

GOALS:

IN

OUT

You Can Do It*

Many people have doubts about being able to make the switch to a healthy way of eating. Here are some questions and answers about making the change.

Will I have to give up all my favorite foods?—No!

- Eat smaller amounts more often.
- Learn ways to prepare your favorite foods with less fat and salt--check out the recipes we are going to hand out each session.
- Try something new--it may become a new favorite!

What about the taste? Won't I feel hungry all the time?—No!

- We'll give you lots of great-tasting recipes.
- Eat according to the pyramid suggestions.

Won't it cost me more money to eat healthy?—Not if you choose carefully!

- Out of season you can eat canned or frozen fruits and vegetables.
- You can buy lots of healthy foods in bulk—it costs less that way!

Think of how good you will feel about yourself when you eat healthy.

Don't give up—just try again. YOU CAN DO IT!

**Adapted from the University of North Carolina at Chapel Hill, Center for Health Promotion and disease Prevention. New Leaf... Choices for Healthy Living*

Warm-up exercises

1. Bicep curls

- Sitting in the chair, start with your fingers touching your shoulders. Your elbows should be pointing out to the side.
- Extend your arms out to your side and then bring your fingers back to your shoulders. Do both arms at the same time.
- Do up to 3 sets of 8 repetitions.



Warm-up exercises

2. Arm raises

- Sit in the chair. Touch your shoulder with your finger tips.
- Reach both arms up to the ceiling.
- Touch your shoulder with your finger tips again.
- Do 3 sets of 8 repetitions



Warm-up exercises

3. Shoulder circles

- While sitting, lift both arms out to your sides. Your fingers should be pointing outward.
- Slowly make 8 small circles with your arms.
- Lower your arms back to your side.
- Do 3 sets of 8 repetitions.



Strength Training with the elastic band

Rest for 20 seconds after each set.

Upper Body

Biceps (place tube under feet and do bicep curls)

- Sit in a chair.
- Step on one end of the stretch band.
- Hold the other end of the band with your arm straight down by your side. Be sure there is tension in the band.
- Bend your elbow and pull up toward your chest. Hold.
- Return to start position.
- Repeat 8 times to complete a set. Do three sets.



Triceps

- Wrap the band behind your back like a shawl.
- Bring one end of the band under the non-exercising arm and hold in front of and close to chest.
- Put the other end of the band over the shoulder of the exercising arm.
- Lift the elbow of the arm you are exercising up until it is level with the shoulder.
- Straighten the elbow to stretch the band.
- Repeat 8 times to complete one set. Do up to 3 sets.

Alternative: Hold the band in both hands at shoulder level with right arm bent so that it's in front of the chest, left arm straight out. Keeping the left arm straight to hold tension on the hand, contract the triceps to straighten the right arm. Return to start and repeat 10 times before switching sides.



Chest pull back

- Sit or stand with feet shoulder width apart, the same width as your shoulders.
- Loop the band around each palm. Lift your arms straight out in front of you.
- Open your arms and pull on the band. Hold for a few seconds.
- Relax your arms and then repeat the exercise 8 times and do 3 sets.



Lower Body (without elastic band)

Rest for 20 seconds after each set.

Seated march lifting knees.

- In the sitting position, place your hands on your thighs.
- March your legs up and down.
- Keep up the march for one minute.



Leg circles

- In the sitting position, place your hands on your thighs.
- Using one leg at a time, lift your right leg straight out in front of you.
- While your leg is in the air, make a big circle with your toe by moving your ankle. Do 8 circles.
- Switch legs and do the same thing again.
- Do three sets of 8 circles with each leg.



Leg raises

- Sit in the chair. Place your hands on your knees. Put your feet close together.
- Place a large flat object like a book on your thighs.
- Lift your heels off the ground. Keep your toes on the floor.
- Return your heels to the floor.
- Do the moves 8 times slowly. Do 3 sets of 8 raises.



Cool-Down Stretch

Shoulder circles

- While sitting, lift both arms out to your sides. Your fingers should be pointing outward.
- Slowly make 8 small circles with your arms.
- Lower your arms back to your side.



