

NFB of MO  
36 Week Curriculum

Nov 16: Staying healthy during the holidays with Thanksgiving recipes

- Program introduction
- Avoiding holiday weight gain
- Healthy Thanksgiving recipes

Nov 23: Carbohydrates

- What are carbohydrates
- Are carbohydrates bad/fattening
- Natural vs added sugar
- Reducing added sugar intake
- High fructose corn syrup, honey, artificial sweeteners, agave
- Fiber types and benefits

Nov 30: Fats and cholesterol

- Serum cholesterol, ldl and Hal
- Dietary cholesterol
- Types of fats, effect on lipid levels, food sources

Dec 7: Protein

- What are proteins
- Sources of protein
- Lean vs fatty meats
- Do I need more protein

Dec 14: Plan Your Plate for overall healthy eating

- Hands on make a plate
- Components of the healthy plate
- Variety
- Make healthy choices most of the time

Dec 21: Micro nutrients: vitamins

- Vitamin A role and food sources
- Vitamin B1 role and food sources
- Vitamin B2...
- Vitamin B3...
- Vitamin B9...
- Vitamin B12...
- Vitamin C...
- Vitamin E...
- Vitamin K...
- Should I take a multivitamin

Dec 28: Micronutrients: minerals

- Calcium: role and food sources
- Phosphorus...
- Sodium...
- Potassium...

- Iron...
- Magnesium...
- Should I take a mineral supplement

Jan 4: Reading labels: Nutrition facts

- Non-visual ways to obtain and record label info
- Serving size vs your portion size
- Calories, calories from fat
- Fat, carbs, protein
- Sodium
- Vitamins/minerals
- % DV
- Ingredient list

Jan 11: Reading labels: nutrition claims and label language

- Beware of misleading labeling terms
- FDA approved label terms
- When in doubt, read the back

Jan 18: Focusing on plant-based protein

- Sources
- Benefits
- Meal ideas

Jan 25: Whole grains

- Benefits
- Sources
- Substituting whole for refined grains

Feb 1: Healthy cooking: winter comfort food

Feb 8: Fruits and vegetables

- Variety: eat the rainbow
- Avoid wasting fresh produce
- More vegetables than fruit
- How to incorporate into diet
- Smoothies vs juice

Feb 15: Get moving: part 1

- Types of exercise and benefits
- Exercise recommendations
- Getting started- walking
- Using a pedometer
- See your doctor

Feb 22: Beverages

- Primary beverage should be water
- Strategies to increase water intake
- Coffee and tea
- Juice and juice drinks
- Sports drinks
- Energy drinks
- Flavored water including vitamin water

- Soda: regular or diet
- Smoothies
- Liquid nutrition supplements
- Alcohol

Mar 1: Planning meals using the healthy plate

- Breakfast meals
- Lunch meals
- Dinner meals
- Snacks
- Brainstorm how to make specific meals fit the plate

Mar 8: Goal setting and motivation

- Stages of change
- Short vs long term goals
- Setting SMART goals
- Keeping a diary
- Set yourself up for success
- Staying motivated

Mar 15: Grocery shopping to fill your plate

- Using shopping assistance
- Shopping online
- Shop the perimeter
- Shopping on a budget
- Read the labels

Mar 22: healthy cooking: spring recipes

Mar 29: Healthy cooking techniques

- Limit added oil
- Air fry, pan fry, oven fry
- Roast, grill
- Steam
- Slow cook, braise
- Making soups and stews

Apr 5: Dining out

- Keep the plate in mind
- Avoid fillers
- Select healthy cooking techniques
- Watch portion size
- Take it home
- Fast food
- Finding nutrition information

Apr 12: Dietary supplements and herbs

- Safety
- Purity
- Efficacy
- Herb/drug interactions
- Sources of reliable information

Apr 19: Weight management using the healthy plate

- Setting wt loss goal
- Plate size
- Avoid extras
- Focus on fiber
- Keep healthy fats moderate
- Fill up on fruits and veggies
- Drink water

Apr 26: Weight management: calorie counting

- How many calories do I needx
- Obtaining calorie information
- Measuring portions
- Keeping records
- Calories vs WW points

May 3: Fad diets including fasting

- Avoid diets that eliminate food groups or random foods
- Avoid rapid wt loss promises
- Atkins and keto
- The zone
- South beach
- Blood type
- Gluten free
- Intermittent fasting
- Prepackaged meals and shakes
- WW

May 10: Emotional eating and triggers

- What is emotional eating
- Strategies to deal with emotional eating
- When you need more help
- Identifying trigger foods
- Managing triggers

May 17: Get moving; part 2

- Check in on how walking is going
- Additional forms of cardio
- Add in strength and balance training
- No visual access to the gym/classes

May 24: Healthy cooking: summer recipes

May 31: Memorial Day

June 7: DASH diet for hypertension

- What is HTN
- Limit sodium intake
- Calcium rich foods
- Fruits and vegetables
- Lean protein

- Healthy fats/nuts
- Meatless meals

#### Jun 14: Diabetes Prevention

- What is pre-diabetes
- Controllable risk factors
- Weight management
- Diet
- Exercise
- Monitoring

#### Jun 21: Basic diabetes meal planning

- Overview of diabetes management
- Plate method
- Carbohydrate counting
- See a diabetes educator

#### June 28: heart healthy eating

- Weight management
- Low sodium
- Healthy fats
- Exercise

#### Jul 5: Healthy eating and cancer prevention

- Breast and prostate cancer
- Colon cancer
- General cancer prevention

#### Jul 12: Recipe makeovers

- discuss substitution and addition of specific ingredients to improve the overall quality of a recipe.
- Discuss how to calculate nutrition information from a recipe

#### Jul 19: Managing setbacks and plateaus

- Managing trips and falls
- Weight plateaus
- What if diet alone doesn't improve measurable health outcomes

#### Jul 26: Moving forward

- Seek ongoing professional support
- Finding group support
- Identifying reliable sources of nutrition informationL