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.

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Minute of Mindfulness

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Check-In

• How are you?

• Did you read any food labels?
  What did you learn?
**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."

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**Todays’ Agenda**

- Discuss healthy cooking methods and meal prepping ideas.
- Share meal ideas and recipe resources.
- Identify time saving tips such as batch cooking, food storage, etc.
- Reveal strategies for dining out successfully.
- Explore compassionate methods to manage unexpected setbacks.

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**What’s Your Plan?**

**Meal Plan**
- Start with just one day
- Mix things up
- Reuse menus and leftovers

**Shop Wisely**
- Stick to your list
- Frozen fruits and vegetables
- Prechopped/prewashed vegetables

**Meal Prep**
- Batch cook
- One-dish meals
- Freeze extras

**Eat Mindfully**
- Where am I hungry?
- Balanced Plate
- Remember 80/20 rule
Cooking Tip #1: Recipe Makeover

How Do You Start? ... Do A Recipe Makeover

- Reduce the amount of fat, sugar and salt
- Make healthy substitutions
- Reduce or eliminate some ingredients

FOOD FOR THOUGHT: How can you make one of your favorite recipes healthier?

Cooking Tip #2: Healthier Cooking Methods

- Air fry
- Bake
- Braise
- Broil
- Grill
- Microwave
- Poach
- Pressure cooker
- Roast
- Sauté
- Sear
- Stir-fry
- Slow cooker
- Keep it raw
- Other?

FOOD FOR THOUGHT: What are your favorite cooking methods?

Cooking Tip #3: Building Flavor

- Sweet
  - Can help round out competing flavors
  - Carrots, sweet potatoes, dates

- Sour
  - Great complements for sweet and savory flavors
  - Lemons, vinegar, tamarind

- Bitter
  - Can help balance out sweetness of a dish
  - Bitter melon, citrus rinds

- Aromatics
  - Add complexity without the salt
  - Spices, garlic, ginger, onions, etc.

- Umami
  - Savory flavor or "yumminess" of a dish
  - Tomato, mushrooms, seaweed

- Heat
  - Sensation in the mouth, not technically a flavor
  - Black pepper, jalapeño, habanero
Cooking Tip #4: Additional Considerations

- Color
  - We eat with our eyes first.
- Texture
  - Soft, smooth, creamy, crispy, crunchy, chewy, etc.
- Temperature
  - Hot, warm, cold, frozen, etc.
- Size and Shape
  - Big, small, cubes, sticks, mashed, etc.
- Cuisines Styles
  - American, Chinese, Japanese, Korean, Hawaiian, Italian, Greek, Spanish, Mediterranean, French, Ethiopian, Lebanese, Moroccan, Turkish, etc.

Food for Thought: What is your preference?

Meal Prep & Storage

Meal prep = preparing food ahead of time

Why meal prep?
- Save time
- Mindful of portion sizes

How?
- Batch cook
- One-dish meal
- Individually portioned meals
- Freeze extra

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

Meal Prep Idea #1: Batch Cooking

- What can you batch cook?
  - Pretty much anything such as
    - Beans
    - Grilled meats
    - Hard boiled eggs
    - Overnight oats
    - Protein bowls
    - Roasted vegetables
    - Soups
- How?
  - Cook one big batch for the week, then reheat throughout the week.

Roast Vegetables in Bulk
Drop your veggies. Drizzle with some oil and your favorite seasonings, then pop them in the oven at 425°F for 25-30 minutes.

Food for Thought: How would you manage having lots of extra, ready to eat food?
Meal Prep Idea #2: One-Dish Meals

<table>
<thead>
<tr>
<th>Servings</th>
<th>Starch: Quinoa, Rice, Potatoes, etc. (Cups)</th>
<th>Lean Protein: Beans, Lentils, Tofu, etc. (Cups)</th>
<th>Cooked Non-Starchy Vegetables (Cups)</th>
<th>Liquid Ingredients or Sauce (Cups)</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>¾ to ¾</td>
<td>¾ to 1</td>
<td>¾ to ¾</td>
<td>¾ to ¾</td>
</tr>
<tr>
<td>6</td>
<td>1 ½ to 2 ½</td>
<td>2 ½ to 3</td>
<td>2 ½</td>
<td>1 ½ to 2 ½</td>
</tr>
<tr>
<td>8</td>
<td>2 to 3</td>
<td>3 to 4</td>
<td>3</td>
<td>2 to 3</td>
</tr>
<tr>
<td>10</td>
<td>2 ½ to 3 ½</td>
<td>3 ½ to 5</td>
<td>3 ½</td>
<td>2 ½ to 3 ½</td>
</tr>
<tr>
<td>12</td>
<td>3 to 4 ½</td>
<td>4 to 6</td>
<td>4 ½</td>
<td>3 to 4 ½</td>
</tr>
</tbody>
</table>

