

# HEALTHY EATING, HEALTHY LIVING IN THE UNITED STATES

*A Nutrition Education Flip Chart*



U.S. COMMITTEE FOR REFUGEES AND IMMIGRANTS

Flip Chart Prepared by:

U.S. Committee for Refugees and Immigrants  
Food and Nutrition Outreach for Newly Arrived Refugees

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This Flip Chart is based on input from:

- USCRI Refugee and Immigrant Health Team
- USCRI Nutrition Outreach Training — August and September 2006 participants
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— the Netzirayo family, the Aripov family, Tin Latt, and Mee Hlaing

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Please see [www.refugees.org](http://www.refugees.org) for additional nutrition outreach materials.  
Please send comments to the USCRI Refugee and Immigrant Health Team at [riht@uscriddc.org](mailto:riht@uscriddc.org).

## **Introduction:**

Thank you for deciding to use the *Healthy Eating, Healthy Living in the United States* flip chart to deliver nutrition information to the refugees you serve. The U.S. Committee for Refugees and Immigrants (USCRI) developed this flip chart as a tool for use in communicating culturally relevant nutrition information to refugee communities.

The U.S. government resettles tens of thousands of refugees to the United States every year. Newly arrived refugees are eager to work towards self reliance and success. However, a limited knowledge of nutrition and a lack of access to culturally appropriate nutrition information cause many new arrivals to adopt dangerous eating habits that result in long-term health problems such as high blood pressure, heart disease, and diabetes. By using this nutrition flip chart to share essential nutrition information, you can empower refugees to establish positive nutrition habits and prevent disease.

Who can use this flip chart? Case managers, ESL teachers, health clinic staff, trained volunteers, and other service providers can use this flip chart to share nutrition information with refugees.

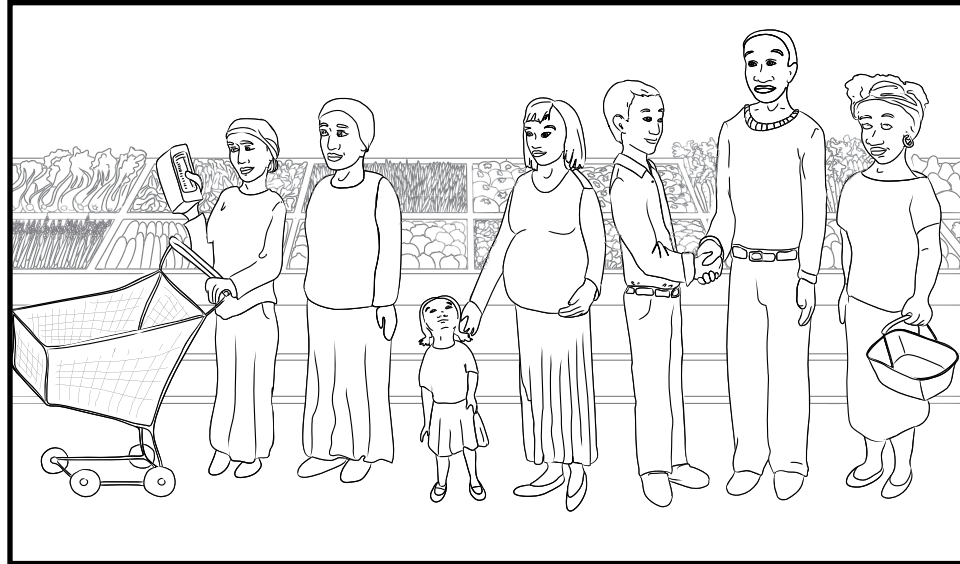
It is important to review the complete flip chart before you begin so that you are familiar with the different topic areas and can select those appropriate to your situation. When presenting the information, place the flip chart so that you are facing the provider's page with talking points and your audience is facing the illustrated page. If possible, do not read the text word for word, but use the talking points as a guide and communicate the information using language your audience will understand.

This flip chart is part of a nutrition outreach toolkit made available through the USCRI Food and Nutrition Outreach for Newly Arrived Refugees program. The toolkit includes nutrition outreach handouts and a manual that will help you plan, deliver, and evaluate nutrition activities. You may use this flipchart in conjunction with the manual and handouts or as a standalone tool. The nutrition outreach toolkit is available on USCRI's website at [www.refugees.org](http://www.refugees.org).

We hope you enjoy using the *Healthy Eating, Healthy Living in the United States* flip chart and witnessing the positive difference you make in the lives of newly arrived refugee families.

## **USCRI Refugee and Immigrant Health Team**

With funding from the U.S. Department of Health and Human Services Office of Refugee Resettlement, USCRI established the USCRI Refugee and Immigrant Health Team. Comprised of two initiatives, the Healthy Refugees, Healthy Families Initiative and the Food and Nutrition Outreach for Newly Arrived Refugees Program, the USCRI Refugee and Immigrant Health Team endeavors to reduce barriers and increase refugee access to culturally appropriate health services and materials.



