

**THE LOWER MISSISSIPPI DELTA NUTRITION INTERVENTION
RESEARCH INITIATIVE**

**A PILOT INTERVENTION STUDY TO IMPROVE DIET AND
HEALTH IN THE LOWER MISSISSIPPI DELTA**

STUDY PROTOCOL

September, 2000

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OVERVIEW

This intervention study is designed to test the effectiveness of a church-based program to improve diet and health of African American population. The program will specifically address the problems of obesity and poor nutritional habits. The study will be based at an African American church in Baton Rouge, Louisiana. Two volunteers from the congregation will be invited to act as the study coordinators. They will receive specific training at the Pennington Biomedical Research Center. After the training is completed, the study will recruit 40 church members to participate in the program. These participants will be randomly divided into 2 groups of 20 individuals each: the control group and the treatment group. Individuals in the control group will receive nutrition education materials supplied by the Pennington Biomedical Research Center. They will be asked to attend a group meeting each month for 6 months. At these meeting, they will learn about the importance of healthy eating and exercise. Individuals in the treatment group will receive the same educational materials plus a series of 15 individual meetings with the study coordinator. They will learn how to monitor their diet and physical activity by keeping food and exercise diaries. They will work with the study coordinators to assess the quality of their diet and to make healthful changes in their diet and lifestyle. The study will last 6 months. All study participants will receive detailed health assessment, including laboratory tests, at the Pennington Biomedical Research Center. The expected results of study include improvement of diet, weight loss, improvement of laboratory test results, and improvement of health and general well-being of all study participants. Participation in this study is voluntary and all information collected from the participants will be kept confidential.

GOAL AND OBJECTIVES

The goal of this study is to improve diet and health of African American population through nutrition education, self monitoring, and self assessment of diet and lifestyle. Specific objectives are:

1. To determine whether the combined nutrition education, self monitoring, and self assessment is effective in improving diet of individuals in treatment group compared to control group receiving nutrition education only.
2. To determine whether this strategy is effective in improving health of the individuals in treatment group compared to control group. Measurable health outcomes consist of body weight, body fatness, blood pressure, and serum lipid profile. In addition, the improvement in psychological well-being and quality of life will be evaluated.

STUDY DESIGN AND STUDY POPULATION

The study will be based at the Shiloh Missionary Baptist Church in Baton Rouge, Louisiana. Two volunteer church members will be invited to serve as the study

coordinators. They will be chosen based on their education, interest, and background. Potential study coordinators include Physical Education Teachers, Home Economics Teachers, Nurses (LPN or RN), and other individuals with interest in nutrition and health. They will receive specific training at the Pennington Biomedical Research Center. The study will recruit 40 eligible men and women 20 years and older and randomly assign them into a treatment group and a control group of equal size. Thereafter, the study participants will be assigned to one of the two study coordinators. Randomization will be assisted by the study investigators. The study will require at least one monthly contact with the participants in the control group and at least 15 contacts with those in the treatment group.

Study participants will be recruited according to detailed inclusion and exclusion criteria (see Human Subjects). Recruitment will be supervised by Ms. Betty Kennedy, the Recruitment Officer at the Pennington Biomedical Research Center. Participants will be recruited by the personal communication and by posters and fliers. It is anticipated that women will represent at least 80% of the study population.

STUDY SUMMARY

Formative or baseline research will be conducted prior to the study. We will interview church leaders and members about their interest in the proposed study. At the same time, the study coordinators will be selected and trained at the Pennington Biomedical Research Center and the total of 40 individuals interested in participating in the study will be recruited. All participants will receive screening tests. At the beginning of study, all participants will receive baseline assessment consisting of dietary, anthropometric, physical activity, biochemical, psychological, and quality of life assessments. These will be repeated at the end of study. During the study, 20 participants will receive group sessions with the study coordinators where nutrition education and physical activity materials are presented (the control group) and 20 participants will receive intervention (the treatment group). Intervention will consist of the same educational materials supplemented by individual sessions where they will be asked to monitor their diet and physical activity, conduct self assessment, and make appropriate changes. The expected outcome of study consist of improvement of diet, weight loss, and improvement of health and general well-being in all study participants, especially those in the treatment group.

STUDY PROCEDURES

I) Baseline (Formative) Research. We will conduct formative research during October, 2000. We will collect information from the church leaders and church members using personal interviews. Information to be collected will include the perceived dietary and health problems with high priority, the potential strategies that may be used to deal with these problems, the perceived feasibility and effectiveness of these strategies, and the potential constraints and barriers to improvement. Formative research data will be used

to identify common factors, ideas, and recurrent themes and patterns. During this time, we will also identify 2 study coordinators and initiate contracts with them.

II) Study Coordinator Training. Training of the study coordinators will be provided by the investigators, a kinesiologist and a registered dietitian during November and early December, 2000. Training will be carried out at the Pennington Center in two sessions, 3 days each in length, and will focus on the motivational interviewing technique and the assessment of diet and physical activity using a nutrition computer software. Study coordinators will be reimbursed at \$800 for each of the training session. Recruitment of study participants will also be carried out during this period.

III) Recruitment of Study Participants and Screening. The total of 40 volunteers will be invited to participate in the study. Recruitment and screening of study participants will be carried out using specific criteria (see the Inclusion and Exclusion Criteria). We will develop a screening form designed to select eligible individuals prior to their visit to Pennington Center. Screening tests will include complete blood count (CBC) and urinalysis (UA). If abnormalities are detected in screening tests, the Study Physician, Dr. Donna Ryan, may exclude individuals from the study.

IV) Enrollment and Consent Procedure. After screening, eligible subjects will be formally enrolled into the study. Each subject will be asked to sign an IRB-approved written informed consent form (see attached) which details the purpose of study, the requirements for participation, and the potential benefits and risks. It will also indicate that participation is voluntary and may be terminated by the participant at any time. After the informed consent is obtained, all study subjects will be scheduled to visit the Pennington Center for detailed measurements at the beginning and at the end of study. At each visit, the subjects will be given \$50 incentive.

V) Measurements. All measurements will be conducted at the Pennington Center. In addition, body weight and blood pressure will be measured every month at the study site by study coordinators. The following measurements will be made in all study participants.

1. General. At baseline, the participants will be asked to provide demographic, socioeconomic, and health information such as age, education, and past and present medical history. The data forms will be provided.

2. Dietary assessment. Dietary assessment will be carried out using 24-hour dietary recall on four occasions: twice each at baseline and at the end of study. The 24-hour dietary recalls will be conducted by a registered dietitian at the Pennington Biomedical Research Center and two methods will be used: the face-to-face interview and the telephone interview. The telephone interview will be conducted in an unscheduled session 1-3 weeks from the face-to-face interview. The telephone interview will be conducted in an unscheduled session within 1 week from the face-to-face interview. The participants will be asked to report all foods consumed during the previous 24 hours. Food models and measuring guides will be used to facilitate the estimation of portion size

and appropriate probing questions will be used. The USDA multiple-pass methodology will be used to collect the data. The dietary recall data will be analyzed using the Delta NIRS Dietary Assessment System at Pennington Biomedical Research Center.

3. Anthropometric assessment. Anthropometric assessment will consist of measurements of weight, height, waist circumference, blood pressure, and body composition. These will be done at the Pennington Center at the beginning and at the end of study. Weight will be measured to the nearest 10th of a kilogram using a beam balance scale. Height will be measured without shoes to the nearest centimeter using a stadiometer. Waist circumference will be measured with anthropometric tape to the nearest 10th of a centimeter. Diastolic and systolic blood pressure will be measured to the nearest millimeter of mercury using a sphygmomanometer. Body composition (e.g., body fat mass and the percentage of total body weight as fat) will be measured with a Dual Emission X-Ray Absorptiometer (DEXA, Hologic 2000). In addition, body weight and blood pressure will be measured monthly at study site by the study coordinators. Digital scale and digital sphygmomanometer will be provided at the study site.

4. Physical activity assessment. At each of the two visits to the Pennington Biomedical Research Center, study participants will be asked to respond to a physical activity questionnaire (the DPP Modifiable Activity Questionnaire form). This form contains several questions about the participant's physical activity such as duration and intensity of physical activity during the past week and past month, details of daily routine activity, activity at occupation, leisure time and sport activity, and the time and nature of sedentary activity or inactivity.

5. Biochemical assessment. Biochemical assessment will be conducted at the Pennington Biomedical Research Center at baseline and at the end of study. Blood sample will be obtained from all participants. Qualified personnel will be responsible for specimen collection and handling. Blood samples will be analyzed at the Pennington Center's Clinical Research Laboratory for fasting blood glucose and serum lipid profile (total cholesterol, triglyceride, low density lipoprotein cholesterol, and high density lipoprotein cholesterol).

6. Psychological assessment and quality of life. At each visit to the Pennington Biomedical Research Center, study participants will be asked to fill two additional forms. The psychological assessment questionnaire (the Profile of Mood States form) and the quality of life questionnaire (the Medical Outcome Study SF-36 form). These questionnaires contain questions about psychological status, tension, anxiety, general health, physical functioning, vitality, and social functioning.

The proposed measurements are summarized below

Measurements	Time (months)						
	Base line	1	2	3	4	5	6
History / Screening	•						
Socio-demographic	•						
Height	•						
24-hr dietary recall	••						••
Serum lipid profile	•						•
Fasting blood glucose	•						•
Physical activity	•						•
Psychological profile	•						•
Quality of life profile	•						•
Waist circumference	•						•
DEXA	•						•
Blood pressure	•	•	•	•	•	•	•
Weight	•	•	•	•	•	•	•

INTERVENTION

Intervention will begin in January 2001 and will last 6 months. Intervention will consist of 3 components: 1) Nutrition education in both treatment and control groups; 2) Self monitoring of diet and physical activity using food and exercise diary in treatment group; and 3) Computer-assisted diet and physical activity self assessment for treatment group. The schedule for intervention for each subject is summarized below.

Intervention schedule for Month 1 - Month 3.

Week →	1	2	3	4	5	6	7	8	9	10	11	12
Visit (Treatment)	•		•	•	•		•	•	•		•	•
Visit (Control)	•				•				•			
Nutrition Education	•				•				•			
Self Monitoring		•				•				•		
Self Assessment			•	•			•	•			•	•

As shown, participants in control group will visit the study site once a month and will receive group nutrition education session. Participants in the treatment group will visit the study site 3 times/month. Each month, they will be asked to keep a 7-day food and exercise diary and they will receive 1 individual nutrition education session and 2 diet and physical activity self assessment sessions.

Intervention schedule for Month 4 - Month 6.

Week →	13	14	15	16	17	18	19	20	21	22	23	24
Visit (Treatment)	•		•		•		•		•		•	
Visit (Control)	•				•				•			
Nutrition Education	•				•				•			
Self Monitoring		•				•				•		
Self Assessment			•				•				•	

This schedule is the same as Month 1 - Month 3 schedule except that the participants in the treatment group will visit the study site 2 times/month (1 individual nutrition education session and 2 diet and physical activity self assessment sessions).

A) Nutrition Education. Nutrition education materials currently available at the Pennington Center will be selected by the study investigators and will be divided into 6 separate lesson plans. At each monthly visit to the study site, the study coordinator will review each of these lesson plans with the participants. The following is the nutrition education schedule and proposed topics for both treatment and control groups.

Lesson Plan # 1. Introduction

Lesson Plan # 2. Ideal body weight and maintaining healthy weight

Lesson Plan # 3. Diet and exercise. Energy intake vs. energy expenditure

Lesson Plan # 4. Limiting fat and salt intake

Lesson Plan # 5. Food groups: eating a variety of foods

Lesson Plan # 6. Choosing a diet with plenty of fruits, vegetables, and grain products

For the participants in the treatment group, an additional 9 lesson plans will be developed and provided at their visits to the study site. These plans will focus on the behavioral aspect of the study, i.e., diet and physical activity self monitoring and self assessment.

Lesson Plan # 1. Record keeping: food and exercise diary

Lesson Plan # 2. Developing individual weight loss, caloric, and exercise goals

Lesson Plan # 3. Modification of dietary and exercise habits

Lesson Plan # 4. Conducting self assessment and developing individual plan

Lesson Plan # 5. Social support of behavior change

Lesson Plan # 6. Review of change and cognitive restructuring

Lesson Plan # 7. Stress management

Lesson Plan # 8. Relapse prevention

Lesson Plan # 9. Program evaluation

B) Diet and Physical Activity Self Monitoring (Treatment Group). Subjects in the treatment group will monitor their food intake and physical activity by keeping food and exercise diaries. Instructions for keeping food and exercise diary will be provided in their lesson plans. Self monitoring is an important component of a behavioral weight loss program and this will also include cognitive restructuring (e.g., setting a realistic weight loss goal), stimulus control (e.g., avoiding cues that lead to overeating), and stress management (e.g., coping strategies). These topics will also be included in the lesson plans. Participants in the treatment group will be asked to keep a 7-day food and exercise diary each month for 6 months. Each of the assigned 7-day blocks will consist of 5 weekdays and 2 weekend days. Food and exercise diaries will be used in the self assessment described below.

C) Diet and Physical Activity Self Assessment (Treatment Group). Subjects in the treatment group will work with the study coordinators to conduct diet and physical activity self assessment. This will be done using an interactive nutrition computer software (Total Nutrition version 4.8; NutriGenie Inc., Stanford, CA). The computer-assisted self assessment sessions will generate information such as subject's daily energy requirement and expenditure, total energy intake, and intakes of fat, carbohydrate, protein, cholesterol, and sodium. Results will be compared with the recommended dietary guidelines, including those used in the Dietary Approach to Stop Hypertension (DASH) study previously conducted at the Pennington Biomedical Research Center. In addition, subjects may create their own sample menus based on their food preference. These menus may be modified to achieve personal goal by adjusting the number of servings and portion sizes, and by choosing food items such as low-fat products, lean meats, and whole-grain products. Food selection may be made from a list of up to 8,000 food items available in the database.

EXPECTED RESULTS

The results to be expected in all study participants include the following:

- Loss of excess body weight (in kg).
- Loss of excess body fat measured by DEXA.
- Improvement of diet, particularly an increase in fruit and vegetable intake.

- Increase in physical activity measured by the physical activity assessment questionnaire.
- Improvement of the physiological, biochemical, and psychological profiles, as measured by appropriate techniques and instruments. Physiologic profile consists of blood pressure. Biochemical profile consists of serum lipid profile and fasting blood glucose. Psychological profile consists of psychometric and quality of life scores.

HUMAN SUBJECTS

Volunteer participants will be recruited for a study lasting 6 months. Throughout the study, they will be asked to participate in a variety of measurements and assessments. The total of 40 participants will be recruited, 20 each will be randomly assigned to treatment and control groups. The study participants will be asked to provide dietary, physical activity, anthropometric, psychological, and medical history data. Demographic and socioeconomic information will be collected. Blood and urine samples will be collected and analyzed. No existing records, data or specimens will be used.

1. Participation criteria

Inclusion criteria

- Ethnicity: African American
- Gender: Female and male
- Age: 20 years and older.
- Willing to participate and able to give informed consent
- Willing to make two visits to the Pennington Center and up to 15 visits to study site (Shiloh Missionary Baptist Church, Baton Rouge, Louisiana).

Exclusion criteria

A screening form will be used to exclude the ineligible individuals prior to the visit to Pennington Center for laboratory screening. If abnormalities are detected in the laboratory screening tests, the Study Physician, Dr. Donna Ryan, may exclude individuals from the study.

A). Exclusion due to underlying diseases

- Recent and significant underlying diseases such as heart disease, stroke, and cancer (other than non-melanoma skin cancer)
- Individuals on medication(s) which may interfere with the study outcomes (e.g., Hytrin for hypertension and all diabetes medications, all lipid lowering agents)
- Conditions in which dietary modification is contraindicated (e.g., patients on medically supervised diets)
- Diagnosed eating disorders (anorexia nervosa, bulimia)

- Pregnancy or less than 3 months postpartum
- Hemophilia and related disorders in which venipuncture may be harmful
- Active infectious diseases (e.g., active tuberculosis)

B). Exclusion due to other conditions

- Unable or unwilling to give informed consent
- Unable or unwilling to regularly participate for the entire study period
- Unable to communicate with the study staff
- Currently participating in a dietary and/or lifestyle modification program
- Likely to move away from the study area in the next 6 months
- Definitely planning to become pregnant in the next 6 months

Other conditions may serve as exclusion criteria at the discretion of study staff

2. Recruitment and consent procedures. All procedures and study protocol will be approved by the Institutional Review Board and the Data Safety Monitoring Board at the Pennington Biomedical Research Center. Upon enrollment, each participant will be asked to sign an approved written informed consent form which details the purpose of study, the requirements for participation, and the potential benefits and risks. It will also indicate that participation is voluntary and may be terminated at any time.

3. Sources of research material. The procedures for obtaining research materials will include interviews, questionnaires, collection of biologic specimens, and anthropometric measurements. These will be done by trained and qualified staff. Data will be confidentially collected directly from study participants, to be used specifically for research purposes. All information and response to intervention will be documented in each participant's permanent record with a unique identification number. No identifying information will be released from the study site. All information will be treated as confidential.

4. Potential risks. This study will involve the risks associated with venipuncture (e.g., hemorrhage) and dietary modification (e.g., nutrient deficiency, nausea, diarrhea). Participants who are susceptible to these risks will be excluded from the study.

5. Potential benefits. Potential benefits associated with participation in this study include improved knowledge of diet and health. All participants will detailed assessment, including laboratory assessment. Participants in both treatment and control groups will receive nutrition education materials. It is believed that the potential risks are reasonable in relation to these anticipated benefits and to the scientific information that will be gained from this study.

6. Privacy. Privacy in the context of this study includes confidentiality of data and personal information. During interviews and measurements, the study staff will ensure full privacy of participants and will ensure that the data are stored in a secured area.

7. Right-to-know. All information obtained from each participant will be available to that participant. For both treatment and control groups, abnormal findings such as abnormal laboratory results will be reported to the participant. Laboratory results will be reviewed by the study investigators and physician referral will be made if necessary. Following the completion of the study, detailed report of all results will be given to the participants. Food intake analysis report and recommendations, and all of the intervention materials will be given to the control subjects at this time.

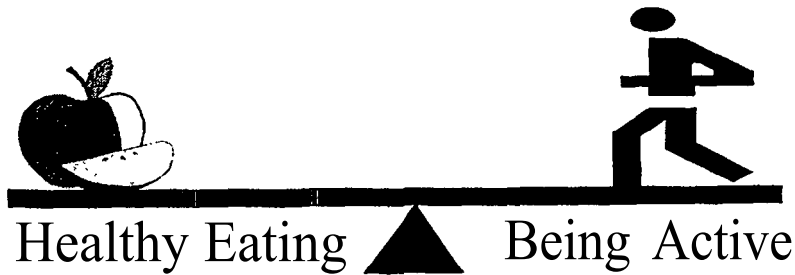
8. Gender and minorities. The study population will consist of African American men and women 20 years of age or older. Children and adolescents will not be included in this study because the intervention strategy and materials are not appropriate for this age group.

STUDY PERSONNEL

Paeratakul, Sahasporn	Principal Investigator
Ryan, Donna	Co-Principal Investigator
Champagne, Catherine	Co-Principal Investigator
Patrick, Ruth	Co-Principal Investigator
Harsha, David	Co-Principal Investigator
Kennedy, Betty	Co-Principal Investigator
Allen, Ray	Data Coordinator
Julia Volaufova	Statistical Consultant
(To be named)	Registered Dietitian
(To be named)	Study Coordinators (2)

LESSONS

Lifestyle Balance



Shiloh's Healthy Obesity Program's *Lifestyle Change Program*

Your name: _____

Your Health Educator is _____

Address: _____

Phone: _____

SHOP Lifestyle Balance Update

Name: _____

Goals:

Weight: _____

Activity (min/week): 150 +

Classes		Week	Session	Weight (lbs)	Activity Minutes/ Week	Comments
Date	Time					
		0	1			
		4	2			
		8	3			
		12	4			
		16	5			
		20	6			

How Am I Doing?

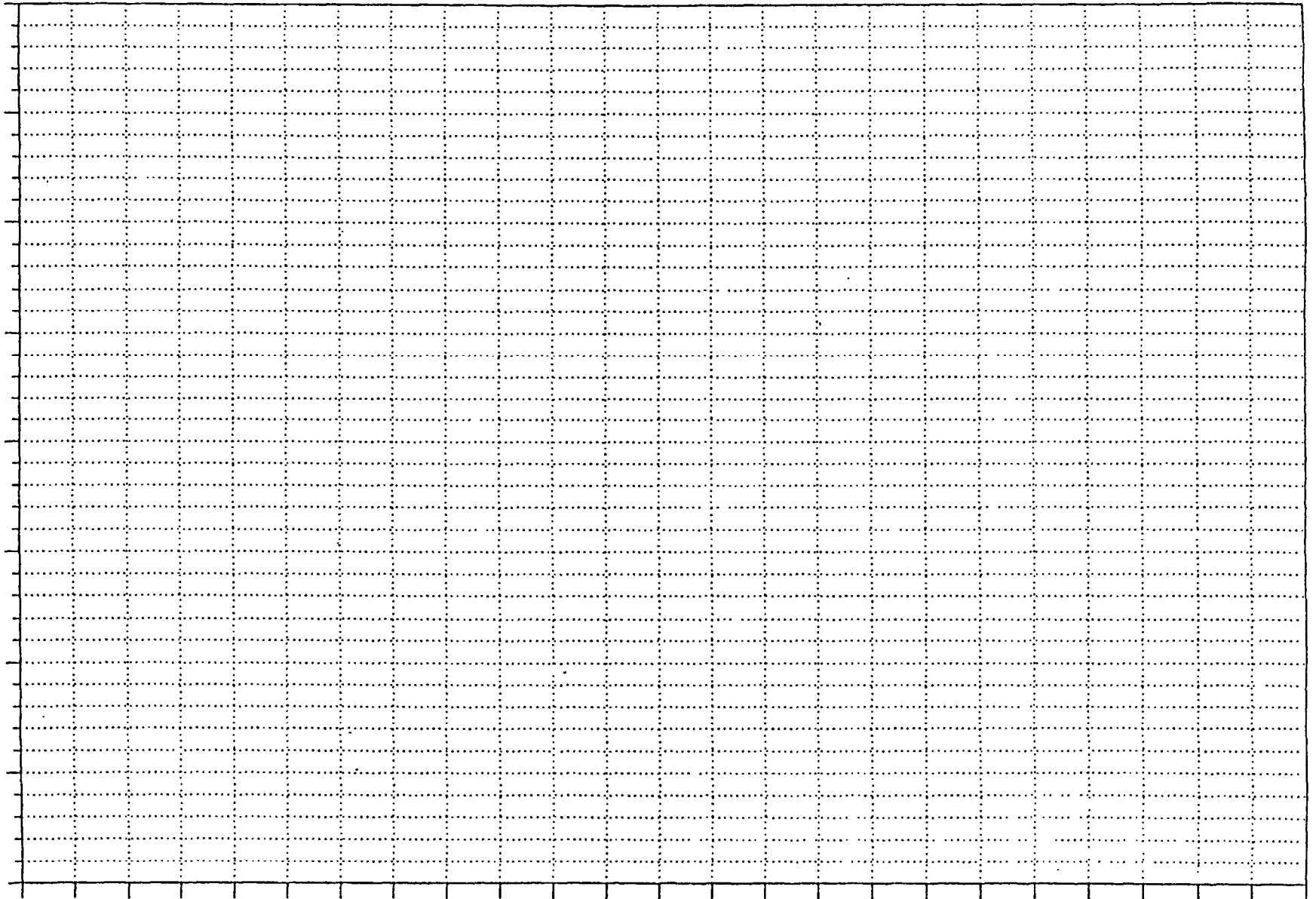
Weight Graph for _____

___ Core ___ After

Starting Weight (lbs.) =

Minimum Goal (7% Loss) (lbs.) =

**Weight
(pounds)**



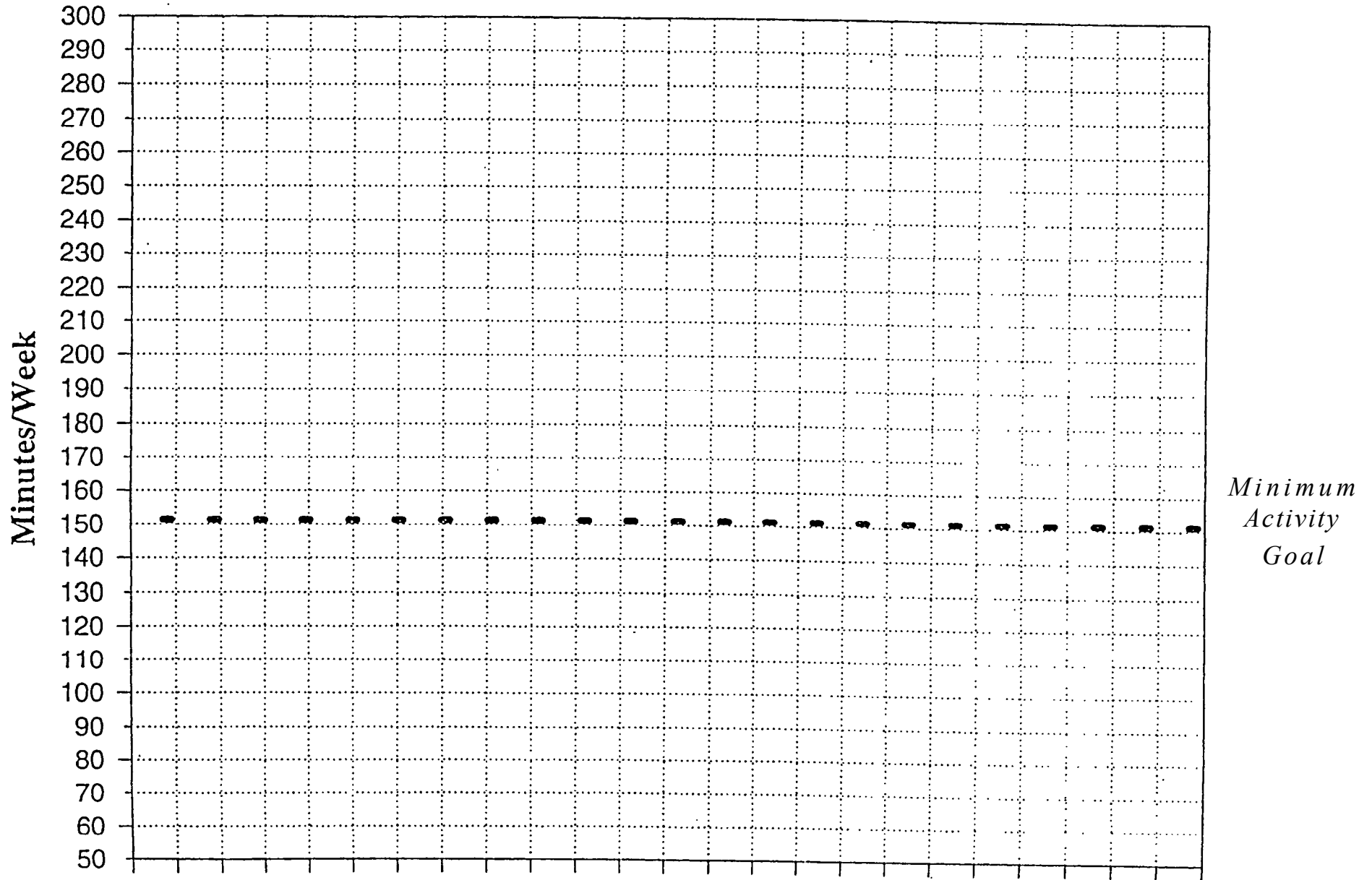
Date:

Wk. since random:

How Am I Doing?

