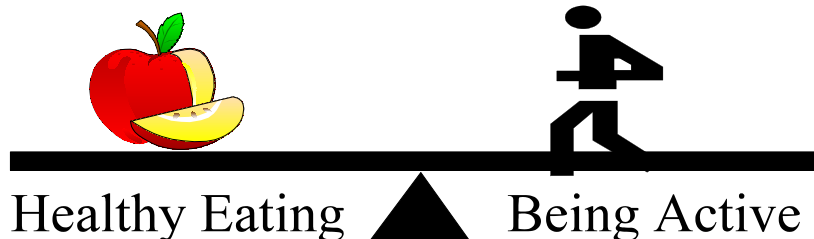


# Lifestyle Balance

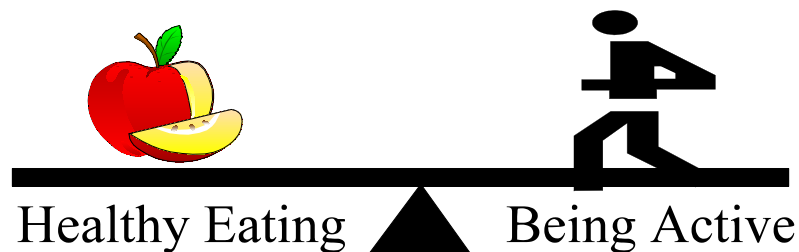


## The Diabetes Prevention Program's *Lifestyle Change Program*

Copyright © 1996 by the University of Pittsburgh.  
Developed by the Diabetes Prevention Program Lifestyle Resource Core,  
Rena Wing, PhD, and Bonnie Gillis, MS, RD  
Phone: (412) 624-2248  
Facsimile: (412) 624-0545  
e-mail: [dppwing@vms.cis.pitt.edu](mailto:dppwing@vms.cis.pitt.edu)

Supported by the  
National Institutes of Diabetes and Digestive and Kidney Diseases,  
National Institutes of Health

# Lifestyle Balance



The Diabetes Prevention Program's  
*Lifestyle Change Program*

## **Participant Notebook**

# Lifestyle Balance



## The Diabetes Prevention Program's *Lifestyle Change Program*

Your name: \_\_\_\_\_

Your Lifestyle Coach is \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Phone: \_\_\_\_\_

# Session 1A: Welcome to the Lifestyle Balance Program.

---

**Remember your purpose.**

Why I joined the Diabetes Prevention Program:

---

---

---

What I hope to achieve by taking part in the DPP:

---

---

---

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

---

---

---



The Lifestyle Balance Program is one of three groups in the Diabetes Prevention Program. In this group, the focus is on making lifestyle changes to try to prevent diabetes.

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



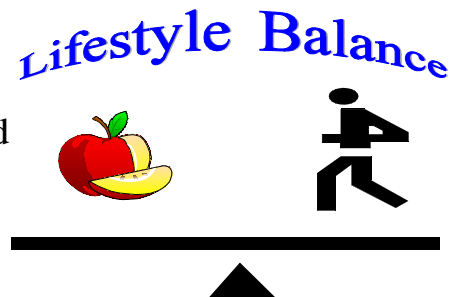
What you eat and



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 **prevent diabetes** in people like you who are at risk of diabetes.

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.**

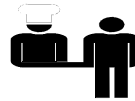
And learn how to change these things so they work *for* you, not against you.

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.



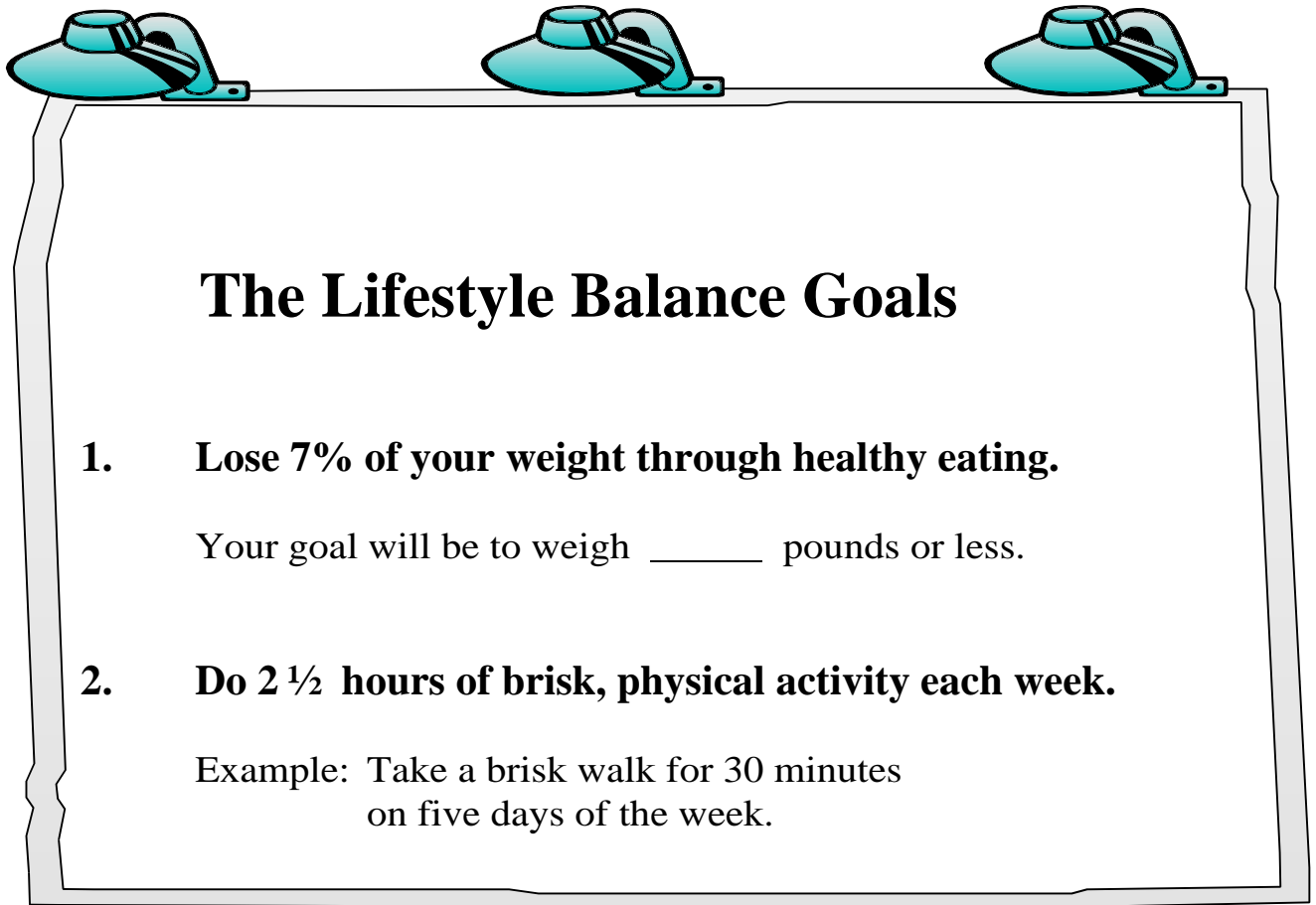
- Get back on your feet again when you slip from your plans for healthy eating and being active.

- 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.**

We will be your coaches.



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 diabetes.

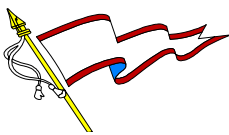
Research has shown that leaner and more active people are less likely to get diabetes. Also, moderate weight loss and physical activity have been shown to improve the body's use of insulin. This can reduce the chance of getting diabetes.

## 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, 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 7 days a week.  
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.

