

resiliency

strength

balance

mindful

You can do it!

gratitude

nourish

movement

awareness



Medically Supervised Weight Management Program:

Partial Meal Replacement Plan

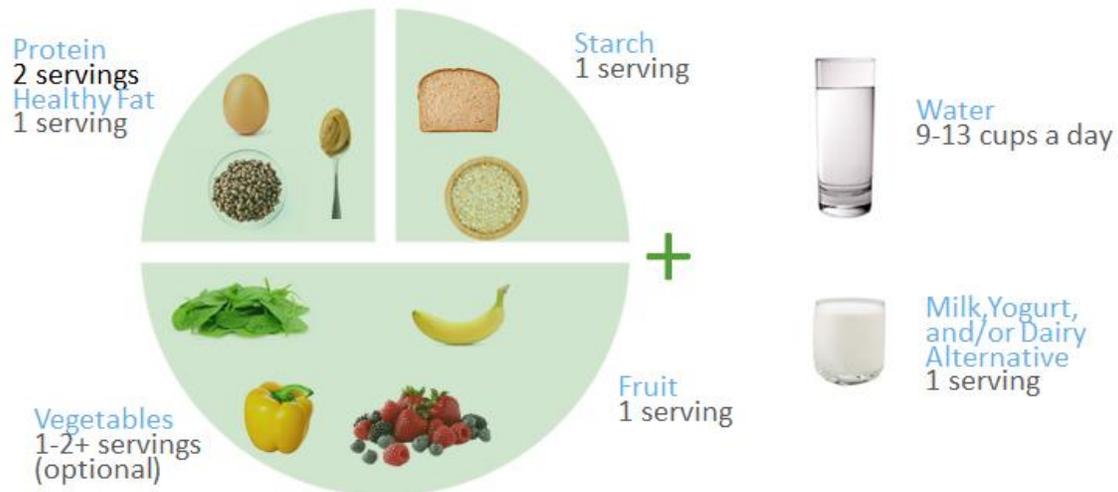
POSITIVE CHOICE
INTEGRATIVE
WELLNESS CENTER



Food Plan

PARTIAL Meal Replacement Breakfast (Weeks One & Maintenance)

Use this plan when you're starting the program or when transitioning off meal replacements.



PARTIAL Meal Replacement Lunch and Dinner (Week One and Maintenance)

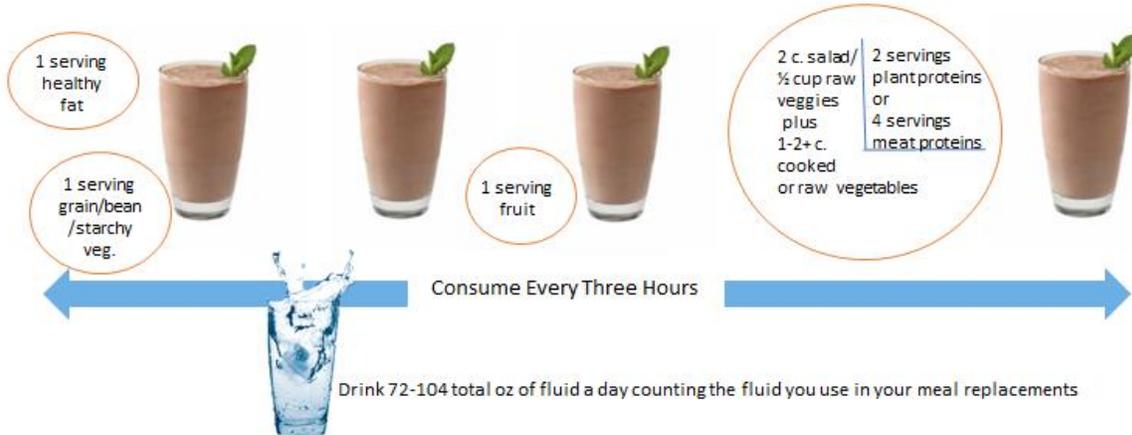
Use this plan when you're starting the program or when you're transitioning off the product.



PARTIAL Meal Replacement Weight Loss Food Plan

Typically, Weeks 2-14

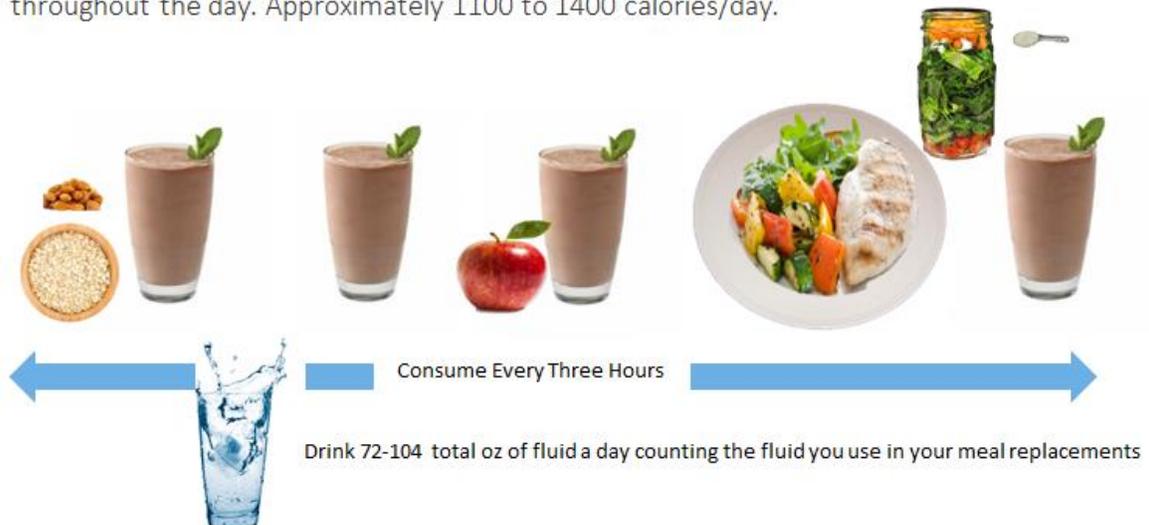
4 NUMETRA™ meal replacements combined with 400 to 600 calories of food spaced throughout the day. Approximately 1100 to 1400 calories/day.



PARTIAL Meal Replacement

(Typically, Weeks 2-14)

Four NUMETRA™ meal replacements combined with 400 to 600 calories of food spaced throughout the day. Approximately 1100 to 1400 calories/day.



Partial Meal Replacement **PLANT-BASED** Food Plans

Food Group	Week 1 Full Food	Weeks 2- 14	Weeks 14-15	Weeks 15-16	Weeks 16-17	Full Food
Meal Replacements (MR)	0	4	3	2	1	0
Plant-Based Proteins	4	2	3	4	4	4
Vegetables	5+	2	3+	4+	5+	5+
Green Leafy Salad	2 cups salad ½ c veggies (non-starchy) 16 cal dressing	2 cups salad ½ c veggies (non-starchy) 16 cal dressing	2 cups salad ½ c veggies (non-starchy) 16 cal dressing	2 cups salad ½ c veggies (non-starchy) 16 cal dressing	2 cups salad ½ c veggies (non-starchy) 16 cal dressing	2 cups salad ½ c veggies (non-starchy) 16 cal dressing
Grains, Starchy Veg.	2	1	1	1	2	2
Fruits	2-3	1	2	2	2	2-3
Healthy Fats	6	1	2	4	4	6
Dairy Alternative	1-2	0	0	1	1-2	1-2
Vitamin/Mineral	Recommended		Recommended	Recommended	Recommended	Recommended
Calories	1205-1355	1120	1155	1250	1100-1190	1205-1355

Drink 72-104 total oz of fluid a day counting the fluid you use in your MR

Partial Meal Replacement **NON-Plant-Based** Food Plans

Meal Replacement & Food Group	Week 1 Full Food	Weeks 2- 14	Weeks 14-15	Weeks 15-16	Weeks 16-17	Full Food
Meal Replacement (MR)	0	4	3	2	1	0
Proteins: Lean	12 oz	4 oz	8 oz	10 oz	12 oz	12 oz
Vegetables	5+	2	3+	4+	5+	5+
Dark green leafy Salad	2 cups salad ½ c veggies (non-starchy) 16 cal. dressing	2 cups salad ½ c veggies (non-starchy) 16 cal. dressing	2 cups salad ½ c veggies (non-starchy) 16 cal. dressing	2 cups salad ½ c veggies (non-starchy) 16 cal. dressing	2 cups salad ½ c veggies (non-starchy) 16 cal. dressing	2 cups salad ½ c veggies (non-starchy) 16 cal. dressing
Grains/Beans/ Starchy Vegetables	2-3	1	1	2	2	2-3
Fruits	2-3	1	2	2	2	2-3
Healthy Fats	4	1	2	3	4	4
Milk/Soy milk/Yogurt	1-2	0	0	0	1	1-2
Vitamin/Mineral	Recommended			Recommended	Recommended	Recommended
Calories	1230-1460	1105	1230	1285	1250	1230-1460

Drink 72-104 total oz of fluid a day counting the fluid you use in your MR

Partial Meal Replacement Program / Plant-Based Daily Meal Guide

Full Food

Space Meals and Snacks Every 4 Hours				
Meal Timing Example:	7:30	11:30	4:30	7:30
Weeks 1 and 18 (before and after meal replacements) Calories 1205-1355	2 plant-based proteins 1 fruit 1 grain/starchy veg. 1 healthy fat 1 milk alternative	1 plant-based protein 2 cups salad 1 vegetable 1 grain 2 healthy fat	1 plant-based protein 2+ cups vegetables 2 healthy fat	1 milk alternative 1 healthy fat

Food with Partial Meal Replacements/ Plant-Based Daily Meal Guide

Space Meals and Snacks Every 3 Hours					
Meal Timing Example:	7:30	10:30	1:30	4:30	7:30
Weeks 2-14 Calories 1120	MEAL REPLACEMENT 1 grain/starchy veg. 1 healthy fat	MEAL REPLACEMENT	MEAL REPLACEMENT 1 fruit	2 plant-based proteins 2 cups salad 2 cups cooked vegetables	MEAL REPLACEMENT
Weeks 14-15 Calories 1155	2 plant-based protein 1 fruit 1 grain/starchy veg. 1 healthy fat	MEAL REPLACEMENT	1 plant-based protein 2 cups salad 2 oz. protein 1 healthy fat	MEAL REPLACEMENT 2 cups cooked vegetables 1 fruit	MEAL REPLACEMENT
Weeks 15-16 Calories 1250	1 plant-based protein 1 grain/starchy veg. 1 fruit 1 milk alternative 1 healthy fat	MEAL REPLACEMENT	1 plant-based protein 2 cups salad 1 healthy fat	1 plant-based protein 2 cups cooked vegetables 2 healthy fat	MEAL REPLACEMENT
Space Meals and Snacks Every 4 Hours					
Meal Timing Example:	7:30	11:30	4:30	7:30	
Weeks 16-17 Calories 1100-1190	2 plant-based proteins 1 fruit 1 healthy fat 1 milk alternative	1 plant-based protein 1 grain/starchy veg. 2 cups salad 1 healthy fat	1 plant-based protein 2+ cups vegetables 2 healthy fats	MEAL REPLACEMENT 1 fruit	

Partial Meal Replacement Program / NON-Plant-Based Daily Meal Guide

Full Food

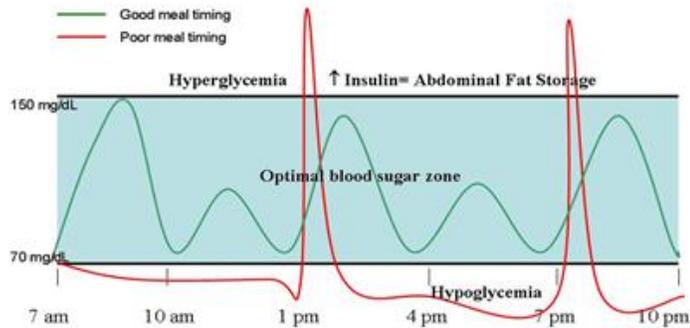
Space Meals and Snacks Every 4 Hours				
Meal Timing Example:	7:30	11:30	4:30	7:30
Weeks 1 and 18 (before and after meal replacements) Calories 1230-1460	2 oz. proteins 1 fruit 1 grain/starchy veg. 1 healthy fat 1 milk/milk alternative	4 oz. protein 2 cups salad 1 vegetable 1 grain 2 healthy fat	4 oz. protein 2+ cups vegetables 2 healthy fat	2 oz. protein 1 milk/milk alternative 1 healthy fat

Food with Partial Meal Replacements/ NON-Plant-Based Daily Meal Guide

Space Meals and Snacks Every 3 Hours					
Meal Timing Example:	7:30	10:30	1:30	4:30	7:30
Weeks 2-14 Calories 1105	MEAL REPLACEMENT 1 grain/starchy veg. 1 healthy fat	MEAL REPLACEMENT	MEAL REPLACEMENT 1 fruit	4 oz. protein 2 cups salad 2 cups cooked vegetables	MEAL REPLACEMENT
Weeks 14-15 Calories 1230	2 oz. protein 1 fruit 1 grain/starchy veg. 1 healthy fat	MEAL REPLACEMENT	3 oz. protein 2 cups salad 2 oz. protein 1 healthy fat	MEAL REPLACEMENT 3 oz. protein 2 cups cooked vegetables	MEAL REPLACEMENT
Weeks 15-16 Calories 1285	2 oz. protein 1 grain/starchy veg. 1 fruit 1 healthy fat	MEAL REPLACEMENT	4 oz. protein 2 cups salad 1 grain/starchy veg. 1 fruit 1 healthy fat	4 oz. protein 2 cups cooked vegetables 2 healthy fat	MEAL REPLACEMENT
Space Meals and Snacks Every 4 Hours					
Meal Timing Example:	7:30	11:30	4:30	7:30	
Weeks 16-17 Calories 1250	2 oz. proteins 1 grain/starchy veg. 1 fruit 1 healthy fat 1 milk/milk alternative	4 oz. protein 1 grain/starchy veg. 2 cups salad 1 vegetable 1 healthy fat	4 oz. proteins 2+ cups vegetables 1 grain/starchy veg. 2 healthy fats	MEAL REPLACEMENT 2 proteins or plant-based proteins 1 fruit	

Consume Your Foods and Beverages at the Right Times ...

The Importance of Meal Timing



PARTIAL Meal Replacement (Typically, Weeks 14-15)

Plant - Based			Non-Plant-Based		
Product/Food	Servings			Servings	Product/Food
Meal Replacements	3	Quinoa, Fruit, & Nuts	7:30 am	3	Meal Replacements
Plant-Based Proteins	3		10:30 am	8 oz	Proteins: Lean
Vegetables	3+			3+	Vegetables
Green Leafy Salad	2 c. lettuce + ½ c raw veggies (non-starchy) 20 cal. dressing	Beans, Salsa, Salad, and Dressing	1:30 pm	2 c. lettuce + ½ c raw veggies (non-starchy) 20 cal. dressing	Green Leafy Salad
Grains, Beans, Starchy Vegetables	1			1	Grains, Beans Starchy Vegetables
Fruits	2	Vegetables And Fruit	4:30 pm	2	Fruits
Healthy Fats	2			2	Healthy Fats
Milk Alternative	0			0	Milk/Milk Alternative
Vitamin/Mineral	recommended			recommended	Vitamin/Mineral
Calories	1155		7:30 pm	1230	Calories

PARTIAL Meal Replacement (Transition 1, typically Weeks 15-16)

Plant - Based				Non-Plant-Based		
Product/Food	Servings			Servings	Product/Food	
Meal Replacements	2	Milk Alternative, Quinoa, Fruit, & Nuts	7:30 am	Oatmeal, Cottage Cheese, Fruit, & Nuts	2	Meal Replacements
Plant-Based Proteins	4		10:30 am		10 oz	Proteins: Lean
Vegetables	4+				4+	Vegetables
Green Leafy Salad	2 cups salad ½ c veggies (non-starchy) 16 cal. dressing	Beans, Salsa, Fruit, Salad, and Dressing	1:30 pm	Fish, Fruit, Avocado, Salad, and Dressing	2 cups salad ½ c veggies (non-starchy) 16 cal. dressing	Green Leafy Salad
Grains, Beans, Starchy Vegetables	1				2	Grains, Beans Starchy Vegetables
Fruits	2		4:30 pm		2	Fruits
Healthy Fats	4	Tempeh, Avocado and Vegetables		Chicken, Yam, Asparagus and Vegetables	3	Healthy Fats
Milk Alternative	1				0	Milk/Milk Alternative
Vitamin/Mineral	Recommended		7:30 pm		Recommended	Vitamin/Mineral
Calories	1250				1285	Calories

PARTIAL Meal Replacement (Transition 2, typically Weeks 16-17)

Plant - Based				Non-Plant-Based		
Product/Food	Servings			Servings	Product/Food	
Meal Replacements	1	Oat milk, Quinoa, Fruit, and Nuts	7:30 am	Milk, Oatmeal, Cottage Cheese, Fruit, and Nuts	1	Meal Replacements
Plant-Based Proteins	4				12 oz	Proteins: Lean
Vegetables	5+				5+	Vegetables
Green Leafy Salad	2 cups salad ½ c veggies (non-starchy) 16 cal dressing	Beans, Rice, Salsa, Fruit, Avocado, Salad, and Dressing	11:30 pm	Tuna Sandwich, Fruit, Salad, and Dressing	2 cups salad ½ c veggies (non-starchy) 16 cal dressing	Green Leafy Salad
Grains, Beans, Starchy Vegetables	2				2	Grains, Beans Starchy Vegetables
Fruits	2		4:30 pm		2	Fruits
Healthy Fats	4	Tempeh, Sesame Seeds, and Vegetables		Chicken, Yam, Asparagus and Vegetables	4	Healthy Fats
Milk Alternative	1				1	Milk/Milk Alternative
Vitamin/Mineral	recommended		7:30 pm		recommended	Vitamin/Mineral
Calories	1100-1190				1250	Calories

PARTIAL Meal Replacement (Transition to all food, (typically Week 18) and Maintenance)

Plant - Based				Non-Plant-Based		
Product/Food	Servings	Oatmeal, Quinoa, Fruit, Nuts and Milk Alternative	7:30 am	Oatmeal, Cottage Cheese, Fruit, Nuts and Milk	Servings	Product/Food
Meal Replacements	0				0	Meal Replacements
Plant-Based Proteins	4				12	Proteins: Lean
Vegetables	5			Eggs, Bread, Salad, and Dressing	5	Vegetables
Green Leafy Salad	2 c. + 1/2 c veggie + 16 cal dressing	Beans, Salsa, Avocado, Fruit, Salad, and Dressing	11:30 am		2 c. + 1/2 c veggie + 16 cal dressing	Green Leafy Salad
Grains, Beans, Starchy Vegetables	2				2-3	Grains, Beans Starchy Vegetables
Fruits	2-3	Seitan, Vegetables and Seeds	4:30 pm	Chicken, Yam and Vegetables	2-3	Fruits
Healthy Fats	6				4	Healthy Fats
Milk Alternative	1-2				1-2	Milk/Milk Alternative
Vitamin/Mineral	recommended	Yogurt Alternative, Fruit, Nuts	7:30 pm	Yogurt, Fruit	recommended	Vitamin/Mineral
Calories	1205-1355				1230-1460	Calories

Support Group for Preparing for Eating (PFE's)

Adding food back into your life after losing weight using meal replacements can be a bit scary. You've lost weight limiting food and the idea of adding food back can spark fears of losing control or gaining weight. PFE's (or Preparing for Eating) is carefully designed to add food back in a way that maximizes weight loss and minimizes hunger while limiting for a short time your food choices to help avoid over-stimulation.

You can do this...and we are here to help!

Virtual PFE Support Group Tuesdays 6-6:30 pm

A Registered Dietitian answers questions and helps you through each phase. Simply click-in at 6 on any Tuesday (except holidays) using the below link (no scheduling needed).

<https://us.bbcollab.com/collab/ui/session/guest/1c18dd6ccce444e984716303599f9627>

Food Lists

Lean Protein Foods

Animal-Based
 1 serving is approximately 45 calories
 7 grams protein per serving

- 1 oz. Beef – Sirloin, Flank or Round, Trimmed
- 1 oz. no skin Chicken Breast
- ¼ cup Cottage Cheese
- 1 Egg
- 3 Egg Whites, 3 = 1 oz.
- 1 oz. Fish, Wild – all kinds
- 1 oz. Pork Loin
- 1 oz. Turkey Breast



Palm of an average size hand is about 3 ounces

Plant-Based Proteins
 1 serving is approximately 85 calories
 (foods are listed from lowest to highest in carbohydrates, protein amount per serving is listed next to the food)

- 1/2 cup Tofu (10 g. protein)
- 0.5 oz. Nuts – almonds, brazil nuts, cashews, hazelnuts, macadamia nuts, peanuts, pecans, pine nuts, pistachios, walnuts (3 g. protein)
- 1/4 cup Seitan (16 g. protein)
- 1/4 cup Tempeh (10 g. protein)
- 1.5 Tbsp. Seeds – chia seeds, flax seeds, pumpkin seeds, sesame seeds, sunflower seeds (1-3 g. protein)
- 1/3 cup Soybeans (9 g. protein)
- 3 Tbsp. Nutritional Yeast (12 g. protein)
- 1/3 cup Lentils (5 g. protein)
- 1/3 cup Quinoa (3 g. protein)
- 1/3 cup Beans – black beans, garbanzo beans, kidney beans, lima beans, navy beans, pinto beans (4 g. protein)
- 1/3 cup Split Peas (5 g. protein)



Vegetables

1 serving = ½ cup cooked or 1 cup raw = approx. 25 calories

Artichoke	Water Chestnuts
Asparagus	Okra
Bamboo shoots	Onions
Beans (wax, green)	Pea Pods
Beets	Peppers, all kinds
Bell Pepper, all colors	Radishes
Carrot	Seaweed, cooked
Celery	Spinach
Cucumber	Summer Squash (zucchini, yellow)
Eggplant	*Tomatoes
Jicama	*Broccoli
Kohlrabi	*Brussels Sprouts
Leeks	*Cabbage
Lettuce all varieties, (romaine, butter, etc.)	*Greens: (bok choy, collards, kale, spinach, etc.)
Mung bean sprouts	*Cauliflower
Mushrooms	*These vegetables may cause excess gas and indigestion. If you have a problem, switch to the other vegetable choices until your body adjusts. Also, cooked vegetables may be better tolerated than raw vegetables.
Turnips	



The front of your closed fist is about 1/2 cup

Salad Dressing: Use salad dressings that are fat-free and approximately 16 calories or less per tbsp or you can use lemon juice, lime juice, balsamic vinegar, unseasoned rice vinegar, or other vinegars.



Grains/Beans/Starchy Vegetables

Grains/Beans/Starchy Vegetables 1 serving = approx. 80 calories	
Barley, ½ c. cooked	Quinoa, ½ c. cooked
Beans, ½ c. cooked	Squash, winter (acorn, butternut), ½ c. cooked
Cereal (Fiber >5 g. per serving), ½ c.	**Couscous, cooked, ½ c.
Corn, ½ c. cooked	**Oats, cooked, ½ c.
Grits, ½ c. cooked	**Pasta, ½ c. cooked
Lentils, 1/3 c. cooked	**Pita, ½ of 6-inch round
Millet, cooked, ½ c.	**Rice, ½ c. cooked
Polenta, ½ c. cooked	**Rye bread, 1 slice
Popcorn, air popped, 3 c.	**Tortillas, 1, 6-inch round
Potato, ½ c. cooked	**Whole wheat bread, 1 slice
Wild rice, cooked, ½ c. cooked	** Choose whole wheat or whole grain. Strive to get around 80 calories and 5 g fiber per serving. Read labels for accuracy.
Yam, ½ c. cooked	
Split Peas, ½ c. cooked	



Fruits

Fruits 1 Serving (4-6 oz.) = approx. 60 calories	
Apple, 1 small (tennis ball size)	Melon, 1 c., (watermelon, cantaloupe, etc.)
Apricots, 3	Orange, 1 medium
Banana, 1 small (4-6 in)	Nectarine, 1 medium
Berries, 1 c.	Peach, 1 medium
Grapefruit, ½	Pear, 1 medium
Grapes, 15	Pineapple, 1 c.
Kiwi, 3	Plums, 2



Fat List

Healthy Fats 1 Serving = approx. 45 calories and 5 g fat

Avocado, ½ whole

Nuts, .25 oz. (almonds, brazil nuts, cashews, hazelnuts, macadamia nuts, peanuts, pecans, pine nuts, pistachios, walnuts)

Oil, 1 tsp. (avocado oil, olive oil)

Olives, 8 to 10 small

Seeds, 1 Tbsp. (chia seeds, flax seeds, pumpkin seeds, sesame seeds, sunflower seeds)

WHAT DOES 100 CALORIES OF NUTS LOOK LIKE?



Milk and Milk Alternatives List

Milk and Milk Alternatives

1 Serving = approx. 90 calories

Hemp Milk, 1 cup

Nut Milks, 1 cup (almond milk, cashew milk, walnut milk), 1 c.

Milk, 1 cup

Oat Milk, 1 cup

Soy milk, 1 cup

Yogurt/Plant-based Yogurt, Approximately 6 oz.

Oat milk, nut milk, flax milk...less than 120 calories and less than 10 g. sugar per serving.

