

# **Nutrition and Exercise for Wellness and Recovery**

NEW-R

## **Participant Manual**



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## **Nutrition and Exercise for Wellness and Recovery**

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

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

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## Welcome to the **Nutrition and Exercise for Wellness and Recovery (NEW–R)** Program



We are pleased and excited that you have decided to join the NEW-R Program. You've made the first step towards losing weight. This program will provide you with information, skills and motivation so that you can be successful in creating a healthier life. This manual is for you to use during the NEW-R Program sessions, but more importantly can serve as a reference during and after the program to help you achieve your goals. So let's get started.....

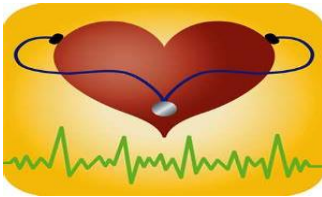
# I Can Make a Change!

*"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*

## Effects of Being Overweight on Physical and Mental Health

### Effects of Being Overweight on Physical Health

*Research shows that some people with mental health conditions don't live as long as people without mental health problems.*



Being overweight also has many negative effects on your body. Some you are probably aware of, others you may not know.

- Over 80% of people with diabetes are overweight
- If you are overweight you are more likely to experience cardiovascular disease such as high blood pressure or high blood cholesterol which can result in serious conditions such as heart attack or stroke
- The extra weight may contribute to arthritis particularly in your knees
- People that are overweight are more likely to have certain cancers such as colon, gall bladder, and breast cancer
- Sleep apnea is much more common in people that are overweight

### Effects of Being Overweight on Mental Health

Many can personally testify to the negative mental health outcomes associated with being overweight. By losing weight you can improve the way you think, feel and go about your daily life.



- People that are overweight are more likely to experience negative moods such as depression and anxiety
- There may be discrimination in work and social settings
- People that are overweight are more likely to have a low self-esteem
- Being overweight may make it more difficult to carry out daily life tasks such as getting dressed or shopping

## How Does Being Overweight Affect You?



Write down 2-3 ways that losing weight may positively affect your health and life.

- 1.
- 2.
- 3.



### THE GOOD NEWS IS - SMALL CHANGES IN WEIGHT CAN MAKE BIG DIFFERENCES!

Losing weight means that there is less strain on the body's organs, bones and muscles.

A **5 – 10%** weight loss can significantly reduce your risk of heart disease. Other benefits of small amounts of weight loss include –

- Sleeping better
- More energy
- Less aches and pains
- Better management of diabetes

*Several studies show that people with mental illness can benefit from weight loss programs!*

## Making a Commitment

Successful weight loss requires lifestyle changes. A key component to the NEW-R program **is being intentional**. Many of us have developed unhealthy habits over a number of years and find ourselves going through the day without thinking much about how what we do each week, each day, each hour, each minute of our day affects our health. But we can change that! Let's all make a commitment to becoming **INTENTIONAL** about being healthy.

***Intentional = done with a purpose***


**What do you think it means to be intentional?**

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

## Simple ways to be intentional about your weight loss

- **Make attendance a priority.** Try your best to attend all 8 sessions of the NEW-R program. Come to class and make the most of it. See what you can learn and apply to your daily life.
- **Come up with something meaningful you can do every day.** A sedentary life style (one where you sit or lie in bed most of the day) contributes to weight gain.

Let's start with tomorrow. Write down what time you are going to wake up tomorrow and what you are going to do during the day to make your day a good one! Writing things down like this is an example of how you can be intentional.

<p style="text-align: center;"><b>Tomorrow is going to be a Good Day!</b></p> <p>I will wake up and start my day at ____ AM.</p> <p><b>To make tomorrow a good day I plan to:</b></p> <div style="text-align: right;"></div>
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You can do the same thing each day to set a plan for the following day!

- **Make a plan!** People are more successful with weight loss when they are intentional about what they eat. This means make a plan! Each day when you get up make a plan for what you are going to eat for the day. Think about each meal and your snacks too. If you are going someplace that is going to be challenging (for example a party or out to eat), 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!

- **Get a supply of healthy foods.** Likewise, it will be easier to stick with your plan if you have healthy foods on hand (and don't have a lot of temptations around!). When you go grocery shopping be sure and MAKE A LIST. Write down the foods you intend to buy and do your best to stick with the list once you get to the store. If you decide to add some extra fruits and vegetables, no problem! But try to avoid those candy and soda aisles. Do most of your shopping around the perimeter or outside aisles of the store where the healthier foods tend to be located.
- **Find Support.** It's hard to do it on your own. Other people can help you with your plan. Find one or more people that will support you. Ask for their assistance when you are feeling weak or frustrated or just need a boost.
- **Make only a few changes at a time.** It's hard to make all these 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 giving you more information and help with these changes. Start out slow and do what works for you. At the end of the session today we'll begin by making one short term goal. By working toward this goal you'll be reminding yourself that you CAN make a change and you can be more INTENTIONAL about being healthy.



## Simple Ways to Be Intentional



### Each Day...

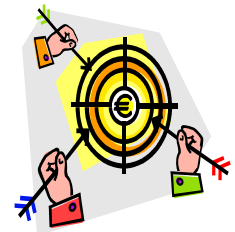
- I will wake up at a reasonable time in the morning.
- I will do something meaningful.
- I will spend more time moving and less time sitting or lying down.
- I will make a plan about what I am going to eat each day.
- I will eat healthy foods that I enjoy and avoid unhealthy foods.
- I will talk to someone who supports my weight loss goals.
- And if I have a bad day, it's not a big deal. I will remind myself of the plan and try to do better the next day.

## Setting Realistic Goals

Losing weight may seem like an overwhelming task. But it's easier if you take small steps and make real changes that you can live with.

- This manual includes a list of possible goals. Next, you'll look over the list and choose 1 thing that you would like to work on next week.
- The most efficient way to lose weight is by changing the way you eat. So for this week, make sure that your goal is related to changing your eating habits.
- You will notice that many of the goals include a blank space for you to add a number of times you'll do something. Remember to be realistic.
- You don't have to choose a goal from the list. You can write your own goal if you don't see something on the list that works for you.
- Write your goal below and also put it on your note card.

**My goal(s) for next week is to:**



Share your goal out loud with the rest of the group. It can help you stick with a goal if others know what you're working on. Think about telling your friends and family about your goal and asking them to help you. Don't forget that the other NEW-R group members and group leaders can also offer you support when you need it. When you get home, tape the notecard on your fridge or kitchen cabinet or anywhere else you see when you are eating.

# Ideas for Healthy Eating Goals

I will drink \_\_\_\_ glasses of water a day

I will eat \_\_\_\_ servings of fruit a day or week

I will eat \_\_\_\_ servings of vegetables a day or week

I will change from whole milk to 2%, 2% to 1% or 1% to skim.

I will replace \_\_\_\_ sodas (or other sugary drinks) with water each day.

I will replace \_\_\_\_ regular sodas (or other sugary drinks) with diet soda each day.

I will eat at home (instead of eating out) \_\_\_\_ times each week.

I will eat breakfast \_\_\_\_ times this week.

I will leave food on my plate after \_\_\_\_ meals.

I will not have seconds after \_\_\_\_ meals.

I will replace French fries with another vegetable \_\_\_\_ times next week.

I will call someone (go for a walk, pet my dog, drink water, read a magazine) when I feel like eating but am not really hungry.

I will plan my meals for the day \_\_\_\_ times this week.

