



Facilitator's Guide

Module 3

Ola Hou i ka Hula

Facilitator's Guide

Lesson 3

Question/Topic	Script	Reminder/Activity	Page #
E komo mai	Aloha and mahalo for meeting with me today for ha‘awina ‘ekolu, or the third lesson of the <i>Ola Hou i ka Hula</i> Program. We will be talking about your low sodium diet today but before we begin, let’s review the previous lessons.	<ul style="list-style-type: none"> ○ Ask if participants would like to <i>pule</i> (pray) before starting. 	2
When do I call 911?	<p>Let’s review. You should call 911 if:</p> <p>A.</p> <p>B.</p> <p>C.</p>	<ul style="list-style-type: none"> ○ Ask participants if they can recall the 3 most serious symptoms in which they should call 911. <p>ANSWERS:</p> <p>A. Pain or discomfort in the chest for more than 15 minutes that does not go away with rest or nitroglycerin</p> <p>B. Severe shortness of breath that does not go away</p> <p>C. Fainted or passed out</p>	2
How often should I weigh myself	You should weigh yourself how often _____	Ask participants if they measured their weight everyday. If no, encourage them to do so.	2
If I gain 2 or more pounds in 1 day or 4 or more pounds in 1 week, what should I do?	If you gain 2 or more pounds in a day or 4 or more pounds in a week, what should you do?	Answer: call your doctor within 1-2 days.	2
What are some other situations in which I should call the doctor?	<p>You need to call your doctor right way if you have:</p> <ul style="list-style-type: none"> ➤ Swelling in your lips, tongue or throat ➤ Nausea and vomiting ➤ Blurry vision ➤ Skipped heart beats or palpitations 	<ul style="list-style-type: none"> ○ Remind participants to call their doctor right away if they experience any of these SERIOUS (not common) side effects. 	2

Question/Topic	Script	Reminder/Activity	Page #
What are some common medicines for hypertension?	Now, let's review the main types of medicines used for heart failure.		2
Which of these are you taking?	Write in the names of the medicines that you take for heart failure: ACE Inhibitors _____ Beta-blockers _____ Diuretics _____ Other _____	<ul style="list-style-type: none"> ○ Assist participants in completing their medicine list. 	2
Do my medicines cause side effects?	Some medicines may cause the following common side effects like: <ul style="list-style-type: none"> ➤ Dizziness ➤ Coughing ➤ Problems with blood tests ➤ Feeling Tired ➤ Upset stomach 		3
Will the side effects last long?	Most people feel better after 1 or 2 weeks of taking a new medicine. However, if you still feel poorly for more than 2 weeks, tell your doctor.	<ul style="list-style-type: none"> ○ Encourage participants to stick with their medications. 	3
How was your 'ohana support person able to help you this week?		<ul style="list-style-type: none"> ○ Ask participants to think about the past week and the support they received, ○ Ask participants to record their thoughts here. 	3
How did you do with following your action plan from the first teaching lesson?		<ul style="list-style-type: none"> ○ Ask participants if they were able to stick to their action plan. ○ Have copy of plan on hand and review. ○ If they had difficulties, work on new plan. 	3
How about your action plan from the <u>second</u> teaching lesson?		<ul style="list-style-type: none"> ○ Ask participants if they were able to stick to their action plan. ○ Have copy of plan on hand and review. ○ If they had difficulties, work on new plan 	3

