



Living Well Program



THE OHIO STATE UNIVERSITY
WEXNER MEDICAL CENTER



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Welcome

Welcome to the Living Well Lifestyle Weight Management Program!

This book gives you the information you need to get started with your program. You will use this information during class. Ask any staff member if you have questions about the information in this book. For a digital copy of this book, please visit go.osu.edu/pted3540.

If you need to contact us, we are available by phone or email to answer your questions:

- Phone: 614-688-8971
- Email: compweightmanagement@osumc.edu

If you have a medical emergency, please call 911.

About the Living Well Program

Our goal is to teach you the skills needed for a healthy lifestyle to lose weight and keep the weight off. The program includes:

- **Monthly individual meetings with a health coach, dietitian, and exercise physiologist** to set goals and help progress your success.
- **Weekly remote group classes** that cover a nutrition, exercise, or behavior topic. Please review the materials in your book before class each week.
- **Weekly on-site exercise class options are available.** Regular exercise will assist you in reaching your weight loss goals.
- You are encouraged to **weigh in weekly** during exercise class, as well as to **submit food and exercise records** for review by program staff.

Living Well Program Schedule

You will receive a monthly calendar that includes days and times of our exercise and education classes. We encourage you to review the calendar and develop a routine of regularly attending exercise classes, as well as attending weekly remote classes. This is an example of our program schedule, which is subject to change:

	Monday	Tuesday	Wednesday
Week 1	5 p.m. to 6 p.m. Exercise/Gym	5:30 p.m. Nutrition class via Microsoft Teams with class topic	5 p.m. to 6 p.m. Exercise/Gym
Week 2	5 p.m. to 6 p.m. Exercise/Gym	5:30 p.m. Exercise class via Microsoft Teams with class topic	5 p.m. to 6 p.m. Exercise/Gym
Week 3	5 p.m. to 6 p.m. Exercise/Gym	5:30 p.m. Behavior class via Microsoft Teams with class topic	5 p.m. to 6 p.m. Exercise/Gym
Week 4	5 p.m. to 6 p.m. Exercise/Gym	5:30 p.m. Exercise class via Microsoft Teams with class topic	5 p.m. to 6 p.m. Exercise/Gym

Living Well Program Policies

Please talk to a staff member if you have any questions or concerns.

Attendance

Our goal is to teach you the skills needed for a healthy lifestyle to lose weight and keep the weight off. **Taking part in remote and on-site classes is the key to reaching these goals.**

- Please attend all scheduled classes.
- If you need to cancel a class, please contact us via phone or email. You can also cancel through MyChart.
- If you are unable to attend class, please review the education class materials in this book. If you have questions, please contact the appropriate staff member.
- Long vacations from the program are strongly discouraged. If they occur, please schedule an appointment with the appropriate staff member to set up a plan.
- Family, friends, and other support people are not allowed to attend class. If there is a special circumstance, please contact a staff member for approval.
- **Classes are not held on university recognized holidays.** The program schedule is adjusted accordingly.

Inclement weather

Class is held during inclement weather regardless of area school closings. We realize that many of you travel a long distance, so please travel only if you feel comfortable doing so. **If a decision is made to cancel class,** we make every effort to contact you. Please keep your contact information current.

Individual appointments

We are here to help you make positive lifestyle changes. If you are having any problems making changes, please schedule an individual appointment.

- We try to schedule appointments in a timely manner. We apologize for any delays due to meeting the needs of all program participants.
- **Please contact us if you need to cancel or reschedule an appointment.**

Weight loss medicines

Based on availability, you may have the option to meet with a provider in the Weight Management Clinic to discuss medicines for weight loss. This appointment and any lab work required is billed separate from program fees and is billed to your insurance. Please verify with your insurance benefit coverage.

Makeup class policy

Our goal is to teach you the skills needed for a healthy lifestyle to lose weight and keep it off. Regular attendance provides structure and accountability, which are proven to be an important part of weight loss success. However, we understand that sometimes emergencies arise that keep you from attending.

If you would like to make up a class, please review the materials in this book and come prepared with questions to your makeup session. The makeup sessions can be scheduled by contacting our team.

The makeup class policy for the 24-week Living Well Program is 4 makeup classes.

Insurance reimbursement

This is a self-pay program. We are not able to directly bill insurance companies. Please contact your insurance company with reimbursement questions. We can provide you with a receipt for services provided.

If you have insurance coverage through Ohio State Health Plan, you may be eligible for partial reimbursement of the program's cost.

Upon completion of each 24-week or 12-week period of the program, you will be provided with documentation verifying your program attendance. You need to complete 45 minutes of the 60-minute class to receive credit. You will submit this documentation along with your program receipt for your reimbursement.

Class Guidelines

1. Please limit distractions.
2. Do not use terms such as “good” or “bad” to determine your food intake. Using these terms may cause you to label yourself as good or bad when you eat these foods.
3. You and your class participants benefit when you share your successes and struggles. However, if class time is limited, you may be asked to continue the discussion with the instructor later.
4. Maintain a positive attitude and show respect for fellow class members and instructors.
5. If you feel comfortable sharing your weight loss with group members, please do this in a positive way. Refrain from using “I only lost...”
6. Please be sensitive to other group members’ situations by not discussing food intake in detail. Your class may include individuals who are seeking bariatric surgery, have had surgery, are participating in a study or are seeking medical weight management.
7. We value one another’s right to confidentiality. We request that you do not disclose other group members’ names without their permission. Please refrain from allowing others outside of the Living Well Program to listen/hear by using a private space to attend classes
8. We discourage you from measuring your success strictly by the scale. You may be making better lifestyle choices that are not reflected on the scale. You may also be losing inches. Be patient with yourself.
9. For long-term success in weight management, we stress the importance of attending class and require your attendance for you to remain in the program. **Please contact us if you are not able to attend.**
10. If you have personal questions or concerns that are not appropriate to discuss during class, please schedule an individual appointment with a staff member.

Education classes syllabus

- Food Journaling and Meal Planning
- Exercise Prescription: Are You Getting Your Daily Dose?
- Balancing Your Life
- Exercise Benefits and Barriers
- Knowing Nutrients
- Cooking Differently
- Stress
- Metabolism: Making the Most of Yours
- Shopping Smart
- Grocery Store Tour
- Exercise FAQs
- Taming Your Triggers
- Exercise Motivation
- Eating Out
- Effective Communication
- Being Active in an Inactive World
- Coping with Negative Thoughts
- Managing Your Meal Plan
- Preventing Exercise Burnout
- Self-care
- Planning for Long-term Nutrition Success
- Planning for Long-term Exercise Success

Agreement for Care

You have enrolled in the Living Well Program to help you make positive lifestyle changes. This agreement outlines the program's goals and responsibilities.

The program includes:

- Individual monthly support appointments with each team member to create and progress toward health goals.
- MedGem® test to determine resting metabolic rate and caloric needs.
- Educational materials in the areas of nutrition, exercise, and behavior change, developed by registered dietitians, exercise physiologists, and a behavioral health specialist.
- Weekly remote group classes that cover a nutrition, exercise, or behavior topic.
- Weekly on-site exercise.
- Monthly Progress Reviews – our team reviews the progress of each participant once a month to coordinate care and follow up as needed via MyChart.
- Food and exercise journals reviewed weekly.
- Fitness evaluations at start of session and every 12 weeks during the program.

Your responsibilities

1. Read and understand program policies and responsibilities.
2. Attend all sessions. If this is not possible, call or email our team. Reaching your goals is dependent on your active participation and adoption of lifestyle changes.
3. Maintain a professional and positive attitude while working with staff.
4. Work on personal weekly goals between sessions, such as keeping food and exercise records. Completion of weekly goals will help you attain positive results.
5. Contact appropriate staff member with questions or to schedule individual appointments, as needed.

Our responsibilities

1. Provide up to date information to help facilitate lifestyle changes.
2. Coach the participant and track progress.
3. Provide useful tools and written materials to complement the education classes.
4. Answer questions and schedule requested appointments in a timely manner.
5. Listen to you, include your priorities for an individual plan, and assist you with strategies and approaches for goal achievement.

Goals for Living Well Participants

Successful weight management often involves a combination of consistent behaviors and habits.

Key behaviors that can help

1. **Balanced diet:** Focus on a varied diet rich in fruits, vegetables, lean proteins, and whole grains. Avoid excessive consumption of processed foods, added sugars, and high-fat items.
2. **Portion control:** Be mindful of portion sizes to avoid overeating. Using smaller plates and understanding serving sizes can help you manage portions well.
3. **Regular physical activity:** Add both cardiovascular exercises (like walking, running, or cycling) and strength training (such as lifting weights or resistance exercises) into your exercise routine.
4. **Hydration:** Drink plenty of water throughout the day. Sometimes thirst can be mistaken for hunger, leading to overeating.
5. **Mindful eating:** Pay attention to what you eat and notice each bite. Avoid distractions like watching TV or scrolling through your phone during meals.
6. **Consistent mealtimes:** Try to eat at regular intervals to help regulate your metabolism and prevent excessive hunger or overeating later.
7. **Healthy snacking:** Choose nutritious snacks such as fruits, nuts, or yogurt instead of high-calorie, low-nutrient options.
8. **Sleep hygiene:** Aim for 7 to 9 hours of quality sleep each night. Poor sleep can affect hunger hormones and lead to weight gain.
9. **Manage stress:** Find healthy ways to manage stress, such as through meditation, yoga, or hobbies. Stress can lead to emotional eating and weight gain.
10. **Goal setting and tracking:** Set realistic and achievable goals for your weight management journey. Track your progress to stay motivated and adjust as needed.
11. **Support systems:** Engage with support networks, whether it's friends, family, or a professional, to stay motivated and accountable.
12. **Self-monitoring:** Regularly check in with your weight and body measurements, but don't obsess over the scale. Focus on overall health and well-being.
13. **Educated choices:** Staying informed about nutrition and fitness to make better decisions. Understanding the impact of different foods and exercises can guide your choices.
14. **Positive mindset:** Cultivate a positive attitude toward your body and your goals. Celebrate small victories and be kind to yourself during setbacks.
15. **Professional guidance:** Consult with healthcare professionals like dietitians or fitness trainers for personalized advice and support tailored to your needs.

These behaviors, when practiced consistently, can contribute significantly to successful and sustainable weight management.

Weight loss lifestyle behaviors checklist

1. Balanced diet:

- Eat a variety of fruits (2 to 4 servings) and vegetables (3 to 5 servings) daily.
- Include lean proteins (chicken, fish, legumes) with meals.
- Choose whole grains (brown rice, whole wheat) over refined grains.
- Limit processed foods, added sugars, and high fat items.

2. Portion control:

- Use smaller plates or bowls to help manage portion sizes.
- Be aware of serving sizes by reading Nutrition Facts food labels.
- Avoid eating straight from large packages.

3. Regular physical activity:

- Engage in at least 150 minutes of moderate aerobic exercise or 75 minutes of vigorous exercise per week. Stretch after each workout or throughout the day.
- Include strength training exercises at least twice a week.
- Add daily activities like walking or taking the stairs.

4. Hydration:

- Drink at least 8 cups (64 ounces) of water daily.
- Choose water over sugar-sweetened beverages, and limit caffeine and alcohol.

5. Mindful eating:

- Eat slowly and notice your food (e.g., taste, texture, flavor, etc.).
- Avoid eating while distracted (e.g., watching TV, using a phone, etc.).
- Listen to your body's hunger and fullness cues.

6. Consistent mealtimes:

- Eat meals at regular times each day.
- Avoid skipping meals or eating irregularly.
- Include snacks between meals as needed.

7. Healthy snacking:

- Choose healthy snacks like fruits, vegetables, nuts, or yogurt.
- Limit snacks that are high in calories, added sugars, or fat.

8. Sleep hygiene:

- Aim for 7 to 9 hours of quality sleep each night.
- Maintain a consistent sleep schedule.
- Create a relaxing bedtime routine and a comfortable sleep environment.

9. Manage stress:

- Practice stress-reducing activities, such as meditation, yoga, or deep breathing exercises.
- Replace emotional eating practices with non-food coping strategies.
- Find healthy outlets for stress, such as hobbies or talking with a friend.

10. Goal setting and tracking:

- Set SMART (specific, measurable, action-based, realistic, and time-lined) weight loss and behavior goals.
- Track your progress regularly (e.g., weekly weigh-ins, measuring body dimensions).
- Adjust your plan as needed based on your progress and feedback.

11. Support systems:

- Connect with friends, family, or a support group for encouragement.
- Consider professional support, such as a behavioral health counselor.

12. Self-monitoring:

- Regularly review and reflect on your eating and exercise habits.
- Use journals or apps to keep track of your food intake and physical activity.
- Proactively track non-scale measures of success.

13. Educated choices:

- Stay informed about nutrition and exercise through credible sources.
- Make informed decisions about food and fitness based on your knowledge.

14. Positive mindset:

- Focus on your achievements and progress, no matter how small.
- Practice self-compassion and avoid negative self-talk.

15. Professional guidance:

- Seek advice from healthcare professionals as needed for personalized recommendations and support.

Use this checklist as a tool to ensure you're incorporating these key behaviors into your weight loss journey. Adjust and adapt the list to fit your personal preferences and lifestyle as you make progress.

Health Coaching

An Overview

Health coaches help you to create positive change in your life

Health coaching is a one-on-one conversation with a healthcare professional to help you set goals to improve your health and wellness. A health coach helps you:

- Develop an action plan. This includes creating a personal vision, weekly goals, and monthly goals. Goals are tailored to your needs and can cover nutrition, exercise, and behavior.
- Identify your strengths, motivations, and values.
- Uncover barriers and find resources to create positive change in your life. Coaches help you to discover and find ways to be able to complete tasks and goals in a safe and supportive environment.

Health coaches support your goals for a well lifestyle

Coaches will not tell you what to do. You are the most powerful force of change in your life. Your health coach works with you to create a plan that is reasonable. This process is interactive and collaborative. We want you to feel encouraged and empowered!

Coaches can link you with other types of support. If you are interested in counseling, therapy, or other mental health needs, tell us. We can help with a referral.

Schedule your first health coaching appointment by the end of the first month of your program to discuss your progress.

Health Coaching

Developing an Action Plan

You will begin to develop an action plan during your orientation. We encourage you to work with the health coach throughout the program to further develop your plan. Having an action plan can help you focus as you seek to change your behaviors and your lifestyle.

Parts of an action plan

There are 3 main parts:

- 1. Your Personal Vision Statement** – What is your long-term, overall health and wellness goal for yourself? What is your “destination”?
- 2. Monthly Goals** – What do you want to do in the next 1 to 3 months to move closer to your long-term goal? Initial monthly goals are discussed with you at orientation when you meet with our dietitians and exercise specialists.
- 3. Weekly Goals** – What steps are you taking right now to move closer to your monthly goal and your personal vision? How will your good intentions turn into real change in your day-to-day life?

Your vision and monthly health goals give you an overall direction and purpose to improve your health. Weekly goals are what connect these “big goals” to your everyday life. Sometimes, you can become discouraged because you may feel so far away from your vision. If this occurs, focus on your weekly goals.

Focusing on your weekly goals will help you see that you are making progress. Then you can begin to build on your success. Think of it as taking small steps toward your vision. It takes time and work to change habits and behaviors.

Spend time and energy setting realistic weekly goals in your action plan to build momentum and begin to make changes. Over time, these small changes can build up to have a large impact on your life.

Set weekly goals, so you can make progress toward improving your health.

Develop your action plan

Take a minute and ask yourself:

- Do I have a long-term vision for myself in this program? Yes No
- Do I have clear monthly goals? Yes No
- Am I setting weekly goals for myself? Yes No
- What might I need to do to find success in this program?

- What structure might help me be most successful in meeting my personal health goals?

Health Coaching

Personal Vision Statement

If we consider the action plan a road map, then your vision statement describes the destination. It essentially asks you to consider what it would be like to be living your “best life.” It is a picture of where you want to be.

As we develop a vision statement for your time here in the program, we want to focus on what you would like to accomplish for your health and wellness goals. You can certainly develop a vision statement to include other aspects of life, but it is important to have a clear long-term vision for yourself as it relates to your weight management goals. You will begin to create a vision statement at your orientation, but you are encouraged to continue to update it.

By clarifying your vision and writing it out, you have an additional resource for goal setting and for motivation. At a basic level, you know where you want to go and why you are making difficult everyday changes. It can be challenging to stay motivated when you are making adjustments to your life, and your personal vision can remind you why you are working so hard. We encourage you to revisit and update this vision throughout your time in the program to help you stay motivated.

Where to start

Begin to think about what it would look like for you to be your “best self.” Pretend that you are already experiencing it and living it out. Describe this in your own words and create a picture of what life will look like when you are successful with your health and wellness goals.

Consider these questions and write down your responses:

- How will I feel about myself?

- What results do I want to see?

- What activities do I want to do consistently?

- What will motivate me?

- What will challenge me?

- Why does living this way matter to me?

- What structures and strategies will I have in place to ensure success?

- What would my everyday life be like if I was successful in meeting my health and wellness goals?

My personal vision statement

After considering these questions, begin to summarize your responses. Start with the phrase “I am...” and use present tense throughout your vision statement.

Revisit your vision statement regularly and remind yourself of your vision when you begin to lack motivation or experience discouragement! You can also turn this written statement into a visual picture of your motivation if that is helpful (i.e., have a picture of a beach on your desk if you are working hard to be comfortable at the beach one day). You can also share it with your trusted support people.

Health Coaching: Learning to Set Goals

To make the changes that will get you to your long-term vision, it helps to set goals. Goals put your good intentions into action. Set monthly and weekly goals to help you make small steps to change your behaviors. Over time, these can lead to new habits. Instead of waiting to make large changes, make small changes right now and throughout the program.

Setting goals

Learn to set goals to help make effective, long-lasting changes. When setting goals, your goals should be **SMART**:

- **Specific:** Make a plan: what, when, where, how long, how many times?
- **Measurable:** Keep track of your progress. Did you complete the plan?
- **Action based:** Find behaviors that you can address. Can you slowly change these?
- **Realistic:** Is this something you are willing and able to do?
- **Timely:** Set a time frame and ask if this is moving you closer to your long-term goal.

A few tips

You will find more success if you write out and track your goals.

- When you track your goals over time, you have an increased sense of success and motivation. It also gives you a chance to adjust your goals by finding patterns or trends that need to be addressed. If they aren't working, then you can try something else!
- How will you track your goals?

The goals must be **your goals**. If they do not reflect your personal hopes or desires, you will be less likely to follow through with them.

Set goals that make healthy changes in your life – not just weight loss goals. You are working to build healthy habits. If you focus too strongly on just weight loss, you may not reach your long-term goal.

Healthy habits will lead you to weight loss. Also, you can share these goals with your support people, and they can cheer you on and help you stay accountable.

Monthly goals

We encourage you to set SMART monthly goals to meet your long-term health goals. **Over the next 4 weeks in the program, what goals do you want to reach?**

Weekly goals

Break down your long-term goal into smaller weekly goals. When making weekly goals, it may be helpful to ask yourself: **“What can I do in the next 5 to 7 days that will get me closer to my overall goals?”** By making this a habit, you can be successful and increase your motivation. By making consistent but meaningful changes, your lifestyle habits can be adjusted to reach your long-term goals. In the past, you may have experienced failure in weight loss due to extreme changes that did not last. Keeping your goals realistic will also help you avoid burn out.

Track Your Weekly Goals

Use the “Track Your Weekly Goals” record in the Appendix to track your weekly goals. This will help you make changes that last.

Health Coaching

Weekly Goal Ideas

Personalize these examples to help you set weekly goals.

Behavior

1. I will monitor my physical hunger using the hunger scale where 1 = starving and 10 = Thanksgiving Day stuffed. I will not eat beyond my physical needs.
2. I will not put myself in situations in which I will be tempted to make unhealthy food choices. Instead, I will ask my friend to walk with me or to eat at a more supportive restaurant this week.
3. I will take better care of myself this week by spending 1 hour with someone who is supportive of my weight management efforts.
4. I will say “no” to requests or demands that are unreasonable or unnecessary.
5. I will not engage in negative self-talk, but I will compliment myself at least 1 time per day on my decision to strive for a healthier lifestyle.
6. I will eliminate “shoulds” from my vocabulary this week for myself and for those I care about. There will be no “shoulds” only “want tos” or “preferences.” Instead, I will add the term “yet” to statements that challenge my progress: “I have not started to _____ yet.”
7. I will practice progressive muscle relaxation, deep breathing or another stress management technique of my choice for 1 minute daily.
8. I will not allow my body image to prevent me from doing things I would enjoy. I will say yes to invitations from friends and family this week for enjoyable activities that challenge my comfort zone.
9. I will set aside 2 hours of my week to plan and engage in a pleasurable activity or hobby.
10. I will be assertive with myself for better health management and record any self-sabotaging excuses or thoughts this week.
11. I will create a list of 3 to 5 non-food coping practices to use when I am overwhelmed, bored, or stress this week.
12. I will write down at least one daily “health win” to recognize the positive changes I am making.
13. I will read my vision statement at least once per day to maintain my motivation and commitment to my health changes.
14. I will avoid mindless, boredom eating each evening this week by only eating in the kitchen and instead doing a puzzle, crossword, or sudoku during my favorite shows.

Exercise

1. I will use the stairs instead of the elevator.
2. I will walk the dog (or a friend's dog).
3. I will park the car farther out in parking lots.
4. I will perform recreational activities such as tennis, dancing, basketball, hiking, etc.
5. I will perform leisure activities.
6. I will perform 1 to 3 bouts of aerobic activity per week of short duration (10 minutes).
7. I will increase my aerobic activity by 2 to 5 minutes.
8. I will do flexibility exercises before and after activities.
9. I will start strength training, 1 set of 10 repetitions.
10. I will progress strength training to 2 sets of 10 repetitions.
11. I will increase specific strength training exercises each week as needed.
12. When traveling, I will check into a hotel with a workout facility or find a local walking trail.
13. I will walk to do errands.
14. I will perform abdominal exercises 3 to 5 times per week.

Nutrition

1. I will increase my water intake by 1 (8-ounce) glass.
2. I will eat at least 2 fruit servings per day.
3. I will eat at least 3 vegetable servings per day.
4. I will cut the number of times I eat out per week in half.
5. I will visit fast food restaurants less than 2 times per week.
6. I will plan and eat at least 1 meal per day at home.
7. I will keep an ongoing grocery list and shop from it.
8. I will make a list of 5 to 10 low fat snack ideas and have them available.
9. I will pack my lunch.
10. I will identify 3 to 5 non-food rewards.
11. I will not skip meals.
12. I will keep a detailed food journal for at least 4 days.
13. I will substitute 1 to 2 high fat/calorie food choices for lower fat/calorie food choices.
14. I will decrease my soda/coffee intake.
15. I will use measuring cups/spoons to help me understand portion sizes.

Nutrition: Caffeine

During supplemental fast, limit caffeine intake to **300 mg each day**. Caffeine causes loss of fluids, stomach irritation, and unwanted stimulation of the heart.

Product	Portion	Caffeine
Coffee		
Coffee - brewed, caffeinated	8-ounces (240 ml)	108 mg
Coffee - brewed, decaffeinated	8-ounces (240 ml)	6 mg
Coffee - instant, caffeinated	8-ounces (240 ml)	57 mg
Coffee - instant, decaffeinated	8-ounces (240 ml)	3 mg
Espresso - caffeinated	1 ounce (30 ml)	70 mg
Espresso - decaffeinated	1 ounce (30 ml)	10 mg
Latte	8-ounces (240 ml)	75 mg
Tea		
Black tea - caffeinated	8-ounces (240 ml)	80 mg
Black tea - decaffeinated	8-ounces (240 ml)	6 mg
Chai	8-ounces (240 ml)	80 mg
Green tea	8-ounces (240 ml)	25 mg
Iced tea	8-ounces (240 ml)	47 mg
Oolong tea	8-ounces (240 ml)	55 mg
Soft drinks		
Diet 7UP	8-ounces (240 ml)	0 mg
Diet Coke	8-ounces (240 ml)	45 mg
Diet Pepsi	8-ounces (240 ml)	35 mg
Diet Dr. Pepper	8-ounces (240 ml)	41 mg
Diet Mountain Dew	8-ounces (240 ml)	55 mg
Energy Drinks		
5-Hour Energy	8-ounces (240 ml)	215 mg
5-Hour Energy Extra Strength	8-ounces (240 ml)	242 mg
5 Hour Energy Decaf	8-ounces (240 ml)	6 mg
Monster Energy Absolutely Zero	8-ounces (240 ml)	160 mg
Monster Energy Zero Ultra	8-ounces (240 ml)	160 mg
Red Bull Sugar Free	8-ounces (240 ml)	80 mg
Red Bull Total Zero	8-ounces (240 ml)	80 mg
Medicines		
Anacin	2 tablets	64 mg
Excedrin	2 tablets	130 mg
Midol Menstrual Complete	2 caplets	120 mg
NoDoz	1 tablet	200 mg

Nutrition

All Food Meal Plan

	1,200 kcals	1,400 kcals	1,600 kcals	1,800 kcals	2,000 kcals	2,400 kcals
Lean meat	6	7	8	9	10	12
Fruit	2	2	2	3	3	4
Vegetable	3	4	5	6	6	6
Starch	4	5	6	7	7	9
Dairy	2	2	2	2	3	3
Fat	4	5	6	6	7	7
Free foods	Up to 40 kcals	Up to 40 kcals	Up to 40 kcals	Up to 40 kcals	Up to 40 kcals	Up to 40 kcals

Water: at least 2 quarts (64 ounces) of water a day

Suggested Foods List	
Food type	1 serving equals:
Lean meat	<ul style="list-style-type: none"> • 1 ounce chicken or turkey – light meat/skinless • 1 ounce lean meat – sirloin, tenderloin, round • 1 ounce fat free or low fat cheese (less than 3 grams of fat per serving) • 2 tablespoons grated Parmesan cheese • 1 ounce fish – cod, flounder, haddock, halibut, trout, tuna, salmon • 1 tablespoon peanut butter
Fruit	<ul style="list-style-type: none"> • 1 small piece of fruit • ½ cup fruit juice • ½ cup canned fruit
Vegetables	<ul style="list-style-type: none"> • 1 cup raw vegetables • ½ cup cooked vegetables • ½ cup vegetable juice
Starch	<ul style="list-style-type: none"> • 1 piece of bread (2 pieces of light/diet bread) • ¼ bagel (coffee shop style) • ½ cup cereal (non-granola) • ⅓ cup cooked pasta or rice • ½ cup starchy vegetables – corn, peas, potatoes, lima beans, winter squash
Dairy	<ul style="list-style-type: none"> • 1 cup skim milk • 6 ounces light yogurt
Fat	<ul style="list-style-type: none"> • 1 teaspoon margarine (1 tablespoon light margarine) • 1 teaspoon oil • 1 tablespoon salad dressing (2 tablespoons light salad dressing)
Free foods (up to 40 calories/day)	Broth, butter flavorings, catsup, mustard, diet drinks, non-stick sprays, spices, sugar free gelatin/popsicles
Water: at least 2 quarts (64 ounces) of water a day	

Nutrition

Sorting Out Standard Portions

When you are away from home and do not have measuring cups and spoons or a food scale handy, it helps to know what a standard portion of some common foods looks like. The table below gives examples of everyday items to help you judge serving sizes. You can also look at the Nutrition Facts label on packaged foods for serving sizes of foods not listed. Get out a measuring cup or a food scale and practice measuring some of your favorite foods, so you can see what a serving size looks like. This will help you judge how much food you are eating.

Sample Foods	Serving Size	Similar Sized Item
Sugar	1 teaspoon	Small marble or tip of thumb
Oil, butter, margarine, honey, mayonnaise, ketchup	1 tablespoon	Large marble, poker chip, or thumb to first knuckle
Salad dressing, salsa, hummus, peanut butter	2 tablespoons	2 large marbles, 1 ping pong ball, or whole thumb
Large egg, dried fruit, nuts	¼ cup	Golf ball or cupped handful
Burger patty, beef, pork, chicken, turkey, fish, cooked vegetables, mashed potatoes, small baked potato, cooked beans and peas, canned fruit, ice cream, 3-inch diameter by 1 inch bagel/biscuit/English muffin, cooked rice, or pasta	½ cup or 4 ounces uncooked meat, poultry, or fish (3 ounces cooked)	Tennis ball, hockey puck, deck of cards, bar of soap, checkbook, computer mouse, light bulb, or palm of hand
Chopped raw vegetables/fruit, lettuce (4 leaves), medium apple or orange, small roll, chips, popcorn, pretzels, cereal, soup, yogurt	1 cup	Wiffle ball, baseball, or woman's fist
Cheese	1 ounce	4 dice or 2 dominoes
Thin pancake, small waffle	1	CD or DVD disk

Nutrition

Medicines to Take for Common Problems

This sheet lists some common problems and medicines that may be taken, if needed, while you are in the program. If symptoms continue, call your primary care doctor. Ask your pharmacist if you have any problems finding these products or if you have questions about the medicines.

