

Nutrition and Exercise for Wellness and Recovery (NEW-R)

Leader Manual



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Nutrition and Exercise for Wellness and Recovery

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This leader manual and the accompanying participant manual are available for download on the Center's web site:

<http://www.center4healthandsdc.org/new-r.html>

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Leader Manual – Nutrition and Exercise for Wellness and Recovery (NEW-R) Program

The leader manual is intended to be used alongside the participant manual. It provides step by step instructions for how to implement the NEW-R program, including discussion questions, activities and general principles for implementation. In addition, the Leader Manual provides you with additional suggestions or tips for implementing the program that can enhance the usefulness and adoption of the program in your particular setting.

General Principles for Implementation –

- The NEW-R program is divided into eight sessions. It is recommended that you do one session a week. This allows participants time to process the information and make behavioral changes over the week. It also provides enough time for participants to lose several pounds within the structured and supportive context of the program.

- Each session is intended to take approximately 1 ½ hours to complete. This includes devoting a portion of the session to physical activity. You will likely need to take a short break but it is recommended that you keep breaks short so that you can quickly get back to the session and keep the momentum going.

- The NEW-R program is focused on the concept of “being intentional”. This means that there is an emphasis on making a plan and/or thinking about what you are going to do each day. This will be discussed in more detail in session 1, but it is important to keep this message at the forefront of the program and to remind participants of this principle as often as possible. The plan is based on the following principles that come from research of weight loss interventions –
 - Changes in intake (what you eat) make the biggest impact on weight loss
 - Being aware of what you eat can have a positive effect on intake
 - Physical activity can support changes in diet, help maintain weight loss and promote other health benefits (e.g cardiovascular health)
 - People that are overweight/obese tend to lead very sedentary lifestyles

- Social support is important for weight loss
 - Belief in one's ability to lose weight/self-efficacy contributes to behavioral changes
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- Making small changes. The process and just the idea of losing weight can be an overwhelming proposition. It is easy for people to give up before they even get started. The NEW-R program emphasizes that even small amounts of weight loss (5 – 10% of body weight) can make a significant impact on health. In addition, small changes are more likely to be achievable and these small changes can lead to big differences over time.
 - Individualize. Participants will likely be very different in terms of the changes they make and the outcomes they achieve. The NEW-R program recognizes this and provides many suggestions for change allowing the individual to choose the ones that best match their wants and lifestyle.
 - Be positive. Recognize the changes people are making. Provide lots of positive feedback. Sometimes people are not ready to make actual changes in their behavior but they have started to make changes in their thinking or attitude. Acknowledge these changes just as passionately. Acknowledge that weight loss is hard, but try not to focus on barriers. Instead emphasize the things that people can and are doing. Let the participants know that you believe in them and their ability to make a change.
 - Make the sessions interesting, interactive and fun. Although there is lots of useful information to cover in the program, avoid lecturing. Ask questions, encourage discussion and get participants involved in the activities. The manual provides you with the tools to accomplish this. Laugh and enjoy your time together.

- It is useful to have a whiteboard with markers or an easel with paper so that you can use this to write down information as you discuss it. This is especially helpful during discussions where you are asking participants to share examples.
- You might want to consider a weigh-in as participants arrive to the session. In a discrete, private area you can set up a scale and record weights. Not all participants will have a scale, and it is helpful to have a consistent reliable scale (b/c individual scales vary widely) that participants can use to compare their weight from week to week. Make the weigh-in voluntary and keep a visual graph for each participant so he/she can receive feedback about progress.
- You will need to think about whether you want participants to take the manuals home with them each week or leave them in the classroom. If the participants take them home they will have the advantage of having the information available to them during the week. However, in our experience we often find that many participants forget to bring the manual back for the next session. So, if you decide to keep the manuals in the classroom until the program is completed, you can have participants remove certain sections to take home. For example, they should remove the Being Intentional plan and display this in a prominent place at home. You may want to have participants rewrite their goals for the week on a note card and display this in a prominent place as well. This could be a useful strategy even for participants that are taking the manual home each week. For sure, at the end of the program you want everyone to take the manual home with them to use as a reference and support.
- There are several components of the sessions that are similar. Each session starts with an inspirational quote or story, each session includes goal setting, a success story from a person in recovery and each session should include some physical activity.

- Physical activity is an essential component of each session. This aspect of the program is flexible so that you can adapt it to your own setting and particular situation. Decide when you want to do the physical activity segment. You can start, end, do the physical activity in the middle or even start and end with a briefer activity session. Think about what will work best for you – for example starting with physical activity might invigorate your participants so that they can better focus on the rest of the session or it may be better to save it till the end because as a group you can relocate to another place to exercise. Spend at least 20 minutes actually moving. You want to help participants recognize that they are capable of moving for this long.

- Don't push people to move beyond their safety zone. If participants are experiencing pain, significant shortness of breath or excessive heart rate then you need to back off. However often times in a group session with encouragement from the leaders and other participants, you can help participants realize that they are capable of exercising at a higher intensity than they originally thought. Provide gentle encouragement and praise.

- You want to encourage participants to engage in physical activity every day. The activity you use in the sessions should help participants with developing physical activity routines throughout the week either at home, in groups provided at your facility or at community centers.

- Eight exercise videos are available for your use – one for each session. These videos are available on the same site as the manual. Individuals in recovery participate in the videos along with occupational therapy students that developed the routines. There are modifications provided for the exercises so that everyone should be able to participate. However, it is not essential that you use the videos. You can use other forms of exercise.
 - Some examples of physical activity you might include
 - Go for a walk (indoors or outdoors)

- Set up an obstacle course
- Play music and dance (or move to the music)
- Get in a circle and have each person in the circle take turns leading the group in an exercise
- Use an exercise DVD
- Create stations around the room with different activities at each station
- Chair exercises if your participants have very limited endurance
- Go outside or to a gym and play a game – some activities requiring limited equipment could include Frisbee, basketball, jump rope, tug of war
- Set up a scavenger/treasure hunt that involves going to different locations

Session 1: I Can Make A Change!

Teaching Materials Needed for Session 1:

- Participant Manuals (one for each person)
- Pencils/pens
- White erase board & markers or easel with paper
- Name Tags
- Note cards for goal writing
- Tabs on page 11 to the goal list

Welcome Group & Introduce the Facilitators (5 minutes)

Hi my name is _____. I'm happy to welcome you to New-R. This is [name of cofacilitator]. To help us get to know one another, let's go around the group and say our name, our favorite holiday, and why we like it. I'll go first. Again, my name is ____ and my favorite holiday is ____ because _____.

Next I'd like to go around the group and have each person tell us a place they'd like to visit someday that they've never been to.

Session 1 Learning Objectives (1 minutes):

Today we are going to learn:

- What NEW-R is and what you'll learn and do at each session.
- The effects of obesity on physical and mental health
- What "being intentional" means and why it's important in NEW-R
- How to write a goal for the upcoming week

Introduce the structure and objectives of the program's 8 sessions (5 min):

- Today is Session 1, and there are 7 more sessions, therefore (*give date of final session*) will be our last group together.
- Each session will last for 2 hours.

- Each session begins with a weigh-in like you did today. These are private and no one will know what your weight is except you and the facilitators.
- Each session will include a topic about making changes, physical activity, healthy eating, and other health-related discussions.
- Each session will include one break. The washroom are located (*state location*). This is a non-smoking building, so you'll have to wait to smoke until you leave the class today.
- Each session will include approximately 20 minutes of physical activity using exercise videos designed for NEW-R. The exercises aren't hard to do but they will get our heart rate up a bit. Be sure to wear loose clothing that will be comfortable to exercise in at every session. Make sure you wear shoes with rubber soles that don't slip easily, like sneakers or gym shoes if you have them.
- 2 of the sessions will be observed by our supervisors. These observations will not be to watch you participate, but to ensure that we are teaching the curriculum to you correctly and giving you the best experience possible.
- We will start every session with an inspirational reading. At each session you'll also set a goal for the coming week. We'll end each session with a story of success.
- We have given you a participant manual. This is yours to keep and you will need this for every session. Taking the manual home and looking at it throughout the week will help you remember what you have learned and what your goal is for the week. We've also given you a 3x5 card. I will explain to you what to do with that later on today.
- The goal of the NEW-R program is weight loss. However, everyone is going to proceed at a different pace. So it's important to focus on your *own* progress and *not* compare yourself to others. What you will get from each other is a sense of belonging and feeling supported because you're part of group where everyone is working toward the same things.
- NEW-R is focused on making small changes that you chose because you believe you can make them in a week. These changes are meant to help

you achieve better health. It's also important that you make every effort to attend all 8 sessions of NEW-R. Each session is important for helping you reach your goals, and this becomes easier when you support each other.

- I also want to say how excited I am about teaching NEW-R and watching you all change and grow. [Name of co-facilitator] feels the same way. We're committed to making NEW-R a fun and positive experience for everyone.

Inspirational Reading (5 minutes):

Let's start by getting inspired. Does anyone want to read the inspirational saying at the top of page 5 of your manual?

- Read it aloud if nobody volunteers.

“Recovery is about having joy in living, participating in life: feeling good about who I am and how I am connected to my community. It's the ups and downs. It's creating my own path. It's about feeling whole, well and loved.” - Cherie Bledsoe

- **Is someone willing to share their definition of recovery?**
 - Try to get 3-5 people to respond. If no one wants to, share yours and have the co-facilitator do the same.
- **Next, can anyone tell me how weight loss is related to recovery?**
 - Elicit from 3-5 group members or facilitators share their thoughts.
- **In the NEW-R program we recognize individuality. This means that each person in the program is different, but everyone can make progress. We expect that the path that each of you takes will be a little different, even though everyone is working on the same goal of weight loss.**

The Effects of Overweight on Physical Health (3 minutes)

Next, let's learn about the effects being overweight on people's physical health. As we'll see, this is especially important for people who are recovering from mental health conditions. You can read along on page 5 of your participant manual.

Research shows that some people with mental health conditions don't live as long as people without mental health problems. Some of this is due to the fact that a lot of people with mental health conditions are overweight or obese. Obesity contributes to people losing years of their lives. This is because being overweight has negative effects on the body. You're probably aware of some of these health risks, but you may not know all of them. For example,

- Being overweight is connected to diabetes. Over 80% of people with diabetes are overweight.
- People who are overweight are more likely to experience cardiovascular disease, such as high blood pressure or high cholesterol. This can result in serious conditions like a heart attack or stroke.
- Carrying extra weight may contribute to arthritis, particularly in the knees.
- People who are overweight are more likely to have certain cancers, like colon, gall bladder, or breast cancer.
- Another condition that is more common in people who are overweight is Sleep Apnea. This condition causes you to stop breathing while you're asleep many times a night, without you realizing it. As a result, you are exhausted the next day and don't know why.

Does anyone have other examples of how being overweight might affect a person's physical health?

- Give time for examples and discussion.

The Effects of Overweight on Mental Health (3 minutes)

Okay, now let's consider the effects of being overweight on mental health. You can continue reading along with me from page 5 of your manual. Many people can personally testify to how being overweight makes their mental health worse. Some examples are:

- People who are overweight are more likely to experience negative moods, like depression and anxiety.

- People who are overweight often face discrimination in work and social settings, which can feel really bad.
- As a result, people who are overweight are more likely to have a lower self-esteem.
- Being overweight may make it more difficult for people to carry out their daily life tasks, like getting dressed or going shopping.

But the good news is that, by losing weight, you can improve the way you think, feel, and go about your daily life.

Does anyone have other examples of how being overweight might affect mental health?

- Give time for examples and discussion.

How Does Being Overweight Affect You? (5 minutes)

Please look at the box on the top of page 6 of your participant manual. We'd like you to write down 2 or 3 ways that losing weight may affect your health or life positively.

- Give participants a few minutes. Provide individual support as needed.

Would anyone like to share what they wrote down?

- Give time for responses and discussion.

The good news is that small changes in weight can make a big difference! Follow along with me as I read from the middle of page 6 in your manual.

The first hopeful thing is that losing weight means that there will be less strain on the body's organs, bones, and muscles.

Also, a 5 to 10% loss of weight can significantly reduce your risk of heart disease. Other benefits of losing even small amounts of weight include –

- Sleeping better

- **Having more energy**
- **Having fewer aches and pains, and**
- **Being better able to manage diabetes or hypertension**

It's also important to know that several studies have shown that people with mental health conditions can benefit from weight loss programs!

Making a Commitment (5 minutes)

We all can work on healthier lifestyles by making a commitment to more nutritious eating and exercise! We know that successful weight loss requires lifestyle changes. A key component of the NEW-R program is being what we call intentional. Being intentional means deciding to make thoughtful choices in your life. When you're intentional, you realize that life is made up of choices. You can choose to drift through life, or you can choose to take actions each day that will make you feel better and more fulfilled. Being intentional involves stepping back to assess how your personality and your environment affect your choices. By examining your life this way, you can set better goals to achieve the kind of life you want to have.

Many of us have developed unhealthy habits over a number of years. We find ourselves going through the day without giving much thought to how what we do affects our health. Our unhealthy choices add up each day, each week, and each month, leading to poor health.

But we can change that! Let's all make a commitment to becoming INTENTIONAL about being healthy.

What do you think it means to be intentional in order to become healthier?

- Give participants a few minutes to call out what they think.

Next, I'd like you to turn to page 7 in your manual and read along.

The purpose of the NEW-R program is to help you be successful with your weight loss. Being intentional requires us to stop and think about what we are doing and make a plan to do something different.

Simple ways to be intentional about your weight loss (5 minutes)

I'm going to review some simple ways that you can be intentional about your weight loss.

- First, make your attendance at NEW-R a *high priority*. Try your best to attend all 8 classes of the NEW-R program. While you're here, make the most of it. See what you can learn and apply to your daily life.
- Second, come up with *something meaningful you can do every day*. A sedentary lifestyle, which means sitting around or lying in bed most of the day, contributes to weight gain.

Let's start with tomorrow. In the green box on page 7, write down what time you are going to wake up tomorrow. Then think about what you are going to do during the day to make your day a good one. It can be anything, so what will you choose to do?