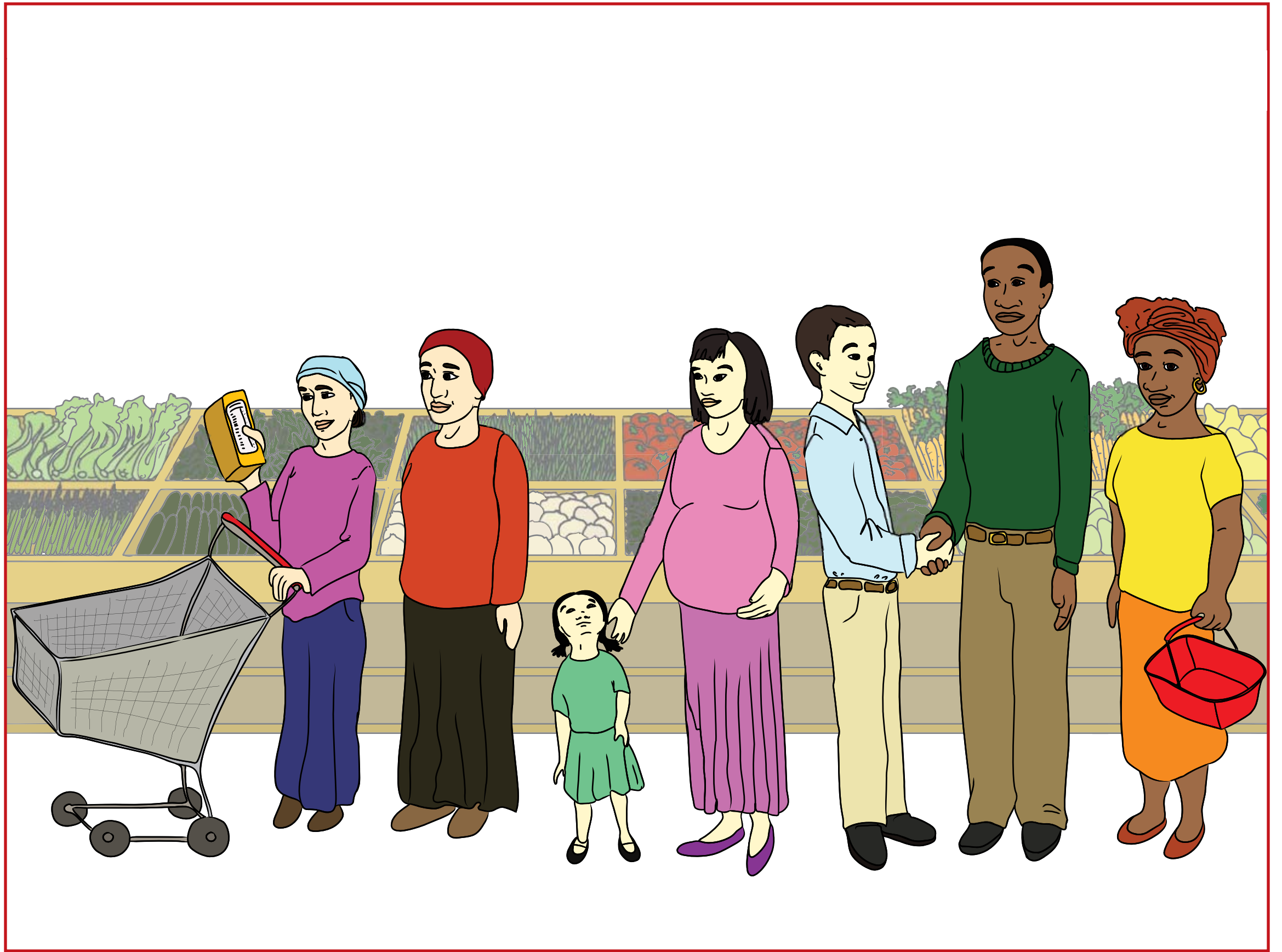
## **NUTRITION IS AN IMPORTANT SUBJECT FOR EVERYONE TO LEARN ABOUT**

- It is important to learn about new foods in the United States that are different from those in your home country.
- There are many food choices in the United States; some are good and some are not as good.
- You need to know which foods to choose to keep yourself and your family strong and healthy.
- **Eating healthy food will help you and your family stay strong and healthy.**
- **Staying strong and healthy will help you and your family do well at home, at school, and at work.**

## **DISCUSSION QUESTIONS**

- What foods did you have in your home country that you cannot find in the United States?
- What new foods have you eaten in the United States since you arrived?





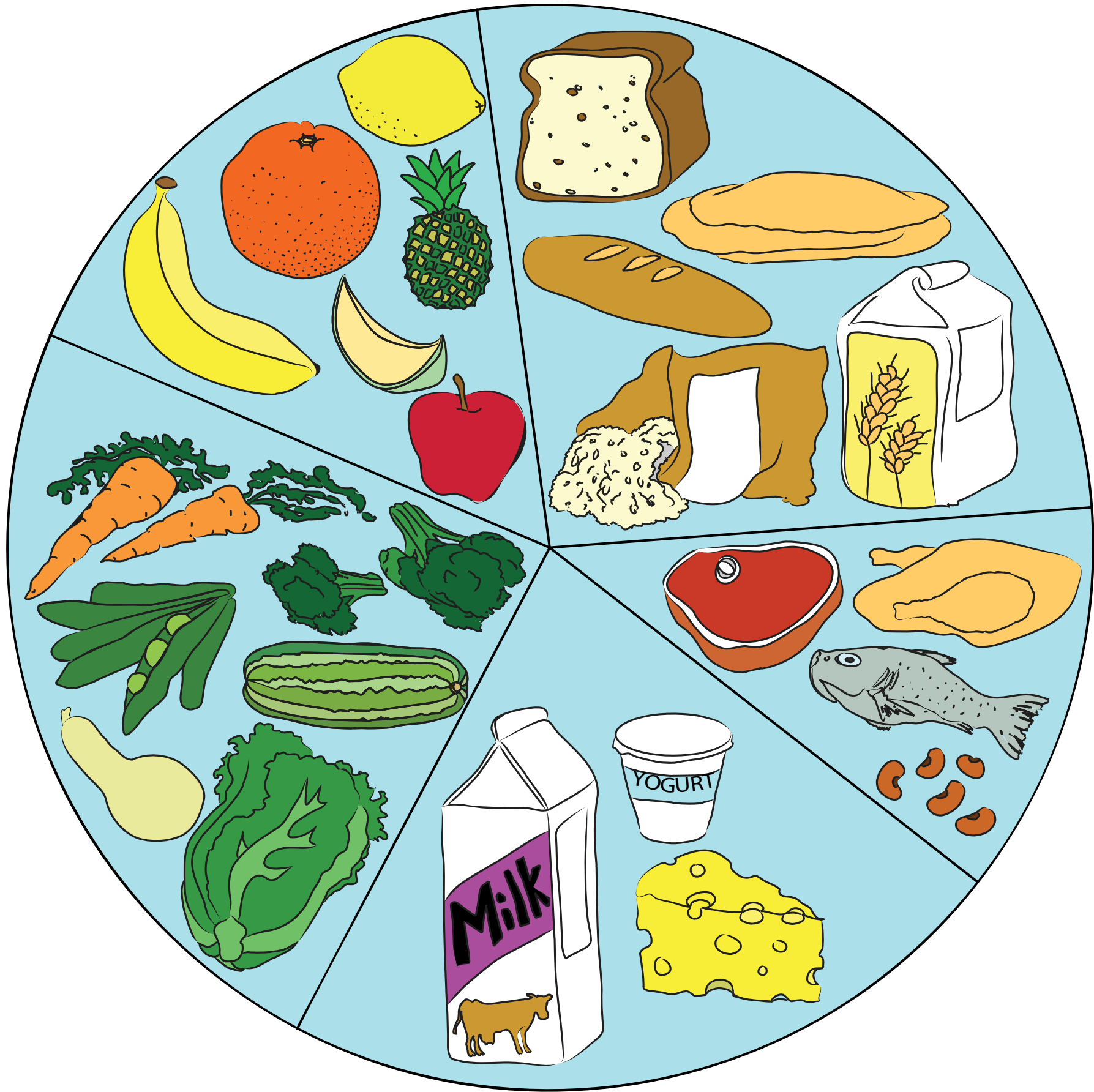


## EAT HEALTHY FOOD

- Eating healthy food means eating a variety of food every day, including whole grains, fruits and vegetables, milk and other dairy products, and meat, seafood, or beans.
- Eating healthy food also means not eating large amounts of fat, sugar, and salt.
- **When you eat food that is good for your body you feel better.**
- **Eating healthy food keeps you and your family physically and mentally healthy.**
- **Eating healthy food helps you and your family have more strength for work, school, and play.**

## DISCUSSION QUESTIONS

- What does it mean to be healthy?
- In your culture, what foods do you eat to be strong and healthy?
- Describe a healthy meal that you would have at home.





