



LESSON 2

HEALTHY COMMUNICATION,
HEALTHY EATING



Lesson 1 Review

My name is : _____

MY STRESS LEVEL IS:

Blank area for writing stress level.

THINGS ON MY MIND:

Blank area for writing things on mind.

MY MOOD IS:

- AMAZING
- GREAT
- GOOD
- OKAY
- BAD

I'M MANAGING MY STRESS BY:

Blank area for writing stress management techniques.

FRUITS I ATE RECENTLY:

Blank area for writing fruits eaten recently.

VEGGIES I ATE RECENTLY:

Blank area for writing veggies eaten recently.

Name _____

"I" statements

"I" statements help us speak assertively and are useful in respectful communication with ourselves and others.

I wish I were more _____.

I can be more _____ by _____.

I wish I were more _____.

I can be more _____ by _____.



I feel _____,

when _____,

because _____.

I feel _____,

when _____,

because _____.

Name:

Sugar Intake Estimator

Healthy added sugar intake is less than 25 grams a day or 6 teaspoons a day.

I eat sugary foods on a daily basis	Yes	No
When choosing foods, I don't check the sugar-related nutrition facts on the wrapper before buying them	Yes	No
I eat sweet or sugary foods more than twice a day	Yes	No
I usually add sugar to my coffee, jelly to my toast, or other sweeteners to my food	Yes	No
Instead of regular milk, I frequently drink flavored milk (like chocolate)	Yes	No
I tend to drink more soda than water	Yes	No
I tend to drink fruit juice more than eating fresh fruit	Yes	No

If you chose mostly "Yes", you may benefit from actively decreasing your sugar intake!



DAIRY AND CALCIUM

My name is : _____

The benefits of calcium and dairy foods that are most important to me are....
(Please circle as many as you'd like)

Healthy teeth

Healthy bones

Muscle and nerve function

Healthy for my pregnancy and growing baby

Normal blood pressure

Prevent risk of diabetes

Good source of protein

Improved cholesterol levels

Other reasons I like dairy : _____

 Circle your current favorite dairy foods or sources of calcium.

 Put a star next to ones that you are curious to try!

Milk

*Fortified Soy Milk

Salmon

Yogurt

*Fortified Almond Milk

Soy Beans

Cheese

*Fortified Juice

*Fortified Breads

Tofu

*Fortified Cereal

Tangerines

Broccoli

Almonds

Papaya

Spinach

Sesame Seeds

Kiwi

Kale

Chia Seeds

Blackberries

Brussels Sprouts

Beans

*Fortified foods mean that calcium is added to the food. The package will tell you if it's calcium-fortified or not!



More to Think About What You Eat = Your Baby's Future

Your diet during pregnancy affects your newborn's health. But the new news is that what you eat in the next nine months can impact your baby's health, as well as your own, for decades to come. Here are a few easy nutrition rules that will benefit you both.

Try not to "eat for two" - Half of women gain too much weight during pregnancy. This can cause an increased risk for preeclampsia, gestational diabetes and delivery of either a preterm or a too-large baby. Talk to your doctor if you are concerned about gaining too much weight.

Avoid alcohol - Behavior problems, learning disabilities, attention deficit disorder, hyperactivity and aggressive behavior in children can result if mom drinks during pregnancy. No amount of alcohol has been shown to be safe.

Ban bacteria - To protect your baby from harmful bacteria such as Listeria, Salmonella and E. coli (any of which can, in severe cases, cause miscarriage or preterm delivery), steer clear of soft cheeses made with unpasteurized milk, as well as raw or undercooked meat, poultry, seafood or eggs. Keep your fridge below 40° F and dump leftover food that's been sitting out for more than two hours.

Limit caffeine - About 300 milligrams of caffeine per day, the amount in about two cups of coffee, has long been considered acceptable during pregnancy. But a Kaiser Permanente study found that consuming 200 milligrams of caffeine per day increased the risk of miscarriage. "There's no magic cut-off point, but the less the better," says the study's lead author, perinatal epidemiologist De-Kun Li, M.D., Ph.D.

