



Know Your Heart Signs

Background Information (optional):

- [FDA: New Nutrition Facts Label](#)
- [FDA: Nutrition Facts Label and Added Sugars](#)
- [FDA: Nutrition Facts Label Interactive Resource on Added Sugars](#)
- [The American Heart Association's Life's Simple 7](#)

Behavior Goals

1. Be familiar with current recommendations for behaviors that reduce their risk of having a heart attack.
2. Feel more confident in using the Nutrition Facts Label to compare and choose foods with less total and added sugars.
3. Identify at least one way to add 10 minutes of activity to their day.

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. Foods with added sugars on the Nutrition Facts Label
2. Table sugar and teaspoons or sugar cubes
3. Small cups or baggies to measure sugar into

Conversation

Last month there was an article in the newsletter about the nutrition label. We talked about looking at nutrition labels in your home or at the grocery store. How often did you look at nutrition labels? What types of products did you mostly look at labels for?

Allow time for participants to discuss.

Today we are going to talk about a newer addition to the nutrition label, added sugars.

Introduction

I have a sensitive question to ask and I'm really interested in your responses. I hope you'll participate. There isn't a correct answer. When you hear the words "heart attack," what comes into your mind?

Be prepared for many different types of responses such as: surprise, chest pain, fainting, shortness of breath, ambulance, oxygen mask, fear, loss of a friend or family member, their own experience with a heart attack, rehab, etc.

Nutrition Discussion:

Unfortunately, it's obvious from your responses that many of you are familiar with heart attacks and how frightening they can be.

The article on the front page of your newsletter lists common signs of a heart attack. Are they also familiar to you? While chest pain is a common symptom for both men and women, women can experience symptoms that are less well known. What are they?

Allow participants to read answers: nausea, upper back pain, or feeling extremely tired

It's important to take action and not ignore these symptoms. The life you save may be your own.

Let's do an activity! Turn to page 3 in the newsletter and look at the section on added sugars.

Let's assume that a Nutrition Facts Label for your favorite fluffy blueberry muffins shows 28 grams of added sugar for one muffin. So, what does that mean?

It's helpful to think about table sugar even though the total added sugars can come from multiple sources. One teaspoon of granulated sugar equals 4 grams of sugar. To put it another way, 28 grams of sugar in a product is equal to about 7 teaspoons of granulated sugar.

Is that too much? Maybe not if it's your only sweet treat for the day. But for an everyday breakfast food, a better choice would be oatmeal topped with blueberries and a sprinkle of sugar on top. Be sure to check the label of your favorite oatmeal. Many quick-cooking oatmeal products have added sugars. And a sneak peak, I have a great overnight oats recipe with minimal added sugar for you to try today!

If translating grams of added sugars to teaspoons is not “clicking” with the group, offer this tip: Compare and choose foods to get less than 100% DV of added sugars each day (based on 50 grams of added sugars).

- ***5% DV or less of added sugars per serving is considered low***
- ***20% DV or more of added sugars per serving is considered high***

If time allows:

- ***Pass out sample food packages.***
- ***Have participants measure sugar for each item or ahead of time measure the amount of granulated sugar that is equivalent to the grams of added sugars on the label.***
- ***In pairs or small groups, compare information about total sugars and added sugars on the labels.***
- ***Ask groups to convert grams of added sugars on the label to teaspoons of table sugar.***

One last thing before we move on to our physical activity discussion. What does sleep have to do with our heart health? Take a peak at page 3. More and more research is showing that sleep is really important to our physical and mental health.

The article identifies five behaviors that support sleep and cardiovascular health. Circle the activities that you consistently do related to your sleep.

Allow group time to circle in the newsletter.

Does anyone want to share?

Does anyone have any tips for better sleep?

Allow time to share.

Tips to share about better sleep:

1. ***Practice a relaxing bedtime ritual that works for you to separate sleep time from activities that can cause excitement or stress. These activities have shown promise: reading, deep breathing and writing a to-do list for the next day.***
2. ***If you have trouble sleeping, avoid naps, especially in the afternoon.***
3. ***Exercise daily. Vigorous exercise is best, but even light exercise is better than no activity.***
4. ***Evaluate your sleep environment. Your bedroom should be cool—between 60 and 67 degrees—and free from noise that can disturb sleep.***

Have you heard of “pink noise?”

Allow participants time to answer.

Natural sounds like falling rain and the sounds of the wind or ocean are in the pink noise category. “Pink noise” is a mix of high and low frequencies that sounds more balanced and natural than its better-known cousin, “white noise.”

Physical Activity:

Let’s take a look at the article, Sit Less for Better Health, on page 2. Physical activity is important to keep you healthy. Physical activity is of course good for our physical health. It prevents and helps us manage a whole host of chronic diseases, helps us maintain good muscle tone, and can help relieve aches and pains. Physical activity is also great for our mental health.

Physical activity can boost your mood, sharpen your focus, reduce stress, and improve sleep. In this article I read several messages that encouraged me to be just a little more active.

What encourages you to sit less?

Allow time to answer.

Examples to provide:

- ***Sitting less and doing ANY aerobic activity has health benefits.***
- ***Activity burns calories and provides an energy boost.***
- ***Activity helps maintain muscle strength.***
- ***Activity is good for mental health.***
- ***There are immediate benefits!***

It’s important to break up our sedentary time and get the blood pumping through our body. Remember all movement counts!

Q: What could you do to break up your sedentary time at home?

Allow time for participants to answer.

- ***Take a walk around the block***
- ***Stand up and stretch during commercial breaks***
- ***Incorporate light cleaning during the day like sweeping, dusting or vacuuming***
- ***March in place for two minutes***
- ***Set a timer for every hour or two to remind you to get up and move***

Tasting Activities:

1. Overnight Oats (preferred):

- <https://spendsmart.extension.iastate.edu/recipe/overnight-oats/>
 - **Facilitators: Be sure to make this recipe the night before your meeting**
- This recipe is a great way to get protein and fiber, keeping you full until lunch!
- It is adaptable so you can make any flavor combination you want! What combination would you try? Maybe something with blueberries? Or dark chocolate chips and strawberries? PB & J? Coconut and mango?
- You can use any type of milk you desire
- By adding chia seeds you add more healthy fats and a bit more fiber.
- Make 5 of these ahead and eat them every weekday! (But beware, fruit, and crunchy things like nuts can soften as they sit in the fridge)
- Store overnight oats in an airtight container for up to 5 days.

2. Crunchy Apple Roll Up

- <https://spendsmart.extension.iastate.edu/recipe/crunchy-apple-roll/>
- Very fast and easy breakfast.
- Substitute apples with bananas or blueberries for different flavor combinations.
- Try a whole grain granola instead of the crispy rice cereal.
- Add some cinnamon for more sweetness without the added sugar!

Take Action

In addition to moving more and sitting less, will you commit to look for added sugars on food labels? To remind you to keep this commitment, think of one sweet food you enjoy regularly.

Next time you buy your sweet treat, compare labels and see if there's a healthier choice for you.

Is there something you want to try to sleep better in the next month?