Combined Food Lists

Plant Proteins	Lean Protein (or Meat)	Vegetables
1 serving is approx. 85 calories	1 oz. serving is approx. 45 calories	1 serving, ½ cup cooked or 1 cup raw = approx. 25 calories
1/2 cup Tofu 1/2 oz. *Nuts 1/4 cup Seitan 1/4 cup Tempeh 1.5 Tbsp. **Seeds 1/3 cup Soybeans 3 Tbsp. Nutritional Yeast 1/3 cup Lentils 1/3 cup Quinoa 1/3 cup ***Beans 1/3 cup ****Peas *Nuts – almonds, brazil nuts, cashews, hazelnuts, macadamia nuts, peanuts, pecans, pine nuts, pistachios, walnuts **Seeds – chia seeds, flax seeds, pumpkin seeds, sesame seeds, sunflower seeds ***Beans - black beans, garbanzo beans, kidney beans, lima beans, navy beans, pinto beans	Beef – Sirloin, Flank or Round, Trimmed Chicken Breast Cottage Cheese, ¼ c = 1 oz. Egg, 1 = 1 oz. Egg Whites, 3 = 1 oz. Fish, Wild – all kinds Pork Loin Turkey Breast	Artichoke Asparagus Beans (wax, green) Beets Bell Pepper, all colors *Broccoli *Brussels Sprouts Carrot *Cauliflower Celery Cucumber Eggplant *Greens: (bok choy, collards, kale, spinach, etc.) Lettuce, all varieties Mushrooms Onions Spinach Summer Squash (zucchini, yellow) *Tomatoes Turnips *These vegetables may cause excess gas and indigestion. If you have a problem, switch to the other vegetable choices until your body adjusts. Also, cooked vegetables may be better tolerated than raw vegetables.
Milk and Milk Alternatives	Grains/Beans/Starchy Vegetables	Fruits
1 Serving = approx. 90 calories	1 serving = approx. 80 calories	1 Serving (4-6 oz.) = approx. 60 calories
Hemp Milk, 1 c Nut Milks (almond milk, cashew milk, walnut milk), 1 c Milk, 1 c Oat Milk, 1 c Soymilk, 1 c Yogurt/ Plant-based Yogurt, 6 oz. (oat milk, nut milk, flax milk) (less than 120 calories and less than 10 g. sugar per serving)	Barley, ½ c. cooked Beans, ½ c. cooked Cereal (Fiber >5 g. per serving), ½ c. Corn, ½ c. cooked **Couscous, cooked, ½ Grits, ½ c. cooked Lentils, 1/3 c. cooked Millet, cooked, ½ c. **Oats, cooked, ½ c. **Pasta, ½ c. cooked **Pita, ½ of 6-inch round Polenta, ½ c. cooked Potato, ½ c. cooked Quinoa, ½ c. cooked **Rice, ½ c. cooked **Rye bread, 1 slice Split Peas, ½ c. cooked Squash, winter (acorn, butternut), ½ c. cooked **Tortillas, 1, 6-inch round **Whole wheat bread, 1 slice Wild rice, cooked, ½ c. cooked Yam, ½ c. cooked ** Choose whole wheat or whole grain. Strive to get around 80 calories and 5 g fiber per serving.	Apple, 1 small (tennis ball size) Apricots, 3 Banana, 1 small (4-6 in) Berries, 1 c. Grapefruit, ½ Grapes, 15 Kiwi, 3 Melon, 1 c., (watermelon, cantaloupe, etc.) Orange, 1 medium Nectarine, 1 medium Peach, 1 medium Pear, 1 medium Pineapple, 1 c. Plums, 2
		Healthy Fats
		1 Serving = approx. 45 calories and 5 g fat
		Avocado, ½ whole 25 oz. Nuts (almonds, brazil nuts, cashews, hazelnuts, macadamia nuts, peanuts, pecans, pine nuts, pistachios, walnuts) Oil, 1 tsp., (avocado oil, olive oil) Olives, 8 to 10 small 1 Tbsp. Seeds (chia seeds, flax seeds, pumpkin seeds, sesame seeds, sunflower seeds)

Exercise Plans

Exercises for Weight Loss

- Cardiovascular
- Strength
- Flexibility

Why Exercise? Exercising on Partial Meal Replacement builds healthy habits and aids in weight maintenance after the PMR program.

Use the Workout Plan to start and progress into a regular exercise schedule. The plan starts at 2.5 hours a week and builds to 5 hours a week over 18 weeks (about 4 months).

18-week Workout Plan

Goal = 2.5-5 Hours (150-300 Minutes) each Week

WK	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Time	Done!
1	ST 20	CVM 30 MNS	CVL 50 MNS	AR	CVM 30 MNS	ST 20	AR	150 MINS	
2	ST 20	CVM 30 MNS	CVL 50 MNS	AR	CVM 30 MNS	ST 20	AR	150 MINS	
3	ST 20	CVM 45 MNS	CVL 50 MNS	AR	CVM 35 MNS	ST 20	AR	170 MINS	
4	ST 20	CVM 45 MNS	CVL 50 MNS	AR	CVM 35 MNS	ST 20	AR	170 MINS	
5	ST 20	CVM 50 MNS	CVL 60 MNS	AR	CVM 40 MNS	ST 20	AR	190 MINS	
6	ST 20	CVM 50 MNS	CVL 60 MNS	AR	CVM 40 MNS	ST 20	AR	190 MINS	
7	ST 20	CVM 50 MNS	CVL 60 MNS	AR	CVM 45 MNS	ST 20 CVM 25	AR	220 MINS	
8	ST 20	CVM 50 MNS	CVL 60 MNS	AR	CVM 45 MNS	ST 20 CVM 25	AR	220 MINS	
9	ST 20	CVM 50 MNS	CVL 60 MNS	CVH 20 MINS	CVM 45 MNS	ST 20 CVM 25	AR	240 MINS	
10	ST 20	CVM 50 MNS	CVL 60 MNS	CVH 20 MINS	CVM 45 MNS	ST 20 CVM 25	AR	240 MINS	
11	ST 20	CVM 55 MNS	CVL 60 MNS	CVH 40 MINS	CVM 45 MNS	ST 20 CVM 30	AR	270 MINS	
12	ST 20	CVM 55 MNS	CVL 60 MNS	CVH 40 MINS	CVM 45 MNS	ST 20 CVM 30	AR	270 MINS	
13	ST 20	CVM 55 MNS	CVL 65 MNS	CVH 40 MINS	CVM 45 MNS	ST 20 CVM 35	AR	280 MINS	
14	ST 20	CVM 55 MNS	CVL 65 MNS	CVH 40 MINS	CVM 45 MNS	ST 20 CVM 35	AR	280 MINS	
15	ST 20	CVM 55 MNS	CVL 70 MNS	CVH 40 MINS	CVM 45 MNS	ST 20 CVM 40	AR	290 MINS	
16	ST 20	CVM 55 MNS	CVL 70 MNS	CVH 40 MINS	CVM 45 MNS	ST 20 CVM 40	AR	290 MINS	
17	ST 20	CVM 55 MNS	CVL 70 MNS	CVH 50 MINS	CVM 45 MNS	ST 20 CVM 40	AR	300 MINS	
18	ST 20	CVM 55 MNS	CVL 70 MNS	CVH 50 MINS	CVM 45 MNS	ST 20 CVM 40	AR	300 MINS	

Welcome Packet: 18-week Exercise Plan



Cardiovascular Exercise: activities that elevate heart rate for the duration of the workout. Try brisk walking, jogging, cycling, swimming, hiking, elliptical and/or playing sports.

CVL: Cardiovascular Long Easy — Keep your intensity in the conversational zone throughout the workout, or about a 5-6 on a scale of 1-10. You should not be able to sing.

CVM: Cardiovascular Moderate — Aim Your intensity at a 6-7 on a scale of 1-10. You're should feel your pushing it but can sustain the effort for a prolonged period.

CVH: Cardiovascular Hard — After an easy 5 min warm up, push the intensity beyond your comfort zone, or an 8-9 on a scale of 1-10. You can still talk, but with pauses between sentences. The duration will be shorter to account for the higher effort.

ST: Strength Training — Use free weights, resistance bands, machines or bodyweight exercises. Be sure to overload the muscles so you are slightly sore the next day.

AR: Active Recovery — Continue to move more and sit less but take a break from working out.

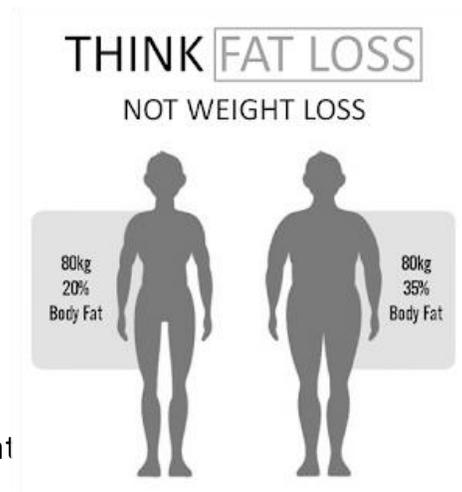
WEIGHT LOSS VERSUS FAT LOSS

Your body stores energy in your muscles, liver and fat cells. On the Partial Meal Replacement Program (PMR) we desire that you lose the energy stored in your fat cells or lose fat weight. Weight loss simply refers to a lower number on a scale. Fat loss is much more complicated than weight loss — it involves a process where the body starts to breakdown fat cells. The only way to burn fat is through proper nutrition and exercise. In some cases, you can lose fat and maintain the same body weight, or even gain weight in the form of muscle. Don't panic if this happens to you. If you're losing inches, you're losing fat weight.

On Partial Meal Replacement eating plan you will be consuming approximately 1100 to 1400 calories, which is a caloric reduction for most people coming into PMR. When calories decrease, your body is forced to find alternative fuel sources to burn energy. Ideally, your body would ONLY burn your stored body fat as an alternative fuel source, however, most often your body burns your muscle tissue, leaving fat tissue alone for survival purposes. Following the 18-week workout plan helps you maintain and build your lean muscle tissue while your body breaks down stored fat.

Fat Loss versus Weight Loss

- **Weight Loss does not always = fat loss & better health.**
- In some cases, you can lose fat and maintain the same body weight, or even gain muscle weight.
- Don't panic if this happens to you.
- **If you're losing inches, you're losing fat weight.**



Fat, Muscle and the Plate Method #1

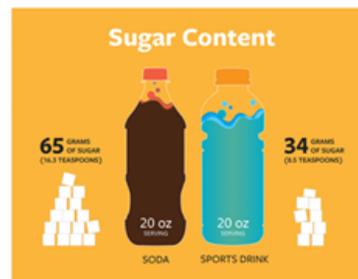
Online Education Videos | Emmi®

- After our session today, Kaiser Permanente members will receive a KP.org email or letter notification with a link to additional health education through an Emmi.
- Emmi's are web-based health education presentations that provide health information in an easy-to-understand format.
- Emmi video can be viewed on a desktop, laptop, tablet, or smartphone.
- Emmi's can be viewed in several different languages.
- You can find more information about our Emmi Online Education on the Positive Choice Bookshelf



An EMMI video on **Nutrition, Healthy Eating, and Sugary Drinks** is coming this week in a KP.org message

How might reducing your consumption of sugary drinks and alcohol improve your health?



Daily Behavior Records

Please have your Daily Behavior Records handy.
We will be referring to them later in the class.



Name: _____ Date: _____

Daily Behavior Record for (circle one): _____

Daily Fitness: _____ M T W Th F Sat Sun

Time of day	Breakfast	Snack	Lunch	Snack	Dinner	Snack
Meal or Snack? (MS)						
Food Eaten						
Portion						
H.R.* (0-3)						
# Min						
Where?						
Situation Doing what else? With whom?						
Thoughts/Feelings?						
What did you learn about why you eat?						
If you need...						

- Please track your eating habits for five consecutive days on the logs provided on the Bookshelf.
- You can record electronically and save the file or print out and fill in by hand. **Please KEEP these records as we sometimes refer to them later in class.**
- You will receive the greatest value from these records if you are specific, detailed, and honest when recording.

ENERGY BALANCE EQUATION

When we use energy, we often feel warmer, such as after eating or while exercising. The energy balance equation consists of the balance between energy intake and energy expenditure. When calories *in* matches calories *out*, you will maintain a stable weight. In general, for weight loss to occur, you need to create an *energy deficit*. Unfortunately, many people resort to drastic measures to achieve a certain number on the scale, forgetting what truly matters — your body's health. While you can achieve energy deficit (and thus weight loss) by either taking in less *or* spending more calories, you are more likely to be successful in the long term if you make lifestyle changes that include taking in less **and** expending more calories. Good nutrition, regular exercise, adequate amount of sleep, and good social connections are all integral parts of a program that can help solve your weight issue indefinitely.

Because exercise requires energy or calories to do the 'work'...how do you think exercise helps in using stored energy (fat) in weight management? Does the intensity of exercise matter?

ENERGY INTAKE

Nutrition Note: A 'calorie' (kilocalorie or 'kcal') is the amount of heat required to raise the temperature of 1 kilogram of water 1 °C. Understanding the calorie density of various foods can help you determine the right portion sizes and help you manage your overall calorie intake. The three macronutrients that make up calories from food are carbohydrates, proteins and fats.

Together they make up your calories *in*. Alcohol is also a source of calories, but it is not considered a vital macronutrient.

WHAT ABOUT ALCOHOL?

Alcohol consumption is associated with increased hunger and reduced inhibition with food intake (as well as other behaviors!) Thus, on your weight loss journey, avoiding or limiting alcohol consumption is a mindful way of managing your calorie intake.

Calories *In* and Absorption. Fast to Slow.

Absorption Rate	Nutrient	kcal/gram	Impact on Satiety	Food Group Examples
Fastest ↓ Slowest	Alcohol	7	✓ Can increase hunger and lower inhibitions around eating	✓ None
	Carbohydrate	4	✓ Complex carbs have fiber and more protein which slow gastric emptying	✓ Fruits and Vegetables ✓ Whole Grains and Cereals ✓ Legumes ✓ Non/Low-Fat Dairy
	Protein	4	✓ Feels substantial and has slower gastric emptying and absorption	✓ Legumes ✓ Non/Low-Fat Dairy ✓ Eggs (whites) ✓ Lean Meat, Poultry, and Seafood
	Fat	9	✓ Slowest gastric emptying and absorption, signals leptin (full)	✓ Nuts, Seeds, Oils ✓ Avocado & Olives

POSITIVE CHOICE INTEGRATIVE WELLNESS CENTER | thrive | San Diego, CA

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CALORIE DENSITY

Fats and alcohol have more calories per gram than carbohydrates and protein. Fat has 9 calories per gram, alcohol has 7 calories per gram and both carbohydrates and protein have 4 calories per gram. The greater the number of calories per gram, the greater number of calories there are packed in a tighter space, or the denser the calories are.

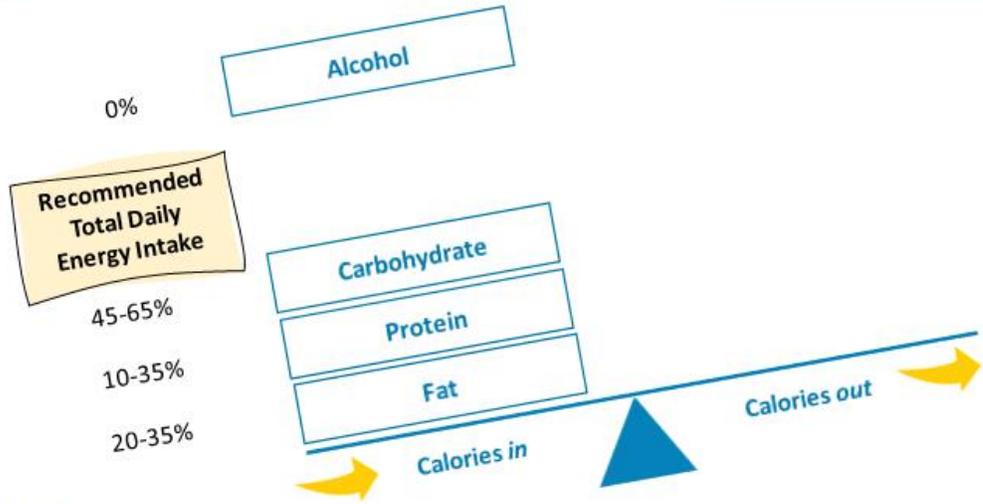
Calorie Needs

- Women 1,200 to 1,400 calories per day
- Men 1,400 to 1,800 calories per day
- Add extra calories with exercise

Food Timing

You can avoid low blood sugar by eating meals or snacks every three to five hours.

Energy Balance: Calories In



POSITIVE CHOICE
INTEGRATIVE
WELLNESS CENTER



Name: _____ Date: _____

Daily Behavior Record for (circle one): _____

Daily Fitness: _____

Time of day	Breakfast		Lunch		Dinner		Sun
	Meal or Snack? (MS)		Meal or Snack? (MS)		Meal or Snack? (MS)		
Food Eaten							
Portion							
H.R.* (0-2)							
# Min.							
Where?							
Situation, Doing what else? With whom?							
Thoughts/Feelings?							
What did you learn about who you eat?							

If you need more writing space, please use the back of this page.
*H.R. = Hunger Rating: 0=no hunger, 1=slightly hungry, 2=hungry, 3=very hungry

Please use your Daily Behavior Records (found in your Welcome Packet) to answer these questions...

- ✓ Considering your hunger ratings, did you eat mostly because you were hungry or for other reasons?

 - ✓ If you ate when you weren't hungry why do you think you ate; out of boredom, depression, anxiety, social pressures, the need for companionship, the need to relieve stress...?

 - ✓ Ideally you want to eat slow enough to allow your body to recognize satiety signals. Did you take 20 minutes or more to eat your meals?

 - ✓ Did you spend most of your time enjoying your food or was it distracted eating in front of a TV or at work?

 - ✓ Moving forward, what behaviors would you like to change?

 - ✓ Describe one new action you will do to begin your change process.
-
-

THE PLATE METHOD

Use the plate method after your Partial Meal Replacement meal plan. It is an amazingly easy and basic strategy to begin with when starting to eat healthfully.

Use a 9-inch plate (large salad plate). Visualize your plate divided into three sections as described below.

- Fill half of your plate with non-starchy above-ground vegetables like broccoli, cauliflower, green beans, cabbage, brussels sprouts, squash, eggplant; or greens such as bok choy, escarole, Swiss chard, kale, collard greens, spinach, dandelion, mustard, or beet greens; or lettuce and mixed greens such as romaine, red and green leaf, endive, spinach, arugula, radicchio, watercress, chicory.
- Vegetables are full of healthy vitamins, minerals, antioxidants, water, and fiber. Vegetables help your stomach feel full without adding a lot of calories to your meal. Think of the vegetable portion as being the centerpiece of the meal, with protein, whole grains, and healthy fats as the condiments or flavor-enhancers for the meal.

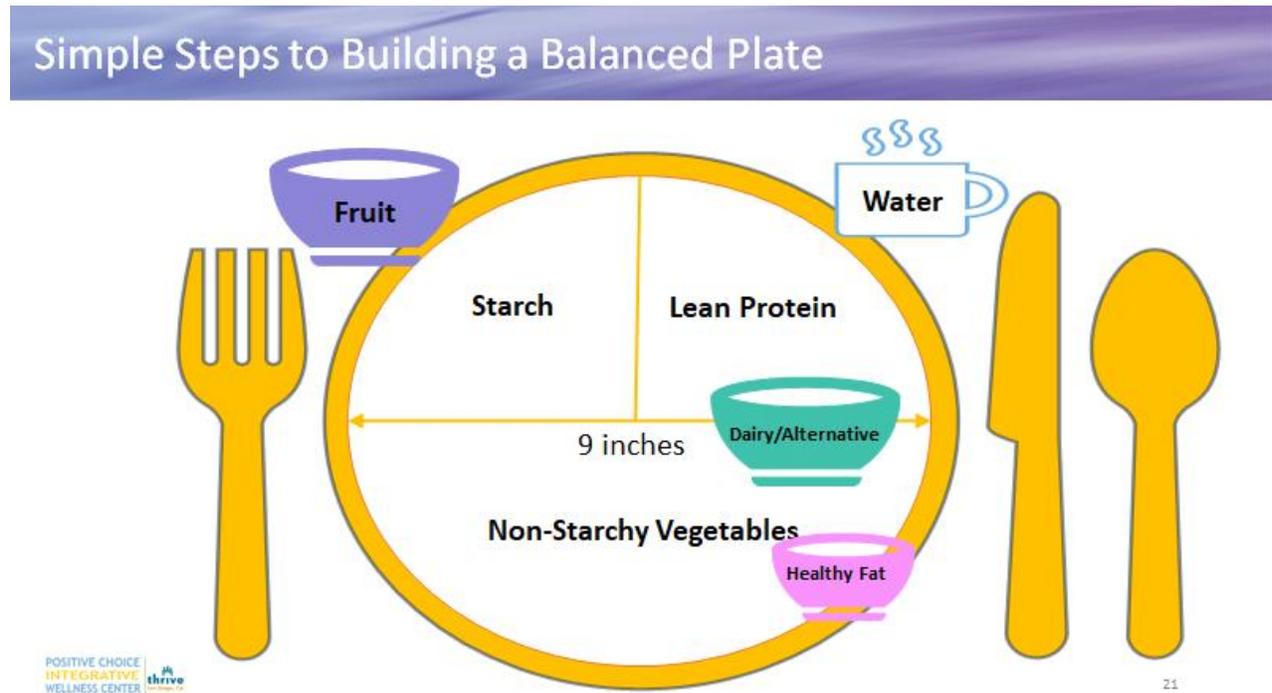
- Fill a fourth of your plate with healthy lean protein such as baked chicken, fish, eggs, lean meat or meat substitute, tofu, quinoa, beans, dairy (reduced fat yogurt or cheese).

Fill the remaining fourth of your plate with healthy complex carbohydrates (starches) such as brown or wild rice, oatmeal, whole wheat pasta, quinoa, farro; legumes: beans, peas, lentil, etc.; starchy vegetables: potatoes, peas, corn, sweet potato, winter squash (butternut squash, acorn squash, pumpkin, etc.).

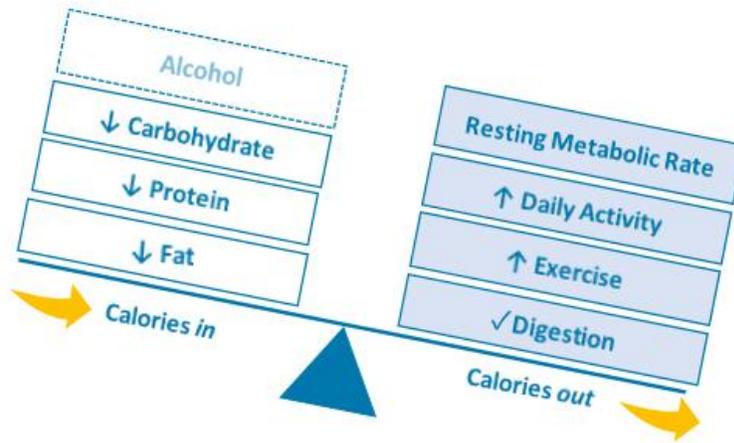
- Include a small serving of a healthy fat like nuts, seeds, olives, avocados, or an oil like sesame, or olive oil.

- For dessert, enjoy a serving of fruit (1 medium piece or 1 cup of fresh fruit).

The pictures below display the plate method. The plate measures 9 inches in diameter. (A typical dinner plate is about 11-13" in diameter.) This plate is a visual reminder of how to build your plate to maximize weight loss for long-term health.



Energy Balance: Weight Loss



Energy Balance: Weight Maintenance



Self-Check

Are you eating at regular intervals? List your meal and snack times:

Where do you usually eat?

Besides physical hunger, what are some reasons why you eat?

Set A Goal

Time Frame: (i.e., this week) ...

I will... Action: (i.e., eat 2-4 cups of vegetables every day.) _____

Desired Result: _____

Protein and Creating a Healthy Lifestyle #2

Protein

Protein intake is important because protein contains *amino acids* that the body must have to make a variety of molecules and tissues that make life possible. There are 20 amino acids that serve as the “building blocks” of proteins that are categorized as either *essential* - *your* body cannot make them, or *nonessential amino acids*, ones you the body can make. Complete proteins contain all nine essential amino acids, while incomplete proteins are missing one or more.

If most of your protein comes from plants, make sure that you mix up your sources so no “essential” components of protein are missing.

Incomplete*	Complete
Legumes (beans, peas, lentils)	Fish
Nuts	Poultry
Seeds	Eggs
Whole grains	Beef
Vegetables	Pork
*Eating a combination of these foods each day supplies complete proteins.	Dairy
	Quinoa
	Whole sources of soy (tofu, edamame, tempeh, miso)

Protein Power in Weight Management

- Adequate protein at all meals is beneficial for weight management because protein takes a longer time to be digested and absorbed than carbohydrates, but not longer than fat. (See chart on page 18).
- Protein foods typically contain fat as well (meats, dairy, nuts and seeds), which also take longer to digest. In addition, your brain and muscles need a steady supply of amino acids to support your metabolism, concentration, and energy.
- Lastly, during exercise, muscle uses protein in response to motor stimuli, which promotes muscle growth.

Lean Protein Foods

Animal-Based
 1 serving is approximately 45 calories
 7 grams protein per serving

- 1 oz. Beef – Sirloin, Flank or Round, Trimmed
- 1 oz. no skin Chicken Breast
- ¼ cup Cottage Cheese
- 1 Egg
- 3 Egg Whites, 3 = 1 oz.
- 1 oz. Fish, Wild – all kinds
- 1 oz. Pork Loin
- 1 oz. Turkey Breast



Palm of an average size hand is about 3 ounces

Plant-Based Proteins
 1 serving is approximately 85 calories
 (foods are listed from lowest to highest in carbohydrates, protein amount per serving is listed next to the food)

- 1/2 cup Tofu (10 g. protein)
- 0.5 oz. Nuts – almonds, brazil nuts, cashews, hazelnuts, macadamia nuts, peanuts, pecans, pine nuts, pistachios, walnuts (3 g. protein)
- 1/4 cup Seitan (16 g. protein)
- 1/4 cup Tempeh (10 g. protein)
- 1.5 Tbsp. Seeds – chia seeds, flax seeds, pumpkin seeds, sesame seeds, sunflower seeds (1-3 g. protein)
- 1/3 cup Soybeans (9 g. protein)
- 3 Tbsp. Nutritional Yeast (12 g. protein)
- 1/3 cup Lentils (5 g. protein)
- 1/3 cup Quinoa (3 g. protein)
- 1/3 cup Beans – black beans, garbanzo beans, kidney beans, lima beans, navy beans, pinto beans (4 g. protein)
- 1/3 cup Split Peas (5 g. protein)



To determine the grams of protein your body needs, multiply 0.36 by your body weight in pounds.

