Check-In

and or

- What has been working well?
- Where are some learning opportunities?

Nutrition Note:

- Long term weight management is possible with **SUSTAINED behavior change**.


Balanced Plate: Fiber + Protein


Daily Activity


Tracking


Support

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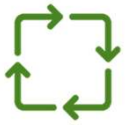
Key Message

You can grocery shop successfully.


Don't shop hungry


Shop from a list


Shop the perimeter


Choose minimally processed food

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What's Your Plan?

- **Meal Plan**
  - Start with just one day
  - Reuse menus and leftovers
- **Shop Wisely**
  - Stick to your list
  - Pantry staples
  - Prechopped/prewashed vegetables
- **Meal Prep & Dining Out**
  - Batch cook
  - Mason jar meals
  - Order healthy sides and skip the drinks
- **Eat Mindfully**
  - *WHERE are you* hungry?
  - Manage triggers
  - Remember 80/20 rule

Tip #1: Don't Shop When You Are Hungry

and or

FOOD FOR THOUGHT: How does shopping when you are hungry affect your behavior?

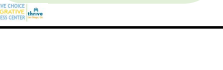
Balanced Snacks Pairing Ideas

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

Fiber-Containing Carbohydrates
- Whole Grain

- Fruit

- Non-Starchy Vegetables



Lean Protein
- Dairy or Dairy-Alternative

- Eggs

- Legumes

- Nuts

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.

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

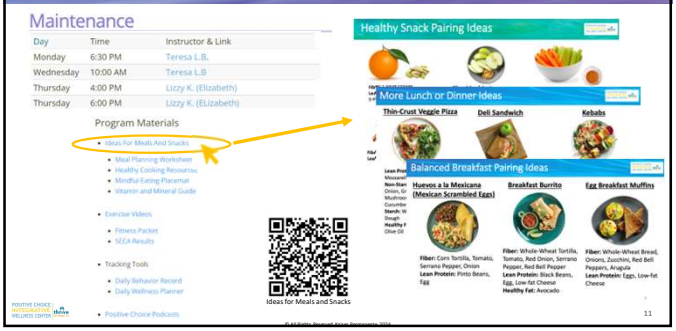
Fiber: 1 Small Orange
Lean Protein With Healthy Fat: 9 Pistachios

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

Fiber: 1 Cup Berries
Lean Protein: 1/2 Cup Of Low-Fat Cottage Cheese

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

Maintenance Bookshelf: Ideas For Meals And Snacks



Tip #2: Healthy Staple Ideas

Vegetables
- ❑ Baby carrots
- ❑ Bag of salad
- ❑ Bell peppers
- ❑ Broccoli
- ❑ Canned tomatoes
- ❑ Fresh seasonal vegetables
- ❑ Frozen vegetables
- ❑ Mushrooms
- ❑ Sweet potato

Fruit
- ❑Apple
- ❑Banana
- ❑Frozen berries
- ❑Orange

Whole Grains
- ❑ Air-popped plain popcorn
- ❑ Brown rice
- ❑ Whole wheat pasta
- ❑ Quinoa
- ❑ Corn Tortilla

Probiotic
- ❑Miso
- ❑Sauerkraut

Others? Seasonings?
- ❑Herbs and spices
- ❑Low sodium broth
- ❑Salsa
- ❑Other?

Lean Protein
- ❑Eggs
- ❑Canned beans
- ❑Canned fish or fish packets
- ❑Frozen edamame
- ❑Nonfat plain Greek yogurt
- ❑Nuts butters
- ❑Single-serving hummus
- ❑String cheese

Healthy Fat
- ❑Avocado
- ❑Nuts
- ❑Olive oil

Nutrition Note: Be sure to read the Nutrition Facts Label to be mindful of the amount of salt, sugar, or fat hidden in processed food.

Tip #3: Create An Effective Shopping List

What are my staple items?

