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**Group Check-In**

and or

- What has worked well for you since last week?

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



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

INSPIRE CHOICE  
INTEGRATION  
IMAGINATION

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**Balanced Snacks Pairing Ideas**

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

<p><b>Fiber-Containing Carbohydrates</b></p> <ul style="list-style-type: none"> <li>• Whole Grain</li> <li>• Fruit</li> <li>• Non-Starchy Vegetables</li> </ul>	<p><b>Lean Protein</b></p> <ul style="list-style-type: none"> <li>• Dairy or Dairy-Alternative</li> <li>• Eggs</li> <li>• Legumes</li> <li>• Nuts</li> </ul>	<p><b>Healthy Fat (Optional)</b></p> <ul style="list-style-type: none"> <li>• Nuts or Seeds</li> <li>• Avocado</li> </ul> <p><b>Nutrition Tip:</b></p> <ul style="list-style-type: none"> <li>• To best manage weight, don't forget to be mindful of portion sizes!</li> <li>• Consider portioning snacks ahead of time.</li> </ul>
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INSPIRE CHOICE  
INTEGRATION  
IMAGINATION

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**Healthy Snack Pairing Ideas**

 <p><b>Fiber:</b> 5 Whole-wheat Crackers <b>Lean Protein:</b> 1 Mozzarella String Cheese</p>	 <p><b>Fiber:</b> 1 Small Apple <b>Lean Protein With Healthy Fat:</b> 1 Tbsp Peanut Butter</p>	 <p><b>Fiber:</b> 1 Small Orange <b>Lean Protein With Healthy Fat:</b> 9 Pistachios</p>
 <p><b>Fiber:</b> 1 Cup Baby Carrots <b>Lean Protein:</b> 3 Tbsp Of Hummus</p>	 <p><b>Fiber:</b> 1 Cup Berries <b>Lean Protein:</b> 1/2 Cup Of Low-Fat Cottage Cheese</p>	 <p><b>Fiber:</b> 1 Cup Of Air-popped Popcorn <b>Lean Protein:</b> 1 Reduced Fat Cheese</p>

INSPIRE CHOICE  
INTEGRATION  
IMAGINATION

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### Tip #2: Healthy Staple Ideas

**Vegetables**

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

**Whole Grains**

- Air-popped plain popcorn
- Brown rice
- Whole wheat pasta
- Quinoa
- Corn tortilla

**Lean Protein**

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

**Probiotic**

- Miso
- Sauerkraut

**Others? Seasonings?**

- Herbs and spices
- Low sodium broth
- Salsa
- Other?

**Healthy Fat**

- Avocado
- Nuts
- Olive oil

**Fruit**

- Apple
- Banana
- Frozen berries
- Orange

**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.

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### 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
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- 
-

What ingredients do I need for my recipes this week?

- Canned Black Beans
- Salmon
- Canned Tomatoes
- Frozen Broccoli
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**Nutrition Note:** Don't forget to take the grocery list with you to the store.

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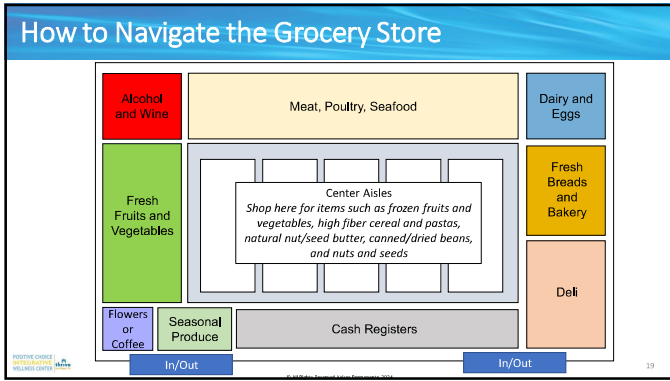
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### Shop the Perimeter

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

INSPIRE CHOICE  
NUTRITION CENTER  
WELLNESS CENTER

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### Produce

and or

- Select a rainbow of colors. Variety is key!




INSPIRE CHOICE  
NUTRITION CENTER  
WELLNESS CENTER

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### 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.