Cool-Down Stretch

Back arm stretch (overhead behind back)

- Raise your left arm over your head with your elbow bent and pointed at the ceiling.
- Push the left arm back with the right arm until you feel a stretch.
- Hold for 10 seconds and repeat 8 times.



Cool-Down Stretch

Back stretch (hug self)

Hold for 10 seconds and repeat 8 times.

Hamstring stretch (slide forward in chair, pull knee to chest)

Hold for 10 seconds and repeat 8 times.

Over head stretch (weave fingers together, lift arms overhead)

Hold for 10 seconds and repeat 8 times.

*Adapted from the University of North Carolina at Chapel Hill, Center for Health Promotion and Disease Prevention. New Leaf. . . Choices for Healthy Living.

Next Session

DON'T FORGET!!!!....

Date: _____

Time: _____

Location: _____

Topics: Basics of Eating & Taking Care of Our Skin

What type of exercise will I try tomorrow _____?

(Walk, jumping jacks, catch with a child, exercises from the card, etc.)

If you have any questions between now and the next session call me at _____

INDIVIDUAL SESSION

DON'T FORGET!!!!....

Date: _____

Time: _____

Location: _____

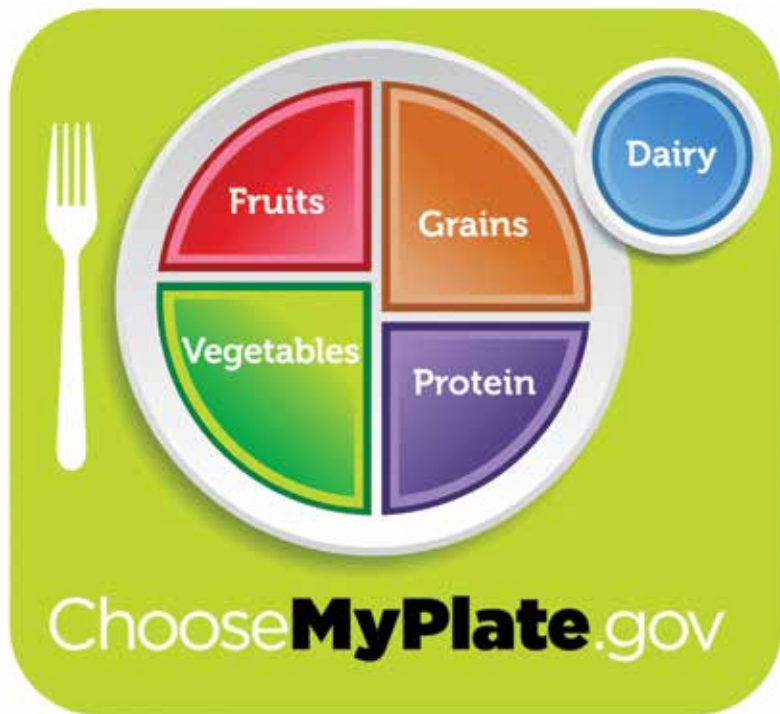
Topics: Dietary Risk Assessment and Goal Setting (make sure you schedule at this time)

This session is very important!!!!....

What type of exercise will I try tomorrow _____?

(Walk, jumping jacks, catch with a child, exercises from the card, etc.)

If you have any questions between now and the next session call me at _____



Look for the label that says “lean”, which means low fat content*

To buy chicken:

1. Buy chicken without the skin
2. Buy thighs and breasts instead of wings

It is always preferable to eat fish before beef or pork. Fish is more lean and healthier.

To buy beef:

1. If it is ground look for the label that says lean or extra lean or that has a symbol saying 90/10 or 95/5, which means it has 90% or 95% meat and 10% or 5% fat
2. Buy cuts like round eye, top round, bottom round, round tip

To buy pork: buy cuts like: tenderloin, center loin, and ham.

*Adapted from the United States Department of Agriculture. Steps to a Healthier You. <http://www.mypy>

Be Careful with Fats*

There are many types of fat in the foods we consume. Eating a lot of some types of fat can increase your chances of having heart problems. It is important to know how to choose foods whose fats are best for you. Here are some tips on how to keep your heart healthy by choosing the right types of fat.

