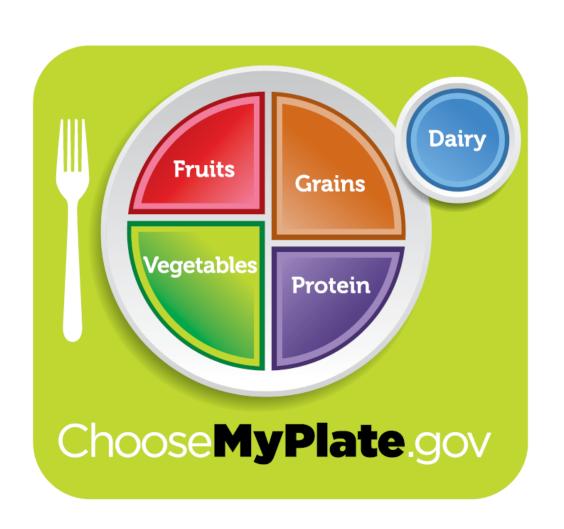


Objectives

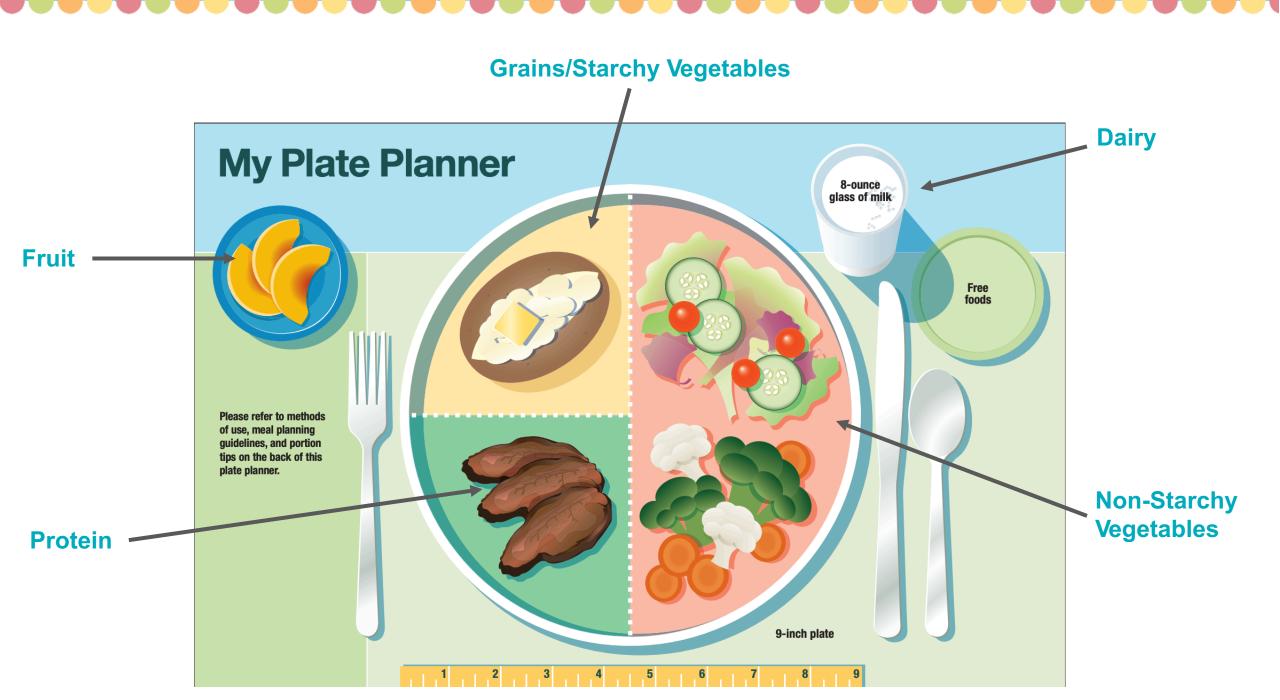


- Review Healthy Eating Tools
- Find out why its important to prioritize good health
- Identify barriers to making lasting changes in your life
- Understand why goal setting is a tool for making changes
- Learn about support systems

Review Healthy Eating Tools



- Use My Plate as a guide
- Choose nutrient rich foods and enjoy all foods in moderation
- Find the meal planning style that works best for your house
- Create a dinner deck
- Keep a supply of easy to prepare ingredients
- Plan ahead when eating out



Grocery Shopping

Keep house stocked with nutritious, easy to prepare foods:

- Vegetables
 - Frozen without sauce
 - Frozen pre-chopped
 - Canned low-sodium
 - Tomato pasta sauce
 - Diced tomatoes
- Beans/legumes
 - Canned low sodium beans
 - Dry beans
 - Peanut/nut butter
 - Nuts
 - Seeds



- Grains
 - Brown or wild rice
 - Dry
 - 90 second microwavable
 - Frozen
 - Whole wheat or bean/lentil pasta
 - Rolled or quick oats
 - Quinoa
 - Whole wheat bread, tortillas or english muffins
 - Whole wheat or corn tortillas
 - Whole wheat orzo or couscous

Grocery Shopping

Keep house stocked with nutritious, easy to prepare foods:

- Lean proteins
 - Eggs
 - Fresh or Frozen
 - Chicken breasts
 - Turkey breast
 - Pork tenderloin
 - Ground beef >= 90% lean
 - Frozen
 - Fish filets
 - Shrimp
 - Edamame
 - Canned in water
 - Shredded chicken
 - Tuna
 - Salmon

- Spices/Condiments
 - Onion powder
 - Garlic powder
 - Cumin
 - Oregano
 - Thyme
 - Ginger
 - Italian seasoning
 - Chili powder
 - Bay leaf
 - Cinnamon
 - Grill seasoning
 - Vinegars
 - Dijon mustard
 - Low sodium soy sauce
 - Salsa
 - Worcestershire sauce



Meal Planning – Dinner Deck



- 3-5 favorite quick cooking recipes
- Store the deck in visible place
 - Side of refrigerator
 - Glove box of car
 - Notes section of phone
- Make sure ingredients are always on hand

Eating Out

- Look up the restaurant's nutrition ahead of time and decide what to order before arrival
- Don't scan the menu while waiting to order in the restaurant! You will talk yourself out of a pre-selected choice
- Choose zero calorie beverages
- Seek out fruits and vegetables in sides and a la carte additions





Why Prioritize Your Health

Improved Self-worth

We feel good about ourselves when we focus on our self-care. Longevity

This is a no brainer.

Quality of Life/ ndependence

Maintain your current level of independence for as long as possible.

Disease Prevention

Instead of assuming you're going to develop a certain disease, let it motivate you to make changes toward prevention.

Why Prioritize Your Health

Positive Impact of Others

If you start eating healthier, exercising, working on cutting back on stress, it will rub off on others around you.

Increase Energy

Yes! Please! **Better Sleep**

Exercise will help you fall asleep easier when you are fatigued from exertion. Also managing your stress and anxiety will greatly improve your sleep.

Improved Digestion

Poor diet messes with digestion. Stress messes with digestion. Regular exercise and healthy, well-balance diet can help improve digestion.

Identify Barriers for Change



Identify barriers to your goals — and ways to overcome them.

- Are you driven by guilt, fear or regret?
 Long-lasting change is most likely
 when it's self-motivated and rooted in positive thinking
- Can a busy schedule get in the way of you going to the gym? Go to bed early and wake up an hour earlier.
- Has an empty pantry prevented you from cooking at home? Refer to your dinner deck, then head to the grocery store to get the ingredients you'll need to prepare them.

Identify Barriers for Change

Identify current habits that lead to unhealthful eating.

- Do you relax and reward yourself by snacking in front of the TV?
 - Make it a habit to only eat at the table.
- Do you skip lunch only to feel starved by midafternoon, ready to eat anything in sight?
 - Keep healthy snacks or meal replacement bars or shakes handy.
- Do you finish everything on your plate even after you start to feel full?
 - Use smaller plates. Drink water before and after a meal.



Identify Barriers for Change



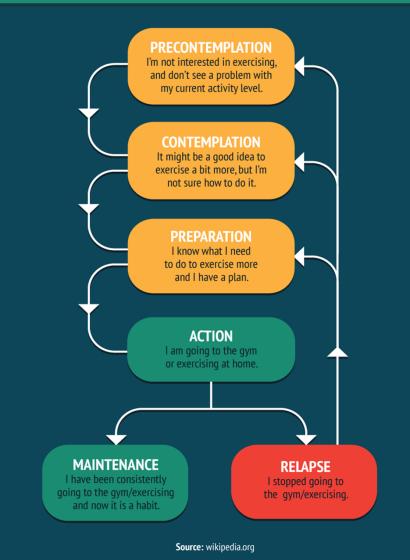
Are you ready for change?