- Give participants a few minutes to complete the box

Great, thanks for thinking about how to add some meaning and structure to your day! You can do this every day. Let's all commit to planning and doing a few things each day to make it a good day, okay?

We know that people are more successful with weight loss when they are intentional about what they eat. This means *making a plan*! Each day, after you get up, make a plan for what you are going to eat for the day. Think about each meal and any snacks, too. If you are going someplace that will be challenging, like a party or a restaurant, plan ahead of time what you will do to avoid overeating. If you'd like, use a meal planner to write down your meals for the day. We'll talk more about making meal plans in the coming weeks. For now, let's turn to page 8.

Another thing you can do is *get a supply of healthy foods*. It will be easier to stick with your plan if you have healthy foods on-hand. Avoid having unhealthy foods around the house to tempt you! When you go grocery shopping, be sure to **MAKE A LIST** first. Write down the foods you intend to buy, and do your best to stick to the list once you get to the store. Make sure you're not hungry when you go shopping, it will help you to stick to your list. If you decide to add some extra fruits and vegetables, no problem! But don't add junk food and try to avoid going down those candy and soda aisles. Do most of your shopping around the perimeter of the store, or the outside aisles. That's where the healthier foods tend to be located.

Finding support is very important. It's hard to do it on your own. Other people can help you with your plan to be healthier. Find one or more people who will support you. Ask for their assistance when you are feeling weak, or frustrated, or just need a boost.

Finally, *make only a few changes at a time*. It's hard to make a lot of changes at once. That is not the expectation of the NEW-R program. In fact, we will be talking about many of these topics in future sessions. And, we'll be giving you more information and help with these changes. So start out slowly, and do what works for you. At the end of the session today, we'll begin by making one short-term goal.

Simple Ways to be Intentional (2 minutes)

Next I'd like you to turn to page 9 of your manual. In the box you'll see a list of simple things you can do to be intentional. Many are things I just talked about. When you get home, we'd like you to remove this page from your manual and put it somewhere you'll see it each day. You might put it on the bathroom mirror or on your fridge. Read it whenever you need a reminder about being intentional.

Who would like to share where you think you'll put this list when you get home?

- Give participants a few minutes to call out their answers.

Setting Realistic Goals (15 minutes)

Let's turn to page 10. Now that you know what we mean by being intentional, it's time to talk about setting a realistic and enjoyable goal. Remember, being intentional means making thoughtful choices. You're going to choose and set a goal at the end of every NEW-R class. We are here to help you through this process. It is important to your success that your goal is realistic and meaningful for you.

We are emphasizing making changes in eating because dietary changes have the most effect on weight loss. But, we also know that losing weight can feel overwhelming. It will be easier if you take *small steps*, and make *changes that you can live with*.

Look at the list of goals on page 11 of your manual with the tab. These are actual goals that people made while they were participating in NEW R. You'll notice that they are relatively small goals. In addition you'll see that they are very specific, such as deciding how many days to eat breakfast or how many times you'll replace French fries with a salad. Go ahead and read through the goals on page 11, please choose a few that you might like to work on in the next week and put a star next to them.

- Pause here to let them start.

In reading over the goals, you'll see that some have a blank space to indicate how many times you'll do something next week. It's important to start small, and be realistic about what you're able to do. For example, you might know that you should eat vegetables every day, but that might not be realistic for you right away. So, it would be better to say instead that you'll eat vegetables a certain number of times in the coming week. If you don't see a goal on the list that you'd like to choose, you can make up your own healthy eating goal that works for you.

Just be sure to be very specific about what your goal is and include a number of times you'll do it, if that makes sense.

Once you know what you'd like to do for your first goal, please write it down in the box on page 10. We'd also like you to write that goal on the notecard we gave you, so you can post it in your kitchen or dining room or wherever you eat. Seeing your goal will help you to stick with it.

- Pause to let them record their goal on page 10 and the notecard. Be prepared to give individual attention as needed.

Great! We are going to go around the room and share our goals so we can support one another. I'll go first

- Go around the room and have participants share their goal if they wish.

Summary

Today we have discussed our definitions of recovery, the effects of being overweight has on our physical and mental health, what it means to be intentional, simple ways to be intentional with the NEWR program, and setting realistic goals. We will be focusing on your strengths and what you see as possible throughout this program. For this week, we want you to remember to work on your goal and to especially remember that you can make a change! We believe in you! Small changes add up over time so need to try everything this week, just do what you can and you will be well on your way to improving your health!

Ending on a Positive Note (2 minutes)

I mentioned earlier that we will end each session on a positive note by reading a success story. Would anyone like to read today's success story on page 12?

Recovery is regaining some of things that I lost in my life: wholeness, fullness, a quality of life that I desire, and my spiritual connection. I have increased the

amount of water I drink. In the morning, I go to our local store and get 32oz water. I have noticed that since I increased my water, I eat less. I now get more fiber in my diet by eating kidney beans, oatmeal, salads, fruits i.e., pomegranate seeds and yogurt. I am into walking too. I am currently walking two to four miles a day. My goal is to get rid of my middle “fluff”. I discovered middle aged women tend to gain more weight in our middle area. I found that once I focus on the internal it balances out what happens on the outside. Simone Rogers, Kansas Peer Leader

Remember we are all here working together towards creating our own success story!

20 minutes of Physical Activity (1 minute)

Okay! Now it’s time for some physical activity. Since this is our first session, I want to emphasize that no one will be asked to do more than they feel comfortable with. You may want to work out while you’re seated on a chair like some of the people in the video do. The important thing is to get your heart rate up a little bit and have some fun. While we’re setting up the equipment for our exercise video, I’d like to suggest that you visit the rest room and get a drink of water if you’re thirsty. Once you’re back, I’d like you to do some simple stretches before we turn on the music.

Session 2: The ABC's of Healthier Eating

Teaching Materials Needed for Session 2:

- Participant Manuals (one for each person)
- Pencils or pens
- Name tags
- Examples from each food group, with better and worse options
- Note cards for goal writing

Introduce facilitators & ice breaker (2 minutes):

- Welcome everyone back. Re-introduce yourselves. Express appreciation for everyone expressing their intentionality for a healthier lifestyle by showing up today.

Let's do a quick warm-up activity. We're passing out a list of personal traits. Read the list, and pick 1 word you think describes you. Then, turn to the person next to you, and briefly say why you picked that word about yourself. If you have a positive word to describe yourself that's not on this list, you can use that one instead.

Thanks for doing this activity! Let's all keep in mind the positive personal trait we chose to help us on the road to a healthier lifestyle. You can write the word on the cover of your NEW-R manual to inspire you!

Session 2 Learning Objectives:

Today we're going to learn:

- **Learn about variety, balance, whole foods, and empty calories.**
- **Name the 5 food groups**
- **Describe the benefits of each food group**
- **Make healthier choices within each food group**

Inspirational Reading (2 minutes):

Would anyone like to read the saying found at the top of page 13 in your manual?

- A facilitator should read it if nobody volunteers.

“Eat food. Not too much. Mostly plants.” - Michael Pollan

The person who said this, Michael Pollan, writes about problems with the American diet. When he says “eat food,” he means “real food”, he believes that most of what we eat in America is so processed (full of chemicals, extra fats, and extra sugars) it is no longer really food. Also, we should not eat too much food. It can be difficult to not overeat, but if we were to eat mostly plants like fruits, vegetables, nuts, and grains, we will have a healthier diet.

We all know how challenging healthy eating can be. This is why in NEW-R we focus on being intentional with what we eat. Eating intentionally means making better choices and planning ahead. We are going to learn about healthy foods today to help us make better choices.

Today, we’re going to focus on how we can make small changes in what we eat, so that we can be more intentional and start to lose some weight.

The Role of Healthy Eating in Weight Management (2 minutes)

We just mentioned a word we haven’t used before now, which is calorie. Can anyone define what a calorie is?

- If a participant gives the correct answer, say “Right!” If an incorrect answer is given, say something like, “Thanks, that’s important in healthy eating.”

A calorie is a unit of energy that fuels our body. Please write that definition in the box found in the middle of page 13.

Because calories give us energy, they are a necessity in life to do everyday tasks like think and walk. But, if you consume too many calories each day, you will gain weight. You can see in the diagram on the bottom of page 13, there are 3 ways we

can reduce calories. First, we can eat and drink fewer calories. Second, we can exercise more. Third, we can do a combination of both.

In NEW-R, we're going to focus on doing 3 these things. We will exercise at each class, and we hope you will exercise in-between classes as well. We're also going to commit to reducing how much we eat and drink each day. But, this doesn't mean that you have to starve yourself. Instead, we'll learn how to make healthier choices to feel full by eating more vegetables, fruits, nuts, and grains, as well as by drinking more water. Today we're going to focus on healthier eating to help reduce the number of calories you take in each day.

My Plate – Steps to a Healthier You! (3 minutes)

There is a proven system to reduce daily calories without feeling too hungry, which is called Choose My Plate. Look at page 14 of your manual to see a picture of the Choose My Plate system.

You'll see that a healthy plate is divided into 4 sections. When using Choose My Plate, we're trying to fill up half of our plates for each meal with fruits and vegetables. At every meal, less than one-quarter of our plates should contain protein, and only a small amount of dairy. One thing to notice about Choose My Plate is it makes controlling your portions easier. If you start by filling half of your plate with vegetables and fruit, you'll have a lot less room left on your plate for protein and grains that are higher in calories.

One great thing about Choose My Plate is that you don't have to count calories or points. If you have access to the internet, you can learn more about Choose My Plate by visiting, www.choosemyplate.gov. This web site also has healthy recipes and encouragement for a healthier lifestyle.

Does anyone have any questions about Choose My Plate?

- Take a few questions, but stay focused on time. Let people know you can answer more questions at the break or after class.

Eating Whole Foods (4 minutes)

Look at the bottom of page 14. An important way to eat healthier is to fill your plate with whole foods, meaning foods that come the way they were grown. This is particularly true for fruits, vegetables, and grains. Foods that are in their original state have more nutrients and fewer unhealthy ingredients than processed foods like we discussed with the inspirational saying. Let's look at an example. You see a picture of 3 ways we can eat apples -- a fresh apple, applesauce, and an apple-flavored pop tart. Can anyone tell me which is the healthiest and why?

- Be sure they understand that the apple has the most nutrients and fiber, the applesauce loses some fiber in the process and most likely has added sugar, and the pop tart probably has very little to no actual apple in it with a lot of added sugar and fat.

Does everyone know what fiber is?

- Make sure everyone understands that fiber is a nutrient that helps our digestion work in the best way possible; makes us feel full longer; and the best source is fresh vegetables and fruit, fiber one bars and other products with added fiber aren't as good for your digestion as naturally occurring fiber in vegetables and fruits.

Whole Food Exercise (4 minutes)

Let's look at some examples and see if you can identify which item is healthier and why.

- As you go through each group, hold up the healthy and unhealthy samples you brought in for example, a rice cake vs. brown rice; low-fat greek yogurt versus flavored yogurt. Small discussion about why the participant thinks the food is healthier. Be sure to direct them towards whole food because they have fiber, little to no sugar, and are not processed.

Thanks! Those are all good ideas! Let's turn to page 15 to read about Empty calories.

Empty Calories (2 minutes)

Like we saw in that exercise, some of the foods we eat have very little nutritional value and lots of calories! These foods are typically highly processed foods. Some examples are sodas, candy, pastries, ice cream, margarine, granola bars, crackers, and french fries. In addition, many foods we eat could be healthy were it not for large amounts of added sugar like flavored yogurts and pre-packaged oatmeal.

Empty calorie foods can be difficult to avoid because they are made to taste good and are easily available.

Remember when we learned about intentionality during our last class? Eating intentionally means making better choices and planning ahead. This doesn't mean that you shouldn't indulge with the occasional treat. However, limiting foods high in added sugar, fat, and preservatives or empty calories can help you quickly cut down on the number of calories you consume each day. If you replace empty calorie foods with healthy options, you will get more of the nutrients that your body needs and be at a healthier weight.

One good example would be to replace soda with water or unsweetened tea.

In fact, NEW-R participants in the past have found that just by replacing soda with a low-calorie beverage, they can start to lose weight or inches. Increasing water and decreasing soda is a great NEW-R goal! Now let's learn about the 5 food groups. You will know a lot of this information already. Let's start with grains on page 16.

Grains (3 minutes)

Grains are foods made from wheat, rice, oats, barley, or other grains. Some examples of Grains are: Bread, Pasta, Rice, Oatmeal, Breakfast cereals, Tortillas.

Most people in the US eat enough grains but they don't eat the right type of grains. When grains are refined you lose many of the benefits of this food group such as fiber, iron and B vitamins. Therefore, it is better for your health to eat whole grains.

Let's look at the examples of whole versus refined grains in the green and orange boxes.

You want to eat less refined grains like: white bread, cereal and flavored oatmeal, white pasta, white rice, flour tortillas, bagels, and pastries. It is better for you to eat more whole grains like: whole wheat bread, oatmeal, whole wheat pasta, brown rice, corn tortillas, whole wheat mini bagels, and bran or whole grain cereal.

Let's look at how to get the most out of your Grains:

- **At least half of the grain foods you eat each day should be whole grains.**
- **You should still limit your grains to only one-quarter of your plate, even when eating whole grains.**
- **We know it can be difficult to avoid refined grains, so we'll learn to read labels and choose whole grain foods as often as possible next week.**

Now let's think about how we can increase whole grains. Remember to think about things you want to try. Don't include foods you already know you don't like. Focus on what you want to add to make your diet healthier. You can even consider how you might swap the healthier options for what you are doing now. Can anyone think of other ways to increase whole grains or your favorite from the list?

- **Take 2-3 examples and then give the idea of mixing white and whole wheat products if they are not used to the taste, like half white and half brown rice and same for pasta. If the group goes to what they don't like, try to guide them back to positive thinking about changes they would like to make and new foods or strategies they want to try.**

Vegetables (5 minutes)

Let's turn to page 17 of your manual, where you'll see examples of healthy vegetables. Does anyone want to read them for us?