Question/topic	Script	Reminder/Activity	Page #
Did you have any problems with weighing yourself every day?		<ul style="list-style-type: none"> ○ If participants weighed and recorded regularly, excellent! If they did not weigh daily, work on new plan. 	3
	Turn to page 4.		
Explain the ‘ōlelo no‘eau (proverb)	<p>I would like to read an ‘ōlelo no‘eau to you: I ka `ai pono ke ola pono</p> <p>Which means, “A healthy life can be achieved by eating right.”</p>	<ul style="list-style-type: none"> ○ An important part of living healthy is eating healthy...like our ancestors. 	4
	Turn to page 5.		
Low sodium diet:	Today our lesson is on how to eat a low sodium diet. Eating a low sodium diet is one of the keys to controlling your heart failure and staying out of the hospital.		5
What is sodium?	Sodium is a mineral that is important for fluid balance in our bodies.	<ul style="list-style-type: none"> ○ Emphasize that sodium is an essential mineral in our bodies. 	5
What is salt?	<p>Table salt is a combination of sodium and chloride. This is the “salt” we cook with, and put in our saltshaker. Hawaiian salt is the same as regular salt.</p> <p>One teaspoon of salt has about 2400 mg of sodium.</p> <p>Throughout the lesson, we will refer to both salt and sodium, but here we mean the same thing. This is because your food labels will mostly use the word “sodium”.</p> <p>Turn to page 6.</p>	<ul style="list-style-type: none"> ○ Show tube of one teaspoon of salt. 	5
How much sodium is allowed in my diet?	No more than 2000 mg of sodium per day should be consumed by people with heart failure.		6
How much sodium do people in Hawai‘i eat?	Most local people eat about 6000 mg of sodium a day...that's too much salt	<ul style="list-style-type: none"> ○ Show other tubes of sodium representing typical local foods. 	6

Question/topic	Script	Reminder/Activity	Page #
How much sodium is allowed for most people on regular diets?	<p>The recommendation is that healthy people eat no more than 2300 mg of sodium a day.</p> <p>You can see how everyone, not only people with heart failure, should be eating a lot less sodium.</p> <p>Turn to page 7.</p>		6
If I usually eat about 6000 mg of sodium a day and I need to cut back to 2000 mg...how can I do this?	<p>OK...so how can you cut back to 2000 mg a day...well here's 3 important ways?</p> <ul style="list-style-type: none"> ➤ Eat fresh fruits ➤ Do NOT add salt or shoyu to your food ➤ Read the food labels 		7
Will low sodium foods taste good?	<p>You may be thinking, <i>Auwe</i>, no salt means the food will NOT be 'ono. Yes, salt makes our food taste 'ono BUT we tend to use too much.</p> <p>At first, it may be hard to get used to...BUT in about 8 to 12 weeks, after eating less and less sodium over time, your taste CAN change...like, low sodium foods will taste better to you and high sodium foods will taste TOO salty.</p> <p>Turn to page 8.</p>		7
Eat Fresh Foods How can eating fresh foods help?	<p>Eating fresh foods can be very helpful in keeping your sodium intake down. Here are some examples:</p> <p><u>Fresh vegetables and fruit contain VERY little sodium:</u></p> <ul style="list-style-type: none"> Apple, 0 mg sodium Banana, 1 mg 1/2 cup kalo, 10 mg 1 sweet potato, 11 mg <p><u>Fresh meats are naturally low in sodium:</u></p> <ul style="list-style-type: none"> 3.5 ounces hamburger, 71 mg sodium 1 chicken thigh, 52 mg 3 ounces yellow fin tuna, 40 mg 		8

Question/Topic	Script	Reminder/Activity	Page #
What about fast foods?	Most fast foods are high in sodium: Cheeseburger, 787 mg sodium Fish sandwich, 663 mg Chicken salad, 2063 mg Turn to page 9.	○ There are some choices that can fit in your 2000 mg sodium budget, but generally, it's best to just avoid these foods.	8
What about canned foods?	There are many low sodium versions of canned foods. We will go over this in the label reading part of this lesson. For the most part, canned foods, especially meats, entrees (stews, chili) and soups are very high in sodium: 3 ounces tuna, 321 mg 3 pieces Vienna sausage, 420 mg 2 ounces corned beef, 490 mg 1 cup chicken noodle soup, 850 mg		9
What are processed foods?	You may have been told to eat less processed foods. Any food that has undergone a process, such as freezing, canning, drying or enriching is a processed food. Salt plays an important role in processing. Salt is added to foods because it: ➤ Helps to keep harmful bacteria from growing ➤ Is used to preserve food ➤ Adds flavor About 77% of the sodium we eat is from processed foods. Turn to page 10.		9
What are some ways to eat less salt?	➤ Take the salt shaker and shoyu bottle off your dining table ➤ When preparing food, do not add salt or shoyu ➤ Patis (fish sauce) and oyster sauce are high in sodium, so avoid these when cooking ➤ Flavorings and sauces are usually high in sodium, so be sure to check the food label ➤ Start by using half the amount of salty seasoning that you normally use. For example, if you are making saimin, use half the packet of seasoning. Also, if you need to use shoyu, mix ½ water and ½ shoyu. Turn to page 11.	○ Review check list ○ Most instant saimin has 1000 mg of sodium, almost a ½ teaspoon. So, even using ½ the package of the soup base will not make it a low sodium food.	10