## **IT IS IMPORTANT TO EAT A LOT OF FRUITS AND VEGETABLES**

- There are many fruits and vegetables to choose from.
- It is important to eat fruits and vegetables at least five times a day.
- When fresh fruits and vegetables are not available, choose frozen or canned fruits and vegetables.
- Choose whole fruits instead of fruit drinks and juices.
- **Eating fruits and vegetables provides you with many natural vitamins that your body needs to be healthy.**

## **DISCUSSION QUESTIONS**

- What fruits and vegetables do you commonly eat? Can you find them here?
- Are you substituting fruits and vegetables for ones you cannot find? If so, which ones?
- What new fruits and vegetables have you eaten here in the United States?







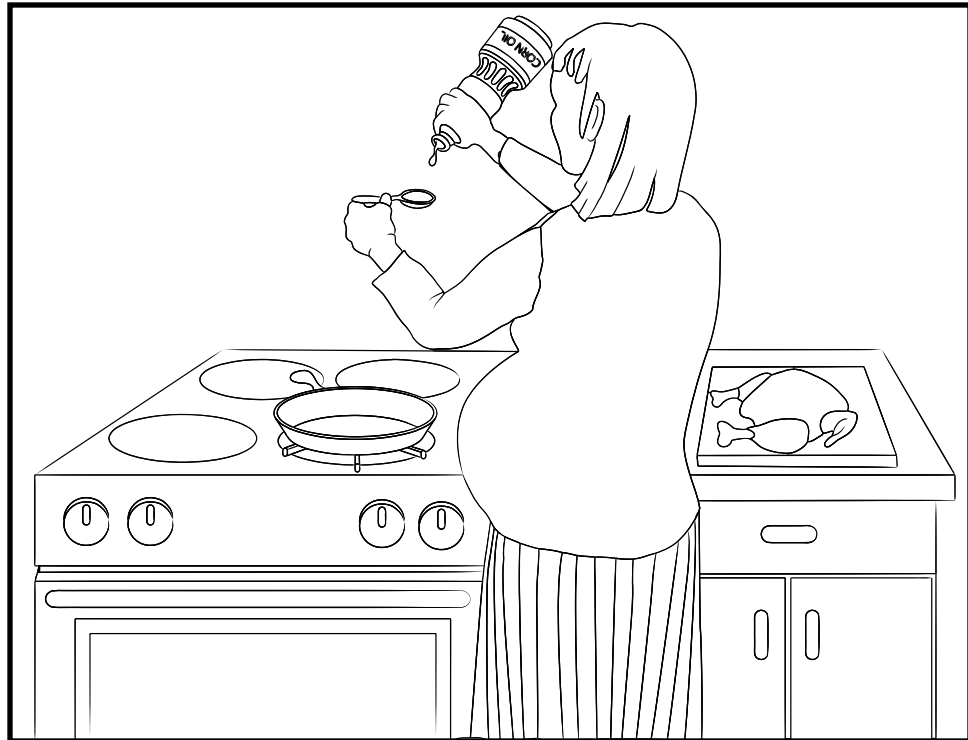
## WHOLE GRAINS ARE AN IMPORTANT SOURCE OF FIBER

- You should consume whole grains at least two times every day.
- Some examples of whole grains are brown rice, whole wheat breads, whole wheat pastas, and cereals such as oatmeal.
- Whole grains are better for you than processed grains.
- Processed grains are products such as white bread, white rice, and white pasta.
- Processed grains have much of the fiber removed and are not as good for you.
- **Fiber can help to keep your digestive system regular, prevent certain diseases, and control your weight.**

## DISCUSSION QUESTIONS

- What whole grains did you eat back home?
- What whole grains are you eating now?
- How do you know if food contains whole grains?





## LIMIT THE AMOUNT OF FAT YOU CONSUME EVERY DAY

- Butter, lard, shortening, margarine, and all types of oils are called fats.
- When you cook, choose liquid vegetable oils such as peanut oil, corn oil, canola oil, and olive oil.
- Reduce the use of solid fats such as butter, margarine, ghee, lard, shortening, as well as palm oil and coconut oil.
- Use only a small amount of fat in your cooking to reduce the fat in your food.

- Choose foods naturally low in fat.
- Chips, cakes, cookies, and fried foods are high in fat.
- Fast foods such as hamburgers, french fries, fried chicken, pizza, and hot dogs are high in fat.
- **Limiting the amount of fat you consume will help you maintain your weight and may help lower the risk of heart disease and certain cancers.**

## DISCUSSION QUESTIONS

- With which fats do you normally cook?
- How do you think you can reduce the amount of fat in the foods you eat?





## **TOO MUCH SALT CAN BE BAD FOR YOUR HEALTH**

- Reduce the amount of salt you use when cooking.
- Limit salting of food at the table.
- When you buy food, look at the nutrition label to check the sodium content.
- You should not have more than one and a half teaspoons of salt every day.
- **Eating foods low in salt helps to control your blood pressure.**

