

NUTRITION



EDUCATION GUIDE



South Carolina
**DEPARTMENT
ON AGING**

Revised July 2023

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Overview: SCDOA Nutrition Education Guide

NUTRITION EDUCATION is the pathway to provide accurate and scientifically based information to help people adopt healthy habits at any age. Successful nutrition education programs can improve the health and quality of life of participants. It is also a required part of the Older Americans Act funded nutrition program.

Nutrition services providers must conduct nutrition education activities consistent with the goals and content described below. At a minimum, Group Dining participants should receive 6 nutrition education activities per year. Home Delivered Meal participants should receive at least 1 nutrition education activity per year. The minimum length of one nutrition education presentation is fifteen minutes and must allow additional time for a question and answer session.

Nutrition Education Goals:

- ❖ To create positive attitudes toward good nutrition and physical activity and to provide motivation for improved nutrition and lifestyle practices conducive to promoting and maintaining the best attainable level of wellness for an individual.
- ❖ To provide adequate knowledge and skills necessary for critical thinking regarding diet and health so that the individual can make healthy food choices.
- ❖ To assist the individual to identify resources for continuing access to sound food and nutrition information.

Nutrition Education Activities:

- Nutrition education consists of activities which provide visual and verbal information and instruction to participants or caregivers in a group or individual setting.
- Examples of nutrition education activities include: games, presentations, cooking classes, food preparation demonstrations, field trips, food tasting sessions, gardening, grocery store tours, educational booth set-up at a Senior Farmers Market Nutrition Program voucher distribution event, etc.



Approved Ways to Provide Nutrition Education to Older Adults:

All nutrition education sessions, whether for Group Dining or Home Delivered clients, must be approved in advance by the Area Agency on Aging. Please refer to your AAA's specific policies and procedures regarding how far in advance the sessions are to be approved by the AAA. The pre-approval process requires the completion of the Nutrition Education Reports. **(See pages 6 and 7) which are to be submitted and signed off on by the AAA.** If using the *Fresh Conversations* materials (p. 9), the Nutrition Education reports are NOT required, but the AAA must still be notified in writing as to the topic and planned date for the session. Additionally, participants shall be given the opportunity to evaluate the nutrition education session. **Please see page 8 for a sample evaluation form.**

Approved Nutrition Education Methods:

- Site Manager/staff led nutrition lessons using SCDOA pre-approved nutrition education resources (see pages 9 & 10)
- Contracted Dietitian services or dietetic intern led nutrition lessons (they may use their own materials and resources).
- Sessions presented by your county designated SNAP-Ed partner (see pages 11-13)
- Sessions offered by Clemson University Cooperative Extension: Office of Rural Health and Nutrition (see pages 14 & 15)
- Sessions offered by the Expanded Food and Nutrition Education Program (EFNEP) (see page 14)
- Print materials from SCDOA pre-approved nutrition education resources for a home delivered meal client (see pages 9 & 10)
- Hybrid teaching model where a homebound individual is connected to an interactive group nutrition education session via a virtual platform or telephonic communication.
- Virtual sessions provided by:
 - Contracted Dietitian services or dietetic interns through an accredited program
 - County designated SNAP-Ed partner (see page 11-13)
 - Clemson University Cooperative Extension: Office of Rural Health and Nutrition (see pages 14 & 15)





NUTRITION EDUCATION PROCESS

- ❖ Nutrition Education is required a minimum of six times a year for group dining participants and 1 time per year for home delivered participants. Each session should be a minimum of 15 minutes in length (excluding Q&A)
- ❖ All nutrition education sessions, whether for Group Dining or Home Delivered clients, must be approved in advance by the Area Agency on Aging. Follow the approval schedule as set-forth by the AAA.
- ❖ The Nutrition Education Report for Group Dining and/or Home Delivered Meals (**see pages 6 & 7**) should be completed and submitted to the AAA prior to the session for approval (for all planned lessons – ***Fresh Conversations*** p. 4, is the only caveat). Include specific information on the report to describe the session, content source and materials used.
- ❖ The topic should be on nutrition or health, as it relates to nutrition. Clearly state the specific topic.
- ❖ Include information on evaluation method. Sample evaluation form for program clients is on **page 8**.
- ❖ Have a method to have questions answered by a Registered Dietitian. Questions may be submitted to Rowan Goodrich, MS, RD, LD (Rgoodrich@aging.sc.gov)
- ❖ Enter nutrition education units into AIM (LG120 Group Activity- note if for Group Dining or Home Delivered clients).
- ❖ Nutrition education is to be listed on Activity Calendars (include the specific topic by name, etc.) to “market” the session.

Credible nutrition and health resources are free from bias and backed up with evidence. Information must be gathered from a trustworthy author or organization. There is a lot of nutrition and health information out there, so be sure to evaluate the information for accuracy. **See page 10 for a listing of reliable websites.**

Avoid these types of materials...

