

HEALTHY EATING FOR THE FAMILY

Participant Guide
Family Health Forum



Lions Clubs International
FOUNDATION

Special Olympics





Dear Participant

We are very happy to welcome you to the Family Health Forum on **Healthy Eating for the Family**.

Family Health Forums provide a space for parents, caregivers, and siblings of people with intellectual disabilities (ID) to engage with health professionals, community leaders, and social service providers. The Forums introduce new families to Special Olympics and services provided through Healthy Athletes®, Young Athletes and other community-based programs for people with intellectual disabilities, while also surfacing challenges that athletes face and how best to overcome them—with a special focus on bettering access to health care, education, and inclusive activities.

Family Health Forums are for all family members! We know that relationships matter and the wellbeing of every member of the family is important. Thank you for joining us today on the topic of healthy eating.

During this Forum we will learn what healthy eating is, and how we can have more healthy meals in our homes.

This is your personal workbook it contains the agenda, worksheets, handouts, and other helpful resources related to healthy eating. During the event, your facilitator will guide you on when to use your workbook.

This Forum and it's supporting materials are works in progress. We invite you to share any feedback or ideas you may have. This will help us to improve these events for future participants.



Agenda

The following is a general agenda for the Forum. Your facilitator may provide an updated version for you.

Topic/Activity
Welcome and introduction
Overview of Family Health Forums
Welcome reflection
Key messages on healthy eating
Discussion: Understanding MyPlate
The Food Benefits Game
Presentation: Benefits of eating fruits, vegetables, grains, proteins, dairy and plant-based oils
Small group activity: Build a Plate
Activity: Finding the balance - Making Meals Healthier
Presentation: Finding the Balance
Small Group activity: Having more healthy meals
Presentation and discussion <ul style="list-style-type: none"> • Low-cost ways of eating healthy • Managing food preferences • Creating time for healthy meals • Salt and sugar reduction
Summary of strategies to try at home
Individual Reflection: Select 1 strategy to try
Q&A
Closing



Welcome Reflection

1. What are your biggest successes related to healthy eating?

1.

2. What are your biggest challenges or areas of concern relating to healthy eating?

2.



Healthy Eating Quick Tips



Variety is Key

eat a variety of fruits, vegetables, and lean



Half & Half

eat half whole grains and half refined grains



More fruits & vegetables

have more fruits and vegetables throughout the day



Cooking together

engage the whole family in meal preparation and cooking



Balance is Key

some foods have more benefits than other foods
find the balance that works for you