Problem	Medicine
Headache or mild or moderate pain	<ul style="list-style-type: none">Acetaminophen (Tylenol) may be taken up to 4 times each day.
Colds	<ul style="list-style-type: none">Nose drops: Follow product label directions. Avoid these if you have high blood pressure.Cough drops: Use a sugarless, non-narcotic type.Antihistamines: Take up to 2 each day. Can cause stronger side effects, such as causing a person to be very drowsy.
Constipation	<ul style="list-style-type: none">Use Metamucil (sugarless), Fiberall, or Citrocil products.Milk of Magnesia: Take 2 tablespoons for 2 nights in a row. Avoid chocolate and mint flavors.Glycerine suppository.Avoid enemas because of harshness to the bowel.Discuss other laxative methods with the medical staff.
Diarrhea	<ul style="list-style-type: none">Use Metamucil (sugarless), Fiberall, or Citrocil products.Kaopectate: Follow product label instructions.Tell the medical staff if you continue to have diarrhea.
Vomiting	<ul style="list-style-type: none">Maintain clear fluid intake.Call the medical staff.
Indigestion or heartburn	<ul style="list-style-type: none">Low sodium antacids, such as Riopan, Maalox, or Mylanta. Avoid high calcium antacids, such as Rolaid or Tums.

Do NOT take any of the following:

- Amphetamines
- Tranquilizers
- Non-prescription weight loss medicines or products
- Diuretics, unless approved by the program doctor
- Alcohol or illicit drugs – these present safety and health hazards during weight loss

Be sure to tell the program staff about any change in your prescription or non-prescription medicines or if you need to have surgery or general anesthesia.

Nutrition

Drinking Water Is the Key to Weight Loss

Incredible as it may seem, water may be the single most important piece in losing weight and keeping it off. Although most of us take it for granted, water may be the only true “magic potion” for permanent weight loss.

Truths about water and weight loss

- **Water controls the appetite naturally and helps the body break down stored fat.**

Studies have shown that low water intake causes fat deposits to rise, while greater water intake can reduce fat deposits. This happens because the kidneys cannot function well without enough water. When they do not work to capacity, some of their load is dumped onto the liver. One of the liver’s primary functions is to break down stored fat into energy for the body. But, if the liver has to do some of the kidney’s work, it will not get to break down the fat. As a result, more fat is stored in the body and weight loss stops.
- **Drinking enough water is the best treatment for fluid retention.**

When the body gets less water, it sees this as a threat to survival and begins to hold on to every drop. Water is stored in spaces outside the cells. This shows up as swollen feet, legs, and hands.

Diuretics offer a temporary solution at best. They force out stored water along with some needed nutrients. Again, the body sees a threat and will replace the lost water at the first chance, so the fluid retention quickly returns. The best way to overcome the problem of water retention is to give your body what it needs – plenty of water. Only then will stored water be released.

If you have a constant problem with water retention, salt may be to blame. Your body can only handle a certain amount of salt or sodium. The more salt you eat, the more water your body holds to dilute it. But getting rid of salt is easy – just drink more water. As it is forced through the kidneys, it takes away sodium.
- **A person who is overweight needs more water than a person who is normal weight.**

The higher the weight, the higher the metabolic load. Since we know that water is the key to fat metabolism, it follows that the person who is overweight needs more water.
- **Water helps maintain good muscle tone.**

It gives muscles their ability to contract and prevents dehydration. It also helps to prevent the sagging skin that often follows weight loss. Shrinking cells are buoyed by water, which plumps the skin and leaves it clear, healthy, and resilient.
- **Water helps rid the body of waste.**

During weight loss, the body has a lot more waste to get rid of. All that metabolized fat must be shed. Plenty of water helps flush out the waste.

- **Water can help relieve constipation.**

When the body gets too little water, it takes what it needs from internal sources. The colon is the primary source. This can cause constipation. When a person drinks enough water, normal bowel function often returns.

In Summary

The body does not function properly without enough water and cannot break down stored fat well. Retained water shows up as excess weight. To get rid of excess water, you must drink **more** water.

How much water is enough?

A person who is normal weight should drink 8 (8-ounce) glasses each day or about 2 quarts. A person who is overweight needs to add a glass of water for every 25 pounds of excess weight.

- Be sure to increase the water you drink when the weather is hot and dry.
- Drink cold water because it is absorbed by the body faster than warm water. Some studies suggest that drinking cold water can also burn calories because the body uses energy to keep up your body's temperature.

Reaching the breakthrough point of weight loss

When the body gets the water it needs to function at its best, its fluids are well balanced. When this happens, you have reached the “breakthrough point.”

What does this mean?

- Endocrine gland function improves.
- Fluid retention is less as stored water is lost.
- More fat is used as fuel because the liver is free to break down the stored fat.
- Natural thirst returns.
- There is loss of hunger almost overnight.

If you stop drinking enough water, your body fluids will be thrown out of balance again, and you may have fluid retention, weight gain, and loss of thirst. To fix the situation, you must go back and work toward another “breakthrough.”

Exercise

Safety Instructions

Cardiovascular precautions

If any of these signs or symptoms consistently occur or persist at any time during or after exercising, tell your doctor:

- Chest pain, pressure, or discomfort
- Unusual shortness of breath
- Irregular pulse, too fast, or too slow
- Dizziness or light-headedness
- Extreme fatigue that lasts an hour or more after exercise
- Cold sweat
- Nausea or vomiting
- Unusual joint or muscle pain
- Any other unusual signs or symptoms that concern you

General recommendations

- DO NOT exercise for at least 2 hours following a heavy meal.
- Avoid extreme hot or cold temperatures.
- Avoid exercise when you are not feeling well, especially if you have a fever.
- Avoid drinking caffeinated (coffee, tea, colas) and alcoholic beverages before and after exercise.
- Do not take an extremely hot or cold shower before or immediately following exercise.
- Maintain your heart rate within your prescribed training heart rate range.

Bariatric Surgery

Recommended Weight Loss Before Surgery

Some of our patients come to us for surgery because they have had a hard time losing weight and need help. Bariatric surgery is a tool, and we think it is a very powerful tool, for losing a large amount of weight. However, we believe that losing weight before surgery will help you be safer and more ready for your surgery and your weight loss journey. Our surgeons may delay or cancel surgery for patients who do not lose weight or who gain weight before surgery.

Patients who lose weight before surgery have fewer problems during and after surgery

This is especially true for larger patients who have a BMI of 60 or more.

- Weight loss makes the liver smaller. The stomach is behind part of the liver. The liver has to be moved aside during the surgery for the surgeon to work.
- Smaller patients are less likely to have problems like blood clots after surgery.
- Making changes to eating and exercise habits while you get ready for surgery makes continuing these changes after surgery easier.

Our surgeons recommend losing 5% to 10% of your weight before surgery. At your first appointment with the dietitian, you will discuss your weight loss goals. For most patients, the goal is to eat 500 to 1,000 calories less per day. This is done by changing your diet and adding more exercise. These changes will help you lose 1 to 2 pounds per week.

Our staff is here to help you

- If you want or need more help with losing weight, let us know!
- Staff will check with you at the halfway point of the program to see how you are doing with weight loss.
- If you are having trouble at the halfway point, we can give you more help, such as meeting with a dietitian or nurse practitioner for more advice and possibly using medicine to help with weight loss.

You may be placed on a liver shrink diet before surgery

A liver shrink diet is low in calories and carbohydrates. It usually lasts for 2 to 4 weeks before surgery. It uses shakes that are low in calories and high in protein to replace some of your meals.

There are different levels to the diet specific to your weight and health needs. Your level is determined by your surgeon and your dietitian.

If you have diabetes, you may need to lower your diabetes medicines while on this diet to avoid hypoglycemia (low blood sugar). Talk to your healthcare provider regarding changes to your medicines.

Bariatric Surgery

Goals for Long-term Success

None of the weight loss surgeries will cure obesity. You will lose weight at first, but at some point, your success will depend on the healthy habits you make.

Healthy habits

Make these changes before surgery to avoid problems after surgery.

- **Eat 5 to 6 small meals or snacks per day.**
 - Your smaller stomach will hold less food, so you will need to eat regularly throughout the day to get enough calories and nutrients for your health. Make this a habit now, as you may have little appetite or desire to eat after surgery.
- **Eat slowly and rest about 1 minute between bites.**
 - Avoid eating in distracted environments, such as eating in front of the TV, which can lead to overeating or eating too fast.
 - The goal is to chew foods to a paste-like consistency. Large chunks of food can be uncomfortable to swallow and digest after surgery.
 - Eating slowly will allow you to better judge when to stop eating. Eating just 1 extra bite may lead to discomfort or vomiting when eating.
- **Choose liquids and foods low in sugar.** Limit sugars to 10 grams or less per meal. This includes added sugars and sugar alcohols.
 - Sugars travel quickly through the digestive tract. Eating too much sugar may cause dumping syndrome and symptoms like diarrhea, nausea, and vomiting.
 - Sugar alcohols are not well absorbed and can cause gas and diarrhea.
- **Drink at least 8, 8-ounce cups (64 ounces total) of water a day.**
 - Eating less food gives your body less fluid. To prevent dehydration, drink more liquids between meals.
- **Sip liquids and practice eating meals without beverages.** Stop 10 minutes before eating and wait at least 30 minutes after eating before you resume drinking.
 - Drinking liquids too quickly can cause discomfort or vomiting.
 - Drinking liquids with your meals can “flush” the food through your system too quickly, leading to uncomfortable symptoms such as nausea, vomiting, and diarrhea.
- **Start cutting out caffeine, carbonated drinks, and alcohol.**
 - Caffeine increases your risk of dehydration and stomach ulcers while healing.
 - Carbonation can cause discomfort and may lead to stretching of the stomach.
 - Alcohol has no nutritional value and may increase the risk of stomach ulcers.

- **Take a complete multivitamin and mineral supplement daily to promote long-term health.**
 - Eating less food puts you at risk for vitamin and mineral deficiencies.
- **Focus on protein** to promote wound healing and to preserve lean muscle tissue during weight loss.
 - Choose lean versions of meat, fish, and dairy. Include beans, nuts, and seeds for variety.
- **Eat less fried foods, added fats, and processed food items.**
 - High fat foods are generally not well tolerated and may cause gas, bloating, and diarrhea.
 - Processed foods are often high in calories, salt, and unhealthy fats.
- **Focus on meal planning, eating at home, and packing meals.** Limit dining out to 1 or 2 times a week.
 - Cooking gives you control of the ingredients you eat and how they are prepared. It also helps you avoid uncomfortable symptoms that can occur with eating fried, processed, high fat, or high sugar foods from restaurants.

Behaviors for long-term success

- Keep track of the foods you eat and your activity with a food log on paper or a mobile app. Track all foods and liquids, time eaten, portion sizes, calories, protein, and exercise.
- Exercise regularly. Include both aerobic exercise and strength training.
- Plan balanced meals that include lean proteins, fruits, and vegetables.
- Surround yourself with positive social, emotional, and behavioral support.
- Get enough sleep. Aim for at least 6 to 8 hours per night.
- Weigh yourself weekly to track your progress.

Behaviors that are red flags for weight gain

- Starting to eat sweets.
- Eating fast food often.
- Skipping meals.
- Eating after your stomach is full.
- Eating rapidly.
- Grazing mindlessly.
- Eating when bored, upset, angry, or depressed.
- Sitting on the couch and not exercising.
- Choosing favorite carbs first.
- Snacking from vending machines.
- Eating and drinking at the same time.

Weight Loss Medicines

Strategies for Success

To get the best results from weight loss medicines, it is important to also make changes to your habits and lifestyle. Eating healthy and staying active will help you reach and keep the weight that makes you feel your best.

Healthy habits

- **Eat small meals regularly.** Eating regularly throughout the day will help you get enough calories and nutrients to stay healthy. Plan to eat 3 meals and 1 to 2 snacks each day about 3 to 4 hours apart.
- **Have a source of protein at every meal and snack.** Getting enough protein is key to avoid losing muscle mass and strength over time. It also plays a large role in managing hunger and feelings of fullness.
- **Eat foods high in fiber.** Fiber helps with digestion, keeps your blood sugar levels steady, and makes you feel full longer. Adults should aim for 25 to 38 grams of fiber each day.
- **Eat more whole foods and limit processed foods.** Processed foods often have more calories, saturated fat, and added sugar. Choosing foods in their natural form gives you more nutrients and fewer calories.
- **Stay hydrated throughout the day.** Drink at least 64 ounces of water and other zero or low calorie drinks, such as fruit-infused water and unsweetened tea each day. Avoid juices, sodas, diet sodas, and energy drinks. Limit caffeine.
- **Practice eating mindfully.** Mindful eating can help you feel satisfied with smaller portions. It can also help manage appetite, aide digestion, curb cravings, and support weight management.
- **Be physically active most days of the week.** Start slowly and include activities that you enjoy. Slowly increase your activity, working toward at least 150 minutes of moderate intensity physical activity and 2 days of strength training per week.
- **Get enough sleep.** Lack of sleep can lead to overeating or eating high calorie foods. Aim for 6 to 8 hours per night.

For more information, please visit go.osu.edu/pted5462.

Meal Planning and Food Journaling

Class agenda

- A. Announcements
- B. Follow up from last week:
 - What was one take home point from last week?
 - Pull out your goal sheet from last week. How did it go?
- C. Discuss meal planning and 3 keys to focus on for long-term weight management
- D. Discuss food journaling benefits and methods
- E. Activity: Food journal review
- F. Goal setting for next week

What did you learn?

Mark your answer to each question below.

1. Why is eating every 3 to 4 hours so important?
 - a. Provides fullness
 - b. Maintains energy levels
 - c. Helps stabilize blood sugars
 - d. All the above
2. People who keep food records lose more weight than those who do not.
 - a. True
 - b. False
3. Benefits of keeping a food journal include:
 - a. Accountability
 - b. Increased awareness
 - c. Track calorie intake
 - d. All the above

Meal Planning

List the benefits of meal planning.

Eat every 3 to 4 hours. Why is this important?

Combine a carbohydrate with a protein source. Why is this important?

The Exchange System

The exchange system groups together foods that have roughly the same amounts of calories, carbohydrate, fat, and protein into “exchange” groups, so one may be exchanged for another. Each exchange corresponds to a fixed serving size. There are 6 main categories of foods: starch/bread, meat and meat substitutes, vegetables, fruit, milk, and fat.

The chart below shows the nutrient parameters for 1 serving (exchange) for each food group.

Food List	Carbohydrate (grams)	Protein (grams)	Fat (grams)	Calories
Carbohydrates				
Starch: breads, cereals, grains, pasta, starchy vegetables, crackers, snacks, beans, peas, and lentils	15	3	1	80
Fruits	15	--	--	60
Milk and milk substitutes				
Fat free, low fat (1%)	12	8	0-3	100
Reduced fat (2%)	12	8	5	120
Whole	12	8	8	160
Non-starchy vegetables	5	2	--	25
Sweets, desserts, and other carbohydrates	15	varies	varies	varies
Proteins				
Lean	--	7	2	45
Medium fat	--	7	5	75
High fat	--	7	8	100
Plant based	varies	7	varies	varies
Fats				
	--	--	5	45
Alcohol (1 alcohol equivalent)				
	varies	--	--	100

Online self monitoring tools

Look for online self-monitoring tools, such as:

- [Lose It! at loseit.com](http://loseit.com)
- MyFitnessPal at myfitnesspal.com
- Cronometer at cronometer.com

The Skill of Journaling

“In the absence of awareness, emotional reactivity and habits control your life.”

- Dr. Joel & Michelle Levey, “Living in Balance”

Why do we journal?

Research shows that people who keep daily food records lose twice as much weight as those who do not. Journal to be successful at losing weight and maintaining weight loss. Journaling:

- Helps us move from mindless to mindful, whether we are referring to our eating or exercising habits.
- Identifies the changes we need to make.
- Shows we are serious about wanting to change.
- Moves us toward the concept of planning: Think before we eat and plan time for exercise.
- Eat less when we know we will be recording it.

Getting started

As you begin the Living Well Program, you will want to start with a baseline food/exercise journal that tracks your typical food choices and exercise. It is impossible to make changes to your lifestyle if you cannot identify what areas you need to focus on.

Start with recording 3 or 4 days. Try to make 1 day a weekend day and if possible, record them successively. Include in your record all foods and beverages as you consume them. It is easy to forget extra calories from unplanned snacks or beverages with calories.

Include this information:

- What you ate or drank and the amount.
- Time of day: Meal spacing is very important
- Type of exercise: Record the length and intensity
- Also include: Your mood, who you were with, and what activities you were doing

It is important to know standard portion sizes of foods and drinks that you commonly eat. Since standard measuring cups and spoons are often not at hand, you can use other items you have with you, such as the size of your cell phone, as your personal “standard” measure. For instance, if you always carry an Almonds® tin with you, use that as your measure. Just fill the tin with rice then measure the rice with a standard measuring cup to find what standard measure it matches. See the handout, “Sorting Out Standard Portions.”

Evaluation

After you establish your typical week, set priorities for what you want to work on. Reflect on your food choices, meal timing, and exercise to identify what your goals will be for the next day. Set SMART goals that are specific, measurable, action-based, realistic, and timely.

Look at the whole picture to get a better idea of the changes you need to make. Journaling is a good tool to make the job easier.

Sample Food Journal

Time	Food and Amount	1,400 kcals
8:30 a.m.	2 pieces whole wheat toast 2 teaspoons butter 2 teaspoons jam	Lean meats - 7 <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/>
11:30 a.m.	1 string cheese 6 whole wheat crackers	Fruit - 2 <input checked="" type="checkbox"/> <input checked="" type="checkbox"/>
1:00 p.m.	½ whole wheat pita 3 ounces deli turkey 1 small tomato 2 slices onion 1 teaspoon mayonnaise 15 baby carrots	Vegetables - 4 <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> Starch - 5 <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> Dairy - 2 <input checked="" type="checkbox"/> <input checked="" type="checkbox"/>
4:00 p.m.	1 cup blackberries	Fat - 5 <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/>
7:30 p.m.	Salad: 2 cups lettuce ¼ cup shredded cheddar cheese 1 ounce chicken 1 tablespoon reduced fat ranch dressing 1 dinner roll	Fluid - 64 ounces (8 cups) <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/>
10:00 p.m.	6 ounces light yogurt	
Comments and feelings: Felt hungry in the morning.		
Evaluation: <ol style="list-style-type: none"> I followed my meal plan today. <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No I recorded all foods and drinks I consumed. <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No I measured my foods and drinks. <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No My serving sizes were too large. <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No I skipped meals. <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No I waited longer than 4 hours to eat. <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No I had <u>2</u> servings of fruit. This was <input type="checkbox"/> low <input checked="" type="checkbox"/> appropriate <input type="checkbox"/> high. I had <u>4</u> servings of vegetables. This was <input type="checkbox"/> low <input checked="" type="checkbox"/> appropriate <input type="checkbox"/> high. I ate out. <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No If yes, the calories I calculated were: B: ___ L: ___ D: ___ Snacks: ___ I drank at least 8 cups of fluid today. <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No Overall, I was committed to making supportive food choices today. <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No 		
My plan for tomorrow: I will try to add some protein at breakfast to help with hunger. I will talk to a dietitian about increasing meat or milk group servings.		

Food Journal Activity

Choose 1 day from your food journal from the past week to review and provide feedback using the chart below. If you do not have your food journal with you or have it accessible through an app, use the blank food record on the next page to write down what you ate yesterday.

Food journal feedback

Food journal date:				
	Great job!	Let's keep working on this	Unknown	Ways to improve
Meal spacing (eating every 3 to 4 hours)				
Food choices lining up with goals				
Healthy portion sizes				
Protein throughout the day				
Water intake				
Eating out habits				
Staying in target calorie range				
What feedback would you give yourself?				
Any areas that need special attention?				
Would you suggest meeting with a dietitian for help?				
Any positive choices/behaviors you would point out?				

Blank food journal

Food journal date:	
Time	Food and amount

Exercise Prescription

Are You Getting Your Dose?

Class agenda

- A. Announcements
- B. Follow up from last week:
 - What was one take home point from last week?
 - Pull out your goal sheet from last week. How did it go?
- C. Discuss basic exercise principles
- D. Discuss activity graph
- E. Explain and discuss ways to be more active using the handout “Exercise Prescription”
- F. “Safe Stretching” handout
- G. Goal setting for next week

What did you learn?

Mark your answer to each question below.

1. The number of days that you should strive to workout is:
 - a. 3 days each week
 - b. 1 to 2 days each week
 - c. 4 to 6 days each week
 - d. 7 days each week
2. Stretching should be done at the beginning of your workout.
 - a. True
 - b. False
3. A proper cool down is important for which of the following reasons:
 - a. To bring your heart rate back to near resting
 - b. To allow blood flow to be shifted from working muscles
 - c. To allow breathing rate to return to normal
 - d. All the above

Exercise Prescription

Be active every day. Health experts recommend at least 30 minutes of activity or exercise each day for adults and 60 minutes each day for children. Try some of these tips to build more exercise and activity into your day.

Every day

- **Walk and be active.** Park in a space farther away, so you must walk. Walk with a friend or play with the kids.
- Take the stairs instead of the elevator or escalator.
- Take a break to stretch and stand up and move.
- Work in your yard or garden.
- Walk your dog or the neighbor's dog.

4 to 6 days each week

Get your heart pumping and strengthen your lungs with activities like:

- Fast walking
- Biking
- Swimming
- Dancing
- Hiking
- Running
- Tennis

2 to 3 days each week

Stretch and strengthen your muscles:

- Do exercises with hand weights or exercise bands.
- Do push-ups, press ups, sit ups, abdominal crunches, and other exercises.
- Try yoga.
- Do stretching exercises when waiting in line or talking on the phone.
- Try bowling or golf.

Cut down on the time you spend:

- Online, watching TV, or playing video games
- Sitting
- Working

If you aren't very active

- Walk when you can. Even a few steps can make a difference, and they add up over time.
- Try to get active during your free time.
- Set a goal that you can meet in a short time. For example, "I will walk 2 blocks at least 3 days this week."
- Build on your success and add a bit more activity each week.

If you are active sometimes

- Try to plan exercise or physical activity into each day.
- Get a partner, friend, or neighbor to get active with you. You can help to keep each other motivated.

Keep up your activity

- Mix up your routine and try a new activity so you do not get bored.
- Have fun and challenge yourself.

Monitoring Your Heart Rate

Your heart rate or pulse rate is the number of times that your heart beats in a minute. Just as a speedometer in your car tells you how fast you are traveling, your heart rate tells you how hard your heart and cardiovascular systems are working. It is easy to monitor your heart rate during physical activity or at rest by taking your pulse. **Your goal during exercise is to keep within your target heart rate range.** Exercising at this level will provide both a safe and effective workout.

Like any other muscle, your heart becomes stronger as you become more efficient, pumping more blood with each beat. As your level of fitness improves with regular exercise, your heart rate will be lower for a given level of activity. For example, walking at 2 mph, your pulse may be 120 beats/minute at present, but after 4 months of regular exercise, your pulse may improve to 110 beats/minute. This decrease in heart rate shows improved fitness. It shows that your heart is now stronger and can do the same amount of work at a lower heart rate. In other words, you've become more efficient, and your heart can do the same amount of work with less effort.

In addition to physical activity, your heart rate adjusts to changes in the weather and environment. For example, very hot, humid weather causes the heart rate to be higher (both at rest and during exercise). Under these circumstances, decrease the intensity of your exercise to stay within your target range. Some other factors that may affect your heart rate include stress, fatigue, illness, anxiety, excitement, fear, anger, and medicines. Be sure to check with your doctor or pharmacist about the effects of any prescribed medicines.

Your target heart range

Follow these steps to calculate your target heart range for exercise.

1. Subtract your age from 220 to find your maximum heart rate.
2. Multiply your maximum heart rate by 0.60 to find 60% of maximum heart rate.
3. Multiply your maximum heart rate by 0.85 to find 85% of maximum heart rate.
4. This range is your target heart rate range.

For example:

For a person who is 40 years old:

1. $220 - 40 = 180$
2. $180 \times 0.60 = 108$
3. $180 \times 0.85 = 153$
4. This person's target heart rate range is 108 to 153 beats/minute

How to take your pulse

Take your pulse on the thumb side of your wrist with your fingertips. Avoid taking your pulse in your neck as this will cause your heart rate to slow down and give you an inaccurate exercise heart rate. When slight pressure is applied, you should be able to feel a slight beating sensation. If you apply too much pressure, you will not be able to feel the pulse. If you are unable to feel the pulse, try moving your fingers up or down on your wrist. Once your pulse has been located, look at a watch or clock and count the number of beats you feel in 6 seconds. Multiply that number by 10 to get your heart rate.

Activity Graph

How much time does fitness take? Not that much. Each square represents 20 minutes. There are 72, 20-minute segments in 24 hours. Fill in 1 square for every 20 minutes you exercise in your target heart rate range. 3 boxes filled in maintains your current level of fitness. For improvement or weight control, fill in 4 to 6 boxes. For best results, work toward 8 to 12 boxes per week.

Week: _____

	12 a.m.	1 a.m.	2 a.m.	3 a.m.	4 a.m.	5 a.m.	6 a.m.	7 a.m.	8 a.m.	9 a.m.	10 a.m.	11 a.m.	12 p.m.	1 p.m.	2 p.m.	3 p.m.	4 p.m.	5 p.m.	6 p.m.	7 p.m.	8 p.m.	9 p.m.	10 p.m.	11 p.m.	
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Week: _____

	12 a.m.	1 a.m.	2 a.m.	3 a.m.	4 a.m.	5 a.m.	6 a.m.	7 a.m.	8 a.m.	9 a.m.	10 a.m.	11 a.m.	12 p.m.	1 p.m.	2 p.m.	3 p.m.	4 p.m.	5 p.m.	6 p.m.	7 p.m.	8 p.m.	9 p.m.	10 p.m.	11 p.m.	
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Week: _____

	12 a.m.	1 a.m.	2 a.m.	3 a.m.	4 a.m.	5 a.m.	6 a.m.	7 a.m.	8 a.m.	9 a.m.	10 a.m.	11 a.m.	12 p.m.	1 p.m.	2 p.m.	3 p.m.	4 p.m.	5 p.m.	6 p.m.	7 p.m.	8 p.m.	9 p.m.	10 p.m.	11 p.m.	
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Stretching Basics

Your muscles should always be warmed up before you stretch. After a workout is a great time to stretch because your muscles are warm and very flexible.

Hold each stretch for 10 to 30 seconds. Do NOT bounce. You should feel the stretch in the muscle, not the joint. **Do 3 to 5 repetitions of each stretch** to improve your flexibility.

Hamstring stretch

Choose 1 hamstring stretch. Do NOT curve your back while stretching. Think of your hip as having a knob that is twisting forward.

❑ Seated: chair

1. Sit on edge of chair.
2. Position the heel of 1 leg on floor with leg straight.
3. Reach toward toes or bring torso toward leg.
4. Hold the stretch.
5. Repeat with the other leg.



❑ Seated: floor

1. Sit on floor or mat with your back straight and your leg out straight in front of you.
2. Reach your hand down toward your foot and lean forward to feel a stretch in the back of your upper leg.
3. Hold the stretch.
4. Repeat with the other leg.



❑ Standing: 1 leg

1. Place your foot on a chair or bench.
2. Bend forward at the hip toward your foot.
3. Hold stretch.
4. Repeat with the other leg.



Quadriceps stretch

Choose 1 exercise.

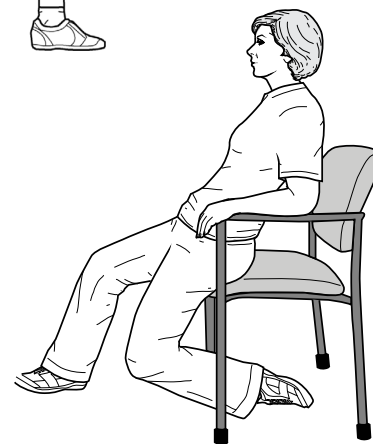
❑ Standing

1. Stand using a wall or chair for balance.
2. Grasp an ankle or forefoot behind you.
3. Pull the ankle or forefoot to your buttocks.
4. Press your hip forward while keeping your knees together.
5. Hold the stretch.
6. Repeat with the other side.
7. You can also do this exercise lying on your side.



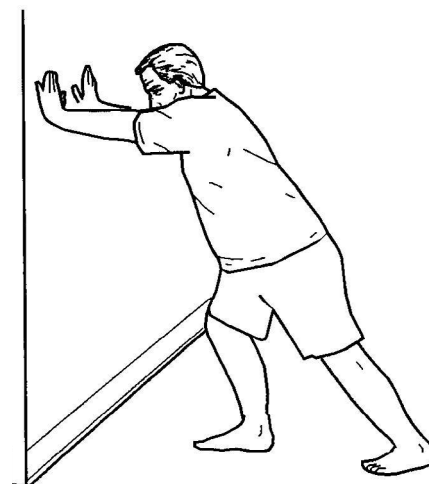
❑ Seated

1. Sit in a chair.
2. Bring your foot back under the chair, so the top of the foot is on the floor.
3. Keep your lower back straight and lean back.
4. Feel the stretch in the front of the upper leg.
5. Repeat with the other leg.



