

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



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Topic #1: Fat, Muscle, and the Plate Method

Weekly Check-In

In the spaces below, identify at least one example from the past week of the following experiences:

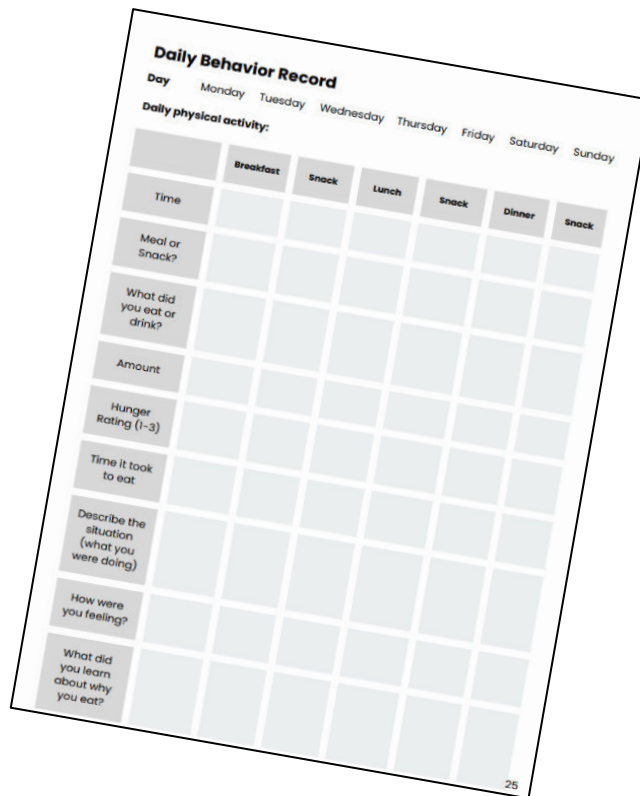
Success:

Challenge:

What I learned about myself from these experiences

A reminder for today's session...

- ✓ Please have your Daily Behavior Records (Found in your Program Guide) handy. We will be referring to them later.



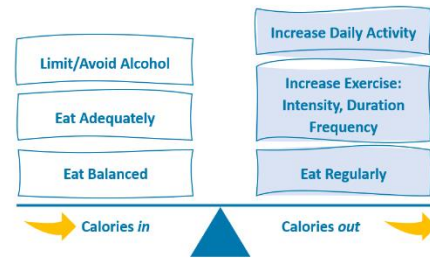
The image shows a 'Daily Behavior Record' form tilted at an angle. The form is a grid with columns for days of the week (Monday through Sunday) and rows for various categories of behavior. The categories listed on the left side of the grid are: Time, Meal or Snack?, What did you eat or drink?, Amount, Hunger Rating (1-3), Time it took to eat, Describe the situation (what you were doing), How were you feeling?, and What did you learn about why you eat?. The columns are labeled with meal types: Breakfast, Snack, Lunch, Snack, Dinner, and Snack. The form is currently blank.

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Time							
Meal or Snack?							
What did you eat or drink?							
Amount							
Hunger Rating (1-3)							
Time it took to eat							
Describe the situation (what you were doing)							
How were you feeling?							
What did you learn about why you eat?							

ENERGY BALANCE

Energy balance happens when energy intake and energy expenditure are equal. 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*.

Energy Balance: Weight Maintenance



It is tempting to take drastic measures to achieve a certain number on the scale, forgetting what truly matters – your body's health. Instead, this program will teach you how to incorporate good nutrition, regular exercise, adequate amount of sleep, and good social connections that can help you solve your weight issue indefinitely.

You can achieve energy deficit (and thus weight loss) by either taking in less or spending more calories, however, 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.

Because exercise requires energy or calories to do the 'work'...

How do you think exercise helps in using stored energy (fat) in weight management?

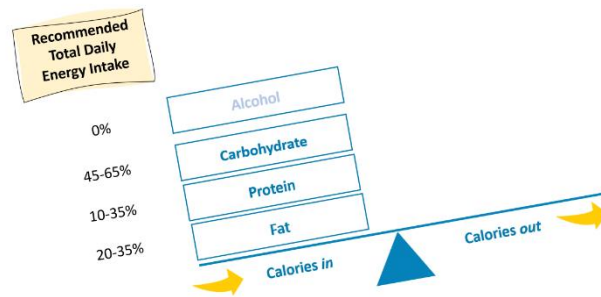
Does the intensity of exercise matter?

Energy Balance: Calories In

Calories In

Calories are a measure of heat; more specifically, 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*.



WHAT ABOUT ALCOHOL?

Alcohol is a source of calories, but it is not considered a vital macronutrient. 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.

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.

Calories In and Absorption. Fast to Slow.

	Nutrient	kcal/gram	Impact on Satiety	Food Group Examples
Absorption Rate 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

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.

Daily Behavior Records

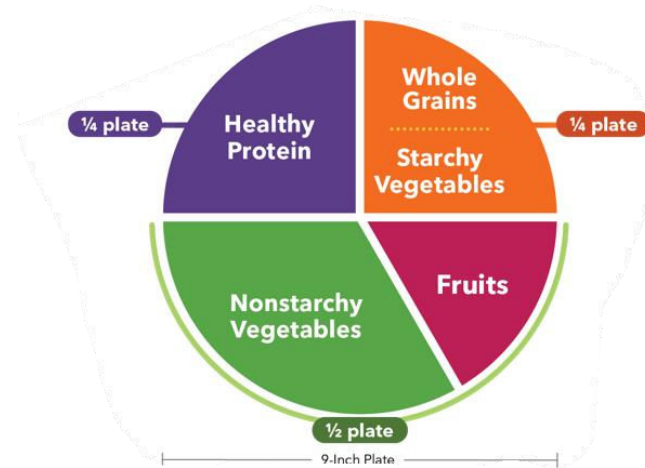
Please use your Daily Behavior Records (found in your Program Guide) to answer these questions...

The image shows a 'Daily Behavior Record' form. It has a header with the title 'Daily Behavior Record' and a row for the day of the week (Monday through Sunday). Below the header is a section titled 'Daily physical activity:' followed by a grid with columns for Breakfast, Snack, Lunch, Dinner, and Dessert. The rows in the grid are: Time, Meal or Snack?, What did you eat or drink?, Amount, Hunger Rating (1-5), Time it took to eat, Describe the situation (what you were doing), How were you feeling?, and What did you eat/drink and why you eat/drink?.

- ✓ 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 slowly 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?
- ✓ What steps could you take to make that change begin?

THE PLATE METHOD

The plate method is an amazingly easy and effective tool for weight management and good health. When you eat a meal, choose plates about the size of a large salad plate or about 9 inches. Then as you serve yourself food, imagine your plate divided into three sections.



- **Fill one half the plate with vegetables and/or fruits.**

Nonstarchy vegetables are full of vitamins, minerals, and fiber. They are important for your overall health and have few calories and carbohydrates, so you can enjoy more. Some people like to “pre-load” their meals by eating these vegetables first, both to feel more full and to eat a good supply of nutrients.