- Choose one ingredient from each column.
- Mix all ingredients except the sauce and heat thoroughly in oven or on the stove. Top with sauce.
- In oven: Place ingredients in an oven-proof dish, add topping if desired, cover dish, and bake at 350°F for about 30 minutes, uncover and bake for 15 minutes to brown the topping.
- On stove: place ingredients in a large skillet, simmer on top of stove until bubbly, add toppings and simmer for additional five minutes.

Meal Prep Idea #3: Individually Portioned Meals

1) Create Bento boxes
2) Stack food in Mason Jars
   - Layering is key
     - Start with wet ingredients
     - Then, layering with the 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 #4: Make Your Own Frozen Meals

- Why?
  - Saves time and effort
  - Freezing food keeps it fresh longer
  - Prevent waste
- What can you freeze?
  - Pretty much anything such as
    - Beans
    - Salads
    - Fruits for smoothies
    - Whole Grains
    - Meats
- How?
  1) Make double portions of your favorite meals.
  2) Freeze extra into individual servings.

Nutrition Note: Be sure to write the date and contents on packages and move older servings forward as you add new foods to the freezer.
Maintenance Bookshelf: Healthy Cooking Resources

Maintenance

- Day 1
- Day 2
- Day 3
- Day 4
- Day 5
- Day 6
- Day 7

- Instructors

- Weekly Schedule

- Weekly Workshop

- Monthly Workshop

- Quarterly Workshop

- Annual Workshop

- Maintenance Workshop

- Nutrition Workshop

- Cooking Workshop

- Exercise Workshop

- Weight Management Workshop

- Smoking Cessation Workshop

- Stress Management Workshop

- Mindfulness Workshop

- Nutrition Education Program

- Cooking Education Program

- Exercise Education Program

- Weight Management Education Program

- Smoking Cessation Education Program

- Stress Management Education Program

- Mindfulness Education Program

Simple Steps to Building a Balanced Plate

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

Balanced Breakfast Pairing Ideas

- Balanced Breakfast Pairing = Fiber + Lean Protein +/- Healthy Fat

- Fiber
  - Whole Grain
  - Fruit
  - Vegetables

- Lean Protein
  - Dairy or Dairy-Alternative
  - Eggs
  - Legumes
  - Nuts

- Healthy Fat (Optional)
  - Nuts
  - Seeds
  - Avocado

Balanced Breakfast Ideas

Oatmeal with Blueberries and Almonds
- Fiber: Oatmeal, Blueberries
- Lean Protein: Nonfat Milk
- Healthy Fat: Almonds

Breakfast Burrito
- Fiber: Whole-Wheat Tortilla, Tomato, Red Onion, Serrano Pepper, Red Bell Pepper
- Lean Protein: Black Beans, Egg, Low-fat Cheese
- Healthy Fat: Avocado

Protein Smoothie
- Fiber: Spinach, Banana, Mango
- Lean Protein: Nonfat Milk, Nonfat Plain Greek Yogurt Or Silken Tofu

Balanced Plate – Lunch or Dinner
- Lean Protein & Healthy Fat: Salmon
- Starch: Brown Rice
- Probiotic: Miso sauce
- Fruit: Grapes
- Non-Starchy Vegetables: Broccoli, Carrots
- Water: water With Orange Slices, Blueberries, Mint

Make Ahead Breakfast – Overnight Oats

Overnight Oats
- Create a fast and delicious breakfast the night before!
- Ingredients:
  - ½ cup rolled oats
  - ½ cup milk or milk alternatives
  - 1 teaspoon chia seeds
- Directions:
  1. Combine the above ingredients.
  2. Cover and refrigerate overnight.
  3. Top with your favorite fruit and spices before enjoying.

