

The Diabetes Prevention Program's
Lifestyle Change Program

Manual for Contacts after Core

Section 5 Part 2 of 2

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Participant Worksheets for Contacts after Core

Physical Activity Topics

After-Core Sessions on Physical Activity

With physical activity, it is often more important to **do** than to talk. The best way to promote physical activity after the core curriculum may be to be active with the participant, for example, take a walk together or meet for an initial visit at an exercise club. In these cases, participants will not be given worksheets.

However, some after-core sessions on physical activity will require worksheets. Handouts on the following topics are nearly complete:

- Staying Active on Vacation
- Staying Active on Holidays
- Make It Fun
- Make It Fit
- Join the DPP Marathon!
- How to Train for a Race
- Stretching Do's and Don'ts
- Muscle Training

Additional worksheets on physical activity will be developed throughout the study.

Staying Active on Vacation.

Vacation means freedom from the demands of work and home life. So it's easier to be active, right? Not always. The change of routine and surroundings can bring new challenges.



For most people, the key to staying active on vacation is planning.

Take a minute to think ahead about your next vacation.

- Where will you be?
- What might the weather be like?
- What days and times of day will you have available for exercise?
- Are there places nearby to exercise?
- Who will you be with? Are they supportive of your being active?
- What kind of “vacation mind” thoughts might get in the way of staying active (e.g., I’m off now)?
- If you’re traveling, what gear or clothing will you need to pack?
- How can you make staying active extra fun?

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? _____



Staying Active on Holidays.



For most of us, staying active on holidays isn't easy. Holidays upset our routine. They also challenge us with unique social cues. What's more, holidays may involve inactive habits that have developed over many years.

The key to staying active on holidays is planning.

Take a minute to think ahead about your next holiday.

- Where will you be?
- What might the weather be like?
- What days and times of day will you have available for exercise?
- Are there places nearby to exercise?
- Who will you be with? Are they supportive of your being active?
- What kind of "holiday mind" thoughts might get in the way of staying active (e.g., I'm off now)?
- If you're traveling, what gear or clothing will you need to pack?
- How can you make staying active extra fun and festive?

Make a positive action plan.

I will: _____

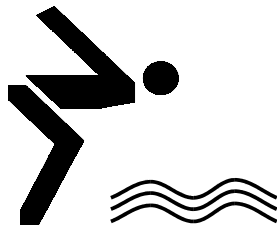
When? _____

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? _____



Make It Fun.

One key to staying active is to make it fun.

1. List some ways to be active that you've liked in the past: _____

2. Check the "fun factors" below that apply to you.

I like being active:

- In the morning.
- During the day.
- In the evening.
- At any time of day.
- Indoors.
- Outdoors.
- With music.
- Alone.
- In teams.
- In groups of friends.
- With one or two friends.
- With my family.

I like to:

- Compete against myself.
- Compete against someone else.
- Compete against a team.
- Not compete at all.

I like ways to be active that:

- Are really fast.
- Aren't too fast.
- Are hard.
- Are easy.
- Attract an audience.

Other:

3. List below some activities you'd like to try. Then look at the fun factors you checked above. Put a check beside each activity below for each of your fun factors it matches.

I'd like to try:	How many fun factors it matches

What did you learn? _____

(Adapted from **Building Your Activity Pyramid**, Institute for Research and Education HealthSystem Minnesota, 1996.)

Make It Fit.



One key to staying active is to make it fit your lifestyle.

List some activities you like across the top of the chart below. Then check which of the “Does It Fit?” factors that apply to each one.

Does It Fit? Time	Activities I Like			
It can be done at most times of the day.				
It usually fits my schedule.				
It’s not too time-consuming.				
It does not disrupt my day.				
Location				
It can be done at a nearby location.				
It can be done from home or work.				
It doesn’t require a long drive or parking hassles.				
Seasonal				
It can be done in any weather.				
Other				
It does not require special clothing.				
It does not require special gear.				
It is within my budget.				
It can be done alone or with others, if I prefer.				

Which activities fit best into your lifestyle? _____

(Adapted from **Building Your Activity Pyramid**, Institute for Research and Education HealthSystem Minnesota, 1996.)

How to Use the “Just Do It” Worksheets.

The purpose of the Just Do It worksheets is to give participants a chance to role play responding to various barriers to physical activity. The worksheets are intended to be interactive and fun, so feel free to use the props listed below and “ham it up” yourself if you want (wear a cap, whistle, etc.):

- For Getting Moving in the Morning. Pillows, alarm clock, exercise shoes, newspaper.
- For Getting Going at Work or After Work. Props to simulate a work place (e.g., table or desk with a stack of papers). Easy chair or chair with pillows.
- For Staying Active on Holidays and Vacations. Beach towel, paperback novel, easy chair or chair with pillows.

Introduce one or more of the worksheets (use those that apply to the individual participant) by saying:

- Nike advertisements often include the phrase “Just Do It.”
- This simple phrase captures a powerful and complex reality: for most of us, being active means *facing the things that get in our way and being active anyway*.
- Each and every time we are able to “be active anyway,” we build a new habit.
- The purpose of the worksheet(s) is to give you (the participant) a chance to role play responding to different barriers to physical activity. After the practice, we will make an action plan related to one situation that is particularly challenging for you.

As the participant role plays each item on the worksheet(s), remark on any examples of skills the participant uses such as taking charge of what’s around you, talking back to negative thoughts, problem solving, planning ahead, being assertive, and so on. Stress the fact that pre-planning and setting up a commitment with someone else often helps. For example, if we have arranged to meet a walking partner at the park or scheduled a tennis lesson, we are more likely to follow-through even when the barriers (sleepiness, negative thoughts) kick in.

Finally, have the participant complete the Just Do It Commitment. Emphasize that the commitment should be realistic and do able (for example, don’t commit to exercising in the morning if he or she has a six o’clock plane to catch). Explain that you will call the participant during the coming week as a reminder of the commitment. Emphasize that no excuses (short of death!) are acceptable, even if they never exercise in the morning (or whatever) again. The point is to try it and see what it’s like.

Just Do It: Getting Moving in the Morning.

Situation: You have planned to exercise first thing in the morning.

1. Imagine you are in bed. Reach over and turn off the alarm.

State some negative thoughts you have about exercising in the morning.

Examples: “I need more sleep.”

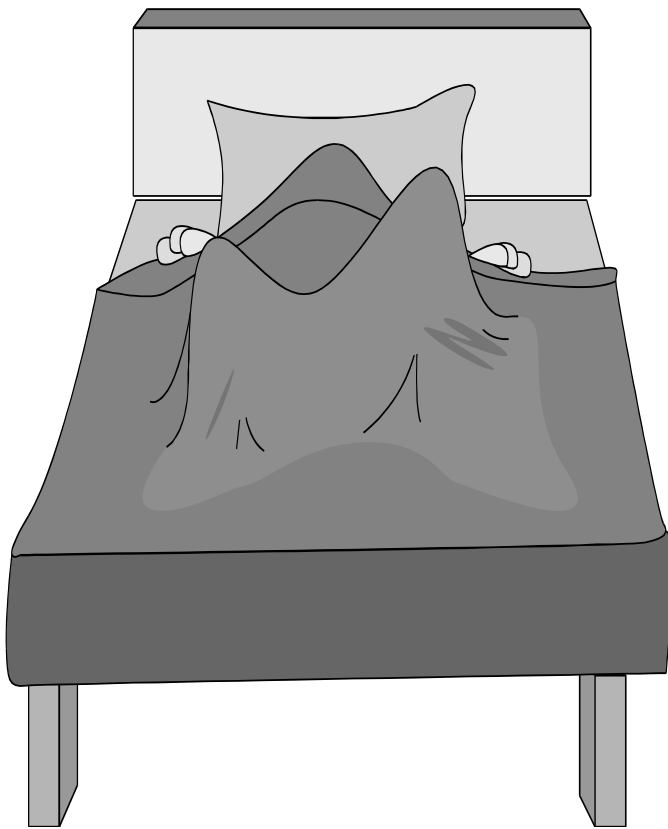
“This is too much to expect of myself. Nobody else gets up at this hour.”

“I deserve some time to read the paper this morning.”

“It’s raining! I’m going to get soaked.”

“The sidewalks are covered with ice.”

Practice talking back.



2. Role play responding to a spouse or child who says or does things in the morning that get in the way of your exercising.
3. Role play asking a spouse or child to do something specific that would support your exercising in the morning. Examples: Make you a cup of tea. Turn on the radio while you put on your exercise clothes. Plan to walk with you.
4. Imagine looking around your bedroom, bathroom, or kitchen. Imagine seeing positive cues that would prompt you to exercise in the morning. What are those cues?

Just Do It: Getting Going at Work or After Work.

Situation: You have planned to exercise either during or after work.

1. Imagine that you're at work (or working at home). The lunch hour or a break time arrives. State some negative thoughts you have about exercising during work.



Examples:

- “I should keep working to meet this deadline.”
- “The only time I get to talk with my coworkers is when I go out for lunch.”
- “I know my boss (or coworkers) resent it when I go out for a walk instead of staying at my desk all day.”
- “I’ll get too sweaty.”

Practice talking back.

2. Imagine that you've just come home from work. Sit down in an imaginary easy chair. State some negative thoughts you have about exercising after work.

Examples:

- “I’m exhausted.”
- “I should spend less time on myself. I should spend more time on getting a decent dinner on the table for my family (or cleaning up after dinner, or helping the kids with their homework, or relaxing with my spouse).”
- “I deserve a rest after a day like this.”
- “I shouldn’t have to go out (for a walk, to the club) now--I’ve been running around all day.”
- “I’ll just take a few minutes to read the paper (or watch TV) first.”
- “If I go out for a walk now (after dinner), I won’t be able to sleep.”



Practice talking back.

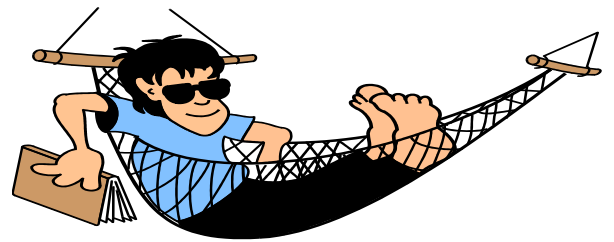
3. Role play responding to a spouse, child, client, or coworker/boss who does or says something that gets in the way of your exercising during or after work.
4. Imagine looking around your work place and home. Imagine seeing positive cues that would prompt you to exercise during or after work. What are those cues?

Just Do It: Staying Active on Holidays and Vacations.

Situation: You have planned to be active during a holiday or vacation.

1. Imagine you are on vacation (at the beach or another scene that would be typical for you) or on a holiday.

Name your favorite nonactive things to do during vacations and holidays. Examples: Reading, watching TV or movies, eating out, shopping, taking naps. State some negative thoughts you have about exercising during vacations and holidays.



Examples: “The point of a holiday is to take a break.”
“Nobody else is worrying about fitting in exercise.”
“I don’t like exercising except at my gym at home.”
“I’m not going to worry about it on vacation.”

Practice talking back.