Fruit is another good source carbohydrates, vitamins, minerals, and fiber. It’s an important part of your overall health and nutrition.

- **Devote one fourth of your plate to healthy proteins.**

Protein forms the building blocks of muscles and can help your body repair itself. Protein is especially important to help you prevent muscle loss and reduce hair loss.

- **Fill one fourth of your plate with whole grains and starchy vegetables**

Starches are an important source of fiber and carbohydrates, which feed your microbiome and fuel your body. You need them to enhance your immune system and for energy. On the PMR program, during the Meal Replacement phase, eat whole grains and starchy vegetables with breakfast.

Include a small amount of healthy fats. Fat gives you satisfaction and helps you feel full. Fats are very dense in calories so be sure to stick to the serving size.

Use the Combined Food List found in your PMR Program guide for food ideas

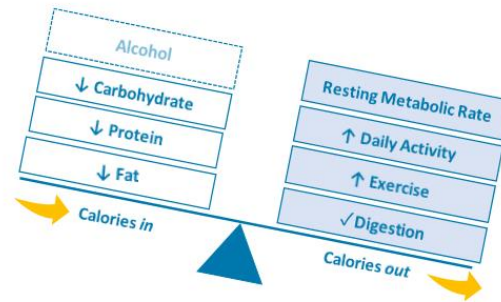
Combined Food List		Green Leafy Salad 2 cup greens plus ½ cup of raw veggies approx. 100 calories				Vegetables 1 serving, ½ cup lightly cooked or 1 cup raw = approx. 25 calories	
Vegetarian Proteins 1 serving is approx. 85 calories		Arugula	Boston Leaf	Kale	Romaine	Artichoke Cucumber Asparagus Eggplant Beans (wax, green) Mushrooms Beets Onions Bell Pepper, all colors Spinach Broccoli Summer Squash Brussels Sprouts (zucchini, yellow) Carrot Tomatoes Cauliflower Turnips Celery	
Tofu, ½ cup Seitan, ¼ cup Tempeh, ¼ cup Soybeans, 1/3 cup Nutritional Yeast, 3 Tbsp. Lentils, 1/3 cup Quinoa, 1/3 cup Beans, 1/3 cup (black beans, garbanzo beans, kidney beans, lima beans, navy beans, pinto beans) Split Peas, 1/3 cup		Beet greens	Butter head	Loose Leaf	Spinach		
		Bibb	Cabbage	Mixed spring greens	Watercress		
		Bok Choy	Collard Greens	Mixed power greens			
		Salad Dressing: For dressing, use ½ Tbsp. omega-rich oil: avocado, cod liver, flaxseed, hempseed, olive and/or walnut oil mixed with ½ Tbsp. apple cider vinegar, lemon juice, lime juice, balsamic vinegar, unseasoned rice vinegar, or mustard. One serving is approximately 25 calories. If you use a commercial salad dressing, choose one with minimal ingredients.					
Non-Vegetarian Proteins 1 oz. serving is approx. 45 calories		Grains/Beans/Starchy Vegetables 1 serving = approx. 80 calories		Fruits 1 Serving (4-6 oz.) = approx. 60 calories			
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		Barley, ½ c. cooked Beans, ½ c. cooked Cereal (Fiber >5 g. per serving), ½ c. Corn, ½ c. cooked *Couscous, cooked, ½ Lentils, 1/3 c. cooked *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 Yam, ½ c. cooked	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		
Milk and Milk Alternatives 1 Serving = approx. 90 calories				Healthy Fats 1 Serving = approx. 45 calories and 5 g fat			
Hemp Milk, 1 c. Nut Milks (almond, cashew, walnut), 1 c. Milk, 1 c. Oat Milk, 1 c. Soy milk, 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)				Avocado, 1/8 whole Nut Butter, ½ Tbsp. Nuts, ½ 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 1.5 tsp. (chia seeds, flax seeds, pumpkin seeds, sesame seeds, sunflower seeds)			

Energy Balance: Weight Loss

Self-Check

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

Where do you usually eat?



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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

Topic #2: Protein and Creating a Healthy Lifestyle

Weekly Check-In

In the spaces below, identify at least one example from the past week of the following experiences:

Success:

Challenge:

What I learned about myself from these experiences

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


Ensuring an adequate protein intake at meals is helpful during weight loss because:

- Protein takes a longer time to be digested and absorbed which helps keeps you full and your blood sugar levels from rising too quickly.
- Protein foods typically contain fat as well (meats, dairy, nuts and seeds), which also takes longer to digest.
- Your brain and muscles need a steady supply of amino acids to support your metabolism, concentration, and energy.
- 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)



Protein Need

Protein intake improves gains in muscle mass and strength.

The amount of protein you need daily depends on your body weight, activity level, and age.

After the PMR program, what 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

Examples:

- I am fit, happy, and active.
- I am a healthy and lean individual.

Write your Mantra, Visualization or Affirmation here...

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 2-4 cups of vegetables every day.)

Desired Result

Topic #3: Hydration and Dealing with Change

Weekly Check-In

In the spaces below, identify at least one example from the past week of the following experiences:

Success:

Challenge:

What I learned about myself from these experiences

Hydration

The human body is made up of about 60-70% water. Every system in your body depends on water. Water regulates your body temperature, keeps your joints lubricated, helps prevent infections, flushes toxins out of your liver and kidneys, carries nutrients to your cells and supplies a moist environment for ear, nose and throat tissues. Every day you lose water through your breath, perspiration, urine, and bowel movements. For your body to function properly, you must replenish its water supply by consuming beverages and foods that contain water, especially during hot and humid climates and with higher activity levels.

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.



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

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.

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.
- ✓ Watch the high calorie foods that seem to accompany alcoholic beverages.
- ✓ Avoid alcohol while you're trying to lose weight or drink only one drink occasionally.

How much is one drink?



Beer or Cooler
5% alcohol
12 oz.



Wine
12% alcohol
5 oz.