Physical Activity Graph for _____

— Core — After Core
Starting Level (min./wk.) = _____
Minimum Goal (min./wk.) = 150



Date:

Wk. since random:

GROUP Session 1:

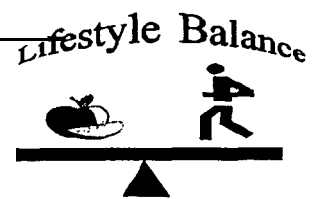
Welcome to the Lifestyle Balance Program.

Remember your purpose.

- Why I joined SHOP:

- What I hope to achieve by taking part in SHOP:

- How healthy eating and being active will help me and/or others:



The Lifestyle Balance Program is focused on helping you make lifestyle changes to lose weight. You have all been assigned to the group intervention. We will work together in a group to make lifestyle changes

We use the words “Lifestyle Balance” because we will help you reach a **healthy balance between two parts of your lifestyle:**



• What you eat and



• How physically active you are.

Your Lifestyle Balance goals will be to:

1. Lose weight through healthy eating, and
2. Be more physically active.

We strongly believe that making these lifestyle changes and keeping them up over time will **help you to feel better, and be healthier!!**

Lifestyle Balance

The Lifestyle Balance program has been carefully designed.
It is based on many research studies of the best ways to help people change.

In this program we will help you:

- **Learn the facts about healthy eating and being active.**
- **Learn what makes it hard for you to eat healthy and be active.**



And learn **how to change these things so they work *for* you**, not against you.

For example, you'll learn how to:

- Find the time to be active.
- Ask for what you want when you eat out.

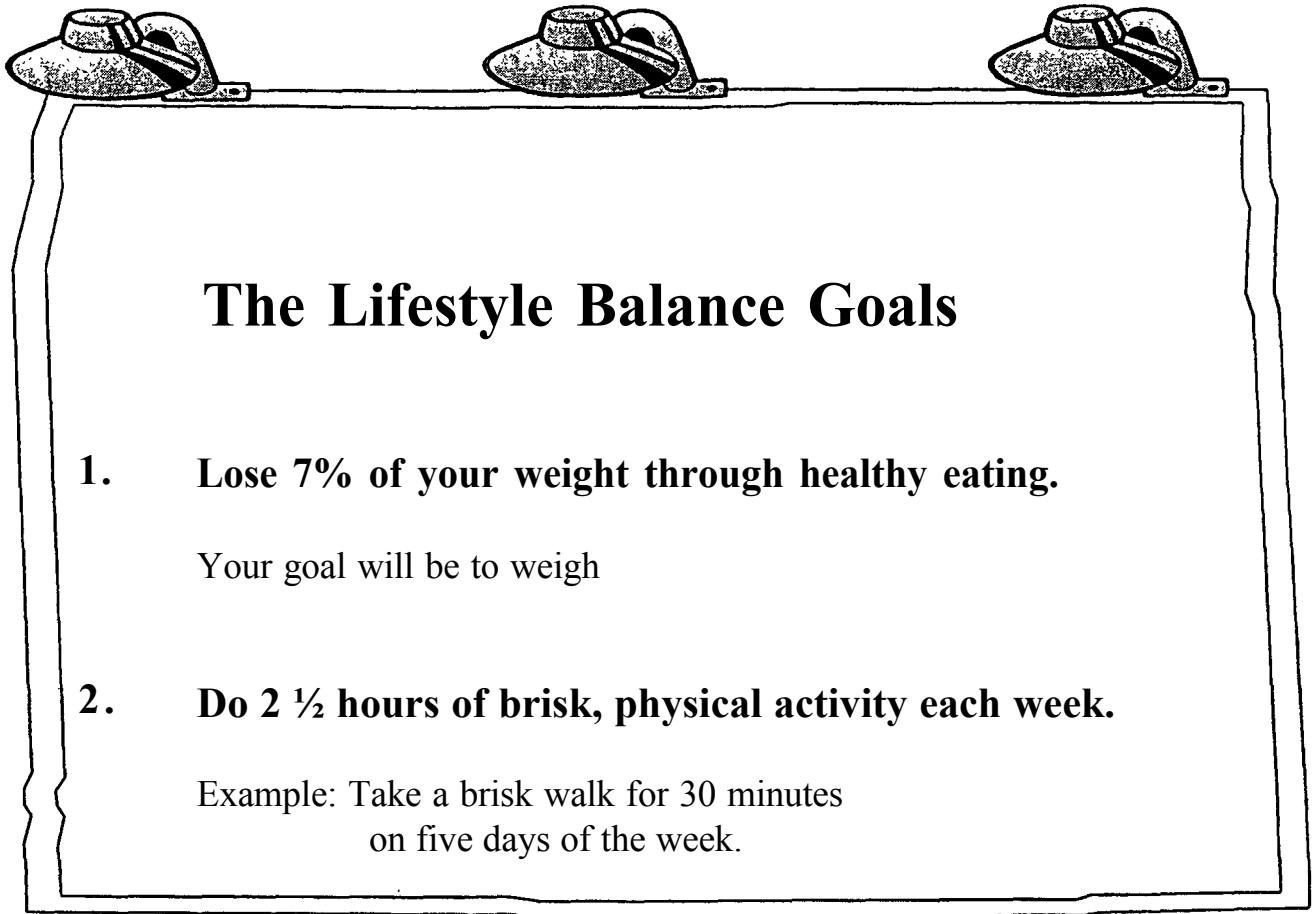


- Get back on your feet again when you slip from your plans for healthy eating and being active.
- Handle stress, and other things that make it hard for you to change.



We will also give you the long-term support you need.





The Lifestyle Balance Goals

- 1. Lose 7% of your weight through healthy eating.**

Your goal will be to weigh

- 2. Do 2 ½ hours of brisk, physical activity each week.**

Example: Take a brisk walk for 30 minutes
on five days of the week.

The Lifestyle Balance goals are safe and can be reached.

We will help you reach the goals by making:

- Gradual,
- Healthy, and
- Reasonable changes in your eating and activity.

Reaching the Lifestyle Balance goals:

1. May prevent certain chronic diseases.

Research has shown that leaner and more active people are less likely to get diabetes, have high blood pressure, or heart disease.

2. Will help you look and feel better and be more healthy.

Research has shown that losing weight and being active can:

- Relieve tension, help you relax and sleep.
- Give you more energy, make it easier to get around.
- Lower blood pressure.
- Lower blood levels of LDL (“bad” cholesterol or fat in the blood).
- Raise blood levels of HDL (“good” cholesterol or fat in the blood).

3. Will set a good example for your family, friends, church, and community.



Changing behavior takes work.
We are here to help. And you can do it!

We will work together as a GROUP.



We will count on you to:

- Come to classes and bring your notebook.
Call 24 hours ahead if you must miss a session.
- Weigh in at each session, and keep track of your weight.
- Be respectful of other group members.
- Do your best to reach your eating and activity goals.
That includes doing home activities to practice what you learn.
- Let me know if you have any problems.
- Stay willing and open to change. Always “hang in there.”



You can count on me to:

- Notice what you are doing well and what can be improved.
- Answer your questions, and work with the group to find solutions to problems.
- Be honest.
- Stand by you during hard times.
- Believe you can reach your eating and activity goals.
Always “hang in there” for you. Support and help you.

Lifestyle Balance



Sessions



You are welcome to invite a friend or family member.

Week #: Session #	Topic
Week 0: 1A Date: Time:	Welcome to the Lifestyle Balance Program. Getting Started Losing Weight.
Week 4: 2 Date: Time:	Healthy Eating.
Week 8: 3 Date: Time:	Tip the Calorie Balance.
Week 12: 4 Date: Time:	4 Keys to Healthy Eating Out.
Week 16: 5 Date: Time:	You can Manage Stress.
Week 20: 6 Date: Time:	Ways to Stay Motivated.

Session 1: Getting Started Losing Weight.



To help you lose weight,
our goal is to help you to **eat healthy**.

Healthy eating involves **eating less fat**.


Eating too much fat is fattening (makes us fat) and is related to heart disease and diabetes.

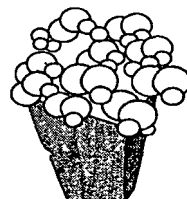
In fact, fat is the most fattening of all the things we eat.

Fat contains **more than twice the calories** as the same amount of sugar, starch, or protein.

Even small amounts of high fat foods are high in calories.

Compare:

	<i>Grams of fat</i>	<i>Calories</i>
 ¼ cup peanuts	18	212
3 cups plain, air-popped popcorn (12 times as much food!)	1	92



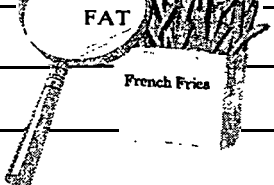
What kinds of foods do you eat that are high in fat?

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____
- 6. _____
- 7. _____
- 8. _____
- 9. _____
- 10. _____

Most of the fat we eat (70% of it) is hidden in foods.

Let's uncover it! Here's a lunch menu:

Fried fish sandwich	5 teaspoon of fat
Large French fries	6 teaspoons of fat
Apple turnover, fried	4 teaspoons of fat
Milkshake, with ice cream	5 teaspoons of fat
Total:	20 teaspoons of fat (That's about 1 entire stick of butter or margarine!)



Label Reading for Fat Content: Look on the label for the fat grams. Look for foods with 3 grams of fat or less per 100 calories.

Nutrition Facts
 Serving Size 1 oz. (28g/about 21 pieces)
 Servings Per Container 10

Amount Per Serving
Calories 150 Calories from Fat 80

	% Daily Value*
Total Fat 9 g	14%
Saturated Fat 2g	10%
Cholesterol 0mg	0%
Sodium 300mg	12%
Total Carbohydrate 16 g	5%
Dietary Fiber less than 1g	1%
Sugars less than 1g	
Protein 2g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 2%

* 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

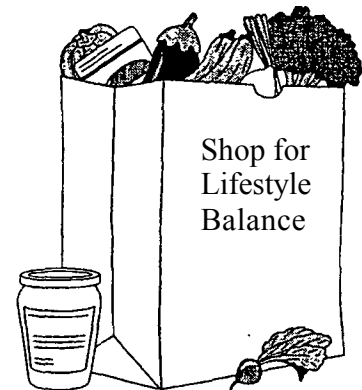
Calories per gram:
 Fat 9 Carbohydrate 4 Protein 4

← Look at the **Serving Size**. (Is this the amount you ate?)

← Look at the **Total Fat grams per serving**.

What if you eat a larger serving than is listed on the label?

You will be eating more fat grams than are listed on the label.

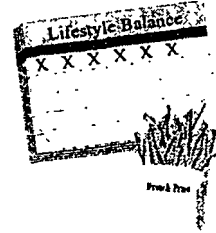


The three ways to eat less fat:

1. Eat high-fat foods *less often*.

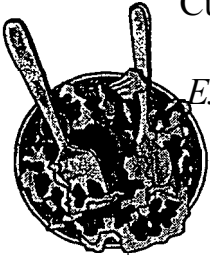
Example: Don't eat French fries every day.

Have them only once a week.
(That's about 132 fewer grams of fat per week!)



2. Eat *smaller amounts* of high-fat foods.

Cutting back even a little on the amount you eat can make a big difference.







Example: At the salad bar, don't use the ladle to pour on salad dressing.
Most salad dressing ladles hold 4 tablespoons
(32 grams of fat for regular dressing!).

Instead, use a regular spoon from your place setting.
Most hold 1 tablespoon or less.
(That's 24 fewer grams of fat!)

3. Eat *lower-fat foods instead*



In the coming months, you'll discover a number of ways to "eat lower-fat foods instead."

Ways to Eat Lower-Fat Foods Instead	For example, instead of this food:	Fat (g)	Choose this food:	Fat (g)
Instead of high-fat foods, pick low-fat foods.	Potato chips, 1-ounce bag	11	Pretzels, 1-ounce bag 	1
Instead of high-fat foods, use low-fat substitutes.*	Regular margarine, 1 teaspoon	4	Low-fat margarine, 1 teaspoon	2
Find ways to lower the amount of fat in meats you eat.	Roast beef (chuck), untrimmed, 3 oz.	22	Roast beef (top round), trimmed, 3 oz. 	4
Instead of flavoring foods with fat, use low-fat flavorings.	Baked potato with 2 tablespoons sour cream	6	Baked potato with salsa 	0
Avoid frying foods; use other healthier ways to cook.	Chicken breast, with skin, breaded, fried	24	Chicken breast with skin, grilled 	9

*** Warning:** Low-fat or fat-free products still contain calories. Be careful about how much you eat. In fact, some low-fat or fat-free products are *very* high in calories because they're loaded with sugar. Check the label. For example:

½ cup nonfat frozen yogurt 100 calories
 ½ cup regular ice cream (10- 12% fat) 143 calories

Menu Make-Over

The menus below show examples of small changes that make a big difference in fat grams saved.

High-fat Breakfast	Ways to lower the fat	Make-Over	Grams of fat saved
Fried egg	Pick low-fat foods. →	Cold cereal (1 cup)	6
Milk, whole, 1 cup	Use low-fat substitutes. →	Milk, skim, 1 cup	8
Toast, 1 slice, with 1 tsp. margarine	Use low-fat flavorings. →	Toast, 1 slice, with 1 tsp. jam	4
Coffee, 1 cup, w/2 Tbsp. half + half	Use low-fat substitutes. →	Coffee, 1 c., w/2 Tbsp. nonfat creamer	6

High-fat Lunch

Bread, 2 sl., with 1 Tbsp. mayonnaise	Eat smaller amounts. →	Bread, 2 sl., with 1 tsp. mayonnaise	7
Bologna, beef or pork, 1 ounce	Lower the fat in meats. →	Turkey breast, 1 ounce	7
American cheese, 1 ounce	Use low-fat substitutes. →	American cheese, low-fat, 1 ounce	6
Potato chips, 1-ounce bag	Eat smaller amounts. →	Potato chips, ½ of a 1-ounce bag	3

High-fat Dinner

Fish, flounder, deep fried, 3 oz.	Cook in healthy ways. →	Fish, flounder, baked without fat, 3 oz.	14
Mashed potatoes, ½ cup	Use low-fat flavorings. →	Mashed potatoes, ½ c., no butter added	6
Gravy, ¼ cup	Use low-fat substitutes. →	Gravy, from mix, with water, ¼ cup	5
Green beans, w/bacon, ½ cup	Use low-fat flavorings. →	Green beans, with nonfat broth, ½ cup	2
Tossed salad w/2 Tbsp. French drsg.	Use low-fat substitutes. →	Tossed salad w/2 Tbsp. fat-free drsg.	16
Ice cream, premium, ½ cup	Eat less often. →	Orange, 1 [Save ice cream for a rare treat.]	12

Session 1: Losing weight - Physical Activity

Goal: Do 2% hours of physical activity each week.



This will burn about 700 calories per week.

- Pick activities you LIKE.
- Choose moderate kinds of activity, like **brisk walking**.
- Work up to this goal slowly. Give yourself about 4 weeks, and increase a little at a time, until you are up to 150 minutes per week.
- Spread the weekly total over 3 to 4 days (or more) per week.

What do you like or dislike about being active or being inactive?

	What I like about it	What I didn't like about it
Being active		
Being inactive		

Being more active will:



- ➔ Help you feel and look better.
- ➔ Make you more physically fit.

It will be easier for you to do your daily work, like climbing stairs.

- ➔ Help you lose weight and keep it off.
- ➔ Lower your risk for heart disease, some kinds of cancer, and may prevent diabetes. Being more active:
 - ➔ Raises HDL cholesterol (the “good” cholesterol or fat in the blood).
 - ➔ Lowers triglycerides.
 - ➔ Lowers blood pressure.
 - ➔ Lowers blood sugar by making the body more sensitive to insulin.

It's not easy to start being more active. But here are some creative ways to help!

- **Exercise with a family member, buddy, or fellow Church member.**
- **Consider joining an exercise group or class.**
- **Try mall walking.**
- **Try a low impact exercise video.**
- **Plan other activities you LIKE to do.**

We suggest **brisk walking**. It's easy to do and good for you.
What other activities might you like to do?

INTENSITY: You should be exercising at a level of moderate exertion. In other words, you should be breathing heavier than normal, but not gasping for breath. Talk test: If you can talk at least in brief phrases, you are at a good level, if you can sing a whole song, you need to PICK IT UP!

You *can* find the time to be active.

- **Set aside one block of time every day to be active.**
- **Look for free time (10 to 15 minutes) during the day. Use the time to be active.**

Lifestyle Activity



Make active choices throughout the day.
Every minute adds up to a “more active you.”

Inactive Choice (Limit)	Active Choice
When you shop, park your car as close as you can to the entrance to the store.	Park your car further away and walk.

Turn inactive into active time:

Try cutting your TV time in half. Walk instead.
Or be active while you watch TV (e.g., ride an exercise bike, lift weights).

When to stop exercising...

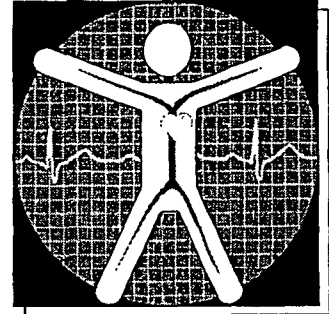
Being active is usually quite safe. But in rare cases, problems can arise. Be aware of some of the signs and symptoms of when to stop exercising.

Chest pain or discomfort.

What: Uncomfortable feeling of pressure, pain, squeezing, or heaviness.

Where: Possibly in the:

- Center of the chest,
- Spread throughout the front of the chest, or
- Radiating to the shoulder(s), arm(s), neck, and back.



What to do: **Stop and sit or lie down.**

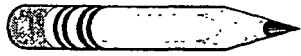
If it doesn't go away after 2-4 minutes, go to an emergency room.

If it does go away, but returns each time you exercise, see your doctor.

- Severe nausea, shortness of breath, sweating, or feeling lightheaded.

What to do: **Call your doctor.**

These may or may not be signs of something serious like a heart problem.



Homework Assignment:

I will:

- Find ways to reduce the fat in your diet, using the 3 ways to eat less fat:
 - ▶ Eat high fat foods much less often.
 - ▶ Eat smaller portions of high fat foods.
 - ▶ Find low fat substitutions for high fat foods.

- Eat more foods that are naturally low in fat such as fruits and vegetables - strive for 5 a day!

- Review attached walking handout.

- Begin a gradual, moderate intensity exercise program such as brisk walking. Work up to 150 minutes per week (30 minutes, 5 days per week), but begin at a level at which you are comfortable. Only count the time when you are doing the activity (don't include breaks). Count any activity that is continuous for 10 minutes or more and equivalent or greater than brisk walking in intensity.

- Come to our next meeting on: _____

Wear a Good Pair of Shoes

You don't *need* to buy special shoes if you have shoes now that fit well and support your feet. But here are some pointers if you are planning to buy shoes:

Shoe stores offer many kinds of shoes for active people.

- Visit one or more store(s) you trust. Try on various styles and brands.
- The salespeople can help you find a good fit. They can also help you choose the shoe best suited for the kind of activity you do.

Look for a good fit.

- Wear the kind of socks you'll wear when you're active. Cotton are best.
- Go to the store right after you've been active, if possible. That way, your feet will be the size they are when you're warmed up.
- The shoes should be comfortable right away. Try them on and walk around. They should NOT need to "stretch out" later.
 - There should be one thumb's width of space between your longest toe and the end of the shoe.
 - The heel should NOT pinch or slip around when you walk.
 - The shoes should bend easily at the ball of your feet (just behind your toes).



Get the kind of support you need.

Your shoes should match the shape of your foot and the way your feet strike the ground.

- Take your old shoes with you to the store. Ask the salesperson to look at the pattern of wear. This can show the kind of support you need. For example, is the back of the shoe worn down unevenly on the bottom (that is, does it slant toward the inside or outside)? If so, you may need extra support for arches or flat feet.
- Be sure to tell the salesperson the kind of activity you plan to do. Many shoes are made for a specific activity, such as running or aerobic dance. They will give you the kind of support needed for that activity.

GROUP Session 2: Healthy Eating.

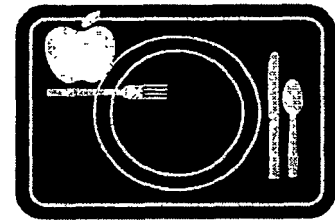
Eating less fat is essential to losing weight.
It's also one important part of healthy eating.

Some of the other parts of healthy eating include:

... the way you eat.

A regular pattern of meals is important.

A regular pattern will keep you from getting too hungry and losing control.



Eat slowly.

If you eat slowly, you will:

- Digest your food better.
- Be more aware of what you're eating.
- Be more aware of when you're full.

Try pausing between bites. Put down your utensils.
Enjoy the taste of your food.

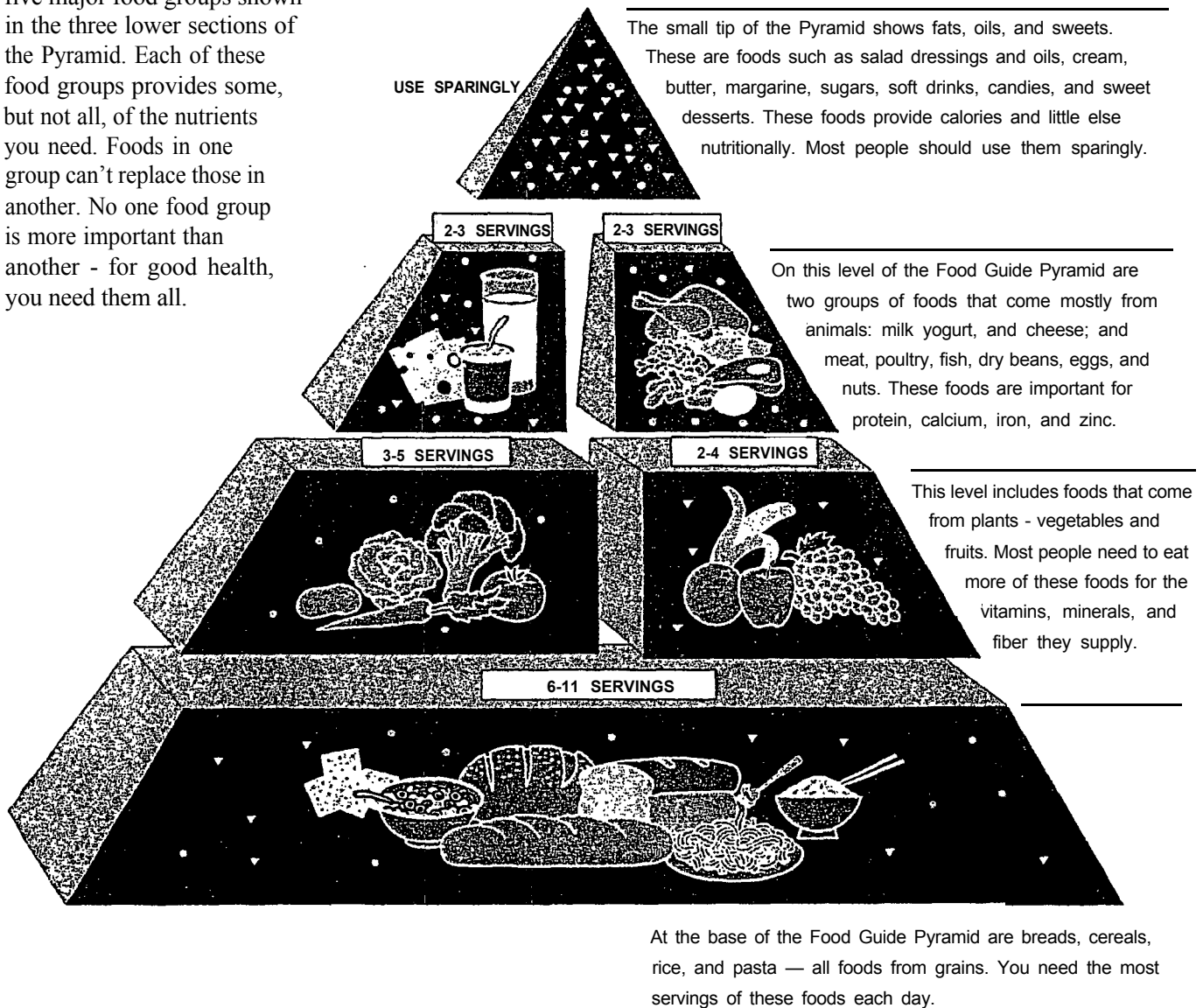
Don't worry about cleaning your plate.

Serve yourself smaller portions to begin with.

... what you eat overall.

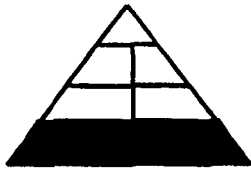
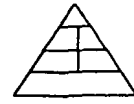
Looking at the Pieces of the Pyramid

The Food Guide Pyramid emphasizes foods from the five major food groups shown in the three lower sections of the Pyramid. Each of these food groups provides some, but not all, of the nutrients you need. Foods in one group can't replace those in another. No one food group is more important than another - for good health, you need them all.

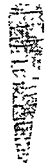
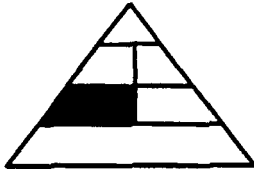


From the USDA's Food Guide Pyramid Booklet, revised 1996.

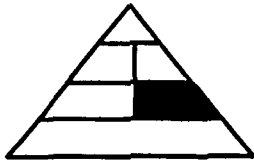
The Food Pyramid: *Low-Fat Choices*



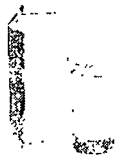
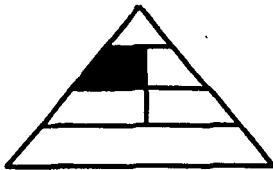
Breads, cereals, rice, pasta (6-11 servings)



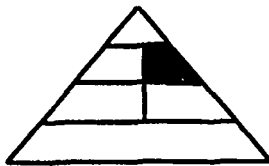
Vegetables (3-5 servings)



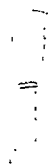
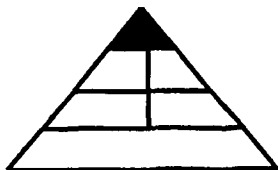
Fruit (2-4 servings)



Milk, yogurt, cheese (2-3 servings)






Meat, poultry, fish, dry beans, eggs
(2-3 servings)

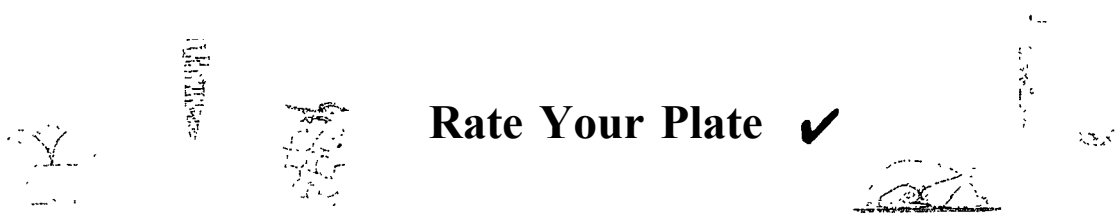


Fats, sweets, alcohol (use only in small amounts)
Choices that are lower in fat:

The Food Pyramid



Group	Example low-fat foods, serving	High-fat (or high-sugar) foods
 Breads, cereals, rice, pastas (6-11 svg.)	<ul style="list-style-type: none"> • 1 slice bread or tortilla • ½ bagel, English muffin, pita bread • 4-6 crackers • ½ cup cooked cereal, pasta, bulgur, rice • ¾ cup dry cereal 	<ul style="list-style-type: none"> • Croissants, sweet rolls, doughnuts, muffins, Danish pastry, biscuits, high-fat crackers, regular tortilla chips, fried tortillas • Granola-type cereals
Vegetables (3-5 servings)	<ul style="list-style-type: none"> • 1 cup raw vegetables • ½ cup cooked vegetables or vegetable juice 	<ul style="list-style-type: none"> • Vegetables with butter/margarine, cream, or cheese sauces • Fried vegetables, olives, avocados
Fruits (2-4 svg.)	<ul style="list-style-type: none"> • 1 small fresh fruit • ½ cup canned fruit or fruit juice 	<ul style="list-style-type: none"> • Fruits in pastry (as in pies), coconut • High in sugar: dried fruit, juices or drinks sweetened with sugar, fruit canned in syrup, large amounts of fruit juice
Milk, yogurt, cheese (2-3 svg.)	<ul style="list-style-type: none"> • 1 cup skim or 1% milk • 1 cup low- or nonfat yogurt • 2-3 ounces low- or nonfat cheese (< 2 grams fat/ounce) 	<ul style="list-style-type: none"> • 2% or whole milk • Regular cheese (>2 grams fat/ounce) • High in sugar: yogurt with added sugar
Meat, poultry, fish, dry beans, eggs (2-3 svg.)	<ul style="list-style-type: none"> • 2-3 ounces cooked lean meat, poultry (without skin), or fish • ½ cup tuna, canned in water • ½ cup cooked dry beans, lentils, split peas • 1 egg or ¼ cup egg substitute 	<ul style="list-style-type: none"> • Peanuts, peanut butter, all nuts • Bacon, sausage, hot dogs, hamburgers, luncheon meats, most red meats (except lean, trimmed cuts) • Chicken or turkey with skin • Tuna canned in oil • Beans cooked in lard or salt pork
Fats, sweets, alcohol (limit)	Low-fat substitutes: <ul style="list-style-type: none"> • Low-fat or fat-free margarine, mayonnaise, salad dressings, cream cheese, or sour cream • Low-fat whipped topping • Fat-free frozen yogurt Foods lower in sugar: <ul style="list-style-type: none"> • All fruit jams • Diet soft drinks • Lite syrup 	<ul style="list-style-type: none"> • Regular margarine, shortening, lard, oil, butter, mayonnaise, salad dressing, cream cheese, sour cream • Half and half, whipped cream • Cakes, cookies, ice cream, candy, cupcakes • Honey, jelly, syrup, sugar • Soft drinks



Rate Your Plate ✓

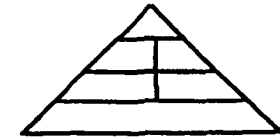
1. Write down everything that you ate and drank yesterday including portion sizes.
2. Check one box (✓) for every serving that you ate from the Food Pyramid groups. The shaded boxes show you the minimum number of servings recommended.