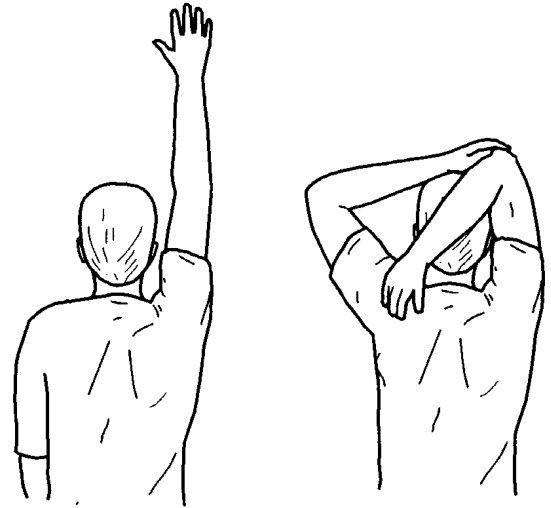
Calf stretch

1. Place both hands on wall with arms straight.
2. Lean into wall with the front leg bent and the other leg straight.
3. Push back heel to the floor and move hips slightly forward.
4. Hold the stretch.
5. Repeat with the other leg.



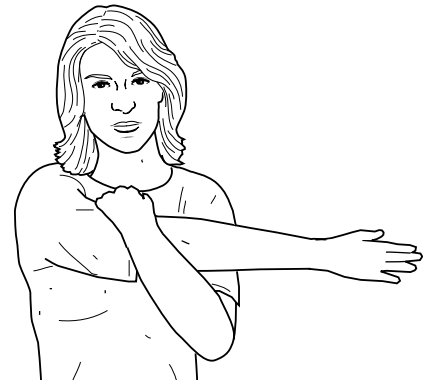
Triceps stretch

1. Reach 1 arm overhead then bend elbow reaching toward shoulder.
2. Grasp elbow overhead with other hand.
3. Pull elbow back and toward head. Hold stretch.
4. Repeat with opposite arm.



Shoulder stretch

1. Extend your right arm across your chest.
2. Place the left wrist of the other arm behind your arm and pull your right arm toward your body, feeling a stretch in the shoulder.
3. Repeat with the left arm.



Balancing Your Life

Class agenda

- A. Announcements
- B. Follow up from last week:
 - What was one take home point from last week?
 - Pull out your goal sheet from last week. How did it go?
- C. Define life balance
- D. Identify 5 key life areas for life balance
- E. Identify how your time is spent in an average week
- F. Prioritize life roles to create better life balance
- G. Goal setting for next week

What did you learn?

Mark your answer to each question below.

1. It is important to understand all the following as part of managing time and balancing life: personal goals/values, sleep habits, and life roles.
 - a. True
 - b. False
2. Which of the following is NOT one of the 5 key areas important for life balance?
 - a. Physical
 - b. Emotional
 - c. Spiritual
 - d. Political
 - e. Intellectual
 - f. Social
3. Most adults say lack of time is a barrier to exercising and eating healthy.
 - a. True
 - b. False

How Do You Spend Your Time?

Let's look at an average week: 24 hours x 7 days = 168 hours in a week.

Work life and productivity

_____	Hours	Actually at work
_____	Hours	Commuting to and from work
_____	Hours	Actually in school/training
_____	Hours	Commuting to and from school
_____	Hours	Working/studying at home
_____	Hours	Working around the house: doing chores, paying bills, cooking, cleaning, laundry, yard work, planning, repairs
_____	Hours	Running errands: grocery shopping, dry cleaners, post office, hardware store
_____	Hours	Working on home projects
_____	Hours	Doing other work: community, volunteer
_____	Total hours	

Self-care

_____	Hours	Grooming
_____	Hours	Exercise/physical activity
_____	Hours	Relaxing
_____	Hours	Eating meals
_____	Hours	Free personal time
_____	Hours	Playing/having fun
_____	Hours	Reading for pleasure
_____	Hours	Reflection/prayer
_____	Hours	Sleeping/napping
_____	Hours	Other self-care
_____	Total hours	

Relationships

_____	Hours	Spent with spouse/partner
_____	Hours	Spent with children
_____	Hours	Spent on parenting tasks
_____	Hours	Spent on family together
_____	Hours	Spent with parents/in-laws (extended family)
_____	Hours	Texts and phone calls with family and friends
_____	Hours	Socializing with friends
_____	Hours	Spent on other social activities
_____	Total hours	

How do you spend your time?

_____	Total hours	On work life and productivity
_____	Total hours	On self-care
_____	Total hours	On relationships
_____	Total hours	You spend in an average week

Life Balance

“Doing a better job of managing our time is meaningless unless we are managing it to accomplish those things that are of greatest importance in our lives.”

- Hyrum Smith, creator of the Franklin Planner

Life balance is an individual choice determined by setting priorities regarding what is truly important to you. We need this balance for optimum physical and mental health.

What happens when your life is out of balance?

5 key areas important for life balance:

1. Physical:

2. Emotional:

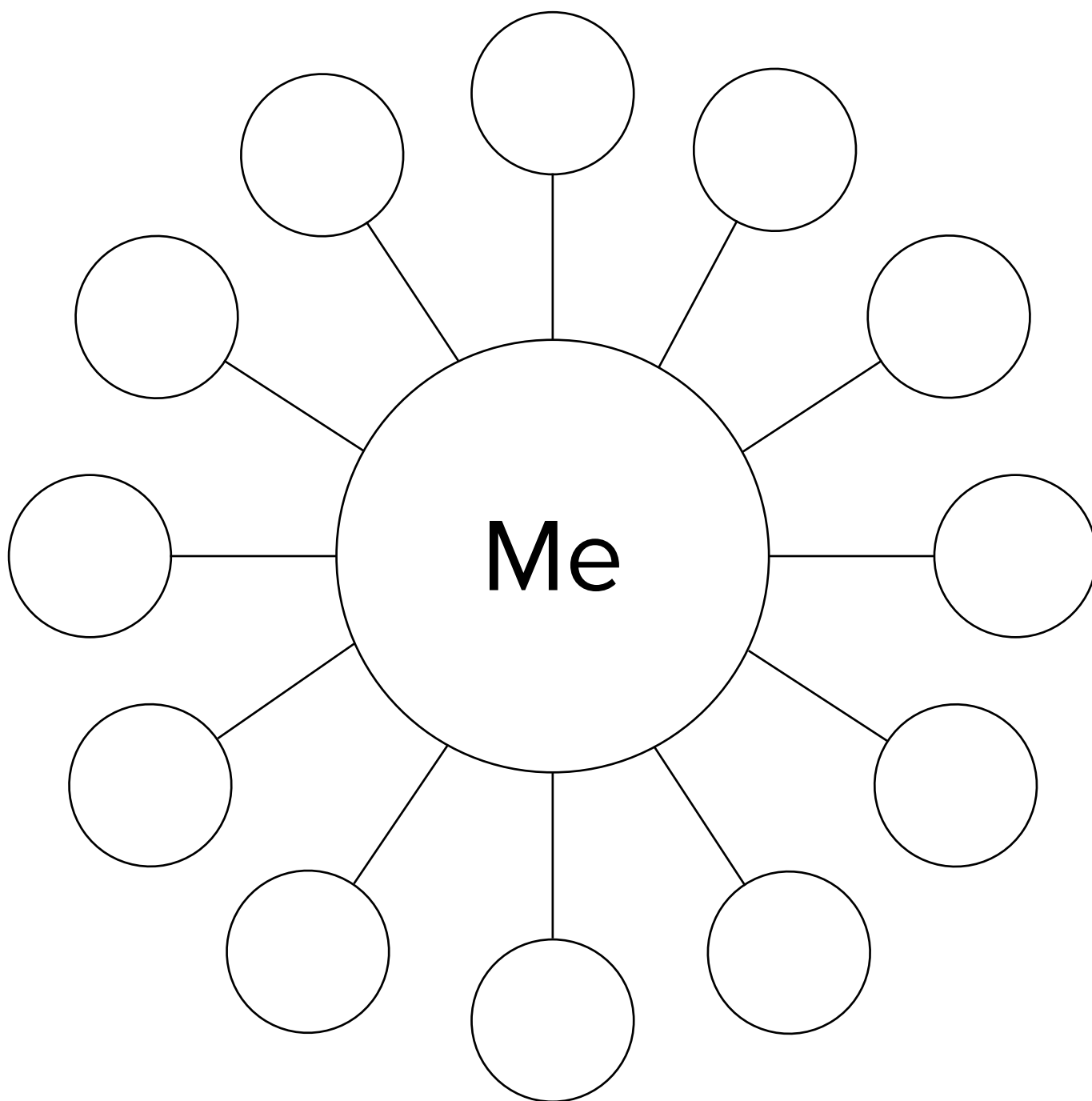
3. Spiritual:

4. Intellectual:

5. Social:

What Are Your Roles?

In each small circle, write in a role you perform, such as child, parent, spouse, friend, neighbor, colleague, student, volunteer, cook, mechanic, etc. Rate your performance for each role on a scale from 1 to 10 where 1 = terrible and 10 = fantastic. This exercise helps you see where your energy is going and help you begin to think about prioritizing and balancing your time.



Identify Your Priorities

“Decide what your priorities are and how much time you’ll spend on them. If you don’t, someone else will.”

- Harvey Mackay

Answer these questions

1. If you could focus on one thing in your life and only one thing, what would that be?

2. If you could add a second thing, what would that be?

3. If you could add a third thing, what would that be?

4. If you could add a fourth thing, what would that be?

5. If you could add a fifth thing, what would that be?

How do you want to be remembered?

If today were your last living day on earth, what would you want your family and friends to remember about you?

Exercise Benefits and Barriers

Class agenda

- A. Announcements
- B. Follow up from last week:
 - What was one take home point from last week?
 - Pull out your goal sheet from last week. How did it go?
- C. Discuss benefits of exercise
- D. Discuss barriers to exercise
- E. Develop strategies for overcoming barriers
- F. Goal setting for next week

What did you learn?

Mark your answer to each question below.

1. All of the following are benefits of regular exercise EXCEPT:
 - a. Reduced risk of heart disease
 - b. Weight loss
 - c. Increased stress level
 - d. Improved self-esteem
2. Which of the following are barriers to regular exercise?
 - a. Do not like to sweat
 - b. Schedule conflicts
 - c. Do not know how to exercise
 - d. All the above
3. The best time to increase flexibility through stretching is after your workout.
 - a. True
 - b. False

50 Reasons to Exercise

1. Reduces your risk of heart disease.
2. Helps you sleep easier and better.
3. Relieves the stresses that cause carpal tunnel syndrome.
4. Helps relieve the pain of tension headaches.
5. Increases VO_2 max (maximum oxygen uptake).
6. Helps you lose weight, especially fat weight.
7. Reduces your risk of high blood pressure.
8. Increases the density and strength of ligaments and tendons.
9. Improves your heat tolerance.
10. Reduces your level of anxiety.
11. Helps you maintain your weight loss – unlike dieting alone.
12. Reduces your risk of developing type 2 diabetes.
13. Increases your level of muscle strength.
14. Increases your level of muscle endurance.
15. Increases the density and strength of your bones.
16. Assists you in your efforts to stop smoking.
17. Lowers your resting heart rate.
18. Slows the rate of joint degeneration if you have osteoarthritis.
19. Helps you preserve lean body tissue.
20. Improves your circulation.
21. Improves your ability to supply blood flow to skin for cooling.
22. Helps you combat substance abuse.
23. Provides you with protection against injury.
24. Increases the thickness of the cartilage in your joints.
25. Helps you more efficiently manage stress.
26. Helps you alleviate depression.

27. Helps you relieve constipation.
28. Helps you maintain proper muscle balance.
29. Increases your ability to adapt to cold environments.
30. Enhances your sexual desire, performance, and satisfaction.
31. Improves your body posture.
32. Helps alleviate low-back pain.
33. Helps you to burn excess calories.
34. Improves your physical appearance.
35. Improves your self-esteem.
36. Helps you to relax.
37. Maintains or improves your level of joint flexibility.
38. Reduces your risk of developing osteoarthritis.
39. Improves your mental alertness.
40. Increases your productivity at work.
41. Reduces your likelihood of developing low back problems.
42. Gives you more energy and vigor.
43. Helps decrease your appetite (short term)
44. Reduces workdays missed due to illness.
45. Helps you maintain an independent lifestyle.
46. Improves your general mood state.
47. Improves your athletic performance.
48. Helps to increase your overall health awareness.
49. Improves likelihood you will survive a heart attack.
50. Improves your overall quality of life.

For every hour you exercise, you extend your life 2 hours!

Exercise Benefits and Barriers

Why do you want to exercise?

- So that I do not feel tired and out of shape when I do everyday chores and errands
- To help me lose weight
- I was advised by my doctor to exercise
- To give me more energy
- To relieve stress
- So that I can participate in social activities that I cannot keep up with now, such as skiing, social dancing, or ice skating
- For social interaction
- For other reasons:

What are your barriers and strategies?

- I do not have time to exercise, so my strategy is:
- I do not like to sweat, so my strategy is:

- I am self-conscious at fitness centers, so my strategy is:

- I am uncoordinated, so my strategy is:

- I have always ended up getting hurt, so my strategy is:

- I do not enjoy exercise, so my strategy is:

- I have never exercised in the past because I do not know how. My strategy is:

- Other barriers that I have and my strategies to address them:

Knowing Nutrients

Class agenda

- A. Announcements
- B. Follow up from last week
 - What was one take home point from last week?
 - Pull out your goal sheet from last week. How did it go?
- C. Discussion: “What is good nutrition?” – definition, identify the 6 major nutrients, and encourage variety
- D. What is a calorie? – discussion of calorie balance
- E. Carbohydrates
- F. Protein
- G. Fat
- H. Water
- I. Vitamins
- J. Minerals
- K. Herbal supplements
- L. Goal setting for next week

What did you learn?

Mark your answer to each question below.

1. A calorie is a:
 - a. Vegetable
 - b. Unit of energy
 - c. Sports drink
 - d. Type of pasta
2. Benefits of fiber could include:
 - a. Lower blood cholesterol
 - b. Aiding in weight control
 - c. Decreasing risk of developing some types of cancer
 - d. All the above
3. Which type of fat has been shown through research to have protective effects against heart disease?
 - a. Polyunsaturated
 - b. Trans fatty acids
 - c. Saturated
 - d. Monounsaturated

Knowing Nutrients

What is good nutrition?

There are 6 major nutrients:

1. Carbohydrates
2. Protein
3. Fat
4. Water
5. Vitamins
6. Minerals

What is a calorie?

Balance:

Carbohydrates:

The outstanding role of carbohydrates in the diet is to provide energy for the body. Carbohydrates are considered the ideal fuel source for most bodily functions. The body uses carbohydrates first for its energy needs. When sufficient calories are provided by carbohydrates, protein can be spared, or saved for its intended function (the growth, repair, and maintenance of body cells). When there is not sufficient carbohydrate in the diet, protein and fat are broken down to meet the body's energy needs. When protein is used for energy, this can result in the loss of lean body mass (muscle tissue).

- Simple carbohydrates:

- Complex carbohydrates:

- Fiber:

Protein:

Protein is the second most abundant substance in the body. Why is protein important?

What are the weight management benefits of moderate amounts of protein in your diet?

What do you think happens when too much protein is consumed?

List some low fat protein sources:

Fats:

Fats are an important and essential part of our diet. Fats have several functions in the body such as:

- Supply energy
- Provide protection for vital organs
- Provide insulation
- Help the fat-soluble vitamins (A, D, E, K) be absorbed into our bodies.

Fat is also typically used to add flavor and aroma to the foods we eat.

- Saturated fat:

- Trans fat:

- Monounsaturated fat:

- Polyunsaturated fat:

Water:

Let's refer to the handout "Drinking Water Is the Key to Weight Loss" to further discuss this often "forgotten nutrient."

Vitamins:

Minerals:

Herbal supplements:

Dietary Fiber in Foods

Dietary fiber is found in the plants we eat. It is the part of the plant that passes through the body undigested. There are 2 types of fiber: soluble and insoluble. Both types are important to the body.

Soluble fiber

Soluble fiber dissolves in water to form a gel. This slows food digestion, making you feel full. This can help with weight control. Soluble fiber can also help decrease blood cholesterol and improve glucose control in diabetes.

Foods rich in soluble fiber include:

- Apples
- Barley
- Beans
- Blueberries
- Carrots
- Celery
- Citrus fruits
- Cucumbers
- Flax seeds
- Guar gum
- Nuts
- Oats
- Pears
- Peas
- Psyllium
- Strawberries

Insoluble fiber

Insoluble fiber does not dissolve in water. It adds bulk to your diet, making you feel full. This fiber absorbs large amounts of water, causing the volume of stool to be greater. This leads to stool passing through the intestinal tract faster. Insoluble fiber helps the digestive system work properly, promotes regularity, prevents and treats constipation, and may even decrease the risk of colon and rectal cancer.

Foods rich in insoluble fiber include:

- Bananas
- Beans
- Broccoli
- Brown rice
- Cabbage
- Cauliflower
- Celery
- Corn bran
- Cucumbers
- Dark leafy vegetables
- Fruit
- Grapes
- Green beans
- Nuts
- Peas
- Raisins
- Rice bran
- Seeds
- Tomatoes
- Wheat bran
- Whole grains
- Whole wheat
- Zucchini
- Root vegetable skins (beets, carrots, fennel, ginger, garlic, onions, parsnips, potatoes, radishes, turnips, yams)

How to choose high fiber foods

Many high fiber foods contain both soluble and insoluble fiber. Eat high fiber foods from a variety of food sources to get the full health benefits of both types of fiber.

- Fresh fruits – choose whole, fresh fruit as the fiber comes from the skin (apple), membrane (orange), and seeds (strawberries)
- Vegetables – choose whole, fresh vegetables
- Beans – choose dry over canned
- Whole grains – choose products that say, “whole grains” or “whole wheat.” White or wheat flour products do not provide the fiber of whole grains, so avoid choosing products that list “wheat flour” as an ingredient. This is just white flour with coloring added, like molasses.
- High fiber cereals

Small decisions can help you improve your fiber intake and help you meet your daily fiber goal. For example, choose:

- Brown rice over white rice
- A baked potato over mashed potatoes

Daily recommendations

The recommendation for fiber is 25 to 35 grams daily from a variety of food sources. It is important to raise your level of fiber slowly to reduce possible abdominal discomfort. For example, replace 1 refined food with a high fiber food every few days. It also is important to drink extra water as you add fiber to your diet. Try to drink at least 8 cups of water per day.

Amounts of Dietary Fiber Found in Foods		
Food	Portion	Dietary fiber in grams
Fruit:		
Apple with peel	1 medium	3.3
Apple juice	½ cup	0
Applesauce	½ cup	2.6
Apricots	2 medium	1.6
Banana	½ medium	1.6
Cantaloupe	1 cup of pieces	1.3
Dates, dried	5	3.1
Fig, dried	1 medium	2.4
Grapefruit, fresh	½ medium	1.4
Grapes, seedless	12	0.3
Nectarine	1 medium	3.0
Orange	1 small	2.4
Peach, fresh	1 medium	1.4
Pear, fresh	1 medium	2.6
Pineapple, fresh	½ cup	0.9

Amounts of Dietary Fiber Found in Foods

Food	Portion	Dietary fiber in grams
Prunes, uncooked	2 medium	2.0
Raisins	2 tablespoons	1.2
Raspberries	½ cup	4.6
Strawberries	½ cup	1.7
Vegetables:		
Asparagus	4 medium spears	0.9
Beets, boiled	½ cup	2.1
Broccoli	½ cup	3.2
Brussels sprouts	½ cup	2.3
Carrots, boiled	½ cup	2.3
Carrots, raw	1	2.3
Celery, raw	1 stalk	0.7
Corn, off the cob	⅓ cup	3.1
Corn, on the cob	1 ear	5.9
Eggplant, peeled and cooked	½ cup	2.5
Lettuce	⅙ head	1.4
Mushrooms, raw	½ cup	0.9
Peas, boiled	½ cup	4.2
Potato, baked with skin	1 medium	3.0
Potato, boiled and peeled	1 medium	2.7
Potato, French fried	10 pieces	1.6
Potato, mashed with milk	½ cup	0.9
Spinach, cooked	½ cup	5.7
Sweet potato, cooked	1.5 to 2 inches	3.5
Tomato, raw	1 medium	2.0
Tomato, juice	½ cup	0
Tomato, sauce	½ cup	2.6
Breads:		
Cracked wheat	1 slice	2.1
Hot dog bun	1	1.2
Hamburger bun	1	1.2
Pumpernickel	1 slice	1.2
Raisin	1 slice	0.4
Rye	1 slice	1.2
White	1 slice	0.8
Whole wheat	1 slice	2.1

Amounts of Dietary Fiber Found in Foods

Food	Portion	Dietary fiber in grams
Cereals:		
All-Bran	1/3 cup	9.0
Bran Buds	1/3 cup	8.0
Cracklin' Bran	1/3 cup	4.0
Raisin Bran	1/3 cup	4.0
Crackers:		
Rye	3 (3.5 inch)	2.3
Saltines	4 squares	0
Milk and Milk Products:		0
Nuts:		
Peanut butter	2 tablespoons	2.4
Peanuts, roasted	1/4 cup	2.9
Peanuts, Spanish	10	0.7
Walnuts, chopped	1/4 cup	1.6
Miscellaneous:		
Popcorn	1 cup	0.4
Beans, baked	1/2 cup	11.0
Chili with beans	1/2 cup	8.6
Meats		0
Eggs		0
Fats, mayonnaise		0
Fats, margarine		0
Fats, dressings		0

Exchange guidelines

Starch and bread:

- 1 serving (1/2 to 3/4 cup) of most dry or cooked cereals provides 4 to 5 grams of fiber. Examples include Bran Flakes, Shredded Wheat, Oat Bran, and Corn Bran
- 1 serving (1/3 to 1/2 cup) of bran cereals provides 8 to 12 grams of fiber. Examples include: Fiber One, All-Bran, All-Bran with Extra Fiber, 100% Bran, Bran Buds
- 1 serving (1/3 cup) of dried/cooked peas, beans, and lentils provides 4 to 5 grams of fiber

Vegetable:

- 1 serving (1/2 to 3/4 cup) of cooked vegetables provides about 2 grams of fiber
- 1 serving (3/4 to 1 cup) of raw vegetables equals around 3 grams of fiber

Fruit:

- 1 serving (1 piece or 1/2 cup) of fruit provides 2 grams fiber

Using Herbs and Dietary Supplements

People have used herbs and remedies to improve their health or treat their ailments for thousands of years. Today stores everywhere sell herbs and special diet products over-the-counter that claim health benefits. While some of these products may help you feel better, they may also affect the treatment given by your doctor. Below are some helpful guidelines about herbs and dietary supplements.

What are herbs and dietary supplements?

- Many herbs are made from plants, but that alone does not make them safe.
- Many are sold in health food stores, supermarkets, drugstores, and over the internet.
- You do not need a prescription to buy them.
- Some still look “natural” as leaves, bark, stems, or flowers.
- Some may be processed and made into tablets, capsules, gel caps, or liquids.

What information do I need to know?

- Herbs and dietary supplements may not be safe to use even though they come from natural sources.
- They may not work the way they claim. Many have not yet been tested in a scientific way.
- They may interact with your other medicines and treatment.
- They may be very expensive and may not give you much benefit.
- Some may be harmful.

What do I need to know about herbs and supplements?

- **Always talk with your doctor, nurse, pharmacist, and dietitian about the herbs and diet supplements you are taking.**
- It is helpful to show your healthcare team the herbs or nutritional supplements in their original containers.
- **Herbs or dietary supplements may cause complications for people having surgery or other treatments.** These include antioxidants, echinacea, ephedra, feverfew, fish oil, garlic, Ginkgo biloba, ginseng, kava, St. John’s wort, valerian, and vitamin E.
- One example, Ginkgo biloba may increase the risk of bleeding since it interferes with blood clotting.
- Remember that some herbs are known by other names.

Does the government regulate these products?

- Herbs, dietary, and nutrition supplements are not controlled in the same way as prescription medicines. Some have been found to contain harmful substances.
- Many herbs and supplements have not been studied in a scientific manner.
- Some have been tested on animals or in the lab, but not on people.
- The quality, purity, and strength of the herbs in each dose can be different or have other products in them.
- “Mega Dose” does not mean “Mega Health.”
- Be careful to not take toxic levels of nutrients. Follow the National Institutes of Health’s Nutrient Recommendations: Dietary Reference Intakes (DRI) at ods.od.nih.gov/HealthInformation/nutrientrecommendations.aspx.

For more information

- National Center for Complementary and Integrative Health at nccih.nih.gov
- National Institutes of Health, Office of Dietary Supplements at ods.od.nih.gov
- National Library of Medicine, MedlinePlus at medlineplus.gov/druginformation.html

Cooking Differently

Class agenda

- A. Announcements
- B. Follow up from last week:
 - What was one take home point from last week?
 - Pull out your goal sheet from last week. How did it go?
- C. Discuss “Top 10 Ways to Cook Smart”
- D. Discuss “Low Fat Cooking Tools of the Trade”
- E. Discuss “Low Fat Cooking Ingredients”
- F. Discuss “Additional Skills”
- G. Review concept of ERASE: Eliminate, Reduce, Addition, Substitute, Explore
- H. Activity: Modify a recipe
- I. Goal setting for next week

What did you learn?

Mark your answer to each question below.

1. Which of the following would not be considered a low fat cooking tool of the trade?
 - a. Non-stick pans
 - b. FryDaddy
 - c. Low fat cooking magazines or books
 - d. Steamer
2. The key to quick and easy meals is the availability of the ingredients and ease of the preparation.
 - a. True
 - b. False
3. When modifying a recipe, which is not a key word you should consider?
 - a. Eliminate
 - b. Shred
 - c. Addition
 - d. Reduce

Cook Smart for Weight Control

10 ways to cook smart

1. **Don't fry!** Steam, grill, microwave, stir-fry, broil, and simmer instead.
2. **Remove all visible fat from meat and skin from poultry.** Substitute lean cuts of meat in your favorite recipes. Lean cuts include: chicken, turkey, sirloin, round, and even tuna canned in water.
3. **Control portions** by cutting down on high fat foods. Use less gravy and cream sauces. Use little or no butter or margarine. Watch serving sizes of high fat meats and cheeses.
4. **Try new things.** Try a variety of low fat and fat free products when cooking to see what works best for you. You will love the fat gram and calorie savings.
5. **Use non-stick cooking sprays** instead of greasing cookware.
6. **Season with herbs, spices, and lemon juice** instead of high fat flavorings or sauces.
7. **Try leaner versions of your favorite recipes** now and then—meatless chili, pasta and vegetables, and bean and vegetable soups.
8. **Adding high nutrient foods can be just as effective as reducing high fat products.** Add beans, fruits, and vegetables.
9. **For sauces and dressing, use low calorie bases** (vinegar, mustard, tomato juice, fat free bouillon) instead of high calorie ones.
10. **In recipes for baked products, the sugar can often be reduced $\frac{1}{4}$ to $\frac{1}{2}$ without harming the final product.** Cinnamon and vanilla can also give the impression of sweetness.

Low fat cooking tools

- Non-stick baking sheets, loaf pans, muffin cups, skillet, and pots (various sizes) with lids
- George Foreman Grill
- Steamers: steamer racks, microwavable steamer
- Food processor or blender
- Plastic storage containers, especially clear
- Large skillet or wok with non-stick surface for stir frying
- Sharp knives
- Low fat magazines, cookbooks, and websites with healthy recipes

Low fat cooking ingredients

Refrigerator:

- Fruits and vegetables
- Low fat salad dressings
- Low fat cheese and deli meats
- Pizza dough crust
- Small bagels
- Light or fat free margarine
- Skim milk
- Low fat or low calorie yogurt or puddings
- Flour tortillas
- Pita bread

Freezer:

- Low fat cuts of meats, poultry
- Low fat frozen dinners
- Frozen vegetables

Pantry:

- Pasta
- Rice
- Pasta sauce
- Ready to eat cereal
- Whole wheat bread
- Low fat snack crackers
- Canned tomatoes and sauces
- Low fat soup
- Canned beans and legumes
- Canned fruits in natural juice

Additional skills

- Organize your kitchen. Nothing is more frustrating and time consuming than digging through your cabinets looking for the needed item.
- Look for time saving devices, steps, and products if time is short. Purchase sliced vegetables, vegetables off of the salad bar, frozen chopped vegetables, shredded cabbage, grated cheeses, or salad in a bag.
- Batch cook. Freeze then reheat.
- Prepare most meals on weekends, and then reheat throughout the week.
- Freeze meats in individual serving sizes.

Tips for modifying your diet

ERASE some of those old habits!

Eliminate a high calorie/high fat ingredient if it is included for appearance by habit. Examples include nuts, olives, and whipped topping.

Reduce the amount of a high calorie ingredient if it is essential to the final product. Examples include sugar and oil in baked products.

Add high nutrient, quality foods. Examples include adding fruits and vegetables to recipes.