- Transtheoretical model (TTM). The idea is that people move from one stage to the next. Each stage is a preparation for the following one, so hurrying through or skipping stages is likely to result in setbacks.
- Change is a process... it is not linear
- It can take a few rounds

Cycle Of Change Pre-Prochaska & DiClemente **Contemplation** No intention on changing behavior Relapse **Contemplation** Aware a problem Fall back into old exists but with no patterns of commitment to behavior action. **Upward Spiral** Learn from each relapse 🧳 **Maintenance Preparation** Sustained change; Intent on taking new behavior action to address replaces old the problem **Action** Active modification of behavior

Are You Mentally Ready To Work Out?

The transtheoretical model of behavior change is used to assess a person's mental readiness to approach a healthier lifestyle. In relation to exercise, it looks like this:



Know Where You Are Starting

What stage of change are you in?

Preparation:

- Track all food and beverages you eat along with the portions in a diary or phone app
- Identify how often you are eating away from home, eating takeout, or buying food on the go
- Track your daily steps and sleep patterns using your phone app or good ole pen and paper journal



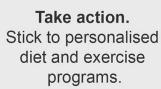
Set SMART Goals



lose weight for your wedding.



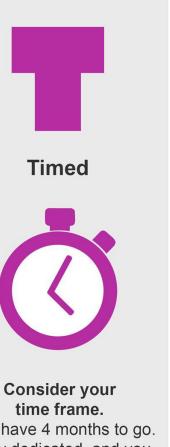








Be realistic. 10 pounds is easily within your reach!



You have 4 months to go. Stay dedicated, and you WILL make it!

THIS MONTH'S GOAL Lose 4 percent of my body weight Lateright snacking after dinner BIGGEST CHALLENGES Traveling for work mid-month No motivation to workout after long work day Now break it down ... **WEEKLY GOALS** WEEK 1 Lose 1 percent of my starting weight How I'll accomplish this: □ No food after dinner except raw veggie sticks ☐ Drink half my body weight in oz of water per day ☐ Sign up for three 6 AM bootcamp classes WEEK 2 Lose 2 percent of my starting weight How I'll accomplish this: □ No food after dinner except raw veggie sticks Drink half my body weight in og of water per day Prepare healthy snacks for work trip

SAMPLE PLAN OF ACTION					
Week 1 Goals	Strategies: Steps to Get There	Start Date	End Date	Achieved?	Comments
Eat better by following the Food Guide at least five days a week.	Use EATracker for a week to find out where diet needs improving.	January 1	January 7	1	Found out I'm really low in vegetables, fruit and milk; eating too many snack foods.
	Eat fruit instead of a donut for coffee break.			*	Had more energy and was less sleepy when I ate fruit during coffee break.
Get more exercise by walking one km three times a week.	Use EATracker to assess my overall level of fitness.	January 1	January 7	1	Discovered I am not ready for two two blocks yet!
	Walk around a city block at least three days a week.	January 1	January 7	1	Need to get new walking shoes so I am more comfortable.
Weeks 2 and 3 Goals	Strategies Steps to Get There	Start Date	End Date	Achieved?	Comments
Continue to follow the Food Guide at least five days a week.	Eat at least two servings of milk products a day.	January 8	January 21	∠ Achieved?	I need to pack lunch so it is easier to eat well.
	Eat at least five servings of vegetables and fruit a day.			1	Find I feel less cravings for sweets and snack foods if I have fruit for morning and yogourt & fruit for afternoon coffee break.
	Keep using EATracker for now.			1	
Increase distance to two km three times a week.	Walk around a city block at least three times a week.	January 8	January 14	1	Walking is getting easier, especially with new shoes.
	Walk around two city blocks at least three times a week.	January 14	January 21	· ·	I need to learn more about warming up and stretching.

Behavioral Strategies

Which below do you feel you can implement in your day-to-day?

- Eat in one place only
- Do not clean your plate
- Follow a meal schedule
- Slow your eating rate
- Use a list while shopping
- Shop on a full stomach
- Buy foods that require preparation
- Store unhealthy foods out of sight or just don't buy
- Make health snacks available
- Keep serving bowls off the table
- Leave the table after eating

Behavioral Strategies

Which below do you feel you can implement in your day-to-day?

- Serve and eat one portion at a time
- Wait five minutes before getting seconds
- Plan your meals using Eatingwell.com
- Order a la carte meals when eating out
- Limit salad dressings (try vinaigrette, lemon or salsa)
- Limit hidden calories (mayonnaise, fried foods, butter, sugary beverages)
- Drink water before and after meals
- Reduce alcohol
- Beware of the bread or chip basket
- Discuss ahead of time whether you are going to order appetizers or dessert

Focus on Your Food

Go with the 80/20 rule

Stay on track 80% of the time, but leave some room for a few indulgences. You don't want to feel deprived or guilty. Eat slowly and mindfully

Enjoy the entire experience of eating. Take the time to appreciate the aromas, tastes, and textures of the meal in front of you.

