



# CIGNA Healthy Steps to Weight Loss<sup>SM</sup>

*Weight Management Program*



## Workbook





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# Introduction

*Does the “D” word (diet) give you a negative feeling? Do you wonder if you’ll ever find a way to get to your desired weight? Are you looking for a healthier way of living the busy life that you lead?*

You’ve just begun your journey to find the answers to these questions and many more. This workbook has been designed to assist you in achieving the knowledge and skills necessary for making a healthy lifestyle change that can last a lifetime.

Food is the fuel that keeps your body running. Depending on the types and amounts of foods you eat, your body responds either as a well-working engine or as one that requires frequent maintenance and assistance.

Perhaps in the past you’ve tried fad diets, multiple exercise programs or special foods from weight programs, only to end up regaining the weight you lost, and in some instances, adding more pounds.

No matter where you are, congratulations on taking the first step toward making a healthy lifestyle change. In this workbook, you’ll find information and tools to help you understand your body and the effect that appropriate nutritional choices can have on helping you to create healthy habits and activities *for life*.

The *Healthy Steps to Weight Loss<sup>SM</sup>* workbook explains:

- Why lifestyle changes work and fad diets don’t.
- How adding a little color to your nutritional intake can make a big difference in your health.
- How physical and emotional eating awareness affects your choices.
- The effect of daily activity.
- Resources and tools available to assist you in maintaining your lifestyle changes.

Before diving into this workbook, why not take a few moments to think about why you want to lose weight and pursue a healthy lifestyle? After identifying your reasons, write them down in the spaces that follow:

*Why do you want to lose weight and make a healthy lifestyle change?*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Once again, *Congratulations!* You’ve taken a major step toward making a healthy lifestyle change through the *Healthy Steps to Weight Loss<sup>SM</sup>* program. Enjoy your journey!

**This workbook is for informational purposes only.  
For more information on managing your weight or any of  
the weight management techniques described in this workbook, please consult your physician.  
Also, always consult your physician before beginning  
any exercise program.**

# CHAPTER 1

## Getting Started

### Goals for This Chapter

This chapter includes information on what you need to know to start making a change in your life *today*. After you complete the chapter, you'll:

- Know how to develop a personalized mission statement.
- Understand the process of change.
- Identify the reasons you want to lose weight.
- Be able to set a weight loss goal you'd like to work on throughout this program.
- Begin your journey to a healthier lifestyle!

*Welcome!* Congratulations on taking the first step toward healthy, achievable weight loss. The *Healthy Steps to Weight Loss<sup>SM</sup>* program will teach you how to make healthy, enjoyable food choices to help you keep a balanced weight.

So many weight programs are about avoiding certain foods. What makes this program different is that very few foods are out of bounds. Instead, it's all about *balance*.

No matter who you are or what your ultimate goal is, this program can help you understand more about different types of foods because it isn't really about dieting – it's about learning ways to achieve and maintain your long-term healthy weight goals.

### Working With Your Personal Physician

Before you go any further, it's important that you discuss your weight loss plans with your doctor or other health care provider, especially if you have a health condition that you should take into consideration before beginning a weight loss program. Some health conditions (for example, wheat intolerance, diabetes and lactose intolerance) require special dietary requirements. If you have a health condition that requires you to follow a special diet, don't give up hope – this program can still help you!

You may also want to keep your doctor informed about your weight loss goals and progress throughout the course of this program. Your doctor can be a great resource for information and support.

### Working With a Dedicated Wellness Coach

You may be working with a Wellness Coach as part of this program. If you are, you'll work together on setting realistic goals that you can achieve and on developing the tools you'll need to get there. Your Wellness Coach can also help you explore and enhance your motivations for change.

It's important for you to know that coaching isn't therapy. The difference between coaching and therapy is that a Wellness Coach is a partner in your self-discovery and goal-setting process, and not an expert with all the answers. Coaching is a proven way for you to achieve success by gaining control of your life and learning how to manage your health. ***You're in charge of the process.*** The role of your Wellness Coach is to help you discover perspectives and solutions that are already within you.

Your Wellness Coach can help you understand the *Healthy Steps to Weight Loss* program and the resources available to you. Feel free to discuss your questions and concerns before starting the program. If you have special dietary requirements, your Wellness Coach can help you find alternatives that will work best for you.

*Heavy weight and obesity are major health issues for many Americans today. If you're one of the millions of Americans who struggle to maintain a healthy weight, you're not alone. In today's fast-paced society, it can be difficult to find the time to cook healthy meals, and it's often more convenient to go through a drive-through. Additionally, the United States is known for its "super-sized" meals. In fact, studies have shown an increase in portion sizes both in the home and in restaurants.<sup>5</sup> Considering these factors, it's easy to see how weight can spiral out of control.*

Over the coming weeks, you'll get specific advice and recommendations on the topics that will be important in helping you lose weight *for life*. The *Healthy Steps to Weight Loss* program will provide information about:

- Increasing the amount of fruits and vegetables you eat.
- Choosing high fiber and whole grain foods.
- Reducing the amount of high-fat foods that you consume.
- Cutting back on alcohol consumption to reduce the amount of calories you consume.
- Increasing the amount of your physical activity.

### Your Personalized Mission Statement

As part of the change process, you'll develop a mission statement that will help you overcome the challenges you encounter along your path to a healthier lifestyle. Your mission statement is a powerful tool that will help shape your journey. It'll reflect your purpose for undertaking this program and the interests that brought you to it. It'll also establish how and what you want to accomplish.

A powerful aspect of your mission statement is that you commit to it *in writing*, which helps hold you accountable to your personal goals and serves as a constant reminder of your interest in achieving a healthier lifestyle. Writing your mission statement takes some time and thought. It also requires some knowledge about where you are now and where you want to go on your journey. This chapter will help you to attain that knowledge.

As you move forward on your personal journey of change, you may find that your mission statement changes. Or perhaps you may choose to write more than one. Either way, your mission statement will reflect the time that you spend on this program. Start thinking now about your purpose for participating in this program and what you want to achieve. At the end of this chapter, you'll build your personal mission statement, which will be an enduring and powerful reminder of why and how you want to change your life!

### Let's Get Started!

Before you get started, there are a few things you need to get ready:

**A bathroom scale.** By weighing yourself every week, you'll be able to track your weight loss as part of this program. If you don't already have a scale, you can obtain one at a discount through the Healthy Rewards® program. For more information, call 1.800.870.3470.

**A tape measure.** As you lose weight, you'll be able to see your waist size decrease. A tape measure is included in your welcome packet as part of this program.

**A pedometer.** As you track your activity, you'll be able to see your progress with each step you take. A pedometer is included in your welcome packet. See page 32 for more information on how and why to use your pedometer.

**Copies of Your Food Diary on page 77.** By recording everything you eat and drink, you'll get a much better idea of your eating habits. The diary is a great tool for helping you to track when you're eating well... and not so well!



**Did you know...**

- Nearly two-thirds of American adults, or 129 million people, are overweight?
- Nearly one-third, or 63 million people, are obese?<sup>11</sup>

Being overweight can influence how you feel on a daily basis by affecting your mood, sleep patterns and general well-being. It can also decrease your life span and lead to many serious medical conditions such as:

- |               |                         |
|---------------|-------------------------|
| Hypertension  | Respiratory dysfunction |
| Diabetes      | Gout                    |
| Heart disease | Arthritis               |
| Stroke        | Certain types of cancer |

Gall bladder disease  
(HHS; USDA, 2005)

**Are You Ready to Make a Change?**

Why is it so difficult for people to make changes in their lives, even when they have plenty of “proof” that a change isn’t only needed but may also be necessary to maintain their health?

Behavior change is difficult because it’s not just about knowledge. If it were, doctors wouldn’t smoke, police officers wouldn’t drive without wearing their seat belts and people wouldn’t commit to doing more than they actually can.

Change can be difficult for a number of reasons. Consider the following reasons that can have an effect on a person’s ability to change.<sup>6</sup>

**Habits can be hard to break.** It’s difficult to change something that may be so normal for you that it’s become a part of who you are. If you change, you may feel that you’re losing your identity or that others will view you differently.

**You don’t see the need to make a change.** Or you’re satisfied with the way things are. If you aren’t motivated to change, it makes follow through more difficult.

**You may doubt your ability to change.** Perhaps you worry that you won’t be able to reach your goal and you’ll just let yourself or someone else down. Or maybe you worry about whether you have the resources, such as time, effort or skills, that you need to change.

**You may be hesitant to step outside of your “comfort zone.”** Change requires moving away from what is familiar and entering an unfamiliar territory. Not knowing what to expect may make you feel uncomfortable.

There are many other obstacles that can get in the way of a person’s ability to change a behavior. These obstacles differ from person to person.

**What do you see as possible barriers or fears that could get in the way of your success in this program?**

Barrier/Fear:

*Example: I don’t think I’ll be able to do it.*

---

---

Why did you choose the barriers/fears that you did?

*Example: Because I’ve always failed at diets in the past.*

---

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Having fears about change is normal. However, despite the difficulties fears can bring, they can also bring new opportunities, a healthier lifestyle and a brighter future.

It's important to remember that behavior change is rarely a single event but instead is a process of stages through which people pass.<sup>7</sup> The Stages of Change model, developed by James Prochaska and his colleagues, shows that for most people, a change in behavior occurs gradually. A person moves from being uninterested, unaware or unwilling to make a change to considering a change, and then to deciding and preparing to make a change. The person is then ready to take real, determined action and, over time, attempt to continue the new behavior. Setbacks almost always happen at some point, but they're an important part of both the learning process and the achievement of lifelong change.

**Precontemplation Stage:** If you're in the precontemplation stage, you may not even consider changing and may need more information about making a change. For example, you may not see that the advice to lose weight applies to you personally, and you may feel "immune" to the health problems that strike others. Or perhaps you've tried so many times to lose weight that you've simply given up.

**Contemplation Stage:** If you're in the contemplation stage, you may have mixed feelings about changing. Giving up an enjoyable behavior such as eating junk food may cause you to feel a sense of loss despite the benefits of losing weight. During this stage, you may be thinking about the barriers, such as your fear or the expense or inconvenience of undertaking a weight loss program, as well as the benefits of change.

**Preparation Stage:** If you're in the preparation stage, you're preparing to make a change. You may be experimenting with small changes as your motivation to change increases. For example, sampling low-fat foods may be a trial or a move toward greater dietary changes. In this stage, you've decided that a change is necessary.

**Action Stage:** In this stage, you begin to take steps to reach your goal. Any action, no matter how small it may be, is important because it demonstrates your desire for a lifestyle change. At this stage, you may need structure, support and new skills to make a change.

**Maintenance Stage:** Maintenance involves successfully avoiding temptations to return to the bad habit. The purpose of the maintenance stage is to maintain your new goal. In this stage, it's important to remind yourself of how much progress you've made. You may find you have to constantly change the rules of your life and continue to acquire new skills to avoid relapse. You're able to predict situations in which a relapse could occur and prepare a plan of attack in advance.

**Which stage of change are you in? Circle the stage that best fits where you think you are with your decision to lose weight.**

Precontemplation

Contemplation

Preparation

Action

Maintenance

How does your current stage fit in with your long-term goals? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Take a Closer Look at Yourself

### How healthy is your diet?

Now that you've thought about your readiness to change, it's time to examine your eating habits. On page 81 of this workbook, you'll find the Healthy Eating Survey. Take some time now to consider your own eating habits and answer the questions on the survey. We'll be referring to the survey periodically throughout this program; it can be an important and useful tool for you to use along your journey.

### How much weight should you aim to lose?

The National Heart, Lung, and Blood Institute (1998) recommends that you begin by setting a goal to lose 10 percent of your body weight over a period of six months. To figure out what 10 percent of your body weight is, take your starting weight and multiply it by .1.

See the example that follows:

*Example:*

Starting weight: 190 lbs. x .1 = 19 lbs.

Your starting weight: \_\_\_\_ lbs. x .1 = \_\_\_\_ lbs.  
(the amount you should aim to lose in six months)

However, it's important to keep in mind that this is a 12-week program. If you complete this program in three months, a more realistic goal would be to strive for 5 percent of your body weight instead of the recommended 10 percent. To figure out what 5 percent of your body weight is, take your starting weight and multiply it by .05.

See the example that follows:

*Example:*

Starting weight: 190 lbs. x .05 = 9.5 lbs.

Your starting weight: \_\_\_\_ lbs. x .05 = \_\_\_\_ lbs.  
(the amount you should aim to lose in three months)

Perhaps you don't feel comfortable about having a set amount of weight to lose. But setting a goal can give you something to work toward and provide you with a sense of motivation. We'll discuss more about setting goals later in the chapter.

### Why do you want to lose weight?

One of the most important things for you to be clear about when starting a weight loss program is the reason why you're doing it. Think about what your main reasons are for wanting to lose weight. Then, remind yourself of them *every day*. It might even be worth saying them out loud every morning when you get up, "I'm losing weight so that..." It may feel strange at first, but stating your reasons each morning can help you reach your goals. Take a close look at athletes. Most use techniques to "remind" themselves that they can achieve what they've set out to do. The same is true for you. If you believe you can do it, you *can* succeed.

#### What reasons do you have for wanting to lose weight?

Check all that apply:

- I want to feel better about myself.
- I want to prevent possible health problems.
- I want to relieve current health problems.
- I want to live longer.
- I want others to see me differently.
- I want to feel like I have more control.
- I want my family to be proud of me.
- I want to change the way I look.
- Other \_\_\_\_\_

## The Beginning of Your Success Story

Throughout your weight loss journey, you may find that there are times of joy and times of frustration. You may lose three pounds one week, only to lose nothing the next week. However, it's important to always remember where you started and how far you've come. This is the beginning of your weight loss success story.

So, let's find out the "once upon a time" or the baseline where you're starting. You can begin writing your story now by recording the following starting points in Your Personal Success Story on page 72 of this workbook:

### How tall are you?

You'll need to know how tall you are to figure out your Body Mass Index, or BMI, later in this chapter. It's important to be accurate so your calculations will give the best idea possible of what your target weight should be. If you don't know how tall you are, follow these steps to measure yourself:

1. Stand up straight with your back against a wall.
2. Place a ruler on the top of your head touching the wall.
3. Use a pencil to mark where the ruler meets the wall.
4. Measure the distance from the floor to the mark on the wall.

I'm \_\_\_\_ feet, \_\_\_\_ inches tall.

Enter your height into Your Personal Success Story on page 72.

### How much do you weigh?

Although this is a sensitive number for many people, it's important that you establish a baseline so you can see your progress throughout the course of this program.

Keep in mind that it's possible you may *gain* weight if you gain muscle from becoming more physically active. However, this kind of weight is healthy. Remember that scales can't distinguish between weight from muscles, bones, fat or water.

For the best accuracy, use the same scale each time you weigh yourself. And don't weigh yourself too frequently because you can get a distorted image of your progress due to normal weight fluctuations that occur throughout the month. Weighing yourself about the same time of the day each week is enough to track your progress and give you the most accurate reading possible.

My starting weight is \_\_\_\_ lbs.

Enter your starting weight into Your Personal Success Story on page 72.

### What is your waist circumference?

Measuring your waist circumference is a quick and easy way to measure your progress. As you lose weight, you'll be able to see your waist size decrease. Follow these steps to get an accurate measurement:

1. Get a tape measure and a cosmetic pencil such as a brow or lip liner. While standing, find your hipbone with your fingers and the bottom of your rib cage with your thumb.
2. Make a mark at your "natural waist," which is roughly halfway between your hipbone and rib cage.
3. Use a non-stretchable tape measure to read your waist circumference. Be sure that there are no twists in the tape and that it just touches your skin without being too tight.

My starting waist circumference is \_\_\_\_ inches.

Enter your starting waist circumference into Your Personal Success Story on page 72.

### What is your BMI?

Body Mass Index, or BMI, is a mathematical calculation that can help determine whether a person is overweight by estimating body fat based on height and weight.

To determine your BMI, follow these steps:

1. Find your height in the left column of the chart.
2. Follow that row across until you find your approximate weight.
3. The number at the top of the column is your BMI for that height and weight.

A BMI of 18.5 to 24.9 is in the healthy weight range; 25 to 29.9 is the overweight range; and 30 and higher is in the obese range.

My BMI is \_\_\_\_.

Enter your BMI into Your Personal Success Story on page 72.

BMI	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35
Height	Weight in Pounds																
4'10"	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167
4'11"	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173
5'	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179
5'1"	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185
5'2"	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191
5'3"	107	113	118	124	130	135	141	143	152	158	163	169	175	180	186	191	197
5'4"	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204
5'5"	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210
5'6"	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216
5'7"	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223
5'8"	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230
5'9"	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236
5'10"	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243
5'11"	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250
6'	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	258
6'1"	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265
6'2"	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272
6'3"	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279
	Healthy Weight						Overweight					Obese					

Source: National Heart, Lung, and Blood Institute (NHLBI). (1998). *Evidence Report of Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults, 1998.*

## More About Your Mission Statement

As discussed earlier, writing a mission statement can be a powerful tool to support you through the process of change and keep you focused on your target. A mission statement should be personal and inspiring. It can also be specific. It doesn't have to be long, but it should include the following parts:

- An inspiring comment about what you hope to accomplish in a general way.
- A personal comment on why you want to make a change.
- The general way in which you hope to make a change.
- Optional: a specific target for change.

If you choose to set a specific goal but aren't comfortable with setting a specific amount of weight to lose, then choose something that's more comfortable for you. Remember, this is a personal statement, and it has to be meaningful to *you*.

For example, maybe you want to be able to fit into a different size of clothing. Or perhaps you want to feel that you have the energy to play with your children or to breathe more easily when you exercise. Use the sample mission statement that follows or write your own. Whatever your mission is, make it personal.

Keep your signed mission statement somewhere you can see it every day; for example, on the refrigerator, bathroom mirror or your calendar. Some people feel it really helps them to share their mission statement with as many people as possible because it provides them with a support system. Giving your friends and family "permission" to help you may provide you with a sense of accountability. If you choose to involve others, page 88 has some sample mission statements to help you get started. If this isn't your style, do what works for you. Everyone is different, and what works for you may be much different from what works for someone else.

### Example

#### Mission Statement for \_\_\_\_\_

My mission is to take control of my health to develop a healthier lifestyle for myself and a happier way of seeing the world.

I'm committed to my mission because I want to live longer and stronger and be able to spend time with my loved ones.

I'm going to make these changes through healthier eating, regular exercise and taking control of my schedule.

I'm committed to losing 5 percent ( \_\_\_ pounds) of my body weight or fitting into a size \_\_\_ over the course of this program.

I hereby make a pledge to myself, my friends and my loved ones to give 100 percent to the *Healthy Steps to Weight Loss<sup>SM</sup>* program over the next 12 weeks. By signing my name, I'm making a commitment to eat healthfully and get active for life.

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

## My Mission Statement

### Mission Statement for \_\_\_\_\_

My mission is to \_\_\_\_\_

I'm committed to my mission because \_\_\_\_\_

I'm going to make these changes through \_\_\_\_\_

I'm committed to \_\_\_\_\_

I hereby make a pledge to myself, my friends and my loved ones to give 100 percent to the *Healthy Steps to Weight Loss<sup>SM</sup>* program over the next 12 weeks. By signing my name, I'm making a commitment to eat healthfully and get active for life.

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

To maintain a healthy body weight for the long term, you must learn how to balance the calories you take in (nutrition) with the calories you burn (physical activity). Therefore, this program will focus on the calories you take in (nutrition) and the calories you burn (physical activity).

The next 12 weeks are going to be the start of a new way of living. There may be times when you don't know whether you want to continue eating and living a healthy lifestyle, and that's completely normal. But by sticking with this program, you'll discover a whole new you.

As you begin this journey, you'll discover your vision for your personal success story by writing your mission statement. In upcoming chapters, you'll learn more about setting goals and taking actions that can help you achieve your vision. For a sneak preview on setting goals, check out page 12. The goals you set will tie in closely with your mission statement to help you make your vision ultimately become your reality.

### Before your next session...

- ✓ Begin writing Your Personal Success Story by filling in your height and starting weight, waist circumference and BMI on page 72.
- ✓ Make sure you fill out the Healthy Eating Survey on page 81.
- ✓ Start thinking about ways you can eat more healthfully and incorporate physical activity into your daily routine. Why not start with taking the stairs instead of the elevator? Be sure to check with your doctor before increasing your level of activity.

**Goals for This Chapter**

This chapter includes information on how to become more aware of your personal eating habits. After you complete the chapter, you'll:

- Understand why diets often fail.
- Know the secrets to reaching – and keeping – your weight loss goals.
- Become more aware of your eating habits.

*Welcome back!* By coming this far, you've already made great strides toward a positive change in your health. Congratulations! This week is about preparing you for a new way of living. Remember: You CAN do it! Keep your mission statement from Chapter 1 in mind as you move through this program. It can help you remember why you're doing this program and keep you motivated.

**If you have any changes in your health, such as a pregnancy or a newly diagnosed medical condition, be sure to keep your doctor and Wellness Coach (if you have one) informed. Depending on your situation, you may need to adjust the amounts or types of food you eat or the types of physical activity you do.**

**The Truth About Dieting**

With so many diets offering quick solutions within weeks, it's important for you to be aware of the truth: Most "quick" diets don't work, especially in the long term.

The DIET acronym includes some of the reasons diets fail:

**Don't require physical activity.** Most diets only restrict your food intake and don't require physical activity. Successful weight loss requires both healthy eating habits and physical activity. To maintain weight loss, you must burn some of the calories you take in.

**Intake is restricted.** Many diets either leave you feeling hungry or require you to eliminate certain food groups that your body needs to remain healthy. If you take on a radical diet that leaves you feeling hungry, miserable and bad about yourself, it's possible you may turn to food as a way to cheer yourself up. Depriving yourself can make you feel guilty and leave you with low self-esteem. You may even end up putting on weight instead of losing it.

**Expensive.** Many diets require you to purchase special foods or meals. Some diets even have their own brand of food.

**Temporary.** Most diets don't provide you with the tools you need to successfully maintain long-term weight loss. Instead, they are only temporary fixes, and once you start eating normally again, you're likely to gain the weight back.

**Think about your own past dieting experiences.**

Have you tried a diet that was unsuccessful? If so, what about the diet made it difficult for you to stay with it? \_\_\_\_\_

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## The Secrets of Success

Attempting to lose weight requires a change in lifestyle. Even when you've lost the desired amount of weight, you have to commit to a *lifelong* change in eating and exercise habits to maintain your weight loss. Although following through on this commitment requires a certain amount of hard work and dedication on your part, the benefits will far outweigh the costs of your effort.

### Setting goals

Your mission statement can give you the motivation to keep going when times get tough. Take another look at your mission statement from Chapter 1. Is it still accurate? In your mission statement, you completed the sentence, "*I'm going to make these changes through...*" By completing this statement, you defined goals and actions you're committing to take to achieve your success story.

Let's talk more about your short-term goals and how they'll help you achieve your success story.

Having a clearly defined goal helps you identify specifically how you'll get to your final destination. If your goal is too general, it'll be difficult for you to know when you actually accomplish something. For example, if your goal is to eat more vegetables, you'll accomplish your goal if you eat just one more vegetable than you normally would. A better goal would be more specific; for example: Eat three vegetables each day for a week.

When setting goals, consider using the SMART goal-setting method.<sup>13</sup> SMART goals are:

**Specific** – Set a specific goal that you can reach. Make your goal as simple as possible.

**Measurable** – Set up ways to measure your progress to reach your goal. One way is to break down your goals into small steps and set target dates for accomplishing each one.

**Attainable** – After you've set your goal, you'll need to figure out ways to achieve it. Your attitudes, abilities and skills will be important factors to consider.