Date: _____

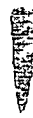


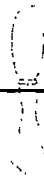
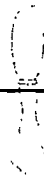
Bread, cereal, rice, pasta														
Vegetables														
Fruit														
Milk, yogurt, cheese														
Meat, poultry, fish, dry beans, eggs														
Fats, sweets, alcohol														

Date: _____

Bread, cereal, rice, pasta														
Vegetables														
Fruit														
Milk, yogurt, cheese														
Meat, poultry, fish, dry beans, eggs														
Fats, sweets, alcohol														

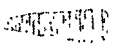




What could *you* do to better match the Food Pyramid?

Pyramid Group	Breakfast	Lunch	Dinner	Snacks	Total Servings	Goal
Bread, cereal, rice, pasta 						6-11 servings
Vegetables 						3-5 servings
Fruit 						2-4 servings
Milk, yogurt, cheese 						2-3 servings
Meat, poultry, fish, dry beans, eggs  						2-3 servings
Fats, sweets, alcohol 						Only small amounts

The Food Pyramid and “eating lower-fat foods instead” work together.

➔ **Instead of high-fat foods, pick low-fat foods.**

Choose fresh fruit and vegetables for snacks.	
Serve vegetarian dinners several times a week.	
Eat fruit for dessert.	
Other:	

➔ **Instead of high-fat foods, use lower-fat substitutes.**

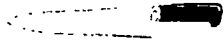

Use low-fat or fat-free:
<ul style="list-style-type: none"> • Margarine • Cheese, cream cheese • Frozen yogurt • Mayonnaise • Salad dressing • Sour cream
Skim or 1% milk.
Other:

➔ **Instead of flavoring foods with fat, use low-fat flavorings.**


To flavor these foods:	Use these low-fat flavorings
Potatoes, vegetables	<ul style="list-style-type: none"> • Low-fat margarine (small amount), nonfat sour cream, defatted broth, low-fat, or fat-free plain yogurt, salsa. • Herbs, mustard, lemon juice.
Bread	<ul style="list-style-type: none"> • Nonfat cream cheese, low-fat margarine (small amount), all fruit jams.
Pancakes	<ul style="list-style-type: none"> • Fruit, low-calorie syrup, unsweetened applesauce, crushed berries.
Salads	<ul style="list-style-type: none"> • Nonfat or low-fat salad dressing, lemon juice, vinegar
Pasta, rice	<ul style="list-style-type: none"> • Spaghetti sauce without meat or added fat, chopped vegetable white sauce made with skim milk and no fat.
Other:	

➔ **Find ways to lower the fat in meats you eat.**

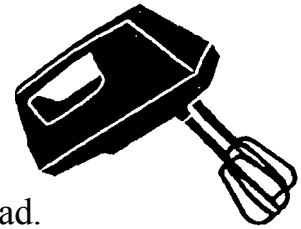


Buy lean cuts (round, loin, sirloin, leg).
Trim all the fat you can see. 
Bake, roast, broil, barbecue, grill instead of fry. Or stir-fry: Heat pan to high heat. Add no more than 1 teaspoon oil or use vegetable cooking spray or defatted broth. Add thinly sliced meat. Stir until cooked well.
Remove the skin from chicken and turkey. (This can be done before or after cooking.) 
Choose white meat.
Drain off fat after cooking. Blot with a paper towel. For ground beef, put in a colander after cooking, and rinse with hot water.
Flavor meats with low-fat flavorings, such as BBQ, Tabasco, catsup, lemon juice, or Worcestershire.
Other:

➔ **Avoid frying foods. Use other, healthier ways to cook.**

Poach, boil, or scramble eggs (or egg whites) with vegetable cooking spray. Use two egg whites instead of a whole egg.
Microwave, steam, or boil vegetables in a small amount of water. 
Or stir-fry (see directions above).
Cook meats without adding fat (see ideas above).

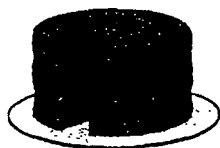
Build a Better Recipe



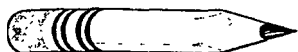
Look for high-fat foods in your recipes. Use low-fat foods instead.

Instead of...	Use...
Regular ground beef or pork sausage	Ground turkey breast (lean only, no skin)
Regular cheese	Fat-free or low-fat cheese (less than 2 grams of fat per ounce)
Sour cream	Low-fat or nonfat sour cream or plain, nonfat yogurt
Margarine, oil, or butter*	Low-fat or fat-free margarine, vegetable oil spray
Chocolate	Cocoa powder plus a small amount of low-fat margarine (see instructions on cocoa box label)
Pork or bacon fat for seasoning	Small amount of trimmed pork loin chop, extra lean trimmed ham, or turkey ham
Cream soup	Low-fat cream soups or flavored white sauce made without fat
Evaporated milk	Evaporated skim milk
Whole eggs	2 egg whites, egg substitute
Regular mayonnaise or salad dressing	Nonfat or low-fat mayonnaise or salad dressing, plain nonfat or low-fat yogurt
Whole milk or heavy cream	Skim, 1%, or evaporated skim milk

*Tip: In recipes for cakes, cookies, muffins, and quick breads:



- Try cutting the amount of margarine/butter by 1/3 or 1/2
- Replace with the same amount of unsweetened applesauce, pureed prunes, or Skim milk. It works!



Homework Assignment

I will:

- Continue to be physically active for at least 150 minutes per week. If you are not there yet, continue working up to 150 minutes per week, this is our goal for this study.
- Come to our next class: _____ and bring your materials.
- Answer these questions before our next session:

Did you make any changes during the week to better match the Food Pyramid? If yes, what were they?

What problems did you have? How did you solve them?

GROUP Class 3: **Tip** the Calorie Balance.

The Lifestyle Balance Program involves:

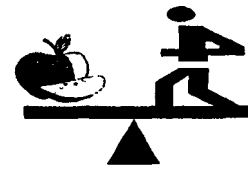
1. Healthy eating.
This includes eating less fat and more grains, fruits, and vegetables.
2. Being active.

Both relate to weight loss.

Both are part of the “calorie balance.”

Calorie balance: The balance between the calories (energy) you:

- Take in by eating and
- Use up by being active.



When you eat food, you take in calories.

Calories in **food** come from fat, starches and sugars, protein, or alcohol.



Fat is the highest in calories per gram.

	Fat	Starches/sugars	Protein	Alcohol
Calories/gram	9	4	4	7

Calories also measure the energy you use up.

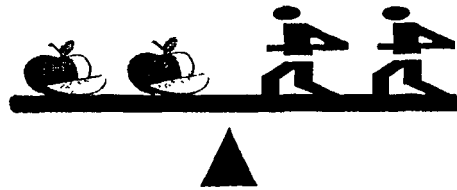
You use calories for just staying alive (like breathing) and by **being active**.

Rule of thumb:
1 mile of brisk walking (15-20 minutes) = About 100 calories

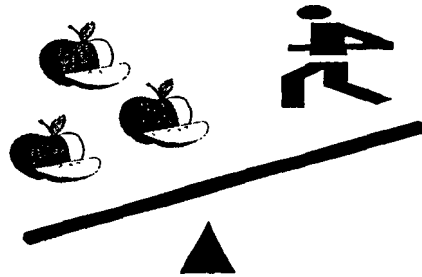
Your weight is a result of the **balance** between  food (calories in) and  activity (calories out).

Food Calories Activity Calories

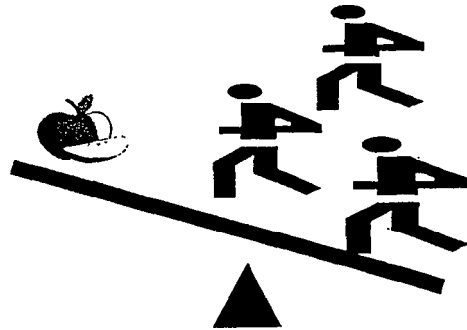
1. Your weight can **stay the same.**



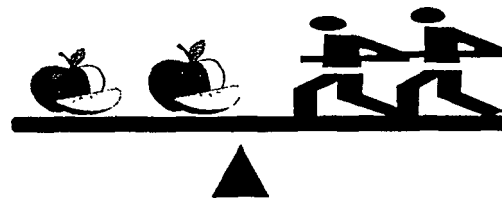
2. You can **gain weight.**



3. You can **lose weight.**



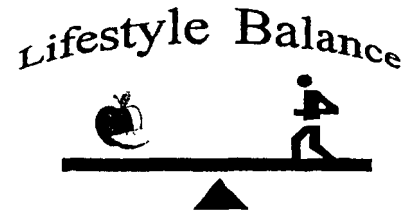
4. You can reach a **new balance at a new weight.**



Remember:

Food and being active work together.

To lose weight, it's best to eat less **and** be more active.
That way, you change both sides of the balance at once.



By **TIPPING** the balance...

⇒ **You can lose the weight you want.**

Then, over time, you can reach a new balance at a new, lower weight.

Make the changes part of your lifestyle...

⇒ **You will keep the weight off.**

How much to **tip** the balance?

- ☞ 1 pound of body fat stores about 3,500 calories.
- ☞ Slow, steady weight loss (1-2 pounds/week) is the best way to lose body fat.

To lose:	Tip the balance by this number of calories:
1 pound/week	3,500 per week (or 500 each day for 7 days)
1-1/2 pounds/week	5,250 per week (or 750 each day for 7 days)
2 pounds/week	7,000 per week (or 1,000 each day for 7 days)

Again, for weight loss, it's best to eat less **and** be more active.

**Changes you've
made so far**



To be more active (both to reach your goal and be active in general):



To eat less fat (and fewer calories):

Have these changes *tipped the balance?*

Your weight at the start of Lifestyle Balance: _____

Weight now: _____

You have:

- Stayed at the same weight, or gained weight.**
 - To lose weight, try something else to tip the balance.
 - Take a look at your calories per day and your exercise habits. Are there ways that you can further improve? You may want to use a meal plan as a guide for a couple of weeks to help you.

- Lost as weight.**
 - Great! You've tipped the balance.
 - Keep tipping the balance, and you'll keep losing weight.

How to Tip the Balance?

Again, it's best to both eat fewer calories, and expend more calories with exercise!

Now let's see how you could tip the balance by 1,000 calories in a typical day:

1. Walk 1½ miles (about 30 minutes) = 150 calories
2. Eat 850 fewer calories (see changes below)

Breakfast	How to cut fat/calories	Changes Made	Calories Saved
Cold cereal, 1 cup Milk, whole, 1 cup Toast, 1 slice with 1 tsp. margarine Coffee, 1 cup w/creamer	Use low-fat substitutions	Milk, 1%, 1 cup	106

Snack

Doughnut, glazed, 1	Pick low-fat foods	Apple, 1	318
---------------------	--------------------	----------	-----

Lunch

Bread, 2 slices 2 tsp mayonnaise Bologna, 3 oz. American cheese, 1 oz. Pear, 1	Lower the fat in meats	Turkey ham, 3 oz.	156
--	------------------------	-------------------	-----

Dinner

Fish, deep fried, 3 oz. Mashed potatoes, ½ cup Gravy, 1/4 cup Green beans, ½ cup Tossed salad with 2 Tbs. French Dressing Orange; 1	Cook in healthy ways	Fish, baked, 3 oz	135
	Use low-fat substitutes	2 Tbs. Fat-free drsg.	132
		Total Savings	847

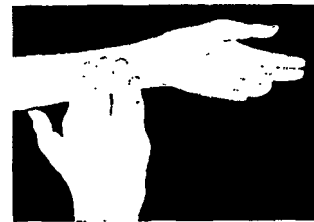
Tipping the Balance: Check your Exercise Intensity:

All physical activity is good, but to get the most from your activity, be sure you are working at the right intensity. You want to be at a level that is challenging, but not overly difficult. You can check this in 2 ways: target heart rate, and by how you feel.

How to take your heart rate (or pulse):

You will need a clock, watch, or stopwatch with a second hand.

- ✓ Take your pulse while you are active. Take it again, within a second or two after stopping.
- ✓ Use your index and middle fingers. (Don't use your thumb, which has a pulse of its own.)
Place them on your wrist, just above the base of the thumb.
Or place the tips of the fingers on your neck, just on either side of the Adam's apple. Don't press too hard on the neck or you may feel dizzy or light headed.



- ✓ Count the number of beats for 15 seconds. Multiply this number by 4 to get your heart rate in beats per minute.

To figure your target heart rate:

1. Subtract your age from 220.	1. $220 - \underline{\quad} = \underline{\quad}$
2. Multiply the result by 0.5. This is the low end of the target.	2. $\underline{\quad} \times 0.5 = \underline{\quad}$
3. Multiply the result by 0.7. This is the high end of the target.	3. $\underline{\quad} \times 0.7 = \underline{\quad}$

Your target heart rate is _____ to _____ beats per minute, or
_____ to _____ beats per 15 seconds.

How hard are you working? How do you feel?

Most people have a good sense of how hard they are working when they're being active. Listen to your body.

Rate yourself on the following scale while you're being active.

How hard are you working?

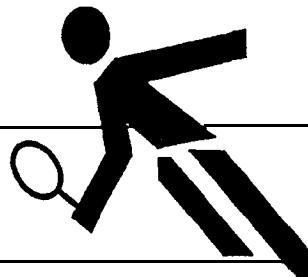
●	●	●	●	●	●	●
Very, Very Light?	Very Light?	Fairly Light?	Somewhat Hard?	Hard?	Very Hard?	Very Very Hard?
Examples:						
“I’m not working hard at all. I can talk and even sing easily.”	“I’m working and breathing a little harder than usual. I can still talk easily.”	“I’m working and breathing somewhat hard. I can talk fairly easily.”	“I’m working hard and breathing deeply. I can still talk.”	“I’m working very hard. I can’t catch my breath or talk.”		
Stay in this range.						
➔			←			

At times you may want to do exercises other than walking. Use the chart below to figure out how many calories you have used. (Note: The calories cited are for 10 minutes of activity by a 180-pound person.)

Estimated Caloric Expenditure for 10 Minutes of Activity	
Activity	Calories
Aerobics Water - Low Impact	68
Step - High Impact	102
Backpacking	75
Basketball Shooting, Drills, Unspecified	62
Game Situation (full court)	109
Bowling (10 min./game)	41
Calisthenics Light - Moderate Effort (i.e. back exercises, up & down from floor)	62
Heavy - Vigorous Effort (i.e. pushups, situps)	109
Canoeing (rowing)	55
Cardioglide/Healthrider Light Effort	62
Moderate - Heavy Effort	102
Cycling (stationary or outdoor) Slow - Light Effort	6
Moderate Effort	96
Vigorous Effort	123
Dancing (i.e. square, modern)	62
Golf (walking)	62
Hiking, Cross Country Walking (3+ hours)	82
Horseback Riding	48
Jumping Rope	109
Paddleball (casual)	109
Racquetball (casual)	96



Activity	Calories
Rock Climbing	109
Rowing (stationary)	96
Running	
Jogging	96
Run 12 min./mile (5 mph)	109
Run 9 min./mile (6.6 mph)	150
Skating	
Roller/Ice	89
Skiing	
Cross-country/Nordiktrack	
Light Effort	102
Moderate Effort	116
Vigorous Effort	130
Downhill	68
Soccer (casual)	96
Stair-master	82
Swimming	
Leisurely	82
Laps, Moderate	109
Tennis	
Doubles	82
Singles	109
Volleyball (competitive)	55
Walking	
Strolling - 2.0 mph (30 min./mile)	34
Light Effort - 3.0 mph (20 min./mile)	48
Brisk - Moderate Effort - 4.0 mph (15 min./mile)	55
Very Brisk - Vigorous Effort - 4.5 mph (13 min./mile)	62
Weight lifting	
Moderate (free, nautilus, universal)	55
Vigorous Effort (power lifting, body building)	82



NOTE: These caloric expenditure values are not meant to represent precise numbers. They are approximations of the amount of energy (calories) expended during each activity. (Reprinted with permission from The Trim Study.)



Homework Assignment:

I will:

- Continue to be physically active for at least 150 minutes per week.
- Check my exercise intensity using one of the 2 methods discussed today
- To tip the balance further, I will:
 - (optional) Increase my exercise by _____ calories per day.
 - (optional) Follow a meal plan for _____ calories per day.
- Come to our next class: _____

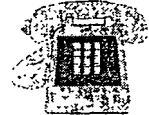
****Bring a take out menu from a favorite restaurant for our next class on healthier eating out.**

GROUP Session 4:

Four Keys to Healthy Eating Out.

1. Plan ahead.

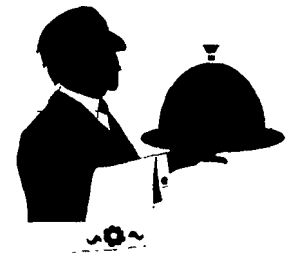
- Call ahead to ask about low-fat choices.
- Pick where you eat out carefully. Go somewhere that offers low-fat choices.
- Eat less fat and fewer calories during other meals that day.
- Eat a little something before you go out. Or drink a large, low-calorie beverage.
- Plan what to order without looking at the menu.
- Don't drink alcohol before eating.
- For parties or dinner parties: Bring something from home to share with others.



2. Ask for what you want. Be firm and friendly.

Ask for the foods you want:

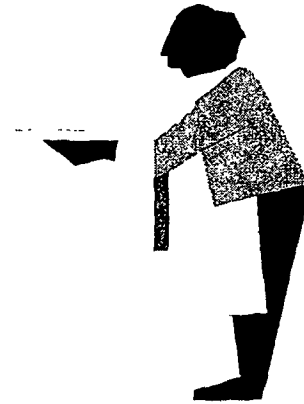
- Ask for lower-fat foods.
- Can foods be cooked in a different way?
- Don't be afraid to ask for foods that aren't on the menu.



Ask for the amounts you want:

- Ask how much is usually served.
- Order salad dressing, gravy, sauces, or spreads "on the side."
- Ask for less cheese or no cheese.
- Split a main dish or dessert with someone.
- Order a small size (appetizer, senior citizen's, children's size).
- Before or after the meal, have the amount you don't want to eat put in a container to take home.

How to ask for what you want.



- Begin with “I”, not “You.”
- Use a firm and friendly tone of voice that can be heard.
- Look the person in the eye.
- Repeat your needs until you are heard. Keep your voice calm.

Wishy-washy

“Oh, well. I guess they couldn’t broil the fish.”

Threatening

“You said you would broil-my fish!”

Firm and friendly

“This looks very nice. But I asked for my fish to be broiled, not fried. Would you have some broiled for me, please?”

3. Take charge of what's around you.



- Be the first to order.
- Keep foods off the table that you don't want to eat.
- Ask that your plate be removed as soon as you finish.

4. Choose foods carefully.

Watch out for these high-fat words on menus.

- Au gratin
- Breaded
- Buttered or buttery
- Cheese sauce
- Creamed, creamy, in cream sauce
- Fried, deep fried, french fried, batter fried, pan fried
- Gravy
- Hollandaise
- Parmesan
- Pastry
- Rich
- Sauteed
- Escalloped
- Scalloped
- Seasoned
- Southern style

Look for these low-fat words, instead.

- Baked
- Broiled
- Boiled
- Grilled
- Poached
- Roasted
- Steamed
- Stir-fried



Watch out for sauces.

Think about what you really *need* to eat.

Take skin off chicken.

Trim visible fat off meat.

What's on the menu?

You can make lower-fat choices, no matter what kind of restaurant you go to. Be sure to ask the waiter how the food is prepared.

Note: Most restaurants serve a tossed salad--a low-fat choice if topped with lemon juice, vinegar, or a low-fat dressing.



GO! Lower-fat choices	CAUTION! High-fat choices
<p>Pizza</p> <ul style="list-style-type: none"> • Plain cheese pizza (ask for half the cheese or low-fat cheese). • Onions, green peppers, mushrooms. 	<ul style="list-style-type: none"> • Meat toppings (sausage/pepperoni) • Olives.
<p>Burger Place (fast food)</p> <ul style="list-style-type: none"> • Grilled, broiled, or roasted chicken, without sauce. • Broiled, extra lean burger. 	<ul style="list-style-type: none"> • Regular hamburger, cheeseburger. • French fries. • Fried fish or chicken. • Mayonnaise-based sauces.
<p>Mexican</p> <ul style="list-style-type: none"> • Heated (not fried) tortillas. • Grilled chicken or beef fajitas. • Soft tacos (corn or flour tortillas). • Salsa. 	<ul style="list-style-type: none"> • Enchiladas. • Chili con queso. • Fried tortillas, tortilla chips. • Sour cream, guacamole. • Crisp tacos.
<p>Chinese and Japanese</p> <ul style="list-style-type: none"> • Stir-fried chicken. • Stir-fried vegetables. • Steamed rice. • Soup. • Teriyaki. 	<ul style="list-style-type: none"> • Egg foo yung. • Fried chicken, beef, or fish. • Fried rice or noodles. • Egg rolls. • Fried won ton. • Tempura.
<p>Italian</p> <ul style="list-style-type: none"> • Spaghetti with meatless tomato sauce. • Minestrone soup. 	<ul style="list-style-type: none"> • Sausage. • Lasagna, manicotti, other pasta dishes with cheese or cream. • Fried or breaded dishes (like veal or eggplant Parmesan).
<p>Seafood</p> <ul style="list-style-type: none"> • Broiled, baked, or boiled seafood with lemon. • Plain baked potato. 	<ul style="list-style-type: none"> • Fried fish. • Fried vegetables. • French fries.
<p>Steakhouses</p> <ul style="list-style-type: none"> • Shrimp cocktail. • Broiled chicken or fish. • Plain baked potato. 	<ul style="list-style-type: none"> • Steak (except trimmed lean cuts). • Fried fish or chicken. • Onion rings, other fried vegetables. • French fries.

Fast food *can* be lower in fat.




The following fast foods contain from 0 to 12 grams of fat per serving. Most fast foods contain 20 to 50 grams of fat.

Food Items	Fat (g)	Calories
ARBY'S		
Junior Roast Beef	11	233
Light Roast Beef Deluxe	10	294
Light Roast Chicken Deluxe	7	276
Light Roast Turkey Deluxe	6	260
Garden Salad (no drsg.)	5	117
Roast Chicken Salad	7	204
BOSTON MARKET		
1/4 White Meat Chicken without wing or skin	4	160
Plain Chicken Breast Sandwich	4	430
Chicken Soup	3	80
BBQ Baked Beans	9	330
Corn Bread	6	200
New Potatoes	3	140
Homestyle Mashed Potatoes	8	180
Rice Pilaf	5	180
Steamed Vegetables	0	35
Zucchini Marinara	4	80
Fruit Salad	0	70
Cranberry Relish	5	370
Butter Nut Squash	6	160
Buttered Corn	4	190

Food Items	Fat (g)	Calories
BURGER KING		
Broiled Chicken Salad (no drsg.)	10	200
Chicken Tenders (6 pieces)	12	250
Garden Salad (no drsg.)	5	90
Side Salad (no drsg.)	3	50
CHICK-FIL-A		
Chicken Sandwich	9	290
Chicken Salad on Whole Wheat	5	320
Chargrilled Chicken Sandwich	3	280
Grilled 'N Lites	2	100
Chicken Soup	1	110
Chargrilled Chicken Garden Salad	3	170
Tossed Salad (no drsg.)	0	70
Carrot-Raisin Salad	2	150
DOMINOS PIZZA (12-inch Hand-tossed)		
Cheese (2 slices)	10	344
Ham (2 slices)	10	362
Veggie (2 slices)	10	360

Fat and calorie values are from Nutrition in the Fast Lane, © 1995, Franklin Publishing, Inc.

Food Items	Fat (g)	Calories
HARDEE'S		
Grilled Chicken Sandwich	9	290
Hot Ham N' Cheese Sandwich	11	300
Mashed Potatoes	0	70
Grilled Chicken Salad	3	150
Side Salad (no dressing)	0	25
KFC		
Drumstick (Original Rec.)	7	130
1/4 Breast (w/o skin/wing, Rotisserie)	6	199
Value BBQ Flavored Chicken Sandwich	8	256
Green Beans	1	36
Red Beans and Rice	3	114
BBQ Baked Beans	2	132
Garden Rice	1	75
Potatoes with gravy	5	109
Coleslaw	6	114
LONG JOHN SILVER'S		
Flavorbaked Chicken Sandwich	10	290
Flavorbaked Chicken (1 piece)	4	150
Flavorbaked Fish (1 piece)	4	120
Ocean Chef Salad	2	100
Chicken - Light Herb	4	120
Side Salad	0	25
Rice Pilaf	3	140
Roll (no butter)	0	110
Cole Slaw	6	140
Green Beans	4	30
Hush Puppies (1 serving)	3	60
Baked Potato (1, no topping)	0	210
Corn Cobbette (no butter)	0	80

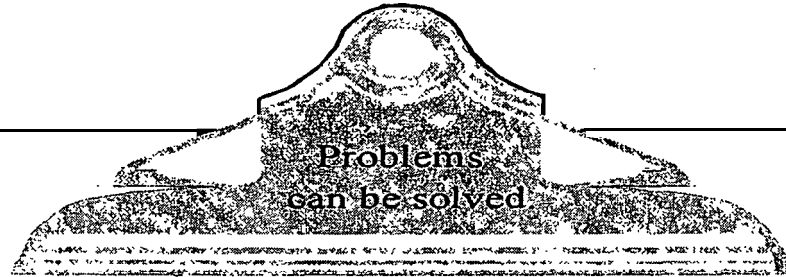
Food Items	Fat (g)	Calories
MCDONALD'S		
Hamburger (single)	9	270
McGrilled Chicken Sandwich	3	250
Chicken Fajita	8	190
McLean Deluxe	12	340
Chef Salad (no drsg.) 	11	210
Chunky Chicken Salad (no drsg.)	5	160
Garden Salad (no drsg.)	4	80
Side Salad (no drsg.)	2	45
Lite Vinaigrette Drsg.	2	50
TACO BELL		
Light Taco	5	140
Light Soft Taco	5	180
Light Chicken Soft Taco	5	180
Light Bean Burrito	6	330
Seasoned Rice	3	110
Pintos N' Cheese	9	190
Light Chicken Burrito	6	290
WENDY'S		
Small Chili	7	210
Grilled Chicken Sandwich	7	290
Jr. Hamburger	10	270
Plain Baked Potato	0	310
Side Salad	3	60
Grilled Chicken Salad	8	200
Caesar Side Salad	5	110
Deluxe Garden Salad	6	110
Frosty Dairy Dessert (small)	10	340

Fat and calorie values are from Nutrition in the Fast Lane, © 1995, Franklin Publishing, Inc.