Question/Topic	Script	Reminder/Activity	Page #
What can I use in place of salt to make food more 'ono?	<ul style="list-style-type: none"> ➤ Use fresh or powdered garlic, onion and ginger (NOT garlic salt or onion salt) ➤ Use fresh herbs like Chinese parsley, basil, chives, rosemary and dill – experiment to find the ones you like ➤ Use lemongrass, kaffir lime leaves and other ingredients used in Thai and Vietnamese cooking ➤ Use fresh lemon and lime on veggies, fruit, and in marinades ➤ Marinate meats in onion, garlic, ginger, and lemon or lime, plus a little oil ➤ Look for low sodium dressings which can also be used as marinades. <p>Turn to page 12.</p>	<ul style="list-style-type: none"> ○ Bring samples of herb blends and of substitutes that can be used. ○ Remind participants that they should consult with their doctor or nurse, because some of the salt-substitutes may contain ingredients that should be avoided. 	11
Explain the 'ōlelo no'eau (proverb)	<p>Here's another 'ōlelo no'eau:</p> <p><i>He 'ai ho'olulu kekahi, he 'ainoa kekahi</i></p> <p>Which means, "Not all foods are fit for an offering."</p> <p>Turn to page 13.</p>	<ul style="list-style-type: none"> ○ This 'ōlelo no'eau refers to the fact that only certain foods were appropriate for an offering, which were healthy foods such as kalo, banana, fish, etc. ○ We too should only eat foods that are worthy of an offering. 	12
Reading food labels Why is learning to read food labels important?	<p>Now we'll talk about reading food labels ...because this skill will help you to choose low sodium foods.</p> <p>Some processed foods can fit into your 2000 mg a day "budget", but...</p> <p>As a rule, frozen meals and snack foods will need to be avoided. Canned vegetables, instant hot cereals, and even baked goods labels should be read.</p>		13