- If no volunteers, read them yourself:
 - Dark green vegetables (broccoli, greens, spinach, etc.)
 - Orange and red vegetables (carrots, pumpkin, squash, red pepper)
 - Starchy vegetables (potatoes, peas)
 - Legumes/Beans (black beans, kidney beans, lentils, chickpeas, etc.)
 - Other (asparagus, cauliflower, cucumbers, tomatoes, zucchini, etc.)

Vegetables are a very important part of a healthy diet. They are high in vitamins and minerals that keep your body working. This is why vegetables are the biggest section on Choose My Plate. They are also low in calories and filling! Most Americans struggle to eat enough vegetables, but don't worry if you struggle too. We've got some strategies for you to try! Let's look at the box "How to get the most out of your vegetables:"

When choosing vegetables, think variety. Use colors as your guide and try for a rainbow of color! Try to limit starchy vegetables to 1 serving per day as they are higher in calories.

Try to eat your veggies raw, steamed, or baked. Once you fry vegetables they lose many of their nutrients.

Be careful about which dressings and toppings you chose to go with your vegetables, they are usually empty calories and add up quickly. Try different dressings that are lower in fats and sugars, and try using a smaller amount. Some vegetables, especially canned vegetables and soup products, contain a lot of salt. Try frozen vegetables with no sauce. They are inexpensive and you don't have to worry about them spoiling. If canned are your only option try rinsing them before cooking to lower the salt.

An interesting category that you may not think of as vegetables are beans. These include lentils, black beans, kidney beans, black eye peas, and others. This group is high in fiber and protein, so they are filling, nutritious, and inexpensive!

Now let's think about how we can increase how many vegetables we are consuming. Remember to think about things you want to try. Don't include foods you already know you don't like. Focus on what you want to add to make your diet healthier. You can even consider how you might swap the healthier options for what you are doing now. How could you add more veggies to food you like? Are there veggies you want to try or eat more of? What do you want to try from the list we gave you? Write your ideas down and share them with the group.

- Mention these if participants don't naturally: cut up your favorite veggies and put them into baggies for snacking or eating on the go; put spinach on a favorite sandwich; have a side salad with very little salad dressing with dinner; add more veggies to our diets by throwing them into soups, stews, pasta sauce, and stir-fry's.

Great answers, thanks! Let's all keep veggies in mind when we're setting our weekly goals later.

Fruit (5 minutes)

Please turn to page 18 of your manual, where you'll see examples of healthy fruit. Some examples of fruits are apples, berries, grapefruit, melon and pineapple.

Who wants to name some other fruits they enjoy eating? Write them in the box.

- Take 1 minute for people to call out answers.

Fruit is a great snack option because it is easy to carry with you, nutritious, and tasty. But, be sure to use moderation when consuming fruit, the natural sugar does impact your blood sugar. Remember you want to eat the whole fruit to get all of the benefits, especially the vitamin C and A which boost your immune system and digestion! Now, how to get the most out of your fruits.

Like with vegetables aim for variety, the more colors you eat the more nutrients and unique flavors you are getting! Try to avoid fruit juice. If you do have juice make sure it's 100% juice to avoid added sugar. Remember the whole food is the better choice so you get all of the nutrients and fiber with no empty calories. You can also get creative with fruit by adding it to your dishes like oatmeal, yogurt, and salads for extra flavor! Just a reminder, use moderation with fruit. 2-3 servings are recommended per day. And finally, avoid fruit that is canned in syrup or is sweetened. If canned fruit is your only option choose the ones packed in their own juice.

Now let's think about how we can increase how many fruits we are consuming. Remember to think about things you want to try. Don't include foods you already know you don't like. Focus on what you want to add to make your diet healthier. You can even consider how you might swap the healthier options for what you are doing now. Does anyone have other ideas for adding more fruit to our diets?

- Give examples if needed: freeze grapes to eat as a refreshing snack; decide to eat an apple every day on the way to work, school, a program, or a friend's house; make a big fruit salad on Sunday to eat during the week.

Thanks, those are good ideas! You also might want to set a goal to eat more fruit this coming week when we work on our goal-setting later in class.

Dairy (4 minutes)

Please turn to the next page, page 19, where we'll continue our discussion about dairy. Some examples of dairy are milk, yogurt, cheese, and cottage cheese.

Dairy can be a good source of calcium. However, dairy products can be very high in fat and sugar or empty calories. If you eat a lot of high-fat dairy, it will be hard for you to lose weight.

Take a look at the green box on the top right side of the page. For bone health, it is recommend that you have 3 servings of dairy a day, but no more than 3. As you can see, 1 cup of skim or lower fat milk, 1 cup of low-fat yogurt, and 1 ½

ounces of low-fat cheese are all considered 1 serving. Now look at the box below the green box, some people have a condition called lactose intolerance and can't have dairy. Others choose not to have dairy at all and follow a vegan diet. You don't need milk or dairy in your diet, but you do need calcium. Other foods and beverages that are high in calcium include milks from almond, rice, or soy; dark leafy greens like collards or kale; and canned fish with bones like sardines.

Take a moment to look at the chart of unhealthy and healthy dairy options. Would anyone like to read that box?

- Read aloud if no volunteers:

Unhealthy Dairy:

- Heavy Cream
 - Soft Cheeses
 - Cream Cheese
 - Cheese Whiz
 - Brie
 - Ice Cream
 - Coffee Cream
 - Flavored Yogurt
- These are high in sugar*

- Low Fat Milk
 - Hard Cheese
 - Cheddar
 - Swiss
 - Provolone
 - Cottage Cheese
 - Plain, Nonfat Yogurt
 - Plain, Greek Yogurt
- Try adding honey or frozen fruit to your yogurt*

Healthy Dairy:

Let's look at "How to get the most benefits from dairy: Think Calcium!" Focus on low fat options. Low fat milk has the same amount of calcium as whole milk, but significantly fewer calories. Please note that cream cheese, cream and butter are high in fat and have virtually no calcium and are considered a fat. Remember, aim for low- to no-fat dairy.

Now let's think about how we can make healthier choices with dairy. Remember to think about things you want to try. You can even consider how you might swap the healthier options for what you are doing now. Think about the Dairy or Milk

products you've had in the past week or so. What are some things you want to try to make better decision with dairy?

- Give 1 minute for people to call out thoughts.

Protein (4 minutes)

The final food group to talk about today is the Protein group. Let's turn to page 20. Our muscles, organs, and immune systems are made up mostly of protein. It's very important to get enough protein every day. Some examples of protein are beef, pork, chicken, turkey, fish, eggs, beans, and nuts or seeds.

The meat and bean group are filled with a wide variety of foods that are an excellent source of protein! Note that dried beans and peas are listed in both this group and the vegetable group. They are a high protein vegetable.

Most Americans get enough protein each day but, many of us also tend to choose protein that is high in fat, which can cause health problems and reduce the benefits.

Take a look at the yellow box. You'll see some ways that we can make healthier protein choices. Does anyone want to read out a couple of them?

- Read them aloud if no volunteers.
 - Choose low-fat cuts of meat like loin
 - Remove the skin from chicken
 - Avoid fried foods such as fried chicken or fried fish
 - Limit processed meats such as bacon, ham, salami as these can be both high in fat and sodium
 - Choose more non-meat options such as beans and eggs
 - Add more fish to your diet

Now let's think about how we can make healthier choices with protein. Think about my plate and remember that protein is a quarter of your plate. When making choices with protein, focus on low fat options. Please list things you want

to try and not things you know you don't like. You can even consider how you might swap the healthier options for what you are doing now. What are some healthy proteins or preparation that you like or want to try? You can write them at the bottom of page 20.

- Name some if needed: Trim the extra fat from beef and pork before cooking it; Replace ground beef with ground chicken or turkey when cooking; Avoid proteins that are cooked in fat. For example, a fried fish fillet sandwich has more fat than a hamburger patty; Low-fat and reduced calorie Greek-style yogurt is a high protein option for breakfast or a snack. Veggie patties have less fat than meat patties.

Putting it Together (3 minutes)

Great work everyone! Let's look now at the top of page 21. You'll see a box where we'd like you to write one healthy food from each food group that you would like to try adding to your diet. Try to choose foods you know you would like, not something you think you should eat even if you don't like it. You can tear this page out and put it somewhere you will see it when you're thinking about grocery shopping or eating, like your fridge or cupboard.

- Give time for people to complete the box. Help people as needed.

Variety in Foods (4 minutes)

Alright, turn to page 22 for our final exercise on healthy eating. Now that we've covered all the food groups, let's think about the basic principles of My Plate. Remember how the plate had all 5 food groups? Each food group is made of a collection of foods that has specific benefits for our health. That's why it's important to eat a variety food from each group every day so you can get the most nutrition, feel full longer, and balance your calorie intake. Many of us who struggle with our weight eat the same things over and over because it's easy, or we're in a rut. This usually means we end up eating far fewer vegetables or fruit than we should. Let's take a look at this example day.

Does this look like a good variety?

- Take 1-2 answers and then be sure everyone writes down “no” on the line provided.

What is the problem?

- Take 1-2 answers and then be sure everyone writes something down something like “too much cereal” or “fast food dinner” or “a lot of grains.”

Can you name a few things that are missing from this diet?

- Take 1-2 answers and then be sure everyone writes down something like “no vegetables, needs variety of fruits, whole grains, healthy proteins, lower sugar drinks like milk or water.”

Thank you for participating! Turn to page 23.

Goal Setting (15 minutes)

Before we set a new goal for this week, let’s review how things went last week.

Let’s go around the room and share how we did with our goals. I’ll go first.

- Give a direction to go around the table. Do let people skip themselves, but don’t give the option.

Thanks for sharing everyone! If you didn’t meet your goal, that’s okay! Think about whether you can change your goal slightly to make it easier to reach.

Maybe you need to do it less often than you first said. Or, maybe you need to try something entirely different because your first goal wasn’t right for you. Either is perfectly fine. We learn what we can do by trying different things.

Now, if you met your goal, you’ll want to think about whether you want to do that goal again for this week, consider increasing how often or how much you do it. Or, maybe you want to add another goal, so you’ll be working on two goals this coming week. Either is fine, as long as you focus on taking small and manageable steps.

Go to the box on page 23. Please think about your goal, and write it into this box. If you need ideas, turn to page 12, and pick something from that list. After you put your goal in the box, please also write it on your note card to post at home this week.

- Be prepared to give individual attention as needed.

Who wants to share their goal or goals for this coming week?

- Go around the room and have participants share their goal.

Summary

Today we have learned about what a calorie is, my plate, what it means to eat whole foods, what empty calories are, the benefits of the five food groups, and the importance of variety in our food choices. Remember being intentional with food means paying attention to what we eat and trying to get more healthy options like fruits and vegetables in place of empty calories like dessert or heavily processed foods. Eating healthy doesn't have to be boring or only about cutting out foods you like. Give yourself some time and opportunities to try new things! Focusing on trying new things and finding what you like will really help you make small changes to the foods you choose!

Ending on a Positive Note (2 minutes)

It's time for our success story. Would anyone like to read it from page 23 of your manual?

Life Affirmation: Dream your dreams. See it. Believe it. Achieve it.

"I am a person who is a heavy soda pop drinker. I would drink soda from the time I woke up in the morning until I went to bed at night. I would drink a 12 pack in about two days. I was struggling a lot to maintain healthy blood sugar levels and I even had to go on 40 units of insulin every meal because of drinking soda. One day I woke up and stood on the scale. That day is when I decided that it was time for change. That day I substituted water and crystal light for soda. Instead of snacking on cookies and cupcakes I would eat carrots with a teaspoon of ranch dressing and cheese. My blood sugar levels

dropped drastically. I even started the Zumba fitness on the Wii and there was a big change in my overall health. I had more energy and I wasn't tired all the time. I started to feel a lot better about my self-image. I lost 45 pounds in about 7 months. I feel so good. Now I don't have to use insulin."

-Kansas peer leader

Things to Do This Week (2 minutes)

For next week's class, please cut out and bring in 2-3 food labels from your favorite or regular foods. The food label is usually found on the back, bottom, or side of the package. It will say "Nutrition Facts." Or, just bring the packages, if that's easier for you.

20 minutes of Physical Activity

Okay! Now it's time for some physical activity. Let's start with some simple stretches. Then, we'll do a yoga work-out from a popular NEW-R video.

Session 3: Reading Food Labels & Portion Control

Teaching Materials Needed for Session 3:

- Participant Manuals (one for each person)
- Pencils or pens
- White erase board & markers, or easel with paper
- Lots of sample food labels
- Examples of 2 foods that you can use to demonstrate portion size (a box of cereal, a liter container of soda, or a bag of potato chips)
- Measuring cups and bowls
- Name tags
- Note cards for goal writing
- Playlist of favorite dance songs for exercise portion of class

Session 3 Learning Objectives:

Today we are going to learn how to:

- **Read and understand a food label**
- **Describe the difference in a serving size and portion size**
- **Make healthier choices based on a food label**
- **Reduce portion sizes**

Inspirational Reading:

Would anyone like to read the saying found at the top of page 24 in your manual?

- A facilitator should read it if nobody volunteers.

“To eat is a necessity, but to eat intelligently is an art.” -La Rochefoucauld

You may wonder what it means to eat intelligently. Too often, we eat without thinking, or we make unhealthy choices for a lot of different reasons. But, we’re learning in NEW-R that we can be smarter about what we eat. One way to achieve

“intelligent eating” is by understanding how to read food labels. Another way to eat smart is to closely watch our portion sizes to make sure that we aren’t eating more than our bodies need each day.

An Easy Guide to Reading Food Labels

Since you’ve committed to eating healthier, you’ve probably wondered whether certain foods are a good choice or not. While some foods, like fruits and vegetables, are pretty obviously a healthy choice, it may not be so easy to tell with other foods.

The good news is that you can learn a lot about the foods or beverages you’re having by reading the Nutrition Facts on the packaging. Reading food labels can help you make food choices that are best for you. Reading food labels also will help you to be more intentional about your weight loss.

We know that the labels have a lot of information, but we will help you zero-in on the most important information to read to make healthy choices.

Let's start by looking at the food label on page 24 of your manuals.

You’ll see that this Nutrition Facts label is split into 2 parts: A green section and a pink section. The green, top section is about the specific food or beverage you’re about to have. This information is different for each food or beverage you consume. Look at one of the labels you brought in, and you’ll see that same top half of information, specific to that food or drink.