Substitute a lower calorie or lower fat product in place of a high calorie ingredient. Examples include fat free (skim) milk for whole milk, yogurt in place of sour cream, and low fat white sauce in place of cream soup.

Explore new foods and new ingredients to change old recipes. Look for new “light cooking” cookbooks or recipes online for additional ideas and suggestions for modifying recipes.

Activity

Modify this recipe for lasagna using tips you have learned to make a healthier version that still tastes delicious.

Lasagna (original recipe)

Yield: 16 servings (2 pans, 13x9x2 inches each)

Per serving: calories = 457; fat = 23 grams

Ingredients:

1/3 cup olive oil	2 teaspoons onion salt
1 1/2 cups diced onion	1 pound lasagna noodles
2 cloves garlic, minced	2 tablespoons olive oil
1 1/2 pounds ground chuck	16 ounces ricotta cheese
2 teaspoons salt	8 ounces (2 cups) grated Parmesan cheese
2, 16-ounce cans tomato sauce	Butter to grease baking dish
1, 28-ounce can Italian style peeled tomatoes	8 ounces mozzarella cheese, shredded
1, 6-ounce can tomato paste	2 ounces (1/4 cup) grated Parmesan as topping
1 tablespoon dried oregano	

Cooking instructions:

1. Heat 1/3 cup olive oil in a 6-quart saucepan. Sauté the onions and garlic until transparent. Add the ground meat and salt. Cook just until meat is brown.
2. Add the tomato sauce, canned tomatoes, tomato paste, oregano, and onion salt. Simmer about 1 1/2 hours, or until sauce has thickened. If sauce becomes too thick while cooking, add water as needed.
3. Prepare the lasagna noodles according to the package directions. Add 2 tablespoons olive oil to the boiling water to prevent the pasta from sticking together. Stir noodles occasionally while they cook. Cook for 10 to 12 minutes, or until al dente (still a bit chewy). Drain, rinse with cold water, and separate noodles.
4. Combine ricotta and 8-ounces Parmesan cheese.
5. Preheat oven to 350 degrees F. Grease 2, 13x9x2 inch pans with butter. Spoon a thin layer of sauce and cover with a layer of lasagna noodles. Next, place a layer of shredded mozzarella and ricotta-Parmesan mixture. Add some sauce. Arrange successive layers in a likewise manner, ending with a layer of noodles. Top with remaining sauce and sprinkle with 2 ounces of grated Parmesan.
6. Bake about 25 minutes. Remove and let stand for 10 minutes before cutting.

Fat Busters

Crank up the flavor in your food with herbs, seasonings, rubs, and marinades instead of fat.

Herbs for vegetables

Source: *Handbook of Food Preparation*, 7th Edition, American Home Economics Association, 1975.

Asparagus	garlic, lemon juice, mustard seed, onion, sesame seed, tarragon
Beans, lima	marjoram, oregano, sage, savory, tarragon, thyme
Beans, green	basil, dill, lemon, marjoram, mint, mustard seed, nutmeg, oregano, savory, tarragon, thyme
Beets	allspice, bay leaves, caraway seed, cloves, dill, ginger, mustard seed, tarragon
Broccoli	caraway seed, dill, mustard seed, tarragon
Brussels sprouts	basil, caraway seed, dill, mustard seed, sage, thyme
Cabbage	caraway seed, celery seed, dill, mint, mustard seed, nutmeg, savory, tarragon
Carrots	allspice, bay leaves, caraway seed, dill, mint, mustard seed, nutmeg, savory, tarragon
Cauliflower	caraway seed, dill, mace, tarragon
Corn	cayenne (red) pepper, chili powder
Cucumbers	basil, chives, dill, garlic, mint, tarragon
Eggplant	marjoram, oregano
Green salads	basil, chives, dill, tarragon, caraway seed, mustard seed, nutmeg, oregano, sage, thyme
Onions	caraway seed, mustard seed, nutmeg, oregano, sage, thyme
Peas	basil, dill, marjoram, mint, mushrooms, oregano, parsley, poppy seed, rosemary, sage, savory
Potatoes	basil, bay leaves, caraway seed, celery seed, chives, dill, mace, mustard seed, oregano, paprika
Spinach	basil, mace, marjoram, nutmeg, oregano
Squash	allspice, basil, cinnamon, cloves, fennel, ginger, mustard seed, mace, nutmeg, rosemary
Sweet potatoes	allspice, cardamom, cinnamon, cloves, nutmeg
Tomatoes	basil, bay leaves, celery seed, marjoram, oregano, sage, sesame seed, tarragon, thyme

Herbs for meat, poultry, and fish

Source: *The Complete Book of Herbs* by Lesley Bremness, Viking Studio Books, 1988.

Beef	basil, bay leaves, marjoram, mint, oregano, parsley, peppermint, rosemary, sage, savory, tarragon, thyme
Chicken	chives, fennel, lemon balm, marjoram, mint, parsley, savory, tarragon, thyme
Fish	basil, bay, caraway, chives, dill, fennel, lemon balm, lemon thyme, marjoram, mint, parsley
Pork	coriander, fennel, marjoram, rosemary, sage, savory, thyme
Turkey	parsley, sage, sweet marjoram, tarragon, thyme

Ethnic flavor guide

Source: *Cooking Light*, April/May 1995.

Caribbean	chilies, black and white peppers, annatto seeds, curry, garlic, red pepper, ginger, nutmeg, turmeric, tamarind, bay leaves, onions, mace, cinnamon, allspice, cloves, caraway seeds, coriander, thyme, jerk (a combination of allspice, Scotch bonnet peppers, garlic, thyme, onion)
Chinese	ginger (fresh or dried), scallions, sesame, fennel, cloves, anise, chilies, garlic
French	tarragon, shallots, fines herbes, bouquet garni, thyme, black pepper, rosemary, basil, garlic, marjoram, chives, chervil, nutmeg, saffron, bay leaves, green and pink peppercorns, white pepper
Greek	oregano, mint, garlic, cinnamon, dill, weed, nutmeg
Indian	curry, cumin, coriander, cilantro, turmeric, red pepper, black pepper, ginger, cardamom, mustard seed, chilies (fresh and dried)
Italian	garlic, oregano, onion, sage, fennel, marjoram, parsley, rosemary, bay leaves, nutmeg, red pepper
Latin American	chilies, white pepper, onion, parsley, thyme, marjoram, oregano, ginger, cinnamon, garlic, bay leaves, annatto seed, cumin, coriander, cilantro, nutmeg
Mediterranean	oregano, thyme, mint, bay leaves, garlic, onion, cinnamon, fennel
Mexican	chili pepper, cumin, oregano, garlic, onion, coriander, sesame seed, cinnamon, vanilla, lime, cilantro
Middle Eastern	allspice, oregano, marjoram, mint, sesame seeds, garlic, dill weed, cinnamon, cumin, coriander, cilantro, anise
Spanish	saffron, paprika, garlic, onion, parsley, cumin, sweet peppers, anchovies
Thai	chilies (fresh and dried), black pepper, cilantro, soy sauce, garlic, lemon grass, ginger, basil, mint, shallots, green onion, tamarind, turmeric

Rubs

Source: Restaurants and Institutions, November 1, 1996.

Turn an ordinary piece of meat, poultry, or fish into a fabulous dish with ordinary herbs and spices. Dry rubs cost only pennies per serving, but add visual appeal and vivid flavors to food. These dry rubs can be stored just like regular spices and used whenever you want them. When you are ready to use them, just rub them into your meat, grill or sauté, and enjoy!

Jamaican Jerk Rub:

Source: Motorola Food Works Management Service

Combine:

- 2 tablespoons ground cinnamon
- 2 tablespoons dried minced garlic
- 2 tablespoons ground ginger
- 2 tablespoons ground allspice
- 1 tablespoon ground cloves
- 1 tablespoon salt (optional)
- 1 teaspoon cayenne pepper

Makes about ½ cup.

Bayou Blast:

Source: Emeril's in New Orleans

Combine:

- 2 tablespoons paprika
- 1 tablespoon salt (optional)
- 2 tablespoons garlic powder
- 1 tablespoon ground black pepper
- 1 tablespoon onion powder
- 1 tablespoon cayenne pepper
- 1 tablespoon dried oregano
- 1 tablespoon dried thyme

Makes about ½ cup.

Pantry staples

Keep your pantry stocked with staples that allow you to be creative and add variety to your foods without adding fat.

Vinegars	Red wine, cider, and balsamic vinegars are basics for many marinades. Use lighter vinegars such as rice or fruit vinegars in salad dressings that use less oil.
Mustards	There is a big variety of mustards in the market today. Look at them and try them as sauces, rubs, or crusts on meat and poultry.
Asian Seasonings	Light soy sauce, teriyaki sauce, hoisin sauce, sesame oil (a tiny bit gives a powerful flavor). Browse through your grocery store's Asian food section and experiment with new flavors.

Recipe Substitutions

Instead of:	Use:
Whole and 2% milk	Fat free or 1% milk
Sweetened condensed milk	Fat free sweetened condensed milk
Evaporated milk	Fat free evaporated milk
Heavy cream	Fat free evaporated milk
Light cream	Fat free evaporated milk
Whipped topping	Fat free non-dairy whipped topping
Butter or margarine	Light or fat free tub margarine
Shortening or lard	Light or fat free tub margarine
Mayonnaise	Light or fat free mayonnaise
Sour cream	Plain low fat yogurt, fat free sour cream
Cream cheese	Reduced fat or fat free cream cheese
High fat cheese	Reduced fat or fat free cheese
1 egg	2 egg whites or ¼ cup egg substitute
Fat/oil for greasing cookware	Non-stick cooking spray
1 ounce of baking chocolate	3 tablespoons cocoa powder and 1 tablespoon vegetable oil
Ground beef	Ground skinless turkey/leaner cut of beef
Sausage	Sausage substitute, soy based
Bacon	Canadian bacon
Regular broth/bouillon	Low sodium broth/bouillon
Oil in baked goods	Equal parts of applesauce/fruit purees

Marinades

A marinade is a seasoned liquid in which cuts of meat, poultry, fish, and shellfish are soaked to add flavor and to breakdown tough fibers, making the protein tender. When protein is placed in a marinade, the water in it is pulled out and the marinade is pulled in.

One of the most important ingredients to include in a marinade is acid. Good acid options include citrus juices, wine, and vinegars. Combine the acid with herbs and spices and experiment with different flavor combinations.

Be mindful of using oils in marinades as they add calories and fat.

There are many resources available to find marinade ideas, such as the internet, cookbooks, and magazines. One book that has many good marinades is “Skinny Sauces & Marinades” by Erica Levy Klein. For more information, check with a book retailer or visit your local library.

Marinating tips

- When a marinade contains acids, such as vinegar or citrus juices, use only glass, stainless steel, ceramic, or heavy-duty plastic containers.
- Remember to turn the food often, so it is evenly exposed.
- Marinate tougher cuts of meat for 24 to 48 hours.
- Marinate tender cuts of meat for 1 to 24 hours to enhance flavor. The larger the cut, the longer it needs to be marinated.
- Marinate fish and seafood for 1 to 4 hours.
- Marinate chicken and turkey for 2 to 24 hours. Even 15 to 30 minutes can add flavor to smaller pieces of poultry, like tenders or boneless, skinless breasts.
- If a marinade is to be used later for basting or served as a sauce, you should reserve a portion before adding your choice of raw meat.
- **Do NOT use or save any marinade if it has been in contact with raw meat!**

Marinade recipe

Try this Indian-inspired marinade with chicken:

1. Place in a zip-top plastic baggie:
 - 1 cup orange juice
 - 1 teaspoon cinnamon
 - 1 teaspoon cumin
 - 1 garlic clove, minced
 - 2 to 4 boneless skinless chicken breasts
2. Marinate at least 2 hours.
3. Grill.

Salsa Recipes

Pineapple-Nectarine Salsa	Curried Papaya Salsa
<p>Adapted from <i>The New American Heart Association Cookbook</i>, 25th Anniversary Edition (Potter, 1998).</p> <p>1 cup diced nectarine (1 medium) 8-ounce can pineapple tidbits in their own juice 1 kiwifruit, peeled and diced 2 tablespoons diced red onion 1 tablespoon chopped fresh cilantro 1 teaspoon fresh lemon</p> <p>Per serving (serves 7): Sodium: 0 milligrams Calories: 40 Cholesterol: 0 grams Total fat: 0 grams Carbohydrates: Sat. fat: 0 grams 9 milligrams Fiber: 1 gram Protein: 0 grams</p>	<p>Adapted from <i>Cooking Light Low-Fat, Low-Calorie</i> (Oxmoor House, 1998).</p> <p>1 cup finely chopped papaya (1 medium) 1 cup seeded, finely chopped plum tomato (about 3 medium) ¼ cup finely chopped onion 1 tablespoon chopped fresh cilantro ½ teaspoon peeled, minced gingerroot ½ teaspoon curry powder ⅛ teaspoon salt (optional) 1½ tablespoons fresh lime juice</p> <p>Per Serving: (serves 6) Sodium: 50 milligrams Calories: 20 Cholesterol: 0 milligrams Total fat: 0 grams Carbohydrates: 5 grams Sat. fat: 0 grams Protein: 1 gram Fiber: 1 gram</p>
Avocado Salsa	Classic Mango Salsa
<p>Adapted from www.epicurious.com.</p> <p>2 peeled, pitted, and chopped avocados (preferably California) 2 vine ripened tomatoes, seeded and chopped fine 1 red onion, chopped fine (about ¾ cup) 1 pickled jalapeno pepper, minced 6 tablespoons fresh lime juice 1 tablespoon canola oil 1½ teaspoon salt (optional)</p> <p>Per Serving: (serves 13) Sodium: 280 milligrams Calories: 70 Cholesterol: 0 milligrams Total fat: 6 grams Carbohydrates: 4 grams Sat. fat: 1 gram Protein: 1 gram Fiber: 1 gram</p>	<p>Adapted from <i>The Healing Cookbook</i> (Time-Life Books, 2000).</p> <p>2 ripe mangos, peeled, pitted, and coarsely chopped 1 small red bell pepper, seeded, deribbed, and coarsely chopped 1 small red onion, minced ¼ cup chopped fresh cilantro 1 medium clove of garlic, minced ¼ cup pineapple juice 6 tablespoons fresh lime juice 1 jalapeno pepper, finely chopped</p> <p>Per Serving: (serves 11) Sodium: 0 milligrams Calories: 30 Cholesterol: 0 milligrams Total fat: 0 grams Carbohydrates: 8 grams Sat. fat: 0 grams Protein: 0 grams Fiber: 1 gram</p>

Food Safety Guide

The Partnership for Food Safety Education has 4 simple practices in their Fight BAC!® (fight bacteria) campaign to help consumers prevent foodborne illness. They are:

- Clean – wash your hands and surfaces often
- Separate – do not cross contaminate
- Cook – cook foods to safe internal temperatures
- Chill – refrigerate foods promptly

Clean

Hand Washing

One of the best ways to stop germs in their tracks is by washing your hands often when handling food.

Your hands and fingernails should be washed well:

- Before handling food or kitchen utensils
- Before serving or eating food
- After using the restroom
- After handling foods, like raw meats or chicken
- After handling dirty dishes or garbage
- After touching your hair, face, or body, or touching someone else
- After coughing or sneezing
- After eating, drinking, chewing gum, or smoking
- After cleaning tables or equipment



Good hand washing is the best way to prevent germs from spreading and to prevent getting ill from food.

Be sure to wash your hands properly. Each time you wash your hands make sure to:

- Wet your hands under warm water and apply soap.
- Use good friction and rub your hands together for at least 20 seconds. Wash the palms and backs of your hands, as well as between and over your fingers.
- Clean under your fingernails.
- Rinse your hands well under running water.
- Dry your hands with a clean paper towel or warm air hand dryer.
- Use a dry paper towel to turn off the water faucet.

Countertops, Cutting Boards, and Kitchen Equipment

- After each use, wash cutting boards in hot, soapy water or in the dishwasher. Cutting boards with hard surfaces such as plastic are preferable to wooden cutting boards. Hard surfaces have fewer cracks where germs can hide.
- Replace worn cutting boards when the wood has split or becomes stained.
- Clean can openers, blenders, and mixer blades after each use in hot, soapy water or in the dishwasher.
- Use clean dishcloths every day. Bacteria grow easily in dirty, wet dishcloths.
- Avoid using sponges to clean dishes and utensils. Sponges can hold germs that can contaminate food and dishes.
- Clean up spills right away.

Separate

- Use separate cutting boards, plates, and utensils for raw and cooked foods.
- Do not taste the food with the same utensil used for stirring. Taste foods containing meat, poultry, fish, or eggs after they have been thoroughly cooked.
- Always cover raw meat when it is in the fridge to separate it from other foods. When placing meat from the store into your fridge, use freezer bags or aluminum foil over the wrap that the food is already packaged in to prevent leaking.
- Store raw meats on the lowest shelf in the refrigerator to prevent the possibility of its juices contaminating other foods.

Cook

Preparing Food

- Wash tops of canned foods before opening.
- If raw meats have an unpleasant odor or slickness, discard.
- Cook stuffing separately from the turkey.
- Wash fruits and vegetables thoroughly under running water before peeling and cutting.
- Home canned foods that were not canned correctly may contain bacteria called botulism. This bacterium makes a toxin that if eaten can make you very sick. If you suspect a home canned food may not have been processed properly, if the lid bulges, or if the food has any bad odors or looks strange after opening, throw it out!



- Use a food thermometer to test for doneness. Check in the thickest part of the meat without touching the bone. Use the information below from the USDA as a guide.

Product	Type of food	Safe minimum internal temperature in degrees F and cooking guidelines
Egg and egg dishes	Eggs	Cook until yolk and white are firm
	Egg dishes, egg sauces, custards	160
Beef, pork, lamb, and veal	Raw ground meats (patties and meatloaves)	160
	Raw steaks, chops, and roasts	145, allow to rest for at least 3 minutes
Ham	Fresh (raw)	145, allow to rest for at least 3 minutes
	Fully cooked (to reheat)	140
Poultry (chicken, turkey, duck, goose)	Any type	165
Seafood	Fin fish	145, cook until opaque and flakes easily with a fork
	Shrimp, lobster, crab	145, should turn red and flesh should become pearly opaque
	Clams, mussels, oysters	145, cook until shells open
Leftovers, casseroles	Any type	165

- Microwave ovens can cook unevenly, leaving cold spots in food where bacteria can survive. Therefore, stir and rotate food for even cooking. Rotate the dish a quarter turn once or twice during cooking if you do not have a turntable. Make sure food gets hot enough. This means also letting the food sit for 15 to 30 seconds after cooking, so the heat can move evenly through the food.
- Keep hot, fully cooked foods above 140 degrees Fahrenheit.
- Keep cold foods below 40 degrees Fahrenheit.
- Cook food completely before storing. Never partially cook and store for later.
- Never taste food that looks or smells strange.
- Wash hands with soap and water before serving or eating food.
- Serve cooked food on clean plates with clean utensils.

Thawing Food

- Thaw meat, fish, or poultry in the refrigerator and in a dish to catch drips.
- You can thaw food outside the refrigerator by placing foods under a stream of cold running water.
- You can thaw food in the microwave. But if you do, be sure to cook the food right after it is thawed.

Chill

- Keep refrigerated items below 40 degrees Fahrenheit.
- Keep frozen foods below 0 degrees Fahrenheit.
- Cook or freeze fresh poultry, fish, and ground meats within 2 days. Other beef, veal, lamb, or pork should be cooked within 3 to 5 days.
- Refrigerate or freeze cooked leftovers in small, covered, shallow containers to allow food to cool more rapidly.
- Refrigerate only as much as can be eaten in 3 to 5 days. Freeze the rest.
- Reheated foods should reach 165 degrees Fahrenheit or a rolling boil before being eaten.
- Frozen food can be kept for up to 6 months in the freezer.
- Keep cooked pie fillings, puddings, and custards refrigerated.
- Keep all foods stored in the refrigerator or freezer wrapped or covered.
- Toss out foods needing refrigeration if they have been at room temperature more than 2 hours.
- Do not pack the refrigerator or freezer too full. Cold air must circulate to keep foods cooled safely.
- If going on a trip, use an ice chest for refrigerated and frozen foods.
- If in doubt, throw it out!

Other food safety tips

Storing Food

- Check expiration dates. Throw away foods older than their “use by” dates. Discard all prepared refrigerated foods after 4 to 5 days.
- Throw away any food that has mold on it.
- If a can food is bulging, leaking, or cracked, or deeply indented in the seam, throw it away.
- Keep food storage areas clean and free of insects or rodents.

Buying Food

- Use package dates as a guide. The “sell by” date is how long the product can be sold. The “use by” date is how long the product can be safely eaten. Throw away food items past the “use by” date.
- Do not buy food with torn or damaged packages.
- Do not let raw meat or its juice touch other groceries. Use separate bags for raw meat to keep it from other foods.
- Do not buy cracked or unrefrigerated eggs.
- Frozen foods should be frozen to the touch, and foods that need to be refrigerated should be cold. Add these foods to your shopping cart last to limit the amount of time they are not refrigerated.
- Take groceries right home and store them quickly, especially during the summer months.



A Special Word About Eggs

- Do not use raw, unpasteurized eggs in uncooked or semi-cooked foods, including Caesar salads. Pasteurized eggs or pasteurized, liquid eggs can be used in recipes calling for raw eggs.
- Make homemade ice cream and eggnog only from recipes that call for cooked, stirred custard. Otherwise, use a pasteurized egg product such as Eggbeaters or Davidson’s Safest Choice Pasteurized Eggs.
- Cook eggs until the whites and yolks are firm. The yolk should no longer be runny but need not be hard.
- Discard eggs, egg mixtures or prepared egg dishes left at room temperature for more than 1 hour.

For more information

- Academy of Nutrition and Dietetics at eatright.org/homefoodsafety
- Centers for Disease Control and Prevention, Food Safety at cdc.gov/foodsafety
- Federal food safety information at foodsafety.gov
- Partnership for Food Safety Education at fightbac.org
- United States Department of Agriculture (USDA), Food Safety and Inspection Service at fsis.usda.gov
- World Health Organization (WHO), Food Safety at who.int/health-topics/food-safety

Stress

Class agenda

- A. Short assessment: How stressed are you currently?
Assessment cutoffs:
 - Scores ranging from 0 to 13 would be considered low stress.
 - Scores ranging from 14 to 26 would be considered moderate stress.
 - Scores ranging from 27 to 40 would be considered high stress.
- B. Follow up from last week:
 - What was one take home point from last week?
 - Pull out your goal sheet from last week. How did it go?
- C. What is stress?
- D. Coping style assessment
- E. Stress management techniques
- F. Sleep discussion
- G. Goal setting for next week

What did you learn?

Mark your answer to each question below.

1. A person may respond to stress emotionally, behaviorally, physically, or mentally.
 - a. True
 - b. False
2. All of the following are negative effects of stress except:
 - a. High blood cholesterol
 - b. Irritable bowel syndrome
 - c. Restful sleep
 - d. Weight gain and obesity
3. Negative health behaviors associated with poor stress management include:
 - a. Smoking
 - b. Alcohol abuse
 - c. Overeating
 - d. All the above
4. List a few new ways that you will try to manage stress.

Stress Assessment

Mark how often you experienced the following scenarios in the last month.

1. How often have you been upset because of something that happened unexpectedly?

- 0 = Never
- 1 = Almost never
- 2 = Sometimes
- 3 = Fairly often
- 4 = Very often

2. How often have you felt that you were unable to control the important things in your life?

- 0 = Never
- 1 = Almost never
- 2 = Sometimes
- 3 = Fairly often
- 4 = Very often

3. How often have you felt nervous and “stressed”?

- 0 = Never
- 1 = Almost never
- 2 = Sometimes
- 3 = Fairly often
- 4 = Very often

4. How often have you felt confident about your ability to handle your personal problems?

- 0 = Never
- 1 = Almost never
- 2 = Sometimes
- 3 = Fairly often
- 4 = Very often

5. How often have you felt that things were going your way?

- 0 = Never
- 1 = Almost never
- 2 = Sometimes
- 3 = Fairly often
- 4 = Very often

6. How often have you found that you could not cope with all the things that you had to do?
- 0 = Never
 - 1 = Almost never
 - 2 = Sometimes
 - 3 = Fairly often
 - 4 = Very often
7. How often have you been able to control irritations in your life?
- 0 = Never
 - 1 = Almost never
 - 2 = Sometimes
 - 3 = Fairly often
 - 4 = Very often
8. How often have you felt that you were on top of things?
- 0 = Never
 - 1 = Almost never
 - 2 = Sometimes
 - 3 = Fairly often
 - 4 = Very often
9. How often have you been angered because of things that were outside of your control?
- 0 = Never
 - 1 = Almost never
 - 2 = Sometimes
 - 3 = Fairly often
 - 4 = Very often
10. How often have you felt difficulties were piling up so high that you could not overcome them?
- 0 = Never
 - 1 = Almost never
 - 2 = Sometimes
 - 3 = Fairly often
 - 4 = Very often

Total = _____

What Is Stress?

Stress is a normal psychological and physical reaction to the demands and challenges in life. Demands may be positive, neutral, or negative. They can be real or perceived, recurring, short term, or long-term, mild, major, or extreme.

Stress can be positive (eustress)

- **It can motivate.** In small doses, stress can motivate you to meet the demands placed on you by work, family, and other daily responsibilities.
- **It can be cognitively enhancing.** Stress can help you focus on the tasks that need to be done to relieve the demands you have. Your body produces norepinephrine, a stress hormone, to help you focus.
- **It can be physically enhancing.** Stress triggers the release of the stress hormones, adrenaline and cortisol, which boost physical performance in the short term to help you overcome demands.

Stress can be neutral (neustress)

This type of stress:

- Occurs when you have indirect exposure to a stressor. For example, when you hear about a natural disaster that happens in another part of the world.
- Doesn't motivate change.
- Generally does not cause problems. However, long-term exposure can lead to distress.

Stress can be negative (distress)

The benefits of stress listed above can be good in the short term. For longer periods, your body is impacted by the constant production of neural chemicals, which can lead to chronic stress.

Chronic stress can cause:

- Digestive problems
- Headaches and tensed muscles
- Sleep problems
- Depressed mood, anger, or irritability
- More frequent and severe viral infections, such as the flu or common cold
- Poorer cardiovascular functioning
- An impact to how your body stores fat and affect cravings

Ways of Coping with Stress Inventory

Listed below are common ways of coping with stressful events. Mark those that are characteristic of your behavior or that you use often.¹

- | | |
|--|---|
| <input type="checkbox"/> I ignore my own needs and just work harder and faster. | <input type="checkbox"/> I seek out friends for conversation and support. |
| <input type="checkbox"/> I eat more than usual. | <input type="checkbox"/> I engage in some type of physical exercise. |
| <input type="checkbox"/> I get irritable and take it out on those around me. | <input type="checkbox"/> I take a little time to relax, breathe, and unwind. |
| <input type="checkbox"/> I smoke a cigarette or drink a caffeinated beverage. | <input type="checkbox"/> I confront my source of stress and work to change it. |
| <input type="checkbox"/> I withdraw emotionally and just go through the motions of my day. | <input type="checkbox"/> I change my outlook on the problem and put it in better perspective. |
| <input type="checkbox"/> I sleep more than I really need to. | <input type="checkbox"/> I take some time off and get away from my work life. |
| <input type="checkbox"/> I go out shopping and buy something to make myself feel good. | <input type="checkbox"/> I joke with my friends and use humor to take the edge off. |
| <input type="checkbox"/> I drink more alcohol than usual. | <input type="checkbox"/> I get involved in a hobby or interest that helps me unwind and enjoy myself. |
| <input type="checkbox"/> I take medicine to help me relax or sleep better. | <input type="checkbox"/> I maintain a healthy diet. |
| <input type="checkbox"/> I just ignore the problem and hope it will go away. | <input type="checkbox"/> I pray, meditate, or enhance my spiritual life. |
| <input type="checkbox"/> I worry about the problem and I am afraid to do something about it. | <input type="checkbox"/> I try to focus on the things I can control and I accept the things I cannot. |

Evaluate your results

The left column items tend to be less healthy coping strategies and the right column items tend to be healthy strategies for coping with stress.

- Congratulate yourself for the right column items that you marked.
- Think about what kind of changes you could make to your coping strategies for the things you marked in the left column.
- What things in the right column could you try that you haven't before?

¹Inventory from The Relaxation and Stress Reduction Workbook 5th Ed. Adapted from the "Coping Styles Questionnaire." © 1999 by Jim Boyers, Ph.D., Kaiser-Permanente Medical Center and Health Styles, Santa Clara, CA.

Stress Management Techniques

1. **Social support is the single most important buffer against stress!** Share problems and seek advice from people you trust and care about. Who can you talk to about stress in your life?

2. Relaxation exercises are simple to perform and combine deep breathing, releasing of muscle tension, and clearing of negative thoughts. If you practice these exercises regularly, you can use them when needed to lessen the negative effects of stress. YouTube and other sites have good tutorials that can help with developing these skills, including:

- Abdominal breathing
- Imagery
- Progressive muscle relaxation

3. Exercise is an excellent way to burn off the accumulated effects of stress. A regular exercise program should include some aerobic activity and some stretching. Flexible, loose muscles are less likely to become tight and painful in response to stress.