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

# Lifestyle Balance



Sessions



You are welcome to invite a friend or family member.

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

# Session 1B: Getting Started Being Active.



To do next week:

**I will:**

**Do SOMETHING ACTIVE on 3 to 4 days next week.**

- ❖ Start being active as part of your daily routine.
- ❖ Do something 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?

---

**Come to the Lifestyle Balance activity sessions!**

- ❖ Have company and support while you're being active.
- ❖ Walk or do other physical activity together.  
This will help you reach your weekly activity goals.
- ❖ Have FUN.
- ❖ The staff will be there to help you.

So, get on your walking shoes. **And join us!**

The Lifestyle Balance activity sessions will be held:

Where	Day of the Week	Time

**Write down my physical activity in the Keeping Track books.**

Include the Lifestyle Balance activity sessions.  
Ignore the sections for writing down what you eat.



**Keeping Track (Example)**

Time	Amount	Food: Name/Description	Grams of Fat	Calories
<del>_____</del>				
<del>_____</del>				
<del>_____</del>				

**Total:** \_\_\_\_\_

Kind of Physical Activity	Minutes
<i>Walked to the grocery store.</i>	<i>15</i>
<i>practice page</i>	

**Total:**   15  

**Bring my Keeping Track books and notebook to the next session.**

**Bring in (or wear) the shoes I might wear when I'm active.**

# 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.**

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 Keeping Track book and notebook to the next session.**





# Session 2 or 5: Move Those Muscles.

---

**Goal: Do 2½ 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? \_\_\_\_\_

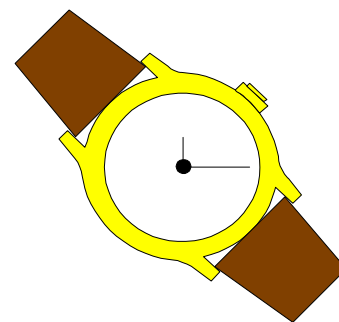
Why did you stop? \_\_\_\_\_

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		

# Session 3 or 6: Being Active: A Way of Life.

---



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?

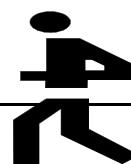
---

- ❖ **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

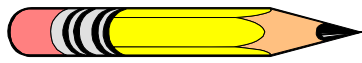
Make active choices throughout the day.  
Every minute adds up to a "**more active you.**"



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** \_\_\_\_\_ .



- ❖ Set aside one 20 to 30-minute block of time every day.  
Or find two or more free periods of time (10 to 15 minutes each).
- ❖ Include the Lifestyle Balance activity sessions.
- ❖ Plan other activities you LIKE to do.
- ❖ Warm up, cool down, and include stretches when you're active.

	What I will do	When	Minutes
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
<b>Total minutes of activity:</b>			

## Keep track of when I am active.

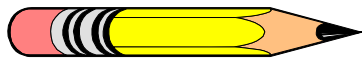
Record only the time when you're **doing** the activity.  
Don't record activities that last less than 10 minutes.



## Include lifestyle activity throughout the day.

What I will do: \_\_\_\_\_

Next week we'll talk about the lifestyle activity you did.



## To do next week:

**I will:**

**Be active for** \_\_\_\_\_ .



- ❖ Set aside one 20 to 30-minute block of time every day.  
Or find two or more free periods of time (10 to 15 minutes each).
- ❖ Include the Lifestyle Balance activity sessions.
- ❖ Plan other activities you LIKE to do.
- ❖ Warm up, cool down, and include stretches when you're active.

	What I will do	When	Minutes
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
<b>Total minutes of activity:</b>			

## Keep track of my weight, eating and activity.

Come as close to your fat gram goal as you can.

Record only the time when you're **doing** the activity.

Don't record activities that last less than 10 minutes.

## Include lifestyle activity throughout the day.



What I will do: \_\_\_\_\_

Next week we'll talk about the lifestyle activity you did.

# 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:

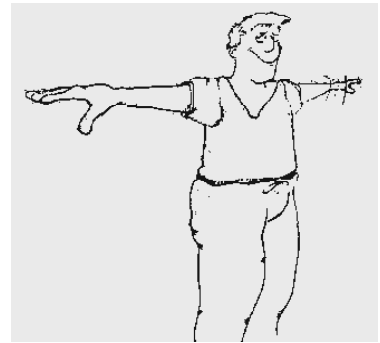
### 1. Arm Reaches

- ❖ Stand up straight with your feet shoulder-width apart.
- ❖ Counting to 5, stretch your right arm to the ceiling while keeping your feet flat on the floor. Repeat with your left arm.
- ❖ Do this 10 times. When finished, shake out your arms.



### 2. Arm Circles

- ❖ Stand with feet shoulder-width apart, knees slightly bent.
- ❖ Extend your arms straight out from the shoulders with your fingers spread and palms down. Keep your buttocks and stomach tight.
- ❖ Rotate your arms in circles 10 times forward and then 10 times backward. When finished, shake out your arms.
- ❖ Over time work up to 20 circles in each direction.



### 3. 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.



## 4. 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.



## 5. 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.



## 6. 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.





## 7. 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.



## 8. 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:
<b>R</b> est (restrict movement)	<ul style="list-style-type: none"> <li>❖ Stop doing the activity.</li> <li>❖ Rest for a few days. This will stop excess bleeding and promote healing.</li> <li>❖ Sometimes splints, tapes, or bandages are necessary.</li> </ul>
<b>I</b> ce	<ul style="list-style-type: none"> <li>❖ Apply ice or cold compresses for the first 24 to 36 hours after the injury. This reduces pain, bleeding and swelling.</li> <li>❖ Schedule: 10 minutes on, 10 minutes off.</li> <li>❖ <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.</li> </ul>
<b>C</b> ompression (pressure)	<ul style="list-style-type: none"> <li>❖ Apply pressure by wrapping the injury with an elastic bandage. This helps to reduce swelling and blood flow to the area.</li> <li>❖ 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.</li> </ul>
<b>E</b> levation	<ul style="list-style-type: none"> <li>❖ Lift the injured area above heart level. Keep it elevated whenever possible, not just during icing.</li> <li>❖ This helps reduce internal bleeding and pooling of blood in the area that can cause pain and throbbing.</li> </ul>

## When to stop exercising...

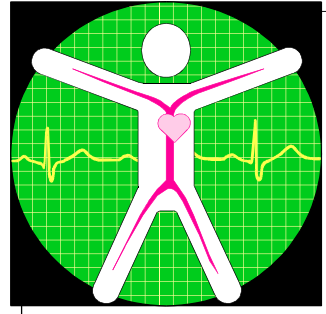
Being active is usually quite safe. But in rare cases, problems can arise. Be aware of some of the signs and symptoms of when to stop exercising.

### 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.**

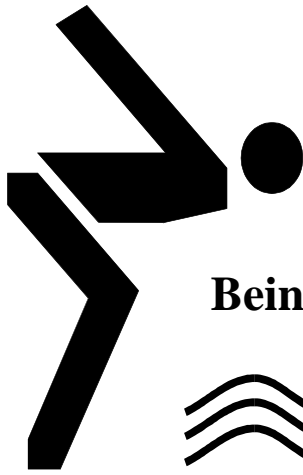
If it doesn't go away after 2-4 minutes, go to an emergency room.

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

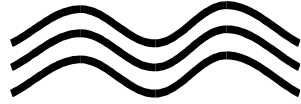
### Severe nausea, shortness of breath, sweating, or feeling lightheaded.

