



CELEBRATIONS

LIVING LIFE TO THE FULLEST

SESSION 11.

NUTRITION

Fred Hardinge
DrPh, RD, FADA I Nutritionist, Registered Dietician

General Conference Health Ministries
Celebrations – Nutrition





CELEBRATIONS
LIVING LIFE TO THE FULLEST

OBJECTIVES:

Participants will:

- Understand how nutrition is extracted from the foods we eat in the process called digestion.
- Know the major categories of nutrients our bodies need.
- Choose foods from the five food groups; focus on getting a variety of colors, textures, and tastes.

MATERIALS NEEDED:

- Leader's notes
- PowerPoint
- Participant worksheet
- Computer (for your PowerPoint presentation)
- Projector and screen
- Tables and chairs
- Sound system (for large classes)

TIPS AND GUIDELINES

01. **Come prepared.** Review the entire content and handout materials before the session. Arrive early for your presentation. Set up your equipment and test everything before the participants arrive.
02. **Greet the participants as they arrive.** One of our goals is to build relationships within the community. Greeting people as they enter puts them at ease and can open doors for further dialogue.
03. **Start on time.** The presentations are designed to be less than 1.5 hours. Honor that time frame.
04. **Welcome students and introduce yourself.** This introduction should take only 30 to 60 seconds.
05. **Introduce the topic of the presentation.** A brief introduction appears in the script under slide 2. Keep it short. Introductions should get the participants' attention, not bore them.
06. **Distribute the participant worksheet for note taking.**
07. **Give the PowerPoint presentation.**
08. **Introduce and distribute the quiz.** Detailed instructions are given in the script. Have the participants work in small groups of two to four, discussing and completing the quiz together. (If the nature of your group warrants it, lead the discussion of the quiz questions from the front, soliciting responses from the participants.) Give the participants about 20 minutes to complete the quiz. Monitor the participants' progress, adjusting the time as needed to allow them time to complete the worksheet. Then call them back together as a group and discuss the answers using the answer key.
09. **Closing remarks and reminder.** Introduce the next session's topic, and remind them of the date, and time of the session.
10. **Thank the participants for coming, and visit with them as they are leaving.**



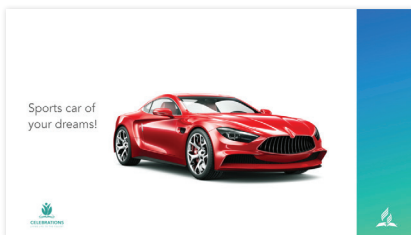
CELEBRATIONS
LIVING LIFE TO THE FULLEST

WELCOME



Slide 1 (NUTRITION)

Welcome to CELEBRATIONS! At this time we will discuss nutrition, the eleventh healthful living principle of the CELEBRATION acronym.



Slide 2 (NUTRITION)

Imagine with me that you have just come into possession of the sports car of your dreams! Money was no object in its design and manufacture. Even the smallest detail had been tended to with meticulous care. On the outside, the doors and fenders are aligned perfectly. The finish sparkles with perfection. You pop the hood and are greeted with the sight of an engine that is made with the craftsmanship of a fine Swiss watch. When you open the car door you savor the smell of soft, subtle leather. As you sink into the wonderfully padded seats and turn the ignition key to start the engine, you hear the purr from the powerful engine. The moment has come for you to take this—your car—for a drive!

After a few hours of pure enjoyment you notice that the fuel gauge is showing close to empty, so you pull into the first gas station you find. Looking in the owner's manual you see that the manufacturer has recommended only premium fuel for the high-compression engine. You decide, however, that any grade fuel will do and fill it with "regular" instead. After all, you think, they look and smell the same. Later, when you check the engine oil, you top it up with a little water.

With that kind of care, how long do you think your dream car will last?



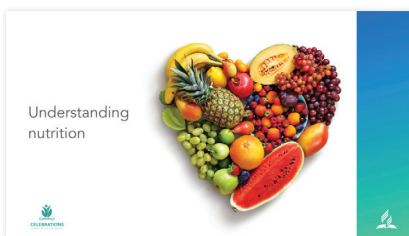
Slide 3 (CELEBRATING NUTRITION)

Our bodies are far more beautiful and complex than the finest machine ever made by humans. Like a fine sports car, our bodies need fuel to power our lives, and that fuel comes from the food we eat. A balanced diet chosen from the best foods will provide the essential nutrients needed for growth, maintenance, and energy. If we choose low quality foods or do not eat enough of even the best foods, the body machinery will suffer. Too much food may result in obesity, and excessive amounts of some nutrients may cause toxicity.