Describe a problem you have when you eat out:

Choose one of the four keys to healthy eating out. Make a positive action plan.



I will: _____

When? _____

I will do this first: _____

Roadblocks that might come up: I will handle them by:

I will do this to make my success more likely:

How can we help you?

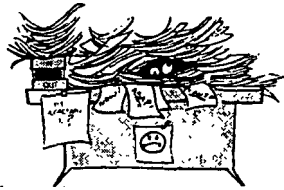
Homework Assignment:

I will:

- Be physically active for at least 150 minutes per week.
- Try my action plan. Did it work? If not, what went wrong?

- Come to our next class: _____

GROUP Session 5: You Can Manage Stress.



Stress is tension or pressure.
Many people react to stress by overeating or
being inactive.

What kinds of things make you feel stressed?

What is it like for you when you get stressed?

Ways to prevent stress:

- Practice saying, “No,”**
Try to say “Yes” only when it is important to you.
- Share some of your work with others.**
- Set goals you can reach.**
- Take charge of your time.**
 - Make schedules with the real world in mind.
 - Get organized.
- Use problem solving:**
 - Describe the problem in detail.
 - Brainstorm your options.
 - Pick one option to try.
 - Make an action plan.
 - Try it. See how it goes.
- Plan ahead.**
 - Think about the kind of situations that are stressful for you.
 - Plan for how to handle them or work around them.
- Keep things’ in perspective. Remember your purpose.**
 - Think of all the good things in your life.
 - Remember why you joined SHOP.
- Reach out to people.**
- Be physically active.**

When you can't avoid stress:

- Catch yourself feeling stressed as early as you can.
- Take a 10-minute “time out.”
 - Move those muscles.
 - Pamper yourself. Just take 10 minutes for Yourself
 - Breathe. Try this: Take a full, deep breath. Count to five. Then let go of your breath slowly. Let the muscles in your face, arms, legs, and body go completely loose.



SHOP may cause stress

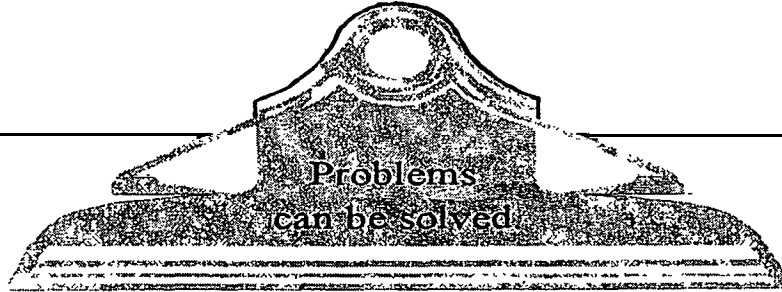
Possible source of Stress	Way(s) to manage stress	Examples
Extra time spent in food preparation, shopping.	<ul style="list-style-type: none"> • Share some of your work. • Take charge of your time. 	<ul style="list-style-type: none"> • Ask spouse to help shop. • Make double recipes. Freeze part for later.
Feel deprived when can't eat favorite foods.	<ul style="list-style-type: none"> • Set goals you can reach. • Keep things in perspective. 	<ul style="list-style-type: none"> • Allow yourself to have favorite foods in small amounts now and then. • Remind yourself how important losing weight and being healthy is to you..
Upset if your family doesn't like low-fat foods.	<ul style="list-style-type: none"> • Reach out to people. • Use the steps for solving problems. 	<ul style="list-style-type: none"> • Ask your family to support your efforts to try new foods. • Discuss your feelings and your commitment to weight loss with your family. Brainstorm options with them. Try one.
Feel uncomfortable participating in social activities where high-fat foods are available.	<ul style="list-style-type: none"> • Practice saying, “No.” • Reach out to people. • Plan ahead. 	<ul style="list-style-type: none"> • Turn down invitations that aren't important to you. • Call the host or hostess ahead and ask what will be served and if you can bring a low-fat dish. • Before you go to a party, plan what foods you will choose.
Feel stressed by trying to fit activity into an already busy schedule.	<ul style="list-style-type: none"> • Plan ahead. • Problem solve. 	<ul style="list-style-type: none"> • Make an appointment to be active. • Combine activity with other events you plan to do anyhow. (Take a walking meeting. Go hiking with the family.)



How does SHOP cause you stress?

Other major sources of stress for you:

Choose one source of stress. Make a positive action plan:



I will: _____

When? _____

I will do this first: _____

Roadblocks that might come up: I will handle them by:

I will do this to make my success more likely:

How can we help you?



Homework Assignment:

I will:

- Continue eating healthfully including fruits and vegetables, and lower fat foods.
- Use meal plans as needed to add structure and help with weight loss.
- Continue to be active for at least 150 minutes.
- Try my action plan for managing stress.

Did it work? If not, what went wrong?

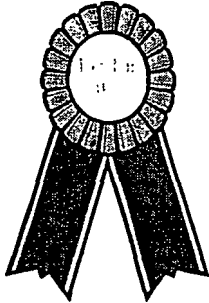


- Come to our next class: _____

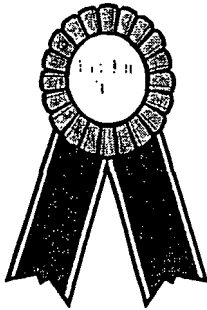
GROUP Session 6: Ways to Stay Motivated.



Progress Review



Changes you've made to be more active:



Changes you've made to eat less fat (and fewer calories):

Have you reached your weight goal? Yes No

Have you reached your activity goal? Yes No

What are your own personal goals for after the study?

Ways to stay motivated:

1. Stay aware of the benefits you've achieved and hope to achieve.

What did you hope to achieve when you first joined STOP?
Have you reached these goals?

2. Recognize your success.

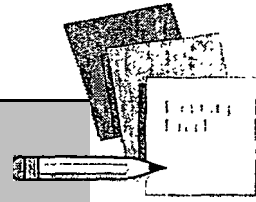


What changes in your eating and activity do you feel proudest of?

3. Keep visible signs of your progress.

- Post weight and activity graphs on your refrigerator door.
- Mark your activity milestones on a map toward a particular goal.
- Measure yourself (waist, belt size) once a month.

4. Keep track of you weight, eating and activity.



- Record your weight often so you can maintain the weight you have lost.

5. Add variety to your routine.

How have you varied your activity?

What meals, snacks, or foods are you most bored with?

Can you think of some ways to vary this part of your eating?

**6. Set new goals for myself.
Develop ways to reward yourself when you meet each goal.**

Goals: Specific, short-term, just enough of a challenge.

Rewards: Something you will do or buy **if and only if** you reach your goal.

What are some non-food ways you can reward yourself for reaching a goal?

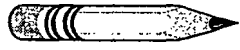


7. Create some friendly competition.

Set Up the kind of competition in which you both win.

8. Use the support from family, church, and friends to help you stay motivated.

Call someone for encouragement and support.



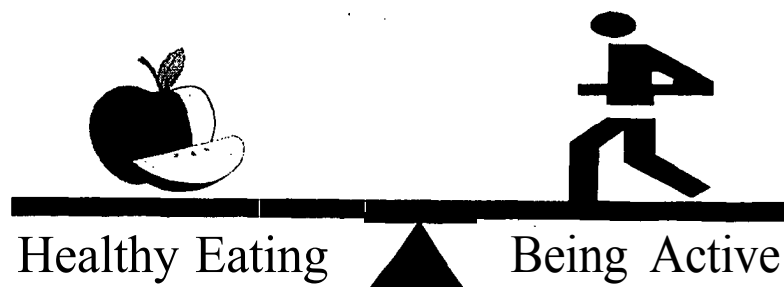
To do next week:

I will:

- Be active for at least 150 minutes.
- Schedule Clinic visit.
- KEEP UP THE GOOD WORK!!**

You've learned a lot during STOP, and you've made some great changes. If you can maintain your new healthy lifestyle habits, you will keep the weight off, and feel great!

Lifestyle Balance



SHOP's *Lifestyle Change Program*

Adapted from the Diabetes Prevention Program, sponsored by the NIH

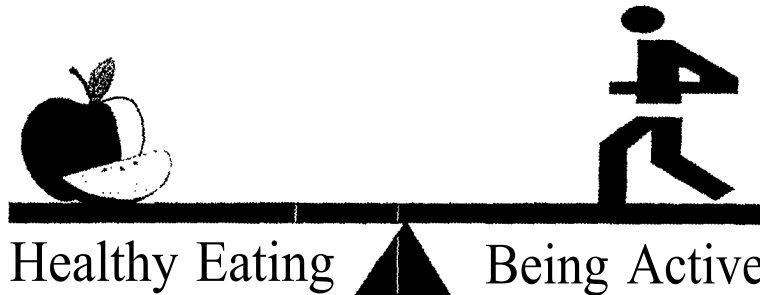
Participant Notebook

S H O P



Pennington Biomedical Research Center

Lifestyle Balance



Shiloh's Healthy Obedience Program's *Lifestyle Change Program*

Your name: _____

Your Lifestyle Coach is _____

Address: _____

Phone: _____

SHOP Lifestyle Balance Update

Name: _____

Goals:

Weight: _____ Fat (g/day): _____ Calories/day: _____ Activity (min/week): _____

Appointments		Week	Session	Weight (lbs)	Activity Minutes/ Week	Comments
Date	Time					
		0	1			
		2	2			
		3	3			
		4	4			
		6	5			
		7	6			
		8	7			
		10	8			
		11	9			
		12	10			
		14	11			
		16	12			
		18	13			
		20	14			
		22	15			

Session 1A:

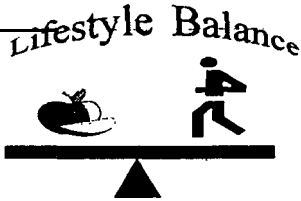
Welcome to the Lifestyle Balance Program.

Remember your purpose.

- Why I joined SHOP:

- What I hope to achieve by taking part in SHOP:

- How healthy eating and being active will help me and/or others:



The Lifestyle Balance Program is one of two groups in Shiloh's Healthy Obesity Program. In this group, the focus is on individual sessions to help you make lifestyle changes to lose weight.

We use the words "Lifestyle Balance" because we will help you reach a **healthy balance between two parts of your lifestyle:**



• What you eat and

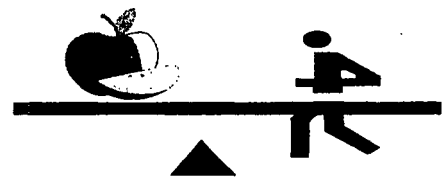


• How physically active you are.

Your Lifestyle Balance goals will be to:

1. Lose weight through healthy eating, and
2. Be more physically active.

Lifestyle Balance



We strongly believe that making these lifestyle changes and keeping them up over time will **help you to feel better, and be healthier!!**

The Lifestyle Balance program has been carefully designed.
It is based on many research studies of the best ways to help people change.

In this program we will help you:

- **Learn the facts about healthy eating and being active.**
- **Learn what makes it hard for you to eat healthy and be active.**



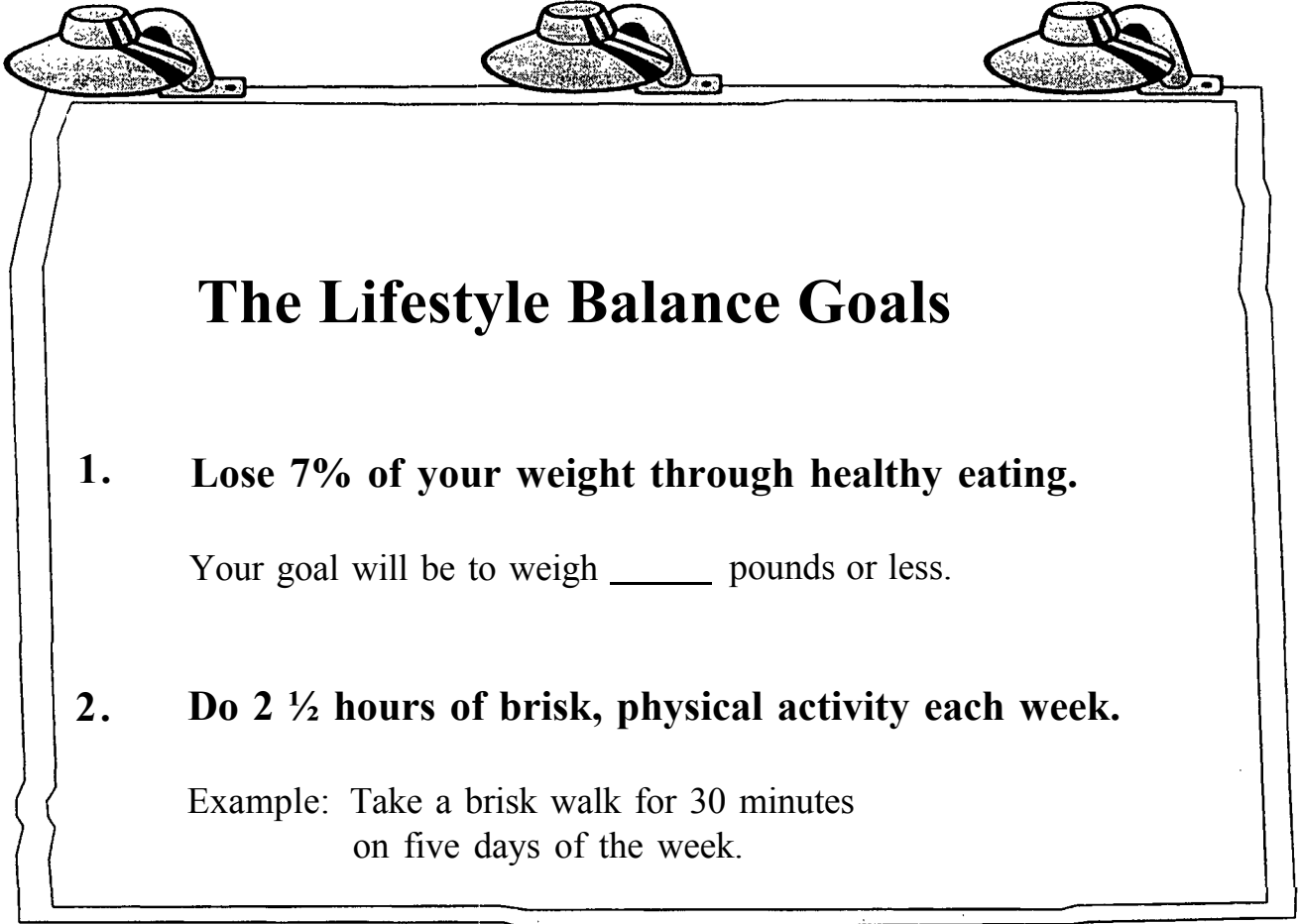
And learn **how to change these things** so **they work *for* you**, not against you.

For example, you'll learn how to:

- Find the time to be active.
- Ask for what you want when you eat out.
- Keep things around you at home and at work that make you want to be active and eat healthy.
Get rid of things that get in your way.
- Stop negative thoughts and replace them with positive ones.
- Get back on your feet again when you slip from your plans for healthy eating and being active.
- Handle stress, social events and other people that make it hard for you to change.



We will also give you, the long-term support you need.



The Lifestyle Balance Goals

- 1. Lose 7% of your weight through healthy eating.**

Your goal will be to weigh _____ pounds or less.

- 2. Do 2 ½ hours of brisk, physical activity each week.**

Example: Take a brisk walk for 30 minutes
on five days of the week.

The Lifestyle Balance goals are safe and can be reached.

We will help you reach the goals by making:

- Gradual,
- Healthy, and
- Reasonable changes in your eating and activity.

Reaching the Lifestyle Balance goals:

1. May prevent certain chronic diseases.

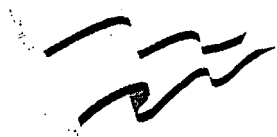
Research has shown that leaner and more active people are less likely to get diabetes, have high blood pressure, or heart disease.

2. Will help you look and feel better and be more healthy.

Research has shown that losing weight and being active can:

- Relieve tension!, help you relax and sleep.
- Give you more (energy, make it easier to get around.
- Lower blood pressure.
- Lower blood levels of LDL (“bad” cholesterol or fat in the blood).
- Raise blood levels of HDL (“good” cholesterol or fat in the blood).

3. Will set a good example for your family, friends, church, and community.



Changing behavior takes work.
We are here to help. And you can do it!

We will work together as a TEAM.

I will count on you to:

- Come to sessions and bring your Lifestyle Balance notebook.
Call 24 hours ahead if you must miss a session.
- Do your best to reach your eating and activity goals.
That includes doing home activities to practice what you learn.
- Keep track of your eating and activity 1 week per month.
Be honest. (Don't try to "please me.")
- Keep track of your weight at home.
- Let me know if you have any problems.
- Stay willing and open to change. Always "hang in there."



You can count on me to:

- Go over your records of what you eat and your activity.
Notice what you are doing well and what can be improved.
- Answer your questions.
- Be honest.
- Stand by you during hard times.
- Believe you can reach your eating and activity goals.
Always "hang in there" for you. Support and help you.



We agree to work together in the ways described above.

Signed: _____

Lifestyle Balance



Sessions



You are welcome to invite a friend or family member.

Week #: Session #	Topic
Week 0: 1A 1B	Welcome to the Lifestyle Balance Program. Getting Started Losing Weight.
Week 2: 2	Be a Fat Detective.
Week 3: 3	Three Ways to Eat Less Fat.
Week 4: 4	Healthy Eating.
Week 6: 5	Move Those Muscles.
Week 7: 6	Tip the Calorie Balance.
Week 8: 7	Take Charge of What's Around You.
Week 10: 8	Problem Solving.
Week 11: 9	Four Keys to Healthy Eating Out.
Week 12: 10	Talk Back to Negative Thoughts.
Week 14: 11	The Slippery Slope of Lifestyle Change.
Week 16: 12	Jump Start Your Activity Plan.
Week 18: 13	Make Social Cues Work <i>for</i> You.
Week 20: 14	You Can Manage Stress.
Week 22: 15	Ways to Stay Motivated.

Session 1B: Getting Started Losing Weight.

To help you lose weight,
our goal is to help you to **eat healthy**.



Healthy eating involves **eating less fat**.

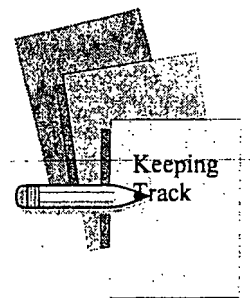
Eating too much fat is fattening (makes us fat) and is related to heart disease and diabetes.

The first step to eating less fat is to
figure out how much fat you are eating *now*.

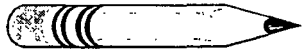
Write down everything you eat and drink every day.
You will be doing this for 1 week each month.
It's the **MOST IMPORTANT** part of changing your behavior.

Spelling **IS NOT** important. What **IS** important is to:

- Be honest (**write down what you really eat**).
- Be accurate (**measure portions, read labels**).
- Be complete (**include everything**).



Being aware of what you eat is the first step toward change.



To do next week:

I will:

- Write down everything I eat and drink every day.**

Include:

- Time.
- Amount and the name of the food and a description.

Skip the other columns.

Use one line for each food.

Skip activity.

- Circle some of the foods or drinks I think are highest in fat.**
- Bring my “Health Cheque” book and notebook to the next session.**
- Next Session (in 2 weeks):** _____

Session 2: Be a Fat Detective.



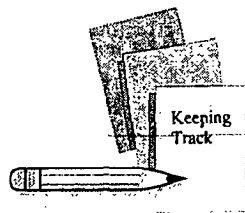
We'll begin today to keep track of your weight.

Your starting weight was _____ pounds.

Your weight goal is _____ pounds.

To keep track of your weight:

- At every session, mark it on the How Am I Doing? graph.
- Weigh yourself at home every _____



on the same scale, and

at this time of day _____ .

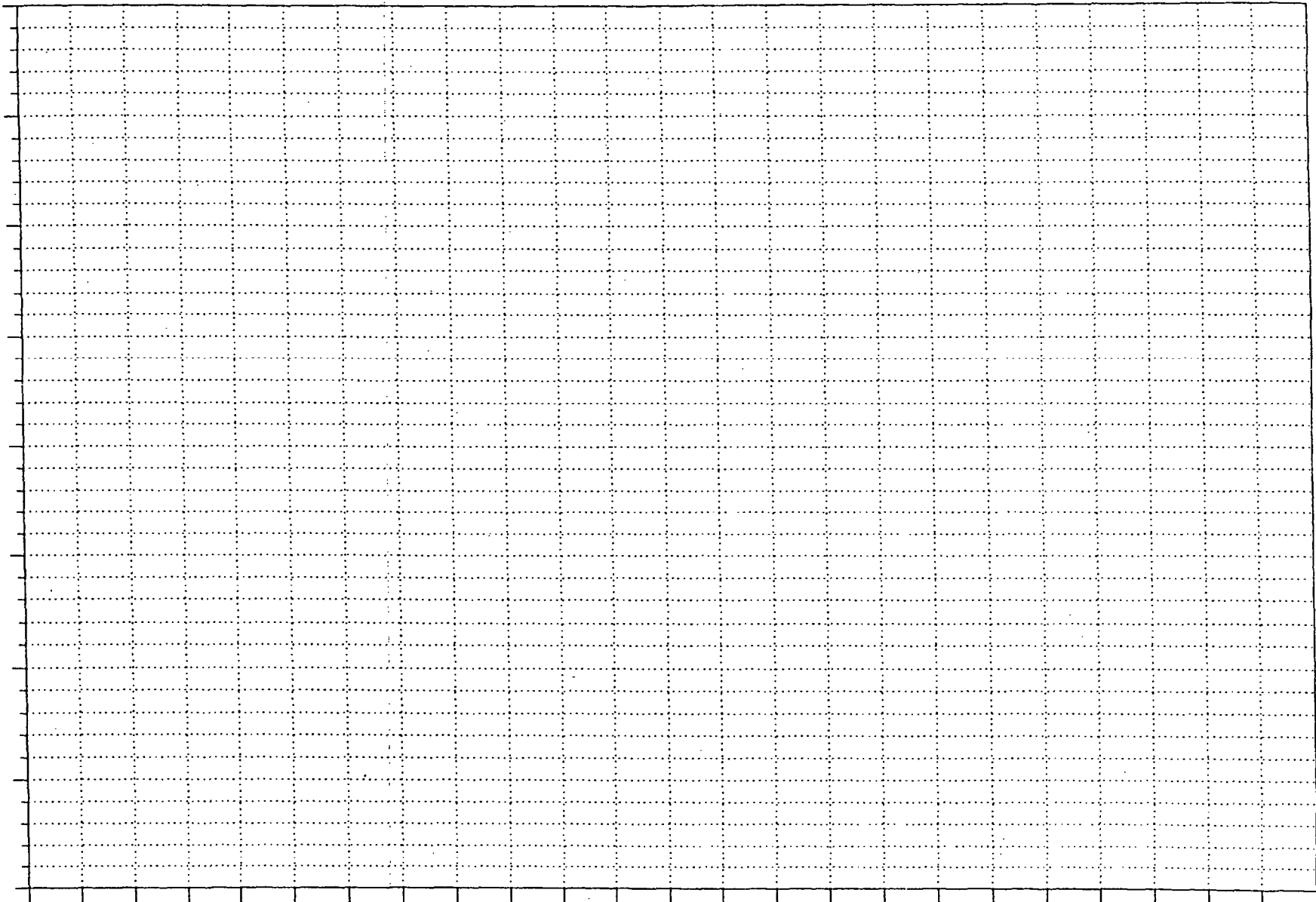
Write your weight your health cheque, or on your calendar.

How Am I Doing?

Weight Graph for _____

_____ Core _____ After C
starting Weight (lbs.) =
Minimum Goal (7% Loss) (lbs.) =

Weight
(pounds)

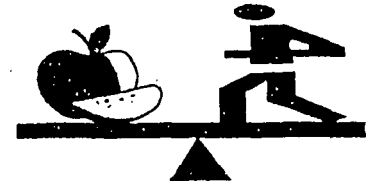


Date:

Wk. since random:

Lifestyle Balance

Lifestyle Balance



Name: _____

Goals: Weight _____ pounds.

Activity _____ minutes per week.

(Month Year)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Totals
Activity _____ Weight _____ <input type="checkbox"/> Recorded diet	Activity _____ Weight _____ <input type="checkbox"/> Recorded diet	Activity _____ Weight _____ <input type="checkbox"/> Recorded diet	Activity _____ Weight _____ <input type="checkbox"/> Recorded diet	Activity _____ Weight _____ <input type="checkbox"/> Recorded Diet	Activity _____ Weight _____ <input type="checkbox"/> Recorded diet	Activity _____ Weight _____ <input type="checkbox"/> Recorded diet	Weekly Activity _____ minutes
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To help you lose weight, we'll help you **eat healthy**.

Healthy eating involves **eating less fat**.


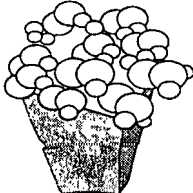
- **Eating too much fat is “fattening” (makes us fat)?
By eating less fat, you can lose weight.**

In fact, fat is the most fattening of all the things we eat.

Fat contains **more than twice the calories** as the same amount of sugar, starch, or protein.

Even small amounts of high fat foods are high in calories.

Compare:

		<i>Grams of fat</i>	<i>Calories</i>
	¼ cup peanuts	18	212
	3 cups plain, air-popped popcorn (12 times as much food!)	1	92

- **Fat is related to heart disease and diabetes.**

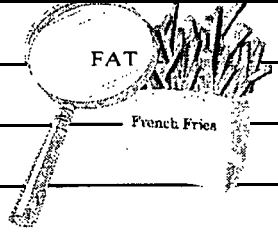
Research has shown that eating a lot of fat can increase your cholesterol level. Cholesterol is one type of fat in your blood. The higher your cholesterol, the greater your chance of having a heart attack. Research has also shown that eating a lot of fat may increase your chances of getting diabetes.

What kinds of foods do you eat that are high in fat?

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Most of the fat we eat (70% of it) is hidden in foods.

Let's uncover it! Here's a lunch menu:

Fried fish sandwich	5 teaspoons of fat	
Large French fries	6 teaspoons of fat	
Apple turnover, fried	4 teaspoons of fat	
Milkshake, with ice cream	5 teaspoons of fat	
Total:	20 teaspoons of fat (That's about. 1 entire stick of butter or margarine!)	

Your fat gram goal or “budget” is to

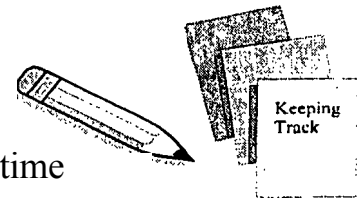
stay under _____ grams of fat each day.

A gram is the way fat in food is measured. A gram is a unit of weight.
A paper clip weighs about 1 gram.

It may be hard to reach your fat. gram goal at first.
Just try to **get as close to your goal as you can.**

Have trouble finding grams of fat?