INSPIRE CHOICE  
NUTRITION CENTER  
WELLNESS CENTER

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### Dairy vs. Plant-Based Milk

Per Cup	Skim or 1% Milk	Plain, Pea Protein Milk	Plain, Soy milk	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

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### Meat, Seafood, Plant-Based Protein

- Choose more fish, poultry, and lean meats
- Try plant sources of protein such as 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	
<b>Calories 200</b>	
	% Daily Value
<b>Total Fat 1g</b>	2%
Saturated Fat 0g	0%
Trans Fat 0g	0%
<b>Cholesterol 0mg</b>	0%
<b>Sodium 0mg</b>	0%
<b>Total Carbohydrate 42g</b>	14%
Dietary Fiber 9g	18%
Sugars 1g	
<b>Protein 7g</b>	

**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	
<b>Calories 190</b>	
	% Daily Value
<b>Total Fat 1.5g</b>	2%
Saturated Fat 0g	0%
Trans Fat 0g	0%
<b>Cholesterol 0mg</b>	0%
<b>Sodium 0mg</b>	0%
<b>Total Carbohydrate 39g</b>	13%
Dietary Fiber 7g	28%
Sugars 1g	
<b>Protein 8g</b>	

**Ingredients:**  
 Whole Grain Durum  
 Wheat Flour.

**Budget Friendly Tip:** Look high and low.

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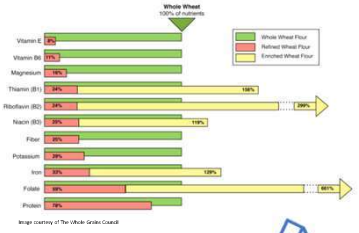
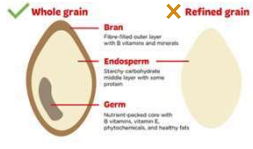
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### What is a Whole Grain?



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

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### Canned Items: Beans, Tomato, Stocks, etc.



Nutrition Facts	
3.5 servings per container Serving size 0.50 cup	
Amount Per Serving	
<b>Calories 110</b>	
	% Daily Value
<b>Total Fat 1g</b>	1%
Saturated Fat 0g	0%
Trans Fat 0g	0%
<b>Cholesterol 0mg</b>	0%
<b>Sodium 10mg</b>	0%
<b>Total Carbohydrate 19g</b>	7%
Dietary Fiber 7g	29%
Total Sugars 0g	
Includes 0g Added Sugars	0%
<b>Protein 7g</b>	14%

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

Nutrition Facts	
3.5 servings per container Serving size 0.50 cup	
Amount Per Serving	
<b>Calories 110</b>	
	% Daily Value
<b>Total Fat 1g</b>	1%
Saturated Fat 0g	0%
Trans Fat 0g	0%
<b>Cholesterol 0mg</b>	0%
<b>Sodium 370mg</b>	16%
<b>Total Carbohydrate 19g</b>	7%
Dietary Fiber 7g	29%
Total Sugars 0g	
Includes 0g Added Sugars	0%
<b>Protein 7g</b>	14%

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

**Budget Friendly Tip:** Consider store brands.

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### 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 5g	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.

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### Condiments, Seasonings, Oil & Spreads

**Condiments, Seasonings, Oil & Spreads**

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### Meal Kits and/or Meal Delivery Services

	Meal Kits	Meal Delivery Services
<b>Unique Benefits</b>	<ul style="list-style-type: none"> <li>You like to cook.</li> <li>Generally geared towards dinner.</li> <li>Generally, cater to 2-4 people households.</li> </ul>	<ul style="list-style-type: none"> <li>You are short on time or don't like to cook.</li> <li>Possible to find options for breakfast, lunch, dinner, and maybe even snacks.</li> <li>Generally single-serving meals.</li> </ul>
<b>Potential Benefits</b>	<ul style="list-style-type: none"> <li>Saves time</li> <li>Add variety</li> <li>Portion control and minimize food waste</li> </ul>	<p><b>Factors to keep in mind</b></p> <ul style="list-style-type: none"> <li>Cost</li> <li>Quantity and quality of the ingredients</li> <li>Frequency of the deliveries</li> <li>Prep time needed</li> <li>Need to follow a special diet?</li> </ul>

**FOOD FOR THOUGHT:** How does the final plate compare to the balanced plate?

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### Looking for Meal Delivery Services? – Mom’s Meals



- ✓ High quality, refrigerated, ready-to-heat-and-eat meals
- ✓ Menus to support 9 common health conditions including protein+
- ✓ 60+ meal options
- ✓ Starting at \$7.59 per meal

To browse menus or place an order, visit [www.momsmeals.com/kp](http://www.momsmeals.com/kp) or call 1-888-860-9424.

**FOOD FOR THOUGHT:** How does the final plate compare to the balanced plate?

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### Simple Steps to Building a Balanced Plate



**Starch:** Red Potatoes

**Lean Protein:** White Beans

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

**Healthy Fat:** Safflower Oil

**Fruit:** Strawberries

**Probiotic & Water:** Kefir

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### 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



**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?**

• This week, I will \_\_\_\_\_  
(Action Plan)

- 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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