Other Flavors Combination Suggestions:
- Mixed berries with lemon zest
- Banana and Chia Spice
- Pineapple and Toasted Coconut
- Dried Cranberries and Pistachios

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More Lunch or Dinner Ideas

Deli Sandwich
Lean Protein: Turkey, Swiss Cheese
Non-Starchy Vegetables: Lettuce, Red Onion, Banana Pepper, Tomato
Starch: Whole-Wheat Bread
Fruit: Apple

Bibimbap
Lean Protein: Tofu, Egg
Non-Starchy Vegetables: Mushrooms, Spinach, Bean Sprouts, Carrots, Zucchini
Starch: Wild Rice
Healthy Fat: Olive Oil
Probiotic: Kimchi

Turkey and Veggie Meatballs on Pasta
Lean Protein: Ground Turkey, Low-Fat Cheese
Non-Starchy Vegetables: Asparagus, Zucchini, Onion, Tomato
Starch: Whole-Wheat Pasta
Healthy Fat: Olive Oil

Maintenance Bookshelf: Balanced Plate and Snack Ideas

Maintenance
- Day
- Time
- instructor & Linh
- Monday, 12:00 PM
- Tuesday & Thursday, 9:00 AM
- Tuesday, 9:00 AM
- Tuesday, 9:00 AM
- Mindful Eating Program
- Fitness Pledge
- Meal Planning Worksheet
- Daily Recipe Planner
- Measurements Tracker
- Weight & Activity Guide
- Nutrition Needs Worksheet
- Events Online Education Program

Healthy Snack Pairing Idea:

- Turkey and Veggie Meatballs
- Whole-Wheat Bread

Dining Out Strategies

Before the event:
• Plan ahead
  • Preview the menu online for healthy options
  • Don’t go hungry
  • Consider have lighter meals during the day
• Burn it to earn it
  • Go walking before or after your meal
• Limit dining out to once per week

FOOD FOR THOUGHT: What is different about dining out versus eating at home?

Dining Out Tip #1: Be Mindful of Liquid Calories

Sugar Sweetened Beverages:
• Most sugar-sweetened beverages add calories without providing any nutritional benefit.

Alcohol:
• Alcohol is calorie dense.
• Alcohol may lower your inhibitions around food.
• Drink water or unsweetened iced tea with your meal.

**Nutrition Note:** Be mindful of the bread baskets or chips.

Dining Out Tip #2: Customize Your Meal

Chain restaurant chicken alfredo
1570 calories

FOOD FOR THOUGHT: What could you change to make this similar to the balanced plate?

Dining Out Tip #3: Healthier Choices

Chinese food entrée meal with orange chicken
1200 calories

1 turkey sandwich, a salad, and 1 banana
400 calories

Chain restaurant bistro shrimp pasta
2700 calories

Whole wheat pasta with shrimp, spinach, peppers, 1 tbsp parmesan and 1 tsp olive oil
380 calories

Dining Out Tip #4: Be Mindful of Portion Sizes

• Order an appetizer in place of an entrée and add a small salad
• Split an entrée
• Portion out half into a to go box
• Three bite rule for desserts

Nutrition Note: Focus on connecting with loved ones, not the food.

Emergency Meals

• Emergency Meals
  - Homemade Frozen Meal
  - Store Bought Frozen Meal
  - Salad, Roasted Vegetables, etc.

• Quick Meals from Pantry Staples = Vegetables + Starch + Lean Protein
  - Non-Starchy Vegetables
  - Frozen vegetables
  - Bag of salad
  - Starch
  - Whole Wheat Pasta
  - Canned Beans
  - Lean Protein
  - Edamame
  - Eggs

Food for Thought: What are some of your favorite healthy pantry staples?

Meal Kits and/or Meal Delivery Services

• What to look for and/or consider
  - Servings
  - Frequency of the deliveries
  - Meals/ snacks needed
  - Multiple food groups
  - Fresh, unprocessed ingredients
  - Wide meal selection options
  - Prep time needed
  - Specialty diets
  - Cost

Food for Thought: How does the final plate compare to the balanced plate?
What if my meal plan doesn’t go as planned?

Remember the 80/20 rule.

It is okay to indulge occasionally.

Practice self-compassion.

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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

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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
Next Week...
Prioritizing Self-Care