Slide 4 (CELEBRATING NUTRITION)

Why wait for a special occasion to celebrate? Shouldn't we celebrate every meal with healthful food choices? In each meal one can enjoy the cornucopia of nutrient-dense, whole-grain breads and cereals, along with rich, colorful fruits and vegetables containing abundant amounts of vitamins, minerals, dietary fibers, and phytochemicals. Enjoy essential fats in crunchy nuts and seeds, bone building calcium from low-fat milk or a fortified soymilk, and healthful proteins from satisfying legumes (beans, peas, and lentils) seasoned delicately with herbs and small amounts of salt, sugar, and vegetable oil as needed. These energizing, body-building foods consumed daily in appropriate quantities can reduce the risk of cancer, coronary heart disease, hypertension, intestinal disease, obesity, and osteoporosis. We can truly celebrate at every meal because of the abundance of good food God has given us!



Slide 5 (UNDERSTANDING NUTRITION)

Many people think that choosing good nutrition is difficult, and understanding it even harder. Both tasks, however, are really very simple. Let's start with the "understanding" part.



Our bodies get the nutrients we need from the food we eat as the food is digested and assimilated in a fantastic process that begins in the mouth, moves to the stomach, then to the small intestines, and finally to the large bowel. The nutrients our bodies need include:

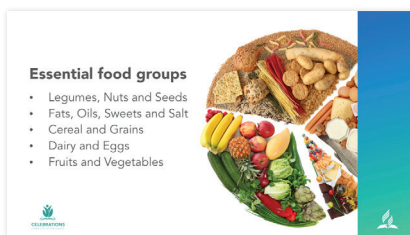
Carbohydrates: The largest portion of our diet should come from these in as unrefined a form as possible. Whole grains, legumes, fruits, and vegetables are rich in these. There are approximately 4 kcal (a unit used to express the amount of energy contained in food) per gram in carbohydrates.

Proteins: Every cell in the body contains proteins. Tissue repair and growth require them. While almost all foods contain some protein, particularly good sources are milk, eggs, and other animal products. Legumes are excellent plant sources. Each gram of protein yields 4 kcal.

Fats: These are a concentrated source of energy. We often get too much fat in our diet because we like the flavor it imparts to foods (e.g., boiled or baked potatoes versus French fries).

Vitamins (fat soluble and water soluble), minerals, and trace minerals: These are essential for growth and health.

Antioxidants and phytochemicals: These substances protect the body from disease and some of the effects of aging. They are found primarily in whole grains, fruits, vegetables, and nuts.



Slide 6 (ESSENTIAL FOOD GROUPS)

There are five essential food groups. When we eat foods wisely chosen in appropriate amounts from all five groups, we will meet our optimal nutrient needs. Here are the five groups:

Cereals and Grains

**Slide 7** (ESSENTIAL FOOD GROUPS)

Cereals and Grains: These should form the foundation of our diet. They include whole-grain breads, pastas, rice, and corn. They are rich in dietary fiber and complex carbohydrates, as well as an array of vitamins and minerals when taken from unrefined (not white) sources. Depending on a person's age, weight, and activity levels, 6 to 12 servings from this group should be consumed each day.

Fruits and Vegetables

**Slide 8** (ESSENTIAL FOOD GROUPS)

Fruits and Vegetables: These foods come in a wide variety of colors, flavors, and textures and are the richest sources of protective phytochemicals, antioxidants, and many vitamins and minerals. Depending on body size, age, and activity levels, at least 5 to 10 servings of these foods chosen from a range of colors should be consumed daily. Many people seem to prefer fruits over vegetables, but we need a balance of both. Foods in this group that are the deepest in color often have the largest amounts of phytochemicals and antioxidants. Fruit juices should be limited to no more than 1 small serving per day.

Legumes, Nuts, and Seeds

**Slide 9** (ESSENTIAL FOOD GROUPS)

Legumes, Nuts, and Seeds: Legumes such as beans, peas, and lentils are an important source of good protein, along with minerals, vitamins, and other protective elements. Three to 5 servings of these should be included in the daily diet, depending on a person's age and weight. Nuts and seeds are excellent sources of essential fats, but because they are a concentrated source of calories, they should be limited to no more than 1 to 2 servings per day. Non-vegetarians would include fish, fowl, and meat in this group, but should consume only moderate amounts.