Trash junk food - Most junk food is high sugar, high fat and has little nutritional value. "Somehow a salty, sugary, high-fat, low nutrient diet seems to program a baby's taste preference," says Elizabeth Somer, M.A., R.D., author of *Nutrition for a Healthy Pregnancy* (Holt Paperbacks).

Focus on fiber - A diet high in fruits, vegetables and whole grains helps prevent constipation and hemorrhoids and keeps you feeling full so you are less likely to overeat. High-fiber foods are packed with vitamins, minerals and phytochemicals essential to your baby's development. Aim to get at least 25 milligrams to 35 milligrams of fiber a day, about twice what most Americans consume.

Schlosberg, Suzanne. What You Eat = Your Baby's Future. Retrieved from <https://fitpregnancy.com>



More to Think About

C.H.O.I.C.E.S. FOR MANAGING CONFLICT

Things you can do when you run into a situation that may involve conflict, including using assertiveness:

- ❖ **Command:** Give clear directions and specifically state what you want someone to do in a way that won't embarrass them.
- ❖ **Humor or surprise:** Be funny or do something unexpected to try to make the situation less tense.
- ❖ **Offer choices:** Give somebody options. "You can do _____ or you can do _____!"
- ❖ **Ignore:** Decide not to address the conflict or the person who is bothering you. You choose not to respond by focusing your attention on other things.
- ❖ **Compromise:** You can try to find the "middle ground" or compromise. This means you will try to figure out a solution that makes both people happy.
- ❖ **Encourage problem solving:** Work together with the person to find out why they disagree with you and what you would both need to do to make the conflict stop.
- ❖ **Structure the environment:** This means to get out of a situation that is causing conflict by moving to another place or working with another person with whom you get along.



Got your dairy today?

The Dairy Group includes milk, yogurt, cheese, and fortified soymilk. They provide calcium, vitamin D, potassium, protein, and other nutrients needed for good health throughout life. Choices should be low-fat or fat-free—to cut calories and saturated fat. How much is needed? Older children, teens, and adults need 3 cups* a day, while children 4 to 8 years old need 2½ cups, and children 2 to 3 years old need 2 cups.

1 “Skim” the fat

Drink fat-free (skim) or low-fat (1%) milk. If you currently drink whole milk, gradually switch to lower fat versions. This change cuts saturated fat and calories but doesn't reduce calcium or other essential nutrients.



2 Boost potassium and vitamin D, and cut sodium

Choose fat-free or low-fat milk or yogurt more often than cheese. Milk and yogurt have more potassium and less sodium than most cheeses. Also, almost all milk and many yogurts are fortified with vitamin D.

3 Top off your meals

Use fat-free or low-fat milk on cereal and oatmeal. Top fruit salads and baked potatoes with low-fat yogurt instead of higher fat toppings such as sour cream.



4 Choose cheeses with less fat

Many cheeses are high in saturated fat. Look for “reduced-fat” or “low-fat” on the label. Try different brands or types to find the one that you like.

5 What about cream cheese?

Cream cheese, cream, and butter are not part of the dairy food group. They are high in saturated fat and have little or no calcium.

6 Switch ingredients

When recipes such as dips call for sour cream, substitute plain yogurt. Use fat-free evaporated milk instead of cream, and try low-fat or fat-free ricotta cheese as a substitute for cream cheese.



7 Limit added sugars

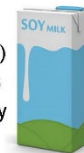
Flavored milks and yogurts, frozen yogurt, and puddings can contain a lot of added sugars. Get your nutrients from dairy foods with fewer or no added sugars.

8 Caffeinating?

If so, get your calcium along with your morning caffeine boost. Make or order coffee, a latte, or cappuccino with fat-free or low-fat milk.

9 Can't drink milk?

If you are lactose intolerant, try yogurt, lactose-free milk, or soymilk (soy beverage) to get your calcium. Calcium in some leafy greens is well absorbed, but eating several cups each day to meet calcium needs may be unrealistic.



10 Take care of yourself and your family

Parents who drink milk and eat dairy foods show their kids that it is important for their health. Dairy foods are important to build the growing bones of kids and teens and to maintain bone health in adulthood.

* What counts as a cup in the Dairy Group? 1 cup of milk, yogurt, or soy beverage; 1½ ounces of natural cheese; or 2 ounces of processed cheese.