Question/Topic	Script	Reminder/Activity	Page #																																																												
What are some terms I will see on food labels and what do they mean?	<p>Sodium free: less than 5 mg of sodium per serving</p> <p>Very low sodium: 35 mg or less per serving</p> <p>Low sodium: 140 mg or less per serving</p> <p>Reduced sodium: At least 25% less sodium compared to the original food.</p> <p>Unsalted/No Added Salt: No salt is added during processing, but may contain a different type of sodium like monosodium glutamate or msg.</p> <p>Turn to page 14.</p>	<ul style="list-style-type: none"> Explain that this information can help them understand the definition behind the various terms. Point out that it can be confusing, but “reduced sodium” does not automatically mean that the item is low in sodium. Point out that “unsalted” and “no added salt” does NOT mean salt free. There may be a different kind of sodium in the product, like msg. 	13																																																												
Reading a Food Label for Sodium Content Let's review the serving size and sodium content What is the serving size? What is the sodium content for one serving?	<p>Whole Wheat Pancake Mix</p> <p>Nutrition Facts</p> <p>Serving Size 1/2 cup mix (Amount for 3, 4" pancakes)</p> <p>Servings per container 10</p> <table> <tr> <td>Calories 230</td> <td>Calories from Fat 20</td> <td>% Daily Value</td> </tr> <tr> <td>Total Fat 2 g</td> <td>3 %</td> <td></td> </tr> <tr> <td>Saturated Fat 0.5 g</td> <td>0.5 %</td> <td></td> </tr> <tr> <td>Cholesterol 5 mg</td> <td>2 %</td> <td></td> </tr> <tr> <td>Sodium 540 mg</td> <td>23 %</td> <td></td> </tr> <tr> <td>Total Carbohydrate 44 g</td> <td>15%</td> <td></td> </tr> <tr> <td>Dietary Fiber 4 g</td> <td>16%</td> <td></td> </tr> <tr> <td>Sugars 7 g</td> <td></td> <td></td> </tr> <tr> <td>Protein 9 g</td> <td></td> <td></td> </tr> <tr> <td>Vitamin A 0%</td> <td>Vitamin C 0%</td> <td></td> </tr> <tr> <td>Calcium 2%</td> <td>Iron 10%</td> <td></td> </tr> </table> <p>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</p> <table> <tr> <td>Calories:</td> <td>2,000</td> <td>2,500</td> </tr> <tr> <td>Total Fat</td> <td>Less than</td> <td>65 g</td> <td>80 g</td> </tr> <tr> <td>Saturated Fat</td> <td>Less than</td> <td>20 g</td> <td>25 g</td> </tr> <tr> <td>Cholesterol</td> <td>Less than</td> <td>300 mg</td> <td>300 mg</td> </tr> <tr> <td>Sodium</td> <td>Less than</td> <td>2400 mg</td> <td>2400 mg</td> </tr> <tr> <td>Total Carbohydrate</td> <td></td> <td>300 g</td> <td>375 g</td> </tr> <tr> <td>Dietary Fiber</td> <td></td> <td>25 g</td> <td>30 g</td> </tr> </table> <p>Turn to page 15.</p>	Calories 230	Calories from Fat 20	% Daily Value	Total Fat 2 g	3 %		Saturated Fat 0.5 g	0.5 %		Cholesterol 5 mg	2 %		Sodium 540 mg	23 %		Total Carbohydrate 44 g	15%		Dietary Fiber 4 g	16%		Sugars 7 g			Protein 9 g			Vitamin A 0%	Vitamin C 0%		Calcium 2%	Iron 10%		Calories:	2,000	2,500	Total Fat	Less than	65 g	80 g	Saturated Fat	Less than	20 g	25 g	Cholesterol	Less than	300 mg	300 mg	Sodium	Less than	2400 mg	2400 mg	Total Carbohydrate		300 g	375 g	Dietary Fiber		25 g	30 g	<ul style="list-style-type: none"> Review the layout of the food label with participants: Point out that the serving size is under the “Nutrition Facts”. A serving size of this is $\frac{1}{2}$ cup of mix, or 3, 4" pancakes Ask the participants to find the sodium on the food label. There is 540 mg of sodium in $\frac{1}{2}$ cup of the mix, the 3 pancakes. Ask participants if a serving of this food is a low sodium food. 	14
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What other information can I find on the food label?	The food labels also tell you what is in the product.		15
What can I learn from the ingredients?	The first thing listed is the food that is present in the largest amount. Ingredients are listed from highest to lowest amounts.		15
What is in the Whole Wheat Pancake Mix?	<p>Here are the ingredients found in the Whole Wheat Pancake Mix:</p> <p>Whole-wheat flour, enriched bleached flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folate) soy flour, sugar, leavening (sodium bicarbonate, sodium aluminum phosphate, aluminum sulfate, monocalcium phosphate), dextrose, canola oil or soybean oil, salt, honey, eggs, high fructose corn syrup.</p> <p>Turn to page 16.</p>	<ul style="list-style-type: none"> ○ There is more whole-wheat flour by weight than any other ingredient. ○ The second ingredient listed is enriched bleached flour. ○ Notice the added vitamins. ○ Next there is soy flour, and then leavening. ○ Note the two sodium ingredients in the leavening, sodium bicarbonate and sodium aluminum phosphate. ○ Look further down the ingredients to see that salt is added. ○ Baked goods require leavening ingredients like baking powder and baking soda for the bread, or cake, or pancake to rise, so one must be careful when buying baked products. They can add a lot of sodium to one's 2000 mg sodium budget. 	15