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

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



## Being more active will:

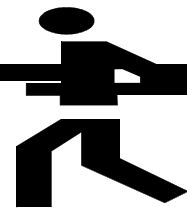


- ⇒ Help you feel and look better.
- ⇒ Make you more physically fit.  
It will be easier for you to do your daily work, like climbing stairs.
- ⇒ Help you lose weight and keep it off.
- ⇒ Lower your risk for heart disease, some kinds of cancer, and may prevent diabetes. Being more active:
  - ⇒ Raises 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.

### Come to the Lifestyle Balance activity sessions!

- ❖ Have company and support while you're being active.
- ❖ Walk or do other physical activity together.  
This will help you reach your weekly activity goals.
- ❖ Have FUN.
- ❖ The staff will be there to help you.



So, get on your walking shoes and join us!  
The Lifestyle Balance activity sessions will be held:

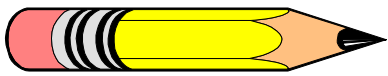
Where	Day of the Week	Time

### 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?

---

---



# To do next week:

**I will:**

**Be active for** \_\_\_\_\_ .

- ❖ Include a friend or family member if you like.
- ❖ Include the Lifestyle Balance activity sessions.
- ❖ Plan activities you LIKE to do.



	What I will do	Minutes
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		
<b>Total minutes for the week:</b>		

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

Use your Keeping Track books.

**Record only the time when you're *doing* the activity.**

**(Don't include breaks.)**





# To do next week:

**I will:**

**Be active for** \_\_\_\_\_ .

- ❖ Include a friend or family member if you like.
- ❖ Include the Lifestyle Balance activity sessions.
- ❖ Plan activities you LIKE to do.



	What I will do	Minutes
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		
<b>Total minutes for the week:</b>		

**Keep track of my weight, eating, and activity.**

Use your Keeping Track books.

**Record only the time when you're *doing* the activity.**

**(Don't include breaks.)**



**Bring in (or wear) the shoes I might wear when I'm active.**

# 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.



## Session 4 or 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 on the back of your  
Keeping Track book.

To help you lose weight, we'll help you **eat healthy**.

Healthy eating involves **eating less fat**.


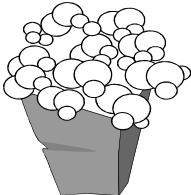
- ❖ **Eating too much fat is “fattening” (makes us fat).  
By eating less fat, you can lose weight.**

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.

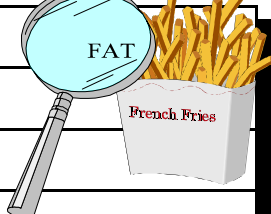
## What kinds of foods do you eat that are high in fat?

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!)



## Keep track of the fat you eat every day.

### 1. Write down everything you eat and drink.

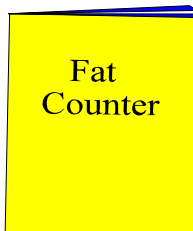
It's the **most important** part of changing your behavior.



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).

### 2. Figure out how much fat is in every food. Write it down.



- ❖ Figure out the amount of each food you ate.
- ❖ Look up each food in the Fat Counter.
- ❖ Compare the amount of food YOU ate with the amount in the Fat Counter to see how much fat you ate.

### 3. Add up the fat you eat during the day.

**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.**



## When you use the Fat Counter:

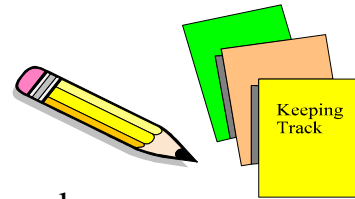
### Can't find a food?

- ❖ Use the fat gram value for a food that's the most like it. (For example, use nut bread for zucchini bread.)
- ❖ Write the name of the food in the back of your Fat Counter. Ask your Lifestyle Coach about it next week.



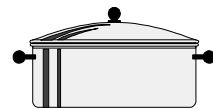
### Have trouble figuring the grams of fat?

- ❖ Just write down the food and amount.
- ❖ Your Lifestyle Coach will help you next week.



### 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 Lifestyle Coach will help you count the grams of fat in them.



❖ *Eat a packaged food?* Look on the label for the fat grams.

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

**Amount Per Serving**  
**Calories** 150                      **Calories from Fat** 80

		<b>% Daily Value*</b>	
<b>Total Fat</b>	9 g	<b>14%</b>	
Saturated Fat	2g	<b>10%</b>	
<b>Cholesterol</b>	0mg	<b>0%</b>	
<b>Sodium</b>	300mg	<b>12%</b>	
<b>Total Carbohydrate</b>	16 g	<b>5%</b>	
Dietary Fiber	less than 1g	<b>1%</b>	
Sugars	less than 1 g		
<b>Protein</b>	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	

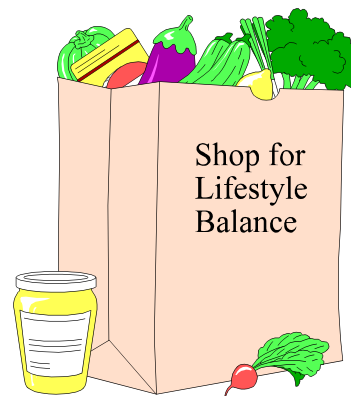
Calories per gram:  
 Fat    9                      Carbohydrate 4                      Protein 4

❖ 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:

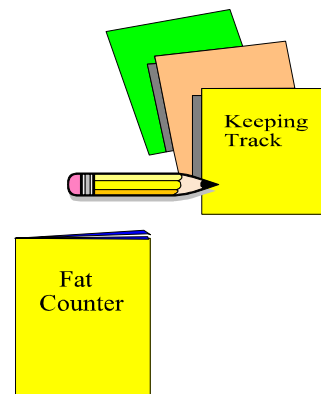
### I will:

#### Keep track of my weight.

- ❖ Weigh myself at home every \_\_\_\_\_  
at this time of day \_\_\_\_\_ .
- ❖ Record my weight on the back of the Keeping Track book.

#### Keep track of what I eat and drink.

- ❖ Write down everything I eat and drink in the Keeping Track book.
- ❖ Use the Fat Counter to figure out how much fat is in what I ate.  
Write the fat grams down in the Keeping Track book.
- ❖ Keep a running fat gram total throughout the day.  
Try using the Fat Bank, too.
- ❖ Come as close to my fat gram goal as I can.



#### Keep track of my physical activity.

- ❖ Be active for \_\_\_\_\_ .



## 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 the back of the Keeping Track book.

#### Keep track of what I eat and drink.

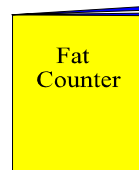
- ✦ Write down everything I eat and drink in the Keeping Track book.
- ✦ Use the Fat Counter to figure out how much fat is in what I ate.

Write the fat grams down in the Keeping Track book.

- ✦ Keep a running fat gram total throughout the day. Try using the Fat Bank, too.
- ✦ Come as close to my fat gram goal as I can.

#### Keep track of my physical activity.

- ✦ Be active for \_\_\_\_\_ .



# Session 5 or 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.

- ❖ Write down the name of each food on display.
- ❖ Guess the amount.
- ❖ Weigh or measure the food. Or look at the bottom of the food model.  
Write down the actual amount.
- ❖ Figure the fat grams for the actual amount.

Food	Guessed amount	Actual amount	Grams of Fat	Teaspoons of Fat*

\* Your Lifestyle Coach will fill in this column to show you the hidden fat.

# The three ways to eat less fat:

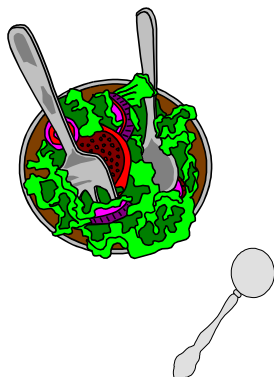
## 1. Eat high-fat foods *less often*.