- ❖ Articles from webpages such as WebMD, HuffPost, those ending in .com and/or blogs
- ❖ The Food Guide Pyramid
- ❖ Articles from popular magazines such as Good Housekeeping, SELF, etc.
- ❖ Popular diet books
- ❖ Dr. Oz, the Food Babe, and other popular media personalities or food blogs.





South Carolina Department on Aging Nutrition Education Report - Group Dining

Complete this nutrition education report for each nutrition education session.

Send to _____ at the _____ AAA prior to the session. The AAA will notify approval of the session to be conducted and units entered into AIM.

Session Date: _____ Session Type (in-person/videoconference/hybrid): _____

Provider/Site Name: _____ Number of Attendees: _____

1) Name of Session:
2) Session Objective(s):
3) Session Presenter Name, Organization & Title:
4) Length of Program:
5) Type of Program:
6) Educational Materials Used: (Name & website/source or include materials)
7) *Evaluation Method and Summary of Results * Provider completes after session (use extra page if needed):
8) AAA personnel approving:
<u>Form Instructions: Provide specific information</u> <ul style="list-style-type: none">- Name of session: Describe the specific topic. If it is a health related topic, make sure it is clear how the topic relates to nutrition (i.e. Carbohydrate Counting for People with Diabetes, How to Identify Whole Grains, or 10 Tips to Eat Healthy on a Budget).- Objectives of Session: What should the participants be able to do as a result of the session (i.e. Participants will be able to identify and select whole grains)?- Type of program: Describe the program. Is it a video, lecture, game, cooking demonstration, etc.?- Educational Materials Used: Use only evidence-based, approved sources. List the source name, title of work, page number, anything that identifies the materials. Include materials with report as needed.- Evaluation method: How will clients evaluate the session (i.e. question and answer, written rating, end of session activity or game)? What was the result of the evaluation?



South Carolina Department on Aging

Nutrition Education Report – Home Delivered Meals

Complete this nutrition education report for each nutrition education session.

Send to _____ at the _____ AAA prior to the session. The AAA will notify approval of the session to be conducted and units entered into AIM.

Session Date: _____

Provider/Site Name: _____ Number of Distribution/Attendees: _____

1) Name of Session:
2) Session Objective(s):
3) Session Organizer Name, Organization, & Title:
4) Educational Materials Used: (Include the Name & website/source or include materials as needed)
5) AAA personnel approving:

Form Instructions: Provide specific information

- **Name of session:** List the title of the materials sent and/or describe the specific topic. If it is a health related topic, state how the topic relates to nutrition.
- **Objectives of Session:** Why were the materials and topic selected? What is the desired outcome?
- **Session organizer:** List the name, title and organization of the person identifying the topics and preparing materials.
- **Educational Materials Used:** Use only evidence-based, approved sources. List the source name, title of work, page number, anything that identifies the materials. If materials are not readily found on the web, include a copy with this report



South Carolina Department on Aging

Evaluation Questions – Nutrition Education Sessions

Date: _____ Region/Provider: _____

Meal Site Name: _____ # of participants: _____

Session Title & Presenter Name:

At the end of the session, nutrition education participants are to answer the questions on this form to aid in evaluating the nutrition education session. If additional questions are asked, please note the questions and responses. This information will be used to evaluate the programs performance.

1) Did participants in today's lesson find the information useful? (# of responses for each)

_____ Very Useful _____ Useful _____ Somewhat Useful _____ Not at all Useful

Please explain:



2) What did participants like the most about the session?

3) What did the participants like the least about the session?

4) What changes, if any, did the participants state they were going to make because of the lesson?

Thank you for teaching nutrition education sessions. Your evaluations will be very helpful as program development continues.