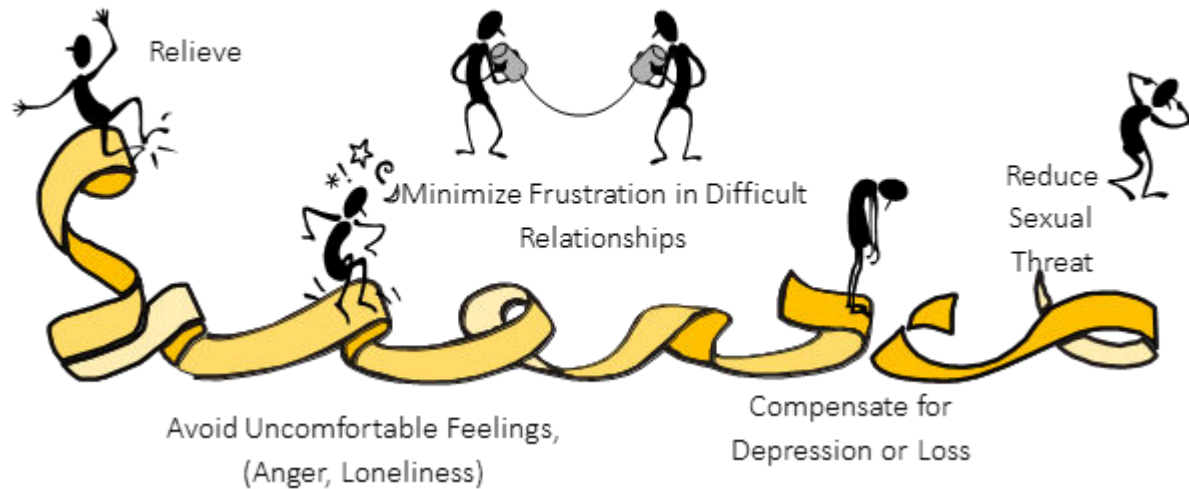
80-Proof Spirits (gin,
vodka, whiskey, etc.)
40% alcohol
1.5 oz.

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...
- Does this at a party ...
- Feels like this when alone ...

- Likes...
- Deserves...

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

- Is...
- Wears clothes that are...
- Does this at a party ...
- Feels like this when alone ...
- Likes...
- Deserves...

Reflection:

What labels did you choose for yourself?

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

What were the *differences* or *similarities* between your Less-healthy and Healthy selves?

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.

Self-Check

How much water are you drinking each day?

Which Helpful Attitude will you focus on this week...

Patience, Trust, Acceptance or Letting Go?

Set A Goal

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

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

Desired Result

Topic #4: Carbohydrates, Sugars and Coping Strategies

Weekly Check-In

In the spaces below, identify at least one example from the past week of the following experiences:

Success:

Challenge:

What I learned about myself from these experiences

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>
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The Effects of Sugar on the Body

- Sugar added to foods captivates 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 saturate 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.

Why Do We Need Carbohydrates?

Carbohydrates

- are the preferred energy source for the brain and body

- regulate blood sugar
- preserve muscle mass
- support brain function
- promote digestive health

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

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 - Anything that occupies your attention to get your mind off the current moment.

- Pros - Gives your mind a break, great for short term relief.
- Cons -doesn't resolve underlying issues, unhealthy behaviors such as eating can also be distraction

Grounding - Focus on the current moment instead of stressful thoughts or feelings.

- 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

Thought Challenge - Counter or challenge unhelpful thoughts.

- 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.

Emotional Release - Expressing your emotions.

- 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.

Self Love - Showing yourself care and love like you would another person.

- Pros - Become your own support and not using food to treat yourself.
- Cons - Sometimes this can feel really hard to do and may require practice.

Accessing Your Higher Self - Doing things that get you out of your own problems and thinking about things that are bigger than you.

- Pros - Reminds us that everyone struggles and that we can find purpose or meaning in other ways in our life.
- Cons - We don't want to focus too much on others problems and not focus on ourselves.

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?

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

Topic #5: Fiber and Self Talk

Weekly Check-In

In the spaces below, identify at least one example from the past week of the following experiences:

Success:

Challenge:

What I learned about myself from these experiences

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 a high-fiber foods may help:

- A. Feed beneficial bacteria living in your gut
- B. Promote lower levels of inflammation throughout your body
- C. Act like a brush cleaning out your colon
- 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. 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. Fluids help you digest fiber. How many cups a day is beneficial for most people?

- A. 4-6 cups
- B. 6-8 cups
- C. 9-13 cups
- D. 16 cups (1 gallon)

Importance of Thoughts and 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:

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

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.)

Changing Negative Thoughts

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.

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 vegetables every day.)

Desired Result

Topic #6: Gut-Brain Connection and Healthy Cooking

Weekly Check-In

In the spaces below, identify at least one example from the past week of the following experiences:

Success:

Challenge:

What I learned about myself from these experiences

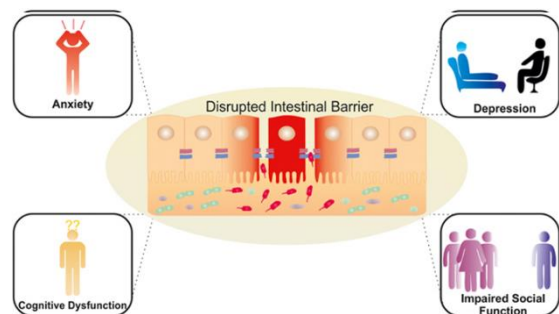
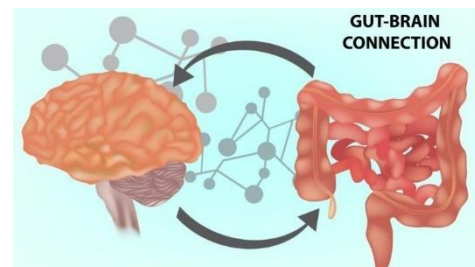
Your Gut

- 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.
- 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 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, and tempeh.

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.

Should I take a Probiotic Supplement?

- 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

Cooking Tip #1 — Sautéing

Sautéing may sound fancy, but it just means you use a hot pan and oil to cook food quickly.

How to sauté.

- Heat a large pan with 1 tablespoon of olive or avocado oil. To check if the pan is hot enough, add a piece of chopped food. Does it sizzle immediately? This is a sure sign that your pan is hot and ready
- Add your food as a single layer in the pan. Stir every couple minutes so that all the pieces brown on all sides

What to sauté?

- Vegetables: spinach, mushrooms, asparagus, bell peppers, onions, and zucchini
- Protein foods: eggs, chopped chicken, and tofu

Cooking Tip #2 — Roasting

Roasting browns the surface of food with the high heat of an oven.

How to roast

- Preheat the oven to 425 degrees
- Put your food in a bowl. Drizzle it with olive oil or avocado oil, and stir until everything is coated
- Spread the food out onto a baking sheet so that it's all in one layer with space between each piece. Sprinkle with any herbs and spices you like

- Put the baking sheet on the middle rack of the hot oven. Check it after 15 minutes, and stir. Add more time until the food is cooked through, golden brown, and maybe even a little crispy on the edges

What to roast

Vegetables: broccoli, cauliflower, brussels sprouts, potatoes, carrots, asparagus, and butternut squash

Proteins: chicken, beef, tofu, and tempeh

Cooking Tip #3 — Steaming

Steaming cooks food over a pan of boiling water. The food doesn't touch the water. Instead, it's cooked by the steam coming off the hot water.