*Example:* Don't eat French fries every day.

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



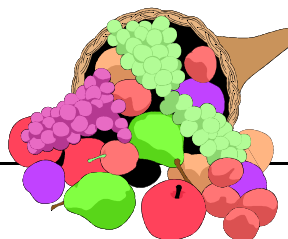
## 2. Eat *smaller amounts* of high-fat foods.



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


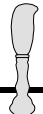



*Example:* At the salad bar, don't use the ladle to pour on salad dressing. Most salad dressing ladles hold 4 tablespoons (32 grams of fat for regular dressing!).

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 Milk, whole, 1 cup Toast, 1 slice, with 1 tsp. margarine Coffee, 1 cup, w/2 Tbsp. half + half	Pick low-fat foods. Use low-fat substitutes. Use low-fat flavorings. Use low-fat substitutes.	Cold cereal (1 cup) Milk, skim, 1 cup Toast, 1 slice, with 1 tsp. jam Coffee, 1 c., w/2 Tbsp. nonfat creamer	6 8 4 6
<b>High-fat Snack</b>			
Doughnut, glazed, yeast, 1 (4" diameter)	Pick low-fat foods.	Apple, 1 (2-3/4" diameter)	21
<b>High-fat Lunch</b>			
Bread, 2 sl., with 1 Tbsp. mayonnaise Bologna, beef or pork, 1 ounce American cheese, 1 ounce Potato chips, 1-ounce bag	Eat smaller amounts. Lower the fat in meats. Use low-fat substitutes. Eat smaller amounts.	 Bread, 2 sl., with 1 tsp. mayonnaise Turkey breast, 1 ounce American cheese, low-fat, 1 ounce Potato chips, 1/2 of a 1-ounce bag	7 7 6 3
<b>High-fat Dinner</b>			
Fish, flounder, deep fried, 3 oz. Mashed potatoes, 1/2 cup Gravy, 1/4 cup Green beans, w/bacon, 1/2 cup Tossed salad w/2 Tbsp. French drsg. Ice cream, premium, 1/2 cup	Cook in healthy ways. Use low-fat flavorings. Use low-fat substitutes. Use low-fat flavorings. Use low-fat substitutes. Eat less often.	Fish, flounder, baked without fat, 3 oz. Mashed potatoes, 1/2 c., no butter added Gravy, from mix, with water, 1/4 cup Green beans, with nonfat broth, 1/2 cup Tossed salad w/2 Tbsp. fat-free drsg. Orange, 1 [Save ice cream for a rare treat.]	14 6 5 2 16 12



## To do next week:

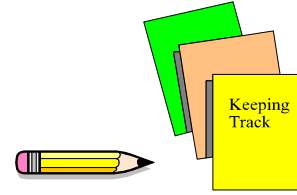
### I will:

#### Keep track of my weight, what I eat, and my activity.

Keep a running fat gram total.

Try to stay under your fat gram goal (budget).

Be active for \_\_\_\_\_.



#### Make a plan to eat less fat and follow it.

❖ Write down 5 foods you eat that are high in fat.

Circle one.

❖ Pick one of the 3 ways to eat less fat from that 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?

\_\_\_\_\_



## To do next week:

### I will:

#### Keep track of my weight and what I eat.

Keep a running fat gram total.

Try to stay under your fat gram goal (budget).



#### Make a plan to eat less fat and follow it.

❖ Write down 5 foods you eat that are high in fat. Circle one.

❖ Pick one of the 3 ways to eat less fat from that 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?

---



# 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 6 or 4: Healthy Eating.

---

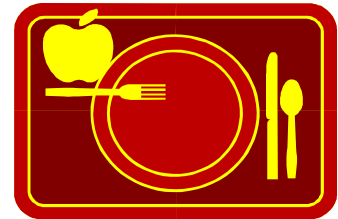
Eating less fat is essential to losing weight.  
It's also one important part of healthy eating.

**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.

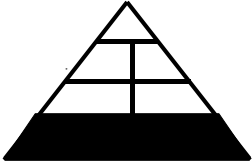
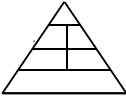
Try pausing between bites. Put down your utensils.  
Enjoy the taste of your food.

**Don't worry about cleaning your plate.**

Serve yourself smaller portions to begin with.

**... what you eat overall.**

# The Food Pyramid: *Low-Fat Choices*

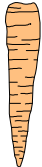
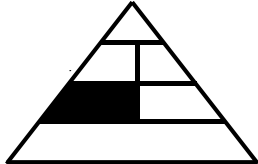


**Breads, cereals, rice, pasta** (6-11 servings)

---



---

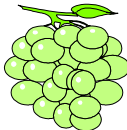
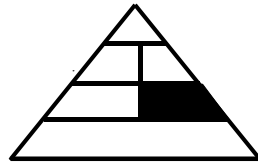


**Vegetables** (3-5 servings)

---



---

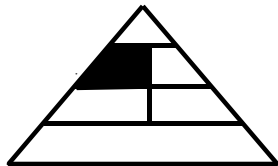


**Fruit** (2-4 servings)

---



---

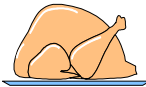
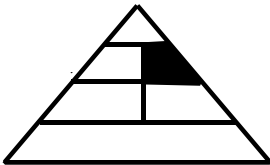


**Milk, yogurt, cheese** (2-3 servings)

---



---

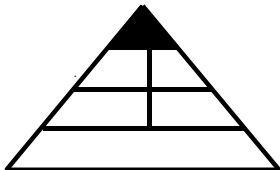


**Meat, poultry, fish, dry beans, eggs**  
(2-3 servings)

---



---



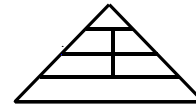
**Fats, sweets, alcohol** (use only in small amounts)  
Choices that are lower in fat:


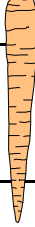
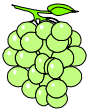



---



---

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



## Rate Your Plate

1. Pick two days from last week's Keeping Track. Fill in the dates.
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.

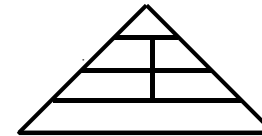
Date: \_\_\_\_\_



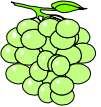

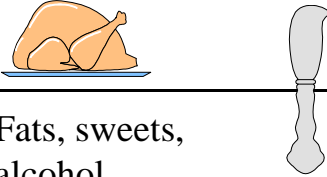
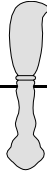
Bread, cereal, rice, pasta	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Vegetables	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fruit	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Milk, yogurt, cheese	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Meat, poultry, fish, dry beans, eggs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fats, sweets, alcohol	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Date: \_\_\_\_\_

Bread, cereal, rice, pasta	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Vegetables	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fruit	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Milk, yogurt, cheese	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Meat, poultry, fish, dry beans, eggs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fats, sweets, alcohol	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



# 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:	

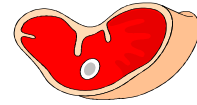
**Instead of high-fat foods, use lower-fat substitutes.**


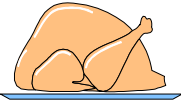
Use low-fat or fat-free:			
Margarine	Cheese, cream cheese	Frozen yogurt	
Mayonnaise	Salad dressing	Sour cream	
Skim or 1% milk.			
Other:			

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

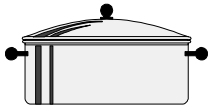
To flavor these foods:	Use these low-fat flavorings:
Potatoes, vegetables	- Low-fat margarine (small amount), nonfat sour cream, defatted broth, low-fat or fat-free plain yogurt, salsa. - Herbs, mustard, lemon juice. 
Bread	Nonfat cream cheese, low-fat margarine (small amount), all fruit jams. 
Pancakes	Fruit, low-calorie syrup, unsweetened applesauce, crushed berries.
Salads	Nonfat or low-fat salad dressing, lemon juice, vinegar
Pasta, rice	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).
Other:

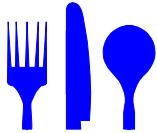




## To do next week:

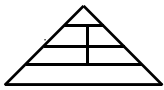
### I will:

- ❖ Keep track of my weight, eating and activity.
- ❖ Fill out the Rate Your Plate form every day.



