Total Class Time - 1 hour

Stanford Youth Diabetes Coaches

Class 4: Basic Nutrients, Spice Up Healthy Eating and Action Planning
Meet Your Instructors

Who is teaching the Stanford Youth Health Coaches class today?

Instructors: Please introduce yourselves and share why you are excited to teach this class
Class 4:

Basic Nutrients

How to Spice up Healthy Eating

Action Plans
Welcome Back!

Please **unmute and turn video on (if comfortable)** and say:

1. Name
2. Who are you coaching?
3. What action plan did you or your team member set for this week?

---

**My Action Plan (Make sure you include the WHAT, HOW MUCH, WHEN, and HOW OFTEN):**

**EXAMPLE:**

I choose sleeping!  
What? I will sleep well.  
How much? 7 hours.  
When? At night.  
How often? Every day.

On a scale of 0-10, where 0 is not at all confident and 10 is completely confident, How confident are you that you can complete your action plan?  
0........1........2........3........4........5........6........7........8........9........10

**REVIEW:** What can you do to make it a 7 or higher?  
I will sleep well for seven hours three nights a week. That’s a 9.
<table>
<thead>
<tr>
<th align="left">Quiz Answers:</th>
</tr>
</thead>
<tbody>
<tr>
<td align="left"></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th align="left">What I found interesting:</th>
</tr>
</thead>
<tbody>
<tr>
<td align="left"></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th align="left">What I think will be helpful and most useful to share with my team member:</th>
</tr>
</thead>
<tbody>
<tr>
<td align="left"></td>
</tr>
</tbody>
</table>
Quick Quiz: What do you *already* know?

- Quiz will begin on the next slide
- Type your answer in the chat
- It’s ok to not know the answer
- Just take a guess!
- We’ll review at the end of class
Question 1:

The diabetes diet is:

a. the way most American people eat
b. a healthy diet for most people
c. too high in carbs for most people

d. too high in protein for most people
Question 2:

Which of the following is highest in carbohydrates?

a. Baked chicken
b. Swiss cheese
c. Baked potato
d. Peanuts

Type your answer in “Chat’!
Question 3:

Which of the following is highest in protein?

a. Baked potato
b. Broccoli
c. Baked chicken
d. Orange Juice
Which of the following is highest in fat?

a. Low fat milk
b. Orange juice
c. Corn
d. Honey
Question 5:

Which of the following is NOT a good carbohydrate?

a. banana  
b. oatmeal  
c. whole wheat bread  
d. white rice
Speed Replay

Quick review from last week – let’s see what you remember!
Type answers in chat as quickly as you can.
SPEED REPLAY

Blood Sugar Levels for Diabetics

Too Low? Below 80 mg/dl

Acceptable?

Before meals: 80 mg/dl - 130 mg/dl
2 hours after meals: Less than 180 mg/dl

Too High? Above 180 mg/dl
Hemoglobin A1C Test

Measures average blood sugar for: the past 2-3 months

Normal (no diabetes) is <5.7%

For someone with diabetes, goal is ≤7%

If frail or elderly, goal may be ≤8%
The following is true about Physical activity EXCEPT:

a) Activity can help you unwind
b) It can be both exhilarating and relaxing
c) It can encourage confidence
d) It’s only a good workout if you feel tired afterwards
A health coach should be all of the following EXCEPT:

a) Good listener
b) Good communicator
c) Good friend
d) Good boss
Super Power

Everyone has power to make themselves healthier

Super Power: Knowing what to Eat
What are the 3 Basic Nutrients?

Carbohydrates

Proteins

Fats
Carbohydrate, Protein, or Fat?
Unmute microphones and call out answers!

- nuts: Protein
- ice cream sandwich: Carbohydrate (and Fat)
- soda: Carbohydrate
- fish: Protein
- corn oil: Fat
- orange juice: Carbohydrate
- fried chicken: Protein and Fat
- baked potato: Carbohydrate (and Fat if butter added)
Good Carbs, Bad Carbs

Video: Press bottom left arrow to start
Examples of Good Carbohydrates

Fresh Fruits

Sweet Potatoes

Oats
Good Carbohydrates are **DELICIOUS**

Let’s look at a few examples…
Bananas

**Indulgent Banana Smoothie**: bananas, oat milk (bananas are super sweet!)

**Smooth Banana Ice Cream**: freeze ‘em and eat ‘em

**Crispy Banana Toast**: toasted whole wheat bread with creamy banana spread
Oats

Oats = much more than just oatmeal!

Homemade granola bars:
Oats, yummy nuts (almonds, pistachios, walnuts), fruits, coconut, etc.

Unsweetened Oat Cereal:
Oats, can add yummy fresh fruits and milk

Rich Coconut Pancakes:
Oat pancakes with coconuts inside!
Choose your favorite carbohydrate below and think of a delicious way to eat it.

Unmute and discuss with the class, or type in the “chat”!

- sweet potatoes
- bananas
- chickpeas
- quinoa
- brown rice
- whole wheat bread
- corn tortillas
- apples
Proteins

Video: Press bottom left arrow to start
Types of Protein
Which Protein is Best for the Earth

1 lb of soy

- 12x the land
- 15x the water
- 13x the fossil fuels

1 lb of meat

Why is vegetable protein better for the environment?
Plant-based protein is not just good for the environment. It’s also delicious!
Choose your favorite protein and think of a delicious way to eat it.

Unmute and discuss with the class, or type in the “Chat”!