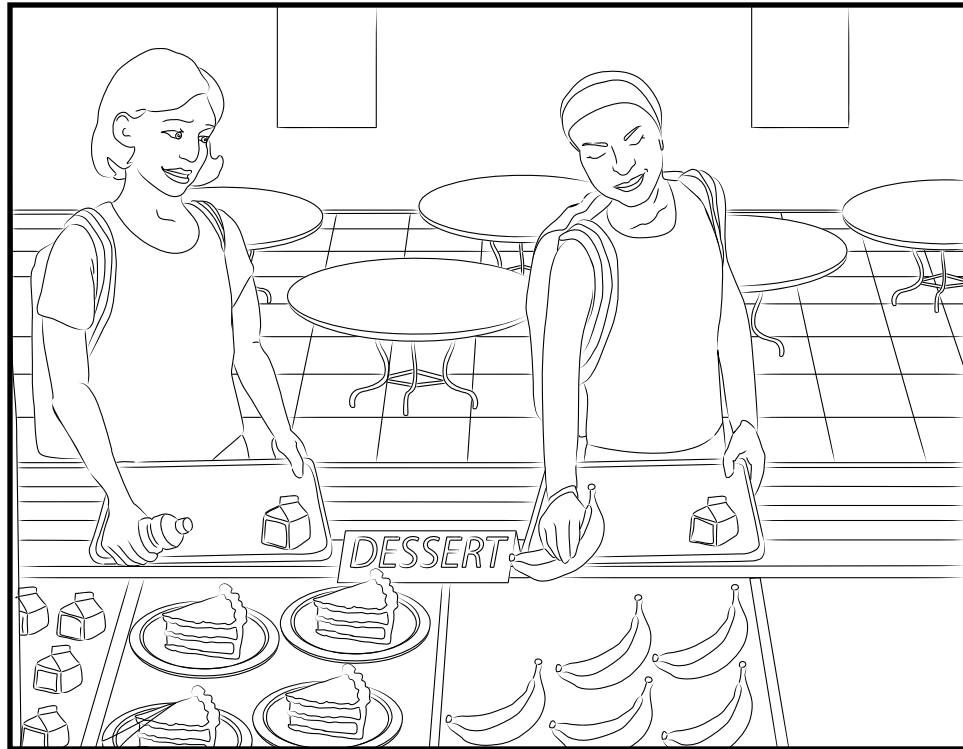
## **DISCUSSION QUESTIONS**

- What foods can you name that are high in salt?
- How much salt do you use in a day?

*Note: Sodium is another word for salt*





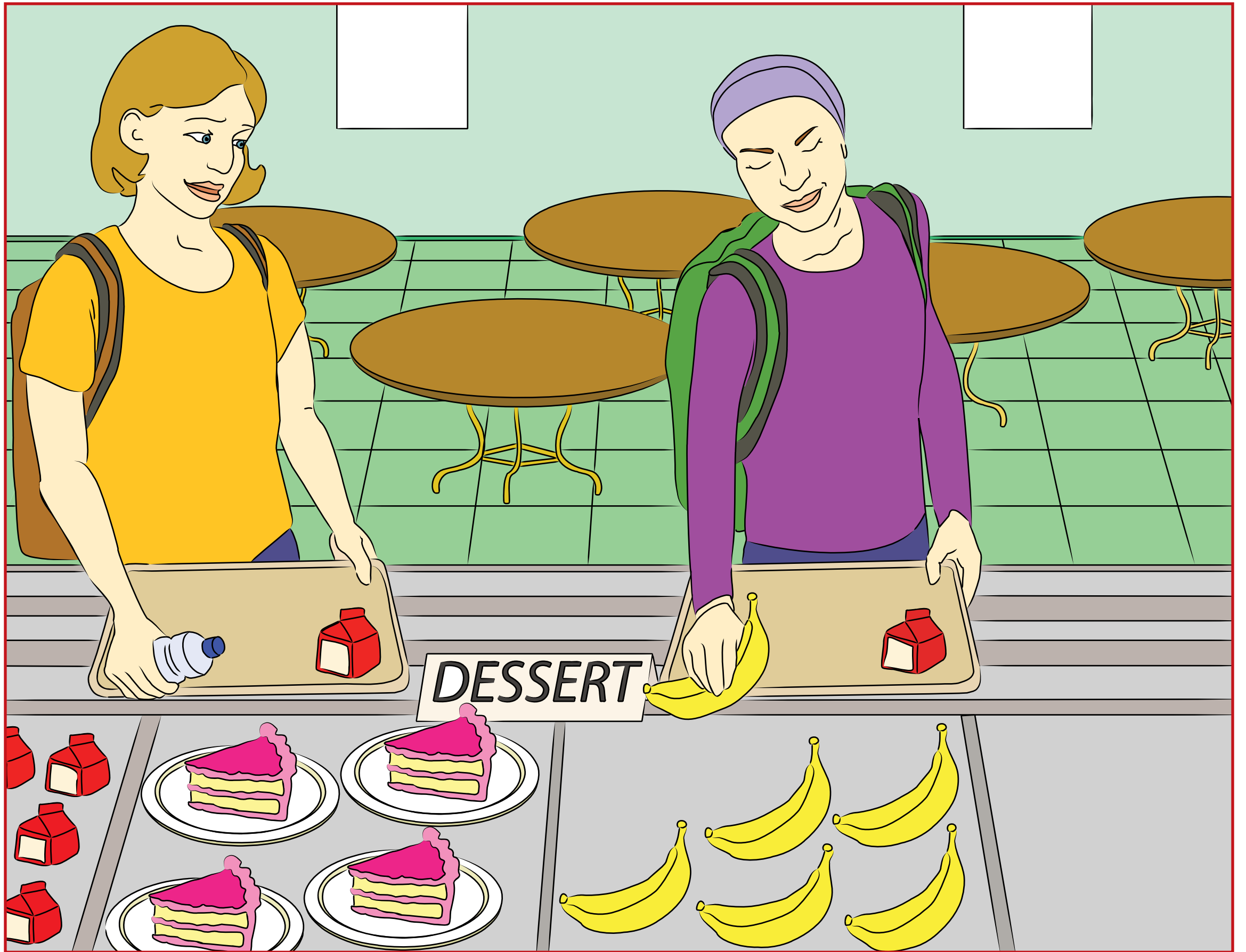


## TOO MUCH SUGAR IS HARMFUL TO YOUR HEALTH

- Limit drinks that contain a lot of sugar, such as soda and fruit drinks.
- A 12-ounce can of soda contains 10 teaspoons of sugar, which is a very large amount of sugar for one drink.
- Avoid foods that list sugar or corn syrup as the first ingredient.
- Limit sweets, such as candy and dessert, that you and your family eat.
- Try drinking your tea or coffee with less sugar, honey, or sweetened condensed milk.
- Use less sugar in some of your favorite sweet recipes.
- **Limiting sugar will help you maintain your weight.**
- **Limiting sugary drinks and foods helps control tooth decay.**

### DISCUSSION QUESTIONS:

- What are some of your favorite sweets?
- How can you limit sugar?