Use the next two pages.

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?

---

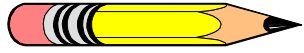
---

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

---

---

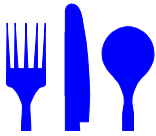
---



## To do next week:

### I will:

- ✚ Keep track of my weight and what I eat.
- ✚ Fill out the Rate Your Plate form every day.



Use the next two pages.

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?

---

---

---



# Rate Your Plate

Check one box for every serving that you eat from the Food Pyramid groups. The shaded boxes show you the minimum number of servings recommended.

Date: \_\_\_\_\_

Bread, cereal, rice, pasta	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Vegetables	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fruit	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Milk, yogurt, cheese	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Meat, poultry, fish, dry beans, eggs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fats, sweets, alcohol	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Date: \_\_\_\_\_

Bread, cereal, rice, pasta	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Vegetables	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fruit	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Milk, yogurt, cheese	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Meat, poultry, fish, dry beans, eggs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fats, sweets, alcohol	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Date: \_\_\_\_\_

Bread, cereal, rice, pasta	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Vegetables	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fruit	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Milk, yogurt, cheese	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Meat, poultry, fish, dry beans, eggs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fats, sweets, alcohol	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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													

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													

# Session 7 or 8:

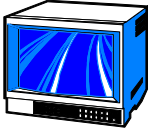
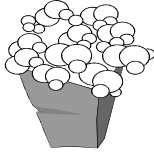
## Take Charge of What's Around You.

---

### 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

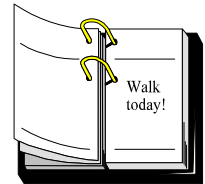
- ❖ Make a shopping list ahead of time. Stick to the list!
- ❖ Don't go shopping when you're hungry.
- ❖ Avoid sections in the store that are tempting to you, if possible.
- ❖ Ask the grocery store manager to order low-fat/calorie foods you want.
- ❖ Only use food coupons for low-fat/calorie foods, not 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.



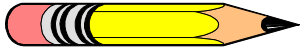
- ❖ Set up a regular "activity date" with a friend or family member.
- ❖ Set a timer or alarm on your watch to remind you to be active.
- ❖ Others: \_\_\_\_\_

### 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.**

**Do my best to reach my goals.**

**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?

\_\_\_\_\_





# Session 8 or 7: **Tip** the Calorie Balance.

---

The Lifestyle Balance Program involves:

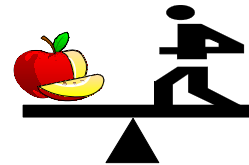
1. Healthy eating.  
This includes eating less fat and more grains, fruits, and vegetables.
2. Being active.

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.

	<b>Fat</b>	<b>Starches/sugars</b>	<b>Protein</b>	<b>Alcohol</b>
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**.

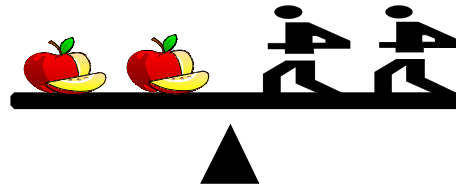
Rule of thumb:  
**1 mile of brisk walking (15-20 minutes) = About 100 calories**

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

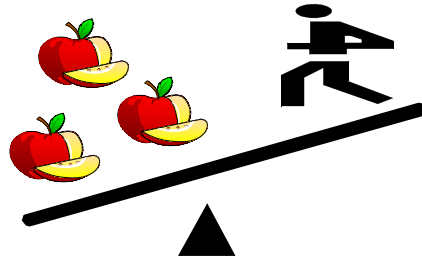
Food Calories

Activity Calories

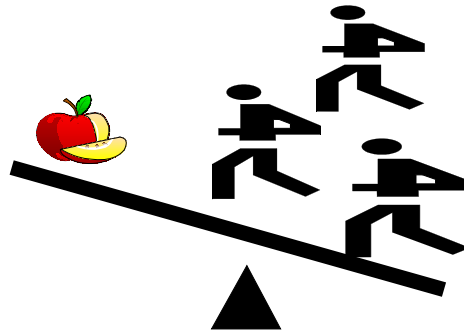
1. Your weight can **stay the same.**



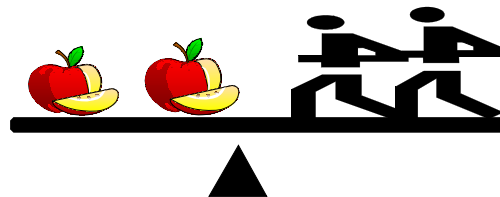
2. You can **gain weight.**



3. You can **lose weight.**



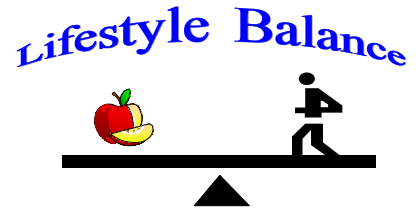
4. You can reach a **new balance at a new weight.**



## 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:**

**Keep track of my weight, eating, and activity.**



**Be active for** \_\_\_\_\_ .

Try setting aside one block of time. Or find 2-3 shorter time periods.

Include the Lifestyle Balance activity sessions.

Plan other activities you LIKE to do.

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

**Make active lifestyle choices throughout the day:**

\_\_\_\_\_



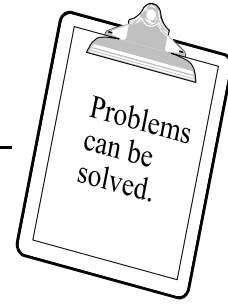
**To tip the balance further, I will:**

**Keep track of calories every day. Stay under \_\_\_\_\_ calories.**

- ❖ Watch out for foods that are high in calories.
- ❖ Be sure to record *everything*.
- ❖ Watch portion sizes.

**Follow a meal plan for \_\_\_\_\_ calories per day.**

# Session 9: 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*

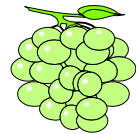
- ❖ Quit her job. (Just kidding.)
- ❖ Pack a quick bag lunch.

- ❖ 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.