How to Steam

- In a pot, add an inch or two of water. Set a steamer basket inside
- Cover the pot with the steamer basket inside, and bring the water to a boil
- Add food to the steamer basket. Cover and cook until your food is fork tender and the veggies are still bright in color

What to steam

- Vegetables and Starchy Vegetables: potatoes, sweet potatoes, asparagus, beets, broccoli, carrots, and peas
- Fruits: apples and pears

Protein Foods: fish can be steamed until it flakes apart with a fork

Tip #4 — Raw is Good Too

Eat Vegetables and Fruits Raw

What to Eat

- Vegetables: carrots, cucumbers, bell peppers, radishes, and turnips
- Fruits: apples, bananas, oranges, mangoes, pears, and strawberries

Change Up Your Chop

- Slice carrots and cucumbers into spears, bell peppers into rings, and oranges into half circles

Cooking Tip #5 — 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 left over beans, grains, and roasted vegetables in a soup or salad for a second meal

Cooking Tip #6 — Roast in Bulk

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

Cooking Tip #7 — 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

Cooking Tip #8 — Recipes

Looking for new recipe ideas?

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

[Kp.org/recipes](https://kp.org/recipes)

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., eat 2-4 cups of vegetables every day.)

Desired Result

Topic #7: Fitness and Fats

Weekly Check-In

In the spaces below, identify at least one example from the past week of the following experiences:

Success:

Challenge:

What I learned about myself from these experiences

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 can 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't 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	

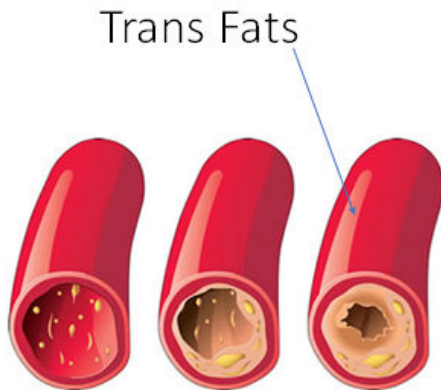
What is Your Fitness Plan?



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



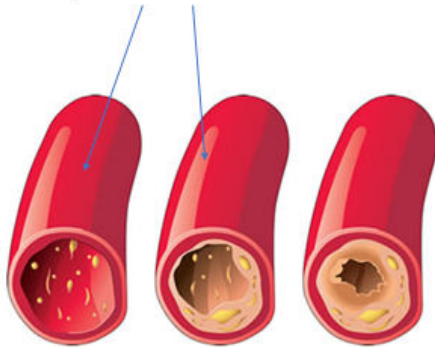
Saturated Fats

- 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



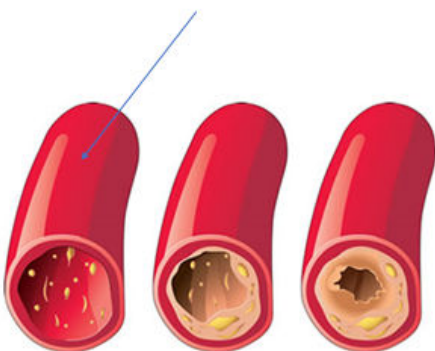
Polyunsaturated Fats (PUFAs)

- 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., exercise a minimum of 2.5 hours (150 minutes) this week.)

Desired Result

Topic #8: Antioxidants & Habits

Weekly Check-In

In the spaces below, identify at least one example from the past week of the following experiences:

Success:

Challenge:

What I learned about myself from these experiences

Antioxidants

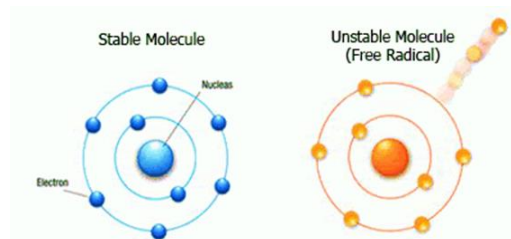
- Promote immune system functions.
- Prevent or stop cell damage caused by oxidants.
- Are associated with the treatment or prevention of cancer, cardiovascular disease (CVD), and autoimmune diseases.

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

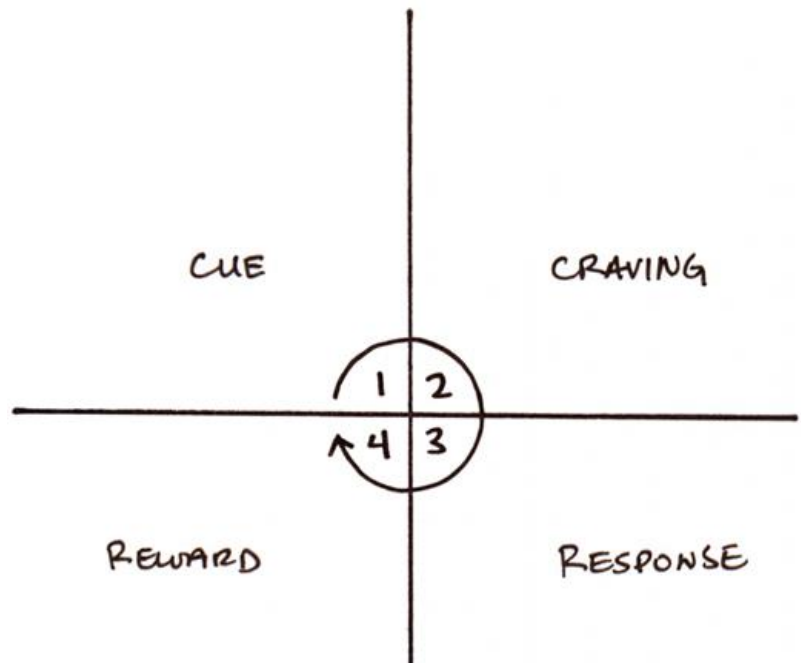
Why do brains build habits?

- Save energy and time
- Novel experiences create a lot of brain activity, so creating habits reduces brain activity to be able to focus on other things.
- To prevent us from having to re-examine, re-explore, and re-decide everything in our world.

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.



Motivation for Behavior

Each time we go through the feedback loop cycle our brain is evaluating if that was helpful at solving a problem and will then adjust or continue doing the same thing. For example - wanting to feel less stressed can lead to eating sweets

How to Create a Good Habit

Cue: Make it obvious

Craving: Make it attractive.

Response: Make it easy.
Reward: Make it satisfying.

Three Questions

If you start to wonder... "Why can I not follow through with what I say I will do?"

Ask yourself these 3 questions:

- How can I remember my new habit and make it obvious?
- How can my new habit be an easy routine?
- How can I make my new habit attractive and rewarding?

Activity

- Choose 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

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

Topic #9: Stress

Weekly Check-In

In the spaces below, identify at least one example from the past week of the following experiences:

Success:

Challenge:

What I learned about myself from these experiences

A reminder for today's session...

- ✓ Please have your Daily Behavior Records (Found in your Program Guide) handy. We will be referring to them later.



Daily Behavior Record

Day: Monday Tuesday Wednesday Thursday Friday Saturday Sunday

Daily physical activity:

	Breakfast	Snack	Lunch	Snack	Dinner	Snack
Time						
Meal or Snack?						
What did you eat or drink?						
Amount						
Hunger Rating (1-3)						
Time it took to eat						
Describe the situation (what you were doing)						
How were you feeling?						
What did you learn about why you eat?						

25

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!