SCDOA Approved Nutrition Education Programs

<p>Fresh Conversations</p> 	<ul style="list-style-type: none"> ❖ Partnership between SCDOA and the Iowa Department of Health SNAP-Ed ❖ Newsletter-based monthly nutrition education (lessons build upon each other) ❖ Includes discussion facilitation, activities/puzzles, healthy recipes <hr/> <ul style="list-style-type: none"> ❖ For sample of the Fresh Conversations Newsletter and Facilitator Guide, refer to pages 16-26 ❖ Contact Rgoodrich@aging.sc.gov for the training packet ❖ Newsletters and Facilitator Guides will be emailed on a quarterly basis once training is completed
<p>Eat Smart, Live Strong</p> 	<ul style="list-style-type: none"> ❖ Developed to increase fruit and vegetable intake and physical activity <hr/> <ul style="list-style-type: none"> ❖ https://snaped.fns.usda.gov/nutrition-education/fns-curricula/eat-smart-live-strong ❖ Free online resources: Leader’s Guide, interactive education sessions, handouts and marketing flyers ❖ 4 sessions in total: 1. Reach Your Goals, Step by Step, 2. Challenged and Solutions, 3. Colorful and Classic Favorites, 4. Eat Smart, Spend Less ❖ Available in Spanish
<p>Health Educator’s Nutrition Toolkit: Setting the Table for Healthy Eating</p> 	<ul style="list-style-type: none"> ❖ Developed by the U.S. Food & Drug Administration ❖ Includes realistic tips on how to shop for and prepare food as well as how to order food when eating out to build a healthy diet. ❖ Composed of an introductory guide, tip sheets, a PowerPoint with pre and post-test, infographics, social media graphics <hr/> <ul style="list-style-type: none"> ❖ https://www.fda.gov/food/nutrition-education-resources-materials/health-educators-nutrition-toolkit-setting-table-healthy-eating ❖ Available in Spanish
<p>Bean Basics Toolkit</p> 	<ul style="list-style-type: none"> ❖ Developed by the U.S. Department of Agriculture: Food and Nutrition Services ❖ Provides an overview of everything you may want to know about beans, including types, nutritional content, cooking processes, and recipes. <hr/> <ul style="list-style-type: none"> ❖ https://www.fns.usda.gov/usda-foods/bean-basics-toolkit

Create Better Health



❖ Developed by Utah State Extension SNAP-Ed Program

8 Lessons:

- 1: Introduction to MyPlate & Physical Activity
- 2: Meal Planning, Grocery Shopping & Goal Setting
- 3: Nutrition Facts Label & Physical Activity Barriers
- 4: Fruits, Vegetables, and Aerobic Activity
- 5: Protein, Food Safety & Resistance Training
- 6: Grains & Balance & Flexibility
- 7: Dairy & Injury Prevention
- 8: Healthy Eating Patterns

❖ <https://extension.usu.edu/fscreate/creates-curriculum-and-handouts>

Self-Created Mini Lessons

For sites that are permitted to create their own nutrition lessons, please see below for the Registered Dietitian approved resource list. Nutrition information for lessons can only be accessed from these reliable resources. The lesson plan, handouts, activity sheets and Nutrition Education Report must be approved by SCDOA via AAA prior to the planned session.

Select approved resources:

- Academy of Nutrition and Dietetics
<https://www.eatright.org/for-seniors>
- American Diabetes Association- Nutrition Page
<https://www.diabetes.org/nutrition>
- American Heart Association- Nutrition Page
<http://www.heart.org/nutrition>
- CDC Healthy Living
<https://www.cdc.gov/healthyweight/tools/index.html>
- CDC Nutrition
<https://www.cdc.gov/nutrition/index.html>
- National Heart, Lung, and Blood Institute- Nutrition Page
<https://www.nhlbi.nih.gov/health/educational/wecan/tools-resources/nutrition.htm>
- National Institute on Aging- Healthy Eating Page
<https://www.nia.nih.gov/health/healthy-eating>
- USDA Choose MyPlate
<https://www.nutrition.gov/>
- USDA Older Adults
<https://www.nal.usda.gov/fnic/older-individuals>

Supplemental Nutrition Assistance Program Education (SNAP-Ed)



South Carolina SNAP Partners:

- ❖ Clemson University, Youth Learning Institute
- ❖ Lowcountry Food Bank
- ❖ SCDHEC

What is SNAP-ED?

The Supplemental Nutrition Assistance Program Education is a federal program intended to improve the likelihood that persons eligible for SNAP will make healthy food and lifestyle choices that prevent obesity. The program includes the provision of direct nutrition education.

See the chart below for your designated SNAP-Ed partner.

On pages 12 & 13 you will find SNAP-Ed partner contact information and programming details.

This is a **FABULOUS** free resource!

SNAP-Ed Partner by County

Clemson	Lowcountry	SCDHEC	Lowcountry & SCDHEC
Abbeville	Berkeley	Bamberg	Dorchester
Aiken	Beaufort	Chester	Hampton
Allendale	Charleston	Darlington	Williamsburg
Anderson	Colleton	Dillon	
Barnwell	Georgetown	Fairfield	
Cherokee	Horry	Florence	
Clarendon	Jasper	Kershaw	
Edgefield		Lancaster	
Greenville		Lee	
Greenwood		Lexington	
Laurens		Marion	
McCormick		Newberry	
Oconee		Orangeburg	
Pickens		Richland	
Spartanburg		Saluda	
Union		Sumter	
		Williamsburg	
		York	