CELEBRATIONS
LIVING LIFE TO THE FULLEST



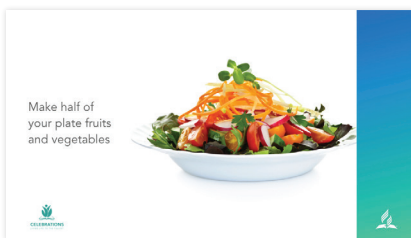
Slide 10 (ESSENTIAL FOOD GROUPS)

Dairy and Eggs (or fortified equivalents): These animal sources of food provide many important nutrients, including calcium and vitamin B₁₂. Vitamin B₁₂ is found only in animal products and prevents pernicious anemia and neurological disorders. It also promotes normal cellular division. Individuals who choose not to consume any animal products need to eat sufficient foods fortified with vitamin B₁₂ or take it in supplement form. It's very important to read the food labels of the equivalent foods to make certain that they are adequately fortified. Deficiency symptoms of vitamin B₁₂ can take 4 to 6 years to develop after all intake has been stopped. By the time problems have been discovered, permanent damage may already have occurred.



Slide 11 (ESSENTIAL FOOD GROUPS)

Fats, Oils, Sweets, and Salt: These foods are required only in small amounts. The essential fats and sodium are necessary for optimum health. Iodine is a necessary trace mineral and is easily supplied if iodized salt is used; it also can be obtained from sea salt, seaweed, or a supplement. Refined sugar is not required for good health, but small amounts add palatability and flavor to our foods.



Slide 12 (ESSENTIAL FOOD GROUPS)

One of the most important keys to eating a balanced plant based diet is selecting a variety of foods whose color, texture, and flavor add interest to the diet. These foods are best when consumed as they come from nature: not refined, not pulled apart, not fractionated. Whole foods should be the goal.

"Use plant foods as the foundation of your meals. . . . Eating a variety of grains (especially whole-grains), fruits and vegetables is the basis of healthful eating."¹ This recommendation has been simplified in the 2010 "Dietary Guidelines for Americans" to "Make half your plate fruits and vegetables."²

¹ USDA "Dietary Guidelines for Americans, 2000"; www.health.gov/dietaryguidelines/dgac/. Accessed June 19, 2012.

² USDA "Dietary Guidelines for Americans, 2010"; www.choosemyplate.gov/food-groups/fruits.html. Accessed online June 19, 2012.



Today the world is recognizing the advantages of a vegetarian diet:

- Low in fat, particularly saturated fat
- No cholesterol (with a total vegetarian diet)
- High in dietary fiber
- Low in refined sugar (need to avoid highly sweetened items, even if from plant foods)
- Contains rich sources of vitamins and minerals
- Contains high amounts of protective substances such as phytochemicals, antioxidants, etc.



Slide 13 (GUIDING PRICIPLES OF FOOD CHOICES)

A healthful diet needs to be based on sound principles that guide the food choices we make. We would like to suggest five:

1. Variety: Perhaps the most important principle of eating right is selecting a variety of foods from the five groups discussed earlier in this chapter (cereals and grains; fruits and vegetables; legumes, nuts, and seeds; dairy and eggs or equivalents; and fats, oils, and salt). This ensures a wide range of nutrients to support a healthy body, and the various textures, tastes, and colors enhance the pleasure of eating.



Slide 14 (GUIDING PRICIPLES OF FOOD CHOICES)

2. Quality: Choose the majority of your food from whole foods—not refined foods. These foods are nutrient-dense rather than calorie-dense.



CELEBRATIONS
LIVING LIFE TO THE FULLEST

Guiding principles of food choices | **Balance**



Slide 15 (GUIDING PRICIPLES OF FOOD CHOICES)

3. Balance: Obesity is a growing problem worldwide. There needs to be a balance between the amount of energy we eat (foods) and the energy we expend (physical activity) if we are to maintain a healthy weight.

Guiding principles of food choices | **Moderation**



Slide 16 (GUIDING PRICIPLES OF FOOD CHOICES)

4. Moderation: Some important components of a healthful diet need to be eaten only in small amounts. These would include fats and salt. We require adequate amounts of the essential fats. Fats are also the vehicle for fat-soluble vitamins. We also need small amounts of salt to maintain our electrolytes.

