Today's Topic:
Balancing Food and Fitness

Welcome to Maintenance!

By default, you have been placed on mute. If the audio feature is turned on, then please mute your audio unless you have a question.

Minute of Mindfulness

Check-In

- How are you?
- How are you tracking your food, movement, water or sleep?
- How do you use that information?
Am I returning to old behaviors?

**RED**
These are behaviors/thoughts/feelings that are warning signs you have fallen off track.
- Example – eating in private, one meal a day, “I am a failure,” significant weight gain, changes in health metrics.

**YELLOW**
These are behaviors/thoughts/feelings that are warning signs that you are back-sliding.
- Example – picking up fast food instead of cooking, rationalizing “It’s just this one time” multiple times a week, “I’ve been so good, I deserve a treat.”

**GREEN**
These are behaviors/thoughts/feelings that you know you want to continue because you feel confident that you are on the right track.
- 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.”

Today’s Agenda

- Define the energy balance equation.
- Know why your body needs energy and how your body uses energy.
- Identify healthy food choices for an adequate intake and balance of energy.
- Recognize the importance of exercise as a way of using energy.
- Apply energy balancing skills to sustainably manage weight.

Simple Steps to Building a Balanced Plate

- Fruit
- Starch
- Lean Protein
- Non-Starchy Vegetables
- Water
- Probiotic
- Healthy Fat

9 inches
Balancing Food and Fitness

Simple Steps to Building a Balanced Plate

Lean Protein: Fish

Starch: Corn Tortilla

Water: Unsweetened Herbal Iced Tea

Fruit: Cantaloupe

Healthy Fat: Avocado

Non-Starchy Vegetables: Cabbage, Carrot and Radish Slaw and Pico De Gallo

9 inches

Probiotic: Yogurt Tartar Sauce

What is Energy?

FOOD FOR THOUGHT: 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 Balance: Calories In

**Recommended Total Daily Calorie Intake**

- 0%
- 40-60%
- 10-35%
- 20-35%

**Breakdown**

- **Alcohol**
- **Carbohydrate**
- **Protein**
- **Fat**

**Calories in**

**Calories out**

### Energy Balance: How Many Calories Do I Need?

**The Full Meal Replacement Program:**

- 5 Low-Calorie Portioned Meals
- 3-4 Hours Apart
- 500-800 Calories (kcals) a Day

<table>
<thead>
<tr>
<th>Time</th>
<th>Meals</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:00 am</td>
<td>100-160 kcals</td>
</tr>
<tr>
<td>9:00 am</td>
<td>100-160 kcals</td>
</tr>
<tr>
<td>12:00 pm</td>
<td>100-160 kcals</td>
</tr>
<tr>
<td>3:00 pm</td>
<td>100-160 kcals</td>
</tr>
<tr>
<td>6:00 pm</td>
<td>100-160 kcals</td>
</tr>
</tbody>
</table>

### Energy Balance: How Many Calories Do I Need?

**Total = 1200 kcals**

6 am **Breakfast:** 300 kcals
- ½ c. Oatmeal w/ 2 Tbsp. Flaxseed, 3 Walnuts, 1 c. Berries & Coffee w/ 2 Tbsp. Cream

9 am **Morning Snack:** 150 kcals
- 4 oz. 0% Greek Yogurt w/ 4 oz. Apple, 6 Almonds

12 pm **Lunch:** 300 kcals
- 2 c. Greens w/ 2 oz. Chicken, ½ c. Chickpeas, 4 Olives, 2 Tbsp. Lemon Juice & 3 oz. Grapes

3 pm **Afternoon Snack:** 150 kcals
- 1 c. Edamame, 5 oz. Orange

6 pm **Dinner:** 300 kcals
- 3 oz. Salmon, 3 oz. Baked Potato, ¼ c. Steamed Green Beans, 1 c. Raspberries
Balancing Food and Fitness

Serving Size vs Portion Size

Nutrition Note: Portion Distortion is the increasing food serving sizes that then become a ‘normal’ portion size. Look at the serving size changes of a muffin!

20 years ago, I was 1.5 oz., I was 210 calories.

Today, I am 4 oz., I am 500 calories, the amount of an entire meal!

FOOD FOR THOUGHT: How has portion distortion affected your calorie intake and weight?

Does Types of Calories In Matter?

<table>
<thead>
<tr>
<th>Absorption Rate</th>
<th>Nutrient</th>
<th>Calories/gram</th>
<th>Impact on fullness</th>
</tr>
</thead>
<tbody>
<tr>
<td>Slowest</td>
<td>Alcohol</td>
<td>7</td>
<td>• Can increase hunger and lower inhibitions around eating</td>
</tr>
<tr>
<td></td>
<td>Carbohydrate</td>
<td>4</td>
<td>• Refined carbohydrates absorb quickly</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>• Complex carbs have fiber and absorb slowly over time</td>
</tr>
<tr>
<td></td>
<td>Protein</td>
<td>4</td>
<td>• Feels substantial and absorbs slowly over time</td>
</tr>
<tr>
<td></td>
<td>Fat</td>
<td>9</td>
<td>• Slowest absorption, longest energy</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>• Signals fullness (leptin)</td>
</tr>
</tbody>
</table>