Maintain good posture. If your spine is not aligned, you will strain your back and neck. If you slouch while sitting, you will compress your insides making breathing more difficult. Try it!

What does straightening up feel like?

4. Diet is extremely important. Junk food and refined sugars that are low in nutritional value and high in calories leave us feeling out of energy and sluggish. Limiting sugar, caffeine, and alcohol can promote health and reduce stress.
5. If you are not sleeping well, you will have less energy and fewer resources for coping with stress. Developing good sleep habits is very important.
6. Delegating responsibilities can ease the stress overload that often results from having too many responsibilities.
7. Quality time is the opportunity to engage in special events in order to connect, share, and feel close to others. These events create memories, teach life skills, help us acknowledge our achievements, and increase self-esteem.

What are some planned events that help with stress?

What are some unplanned events that help with stress?

8. You need to have quality time with your family, but it is just as important to set aside some quality time for YOURSELF.

You can manage your stress. You might need some time to develop the skills, but the rewards are well worth the effort. Managing stress will help you feel your best both mentally and physically.

Ways to Improve Your Sleep Hygiene and Routine

Sleep hygiene is the habits and practices that help you to sleep well on a regular basis.

How to improve your sleep hygiene

- **Avoid napping during the day.** It can disturb the normal pattern of sleep and wakefulness.
- **Avoid stimulants, such as caffeine, nicotine, and alcohol too close to bedtime.** While alcohol is well known to speed the onset of sleep, it disrupts sleep in the second half as the body begins to metabolize the alcohol, causing you to be awake.
- **Exercise can promote good sleep.** Relaxing exercise, like yoga, can be done before bed to help initiate a restful night's sleep. Do vigorous exercise in the morning or late afternoon.
- **Food can be disruptive right before sleep.** Stay away from large meals close to bedtime. Also, dietary changes can cause sleep problems. If you are struggling with a sleep problem, it is not a good time to start experimenting with spicy dishes. And, remember, chocolate has caffeine.
- **Ensure adequate exposure to natural light.** This is particularly important for older people who may not venture outside as often as children and adults. Light exposure helps maintain a healthy sleep-wake cycle.
- **Establish a regular, relaxing bedtime routine.** Try to avoid emotionally upsetting conversations and activities before bedtime. Do not dwell on or bring problems to bed.
- **Associate your bed with sleep.** It is not a good idea to use your bed to watch TV, listen to music, or read.

What makes a good sleep environment?

- A cool room, somewhere around 65 degrees, for optimal sleeping.
- A comfortable bed with comfy sheets, blankets, and pillows.
- Reduced light. Look out for unexpected light from electronics and from outside windows.
- Avoid using electronic devices at least 1 hour before bedtime.
- White noise machines to counteract noise pollution.

Metabolism: Making the Most of Yours

Class agenda

- A. Announcements
- B. Follow up from last week:
 - What was one take home point from last week?
 - Pull out your goal sheet from last week. How did it go?
- C. Discuss the energy balance equation
- D. Discuss factors that affect energy metabolism
- E. Explain why strength training is important for weight loss
- F. Demonstrate exercise band exercises
- G. Goal setting for next week

What did you learn?

Mark your answer to each question below.

1. If energy input is greater than energy output, you will lose weight.
 - a. True
 - b. False
2. Fat tissue is needed for all the following EXCEPT:
 - a. Storage of energy
 - b. Increasing metabolism
 - c. Protection of bones and joints
 - d. Warmth
3. Which of the following has a direct impact on increasing resting metabolic rates?
 - a. Aerobic exercise
 - b. Strength training
 - c. Dieting
 - d. Dieting, aerobic exercise, and strength training

Energy Cost

The energy cost to do an activity is good to know to balance your calorie intake with the calories spent doing the activity. This chart lists some occupational and recreational activities and how much energy or calories are needed for each activity. It is important to note that you can burn calories by doing things other than sports, such as walking up and down stairs instead of using the elevator or escalator, parking the car so that you must walk a longer distance to get where you are going, or moving your body instead of sliding to something in your chair.

The 3 most recommended activities for exercise are walking, jogging, and bicycling. Each has many benefits, can be done many places, and does not require much equipment or a special facility. Find something you like to do and do it. Get active.

Occupational Activities		
Activity	Calories per Minute	Calories per Hour
Auto driving	2-3	120-180
Brick laying	4-5	240-300
Carpentry	5-6	300-360
Chopping wood	4-5	240-300
Desk work	2-3	120-180
Gardening	5-10	300-800
Hoeing	6-7	360-420
Heavy industry	7-12	420-720
Housework	2-7	120-420
Lift 80 pounds	8-10	480-600
Machine repair	3-10	180-600
Mowing lawn	4-7	240-420
Painting	5-6	300-360
Shoveling, wet snow	10-14	600-840
Shoveling, powder snow	7-11	420-660
Truck driving	2-5	120-300
Typing	2-4	120-240
Walking up stairs	7-10	420-600
Walking down stairs	5-6	300-360
Walking 2 mph	2.5	150
Walking 3 mph	3.6	216
Walking 4 mph	5.5	330
Window cleaning	4-5	240-300

Recreational Activities

Activity	Calories per Minute	Calories per Hour
Backpacking	6-13	360-780
Baseball	2-8	120-480
Basketball	5-14	300-840
Bicycling	4-10	240-600
Calisthenics	4-10	240-600
Dancing	4-8	240-600
Fishing	2-7	120-420
Football	7-12	420-720
Golf	3-8	180-480
Handball	10-14	600-840
Horseback riding	4-10	240-800
Running 6 mph	12	720
Running 7 mph	13.8	828
Running 8 mph	16.4	924
Running 9 mph	17	1,020
Sailing	3-6	180-380
Shuffleboard	3-4	180-240
Skating	6-10	360-800
Skiing, water	6-8	360-480
Skiing, downhill	6-10	360-600
Skiing, cross country	7-14	420-840
Soccer	6-14	360-840
Softball	4-7	240-420
Swimming	5-10	300-600
Tennis	5-11	300-660
Volleyball	4-7	240-420

What Is Strength Training?

The terms strength, weight, and resistance training are all used to describe a type of exercise that requires the body's muscles to move or attempt to move against an opposing force, usually presented by some type of equipment. In other words, strength training is forcing a muscle to lift a greater load than it normally does. Weight-lifting can be done using free weights, weight machines, or even your own body weight.

How is strength training beneficial?

Strength training is essential in developing muscular strength and endurance. Every activity, including activities for daily living, requires muscular strength and endurance. Strength training should be an integral part of a fitness routine because it improves muscular fitness and fat-free mass. In addition, strength training has physiological benefits including increasing bone mass and increasing the strength of connective tissue.

Strength training definitions

Repetition – A repetition is 1 complete movement of an exercise. It normally consists of 2 phases: the concentric muscle action or lifting the resistance and the eccentric muscle action or lowering the resistance.

Set – This is a group of repetitions performed continuously without stopping. While a set can be made of any number of repetitions, sets typically range from 10 to 15 repetitions.

Strength – This is the maximal amount of force that a muscle or muscle group can generate in a specified movement pattern at a specified velocity for movement.

Strength training guidelines

American College of Sports Medicine guidelines for a healthy adult:

- Perform a minimum of 8 to 10 separate exercises to train the major muscle groups, i.e., arms, shoulders, chest, back, hips, and legs.
- Perform a minimum of 1 set of 8 to 12 repetitions of each of these exercises to the point of fatigue.
- Perform these exercises 2 to 3 days per week with a day of rest between workouts.
- Adhere as closely as possible to the specific techniques for performing a given exercise.
- Perform every exercise through a full range of motion.
- Perform both the lifting phase and the lowering phase of the resistance exercise in a slow, controlled manner.
- Maintain a normal breathing pattern. Holding your breath during exercise can increase your blood pressure. Exhale with the exertion.
- If possible, exercise with a training partner who can provide feedback, assistance, and motivation.

Proper lifting form

Proper form during strength training is important to reduce your risk of injury and to maximize the results of your training. Remember that it is more important to have proper form than to be able to lift a heavy amount of weight.

- Use good posture.
- Breathe at a normal pace.
- Exhale on the work.
- Use the proper grip on the machines or weights.
- Pause at full flexion.
- Rest 30 to 60 seconds between sets.
- Do not use momentum to lift the weight.
- Focus on the muscle group you are working.
- When using a machine, do not let the weight hit (control).
- Always have tension on the working muscle.
- When performing standing exercises, have your feet shoulder width apart, with soft knees and straight shoulders.
- Do not lock working joints.

Shopping Smart

Class agenda

- A. Announcements
- B. Follow up from last week:
 - What was one take home point from last week?
 - Pull out your goal sheet from last week. How did it go?
- C. Discuss “Winning Strategies for Shopping Smart”
- D. Review label reading and food label terminology
- E. Review what’s new
- F. Goal setting for next week

What did you learn?

Mark your answer to each question below.

1. Which vitamins and minerals are required to be listed on the food label?
 - a. Vitamin B6, folate, magnesium, phosphorus
 - b. Potassium, vitamin D, calcium, iron
 - c. Zinc, potassium, vitamin E, vitamin B12
 - d. Vitamin D, vitamin K, copper, iodine
2. Typically, where in the grocery store would you find less processed foods?
 - a. The middle aisles
 - b. The perimeter
 - c. The parking lot
 - d. At the cash register
3. The term “fat free” also means calorie free
 - a. True
 - b. False

Making Sense Out of Food Labels

Claims on food packages can be confusing. Knowing what is in food may help you to make healthier choices. Reading food labels is the best way to get information about what is in your foods. This can help you make better choices and eat healthier overall.

Nutrition Facts

- 1. Look for the Nutrition Facts on the food label.** The numbers on this illustration match the numbers in the Nutrition Facts section of this handout. Refer to this page as you learn what each item means.
- 2. Serving size:** The amount of food recommended to be eaten at one time. All the following nutrition information is based on this serving size. For instance, if you ate 2 servings, you would need to double the numbers listed below. Also note how many servings are in the entire container to help estimate what 1 serving size looks like.
- 3. Calories:** The average adult needs about 2,000 calories a day from food and beverages. Use this number to help determine if this product fits into your daily eating plan or not. Too many calories each day can lead to weight gain.
- 4. Fat:** Not all fat is created equal. There are 4 types of fat in our foods: saturated fat, trans fat, monounsaturated fat, and polyunsaturated fat. The FDA only requires that food manufacturers list saturated fat and trans fat on their Nutrition Facts labels, but sometimes you might find all 4 types listed.

Nutrition Facts	
6 servings per container	
Serving size	1 cup (140g)
Amount per serving	
Calories	170
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 22g	8%
Dietary Fiber 2g	7%
Total Sugars 16g	
Includes 8g Added Sugars	16%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 1mg	6%
Potassium 240mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

Source: Adapted from U.S. Food and Drug Administration

Too much saturated fat or trans fat in the diet can lead to health problems, such as heart disease or cancer. An average adult following a 2,000-calorie diet should aim to limit total fat to 45 to 75 grams per day (20% to 35% total calories), saturated fat to 11 to 13 grams per day (5% to 6% total calories) and trans fat should be avoided as much as possible. Check the list below to see how much you should have if you eat a different number of calories per day.

If your daily calorie total is:	Your total fat limit per day is:	Your saturated fat limit per day is:
2,000 calories	45 to 75 grams	11 to 13 grams
1,800 calories	40 to 70 grams	10 to 12 grams
1,500 calories	35 to 60 grams	8 to 10 grams
1,200 calories	25 to 45 grams	6 to 8 grams

Note: Although the food label may say the food item has 0 grams of trans fat, it may contain up to 0.5 gram per serving. The best way to check for trans fats is to look at the ingredient list and look for “partially hydrogenated oils.” If you see these words, try to find an alternative product made with different ingredients.

- Cholesterol:** Cholesterol is found in animal products, such as cheese, egg yolks, milk, and butter. Eating too many of these foods can increase your risk for heart disease. Try to limit total cholesterol intake to 300 mg per day. If you are at risk for heart disease or have type 2 diabetes, 200 mg per day is the maximum recommended amount. Plant based foods do not contain any cholesterol.
- Sodium:** Many processed foods contain sodium, which acts as a preservative and adds flavor. Most Americans are eating too much sodium. Keeping your sodium intake low may decrease high blood pressure and lower your risk for stroke, heart disease, and kidney disease. The 2015 Dietary Guidelines for Americans suggests limiting sodium intake to no more than 2,300 mg per day although some older individuals or those with high blood pressure may want to limit this intake even more.
Guideline: Look for foods that have less than 300 mg of sodium per serving. Watch the number of servings of any food you eat.
- Total carbohydrates:** Carbohydrates are in foods like bread, pasta, potatoes, fruits, and vegetables. Some individuals, like those with diabetes, may want to control the amount of carbohydrate that they have with their meals and snacks.
- Dietary fiber:** Fiber is the bulk part of grains, beans, peas, fruits, and vegetables. Fiber helps the body’s digestive system work well and may help lower the risk of some cancers and heart disease. If you want to increase your fiber intake, look for foods with at least 3 grams of fiber per serving.
- Added sugar:** Some sugars are naturally occurring, like those in fruit, and others are added during the processing or packaging of foods. Too many of these “added sugars” can increase your risk for developing diabetes, heart disease, obesity, and other health conditions. Aim to limit added sugar intake to 10% of total calories, or about 30 to 55 grams per day for most people. Make sure to check beverages for added sugar content.
- Protein:** Protein can help to build muscle, help regulate hormones and is involved in immune function. Most individuals should aim for about 60 to 100 grams of protein per day.

11. Vitamins and minerals: Most Americans are not meeting the recommended amount of these nutrients each day. Look for food products that are a good source of these nutrients. Your goal is to reach 100% of each for the day.

12. % Daily Value: Daily values are the percentage of nutrients the product provides based on a diet of 2,000 calories per day. Your nutrient needs may be less or more than the Daily Value depending on your individual health concerns. For certain nutrients, like sodium and added sugar, aim for lower percentages. For other nutrients, like fiber, vitamins, and minerals, aim for 100% a day.

How do I use food labels to figure out what I need?

The table below shows the daily nutrient recommendations based on a range of calorie levels. It shows diets based on calorie levels and gives about the amount of carbohydrates, protein, fat, and saturated fat you might want to eat. **It is important to consult with your doctor before starting a reduced calorie diet. You many have different needs than the ones listed below.**

Recommended Nutrients											
Calories	1,200	1,300	1,400	1,500	1,600	1,700	1,800	1,900	2,000	2,100	2,200
Carbohydrates (g): About 50% of calories	150	163	175	188	200	212	225	238	250	263	275
Protein (g): About 20% of calories	60	65	70	75	80	85	90	95	100	105	110
Fat (g): About 30% of calories	40	43	47	50	53	57	60	63	66	70	73
Saturated fat (g)*: About 7% of calories for good heart health	8	9	10	11	12	13	14	15	16	17	18

*Subtract the saturated fat grams you eat from the total fat grams allowed.

Common food label terms

- **Free:** This term means that a product contains zero or a very small amount of one of the following:
 - **Calorie free:** Less than 5 calories per serving
 - **Sugar free:** Less than 0.5 gram (g) per serving
 - **Fat free:** Less than 0.5 g per serving
 - **Cholesterol free:** 2 milligrams (mg) or less per serving
 - **Sodium free:** Less than 5 mg per serving
 - **No added sugar:** No sugar added during the processing; may still have natural sugars

- **Low:** This term can be used on foods that can be eaten frequently without exceeding dietary guidelines for 1 or more of these components:
 - › **Low fat:** 3 g or less per serving
 - › **Low saturated fat:** 1 g or less per serving
 - › **Low sodium:** 140 mg or less per serving
 - › **Very low sodium:** 35 mg or less per serving
 - › **Low cholesterol:** 20 mg or less and 2 g or less of saturated fat per serving
 - › **Low calorie:** 40 calories or less per serving
 - › **Low sugar:** This term is NOT regulated by the FDA and does not mean low in calories.
- **Lean and extra lean:** These terms are used to describe the fat content of meat, poultry, seafood, and game meats.
 - › **Lean:** Less than 10 g of fat, 4.5 g or less of saturated fat, and less than 95 mg of cholesterol per serving and per 100 g
 - › **Extra lean:** Less than 5 g of fat, less than 2 g saturated fat, and less than 95 mg of cholesterol per servings and per 100 g
 - › **% fat:** Based on percent fat by weight, NOT calories!
- **Diet:** Sugar content has been limited or the product has less salt or fat than the product it is replacing.
- **High:** This term can be used if the food contains 20% or more of the Daily Value for a particular nutrient in a serving.
- **Good source:** This term means that 1 serving of a food contains 10% to 19% of the Daily Value for a particular nutrient.
- **Reduced:** This term means that a nutritionally altered product contains at least 25% less of a nutrient (sodium, cholesterol, fat, calories) than the regular or reference product. However, a reduced claim cannot be made on a product if its reference food already meets the requirement for a “low” claim.
- **Less/fewer:** This term means that a food, whether altered or not, contains 25% less of a nutrient or calories than the reference food.
- **Light:** Beware! This term can be used to describe calorie, texture, or color. For example: light brown sugar.
 - › Contains ½ fewer calories or half the fat of the reference food. If the food derives 50% or more of its calories from fat, the reduction must be 50% of the fat.
 - › “Light in Sodium” may be used on foods in which the sodium content has been reduced by at least 50%.
- **More:** This term means that a serving of food contains a nutrient that is at least 10% of the Daily Value more than the reference food.
- **Fortified, enriched, added, extra, plus:** Same as “more”, but the food must be altered.
- **Unsalted, no added salt:** No salt added during processing.

- **Healthy:** Low in fat and saturated fat and contains limited amounts of cholesterol and sodium. In addition, if it is a single item food. It must provide at least 10% of 1 or more of vitamins A or C, iron, calcium, protein, or fiber. Exempt from this “10%” rule are certain raw, canned, and frozen fruits and vegetables, and certain cereal grain products. If it is a meal type product, such as frozen entrees and multi-course frozen dinners, it must provide 10% of 2 or 3 of these vitamins or minerals, or of protein or fiber, in addition to meeting the other criteria. The sodium content cannot exceed 360 mg per serving for individual foods and 480 mg per serving for meal type products.
- **Fresh:** A food is raw or unprocessed, has never been frozen or heated, and contains no preservatives.

The ingredient list

In addition to the Nutrition Facts Label, look at a product’s ingredient list to help you make better food selections. The ingredient list tells you what is in the food. Manufacturers list ingredients by weight in order of greatest amount to least amount in the food. It is a valuable resource for people with food allergies. Use the table to help you identify ingredients that are high in a nutrient.

Nutrient	Common Ingredients	
Sodium	<ul style="list-style-type: none"> • Baking powder • Baking soda • Monosodium glutamate 	<ul style="list-style-type: none"> • Salt (regular or sea salt) • Sodium
Cholesterol	<ul style="list-style-type: none"> • Any animal fats • High fat products, such as whole milk and cheese 	<ul style="list-style-type: none"> • Lard
Saturated and Trans Fats	<ul style="list-style-type: none"> • Any animal fats except fish • Coconut butter • Coconut oil 	<ul style="list-style-type: none"> • Palm oil • Partially hydrogenated oils
Sugar	<ul style="list-style-type: none"> • Brown sugar • Carob powder • Corn syrup/solids • Dextrin • Dextrose • Fructose • Glucose 	<ul style="list-style-type: none"> • High fructose corn syrup • Honey • Invert sugar • Lactose • Mannose • Molasses • Sucrose
<p>Guideline on a low sugar diet: if the label lists a form of sugar as one of the first 3 ingredients, or if it lists several forms of sugar farther down in the ingredient list, avoid using large amounts of the food product.</p>		

Using Fruits and Vegetables in Season

There is a wide range of fresh fruits and vegetables during the months of May through October. Work these into your meal planning when they are in season since they are less costly and have good nutritional value.

May	Asparagus, broccoli, green onions, peas, and rhubarb
June	Asparagus, beans, broccoli, cabbages, green onions, greens, peas, radishes, rhubarb, and strawberries
July	Beans, beets, broccoli, cabbages, cantaloupe, carrots, celery, cherries, cucumbers, eggplant, grapes, green onions, greens, lettuce, onions, peas, peaches, radishes, summer raspberries, sweet corn, tomatoes, and watermelon
August	Apples, beans, beets, blueberries, cabbages, carrots, cauliflower, celery, cucumbers, eggplant, grapes, green onions, greens, lettuce, onions, parsley, peas, peaches, pears, bell peppers, potatoes, radishes, squash, sweet corn, tomatoes, turnips, and watermelon
September	Apples, beets, blueberries, broccoli, cabbages, cantaloupe, carrots, cauliflower, celery, cucumbers, green onions, greens, lettuce, onions, parsley, peas, peaches, pears, bell peppers, plums, potatoes, pumpkins, radishes, red raspberries, squash, tomatoes, turnips, and watermelon
October	Apples, broccoli, cabbages, carrots, cauliflower, parsley, peas, pears, potatoes, pumpkins, red raspberries, and turnips

Tips for Eating More Fruits and Vegetables

Why is including more fruits and vegetables in my diet important?

Fruits and vegetables are full of essential vitamins, minerals, antioxidants, and fiber that may help protect you from chronic diseases. People who eat more fruits and vegetables have lower risks for chronic diseases, such as high blood pressure, diabetes, and heart disease.

Also, fruits and vegetables are low in calories and high in fiber. Substituting fruits and vegetables for higher calorie foods can be a part of a weight loss plan.

How many fruits and vegetables should I eat?

Fruit

Aim for **2 to 4 servings** of fruit each day.

1 serving of fruit =

- 1 cup fresh melon, raspberries, or strawberries
- $\frac{3}{4}$ cup fresh pineapple, blueberries, or blackberries
- $\frac{1}{2}$ cup fresh grapes
- 1 small fresh fruit, such as an apple, orange, kiwi, or nectarine
- 1 medium peach
- $\frac{1}{2}$ of a large piece of fruit, such as banana, grapefruit, pear, or mango
- 2 tablespoons dried fruit
- $\frac{1}{2}$ cup (4 ounces) fruit juice with no sugar added – be careful to not drink too much or too often as fruit juice has as much sugar as soda pop or soft drinks!



Vegetables

Aim for **3 to 5 servings** of vegetables each day. Choose non-starchy vegetables more often.

Examples of starchy vegetables include potatoes, beans, corn, and peas.

Examples of non-starchy vegetables include:

- Artichoke
- Asparagus
- Bean sprouts
- Beets
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Cucumber
- Green or yellow beans
- Leafy greens like spinach, romaine, kale, bok choy, Swiss chard, mustard greens
- Mushrooms
- Onions
- Peppers
- Radishes
- Snow peas
- Sugar snap peas
- Tomatoes
- Turnips
- Yellow squash
- Zucchini



1 serving of vegetables =

- 1 cup raw vegetables
- ½ cup cooked vegetables
- 2 cups raw leafy greens
- 1 cup cooked leafy greens
- ½ cup vegetable juice

Tip: An easy way to eat enough fruits and vegetables each day is to fill half of your plate with fruits and vegetables at mealtimes.

Choose fruits and vegetables of different colors



To get a healthy variety, think color. There are 5 colors of fruits and vegetables: white, red, yellow/orange, blue/purple, and green. Each color offers different nutrients. If you include fruits and vegetables of different colors in your diet, you are more likely to have complete nutrition. For more variety, try new fruits and vegetables often.

Ways to increase fruits and vegetables in your diet

- Store ready to eat, cut up fruits and vegetables in clear containers at eye level in your refrigerator. They will be the first thing you see and eat.
- Stock your refrigerator, freezer, and pantry with fruits and vegetables. Fresh is often best, but frozen, canned, and dried varieties can be healthy and convenient.
 - **Frozen** fruits and vegetables are harvested at peak ripeness and frozen right away. They are just as healthy as fresh, but can last 3 months or more!
 - **Canned** vegetables can be high in salt, so look for versions that say, “low sodium” or “no salt added.” This is very important if you have high blood pressure or heart failure. When shopping for canned fruit, avoid fruit canned in heavy syrup. Look for fruit in its own juice instead for fewer calories.
 - **Dried** fruits, vegetables, and beans are great options. Try to get dried foods with only 1 ingredient: the fruit or vegetable itself!
- Buy precut or prepared fruits and vegetables to decrease your work. For example, bagged lettuce mixes and precut fresh fruits and vegetables. If you are on a budget, it is often cheaper to buy whole and do the preparation yourself. Another tip is to buy produce that’s in season to get the best deal.
- Make the effort to have fruits and/or vegetables at every meal!

Easy and healthy preparation methods

- Use a microwave oven to shorten the time for cooking potatoes or frozen vegetables. You can easily steam vegetables in the microwave in just a few minutes.
- Create a meatless meal using fruits and vegetables. Grilled portabella mushrooms and eggplant are good options. Also, beans and lentils provide protein. Fresh or grilled fruit with yogurt dip is a tasty addition.
- Grilling and roasting brings out great flavor in vegetables. Try green beans, beets, potatoes, peppers, zucchini, cauliflower, carrots, onions, asparagus, and Brussels sprouts. The possibilities are endless!

To roast vegetables:

1. Preheat oven to 400 degrees F.
2. Wash and dry vegetables.
3. Cut into pieces that are roughly the same size.
4. Coat a baking sheet and vegetables with a small amount of oil or cooking spray. Add seasonings if desired, such as garlic powder, onion powder, paprika, black pepper, rosemary, thyme, or lemon juice. Mix different seasonings together to find a flavor you like. Seasonings can be added before or after cooking.
5. Place in oven.
6. Cooking times will vary for different vegetables. Vegetables are done when they are crisp. Check on your vegetables every 20 minutes and taste to determine the doneness you prefer.

For more information

Visit these websites for more information about fruits and vegetables.

- Have a Plant at fruitsandveggies.org
- USDA, MyPlate at myplate.gov
- USDA, Seasonal Produce Guide at snaped.fns.usda.gov/seasonal-produce-guide



Grocery Store Tour

Class agenda

- A. Announcements
- B. Follow up from last week:
 - What was one take home point from last week?
 - Pull out your goal sheet from last week. How did it go?
- C. Yogurt section
- D. Cheese section
- E. Butter/margarine section
- F. Milk section
- G. Meat/fish/ham section
- H. Luncheon meat section
- I. Fruit juice section
- J. Bread section
- K. Soy/tofu section
- L. Produce section
- M. Goal setting for next week

Grocery Store Tour

Yogurt

- **Lite yogurts** are the best option. They are made with a sugar substitute and are low fat making them low in calories (80 to 100 calories for 6 oz).
- Another option is to buy a container of the **plain low fat yogurt** and add your fresh fruit to an 8 oz serving.

Cheese

Pre-packaged slices of cheese come in 3 varieties:

- Regular (made with whole milk)
- 2% (made with 2% milk)
- Fat free (made with skim milk)

For each step down you will save about 20 calories per slice.

String cheese is a great snack and comes in a few varieties:

- Regular (made with whole milk)
- 2% (made with 2% milk)

Some brands have a “reduced fat or light” version, but they are usually just smaller portions.

Cottage cheese also has a few varieties:

- Cottage cheese (made with 4% milk fat), red container
- Low fat cottage cheese (made with 2% milk fat), purple container
- Fat free cottage cheese, green container

Recipe idea: sour cream

You can use fat free cottage cheese to make your own low fat, high protein sour cream. Blend 1 cup low fat or fat free cottage cheese until smooth and add 1 tablespoon lemon juice or to taste.

For 1 cup low fat recipe:

Calories: 200

Calories from fat: 50

Protein: 28 g

Calcium: 200 mg

For 1 cup fat free recipe:

Calories: 160

Calories from fat: 0

Protein: 28 g

Calcium: 200 mg

Butter and margarine

- There are light versions of butter and margarine.
- All food labels must include trans fat on the label.
- Some brands with low or no trans fats (but they still have calories) include Benecol, Fleischmann’s, Smart Balance, and Take Control.
- Try the spray butters. They have extremely low calories. They are basically butter flavored water. They add great taste without the calories and are great on cooked vegetables.

Milk

There are many different varieties of milk such as:

- Whole milk (8 g of fat in 8 oz) – red cap
- 2% reduced fat milk (5 g of fat in 8 oz) – dark blue cap
- 1% low fat milk (2.5 g of fat in 8 oz) – green or yellow cap
- Fat free (skim) milk (0 g of fat in 8 oz) – light blue cap
- Fat free plus (0 g of fat in 8 oz) has the look and mouth feel of 2% reduced fat milk without the fat and calories – orange cap

* Watch out for flavored milks. They have extra sugar added, which means extra calories.

Meat, fish, and ham

Make sure to read food labels, paying special attention to fat, calories, and calories from fat.

Ground turkey or chicken:

- Ground “breast of turkey” is made from all white meat and is very lean.
- Ground turkey includes dark and light meat and sometimes skin ground in with it, making it higher in fat and calories.
- Ground chicken includes light and dark meat, has skin on it, and has about the same amount of fat as ground beef.