Adults over 65 years, multiply 0.45 by your body weight in pounds.

For example:

- If you are 50 years old and weigh 185 pounds, you would need 66.6 grams of protein a day. That's equivalent to 9.5 oz. lean protein foods, or 4- 5 cups plant-based proteins (lentils or beans) a day.
- If you are 70 years old and weigh 185 pounds, you would need 83.25 grams of protein a day. That's equivalent to 12 oz. lean protein foods, or 5-6 cups plant-based proteins (lentils or beans) a day.

How many grams of protein does your body need daily? _____

After the PMR program, name two protein foods will you choose for

Breakfast _____

Lunch _____

Snack _____

Dinner _____

Creating a Healthy Lifestyle

If you can create your ideal self in your mind, then you can create it in your life.

What are some things that you are proud of yourself for doing?

What are you grateful for during this weight loss journey?

Mantras, Visualizations and Affirmations

A mantra is a phrase that is repeated often to help your mind focus on a positive direction. Start your mantra as an affirmation or a declaration. Use the present tense, as if you've already arrived.

1. Visualize what you would like your ultimate outcome of health and wellness to be.
2. Develop a mantra to reflect what you hope to become, even if you don't fully feel that way yet.
3. Repeat often. Record it on your computer, phone, tablet, a sticky note or on a piece of paper. Wherever you will see it frequently. Say it out loud and/or in your mind regularly.

Examples:

- I am fit, happy, and active.
- I am a healthy and lean individual.
- The food I choose to eat nourishes my body.
- I eat slowly to give my body time.
- I love the feeling I have after exercising.
- I am taking small steps towards my health.
- I accept my body and recognize its beauty.
- I am making right choices with my health in mind.
-
-

Self-Check

Besides your meal replacement, what protein sources are you eating?

Does the mantra you created reflect the image you have of yourself in the long-term?

Yes _ No _

Set A Goal

Time Frame: (i.e., this week) ...

I will... Action: (i.e., eat one new protein food and say my mantra every time I eat.)

Desired Result: _____

Hydration and Dealing with Change #3



Hydration

Water is involved with almost every biological function in the body. When your body does not have adequate amounts of water, your calorie burning machines (muscles) slow down dramatically. Over 70% of your muscle consists of water, so when they are not fully hydrated, their ability to generate energy is severely reduced. Another principal factor to understand is – your body's ability to use fat as fuel is also restricted when you are in a dehydrated state. Combine these two factors and you have one slow metabolism!

Lack of water can lead to dehydration, a condition that occurs when you don't have enough water in your body to carry out normal functions. Even mild dehydration can drain your energy and make you tired. Other signs of dehydration include headache, light-headedness, sunken eyes, decreased and/or concentrated urine, and feeling

dizzy when you stand up from a sitting position.

Thirst is the most powerful signal to consume fluids, but thirst may be a signal that the body is already in the beginning stages of dehydration. In older adults, thirst signal sensitivity can be decreased leading to a higher risk of dehydration.

The Institute of Medicine panel recommends that fluid intake should be driven by thirst, but consider these following recommendations as well:

Recommended Daily Fluid Needs:

- Men: approximately 3 liters \approx 101 fluid ounces \approx 13 cups
- Women: approximately 2.2 liters \approx 74 fluid ounces \approx 9 cups

Tips to Staying Safely Hydrated

Ward off dehydration and make sure your body has the fluids it needs.

- Make water your beverage of choice.
- Drink a glass of water or other calorie-free or low-calorie beverage with and between each meal.
- Drink water before, during and after exercise.
- Consider carrying a water bottle with you to keep yourself hydrated throughout the day.

Sugar Sweetened Beverages

Most sugar-sweetened beverages add calories without providing any nutritional benefit. A typical 20-ounce soda contains about 16 teaspoons of sugar and 250 calories, a coffee drink adds over 300 calories. To burn off these calories, the average adult would have to walk at a brisk pace for 60 minutes. Consuming just one sugar sweetened beverage every day for a year can result in a 20-30 pounds weight gain.

SUGARY DRINKS



Regular soft drinks, sweetened tea and coffee, sports drinks, juice, fruit drinks, energy drinks, flavored milk, and drinkable yogurts.

Alcohol

Alcohol supplies 7 calories per gram, almost the same number of calories per gram as fat (which has 9 calories per gram). Alcohol can make weight loss more difficult. In addition to being calorie-dense and supplying empty calories, it interferes with fat burning in the liver. Normally the liver metabolizes fats, but when you drink alcohol, the liver burns the alcohol instead of burning fat.

Alcohol stimulates food intake, can increase feelings of hunger, and reduced inhibition with food intake (as well as other behaviors!). Having your judgment impaired and stimulating your appetite can sabotage your efforts when you are trying to lose weight.

On your weight loss journey, avoiding or limiting alcohol consumption is a mindful way of managing your energy intake. For the general population, if you choose to consume alcohol, then the recommendation is one drink a day for women and two drinks a day for men.

How much is one drink?



Beer or Cooler
5% alcohol
12 oz.



Wine
12% alcohol
5 oz.



80-Proof Spirits (gin,
vodka, whiskey, etc.)
40% alcohol
1.5 oz.

If you do not drink alcohol, then don't start. However, if you choose to consume alcohol, then consider the following:

- Have food in your stomach before you have a drink.
- Keep water available to quench your thirst while you drink an alcoholic beverage.
- Learn to sip your drink to make it last longer.
- Be mindful of how much you are drinking while you're trying to lose weight.
- When maintaining your weight, only drink occasionally, such as one drink on a weekend.
- Watch the high calorie foods that seem to accompany alcoholic beverages.

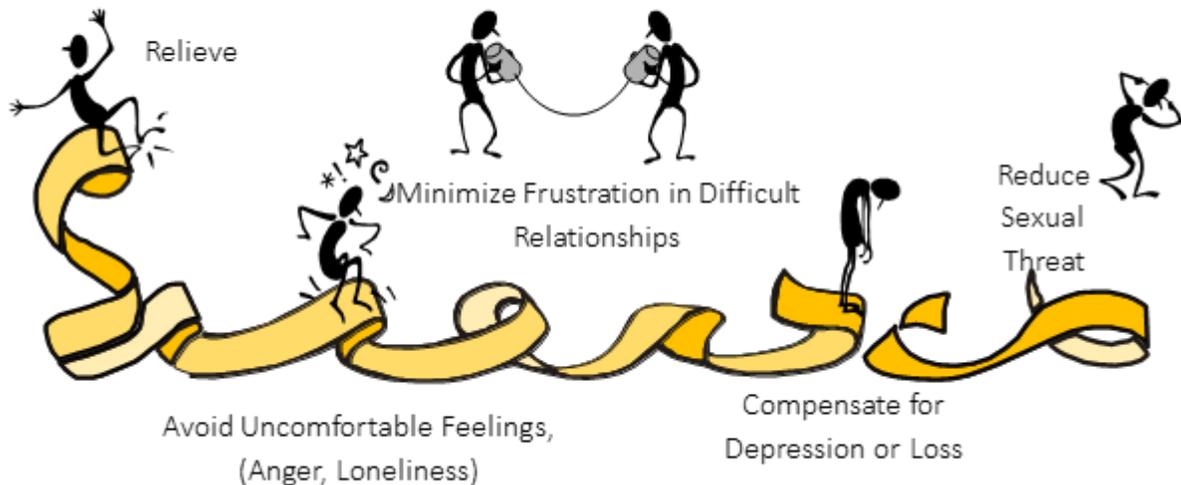
Change

Do you find yourself turning to the refrigerator even when you are not hungry?

Or, at times, eating completely out of control?

Most **PEOPLE USE FOOD TO ...**

Celebrate and
Enhance Pleasure



Personal Change from the Inside Out

Personal change requires using long-term techniques to develop healthy nutrition, fitness, communication, stress management and relaxation strategies.

- Focus on what you can do, rather than on what you can't do.
- Create a willingness to learn — accepting change is an attitude. Attitude is a choice.
- Learn to really appreciate all you have and are including your talents, skills, and abilities.
- Learn to forgive yourself. Hold yourself to the same standard that you hold others.
- Understand that change is uncomfortable and messy.
- There are no quick fixes. Choose to make change a lifelong commitment.

Let's explore your expectations of how weight loss may change your life

THE LESS HEALTHY ME... (plodding, awkward, safe...)

- Is...
- Wears clothes that are...
- At a party does...
- When I am alone feels...
- Likes...
- Deserves...

THE HEALTHY ME... (outgoing, sexy, confident...)

- Is...
- Wears clothes that are...
- At a party does...
- When I am alone feels...
- Likes...
- Deserves...

Reflection:

What labels did you choose for yourself?

What do you notice as you consider both of your identities?

Were there any *differences* or *similarities* between your higher-weight and preferred-weight self?

Are your expectations for your preferred-weight self-realistic? Scary? Exciting?

What things were you expecting weight loss to change for you, but now realize may stay the same?

What could you start doing now to make these changes happen?

**Too often we put our lives on hold waiting to be a “perfect weight” ...if I weighed X, I’d be ...
Don’t wait to be “that weight”**

**to live the life you want.
Start now!**

The more you act like your imagined healthy self, the more likely you are to get and stay healthy. The more focused you are on being the person you want to be, the less you'll be focusing on food.

Helpful Attitudes

Patience:

Patience demonstrates that you understand and accept that things have their own schedule for unfolding.

Trust:

During change, if something doesn't feel right to you, pay attention and examine your feelings. Trust your intuition and your own basic wisdom, goodness, and ability to work through challenges.

Acceptance:

Acceptance involves seeing things as they are. Through acceptance, you cease struggling to change things that are beyond your ability to control, and you free yourself from the weight of denial.

Letting Go:

Letting go is fundamental to change. It involves recognizing and welcoming the ever-changing nature of experience. Letting go allows us to live in greater harmony with inevitable change. Which Helpful Attitude will you focus on this week?

Self-Check

- How much water are you drinking each day?
- What can you change to lose more weight?

Set A Goal

Time Frame: (i.e., this week) ...

I will... Action: (i.e., keep track of how much water I drink for 3 days, and practice patience.) _____

Desired Result: _____

Carbohydrates, Sugars and Coping Strategies #4

Complex Carbohydrates

- Complex carbohydrates or starches provide fiber as well as vitamins and minerals.
Fiber slows down digestion and makes you feel full, which decreases the desire to overeat.

Simple Carbohydrates

- Simple carbohydrates are rapidly digested and a quick source of energy.
- The faster the carbohydrates break down, the quicker you'll gain weight.

Complex	Simple
Barley Beans: <i>Adzuki, Black, Black-Eyed Peas, Garbanzo, Kidney, Navy, Pinto</i> Buckwheat Bulgur Brown rice Lentils Oatmeal Peas, dried: <i>Split Peas</i> Quinoa Wheat berries Whole grain products Vegetables: <i>Corn, Green Peas, Potatoes, Butternut and Winter squash</i>	Candy Desserts Fruit juice Honey Sugary drinks Syrups Table sugar Products with added sugar: <i>Baked Goods, Cereals, Protein Bars, Sauces, Soups, Yogurts</i>

Why Do We Need Carbohydrates?

Carbohydrates are the preferred energy source for the brain and body, while fats and proteins are needed for other functions.

Dietary Fats

- give your body energy storage
- support cell growth

- protect your organs
- keep your body warm
- help your body absorb some nutrients
- produce important hormones

Proteins

- building blocks that make up who you are
- make up your nails, hair, bones and muscles
- repair and build your body's tissues
- help your tissues and organs work
- build muscle

The Effects of Sugar on the Body

- Sugar added to foods captivate your brain's reward circuits and can cause you to gain weight.
- A high-sugar intake is full of empty calories, offers no nutritional value, causes your body to create extra fat, and tricks your brain into craving more of it.
- Frequently overconsuming high sugar foods and beverages saturates your brain.
- Consequently, your brain demands more sugar.

Sugar and Weight Gain

People that eat or drink a lot of sweet foods and beverages may, in fact, continue to overconsume as a way of recapturing or even maintaining a sense of well-being.

Sugar in Sweetened Beverages

Consuming just one sugar sweetened beverage every day for a year can result in a 20–30-pound weight gain.

Coping Strategies

“Life is not the way it is supposed to be... it’s the way it is.... the way we cope with it, is what makes the difference.”

Anonymous

What is Coping?

- To cope means to face and deal with responsibilities, problems, or difficulties that occur in our lives.
- Whether we use a helpful or harmful means to cope, our intention is always to try to take care of ourselves.

Eating as a Means of Coping

- It is often the case that most people are not exclusively eating when they are hungry.
- Food can be used to manage stressful emotions, deal with boredom, as an activity, as a habit...
- How do you use food that is not based on hunger?
- When we use food as the “tape” to cover up or manage what is going on we are not truly managing what is going on.

Why learn new coping strategies?

- When we are used to using food outside of hunger that becomes how we deal with those situations in the future.
- We create a habit loop.
- Being on a meal replacement program partially takes away food as a coping mechanism which can then create distress.
- Creating a new coping plan can retrain the brain to seek out other activities instead of food.

Create a Toolbox

Just like we use different tools for different jobs, we need different coping strategies for different situations.

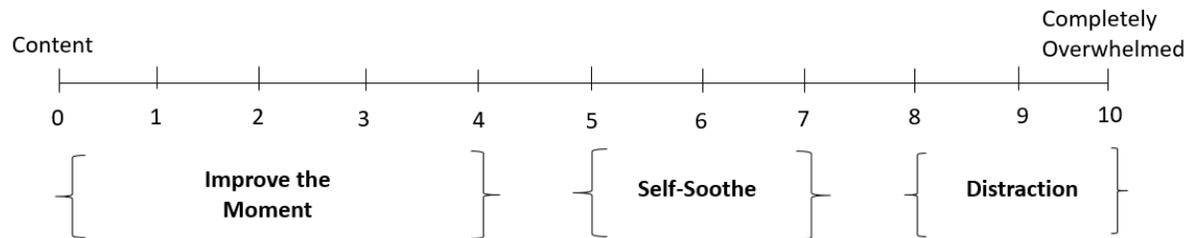
These various categories can be used to create your toolbox: Distraction • Grounding • Thought Challenge • Emotional Release • Self Love • Accessing Higher Self

DISTRACTION	<p>Anything that occupies your attention to get your mind off the current moment. Think about the 3 Ds we discussed last week.</p> <ul style="list-style-type: none"> • Pros – Gives your mind a break, great for short term relief, great to get through a crisis. • Cons – can't do for too long, doesn't resolve underlying issues, unhealthy behaviors such as eating can also be distraction 	My Examples:
GROUNDING	<p>Mindfulness based activities. Using body and senses to focus on the current moment instead of stressful thoughts or feelings.</p> <ul style="list-style-type: none"> • Pros – helps slow or stop intense feelings or feelings of dissociation • Cons – sometimes we need a little space from the feelings to be able to get through the moment 	My Examples:
THOUGHT CHALLENGE	<p>When you replace or challenge unhelpful thoughts.</p> <ul style="list-style-type: none"> • Pros – Can help shift long term, negative thinking patterns; helps put logic to emotions. • Cons – The stronger the emotions, the harder this is to do. You may need to do some distraction or grounding first. 	My Examples:
EMOTIONAL RELEASE	<p>Letting your emotions out or expressing your emotions.</p> <ul style="list-style-type: none"> • Pros – Great, so you are not bottling up emotions to potentially unleash later. • Cons – Hard to do in every situation based on environment. May need to do distraction or grounding until an appropriate time. 	My Examples:
SELF-LOVE	<p>Showing yourself care and love like you would another person.</p> <ul style="list-style-type: none"> • Pros – Become your own support and not using food to treat yourself. • Cons – Sometimes this can feel really hard to do and may require some practice. 	My Examples:
ACCESSING YOUR HIGHER SELF	<p>Doing things that get you out of your own problems and thinking about things that are bigger than you.</p> <ul style="list-style-type: none"> • Pros – Reminds us that everyone struggles and that we can find purpose or meaning in other ways in our life, even during difficult times. • Cons – We don't want to focus too much on others' problems and avoid focusing on ourselves! 	My Examples:

How do you choose which Coping Skill in the moment?

Different coping tools are more effective than others depending on your situation and feelings. Learning when to choose certain coping tools is essential for an efficient use of our time, energy, and effort and to decrease additional anxiety, frustration, overwhelm, etc.

Use the following scale of emotional intensity to help you determine where to start with your coping choices!



When choosing a coping tool, ask yourself the following question: “How strong are my feelings right now?” This will tell you what category to start with.

Use as many coping tools from that category as you need until you shift down to the next category.

Keep using coping tools until you rate your feelings in the Improve the Moment category. This category helps us reduce or alleviate our issues, so we need to always be ending here on the scale!

Below are some ideas of coping tools for each category of the emotion scale:

- Distraction – Focusing on something else, grounding, or deep breathing
- Self-Soothe – finding activities that are soothing to the four senses of sight, smell, sound, and touch; self-love that is soothing; appropriate emotional release
- Improve the moment – skills or strategies that work towards alleviating or resolving your issues, including: setting boundaries, assertive communication skills, planning, goal setting, creating a routine, gratitude practice, reaching out for support, journaling, etc.

Reminder!

Avoid overusing any one tool too often- anything done too often can eventually create new issues.

Something to think about... What will help me use my coping skills toolbox this week?

Which Coping Skill Do I Choose?

Distraction?

Grounding?

Thought Challenge?

Emotional Release?

Self Love?

Accessing Higher Self?

Set A Goal

Time Frame: (i.e., this week) ...

I will... Action: (i.e., use the grounding technique to pay attention to my body and mind, especially when I have an urge to eat high sugar or simple carbohydrate foods.)

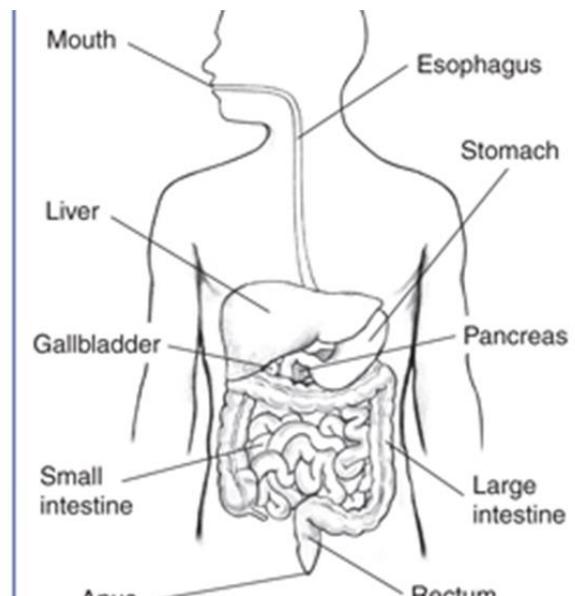
Desired Result: _____

Fiber and Self Talk #5

Fiber Facts

Dietary Fiber

- includes parts of plant foods
- not digested or absorbed
- passes virtually unchanged through your stomach, small intestine and into your large intestines or colon



How Much Fiber Do You Need?

Recommended Daily Intake for Fiber -

- Women – 25 grams/day
- Men – 38 grams/day

Plant Foods are Naturally High in Fiber

High-Fiber Foods

- feed beneficial bacteria living in your gut
- promote lower levels of inflammation throughout your body
- act like a brush, cleaning out the colon

High fiber foods usually contain fewer calories than many low-fiber foods. By increasing the fiber content of your diet, you can feel fuller and more satisfied while eating less calories.

Processing Reduces Fiber



When selecting your food, consider how many steps a food goes through before you eat it. For example, the final steps of milling, precooking,



and cutting oats from whole oat groats to make quick oats reduces the amount of fiber and nutrients.

The least processed oats—like groats or steel-cut—are full of fiber, lower on the glycemic index and will take longer to digest compared to rolled or instant oats. Slower digestion means your body feels satiated (full) for a longer period of time.

Fiber Content of Foods

Navy beans, cooked	1 cup	19 g	Pear	1 small	6 g
Lentils, cooked	1 cup	16 g	Broccoli, cooked	1 cup	5 g
Peas, split, cooked	1 cup	16 g	Buckwheat groats, cooked	1 cup	5 g
Black beans, cooked	1 cup	15 g	Quinoa, cooked	1 cup	5 g
Pinto beans, cooked	1 cup	15 g	Cauliflower, cooked	1 cup	5 g
Wheat bran, raw	1 ounce	12 g	Spinach, cooked	1 cup	4 g
Steel cut oats, dry	1/2 cup	10 g	Almonds	1 ounce	4 g
Avocado, raw	1/2 fruit	9 g	Wheat flour (whole wheat)	1/4 cup	4 g
Raspberries, raw	1 cup	8 g	Brown rice, cooked	1 cup	4 g
Barley, pearled, cooked	1 cup	6 g	Blueberries, raw	1 cup	4 g
Brussels sprouts, cooked	1 cup	6 g	Pistachio nuts	1 ounce	3 g
Prunes	1/2 cup	6 g	Sunflower Seeds	1 ounce	3 g

- Meat, milk, eggs, fats, and oils have no fiber.

Tips for Fitting in more Fiber

- **Jump-start your day.** For breakfast choose steel cut or rolled oats or a slice of high-fiber whole grain bread, tortilla, english muffin, or cereal — 5 or more grams of fiber a serving.
- **Lean on legumes.** Beans, peas and lentils are excellent sources of fiber. Add them along with veggies to soups.
- **Switch to whole grains.** Look for breads that list whole-wheat flour or another whole grain as the first ingredient on the label. Experiment with brown rice, wild rice, barley, whole-wheat pasta and bulgur wheat.
- **Eat more fruit and vegetables.** Fruits and vegetables are rich in fiber, as well as vitamins and minerals.

Fiber Adjustment

- Add fiber slowly.
- Adding too much fiber too quickly can cause gas, bloating, and cramping.
- As you increase your fiber intake, be sure to drink plenty of fluids. Fiber absorbs fluids, thus increasing your fluid needs.
- Get your fiber from food. Overuse of fiber powders and pills can block the absorption of other nutrients (calcium, magnesium, iron, zinc, and chromium).
- Unless your doctor has told you not to, drink 9-13 cups of water daily.

FIBER QUIZ

1. Eating high-fiber foods may help:

- A. Promote a healthy digestive system.
- B. Reduce the risk of certain types of cancers.
- C. Lower blood cholesterol levels and reduce the risk of heart disease.
- D. All of the above.

2. How much fiber should you get each day?

- A. 8 to 10 grams.
- B. 25 to 38 grams.
- C. 100 grams.
- D. D. You don't need any.

3. How can you add more fiber in your day?

- A. Eat a ½ cup of cereal with more than 10 grams of fiber in it.
- B. Eat fresh or frozen vegetables.
- C. Eat ½ cup of cooked beans.
- D. All of the above.

4. How many calories does the body absorb from fiber?

- A. Less than 1 gram.
- B. About 4 grams.
- C. About 8 grams.
- D. None, fiber is not digested and does not release calories.

Importance of Thoughts and Self-Talk

What is Self-Talk?

The way we talk to ourselves about us, others, and the world. We tend to develop patterns of thoughts that, over time, form our belief systems and experiences.

- These belief systems are strong influencers of our future decisions, behaviors, and experiences.
- Brain scans show that chronic negative self-talk causes certain brain structures (important for emotion regulation, interpersonal relations, and motivation) to atrophy.
- After treatment to reframe negative self-talk to more positive self-talk, these brain areas recovered to normal functioning.

Cognitive Distortions (Patterns of thought – usually with a negative swing – which prevent us from seeing things as they really are).

All-or-Nothing Thinking

- Black and white thinking
 - Ex – “I ended up eating a burrito at dinner instead of vegetables with protein, I completely failed this week”

Over-Generalization

- Single event as a never-ending pattern
 - Ex – “I ate a piece of cake, I will never lose weight”

Mental Filter

- Focus on negatives of a situation and filters out positives
 - Ex – “I didn’t do well this week, I missed one of my workouts.”

Jumping to Conclusions

- Interpret things as negative when there are little facts to support
- Mind reading or fortune telling
 - Ex – “My coworker complimented my weight loss, they must have thought I was so fat.”

Magnification

- Exaggeration of the importance of problems or minimize desirable qualities
 - Ex – “I’ve only lost 10 lbs so far, I thought I would have lost 30.”

Emotional Reasoning

- Assuming negative emotions reflect the way things are. The emotion is accepted as fact because reasoning is blocked out.
 - Ex – “I feel guilty, I must be an awful person.”

Should Statements

- Telling yourself that things should or shouldn’t be a certain way
 - Ex – “I shouldn’t have any negative body image now that I’ve lost my weight.”

Labeling

- Labeling yourself or an event based on all or nothing thinking
 - Ex – instead of saying, “I made a mistake” you say, “I am a loser.”

Personalization and Blame

- Holding yourself personally responsible for events that are out of your control
 - Ex – “My partner seemed mad when he/she got home from work, I must have done something wrong.”

WHAT ARE YOUR MOST COMMON COGNITIVE TRAPS?

WHAT FEELINGS / BEHAVIORS ARE TRIGGERED BY THESE TRAPS?

The key to changing your negative thoughts is to understand how you think now (and the problems that result), then use strategies to change these thoughts or make them have less of an effect.

Cognitive restructuring can help you challenge your thoughts. These steps include:

1. Ask yourself if the thought is realistic.
2. Think of what happened in the past in similar situations.
3. Evaluate if your thoughts are on course with what took place.
4. Challenge the thought and look for alternative explanations.
5. Think of what you'd gain versus what you'd lose by believing the same thought.
6. Recognize if your thought is a result of a cognitive distortion, such as labeling.
7. Consider what you'd tell a friend having the same thought.