Guiding principles of food choices | **Avoidance**



Slide 17 (GUIDING PRICIPLES OF FOOD CHOICES)

5. Avoidance: High refined foods that often have large amounts of their nutritional elements removed should be avoided, as should foods and beverages that have no nutritional value (alcohol, coffee, and sodas).

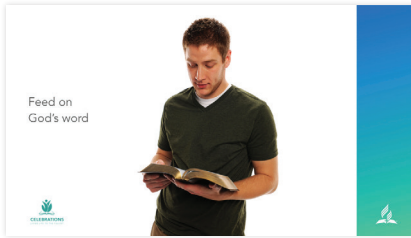
Many excellent online tools are available that allow you to track and analyze what you eat every day. One of the best is SuperTracker,³ which is free for anyone to use.

**QUALITY
OF LIFE**

Slide 18 (QUALITY OF LIFE)

A healthful diet can increase lifespan and the quality of life. God loves us and desires that we lead healthy, productive, and happy lives. We can celebrate His goodness as we appropriately enjoy the many products of the earth that He has given us.

³ USDA, SuperTracker; www.choosemyplate.gov/SuperTracker/default.aspx. Accessed June 19, 2012.



Slide 19 (FEED ON GOD'S WORD)

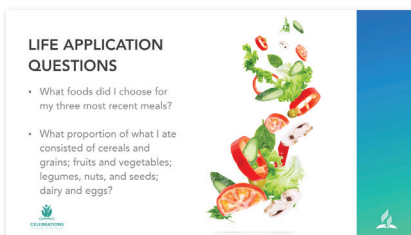
Just as we require physical food each day, we also need to feed the inner person on spiritual food. We should not neglect to make a daily practice of feeding on God's Word. We have emphasized the need for variety, balance, and flavor in the foods we consume, but we require balance in our spiritual food, as well. We can feast on God's Word by contemplating His wonderful promises, reading inspirational stories and exhortations, and spending time daily in prayer. These practices will help us to grow spiritually as well as physically. Balance and control in life come from the steady application of the lessons learned in the reading of His Word.

Let us do these things with praise in our hearts for the energy and health that God provides.



Slide 20 (LIFE APPLICATION QUESTIONS)

We will now focus on some life application questions regarding nutrition. We will review them carefully so that you have time to consider the questions and apply what you are learning to your life. Please write your responses in your Celebrating Nutrition participant worksheets. You are welcome to ask questions and to look back over the material.



Slide 21 (LIFE APPLICATION QUESTIONS)

What foods did I choose for my three most recent meals?

What proportion of what I ate consisted of cereals and grains; fruits and vegetables; legumes, nuts, and seeds; dairy and eggs?

12 William A. Karlin, Elizabeth Brondolo, and Joseph Schwartz, *Psychosomatic Medicine* (2003), 65:167-176.

13 Adapted from "How to Improve Your Social Skills: 8 Tips From the Last 2500 Years," PositivityBlog; <http://www.positivityblog.com/index.php/2007/11/15/how-to-improve-your-social-skills-8-tips-from-the-last-2500-years>.



CELEBRATIONS
LIVING LIFE TO THE FULLEST

LIFE APPLICATION QUESTIONS

- Did I make wise choices, or did I take too much of one group and too little of another?
- How much of my plate contained fruits and vegetables?
- How colorful was my plate?
- Did I have enough of the richly colored vegetables?



Slide 22 (LIFE APPLICATION QUESTIONS)

Did I make wise choices, or did I take too much of one group and too little of another?

How much of my plate contained fruits and vegetables?

How colorful was my plate?

Did I have enough of the richly colored vegetables?

LIFE APPLICATION QUESTIONS

- What portion of my meal consists of highly processed products?
- Which of these can I start cutting back on, and which of the cereals, grains, and legumes can I enjoy eating more regularly?



Slide 23 (LIFE APPLICATION QUESTIONS)

What portion of my meal consists of highly processed products?

Which of these can I start cutting back on, and which of the cereals, grains, and legumes can I enjoy eating more regularly?

LIFE APPLICATION QUESTIONS

- How much did I consume of the essential fats and oils?
- Did I eat enough to ensure that I got the fat-soluble vitamins I need?
- Do I use too much fat or oil with my meals?



Slide 24 (LIFE APPLICATION QUESTIONS)

How much did I consume of the essential fats and oils?