Question/Topic	Script	Reminder/Activity	Page #
Let's looks at another label Review the serving size and sodium content: What is the serving size?	Instant Noodle Soup Nutrition Facts Serving Size 1 container (64 g) Amount Per Serving Calories 300 Calories from Fat 120 % Daily Value Total Fat 13 g 20 % Saturated Fat 7 g 35 % Cholesterol 0 mg 0 % Sodium 1110 mg 46 % Total Carbohydrate 38 g 13% Dietary Fiber 2 g 7% Sugars 2 g Protein 7 g Vitamin A 6% Calcium 0% Vitamin C 0% Iron 25%	<ul style="list-style-type: none"> Review serving size with participants. 	16
Can you see the sodium in the ingredients?	*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: Ingredients: Enriched flour (Wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), vegetable oil (contains one or more of the following: canola oil, cottonseed oil, palm oil, rice oil), dehydrated vegetables (corn, carrot, green pea), salt , textured soy protein, hydrolyzed soy, corn and wheat protein, onion powder, monosodium glutamate , caramel color, garlic powder, autolyzed yeast extract, potassium carbonate, sodium carbonate , sodium tripolyphosphate , disodium guanylate , disodium inosinate , sodium alginate , natural flavors, tocopherols, soy sauce powder (wheat, soybeans, maltodextrin, salt), beef powder, hydrolyzed wheat gluten, sugar, T-BHQ)	<ul style="list-style-type: none"> Review sodium content per serving. Note that over $\frac{1}{2}$ the amount of sodium you can have in one day, in this one container. Help the participants identify the salt, MSG, sodium carbonate, sodium tripolyphosphate, disodium guanylate, disodium inosinate, sodium alginate, salt (in soy sauce powder) 	16
Is this a processed food?	Turn to page 17.	Yes, this is a processed food because its been enriched (see enriched flour listed as 1 st ingredient).	16

Question/Topic	Script	Reminder/Activity	Page #																								
Let's look at this can of Corned Beef Hash	<p>Corned Beef Hash</p> <p>Nutrition Facts</p> <p>Serving Size 1 cup</p> <p>Servings per container 2</p> <p>Amount Per Serving</p> <table> <tbody> <tr> <td>Calories 500</td> <td>Calories from Fat 300</td> </tr> <tr> <td></td> <td>% Daily Value</td> </tr> <tr> <td>Total Fat 35 g</td> <td>54 %</td> </tr> <tr> <td>Saturated Fat 16 g</td> <td>80 %</td> </tr> <tr> <td>Cholesterol 75 mg</td> <td>25 %</td> </tr> <tr> <td>Sodium 1000 mg</td> <td>42 %</td> </tr> <tr> <td>Total Carbohydrate 24 g</td> <td>8 %</td> </tr> <tr> <td>Dietary Fiber 8 g</td> <td>32 %</td> </tr> <tr> <td>Sugars 3 g</td> <td></td> </tr> <tr> <td>Protein 20 g</td> <td></td> </tr> <tr> <td>Vitamin A 0 %</td> <td>Vitamin C 2%</td> </tr> <tr> <td>Calcium 4 %</td> <td>Iron 10 %</td> </tr> </tbody> </table> <p>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</p> <p>Ingredients: Water, beef, cooked corned beef, dehydrated potatoes, contains 2% or less of salt, flavoring, sugar, spice, sodium nitrite.</p>	Calories 500	Calories from Fat 300		% Daily Value	Total Fat 35 g	54 %	Saturated Fat 16 g	80 %	Cholesterol 75 mg	25 %	Sodium 1000 mg	42 %	Total Carbohydrate 24 g	8 %	Dietary Fiber 8 g	32 %	Sugars 3 g		Protein 20 g		Vitamin A 0 %	Vitamin C 2%	Calcium 4 %	Iron 10 %		17
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What is the serving size?		<ul style="list-style-type: none"> ○ Review serving size with participants. ○ Point out that one can has 2 servings and that it is not unusual to eat a whole can in one sitting. 																									
What is the sodium content for one serving?		<ul style="list-style-type: none"> ○ Review sodium content for one serving. ○ Ask how much sodium would be eaten in one can? ○ Explain that if we ate the whole can of corned beef, we would need to double all the information on the can because remember, the information here is based on 1 serving, or ½ the can. ○ Point out that one can of corned beef hash has all the sodium you should have in one day. 																									
	Turn to page 18.																										