Looking back at page 24, the pink, bottom section of the food label is the same on all packages that have this information. It gives general dietary information based on calories consumed each day. Not every food label has this on it. Check the labels you brought in to see whether they have this bottom section.

Now look at the label on page 25 of your manual. We’ll talk about each section of the food label in more detail, but let’s take a quick look at the whole label. After the Serving Size information in purple, you’ll see information about how many

calories are in 1 Serving, which is in green on this label. Next, in blue, you'll see 3 main nutrients that we want to avoid or limit for a healthier diet. These are Total Fat, Cholesterol, and Sodium or Salt. Sugars are not in color on this label, but we also want to avoid or limit these, especially if we have diabetes. Next is Protein. Then, in yellow, you'll see several nutrients that we want to increase in our diets, like Fiber, Vitamin A, or Calcium.

Finally, you'll see information about the Daily Value or DV. Look at the orange section of the food label on page 25 to find the Daily Value or DV for this package. The Daily Value is how much of a nutrient you should have based on a diet of 2000 calories per day. The general rule is that anything 5% or less is low. Anything that has a DV or Daily Value of 20% or more is high. If the nutrients are good, like fiber or vitamins, we want to see a high DV. If the nutrients are less healthy, like fat or sugar, we want to see a low DV.

Does anyone have any questions or comments about this overview? We'll be talking in more depth about calories and nutrients in a few minutes.

- Address the questions.

Now let's look again at the purple section of the label on page 25, marked as "start here." Again, this is the Serving Size or how much of the food or drink is for 1 serving on the label. This is one of the most important parts of a food label. You can't figure out how much fat, salt, sugar, protein, or calories a food has without first knowing how 1 serving is defined on the label, and how many total servings are in the package. The label in your manual says that 1 serving equals 1 slice. It also says that there are 6 servings or slices in this entire package.

This information is very important because you might be eating a lot more than 1 serving without realizing it. Also, you may be surprised to find that a lot of small packages have more than one serving in them, so if you eat the whole thing, even if it's small, you've had multiple servings.

Serving Size vs. Portion Size

For a healthy diet, we need to understand the difference between serving size and portion size. As you'll see on page 25 of your manual, a serving size is the amount that is on the label. The portion size is the amount of food or beverage that you actually consume at one setting. This amount may be more or less than the serving size. As you'll see from the pictures of the ice cream cones, our portions are usually more than the serving size, which has a lot to do with our weight.

To make the most of food labels, you'll always need to compare the Serving Size on the package to the amount you actually plan to eat. You'll then need to do some simple math to figure out how much you're eating, and how that affects the fat, salt, sugar, and calories you're consuming.

Let's Practice

Let's practice this. Look at the example on page 26 of your manuals. You'll see a table that shows the Serving Size and nutrients for boxed macaroni and cheese. The first column shows a single serving of the mac and cheese. The second column shows a double serving of that same mac and cheese.

What happens to the calories when we go from 1 single serving to a double serving?

- Note that calories are doubled, if someone doesn't point this out.

What happens to the total fat when we go from 1 single serving to a double serving?

- Note that fat is doubled, if someone doesn't point this out.

Bottom line -- You must always compare the Serving Size on the package to the amount you actually plan to eat and do some simple math to determine how many calories and nutrients you are actually eating. If you eat more than the serving

size on a label or beverage, you have to double, or triple, or even quadruple the number of calories, and the amount of fat, sugar, and salt. Since we are being intentional about selecting foods that are lower in calories in order to help you lose or maintain your current weight, we suggest that you look at how many calories are in each serving. Typically we consume MORE calories than we need, so try selecting foods that are lower in calories!

Does anyone have any questions about having to multiply the servings by 1 or 2 or more, if we eat more than the serving size?

Food Labels Activity

Let's practice understanding calories from the food labels you brought to class.

- Pass out the extra food labels you have to anyone who forgot to bring some in.

Looking at the food labels, find the **Serving Size** information. Okay, now find the calories. Practice figuring out how many calories you ate if you had 2 servings.

- Give them time to do this, and help people as needed.

Now, practice figuring out how many calories you ate if you had only 1/2 of the serving size.

- Give them time to do this, and help people as needed.

You can see that **Serving Size** and calories are linked. Both are very important to monitor as we try to lose weight.

Nutrients

Let's talk some more about the nutrients found on food labels. Turn to page 27. Let's look at the bottom of the page under nutrients. There are certain nutrients that are good for us (try and consume more of these) and other nutrients that may be harmful to us (try to limit these).

Look at the blue table. You'll see that these are the nutrients we want to include in our diets. Usually, they are fiber, vitamins, and minerals. Eating foods with lots of these healthy nutrients can improve your health, and can prevent certain medical conditions. Try to intentionally select foods that will fill you up with healthy nutrients.

Look at the yellow table on this page. Here you'll see the nutrients that you want to limit or avoid in your diet. These types of nutrients are associated with medical conditions like heart disease, diabetes, and high blood pressure.

Is a Food High or Low in a Nutrient?

If we look at the yellow box above. We see there are 12 g of fat per serving in that example, but is this a little or a lot?

To determine this you can look at the % on the right side of the label. Remember this is the daily value or DV. There is a general rule of thumb to follow: 5% DV or less is considered to be LOW 20% DV or more is considered to be HIGH.

So if it is a nutrient that is good for your health, you will want it to be 20% or more, but if it is a nutrient that is not good for your health than you will want it to be at or below 5%. While these numbers can be very helpful -- please note they are based upon a 2,000 calorie diet and the number of calories you need to consume to lose or maintain your weight may be slightly higher or lower than this number. That's okay though -- the DV can be used as a frame of reference!

Look back at the blue box again. Which nutrients are considered high? How about low?

- **If someone doesn't mention it, say: Low is Fiber, Vitamin A, Vitamin C, and Iron; High is Calcium. So, it's good that this food is high in Calcium, but it doesn't have any Fiber, which might be a strike against it.**

How about the yellow table? Which nutrients are high? Which are low?

- If someone doesn't mention it, say: All of them are high, especially the sodium. This could be a food to avoid or reduce.

Look at the food labels you brought into class. Who wants to tell us which nutrients are high and which are low on one of their labels?

- For each person who shares, say: Thanks! What's positive about this food? What's not so good? Would you consider this to be a healthy food?
- Try to have each person do this activity with one label. If there isn't enough time, limit it to 3-4 volunteers.

Thanks everyone! Excellent work and thinking!

The Ingredients List

Let's talk now about the List of Ingredients that you will also find on most food labels. Look page 28 of your manuals. You'll see the Ingredients for the can of soup are "Tomatoes, Water, High Fructose Corn Syrup, Salt, Partially Hydrogenated Soybean Oil, and Natural Flavoring."

When you're reading a label, the first ingredient accounts for most of what is in the food. In this case, the soup is mostly tomatoes. The second one is the second most ingredient. In this case, it's water.

By reading the ingredient list you will know what you are consuming. If you have food allergies or need to avoid foods because of a medical condition, it is important to read the ingredients list. However, sometimes the language can be a little confusing. Below are some of the more confusing ingredients:

- **Partially hydrogenated oils or hydrogenated oils – these are trans fats and should be avoided**
- **Sodium - salt, another ingredient that you should limit**
- **Words ending in "ose" – such as fructose or sucrose are some form of sugar and should be avoided**

- **“Whole” as in grains** - for example, whole wheat or whole oats; this is good - especially when listed as the first or second ingredient
- **Gluten** – a group of proteins from some grains such as wheat, barley or rye
- **Casein** – cow’s milk, some individuals need to avoid milk products
- **Carrageenan & guar gum** – thickeners that come from plant products
- **BHA & BHT** – preservatives that keep fats from becoming rancid

Who can tell us the first ingredient on a label they brought to class? How about someone else?

- Take 1-2 Volunteers.

Good, thanks. When you read the ingredients, you learn what you’re putting into your body. If you have food allergies, or if you need to avoid foods because of a medical condition or medication you’re taking, it is very important to read the ingredients on the food label.

A Little More on Portion Control

Sometimes the problem we have is not so much about what we eat but how much we eat! There are ways we can cut down on our portion sizes!

Let’s do an activity to help us better understand portions.

- **Bring out the sample foods (*a box of cereal, a liter container of soda, or a bag of potato chips*).**
- **Ask for a volunteer – provide the food and two bowls or glasses and an appropriate size measuring cup.**
 - **First ask that the participant NOT look at the food label.**
 - **Ask the person to scoop out or pour how much he/she would typically eat of that food measuring as he/she goes. Encourage the volunteer to be honest. We all tend to eat more than 1 serving!**

- Then, have the participant look at the label and measure out a serving size.
- Discuss the difference in the portion and serving size.

Controlling portions can be challenging, but there are lots of ways that we can make small changes in how we eat, which will add up to big changes in the number of calories. Let's read more about this from page 29 of your manuals: Another way that you can be intentional about the foods you eat is to watch **HOW MUCH** food you actually eat. Remember, we just discussed the difference between a portion size and a serving size. The portion size – the amount you actually serve yourself— can have a big impact on the number of calories you consume. Here are some simple ways you can control the amount of food you eat:

- Eat the same amount of fruits and vegetables that you do now, or even increase them. At the same time, decrease your portion size of all other foods by half.
- Try filling half of your plate with vegetables and fruit first. Then, fill $\frac{1}{4}$ of your plate with protein and $\frac{1}{4}$ with whole grains. You can buy special plates that portion out veggies, fruit, grains, and protein for you, so you don't have to guess.
- When you have leftovers, portion them out into single serving containers to eat for lunch or another dinner. This will help you avoid eating more than one serving at a time.
- Try eating a broth-based soup, meaning it doesn't have cream or butter, before you eat your meal. Or, try eating a salad before your meal, but reduce or leave off the toppings and salad dressing. Either of these can help you feel fuller before you eat your main meal.
- Try using smaller plates and bowls. You can fill these up and feel like you are eating a lot, but you have actually decreased your portion size!

- Learn to “eyeball” standard portion sizes and stick to them for your first serving. Once you have eaten this amount, wait 20 minutes to see if you are really hungry before having a second helping.

Does anyone have other tricks they use to control their portions? Write down 2 or 3 ideas you will commit to trying in the box at the bottom of the page.

- Take a couple of minutes for this, and help people who need it.

There is a way to learn how to eye-ball your portion sizes, based on common household objects. Look at pages 30 and 31 in your manuals. If you try to limit your portions to the sizes of these objects, you can make a difference in your diet right away.

You’ll see that 1 pancake or 1 ounce of lunch meat is about the size of a CD. 1 medium baked potato is the size of a computer mouse. 3 ounces of cooked meat are about the size of a deck of playing cards. 1 cup of French fries is about the size of a baseball.

Is anyone surprised by these portion sizes?

- Point out the cheese and pasta in particular, if nobody else does.

This chart can help you reduce the tendency many of us have to “super-size” our portions!

Goal Setting

Before we set a goal for this week, let’s review how things went last week. How did everyone do with their goals from last week?

- If nobody volunteers, one of the facilitators should share how it went for them.

If you didn’t meet your goal, that’s okay! It’s common. If that happened to you, think about is whether you can change your goal slightly to make it easier to reach. Maybe you need to do it less often than you first said. Or, maybe you need to try something entirely different because your first goal wasn’t right for you.

If you met your goal, you'll want to think about whether you want to do that goal again for this week, but increase how often or how much you do it. Or, maybe you want to add another goal, so you'll be working on two or three goals this coming week. Either is fine, as long as you focus on taking small and manageable steps.

Go to the box on page 32. Please think about your goal, and write it into this box. If you need ideas, turn to pages 11, and pick something from that list. After you put your goal in the box, please also write it on your note card to post at home this week.

- Be prepared to give individual attention as needed.

Who wants to share their goal or goals for this coming week?

- Go around the room and have participants share their goal.

Summary

Today we learned about how to read a food label and how to figure out how many calories, fat, and sodium we ate it consumed more than one serving. We also learned that quick general rule of thumb that a food is high in a nutrient if it is 20% or more and low in a nutrient if it is 5%. Remember being intentional with health eating means paying attention to what is in your food, how much you are eating, and how that impacts the calories you are eating. Portion control can feel daunting, but try some of the strategies we discussed today to help you be more in control of how much you eat. You have got this! And you are capable of making small changes to give yourself better health.

Ending on a Positive Note

It's time for our success story. Who would like to read it from page 33?

- Read it, if no volunteers.

ABC's of Healthier Living:

Affirmation: I will invest energy into changing my lifestyle choices. I will keep my eyes on the prize which is overall well-being. I will pick myself up and keep going.

Think about it differently. Do not think about that four letter word, “diet.” Think about getting healthier. This might relieve the pressure of feeling like you failed when you have not reached a “diet” goal.

Be patient. Small steps and small changes over time create significant achievements. You have heard the saying, “three times a charm.” Try it three times to contrast the difference you feel when making a lifestyle change. If you get off track one day – get back on the next. Get friends involved. Celebrate your accomplishments with fruit smoothies with yogurt instead of soda and cake.

Eating out: I used to feel like I couldn’t eat out which meant sacrificing the pleasure of tasting good food. One tip that I have used is “share-a-meal.” Bring a friend with you. You can order a steak and potato and share it. These days the meals you order at a restaurant often feed two people. Split the meal and split the cost. You save yourself extra calories and money that way. Drink unsweetened tea or water.

Label reading: I learned to be aware of the first ingredients listed in the nutritional information. I pay particular attention to sodium and sugar. I have learned to be aware of hidden salts and sugars in foods. I try to get foods packed in water or natural juices. I have a friend who influenced me to investigate turkey bacon, hotdogs, and hamburger versus beef. Once I had it about three times – I really began to like it. I also shop for foods for our consumer-run organizations. I have been introducing the community to more vegetables and fresh fruits. Bananas and oranges are reasonably priced. Fruit has become the substitute for desserts. It’s becoming a natural part of our lunch menus.

Cherie Bledsoe

- Give time to read or read it, if no one volunteers

Remember we are all here working together towards creating our own success story!