## **BREAST MILK IS THE BEST FOOD FOR BABIES**

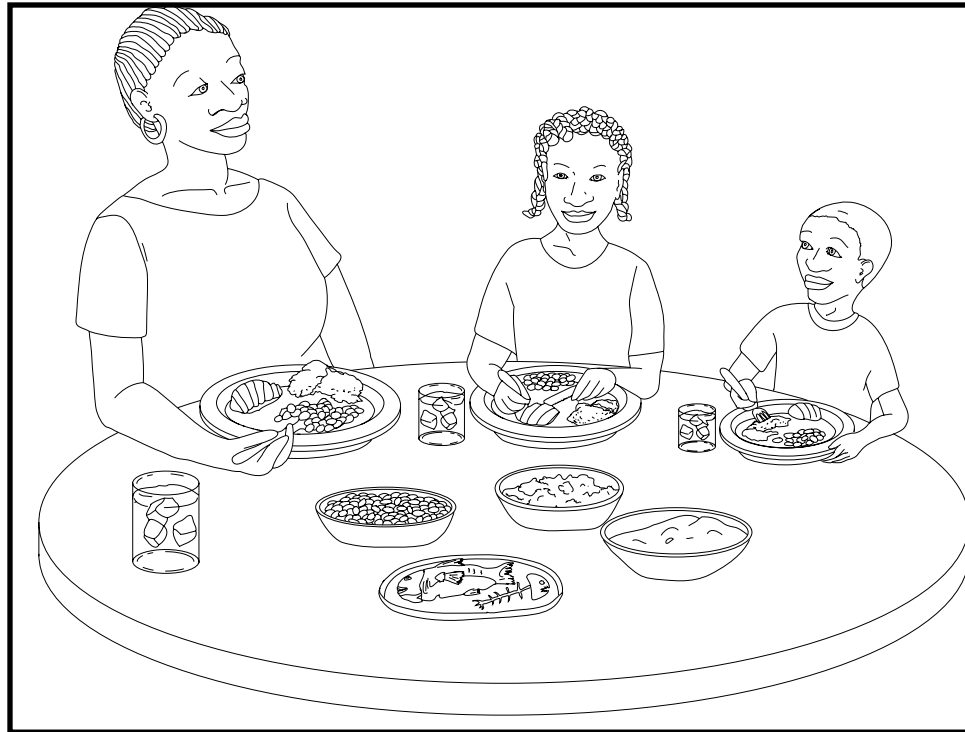
- Feed babies only breast milk until four months of age and continue breastfeeding until your child is at least one year old.
- Introduce solid foods when your baby is between four and six months old.
- Feed each new food for several days in a row before starting another new food.
- Do not put your baby down to sleep with a bottle to avoid tooth decay.
- **Breast-fed babies have fewer medical problems than bottle-fed babies.**

## **DISCUSSION QUESTIONS**

- How long do you breastfeed your children?
- When do you introduce babies to food?
- What are the first foods you feed babies?







## **IT IS IMPORTANT TO GIVE YOUR CHILDREN HEALTHY FOOD**

- Children need the same foods as adults but in portion sizes appropriate for their age.
- Give your children a variety of food every day, including whole grains, fruits and vegetables, milk and other dairy products, and meat, seafood, or beans.
- Limit the amount of sugary drinks and sweets your children eat.
- Children should not eat a lot of high fat foods, such as chips, cakes, cookies, and fast foods.
- Children need to drink milk for strong bones and teeth.
- **Eating healthy food helps children stay healthy and strong, do better in school, and prevent overweight.**

## **DISCUSSION QUESTIONS**

- What foods do your children like?
- What foods are good for your children?
- How do you get your children to eat healthy food?





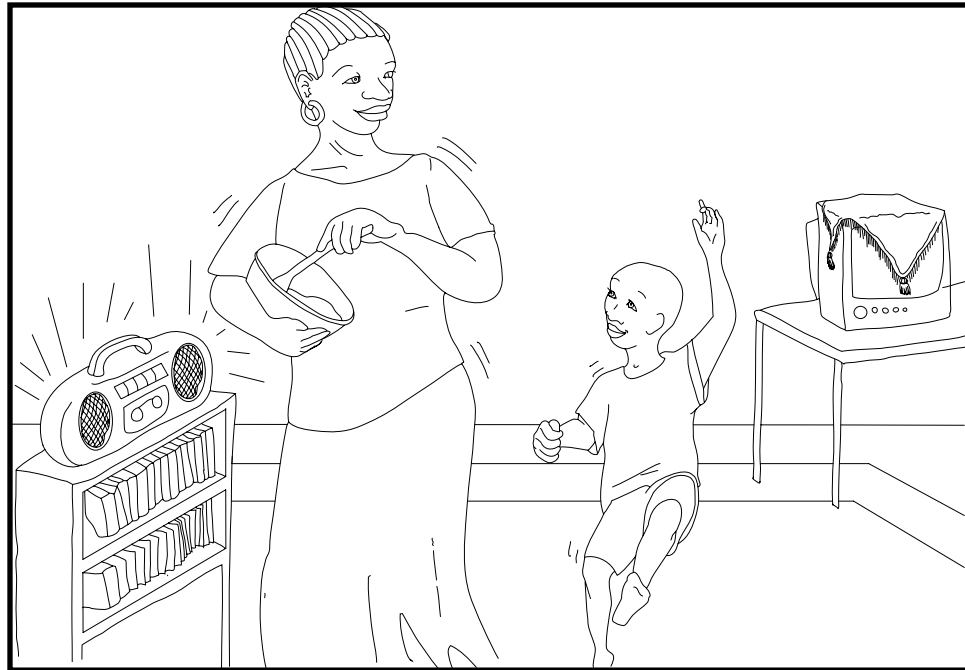
## **GET AT LEAST 30 MINUTES OF ACTIVITY EVERY DAY (1 HOUR FOR CHILDREN)**

- Add more activity into your life by taking the stairs, parking your car far from the store, walking when possible, and doing housework.
- Plan physical activities that the whole family can enjoy such as walks, playing in the park, gardening, and dancing.
- Walking is an easy and inexpensive way to get your daily activity.
- **Being active helps you to stay healthy, have more energy, feel better, and maintain your weight.**
- **Being active helps adults and children sleep well.**

## **DISCUSSION QUESTIONS**

- What activities do you and your family enjoy?
- What can you do to get more physical activity into your life?