**Realistic** – Be realistic with the goals you set. Are you both willing and able to reach your goals?

**Timely** – Set a time frame for the goal. Putting an endpoint on your goal gives you a clear target to work toward.

Throughout this program, you'll be setting many goals for yourself that will help you reach your ultimate goal of achieving and maintaining a healthy weight. While these goals will most likely include eating healthier and becoming more active, they should also be specific. For example, instead of saying, "*I'll exercise more often,*" say, "*I'll walk three times this week for 30 minutes during my lunch break.*" Any time you set a goal, record it on page 79.

### Making healthy choices

Maintaining a healthy weight will require you to make healthy lifestyle choices. There are two aspects of making these choices. The first is eating a well-balanced diet, which includes being aware of your sugar and salt intake. We'll discuss sugar and salt in more detail in later chapters. Second, you'll need to take part in physical activity so you can burn off some of the calories you take in. We'll discuss physical activity further in Chapter 4.

### Learning new habits

If you're going to make a permanent change, you'll need to learn new habits and change your current way of thinking about food. A good place to start is by learning how to manage your cravings and how to savor your food.

**Learn to manage your cravings.** One of the most difficult parts of a weight loss program is learning how to manage your cravings and make healthy food choices. This may mean sacrificing some of your favorite foods and finding the strength not to give in to temptation when you have the urge to indulge. Of course, you can still treat yourself occasionally but only in moderation if you want to reach your weight loss goal. The next time you get the urge to snack, try distracting yourself by becoming involved in another activity. Go for a walk, talk to a friend or brush your teeth. Or try drinking water to see if you can satisfy the urge with hydration.

**Learn to savor your food.** Savoring your food forces you to eat more slowly and allows your body to digest your food better. It also helps you to know when you're full, so you can avoid eating past the point of satisfaction.

**Practice this exercise to learn how to savor your food.**

1. Get an orange (or other food of your choice) and sit comfortably in a quiet place.
2. Bring your full attention to the present moment. Don't think about the past or the future.
3. Keep an open mind as to what you're about to experience.
4. Take a few minutes to think about where the orange may have come from.
5. Look at the orange as if you're seeing one for the first time. Is it really ripe? Is the peel still partially green? Does it have any blemishes on it?
6. Look closely at its texture, shape and color.
7. Start to peel the orange. Notice how it smells.
8. Take a bite and slowly, as if you had never tasted this fruit before, start to eat the orange. What does it taste like? How do you chew – on one side of your mouth or both? What does the texture feel like in your mouth? Is it cold or warm? Is it hard or soft?
9. If at any time, you find yourself getting distracted, stop, take a deep breath and then continue where you left off.

*What kinds of thoughts and sensations did you notice? Did any previous experiences of eating an orange enter your mind?*

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*Was there anything that you may not have paid attention to the last time you ate an orange?*

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**Sticking with it**

When it comes to changing a behavior, almost everyone will experience some setbacks along the way. If you have a setback, keep in mind that it doesn't mean you've failed. If you don't meet your goal, that's okay. It's better to slowly make changes you can stick with instead of quickly making ones you can't. If you experience a setback, keep going! Talking to a Wellness Coach, your doctor or a trusted friend or family member can help you get back on track. And remember... always keep your reasons for wanting to lose weight at the forefront of your mind!

Going back every now and then to read the mission statement you created on page 10 can help you to stay motivated. Try reading it out loud to yourself while looking in a mirror. Or, ask a trusted friend or family member to call and ask about your mission statement and goals for the day or week.

### Get moving

When some people hear the word “exercise,” they immediately picture grueling hours spent running a marathon or sweating at the gym. However, when you’re trying to lose weight and keep fit, *physical activity* can help you achieve your goal. No matter what shape you’re in, there are ways that you can be physically active.

Where are you now with your physical activity? Use the Activity Log on page 74 to help you identify where you are today and to track your progress. This is the beginning of the activity part of your success story and we’ll ask you to use this document to assist you throughout this program.

Also, remember to use your pedometer to measure the number of steps you’re taking each day. You can find more information on using your pedometer on page 32. It can help you track your progress as you take part in this program. Why not start now to keep track of how many steps you take each day? The graph on page 76 will help you to add to your daily step count to your personal success story.

We’ll learn more about physical activity in Chapter 4. In the meantime, give yourself a head start and get moving! And remember... the more activity you do, the more calories you’ll burn and the more weight you’ll lose!

What are some actions you can take to start building some physical activity into your daily routine? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

### Getting to Know Yourself – Learning About Your Eating Habits

Have you ever thought about why you aren’t at your target weight? Can you think back to when you first began putting on weight? Maybe it was during a stressful time when you turned to food for comfort. Or perhaps you’ve been struggling to manage your weight since childhood. Or maybe the weight gradually (and unnoticeably) snuck up on you over the years.

You don’t have to answer the why, but knowing your body and what it’s saying to you is an important part of your success story.

### Your food diary

Keeping a food diary can be a useful tool when trying to lose weight. Not only can it help you to pay more attention to what you’re eating, but it can also help you notice patterns in your feelings when you eat. Even if you don’t think your moods have an effect on the way you eat, you may be surprised to look back at your food diary after a week. You just may find that your emotions are influencing your eating habits.

Let’s start by using the Food Diary on page 77 to begin creating this chapter of your success story. Continue tracking the food you eat throughout the course of this program. As you fill out your Food Diary, pay attention to patterns in your eating. For example, do you eat larger amounts of food or less healthy foods when you’re stressed or feeling down?

## What kind of eater are you?

For many people, *mood* and *food* go together, meaning that they eat for emotional reasons rather than for physical reasons. We'll discuss the difference between physical and emotional eating later in this chapter. The following questions will help you understand what kind of an eater you are:

- *Do you tend to eat based on how you're feeling, such as upset, stressed, bored, lonely or even excited? If so, you may be an **Emotional Eater**.*

Emotional Eaters have a hard time telling the difference between real hunger and emotional hunger. When they experience strong emotions such as anger or sadness, they turn to food as a source of comfort. If you're an emotional eater, try to get into the habit of snacking on healthy foods such as fruits, vegetables and nuts. Try to be aware of how you feel when you're eating and use your Food Diary to understand your food and mood emotions.

- *Do you tend to eat frequently throughout the day? If so, you may be a **Grazer**.*

Grazers typically aren't the type of people who get really hungry, and they usually don't eat large meals. Instead, they eat little and often. If you're a grazer, try to eat at least one larger meal a day. If you have a hard time controlling your grazing, choose healthy snacks like fruit, small salads and carrot sticks.

- *Do you have a hard time controlling urges to eat large amounts of food? If so, you may be a **Binger**.*

Bingers tend to be passionate about food and indulge in foods such as pastries, ice cream and candy. They typically eat a large amount of calories in one sitting, sometimes as much as 5,000 to 15,000 calories. For bingers, food is an uncontrollable addiction. If you're a binger, this program can help you learn to control your urges. The next time you feel like eating something sweet, try a yogurt or some fruit.

- *Have you tried many different kinds of diets, only to give up? If so, you may be a **Yo-Yo Crash Dieter**.*

Yo-yo crash dieters jump repeatedly from one extreme diet to another, only to find themselves always giving up. They may lose weight at first, but they eventually cave in to the difficult food restrictions and end up putting weight back on. If this sounds like you, try eating healthy amounts of nutritious foods and being physically active instead of committing yourself to an extreme diet. If you do indulge, compensate with extra activity.

- *Do you tend to eat fast food frequently? If so, you may be a **Fast Food Addict**.*

Fast food addicts tend to eat the same kind of fast food frequently. Fast food is loaded with calories, which can have a negative effect on mood. Just as sugar gives people a high followed by a crashing low, fast food creates mood slumps and makes people feel inactive and tired. If you eat a lot of fast food, try to think of it only as an occasional treat. Keep track of your progress by using your Food Diary. Eventually, you may even find that fast food isn't as appealing as it once was.

- *Do you tend to do most of your eating during the night? If so, you may be a **Night-time Eater**.*

Night-time eaters typically don't have much of an appetite during the morning hours, and they eat more than half their daily intake of food after 6:00 p.m. If you're a night-time eater, stress reduction and relaxation techniques may be helpful to you.

### Physical or emotional hunger?

One problem that many people struggle with is the difference between physical and emotional hunger. Emotional hunger is a sudden, immediate hunger. Physical hunger starts off with a nagging reminder to eat that develops over time into stomach rumblings and feeling faint. Because emotional eating isn't responding to a physical need, eating won't quench the hunger. This often results in a "bad snack attack."

Refer to the Healthy Eating Survey on page 81. Look at Section H: Behavioral Eating. Does your score indicate that you have a tendency to eat in response to the way you feel rather than in response to hunger cues? If so, here are some ways you can tell the difference between physical and emotional hunger:

#### Physical hunger...

- Develops slowly.
- Develops a few hours after eating.
- Can be satisfied by a wide range of foods.
- Has physical symptoms, such as a growling stomach or feeling faint.
- Goes away when you've eaten enough.
- Satisfies you after you've eaten.

#### Emotional hunger...

- Has a tremendous sense of urgency.
- Can strike at any time, even after just having eaten.
- Often is a hunger for a specific type of food, such as ice cream or a certain brand of chocolate.
- Isn't accompanied by physical symptoms, such as a growling stomach, because it's a response from your brain.
- Can still be there after eating because you're trying to fill an emotional void, not a physical one.
- Can cause feelings of guilt after eating.

Before you get ready to eat, stop and ask yourself if you're eating because you're physically hungry or because you're bored, angry, nervous, stressed, sad or upset. Or, try getting a change of scenery or doing a different activity. If you forget that you were even hungry after just a few minutes, chances are that you would have been eating for emotional reasons.

### Tune Up Your Healthy Eating Awareness Temperature (HEAT) Gauge

Your body is naturally tuned to know when it needs food for fuel and when it doesn't. When your body signals that it needs food, you become aware of a sense of hunger, your stomach may growl and you feel the urge to eat. You may even feel starved or famished, and unable to concentrate. Similarly, when you meet your body's need for food, your urge to eat is reduced, your stomach is quiet and you're able to focus on other tasks. However, sometimes people eat so much or so quickly that they become uncomfortable, or they feel overly full or nauseated. If the overeating is because of emotional reasons, not only can they feel physically uncomfortable, they can also feel guilty or upset with themselves for eating more than they know they should.

**Did you know...** *it typically takes about 20 minutes for your body to send the signal to your brain that it's full? This means that you could overeat before your body even realizes it's full!*

When you respond to your body's need for food before you become starving or famished, and you eat slowly and thoughtfully, you're more likely to meet your body's physical demand for fuel without overeating and becoming uncomfortably full. Recognizing when you're beginning to get hungry and when you're beginning to feel comfortably full is critical to healthy eating. Eating this way is eating *mindfully*, and the Healthy Eating Awareness Temperature (HEAT) Gauge is designed to assist you in understanding your body's physical needs so you can make the right choices when eating.



\*A full-color version of the HEAT Gauge is included as an insert with this workbook.

### How do I use the HEAT Gauge?

At first, you can use the HEAT Gauge to get to know your body's signs of hunger. Then, you can continue to use it periodically to keep yourself on track. You should aim to keep your HEAT Gauge balanced by never entering the red zones (numbers 1 to 2 or 6 to 7). Instead, try to keep your HEAT Gauge score between numbers 3 and 5.

- **Begin eating** when you *start* feeling signs of physical hunger (the yellow/green zone, number 3) and *before* you're famished (the red zone, numbers 1 to 2).
- **Experience eating** by making healthy choices and stopping when you're comfortably full (the green zone, numbers 4 to 5). Take the time to savor your food and remember to allow at least 20 minutes to eat.

- Make wise choices regarding serving and portion size.
- Add color to your meals with fruits and vegetables.
- Spice up the variations and types of food you choose based on your own Food Pyramid.

- **Stop eating** before you become uncomfortably full (the yellow and red zones, numbers 6 to 7). If you're "experiencing" eating by taking at least 20 minutes to enjoy your meal, your body will give you the sense of "satisfaction fullness" instead of "stuffed fullness" or "extreme fullness."

Take this opportunity to use the HEAT Gauge with your Food Diary. Your Food Diary includes columns you can use to score your eating experience further.

**Remember...** you should aim to keep your HEAT Gauge score between numbers 3 and 5.

HEAT Gauge Table		
Score	How do you feel physically?	Description
1	Starving	I feel jittery, lightheaded or as though I may pass out. I have stomach pains or nausea.
2	Hungry	I feel weak and preoccupied. My stomach is growling, and I want to eat very soon.
3	Getting Hungry	I feel empty and have the urge to eat something.
4	Comfortable	I have no feeling of either hunger or fullness, and I'm fully able to think and move easily.
5	Feeling Satisfied	My stomach is comfortable, and I'm able to think and move easily.
6	Too Full	My stomach is slightly distended from eating too much. I feel I still have more room to eat, but know that wouldn't be a good decision because I'm past the point of being comfortable.
7	Painfully Full	I'm physically uncomfortable from eating too much. I have shortness of breath, nausea or sleepiness. I feel the need to vomit or change into "looser" clothes.

### Portion Control

One of the most common reasons for weight gain is large portion sizes. If you want to lose weight, you need to be aware of the size of the portions you eat. A "portion" is the size of the food you actually eat, while a "serving" is the standard amount of that food, according to the United States Department of Agriculture (USDA) Dietary Guidelines, 2005.

Eating reasonable portion sizes can be especially difficult when you eat out because the portions are often large. To avoid overeating, you may need to ask for less food, leave some on your plate or find a willing partner with whom to share. Using smaller plates, bowls and utensils may also help you consume smaller portions.

When you're writing your Food Diary, make a note of the portion size of the food you're eating. Controlling portion size helps limit calorie intake, particularly when eating calorie-rich foods. As portion sizes continue to increase, it's important to keep in mind what a serving size is. You can use the serving size guide on page 89 to help you understand the correct size of a serving. Stick it on your refrigerator or some other place in the kitchen that will be easy for you to see when you need to reference it.

**Remember...** by keeping to the recommended number of daily servings for each food group, you'll be well on your way to meeting your weight loss goals.

## Snacking – The Good, the Bad and the Ugly

Many people snack throughout the day. However, many of these “snacks” have increased so much in size over the years that they now resemble substantial meals in themselves. By becoming more aware of portion size, you’re taking an important step toward making a lifestyle change that will bring with it many benefits. Congratulate yourself on a job well done!

Of course, not all snacking is bad as long as you use moderation. A mid-morning or mid-afternoon snack can help boost your energy and satisfy your hunger until the

next meal. If you choose well, your snacks can contribute to your recommended daily intake from the food groups. But if you make unhealthful choices, snacking can undermine your well-planned diet by adding unwanted fat, sugar and calories that can push you over your daily limit for each.

Look at the chart that follows. What types of snacks do you tend to eat? With some knowledge and planning, it’s possible to snack reasonably healthfully and still stay within your daily nutritional goals. Try to think of some healthy snacks to replace the less healthy ones. Here are some examples:

The Good	The Bad	The Ugly
Pretzels	Donuts	Soda
Fruit (fresh or dried)	Ice cream	Burgers
Yogurt	Cookies	Pizza
Nuts	Candy	Fried foods
Granola bar	Chocolate	
Smoothie	Potato Chips	
Popcorn (no butter/salt)	Cake	

### What are some healthy alternatives to unhealthy snacking habits?

*What are three of your current snacking habits? For example, maybe you eat late at night or when you’re in a certain situation or with a certain person.*

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*Now, what are three alternatives that you could replace your unhealthy snacking habits with? For example, maybe you could exercise at night instead of snacking. Or, instead of indulging in chocolate when you cuddle up with your partner on the couch, how about snacking on some crunchy vegetables, such as carrots or celery?*

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**Point to ponder:** Do you tend to snack frequently on unhealthy foods? If so, maybe snacking on healthier foods is a goal you’d like to add to page 79 of your success story.



## A Picture Is Worth 1,000 Words

How we see ourselves is often very different from how other people see us. Think about it: How many times have you heard of people who decided to do something about their weight only after seeing a picture or video of themselves?

Many people deny they have a weight problem. But by being honest with yourself, you can start to make healthy changes in the way you live. Taking a “before” photo of yourself is a great way to see the progress you’ve made when you complete the program. Also, it just may provide the motivation you need to keep going!

Put a current picture of yourself on page 78 to complete the first chapter of your success story.

**Remember...** to reach and maintain your weight loss goals, you’ll have to make a lifestyle change that includes *both* good nutrition and regular physical activity. Stay focused on your goals to achieve a healthy lifestyle change through appropriate nutritional choices and healthy activity levels each day.

### Before your next session...

- ✓ Complete the first chapter of your personal success story by putting a current picture of yourself on page 78.
- ✓ Start recording the food you eat in your Food Diary on page 77. Make sure you pay attention to your portion size!
- ✓ This week, try hard to look critically at your food and mood relationships. Understanding what causes you to eat certain foods is the first step in being able to do something about it.
- ✓ Make sure you use the HEAT Gauge on page 17. What is your body saying at the time you’re eating? Are you starving? Comfortable? Full?
- ✓ Update your mission statement from Chapter 1 if you feel you need to change it based on the additional information you’ve learned this week.
- ✓ Add any new goals you’ve identified to your success story on page 79.
- ✓ This week, record your activity in the Activity Log on page 74 and make it a goal to gradually increase your physical activity. Be sure to check with your doctor any time you increase your activity level.

This week I plan to \_\_\_\_\_  
to increase my activity level.

I will \_\_\_\_\_ times this  
week.

# Understanding What You Eat

## Goals for This Chapter

This chapter includes information on the major food groups, including what and how much to eat from each one. After you complete the chapter, you'll:

- Understand the new Food Pyramid, including how much to eat from each food group.
- Know the difference between “good fats” and “bad fats.”
- Know how to read nutrition labels on foods you buy so you can make better choices.
- Get some ideas about healthy basic ingredients to keep stocked in your cupboard.

## The Food Pyramid\*

One of the best scientifically based guidelines on healthy eating is the Food Pyramid from the United States Department of Agriculture (USDA). In 2005, the USDA significantly revised its well-known Pyramid. The most

obvious change is that there's no longer one Pyramid for everybody. It's now customized based on your age, sex, height, weight and activity level.

Some other changes to the Pyramid include:

- Instead of talking about “complex carbohydrates,” the new Pyramid focuses on eating more whole grains as opposed to refined grains and sugars.
- It no longer recommends minimizing all fat, but instead recognizes that getting 20 to 35 percent of calories from “good fats” is healthy and helps in weight management. “Good” and “bad” fats are discussed in a later section of this chapter.
- Instead of the confusing “serving size,” quantities are now measured in ounces.
- It recognizes the importance of physical activity and exercise in maintaining health and controlling weight.

*\*A full-page version of the new Food Pyramid is available on page 90 of this workbook. Additionally, a full-color version is included as an insert in this workbook.*



**There are six main food groups in the Pyramid:**

- 1. **Grains** (discussed in detail in Chapter 6)
- 2. **Vegetables** (discussed in detail in Chapter 5)
- 3. **Fruits** (discussed in detail in Chapter 5)
- 4. **Milk products**

Milk and many foods made from it are included in this group. Foods made from milk that retain their calcium content are part of this group, while those that retain little or no calcium, such as cream cheese, cream and butter, aren't – they are in the fats group.

*This group includes foods such as:*

- Milk
- Yogurt
- Cheese
- Ice cream

*What types of milk products do you typically eat? \_\_\_\_\_*

\_\_\_\_\_

*How often do you eat them? \_\_\_\_\_*

\_\_\_\_\_

**How much should you eat?**

The recommended daily amount for all adults is 3 cups of milk (or its equivalent in other products).

The majority of your milk group choices should be fat free or low fat (1%) since the fats in whole milk are mostly saturated.

*Note: People with lactose intolerance or restricted diets often use “soymilk” as a milk alternative.*

**What do they do?**

One of the main health benefits of milk products is that they help to build bone mass in children and adolescents and to maintain it throughout adulthood. Milk is a rich source of calcium, potassium and vitamin D.

**5. Meat and Beans**

*This group includes foods such as:*

- Meat
- Poultry
- Fish
- Eggs
- Nuts\*
- Seeds
- Dry beans and peas (Dry beans and peas are part of this group *and* the vegetable group, since they have qualities of each.)

*\*Although nuts are recommended as part of the Food Pyramid, they are higher in fat and calories and typically have smaller serving sizes.*

*What types of meat and beans products do you typically eat? \_\_\_\_\_*

\_\_\_\_\_

*How often do you eat them? \_\_\_\_\_*

\_\_\_\_\_

**How much should you eat?**

The amount of food you need to eat from the meat and beans group depends on your age, sex and level of physical activity. The range for adults is from 5.5 to 6.5 ounce-equivalents. An ounce equivalent is the amount of a food that is equal to 1 ounce of meat, poultry or fish. Examples of ounce equivalents include about 1/4 cup cooked dry beans, 1 egg, 1 tablespoon of peanut butter, or 1/2 ounce of nuts or seeds. Most people eat enough food from this group, but need to make leaner and more varied selections of these foods.

Most of your meat and poultry should be lean or low fat. Fish, nuts and seeds contain “good fats,” so eat them frequently instead of meat or poultry.

**What do they do?**

Foods in the meat and beans group provide us with most of our proteins, which function as building blocks for bone, muscle, cartilage, skin, blood, enzymes, hormones and vitamins. They also provide vitamins B and E, iron, magnesium and zinc.

**6. Fats and oils**

This group includes both oils, which are fats that are liquid at room temperature, and solid fats, which are solid at room temperature. Oils come from many different plants and from some fish.

*This group includes foods such as:*

- Mayonnaise
- Salad dressings
- Butter and margarine
- Shortening
- Fat in meat

A number of foods are also naturally high in oils, including nuts, olives, certain fish and avocados.

*What types of fats and oils products do you typically eat? \_\_\_\_\_*

*How often do you eat them? \_\_\_\_\_*

**How much should you eat?**

The recommended allowance for adults ranges from 5 to 7 teaspoons per day, depending on age, sex and physical activity level.

Most oils are high in *monounsaturated* or *polyunsaturated* fats, and low in *saturated* fats, which makes them much healthier than solid fats. Solid fats contain more saturated fats and trans fats, and should therefore be eaten only in small amounts.

Some tropical oils, such as coconut and palm kernel oils, are high in saturated fats, and should be considered similar to solid fats for nutritional purposes.

**What do they do?**

Fats or oils provide *essential fatty acids* that are necessary for health, and are a major source of vitamin E. However, they should be eaten in moderation, since they are high in calories.

**Good fat, bad fat**

For a long time, Americans were told that all fat is bad, and we were taught to eat as little fat as possible. However, many people gained weight on low-fat diets, while others maintained a healthy weight while eating moderate amounts of fat.

Then the low-carb diet said all carbohydrates were bad and all fats were good. Many people do lose weight on low-carb, high fat diets, but these diets aren't nutritionally balanced, which makes them unhealthy.

We now know that weight management is more complex than either of these extremes may have led us to believe. First, eating some fat is helpful in weight management because it helps us to feel full longer so we eat less. Second, some fat is essential to good health, as discussed under the Food Pyramid.

But all fats aren't created equal. It's important to know the difference between "good fats" and "bad fats," and to know which kind you're eating. Some fats lower LDL (bad cholesterol) and raise HDL (good cholesterol), which can help reduce the risk for heart disease.

**There are four kinds of fats:**

<b>Good Fats</b>	<b>Food Sources</b>
<b>Monounsaturated fat</b> <i>Lowers LDL* and raises HDL*</i>	Olives and olive oil, canola oil, peanut oil, nuts, avocados
<b>Polyunsaturated fat</b> <i>Lowers LDL* and raises HDL*</i>	Corn, soybeans, safflower and cottonseed oils, some fish
<b>Bad Fats</b>	<b>Food Sources</b>
<b>Saturated fat</b> <i>Lowers HDL* and raises LDL*</i>	Red meat, dairy, coconut oil
<b>Trans fat</b> <i>Lowers HDL* and raises LDL*</i>	Margarine, vegetable shortening, partially hydrogenated vegetable oil, cookies, crackers, potato chips and other fried foods

\*LDL is "bad" cholesterol and HDL is "good" cholesterol.