Things to Do This Week

For the coming week, let's all be intentional by reading food labels. Let's try to use food labels to make healthier choices. Let's also practice controlling our portions by doing the things we wrote down on page 30 of our manuals.

20 minutes of Physical Activity

Okay! Now it's time for some physical activity. Let's start with some simple stretches.

Session 4: Let's Get Moving!

Teaching Materials Needed for Session 4:

- Participant Manuals (one for each person)
- Pencils or pens
- White erase board & markers, or easel with paper
- List of resources for potential physical activity
- Name tags
- Note cards for goal writing

*If you can buy low-cost pedometers for participants, this is a useful strategy to help motivate them to move more.

Session 4 Learning Objectives:

Today we are going to learn how to:

- **Describe the benefits of physical activity**
- **Identify recommendations for physical activity**
- **Decrease inactivity and increase physical activity**

Inspirational Reading:

Would anyone like to read the saying found at the top of page 35 in your manual?

“Physical fitness is not only one of the most important keys to a healthy body; it is the basis of dynamic and creative intellectual activity.” - John F. Kennedy

What do you think President Kennedy meant?

- Give time for responses.

Thanks for sharing! Kennedy was referring to the fact that exercise is important not only for our bodies, but also for our minds and creativity. Our minds and bodies are connected, and taking care of one, helps the other. Kennedy was

suggesting that the benefits of exercise are not just physical, they're also mental and emotional.

As part of being intentional in NEW-R, one big thing we can do is commit to spending more time moving! Don't worry, we're not talking about running several miles or hardcore gym workouts. We are starting slowly. But, it helps to remember that any single thing you can do to be more active will help your weight loss journey, while also improving your health and wellness.

What Will Being Physically Active do for Me?

I want to talk now about the benefits of physical activity. Let's start by turning to page 35 of your manuals. I'm going to read through some of the benefits of physical activity.

First, being active has physical benefits. Some of these are:

- **It helps you to move around more easily, as you get more flexible**
- **It strengthens your bones and muscles**
- **It improves your balance so you won't fall**
- **It can improve your sleep**

Being active also has health benefits. Some of these are:

- **It helps you control your weight**
- **It helps lower your blood pressure, blood sugar, and cholesterol levels**
- **It helps your heart and lungs to be stronger**
- **It helps your bowels move so you are not constipated**
- **It improves your immune system so you won't get sick as often**
- **It reduces your risk for diseases such as cardiovascular disease, osteoporosis, Type II diabetes, and some cancers**
- **It increases your chances of living a longer and healthier life**

Turn the page please. Being active also has mental benefits. Some of these are:

- **It improves your mental health and mood. You can feel happier, less stressed, or less depressed**
- **It helps you feel better about yourself**

Now that we have discussed the physical, overall health, and mental health benefits of physical activity, look at the box on page 36 and write down some benefits you would like to achieve through physical activity. You can use some of the ones I just read, or you can write down your own ideas. What we want here is for you to think about what positive benefits will motivate you to be more active. For example, one of my exercise motivators is...

- **Name what you want to get out of being active. Giving personal ideas will help participants feel more comfortable.**

Does anyone want to share some additional benefits of physical activity?

- **Limit the discussion to a minute or two.**

What Kinds of Things do Physically Active People Do?

One thing we really want to emphasize is that being active can be fun. Also, when we exercise with other people, it's more fun.

Let's think now about the characteristics of people who are physically active. What do they do that inactive people don't? Looking at the middle of page 36 in your manuals, you see that active people:

- **Move around more than they sit**
- **Have leisure activities that make their heart beat faster**
- **See movement as an opportunity, not as an inconvenience or as extra work, and**
- **They look for ways to have fun AND be active!**

How Much Physical Activity Do I Need to Do?

You may be wondering how much physical activity a person needs to get the most health benefits. For general health, it's recommended that you get 30 minutes or more of exercise each day on most days of the week. But, if you want to control your weight, then even more exercise is better. Don't worry if you aren't doing much physical activity right now. It's best to start slowly and gradually increase how much you're doing. Turn to page 37. If you start out doing too much, you may injure yourself. Our goal is just to get you moving more. It helps to remember that:

- sitting is better than lying down,
- standing is better than sitting,
- walking is better than standing, and
- exercise, like jogging or cycling, is better than walking.

Take a look at the pyramid. It gives recommendations for how frequently you should do different types of activities. For example, it says that every day you should:

- Take the stairs instead of an elevator
- Get off the couch to do house or yard work
- Go for a walk. This can be to the store, your program, work, or other places you already need to go. Instead of taking the bus, try walking there, or at least, walking half-way there.

The pyramid also says that we should do things like biking, jogging, or swimming 3 to 5 times a week. These activities will raise our heart rate, which is important. We should try things like dancing, push-ups, or martial arts 2 or 3 times a week. These activities will build our muscles, strength, and flexibility.

It may seem impossible to do these things, starting from where you are right now. That's okay! We want you to start with the lowest part of the pyramid first. These

activities are slower and lower impact, to help you build up to more activity over time.

Also, to make this more manageable, take a look at the very top of the pyramid. It suggests that we can move our bodies more just by cutting down on being inactive.

Try to be less Sedentary

Sedentary means not moving your body very much, because you're spending most of your time sitting or lying down. Let's think about how we can reduce our time spent sitting or lying down. Who can name some ways to reduce being sedentary, which will also help us do more of the exercises found at the bottom of the pyramid?

- Read the ones that don't get raised:
 - To reduce time spent sitting down, turn off the TV or the computer to take a walk.
 - When watching TV, walk around your apartment, or do push-ups or sit-ups, during the commercials.
 - To spend less time in bed, get up at a reasonable hour every day to do something with meaning and purpose.
 - To reduce the time you spend sitting, park your car farther away from where you need to go, so you can increase your walking. If you use public transportation, get off 1 or 2 stops early to walk the rest of the way.
 - To be intentional about exercise, make a plan for doing something active with a friend or family member, like taking a walk or taking a child or a pet to the park. Sometimes, NEW-R participants make plans to take walks together outside of class, which is a great way to get exercise and have fun. Think about whether there's someone in our class you'd like to meet for a walk this coming week. That could be a great NEW-R goal!

One important thing to remember is that your attitude about physical activity makes a difference. It helps to start thinking about increasing activity as

something that's positive and good for you, rather than something to dread. Try saying to yourself, "I'm taking care of myself today by getting off the bus 1 stop earlier to walk more," instead of thinking, "Oh no! I have to walk to the store and I don't feel like it." Thinking that you're taking care of yourself can create motivation to move your body more during the day.

Before we choose some physical activities we'd like to try this week, does anyone have any questions about the pyramid?

- Address any questions, but keep an eye on the time.

Turn to page 38 of your manual. We want you to complete the box at the top of the page. Start by thinking about your usual day. Think about what you spend time doing, whether it's being at home, at a program, at a clinic, at work, or wherever you usually spend time. For the first question, write down a couple of activities that keep you from being more physically active, like sitting or napping a lot. Would anyone like to share what they wrote down?

- Give time for responses and to write.

For the second question, write down how much time you spend doing these sedentary activities. To help you with this, know that many people spend 8 or more hours a day sitting. Would anyone like to share what they wrote down?

- Give time for responses and to write.

Now, let's think about how to reduce sedentary activities over time. What activities would you like to add to help you gradually decrease the amount of time that you spend being inactive?

- Give time to write and for responses.

Now let's think about how we can be intentional when we try to reduce our sedentary activities. Remember, being intentional involves stepping back to think about how your personality and your environment affect your choices. Think about how this would look for you. For example...

- Give a personal example of planning your work-outs. Maybe you don't work out at night because it makes it hard to sleep so you go to bed early to wake up early to work out. Maybe your neighborhood isn't very safe so you go walking in the mall with a friend instead.

Now, let's use the fill-in-the-blank statement at the bottom of the box to help us think through specific ways we can start being more active. It will help you to think in measurable amounts. For example, maybe you want to reduce the time you spend sitting by 30 minutes every day for 1 week. So you would write "I will reduce the amount of time I sit to 30 minutes/day and will do walking instead so that I am moving more". You could try walking around your apartment, doing stretches, or calling a friend to take a walk. In the winter, remember that you can walk around large stores to get more steps, like Target, Walmart, or a mall. Just don't bring very much money, if any at all with you, so you won't be tempted to buy snacks or treats that you're trying to avoid for a healthier life. Would anyone like to share how they are going to add activity to their life?

- Help people complete the box as needed.

Chair Exercises or some other kind of activity that can be done while watching TV

Another way to help ourselves be active is to combine things that make us sedentary with activity. For example, we could do chair exercises while we watch TV. I wanted to teach you all a couple of exercises you could try.

- Show arm circles, seated jumping jacks, abs twister, leg extensions, press ups, and elbow curls. You can also check out Paul Eugene on YouTube for other ideas!

Be creative with your activity! And be sure that you are doing things you want to do. Otherwise you won't stick with it.

What Type of Physical Activity Would You Like to Do?

Now look at the box at the bottom of page 38. We're all going to write down 3 physical activities that we'd like to try. It's important that these be things you would like to do, and that would make your heart beat faster. To help you decide,

- **First think about whether you like being active inside or outside.**
- **Next, think about whether you like being active with other people, like walking with a friend, taking an exercise class, or joining in a pick-up game of basketball.**
- **Finally, think about whether you like the water, for doing laps in a pool or taking a swim class.**

- **Note, this is a good place to go over a resource list with them of parks, community centers, YMCA and other inexpensive gyms.**

What are some other ideas for exercise around our city?

- **Give time to share ideas.**

Okay, with these ideas in mind, please write down 3 things you might commit to trying. Remember, you want to choose activities that will make your heart beat faster and make you out of breath. You also might think about something you used to enjoy when you were younger, and that you want to work up to doing again.

Goal Setting

Before we set a goal for this week, let's review how things went last week. How did everyone do with their goals from last week?

- **If nobody volunteers, one of the facilitators should share how it went for them.**

Remember, it's okay if you didn't meet your goal. Think about making it easier for you to reach, or maybe it's time to choose a different goal. If you met your goal, think about whether you want to keep doing it, or whether you want to add a new goal. In either case, stick with smaller goals that you know you can do.

Go to the box on page 39. Please think about your goal, and write it into this box. If you need ideas, turn to pages 12 and 13, and pick something from that list. After you put your goal in the box, please also write it on your note card to post at home this week.

- Be prepared to give individual attention as needed.

Who wants to share their goal or goals for this coming week?

- Go around the room and have participants share their goal if they wish.

Summary

Today we learned the benefits of physical activity, how much activity is recommended, what it means to be sedentary, and how to work activity into our days without having to go to the gym all the time. Remember being intentional with our health means moving our bodies and cutting down on lying down, sitting, and standing. Small changes add up over time! And don't forget that physical activity can really help us have a more positive mind and self-image.

Ending on a Positive Note

It's time for our success story. Who would like to read it from page 40?

- Give time to read or read it, if no one volunteers.

“Recovery for me is about movement, energy and fun. It is about finding my inner peace and sense of balance.

I used to be a couch potato. I love to watch television. I needed a creative way of getting exercise in my day. So I started doing chair exercises. When commercials come on, I do leg lifts, arm stretches, stomach crunches and abdominal lifts – all from my recliner. The commercials usually have loud music that make it fun. This provides me with the motivation to move. During the course of an hour of watching television, I spend on average between five and ten minutes exercising during

commercials. This also has encouraged me to walk around my house – sometimes I end up walking a mile.”

Kathy Washington; Kansas Peer Leader

Physical Activity – “I started out walking or doing some type of activity for 20 minutes twice a week up. I worked up to 30 minutes, 3 or 4 times a week. Walking around the block a few times and just getting out in the sun and fresh air really helped. Of course, not everyone has that option or ability but anything that gets the cardio going like clapping to some music or even dancing in place can help. Just even a little bit of activity for me helped to improve my mood and to feel better.”

Michael Sweatte, CPS; peer leader

Things to Do This Week

For the coming week, let’s all try to move our bodies more. Each morning or evening, take a look at page 38 in your manuals, and try one of the activities you wrote down. Also, try to reduce the number of minutes you spend sitting or lying down. Even walking around your apartment or block several times will do the trick! Remember what you do so we can talk about it next week in class.

20 minutes of Physical Activity

Okay! Now it’s time for some physical activity. We’re going to focus on stretches and core work now.

Session 5: Eating Out

Teaching Materials Needed for Session 5:

- Participant Manuals (one for each person)
- Pencils or pens
- Calorie information for popular restaurants in your area. You can purchase Calorie King books (for each member or have one or more as a resource), or you can get the information from their website www.calorieking.com.
- Name tags
- Note cards for goal writing

Session 5 Learning Objectives:

Today we are going to learn how to:

- **Identify strategies for choosing healthier foods when eating out, and**
- **To make better food and beverage choices when eating out**
- **Download calorie king or my fitness pal or my calorie counter app**

Inspirational Reading:

Would anyone like to read the saying found at the top of page 41 in your manual?

- A facilitator should read it if nobody volunteers.

“Our greatest glory is not in never failing, but in rising up every time we fail.” -Ralph Waldo Emerson

What do you think Emerson means by this?

- Give time for responses.

This quote helps us remember that we all struggle to reach our goals. The glory we can feel in life is not found by avoiding failure. Rather, our glory is found by

not giving up. Does anyone want to reflect on what this quote has meant for them personally?

Choices when Eating Out

Today we'll be discussing how you can be intentional about weight loss when eating out. This can be done simply by making a plan before going to restaurants. You'll see that you don't have to give up eating at your favorite restaurants just because you're watching your weight and trying for a healthier lifestyle. Instead, we'll be learning how to take a closer look at the foods and beverages in restaurants so we can make better choices.

Looking at the middle of page 41, who wants to share what types of food they usually get when eating out? Remember, we're not here to judge anyone, and you can be honest about what you like to eat in restaurants.

- If nobody volunteers, share something you like to eat from restaurants. Pick something that isn't especially healthy to model this activity.
- Write people's choices onto the white board or paper columns you made before class. Healthier choices should go in the green light column. Less healthy ones should go in the red light column. If something is neutral, you can talk about it being a "yellow" light food that doesn't go in green or red.