## LIMIT THE NUMBER OF HOURS YOUR FAMILY SPENDS WATCHING TELEVISION

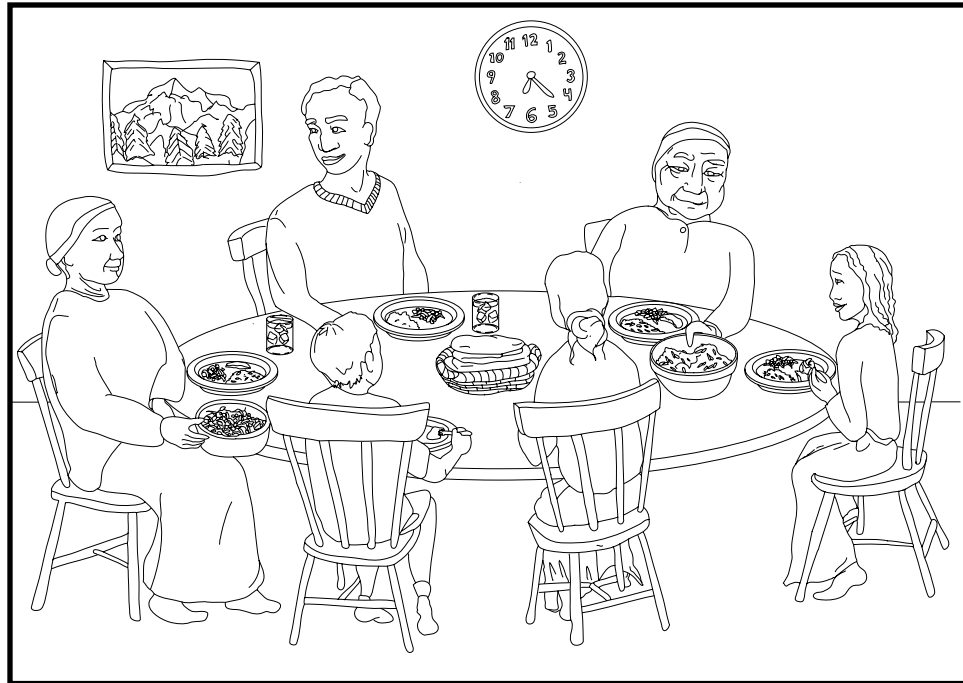
- Medical doctors recommend that children younger than two years watch no television.
- Medical doctors recommend that children older than two years watch no more than two hours a day of television and video games.
- Children should play outside when possible rather than staying inside and watching television.
- Encourage physical activities indoors such as playing active games, jumping rope, or dancing.
- **Children who spend more than four hours per day watching television are more likely to be overweight and less likely to do well in school.**

## DISCUSSION QUESTIONS

- How many hours a day do you and your children watch television?
- What are some alternate activities that you and your children can do rather than watch television?







## **HAVING MEALS TOGETHER AS A FAMILY PROMOTES HEALTHY EATING**

- Prepare healthy meals for your family and eat them together.
- Family meals give parents a chance to connect with their children.
- Use family meal time to find out about your children's day and to share your culture and values with them.
- Sharing family meals helps families stay strongly bonded.
- **Children who eat with their family on a regular basis are healthier and do better in school.**
- **Children who share regular meals with their family stay more closely connected to their family.**

## **DISCUSSION QUESTIONS**

- Do you eat meals together as a family often?
- What can make it difficult for your family to eat meals together?
- What time of day is best for your family to eat together?





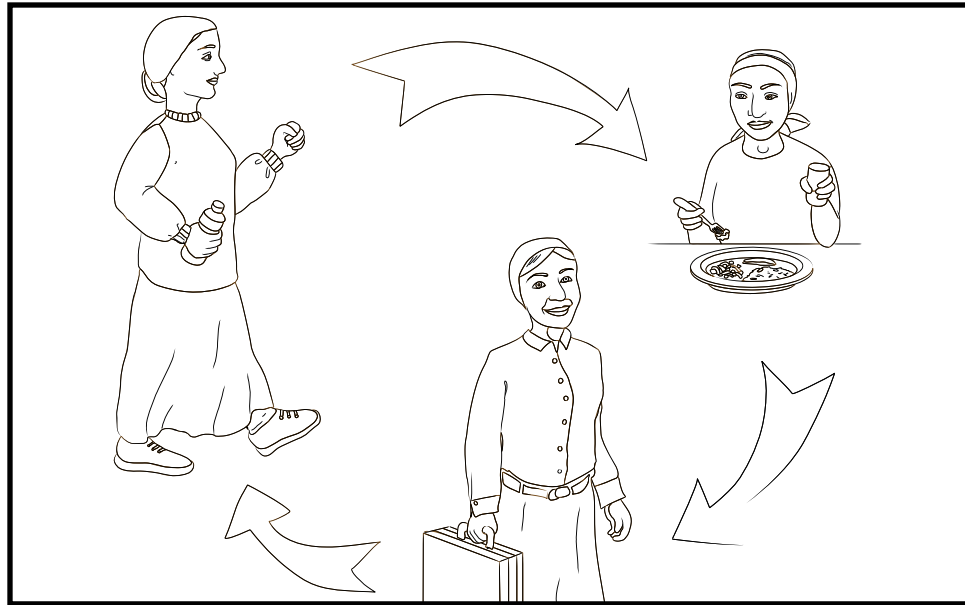
## IT IS IMPORTANT TO PREVENT BEING OVERWEIGHT

- Overweight may cause:
  - Joint problems
  - High blood pressure
  - Diabetes
  - Heart disease
  - Some cancers
- If you are overweight, it is important to reduce your weight.
- **Maintaining a healthy weight helps you stay healthy to care for your family.**

## DISCUSSION QUESTIONS

- What is an ideal body size in your culture?
- How do you know if someone is overweight?
- What can you do to maintain a healthy weight?