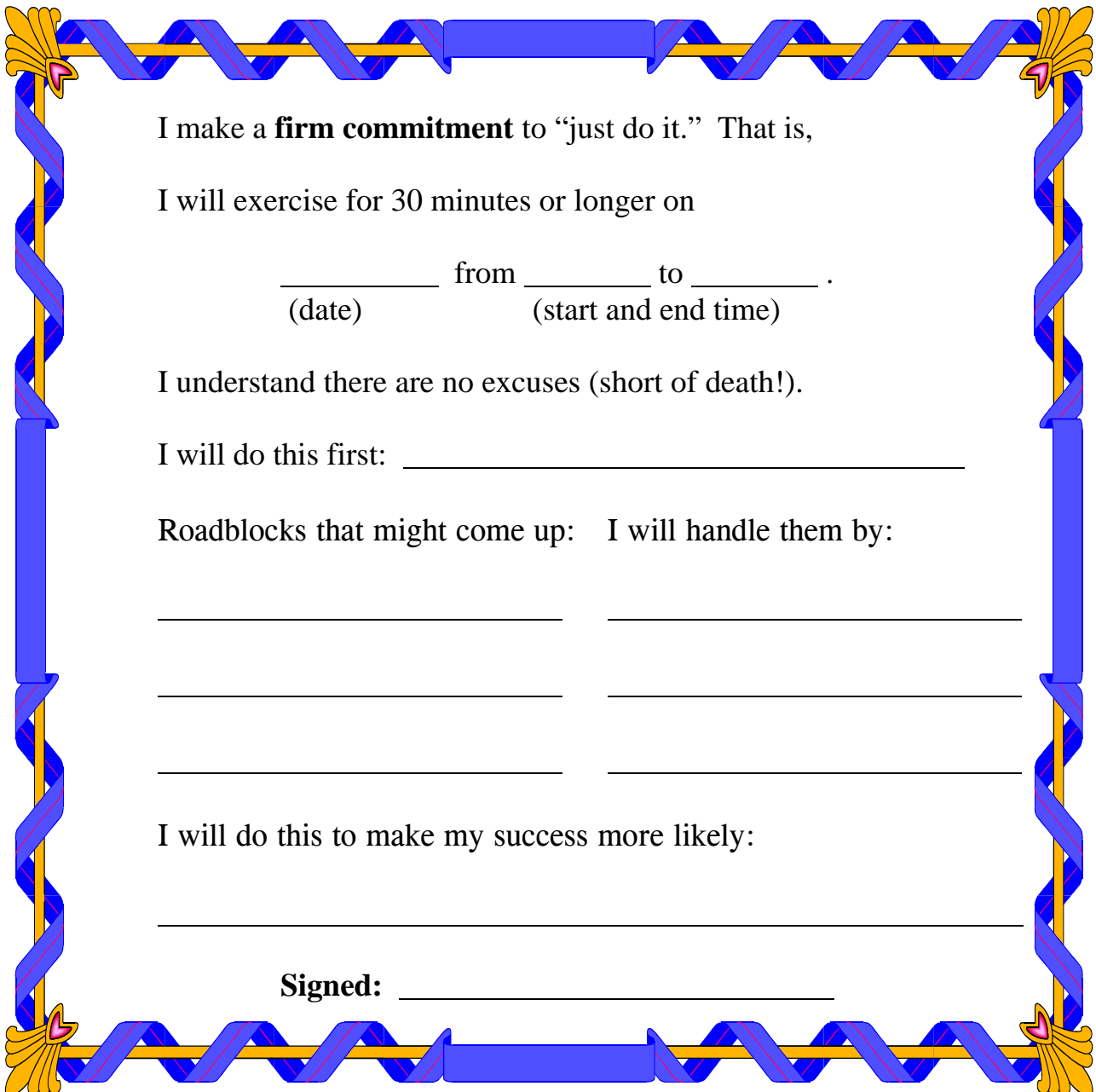
2. Role play responding to a spouse, child, other family member, or friend who does or says something that gets in the way of your exercising during holidays or vacations.
3. Imagine looking around your home or holiday/vacation spot. Imagine seeing positive cues that would prompt you to exercise during a vacation or holiday. What are those cues?

Just Do It Commitment.

It's not easy for me to be active (choose one):

- In the morning.
- During the day.
- In the evening.
- During vacations or holidays. (Choose this only if next week includes a vacation or holiday.)

But I am willing to try it at least once next week to see how it feels.



I make a **firm commitment** to “just do it.” That is,

I will exercise for 30 minutes or longer on

_____ from _____ to _____ .
(date) (start and end time)

I understand there are no excuses (short of death!).

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:

Signed: _____

Focus on Flexibility

Stretching can give you more freedom of movement to do the things you need and want to do. It can also help prevent injuries.

Warning: Experts study the way people stretch and what can cause injuries. Sometimes what was taught years ago (for example, bouncing when you stretch) is now known to be unsafe. Always consult an up-to-date and reputable source for stretching instructions. (The attached stretches were approved in 1999 by national experts in exercise physiology.)



Here are some do's and don'ts for safe and effective stretching:

DO

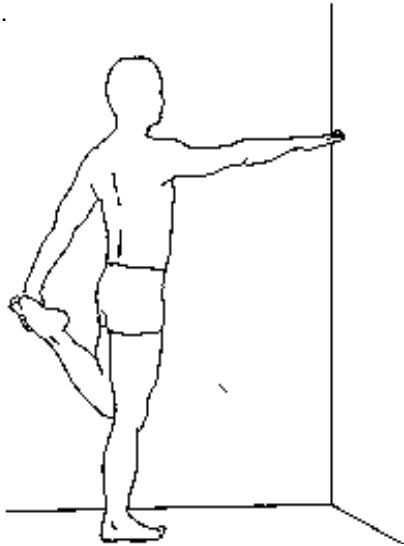
- **Always warm up before stretching.** Stretching your muscles before they are warmed up may result in injury. **For example, stretch after you do your regular exercise, not before.**
- Slowly stretch into the desired position. Go as far as possible without pain. **Hold the stretch for 10-30 seconds.** The longer, the better. Relax, then repeat, trying to stretch farther, but not so far that it hurts.
- **Do each stretch 3-5 times.** The total stretching session should last 15-30 minutes.
- **At minimum, do one of the quadriceps stretches, the hamstring stretch, and one of the calf stretches.** (See attached.)
- **Breathe slowly and deeply during the stretches.**

DON'T

- **Stretching should never cause pain.** If it does, you are stretching too far. Reduce the stretch so it doesn't hurt. (Mild discomfort or a mild pulling sensation is normal.)
- **Never "bounce" into a stretch.** Jerking into position can cause muscles to tighten and may result in injury. Make slow, steady movements instead.
- **Don't "lock" your joints** into place when you straighten them during stretches. Your arms and legs should be straight when you stretch them but don't lock them in a tightly straight position.
- **Don't hold your breath.**

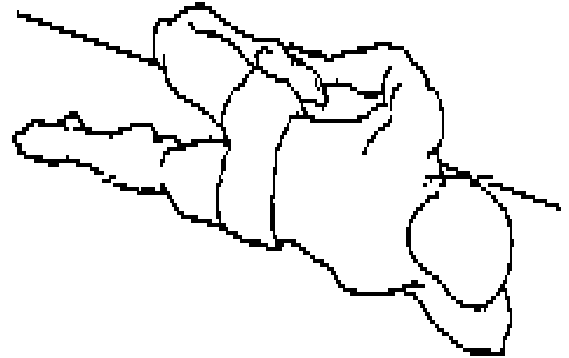
1. Quadriceps (Front Thigh) - Standing

1. Stand upright with one hand against a surface for balance and support.
2. Flex one leg and raise your foot to your buttocks.
3. Slightly bend the supporting leg.
4. Exhale, reach down, grasp your ankle with one hand, and pull your heel toward your buttocks.
5. Hold the stretch and relax.
6. Remember to keep your knee pointed at the ground.



2. Quadriceps (Front Thigh) - On side

1. Lie on your side with your hips slightly flexed.
2. Flex one leg and bring your heel toward your buttocks.
3. Exhale, swing your arm back to grasp your ankle, and pull your heel toward your buttocks.
4. Hold the stretch and relax.



3. Inner Thigh

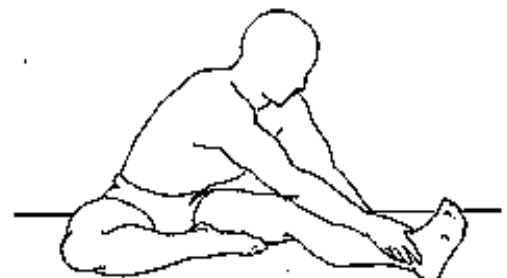
1. Sit upright on the floor.
2. Flex your knees and bring the heels and soles of your feet together as you pull them toward your buttocks.
3. Place your elbows on the inside portion of both upper legs.
4. Exhale, and slowly push your legs to the floor.
5. Hold the stretch and relax.

NOTE: This stretch is more effective with your back against a wall.



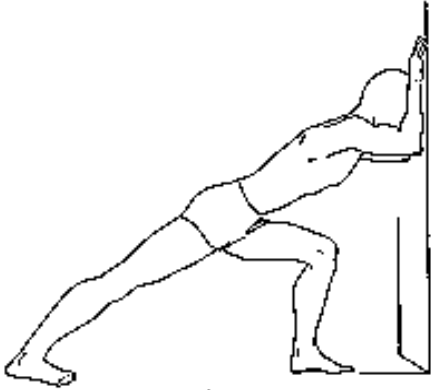
4. Hamstring

1. Sit upright on the floor with both legs straight.
2. Flex your right knee and slide your heel toward your buttocks.
3. Lower the outer side of your right thigh and calf onto the floor.
4. Place your right heel against the inner side of your left thigh so that a 90 degree angle is formed between your extended left leg and flexed right leg.
5. Exhale. Keeping your left leg straight, bend at the waist, reach out toward your left ankle, and lower your extended upper torso onto your thigh.
6. Hold the stretch and relax.
7. If you can't reach your foot, you may use a folded towel around your foot to help you do the stretch.



5. Calf

1. Stand upright 4-5 steps from a wall.
2. Step back into a lunge position so that your front leg is bent in a 90-degree angle and your back leg is straight.
3. Lean against the wall without losing the straight line of your head, neck, spine, pelvis, right leg, and ankle.
4. Keep your rear foot *down, flat, and parallel* to your hips.
5. Exhale, bend your arms, move your chest toward the wall, and shift your weight forward.
6. Hold the stretch and relax.



6. Calf

1. Sit upright on the floor with both legs straight.
2. Cross one leg and rest it on the opposing knee.
3. Exhale, lean forward, and grasp hold of your foot or use a folded towel.
4. Exhale, keep your extended leg straight, and pull on your foot.
5. Hold the stretch and relax.



7. Shin

1. Sit upright in a chair or on the floor with one leg crossed over the opposite knee.
2. Grasp hold on/above your ankle or heel of your foot with one hand.
3. Grasp hold of the top portion of your foot with your other hand.
4. Exhale, and slowly pull the bottom of your foot to your body (plantar-flexion).
5. Hold the stretch and relax.



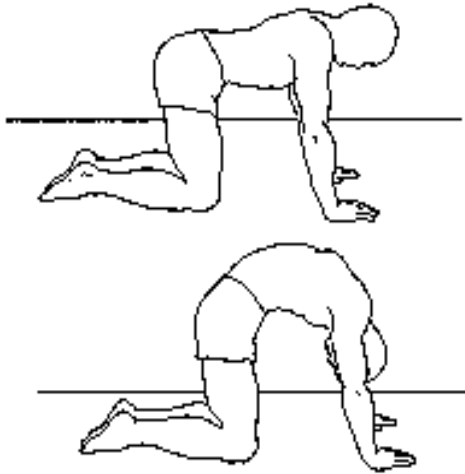
8. Torso

1. Sit upright on the floor, hands behind your hips for support, and your legs extended.
2. Flex your left leg, cross your left foot over your right leg, and slide your heel toward your buttocks.
3. Reach over your left leg with your right arm and place your right elbow on the outside of your left knee.
4. Exhale, look over your left shoulder while twisting your trunk and *gently pushing back* on your left knee with your right elbow.
5. Hold the stretch and relax.