- beans
- chicken
- tofu
- beef
- eggs
- nuts
- fish
- pork
Fats

Video: Press bottom left arrow to start
Good & Yummy Fats: Monounsaturated and Polyunsaturated

- Lower risk of heart disease and stroke
- Provide essential fats
Carbohydrate, Protein, or Fat?

- chicken: Protein
- brownies: Carbohydrate (and Fat)
- cereal: Carbohydrate
- beans: Protein
- olive oil: Fat
- bread: Carbohydrate
- eggs and bacon: Protein (and Fat)
- butter: Fat
Best Ways to Enjoy Healthy Eating

**Cook at home:**
Know the ingredients & spice it just how you like it

**Eat with friends and family:**
Enjoy and savor

**Don’t count calories:**
Think about the nourishment of food

**Experience each bite:**
What texture is the food?
Does the taste change from the 1st to the last bite?
Check out the FREE online cookbook:

**Good and Cheap**

*(Bueno y Barato)*


Available in both English and Spanish!
KEYS TO EATING WELL

🌞 Eat the Rainbow! 🌞
Stretch Break!

Stand up!

Do your favorite stretch or activity or follow along with the instructor!
Diabetes Coaching

Coaching Communication Skills:
- Body Language and Reflective Listening
- Action Plans
Body Language: Listening

BAD Listening
- Distracted
- No eye contact
- Interrupting

GOOD Listening
- Look at the speaker
- Respond
- Engage with speaker
- Avoid interrupting
How can you ENCOURAGE your team member to get healthier?

Encourage your team member to MAKE AN ACTION PLAN
The Action Plan

REVIEW

1) Start small
2) Be specific
   - What?
   - How much?
   - When?
   - How often?
3) Link it
4) Be optimistic
5) Be confident (at least a __7__ out of 10)
Health Coach: Now we need to make our action plan for the week.

Team Member: Ok. What’s that?

Health Coach: It’s something specific that you can do to help you get healthier.

Team Member: I don’t think I understand.

Health Coach: Like, I want to eat better, so my action plan is to have a piece of fruit when I get home from school every day instead of a cookie.

Team Member: Oh! I get it.

Role Play Continues...
Helping Team Member with Action Plan

ROLE PLAY: *New volunteers*

Health Coach: So, what do you want to work on this week?

Team Member: I really don’t know.

Health Coach: Well, it could be anything to make you healthier – like eating better or exercising or getting more sleep or reducing stress.

Team Member: Well... I would like to get more sleep. I’m only sleeping 5 or 6 hours a night.

Health Coach: Getting more sleep is a great goal. Now we have to make the action plan to work on that goal.

Team Member: Ok. What do I need to do?
Helping Team Member with Action Plan

Health Coach: You know you want more sleep, but you have to get specific. How much sleep do you want to get?

Team Member: 7 hours.

Health Coach: How are you going to do that?

Team Member: I could go to sleep at 10pm instead of watching my last two TV shows.

Health Coach: Can you do that every day?

Team Member: Well, everyday except Monday and Thursday and Saturday.

Health Coach: So you think you can go to bed at 10pm on Sunday, Wednesday, and Friday?

Role Play Continues...
Helping Team Member with Action Plan

Team Member: Sure

Health Coach: Now we have to check your confidence. On a scale of 1 to 10 where 1 is not at all confident, and 10 is completely confident, how confident are you that you can go to sleep at 10pm on Sunday, Tuesday, Wednesday, and Friday?

Team Member: I guess about a 7.

Health Coach: That’s great. If you are a 7 or higher, that means your action plan will probably work.

Team Member: Is that it?

Health Coach: Yes, for now. But, I will check in with you to see how it is going.
Action Plan Example

GOAL: ???

What?
How much?
When?
How often?

On a scale of from 0-10, where 0 is not at all confident and 10 is completely confident, how confident are you that you can complete your action plan?

0........1........2........3........4........5........6........7........8........9........10
Action Plan Review

Share your Action Plans!

You answer:
What specific thing does the person want to do?
When?
How much?
How confident?

How could the plan be better?
Coaching Assignment #4

https://forms.gle/amGNWHcqxGnekw239
Coaching Assignment #4

Example: Healthy Diet Action Plan
What will you do this week to improve your diet?

Sharing you action plan will encourage your team member. Working together helps!

On a scale of from 0-10, where 0 is not at all confident and 10 is completely confident, how confident are you that you can complete your action plan?

0........1........2........3........4........5........6........7........8........9........10
Quick Quiz Review: part 1

1. The diabetes diet is:
   a. the way most American people eat
   b. a healthy diet for most people
   c. too high in carbohydrate for most people
   d. too high in protein for most people

   [Circle: b.]

2. Which of the following is highest in carbohydrate?
   a. Baked chicken
   b. Swiss cheese
   c. Baked potato
   d. Peanuts

   [Circle: c.]
3. Which of the following is highest in **protein**?
   a. Baked potato
   b. Broccoli
   c. Baked chicken
   d. Orange Juice

4. Which of the following is highest in **fat**?
   a. Low fat milk
   b. Orange juice
   c. Corn
   d. Honey

5. Which of the following is **NOT** a good carbohydrate?
   a. banana
   b. oatmeal
   c. whole wheat bread
   d. white rice
What have we learned today?

1. What are some ways to spice up healthy eating?
2. What are some delicious carbs, proteins, and fats?
3. How to make Action Plans

Write down at least one thing you learned that you’ll share with your team member this week. (use the back of your homework sheet)

Quiz Answers:

What I found interesting:

What I think will be helpful and most useful to share with my team member:
Thank you!
See you next week!