

# PRESENTATION GUIDE: “WHAT’S IN YOUR BAG?”

## INGREDIENTS FOR A DYNAMITE DEMONSTRATION

### Supplies

- ➔ Blank paper and pens (for each participant)
- ➔ Paper plate
- ➔ Paper bags (2) for fast food breakfast and lunch
- ➔ Snack size baggies (6)
- ➔ Labels for baggies
- ➔ Salt, Crisco® and sugar cubes in the following amounts: *Breakfast* – 1 sugar cube; 1 tsp salt; and 12 tsp Crisco®. *Lunch* – 24 sugar cubes; 1/2 tsp salt; and 12 tsp Crisco®

### Handouts

- ➔ Nutrition Facts for Popular Fast Food Breakfast and Lunch
- ➔ What’s in Your Bag? for Breakfast
- ➔ What’s in Your Bag? for Breakfast and Lunch
- ➔ Build a Better Bag at McDonald’s
- ➔ Build a Better Bag Worksheet
- ➔ Fast Food Tips – Ask for It Your Way!

## STEP 1- INTRODUCTION

- How many of you have been to a fast food restaurant in the past three months? [*Encourage responses*]...Quite a few of us – yes, I included myself in the count.
- What are some of the reasons you go to fast food restaurants?...[*Encourage responses and react to comments.*]
- I noticed nobody said “I go there to get a healthy meal!”
- What I want to do today is help you understand how to eat healthier the next time you go to eat fast food since it’s really hard to avoid eating there. In many of our neighborhoods, there’s just about every fast food chain you can imagine.
- So since we all eat fast food sometimes, let’s learn together what we can do to make healthier choices.
- Many of the items on today’s fast food menus contain high levels of sodium, much more fat and sugar than we need, and...unwanted calories that end up in all the wrong places.
- Too much fat, sugar, and sodium in our diets can lead to several chronic health problems. What do you think are some health issues that are facing our community because of unhealthy eating habits? [*Encourage responses and react to comments.*]



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Alameda County Public Health Department

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Funded by the U.S. Department of Agriculture’s Food Stamp Program, an equal opportunity provider and employer through the Network for a Healthy California. For information about the California Food Stamp Program, please call 1-888-999-4772.

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- That’s right – high blood pressure, heart disease, strokes, Type 2 diabetes – and one of the biggest problems facing our country today – obesity.
- We can all live healthier lives...*if we take control of what we eat* – especially when we’re eating away from home and on the go.
- That’s why we have to know...What’s in Your Bag?

### STEP 2 - WHAT’S IN YOUR BAG?

- Let’s take a look at what people often have for breakfast at a fast food restaurant. We’ll start with the most popular breakfast meal at Burger King — the CROISSAN’WICH® with Sausage, Egg and Cheese, and a medium size hash browns and black coffee.

*[Hold up handout: Nutrition Facts for Popular Fast Food Breakfast and Lunch]*

- In your packets, you have this handout. Let’s take a closer look and see what you’re having for breakfast – maybe it’s a meal that many of us eat often.
- This handout shows the nutrition facts for these popular fast food meals. Look at the bottom line on the Burger King breakfast where it says “Total.” As you can see, this breakfast has 910 calories, 60 grams of fat 1,910 milligrams of sodium, and 5 grams of sugar.
- Look at what’s in your breakfast bag! A lot of fat, calories and salt!

*[Place contents of the Fast Food Breakfast Bag onto a paper plate in the center of the table. The bag contains three plastic baggies with 1) sugar cubes, 2) Crisco®, and 3) salt, representing the amount of sodium, sugar and fat found in the most popular breakfast meal at Burger King.]*

*[After placing the content on the plate, hold up each of the three baggies one at a time and say...]*

- This translates into a teaspoon of sugar, almost a whole teaspoon of salt, and...get ready for this...12 teaspoons of fat!



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*[Hold up handout: What’s In Your Bag? — for Breakfast ]*

- Now let’s see how this meal compares to daily recommended levels. [Referring to the graphic,] the heavy black line represents the recommended daily limit of calories, fat and sodium. Let’s take a look at where we are for this breakfast meal.
- You can see we’ve eaten about half our daily limit of calories and almost all of our daily limits of fat and sodium just by having this breakfast!
- So...with just breakfast, you are well on your way to going over the recommended healthy levels of fat and sodium, and you haven’t even had lunch or dinner yet!
- Let’s move on to lunch.
- Do you know what’s in your lunch bag? Let’s take a look at the most popular meal at McDonald’s. It’s the Big Mac®, with a large fries, and a large Coca-Cola®. And it’s a lot more calories, fat, sodium and sugar!

*[Hold up handout: Nutrition Facts for Popular Fast Food Breakfast and Lunch]*

- Take another look at the Nutrition Facts handout. As you can see when you look at the Total line for McDonald’s lunch, in that one meal we are eating 1,420 calories, 59 grams of fat, 1,390 milligrams of sodium and 95 grams of sugar.