Healthy Eating Can Be Affordable

eating healthy doesn't have cost money

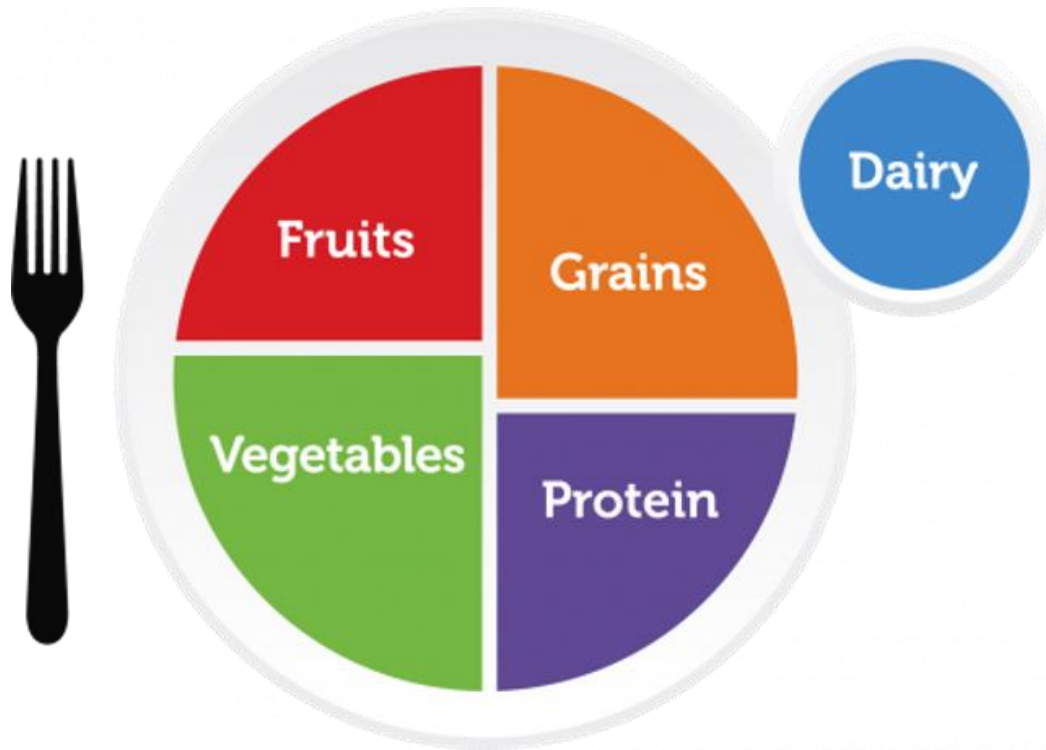


Show & Tell

model health eating for others in the family



Understanding MyPlate



My thoughts about this MyPlate picture:



The Food Benefits Game

What benefits do these foods have?

Picture 1: Fruits



Picture 2: Vegetables



Picture 3: Protein





Activity: Build a Plate

A circular diagram divided into four equal quadrants by a vertical and a horizontal line. Each quadrant is labeled with a food group: 'Fruits' (top-left), 'Grains' (top-right), 'Vegetable' (bottom-left), and 'Proteins' (bottom-right). Each quadrant contains several horizontal lines for writing. The labels are in grey boxes outside the circle.

Fruits

Grains

Vegetable

Proteins



Activity: Making Meals Healthier

How can these meals be made healthier?

Meal 1: A bowl of noodles



Meal 2: Fried chicken



Meal 3: A Cheeseburger





Activity: Having More Healthy Meals

My Group Prompt is:

1.

2.

3.

4.

5.



My Notes: Having More Healthy Meals

Low-cost ways of eating healthy:



Managing food preferences:



Creating time for making healthy meals:





Individual Reflection

What is one
strategy that you
will try to have
more healthy
meals?

For the next month I will try....

This is how I will carry out this strategy:

I will tell this person about my goal, and
they will help me fulfill it:



My Questions



[illegible]

[illegible]



Helpful Resources

1. WHO Global Dietary Guidelines
2. Healthy Eating with MyPlate
3. Benefits and examples of different food groups
4. Strategies for healthier meals at home
5. Links to additional information from Special Olympics

The following are additional resources to support your learning during and after the Forum.



WHO Global Dietary Guidelines

The World Health Organization (WHO) provides guidelines on a healthy diet for communities around the world. They also provide an overview about the importance of a healthy diet.

A summary of the WHO guidelines for a healthy diet is shown below. For more information go to their [website](https://www.who.int/news-room/fact-sheets/detail/healthy-diet) or follow this link (<https://www.who.int/news-room/fact-sheets/detail/healthy-diet>).



5 keys to a healthy diet

BREASTFEED BABIES AND YOUNG CHILDREN



- From birth to 6 months of age, feed babies exclusively with breast milk (i.e. give them no other food or drink), and feed them "on demand" (i.e. as often as they want, day and night)
- At 6 months of age, introduce a variety of safe and nutritious foods to complement breastfeeding, and continue to breastfeed until babies are 2 years of age or beyond
- Do not add salt or sugars to foods for babies and young children

Why? On its own, breast milk provides all the nutrients and fluids that babies need for their first 6 months of healthy growth and development. Exclusively breastfed babies have better resistance against common childhood illnesses such as diarrhoea, respiratory infections and ear infections. In later life, those who were breastfed as infants are less likely to become overweight or obese, or to suffer from noncommunicable diseases, such as diabetes, heart disease and stroke.

EAT A VARIETY OF FOODS



- Eat a combination of different foods, including staple foods (e.g. cereals such as wheat, barley, rye, maize and rice; or starchy tubers or roots such as potato, yam, taro and cassava), legumes (e.g. lentils and beans), vegetables, fruit and foods from animal sources (e.g. meat, fish, eggs and milk)

Why? Eating a variety of whole (i.e. unprocessed) and fresh foods every day helps children and adults to obtain the right amounts of essential nutrients. It also helps them to avoid a diet that is high in sugars, fats and salt, which can lead to unhealthy weight gain (i.e. overweight and obesity) and noncommunicable diseases. Eating a healthy, balanced diet is especially important for young children's growth and development; it also helps older people to have healthier and more active lives.

EAT PLENTY OF VEGETABLES AND FRUIT



- Eat a wide variety of vegetables and fruit
- For snacks, choose raw vegetables and fresh fruit, rather than foods that are high in sugars, fats or salt
- Avoid overcooking vegetables and fruit because this can lead to the loss of important vitamins
- When using canned or dried vegetables and fruit, choose varieties without added salt and sugars

Why? Vegetables and fruit are important sources of vitamins, minerals, dietary fibre, plant protein and antioxidants. People whose diets are rich in vegetables and fruit have a significantly lower risk of obesity, heart disease, stroke, diabetes and certain types of cancer.