SNAP-Ed Partners: Contact Information and Programming

Clemson	Lowcountry	SCDHEC
<p>Phone: (864) 878-1103 Email: info@clemsonsnaped.com</p> <p>For: Abbeville, Anderson, Cherokee, Greenville, Oconee, Pickens, Spartanburg and Union county Contact: Hannah Roberts Email: nroebuc@clemson.edu</p> <p>For: Aiken, Allendale, Barnwell, Clarendon, Edgefield, Greenwood Laurens and McCormick county Contact: Samantha Pace Email: sipace@clemson.edu</p>	<p>For: Horry, Williamsburg, and Georgetown county Contact: Suzy Johnson Email: sjohnson@lcfbank.org</p> <p>For: Hampton, Jasper, Colleton, and Beaufort county Contact: Stephanie Storer Email: ayoung@lcfbank.org</p> <p>For: Charleston, Berkeley, and Dorchester county Contact: Emma Tober Email: @kduane@lcfbank.org</p>	<p>Bamberg, Chester, Darlington, Dillon, Fairfield, Florence, Kershaw, Lancaster, Lee, Lexington, Marion, Newberry, Orangeburg, Richland, Saluda, Sumter, Williamsburg, York</p> <p>Phone: 1-866-369-9333 Email: SNAP-Ed@dhec.sc.gov</p>
<p><i>Cooking Matters</i></p> <p>❖</p> <p><i>Cooking Matters Pop-up Tour</i></p> <p>❖</p> <p><i>Walk With Ease</i></p>	<p><i>Cooking Matters</i></p> <p>❖</p> <p><i>Cooking Matters Pop-up Tour</i></p>	<p><i>It's Your Health Take Charge</i></p> <p>❖</p> <p><i>Cooking Matters</i></p> <p>❖</p> <p><i>Cooking Matters Pop-up Tour</i></p>



Programs described on next page



SNAP-Education Programming

Program Name	Description
<p><u>It's Your Health Take Charge</u></p> <p><i>SC DHEC</i></p>	<p>A six session Registered Dietitian led course with classes that focus on changing behaviors related to healthy food choices, healthy options when eating out, planning, purchasing and preparing healthier foods. Each class includes a different nutrition topic such as Simply MyPlate, Label Reading, Whole Grains, Reducing Sodium, Healthy Shopping on a Budget, and Portion Distortion. Participants will receive free resources such as handouts, a cookbook, and nutrition materials.</p>
<p><u>Cooking Matters</u></p> <p><i>Lowcountry</i></p> <p><i>Clemson</i></p> <p><i>SC DHEC</i></p>	<p>A six lesson course involving health educators and a chef. The course is hands on and participants will prepare recipes in teams and sample all recipes after preparation. Participants are taught about food preparation and budgeting skills needed to make lasting changes in their eating habits. After each class, participants are given groceries to take home and prepare using the recipe.</p>
<p>Cooking Matters Pop-up Tour</p> <p><i>Lowcountry</i></p> <p><i>Clemson</i></p> <p><i>SC DHEC</i></p>	<p>This is a one-time class that offers a unique way to provide a grocery store tour via a class setting (some programs can arrange to meet at a grocery store to do the tour).</p>

**Clemson University Cooperative Extension:
Rural Health and Nutrition Programs**

Program Name	Description
<p><u>Expanded Food and Nutrition Education Program (EFNEP)</u></p> <ul style="list-style-type: none"> ❖ Offered statewide with the following counties have EFNEP and Nutrition Educators; Lexington, Aiken, Anderson/Pickens, Laurens, McCormick/Abbeville, Beaufort, Barnwell, Williamsburg, Berkeley, Georgetown, Chesterfield, Marion, and Sumter. ❖ Offered in-person and online (as needed) ❖ Audience: Low-income grandparents raising children <p style="text-align: center;">EFNEP State Program Coordinator</p>	<ul style="list-style-type: none"> ❖ A 10 session, interactive, research-based nutrition education program. ❖ A nutrition education plan tailored to the needs of each participant. ❖ Lessons delivered in group or one-on-one sessions. <p style="text-align: center;"><u>Adult Participants learn how to:</u></p> <ul style="list-style-type: none"> ❖ Plan quick, easy, and healthy meals for their family. ❖ Prepare tasty and nutritious recipes through cooking classes. ❖ Keep foods safe. ❖ Save money on food throughout the month. ❖ Be more physically active. <p>Tarana Khan, PhD Phone: 864-237-0775 Email: taranak@clemson.edu</p>
<p><u>Health Extension for Diabetes Control (HED)</u></p>	<ul style="list-style-type: none"> ❖ HED is a free education program that offers lessons on chronic disease self-management for people diagnosed with diabetes. Health Extension Agents provide group-facilitated discussion and individualized support. <p style="text-align: center;"><u>Program Topics:</u></p> <ul style="list-style-type: none"> ❖ What is Diabetes? ❖ Eating Healthy with Diabetes ❖ Being Active with Diabetes ❖ Problem-solving and Resource Navigation ❖ Reducing Risks with Diabetes