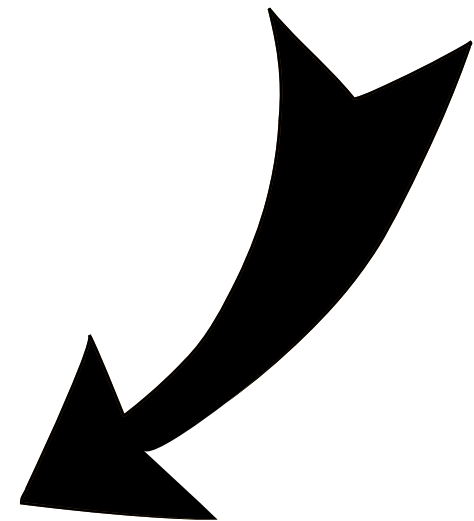
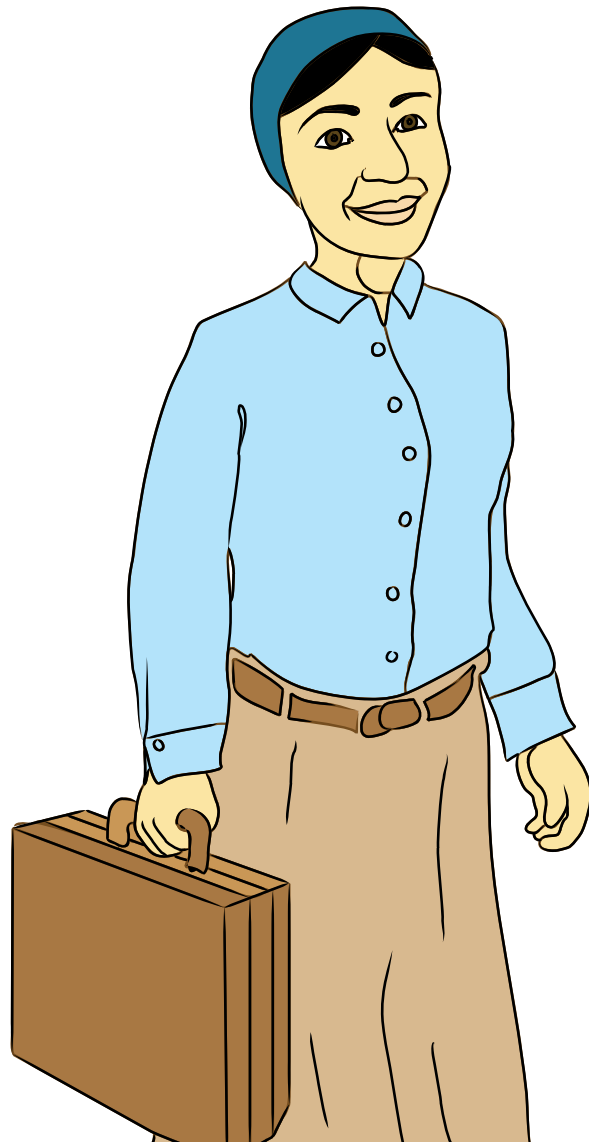
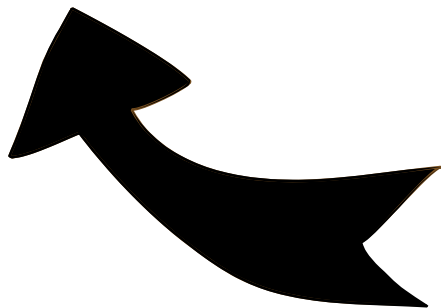
## **MAINTAINING YOUR WEIGHT IS IMPORTANT FOR YOU TO STAY HEALTHY**

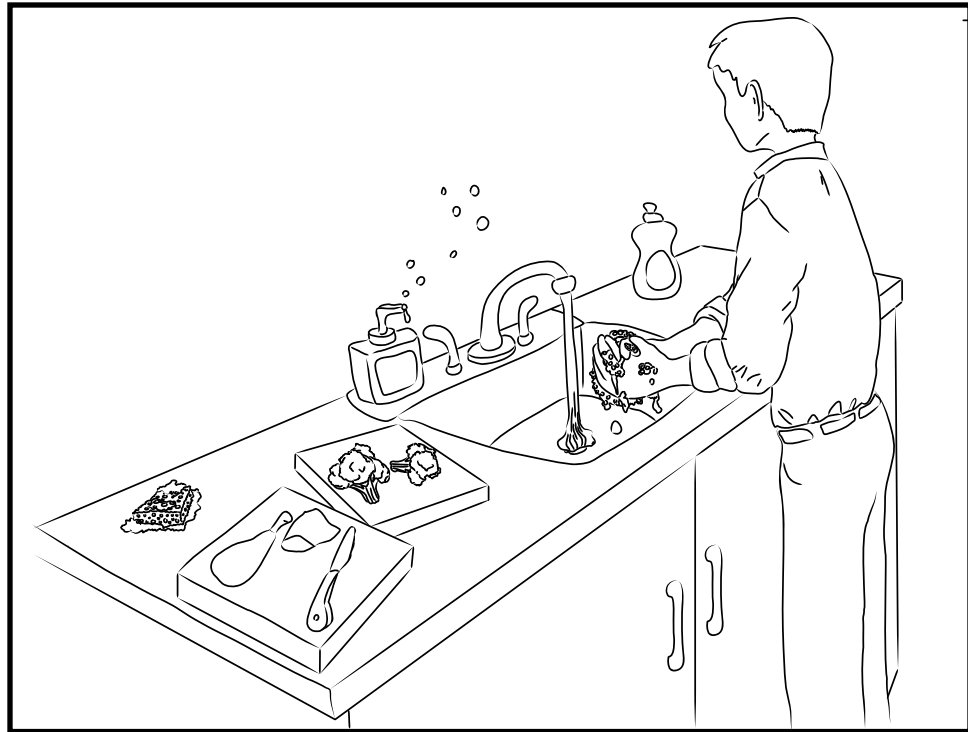
- You eat too much when you eat more than your body uses.
- When you eat too much and do not exercise enough, you gain too much body weight.
- There are steps you can take to maintain your weight:
  - Limit foods high in fat and sugar
  - Reduce portion sizes
  - Stop eating when you are full
  - Increase activity
- **Maintaining a healthy weight reduces your risk for conditions such as:**
  - **Joint problems**
  - **High blood pressure**
  - **Diabetes**
  - **Heart disease**
  - **Some cancers**

## **DISCUSSION QUESTIONS**

- What foods do you eat that are high in fat and sugar?
- What are typical portion sizes for grains? Fruit? Vegetables? Milk? Meat, seafood, and beans?







## **HYGIENE IS AN IMPORTANT PART OF KEEPING YOUR FOOD SAFE**

- Always wash your hands with soap before you cook food or eat food.
- Rinse fruits and vegetables with water before eating them.
- After preparing food, wipe the counters and cutting boards with soap and water.
- **Good hygiene in food preparation helps keep your family free from sickness caused by spoiled food.**

## **DISCUSSION QUESTIONS**

- How do you clean your fruits and vegetables?
- What are some ways to keep your food preparation area clean?
- Have you taught all your kitchen helpers how to keep the food preparation area safe?





