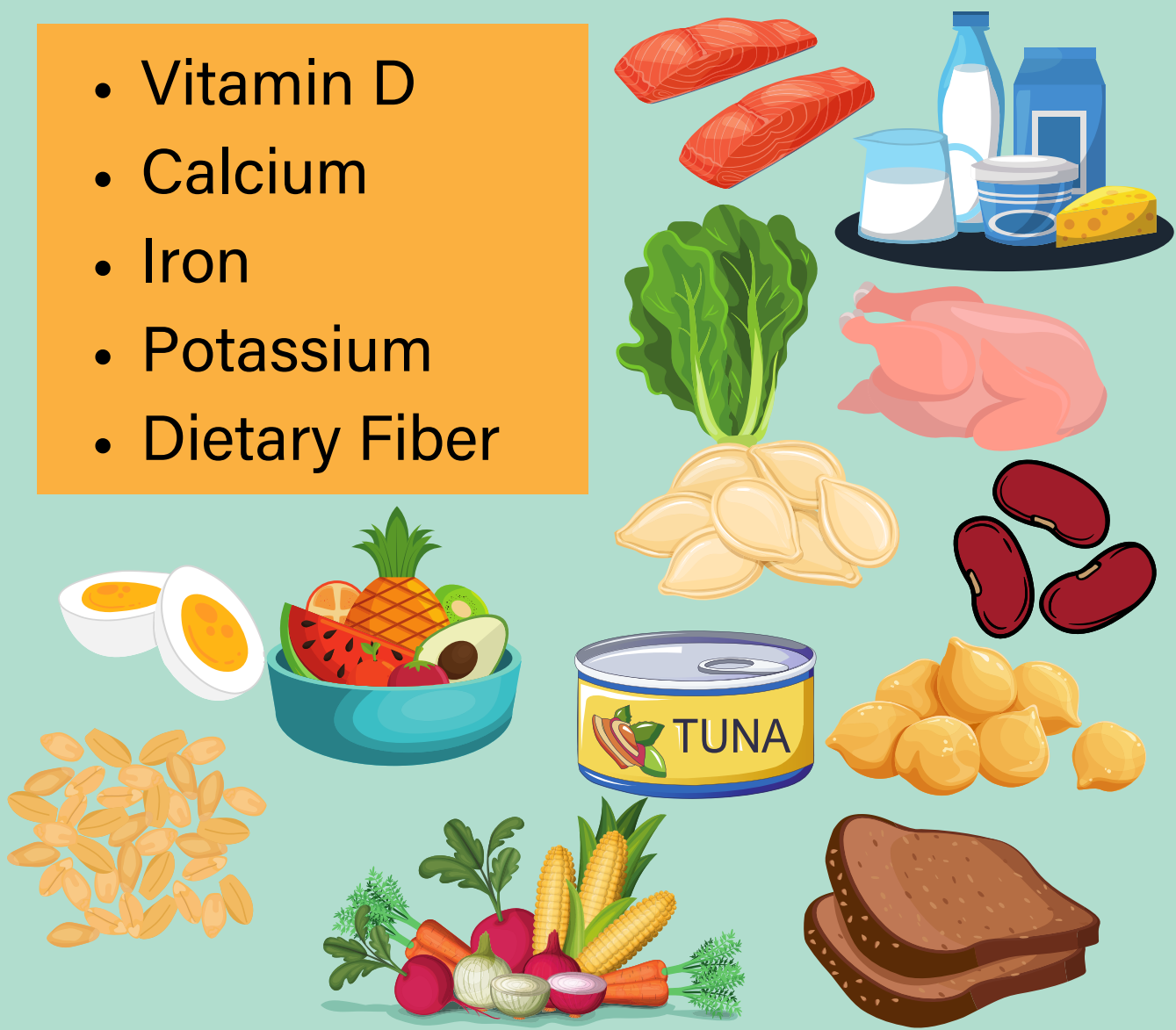
Nutrients to Limit

- Sodium
- Saturated fat
- Trans fat
- Added Sugar



Nutrients to Increase

- Vitamin D
- Calcium
- Iron
- Potassium
- Dietary Fiber



% Daily Value

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 240mg	6%
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Medium