I will write out a grocery list before going to the store \_\_\_\_ times this week.

When eating out next week I will only eat half of my entrée and take the rest home to eat as another meal later in the week.

I will eat a salad or green vegetable \_\_\_\_ times next week.

I will reduce my alcohol intake to \_\_\_\_ drinks a day or week.

I will eat fish \_\_\_\_ days next week.

I will eat my chicken/fish/beef baked, grilled or broiled instead of fried \_\_\_\_ times next week.

I will read the food labels before determining whether or not I should eat a certain food.

I will read food labels to determine how much of a certain food I should eat.

I will portion my snack food in a bowl or baggie instead of eating directly out of the bag/container.

I will choose fruit/yogurt/other low calorie options over high calorie desserts \_\_\_\_ times next week.

I will eat \_\_\_\_ servings of fiber rich foods (e.g. whole wheat bread, beans, oatmeal) each day/week.

I will eat \_\_\_\_ meals/week on a plate with utensils sitting at the table.

I will stop eating before I am stuffed \_\_\_\_ times/day or week.

I will try \_\_\_\_ new vegetables/fruits next week.

I will use a nonstick pan or cooking spray instead of oil when cooking \_\_\_\_ times next week.

I will eat a salad (without a lot of high calorie dressing/toppings/etc.) \_\_\_\_ times next week.

I will choose low fat/calorie protein (skinless chicken, tuna, low fat ground beef, eggs) options \_\_\_\_ times/day or week.

I will give myself a non-food reward (be specific) each time I eat a meal that I think is healthy.

If I eat more than I should I will not give up but do better for the next time I eat.

I will write down what I eat each day and identify at least \_\_\_\_ change(s) I should make in my eating.

## Ending on a Positive Note

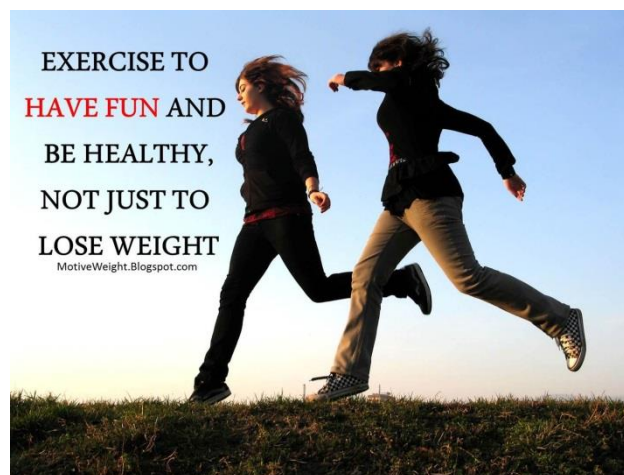


## Others Have Done It .... So Can You!!!

Recovery is regaining some of the 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 a 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, salad, fruits, and yogurt. I am into walking too. I'm currently walking two to four miles a day. My goal is to get rid of my middle "fluff." I discovered that middle-aged women tend to gain 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

## Time for Some Exercise!



## Session #2

# The ABC's of Healthier Eating

*"Eat food. Not too much. Mostly plants." - Michael Pollan*

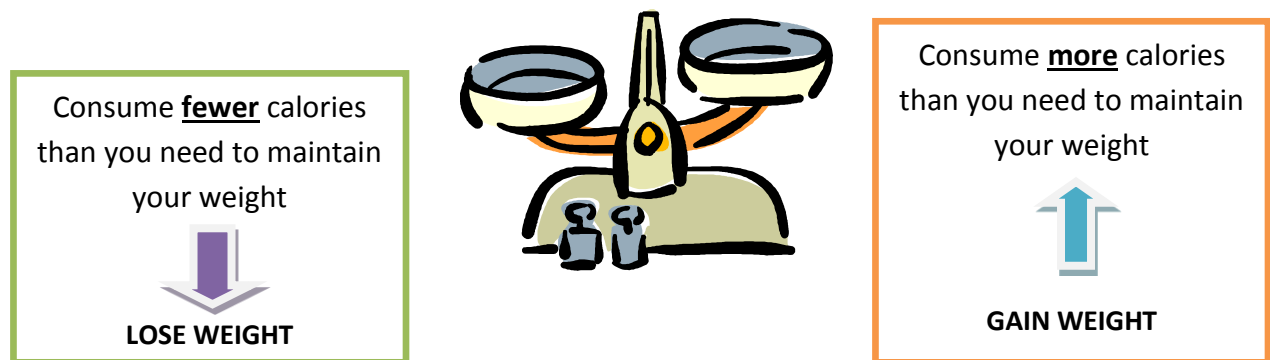
Eating healthier can seem like a big challenge -- but it doesn't have to be! Last week we learned that small changes can make a big difference and this concept also pertains to eating healthy!

We will focus on being *intentional* about our weight loss by making small changes in our diet by reducing the amount of fat and sugar while increasing the number of fruits and vegetables we eat. Together these changes will help us to reduce the number of calories we consume and will lead to weight loss.

## The Role of Healthy Eating in Weight Management

A calorie is.....

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.



There are three ways that you can lose weight:



## My Plate-- Steps to a Healthier You!

**MyPlate helps you:**

### Balance calories

- Enjoy your food, but eat less
- Avoid oversized portions

### Know what foods to increase

- Make half your plate fruits and vegetables
- Make at least half your grains whole grains.

### Know what foods to decrease

- Compare sodium in packaged foods like soup, bread, and frozen meals and choose foods with lower numbers
- Drink water instead of sugary drinks



## Eating Whole Foods

**And we don't mean the store**

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. For example consider the following:



Which do you think is healthier?  
The apple, apple sauce, or apple  
pop tart? Why?

**Let's practice identifying more whole and healthy foods!**

## Empty Calories

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 yesterday? 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.

## Grain Group

*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.

### **Eat Less of These:**

#### **Refined Grains**

White Bread  
Cereal/Flavored Oatmeal  
White Pasta  
White Rice  
Flour Tortillas  
Bagels  
Pastries

### **Eat More of These:**

#### **Whole Grains**

Whole Wheat Bread  
Oatmeal  
Whole Wheat Pasta  
Brown Rice  
Corn Tortillas  
Whole Wheat Mini Bagels  
Bran or Whole Grain Cereal

### ***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.

**What are some strategies you could use to increase whole grains?**

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## Vegetable Group

### *Some examples Vegetables:*

- 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. 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!



### ***How to get the most out of your Vegetables:***

- **Choose a *variety*. Use colors as your guide and try for a rainbow of color!**
  - Try to limit starchy vegetables, which are higher in calories, like potatoes and corn.
- **Eat your vegetables raw, steamed, or baked instead of fried.**
  - Frying your vegetables can ruin some of the nutrients so you won't get the full benefit.
- **Choose dressings and toppings that are lower in fats, sugars, and use a small amount.**
  - Dressings and toppings are often empty calories.
- **Use fresh or frozen veggies over canned, and rinse canned veggies to remove extra salt.**
  - Vegetables that are canned or in soups are often really high in salt, which is not good for your blood pressure.
  - Frozen Veggies are inexpensive and you don't have to worry about them going bad!
- **Try adding beans. They are high in fiber and protein which make them filling and nutritious. Plus they're inexpensive!**
- **Use whole vegetables, increase variety, and avoid empty calories!**

How could you add more veggies to a dish you like? Are there veggies you want to try?

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## Fruit Group

### *Some examples of Fruits:*

- Apples
- Berries
- Grapefruit
- Melon
- Pineapple



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!