EAT MODERATE AMOUNTS OF FATS AND OILS



- Use unsaturated vegetable oils (e.g. olive, soy, sunflower or corn oil) rather than animal fats or oils high in saturated fats (e.g. butter, ghee, lard, coconut and palm oil)
- Choose white meat (e.g. poultry) and fish, which are generally low in fats, in preference to red meat
- Eat only limited amounts of processed meats because these are high in fat and salt
- Where possible, opt for low-fat or reduced-fat versions of milk and dairy products
- Avoid processed, baked and fried foods that contain industrially produced trans-fat

Why? Fats and oils are concentrated sources of energy, and eating too much fat, particularly the wrong kinds of fat, can be harmful to health. For example, people who eat too much saturated fat and trans-fat are at higher risk of heart disease and stroke. Trans-fat may occur naturally in certain meat and milk products, but the industrially produced trans-fat (e.g. partially hydrogenated oils) present in various processed foods is the main source.

EAT LESS SALT AND SUGARS

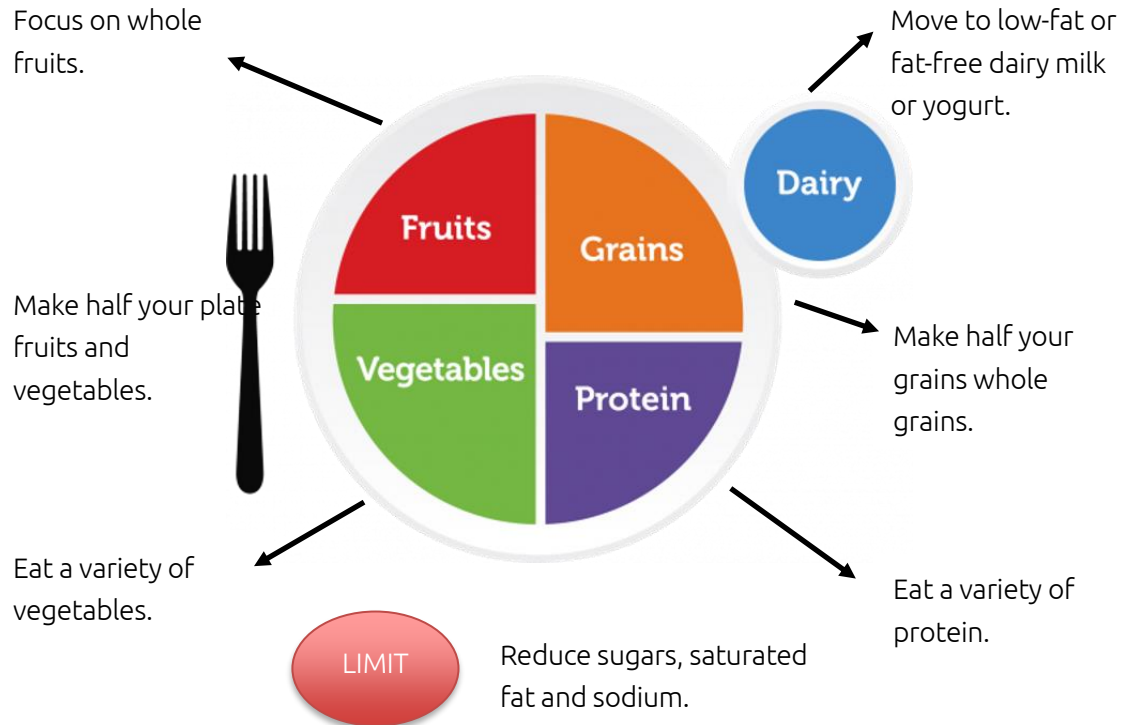







- When cooking and preparing foods, limit the amount of salt and high-sodium condiments (e.g. soy sauce and fish sauce)
- Avoid foods (e.g. snacks), that are high in salt and sugars
- Limit intake of soft drinks or soda and other drinks that are high in sugars (e.g. fruit juices, cordials and syrups, flavoured milks and yogurt drinks)
- Choose fresh fruits instead of sweet snacks such as cookies, cakes and chocolate

Why? People whose diets are high in sodium (including salt) have a greater risk of high blood pressure, which can increase their risk of heart disease and stroke. Similarly, those whose diets are high in sugars have a greater risk of becoming overweight or obese, and an increased risk of tooth decay. People who reduce the amount of sugars in their diet may also reduce their risk of noncommunicable diseases such as heart disease and stroke.