Low

Medium

High

Medium

High

Medium

**Low = 5%
DV or less
per serving
is low**

**High = 20%
DV or more
per serving is
high**

Practice Recipe 1

Name: Cracker Barrel Meatloaf
Total Time: 1 hour 10 minutes
Servings: 8 servings

Name:
Total Time:
Servings:

Ingredients

2 lbs. ground beef
1 small finely diced onion
1.5 sleeves of crackers (48
crackers)
4 oz sharp cheddar or Colby
cheese
3 eggs
1/2 cup milk
1 tsp salt
1/4 tsp black pepper
TOPPINGS:
3/4 ketchup
2 tbsp brown sugar
1 tsp mustard

Directions

- Preheated oven 350 F
- In a small bown combine toppings and set aside
- In a large bowl combine eggs, crackers, cheese, milk, onion, salt and pepper and mix
- Add ground beef and mix
- Form into loaf and place into baking pan with foil
- Bake at 350 F for 30 minutes
- Remove and spread toppings
- Bake additional 30-40 minutes until center is 160F
- Let cool for 15 minutes before serving and enjoy

Modifications

Practice Recipe 2

Name: Sweet Potato Casserole

Total Time: 45 minutes

Servings: 16 servings

Name:

Total Time:

Servings:

Ingredients

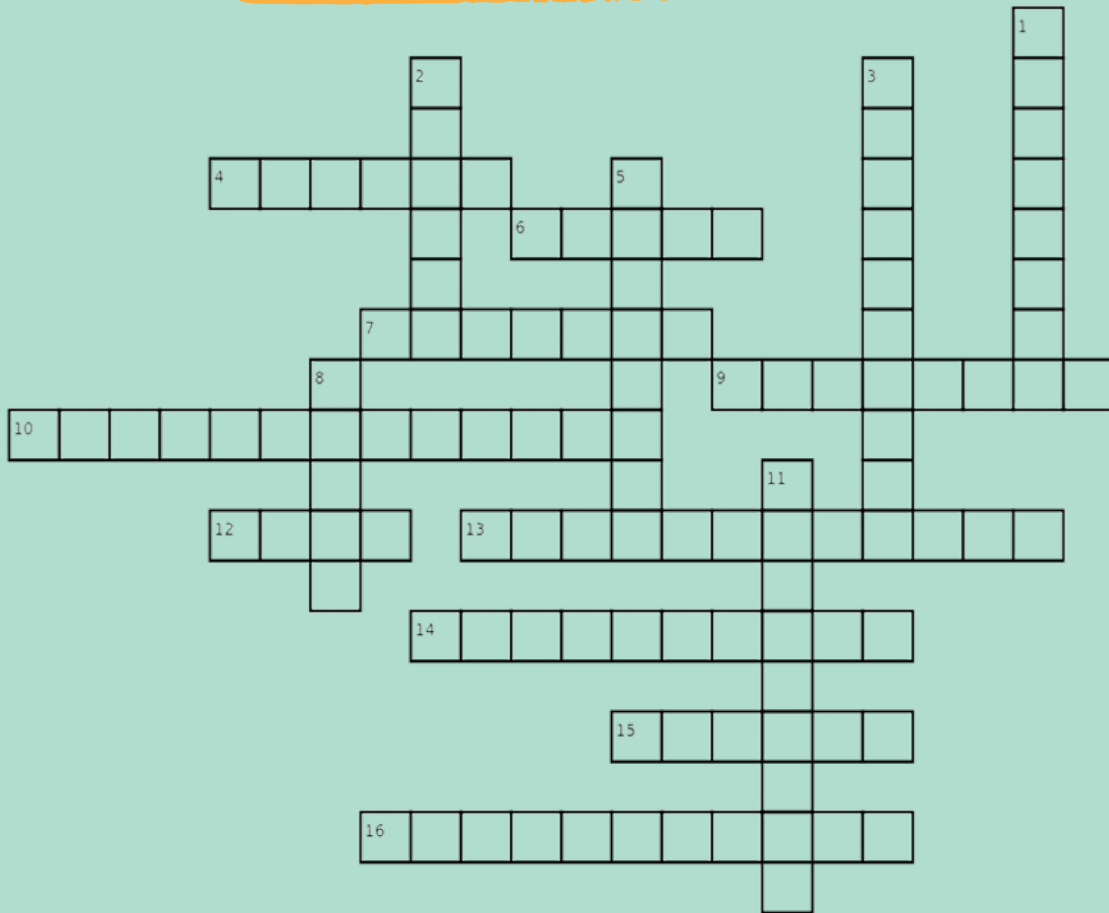
3 lbs. sweet potatoes peeled and diced
1/2 cup brown sugar packed
1/3 cup butter softened
1/2 tsp vanilla extract
3/4 cup pecans chopped
1/4 tsp cinnamon
salt and pepper to taste
2 cups miniature marshmallows