*Can you name other fruits that you enjoy?*

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### *How to get the most out of Fruit:*

- Eat a variety of colors to get the most nutritional benefits.
- 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 always the better choice!
- Get creative. Try topping your oatmeal, yogurt, and salads with fresh or frozen fruit for extra flavor!
- Use moderation. 2-3 servings of fruit is recommended per day.
- Try to avoid fruit packaged with extra syrup or sugar. Fruit is naturally sweet!

**What are some ways you would like to add more fruit to your diet?**

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## Dairy Group

### *Some examples of Dairy:*

- Milk
- Yogurt
- Cheese
- Cottage Cheese

Dairy can be a good source of calcium, and many are also high in protein. 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 to lose weight.

#### **Unhealthy Dairy:**

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

#### **Healthier Dairy:**

- 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*

### How many servings?

For most adults, 3 servings /day of dairy is adequate. 1 serving =

1 cup of milk

1 cup of yogurt

1 ½ ounces of cheese, or 4 dice sized cubes

#### **Non-dairy Options for Calcium:**

Other foods high in calcium include almond, rice or soy milk, dark leafy greens such as collard or kale, and canned fish with bones like sardines.

### *How to get the most benefit from Dairy:*

- Focus on lower-fat dairy products that still have high amounts of calcium.
- Cream cheese, cream and butter are not counted as foods in the dairy group because of their high fat content and low calcium.
- Low fat and whole milk have the same amount of calcium. Whole milk just has more fat and calories.

**What are some things you want to try to make better decisions with dairy?**

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## Protein (Meat/Bean) Group

### *Some examples of Proteins:*

- Beef
- Pork
- Chicken
- Turkey
- Fish
- Eggs
- Beans
- Nuts/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, many of us also tend to choose protein that is high in fat, which then causes health problems and reduce the benefits of protein.

### **Making Better Protein Choices**

- 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

**What are some healthy proteins or preparation that you like or want to try?**

1.

2.

3.

## Putting it Together!

*Now that we have reviewed the 5 food groups, can you list one food that you want to try or add to your diet from each food group?*

**Grains:** \_\_\_\_\_

**Vegetables:** \_\_\_\_\_

**Fruit:** \_\_\_\_\_

**Milk/Dairy:** \_\_\_\_\_

**Protein :** \_\_\_\_\_

**Tear this page out so you can put it on your fridge, or somewhere else you will be reminded of the foods you want to try.**

## Variety

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.

### EXAMPLE DAY:

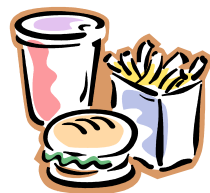
#### Breakfast



#### Lunch



#### Dinner



#### Snack



1. Does this look like a good variety?

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2. What is the problem?

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

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## Goal Setting

*Let's take a minute and review your goals from last week:*

- How did you do with last week's goals?
- If you didn't quite meet these goals, do you need to change them slightly so that you can meet these goals in the future?
- Do you feel ready to add another goal at this time or do you need to concentrate on mastering previous goals?

**My goal for next week is to:**

### **Ending on a Positive Note – Others have Done It, So Can You!!!**

**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 tsp 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. My fasting blood sugar averages 80 and my average blood sugar levels are 115."

-Kansas peer leader

## Reading Food Labels & Portion Control

*"To eat is a necessity, but to eat intelligently is an art". -La Rochefoucauld*

The NEW-R program is teaching you how to be *intentional* in your weight loss journey. In the first session we discussed that people are more successful with their weight loss when they are intentional about what they eat. Two easy strategies that you can use to be more intentional about what you eat are closely watching your portion sizes and taking the time to read food labels to select healthier options.

### ***An Easy Guide to Reading Food Labels***

Since you have committed to eating healthier, you have probably wondered whether certain foods are a good choice or not. While some foods like fruits and vegetables are pretty obvious that they are healthy, other foods may not be so easy to tell.

Good news --- by looking at the Nutrition Facts label on the back of a package --- you will learn a lot more about the food. Reading labels can help you make your "personal best" food choices - and will help you be more intentional about your weight loss!

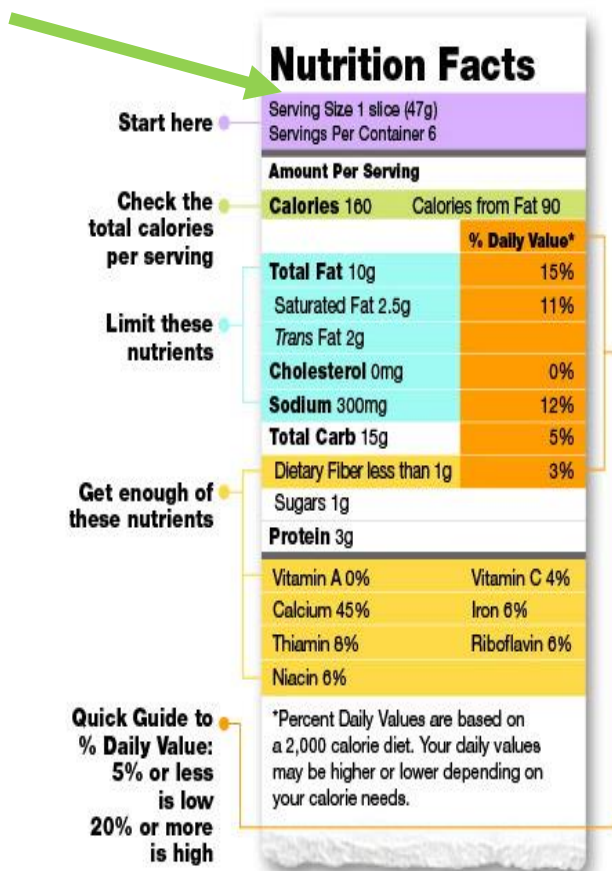
Let's explore the label together and learn how the food you choose contributes to the nutrients and calories you need each day for a healthy diet!

Nutrition Facts			
Serving Size ½ cup (114g)			
Servings Per Container 4			
Amount Per Serving			
Calories 90		Calories from Fat 30	
		% Daily Value*	
<b>Total Fat</b> 3g			5%
Saturated Fat 0g			0%
<b>Cholesterol</b> 0mg			0%
<b>Sodium</b> 300mg			13%
<b>Total Carbohydrate</b> 13g			4%
Dietary Fiber 3g			12%
Sugars 3g			
<b>Protein</b> 3g			
Vitamin A 80%	•	Vitamin C 60%	
Calcium 4%	•	Iron 4%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

#### **There are 2 parts to a Food Label:**

1. **Top Section:** This information is specific to the food or beverage you are eating. It will be different for each food.

2. **Bottom Section:** This part of the label is the same on all food labels and simply provides general dietary information. Not all packages will have this information.



### Where Do You Begin?

Before you can look at the specifics on the calories and nutrients in a food, you must know how much food you are talking about.

It's important to start with the **serving size**.

- This amount may be different than what you are actually eating -- so pay close attention!
- You will need to look at this information and compare it to the amount you **ACTUALLY** eat.
- You'll also want to look at how many **servings are in the package** -- you'll be surprised that a lot of little packages have more than one serving!

**This is very important because the serving size on the food package influences all of the nutrient amounts on the rest of the label.**

## Serving Size versus Portion Size

When we talk about what we eat, we often say we have a portion or a serving -- while these are similar, they are not completely the same.

