Focus on Fiber Lesson Plan for Interactive Nutrition Education Center

Target Audience: PG, BF, PP, Children

Objectives: The client will:

1. Identify high fiber foods available from WIC: whole grain cereals and breads, corn tortillas, brown rice, fruits and vegetables, beans.
2. State one benefit of a high fiber diet
3. State one idea on incorporating a high fiber food into the family diet

Teaching Materials Needed, Including Handouts:

1. Interactive nutrition education center display
2. Components for one or more of the interactive activities listed below
3. Handout materials for the activities selected below

Advance Preparation Needed:

1. Construct and place interactive nutrition education center for attendees
2. Copy or gather enough handout materials and feedback forms for the attendees
3. Prepare any foods or materials required for the interactive activities listed below (play money, food pictures, foods for sampling, etc.)

Class Outline and Methods:

1. The interactive display and handouts will be available during clinic hours.
2. A knowledgeable staff member should be available for client questions regarding the interactive display. See background information on this topic below, under Concepts.
3. Offer the client handouts to reinforce the concepts on the display.
4. Once the client reads through the materials and completes the feedback form, the client should show the completed form to the delegated WIC staff person (e.g. clerk).
5. The delegated WIC staff person should ask the client if they have any questions. If yes, refer them to the staff person that can answer their questions.
6. The delegated WIC staff person should ask the client, “What is one thing you will try to do, based upon what you learned today?” For example, “How do you think your family could eat more fiber?”
7. Upon completion of the lesson, a designated WIC staff person should record completion in the client’s KWIC record. If the LA chooses, the client’s goal can also be entered into KWIC.

Concepts and Key Points:

1. Fiber is found in vegetables, fruits, nuts, seeds and whole-grain foods, including breads and cereals.
2. Fiber helps prevent constipation and may lower the risk of colon cancer and heart disease.
3. Eating foods high in fiber aids in keeping a healthy weight.
4. Following the “MyPlate” guidelines can help you get the fiber you need.
5. The recommended fiber amounts for women are 21-25 grams/day and around 20 grams for children 5 years and under.
6. Reading food labels can help you compare the fiber content of different foods.

**Interactive Component:** Choose one or more of the following interactive items:

1. Use Fiber Bucks (play money with one dollar representing 1 gram fiber) to identify high fiber foods. Have food models or pictures of foods available. Encourage attendee to choose the foods that give them the amount of fiber needed for the day. Give them Fiber Bucks equal to the fiber in each of the foods they choose. After they make their choices, show them which foods have the most fiber. Discuss ways they might add more fiber into their family meals. Optional: Provide a small high fiber snack for client to take home.
2. Ideas for using and cooking with high fiber foods—provide recipes and samples of high fiber dishes using WIC foods. Pass out ideas on increasing fiber in meals. Have clients talk about what new recipes or tips they might try with their family.
3. Identifying high fiber foods—have food labels or food items available for clients to review. Instruct attendees how to find the fiber content of foods on its label. Review how many grams of fiber are recommended for women and children based on the Dietary Guidelines for Americans and MyPlate. Share that clues on the food package, such as “whole wheat” “whole grain”, “brown rice”, “corn”, “oats, oatmeal” as one of the first ingredients can help identify a high fiber grain food. If you wish, use the Becoming a Whole Grain Food Detective sheet attached and have clients look at the food labels and try to identify whether a food is whole grain or not.
4. Have pictures of a typical meal. Ask attendees to suggest changes to the meal that would increase the fiber content of the meal. You may use food model pictures from Dairy Council or from magazines etc. to show options.
5. Provide a list of high fiber snack options to attendees. Have samples of some snacks for taste testing. Discuss with clients how they could add more fiber into their family’s snacks.

**Behavior Change Goal:**

The designated staff person will assist the client/caregiver to set a goal based upon the interactive display as outlined in the methods section above.

**Procedure for Clients to Ask Questions of Trained WIC Staff:**

The designated WIC staff person will either answer the questions or guide the client to the staff person qualified to answer a question posed by the client/caregiver.
Evaluation:

The evaluation will consist of completing the feedback form attached and interacting with WIC staff as outlined in the Class Outline and Methods section above.

Comments/Other:

Food models are available from the Dairy Council at: National Dairy Council 1-800-426-8271 to order Food Models.

Recipes for using more fruits, vegetables, or whole grain foods are available at: http://www.choosemyplate.gov/healthy-eating-tips/sample-menus-recipes.html

Lesson Plan Written By: Patricia Dunavan, MS, RD, LD, October 2013

Lesson Plan Approved By:

Date:
**Becoming a Whole Grain Food Detective**

Directions:
For each food label, fill in the table with the following information from the food label (Product Name, First Ingredient). Then decide if the product is a whole grain food.

<table>
<thead>
<tr>
<th>Product Name (for example: Total cereal, Whole Wheat Bread, etc.)</th>
<th>First Ingredient listed in the ingredient list (for example “enriched wheat flour”)</th>
<th>Is This a Whole Grain Food? (Yes, no, don’t know)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
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</tr>
</tbody>
</table>
**Tips on Choosing Whole-Grain (high fiber) Foods**

Choose foods that name one of the following whole-grain ingredients first on the label’s ingredient list:

<table>
<thead>
<tr>
<th>Whole Grain Ingredients</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brown rice</td>
</tr>
<tr>
<td>Bulgur</td>
</tr>
<tr>
<td>Oatmeal</td>
</tr>
<tr>
<td>Rolled Oats</td>
</tr>
<tr>
<td>Whole-grain corn</td>
</tr>
<tr>
<td>Whole grain triticale</td>
</tr>
<tr>
<td>Whole rye</td>
</tr>
<tr>
<td>Wild rice</td>
</tr>
<tr>
<td>Buckwheat</td>
</tr>
<tr>
<td>Millet</td>
</tr>
<tr>
<td>Quinoa</td>
</tr>
<tr>
<td>Whole grain barley</td>
</tr>
<tr>
<td>Whole grain sorghum</td>
</tr>
<tr>
<td>Whole oats</td>
</tr>
<tr>
<td>Whole wheat</td>
</tr>
</tbody>
</table>

Food labels with words “multi-grain”, “stone-ground”, “100% wheat”, “cracked wheat”, “seven-grain” or “bran” are not always whole grain products.

Use the Nutrition Facts label and choose products with higher % Daily Value (%DV) for fiber. Many, but not all, whole grain products are excellent sources of fiber.
Focus On Fiber

**Fiber is found in:**

- Fruits
- Vegetables
- Nuts, seed
- Whole-grain foods, including breads and cereals

**Fiber helps:**

- Prevent constipation
- Lower colon cancer and heart disease
- Keep a healthy weight

**Try:**

- Fresh veggies with dip
- Fruit as snacks
- Whole-grain pasta with veggies in sauce
- Add whole grain bread or crackers to meatloaf
- Use WIC whole grain cereals at breakfast and in trail mix