Modifications

Directions

- Preheat oven to 375F. Grease 9x13pan
- Place sweet potatoes in pot of boiling water, simmer for 15 minutes until fork tender then drain
- In large bowl, mash sweet potatoes with brown sugar, butter, cinnamon, vanilla, salt and pepper
- Fold in half of pecans and spread into pan
- Sprinkle in marshmallows and remaining pecans
- Bake for 25 minutes or until marshmallows are golden brown and potatoes are heated through

Crossword



Down

1. You should _____ surfaces, dishes and kitchen equipment often
2. Temperatures between 40-140F is called the _____ zone
3. What food group do these foods fall under: lettuce, potatoes, carrots and onions
5. Name the food cutting technique that makes foods into match sticks
8. Name the food cutting technique that makes foods into very small/ground up pieces
11. _____ syndrome increases risks of diabetes, stroke and hypertension

Across

4. What food group do these foods fall under: rice, oatmeal, bread and tortillas
6. What food group do these foods fall under: strawberries, apples, bananas and oranges.
7. What food group do these foods fall under: beans, tofu, chicken and beef
9. Name the condition that effects your blood sugar levels and how your body uses food for energy.
10. _____ can occur from poor hygiene, foreigns objects, poor temperature control and raw poultry/meats
12. Name the food cutting technique that makes foods into even cubes
13. What is the medical name for the chronic condition of high blood pressure.
14. Name the food cutting technique that makes foods into ribbons.
15. This condition affects the blood flow towards the brain
16. Use soap and water for 20 seconds when changing gloves, changing a task or when hands are soiled

Word Search

I N S U L I N U S H M M F A I B L R G G
A C G P R O T E I N I N A X W S J W R M
W D B H K V L E U X T A T O W H Q K R R
C A G A Z C Q P X Z K T S Z U V F K X L
O A I T R I G L Y C E R I D E S G A V I
B F R S B S D H N K Z V Y A Q H U Z B P
J X P B T Q T K U Q E D D F X Q D G T O
J J F C O C H R K I F I A W J I M X V P
Q F H V H H I Y O F H J X S I Q F I L R
J G O L I O Y R P K K P M U H J W H W O
A F N K T S L D C E E D V D N D Q P I T
K C R U A D C E R U R D I G S B I C B E
V U T T G Y H E S A M T I A L T R E A I
H K N I X Y M F R T T F E A Y U R Q T N
D C S Y V D N E Z A E E E N B T C E C W
L P P K C I Z O Q R L R S R S E M O S K
U W N I I S T X I S F Q O V E I T G S S
A N D R O I D Y N D B W S L L N O E J E
V K J P O A J D I J B Q M W D Q C N S R
C M M V A A A W M F C B P I L O S E W L