WHAT STEP(S) WILL YOU DO THIS WEEK?

WHAT FEELINGS / BEHAVIORS DO YOU WANT AS A RESULT OF THE STEP(S) YOU TOOK ?

Outcomes Differ Between Negative vs Positive Thought

Circumstance: Trying to eat healthier

Thought: "My nutrition plan is too restrictive."

Feeling: Deprived and frustrated.

Action: Eating a whole plate of cookies

Result: Upset with yourself. Stomachache. (Could be another thought, feeling, action, and/or body sensation.)

Outcomes Differ Between Positive vs. Negative Thought

Circumstance: Trying to eat healthier

Thought: "I'm encouraged by the positive changes I've seen thus far, and I'm looking forward to even more."

Feeling: Inspired and hopeful.

Action: Reaching for a healthy snack instead of cookies.

Result: Feeling proud about sticking to your plan. (Could be another thought, feeling, action, and/or body sensation.)

Something to think about...

What high fiber foods do I regularly eat?"

The new positive thought I will tell myself this week is...."

Set A Goal

Time Frame: (i.e., this week) ...

I will... Action: (i.e., eat 2-4 cups of high fiber vegetables everyday (brussels sprouts, broccoli, etc.) and practice positive self-talk.) _____

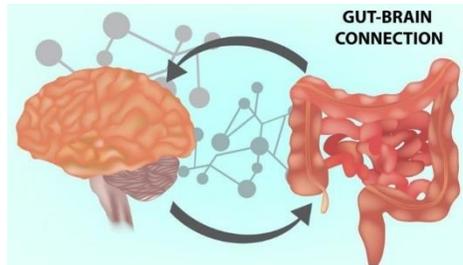
Desired Result: _____

Gut-Brain Connection & Healthy Cooking #6

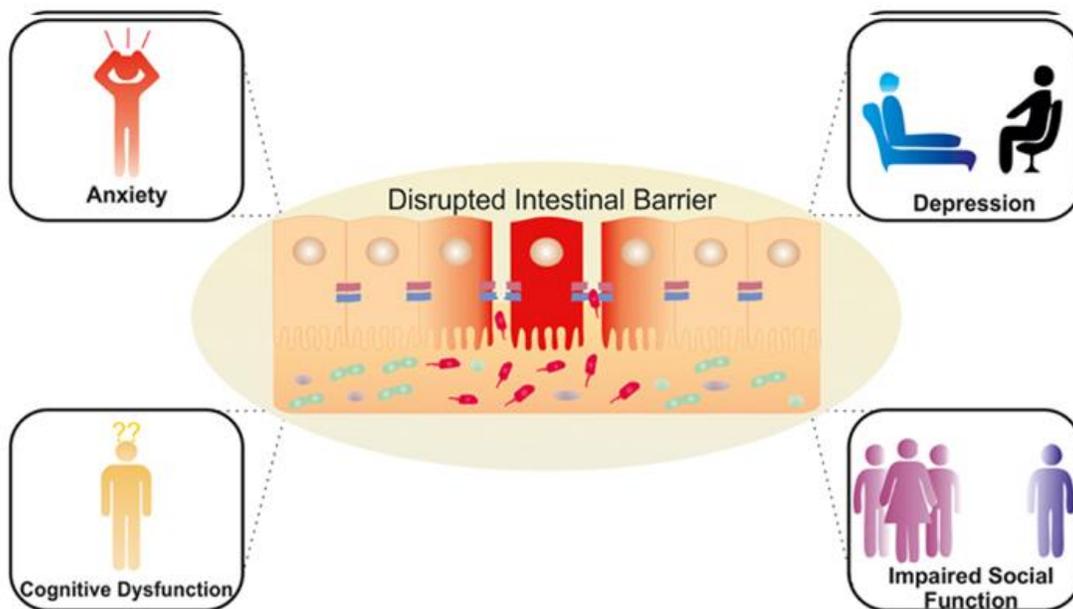
Your Gut

- Gastrointestinal (GI) tract referred as the second brain, or “Gut Brain”.
- The cranial brain and gut brain, communicate back and forth along a pathway of nerves that form what is known as the “Gut-Brain Axis (GBA)”.

Your Microbiome



There’s a living entity within the lower GI tract, referred to as the “Microbiome”. The gut strongly influences various centers of the brain that govern behavior, immune function, and emotions. A disruption in your microbiome can directly affect cognitive function, leading to states of anxiety, depression, as well as suppressed immunity leading to disease.



Your Microbiome (Continued)

- Consists of approximately 100 trillion different microorganisms, predominantly bacteria, that populate our intestinal tract or gut.
- The combined genetic material of microorganisms in a particular environment is called your microbiome.
- The microorganisms must remain in balance to ensure optimal health.
- Certain food additives/preservatives can destroy your microbiome.
- Your gut microbiome provides nutrients, regulates development, and affects your immune system.

Taking Care of Your Microbiome

Prebiotics (Fiber)

- Act as a fuel source for your microbiome.
- Serve as a regulator for gastric motility as well as an anti-inflammatory agent.
- Reliable sources of prebiotics include beans, legumes, lentils, peas, whole grains, nuts, seeds, vegetables and fruits.

Prebiotic foods contain fibers and are fermented by healthy strains of bacteria in the colon, allowing them to produce a by-product called butyric acid. This compound acts as a fuel source for the microorganisms to keep them healthy and well fed. They also prevent foods from causing inflammation and help move your food through the digestive tract.

Probiotics

- Refers to foods that contain live active bacteria cultures (generally lactic acid type).
- Good sources of probiotic foods include kimchi, sauerkraut, yogurt, live-active cottage cheese, miso paste, natto, kefir, tempeh, and kombucha.

Probiotic foods have live strains of healthy bacteria in them. **Look for 4 or more types of bacteria in the ingredient list.** By consuming foods that contain these healthy bacteria, you can help ensure that the balance of your microbiome remains intact.

Probiotic Supplementation

- More research is needed on the safety and efficacy of probiotic supplements in humans.

Healthy Cooking

How do you start?

- Reduce the amount of fat, sugar and salt
- Make healthy substitutions
- Reduce or Eliminate Some Ingredients

Meal Prep Idea #1 – Convenience

PLAN

- Plan a menu for the week and prepare a shopping list after checking your supplies.

SHOP

- When shopping consider what you will be consuming later: lean plant-based proteins, vegetables, fruit, healthy fats and grains.

BUY

- Buy foods in bulk when you can freeze them or store them dry.

COOK & FREEZE

- Many foods freeze well, including fruits, vegetables, casseroles, legumes, whole grains, nuts and seeds and protein shakes.

Meal Prep Idea #2 – Prep and Store

- Easier to stay on-meal-plan when food is ready and waiting.
- Great to have for emergencies and periods of food scarcity.
- Peace of mind.
- Self-sustainability.

Be sure to write the date and contents on packages and move older servings forward as you add new foods.

Meal Prep Idea #3 – Use Extras

Make Extra Food Work Extra Hard for YOU

- Plan meals so that you can make more than needed and then use the extra food in new dishes for another meal.
- Then use leftover beans, grains, and roasted vegetables in a soup or salad for a second meal.

Meal Prep Idea #4 – Roast Veggies & Grains in Bulk

- Roast a week’s worth of vegetables, oatmeal, rice, quinoa, etc.
- Cook one big batch for week and reheat.

Meal Prep Idea #5 – Make and Take

Stack Food

Layer a mason jar with heavy items on the bottom. When ready to eat, either pour the contents on a plate, or invert the jar to mix the contents and eat straight out of the jar.

Meal Prep Idea #6 -Cook a Healthy Meal

1. Make a plan.
2. Include a generous amount of vegetables.
3. Mix up your proteins. Use both vegetarian and non vegetarian proteins.
4. Add a healthy fat: (olive oil, avocados, nuts and seeds)
5. Use spices and flavors from around the world.

Self-Check

- What foods are you eating to nourish your microbiome?
- Which healthy meal prep or cooking tip(s) will you use this week?

Set A Goal

Time Frame: (i.e., this week) ...

I will... Action: (i.e., prepare roasted vegetables to eat for several days.) _____

Desired Result: _____

Fitness & Fats #7

Fitness

16 BENEFITS OF EXERCISE

1. Helps control weight and maintains overall fitness.
2. Improves reaction time, concentration level, and memory.
3. Releases muscular tension.
4. Reduces stress and aids relaxation.
5. Improves the quality of sleep.
6. Improves mood and combats depression and anxiety.
7. Increases enthusiasm and encourages a sense of well-being.
8. Enhances self-image and confidence.
9. Increases balance, stability, and coordination.
10. Reduces the risk of developing cancer by enhancing the immune function.
11. Strengthens bones and muscles.
12. Improves the endurance of heart, lungs, and circulatory system.
13. Reduces the incidence or severity of cardiovascular disease, heart attack, and stroke.
14. Reduces the incidence or severity of type 2 diabetes.
15. Reduces the incidence or severity of auto immune diseases such as arthritis.
16. Reduces appetite and encourages positive changes in other lifestyle habits (e.g., eating patterns).

Why Exercise? Exercising on Partial Meal Replacement builds healthy habits and assists in weight maintenance after the PMR program.

Use the Workout Plan to start and progress into a regular exercise schedule. The plan starts at 2.5 hours a week and builds to 5 hours a week over 18 weeks.

Exercises for Weight Loss

Cardiovascular -

- Trains body to burn fat.
- Increases metabolic rate.

Strength -

- The more muscle you have, the more calories you burn.
- Helps you maintain and build your lean muscle tissue so your body will pull stored energy from the fat cells.

Flexibility -

- You have the ability to move a part of your body through its full range of motion.
- Helps you avoid injury and falls.

Cardiovascular/ Aerobic

- Rhythmic, continuous exercise, e.g., walk, swim, run, bike, etc.
- Start with 20 minutes and increase time from there.
- Use the talk test method. RPE range 4-8.

Rate of Perceived Exertion (RPE) The Talk Test



RPE CHART	
RATE OF PERCEIVED EXERTION	
10	Max Effort Activity Feels almost impossible to keep going. Completely out of breath, unable to talk.
9	Very Hard Activity Very difficult to maintain exercise intensity. Can barely breathe and speak a single word.
7-8	Vigorous Activity On the verge of becoming uncomfortable. Short of breath, can speak a sentence.
4-6	Moderate Activity Feels like you can exercise for hours. Breathing heavily, can hold short conversation.
2-3	Light Activity Feels like you can maintain for hours. Easy to breathe and carry conversation.
1	Very Light Activity Anything other than sleeping, watching TV, riding in a car, etc.

Fitness Plan Example

Day Type	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
CARDIO	Zumba 6:00 pm 60 Minutes	Brisk Walk 12:00 pm 15 Minutes Brisk Walk 6:00 pm 15 Minutes	Swim 6:00 pm 30 Minutes	Brisk Walk 12:00 pm 15 Minutes Brisk Walk 6:00 pm 15 Minutes	Rest Day: 10,000 Steps	Bike Ride 9:00 am 45 Minutes	Rest Day: 10,000 Steps
STRENGTH		Lift Weights: Upper Body 6:15 pm 30 Minutes		Lift Weights: Lower Body 6:15 pm 30 Minutes			
FLEXIBILITY	Stretch 7:00 pm 15 Minutes	Stretch 6:45 pm 15 Minutes	Stretch 6:30 pm 15 Minutes	Stretch 6:45 pm 15 Minutes		Stretch 9:45 am 15 Minutes	

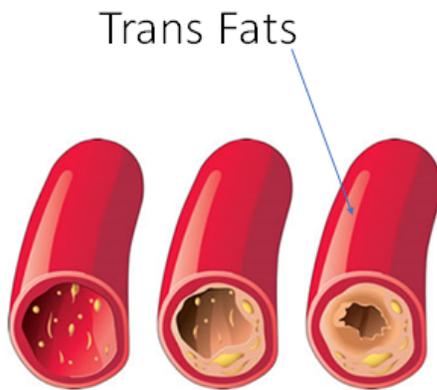
What is Your Fitness Plan?



Day Type	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cardio 5 days/week							
Strength 2-3 days/week							
Flexibility 2-3 days/week							

Fats

Fats and oils are made up of basic units called fatty acids. Each type of fat or oil is a mixture of different fatty acids.

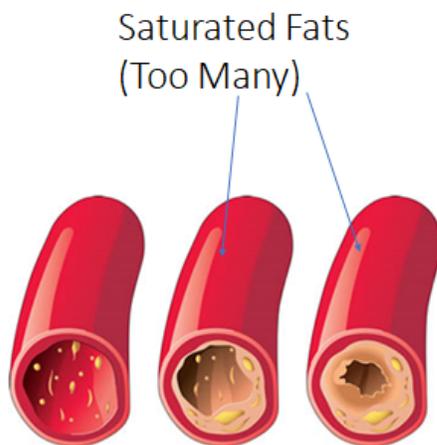


Trans Fats

- are mostly formed through a manufacturing process that adds hydrogen to vegetable oil
- raise artery-clogging low density lipoprotein cholesterol LDL-C
- raise triglycerides
- lower the protective high density lipoprotein cholesterol HDL-C

Food Sources of Trans Fats:

baked goods	biscuits	cakes	cookies	crackers
deep-fried foods	frosting	margarine	pastries	snack foods



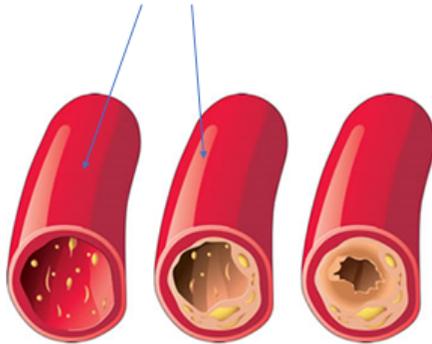
Saturated Fats

- play many important roles in our body chemistry:
 - cell membrane support
 - calcium deposition in bone
 - liver protection
 - cardiac (heart) muscle support
- too many can adversely affect cholesterol levels by increasing the artery-clogging low-density lipoprotein cholesterol LDL-C

Food Sources of Saturated Fats :

bacon	cheese	cream	lard	poultry with skin
beef	coconut oil	cream cheese	palm (kernel) oil	shortening
butter	cocoa butter	lamb	pork	tallow (beef fat)

Polyunsaturated Fats



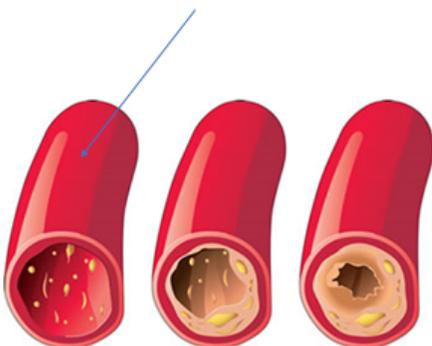
Polyunsaturated Fats (PUFAs)

- contain essential fatty acids, omega-3 and omega-6
- boost your metabolism
- ease inflammation
- help protect your heart from lapsing into erratic rhythms
- improve your cholesterol levels
- inhibit the formation of dangerous clots in the bloodstream
- lower levels of triglycerides, the most common type of fat-carrying particle in the blood

Food Sources of Polyunsaturated Fats :

High in Omega-3	High in Omega-6
chia seeds	corn oil
flaxseed and flaxseed oil	soybean oil
olives	safflower oil
walnuts	sesame seeds
wild fish: salmon, sardines, tuna	sunflower oil and seeds

Monounsaturated Fats



Monounsaturated Fats (MUFAs)

- benefit insulin levels and blood sugar control
- reduce artery-clogging lipoprotein cholesterol LDL-C
- provide nutrients to help develop and maintain your body's cells
- contribute vitamin E to the diet, an antioxidant vitamin most Americans need more of

Food Sources of Monounsaturated Fats :

avocados	grapeseed oil	macadamia nut	olives/ olive oil	sunflower oil (high oleic)
almonds	hazelnuts	peanut	sesame oil	walnuts

Your Body Needs Fat

- Fats help you feel full.
- Fats are used for hormone production and balance.
- Fats influence your immune system to create helper cells to fight off diseases.
- Fats store fat-soluble nutrients vitamins A, D, E, K, and beta-carotenes
- Muscles use fats as fuel during prolonged, easy to moderate intensity exercise.

Self-Check

- How many minutes of exercise are you getting each week?
- What new healthy fats will you eat with breakfast this week?

Set A Goal

Time Frame: (i.e., this week) ...

I will... Action: (i.e., increase my exercise time by 10 minutes, and eat a food on the omega 3 list.)

Desired Result: _____

Antioxidants & Habits #8

Antioxidants

Promote immune system functions.

Prevent or stop cell damage caused by oxidants.

Are associated with the treatment or prevention of cancer, cardiovascular disease (CVD), and autoimmune diseases.

Phytonutrients

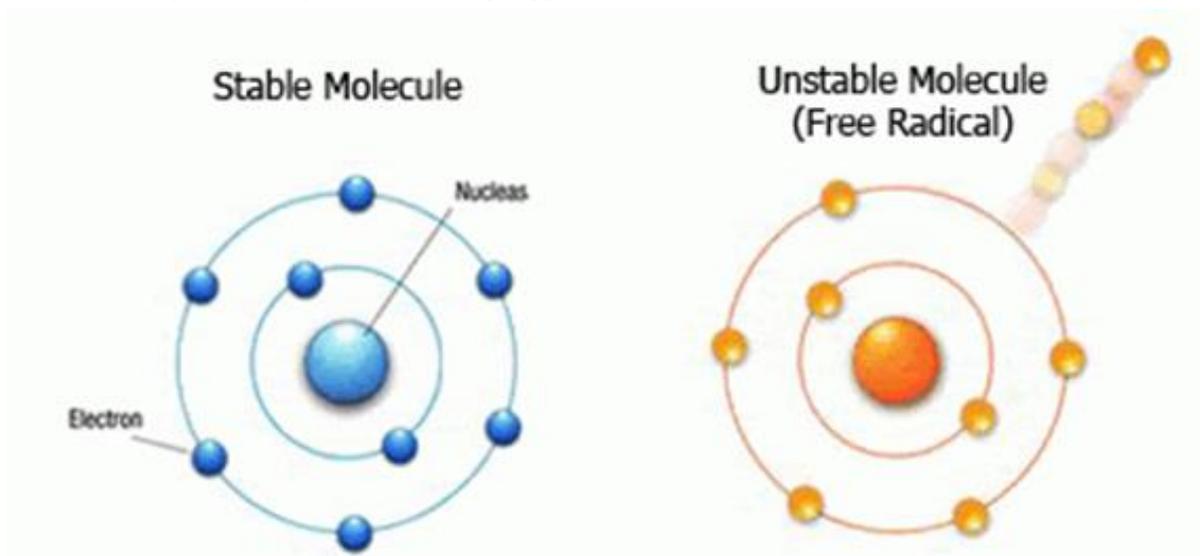
Are plant nutrients or chemical compounds in vegetables and fruits that demonstrate nutritional health.

Metabolic Oxidation and Inflammation

Living cells are continuously burning fuel for energy and this metabolism creates free radicals which are molecules with an electrical charge.

Free radicals cause damage to DNA and cell membranes triggering inflammation.

Oxidative damage to DNA causes uncontrolled cell growth and the development of precancerous polyps and tumors.



Eat lots of COLOR!

Eat foods that have color, life and texture. Eating from the rainbow ensures that you will be receiving a variety of phytonutrients. The richer the color – the better. Stimulate your taste buds and open your mind to new flavors.

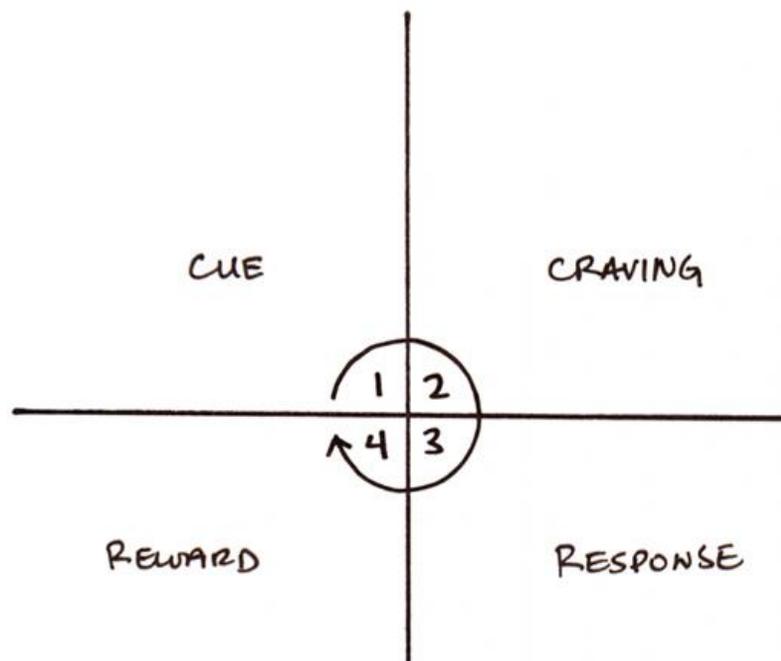
What Will You Eat from Each Color Group This Week?

Food Color	Ideas
Green	Cabbage, beet greens, collard greens, arugula, broccoli, brussels sprouts, kale, mustard greens
Yellow	Lemons, bananas, ginger, yellow peppers
Orange	Mangos, carrots, apricots, cantaloupe, peppers, squash, sweet potatoes, yams, pumpkins, oranges
Red	Tomatoes, watermelons, strawberries, red peppers,
Purple, orange, red	Grapes, berries, eggplant, red onions, purple cabbage
Brown	Soybeans, lentils, nuts, dried beans
White	Chives, leeks, garlic, onions, apple

Habits

Why do brains build habits?

THE HABIT LOOP

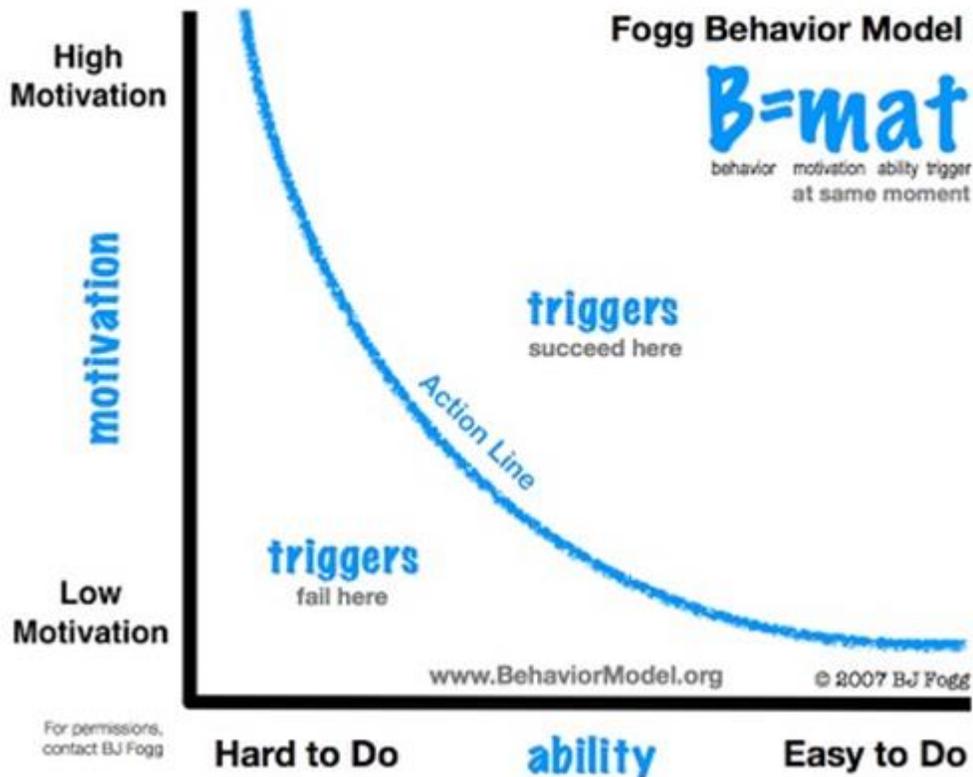


How do habits work?

- Habits are created to solve problems. For example – wanting to feel less stressed can lead to eating sweets.
This feedback loop allows an individual to create automatic habits that can save time and energy.
- Therefore, the habit loop can be separated into the problem phase (stress) and the solution phase (eat sweets).
This feedback loop is what drives motivation to engage in behaviors. Each time we go through this cycle our brain evaluates if that was helpful solving a problem and then adjust to or continues doing the same thing.

How Do Habits Lead to Behavior Change?

Three elements must converge at the same moment for a behavior to occur: **Motivation, Ability, and Trigger**.



Activity

- Chose one habit that you would either like to start or would like to stop and go through the process of creating the good habit or breaking the bad habit.
- Goal is to start with a small habit and build from there.

Self-Check

Eat a Rainbow of Colors

What color vegetables will you eat with your meal tomorrow?

What small healthy habit will you start or stop this week?

Set A Goal

Time Frame: (i.e., this week) ...

I will... Action: (i.e., eat a **green** food 3 times this week and start a small, healthy habit like doing squats while I brush my teeth.)

Desired Result: _____

Stress #9

What you'll need for class today...Something to record questions and take notes.



Name: _____ Date: _____

Daily Behavior Record for (circle one): _____

Daily Fitness: _____

	Breakfast	Snack	Lunch	Snack	Dinner	Snack
Time of day						
Meal or Snack? (M/S)						
Food Eaten						
Portion						
H.R. * (0-3)						
# Min.						
Where?						
Situation Doing what else? With whom?						
Thoughts/Feelings?						
What did you learn about why you eat?						
If you need...						

Please have your Daily Behavior Records handy. We will be referring to them later in the class.

CENTER FOR HEALTHY LIVING
KAISER PERMANENTE

VIRTUAL WORKSHOP

PARTIAL MEAL REPLACEMENT

Stress

An EMMI video on **Relieving Stress** is coming this week in a KP.org message

What can you do this week to better manage your stress?