Some fats are solid, or harder, and these are the least healthy fats. You can find them in:

- Fatty meats—*ribs, ground beef, steak, barbecue meat, and fatback*
- Processed meats—*bacon, sausage, bologna, and hot dogs*
- Most processed foods—*cakes, cookies, crackers, and potato chips*

- Fried foods and biscuits from fast food places and restaurants
- Cheese
- Whole milk (regular milk)
- Ice Cream
- Sour Cream
- Butter

- Lard
- Stick margarine
- Vegetable shortening (*like Crisco*)

Watch out for the fats in these foods! They are NOT good for your heart.

The fats that are softer, more liquid fats found in plant foods and some kinds of oily fish are better for the heart. These fats are healthier and you can find them in foods like:

Vegetable oils—olive, canola, peanut, corn, soybean, and sunflower oils

- Fish—salmon, tuna, and mackerel
- Peanut butter and other nut butters
- Nuts—almonds, peanuts, and walnuts

What can I do to keep my heart healthy?

Choose foods that are LOW in hard fats or the fats that have been modified by men:

- Low-fat or fat-free (skim) milk, cheese, and yogurt
- Lean meats, chicken, turkey and fish

AND...choose foods with the right amount of fat:

- Choose liquid vegetable oils
- Choose nuts as snacks (a serving is a small “handful”)
- Choose fish more often

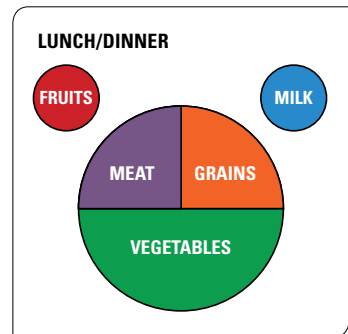
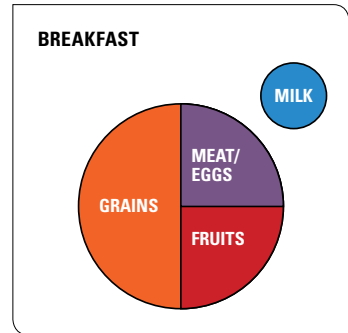
*Adapted from the University of North Carolina at Chapel Hill, Center for Health Promotion and disease Prevention. New Leaf...Choices for Healthy Living.

Your Plate: Choosing How Much To Eat*

Know how your plate should look with different foods for each meal. Take your basic 9-inch plate and serve your food so that it looks like this:

When you fix a plate, remember that your food should not be piled high on your plate. When you serve meat, fish or chicken for lunch or dinner, the serving of meat is about the size of your palm or a deck of cards

Remember, it's not just WHAT you eat that counts. HOW MUCH you eat counts, too.



*Adapted from the University of North Carolina at Chapel Hill, Center for Health Promotion and disease Prevention. New Leaf... Choices for Healthy Living.

Chicken and Okra Stew Serves: 8

2 cups diced cooked chicken breast (*skinned before cooking and cooked without salt*)

2 (10-ounce) cans low-sodium chicken broth, undiluted

1 (14-ounce) can no-salt-added stewed tomatoes, undrained and chopped

1 (10-ounce) package frozen sliced okra

1 cup diced onion

1/4 teaspoon salt

1/4 teaspoon dried whole basil

1/4 teaspoon dried whole oregano

1/4 teaspoon pepper

1/4 teaspoon hot sauce

2 cloves garlic, minced (*or 1/2 teaspoon garlic powder*)

2 tablespoons all-purpose flour

1/4 cup skim milk

1. Combine first 11 ingredients in a large pot or crock pot; stir well.
2. Bring to a boil.
3. Cover, reduce heat, and simmer 45 minutes.
4. Combine flour and milk, stirring until smooth.
5. Add to stew, and stir well.
6. Cook over medium heat until thickened and bubbly, stirring constantly.
7. Preparation time about 1 hour.

Chicken and Okra Stew Serves: 8

1 envelope unflavored gelatin

4 tablespoons sugar

1/2 cup cold water

1 cup strawberries, peaches, or other fresh fruit

1 cup orange juice

6 tablespoons lemon juice

3 bananas, mashed

1. Soften the gelatin in water.
2. Stir over low heat until dissolved.
3. Mix in the juices, sugar, and sliced fruit.
4. Place in the freezer until almost set.
5. Remove from freezer and beat with an electric mixer on high speed until creamy and fluffy.
6. Cover and return to the freezer. If stored in the freezer for a long time before serving, beat again and refreeze briefly before serving.

