

<p>The client will be able to state the number of daily servings that is recommended from the <i>grain</i> group and list at least one example of what 1 serving would be</p> <p>The client will be able to state the number of daily servings that is recommended from the <i>vegetable</i> group and list at least one example of what 1 serving would be</p> <p>The client will be able to state the number of daily servings that is recommended from the <i>fruit</i> group and list at least</p>	<ul style="list-style-type: none"> • Lowering sodium is a very important part of this plan • Fruits, vegetables, low-fat dairy products, whole grains, and limited sodium comprise the DASH eating plan <ul style="list-style-type: none"> • Grains: 6-8 servings/day • 1 slice bread • 1 oz dry cereal • ½ cup cooked rice, pasta, or cereal <ul style="list-style-type: none"> • Vegetables: 4-5 servings/day • 1 cup raw leafy vegetables • ½ cup cut up raw or cooked vegetable • ½ cup vegetable juice <ul style="list-style-type: none"> • Fruits: 4-5 servings/day • 1 medium fruit • ¼ cup dried fruit 	<p>Would you like to review the recommendations for the DASH plan?</p> <p>In this discussion we will refer to the 2,000 calorie plan</p> <p>Show pictures of 1 oz portions of grain</p> <p>Show pictures of what counts as 1 serving of vegetables</p> <p>Show pictures of what counts as 1 serving of fruit</p>
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<p>one example of what 1 serving would be</p> <p>The client will be able to state the number of daily servings that is recommended from the <i>milk</i> group and list at least one example of what 1 serving would be</p>	<ul style="list-style-type: none"> • ½ cup fresh, frozen, or canned fruit • ½ cup fruit juice • Fat-free or low-fat milk and milk products: 2-3 servings/day • 1 cup milk or yogurt • 1 ½ oz cheese 		<p>Show pictures of what counts as 1 serving of milk</p>
<p>The client will be able to state the number of daily servings that is recommended from the <i>meat</i> group and list at least one example of what 1 serving would be</p>	<ul style="list-style-type: none"> • Lean meats, poultry, and fish: 6 oz or less/day • 1 oz cooked meats, poultry, or fish • 1 egg 		<p>Show pictures of what counts as 1 serving of meat</p>
<p>The client will be able to state the number of daily servings that is recommended for <i>nuts, seeds, and legumes</i> and list at least one example of what 1 serving would be</p>	<ul style="list-style-type: none"> • Nuts, seeds, and legumes: 4-5 per week • 1/3 cup or 1 ½ oz nuts • 2 Tbsp peanut butter • 2 Tbsp or ½ oz seeds • ½ cup cooked legumes (dry beans and peas) 		<p>Show pictures of what counts as 1 serving</p>
<p>The client will be able to state the number of daily</p>	<ul style="list-style-type: none"> • Fats and oils: 2-3/day 		<p>Show pictures of what counts as 1 serving</p>

<p>servings that is recommended for <i>fats and oils</i> and list at least one example of what 1 serving would be</p>	<ul style="list-style-type: none"> • 1 tsp soft margarine • 1 tsp vegetable oil • 1 Tbsp mayonnaise • 2 Tbsp salad dressing 		
<p>The client will be able to state the number of daily servings that is recommended for <i>sweets and added sugars</i> and list at least one example of what 1 serving would be</p>	<ul style="list-style-type: none"> • Sweets and added sugars: 5 or less per week • 1 Tbsp sugar • 1 Tbsp jelly or jam • ½ cup sorbet, gelatin • 1 cup lemonade 		<p>Show pictures of what counts as 1 serving</p>
<p>The client will state the recommended level of sodium intake in the DASH diet</p>	<ul style="list-style-type: none"> • Between 1,500 mg – 2,300 mg of sodium per day (start at 2,300 mg and then gradually lower intake down to 1,500 mg) 		<p>On a scale of 1-10 (with 1 being the most difficult) where would you rate your ability to limit sodium?</p>
<p>The client will explain how to read food labels to choose products lower in sodium</p>	<ul style="list-style-type: none"> • Look for the sodium content in milligrams and the Percent Daily Value • Aim for foods that are less than 5% of the DV of sodium. Foods with 20% or more DV of sodium are considered high. • Sodium free/salt free = less than 5 mg per serving • Very low sodium = 35 mg or less 		<p>Have the client compare the food labels of two versions of canned tomatoes. Ask the client which can has lower sodium. Show client “phrase” and ask “what it means” (ex. very low sodium = 35 mg or less of sodium per serving)</p>

	<p>of sodium per serving</p> <ul style="list-style-type: none"> • Low sodium = 140 mg or less of sodium per serving • Low-sodium meal = 140 mg or less of sodium per 3 ½ oz • Reduced or less sodium = at least 25% less sodium than the regular version • Light in sodium = 50% less sodium than the regular version • Unsalted or no salt added = no salt added to the product during processing (this is not a sodium-free food) 		
<p>Assessment Ask if the client has any questions on any terms or concepts that seem unclear. Evaluate clients understanding by their responses to summary questions at the end.</p>			
<p>Closure -</p>			