- Serving Size: This is the amount on the label
- Portion Size: This is the amount of food or beverage that you **actually** eat at one sitting - this amount may be more or less than one serving size



One Serving



One Portion = 3 Servings

*Remember, watching your portion size is another way you can be intentional about your weight loss!*

## Let's Practice!

Example					
	Single Serving	%DV		Double Serving	%DV
Serving Size	1 cup (228g)			2 cups (456g)	
Calories	250			500	
Calories from Fat	110			220	
Total Fat	12g	18%		24g	36%
Trans Fat	1.5g			3g	
Saturated Fat	3g	15%		6g	30%
Cholesterol	30mg	10%		60mg	20%
Sodium	470mg	20%		940mg	40%
Total Carbohydrate	31g	10%		62g	20%
Dietary Fiber	0g	0%		0g	0%
Sugars	5g			10g	
Protein	5g			10g	
Vitamin A		4%			8%
Vitamin C		2%			4%
Calcium		20%			40%
Iron		4%			8%

### QUESTION

When you look at a food label, it is telling you the nutrient information for ONE serving of that food.

**But what do you do if you have two or even three servings?**

**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!

## The 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).

### Get Enough of These Nutrients

Dietary Fiber 0g	0%
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

Look at this part of the label to see if the food you want to eat will give you lots of good vitamins and minerals.

Eating enough of these nutrients can improve your health and help prevent certain medical conditions.

Try to **intentionally** select foods that will fill you up with food nutrients.

### Limit These Nutrients

Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%

Likewise, we can improve our diet by avoiding nutrients that aren't as good for us -- these types of nutrients may lead to diseases such as heart disease 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**

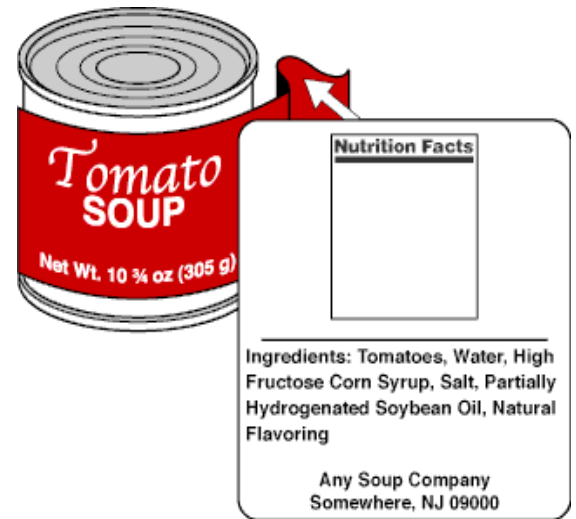
20% DV or more is  
considered to be **HIGH**

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!

## Ingredients List

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

## A Little More on Portion Control...

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 this number!) and decrease your portion size of all other foods by half.
- Try filling half of your plate with vegetables and then  $\frac{1}{4}$  of your plate with protein and  $\frac{1}{4}$  with grains (preferably whole grains).
- When you have leftovers, portion them out into single serving containers.
- Try eating a salad (watch the toppings) or a broth based soup before you eat your 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.

**Question:** What other ideas do you have for ways to decrease your portion sizes?

Write down 2-3 ways that you plan to try and decrease the amount of food you consume:








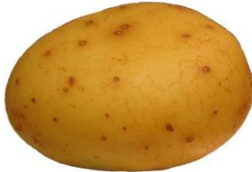



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Here are some examples of how you might “eyeball” standard portion sizes

These objects are to help you recognize common PORTION SIZES.  
 These are not always serving sizes; some of the PORTIONS can be multiple SERVINGS.

Food Serving Size	Food Example	Common Item
1 pancake = compact disc		
1 oz lunch meat = compact disc		
1 slice of bread = cassette tape or compact disc		 
1 medium baked potato = computer mouse		
½ cup cooked pasta = 1 cupcake wrapper		

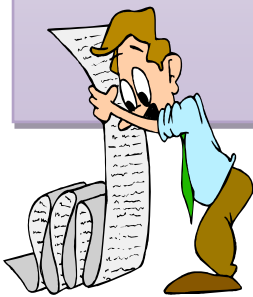
<b>½ cup cooked oatmeal rice or veggies = the bulb part of a light bulb</b>		
<b>½ cup ice cream = bulb part of light bulb</b>		
<b>1 (3 oz) hamburger = deck of cards</b>		
<b>3 ounces cooked meat, poultry = deck of cards</b>		
<b>2 tablespoons peanut butter = a Golf ball</b>		
<b>1 cup of salad greens = baseball</b>		
<b>1 cup fries (~10 fries) = baseball</b>		
<b>1 cup flaked cereal = baseball</b>		

## Goal Setting

*Let's take a minute and review your goals from last week:*

- How did you do with last week's goals?
- If you didn't quite meet these goals, do you need to change them slightly so that you can meet these goals in the future?
- Do you feel ready to add another goal at this time or do you need to concentrate on mastering previous goals?

**My goal(s) for next week is to:**



### **Things to Do this Week...**

- As you shop this week or select your meals each day, practice reading the Nutrition Facts labels and try to select healthier options.
- Practice controlling your portion sizes using the 2-3 strategies you selected during this week's lesson.

## Ending on a Positive Note – Others Have Done It, So Can YOU!!



### 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.

**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

## Session #4

# Let's Get Moving!

*"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*



As we are being intentional about our weight loss in the NEW-R program, one big thing that you can do to help with this process is spend more time moving! Don't worry; we don't expect you to start off running several miles. We'll start slow – but just remember, anything you can do to be more active will not only help with your weight loss journey but will improve your overall health as well!

## What will being Physically Active do for Me?

### Physical Benefits:

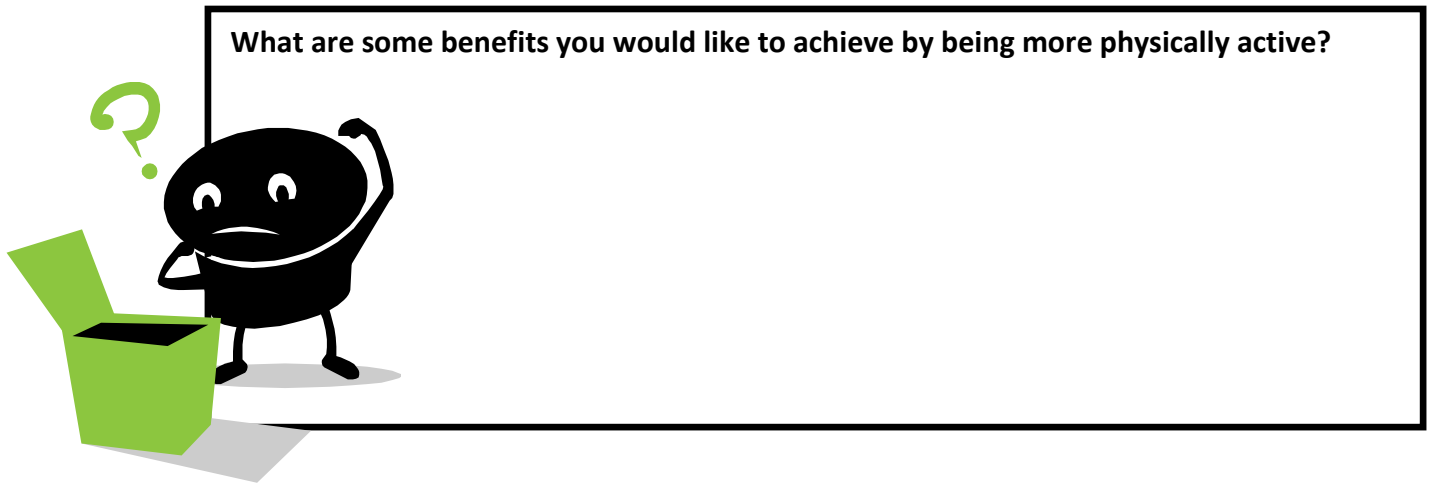
- Helps you to move around more easily
- Strengthens your bones and muscles
- Improves your balance so you won't fall
- Improves your sleep