You want to eat more good fat and less bad fat, so it's important to know which kinds of fat and how much of it various foods contain. This information is available on nutrition labels, so be sure to always check the labels on the foods you buy.

**List a few foods from each of the food groups that you enjoy.**

Grains \_\_\_\_\_

Vegetables \_\_\_\_\_

Fruits \_\_\_\_\_

Milk products \_\_\_\_\_

Meat and beans \_\_\_\_\_

Fats or oils \_\_\_\_\_

**Discretionary calories**

You need a minimum amount of certain nutrients each day to keep your body healthy. However, you also have a maximum number of calories that you can eat without gaining weight. If you make healthy choices for getting your required nutrients, then you'll have a surplus of calories that you can choose how to "spend." It's like having extra money after you buy your necessities and pay your bills.

You can use discretionary calories for luxuries such as sweets, solid fats and alcohol. But beware! This discretionary

allowance isn't large, and many people have used it up before they even have their lunch. When you're trying to lose weight, cut from your discretionary calories to take in fewer calories than you burn, not from the calories that are supplying your required nutrients.

**Physical activity**

Study after study has found that physical activity is a key ingredient for success in losing and maintaining a healthy weight. Because of its importance, physical activity has been added to the Food Pyramid. You can find more information on physical activity in Chapter 4.

## Your Personal Pyramid and Dietary Plan

As mentioned earlier, there is no longer one Pyramid for everybody. Instead, it's now customized based on your age, sex, height, weight and activity level. To figure out the amount you should be eating from each of the food groups and the number of calories you should consume each day, go to [www.mypyramid.gov](http://www.mypyramid.gov) and click on "MyPyramid Plan," and then enter your personal information. You may also want to explore the links to tips and other dietary information available there.

If you don't have access to the internet, you can use pages 91 and 92 in the back of this workbook. First, go to the MyPyramid Food Intake Pattern Calorie Levels table on page 91 and find your target calories based on your current activity level. Then, using that calorie target, go to the MyPyramid Food Intake Patterns table on page 92 to find out how much you should eat from each of the food groups.

### Your Personal Pyramid Plan

#### Enter your results here:

Daily calorie intake\* \_\_\_\_\_ (to gradually move toward a healthier weight)  
Grains \_\_\_\_\_ ounces  
Vegetables \_\_\_\_\_ cups  
Fruits \_\_\_\_\_ cups  
Milk \_\_\_\_\_ cups  
Meats and beans \_\_\_\_\_ ounces

*\*Your Daily Calorie Intake. If you weigh more than you should for your height, the Pyramid calculator at [www.mypyramid.gov](http://www.mypyramid.gov) will give you two choices for your daily calorie target: one to maintain your current weight and a slightly lower one to move gradually toward a healthier weight. Until you reach your target weight, you should choose the lower daily calorie target.*

Look at your Food Diary for the last week. How does it compare with what you should be eating according to Your Personal Pyramid Plan? Take some time to compare your habits with the recommendations in Your Personal Pyramid Plan.

#### Record the results of your comparison here:

What similarities are there between your current eating habits and Your Personal Pyramid Plan? \_\_\_\_\_

\_\_\_\_\_

What differences are there? \_\_\_\_\_

\_\_\_\_\_

Throughout this program, focus on changing your current eating habits to look more like what's recommended in Your Personal Pyramid Plan. As you set a goal – whether it's to lose a certain amount of weight or to reach your daily calorie intake goal or to walk the dog at least once a day, jot it down in your success story on page 79. Then, as you meet your goal, or even move a step closer to it, you'll have a record of your progress.

## Special Dietary Requirements

If you're on a special diet for health reasons, consult your doctor before making any changes. Even if you're a vegetarian, you can still use the Food Pyramid to plan your diet – just substitute other protein-rich foods from the meat and beans group (and from the milk group, if acceptable) for those you can't have.

While learning about what types and how much of certain foods you should be eating may seem like a lot of work, it's important information that can help you reach your goals. Look back at your mission statement on page 10. By keeping it at the forefront of your mind, you'll be able to see how important eating the right types and amounts of food can be.

**Remember...** the combination of healthy nutritional habits and regular physical activity is key in helping you to reach your goals.

## Nutrition Labels

*Nutrition Facts* labels are required on prepared foods sold in the United States. They're a valuable resource for choosing a healthy diet, and it's important to know what kinds of information they contain and how to read them.

### 1. Nutrition Facts

Serving Size 1 cup (228g)	
Serving Per Container 2	
Amount Per Serving	
<b>Calories</b> 250	Calories from Fat 110
<b>% Daily Value*</b>	
<b>Total Fat</b> 12g	<b>18%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 3g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 470mg	<b>20%</b>
<b>Total Carbohydrate</b> 31g	<b>10%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 5g	
<b>Protein</b> 5g	
<b>4. Vitamin A</b>	<b>4%</b>
Vitamin C	<b>2%</b>
Calcium	<b>20%</b>
Iron	<b>4%</b>

\*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

5.

**1. Serving Size.** When you look at the Nutrition Facts label, look first at the serving size and the number of servings in the package.

**2. Calories.** This section tells you the number of calories *per serving*. By knowing how many servings you're consuming, you can calculate how many calories you're getting.

Next, look at the *calories from fat*. Remember, you want to get 20 to 35 percent of your calories from mainly good fats. If half the calories in a food are from fat, it's a high-fat food, so you either want to avoid it, minimize how much you eat, or balance it with low-fat foods to maintain your daily balance.

**3. Limit these nutrients.** The amounts of saturated and trans fat are broken out next on the label to help you minimize how much of them you consume. Instead, try to consume mostly mono- and polyunsaturated fats.

Cholesterol and sodium (or salt), which you should also consume only in minimal amounts are next. Be sure to watch for high amounts of sodium in canned vegetables, diet sodas and juices. Always check the nutrition label for the sodium content.

Next are carbohydrates with sugars and fiber broken out. You should consume minimal amounts of sugars and plenty of fiber.

**4. Get enough of these nutrients.** Protein, which is an important part of a healthy diet, is next on the label.

Finally, the next section lists the percentages of recommended daily amounts of certain vitamins and minerals that the food contains.

**5. The Percent Daily Value (%DV).** The Percent Daily Value (%DV) helps you determine if a serving of food is high or low in a nutrient. A few nutrients, such as trans fat, do not have a %DV, so you should try to minimize how much you eat of them.

Once you learn to read and interpret nutrition labels, you'll find them extremely helpful in your quest to eat healthfully.

## Cupboard Basics

If you're going to make a change toward healthier eating, your cupboards and refrigerator are going to need a change as well. To plan healthy meals and snacks, you'll need to have healthy foods and ingredients on hand. Here are some

suggestions to get started. You may want to modify this list to suit your own preferences as well as any special dietary needs:

- Anchovies
- Apple sauce
- Animal crackers
- Balsamic and white wine vinegars
- Brown rice
- Canned, fresh, and dried fruits
- Canned or dried beans and peas
- Canned tomatoes
- Canned tuna
- Garlic
- Gravy cubes or packets
- Herbs and spices
- Honey
- Low-fat popcorn
- Olive oil and canola oil
- Olives
- Onions, celery, carrots
- Pickles
- Pretzels
- Soups
- Soy sauce
- Unsalted nuts  
(Brazil, walnuts, almonds)
- Vanilla wafers
- Whole grain breads and pastas

**What's in your cupboard? Grab a few things from your own cupboard, and let's practice what you've learned about reading food labels.**

### FOOD #1

Type of food: \_\_\_\_\_

How many calories does it have? How many servings? \_\_\_\_\_

How many of those calories are from fat? \_\_\_\_\_

Is the majority of fat in this product "good" fat (monounsaturated or polyunsaturated) or "bad" fat (saturated or trans fats)?

\_\_\_\_\_

Does it have a high amount of "bad" nutrients, such as cholesterol or sodium? \_\_\_\_\_

Is it high in "good" nutrients, such as protein and vitamins? \_\_\_\_\_

### FOOD #2

Type of food: \_\_\_\_\_

How many calories does it have? How many servings? \_\_\_\_\_

How many of those calories are from fat? \_\_\_\_\_

Is the majority of fat in this product "good" fat (monounsaturated or polyunsaturated) or "bad" fat (saturated or trans fats)?

\_\_\_\_\_

Does it have a high amount of "bad" nutrients, such as cholesterol or sodium? \_\_\_\_\_

Is it high in "good" nutrients, such as protein and vitamins? \_\_\_\_\_



### Remember...

- ✓ Try not to eat more than the number of calories recommended for you by the Food Pyramid.
- ✓ Eat a variety of foods, including the recommended amounts from each of the food groups.
- ✓ Use the nutrition labels on foods to help you make healthy choices.
- ✓ Keep plenty of healthy basics in your cupboard and refrigerator.
- ✓ A healthy diet should:
  - Be low in saturated fats and trans fats.
  - Emphasize fruits, vegetables, whole grains, and fat-free or low-fat (1%) milk and milk products.

We'll go into more detail about a healthy diet in later chapters.

### Before your next session...

- ✓ For one full day, use the nutrition labels on the foods you eat to keep track of the following:

**Note: If you'd like to continue tracking the calories you consume, make copies of this page before filling it in so you can reuse it.**

1. Total calories for the day \_\_\_\_\_
2. Calories from fat \_\_\_\_\_
3. Percent of calories from fat \_\_\_\_\_  
(divide #2 by #1)
4. Monounsaturated fats \_\_\_\_\_ grams
5. Polyunsaturated fats \_\_\_\_\_ grams
6. Saturated fats \_\_\_\_\_ grams
7. Trans fats \_\_\_\_\_ grams
8. Percent of calories from fat \_\_\_\_\_ %

### How did you do?

Was your total number of calories within the number recommended from Your Personal Pyramid Plan on page 25? \_\_\_\_\_

Were your calories from fat between 20 and 35 percent of total calories? \_\_\_\_\_

Were most of your fats monounsaturated and polyunsaturated? \_\_\_\_\_

- ✓ Look at your mission statement from page 10. Is it still accurate? How about adding your goals for your Personal Food Pyramid Plan to it? Also, be sure to add any new goals you set to your success story on page 79.
- ✓ Keep moving! Continue to track any physical activity you do in the Activity Log on page 74. Make sure you check with your doctor when increasing your activity.

**Point to ponder:** Do you know your cholesterol level? Your LDL? Your HDL? This may be something you'd like to discuss with your physician or other health care provider.

### Goals for This Chapter

This chapter includes information on the benefits of physical activity and exercise. After you complete the chapter, you'll:

- Have some ideas of simple everyday ways to increase your physical activity.
- Know approximately how many calories various activities burn.
- Know the different types of exercise and the benefits of each.
- No longer have an excuse not to get moving.

As you've learned, to reach your weight loss goals, you'll need to include both good nutrition and regular physical activity in your daily routine. This chapter focuses on physical activity. How active are you currently? Think back to the goals you set in your mission statement... most likely physical activity plays a big part in achieving them.

### Why Does Physical Activity Matter?

Physical activity can help you lose weight and maintain a healthy weight in several ways:

- It burns calories that otherwise would be stored in your body as fat.
- It burns fat that your body has already stored.
- It helps build muscle, which burns more calories than fat 24 hours a day.
- It helps to reduce the sensation of hunger so you eat less.

Quite simply, you have a better chance of losing weight and maintaining a healthy weight if you make increased physical activity a part of your lifestyle.

### Other health benefits

Physical activity provides numerous other health benefits besides weight control. These include:

- Reducing the risk of heart disease.
- Helping to control cholesterol levels.

- Helping to prevent bone loss and osteoporosis.
- Increasing energy, strength, endurance and flexibility.
- Helping to prevent and control diabetes.
- Increasing immunity to illness.

As mentioned in Chapter 3, physical activity is also part of the Food Pyramid. Your Personal Pyramid Plan is also based on your activity level. If your amount of physical activity changes, the amount of servings you eat from each of the food groups should also change. If you increase your level of physical activity, be sure to follow the instructions on page 25 to recalculate Your Personal Pyramid Plan.

### Hate to Exercise?

Let's forget about the word "exercise" for a while. *Any* increase in physical activity is healthy – whether it's brisk walking, mowing the grass, vigorous housework, washing your car or raking leaves. And, the activity doesn't have to be done all at once. If you can't walk for 30 minutes at one time, three 10-minute walks are nearly as good.

Your ultimate goal should be to get at least 30 minutes of *moderate to vigorous* activity a day on most days of the week. To prevent weight gain, try to get 60 minutes each day, and to sustain weight loss, 60 to 90 minutes.

*Moderate* activity increases your heart rate enough for you to notice, and it causes you to break into a light sweat, but you can still carry on a conversation comfortably. Brisk walking is an example. *Vigorous* activity causes you to sweat and breathe hard, and prevents you from carrying on a conversation comfortably. Running, fast bicycling and using an elliptical exercise machine are examples of vigorous activity.

It's important that you start exercising gradually. Once you've reached the recommended goal of 30 minutes of moderate activity each day for healthful living, you can start working your way up to 60 minutes to prevent weight gain, and 60 to 90 minutes to sustain weight loss. And remember, you don't have to exercise for the full amount of time all at once. Keeping a record of what you do and adding it up at the end of the day can help you track the amount of physical activity you do.

## Everyday Ways to Get Moving

It's important to get out of the rut of thinking of physical activity as going to the gym or doing jumping jacks – it's just *moving your body*. There are hundreds of ways to move your body that don't require extra time or equipment. You're limited only by your creativity. Here are a few examples to get your ideas flowing. Try adding some of your own to the end of the list:

- Take the stairs instead of the elevator.
- Park farther away from the office, the grocery store and any other place you drive to.
- Work in the garden or rake the leaves.
- Cut the grass with a push mower instead of a riding mower.
- Go for a short walk before breakfast, after dinner or both.
- Walk or bike to do errands that aren't too far away.
- Pedal a stationary bike or do a chore or project while watching your favorite show.
- Walk the dog.
- Walk down the hall to talk to someone at work instead of calling or e-mailing.
- Walk around the airport while waiting for a plane.
- Walk a little extra around the mall or store and window shop or people-watch.
- Dance to your favorite music, even if you're alone.
- Go to a museum or botanical garden instead of a movie or concert.
- Volunteer in an active capacity; for example, carrying food or firewood to the needy, cleaning up a park, maintaining a nature trail, teaching gymnastics or coaching little league.
- Take a walk at lunch; have a meeting with a business partner while taking a walk.
- When golfing, walk instead of using a cart.
- Carry your own groceries.
- Do housework at a brisk pace.
- Wash the car yourself instead of going to a car wash.
- Give yourself five minutes of brisk movement for every hour of computer time. Make a point of getting up from your desk and taking a brisk walk around the office several times a day.
- Play actively with your kids, grandchildren or pets. Join in on their sports practice; for example, kick a soccer ball with them or play catch with a baseball or football.
- Use the exercise equipment you already own.
- Plan family outings around physical activities, such as canoeing, swimming, hiking or skiing. Take along your bikes or roller blades. Break up long drives by hiking the nature trails and scenic walks along many routes.
- Check out the nature hikes and parks in your own town.
- Get busy on household projects you've been putting off such as sweeping the sidewalk, cleaning the windows, or cleaning out the garage or basement.
- Use a cordless phone or headset so you can stand, walk or engage in another physical activity while talking on the phone.
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Make a list of at least five “everyday ways” you can get moving more, starting today. They can come from the list of examples or from you. Post your list where you’ll see it often: on the refrigerator, by your computer, on the bathroom mirror or all three! Make changes and additions often to keep it fresh.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

**Remember...** it’s important to talk to your doctor before starting an exercise program, especially if you have a health condition.

### Calories Burned Per Hour in Common Physical Activities

The following are estimates from the USDA (2005) of the number of calories a 154-pound person burns per hour in various activities. A person who weighs more will burn more calories, and a person who weighs less will burn less. The first table is for *moderate* physical activity, and the second is for *vigorous*.

Moderate Physical Activity	Approximate Calories Burned Per Hour for a 154-Pound Person
Hiking	370
Light gardening/yard work	330
Dancing	330
Golf (walking and carrying clubs)	330
Bicycling (less than 10 mph)	290
Walking (3.5 mph)	280
Weight-lifting (light workout)	220
Stretching	180

Vigorous Physical Activity	Approximate Calories Burned Per Hour for a 154-Pound Person
Running/jogging (5 mph)	590
Bicycling (more than 10 mph)	590
Swimming (slow, freestyle laps)	510
Aerobics	480
Walking (4.5 mph)	460
Heavy yard work (chopping wood)	440
Weight-lifting (vigorous effort)	440
Basketball (vigorous)	440

### Use Your Pedometer

You should have received a pedometer with this workbook. It can make increasing your physical activity more appealing because it gives you real-time feedback on how you're doing. Just strap it to your clothing and keep it on all day.

A good benchmark for how much activity you need is about 10,000 steps a day. The average person only takes about 5,000 steps a day. Although the goal of 10,000 steps may mean more than doubling the amount of activity you're currently doing, it's not as hard as it may seem when you consider how much we sit, stretch out or ride just because we can.

Start putting on your pedometer as soon as you get out of bed in the morning, and wear it until you go to bed at night (other than for a few exceptions, such as in the shower). Keep an ongoing record of the number of steps you take each day. See if you can reach 10,000 on more days than not.

You can use the graph on page 76 to track the number of steps you take each day.

You can keep your first week's records here:

Date	Number of steps walked	Comments, observations, etc.

**Don't forget to log the steps you take each day in the Activity Log on page 74. Walking counts as activity, too!**

## Formal Exercise Programs

As we've already discussed, *any* physical activity is beneficial for weight management. But for those who want to do more and lose weight faster, let's talk about the "E" word (exercise) briefly. There are three basic types of exercise:

- **Aerobic exercise** is activity that continuously uses the large muscle groups and raises your heart rate to 60 to 80 percent of its maximum potential for at least 20 minutes. Its benefits include cardiovascular strength, stamina and the burning of body fat. This type of activity is what most people think of when they think of "exercise." It includes activities such as brisk walking, fast bicycling, swimming and jogging.
- **Strength training, anaerobic exercise and resistance training** all refer to the same type of activity: short bursts of muscle exertion alternating with periods of rest. Examples include weight lifting, resistance machines, yoga and calisthenics that involve resistance, such as crunches, push-ups, pull-ups and leg-lifts. Benefits include increased strength and stamina, and a more muscular body that looks better and burns more calories. Strength training is helpful for weight control because it results in more muscle – and muscle burns more calories than fat, even when you're resting.
- **Stretching** is another form of exercise. It helps to relax muscle tension, promote flexibility, reduce stress on muscles and joints, prevent or slow arthritis, maintain range of motion, and reduce the risk of injury.

## Consider Adding Strength Training

Did you know that if you put on five pounds of muscle, you would burn an extra 250 calories a day without doing anything different? By building more muscle, strength training increases your metabolic rate. This is why weight lifting and other strength training help control weight even though it burns fewer calories minute-for-minute than aerobic exercise. Strength training has many other benefits as well. It:

- Increases bone density and helps prevent osteoporosis.
- Increases strength and endurance.
- Helps prevent injury.
- Improves balance, flexibility and mobility, which means you feel better and are less likely to fall.
- Reduces cholesterol.
- Helps to control blood pressure.
- Decreases the risk of heart disease.
- Helps you heal faster from injuries and illnesses.
- Allows you to do more of the physical activities you enjoy – and do them better.
- Slows the aging process.
- Makes you look and feel better about yourself.

Unlike other forms of exercise, strength training requires the muscles to rest for a day between workouts. This is because strength training causes small tears in the muscles, and as the body repairs these tears, the muscles grow. A day of rest allows the repairs to take place. A good strategy is to alternate strength training one day with aerobic exercise the next. Another strategy for the more ambitious is to do both aerobic exercise and strength training every day, but alternate between strength training of upper body one day and lower body the next.

## Excuses That Stop People from Getting More Physical Activity

People who aren't physically active typically have a reason for their inactivity. For example, they may say they don't have time or they just don't like it. But no matter what the reason, it's possible to find a type of physical activity that works for you. Here are some common excuses and suggestions for overcoming them:

**It's inconvenient; I don't have time.** Find ways to fit physical activity into your schedule. Schedule it as an appointment on your calendar. Exercise while you do some other task. See "Everyday Ways to Get Moving" on page 30 of this chapter for suggestions.

**It's boring; I don't enjoy exercise.** Find activities you *do* enjoy. Vary your physical activities. Exercise with someone else or with your Jack Russell terrier. Join a sports team or take an exercise class.

**It's hard to keep it up.** It takes a little while for some of the rewards of physical activity, such as feeling and looking better and losing pounds, to take effect. So why not build in your own reward system? Treat yourself to a little luxury every now and then.

**I'm too overweight and out of shape.** Start slowly. You can be active at any size and benefit from it. Know that you're reaping some of the health rewards mentioned earlier long before the scale shows it. Focus on the many ways besides weight loss that physical activity can improve your health.

**I've tried and failed before.** It takes at least four to six weeks before aerobic capacity is improved. Set small, reachable goals. Focusing on small steps that you can manage will eventually help lead you to your ultimate goal.

**I hate jogging (weight lifting, treadmills, sit-ups).** You don't have to jog (or whatever activity you *don't* want to do) to be physically fit. Any physical movement is better than no physical movement. Pick what you're most comfortable with: walking, dancing, roller skating, cycling, swimming or any other activity you enjoy.

**It's painful.** If the type of physical activity you're doing hurts you, you're doing something wrong. Check your technique, consult your doctor or a certified personal trainer, or find something less strenuous. Bicycling, swimming and walking are examples of low impact activities that are easier on your body.

**I work hard** and I'm tired when I get home. You can fit some physical activity into your routine starting from the time you get up in the morning. Another good strategy is to spend a half hour or so doing something restful and relaxing after work. This can help you feel rejuvenated and renew your energy for your evening.

Do any of these excuses sound familiar to you? If so, don't let them get in the way of living a healthy lifestyle and reaching your weight loss goals.

Although increasing your physical activity will require hard work and dedication, the benefits you gain will far outweigh the amount of effort you put in. If you find the right activity, you just may end up enjoying yourself!

**Remember...** you're gaining the knowledge and taking the actions necessary to assist you in meeting your goals to accomplish a healthy lifestyle change through daily appropriate nutritional choices and healthy activity levels.

### Before your next session...

- ✓ Continue to add to your success story. Be sure to record your waist circumference and weight periodically so you can track your progress.
- ✓ Continue to increase the amount of physical activity you do each week. Why not use some of the "Everyday Ways to Get Moving" from page 30 to get you started?  
**Remember...** if your activity level changes on a consistent basis, be sure to recalculate Your Personal Pyramid Plan to determine how many servings you should be eating from each of the food groups.
- ✓ Continue to track the foods you eat in your Food Diary. Be sure to count all your fluids and snacks and include your HEAT Gauge score when beginning and finishing eating.
- ✓ Refer to the Healthy Eating Survey on page 81. Look at Section F: Physical Activity. While increasing your physical activity is part of this program, you should make an extra effort to increase your activity level if you scored low to medium.

# Your Guide to Fruits and Vegetables

## Goals for This Chapter

This chapter includes information on why you should get plenty of fruits and vegetables in your diet, and how you can make it more convenient and enjoyable to do so. After you complete the chapter, you'll:

- Be aware of how healthy your current eating habits are.
- Understand the benefits of eating more fruits and vegetables.
- Know some easy and tasty ways to add more fruits and vegetables to your diet.

## What's the Big Deal About Fruits and Vegetables?

The Food Pyramid gives fruits and vegetables a central role in a healthy diet. Yet, many people still don't get the recommended amounts.

Fruits and vegetables also offer a great way for you to reach your weight loss goals. By adding them to a balanced diet and regular physical activity, you're likely to start seeing results soon.

Refer to the Healthy Eating Survey on page 81. Look at Section E: Fruit, Vegetable & Fiber Intake. How often do you eat fruits or vegetables? If you scored low to medium, this chapter can help you to find ways to add these foods to each meal.