**Clemson University Cooperative Extension:
Rural Health and Nutrition Programs**

Program Name	Description
<p><u>Know Diabetes By Heart (KDBH)</u></p> <ul style="list-style-type: none"> ❖ Offered online ❖ <u>CLICK HERE FOR REGISTRATION INFORMATION</u> 	<ul style="list-style-type: none"> ❖ Know Diabetes By Heart (KDBH), sponsored by the American Diabetes Association and American Heart Association, is a free, online education session. ❖ Program aims to help participants better understand the link between diabetes and heart disease. ❖ Session is 1 hour long ❖ Participants learn about the risks related to diabetes and heart disease, how to take control of their risks, and learn about community and clinical resources.
<p>Senior Center Programming</p> <ul style="list-style-type: none"> ❖ You can reach out to the Clemson Rural Health and Nutrition Program directly to find out what senior center programming is available in your area. 	<p>Contact: Rhonda Matthews Phone: 864-554-1634 Email: rhonda@clemson.edu</p>



SAMPLE

Go With Your Gut Bacteria

Your colon (also known as your large intestine) is home to 100 trillion bacteria. They represent some 1,200 different species, which have evolved over millennia. In fact, **your gut has about four pounds of bacteria** that entered your system from food and the environment. This may sound like a bad thing. But, research shows that those bacteria are crucial to your health. Among other things, they:

- **Digest fiber**, along with other parts of food that you couldn't digest otherwise
- **Produce and activate** B vitamins and vitamin K
- **Release beneficial chemicals in food**—including ones that may prevent cancer
- **Activate your immune system** (especially important during the cold and flu season)
- **Prevent “bad” bacteria** from taking over and making you sick



Research shows that gut bacteria is vital for healthy digestion and immune system.

Evidence shows that gut bacteria probably influence our risk for many health problems, including obesity, type 2 diabetes and certain autoimmune diseases. For example, lean people appear to have different gut bacteria than people who are obese, but scientists are only beginning to understand why. New research also shows that our personal bugs may affect mental health conditions, such as depression and anxiety.

So, while scientists are busy examining bacteria in poop samples, we can engage in a more enjoyable task: **Focus on feeding the good bacteria** in your gut so they can thrive and you can, too. The best food for intestinal bugs comes from plant-based fiber. The more kinds the better, so eat a wide range of fiber-rich vegetables, whole grains, beans, legumes, nuts and seeds. Diversify your diet, and get busy feeding those hardworking bugs!



Fermented foods, such as kimchi (pictured), sauerkraut, kefir and yogurt, are good sources of probiotics.

Probiotics: Good Bacteria

Probiotics are good bacteria that are either the same as or very similar to the good bacteria that are already in your body. The name probiotic means “for life.”

Probiotics may help with:

- Improving immune function
- Protecting against hostile bacteria to prevent infection
- Improving digestion and absorption of food and nutrients

Under normal or “balanced” conditions, friendly bacteria in the gut outnumber the unfriendly ones. You can add probiotics to your diet through certain foods and dietary supplements.

Food sources for probiotics include:

- Some yogurts. Look for the seal “Live and Active Cultures” on the product label.
- Other dairy products that contain probiotics, such as buttermilk and kefir, and some cheeses.
- Fermented foods like miso, sauerkraut and kimchi (pickled vegetables).^{1 2}

Should You Consider a Probiotic Dietary Supplement?

According to health experts, you may benefit from probiotics in a variety of ways. For example, probiotics stimulate the immune system, keep hostile or “bad” bacteria in check, and improve digestion.

How much you should take varies by bacteria type and the reason you’re taking the product. If you choose to take a probiotic capsule, a good place to start is with a combination that contains strains from the Lactobacillus family and Bifidobacterium family, because these strains are normally found in the human intestine.

Which one should you take? According to the Mayo Clinic, Lactobacillus species, Bifidobacteria, Saccharomyces boulardii and Bacillus coagulans are the most common beneficial bacteria used in probiotic dietary supplement products. But don’t worry. You don’t have to pronounce them—they should be listed on the label.

But each type—and each strain of each type—can work in different ways. Before buying a supplement, check with your health care professional to find a supplement that’s right for you, especially if you have a health condition.

Bottom line: Not all probiotics are the same, nor do they all have the same effect in the body. Variety is key.²

Want to learn more about probiotics? Talk to your doctor, pharmacist or dietitian for advice on which probiotic may be best for you. Always tell your physician what you are doing that may affect your health.



9. digestion
10. veggie
11. sauerkraut
Bonus - gut
bacteria

Unscramble Me Answers (page 3)
1. kimchi
2. probiotic
3. supplement
4. kefir
5. colon
6. yogurt
7. infection
8. antibiotics

News You Can Use

Older adults in health care facilities are most at risk for *Clostridium difficile* infection (GDI), especially if they're taking antibiotics. The infection causes severe diarrhea and can be life-threatening.

