

# Key Phrases to Use When Reporting or Discussing BLT Activity

## Examples of Good Phrases

### Nutrition and Food Safety

- ✓ Healthy eating
- ✓ MyPlate
- ✓ Increase consumption of water
- ✓ Reduce consumption of sugary beverages
- ✓ Limit sodium
- ✓ Limit trans and saturated fat
- ✓ Manage calorie consumption
- ✓ Portion control/serving sizes
- ✓ Promote and maintain healthy weight management
- ✓ Nutrition for the prevention of disease
- ✓ Reading the Nutrition Fact label
- ✓ Nutrition for parents
- ✓ Encouraging kids/picky eaters to eat healthy food
- ✓ Hand washing to prevent contamination
- ✓ Washing fruits and vegetables for safe food handling
- ✓ Promoting safe food storage
- ✓ Safe grilling
- ✓ Seafood safety and preparation
- ✓ Storing and using \_\_\_\_
- ✓ Buying meats or different cuts of meat

### Physical Activity

- ✓ Encourages being physically active
- ✓ Promotes weight management
- ✓ Promotes healthy weight
- ✓ Lowers the risk of chronic disease
- ✓ Decreases sedentary lifestyle

### Food Resource Management

- ✓ Stretching food dollars
- ✓ Thrifty meal planning
- ✓ Reducing food waste

### Gardening

- ✓ Increases access to fruits and vegetables
- ✓ Increases food accessibility
- ✓ Helps eliminate food deserts
- ✓ Encourages a healthier diet
- ✓ Increases physical activity by working in the garden
- ✓ Preserves the harvest to reduce food waste
- ✓ Safe food preservation
- ✓ Promotes safe food handling by washing fruits and vegetables
- ✓ Helps reduce food insecurity

## Use Caution with These Phrases

- Chronic disease prevention: Can use if explanation of a healthy diet and physical activity are taught to reduce the risk of certain cancers and heart disease
- Cancer prevention: Can use if explanation of a healthy diet and physical activity are taught to reduce the risk
- Food challenge events
- Food and nutrition quiz bowl
- Food show
- Organic food/organic gardening

A good guide to follow:

- Ask yourself if the topic and materials used would be easily accessible (convenient and cost effective) to BLT target audiences
- No reference to medical interventions can be taught

## Say NO to These Phrases

- Diet therapy
- Weight loss or lose weight
- Diabetes education
- Lower blood pressure
- Lower cholesterol
- Skin cancer
- Medication management
- Flu prevention
- Master of memory
- Improve balance/joint mobility
- Fall prevention
- Parenting
- Health screening
- Financial management