*Note: If you're unable to eat fruit or vegetable products due to a medical condition, don't give up hope! Your doctor or Wellness Coach can help you find healthy alternatives that won't interfere with your dietary requirements.*

**Remember...** always keep your mission statement in mind. It can serve as a great way to remind you why you're doing this program!

## The Vegetable Food Group

Any vegetable or 100% vegetable juice counts as a member of this group. Vegetables may be raw or cooked, fresh, frozen, canned or dried/dehydrated. They may be whole, cut up, pureed or mashed.

Vegetables are organized into five subgroups based on their nutrient content. Some commonly eaten vegetables in each subgroup are:

Dark green vegetables	Orange vegetables	Dry beans and peas*	Starchy vegetables	Other vegetables
Bok choy Broccoli Collard greens Dark green leafy lettuce Kale Mesclun Mustard greens Romaine lettuce Spinach Turnip greens Watercress	Acorn squash Butternut squash Carrots Hubbard squash Pumpkin Sweet potato	Black beans Black-eyed peas Chickpeas Kidney beans Lentils Lima beans Navy beans Pinto beans Soy beans Split peas Tofu	Corn Green peas Lima beans Potatoes	Artichokes Asparagus Beets Brussels sprouts Cabbage Cauliflower Celery Cucumbers Eggplant Green or red peppers Tomatoes

\*Dry beans and peas are part of this group and the meat and beans group, since they have qualities of each.



What types of vegetables do you typically eat? \_\_\_\_\_

How often do you eat them? \_\_\_\_\_

### How much should you eat?

The amount of vegetables you need to eat depends on your age, sex and level of physical activity. You can find out your recommended amount at [www.myPyramid.gov](http://www.myPyramid.gov) or by referring to pages 91 and 92 in the back of this workbook. Go to the MyPyramid Food Intake Pattern Calorie Levels table and find your target calorie level. Then, using that level, go to the MyPyramid Food Intake Patterns table to find out how much you should eat from each of the food groups.

For most adults, the recommendation is 2.5 to 3.5 cups of vegetables per day. In general, 1 cup of raw or cooked vegetables or vegetable juice, or 2 cups of raw leafy greens can be considered as 1 cup from the vegetable group. Try to eat a variety of colors of vegetables since their nutrient contents vary.

### Why is it important to eat fruits and vegetables?\*

Fruits and vegetables are rich in nutrients and fiber. Eating a diet that includes these foods can provide the following health benefits:

- Reduced risk for stroke and other cardiovascular diseases.
- Reduced risk for type-2 diabetes.
- Protection against certain types of cancers.
- Reduced risk of coronary heart disease.
- Reduced risk of developing kidney stones.
- Decreased bone loss.

Eating the recommended amounts of fruits and vegetables can also help with weight management by helping you reduce your calorie intake. Because most fruits and vegetables have significantly fewer calories per volume and weight than other foods, they can help you feel full with fewer calories.

*\*Because fruits and vegetables provide similar benefits to one another, their benefits are presented together.*

### How many fruits and vegetables should you be eating a day based on your Food Pyramid recommendations?

Fruits \_\_\_\_\_

Vegetables \_\_\_\_\_

**Point to ponder:** If the amount of fruits and vegetables you're currently eating is less than what you should be eating according to your Food Pyramid, is increasing the amount a new goal you would like to add to your success story?

### Tips to help you eat more vegetables

*In general:*

- Buy fresh vegetables in season. They cost less and are likely to be at their peak flavor.
- Stock up on frozen vegetables for quick and easy cooking in the microwave.
- Vary your vegetable choices to keep meals interesting.
- Buy vegetables that are easy to prepare. Pick up pre-washed bags of salad greens and add grape tomatoes for a salad in minutes. Buy packages of cut-up vegetables, such as baby carrots and celery sticks, for quick snacks.
- Try crunchy vegetables raw or lightly steamed.
- Eat a variety of colors of vegetables, such as orange, yellow, light green, dark green and red.

*At meals:*

- Plan some meals around a vegetable main dish, such as a vegetable stir-fry or soup. Then add other foods to complement it.
- Try a main dish salad for lunch. Go light on the salad dressing.
- Include a green salad with your dinner every night.
- Shred carrots or zucchini into meatloaf, casseroles, quick breads and muffins.
- Include chopped vegetables in pasta sauce and lasagna.
- Order a vegetable pizza with toppings like mushrooms, green peppers and onions, and ask for extra vegetables.
- Use pureed, cooked vegetables, such as potatoes, to thicken stews, soups and gravies. They add flavor, nutrients and texture.
- Grill vegetable kabobs as part of a barbecue meal. Try tomatoes, mushrooms, green peppers, eggplant and onions.

*Make vegetables more appealing:*

- Many vegetables taste great with a dip or dressing. Try a low-fat salad dressing with raw broccoli, red and green peppers, celery sticks or cauliflower.
- Add color to salads by including baby carrots, shredded red cabbage or spinach leaves. Use in-season vegetables for variety throughout the year.
- Include cooked dry beans or peas in flavorful mixed dishes such as chili or minestrone.
- Decorate plates or serving dishes with vegetable slices. Add color!
- Keep a bowl of cut-up vegetables in a see-through container in the refrigerator. Carrot and celery sticks are traditional, but consider broccoli florets, cucumber slices, and red and green pepper strips.

**List five ways you'll make eating vegetables easier and tastier in the coming week. The strategies can be your own or can come from the "Tips to Help You Eat More Vegetables" section.**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

## The Fruit Food Group

Any fruit or 100% fruit juice counts as part of the fruit group. Fruits may be fresh, canned, frozen or dried, and may be whole, cut-up or pureed.

Some commonly eaten fruits are:

Apples	Kiwi fruit	Peaches
Apricots	Lemons	Pears
Avocado	Limes	Papaya
Bananas	Mangoes	Pineapple
Grapefruit	Nectarines	Plums
Grapes	Oranges	Prunes
Raisins	Tangerines	100% fruit juice (orange, apple, grape, grapefruit)
Berries (strawberries, blueberries, raspberries, cherries)	Melons (cantaloupe, honeydew, watermelon)	

What types of fruits do you typically eat? \_\_\_\_\_

How often do you eat them? \_\_\_\_\_

### How much fruit should you eat?

The amount of fruit you need to eat depends on your age, sex and level of physical activity. You can find out your recommended amount at [www.myPyramid.gov](http://www.myPyramid.gov) or by using pages 91 and 92. Go to the MyPyramid Food Intake Pattern Calorie Levels table and find your target calorie level. Then, using that level, go to the MyPyramid Food Intake Patterns table to find out how much you should eat from each of the food groups.

Recommended daily amounts for adults range from 1.5 to 2.5 cups. In general, 1 cup of fruit or 100% fruit juice (**remember...** fruit juice can be high in calories), or 1/2 cup of dried fruit can be considered as 1 cup from the fruit group. One note of caution about fruits is that they contain a natural sugar called *fructose*, which means most fruits have more calories than most vegetables. So don't go over your recommended daily amount. Also, try to eat a variety of colors of fruits, since their nutrient contents vary.

Refer to the "Vegetable Food Group" section on page 36 for the health benefits of eating both fruits and vegetables.

### Tips to help you eat more fruits

*In general:*

- Keep a bowl of whole fruit on the table, counter or in the refrigerator.
- Refrigerate cut-up fruit to store for later.
- Buy fresh fruits in season when they may be less expensive and at their peak flavor.
- Buy fruits that are dried, frozen and canned (in water or juice) as well as fresh, so that you always have a supply on hand.
- Consider convenience when shopping. Buy pre-cut packages of fruit (such as melon or pineapple chunks) for a healthy snack in seconds. Choose packaged fruits that don't have added sugars.

*At meals:*

- For breakfast, top your cereal with bananas, peaches or berries; add blueberries to pancakes; drink 100% orange or grapefruit juice – but be sure to read the label for calorie information and sugar content. Try fruit mixed with low-fat or fat-free yogurt.
- At lunch, pack a tangerine, banana or grapes, or choose fruits from a salad bar. Individual containers of fruit like peaches or applesauce are easy and convenient.
- At dinner, add crushed pineapple to coleslaw, or include mandarin oranges or grapes in a tossed salad.
- Try meat dishes that incorporate fruit, such as chicken with apricots or mango chutney.
- Add fruit, such as pineapple or peaches, to kabobs as part of a barbecue meal.
- For dessert, have baked apples, pears or a fruit salad.

*As snacks:*

- Cut-up fruit makes a great snack. Either cut them yourself or buy pre-cut packages of fruit pieces, such as pineapples and melons. Or try whole, fresh berries or grapes.
- Dried fruits also make a great snack. They're easy to carry and they store well. Because they're dried,  $\frac{1}{4}$  cup is equivalent to  $\frac{1}{2}$  cup of other fruits.

- Keep a package of dried fruit in your desk or bag. Dried fruit includes apricots, apples, pineapple, bananas, cherries, figs, dates, cranberries, blueberries, prunes (dried plums) and raisins (dried grapes).
- Spread peanut butter on apple slices or top frozen yogurt with berries or slices of kiwi fruit.
- Frozen juice bars (100% juice) make healthy alternatives to high-fat snacks.

*Make fruit more appealing:*

- Many fruits taste great with a dip or dressing. Try low-fat yogurt or pudding as a dip for fruits, such as strawberries and melons.
- Make a fruit smoothie by blending fat-free or low-fat (1%) milk or yogurt with fresh or frozen fruit. Try bananas, peaches, strawberries and other berries.
- Try no-sugar-added applesauce as a substitute for some of the oil when baking cakes.
- For fresh fruit salads, mix apples, bananas or pears with acidic fruits like oranges, pineapple or lemon juice to keep them from turning brown.
- Try different textures of fruits. For example, apples are crunchy, bananas are smooth and creamy, and oranges are juicy.

**List five ways you'll make eating fruits easier and tastier in the coming week.**

**The strategies can be your own or can come from the "Tips to Help You Eat More Fruits" section.**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

## What About Potatoes?

The potato is one of the most popular vegetables. We eat hash browns for breakfast, french fries for lunch, potato chips for snacks and mashed potatoes for dinner. However, most of the potato’s dietary content is starch. Because potatoes don’t provide the same benefits as eating other vegetables or fruits, they don’t count as one of your daily vegetable servings. Instead, any potatoes you eat should come from your allowance of discretionary calories.

## Eating a Rainbow

For maximum health benefits, it’s best to try to eat a variety of fruits and vegetables. An easy way to do this is to get a good mix of colors when eating fruits and vegetables. Think about eating a rainbow; for example, red grapefruit, orange pumpkins, yellow peppers, green asparagus, blueberries and purple plums. See page 94 for tips on how to “Eat a Rainbow.”

## Before your next session...

- ✓ Continue to increase your physical activity. Why not make a goal to add physical activity to at least two of your lunch breaks? **Remember...** if your activity level changes, be sure to recalculate Your Personal Pyramid Plan to determine how many servings you should be eating from each of the food groups. Make sure you follow up with your doctor before increasing your level of activity.
- ✓ How about including a goal in your success story on page 79 to eat a rainbow of fruits and vegetables each day?
- ✓ Look at your mission statement and goals from page 10. Can you see how your vision is starting to come together?
- ✓ For one week, record in the table that follows how well you do at eating your target amounts of fruits and vegetables:

Recommended daily amount of fruits: _____			Recommended daily amount of vegetables: _____
Date	Amount of fruit you ate:	Amount of vegetables you ate:	Comments, observations, etc. For example, what “colors” did you eat?

## Your Guide to Grains

**Goals for This Chapter**

This chapter includes information on the food group *grains* and why getting the right kinds is important to your health. After you complete the chapter, you'll:

- Know what types of food are in the *grains* group.
- Understand how many grains you should eat each day and why.
- Have learned ways to include grains in your diet.

*You're halfway there!* Hopefully you're beginning to notice some small changes. If you're not, don't give up! If you're working with a Wellness Coach, ask about how you can determine where you might need some extra help. Take some time this week to update your personal success story so you can see how you're progressing. Start with page 73 and fill in the areas marked "Midway Checkpoint".

This chapter will focus on grains.\* Refer to the Healthy Eating Survey on page 81. Look at Section E: Fruit, Vegetable & Fiber Intake. How often do you eat high-fiber bran cereal or whole grains, such as brown rice or 100% whole wheat bread? Although many people get enough grains in their daily diet, many don't eat the right kinds of grains.

*\*If you're unable to eat grain products because of a medical condition, don't give up hope! Your doctor or Wellness Coach can help you find healthy alternatives that won't interfere with your dietary requirements.*

**The Grains Food Group**

Foods made from wheat, rice, oats, cornmeal and barley are included in the *grains* group.

**This group includes food such as:**

- Bread
- Pasta
- Oatmeal
- Breakfast cereals
- Tortillas
- Grits

**How much should you eat?**

The amount of grains you need to eat depends on your age, sex and level of physical activity. You can find out your recommended amount at [www.myPyramid.gov](http://www.myPyramid.gov) or by referring to pages 91 and 92 in the back of this workbook. Go to the MyPyramid Food Intake Pattern Calorie Levels table and find your target calorie level. Then, using that level, go to the MyPyramid Food Intake Patterns table to find out how much you should eat from each of the food groups.

Most adults typically need to eat between 5 and 8 ounces of grains per day.

So what's an ounce equivalent? The following are some examples:

- 1 cup of dried cereal
- 1 slice of whole grain bread
- 1/2 cup of cooked rice, pasta or cooked cereal
- 1 small muffin
- 1 small flour tortilla
- 3 cups of plain popcorn

**What do they do?**

Grains are a fantastic source of fiber and many important nutrients, and they're one of your body's main sources of energy. Eating grains can also help to keep your weight in check by making you feel full. Here are some of the other health benefits that eating grains can provide:<sup>10</sup>

- They may lower your risk of heart disease and certain types of cancer.
- They aid in metabolism.
- They help build strong bones and muscles.
- They increase immune system function.
- They can aid in weight management.

## Whole Grain vs. Refined Grain

Grains are divided into two subgroups: whole grains and refined grains.

**Whole grains** are grains that contain the entire grain kernel. They can be whole, such as oatmeal and brown rice, or milled into flour to make foods, such as breads and crackers.<sup>2</sup> Because whole grains are better for you than refined grains, you should aim for at least half of your grain group choices to be whole grains. Examples include:

- Whole wheat flour
- Whole wheat crackers
- Oatmeal
- Popcorn (plain)
- Whole cornmeal
- Brown rice

**Refined (processed) grains** have been *milled*, which is a process that removes the bran and germ. Milling gives grains a softer texture and improves their shelf life, but it also removes dietary fiber, iron and many B vitamins. Some examples of refined grain products are:

- White flour
- Corn tortillas
- White bread
- White rice
- Pasta
- Pretzels (if you choose pretzels, be aware of the amount of sodium they contain)

Gone are the days when only health food stores stocked whole grains. More and more supermarkets are stocking healthy whole foods along with organic produce. If you're not sure whether a food is whole grain, look for words like "whole grain" or "100% whole wheat." Or, just check the food label. If it lists whole grains as one of the first ingredients, it's most likely a healthier food choice and more likely to keep you feeling full longer.

## What's the fuss over G.I. foods?

The Glycemic Index (sometimes known as G.I.) is a ranking of foods from 0 to 100 that indicates whether certain foods will raise blood sugar levels dramatically, moderately or just a little. Whole grains are particularly good G.I. foods. Whole grains, such as whole wheat, brown rice, oats and barley have a lower G.I. than refined (processed) grains. Just as there are "good" fats and "bad" fats, some grains are good sources of energy, and others aren't. Eating a high G.I. food will cause a rapid rise in blood sugar, while a low G.I. food will increase the blood sugar level more gradually. Put simply, eating low G.I. foods helps you feel fuller longer.

If you're interested in more information on the Glycemic Index of the foods you're eating, your doctor or Wellness Coach can help you find resources.

## Tips to Help You Eat More Grains

- Start your day with a healthy breakfast of oatmeal or a couple of slices of whole wheat toast.
- Add barley to vegetable soup.
- Snack on whole wheat crackers or whole grain cereals.
- Choose whole wheat bread, muffins and bagels over white.
- Snack on plain popcorn.
- Replace white flour with a whole wheat alternative.
- Try cooking brown rice and whole wheat pastas.

## Continue to Build Your Success Story

Let's take some time to review your progress. As you've been taking your journey through this program, you've been building your success story. Continuing to build your story can help you see how far you've come and identify areas where you may need some extra help. If you're working with a Wellness Coach, discussing any concerns you're having about your progress can help you get back on track to meeting your goals.

**How do you think you're doing? Check the answer you feel fits you best.**

- I'm doing great! I've been able to stick to my plan for the most part.
- I'm doing pretty well. There are still some areas I need to improve.
- I've made a few small changes, but I still have a lot of work to do.
- I don't think I've progressed much at all.

Which areas do you feel you're doing well in? \_\_\_\_\_

\_\_\_\_\_

Which areas do you think you need to improve in? \_\_\_\_\_

\_\_\_\_\_

What do you find most difficult? \_\_\_\_\_

\_\_\_\_\_

What's helping you? \_\_\_\_\_

\_\_\_\_\_

What isn't helping? \_\_\_\_\_

\_\_\_\_\_

How can you modify your plan to make things easier? \_\_\_\_\_

\_\_\_\_\_

**Reward yourself**

It's important to make sure you reward yourself for any progress you make. Give yourself a pat on the back when you've reached a goal, whether it's a few pounds of weight loss, being more physically active or eating more healthfully. But try to stick to non-edible treats. Instead, why not pamper yourself at the spa or go to a game with some friends?

Perhaps you've found yourself slipping back into old habits. Are you still eating out at restaurants or relying on takeout? If so, are you choosing the healthier options? Have you increased your activity levels?

**Remember...** the key to success is to *slowly* and *gradually* change what you eat and to increase your activity levels.

However, if you're watching what you eat and have increased your activity levels and are still not losing any

weight, it may be a good idea to speak with your doctor. In most cases, the weight loss will come if you stick to the new good habits.

If you've increased your level of physical activity over the last six weeks, it's now time to take another look at your Food Pyramid and calorie recommendations. Go to [www.myPyramid.gov](http://www.myPyramid.gov) and click on "MyPyramid Plan," and then enter your personal information.

If you don't have access to the internet, you can refer to pages 91 and 92 in the back of this workbook. First use the MyPyramid Food Intake Pattern Calorie Levels table on page 91 and find your target calories based on your current activity level. Then, using that calorie target, use the MyPyramid Food Intake Patterns table on page 92 to find out how much you should eat from each of the food groups.



### Your Personal Pyramid Plan

**Enter your results here:**

Daily calorie intake\* \_\_\_\_\_ (to gradually move toward a healthier weight)  
 Grains \_\_\_\_\_ ounces  
 Vegetables \_\_\_\_\_ cups  
 Fruits \_\_\_\_\_ cups  
 Milk \_\_\_\_\_ cups  
 Meat & Beans \_\_\_\_\_ ounces

**\*Your Daily Calorie Intake.** If you weigh more than you should for your height, the Pyramid calculator at [www.mypyramid.gov](http://www.mypyramid.gov) will give you two choices for your daily calorie target: one to maintain your current weight and a slightly lower one to move gradually toward a healthier weight. Until you reach your target weight, you should choose the lower daily calorie target.

Because of the change in your activity level, you may notice a difference in what is now recommended for good nutritional intake.

**Remember...** you're building knowledge you can use to make the appropriate nutritional choices to assist you in achieving your healthy lifestyle change.

**Before your next session...**

- ✓ Continue to increase your physical activity. Make sure you're trying to get at least 30 minutes a day of physical activity. Why not add an additional 15 minutes each day to what you're already doing? **Remember...** if your activity level changes, you need to recalculate your

Personal Pyramid Plan to determine how many servings you should be eating from each of the food groups.

- ✓ Be sure to update your personal success story and record your "Midway Checkpoints."
- ✓ Revisit your mission statement and your goals. Do you need to add or modify anything? Remember this is **your** living document of your vision for healthy lifestyle changes, and you can make any changes you like.
- ✓ For one week, record in the table that follows how well you do at eating your target amounts of grains.

**Recommended daily amount of grains:** \_\_\_\_\_

Date	Amount of grains you ate:	Were they whole grain or refined?	Comments, observations, etc.

# Your Guide to Beverages

## Goals for This Chapter

This chapter includes information on the importance of fluids in weight management. After you complete the chapter, you'll:

- Understand the importance of fluids.
- Know the value of water and other drinks.
- Know about the amount of calories in what you drink.
- Have an individual fluid plan for your continued success.

It's easy to overlook the importance of fluids in your weight management plan. Most people have favorite drinks that they've enjoyed for years. Yet, many people don't think to keep track of how much they drink or the calorie content of their beverages. But what you drink is just as important as what you eat. This chapter will provide you with some information and suggestions about healthy beverages. Learning about the beverages you drink and making smart choices about them is another key to your success.

Let's begin by looking at the vital role fluids play in the daily operation of your body. Refer to the Healthy Eating Survey on page 81. Look at Section C: High Caloric Drinks Intake. Do you tend to drink beverages that are high in calories, such as sweetened drinks or alcohol? If so, this chapter can help you to make better choices when selecting your beverages.

## Why Are Fluids Important?

Fluids play a vital role in the daily functioning of your body. Consider choosing *water* as your "fluid of choice." It can have great benefits for your weight management plan. Water is one of the body's most important nutrients, and it's involved in nearly every bodily function. Here are some of the important roles water plays in your body:

- Helps regulate body temperature
- Removes wastes and toxins
- Lubricates and cushions internal organs and joints

- Improves digestion
- Helps the body metabolize or "burn" fat efficiently
- Moves nutrients through the blood
- Guards against dehydration
- Helps in weight loss

## What If I Don't Drink Enough Fluids?

Many people don't drink sufficient amounts of water and fluids. We've already mentioned the many important roles water plays in the body. One of the most important is that it prevents dehydration. Dehydration is a condition that can occur when the body isn't receiving adequate amounts of fluid, and its effects can range from mild to life threatening. Some of the possible effects of dehydration are:

- Irritableness
- Lethargy (tiredness)
- Headaches
- Difficulty concentrating
- Constipation
- Increased risk of developing kidney stones

Extreme dehydration, which is rare, is more serious and mainly occurs among athletes, children with a fever and older people in extremely hot weather conditions. Because fluid is lost when your body perspires, it's important to make sure you drink plenty of water if you're sick or in a warm climate, or before you exercise or exert yourself.

**Thirst Tip:** "Listen" to your thirst – it's your body's best way of telling you it needs water and you need to drink! But be aware that the need for fluids can cause symptoms that are misinterpreted as hunger.

## How Much Should I Drink?

Not everyone needs the same amount of water, but we all need water to survive. People who live in warm climates, the elderly and those who are active outdoors can benefit from additional fluid intake.

According to the Institute of Medicine 2004:

- About 80 percent of people's total water intake comes from drinking water and beverages, including caffeinated beverages. The other 20 percent is derived from food.
- Women need an average of 91 ounces of total water intake each day. Of this amount, 73 ounces (80 percent) should be from fluid – approximately 9 glasses/cups\* per day.
- Men need an average of 125 ounces of total water intake each day. Of this amount, 100 ounces (80 percent) should be from fluid – approximately 12 to 13 glasses/cups\* per day.

\*A glass/cup equals 8 ounces.

## Tips to Help You Drink More Water

- Measure 8 ounces of water into a measuring cup and transfer it to your favorite glass. Knowing the amount of water in a cup will help you make sure you're getting the right amount.
- Fill a two-quart water jug and keep it in the refrigerator so it stays cold. Make it a point to try to finish the jug by the end of the day.
- Take a water bottle with you when traveling to work, school or errands. Some water bottles hold up to 32 ounces and you can easily sip them while driving!

We realize that not everyone likes to drink only water. Many people enjoy other drinks, such as carbonated soda, milk, coffee, tea, fruit juices and alcoholic beverages.