The human body contains thousands of different types of bacteria—some good, some bad. If the antibiotics kill enough healthy bacteria, the ones that cause *Clostridium difficile* could grow unchecked and make you sick.

If you need antibiotics, don't fret. You may be able to reduce your risk for GDI by taking a probiotic within two days of starting antibiotics.

A recent systematic review of 19 published studies with over 6,000 subjects found evidence that giving probiotics closer to the first dose of antibiotic (within two days) reduces the risk of GDI by more than 50 percent in hospitalized adults.^{3 4}

Many *Clostridium difficile* infections are mild and short-lived, but others are quite serious. The infection rate has more than doubled in the past 10 years in the United States costing more than \$4.8 billion and causing significant illness and more than 29,000 deaths in 2011.

Unscramble Me!

ICHIMK _____○

BROGPITIO _____○_____

PLUMENTESP _____○_____

IFKER _____○_____

NOOLG _____○_____

GROYUT _____○_____

FINOGTINE _____○_____

GINATIOTBIS _____○_____

ONDITGEIS _____○_____

GEIVGE _____○_____

AKURTERAUS _____○_____

Bonus Words _____



Testimonial

Check out this active group from the Riceville Family Care and Therapy Center!

In the north central Iowan town of Riceville, six amazing women over the age of 90 attend *Fresh Conversations* at Riceville Family Care and Therapy Center. They are **Ruth Lee, 94; Pauline Christiansen, 95; Ruth Setka, 91; Norma Moore, 93; Lydia Berentsen, 93 and June Roethler, 94.**

This fun group of ladies enjoys trying new foods at *Fresh Conversations*. June tried avocados for the first time at *Fresh Conversations* and now purchases them for herself. Similarly, Norma sampled steel cut oats at a meeting and added them to her breakfast menu.

As a result, *Fresh Conversations* has made an impact in the community as well. The local grocery store is happy to order and stock foods requested for the newsletter recipes.

The women appreciate trying the *Fresh Conversations* monthly recipe at their lunch meal setting. They also enjoy the discussion with their facilitator, Diane, about how to make the recipes more suited to their tastes and how to incorporate more physical activity into their daily lives.

These ladies attribute their longevity to growing up in the area, raising families, and being active on the farm and in town. It sounds like being busy, active and involved is just a way of life for them!



Black Bean Burgers

The Veggie Meat Patty

Try this tasty, fiber-rich burger at your next meal.

Serving size: 1 burger
Serves: 4

Ingredients:

- 1 can low sodium black beans (drained and rinsed)
- 1 egg, beaten
- ½ cup bread crumbs
- ¼ cup onion, minced
- ¼ teaspoon pepper
- 1 tablespoon oil



Optional: cheese slices, lettuce, mushrooms, onion, tomato, whole wheat bread or hamburger buns

Directions:

- Mash beans with a fork.
- Stir mashed beans, egg, bread crumbs, onion, pepper and oil together until combined. Shape into 4 inch patties. Wash hands.
- Heat a skillet over medium heat. Spray with nonstick cooking spray.
- Place patties in the skillet and cover with a lid.
- Cook patties for 5 minutes on the first side. Flip patties, cover and cook for 4 more minutes.
- Serve with optional ingredients.

Nutrition facts per serving: 200 calories, 6g fat, 260mg sodium, 28g carbohydrate; 7g fiber, 10g protein

Source: "Healthy & Homemade: 2018 Nutrition and Fitness Calendar." Iowa State University Extension, July 2017.

Leftovers? Store in the refrigerator in an airtight container. Re-heat in the microwave until the burgers are steaming.

Take Action Corner

This month I will...

Veggie Burger, Anyone?

You have more plant-based protein options than ever before. They come in lots of shapes similar to meat: burgers, crumbles, patties—even links. And the flavor? Manufacturers are closing in on matching meat's taste, texture, and aroma. If you haven't tried them—now's the time.

Some people call plant-based proteins "veggie meats" because they're made from legumes, such as soybeans, black beans, peas, chickpeas and lentils.

Legumes are high in protein and naturally low in fat. They contain no cholesterol and are rich in folate, potassium, iron and magnesium. And fiber? One half cup serving of legumes provides 7 to 10 grams of fiber. Plant-based fiber sources, such as beans and legumes, are the ideal food for good bacteria living inside your gut.

Tips for Choosing the Best Veggie Meats

1. **Maximize protein.** If you use a veggie meat to replace meat in a meal, look for at least 10 grams of protein in a serving – about 3 ounces. That's about half of what you'd get from the same amount of cooked chicken or beef.
2. **Minimize salt.** Aim for just 350 milligrams per serving. Some veggie meats balance sodium with potassium from their plant base. Add a salad or a side of veggies for even more potassium.
3. **Check the oil.** Most veggie meats are made with polyunsaturated oils but some are using coconut oil, which is higher in saturated fat. Look on the label for no more than 2 grams of saturated fat per serving.
4. **Taste around.** Veggie meat brands vary. So do the flavors and textures!⁶

Sources:

¹ "The Benefits of Probiotics Bacteria." Harvard Health Publishing.