Okay, who wants to share what healthy choices they try to make when eating out?

- If nobody volunteers, share something healthy you like from a restaurant.
- List everyone's healthy choices in the green light column.
 - If someone mentions something as being healthy, but it isn't (like a yogurt smoothie), put it on a new sheet called, "Is this green, yellow, or red?" That will "park" the idea without derailing the brainstorming exercise.
 - Say something like, "That's an interesting one – we'll be talking about which column foods like that belong in."

Why Eating Out can be Difficult

When considering what we like to eat in restaurants or for take-out, we can see it's challenging. If someone else prepares our food, we lose control over whether healthy ingredients are used. Also, we can be tempted by less healthy options because they sound so good!

Take a look at the picture at the bottom of page 41. It's a meal people commonly order at a fast food restaurant.

- A meal like this will have around 1,320 calories and 51 grams of fat.
- But, most people need only 2000 calories each day. People trying to lose weight need even fewer calories, as long as their doctors say that's okay.
- So, this 1 meal takes over half of the calories we should have for an entire day. That doesn't leave many calories for our 2 other meals or our snacks. And, this kind of meal doesn't help us to feel full for long, since it lacks nutrients and fiber from foods like vegetables, fruits, whole grains, and lean protein like we talked about in session 3.

But, this doesn't mean we have to give up on eating out. There are strategies we can learn to help us make better choices.

What are Some Strategies you can Use to Eating Healthier when Eating Out?

Portion Size

One of the first strategies is controlling our portion sizes or how much we eat. We talked about this in Session 3, and the same principles apply here. We can eat the foods we love, but we need to watch how much of them we eat.

This is really hard in restaurants because the portions are a lot bigger than you need. So, we want to work on selecting smaller sizes of the restaurant foods we love. You'll see at the top of page 42 some ways to do this are:

- **Ordering the smallest size of the meal, maybe even the kids' meal, if the restaurant allows it**
- **Try splitting the meal with a friend or family member**
- **As soon as the meal arrives on the table, dividing the portion into two and taking the other half home for another meal. This saves calories and money!**

Let's stop and fill in the blue box on page 42. Remember, How we have talked about being intentional is a big piece of NEWR. If we make a plan, we're more likely to control our portions when eating out. So, please write down what you'll do to reduce your portion size the next time you order a restaurant meal. Focus on something you know you can actually do.

- Offer help to complete the question as needed.

Food Preparation

Another strategy to eat healthier in restaurants is being aware of how food is prepared. Just like we don't have control over portions when we eat out, we also can't control what is put into the food or how it's cooked. This means that foods may be fried or high in fat. They may have cream or cheese sauce. They may have a lot of salt or sugar.

But, believe it or not, you can often ask for food to be prepared in a healthier way when eating out. People do it all the time, so we don't need to feel hesitant about this. You'll see on the bottom of page 42 some ways to ask for food to be prepared to reduce calories, fat, and sugar. Does anyone want to read the bullet points for us?

- If nobody volunteers, read them
 - Ask them to leave the mayonnaise and the cheese off a sandwich when you order it. As a bonus, ask them to put on extra veggies!
 - Ask for sauces or salad dressings on the side. When you get them, use only half or less of the sauce or dressing on your food.

- Ask for food to be grilled, baked, or boiled, instead of fried.
- Watch out for words that mean there is a lot of fat. These words are: smothered, creamed, breaded, crispy, or cheesy.

Who has other ideas for requests to make food healthier in restaurants? Please write down 1 or 2 of these ideas in the red box at the bottom of page 42.

- Some ideas: ask about other sides, think about other options beforehand.

Maximize Nutrition

Another strategy we can use for healthier eating in restaurants is to look for ways to limit fat and sugar, while increasing vegetables and fruit. You'll remember that we talked about adding more vegetables and fruit to our diets during our second class. Look at the top of page 43 for some reminders about how to do this. Does anyone want to read them?

- If nobody volunteers read them:
 - Add vegetables to sandwiches or pizza
 - Skip the French fries or chips, and ask for a side salad, fruit, or a baked potato
 - When ordering a salad, choose options with lots of vegetables or fruit. Try to avoid pasta or rice salad. Try to limit the number of high calorie toppings like bacon, cheese, croutons, and salad dressing.

Who has other ideas for making a restaurant meal more nutritious? Please write down 1 or 2 of these ideas in the blue box at the top of page 43.

- Some ideas: Ask for whole wheat bread, ask how veggies or other dishes are prepared.

Plan Ahead

A final healthier strategy for eating out is to plan ahead. Part of being intentional about your weight loss is taking the time to make plans about what you are going

to eat. Planning increases your chances of making healthier choices. Who wants to read some of the plans we can make from the middle of page 43?

- If nobody volunteers, read them:
 - If you know you'll be eating out that day, try eating lighter for your other meals and snacks that day. Avoid saying that you'll eat less tomorrow because this is hard to do.
 - If you know the restaurant, make a plan for what healthier options you'll order before you get there. This helps you to be less tempted by less healthy options.
 - Check to see if there is Nutrition Information available. Many restaurants have this information available online or on the menu itself.
 - If the restaurant serves bread or chips before the meal, ask them not to bring it. If they do bring it, try to limit how much you eat.

Who has other ideas for how to plan ahead? Please write down 1 way you'll plan ahead the next time you're going to eat out in the green box at the bottom of page 43.

- If needed, you can share the idea to review the menu online before going to a restaurant and write down what you'll order beforehand.

Healthier Bites

More and more restaurants are offering healthier options to customers. They've begun to realize that a healthy food culture means having better choices on the daily menu. That means that you can usually find healthier options when eating your favorite kinds of restaurant foods or ethnic cuisines.

Let's look at the tables on pages 44 and 45 of your manual. You'll see that we've provided ideas for healthier choices when going to Chinese, Mexican, Italian, and Cajun restaurants. Look at the first table, in yellow, on page 44. These are options for Chinese food, and you'll see that instead of Egg Drop Soup, we can order the

healthier Wonton Soup or Hot & Sour Soup. Instead of Egg Rolls, Fried Wontons, or Crab Rangoon, we should order Steamed Dumplings.

Who wants to read a couple of options from the Mexican Food table on that page?

- Read a couple examples if nobody volunteers:
- Instead of Refried Beans, we should order Black Beans or Spanish rice. Instead of Cheese Quesadillas, we should order Chicken Fajitas and skip the guacamole and sour cream.

How about a couple examples from the Italian Food? The Cajun Food?

- Let volunteers pull out examples if not go through your favorites.

What Changes do you Plan to Make

With all of these options in mind, it's time to think about some changes you plan to make in your ordering habits. By thinking ahead about the foods to order from your favorite places, you're more likely to pick healthier options.

Look at the first table on page 46. Under "What You Order Now," you'll see a meal from Wendy's that includes a

- **Bacon Deluxe Single burger**
- **Medium-sized French fries, and**
- **A medium Coke.**

There are 1,250 calories and 55 grams of fat in this meal.

Under "Healthier Option," you'll see:

- **A Jr. Hamburger**
- **Mandarin Oranges**
- **A Garden Side Salad with Light Ranch & Croutons, and**
- **A medium diet coke.**

There are 470 calories and 15 grams of fat in this meal. That's a big difference!

Now let's give this a try with our favorite restaurants. Write down 2 of your favorite or frequent meals from a restaurant.

- Give time for writing.

Now, we're going to introduce you to a website called calorie king. They have a data base of the nutrition facts for foods prepared in restaurants. This is similar to food tracking apps like my fitness pal, fooducate, or others. Have any of you ever used a calorie tracker?

- Give time for responses and discussion.

Ok great, feel free to use an app or a website you are familiar with to look up the calorie and fat content of the meals you wrote down. Calorie King also has an app if you would like to download it. If you don't have one of these apps, but have a smart phone go to calorieking.com. If you don't have a smart phone we do have the calorie king book up here or I can look up something for you on my phone.

- Give time and offer assistance to look up calories.

Now, looking again at the Calorie King book, see if you can put together a meal that has less calories and fat. List those options under the "Healthier Options" column. Again, we'll help you, if needed.

Would anyone like to share their example?

- Share yours, if nobody volunteers.
- Keep an eye on time. If there's time, take them through doing this for a second restaurant.
- Do both examples if time allows.

Goal Setting

Before we set a goal for this week, let's review how things went last week. How did everyone do with their goals from last week?

- If nobody volunteers, one of the facilitators should share how it went for them.

Remember, it's okay if you didn't meet your goal. Think about making it easier for you to reach, or maybe it's time to choose a different goal. If you met your goal, think about whether you want to keep doing it, or whether you want to add a new goal. In either case, stick with smaller goals that you know you can do.

Go to the box on page 47. Please think about your goal, and write it into this box. If you need ideas, turn to pages 12 and 13, and pick something from that list. After you put your goal in the box, please also write it on your note card to post at home this week.

- Be prepared to give individual attention as needed.

Who wants to share their goal or goals for this coming week?

- Go around the room and have participants share their goal.

Summary

Today we learned that restaurants tend to add a lot of sugar and salt to their foods and serve portions that are too big. We also learned strategies to make better choices while eating out and to cut down on portions. Remember being intentional while eating out does not mean giving up on the foods or restaurants we like, making smarter choices can help us to cut down on calories, salt and sugar without sacrificing a nice time away from cooking for ourselves. Remember to try some of these strategies the next time you go out to eat and to work on your goal!

Ending on a Positive Note

It's time for our success story. It's a long one this week, so I'm going to read it. You can follow along on pages 47 and 48.

Overweight/obesity effect – About a year and a half ago my doctor told me I was overweight and had high blood pressure and cholesterol. Overall my physical health was very poor for someone my age. As a result, I felt even worse about my self-image than I already did but it was a wake-up call for me to start doing something about it. In the past I had been very active and liked to exercise. However, I had been depressed and used “diagnoses” as an excuse to basically live in the “life is limited” stage of recovery. This wake-up call made me angry but it was an anger that I feel was beneficial because it provided me the motivation to do something about it.

Eating Out –Most fast food restaurants have information about calories and offer healthy and affordable alternatives like salads and parfaits. Even Taco Bell has a healthy alternative menu. On a website I recently visited (helpguide.org), I discovered that a double Whopper with cheese, medium fries and an apple pie contains more saturated fat than the American Heart Association recommends people consume in two days. Now I make healthier choices at restaurants and I cook more at home which is more affordable! Budgeting to eat out once a week and to select from the dollar menu are good ideas.

These are some things that I did that really helped me to regain some control of my health, wellbeing, and how I felt about myself. Just the little bit of walking once a week turned into walking every day and eventually I started exercising more and eating better and I felt so much better gradually over time.

Michael Sweatte, CPS; peer leader

Eating out: I used to feel like I couldn't eat out which meant sacrificing the pleasure of tasting good food. One tip that I have used is “share-a-meal”. Bring a friend with you. You can order a steak and potato and share it. These days the meals you order at a

restaurant often feed two people. Split the meal and split the cost. You save yourself extra calories and money that way. Drink unsweetened tea or water.

Cherie Bledsoe

Things to Do This Week

For the coming week, if you eat out, try out at least 1 of the strategies you wrote down in your manual. In other words, try to make at least one healthier meal at a restaurant. Remember how it goes so we can talk about it next week.

20 minutes of Physical Activity

Okay! Now it's time for some physical activity. This week, we're going to throw Frisbees or balls back and forth. Each time you throw and catch, move to a different place in the room, to get your steps up.

Session 6: Meal Planning and Thrifty Shopping

Teaching Materials Needed for Session 6:

- Participant Manuals (one for each person)
- Pencils or pens
- White erase board & markers, or easel with paper
- Extra copies of the menu planner (page 52 of the participant manual), so that participants can continue to use this resource
- Food items for comparing costs (name brands and generics, convenience items vs. non-convenience items)
- Jewel & Aldi ads or circulars for the week
- Name tags
- Note cards for goal writing

Session 6 Learning Objectives:

Today we are going to learn how to:

- **Identify reasons for meal planning**
- **Describe the process for meal planning**
- **Describe strategies for reducing food costs**
- **Create a meal plan and a food budget**

Inspirational Reading:

Would anyone like to read the saying found at the top of page 49 in your manual?

- A facilitator should read it if nobody volunteers:

“Living a healthy lifestyle will only deprive you of poor health, lethargy, and fat”. -Jill Johnson

What do you think Ms. Johnson means by this?

- Take some thoughts from participants.

Thanks for sharing! She means that we have little to lose from living a healthier lifestyle, other than poor health, lack of energy, and being overweight. Why not try a healthier lifestyle when it means we can be healthier, have more energy, and start to lose weight?

Thanks for sharing your ideas! When we first started this group, we talked about two ways to be intentional about your weight loss journey. These are to:

- **First, think carefully about what you eat and make a plan**
- **Second, have healthy foods readily available to you**

Today, we'll talk more about how to do these 2 things. Remember eating intentionally means thinking about our day, and planning what we'll eat for each meal and snack. This planning helps us to eat a more balanced diet that will keep us full longer and is lower in calories for weight loss. Planning ahead also helps us to eat healthy, even when we're on-the-go or rushing from place to place.

We will also talk about how to shop for the healthiest options within your own budget. This helps you not only to save money, but to have what's needed for your meal plan.

What is Meal Planning?

Who wants to share what they think meal planning means?

Does anyone currently plan their meals?

Why do you think it's important to plan meals?

- **Take responses and reflect on what's shared.**

Turn to page 50 of your manual. It gives reasons for why we should consider planning ahead for what and when we plan to eat each day.

Why Should I Plan My Meals?

Let's explore some reasons you might want to try planning ahead for what and when you are going to eat your meals and snacks.

Healthier Eating

First, meal planning helps you to eat healthier. It allows you to include a variety of foods from each of the food groups in your daily diet. It also helps you avoid running out to get something to eat because you don't have what you want in the house. Running out to get meals can be expensive, and it often leads to less healthy choices.

Balance Meals

Planning helps to balance your meals. If you know one of your meals is going to be less healthy, let's say because you're eating out, then you can plan to eat healthier for the rest of the day. If one of your meals is high in fat or sodium, you can prepare low fat or low sodium meals and snacks for the rest of the day.