<p>Practice page</p> <p>What is the serving size of the pineapple chunks?</p> <p>If you eat 1 cup, how much sodium will you be eating?</p> <p>Is this considered a low sodium food?</p>	<p>Pineapple Chunks</p> <p>Nutrition Facts</p> <p>Serving Size 1/2 cup Servings per container 2.5</p> <p>Amount Per Serving</p> <table> <tbody> <tr> <td>Calories 70</td> <td>Calories from Fat 0</td> </tr> <tr> <td colspan="2" style="text-align: center;">% Daily Value</td> </tr> <tr> <td>Total Fat 0 g</td> <td>0 %</td> </tr> <tr> <td>Saturated Fat 0 g</td> <td>0 %</td> </tr> <tr> <td>Cholesterol 0 mg</td> <td>0 %</td> </tr> <tr> <td>Sodium 10 mg</td> <td>0 %</td> </tr> <tr> <td>Total Carbohydrate 17 g</td> <td>6 %</td> </tr> <tr> <td>Dietary Fiber 1 g</td> <td>4 %</td> </tr> <tr> <td>Sugars 15 g</td> <td></td> </tr> <tr> <td>Protein <1 g</td> <td></td> </tr> <tr> <td>Vitamin A 0 %</td> <td>Vitamin C 20 %</td> </tr> <tr> <td>Calcium 4 %</td> <td>Iron 2 %</td> </tr> </tbody> </table> <p>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: Ingredients: Pineapple, pineapple juice</p>	Calories 70	Calories from Fat 0	% Daily Value		Total Fat 0 g	0 %	Saturated Fat 0 g	0 %	Cholesterol 0 mg	0 %	Sodium 10 mg	0 %	Total Carbohydrate 17 g	6 %	Dietary Fiber 1 g	4 %	Sugars 15 g		Protein <1 g		Vitamin A 0 %	Vitamin C 20 %	Calcium 4 %	Iron 2 %	<ul style="list-style-type: none"> ○ The serving size is $\frac{1}{2}$ cup ○ $\frac{1}{2} \text{ c} \times 2 = 1 \text{ cup}$ ○ $2 \times 10 \text{ mg} = 20 \text{ mg}$ of sodium ○ This is a low sodium food because it has less than 140 mg of sodium in a serving. ○ Canned fruit usually fits in the low sodium category. ○ Note the 2 ingredients, pineapple and pineapple juice. The small amount of sodium is found naturally in pineapple. 	18
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	<p>Turn to page 19.</p>	<ul style="list-style-type: none"> ○ More practice: Provide a few items to review if it is a low sodium food. ○ Review sample(s) of 2000 mg meal plan. ○ Review sodium reference guide. 																									

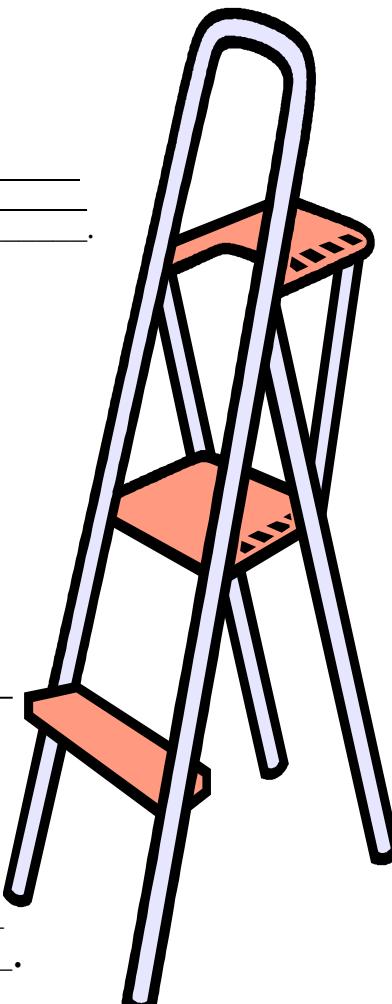
Question/Topic	Script	Reminder/Activity	Page #
Do you have any helpful hints on lowering the sodium in my diet?	<p>Here are some ways you can start lowering the sodium in your diet.</p> <ul style="list-style-type: none"> ➤ Make changes slowly ➤ Use a low sodium cookbook ➤ Make changes to your favorite recipes to be lower in salt ➤ Keep a list of foods to stay away from, and foods that are OK to eat on your refrigerator ➤ When choosing your main course item, it should contain NO MORE than 500 mg of sodium ➤ Make a list of the foods you eat for a few days and record how much sodium is in these foods. <p>Turn to page 20.</p>	<ul style="list-style-type: none"> ○ Give participants AHA Cookbook 	19
Explain the ‘ōlelo no‘eau (proverb)	<p>Here’s another ‘ōlelo no‘eau:</p> <p>Ho‘oma‘ama‘a a pa‘a i ka mana‘o</p> <p>Which means, “Practice until it is firm in one’s thoughts.”</p> <p>Turn to page 21.</p>	<ul style="list-style-type: none"> ○ Practice makes things automatic or second nature. 	20
Daily Food & Sodium Tracker Example		<ul style="list-style-type: none"> ○ Review the food descriptions and sodium amounts on this page with participants. ○ Emphasize how these foods contain less than 2000 mg a day. ○ Ask participants if they could follow a similar diet. 	21