However, when you're trying to lose or manage your weight, it's important to think about what kind of beverages you're drinking, since many are high in calories and sodium. You've been working hard in this program – your willingness to commit to change means you're willing to make new choices and try different foods and drinks. Here are some beverage facts to consider as you make your choices.

- The average can of soda has 12 teaspoons of sugar, which can add up to 100 calories per serving.
- Fruit juices, although considered part of the Food Pyramid, often contain sugar and may be high in calories.
- Calorie-free or diet sodas, while slightly better for you than regular sodas, still have artificial sweeteners. These sweeteners can cause increased hunger and unplanned eating. If you choose to drink soda, try to cut back and stick with diet or low-calorie sodas.
- Be careful with alternative health drinks because they can be deceiving. They often contain sugar and may be high in calories. Always read the label.
- Some sodas contain caffeine, which can contribute to fluid loss. Try to avoid soda that's high in caffeine.

Look at the calories in some common soft drinks and refer to this chart when deciding what to drink as part of your weight management plan:

Sodas (12 fluid ounces)	Sodium*	Calories
Water with or without lemon/lime slice	0	0
Club soda	0	0
Ginger Ale	35 mg	120
Lemon-lime	45 mg	220
Orange	30 mg	180
Root Beer	25 mg	165
Tonic Water	50 mg	135
Seltzers, sweetened	0	150
Seltzers, diet	0	0
Cola	35 mg/8 oz	155/8 oz

\*Sodium is discussed in further detail in Chapter 9.

### Healthy Advice

Not all your fluid has to come from water and drinks. Fruits and vegetables also have high levels of liquid that can add to your daily fluid intake.

Now, let's talk about those favorites: coffee and tea. Many people think they can't do without them, especially in the morning. However, like many of the healthy changes you're making, these drinks are best enjoyed in moderation, and a few small changes can bring big benefits.

Coffee and tea both contain *caffeine*. Caffeine is a natural chemical found in tea leaves, coffee beans, cacao (used to make chocolate) and cola nuts (used to flavor cola sodas). Caffeine is a *stimulant* and a *diuretic*, which can cause feelings of nervousness, increased heart rate, headaches, sleeplessness and loss of fluids. When making your decision about drinking coffee and tea, consider the following:

- Decaffeinated or light blends of coffee and tea are healthier than the alternatives, and often just as enjoyable.
- Be careful about what you add to your coffee and tea. Sugar and milk products can be high in calories and fat.
- Consider trying green tea. It's high in antioxidants and has many health benefits.
- Drinking caffeinated drinks after 5:00 p.m. can result in a sleepless and restless night.

### Be creative with water!

Try these possibilities to add some variety to your water. Fill a two-quart jug with water and put it in the refrigerator with the following additions. Be creative!

1. Monday – Add a sliced orange
2. Tuesday – Add a few sliced strawberries
3. Wednesday – Add a few slices of lemons
4. Thursday – Add some blueberries and raspberries
5. Friday – Add a few slices of lime

You just may be surprised! What were the results? \_\_\_\_\_

\_\_\_\_\_

### Milk\*... The All-American Drink

Most of us have grown up being told to drink our milk. And for good reason: milk contains *calcium*, which is important for the development and strength of bones. Some people avoid milk and milk products because they're concerned that they will lead to weight gain. However, many fat-free and low-fat choices that are consistent with an overall healthy dietary plan are available. Here are some healthy suggestions for ways you can add milk products to your diet.

- Drink fat-free or low-fat (1%) milk. You can easily add them to your cereal or beverages.
- Select low-fat cheese for your favorite recipes.
- Enjoy low-fat or fat-free yogurt for snacks.

*\* If you can't consume milk products because of a health condition or allergy, talk to your doctor or dietitian about healthy alternatives, such as soy or milk-substitute products.*

### What About Alcoholic Beverages?

Alcoholic beverages can be high in calories. If you choose to drink alcoholic beverages, it's best to consult with your doctor first. One drink consists of:

- 12 ounces of regular beer
- 5 ounces of wine
- 1.5 ounces of 80 proof distilled spirits

If you choose to drink alcoholic beverages, here are some facts to keep in mind for the continued success of your weight management plan:

- Alcohol comes with empty calories, which means the calories count but have no real nutritional value.
- Be careful of what you mix with alcohol. Fruit juices, drink mixers and creams are high in sugar and calories.
- One of the reasons for being unsuccessful in weight loss is failing to count calories when using alcoholic beverages and mixers.

Consult the chart that follows to find out how many calories are in some common alcoholic beverages. And remember to read the labels on any mixers.

Drink	Calories per fluid ounce	Example serving volume (in ounces)	Total Calories
Beer (regular)	12	12	144
Beer (light)	9	12	108
White wine	20	5	100
Red wine	21	5	105
Sweet dessert wine	47	3	141
80 proof distilled spirits	64	1.5	96

As you've learned, many of your daily calories can come from drinking beverages. To see how the beverages you choose affect you, try the following exercise:

**What percentage of your calories are you consuming by drinking them?**

- How many calories are you allowed per day according to your Food Pyramid (page 25)? \_\_\_\_\_
- Record your beverage intake for one day and figure out the total amount of calories you spent on beverages.

**DRINK**

**CALORIES**

**Example:**

8-ounce coffee with 2 tablespoons creamer	90 calories
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

**TOTAL:** \_\_\_\_\_

- Put your results into the following formula:

$$\frac{\text{Total from \#2}}{\text{Result from \#1}} \times 100 = \text{\%}$$

For example, if you were allowed 2,000 calories a day and you consumed a total of 510 calories from beverages, your formula would look like this:

$$\frac{510}{2000} \times 100 = 25.5 \%$$

This example shows that you would have consumed more than 25 percent of your daily calories by drinking them!

Congratulations on continuing your journey toward a healthier lifestyle – you’ve come a long way. In the previous chapter, you learned about the importance of eating grain products and including fiber in your daily meals. You’ve also learned about fruits and vegetables, increasing your physical activity and the Food Pyramid. By sticking with the program this far, you’ve proved that your motivation and interest are high. You’re on your way to making lasting behavior change!

In this chapter, you learned about the importance of fluids, especially water, and how to consider the calorie content of any other beverages you drink. Now, the next step is to put into action what you’ve learned in this chapter.

**Before your next session...**

- ✓ Don’t forget to keep updating your success story so you can identify areas where you’re progressing and areas where you may need to work a little harder. Continue to add to your Food Diary, Activity Log and Goals.
- ✓ If your activity level changes, be sure to recalculate Your Personal Pyramid Plan to determine how many servings you should be eating from each of the food groups. Make sure you consult with your doctor before increasing your activity level.
- ✓ How about trying the suggestions for being creative with water on page 48 over the next week?
- ✓ Use the following chart to record everything you drink for two to three days.

Day/Time	Type of Drink	Amount Drank	Calories

Review your results. What types of positive changes can you make? \_\_\_\_\_  
 \_\_\_\_\_

### Goals for This Chapter

This chapter includes information on how you can eat healthfully away from home in restaurants, when getting takeout, at work, while traveling and on vacation. After you complete this chapter, you'll:

- Know tips for eating healthfully in restaurants and choosing healthful takeout food.
- Be armed with ideas for packing a healthy lunch.

It's easy to stray from eating healthfully when you're away from home. It may require extra planning and willpower, or not always choosing the more convenient option. However, it's important to always remember your personal goals and what steps are required to get you there. Think of how much time you're away from home. Most likely, it'll be difficult to reach your weight loss goals if you eat healthfully only when you're at home.

### Our Changing Lifestyles

In 1960, Americans spent about 25 percent of their money for food on meals prepared outside the home. By the year 2001, that figure had more than increased to 45 percent.<sup>7</sup>

At the same time, restaurant portion sizes have increased significantly, and more than half (54 percent) of people surveyed said they finish their meals at restaurants all or most of the time regardless of the size of the meal.<sup>1</sup>

Add to these trends the fact that restaurant meals are usually much higher in fat (especially saturated fat), sugar and sodium than home-cooked meals, and you can see why eating out is one of the causes of the growing problem of weight gain. But it doesn't have to be that way. This chapter will help you learn how to make better choices when you eat away from home or buy prepared food to take home.

How often do you eat away from home? \_\_\_\_\_

Do you tend to eat less healthfully when eating away from home? \_\_\_\_\_

### Healthy Tips for Eating in Restaurants and Getting Takeout

The two biggest hurdles you face when eating out are the huge portion sizes and the high-fat, high-calorie contents of the food. Just one restaurant meal can contain over 1,500 calories and close to 100 grams of fat! Here are some tips for clearing those hurdles.

#### General strategies

- Many restaurants, including fast food chains, provide nutritional information about their menus on their websites. Check these out *before* you visit.
- Ask for explanations of vaguely worded or unfamiliar items on menus.
- Start your meal with a salad. Choose reduced-fat dressings or get the dressing on the side and just dip your fork into it instead of pouring it on.
- Order at least one vegetable.
- Ask for whole grain bread and brown rice instead of their white counterparts.
- Take a walk before or after dinner. You're already out of the house – why not walk around the shopping center, a nearby park or downtown?
- Be aware of whether foods are prepared with “good” fats or “bad” fats (see page 24).
- Be aware of how your “eating out” plan affects your Food Pyramid and calorie and fat intake.
- Choose to reduce the amount of fast food you have in your diet.



### Overcoming the portion problem

The problem with large portion sizes is that no matter how healthy the food is, if you eat too much, you'll most likely gain weight. Here are some strategies to avoid overeating when the portion sizes are large:

- Share a meal with someone else.
- Box up part of the meal to take home. In fact, ask for a doggie bag *before* you start eating, and put everything aside *except* the amount you choose to eat.
- Stop eating as soon as you're full – don't hesitate to leave something on your plate.
- Try creative ordering: Order something from the appetizer menu instead of an entrée, perhaps along with a vegetable side dish, salad or cup of soup.
- Eat slowly and savor it. It takes about 20 minutes for your stomach to send a "full" signal to your brain. Remember your HEAT Gauge! (see page 17).

### Overcoming the calorie and fats problem

In contrast to the portion problem, even normal size portions can cause you to gain weight if they're loaded with hidden fat and calories. Here are some ways to overcome this challenge:

- Many restaurants offer "light" items on their menu or lighter (reduced fat) versions of their regular entrées. Challenge yourself to choose these healthier options.
- Choose fish or chicken over red meat.
- Ask to have food prepared without the butter or cream sauce, or other rich sauces.
- Avoid entrées with words such as *creamed*, *cream of*, *fried*, *sautéed*, *super-sized*, *biggie*, *battered*, *buttered* and *old-fashioned* included in their name.
- Opt for *baked*, *grilled*, *steamed*, *roasted*, *poached*, *lite*, *heart-smart*, *heart-wise*, *broth-based*, *reduced calorie* and *reduced fat* foods.
- Stick with restaurants that allow healthy substitutions. For example, substitute a vegetable or side salad for the french fries, or have an item grilled instead of fried.

- Remove some of the more fattening and unhealthy ingredients from your meal. Remove the skin from poultry and trim the fat from all meat. Put aside some of the cheese in Italian and Mexican dishes. Scrape away some sauce from creamy dishes.
- Avoid regular sodas – they contain high amounts of sugar. Instead, choose diet sodas or even better, water or sparkling water with a wedge of lime, lemon or orange.
- If you're having alcohol, choose wine or light beer, and drink in moderation.
- If you're having dessert, choose fruit-based items or sorbets, and share with someone else.
- If you're having pizza, choose thin crust with a lot of vegetables or even go "cheeseless." Ordering extra vegetables will allow you to fill up on fewer slices, and eat less cheese and bread.

*What are three ways you'll make healthier choices when eating out?*

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

## Packing a Healthy Lunch

Whether for yourself at work, for your kids at school or for travel, packing a lunch can help you control what you're eating. It can also save you some money. The goals of packing a healthy lunch are no different from the goals for eating well in general. You want to try to select the right amounts of foods from each of the food groups that we covered in earlier chapters.

The challenge, however, is finding foods that travel well. Here are some healthy food selections from each of the food groups that are easy to pack and take with you:

<b>Milk group</b>
Low-fat (1%) milk Low-fat yogurt Low-fat cottage cheese Low-fat mozzarella sticks Low-fat cheese slices for sandwiches
<b>Meat and Beans group</b>
Leftover dinner entrées Sandwiches of turkey, lean ham, roast beef, tuna Peanut butter Hummus (to dip vegetables, or for pita or crackers) Hard-boiled eggs Nuts (note serving size, fat, and calorie impact)
<b>Fruit group</b>
Oranges or apples Grapes Applesauce (no-sugar-added) Bananas Melon or berries Dried fruit: raisins, apricots
<b>Vegetable group</b>
Celery sticks Broccoli or cauliflower florets Cucumber or zucchini slices Tomatoes, sliced Leftover cooked vegetable dishes Vegetable juice
<b>Grains Group</b>
Whole-grain sandwich bread or pita Whole-grain crackers Whole-grain bagels and English muffins

Here are some tips for making lunches that are both healthy and tasty:

- Pack a salad topped with many of the items listed in the chart for variety.
- Buy an insulated lunch bag with a reusable cold pack to keep perishable foods cold.
- Choose mustard, preferably, or light mayonnaise for sandwiches. Besides being low in calories and fat free, mustard doesn't need refrigeration.
- Cut your sandwich in half so you can eat some now and some later.
- Avoid snacking on unhealthy foods (see page 19.)
- Consider making some meals on the weekend and freezing them to zap in the microwave at work later.

**Remember...** by making healthy nutritional choices when eating out, you're taking the steps necessary to meet your goals for achieving a healthy lifestyle change.

**Before your next session...**

- ✓ Go to the websites of your three favorite restaurants. (You may have to use a search engine to find their Web addresses.) Check out the nutritional information on each of their menus. If it's not available, just choose a different "favorite" restaurant. Using that information, select a dinner from start to finish that fits with the personal nutritional plan that you worked out in earlier chapters of this workbook. Then, the next time you visit one of those restaurants, order the meal you planned. And enjoy!
- ✓ Look at your goals. Do you notice any new discoveries?
- ✓ Remind yourself of your mission statement!
- ✓ Look at your personal success story. How about updating your weight, waist circumference and BMI?
- ✓ Keep adding to your physical activity. Choose one new way that you can increase your physical activity this week. \_\_\_\_\_  
Remember to always check with your doctor before increasing your level of activity.
- ✓ Plan three healthy and balanced bag lunches, and record them in the space that follows. Then go shopping for the ingredients, and enjoy them in the coming week.

**Day 1**

Milk group: \_\_\_\_\_

Fruits group: \_\_\_\_\_

Vegetables group: \_\_\_\_\_

Meat and Beans group: \_\_\_\_\_

Grains group: \_\_\_\_\_

**Day 2**

Milk group: \_\_\_\_\_

Fruits group: \_\_\_\_\_

Vegetables group: \_\_\_\_\_

Meat and Beans group: \_\_\_\_\_

Grains group: \_\_\_\_\_

**Day 3**

Milk group: \_\_\_\_\_

Fruits group: \_\_\_\_\_

Vegetables group: \_\_\_\_\_

Meat and Beans group: \_\_\_\_\_

Grains group: \_\_\_\_\_

# Healthy Eating at Home

## Goals for This Chapter

This chapter includes information on the benefits of preparing healthy meals at home. After you complete the chapter, you'll:

- Know the health advantages of preparing meals at home.
- Understand your cooking skills.
- Manage salt and sugar in your meal preparation.
- Be ready to plan, shop, cook and eat at home.

All great chefs start with the basics. At one time, they had to learn how to chop, slice and dice, and with a little practice, we can all learn the basics of meal preparation as well. It's just a matter of interest, enthusiasm and understanding the tremendous benefits of preparing healthy meals at home. It can also be a ton of fun and your creativity is limited only by your imagination.

## Cook In or Eat Out?

### Decisions, Decisions, Decisions

In the hustle and bustle of today's busy pace, you may not feel that you have the time or energy to come home from a stressful day's work and start cooking. Stopping for fast food may seem quicker and even less expensive. As we all know, however, things aren't always what they seem to be. You've learned many things so far in your personal journey toward improved health and weight management. Here are some new insights about the potential benefits of cooking at home:

- Meals prepared at home can be healthier and more nutritionally balanced.
- You can control portion sizes and keep the focus on health.
- Cooking at home can actually save money and decrease financial stress.
- The entire family can join in the fun and spend valuable time together.

### "The More The Merrier" Family Activity

1. Set some family time for meal planning for the week. \_\_\_\_\_

2. Let everyone suggest a meal or dish – keep it nutritional.


3. Have some sample recipes that are simple and healthy.

4. Choose a meal. What did you pick? \_\_\_\_\_

5. Inventory the ingredients and assign shopping duties if needed.


6. Decide who the "head chef" will be and assign tasks for assistant chefs.


7. Keep it simple and fun. And enjoy!

## Healthy Cooking – The Basics

This chapter is about learning the potential health benefits of preparing meals at home. Knowledge adds to your success by giving you the choice of recipes and ingredients. First, let's talk about two frequently called for ingredients: *salt* and *sugar*. These ingredients have been around for many years and people have grown up acquiring a taste for saltiness and sweetness. It's not unusual to see a cooking show that uses "a pinch of salt" or "a splash of sugar." When you prepare meals at home, you have another opportunity to make some small changes that can have big health benefits.

### Salt

Salt is a combination of *sodium* and *chloride*. Sodium is necessary for the body to regulate important functions, but too much sodium can be harmful and can lead to high blood pressure and heart problems.

Salt intake is an important way in which your body manages to keep its fluids and energy in balance. Having the right amount of salt in your diet and your body is critical.

Too much salt can cause fluid to build up in your body, which can slow you down; cause water weight gain, feelings of bloating and uncomfortable fullness; and add to blood pressure problems over time. Since salt is an often added ingredient to many foods, it's important that you check on salt content in the foods and beverages you eat and drink. Try to limit how much extra salt you add to food by choosing low-salt menu options. And watch those sodas! They often contain large amounts of salt, even when they're low in calories.

### How much salt should I use?

You don't have to throw out the salt shaker or completely eliminate salt from your food to be healthy. The healthy amount of salt will meet the standards set by the USDA in the *Dietary Guidelines For Americans* (2005). These guidelines are the cornerstone of Federal Nutrition Policy and are jointly issued every five years by the USDA and the U.S. Department of Health and Human Services (HHS). Here is what the USDA tells us:

- Daily sodium intake should be less than 2,300 milligrams (mg). 2,300 mg is equal to about 1 teaspoon (tsp) of salt per day.
- Specific groups of people have greater "salt sensitivity" and should be very aware of the relationship between salt and health conditions. People with *high blood pressure*, *diabetes* and *chronic kidney disease* tend to be more salt sensitive than people without these conditions are. If you're in one of these higher risk groups, the recommended sodium intake is 1,500 milligrams per day. Talk to your doctor about your personal needs if you fall into this category.

### Suggestions to cut back on your salt intake:

- Try cooking without salt – your taste buds will adjust in a few weeks.
- Take the salt shaker off the table so you won't be tempted.
- Use other herbs, spices and pepper in your cooking to jazz up the flavors.
- Experiment with marinades and spice rubs to flavor meats, fish and poultry.
- Cut down on processed foods.\* Prepared meals and packet soups are high in salt content.
- Read food labels and select low or reduced salt items.
- Try to cut back on soft drinks, since they are often high in sodium (salt).

*\*Processed, marinated, and pickled foods are often high in sodium (salt), and could increase your weight through fluid retention.*

## Sugar

Sugars and starches supply energy to the body. Many foods naturally contain sugar, such as fruits and some vegetables. However, it's important to pay close attention to "added sugars." These are sugars and syrups that are added to foods during processing or preparation. Some major sources of added sugar include:

- Soft drinks
- Cakes
- Cookies
- Pies
- Fruit punch
- Dairy desserts
- Candy

The concern about added sugars is that they add calories that can lead to weight gain. If you eat the recommended amounts of fruit, vegetables and fiber each day, you'll obtain the sugar you need to keep enough energy flowing to your brain and body. To keep your personal weight management plan moving ahead, think about cutting back or eliminating added sugars. Here are some helpful hints:

### ***Suggestions to cut back on your sugar intake:***

- Cut back on candy, cakes, cookies and sugary soda.
- Read your breakfast cereal labels closely. Many cereals are high in sugar. Choose high-fiber and low-sugar cereals.
- If you add sugar to coffee and tea, try reducing the amount or using a calorie-free artificial sweetener instead.
- If you enjoy baking, consider using sugar substitutes.
- If you crave sugar in the afternoon, take a break for a piece of your favorite fruit instead. It's naturally sweet and will satisfy your urge.

### **Jazz Up Your Cooking – Try Something New**

Have fun with a new recipe using herbs and spices to jazz up the dish. Fresh herbs and spices provide bursts of wonderful flavors and savory aromas, and they are good substitutes for salt and sugar. Look at the packages of herbs and spices in your favorite grocery store. They often have new recipes. Find ones you like, get the ingredients and get cooking! New recipes are plentiful in cookbooks or online. Just make sure you search for healthy recipes that will help you find new exciting foods and meet your weight management goals.

## Selecting Produce and Meat Products

Have you ever seen someone in the produce aisle or the meat section standing and staring at the many choices available? Or have you ever heard someone ask for help in making a selection? If so, it's no surprise. The wide variety of produce and meat products can be a little intimidating to the aspiring chef. Here are few tips to help unravel the mysteries:

- Buying produce from local markets is usually a good idea. It's typically grown closer to home and travels fewer miles to get to market. This means it may be fresher, more nutritious and less expensive.
- Supermarkets have wide selections of produce, but many don't have food labels. Don't purchase produce that is bruised or damaged. Fresh cut produce should be refrigerated or surrounded by ice.
- Wash all fresh fruits and vegetables with cool tap water immediately before eating. Don't use soap or detergents. Scrub firm produce such as melons and cucumbers with a clean produce brush. Cut away any bruised or damaged areas before eating.
- Some people prefer frozen and canned vegetables. Just be sure to read the food label for sugar and salt content before you buy these items.

There are many different cuts of meat available, and you probably have your favorites. However, there are a few guidelines to follow when purchasing and preparing meat. Making healthy choices requires planning and preparation, but your efforts will pay off when you achieve and maintain your personal weight management goal. Here are some guidelines for meat selection and cooking:

- Choose lean cuts of meat and trim off any excess fat before cooking.
- Learn about the USDA rating systems for meat to help guide you in your selection. Your grocery store butcher can also give you recommendations.
- Choose chicken pieces with the skin removed or remove the skin before cooking.
- Consider fish, which is high in protein and low in unhealthy fats. Fish is also a good source of vitamins and minerals.

There are many ways to prepare meat. Some, such as roasting, broiling and grilling, are healthier than other methods. These simple methods of cooking meat will give you a delicious and healthy part of a balanced meal. Poaching, steaming and stir-frying can also be a healthy way to prepare fish, meat and vegetables. Try to avoid frying or sautéing in butter.

### Eating at Home – Make It Special

Let's start by taking a moment to recognize your progress as your journey for improved health continues. Give yourself a pat on the back – you've learned valuable skills and gained powerful new knowledge. In the previous chapter, you learned about making healthy choices when eating out. In this chapter, you looked at the advantages of preparing and eating meals at home.

Eating and preparing meals at home will probably take some extra time and effort, but the value is more than just nutritional. Just think about how often you eat in front of the television. And how often people eat in cars as they hurry from place to place. Health isn't just physical, and it's not just measured in calories or grams. We hope this program will help you to improve your *total* quality of life. Preparing and eating meals at home can become a special time to involve others or to just slow down and treat yourself to a meal that is nutritionally balanced.