Save Money

If you plan your meals ahead of time, you can check your kitchen for what foods you have on-hand, and use those rather than purchasing additional items. This saves you money. You can plan to make one large meal that can be divided to eat on another day. You can limit expensive "impulse" buys, which are foods or beverages that you don't really need.

Save Time

When you plan meals ahead, you can make a list of items you need and get them all at once. This reduces the number of trips to the grocery store and can save money in the long-run. Again, planning meals helps you make good use of leftovers. Purposefully using leftovers in a second meal cuts down your cooking time and can save you money. It also reduces the amount of food you end up throwing out.

Finally, meal planning can help with eliminating soda. Remember when we talked about empty calories? Sodas are 100% empty calories. They have no nutrients and the typical sugared can of soda contains 10 teaspoons of sugar and 150 to 200 calories. You may need to cut back gradually, but eliminating sodas is a great way to improve your health and save money.

How Do I Plan My Meals?

Would anyone like to read the steps for making a weekly meal plan from the top of page 51?

- If nobody volunteers, read them:
 - Start by checking your kitchen for foods you already have on-hand.
 - If possible, look at the grocery store ads for the week (and grab any coupons you might also have).
 - Think about whether you'll be eating out for any meals in the coming week. You might be planning to eat out with friends or family. You might plan to eat lunches at work, or at a program you attend. Think about where you are eating meals for the week, and how that might influence what you eat.
 - Think about how you can incorporate leftovers or change foods slightly to make another meal. One idea is to cook lean ground beef one time, to use one night in tacos and another night in lasagna.
 - With all this in mind, fill in your menu planner for the coming week.
 - Create a shopping list from the planned menu.
 - Go to the grocery store and buy only the items on your list. Don't give into temptation!
 - Keep your old weekly meal plans -- you can use them again in the future!

Remember to Use My Plate to Plan your Meals

The bottom of page 51 reminds us of the MyPlate guidelines for portion control. If you start each meal by filling your plate with fresh or steamed veggies and fruit,

there's less room for the whole grains and proteins that can add calories to each meal.

Sample Menu

Look at the Sample Menu on page 52. You'll see sections for breakfast, lunch, dinner, and snacks. Under each meal, you'll see how much you should eat from each of the food groups. So, you can see how this kind of meal plan helps you limit portions to what is recommended, in order to control your weight.

When making a meal plan, you want to include foods from all 5 food groups. This means having whole grains, vegetables, fruit, dairy, and lean protein at each meal. Also, you want to pay attention to how much you eat from each food group, so you don't eat more than recommended each day.

So, taking the breakfast, this meal plan is for one veggie omelet to be made with $\frac{1}{4}$ cup onion and green pepper, 1 orange, 1 scrambled egg, 1 slice of whole wheat toast, and $\frac{1}{3}$ cup of shredded cheese. This meal has whole grains, low-fat proteins, vegetables, and fruit. Looking at the sample lunch, the plan is for a tuna sandwich with 2 slices of whole wheat bread, a $\frac{1}{2}$ cup of tuna, lettuce, and tomatoes. Also for lunch is $\frac{3}{4}$ cup of carrots and 1 cup of low-fat milk. Notice that this meal has a low-fat protein, whole grains, and lots of veggies.

Dinner focuses on the same choices with 3 ounces of chicken breast, 1 medium baked sweet potato with 1 teaspoon of butter, $\frac{1}{2}$ cup of green beans, 1 small roll with $\frac{1}{2}$ teaspoon of butter, and iced tea.

If hungry, this person can also snack on extra fruit and veggies. One thing to note is water is not included in this menu. Remember to aim for 6-8 glasses of water a day. Having water before each meal and snack would be a good plan to reduce portions.

Turn to page 53, and let's try to fill in the menu planner. We'll focus on planning one meal right now in class. We strongly encourage you to finish the whole plan at home this week.

Okay, who wants to call out some healthy dinner items, trying to choose from all the food groups?

- Encourage them to include measured amounts (1/2 cup; 1/2 tsp) to limit ingredients and portions.
- Encourage them to add veggies and fruits, and to plan for lean proteins.

Write down things you hear that you'd like to eat for dinner. When you get home, you can see if you have the ingredients there. If not, you can put them on your grocery list. Here are some coupons & circulars that might help you plan meals based on what's on sale.

- Pass out the coupons/circulars if you have them.

We Have a Meal Plan ... Now What?

Once you have a meal plan, it's time to go shopping. Raise your hand if you agree with or have thought the following:

"Eating healthy is too expensive. I have to buy the cheapest foods to stretch my dollars, and that's why I don't eat healthy foods as often as I should."

- Allow for discussion.

This statement can be true. But, more often, it's about how we prioritize our purchases help us stretch our groceries dollars. We might be able to buy healthier foods, if we limit more expensive purchases.

Let's look at the example on page 54. We might think that buying fresh fruit is too expensive, and buy a bag of potato chips instead. But, is the fruit really more expensive? Or, is it that the chips sound tastier than a piece of fruit?

Our example shows us that 1 bag of oranges at a place like Aldi or Jewel costs \$2.49 for 12 oranges. This is the same as 21 cents per orange or per serving. A bag of potato chips costs \$1.69. That seems cheaper than the oranges at first

glance. But, the bag of chips has 8 servings, which means the price per serving is the same as the oranges, at 21 cents.

And, of course, the oranges are much healthier. We see from our example that an orange has 60 calories and 0 grams of fat. While 1 serving of the potato chips has 150 calories and 8 grams of fat. If you eat the whole bag, the chips have 1,200 calories and 64 grams of fat. Plus the oranges have fiber, Vitamin C, potassium, calcium, and many more beneficial nutrients. Ultimately, you will probably end up spending more on unhealthy food because it does not fill you up.

If you replaced chips for oranges, or another affordable fruit, just 3 times a week for 3 months, you would lose a pound!

Does anyone have any questions or comments about this?

- Keep the discussion to 1-2 minutes.

How to Create a Food Budget

Let's talk briefly about how to make a food budget. We do know that food can be expensive in Chicago, so planning ahead for not only what you'll eat, but how much it will cost, can be very helpful.

One way to do this is to divide up your monthly check or income into a weekly food budget. The 4 steps for doing this are on page 56 of your manual.

First, you should determine your monthly budget for food. Think about the income you have each month. Then, decide how much of this you can spend on food for the month, once you take out your rent, utilities, and bills. Then, take this monthly food budget, and split it into 4 weeks. Put the money into 4 separate envelopes, labeled with which week you will spend that money on food. Then, put any receipts from food shopping into the envelope for that week, so you can track how much you're spending on food each week.

Let's look at an example on page 54. We see a person who has \$40 to spend on food in a week. On May 5th, this person spent \$22.13 at the grocery store, Aldi's.

On 5/8, the person spent \$5.59 at Subway for a meal. On 5/10, the person spent \$10.29 at a 7-11. This leaves \$1.99 for food for the rest of the week. If this person doesn't spend the \$1.99, it can be put into the next week's food money envelope.

I'm sure we all have experience with stretching our money for a month. The value of this activity is that it helps you set aside food money for each week, and think more purposefully about how to spend it on the healthiest foods. If you have a weekly meal plan to go with the weekly budget, you'll be well on your way to being able to afford healthier options, especially if you watch for weekly sales.

Does anyone have any questions or comments about making a food budget?

- **Keep the questions to 1-2 minutes.**

Shopping Basics

Page 57 has a lot of great ideas for shopping on a budget. I strongly encourage you to read through them all, and try them. They really can help you save money while eating well. We don't have time to review every strategy, so I'm going to highlight some of the most important ones in each area.

First, start with a shopping list. Use your weekly meal plan to decide what you need to buy at the grocery store. Try to stick to the list, unless you see some healthy food options on sale. The point here is that we can end up spending a lot of money on unhealthy foods if we don't stick to a list.

Second, try to shop smartly. Our strongest advice here is to avoid shopping when you're hungry. Eat a meal or snack before heading to the store. Shop from the outside aisles of the store, which is where the healthier foods are located. Read food labels before buying anything. Check to see how many calories, and how much fat, the items have. Put back anything that's high in calories and fat.

Third, compare costs. This is done by using coupons and looking for sales. See if a generic brand tastes as good as a name brand. Think about whether it's cheaper and healthier to make something yourself, versus buying it pre-made.

For example, making your own lasagna can be healthier than buying a frozen dinner, and your own lasagna will last for several meals.

And, finally, only buy foods you know you'll eat. Food is only a bargain if you will actually use it.

Activity

Let's look now at some example foods to see how we can save money each week on healthy foods.

- Show the comparison costs of the name- vs. generic brands, the single servings versus larger containers, fresh versus frozen, etc.

Goal Setting

Before we set a goal for this week, let's review how things went last week. How did everyone do with their goals from last week?

- If nobody volunteers, one of the facilitators should share how it went for them.

Remember, it's okay if you didn't meet your goal. Think about making it easier for you to reach, or maybe it's time to choose a different goal. If you met your goal, think about whether you want to keep doing it, or whether you want to add a new goal. In either case, stick with smaller goals that you know you can do.

Go to the box on page 58. Please think about your goal, and write it into this box. If you need ideas, turn to page 11, and pick something from that list. After you put your goal in the box, please also write it on your note card to post at home this week.

- Be prepared to give individual attention as needed.

Who wants to share their goal or goals for this coming week?

- Go around the room and have participants share their goal if they wish.

Summary

Today we learned what meal planning is, why it's a good idea and how to do it. We also learned how eating healthy does not have to be expensive and how to make a food budget. Don't forget to think about using my plate as you try meal planning this week. Remember being intentional is putting together a plan and setting yourself up to succeed with healthy, inexpensive meals. Try to put together a meal plan and follow your grocery list and food budget this week to save yourself calories and money. Don't worry if this feels like too much! You can start with one day a week, or only dinners for this week and work your way up. This is a skill that will take time but eventually becomes easy and rewarding! Remember small steps is the best way to learn what works best for you.

Ending on a Positive Note

It's time for our success story. Who would like to read it from page 59?

- Read it if nobody volunteers:

"I started walking to work every day – even in the snow. I was faithful. I began to drink water every day. My eating habits changed a little by eating salad and other light foods more often. I worked on my spirituality for motivation, and I did this every day. I cut out soda. I really wanted to get into it and cutting out soda made the weight fall off. I started to go the gym. Soon, I was running, a big step up from walking for me. Now I run to the gym and then back home as a part of my work out. I lift and work on a different part of the body every day. I do all kinds of sit ups, lunges, squats, and push-ups. I have lost 100 pounds! I am back to living my healthy mental health – mind over matter. I love the way I look now, my self-esteem is much higher. You can have the body you want – just try and keep at it! I love to hear others' healthy testimony!"

Donavan Gardner

Things to Do This Week

For the coming week, please use the menu planner at home. Use it to plan a week's worth of meals, and a shopping list to go with your plan. Then, shop from your list, using the coupons we gave you or others that you find. Eat only those

meals and snacks from your plan, and see how you feel. Bring your plan to class next week, so we can hear how it went. Please also come prepared with a recipe you regularly eat or really like to class next week. We are going to talk about healthier food preparation.

20 minutes of Physical Activity

Okay! Now it's time for some physical activity. This week, we're going to try a cardio workout. Remember, you can do these exercises from your chair, if needed.

- Show the NEW-R Cardio workout video.

Session 7: Let's Get Cooking without all the Fat and Sugar!

Teaching Materials Needed for Session 7:

- Participant Manuals (one for each person)
- Pencils or pens
- Examples of price difference between generic and name brand
- Name tags
- Note cards for goal writing

Session 7 Learning Objectives:

Today we are going to learn how to:

- use strategies for reducing fat when cooking
- cook healthy meals that utilize less fat

Inspirational Reading:

Would anyone like to read the saying found at the top of page 60 in your manual?

- A facilitator should read it if nobody volunteers:

“Instead of giving me reasons why I can't, I give myself reasons why I can.” -

Anonymous

What does this quote mean to you?

- Take some thoughts from participants.

Thanks for sharing! This quote means that the way we think and what we tell ourselves can really make a big difference in what we feel we are able to accomplish. Let's think of ways we can help ourselves be positive with our intentionality while we learn how to cook foods that are healthier.

Last week we discussed being intentional when you plan your meals and go to the grocery store to purchase the items you need to lead a healthier lifestyle. Now that you have a variety of foods from each of the food groups (make sure you have lots of fruits and vegetables) it's time to get cooking!

We can also be intentional about our weight loss journey when cooking by looking for ways to decrease the fat and sugar in meals and increase the number of fruits and vegetables. Let's take a look at some strategies to help reduce our calorie intake!

Good Hamburger/Bad Hamburger

First we're going to an activity called good hamburger/ bad hamburger. Look at the chart on the bottom of page 60. This represents a "stop light." Let's practice putting ingredients that might be placed on a hamburger into the various columns. You should stop and think before consuming food choices in the red, use caution or moderation for those items in the yellow column, and feel confident about choosing those foods within the green column! So what are some toppings you put on a hamburger and which column do you think they belong in?

- For healthy options consider low fat ground beef, low fat ground turkey or veggie burgers. Also traditional vegetables like lettuce, tomato and onion but have participants brainstorm other possible vegetables. Whole wheat buns are another health option.
- Mustard is low in calories but doesn't provide a lot of nutrients so might go in the "OK" column.
- Not the best would be higher fat ground meat, mayonnaise, cheese, and bacon. Review the fat content on the nutrition label example. Review the suggested substitutions and then ask participants for other examples of how to cook healthier.

Alright! Thanks for participating. Like we have focused on in previous sessions, we want to try to select foods that will benefit our health with nutrients and fiber while limiting foods high in salt, fat and sugar.

Let's Get Cooking Healthier

Let's turn to page 61. One of the ways that we are being *intentional* about our weight loss is to reduce the amount of fat we eat. The reason we try to eat less fat is because it has more calories than fruits, vegetables, and proteins. So, we can make a small change and reduce the number of calories we consume by cooking with healthy fats and low fat options. This ultimately leads to weight loss! Let's quickly review where we find how much fat a food has on the Nutrition Facts Label. Who can tell me where to look on the food label?