Stress

- **Activates a hormone called epinephrine which triggers the flight or fight response.**
- **Causes your central nervous system to shut down blood flow to your digestive tract.**
- **Negatively affects the contractions of your digestive muscles and secretions needed for digestion.**
- **Causes your eating to be temporarily put on hold.**

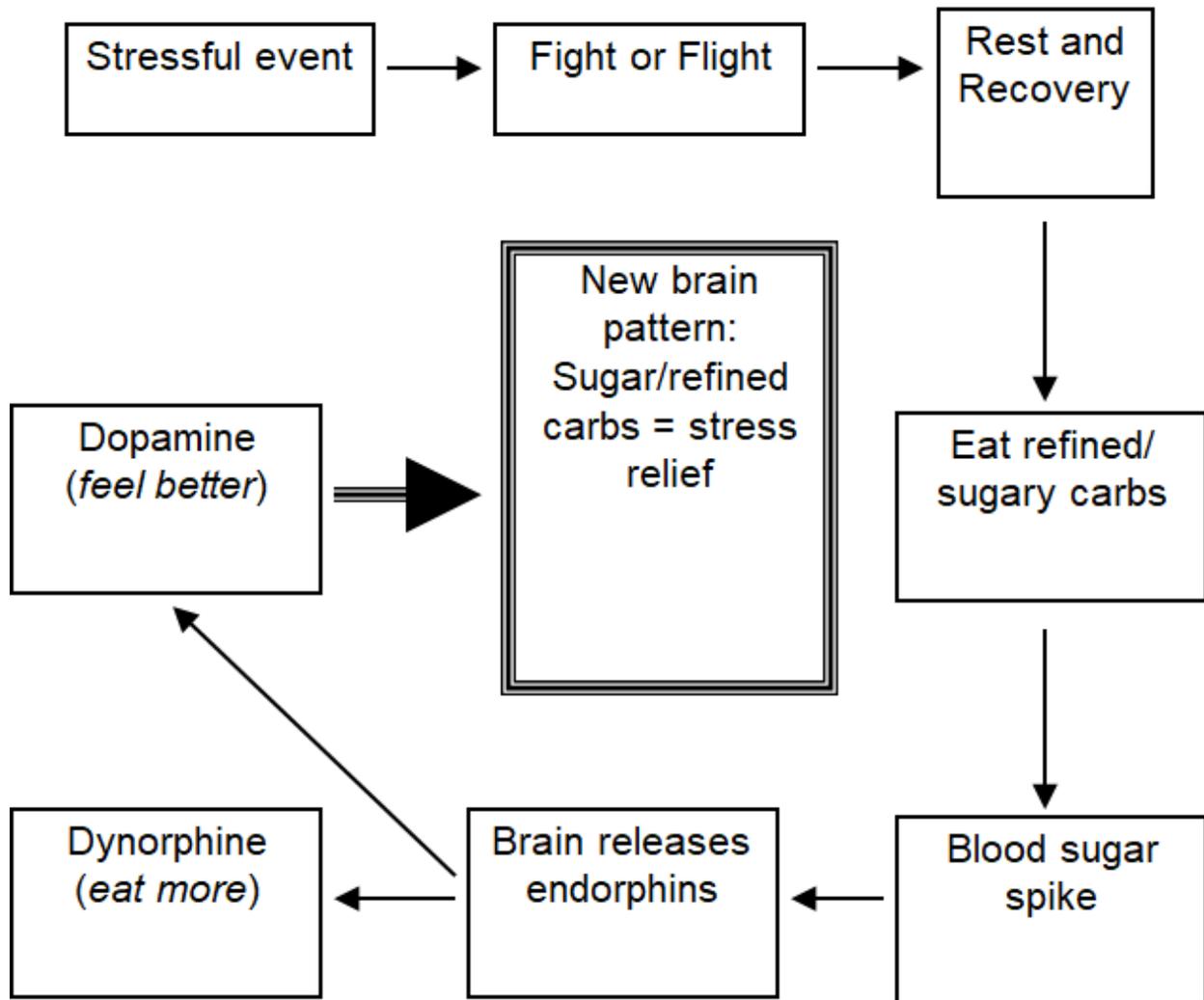
Prolonged Stress

- **Releases a hormone called cortisol often considered the belly fat hormone.**
- **Increases your appetite and may also ramp up motivation in general, including the motivation to eat!**

When paired with overeating: high-fat, sugary, and salty foods, it causes excessive body fat storage.

This graph illustrates the reason people tend to choose sugary or refined carbohydrates (i.e., cookies, ice cream, candy, bread, crackers, cake, etc.) in response to a stressor.

STRESSED spelled backwards = DESSERTS. Why *Desserts*?



Please use you Daily Behavior Records to Answer these Questions...

Name: _____ Date: _____
Daily Behavior Record for (circle one): _____ M T W Th F Sat Sun
Daily Fitness: _____

Time of day	Breakfast	Snack	Lunch	Snack	Dinner	Snack
Meal or Snack? (M/S)						
Food Eaten						
Portion						
H.R.* (0-3)						
# Min.						
Where?						
Situation Doing what else? With whom?						
Thoughts/Feelings?						
What did you learn about why you eat?						

If you need more writing space, please use the back of this page.
*H.R. = Hunger Rating: 0=no hunger, 1=slightly hungry, 2=hungry, 3=very hungry

WHAT ARE YOUR REASONS FOR EATING?

• WHERE DID YOU EAT?

• DID YOU EAT IN AN ENVIRONMENT THAT HELPED YOU TASTE YOUR FOOD?

• WHAT ABOUT YOUR PREVIOUS WAY OF EATING WOULD YOU LIKE TO CHANGE?

• DESCRIBE ONE NEW ACTION YOU WILL DO TO BEGIN YOUR CHANGE PROCESS...

Why is Eating a Means of Stress Relief?

- It works.
- It's a form of dissociation to enable you to numb uncomfortable feelings.
- The pleasure centers in your brain are stimulated creating a positive effect.
- The goal is to find other means to manage stress outside of food.

External vs Internal Stress

External stress is caused by triggers in our physical world: traffic, work, pandemics, natural disasters...

Examples?

Internal stress is caused by the thoughts and feelings we have about external stressors like ruminating about work once getting home...

Examples?

Personal Signs of Stress

Changes in Behavior

Problems sleeping
Overeating or bingeing
Excessive drinking or using drugs
Changes in sexual desire
A strong need to *get away*

Changes in Thoughts (difficulties with)

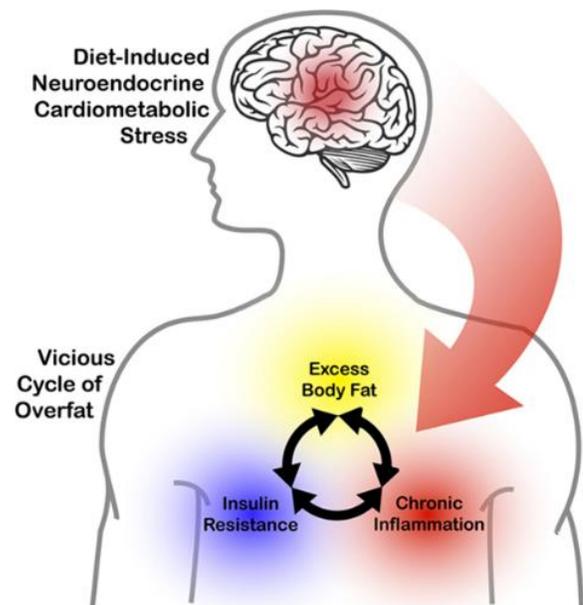
Focusing or concentrating
Remembering things
Thinking positively
Obsessing over things

The Balance of Stress

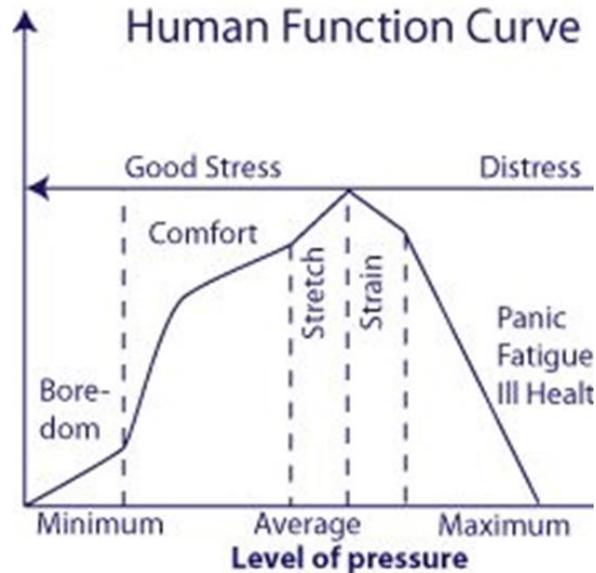
A person's performance or ability to function in life depends on their level of stress. Research shows that individuals have an average level of stress that is optimal for performance.

- Too little and it becomes boring
- Too much and we can experience panic, fatigue, or ill health

Your threshold is unique to you.



The greatest weapon against stress is our ability to choose one thought over another.” – William James



What Can You Do About Stress?

There are simple things you can do to help your body and mind manage stress better. Following these simple guidelines will help improve your immune system, energy level, self-esteem, sense of well-being, and help control stress eating.

Change Your Perception of Stress

Stress is most likely to be harmful when the following conditions are present...

- Feels against your will
- Out of your control
- Utterly devoid of meaning

If you can change any of these conditions, by finding some meaning in it, you can reduce the harmful effects of stress.

Learn to Calmly Respond

- Give yourself time out
- Breathe
- Do progressive muscle relaxation
- Thought stop

Engage in Regular Physical Activity

Physical activity reduces harmful stress hormone levels better than any other technique.

Practice Stress Reducing Exercises

Aerobic activities such as brisk walking, jogging, bicycling, dancing, swimming, rowing, skating, cross-country skiing, and stair stepping.

Exercises in nature. Being outdoors will help lower your stress levels.

Eat Healthy Foods

Gives you a sense of control that can help reduce your stress levels.

Makes you feel good physically.

Gives your body and brain the proper nutrition to be healthy and tolerate stress.

Eat a healthy diet with fresh vegetables and fruits, raw nuts and seeds, whole grains, legumes, and healthy fats.

Relax

Set aside time (5-15 minutes) every day to relax.

Go through whatever relaxation procedures work best for you:

deep breathing, tai chi, meditation, stretching, prayer, progressive muscle relaxation, yoga, or a short nap

Sign up for a Biofeedback Session at Positivechoice.org

The screenshot shows the website for Positive Choice Integrative Wellness Center. The main heading is "Biofeedback". A yellow button says "Click Here to schedule Biofeedback Appointment". Below this is a video player titled "Bio Feedback Introduction" with a "Stress, Titrals, Diagnostics" overlay. To the left of the video, there is a section titled "A Biofeedback Session" with a bulleted list of benefits: "Teaches self regulation for temporary pain relief", "Improves your sleep", "Breaks the stress-pain cycle", and "Decreases anxiety to reduce pain perception".

PositiveChoice.org

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Biofeedback

Click Here to schedule Biofeedback Appointment

A Biofeedback Session

- Teaches self regulation for temporary **pain** relief
- Improves your **sleep**
- Breaks the **stress**-pain cycle
- Decreases **anxiety** to reduce pain perception

Bio Feedback Introduction

Stress, Titrals, Diagnostics

Benefits of Biofeedback...

helpful for a variety of symptoms and has been used to successfully treat these stress-related or stress-aggravated conditions:

- headaches

Something to think about...

Choose one focus for the week:

One small change I can make to my lifestyle to produce less stress is...

One new coping skill I can use to manage my stress effectively is...

Set A Goal

Time Frame: (i.e., every day) ...

I will... Action: (i.e., find some meaning in something that causes me stress, and write it down.)

Desired Result: _____

Label Reading #10

The Nutrition Facts Label

Where is the Nutrition Facts label found?

Nutrition Facts	
8 servings per container	
Serving size 2/3 cup (55g)	
Amount per serving 230	
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	0%
Cholesterol 0mg	7%
Sodium 160mg	13%
Total Carbohydrate 37g	14%
Dietary Fiber 4g	
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	10%
Vitamin D 2mcg	20%
Calcium 260mg	45%
Iron 8mg	6%
Potassium 235mg	

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

What is the Nutrition Facts label?

Why is the Nutrition Facts label important?

The Nutrition Facts Label Began In 1994

SERVING SIZE
Serving sizes are determined by the manufacturer and are usually close to amounts that people consume. Be sure to compare the manufacturer's serving size with what you consider a serving.

TOTAL FAT
Compare the fat grams per serving to your personal fat budget to see how the food fits into your intake.

TRANS FATS
Zero grams of Trans Fats is best.

SODIUM
Limit yourself to 2,300 milligrams a day.

PROTEIN
Most experts recommend that your protein intake be somewhere between 10 and 35% of total daily calories.

The nutrient information (shaded) was provided on labels from 1993-2015. It was removed in 2018.

Nutrient
Expressed as a percentage of the Daily Value—a recommended daily amount based on a 2,000-calorie diet—this may not reflect your personal requirements.

Certified Organic Homogenized 2% Milk	
Serving Size 1 cup (240 mL/8 fl. oz.)	
Amount per Serving	
Calories 130	
% Daily Value	
Total Fat 5g	8%
Saturated Fat 3g	15%
Trans Fat 0g	0%
Cholesterol 15mg	4%
Sodium 130mg	5%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	
Total Sugars 12g	
Includes 0g Added Sugar	
Protein 9g	18%
Vitamin D 3mcg	15%
Calcium 201mg	20%
Iron 0mg	0%
Potassium 300mg	6%

CALORIES
Are figured from the amount of fat, carbohydrate, and protein in the food.

CHOLESTEROL
Limit yourself to 300 milligrams a day.

TOTAL CARBOHYDRATE
This number combines all carbohydrate forms (starches, simple sugars, sugar alcohols, soluble and insoluble fiber).

DIETARY FIBER
Soluble & insoluble fiber are not digested. Aim for 25-35 grams per day.

SUGARS
Total Sugars* includes the sum of naturally occurring sugars (such as lactose) and added sugars. Naturally occurring sugars are NOT included as "Added Sugars" on the label.

DAILY VALUE PERCENTAGES
The % Daily Value label assumes a diet of 2,000 calories. The Daily Value for fat assumes you limit fat to 30% of calorie intake. If you're aiming for fewer calories or less fat, this information overestimates your needs.

CALORIES PER GRAM FOOTNOTE
Every gram of fat has 9 calories. A gram of carbohydrate or protein has 4 calories each. To find the calories per gram, multiply the total grams by either 9 for fat or 4 for carbohydrates and proteins.

Ingredients: Organic Pasteurized Reduced Fat Milk, Vitamin A and D added

How to read the Nutrition Facts Label?

1) Serving Information → 8 servings per container
Serving size 2/3 cup (55g)

2) Calories → Amount per serving **Calories 230**

3) Nutrients → Total Fat 8g, Saturated Fat 1g, Trans Fat 0g, Cholesterol 0mg, Sodium 160mg, Total Carbohydrate 37g, Dietary Fiber 4g, Total Sugars 12g (Includes 10g Added Sugars), Protein 3g, Vitamin D 2mcg, Calcium 260mg, Iron 8mg, Potassium 240mg

4) Percent Daily Value → % Daily Value* (e.g., 10%, 5%, 0%, 7%, 13%, 14%, 20%, 10%, 20%, 45%, 6%)

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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Serving Size Information

Servings Per Container:

- Be mindful that one package may not be a single serving.

Serving Size:

- Based on the amount of a food that most people typically eat at one time.
- A guide rather than a recommendation of how much to eat (portion size).
- All of the nutrient information listed is for ONE serving.

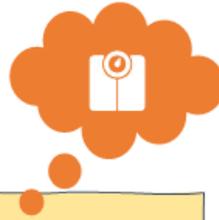
Nutrition Facts			
2 servings per container			
Serving size		1 cup (255g)	
	Per serving	Per container	
Calories	220	440	
	% DV*	% DV*	
Total Fat	5g	6%	10g 13%
Saturated Fat	2g	10%	4g 20%
Trans Fat	0g		0g
Cholesterol	15mg	5%	30mg 10%
Sodium	240mg	10%	480mg 21%
Total Carb.	35g	13%	70g 25%
Dietary Fiber	6g	21%	12g 43%
Total Sugars	7g		14g
Incl. Added Sugars	4g	8%	8g 16%
Protein	9g		18g
Vitamin D	5mcg	25%	10mcg 50%
Calcium	200mg	15%	400mg 30%
Iron	1mg	6%	2mg 10%
Potassium	470mg	10%	940mg 20%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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Calories Per Serving

- Public health calorie average is 2,000 calories/day
- Calorie needs are different for each person
- The calories per *servicing size* can help you decide your *portion size*
- Consider nutrient density



Food for Thought:
How can this be helpful in managing weight?

Nutrition Facts

8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 240mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

% Daily Value (DV)

- %DV are based on the daily recommendations for key nutrients
- Helps determine if a serving is high or low in a nutrient.
- Helps to compare food products

Nutrition Notes:

Low is $\leq 5\%$ DV

- Aim low for saturated fat, sodium and added sugar.

High is $\geq 20\%$ DV

- Aim high for dietary fiber, vitamin D, calcium, iron and potassium.

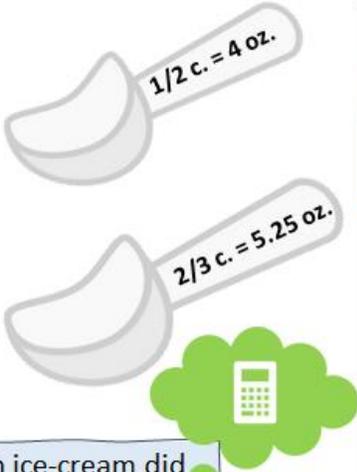


Nutrition Facts

8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 240mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Serving Size vs. Portion Size



Food for Thought: How much ice-cream did you *really* eat in one sitting?



Nutrition Facts			
2.5 servings per container			
Serving size		2/3 cup (133g)	
	Per serving	Per container	
Calories	420	1050	
Total Fat	27g 35%	67.5g	87%
Saturated Fat	17g 85%	42.5g	213%
<i>Trans Fat</i>	0.5g	1.25g	
Cholesterol	85mg 28%	212.5m	71%
Sodium	55mg 2%	137.5m	
Total Carbs.	39g 14%	97	6%
Dietary Fiber	3g 11%	97.5g	35%
Total Sugars	34g	7.5g	27%
Incl. Added Sugars	29g 58%	85g	
Protein	6g 12%	72.5g	145%
Vitamin D	0.6mcg 4%	15g	30%
Calcium	140mg 10%	1.5mcg	8%
Iron	4.7mg 25%	350mg	25%
Potassium	250mg 6%	11.75mg	70%
		625mg	15%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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Added Sugar

- **Added sugar** = sugar that are either added during processing or preparation

Why?

- Provides calories without nutritional benefit
- ↑ risk for dental cavities, obesity, type 2 diabetes, and heart disease.

- **Daily recommendation is no more than**
 - **Men:** 150 calories = **36 grams** = 9 teaspoons
 - **Women:** 100 calories = **25 grams** = 6 teaspoons

Nutrition Note:

- Aim for foods that have **< 4 g added sugar per serving.**



Nutrition Facts	
8 servings per container	
Serving size 2/3 cup (55g)	
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars 20%	
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 240mg	6%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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Sugar Substitute

Sugar Substitute = food additive that provides a sweet taste with less calories than table sugar

Why?

- Weight gain → Obesity
- Poor blood sugar managements
- Chronic diseases
- *Addictive*

Examples: saccharin (Sweet and Low), aspartame (Nutrasweet, Equal), Acesulfame Potassium (Sunett, Sweet One), Sucralose (Splenda), Steviol glucosides (Stevia), etc.



Nutrition Note:

- Limit the use of **BOTH** added sugar and artificial sweeteners.

Ingredients

Cultured Grade A Non Fat Milk, Strawberries, Water, Modified Food Starch, **Cane Sugar**, Contains Less Than 1% Of Kosher Gelatin, Vegetable Juice (For Color), Natural And Artificial Flavors, **Suralose**, **Acesulfame Potassium**, Malic Acid, Sodium Citrate, Vitamin A Palmitate, Vitamin D3, Active Yogurt Cultures L. Bulgaricus & S. Thermophilus.

Ingredients List

- The Ingredients List shows each ingredient in a food by its common or usual name.
- The ingredients are listed in *descending order by weight*.

INGREDIENTS: ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE [VITAMIN B₁], RIBOFLAVIN [VITAMIN B₂], FOLIC ACID), CORN SYRUP, SUGAR, SOYBEAN AND PALM OIL (WITH TBHQ FOR FRESHNESS), CORN SYRUP SOLIDS, DEXTROSE, HIGH FRUCTOSE CORN SYRUP, FRUCTOSE, GLYCERIN, CONTAINS 2% OR LESS OF COCOA (PROCESSED WITH ALKALI), POLYDEXTROSE, MODIFIED CORN STARCH, SALT, DRIED CREAM, CALCIUM CARBONATE, CORNSTARCH, LEAVENING (BAKING SODA, SODIUM ACID PYROPHOSPHATE, MONOCALCIUM PHOSPHATE, CALCIUM SULFATE), DISTILLED MONOGLYCERIDES, HYDROGENATED PALM KERNEL OIL, SODIUM STEAROYL LACTYLATE, GELATIN, COLOR ADDED, SOY LECITHIN, DATEM, NATURAL AND ARTIFICIAL FLAVOR, VANILLA EXTRACT, CARNAUBA WAX, XANTHAN GUM, VITAMIN A PALMITATE, YELLOW #5 LAKE, RED #40 LAKE, CARAMEL COLOR, NIACINAMIDE, BLUE #2 LAKE, REDUCED IRON, YELLOW #6 LAKE, PYRIDOXINE HYDROCHLORIDE (VITAMIN B₆), RIBOFLAVIN (VITAMIN B₂), THIAMIN HYDROCHLORIDE (VITAMIN B₁), CITRIC ACID, FOLIC ACID, RED #40, YELLOW #5, YELLOW #6, BLUE #2, BLUE #1.



Food for Thought: What does the length of this Ingredients list tell you?

What are we ultimately looking for on the Ingredients List?



Ingredients:

Peanuts, Corn Syrup Solids, Sugar, Pea Protein, Contains 2% Or Less Of: Salt, Fully Hydrogenated Vegetable Oils (rapeseed And Soybean), Mono And Diglycerides, Molasses, Magnesium Oxide, Niacinamide, Ferric Orthophosphate, Zinc Oxide, Copper Sulfate, Folic Acid, Pyridoxine Hydrochloride.



Ingredients:

Dry Roasted Organic Peanuts.



Food for Thought: Which one would you choose?

Ingredients to Avoid



Trans Fat = partially hydrogenated oil = type of fat that is created by adding hydrogen to fat in a process called *hydrogenation*.

Why?

Trans fat intake → ↑ bad and ↓ good cholesterol levels
→ ↑↑ risk for heart disease



Nutrition Note: FDA require food manufacturers to remove trans fat from our food supply by 1/1/2021.

Nutrition Facts

Serving Size 45.00 g
Servings Per Container 8

Amount Per Serving

Calories 160

	% Daily Value
Total Fat 6g	9%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 210mg	9%

Ingredients

Sugar, Water, Enriched Bleached Wheat Flour [flour, Reduced Iron, B Vitamins (niacin, Thiamine Mononitrate (b1), Riboflavin (b2), Folic Acid)], Corn Syrup, Palm Oil, High Fructose Corn Syrup, Cocoa, Partially Hydrogenated Vegetable And/or Animal Shortening (soybean, Cottonseed And/or Canola Oil, Beef Fat), Soybean Oil....

How to identify a “whole grain” product?

Choose products that name a whole grain first on the ingredient list.

Don't be fooled by

- The **color** of the bread
- Presence of **processed fiber**
- **Multi-grain** products



Nutrition Note:

Food identified as “whole grain” are not *always* healthy, because it can still be full of saturated fat, salt, added sugar or calories.



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Refined vs. Whole Grains



Ingredients: Whole Wheat Flour, Water, Sugar, Wheat Gluten, Raisin Juice Concentrate, Soybean Oil, Yeast, Cultured Wheat Flour, Molasses, Salt, Wheat Bran, Soy Lecithin, Grain Vinegar, Citric Acid.



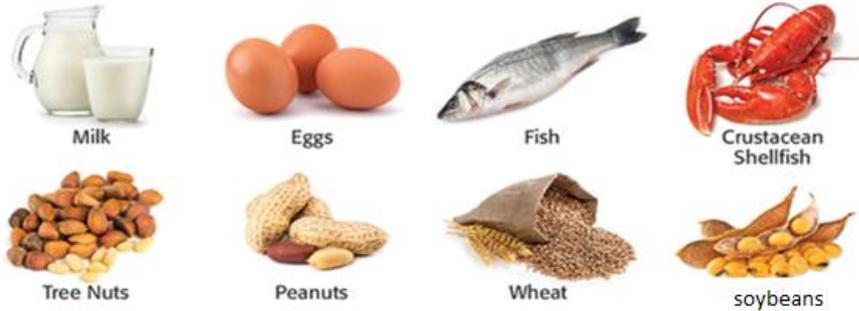
Ingredients: Unbleached Enriched Flour (wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, High Fructose Corn Syrup, Yeast, Contains 2% Or Less Of The Each Of The Following: Calcium Carbonate, Soybean Oil, Wheat Gluten, Salt, Dough Conditioners (contains One Or More Of The Following: Sodium Stearoyl Lactylate, Calcium Stearoyl Lactylate, Monoglycerides, Mono- And Diglycerides, Distilled Monoglycerides, Calcium Peroxide, Calcium Iodate, Datem, Ethoxylated Mono- And Diglycerides, Enzymes, Ascorbic Acid), Vinegar, Monocalcium Phosphate, Yeast Extract, Modified Corn Starch, Sucrose, Sugar, Soy Lecithin, Cholecalciferol (vitamin D3), Soy Flour, Ammonium Sulfate, Calcium Sulfate, Calcium Propionate (to Retard Spoilage).