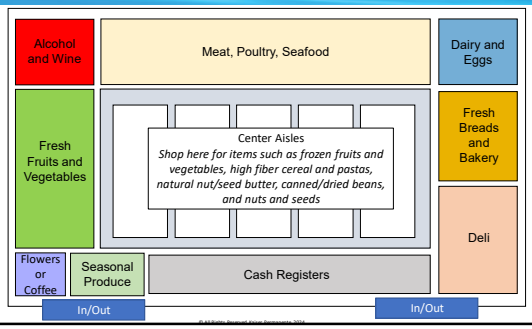
- ❑ Nonfat Plain Greek yogurt
- ❑ 100% Whole Wheat bread
- ❑ Eggs
- ❑ Bag of Spinach
- ❑ Apples
- ❑
- ❑
- ❑

What ingredients do I need for my recipes this week?

- ❑ Canned Black Beans
- ❑ Salmon
- ❑ Canned Tomatoes
- ❑ Frozen Broccoli
- ❑
- ❑
- ❑
- ❑

Nutrition Note: Don't forget to take the grocery list with you to the store.

How to Navigate the Grocery Store



Shop the Perimeter

- Typically, this is where fresh, whole foods are located
- Staples are located along the back wall

Produce

and or

- Select a rainbow of colors. Variety is key!

Dairy and Eggs

- **Dairy**:
  - Aim for fat free (0%) or low fat (1%) dairy or dairy products
- **Cheese**:
  - Choose low fat options, be mindful of salt content
- **Yogurt**:
  - Try plain, non/low fat Greek yogurt for more protein, limit added sugar
- **Eggs**:
  - Up to 1 whole egg a day

Budget Friendly Tip: Check the sell by/expiration dates.

Dairy vs. Plant-Based Milk

Per Cup	Skim or 1% Milk	Plain, Pea Protein Milk	Plain, Soymilk	Other Plant-Based Milk
Calories	80-110	80	80	40-140
Fat	0-1g saturated	4g unsaturated	4g unsaturated	2-4g unsaturated
Protein	8g	8g	7g	0-1g
Natural Sugar	12g	0g	4g	0-2g
Added Sugar	0g	0g	0g	0-20+g
Calcium	300mg (30% DV) naturally	Varied	Varied (not well absorbed)	Varied
Vitamin D	Fortified with 25% DV	Varied	Varied	Varied
Vitamin B-12	20% DV naturally	Varied	Varied	Varied

Meat, Seafood, Plant-Based Protein

- Choose more fish, poultry, and lean meats
- Try plant sources of protein such a tofu, beans, lentils, etc.

Budget Friendly Tip: Buy family-sized or value pack, and freeze what you don't use. Consider plant-based protein.

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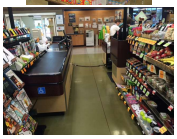
The Aisles, Endcap Displays, and Checkout Aisle



- Designed to tempt you and your kids!
- Processed food is often less nutrient dense.
- Take the time to compare processed items.

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Whole Grains: Pasta, Cereal, Bread, etc.

Nutrition Facts
Serving Size 2.00 oz
Servings Per Container 8

Amount Per Serving	
Calories 200	
	% Daily Value
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 42g	14%
Dietary Fiber 3g	12%
Sugars 1g	
Protein 7g	

Percent Daily Values are based on a 2,000 calorie diet.

Ingredients:
Semolina (wheat), Durum Wheat Flour.
Vitamins/minerals: Vitamin B3 (niacin), Iron (ferrous Sulfate), Vitamin B1 (thiamine Mononitrate), Vitamin B2 (riboflavin), Folic Acid

Nutrition Facts
Serving Size 2.00 oz
Servings Per Container 8

Amount Per Serving	
Calories 180	
	% Daily Value
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 39g	13%
Dietary Fiber 7g	28%
Sugars 1g	
Protein 8g	

Percent Daily Values are based on a 2,000 calorie diet.

Ingredients:
Whole Grain Durum Wheat Flour.

Budget Friendly Tip: Look high and low.

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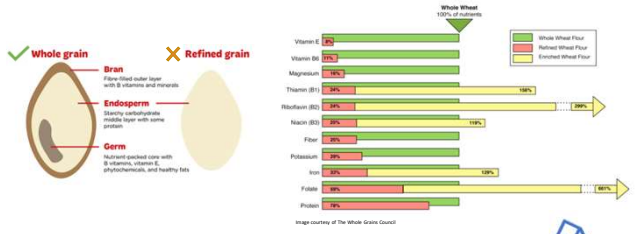
What is a Whole Grain?