Changing behavior takes time and effort

Taking a few small steps today will make a difference in your health tomorrow.

Control your portions

Refamiliarize yourself with standard serving sizes. Did you know that one serving of poultry or meat is 4 ounces, or the size of a deck of playing cards? Or that one serving of pasta is only 1/2 cup?

Identify hunger and satiety cues

Be aware of physical versus emotional hunger. Do you eat when you feel something physical in your body that responds to food? Or do you eat when you are stressed, bored, tired, sad, or anxious? Try to stop eating **BEFORE** getting full (it takes about 20 minutes for your brain to register "stop eating" signals from your stomach).

Give Up the All-or-Nothing Mentality



Too often, we declare that we will start our perfect diet tomorrow or next week.

- Make a better choice for the very next snack or meal.
- Don't beat yourself up if you relapse. Just make healthier choices at the next meal.

Don't try to make up for off days

- After a day of snacking, you might be tempted to cut calories the next day to even things out.
- Skipping breakfast and having yogurt for lunch will only leave you famished — and set you up to binge on sweets again.

Practice Self-Compassion Swap Negative Self-Talk for Kindness

- Criticizing dietary setbacks will not help with your eating habits and will only increase stress.
- Positive thinking and personal pep talks will keep you calm and help you handle challenges as they arise.
- Talk to yourself like you would to a good friend forgiving and empathetic!
- When you notice negative self-talk, "flip the script" and speak kindly to yourself.



Reward Yourself Weekly

Each day evaluate what you have done to meet a goal and give yourself points toward a non-food reward each week.

- Target Behavior Exercise
- Specific Criteria 30 minutes, 3 days per week
- Reward Watch a movie on Netflix
- When Saturday night



Reward Yourself Weekly



Make a list of your own or use one of these:

- Take a bubble bath
- Read a book
- Watch a movie on Netflix
- Spend time alone and do nothing!
- Download a new song on Spotify
- Go to a drive-in movie theatre
- Pamper yourself with a manicure/pedicure
- Buy an inedible treat under \$5 on Amazon
- Buy yourself exercise clothes or new pair of shoes
- Put money towards a personal training session

Support Systems

Handle difficult situations — When obstacles inevitably arise, we sometimes need a little help keeping our goals in perspective.

The people in your support network will be there when you need to talk after a long day or when you're feeling overwhelmed with work, family or other obligations.

Supportive friends, family, clergy and colleagues will celebrate your successes and help you learn from your failures. The can provide the encouragement you need to meet each challenge with determination and a positive attitude.



Support Systems

Find needed resources —

Your Kelsey-Seybold dietitian and other health providers can be invaluable resources to you throughout your life. With expertise in their respective fields, they can help you figure out which steps you need to take to be successful in making healthy lifestyle changes.



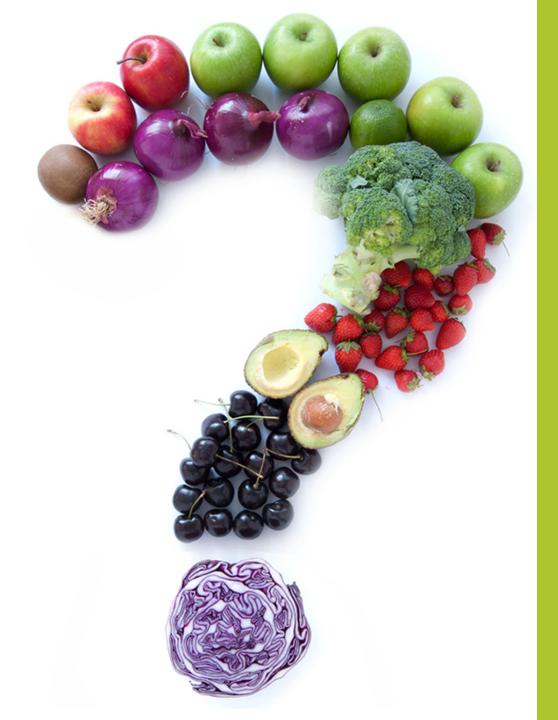
Support Systems



Get motivated—Forming relationships with family members or peers with similar health goals will help you stay engaged in your routine and motivate you to succeed.

If you are overwhelmed or struggling, your support network should be willing to help you and offer their guidance, insight and strategies for success.

Cultivating and maintaining a social support system will benefit you throughout each of your life's endeavors.



Questions?

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