### Before your next session...

- ✓ Pick three ways that you're going to eat healthier while at home this week. Use the suggestions throughout this chapter if you need some ideas. Don't forget to add preparing meals at home to the Goals section of your success story on page 79.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

- ✓ Continue to add any physical activity you're doing to the Activity Log on page 74.
- ✓ How are you doing with your Food Diary and HEAT Gauge? Remember to keep updating them.
- ✓ If you have internet access, search for recipes that have any of the following word combinations: *baked, grilled, steamed, roasted, poached, light, heart-smart, heart-wise, broth-based, reduced calorie* and *reduced fat* foods. If you don't have access to the internet, how about heading to the library or a bookstore to look for healthy recipe options?

What did you find? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

- ✓ Consider low-fat or fat-free substitutes for ingredients that call for full fat products.

# Motivation, Motivation, Motivation

## Goals for This Chapter

This chapter focuses on staying motivated to achieve your goals, and what you can do if you find your motivation fading. After you complete this chapter, you'll:

- Know about motivation and behavior change.
- Have reviewed your progress toward your goals.
- Have some ideas about how you can get back on track and stay on track with your program and accomplish your goals.

## Motivation Is Key

Hopefully, your motivation to continue to eat healthfully, get plenty of physical activity, and achieve and maintain your weight goal is still as strong as it was in the beginning or even stronger. Perhaps you've begun to lose weight and you notice that you feel better both physically and mentally. Real successes are the best motivators to continue.

If this is the case for you, congratulations! Your strategy at this point should be to "keep on keeping on." What you're

seeking is a *lifestyle change*, not a short-term weight-loss diet. Review the basics in the workbook from time to time, re-evaluate how you're doing with your eating and physical activity, and make adjustments as necessary. And continue to reward yourself for your positive accomplishments. You've earned it.

## Two Steps Forward and One Step Back

If progress has been more difficult for you to achieve, or your motivation to continue is slipping, take heart and keep reading. Long-standing habits aren't easy to break. As Mark Twain once said, "*Habit is habit and not to be flung out of the window by any man, but coaxed downstairs a step at a time.*"

Think back to the Stages of Change model we talked about in Chapter 1. It tells us that changing ingrained behaviors is a gradual process for most people. Setbacks are a part of that process more often than not. But setbacks do not represent failure – they are part of the learning process and the change process. So don't give up. Take it one day at a time. If you have a setback, let it go, and don't beat yourself up about it. Just start again.

And remember one other thing: Two steps forward and one step back is making progress!

## Let's take an honest and thoughtful look at your current habits.

Circle the best answer to the following questions.

- |  |     |    |
|--|-----|----|
| ■ Are you drinking a lot of calories daily?                      | Yes | No |
| ■ Is your food diary missing many entries or not being kept up?  | Yes | No |
| ■ Are you eating fewer than five fruits/vegetables daily?        | Yes | No |
| ■ Is your "activity" or "exercise" less than daily?              | Yes | No |
| ■ Is the majority of your daily fluid intake "other than" water? | Yes | No |
| ■ Are you eating "fast foods" frequently during the week?        | Yes | No |
| ■ Are you eating out frequently during the week?                 | Yes | No |

If you've answered "yes" to any of these questions, you've identified opportunities for personal actions you can take to achieve the goals you set as part of your mission statement.



## Getting Back (and Staying) on Track

**Remember...** lowering your weight by just 5 to 10 percent can lead to significant health benefits. That fact alone makes it worth continuing with the program. Following are some strategies for success in the long run, whether you're currently doing well with the program or are struggling to reach your goals:

### Keep your goals realistic.

Start small and work your way up. Success builds more success, and the reverse is often true as well. Setting goals that are too high can also lead to failure. If you're currently walking only 2,000 steps a day, then 10,000 may be unrealistic for you. Instead, start out trying for 4,000 steps a day for a week, then move up to 6,000, and continue to add steps until you reach your goal.

### Make fitness a family activity.

Join a fitness center or sports club, and take the whole family. Sign the kids up for swimming or tennis lessons so they can join you in your favorite physical activity. Plan a vacation around hiking, canoeing, camping, skiing or another physical activity.

### Fit fitness into your workday routine.

It's pretty hard to walk 10,000 steps a day after dinner. But it's easier to accomplish if you try to spread your walking throughout the whole day. How about taking a walk during your lunch break? Perhaps others would like to join you. Why not start a walking club? How about taking the stairs instead of the elevator? Or parking on the other side of the parking lot and walking to your destination? Walk to talk to colleagues instead of phoning or e-mailing. You might even hold a meeting with a colleague while walking.

### Start a formal exercise program.

Embarking on a formal exercise program can be a life-changing experience in many ways. Consider alternating between aerobic exercise and strength training for 45 minutes a day. You've already learned about the many benefits for health and weight management. In addition, the *endorphins* (a type of hormone) that are released during exercise can trigger feelings of happiness and contentment and give you a powerful motivator to keep exercising. Exercise can also reduce depression and anxiety, slow your body's aging process and increase your energy.

### Make fitness a social event.

If you're a social person, it makes sense that you would most likely benefit from making fitness and nutrition a group event. Find a buddy to walk or work out with. Have a weekly weigh-in with a friend. Make it a friendly competition: The one who loses the least buys lunch, but remember to make healthy lunch choices when eating out. Or look for support through chat rooms, blogs or an in-person support group.

### Get rid of negative self-talk.

We engage in a constant dialogue with ourselves in our heads. This is called having *automatic thoughts*, or *self-talk*. Most of the time it's trivial: *"I wonder what I'll fix for dinner... have to get gas on the way home... looks like it's going to rain."* But sometimes the smallest thing will trigger a chain of negative, self-defeating self-talk. For example, you may look in the mirror and think you look fat, or your pants feel tight, leading you to think, *"I'm hopeless. I can't lose weight. I'm lazy and weak..."*

This kind of thinking can keep you from achieving your goals by causing you to give up in despair. But you can change this unhealthy habit. One way is to recite your mission statement out loud to bring your thoughts back to reality. Another is to do the following regularly:

1. Become a student of your "favorite" self-defeating thoughts. Catch yourself engaging in them, and stop them midstream.
2. Analyze your automatic thoughts for what's true and what's not. Often they're exaggerations based on a small kernel of fact: No one is hopeless, and of course, you can lose weight.
3. Replace the negative thoughts with more accurate, helpful and balanced thoughts. For example, *"I'm doing my best. If I keep at it, I'll start to see progress. I just need to get back to basics."*

**Visualize your desired outcomes.**

Athletes have long known they can improve their performance in an event by *visualizing* a winning performance before the actual event. You can use this technique to achieve your goals as well. Here's how it works:

1. Find a quiet, comfortable spot without any distractions.
2. Close your eyes... breathe deeply... exhale slowly... and relax your body.
3. Now imagine a time in the future when you've successfully completed the goals you set out for yourself at the start of this program. Perhaps you see yourself in some sharp new clothes... your partner comments on how good you look... you feel energized and alert... or you go on that long nature hike with your kids that you've been avoiding.
4. Fill in the blanks for yourself and do this exercise at least once every day. It works!

**Build in rewards.**

We covered the importance of rewarding yourself earlier in this workbook, but it bears review. Research has consistently found that rewarding yourself for successive steps toward your behavior change goals can help to assure your success. But steer away from food as a reward. Instead of cheesecake, how about treating yourself to a movie, a new music CD, a fishing trip, a babysitter for some time out with a friend or a trip to the spa? Try the following exercise to get you started:

**List six ways you can reward yourself: two small rewards for small steps; two medium-size rewards for larger steps; and two major rewards for major milestones:**

**Small rewards**

1. \_\_\_\_\_
2. \_\_\_\_\_

**Medium-size rewards**

1. \_\_\_\_\_
2. \_\_\_\_\_

**Large rewards**

1. \_\_\_\_\_
2. \_\_\_\_\_

**Get back to basics.**

The next recommended strategy is to revisit previous weeks of this program. The best place to start is the beginning: Chapter 1. The following is an exercise to help you review what you've learned:

**Write your answers to the following questions in the spaces that follow:**

What did you write down earlier in this program as the reasons you want to lose weight? \_\_\_\_\_

\_\_\_\_\_

Have those reasons changed? If so, write the current reasons here. \_\_\_\_\_

\_\_\_\_\_

What is your mission statement? \_\_\_\_\_

\_\_\_\_\_

Does it need to be revised? If so, rewrite it here. \_\_\_\_\_

\_\_\_\_\_

How well are you following your Food Pyramid recommendations? Which of the food groups are you having the most trouble with; for example, eating either too much of it or not enough? \_\_\_\_\_

\_\_\_\_\_

What is the cause of those difficulties, and how can you improve? \_\_\_\_\_

\_\_\_\_\_

How much physical activity are you getting? \_\_\_\_\_

If you need to get more physical activity, how can you best do so? \_\_\_\_\_

\_\_\_\_\_

How often do you eat out, and how do you do with your nutritional goals? \_\_\_\_\_

\_\_\_\_\_

What do you need to do differently when you eat out? \_\_\_\_\_

\_\_\_\_\_

**Important:** The purpose of this exercise is to get you to identify your weak areas. It's now essential that you act on this awareness by changing course wherever you see a need.

### Talk to your doctor.

Finally, if you've followed all of the recommendations in this program and are still unable to lose weight, it's recommended that you talk to your doctor about it. You may have an underlying medical condition that is affecting your weight. Certain endocrine, metabolic and other health conditions can cause people to become overweight. Also, there may be medical treatments that can help you to achieve success.

Although it can be hard to remain motivated, finding ways to keep up your motivation will result in a better chance for success. Don't lose the drive that made you want to lose weight in the first place. You've come a long way, and using the tips in this chapter can help you to reach – and maintain – the goals you've set.

#### How are you doing?

Answer the following questions based on the following scale:

1. Never    2. One or two times/week    3. Three to four times/week    4. Five to six times/week    5. Daily

How would you rate yourself in taking the actions necessary to meet your goals toward achieving a healthy lifestyle change through **daily**:

Appropriate nutritional choices	1	2	3	4	5
Healthy activity levels	1	2	3	4	5

The higher your number, the closer you are to making a change in your lifestyle!

#### Before your next session...

- ✓ Looking back at your answers to the questions on page 59, use the Your Goals section on page 79 of your success story to set new goals for the areas you need to work on.
- ✓ Look at your success story, and include another checkpoint for your weight, waist circumference and BMI.
- ✓ This week, do one thing to keep yourself motivated to reach your goals. For example, reward yourself for meeting a goal or plan a fun and healthy activity.

This week I will \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

to keep my motivation levels up.

## CHAPTER 11

# Changing for Good

### Goals for This Chapter

This chapter includes information on how to start putting the pieces of everything you've learned together. After you complete the chapter, you'll:

- Understand how to avoid “pitfalls” that can get in the way of your success.
- Identify ways to prevent a potential setback.
- Be aware of how to deal with a setback if you experience one.

*Welcome back!* During the course of this program, you've been given a lot of invaluable information that you can use to help you achieve your long-term weight maintenance goal. It's a good idea to go back through the chapters every now and again to help refresh your memory.

### Let's Take a Look Back

Use this week to take some time to review the things you've learned and how you're doing. You may want to ask yourself questions, such as: *What types of foods are in each food group? What does my personal Food Pyramid look like? Have I been eating a rainbow of foods? Have I been using my HEAT Gauge? Am I drinking more “0” calorie fluids, such as water?*

Maintaining your long-term weight loss goals and living a healthy lifestyle will require you to make **a lifelong change in your eating habits**. But this doesn't mean that you can't have the foods you enjoy. Instead, it's all about *moderation*. Making simple changes, such as baking with less sugar and snacking on fruits and vegetables instead of chips and cookies, can make a considerable difference. It can be tough adapting to new foods and having to prepare them. But the more you try, the easier it'll be, and you'll soon find that it's become a normal part of your life.

Maintaining your weight loss will also require you to be **physically active on a regular basis**. Again, this doesn't mean you have to start running marathons or hitting the gym every day. Rather, incorporating even small amounts of activity into your daily schedule can result in big changes, such as a healthier lifestyle, prevention of weight gain or weight loss.

**Changing the way you think** will also be necessary to maintain your new healthy lifestyle. For example, instead of “living to eat,” try concentrating on “eating to live.” And instead of viewing physical activity as a painful obligation, think of it as a way to release stress. Changing your relationship with food and activity can make your journey much easier. Although it'll take some practice, you *can* do it!

### Know Your Pitfalls

Being aware of “pitfalls” can help you stay on track toward meeting your goals. If you do stumble, don't fall back into a pattern of unhealthy eating and inactivity. Instead, just pick yourself up and get back on track. Everyone has slip-ups. In fact, it's much more common to experience a setback than not. Here are eight of the most common to watch for:

**Skipping meals.** There are many reasons why people skip meals. But will skipping a meal really help you lose weight? No! In fact, people who skip meals, especially breakfast, are much more likely to overeat during the rest of the day than people who take the time to start their day with a healthy meal.

**Not eating three regular meals a day.** Eat at regular meal times to satisfy your hunger. Plan for quick meals with healthy eat-and-go strategies when time is short.

**Eating at night.** Many people eat most of their calories at night. This can be especially harmful if you're trying to lose weight because people are usually more inactive and restless at night, so they burn fewer calories. Try to avoid eating for two hours before bedtime if you can. If you can't resist the urge to snack, then try a small evening snack such as fruit or a piece of whole grain toast.

**Not drinking enough fluid.** Not having a sufficient amount of fluids can result in symptoms that could be misinterpreted as hunger.

**Emotional eating.** To resist the temptation to eat when you're feeling down or bored, ask yourself these questions every time you feel like you want to eat outside of planned meal and snack times: *Am I really hungry? Or am I just bored/sad/angry/stressed?* If emotional eating is an issue for you, refer to page 15 to find ways to deal with your emotions other than by eating.

**Not enough time to exercise.** Lack of time is one of the most common excuses for not exercising. But remember, you can fit more activity into your daily lifestyle by making minor changes, such as taking the stairs whenever possible rather than the elevator or parking your car at the far end of a parking lot.

**Not getting enough sleep.** Not getting enough sleep can have an effect on your ability to think clearly and make decisions that could result in poor nutritional choices and increased calories during your waking hours.

**Always looking for a better diet.** It seems as though new diet programs are constantly in the newspaper, TV, magazines and on the Internet. When one doesn't work, people often try another. Finally, they become so discouraged that they eventually give up. Remember the DIET acronym on page 11. To help avoid this discouragement and frustration, make healthy eating choices, and be physically active instead of dieting. Try these tips instead:

- Eat at regular mealtimes and include a healthy breakfast.
- Include whole grains and fruit in your breakfast.
- Choose healthy foods that are low in fat and sodium and high in nutrients and fiber.
- Eat plenty of vegetables every day.
- Drink plenty of water every day.
- Avoid eating late at night.

### Experiencing a Setback?

Having setbacks is part of the normal process of change. In fact, it's much more common to experience a setback than not. Temptations don't always disappear completely, and it's easy to fall back into old habits. You can prepare yourself for this possibility by developing a plan for how you'll deal with a setback if it occurs. Your plan will help you get back on track.

#### Taking steps to prevent a setback

What steps will you take to prevent a setback? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

What situations could tempt you to fall back into your old habits – for example, overeating or not being physically active? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

How will you deal with these temptations? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

If you've had a setback, don't punish yourself or give up on reaching your goals. Instead of blaming yourself, blame the situation. Take this opportunity to learn from your experience, and evaluate your plan to prevent another setback. And **remember...** one slip-up doesn't have to mean the end of your journey.

Sometimes stressful, upsetting or unexpected situations can cause you to return to old habits. If this happens, you might start feeling frustrated and angry with yourself. You may also have feelings of failure or guilt, and you may experience a lowered self-esteem. In these situations, remember you're not alone. Discuss your situation with a trusted friend or family member. **And don't give up!**

Here are some additional tips on what you can do to prevent a setback:

- Identify the situation that led to your setback.
- Turn your “negative” situation into a positive learning experience.
- Make sure you put time and energy into achieving your goals.
- Continue to reward yourself.
- Prepare for complications.
- Continue to use your HEAT Gauge to determine if you’re physically hungry or you’re eating because of an emotional event.

### Learning to forgive

One of the keys to dealing with relapse is to be able to forgive yourself and other people. Many people find it harder to forgive themselves than to forgive others. Extend the same compassion to yourself that you would to a friend. Forgiveness will help you to:

- Accept that mistakes happen.
- Be able to let go of your self-anger for failures, errors and mistakes.
- No longer struggle with feelings of guilt.
- Let go of the need to make up for your past offenses.

#### If you’ve had a setback...

What do you think it was that caused you to make a choice that wasn’t in your best interest? \_\_\_\_\_

---

---

How did you overcome the situation? \_\_\_\_\_

---

---

What strategies did you use? \_\_\_\_\_

---

---

What can you do to prevent it from happening again? \_\_\_\_\_

---

---

**Need some more inspiration? Here are some additional ideas on how to incorporate more physical activity into your daily schedule:**

- Get on your bike! Or, if you don’t have a bike, why not rent one for the weekend and head out exploring?
- Throw a Frisbee – you don’t have to be a child to enjoy a game every now and again!
- For lazy summer days when you’re feeling less energetic, try a game of croquet. It might be just what you need to stay active.

- Why not try something completely new? Try a new hobby or activity.
- Just because it's cold and dark outside doesn't mean you have to hibernate. Bundle up in layers and head outside! Skiing and winter walks can be great fun.
- Feeling really adventurous? Why not rent a camper and just head off into the sunset wherever the mood takes you?
- Fly a kite. But make sure the weather conditions are right!

**Remember...** make sure you check with your doctor before embarking on moderate activity.

### Your Weight Makeover

**WOW... look at you!** In Chapter 2, we asked you to take a "before" picture of yourself and add it to your success story on page 78. Now, it's time to see the new you! Take a picture of yourself today and add it to page 78. You've come a long way! Even if you don't notice major changes, keep in mind that you may have made more progress than you think.

**Remember...** not all the lifestyle changes you've made are visible in a picture. Consider your answers to the following questions:

1. *Have you noticed a change in any of your health problems?* \_\_\_\_\_  
\_\_\_\_\_
2. *Are you able to do more physically? Do you have more endurance? Are you able to participate in more activities with your family/friends?* \_\_\_\_\_  
\_\_\_\_\_
3. *Have you noticed a change in how you feel?* \_\_\_\_\_  
\_\_\_\_\_
4. *What about the knowledge you've gained? You now have the power to make appropriate choices.* \_\_\_\_\_  
\_\_\_\_\_
5. *Have you noticed a change in how you feel when you make appropriate choices?* \_\_\_\_\_  
\_\_\_\_\_

6. *Do you feel like you have more control in your life?* \_\_\_\_\_  
\_\_\_\_\_
7. *Do you feel better about yourself?* \_\_\_\_\_  
\_\_\_\_\_
8. *Do you feel healthier today than when you started the program?* \_\_\_\_\_  
\_\_\_\_\_

### Before your next session...

- ✓ Take the Healthy Eating Survey on page 81 again. What changes are there? Add your results to your success story on page 80.
- ✓ Complete the final chapter of your success story by logging your current weight, waist circumference and BMI on page 72 again. How are you doing?
- ✓ Review the Activity Log on page 74. Has the amount of activity you've been doing increased? **Remember...** if your activity level changes, be sure to recalculate your Personal Pyramid Plan to determine how many servings you should be eating from each of the food groups.
- ✓ Review the Food Diary on page 77. Have you been eating healthier? Have you been drinking more water and fewer "unhealthy" beverage options?



## CHAPTER 12

# Changing for LIFE!

### Goals for This Chapter

This chapter includes information on what you'll need to know to change for life. After you complete the chapter, you'll:

- Know what it means to change for *life*.
- Complete the final chapter of your personal success story.
- Know how to keep up good habits for life.

*Congratulations... you've reached the end of the program!* This is really where your new life begins. This chapter will focus on changing for *life*.

### Changing for Life

This program is about changing your health for *life* – not just for the 12 weeks you've been following this program. It's important to stick with what you've learned throughout the course of this program. Many people slip back into old eating habits once a diet or health change program ends. Don't let this happen to you. Although changing for life will require long-term lifestyle changes, the price is well worth it. But what does changing for life mean?

- C** – Calorie reduction. To maintain a healthy weight, it's important not to consume more calories than you should consume based on your Personal Pyramid Plan (see page 25).
- H** – HEAT Gauge. To keep your daily calorie intake at a healthy amount, you'll need to know what your body is saying (see page 17).
- A** – Add activity and fun into your day. If you want to keep the weight off, you'll need to keep moving! Chapter 4 deals with physical activity and includes ideas on how to increase your physical activity.
- N** – No salt in excess. Although you don't have to cut salt out of your diet completely, it's important to use it only in moderation.
- G** – Get rid of preservatives when possible. Fresh foods provide more nutrients and are better for you.
- E** – Eat sugar-free or reduced sugar foods. Sugary food can cause the calories to skyrocket. Again, enjoy these only in moderation.

### FOR

- L** – Lower your fat intake, especially the “bad” fats. Cutting back on fats and extra calories is crucial in both losing and maintaining weight.
- I** – Increase your fresh vegetables, fruit and fiber intake. You don't have to starve yourself to lose weight. Making healthy food choices can have a significant effect on your results.
- F** – Fluids, fluids, fluids. Don't waste valuable calories on beverages. Drink your water! See Chapter 7 for more information on the importance of fluids.
- E** – Experiment with foods. Find ways to fit fruits, vegetables and grains into part of your daily food intake.

No matter how successful you've been in reaching your goals, you'll have to continue to eat smart and keep active to reach and maintain your long-term goals.

### Choices, choices, choices

**Remember...** lifestyle change requires knowledge about the change, commitment and time. You're well on your way to making this change, and you now have the knowledge and skills to make any choice you want.

You have a *choice* to be true to your mission statement and hold yourself accountable for your actions. If you have a setback, remember that it's common to go “two steps forward and one step back” (see page 59) and you have the tools necessary to get back on track.

You also have the choice to eat or not eat certain foods. Remember the *Healthy Steps to Weight Loss<sup>SM</sup>* program is *not* a diet, but a lifestyle change program. You don't have to deprive yourself of certain foods to reach your goals. Just modify your portions, food choices and eating habits, and be sure to get regular physical activity.

**You're capable of making appropriate nutritional and healthy active lifestyle choices with the new knowledge you have to complete your SUCCESS story!**

## Completing Your Success Story

Let's take some time to go back and take a look at how you've done. Perhaps you've reached your target weight loss and met all of your healthy living goals. Or maybe you've reached some of your goals, but not quite all of them. Or perhaps you haven't seen much improvement or have even gone in the opposite direction. Whatever your situation, you should be proud of your accomplishments – no matter how small they might be. You've managed to stick with this program for its duration and you've gained invaluable knowledge about what's required to reach your goals.

Think about what you've learned throughout the course of this program. In addition to learning about the importance of eating right and getting plenty of physical activity, you've also learned about behavior change. You've set goals, learned to recognize the difference between "real" hunger and emotional hunger, and much more.

At the beginning of this program, you set a goal of losing five to 10 percent of your body weight. But don't let the numbers alone be the measure of your success. Instead, focus on improving your *overall* health. What do you feel you achieved during this program? Use the following checklist to help you see how far you've come. And don't forget about those "non-visible" changes and the WOW of your makeover that we discussed on page 67.

### Throughout the course of this program, what have you achieved? Check all that apply.

- I set a goal for what I wanted to accomplish.
- I've lost weight.
- I've learned how to make healthier food choices.
- I eat more healthfully.
- I've learned about the importance of physical activity.
- I've increased my physical activity.
- I've learned about my personal eating habits.
- I've overcome some of my barriers or fears.
- I've identified reasons why I eat.
- I've learned how to combat excuses for not getting physical activity.
- I've learned how to better understand my body's hunger.
- I've gained more confidence in my abilities.
- I've overcome some challenging situations.
- I've showed strength and motivation.
- I've learned about how much of certain foods I should be eating.
- I've learned about the importance of a healthy diet.
- I've learned about tools to help me change for life.
- I've learned some new ways to cook healthier food.
- I've made changes to my cupboard to help me make healthier snack and cooking choices daily.
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

It's now time to complete your success story. Complete the final chapter by filling in the areas marked "Graduation Checkpoint" starting on page 72 in your success story, taking time to review your progress and answering the questions.