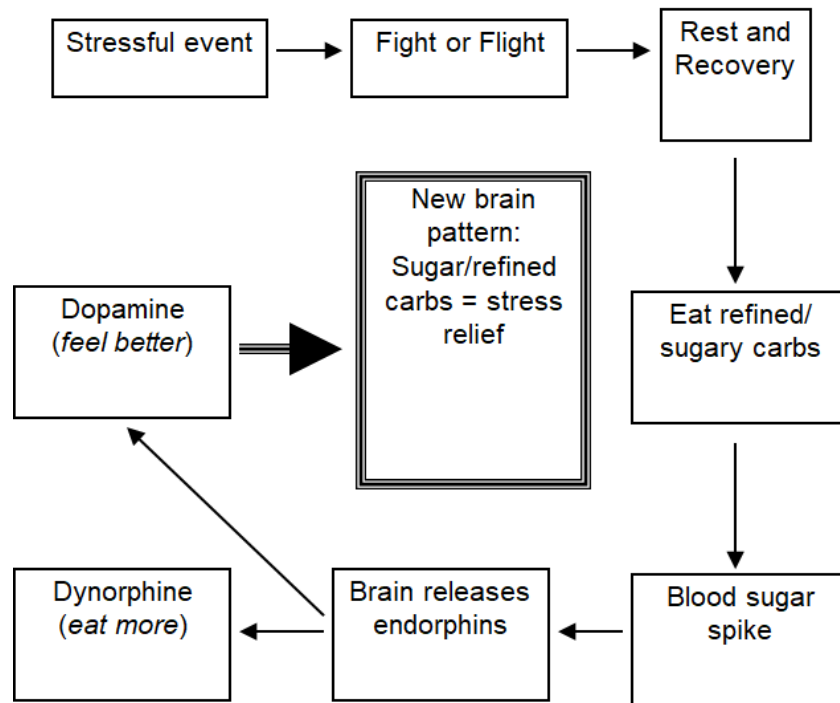
Why is Eating a Means of Stress Relief?

- 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

"STRESSED" (backwards) = "DESSERTS" Why Desserts?

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.



Please use your daily behavior records

WHAT WERE 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...

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...

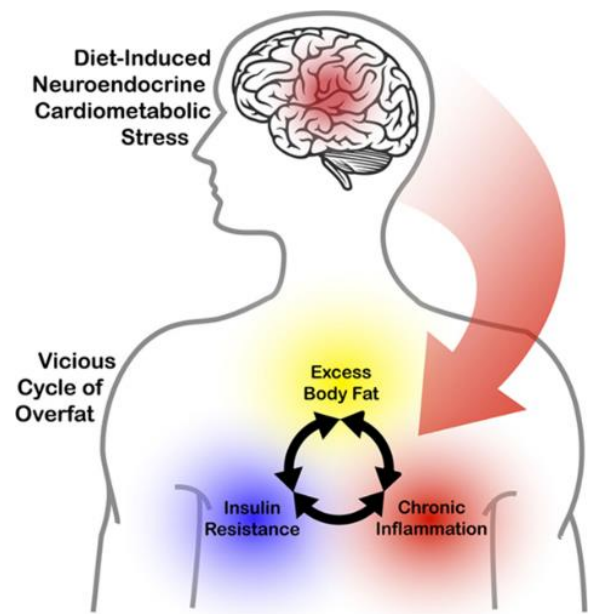
Personal Signs of Stress

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

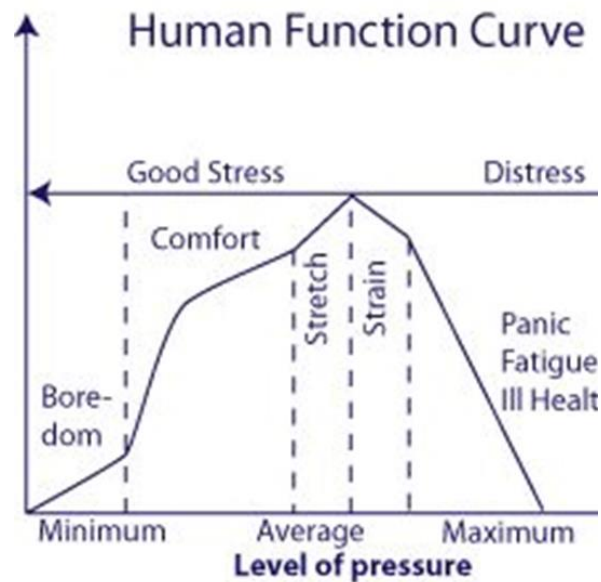


The Balance of Stress

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

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:

Topic #10: Label Reading

Weekly Check-In

In the spaces below, identify at least one example from the past week of the following experiences:

Success:

Challenge:

What I learned about myself from these experiences

The Nutrition Facts Label

Where is the Nutrition Facts label found?

What is the Nutrition Facts label?

Why is the Nutrition Facts label important?

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How to read the Nutrition Facts Label?

1) Serving Information

2) Calories

3) Nutrients

4) Percent Daily Value

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 0%
Cholesterol 0mg 0%
Sodium 160mg 7%
Total Carbohydrate 37g 13%
Dietary Fiber 4g 14%
Total Sugars 12g 20%
Includes 10g Added Sugars
Protein 3g 10%
Vitamin D 2mcg 20%
Calcium 260mg 45%
Iron 8mg 6%
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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Nutrition Facts

2 servings per container		1 cup (255g)	
Serving size		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.

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.

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

How much ice cream do you really eat in one sitting?



Nutrition Facts			
2.5 servings per container			
Serving size		2/3 cup (133g)	
Calories	Per serving		Per container
	420		1050
% DV*			
Total Fat	27g	35%	67.5g 87%
Saturated Fat	17g	65%	42.5g 213%
Trans Fat	0.5g		1.25g
Cholesterol	85mg	28%	212.5mg 71%
Sodium	65mg	2%	137.5mg
Total Carbs.	39g	14%	97.5g 6%
Dietary Fiber	3g	11%	7.5g 36%
Total Sugars	34g		85g 27%
Incl. Added Sugars	29g	58%	72.5g 145%
Protein	6g	12%	15g 30%
Vitamin D	0.6mcg	4%	1.5mcg 8%
Calcium	140mg	10%	350mg 25%
Iron	4.7mg	25%	11.75mg 70%
Potassium	250mg	6%	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.

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.**

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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.

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?

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.



Food Allergy Label

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



Milk



Eggs



Fish



Crustacean Shellfish



Tree Nuts



Peanuts



Wheat



soybeans



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.

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?

Set A Goal

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

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

Desired Result:

Topic #11: Emotions and Support

Weekly Check-In

In the spaces below, identify at least one example from the past week of the following experiences:

Success:

Challenge:

What I learned about myself from these experiences

A reminder for today's session...

- ✓ Please have your Daily Behavior Records (Found in your Program Guide) handy. We will be referring to them later.