Preparation time about 30 minutes.

Nutrient Values

Serving size: 1 cup

Calories: 189

Fat: 1g (3% of calories)

Saturated Fat: 0g

Carbohydrate: 47g (97% of calories)

Cholesterol: 0mg

Dietary Fiber: 3g

Sodium: 10mg

Note: One serving of Fresh Fruit Ice equals one serving of fruit

Next Session

DON'T FORGET!!!!....

Date: _____

Time: _____

Location: _____

Topics: Shopping and Eating Out and Color Analysis

What type of exercise will I try tomorrow _____?

(Walk, jumping jacks, catch with a child, exercises from the card, etc.)

If you have any questions between now and the next session call me at _____

Fast Food Information*

A healthy diet can include fast foods once in a while. Here are some ways to choose fast foods wisely.

Salads

- Vegetables and salad are usually good; choose to eat from the salad bar, but do not add bacon or eggs
- Use Italian, oil and vinegar, instead of the regular creamy type of salad dressing or order it on the side

Hamburgers

- Order plain hamburgers and add your own mustard or ketchup, that way. You can skip the “special sauces”

- Add lettuce and tomato instead of pickles (which are high in sodium)
- If you have the choice, order roast beef instead of hamburgers

French fries

- Share a small order with a friend instead of eating it all yourself, ask for fries without added salt
- Skip the French fries and order a baked potato without margarine

*Adapted from the University of North Carolina at Chapel Hill, Center for Health Promotion and disease Prevention. New Leaf...Choices for Healthy Living.

Fast Food Information*

Continued...

Chicken and fish

- Order a grilled chicken sandwich instead of a fried one
- Order baked chicken and remember do not to eat the skin
- Do not order fried chicken, it has more fat
- Order grilled fish sandwiches without the cheese and tartar sauce, or take it off before you eat, try lettuce and tomato and a splash of lemon

Pizza

- Eat just one portion
- Ask for thin crust pizza

- Ask for half the cheese
- Ask for light sauce on the pizza
- Order vegetable toppings like onions, green peppers, and mushrooms
- Skip the high salt, fatty meat toppings like sausage and pepperoni

Food bars

- Vegetable soups can be another low-fat choice
- Choose vegetables without sauces or butter
- Choose potatoes or noodles. Go easy on the cheese

*Adapted from the University of North Carolina at Chapel Hill, Center for Health Promotion and disease Prevention. New Leaf...Choices for Healthy Living.

Fast Food Information*

Continued...

Drinks

- Have a glass of water with a twist of lemon or lime
- Order unsweetened iced tea or diet sodas
- Ask for skim or low-fat milk
- Don't drink a lot of milk shakes, ask for skim or low fat milk, no sugar, and add some fruit to it

Desserts

- Choose low-fat yogurt instead of pies and cookies
- Bring a piece of fresh fruit from home

Some other tips are

- Choose main dishes that include vegetables
- Choose a small or medium portion
- Order an appetizer or side dish instead of a whole meal
- Order a "to go box" if you are served a big meal, and put half of it in the box before starting to eat; this can be used for eating the next day

No matter what you choose, remember...

- Small amounts
- Only once in a while

*Adapted from the University of North Carolina at Chapel Hill, Center for Health Promotion and disease Prevention. New Leaf...Choices for Healthy Living.

Read the Label*

It's easier to make a better choice when you know how to read the food label.

Serving Size

The serving size is the amount of food in one serving. It is different in every food. It could be a cup, or a tablespoon, or 5 cookies, etc. Everything on the label is based on one serving.

Servings per container

It tells us how many serving are in each package.

Calories

It tells how much energy the food has. It shows how many calories each serving has and how many of the total calories come from fat. This last number ought to be low.

*Adapted from the University of North Carolina at Chapel Hill, Center for Health Promotion and disease Prevention. New Leaf...Choices for Healthy Living.