### Health Benefits:

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

### **Mental Benefits:**

- Improves your mental health and mood (Happier, less stressed or depressed)
- Helps you feel better about yourself



### **What Kinds of Things do Physically Active People Do?**

### **Physically 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
- Look for ways to have fun AND be active!

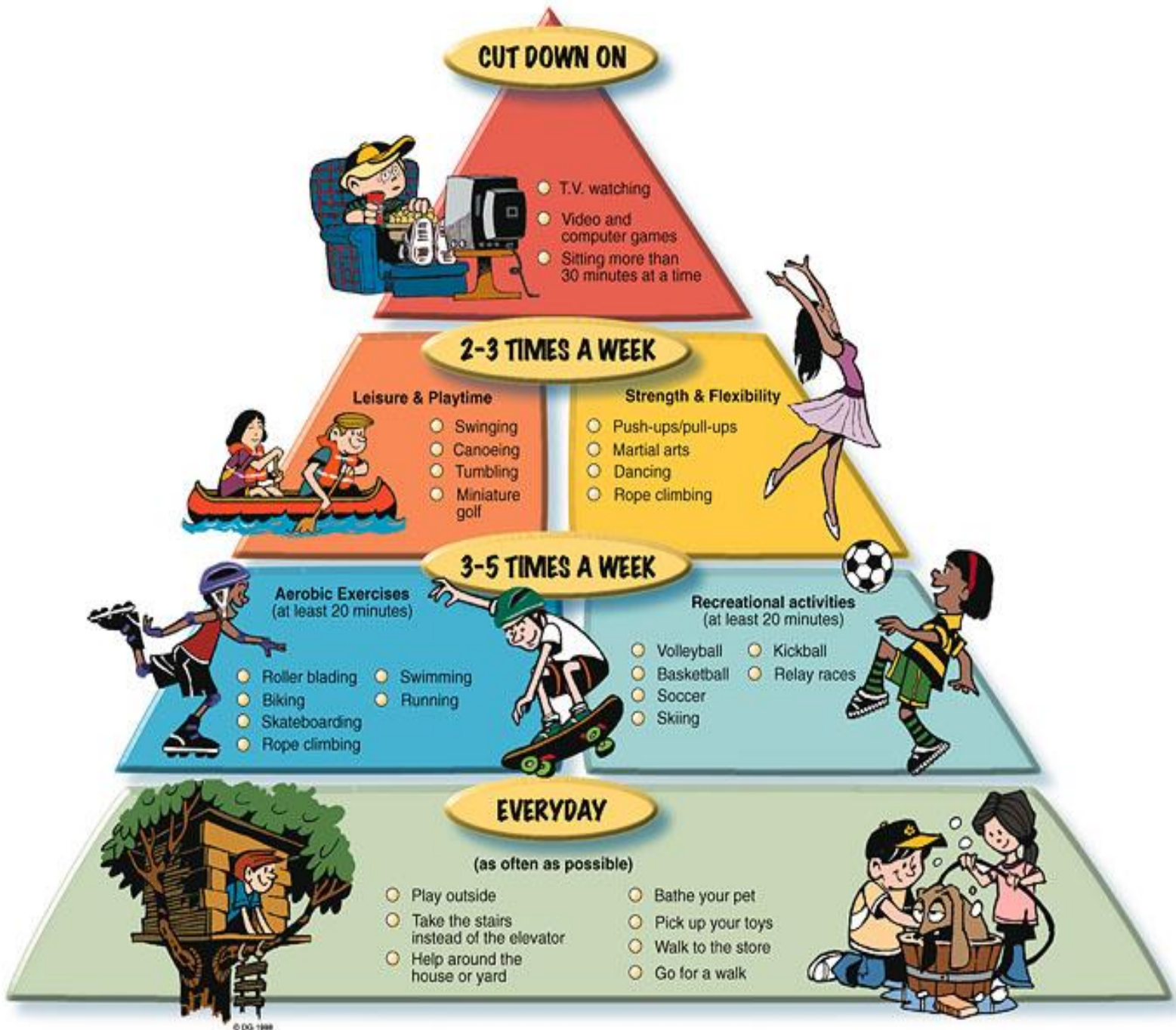
### **How Much Physical Activity Do I Need to Do?**

For general health, it's recommended that you get 30 minutes or more each day on most days of the week. But to help control your weight, more is better. Don't worry if you aren't doing much physical activity now, it's best to start slowly and gradually increase how much exercise you are doing.

If you start out doing too much, you may injure yourself. Our goal is just to get you moving more – so remember, sitting is better than lying, standing is better than sitting, walking is better than standing, etc!

## How Much Physical Activity Do I Need to Do?

Here is a chart that gives some recommendations for how frequently you should try to do different types of activities.



## Try to Be Less Sedentary

The NEW-R program is designed to get you moving more .... So that means, try and decrease the number of activities that you do each day that would prevent you from moving more.

If you look at the top of the activity pyramid, it says to cut down on certain activities like watching TV, playing video or computer games or just sitting for periods of 30 minutes or more.

### Think about your typical day...

What types of activities do you do that would prevent you from moving more?

About how much time a day do you spend not moving?

What activities would you like to add to help you gradually decrease the amount of time that you spend being inactive?

I will reduce the amount of time that I \_\_\_\_\_ to \_\_\_\_\_ minutes/hours per day and will do \_\_\_\_\_ instead so that I am moving more.

## What Type of Physical Activity would you like to Do?

Remember, the best type of physical activity is one that you enjoy doing!

**Some things you might consider:**

- Do you like being active inside or outside?
- Do you like activities that involve other people (sports, group classes, etc)
- Do you like water activities?



Take a moment and select a few activities that you would like to try. These activities should be easy to incorporate into your daily life and should also make your heart beat faster.

1.

2.

3.

# GOAL SETTING

*Let's take a minute and review your goals from last week:*

- How did you do with last week's goals?
- If you didn't quite meet these goals, do you need to change them slightly so that you can meet these goals in the future?
- Do you feel ready to add another goal at this time or do you need to concentrate on mastering previous goals?



**My goal(s) for next week is to:**



## Things to Do this Week...

- Try to move as much as possible – look at your daily activities and see if you can make them more active (remember, try taking the stairs rather than the elevator, park further away and walk, if you arrive early for an appointment try walking around for a bit rather than just sitting and waiting, etc)
- Try reducing the number of activities that you do where you are just sitting

## Ending on a Positive Note – Others Have Done It, So Can You!



“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

## Eating Out

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

Today we will be discussing how you can still be intentional about your weight loss when eating out by simply making a plan before you go to the restaurant. You'll see that just because you are watching your weight and trying to lead a healthier lifestyle that this doesn't mean you have to give up eating at some of your favorite places -- it simply means taking a closer look at the foods/beverages offered and making better choices.

### Conversation Starter:

When you eat out, what types of foods do you often get?

When you eat out, what types of healthy choices do you make?