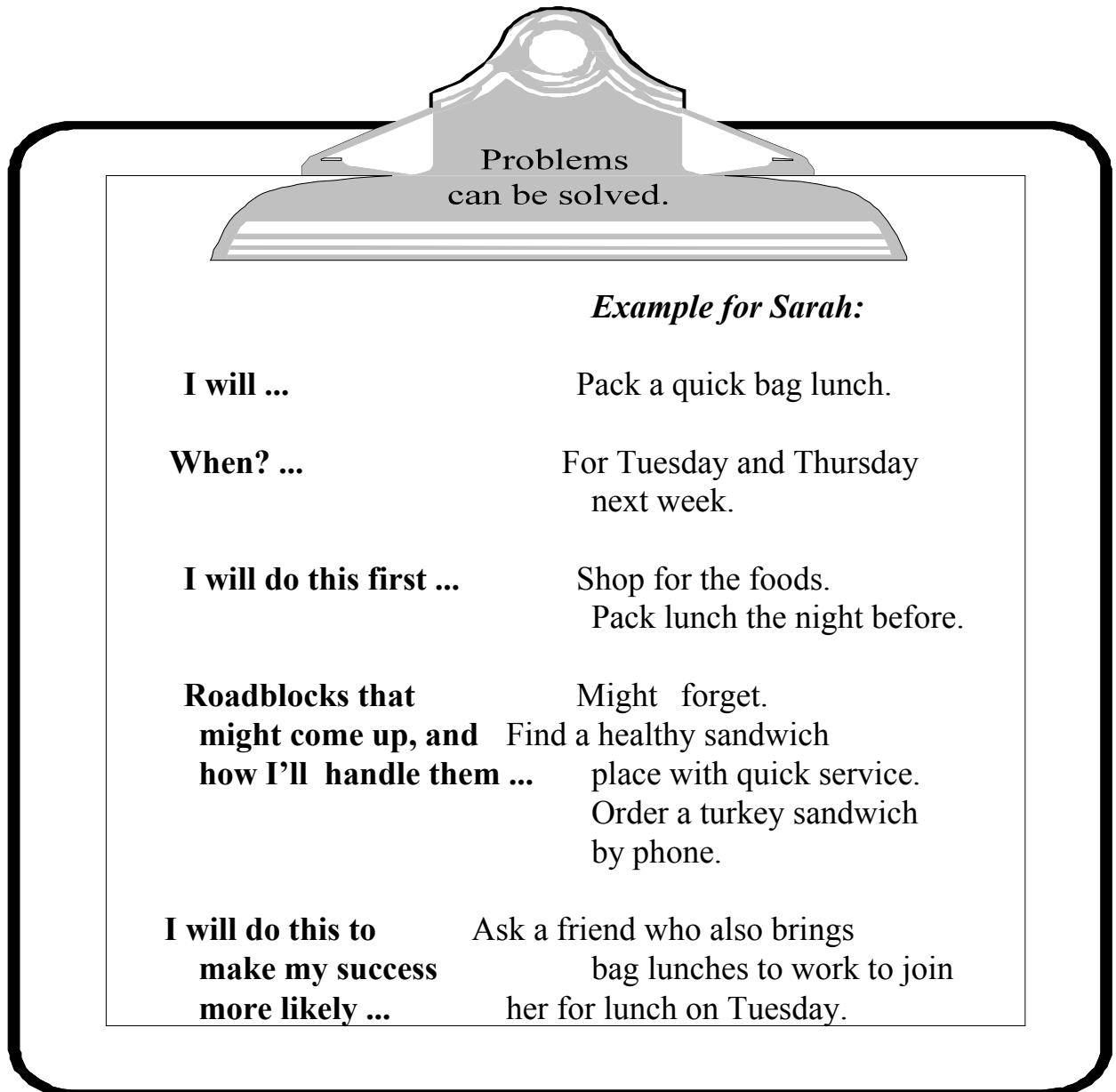
Weigh the pros and cons.

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.

*Example for Sarah:*

<b>I will ...</b>	Pack a quick bag lunch.
<b>When? ...</b>	For Tuesday and Thursday next week.
<b>I will do this first ...</b>	Shop for the foods. Pack lunch the night before.
<b>Roadblocks that might come up, and how I'll handle them ...</b>	Might forget. Find a healthy sandwich place with quick service. Order a turkey sandwich by phone.
<b>I will do this to make my success more likely ...</b>	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.

---

---

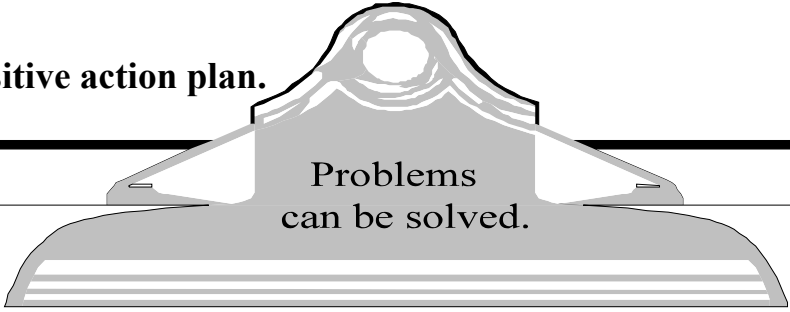
---

<b>Find the action chain.</b>  <b>Links</b>	<b>Brainstorm your options.</b>  <b>Options</b>
	

**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:**

**Keep Track of my weight, eating and physical activity.**

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

\_\_\_\_\_



# Session 10:

## Four Keys to Healthy Eating Out.

---

### 1. Plan ahead.

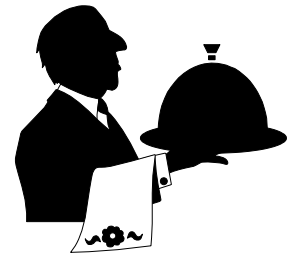
- Call ahead to ask about low-fat choices.
- Pick where you eat out carefully. Go somewhere that offers low-fat choices.
- Eat less fat and fewer calories during other meals that day.
- Eat a little something before you go out. Or drink a large, low-calorie beverage.
- Plan what to order without looking 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:

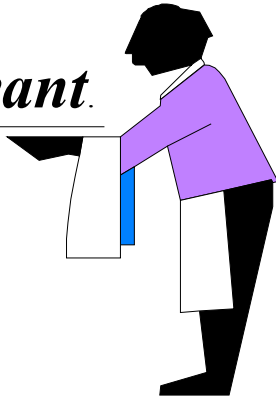
- Ask for lower-fat foods.
- Can foods be cooked in a different way?
- Don't be afraid to ask for foods that aren't on the menu.



#### 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.

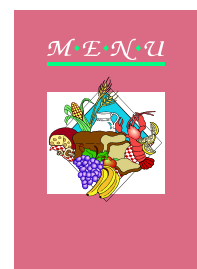
### 4. Choose foods carefully.

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

Look for these low-fat words, instead.

Baked	Poached
Broiled	Roasted
Boiled	Steamed
Grilled	Stir-fried



Watch out for sauces.  
Think about what you really *need* to eat.  
Trim visible fat off meat.  
Take skin off chicken.

# What's on the menu?



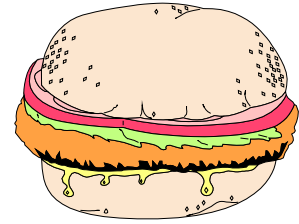
You can make lower-fat choices, no matter what kind of restaurant you go to. Be sure to ask the waiter how the food is prepared.

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

# 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
<b>ARBY'S</b>		
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
<b>BOSTON MARKET</b>		
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
<b>BURGER KING</b>		
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
<b>CHICK-FIL-A</b>		
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
<b>DOMINOS PIZZA</b> (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
<b>HARDEE'S</b>		
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
<b>KFC</b>		
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
<b>LONG JOHN SILVER'S</b>		
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
<b>MCDONALD'S</b>		
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
<b>TACO BELL</b>		
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
<b>WENDY'S</b>		
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:

**Keep track of my weight, eating and activity.**

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

\_\_\_\_\_

# Session 11: Talk Back to Negative Thoughts.



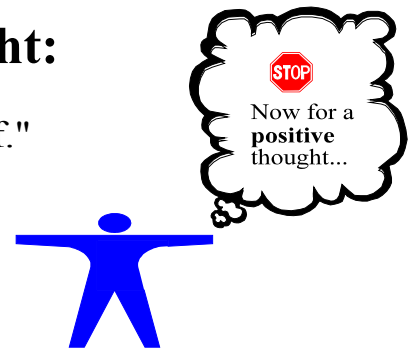
Everyone has negative thoughts at times.  
 Negative thoughts can lead you to overeat or be inactive.  
 A vicious cycle of self-defeat can result.