The image shows a 'Daily Behavior Record' form. It is a grid with columns for days of the week (Monday through Sunday) and rows for various eating-related metrics. The rows include: Time, Meal or Snack?, What did you eat or drink?, Amount, Hunger Rating (1-3), Time it took to eat, Describe the situation (what you were doing), How were you feeling?, and What did you learn about why you eat? The form is tilted slightly to the right.

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Time							
Meal or Snack?							
What did you eat or drink?							
Amount							
Hunger Rating (1-3)							
Time it took to eat							
Describe the situation (what you were doing)							
How were you feeling?							
What did you learn about why you eat?							

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...

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 _____

Wellness Coaching By Phone

1-866-862-4295

Kaiser Permanente Members can get support over the phone to make healthy changes around 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:

Topic #12 Sugar Substitutes and Shopping

Weekly Check-In

In the spaces below, identify at least one example from the past week of the following experiences:

Success:

Challenge:

What I learned about myself from these experiences

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

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



Sugar Substitute and Shopping Quiz

1. Which of these names is used on the label to identify this sugar substitute?

- A. Acesulfame K
- B. Acesulfame potassium
- C. Ace -K
- D. All of the above

2. Which sugar substitute has been around the longest?

- A. Aspartame
- B. Saccharin
- C. Sucralose
- D. Advantame

3. If you desire something sweet, which is the healthiest?

- A. Dates
- B. Cane sugar
- C. Erythritol

4. Supermarket layouts are carefully planned so you spend the maximum amount of _____ on unplanned purchases?

- A. Time
- B. Focus
- C. Money

5. Why do markets open with flowers and produce?

- A. To increase confusion
- B. To allow kids to access
- C. To give the appearance of freshness

6. Which location of a product increases sales?

- A. End cap
- B. Top shelf
- C. Bottom shelf

See how you scored below...

Question 1, Answer = D

Question 2, Answer = B

Question 3, Answer = A

Question 4, Answer = C

Question 5, Answer = C

Question 6, Answer = A

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:

Topic #13: Fitness and Body Image

Weekly Check-In

In the spaces below, identify at least one example from the past week of the following experiences:

Success:

Challenge:

What I learned about myself from these experiences

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

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

Harvey Mackay

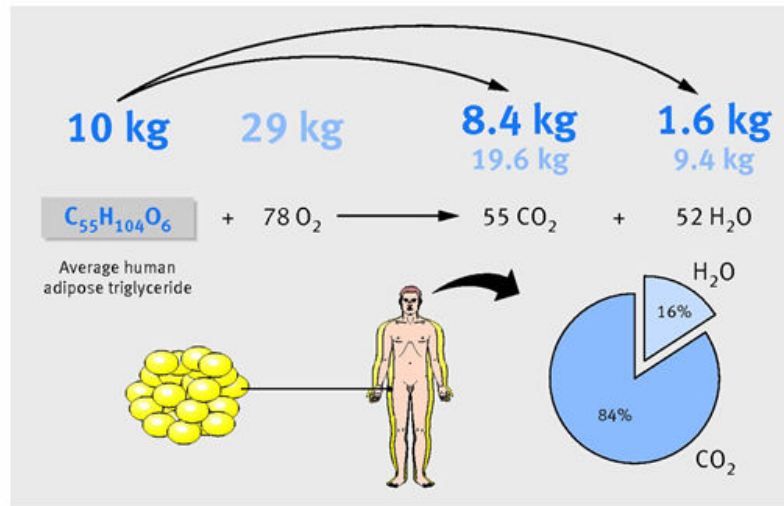
Losing Fat

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?

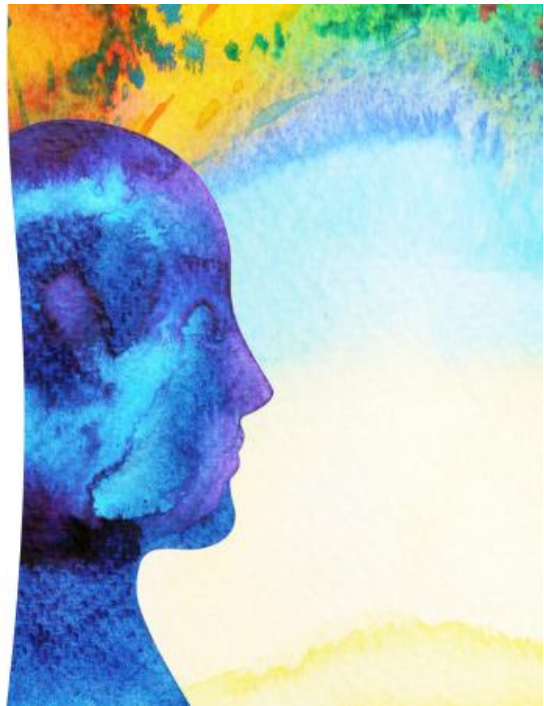
Body Type vs. Body Image

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.

Which step will you do for yourself this week?

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

Topic #14: Dining Out and Assertiveness

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

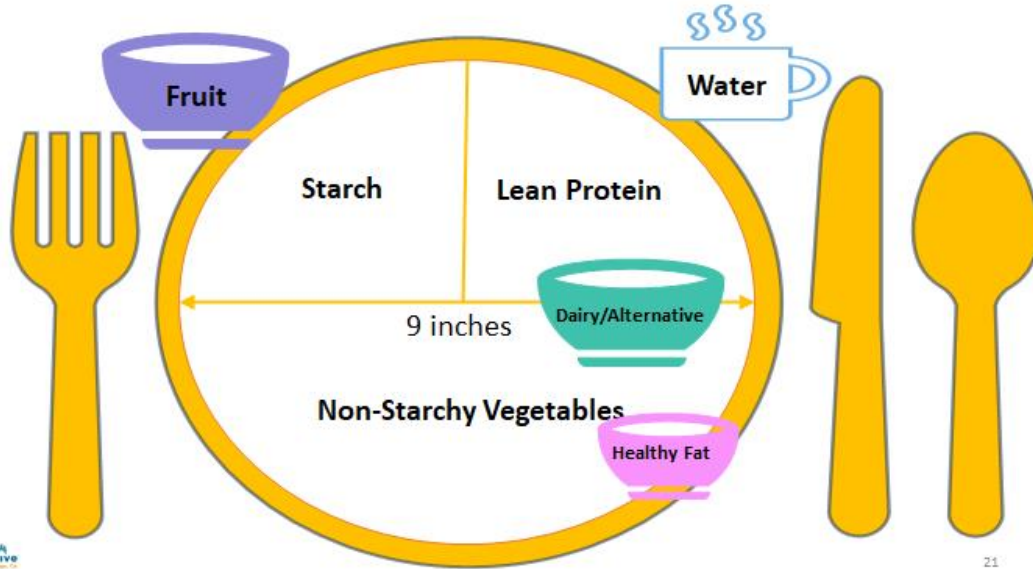
Which food from this popular restaurant has the least number of calories?

