Activity 3: Nutrition Displays

Nutrition displays make a class or presentation more interesting and can help participants better understand important information. Here are three nutrition displays that you can create and use during the With Every Heartbeat Is Life course:

1. Fat Matters—But Calories Count
   Use in Session 5, *Keep Your Cholesterol in Check*.
2. How Much Sweetener and How Many Calories Are in Your Favorite Drink?
   Use in Session 7, *Protect Your Heart From Diabetes*.
3. Making the Best Choice in Fast Food Places
   Use in Session 9, *Eat Heart Healthy—Even When Time or Money Is Tight*.

You can also use these displays at health fairs; waiting rooms; schools; worksite cafeterias; community health centers; and sites of Women, Infants, and Children (WIC) programs.

What you need:

- One sheet of poster board (20 inches by 30 inches)
- Food pictures or food models
- Spoons
- White clay, Velcro, glue, markers
- Sugar cubes and manila file folders (for use in the sugar displays, as shown in the picture on page A.16)

Activity 3: Nutrition Displays (continued)

1. Fat Matters — But Calories Count

This display demonstrates the actual number of teaspoons of fat in foods. Calculate the number of teaspoons by dividing the number of fat grams by 4. For example, a food with 20 fat grams has 5 teaspoons of fat.

Compare these foods

3 ounces of pork sausage ..... 5¾ teaspoons of fat (23 grams)
3 ounces of lean pork tenderloin ..... 1 teaspoon of fat (4 grams)

3½ ounces of chicken breast with skin (fried)..... 3½ teaspoons of fat (14 grams)
3½ ounces of skinless chicken breast (broiled) ..... 1 teaspoon of fat (4 grams)

Fat Matters — But Calories Count!

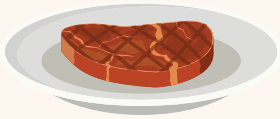
Pork Sausage
(3 ounces)

Calories: 277
Total Fat: 23 g
Saturated fat: 8 g

23 grams of total fat =
5¾ teaspoons of fat

Lean Pork Tenderloin
(3 ounces)

Calories: 131
Total Fat: 4 g
Saturated fat: 1 g



4 grams of total fat =
1 teaspoons of fat

Fried Chicken with Skin
(3.5 ounces)

Calories: 240
Total Fat: 14 g
Saturated fat: 3 g

14 grams of total fat =
3½ teaspoons of fat

Broiled Skinless Chicken Breast
(3.5 ounces)

Calories: 160
Total Fat: 4 g
Saturated fat: 1 g

4 grams of total fat =
1 teaspoon of fat

Activity 3: Nutrition Displays (continued)

2. How Much Sweetener and How Many Calories Are in Your Favorite Drink?

(You can also find online resources, including posters and YouTube videos, to show the amount of sugar in drinks.)

1. Use drawings, empty cans, or bottles to represent the drinks you're featuring.
2. Prepare five displays, each featuring one drink.
3. To prepare each display:
   - Cut a manila file folder in half and fold each half to make a tent.
   - Write the name of the drink on one side. On the other side, write the number of calories and the grams (or teaspoons) of sweetener in the drink.
   - Glue the sugar cubes to the folder.
   - To find the number of teaspoons, divide the grams of sugar listed on the nutrition label by 4.
   - The "How Much Sweetener and How Many Calories Are in Your Favorite Drink?" handout in Session 7, page 7.40, lists the sugar content of common drinks, including alcoholic beverages.

Activity 3: Nutrition Displays (continued)

Rethink Your Drink

Q: If you drank one 12-once can of regular soda every day how much sugar did you have in a year just from soda?

A: 30 pounds of sugar

Q: How much weight would you lose in a year after switching from regular soda to water or another calorie-free drink?

A: About 15 pounds*

* Based on 150 calories for an average can of soda

Activity 3: Nutrition Displays (continued)

3. Making the Best Choice in Fast Food Places

This display shows you how to make healthy choices at fast food restaurants. Most fast food and take-out restaurants list the calories on their company's website, on their menus, or in a brochure in the restaurant.

Here are two sample meals:

(You can make the food choice sign into a table tent sign by gluing the sign to a manila folder.)

Making the Best Choice:
How to choose a healthier fast food meal

High-calorie menu choice

86 grams of total fat = **21½** teaspoons of fat

Food	Calories	Total Fat	Saturated Fat
Double meat cheeseburger	585	32 g	11 g
Medium French fries	406	19 g	3 g
Medium chocolate milkshake	789	35 g	21 g
Total	**1,780**	**86 g**	**35 g**

Lower-calorie menu choice

22 grams of total fat = **5½** teaspoons of fat

Food	Calories	Total Fat	Saturated Fat
Grilled chicken sandwich, no mayonnaise	330	7 g	1 g
Garden salad with egg and cheese	116	7 g	3 g
Light dressing	70	6g	1g
Low-fat (1%) milk	110	2 g	2 g
Total	**626**	**22 g**	**7 g**

Making the Best Choice:
How to choose a healthier fast food meal

- Choose your sandwich without mayonnaise or special sauce.
- Order sandwiches without cheese.
- Choose smaller portions by sharing or ordering small sizes.
- Have water, low-fat (1%) milk, or unsweetened iced tea instead of a regular soft drink or milkshake.
- Choose low-fat or fat-free dressing.
- Plan ahead—have a healthy, low-fat breakfast and lunch if you plan to eat out for dinner.