9. Low Back

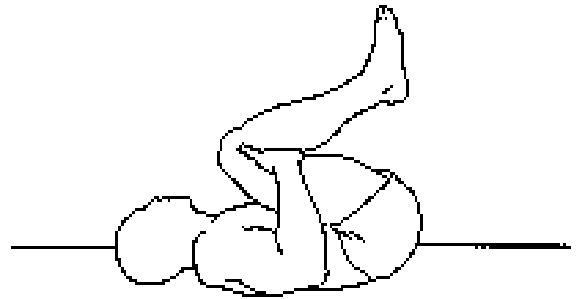
1. Kneel on all fours with your toes facing backward.
2. Inhale, contract your abdominals, and round your back.
3. Exhale, relax your abdominals, and return to the "flat back" position.



10. Low Back

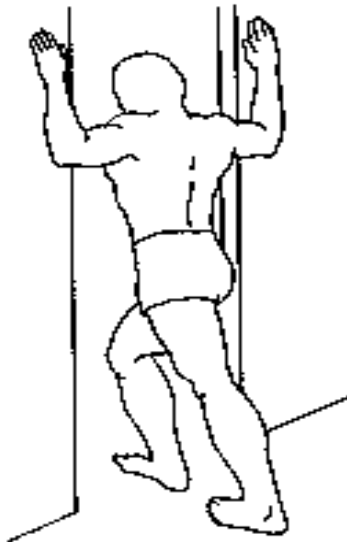
1. Lie flat on your back with your body extended.
2. Flex your knees and slide your feet toward your buttocks.
3. Grasp behind your thighs.
4. Exhale, pull your knees toward your chest/shoulders and keep your low back on the floor.
5. Hold the stretch and relax.

CAUTION: Upon completing the stretch, the legs should be reextended slowly one at a time to prevent possible pain or spasm.



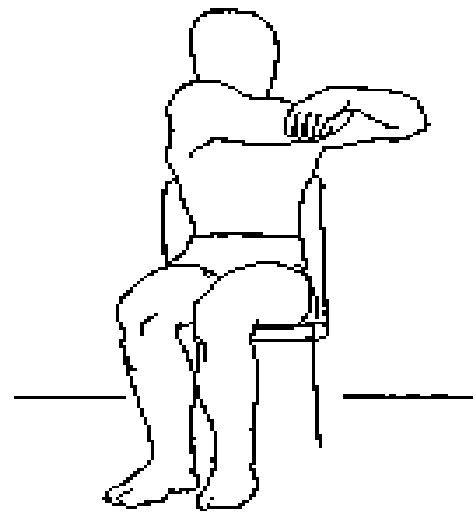
11. Pectoralis (Chest)

1. Stand upright facing a corner or open doorway.
2. Raise your arms to form the letter "T" (elbows level with your shoulders).
3. Exhale, and lean your entire body forward.
4. Hold the stretch and relax.



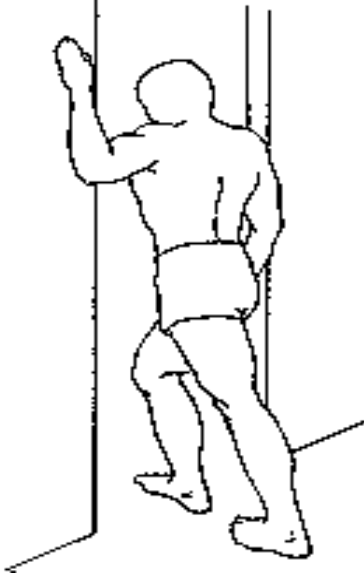
12. Shoulder - Posterior

1. Sit or stand upright with one arm raised to shoulder height.
2. Flex your arm across to the opposite shoulder.
3. Grasp your raised elbow with the opposite hand.
4. Exhale, and *gently* push your elbow backward.
5. Hold the stretch and relax.



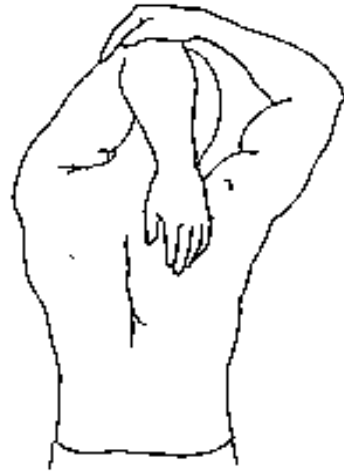
13. Shoulder - Front

1. Stand upright facing the edge of a door frame.
2. Raise your arm, flex your elbow, and place your hand on the frame.
3. Exhale, and turn away from your fixed arm as it remains on the frame, against your side.
4. Hold the stretch and relax.



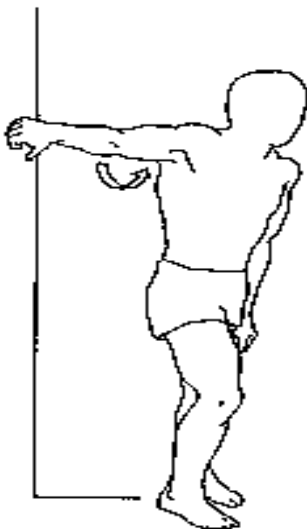
14. Triceps

1. Sit or stand upright with one arm flexed, raised overhead next to your ear, and your hand resting on your shoulder blade.
2. Grasp your elbow with the opposite hand.
3. Exhale, and *gently* push your elbow behind your head.
4. Hold the stretch and relax.



15. Biceps

1. Stand upright with your back to a door frame.
2. Rest one hand against the door frame with your arm rotated at the shoulder, forearm extended, and your thumb pointing down.
3. Exhale, and attempt to roll your biceps so they face upward,
4. Hold the stretch and relax.



Muscle training.

Susan turns on the evening news and picks up a small, 3-pound dumbbell. After only about 15 minutes of simple exercises, she has strengthened and toned her chest, back, shoulders, arms, belly, and legs.

Here's why Susan trains her muscles:

- **It keeps her looking good.** Her muscles are firm, but not bulky or large.
- **It keeps her strong.** She can carry her groceries without getting tired or sore.
- **It helps her lose weight.** At first, she might gain a pound or two from new muscle. But in the long-run, it will help her weight loss efforts.
- **It keeps her bones strong.** That helps fight off osteoporosis (weak bones).

Here's how to start a simple muscle training routine of your own:

- **Warm up.** March in place for a few minutes, doing arm circles while you march. Do a few stretches.
- **Follow up-to-date instructions to the letter,** such as those attached. For example, you may have been taught to do sit-ups with your legs straight out. Now we know it's important to bend your knees to prevent back problems.
- **Never lift more weight than you can handle safely.** A good way to start is by doing the exercises first without weights.
- **Move slowly and smoothly, and never hold your breath.** Breathe out and count 1-2 when you lift. Breathe in and count 1-2-3-4 when you return to a resting position. This is very important for preventing a dangerous rise in blood pressure.
- **Try to include all 10 exercises on the next pages.** Do them **in the order given,** working your chest and back first.
- **Do the exercises on 3 days per week.** Take a day off between workouts to allow your muscles to rest and recover, which prevents injuries.
- **Progress slowly** (see the next page).

How to progress

For muscle training exercises that use weights:

1. Do each exercise *without weights first*, to get used to the motions.
2. When you are comfortable doing an exercise 5 times without weight, add a light weight.
3. Gradually increase the number of times you repeat the exercise (“rep”) until you are comfortable doing it 12 times. Each time you complete a series of reps for an exercise, it is called a “set.”
4. If it becomes easy to complete one set, then either add weight or do another set with the same weight. Rest for 30 seconds to one minute between sets.
5. If you don’t have access to heavier weights, but feel you should be increasing the amount you lift, keep increasing the reps.

For exercises that don’t use weights (such as curl ups):

1. Gradually add reps until you can do the exercise about **20** times comfortably.
2. Then go on to the next exercise, and **repeat the entire set again.**

For exercises that alternate the use of arms or legs:

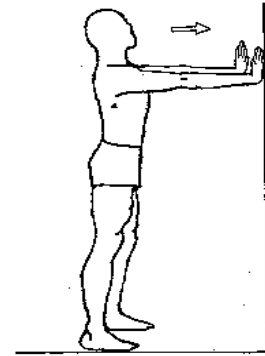
A set is completed once you have performed the same number of repetitions on each side.

Example: If your goal is to complete 15 reps, do 15 on your left side and 15 on your right side. If you do not do the same number of reps on each side, unequal muscle development or injury may occur.

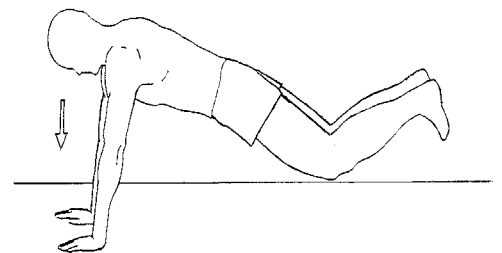
Ask your Coach to show you the exercises on the next pages. **You can do it!**

Muscle training exercises.

1. **Chest.** *Wall Push-Up:* Stand a little more than an arm's length from a wall. Lean forward against the wall with both hands spread. Keep your feet firmly planted. Slowly lower yourself, then push back up using your upper chest muscles.

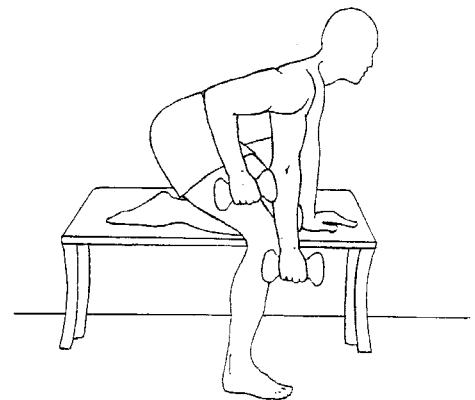


If this exercise becomes easy, you may want to try a *modified floor push-up*. Your hands and knees are touching the floor, with your hands slightly more than shoulder-width apart. Keeping your back straight, lower yourself until your face is one to two inches from the floor. Then push yourself up to the starting position.



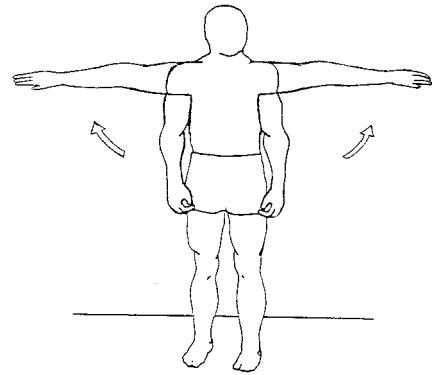
2. **Back.** *One-Arm Dumbbell Row:* Stand beside a bench or chair. Place one knee and the hand of the same side of the body (for example, start with your left knee and left hand) on the bench or chair. Keep the other foot flat on the floor.

With your free hand, hold a dumbbell at full extension with your palm facing your body and your hand lined up slightly in front of your shoulder. Slowly pull the dumbbell up to your side until it is level with your upper body, with your hand close to your hip. Then slowly return to starting position.

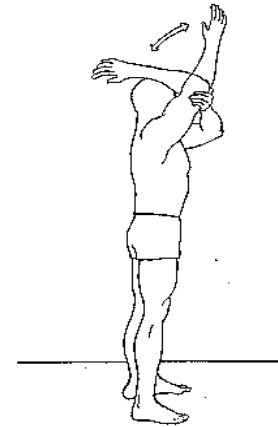


When lifting, remember not to move your back or jerk the weight.