Healthy Snack Pairing Ideas

Healthy Snack Pairing = Fiber + Lean Protein OR Healthy Fat

Fiber
• Whole Grain
• Fruit
• Vegetables

Lean Protein
• Dairy or Dairy-Alternative
• Eggs
• Legumes or seeds

Healthy Fat (Optional)
• Nuts or seeds
• Avocado

Nutrition Tip:
• To best manage weight, don’t forget to be mindful of portion sizes!
• Consider portioning snacks ahead of time.
Balancing Food and Fitness

Healthy Snack Pairing Ideas

Fiber: 5 Whole-wheat Crackers
Lean Protein: 1 Mozzarella String Cheese

Fiber: 1 Small Apple
Lean Protein With Healthy Fat: 1 Tbsp Peanut Butter

Fiber: 1 Small Orange
Lean Protein With Healthy Fat: 9 Pistachios

Fiber: 1 Cup Baby Carrots
Lean Protein: 3 Tbsp Of Hummus

Fiber: 1 Cup Of Air-popped Popcorn
Lean Protein: 3 Reduced Fat Cheese

Fiber: 1 Small Orange
Lean Protein With Healthy Fat: 9 Pistachios

Fiber: 1 Cup Of Air-popped Popcorn
Lean Protein: 3 Reduced Fat Cheese

Energy Balance: Maintaining Energy

Eat Enough
- Excessively less is not necessarily better
- Always consume enough fuel

Eat Regularly
- Keep your energy steady throughout the day
- Avoid crashing

Eat Balanced
- Balance nutrients, food groups
- Manage hunger

Maintenance Bookshelf: Balanced Plate and Snack Ideas

Eat Enough
- Excessively less is not necessarily better
- Always consume enough fuel

Eat Regularly
- Keep your energy steady throughout the day
- Avoid crashing

Eat Balanced
- Balance nutrients, food groups
- Manage hunger
Energy Balance: Calories Out

- Calories in
- Resting Metabolic Rate
- Daily Activity
- Exercise
- Digestion
- Calories out

- Average: Calories Burned
- 60%
- 30%
- 10%

Physical Activity Recommendation

<table>
<thead>
<tr>
<th>Type</th>
<th>Goal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Daily Physical Activity</td>
<td>10,000+ steps a day (5+ miles)</td>
</tr>
</tbody>
</table>

If you have a chronic condition, then recommendations on exercise times and intensity may vary. Talk with your doctor before starting an exercise routine.

Cardiovascular Exercise

- > 5 Days a Week
- Moderate to Vigorous Intensity
- ≥ 30 Minutes Sessions

If you have a chronic condition, then recommendations on exercise times and intensity may vary. Talk with your doctor before starting an exercise routine.
The Sing Talk Test, Rate of Perceived Exertion (RPE)

This is great, I can do this for hours!

Yeah...great...where!

RPE CHART

Max Effort Activity

Very Hard Activity

Vigorous Activity

Moderate Activity

Light Activity

1

2-3

4-6

7-8

9

10

This is great, I can do this for hours!

Yeah...great...where!

Physical Activity Recommendation

<table>
<thead>
<tr>
<th>Type</th>
<th>Goal</th>
</tr>
</thead>
</table>
| Strength Exercise | • > 2-3 Days a Week  
            | • Targeting Each Major Muscle Group                        |

If you have a chronic condition, then recommendations on exercise times and intensity may vary.

Talk with your doctor before starting an exercise routine.

FOOD FOR THOUGHT: If you had not scheduled your post weight loss SECA appointment yet, then please call (858) 616-5600 to make your appointment.

Talk with your doctor before starting an exercise routine.
Physical Activity Recommendation

<table>
<thead>
<tr>
<th>Type</th>
<th>Goal</th>
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</thead>
<tbody>
<tr>
<td>Flexibility</td>
<td>• ≥ 2-3 days a week&lt;br&gt;• Targeting Each Major Muscle Group&lt;br&gt;• Before and/or After All Cardio and Strength Exercises</td>
</tr>
</tbody>
</table>

If you have a chronic condition, then recommendations on exercise times and intensity may vary. Talk with your doctor before starting an exercise routine.

What is Your Fitness Plan?

<table>
<thead>
<tr>
<th>Day</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
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</thead>
<tbody>
<tr>
<td>Cardio 5 days/week</td>
<td></td>
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<tr>
<td>Strength 2-3 days/week</td>
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<tr>
<td>Flexibility 2-3 days/week</td>
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Energy Balance: Weight Loss

- Alcohol<br>- Carbohydrates<br>- Fat<br>- Calories in<br>- Basal Metabolic Rate<br>- Daily Activity<br>- Exercise<br>- Digestion<br>- Calories out
**Keys to Long-Term Weight Loss Success**

- Eat a balanced plate rich in protein and high fiber, non-starchy vegetables
- Daily activity, building up to 1 hour a day
- Self-monitoring by tracking weight, food, and/or exercise

**Healthy Expectations and Self Compassion**

- A weight range of 10-15 pounds is more sustainable than a set number.
- It takes time to learn to care for your new smaller body.
- Remember the 80/20 rule.
- Progress over perfection!

**Balancing Food and Fitness**

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What change would you like to work on this week?

• This week, I will _______

(Action Plan)

Nutrition Note:
• Make your goals Specific, Measurable, Action-oriented, Realistic and Time-limited

• Pair up macronutrients
• Maximize time for fitness
• Increase your fitness routine
• Other

Next Week... What Makes A Balanced Plate?