CLINICA family health

Diabetes Group Visit Curriculum: Healthy Cooking

1. Patient handouts needed for this class	Name tags Patient Diabetes Log (English and Spanish) All handouts to be given at beginning of class. Will be referenced to during session. EatThisNotThatEN_Clinica EatThisNotThatSP_Clinica HealthyCookingTipsEN_Clinica HealthyCookingTipsSP_Clinica Tips for a Healthy Weight_EN Tips for a Healthy Weight_SPA
2. Special supplies needed for this class	White board or Easel Note Pad Dry eraser marker or sharpies Food models (each RD has a set) Tool Box: Teaching Tools for Healthy Eating (contains wrappers and containers that include nutrition facts label from a variety of foods and beverages (for example: table salt, sea salt, cooking cubes, dried herbs, popular snacks likes Cheetos, Doritos, soda, fruit juice, energy drinks, sugar free candy, regular candy, regular canned food and no salt added version)
3. Are any special guest attendees required and if so, who? (List roles needed and topics they will cover)	Registered Dietician can serve as Auxiliary Facilitator
4. Welcome Activity (provide examples of: introductions, ice breaker, opening activity)	Consider easy recipe demonstration, such as green shakes
5. Completion of Self-Assessment Sheet (SAS)	N/A
6. Questions to ask group participants to begin facilitated group discussion	• What does it mean to cook healthy? • What are changes you have made in your kitchen for healthier cooking? • Tell me about a favorite recipe you have modified to be healthier?

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	• What is one way you can reduce fat content in meat? • How can you modify a meal to reduce the impact on your blood sugar? • How do you reduce salt (also known as sodium) when you cook at home?
7. List important topics to cover – takeaways for group participants	• Add color to your plate. Add vegetables and fruit to casseroles and salads • Use low fat/no fat cooking methods: grill, poach, steam, roast, stir-fry, use canola/olive oil sprays instead of liquid oil, butter, lard • Limit salt: don't add salt to foods or cook with salt. Avoid using saltshaker. Season foods with dried/fresh herbs, spices (turmeric, ginger, chili powder), garlic, vinegar, wine or lemon juice • Remove skin from poultry, trim fat off meats before cooking • Choose whole grains: oatmeal, brown rice, barley, rye, quinoa • Choose low fat/fat free milk, yogurt, cheeses • Drink mostly water, make beverages without adding sugar (coffee, water with fruit, iced tea)
8. Goal setting	What did you learn that you plan to implement? SMG Goal Sheet: English or Spanish
9. Hand out group visit assessment or survey (sessions XX)	Inform patients that the survey will be issue twice a year for the life of the group (session #2 and #4) GV Patient Satisfaction Survey Recommend distributing survey at the end of the session
10. Remind group participants of next group time/follow-up that is needed	Group will meet every 3 months Reminder of any homework/patient handouts Notify patients of next session topic any guests attending next session
11. Closing Activity	Share a Resource: The group shares one resource they have found in the community for babies/parents/families.

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