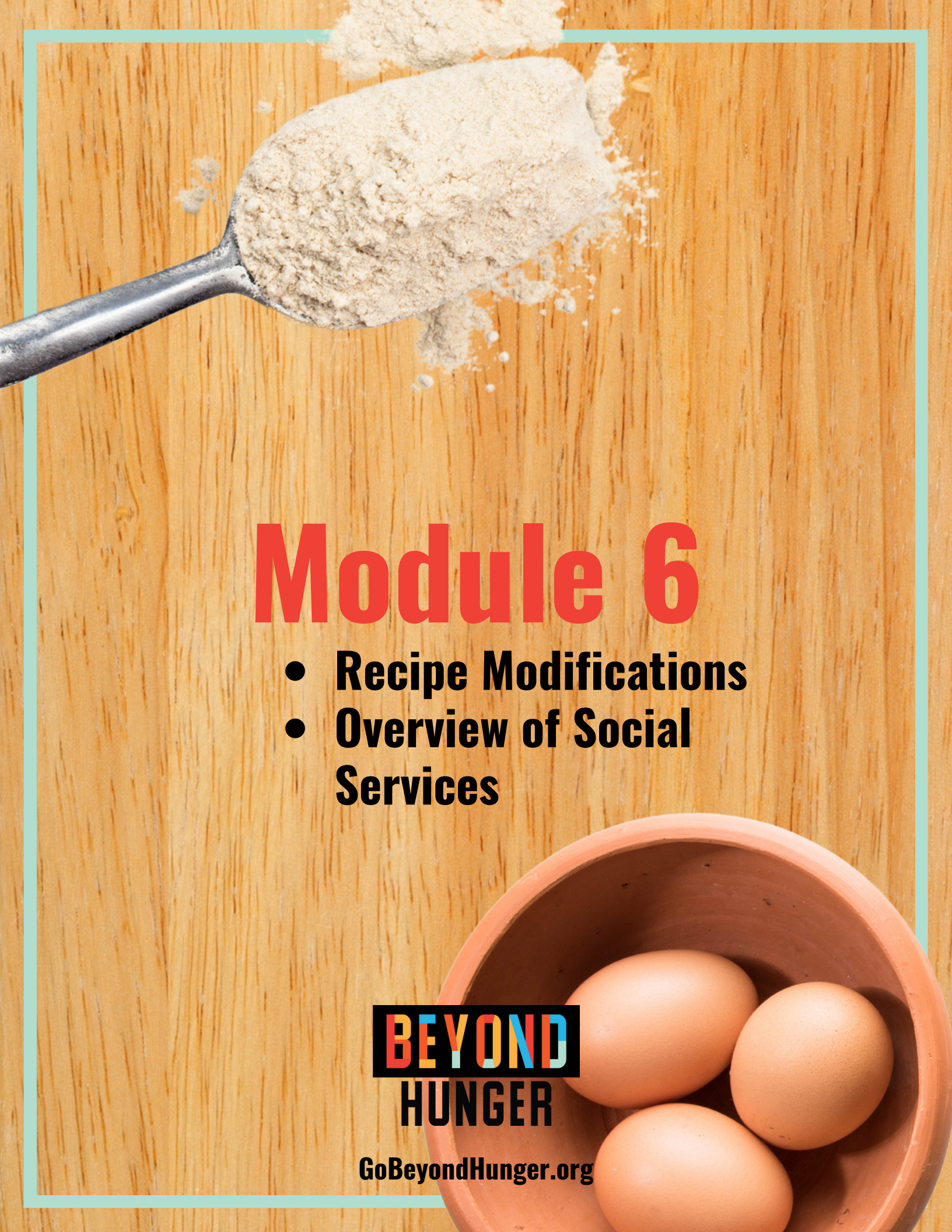
WORD BANK

triglycerides
waist circumference
lipoprotein
HDL
LDL
carbohydrates
stress

glucose
insulin
DASH diet
android
gynoid
protein
activity

gynoid
cholesterol
visceral
hypertension
stroke
diabetes
fats

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Module 6

- **Recipe Modifications**
- **Overview of Social Services**

**BEYOND
HUNGER**

GoBeyondHunger.org

Social Services Information

Available Benefits

SNAP

(Link card /Food Stamps)

Assistance with buying food

Medicaid

Free/low cost health coverage for individuals, families and children

Medicare Savings Program

Helps pay premiums, deductibles, and coinsurance for Medicare recipients

Cash Assistance

Assists with payment for food, shelter, utilities, etc. for pregnant women, families with children under 19, seniors and people with disabilities

Benefit Access

License Plate Reduced/Ride Free Permit eligibility for individuals 65+ or disabled

RTA Fare Programs

Ride Free Permit - Low-income individuals 65+ OR disabled
Reduced Fare Permit - Individuals 65+ OR disabled

Access to Care

Primary health care program for uninsured/underinsured individuals

Illinois State ID Financial Assistance

(Limited to certain zip codes)
Financial assistance for IL State ID renewal, duplicate, or change of address