### Why Eating Out Can be Difficult

Eating out can be a challenge sometimes. Why? Because when we are not the ones preparing our food, we do not have as much control over what goes into the food. In particular we lose control over several of the things we are trying to be intentional about with our eating -- limiting the amount of fat and sugar and increasing the number of fruits and vegetables we eat.

For example - here is a common meal you might get when eating at a fast food restaurant:



Most individuals need around 2000 calories each day -- those that are trying to lose weight, need even fewer calories each day.

A meal like this may have 1320 calories and 51 grams of fat

The problem: That doesn't leave many calories for the rest of the day and you likely won't stay full for long!

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

### 1. Watch the Portion Size

One big problem with eating out can be that the portion size is a lot bigger than you would eat at home -- try selecting a size that would be similar to what you would eat at home.

- Try ordering the smallest size (maybe even the kids meal)
- Split the meal with a friend
- Divide the portion into two and take the other half home for another meal

**Q: What do you plan to do when you eat out to make sure your portion size isn't too large?**

### 2. Be Aware of How the Food is Prepared

The way a food is prepared (i.e. grilled versus fried) can make a big difference in the amount of calories and fat in your food

- Ask to have the food prepared the way you want it
- Try leaving the mayo and/or cheese off a sandwich
- Ask for sauces and dressings on the side
- Ask for food to be grilled, baked, or boiled instead of fried
- Watch for words that may mean there is a lot of fat like smothered, creamed, breaded, crispy, or cheesy

**Q: What other ideas do you have for requests that would make the food healthier?**

### 3. Maximize your Nutrition

Look for ways that you can limit the amount of fat and sugar and increase healthier foods like fruits and vegetables.

- Add vegetables to sandwiches or pizza
- Skip the French fries or chips and go for a side salad, fruit or baked potato
- When eating a salad, add lots of vegetables or fruits while limiting the number of high calorie toppings (bacon, cheese, croutons, etc)

**Q: How else could you make the meal more nutritious?**



### 4. Plan Ahead

Part of being intentional about your weight loss is taking the time to make plans about what you are going to eat -- this will increase your chances of making healthier choices.

- If you know you will be eating out, try eating lighter at the other meals that day
- If you know the restaurant, make a plan for what healthier options you will order before you get there and are tempted with less healthy options
- Check to see if there is Nutrition Information available -- many restaurants have this information available online or in the restaurant
- If they serve bread or chips before the meal, try to limit how much you eat

**Q: What will you do to plan ahead?**

# Healthier Bites

Here are some ideas for healthier food items at different types of restaurants

## Chinese Food



Instead of	Try
Egg Drop Soup	Hot & Sour Soup
Egg rolls, Fried Wontons or Crab Rangoon	Steamed Dumplings
Fried Entrees (example: General Tso's Chicken, Sweet & Sour Chicken, etc)	Broiled, baked, boiled, steamed or stir-fry entrees
Fried Rice	Steamed Rice ( <i>try brown rice if possible</i> )
Sweet & Sour sauce, plum or duck sauce	Lobster, oyster, bean or reduced sodium soy sauce



## Mexican Food

Instead of	Try
Flour tortillas (contain lard)	Corn tortillas (made with less fat)
Carnitas (pork), chorizo (sausage), or beef	Grilled fish or chicken breast
Refried Beans	Black beans
Guacamole*, chili con queso, sour cream, cheese	Salsa, Avocado, lettuce, tomatoes, pico de gallo
Quesadillas	Fajitas
Flautas, Chalupas, Enchiladas**	Chicken or fish tacos

*\*Ask how the Guacamole is prepared. If there is no sour cream, then it is a healthy option!*

*\*\*If these can be made without cheese, sour cream, and baked instead of fried then it's a healthy option! Don't forget to ask for corn tortillas.*

## Italian Food



Instead of	Try
Fried Calamari	Dinner salad or minestrone soup
Cheese or meat-filled pastas or casserole type dishes (including Alfredo)	Margherita pasta, Or pastas prepared with red sauces or oil instead of cream sauce*
Pasta with butter or cream sauces	Pasta with marsala or marinara sauce
Scaloppini or Parmigianino dishes*	Marsala or piccata dishes**
Italian pastries such as cream cake	Italian ices

\*Ask your server, many cheese pastas or cream sauces can be substituted for oil.

\*\*Marsala is a wine based sauce. Piccata is a lemon juice and oil sauce.

## Cajun Food

Instead of	Try
Fried crawfish or shrimp	Broiled or grilled crawfish or shrimp
Etouffe, smothered dishes, and sauces made with roux	Gumbo, Creole, and jambalaya dishes
Fried seafood	Broiled or Grilled seafood
Fried shrimp or oyster Po'Boy sandwiches	Turkey or roast beef Po'Boy sandwiches
Dirty rice (contains chicken, gizzards, livers, butter, etc)	Steamed Rice ( <i>try for brown if possible</i> )

Adapted from American Heart Association; <http://www.americanheart.org/presenter.jhtml?identifier=1104>

## What Changes do you Plan to Make?

Think about one or two of your favorite places to eat - can you come up with a healthier meal you might enjoy in the future?

What you Order Now	Healthier Option
<b>Example: Wendy's</b> Bacon Deluxe Single Medium French Fries Medium Coke <b>Calories: 1250 Fat: 55 g</b>	Jr. Hamburger Mandarin Oranges Garden Side Salad with Light Ranch & Croutons Medium Diet Coke <b>Calories: 470 Fat: 15 g</b>
#1: Restaurant: _____          <b>Calories:                      Fat:</b>	          <b>Calories:                      Fat:</b>
#2: Restaurant: _____          <b>Calories:                      Fat:</b>	          <b>Calories:                      Fat:</b>

## GOAL SETTING

*Let's take a minute and review your goals from last week:*

- How did you do with last week's goals?
- If you didn't quite meet these goals, do you need to change them slightly so that you can meet these goals in the future?
- Do you feel ready to add another goal at this time or do you need to concentrate on mastering previous goals?

**My goal(s) for next week is to:**



### Things to Do this Week...

- If you eat out this week, remind yourself of the strategies we discussed this week and try using 1 or 2 of them to make a healthier meal. Be ready to share how you did with the group next week!

## Ending on a Positive Note – Others Have Done It, So Can You!

**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](http://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

## Meal Planning & Thrifty Shopping

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

When we first started the NEW-R program, we discussed that two of the many ways you can be intentional with your weight loss journey are to:

- 1) Be intentional about what you eat
- 2) Have healthy foods on hand

We will further explore these two strategies in today's lesson. First, by thinking through your day and planning what you will eat for each meal and snack, you can be more intentional about eating an all-around balanced diet (that's lower in calories and that will lead to weight loss).

This also allows you to plan ahead for days when you know you may be eating on the go. By selecting the healthiest options for your money when you are shopping, you can also ensure that you have all the healthy food you need on hand for your meal plan.

### What is Meal Planning?

- What does meal planning mean to you?
- Does anyone currently plan out their meals?
- Why do you think this might be important?



## 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.

### 1. To help you eat healthier!

- Allows you to include a variety of foods (from each of the food groups)
- Helps you avoid running out to get something to eat because you don't have food on hand

### 2. To help you balance your meals

- If you know one of your meals may be less healthy (i.e. you are eating out), you can plan to eat healthier the rest of the day
- If one meal is high in fat or sodium, you can prepare low fat or low sodium meals/snacks the rest of the day



### 3. To save money

- If you plan your meals ahead of time, you can check your kitchen for what foods you have on hand and make use of those items rather than purchasing additional items
- You can plan for leftovers
- You can limit expensive "impulse" buys (things you don't really need)

### 4. To save time and effort

- When you plan meals you can make a list of items that are needed and get them all at once -this reduces the number of trips to the grocery store
- Helps you make good use of leftovers -- this cuts your cooking time and food costs!