Daily Food & Sodium Tracker Example

DATE: _____

Amount	Food Description	Sodium (mg)
1/2	Papaya	4
2 slices	Whole wheat toast	318
2 teaspoon	Margarine	76
1 slice	Bacon	100
1	Hard-boiled egg	63
1 cup	Skin milk	148
2 cups	Coffee	10
1	Banana	2
1/2 cup	Diet jello	26
2 cups	Green leaf lettuce	32
3 ounces	Roasted chicken breast	64
6	Cherry tomatoes	6
6	Slices cucumber	1
1 tablespoon	Low calorie Russian dressing	141
1 cup	Sweet potato	53
1	Orange	3
1 cup	Rice	2
2 spears	Broccoli	30
1 ear	Corn on the cob (frozen)	3
6 ounces	Yellowfin tuna	20
1	French dinner roll	230
1 ounce	Dry roasted peanuts (no salt)	2
Total		1453

Turn to page 22.

Question/Topic	Script	Reminder/Activity	Page #
<p>Action Plan exercise:</p> <p>(Put your name here) _____</p> <p>Low Sodium Diet Action Plan for the Week</p> <p>Step 4: I may have trouble because _____ so I will _____.</p> <p>Step 3: I will need _____</p> <p>Step 2: (When & How) _____ _____</p> <p>Step 1: I will _____.</p>	<p>Goal: Daily checking of _____.</p> 	<ul style="list-style-type: none"> ○ Have participants identify a skill they would like to practice until the next lesson. ○ Allow participants to decide as much as possible how to fill in the sentences in each Step. ○ Guide participants in the right direction if they are unable to do so. ○ Remember this is an exercise on problem-solving and skill acquisition. The participants are more likely to perform the behavior if they selected it and decided what to do by themselves. ○ Emphasize again how simple the process is when we focus on one behavior at a time. ○ Important: Remind participants that they still need to follow any treatment plan their doctor prescribed. This action plan is simply to help in areas they may need help. 	22

Question/Topic	Script	Reminder/Activity	Page #
Behavioral Contracting	<p>We are almost done. One final thing I would like to do with you before we end is go over your learning agreement.</p> <p>I, _____, have just completed <i>ha‘awina ‘ekolu</i> (the third lesson) of the <i>Ola Hou i ka Hula Program</i>. I learned what sodium is and how to eat less of it in my diet.</p> <p>I have completed my Low Sodium Diet Action Plan for the week. In addition to following my other action plans, I will also practice _____ everyday. I myself have chosen the skill I will practice.</p> <p>I am committed to better controlling my heart failure so that I can live better and stronger for myself and my ‘ohana.</p> <p>_____ Date: _____ Your Signature</p> <p>_____ Date: _____ Nurse Educator</p>	<ul style="list-style-type: none"> ○ Behavioral contracting has been shown to improve compliance. ○ This is for the participants and the participants have a right to refuse to sign this agreement, but remain in the program if they so desire. ○ Don’t force the participants to sign, but do encourage and restate its purpose. 	22

Question/Topic	Script	Reminder/Activity	Page #
Final Words	<p><i>Mahalo nui</i> for allowing me to share our hypertension program with you and your 'ohana.</p> <p>I look forward to seeing you again. If anything changes or if you have any questions, you can call me at _____ Monday through Friday from 8:00am to 4:00pm.</p>	<ul style="list-style-type: none"> ○ Ask participants if they would like to close with a <i>pule</i>. ○ Be sure that participants have a full copy of the Participant Workbook and handouts before leaving. 	N/A