Ground beef:

- Leanest types of ground beef are sirloin and round.
- Pay attention to the percent of calories from fat.

Fish:

- Fish are all very lean.
- Darker colored fish (salmon and tuna) have a higher level of omega-3 fatty acids, which are heart healthy fats.
- Imitation crab and scallops are lean also, but pay attention to the level of sodium.

Ham:

- Ham is very lean meat, but it is very high in sodium.
- Just be mindful of how often you are having it, and do not pair it with other high sodium foods.
- Canadian bacon is a great alternative to regular bacon!

Luncheon meats:

- All lunch meats are high in sodium, even the meat fresh from the deli.
- Low fat varieties are available, but most luncheon meats are already low fat.

Bread

- Make sure to pay attention to portion size, calories, and fiber.
- Foods with 3 grams of fiber or more per serving are considered good sources.
- Lite bread, buns, and English muffins are available. All have increased fiber, and you save on calories.
- Mini bagels are a great choice. One is about equal to 1 starch serving.

Recipe idea: healthy homemade breakfast sandwich

1 Thomas' lite whole wheat English muffin toasted with spray butter

¼ cup Egg Beaters or 1 egg

1 slice Canadian bacon

1 slice of fat free cheese

Assemble and enjoy!

Homemade:

Calories: 221

Calories from fat: 45

Protein: 26 g

Calcium: 8 mg

McDonald's:

Calories: 300

Calories from fat: 108

Protein: 17 g

Calcium: 2 mg

Produce

- Fresh is always best.
- Pre-packaged salads, veggies, and fruits are available and save on time.
- Fruits and vegetables that are in season are usually cheaper.
- Soy products are also available in this section:
 - Vegetarian does not always mean low calorie.
 - Another option for cheese is veggie cheese.
 - Soy milk tends to be sweeter than regular milk. Light versions will have less sugar.

Sugar Substitutes

Sugar substitutes are also called **artificial sweeteners**. They are sweet like sugar, but with fewer calories. Many people use sweeteners to lower calories in their diet while others may use them to help manage their blood sugar to better control diabetes.

Sweeteners are used in many diet and “no sugar added” products. You can buy sweeteners at the grocery store or online. They can be used in cooking or baking in place of sugar, but this may change the end product, especially where sugar gives structure. Follow the directions on a sweetener’s packaging to substitute the sweetener for sugar in recipes. It usually takes a smaller amount of the sweetener to have the same sweetness as sugar.

Which sweetener you choose to use may depend on cost, availability, and your personal taste.

Safety and health concerns

Sweeteners on the market in the United States have not been shown to cause cancer or other diseases in humans. They are approved by the FDA for use in foods and drinks in amounts deemed to be safe to eat or drink.

Although sweeteners are considered safe, we may not fully understand their long-term effects on our health. As such, **sweeteners should be used in moderation**.

Acceptable Daily Intake (ADI)

The FDA has established an ADI for each artificial sweetener. **This is the most that the FDA believes can be safely consumed each day over a lifetime. This amount is well below the amount that would cause a health risk.** The ADI is listed in units of milligrams (mg) per kilogram (kg) of body weight. 1 kilogram = about 2.2 pounds.

Common artificial sweeteners

The ADI examples for each sweetener below are based on the body weight of a 132-pound (60 kg) person.

Acesulfame Potassium (Ace K), also known as Sweet One and Sunett

- 200 times sweeter than sugar.
- Does not lose sweetness when heated. Good for cooking and baking.
- Acceptable Daily Intake (ADI) = 15 mg/kg or about 23 packets of Sunett

Aspartame, also known as Equal, NutraSweet, and Sugar Twin

- 200 times sweeter than sugar.
- Contains calories but much less than sugar.
- Loses sweetness with cooking.
- Often seen in small **blue packets**.
- One of the most exhaustively studied substances in the human food supply, with more than 100 studies supporting its safety.
- This product is not safe for people who have the rare hereditary disease phenylketonuria (PKU) because it contains phenylalanine.
- Acceptable Daily Intake (ADI) = 50 mg/kg or about 75 packets of Equal

Saccharin, also known as Sweet 'N Low, Necta Sweet, and Sweet Twin

- 200 to 700 times sweeter than sugar.
- Can be used in cooking and baking without losing sweetness.
- Often seen in small **pink packets**.
- Acceptable Daily Intake (ADI) = 15 mg/kg or about 45 packets of Sweet 'N Low

Steviol glycosides, also known as Truvia, PureVia, and Enliten

- 200 to 400 times sweeter than sugar.
- Good for baking.
- Avoid pure stevia leaves and crude stevia extracts since these aren't generally recognized as safe.
- Acceptable Daily Intake (ADI) = 4 mg/kg or about 9 packets of Truvia

Sucralose, also known as Splenda

- 600 times sweeter than sugar.
- Can be used in cooking and baking without losing sweetness.
- Often seen in small **yellow packets**.
- Acceptable Daily Intake (ADI) = 5 mg/kg or about 23 packets of Splenda

Luo han guo fruit extracts, also known as monk fruit, Nectresse, PureLo, and Siratia grosvenorii Swingle

- 100 to 250 times sweeter than sugar.
- Can be used in cooking and baking without losing sweetness.
- Acceptable Daily Intake (ADI) has not been set as it is considered very safe.

Sugar alcohols, examples include sorbitol, xylitol, etc.

- A quarter ($\frac{1}{4}$) to the same amount of sweetness as sugar.
- Can be used in cooking and baking without losing sweetness.
- Provide fewer calories than sugar and produce a smaller change in blood sugar compared to other carbohydrates.
- Can produce abdominal gas, bloating, and diarrhea in some people. If you have these symptoms, keep track of the amount of sugar alcohols in your foods and drinks.
- Acceptable Daily Intake (ADI) has not been set as these are considered very safe.

Comparing Ground Beef and Ground Turkey

Ground beef: 3-ounce cooked servings

	Total Calories	Calories from Fat	% Calories from Fat
80% lean, 20% fat	240	153	63%
93% lean, 7% fat	170	72	42%
96% lean, 4% fat	140	40.5	29%

Ground turkey: 3-ounce cooked servings

	Total Calories	Calories from Fat	% Calories from Fat
85% lean, 15% fat	240	150	63%
93% lean, 7% fat	160	70	44%
99% fat free	120	5	4%

*Remember: The % lean and % fat are based on the weight that each of these contributes to the overall weight of the product, not the calories.

Conventional vs. Organic Foods

The word “organic” refers to the way farmers grow and process agricultural products, such as fruits, vegetables, grains, dairy products, and meat. Organic farming practices are designed to encourage soil and water conservation and reduce pollution.

Conventional vs. organic farming

Conventional	Organic
Apply chemical fertilizers to promote plant growth.	Apply natural fertilizers, such as manure or compost, to feed soil and plants.
Spray insecticides to reduce pests and disease.	Use beneficial insects and birds, mating disruption, or traps to reduce pests and disease.
Use chemical herbicides to manage weeds.	Rotate crops, till, hand weed, or mulch to manage weeds.
Give animals antibiotics, growth hormones, and medicines to prevent disease and spur growth.	Give animals organic feed and allow them access to the outdoors. Use preventive measures — such as rotational grazing, a balanced diet, and clean housing — to help minimize disease.

Check the label

The U.S. Department of Agriculture (USDA) has established an organic certification program that requires all organic foods to meet strict government standards. These standards regulate how such foods are grown, handled, and processed. Any farmer or food manufacturer who labels and sells a product as organic must be USDA certified as meeting these standards. Only producers who sell less than \$5,000 a year in organic foods are exempt from this certification; however, they must follow the same government standards to label their foods as organic.

If a food bears a USDA Organic label, it means it is produced and processed according to the USDA standards and that at least 95% of the food’s ingredients are organically produced. The seal is voluntary, but many organic producers use it.



Products that are completely organic — such as fruits, vegetables, eggs, or other single ingredient foods — are labeled 100% organic and can carry a small USDA seal. Foods that have more than 1 ingredient, such as breakfast cereal, can use the USDA organic seal or the following wording on their package labels, depending on the number of organic ingredients:

- **100% organic:** Products are completely organic or made of all organic ingredients.
- **Organic:** Products are at least 95% organic.
- **Made with organic ingredients:** Products contain at least 70% organic ingredients. The organic seal cannot be used on these packages.

Foods containing less than 70% organic ingredients cannot use the organic seal or the word “organic” on their product label. They can include the organic items in their ingredient list, however.

Buying tips

Whether you are buying organic foods, or you just want to shop wisely and handle your food safely, consider these tips:

- **Buy fruits and vegetables in season to ensure the highest quality.** Also, try to buy your produce the day it is delivered to market to ensure that you are buying the freshest food possible. Ask your grocer what day new produce arrives.
- **Read food labels carefully.** Just because a product says it is organic or contains organic ingredients does not necessarily mean it is a healthier alternative. Some organic products may still be high in sugar, salt, fat, or calories.
- **Do not confuse natural foods with organic foods.** Only those products with the “USDA Organic” label have met USDA standards.
- **Wash all fresh fruits and vegetables thoroughly with running water to reduce the amount of dirt and bacteria.** If appropriate, use a small scrub brush — for example, before eating apples, potatoes, cucumbers, or other produce of which you eat the outer skin.
- **If you are concerned about pesticides, peel your fruits and vegetables and trim outer leaves of leafy vegetables in addition to washing them thoroughly.** Keep in mind that peeling your fruits and vegetables may also reduce the amount of nutrients and fiber. Some pesticide residue also collects in fat, so remove fat from meat and the skin from poultry and fish.



Exercise FAQs

Class agenda

- A. Announcements
- B. Follow up from last week:
 - What was one take home point from last week?
 - Pull out your goal sheet from last week. How did it go?
- C. Discuss tips for choosing athletic shoes and shoe-lacing techniques
- D. Discuss wet foot test
- E. Review “Guidelines for Purchasing Home Equipment”
- F. Goal setting for next week

What did you learn?

Mark your answer to each question below.

1. Do not make shoes multi-task. You should purchase shoes designed for the specific exercise that you will be doing.
 - a. True
 - b. False
2. Some of the features to look for when purchasing equipment include:
 - Weight capacity of equipment
 - Motor horsepower
 - Service availability
 - a. True
 - b. False
3. Identify one shoe-lacing technique used to alleviate foot problems.
4. Record your foot type as determined by the “wet foot” test.
5. Identify 1 tool of recovery that works best for you.
6. When should you not use a tool of recovery?
 - a. When you are sore.
 - b. When you have a bruise.
 - c. When you have a knot in your muscle.
 - d. After a workout.

Choosing Exercise Shoes

10 tips for choosing athletic shoes

Exercise shoes affect your whole body, from your ankles, shins, and knees to your back and hips. Great footwear will go a long way toward keeping you free from injury. Follow these tips for choosing good athletic shoes that fit well or visit your local athletic shoe store for a fitting.

1. Pick the right shoe for the right activity.

- Walking shoes are aimed at more serious walkers. These are more flexible, especially at the toes. It is best to have a slightly undercut heel to aid walking technique. They should only be used for walking, as they are not suitable for running.
- Cross country (trail) shoes have more grip and stability for use on surfaces off the road (or treadmill). They generally weigh more too.
- Running shoes are the most common type of shoe you will come across. It is fine to run and walk in these.

2. Measure your foot often.

- It is a myth that foot size does not change in adults. Sizes also vary between brands, so go by what fits, not by what size the shoe is. Measure your foot while standing.

3. Shop toward the end of the day.

- Feet swell over the course of the day. They also expand while you run or walk, so shoes should fit your feet when they are at their largest.

4. Bring your own socks, the ones you wear while running or walking.

- If you wear orthotics, bring those too. Shoes need to fit with the orthotic inside.

5. Do not believe in breaking in.

- Running and walking shoes should feel comfortable right away. Try on both shoes and walk or run around the store a bit to make sure they feel good in action.

6. Use the rule of thumb.

- There should be about $\frac{3}{8}$ to $\frac{1}{2}$ inch between the front of your big toe and the end of the shoe, about a thumb's width. The heel should fit relatively tightly. Your heel should not slip out when you walk. The upper part of the shoe, which goes over the top of your foot, should be snug and secure, and not too tight anywhere. The American Academy of Orthopaedic Surgeons writes that when fitting into an athletic shoe, you should be able to freely wiggle all your toes when the shoe is on.

7. Understand the bells and whistles.

- Clear inserts, filled with gel, Freon or air, provide extra shock absorption. These features are especially good for people who tend to get heel pain and not so good for people whose ankles twist easily as shoes with extra cushioning tend to provide less traction. Some shoes allow you to pump up the tongue, which lets people with hard to fit feet get a better fit.

8. Do not over or under pay.




- Good quality running and walking shoes can be fairly pricey, but they are worth it. There are excellent shoes available under \$120.00. Shoes that cost more will not last longer, but they may be more comfortable. You will pay more for fashionable or celebrity styles. Talk to the sales staff about your exercise goals and any issues you have with your feet, and they can direct you to good running or walking shoes at your price point.

9. Know when to replace them.

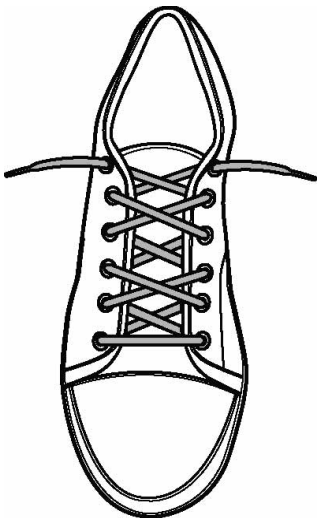
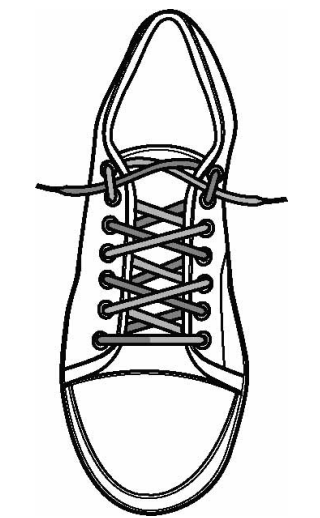
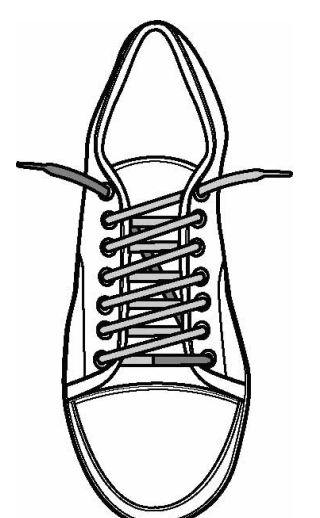
- The average pair of running shoes should be replaced after about 350 to 400 miles of use. Decide based on how your shoes look and feel. Once the back of the sole is worn out, or the shoe feels uncomfortable or less supportive, it is time to replace those shoes.

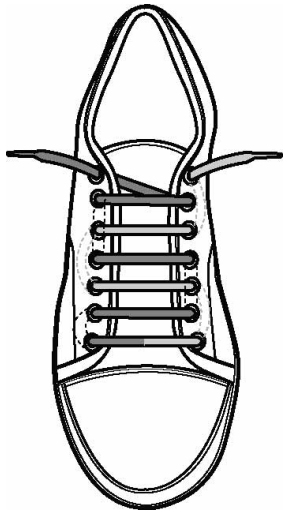
10. Know your feet.

- Feet come in a variety of shapes and knowing your foot's particular quirks is the key to selecting the right pair of shoes. Most major brands now offer a model to suit every foot type.
- One way to determine your foot's shape is to do a "wet foot test." Wet your foot, step on a piece of brown paper or a paper towel, and trace your footprint.

 A black silhouette of a footprint showing a very wide, flat shape with a thick, continuous connection between the heel and the toes.	<p>Flat Feet (Over Pronation): Your wet foot shape will show your whole foot (the connection between heel and toes will be the whole width or even wider than your foot). Your feet roll inward. Your shoes show the most wear in the inside edge. Over pronation can create extra wear on the outside heel and inside forefoot. Look for a shoe with good stability and maximum support.</p>
 A black silhouette of a footprint showing a very narrow, thin connection between the heel and the toes, with a distinct gap in the middle.	<p>High Arched Feet (Supination): Your wet foot shape will have a very thin connection between heel and toes. Your feet roll outward. Supination causes wear on the outer edge of the heel and the little toe. Look for a cushioned shoe that is flexible with a soft mid-sole.</p>
 A black silhouette of a footprint showing a moderate, curved connection between the heel and the toes, neither as wide as flat feet nor as thin as high arched feet.	<p>Neutral Feet: Your wet foot shape will have a connection between your heel and toes which is about half the width of your foot. It is neither one of the above extremes. You are lucky because you have the most choice! Look for a shoe that has a combination of cushioning and support, but not too much of either.</p>

Shoe-lacing techniques for common foot problems

	<p>If you have no problems, use a regular lacing style that goes back and forth in a crisscross or diagonal pattern.</p>
	<p>If you have heel slippage, crisscross your laces normally. When you reach the top 2 sets of holes, called eyelets, form a “lace lock.” Come up through the lower eyelet then thread the shoelace down through the top eyelet on the same side, making a loop. Repeat on the other side. Next, cross the laces, pulling the ends of the shoelaces through the loops. Tighten and tie the shoelaces for a good fit.</p>
	<p>If you have toe problems like hammer toes, corns, or nail problems, lace your shoes to ease pressure.</p> <p>Start one end of the shoelace at the top eyelet on the outside of the shoe, and then pull the shoelace through the bottom eyelet on the other side. String the shoelace in a zigzag pattern across each set of eyelets to the top of the shoe. Tie the shoelaces.</p>



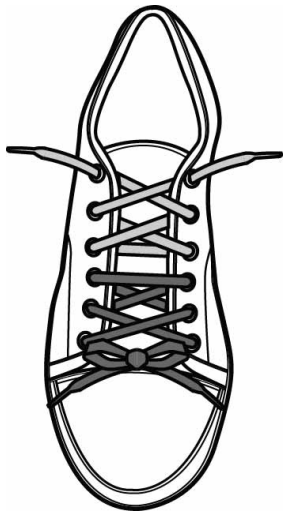
If you have a high arch, lace your shoe so that the shoelace travels in a straight line from eyelet to eyelet. By avoiding the crisscross, you remove pressure points on the tongue of the shoe, which often causes pain to the top of the foot.

Start by taking the ends of the shoelaces down through the eyelets closest to the toes.

Next, bring one end of the lace up through the next eyelet on the same side then straight across and down through the second eyelet on the other side.

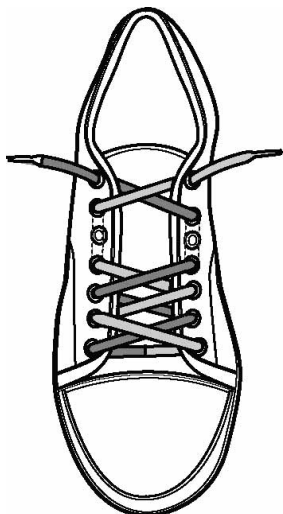
Then, bring the other shoelace up through the third eyelet, straight across, and down through the next eyelet open on the other side.

Continue to bring the shoelace up through an eyelet, skipping an eyelet hole on the same side, while you bring the shoelace straight across and down, until the last set of eyelets. Tie the shoelaces.



If you have a narrow heel and/or wide forefoot use 2 sets of short shoelaces, one to lace from the middle toward the toes and the other from the middle toward the ankle.

For a good heel fit with no slippage, use the “lace lock” technique at the top eyelets. See “heel slippage” on the previous page for more information.



If you have pain on the top of your feet, leave a space in the lacing to remove pressure.

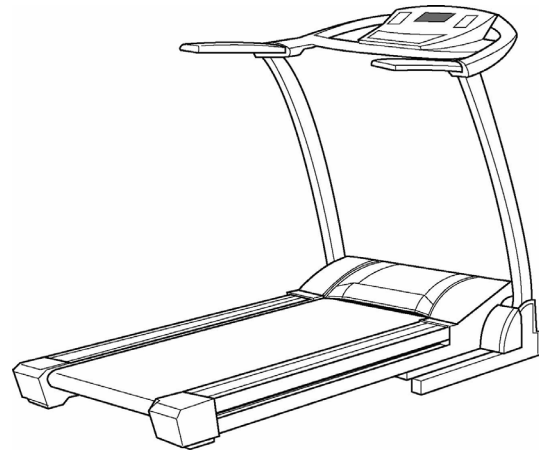
Start at the bottom and lace in a normal pattern to the point of pain. Then skip one eyelet and bring the shoelace up on the same side. Crisscross the laces through the last eyelets at the top of the shoe. Tie the shoelaces.

Guidelines for Purchasing Home Equipment

Treadmills

Treadmill features to compare:

- **Motor horsepower:** Important for determining how much power there is for the kind of workouts you do. Higher horsepower equals better performance at high speeds and longer life. Some models may be manual, with no treadmill motor at all.
- **Folding or non-folding:** The best foldable treadmills are found in the \$1,000 to \$2,000 price range. Compare models with power-fold technology that let you fold the machine with the push of a button.
- **Workout programs:** These are pre-programmed to give you workouts that target a specific heart rate, mimic sprints, runs, cross-training, or even types of terrain.
- **Running surface:** Compare the width and length of the actual treadmill running surface. Is there ample room for stride length and body type?
- **LED/LCD display:** Is the display dot matrix, LED, or LCD? Which is better for your lighting conditions and the kinds of read out you need?
- **Weight capacity:** How much body weight is the treadmill designed for to perform well?
- **Power incline/manual adjustment:** Which type does the machine have, and what is the incline range in percentages?
- **Heart rate monitor/control:** How is the pulse rate measured, such as a wireless chest strap or a pulse grip read out in the handlebars?
- **Warranty:** Which treadmill parts are covered and for how long? Does the warranty include labor and for how long?
- **Service availability:** Does someone come to your home that day or do you have to schedule an appointment for 2 to 6 weeks later?
- **Dimensions:** Will it fit in the space you have available?
- **Gimmicks:** A growing number of treadmills load the console with gadgets such as fans and touchscreens. Do you need these and at what cost?



Treadmill pricing:

- **Basic treadmills:** Price range: \$300 to \$1,000. These are fine for strictly walking and typically include a 10-mph top speed; a 10% maximum incline; a display for speed, distance, time, and calories; a shelf and water bottle holders; and a folding deck.

- **Mid-range treadmills:** Price range: \$1,100 to \$2,500. These are superior construction to basic models, making them better suited for walking and occasional running. They include the same features as basic treadmills, plus a heart rate monitor and exercise programs.
- **High end treadmills:** Price range: \$2,600 to \$5,000. These are best for frequent running and typically have the same features as midrange machines, plus a sturdier deck and frame, and a more powerful motor for frequent long, fast running. Most lack a folding deck, however.

Best buy – treadmills:

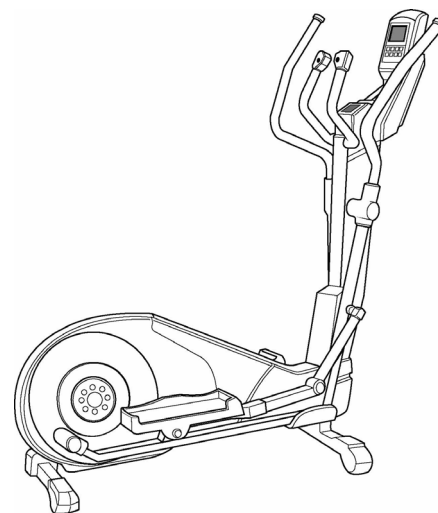
When considering what constitutes a “Best Buy” rating for a treadmill, you must factor in more than just the machine itself. Ratings should look at the entire package and be based on:

- Product quality
- Treadmill performance
- Company reputation
- Product warranty (parts and service)
- Customer feedback

Elliptical machines

When shopping for an elliptical, consider:

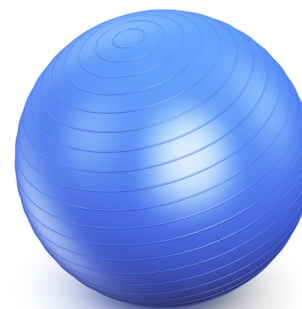
- Overall design and engineering
- The quality of the components
- The extent of the warranty
- The customer service reputation of the manufacturer



Exercise balls

Exercise ball size recommendations based on user’s height:

Recommended ball size	Your height
45 cm	4’7” to 5’0”
55 cm	5’1” to 5’6”
65 cm	5’7” to 6’1”
75 cm	6’2” to 6’8”
85 cm	6’9” and above



If you are on the borderline of moving up to the larger size based on your height, get the larger ball. Keep the ball a little under inflated for a more comfortable workout. Look for companies that sell burst resistant balls that often hold 600+ pounds.

What Is Exercise Recovery?

Exercise recovery is a method to manage pain and discomfort. Some of the more common areas that it can benefit include the neck, shoulders, arms, lower back, hips, thighs, and calves. It involves applying pressure to tight or sore areas to help the muscles relax. With each method, the process can take a few minutes to feel relief, and you may feel sore or tender in the area afterward.

Examples include:

- **Massage therapy:** a healthcare provider like a physical therapist or massage therapist will knead or massage the muscles and fascia (the layer of connective tissue that surrounds all cells, nerves, joints, and organs in your body) to work out knots. There are different types of massage therapy. The most popular include Swedish, deep tissue, trigger point, and self-massage.
- **Tools of recovery:** There are a variety of self-massage tools available to relieve tightness and pain. Some options are discussed later in this handout.
- **Cold or heat therapy:** This involves applying items like ice packs, frozen water bottles, and heating pads to sore or tight muscles to reduce pain and discomfort. Cold therapy can reduce inflammation and swelling. Heat therapy can improve blood flow. Alternating cold and heat therapy may help reduce soreness.

If while using any of these methods, you feel a sharp, shooting pain, stop and contact your healthcare provider.

Benefits of exercise recovery

- Improves flexibility and range of motion.
- Helps tissue to recover by improving the circulation of oxygen-rich blood to the affected area.
- Helps you to relax by easing knots, tension, and stress.

Precautions

Talk to your provider about the best options for your recovery if you have any of the below conditions. For example, you may be told to avoid some methods if you are taking blood thinners (anticoagulants or antiplatelets). Talk to your provider if you:

- Take blood thinners
- Have a fever or contagious disease
- Have a metabolic condition
- Have a bleeding disorder
- Have tumors
- Have arthritis
- Have weak or broken bones or fractures
- Have deep vein issues
- Have cuts, bruises, or skin abrasions, such as from a wound or surgery

Where to start

- Find the source of your tightness or pain.
- Use a tool of recovery on the tender area, staying in the area for as long as it takes to loosen the knot or tension. This may take several seconds or minutes. Be intentional and patient.
- As you work on the location of the pain, you may find that surrounding areas may loosen up or begin to improve as well.

Tools of recovery

Follow the instructions that come with the tool or from your provider for more information. You can also search for instructional videos online. Common tools include:

- Foam rollers
- Stick rollers
- Massage balls
- Thera Cane®
- Massage guns

Foam Rollers

- There are different sizes and levels of firmness.
- Some have ridges that mimic a massage therapist's fingers.
- **How to use:** Lay on your back or side and place the foam roller under the muscle group you want to massage. Roll up and down the length of the muscle for 30 seconds. Avoid rolling over joints. Remember to breathe.



Stick Rollers

- They are a smaller, handheld version of the foam roller.
- Some have ridges to use for pressure points.
- This tool may be easier to use, as you do not have to get on the ground to use it, and it is easier to control how much pressure you apply.
- **How to use:** Roll the tool up and down the length of the muscle for 30 seconds, using your hands to apply pressure with the tool. Avoid rolling over joints. Remember to breathe.



Massage Balls

- Massage balls are used to apply pressure to muscles. They are perfect for putting between your back and the wall to massage hard to reach areas of the back. They also can be used for the buttocks and feet.
- They can vary in firmness. Some heat and vibrate. Some can be put in the freezer to use while cold. Some are smooth, and some have ridges.
- A tennis ball can be used. It is a great place to start since it is soft.
- A lacrosse ball can be used. It is very firm, but it can get out the toughest knots.
- **How to use:** Place the body part needing massage on the ball and apply pressure while moving in a circular motion.



Thera Cane®

- It has an ergonomic design for easy use. It is great for reaching muscles of the back and shoulder.
- The balls on the tool make it easy to apply pressure to trigger points.
- **How to use:** Refer to the instructions that come with the tool or ask your provider for help.



Massage Guns

- There are many brands at different price points.
- Most come with attachments that are used for different areas of the body.
- When selecting a tool, look at: how deeply it will penetrate the muscle, how fast it will drum your muscles, and how much you can push it into the muscle before it shuts off.
- **How to use:** Refer to the instructions that come with the tool or ask your provider for help.