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#### Consider Eliminating Sodas

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 – 200 calories. It is recommended that you have 6 teaspoons of sugar a day. That means 1 can of soda is almost double the amount of sugar you should have in a day! 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?

***Let's look at tips you can use for creating a weekly meal plan:***

1. Check your kitchen for foods you have on hand
2. Look at the grocery store ads for the week and grab any coupons you might have
3. Think about if there are any meals this week where you will be eating out like when you are at a restaurant or a family members' house for dinner
4. Think about how you can incorporate leftovers or change foods slightly to make another meal. For example, you could cook up a couple of pounds of lean ground beef or turkey and use it for tacos in one dinner and in lasagna for another
5. Fill in your meal planner with these meals
6. Now based on that meal plan, create a shopping list from the planned menu
7. Go to the grocery store and buy only the items on your list. Make a promise to yourself that you won't give in to temptation!

**Tip: Keep your old weekly meal plans -- you can use them again in the future!**

## Remember to Use My Plate to Plan Your Meals



Remember the Strategies of My Plate:

- Make 1/2 your plate veggies
- 1/4 plate grains
- 1/4 plate protein
- Have a serving of fruit or dairy on the side

## Sample Menu

As you plan your daily menu, try to include a variety of foods from each of the 5 food groups. The following is just an example of how many servings of each food group you might include at each meal. Keep in mind, adding more fruits and vegetables if you are still hungry is a great strategy to keep full without adding a lot of calories.

Breakfast = Veggie Omelet	
Ingredients	Food Group Servings
¼ cup Onion and Green Pepper	1 Vegetable
1 Orange	1 Fruit
1 Egg	1 Protein
1 slice Whole Wheat Toast	1 Grain
1/3 cup Shredded Cheddar	1 Dairy
Coffee*	
Lunch = Tuna Sandwich	
Ingredients	Food Group Servings
Lettuce and Tomato	1 Vegetable
¾ Carrot Sticks	
1 Apple	1 Fruit
3 oz Tuna packed in water	1 Protein
2 slices of Whole Wheat Bread	2 Grain
1 cup Low Fat Milk	1 Dairy
1 TBSP Olive Oil Mayonnaise with no added sugar**	1 Fat/Oil
Dinner = Roasted Chicken	
Ingredients	Food Group Servings
1 baked Sweet Potato	2 Vegetable
1 cup Green Beans	
½ cup Strawberries or Fruit Cup in 100% Juice	1 Fruit
3 oz Chicken Breast	1 Protein
½ cup Brown Rice	1 Grain
1 TBSP Butter	1 Fat/Oil
Snacks	
Ingredients	Food Group Servings
¼ cup Almonds	1 Protein
1 cup sliced Red Pepper	1 Vegetable

\*Try not to add cream or sugar OR swap for healthier options like skim milk and honey

\*\*Regular mayonnaise and Miracle Whip have added sugar and unhealthy fat

**Remember to get in 6-8 cups of water every day!**

# Meal Planner



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Lunch							
Dinner							
Snacks							

**Grocery List**

Vegetables	Fruit	Protein	Grains	Dairy	Miscellaneous

## We have a Meal Plan ... Now What?

Let's get shopping! But first, let's consider a few things...



*Do you agree or disagree with the following statement:*

Eating healthfully is too expensive -- I have to buy the cheapest foods to stretch my dollars and that's why I don't eat more healthfully.

While this statement can be true in certain instances, it's often more about how we prioritize our purchases.

For instance, it's easy to say that purchasing fresh fruit is too costly and then buy a bag of chips instead. But is this really true or is it that the bag of chips sounds a lot tastier than a piece of fruit?



**Bag of Oranges**  
(discount store)

Servings: 12

Price: \$2.49

**Price/serving: \$0.21**



**Bag of Potato Chips**  
(discount store)

# Servings: 8

Price: \$1.69

**Price/serving: \$0.21**

In the example above -- both the serving of chips and the orange cost the same, but the nutritional difference is huge!



Calories: 60

Fat: 0 g



Calories: 150

Fat: 8 g

**Nutritional Savings if  
you pick the oranges:**

90 calories and 8 grams  
of fat!

*Plus you get additional  
fiber, Vitamin C,  
potassium, calcium and  
lots more!*

If you made this one change 3 times a week for 3 months, you would  
lose a pound!

## How to Create a Food Budget



*If you are able to go to the grocery store on a weekly basis, dividing your money up into a weekly allowance when you receive your money each month will ensure you have food available throughout the month.*

1. Determine your monthly budget for food
2. Divide this amount by the number of weeks in the month (4 or 5 depending upon the month) - this is your weekly budget
3. Put your weekly food budget into separate envelopes
4. Keep track during the week of your expenditures (Keep your receipts each week so you can see where you went over/under budget)

### **Example:**

**Weekly food budget: \$40.00**

When purchase made	Where	Amount
Weekly Food Budget		<b>\$40.00</b>
5/5	Aldi's	-\$22.13
5/8	Subway (eating out)	-\$ 5.59
5/10	Seven Eleven	-\$10.29
Balance Remaining		<b>\$1.99*</b>

5. If you have money leftover one week, consider using it later in the month when you want to stock up on staples or purchase additional items that are on sale

## Shopping Basics

### 1. Start with a list

- First things first, use your weekly menu plan to create a grocery list (list only the items you need)
- List both the food and the quantity needed
- Try your best to stick to the list, but allow some flexibility for healthy items that may be on sale (if you have extra money available)

### 2. Use some basic strategies

- Don't shop while you are hungry - eat first
- Try to stick to the perimeter of the grocery store where most of the healthy foods are
- Take advantage of fresh produce when it is in season (it's cheaper)
- Read Nutrition Facts labels to determine best product
- Use date information on packages - "sell by" and "best if used by" dates - to help you choose the freshest foods

### 3. Compare costs in several ways

- Compare different brands (name brand vs. store brand)
- Compare foods in different forms (canned, fresh, frozen, dried)
- Compare different size packages (use unit pricing)
- Compare similar foods (pears vs. peaches or rolls vs. bread)
- Compare convenience items vs. making a food from scratch
- Consider whether you have a coupon
  - If it is a food you actually need or will eat (and is healthy), it may be a good buy
  - If you are just buying the food because you have a coupon, you aren't saving any money!
- Consider whether a product is on sale

**Remember, food is only a bargain if you will actually use it!**

## GOAL SETTING

*Let's take a minute and review your goals from last week:*

- How did you do with last week's goals?
- If you didn't quite meet these goals, do you need to change them slightly so that you can meet these goals in the future?
- Do you feel ready to add another goal at this time or do you need to concentrate on mastering previous goals?

**My goal(s) for next week is to:**



### Things to Do this Week...

- Use the menu planner to plan out your meals for the next week. Start by taking inventory of what foods you have at home. Try to get a variety of foods in each day and balance the meals/snacks if you know you are going to be eating out or having a less healthy meal. Bring the sheet back to group next week so that you can share how you did with the group!
- If you go to the grocery store this week, try making a list before you go and stick to it! Remember, shopping the perimeter of the store is best!