Example: *Thought:* "I'm tired of working so hard.  
 I'm sick of being in the DPP.  
 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)
<b>Good or Bad</b>	Divide the world into: <ul style="list-style-type: none"> <li>❖ Good or bad foods;</li> <li>❖ Seeing yourself as a success or failure;</li> <li>❖ Being on or off the program.</li> </ul>	"Look at what I did. I ate that cake. I'll never be able to succeed in the DPP."
<b>Excuses</b>	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."
<b>Should</b>	Expect perfection. A set-up for disappointment. Lead to anger and resentment.	"I should have eaten less of that dessert."
<b>Not As Good As</b>	Compare ourselves to someone else. Blame ourselves for not measuring up.	"Mary lost two pounds this week, and I only lost one."
<b>Give Up</b>	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:
<p><b>Good or Bad</b></p> <ul style="list-style-type: none"> <li>• "I can never eat dessert again."</li> <li>• "Look at what I did. I ate that cake. I'll never succeed."</li> </ul>	<p><b>Work toward Balance</b></p> <ul style="list-style-type: none"> <li>• "I can eat that dessert and then cut back on something else."</li> <li>• "One slip-up isn't the end of the world. I can get back on track."</li> </ul>
<p><b>Excuses</b></p> <ul style="list-style-type: none"> <li>• "It's too cold to take a walk."</li> <li>• "I don't have the willpower."</li> </ul>	<p><b>It's Worth a Try</b></p> <ul style="list-style-type: none"> <li>• "I can try going for a walk and stop if it gets too cold."</li> <li>• "It's hard to change old habits, but I'll give it a try and see how it works."</li> </ul>
<p><b>Should</b></p> <ul style="list-style-type: none"> <li>• "I should have eaten less dessert."</li> <li>• "I have to write down everything I eat."</li> </ul>	<p><b>It's My Choice</b></p> <ul style="list-style-type: none"> <li>• "It was my choice. Next time I can decide not to eat so much."</li> <li>• "I'm writing down everything I eat because it helps me eat better."</li> </ul>
<p><b>Not As Good As</b></p> <ul style="list-style-type: none"> <li>• "Mary lost two pounds this week, and I only lost one."</li> </ul>	<p><b>Everyone's Different</b></p> <ul style="list-style-type: none"> <li>• "It's not a race. Mary and I can lose weight at different rates and both succeed."</li> </ul>
<p><b>Give Up</b></p> <ul style="list-style-type: none"> <li>• "This program is too hard. I might as well forget it."</li> <li>• "I'll never get it right."</li> </ul>	<p><b>One Step at a Time</b></p> <ul style="list-style-type: none"> <li>• "I've learned something about what's hard for me."</li> <li>• "I'll try something different next time."</li> </ul>

## 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 in my Keeping Track books.
- + Practice  -ping them and talking back with positive thoughts.



# Session 12: The Slippery Slope of Lifestyle Change.

---



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

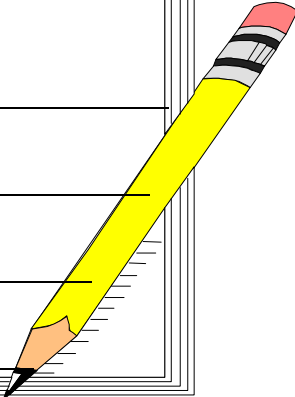
If not, what will you do to improve your progress?

---

---

---

---

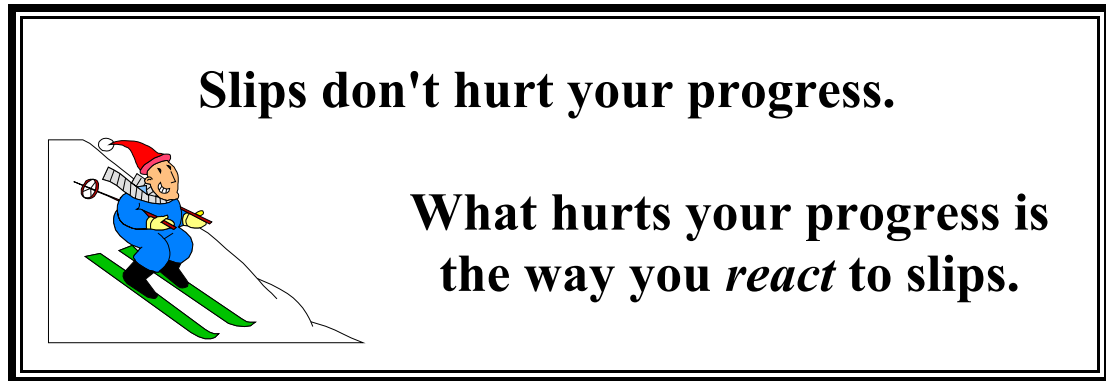


# The Slippery Slope of Lifestyle Change.

---

“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.



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.

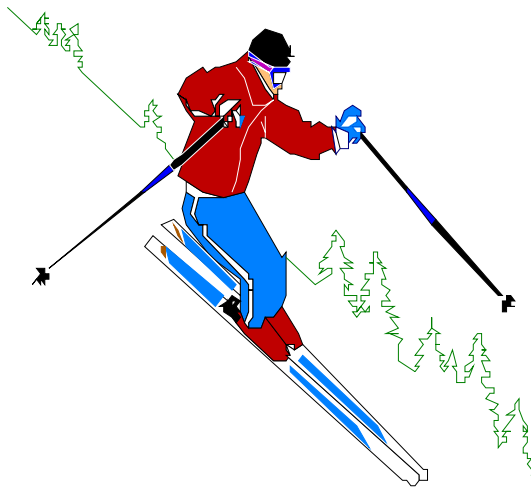
**4. Talk to someone supportive.**

Call your lifestyle coach 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:

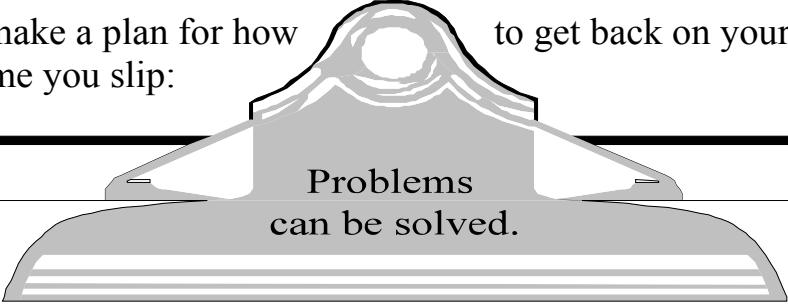
Describe one thing that has caused you to slip from healthy eating:

---

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  
you slip:

to get back on your feet the next time

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?



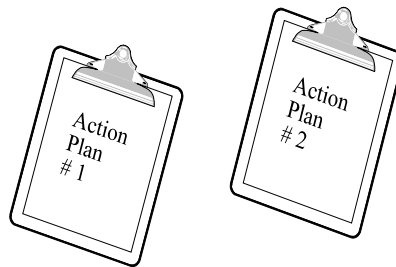
## To do next week:

**I will:**

**Keep track of my weight, eating and activity.**



**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? \_\_\_\_\_

\_\_\_\_\_

# Session 13: Jump Start Your Activity Plan.

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

Ways to prevent boredom:	Examples:
Do something new.	
Do the same activity in a new place.	
Be active as a way to be social.	
Make being active fun.	
Challenge yourself.	