Healthy Eating with MyPlate



Fruits	Vegetables	Grains	Proteins	Dairy
				
<p>Focus on whole fruits (fresh, frozen, canned or dried)</p> <p>Add fruits to your meal or as a snack.</p> <p>Make sure to drink 100% juice</p>	<p>Eat a variety of vegetables.</p> <p>Fresh, frozen, and canned options are great.</p> <p>Look for reduced sodium or no salt options.</p>	<p>Choose whole-grain versions of common foods.</p> <p>Not sure if it's whole grain? Check the ingredients list for the words "whole" or "whole grain".</p>	<p>Eat a variety of protein foods such as beans, soy, seafood, lean meats, poultry and unsalted seeds and nuts.</p>	<p>Choose low-fat or fat-free dairy.</p> <p>Lactose intolerant? Try lactose-free milk or soy beverage.</p>



Benefits of Different Foods

FRUITS



BENEFITS

- Provide important vitamins and minerals such as fiber and vitamin C.
- Help to keep us healthy.

RECOMMENDATIONS

- Eat a variety of fruits.
- Reduce fruit juices unless 100% fruit juice.

EXAMPLES

- Strawberry
- Orange
- Banana
- Guava

VEGETABLES



BENEFITS

- Provide lots of vitamins and minerals without a lot of calories (fiber, vitamin A, Vitamin C).
- Starchy vegetables are a great source of potassium.

RECOMMENDATIONS

- Eat a variety of vegetables (dark green, red, orange, and starchy vegetables)

EXAMPLES

- Kale
- Spinach
- Broccoli
- Beetroot



Grains



BENEFITS

- Whole grains have more vitamins and minerals than refined grains (white bread).
- Whole grains help to increase energy levels.
- Whole grains are a great source of fiber.
- Refined grains have folic acid.

RECOMMENDATIONS

- Eat half whole grains and half refined grains.

Proteins



BENEFITS

- Proteins help our whole body to function well and keep our muscles strong.
- Lean proteins have lower amounts of saturated fat.
- Plant proteins are the lowest in saturated fat.

RECOMMENDATIONS

- Eat a variety of protein including lean protein (fish, lean meats, poultry, beans, nuts, seeds, and soy)

EXAMPLES

- Meat
- Chicken
- Beans
- Lentils



Dairy



BENEFITS

- Dairy products give us calcium, phosphorus, and vitamin D.
- Low fat and fat free dairy options have less saturated fat and sodium.
- Dairy products help to keep our bones strong.

RECOMMENDATIONS

- Have more low fat or non-fat dairy options.

EXAMPLES

- Skim milk
- Low-fat milk
- Soy milk

Plant Based Oils



BENEFITS

- Oils from plants are made of unsaturated fats.
- Oil from plants contain essential vitamins and minerals.
- Examples include; olive, soy, safflower, or corn oils.

RECOMMENDATIONS

- Use unsaturated vegetable oils rather than animal, saturated or trans fats.
- Steaming or boil instead of frying.

EXAMPLES

- Canola oil
- Sunflower oil

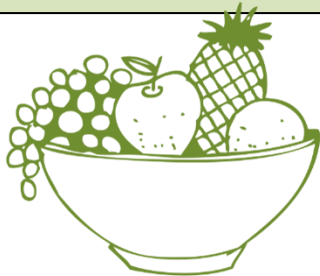


Strategies to Try at Home

Eat more fruits and vegetables every day.



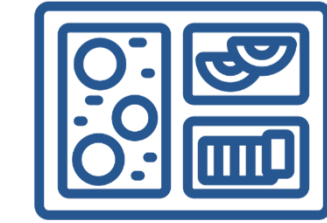
Keep snacks healthy.



Eat meals together to model healthy eating.



Involve family members in all aspects of food preparation and cooking.



Watch the amounts of food you put on your plate.



Reduce sodium intake.



Reduce sugar intake.





Links to Additional Resources

Special Olympics has a lot of existing resources to support nutrition for athletes and family members. The following table provides a brief list of some of these resources. Note: Links are imbedded.

Title
MyPlate
Building positive healthy habits – activity guide
Fit 5 Guide
Healthy Food Beverage Toolkit
Special Olympics Canada Young Athletes Nutrition Guide
Online athlete nutrition guide
5 keys healthy diet Fact sheet
5 Keys to healthy diet banner



Sample Recipes

The following recipes have been provided by your Special Olympics program to support you in healthy eating.