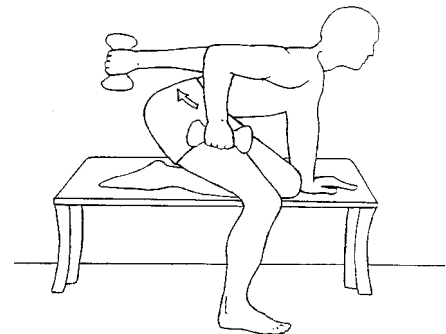
- 3. Shoulders. *Lateral Raise:*** Stand. Hold your arms at your side. Lift your arms outward. Your palms should be down and your arms nearly straight (just a slight bend at the elbow). Stop when you reach shoulder level.



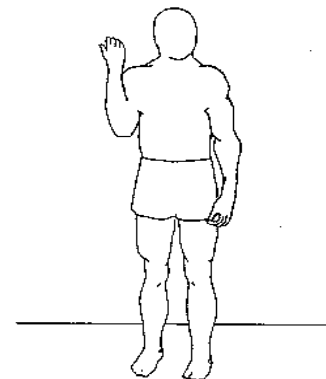
- 4. Back of Arms. *Triceps Press:*** Stand with your arms at your side. Slowly lift one arm above your head, with the elbow bent. Keeping your elbow above your head and next to your ear, slowly lower and lift your forearm from behind your head.



Or *Triceps Extension:* Begin in the same starting position as a one-arm dumbbell row. Pull the weight up your side until it is level with your upper body. This will be the starting position. Keeping your upper arm in place, extend your forearm and hand directly behind you and then bring them back down to your side.



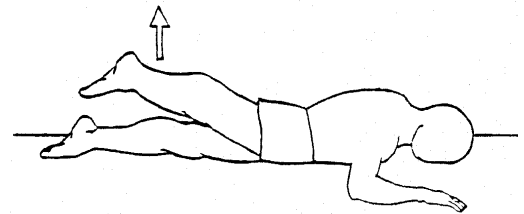
- 5. Front of Arms. *Biceps Curl:*** Stand. Hold your arms at your side. Lock your elbows at your hips and gradually curl your arms upward. Your thumbs should be out and palms up as you go. Stop when your palms are almost to your shoulder.



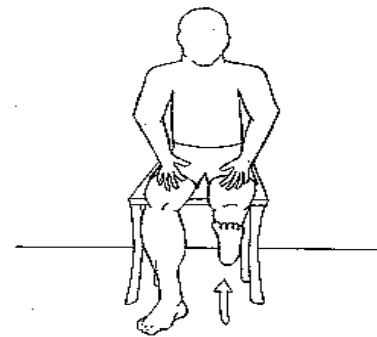
6. **Belly.** *Curl Up:* Lay on your back with your knees bent, feet flat on the floor. Cross your arms in an X over your chest. (Caution: If you have neck problems, check with your Lifestyle Coach about whether this exercise is safe for you.) Slowly curl up, keeping your chin tucked in toward your chest. Start by lifting only your head and neck off the floor. Down the road, you may try lifting your upper back off the floor. It's not necessary to go beyond lifting the middle of your back off the floor. The key is to squeeze your stomach during each rep.



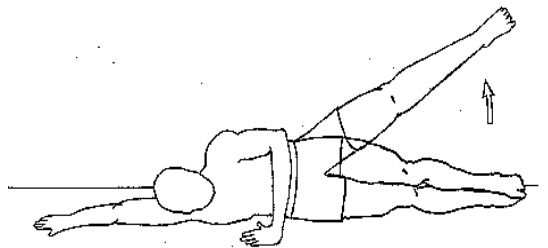
7. **Back of Thighs.** *Leg Lift:* Lay on the floor on your stomach, with your arms on the floor, perpendicular to your trunk and slightly bent. Slowly lift one leg from the hip. Slowly return to resting position. Don't bend your knees.



8. **Front of Thighs:** *Seated Leg Lift:* Sit on a chair, with your feet on the floor. Slowly lift your foot until your leg is straight, then lower.



9. **Outer Thighs.** *Outer Thigh Lift:* Lay on your side. One arm should be under your ear, straight out above your head and in line with your body. The other arm should be bent, hand flat on the floor in front of your chest. Keep your legs straight, in line with your upper body. Slowly lift and lower your upper leg.



10. **Inner Thighs.** *Inner Thigh Lift:* Assume the position for the Outer Thigh Lift. Then bend the upper leg at the knee, with the foot flat on the floor in front of the other leg. Slowly lift and lower your lower leg from the hip.

Muscle Training Record

Use this form to record your progress.

Week starting _____

	Chest	Back	Shoulders	Back of Arms	Front of Arms	Belly	Top of Thighs	Bottom of Thighs	Outer Thighs	Inner Thighs
Date _____	Weight/Rep	Weight/Rep	Weight/Rep	Weight/Rep	Weight/Rep	Weight/Rep	Weight/Rep	Weight/Rep	Weight/Rep	Weight/Rep
Set 1										
Set 2										
	Chest	Back	Shoulders	Back of Arms	Front of Arms	Belly	Top of Thighs	Bottom of Thighs	Outer Thighs	Inner Thighs
Date _____	Weight/Rep	Weight/Rep	Weight/Rep	Weight/Rep	Weight/Rep	Weight/Rep	Weight/Rep	Weight/Rep	Weight/Rep	Weight/Rep
Set 1										
Set 2										
	Chest	Back	Shoulders	Back of Arms	Front of Arms	Belly	Top of Thighs	Bottom of Thighs	Outer Thighs	Inner Thighs
Date _____	Weight/Rep	Weight/Rep	Weight/Rep	Weight/Rep	Weight/Rep	Weight/Rep	Weight/Rep	Weight/Rep	Weight/Rep	Weight/Rep
Set 1										
Set 2										

Participant Worksheets for Contacts after Core

Healthy Eating Topics

How to Use “Managing Binges.”

The attached optional participant handouts, Managing Binges, may be given to selected participants during an individual In-Person visit or may be used to support a discussion during a group class.

It is very important to keep in mind that periods of overeating or emotional eating do not constitute a diagnosis of binge eating disorder. Also, highly structured behavioral weight loss programs with reasonable weight loss goals, such as the DPP Lifestyle Balance Program, have been shown to help individuals with binge eating problems normalize their eating patterns. If you have ongoing concerns regarding the clinical severity of a participant’s binge behavior, call the Lifestyle Resource Core and/or consult your local behavioral scientist.

Also attached is “Binge Eating in Obesity,” a chapter from **Binge Eating: Nature, Assessment and Treatment** (edited by Fairburn, CG and Wilson, GT, 1993, Guilford Press). This is for your professional reference (not for participants).

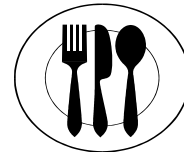
Note: An excellent book for participants is **Overcoming Binge Eating** (1995, Guilford Press) by Dr. Christopher Fairburn, a well-known international authority and researcher on eating disorders. If you recommend the book to a participant, make it clear that some of the book may not follow the DPP goals exactly but it stresses the behavioral skills (e.g., self-monitoring and problem solving) that are key aspects of the Lifestyle Balance Program.

Managing Binges

A binge is when you eat much more food than usual and feel a sense of being out of control or feel that you have lost control of your eating.

The first step to managing binges is to **self-monitor**. Record exactly what you eat and drink, including binges, as soon as possible after you eat. Leave nothing out. Also record anything that affects your eating (e.g., feelings and situations). Use your records to answer the following questions.

Describe a recent binge:



- Where were you? What was the time of day?

- How were you feeling?

- What happened before the binge?

- During it?

- Afterwards?

Review some other binges. How were they the same? Different?

There are three basic ways to manage binges: **try to prevent the binge, get back on track as soon as possible, and learn from the binge.**

Try to Prevent the Binge

- 1. Don't let yourself get too hungry.** Plan three meals and two or three snacks, no more than 3-4 hours apart. Do not skip meals and snacks. Stay at your DPP fat/calorie goals.

I will eat meals and snacks at these times:

- 2. Watch for any warning signs that a binge might occur.** For example, certain feelings or situations may place you at risk for a binge.

I will look for these warning signs of a binge:

- 3. Plan to do something not related to food as soon as you notice any warning signs of a binge.**

Keep a list of things on a small card. Carry it with you. Take the list out as soon as you feel the urge to binge, and work through it one by one. Include on your list:

- **Things you enjoy doing.** Visiting a friend. Listening to music. Taking a shower or bath.
- **Physical activity.** Taking a brisk walk, hiking on a favorite trail, or going for a bike ride will lift your spirits. It will also get you out of the kitchen.
- **Talking to someone about your feelings.**



I plan to do the following things when I notice any warning signs of a binge:

- 4. When you feel the urge to binge, wait at least 10 minutes.** Set a timer. Then get busy doing something distracting on your list. After 10-30 minutes, the urge to binge may pass.

Get Back on Track As Soon As You Can

- 1. After a binge, talk back to negative thoughts with positive thoughts.** Don't let guilt overtake you. That can make matters worse.

For example, you might be thinking, "I've blown it. I might as well keep on eating." Stop this thought. Replace it with something like, "I'm not a failure. I can get back on track again."

Negative thoughts I might have



Positive thoughts

- 2. Focus on all the positive changes you've made.** Make a list of how you have changed since joining the Lifestyle Balance program. List things you can do now that you couldn't do before.

Positive changes I have made:


- 3. Return to your fat and calorie goals right away.** Start with a clean slate. Do not try to starve yourself as a form of punishment.

Learn from the Binge

The best way to learn from a binge is to use problem solving.

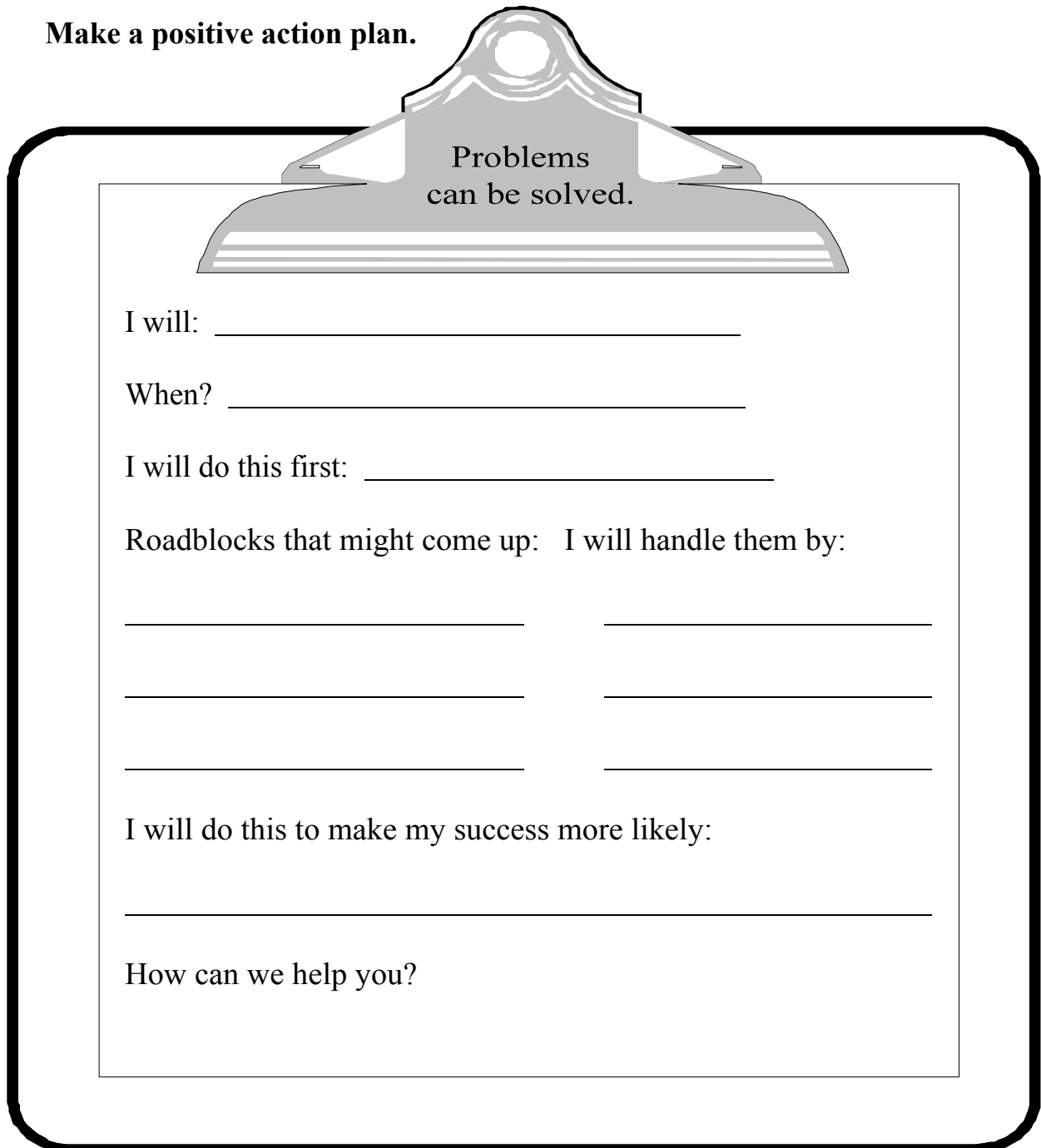
Describe the problem in detail. Be specific.