## Ending on a Positive Note – Others Have Done It, So Can You!



### How Working Out Improved My Mental Health

“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

**Session #7**

**Let's Get Cooking without all the Fat and Sugar!**

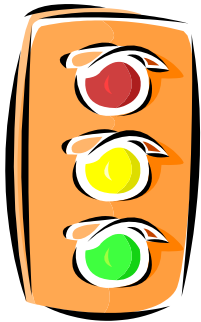
*“Instead of giving me reasons why I can’t, I give myself reasons why I can.” - Anonymous*

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**

The chart below 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!



Healthy Options	Okay Options	Not the Best Options

## Let's Get Cooking Healthier!

One way that we can be *intentional* about our weight loss is to reduce the amount of fat we eat. We try to eat less fat is because it is higher in 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.

Nutrition Facts			
Serving Size ½ cup (114g)			
Servings Per Container 4			
Amount Per Serving			
<b>Calories</b> 90		Calories from Fat 30	
		% Daily Value*	
<b>Total Fat</b> 3g			<b>5%</b>
Saturated Fat 0g			<b>0%</b>
<b>Cholesterol</b> 0mg			<b>0%</b>
<b>Sodium</b> 300mg			<b>13%</b>
<b>Total Carbohydrate</b> 13g			<b>4%</b>
Dietary Fiber 3g			<b>12%</b>
Sugars 3g			
<b>Protein</b> 3g			
Vitamin A 80%		•	Vitamin C 60%
Calcium 4%		•	Iron 4%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Remember, we can find the amount of fat towards the top of the label. Do you remember how we determine if a food is high or low in a nutrient using the Daily Value?

\_\_\_\_\_ % or higher DV = HIGH

\_\_\_\_\_ % or lower DV = LOW

Is this food high in fat?

\_\_\_\_\_

\_\_\_\_\_

## Making Small Changes to Your Cooking

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

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!

### Try these tips:

#### **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?

---

#### **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?

---

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

- Use skim or 1% milk instead of whole milk 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?

---

#### **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
  - Nonstick cooking spray has 0 calories
- 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?

---

#### **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?

---

#### **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 vegetarian chili over a baked potato
- Try a stir fry with lots of different vegetables

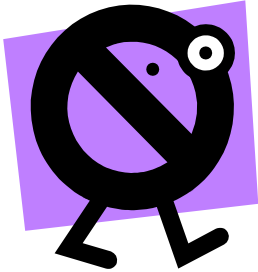
Which of these strategies will work for you or is another you want to try?

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Information adapted from the DPP Lifestyle Balance Manual, 1996.

## Low-Fat Preparation Techniques

*When you pick a method to cook your food, try to avoid preparation techniques that involve adding additional fat.*



- Frying
- Deep fat frying
- Sautéing in butter or lard

*Here are some methods that require little to no added fat.*

- Baking
- Broiling
- Grilling
- Roasting
- Steaming
- Stir frying or sautéing in 0 calorie vegetable spray



### Why You Should Do More Cooking at Home

**There are several reasons why cooking at home is a good idea and here's 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

Pick a dinner that you like to prepare at home. Write down the ingredients in the first column.

**Now let's think about how we could make it healthier.**

**Some questions you may want to ask yourself:**

- Are there ways to decrease the fat?
- Can you add more whole grains?
- Can you add fruits or vegetables to the recipe?
- Is there a healthier preparation you could use?
- What would be a sensible portion size?

Meal: \_\_\_\_\_

Ingredients for Original Meal	Ingredients for Healthier Meal

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

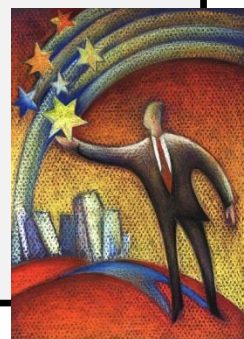
\_\_\_\_\_

## GOAL SETTING

*Let's take a minute and review your goals from last week:*

- How did you do with last week's goals?
- If you didn't quite meet these goals, do you need to change them slightly so that you can meet these goals in the future?
- Do you feel ready to add another goal at this time or do you need to concentrate on mastering previous goals?

**My goal(s) for next week is to:**



### **Things to Do this Week...**

As you prepare meals this week, be intentional about reducing the fat and sugar you consume by thinking of ways that you can make the meal healthier. Can you reduce the fat? Add more fruits and vegetables? Add more variety? See if you can come back to group next week with 1-2 examples of healthier meals you prepared this week.



## **Ending on a Positive Note – Others Have Done It, So Can You!**

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.

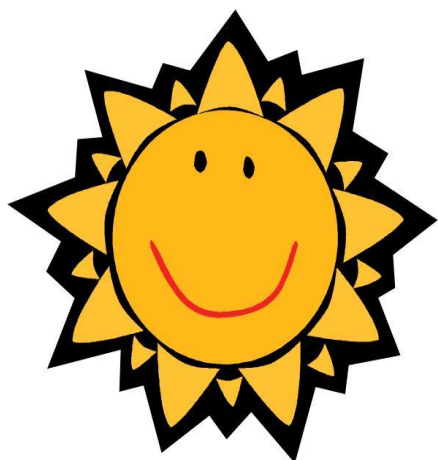
My goal was to strengthen my legs because I have arthritis. I do not need to take as much pain medicine than before I began this lifestyle change. Other people have noticed the changes in me too. I did not think that exercise could help when I was angry – but being out in my yard gave me a place to calm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

Denise Baynham, Peer Leader

## Session #8

# Celebrating Accomplishments and Keeping Up the Good Work

*"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*



This is the time to celebrate your accomplishments! A healthy lifestyle is a process and we are all at different points in the journey. Congratulations on all of the changes you were able to make for yourself.

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.

## I'm On My Way to a Healthier Life

**Three things I'm most proud of** – list three changes you have made towards creating a healthier lifestyle. Think in terms of habits and behaviors or ways that you have changed your thinking:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## Keep Working Towards the Changes You Want!

Although the NEW-R program is ending, a healthy lifestyle is always a work in progress. Let's keep up the momentum!



**One thing I would like to work on.** *Think of one thing you'd still like to change.*

---

---

**Now list the first step:**

What will you do to make this change?

---

How much or often will you do this change?

---

When will you start?

---



## **Some Strategies from NEW-R**

### **Pay attention to what you eat**

- 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

### **Do something meaningful each day**

- 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

### **Move More**

- 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

### **Connect with Others**

- 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

### **Have a Positive Outlook**

- 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



Remember from session 1 when we defined intentionality? Being intentional means deciding to make thoughtful choices in your life. It also means taking a step 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. You can make a plan that gives you the life you desire.

Let's make that plan today. Be realistic but also challenge yourself to be that healthier person you want to be. Fill out the plan below. Look back at pages 70-71 and previous sessions.

1. **Pay attention to what I eat – how will you make a plan for what you eat:**
  
  
  
  
  
  
  
  
  
  
2. **Get up at a reasonable time**  
I will wake up at \_\_\_\_\_
  
  
  
  
  
  
  
  
  
  
3. **Do something meaningful each day – list things you will do to give meaning to your day**
  
  
  
  
  
  
  
  
  
  
4. **Move more – list things you will do to be physically active**
  
  
  
  
  
  
  
  
  
  
5. **Connect with others – what will you do to receive the social support you need**
  
  
  
  
  
  
  
  
  
  
6. **Have a positive outlook – what will you do to stay positive about your weight loss goals**

**You have a lot to be proud of!**

