

Lifelong Balance

» FOOD QUALITY & CRAVINGS



Welcome to class! We will begin shortly!

Today's Discussion

Food Quality & Cravings

Today's Discussion

1

Healthy food
strategies

2

Challenges
to eating
healthy

3

Positive
behaviors

What do you want to spend the
most time talking about today?



Why do some foods keep us satisfied longer?

Defining Food Quality

Refers to foods that generally provide:

- ↑ More nutrients
- ↑ More fiber
- ↑ More protein
- ↑ More satisfaction
- ↓ Less added sugar
- ↓ Less ultra-processing



Food Focus

Choose more vegetables, fruits, whole grains, fish, nuts, and legumes



Make Healthy Choices

- Small changes
- Water
- Less sugar
- More whole, unprocessed foods
- Balance and variety



Healthy Eating Doesn't Have To Be Perfect

- Add one fruit or vegetable
- Drink water more often
- Choose whole foods when practical
- Build balanced meals
- Focus on progress, not perfection



What is one benefit you've noticed from eating healthy?

**What do you find most difficult
about eating healthy?**

Make Eating Healthy Easy

- Don't aim for perfection
- Make the healthy choice the easy choice
- Build meals you actually want to eat
- Focus on consistency, not intensity
- Small changes are more effective than all-or-nothing

Build Meals That Keep You Full

Include:

- Lean protein
- High fiber
- Healthy fats
- Volume (fruits/vegetables)
- Pair up protein + fat + carbs



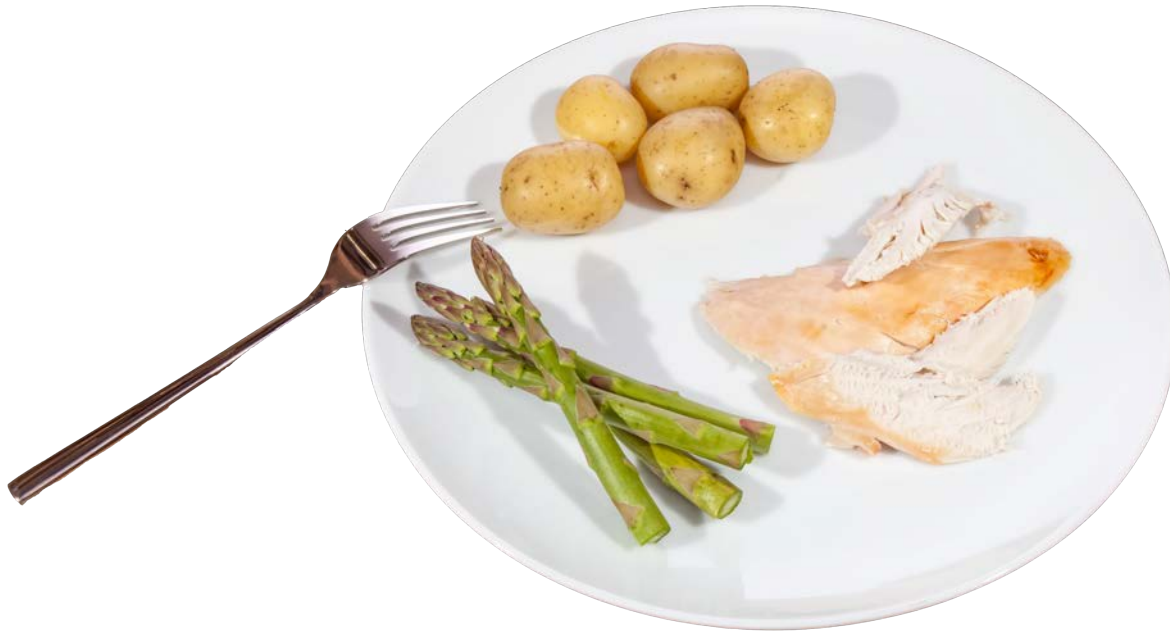
Make Your Meal Appealing

- Add flavor like sauces, spices, and herbs
- Add textures like crunch, crispiness, chewiness
- Add color
- Make it easy by having food prepped, ready, and convenient



From Bland to Exciting

Chicken breast, potatoes, and asparagus



Baked plain chicken breast,
steamed asparagus,
boiled potatoes



Roasted chicken with grilled
lemon sauce, roasted asparagus,
roasted potatoes with green
onions and dill

Convenience Idea #1

Prepare foods in advance

Example of meal prep:



Prepare proteins



Roast/grill vegetables



Cook grains/beans



Make sauces



Assemble extras

Convenience Idea #2

Prepare foods and store



How do you eat healthy on a budget?