Nutrition Note: Look for the word "whole" on the package, and make sure whole grains appear among the first items in the ingredient list.

Canned Items: Beans, Tomato, Stocks, etc.

Nutrition Facts	
3.5 servings per container	
Serving size	0.50 cup
Amount Per Serving	
Calories	110
	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 19g	7%
Dietary Fiber 7g	25%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 7g	14%

Not a significant source of vitamin D, calcium, iron, and potassium

*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.

Ingredients: Prepared Black Beans, Water.

Nutrition Facts	
3.5 servings per container	
Serving size	0.50 cup
Amount Per Serving	
Calories	110
	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 370mg	16%
Total Carbohydrate 19g	7%
Dietary Fiber 7g	25%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 7g	14%

Not a significant source of vitamin D, calcium, iron, and potassium

*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.

Ingredients: Prepared Black Beans, Water, **Salt**.

Budget Friendly Tip: Consider store brands.

Frozen Goods: Vegetables, Fruit, Edamame, etc.

Nutrition Facts	
Serving Size 1.00 cup	
Servings Per Container about 22	
Amount Per Serving	
Calories 30	
	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 35mg	1%
Total Carbohydrate 5g	2%
Dietary Fiber 2g	8%
Sugars 3g	
Protein 1g	

Percent Daily Values are based on a 2,000 calorie diet.

Ingredients: Carrots, Broccoli, Cauliflower.

Nutrition Facts	
Serving Size 1.00 cup	
Servings Per Container About 2.5	
Amount Per Serving	
Calories 45	
	% Daily Value
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 300mg	13%
Total Carbohydrate 8g	3%
Dietary Fiber 2g	8%
Sugars 4g	
Protein 2g	

Percent Daily Values are based on a 2,000 calorie diet.

Ingredients: Broccoli, Carrots, Cauliflower, Water, Whey, **Modified Corn Starch**, **Natural Flavors**, **Salt**, Soybean Oil, **Palm Oil**, Cheddar Cheese (milk, Cultures, Salt, Enzymes), Ricotta Cheese (whey, Milkfat, Lactic Acid, Salt), Whey Protein Concentrate, **Xanthan Gum**, Milk Protein Concentrate, **Sodium Alginate**, **Annatto Extract (color)**, **Paprika Extract (color)**.

Budget Friendly Tip: Compare unit pricing.

Condiments, Seasonings, Oil & Spreads

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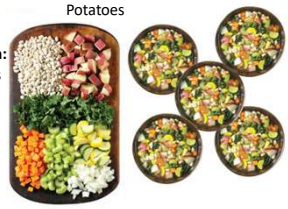
Simple Steps to Building a Balanced Plate

Starch: Red Potatoes

Lean Protein: White Beans



Fruit: Strawberries

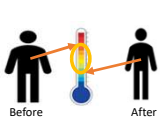
Probiotic & Water: Kefir

Non-Starchy Vegetables: Carrots, Celery, Yellow Squash, Zucchini, Onions, Kale

Healthy Fat: Safflower Oil

Keys to Long-Term Weight Management Success

- ✓ Eat a balanced plate rich in protein and high fiber, non-starchy vegetables
- ✓ Daily activity, building up to 30-90 minutes most days
- ✓ Self-monitoring by tracking weight, food, and/or exercise
- ✓ Utilize support group programs for up to 3-4 years



Before Weight Loss

After Weight Loss

Nutrition Note:

- Long term weight management is possible with **SUSTAINED behavior change**!

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Healthy Expectations and Self Compassion

and or

A weight range of 10-15 pounds is more **sustainable** than a set number.

It takes time to learn to care for your new healthier body.

Remember the **80/20 rule**.

Progress over perfection!

FOOD FOR THOUGHT: How do you support and encourage yourself?

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What change would you like to work on this week?

- Make an effective grocery list
- Shop for minimally processed food
- Practice the plate method
- Other

NUTRITION NOTE:
- Motivation is built by the frequency, not the size, of successful changes.

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Next Week…

Prioritizing SELF-Care

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