Retrieved November 1, 2017. <https://www.health.harvard.edu/staying-healthy/the-benefits-of-probiotics>

² "What are Probiotics?" Mayo Clinic. Retrieved November 1, 2017.

<https://www.mayoclinic.org/what-are-probiotics/art-20232589>

³ "What Is Clostridium Difficile (C. Diff)?" WebMD. Retrieved November 1, 2017. <https://www.webmd.com/digestive-disorders/clostridium-difficile-collitis#1>

⁴ "Timely Use of Probiotics in Hospitalized Adults Prevents Clostridium difficile Infection: A Systematic Review with Meta-Regression Analysis." Nicole T. Shen, Anna Maw, Lyubov L. Tmanova, Alejandro Pino, Kayley Ancy, Carl V. Crawford, Matthew S. Simon, Arthur T. Evans. DOI: <http://dx.doi.org/10.1053/j.gastro.2017.02.003>

⁵ "Six Tips for Choosing the Best Veggie Meats." Nutrition Action.com. Retrieved November 8, 2017. <https://www.nutritionaction.com/daily/what-to-eat/six-tips-for-choosing-the-best-veggie-meats/>



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SAMPLE

Meeting Preparation

1. Review the November newsletter and facilitator guide—background resources. Send questions or concerns to your coordinator.
2. Purchase two types of crackers: a low-fiber cracker (e.g. saltine) and a whole-grain cracker with at least 2 grams of fiber per serving.
3. Purchase at least one brand of veggie burgers (commonly made with soy) and one brand of bean burgers (usually made with black beans). If you can't find a bean burger, compare two soy-based burgers. Compare costs and availability in local stores. Calculate cost per burger and compare to hamburger.
4. If you want to taste the bean burger recipe in the newsletter, buy the ingredients and prepare before the meeting.
5. Locate a microwave near the meeting to warm samples of the plant-based burgers.
6. Ask your program coordinator about Tai Chi programs offered by the Area Agency on Aging. Find out where the program is offered in your community.
7. Use a microphone if group is large or if people have difficulty hearing.
8. Ask someone to help you take photos of group activities. Capture the smiles and post on the *Fresh Conversations* Facebook page!

Props

- Print the color picture provided at the end of this guide.
- Make a paper chain or string to show the length of an adult's intestine (25 feet). Use different colored paper or a marker to "color" the last 5 feet of the paper chain or string, to represent the colon.
- Large paper and marker
- Optional: yogurt containers

Introduction

We're kicking off the New Year with cutting-edge information for you. But first, I need to apologize for my manners. We're going to talk about some things that are not usually appropriate for mealtime conversations. I hope you won't mind.

Nutrition Discussion

Provide each person a low-fiber cracker made with refined flour (like a saltine) and a whole grain cracker with at least 2 grams of fiber per serving. Have water available at each table.

Take a bite of the saltine in front of you, chew it and swallow it. Now, turn to your neighbor and discuss these questions: What do you think happens to the cracker once it enters your mouth? Where does it go? *Discuss for 2 minutes – use timer.*

As a group, discuss and write down key words representing their descriptions. Don't take more than 5 minutes for this activity. Make sure everyone can see the paper.

Possible descriptions and keywords:

- Teeth, lips and tongue help chew cracker in **mouth**
- **Saliva** moistens the cracker
- Tongue and muscles at the back of the mouth **swallow** the mushed up cracker
- Cracker travels down the esophagus and enters the **stomach**. Might need a drink of water to “wash” it down.
- Stomach releases powerful **digestive juices** and cracker becomes a mushy liquid (don't get technical or scientific about digestion of specific nutrients)
- Liquid cracker mixture **enters the small intestine**.
- **Nutrients** (protein, carbohydrate, fat, vitamins and minerals) are absorbed in the small intestine as the liquid cracker is pushed through 20 feet of intestine. *Ask two participants to stretch out paper chain or string and show 20 feet.*
- Anything that isn't absorbed, like indigestible plant residues and fiber, enter the colon and eventually become **stool or poop**. *Point to the five-foot section of the string representing the colon.*

Until recent years, health experts didn't know that bacteria in the colon were so important to our health. *Show drawing of colon with colorful bacteria.*

The majority of the microbes or bacteria that live in your gut are found in your colon. **100 trillion of them!** Wow. What do they do for you? *Review bulleted list on page one.*

Intestinal bacteria “feed” on **plant fibers** found in the foods you eat. In fact, they need to be “fed” a wide variety of plant fibers to thrive. At the end of the article on the first page, there is a list of foods that are good for your personal bugs. *Fiber-rich vegetables, whole grains, beans, legumes, nuts and seeds*

As an example of how these plant foods support your internal garden of bacteria, let's talk more about the saltine's journey through your gut. *Refer to list on paper.*

- Is there fiber in a saltine? **No**. In fact, the label tells us that there is 0 grams of fiber in a serving of saltines. So, there won't be any “food” for the bacteria.
- What about the second cracker? It's made with...*read key ingredients...* and has ___ grams of fiber (*provide cracker with at least 2 or 3 grams*).
- Will your gut bacteria benefit the most from saltines or the fiber-rich crackers? *Cracker with fiber*

On pages two and three, you'll find articles about probiotics. Is this a new term? Here is a definition from the National Institutes of Health that may help us understand what they are:

Probiotics are live microorganisms (in most cases, bacteria) that are similar to beneficial microorganisms found in the human gut. They are also called "friendly bacteria" or "good bacteria." Probiotics are available to consumers mainly in the form of dietary supplements and foods.

If time allows, talk more about food sources for probiotics found on page two. (Fermented foods, yogurt made with "live active cultures"—look for these words on yogurt label.) Do not bring samples of probiotic supplements to the meeting or express personal opinions about them.

Optional: News You Can Use

News You Can Use will be a new section of the newsletter this year. This month, there is information about a new study that looked at the benefits of giving probiotic supplements to older adults who were hospitalized and taking antibiotics. You'll find it on page three.

Probiotics is a hot health topic, and many stores and pharmacies sell them. If you're really interested in knowing more about probiotic supplements, I recommend you talk to your doctor, pharmacist or a dietitian.

Regardless if you choose to take a supplement or not, don't forget to eat plant foods to nourish the healthy bacteria that you already have!

If you are a dietitian or trained health professional the following information could be shared:

- Antibiotics are designed to kill harmful bacteria, but they can also knock out the healthy bacteria in your gut. Sometimes, they can cause mild or severe diarrhea.
- If you have taken antibiotics recently, your doctor or pharmacist may have suggested to take a probiotic supplement with your antibiotic. Or, they may have encouraged foods that contain probiotics like yogurt or kefir.
- Caution: If you choose to buy a probiotic supplement, **talk to your health care provider about which one is best for you.** They vary in quality and price. Some probiotic supplements must be refrigerated because they contain live microorganisms—even though they just look like dried powder in a capsule.

Tasting Activity

Option one: Compare and taste different brands of soy burgers (sometimes called veggie meats or veggie burgers) and/or black bean burgers. Some varieties are spicy so be careful in your selection.

Warm the burgers in microwave per package directions. Cut into small pieces and serve on a toothpick with a small piece of crispy lettuce like Romaine.

Display the burger packages so participants can compare labels. Determine cost per burger.

Option two: Homemade bean burger recipe in the newsletter. It comes from the 2018 Healthy & Homemade newsletter (June).

Discussion

- Review tips for choosing the best veggie meats on page four
- Brainstorm how to use veggie burgers at home
- Emphasize convenience
- How do veggie burgers connect to the newsletter topic? *Plant sources of protein provide fiber for gut bacteria.*

Physical Activity

Last month, we danced to music at our holiday party. It was fun and good for your brain. The benefits from **dancing** have been described as a “double play” because music stimulates the brain’s reward centers and dance activities its sensory and motor circuits. In fact, dance is now being used to treat Parkinson’s disease.

So stand up or wave your arms if you’ve been dancing around your house to music. *Applaud dancers.*

Now, everyone stand up. We’re going to do an activity that is similar to dance, but it may be easier to do. It’s called **Tai Chi**. *Show a Tai Chi video, invite a guest instructor or demonstrate one or two basic movements.*

Testimonial

There’s a special story in this month’s newsletter. It’s about six women over the age of 90 who live in Riceville. I am struck by the fact that despite their age, they’re willing to try new foods during the *Fresh Conversations* meetings. And if they really like a new food, they will buy it and eat it at home. Fabulous—shows we’re never too old to learn or try something new. I hope they’ll be with us next year to share what they have learned or tried in 2018!

Take Action (page 4 of newsletter)

I'm holding a simple pencil. We use pencils to write down interesting information that we don't want to forget, make to-do lists, calculate math problems and doodle when we're bored.

But today, this pencil represents new knowledge. Pass this special pencil around. When it comes to you, tell us if you learned something new during last year's *Fresh Conversations* meetings. And, if you did, how did it impact you? Did you eat the food again? Did you share the new information with someone?



FRESH CONVERSATIONS

What is the conversation about?

July Conversations

- Bacteria can be good for you
- What are probiotics?
- Make your burger meatless. It's easy!



When?

Where?

Contact:

Name: _____

Phone: _____

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JOIN US FOR
FUN, FELLOWSHIP & FOOD