Looking back, how have you changed? Don't feel bad if you haven't accomplished everything you set out to do. Keep in mind that you now have the knowledge you need to get back on track if you find yourself heading astray. Hopefully, you feel you have the tools you need to keep making changes when you're ready. Even if that time isn't now, you have what it takes to succeed when that time comes.

If you haven't reached your goals, don't beat yourself up. Adapting to a whole new lifestyle takes some getting used to. If you haven't progressed as much as you'd like, just keep going. Continue to use the tools you've been given, and keep using your Food Diary and Activity Log.

## The "Rest" of Your Story

By seeing this program through until the end, you're well on your way to leading a healthy new lifestyle. But don't let this be the end of the path. Your continued journey will be one with vibrant colors (Eating a Rainbow), new activities, and a healthier way of life with many new choices. There will be hurdles in the road from time to time, but you now have the tools you need to overcome them.

**Remember...** it's natural to step backwards.

As you move forward, continue to keep your values, mission and goals at the forefront of your mind, and review them from time to time. If they aren't working for you anymore, maybe it's time to consider modifying them to meet your needs.

Throughout this program, you've gained an incredible amount of knowledge. This alone is an accomplishment in itself. Use this knowledge to help you continue your journey. Why not use what you've learned to help others achieve their weight loss goals?

**Remember...** you now have what it takes to make a difference.

## Good Habits for Life

If you view eating healthfully and being physically active as hard work, you may end up resenting your new lifestyle, and putting yourself at risk of falling back into bad habits. Instead, try to see smart eating and activity as a new and improved way of life.

### Reward your efforts

No matter whether you've reached your goals or not, you've come a long way. Give yourself some credit for a job well done. Why not reward yourself with that purchase you've had your eye on?

### Think positively

**Remember...** it was YOU who took the positive step to change your life when you started this program.

It's important to keep up that motivation. Most likely, there are going to be times along your journey when the going gets tough, and it's during these times that a positive mental outlook really can help. The next time you need a boost, try the following suggestions:

**Replace negative thoughts with positive ones.** For example, replace "It's hopeless" with "I have the power to control how I handle this situation, and I choose to..."

**Use positive words.** Use phrases such as "I will" and "I can" instead of "I can't" or "It won't work," and you just may find yourself believing them.

**Believe in yourself** and the power you have to deal with, and overcome, your situation.

**Focus on the solution** rather than the problem when you're faced with difficult situations.

### Sleep on it

It may sound odd, but getting a good night's sleep can be just as important to successful weight loss as healthy eating and getting 30 minutes of physical activity a day. Why? Research has identified a relationship between short sleep duration and obesity. This is because the body has two appetite hormones that, when deprived of sleep, make us feel hungry with an appetite for calorie-rich foods.<sup>11</sup> The key? Get seven or more hours of sleep a night!

## Use the resources available to you

In addition to this workbook, there are many other resources that can provide valuable tools for you as you continue your journey. Here are a few recommendations to get you started:

- *American Dietary Guidelines*. Available at: <http://www.health.gov/dietaryguidelines/dga2005/document/>
- *Face the Fats*. Available at: <http://www.americanheart.org/presenter.jhtml?identifier=3046074>
- *Healthy Lifestyle*. Available at: <http://www.americanheart.org/presenter.jhtml?identifier=1200009>
- *Making Healthy Food Choices*. Available at: <http://www.diabetes.org/nutrition-and-recipes/nutrition/healthyfoodchoices.jsp>
- *Portion Distortion*. Available at: <http://hp2010.nhlbi.nih.net/portion/index.htm>
- *Rate your plate*. Available at: [http://www.diabetes.org/all-about-diabetes/chan\\_eng/i3/i3p4.htm](http://www.diabetes.org/all-about-diabetes/chan_eng/i3/i3p4.htm)
- *USDA Food Pyramid*. Available at: <http://www.mypyramid.gov/>
- *Weight Control Information Network*. Available at: <http://www.win.niddk.nih.gov/>
- *Weight Loss Matters Tip Sheets*. Available at: <http://www.diabetes.org/weightloss-and-exercise/weightloss/monthly-tip-sheets.jsp>

Another resource you may be able to use is the *Healthy Rewards*® program. For a full listing of what's available, call 1.800.870.3470.

*You've made it!* You've reached the end of this chapter of your weight loss journey. Congratulations on completing the program and putting in the effort it requires to make a lifestyle change. Just stick to what you've learned by making appropriate nutritional choices and maintaining a healthy activity level daily, and you'll eventually end your success story with "happily ever after."

# APPENDIX 1

## Your Personal Success Story

This is the Success Story of \_\_\_\_\_

### Establishing Baselines

Let's begin your story by establishing your baselines.

**How tall are you?** (See page 7)

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

I'm \_\_\_\_ feet, \_\_\_\_ inches tall.

**How much do you weigh?** (See page 7)

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

My starting weight is \_\_\_\_\_ lbs.

**Weight checkpoint:**

**\*\*MIDWAY / GRADUATION CHECKPOINT**

Weight	Date

**What is your waist circumference?** (See page 7)

My starting waist circumference is \_\_\_\_\_ inches.

**Waist Circumference checkpoint:**

**\*\*MIDWAY / GRADUATION CHECKPOINT**

Waist Circumference	Date

**What's your BMI?** (See page 7)

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

My BMI is \_\_\_\_\_

**BMI checkpoint:**

**\*\*MIDWAY / GRADUATION CHECKPOINT**

BMI	Date

**\*\*MIDWAY / GRADUATION CHECKPOINT**

Answering these questions from time to time can help you to recognize just how far you've come.

**Why not give it a try?**

*Have you noticed a change in any of your health problems? If so, what?* \_\_\_\_\_

\_\_\_\_\_

*Are you able to do more physically? What about your endurance? Your ability to participate in more activities with your family and friends?* \_\_\_\_\_

\_\_\_\_\_

*Have you noticed a change in how you feel?* \_\_\_\_\_

\_\_\_\_\_

*What about the knowledge you've gained?* \_\_\_\_\_

\_\_\_\_\_

*Have you noticed a change in how you feel when you make healthier choices?* \_\_\_\_\_

\_\_\_\_\_

*Do you feel like you have more control in your life?* \_\_\_\_\_

\_\_\_\_\_

*Do you feel better about yourself?* \_\_\_\_\_

\_\_\_\_\_

*Do you feel healthier today than when you started the program?* \_\_\_\_\_

\_\_\_\_\_

## Your Activity Log

Use this Activity Log to track the amount of physical activity you do each day. Make copies of it so you can reuse it as often as necessary. And **remember...** activity doesn't have to be strenuous or vigorous – even household chores count as being physically active!

**\*\*MIDWAY / GRADUATION CHECKPOINT**

### Day 1

<i>What did you do?</i>	<i>How long did you do it for?</i>	<i>Total number of minutes today</i>

### Day 2

<i>What did you do?</i>	<i>How long did you do it for?</i>	<i>Total number of minutes today</i>

### Day 3

<i>What did you do?</i>	<i>How long did you do it for?</i>	<i>Total number of minutes today</i>

### Day 4

<i>What did you do?</i>	<i>How long did you do it for?</i>	<i>Total number of minutes today</i>

**Day 5**

<i>What did you do?</i>	<b>How long did you do it for?</b>	<b>Total number of minutes today</b>

**Day 6**

<i>What did you do?</i>	<b>How long did you do it for?</b>	<b>Total number of minutes today</b>

**Day 7**

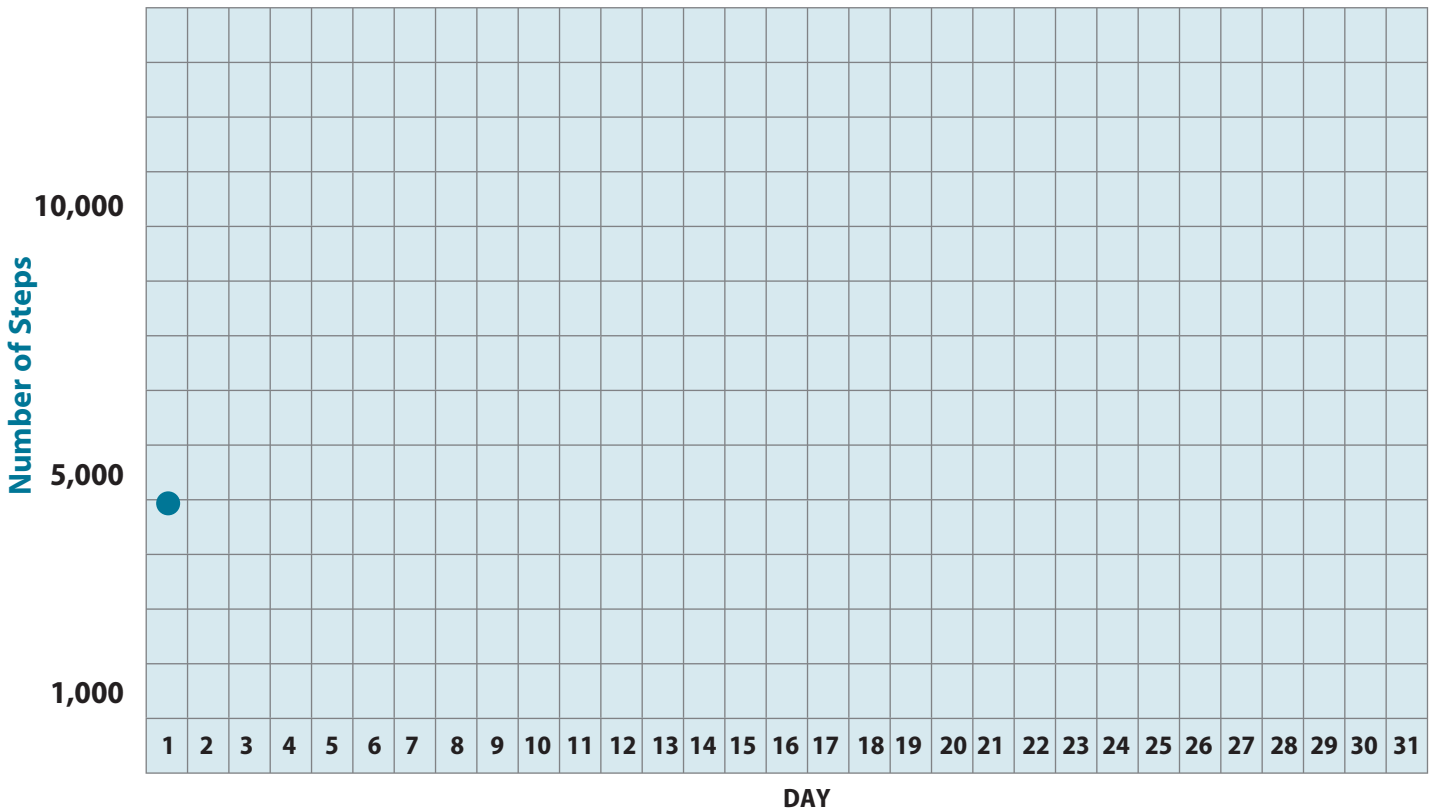
<i>What did you do?</i>	<b>How long did you do it for?</b>	<b>Total number of minutes today</b>



## How Many Steps Are You Taking?

Use this graph to track the number of steps you're taking each day based on your pedometer\* use. Start with "Day 1" on the bottom of the graph. Then, follow that line up until you reach the line that corresponds with the number of steps you took that day on the left side of the graph. Make a dot at the intersection where the two lines meet. For example, if on your first day using the pedometer, you took 4,500 steps, you would make a dot as indicated in the example below.

\*For instructions on how and why to use your pedometer, see page 32.



## Your Food Diary

Use this food diary to track your eating habits. Make copies of it so you can continue to use it. See the example for suggestions on what information to include.

**\*\*MIDWAY / GRADUATION CHECKPOINT**

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

Time of day	(Before eating) HEAT Gauge score (1-7)*	(Before eating) Emotion / Mood	Food/drink consumed	Amount eaten/ drank	(After eating) HEAT Gauge score (1-7)*	(After eating) Emotion / Mood
2:15 pm	4	Tired, bored	Chips and cheese; soda	2 bowls; 1 can	6	Guilty

The legend consists of seven circular icons on a teal background, each representing a level of the HEAT Gauge. Below each icon is a large number and a descriptive label:

- 1** STARVING: Icon of a sad face with a downturned mouth.
- 2** HUNGRY: Icon of a neutral face with a wavy mouth.
- 3** GETTING HUNGRY: Icon of a neutral face with a straight line for a mouth.
- 4** COMFORTABLE: Icon of a happy face with a wide smile.
- 5** FEELING SATISFIED: Icon of a neutral face with a straight line for a mouth.
- 6** TOO FULL: Icon of a sad face with a downturned mouth and a small circle on the chin.
- 7** PAINFULLY FULL: Icon of a very sad face with a downturned mouth and a small circle on the chin.

\*See page 17 for more information on the HEAT Gauge. Also, refer to the insert in this workbook for a full-color version of the HEAT Gauge.

## Your Weight Makeover

INSERT "BEFORE" PICTURE HERE

Date \_\_\_\_\_

INSERT "AFTER" PICTURE HERE

Date \_\_\_\_\_

## Your Goals

As mentioned in Chapter 2, it's important to make sure that your goals are clearly defined. Following the SMART goal-setting method can help you set goals for achieving your personal weight loss goal.<sup>13</sup>

### "SMART" goals are:

**Specific** – Set a specific goal that you can reach. Make your goal as simple as possible.

**Measurable** – Set up ways to measure your progress to reach your goal. One way is to break down your goals into small steps and set target dates.

**Attainable** – After you set your goal, decide how you can achieve it. Your attitudes, abilities and skills are important factors to consider.

**Realistic** – Be realistic with the goals you set. Are you both willing and able to reach your goals?

**Timely** – Set a timeframe for achieving your goal. Putting an endpoint on your goal gives you a clear target to work toward.

You can use this chart to set your SMART goals. The example provides a starting point.

Date	Goal	Steps to get there	Target Date	Date Accomplished
5/16	Eat three vegetables each day for a week.	<i>Eat a vegetable for an afternoon snack.</i>	5/23	5/23

## Looking Back...

Throughout this program, you've been adding to your personal success story. Review the exercises you've completed throughout the chapters of this workbook – they're all part of your success story. In what ways have you changed? Even if you haven't met your goal, you'll most likely be able to find areas where you've made some progress. Have you been eating more vegetables? Have you been more active? However small your achievements may seem, don't discount them. Instead, see them as building blocks toward a lifelong change.

*How have your results on the Healthy Eating Survey changed throughout the course of this program?* \_\_\_\_\_

\_\_\_\_\_

*Are you eating smaller portion sizes?* \_\_\_\_\_

\_\_\_\_\_

*Have you increased your fruit and vegetable intake?* \_\_\_\_\_

\_\_\_\_\_

*Have you increased your grain intake?* \_\_\_\_\_

\_\_\_\_\_

*Are you drinking more water?* \_\_\_\_\_

\_\_\_\_\_

*Have you increased your activity levels? (Look back at the Activity Log on page 74 to help you.)* \_\_\_\_\_

\_\_\_\_\_

*Have you lost weight?* \_\_\_\_\_

\_\_\_\_\_

*Has your waist circumference decreased?* \_\_\_\_\_

\_\_\_\_\_

*Has your BMI decreased?* \_\_\_\_\_

\_\_\_\_\_

# Healthy Eating Survey

**Directions:** Think about your eating and exercise habits over the past six months. Answer each question honestly by checking the appropriate box. Then write the score (0, 1, 2 or 3) for that box in the “Your Score” column.

**Scoring:** After you answer all the questions in a section, get your total score for that section by adding the scores for each question. The total score for each section gives you a picture of how you are doing in that category. The higher the number, the more likely that this category is contributing to a healthy body weight. A lower number simply tells you where to focus to improve your health. If your score is in the middle, challenge yourself to see if you can get a higher score next time. Each section has suggestions on how to get a higher score.

## SECTION A: FAT INTAKE

How often do you eat these foods? (Include breakfast, lunch, dinner, snacks and eating out.)	(3) Rarely (Once a week or less)	(2) Some days (2-4 days/week)	(1) Most days (5-6 days/week)	(0) Daily	Your Score
Beef or pork of any kind, including hamburgers, steak, stew, or chili	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Bacon or sausage	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Cheese or cheese spread	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Stick margarine, butter, or non-low-fat mayonnaise or salad dressing. (Used on bread, vegetables or in cooking)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Fried or breaded/battered foods, such as french fries and fried chicken	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Potato chips, corn chips, other chips	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Doughnuts, pastries, cake, cookies, non-low-fat crackers, ice cream, and milk chocolate	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
<b>Section A: Fat Intake</b>					<b>TOTAL SCORE SECTION A =</b> _____

Fat intake

High

0 9 21

If your score indicates you are eating a lot of high-solid fat foods, you may want to consider choosing 1% or skim milk, low-fat cheese, lean cuts of beef or poultry, or low-fat margarines, mayonnaise, cookies and chips.

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## SECTION B: SALT INTAKE

How often do you eat these foods?	(3) Rarely (Once a week or less)	(2) Some days (2-4 days/week)	(1) Most days (5-6 days/week)	(0) Daily	Your Score
Processed meats, like hot dogs or luncheon meat	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Salted nuts, popcorn, pretzels	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Salt or salty sauces added to foods at table	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
TV dinners, canned soups or dehydrated soups	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
<b>Section B: Salt Intake</b>					<b>TOTAL SCORE SECTION B =</b> _____

Salt intake

High Low

0 6 12

If your score is low to medium, try foods low in salt, such as unsalted nuts, crackers and snacks, low-salt soups and low-salt processed meats. Try not to salt your food at the table.

## SECTION C: HIGH CALORIC DRINKS INTAKE

How often do you drink these (non-diet) drinks?	(3) Rarely (Once a week or less)	(2) Some days (2-4 days/week)	(1) Most days (5-6 days/week)	(0) Daily	Your Score
Fruit juice, fruit drinks (like lemonade), non-diet soda, sugar-sweetened beverages (such as iced tea, coffee drinks)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Alcoholic beverage, including beer, wine, mixed drinks	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
<b>Section C: Caloric Drink Intake</b>					<b>TOTAL SCORE SECTION C =</b> _____

Intake of caloric drinks

High Low

0 3 6

If your score is low to medium, choose water, diet sodas, unsweetened or artificially sweetened tea and eat whole fruit instead of fruit juice. Research shows that one glass of red wine for women and two for men is heart healthy. However, alcohol drinks are high in calories, so you may want to avoid them if you are trying to manage your weight. Excess alcoholic beverage drinking should be avoided.

## SECTION D: EATING OUT

Consider breakfast, lunch, and dinner. How often do you eat at these restaurants?	(3) Rarely (Once a week or less)	(2) Some days (2-4 days/week)	(1) Most days (5-6 days/week)	(0) Daily	Your Score
Fast food restaurants	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
All you can eat buffet restaurants	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Take out (pizza), ready prepared meals, food courts, convenience stores	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
<b>Section D: Eating Out</b>					<b>TOTAL SCORE SECTION D =</b> _____

Meals eaten out

100% Few

0 5 9

If you scored low to medium in this section, try to plan ahead, so that you can prepare healthy meals at home and pack your lunch and healthy snacks to enjoy when you are away from home. When you eat out, choose foods lower in fat and calories and limit portion sizes. While eating, pay attention to how full you are and stop eating when you feel comfortably full, before you feel stuffed.

## SECTION E: FRUIT, VEGETABLE & FIBER INTAKE

How often do you eat these foods?	(0) Rarely (Once a week or less)	(1) Some days (2-4 days/week)	(2) Most days (5-6 days/week)	(3) Daily	Your Score
Fruit (unsweetened): Fresh, canned, frozen or dried (not including juice)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Vegetables: Fresh, frozen or canned (like green beans, salad, tomatoes)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Five or more servings of fruit and vegetables	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Beans, such as baked beans, pintos or kidney beans	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
High-fiber bran cereal	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Whole grains, like brown rice or 100% whole wheat bread	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
<b>Section E: Fruit, Vegetable &amp; Fiber Intake</b>					<b>TOTAL SCORE SECTION E =</b> _____

Fruit, vegetable, fiber intake

Low High

0 9 18

If your score is low to medium, try to add fruits and vegetables to each meal, and also as snacks. You can increase the fiber in your diet by choosing beans, high-fiber bran cereals and whole wheat bread.



## SECTION F: PHYSICAL ACTIVITY

How often do you do these things?	(0) Rarely (Once a week or less)	(1) Some days (2-4 days/week)	(2) Most days (5-6 days/week)	(3) Daily	Your Score
Choose to get more physical activity (Examples: Take the stairs instead of the elevator. Park your car farther away, so you can walk more.)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Get 30 minutes or more of moderate activity like walking, biking, swimming	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Get 30 minutes or more of moderate activity like yard work, gardening, or cleaning	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
<b>Section F: Physical Activity</b>				<b>TOTAL SCORE SECTION F = _____</b>	
Activity level is low					High Activity
<p>If you scored low to medium in this section, try scheduling time to exercise, so that you can get at least 30 minutes of moderate exercise like walking, biking, aerobic exercise tapes/classes or swimming. In addition, make it a habit to take the stairs instead of the elevator and choose that parking place far away from the door.</p>					

## SECTION G: MEAL CONSISTENCY

How often do you eat these meals?	(0) Rarely (Once a week or less)	(1) Some days (2-4 days/week)	(2) Most days (5-6 days/week)	(3) Daily	Your Score
Breakfast	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Lunch	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Dinner	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
<b>Section G: Meal Consistency</b>				<b>TOTAL SCORE SECTION G = _____</b>	
Irregular meal eater					Regular
<p>It's healthier not to skip meals and to eat breakfast, lunch and dinner at regular times each day. If you scored low to medium in this section, try to increase the number of times you eat three meals at the same times each day.</p>					

## SECTION H: BEHAVIORAL EATING

For each of the following statements, choose the response that best describes you. Then record the score in the "Your Score" column.	(0) True	(1) True most of the time	(2) True some of the time	(3) Not true at all	Your Score
I find food comforting, like being with a familiar friend.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
I snack between meals or after dinner.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
After I've eaten, I don't remember tasting my food.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
I wake up at night and eat.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
I eat large amounts of food.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
My eating feels out of control.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
I feel upset about my weight, my eating and/or my exercise habits.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____

### Section H: Behavioral Eating

**TOTAL SCORE SECTION H =** \_\_\_\_\_

Low indicates behavioral eating pattern

High is good



If you scored low to medium in this section, you may want to take a closer look at whether you eat in response to the way you feel rather than to hunger cues. Next time you eat, rate yourself on a scale of 1 (full) to 5 (starving) to determine your level of hunger. Snacking on high fat and caloric foods and drinks may also be adding a lot of unnecessary calories to your diet. Again, check to see if you are hungry before snacking. Some people eat without realizing it, for example, while watching a good TV show. Writing down everything you eat may help you. If you can't control yourself, and you eat very large amounts of food, you may have an issue with binge eating.

Making changes in any of these areas is difficult for everyone. It's important to be realistic and to set achievable goals. Remember, small changes over time make a big difference. Seek support from friends, family, groups like Weight Watchers®, or counselors to help you make healthy changes.

**SCORING:** ADD THE TOTAL SCORE FOR SECTIONS A-H

**TOTAL** \_\_\_\_\_

**If your score is:**

**More than 76:** Congratulations, you are a healthy eater. Your chance of gaining weight is low.

**71 to 76:** Your chance of gaining weight is moderate. Consider making some changes to maintain a healthy weight.

**Less than 71:** Your chance of gaining weight is high. You should make suggested changes to help maintain a healthy weight.

**Your Score at a Glance:** Place an X in the box corresponding to your score in each section. If your score is below the red line, your eating and activity patterns may be contributing to weight gain.