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Food Allergy Label

Federal law requires food manufacturers to indicate 8 major food allergens in plain language



Nutrition Note:

These common allergens can be called out in either in the ingredient list such as lecithin (soy), flour (wheat) and whey (milk) or immediately after or next to the list of ingredients such as contains wheat, milk and soy.

Deceiving Food Label Claims



Solution Ingredients: Water, Salt, Turbinado Sugar, **Cultured Celery Powder, Cherry Powder.**



Ingredients
Pork, Water, Sea Salt, **Cultured Celery Extract,** Vinegar.

Deceiving Food Label Claims



Nutrition Facts	
Serving Size 2 cookies	
Servings Per Container 8	
Amount Per Serving	
Calories 90	
% Daily Value	
Total Fat 5g	8%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 2.5g	
Cholesterol 0mg	0%
Sodium 115mg	5%
Total Carbohydrate 17g	6%
Dietary Fiber 3g	12%
Sugars 0g	
Protein 1g	
Percent Daily Values are based on a 2,000 calorie diet.	

Ingredients
Maltitol, Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate {Vitamin B1}, Riboflavin {Vitamin B2}, Folic Acid), High Oleic Canola and/or Palm Oil, Polydextrose, Cocoa (Processed With Alkali), Cornstarch, Glycerin, Inulin (Natural Extract From Chicory Root), Emulsifiers (Vegetable Mono- and Diglycerides, Soy Lecithin), Leavening (Baking Soda and/or Sodium Acid Pyrophosphate and/or Calcium Phosphate), Salt, **Dextrose***, Natural and Artificial Flavor, Cellulose Gum and Gel, Chocolate, Heavy Cream (from Milk), **Acesulfame Potassium (Sweetener)**, **Sucralose (Sweetener)**. *Adds a trivial amount of sugars.

What to do?

Processed food is convenient. How can you select healthier options?

Self-Check

What fresh food will you swap for a packaged food?

Besides physical hunger, what are some reasons why you eat?

Set A Goal

Time Frame: (i.e., every day) ...

I will... Action: (i.e., swap in _____ (fruit or vegetable) for _____ (packaged food.))

Desired Result: _____

Emotions and Support #11

What you'll need for class today...something to record questions and take notes.

Please have your Daily Behavior Records handy. We will be referring to them later in class.

- After our session today, Kaiser Permanente members will receive a KP.org email or a letter notification with a link to additional health education.
- This education system provides health information in an easy-to-understand format through a web-based health education presentation called Emmi.
- Emmi videos can be viewed on a desktop, laptop, tablet, or smartphone and in several different languages.
- You can find more information about our Emmi Online Education on the Positive Choice Bookshelf

Discover Life Care Planning

- It is important now more than ever, to capture your goals, values, and treatment preferences in an Advanced Health Care Directive, which can be scanned into your medical record.
- You will learn the 4 important qualities of identifying a health care decision maker & discussing with your chosen health care decision maker your values and treatment preferences, so that he/she can communicate for you if you were injured and unable to communicate.

Do you know who this person would be?

To learn more:

- Visit kp.org/lifecareplan
- Register for a Life Care Planning Virtual Workshop



Center for Healthy Living
619-641-4194

Emotions

What are emotions?

- Feelings/sensations that are triggered by thoughts or things in your environment
 - Emotions are information about how we are experiencing things *“Emotions last 90 seconds (about 1 and a half minutes). It is our stories about the events that can prolong the feelings,”* neuroscientist Jill Bolte Taylor, PhD.

Common Emotions

- **Fear** - an unpleasant emotion caused by the belief that something is dangerous.
- **Shame** - a painful feeling of humiliation caused by wrong or foolish behavior.
- **Guilt** – the fact of having committed an offense or crime.
- **Anger** - a strong feeling of annoyance, displeasure, or hostility.
- **Joy** - a feeling of great pleasure and happiness.
- **Lonely** - sad because one has no company.
- **Pain** - physical suffering or discomfort caused by illness or injury.

Why Do You Eat When Your Stress Levels are High?

- Because it works to relieve stress (temporarily)!
- Eating can act as a form of disconnecting from or numbing uncomfortable feelings.
- If food is associated with pleasure, the pleasure centers in your brain are stimulated creating a positive effect.
- The goal is to find other means to manage stress outside of food.

What do you do to manage stress outside of food?

Please use your Daily Behavior Records to answer these questions...

Name: _____ Date: _____

Daily Behavior Record for (circle one): _____

Daily Fitness: _____

	Breakfast	Snack	Lunch	Snack	Dinner	Snack
Time of day						
Meal or Snack? (M/S)						
Food Eaten						
Portion						
H.R.* (0-3)						
# Min.						
Where?						
Situation, Doing what else? With whom?						
Thoughts/Feelings?						
What did you learn about why you eat?						

If you need more writing space, please use the back of this page.
*H.R. = Hunger Rating: 0=no hunger, 1=slightly hungry, 2=hungry, 3=very hungry

WHAT WERE YOUR REASONS FOR EATING?

HOW DID YOUR FEELINGS INFLUENCE YOUR WEIGHT?

WHAT BESIDES FOOD DO YOU USE NOW TO HELP YOU COPE?

WHAT ABOUT YOUR PREVIOUS WAY OF EATING WOULD YOU LIKE TO CHANGE?

DESCRIBE ONE NEW ACTION YOU WILL DO TO BEGIN YOUR CHANGE PROCESS...

Learning to Identify Emotions

- Notice body sensations that occur during the emotion.
 - E.g. sweaty palms when nervous or a pit in stomach when guilty
 - sensations in the upper limbs when either angry or happy
 - sensations of decreased limb activity when sad
 - sensations in the digestive system and the throat when disgusted
- Notice thoughts that can occur when having the emotion
 - E.g. I often think “I am no good” when I feel shame.
 - fear causes worry about an upcoming job interview
 - being in an irritable mood and noticing negative thoughts about inconveniences or annoyances

Mindfulness to Practice Identifying Emotions

- Get comfortable.
- Take a few deep breaths
- Become aware of emotions in this moment.
- Label the emotion (calm, angry, ...)
- Notice the feelings without judgement
- Continue relaxed breathing.
- Pay attention to sensations in your body while becoming aware of the emotion.
- Imagine your breath going to those areas of the body. The tension may dissipate, or it may not, no right or wrong way to feel.
- Now pay attention to thoughts that are present with the feelings and sensations.
- Notice the thoughts without judgement and label them as just a thought.
- Take a few more deep breaths and come back to the room.

Responding to Triggers...

When you start to recognize your emotional eating triggers (anger, loneliness, boredom, etc.), you can change the way you respond to them. Instead of reaching for a candy bar or bag of chips to soothe your emotions, try these ideas instead:

- Take a short relaxation break.
- Take time to stop and think about what is really bothering you and how you could deal with it.
- Change what you're doing. Take a short walk down the hall or around the block.
- Reach out to family and friends on the phone or a video call.

- If you are truly hungry, eat a healthy meal or snack. Focus on the experience of eating and enjoying your food.
- Start a new hobby.
- Focus on gratitude
- Other _____

Support

Who are the people you connect with?

- A group of friends that become your family.
- A group of people you can turn to who will always have your back and are a key to your support system.
- People you may not know super well, but you just click.

How can reaching out to family and friends help your emotions?

A Social Network is Vital to your Well-Being

Who does your support system consist of and what can you do to build a stronger network?

Tips to building your social network:

1. Get support from the network you have

- Tell others what you need.
- Be specific in your requests.
- Be careful not to overwhelm them.

2. Reach out

- Find others that are doing the same things you are doing (i.e.. losing weight).
- Join an in-person or virtual group at Positive Choice.
- Contact a group member you feel comfortable with for support outside the group.

3. Let go of unhealthy ties

- If you're trying to eat healthily but your friends only want to spend time with you if you're eating with them, consider branching out and finding people with other interests.
- It may be possible to spend less time with certain people without abandoning the friendship.

- You are not responsible for another person’s behavior, but it may take a toll on your well-being.

4. Make a plan

- Consider what you need and how you might find it.
- Social activities consist of time lines, so plan time with others.
- Be flexible when making social plans.

5. Take care of your relationships

- You are more likely to build strong friendships if you are a good friend to others.
- Keep in touch with your support network.
- Let them know you appreciate them.

Something to think about...

How will your emotions influence your health goals during the week?

What will you do to shift your emotions if you’re tempted to eat this week?

Ideas:

- Take a short relaxation break.
- Take time to stop and think about what is really bothering you and how you could deal with it.
- Change what you're doing. Take a walk.
- Reach out to family and friends on the phone or a video call.
- If you are truly hungry, eat a healthy meal or snack. Focus on the experience and enjoy your food.
- Focus on gratitude
- Other _____

Kaiser Support Option

Wellness Coaching By Phone

1-866-862-4295

Kaiser Permanente Members can get support over the phone to make healthy changes around quitting tobacco, managing weight, reducing stress, or getting active.

Set A Goal

Time Frame: (i.e., every day) ...

I will... Action: (i.e., pay attention to what emotions motivate me to eat, and reach out to a family member or a friend on the phone.)

Desired Result: _____

Sugar Substitutes & Shopping #12

High intensity artificial sweeteners, also known as non-caloric sweeteners (NCS), are sugar substitutes in foods and beverages. They have been used since the 1980s. NCS are commonly defined as molecules with a sweetness profile 30 times higher or more that of sucrose (granulated table sugar). Because their calories are so low, they contribute minimally to your net energy intake. If you are going to use artificial sweeteners, a responsible use is 3 servings or less per day.

One serving is equal to:

- One 12 oz. diet beverage
- One 6 oz. sugar-free yogurt or
- One packet of a sugar substitute

High Intensity Sweeteners/ Sugar Substitutes



The high intensity sweeteners that have been approved by the U.S. Food and Drug Administration (FDA) are:

- Aspartame
- Saccharin
- Sucralose
- Acesulfame Potassium
- Advantame
- Neotame
- Stevia
- Luo Han Guo (Monk) Fruit Extract

APPROVED SUGAR SUBSTITUTES

Saccharin (Sweet 'n Low™, Sugar Twin™)

- Made from Benzoic sulfilimine.
- Discovered in 1879.
- Re-approved by the FDA for general use in 2000.
- 200 to 700 times sweeter than sucrose.

Aspartame (NutraSweet™, Equal™)

- Made from phenylalanine, methanol, and aspartic acid.
- Discovered in 1965.
- Approved by the FDA for general use in 1981.
- 200 times sweeter than sucrose.

Sucralose (Splenda™)

- Made from chlorinated sucrose.
- Discovered in 1976.
- Approved by the FDA for general use in 1998.
- 320 to 1,000 times sweeter than sucrose.

Acesulfame K (Sweet One and Sunett™)

- Made from potassium salt of methyl, oxathiazine and dioxide.
- Discovered in 1967.
- Approved by the FDA for general use in 2003.
- 200 times sweeter than sucrose.

Neotame

- Made from aspartic acid and phenylalanine.
- Discovered in 1992.
- Approved by the FDA for general use in 2002.
- 5000 to 8000 sweeter than sucrose.

Advantame

- Made from aspartame and vanillin.
- Approved by the FDA for general use in 2014.
- 20,000 times sweeter than sugar and 100 times sweeter than aspartame.

SUGAR SUBSTITUTES Cont.

Sugar Alcohols

- Erythritol, hydrogenated starch hydrolysate, isomalt, lactitol, malitol, manitol, sorbitol, xylitol)
- A type of carbohydrate that has a chemical structure similar to sucrose.
- Has lower calories than sucrose.
- Can come from fruits and vegetables, but most are artificial.
- Are not as sweet as sucrose.
- Are not absorbed well in your small intestines.
- May cause gas, bloating and diarrhea
- Products containing more than 10 % added sugar alcohols must include the advisory statement “excessive consumption may produce laxative effects.”
- Approved as sweeteners since the 1960s.

Allulose

- A sugar that naturally occurs in brown sugar, maple syrup, wheat and fruits like figs and raisins.
- The commercial production of Allulose comes mainly from low-cost starches like corn starch.
- About 70% as sweet as sugar.
- Has 90% fewer calories than sucrose.
- Allulose does not increase blood glucose and does not promote the growth of the kinds of bacteria in the mouth that cause cavities.
- Approved by the FDA for general use in 2012.

Plant-Based

SUGAR SUBSTITUTES

Stevia Extracts (Pure Via, Truvia)

- 200 to 400 times sweeter than sucrose.
- Made from leaves of Stevia Rebaudiana, a South American plant.
- FDA approval not needed since it’s sold as a food additive.

Luo Han Guo (Monk Fruit)

- 100 to 250 times sweeter than sugar.
- Made from Siraitia Grosvenorii, a plant native to Southern China.
- Approved by the (FDA) for general use in 2016.

Sugar Substitutes

Artificial sweeteners can be helpful for dental health — decreasing dental caries, especially with the sugar-free chewing gums. They are evaluated by the Food and Drug Administration (FDA) and are safe and well tolerated in moderation. However, some studies raise the concern that the consumption of artificial sweeteners can have a detrimental effect on the bacteria in your intestines (microbiome). Your microbiome plays a vital role in your overall health and immune system.

How to Break the Sweet Habit

If you are in the habit of consuming sweet foods and beverages, here are four tips to try:

1. Challenge yourself to consume foods and beverages that do not taste sweet.
2. Decrease the sweetener in your coffee or tea by 1 teaspoon per week.
3. While at the grocery store, read labels to find artificial sweeteners in the ingredient list, and avoid those products.
4. Drink plenty of plain water and eat natural foods without an ultra-sweet taste.

After trying these tips, realize that over time, your taste buds adjust, and you may not need to use sweeteners as much. Use fresh or frozen fruit instead.

Bottom Line

Limit or avoid intake of all sugar substitutes.

If you desire something sweet, limit these natural sugars to three to six teaspoons per day:

- Dates
- Raw Organic Honey (Not be given to children under the age of 2.)
- Organic Maple Syrup

If you have prediabetes or diabetes, use 3 servings or less per day of these plant-based herbal sweeteners:

- Organic Stevia
- Monk fruit (Luo Han Guo)

Healthy Shopping Tips

BE AWARE OF THE EFFECTS OF ADVERTISING

Understanding some of the supermarket tricks may help you save money and shop more healthily.

- Supermarket layouts are carefully planned so that you spend the maximum amount of money on as many unplanned purchases as possible.
- Only a third of shoppers come with a list and only one third of purchases are planned.
- Every inch of space for items in the middle of the store is carefully planned.
- There is tremendous competition for shelf space.
- Large supermarkets often charge slotting fees for shelf space.
- Fifty percent of supermarkets open with produce; the rest open with flowers. This gives the consumer the impression of freshness, crispness, color, and beauty. This first impression influences where you will shop.
- Products shelved at eye level, the best viewing angle — 51 to 53 inches off the floor — sell best. When items are placed in special in-aisle gondolas or end caps, sales increase five times.

Healthy Shopping Tip

The UPC price code scanner allows retailers to know what customers are buying, where the item was located, when they are buying, and at what price.

Anatomy of a Barcode



Nutrition and Shopping Quiz

1. Which of these plant-based milks contains the most protein?

- A Oat milk
- B Coconut milk
- C Soy milk

2. Which of these breads contains the most fiber per slice?

- A Sourdough
- B Whole wheat
- C Rye

3. Which is the healthiest seasoning?

- A Garlic
- B Himalayan pink salt
- C Soy sauce

4. Which of these oils is best for heart health?

- A Rice bran
- B Coconut
- C Avocado

5. What's the best alternative if you want to reduce sucrose?

- A Honey
- B Agave syrup
- C Allulose or Monk fruit

6. Which of these legumes contain the most iron?

- A Green lentils
- B Chickpeas
- C Pinto beans

See how you scored below...

Question 1, Answer = C

Per 1 cup, soy milk contains 8g protein, oat milk has 4g and coconut milk, 2g. This compares with 8.5g protein in 1 cup dairy milk, making soy milk a reliable source of protein for plant-based diets.

Nutrition tip

- Make sure any plant-based milk you choose is unsweetened and fortified with calcium.

Question 2, Answer = B

Have 25-35g fiber daily to help protect against constipation, heart disease, type 2 diabetes and bowel cancer. Whole wheat bread is best for fiber with 3-5g per 40g slice. Check the label to be sure whole wheat flour is listed as the first ingredient.

The first ingredient listed on the label of most brands of rye bread is unbleached enriched flour. Each slice has 1.5 g fiber, sourdough has just 1.2g.

Nutrition tip

- Sourdough is often promoted for digestive health as it is fermented with probiotic-rich lactobacillus bacteria – however, these do not survive baking. More studies are needed to confirm that it is easier to digest or causes fewer symptoms such as bloating.

Question 3, Answer = A

A safe limit is 2,300 mg (about twice the weight of a small paper clip) sodium a day. All varieties of salt contain similar amounts of sodium- the part responsible for increasing blood pressure. Garlic is a great salt-free alternative to add flavor.

Nutrition tip

- The sulphur-containing compounds responsible for the taste and smell of garlic may offer health benefits, such as helping to lower blood cholesterol or blood pressure.

Question 4, Answer = C

The American Heart Association recommends we limit saturated fat to less than 16g a day to protect against heart disease. This means avocado oil, with only 1.3g saturates per 1 tbsp, is the best of our three options. It's also richest in monounsaturated fat, which lowers LDL (Low Density Lipoprotein) (bad) cholesterol and maintains or even boosts HDL (High Density Lipoprotein) (good) cholesterol.

Nutrition Tip

- For those at risk for or who have heart disease, the American Heart Association advises no more than 6% of total calories from saturated fat, or about 10 grams based on a 1500-calorie diet. One tablespoon of coconut oil has about 12 grams of saturated fat.

Question 5, Answer = C

Choosing between these two sweeteners will come down to cost, availability, and taste. They are free from calories and sugar so they are tooth friendly and, when used in place of sugar, may help manage weight. In contrast, honey and agave syrup are forms of sugar.

Nutrition tip

- Certain varieties of honey may offer small health benefits.

Question 6, Answer = A

All legumes get the nutrition thumbs-up as they contain protein and a wide range of vitamins and minerals. Those that contain the most iron can be particularly useful for vegan or vegetarian diets, which can be a little low in this mineral (8-18 mg iron is the recommended intake).

Nutrition tips

- Legumes are rich in soluble fiber, which is good news for heart health – a review of 26 studies found a daily ½ cup serving of legumes lowered LDL cholesterol.
- Vitamin C helps the body absorb iron from plants, so include foods such as citrus fruits, berries, kiwi, peppers or green leafy veg that are rich in this vitamin in the same meal.

Self-Check

How do you manage sweet foods?

What will you do to shop healthy this week?

Set A Goal

Time Frame: (i.e., every day) ...

I will... Action: (i.e., limit all sweeteners to less than 6 tsp. per day, and shop with a list.)

Desired Result: _____

Fitness & Body Image #13

Fitness

- Regular *aerobic* activity is critical to burn body fat and a primary component of any weight loss/ maintenance program.
- Positives of regular aerobic exercise include managing your stress, reducing depression and anxiety, and increasing self-esteem.
- Two other important components of fitness are *flexibility* and *building muscle*

"The difference between TRY and TRIUMPH...is a little UMPH!"

Marvin Phillips

"Exercise is a celebration of what your body can do. Not a punishment for what you ate."

Anonymous

Cardiovascular / Aerobic Benefits

- Increases heart's ability to transport oxygen and muscle's ability to use it.
- Increases metabolic rate so more calories are burned both during and after the exercise.

How to:

Rhythmic, continuous exercise, e.g., walk, swim, run, bicycle, etc.

To maximize the benefits, work on:

- Intensity that challenges the heart and muscles. Use the talk/sing test where you can carry on a conversation while exercising, but not sing along to favorite tunes.
- Work up to maintaining intensity for 20 minutes and increase time from there.

Strength/Resistance Benefits

Muscle is Beneficial for Calorie Burn

- The more muscle you have, the more calories you burn.
- Exercise helps you maintain and build your lean muscle tissue so your body will pull stored energy from the fat cells.

Flexibility Benefits

- You can move a part of your body through its full range of motion.
- Flexibility helps you avoid injury and falls.
- Appropriate stretching feels good!

Physiological Changes that Occur Initially with Exercise

Why is it so difficult the first few weeks?

- Movement is stored as motor programs.
- Most initial changes are neurological.
- While these new pathways develop, we feel awkward and more easily fatigued.

Your brain needs time to construct new motor pathways: a system for telling...

- Which muscles to contract
- Which muscles to relax
- How much force is necessary

Why Exercise?

Exercising on Partial Meal Replacement builds healthy habits and assists in weight maintenance after the PMR program.

How Much Exercise?

The goal for exercise on the Partial Meal Replacement program is for you to start at 2.5 hrs. a week (150 minutes) and progress each week until you get to 5 hrs. a week (300 minutes).

Follow the chart below for assistance on how much time to devote to each different type of exercise, and how to progress.

18-week Workout Plan

Goal = 2.5-5 Hours (150-300 Minutes) each Week

Welcome Packet: 18-week Exercise Plan



WK	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Time	Done!
1	ST 20	CVM 30 MNS	CVL 50 MNS	AR	CVM 30 MNS	ST 20	AR	150 MINS	
2	ST 20	CVM 30 MNS	CVL 50 MNS	AR	CVM 30 MNS	ST 20	AR	150 MINS	
3	ST 20	CVM 45 MNS	CVL 50 MNS	AR	CVM 35 MNS	ST 20	AR	170 MINS	
4	ST 20	CVM 45 MNS	CVL 50 MNS	AR	CVM 35 MNS	ST 20	AR	170 MINS	
5	ST 20	CVM 50 MNS	CVL 60 MNS	AR	CVM 40 MNS	ST 20	AR	190 MINS	
6	ST 20	CVM 50 MNS	CVL 60 MNS	AR	CVM 40 MNS	ST 20	AR	190 MINS	
7	ST 20	CVM 50 MNS	CVL 60 MNS	AR	CVM 45 MNS	ST 20 CVM 25	AR	220 MINS	
8	ST 20	CVM 50 MNS	CVL 60 MNS	AR	CVM 45 MNS	ST 20 CVM 25	AR	220 MINS	
9	ST 20	CVM 50 MNS	CVL 60 MNS	CVH 20 MINS	CVM 45 MNS	ST 20 CVM 25	AR	240 MINS	
10	ST 20	CVM 50 MNS	CVL 60 MNS	CVH 20 MINS	CVM 45 MNS	ST 20 CVM 25	AR	240 MINS	
11	ST 20	CVM 55 MNS	CVL 60 MNS	CVH 40 MINS	CVM 45 MNS	ST 20 CVM 30	AR	270 MINS	
12	ST 20	CVM 55 MNS	CVL 60 MNS	CVH 40 MINS	CVM 45 MNS	ST 20 CVM 30	AR	270 MINS	
13	ST 20	CVM 55 MNS	CVL 65 MNS	CVH 40 MINS	CVM 45 MNS	ST 20 CVM 35	AR	280 MINS	
14	ST 20	CVM 55 MNS	CVL 65 MNS	CVH 40 MINS	CVM 45 MNS	ST 20 CVM 35	AR	280 MINS	
15	ST 20	CVM 55 MNS	CVL 70 MNS	CVH 40 MINS	CVM 45 MNS	ST 20 CVM 40	AR	290 MINS	
16	ST 20	CVM 55 MNS	CVL 70 MNS	CVH 40 MINS	CVM 45 MNS	ST 20 CVM 40	AR	290 MINS	
17	ST 20	CVM 55 MNS	CVL 70 MNS	CVH 50 MINS	CVM 45 MNS	ST 20 CVM 40	AR	300 MINS	
18	ST 20	CVM 55 MNS	CVL 70 MNS	CVH 50 MINS	CVM 45 MNS	ST 20 CVM 40	AR	300 MINS	

Cardiovascular Exercise: activities that elevate heart rate for the duration of the workout. Try brisk walking, jogging, cycling, swimming, hiking, elliptical and/or playing sports.

CVL: Cardiovascular Long Easy — Keep your intensity in the conversational zone throughout the workout, or about a 5-6 on a scale of 1-10. You should not be able to sing.

CVM: Cardiovascular Moderate — Aim Your intensity at a 6-7 on a scale of 1-10. You're should feel your pushing it but can sustain the effort for a prolonged period.

CVH: Cardiovascular Hard — After an easy 5 min warm up, push the intensity beyond your comfort zone, or an 8-9 on a scale of 1-10. You can still talk, but with pauses between sentences. The duration will be shorter to account for the higher effort.

ST: Strength Training — Use free weights, resistance bands, machines or body weight exercises. Be sure to overload the muscles so you are slightly sore the next day.

AR: Active Recovery — Continue to move more and sit less but take a break from working out.

No Time for Exercise?

A small investment of your time and energy now can make a SIGNIFICANT difference in the quality of your life for years to come.

There are 168 hours a week.

- Divide your time into three equal parts or "slices of pie."

Sleep + Work + Everything Else

- If you devote 5 hours a week to exercise, you are only using about 10% of your Everything Else or "Free" time. 10%!



Make Exercise A Habit

- Do not worry about target heart rates, time, distance, etc. Set realistic goals (e.g., "I will walk three days per week.") and make it a priority.

How will you set up exercise as a habit?

Good habits are as addictive as bad habits, but so much more rewarding.