What led up to the binge? What were the early warning signals? What situation or foods put you at risk? How did you try to prevent the binge? What went wrong? Were you able to get back on track as soon as possible? If not, what got in the way?

Find the action chain. Links	Brainstorm your options. Options
	

Pick one option. Weigh the pros and cons. Choose one that is **very 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?

5. Try it. See how it goes. Did it work? If not, what went wrong? Problem solve again.

How to Use “Solving the Problem of Buffets and Receptions.”

The attached optional participant handout, Solving the Problem of Buffets and Receptions, is designed to give participants a chance to practice a variety of ways to respond when faced with tough food and social cues at a buffet or reception. The handout may be particularly useful to review before the holiday season, either at an individual In-Person visit during the After Core period or as part of a one-session group class, such as one on preparing for the holidays.

If used as part of a one-session group class, set up a buffet table with at least some food selections and beverages, and have participants role play each item on the handout in pairs or small groups, then reassemble as a large group to discuss the experience. The class leaders may wish to circulate, acting the part of the waiter who brings a tray of high-fat/calorie appetizers and/or the friend who insists the participant has some.

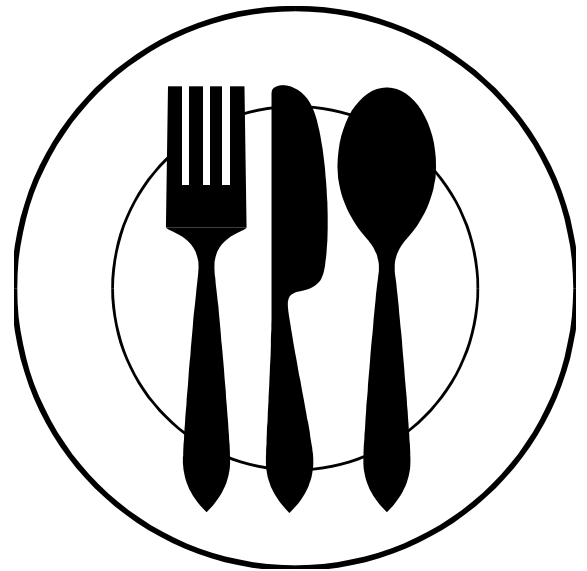
During or after the role plays, point to examples observed of skills such as taking charge of what’s around you, talking back to negative thoughts, problem solving, planning ahead, being assertive, and so on.

Finally, have the participants complete a problem solving worksheet, such as the Lifestyle Balance Problem Solver, with regard to one problem related to buffets and receptions.

Solving the Problem of Buffets and Receptions.

Imagine that you are at a buffet-style party. There are many low and high-fat options available. Everyone is standing, mostly near the table of food and drinks.

1. Set a reasonable fat/calorie goal for this meal for yourself. Explain why you chose it.
2. Practice standing at a distance from the buffet table.
3. Practice “buffet strategies.” Examples: Survey the scene. Decide how to approach it. Use the smaller plate. Fill up with lower-fat items first. Eat the best and leave the rest.
4. Practice eating slowly and “mindfully,” tasting and enjoying each item.
5. Practice focusing on non-food aspects (e.g., imaginary background music, conversation).
6. Role play ordering a low-calorie drink from a bartender.
7. Practice “nursing” a drink.
8. State some negative thoughts you have at buffets/receptions. Examples: “My plate is empty. This is a dumb party. I wish I had more food.” Practice talking back.
9. Role play responding to a waiter who brings a tray of high-fat/calorie appetizers. Role play responding to a friend nearby who insists you have some.

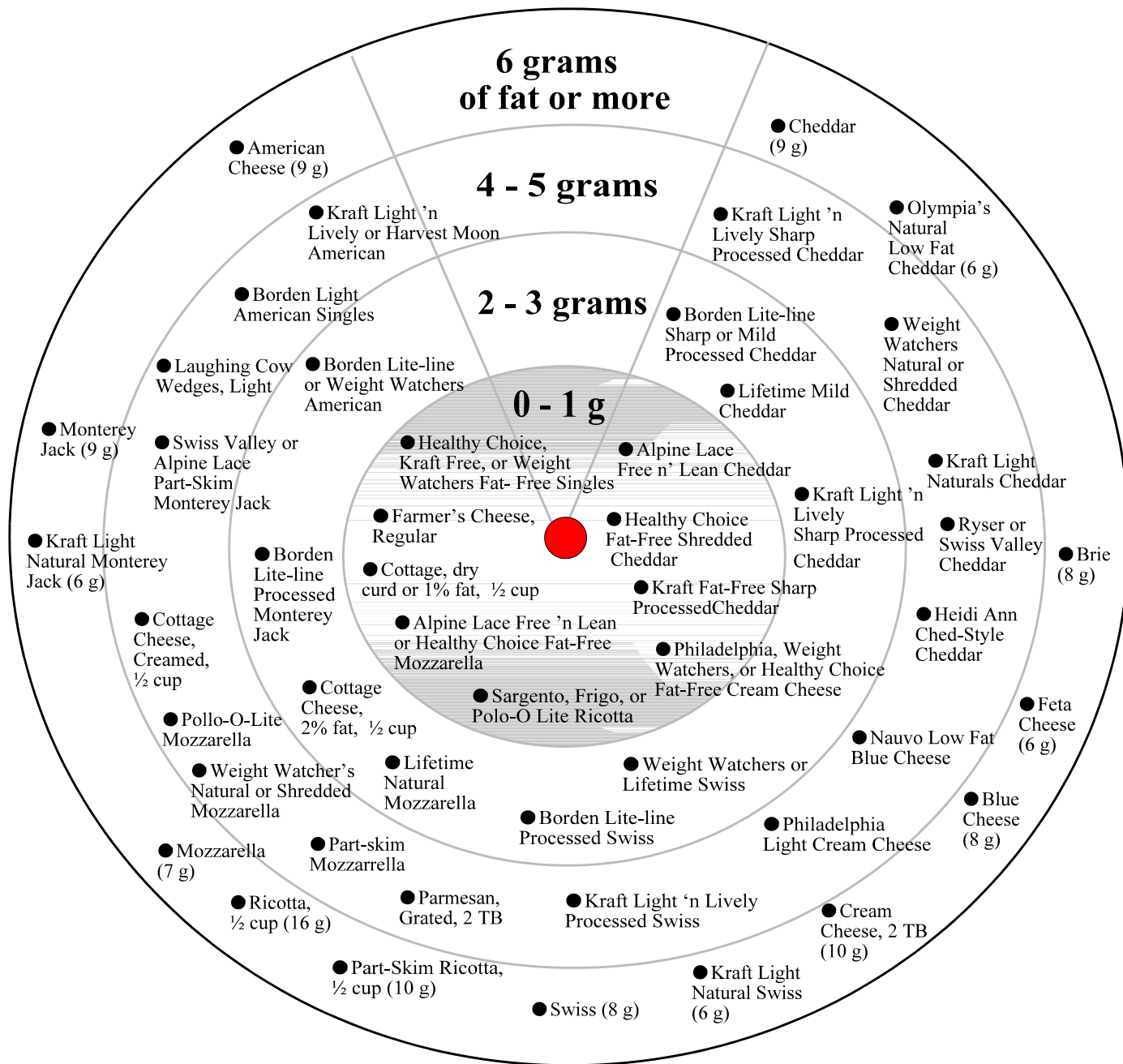


Note: The **Target In On Fat** handouts that follow are designed to support the self-monitoring process by providing a visual image of foods differentiated by fat content. The purpose is not to suggest that the foods in the bull's eye are "good" and the other foods are "bad." Rather, the message is that participants have a wide variety of choices, and, armed with a knowledge of the fat content of foods, they can fit any food into their daily fat gram budget. (For example, a participant may decide to "spend" part of her budget on 1/2 oz. of feta cheese, at 6 grams per ounce, rather than on a lower-fat cheese she doesn't like, such as a fat-free American.)

Target In On Fat: *Cheeses*

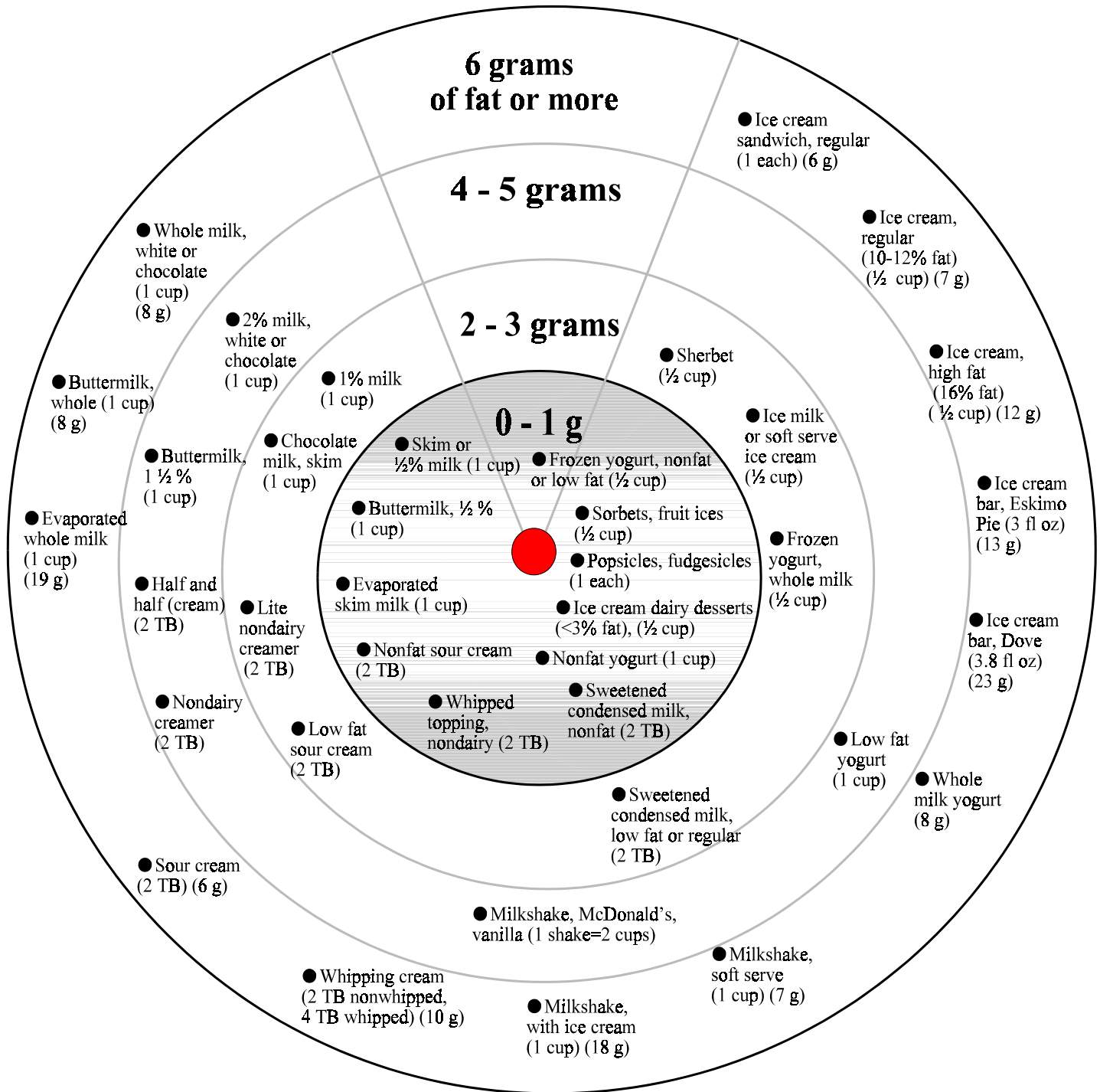
Compare the fat content of the cheeses below. Keep your daily fat budget in mind when you choose the kind and amount of cheese you eat.