Did I eat enough to ensure that I got the fat-soluble vitamin I need?

Do I use too much fat or oil with my meals?

LIFE APPLICATION QUESTIONS

- How can I still have palatable food without using so much fat?
- How can I use herbs more creatively?
- Should I try to use more fresh foods?



Slide 25 (LIFE APPLICATION QUESTIONS)

How can I still have palatable food without using so much fat?

How can I use herbs more creatively?

Should I try to use more fresh foods?

LIFE APPLICATION QUESTIONS

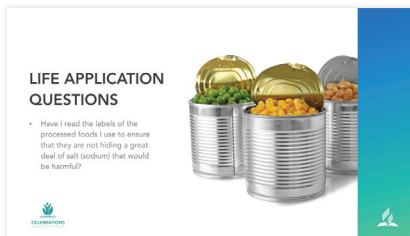
- Do I routinely use too much salt?
- Do I reach for the saltshaker without having first tasted my food?



Slide 26 (LIFE APPLICATION QUESTIONS)

Do I routinely use too much salt?

Do I reach for the saltshaker without having first tasted my food?



Slide 27 (LIFE APPLICATION QUESTIONS)

Have I read the labels of the processed foods I use to ensure that they are not hiding a great deal of salt (sodium) that would be harmful?



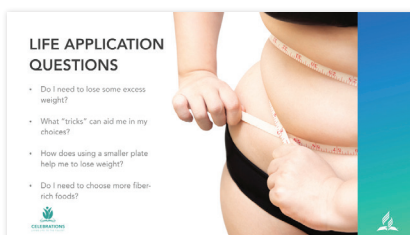
Slide 28 (LIFE APPLICATION QUESTIONS)

Is my body getting adequate amounts of vitamin B₁₂?
How do I make sure I supplement this before I develop symptoms of irreversible neurological damage?
Do I get adequate calcium in my diet and am I at risk of bone loss?



Slide 29 (LIFE APPLICATION QUESTIONS)

How do I balance my intake of energy in the food I eat with my output of energy in physical activity?
Do I weigh myself regularly to ensure that I am maintaining a healthful weight?



Slide 30 (LIFE APPLICATION QUESTIONS)

Do I need to lose some excess weight?
What "tricks" can aid me in my choices?
How does using a smaller plate help me to lose weight?
Do I need to choose more fiber-rich foods?



CELEBRATIONS
LIVING LIFE TO THE FULLEST

LIFE APPLICATION QUESTIONS

- Susie's friend Nathan noticed that Susie was a vegetarian. He asked her about the advantages of such a lifestyle.
- If I were Susie, what reasons would I give for my choice, and which would I emphasize the most?



Slide 31 (LIFE APPLICATION QUESTIONS)

At this time we will divide into small groups of three or four. This will be a great opportunity for you to get to know one another and to work together as we discuss the next series of questions in our groups. You may write your responses and/or the group's responses in your Celebrating Nutrition participant worksheets.

Susie's friend Nathan noticed that Susie was a vegetarian. He asked her about the advantages of such a lifestyle. If I were Susie, what reasons would I give for my choice, and which would I emphasize the most?

LIFE APPLICATION QUESTIONS

- If a non-vegetarian friend invites me to his home for a meal but expresses concern about how he could cook a meal without meat, what simple recipes would be easy for him to prepare but would fulfill the concept of the balance that I would like him to grasp?



Slide 32 (LIFE APPLICATION QUESTIONS)

If a non-vegetarian friend invites me to his home for a meal but expresses concern about how he could cook a meal without meat, what simple recipes would be easy for him to prepare but would fulfill the concept of the balance that I would like him to grasp?

LIFE APPLICATION QUESTIONS

- Does my church run cooking schools that I could invite him to?



Slide 33 (LIFE APPLICATION QUESTIONS)

Does my church run cooking schools that I could invite him to?

This presentation is created and distributed by the Health Ministries Department, General Conference of Seventh-day Adventists, 12501 Old Columbia Pike, Silver Spring, MD 20904

This presentation is shared for educational purpose only. The content, graphics and pictures of each slide and the whole presentation must be kept intact if shared with other Health Ministries entities, including this page. Thank you for using and sharing in a responsible manner.



Slide 34 (LIFE APPLICATION QUESTIONS)

We are glad that you took the time to attend this discussion. We look forward to seeing you at the next CELEBRATIONS presentation!