Limit These Substances!*

Total Fat—Aim low for better health! Choose foods in which the calories from fat are less than half the total calories.

Saturated Fat and Trans Fat—These are the worst fats for your heart. Consume them in very low quantities.

Cholesterol—Keep this number low—get foods with less than 20% of cholesterol (in the right column), if it is lower than 10% that is even better.

Sodium—another word for this is salt—it can be a problem for people with high blood pressure. Choose foods that are under 20% of sodium (in the right column), if it is lower than 5% that is even better

*Adapted from the University of North Carolina at Chapel Hill, Center for Health Promotion and disease Prevention. New Leaf...Choices for Healthy Living.

Informational Recommendations*

Total Carbohydrate—Consume less fat and more carbohydrates (foods like bread, potatoes, fruits and vegetables).

Dietary Fiber—Consume more fiber! It lowers your cholesterol and helps prevent constipation.

Protein—Important for growth, BUT most people consume more than they need.

Vitamins and Minerals—Your goal here is 100% of each for the day. Eat a variety of foods, especially fruits and vegetables, and low-fat milk products to reach this goal.

Recommendations

Look for these Key Words:

- Low sodium or sodium free
- Fat free
- Low fat
- Lean
- Light (lite)
- Cholesterol free

*Adapted from the University of North Carolina at Chapel Hill, Center for Health Promotion and disease Prevention. New Leaf...Choices for Healthy Living.

Comparing Labels

Plain yogurt

Nutrition Facts	
Serving Size 1 container (226g)	
Amount Per Serving	
Calories 110	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0 %
Saturated Fat 0g	0 %
<i>Trans Fat</i> 0g	
Cholesterol Less than 5mg	1 %
Sodium 160mg	7 %
Total Carbohydrate 15g	5 %
Dietary Fiber 0g	0 %
Sugars 10g	
Protein 13g	
Vitamin A 0 %	Vitamin C 4 %
Calcium 45 %	Iron 0 %

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Fruit yogurt

Nutrition Facts	
Serving Size 1 container (227g)	
Amount Per Serving	
Calories 240	Calories from Fat 25
% Daily Value*	
Total Fat 3g	4 %
Saturated Fat 1.5g	9 %
<i>Trans Fat</i> 0g	
Cholesterol 15mg	5 %
Sodium 140mg	6 %
Total Carbohydrate 46g	15 %
Dietary Fiber Less than 1g	3 %
Sugars 44g	
Protein 9g	
Vitamin A 2 %	Vitamin C 4 %
Calcium 35 %	Iron 0 %

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Eating Healthy on a Budget **Sample Market List**

Fresh Vegetables/Fruits

Frozen Foods

Breads/Grains

Dairy

Meat/Poultry

Other

Eating Healthy on a Budget

Make beans a main dish; dried peas and beans make a great tasting, low cost, healthy main dish! They are also a good source of fiber.

Buy fruits and vegetables in season

- Fruits and vegetables out of season cost MUCH more. You can try to go to the Farmer's Market, and get a better price.
- Choose carefully, and enjoy different fruits and vegetables at different times of the year
- Look for roadside stands or farmers markets where you may get a better price.

Buy a larger amount for less money

- Look for those fruits and vegetables that are on special at the supermarket and buy more for less money.
- Try buying large bags of inexpensive fruits and vegetables like apples, oranges, and carrots.
- Buy a bushel from a farmer then can or freeze in smaller servings

*Adapted from the University of North Carolina at Chapel Hill, Center for Health Promotion and disease Prevention. New Leaf...Choices for Healthy Living.

Eating Healthy on a Budget

Continued...

Canned and frozen fruits and vegetables are good choices

- Look for fruits that are canned in juice, rather than heavy or light syrup
- Choose frozen fruits and vegetables are good choices
- Drain and rinse regular canned vegetables to remove extra sodium
- Buy “low sodium”, “reduced salt,” or “no salt added” vegetables
- Choose the big bags of plain frozen vegetables. Frozen vegetables in sauces are high in fat and salt!

Snack foods cost A LOT MORE!

DON'T BLAME YOUR HIGH GROCERY BILL ON THE FRUITS AND VEGETABLES!