Note: Each is a **1-ounce serving**, unless another amount is given. (When comparing processed cheeses, check the serving size. Some slices weigh only $\frac{2}{3}$ to $\frac{3}{4}$ ounce.)
For the highest fat cheeses, fat grams are given in parentheses to show the range.



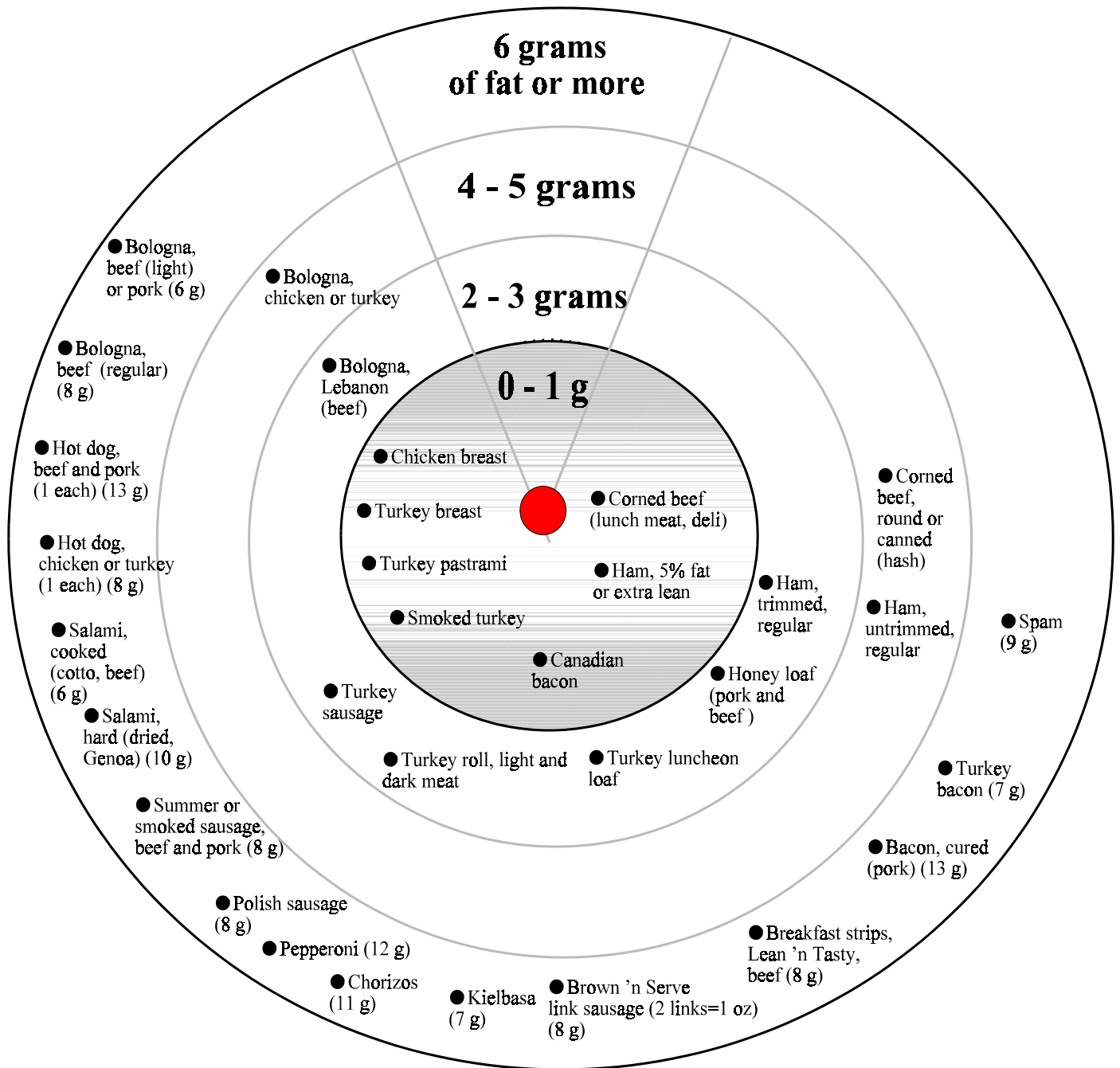
Target In On Fat: *Dairy Foods*

Compare the fat content of the dairy foods below (doesn't include cheese). Keep your daily fat budget in mind when you choose the kind and amount of dairy foods you eat. Note: Low-fat dairy foods with added sugar (e.g., frozen desserts) are often high in calories. For the highest-fat items, fat grams are given in parentheses to show the range.



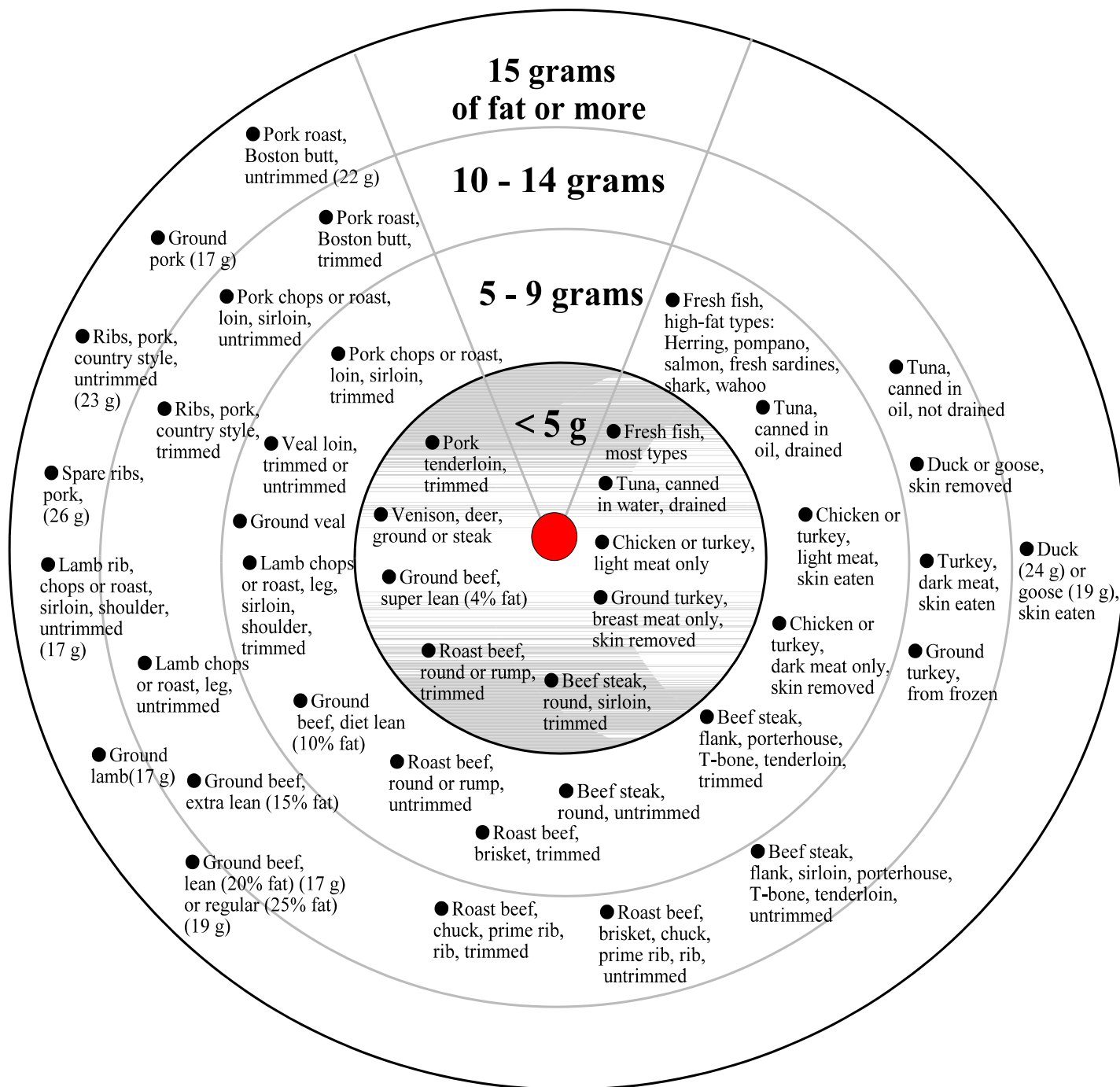
Target In On Fat: *Luncheon Meats*

Compare the fat content of the luncheon meats below. Keep your daily fat budget in mind when you choose the kind and amount of luncheon meats you eat. *Note:* Each is a 1-ounce serving, cooked (unless another amount is given). For the highest-fat luncheon meats, fat grams are given in parentheses to show the range.