- ▶ Just write down the food and amount.
- ▶ Your Health Educator will help you next time



Make a recipe?

- ▶ For many recipes, you can simply write down how much of each ingredient you ate.
For example, in a stew, how much meat did you eat?
Carrots? And so on.
- ▶ If you cook from recipes often, bring in some favorite recipes next week. Your Health Educator will help you count the grams of fat in them.



- ***Eat a packaged food?*** Look on the label for the fat grams. Look for foods with 3 grams of fat or less per 100 calories.

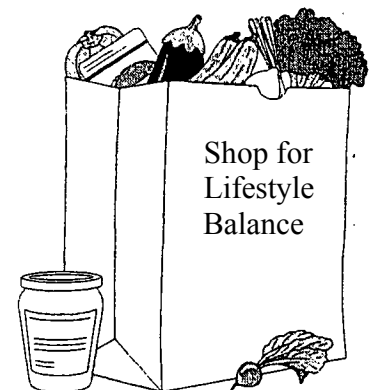
Nutrition Facts			
Serving Size 1 oz. (28g/about 21 pieces)			
Servings Per Container 10			
Amount Per Serving			
Calories	150	Calories from Fat 80	
		% Daily Value*	
Total Fat	9 g		14%
Saturated Fat	2g		10%
Cholesterol	0mg		0%
Sodium	300mg		12%
Total Carbohydrate	16 g		5%
Dietary Fiber	less than 1 g		1%
Sugars	less than 1 g		
Protein	2g		
Vitamin A	0%	Vitamin C	0%
Calcium	0%	Iron	2%
* 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

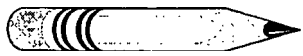
← Look at the **Serving Size**.
(Is this the amount you ate?)

← Look at the **Total Fat grams per serving**.

What if you eat a larger serving than is listed on the label?

You will be eating more fat grams than are listed on the label.





To do next week:

I will:

Keep track of my weight.

- Weigh myself at home every _____
at this time of day _____
- Record my weight on my calendar or on my health cheque.

Come as close to my fat gram goal as I can.

Next Session: _____

Session 3: Three Ways to Eat Less Fat.

Weighing and measuring foods is important.



Metal or plastic measuring cups and spoons (for solid foods)

- Fill. Level off before you record.

Glass measuring cup (for liquids)

- Read the line at eye level.



Scale (for meats., cheese, etc.)

- Weigh meats **after** they are cooked.

4 oz. raw = 3 oz. cooked (about the size of a deck of cards)



Most people are surprised when they weigh and measure foods.

Our eyes can play tricks on us.

- Review portion size handout, and discuss portion sizes of foods.

On Hand Tips for Portion Control

1 Fist = 1 cup cereal, pasta or vegetables

1 Finger = 1 ounce of cheese



1 Thumb tip = 1 Teaspoon of peanut butter, butter or sugar



1 Palm = 3 Ounces of meat, fish or poultry

1 Handful = 1 ounce of nuts

2 Handfuls = 2 Ounces of chips or pretzels

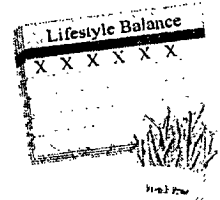


The three ways to eat less fat:

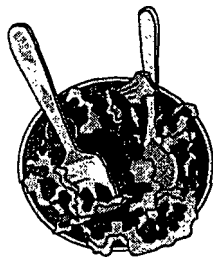
1. Eat high-fat foods *less often*.

Example: Don't eat French fries every day.

Have them only once a week.
(That's about 132 fewer grams of fat per week!).



2. Eat *smaller amounts* of high-fat foods.

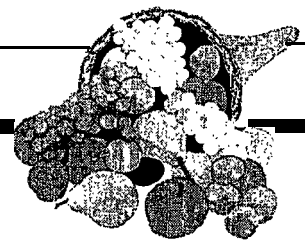


Cutting back even a little on the amount you eat can make a big difference.





Example. At the salad bar, don't use the ladle to pour on salad dressing. Most salad dressing ladles hold 4 tablespoons (32 grams of fat for regular dressing!).

Instead, use a regular spoon from your place setting. Most hold 1 tablespoon or less.
(That's 24 fewer grams of fat!)

3. Eat *lower-fat foods instead*



In the coming months, you'll discover a number of ways to "eat lower-fat foods instead."

Ways to Eat Lower-Fat Foods Instead	For example, instead of this food:	Fat (g)	Choose this food:	Fat (g)
Instead of high-fat foods, pick low-fat foods.	Potato chips, 1-ounce bag	11	Pretzels, 1-ounce bag 	1
Instead of high-fat foods, use low-fat substitutes.*	Regular margarine, 1 teaspoon	4	Low-fat margarine, 1 teaspoon	2
Find ways to lower the amount of fat in meats you eat.	Roast beef (chuck), untrimmed, 3 oz.	22	Roast beef (top round), trimmed, 3 oz. 	4
Instead of flavoring foods with fat, use low-fat flavorings.	Baked potato with 2 tablespoons sour cream	6	Baked potato with salsa 	0
Avoid frying foods; use other healthier ways to cook.	Chicken breast, with skin, breaded, fried	24	Chicken breast with skin, grilled 	9

*** Warning:** Low-fat or fat-free products still contain calories. Be careful about how 'much you eat. In fact, some low-fat or fat-free products are very high in calories because they're loaded with sugar.

Check the label. For example:

½ cup nonfat frozen. yogurt 100 calories
 ½ cup regular ice cream (10-12% fat) 143 calories

Menu Make-Over

The menus below show examples of small changes that make a big difference in fat grams saved.

High-fat Breakfast	Ways to lower the fat	Make-Over	Grams of fat saved
Fried egg	Pick low-fat foods. →	Cold cereal (1 cup)	6
Milk, whole, 1 cup	Use low-fat substitutes. →	Milk, skim, 1 cup	8
Toast, 1 slice, with 1 tsp. margarine	Use low-fat flavorings. →	Toast, 1 slice, with 1 tsp. jam	4
Coffee, 1 cup, w/2 Tbsp. half + half	Use low-fat substitutes. →	Coffee, 1 c., w/2 Tbsp. nonfat creamer	6

High-fat Snack

Doughnut, glazed, yeast, 1 (4" diameter)	Pick low-fat foods. →	Apple, 1 (2-3/4" diameter)	21
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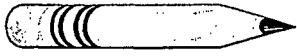


High-fat Lunch

Bread, 2 sl., with 1 Tbsp. mayonnaise	Eat smaller amounts. →	Bread, 2 sl., with 1 tsp. mayonnaise	7
Bologna, beef or pork, 1 ounce	Lower the fat in meats. →	Turkey breast, 1 ounce	7
American cheese, 1 ounce	Use low-fat substitutes. →	American cheese, low-fat, 1 ounce	6
Potato chips, 1-ounce bag	Eat smaller amounts. →	Potato chips, ½ of a 1-ounce bag	3

High-fat Dinner

Fish, flounder, deep fried, 3 oz.	Cook in healthy ways. →	Fish, flounder, baked without fat, 3 oz.	14
Mashed potatoes, ½ cup	Use low-fat flavorings. →	Mashed potatoes, ½ c., no butter added	6
Gravy, ¼ cup	Use low-fat substitutes. →	Gravy, from mix, with water, ¼ cup	5
Green beans, w/bacon, ½ cup	Use low-fat flavorings. →	Green beans, with nonfat broth, ½ cup	2
Tossed salad w/2 Tbsp. French drsg.	Use low-fat substitutes. →	Tossed salad w/2 Tbsp. fat-free drsg.	16
Ice cream, premium, ½ cup	Eat less often. →	Orange, 1 [Save ice cream for a rare treat.]	12



To do next week:

I will:

Make a plan to eat less fat and follow it.

- Write down 5 foods you eat that are high in fat.
- Pick one of the 3 ways to eat less fat from each food. Write down what you will do next week. Be sure it is **something you can do**.

My top 5 high-fat foods	The 3 Ways to Eat Less Fat		
	I will eat it only this (less) often:	I will eat only this (smaller) amount:	I will eat this (lower-fat) food instead:

What I will need to do to reach this goal:

Problems I might have and what I will do to solve them:

Before the next session, answer these questions:

- Did you follow your plan? Yes No Almost
- What problems did you have following your plan?
- What could you do differently next week?

Next Session: _____

Menu Make-Over



Use this work sheet to practice cutting the fat from high-fat meals and snacks.

Breakfast

Makeover

Grams of fat saved

--	--

Lunch

--	--

Dinner

--	--

Snacks

--	--

Session 4: Healthy Eating.

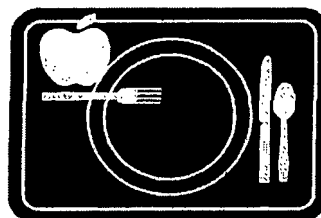
Eating less fat is essential to losing weight.
It's also one important part of healthy eating.

Some of the other parts of healthy eating include:

...the way you eat.

A regular pattern of meals is important.

A regular pattern will keep you from getting too hungry and losing control.



Eat slowly.

If you eat slowly, you will:

- Digest your food better.
- Be more aware of what you're eating.
- Be more aware of when you're full.

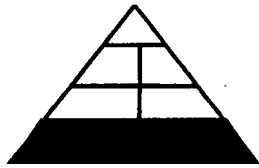
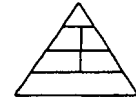
Try pausing between bites. Put down your utensils.
Enjoy the taste of your food.

Don't worry about cleaning your plate.

Serve yourself smaller portions to begin with.

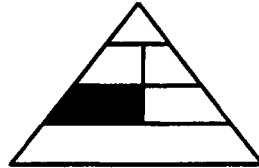
... what you eat overall.

The Food Pyramid: *Low-Fat Choices*

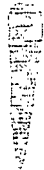


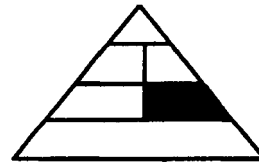
Breads, cereals, rice, pasta (6-11 servings)





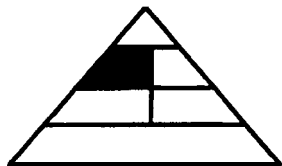
Vegetables (3-5 servings)



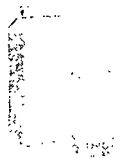


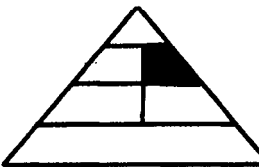
Fruit (2-4 servings)





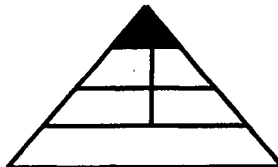
Milk, yogurt, cheese (2-3 servings)





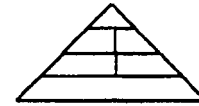
Meat, poultry, fish, dry beans, eggs
(2-3 servings)






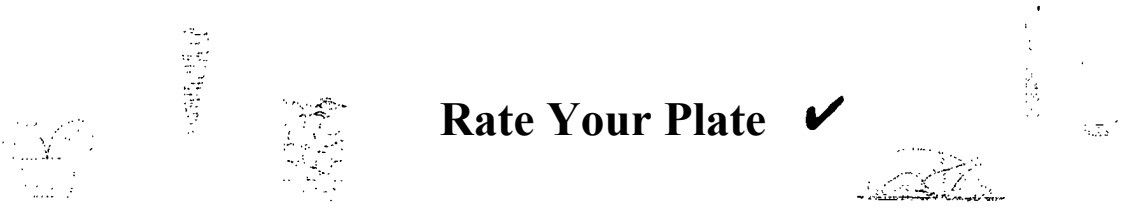


Fats, sweets, alcohol (use only in small amounts)
Choices that are lower in fat:

The Food Pyramid



Group	Example low-fat foods, serving	High-fat (or high-sugar) foods
 <p>Breads, cereals, rice, pastas (6-11 svg.)</p>	<ul style="list-style-type: none"> • 1 slice bread or tortilla • ½ bagel, English muffin, pita bread • 4-6 crackers • ½ cup cooked cereal, pasta, bulgur, rice • ¾ cup dry cereal 	<ul style="list-style-type: none"> • Croissants, sweet rolls, doughnuts, muffins, Danish pastry, biscuits, high-fat crackers, regular tortilla chips, fried tortillas • Granola-type cereals
<p>Vegetables (3-5 servings)</p>	<ul style="list-style-type: none"> • 1 cup raw vegetables • 1 cup cooked vegetables or vegetable juice 	<ul style="list-style-type: none"> • Vegetables with butter/margarine, cream, or cheese sauces • Fried vegetables, olives, avocados
<p>Fruits (2-4 svg.)</p>	<ul style="list-style-type: none"> • 1 small fresh fruit • ½ cup canned fruit or fruit juice 	<ul style="list-style-type: none"> • Fruits in pastry (as in pies), coconut • High in sugar: dried fruit, juices or drinks sweetened with sugar, fruit canned in syrup, large amounts of fruit juice
<p>Milk, yogurt, cheese (2-3 svg.)</p>	<ul style="list-style-type: none"> • 1 cup skim or 1% milk • 1 cup low- or nonfat yogurt • 2-3 ounces low- or nonfat cheese (< 2 grams fat/ounce) 	<ul style="list-style-type: none"> • 2% or whole milk • Regular cheese (>2 grams fat/ounce) • High in sugar: yogurt with added sugar
<p>Meat, poultry, fish, dry beans, eggs (2-3 svg.)</p>	<ul style="list-style-type: none"> • 2-3 ounces cooked lean meat, poultry (without skin), or fish • ½ cup tuna, canned in water • ½ cup cooked dry beans, lentils, split peas • 1 egg or ¼ cup egg substitute 	<ul style="list-style-type: none"> • Peanuts, peanut butter, all nuts • Bacon, sausage, hot dogs, hamburgers, luncheon meats, most red meats (except lean, trimmed cuts) • Chicken or turkey with skin • Tuna canned in oil • Beans cooked in lard or salt pork
<p>Fats, sweets, alcohol (limit)</p>	<p>Low-fat substitutes:</p> <ul style="list-style-type: none"> • Low-fat or fat-free margarine, mayonnaise, salad dressings, cream cheese, or sour cream • Low-fat whipped topping • Fat-free frozen yogurt <p>Foods lower in sugar:</p> <ul style="list-style-type: none"> • All fruit jams • Diet soft drinks • Lite syrup 	<ul style="list-style-type: none"> • Regular margarine, shortening, lard, oil, butter, mayonnaise, salad dressing, cream cheese, sour cream • Half and half, whipped cream • Cakes, cookies, ice cream, candy, cupcakes • Honey, jelly, syrup, sugar • Soft drinks



Rate Your Plate ✓

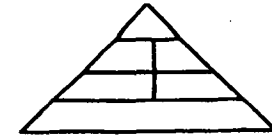
1. Pick two days from your food record book. Or, review what you ate yesterday and write it down.
2. Check one box (✓) for every serving that you ate from the Food Pyramid groups. The shaded boxes show you the minimum number of servings recommended.

Date: _____





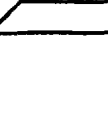
Bread, cereal, rice, pasta	✓	✓	✓	✓										
Vegetables	✓	✓												
Fruit	✓	✓												
Milk, yogurt, cheese														
Meat, poultry, fish, dry beans, eggs	✓	✓												
Fats, sweets, alcohol	✓													

Date: _____

Bread, cereal, rice, pasta														
Vegetables														
Fruit														
Milk, yogurt, cheese														
Meat, poultry, fish, dry beans, eggs														
Fats, sweets, alcohol														



What could you do to better match the Food Pyramid?

Pyramid Group	Breakfast	Lunch	Dinner	Snacks	Total Servings	Goal
Bread, cereal, rice, pasta 						6-11 Servings
Vegetables 						3-5 servings
Fruit 						2-4 servings
Milk, yogurt, cheese 						2-3 servings
Meat, poultry, fish, dry beans, eggs 						2-3 servings
Fats, sweets, alcohol						Only small amounts

The Food Pyramid and “eating lower-fat foods instead” work together.

➔ **Instead of high-fat foods, pick low-fat foods.**

Choose fresh fruit and vegetables for snacks.
Serve vegetarian dinners several times a week.
Eat fruit for dessert.
Other:

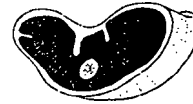
➔ **Instead of high-fat foods, use lower-fat substitutes.**

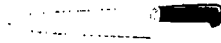

Use low-fat or fat-free:
<ul style="list-style-type: none"> • Margarine • Cheese, cream cheese • Frozen yogurt • Mayonnaise • Salad dressing • Sour cream
Skim or 1% milk.
Other:

➔ **Instead of flavoring foods with fat, use low-fat flavorings.**

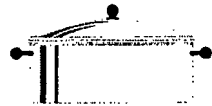
To flavor these foods:	Use these low-fat flavorings:
Potatoes, vegetables	<ul style="list-style-type: none"> • Low-fat margarine (small amount), nonfat sour cream, defatted broth, low-fat or fat-free plain yogurt, salsa. • Herbs, mustard, lemon juice.
Bread	<ul style="list-style-type: none"> • Nonfat cream cheese, low-fat margarine (small amount), all fruit jams.
Pancakes	<ul style="list-style-type: none"> • Fruit, low-calorie syrup, unsweetened applesauce, crushed berries.
Salads	<ul style="list-style-type: none"> • Nonfat or low-fat salad dressing, lemon juice, vinegar
Pasta, rice	<ul style="list-style-type: none"> • Spaghetti sauce without meat or added fat, chopped vegetables, white sauce made with skim or 1% milk and no fat.
Other:	

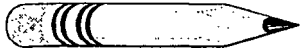
➔ **Find ways to lower the fat in meats you eat.**



Buy lean cuts (round, loin, sirloin, leg).
Trim all the fat you can see. 
Bake, roast, broil, barbecue, grill instead of fry. Or stir-fry: Heat pan to high heat. Add no more than 1 teaspoon oil or use vegetable cooking spray or defatted broth. Add thinly sliced meat. Stir until cooked well,
Remove the skin from chicken and turkey. (This can be done before or after cooking.) 
Choose white meat.
Drain off fat after cooking. Blot with a paper towel. For ground beef, put in a colander after cooking, and rinse with hot water.
Flavor meats with low-fat flavorings, such as BBQ, Tabasco, catsup, lemon juice, or Worcestershire.
Other:

➔ **Avoid frying foods. Use other, healthier ways to cook.**

Poach, boil, or scramble eggs (or egg whites) with vegetable cooking spray. Use two egg whites instead of a whole egg.
Microwave, steam, or boil vegetables in a small amount of water. 
Or stir-fry (see directions above).
Cook meats without adding fat (see ideas above).



To do next week:

I will:

- Keep one week food record in Health Cheque book.
- Fill out the Rate Your Plate ✓ form in your Health Cheque book every day.



- Answer these questions before our next session:

Did you make any changes during the week to better match the Food Pyramid? If yes, what were they?

What problems did you have? How did you solve them?

- Next Session (2 weeks): _____

Session 5: Move Those Muscles.

Goal: Do 2% hours of physical activity each week.



This will burn about 700 calories per week.

- Pick activities you LIKE.
- Choose moderate kinds of activity, like **brisk walking**.
- Work up to this goal slowly. It will take about 4 weeks.
- Spread the weekly total over 3 to 4 days (or more) per week.

How active are you now? (Kind of activity, with whom, how often/long)

What activities did you do in the past? _____

Why did you stop? _____

What do you like or dislike about being active or being inactive?

	What I like about it	What I don't like about it
Being active		
Being inactive		

Being more active will:



- Help you feel and look better.
- Make you more physically fit.
It will be easier for you to do your daily work, like climbing stairs.
- Help you lose weight and keep it off.
- Lower your risk for heart disease, some kinds of cancer, and may prevent diabetes. Being more active:
 - Raises HDL cholesterol (the “good” cholesterol or fat in the blood).
 - Lowers triglycerides.
 - Lowers blood pressure.
 - Lowers blood sugar by making the body more sensitive to insulin.

It's not easy to start being more active.
We are here to help.

- **Exercise with a family member, buddy, or fellow Church member.**
- **Consider joining an exercise group or class.**
- **Try mall walking.**
- **Plan other activities you LIKE to do.**

We suggest **brisk walking**. It's easy to do and good for you.
What other activities might you like to do?

You *can* find the time to be active.

- **Set aside one block of time every day to be active.**

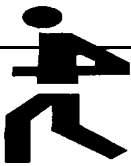
When can you set aside 20 to 30 minutes to do an activity you like?

- **Look for free time (10 to 15 minutes) during the day. Use the time to be active.**

When during the day might you have some free time (10 to 15 minutes)?

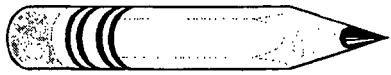
Lifestyle Activity

Make active choices throughout the day.
Every minute adds up to a **“more active you.”**

Inactive Choice (Limit)	Active Choice
When you shop, park your car as close as you can to the entrance to the store.	Park your car further away and walk.
	

Turn inactive into active time:

Try cutting your TV time in half. Walk instead.
Or be active while you watch TV (e.g., ride an exercise bike, lift weights).



To do next week:

I will:

- Be active for at least 60 minutes next week**
 - Include a friend or family member if you like.
 - Plan activities you LIKE to do.

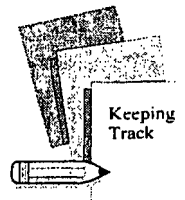


	What I will do	Minutes
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		
Total minutes for the weeks:		

- Keep track of when I am active every day.**

Use Health cheque or personal calendar

Record only the time when you're doing the activity for at least 10 minutes. (Don't include breaks.)

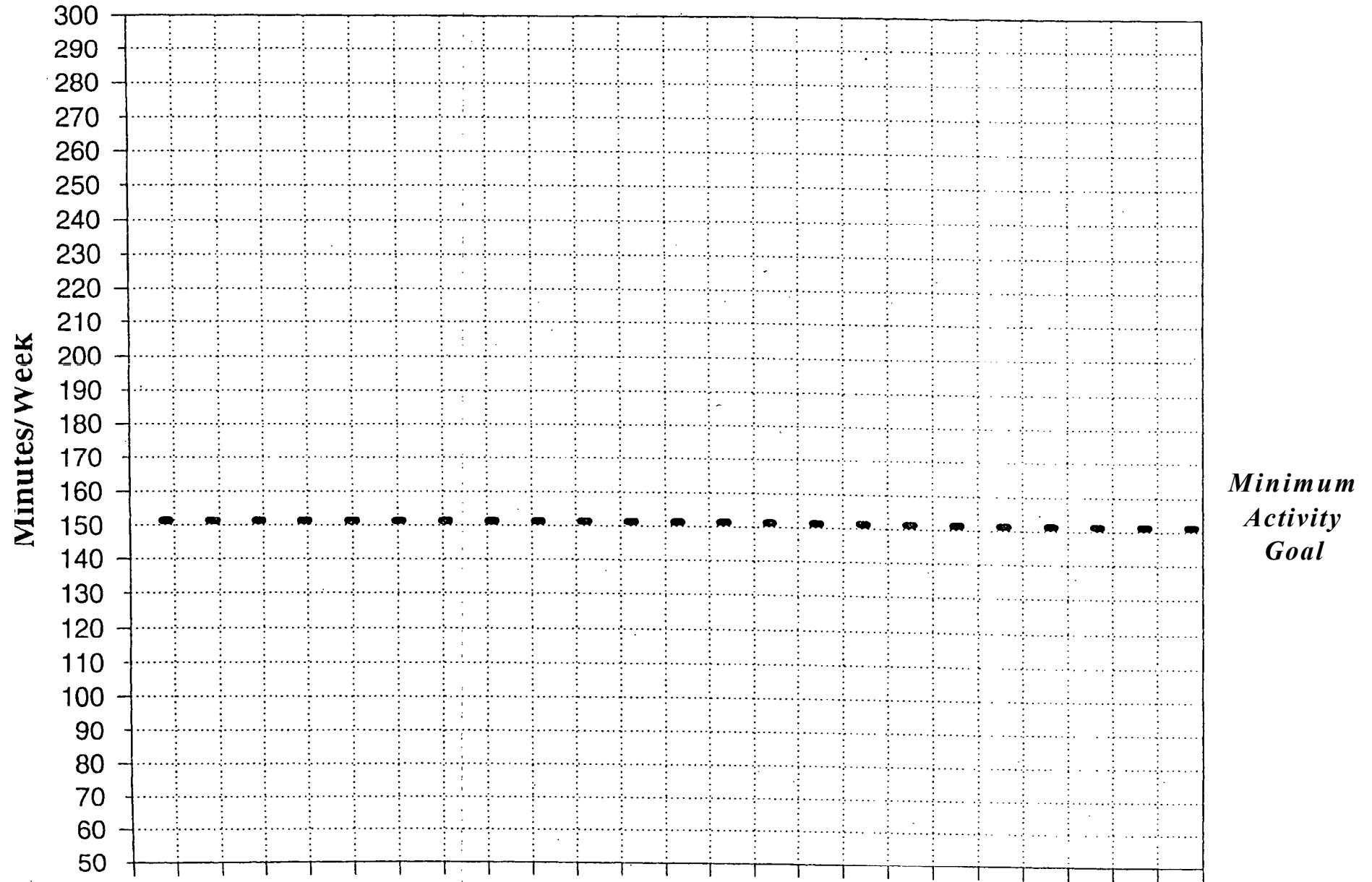


- Next Session:** _____

How Am I Doing?

Physical Activity Graph for _____

— Core — After Core
Starting Level (min./wk.) =
Minimum Goal (min./wk.) = 150



Date:

Wk. since random:

When to stop exercising...

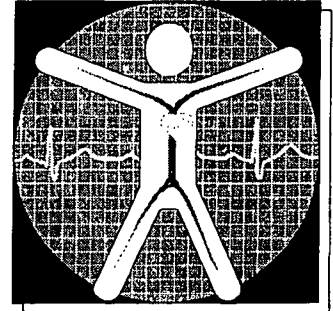
Being active is usually quite safe. But in rare cases, problems can arise. Be aware of some of the signs and symptoms of when to stop exercising.

- **Chest pain or discomfort.**

What: Uncomfortable feeling of pressure, pain, squeezing, or heaviness.

Where: Possibly in the:

- Center of the chest,
- Spread throughout the front of the chest, or
- Radiating to the shoulder(s), arm(s), neck, and back.



What to do: **Stop and sit or lie down.**

If it doesn't go away after 2-4 minutes, go to an emergency room.

If it does go away, but returns each time you exercise, see your doctor.

- **Severe nausea, shortness of breath, sweating, or feeling lightheaded.**

What to do: **Call your doctor.**

These may or may not be signs of something serious like a heart problem.

Wear a Good Pair of Shoes

You don't *need* to buy special shoes if you have shoes now that fit well and support your feet. But here are some pointers if you are planning to buy shoes:

Shoe stores offer many kinds of shoes for active people.

- Visit one or more store(s) you trust. Try on various styles and brands.
- The salespeople can help you find a good fit. They can also help you choose the shoe best suited for the kind of activity you do.

Look for a good fit.

- Wear the kind of socks you'll wear when you're active. Cotton are best.
- Go to the store right after you've been active, if possible. That way, your feet will be the size they are when you're warmed up.
- The shoes should be comfortable right away. Try them on and walk around. They should NOT need to "stretch out" later.
 - There should be one thumb's width of space between your longest toe and the end of the shoe.
 - The heel should NOT pinch or slip around when you walk.
 - The shoes should bend easily at the ball of your feet (just behind your toes).



Get the kind of support you need.

Your shoes should match the shape of your foot and the way your feet strike the ground.

- Take your old shoes with you to the store. Ask the salesperson to look at the pattern of wear. This can show the kind of support you need. For example, is the back of the shoe worn down unevenly on the bottom (that is, does it slant toward the inside or outside)? If so, you may need extra support for arches or flat feet.
- Be sure to tell the salesperson the kind of activity you plan to do. Many shoes are made for a specific activity, such as running or aerobic dance. They will give you the kind of support needed for that activity.

