



## TBH “EAT THIS, NOT THAT” GAME TRAINER GUIDE

**Directions:** Break class into 2 teams. Give the first team a prompt from the left column below, which are foods NOT found in the MIND diet. Give the team 1 minute to come up with an “Eat This” substitute that meets the MIND diet guidelines. If a team cannot provide an acceptable alternative food turn the question over to the 2<sup>nd</sup> team. Alternate the questions between the teams for as long as time allows.

<b>“NOT THAT” Game Prompts</b>	<b>“EAT THIS” Acceptable Responses</b>  <i>Note: Teams can approximate these answers, they do not need to be exactly these choices</i>
Strip steak in garlic butter sauce with cheesy-bacon mashed potatoes	Any lean protein source (chicken, fish, tofu), a healthy vegetable, whole grain starch or sweet potato, yam. No cheese or dairy product
Strawberry cheesecake with whipped cream	A fruit dessert with little sugar and no dairy product
Pepperoni pizza with mushrooms and olives, Caesar salad with extra dressing	A whole grain crust choice of pizza with minimal or no cheese, with vegetable toppings. Simple green salad with vinaigrette-based dressing, no cheese.
Beef tacos with sour cream, shredded cheese, guacamole, fried peppers and onions; Lime margaritas.	Tacos with lean protein source, such as chicken, fish or pork. Toppings that are primarily vegetables, minimal or no cheese or dairy product. Wine.
Fried chicken, cole slaw, French fries, soda	Grilled or baked chicken, green salad or vegetable, sweet potato or another whole grain, water, unsweetened tea.
Cheese omelet, hash browns, beef sausage, white toast with butter and jam, coffee with cream	Eggs prepared without cheese, lean protein sausage (chicken, turkey), whole grain toast with unsweetened fruit spread, coffee with skim milk
Cheese ravioli in creamy Alfredo sauce, broccoli sautéed in butter and garlic, tomato and mozzarella salad	Whole grain pasta with tomato-based sauce and vegetables, broccoli sautéed in olive oil and garlic, simple green salad or tomato salad, no dairy products
Buffalo chicken wings, ranch dressing, celery, cheesy nachos, potato chips and sour cream-onion dip	Grilled or baked chicken wings with a vegetable-based dressing, no dairy product, celery, baked whole grain tortilla chips and salsa, baked potato or sweet potato or vegetable chips and hummus or other vegetable-based dip.