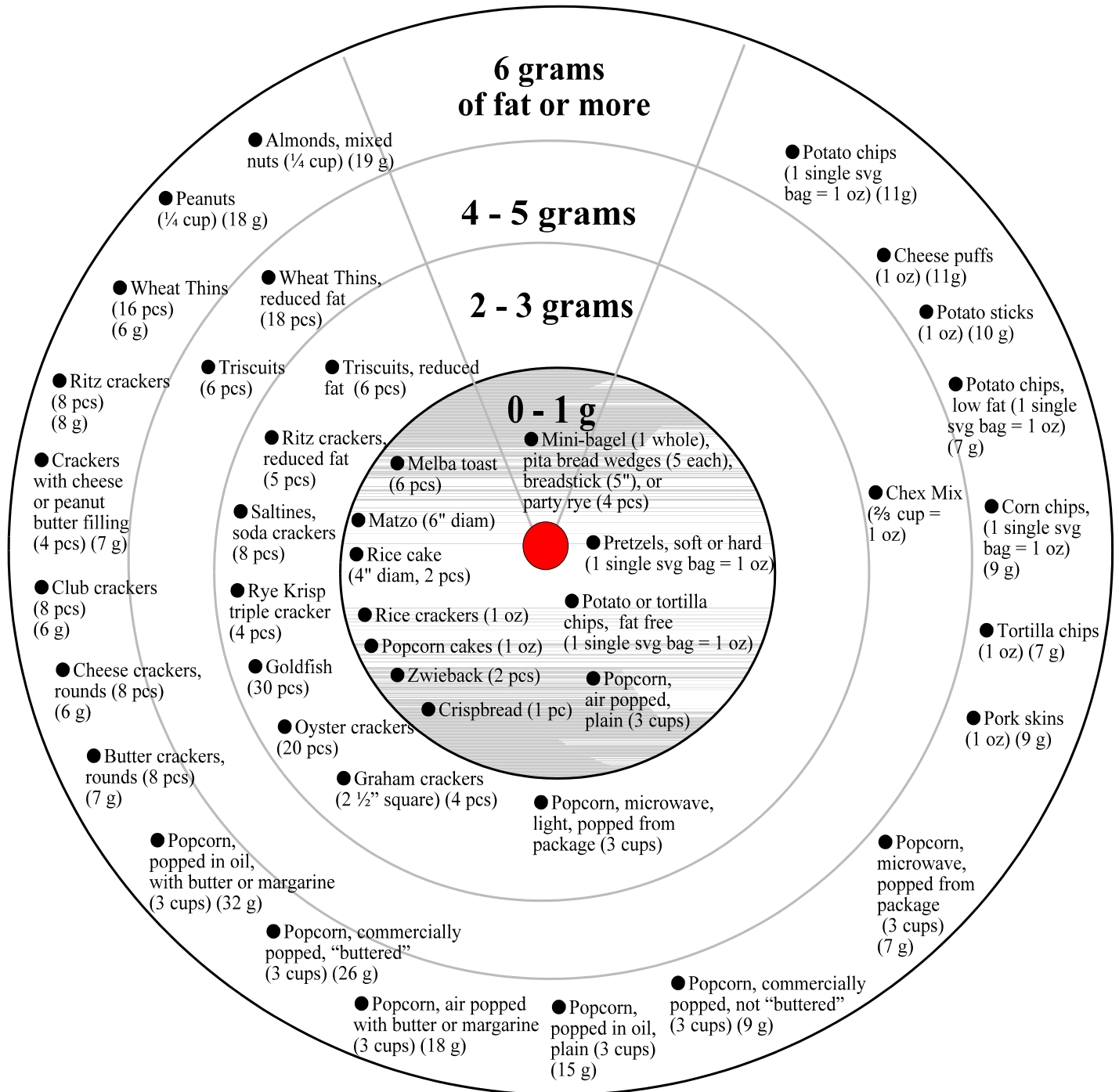
Target In On Fat: *Meats*

Compare the fat content of the meats listed below. Keep your daily fat budget in mind when you choose the kind and amount of meats you eat. *Note:* Each is a 3-ounce serving, cooked *without fat*. Even low-fat meats become high in fat if you cook or serve them with fat (such as oil, butter, gravy, mayonnaise, or fatty sauces). For the highest fat meats, fat grams are given in parentheses to show the range.

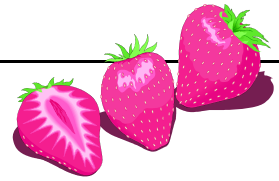


Target In On Fat: *Party Snacks*

Compare the fat content of the party snacks below. Keep your daily fat budget in mind when you choose the kind and amount of party snacks you eat. Note: Even low-fat snacks become high in fat if you eat them with fatty dips or spreads. Instead, use salsa, fruit sauces, or low-fat dips made with beans, nonfat yogurt or nonfat cream cheese. (For the highest fat items, fat grams are given in parentheses to show the range.)



Build a better breakfast.

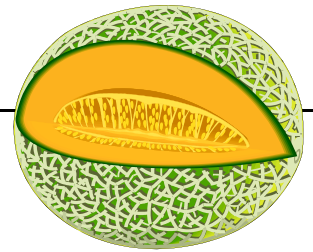


Do you usually eat in the morning? Yes No

If yes, what do you usually eat? When? Where?

If no, what are your reasons?

How does your morning eating pattern vary on weekends?



Did you know...?

- Breakfast can take less than 5 minutes to make and eat.
- People who eat breakfast tend to make healthier food choices during the day.
- Breakfast eaters tend to be in a better mood, have more energy, and do better on memory tasks.
- People who don't eat breakfast tend to overeat during the day, especially at night. So the next morning, they're less hungry and less likely to eat breakfast.

Do you skip breakfast and overeat at night?

If so, what food(s) could you eat less often at night? (List calories/fat.)

What food(s) could you gradually start eating in the morning? (List calories/fat.)

Planning a morning meal.

Keep it simple.

Breakfast can be a glass of orange juice, followed by a glass of skim milk, then a bagel later in the morning when you get to work.

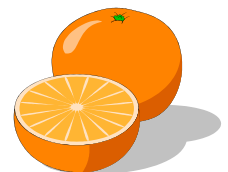
Concentrate on “carbo’s.” Limit fat and sugar.



Cereal	Choose cereals that are low in sugar. Eat less often: “frosted” or sweetened cereals, granolas, or cereals with nuts. Good choices are _____
Bread	Try toast, an English muffin, or a bagel. Top with nonfat cream cheese, jam, jelly, or all-fruit spread. Eat less often: croissants, biscuits, doughnuts, and most muffins.
Pancakes	Top with a small amount of low-fat margarine or reduced-calorie syrup, fresh fruit, or fruit purees like applesauce.
Potatoes	Make your own home fries with pan spray instead of oil. Heat a leftover baked potato in the microwave. Top with nonfat sour cream.
Leftovers	Use the microwave to reheat leftovers from last night’s dinner. Rice, pasta, or tortillas can be just as delicious at breakfast.

Add low-fat milk or yogurt and fresh fruit.

- Choose skim or 1% milk, nonfat or low-fat yogurt, either plain or sugar-free.
- Eat less often: Whole or 2% milk, regular sweetened yogurt.
- Choose fresh fruits or canned fruits packed in water or juice (not heavy syrup). Whole fruits are higher in fiber than juices.

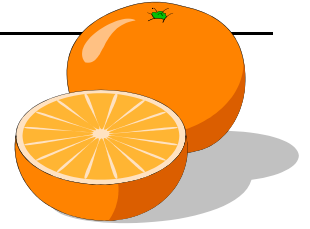


Eat these foods less often:

- Bacon (except Canadian bacon)
- Sausage
- Eggs
- Sugar, honey, regular syrup
- Margarine, butter, peanut butter
- Pastries, coffeecake, doughnuts

My best breakfast.

Look through several of your completed Keeping Track booklets.
Find some examples of healthy breakfasts.



What food choices work well for you?

How many fat grams and/or calories at breakfast are best?

Fat goal for breakfast: _____ grams

Calorie goal for breakfast: _____ calories

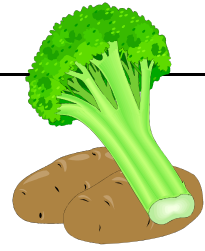
Use the examples to build 3 “standard” breakfast menus for yourself.

1. _____

2. _____

3. _____

Build a better main meal.



Plan the meal around pasta, rice, bread, or potatoes.

Add little or no fat. Add plenty of vegetables.

Pasta	Top spaghetti with meatless tomato sauce and steamed vegetables. Make lasagna with low-fat cheese and a layer of spinach or zucchini.
Rice, Other grains	Serve rice with stir-fried vegetables. Add rice to vegetable soup or chili. Experiment with barley, cous cous, wild rice, millet, kasha, and bulgur.
Bread, Tortillas	Make pita bread pizzas, topped with vegetables and low-fat cheese. Fill tortillas with steamed vegetables, rice, and salsa. Sandwiches can be a main meal, too (e.g., grilled chicken, hot turkey). So can breakfast foods (e.g. pancakes with low-fat spread, applesauce).
Potatoes	Top baked potatoes with steamed vegetables and nonfat sour cream. Make a delicious stew with plenty of potatoes, carrots, and onions. Try scalloped potatoes made with low-fat cheese sauce.

Add low-fat cuts of meat, poultry, or fish, cooked without fat.

And serve dried beans, in the place of meat, more often.



- Think of meat as a garnish, side dish, or flavoring, not as the center of the meal.
Two to three ounces of meat per person is plenty.
To make it look like a larger portion, slice it thin, spread it out on the plate, or serve it with a fat-free sauce or gravy.
Or cut lean meat in small bits or strips. Add to rice, pasta, stew, or soup.
- Make chili with more beans and less or no meat.
- Try lentil dishes, bean soups and split pea soup, and baked beans. Avoid cooking beans with fatty meats.

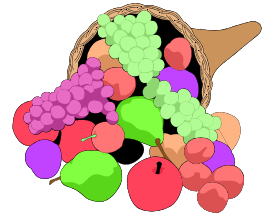


Serve fruit as a side dish or for dessert.

- Slice several kinds of fresh or canned fruit (without syrup) into an attractive bowl.
- As a topping, try a small amount of sherbet, sorbet, or low-fat, sugar-free yogurt.

My best main meal.

Look through several of your completed Keeping Track booklets.
Find some examples of healthy main meals.



What food choices work well for you?

How many fat grams and/or calories at your main meal are best?

Fat goal for main meal: _____ grams

Calorie goal for main meal: _____ calories

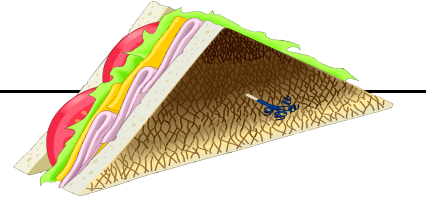
Use the examples to build 3 “standard” main meal menus for yourself.

1. _____

2. _____

3. _____

Build a better light meal.



Make one meal each day a “light” meal.

Have a simple, light lunch if you’re planning to go out to dinner.

Or make dinner a light meal if you’ve had a large lunch.

Think simple and quick: Sandwich, fruit, milk. Salad, bread, fruit, yogurt.

Pasta, veggies, beans. Rice, stir-fried veggies, chicken.

Burrito, salad, fruit. Frozen entree, salad, fruit.

Keep healthy, “quick-to-fix” foods on hand.

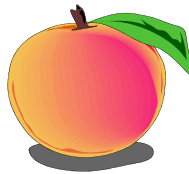
With the following foods in your ’fridge, freezer, or pantry, you’ll be able to pull together a packed lunch or light dinner at a moment’s notice.

Grains

- Low-fat breads, ≤ 2 g fat/slice (whole grain bread, bagels, English muffins, plain rolls, pita bread, tortillas)
- Low-fat crackers
- Cold cereal, hot cereal
- Quick cooking brown rice
- Pasta (angel-hair pasta and fresh pasta cook most quickly)

Fruits/vegetables

- Fresh fruit
- Peeled carrots
- Prepared raw vegetables from the salad bar
- Salad greens in a bag
- Canned fruit, in water or juice
- Canned tomatoes
- Frozen mixed vegetables, for soups, stir-fries, etc.
- Frozen potato wedges (no fat added)



Dairy

- Skim or 1% milk
- Nonfat or low-fat cheeses
- Nonfat, sugar-free yogurt

Meat, poultry, fish, beans

- Water-packed tuna, salmon, chicken
- Sliced turkey or chicken breast
- Sliced, extra lean ham
- Canned dried beans (garbanzos, black beans, navy, kidney beans, black eye peas, etc.)
- Vegetarian refried beans

Miscellaneous

- Canned, low-fat soups and broth
- Bottled low-fat sauces, including spaghetti sauce
- Bottled nonfat salad dressings
- Flavored vinegars
- Salsa
- Spicy mustard
- Low-calorie frozen entrees (≤ 300 calories, 10 grams of fat)

My best light meal.

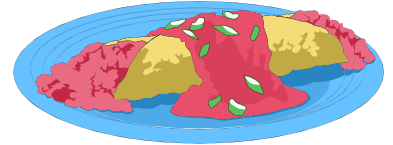
Look through several of your completed Keeping Track booklets.
Find some examples of healthy light meals.

What food choices work well for you?

How many fat grams and/or calories at your light meal are best?