Budget-Friendly Shopping Tips

- Buy frozen fruits and vegetables
- Buy in-season produce
- Use beans and lentils often
- Plan meals around sales
- Reduce food waste



Lower Cost Healthy Food Options

- Beans
- Lentils
- Oatmeal
- Brown rice
- Bananas
- Carrots
- Cabbage
- Whole chicken
- Milk
- Yogurt
- Fortified cereals
- Hummus
- Quinoa
- Potatoes

Better Value, Better Nutrition

7 oz chips



7 servings per bag

150 calories

\$4.50 per bag

VS

**2 lbs baby carrots
10 oz hummus**



10 servings per bag

30 calories per serving

\$3.00 per bag

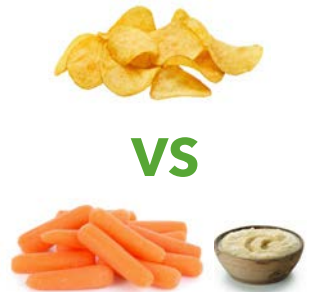
**9 servings per
container**

70 calories per serving

\$4.00 per container

Better Value, Better Nutrition

Sunday



Monday



Tuesday



Wednesday



Thursday



Friday



Saturday



Sunday



Monday



Chips:

7 servings
150 cal/serving

Carrots + hummus:

9 servings
100 cal/serving

Why do people choose less healthy foods?



Unhealthy Foods

Some foods are designed to be highly appealing

- Activate reward pathways
- Encourage us to eat more
- Make moderation harder



How do you manage food cravings?

When a Craving Hits

- Am I hungry?
- Am I thirsty?
- Am I stressed?
- Am I tired?
- Am I bored?
- Would eating something balanced help first?



Cravings Aren't Always About Food

Sometimes cravings are triggered by:

- Stress
- Fatigue
- Habits
- Emotions
- Environment



Positive Habits Can Boost Feel-Good Brain Chemicals

Ask yourself:

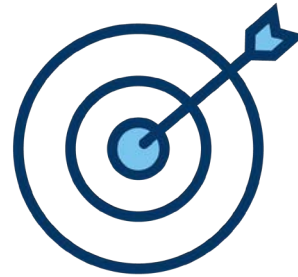
- Will this habit move my life in a positive direction?
- Can I push through the initial discomfort of change?
- Am I willing to plan for success?
- Am I willing to practice until it feels rewarding?

Examples of Positive Behaviors

That Spark Feel-Good Chemicals



New Experiences



Working on Goals



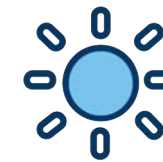
Good Sleep



Rest & Relaxation



Exercise



Sun & Outdoors

Nutrition Recommendation

Sample Daily Eating Plan



Milk (soy or cow), 1 cup
Quinoa, ½ cup
Eggs, 2
Fruits or
Vegetables, 1 cup



Fish, 4 oz.
Beans, ½ cup
Mango ½ cup
Vegetables, 1 cup
Avocado, ¼



Yogurt, 1 cup
Berries, 1 cup
Nuts, 2 Tbsp



Tofu, 4 oz.
Brown Rice, ½ cup
Vegetables, 2 cups
Sesame Seeds, 2 Tbsp

This Week

Choose a weekly goal, or make up your own:



Prepare foods
in advance



Increase
movement



Plan new positive
behavior



Other

Action Plan

Make it Personal

» Strengthening Your "How"

Your personal action plan should be specific, realistic, and something you can do this week.

Weekly Goal

What first step would you like to take this week?

Action Plan

Make it SMART



Specific



Measurable



Action-
Oriented



Realistic



Timely

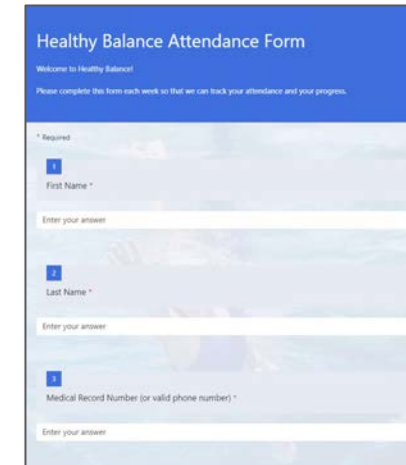
I will set my timer every day for a 20 second
exercise snack.

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» MINDSET FOR LASTING CHANGE

Discussion/Reflection Question:

How can the way you think affect your health?



The image shows a digital form titled "Healthy Balance Attendance Form". It includes a welcome message and instructions to complete the form weekly. The form has three required fields: "First Name", "Last Name", and "Medical Record Number (or valid phone number)". Each field has a corresponding input box and a "Required" label.

Have you filled out the attendance form?

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Your feedback matters—and it's completely anonymous.

Please take a moment to share your thoughts. Honest feedback helps us improve Lifelong Balance for everyone.

Complete the survey by clicking the link in the chat or scanning the QR code.



SCAN ME