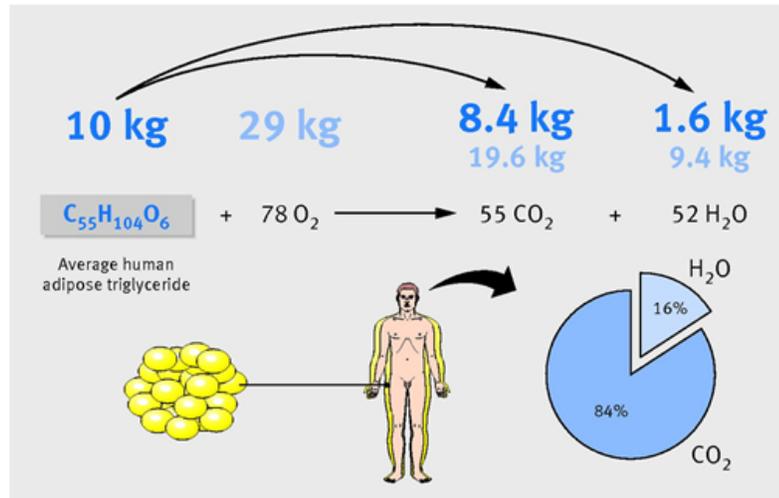
Losing Fat

When You Lose Fat, Where Does It Go?

84% of a 10 kg (or 22 lb) weight loss, turns into CO₂ and is exhaled.

(84% of 22 lbs = 18.5 lbs of fat)

The other 16 % or 3.5 lbs turns into water and is excreted.



Ruben Meerman, and Andrew J Brown BMJ
2014;349:bmj.g7257



Exercise Tips

1. Do Something You Like

- Do you like to exercise alone, with a friend, in a class, at home, or at a fitness facility?
- If the first activity you try does not appeal to you, try another until you find activities you like.
- What types of activities do you like?

2. Open Yourself Up. Try New Activities...

- Enter a walking event
- Sign up for a yoga class
- Try a new outdoor sport

You won't know if you like it until you try it. And remember, it's OK if you don't like it!

What new activities are you willing to try?

Body Image

What is Body Image?

Body Type vs. Body Image

Body Type

- The physical makeup of a person's body
- Genetics, lifestyle, and level of fitness contribute to body type
- Ectomorph, Mesomorph, Endomorph

Body Image

- Perception one has of their physical self and the thoughts and feelings resulting from that perception
- What you believe about your body, it's appearance, and how you feel in your body
- Influenced by individual and environmental factors



10 Steps to Positive Body Image

- Appreciate all that your body can do.
- Keep a top-ten list of things you like about yourself.
- Remind yourself that “true beauty” is not simply skin-deep.
- Look at yourself as a whole person.
- Surround yourself with positive people.
- Shut down those voices in your head that tell you your body is not “right” or that you are a “bad” person.
- Wear clothes that are comfortable and that make you feel good about your body.
- Become a critical viewer of social and media messages.
- Do something nice for yourself.
- Use the time and energy that you might have spent worrying about food, calories, and your weight to do something to help others.

Something to think about...

- Choose a part of your body that you are most critical of.
- Choose a reason to appreciate that body part (function, not aesthetics)
- Share with the group:

I appreciate my _____ because _____.

Self-Check

What kind of exercise do you like, or will you try?

What message will you give your body that you're okay?

Set A Goal

Time Frame: (i.e., this week) ...

I will... Action: (i.e., exercise ___ hours, and write a top-ten list of things I like about myself).

Desired Result: _____

Dining Out & Assertiveness #14

Strategies for Dining Out

Think Ahead

- Healthy foods can be found almost everywhere.
- Check for nutrition information ahead of time.
- Go to a restaurant ready to order the best meal and ask for substitutions where necessary.

Make physical activity part of dining out

- Walk to your destination.
- A brisk walk before a meal gives you time to chat.
- A stroll afterward helps your digestion.

Before you head out...plan

- If you know ahead of time that you're going to a restaurant, cut back on calories during other meals during the day.
- Eat a light dinner if you ate a big lunch that day. If you know ahead of time that you're going to a restaurant, plan to have lighter meals during the day.

Don't Go Overly Hungry

- Eat a small snack such as a piece of fruit or some vegetables
- At the restaurant, order a cup of broth-based soup or small salad to stave off hunger

Control Portions

- Order menu items that contain fewer calories and eat a smaller portion.
- Bring leftovers home for another meal.
- Order an appetizer in place of an entrée and add a small salad.

Ask, Ask, Ask...

- For a salad in place of the usual fries or chips with a meal
- For items to be prepared with more vegetables
- Ask the server to take away the breadbasket or chips
- For an appetizer portion of a main meal
- Questions and make special requests to meet your nutritional needs
- For salad dressings/sauces on the side

- For substitutes such as steamed veggies prepared without sauces and butter

Quiz

How many calories are in a typical vanilla latte from a coffee house?

- 1) 120
- 2) 95
- 3) 390
- 4) 250

How many calories are in a typical blueberry scone from a coffee house?

- 1) 360
- 2) 420
- 3) 280
- 4) 650

Which food from this popular restaurant has the least number of calories?

- 1) Chicken Marsala with Mushrooms
- 2) Grilled Eggplant Sandwich
- 3) Blue Cheese B.L.T. Burger
- 4) BBQ Ranch Chicken Salad w/ 2 tbsp of ranch dressing
- 5) Miso Salmon
- 6) Filet Mignon

How many calories are in one slice of red velvet cheesecake from a popular restaurant?

- 1) 1,260
- 2) 720
- 3) 1,570
- 4) 975

Quiz Answers

How many calories are in a typical vanilla latte from a coffee house?

- 1) 120
- 2) 95
- 3) 390
- 4) 250**

How many calories are in a typical blueberry scone from a coffee house?

- 1) 360
- 2) 420 (420 calories = 5 cups of blueberries)**
- 3) 280
- 4) 650

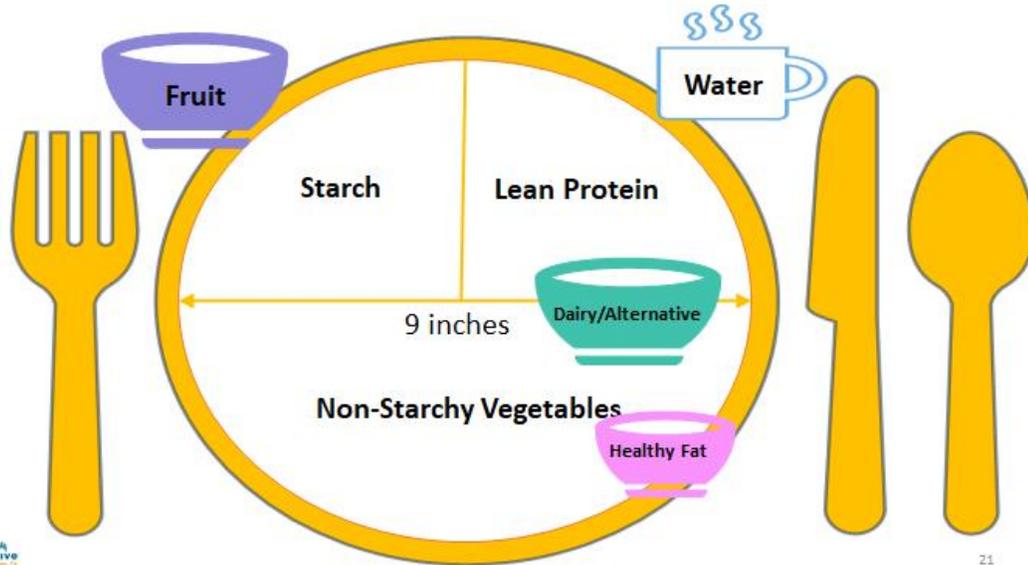
Which food from this popular restaurant has the least number of calories?

- 1) Chicken Marsala with Mushrooms - 2,037
- 2) Grilled Eggplant Sandwich - 1,483
- 3) Blue Cheese B.L.T. Burger -1092**
- 4) BBQ Ranch Chicken Salad w/ 2 tbsp of ranch dressing- 1,775
- 5) Miso Salmon- 1,740
- 6) Filet Mignon- 1,348

How many calories are in one slice of red velvet cheesecake from a popular restaurant?

- 1) 1,260
- 2) 720
- 3) 1,570 (1,570 calories = 18 cups of blueberries)**
- 4) 975

Simple Steps to Building a Balanced Plate



POSITIVE CHOICE
INTEGRATIVE
WELLNESS CENTER

21

Using the Healthy Plate for Any Cuisine

A great way to create a balanced meal is to fill $\frac{1}{2}$ of a 9-inch plate with vegetables, $\frac{1}{4}$ with whole grains/starches, and $\frac{1}{4}$ with protein, and include dairy and/or fruit on the side. Use the examples in this booklet to see how you can enjoy the cuisines you love with portions that keep you satisfied but not stuffed.

INDIAN

Menus at Indian restaurants are filled with items that are vegetable-based or use lean cuts of meats. Choose vegetables and seafood over high-fat lamb.

CHOOSE MORE OFTEN

- Brown basmati rice
- Chickpeas
- Vegetable dishes
- Lean meats, poultry, and seafood
- Lentil soup
- Tikka, tandoori, or kabob preparations
- Yogurt-based sauces

- Ghee (clarified butter)
- Molee (coconut milk or cream)
- Any fried foods
- High-fat beef and lamb dishes
- Creamy curry sauce

CHOOSE LESS OFTEN

CHICKEN TIKKA MASALA

The image shows a plate of Chicken Tikka Masala with a side of whole-grain naan. The plate is divided into four quadrants corresponding to the healthy plate model: Protein (Chicken), Grain/Starch (Whole-grain naan), Vegetables (Cucumber, Red onion, Tomato), and Dairy & Alternatives (Nonfat plain Greek yogurt).

PROTEIN
Chicken

GRAIN/STARCH
Whole-grain naan

VEGETABLES
Cucumber
Red onion
Tomato

DAIRY & ALTERNATIVES
Nonfat plain Greek yogurt

Whether you make curry at home or order at a restaurant, chances are you're going to have some servings left over. Remember to ask for a to-go container so you can pack some for tomorrow's lunch!

CHINESE

The traditional Chinese diet is a healthy one, using lots of vegetables and stir fries with smaller amounts of lean meats, fish, and soy. Choose dishes that are full of steamed vegetables and lean protein over greasy meats with a lot of sauce. Use chopsticks to slow down your eating, allowing your stomach time to send signals to your brain that you are full.

CHOOSE MORE OFTEN

- Grilled seafood (shrimp with vegetables, scallop)
- Moo shu/Moo gai pan chicken (limit the sauce)
- Stir-fried fish or chicken with vegetables
- Tofu
- Steamed brown rice
- Veggie spring rolls (not fried)
- Lettuce cups
- Steamed dumplings or pot stickers

- BBQ pork/spare ribs
- General Tso's chicken
- Fried appetizers (wontons, egg rolls)
- Fried lo mein, pan-fried noodles, or fried rice
- Fried wonton soup
- Crab rangoon
- Orange chicken

CHOOSE LESS OFTEN

LETTUCE CUPS



PROTEIN
Skinless chicken

VEGETABLES
Lettuce
Onion
Water chestnuts
Green onion

GRAIN/STARCH
Rice noodles

FRUIT
Orange

HEALTHY FATS
Peanuts

FLAVORINGS
Hot chili sauce

Lettuce cups are a healthy and full-of-flavor appetizer sure to please any crowd!

MEDITERRANEAN

A Mediterranean diet is filled with fruits, vegetables, whole grains, legumes, nuts, olive oil, fish, poultry, and red wine in moderation. Red meat is included less often.

CHOOSE MORE OFTEN

- Vegetable kebabs
- Chicken shawarma
- Greek salad
- Hummus
- Falafel
- Tabbouleh
- Baba gannoush (eggplant dip)
- Lentil soup
- Stuffed grape leaves

- Lamb
- Beef
- Garlic fries
- White pita bread

CHOOSE LESS OFTEN

KEBABS



PROTEIN
Shrimp
Chicken
Feta cheese

VEGETABLES
Zucchini
Mushrooms
Red onion
White onion
Red/green bell pepper
Summer squash
Kalamata olives
Cherry tomatoes

GRAIN/STARCH
Brown rice

Kebabs are a great barbecue or picnic option! Grill some lean protein with as many colorful veggies as you want!

ITALIAN

Fresh and tasty ingredients are a big part of Italian cuisine. The key is to choose vegetables for pizza toppings and side dishes, tomato-based sauces, and grilled or braised poultry and fish.

CHOOSE MORE OFTEN

- Bruschetta
- Minestrone soup
- Thin pizza with veggie toppings
- Mozzarella, basil, and tomato panini
- Roasted eggplant
- Italian ice or fat-free cappuccino
- Whole-wheat spaghetti with turkey meatballs
- Garden salad
- Grilled fish
- Steamed clams
- Cioppino
- Shrimp scampi
- Chicken piccata

- Alfredo or heavy "white" cheese sauce entrees
- Fried calamari and shrimp
- Spinach and artichoke dip
- Deep-dish pizza
- Fried mozzarella
- Meatball marinara sub
- Sausage and pepperoni pizza toppings
- Chicken parmigiana (or any fried entrees)
- Steak gorgonzola
- Tiramisu

CHOOSE LESS OFTEN

THIN-CRUST VEGGIE PIZZA



PROTEIN

Low-fat mozzarella



VEGETABLES

Red onion
Black olives
Green pepper
Mushrooms
Lettuce
Cucumber
Radish



GRAIN/STARCH

Whole-wheat pizza dough

1 serving = 2 slices

MEXICAN

Mexican restaurants can be a good option for healthy eating. Choose low-calorie and low-carb meals and sides like beans; grilled vegetables, fish, and poultry; and salsas with fresh tomatoes, herbs, and spices.

CHOOSE MORE OFTEN

- Entrees made with soft corn tortillas
- Ceviche and seafood cocktails
- Bean enchiladas with cilantro and onions on top
- Salsa
- Fresh sautéed vegetables
- Black or pinto beans
- A small amount of guacamole or fresh avocado salad
- Grilled chicken or veggie fajitas—lunch-sized portions are great options
- Fresh salads with grilled chicken (skip the giant tortilla shell)
- Caldos (veggie, fish, or chicken soups)
- Grilled chicken or seafood, whole beans, or steak (not ground beef) fillings

- Fried dishes (chimichangas, taquitos, empanadas, chile relleno)
- Refried beans
- Excess tortilla chips
- Sour cream
- Sweet alcohol drinks (cocktails)
- Ground beef dishes
- Large platters of nachos

CHOOSE LESS OFTEN

FAJITA SKILLET



PROTEIN

Chicken
Black beans



VEGETABLES

Bell pepper
Onion
Tomato
Serrano pepper



GRAIN/STARCH

Corn tortillas
Rice



HEALTHY FATS

Avocado

The Advantages of Assertiveness

When You Are Assertive

- You can be more relaxed in interpersonal situations.
- You stand up for your rights in such a way that the rights of others are not violated.

By Being Assertive You Can

- Take care of your needs directly and openly.
- Express your personal likes and interests spontaneously.
- Talk about yourself without being self-conscious.
- Accept compliments comfortably.
- Disagree with someone openly.
- Ask for clarification and say no without feeling guilt or fear.

What's Your Style?

Identify how you use the four basic styles of interpersonal behavior.

Aggressive Style

- Advantage is people do not push you around.
- Disadvantage is people do not want to be around you.
- Causes others to want to ignore or reject your needs.
- Includes: accusing, threatening, and step on people without regard for their feelings.

Passive Style

- Advantage is you rarely experience direct rejection or conflict.
- Disadvantage is you feel used and taken advantage of, and you store up a heavy burden of resentment and anger.
- Leaves people confused about your needs.
- Passive behavior includes allowing others to push you around, not standing up for yourself, doing what you are told regardless of how you feel about it.

Passive-Aggressive Style

- You seem to be cooperative, but actually you try to sabotage.
- Like passive behavior, you rarely experience direct rejection or conflict, but your anger drives you to *get even* rather than get your needs met.

- Appears passive on the surface but is actually aggressive, acting out of anger or resentment in a subtle, indirect manner.
- You often feel powerless and victimized, incapable of dealing directly with the people you are angry with or who you resent.

Assertive Style

- Advantages: you get what you want, usually without upsetting or making others angry.
- Allows you to clearly state your needs making it easier for people to meet them.
- Assertive behavior is when you stand up for yourself, express your true feelings, and do not let others take advantage of you. At the same time, you are considerate of others' feelings.
- If you are assertive, you can act in your own best interest, and not feel guilt or fear about it.

How can you learn to be assertive most of the time and get your needs met more often?

- Identify your needs.
- Identify who can help you meet your needs.
- Present your needs clearly and specifically.
- Present your needs when they can be heard.
- Have a back-up plan.

My Assertiveness Script

1. What do I need from others?

2. How do I feel about needing something from others?

3. Who can help me meet my needs?

4. What specifically do I want from him or her?

5. Will he or she be willing and/or able to help me meet my needs?

6. How likely will he or she be to give me what I need?

7. How will I know I have received what I need?

8. What will I do if I don't get my needs met?

Self-Check

What strategies will you use for eating out healthfully?

If your style of getting your needs met is causing you stress, what will you do to change it?

Set A Goal

Time Frame: (i.e., this week) ...

I will... Action: (i.e., substitute steamed veggies prepared without sauces and butter for starches and complete My Assertiveness Script.)

Desired Result: _____

Meal Prep & Needs #15

CENTER FOR HEALTHY LIVING
KAISER PERMANENTE.

VIRTUAL WORKSHOP

Partial Meal Replacement
Meal Prep and Needs

An EMMI video on **Nutrition for the Whole Family** is coming this week in a KP.org message

How might daily cardiovascular or resistance exercise help you manage your weight?

Cardio

- Jumping rope
- Riding a bike
- Swimming
- Playing basketball
- Dancing
- Walking (can be done indoors)

Kaiser and a Healthy Lifestyle © 2015 Kaiser Permanente, LLC

Meal Prep

7 Meal Prep Ideas:

Meal Prep Idea #1 — Shop with Convenience in Mind

- Buy foods in bulk when you can freeze or store them dry.
- Buy larger packaging when practical.
- Buy fruits and vegetables in season and preserve if practical.
- Ready-made and pre-packaged foods may be more convenient, but they are also more expensive.

Meal Prep Idea #2 – Prep and Store

Prep

Cook, Batch, and Freeze Single Portions

- Many foods freeze well, including meats, fruits, vegetables, whole grains, nuts and seeds and protein shakes.

- Freezing food keeps it fresh longer and helps prevent waste.
- Make a high-protein, vegetable-rich casserole, like an eggplant parmesan, and freeze individual-size servings.
- Mix up protein shakes in a blender and then freeze each shake individually. Grab and go as needed.
- Be sure to write the date and contents on packages and move older servings forward as you add new foods to the freezer.

Store

Food is stored by almost every human society and by many animals. Maintaining a food supply often insures time and money savings. Storing of food has several purposes:

- preparedness for emergencies and periods of food scarcity
- peace of mind
- self-sustainability

Meal Prep Idea #3 – One-Dish Meals

- Quick and simple cooking.
- Choose dishes that serve as the whole meal.

For example, dishes that include foods from several food groups like grains, beans, vegetables, and maybe topped with fruits.

Meal Prep Idea #4 – Use Extras

Make Extra Food Work Extra Hard for YOU

- Plan meals so that you can make more than needed and then use the extra food in new dishes for another meal.
- Then use leftover beans, grains, and roasted vegetables in a soup or salad for a second meal.

Meal Prep Idea #5 – Roast Vegetables

Roast Veggies in Bulk

- Instead of roasting your favorite veggies like broccoli and brussels sprouts after coming home every night, try roasting a week's worth on Sunday night and re-heating them.

- They're so simple to make:

chop your veggies and drizzle with some olive oil and your favorite spices, then pop them in the oven at 400° F for 25-30 minutes.

Meal Prep Idea #6 – Make and Take

Stack food in Mason Jars

Layer a mason jar with heavy items on the bottom. When ready to eat, either pour the contents on a plate, or invert the jar to mix the contents and eat straight out of the jar.

General rule for layering:

Layer 1: The salad dressing. To make your dressings healthier consider making your own. Use less oil, fresh ingredients, and no sugar. Often a light vinaigrette or olive oil and vinegar-based salad dressing is the healthiest.

Layer 2: Hardy veggies or fruit with high moisture content, ascending in order of moisture and density (the wettest and heaviest on the bottom).

Layer 3: Softer veggies or fruit, ascending in order of moisture and density.

Layer 4: Protein or legumes (if using).

Layer 5: Greens / lettuce.

Tips for Layering a Mason Jar Salad

Use a wide-mouthed mason jar, for easy serving of the salad. The regular mouthed jars are tricky to get the salad ingredients in and out of.

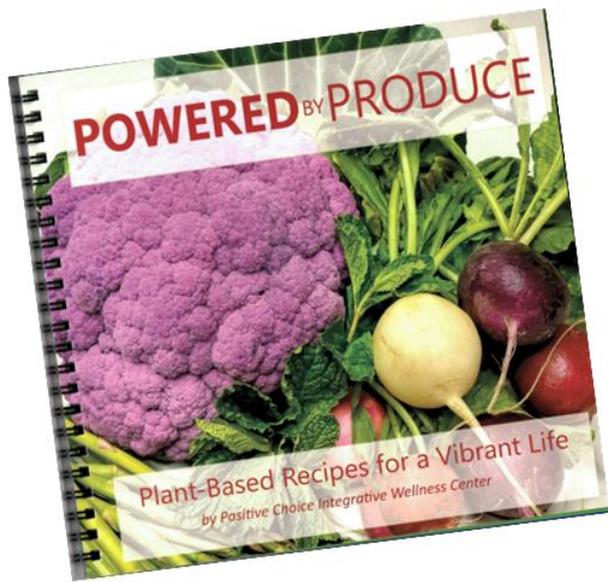
The fresher your ingredients are to start, the better the salad will keep.

Meal Prep Idea #7: Recipes

Checkout Cookbooks and recipes online

Cookbooks and online recipes are great resources that can provide practical advice and helpful tips for cooking and selecting healthy foods, planning menus, shopping and reading food labels.

What are your favorite cookbooks or online sites?



Our favorite cookbook is Powered by Produce Purchase Cookbook online at positivechoice.org/cookbook

Looking for new recipe ideas?

Did you know that kp.org has over 800 recipes on their Food for Health web page?

<https://foodforhealth.kaiserpermanente.org>

Needs

Needs

Physical Needs

- Air, food, water, shelter, sleep, physical movement
- Necessary for physical health

Emotional Needs

- Too many to list them all here!
- Examples include: understanding, clarity, learning, meaning, efficacy, growth, choice, autonomy, excitement, challenge, play, fun, joy, humor, self-expression, creativity, inspiration, celebration, beauty, purpose, and so on.
- Necessary for psychological health



Physical needs are understood virtually by everyone; you satisfy them, or you die.

Emotional needs are identified explicitly far less and, therefore, are often not successfully met or satisfied.

- This translates into a less fulfilling life, not living to our full potential, and often creates unwanted conflict and habits that damage health and wellness.

Why are emotional needs so much harder to identify and satisfy?

- There are many of them.
- They are subjective- we define our own emotional needs.
- They are much more vulnerable to own and express than physical needs.

Meeting Needs Successfully

Meeting Needs Successfully

When we use a physical means (like food) to satisfy an unmet emotional need (like connection/creativity/excitement/etc.), the need remains unmet and we begin overindulging in the unsuccessful means.



- Emotional need (connection)  Physical Means (food)
(you might temporarily feel better in the moment, but the need remains unmet, so we try again)
 - Emotional need (connection)  Physical Means (food)
- And so on...this becomes your compulsive overeating

When we focus on changing a behavior at the behavior level, we might experience temporary change, but not permanent change.

Need (connection) — Emotion (lonely) — Behavior (reach out to someone)

Tip: Our emotions are cues for unmet needs. Identifying an emotion can help you figure out which need(s) are unmet!

Needs are at the root of why we engage in our behaviors, so, identifying our needs is key to knowing which behaviors to choose instead, resulting in permanent behavior change once the need is appropriately satisfied.

Here are 9 basic emotional needs:

1. Security

We need a safe place—an environment that enables us to lead our lives without experiencing undue fear and that allows us to develop our potential.

If this emotional need isn't being met: Make a list of things in your environment that make you feel insecure or unsafe, and then identify action steps you can take to change that.

2. Volition

In order to feel fulfilled, we need to feel like we have the power to exist autonomously and direct our own lives.

If this emotional need isn't being met: Have a conversation with your boss or partner or family about where you need to have more control or clearer boundaries. Be lovingly assertive.

3. Attention

Receiving attention from people we care about and giving them attention in return is valuable. Giving attention to your own self is equally, if not more, valuable.

If this emotional need isn't being met: Prioritize quality time with your partner and friends. Set aside time for it in your calendar. Just because we have friends or partners doesn't mean we are meeting their needs for attention or that they are meeting ours. It takes effort.

4. Emotional connection

To be emotionally fulfilled, we need to feel connected to other people. We need to experience friendship, love, and intimacy.

If this emotional need isn't being met: Make it a priority to spend time with your friends or even make new ones. If you're feeling lonely in your relationship, see if there are ways to create more emotional intimacy between you and your partner.

5. Connection to community

We are social creatures, and our brain is a social organ. We need to feel connected to something greater than ourselves.

If this emotional need isn't being met: Prioritize spending time with others. Maybe that means arranging a regular get-together. Or mentor someone in your field or do volunteer work for people less fortunate than yourself.

6. Privacy

Mental and emotional well-being require that we have time and space enough to reflect on and learn from our experiences.

If this emotional need isn't being met: Block out half an hour a day, just for you. Have a long bath or take a walk to digest the events of the day and mentally rehearse for what's coming up. More sensitive people often require more time to fully digest the stimulation (or overstimulation) of the modern world.

8. A sense of achievement

In order to maintain our self-esteem, we need to have a sense that we are accomplishing things of value.

If this emotional need isn't being met: Make a list of all your achievements—awards, qualifications, languages, promotions, giving up smoking, losing weight, or even all the rough periods you've survived. You must have skills and strengths that got you through those periods. Remind yourself regularly of these.

9. Meaning

In the same vein as feeling that we're accomplishing things of value, we all need to have the sense that we're part of something greater than ourselves, having a coherent set of beliefs about life and what it's all for.