- Give time to identify top of nutrition box.

Who can tell me how we determine if a food is high or low in a nutrient using the Daily value?

- 5% is low and 20% is high. Make sure they write this down.

Great. Now based on the daily value is this food low or high in fat?

- It is low in fat.

Can anyone tell me why we want to focus on foods low in fat?

- Reiterate fat has more calories.

Making Small Changes to Your Cooking

Turn to page 62. Since you have become intentional about your weight loss, has anyone tried to make any changes to the ingredients or preparation when they cook?

- Give time for responses.

Not to worry, you don't have to abandon all of your favorite recipes to eat healthier! Making a few small changes to how you currently make a recipe can reduce the fat and calories and potentially increase the number of vitamins and minerals! Let's read through 6 strategies you could try.

1. Leave out the high fat food

- **Don't add the cheese topping to a casserole**
- **Leave out the butter when making rice**
- **Use ground turkey instead of high fat ground beef in your spaghetti sauce**

Which of these strategies will work for you or is another you want to try? Take a minute to write it down

- Give time for responses and to write.

2. Use less of a high fat food

- **Use only 1 teaspoon of oil to brown meat or onions**
- **Use half the amount of cheese**
- **Use half the amount of mayonnaise**

Which of these strategies will work for you or is another you want to try?

- Give time for responses and to write.

3. Use a lower-fat food instead of a high fat food

- **Use skim or 1% milk instead whole or cream**
- **Use low-fat or fat-free cheese**
- **Choose salad dressings with less fat**
- **Use lower fat ground beef**

Which of these strategies will work for you or is another you want to try?

- Give time for responses and to write.

Great! Turn to page 63.

4. Use a lower fat way to cook

- **Take the skin off your chicken before cooking**
- **Trim fat from your meat before eating**
- **Use a nonstick pan or nonstick vegetable spray to coat pan rather than oil or butter**
- **Steam or microwave vegetables instead of sautéing**
- **Cook meat without adding oil or butter**
- **Drain and rinse browned ground beef**

Which of these strategies will work for you or is another you want to try?

- Give time for responses and to write.

5. Reduce the amount of sugar in the ingredients or meal

- **Avoid processed foods with added sugar such as ketchup or bottled spaghetti sauce**
- **Add less sugar to your food**
- **Make beverage choices that don't contain added sugar**
- **Serve smaller portions of dessert**
- **Have fruit for dessert**

Which of these strategies will work for you or is another you want to try?

- Give time for responses and to write.

6. Add fruits and vegetables to increase the nutrients in your meal

- **Add spinach to lasagna**
- **Add mandarin oranges or berries to your salad, oatmeal or yogurt**
- **Pour chili over a baked potato (use 1/2 the amount of chili)**
- **Try a stir fry with lots of different vegetables**

Which of these strategies will work for you or is another you want to try?

- Give time for responses and to write.

Low Fat Preparation Techniques

Turn to page 64. When you pick a method to cook your food, try to avoid preparation that involves adding additional fat like frying, deep fat frying, and sautéing. Here are some methods that require little to no added fat baking, broiling, grilling, roasting, steaming, and stir frying (try to use small amounts of oil and lots of seasonings).

Let's think about why it's a good idea for you to cook more at home. There are several reasons why and here are just a few:

1. You are more likely to pay attention to what you are eating
2. You have more control of what goes into the meal
3. It saves you money

Activity

Turn to page 65. Pick a dinner that you typically prepare at home. Once you have determined what meal write down the ingredients in the first column.

- Give time to choose meal and fill out line.

Would anyone like to share what meal they chose?

- Give time for responses.

Now let's think about ways you could make this meal healthier using strategies we just discussed.

Some questions you may want to ask yourself are:

1. Are there ways to decrease the fat?
2. Can you add more whole grains?
3. Can you add fruits or vegetables to the recipe?
4. Is there a healthier preparation you could use?

5. What would be a sensible portion size?

- Give participants time to fill out the chart.

Are there any other changes to the preparation of the food that you might make?

Goal Setting

Before we set a goal for this week, let's review how things went last week. How did everyone do with their goals from last week?

- If nobody volunteers, one of the facilitators should share how it went for them.

Remember, it's okay if you didn't meet your goal. Think about making it easier for you to reach, or maybe it's time to choose a different goal. If you met your goal, think about whether you want to keep doing it, or whether you want to add a new goal. In either case, stick with smaller goals that you know you can do.

Go to the box on page 66. Please think about your goal, and write it into this box. If you need ideas, turn to page 11, and pick something from that list. After you put your goal in the box, please also write it on your note card to post at home this week.

- Be prepared to give individual attention as needed.

Who wants to share their goal or goals for this coming week?

- Go around the room and have participants share their goal if they wish.

Summary

Today we learned how to cook a more healthy meal for ourselves, recalled the general rule of thumb about high and low nutrients in our food from session 3, and learned some techniques to make our foods lower in calories. Remember being intentional is choosing food preparation that helps us to meet our goals. Try one or some of these strategies as you prepare meals this week. Try to keep it simple and only try one or few things at a time. Remember small changes add up over time to improve your health.

Ending on a Positive Note

It's time for our success story. Who would like to read it from page 70?

- Read it if nobody volunteers:

My weight has been a problem for me especially, since the onset of my mental illness. Extra weight caused shortness of breath and made walking hard because my knees and legs hurt. I did not feel comfortable in my clothes or like anything tight around my waist and hips. Since participating in the NEW-R program I have started to use some strategies to help build a healthier lifestyle.

When I go to the grocery store I check the nutritional information, I look at calories and the daily value for the fat, salt, and sugar to determine if it is a healthy food. Now this has become routine and something I do naturally.

I have been doing this lifestyle change for two years. I started working in my yard to get physical activity. I now do landscaping, sweeping, raking, laying down mulch, digging, and planting flowers. I do creative things in my yard like fences around our trees; some artwork in our mulch bed; and plant flowers.

I can tell I have lost some weight and feel better in my clothes. I have noticed a loss of inches in my legs. It has not been as hard because I made small changes and the benefits have been tremendous. I have noticed a reduction in my stress levels; better control over my emotions; and I get more restful sleep. At first I was doing this to please my mother, but now I do it to please me.

My goal was to strengthen my legs because I have arthritis. I do not need to take as much pain medicine than before I began this lifestyle change. Other people have noticed the changes in me too. I did not think that exercise could help when I was angry – but being out in my yard gave me a place to calm down, reflect and think about situations before I react.

Denise Baynham

Peer Leader

Things to Do This Week

Try cooking some of your favorite meals with some of the strategies we talked about. And be prepared to celebrate all your accomplishments next week!

20 minutes of Physical Activity

Okay! Now it's time for some physical activity. This week, we're going to try a cardio workout. Remember, you can do these exercises from your chair, if needed.

- Show the NEW-R Cardio workout video.

Session 8: Celebrating Accomplishments and Keeping up the Good Work

Teaching Materials Needed for Session 8:

- Participant Manuals (one for each person)
- Pencils or pens
- Completion Certificates
- Treat
- Name tags

- Note cards for goal writing

Session 8 Learning Objectives:

Today we are going to discuss:

- **the changes we have made to help with our weight loss and a healthy lifestyle**
- **our own plan for continued progress towards our goals of weight loss**

Inspirational Reading:

Would anyone like to read the saying found at the top of page 68 in your manual?

- A facilitator should read it if nobody volunteers:

“If success is not on your own terms, if it looks good to the world but does not feel good in your heart, it is not success at all.” – Anna Quindlen

What does this quote mean to you?

- Take some thoughts from participants.

Thanks for sharing! We have talked about how a healthy lifestyle is unique to each individual. Finding what works for you and makes you happy will only help

you keep your success going. No one but you can find that balance, but you have more information and tools to help you now!

In NEW-R we have encouraged you to create your own goal and focus on your strengths. We are so excited to have shared these strategies with you. This is the time to celebrate your accomplishments. If you lost weight over the last eight weeks, you have a lot to be proud of. Good for you! But losing weight is just one piece of the program. A healthy lifestyle is a process or a journey. And we all go through that journey at different paces with different strengths and different goals which is ok! NEW-R participants in the past continued to lose weight after the class was done and some didn't start losing weight until after the class was completed. You've got this! Others have done this and so can you!

In this program you have gained access to information that will be useful throughout your life. Maybe you were not quite ready to make a particular change. It's never too late. When you are ready to make that change, or maybe you need a refresher or some additional motivation – go back to this manual and read the information or redo an exercise. Keep the manual in a place that can serve as a reminder and refer to it often.

Report on Goals

Because class is different today we are going to first report on how our goals went last week.

- Go around the room and have everyone share how they did on their last week.

I am on My Way to a Healthier Life

First let's talk about what you have already done to help yourself get healthy! Think about some things that feel a little more natural to you now like behaviors or habits. And don't forget about ways you have improved your thinking! Remember staying positive and kind to yourself is one of the most important pieces to helping yourself stick to a plan! Take time to write down three changes

you have made that are already helping you create a healthier lifestyle in the box at the bottom of page 68.

- Give them time to fill out the table.

Would anyone like to share what changes they are proud of?

- Give the participants time to share.

Keep Working Towards the Changes You Want!

Let's turn to page 69. Although we won't be meeting every week anymore, a healthy lifestyle is always a work in progress. Now we are going to think of ways we want to keep our momentum going. List one thing you would like to work on the first line. This doesn't have to be something new. This can be something you have been working towards during class. Take some time to write it down.

- Give them time to fill it out.

So now let's think about a plan. List your steps in measurable goals. First answer what will you do to make this change? In order to make a change we have to take action. Write it down.

- Give them time to fill it out.

Next write down some numbers. Remember to include if this is per day or per week. How much or often will you do this change? Write it down.

- Give them time to fill it out.

One thing that will help you make a plan is to know when you will tackle this. Think about something in your life that may help you get started or what you will need to plan around. When will you start?

- Give them time to fill it out.

Would anyone like to share what they plan to work on their goal after NEW-R?

- Provide time for a discussion.

Thank you for sharing! We want to point out that we only gave you information in NEW-R. You were the one that took the steps and made the plans that helped you meet your goals in class. You have got this!

Some Strategies from NEW-R

Now let's go over some of the strategies we learned in NEW-R and some things you may want to try moving forward. Turn to page 70 and 71. Would anyone like to read Pay Attention to What You Eat?

- If no one volunteers read the list.
 - Keep a food journal/diary
 - Make my lunch the night before
 - Make a grocery list
 - Plan my main meals for the week
 - Keep healthy foods on hand
 - Limit the amount of times I eat out
 - Limit the number of times I eat junk food

Would anyone like to read the strategies under Do Something Meaningful?

- If no one volunteers read the list.
 - Reach out to another person
 - Attend a group or class
 - Go to work or volunteer
 - Attend a religious service or study group
 - Connect with nature
 - Spend time enjoying a pet
 - Do something creative
 - Enjoy a hobby
 - Go on an outing
 - Spend time with family or friends

Would anyone like to read the strategies under Move More?

- If no one volunteers read the list.
 - Go for a walk
 - Turn off the TV and get off the sofa
 - Walk to the store
 - Go to an exercise class
 - Play a recreational sport
 - Lift weights
 - Take the stairs

Would anyone like to read the strategies under Connect with Others?

- If no one volunteers read the list.
 - Call someone on the telephone
 - Write a letter or e-mail or chat on-line
 - Visit a family member or friend
 - Attend a group or class
 - Start a conversation with someone new
 - Exercise with a friend
 - Invite someone over for a meal

Would anyone like to read the strategies under Have a Positive Outlook?

- If no one volunteers read the list:
 - Read or write a positive affirmation each day
 - Ask for support from someone that you know will say something positive
 - Acknowledge your achievements
 - Remind yourself that you are making progress
 - Give yourself a compliment
 - Avoid people or situations that make you feel badly about yourself
 - Laugh out loud
 - Do something that makes you happy

My Plan for Being Intentional

Now let's think about the theme throughout NEW-R being intentional. Turn to page 72. Being intentional means deciding to make thoughtful choices in your life. When you're intentional, you realize that life is made up of choices. You can

choose to drift through life, or you can choose to take actions each day that will make you feel better and more fulfilled. Being intentional involves stepping back to assess how your personality and your environment affect your choices. By examining your life this way, you can set better goals to achieve the kind of life you want to have.

Why not make a plan to continue your success today? Don't forget to be realistic while still challenging yourself to be the healthy person you want to be. First think about all of the things we have learned about healthy eating from meal planning to adding more vegetables to our plates. What do you want to do to keep eating healthy? Write it down.

Second, don't forget about when we talked about waking up with intention. Write down a time that is reasonable for you to wake up each morning. Third, write down some meaningful things you like to do like read a book, phone a friend, hang out with family, do works of service with your church, or anything that makes you feel excited and fulfilled. Fourth, don't forget about all of the benefits of exercise. Remember how we talked about how healthy eating and exercise are the best and most efficient way to lose some weight? That's because exercise will make you feel better physically and improve your self-image. What are some physical things you like to do that you want to do more? Write it down under number 4. Fifth, don't forget to ask for support. Making changes can be difficult. Having someone to talk to and do activities with can really help lift your spirits and encourage you on your journey to a healthier life. And finally, don't forget to have a positive outlook. Weight loss and making changes takes time. We talked a couple of times about how we talk to ourselves. Nobody is perfect and everyone struggles to be kind to themselves. What are some things you will say to yourself to stay positive? Are there things you can do that will help you stay positive?

- Give participants time to fill it out.

Ceremony of Accomplishments

- Be prepared with a couple of words of encouragement and if there are visitors a little something about what is taught in the class and how this group is unique.
- Highlight that changes are best made in small manageable steps and the participants have already started to implement the information given.
- Call up each participant to give them a certificate, maybe say a couple of positive and encouraging words about them.
- Give them time to say a few words if they would like.
- Be certain to clap for each participant.
- If possible, offer to take pictures and remind them that someone may takes notes to get their quotes about what they like about the class.

CERTIFICATE OF COMPLETION

PRESENTED TO

For successful work towards weight loss and a healthy lifestyle in the

NEW-R PROGRAM
