

Facilitator's Guide



FRESH
CONVERSATIONS



Volume 8, Issue 12

Fat Can Be Heart Healthy

Background Information (optional):

- [Mayo Clinic: Dietary Fats, Which Ones to Choose](#)
- [FDA: New Nutrition Facts Label](#)
- [FDA: Using the Nutrition Facts Label: Older Adults](#)
- FDA: An optional handout on saturated fats from FDA
- [Seafood Nutrition Partnership](#)

Behavior Goals

1. Differentiate foods with saturated fat and foods with unsaturated fats.
2. Identify one food associated with the Mediterranean style of eating, to eat more often.
3. Understand why physical activity lowers your cardiovascular disease risk.

Meeting Preparation:

1. Review the newsletter. Send questions or concerns to your coordinator.
2. Review the background resources (website links are provided above).
3. Choose one of the recipe options. Make the recipe at least once before the meeting. Write down helpful hints for the group. If virtual, have ideas on what to share about the recipe you tried.
4. Determine how to transport and taste featured food tasting.
5. If the meeting is virtual, prepare ideas for how to engage participants in the recipe making process.
 - a. Prepare a grocery list for the recipe chosen that can be sent with newsletter for participants to purchase
 - b. Demonstrate recipe on video and direct participants to the recipe in the newsletter.
 - c. If conference call: create a conversation about the recipe: serving size, freezing instructions, tips, discussion on ingredients, nutrition etc.

Continued on page 2

The suggested wording for the presentation is in regular font and the facilitator directions are in ***bold, dark red italic.***

It's best not to read the presentation, but to use your own words, staying close to the meaning.

Props:

1. Samples of cooking oils and containers of margarine, butter, all-vegetable shortening.

Conversation

Last time we talked about added sugars, did anyone notice any surprising sources of added sugars since our last meeting? What types of foods did you notice have added sugars?

Allow time for participant discussion.

Introduction

Today we are going to learn how to find foods with heart-healthy fats that we can eat every day.

But first, let's play a game to test your knowledge about fats!

Tell participants to hold up a 1 for True and 2 for False.

True / False

T/F: The amount of fat you eat is not as important as the type of fat you eat.

- ***True. Refer to page 1 of the newsletter for advisory from the American Heart Association.***

T/F: Saturated fats, found in animal products, decrease your cholesterol.

- ***False. Refer to page 1 of the newsletter for a statement regarding saturated fats.***

T/F: Canola Oil is a useful oil for cooking.

- ***True. This is because it has a high smoke point.***

T/F: If an oil is labeled as "vegetable oil," it is likely made from corn.

- ***False. If it is labeled as "vegetable oil," it is most likely made from soybeans.***

Nutrition Discussion

For many years you heard that fat was not good for you, and fat-free versions of all sorts of foods, including muffins and salad dressing, were marketed as a healthy choice.

For just a few moments, allow the group to reflect on fat free products that first emerged on the market.

Eating a fat-free diet is no longer the goal. Fats are not all the same—and some are good for your cardiovascular system. Current research-based recommendations tell us to shift our choices from foods rich in saturated foods to foods with unsaturated foods. The information on the first page of the newsletter can help you sort this out.

Invite the group to look over the chart on page 1. Are they familiar with the terms saturated, polyunsaturated and monounsaturated? Do the foods in each column make sense to them? What questions come to mind?

Most of us need to eat fewer foods in the left column, foods high in saturated fat, and shift to eating more of these foods on the right foods high in unsaturated fat.

Activity: The Nutrition Facts Label can help you make better choices.

Review information on page 2 of the newsletter.

- **Pass out samples of cooking oils and containers of margarine, butter, all-vegetable shortening.**
- **In pairs or small groups, compare information about fats on the labels.**
- **Ask groups to share which products provide the most unsaturated fats and why they chose those items.**

Physical Activity:

Imagine that tomorrow you've been given a magical gift. You have 24 hours to do whatever activity you want and you are in the best physical condition of your life. What would you choose to do and why? How do you think you would feel at the end of the day?

Allow time to share reflections. They may say they would feel energetic, youthful, happy, full of life, successful, etc.

It's important to believe that you can still experience the good feelings that come from being active. It's also important to stay active for your heart and cardiovascular system.

Let's take a look at the article, Exercise Your Heart, on page 3. In addition to how good exercise can make you feel, what are some of the health benefits from exercising our heart?

Helps you manage blood pressure, improve endurance, and maintain higher levels of HDL.

Tasting Activities:

1. Spaghetti Squash (preferred):

- <https://foodhero.org/recipes/spaghetti-squash>
- Spaghetti squash is considered a winter squash. Other winter squash include: acorn, butternut, delicata, buttercup, carnival, hubbard and pumpkin.
- Winter squash provide vitamin A which helps us see at night and strengthen our immune system. Vitamin C which helps heal cuts and wounds and strengthen our immune system. Also fiber, beneficial for lowering our cholesterol levels and may reduce risk of developing heart disease.
- Choose winter squash that are heavy, firm, and have a full stem. Avoid squash with soft spots or bruises.
- Store in a cool, dark place for up to a month. Once cut, refrigerate in a covered container or wrapped in foil or plastic wrap for 2-4 days.
- Watch the video below for how to prepare other winter squash.
- Spaghetti squash can be prepared multiple ways, included in the recipe are instructions for microwaving and baking.
- Facilitators can choose how to serve the spaghetti squash. Would be great with some olive oil and herbs/spices. Or grab a low sodium/low added sugar pasta sauce and serve with a sprinkle of parmesan cheese.

2. Taste Winter Squash

- How to prepare winter squash: <https://spendsmart.extension.iastate.edu/produce-item/winter-squash-2-2/>
- Roast winter squash and vegetables: <https://spendsmart.extension.iastate.edu/recipe/easy-roasted-veggies/>
- Or try this recipe: <https://spendsmart.extension.iastate.edu/recipe/butternut-squash-enchiladas/>
- Use the same nutrition facts, general information above.
- Let participants know there is often frozen winter squash in your grocery store freezer section, beneficial when squash isn't in season or for smaller portions.
- More resources on winter squash: <https://snaped.fns.usda.gov/seasonal-produce-guide/winter-squash>.

Take Action

In the “Be active. Take action!” section, note activities you want to do more often to strengthen your heart muscle. As always, check with your doctor if you have any concerns about physical activity.

Ideas to offer, if needed:

- ***Dancing***
- ***Hiking***
- ***Bicycling***
- ***Walking***
- ***Golf (not using a cart)***
- ***Downhill skiing***
- ***Cross-country skiing***
- ***Tennis***
- ***Softball***
- ***Swimming***
- ***Gardening***
- ***Yard work***
- ***Stair climbing***
- ***Jogging***

Or note ways you can choose heart-healthy fats more often. Think about the different sources of fat you eat. If you want to choose healthier fats more often, write down one way you plan to do this.

Are there any volunteers who are willing to share their action steps?

Help participants think about details that will help them be successful (what, when, where, how often, how much, etc.)