Fat goal for main meal: _____ grams

Calorie goal for main meal: _____ calories



Use the examples to build 3 “standard” light meal menus for yourself.

1. _____

2. _____

3. _____

Build better snacks.

To improve your snack choices, first think about where and when you snack.

A snack you eat often:	Fat grams/calories per serving	Where and when do you usually eat the snack?
1.		
2.		
3.		
4.		
5.		

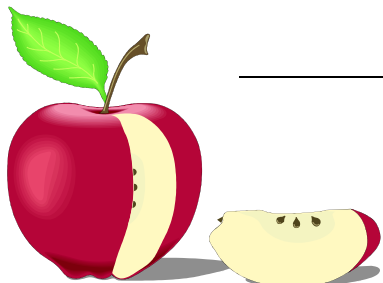
Are most of your snacks planned or unplanned? _____

For many people, unplanned snacks are often triggered by one or more of the following. Check the triggers (cues) that apply to you:

- | | |
|---|--|
| <input type="checkbox"/> Being too hungry | <input type="checkbox"/> Doing certain things or being in certain places (e.g., watching TV) |
| <input type="checkbox"/> Being tired or overworked | <input type="checkbox"/> Celebrating on holidays or at family gatherings |
| <input type="checkbox"/> Feeling stressed, anxious, bored, or angry | <input type="checkbox"/> Other _____ |
| <input type="checkbox"/> Seeing or smelling food, or seeing others eating | _____ |

What could you do to avoid these situations/feelings or handle them differently?

Example: If the TV room triggers eating potato chips for you, you could stop buying potato chips and keep a bowl of fresh fruit in the TV room.



My best snacks.

Look through several of your completed Keeping Track booklets.
Find some examples of healthy snacks.

What food choices, times, and places for snacks work well for you?

How many total fat grams and/or calories for snacks are best?

Fat goal for snacks: _____ grams

Calorie goal for snacks: _____ calories




Use the examples and the “Satisfying Snacks” list on the next page to build 7 “standard” snacks for yourself.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

Satisfying Snacks

Choose a healthy snack that matches the taste and texture you're looking for. And remember to watch the portion size.

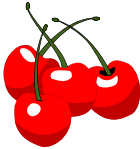
Crunchy Snacks

- Fresh fruit (apple, pear)
 - Raw vegetables (broccoli, carrots, cauliflower, green pepper, celery)
 - Low-fat crackers (oyster, Melba, matzo, rice crackers, crispbread)
 - Popcorn, air-popped or light
 - Pretzels
 - Baked tortilla chips 
 - Baked potato chips
 - Rice cakes, popcorn cakes
 - Other _____
-

Chewy Snacks

- Dried fruit (raisins, apricots)
 - Chewy breads (English muffin, bagel, pita bread, breadsticks)
 - Other _____
-

Sweet Snacks

- Fresh fruit (orange, banana, cherries, kiwi, grapes, blueberries, strawberries, peach, plum, pineapple, melon) 
 - Jell-O gelatin
 - Licorice
 - Hard candy
 - Jellied candy
 - Low-fat cookies (ginger snaps, graham crackers, vanilla wafers)
 - Other _____
-

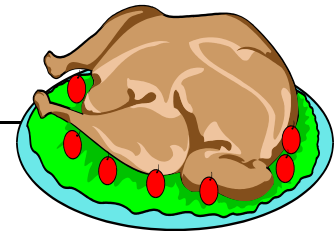
Chocolate Snacks

- Coco Puffs cereal
 - Fudgesicle, regular or sugar-free
 - Chocolate pudding pop
 - Chocolate pudding made with skim milk
 - Chocolate Instant Breakfast made with skim milk
 - Chocolate nonfat milk
 - Chocolate graham crackers
 - Other _____
-

Smooth or Frozen Snacks

- Applesauce, unsweetened with cinnamon
 - Pudding, made with skim milk
 - Yogurt, nonfat
 - Nonfat cream cheese on a graham cracker
 - Frozen yogurt, nonfat
 - Sherbet
 - Ice milk
 - Frozen fruit bars
 - Lemon ice
 - Frozen grapes, bananas, berries
 - Popsicle
 - Other _____
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Happy Holidays!



A holiday dinner doesn't have to be a nutrition disaster. Here are some suggestions for making your dinner healthier.

Traditional Menu	Calories	Fat (grams)	Healthy Changes	Calories	Fat (grams)
<i>Fresh raw veggies (½ c.)</i>	50	0	<i>No change</i>	50	0
<i>Vegetable dip (2 TBSP)</i>	60	4	<i>Made with non-fat sour cream</i>	20	0
<i>Dark turkey (5 oz.)</i>	262	10	<i>White turkey (3 oz.)</i>	129	3
<i>Gravy (½ cup)</i>	58	4	<i>Use only ¼ cup</i>	29	2
<i>Stuffing (1 cup)</i>	340	18	<i>½ cup serving</i>	170	9
<i>Cranberry sauce (¼ cup)</i>	90	0	<i>No change</i>	90	0
<i>Potatoes, mashed with butter and whole milk (½ cup)</i>	130	6	<i>Mashed with nonfat sour cream</i>	82	0
<i>Vegetable casserole (¾ c.)</i>	135	8	<i>Steamed veggies (½ c.)</i>	25	0
<i>Dinner roll with butter</i>	100	6	<i>Don't add butter</i>	60	2
<i>Sweet potatoes, candied with brown sugar and butter (½ cup)</i>	164	3	<i>Mashed with syrup (no butter)</i>	106	0
<i>Pumpkin pie with whipped cream</i>	350	20	<i>½ piece, no whipped cream</i>	160	8
Traditional Total:	1739	79	Healthier Total:	921	24
<i>This meal is 41% fat.</i>			<i>This meal is 23% fat.</i>		

You save 818 calories and 55 grams of fat by making these small changes!

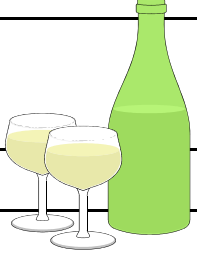
Note: Even the “healthy changes” menu is high in fat and calories. So plan to eat less for breakfast and lunch, and less on the days before and after, if you expect to eat this large of a meal. Better yet, make *even healthier menu changes*. Serve a colorful fresh fruit salad instead of pie, rice instead of stuffing (try mixing wild and white rice for a special touch), and fewer foods (e.g., only one type of potato). You’ll save another 290 calories and 17 grams of fat!

Adapted with permission from a handout developed for the MOMS Study.

If you drink alcohol...

1. Keep in mind that alcohol contains calories.

1 gram of carbohydrate or protein	4 calories
1 gram of alcohol	7 calories
1 gram of fat	9 calories



2. The calories in alcohol are “empty.” They contain no nutrients like vitamins.
3. Many alcoholic beverages contain extra calories from sugar, carbohydrate, or fat:

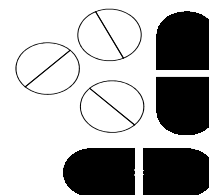
Drink	Calories	Fat (grams)
Light beer (12 oz)	101	0
Beer, regular, malt, or no alcohol (12 oz)	148	0
Table wine, red or white (3 oz)	63	0
Sweet dessert wine (3 oz)	90	0
Wine coolers (12 oz)	About 200	0
Liquor (e.g., gin, scotch, whiskey) (1 jigger, 1½ oz)	About 100	0
Cocktails (e.g., Daiquiri, martini) (3 oz)	About 200	Varies
Martini (gin and vermouth) (3 oz)	156	0
Whiskey sour (3 oz cocktail)	123	0
White Russian (3 oz), made w/cream	225	7
Alexander w/gin (3 oz), made w/cream	236	9
Grasshopper (3 oz), made w/cream	253	9
Eggnog (1 cup)	342	19

4. If you do drink alcohol, follow these tips:
 - Don't drink on an empty stomach.
 - Alternate alcoholic and nonalcoholic drinks.
 - Sip slowly. Make one drink last a long time.
 - Notice the effects of drinking. Stop before over-doing it.



Vitamin Supplements: Who Needs Them?

It's best to get your vitamins and minerals from foods by following the Food Pyramid. That way you'll get the benefits of the vitamins and minerals plus the protective effects of other substances in the foods, such as fiber and phytochemicals.



However, in some situations, it may be difficult to get enough of a vitamin or mineral without a supplement. Talk with a registered dietitian or your doctor about your individual needs. Here are some general guidelines for healthy adults:

- **Most women of childbearing years** should take a supplement containing 400 micrograms of **folacin** (also called folic acid). This vitamin has been shown to prevent two devastating birth defects. Many women don't get enough folacin in their diet. The best food sources are leafy green vegetables, dried beans and peas, and citrus fruits and juices. In addition, folacin has been added to enriched flours, cereals, breads, and pastas.
- **Pregnant and nursing women** should take a **prenatal vitamin** prescribed by their doctor.
- **People who don't drink milk or eat dairy products** such as cheese or yogurt may need a **calcium and vitamin D** supplement.

Age	Recommended Daily Amount
9-18 years	1300 mg. calcium, 200 IU vitamin D
19-50 years	1000 mg. calcium, 200 IU vitamin D
51-70 years	1200 mg. calcium, 400 IU vitamin D
71+ years	1200 mg. calcium, 600 IU vitamin D

- **Vegetarians who eat only plant foods** need a **vitamin B12** supplement (at 100% of the Recommended Dietary Allowance or Daily Value) or should eat foods fortified with vitamin B12.

Even if none of the above apply to you, you may want to take a **multivitamin** for extra nutritional insurance. If so, get one that has **no more than 100 percent of the Recommended Dietary Allowances or Daily Value** for the major nutrients.

Should You Trust Herbal Remedies?

People have used leaves, bark, roots, and seeds as medicine since earliest history. Today, about 50 percent of all medicines can be traced to plants, and most of the rest to minerals, animals, or the human body.



Are there advantages to using herbs themselves instead of medicines derived from them? In most cases, no. In a few cases, perhaps. Here are some guidelines:

- **Before taking an herb, try changing your lifestyle to reach a health goal.** For example, to lower your cholesterol, try exercising and cutting your intake of saturated fat before taking garlic pills.
- **Most drugs are more predictable and safer than the related herb.** You could brew the bark of the white willow (the source of the active ingredient in aspirin) to treat a headache. But you wouldn't know how much bark to use because the active ingredient can vary so much.
- **Herbal remedies should be taken only for familiar conditions that are helped by self-care.** For example, you may choose to treat minor indigestion with peppermint tea or a superficial burn with aloe. But it would be very unwise to treat what you think may be an ulcer or cancer with an herb.
- **Tell you doctor before taking herbal remedies.** Some herbs interact with medicines and may be dangerous. For example, combining ginkgo and aspirin increases risks of bleeding.
- **Don't trust hearsay, folklore, tradition, or advertisements.** Look for scientific evidence for the effectiveness of herbs. **Two helpful sources of reliable information are *The Honest Herbal* and *Herbs of Choice*, both by Varror Tyler, an expert in the medicinal use of plants.**
- **Remember that not all herbs are naturally gentle or safe. Many are dangerous, typically causing liver or kidney damage.** Some of the most risky herbs are borage, chapparal, coltsfoot, comfrey, foxglove, pennyroyal, pokeweed, rue, sassafras, and sweet woodruff.
- **Children, pregnant or nursing women, and anyone with chronic and serious health problems should not take herbal medicines without a doctor's supervision.**
- **Keep in mind that no government agency monitors the quality of herbal remedies.** Some herbal products don't contain any of the herb named on the label. Some contain tampered or watered-down formulas.
- **Stop taking an herbal remedy *right away* if you notice a problem. Call your doctor.** For example, stomach pain, darkened urine, and yellowed skin can be a sign of liver problems.