- 1) Chicken Marsala with Mushrooms - 2,037
- 2) Grilled Eggplant Sandwich - 1,483
- 3) Blue Cheese B.L.T. Burger - 1,092**
- 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
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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 kebab 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

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/spareribs
- 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

<p>PROTEIN</p> <ul style="list-style-type: none"> • Skinless chicken 		<p>GRAIN/STARCH</p> <ul style="list-style-type: none"> • Rice noodles
<p>VEGETABLES</p> <ul style="list-style-type: none"> • Lettuce • Onion • Water chestnuts • Green onion 		<p>FRUIT</p> <ul style="list-style-type: none"> • Orange <p>HEALTHY FATS</p> <ul style="list-style-type: none"> • Peanuts <p>FLAVORINGS</p> <ul style="list-style-type: none"> • 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 ghanoush (eggplant dip)
- Lentil soup
- Stuffed grape leaves

- Lamb
- Beef
- Garlic fries
- White pita bread

CHOOSE LESS OFTEN

KEBABS

<p>PROTEIN</p> <ul style="list-style-type: none"> • Shrimp • Chicken • Feta cheese 		<p>GRAIN/STARCH</p> <ul style="list-style-type: none"> • Brown rice
<p>VEGETABLES</p> <ul style="list-style-type: none"> • Zucchini • Mushrooms • Red onion • White onion • Red/green bell pepper • Summer squash • Kalamata olives • Cherry tomatoes 		

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 iced 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

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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

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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:

Topic #15: Meal Prep and Needs

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 & Store

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.

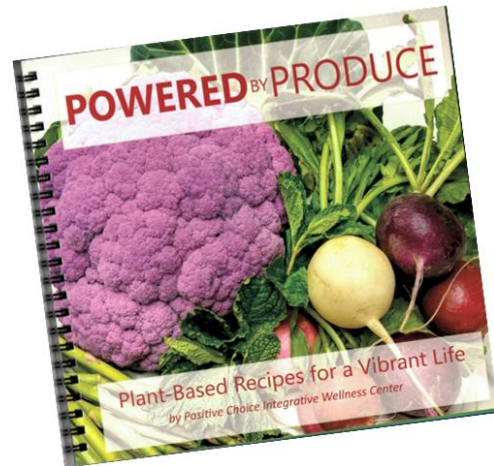
Meal Prep Idea #7: Recipes

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

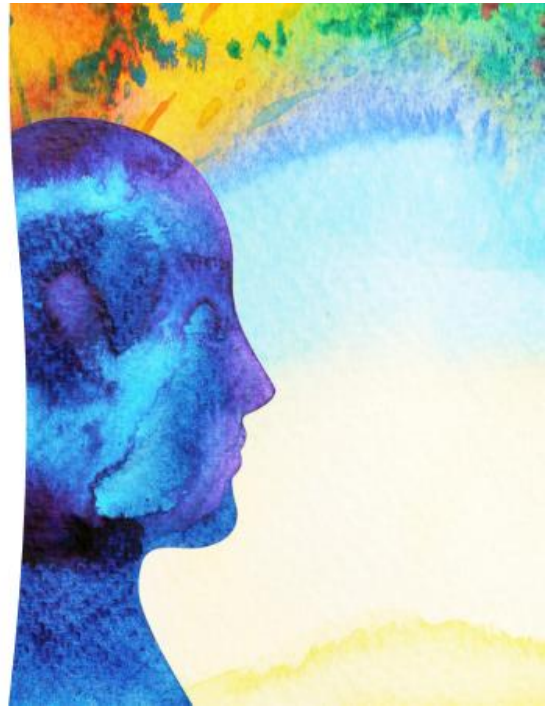
Needs

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.

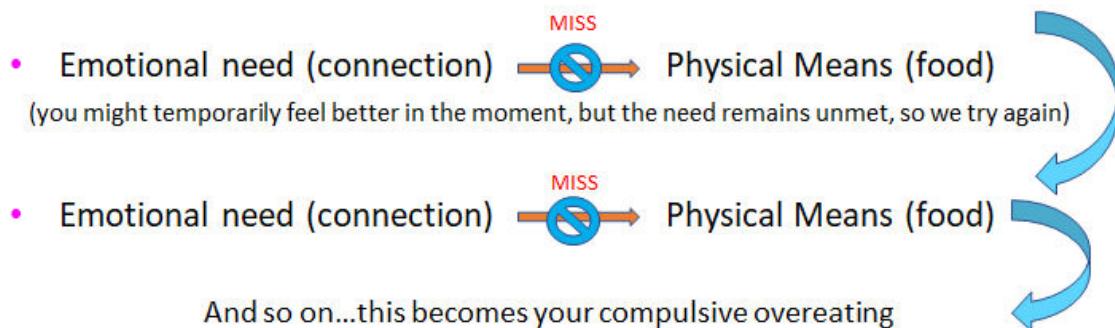
Emotional needs are identified explicitly far less and, therefore, are often not successfully met or satisfied.

- ✓ 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.



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 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.

7. A sense of self

It's not enough to have a group. We need to have a sense of our value within the group dynamics we're part of.

7. 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.

8. 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 tip will you use 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:

Topic # 16:

Maintaining a Healthy Lifestyle and Values

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

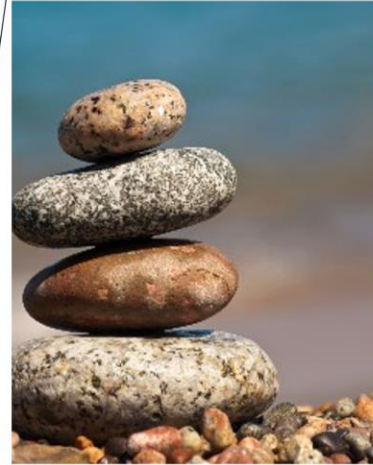
What do I value most?

- 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?
- Are your current health-related behaviors congruent or incongruent with your stated values?

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

	Breakfast	Lunch	Snack	Dinner	Dessert
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

- In what ways would overeating violate your values?
- How can you use values to overcome overeating behaviors?



17

Values

Are your current health-related behaviors congruent or incongruent with your stated values? If incongruent, what will you start today to better align your behaviors with your values?

Know your Why

- **When you connect with the “Why” you desire something, it brings you closer to your values!**
 - ✓ **“I want to live a healthy lifestyle” so I have energy for my family when I get home from work”**

What is your Why? Why do you want to lose weight?

Maintaining a Healthy Lifestyle

The Important Thing is to Start.

Even though you may not see immediate results, you can still feel comfortable knowing that you are changing in your own way.

110

Work on letting go of bad habits

- Goals and expectations are something that needs to come from within.
- Assess your own life and personal goals before trying to go for something that might not fit for you.
- Seek professional advice from a Registered Dietitian **or** Certified Nutritionist.
- Don't compare yourself to others or set goals based on other's expectations of you.
- Losing weight is achievable and can change your life for the better.