Keep It Safe

Being active is usually quite safe. But in rare cases, problems can arise. The best approach is prevention.

Prevent sore muscles or cramps.



- Only increase a **little at a time** how often, how hard, and how long you're active.
- Drink plenty of water before, during, and after being active.
- Wear socks that fit well, are comfortable, and keep your feet dry.
- Warm-up before and cool-down after every activity.

Warm-up

1. Do whatever activity you plan to do but at a lower intensity (lower heart rate) for a brief time.
2. Do a few minutes of mild stretching.

Most warm-ups take only 5 to 15 minutes.

Cool-down

1. Do whatever activity you have been doing, but at a lower intensity (lower, heart rate) for a brief time.
2. Do a few minutes of mild stretching.

Most cool-downs take only 5 to 15 minutes.



If you do get a muscle cramp:

- Stretch the muscle, then massage it. Repeat.
- If there is still pain, put ice on the cramp for a few minutes. Then repeat the massage and stretching.

Stretch those muscles.

Stretching is one of the best ways to prevent and avoid muscle soreness, cramps, and injuries.

Stretching also helps you be more flexible and feel relaxed.

How to Stretch

- Do a short warm-up *before* stretching.
- Move slowly until you feel the muscle stretch. A safe stretch is gentle and relaxing.
- Hold the stretch steady for 15 to 30 seconds. Do NOT bounce.
- Relax. Then repeat 3 to 5 times.
- Stretch within your own limits. Don't compete.
- Breathe slowly and naturally. Do NOT hold your breath.
- Relax, enjoy, and feel good about yourself.

Important

Never stretch if you have pain before you begin.

If a particular stretch causes pain, stop doing it.

Listen to your body!

Here are some safe and easy stretches:

1. Waist Bends

- Stand up tall with your feet shoulder-width apart.
- Bend to the right, bringing your right arm down the side of your body and left arm over your head. Look straight ahead and count to ten. Slowly return to the straight-up position.
- Repeat the exercise, bending to the left side.
- Over time work up to 5 of these.



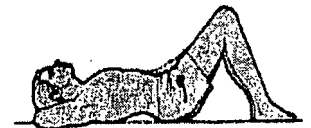
2. Sitting Toe Touch

- Sit on the floor with your feet placed flat against a wall, knees slightly bent. Reach out your hands and slowly stretch them toward your toes. Keep breathing. Repeat 2 or 3 times to start.
- Over time work your way up to 10 of these.



3. Back Press

- Lie on your back with your knees bent and your hands clasped behind your neck. Keep your feet flat on the floor. Take a deep breath and relax.
- Press the small of your back against the floor and tighten your stomach and buttock muscles. This should, cause the lower end of the pelvis to rotate forward and flatten your back against the floor.
- Hold for 5 seconds. Relax.



4. Back Stretch

- Lie on your back with your knees bent and your arms flat on the floor at your sides. Keep your feet flat on the floor. Take a deep breath and relax.
- Grasp the **back** of one knee (**not** the top of the knee) with both hands and pull as close to your chest as possible. Return to the starting position.
- Repeat with the other leg.



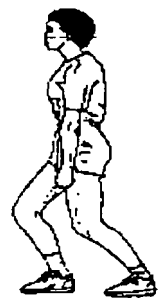
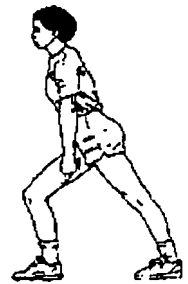
5. Heel Cord (Achilles) Stretch

- Stand facing a wall an arm's distance away, with your knees straight and your heels flat on the floor.
- With your hands resting on the wall, allow your body to lean forward by bending your elbows slowly. Keep your legs and body straight and your heels on the floor.



6. Calf Stretch

- Stand straight with feet shoulder-width apart.
- Step forward with your right foot, slightly bending your right knee. The front of your knee should be lined up with the front of your toes. Your left leg should stay relatively straight and your left heel should remain on the floor. Hold for 10-20 seconds.
- Slightly bend your left knee. Hold for 10-20 seconds.
- Repeat for the opposite side.



If you do get a sprain, strain, “pull” or bruise: **R.I.C.E.**

Call your doctor if:

- You suspect a serious injury. If in doubt, call your doctor.
- You can't move the injured area. Or there is immediate, severe swelling. These may be signs of a broken bone.

What R.I.C.E stands for:	What to do:
R est (restrict movement)	<ul style="list-style-type: none">• Stop doing the activity.• Rest for a few days. This will stop excess bleeding and promote healing.• Sometimes splints, tapes, or bandages are necessary.
I ce	<ul style="list-style-type: none">• Apply ice or cold compresses for the first 24 to 36 hours after the injury. This reduces pain, bleeding and swelling.• Schedule: 10 minutes on, 10 minutes off.• <i>Always</i> wrap ice or compresses in an absorbent towel or cloth. Don't apply directly or wrapped in plastic. That can cause frostbite and more injury.
C ompression (pressure)	<ul style="list-style-type: none">• Apply pressure by wrapping the injury with an elastic bandage. This helps to reduce swelling and blood flow to the area.• The bandage should be tight enough to reduce blood flow but not cut it off completely. Loosen the bandage if your toes or fingers begin to feel numb or lose their color.
E levation	<ul style="list-style-type: none">• Lift the injured area above heart level. Keep it elevated whenever possible, not just during icing.• This helps reduce internal bleeding and pooling of blood in the area that can cause pain and throbbing.

Session 6: **Tip** the Calorie Balance.

The Lifestyle Balance Program involves:

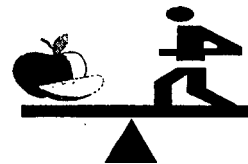
1. Healthy eating.
This includes eating less fat and more grains, fruits, and vegetables.
2. Being active.

Both relate to weight loss.

Both are part of the “calorie balance.”

Calorie balance: The balance between the calories (energy) you:

- Take in by eating and
- Use up by being active.



When you eat food, you take in calories.



Calories in **food** come from fat, starches and sugars, protein, or alcohol.
Fat is the highest in calories per gram.

	Fat	Starches/sugars	Protein	Alcohol
Calories/gram	9	4	4	7

Calories also measure the energy you use up.

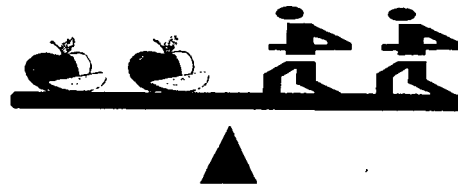
You use calories for just staying alive (like breathing) and
by **being active**.

Rule of thumb:
1 mile of brisk. walking (15-20 minutes) = About 100 calories

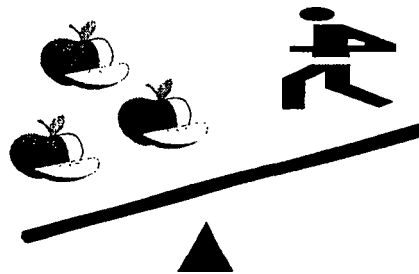
Your weight is a result of the **balance** between  food (calories in) and  activity (calories out).

Food Calories Activity Calories

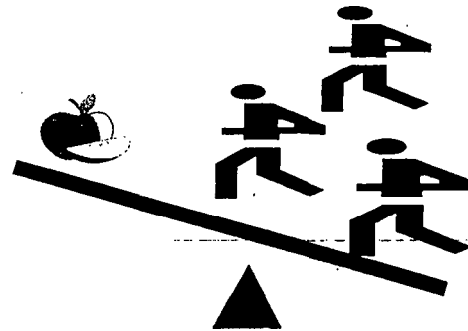
1. Your weight can **stay the same.**



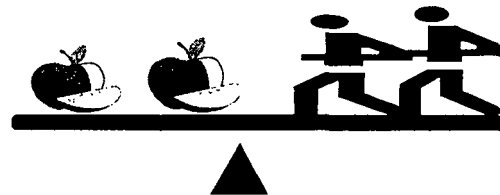
2. You can **gain weight.**



3. You can **lose weight.**



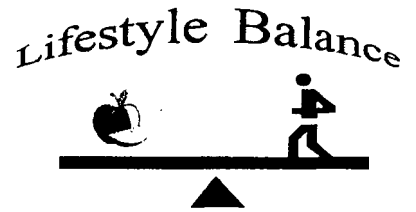
4. You can reach a **new balance at a new weight.**



Remember:

Food and being active work together.

To lose weight, it's best to eat less **and** be more active.
That way, you change both sides of the balance at once.



By TIPPING the balance...

⇒ **You can lose the weight you want.**

Then, over time, you can reach a new balance at a new, lower weight.

Make the changes part of your lifestyle...

⇒ **You will keep the weight off.**

How much to **tip** the balance?

☞ 1 pound of body fat stores about 3,500 calories.

☞ Slow, steady weight loss (1-2 pounds/week)
is the best way to lose body fat.

To lose:	Tip the balance by this number of calories:
1 pound/week	3,500 per week (or 500 each day for 7 days)
1-1/2 pounds/week	5,250 per week (or 750 each day for 7 days)
2 pounds/week	7,000 per week (or 1,000 each day for 7 days)

Again, for weight loss, it's best to eat less **and** be more active.

Changes you've made so far

To be more active (both to reach your goal and be active in general):



To eat less fat (and fewer calories):

Have these changes *tipped the balance*?

Your weight at the start of Lifestyle Balance: _____

Weight now: _____

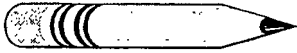
Expected weight by this time: _____

You have:

- Stayed at the same weight, or gained weight.**
 - To lose weight, try something else to tip the balance.
 - We'll work together to find what will work better for you.

- Lost some weight, but not as much as expected.**
 - Good. You've made some progress.
 - To lose more weight, try something else to tip the balance *further*.

- Lost as much weight as expected (or more).**
 - Great! You've tipped the balance.
 - Keep tipping the balance, and you'll keep losing weight.



To do next week:

I will:

- Be active for at least 90 minutes next week.**

Try setting aside one block of time. Or find 2-3 shorter time periods.
Plan other activities you LIKE to do.

	What I will do	When	Minutes
Mon			
Tues			
Wed			
Thurs			
Fri			
Sat			
Sun			
Total minutes for the week:			

- Make active lifestyle choices throughout the day:**

- To tip the balance further, I will:**

- Keep track of calories every day. Stay under _____ calories.**

- Watch out for foods that are high in calories.
- Watch portion sizes.

- Follow a meal plan for _____ calories per day.**

- Next Session:** _____



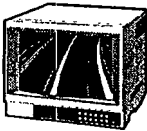
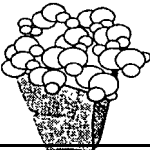
Session 7:

Take Charge of What's Around You.

What “cues” you (or makes you want) to eat?

- Hunger.
- What you're thinking or feeling.
- What other people say and do.
- Sight and smell of food.
- Certain activities that make you think about food, like watching TV or reading magazines.

Examples.

“Cue”	Makes you want to eat:
You see a carton of ice cream.	Ice cream.
You turn on the TV. 	Potato chips. 
You go to the movies.	Popcorn.

When you respond to a food cue in the same way, over and over again, you build a **habit**.

How can you change problem food cues and habits?

1. **Stay away from the cue.** Or keep it out of sight.
2. **Build a new, healthier habit.**
Practice responding to the cue in a healthier way.
Add a new cue that helps you lead a healthier life.

Remember, it takes **time** to break an old habit or build a new one.

Common problem food cues

At home: Living room: TV, computer, telephone, candy dishes.
Kitchen: Ready-to-eat foods (ice cream, cheese, cookies),
foods being cooked, leftovers.
Dining room: Serving dishes on table, large dinner plates,
leftovers on plates.

At work: Bakery on the way to work, high-fat/calorie foods in public areas
(doughnuts, high-fat coffee creamers, candy), or in desk, vending
machines.

Remember:

1. **Keep high-fat/calorie foods out of your house and work place.**
Or keep them out of sight. *Out of sight is out of mind.*

**Keep lower-fat/calorie choices easy to reach, in sight,
and ready to eat.**

Examples: Fresh fruits, raw vegetables (already washed and prepared),
nonfat dips, pretzels, low-fat popcorn, diet drinks, sugar-free
Jell-O, sugar-free popsicles.



2. **Limit your eating to one place.**
3. **When you eat, limit other activities.**

Where you shop: _____

Shopping tips

- Make a shopping list ahead of time. Stick to the list!
- Don't go shopping when you're hungry.
- Avoid sections in the store that are tempting to you, if possible.



- Ask the grocery store manager to order low-fat/calorie foods you want.
- Only use food coupons for low-fat/calorie foods, not for high-fat foods.

Activity Cues

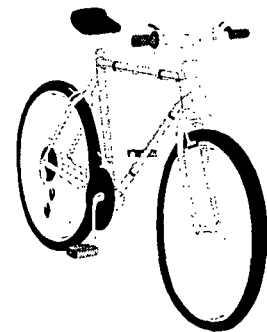
1. Add positive activity cues to your life.



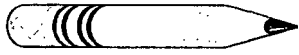
- Keep these in sight: Shoes, bag, mat, bike.
Calendar or graph.
Video and magazines.
Photos, posters.
Reminders.
- Set up a regular “activity date” with a friend or family member.
- Set a timer or alarm on your watch to remind you to be active.
- Others: _____

2. Get rid of cues for being inactive.

- **Limit TV watching;** Or be active while you watch TV.
- Don’t pile things at the bottom of the stairs. Climb the stairs each time something needs to be taken upstairs.
- Others: _____



You can make food and activity cues
work **FOR** you,
not against you.



To do next week:

I will:

- Get rid of one problem *food* cue.**

What problem food cue will you get rid of? _____

What will you need to do to get rid of it?

What problems might you have? What will you do to solve them?

- Add one positive cue for *being more active*.**

What activity cue will you add? _____

What will you need to do to add it?

What problems might you have? What will you do to solve them?

- Keep track of my weight, eating, and activity for one week in my Health cheque.**

Do my best to reach my goals.

- Be physically active for at least 120 minutes next week, and 150 minutes the following week.**

- Before the next meeting, answer these questions:**

Did you follow your plan? ___ Yes ___ No ___ Almost

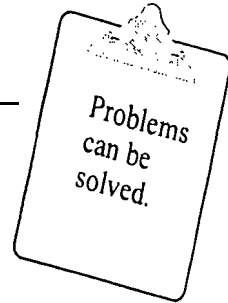
What problems did you have?

What could you do differently next week?

- Next Session (in 2 weeks):** _____



Session 8: Problem Solving.



Many things can get in the way
of being more active and eating less fat and calories.
But problems **can** be solved.

The five steps to solving; a problem:

1. Describe the problem in detail.

Be specific.

Look at what led up to the problem.
Find the **action (or behavior) chain**.

Try to see the steps (links) in the action chain. Look for:

- Things that “cue” you (or make you want) to eat or be inactive.
- People who don’t support you.
- Thoughts or feelings that get in your way.

Sarah’s Action Chain

- Didn’t eat lunch.
- Boss was critical.
- Sarah felt stressed and anxious.
- Came home tired, upset, and hungry.
- Went right to the kitchen.
- Saw cookies on counter.
- Ate cookies.



2. Brainstorm your options.

Links 

Didn't eat lunch.

Boss was critical.
Sarah felt stressed and
anxious.

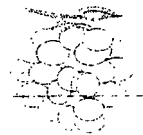
Came home tired, upset,
and hungry.

Went right to the kitchen.

Saw cookies on counter.

Some of Sarah's Options

- Quit her job. (Just kidding.)
- Pack a quick bag lunch.
- Talk with her boss about solving the problems at work.
- Take a break.
- Get support from a co-worker.
- Go for a walk after work to unwind.
- Enter house through different door.
- Plan something to do the minute she gets home (like getting out in the yard, straightening a closet or room in the house).
- Don't buy cookies.
- Keep cookies out of sight.
- Keep fruit in sight.



3. Pick one option to try.

Weigh the pros and cons.

Choose one that is **very likely to work** and that you **can do**.

Try to break as many links as you can,
as early as you can.



4. Make a positive action plan.

**Problems
can be solved**

- | | |
|---|---|
| • I will . . . | <i>Example for Sarah:</i>
Pack a quick bag lunch. |
| • When? . . . | For Tuesday and Thursday
next week. |
| • I will do this first . . . | Shop for the foods.
Pack lunch the night before. |
| • Roadblocks that
might come up, and
how I'll handle them . . . | Might forget.
Find a healthy sandwich
place with quick service.
Order a turkey sandwich
by phone. |
| • I will do this to
make my success
more likely . . . | Ask a friend who also brings
bag lunches to work to join
her for lunch on Tuesday. |


5. Try it. See how it goes.

Did it work? If not, what went wrong? Problem solve again.

Problem solving is a *process*. Don't give up!

The Lifestyle Balance *Problem Solver*

Describe the problem in detail. Be specific.

Find the action chain Links	Brainstorm your options. Options
	

Pick one option. Is it very likely to work? Can you do it?

Make a positive action plan.



**Problems
can be solved.**

I will: _____

When? _____

I will do this first: _____

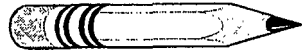
Roadblocks that might come up:

I will handle them by:

I will do this to make my success more likely:

How can we help you?

To do next week:



I will:

- Try my action plan. Did it work? If not, what went wrong?

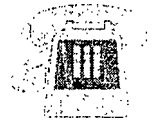
- Be Physically Active for 150 minutes per week or more
- Use meal plans as needed to help with weight loss.
- Bring take out menus from some of your favorite places for us to work with at your next session.
- Next Session: _____

Session 9:

Four Keys to Healthy Eating Out.

1. Plan ahead.

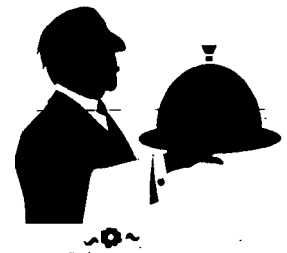
- Call ahead to ask about low-fat choices.
- Pick where you eat out carefully. Go somewhere that offers low-fat choices.
- Eat less fat and fewer calories during other meals that day.
- Eat a little something before you go out. Or drink a large, low-calorie beverage.
- Plan what to order without looking at the menu.
- Don't drink alcohol before eating.
- For parties or dinner parties: Bring something from home to share with others.



2. Ask for what you want. Be firm and friendly.

Ask for the foods you want:

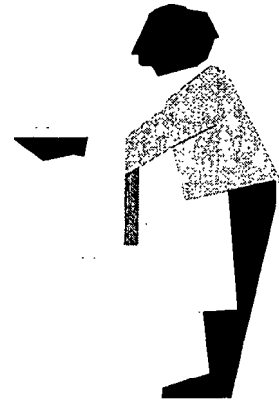
- Ask for lower-fat foods.
- Can foods be cooked in a different way?
- Don't be afraid to ask for foods that aren't on the menu.



Ask for the amounts you want:

- Ask how much is usually served.
- Order salad dressing, gravy, sauces, or spreads "on the side."
- Ask for less cheese or no cheese.
- Split a main dish or dessert with someone.
- Order a small size (appetizer, senior citizen's, children's size).
- Before or after the meal, have the amount you don't want to eat put in a container to take home.

How to ask for what you want.



- Begin with “I”, not “You.”
- Use a firm and friendly tone of voice that can be heard.
- Look the person in the eye.
- Repeat your needs until you are heard. Keep your voice calm.

Wishy-washy

“Oh, well. I guess they couldn’t broil the fish.”

Threatening

“You said you would broil my fish!”

Firm and friendly

“This looks very nice. But I asked for my fish to be broiled, not fried. Would you have some broiled for me, please?”

3. Take charge of what's around you.



- Be the first to order.
- Keep foods off the table that you don't want to eat.
- Ask that your plate be removed as soon as you finish.

4. Choose foods carefully.

Watch out for these high-fat words on menus.

- | | |
|--|------------------|
| • Au gratin | • Hollandaise |
| • Breaded | • Parmesan |
| • Buttered or buttery | • Pastry |
| • Cheese sauce | • Rich |
| • Creamed, creamy, in cream sauce | • Sauteed |
| • Fried, deep fried, french fried, batter fried, pan fried | • Escalloped |
| • Gravy | • Scalloped |
| | • Seasoned |
| | • Southern style |
| • Baked | • Poached |
| • Broiled | • Roasted |
| • Boiled | • Steamed |
| • Grilled | • Stir-fried |



Watch out for sauces.

Think about what you really *need* to eat.

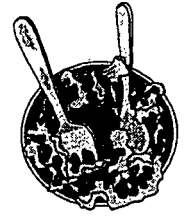
Take skin off chicken.

Trim visible fat off meat.

What's on the menu?

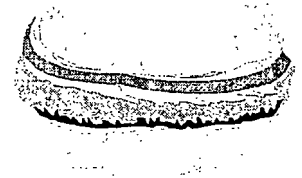
You can make lower-fat choices, no matter what kind of restaurant you go to. Be sure to ask the waiter how the food is prepared.

Note: Most restaurants serve a tossed salad--a low-fat choice if topped with lemon juice, vinegar, or a low-fat dressing.



GO! Lower-fat choices	CAUTION! High-fat choices
<p>Pizza</p> <ul style="list-style-type: none"> • Plain cheese pizza (ask for half the cheese or low-fat cheese). • Onions, green peppers, mushrooms. 	<ul style="list-style-type: none"> • Meat toppings (sausage/pepperoni) • Olives.
<p>Burger Place (fast food)</p> <ul style="list-style-type: none"> • Grilled, broiled, or roasted chicken, without sauce. • Broiled, extra lean burger. 	<ul style="list-style-type: none"> • Regular hamburger, cheeseburger. • French fries. • Fried fish or chicken. • Mayonnaise-based sauces.
<p>Mexican</p> <ul style="list-style-type: none"> • Heated (not fried) tortillas. • Grilled chicken or beef fajitas. • Soft tacos (corn or flour tortillas). • Salsa. 	<ul style="list-style-type: none"> • Enchiladas. • Chili con queso. • Fried tortillas, tortilla chips. • Sour cream, guacamole. • Crisp tacos.
<p>Chinese and Japanese</p> <ul style="list-style-type: none"> • Stir-fried chicken. • Stir-fried vegetables. • Steamed rice. • Soup. • Teriyaki. 	<ul style="list-style-type: none"> • Egg foo yung. • Fried chicken, beef, or fish. • Fried rice or noodles. • Egg rolls. • Fried won ton. • Tempura.
<p>Italian</p> <ul style="list-style-type: none"> • Spaghetti with meatless tomato sauce. • Minestrone soup. 	<ul style="list-style-type: none"> • Sausage. • Lasagna, manicotti, other pasta dishes with cheese or cream. • Fried or breaded dishes (like veal or eggplant Parmesan).
<p>Seafood</p> <ul style="list-style-type: none"> • Broiled, baked, or boiled seafood with lemon. • Plain baked potato. 	<ul style="list-style-type: none"> • Fried fish. • Fried vegetables. • French fries.
<p>Steakhouses</p> <ul style="list-style-type: none"> • Shrimp cocktail. • Broiled chicken or fish. • Plain baked potato. 	<ul style="list-style-type: none"> • Steak (except trimmed lean cuts). • Fried fish or chicken. • Onion rings, other fried vegetables. • French fries.

Fast food *can* be lower in fat.




The following fast foods contain from 0 to 12 grams of fat per serving. Most fast foods contain 20 to 50 grams of fat.

Food Items	Fat (g)	Calories
ARBY'S		
Junior Roast Beef	11	233
Light Roast Beef Deluxe	10	294
Light Roast Chicken Deluxe	7	276
Light Roast Turkey Deluxe	6	260
Garden Salad (no drsg.)	5	117
Roast Chicken Salad	7	204
BOSTON MARKET		
1/4 White Meat Chicken without wing or skin	4	160
Plain Chicken Breast Sandwich	4	430
Chicken Soup	3	80
BBQ Baked Beans	9	330
Corn Bread	6	200
New Potatoes	3	140
Homestyle Mashed Potatoes	8	180
Rice Pilaf	5	180
Steamed Vegetables	0	35
Zucchini Marinara	4	80
Fruit Salad	0	70
Cranberry Relish	5	370
Butter Nut Squash	6	160
Buttered Corn	4	190

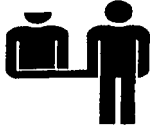
Food Items	Fat (g)	Calories
BURGER KING		
Broiled Chicken Salad (no drsg.)	10	200
Chicken Tenders (6 pieces)	12	250
Garden Salad (no drsg.)	5	90
Side Salad (no drsg.)	3	50
CHICK-FIL-A		
Chicken Sandwich	9	290
Chicken Salad on Whole Wheat	5	320
Chargrilled Chicken Sandwich	3	280
Grilled 'N Lites	2	100
Chicken Soup	1	110
Chargrilled Chicken Garden Salad	3	170
Tossed Salad (no drsg.)	0	70
Carrot-Raisin Salad	2	150
DOMINOS PIZZA (12-inch Hand-tossed)		
Cheese (2 slices)	10	344
Ham (2 slices)	10	362
Veggie (2 slices)	10	360

Fat and calorie values are from **Nutrition in the Fast Lane**, © 1995, Franklin Publishing, Inc.

Food Items	Fat (g)	Calories
HARDEE'S		
Grilled Chicken Sandwich	9	290
Hot Ham N' Cheese Sandwich	11	300
Mashed Potatoes	0	70
Grilled Chicken Salad	3	150
Side Salad (no dressing)	0	25
KFC		
Drumstick (Original Rec.)	7	130
1/4 Breast (w/o skin/wing, Rotisserie)	6	199
Value BBQ Flavored Chicken Sandwich	8	256
Green Beans	1	36
Red Beans and Rice	3	114
BBQ Baked Beans	2	132
Garden Rice	1	75
Potatoes with gravy	5	109
Coleslaw	6	114
LONG JOHN SILVER'S		
Flavorbaked Chicken Sandwich	10	290
Flavorbaked Chicken (1 piece)	4	150
Flavorbaked Fish (1 piece)	4	128
Ocean Chef Salad	2	100
Chicken - Light Herb	4	120
Side Salad	0	25
Rice Pilaf	3	140
Roll (no butter)	0	110
Cole Slaw	6	140
Green Beans	4	30
Hush Puppies (1 serving)	3	60
Baked Potato (1 no topping)	0	210
Corn Cobbette (no butter)	0	80

Food Items	Fat (g)	Calories
MCDONALD'S		
Hamburger (single)	9	270
McGrilled Chicken Sandwich	3	250
Chicken Fajita	8	190
McLean Deluxe	12	340
Chef Salad (no drsg.)	11	210
		
Chunky Chicken Salad (no drsg.)	5	160
Garden Salad (no drsg.)	4	80
Side Salad (no drsg.)	2	45
Lite Vinaigrette Drsg.	2	50
TACO BELL		
Light Taco	5	140
Light Soft Taco	5	180
Light Chicken Soft Taco	5	180
Light Bean Burrito	6	330
Seasoned Rice	3	110
Pintos N' Cheese	9	190
Light Chicken Burrito	6	290
WENDY'S		
Small Chili	7	210
Grilled Chicken Sandwich	7	290
Jr. Hamburger	10	270
Plain Baked Potato	0	310
Side Salad	3	60
Grilled Chicken Salad	8	200
Caesar Side Salad	5	110
Deluxe Garden Salad	6	110
Frosty Dairy Dessert (small)	10	340

Fat and calorie values are from **Nutrition in the Fast Lane**, © 1995, Franklin Publishing, Inc.



Describe a problem you have when you eat out:

Choose one of the four keys to healthy eating out. Make a positive action plan.

**Problems
can be solved.**

I will: _____

When? _____

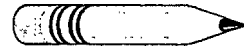
I will do this first: _____

Roadblocks that might come up: I will handle them by:

I will do this to make my success more likely:

How can we help you?

To do next week:



I will:

- Be physically active for at least 150 minutes per week.
- Try my action plan. Did it work? If not, what went wrong?

