

# Educator's Guide

## A Healthier You

Review each topic.

- ☀ **Reality check:** Assess and meet clients where they are as a starting point for making small changes.
- ☀ **Healthy weight:** Introduce clients to healthy weight guidelines. Discuss small steps to making healthy changes.
- ☀ **Understanding calories:** Discuss how to make smart choices and read food labels. Explain the importance of breakfast and meal planning.
- ☀ **Serving sizes:** Use hand symbols to teach serving sizes and keep proper serving sizes in mind.
- ☀ **Food-group foods:** Explain the importance of choosing nutrient-rich foods and meeting recommended servings from all food groups. Incorporate meal patterns and balanced diet recommendations.
- ☀ **Physical activity:** Discuss physical activity guidelines and benefits. Explore ways to incorporate physical activity throughout the day.
- ☀ **Healthier choices:** Have clients track food with the food diary. Set small health goals.

Supplemental resources on [HealthyEating.org/CommunityNutrition](http://HealthyEating.org/CommunityNutrition).

In addition to the booklet the Web page contains:

- ☀ Parent Education Toolkit
- ☀ Downloadable Nutrition Handouts and Tip Sheets
- ☀ Interactive Healthy Eating Tools
- ☀ Healthy Eating Planner and Recipes

### Follow-up with goals.

When *Activity + Eating* is implemented as intended, adults are more likely to eat healthier foods and be more physically active. Use the discussion points in the booklet to foster skill building in food and physical activity decisions. Reinforce the importance of healthy eating patterns and physical activity for optimal health.

For more information on Dairy Council of California programs,  
call 877.324.7901 or visit [HealthyEating.org](http://HealthyEating.org).