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: _____

Topic #17: Vitamins, Minerals & Mindfulness

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

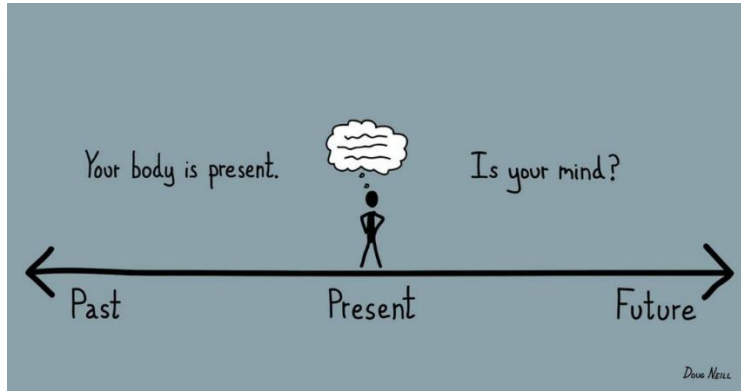
Caramel Cocoa, Cinnamon, and Fudge Graham Bars



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...

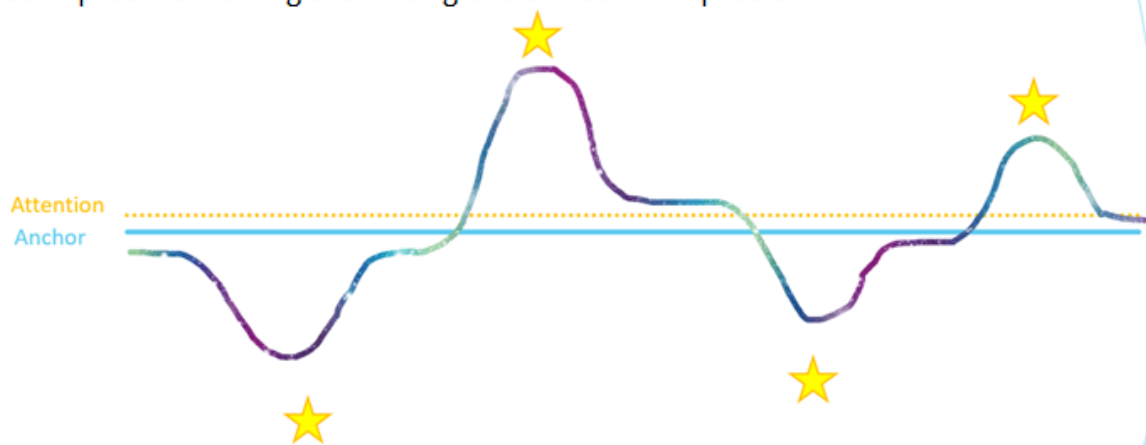
Mind-full	Mindless
Over-analyzing Rumination Judgment Preoccupied Daydreaming Multi-tasking	Autopilot Unaware Distracted Forgetful Carelessness Clumsiness

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 

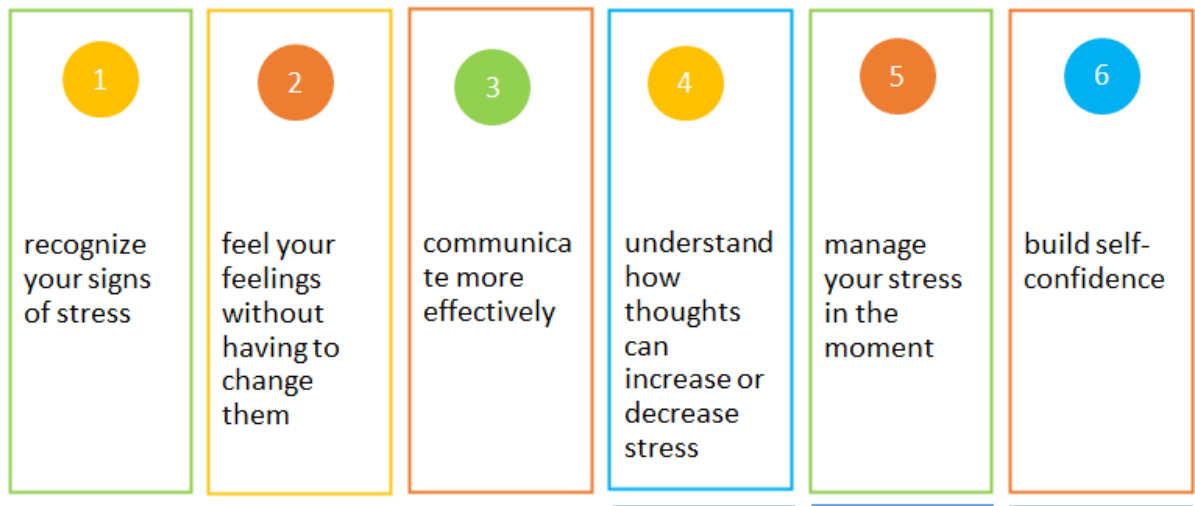
Why Practice Mindfulness?

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:

Topic #18: Resistance Training and Motivation

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

Welcome Packet: 18-week Exercise Plan

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

Wk	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Time	Notes
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

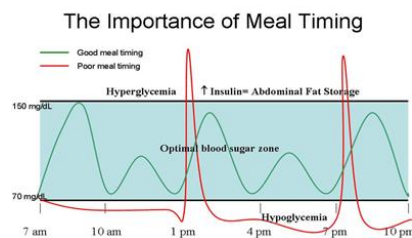
Eat Regularly:

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.

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



3. MOVE - Become a calorie burning machine

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

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?

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

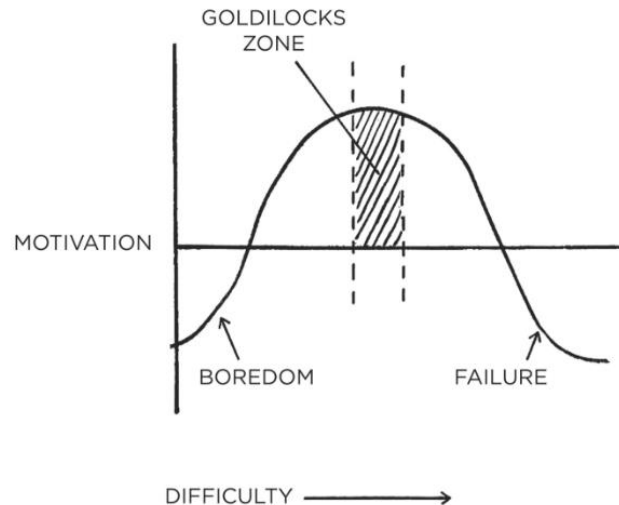
How can you challenge yourself in a way that keeps you motivated but doesn't feel overwhelming?

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).

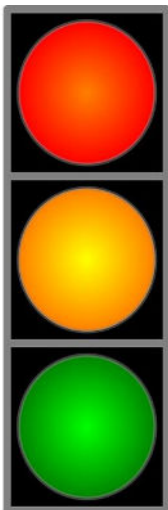
The Traffic Light Tool

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: