

2015 NATIONAL COORDINATOR'S CONFERENCE

EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM (EFNEP)



HYATT REGENCY CRYSTAL CITY
2799 JEFFERSON DAVIS HWY, ARLINGTON, VA
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EFNEP
Expanded Food and Nutrition Education

WebNEERS One-Day Food Recall Summary Report Update

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Today's Learning Objective

Review the new diagnostic report and gain insight into the uses the updated report will have in the state and county, as well as identify any key elements that have been overlooked.

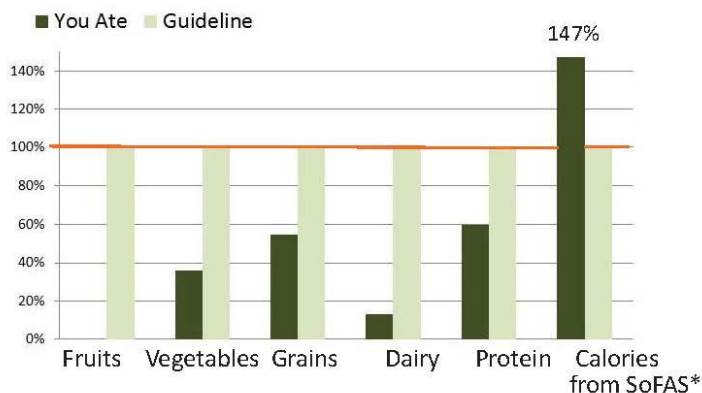
One-Day Food Recall Summary

Prepared for Emily Smith

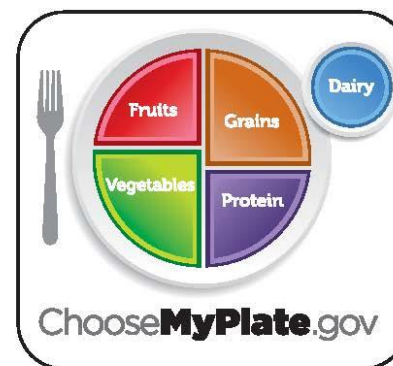
3/17/15

Age 32
Supplements No
Pregnant No
Nursing No

Food & Nutrient Summary



*Solid fat and added sugar



Food	You Ate	Guideline
Fruits	Trace	1.5 cups
Vegetables	0.9 cups	2.5 cups
Grains	3.3 oz equivalent	6 oz equivalent
Dairy	0.4 cups	3 cups
Protein	3.3 oz equivalent	5.5 oz equivalent
Calories from Solid Fat and Added Sugar (SoFAS)	380 calories	258 calories

Nutrient	You Ate	Guideline
Sodium	1,306 mg	2,300 mg
Fiber	10 g	25 g
Vitamin D	4 IU	600 IU
Calcium	267 mg	1,000 mg
Iron	7 mg	18 mg
Folate	245 mcg	400 mcg

Calorie Balance

Calories

You Ate Guideline
1,244 **2,000**

A minimum of 30 minutes a day, most days of the week promotes good health.

Activity Level

Your activity
30 to 60 minutes

Personal Goal

Based on this report, what is one goal you can set for yourself?

How your food fits into the food groups.

Food	You Ate	Guideline
Whole Grains		
Pizza with meat, NS as to crust	0 oz equivalent	
Granola bar, oats, sugar, raisins, coconut	1 oz equivalent	
Bread stick, soft, prepared with garlic and parmesan cheese	0 oz equivalent	
Total	1 oz equivalent	3 oz equivalent
Vegetables		
Pizza with meat, NS as to crust	0.22 cups	
White potato, french fries, from frozen, deep fried	0.9 cups	
Total	1.1 cups	2.5 cups
Fruits		
Granola bar, oats, sugar, raisin, coconut	Trace	
Total	Trace	1.5 cups
Dairy		
Bread stick, soft, prepared with garlic and parmesan cheese	Trace	
Pizza with meat, NS as to crust	0.4 cups	
Total	0.4 cups	3 cups
Protein		
Granola bar, oats, sugar, raisins, coconut	0.1 oz equivalent	
Peanut butter	3 oz equivalent	
Pizza with meat, NS as to crust	0.2 oz equivalent	
Total	3.3 oz equivalent	5.5 oz equivalent

This is what is in your food.

Food	Calories	Added Sugar (grams)	Solid Fat (grams)	Sodium (milligrams)	Fiber (grams)
Bread stick, soft, prepared with garlic and parmesan cheese	49	0.1	0.9	54	0
Coffee, NS as to type	21	0	0	43	0
Granola bar, oats, sugar, raisin, coconut	200	10	5	120	1
Peanut butter	282	3	0.5	220	3
Pizza with meat, NS as to crust	265	0.3	11	610	1
White potato, french fries, from frozen, deep fried	427	Trace	23	259	5
Totals	1,244	12.4	40	1,306	10

Healthy Eating and You

Whole grains

If half the grains eaten were not whole, use this statement:

Whole grains are needed to stay healthy and strong. Try to make half your grains whole grains. Look for bread, cereal, rice, and noodles that have a whole grain as the first ingredient in the ingredient list. Have whole grain bread at breakfast or snack on plain popcorn.

If half grains are whole, add this sentence to the end of the above paragraph:
You met the guideline by making half your grains whole grains.

Vegetables

If no vegetables eaten, use this statement:

Vegetables are naturally low in calories and fat, and high vitamins, minerals and fiber. Vegetables can be eaten fresh, frozen or canned. Have vegetables ready to eat and in reach when you get hungry for a quick snack.

If any vegetables eaten, add this sentence to the end of the above statement:
Continue to enjoy vegetables every day.

Fruits

If no fruit eaten, use this statement:

Fruit is naturally sweet and high in nutrients. Fruit can be eaten fresh, frozen or canned. Have fruit ready to eat and in reach when you get hungry. Add a piece of fruit to a meal or snack to enjoy fruit every day.

If fruit is eaten, replace the last sentence with this statement:
Add a piece of fruit to a meal or snack. Continue to enjoy fruit every day.

Dairy

If any dairy use this statement:

The dairy food you ate is important for your bone health. There are many choices of healthy dairy like reduced fat or fat free milk, yogurt, and cheese. There are also milk replacements like soy drinks with calcium added. Try yogurt for a tasty snack. Replace higher fat milk and milk products with lower fat options.

If no dairy, replace the first sentence with this one:

Dairy is important for our bodies' bone health.

Protein

Statement for all participants:

Protein foods are the building blocks for bones, muscles, skin and blood. They include both animal and plant based sources. Protein can be the most expensive part of the diet. Try adding lentils and beans to soup or chili to control costs and increase fiber.

Sugar

Statement for all participants:

Sugar may be hidden in your food and drinks. It is easy to eat too much. To lower the amount of sugar you eat, try choosing water if you are thirsty. Eat fruit for a sweet snack.

Discussing the Report

1. The number on your table tent is the section of the WebNEERS report you will be discussing. Discussion questions are at the table.
2. Choose a facilitator and a note taker. Facilitators can pick and choose which questions to discuss, you may not get through all of them. Note takers please use provided clipboard.
3. Be prepared to report back one point to the entire group after discussion.
4. We will not do this activity at the tables. Move as a group to a spot in the room where you can stand together and discuss.

Let's talk!

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