WIC Eligibility Criteria

- Resource for eligibility requirements:
- <https://www.fns.usda.gov/wic/wic-eligibility-requirements>

SNAP Eligibility Criteria

- Resource to calculate SNAP Eligibility
- <https://fscalculator.dhs.illinois.gov/FSCalc/>

Types of Cash Assistance Programs

- Information to apply for Cash Assistance Programs
- <https://www.dhs.state.il.us/page.aspx?item=29719>



5317 W Chicago Ave.
Chicago, IL 60651

Contact: Bri Kellogg, MS RDN
Email: Brianne@GoBeyondHunger.org
708.386.1324 ext.1111

For over 40 years Beyond Hunger has created solutions to end hunger at every stage of life through comprehensive programs that now include: providing emergency food to families in need, summer meals for kids who lack them when school is out, connecting individuals to valuable benefits like SNAP ("food stamps"), conducting nutrition education and cooking classes to combat chronic illness, and delivering groceries to homebound older adults. Organization-wide we focus on health and nutrition, and provide food that nourishes and sustains, that families love.

Health Ambassador Description

We are looking for 7 Healthy Ambassadors to join us.

As a Health Ambassador, you'll receive training focused on nutrition education, cooking skills, and diabetes management. After the completion of your training, you will receive a stipend to do outreach and host healthy eating and diabetes management workshops in Austin.

What you will get:

- 6-week training program in Austin with a full stipend
- Transportation reimbursement of your choice
- Graduation present upon completion of the program
- Stipend to promote healthy eating in Austin
- An introduction to nutrition and diabetes management
- Food handling and professional equipment training
- Knife skills training
- Professional speaking and presentations skills
- Community outreach skills
- Connections with fellow Health Ambassadors
- Ongoing training and one-on-one coaching with a dietitian and other nutrition experts

About you:

- You are vaccinated against COVID-19.
- You are an Austin resident residing in zip codes 60644, 60651 or the Austin community of 60639.
- You love helping others. Everyone at Beyond Hunger finds a way to help others, but as a Healthy Ambassador, it's part of your daily routine. You are actively involved in helping others in Austin and have built strong connections through church, school, volunteering, and/or other community events.
- You believe in creating and maintaining a positive environment. You can work with and encourage interaction between people of all ages, abilities, and backgrounds. You often make others around you feel empowered and welcomed after talking to them.
- You love to learn about health. While not always perfect, you often seek out ways to live a healthier lifestyle and enjoy sharing the information you learned.
- You are results oriented. You hold yourself accountable to your commitments and stay motivated with ease.

About you, Continued:

- You're persistent. You love the opportunity to solve new problems and learn new things every day. You don't give up when you don't understand the issue right away, and don't shy away from asking for help

What you will be doing:**Training with Compensation**

- Attend all 6 scheduled Health Ambassador member meetings that are held every Tuesday from 1:00pm–3:30pm starting on 9/20/2022.
- Learn from a Registered Dietician and many other special guests on nutrition, diabetes manage, chronic diseases, healthy meal planning, knife skills and more.
- Complete self-assessment evaluations following every module and seek help if you do not understand any materials.
- Meet one-on-one with your training coaches as needed.
- Provide feedback on your training following the end of graduation.

Diabetes Management Workshops

- Plan, coordinate, and host at least 4 diabetes management workshops in Austin.
- Offer a cooking demo at least one of the workshops.
- Evaluate participants who attended the workshop.
- Submit evaluation data and program feedback to your Healthy Ambassadors Coach.

Community Outreach

- Work with your Health Ambassadors Coach to identify organizations to host workshops.
- Meet with the organizations to pitch the workshop.
- Coordinate scheduling the workshop with each organization.

Environment:

We have a multi-level work area with administrative offices/workspace not fully accessible to the mobility impaired. Reasonable accommodations can be made to enable individuals with disabilities to perform the essential functions. The workplace is a smoke and drug free environment. We are an equal opportunity employer.

Location:

Trainings will be held in person at Beyond Hunger's Chicago office location:
5317 W. Chicago Ave.

The Covid-19 pandemic is evolving and comes with certain risks. Due to this situation, participants will be asked to wear face masks unless actively eating or drinking while indoors for the duration of the trainings.