- Next Session: _____

Session 10:

Talk Back to Negative Thoughts.



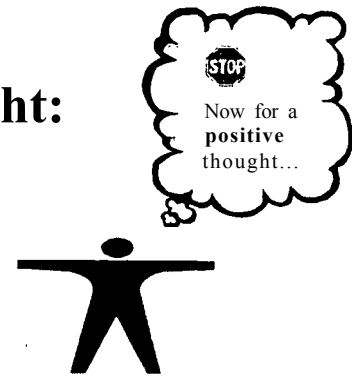
Everyone has negative thoughts at times.
 Negative thoughts can lead you to overeat or be inactive.
 A vicious cycle of self-defeat can result.

Example: *Thought.* “I’m tired of working so hard. I’m sick of being in SHOP.
 I can never eat what I want.”
Result: You eat potato chips.
Thought. “I did it again. I’ll never lose weight.”
Result. You feel discouraged and eat more.

Some common negative thoughts:		Example(s)
Good or Bad	Divide the world into: <ul style="list-style-type: none"> • Good or bad foods; • Seeing yourself as a success or failure; • Being on or off the program. 	“Look at what I did. I ate that cake. I’ll never be able to succeed in SHOP.”
Excuses	Blame something or someone else for our problems. We don’t mean to go off the program, but we “can’t help it.”	“I don’t have the willpower.” “I have to buy these cookies just in case company drops in.”
Should	Expect Perfection A set-up for disappointment. Lead to anger and resentment.	“I should have eaten less of that dessert.”
Not As Good As	Compare ourselves to someone else. Blame ourselves for not measuring up.	“Mary lost two pounds this week, and I only lost one.”
Give Up	Defeat ourselves. Often follow the other kinds of negative thoughts.	“This program is too hard. I might as well forget it.”

How to talk back to a negative thought:






1. Catch yourself. Think, "I'm doing it to myself."
2. Imagine shouting, "STOP!" to yourself.
Picture a huge, red stop sign.
3. Talk back with a positive thought.



Negative thought:	Talk back with a positive thought:
Good or Bad	Work toward Balance.
<ul style="list-style-type: none"> • "I can never eat dessert again." • "Look at what I did. I ate that cake. I'll never succeed." 	<ul style="list-style-type: none"> • "I can eat that dessert and then cut back on something else." • "One slip-up isn't the end of the world. I can get back on track."
Excuses	It's Worth a Try
<ul style="list-style-type: none"> • "It's too cold to take a walk." • "I don't have the willpower." 	<ul style="list-style-type: none"> • "I can try going for a walk and stop if it gets too cold." • "It's hard to change old habits, but I'll give it a try and see how it works."
Should	It's My Choice
<ul style="list-style-type: none"> • "I should have eaten less dessert." • "I have to write down everything I eat." 	<ul style="list-style-type: none"> • "It was my choice. Next time I can decide not to eat so much." • "I'm writing down everything I eat because it helps me eat better."
Not As Good As	Everyone's Different
<ul style="list-style-type: none"> • "Mary lost two pounds this week, and I only lost one." 	<ul style="list-style-type: none"> • "It's not a race. Mary and I can lose weight at different rates and both succeed."
Give Up	One Step at a Time
<ul style="list-style-type: none"> • "This program is too hard. I might as well forget it." • "I'll never get it right." 	<ul style="list-style-type: none"> • "I've learned something about what's hard for me." • "I'll try something different next time."

Practice:


1. Write examples of negative thoughts below.
2. Say each thought out loud, then say, "Stop!"
3. Talk back, again out loud, with a positive thought. Write it down.

Negative thought	STOP	Positive thought
		
		
		
		
		



To do next week:

I will:

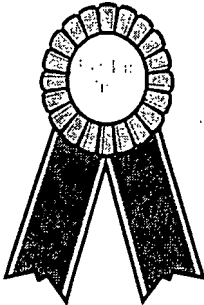
- Keep track of my weight, eating and activity.
- Catch myself thinking negative thoughts.
Write them down.
- Practice  ping them and talking back with positive thoughts.
- Be physically active for at least 150 minutes.**
- Next session (2 weeks):** _____



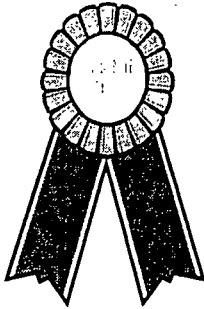
Session 11: The Slippery Slope of Lifestyle Change.



Progress Review



Changes you've made to be more active:

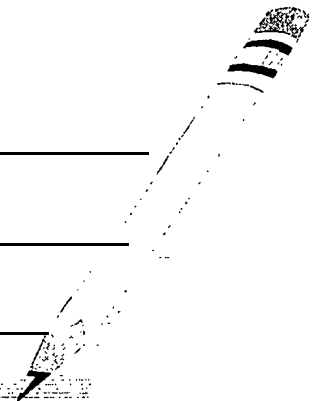


Changes you've made to eat less fat (and fewer calories):

Have you reached your weight goal? Yes No

Have you reached your activity goal? Yes No

If not, what will you do to improve your progress?



The Slippery Slope of Lifestyle Change.

“Slips” are:

- Times when you don’t follow your plans for healthy eating or being active.
- A **normal** part of lifestyle change.
- To be expected.



Slips don’t hurt your progress.

**What hurts your progress is
the way you react to slips.**



What things cause you to slip from healthy eating?



What things cause you to slip from being active?

What causes you to slip is learned. It is a **habit**.
The way you react to slips is also a habit.

**You can learn a new way to react to slips
to get back on your feet again.**

What to do after a slip:

First, remember two things:

→ **Slips are normal and to be expected.**

99.99% of all people on their way to losing weight and being more active have slips.

→ **No one time of eating too much or not being active, no matter how extreme, will ruin everything.**

The slip is not the problem. The problem occurs if you don't get back on your feet again and keep going toward your goals.

So after you slip:

1. **Talk back to negative thoughts with positive thoughts.**

Negative thoughts can be your worst enemy. Talk back. "I'm not a failure because I've slipped. I can get back on my feet again."

2. **Ask yourself what happened.**

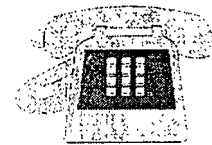
Learn from the slip. Can you avoid it in the future? Manage it better?

3. **Regain control the very next time you can.**

Do **not** tell yourself, "Well, I blew it for the day." Make your very next meal a healthy one. Get back on schedule with your activity plan right away.

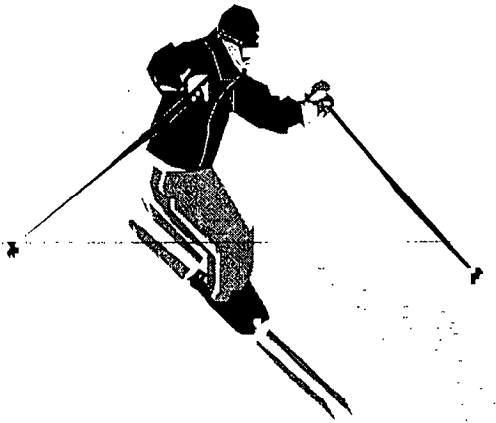
4. **Talk to someone supportive.**

Call your health educator or another friend. Discuss your new strategy for handling slips. Commit yourself to renewed effort.



5. **Focus on all the positive changes you've made.**

You are-making life-long changes. Slips are just one part of the process.





Slips from healthy eating:

Describe one thing that has caused you to slip from healthy eating:

Can you avoid it in the future? If so, how?

If not, make a plan for how _____ to get back on your feet the next time you slip:

**Problems
can be solved**

I will: _____

When? _____

I will do this first: _____

Roadblocks that might come up: I will handle them by:

I will do this to make my success more likely:

How can we help you?



Slips from being active:

Describe one thing that has caused you to slip from being active:

Can you avoid it in the future? If so, how?

If not, make a plan for how to get back on your feet the next time you slip:



**Problems
can be solved**

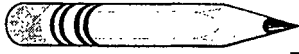
I will: _____

When? _____

I will do this first: _____

Roadblocks that might come up: I will handle them by:

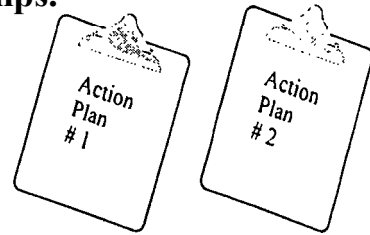
I will do this to make my success more likely:



To do next week:

I will:

- Be physically active for at least 150 minutes.
- Try my two action plans for handling slips.



- Answer these questions:

➔ Did my action plans work? _____

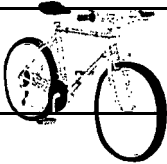
➔ If not, what went wrong? _____

➔ What could I do differently next time? _____

- Next Session (2 weeks): _____

Session 12: Jump Start Your Activity Plan.

Boredom may cause you to slip back into old habits of not being active.

Ways to prevent boredom:	Examples:
<ul style="list-style-type: none"> • Do the same activity in a new place. 	
<ul style="list-style-type: none"> • Be active as a way to be social. 	
<ul style="list-style-type: none"> • Make being active fun. 	
<ul style="list-style-type: none"> • Challenge yourself. 	

One way to challenge yourself is to focus on **improving your “aerobic fitness.”**

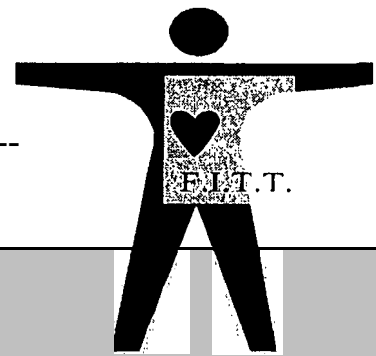
“**Aerobic fitness**” refers to how well your heart can pump oxygen (“aer-”) through your blood to your muscles, like those in your arms and legs.

Your heart is a muscle, too. If you exercise your heart (make it beat faster), it will become stronger over time. This is just like the muscles in your arm becoming stronger if you lift weights every day.

As your heart becomes stronger, you’ll notice that it’s easier for you to do things like walking up stairs and carrying groceries.



Not all ways of being active will strengthen your heart-- only those that are "F.I.T.T."



What F.I.T.T. stands for:	What to do
<p>Frequency (How often you are active.)</p>	<ul style="list-style-type: none"> • Try to be active on most days of the week (at least 3) days per week is recommended, 5-7 days are even better). • Increase slowly
<p>Intensity (How hard you are working while being active: how fast your heart beats.)</p>	<ul style="list-style-type: none"> • Stay within your target heart rate. Your target heart rate is _____ to _____ heart beats per minute. • Breathe fast enough that you can talk but <u>not</u> sing. If you can break into song, speed it up! If you have trouble breathing and talking, slow down. • As you do regular activity over time, your heart won't beat as fast. You'll need to do more challenging activity to reach your target heart rate.
<p>Time (How long you are active.)</p>	<ul style="list-style-type: none"> • Stay active for at least 10 minutes. • Slowly increase to 20 to 60 minutes. • Total minutes per week = activity goal.
<p>Type of activity</p>	<ul style="list-style-type: none"> • Heart fitness activities--those that challenge your heart. • Use large muscle groups (such as legs and arms). • Last 10 minutes or longer. <p>Example: Brisk walking.</p>

How to take your heart rate (or pulse):

You will need a clock, watch, or stopwatch with a second hand.



- Take your pulse while you are active. Take it again, within a second or two after stopping.
- Use your index and middle fingers. (Don't use your thumb, which has a pulse of its own.)

Place them on your wrist, just above the base of the thumb.



Or place the tips of the fingers on your neck, just on either side of the Adam's apple. Don't press too hard on the neck or you may feel dizzy or light headed.

- Count the number of beats for 15 seconds. Multiply this number by 4 to get your heart rate in beats per minute.

To figure your target heart rate:

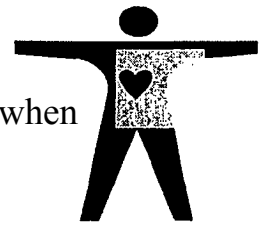
1. Subtract your age from 220.	1. $220 - \underline{\quad} = \underline{\quad}$
2. "Multiply the result by 0.5. This is the low end of the target ."	2. $\underline{\quad} \times 0.5 = \underline{\quad}$
3. Multiply the result by 0.7. This is the high end of the target ."	3. $\underline{\quad} \times 0.7 = \underline{\quad}$

Your target heart rate is $\underline{\quad}$ to $\underline{\quad}$ beats per minute, or

$\underline{\quad}$ to $\underline{\quad}$ beats per 15 seconds.

How hard are you working?

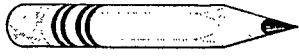
Most people have a good sense of how hard they are working when they're being active. Listen to your body.



Rate yourself on the following scale while you're being active.

How hard are you working?

●	●	●	●	●	●	●
Very, Very Light?	Very Light?	Fairly Light?	Somewhat Hard?	Hard?	Very Hard?	Very, Very Hard?
Examples:						
<p>“I’m not working hard at all. I can talk and even sing easily.”</p>	<p>“I’m working and breathing a little harder than usual. I can still talk easily.”</p>	<p>“I’m working and breathing somewhat hard I can talk fairly easily.”</p>	<p>“I’m working hard and breathing deeply. I can still talk.”</p>	<p>“I’m working very hard. I can't catch my breath or talk.”</p>		
		<p>————— Stay in this range —————</p>				
		➔			←	



To do next week:

I will:

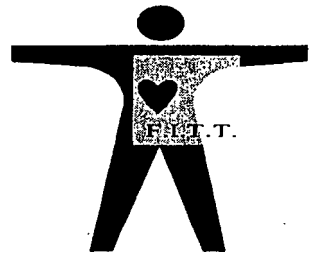
- Keep track of my weight, eating and activity.
- Do my best to be active for at least 150 minutes.
- Take my heart rate or pulse during every time I'm active.

Adjust how hard I'm working while I'm active so that I stay within my target heart rate range of:

between _____ and _____ beats per minute

(between _____ and _____ beats per 15 seconds)

- Next session (2 weeks): _____




Session 13:

Make Social Cues Work *for* You.

Social cues: What other people say or do that affects your eating and activity.

Problem social cues:	Examples:
The sight of other people eating problem foods or being, inactive.	
Being offered (or pressured to eat) problem foods or invited to do something inactive.	
Being nagged.	
Hearing complaints.	

Helpful social cues:	Examples:
The sight of other people eating; healthy foods or being active.	
Being offered healthy-foods or invited to do something active.	
	
Hearing compliments.	

When you respond to a social cue in the same way, you build a **habit**.
The other person has *also* learned a habit.

This makes social cues even harder to change than other cues.

To change problem social cues:

1. Stay away from the cue, if you can.

Example: Move to a different room.

2. Change the cue, if you can.

Discuss the problem with the other person.
Brainstorm options.



Tell the other person about your efforts to lose weight and be more active.

Ask others to:

- Praise you for your efforts and
- Ignore your slips.

This is KEY to your success.

3. Practice responding in a more healthy way.

Say “No” to food offers.

Show others you know they mean well.

Suggest something they can do to help you.

Example: “No, thanks. But I’d love a glass of ice water.”

Remember, it takes time to change habits.

To add helpful social cues:

- Spend time with people who are active and make healthy food choices.
- Put yourself in places where people are active.
- Set up a regular “date” with others to be active.
- Ask your friends to call you to remind you to be active or to set up dates to be active.
- Bring a low-fat/calorie food to share when you go to a dinner party or pot luck.
- Be the first to order when you eat out at a restaurant.
- Be social by doing something active. Take a walk and talk.
- Others:





Who could provide support for you?

For healthy eating: _____

For being more active: _____

What could they do to help you? Here are some ideas..



Ways to help me eat healthy:	Ways to help me be more active:
<input type="checkbox"/> Serve low-fat/calorie foods for meals.	<input type="checkbox"/> Go for a walk with me. Or do other physical activities with me.
<input type="checkbox"/> Eat low-fat/calorie foods when I'm nearby.	<input type="checkbox"/> Plan social events around being active.
<input type="checkbox"/> Don't tempt me with problem foods as a reward or gift.	<input type="checkbox"/> Compromise when my being active conflicts with your schedule.
<input type="checkbox"/> Clear the table and put food away as soon as the meal is over.	<input type="checkbox"/> Praise me when I do my scheduled activity. Don't remind me when I don't.
<input type="checkbox"/> Help with cooking, shopping, or cleaning up after meals	<input type="checkbox"/> Babysit for me so I can take a walk.
<input type="checkbox"/> Don't offer me second helpings.	<input type="checkbox"/> Set up a regular date with me to be active.
<input type="checkbox"/> Encourage me to cook new foods.	<input type="checkbox"/> Encourage me to go out for a walk when I'm debating whether or not to go
<input type="checkbox"/> Praise my efforts to eat healthier foods.	<input type="checkbox"/> Try to achieve and maintain the SHOP goals with me.
<input type="checkbox"/> Other: _____ _____	<input type="checkbox"/> Other: _____ _____

Social cues are powerful at social events.

Social events:

- Upset our routine.
- Challenge us with unique food and social cues.
- May involve habits that have developed over many years and so can be very powerful.



To handle social events, problem solve. Brainstorm your options. Some ideas:

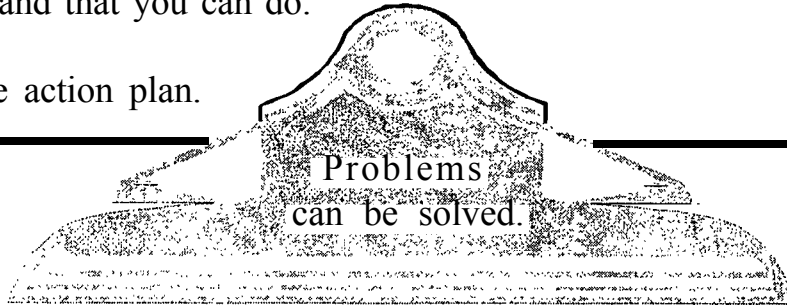
Options:	Examples:
Plan ahead.	<ul style="list-style-type: none"> • Eat something before the event. • Plan your meal in advance. • Budget your fat grams ahead of time. Plan to eat the best (in small portions) and leave the rest. • Bring a tasty, low-fat dish to share.
Stay away from problem cues.	<ul style="list-style-type: none"> • Stand as far away as you can from the table with the food. Keep your hands busy with a glass of water, coffee, tea, or diet soda. • Watch the alcohol. It lowers your will power and increases appetite. • Clear the table as soon as possible. Put the food away.
Change problem cues.	<ul style="list-style-type: none"> • Discuss your goals with your family, friends, guests, host or hostess. • Ask others to praise your efforts and ignore your slips
Respond to problem cues in a more healthy way.	<ul style="list-style-type: none"> • Practice a polite, but firm, “No, thank you.” • Suggest something else they can do to help you. “No thanks, but I’d love a glass of ice water.”
Add helpful cues.	<ul style="list-style-type: none"> • Serve healthy foods or bring some to share. Use low-fat products to lower the fat in favorite recipes. Try some new, low-fat recipes. • Ask a friend or family member for support (split dessert with you, take a walk together, offer you healthy food choices). • Plan things to do that are active and don’t involve food.



Describe a social cue that's a *problem* for you. _____

Pick one idea from this session for changing that social cue. Choose one that is likely to work and that you can do.

Make a positive action plan.



I will: _____

When? _____

I will do this first: _____

Roadblocks that might come up:

I will handle them by:

I will do this to make my success more likely:

How can we help you?



Describe a *positive* social cue you'd like to add to your life.

Pick one idea from this session for adding that social cue. Choose one that is likely to work and that you can do

Make a positive action plan.



Problems
can be solved.

I will: _____

When? _____

I will do this first: _____

Roadblocks that might come up: I will handle them by:

I will do this to make my success more likely:

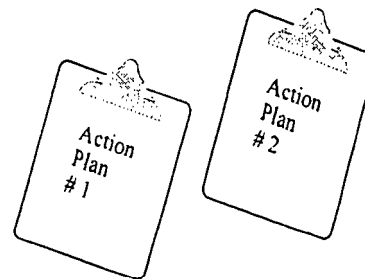
How can we help you?



To do next week:

I will:

- Be Active for at least 150 minutes.**
- Try my two action plans for making social cues work for me.**



- Answer these questions:**

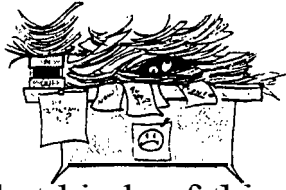
→ Did my action plans work? _____

→ If not, what went wrong? _____

→ What could I do differently next time? _____

- Next Session (2 weeks):** _____

Session 14: You Can Manage Stress.



Stress, is tension or pressure.

Many people react to stress by overeating or being inactive.

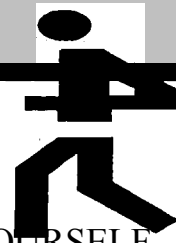
What kinds of things make you feel stressed?

What is it like for you when you get stressed?

Ways to prevent stress:

- Practice saying, “No.”**
Try to say “Yes” only when it is important to **you**.
- Share some of your work with others.**
- Set goals you can reach.**
- Take charge of your time.**
 - Make schedules with the real world in mind.
 - Get organized.
- Use problem solving:**
 - Describe the problem in detail.
 - Brainstorm your options.
 - Pick one option to try.
 - Make an action plan.
 - Try it. See how it goes.
- Plan ahead.**
 - Think about the kind of situations that are stressful for you.
 - Plan for how to handle them or work around them.
- Keep things in perspective. Remember you purpose**
 - Think of all the good things in your life.
 - Remember why you joined SHOP.
- Reach out to people.**
- Be physically active.**

When you can't avoid stress:



- Take a 10-minute “time out.”
 - Move those muscles.
 - Pamper yourself. Just take 10 minutes for YOURSELF
 - Breathe. Try this: Take a full, deep breath. Count to five. Then let go of your breath slowly. Let the muscles in your face, arms, legs, and body go completely loose.

SHOP may cause stress.

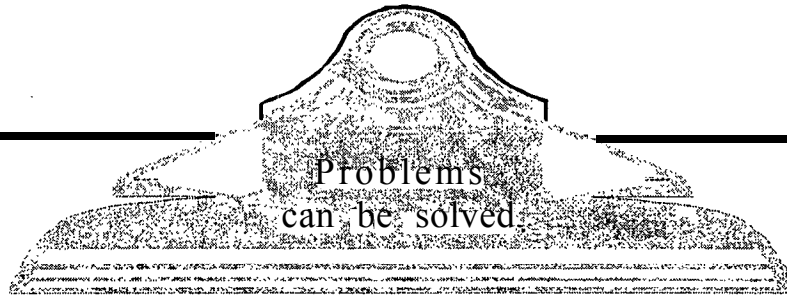
Possible source of stress	Way(s) to manage stress	Examples
Extra time spent in food preparation, shopping.	<ul style="list-style-type: none"> • Share some of your work. • Take charge of your time. 	<ul style="list-style-type: none"> • Ask spouse to help shop. • Make double recipes. Freeze part for later.
Feel deprived when can't eat favorite foods.	<ul style="list-style-type: none"> • Set goals you can reach. • Keep things in perspective. 	<ul style="list-style-type: none"> • Allow yourself to have favorite foods in small amounts now and then. • Remind yourself how important losing weight and being healthy is to you..
Upset if your family doesn't like low-fat foods.	<ul style="list-style-type: none"> • Reach out to people. • Use the steps for solving problems. 	<ul style="list-style-type: none"> • Ask your family to support your efforts to try new foods. • Discuss your feelings and your commitment to weight loss with your family. Brainstorm options with them. Try one.
Feel uncomfortable participating in social activities where high-fat foods are available.	<ul style="list-style-type: none"> • Practice saying, “No.” • Reach out to people. • Plan ahead. 	<ul style="list-style-type: none"> • Turn down invitations that aren't important to you. • Call the host or hostess ahead and ask what will be served and if you can bring a low-fat dish. • Before you go to a party, plan what foods you will choose.
Feel stressed by trying to fit activity into an already busy schedule.	<ul style="list-style-type: none"> • Plan ahead. • Problem solve. 	<ul style="list-style-type: none"> • Make an appointment to be active. • Combine activity with other events you plan to do anyhow. (Take a walking meeting. Go hiking with the family.)



How does SHOP cause you stress?

Other major sources of stress for you:

Choose one source of stress. Make a positive action plan:



I will: _____

When? _____

I will do this first: _____

Roadblocks that might come up: I will handle them by:

I will do this to make my success more likely:

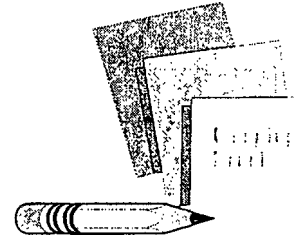
How can we help you?



To do next week:

I will:

- Keep track of my weight, eating and activity.**
- Be active for at least 150 minutes.**
- Try my action plan for managing stress.**



Did it work? If not, what went wrong?

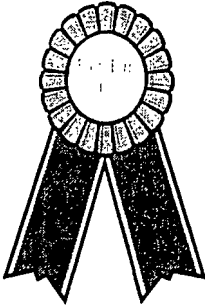


- Next Session (2 weeks):** _____

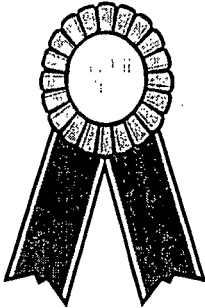
Session 15: Ways to Stay Motivated.



Progress Review



Changes you've made to be more active:

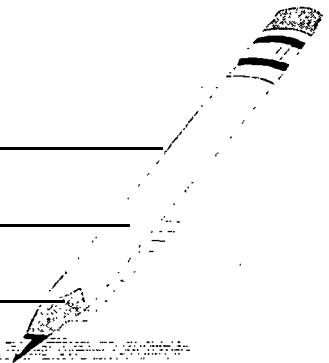


Changes you've made to eat less fat (and fewer calories):

Have you reached your weight goal? Yes No

Have you reached your activity goal? Yes No

If not, what will you do to improve your progress?



Ways to stay motivated:

1. Stay aware of the benefits you've achieved and hope to achieve.

What did you hope to achieve when you first joined STOP?
Have you reached these goals?

2. Recognize your successes.

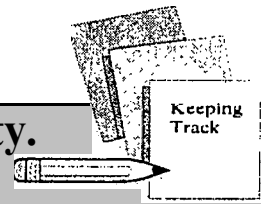
What changes in your eating and activity do you feel proudest of?



3. Keep visible signs of your progress.

- Post weight and activity graphs on your refrigerator door.
- Mark your activity milestones on a map toward a particular goal.
- Measure yourself (waist, belt size) once a month.

4. Keep track of your weight, eating and activity.



- Record what you eat to help you get back on track if you slip.
- Record your weight often so you can maintain the weight you have lost.

5. Add variety to your routine.

How have you varied your activity?

What meals, snacks, or foods are you most bored with?

Can you think of some ways to vary this part of your eating?

6. Set new goals for yourself.

Develop ways to reward yourself when you meet each goal.

Goals: Specific, short-term, just enough of a challenge.

Rewards: Something you will do or buy **if and only if** you reach your goal.

What are some non-food ways you can reward yourself for reaching a goal?



7. Create some friendly competition.

Set up the kind of competition in which you both win.

8. Use the social support from family, church, and friends to help you stay motivated

Call someone for encouragement and support.

 **To do next week:**

I will:

- Be active for at least 150 minutes.**
- Schedule Clinic visit.**
- KEEP UP THE GOOD WORK!!**

You've learned a lot during SHOP, and you've made some great changes. If you can maintain your new healthy lifestyle habits, you will keep the weight off, and feel great!

1800-Calorie Eating Plan.

Mix and match the following menus for breakfast, a light meal, and a main meal. Choose foods from the attached lists.