Taming Your Triggers

Class agenda

- A. Announcements
- B. Follow up from last week:
 - What was one take home point from last week?
 - Pull out your goal sheet from last week. How did it go?
- C. Distinguish physical hunger from other types of eating triggers
- D. Understand ways to tame triggers
- E. Understand the hunger-fullness scale and its importance to food triggers
- F. Develop alternative strategies for managing personal eating triggers
- G. Goal setting for next week

What did you learn?

Mark your answer to each question below.

1. Which of the following are examples of non-hunger cues for eating?
 - a. Sight and smell triggers
 - b. Internal and external triggers
 - c. Emotional and psychological triggers
 - d. All the above
2. The tool used for measuring one's hunger and satiety level from 1 to 10 is called:
 - a. Exchange system
 - b. Hunger fullness scale
 - c. Food journal
3. Identifying non-hunger triggers is an important first step for taming your triggers.
 - a. True
 - b. False
4. It may take several strategies to control one eating trigger.
 - a. True
 - b. False

Eating Triggers

A trigger is anything that initiates a reaction or a series of reactions. There are 4 broad categories of eating triggers:

- **Physical triggers:** These are the signals your body sends to indicate that energy is needed. These are signs of true hunger.
- **Food triggers:** These are related to a specific food that causes overeating, not to be confused with favorite foods or food cravings. It is a food that you eat until it is gone regardless of mood, time of day, or place.
- **Emotional triggers:** These are feelings, good or bad, that lead to overeating. When dealing with an emotional trigger it is not a specific food that is eaten, but rather any available food will do.
- **Situational triggers:** These are specific locations, people, events, or times of day that lead to overeating. These triggers do not relate to a specific feeling or specific food available.

Remember the 5 D's when dealing with triggers

- **Delay** your response to give yourself time to identify your trigger.
- **Determine** what is going on. Use the hunger fullness scale.
1 2 3 4 5 6 7 8 9 10
Starving **Satisfied** Food coma
- **Distract** yourself for 10 minutes.
- **Distance** yourself physically from the temptation.
- **Decide** how you are going to handle the trigger.

Find your eating triggers

Directions: In the below table, rate each statement 1 to 3 where:

3 = The statement is **always true** for you

2 = It is **sometimes true** for you

1 = It is **never true** for you

Even if I am not hungry, I am tempted to eat when:	Rating
1. I am around others who are eating.	_____ (p)
2. I am on vacation or during holidays.	_____ (e)
3. I am near food stores, restaurants, or counters (e.g., bakeries, delis, hot dog or popcorn stands, cookie or ice cream stores, food machines at work, etc.).	_____ (s)
4. I am reading or watching TV.	_____ (a)
5. I am feeling fatigued.	_____ (f)
6. I am entertaining or celebrating (e.g. birthdays, anniversaries, etc.).	_____ (e)
7. I first get home from work.	_____ (t)
8. I see food in my house.	_____ (s)
9. I am traveling (e.g., in a car, on an airplane, etc.).	_____ (a)
10. I am feeling, lonely, bored, or upset.	_____ (f)
11. I am with friends.	_____ (p)
12. I am ready to go to bed.	_____ (t)

Now total your scores for all “a” questions, for all “e” questions, and so on. Enter the scores next to the corresponding letters in the boxes below.

a	p	f
e	s	t

What your score means:

Each letter represents a specific type of eating trigger. A score of 5 or 6 means this is definitely a trigger you need to work on, while a score of 3 or 4 indicates a small problem that needs some work. A score of 2? Relax, this is not a problem trigger for you.

Specific types of eating triggers

- **Activity triggers (a)** – Things that lead you to eat while you are doing them, such as going to the movies.
- **Event triggers (e)** – Celebrations and occasions in which eating plays a major role, such as weddings, parties, and vacations.
- **People triggers (p)** – Other people who are eating and possibly offering you food.
- **Sensory triggers (s)** – The sight and smell of food beckons you to sample it, such as a coffee cake aroma.
- **Feeling triggers (f)** – Moods and emotions that lead you to turn to food, such as anger or boredom.
- **Time-of-day triggers (t)** – Particular times during the day that you associate with eating, such as before bedtime.

Tackling your triggers

List your top eating triggers and possible strategies to cope.

1. My trigger:

My strategies:

2. My trigger:

My strategies:

3. My trigger:

My strategies:

50 Things to Do Besides Eat When You Are Not Hungry

1. Call a friend.
2. Walk around the block/workplace.
3. Make a list of your “Top 10” reasons to make healthy changes.
4. Dance a little.
5. Take time to breathe deeply.
6. Write a thank you note.
7. Plan a healthy meal.
8. Get a massage.
9. Walk your dog.
10. Go to bed early.
11. Clean out a junk drawer.
12. Buy yourself some flowers.
13. Write down something you are proud of.
14. Play a game with your kids.
15. Scream.
16. Drink a glass of water.
17. Start a shopping list.
18. Take a hot bath.
19. Talk it over with someone.
20. Stretch.
21. Listen to music.
22. Cut up fruit/veggies.
23. Light some candles.
24. Put pictures in an album.
25. Give your dog a bath.
26. Update your calendar.
27. Surf the internet.
28. Chew gum.
29. Give someone a hug.
30. Take a bike ride.
31. Brush your teeth.
32. Feel your feelings.
33. Rearrange your closet.
34. Play a card game.
35. Rent a movie.
36. Wash your car.
37. Read a book, newspaper, or magazine.
38. Meditate.
39. Do something nice for someone anonymously.
40. Finish an unfinished project.
41. Go window shopping.
42. Give yourself a manicure/pedicure.
43. Count your blessings.
44. Say “stop” out loud.
45. Check your email.
46. Take a drive.
47. Do a crossword puzzle.
48. Work in the yard.
49. Clean out old files.
50. Make a positive statement about yourself.

Exercise Motivation

Class agenda

- A. Announcements
- B. Follow up from last week:
 - What was one take home point from last week?
 - Pull out your goal sheet from last week. How did it go?
- C. Role play motivation activity
- D. Discuss motivation techniques used
- E. “Let’s Get Motivated” handout
- F. Discuss gadgets used for motivation
- G. Goal setting for next week

What did you learn?

Mark your answer to each question below.

- 1. Keeping an exercise log can help maintain motivation for exercise.
 - a. True
 - b. False
- 2. Which of the following is not an indication of stress?
 - a. Clothing fitting better
 - b. Increased mobility, such as getting out of the car or chair more easily
 - c. Compliments from others
 - d. Decreased endurance
- 3. Using devices like pedometers and music players while you exercise will help to keep you motivated.
 - a. True
 - b. False

Motivational Techniques

- **Keep an exercise log.** Keeping an exercise log will help you to see all the work you have accomplished and all the progress you have made. A calendar, notebook, or online site will work.
- **Set goals.** Goal setting is a very important tool. It helps you to make a commitment to exercise. You should set up both short term (one week) and long-term (3-month, 6-month, and 1 year) goals. All goals should be written in your exercise logs. To be successful, make goals obtainable, specific, and positively expressed. **All obtained goals should be rewarded!** Write what your rewards will be next to your goals in your exercise log.
- **Sign a personal fitness contract.** Draft a contract that includes your commitment to exercise, your goals, and how you plan to obtain those goals (i.e., I agree to exercise 4 days a week for 30 minutes each session for the next month. If I achieve this goal, I will buy myself a new pair of walking shoes.). Have a witness sign the contract just as you would a business contract.
- **Plan a specific time to workout.** Plan your workout times just as you would a doctor's appointment, or a business meeting. Mark your workout times in your calendar and do not let anything or anyone interrupt your "workout appointment."
- **Keep it exciting.** Add variety to your workout. Take a new route, listen to music, or put your exercise equipment in front of the TV. Pick out exercises that you enjoy doing or try a new form of exercise.
- **Get an exercise partner.** You will be more motivated if you have a commitment to another person. It will also make your workout more fun.
- **Use exercise reminders.** Have a friend call to remind you or leave notes for yourself at home and at work.
- **Make a 10-minute exercise promise.** Often the hardest part about exercising is getting started. On days when you are having a hard time getting started, promise yourself that if after 10 minutes of exercise you still feel lousy, then you will stop for the day. Most of the time you will feel like continuing with your workout.
- **Be flexible.** It doesn't take a lot to upset a carefully planned schedule. Try to be flexible about your workouts, so that even if you must miss an occasional planned workout, you can still find a way to exercise that day.
- **Look for indicators of success.** Be aware of the positive things that are happening to your body because you are exercising. How are your clothes fitting? Is it getting easier to do house or yard work? Is it easier to bend down and pick something off the floor or climb a flight of stairs? How is your overall energy level? Are you sleeping better at night?

What Is a Workout?

“**A workout** is 25% perspiration and 75% determination. Stated another way, it is one part physical exertion and 3 parts self discipline. Doing it is easy once you get started.

“**A workout** makes you better today than you were yesterday. It strengthens the body, relaxes the mind, and toughens the spirit. When you workout regularly, your problems diminish and your confidence grows.

“**A workout** is a wise use of time and an investment in excellence. It is a way of preparing for life’s challenges and proving to yourself that you have what it takes to do what is necessary.

“**A workout** is a key that helps unlock the door to opportunity and success. Hidden within each of us is an extraordinary force. Physical and mental fitness are the triggers that can release it.

“**A workout** is a form of rebirth. When you finish a good workout, you don’t simply feel better, **YOU FEEL BETTER ABOUT YOURSELF.**”

- by George Allen, former National Football League coach

Eating Out

Class agenda

- A. Announcements
- B. Follow up from last week:
 - What was one take home point from last week?
 - Pull out your goal sheet from last week. How did it go?
- C. Activity: “Eating Out Situations”
- D. Discussion of handouts “Restaurant Tips” and “Basic Guide to Eating Out”
- E. Goal setting for next week

What did you learn?

Mark your answer to each question below.

1. Circle the words that indicate lower fat preparation.
 - a. Fried
 - b. Grilled
 - c. Sautéed
 - d. Baked
2. When eating out, you should not eat all day to save the calories.
 - a. True
 - b. False
3. You should never ask questions regarding preparation of menu items. Besides, they print on the menu what you need to know.
 - a. True
 - b. False

Eating Out Situations

Situation	Answer
1. You are at a new restaurant, looking at a new menu. How would you order your meal?	
2. List some words commonly used on menus that are red flags for high fat/calories.	
3. Explain the best tip you have for eating out.	
4. List 3 menu terms or phrases that mean low fat preparation.	
5. Your boss is taking everyone out to lunch. Using the menu you have in your hand, order your lunch. Is this situation any different than if you were going out with a family member?	
6. What meal plan strategies have you used at parties (holidays, birthdays, etc.) that were successful?	
7. What are some strategies to avoid eating fast food too often?	
8. What resources do you use to find nutritional information for restaurant foods?	
9. How do you handle the complimentary bread/chips brought to the table before the meal?	
10. You will be traveling all day. How do you prepare for this?	
11. The food server brought your salad dressing on the salad not on the side like you had requested. How would you handle this situation?	
12. How do you plan for eating while on vacation or away on business (at places you may not be familiar with)?	
13. You are at a buffet-style restaurant. Describe how you will choose your meal.	
14. The grilled chicken combo comes with fries and a drink. You find that it is cheaper to buy the combo meal than to just order the sandwich and the drink. What do you do?	
15. It is Friday and payday. You have plans to meet friends for dinner. What do you do when your co-workers invite you out to lunch at your favorite restaurant?	
16. You are attending an all-day conference with a continental breakfast, a sit-down lunch, and an afternoon snack. Describe how you would handle this day.	
17. Salad bars: Which toppings add calories and fat to a salad?	

Restaurant Tips

1. Take time to read the menu

Learn to read menus carefully. Look for cooking methods, breading, sauces, and gravies.

What to look for...	Red flags...
Baked	Sautéed
Charbroiled	Marinated
Grilled	Fried
Roasted	Supersized
Steamed	In butter
	With sauce
	Smothered

Casual Dining: Examples: Chili's, Applebee's, and Ruby Tuesday

Includes informal sandwich shops, diners, family restaurants, and cafés

Good choices:	Go easy on:
Grilled meats without skin	Breaded or batter dipped meats
Baked potatoes	Home fried and deep-fried potatoes
Sandwiches on whole wheat, pita bread, or rye without mayonnaise	Sandwiches on croissants and biscuits
Tossed salad with salad dressing on the side	Large amounts of salad dressing
Salad bars, vegetables	Cheese, bacon bits, potato, and macaroni salad

Italian Restaurants: Example: Olive Garden

Good choices:	Go easy on:
Minestrone soup	Antipasto plates
Breadsticks (no butter)	Buttered garlic bread
Pasta with red sauce	Creamy white or butter sauce such as Alfredo
Chicken cacciatore	Italian sausage
Cappuccino	Italian ice cream

Mexican Restaurants: Examples: El Vaquero and On The Border

Good choices:	Go easy on:
Black bean soup	Guacamole dip with tortilla chips
Salsa	Cheese and sour cream
Plain, soft tortillas, enchiladas, tamales	Tacos, taco salad, tostadas, chile rellenos, quesadillas

2. When in doubt, ask.

If you do not understand a description, ask the waiter. Ask about the methods of preparation, what can be left off or on the side, or what low fat products they have. Examples:

- Do you have a low fat or fat free salad dressing, sour cream,...?
- The menu says “marinated.” Marinated in what?
- The Asian Chicken Salad: Is the chicken grilled or fried?
- The steamed vegetable: Is any butter or margarine used?

Restaurants aim to please you, the customer, so that you will come back. Many restaurants will be glad to change the way your food is prepared or served. Examples:

- I would like the low fat ranch salad dressing on the side.
- Your Chicken Fettuccine Alfredo: I'd like that with marinara sauce instead.
- The Grilled Chicken Sandwich comes with chips. I'd like a house salad instead, and would you bring the salad first?

3. Be prepared!

- Plan your menu choice before going out to eat.
 - Purchase a restaurant nutrition guidebook or use the internet to find nutrition/menu information.
 - Most of the fast food restaurants have the nutrition information available on their websites. Other websites that may be useful are calorieking.com and fastfoodnutrition.org.
- Plan the rest of the day.
- Do not go starving.

Before you go checklist

- Obtain a menu from the restaurant or go to a restaurant you frequent often.
- Decide what you will eat before you go out.
- Call the restaurant in advance to ask questions or seek out nutrition information. Use resources, such as a restaurant nutrition guidebook or the internet
- Plan your day's food intake to accommodate your restaurant meal.
- Think about what other aspects of the social event you can focus on and enjoy besides the food.

At the restaurant checklist

- Ask for water to be brought to the table if your server does not automatically do it.
- If it is too great of a temptation to have chips or bread at the table, ask your server to remove them.
- Choose foods in their simplest forms. A grilled chicken breast will have fewer calories than chicken covered in sauces.
- Decide how you can control portions.
- Order first so your decision won't be swayed by others' choices.
- Enjoy the meal! Eat at a leisurely pace, so you can savor and enjoy each bite.
- Share a dessert. You will save yourself half the calories.

Basic Guide to Eating Out

- Before you arrive at the restaurant, look at the menu online and decide what food you will eat. Look over the nutrition information (if provided) or use a calorie-counting app.
- Do not be influenced by what others are eating. Stick to what you know is best for you!
- Choose water, diet soda, or unsweetened tea or coffee over regular soda, alcoholic beverages, sweet tea, or other sugar-containing drinks. Beverages can be a source of extra calories and do not leave you feeling full.

To help with portion control

- Consider splitting food with a friend.
- If you decide not to split food, ask for a take-out box to be brought with your meal. When your entrée arrives, place half of it in the take-out box and set it aside.
- Consider ordering an appetizer or a lunch-size portion, if available, instead of the dinner-size portion.
- Eat slowly! The slower you eat, the quicker you will feel satisfied.

To reduce fat in your meal

- Choose fat free or reduced fat salad dressings. Vinegar and oil-based dressings are a better choice than creamy dressings. Try using vinegar or salsa as your dressing next time!
- Ask for sauces and dressings on the side.
- Choose broth-based soups over cream-based soups.
- Choose leaner cuts of meat, fish, and poultry instead of hamburger, steak, bacon, and other higher fat meats.

- Cut visible fat off meats.
- Remove skin or breading from poultry before eating.
- Choose foods that are steamed, grilled, stir fried, baked, broiled, poached, or roasted.
- Avoid foods that are deep-fried.
- Avoid adding extra butter to foods.
- Choose sherbet, frozen yogurt, fruit, or angel food cake if you decide to eat dessert. Share with a friend or save more for later!

How to fit eating out into your meal plan

Sample 1,400 Calorie Meal Plan

7:00 a.m.:

- Peanut butter and banana English muffin: 1 whole wheat English muffin, ½ tablespoon peanut butter and 1 banana medium, sliced
- 1 cup fat free (skim) milk

10:00 a.m.:

- 6 ounces yogurt, light, fat free

1:00 p.m.: Wendy's

- Small chili
- Caesar side salad, no croutons, reduced fat creamy ranch dressing
- Apple slices

4:00 p.m.:

- String cheese, fat free mozzarella
- ½ cup raw carrots

7:00 p.m.: Applebee's

- Chicken Tortilla Soup (bowl)
- Grilled Jalapeno-Lime Shrimp

Aim for at least 8, 8-ounce glasses of water at and in between all meals and snacks. If you are exercising, try to drink even more!



Effective Communication

Class agenda

- A. Announcements
- B. Follow up from last week:
 - What was one take home point from last week?
 - Pull out your goal sheet from last week. How did it go?
- C. Consider your communication style (see “Assertive Self-assessment”)
- D. Discuss different types of communication (see “Characteristics of Passive, Assertive, and Aggressive Communication”)
- E. Worksheet, “Passive, Assertive, and Aggressive Communication”
- F. Worksheet, “I-Statement”
- G. “I-Statement” Role Plays
- H. Goal setting for next week

What did you learn?

Mark your answer to each question below.

1. Someone who avoids confrontation may have a(n) _____ communication style:
 - a. Assertive
 - b. Aggressive
 - c. Passive
2. I-statements blame the person you are talking to for their behavior.
 - a. True
 - b. False
3. The following is an example of assertive behavior:
 - a. Sending an order back at a restaurant because it was not prepared or served the way you requested, without placing blame on anyone
 - b. Honking your horn in a traffic jam
 - c. Waiting for someone else to present your idea at a meeting
4. The following is an example of an I-statement:
 - a. You make me angry when you ignore me.
 - b. Why do you not listen to me?
 - c. I am upset when we cannot find time to spend together.
 - d. I think you are a bad partner.

Assertive Self-assessment

To learn to be more assertive, it helps to look at where you are right now. Answer the following questions honestly. You don't have to share your answers with anyone; this is a personal worksheet to help you understand yourself a little better. Place a number next to each item using this scale:

1 = never 2 = occasionally 3 = sometimes 4 = usually 5 = always

- _____ 1. I ask others to do things without feeling guilty or anxious.
- _____ 2. When someone asks me to do something I do not want to do, I say no without feeling guilty or anxious.
- _____ 3. I confidently express my honest opinions to authority figures, such as family members or my boss.
- _____ 4. When I experience powerful feelings of anger, frustration, love, or happiness, I can express them easily.
- _____ 5. When I express anger, I do so without blaming others for "making me mad."
- _____ 6. I am comfortable speaking up when I am in a group situation.
- _____ 7. If I disagree with the majority opinion in a meeting, I can "stick to my guns" without feeling uncomfortable or being annoying.
- _____ 8. When I make a mistake, I admit it.
- _____ 9. I tell others when their behavior creates a problem for me.
- _____ 10. Meeting new people is something I do with ease and comfort.
- _____ 11. When discussing my beliefs, I do so without labeling other people's opinions as crazy, stupid, or ridiculous.
- _____ 12. I believe that most people are capable and can be trusted and I have no trouble delegating tasks to others.
- _____ 13. When thinking about doing something I have never done before, I feel confident that I can learn to do it.
- _____ 14. I believe my needs are just as important as the needs of others and I am entitled to have my needs satisfied.
- _____ **Total Score (sum of all 14 answers)**

What your score means

55+: You are assertive most of the time and handle most situations well. You might benefit from a few new ideas to improve your skill and effectiveness.

40 to 55: You are fairly assertive. You could probably use some practice to be more consistent in your assertive behavior.

25 to 40: You can be assertive in some situations, but your usual response is either non-assertive or aggressive. You might want to work on changing some attitudes and learning and practicing new assertive behaviors.

10 to 25: You have a hard time being assertive. This is a great opportunity to practice new behaviors, get support and feedback, and allow yourself time to grow. You can become more comfortable in situations where asserting yourself is important.

Characteristics of Passive, Assertive, and Aggressive Communication

Passive	Assertive	Aggressive
Passiveness is allowing other people to treat you, your thoughts, and your feelings in whatever way they want without challenging it. It means doing what others want you to do regardless of your own desires.	Assertiveness is thinking and acting in ways that stand up for your legitimate personal rights. It is the act of giving expression to your own thoughts and feelings in a way that defines your human perspective without subtracting from the legitimate human rights of others.	Aggressiveness is standing up for what you want regardless of the rights and feelings of others. Aggression can be physical or verbal.
Problem is avoided.	Problem is attacked.	Person is attacked.
Your legitimate rights are relinquished.	Your legitimate rights are claimed.	Your rights are claimed.
You view the rights of others as superior to yours.	You recognize the rights of others as equal to yours.	You view your rights as superior to others' rights.
Establishes a pattern of being taken advantage of by others.	Establishes a pattern of respect for future dealings.	Establishes a pattern of fear and avoidance of the aggressor.
Lets the other person guess how you think and feel.	Lets the other person know how you think and feel.	Lets the other person know how you feel.
Hopes goals will be achieved.	Works toward goals.	Works toward goals.
Lets others choose activities for you.	Chooses activities for self.	Chooses own activities and the activities of others.
Builds anger and resentment.	Deals with anger.	Acts out anger.
Talks to others with respect for the other person.	Talks to others with respect for the other person and the self.	Talks to others with respect for the self only.
Lacks confidence.	Confident.	Cocky, hostile.
Hopes for favors, services, etc.	Requests favors, services, etc.	Demands favors, services, etc.

Note: A fourth type of communication is called **passive-aggressive communication**. It is characterized by aggressive thoughts that are expressed or acted out in a passive manner.

Passive, Assertive, and Aggressive Communication Worksheet

Identify each response as passive, assertive, or aggressive communication.

Situation 1: Friends at a party ask you if you would like a piece of cake, but you do not want one right now.

Response:

- No, thanks, I am working hard to make healthy decisions.
- Are you trying to make me gain weight?!
- Um, I guess I will have a piece.

*Are there other responses you can come up with that are assertive?

Situation 2: Your partner/spouse asks if you would like to go for a walk after dinner.

Response:

- If you want to, I can.
- I have a few things to do, then I can go for a quick walk.
- Can't you see I'm busy!

*Are there other responses you can come up with that are assertive?

Situation 3: Your colleague at work asks you if you have lost weight.

Response:

- Seriously! Well, what do you think I looked like before?
- I'm not sure...I may have.
- Yes, I've been working hard.

*Are there other responses you can come up with that are assertive?

I-Statement Worksheet

I-messages or I-statements are a way of communicating about a problem to another person without accusing them of being the cause of the problem. Often, when someone has a problem with another person, they tell them so by using a “you-statement.”

For example, “You didn’t help with dinner!” While that statement may be true, by phrasing it that way, the listener is likely to get defensive and begin to argue. For instance, they might reply, “I couldn’t because I was too busy!” or “You want me to do too much!”

Another approach to the same problem is using an “I-message.” For example, someone could say, “I really have too much going on to cook dinner as well.” The response to this statement is likely to be more appealing. For example, “I know you have been really busy with work. I can cook something quickly, or we could order food in.” While this doesn’t completely solve the problem, it retains a good relationship between the 2 people and is more likely to generate more cooperation in the future than an accusatory, “you-message” approach.

I-statement exercise

Change each negative, blaming you-statement to a positive, non-blaming I-statement.

You-statement	I-statement
1. You won't exercise with me	
2. Stop telling me what to do!	
3. You do not care about me or my health.	
4. Why can't you support me on this plan?	
5. If you cared about me, you would help out.	

I-Statement Role Plays

Get with a partner and read the following directions

As speaker and listener, you follow the rules for each role. Note that the speaker keeps the floor while the listener paraphrases, keeping it clear who is in which role all the time.

You share the floor over the course of a conversation. One has it to start and may say a number of things. At some point, you switch roles and continue back and forth as the floor changes hands.

When using this technique, you are going to focus on having good discussions. No problem solving! You must consciously avoid coming to solutions prematurely.

Rules for the speaker

1. Speak for yourself. Do not mind read. Talk about your thoughts, feelings, and concerns, not your perceptions or interpretations of the listener's point of view or motives. Try to use I-statements, and talk about your own point of view.
2. Talk in small chunks. You will have plenty of opportunity to say all you need to say, so you do not have to say it all at once. It is very important to keep what you say in manageable pieces (1 to 2 sentences) to help the listener actively listen.
3. Stop and let the listener paraphrase. After saying a bit, perhaps a sentence or 2, stop and allow the listener to paraphrase what you just said. If the paraphrase was not quite accurate, you should politely restate what was not heard in the way it was intended to be heard. Your goal is to help the listener hear and understand your point of view.

Rules for the listener

1. Paraphrase what you hear. To paraphrase the speaker, briefly repeat back what you heard the speaker say, using your own words if you like, to make sure you understand what was said. The key is that you show your partner that you are listening as you restate what you heard, without any interpretations. If the paraphrase is not quite right (which happens often), the speaker should gently clarify the point being made. If you truly don't understand some phrase or example, you may ask the speaker to clarify or repeat, but you may not ask questions on any other aspect of the issue.
2. Do not disagree. Focus on the speaker's message. While in the listener role, you may not offer your opinion or thoughts. This is the hardest part of being a good listener. If you are upset by what your partner says, you need to edit out any response you may want to make, so you can continue to pay attention to what your partner is saying. Any words or gestures to show your own opinions are not allowed, including making faces. Your task is to understand. Good listening does not equal agreement. You can express any disagreement when it is your turn to speak.

Being Active in an Inactive World

Class agenda

- A. Announcements
- B. Follow up from last week:
 - What was one take home point from last week?
 - Pull out your goal sheet from last week. How did it go?
- C. Discuss a typical day at the turn of the 20th century vs. a typical day today
- D. Discuss labor saving devices and ways to increase physical activity
- E. Brainstorm active entertainment and social activities
- F. Ask everyone to identify one lifestyle activity they will add into their lives this week
- G. Demonstrate desk activities
- H. Goal setting for next week

What did you learn?

Mark your answer to each question below.

1. Today's society encourages us to be more active.
 - a. True
 - b. False
2. All the following are examples of active entertainment, EXCEPT:
 - a. Line dancing
 - b. Going to a movie
 - c. Hiking
 - d. Visiting the zoo
3. All the following are ways to incorporate activity into your daily life, EXCEPT:
 - a. Parking your car farther away from the building
 - b. Driving to McDonald's
 - c. Using the stairs instead of the elevator
 - d. Walking during breaks at work

Being Active in an Inactive World

Labor saving devices

List labor saving devices:

Transportation:

Home:

Work:

Entertainment and pleasure:

Ways to increase physical activity

List ways to increase your physical activity:

Transportation:

Home:

Work:

Entertainment and pleasure:

Active entertainment and social activities

Increasing your daily activity doesn't just have to be through traditional methods at a gym. You can burn calories, increase your steps taken per day, and have fun during these alternative weekend and free time activities. How many more can you name that you might enjoy with friends and family?

Examples:

- Dancing (country line dancing, ballroom dancing, etc.)
- Gardening
- Frisbee golf
- Other activities:

Easy ways to burn more calories

1. Increase the frequency, duration, and intensity of what you are already doing.
2. Walk more. Walking slowly at 2 miles per hour uses up 200 calories per hour. Walking briskly at 5 miles per hour uses up 650 calories per hour.
3. Do you think of housework as a horrible chore? Change how you think about it, such as a way to burn calories. The same for lawn work and gardening. Use a push mower instead of a riding mower.
4. If you stand instead of sit, you use up 10 more calories per hour. If you pace instead of stand still, you expend almost 100 more calories per hour.
5. If you golf, walk the course instead of using a cart.
6. Incorporate fitness into your workday. You can lose more than 2 pounds per year by taking a 15-minute walk at lunch or during your coffee breaks. Hand deliver mail instead of using interoffice mail or email.
7. Stop using the drive-in window at the bank. It takes more time to go inside and stand in line, but it also takes more calories.
8. When traveling, always ask for a room on the second or third floor and use the stairs. Carry your own luggage unless you have back or health problems. Only stay at hotels with fitness facilities or contact the Chamber of Commerce ahead of time for safe walking routes and trails.

9. Take time to actively play with your kids and walk your dog instead of watching TV.
10. If you sit in front of the TV 3 hours per night, you are watching at least 14 minutes of commercials every hour. Get up and walk around the room during the commercials, and you will end up with 42 minutes of walking.
11. Use an exercise bike during the winter and watch a TV show or movie while you ride the bike. One movie can add up to four, 30-minute workouts.
12. Instead of driving to do short errands, walk. For example, walk to pick up a prescription, pick up the kids, or any errand that is within walking distance of your home.
13. Park your car at a distance from a building entrance. Once you are in the building, use stairs instead of elevators and escalators.