Author Fred Hardinge, DrPh, RD, FADA, originally from California, is a nutritionist with extensive public health training, and a registered dietitian.



Slide 35 (LIFE APPLICATION QUESTIONS)

Author Fred Hardinge, DrPh, RD, FADA, originally from California, is a nutritionist with extensive public health training, and a registered dietitian.







SESSION 11 **WORKSHEET**

PLEASE NOTE: THE FOLLOWING OUTLINE IS PROVIDED AS A GUIDE FOR PERSONAL NOTE TAKING.

The N in CELEBRATIONS stands for _____.

Nutrition is the _____ that powers our bodies, as gas powers our vehicle.

A _____ will provide the needed nutrients for
_____, _____, and _____.

The nutrition that our bodies derive from healthy food will provide energy and fight diseases such as:

- 1.
- 2.
- 3.
- 4.
- 5.



Our bodies extract nutrition from the food we eat called _____.

The nutrients our bodies need include:

- 1.
- 2.
- 3.
- 4.
- 5.

The five essential food groups are:

- 1.
- 2.
- 3.
- 4.
- 5.

To get the most value from our food, we should select fresh foods as they come from nature, not _____.



When choosing the best foods, focus on:

1. V _____

2. Q _____

3. B _____

4. M _____

5. A _____

_____ of foods from each of the food groups; focus on choosing
a wide range of colors, textures, and food groups.

CELEBRATING EXERCISE QUIZ

SHORT ANSWER: WRITE A SHORT RESPONSE THAT BEST ANSWERS THE FOLLOWING QUESTIONS

Question 1

- A.** What foods did I choose for my three most recent meals?

- B.** What proportion of what I ate consisted of cereals and grains; fruits and vegetables; legumes, nuts, and seeds; dairy and eggs?

- C.** Did I make wise choices, or did I take too much of one group and too little of another?

- D.** How much of my plate contained fruits and vegetables?

- E.** How colorful was my plate?



F. Did I have enough of the richly colored vegetables?

Question 2

A. What portion of these meals consisted of highly processed products?

B. Which of these can I start cutting back on?

C. Which of the cereals, grains, and legumes can I enjoy eating more regularly?

Question 3

A. How much did I consume of the essential fats and oils?

B. Did I eat enough to ensure that I received the fat-soluble vitamins I need?

C. Do I use too much fat or oil with my meals?

D. How can I still have palatable food without using so much fat?

E. How can I use herbs more creatively?

F. Should I try to use more fresh foods?

Question 4

A. Do I routinely use too much salt?



B. Do I reach for the saltshaker without having first tasted my food?

C. Have I read the labels of the processed foods I use to ensure that they are not hiding a great deal of salt (sodium) that would be harmful?

Question 5

A. Is my body getting adequate amounts of vitamin B12?

B. How do I make sure I supplement these sources before I develop symptoms of irreversible neurological damage?

C. Do I get adequate calcium in my diet, or am I at risk of bone loss?

Question 6

A. How do I balance my intake of energy from the food I eat with my output of energy in physical activity?

B. Do I weigh myself regularly to ensure that I am maintaining a healthful weight?

C. Do I need to lose some excess weight?

D. What “tricks” can aid me in my choices?



E. How does using a smaller plate help me to lose weight?

F. Do I need to choose more fiber-rich foods?

GROUP DISCUSSION

Question 7

Susie's friend Nathan noticed that Susie was a vegetarian. He asked her about the advantages of such a lifestyle.

A. If I were Susie, what reasons would I give for my choice, and which would I emphasize the most?

B. If a non-vegetarian friend invites a vegetarian to his home for a meal, but expresses concern about how he could cook a meal without meat, what simple, balanced recipes would be easy for him to prepare?

C. Does my church run cooking schools that I could invite him to?

Question 8

A. Do we place too much emphasis on our own dietary habits?

B. Do we want healthy bodies so we can glorify God?

C. Do we praise Him with the spiritual diets that we choose?



CELEBRATIONS
LIVING LIFE TO THE FULLEST

QUIZ KEY

CELEBRATING EXERCISE QUIZ/**KEY**

SHORT ANSWER: WRITE A SHORT RESPONSE THAT BEST ANSWERS THE FOLLOWING QUESTIONS

Facilitators: please note that answers to the quiz questions will vary due to the personal nature of the response.