Breakfast 350-400 calories	<ul style="list-style-type: none"> • Cold or hot cereal • ½ A cup milk • ¾ cup fruit juice or 1 fruit serving • Toast (1 slice), or ½ English muffin, or ½ bagel 	<ul style="list-style-type: none"> • Toast (2 slices), or 1 English muffin, or 1 bagel • Diet margarine • Jam or jelly • ¾ cup fruit juice or 1 fruit serving 	<ul style="list-style-type: none"> • Egg substitute • Toast (2 slices), or 1 English muffin, or 1 bagel • Diet margarine • Jam or jelly • ½ cup milk • ¾ cup fruit juice or 1 fruit svq. 	<ul style="list-style-type: none"> • Nonfat plain yogurt (1 cup) Fruit • Toast (2 slices), or 1 English muffin, or 1 bagel • Diet margarine • Jam or jelly
Light Meal 400-500 calories	<ul style="list-style-type: none"> • Sandwich: 1 protein serving (chicken, turkey, salmon, tuna, or peanut butter and jelly), 2 bread servings, with fat-free mayonnaise or dressing • Fruit • 1 cup milk, or fat-free yogurt 	<ul style="list-style-type: none"> • Salad: Salad vegetables, 1 serving of turkey, chicken, tuna, or salmon, with fat-free dressing • 1 Pita or 1 bagel • Fruit • 1 cup milk or fat-free yogurt 	<ul style="list-style-type: none"> • Cottage cheese • 2 servings of fruit • 1 Pita or 1 bagel • 1 cup milk or fat-free yogurt 	<ul style="list-style-type: none"> • Low-calorie frozen entree (≤ 300 calories and ≤ 10 grams of fat) • Salad with fat-free dressing • Fruit • 1 cup milk or fat-free yogurt
Main Meal 600-650 calories	<ul style="list-style-type: none"> • Fish or poultry (baked or broiled) • Pasta, potato, or rice • Vegetable w/diet margarine • Dinner roll with diet margarine • Fruit • Nonfat frozen dessert (¾ cup) 	<ul style="list-style-type: none"> • Low-calorie frozen entree • Salad with fat-free dressing. • Vegetable with diet margarine • Dinner roll with diet. margarine • Fruit • Nonfat frozen dessert (¾ cup) 	<ul style="list-style-type: none"> • Pasta with marinara sauce (recipe attached) • Salad with fat-free dressing • Vegetable with diet margarine • Fruit • Nonfat frozen dessert (¾ cup) 	<ul style="list-style-type: none"> • Chinese stir-fry (recipe attached) • Rice • Dinner roll with diet margarine • Fruit • Nonfat frozen dessert (¾ cup)
Snacks 300 calories	Mix and match choices from the snack list to total 300 calories.			

Lifestyle Balance

1200-Calorie Eating Plan.

Mix and match the following menus for breakfast, a light meal, and a main meal. Choose foods from the attached lists.

Breakfast 200-250 calories	<ul style="list-style-type: none"> • Cold or hot cereal • ½ cup milk • ½ cup fruit juice or • 1 fruit serving 	<ul style="list-style-type: none"> • Toast (2 slices), or • English muffin, or • 1 bagel • Jam or jelly • 15 cup fruit juice or • 1 fruit serving 	<ul style="list-style-type: none"> • Egg substitute • Toast (1 slice), or • ½ English muffin, or • ½ bagel • Jam or jelly • ½ cup milk • ½ cup fruit juice or • 1 Fruit serving 	<ul style="list-style-type: none"> • Nonfat plain yogurt (1 cup) • Fruit • Toast (1 slice) or ½ English muffin, or ½ bagel • Jam or jelly
Light Meal 300-400 calories	<ul style="list-style-type: none"> • Sandwich: 1 protein serving (chicken, turkey; salmon, tuna, or peanut butter and jelly), 2 bread servings, with fat-free mayonnaise or dressing • Fruit • 1 cup milk or fat-free yogurt 	<ul style="list-style-type: none"> • Salad: Salad vegetables, 1 serving of turkey, chicken, tuna, or salmon; with fat-free dressing • ½ pita, or ½ bagel • Fruit • 1 cup milk or fat-free yogurt 	<ul style="list-style-type: none"> • Cottage cheese • 2 Servings of fruit • ½ pita or ½ bagel • 1 cup milk or fat-free yogurt 	<ul style="list-style-type: none"> • Low-calorie frozen entree (≤ 300 calories and ≤ 10 grams of fat) • Salad with fat-free dressing • Fruit
Main Meal 500-550 calories	<ul style="list-style-type: none"> • Fish or poultry (baked or broiled) • Pasta, potato, or rice • Vegetable with diet margarine • Fruit • Nonfat frozen dessert (½ cup) 	<ul style="list-style-type: none"> • Low-calorie frozen entree • Salad with fat-free dressing • Vegetable with diet margarine • Fruit • Nonfat frozen dessert (½ cup) 	<ul style="list-style-type: none"> • Pasta with marinara sauce (recipe attached) • Salad with fat-free dressing • Fruit • Nonfat frozen dessert (½ cup) 	<ul style="list-style-type: none"> • Chinese stir-fry (recipe attached) • Rice • Fruit • Nonfat frozen dessert (½ cup)
Snack 100 calories	Mix and match choices from the snack list to total 100 calories.			

Breakfast Choices



The starred foods are recommended to increase the fiber in your diet.

Cereal	Serving Size	Calories	Fat (g)
*Bran flakes	2/3 cup	90	0
Cheerios (plain)	1 cup	90	0
Corn Flakes	1 cup	110	0
*Oatmeal, cooked	2/3 cup	96	2
*Raisin Bran	3/4 cup	100	0
Shredded Wheat, Spoon Size	2/3 cup	90	1
Special K	1 cup	110	0
Milk/Yogurt			
Skim milk	1/2 cup	43	0
1% milk	1/2 cup	51	2
Lactaid lactose-reduced non-fat milk	1/2 cup	43	0
Yogurt, non-fat, plain	1 cup	136	0
Bread			
*Whole wheat toast (regular).	1 slice	70	1
White toast	1 slice	70	1
English muffin	1/2	67	0
Bagel (any flavor)	1/2 (3" diam)	78	0
Diet bread	2 slices	80	0
Egg Substitute			
Fleischmann's Egg Beaters®	1/2 cup	50	0
Healthy Choice Cholesterol-Free Egg Product®	1/2 cup	60	0
Fruit Juice			
Orange juice	1/2 cup	56	0
	3/4 cup	84	0
Grapefruit juice	1/2 cup	47	0
	3/4 cup	70	0
Apple juice	1/2 cup	58	0
	3/4 cup	87	0
Fruit			
*Banana	1/2 (8" long)	48	0
*Orange	1 (2 5/8" diameter)	62	0
*Grapefruit	1/2	47	0
*Strawberries	1 cup	46	0
*Melon (any variety)	1 cup	60	0
Diet margarine (Only if included on your plan.)			
Fleishmann's Diet tub®, Promise Extra Light® tub	2 teaspoons	33	4
Jam/Jelly			
Regular jam/jelly (any flavor)	2 teaspoons	32	0
Diet jam/jelly (any flavor)	2 teaspoons	15	0

Light Meal Choices

The starred foods are-recommended to increase the fiber in your diet.

Protein	Serving Size	Calories	Fat (g)
Tuna, white, canned in water	3 ounces	99	1
Sockeye salmon, canned in water	3 ounces	118	5
Turkey or chicken breast, oven roasted (Oscar Mayer®, Hillshire Farm®, or Deli Select®)	3 ounces	90	2
Cottage cheese, 1% milk-fat	½ cup	82	1
Peanut butter, regular	1 Tablespoon	96	8

Bread

Pita bread (6" diameter)	½ pocket	95	1
	1 pocket	191	1
Bagel, any flavor (3" diameter)	½ bagel	78	1
	1 whole	157	1
*whole wheat bread	1 slice	70	1
	2 slices	140	2
White bread	1 slice	70	1
	2 slices	140	2

Fruit

*Apple	1 (2¾" diam.)	81	0
*Banana	½ (8" long)	48	0
*Orange	1 (2-5/8" diam.)	62	0
*Peaches, fresh	1 (2½ diam.)	37	0
*Pear, fresh	½ (2½ diam.)	49	0
*Pineapple, fresh	½ cup	38	0

Milk/Yogurt

Skim milk	½ cup	43	0
	1 cup	86	0
1% milk	½ cup	51	0
	1 cup	102	0
Lactaid lactose-reduced non-fat milk	½ cup	43	0
	1 cup	86	0
Yogurt, non-fat, fruited (Dannon Light®, Light & Lively®, Yoplait®)	½ cup	81	0
	1 cup	162	0



Frozen Low-Calorie Entrees or Dinners

Choose any Healthy Choice® (HC), Lean Cuisine® (LC), Weight Watchers® (WW) or Budget Gourmet Light/Healthy® (BGL) dinners which have ≤ 300 calories, and ≤ 10 gm fat.

<i>Examples:</i>	Serving Size	Calories	Fat (g)
HC Lemon Pepper Fish	1 entree	300	5
HC Chicken Enchiladas	1 entree	280	6
LC Oriental Beef w/ Vegetables & Rice	1 entree	290	9
WW Chicken Fettucini	1 entree	280	9
BGL Sirloin Beef in Wine Sauce	1 entree	280	8

Salad Dressing/Condiments

Miracle Whip® Fat-free	1 Tablespoon	19	0
WW Fat-free mayonnaise	1 Tablespoon	19	0
Kraft® Fat-free Dressings	1 Tablespoon	18 (avg.)	0
Marzetti® Fat-free Dressings	1 Tablespoon	20	0
Seven Seas® Fat-free Dressings, Creamy	1 Tablespoon	16	0
Clear	1 Tablespoon	5 (avg.)	0
Regular jelly/jam (any variety)	2 teaspoons	32 (avg.)	0
Diet jelly/jam (any variety)	2 teaspoons	15 (avg.)	0

Salad and Salad Vegetables Choose foods from the Free Food List.

Main Meal Choices



The starred foods are recommended to increase the fiber in your diet.

Protein	Serving Size	Calories	Fat (g)	
Halibut	3 ounces	100	1	
Cod	3 ounces	100	1	
Tuna, yellow fin, fresh	3 ounces	118	1	
Turkey, white meat	2 ounces	93	2	
Chicken, white meat	2 ounces	81	2	
Starch				
Pasta:	white	1 cup	197	1
	*whole wheat	1 cup	197	1
Rice:	white	¾ cup	154	0
	brown	1 cup	216	2
	wild	1 cup	166	0
Potato:	baked in skin	Medium	220	0
	boiled w/out skin	½ cup	114	0
Sweet potato (yam)	Medium (5" x 2")	200	0	
Dinner roll				
	<i>(only if included on your plan)</i>	1	100	1
Vegetables				
Broccoli, cooked	1 cup	52	0	
Brussels Sprouts, cooked	1 cup	66	0	
Cabbage, cooked:				
	Green	1 cup	32	0
	Red	1 cup	32	0
Carrots, cooked	1 cup	70	0	
Cauliflower, cooked	1 cup	34	0	
Corn, cooked	½ cup	66	0	
Green beans, cooked	1 cup	38	0	
Peas, cooked:				
	Green	½ cup	62	0
	Snow	1 cup	78	0
Spinach, cooked	1 cup	54	0	
Squash, cooked:				
	Summer	1 cup	44	0
	Acorn	½ cup	69	0
	Butternut	½ cup	48	1
	Hubbard	½ cup	59	1
	Spaghetti	1 cup	49	0
Marinara Sauce (attached recipe or a brand with ≤ 5 g fat/cup)	1 cup	115	5	

Fat	Serving Size	Calories	Fat (g)
Diet Margarine (Fleishmann's Diet tub®, Promise Extra Light® tub)	1 Tablespoon	50	6
Kraft® fat-free dressings	1 Tablespoon	18 (avg.)	0
Marzetti® fat-free dressings	1 Tablespoon	20	0
Seven Seas® fat-free dressings, creamy	1 Tablespoon	16	0
clear	1 Tablespoon	5 (avg.)	0

Fruit

*Apple	1 (2 3/4" diam.)	81	0
*Orange	1 (2 5/8" diam.)	62	0
*Peaches, fresh	1 (2 1/2" diam.)	37	0
*Pear, fresh	1/2 (2 1/2" diam.)	49	0
*Pineapple, fresh	1/2 cup	38	0
*Banana.	1/2 (8" long)	48	0

Frozen Dessert Options

Frozen Yogurt Crowley's Fruit Flavors®	1/2 cup	100	0
	3/4 cup	150	0
Homemade Brand®	1/2 cup	100	3
	3/4 cup	150	5
Sherbet	1/2 cup	133	2
	3/4 cup	200	3
Sorbet (Dole®)	1/2 cup	129	0
	3/4 cup	194	0

Frozen Low-Calorie Entrees or Dinners

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Examples:

HC Lemon Pepper Fish	1 entree	300	5
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LC Oriental Beef w/Vegetables & Rice	1 entree	290	9
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BGL Sirloin Beef in Wine Sauce	1 entree	280	8

Salads Choose foods from the Free Foods List.

Marinara Sauce and Chinese Stir-Fry See attached recipes.

Snack Choices

Protein	Serving Size	Calories	Fat(g)
Cottage cheese, 1% milk fat	¼ cup	41	0
Yogurt, fruited, nonfat	½ cup	100 (avg.)	0
Milk			
Skim milk	½ cup	43	0
1% milk	½ cup	51	2
Lactaid® lactose-reduced nonfat milk	½ cup	43	0
Fruit			
*Apple	½	40	0
*Banana	½	48	0
*Melon (any kind)	1 cup	60	0
*Orange	1	62	0
*Peaches, fresh	1	37	0
*Pear, fresh	½	49	0
*Pineapple, fresh	½ cup	38	0
Fruit juice			
Apple juice	½ cup	58	0
Cranberry juice, low calorie	½ cup	72	0
Grapefruit juice	½ cup	47	0
Orange juice	½ cup	56	0
Popcorn			
Air-popped	2 cups	62	1
Orville Redenbacher's Light Gourmet. Microwave® (natural 'and butter)	3 cups	77	3
Weight Watcher's Microwave®	½ ounce	50	1
Frozen Popsicles			
Food Club Junior Pop®	1	40	0
Dole Fruit and Juice Bars®	1	60	0
Jello Gelatin Pops®	1	35	0
Kool-Aid Gelatin Pops®	1	40	0
Hot Chocolate			
Carnation Sugar-free Hot Cocoa, Mocha and Rich Chocolate®	1 envelope	50	0
Alcohol			
Light Beer (most brands)	6 ounces	50	0
Wine, table (most brands)	3½ ounces	72	0

Salad greens, raw vegetables

Cabbage
Carrot
Celery
Chinese cabbage
Cucumber
Endive
Escarole
Lettuce
Mushrooms
Onion
Peppers
Radishes
Romaine
Spinach
Sprouts
Summer Squash
Tomato
Zucchini

Drinks

Bouillon or broth without fat
Bouillon, low-sodium
Carbonated drinks, sugar-free
Carbonated water
Club soda
Coffee/tea
(Use only fat-free cream, skim milk, or 1% milk in coffee or tea. Adjust milk/yogurt servings accordingly.)
Drink mixes, sugar-free
Tonic water, sugar-free

Condiments

Artificial butter flavors (e.g., Butter Buds®)
Catsup (1 Tablespoon)
Horseradish
Hot sauce
Mustard
Picante sauce
Pickles, dill, unsweetened
Taco sauce
Vinegar, any type

Sweet substitutes

Candy, hard, sugar-free
Gelatin, sugar-free,
Gum, sugar-free
Sugar substitutes (saccharine, aspartame)

Miscellaneous

Herbs
Lemon juice
Nonstick pan spray
Soy sauce
Spices
Worcestershire sauce



Check (✓) only the food items you need. Remember, these are the only food items you will need to follow your eating plan.

Cereals

- Bran Flakes
- Raisin Bran
- Corn Flakes
- Cheerios
- Special K
- Oatmeal
- Shredded Wheat

Produce, Fresh

- Apples
- Bananas*
- Oranges
- Grapefruit
- Melon
- Peaches
- Pears
- Pineapple
- Strawberries
- Lemons
- Salad Greens
- Raw Vegetables
- Onions
- Green onions
- Potatoes, White
- Potatoes, Sweet

Beverages

- Skim Milk
- 1% Milk
- Diet Drinks
- Orange Juice
- Apple Juice
- Grapefruit Juice
- Cranberry Juice
- Pineapple Juice
- Sugar-free Hot Cocoa, Drink Mixes
- Bouillon or Broth, Without Fat

Salad Dressings, Condiments

- Fat-Free Salad Dressing
- Fat-Free Mayonnaise
- Mustard
- Catsup
- Horseradish
- Taco or Picante Sauce
- Vinegar

Breads/Starches

- Whole Wheat Bread
- White Bread
- Low-Calorie Bread
- English Muffin
- Bagel
- Pita Bread
- Rice, White, Brown, or Wild
- Pasta, White or Whole Wheat

Frozen Dinners

(≤ 300 calories, ≤ 10 g/fat)

- Weight Watchers
- Healthy Choice
- Lean Cuisine
- Budget Gourmet
- Light and Healthy

Frozen Desserts

- Frozen Yogurt (Crowley's Fruit)
- Sherbet
- Sorbet (Dole)
- Popsicles

Lean Protein

- Chicken or Turkey Breast, Oven Roasted, Deli
- Chicken, White Meat
- Turkey, White Meat
- Tuna/Salmon, Canned in Water
- Tuna, Yellowfin, Fresh
- Cod
- Halibut
- Yogurt, Nonfat, Plain or Fruited
- Egg Beaters
- Cottage Cheese (1% milk fat)
- Parmesan Cheese, grated
- Peanut Butter

Miscellaneous

- Vegetable oil
- Garlic
- Soy sauce
- Brown sugar
- Ginger, fresh or powdered
- Crushed tomatoes, 16 oz.
- Tomato paste, 6 oz.
- Basil, oregano, black pepper, thyme
- Parmesan cheese, grated
- Nonstick Pan Spray
- Artificial Butter Flavor
- Sugar Substitute
- Sugar-free Gum, Jello, Candy
- Coffee/Tea
- Diet Jelly/Jam
- Fat-free Creamer
- Lemon Juice

Marinara Sauce

1 Tablespoon vegetable oil	1 cup water
1 clove garlic, finely chopped	1 teaspoon basil
½ cup diced onions	½ teaspoon oregano
16 oz. crushed tomatoes, canned	¼ teaspoon fresh ground black pepper
6 oz. tomato paste, canned	¼ teaspoon thyme
	2 Tablespoons Parmesan cheese, grated

1. Add oil to medium-size cooking pot. Heat over medium heat.
2. Sauté garlic and onions in oil until transparent.
3. Add crushed tomatoes, tomato paste and water. Allow mixture to come to a boil, then reduce heat to allow mixture to simmer.
4. Add spices. Adjust amounts as desired.
5. Simmer sauce for ½ hour.
6. Serve over pasta with 2 Tablespoons grated Parmesan cheese.

Makes 4 (1-cup) servings. Per Serving: 115 calories, 5 grams fat.

Chinese Stir-Fry

2 Tablespoons soy sauce	1 Tablespoon vegetable oil
2 Tablespoons water	1 clove garlic, finely chopped
1 teaspoon firmly packed brown sugar	¾ pound boneless, skinless chicken breast, cut into 1" cubes
1 Tablespoon fresh ginger, grated or 1/8 teaspoon powdered ginger (optional)	3 cups mixed vegetables, cut into bite-sized pieces (broccoli, carrots, cauliflower, snowpeas, etc.)
2 green onions, diced	

1. Mix soy sauce, water, brown sugar, ginger and diced green onions. Stir until blended. Set aside.
2. Add oil to wok or large non-stick skillet. Heat over medium-high heat.
3. Add, garlic and cubed chicken to wok or skillet. Stir-fry 5 minutes.
4. Add mixed vegetables to chicken. Stir-fry 3 minutes or until vegetables are tender crisp.
5. Add soy sauce mixture to chicken and vegetables. Stir-fry until thoroughly heated.
6. Serve over a bed of rice.

Makes 6 (¾-cup) servings. Per Serving: 140 calories, 4 grams fat.


1500 Calorie Eating Plan

Mix and match the following menus for breakfast, a light meal, and main meal.

<p>Breakfast</p> <p>350-400 Calories</p>	<ul style="list-style-type: none"> • ¾ Cup cold or hot cereal • ½ Cup skim or 1% milk • ½ Cup fruit juice or 1 piece of fruit • Toast (1 slice), or ½ English muffin, or ½ bagel • 1 tsp diet margarine 	<ul style="list-style-type: none"> • Toast (2 slices), or 1 English muffin or 1 bagel • 2 tsp diet margarine • 2 tsp jam or jelly • A Cup fruit juice or 1 piece of fruit 	<ul style="list-style-type: none"> • ½ cup egg substitute • Toast (1 slice), or ½ English muffin, or ½ bagel • 1 tsp diet margarine • 1 tsp jam or jelly, • ½ Cup skim or 1% milk • ½ Cup fruit juice or 1 piece of fruit 	<ul style="list-style-type: none"> • 1 Cup nonfat plain yogurt • 1 piece of fruit • Toast (1 slice), or ½ English muffin, or ½ bagel • 1 tsp diet margarine • 1 tsp jam or jelly
<p>Light Meal</p> <p>400-500 Calories</p>	<ul style="list-style-type: none"> • Sandwich: 3oz protein (chicken, turkey, salmon, tuna, or 1 Tbs peanut butter and 1 tsp jelly), 2 slices of bread, with fat-free mayonnaise or dressing • 1 Piece of fruit • 1 Cup skim or 1% milk or fat-free yogurt 	<ul style="list-style-type: none"> • Salad: Salad vegetables, 3oz turkey, chicken, tuna, or salmon, with fat-free dressing • 1 Pita or 1 bagel • 1 Piece of fruit • 1 Cup skim or 1% milk or fat-free yogurt 	<ul style="list-style-type: none"> • ½ Cup cottage cheese • 2 Servings of fruit • 1 Pita or 1 bagel • 1 Cup skim or 1% milk or fat-free yogurt 	<ul style="list-style-type: none"> • Low-calorie frozen entree (≤ 300 calories and ≤ 10 grams of fat) • Salad with fat-free dressing • 1 Piece of fruit • 1 Cup skim or 1% milk or fat-free yogurt
<p>Main Meal</p> <p>600-650 Calories</p>	<ul style="list-style-type: none"> • 3oz fish or skinless poultry (baked or broiled) or lean beef or pork or ½ Cup beans • 1 Cup pasta, potato or rice • 1 Cup vegetable • 1 Piece of fruit • ¾ Cup nonfat frozen dessert 	<ul style="list-style-type: none"> • Low-calorie frozen entree • Salad with fat-free dressing • 1 Cup vegetable • 1 Piece of fruit • ¾ Cup nonfat frozen dessert 	<ul style="list-style-type: none"> • 1 Cup pasta with 1 Cup marinara sauce (< 5g fat per serving) • Salad with fat-free dressing • 1 Cup vegetable • 1 Piece of fruit • ¾ Cup nonfat frozen dessert 	<ul style="list-style-type: none"> • Chinese stir-fry with 3oz chicken, lean beef or seafood • 1 Cup rice • 1 Piece of fruit • ¾ Cup nonfat frozen dessert
<p>Snacks</p> <p>Choose 1 per day if desired.</p> <p>100 Calories</p>	<ul style="list-style-type: none"> • 2 Cups light microwave popcorn • 1 Frozen fruit pop • 1 Cup hot cocoa • Fresh fruit 	<ul style="list-style-type: none"> • 1oz pretzels • 3 Graham cracker squares • 1 Cup sugar-free, fat-free flavored yogurt • ½ Cup sugar-free, fat-free pudding 		

Lowering fat to a specific level is used in this study as a means to achieving the weight loss goal, rather than as a goal in and of itself. Thus, if a participant is consuming more than 25% of calories as fat, but is achieving the weight goal, and does not have hyperlipidemia (see Protocol), there is no need to focus on greater reductions in dietary fat.

Table 5.1. DPP Lifestyle Intervention Fat and Calorie Goals*



Starting Wt. (lb.)	Fat Goal (g)	Calorie Goal
123	33	1200
125		
130		
135		
140		
145		
150		
155		
160		
165		
170		
175	42	1500
180		
185		
190		
195		
200		
205		
210		
215		

Starting Wt. (lb.)	Fat Goal (g)	Calorie Goal		
220	50	1800		
225				
230				
235				
240				
245				
250			55	2000
255				
260				
265				
270				
275				
280				
285				
290				
295				
300				

(Use 1800 Meal Plan for these wts)

*Note: To determine participants' fat and calorie goals, round their starting weight to the nearest starting weight on this table.

5.4. Setting a Calorie Goal

Some participants will achieve the weight loss goal by self-monitoring fat intake. Others, who may continue to eat large amounts of protein and carbohydrates or inaccurately estimate fat intake, will need to add calorie monitoring to achieve the weight loss goal. Participants who prefer to focus only on fat may do so until the session entitled, Tip the Calorie Balance. At that session a calorie goal will be introduced for participants who have not lost weight as expected.

QUESTIONNAIRES

DEMOGRAPHICS

Please note that all information is confidential. Your answers to the following questions will provide useful and valuable information for the Pennington Center. Please, fill in the box that corresponds to the appropriate choice.

1. What is your gender?

- Male
- Female

2. What is your approximate age?

- 18-25
- 26-35
- 36-45
- 46-55
- 56-65
- 66 years and over

3. What is your marital status?

- Married
- Divorced /Separated
- Never Married
- Widowed



20011

4. Education (fill in the box that corresponds to the highest level completed)

- Grades 0-8
- Some High School
- High School diploma/GED
- 1-3 Years college, business or technical school
- College Degree
- Post graduate degree

5. What is your present employment status?

- Employed full time (at least 36.5 hrs/week)
- Employed part time (at least 20 hrs/week)
- Retired
- Unemployed
- Medical disability

6. What is your approximate household income?

- Less than 10,000 per year
- 10,000-19,999 per year
- 20,000-29,999
- 30,000-39,999
- 40,000-49,999
- 50,000-59,999
- 60,000-69,999
- 70,000 and above

13. Do any of your family members have any of these conditions?

Heart disease If yes, who? _____

High blood pressure If yes, who? _____

Diabetes If yes, who? _____

High blood cholesterol If yes, who? _____

Cancer If yes, who? _____

Public Distress	Always true	Usually true	Sometimes true	Rarely true	Never true
1. Because of my weight I experience ridicule, teasing, or unwanted attention.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Because of my weight I worry about fitting into seats in public places (e.g., theatres, restaurants, cars or airplanes)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Because of my weight I worry about fitting through aisles or turnstiles	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Because of my weight I worry about finding chairs that are strong enough to hold my weight	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Because of my weight I experience discrimination by others	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Work (Note: For homemakers and retirees, answer with respect to your daily activities)	Always true	Usually true	Sometimes true	Rarely true	Never true
1. Because of my weight I have trouble getting things accomplished or meeting my responsibilities.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Because of my weight I am less productive than I could be	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Because of my weight I don't receive appropriate raises, promotions or recognition at work	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Because of my weight I am afraid to go on job interviews	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

10. How many times in the past month have you done any other exercises, sports, or physically active hobbies not mentioned?

(a) **Activity 1** _____

Times per week _____

Times per month _____

(b) **Activity 2** _____

Times per week _____

Times per month _____

(c) **Activity 3** _____

Times per week _____

Times per month _____

(d) **Activity 4** _____

Times per week _____

Times per month _____

11. On the average, how many hours do you spend watching TV?

Hours per day

0-2 3-4 5-6 7-8 9-10 11 and above

12. Altogether, about how many hours do you think you are inactive during the day?

Hours per day

0-2 3-4 5-6 7-8 9-10 11 and above

13. When you are at work, would you say your activity level is?

light moderate heavy not employed

PENNINGTON BIOMEDICAL RESEARCH CENTER INSTITUTIONAL REVIEW
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(current as of 9/21/00)

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Y 2 4 5