Conveniences and solutions

Inactive Conveniences	Active Solutions

The one activity that I will add this week is:



Coping with Negative Thoughts

Class agenda

- A. Announcements
- B. Follow up from last week
- C. “6 Challenging Feelings to Cope With”
- D. “10 Healthy Coping Strategies”
- E. “Thought Stopping Activity” discussion
- F. “Healthy Coping Discussion” and activity
- G. Goal setting for next week

What did you learn?

Mark your answer to each question below.

1. Which coping strategy might help buffer against stress?
 - a. Managing your time
 - b. Getting enough sleep
 - c. Positive self-talk
 - d. Maintaining emotionally supportive relationships
 - e. All the above

6 Challenging Feelings to Cope With

1. Guilt

Guilt is pervasive in our society. You may feel that you are not doing enough even though you have many responsibilities, such as work and caregiving. Part of feeling guilty is having unrealistic expectations for yourself.

2. Shame

Shame is often passed down in families and experienced when we are young. You may feel shame concerning your eating behaviors or habits. You may turn to food when you feel shame at not achieving your goals. This is common.

3. Anxiety

Anxiety makes it difficult to stay in the moment and focus on goals due to worrying about the past, future, or anything and everything! You feel anxious about your weight, eating, and activity and cope through eating.

4. Helplessness

You may feel powerless, like there is nothing that you can do. You may feel like something bad may be about to happen or that you cannot control anything.

5. Disappointment

Feeling disappointed most of the time may cause you to believe that you do not deserve good or positive things. You may turn to food to cope with the letdown of disappointment.

6. Loneliness

Feeling isolated, abandoned or disconnected from others can lead to mindless eating, coping with food, and can even cause you to feel that you are not wanted or needed.

10 Healthy Coping Strategies

1. Clarify your values:

- It is important to run at your own speed, not on the fast track.
- Let go of things that you do not “have to” or “want to” do.

2. Improve your self-talk:

- Discipline yourself to not react emotionally.
- “Should” statements set you up for disappointment: “I should never eat sweets again.”
- Over generalizing by applying the meaning of one event to others: “I’m a failure at healthy eating because I had dessert today.”

3. Exercise regularly:

- Flexible, loose muscles are less likely to become tight and painful in response to stress.
- Excellent outlet to deal with stress.
- Include aerobic, strength, and stretching.

4. Maintain a healthy diet:

- Junk food is low in nutritional value and high in calories and usually leaves you feeling out of energy and sluggish.
- Limit sugar, caffeine, and alcohol.
- Focus on balance and spacing.

5. Get enough sleep:

- Develop specific bedtime habits and stick to them.
- Limit/avoid watching TV, reading, or eating in bed.
- Keep the bedroom a comfortable temperature.
- Try not to engage in strenuous exercise before bedtime.

6. Maintain emotionally supportive relationships:

- Research has shown this to be one of the most important buffers against stress. Develop friendships with people in whom you can confide.

7. Ensure adequate leisure time:

- Take time to recharge your batteries on a regular basis.
- Try to do something fun every day.

8. Manage your time:

- Learn to say “no.”
- Delegate chores and responsibilities when you can.
- Prioritize your day.
- Allow others to do a job their own way.
- Complete difficult tasks when your energy is the highest.
- Give up being a perfectionist.

9. Avoid the “chemical haze”:

- Smoking, drinking alcohol, drinking caffeine, and/or taking drugs in response to stress only gives the impression of control.
- Short term response.
- Real control takes effort, not an escape.

10. Learn to relax:

- Use relaxation exercises to help release muscle tension and clear negative thoughts. Examples include deep breathing, progressive muscle relaxation, yoga, and guided imagery.

Thought Stopping Activity

Today you are going to learn to identify and clear your thinking patterns when you are having troubling thoughts before you feel negative emotions.

There are 3 steps:

1. Thought catching
2. Thought stopping
3. Coping thought

Step 1: Thought catching

This is recognizing that you are worrying or having a troubling thought. These thoughts can be negative feelings, angry thoughts, or worried/fearful thoughts. Although some of these thoughts can prompt us to do something to improve our situation, many times these thoughts cause problems like turning to food to cope.

Negative thoughts that do not help us to get rid of the problem often just make us feel bad and keep us from functioning our best at work and home. It is important to catch yourself when you are having these thoughts, so you can get control of them before you start to feel bad.

What are some common thoughts that you have about your weight, eating, exercise, or body that you might want to stop before they start to make you feel bad?

Step 2: Thought stopping

Interrupt the worry or negative thought. Say “stop” out loud (or silently). Even if your thought is accurate, it still may not be useful or helpful to dwell on that thought right now.

What are some other ways you could interrupt your thought? Think about a gesture, like brushing your cares off your shoulder, picturing a red stop sign, or turning off a switch.

Step 3: Coping thought

Substitute a coping thought for the worry. A coping thought is a thought that allows you to feel better or take a positive step. For example, instead of worrying that you are doing poorly on a task at work, you could tell yourself, “Stop. I am working hard on this task and consulting my supervisor. I’ll do okay on it.”

What are some different coping thoughts that you can use for diet, exercise, or weight related worries?

Healthy Coping Discussion

What kinds of thoughts do you have about your weight, food, or being active?

Think about the 6 challenging feelings of guilt, shame, anxiety, helplessness, disappointment, and loneliness as you give your answer.

Describe the times that these thoughts come into your mind (the who, what, where, when, how).

- Are there particular days?
- Are there particular times of the day (AM, PM), before/after eating, etc.?
- Are you by yourself or with others?
- Where are you (at home, at work, in public)?

Things to do when these thoughts come:

- Relaxation exercises
- Thought stopping
- Talk to parent or friend
- Write in your journal
- Distract yourself with music, games, or exercise

Think about the 6 challenging feelings again. Take some time and complete the activity below based on your own life. Next talk with the person next to you about your approach to coping.

Of the 6 challenging feelings of guilt, shame, anxiety, helplessness, disappointment, and loneliness, the feeling I struggle with most is:

What is going on when I typically have this feeling?

Who is with me?

What am I doing?

Where am I?

When is this happening (time of day, etc.)?

How do I normally cope with this feeling?

What is something positive (a coping thought) that I can say to myself about my efforts, goals, progress, or just myself in general?

What is a new coping strategy that I can use to cope with this feeling?

Managing Your Meal Plan

Class agenda

- A. Announcements
- B. Follow up from last week:
 - What was one take home point from last week?
 - Pull out your goal sheet from last week. How did it go?
- C. Have class fill out “Rate Your Plate”
- D. Discuss strategies to help move eating behaviors toward the “always” column
- E. Goal setting for next week

What did you learn?

Mark your answer to each question below.

1. When making lifestyle changes to help promote weight loss and better overall health, it is important to consider:
 - Eating habits
 - Exercise habits
 - Current behaviors/habits

a. True

b. False
2. You should never snack between meals regardless of how long you have to wait.

a. True

b. False
3. Often people will mistake thirst for hunger.

a. True

b. False

30 Ways to Sneak More Fruits and Vegetables into Your Diet

Breakfast

1. Add blueberries to pancake, waffle, or muffin batter.
2. Mix raisins, diced apple, or dried apricots into oatmeal.
3. Add pepper, onion, spinach, broccoli, or shredded carrot to a morning omelet.
4. Make a smoothie with fruit, low fat yogurt, and ice.
5. Add peppers and onion to hash browns.
6. Top a toasted waffle with warmed applesauce.

Lunch

1. Top a pizza with mushrooms, peppers, onions, or pineapple.
2. Put a slice of avocado on a regular sandwich.
3. Add mushrooms, peppers, onions, or diced carrots to spaghetti sauce.
4. Place a few slices of tomato on a grilled cheese sandwich.
5. Add some extra mixed vegetables to soup.
6. Add celery, onions, carrots, or peppers to meatloaf.
7. Replace the jam on a peanut butter sandwich with sliced bananas.
8. Add apples, grapes, or raisins to chicken salad.
9. Spread some cranberry sauce on a turkey sandwich.
10. Top pork chops with apples, pears, or raisins.
11. Roast fish under a layer of lemon, orange, or lime slices.

Sides and snacks

1. Add layers of frozen spinach or eggplant to lasagna.
2. Top a baked potato with salsa.
3. Use applesauce to replace half of the oil in any recipe.
4. Slice a sweet potato, toss with a little olive oil, season as you wish, and bake to make sweet potato chips.
5. Add mandarin oranges or diced pears when making Jell-O® salad.
6. Try mixing dried fruit with almonds and a few M&Ms® as a snack.
7. Mix fresh fruit and granola into yogurt.
8. Add broccoli or diced pepper to macaroni and cheese.
9. Blend cooked cauliflower into mashed potatoes.

Dessert

1. Choose fruit sorbet instead of ice cream.
2. Enjoy a baked apple stuffed with raisins and topped with a drizzle of caramel sauce.
3. Dip strawberries in chocolate syrup and top with low fat whipped cream.
4. Roast pears with honey and a sprinkling of ginger.

References:

Gordon S. 6 sneaky ways to eat more vegetables. *Fitness*. July/August 1998;144.

Healthy servings: from morning to midnight. Available at: http://www.fruitsandveggiesmorematters.org/?page_id=5. Accessed November 12, 2007.

www.RD411.com

Preventing Exercise Burnout

Class agenda

- A. Announcements
- B. Follow up from last week:
 - What was one take home point from last week?
 - Pull out your goal sheet from last week. How did it go?
- C. Take the “Fun Fitness Facts” quiz and discuss answers
- D. Discuss strategies for preventing exercise burnout
- E. Goal setting for next week

What did you learn?

Mark your answer to each question below.

1. The following are examples of ways to prevent exercise burnout, EXCEPT:
 - a. Walking on a treadmill every day for 30 minutes
 - b. Choosing a variety of activities
 - c. Reminding yourself of the benefits of exercise
 - d. Reading a book or listening to music while exercising
2. Joining a health club will ensure that you do not experience exercise burnout.
 - a. True
 - b. False
3. The best time of the day to workout is the time that you can fit it into your schedule.
 - a. True
 - b. False

Fun Fitness Facts

1. Your target heart rate range is the range of heart beats per minute that will give you the most benefit with aerobic exercise.
 - True
 - False
2. If you are not exercising in your target heart rate range, you do not get any benefit from the exercise.
 - True
 - False
3. Aerobic exercise helps strengthen your heart.
 - True
 - False
4. Toning exercises are considered aerobic exercises.
 - True
 - False
5. Weight-lifting/toning exercises can be done daily.
 - True
 - False
6. Aerobic exercise can be done daily.
 - True
 - False
7. Immediately after strenuous exercise sit down to avoid overtaxing the heart.
 - True
 - False
8. Aerobic exercise is the only exercise you need to maintain fitness.
 - True
 - False
9. If you have back or joint problems, you should avoid aerobic exercise.
 - True
 - False
10. Habitual aerobic exercise and toning exercises are essential for long-term success of weight maintenance.
 - True
 - False

Preventing Exercise Burnout

Participating in a fitness program brings both mental and physical rewards, but sticking to an exercise program can be a challenge. Try incorporating some of the following ideas to stay on (or get back on) the road to fitness!

- 1. Like what you are doing!** You aren't likely to stick with an exercise that you do not like. Every person is different, so it is important to discover what you enjoy. Examine your likes and dislikes: Do you like competition or cooperation? Solitude or company? Outdoors or indoors? Variety or familiarity? Keep on trying different things until you find what is right for you.
- 2. Exercise should help reduce stress, not be a source of it!** Make your exercise fun. Be flexible. It is not a disaster to miss 1 session. Just get back as soon as you can.
- 3. The best time is your time!** There is no "best" time of day to workout. There are advantages and disadvantages to each time of day. Pick the time that works best in your schedule. The best time may vary from day to day in your schedule.
- 4. Combine your exercise with things you already do!** Do 2 things at once. For example, exercise in front of the TV while watching your favorite show. Walk to the store instead of driving or walk your children to school. Make exercise a family outing! Do not be stuck in a narrow way of thinking. Get creative on ways to get activity into your day!
- 5. Invest in your exercise!** Splurge and buy a health club membership or some new clothing or equipment for yourself. Fun accessories will enhance your workout and brighten your mood.
- 6. Reward yourself!** You deserve a reward for sticking with your program. Set up a goal/reward system.
- 7. Read!** Buy a book or subscribe to a magazine about exercise. You will get new ideas to inspire and motivate you.
- 8. Remind yourself of all the physical and mental benefits of exercise!** Making excuses not to get all those benefits seems a little silly, doesn't it?

Self-care

Class agenda

- A. Announcements
- B. Follow up from last week:
 - What was one take home point from last week?
 - Pull out your goal sheet from last week. How did it go?
- C. “Self-care Assessment”
- D. Self-care Discussion
 - Why is it important?
 - What does it prevent?
 - How do you know if someone has “good” self-care?
- E. “Ways to Help Facilitate Self-care”
- F. “Create Your Ideal Space” activity
- G. “Deep Breathing Exercises”
- H. Goal setting for next week

Self-care Assessment

Rate the following areas according to how well you think you are doing:

- 3 = I do this well (e.g., frequently).
- 2 = I do this okay (e.g., occasionally).
- 1 = I barely or rarely do this.
- 0 = I never do this.

Psychological self-care

- _____ Make time away from phones, email, and the internet.
- _____ Make time for self-reflection.
- _____ Notice my inner experience by listening to my thoughts, beliefs, attitudes, and feelings.
- _____ Attend to minimizing stress in my life.
- _____ Engage my intelligence in a new area, such as going to an art show, sports event, or reading a new book.
- _____ Say no to extra responsibilities sometimes.
- _____ **Total**

Emotional self-care

- _____ Spend time with others whose company I enjoy.
- _____ Give myself affirmations. Praise myself.
- _____ Identify comforting activities, objects, people, and places, and seek them out.
- _____ Allow myself to cry when I feel like I need to cry.
- _____ Find things that make me laugh.
- _____ **Total**

Relationship self-care

- _____ Schedule regular activities with my partner or spouse.
- _____ Schedule regular activities with my children.
- _____ Make time to see my friends/stay in contact with far away friends.
- _____ Call, check on, or see my relatives.
- _____ Spend time with my companion animals.
- _____ Allow others to do things for me.
- _____ Enlarge my social circle.
- _____ Ask for help when I need it.
- _____ Share a fear, hope, or secret with someone I trust.
- _____ **Total**

Adapted from Saakvitne, Pearlman, & Staff of TSI/CAAP (1996).
Transforming the pain: A workbook on vicarious traumatization,
Norton.

Ways to Help Facilitate Self-care

Psychological

- Practice breathing exercises or meditation.
- Look out for negative self-talk. Replace negative self-talk with supportive and forgiving self-talk. See “Coping with Negative Thoughts” handouts for more information.
- Take a walk outside with your phone turned off.
- Take on responsibilities that are manageable. Say no to additional responsibilities that create stress.
- Find positive stress management techniques.

Emotional

- Create a gratitude list and hang it up where it can easily be seen.
- Tell yourself positive affirmations or create a list of non-physical things you like about yourself. For example, “I love myself unconditionally” or “I am making progress.” Keep a list of compliments somewhere that you can access easily, such as your wallet, purse, or phone.
- Create a space in your home that feels relaxing.
- Find a personal way to express your emotions, such as journaling, art, or sharing your thoughts with others.

Relationships

- Identify who are the important people in your life and determine the best way to contact each of them.
- Ask for help from those around you, at work, and at home.
- Explore a hobby that you have always been interested in. Join a friend who participates in the hobby, join a local Facebook page, or explore community classes.
- When asked how you are doing, answer without using “okay” or “fine.” Use this opportunity to express your emotions.
- Express appreciation for those around you.

Create Your Ideal Space

Where are you located? (Home, outdoors, gym?)

What does the space look like? What type of furniture or what type of landscape do you see?

What is the lighting like?

What does it smell like?

Who is there?

What are you doing? Are you active or are you relaxing?

Deep Breathing Exercises

Count breathing

1. Breathe in, think “1.”
2. Breathe out, think “1.”
3. Breathe in, think “1, 2.”
4. Breathe out, think “2, 1.”
5. Repeat, counting to 10.
6. Repeat, counting down from 10.

Equal breathing

1. Breathe in through your nose while counting to 4.
2. Breathe out through your nose while counting to 4.
3. Repeat for as long as you like.

You may increase counts to 6 or 8, or alternate closing 1 nostril on the inhale and closing the other on the exhale, also called alternate nostril breathing.

4-7-8 breathing

1. Exhale through the mouth.
2. Inhale through your nose, counting to 4.
3. Hold your breath for a count of 7.
4. Exhale through your mouth for a count of 8.
5. Repeat 3 more times.



Planning for Long-term Nutrition Success

Class agenda

- A. Announcements
- B. Follow up from last week:
 - What was one take home point from last week?
 - Pull out your goal sheet from last week. How did it go?
- C. Importance of food journals
- D. Hunger scale
- E. Making nutrition a priority
- F. Knowing the nutrition facts
- G. Creating a healthy environment
- H. Goal setting
- I. Plan ahead for pitfalls
- J. Focus on achievements/reward yourself
- K. Building the commitment
- L. Goal setting for next week

What did you learn?

Mark your answer to each question below.

- 1. When setting goals, they should be:
 - a. Outrageous
 - b. Broad
 - c. Realistic
 - d. Unattainable
- 2. The hunger scale is a tool, which can help you get in touch with your hunger and fullness.
 - a. True
 - b. False
- 3. Once you set your mind to it, you should expect to develop positive habits and make lifestyle changes overnight.
 - a. True
 - b. False

Planning for Long-term Nutrition Success

Step 1: Understand yourself

Get to know your “eating style.” Take time to complete a detailed food journal. Write down everything you eat and drink including the amounts and methods of preparation. Be sure to include the time, place, and hunger scale. The hunger scale, as shown below, is a numeric representation of your physical hunger before eating (hunger) and after eating a meal (satisfaction).

Hunger scale:

1 2 3 4 5 6 7 8 9 10
Famished Hungry Satisfied Full Thanksgiving stuffed

For example:

Time	Place	Food/Beverage (amount and preparation)	Hunger (before eating)	Satisfaction (after eating)
7:00 a.m.	Table	1 cup Cheerios ½ cup orange juice ½ cup fat free (skim) milk (on cereal) ½ banana (on cereal)	3	5

Step 2: Make nutrition a priority

The correlation between proper nutrition and decreasing your risk of developing chronic diseases is well documented. Improved nutrition should be a key component in making healthy lifestyle changes. Everyone has a different motivation. Use the space below to state your nutrition mission statement. Include your personal reasons why improved nutrition is important to you.

Step 3: Know the facts

1. Meal planning:

2. Grocery shopping:

3. Low fat cooking:

4. Eating out:

Step 4: Create a healthy lifestyle

Take a look around. Is your environment supportive of a healthy lifestyle? Take the steps necessary to ensure that your environment is a healthy one!

1. Ways to decrease the calorie content of your home or workplace:

2. Healthy kitchen:

3. Gaining support from family and friends:

Step 5: Set realistic goals

Goal setting can be an effective way to make positive changes in our lifestyles. Make a few realistic goals – just a few – maybe 2 at a time. Do not make the mistake of trying to do everything at once. Only make goals you can achieve and continue to do long-term.

Goal 1:	
Strategy:	
Goal 2:	
Strategy:	

Step 6: Plan ahead for pitfalls

Plan ahead for vacations, holidays, eating out, and schedule changes. Anticipate pitfalls that might occur and plan a coping strategy. List 1 thing you can do to plan ahead concerning food for vacations, holidays, eating out, or schedule changes:

Step 7: Focus on achievements/reward yourself

Think back to 6 months ago...What eating habits have you changed? Are you handling holidays, birthdays, or any special occasions differently from a food perspective? List 1 positive change you have made to your eating habits over the past 6 months:

Reward yourself! You want to recognize your hard work and achievements. Ideally you want these to be non-food rewards!

List 2 to 3 non-food rewards:

Step 8: Build the commitment!

Practice, practice, practice...Remember, eating habits do not change overnight.



Planning for Long-term Exercise Success

Class agenda

- A. Announcements
- B. Follow up from last week:
 - What was one take home point from last week?
 - Pull out your goal sheet from last week. How did it go?
- C. Knowing yourself
- D. RPE scale
- E. Making exercise a priority
- F. Knowing the exercise facts
- G. Creating a healthy environment
- H. Goal setting
- I. Planning for pitfalls
- J. Focus on achievements/reward yourself
- K. Building the commitment
- L. Goal setting for next week

What did you learn?

Mark your answer to each question below.

1. In order to make exercise a priority, you must: (Mark all that apply)
 - a. Ask yourself, “Why is it important to me?”
 - b. Make it okay to do something good for yourself
 - c. Remind yourself of the reasons why you cannot exercise
 - d. Remember your motivation
2. When you set your exercise goal, you should:
 - a. Make it unattainable, so you strive harder
 - b. Also set up a goal
 - c. Follow the exercise plan in “Good Housekeeping” magazine
3. Focusing on your achievements will keep you on track for long-term success.
 - a. True
 - b. False

Planning for Long-term Exercise Success

Step 1: Understand yourself

Get to know your “exercise style.” Make a list of your exercise preferences and consider these questions:

- Do you like to exercise alone or with a group?
- Do you prefer to be indoors or outdoors?
- Do you like competition or cooperation?

Pick a time to exercise that fits best with your schedule.

Rate of Perceived Exertion (RPE) Scale

Know your limits and what your body can do. Use the RPE scale to measure how hard the exercise is for you to do on a scale from 1 (very light) to 10 (hardest).

This scale helps you adjust the intensity of your workouts for day-to-day changes in how you feel.

Plan activities that allow for your RPE to be between a 4 and 6 during exercise.

Rating	How hard the exercise feels	
10	Hardest:	Feels too hard to keep going any more. Out of breath and can't talk.
9	Very hard:	Hard to keep going for very long. Breathing very hard and can only speak a few words.
7 to 8	Hard:	A bit uncomfortable. Short of breath, but can still speak a sentence.
4 to 6	Moderate:	Breathing heavy, but can hold a conversation. Still comfortable, but becoming harder.
2 to 3	Light:	Feels like you can keep going for a long time. It's easy to breathe and talk.
1	Very light:	Hardly any effort, but more than sleeping or watching TV.

Step 2: Make exercise a priority

Exercise decreases your risk of developing chronic diseases. Make exercise a key component as you make healthy lifestyle changes. By making exercise a priority, it will become a habit.

What motivates you to make exercise a priority will differ from others. Use the space below to state your exercise mission statement, including your personal reasons why exercise is important to you.

Step 3: Know exercise facts

1. Aerobic exercise:

2. Lifestyle activities:

3. Strength training:

4. Stretching:

Step 4: Create a healthy environment

Is your environment help you achieve a healthy lifestyle? Take these steps to ensure that your environment is a healthy one:

1. Schedule fitness:

2. Focus on personal achievements:

3. Seek support from family and friends:

4. Celebrate the new you:

Step 5: Set realistic goals

Goal setting can be an effective way to make positive changes in your lifestyle. Make a few realistic goals regarding exercise. Do not plan too much too soon. Only make goals you can achieve and continue to do long-term.

Goal 1:	
Strategy:	
Goal 2:	
Strategy:	

Step 6: Plan ahead for pitfalls

Planning ahead is important when changing lifestyle habits. Plan ahead for vacations, illness, injury, weather changes, and schedule changes. Anticipate what pitfalls you may be faced with and plan a coping strategy. List below one thing you can do to plan ahead for exercise pitfalls.

--

Step 7: Focus on your achievements

Think back to 6 months ago...What exercise habits have you changed? Are you consistent with exercise? Are you handling vacations, weather changes, and schedule changes differently than before? List one positive change you've made to your exercise habits over the past 6 months:

--

Reward yourself! Recognize your hard work and achievements. Ideally you want these to be non-food rewards!

List 2 to 3 non-food rewards:

--

Step 8: Build the commitment!

Practice, practice, practice...Remember, exercise habits do not change overnight – it takes time!

Exercise Interest Survey

Exercise is of benefit to us all, but choosing which exercise to do is not an easy task. It can depend on your current physical condition, your healthcare provider’s recommendations, your likes and dislikes, and other factors.

Here are some ideas. Look at your interest by checking the activities you have done in the past, are doing now, or would like to try in the future.

Past	Present	Future	
			Walking
			Swimming
			Water aerobics class
			Bicycling
			Dancing (ballroom, country line, etc.)
			Aerobic dance class
			Downhill skiing
			Cross country skiing
			Water skiing
			Roller blading
			Tennis
			Golf
			Weight-lifting
			Yoga
			Racquetball
			Baseball or softball
			Ice skating
			Soccer
			Volleyball
			Basketball
			Martial arts/Self-defense class
			Hiking
			Canoeing

Track Your Weekly Goals

Use the table to track your weekly goals. This will help you move forward in making changes that last. You are encouraged to fill one out each time that you come to class so that you have a plan for the next week.

Please visit go.osu.edu/pted3364 if you would like to print more copies of this form.

My goals for the week:												
How confident are you that you will meet these goals?	Circle the number on the scale between 0 and 10 where 0 = Not Confident and 10 = Very Confident or write the number here: _____.											
	0	1	2	3	4	5	6	7	8	9	10	
	Not Confident									Very Confident		
Day of the Week	Scheduled Goal(s)	Did you complete?		Comments								
Monday		<input type="checkbox"/> Yes	<input type="checkbox"/> No									
Tuesday		<input type="checkbox"/> Yes	<input type="checkbox"/> No									
Wednesday		<input type="checkbox"/> Yes	<input type="checkbox"/> No									
Thursday		<input type="checkbox"/> Yes	<input type="checkbox"/> No									
Friday		<input type="checkbox"/> Yes	<input type="checkbox"/> No									
Saturday		<input type="checkbox"/> Yes	<input type="checkbox"/> No									
Sunday		<input type="checkbox"/> Yes	<input type="checkbox"/> No									

Track Your Weekly Progress

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Planning for success this week

Nutrition Goal	
Exercise Goal	
Lifestyle Goal	
Obstacles and Strategies	
Motivation	
Confidence (1 to 10): _____	

Tracking your progress this week

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	
Nutrition How is it going?	☆☆☆	☆☆☆	☆☆☆	☆☆☆	☆☆☆	☆☆☆	☆☆☆	
Activity and Exercise Mark if completed.	<input type="checkbox"/> Strength <input type="checkbox"/> Aerobic <input type="checkbox"/> Flexibility	<input type="checkbox"/> Strength <input type="checkbox"/> Aerobic <input type="checkbox"/> Flexibility	<input type="checkbox"/> Strength <input type="checkbox"/> Aerobic <input type="checkbox"/> Flexibility	<input type="checkbox"/> Strength <input type="checkbox"/> Aerobic <input type="checkbox"/> Flexibility	<input type="checkbox"/> Strength <input type="checkbox"/> Aerobic <input type="checkbox"/> Flexibility	<input type="checkbox"/> Strength <input type="checkbox"/> Aerobic <input type="checkbox"/> Flexibility	<input type="checkbox"/> Strength <input type="checkbox"/> Aerobic <input type="checkbox"/> Flexibility	<input type="checkbox"/> Strength <input type="checkbox"/> Aerobic <input type="checkbox"/> Flexibility
Other:								
Water How many glasses?								
Sleep How many hours?								
Mood								
Energy Level How is your battery?								
My Health Win Today								

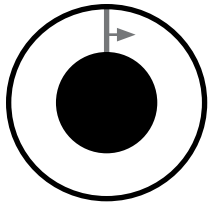
Overall progress

Track your overall progress toward meeting your goals. Fill in the circles below or write in the percent completed. For example, someone who does the behavior 100% of the time would completely fill in the full circle.

Nutrition Goal

- Eat a balanced diet.
- Eat healthy snacks.
- Eat mindfully.
- Manage my portions.
- Have consistent mealtimes.
- Other: _____

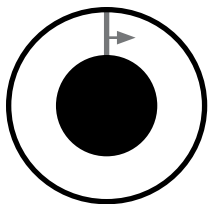
My progress = _____%



Exercise Goal

- Moderate aerobic exercise 150 minutes per week.
- Strength training 2 times per week

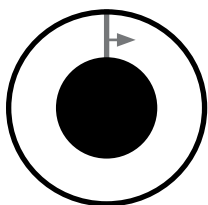
My progress = _____%



Lifestyle Goal

- Drink water.
- Sleep well.
- Manage stress.
- Receive support.
- Set goals.
- Have a positive mindset.
- Focus on emotional health.
- Other: _____

My progress = _____%



Tracking Your Success

Weight is one helpful way of tracking one's progress in meeting healthy lifestyle goals. In addition, there are many others that can be helpful. For example, you can rate such things as energy level, how well you are sleeping, and how comfortable you are in your clothes on a scale of 1 to 10. You are encouraged to select what you will track to measure your progress towards your goals and keep a written record.

Week	Weight	Other Measure	Comments
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
What non-weight changes have you seen to this point?			
13			
14			
15			
16			
17			
18			
19			
20			
21			
22			
23			
24			
What non-weight changes have you seen to this point?			



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