Score	Fat	Salt	High Caloric Drinks	Eating Out	Fruit/Vegetable/Fiber	Physical Activity	Meal Consistency	Behavioral Eating
24							Best	
23								
22								
21	Best							
20								
19								
18				Best				
17								
16								
15								
14								
13								
12		Best						
11								12
10								
9				Best		Best	Best	
8	9				9			
7								
6			Best					
5		6						
4				5				
3								
2			3			3	3	
1								
0								

**GOAL SETTING:**

Review the questionnaire. It will show you the areas that are problems for you. The recommendations in each section will help you think of ways to change your behavior. Be realistic and set attainable goals you can reach.

Target Area	Behaviors I want to change	What I will do differently	What to watch for that may keep me from reaching my goal	When I will start acting differently	Was I successful? What helped? What kept me from reaching my goal?
Fat					
Salt					
High Calorie Drinks					
Eating Out					
Fruit/Vegetable/ Fiber Intake					
Physical Activity					
Meal Consistency					
Behavioral Eating					

## APPENDIX 3

# Sample Mission Statements

You can use these cards as a contract to yourself and the people you care about to show that you're serious about the program and about making this healthy lifestyle change. Just cut them out, sign them, and hand them out to your family, friends and colleagues.

*My mission is to* \_\_\_\_\_  
\_\_\_\_\_

*I'm committed to my mission because* \_\_\_\_\_  
\_\_\_\_\_

*I'm going to make these changes through* \_\_\_\_\_  
\_\_\_\_\_

*I'm committed to* \_\_\_\_\_  
\_\_\_\_\_

I hereby make a pledge to myself, friends and loved ones to give 100% to the *Healthy Steps to Weight Loss* program over the next 12 weeks. By signing my name, I'm making a commitment to eat healthfully and get active for life.

Signature: \_\_\_\_\_

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

*My mission is to* \_\_\_\_\_  
\_\_\_\_\_

*I'm committed to my mission because* \_\_\_\_\_  
\_\_\_\_\_

*I'm going to make these changes through* \_\_\_\_\_  
\_\_\_\_\_

*I'm committed to* \_\_\_\_\_  
\_\_\_\_\_

I hereby make a pledge to myself, friends and loved ones to give 100% to the *Healthy Steps to Weight Loss* program over the next 12 weeks. By signing my name, I'm making a commitment to eat healthfully and get active for life.

Signature: \_\_\_\_\_

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

*My mission is to* \_\_\_\_\_  
\_\_\_\_\_

*I'm committed to my mission because* \_\_\_\_\_  
\_\_\_\_\_

*I'm going to make these changes through* \_\_\_\_\_  
\_\_\_\_\_

*I'm committed to* \_\_\_\_\_  
\_\_\_\_\_

I hereby make a pledge to myself, friends and loved ones to give 100% to the *Healthy Steps to Weight Loss* program over the next 12 weeks. By signing my name, I'm making a commitment to eat healthfully and get active for life.

Signature: \_\_\_\_\_

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

*My mission is to* \_\_\_\_\_  
\_\_\_\_\_

*I'm committed to my mission because* \_\_\_\_\_  
\_\_\_\_\_

*I'm going to make these changes through* \_\_\_\_\_  
\_\_\_\_\_

*I'm committed to* \_\_\_\_\_  
\_\_\_\_\_

I hereby make a pledge to myself, friends and loved ones to give 100% to the *Healthy Steps to Weight Loss* program over the next 12 weeks. By signing my name, I'm making a commitment to eat healthfully and get active for life.

Signature: \_\_\_\_\_

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

# What is a Serving?

To control your portion sizes (see Chapter 2) and meet the requirements of Your Personal Pyramid Plan (see Chapter 3), you need to have an understanding of what a serving is. Here are some examples to help give you an idea of the size of a serving for different kinds of foods:

**Vegetables (cooked or raw)**

- 1/2 cup (4 fl. ounces) or about the amount that will fit easily in the palm of your hand
- 1 cup of vegetable juice

**Fruit**

- 1 piece of fruit (such as a banana or an apple)
- 1/2 cup of cut fruit, berries or dried fruit
- 1 cups fruit juice (remember, juice may be high in calories)

**Grains**

- 1/2 cup of cooked rice or pasta (or an ounce of dry pasta or rice)
- 1 slice of whole grain bread
- 1 cup of dried cereal
- 3 cups of plain popcorn

**Meat and protein-rich foods**

- 1 ounce of lean meat, poultry or fish (about the size of a deck of cards)
- 1 egg
- 1/4 cup of cooked beans, lentils or tofu
- 1 tablespoon of peanut butter
- 1/2 ounce of nuts or seeds (about the size of a golf ball)

**Dairy**

- 1 cup of milk
- 1 cup of yogurt
- 1 1/2 ounces of cheese (about the size of six dice)

**Oils / fats**

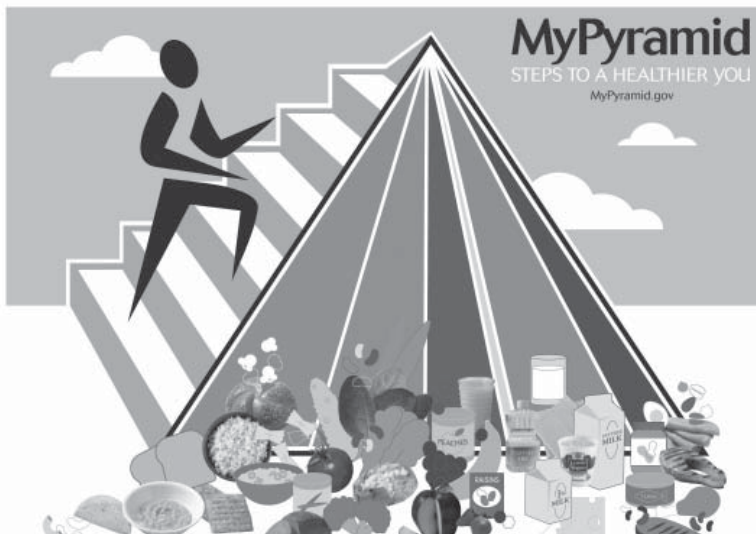
- 1 teaspoon of margarine, butter or salad dressing

It's also important to look at the nutrition labels on food packaging – sometimes small packaging can carry a large number of servings. To read more about nutrition labels, refer to page 26 of this workbook.

# APPENDIX 5

## The Food Pyramid

A full-color version of the Food Pyramid is included as an insert in this workbook.



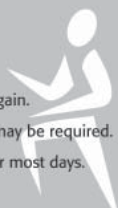
GRAINS Make half your grains whole	VEGETABLES Vary your veggies	FRUITS Focus on fruits	MILK Get your calcium-rich foods	MEAT & BEANS Go lean with protein
<p>Eat at least 3 oz. of whole-grain cereals, breads, crackers, rice, or pasta every day</p> <p>1 oz. is about 1 slice of bread, about 1 cup of breakfast cereal, or 1/2 cup of cooked rice, cereal, or pasta</p>	<p>Eat more dark-green veggies like broccoli, spinach, and other dark leafy greens</p> <p>Eat more orange vegetables like carrots and sweetpotatoes</p> <p>Eat more dry beans and peas like pinto beans, kidney beans, and lentils</p>	<p>Eat a variety of fruit</p> <p>Choose fresh, frozen, canned, or dried fruit</p> <p>Go easy on fruit juices</p>	<p>Go low-fat or fat-free when you choose milk, yogurt, and other milk products</p> <p>If you don't or can't consume milk, choose lactose-free products or other calcium sources such as fortified foods and beverages</p>	<p>Choose low-fat or lean meats and poultry</p> <p>Bake it, broil it, or grill it</p> <p>Vary your protein routine – choose more fish, beans, peas, nuts, and seeds</p>

For a 2,000-calorie diet, you need the amounts below from each food group. To find the amounts that are right for you, go to [MyPyramid.gov](http://MyPyramid.gov).

Eat 6 oz. every day	Eat 2 1/2 cups every day	Eat 2 cups every day	Get 3 cups every day; for kids aged 2 to 8, it's 2	Eat 5 1/2 oz. every day
---------------------	--------------------------	----------------------	---	-------------------------

### Find your balance between food and physical activity

- Be sure to stay within your daily calorie needs.
- Be physically active for at least 30 minutes most days of the week.
- About 60 minutes a day of physical activity may be needed to prevent weight gain.
- For sustaining weight loss, at least 60 to 90 minutes a day of physical activity may be required.
- Children and teenagers should be physically active for 60 minutes every day, or most days.



### Know the limits on fats, sugars, and salt (sodium)

- Make most of your fat sources from fish, nuts, and vegetable oils.
- Limit solid fats like butter, stick margarine, shortening, and lard, as well as foods that contain these.
- Check the Nutrition Facts label to keep saturated fats, trans fats, and sodium low.
- Choose food and beverages low in added sugars. Added sugars contribute calories with few, if any, nutrients.



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Center for Nutrition Policy and Promotion  
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## MyPyramid Food Intake Pattern Calorie Levels

MyPyramid assigns individuals to a calorie level based on their sex, age, and activity level.

The chart below identifies the calorie levels for males and females by age and activity level. Calorie levels are provided for each year of childhood, from 2-18 years, and for adults in five-year increments.

Activity level	MALES			Activity level	FEMALES		
	Sedentary*	Mod. Active*	Active*		Sedentary*	Mod. Active*	Active*
<b>AGE</b>				<b>AGE</b>			
<b>2</b>	1000	1000	1000	<b>2</b>	1000	1000	1000
<b>3</b>	1000	1400	1400	<b>3</b>	1000	1200	1400
<b>4</b>	1200	1400	1600	<b>4</b>	1200	1400	1400
<b>5</b>	1200	1400	1600	<b>5</b>	1200	1400	1600
<b>6</b>	1400	1600	1800	<b>6</b>	1200	1400	1600
<b>7</b>	1400	1600	1800	<b>7</b>	1200	1600	1800
<b>8</b>	1400	1600	2000	<b>8</b>	1400	1600	1800
<b>9</b>	1600	1800	2000	<b>9</b>	1400	1600	1800
<b>10</b>	1600	1800	2200	<b>10</b>	1400	1800	2000
<b>11</b>	1800	2000	2200	<b>11</b>	1600	1800	2000
<b>12</b>	1800	2200	2400	<b>12</b>	1600	2000	2200
<b>13</b>	2000	2200	2600	<b>13</b>	1600	2000	2200
<b>14</b>	2000	2400	2800	<b>14</b>	1800	2000	2400
<b>15</b>	2200	2600	3000	<b>15</b>	1800	2000	2400
<b>16</b>	2400	2800	3200	<b>16</b>	1800	2000	2400
<b>17</b>	2400	2800	3200	<b>17</b>	1800	2000	2400
<b>18</b>	2400	2800	3200	<b>18</b>	1800	2000	2400
<b>19-20</b>	2600	2800	3000	<b>19-20</b>	2000	2200	2400
<b>21-25</b>	2400	2800	3000	<b>21-25</b>	2000	2200	2400
<b>26-30</b>	2400	2600	3000	<b>26-30</b>	1800	2000	2400
<b>31-35</b>	2400	2600	3000	<b>31-35</b>	1800	2000	2200
<b>36-40</b>	2400	2600	2800	<b>36-40</b>	1800	2000	2200
<b>41-45</b>	2200	2600	2800	<b>41-45</b>	1800	2000	2200
<b>46-50</b>	2200	2400	2800	<b>46-50</b>	1800	2000	2200
<b>51-55</b>	2200	2400	2800	<b>51-55</b>	1600	1800	2200
<b>56-60</b>	2200	2400	2600	<b>56-60</b>	1600	1800	2200
<b>61-65</b>	2000	2400	2600	<b>61-65</b>	1600	1800	2000
<b>66-70</b>	2000	2200	2600	<b>66-70</b>	1600	1800	2000
<b>71-75</b>	2000	2200	2600	<b>71-75</b>	1600	1800	2000
<b>76 and up</b>	2000	2200	2400	<b>76 and up</b>	1600	1800	2000

\*Calorie levels are based on the Estimated Energy Requirements (EER) and activity levels from the Institute of Medicine Dietary Reference Intakes Macronutrients Report, 2002.

SEDENTARY = less than 30 minutes a day of moderate physical activity in addition to daily activities.

MOD. ACTIVE = at least 30 minutes up to 60 minutes a day of moderate physical activity in addition to daily activities.

ACTIVE = 60 or more minutes a day of moderate physical activity in addition to daily activities.

United States Department of Agriculture, Center for Nutrition Policy and Promotion, April 2005, CNPP-XX





## Food Intake Patterns

The suggested amounts of food to consume from the basic food groups, subgroups and oils to meet recommended nutrient intakes at 12 different calorie levels. Nutrient and energy contributions from each group are calculated according to the nutrient-dense forms of foods in each

group (e.g., lean meats and fat-free milk). The table also shows the discretionary calorie allowance that can be accommodated within each calorie level, in addition to the suggested amounts of nutrient-dense forms of foods in each group.

Daily Amount of Food from each Group												
Calorie Level <sup>1</sup>	1,000	1,200	1,400	1,600	1,800	2,000	2,200	2,400	2,600	2,800	3,000	3,200
<b>Fruits<sup>2</sup></b>	1 cup	1 cup	1.5 cups	1.5 cups	1.5 cups	2 cups	2 cups	2 cups	2 cups	2.5 cups	2.5 cups	1 cup
<b>Vegetables<sup>3</sup></b>	1 cup	1.5 cups	1.5 cups	2 cups	2.5 cups	2.5 cups	3 cups	3 cups	3.5 cups	3.5 cups	4 cups	1 cup
<b>Grains<sup>4</sup></b>	3 oz-eq	4 oz-eq	5 oz-eq	5 oz-eq	6 oz-eq	6 oz-eq	7 oz-eq	8 oz-eq	9 oz-eq	10 oz-eq	10 oz-eq	10 oz-eq
<b>Meat and Beans<sup>5</sup></b>	2 oz-eq	3 oz-eq	4 oz-eq	5 oz-eq	5 oz-eq	5.5 oz-eq	6 oz-eq	6.5 oz-eq	6.5 oz-eq	7 oz-eq	7 oz-eq	7 oz-eq
<b>Milk<sup>6</sup></b>	2 cups	2 cups	2 cups	3 cups	3 cups	3 cups	3 cups	3 cups	3 cups	3 cups	3 cups	3 cups
<b>Oils<sup>7</sup></b>	3 tsp	4 tsp	4 tsp	5 tsp	5 tsp	6 tsp	6 tsp	7 tsp	8 tsp	8 tsp	10 tsp	11 tsp
<b>Discretionary Calorie Allowance<sup>8</sup></b>	165	171	171	132	195	267	290	362	410	426	512	648

- Calorie Levels** are set across a wide range to accommodate the needs of different individuals. You can use the “Estimated Daily Calorie Needs” table to help choose a food intake pattern at a particular calorie level for yourself.
- Fruit Group** includes all fresh, frozen, canned, and dried fruits and fruit juices. In general, 1 cup of fruit or 100% fruit juice, or 1/2 cup of dried fruit is equivalent to 1 cup from the fruit group.
- Vegetable Group** includes all fresh, frozen, canned, and dried vegetables and vegetable juices. In general, 1 cup of raw or cooked vegetables or vegetable juice, or 2 cups of raw leafy greens is equivalent to 1 cup from the vegetable group.

Vegetable Subgroup Amounts are Per Week												
Calorie Level	1,000	1,200	1,400	1,600	1,800	2,000	2,200	2,400	2,600	2,800	3,000	3,200
Dark green vegetables	1 c/wk	1.5 c/wk	1.5 c/wk	2 c/wk	3 c/wk	3 c/wk	3 c/wk	3 c/wk	3 c/wk	3 c/wk	3 c/wk	3 c/wk
Orange vegetables	.5 c/wk	1 c/wk	1 c/wk	1.5 c/wk	2 c/wk	2 c/wk	2 c/wk	2 c/wk	2.5 c/wk	2.5 c/wk	2.5 c/wk	2.5 c/wk
Legumes	.5 c/wk	1 c/wk	1 c/wk	2.5 c/wk	3 c/wk	3 c/wk	3 c/wk	3 c/wk	3.5 c/wk	3.5 c/wk	3.5 c/wk	3.5 c/wk
Starchy vegetables	1.5 c/wk	2.5 c/wk	2.5 c/wk	2.5 c/wk	3 c/wk	3 c/wk	6 c/wk	6 c/wk	7 c/wk	7 c/wk	9 c/wk	9 c/wk
Other vegetables	3.5 c/wk	4.5 c/wk	4.5 c/wk	5.5 c/wk	6.5 c/wk	6.5 c/wk	7 c/wk	7 c/wk	8.5 c/wk	8.5 c/wk	10 c/wk	10 c/wk

- Grains Group** includes all foods made from wheat, rice, oats, cornmeal and barley. Examples of these foods are bread, pasta, oatmeal, breakfast cereals, tortillas and grits. In general, 1 slice of bread, 1 cup of ready-to-eat cereal, or 1/2 cup of cooked rice, pasta, or cooked cereal is equivalent to 1 ounce equivalent from the grains group. **At least half of all grains consumed should be whole grains.**

5. **Meat & Beans Group** includes meat, poultry, fish and other protein sources. In general, 1 ounce of lean meat, poultry or fish; 1 egg; 1 tablespoon peanut butter; 1/4 cup cooked dry beans; or 1/2 ounce of nuts or seeds can be considered as 1 ounce equivalent from the meat and beans group.
6. **Milk Group** includes all fluid milk products and foods made from milk that retain their calcium content, such as yogurt and cheese. Foods made from milk that have little to no calcium, such as cream cheese, cream and butter, aren't part of the group. Most milk group choices should be fat free or low fat. In general, 1 cup of milk or yogurt, 1 1/2 ounces of natural cheese or 2 ounces of processed cheese is equivalent to 1 cup from the milk group.
7. **Oils** include fats from many different plants and from fish that are liquid at room temperature, such as canola, corn, olive, soybean and sunflower oil. Some foods are naturally high in oils, such as nuts, olives, some fish and avocados. Foods that are mainly oil include mayonnaise, certain salad dressings and soft margarine.
8. **Discretionary Calorie Allowance** is the remaining amount of calories in a food intake pattern after accounting for the number of calories needed to meet recommended nutrient intakes with low-fat and no added sugar foods from all food groups.

### Estimated daily calorie needs

To determine which food intake pattern you should use, look at the following table. It provides a range of calorie needs by sex and age based on physical activity level, from sedentary to active.

	Calorie Range	
	Sedentary →	Active
<b>Children</b>		
2–3 years	1,000 →	1,400
<b>Females</b>		
4–8 years	1,200 →	1,800
9–13	1,600 →	2,200
14–18	1,800 →	2,400
19–30	2,000 →	2,400
31–50	1,800 →	2,200
51+	1,600 →	2,200
<b>Males</b>		
4–8 years	1,400 →	2,000
9–13	1,800 →	2,600
14–18	2,200 →	3,200
19–30	2,400 →	3,000
31–50	2,200 →	3,000
51+	2,000 →	2,800

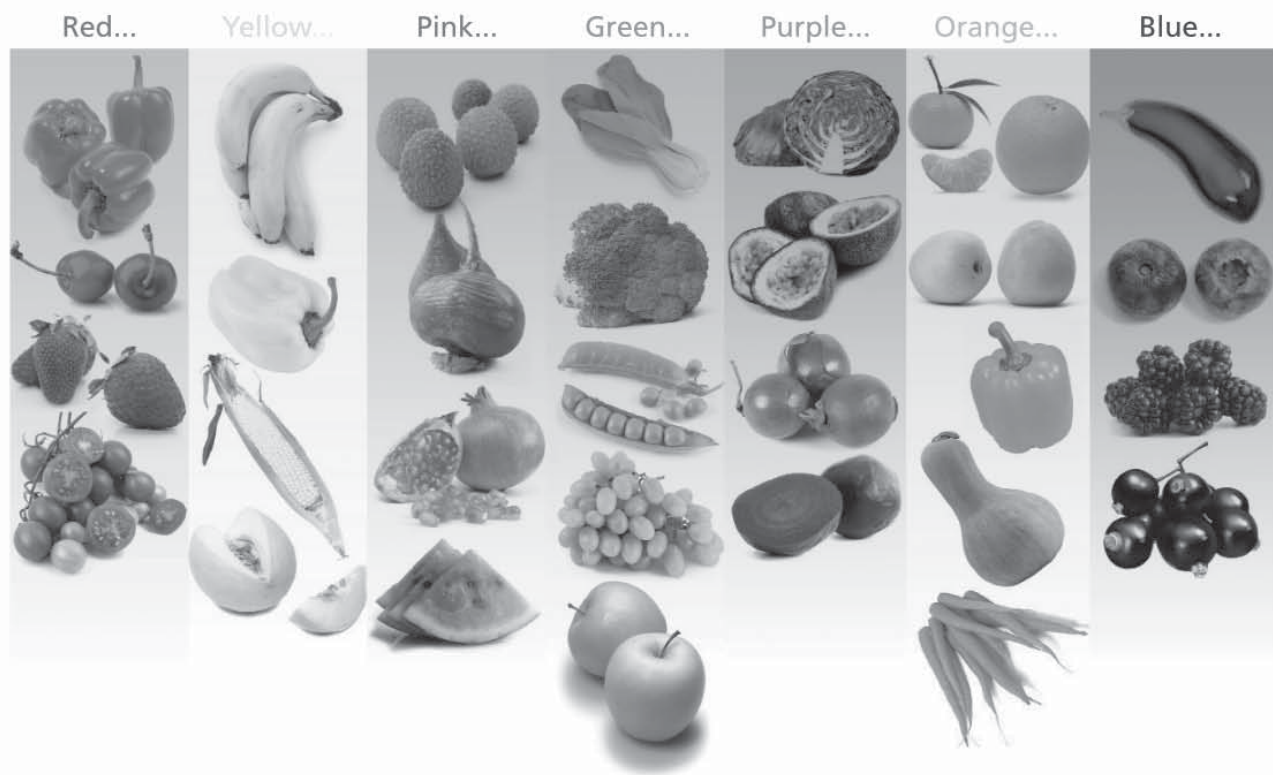
Sedentary means a lifestyle that includes only the light physical activity associated with typical day-to-day life.

Active means a lifestyle that includes physical activity equivalent to walking more than three miles per day at 3 to 4 miles per hour, in addition to the light physical activity associated with typical day-to-day life.

United States Department of Agriculture  
Center for Nutrition Policy and Promotion  
April 2005



# Eat a rainbow



The more color and variety in your diet, the healthier you will be!

REDS:	YELLOWS:	GREENS:	ORANGE:	BLUES/PURPLE:
<p>Antioxidant lycopene is found in tomatoes, red and pink grapefruit, watermelon, papaya and guava. Red fruits and vegetables are good at fighting heart disease and some cancers.</p>	<p>Contain many of the same perks as orange vegetables. Pineapple, for example, is rich with Vitamin C, manganese, and the natural enzyme, bromelain. Corn and pears are high in fiber.</p>	<p>Rich in phytochemicals such as lutein and zeaxanthin which can be found in spinach, broccoli and kale. Greens are loaded with essential vitamins, minerals and fiber. Great for keeping eyes healthy and research is ongoing into their cancer beating powers.</p>	<p>Orange vegetables and fruits like sweet potatoes, mangos, carrots, and apricots, contain beta-carotene which is a natural antioxidant. The orange group is rich in Vitamin C. Folate, most often found in leafy greens, is also found in orange fruits and vegetables, and is a B vitamin that may help reduce your risk of heart disease.</p>	<p>Anthocyanins, a phytochemical, are pigments responsible for the blue color in vegetables and fruits. Blue fruits are said to be good for fighting harmful carcinogens. Blueberries, in particular, are rich in Vitamin C and folic acid and high in fiber and potassium.</p>

## APPENDIX 7

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