*[Place contents of the Fast Food Lunch Bag on top of the breakfast contents. This bag contains three plastic baggies consisting of 1) sugar cubes, 2) Crisco®, and 3) salt, representing the sodium, sugar and fat found in McDonald’s most popular lunch.]*

*[After placing the contents on the plate, hold up baggies, one at a time.]*

- This translates into 24 teaspoons of sugar (and that’s mainly from the soda), more than ½ a teaspoon of salt and again, 12 teaspoons of fat.
- So what do you think? Are you still hungry?!! *[Hold up plate for all to see.]*



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[Hold up handout: **What’s in Your Bag? — for Breakfast and Lunch**]

- Let’s see where we are now in relation to the daily recommendations. Again, the black line represents the recommended daily limits. As you can see, we’re past the limit on all three!
- Take a look, for example, at Total Fat. The chart shows that for breakfast and lunch, we’ve eaten almost twice the recommended daily limit of fat. We’ve also gone over on calories and way over on sodium, and we haven’t even had dinner yet!

### STEP 3 - BUILD A BETTER BAG

- If we keep going past the limit, *what is this doing to our health?* Too much fat, too much sugar, too much sodium, and too many calories are all contributing to the chronic diseases we talked about like heart disease, Type 2 diabetes and high blood pressure.
- But there is a way to make better, healthier choices at fast food restaurants. Let’s see what we can do to make our fast food visits as healthy as possible.
- When you go out to eat, it’s up to you to take control of your health. At any restaurant, you are the customer, and you can ask for what you want. Remember Burger King’s slogan: “Have it Your Way?” Well you can ask for it your way at Burger King, McDonald’s, KFC and all the rest. Some places, like Taco Bell, have made it really easy to find healthier choices by offering a special “fresco menu”.
- So it might take a little longer to order your food this way, but isn’t your health worth it? So...go ahead and ask for what you want!
- Now we’re going to have a little fun designing a better menu of our own. Choose a partner to assist you in doing the Build a Better Bag exercise.
- Remember all the fat, sugar, sodium and calories from the most popular breakfast and lunch? Let’s see how we can work together and Build a Better Bag — one that’s lower in calories, fat, sugar and sodium, and stays within the recommended limits for the day!
- Please pull out the “Build a Better Bag” at McDonald’s handout and the “Build a Better Bag” Worksheet from your packets.



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[*Hold up handouts: Build a Better Bag at McDonald’s and Build a Better Bag Worksheet*]

- We chose McDonald’s as our example because it’s the most popular fast food restaurant in the area, but you can do this with menu items from any restaurant. [Nutrition information is available at all fast food outlets, if you ask for it, and on all fast food websites.]
- Now it’s your turn to “Build a Better Bag.” Working with your partner, look at the calories, fat and sodium in the menu items on the “Build a Better Bag” at McDonald’s handout.
- The object of this exercise is to choose healthier options for your meal. One way to do that is to stay within the recommended limits for this meal. These limits are shown in red at the top of the Worksheet.
- Since most people eat three meals a day we’ve taken the daily recommended amounts and divided them by three. The objective is to have each meal be 600 calories or less; 20 grams of fat or less; and 750 mg. of sodium or less.
- Once you’ve picked your menu items, write them in the blank spaces on your Worksheet, and work with your partner to Build a Better Bag!

[*After the Worksheets are completed, ask the audience*]

- Would you normally order what you selected on the Worksheet?
- How many of you had trouble staying under the limit for sodium?
- To Build a Better Bag, which items did you choose, and why? [*Ask for a couple of volunteers to share their results.*]

[*Thank the volunteers for their ideas, and then ask the group these questions:*]

- How many of you took cheese off the sandwich?
- How many chose water instead of soda?
- How many chose grilled chicken instead of fried?
- How many chose salad instead of fries?
- Any other ideas?



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- You may have noticed that it’s pretty hard to stay within the recommended limits! This is why we strongly recommend that you and your family visit fast food restaurants only once in a while.

### STEP 4 - BUILD A HEALTHIER LIFESTYLE

- How many of you think that you would go through this entire process every time you eat out? [*Wait for a show of hands.*] Probably not many of you....
- But for those of you who would do this, we encourage you to ask for the nutrition information at the restaurant or to look for it on the website.
- To make it simpler, we’ve put together some Fast Food Tips that you can use anywhere you go. They will help you make sure that what’s in your bag is a healthier option.

[*Hold up the **Fast Food Tips** handout*]

- Let’s read the tips together.

[*Ask for volunteers to read each tip. Start with “Instead of....”*]

- These tips will help you to be better prepared when you or family members are eating on the go.
- Occasional visits to a fast food restaurant can fit into a healthy lifestyle, but don’t forget... The best foundation for a healthy lifestyle is to:
  - Eat more fresh, whole foods – especially fresh fruits and vegetables.
  - Participate in some kind of physical activity for 30 to 60 minutes each and every day.
  - Limit the number of meals you eat at fast food restaurants, and when you do go, follow the Fast Food Tips.
  - Start by making at least one change. Even one small change (like leaving off the cheese or having water instead of sugary soda) can make a real difference.
- Thanks so much for coming, and remember to enjoy healthy eating... *for life!*