If this emotional need isn't being met: You can find meaning in starting a family, supporting a cause, finding a philosophy/belief system or a political ideology that resonates with you. If you find yourself feeling apathetic, existentially confused, like nothing has any point, focus on the little things—and let them nourish your soul.

“One new behavior that I can use in place of food to satisfy a need is...”

Self-Check

What meal prep will you do this week?

What unmet need drives you to eat?

Set A Goal

Time Frame: (i.e., this week) ...

I will... Action: (i.e., prep 3 days' worth of veggies and identify an unmet need.)

Desired Result: _____

Maintaining a Healthy Lifestyle & Values #16

What you will need for class today...Something to record questions and take notes.

Values

Why are values important?

- Values are not goals; they cannot be achieved.
- Values reflect what is important to us in our life.
- Values guide our behaviors towards, or away from, our goals.
- When shared, they can build internal cohesion in a group.

Your Values

What are your five most important values?

- My health
- My birth family
- My life partner
- My children
- My friends
- My self-respect
- My appearance
- My talents and abilities
- My financial security
- My possessions
- My work/career
- My intelligence
- My education
- My integrity
- My relationship with God
- My morals and ethics
- My philanthropy
- My successes in life
- My love and caring for others
- My love and caring for myself
- The love and approval of others

What do I value most?

- Why did you choose the five values that you chose as your most important values?
- What was it like for you to prioritize your top five?

If you're saying yes to your current lifestyle, what are you saying no to?

A Healthy Lifestyle is a Marathon, Not a Sprint

Maintaining a healthy lifestyle takes time and patience. It may have taken years to develop bad habits, and the same principle applies for developing good habits.

Enjoy the small steps and changes you are making.

Plan and Schedule

Planning is highly effective when it comes to achieving goals. It's the core strategy to beat any failure.

If you don't plan, then you will struggle more to remain consistent.

Use a planner...

It will work wonders! Use a written planner or one on your phone or tablet - whatever works for you.

Along with planning your eating, plan meal prep time, exercise, and time for relaxation.

Track Your Progress

- Keep track of what you have achieved.
- Write things down, keep a record of dates, specific actions, results, daily habits, etc.
- Celebrate every small win!
- Doing small, baby steps eventually lead to a consistent healthy life.

Something to think about...

What tiny habit can you begin this week that will support your weight loss goals based on one of your values?

Set A Goal

Time Frame: (i.e., this week) ...

I will... Action: (i.e., plan an activity to align with one of top 5 values and start a new healthy behavior.)

Desired Result: _____

Vitamins, Minerals & Mindfulness #17

Vitamin/ Mineral Recommendations

- Choose a supplement that provides a variety of vitamins and minerals (a multivitamin) rather than a single nutrient.
- Stick to the Recommended Dietary Allowance (RDA) or Adequate Intake AI (Adequate Intake) for each nutrient. Pay attention not to exceed the Upper Tolerable Limit (UL) (unless recommended by your doctor).
- There is no mandatory reporting mechanism through which dietary supplement manufacturers must register their products. The Food and Drug Administration (FDA) has issued Good Manufacturing Practices (GMPs) for dietary supplements, a set of requirements and expectations by which dietary supplements must be manufactured, prepared, and stored to ensure quality.



Several independent organizations also offer quality testing that shows the product was properly manufactured, contains the ingredients listed on the label, and does not contain harmful levels of contaminants. Dietary supplement products that display the seals from these independent certification programs give you more assurance that the product contains the ingredients and amounts listed on the label. These seals do not guarantee that a product is safe or effective.

Independent organizations that offer quality testing include:

- NSF International
- U.S. Pharmacopeia
- ConsumerLab.com



- Supplements cannot replicate all of the nutrients and benefits of whole foods, such as fruits, vegetables, grains, legumes, nuts and seeds.

Whole foods offer three main benefits over dietary supplements:

Increased nutrients. Whole foods are complex, containing a variety of the micronutrients your body needs.

Essential fiber. Whole foods provide dietary fiber. Dietary fiber helps you maintain bowel health and a healthy weight.

Protective substances. Many whole foods contain chemicals that promote health, such as antioxidants — substances that slow down the natural process leading to cell and tissue damage.

- A standard multivitamin is okay for most people who take a supplement. But some people prefer to take a supplement that is made for their gender or age group.
- No supplement has been proven to cure diseases such as cancer, diabetes, heart disease, or digestive problems. If it sounds too good to be true, it probably is. Be cautious of supplements that promise quick and dramatic results.

Remember to consume all 4 products each day on your meal plan to get the right amount of vitamins and minerals.

NUMETRA

Meal Replacements

3-4 Servings a Day

Chocolate, Strawberry, Vanilla Shakes

0-1 Servings a Day

Creamy Chicken and Tortilla Soups

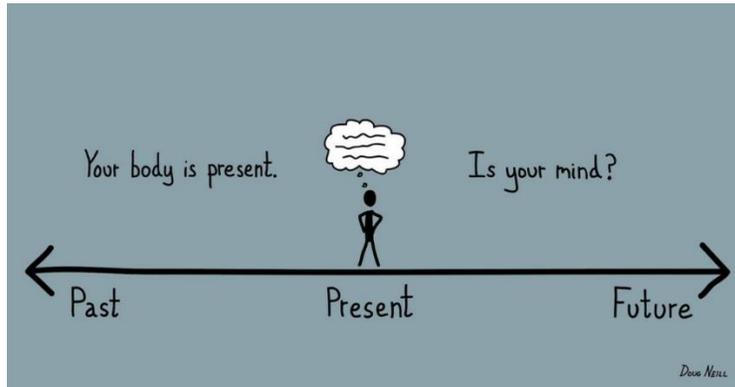
Caramel Cocoa, Cinnamon, and Fudge Graham Bars



What is mindfulness?

A psychological state of awareness.

“Mindfulness means paying attention in a particular way...on purpose, in the present moment, and nonjudgmentally.” – Jon Kabat-Zinn



Mindfulness is...

	Mindful
	Aware
	Present
	Neutral
	Flexible
	Conscious
	Curious

Mindfulness is Not...

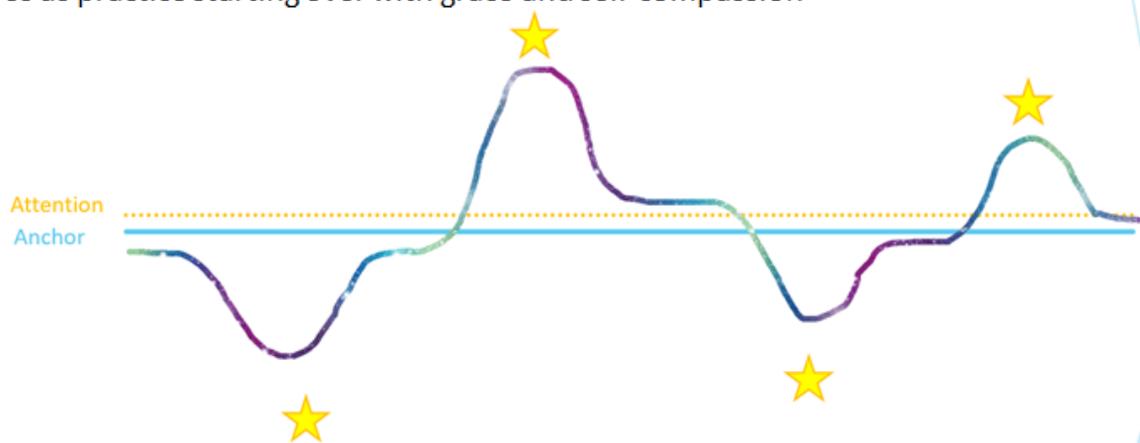
Mind-full	Mindless
Over-analyzing	Autopilot
Rumination	Unaware
Judgment	Distracted
Preoccupied	Forgetful
Daydreaming	Carelessness
Multi-tasking	Clumsiness

How to practice mindfulness

- Choose an anchor in the present moment
- Bring your attention to this anchor
- Get distracted
- Notice it
- Bring attention back
- Repeat

The Magic Moment

Gives us practice starting over with grace and self-compassion



- Your expectation may be that your attention would be represented by the dotted orange line.
- The reality is the wobbly line represents your actual attention pattern.
- The stars represent you bringing your attention back to the anchor.

POSITIVE CHOICE
INTEGRATIVE
WELLNESS CENTER

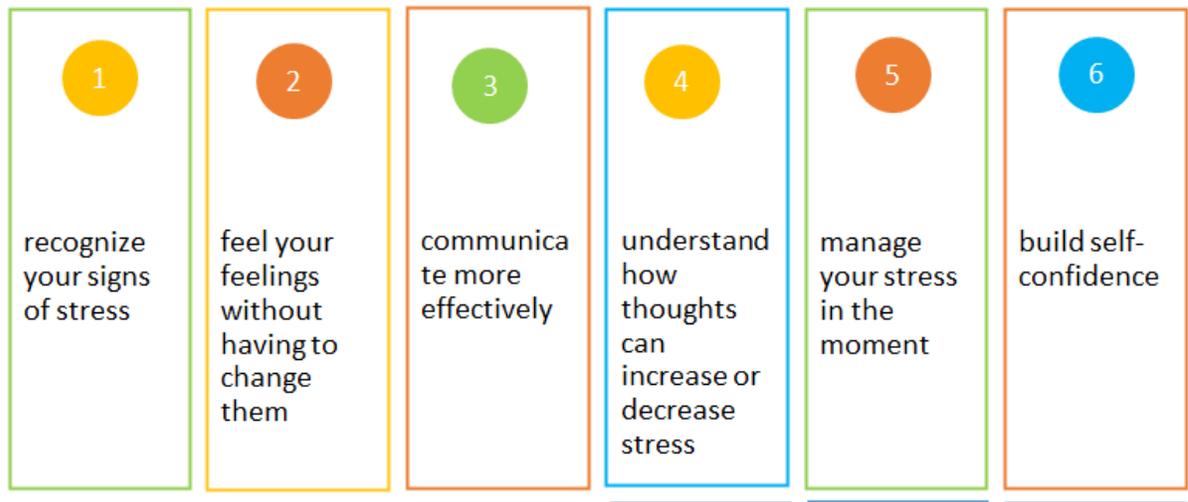
Why Practice Mindfulness?

Be more present for your life
Being calmer, focused, resilient
Less physical stress on the body
Reduce anxiety and depression
Less acting out of habit / more out of choice
Enhance sleep
Improve communication with others

Mindfulness Practice can help if you suffer from:

job, family, or personal stress
excessive worry, anxiety, or panic
headaches
depression
addiction issues
disordered eating
chronic pain or fatigue
fibromyalgia
irritable bowel syndrome
heart disease, high blood pressure
sleep disturbances
grief and loss
you feel “out of control” or “not in balance”

Through Mindfulness you will learn to...



How do you think Mindfulness Practice could assist you with weight management?

What are some initial reactions to mindfulness practice?

Short Mindfulness Ideas

- 54321 Grounding <https://theblissfulmind.com/grounding-technique/>
- Finger Tracing <https://www.youtube.com/watch?v=a41YoeCUDuw>
- 4 x 4 Breath <https://blog.zencare.co/square-breathing/>

Mindfulness Resources

Mindful Living Program <https://positivechoice.org/mindful-living/>

Mindful Living is a 12-session online program introducing mindfulness skills, practices, and applications for weight management and everyday life.

Self-Check

Are you getting the right amount of vitamins and minerals?

What mindfulness exercise will you practice this week?

Set A Goal

Time Frame: (i.e., daily) ...

I will... Action: (i.e., be certain that I am getting the Recommended Dietary Allowance (RDA) for my vitamin and mineral needs and practice 54321 Grounding.)

Desired Result: _____

Resistance Training & Motivation #18

Strength/Resistance Training Benefits

	Benefits	Recommendations	Suggestions
Resistance/ Strength Training	<ul style="list-style-type: none"> Builds muscles. Increases resting metabolic rate. Uses up calories. Helps strengthen bones. 	<p>F.I.R.S.T. Principles:</p> <ul style="list-style-type: none"> Frequency: 2–3 times/week Intensity: low to moderate Repetition: 8 to 15 per exercise. Sets: 1 to 2 for each muscle group. Type: full range of motion resistance for major muscle groups. 	<p>Personal training, strength training equipment, strength/ sculpting classes, home weights, strength training videos.</p>

18-week Workout Plan

Goal = 2.5-5 Hours (150-300 Minutes) each Week

Welcome Packet: 18-week Exercise Plan



WK	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Time	Done!
1	ST 20	CVM 30 MNS	CVL 50 MNS	AR	CVM 30 MNS	ST 20	AR	150 MINS	
2	ST 20	CVM 30 MNS	CVL 50 MNS	AR	CVM 30 MNS	ST 20	AR	150 MINS	
3	ST 20	CVM 45 MNS	CVL 50 MNS	AR	CVM 35 MNS	ST 20	AR	170 MINS	
4	ST 20	CVM 45 MNS	CVL 50 MNS	AR	CVM 35 MNS	ST 20	AR	170 MINS	
5	ST 20	CVM 50 MNS	CVL 60 MNS	AR	CVM 40 MNS	ST 20	AR	190 MINS	
6	ST 20	CVM 50 MNS	CVL 60 MNS	AR	CVM 40 MNS	ST 20	AR	190 MINS	
7	ST 20	CVM 50 MNS	CVL 60 MNS	AR	CVM 45 MNS	ST 20 CVM 25	AR	220 MINS	
8	ST 20	CVM 50 MNS	CVL 60 MNS	AR	CVM 45 MNS	ST 20 CVM 25	AR	220 MINS	
9	ST 20	CVM 50 MNS	CVL 60 MNS	CVH 20 MNS	CVM 45 MNS	ST 20 CVM 25	AR	240 MINS	
10	ST 20	CVM 50 MNS	CVL 60 MNS	CVH 20 MNS	CVM 45 MNS	ST 20 CVM 25	AR	240 MINS	
11	ST 20	CVM 55 MNS	CVL 60 MNS	CVH 40 MNS	CVM 45 MNS	ST 20 CVM 30	AR	270 MINS	
12	ST 20	CVM 55 MNS	CVL 60 MNS	CVH 40 MNS	CVM 45 MNS	ST 20 CVM 30	AR	270 MINS	
13	ST 20	CVM 55 MNS	CVL 65 MNS	CVH 40 MNS	CVM 45 MNS	ST 20 CVM 35	AR	280 MINS	
14	ST 20	CVM 55 MNS	CVL 65 MNS	CVH 40 MNS	CVM 45 MNS	ST 20 CVM 35	AR	280 MINS	
15	ST 20	CVM 55 MNS	CVL 70 MNS	CVH 40 MNS	CVM 45 MNS	ST 20 CVM 40	AR	290 MINS	
16	ST 20	CVM 55 MNS	CVL 70 MNS	CVH 40 MNS	CVM 45 MNS	ST 20 CVM 40	AR	290 MINS	
17	ST 20	CVM 55 MNS	CVL 70 MNS	CVH 50 MNS	CVM 45 MNS	ST 20 CVM 40	AR	300 MINS	
18	ST 20	CVM 55 MNS	CVL 70 MNS	CVH 50 MNS	CVM 45 MNS	ST 20 CVM 40	AR	300 MINS	

Cardiovascular Exercise: activities that elevate heart rate for the duration of the workout. Try brisk walking, jogging, cycling, swimming, hiking, elliptical and/or playing sports.

CVL: Cardiovascular Long Easy — Keep your intensity in the conversational zone throughout the workout, or about a 5-6 on a scale of 1-10. You should not be able to sing.

CVM: Cardiovascular Moderate — Aim Your intensity at a 6-7 on a scale of 1-10. You're should feel your pushing it but can sustain the effort for a prolonged period.

CVH: Cardiovascular Hard — After an easy 5 min warm up, push the intensity beyond your comfort zone, or an 8-9 on a scale of 1-10. You can still talk, but with pauses between sentences. The duration will be shorter to account for the higher effort.

ST: Strength Training — Use free weights, resistance bands, machines or body weight exercises. Be sure to overload the muscles so you are slightly sore the next day.

AR: Active Recovery — Continue to move more and sit less but take a break from working out.

Muscle is Beneficial for Calorie Burn

- The more muscle you have, the more calories you burn.
- Exercise helps you maintain and build your lean muscle tissue so your body will pull stored energy from the fat cells.

Resources for Strength Training

Positivechoice.org

- Strength training, Yoga, and Cardio Videos
- Specialty videos for Seniors



Positive Choice Exercise Videos are also on YouTube:

<https://www.youtube.com/channel/UC8pY63YWftWdlfcQvY2IfJw>

Three Steps to Build Muscle and Burn Fat

1. Maximize Your Metabolism – EAT ENOUGH!

Get the right amount of fuel for your body's needs

Eat Adequately:

- You must eat to feed your metabolism and avoid *starvation* mode.
- When in starvation mode, your body slows down your metabolism to conserve energy.
- If you do not eat enough, then you may experience a decrease in your metabolism.

Low metabolism symptoms:

- May feel sluggish and cold.
- Feel deprived which increases your risk of overeating.
- Increased risk of malnutrition since your body is not able to function at its optimal level.

Eat Balanced:

Balancing macronutrients can help with satiety to curb hunger and avoid eating frequency.

Eat Enough:

Respect minimum calorie requirements.

Find out your resting metabolic rate with a SECA or RMR (Resting Metabolic Rate) test done at the Positive Choice Integrative Wellness Center. Call 858-616-5600 to get started.

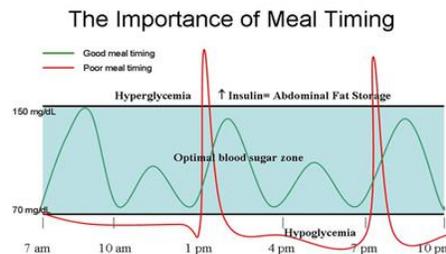
Maintain calorie levels above resting metabolic rate.

Too much food is not good but excessively less food is not necessarily better!

The first thing to go when you starve isn't fat, it is calorie-burning **muscle!**

2. EAT OFTEN - Frequent and regular intake of healthy food

Consume Your Foods and Beverages
at the Right Times ...



Eat Regularly:

Try these approaches:

- Eat regular timed meals or snacks to curb extreme hunger. Eat a meal every 4-5 hours. Eat a snack in between if meals are spaced longer than 5 hours apart.
- Eat earlier in the day to start your metabolism.
- Avoid late night meals to optimize digestion and absorption of nutrients.

Metabolic rate can be affected by blood sugar levels. Protein, fat, and fiber are important to include at meals to promote stabilized blood sugars and satiety. Eating the right foods at your meals every 4 to 5 hours, or a snack in between if meals are spaced longer than 5 hours, helps keep blood sugar levels in the normal range.

Goal: throw a “log on the fire” to keep blood sugar levels stable and your metabolism firing.

3. MOVE – Become a calorie burning machine

Strength Training

- Recommendations 2- 3 days/week (nonconsecutive days)
- Target all major muscle groups
- 1-3 sets of 8 to 15 reps
- Burns calories during the workout, and up to 24 hours afterwards.

Goal: turn the body into a “calorie burning machine” through consistent cardiovascular exercise and resistance training.



Interval Training

A brief period where you increase the intensity to go beyond the aerobic zone.

Pushes you above the conversational pace where you feel like you cannot sustain the intensity exceedingly long.

Is followed by an easy period, or *recovery* to allow your heart rate to come back down into the aerobic zone.

Is repeated.

Incorporate High Intensity Interval Training (HIIT) Into Your Cardio Session

HIIT Provides:

An elevated metabolism hours after exercise.

Additional calories being burned even after you have finished exercising.

Extra benefits of intense exercise without a negative or unpleasant experience.

Consult with your physician periodically to make sure you are medically fit to exercise at higher intensities.

Standard *Timed* Intervals

- longer time interval at an easy, or recovery pace
- shorter interval at a high, close to maximal effort intensity

Standard Timed Method Example:

-5 min easy warm up

-2 min easy to moderate*

-1 min hard*

-5 min easy cool down

*Repeat the moderate and hard phases 7 times

Physiological Changes That Occur Initially with Exercise

Why is it so difficult the first few weeks?

Your brain needs time to construct new motor pathways: a system for telling...

- which muscles to contract,
- which muscles to relax,
- how much force is necessary.

Motivation

The Secret to Staying Motivated

In James Clear's Book Atomic Habits, he recounts the conversation he has with an elite weightlifting coach about what separates the best athletes and everyone else:

“At some point it comes down to who can handle the boredom of training every day... Whether it's business or sports or art, you hear people say things like, 'It all comes down to passion.' Or, 'You just have to really want it.' As a result, many of us get depressed when we lose focus or motivation because we think that successful people have a bottomless reserve of passion. But this coach was saying that **successful people *feel* the same lack of motivation as everyone else. The difference is they still find a way to show up despite the feelings of boredom.**”

“The greatest threat to success is not failure, but boredom.” – James Clear

How can you challenge yourself in a way that keeps you motivated but doesn't feel overwhelming?

- —

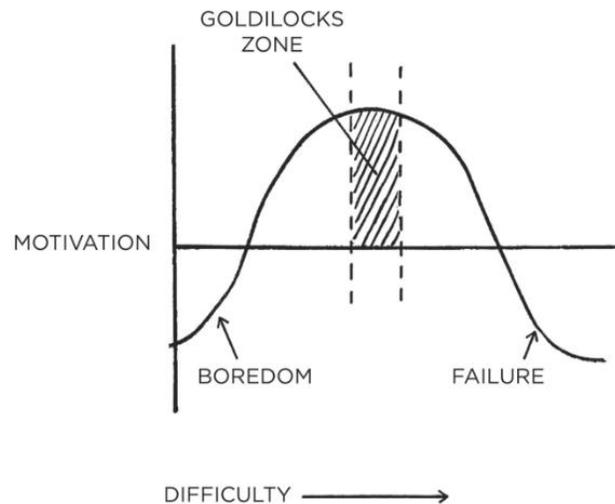
Think about people you know that are living a lifestyle that you admire. What behaviors do they do that you think you would like to do as well?

- —

The Goldilocks Rule



It can feel like a real challenge to get started again if you slip back into old behaviors. It might feel overwhelming to know where to start.



The Goldilocks Principle says that as humans, we love a challenge. But not TOO much of a challenge. If it's too hard, we won't do it, if it's too easy, we get bored and stop. It has to be just the right amount for us to get started and keep going.

- The more we do something, the more boring and routine it becomes (decreasing motivation), and we can more easily rationalize going back to old behaviors.
- If it's too difficult, we can lose motivation.

Example: Going completely back to old behaviors can feel like a challenge to start healthy behaviors again because it's overwhelming to know where to start.

The Big WHY

When you move your habits away from seeking results and instead towards the lifestyle you want, you can have FAR more success at staying committed. Instead of saying "I want to lose weight" (*the result*), consider saying "I want to live a healthy lifestyle, to be able to play sports with my kids, hike a mountain, see my grandchildren..." (*your values*).

When you connect your "WHY" to your values, you are aligning your behaviors to things that are truly important to you.

What is your Why?

Why do you want to lose weight?

Writing out your WHY to have it be easily accessible can also help to establish small behavior changes you can do every day that fit into the lifestyle that is important to you. For instance, if I see myself as an individual with a healthy lifestyle, then I will be more likely to choose a physical activity for a social event.

Find Daily Motivation

- Find daily actions that keep you happy.
- Keep your mind busy and distracted to spice up your creativity and help you find innovative ideas to stay motivated.
- Remember *why* you are doing what you are doing.

Signs that we are returning to old behaviors

- It is critical that we become aware of behaviors that are “slippery slope” behaviors before they become the old behavior patterns. People often develop new behaviors to help them get what they want and move forward. Over time, little things can creep back in and eventually there are old habits that have come back, and you start going backwards.
- As hard as it would be to start a new behavior or return to a desired behavior now it only gets harder the longer you wait (think about the Goldilocks principle).

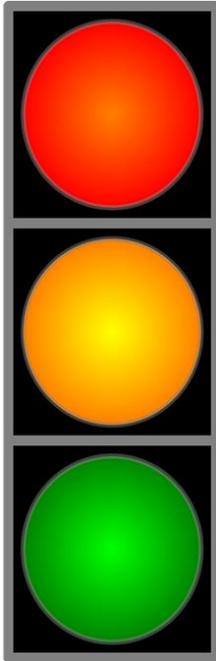
The Traffic Light Tool

The traffic light tool can be useful to help you identify slippery slope behaviors before you get off track.

RED These are behaviors that are warning signs you have fallen off track. Example – eating in private, one meal a day, “I am a failure.”

YELLOW These are warning signs that you are slipping back into behaviors you want to avoid. Example – picking up fast food instead of cooking, “it’s just this one time” multiple times a week, “I’ve been so good, I deserve a treat.”

GREEN These are behaviors that you know you want to keep up because they make you feel good. Example – sticking with an eating schedule, keeping food records, allowing foods you enjoy in moderation, “I overdid it at lunch, I will get back to my plan for dinner.



Take a few minutes to fill out your traffic light

• **What are your red-light behaviors?**

RED (falling off track)

• **What are your yellow light behaviors?**

YELLOW (warning signs of slipping)

• **What are your green light behaviors?**

GREEN (on track with healthier habits)

Reach out for Support to Help with Motivation

- Allowing people you trust to point out when you are slipping into yellow or red-light behavior can be helpful.
- It's important to have a conversation about how you want to be made aware of yellow or red-light behaviors.
- If you give someone the words you want to hear, it can feel less critical. What would you like someone to say to you that would make you feel supported?

Examples:

- “Honey, you told me that eating out for lunch everyday at work was a slippery behavior for you. Tell me what I can pick-up at the store, so we have healthy lunch options at home.”
- “I haven't seen you out walking as much, want to go for a fun hike this weekend?”

Something to Think About

- What two days will you schedule resistance training this week?
- Could you share your traffic light plan with a loved one for accountability?
Who would that be?

Set A Goal

Time Frame: (i.e., this week) ...

I will... Action: (i.e., do strength training on Mondays and Thursdays and do a healthy daily action that keeps me happy.)

Desired Result: _____