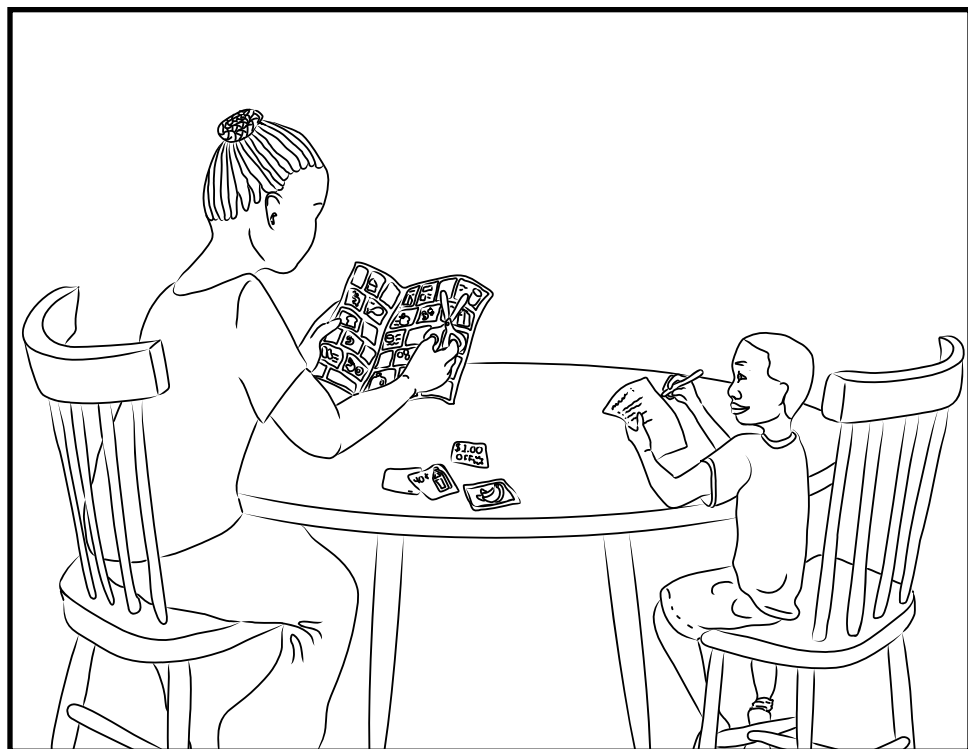
## STORE FOOD THE RIGHT WAY

- Store dairy products in the refrigerator.
  - Keep meat and seafood in the refrigerator for no longer than two days and in the freezer for no longer than four months.
  - Keep uncooked meat and seafood away from other foods.
  - Defrost meat and seafood in the refrigerator, not on the kitchen counter.
  - Cook meat until it is not pink in the middle.
- 
- Do not leave prepared food out on the counter for longer than two hours.
  - Store food leftovers in a sealed container in the refrigerator or freezer.
  - **Storing food the right way helps keep you and your family free from sickness caused by spoiled food.**

## DISCUSSION QUESTIONS

- What foods do you store in the refrigerator? The freezer?
- What foods are safe to leave in the cabinets?
- Once you prepare food for your family, how do you store it?





## **PLAN YOUR MEALS AND MAKE A LIST BEFORE YOU GO FOOD SHOPPING**

- Buy only the items on your list, the items necessary to prepare the meals you have planned.
- To save money, shop for items on sale that you can use.
- To save money, use coupons for items that you need.
- **Planning healthy meals before food shopping is a step towards providing healthy food for you and your family.**
- **Planning before food shopping helps you save time and money.**

## **DISCUSSION QUESTIONS**

- Do you know how to save money on your food?
- Do you plan meals before you go to the store?
- Do you make a shopping list before you go to the store?
- Do you check the newspaper for sales and coupons?







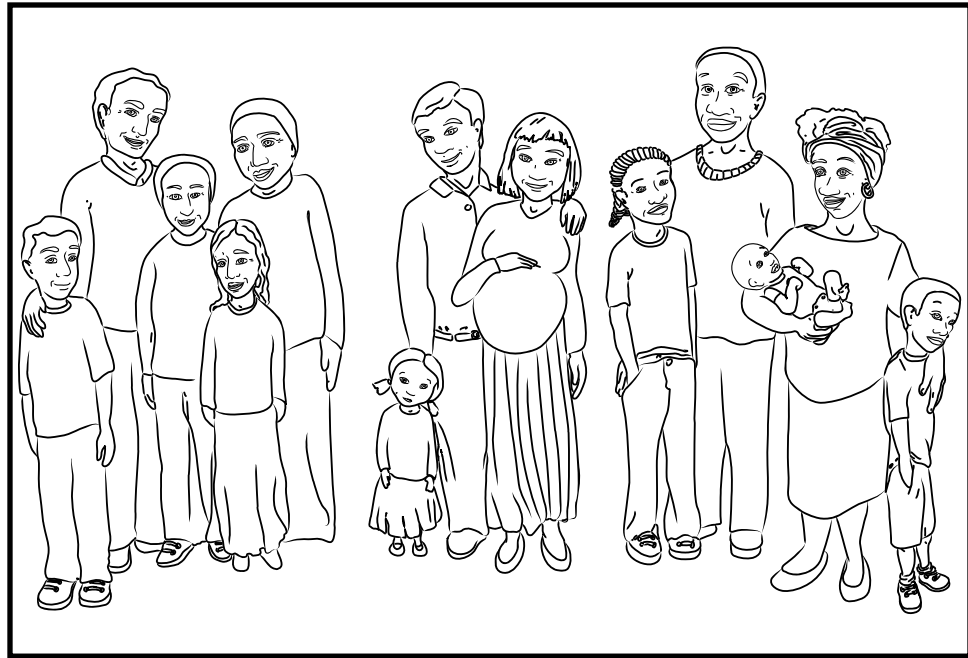
## **KNOW YOUR FOOD STORE AND THE BEST WAY TO SHOP FOR HEALTHY FOODS FOR YOU AND YOUR FAMILY**

- Shop after you have eaten a meal, not when you are hungry.
- If fresh fruits and vegetables cost too much, buy frozen or canned ones.
- Read labels and choose foods low in fat, sugar, and salt.
- Compare brands and buy the lowest cost brand to save money.
- By knowing your food store you can save money and buy healthy foods for you and your family.

## **DISCUSSION QUESTIONS**

- Where do you shop most often?
- Do you read nutrition labels?
- Do you compare brands?





## **EATING HEALTHY FOOD AND STAYING ACTIVE WILL HELP YOU AND YOUR FAMILY STAY STRONG AND HEALTHY**

### **DISCUSSION QUESTIONS**

- Do you have any questions about eating healthy food and staying active?





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*Protecting Refugees, Serving Immigrants,  
Upholding Freedom since 1911*