*Adapted from the University of North Carolina at Chapel Hill, Center for Health Promotion and disease Prevention. New Leaf...Choices for Healthy Living.

Stir-fry Vegetables Serves: 5

- 2 teaspoons vegetable oil**
- 2–4 cups chopped cabbage**
- 1 1/2 cups sliced carrots**
- 1/2 cup sliced celery**
- 1 cup sliced squash and/or zucchini**
- 1/2 cup chopped broccoli**
- 1 onion (optional) sliced**
- Low-sodium soy sauce**

Directions

1. Heat oil on medium heat in large pan or skillet.
2. Add layers of vegetables and cover with lid.
3. Steam for 4 to 6 minutes or until tender.
4. Add pepper and soy sauce to taste.
5. Preparation time about 20 minutes.

Try using 1/2 cup water instead of oil. Can be served over rice or noodles, or is great by itself.

Nutrient Values

Serving size: 1 cup
Calories: 62
Fat: 2g (30% of calories)
Saturated Fat: 1g (5% of calories)
Carbohydrate: 10g (66% of calories)
Cholesterol: 0mg
Dietary Fiber: 4g
Sodium: 37mg

Note: One serving of Stir Fry Vegetables equals two servings of vegetables.

Crispy Baked Chicken Serves: 6

1 frying chicken (2 ½ to 3 pounds) cut into serving pieces

(skin removed)

1 cup low-fat milk or buttermilk

1 cup crushed corn flakes

1 teaspoon rosemary

Pinch of pepper

Directions

1. Remove all skin from the chicken.
2. Rinse and dry the pieces thoroughly.
3. Dip in milk.
4. Mix corn flake crumbs with rosemary and pepper.
5. Roll chicken pieces in the seasoned crumbs.
6. Place chicken in an oiled baking pan lined with foil for easy clean-up. Do not crowd: the pieces should not touch. Crumbs will form a crisp “skin” as it bakes.
7. Bake at 400° for about 45 minutes.

Nutrient Values

Serving size: 1

Calories 280 (Calories from Fat 70);

Total Fat 8g (Saturated Fat 1/2g, Trans

Fat 0g); Cholesterol 0mg; Sodium

190mg; Total Carbohydrate 49g (Dietary

Fiber 2g, Sugars 35g); Protein 3g

“Healthified” Peach Cobbler Serves: 6

39% fewer calories • 57% less fat • 95% less sat fat fat than the original recipe

1 cup Bisquick Heart Smart® mix

1/4 teaspoon ground cinnamon

1 cup fat-free (skim) milk

3 tablespoons canola oil

3/4 cup sugar

1 can (29 oz) peach slices in light syrup, drained

1 teaspoon lemon juice

Vanilla reduced-fat ice cream, if desired

Directions

1. Heat oven to 375°F. In ungreased 8-inch square (2-quart) glass baking dish, stir Bisquick mix and cinnamon. Stir in milk and oil with wire whisk or fork until blended.
2. In medium bowl, mix sugar, peaches and lemon juice. Spoon over batter in baking dish.
3. Bake 50 to 55 minutes or until golden brown. Let stand about 20 minutes before serving.

**Adapted from www.eatbetteramerica.com.*

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Total Fat 8g (Saturated Fat 1/2g, Trans

Fat 0g); Cholesterol 0mg; Sodium

190mg; Total Carbohydrate 49g (Dietary

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What type of exercise will I try tomorrow _____?

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8 Ways to Cope With Stress

1. Help your body handle stress by **eating well**.
2. Be **physically active** every day. When you are active, your body releases hormones that make you happy and give you energy. You can make exercise more fun with music you enjoy.
3. Take a 10-minute “**time out**.” Go for a walk or do some stretches at your desk or workstation, or pamper yourself for a few minutes.
4. **Get support** from friends. Talk about what’s bothering you. Friends can give you a different point of view.
5. Give yourself **positive messages** every day. Tell yourself, “I’ve done it before and I can do it again.” This will boost your spirits and give you the encouragement you need to face the day.
6. **Pray, meditate or worship**.
7. Learn how to **problem-solve**.
8. Learn different ways to **relax**, such as deep breathing.