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

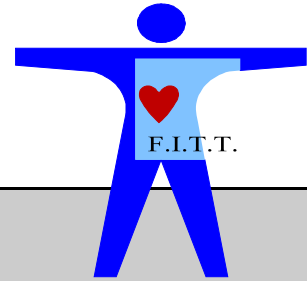
“**Aerobic fitness**” refers to how well your heart can pump oxygen (“aer-”) through your blood to your muscles, like those in your arms and legs.

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><b>F</b>requency (How often you are active.)</p>	<ul style="list-style-type: none"> <li>❖ Try to be active on most days of the week (at least 3 days per week is recommended, 5 to 7 days are even better).</li> <li>❖ Increase slowly.</li> </ul>
<p><b>I</b>ntensity (How hard you are working while being active: how fast your heart beats.)</p>	<ul style="list-style-type: none"> <li>❖ Stay within your <b>target heart rate</b>. Your target heart rate is _____ to _____ heart beats per minute.</li> <li>❖ Breathe fast enough that you <b>can talk but not sing</b>. If you can break into song, speed it up! If you have trouble breathing and talking, slow down.</li> <li>❖ 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.</li> </ul>
<p><b>T</b>ime (How long you are active.)</p>	<ul style="list-style-type: none"> <li>❖ Stay active for at least 10 minutes.</li> <li>❖ Slowly increase to 20 to 60 minutes.</li> <li>❖ Total minutes per week = activity goal.</li> </ul>
<p><b>T</b>ype of activity</p>	<ul style="list-style-type: none"> <li>❖ Heart fitness activities--those that challenge your heart.</li> <li>❖ Use large muscle groups (such as legs and arms).</li> <li>❖ Last 10 minutes or longer.</li> </ul> <p>Example: Brisk walking.</p>

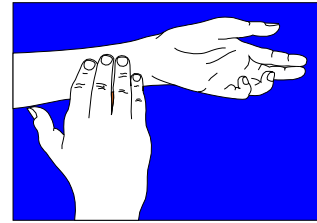
# How to take your heart rate (or pulse):

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 <b>low end of the target</b> .	2. $\underline{\quad} \times 0.5 = \underline{\quad}$
2. Multiply the result by 0.7. This is the <b>high end of the target</b> .	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?



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?

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Very, Very Light?	Very Light?	Fairly Light?	Somewhat Hard?	Hard?	Very Hard?	Very, Very Hard?
<b>Examples:</b>						
“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.”		
<b>Stay in this range.</b>						



## To do next week:

### I will:

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

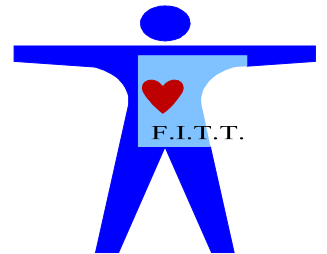
Adjust how hard I'm working while I'm active so that I stay within my target heart rate range of:

between \_\_\_\_\_ and \_\_\_\_\_ beats per minute

(between \_\_\_\_\_ and \_\_\_\_\_ beats per 15 seconds)

OR

Keep how hard I am working at this level: \_\_\_\_\_.






# Session 14:

## 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.	
Being praised. 	
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 the DPP and 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.

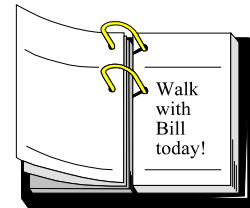
*Example:* “No, thanks. But I’d love a glass of ice water.”

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.

❖ 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:

- ❖ Serve low-fat/calorie foods for meals.
- ❖ Eat low-fat/calorie foods when I'm nearby.
- ❖ Don't tempt me with problem foods as a reward or gift.
- ❖ Clear the table and put food away as soon as the meal is over.
- ❖ Help with cooking, shopping, or cleaning up after meals.
- ❖ Don't offer me second helpings.
- ❖ Encourage me to cook new foods.
- ❖ Praise my efforts to eat healthier foods.
- ❖ Other: \_\_\_\_\_  
\_\_\_\_\_

## Ways to help me be more active:

- ❖ Go for a walk with me. Or do other physical activities with me.
- ❖ Plan social events around being active.
- ❖ Compromise when my being active conflicts with your schedule.
- ❖ Praise me when I do my scheduled activity. Don't remind me when I don't.
- ❖ Babysit for me so I can take a walk.
- ❖ Set up a regular date with me to be active.
- ❖ Encourage me to go out for a walk when I'm debating whether or not to go.
- ❖ Try to achieve and maintain the DPP goals with me.
- ❖ 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:
<b>Plan ahead.</b>	<ul style="list-style-type: none"> <li>❖ Eat something before the event.</li> <li>❖ Plan your meal in advance.</li> <li>❖ Budget your fat grams ahead of time. Plan to eat the best (in small portions) and leave the rest.</li> <li>❖ Bring a tasty, low-fat dish to share.</li> </ul>
<b>Stay away from problem cues.</b>	<ul style="list-style-type: none"> <li>❖ 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.</li> <li>❖ Watch the alcohol. It lowers your will power and increases appetite.</li> <li>❖ Clear the table as soon as possible. Put the food away.</li> </ul>
<b>Change problem cues.</b>	<ul style="list-style-type: none"> <li>❖ Discuss your goals with your family, friends, guests, host or hostess.</li> <li>❖ Ask others to praise your efforts and ignore your slips.</li> </ul>
<b>Respond to problem cues in a more healthy way.</b>	<ul style="list-style-type: none"> <li>❖ Practice a polite, but firm, “No, thank you.”</li> <li>❖ Suggest something else they can do to help you. “No thanks, but I’d love a glass of ice water.”</li> </ul>
<b>Add helpful cues.</b>	<ul style="list-style-type: none"> <li>❖ 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.</li> <li>❖ Ask a friend or family member for support (split dessert with you, take a walk together, offer you healthy food choices).</li> <li>❖ Plan things to do that are active and don’t involve food.</li> </ul>



**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.

**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?  
\_\_\_\_\_



## 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?

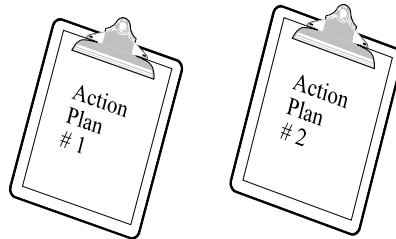


## To do next week:

**I will:**

**Keep track of my weight, eating and activity.**

**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? \_\_\_\_\_



# Session 15: 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 the DPP.

### **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.

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



How does the DPP cause you stress?

---

Other major sources of stress for you:

---

Choose one source of stress. 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:**

**Keep track of my weight, eating and activity.**

**Try my action plan for managing stress.**

Did it work? If not, what went wrong?

---

---



# Session 16: Ways to Stay Motivated.

---



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

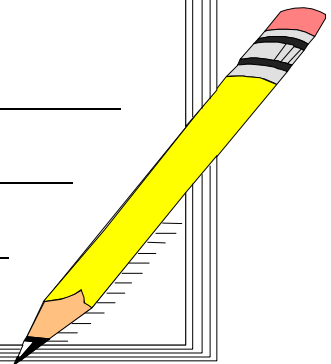
Have you reached your activity goal?      Yes      No

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 the DPP?  
Have you reached these goals?

---

---

What would you like to achieve in the next six months of the DPP?

---

---

## 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 your activity daily.

Record what you eat this often: \_\_\_\_\_

Record your weight on: \_\_\_\_\_

**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 Lifestyle Balance staff and others to help you stay motivated.**

Call a Lifestyle Balance staff member, participant, or friend for encouragement and support.





**Choose one way to stay motivated that would be helpful to you now.**

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:**

**Keep track of my weight, eating and activity.**

**Try my action plan for staying motivated.**

Did it work? If not, what went wrong?

---

